

HASC Aug 9th, 2026

PLEASE ANNOUNCE AT MEETINGS:

**June HASC MEETS August 9th @ 1:30 Fellowship Hall at College Heights United Methodist Church 934
South Blvd. Lakeland FL 33803 Zoom ID: 886 6429 1453**

(Narcotics Anonymous is not affiliated with Zoom)

THE FOLLOWING POSITIONS ARE VACANT OR COMING VACANT IN August

LIBRARIAN, ALT. LIBRARIAN, Alt Secretary, H&I Chair

GROUP FEELINGS AND ANNIVERSARIES

- Just For Today: Danny D. Shares on 41yrs 9/9/26
- Living Free: Billy F. shares on 6 yrs 9/20/26
- The War is Over: Kyle C. shares on 15yrs 8/21/26
- Show Me Don't tell me: Donna R. shares on 41 years 8/15/26, Sue P. shares on 15 years 9/12/26, David D shares on 1 year 9/19/26, Paul R. shares on 51yrs & Steve R. shares on 37yrs 10/17/26
- Clean Break @ Noon: Keith L. celebrates on 32 yrs 8/16/26, John "Wilbur" celebrates on 34 yrs 9/5/26

Activities for August & September:

Activities Bowling 8/22/26

Maple lanes

4318 US Hwy 98 N. Lakeland FL 33809

Activities 40th Area Celebration

Sept. 19th 5pm-10pm @ Peak Worship

Flyer in back.

HomeGroup Activities

*Stepping out the problem: Mike is speaking on his ESH, there will be food and drinks for all! (Sausage & Peppers) 8/15/26

*Friday night candlelight speaker: Paul S. from Bay area shares his ESH 8/28/26

*Weekend Wind down: SpeakerJam 8/30/26 from 6pm-9pm, 6-7 dinner, 7-9p 4 speakers.

Motions to Groups 1

AGENDA FOR HASC MEETING Sept. 13th 2026

- Open Serenity Prayer or Third Step Prayer:
- Monthly readings: 12 Traditions & 7th Concept:
- **Request for new members and/or groups.**
- Open Forum
- Roll call ____ of 21 groups present.
- Secretary's report:
- Treasurer's report:
- Librarian's report:
- RCM report:
- Subcommittee reports:
 - H & I-
 - Policy-
 - Helpline-
 - Public Relations-
 - Activities -
 - HACNA -
 - FRCNA -
 - Outreach -
- GSR Coordinator Report-
- Break
- Roll call ____ of 21 groups present:
- GSR Reports:
- Old business:

* **26-60 Friday Night Candlelight/Serenity on Sunday:** To nominate Shakira (Kira) to take over TRC, Qualifications for position along with her qualifications in minutes. **Purpose:** Tradition 9 and the spirit of rotation. **TO GROUPS**

- New business:
- Request for New Membership to HASC
- Review of business of the day by Secretary.
- Closing prayer.

Motion 26-61 will be the starting motion in Sept. 2026

HASC MEETING Aug 9th, 2026

- Open meeting with the Third Step Prayer at 1:33 PM.
- Monthly readings: Reggie W. read the 12 Traditions. & Mike C. read Concept 8
- **Request for new members and/or groups.**
- Open Forum: Open forum started at 1:42pm and ended at 1:47pm.
 - * Kira asked about getting homegroups to donate books to new beginning women's
 - * James brought up open positions
 - * Bob C. brought up H&I got asked about having a meeting brought back to white sands.
- Roll Call: 14 of 21 groups present.
- Secretary's Report: Read and accepted.
- Treasurer's Report: Read and accepted.
- Librarian Report: No report given. The position is vacant.
- RCM Report: Read and accepted.
- Subcommittee reports:
 - H & I - Read and accepted.
 - Policy – Read and accepted.
 - Helpline – No report
 - Public Relations- Read and accepted.
 - Activities - Read and accepted.
 - HACNA – No report but bank balance and new flyer read
 - FRCNAC – No report due to not meeting yet
 - Outreach – Read and accepted
 - GSR Coordinator- Read and accepted
- Break: 2:27 to 2:35
- Roll call 15 of 21 groups present.
- GSR reports – Read.
- Old Business:
 - **26-44 PR/Clean break at noon:** Motion to pay Reliable Printer \$139.10 for July meeting list. **Purpose:** 7th tradition- paying the bill. **Passed**
 - **26-45 GSR Coordinator/ Recovery in the hills:** Motion to pay RSO in the amount of \$3.69 for literature 3 of the Group Booklets. **Purpose:** 7th Tradition & 3rd Tradition. **Passed**
 - **26-46 Treasurer/ Serenity on Sunday:** Motion to send \$1,315.20 to FL Region Service committee. **Purpose:** To ensure proper fund flow to the next level of service. **Passed**
 - **26-47 Treasurer/ Just for Thursdays:** Motion to pay First Presbyterian Church in the amount of \$600.00 for room rent for June 1st 2026 thru May 31st. 2027. (\$400= HASC & \$200= H&I). **Purpose:** 7th Tradition- to be fully self-supporting. **Passed**
 - **26-48 Policy Chair/ The War is over:** Motion to pay rent for policy for the year \$10 a month x12= \$120.00. **Purpose:** 7th Tradition. Have a location so inquiring members may meet this subcommittee in person. **Passed**

- **26-49 H&I/ She Do Recover:** Motion to make check payable to the RSO in the amount of \$188.16 for H&I literature order. **Purpose:** 7th Tradition. **Passed**

- **New Business:**

- **26-50 Living Free/Just For Today:** Make check payable to RSO in the amount of \$256.25. For H&I literature. **Purpose:** 7th tradition. **Passed 15/0/0**
- **26-51 OutReach/The War is Over:** Motion to pay rent for \$120 that will pay for 9 months and catch up. **Purpose:** 7th Tradition to be fully self-supporting. **Passed 15/0/0**
- **26-52 Activities/ The War is Over:** Motion to withdraw in the amount of \$100.87, for decorations for celebration. **Purpose:** 7th Tradition **Passed 15/0/0**
- **26-53 Activities/Just For Today:** Motion to withdraw in the amount of \$42.77 for plates and silverware for celebration. **Purpose:** 7th Tradition. **Passed 15/0/0**
- **26-54 Activities/ The War is Over:** Motion to withdraw in the amount of \$200 for Photo booth for celebration. **Purpose:** 7th Traditions. **Passed 15/0/0**
- **26-55 Activities/Serenity on Sunday:** Motion to withdraw in the amount of \$320.48 to reserve lanes for bowling event. **Purpose:** 7th Tradition. **Passed 15/0/0**
- **26-56 Activities/ Friday Night Candlelight:** Motion to withdraw in the amount \$300 for the DJ for celebration. **Purpose:** 7th Tradition. **Passed 15/0/0**
- **26-57 PR/No Name Meeting:** To pay Reliable printer \$83.46 for 2026 Business card order of 2000 business cards. **Purpose:** 7th Tradition/ to pay the bill. **Passed 15/0/0**
- **26-58 PR/No Name Meeting:** To pay reliable printer \$139.10 for August meeting list order. **Purpose:** 7th Tradition/ to pay the bill. **Passed 15/0/0**
- **26-59 PR/ No Name Meeting:** To pay Donna Windsor to reimburse annual rent payment made for PR rent \$120 (\$10 x 12 mos). **Purpose:** To be prudent with NA funds per 7th tradition and pay our bill for a budgeted item. **Passed 15/0/0**
- **26-60 Friday Night Candlelight/Serenity on Sunday:** To nominate Shakira (Kira) to take over TRC, Qualifications for position along with her qualifications in minutes. **Purpose:** Tradition 9 and the spirit of rotation. **TO GROUPS**

MOTION 26-50

Passes

Make check payable to RSO
in amount of \$256.25.
for H + I literature.

check

1035

inv 1445

PURPOSE

7th Trac.

