

# SERENITY NEWS

LAKE/SUMTER INTERGROUP



NOVEMBER ISSUE

**STEP 11 “SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH *GOD* AS WE MAY UNDERSTAND HIM PRAYING ONLY FOR KNOWLEDGE OF *HIS* WILL FOR US AND THE POWER TO CARRY THAT OUT.”**

**DONATE—EDUCATE—VOLUNTEER**

**THE INTERGROUP IS LOOKING FOR PEOPLE WHO NEED TO DO SERVICE WORK. WE NEED HELP WITH THE FOLLOWING SERVICE POSITIONS, 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 Jim L

**INTERGROUP**

**LAKE AND SUMTER COUNTY  
2113 CITRUS BLVD AA  
LEESBURG, FLORIDA 34748**

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)

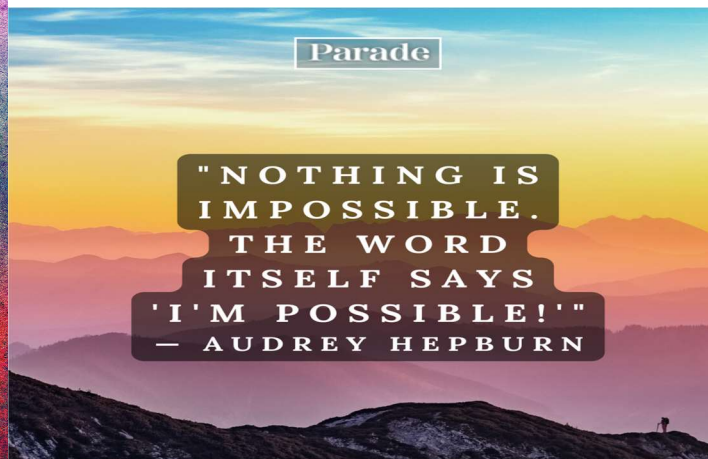
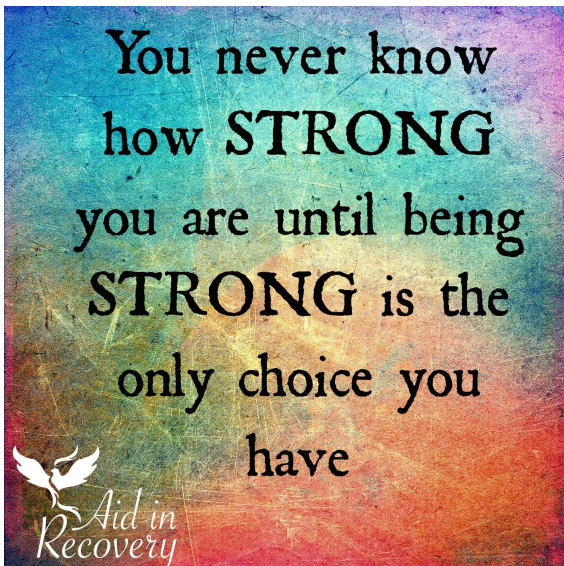
Website: [aalakesumter.org](http://aalakesumter.org)

**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





# Donations for November 2024

<b>Name of Group</b>	<b>Amount</b>
Tavares 12 x 12	\$ 25.00
Just for Today	\$150.00
St Tims Beginner Meeting	\$300.00
Mascotte Happy Hour	\$100.00
Bushell	\$280.00
Sober with a Sandwich	\$369.23
Happy, Joyous and Free	\$110.00
Working Together	\$325.00
Personal	\$ 25.00
Rainbow Recovery	\$ 84.00
Back 2 Basics	\$200.00
YET	\$105.00
Leesburg Wednesday Night	\$ 79.00
<b>Total</b>	<b>\$2152.23</b>

# Poetry Corner

## **“Change“**

*Written by: person in recovery*

*As I put down the drugs  
And open up my mind  
I did a lot less sulking  
And I stopped the f-ing lying  
I gained a little weight  
Had to loosen up my belt  
Instead of being numb  
I started feeling what I felt  
Life is so much better  
Now that I am clean  
If you've been an alkie  
Then know just what I mean  
One day at a time  
Is how I'm living now  
Through the sunlight of the spirit  
In case you wondered how.*

## **“Trust”**

*Written by: person in recovery*

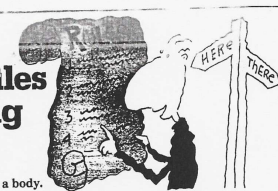
*For years and years  
I was deranged  
Talking feet  
Will show I've changed  
No more promises  
I cannot keep  
Gonna walk the walk  
It won't be cheap  
Gotta put in the work  
Gonna take that step 5  
Gotta fix my life  
That's all that's left*



# Looking back into the Archives.

Compliments of one of our encouraging and caring AA Member.

