

# SERENITY NEWS

LAKE/SUMTER INTERGROUP



OCTOBER ISSUE

**STEP 10, CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.**

**DONATE—EDUCATE—VOLUNTEER**

***THE INTERGROUP IS LOOKING FOR PEOPLE WHO NEED TO DO SERVICE WORK. WE NEED; CLEANERS FRONT DESK, PHONE OPERATORS AND GENERAL OFFICE HELP.***

## 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

# 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](mailto:aalakesumter@gmail.com)

Website: [aalakesumter.org](http://aalakesumter.org)

**352-360-0960**

## Hotline

**352-632-2001**

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.

## Addictions

It's amazing really when you think about addictions. Most people think of addiction as only alcohol and drugs. But, lets face it, there are so many things you can become addicted to. Such as gambling, eating, shopping, cigaretts and so on. It is not uncommon for addicts to trade one addiction for another. Addiction replacement, or substitute addictions, is a common experience. One study of people in recovery found that one-fifth of participants had developed a different kind of disorder within 3 years of getting sober. Admitting I was a alcoholic was one of the hardest things I have ever done. Once I admitted I was a alcoholic and sought for help in Adult Choice and AA I knew I had found where I belonged, I found my home. I was doing good until I let so much pile up in my head and heart. I slipped for a day. I wasn't really praying like I should and thanking God for everything, including my successes and trials and tribulations. Everything we live through is to teach us something that we will need at some point in life. So what do we do to battle addiction? Pray, talk to your sponsor, move a muscle change a thought, go for a bike ride, read your Big Book, paint, draw or write, anything to not isolate. For me its just to stay busy and do service work I really do love the fellowship of everyone in AA. I feel so good and welcomed in this group of love (AA). Thank you so much for being there for me. Teresa

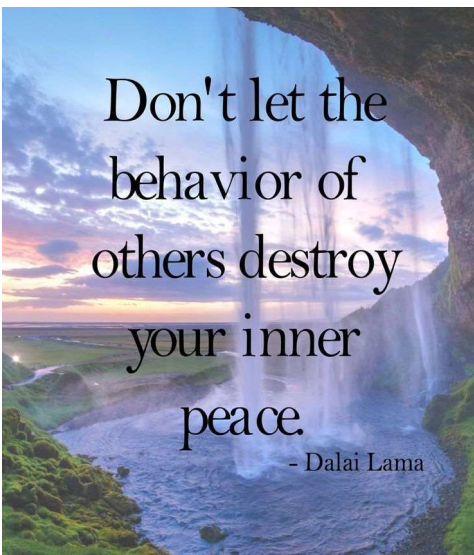


Anyone can make a mistake and run.  
 It takes a special kind of person to make a mistake, admit to it, and face the pain and trouble that comes with making amends.  
 Hang on to those people. They might hurt you, but they'll never make you heal alone.

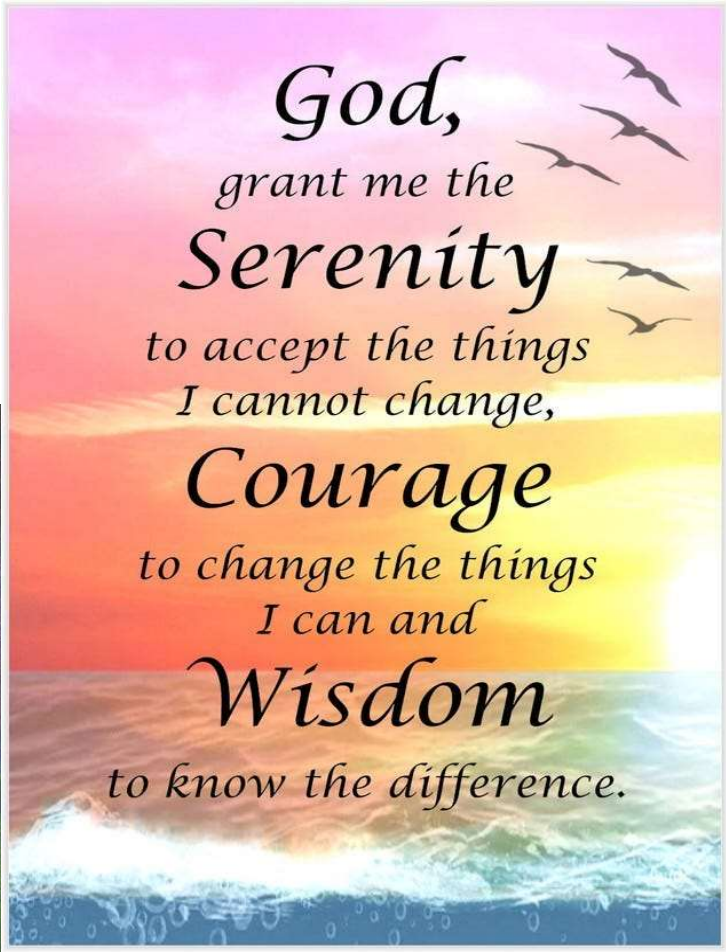


I fight;  
 this disease can no longer control me.  
 He's by my side;  
 I smile.  
 Laughter escapes my mouth, happiness is back.  
 Free at last, I run.  
 There's no stopping me.  
 My life is in His grasp again.  
 Thankful, I pray.

