



# ***THE SERENITY TIMES***

## **The monthly newsletter**

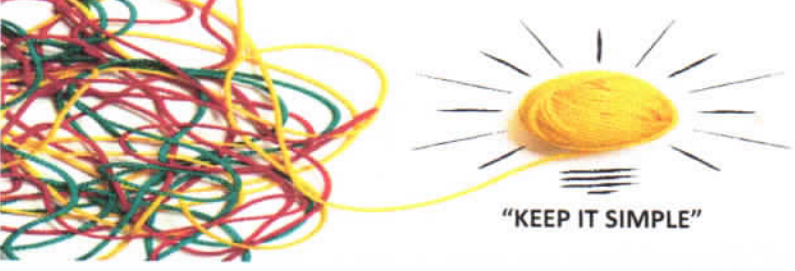
### **of the**

## **Darwin district**

# **SEPTEMBER 2021**

### **Tradition 9. Long Form.**

Each A.A. group needs the least possible organisation. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office. (*In Australia it is The National Office, Sydney. In America it is in New York*) They are authorised by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper. (*A.A. Around Australia here and The Grapevine in America.*) All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.



"Keep It Simple" These were the very last words Bill W. heard from his fellow co-founder of A.A., prior to Dr Bob's death in 1950. Bill was very aware that "IT" means our recovery program. It was later written by Bill, "We need to distinguish sharply between spiritual simplicity and the functional simplicity.....When we get into actions such as functions by groups, by areas, and by A.A. as a whole, we find that we must, to some extent, organise to carry the message—or else face chaos. And chaos is not simplicity. Tradition 9 speaking of A.A. as such, "it goes to the heart the A.A. experience, to the spiritual simplicity" of one alcoholic's saying "Help!" and another alcoholic's answer. "I know how you feel. We're here to help you." Such a relationship cannot be organised. Or could it?

**WE DO SET UP COMMITTEES AND BOARDS.**

*But whether they make coffee...*

*or help organise groups in deepest Africa...*

**THEY ONLY SERVE**

**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](mailto:aadarwin@bigpond.com)  
**Website:** [aadarwin.org.au](http://aadarwin.org.au)

**Office Hours:**  
11am-2pm Monday-Saturday  
Mick G (Acting District Committee Member)  
Pat M (Treasurer)  
Susan B (Secretary)  
(Please call before visiting as sometimes we are short of volunteers)  
Denis P. (Registrar)  
Mick G. (Webmaster)  
Caroline B. (acting Co-ordinator)  
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**  
The next District meeting for committee members is scheduled for Wednesday September 8<sup>th</sup>, 2021, via Zoom.  
The next Area meeting is Sunday November 7<sup>th</sup>, 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](mailto: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, service, steps anything that will encourage others.

## **PUBLIC INFORMATION UPDATE**

**Treasurer DDO: Pat M.**

**Financial Report: Summary:**

At the end of July, we retain a healthy balance (cash and bank account) of \$8,314.65. This includes \$2,588.40 received to date for the PI Bus advertising project. Excluding income from the PI Bus contributions we recorded a loss for the month of \$134.28 compared to a surplus of \$393.88 for the same month last year. The difference is attributable to lower income from groups (apart from PI Bus contributions) partly offset by higher literature sales. Year to date *excluding the PI Bus contributions we are showing a loss of \$1,195.73 but this includes the donation of \$2,000 GSO in December. As mentioned last month there is no need for concern right now as we want those bus contributions to keep flowing in, but we also need to maintain enough 60/30/10 contributions to meet our office expenses. Roughly we need about \$520 per month in group contributions, and this year to date (from September) we have averaged \$502.78 which is a bit below that amount. This month however we only received \$179.15 and the months before were also quite low so we need to make sure this doesn't keep trending downwards and that contributions pick up after the bus project is completed. Petty Cash/Literature Cash Sales The petty cash tin was counted at the end of the month at \$72.25. Count at the end of last month was \$32.25 and an additional \$40.00 was added to the float. There was no petty cash expenditure this month. Caroline is now keeping the literature float to \$50.00 and will advise if this needs to be adjusted.*

### **PI Bus**

Looking Good! We received \$500.00 in donations for week ending Friday 27 August. Total contributions received is now at \$3,373.40 – just over 84 percent of our target of \$4,000 by 15<sup>th</sup> November. My apologies, I have been counting the remaining weeks wrong up till now – there are 11 weeks left, so we now only need an average of only \$56.96 per week to make our target so it looks certain we can make it! However, keep the contributions up to minimize the additional funds required from the district operating account!