Made by Living Free Second by Just For Thursday

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-51

OUT REACH & RENT FOR \$120.00
That will pay for 9 months & get catch up
TO Lemuel Sanchez

Passed

Check
#1034

PURPOSE

TRADITION 7 to be fully self supporting.

Made by OUTREACH Second by The War is Over

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-52

Withdrawal in the amount
of 100.87 for activities for
decorations for celebration
made out to Charlotte Caldwell

Passes

Check
#1037

PURPOSE

7th tradition

Made by Activities

Second by The War is Over

Vote

Passed

Failed

Tabled

MOTION 26-53

Passed

Withdrawal @ in the
amount of 42-77 for
plates and silverware for
activities for celebration
made out to Charlotte Caldwell

Check #
1037

PURPOSE

7th tradition

Made by Activities Second by JUST FOR TODAY DANNI

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-54

Passed

Withdrawal in the amount
of 200\$ for activities to
pay for a photo booth for
celebration
made out to Charlotte Caldwell

Check
#1031

PURPOSE

7th tradition

Made by Activities

Second by The War is Over

Vote

Passed

Failed

Tabled

MOTION 26-55

Passes

Withdrawal in the amount
of 320.48 for activities
to reserve lanes for the
bowling event
made out to maple lanes

check#
1036

PURPOSE

7th tradition

Made by Activities Second by Security on Sunday

Vote Passed Failed Tabled

MOTION 26-56

Passed

Withdrawal in the amount
of 300 for activities to
Day ~~DJ~~ for celebration to
made out to Charlotte
Caldwell

Check
#1031

PURPOSE

7th tradition

Made by Activities Second by Friday night candle light.

Vote Passed Failed Tabled

MOTION 26-57

~~Passed~~

To pay reliable printer \$83.46 for
2026 Business Card order of 2000
business cards
Inv# 3463

Debit

PURPOSE

7 th tradition / to pay the bill

Made by Donna W. / PR Second by Taylor F. / No Name Meeting

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-58

Passed

To pay reliable printer \$139.10 for
August meeting list order.

Inv # 2694

Debit

PURPOSE

7th tradition to pay the bill

Made by Donna W. / PR Second by Taylor F. / No Name Meeting

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-59

Passes

To pay Donna Windsor to reimburse annual rent payment made for PR rent \$120. (\$10 x 12 mos).

Check #
1033

PURPOSE

To be prudent with NA funds per 7th tradition and pay our bill for a budgeted item.

Made by Donna W. / PR Second by Taylor F. / No Name Meeting

Vote _____ Passed _____ Failed _____ Tabled _____

MOTION 26-60

For Shakira (Kira) to take over
~~zoom tech position.~~ TRC

PURPOSE

Tradition 9, and the spirit of
rotation.

Made by Sunday night candlelight Second by Serienty on Sunday

Vote _____ Passed _____ Failed _____ Tabled _____

Qualifications:

I have a NA sponsor.
My clean date is

12/09/22. I have a home group where I participate in meetings, and service. I have been in service for $2\frac{1}{2}$ years (GSR, H and I chair, H and I Panel member).

In my profession I am required to be responsible for similar equipment for 20 years.

Pira -00-

→ I also serve as Alternate treasurer for my group. I have never stolen NA funds.

Technology Resource Coordinator (TRC)

Purpose:

Ensure smooth and secure virtual Area meetings. Protect the anonymity of all participants in person and online. Prevent disruptions and unauthorized access during meetings. Ensure all participants can engage in the meeting. Assist participants with technical issues.

Qualifications:

- Nominate in June, vote in July and take office in August
- This is a one (1) year commitment
- Must have a minimum of two (2) years of clean time.
- Knowledge of the Twelve Steps, Twelve Traditions, & Twelve Concepts for NA Service.
- Does not need to be fully versed in every aspect of technology but willing to learn and have some kind of general understanding/knowledge of running an online meeting.
- Has ability to store & transport IT bin with the equipment and supplies.
- Has the ability to bring a laptop to HASC to facilitate all IT requirements to facilitate the hybrid part of the HASC meeting.
- This commitment can be held while holding a GSR position as the TRC will not carry a voice on the Area floor.
- Nominated and elected by groups; however, in the absence of both the Technology Resource Coordinator and Co-Coordinator, HASC Chair may appoint someone until the positions is filled.

Duties & Responsibilities

- To have a single point of contact and accountability for Technology
- Enable waiting rooms to control participant entry.
- Use meeting passwords to enhance security.
- Regularly update the online platform software to the latest version at least one (1) to two (2) hours before the start of the meeting. (Preferably on another day other than HASC meeting day.)
- Manage Technology Resource Panel and delegates responsibilities to the members within the panel.
- Maintain a working relationship with all other Technology Resource members, HASC, Subcommittees, and groups.
- Manage hybrid setup and run the hybrid portion of the online meeting for HASC.

Implementations and changes should:

- Encourage participants to use first name and the group or committee they represent.
- Remind participants to turn off video if they are in a public space.
- Disable recording features to prevent unauthorized recordings.

- Ensure that participants' full names **are not displayed**.
- Monitor the participants list and remove any disruptive individuals.
- Disable screen sharing for participants unless necessary.
- Use the online platform's security features to report and block disruptive users.
- Encourage participants to use the "**Raise Hand**" feature and be acknowledged before speaking.
- Mute participants upon entry to minimize background noise.
- Provide instructions on how to use the online platform features (e.g., chat, reactions).
- Ensure the meeting is accessible to members with additional needs.
- Be available before and during the meeting to help with technical issues.
- Provide resources and tutorials on using the online platform.
- Encourage participants to test their audio and video settings before the meeting.
- Offer support for participants joining via different devices (e.g., laptop, mobile, phone)
- All downloadable documents will be in Adobe Acrobat format (PDF) and Microsoft Word format (DOC) or Microsoft Excel format (XLS).

