

SERENITY NEWS

AA LAKE/SUMTER INTERGROUP



SEPTEMBER ISSUE

STEP 9, MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

PLEASE REMEMBER TO KEEP ALL OF OUR FLORIDIANS IN OUR PRAYERS. HELENA CAME RIPPING THROUGH AND LEAVING DESTRUCTION. PRAY FOR ALL THE STATES EFFECTED.

INTERGROUP LAKE AND SUMTER COUNTY

I am responsible..... When anyone, anywhere, reaches out for help, i want the hand of AA always to be there, and for that; I am responsible.

EMAIL: aalakesumter@gmail.com

Website: aalakesumter.org

352-360-0960

Hotline

352-632-2001

INTERGROUP BOARD MEMBERS

Chairman – Rhonda H

Vice Chair – TBA

Secretary – Jeanne D

Treasurer – Mark H

Board Member 1 Alicia

Board Member 2 Kathy

Board Member 3 Jason W

What is the hotline? The hotline program gives groups the opportunity to be of service in AA. Hotline volunteers answer evening and weekend telephone calls from people who want to find an AA meeting or who might need Twelfth-step help.

Service Opportunities at LSCO

- Intergroup Office
- Front Desk 10 am – 2 pm
- Tuesday, Thursday and Friday

We have many vacancies from, answering the phone to filing to cleaning. If you are interested in helping out, please call the Intergroup and sign up.

● **Hotline**

12-hour shifts are available. Ask for Ted

● **Newsletter**

Submit personal experience, such as a service commitment, your journey to sobriety, a spiritual awakening or a spiritual experience. These stories are important to share, as they help others. Ask For Teresa

Donate--Educate--Volunteer



**Don't quit
before the
miracle
happens.**

Recognizing Alcoholism in teenagers and Providing Support

It is so important that we recognize the signs of our adolescent's addictive behaviors. Did you know that according to the National Institute on Alcohol Abuse and Alcoholism, NIAAA, says that about 3.4% of US teenagers ages 12 to 17 have first time you used. In this country that is about 894,000.

Recognizing AUD in our youth isn't always easy, but it can be the first step in offering them the support they need.

AUD

Alcohol Use Disorder is a condition where a person is addicted to alcohol or unable to control their alcohol use. Drinking frequently your body becomes dependent on alcohol.

Alcohol misuse is not the same as AUD. For example, misuse is binge drinking. Not all people who binge drink are necessarily addicted to alcohol. With that said, some researchers suggest that people who drink alone as teenagers are likely to develop AUD as an Adult.

Additionally, the NIAAA notes that people who start drinking before the age of 15 are more than three times as likely to develop AUD as an adult than people who waited until they were 21 to start drinking.

What does Alcohol Use Disorder look like?

Teenagers may exhibit the following:

- Frequent shifts in mood.
- Increased anger and irritability.
- Frequent tiredness and lethargy.
- Loss of interest in usual hobbies and activities.
- Loss of appetite.
- Unexplained illnesses.
- Unexplained tremors, shakes, nausea or vomiting.

You may also notice the following behaviors;

- Change in sleeping patterns.
- Change in social circles.
- Decrease in school performance.
- Frequent, unexplained absences from school.
- Neglecting personal hygiene.
- Neglecting chores and other responsibilities.
- Withdrawing socially.

Signs of Alcohol Use Disorder development

Certain factors that may increase the risk of alcohol misuse or AUD

- Being male
- Drinking at a young age
- Genetics
- Having relatives with the condition
- Mental health conditions, including mood disorders, personality disorders or schizophrenia
- history of trauma
- loneliness
- stress

Prevention

- model healthy choices
- be a nonjudgmental source of support
- offer practical ways to help
- discuss AUD with compassion and understanding
- remind your teenager of the less than the Dangers of alcohol

Take the following practical steps:

- Contact a healthcare professional, preferably someone specializing in addiction for help.
- Make an appointment with a counselor who specializes in addiction.
- Consider an inpatient facility or rehab.
- Remove alcohol and items that have alcohol in them, rubbing alcohol, hand sanitizer, extracts with alcohol, mouthwash and cough syrup.
- Create opportunities for them to socialize and have fun where alcohol won't be present.
- Find support groups.
- Play an active role in their recovery.

We really need to have an open line of communication with our young people. It's never too late to put a little bug in their heads. For me personally I taught my children the importance of staying away from drugs and alcohol.

It is devastating to know that the average age first time use of alcohol or drugs is 13 years of age.

Just remember it is our job to keep our children from going down the path we went down.

We really need to have an open line of communication with our young people. It's never too late

What percentage of addictions start in the teenage years?

9 out of 10 people with addiction started in their teen years. Research shows the average age of first-time use of drugs is 13-14. If first-time use is delayed by 12-24 months, the likelihood of addiction drops dramatically. Youth are 6.5 times more likely to become addicted they try drugs before age 21.

