

THE SERENITY TIMES
THE MONTHLY NEWSLETTER
OF THE
DARWIN DISTRICT
JANUARY 2021



[Darwin District](#)

Darwin District serves the A.A. groups in the Darwin District.

[Darwin District Office](#)

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

Casuarina NT 0810

[Telephone](tel:0889485202) 0889485202

[Email](mailto:aadarwin@bigpond.com): aadarwin.@bigpond.com

[Website](http://aadarwin.org.au): aadarwin.org.au

[Office Hours](#):

11am-2pm Monday-Saturday

THE TRADITIONS ARE IMPORTANT
TO UNDERSTAND THIS YEAR, WE
WILL LOOK AT THE LONGFORM.

TRADITION ONE

Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Mick G (District Committee Member)

Pat M (Treasurer)

Susan B (Secretary)

VACANT (Office Co-Ordinator)

Denis P (Registrar)

Mick G (Webmaster)

Caroline B (Literature Officer)

Denis P (acting Maintenance Officer)

Dan T (Public Information Officer)

Doug W (Treatment & Correctional Facilities Coordinator)

VACANT (Roundup Coordinator)

Susan B (Editor)

[Next Meeting](#)

For committee members is scheduled for Wednesday the 6th January 2021, at 7pm, also via Zoom.

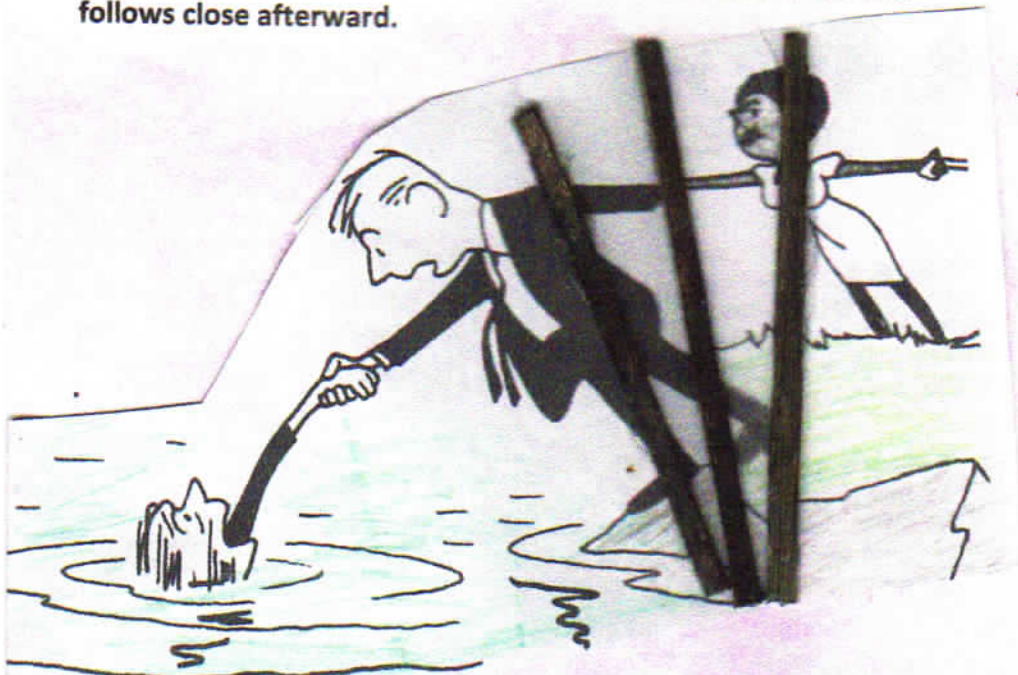
The next quarterly District meeting for all GSRs and committee members is scheduled for Wednesday 3rd March at 7pm

[To submit your story, or any other articles A.A. suitable, for printing in the SERENITY TIMES:](#)

Please contact the editor at

serenitytimesaa@outlook.com

The editor has the right to decide the suitability, for printing, of all articles forwarded.



