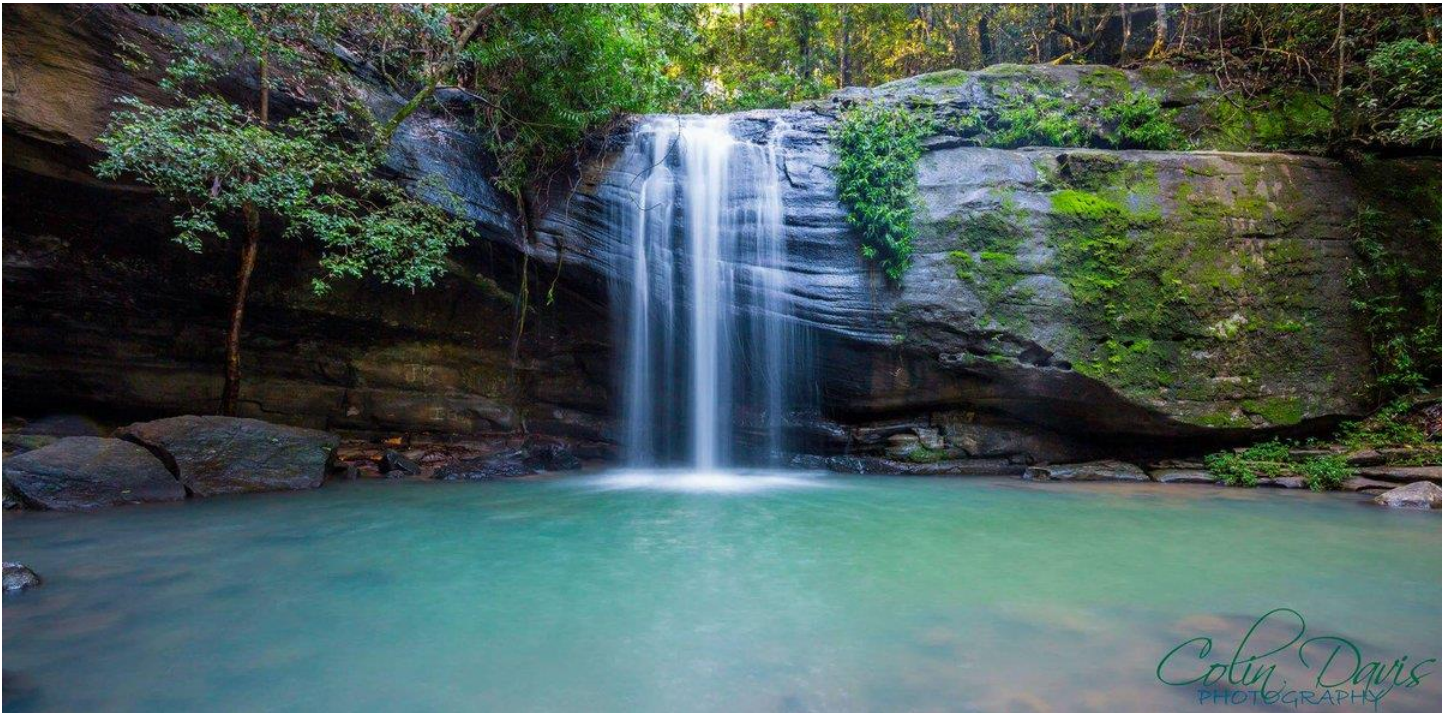


SERENITY NEWS

AA LAKE/SUMTER INTERGROUP



JANUARY 2025 ISSUE

STEP 1 – WE ADMITTED WE WERE POWERLESS OVER ALCOHOL – THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Responsibility Statement

I am Responsible.

