

SERENITY NEWS

AA LAKE/SUMTER INTERGROUP



MAY ISSUE 2025

STEP 5 “ADMITTED TO GOD TO OURSELVES, AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS”

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**

Look at this Serenity picture and tell me what you see and how it makes you feel. Send it to me at Teresa.suggs62@yahoo.com.

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**

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352-360-0960

Hotline

352-632-2001

**ABOVE EVERYTHING, WE ALCOHOLICS
MUST BE RID OF THIS SELFISHNESS. WE
MUST, OR IT KILLS US! GOD MAKES THAT
POSSIBLE. AND THERE OFTEN SEEMS NO
WAY OF ENTIRELY GETTING RID OF SELF
WITHOUT HIS AID.
-PG. 62 ALCOHOLICS ANONYMOUS.**

Fellowship Aglow

In halls where secrets whisper low,
A gathering of hearts that ebb and flow,
Seeking solace from the past's cruel blow,
Alcoholics Anonymous, their sanctuary show.

Through trials and tribulations, they find their way,
Guided by the wisdom of those who've strayed,
Their voices raised in hopeful array,
In the face of addiction, they bravely stay.

One day at a time, they strive and grow,
With strength found in the bonds they sow,
In Alcoholics Anonymous, they learn to know,
That recovery's journey isn't a road they tread alone.

Donations are welcome



LSCO Donations As Of March 31, 2025

		Jan	Feb	Mar	Apr
6 & 7 Steps					
11th Step Meditation					
12x12 Tavares	000090568	\$25.00			\$25.00
As Bill Sees It	000093640	\$164.31			\$166.25
Back 2 Basics 2 Wildwood	;000353200				\$166.00
Big Book by the River					
Back to Basics Big Book					
Bushnell Group					
BYOB					
Came 2 Believe					
Come to Believe Women's					
Come to Believe	000099751	\$150.00			\$150.00
Daily Reflections Discussion	000100772		\$376.05		
Daybreak Group	000101091	\$106.95			
Each Day New Beginning					
Even Keel	000103516		\$225.50		
Gift of Gratitude Women	000376028		\$260.00		
Good Orderly Direction	000521809	\$615.00			
Happy Hour Eustis	;000109407				\$607.34
Happy In The Hills	000109528		\$200.00		
Happy Joyous and Free	;000109407				
Its 5 O'Clock Somewhere					
Joy of Living	"000112522		\$125.00		
Just for Today Steps	000079713		\$200.00		
Keep It Simple	000005062	\$48.90		\$32.17	\$37.42
Lady Lake Breakfast	000006484	\$540.04			\$728.00
Lady Lake Sunday Breakfast					
Lady Lake Thursday Night					
Leesburg Wednesday Night	00000767		\$27.40		
Living Sober Morning					
Living Sober Leesburg	000013756	\$240.00			
Living Sober Wldwd	;000013520				\$225.00
Mascotte Happy Hour					
Morning Eye Openers	:000026545				\$159.00

		Jan	Feb	Mar	Apr
Mustard Seed	000028652	\$560.00			
New Attitudes	000030159	\$210.00			\$407.00
New Beginnings	;000112874				\$1,200.00
New Life Group TV	000034196	\$163.00			\$166.00
No Name	000036824		\$300.00		
No Name Big Book	000036711	\$184.94			\$120.82
Noon Serenity Seekers					
Okey Dokey					
Our Primary Purpose FP					
Phoenix Big Book	000406136		\$500.00		
Rainbow Recovery					
Robber's Roost	000239874			\$751.00	
St Tims Beginners	000444929			\$400.00	
Serenity Seekers	000113015	\$300.00			\$300.00
Serenity Sisters	000113016	\$87.93			\$165.96
Sober Sisters					
Sober Sunset Speakers	;000073396				\$310.00
Sober with a Sandwich					
Sobriety on Saturday (SOS)					
South Lake Women's	:000075623				\$30.80
Speak Easy Mt Dora	000076384	\$273.34			
Squirrels Nest Meeting	;000077968				\$25.00
Step Right Up 6 & 7					
Step Sisters	000080437	\$381.00	\$216.00		\$362.18
Stepping Stones	;000081048				\$350.00
Summerfield Group	000082918	\$150.00		\$150.00	
Sunday at Seven	000083439	\$229.00			
Sweet Surrender					
Take it Easy Men's					
Take it Easy Women's	000086713	\$260.72			\$261.50
The James Club Clermont					
The Turning Point	000330003	\$162.98			

