

Sunday

12:30 PM	Sunday Morning Leftovers , Presbyterian Church in the Highlands, 1010 Lake Miriam Dr., Lakeland , FL, 33813 (D,WC,NS,SPK) ,
5:00 PM	Just For Today , Hull House, 203 N Thomas St, Plant City , FL, 33563 (D,O,RF) ,
5:30 PM	Living Free , 1211 New Jersey Rd, Lakeland , FL, 33801 (D,WC,NS,SPK) <i>1st Sun. - Lit</i> ,
7:00 PM	NA Recovery Zoom Meeting - Virtual , , FL (VM) , https://us02web.zoom.us/j/243438837 , Zoom ID 243438837 PWD 9999
7:00 PM	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills , FL, 33540 (D,WC,NS,SPK) ,
7:00 PM	Stonewall Recovery , Christ's Promise Church, 1145 US Highway 92 W, Auburndale , FL, 33823 (D,VAR,WC,LIT,LGBTQ+,SPK) <i>LGBTQ+, Literature Study, Speaker, Format Varies</i> ,
7:30 PM	Get A Grip , 202 Pontotoc St, Auburndale , FL, 33823 (CAN,WC,NS,SPK) ,
8:00 PM	Weekend Wind Down - Hybird , Hope Community Church, Meets in church office, 5129 US HWY 98 N., Lakeland , FL, 33809 (CW,D,WC,NS,HY,SPK) <i>Hybrid.</i> , https://zoom.us/j/81143998338 , Zoom ID: 81143998338 Passcode: 575946

Monday

NOON	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (D,WC,LIT,NS,CS) ,
NOON	Downtown Recovery At Noon - Virtual , , FL, 33884 (C,D,CD,VM) , https://zoom.us/j/274398167 , Zoom ID 274398167 PWD 9999
6:00 PM	The Men's Meeting - Virtual , , 33884 (C,CD,VM) , https://zoom.us/j/83536549577 , Zoom ID: 83536549577 PWD 9999
6:30 PM	Never Alone , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland , FL, 33813 (D,WC,LIT,NS,SPK) ,
7:00 PM	More Will Be Revealed , St. Elizabeth Episcopal Church, 5855 16th Street, Zephyrhills , FL, 33542 (D,WC,NS,SPK) ,
7:00 PM	Show Me Don't Tell Me , , FL, 33853 (LIT,SD,L,VM) , https://zoom.us/j/4336905349 , Zoom code: 433 690 5349 no passcode
7:30 PM	No Name Meeting , St. Alban's Episcopal Church, 202 Pontotoc St, Auburndale , FL, 33823 (C,CAN,D,WC,NS) ,
8:00 PM	The Dopeless Hope Stop , 3140 Troy Ave, Lakeland , FL, 33803 (O,WC) ,

Tuesday

NOON	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (C,D,WC,NS,CS) ,
NOON	Downtown Recovery At Noon - Virtual , , FL, 33884 (C,D,CD,VM) , https://zoom.us/j/274398167 , Zoom ID 274398167 PWD 9999
6:30 PM	At the End of the Road , In the Fellowship Hall, 304 NW 8th St, Mulberry , FL, 33860 (WC) ,
6:30 PM	Clean Break at Night (Serenity Seekers) , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (C,D,WC,NS,CS) ,
7:00 PM	NA Recovery Zoom meeting - Virtual , , FL (VM) , https://us02web.zoom.us/j/243438837 , ID 243438837 PWD 9999
7:00 PM	Shattering The Illusion , St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills , FL, 33542 (VAR) <i>Last Tues. of month speaker meeting</i> ,
7:00 PM	Take It Easy , Last house on the block, 300 Medical Center Way, Sebring , FL, 33870 (D,O,LIT) <i>1st Tuesday lit study, other weeks candlelight open disc.</i> ,
7:30 PM	Face 2 Face Winter Haven , Fellowship Hall, 401 N. Lake Howard Dr, Winter Haven , FL, 33881 (O,WC) ,
8:00 PM	Keep It Simple , First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland , FL, 33801 (D,WC,NS,SPK) ,
8:00 PM	The Man to Man Meeting , Peak Worship Church, 315 Granada St, Lakeland , FL, 33805 (M,VAR,WC,NS,CD) <i>Varied Format</i> ,

