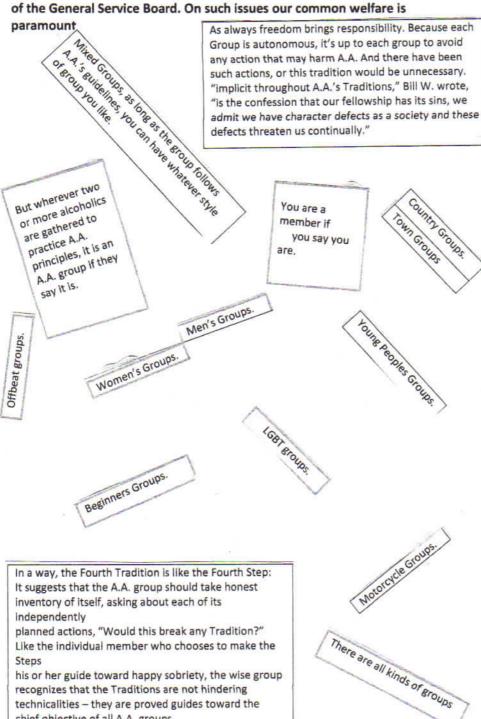
# THE SERENITY TIMES

## The monthly newsletter Of the Darwin district **ADRIL 2021**

## Tradition 4. Long Form.

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighbouring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees



his or her guide toward happy sobriety, the wise group

recognizes that the Traditions are not hindering technicalities - they are proved guides toward the

chief objective of all A.A. groups.....



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 0889485202

Email: aadarwin.@bigpond.com

Website: aadarwin.org.au

Office Hours:

11am-2pm Monday-Saturday Mick G (Acting 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

Dan T (Public Information Officer) Doug W (Treatment & Correctional Facilities Coordinator)

VACANT (Roundup Coordinator)

Susan B (Editor)

**Next Meeting** 

The next District meeting for committee members is scheduled for Wednesday 7th April at 7pm, via Zoom.

The next Area meeting is Sunday 23rd May 2021 9am via Zoom.

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, and would love to print your story or a story about your group, anything that will encourage others.

URGENT: Your contribution is needed, do not think everyone else will do it, because very few contribute. This is part of service wherever you are located if you are reading this then please put pen to paper.

### **Public Information Update**

Treasurer DDO: Pat M

FINANCIAL REPORT: Summary At the end of February, we retain a healthy balance (cash and bank account) of \$5,775.67. We recorded a small loss for the month of \$4.71 compared to a surplus of \$382.48 for the same month last year. The difference is attributable lower group donations and literature sales this month and higher expenses (literature purchases). Year to date we are showing a loss of \$1,146.31 and this is expected due to our decision to donate \$2,000 of excess funds to GSO. Otherwise, group contributions and literature sales remain sufficient to cover operating expenses. Petty Cash/Literature Cash Sales The petty cash tin was counted on 26 February at \$63.35. Opening balance \$78.75 and receipts for \$15.40 for tissues, coffee cups and paper towels were found. Hence \$78.75 - \$15.40 = \$63.35. Caroline is now keeping the float to \$50.00 and will advise if this needs to be adjusted.

#### Acting DCM: Mick G

It has been a busy start to the year for the Darwin Fellowship.

#### TRUSTEE

The Darwin District Office supported Jane M in her application to become the "Trustee" for the Northern Region Area "A." This application was then ratified at a "special" Northern Region Area A Assembly. Jane's position has since been ratified by the General Service Board and attended her first Board meeting Sunday the 21/2/2021.

#### WORKSHOPS

The year has commenced strongly with some great workshops organised on ZOOM by the Darwin Service Group:1 Public Information – presented by Jane H, Ex PI Coordinator Area A in Melbourne

- 2 Twelve Steps presented Chris and David, Melbourne
- 3 Twelve Traditions presented by Chris and David, Melbourne

If your district or group would like to have these workshops on Zoom, these presenters generously offer their service.

