

Serenity News

January
2009

2115-I Citrus Blvd (US Hwy 27/441)
Leesburg Fl 34748

**HAPPY
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Men are more likely than women to crave alcohol when they feel negative emotions

Women and men tend to have different types of stress-related psychological disorders. Women have greater rates of depression and some types of anxiety disorders than men, while men have greater rates of alcohol-use disorders than women. A new study of emotional and alcohol-craving responses to stress has found that when men become upset, they are more likely than women to want alcohol.

“We know that women and men respond to stress differently,” said Tara M. Chaplin, associate research scientist at Yale University School of Medicine and first author of the study. “For example, following a stressful experience, women are more likely than men to say that they feel sad or anxious, which may lead to risk for depression and anxiety disorders. Some studies have found that men are more likely to drink alcohol following stress than women. If this becomes a pattern, it could lead to alcohol-use disorders.”

As part of a larger study, the researchers exposed 54 healthy adult social drinkers (27 women, 27 men) to three types of imagery scripts – stressful, alcohol-related, and neutral/relaxing – in separate sessions, on separate days and in random order. Chaplin and her colleagues then assessed participants’ subjective emotions, behavioral/bodily responses, cardiovascular arousal as indicated by heart rate and blood pressure, and self-reported alcohol craving.

“After listening to the stressful story, women reported more sadness and anxiety than men,” said Chaplin, “as well as greater behavioral arousal. But, for the men ... emotional arousal was linked to increases in alcohol craving. In other words, when men are upset, they are more likely to want alcohol.”

Moving from anger to forgiveness is a healing experience...

Adults who grew up with alcoholic parents probably have plenty to be mad about. As children, they were virtually powerless to stop the forms of abuse and neglect they often suffered. They couldn't express their anger or outrage in a healthy manner. Instead, many either acted out their anger by getting into trouble or reacted inwardly by converting anger into shame, depression or low self-esteem.

It can take years of hard work to discover how deep the wounds really go. If anger isn't eventually dealt with responsibly, it can be a major block to personal growth.

Unresolved anger is often a factor in addictive and compulsive behaviors and relapse. Holding on to old anger can cause people to avoid conflict, procrastinate, and give up their needs. It can poison relationships and prevent true intimacy. It breeds bitterness, resentment, mistrust and fear.

“ People who carry around a lot of resentment tend to be more reactive to day-to-day situations,” said Rosemary Hartman, supervisor of the Hazelden Family Program in Center City, Minn. “ If a driver makes a slight error in judgment on the highway, some people may react by screaming or shaking a fist at the driver –not because of the actual occurrence, but because they have a huge bank of anger inside that is tapped with the slightest provocation. Family members or significant others also become the recipients of repressed, misplaced anger. If people blow up at their boss, they probably won't last long on the job. Spouses and children tend to tolerate that kind of behavior for a longer period of time. ”

Many people have a lot of anger inside them, but they don't realize it. Accepting that we are angry and identifying the reasons why helps us begin to let go.

“ If your heart was broken because you always wanted to be hugged by your mother and father and they were never there, or you experienced actual abuse, you've got a valid gripe,” said Earnie Larsen, a workshop leader and author of *From Anger to Forgiveness*. “ But once you understand and acknowledge that, you need to work through the anger and move beyond it to forgiveness and reconciliation. Otherwise, you're just stuck in a cycle of resentment and bitterness. ”

The people most likely to hang on to anger are those who come from dysfunctional families –people who didn't get their feelings validated as children or who were forced to deny their feelings. “Anger is the emotional response to perceived injustice,” Larsen said. “It is always a justice issue.

It's thinking or feeling that 'I don't count,' or 'My thoughts aren't important.' "

An important part of recovery for alcoholics and adult children of alcoholics involves doing the "anger work" and moving towards forgiveness. The first stage in this process is to understand the incidents that still trigger anger.