Our individual sobriety depends on the group.
The group depends on us. We soon learn
that unless we curb our individual
desires and ambitions, we can
damage the group...





Public Information Update

Treasurer DDO: Pat M

We have a healthy balance (cash and bank account) Of \$8,784.98 We recorded a surplus for the month Of \$630.75 compared to a surplus of \$222.55, for the same month last year. The difference is attributable to higher income from both group contributions and literature sales recorded for this month amount to \$360.50 and all outstanding literature invoices have been paid. Darwin District has accumulated funds beyond what we require for local needs, so we have transferred \$2,000 to the GSB account as a donation. The GSO has asked for their thanks for the kind donation to be passed on to all the District groups.

DCM: Mick G

Thanks to all who attended, what was our last District and Office meeting for the year. 2020 has been more than an interesting year for us all. As COVID-19 became apparent, Zoom became our medium of exchange. On behalf of the fellowship, I deeply thank those members who generously contributed to operating their own zoom subscription to make so many meetings available to members. In fact, AA Darwin grew in meeting availability over this period, adding four new meetings to the weekly meeting list. These meetings remain active, even though many meetings have returned to "face to face". Darwin currently has 18 meetings in operation, 10 are "open" with 8 on ZOOM. In many ways' members have been exposed to AA Worldwide and made many friendships, learnt new meeting formats, carried the message and now feel more connected to AA than ever before. God surely does work in mysterious ways.

Webmaster: Mick G

The website is doing well and has been accessed 240 times since the beginning of November. Please let me know if any alterations are required or if you have any suggestions for information.

Secretary: Susan B

Susan will start this position from Jan 6th, 2021

Literature: Caroline B

It has been a busy month for literature.

Treatment Facilities: Doug W

Reception and response have been good, reported the volunteers from AA, that visited Banyan House. Additional starter packs and Big

Book delivered. Some difficulty has been experienced getting volunteers for Mission Australia as it has been expressed that it is a "tough audience, where the majority identify as drug dependency."

In summary things are progressing well and there are avenues for achievable improvement in the service delivery.

With prison visits I am still trying to arrange a meeting with the Programs Manager to explore ways of conducting presentations while still waiting for security clearances.

Registrar: Denis P

Great busy month of AA service, with lots of updates across the website, and other updates such as meeting lists etc. Also volunteers in office changing over one leaving and one new volunteer to be trained. A terribly busy month.

Office Co-Ordinator: VACANT

Office maintenance: Denis P is acting in this position until someone volunteers for this position.

Denis is keeping floors vacuumed and rest of office clean. Shopping for office supplies and tea, coffee etc for volunteers. - -

Public Information Officer: Dan T

December has been a fairly uneventful month of PI for me, with little activity other than a few more posters and cards being distributed about the place. When I first put my hand up for this PI co-ordinator role, I honestly did it because it seemed quite an easy undertaking for doing a bit of service with the limited understanding that I had of it at that time. Having spoken to a few PI counterparts in other areas over the last year and especially after attending an excellent workshop held by an Adelaide region on zoom recently, I now understand that doing effective PI work is quite a big task, especially for one person. The NT is a big place and there are many possibilities (boundless possibilities 😊) to 'carry the message' far and wide which is surely the aim of AA's Public Information Policy (and our 12th step as individuals). It was decided at the last district meeting to form a PI sub-committee which will most likely look at forming 'zones' around the Darwin area with members, or maybe groups doing their bit to aid in Public Information. All the details are yet to be decided but it is a huge relief for me to see that there are members around willing to assist. Please check the flyer in this newsletter for information on how to attend the same excellent PI workshop I attended. Dan T.