#### BILL W CAMP

The Bill W Camp has had its first meeting for the year. Further meetings at the Daly are being organised to "scope" the camping area and have discussions with the new proprietors.

#### **PUBLIC INFORMATION**

The Public Information workshop inspired the formation of a PI committee of four members

contributing to organise and undertake a more effective and reliable Public Information Service.

Ongoing TV advertising, potential Doctors Surgery TV advertising, and a more strategic effort directed at Health, Emergency Services, Government, and non-Government agencies is to be undertaken. More member support will be greatly welcomed.

#### Webmaster: Mick G

WEBSITE; aadarwin.org.au
The Darwin Website has over 320 views since January
2021.

#### **Positions Vacant**

District Committee Member Office coordinator Office maintenance Round up Coordinator.

Treasurer

Office volunteers 11am -2pm Thursday, Friday Saturday (6months sobriety required)

Secretary: Susan B
Nothing to report.
Literature: Caroline B

6th February sold literature for there is a solution group of \$96.95 and sold language of the heart to a member total \$25.00. Paid electronically and sent Pat a copy of the bank receipt number, also banked that money and sent Pat a copy of bank receipt. While I was away Pat picked up an order for DDO office being for 10 little big books. Thanks, Pat, for minding the fort while I was away.

#### Treatment Facilities: Doug W

Currently visiting Banyan House and Stringybark on a fortnightly basis. Many thanks to Peter and Darren who have built a strong rapport with the clients and staff at Banyan. Slowly people are coming forward for Stringybark and all those who have come report the visits are well received. Please note clients with alcohol issues from the nearby detox facility are also offered the chance to attend these presentations at Stringybark. Nothing new to report on organisation for prison visit. However, I heard two inspirational stories of the success of such programs at a recent meeting.

#### Registrar: Denis P

Though I have been on holidays for 2 weeks I was able to still check the DDO mail app and crosscheck for any updates with our local website. As of Monday the 22nd of February, I have been taking care of the 24hr call diversions, thank you Mick G for helping for the 2 weeks. Updated the 24hr phone diversion roster with a section for back up volunteers when someone steps off. Thank you to all the 24hr phone volunteers for your service. 1/3/21 reprinted meetings lists at office

desk and pigeon hole for members, emailing out copies to GSR's and group contacts. Printed up the new edition Serenity Times for the office desk and any members wishing hard copies. Checked DDO PO-Box with nothing to collect. Thank you to Pat Mac for helping there while I was away for helping one of the volunteers that day. Forwarded emails from the GSO on Topics for this year's conference and AA around Australia requests for articles to GSR's. Took some AA card holders with AA contact stickers and gave them to PI Dan T.

#### Office Co-Ordinator: VACANT

Office maintenance: Denis P is acting.

G 'day again this one can be shortened! Keeping the office clean and attractive each week filling spray bottles purchasing what is needed leaving all receipts in petty cash tin. Printed up revised meetings lists for office desk and front pigeon holder. Also regularly print up copies of the serenity times for the office desk.

#### Public Information Officer: Dan T

The second PI meeting was held on Saturday March 13<sup>th</sup> with just 2 members in attendance. We established some areas of focus for PI activity.

#### **Editor Serenity Times: Susan B**

The Serenity Times, is still going out, just made it to the end of the month this time as per usual. I made mistakes on page numbering I am just learning how to do them. Hopefully it was successful. I thought it needed a bit more to brighten it up. I made my first box, for the PI advert, I am learning as I go along. I am glad Caroline is back from holiays, we have a book of the month in this edition.

#### THANK YOU FOR YOUR SERVICE



#### BILL W CAMP 2021 DOUGLAS DALY

Marg M—Secretary

A planning meeting was held on 31<sup>st</sup> Jan 2021. It was unanimously agreed to hold the camp. Contact was made with new owners Leanne and Tony. Some members went to check out the camp, to see if it was going to be suitable for all, AA and new owners. The new owners were very receptive, and it was decided to keep the camp at Douglas Daley. Camp will be the Darwin Show long weekend 23-25 July. As it will be a busy weekend it is suggested those who want cabins should book in early. There is a flyer on the AAA site with all the information.