2025	Heartland Area Roll Call	2026 Jan	2026 February	2026 March	2026 April	2026 May	2026 June	2026 July	2026 August	2026 Sept	2026 Oct	2026 Nov	2026 Dec
1	Area Chair	1	1	1	1	1	1	1	1	1			
2	Area Vice Chair	1	1	1	1	1	1	1	1	1			
3	Secretary	1	1	1	1	1	1	1	1	1			
4	Alt. Secretary	1	1	1	1	1	1	1	1	1			
5	Treasurer	1	1	1	1	1	1	1	1	1			
6	Alt. Treasurer	1	1	1	1	1	1	1	1	1			
7	Librarian	1	1	1	1	1	1	1	1	1			
8	Alt. Librarian	1	1	1	1	1	1	1	1	1			
9	RCM	1	1	1	1	1	1	1	1	1			
10	RCM Alternate	1	1	1	1	1	1	1	1	1			
11	H & I	1	1	1	1	1	1	1	1	1			
12	Helpline	1	1	1	1	1	1	1	1	1			
13	Activities	1	1	1	1	1	1	1	1	1			
14	Policy	1	1	1	1	1	1	1	1	1			
15	PR	1	1	1	1	1	1	1	1	1			
16	HACNA	1	1	1	1	1	1	1	1	1			
17	GSR Coordinator	1	1	1	1	1	1	1	1	1			
20	Out Reach	1	1	1	1	1	1	1	1	1			
21	FRCNASC	1	1	1	1	1	1	1	1	1			
1	Asking for Recovery	1	1	1	1	1	1	1	1	1			
2	Clean Break @ Noon	1	1	1	1	1	1	1	1	1			
3	Dopeless Hope Spot	1	1	1	1	1	1	1	1	1			
4	Friday Night Candlelight	1	1	1	1	1	1	1	1	1			
5	Grow Or Go	1	1	1	1	1	1	1	1	1			
6	Just for Thursdays	1	1	1	1	1	1	1	1	1			
7	Just for Today	1	1	1	1	1	1	1	1	1			
8	Keep it Simple	1	1	1	1	1	1	1	1	1			
9	Living Free	1	1	1	1	1	1	1	1	1			
10	No Name Meeting	1	1	1	1	1	1	1	1	1			
11	Recovery In The Hills	1	1	1	1	1	1	1	1	1			
12	Show Me Don't Tell ME	1	1	1	1	1	1	1	1	1			
13	Take it Easy	1	1	1	1	1	1	1	1	1			
14	The Chosen Few	1	1	1	1	1	1	1	1	1			
15	The Ties That Bind Us	1	1	1	1	1	1	1	1	1			
16	The War is Over	1	1	1	1	1	1	1	1	1			
17	Serenity on Sunday	1	1	1	1	1	1	1	1	1			
18	She do Recover	1	1	1	1	1	1	1	1	1			
19	Surrender on Saturday	1	1	1	1	1	1	1	1	1			
20	Stepping out of the Problem	1	1	1	1	1	1	1	1	1			
21	Weekend Winddown	1	1	1	1	1	1	1	1	1			
	TOTAL GROUPS	16	15	17	17	20	17	16	15	14	0	0	0
	1 PRESENT 0 ABSENT V VACANT	Y	Y	Y	Y	Y	Y	Y	Y	N	N	N	N
	Quorum	Y	Y	Y	Y	Y	Y	Y	Y	N	N	N	N

Off roll call
Recovery in the sticks
Take itg easy

HASC Treasurer's Report for August 9, 2026

Statement ending balance for June

Outstanding Check total: \$ 21.40 ck# 1023

Starting balance for last month of July

$$\begin{array}{r} \$ 7226.68 \\ - \$ 21.40 \\ = \$ 7205.28 \end{array}$$

INCOME:

Group Donation(s): Cash: \$519.00 Cash App: \$52.00

Sub-Committee Donation(s): 0

Miscellaneous: 0

TOTAL INCOME:

$$\begin{array}{r} \$ 571.00 \\ + \$ 0.00 \\ + \$ 0.00 \\ = \$ 571.00 \end{array}$$

STARTING BALANCE AND INCOME:

Checks total from last month's motions: checks: \$2227.05 debits: \$511.68

Beginning balance for this month of August

$$\begin{array}{r} \$ 7776.28 \\ - \$ 2738.73 \\ = \$ 5037.55 \end{array}$$

Current checkbook balance:

Current rents and reserves**:

TOTAL AFTER EXPENSES:

MONTHLY OPERATING EXPENSE:

DONATION TO REGION (IF OVER):

$$\begin{array}{r} \$ 5037.55 \\ - \$ 3310.00 \\ = \$ 1727.55 \\ - \$ (1,500.00) \\ = \$ 227.55 \end{array}$$

RESERVES AND RENTS:

HASC Prudent Reserve (\$1,500 p/month)

Activities reserve (\$1,400 p/year)

RCM Room reserve (\$375 p/month)

HASC & H&I rents (\$50 p/month - \$600 p/year-pay in June)

Policy rent (\$10 p/month - \$120 p/year-pay in June)

Activities rent (\$5 p/month - \$60 p/year-pay in June)

PR rent (\$10 p/month - \$120 p/year-pay in June)

Outreach rent (\$10 p/month - \$120 p/year-pay in June)

TOTAL AMOUNT OF RESERVES AND RENTS**:

$$\begin{array}{r} \$ 1500.00 \\ + \$ 1000.00 \\ + \$ 375.00 \\ + \$ 150.00 \\ + \$ 30.00 \\ + \$ 75.00 \\ + \$ 150.00 \\ + \$ 30.00 \\ = \$ 3310.00 \end{array}$$

In loving Service,
Crystal & Cheryl



875-10-01-00 61844 U O C 001 30 S T 63 001
HASC INC
2222 S COMBEE RD
LAKELAND FL 33801-8004

Your account statement

For 07/31/2026

Contact us



Truist.com



(844) 4TRUIST or
(844) 487-8478

■ TRUIST SIMPLE BUSINESS CHECKING

Account summary

Your previous balance as of 06/30/2026	\$7,226.68
Checks	- 2,227.05
Other withdrawals, debits and service charges	- 511.68
Deposits, credits and interest	+ 571.00
Your new balance as of 07/31/2026	= \$5,058.95 ✓

Checks

DATE	CHECK #	AMOUNT(\$)	DATE	CHECK #	AMOUNT(\$)	DATE	CHECK #	AMOUNT(\$)
07/13	1028	191.85 ✓	07/13	*1031	120.00 ✓	07/27	1032	600.00 ✓
07/20	1029	1,315.20 ✓						
* indicates a skip in sequential check numbers above this item								
Total checks								= \$2,227.05

Other withdrawals, debits and service charges

DATE	DESCRIPTION	AMOUNT(\$)
07/06	DEBIT CARD RECURRING PYMT ZOOM.COM 888-799-9 07-03 ZOOM.US CA 0928	33.98
07/13	DEBIT CARD PURCHASE IN *RELIABLE PRINT 07-12 863-6878500 FL 0928	139.10
07/20	DEBIT CARD PURCHASE ROSEN HOTELS CENTR 07-17 ORLANDO FL 0928	338.60
Total other withdrawals, debits and service charges		= \$511.68

Deposits, credits and interest

DATE	DESCRIPTION	AMOUNT(\$)
07/14	DEPOSIT	519.00 ✓
07/31	HASC Cash App DVZR CRYSTAL MCKAY	52.00 ✓
Total deposits, credits and interest		= \$571.00



July 2026

Cash App
1955 Broadway, Suite 600
Oakland, CA 94612

Hasc
3841 Hill Street
Lakeland, FL 33812

Balance on Jul 1

\$5.00

+

Change this month

\$15.00

=

Balance on Jul 31

\$20.00

Money In

+ \$67.00

Money Out

- \$52.00

Fees

\$0.00



RCM REPORT 9/26/26

The Florida Regional Service Conference is divided into two days. Saturday is Area Support In the morning beginning at 9:00 AM and work groups and round table discussions in the afternoon, followed by the guide meeting at 4:00 to discuss proposals that are going to hit the floor on the Sunday Florida Regional Service Conference. Regional Service Conference on Sunday begins at 9:00 AM. and lasts until between 4:30 and 6:00 PM.

At the RSC on Sunday things of note:

The Treasury team reports that the new budget will be strictly adhered to. The region's prudent reserve is \$11,000. Today, our reserve stands at \$55144. Was a discussion on several ways we can address this. One, of course, is that. Areas increase their donations to region just as areas ask groups to increase their donation, region is asking areas to increase their donations.

Public relations. Has a bimonthly virtual meeting. At 7:00 to 8:30 PM on the Monday before the regional weekend. The meeting ID and passwords will be in my report in the minutes.