RECOVERY

If you could peer into my mind
amidst my dreams and darkest thoughts,
My former self lies slain and blind
- a long forgotten, rotten corpse.

Four falls I forsook food and rest,
my heart would twist and ache inside.
That pain has since then left my chest
and my disease has slowly died.

This illness quakes against the bold
one need not suffer it alone.
Milk life for all the joy it holds,
and dance until the cows come home.

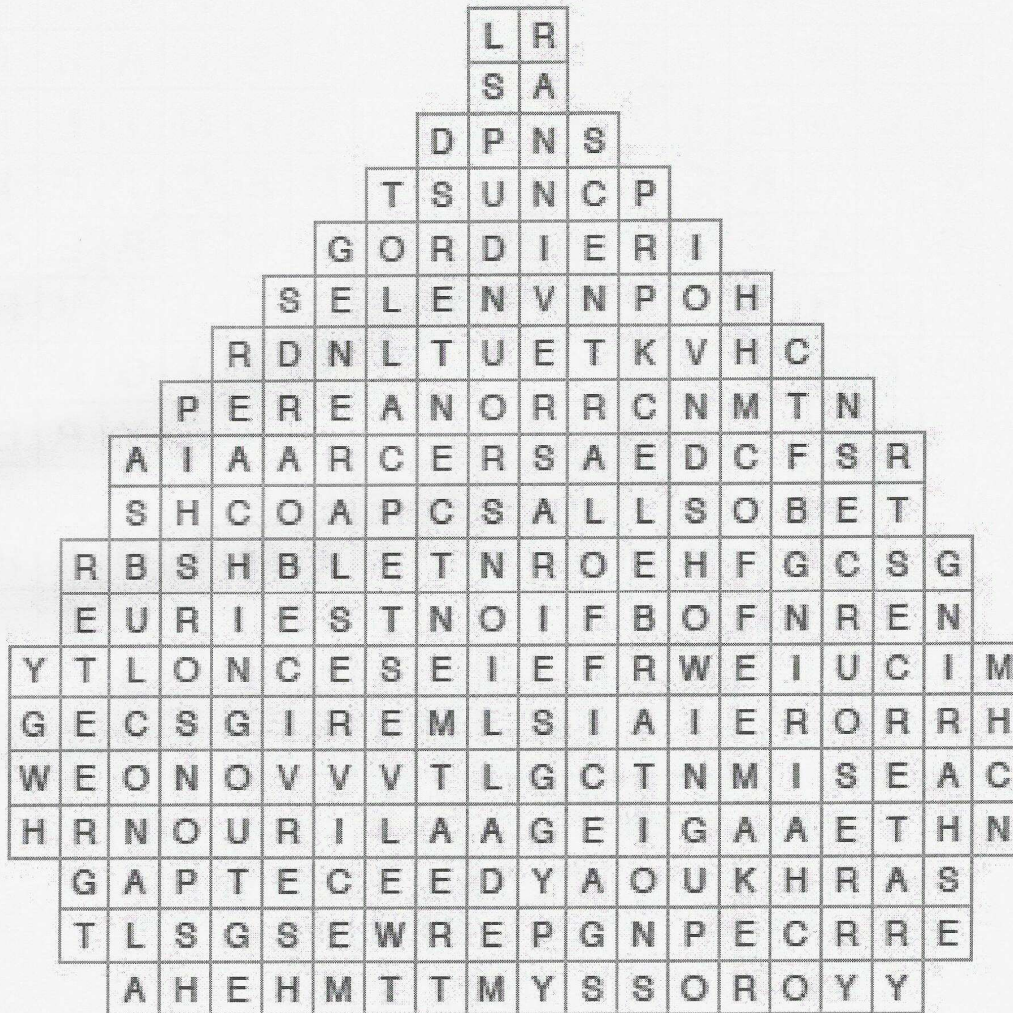
Depression tried to finish me
but I made my position clear:
"My mind is mine, my feelings free,
You are no longer welcome here."

Poem by Daniel

www.greymattersonline.co.uk



8. SERVICES



ALANO CLUBS
ANNIVERSARIES
CELEBRATIONS
CENTRAL OFFICE
CHAIRING
CHIPS
COFFEE MAKER

GENERAL SERVICE
GREETER
MEDALLIONS
REACHING OUT
RESOURCES
ROUNDUPS
SECRETARY

SERVICE BOARDS
SHARING
SHOWING UP
SPONSORSHIP
TREATMENT CENTERS
TWELVE STEP CALL

Contributing our time and talents is how we keep this organization going.

Jokes and Riddles

Q: How do you get a drunk up on the roof?

A: Tell him drinks are on the house.

Did you ever notice that you can take a Blonde joke, substitute the word "drunk" for "blonde" and come up with an even funnier joke?