#### I AM RESPONSIBLE

When anyone anywhere,
reaches out for help,
I want the hand of A.A. always to
be there.

And for that: I am responsible.

# DARWIN SERVICE GROUP "THE NEXT PHASE"

24<sup>th</sup> March 2021 Relationship between AA and Al Anon.

14th April 2021 The National Convention.

21<sup>st</sup> April Treatment and Correctional Facilities Committee.

28<sup>th</sup> April 2021 AA members employed in the Alcoholism field.

12<sup>th</sup> April 2021 Suggestions for Members visiting Correctional centres.

19<sup>th</sup> April 2021 Suggestions for Members visiting Treatment Facilities.

These all have guest speakers as well as a questionand-answer time.

All subjects follow AA Guidelines.

All are welcome to attend this is for everyone interested in how things in AA work.

These are all Zoom meetings, so it does not matter where you hail from, you are welcome to attend and to contribute, it is all about us learning and making the most of AA guidelines.

ZOOM MEETING
7PM WEDNESDAY NIGHTS
DARWIN TIME
ID 85656704661
PASSWORD 719924

#### **Readers Story**

The Actor (BB P60)

Actor = An actor is a person who behaves in a manner that is not genuine.

I am very much the actor; I fill the role extremely well. Growing up with alcoholic parents who were incredibly angry and actors themselves, this makes me a second-generation actor, I learned from the best. "Don't tell anyone what goes on in this house".

"You come from a proud family, hold your head up high and make me proud".

I acted as if we were a normal family.

Acting often led to shame and remorse, as a child never being good enough, constantly belted and crying, never feeling accepted.

At school people picked fights with me, I was constantly in trouble.

Like an actor who wants to run the whole show, I was the actor leading a double life, not what the outward world sees.

When I began working the steps with my sponsor, she helped me see my defects, why I was a people pleaser.

Struggling to the top of the heap or hiding underneath.

My handicapped friend moved away I am no longer an actor or in a relationship other than with my Higher Power.

I am grateful, I live in and with myself and I know I am good enough.

Thanks to AA's program for living and my Higher Power I am sober today and through the meetings, the program, a loving sponsor, and an exceptionally large AA family encompassing the world, I am Happy! My gratitude to all the above.

Anonymous.

#### RESENTMENT

BB Page 64

Resentment is the number one offender.

Sobriety is like a house where I store my resentments in the garage.

When I am starting to sort things in my garage, I walk past, and I see it.

I know I need to clean it out.

Do inventory/call sponsor when I can go through it with her.

<u>Steps</u> Cathartic which means (providing psychological relief through the open expression of strong emotions, causing catharsis "Crying is a cathartic release" Similar purging purgative)

If you are cursed enough to be an alcoholic, you might not be blessed enough to find AA. No one is out of the resentment zone, not because of them, it is because of me.

If I am to do this program and if I am to remain sober, I need to make sure everyone is on that list.

Even if I know I might not get to go over these resentments right away.

When I came into these rooms and gained the design for living, I gained hope.

Hope gave me a desire to live, hope gave me an insight into the happiness I could have in sobriety. Anonymous

Resentment is something to look at and investigate. Dealing with resentments all in God's time. Keep resentments in a book not in your head (write down)

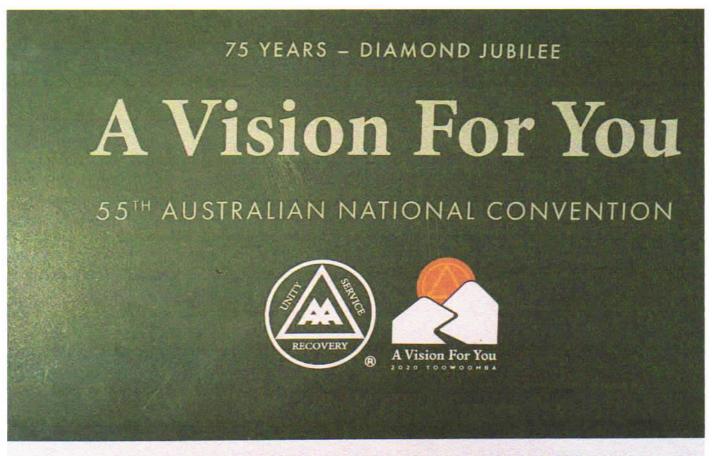
Some people have same problem as me, not calling their sponsor. (Analogy) comparison between one thing and another, typically for the purpose of explanation or clarification.