		Jan	Feb	Mar	Apr
Thursday Night 7pm WW					
Today's Woman	000009269	\$87.00			\$31.88
Transition Leesburg	000010713	\$98.00			
Together We Can 68835	000010713				\$150.00
Triangle Breakfast	000011062	\$25.00		\$25.00	
Triple Crown	000011442	\$285.00			\$207.00
Virtual Sisters in Sobriety	0000407745		\$25.00		\$200.00
We Ain't There Yet					
Welcome Home					
Women's Attitude for Gratitude	000411610	\$91.00			
Work in Progress (Zoom)					
Working Together					
You're Eligible Too (YET)	000042382				\$126.00
Your Place	000039938				\$50.00
Brownwood Step 11		\$100.00			
Saturday Night Life Group	000282865	\$10.00		\$10.00	
Pig on the Counter					
Distict 7					
Anonymous		\$10.00	\$80.00	\$44.00	\$1,020.00
Private		\$25.00		\$25.00	\$25.00
Yard Sale			\$74.00		
Joe and Charlie Group	000522090				\$200.00
Anonymous Zelle					\$11.00
6,7 & 10					\$150.00
		\$5,584.11	\$2,608.95	\$1,437.17	\$8,134.15

The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.

Alcoholics Anonymous



I need my medicine

Sponsor: I just renewed my prescription to the Grapevine App

Sponsee: (giggling) Don't you mean subscription?

Sponsor: No

Marvelous Powers

When the Hulk goes into an uncontrollable fit of rage he is called "incredible"

When I do it, I'm called alcoholic.

Nut Free Zone

The town drunk walks into a hospital.

Man at the front desk: Hello Sir, what can I help you with?

Town Drunk: I'm here to detox. I'm allergic to alcohol.

Man at the front desk: I'm sorry sir, but we can't admit you here. The staff here also have allergies and this is a nut free facility.

Behavioral Effects of Alcohol Consumption

(Without The Development of Tolerance)

BAC	EFFECTS
.00 - .02	Impairment begins. Judgment impacted (not as sharp), intensified mood
.03 - .05	Lowered alertness, feeling of well-being (regardless of risk), release of inhibitions, impaired judgment. Vision becomes affected.
.06 - .07	Slowed visual and physical reaction time, vision, carelessness. Lessened inhibitions, impulsive behavior, and exaggerated emotions. Obvious decrease in coordination.
.08 - .10	Slurred speech, staggered walk, confusion.
.11 - .15	Reaction time very impaired (inability to stop a vehicle in order to avoid an accident). Loss of judgment and inhibition - clumsy, uncoordinated.
.16 - .20	Unable to coordinate mind with body.
.21 - .25	Unable to walk, double vision, unable to hear.
.26 - .30	No understanding of their surroundings.
.31 - .35	Almost complete loss of awareness of thoughts and senses.
.36 - .49	Unconsciousness; breathing impaired; low body temperature.
.50 or greater	Death likely according to the Addiction Research Foundation. However, death has been documented to occur at levels as low as .35 BAC.

Remember each person is different and may experience different effects at the same BAC.

Name: _____

Date: _____

AA RECOVERY

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

financial difficulties
lose time from work
lower companions
drink alone
reputation
cravings
family

difficulty in sleeping
RELAPSE PREVENTION
self-confidence
institution
alcoholic
careless
crave

inferior environment
unhappy home life
jeopardizing
efficiency
ambition
remorse

This May Shock You

An unbelievable 19 million children were estimated to be in a household with at least one parent are battling a substance use disorder (SUD) in 2023.

This figure accounts for nearly one-quarter of all children in the United States, highlighting the prevalence of parental substance abuse among young individuals.

These findings reveal that more than 6.1 million children lived with a parent facing both SUD and mental illness.