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible

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**

EMAIL: aalakesumter@gmail.com

Website: aalakesumter.org

352-360-0960

Hotline

352-632-2001

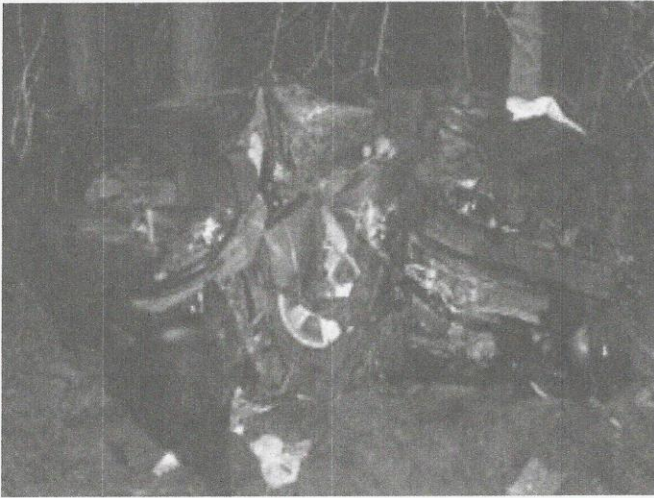
Donate--Educate--Volunteer



It's simple, not necessarily easy,
but the rewards are endless.

Alcoholics Anonymous

Alcohol Involved Violent Crimes



In 2018, an estimated 10,011 people died in drunk driving crashes involving a driver with an illegal BAC (.08 or greater).

(Source: NHTSA 2021)

These deaths constituted 29% of all traffic fatalities in 2018.

(Source: NHTSA, 2021)

41% of all vehicle crashes in 2018 were alcohol/drug-related. (Source: NHTSA, 2021)

Alcohol & Other Drugs Are A Factor In:

- 32% of traffic fatalities involved a DUI driver
- 68% of manslaughters
- 54% of murders and attempted murders
- 20% of assaults
- 59% of rapes
- 43% of sexual assaults
- 52% of spousal abuse incidents

(www.ojp.usdoj.gov)

Please remember this is from 2018. Where are we now?



Donations for December and End of 2024

12 X 12 TAVARES	\$ 25.00
MORNING EYE OPENER	\$167.00
TAKE IT EASY MEN'S	\$100.00
SUMMERFIELD GROUP	\$250.00
KEEP IT SIMPLE	\$42.90
WELCOME HOME	\$375.00
11 TH STEP MEDITATION	\$283.23
WE AIN'T THERE YET	\$156.00
PERSONAL	\$20.00
TRIANGLE BREAKFAST	\$25.00
BRING YOUR OWN BOOK	\$62.50
TOGETHER WE CAN	\$150.00
YOUR PLACE	\$135.00
STEPPING STONES	\$250.00
BACK 2 BASICS 2	\$150.00
ANONYMOUS	\$200.00
WORK IN PROGRESS VIRTUAL	\$342.97
SOBER SUNSET SPEAKERS	\$143.40
PIG ON THE COUNTER	\$54.00
TOTAL	\$2932.00



Christmas Gala

What a wonderful night of fun and celebration.

Everyone was so lovely and had a incredible night. It was a great time fellowshipping with each other.

There was a sobriety countdown, it was inspiring to see so much sober time there was in one big room.

There was dinner and then dancing.

We also several door prizes as well as 50/50 drawings.

We had a super fun candy table that everyone seemed to enjoy. They enjoyed it so much we plan to make the next one even better.

As your MC, Teresa S, I especially enjoyed my time.

We are already work on next year's party.

UPCOMING EVENTS



STEPS 3, 4 & 5

Presented by

ORLANDO A.

GOOD NEWS CHURCH

400 EXECUTIVE BLVD

LEESBURG FLORIDA

February 15, 2024

9-TIL'

BRING YOUR LUNCH

Coffee provided

LAKE-SUMTER CENTRAL OFFICE

PRESENTS

1st Annual Picnic in Wildwood

March 29, 2025

Lake Okahumpka Park

6085 E. SR 44, Wildwood, Florida 33785

Meat, water and dessert provided

Bring a dish to pass (and your drink)

BRING YOUR OWN CHAIR

11 am—4 pm



JOKES AND RIDDLES **Now that's funny**

A guy wants a divorce. He tells the judge "I can't take it anymore she's out going from bar to bar every night way past midnight"

The judge responds "what's she doing"

The guy says "looking for me"

AA meeting: "Hi I'm Chad and I've been sober for forty days"

"Not in a row or anything, just total."