**DCM (acting): Mick G.**

There will be a SPECIAL AREA ASSEMBLY on SUNDAY 24<sup>th</sup> OCTOBER to finalise the Conference Topics for 2021 so that our Area Delegate will be aware of the "general feeling" of the AREA on each topic.

A Topic Template has been sent to all GSR's/Secretary's which may help at group level to

speed up the discussion process and will certainly be of considerable use at the SPECIAL AREA Meeting, as there are 24 TOPICS to be discussed.

It is through your Group, GSR and Area Delegate that you have your "voice" heard as an AA member. It is through this process you can attempt to implement change within the fellowship.

A reminder that Office Volunteers are required for Friday and Saturday, 11am- 2pm

Welcome to Caroline B who has taken on the Office Coordinators position(acting), until fellowship confirmation at the next DISTRICT MEETING in September.

**Editor: Susan Burnside**

Printer and scanning problems last issue went out in B&W first. I realised that some was not readable so sorted out scanner temporarily and a coloured edition was sent out. Hoping all will be well for this one 😊  
I will have a new printer/scanner for the next edition.

**Bill W Camp: Bob W.**

Camp still had visitors

The Bill W AA Camp was a great success again this year with a good number of interstate visitors coming despite lockdowns in some States. The camp was also well supported by local members.

The camp recorded 58 registrations, but there were obviously more there because I counted about 77 people at the Saturday night meeting. I say "about" because it's hard to get an exact figure in the dark – but I reckon 77 would be close.

Missing were a few interstate visitors who had promised to come but got caught in a lockdown just before leaving. Also missed was the camp's founder Terry B, who has been unwell. This year was probably the 27<sup>th</sup> camp – but there may have been more because Terry reckons, we had more than one 25<sup>th</sup> anniversary. The three-day camp at Douglas Daly enjoyed great dry season weather, although some noticed it a bit nippy overnight. The new tourist park owners, Leanne, and Tony, looked after us, providing our usual camping and meeting area. The only complaint was that some caravanning members would have preferred sites closer to our meeting area.

Those who attended the camp were very generous, tipping into the gratitude jars, resulting in a healthy surplus of funds. Funds were boosted by an auction, which included two photographs mounted on canvas. Donated by two members, they sold for \$70 and \$120 respectively.

Distribution of the surplus funds will be decided at a wash-up meeting this Friday, August 27, 6.30pm in the Pandanus Room, Nightcliff Community Centre (that's an hour before the regular Friday night meeting there). All welcome – so come along to both.

## WHAT DOES SERVICE MEAN TO ME?

### PACKING INTO THE STREAM OF LIFE

By Caroline B.

My name is Caroline I am an alcoholic.

I would like to share with you my experience strength and hope with being of service in Alcoholics Anonymous. Some time back I got sober in Albury N.S.W six months into sobriety I was given the Secretary position and literature officer for my home group at the Mercy hospital group. That was my first experience in between time over the years I had stopped doing AA meetings not working with a sponsor never drank but alcoholism progressed. I was a real drifter for a long time just before coming to Darwin 2018, I had been away from Alcoholics Anonymous for 5 years. I was a broken person, and I was suffering from untreated alcoholism, sober and new here in Darwin I needed to get back into AA. I joined a home group, my first service role was kitchen Officer, I loved it and it also gave me a purpose. This helped me see I could do more. Unknowingly I needed more I had gone through the steps several times I knew deep down there was some part of recovery missing, that was the 3rd side of the triangle being Service. I had to take a leap of faith into my first ever service position for AA as a whole. A special person in the fellowship gently edged me into the readily available position for being Literature Officer for DDO. I am grateful to this person for the chance to, not only take on this position but to experience the joy it brings to others also to myself and working with others to me is another aspect of step 12 and is a part of all my affairs. I soon found the part that was missing and then within myself began to grow. Service work takes me out of self, and I can focus on a bigger picture and that is other's needs. Literature for the alcoholics to explore their recovery and the history behind our wonderful God given fellowship of AA. Literature is the steppingstones to our Groups and for recovery, that's what really makes me feel that I am contributing to the greater whole. I am currently in another adventure in Acting Office Coordinator. I like how the Big Book states packing into the stream of life. Service work fulfills that statement.