Three old ladies are walking down the street. They are hard of hearing.

One: "Whew, it's windy today!"

Two: "No. Today's Thursday!"

Three: "So am I! Let's go to a bar!"

Man goes to his doctor.

Man "what's wrong with me doc?"

Doctor "you're an alcoholic."

Man "I want a second opinion "

Doctor "you're ugly too"

Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?"

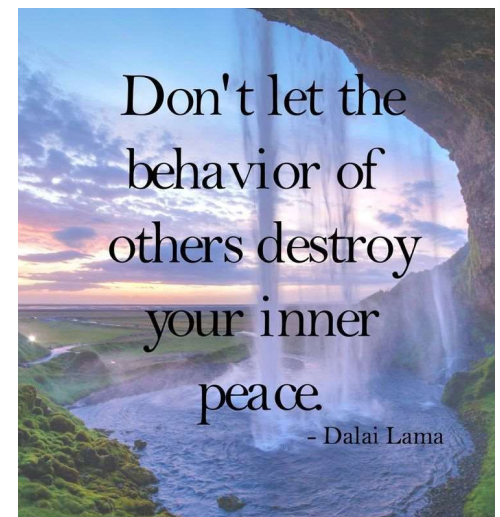
Student: "A drinking problem."

When you stop drinking the worst part is you no longer have excuses for you bad behavior.

Move a muscle change a thought

Donations for August

Daily Reflections	\$313.63
BYOB	\$300.00
12X12 Tavares	\$ 25.00
Keep it simple	\$ 46.00
Personal	\$ 25.00
Just for Today	\$120.00
Joy of Living	\$227.25
No Name Group	\$300.00
Day Break	\$200.00
Leesburg Wednesday Nite	\$ 66.91
Phoenix Big Book	\$350.00
TOTAL	\$1973.79



What Matthew Perry said about his addiction struggles



The faces of Mathew Perry

[Matthew Perry](#), who has [died aged 54](#), made no secret of his addiction struggles over the years, [writing candidly about his substance abuse](#) and attempts to stay sober in his affecting memoir, *Friends, Lovers, and the Big Terrible Thing*.

Released in 2021, the book chronicled the exacerbation of Perry's addiction under the "white-hot flame of fame" [after he shot to international stardom, aged 24](#), as the wise-cracking Chandler Bing in the hit sitcom *Friends*.

"'We can smell it,' she said, in a kind of weird but loving way, and the plural 'we' hit me like a sledgehammer," Perry wrote.

Perry's drug use continued after *Friends*, with the actor explaining in his memoir [that he "nearly died" four years ago when he was 49](#).

Perry's colon burst due to opioid overuse, after which he spent two weeks in a coma, five months in a hospital, and nine months using a colostomy bag. His family were told he had a "two per cent" chance of living.

A couple of years later, Perry came close to death again after his heart stopped beating for five minutes.

Perry was in rehab in Switzerland at the time, but had lied to his doctors about having severe stomach pain in order to get prescribed hydrocodone, an opioid used to treat pain and as a cough suppressant.

Perry was due to have surgery to alleviate his pain, but he took hydrocodone the night before his surgery, which, combined with anesthetic propofol during the procedure, stopped his heart for five minutes.

"It wasn't a heart attack – I didn't flatline – but nothing had been beating," he said, explaining how eight of his ribs broke during CPR.

As a result, he was forced to pull out of appearing in Adam McKay's Netflix comedy *Don't Look Up*, despite having already filmed a scene.

Following 15 stints in rehab and therapy sessions, Perry described himself as "pretty healthy" by June 2022 and said he was motivated to help others struggling with addiction.

In 2015, he was honored by Phoenix House, a nonprofit drug and alcohol rehabilitation program, prompting Perry to joke that he was an "award-winning alcoholic".

This is such a tragic tale of too much of anything can be a bad thing.

Perry said the fact the public knew about his substance abuse issues made it easier to become a spokesperson for addiction recovery, including a major interview he gave to *People* in 2013.

"When I was in big trouble, it was so public because I was on a TV show that 30 million people were watching," he said. "The fact that I [am] on TV makes people listen a little bit more, so I take advantage of that from time to time."

In recent years, Perry often spoke about how proud he was of his work in addiction recovery, and the fact that he used his platform to urge people to seek help.

"When you're having a bad day, the best thing you can do is call somebody and ask them how they're doing," he said, "and actually pay attention and listen to the answer to get out of your own head."

If you or someone you know is suffering from drug addiction, you can seek confidential help and support 24-7 from Frank, by calling 0300 123 6600, texting 82111.

In the US, the Substance Abuse and Mental Health Services Administration can be reached at 1-800-662-HELP.

To add to this tragic story. As of today there have been 5 arrest in this case.

Good Reads