A scientist walks into an AA meeting. "I've just invented a cure for alcoholism! Take one of these pills and you'll never be a problem drinker again!"

An attendee replies: "What happens if you take two?"

You are invited to our next AA meeting!

Please RSVP by the ATM machine with your PIN number! (ACRONYMS ANONYMOUS)

Did you know you can raise your energy levels by holding sodium in one hand and an AA in the other?

Worst thing that will happen is you'll be charged with, A salt and battery.

**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

HANGXIETY

As I told you last month I would discuss more about Hangxiety. As I said, this is a real condition. The word itself is not in any dictionary but it is a very real condition.

What causes Hangxiety?

Alcohol is a depressant

If you have ever experienced anxiety after drinking you may wonder why? We need to remember this one fact. When alcohol is consumed, it acts as a depressant. Alcohol affects the central nervous system as a sedative. The sedating sensation is a reason people drink in excess in the first place; to find a way to unwind and relax. While alcohol may provide short lived relief and calm. Alcohol can have depressive effects as it begins to wear off. This can lead to other changes in mood and increased anxiety levels. Many, as I did, drink more in an effort to avoid these effects, which can

perpetuate unhealthy drinking habits. For those of us that already have underlying anxiety disorder, alcohol can make medication less effective, compounding the negative effects on alcohol on anxiety. When socially anxious and shy individuals use alcohol consumption as a coping mechanism, they may end up experiencing even greater levels of anxiety.

Alcohol effects Dopamine and Serotonin

When people initially use alcohol, certain neurotransmitters increase in the brain, including serotonin and dopamine. The neurotransmitters are known as “happiness chemicals,” so their initial increase, can lead to the desirable short term effects associated with alcohol. However, with excessive alcohol use over time, normal serotonin and dopamine levels decrease. This decrease in circulation of serotonin and dopamine can also lead to feelings of anxiety.

Addressing anxiety while managing your drinking

As a alcoholic and a person who suffers from bipolar and anxiety disorder, drinking alcohol on any level is a recipe for a disaster. Building a coping skill is the key to addressing anxiety and navigating sobriety better. Looking at those neurotransmitters. Dopamine acts on the pleasure centers of the brain. It is released in the brain after consuming alcohol which causes a euphoric feeling immediately after drinking. Over time and with continued use, the brain begins to associate drinking alcohol with pleasure. If this association is strong enough, dopamine may be released when even just thinking of alcohol. (**who knew**). Then after drinking, more dopamine is released. If you've ever wondered, this dopamine interaction is a key driver of cravings. In addition to dopamine, serotonin also effects our mood. More specifically, decreased levels of serotonin can lead to various

