



February 2020

The Serenity Times

The monthly newsletter of the Darwin District

12th Step Opportunities

24-hour AA Phone Line

To do a shift on the District's 24-hour AA Phone Line, contact the DDO.

12th Step Call Roster

To be placed on the District's 12th Step Call Roster, contact the DDO.

12th Step rosters

AA information sessions are held at Mission Australia rehab at 6:30pm every second Wednesday and at Banyan House rehab at 7:00pm every second Tuesday. To join a District 12th Step roster, contact the DDO.

Service Opportunities

Darwin District Office

To do a 3-hour shift at the DDO, contact the DDO.

Darwin District Committee

Members interested in any of the following service positions can contact the DDO: Secretary, Webmaster, Correctional Facilities Coordinator, Roundup Coordinator and Editor of *The Serenity Times*.

Deadline for the next issue

Please send your AA articles and news for the March issue to aa.darwin@bigpond.com by 16 February.

District bank balance

At 1 December 2019: \$6547.58
Prudent Reserve: \$4000



I should do a 3-hour shift at the DDO

P.I. Update

There is no update.

T&CF News

There is no news.

AA CALENDAR

23 February 2020

Area A Assembly, further details TBA

4 March 2020

District quarterly meeting, DDO, 7pm

5-7 June 2020

Bali International Roundup; aabali.org

10 June 2020

Founders' Day

AAAA available by email

The GSO has announced that AA members can now receive the quarterly national newsletter *AA Around Australia* by email. Enquiries by email to chris@aa.org.au.



International AA Convention

Imagine celebrating AA's 85th year among 65,000 others under the dome at Ford Field Stadium in Detroit on 2-5 July 2020. Details at aa.org.

The words "Alcoholics Anonymous" are the registered trade mark of the General Service Board of Alcoholics Anonymous Australia



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Freedom from fear

Self-centred fear chief activator of defects - Contents, Step Seven, Twelve Steps and Twelve Traditions, p 7

[Fear] was an evil and corroding thread; the fabric of our existence was shot through with it - How It Works, p 67

Over 20 years in AA, I have been shown a number of ways to take moral inventory. If you have another way, I'm interested.

I worked a 12-Step program with an AA sponsor for years, but my character defects would subside only to reappear; I also continued to suffer from anxiety (fear). Then someone showed me a way to work Steps Four to Six that revealed that two deep-seated fears had activated all of my character defects and caused all of my anxiety and poor behaviour.

At Step Four, next to each resentment in my resentment inventory, I listed how I had treated that person or institution, whether I had ever done something similar to anyone and what if anything I had done to keep the resentment alive, for example by gossiping about the person or institution. I then listed the fears behind each of my resentments. At Step Five, my sponsor helped me to distil those fears down as far as they could be distilled. I was left with just two fears that core needs, peculiar to me, would not be met.

At Step Six, for an entire hour I sat with one question: *could I live a life in which the only source of having those needs met was God?* At the end of the hour, I was able to answer that question in the affirmative and at Step Seven, I took those two fears (defects) to God to remove. I was relieved of those two defects on the spot.

Darwin District

The Darwin District serves the AA Groups in the Darwin District

Darwin District Office

Nightcliff Community Centre, 5/18 Bauhinia St
Nightcliff NT 0810
PO Box 40760
Casuarina NT 0801

Telephone

08 8948 5202

Email

aa.darwin@bigpond.com

Website

aadarwin.org.au

Office hours

11-2 Monday to Saturday

Your Committee

Mick G (District Committee Member)
Pat M (Treasurer)
Vacant (Secretary)
Sam H (Office Coordinator)
John S (Registrar)
Allan K (Literature Officer)
Susan B (Office Maintenance Officer)
Dan T (Public Information Coordinator)
Deb H (Treatment Facilities Coordinator)
Vacant (Correctional Facilities Coordinator)
Vacant (Webmaster)
Vacant (Roundup Coordinator)
Vacant (Editor)

Next District meeting

The Darwin District meets on the first Wednesday of March, June, September and December at 7:00pm

To join the mailing list

Contact the DDO

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