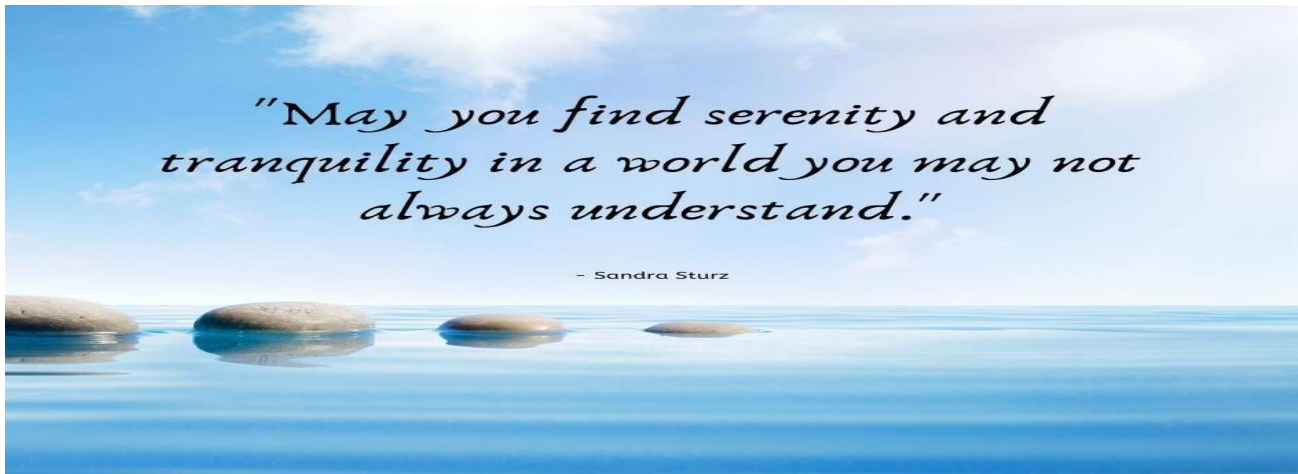


# SERENITY NEWS

## AA LAKE/SUMTER INTERGROUP



### MARCH ISSUE 2025

**STEP 3 – MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM.**

### 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

*Donate--Educate--Volunteer*

**INTERGROUP BOARD MEMBERS**

Chairman – Rhonda H

Vice Chair – Rusty

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**

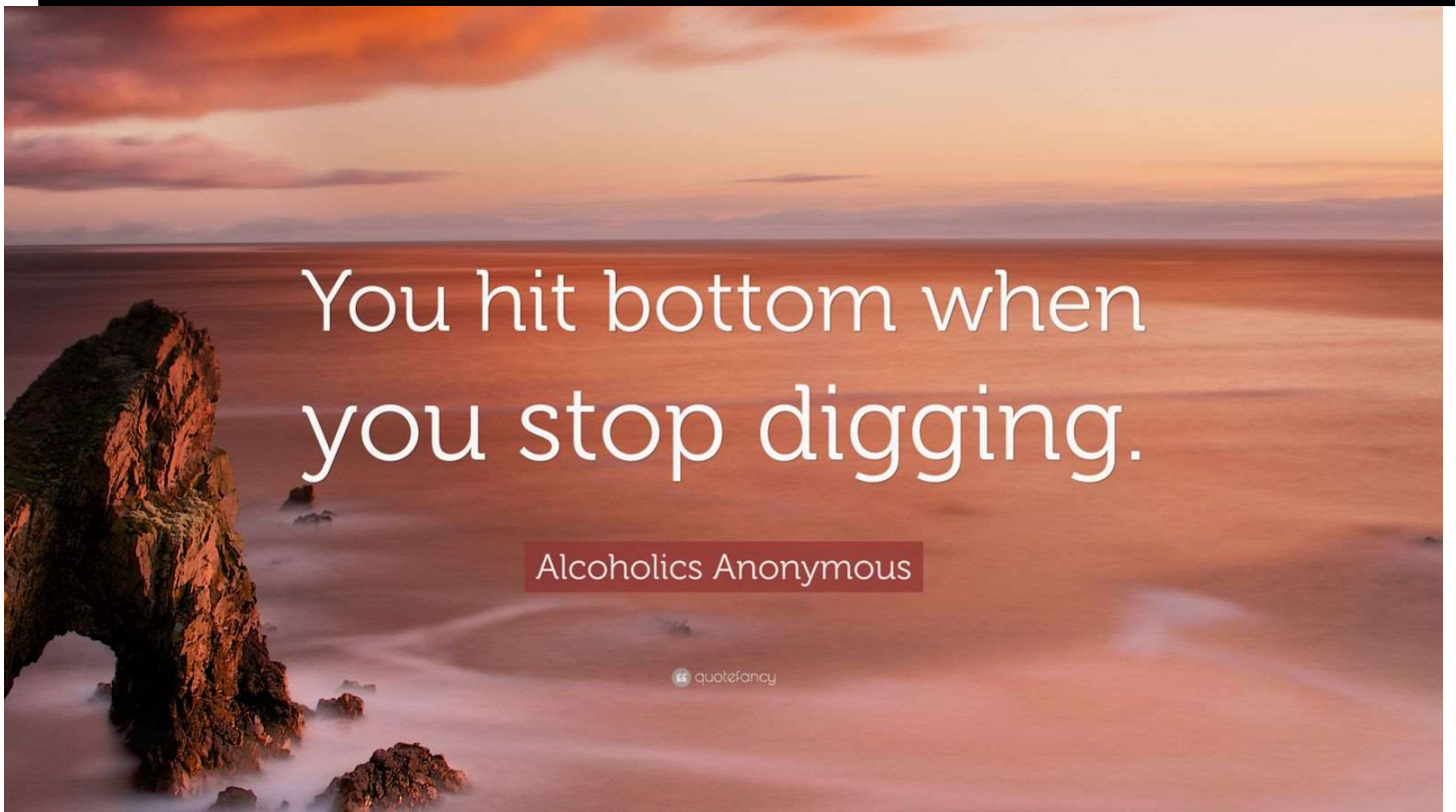
EMAIL: [aalakesumter@gmail.com](mailto:aalakesumter@gmail.com)