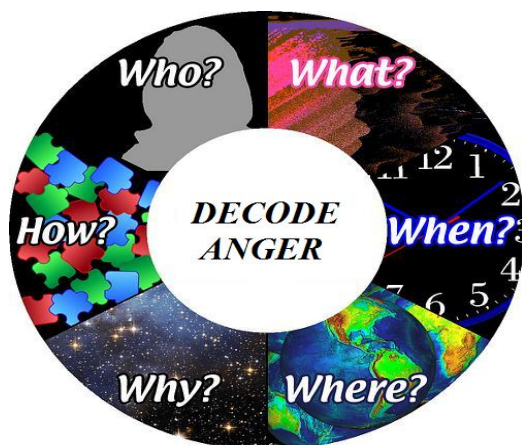
Larsen and Hartman offer other practical suggestions:

- Understand that addiction is a disease. This awareness is helpful for people who grew up in alcoholic families. Knowing that hurtful things were done out of addiction, rather than out of malice, helps people begin to forgive.
- Become willing to forgive. Without the willingness to forgive or work out a relationship, nothing will happen.
- Learn communications and assertiveness skills. These skills give people an outlet to express anger and other feelings in a nondisruptive way.
- Ask for help from a Higher Power. Tapping into a power greater than ourselves can help overcome long-term resentments and rage. Prayer can help people let go of self-pity and thoughts of revenge.
- Detach with love. We're less apt to be angry when we let go of responsibility for other people's thoughts, feelings and behaviors and concentrate on our own issues.

The benefits of successfully dealing with anger include serenity, self-confidence, healthier relationships and recovery. It's not a one-shot deal, but a process that continues throughout our lives.

"Sometimes, I hear people say, 'I want to be able to forgive once and for all,' " Hartman said.

"But it usually doesn't work that way. If people are working on themselves, if they have a good spiritual base and remain willing to forgive, they won't be interested in staying angry. They will be able to let go of anger a lot sooner. "



ALCOHOLISM AND A.A.

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell.

We died against bridge abutments and nobody knew if it was suicide and we probably didn't know either except in the sense that it was always suicide.

We died in hospitals, our stomachs huge, distended and there was nothing they could do.

We died in cells, never knowing whether we were guilty or not.

We went to priests, they gave us pledges, they told us to pray. They told us to go and sin no more, but go. We tried and we died.

We died of overdoses, we died in bed.

We died in straitjackets, in the DT's seeing God knows what, creeping, skittering, slithering, shuffling things.

And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried.

We went to doctors and they gave us stuff to take that would make us sick when we drank on the principle so crazy, it just might work, I guess, or maybe they just shook their heads and sent us to places like Dropkick Murphys.

And when we got out we were hooked on paraldehyde or maybe we lied to the doctors and they told us not to drink so much, just drink like me. And we tried and we died.

We drowned in our own vomit or choked on it, our broken jaws wired shut. We died playing Russian Roulette and people thought we'd just lost, but we knew better.

We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks.

We died in shame.

And you know what was even worse, was that we couldn't believe it ourselves, that we had tried.

We figured we just thought we tried and we died believing that we hadn't tried, believing that we didn't know what it meant to try.

When we were desperate enough or hopeful or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books that had the right words in them, never suspecting the terrifying truth, that the right words, as simple as they were, had not been written yet.

We died falling off girders on high buildings because, of course, iron workers drink, of course they do.

We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide.

We died under the Southeast Expressway, with our hands tied behind us and a bullet in the back of our head because this time the people we disappointed were the wrong people.

We died in convulsions, or of "insult to the brain", we died incontinent, and in disgrace, abandoned. If we were women, we died degraded because women have so much more to live up to.

We tried and we died and nobody cried. And the very worst thing was that for every one of us who died, there were another hundred of us or another thousand, who wished that we could die, who went to sleep praying we would not have to wake up because what we were enduring was intolerable and we knew in our hearts it wasn't ever gonna change.

One day in a hospital room in New York City, one of us had what the books call a transforming spiritual experience, and he said to himself, "I've got it." (No, you haven't you've only got part of it), "and I have to share it." (Now you've almost got it) and he kept trying to give it away, but we couldn't hear it. We tried and we died.

We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned, they said we never felt a thing. That was the best way maybe that we died, except sometimes we took our family with us.

