

***THE SERENITY TIMES***  
**The monthly newsletter**  
**of the**  
**Darwin district**  
**December 2021**



**Darwin District**  
Darwin District  
serves the A.A.  
groups within  
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

(Please call before visiting as we  
are short of volunteers)

District Committee Member Vacant

Treasurer Vacant

Secretary Vacant

Registrar Vacant

Webmaster Vacant

Co-ordinator -- Caroline B.

Maintenance Officer Vacant

Public Information Officer Vacant

Literature Officer Vacant

Treatment & Correctional Facilities

Coordinator Vacant

Roundup Coordinator Vacant

Editor-- Susan B

**Next Meeting**

The next District meeting for  
committee members and GSR'S is  
scheduled for Thursday December  
9<sup>th</sup>, 2021, 7pm via Zoom.

The next Area meeting is Sunday  
February 6<sup>th</sup>, 2021

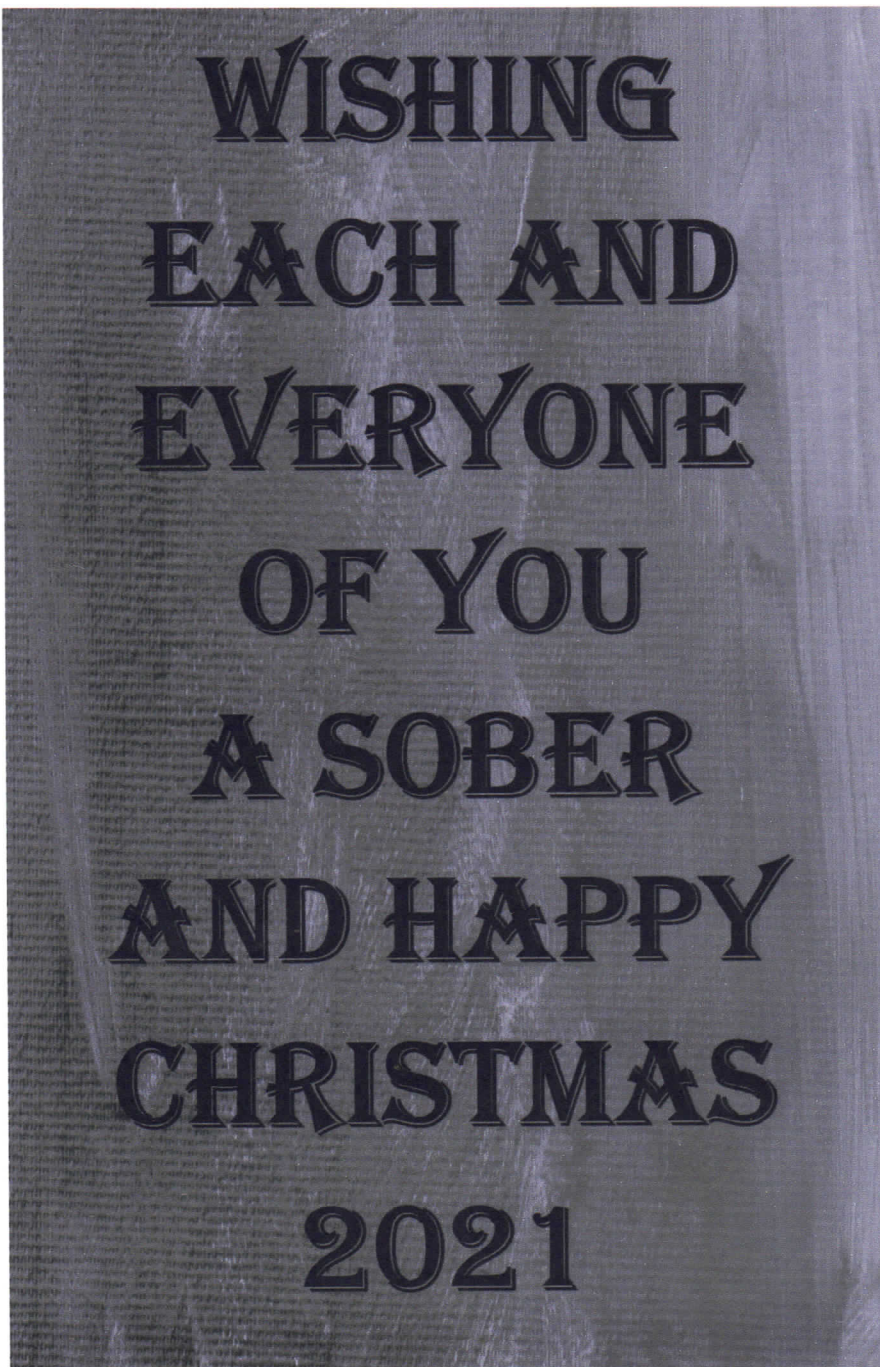
9am via Zoom.