#### THE TWELVE STEPS

- 1/ We admitted we were powerless over alcoholthat our lives had become unmanageable.
- 2/ Came to believe that a Power greater than ourselves could restore us to sanity.
- 3/ Made a decision to turn our will and our lives over to the care of God <u>as we understood Him.</u>
- 4/ Made a searching and fearless moral inventory of ourselves.
- 5/ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6/ Were entirely ready to have God remove all these defects of character.
- 7/ Humbly asked him to remove our shortcomings.
- 8/ Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9/ Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10/ Continued to take personal inventory and when we were wrong promptly admitted it.
- 11/ Sought through prayer and meditation to improve our conscious contact with God <u>as we</u> <u>understood Him</u>, praying only for knowledge of His will for us and the power to carry that out.
- 12/ 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.



#### CAROLINES BOOK OF THE MONTH



TOOWOOMBA QUEENSLAND AUSTRALIA | 2-4 OCTOBER 2020

#### A Vision For You.

Due to the successful online national convention from Toowoomba, a Souvenir special edition booklet entitled "A Vision For You" was published. The 76-page book celebrates the 75th Anniversary of the birth of AA in Australia. This book can be ordered for groups and members. Sale price \$20.00. Feel free to pass on this information to groups/members. You may contact myself or through the DDO I would be happy to assist.

Can GSR's and members please pass this info onto your groups and anyone wishing to order contact myself, or through the DDO office. Many thanks.

Kind Regards Caroline B

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

#### POSITION VACANT

#### National Correctional Facilities National Co-Ordinator

#### THE POSITION

The term of office is four years, taking effect in 2021.

The new Co-ordinator is appointed by the Chairman of the Trustees' Correctional Facilities Committee, in consultation with the General Service Board.

The responsibilities of the Co-ordinator are:

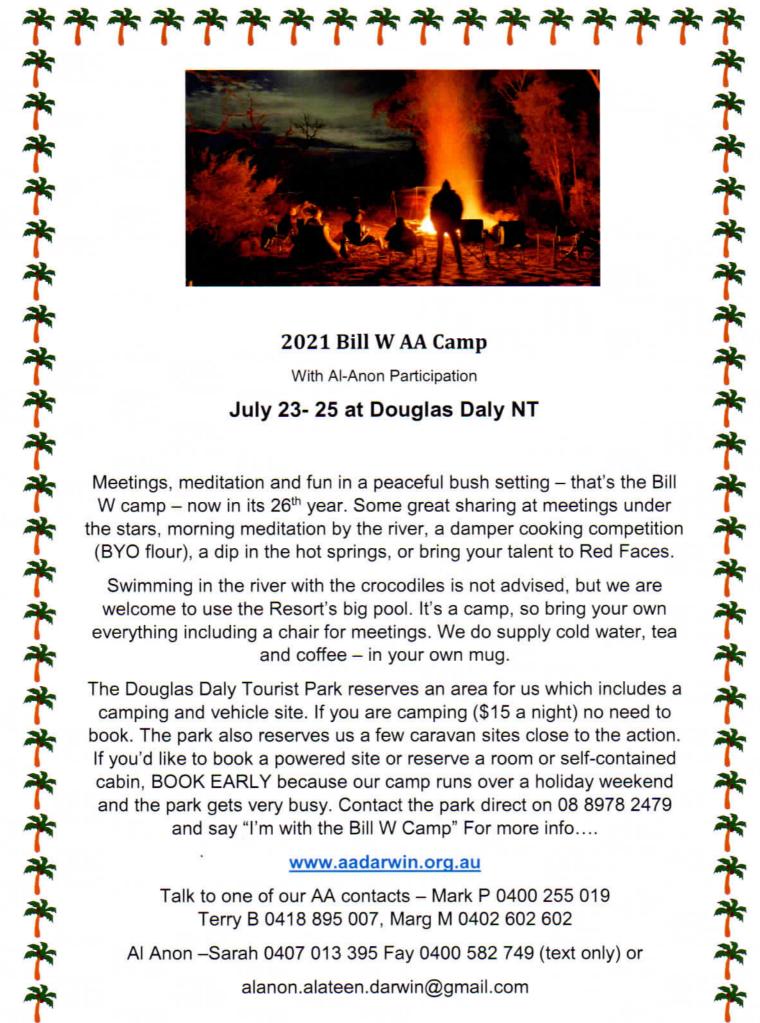
- To actively encourage and promote the growth of Correctional Facilities activities throughout Australia.
- To act as a positive communication link, through reporting, writing, email, the Service website, displays and the National T&CF Forum, between all parts of the Fellowship with an interest in relevant Service work;
- Be in regular contact with the Chairperson of the Trustees' Correctional Facilities Committee in order to be apprised of Service opportunities;
- Liaise with the Board and General Service Office in seeking or conveying requested Forum-related information, and in implementing national scale projects;
- Send short Reports on main activities and Forum progress (dot points) to the February & July Board meetings via the General Service Office with cc to the Chair of the relevant Trustees' Committee, and report fully to the Board and annual GS Conference in November.
- Publish and distribute a regular newsletter sharing information on AA activities in Correctional Facilities.