PUBLIC INFORMATION (P.I.) WORKSHOP

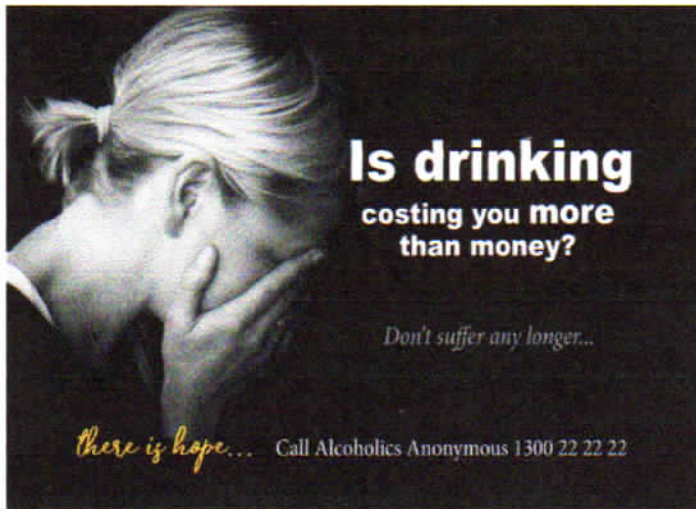
HOW WELL DO YOU,

HOW WELL DOES YOUR GROUP

HOW WELL DOES YOUR DISTRICT

HOW WELL DOES YOUR AREA

“CARRY THE MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS”



IN THIS WORKSHOP (JANE H. EX AREA D PI COORDINATOR) WILL SHOW US HOW TO ACHIEVE

EFFECTIVE

SIMPLE

REALISTIC

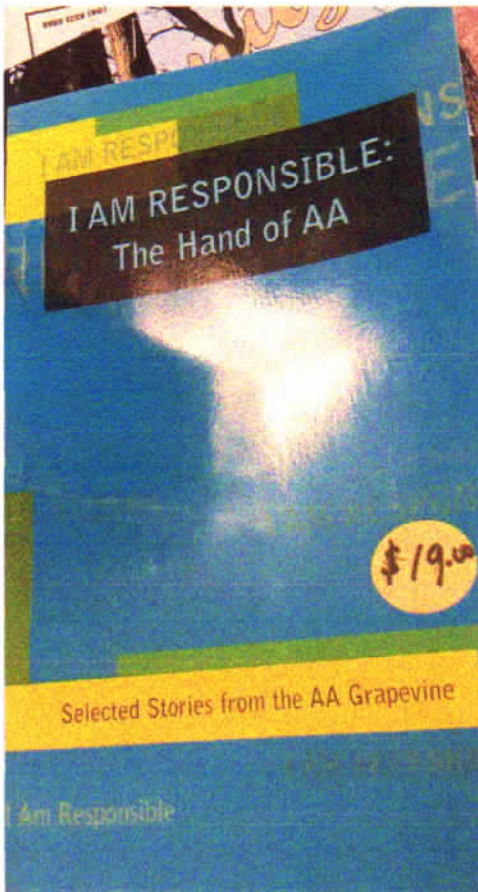
COST EFFECTIVE

PUBLIC INFORMATION STRATEGIES AND COORDINATION

JOIN US, THE DARWIN SERVICE GROUP, 7PM (DARWIN TIME) WEDNESDAY 20TH JANUARY 2021

<https://us02web.zoom.us/j/85656704661?pwd=TWerczd5d0EyM1ljL0ZralFJU2VJUT09>

Password: 719924



CAROLINES BOOK OF THE MONTH

Hello again Friends.

The book of the month I have chosen is titled

I AM RESPONSIBLE:

The Hand of AA

This book has selected stories from the AA Grapevine.

In its pages you can see the precious parts of history, in part I read the page titled; The little Dr who loved Drunks.

Dr William Duncan Silkworth 1873-1951.

It shares of Bills talk with the Dr, as Bill was in Black despair, then of Bill's spiritual experience.

Following are a few quick snippets ----- A doctor specializing in alcoholism hears all kinds of crazy stories from drunks in all stages of de-fogging. You'd think a doctor would become hardened after listening to these drunks' rave day after day.

It's a discouraging, thankless field ---- alcoholism.