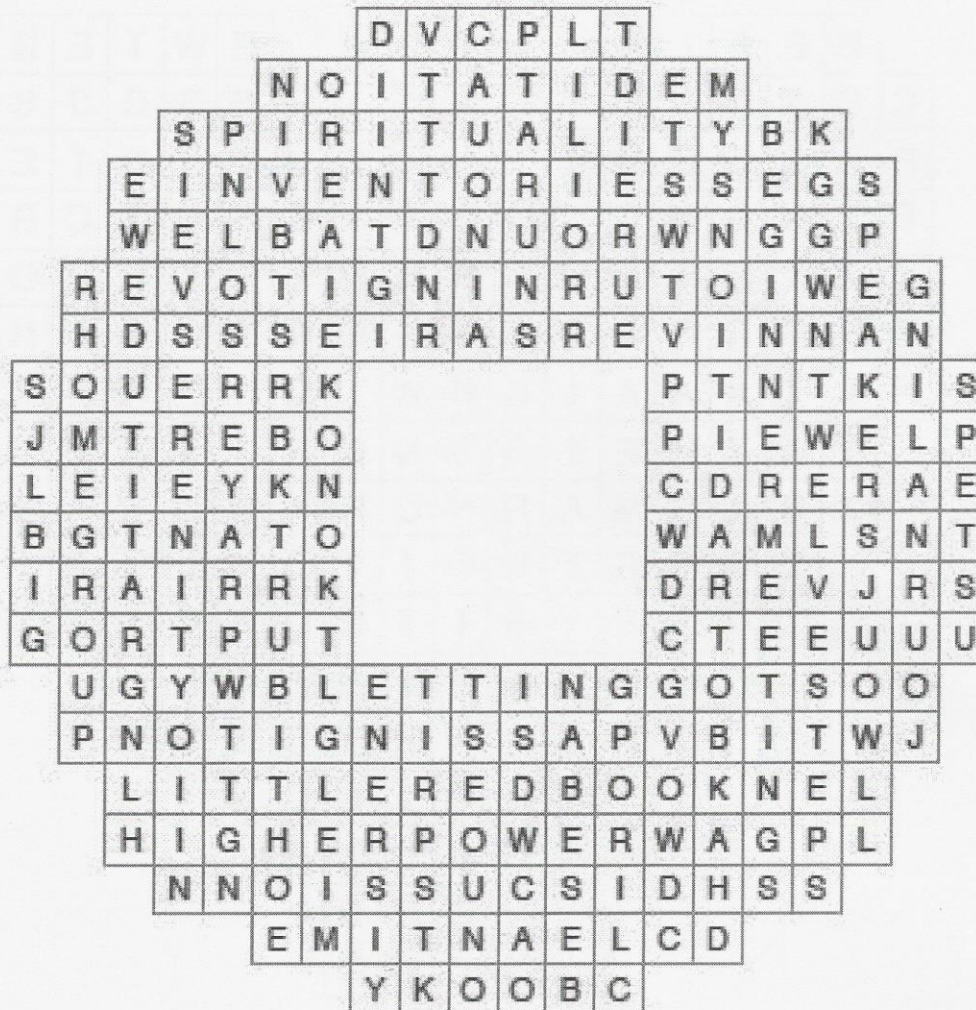
mental health conditions, including depression. For those of us with depression who use a serotonin reuptake inhibitor, SSRI, to increase our levels of circulation of serotonin, SSRI's can improve mood and resolve depressive symptoms. Because serotonin is a mood stabilizer neurotransmitter, decreased levels can lead to anxiety. While excessive alcohol use can lead to a surge in serotonin, a sharp decline follows. This decline when sobering up contributes to "hangxiety." Regardless of how often you drink, whether that's binge drinking, daily drinking, or other, you're susceptible to this common serotonin interaction. Knowing alcohol affects our natural endorphin levels we need to be vigilant in avoiding alcohol all together. Alcohol-related dehydration affects our moods as well.

How to address Hangxiety

1. Hydrate to address the negative effects of dehydration and other physical hangover symptoms.
2. Increase endorphins by doing an activity like exercise, hiking or walking.
3. Combat stress and low serotonin by seeking calming activities such as meditation, deep breathing, art or walking.
4. Rest. Alcohol negatively affects sleep and wake cycles, so getting adequate rest after drinking is very important.
5. Take action to change your relationship with alcohol.

Number 5 is both the most challenging and most impactful step you can take to address alcohol-related anxiety or Hangxiety.