#### NATIONAL FORUM

- Actively encourage Areas to have Forum hosting bids in for Conference approval two years ahead, to ensure continuity and certainty for maximum benefit to the Fellowship;
- Be a functioning ex officio member of the relevant National Forum Host Planning Committee (HPC): co-ordinate, attend where feasible, receive all minutes, keep in active touch with the HPC and report to the Board;
- Ensure that the Forum is relevant and attractive to the Fellowship in its content and activities;
- . See that the Forum as a whole is recorded for posterity;
- Attend the Forum and deliver a report to the Service Fellowship on the past two years' activities in Correctional Facilities, including both successes and shortcomings as seen by the officebearer;
- · Act on and follow up any requests of the Forum:
- Ensure that the Forum Program includes a slot for a short explanation and questions on the role of the Co-ordinator; ensure nomination forms for the next Co-ordinator position are available and participants are aware of the this and the deadline of the end of the Forum; convey completed forms to National Office as soon as possible after the Forum.

If you are interested in this position please ask for a nomination form from gso@aa.org.au







## 2021 Bill W AA Camp

With Al-Anon Participation

## July 23- 25 at Douglas Daly NT

Meetings, meditation and fun in a peaceful bush setting – that's the Bill W camp – now in its 26th year. Some great sharing at meetings under the stars, morning meditation by the river, a damper cooking competition (BYO flour), a dip in the hot springs, or bring your talent to Red Faces.

Swimming in the river with the crocodiles is not advised, but we are welcome to use the Resort's big pool. It's a camp, so bring your own everything including a chair for meetings. We do supply cold water, tea and coffee - in your own mug.

The Douglas Daly Tourist Park reserves an area for us which includes a camping and vehicle site. If you are camping (\$15 a night) no need to book. The park also reserves us a few caravan sites close to the action. If you'd like to book a powered site or reserve a room or self-contained cabin, BOOK EARLY because our camp runs over a holiday weekend and the park gets very busy. Contact the park direct on 08 8978 2479 and say "I'm with the Bill W Camp" For more info....

### www.aadarwin.org.au

Talk to one of our AA contacts – Mark P 0400 255 019 Terry B 0418 895 007, Marg M 0402 602 602

Al Anon -Sarah 0407 013 395 Fay 0400 582 749 (text only) or alanon.alateen.darwin@gmail.com

Sevenity Times April 2021 Page 7

#### NOTES FROM AN EMOTIONAL SOBRIETY SEMINAR

#### - held on Zoom at the WOMENS INTERNATIONAL MEETING - 27-3-21

(W.I.M. is on Zoom 24x7 - ID- 928-941-485-68 Password - Billw)

The excessive and damaging drinking of alcohol is but one symptom of our disease of Alcoholism.