<https://us02web.zoom.us/j/88686624739?pwd=bFXB5gqyPoCbSdsbFMMeYgPOntqYm1.1>
Meeting ID: 8868662 4739

Passcode: 331905 and can be found on our Regional website.

PR is a very active subcommittee in the region, and you can participate on the virtual meeting. We must always remember that we are all PR.

The Technology Resource Coordinator reports that they are working with the FD team to find and improve our Google Workspace (file management), our website, and the hybrid technology used at various events and FRSC meetings.

The corrections workgroup meets on July 12th at 6:30 pm. There are 37 members region wide. They have started 12 new meetings in the Department of Corrections and are working to get 7 more started. One of those is Polk corrections here in Polk County. And they are looking for volunteers. There is A 1-year clean time requirement.

The ADRD team is active. Their full report is in my report.

The incoming RD/AD team participated in the Service Track at FRCNA with an interactive workshop on Welcoming the Newcomer. The workshop was well attended and the feedback was positive. We look forward to an opportunity to present this workshop at RSC on a later date.

The AD, AD elect, and Treasurer met with the Rosen Centre Housing Coordinator assigned to our account during FRCNA concerning the proposal to direct bill the room nights of elected trusted servants of the region. Our housing coordinator acknowledged this practice to be a simple one on the part of the hotel and we will work out any glitches that may arise on the part of the hotel. About 140% of the room block was booked for this RSC causing the link to close early. We were able to book additional rooms that quickly sold out showing a surge of interest in RSC attendance. We suggest not raising the room block at this time however, we will closely monitor bookings as they go on. If the trend continues, we will request additional rooms to be added beforehand and in upcoming contracts.

On July 24 -26, 2026, the Southeastern Zonal Forum will be held virtually hosted by the North Carolina Region. The virtual link will be forthcoming. During the SEZF weekend, a Conference Participant meeting will be held on Saturday, July 25th. The SEZF will pause to allow the RDs and ADs to attend.

Myra and I will be accepting the reins of the Delegate Team as of the end of business today. First, we thank Ramon for his service for the last 5 years. His leadership has been invaluable, and his representation of the Florida Region has been impeccable at the Zonal and World Service levels. Through his guidance, we are prepared to follow the theme of the 2026 - 2029 WSC which is "Going Forward".

HRP Has some controversies going on that I will go into in new business. The Human Resource Panel (HRP) met in between regions to discuss ongoing panel business and collaborative initiatives. The team reviewed the current HRP application process, discussed outreach efforts and contacts made with applicants, and reviewed the process for purging HRP applications that are more than two (2) years old in accordance with established procedures.

The 2026 Guide to regional services was sent out hard copies will be provided at the September Region

We are fortunate to have the RSO in our area. Items of note were year-to-date sales OF \$696,522.21. The RSO remains committed to servicing areas conventions to areas wherever they can. Office is running great. We don't think the price increase from NAWS has really stopped customers from ordering. Vernon, who lived in this area for several years and is from the Big Bend area, had a stroke. She is currently taking a leave of absence from the board as she recovers from the stroke. If you know her, reach out. But I ask that all send prayers.

FRCNA met on Saturday at the RSC. FRCNA 44 overall was a wonderful success. They will have a final report at the September region. It's on to FRCNA 45 NO MATTER WHAT.

FRCNA 45 will be held at the Rosen Center July 1st, 2026 through July 4th, 2026. Room rates for double occupancy are \$152 per night plus any applicable fees. Self-parking is \$10 a day with in and out access. The special registration cost for FRCNA 45 is \$55 until July 31st. To pre-register for the convention and book hotel rooms, go to www.frcna.com. Of course, banquet and comedy show tickets are available for purchase.

OLD BUSINESS

Proposal 2026-01-02. Budget. I will hopefully have a copy of the budget So that you can go over it before the next ASC and we can vote on the regional budget.

Proposal 2026-25-02. This Proposal was to affect the way that the stipends for administrative committees are paid. It passed.

NEW BUSINESS

Proposal 2026-07-01. This proposal will take the Human Resources panel back to five members from three members. It passed.

There was a motion to impeach Gladys and Belinda on the HRP panel for lack of integrity. I made the motion. it appears that both members voted to approve for election a member that both believed, at the time, to have relapsed. The motion to impeached stopped an hour-long discussion about it and brought it into official action To be handled properly at the next RSC.

ELECTIONS

Four members were elected to the FRC board.

Two members were elected to the RSO board.

Volunteer! All NA members of the Florida Region are encouraged to fill out a Human Resource Panel volunteer form at naflorida.org/hrpform to be added to the HRP's pool of volunteers.

Open positions are at the RSC: Technology Resource Panel 2, Technology Resource Panel 3, Tech Interim 1 and Tech Interim 2

Please refer to the Guide to Florida Regional Service for additional qualifications and responsibilities for each open position.

Please remember It's cool in NA

Bob K

RCM I

RSC 2 Minutes July 19, 2026

I want to apologize to the service body and to the groups that I didn't make the Florida Region Service Committee in person on July 17-19, 2026 as we had planned a RV trip in advance. But in hindsight I wish I had gone because we got into a fender bender and put a hole in the radiator and couldn't go anywhere but the truck stop. I'm still Self-Willed. However I am listing information regarding the next region September 19th to the 20th of 2026

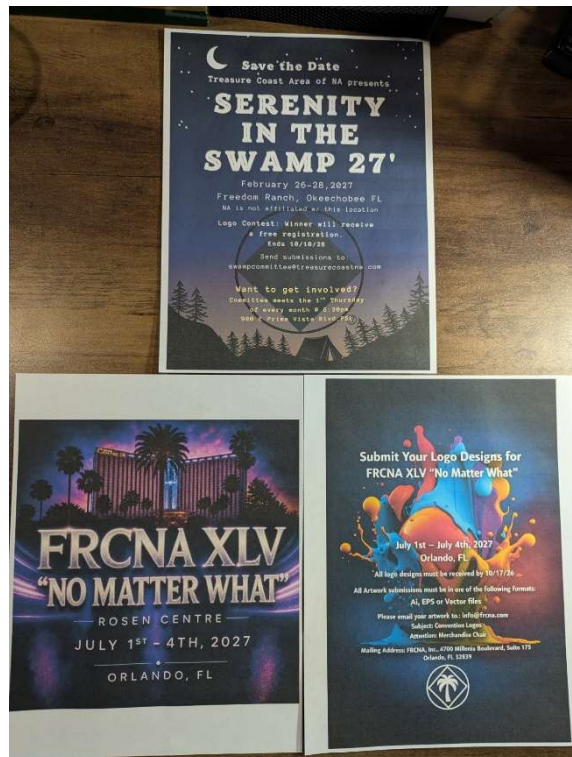
Show up! All NA members have a voice at the Florida Region's Fellowship Development on Saturdays and are welcome to attend the Regional Service Committee Business Meeting on Sundays. FD and RSC meetings will be in a hybrid format indefinitely. If you would like to attend in person or virtually, please see details below, or visit <https://naflorida.org/rsc> for more information. September 19-20, 2026 Hotel Booking Link for September:
https://www.phgsecure.com/IBE/bookingRedirect.ashx?propertyCode=ORLRH&group=GRP_FLRegionalSept26&arrivalDate=09-18-2026&departureDate=09-20-2026

Rosen Centre Hotel 9840 International Drive Orlando, Florida 32819 Phone: (407) 996-9840
Room Rate : \$149/night (pre-tax) See <https://naflorida.org/rsc> for discounted parking information September FRSC cut off date: August 19, 2026.