I am Grateful today I have a Big Book sponsor and home group.

Today I can laugh and see I have done the full circle as I am again secretary and literature officer for my home group, Big Book Recovery Group.

Thank you for the chance to share my joy and gratitude with you.

Happy in-Service Caroline B.

### DO YOU HAVE A SERVICE STORY YOU WOULD LIKE TO SHARE?

**This page is worth keeping going.**

**It is a service to write an article for our newsletter, these stories encourage others to be of service.**

**We are all equal in A.A no matter what our role.**

**Nobody is better than anyone else, we are all alcoholics working on maintaining 24 hours at a time of sobriety.**

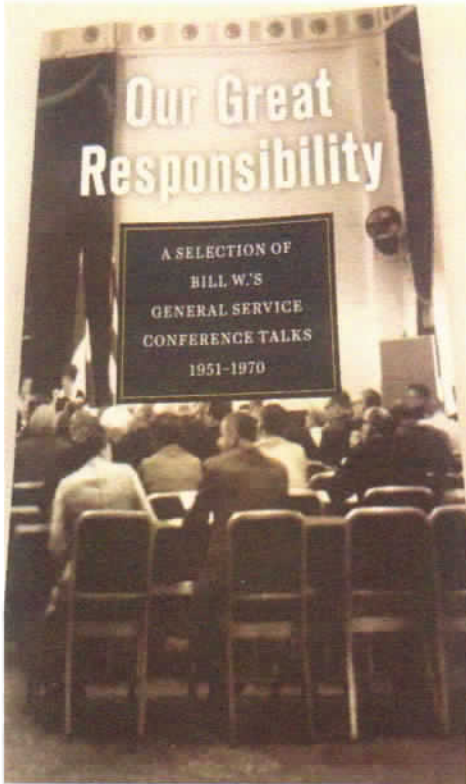
**As one day rolls into another we all help each other to keep on going through our fellowship and our higher power.**

The email address is [serenitytimesaa@outlook.com](mailto:serenitytimesaa@outlook.com)

I am also looking for other stories also, these do help keep us sober and on the right track.

Pick any topic you like as it really makes a difference to hear others experiences.

Grateful to be able to be of service--Suze



## CAROLINES CORNER

Hello again,

It's that time again to review another great book. It's hot off the press. Already have sold a few. Our great responsibility is the new one out. Has pictures and also contains early draft of the traditions handwritten by Bill W., 1940s I have a few copies available at the DDO office. Please feel free to contact myself if you wish to purchase a copy. Till next time

Regards Caroline B

Thanks again Caroline,

For your regular contributions.

The Editor



Bill W. Camp 2021

Committee agreed on the following split of Contributions:

Darwin District - \$210

Darwin District Bus PI - \$210

Area - \$70

National Office - \$210

This leaves a prudent reserve of \$717.83

Motion Bob, seconded Mark. Unanimous.

**KEEP JULY 22<sup>ND</sup> to 24<sup>TH</sup> 2022**

**Free For**

**BILL W CAMP 2022**

## POSITIONS VACANT

### ALL POSITIONS VACANT

#### DARWIN DISTRICT COMMITTEE MEETING WEDNESDAY SEPTEMBER 8<sup>th</sup>

Please ask your GSR for a nomination form and send your nomination to the secretary [samsarh51@hotmail.com](mailto:samsarh51@hotmail.com) then please come along to the committee meeting via ZOOM at 7pm on the date above. Don't be worried if you take on a job the person stepping down will teach you what to do.