And the man in New York was sure he had it, he tried to love us into sobriety, but that didn't work either. Love confuses drunks and he tried and we still died.

One after another we got his hopes up and we broke his heart, because that is what we do.

And the worst thing was that every time we thought we knew what the worst thing was, something happened that was worse.

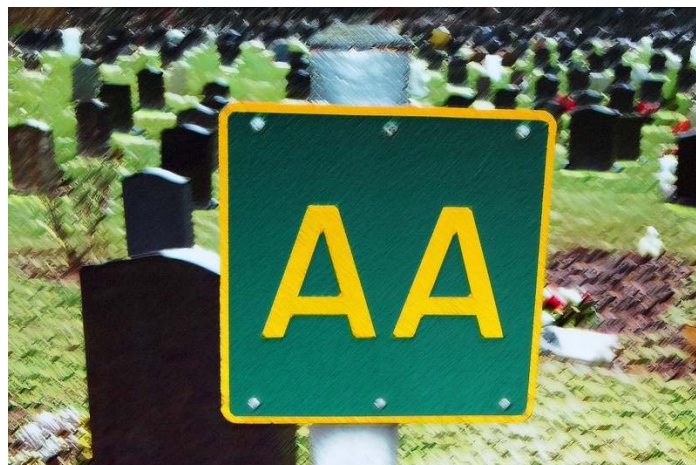
Until a day came in a hotel lobby and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin or South Boston, it was in Akron, Ohio for Christ's sake.

A day came when a man said I have to find a drunk because I need him as much as he needs me, (Now you've got it).

And the transmission line, after all those years, was open. The transmission line was open. And now we don't go to priests and we don't go to doctors and people with letters after their names.

We come to the people who have been there, we come to each other. We come to try and we don't have to die.

By Charles B.



ALCOHOLISM IS A DEADLY DISEASE!

It Works 'Cause They Work It! Congratulations!