September RSC Activity Hosted by: Orlando - bowling event Saturday FD:
<https://naflorida.org/virtualfd> or Zoom ID 843 0454 1072 Date/Time: September 19th, 2026 @ 9:00 am Sunday FRSC Business Meeting: <https://naflorida.org/virtualrsc> or Zoom ID: 845 9148 0010 Date/Time: September 20th, 2026 @ 9:00 am Admin Meeting: Zoom ID: 823 2896 0092 Passcode: FRSC Date/Time: August 10th, 2026 and September 14th, 2026 @ 8:30 pm (Second Monday of the month).

In Loving Service,

Doug B.



H and I August Report

I. We opened the meeting at 12:12, 8/9/26, one member read the 12th traditions. Two members read two dos and two don'ts to hospitals and institution service.

II. We took roll call and met quorum.

III. We had a review of the previous month's minutes by the secretary and updated the phone list.

IV. Report of expenditures

Literature order \$256.25

Literature year to date: \$711.16

Literature remaining budget \$1188.84

Literature total budget \$1800

V. Open forum

1. Member brought to attention that White Sands is requesting a meeting once a week.
Discussion about the pros and cons of bringing the meeting into the facility. Brought up we currently do not have the willingness to staff current meetings
2. Mike W term has ended as secretary and is officially stepping down
3. Shakira P term has ended and she has officially stepped down and moved into her new role.

VI. Facility reports: 6 facilities and

18 meetings/ presentations were held by H and I

VI. Old Business

A. Bartow Detox needs help, H and I needs help

B. We discussed ways to get new members

VII. New Business/election of new members

A. 2 new members attended for the first time

B. 1 new member was voted in

VII. Ended with the Serenity prayer

The next meeting will be September 13, 2026

942 South Blvd Lakeland fl 33803 hybrid

The doors open at 11:15

Virtual code: 881 9330 0968

HEARTLAND

AREA HOSPITALS
AND INSTITUTIONS

CARRY THE MESSAGE

“Having had a spiritual awakening
As a result of these steps
We tried to carry this message
to addicts

YOU HAVE A STORY
SOMEONE NEEDS TO HEAR



Our message
of hope can
change lives.

Be part of
the solution.
Be the reason
someone finds
recovery.



2ND SUNDAY OF EACH MONTH
FROM 12-1

AND GET YOURSELF A

SERVICE COMMITMENT

Policy Report

8/3/2026

In attendance (virtually) were Kyle C., Doug B., Bob C., and Teresa E. We suspended normal opening procedures in the interest of time management.

Open Forum: We discussed planning on getting back to meeting in person at our new location once we have completed our revision of the policy packet. We have met virtually for several months.

Old Business: No discussion.

New Business: We have made our way to the GSR Orientation portion of the policy packet. Due to the formatting of how this section of the policy was originally submitted we ran into some difficulties with revision. Our chair is currently working on changing the format of the final eighteen (18) pages of policy so it will align with the first fifty-three (53) pages of the document. This, along with updating the Table of Contents, will conclude the revision and the policy packet will be made available to Area posthaste.

Respectfully submitted,

Kyle C.

Date: 7/21/26

Time: 8:00pm

Open with:

Serenity prayer

Readings: Tradition, Concept, etc.

Justin read the 12 traditions

Roll Call:

Donna W., Chair (vote of acclamation took place in July)

Justin B. (new member)

Welcome new members:

Welcomed Justin B.

Introductions, Contact Information

Open forum:

Previously it was requested that we change the meeting time and/or day to accommodate several members who are no longer able to attend the monthly meeting on Tuesday due to other commitments. We took a poll using the signal app that we use to coordinate our event activities and voted as a group to move our meeting time to the third Wednesday of each month at 6 pm and to remain a hybrid meeting.

Contact Reports:

New Non-NA affiliated contacts

Material Distribution:

- Donna, MaryAnn, Roy C, Don F, George D and other members distributed July meeting lists.
 - If you are interested in volunteering to distribute meeting lists in your community, contact Donna W. at 863-430-3676. Text is best but if you call please leave a message. You don't have to be a member of PR to take some meeting lists for facilities in your community, we just need to be able to plan on how many to send with you so contacting me in advance of HASC is recommended so I can give you some to take with you. Ideally before the first of each month so I can include them in our printed meeting list order.
- Mailing meeting lists:
 - Groups that are unable to regularly attend HASC and need updated meeting lists can send a self-addressed, stamped envelope to me at home and I will send you 5 meeting lists back:
Donna Windsor
806 Slash Pine Dr.

Auburndale, FL 33823

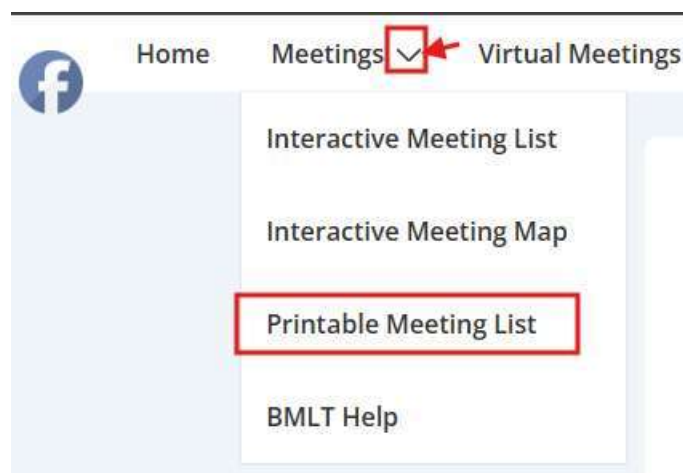
#10 Letter sized is recommended so the meeting lists will fit, 5 meeting lists weighs 1.2oz so please use sufficient postage.

REMINDER TO ALL GROUPS THAT IF YOU ARE UNABLE TO COME TO HASC TO OBTAIN MEETING LISTS THEY CAN BE PRINTED DIRECTLY FROM

WWW.NAFLHEARTLAND.ORG.

To do so follow 3 steps:

- 1. Click/tap the dropdown arrow next to meetings**
- 2. Click/tap Printable Meeting List**
- 3. Print on legal sized paper (8.5" X 14")**



- Recycling old meeting lists
 - We asked at HASC for GSRs to bring back old meeting lists that were not current when coming to HASC so that we can correct and distribute to those in treatment at each HASC meeting, this also helps us to have an idea of what is not being used so we can streamline our orders to be prudent with NA funds.
- Meeting list updates: It the responsibility of each group on the meeting list to update the PR subcommittee when your listing needs to be removed or changed. The easiest way to do this to attend HASC but you can also contact Donna W. or any member of the PR subcommittee.
- We are asking each group on the meeting list to provide the PR chair and/or team with some contact information so that we can reach out if we need to find out about the group listing to make sure it is correct and maintain contact monthly. If we cannot confirm the details of the meeting with a member regularly, we run the risk of sending someone to a facility after hours with no one there. This creates a poor experience for a newcomer who may never speak to anyone and may not return if put in this position. Failure to keep in contact will result in being moved to the unpublished category until your meeting details can be confirmed. We would like to thank all the groups who contacted us and helped us ensure the meeting list accuracy.

Old Business:

Proposed Webpage Revisions:

- Defining services, we offer and updating the webpage to make this information available to NA members and the public:
 - To professionals, substance use treatment industry, community groups
 - To NA groups (or groups being formed) needing guidance
 - To facilities interested in NA services
 - To individuals interested NA

Policy Review:

- Each member present was tasked with reviewing our PR policy only and making suggestions if they feel revisions are needed. Deferred to April meeting.