#### A DECLARATION OF UNITY

*This we owe to AA's future, to place our common welfare first; to*

*Keep our Fellowship united.*

*For on AA Unity depend our lives,*

*And the lives of those to come.*

#### *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.***

#### **"IN ALL OUR AFFAIRS" ZOOM MEETING**

This meeting is a series of Workshops, Guest Speakers and sharing of personal experience, strength and hope on the application of the Spiritual Principles of the 12 Traditions and 12 Concepts of AA in our daily living. It's for fun and for free!

Last Wednesday we had a wonderful informative talk from a member, this talk was on how this person put the traditions into her everyday life and how well it worked for her. I was so inspired. Come along to our next meeting we will be working on Tradition One.

Wed 1<sup>st</sup> September Tradition One

Wed 8<sup>th</sup> September Committee Meeting. Group closed

Wed 15<sup>th</sup> September Concept One

Wed 22<sup>nd</sup> September Tradition Two

Wed 29<sup>th</sup> September Concept Two

And so on "*in all our affairs*" meeting

*7pm Wednesday night zoom only*

Password: 719924

ID 85656704661

Contact Mickg 0407657240

Regards

Mickg

[mickfit2@bigpond.com](mailto:mickfit2@bigpond.com)

## 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 will and our lives over to the care of God as we understand 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 a 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 that 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 (Short Form)

### Tradition One

*"Our common welfare should come first; personal recovery depends on 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 AA membership is a desire to stop drinking."*

### Tradition Four

*"Each group should be autonomous except in manners affecting other groups or AA 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 AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

### Tradition Seven

*"Every AA 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

*"AA as such, ought never be organised; 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 AA 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."*

## GRATITUDE EVERY MORNING

*(No matter what changes in your life, sobriety is a cause for gratitude)*

I found myself going through a rough patch a couple of years ago when I retired, moved to Florida and left behind the familiarity and security of the city where I got sober. My home group, my meeting routine and my Ohio AA friends were all so far away. I jumped into my new recovery community, but I still felt an ever-increasing sense of dissatisfaction and unease. I wasn't drinking, but my emotional sobriety was tenuous at best. After talking it over with my new sponsor and doing a lot of listening in meetings, I felt like I needed to get back to an "attitude of gratitude." One morning, I woke up and just wrote down the following. It felt good to me at the time, and I return to it frequently in my morning readings.

God, I am grateful to wake and draw a sober breath to face another sober day. I'm grateful that I don't have to get my wine from a hidden place and drink it by 6 am to stop my hands from shaking. I'm grateful for all that you have given me and all that you have not. I'm grateful for all that I am, all that I am not and all that I have the potential to be. I'm grateful for the opportunity today to help another human being. Help me today to practice acceptance, love and tolerance. Help me to be patient. Help me not to judge. Thank you for helping me to be a kind and compassionate sober woman living a useful sober life. I am so grateful I don't have to drink this morning or any time today or any other day no matter what.

Blessings in sobriety all,

Mary R.

(Printed with permission from the Grapevine Aug 2020)

## AN IMPORTANT SECRET

*(From Dear Grapevine July 2001)*

I have been sober in this Fellowship for sixteen years, having come in for the second time in 1984. I am now thirty-eight years old. Ten years ago, while in college. I fell down some icy stairs. I can no longer walk and am considered physically challenged.

The fact I am in a wheelchair does not give me a reason to drink. I let my Higher Power and AA keep me sober. I still can go to AA meetings, even the ones with stairs – people just carry me down. I went to any lengths to drink, so I will do what it takes to stay sober. I'm no different from anyone else, except for the physical part. I'm still a drunk, whether I walk into these rooms or wheel in.

We can always come up with a reason to drink. The secret is how many reasons can we come up with to stay sober? I believe anyone can stay sober if they trust, work, learn, and seek help from a Higher Power. Mine is God.

All I have to do is ask.

Johanna W

(Printed with permission from the Grapevine)

This newsletter needs your stories, just as reading these give you encouragement, we all get encouragement from reading yours. It doesn't matter how long you have been in AA. One day or 100 years your story will encourage all.

[serenitytimesaa@outlook.co](mailto:serenitytimesaa@outlook.co) is where you can email me

A step story, what brought you to AA, an interesting quote, a funny story, something about your home group Anything, I won't print it if its not suitable but am happy to work with you to make it so.