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

**352-360-0960**

***Hotline***

***352-632-2001***





# LSCO Donation

## February 2025 Donations

6-Feb Clover says Sales for this date are 867.38 clerk had put in 2 \$3 sales and could not void.

2/13 refunded \$146 for Book sales to jails & prisons.

Event	3, 4 & 5 Workshop	Deposit \$	14-Feb	1076.91	\$ 320.41	Date	Donations	Amount
7th Tradition	\$ 97.00				\$1,397.32	4-Feb	Even Keel	225.50
At Door						4-Feb	Just For Today	200.00
Packets						4-Feb	Step Sisters	216.00
50/50						6-Feb	Phoenix Big Book	500.00
Books						7-Feb	Joy of Living	125.00
Expenses						11-Feb	Gift of Gratitude Womer	260.00
Rent	\$ 25.00					13-Feb	Virtual Sisters in Serenity	25.00
						14-Feb	Leesburg Wednesday Nig	27.40
						14-Feb	No Name Group	\$ 300.00
						18-Feb	Anonymous	\$ 30.00
						000109528	18-Feb Happy in the Hills	\$ 200.00
							18-Feb Yard Sale to AAWS	\$ 74.00
						000100772	25-Feb Daily Reflections	\$ 376.05
							28-Feb Anonymous	\$ 50.00
Water/Coffee								
Packets								
Gas								
Cost of books								
	\$ -							
<b>Net Profit</b>	<b>\$ 72.00</b>						<b>Total</b>	<b>\$2,608.95</b>



## **Just to be clear!!**

Two guys were chatting at a genealogy conference when one of them asked, “Do people with alcoholism run in your family?”

“No,” the other guy replied. “They just stumble around and break stuff.”

## **Warning signs!!**

### **On the wall of a bar**

Before you reach for a drink, remember that you have a wife and kidneys.

### **At least he’s sober**

Newcomer: My wife told me I have two major character defects.

Sponsor: Really?? What are they??

Newcomer: She says I don’t listen and something else.

## **Alcohol on the aging mind and body.**

**The negative impact of alcoholism on aging include:**

- **Increased risk of osteoporosis, diabetes, high blood pressure, stroke, ulcers, cancer, memory loss and certain mood disorders.**
- **Accelerated or premature aging, in which symptoms of aging appear earlier than normal.**
- **Exaggerated aging, in which the symptoms appear at the appropriate time but in a more exaggerated form.**
- **Negative physical and mental health consequences, including heart and liver problems, memory issues, mood disorder, as well as an increased risk of cancer and a weakened immune system.**
- **Increased risk of depressive symptoms like insomnia, mood swings and anxiety.**

When I started to do some research in all things *alcohol*. It astounded me of the damage that can be done from alcohol and addiction.

It really does amaze me to the fact this disease really would rather see us dead. It's one ultimate evil temptation day after day.

There are a few celebrities who are battling alcoholism and are dealing with dementia now and it is so sad to see. We can do better!

# Poems

## Chains of Dawn

In the shadows where the bottles lay,  
A spirit chained, lost in dismay,  
Yet whispers of dawn began to gleam,  
The heart awoke from a darkened dream.