New Business:

- Polk State has invited us to attend the welcome week at their Lakeland Campus on 9/1/26
- We discussed participating in the Ride Out of the Darkness event on 10/3/26

Nominations to fill vacancies:

- Current vacancies include Web servant, Vice Chair

Closed with:

3rd Step prayer

Next meeting date: WEDNESDAY August 19, 2026, 6pm Hybrid Zoom/In person

If you are interested in PR we would love for you to join us.

Our volunteers typically serve the fellowship by:

- Distributing literature to facilities such as IPs and meeting lists
- Contacting and communicating with communities, professionals, and facilities who have questions or requests for information about NA and specifically the Heartland Area.
- Assisting groups and members who need to be added to the meeting list/removed from the meeting list/updated on the meeting list
- Setting up tables/booths at community events to share information about NA and answer questions
- Making presentations to professionals and facilities who request them to provide information and answer questions about NA and how the Heartland Area can be of service to them and their clients.



Activities Subcommittee Meeting

Thursday August 6, 2026 at 5:30

In attendance was: Justin, Brenda, Kendra, Jamie, Kimberly, Carly

We discussed the upcoming bowling event on August 22nd and 40th anniversary celebration on September 19th. Motioning for the rest of the money for both events.

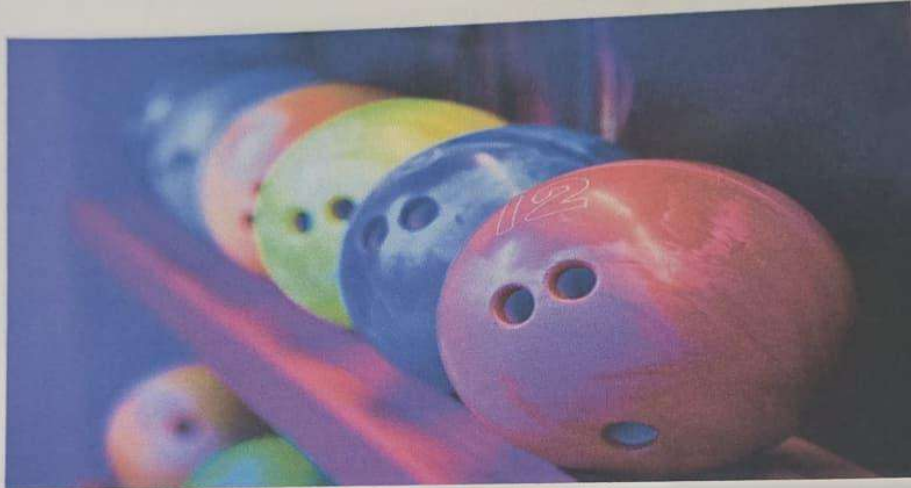
We talked about decorations, Photo Booth, and dj for celebration. We also discussed what dinner would be served: spaghetti and meatballs with garlic bread. Kendra was tasked with creating flyers and Carly was tasked with getting quotes for Photo Booth and putting together an Amazon order for decorations.

We concluded the meeting with a moment of silence and the serenity prayer.





HEARTLAND AREA OF NARCOTICS ANONYMOUS ACTIVITIES
BOWLING



DATE: August 22, 2026

TIME: 5:00-8:00 pm

LOCATION: Maple Lanes Lakeland
4318 US HWY 98 North
Lakeland, FL 33809

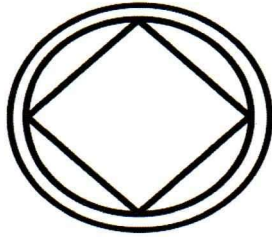
COST: \$25 per person (check in with an activities member at the lanes)

3 Hours of Bowling, Shoes and soda included

CALL/TEXT FOR MORE INFORMATION CARLY 863-326-8683

"Sometimes an outside event starts the ball rolling...Once we have been through this feeling and survived it clean, we know it won't last forever"

~Living Clean- Growing Pains~



**HEARTLAND AREA OF NARCOTICS ANONYMOUS
ACTIVITIES**

**Let's Celebrate the Heartland Areas 40th Year
with**

**Unity, Community and Fun.
“HOMECOMING”**



When: September 19th, 2026

Where: Peak Worship Church
(315 Granada Street; Lakeland, FL)

What: Dinner, Speaker, Dance

Time: 5-6pm Mingle
6-7:30pm Meeting and dinner
8-10pm Dance



Dress: Formal

Cost: \$10.00 includes dinner and dance
(all are welcome)



**The theme is “Welcome Home” the colors are
Basic Text blue and Silver**

**“Unity is the spirit that joins thousands of members around
the world in a spiritual fellowship that has the power to
change lives”**

~It Works How and Why, Tradition One~

July HACNA Report, August HASC 2026

The steering subcommittee met on July 31st, 2026 via phone call. 2 members present.

Treasurer Report

The current bank balance as of Sunday, August 9th, 2026, is **\$7470.70**. Bank statement attached.

Merchandise Report

A flyer has been made to promote participation for artwork submissions for our merchandise and has been shared on social media and to homegroups. Our theme is "From The Heart" and we can't wait to see what you all have for us. The limitations and guidelines for artwork are as follows:

1. 5 colors or less preferred
2. AI generated pictures strongly discouraged
3. All submissions submitted to hacnasub2022@gmail.com by or before September 24th, 2026

Hospitality & Entertainment Report

The Chicken Dinner, Christmas in July fundraiser was a complete success! Our total profit for this event was **\$947.06**. We had a blast and the message of NA was carried loud and clear through the speakers and through our unity as an area. Thank you all who served and who showed up to support.

Our next fundraiser will be the Hooked on Recovery Dessert Auction! \$10 at the door gets you a fish dinner including a fish sandwich and coleslaw.

Additional drinks and desserts will be available for \$1 each. This event is October 3rd from 1pm to 5:30pm with 4 powerful speakers sharing from 2pm to 3pm. The dessert auction will take place from 4pm to 5pm. This will be held at 315 Granada St, Lakeland FL at Peak Worship Church. Bake your best cake and I hope to see you all there!

Housekeeping

We have officially moved our meeting to the last Friday of every month to 6pm. Same Location. The webservant has been notified and changes have been submitted. Our merchandise chair position is vacant as well as our vice treasurer position.

The next HACNA steering meeting will be August 28th at 6pm at 1313 E Main St, Lakeland, FL 33801

Bank Statement 07/31/2026

Account summary

Your previous balance as of 06/30/2026	\$6,223.64
Checks	- 0.00
Other withdrawals, debits and service charges	- 347.94
Deposits, credits and interest	+ 1,505.00
Your new balance as of 07/31/2026	= \$7,380.70



875-12-01-00 61832 0 C 001 30 S 66 002
HASC INC
DBA HACNA
PO BOX 2183
EATON PARK FL 33840-2183

Your account statement

For 07/31/2026

Contact us



Truist.com



(844) 4TRUIST or
(844) 487-8478

■ TRUIST SIMPLE BUSINESS CHECKING

Account summary

Your previous balance as of 06/30/2026	\$6,223.64
Checks	- 0.00
Other withdrawals, debits and service charges	- 347.94
Deposits, credits and interest	+ 1,505.00
Your new balance as of 07/31/2026	= \$7,380.70

Other withdrawals, debits and service charges

DATE	DESCRIPTION	AMOUNT(\$)
07/20	DEBIT CARD PURCHASE SAMS CLUB #4794 07-18 LAKELAND FL 9764	347.94
Total other withdrawals, debits and service charges		= \$347.94

Deposits, credits and interest

DATE	DESCRIPTION	AMOUNT(\$)
07/22	COUNTER DEPOSIT	747.00
07/24	VISA MONEY TRANSFER CREDIT 07-24-26 OAKLAND CA 9764 CASH APP*HACNA SUB*CASH	758.00
Total deposits, credits and interest		= \$1,505.00



Questions, comments or errors?

