



Public Information Update

Treasurer DDO: - Pat M. 03/07/2020

Finances are holding up with a current balance (cash and bank account) of \$5,930.20.

DCM: - Mick G. Darwin currently has 18 weekly meetings.

-9 meetings have reopened

-9 meetings are on Zoom

Darwin District Treasurer and Secretary, Pat M, will be rotating off in September this year. Please seek support from your groups or those in AA who may be interested in either of these positions.

There are 12 positions on the Darwin District Committee, 11 of these are currently filled. This has proven to be a strong and effective Darwin District Office, in its delivery of "service" to the Darwin AA groups. By September there is a possibility, through rotations, that this number will reduce by 4 positions, maybe more.

A "half full Darwin District Office" can only supply/operate the services that has members "sitting" in those committee positions.

Realistically, even less than half, as each member "grows weary" of trying to cover too many bases. The future outcomes in these matters is in God's hands – but the efforts made by all members of AA Darwin will **reflect the need or not, for** the Darwin District Committees future and the Groups of AA Darwin's actual requirement for service or not.

Literature: - Caroline B. Literature orders have been going out.

Treatment Facilities: - Deb H. (Mission Australia Rehab/Banyan House) Banyan House are happy to see us. Mission Australia visits have resumed. Can the secretaries of all groups please announce we are back visiting these facilities, as we need volunteers to come forward, to share their experience, strength and hope.

Registrar: - John S. Things are getting behind in office with reduced number of volunteers.

Office Co-Ordinator: - Sam H. Currently Friday and Saturday are vacant. Please announce these vacancies at home groups, this is a great

opportunity for sponsors to suggest service work to their sponsees.

Office Maintenance: - Denis P. Denis is keeping office clean.

Webmaster: - Mick G. The website aadarwin.org.au is hopefully serving our AA community, both as a "doorway" to Zoom meetings and acting as the "current meetings list". The AA Service Manual and AA Guidelines have been added to the site under "AA Resources" on the District Meeting page, at the bottom. This will make it easier to access for all.

PI Coordinator: - Dan T. Our recent media announcements on CH 10 and 9 have expired and will be reapplied for in coming weeks. I will also be making enquiries as to airing something on SBS as it may reach a lot more of the community.

Next Meeting

The next meeting will be a monthly Office Committee Meeting **7pm Wednesday 5th August 2020.**

The next Quarterly meeting for committee members and GSRs will be at **7pm Wednesday 2nd September 2020**, at this stage via Zoom conference call.

This will be the final meeting for 2019/2020, several committee members will be rotating off, including the Secretary, Office Co-ordinator, Registrar and Treasurer, so please encourage group members to take up the vacancies and keep the office functioning.





My Story

My name is Pat (Patrick) I am an alcoholic. Thanks to AA I have managed to stay sober for almost 34 years one day at a time, which is something I never would have been able to achieve by any other means. Alcoholism, as I now understand, is not a moral failure, although in my case it led to a life of abject moral failure and lack of self-respect. I learned the disease concept in AA, although I prefer to think of it as an inherited condition that is an integral part of my physiology — like left-handedness, whereas a disease suggests something that has gone wrong and can be cured, treated with drugs or that might just go away in time. As a child, I can clearly remember neurotic feelings of disconnection from other people including parents and family, no sense of a higher power of truth and rationality driving the universe, therefore no feelings of safety or hope for the future. Growing up was a fearful and purposeless experience, until my early teens when I picked up the first drink. Alcohol totally changed my personality. I experienced a sense of freedom and release from fear and boredom, my behaviour changed from that of an introvert to the opposite extreme. I loved hanging around with peers whom I thought were exciting, from that time on all that mattered was partying, pubs, staying out late and of course pursuit of the opposite sex. I failed my Year 12 exams and was formally expelled from the Catholic college I attended. I became self-centred to the extreme and had no care or concern for anyone who suffered because of my gain. As a direct result of my drunken behaviour there were many embarrassing incidents as well as trouble with the law, car accidents, fights including an incident where I almost lost the sight in one eye, theft, and all sorts of anti-social behaviour. Fortunately, I always managed to earn a good income since I had a natural talent for computer programming and had no trouble finding work in the early seventies. At 26 years old I married the young pregnant daughter of an alcoholic (as we do) and shortly after my son was born, I secured a job with great prospects an amazing salary and conditions in the Bougainville Copper Mine in Papua New Guinea. I thought I had finally arrived — stability and success! For a short while things went well, my daughter was born in 1974, in PNG. I was promoted to a very responsible position managing sales and shipping

contracts. My drinking however, was escalating, drinking every day starting at lunch time and then binging heavily on weekends. My family was severely emotionally neglected. I was also causing my employer problems, reeking of alcohol in the afternoons, also getting thoroughly drunk on an overseas business trip with senior managers of the company. After six years we left PNG and moved to Brisbane. I had a good job there once again and bought a business for my wife. At this point my behaviour was psychotic and unpredictable. I would stop off for "a beer" after work and end up getting home in the middle of the night. I lost my licence. My wife decided she had had enough, we divorced. I went to live in Port Moresby for another well-paid position, but my drinking was so bad that I was blacked out for entire weekends, I also experienced an alcoholic seizure. My contract was cancelled, and I was sent back to Australia.

That is how I came to Darwin — the last chance for a job I had obtained through old contacts. I had been to a few AA meetings when I was in Brisbane, but I was nowhere near ready to admit defeat. I went to more meetings in Cairns and Adelaide before coming up to Darwin as I was determined not to fail at this opportunity — I would restore my fortunes and become a success! I arrived in Darwin sober, met my new work colleagues and went to a BBQ with them, someone gave me a beer which I drank without a thought. I ended up dead drunk again in the watch-house with another DUI. That was a turning point for me as I suddenly realised that there would be no new starts for me, that alcohol would always destroy everything, also that I was totally unable to do anything about it. This was early 1985 and I started coming to meetings in Darwin, I knew that only AA might have a solution. I was encouraged and supported by members and after a year or so I managed to stop drinking and have remained sober ever since. The steps provided a way to look honestly at myself, connect to a higher power, become willing to change and still provide a daily framework for my sobriety. I was encouraged to be active in the fellowship, join a group and take on service work. The experience of others shared at meetings has been the most powerful factor in maintaining adherence to the program. I retired five years ago after a successful 26-year career with the NT Public Service, I now have a great relationship with my children and other close family members and my mental and physical health is fairly good (always room for improvement). I do not regret the past and despite myself, know that if I concentrate on right action today, tomorrow will look after itself. I remain an incredibly grateful member of the fellowship.

(Thank you for your contribution Pat)