When there was a need for money to publish the book Alcoholics Anonymous, Dr Silkworth used his personal influence without stint to help raise the money.

As a preface to the book, he wrote the chapter titled "The Doctors Opinion".

I am grateful and sure many of us can be, for this little Dr who loved Drunks that leads to our own insight of alcoholism, how his patience and love gave us the Drs Opinion in our book Alcoholics Anonymous.

Wishing each and everyone a very Merry Christmas and a Happy New Year.

Thank you all for being a part of this great whole.

Caroline B.

If you would like to purchase the above book, or any other AA books such as Alcoholics Anonymous etc

Contact Caroline through the Darwin AA Office on Telephone [0889485202](tel:0889485202)

Or by email at aadarwin@bigpond.com

I am responsible when anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.

.....

***GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS, I CANNOT CHANGE
COURAGE TO CHANGE THE THINGS I CAN
AND THE
WISDOM TO KNOW THE DIFFERENCE***



Zooming in to Alice Springs

We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. (Page 25 BB)

Hello everyone, my name is Terrie, and I am an alcoholic. I would like to share with you my experiences, strengths, and hope after zooming into Alice Springs, Australia. First, you need to know this was at the same time my husband and I had established our nonnegotiable Friday date nights. Little did I know when I pushed the join button how my life would be forever changed and enriched into that fourth dimension.

While getting sober in Alexandria, Virginia, the pandemic challenged me into learning new technology skills. I just barely learned how to text my grandchildren on my iPhone and now I had to learn how to log onto Zoom on my iPad. Once I became comfortable with daily meetings, I began to explore meetings in different states, and then to my surprise, other countries. I was intrigued by a small women's meeting in Australia that met on Saturday mornings but due to time zones I had to log in on Friday nights. At first, we continued date nights just started a little earlier. Then I would have my dessert wrapped and ready to go. Eventually we mutually decided that this meeting was more important than our date nights. I should mention my husband has 39 years of continuous sobriety and I have 31. Once I stepped into an Alice Springs meeting, I noticed the steps and traditions were posted on the wall and this was not somebody's house but a conference room in a hospital. I started to relax when I heard the familiar words of the preamble and the Chapter 5, How It Works, even if some of the words were pronounced a little differently. I knew I was home.

Each week these ladies welcomed me and slowly I assimilated a different way of stating my sobriety date and a few slang words and phrases. The realization that the AA message is the same in Alice Springs as it is Alexandria, Cleveland, or San Francisco. As we shared our common experiences in our struggles to stay sober, other ladies joined us and we got caught up in the eagerness to help the newcomer get sober. I admit I was slightly jealous when the Aussies could share phone numbers and I could not. Long distance phone calls especially overseas calls would put a scrimp to our budget.

Then social media changed that view and I became Facebook friends with several ladies of the group. I will never forget my first international phone call on Facebook and even switching to a thing called video chat! I was still apprehensive about our monthly phone bill, but I realized that our phone and internet were two separate bills and now I am free to talk with anybody in another country without worrying about the phone bill, I rocketed to another dimension alright. The side benefit of getting acquainted with the gorgeous landscape and the cute and ferocious animals was frosting to the cupcake of fellowship.

The most influential experience of my sobriety besides doing my fourth and fifth step with my sponsor was registering for the 55th Australian National Convention in Toowoomba, Queensland in October. A buddy from Alice Springs and I wondered why we had to pay \$100 for a virtual convention when there really should not be any expense. I must admit that I had extremely low expectations, most of my experiences in conventions has been in meeting people during meetings and did not have any idea how I would meet anybody there while doing this all virtually.

Boy was I wrong! But first I made the commitment to get all I can out of my \$100. I went so far as moving into the guest room of my apartment with the intention of staying on Australian time zone. So, slept during the day and went to meetings during the early mornings. I even walked my dogs on Australian time. The well-organized event was evident from the moment I registered. There were preconvention videos, as well as opportunities to set up a profile complete with video, biographical sketch and contact information. I had a little trouble remembering the password of Toowoomba, as I kept changing the letters to Wootoomba but with a little practice even that became second nature to me.