**10 Rules for being human**



1. You will receive a body.  
You may like it or hate it, but it's yours to keep for the entire period.
2. You will learn lessons.  
You are enrolled in a full-time informal school called "life."
3. There are no mistakes, only lessons.  
Growth is a process of trial, error, and experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately "work."
4. Lessons are repeated until they are learned.  
A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go on to the next lesson.
5. Learning lessons does not end.  
There's no part of life that doesn't contain its lessons. If you're alive, that means there are still lessons to be
6. "There" is no better a place than "here."  
When your "there" has become a "here," you will simply obtain another "there" that will again look better than "here."
7. Other people are merely mirrors of you.  
You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you.  
You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie within you.  
The answers to life's questions lie within you. All you need to do is look, listen, and trust.
10. You will forget all this

Love doesn't grab;  
strangle or  
possess,

It sees the other person  
not as a GOD or idol,  
But as a human being;

Possessing all the strength  
and all the weakness  
of every human being;

Love doesn't ask to be served -  
only when it may serve;

Quiet  
Gentle  
Trusting

It is composed of desire  
and affection  
without  
anxiety.

## **Alcohol Poisoning**

Alcohol poisoning is a life-threatening condition that happens when toxic levels of alcohol cause areas of the brain that control essential functions to shut down. This happens when a person drinks a large amount of alcohol in a very short period of time.

Alcohol poisoning can cause various levels of impairments, leading to symptoms like slurred speech, mood changes and vomiting. Your symptoms depend on the amount of alcohol you have been drinking.

If you drink too much alcohol too fast the liver can't remove it from your body fast enough. When this happens the amount of alcohol in the blood stream, also known as your blood alcohol concentration (BAC), to rise.

As you keep drinking and your BAC increase the alcohol poisoning may occur. If left untreated, alcohol poisoning can lead to brain damage or death, so it's important to receive medical care ASAP.

### **Mild Impairment Symptoms**

Because it only takes 30-90 minutes for the blood alcohol level to reach its highest point. These levels can lead to mild impairment of speech, memory, attention, coordination and balance.

- You stumble over your own words when telling a story.
  - You forget where you put your keys.
- Your attention starts to drift during a conversation.
  - You feel off-balanced when walking

- You lose some of your fine motor skills, such as not being able to pick up your fork to eat food.

## **Increased Impairment Symptoms**

When you drink more alcohol the symptoms of impairment worsen. What starts as relaxation can turn into stronger intoxication. Your BAC is usually 0.06 - .15%

- Increased aggression, getting into a heated argument with a friend.
  - Changes in mood.
  - Higher risk of falls and injuries.
    - Impaired judgment.
    - Inability to drive safely.
- Forgetting important details, such as how did I get home or who you talked to at a party.

## **SEVERE IMPAIRMENT SYMPTOMS**

When impairment becomes severe, the symptoms can be life-threatening. At this stage, BAC is usually between 0.16 – 0.30%.

- Find it hard to speak clearly.
- Have difficulty remembering things.
- Not be able to stand up straight or walk in a line.
  - Lose the ability to make rational decisions.
  - Experience a complete loss of memory.
    - Vomit.
- Feel faint or lose consciousness.

- Notice double vision.

## **LIFE THREATENING IMPAIRMENT SYMPTOMS**

If alcohol consumption continues beyond the severe impairment stage symptoms can be critical or life-threatening. Usually you  
BAC .31-.45% or higher.

There are a lot of factors that go into the poisoning. Everyone is different. Age, sex and how quickly you drink all play a roll.

- Slow breathing (Bradypnea): taking fewer than eight breaths each minute.
- Irregular breathing (Apnea): pauses of 10 or more seconds between each breath.
- Slow heart rate (Bradycardia): a rate below 50-60 beats per minute.

Other life-treating symptoms include:

- Hypothermia (low body temperatures).
  - Shivering and pale skin.
  - Seizures.
- Extremely low blood sugar.

All of this can lead to a devastating consequence of DEATH. Alcohol poisoning can impair necessary reflexes in your body, particularly the gag reflex, which helps prevent choking on food, liquids and saliva. An improperly functioning gag reflex significantly increases the risk of choking. Many people with alcohol poisoning vomit. If the gag reflex isn't working the vomit can enter the airway and lungs instead, leading to suffocation and a lack of oxygen and resulting in brain damage or DEATH.