**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.



## TRADITION 12

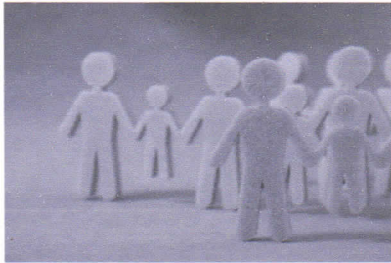
### LONG FORM.

We of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live-in thankful contemplation of Him who presides over us all.

### SHORT FORM

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

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realise that the sacrificial spirit—well symbolised by anonymity—is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.



**Let us always remember that anonymity—not taking credit for our own or others recovery—is humility at work.**

When we use the 12 Steps to recover, this is each of us attempting to achieve real humility, to place our self-respect solidly on a base of honesty, rather than on fantasies about ourselves.

When we use the Twelve Traditions to work together in AA, we are all trying to achieve humility; as individual members, by recognising our true place in AA; as a fellowship, by recognising AA's true place in the world.

Tradition One—reminds us we are not recovering on our own.

By controlling our desires and ambitions we guard the unity of our group and our fellowship.

Tradition Two—We should not fancy ourselves as being special in AA, no matter what office we hold.

Tradition Three—We are all just alcoholics together, we are not entitled to rule on the qualifications of other alcoholics seeking the same help as we have sought.

Tradition Four—each group should be autonomous, have humility and see itself as part of a bigger whole. Carefully considering in every enterprise that it does not affect the welfare of other groups that make up the AA fellowship.

Tradition Five—We are not gurus or evangelists out to save humanity; we are anonymous alcoholics trying to save other alcoholics, that ask for our help.

Tradition Six and Seven—Keeping these two Traditions in mind we will direct all our efforts towards AA's own unique purpose and not be misled into linking our Fellowship with other agencies for any reason.

Tradition Eight—Going out on 12 step calls does not make us noble for giving our time freely. Remember we have been paid for our services with something much more valuable than money, we have been given our life.

Tradition Nine—When we are given special responsibilities within AA these opportunities are to serve, not titles to flaunt.

Tradition Ten—We safeguard the humility of the Fellowship by refusing to set ourselves up as general authorities throwing our weight around the public arena

Tradition Eleven—We are based on attraction not promotion, always remaining anonymous with press, radio and films. (Adapted from *The 12 Traditions AA with permission*)

## TWELVE STEPS



### Step One

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

### Step Two

*"Came to believe that 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 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 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."*



## Christmas – just another day

When I was young, probably around 10 or 11, Christmas day was a great event, perhaps starting with church, then a huge spread – the Christmas dinner with all the trimmings including the plum pudding.

My mother used to make brandy butter to go with the plum pudding – frozen like ice cream and made with lots of butter, very sweet – and lots of brandy.

I remember that I loved my mother's brandy butter. I wonder if that was an indicator of what would become an addiction when I grew up.

In the latter years of my drinking, I had probably heard that stout and champagne was a popular drink at Christmas time, served in champagne glasses with a sprig of mint. Well, I embraced this trendy alcohol mix with enthusiasm which meant, by the time Christmas dinner was served, I was well on the way.

Knocking back a "black lady" or five was just a starter, followed by many other drinks because it was, after all, Christmas day.

Our society seems to make a big thing of Christmas, not universally because of its religious significance. Retailers start "selling" Christmas from October and huge pressure is put on tradespeople and others that the job "must be finished by Christmas".