For general questions/comments or to report errors about your statement or account, please call us at 1-844-4TRUIST (1-844-487-8478) 24 hours a day, 7 days a week. Truist Care Center teammates are available to assist you from 8am – 8pm EST Monday-Friday and 8am – 5pm EST on Saturday. You may also contact your local Truist branch. To locate a Truist branch in your area, please visit [Truist.com](https://www.truist.com).

Electronic fund transfers (For Consumer Accounts Only. Commercial Accounts refer to the Commercial Bank Services Agreement.)

In case of errors or questions about your electronic fund transfers, if you think your statement or receipt is wrong or if you need more information about a transfer on the statement or receipt, IMMEDIATELY call 1-844-487-8478 or write to:

Fraud Management
P.O. Box 1014
Charlotte, NC 28201

Tell us as soon as you can, if you think your statement or receipt is wrong, or if you need more information about a transfer listed on the statement or receipt. We must hear from you no later than sixty (60) days after we sent the FIRST statement on which the problem or error appeared.

- Tell us your name and deposit account number (if any)
- Describe the error or transfer you are unsure of, and explain as clearly as you can why you believe it is an error or why you need more information
- Tell us the dollar amount of the suspected error

If you tell us orally, we may require that you also send us your complaint or question in writing within ten (10) business days. We will tell you the results of our investigation within ten (10) business days after we hear from you, and we will correct any error promptly. If we need more time, however, we may take up to forty-five (45) days to investigate your complaint or questions for ATM transactions made within the United States and up to ninety (90) days for new accounts, foreign initiated transactions and point-of-sale transactions. If we decide to do this, we will re-credit your account within ten (10) business days for the amount you think is in error, minus a maximum of \$50. If we ask you to put your complaint in writing, and we do not receive it within ten (10) business days, we may not re-credit your account and you will not have use of the money during the time it takes us to complete our investigation.

Tell us AT ONCE if you believe your access device has been lost or stolen, or someone may have electronically transferred money from your account without your permission, or someone has used information from a check to conduct an unauthorized electronic fund transfer. If you tell us within two (2) business days after you learn of the loss or theft of your access device or the unauthorized transaction, you can lose no more than \$50 if someone makes electronic transfers without your permission.

If you do NOT tell us within two (2) business days after you learn of the loss or theft of your access device or the unauthorized transaction, and we can prove we could have stopped someone from making electronic transfers without your permission if you had told us, you could lose as much as \$500. Also, if your periodic statement shows transfers you did not make, tell us at once. If you do not tell us within sixty (60) days after the statement was mailed to you, you may not get back any money you lost after sixty (60) days if we can prove we could have stopped someone from taking the money if you had told us in time.

Important information about your Truist Ready Now Credit Line Account

Once advances are made from your Truist Ready Now Credit Line Account, an INTEREST CHARGE will automatically be imposed on the account's outstanding "Average daily balance." The INTEREST CHARGE is calculated by applying the "Daily periodic rate" to the "Average daily balance" of your account (including current transactions) and multiplying this figure by the number of days in the billing cycle. To get the "Average daily balance," we take the beginning account balance each day, add any new advances or debits, and subtract any payments or credits and the last unpaid INTEREST CHARGE. This gives us the daily balance. Then we add all of the daily balances for the billing cycle and divide the total by the number of days in the billing cycle. This gives us the "Average daily balance."

Billing Rights Summary

If you believe your **Truist Ready Now Credit Line statement** contains an error, please notify us in writing within sixty (60) days of the date the error FIRST appeared. Written correspondence must be sent to:

Truist Ready Now Credit Line Disputed Payments
PO Box 849
Wilson, NC 27894

You may contact us by phone; telephone inquiries do not obligate us to investigate and may result in your responsibility for the disputed amount.

Your written notice should include:

- Your name and account number
- The dollar amount of the suspected error
- A description of the error and an explanation of why you believe it is incorrect

During our investigation process:

- We cannot try to collect the amount in question, or report you as delinquent on that amount
- The change may remain on your statement and accrue interest; however, if an error is confirmed, you will not be liable for the amount in question or any interest or other fees related to that amount
- You are required to pay all other amounts not in dispute
- We can apply any unpaid amount against your credit limit

Mail-in deposits

Deposits can be made at a Truist ATM or using Truist Mobile Banking.

If you wish to mail a deposit, please send a deposit ticket and check to the following address (Please do not send cash):

Central Processing
MC:306-40-04-25
P.O. Box 27572
Richmond, VA 23261-7572

Change of address

If you need to change your address, please visit your local Truist branch or call Truist Care Center at 1-844-4TRUIST (1-844-487-8478).

How to Reconcile Your Account		Outstanding Checks and Other Debits (Section A)			
1. List the new balance of your account from your latest statement here:		Date/Check #	Amount	Date/Check #	Amount
2. Record any outstanding debits (checks, check card purchases, ATM withdrawals, electronic transactions, etc.) in section A. Record the transaction date, the check number or type of debit and the debit amount. Add up all of the debits, and enter the sum here:					
3. Subtract the amount in Line 2 above from the amount in Line 1 above and enter the total here:					
4. Record any outstanding credits in section B. Record the transaction date, credit type and the credit amount. Add up all of the credits and enter the sum here:					
5. Add the amount in Line 4 to the amount in Line 3 to find your balance. Enter the sum here. This amount should match the balance in your register.					
		Outstanding Deposits and Other Credits (Section B)			
		Date/Type	Amount	Date/Type	Amount

For more information, please contact your local Truist branch, visit [Truist.com](https://www.truist.com) or contact us at 1-844-4TRUIST (1-844-487-8478). MEMBER FDIC

Hooked on Recovery

FOOD • FELLOWSHIP • FREEDOM



NARCOTICS
ANONYMOUS

FISH SANDWICHES

Great Food. Powerful Speakers. Sweet Fellowship.

Come for the
FISH...
Stay for the
RECOVERY!



SATURDAY
OCTOBER 3RD, 2026

1:00 PM – 5:30 PM

\$10⁰⁰

INCLUDES
COLESLAW



4 POWERFUL SPEAKERS

2:00 PM – 3:00 PM



WHOLE DESSERT AUCTION

4:00 PM – 5:00 PM

WHOLE CAKES,
PIES & DESSERTS

**WILL BE
AUCTIONED!**



Bring Your Best Dessert!



DESSERTS, BEVERAGES
& CHIPS FOR SALE

\$1.00 EACH



HACNA Sub

Scan to pay \$HACNASub

SCAN TO
**SUPPORT
HACNA XIX!**

*Thank you for
your support!*



HACNA XIX



HEARTLAND AREA CONVENTION OF NARCOTICS ANONYMOUS



315 GRANADA ST | LAKE LAND, FL

♥ ONE DAY AT A TIME... TOGETHER WE RECOVER ♥

A watercolor palette with various colors (yellow, green, blue, red) and a piece of paper with a watercolor wash in shades of pink, orange, and yellow, resting on a wooden surface.