ACCEPTANCE (LAKE PAN) Ernie H. 01/26/94	Douglas 01/04/06 Jerry S. 1/9/69 Caroline S.01/09/87	REBOS Mike S. 1/2/97 Richard D. 1/27/99 Larry K. 1/22/97 Elmo R. 1/27/95	TAVARES 12 &12 John P. 1/12/93 Hector R 1/23/05 Melissa M 1/25/06 Bert S 1/29/78 Jack D 1/29/06 Mary P. 1/29/06
BUSHNELL BIG BOOK Deborah H. 01/02/03 Larry M. 01/08/03	Bobbi J.01/11/81 Josie P.01/13/95 Carol B.01/22/78	REMEMBER WHEN Jim K. 01/20/83	T.H.I.S. GROUP Robert A. 1/19/84 Henry L. 1/12/69
CAME TO BELIEVE Bob K 1/03/71 Frank R 1/21/88 George B. 1/25/08	LADY LAKE THURS. NIGHT Charles S. 1/4/01 Vera C. 1/17/01 Lou Z. 1/17/74 Barb S. 1/29/02	SOBER AND FREE GROUP Ray R. 1/10/1986 Dawn S. 1/14/2006 Brian MC. 1/29/2004	TOGETHER WE CAN Steve A 1/1/03 Paul B 1/1/06 Cheryl C 1/2/95 Bill T 1/3/06 Jeanine H 1/5/06 Terry F 1/6/05 Sam K 1/15/06 Teresa S 1/17/06 Denise W 1/19/06 Barry W 1/19/06 Hector R 1/23/05 Melissa M 1/25/06 Bert S 1/29/78 Jack D 1/29/06 Mary P. 1/29/06
CLERMONT GROUP Jim R. 1/1/85	LEESBURG WED. NIGHT Sue F. 1/10/01 Glenda Mc C. 1/14/78	SOBER FOR LUNCH BUNCH Daniel A.01/05/98 Jim S.01/16/85	
CLERMONT LUNCH BUNCH Pat. 1/29/81 Bret H. 1/23/75	LEESBURG TRANSITIONS Darlene C. 1/11/07 Mike D. 1/4/79 Tony C. 1/11/08 Steve M. 1/14/81 Mike S. 1/11/08 Chris S. 1/19/91 Dan S. 1/15/91 Archie Y. 1/21/06 Randy S. 1/11/08	SOUTH LAKE WOMEN'S Martha G.01/21/78 Pam S.01/01/03 Sherry B.01/24/93	
EASY DOES IT (GROVELAND) Frank S. 1/20/96 Brian H. 1/20/96	LIFESAVERS Alexis D. 1/10/95 Wesley M. 1/10/97	STEPPING STONES Joe C. 1/2/97 Sally A.1/2/97 Bill A. 1/5/82 Bridgette N. 1/6/97 John M. 1/8/97 Jack C. 1/10/97 Dick S. 1/10/61 Don S. 1/10/82 Larry V. 1/16/89 Ralph E. 1/18/89 Dianne 1/26/96 Tammie D. 1/28/97	
EVERY MONDAY BIG BOOK Clyde C. 1/1/72 Barbara C. 1/15/1975 Kathy P. 1/21/75	LIVING SOBER Ellie S 1/17/73 John K 1/07/85 Janice B 1/22/88	TAKE ACTION GROUP Hafoka S. 1/1/98	TRIANGLE BREAKFAST Carol P. 1/15/01 Jim B 1/06/90
HAPPY HOUR Scott T. 1/03/01 Teresa W. 1/11/03 Jill Z. 1/25/90 Michelle C. 1/31/95 Barb T. 1/6/79	LOVE & TOLERANCE Frank S. 1/5/05	TAKE IT EASY MEN'S Bill A. 1/31/1983 Joe E. 1/9/1984 Jim I. 1/14/2006 Frank S.1/10/1978	12 STEPS TO A NEW BEGINNING Janet G 1/1/92 Joe C 1/9/84 Pat B 1/28/06 Jane R 1/31/03 Jim P 1/31/97 Robert T. 1/2/08 Rich S. 1/17/08
IN BETWEEN GROUP Ellie S. 1/17/74	LUNCH BUNCH Bob F. 1/13/80	TAKE IT EASY WOMEN'S Sandy Z. 1/1/90 Pat O. 1/10/03 Glenda Mc C. 1/14/78 Gale M. 1/30/76 Michelle C. 1/31/96	WILDWOOD LIVING SOBER Kathy P. 1/5/08
JOY OF LIVING Michael C. 1/29/85 Pam K. 1/30/85	MT. DORA LIT. STUDY John P. 01/12/93		WORKING TOGETHER Kay H. 1/14/96
KEEP IT SIMPLE Robert H 1-1-18 Scottie M 1-1-96	NEW ATTITUDES Josie P. 1/11/94 Al C. 1/19/73 Bill A. 1/31/83 Gerry K. 1/4/95 Rita C. 1/19/76		BRING YOUR OWN BOOK Jay E. 1/6/08 Mike C. 1/19/82
LADY LAKE BREAKFAST Cathy C. 01/18/88 Laura L. 01/01/70 Thomas W. 01/10/03 Bob F. 01/13/80 Russ F. 01/15/83 Lillian D. 01/19/01 Barbara D. 01/20/78	OXFORD GROUP Spec H. 1/1/83		

WHAT IS HAPPENING IN LAKE/SUMTER INTERGROUP TERRITORY

**If you would like something included in the Serenity News,
deliver it to Intergroup or Pam K. by the last Monday of the month.**

Intergroup (2115-I Citrus Blvd, Leesburg)

Email to: pammknox@aol.com or lakesumter@aol.com

Web site: www.lakesumterintergroup.com

INVITATION

YOU ARE INVITED TO VISIT
LAKE/SUMTER INTERGROUP OFFICE
IN COTTOM'S PLAZA
2115-I CITRUS BLVD. LEESBURG
(27/441 ON LEFT GOING NORTH)

**COME MEET OUR NEW
MANAGER, JIM BARNETTE**

AND TAKE ADVANTAGE OF NEW PRICES.