I was impressed from the very beginning of the opening ceremony to the closing ceremony. I will not begin to do justice other than to say the organization and planning of this event was phenomenal. The video library continued to grow, the talks by Alateens, Alanons and Alcoholics were inspiring, the virtual play with Bill and Lois, the Kahoot! game testing knowledge of Australian history of AA kept my head spinning. I was so glad that I had the foresight to bring a notebook to take notes. I loved that virtual tour of Toowoomba, I felt like I was on a tour bus with all you Aussies driving on the wrong side of the road.

However, the most influential experience was the talk given by a Jesuit from New York, Father Bill. How he wove the history of AA to include the Oxford group, his summary of the twelve steps and ending with the two-way prayer has made a deep impact on my spiritual life and how I pray even three months from hearing him. Something changed inside of me as I heard the Step Aside prayer for the first time. Now I say it weekly with a prayer buddy. The two-way prayer has become part of my daily prayer ritual.

Zooming in to Alice Springs

When the souvenir book arrived, I was blown away by the print quality, attention to detail, color scheme, and overall presentation of the history of AA and how AA came to Australia. But I never got past a superficial thumbing of the 75-page book because of the insert that fell out on the recipe for the Lamington cake. I was on a mission to get all the ingredients and the with the help my husband make that cake. One problem I did not see beforehand, the metric system! In the states, most elementary schools devote one day to metric conversions when I was growing up. Now I had to learn the temperature of the oven and how much butter to put in. It did not turn out like the picture, and if I ever get a chance to get to Australia, that's one of my first things to order.

In conclusion, I would like to share how and why I consider Alice Springs my new home group. With the consistency of such a small group, we have gotten to really know each other on a very personal level. The ability to call or contact any one of us has been accomplished, considering the time zone challenge, thanks to Time Buddy. I have been able to provide service to the group as host and cohost thanks to zoom. I practice the 7th tradition by making a financial contribution to the GSO in name of the Darwin district, and finally by carrying this message of my experience to all fellow alcoholics.

(Thank you for your contribution Terrie, I was also at Toowoomba and was as delighted with the convention as you were. Welcome to Australia via Zoom. Editor)

Planning for the Bill W Camp

The first meeting to plan for the 2021 Bill W Camp will be held at the end of this month (January 31)

It may seem a while to the camp, traditionally held during Darwin Show weekend in July. But things need to be done to get the word out to our "regulars" and newcomers to the camp, possibly by way of a flyer and by electronic means.

So, the date must be settled and if the new committee decides on a flyer, what sort of information is to be included on it. Then there is the design and printing, which takes a bit of time, and then the mail-out and making sure we cover all Central Service and District Offices.

Despite COVID-19 about 40 people attended last year's camp, which included 15 members from interstate. We might expect more visitors this year, providing the infection rate is kept low. The reality is we will probably be living with this virus for some time yet.

Looking for new people to join this active committee – so come along to the first Bill W Camp meeting on Sunday, January 31, 10am at Terry B's place, 19 Mary St (corner Charles St) Stuart Park.



THE THREE-LEGGED STOOL.

The Miracle had taken place. My obsession to drink had been removed, I was a member of AA, doing lots of meetings, God had put a sponsor in my way

AA's First Legacy - the Twelve Steps of Recovery had been taken. "I had arrived". Personal Recovery was assured, surely

My Sponsor then mentioned the 12 Traditions.

Up until then they were a "warm fuzzy" bunch of "motherhood statements" opposite the 12 steps at every meeting, not applicable to me and great stuff to read and ponder on when the speaker was giving me the "shits".

Thus, I was introduced to

AA's Second Legacy – the Twelve Traditions.

This is the UNITY side of the Triangle

The "how" of why AA works. I was taught simple things like:

"Always read and study the "long form" of the Traditions, as it is in these, the long form, lay the spiritual foundation of Alcoholics Anonymous.