Schools, once exams or tests are finished, don't seem to worry about learning in the last couple of weeks before term finishes. Office and club Christmas parties are almost continuous, Christmas carols pervade the streets and shops. People start wondering or worrying about what they'll do for Christmas and where they'll go – covid permitting.

But really, Christmas is just another day. With it comes memories of Christmases past, good and bad, of families and relationships, also good and bad, all accompanied by some joy and some sadness. But joy and sadness can happen any time, so I need to remember it's not an excuse to drink.

As an alcoholic, how am I going to "deal" with Christmas? One day at a time for one thing, neither being anxious about it or over-thinking about how I may benefit from the festivities. Of course, there will be alcohol about and on that subject there's some good advice in the Big Book (Chapter 7, Pages 100-101).

In summary it is saying that nothing is gained from trying to shield a sick person from temptation. Providing we are spiritually fit we need not avoid places where alcohol is served or avoid friends who drink.

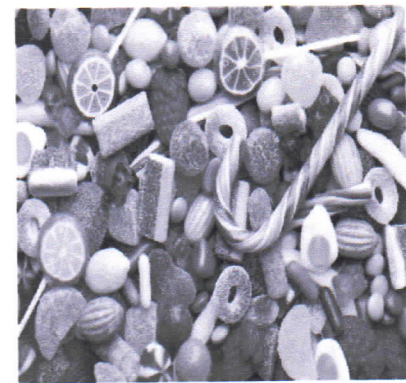
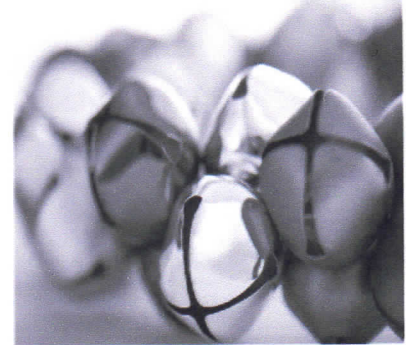
"So, our rule is not to avoid a place where there is drinking *if we have a legitimate reason for being there*. You will note that we made an important qualification. Therefore, ask yourself on each occasion: 'Have I any good social, business or personal reason for going to this place. Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?' If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best."

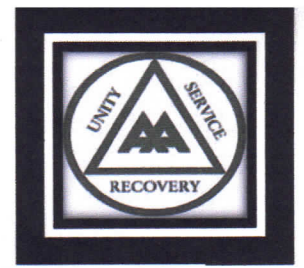
"But be sure you are on solid spiritual ground it continues, and your motive for going is thoroughly good.

Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead!"

At Christmas I also need to remember to be grateful for my sobriety and all the gifts it has brought me including friends, family, and health. I like what Bill W says at the end of his story (Big Book Page 16): "Most of us feel we need look no further for Utopia. We have it with us right here and now. Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men."

Wishing you all a happy, peaceful, and sober Christmas and a great new year.  
Bob W. (Thank you for this piece, Bob)





## Farewell Aunty Mae

The funeral service for Mavis W, a great friend of our Fellowship, was truly a celebration of her life.

Among nearly 200 who attended the Mass at the Holy Spirit Catholic Church at Casuarina last month (Nov) were a good number of AA and Al-Anon members.

Some of them would have been remembering the times that they were given a place to stay – as well as kindness and some wise counsel – at Mavis' home in Rapid Creek.

Others who ended up at the sobering-up shelter, where Mavis worked for a time, would be thinking of her encouragement to get along to the AA meeting held there.

They would also have thought of her enthusiastic participation in Fellowship activities such as the Bill W Camp and the (then) annual Darwin Roundup.

Members of Mavis' extended family who paid tribute during the service spoke of "Aunty Mae's" connection with and love for the Fellowship. They also paid tribute to another friend of the Fellowship, the late Lynde S, for her assistance to Mavis in her later years.

The Fellowship was further acknowledged by another friend, Nadine B, who recited the Serenity Prayer after speaking of Mavis' help to her during a "dark period".

There was a great photo presentation with musical accompaniment including Miriam Bellina's version of *One Day at a Time*.