With every step, the path was steep,  
Adversity's grip, a wound so deep.  
But fire ignited in soul's core,  
A fiery scream: "I will rise once more!"

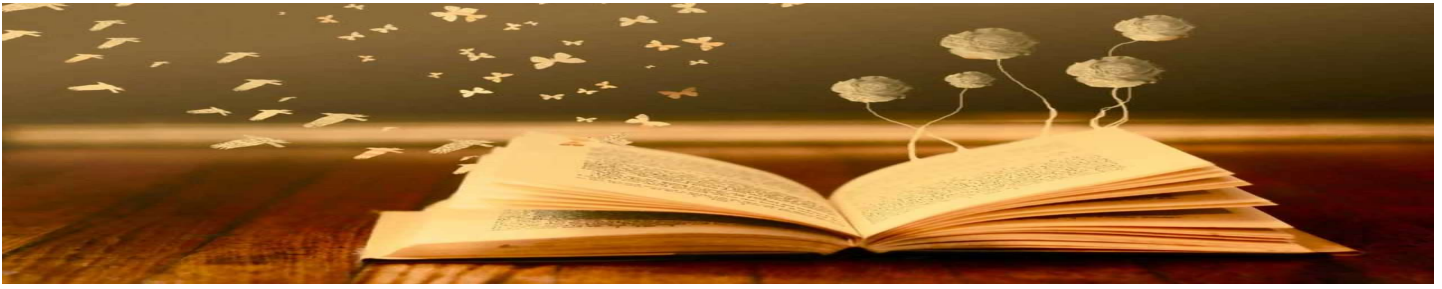
No longer bowed by chains of sin,  
I fight for freedom deep within.  
The past behind like clouds at night,  
New visions break with morning light.

**With hands outstretched to the wide unknown,  
Bravery blooms like seeds that are sown.  
Each breath I take is a battle won,  
From ashes rising-a life begun.**

**Embracing hope with every beat,  
My dreams unfurl on empowered feet.  
For in this dance with fate's embrace,  
I find my courage and claim my place.**

### **Quotes for the month:**

- **"One Day at a Time":**  
Focuses on the present, easing anxiety about the future and regret over the past, and breaking down the journey to sobriety into manageable daily steps.
- **"Easy Does It":**  
Encourages members to approach recovery and life in general with a sense of patience and grace, not getting overwhelmed by problems.
- **"Keep it Simple":**  
Reminds members to avoid overthinking or complicating the recovery process, focusing on the core principles and practices of AA.
- **"Progress, Not Perfection":**  
Emphasizes that recovery is a journey of continual improvement, not a quest for absolute perfection.
- **"Let Go and Let God":**  
Encourages members to accept what they cannot control and place their trust in a higher power or force beyond oneself to handle these matters.



# Great Reads

## Big Book

Hard Cover	15.00
Soft Cover	12.00
Large Print	15.00
Large Print without stories	7.25
Mini Soft Cover	6.60
Plain Language	12.00

## 12 and 12

Hard Cover	13.75
Soft Cover	13.75
Large Print	15.75
Mini Soft Cover	12.00
Hard Cover	10.00

**We now have 2<sup>nd</sup> addition of the Plain Language available.....while supplies last, here at the Intergroup.**



# Word Search for Alcoholics Anonymous

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

unitystatement	rippleeffect	livingsober
fellowship	12traditions	intergroup
howitworks	12traditions	sponsees
sponsors	recovery	speakers
readings	promises	preamble
BillW	DrBob	Alcohol
bigbook	drinks	12steps
rehab		

## **My Final Thoughts:**

**Let freedom ring! I finally feel like I am getting somewhere in life. I owe much of it to this simple program, Alcoholics Anonymous.**

**When I was in rehab I saw so many things from my past that I was so incredibly ashamed of and many of these will stay with me for life. It is something that happened. But once again I know I am a stronger than I think I am. My mother would tell me, growing up, God only gives you what you can handle honey. To my fast response, I would reply; Mom, God obviously thinks more of me than I do myself. I am learning to be present with God. He is healing things in my life and for that I am forever grateful.**

**I think we take things for granted, like tomorrow. If tomorrow never comes how can we try to do our ammends. We can't make the people we love understand if we do not try. My daughter always says, you are at no before you ask. So ask and see what happens. My son says, I am proud of you mom. These kids are so awesome and I love them so much.**

**When you husband, kids and the rest of the family start to trust me is when life begins again.**

**Never give up or give in.**

**We can achieve it if we believe it.**

**Believing it is achieving it.**

**If you only have faith the size of a mustard seed. That's a great place to start.**

**So I leave you with these thoughts of mine. Since I already had them. Lol. Your Editor: Teresa S.**

**Coming next month. Drugs and our youth. As well as stats.**