Wednesday

NOON	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (C,D,WC,NS,CS) ,
6:30 PM	Just For Today , Hull House, 203 N Thomas St, Plant City , FL, 33563 (D,O,RF) ,
6:30 PM	Never Alone , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland , FL, 33813 (D,WC,NS,SPK) ,
7:00 PM	Basic Group: We Never Had It So Good , Union Church, 106 N Butler Ave., Avon Park , FL, 33825 (SPK) ,
7:00 PM	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills , FL, 33540 (D,WC,LIT,NS,SPK) ,
8:00 PM	Top Of The Bottom , First Presbyterian Church, Classroom At The Back End Of Parking Lot, 175 Lake Hollingsworth Dr, Lakeland , FL, 33801 (D,WC,LIT,NS,SPK) <i>LIT 1st Wed, SPK Last Wed</i> ,

8:30 PM **The Chosen Few**, First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, **Lake Alfred**, FL, 33850 (D,WC,NS,SPK) ,

8:30 PM **The Virtual Few**, , FL, 33850 (WC,NS,SD,L,VM) ,<https://us02web.zoom.us/j/86851549959>, Zoom ID 86851549959 PWD Few

Thursday

NOON	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (C,D,WC,NS,CS) ,
NOON	Downtown Recovery At Noon - Virtual , , FL, 33884 (C,D,CD,VM) , https://zoom.us/j/243438837 , Zoom ID 243438837 PWD 9999
6:30 PM	Asking For Recovery , College Heights United Methodist Church, Success House, 942 South Blvd, Lakeland , FL, 33803 (D,WC,NS,CS,ME) <i>1st Thursday of each month is a meditation meeting.</i> ,
7:00 PM	Just For Thursday , St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven , FL, 33884 (C,D,STP,WC,NS,CS,CD) <i>STP 1st Thurs</i> ,
7:00 PM	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills , FL, 33540 (D,WC,NS,SPK) ,
8:00 PM	Grow or Go , Peak Worship Church, 315 Granada St., Lakeland , FL, 33805 (C,CW,D,WC,NS) <i>Chairperson's Choice last Thursday of the month</i> ,
8:00 PM	We Do Recover , Grace Lutheran Church, 745 S Ingraham Ave, Lakeland , FL, 33801 (D,WC,NS,SPK) ,

Friday

NOON	Clean Break At Noon , 2929 Hardin Combee Rd, Lakeland , FL, 33801 (D,WC,NS,CS,V) <i>Social Distancing and Face Masks required.</i> ,
NOON	Downtown Recovery At Noon - Virtual , , FL, 33884 (C,D,CD,VM) , https://zoom.us/j/243438837 , Zoom Add - ID 243438837 PWD 9999
6:00 PM	Friday Night Special , First Baptist Church of Lake Placid, 119 E. Palm St., Lake Placid , FL, 33852 (D,SPK) ,
6:30 PM	Women in Recovery Rock , Beacon Hill Fellowship, 220 W Beacon Rd, Lakeland , FL, 33803 (W,WC,NS) ,
7:00 PM	Another Look In The Villa , Florence Villa Community, Most eastern room in the building., 111 Ave R NE, Winter Haven , FL, 33881 (C,D,WC,NS,CD) ,
7:00 PM	More Will Be Revealed , St. Elizabeth Episcopal Church, 5855 16th Street, Zephyrhills , FL, 33542 (D,WC,NS,SPK) ,

8:00 PM **Friday Night Fire**, 300 Medical Center Way, **Sebring**, FL, 33870 (D,SMK,WC,SPK) *Seasonal Bonfire - Go through "Do Not Enter" sign on entering grove.*,

8:00 PM **The War Is Over**, St. Stephens Episcopal Church, Classroom Building, 1820 E County Road 540a, **Lakeland**, FL, 33813 (D,WC,NS) ,