The service, celebrated by Father Dan, was loaded directly online. It concluded with the version of *Amazing Grace* by Gurrumul and Paul Kelly. The cortege left for a burial at Thorak Regional Cemetery.

Mavis died on October 22 this year, aged 87.

We miss you Mavis - for your kindness, your caring – and your courage to speak out when something needed to be said.

Bob W

## IMPORTANT

### INFORMATION FOR YOUR FUTURE MEETINGS FROM THE GENERAL SERVICE BOARD, AUSTRALIA Opening up of States and Territories

Fellow members of Alcoholics Anonymous

Following many enquiries to our General Service Office, I write on behalf of the General Service Board of Alcoholics Anonymous Australia.

As our States and Territories begin to open up, all members and AA Groups need to ensure that they operate according to their relevant State/Territory Health regulations and those required by the meeting venue and their Covid Safety Plan.

Depending on the State or Territory that your meeting is located in, there may be a staged approach to the reopening of communities and changing requirements you need to be aware of.

Any requirements for attending meetings, are not in breach of our Traditions as they are not AA requirements, but are State/Territory health regulations.

If in doubt, please check your State or Territory Health website for the most up to date information.

Andy Poad  
Chairman  
General Service Board of  
Alcoholics Anonymous  
Australia

## **BILL W Camp 2022**

Despite Covid-19 lockdowns and border closures, around 15 interstate members managed to get to the Bill W Camp in July. Good support from local members also boosted registered numbers to 58 and around 70 people were counted at the Saturday night meeting.

With Australia gradually opening up, the 2022 camp should draw more interstate visitors.

Local support indicated that Top End members enjoy the camp just as much as our visitors.

So, in the coming year, would you get involved and help out a little?

Our first Bill W Camp planning meeting is set for Friday, 21 January at 6 pm in the Pandanus Room at the Community Centre, Bauhinia St, Nightcliff. That's an hour before the regular Friday Casuarina Group meeting, so you could come along to both.

Whatever you might like to do to help with the camp, it's not a big commitment. We only have a couple more planning meetings after the January one, which is largely concerned with getting the message out through various channels.

What is really needed is some help during the weekend – setting up and (importantly) packing up, keeping the coffee urn going and manning the registration desk.

Do register your interest and support – Friday, 21 January at 6pm. See you there.

## **FELLOWSHIP NEWS**

The Darwin

District Office requires volunteers to operate the office from 11am – 2pm, Tuesday, Wednesday, Friday, and Saturday. Minimum sobriety required is 6 months and supported by your home group. Contact Caroline B 0407750303

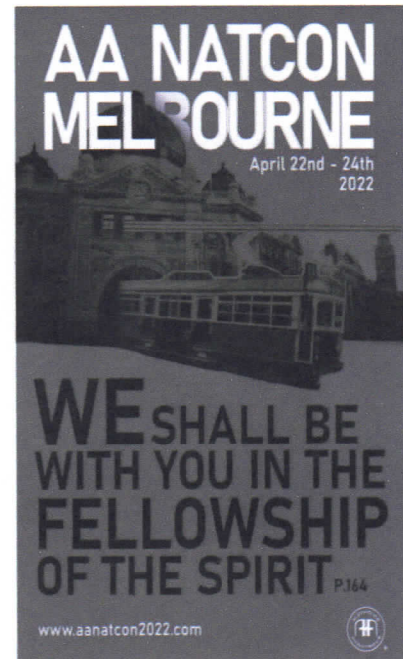
Owing to a shortage of Darwin District Office volunteers, please ring Caroline B 0407750303 to order and pick up literature from the office.

## **2022 National Convention for Alcoholics Anonymous** ~~~~~

We are excited to announce the official launch of the 2022 National Convention for Alcoholics Anonymous! Join us for an incredible weekend of celebrations, fellowship, recovery, and unity with Al-Anon participation. "We shall be with you in the fellowship of the spirit." Page 164, the Big Book of Alcoholics Anonymous. The convention will be held in MELBOURNE April 22 - 24, 2022 at the Pullman Hotel. Due to COVID-19 policies in Victoria, the above venue is still to be confirmed. When confirmed we will make ticket purchasing and hotel booking available online. Our website is LIVE, and from there you can register your interest in upcoming events or service, download flyers to share with your home group, contact us, and access details and updates about the Convention. [www.aanatcon2022.com](http://www.aanatcon2022.com) ~ For any groups wanting to participate in fundraising ~ Our first event will be a FUN RUN on Saturday, July 17, 2021, at the Botanical Gardens in Melbourne (or hosted by you at a venue in your hometown.) From our website you can download a flyer and register yourself and/or your home



group to run or attend and become a part of the NATCON fellowship. This will be one of two major fundraising events held this year, in addition to fun and fellowship events to be held in the lead-up to the Convention!