[crazysobergirl.wordpress.com](http://crazysobergirl.wordpress.com)

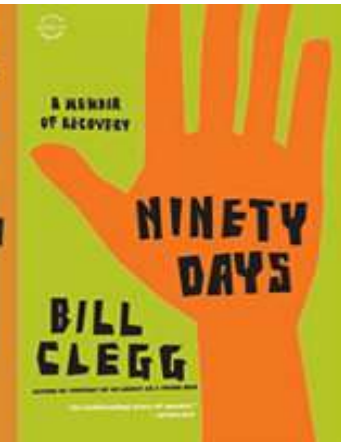
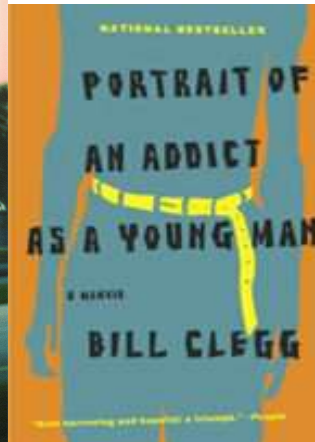
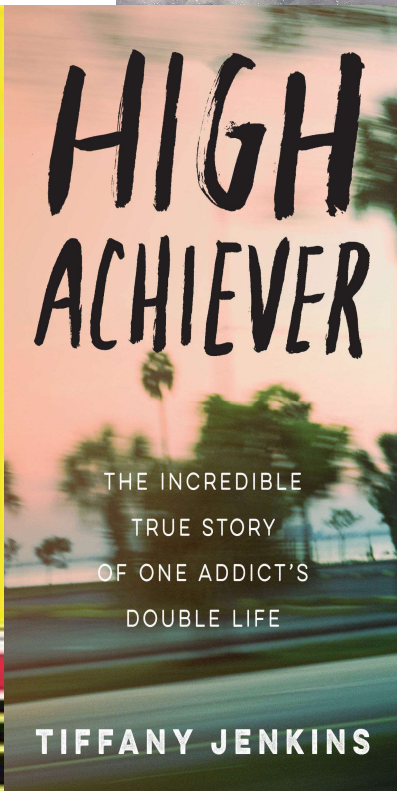
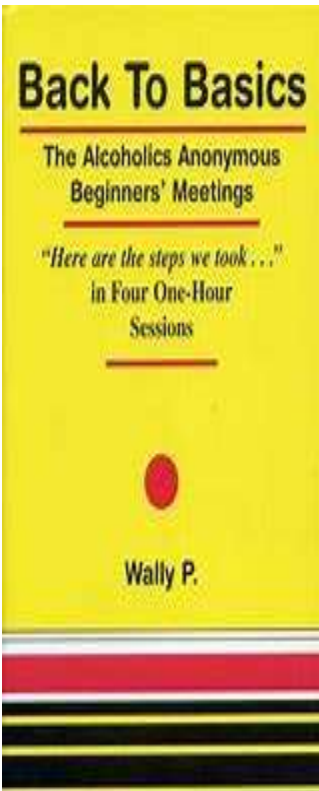
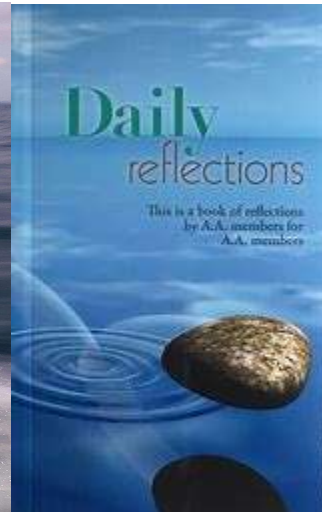
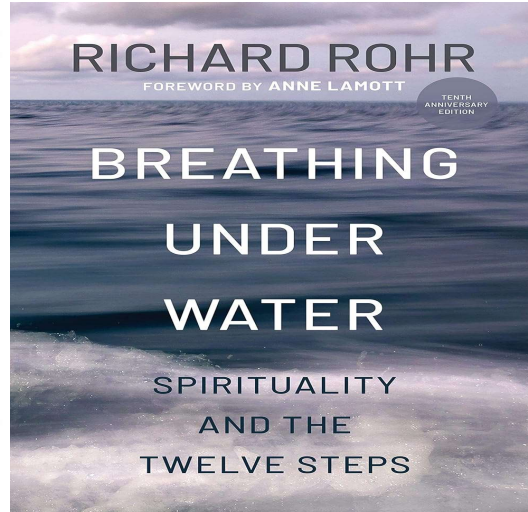
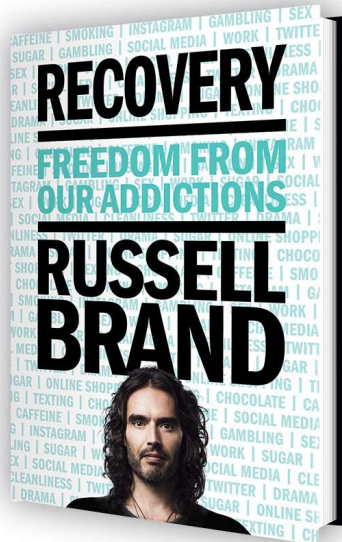


Don't let the behavior of others destroy your inner peace.  
 - Dalai Lama



God,  
 grant me the  
**Serenity**  
 to accept the things I cannot change,  
**Courage**  
 to change the things I can and  
**Wisdom**  
 to know the difference.