11. HOW IT WORKS



ANNIVERSARIES
 BEGINNER MEETINGS
 BIG BOOK
 CLEAN TIME
 DISCUSSION
 GRATITUDE
 HIGHER POWER
 HOME GROUP

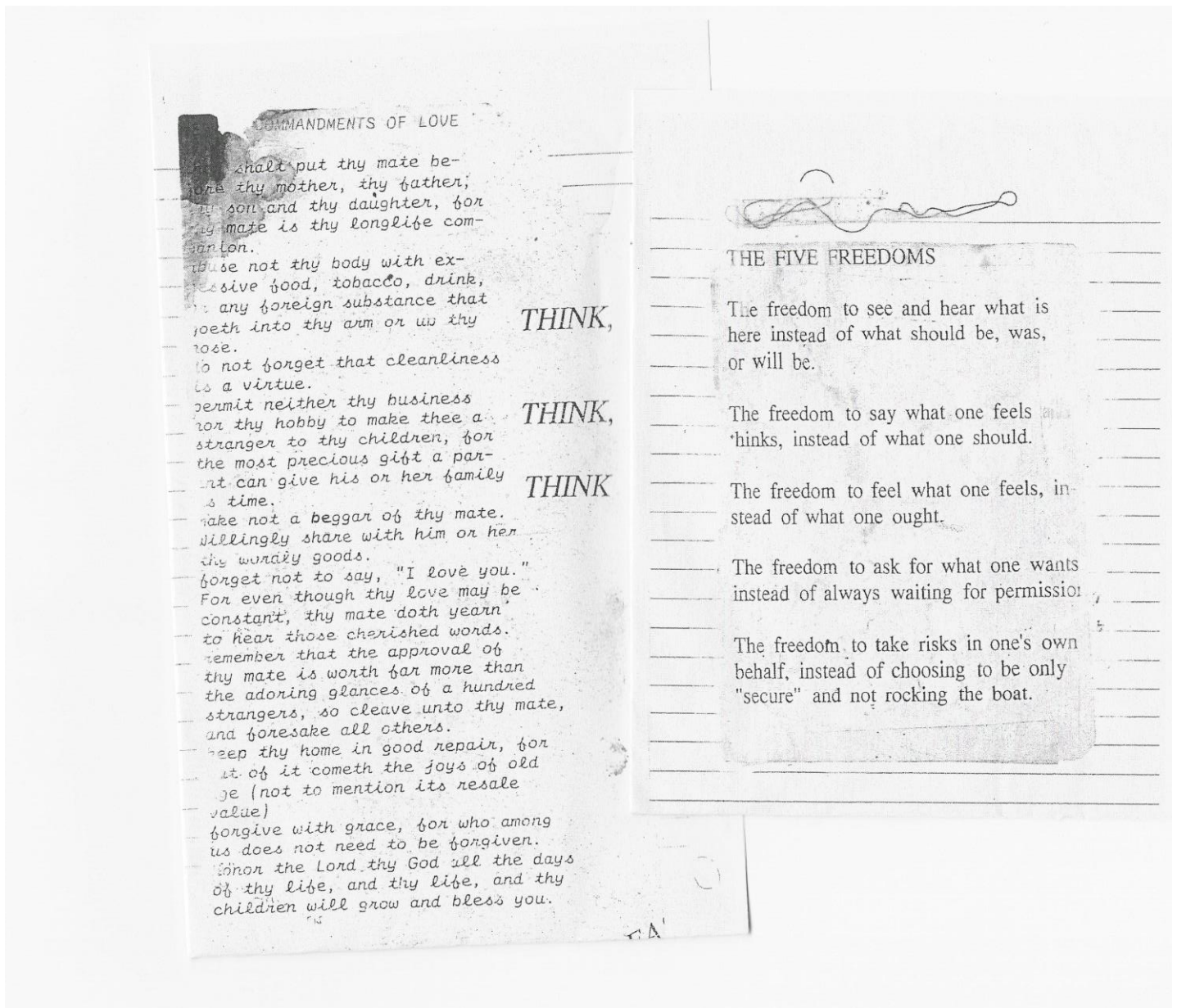
INVENTORIES
 JOURNALING
 LETTING GO
 LITTLE RED BOOK
 MEDITATION
 PASSING IT ON
 PRAYERS
 ROUND TABLE

SERENITY
 SPEAKERS
 SPIRITUALITY
 STEPS
 TRADITIONS
 TURNING IT OVER
 TWELVE STEPS

These are tools we can choose to help us as we work it: this is a program of action.