Alcoholism manifests in us as feeling 'restless, irritable and discontented' p.xxviii, importantly, whether we are drinking or sober.

Of course, putting the drink down is a necessary first step.

Uncovering the reasons behind our addictions is what Emotional Sobriety is getting at and where lasting peace of mind and serenity are promised to exist.

Bill W realised that recovery entailed more than merely stopping our destructive drinking.

For alcoholics and addicts to more fully recover, we need, to the best of our ability, work through all 12 Steps, then continue to 'uncover, discover and discard' the things in ourselves which keep us returning to that place of depression and fear and that recurring sense of futility.

More importantly, we need to discover why we feel, even when sober, a disconnection from God, ourselves, others, and the natural world.

This malaise has killed many of our members.

Bill called emotional sobriety "the next frontier "which means our recovery needs to be about continually enlarging our spiritual life, - once the obsession to drink has been removed by working all 12 Steps.

Dr Harry Tiebout, Bill's psychiatrist (and Marty Mann's), was the first to posit Alcoholism as a disease to the medical profession back in the 1940s.

He drew up a summary of the qualities (character defects), which alcoholics and addicts exhibit in their underlying personalities.

See if you can relate to any of these traits of emotional immaturity.

- I seek approval and lose my identity
- I have difficulty accepting criticism and become threatened and angry when criticised
- I have feelings of abandonment and of not feeling good enough
- I hold emotional pain within and lose touch with my feelings
- I feel unappreciated and that I do not fit in
- I usually feel lonely when surrounded by others
- I fear failure
- I fear rejection and I do not try new things in case I do not do so well
- Nothing and no one are ever good enough for long

Sounds like we don't know who we are or how to be our 'authentic selves'.

We seek purpose and meaning but it eludes us.

Without spiritual help and guidance, we will remain lost souls. Dr Tiebout believes our childish personality traits need to be surrendered before our addiction can be fully arrested.

Within many addicted people he sees a scared or ashamed little boy or girl, who whispers self-defeating thoughts based on a lifetime of negative messages.

We walk through life seeking approval and expecting others and external circumstances to fulfil our needs and fill our emptiness.

Such unwitting expectations cause huge resentments against life and others. "You should fix things for me so I don't have to feel discomfort"

Is there a way out? 'There had better be!' I hear you say!

Next month comrades, I will share the suggested solution, what it means to be an emotionally mature person, the different ways we can overcome our insecurities and how we can grow into the people God intends us to be. For those interested Emotional Sobriety Zoom Meeting Sunday 6pm Brisbane ID - 943 - 808 - 77149 Password – gratitude In loving service Jenny

Alice Springs Women's Meeting Saturday 9 am ID - 476 - 077 – 040 P/W 476077040 Serenity Times April 2021 Page S