## 46. SERVICE AND SHARING



ANNIVERSARIES

CAKE

CELEBRATIONS

EXPERIENCE

FAITH

GENEROSITY

GETTING THE WORD

OUT

GRATITUDE

GREETERS

H AND I WORK

HISTORY

HOPE

LISTENING

MEDALLIONS

PROGRESS

SECRETARY

SPIRITUALITY

STORIES

STRENGTH

SUPPORTING OTHERS

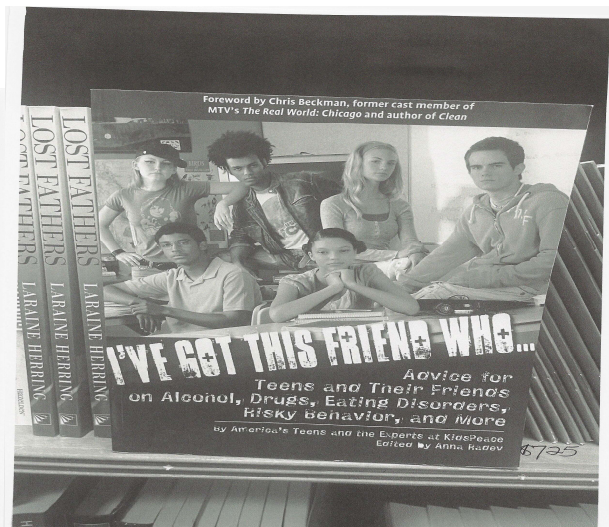
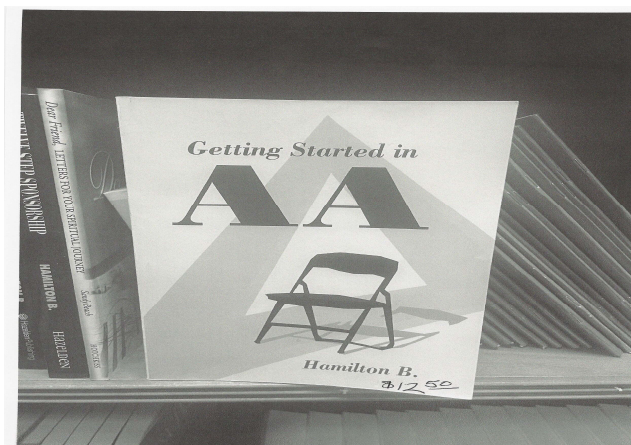
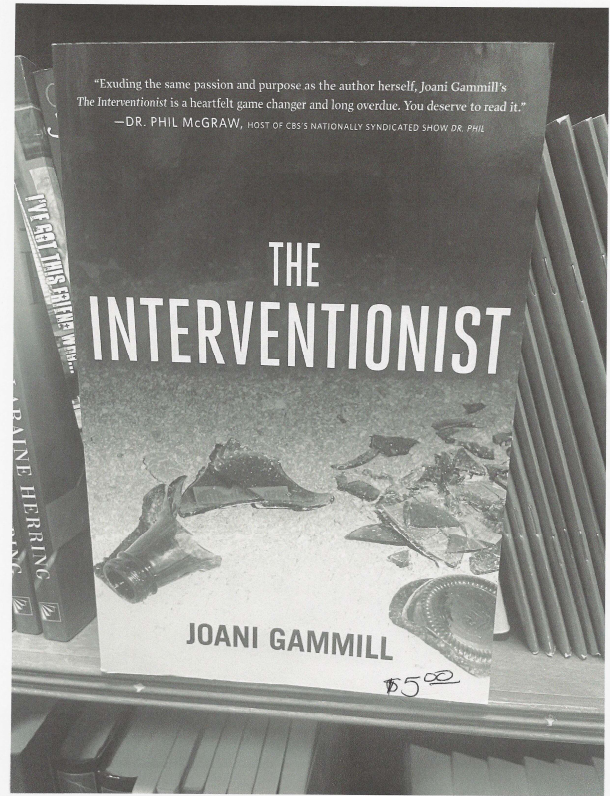
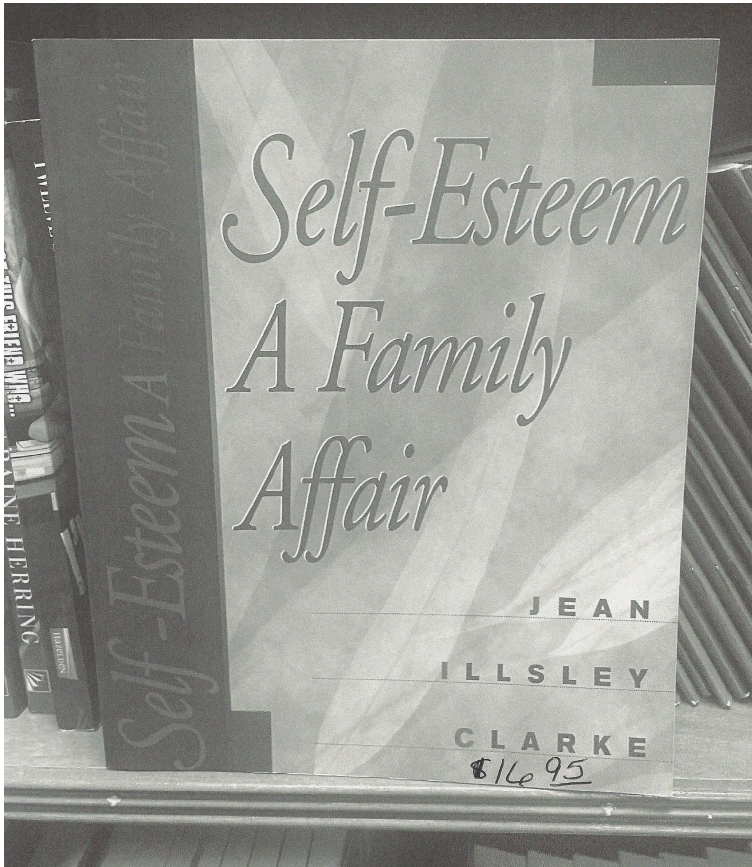
TELLING OUR STORIES