LOOKING BACK INTO THE ARCHIVES



COMMANDMENTS OF LOVE

Thou shalt put thy mate before thy mother, thy father, thy son and thy daughter, for thy mate is thy longlife companion.

Abuse not thy body with excessive food, tobacco, drink, or any foreign substance that goeth into thy arm or us thy nose.

Do not forget that cleanliness is a virtue.

Permit neither thy business nor thy hobby to make thee a stranger to thy children, for the most precious gift a parent can give his or her family is time.

Be not a beggar of thy mate. Willingly share with him or her thy worldly goods.

Forget not to say, "I love you." For even though thy love may be constant, thy mate doth yearn to hear those cherished words.

Remember that the approval of thy mate is worth far more than the adoring glances of a hundred strangers, so cleave unto thy mate, and foresake all others.

Keep thy home in good repair, for out of it cometh the joys of old age (not to mention its resale value)

Forgive with grace, for who among us does not need to be forgiven.

Honor the Lord thy God all the days of thy life, and thy life, and thy children will grow and bless you.

THINK,
THINK,
THINK



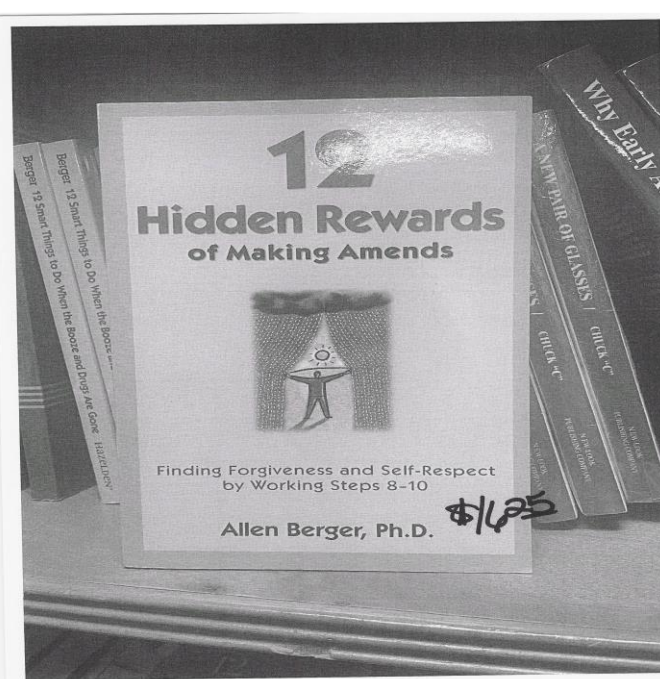
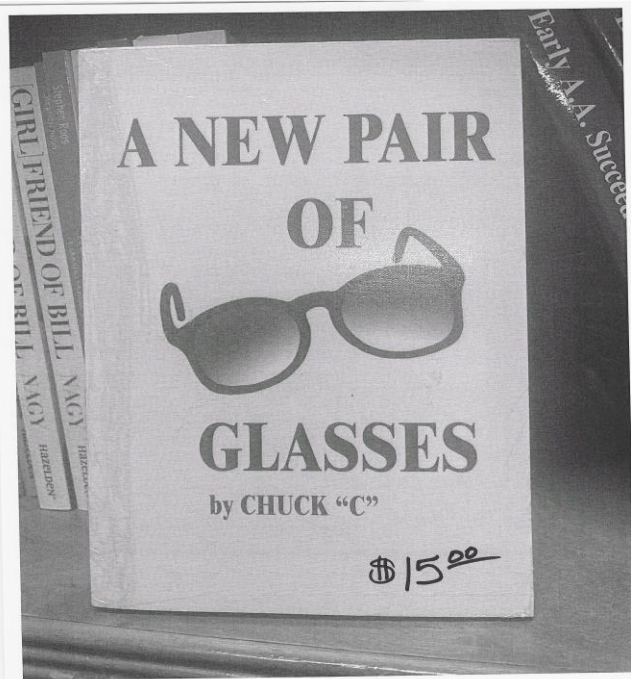
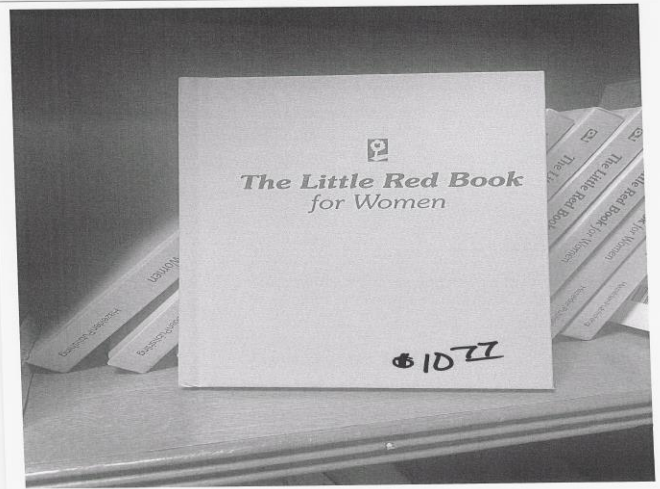
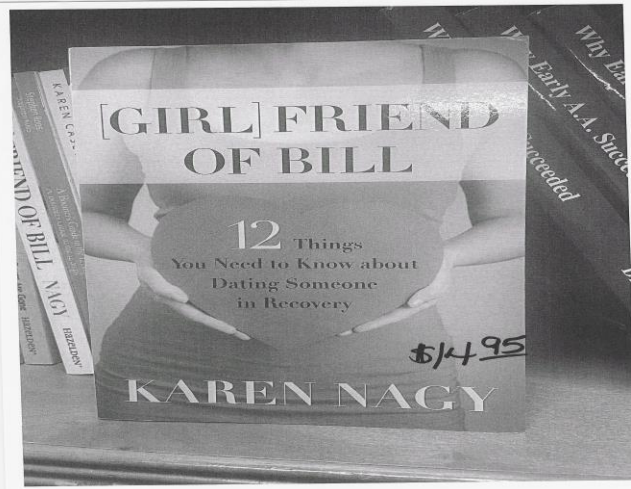
THE FIVE FREEDOMS