## **DARWIN ALCOHOLICS ANONYMOUS CURRENT MEETING SCHEDULE**

**- 2021**

### **WHAT IS A HYBRID MEETING? – “FACE TO FACE” PLUS ON ZOOM SIMULTANEOUSLY**

**Monday Lunchtime 12 noon ZOOM meeting.** Password Required Contact Deb 0400496013” As Bill Sees It” Meeting  
<https://us04web.zoom.us/j/754317884>.

**MON 6pm: “Daily Reflections” meeting.** Now back, “face to face” as of November 29th. St Paul’s School, “STAFF ROOM” *enter via carpark in Frances St*, Rapid Creek. Contact: Viv 0487182 551.

**TUES 12pm** Harbour View Room, Christ Church Cathedral, 2 Smith St Darwin, Contact: Darren H 0404299619

**TUES 6:30pm. Big Book Recovery Group ZOOM ONLY, UNTIL FURTHER NOTICE.** Christ Church Cathedral, Vestry Room, 2 Smith St Darwin. Contact Dennis Ph: 0435479477. <https://us02web.zoom.us/j/81901842637?pwd=c3RhT04zVHRiRiRjZBRTZzQU9MS0F3Zz09> Password: 983273 ID 81901842637.

**TUES 8pm** Palmerston Group, Sacred Heart School Emery Ave, Gray. ID meeting. Macca 0403493968

**WED 1:30 -230pm** Northlakes Community Room, Northlakes Shopping Centre, “As Bill Sees It” meeting. Contact Gillian, 0421115538

**WED 7:00PM – “in all our affairs” 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! ZOOM MEETING only. <https://us02web.zoom.us/j/85656704661?pwd=TWerczd5d0EyM1jL0ZralFJU2VJUT09>. Password: 719924 ID 85656704661 Contact Mickg 0407657240

**WED 8:00 – 9pm, I.D. Meeting.** St Paul’s Centre. Waters St (on the corner) Rapid Creek. Tony 0402733037

**THURS 7pm HYBRID MEETING** “There is a Solution”. Driver Family Resource Centre, 29 Driver Avenue, Driver. **OPEN.** Contact Jane 0411502904 Click on this link: <https://us02web.zoom.us/j/87511870148?pwd=MEFpR251N1BqQnJsc3dnY3F5RW1mdz09> Meeting ID: 875 1187 0148 Passcode: 1212

**THUR 7pm.** FORWAARD Group, 33 Charles St, Stuart Park. ID meeting. Tel 89236666.

**THUR 730pm: “ID MEETING”** Contact: Peter, 0408422577 ZOOM: <https://us02web.zoom.us/j/646886679?pwd=WTIXSkQ2WGV1WGJLNGRiWIZBdnB3UT09> ID:646886679 PASSWORD: 180034

**FRI 12pm ZOOM** Lunchtime, “Steps and Traditions”. Contact: Debra 0400496013 password required

[..https://us04web.zoom.us/j/370603848](https://us04web.zoom.us/j/370603848)

**FRI 730pm- 830pm** Casuarina Group, Nightcliff Community Centre, PANDANUS ROOM, 18 Bauhinia St Darwin, Contact John 0478595798.

**SAT 10am** Womens Recovery (closed meeting), Nightcliff Primary School, Pandanus St, Nightcliff. Contact; Kate 0455020125.

**SAT 730pm ZOOM “ID meeting”** Contact: Peter 0408422577 <https://us02web.zoom.us/j/372559687?pwd=ZTlyamM4dWd4RHlSZXplcEw5SWVZQT09> Meeting ID: 372 559 687 Password: 809225 ID:372559687 PASSWORD: 809225.