9:00 PM **Friday Night Candlelight**, Beacon Hill Fellowship, 220 W Beacon Rd., **Lakeland**, FL, 33803 (CAN,D,O,WC,NS) ,

Saturday

9:00 AM	Solutions , 1820 County Rd 540A, Lakeland , FL, 33813 (O,To) ,
NOON	Clean Break Saturday , 220 W Beacon Rd, Lakeland , FL, 33803 (D,WC,NS,CS,V) ,
6:00 PM	High on Hope , Lake Placid Church of the Nazarene, 512 W. Interlake Blvd, Lake Placid , FL, 33852 (D,SPK) ,
6:00 PM	New Beginnings , 4348 Schumacher Rd, Sebring , FL, 33872 (BEG,SD,SPK) ,
6:30 PM	Ties That Bind Us , Parkview Christian Life Center, 3520 Baker Dairy Rd, Haines City , FL, 33844 (WC,NS,CD) <i>to the left upon entry</i> ,
8:00 PM	Saturday Nite Live , Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland , FL, 33803 (CW,D,WC,NS,CS) ,
8:00 PM	Show Me Don't Tell Me , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales , FL, 33853 (D,SD,HY) , https://zoom.us/j/4336905349 , Zoom code: 433 690 5349 no passcode
9:30 PM	Flicker Of Hope , Grace Lutheran Church, 745 S Ingraham Ave, Lakeland , FL, 33801 (D,O,WC,SPK) ,

Area Service Meetings

Area Service Committee - 2nd Sunday of the month @ 1:30 pm - 500 W Stuart St, Bartow, FL Hybrid/Zoom Meeting ID:88664291453 no passcode.

Activities - 1st Tuesday of the month at 6:30pm at 1311 E. Main Street, Lakeland

HACNA - 3rd Saturday of the month @ 1:30 220 W. Beacon Road, Lakeland

Helpline - 4th Monday of the month @ 6:30 pm - Zoom Meeting ID:84870712413 Passcode: NAHelpline

Hospitals & Institutions - 2nd Sunday of the month @ 12:15 pm - 500 W Stuart St, Bartow, FL Hybrid/Zoom Meeting ID:82202812636 Passcode: 270879

Policy - 1st Monday of the month @ 6:30 pm - 120 West Main Street, Lakeland Hybrid/ Zoom Meeting ID: 824 5546 6290 Passcode: Policy

Public Relations - 4th Wednesday of the month @ 7:00 pm - Zoom ID: 4987942018 no passcode.

Meeting Format Legend

BEG	Beginners	C	Closed to Non-Addicts
CAN	Candlelight	CD	Closed Discussion
CS	Children Supervised	CW	Children Welcome
D	Discussion	HY	Hybrid
L	Literature Study	LGBTQ+	LGBTQ+
LIT	Literature Study	M	Men
ME	Meditation	NS	No Smoking
O	Open	RF	Rotating Format
SD	Speaker & Discussion	SMK	Smoking Permitted
SPK	Speaker Only	STP	Step
To	Topic	V	Varies
VAR	Format Varies	VM	Virtual Meeting
W	Women	WC	Wheelchair
⌘	Outdoor Meeting		

SUGGESTIONS FOR THE NEWCOMER

Don't use no matter what
Come early and stay late
Get a home group
Go to 90 meetings in 90 days
Read NA literature daily
Get and use a sponsor
Use the phone
Keep coming back

We Do Recover

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do?

There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live.

In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate.

For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts.

It is available to us all.

This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

Just for Today

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

PHONE NUMBERS



HEARTLAND AREA

MEETING LIST

MARCH 2023

24 HOUR HELPLINE

863-683-0630

<https://naflheartland.org>

Follow us on Facebook: @NAFLHeartland

Heartland Area Service Committee

PO Box 2183

Eaton Park, FL 33840

Florida Regional Service Office

2222 South Combee Road, Bay #6

Lakeland, FL 33801