Our AA family is very precious and whatever we can do to help is a valuable service.

Yours in Sobriety,

The Editor



# Kadina Group & Para Districts

## Port Hughes Rally

### AA with Al-Anon

### & Alateen participation

3 - 5 December 2021



### Onsite Activities

The centre is situated on about 2 hectares of land and has a large grassed area enclosed by buildings on 3 sides. This is suitable for all kinds of ball games. With no overhead power lines, kite flying can be enjoyed.



### Beach Activities

Have a long walk on the Port Hughes jetty -Or-enjoy some fun in the sun with your family or other members.



Bring a wrapped item for the Mystery Auction.

## ACCOMODATION AND MEALS INCLUDED

### Sausage Sizzle Friday night.

#### Pricing

- \$80.00 for adults for 2 nights
- \$50.00 for one night's accommodation
- \$40.00 for 2 nights for under 16
- \$25.00 for 1 night for under 16
- Under 3 – free
- Day visitor rate will be \$30.00

**Payment options:** Payments can be made over the coming months. Either in full or part payment. Please contact us to confirm your registration and either full or part payment

**Direct deposit :** Westpac Bank ACC: Para Districts Committee  
BSB: 735-047 ACCOUNT NO: 072455 reference : Name PH Rally

**Cash** accepted at the event

Please bring spare change for soft drinks or to spend at the auction.

#### Registration

**Book early to assist with catering.**

When booking please specify

Either Dorm or camping

Jason Salisbury	0417 425 139
Dennis Elizabeth Grove:	0421 223149
Avril Kadina:	0439 024 171
Cathy Kadina:	0467 906 796



**Relax and enjoy Fellowship & Serenity**

**AA with Al-Anon & Alateen participation**

## **Long Weekend**

**Friday October 1st to Monday October 4th**

# **NAPPERBY**

## **Camp 2021**



**Napperby Gorge Scout Complex between Port Pirie and Crystal Brook at the base of the FLINDERS RANGES, South Australia**

Direct Deposit payment option:  
AA Area A  
BSB: 633 000  
ACC: 155017288  
Reference: Napperby Camp and  
names of people being paid for.

**Adults**  
**1 night \$45**  
**2 nights \$75**  
**3 nights \$90**  
**Day rate \$35**

**Children**  
**under 16 years 1/2 price!!!**  
**Kids under 5 FREE!!!!**

**Includes delicious meals**  
**Friday Night Tea**  
**Sausage Sizzle or BYO**



**PLEASE BRING SOME ITEMS  
AND \$\$\$\$  
FOR THE  
AUCTION/RAFFLE (TBA)**

Book for Dorms only 38 Bunks bring own *Bedding, Torch, Chairs...*

Camp sites available (sorry, no powered sites)

Napperby is at 116 Gulf View Rd E Napperby SA 5540

Or visit [tinyurl.com/napperby](http://tinyurl.com/napperby) to get google maps to guide you)

**Call Di : 0431 567 756 or Cathy : 0467 906 796 or David : 0421 995 813**

**But be QUICK as spaces are limited!!**

For so long alcohol always supported me.  
Alcohol was always there for me.  
But alcohol has let me down.  
AA has never let me down.

Life was in a mess, removing alcohol was not enough.  
It left me depressed.  
That's why AA can help me,  
have a better lifestyle.

### THE PROMISES

We are going to know a new freedom and a new happiness.  
We will not regret the past nor wish to shut the door on it.  
We will comprehend the word serenity and we will know peace.  
No matter how far down the scale we have gone, we will see how our experience can  
benefit others.  
That feeling of uselessness and self-pity will slip away.  
We will lose interest in selfish things and gain interest in our fellows.  
Self-seeking will slip away.  
Our whole attitude and outlook upon life will change.  
Fear of people and economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realise that God is doing for us what we could not do for ourselves.  
Are these extravagant promises?  
We think not.  
They are being fulfilled among us – sometimes quickly, sometimes slowly.  
They will always materialise if we work for them.

### THE SERENITY PRAYER

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 DIFERENCE