These criteria include disorders related to alcohol, cannabis, cocaine and prescription drugs and other substances.

Highlighting the serious risk faced by children exposed to parental SUD,

These children are more likely to develop a range of adverse outcomes, including early substance use initiation, substance-related problems and mental health disorders.

Among parent substance use disorders, alcohol was the most common, then cannabis, prescription-related issues.

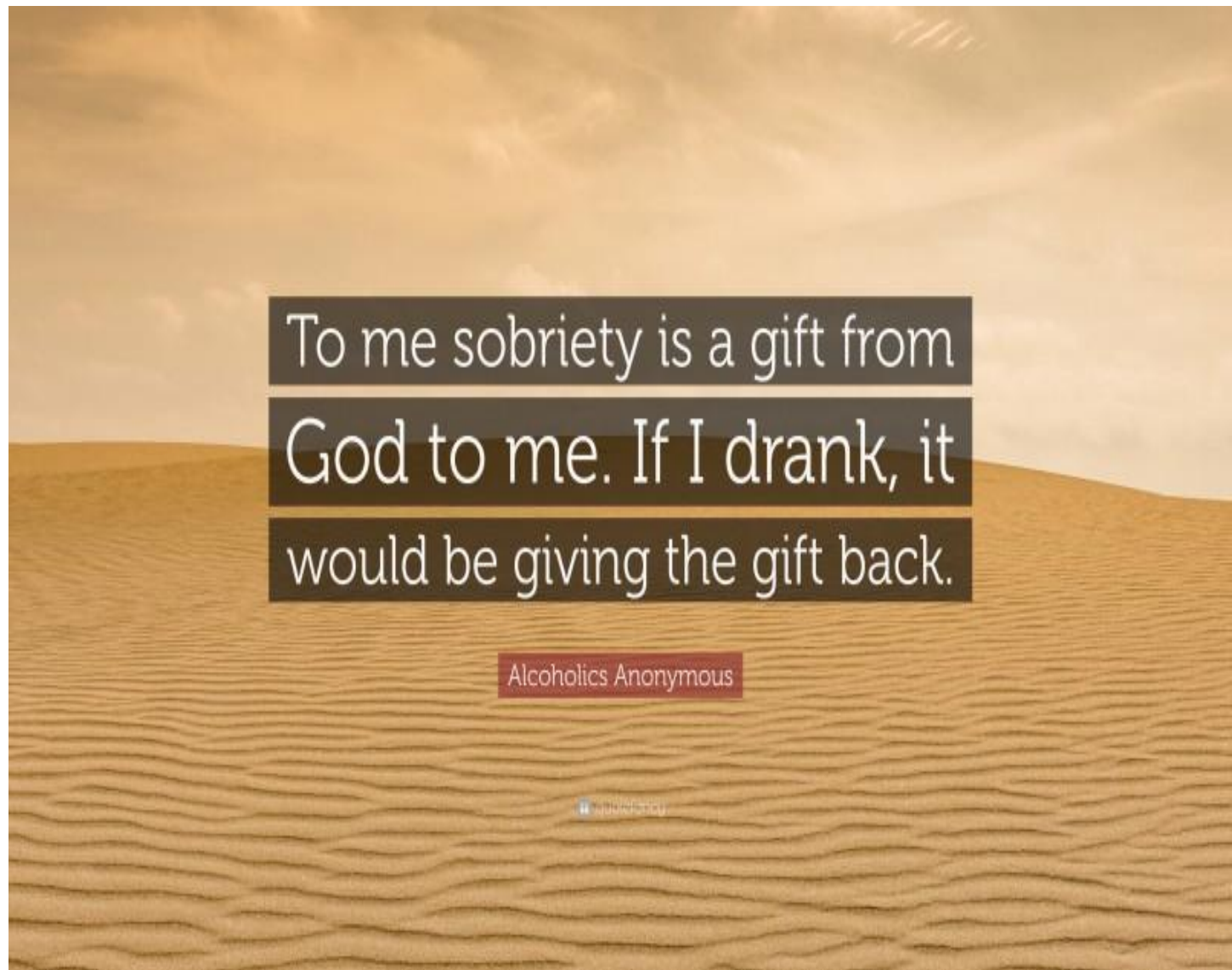
Experts emphasized that these findings are a call to action for the federal, state and local government to invest in family- centered intervention.