WHAT HAPPENED

WHAT IT IS LIKE NOW

Passing it on, service and sharing. Just being there for another person. This is a huge gift we offer one another.

# Good Read- ALL AVAILABLE AT THE INTERGROUP FOR LAKE AND SUMTER COUNTY



???????????

**Did you**

???????????

**HANGXIETY** is a real thing. You may ask what exactly is hangxiety? The word itself might not be in the dictionary, but you've likely heard it and very well may have experienced it. For many, hangover-induced anxiety or drinking-related anxiety, is very real. Many people pursuing alcohol in large amounts ask why they feel anxious after drinking alcohol.

At a very high level, hangxiety or hangover anxiety, is a type of alcohol-related anxiety that occurs after alcohol use. Hangover anxiety occurs for two key reasons.

1. Pre-existing anxiety is intensified by alcohol. Anxiety is very commonly co-occurring with alcohol use disorder, AUD. People with underlying anxiety disorders may consume alcohol to relieve their anxious feelings, only to find that when the effects of alcohol begin to wear off, their anxiety is even worse than before they started drinking.
2. When alcohol "wears off", anxiety sets in. With or without an anxiety disorder, this is a common hangover symptom. Experiencing increased anxiety levels when alcohol wears off makes you want to drink more for relief and can create unhealthy cycle alcohol-induced anxiety can last for a few hours or up to a few days.

More on, " Hangxiety " next month.

# My thoughts for November By: Teresa

*This time of year, brings me so many memories. Some good and some bad and some that are just plain old sad. Of course, the holidays are about being grateful, giving, kind and of good cheer to mention a few. I always try to put on a brave face and try to encourage others to not judge what some people are going through.*

*One of my favorite memories is just how much time I spent with my family. We always laughed, played games, rode motorcycles, cooked, cleaned and of course my favorite, playing jokes or scaring each other.....the joy it brings me to mess with people is an understatement. For me making people laugh is the best medicine I can give them and they give me. Laughter is a healing and a very powerful thing.*

*This time of the year is also a bit hard for me, because I lost both my parents around these holidays. But I know that they loved me and I loved them so very much. I have a big crazy family that mean the world to me. To my husband, Gerald, my Children, Dallas and Kristen and my amazing granddaughter, Sadie. My love for you is immeasurable, I'm so happy to have you in my life. Not to mention my brother and my 5 sisters, nephews and nieces etc....*

*I have added a whole new group of family members to the mix. AA gave me a beautiful unique and loving family who wants the best for me as I do them. We are worth it; we are worth a lifetime of happiness.*

*So don't look at the past challenges as the worst that could've happened. Instead look into the eye of the storm as something you have already conquered.*

*God Bless you all. Merry Christmas and Happy New Year.*

# *What it cost me*

*Fill in the amounts you have paid or will pay for your DUI. If you are not sure of the cost estimate the cost.*

Fine/Court Costs \_\_\_\_\_

Restitution \_\_\_\_\_

Attorney Fees \_\_\_\_\_

Bond \_\_\_\_\_

Lost Wages \_\_\_\_\_

License Fees \_\_\_\_\_

Probation \_\_\_\_\_

Ignition Interlock \_\_\_\_\_

Car Damage \_\_\_\_\_

Car Towing/storage \_\_\_\_\_

Buses/Taxicabs \_\_\_\_\_

Insurance Increase \_\_\_\_\_

Medical Expenses \_\_\_\_\_

DUI School \_\_\_\_\_

Counseling \_\_\_\_\_

Other Cost \_\_\_\_\_

**Total Cost** \_\_\_\_\_

*If you would like to submit something for next month's Newsletter, please forward it to [aalakesumter@gmail.com](mailto:aalakesumter@gmail.com)*