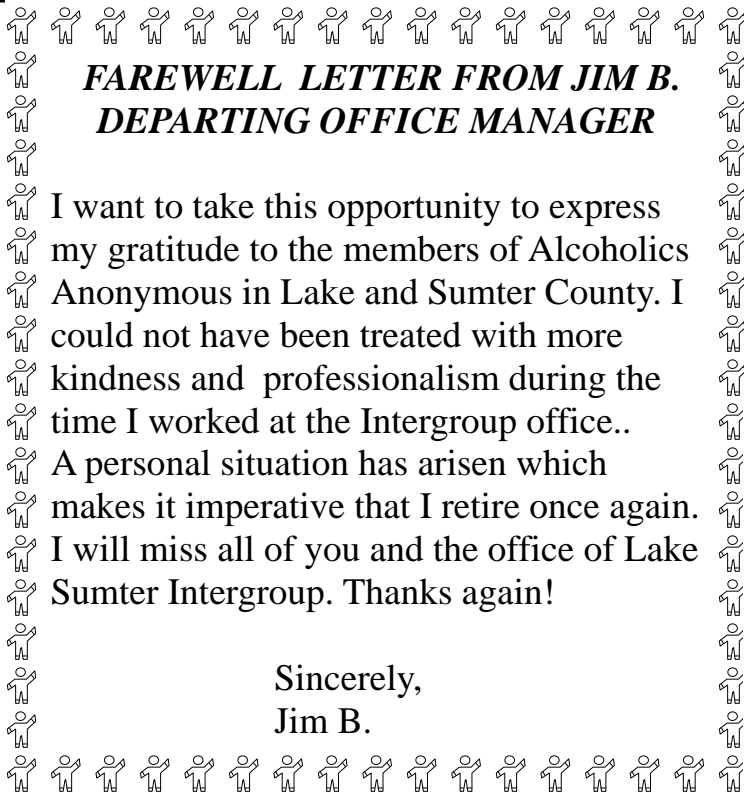


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GET ONE FOR YOURSELF
OR A SUPPLY FOR YOUR GROUP!**

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REDUCED BY \$1.00!

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- Bumper stickers
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- Large print Big Books
- Braille Big Books (!)
- More reasons to visit the Intergroup



FAREWELL LETTER FROM JIM B. DEPARTING OFFICE MANAGER

I want to take this opportunity to express my gratitude to the members of Alcoholics Anonymous in Lake and Sumter County. I could not have been treated with more kindness and professionalism during the time I worked at the Intergroup office..

A personal situation has arisen which makes it imperative that I retire once again. I will miss all of you and the office of Lake Sumter Intergroup. Thanks again!

Sincerely,
Jim B.

To receive your copy of Serenity News by mail, please complete the following form and return to:

**Lake Sumter Intergroup,
2115-I Citrus Blvd.,
Leesburg, Fl 34748.**

**A donation of \$7.50 is
requested to help defray expenses.**

Name _____

Address _____

Donation enclosed? _____

LAKE/SUMTER

INTERGROUP MEETING

2ND WED. EACH MONTH— 6:30 PM

2115-1 CITRUS BLVD, LEE
US HWY 27/441, LEESBURG

DISTRICT 7 GSR

2ND THURS EACH MONTH—7 PM

**OFFICE-2115-1 CITRUS BLVD
(US HWY 27/441) LEESBURG**

THE PRINCIPLE BEHIND STEP 7

“Humbly asked Him to remove our shortcomings”

Humility

Here we move further into action. We have seen in step 5 where we have been selfish and self-centered. We practice being humble by realizing that we are not the center of the universe. To be human is to make mistakes. Hopefully our journey has led us to the point where we can readily admit mistakes and accept ourselves for being imperfect. We are asking for help in forgiving ourselves.

**Standing naked before God, with nothing to hide,
and asking that our flaws
-in His eyes-
be removed.**

The Serenity News is published monthly by Lake/Sumter Intergroup for the purpose of communication with the local fellowship. The content is the responsibility of the Editor and its contributors and does not necessarily represent the views of AA. Please send/email your articles to : pammknox@aol.com ; LakeSumter@aol.com or mail to Lake/Sumter Intergroup, 2115-I Citrus Blvd., Leesburg, Fl 34748.