Fact: The shortened version we have on banners were produced because the "long form" could not fit onto a banner. Hilarious.

How can any organization possibly survive with a "bottom down" (upside down triangle) approach to operations, where there is no leader, no boss, that Alcoholics Anonymous is governed and directed by the "rank and file" – you and me.

85 years later it still works.

How do over 250,000 AA groups, 2 million members, 160 plus countries work in unity?

IT IS SIMPLY BECAUSE OF THE INHERENT SPIRITUAL QUALITIES OF THE TRADITIONS.

As I was working through the Traditions it was brought to my attention that we would be commencing AA's 12 Concepts next. WHAT!!!!!! Truly, I had only heard of these in "whispers", surely, they were not real and anyhow I am not interested in World Service

AA's Third Legacy – The Twelve Concepts of World Service

"These Concepts aim to record the "why" in such a fashion, that the highly valuable experience proofs the past, and the lessons we have drawn from that experience can never be forgotten or lost" (Bill Wilson 1962)

"The Concepts try to design a structure in which all may labor to good effect with a minimum of friction. This is accomplished by so relating our servants to their work and to each other that the chances of personal conflict will be minimized" (Bill Wilson 1962)

The Right of Decision, the Right of Participation, the Right of Appeal are enshrined in the Concepts, not only for members but for everyone, Employees, Trustees, and Conference.

Did you know that that AA was an Incorporated Body, under corporate rules of each country? Bill himself states "having looked at all other structures the Corporate Structure is what is best for the functioning of AA"

"Freedom under God to grow in his likeness and image will ever be the quest of Alcoholics Anonymous.

(Bill W, 1952)

Moral of this Story

You can sit on a one-legged stool, sometimes, but it is a balancing act, unstable, not very functional, however, it will, *with great effort do the job.*

But what if I have a two-legged stool – more stable, it takes less work to balance on, it is more functional in more situations and it will do the job most of the time.

What, however, if I have a three-legged stool? Perfectly balanced, works anywhere, anytime, perfectly functional, take anywhere. I can dance on it, do pushups on it, read stories to my children on it even do head stands on it.

It is PERFECTLY BALANCED.

RECOVERY, UNITY, SERVICE make up the three-legged stool.

Mickg



JANUARY 2021

“PASS IT ON” WORKSHOPS



PUBLIC INFORMATION WORKSHOP

7PM WED 20TH JANUARY 2021

EFFECTIVE, SIMPLE, COST EFFECTIVE STRATEGIES FOR YOUR GROUP TO “CARRY THE MESSAGE”

SIMPLE, EFFECTIVE STRATEGIES FOR YOUR GROUP TO “CARRY THE MESSAGE”

PRESENTER: JANE H, S.A. FORMER AREA PI

MEETING ID 8565670 PASSWORD 719924



THE TWELVE STEPS OF RECOVERY WORKSHOP

7PM WED 27 JANUARY 2021

IN CASE YOU HAVE MISSED DAVID AND CHRIS AT THE NATIONAL CONVENTIONS COME AND JOIN THIS COMPREHENSIVE WORKSHOP ON HOW TO DO AA'S TWELVE STEPS. THIS IS A SIMPLE BUT POWERFUL PRESENTATION, DO NOT MISS IT

MEETING ID 8565670 4661 PASSWORD 719924



THE TWELVE TRADITIONS WORKSHOP

7PM WED FEBRUARY 3RD 2021

HAVE YOU EVER WONDERED HOW THE TRADITIONS APPLY TO YOU, WHAT IS THEIR PURPOSE OR MEANING ??