**SUN 2pm** “As Bill Sees It”. Living Water Uniting Church, Challoner Circuit, Humpty Doo. Contact the Darwin Office 89485202

**SUN 7pm** “Living Sober” Group Christchurch Cathedral, Harbourview Room, 2 Smith St Darwin. Martin 0407904030

### **SUN**

**11am ZOOM DailyReflections** <https://us02web.zoom.us/j/85337043920> Contact Deb H: 0400496013

### **ALICE SPRINGS**

<https://alicesprings.aameetings.org.au/>

**ALL MEETINGS ARE NOW OPEN**

Mon 5.30pm (Big Book study)

Wed 5.30pm (Steps);

Fri 7pm (ID);

Sat 9am Women’s meeting; ZOOM

ONLY ID: 476-077-040 Password:

[476077040](https://us02web.zoom.us/j/476077040)

Sunday 10am Daily Reflections

All meetings Paediatrics meeting

room, Hospital, Gap Rd. (no longer

at DASA)

Contact: Tom M 0408379422,

Emma, 0417889957

### **KATHERINE**

Meetings are now **OPEN**

Monday 730pm

Wednesday 730pm

Friday 730pm

All meetings are held at the

Anglican Church Victoria Highway

& Kirkpatrick St. Contact: Kyr

0428393647



## THE HEART OF TRUE SOBRIETY

*We find that no one need have difficulty with the spirituality of the program. Willingness, honesty, and open-mindedness are the essentials of recovery. But these are indispensable.*

Alcoholics Anonymous, p. 568

Am I honest enough to accept myself as I am and let this be the "me" that I let others see?

Do I have the willingness to go to any length, to do whatever is necessary to stay sober?

Do I have the open-mindedness to hear what I must hear, to think what I must think, and to feel what I must feel?

If my answer to these questions is "YES," I know enough about the spirituality of the program stay sober.

As I continue to work the Twelve Steps, I move on to the heart of true sobriety: serenity with myself, with others, and with a God of my understanding.

*(Daily Reflections Page 192)*

## HOPE BORN FROM HOPELESSNESS

Letter to Dr. Carl Jung:

"Most conversion experiences, whatever their variety, do have a common denominator of ego collapse at depth. The individual faces an impossible dilemma.

"In my case the dilemma had been created by my compulsive drinking, and the deep feeling of hopelessness had been vastly deepened by my doctor. It was deepened still more by my alcoholic friend when he acquainted me with your verdict of hopelessness respecting Rowland H.

"In the wake of my spiritual experience there came a vision of a society of alcoholics. If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience. This concept proved to be the foundation of such success as A.A. has since achieved." *(ABSI page 217)*

## AA PREAMBLE

Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organisation, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.

## RESPONSIBILITY DECLARATION

**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.**

## SERENITY PRAYER

***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.***

## **AA Grapevine has a new YouTube Channel!**

Have you been there yet?  
Grapevine is--

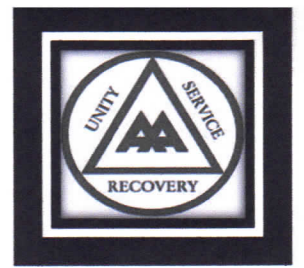
The International Journal of  
Alcoholics Anonymous  
You can watch their new 5-minute  
film "AA's Twelve Step Tools:  
Grapevine & La Vina."

It is a history of AA Grapevine,  
created for the 2020 International  
Convention.

Show it at your events!

- Listen to members share original stories about relapsing, spirituality and more!
- Learn more about Grapevine projects through animated explainer videos.
- Listen to original stories by Spanish-speaking AA members.
- Learn about setting up virtual meetings and more!

[www.youtube.com/aagrapevine](http://www.youtube.com/aagrapevine)



**ALCOHOLICS ANONYMOUS.  
IF YOU NEED HELP WITH A DRINKING PROBLEM**

***THERE IS A SOLUTION!***

***aadawin.org.au***  
***(08) 8948 5202 DARWIN 24/7***

**SOMEONE WILL BE AVAILABLE TO SPEAK TO YOU**