# Good Reads



# JOE and CHARLIE

WORKSHOP (FREE)

November 16<sup>th</sup>, 9 am – 5 pm

presented by

Orlando A.

Bring your lunch - coffee and  
water will be supplied

Good News Church

400 Executive Blvd.

Leesburg, Fl 34748



## Christmas Gala

December 12, 2024

5 pm—10 pm

**\$20**

(ticket fee \$2.75— [aalakesumter.org](http://aalakesumter.org))

(Includes appetizers and dinner)

**Music** (dancing)

**SPEAKER: Chris K.**

Venetian Gardens-Leesburg

109 E. Dixie Avenue

Limited supply.....Get your tickets online, Intergroup or in person.

## 14. CHARACTER CHALLENGES

J	E	A	L	O	U	S	Y	N	V	F	T	M	Y	D	L
S	I	O	D	R	M	Y	E	O	E	A	N	S	G	E	Y
I	L	D	M	U	F	V	W	A	S	D	E	I	E	C	I
L	L	L	R	D	D	P	R	S	C	S	M	N	C	N	N
L	U	A	G	D	C	L	U	O	L	N	T	O	N	A	G
I	S	I	R	G	D	M	W	U	I	O	N	I	E	T	N
W	I	N	E	E	P	R	E	G	N	A	E	T	I	R	A
F	O	E	F	T	X	A	D	O	G	T	S	C	T	O	S
L	N	D	I	O	F	E	I	U	I	J	E	E	A	P	E
E	O	O	G	G	W	S	A	A	N	G	R	F	P	M	L
S	N	G	M	V	U	M	R	D	G	R	N	R	M	I	F
S	G	F	E	L	G	R	E	E	D	S	A	E	I	F	P
N	F	E	E	A	V	E	R	S	I	O	N	P	V	L	I
W	M	D	Y	T	I	R	U	C	E	S	N	I	O	E	T
S	N	O	I	T	A	T	C	E	P	X	E	U	P	S	Y
O	P	R	O	C	R	A	S	T	I	N	A	T	I	O	N

ANGER  
ASSUMPTIONS  
AVERSION  
CLINGING  
DELUSION  
DENIAL  
EGO

EXPECTATIONS  
FEAR  
GREED  
ILLUSION  
IMPATIENCE  
INSECURITY  
JEALOUSY

LYING  
PERFECTIONISM  
PROCRASTINATION  
RESENTMENT  
SELF IMPORTANCE  
SELF PITY  
SELF WILL

Life is not easy. There are certain weeds to pull in the garden of the self.  
The steps and sponsors can help.

# Did you know?

**Pancreatitis** is inflammation in your pancreas. Its usually temporary (acute) but can also be a life long (chronic) condition. The most common symptom is abdominal pain, the most common causes are alcohol use and gallstones.

Alcohol use is a clear cause of pancreatitis, though scientists aren't sure why. It may be that the toxic byproducts of alcohol in your blood cause an inflammatory response to your pancreas or they somehow chemically activate the digestive enzymes inside your pancreas. Some scientists estimate that heavy alcohol use accounts for around half of both acute and pancreatitis and chronic pancreititis.

**Here are a few of a long list of celebrities who battle addiction.**

Daniel Radcliffe – Alcohol

Leonard Nimoy – Alcohol

Zac Effron – Alcohol and Cocaine

Robert Downey Jr – Alcohol, Cocaine, Heroin, Benzodiazepines and Marijuana

Oprah – Crack and Cocaine

Jodi Sweetin – Alcohol, Ecstasy, Crack and Meth

Dennis Quaid – Cocaine

Judy Garland – Amphetamines and Barbiturates

Stephen King – Alcohol, Cocaine and Sleep Aids

Jamie Lee Curtis – Prescription Opioids

Jane Lynch – Alcohol and OTC Drugs

Angelina Jolie – Heroin and Cocaine

This list could go on and on. No one is safe from this disease, illness, allergy or whatever you want to call it. It is Cunning, Baffling and Powerful.

We need to go into this Recovery with eyes wide open. If you think you are safe, take my advice you are not.

You are dealing with the enemy of your mental health, physical health, not to mention the lost relationships you will have.

Trust, love, understanding, family and friendships will take some time.

Patience is a virtue in these cases.

Be Vigilante. Have faith, pray, talk to someone. Be strong.

Thought for the month:

**Not Everyone will understand your journey. That's okay. You're here to live your life, not to make everyone understand.**