THE TWELVE TRADITIONS, BROUGHT TO LIFE IN A SIMPLE FAST PACED PRESENTATION BY DAVID AND CHRIS

MEETING ID 8565670 4661 PASSWORD 719924

**HISTORY OF ALCOHOLICS ANONYMOUS IN DARWIN
AND THE
NORTHERN TERRITORY**

Part 5

18) On rare occasions Darwin meetings were augmented by the appearance of a sober visitor from any part of the globe. Each was a breath of fresh air to the 4 isolated, sober AAs awaiting them. From time-to-time meetings were blessed by the presence of Jean, a French-Canadian gentleman, who worked on an off-shore oil rig. His visits were sporadic -- he could have taken trips to Canada between trips to the Darwin Group—but when he came along he was an inspiration with his serene approach and philosophy.

19) One night, again out of the blue, a woman from the USA came along. She was from Florida, beautifully groomed – the group sat spellbound as she regaled them with the structure and function of the fellowship in her country. She spoke for the full 90 minutes of the meeting, until she realized she had taken up the whole time, whereupon she *apologised profusely*. She was reassured by every member that they needed to hear the message she carried.

20) John's office phone rang again, this time from the irate manageress of the famous flop house. Without introductions or other pleasantries came the demand, "Are you from that AA mob? I've got two drunks over here – come and get 'em!!" Knowing how hard it would be to handle one drunk, let alone a pair, John rang Ian, explaining he had a 'double-header' at the flophouse and needed a hand.

(21) Replete with a drunk each, they met that night at the meeting place in Smith Street, but from opposite doors. Their charges, George and Norman, knew each other from living at Borroloola on the Gulf of Carpentaria. In fact, they combined their orders for two 44-gallon drums of methylated spirits to last the wet season!! Of course, they knew each other!

(22) George was a Kiwi, and had the complexion of a ripe pumpkin, which Ian knew from his extensive training and medical experience to be advanced symptoms of hepatitis. When confronted with the question of what could be done for him, and hospital was suggested, John countered with, "But they don't recognise alcoholism here". Ian retorted, "But they do recognise hepatitis. We'll get him into ward 1".

George was to spend the last six weeks of his life in ward 1, during which time he renewed contact with his sister in *New Zealand after many years, making his peace with her. The members visited him regularly, and on 'meeting night', one member would "hold fort" at the meeting venue until confident nobody else would show up, then join the others around George's bed, making sure that he got his meeting with all the others.*

Members present were to have the privilege of hearing him utter the words, "These are the best days of my life", in the certain knowledge that he was surely going to die.

(23) Norman had been struck over the head with an iron bar. The resulting injury was a sizeable hollow in his skull deep enough to hold a matchbox. When he sobered up, he confided that he had been to AA in the past. When asked, "Here in Darwin, Norm?" he replied, "No, down in Sydney". Then emerged the fact that he had been one of Doctor Sylvester Minogue's original experimental patients at Rydalmere Hospital. * Like most alcoholics, Norman was a perfectionist, and in a civilian life in Sydney he had played the violin in J.C. Williamson's theatre orchestra. After Norman received his head injury, he gave up playing his instrument, knowing that if he could not play it properly, he would not play it at all.

(24) When Sylvester learnt of his musical skills, he attempted some occupational therapy by persuading Norman to play the violin. This stressed Norman, which put the two at loggerheads with each other. When John was to encounter Sylvester at the *National Convention in Hobart in 1971, Sylvester had instant recall of Norman and his physical handicap, describing his rendition of Mascagni's overture from Cavalleria Rusticana as being played so badly, Sylvester, (still drinking at the time), was "in danger of getting sober himself"!! Thus, Norman relapsed into active alcoholism until getting sober in 1964. He remained sober continually until passing away in 1999 (approx.)* Norman augmented his physical recovery by taking tissue salts and fasting for up to 3 days on occasions. Although urged to be careful this single-minded man persisted with his methods, surprising group members with the seemingly successful results.

*the Medical Superintendent of Rydalmere Hospital in Sydney NSW, Dr. Sylvester Minogue, is credited along with others with, helping to start the first meeting of Alcoholics Anonymous in Australia in 1945.

2021 AUSTRALIAN AA NATIONAL CONVENTION WITH AL-ANON & ALATEEN PARTICIPATION

WHEN?
2nd – 5th April 2021

WHERE?
ADELAIDE
Hilton Hotel, Victoria Square

Are you excited to attend our 2021 AA National Convention face-to-face in Adelaide?