#### History of Alcoholics in Darwin and the

#### **Northern Territory**

#### Part 8

- 31) John J. was invited to a social function during the dry season of 1964. At the time of needing to leave for the event, he was suddenly confronted with the inexplicable impulse to check on Bill S's welfare. So powerful was this urge, he went out to Bill's residence in Nightcliff. Although Bill's station wagon was in the carport and the door open, there was no response to a knock on the door.
- 32) Sensing that the home was not empty, John climbed the stairway to find Bill flat on the floor with a raging temperature, which was later diagnosed as pneumonia. To manhandle Bill down the stairway and into the rear of his station wagon was a Herculean task. The act of getting Bill admitted into Darwin Hospital had a remarkable bonding effect on the two.
- 33) John had lent Bill his personal copy of "AA Comes of Age" to help Bill, in any way possible beak the tenacious grip of alcoholism. In the January of 1965, (after welcoming another southern sober member into the into the group, Mike C. from Melbourne), John returned to his home state of Tasmania, after gradually coming to terms with the need to make amends to the string of victims of his own life. Inadvertently, he let behind with Bill his precious "AA Comes of Age".
- 34) When John next returned to Darwin in 1990, by now married and a father of wo and a grandfather of one, he was reunited with Bill S., who returned the precious AA volume, the only item in Bill's possession to survive cyclone Tracy. Such was the loving care taken of the book, apart from the missing dust jacket, it was in immaculate condition. Bill although drinking constantly throughout, proudly declared to John that, because of that bond, he could never have disposed of the book, no matter what happened!
- 35) AA members who are deprived of the healing process of working with sick alcoholics can only guess at the bond that builds between two individuals –such is the love that holds us together and builds and retains that vital ingredient compassion.
- 36) Bill and Terry's widows continued to live in the Darwin area, loving friends who lived on the opposite side of one fence, content and happy to be good friends, as their respective husbands were in their peculiar bond of friendship.
- 37) It is believed Les W., the founding member moved to Cairn's son after Cyclone Tracy tore the heart from Darwin on Christmas Eve, 1975. What stories he could relate were he here with us today!
- 38) A member called John Reid was living in Darwin during 1972 and 1973. There were three meetings functioning: Monday (St Mary's School); Wednesday Hospital and Nightcliff (St Paul's School) with Cathy D. as Secretary. John says.
- 39) "Paul V. was a great support during our time in Darwin. There was a fellow called Viv, who had been dry without AA for many years, a couple of members from the RAAF, a dentist and a local MP who used to come and go. In 1972 we had a Public Information (PI) Meeting there which is still probably the best PI I have ever experienced. The Chief Medical Officer (CMO) from the Hospital, many managers from the then Public Works Department (PWD) {the biggest employer}, Doctors and Religious were there. The Attorney General was a member but moved to W.A. One of the Chiefs of the PWD, Cedric Patterson was a great supporter. We also had support from the Salvation Army, Catholic Church, the Courts, Chief Magistrate (I was on their panel), Police, Bush Baptists, and the Hospital CMO. AA members had virtually 24 hrs access to the Hospital and could 'admit' an alcoholic and the CMO would come around and sign them in when we had the patient bedded down.
- 40) Around 1973 it was decreed that Aboriginals be allowed to drink legally. We had our share of newcomers as a result. However, my sister in-law, a nurse, told us about the devastation that followed. She had to treat fellows coming back from the pub being hit by cars, going to sleep in drainpipes and becoming totally dehydrated etc. I used to get calls from the Police: 'Could we identify this one or that one who had been picked up with a piece of AA literature on him/her, dead in a ditch. My home phone was also used as the AA contact and we had more AA calls than business and personal calls. We made many trips to Howard Springs (Viv's home) and Berry Springs with 'Newies' on Sundays which was the worst day of the week for idle hands and hyper-active minds. We also had frequent picnics at the beach always including an AA meeting. Although percolated coffee was available at the meetings in 1973 complaints about soggy biscuits motivated John's wife, Carmen, to learn Asian cooking and soon she did a big cook-up for supper after the Saturday meeting. This was later complimented by sweet and sour barramundi at an open house every Thursday evening at their home opposite Casuarina High School. "They came in droves and a good number got sober. Most moved 'Down South'. Darwin was considered the 'drinking capital' of the

Continued from Page 5....

World in those days...(so) those keen to get sober and stay sober always considered moving to an area of greater

stability" and AA strength. To be continued next month.



# Registration \$50

Please register using bank transfer.

**Bank Details** 

Account: Area C National Combined T&CF

BSB: 633000

Account # 173460288

(Use your Surname or Homegroup name if you prefer.)

If you have any questions please contact Syd; 0458 668 675

## Accommodation

Accommodation is available at our venue

The Colmsile Hotel Morningside.



## Public Information (PI)

Next meeting:- 7pm Sat 17th April

Zoom ID:- 899 5077 2600

Pasword:- 616503

Come along, everyone is welcome.