HACNA XIX FROM THE HEART

Needs Art

**Submit to
HACNASUB2022@gmail.com
NO AI Generated Art
Please Keep to Under 5 Colors**

**Deadline September 23
Contact Danny E (863) 605-6597
or Brandy H (616) 901-3134
for More Information**

Outreach

We met 7-14 and

Billy F.

Brenda R

Melissa P

Deanna E

ANDY W

Justin - Video

We decided on the meetings we were going to attend for the month, which were.

Friday night ~~meeting~~ Special
Lake Placid, Cancelled

Tues. Night Face to Face.

We met 7-28 Billy + ANDY + Melissa

Updated their information.

We meet again this Tuesday 8-11-2016

Also went over the
budget for the year.

Loving Service

Billy

AND Putting in a motion for the rent
for the building.

GSR COORDINATOR REPORT

AUGUST 2026

Good afternoon to all new GSR's and returning members. Please feel free to reach out to me for any questions or concerns. My direct contact information is on the contact sheet with your minutes.

Today I wanted to take a few minutes to concentrate on what a group conscience looks like for us within our business meetings. When we talk about a group conscience it is my understanding that this is always a WE program when it comes to service. I cannot make decisions for a group by myself. I have been a part of groups where one person's views seem to be put before others or others' views and feelings about the group's business haven't even been asked or worse disregarded. I believe regardless of how much time any one member has we need to remember that each group member can have a say in decisions about the group's business and should be encouraged. We do a disservice to our groups and ultimately to the addict who still suffers if we let our egos get in the way of taking each group members' suggestions. As a member with time, I always want to encourage every member of a home group to be involved in any decision making for the group.

Here is an expert from our pamphlet **How to have a group Business meeting:**

Group conscience can be thought of in much the same way as personal conscience. Group conscience reflects a collective awareness of, understanding of, and surrender to spiritual principles. The conscience of the group takes shape and is revealed when its members take the time to talk with each other about their personal needs, the needs of the group, and the needs of NA as a whole. It Works: How and Why Group Conscience Group conscience is the means by which we collectively invite the ongoing guidance of a Higher Power into our decision-making process. A group conscience is when addicts whose individual consciences have been awakened come together to consider service-related questions.

This conscience is demonstrated when group members listen to one another and make compromises. Calm discussion, mutual respect, and a reliance on the group's conscience helps groups fulfill their primary purpose. We sometimes use the vote as a rough tool for translating that spiritual guidance into clear, decisive terms.

Many times a vote is not needed after a thoughtful and attentive discussion because the group's conscience becomes perfectly apparent, with the group leader asking if there any objections to the group's consensus. No matter how a group decides to conduct business—either with or without voting—taking time to openly discuss group matters is essential. One of the best ways a group can solve the various issues that may arise is to remain focused on our primary purpose of carrying the NA message of recovery to addicts who still suffer. Practicing the spiritual principles contained in the Twelve Traditions and the Twelve Steps can solve most groups' problems. In other cases, the group may seek suggestions from neighboring groups or through its group service representative (GSR) at the area service committee.

In loving service,

Michele L.

I currently have 3 Group Booklets, 1 Guide to Local Service and 7 GSR Basics.

GROW OR GO

HOMEGROUP CELEBRATION

WHEN

**August 29th
2pm-5pm**

WHERE

**Peak Worship
315 Granada St
Lakeland FL 33805**

**IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO
REACH OUT TO US BY TELEPHONE OR TEXT**

KYLEY E. 727-808-9937 DANNY E 863-605-6597

**NO ADDICT
TURNED AWAY**

**WE WILL BE
SERVING PIZZA
AND DRINKS AT
NO CHARGE**

**WE HAVE INVITED 2
GUEST SPEAKERS
TO SHARE ESH**

**WE LOOK FORWARD TO
CELEBRATING WITH YOU
COME OUT FOR FOOD,
FUN, AND FELLOWSHIP**





"Take it Easy Group" Picnic!
September 12', 2026
from 10am to 3pm
at Sebring's Veterans Park
4251 Lakeview Dr, Sebring, FL.
Food, drinks & kid's activities.
Bring your favorite dish!

Guest speaker, South Florida's-
Vito L. with 66 years clean!
More inf: 808-3718133

HEARTLAND AREA CONTACT SHEET

Position	Name	Phone	Address	Email Address	Pref
Chairperson	James F.			daddyfreeman74@gmail.com	B *
Vice Chair	Casey W.	863-529-2655		caseyward0506@gmail.com	
Secretary	Ashley F	863-617-2037		asahvato86@yahoo.com	E
Alt. Secretary	VACANT				
Treasurer	Crystal M	863-440-4411		whcrystal77@yahoo.com	E
Alt. Treasurer	Cheryl B	863-255-2396		cheryl_bauman@aol.com	
Librarian	VACANT				
Alt. Librarian	VACANT				
RCM	Bob K	863-651-4673		bobk51990@gmail.com	B *
RCM Alt.	Doug	845-665-1377		kato4u@msn.com	B *
GSR Coordinator	Michele L	518-361-6608		steliann78@yahoo.com	E
H & I	Shakira P	863-624-1316		determined237@outlook.com	E
PR	Donna W	863-430-3676		mrswindorsor2008@gmail.com	
Activities	Carly S			charlottecaldwell333@outlook.com	E
HACNA	Danny E	863-605-6597		daneasta@yahoo.com	
Out Reach	Billy F.	863-877-6864		williamforque0@gmail.com	
Helpline	Donna M	401-258-4987		booboo1792003@yahoo.com	
FRCNA Support	Reggie W.			reggie.wallace@verizon.net	
Policy	Kyle C	863-272-0377		kiasoncox@gmail.com	E
Asking for Recovery	MaryAnn			matmumme@gmail.com , dez0603cs@gmail.com	
Clean Break at Noon	Roy			boyrov4148@gmail.com	E
Dopeless Hope Spot	Monica H			monic23holow@gmail.com	E
Grow or Go	Kyle E.			kyley.easta@gmail.com	E
Just For Thursday's	Reggie W., Devon W			reggie.wallace@verizon.net	E
Just for Today	Danny A	813-446-5398		kojakghost@yahoo.com	E *
Keep it Simple	Monicasue T.	863-280-1350		NAKeepitsimpleNA@gmail.com	
Living Free	Melissa P			melissa.pennewell@outlook.com , cindyloudawson@gmail.com	E
No Name Meeting	Taylor F	863-712-6177		taylorfitez@yahoo.com	
Never Alone - Lkld					
Friday Night Candlelight	Brittany C			brittanyculbreth0@gmail.com	
Recovery in the Hills	Jamie S, Paul	813-335-6594		trbear2day@gmail.com	B *
She Do Recover	Nikida G	813-203-9408		davenportnikida@gmail.com	
Show Me Don't Tell Me	Tammy S.	863-275-8260		tammys.smith262@gmail.com	B *
Take it Easy	Tim	772-361-3125		timzartzz@gmail.com	E
Ties That Bind US	Howard W.	407-844-3117		hwalk57@yahoo.com	
The Chosen Few	Jacque P	689-204-6868		powerflawncare@aol.com	B *
The War Is Over	George D	863-255-3137		ggedawson09@gmail.com	B
Weekend Wind Down	Justin B	863-289-1555		brazzanovichjustin0@gmail.com	E
Stepping out of the Problem	Don F			donavin23@msn.com	
Recovery in the Sticks	Chasity H	813-481-3691		chasity1311@gmail.com	
Solutions	Lauren			mcswainlauren@gmail.com	
Serenity on Sunday	Mike C.	863-812-9978			
Surrender on Saturday					

Please Make changes on the back of the sheet.