Come and join us for some much-needed fellowship and a jam-packed program!

REGISTER NOW!

You'll meet old friends and new, as we travel this **Road to Recovery** together!

It's easy to register online – just visit www.aanaton2021.com.au

You can register with confidence because full refunds will be available if COVID-19 strikes again...

PRIZES TO WIN... EVERY MONTH
THE EARLIER YOU REGISTER, THE INCREASED CHANCE YOU HAVE OF WINNING!



REGISTRATIONS

\$120 for the weekend
Day rates available
Refer to website

DINNER & ENTERTAINMENT

Yummy Food
Adelaide's Hottest Party Band
Award Winning DJ
LIMITED TICKETS
\$100 each

DONATIONS WELCOME

BSB: 085 115
ACC: 1046 0183
Adelaide AA Convention 2021

WANT TO BE INVOLVED?

We would love your help on any of our sub-committees - fundraising, registrations, merchandise, greeters, ushers, timers, meeting chairs etc. Be sure to email us your interest.



Join the **Private** FB group "Adelaide Convention 2021"

The Port Lincoln AA Group invite you to join us at the

Thuruna Annual

Summer Rally

An AA event with Al-Anon and Al-Ateen participation
most welcome

Thursday 21st - Monday 25th January 2021

4 days and 5 nights of fellowship. Clean up Tues morning (26th) and home.

Enjoy an extended long weekend of serene fellowship by the sea and experience the pristine beaches!

Daily meetings, wonderful food provided, and lots of activities including beach sports, a quiz, mystery auction (please no junk items) and lots more!

Limited room for tents/caravans. Dorms available on booking.

\$30 per night adults
6 – 15years old \$15 per night
\$20 day visits Under 5's free with Airport and bus pick-ups available

Out of respect for the venue owners rules

NO PETS/DOGS ALLOWED!

This camp will be in accordance with any COVID regulations in place at the time. Please bring your own cutlery and plates, Paper plates and bamboo utensils will be provided if required.

Early bookings would be appreciated to cater for COVID compliance

for bookings contact

Jack- 0428824561 jstocky@gmail.com or Barb-0424495563 barbelinez@gmail.com
BSB 633000 ACC 151884210 Ref - camp

THE TWELVE STEPS

Step One

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Step Three

"Made a decision to turn our lives over to the care of God as we understood Him."

Step Four

"Made a searching and fearless moral inventory of ourselves."

Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Step Six

"Were entirely ready to have God remove all these defects of character."

Step Seven

"Humbly asked Him to remove our shortcomings."

Step Eight

"Made a list of all persons we had harmed and became willing to make amends to them all."

Step Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out."

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."



THE TWELVE TRADITIONS

Tradition One

"Our common welfare should come first; personal recovery depends upon AA unity."

Tradition Two

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Tradition Three

"The only requirement for A.A. membership is a desire to stop drinking."

Tradition Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Tradition Five

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Tradition Six

"An AA. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Tradition Seven

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Tradition Eight

"Alcoholics Anonymous should remain forever non-professional, but our service centres may employ special workers."

Tradition Nine

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Tradition Ten

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Tradition Twelve

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before Personalities."

THE TWELVE CONCEPTS

Concept I

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

Concept II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Concept III

To ensure effective leadership, we should endow each element of A.A.— the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Concept IV

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Concept V

Throughout our structure, a traditional "Right of Appeal," ought to prevail, so that minority opinion will be heard, and personal grievances receive careful consideration.

Concept VI

The conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Concept VII

The Charter and the Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

Concept VIII

The trustees are the principle planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Concept IX

Good service leadership at all levels is indispensable for our future safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Concept X

Every service responsibility should be matched by an equal service authority, with the scope of each authority well defined.

Concept XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Concept XII

The conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power, that sufficient operating funds and reserve be its prudent financial principal; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.