I feel we need to grab these children, actually all children and get them in a yearly class at school that talks about the dangers of SUD. Maybe if we bombard them with this information not only will they get early signs of the risk.

They maybe able to get the help their parents or other family members need. You can never have too much information.

With nearly one in four American children impacted by a parents SUD. The study urges greater awareness and support for these families.

Evidence-based treatments for both SUD and mental illness, particularly those that include family support, could help mitigate the long-term consequences for these vulnerable children.



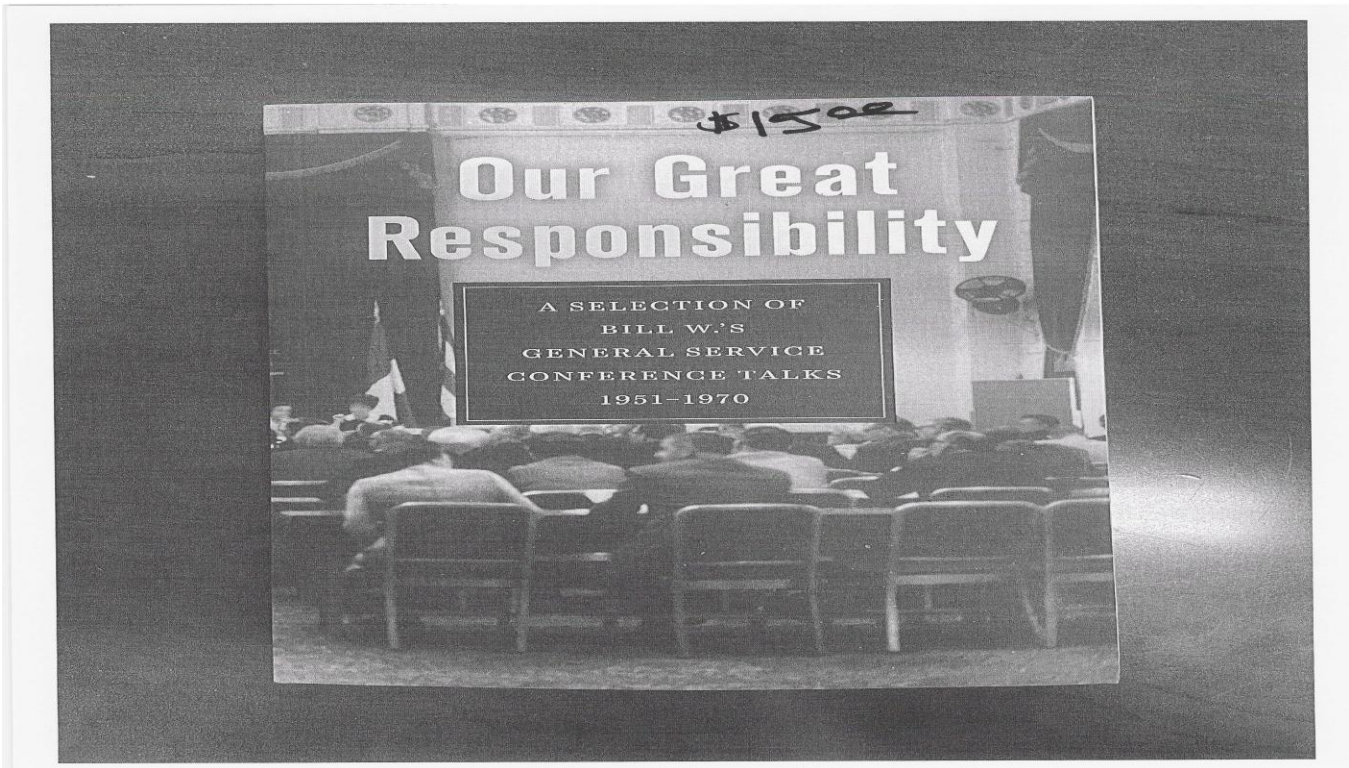
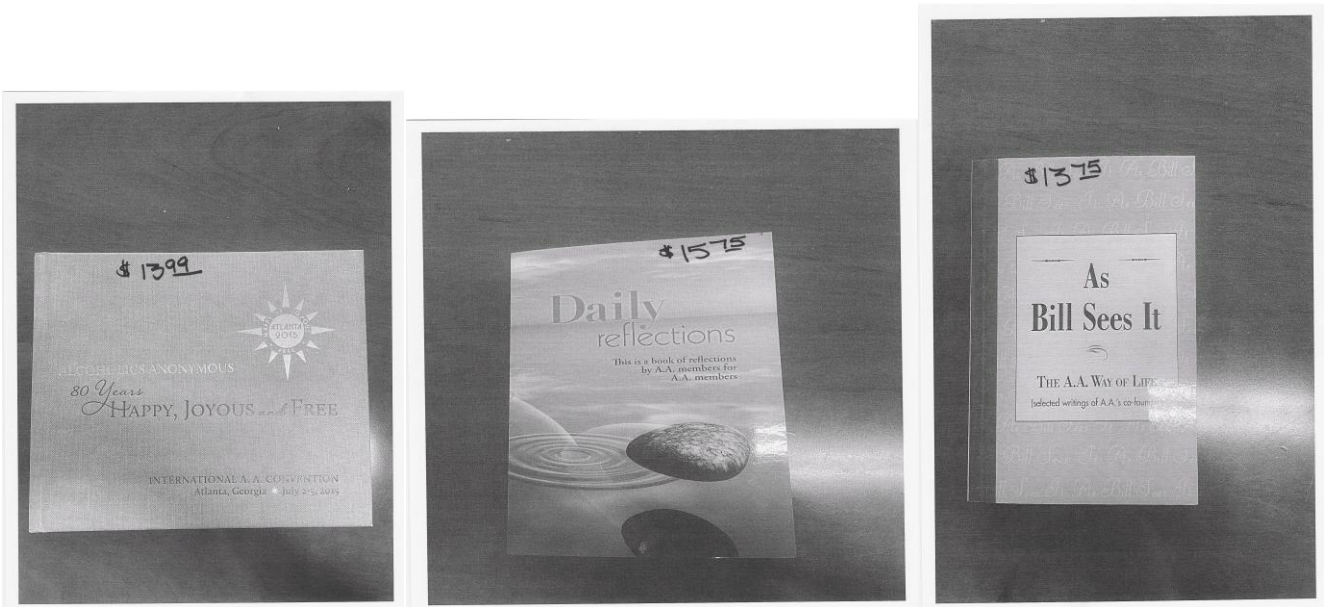
To me sobriety is a gift from
God to me. If I drank, it
would be giving the gift back.

