



September 2019

The Serenity Times

The monthly newsletter of the Darwin District

YOUR EGO IS NOT YOUR AMIGO

Getting current

Almost any experienced AA will tell how his affairs have taken remarkable and unexpected turns for the better as he tried to improve his conscious contact with God - Step Eleven, Twelve Steps and Twelve Traditions, pp 104-105

It's not enough for us to believe in God; we *must experience God*. And our experience must be current; we simply will not remain in fit spiritual condition on an experience of God which is years or decades old. How to have a current experience of God? By living our lives ego-free, in a state of genuine humility. How? Through continued moral inventory of ourselves and humble amends for our harms caused to others.

Bill W, one of the co-founders of AA, had an overwhelming "white light" spiritual experience which is described in *Bill's Story*. Unfortunately, Bill W failed to maintain conscious contact with God and in 1956, Bill W turned to LSD in an attempt to collapse his ego and bring about a direct experience of God (*Pass It On: The Story of Bill Wilson and how the AA message reached the world*, AA World Services Inc, pp 195, 206, 372).

The other co-founder of AA, Dr Bob S, worked and reworked Steps 1 to 9 and his experience was very different.



Brutal mirror

A mirror is such a powerful metaphor because it cannot lie; it can only reflect what is true. If our moral inventory (Step Four) has been searching and fearless and we have shared it with God and another human being (Step Five), then we will see ourselves in the mirror and we will witness the painful truth that is the gap between how we see ourselves and how we really are.

Such an experience is so excruciating as to be almost unbearable. Why would any sane person put themselves through it? Because at some point, something miraculous happens: the ego disintegrates. The annihilation of the ego is essential for us because it is ego which stands in the way of our conscious contact with God, which is AA's spiritual solution for alcoholism.

Each day as I practise Step Eleven as set out on pages 85 to 88 of the Big Book, I check that I can feel God's presence. If I can't, then I know that there is something blocking me from God - a resentment, fear, obsession or unmade amends - which I need to attend to.



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Concept
One

Responsibility

The ultimate responsibility for AA world services belongs to the AA Groups - Concept One (short form)

The General Service Conference of AA is an AA service body comprised of elected delegates and trustees from around Australia which functions as the Group Conscience of AA in Australia. Each November, Conference debates and decides matters of importance to AA as a whole, including the general service topics submitted to it that year by AA members.

Because the ultimate responsibility for AA's world services belongs to the AA Groups (Concept One), each AA Group has a responsibility to convey its views on the year's topics to Conference.

Your Group can communicate its views on this year's topics to Conference by sending your Group's General Service Representative to **Area A's Topics Assembly on 27 October 2019** at 9:00am at the DDO. The Area Delegate will, as the humble servant of the Groups in Area A, note the Groups' views on each topic and then relay both minority and majority opinions to Conference in November. All AA members are welcome to attend the Area Assembly. This year's topics will soon be posted in the members' area of the District's website.



Concept Five

The rights of "appeal" and "petition" protect minorities and ensure that they be heard - Concept Five (short form)

Democracy is commendable but in democracies, majorities, sometimes very slim majorities, are vested with absolute power. History has shown us not only that majorities can be wrong, but that they can be tyrannical.

Concept Five protects the minority opinion in AA, providing a check on the unqualified dominance of the majority. Such respect for the minority strengthens the spirit of democracy among us, binding us together in mutual respect. A well-heard minority is also AA's chief protection against an uninformed, misinformed, hasty or angry majority.

Many AA Groups incorporate Concept Five into their meeting procedure. The Groups have incorporated Concept Five into the Darwin District's meeting procedure by providing that after a vote on a motion has taken place, each minority is given another opportunity to be heard. If a minority takes up the opportunity, then after the minority speaks again on the motion, another vote is taken. The minority opinion is also of vital importance to the General Service Conference. Each November, Area Delegates from around Australia take their Areas' majority and minority opinions on the year's topics to Conference.