- The freedom to see and hear what is here instead of what should be, was, or will be.
- The freedom to say what one feels and thinks, instead of what one should.
- The freedom to feel what one feels, instead of what one ought.
- The freedom to ask for what one wants instead of always waiting for permission.
- The freedom to take risks in one's own behalf, instead of choosing to be only "secure" and not rocking the boat.

Thank you to a very special person who shared these archives with me so I can pass it along to you.



Great Reads



My final thoughts.

As I'm sitting here thinking about the end of 2024 and what's ahead for 2025. I have decided the only thing I can control is me. I cannot let other people's opinion of me effect me in a negative way. I clearly understand praying, working this program, staying in the fellowship, going to meetings and service work is what is going to keep me sober.

I was at a meeting the other day and I thought about all of my family members that are alcoholics. I thought, what if we had a family meeting with all the younger members of the family, to tell us the genetic possibility of us becoming alcoholics or addicts. Would that have helped me not to become an alcoholic? I don't know. I do however think it is our responsibility's to talk with our young people to share our stories. In hopes of at least one person getting the help they need or may need in the future. I know I didn't see what the last three years of my life would become and myself becoming an alcoholic and I knew I had several family members who do have addiction issues.

I know this is a lifetime illness and in order to stay sober I will have to work my program. I personally will have to take care of my mental health and physical health as well.

We all deserve a lifetime of happiness. We are not bad people, we were just very sick. I live my life looking for happiness.

Thank you and enjoy life,

Teresa S.