Alcoholics Anonymous

[@alcoholics](#)



GREAT BOOKS



My Final Thoughts:

As I am sitting here thinking what are my final thoughts?

The last few weeks were a bit much. I was sick for 3 weeks, I do not tell you this for any kind of sympathy. But, in that time I had plenty of alone time. I thought a lot about Alcoholics Anonymous, The Big Book, 12 & 12, etc. I thought thank God for this program, the rehab and all of you I have meet along the way. You are truly a part of my family.

I truly depend on this program and all of you to help keep in sober. 4 years ago there was no way I could've predicted where my life would go. If you had asked me did I think I would turn into a alcoholic? The answer would have been a big fatk, NO! I now know how to handle my life and to let go of things that can control my life in a negative way. I know want to live my life with my friends and family. Not just live it to live it to the fullest. Life is way to short and everyday is truly a gift from God. For me I believe God has continued to live and help other people, especially another alcoholic.

Right now I have one sponsee and we talk everyday and I also see her in meetings through out the week. Its amazing when she tells me how much I am helping her. The very first time she told me I made a face of confusement. But it made me feel really good. Little does she know she is helping me so much more than she could ever imagine. Talking to her and my sponsor everyday while I was sick helped me to focus more on my sobriety.

I thank GOD, AA and the FELLOWSHIP. Teresa S