

THE SERENITY TIMES

The monthly newsletter

of the

Darwin district

February 2022

STEP ONE

Step one is the moment we become totally honest with ourselves.

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

How humiliating, admitting that we have become what we have despised in others, we are admitting we are an alcoholic. We sit at an AA meeting, say our name and admit we are alcoholic.

But, wait a minute, we are at an AA meeting where we are given hope, a new beginning, or it could be called a rebirth. A rebirth into a sober new world. People are sitting in the meeting many with 30 or 40 years of sobriety, some new like us.

AA promises that we can achieve this also. HOW!!

We are encouraged to get a sponsor, do 12 steps beginning with the most important Step One.

We are also told to go to meetings, as many as possible. We are told that only through total defeat can we take our first step towards freedom from our addiction to alcohol. How humbling this is, but this is the start to freedom and a happy useful life. If we do not humble ourselves the hope of sobriety, if any, will be brief. The simple truth is, AA really works, it is a statistical fact that most alcoholics never recovered on their own resources. Take the steps to sobriety, better health, happiness and control of your life.

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

Website: 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- Kitty D

Registrar **Vacant**

Webmaster **Vacant**

Co-ordinator -- Caroline B.

Maintenance Officer-Lisa I

Public Information Officer **Vacant**

Literature Officer-Darren H

Treatment Facilities-Darren H

Correctional Facilities Coordinator-
Kate

Roundup Coordinator **Vacant**

Editor-- Susan B

Next Meeting

The next District meeting for committee members and GSR'S is scheduled for Thursday February 10th, 2022, 7pm via Zoom.

The next Area meeting is Sunday February 6th, 2022

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, service, steps anything that will encourage others.

THE UNITY SERIES:

“How to guide to Silly Season Sobriety”

Hi Friends, I have been asked to share my experience of this event. My sober date is 12 Oct 2021, as a newcomer to AA I jumped at the opportunity to do some service work.

From my experience, the event was a real hit! I really enjoyed seeing you all come together, and everyone pitch in to help, it felt like everyone worked together so easily. I'm sure great planning and a Higher Power played a role in this!

There was a real sense of community about the room, with everyone bringing a plate of their favourite food, it turned into quite a banquet. I have to say my favourite part (besides the food!) was all the laughter and chatter about the room during lunch. It was great having a sober function to attend at this time of year when most other functions involved alcohol.

There was a great variety of speakers who did a fabulous job and shared their experience, strength, and hope of having a sober Christmas, I know I got some great tips I hadn't even thought of.

The event showed me that you really are 'not a glum lot!'.

Happy New Year for 2022

Shelley N.

Vale Natalie

I was two days sober when John S and Natalie picked me up and took me to the Friday Night Casuarina Meeting.

I was shaky and unsure.

Natalie turned to me from the front seat, I can't remember what she said, but I remember her calming, welcoming voice and smile.

Natalie was a constant face at the Friday night meeting.

Always greeted me, always kind – I so needed that to keep coming back.

Thursday was Natalie's day in the office.

It was good to be able to just turn up and sit, and experience her serenity, as I had none of my own.

Natalie was always kind and encouraging and constant – never any different – with an unshakable faith and a clear message of trust in her God, no matter what was going on around her, or with her family.

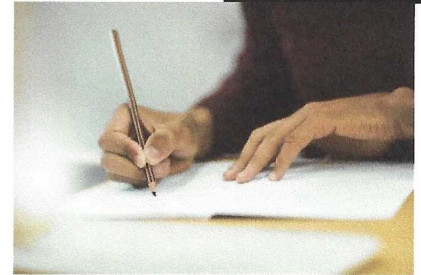
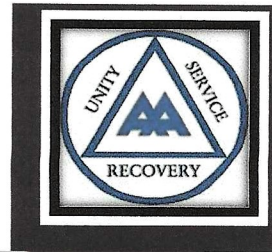
Forever grateful that God gave me Natalie to light my way.

If there is a heaven, I am sure you are there.

Thankyou Natalie.

Vale Carol

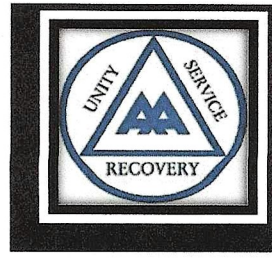
I am unsure if you are aware, but Carol I passed away recently. Carol was a long-time member and partner to Horst S and will be missed by many.



A Married AA member takes Inventory. (From Alvin, Texas)

I HAVE RECENTLY been prompted to take inventory and evaluate the motivation behind my attendance at so many AA meetings. It is a fair certainty that I will be called upon to speak at the meeting. Will the miles to and from the meeting abound with the ego building comradery centred around my AA "seniority" and vast wisdom about the program—while my Alateen daughter clears away the clutter of the evening meal, and my Al-Anon husband settles down alone with a book or the TV? Do I, after all these years, really need x-number of meetings, then I'm not working the program to top capacity, since the program is designed to equip me with the means to cope with everyday living problems. Thus, the need for meetings should diminish as my proficiency with the steps and slogans increases. May I never put anything before carrying of our message to a sick alcoholic, and may I always put the newcomer at the top priority level. But perhaps it is time I take a good look through the inventory microscope and determine whether my motive in my frequent absence from home is need or ego or selfish pleasure. N. November 1970

(Reprinted with permission from Thank You for sharing. Sixty Years of letters to the Grapevine.)



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."

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.

AAGrapevine

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!

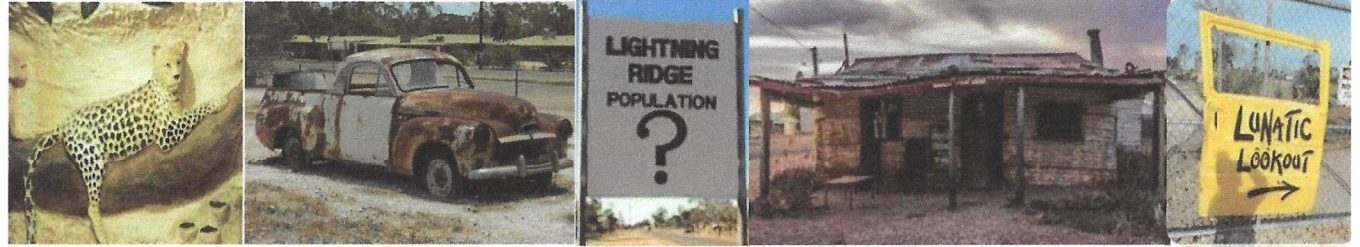
- Listen to members share original stories about relapsing, spirituality and more!
- Learn more about Grapevine projects through animated explainer videos.
- Listen to original stories by Spanish-speaking AA members.
- Learn about setting up virtual meetings and more!

www.youtube.com/aagrapevine



Back to the Bush Lightning Ridge Rally

CELEBRATING 27 YEARS



FRIDAY 10TH JUNE TO SUNDAY 12TH JUNE 2022

Registration by Donation

9 June 22 AA -ID Meeting & AI-Anon Participation

- Thursday**
- 8 pm at the Community Church Hall
 - 13 Morilla Street - Lightning Ridge

10 June 22 Lorne Station

- Friday**
- 9.am Golf - join in the local chicken run!
 - 8 pm Campfire meeting and refreshments

11 June 22 Lorne Station

- Saturday**
- 7.30 am Early Birds - TOPIC Just for Today
 - 10.30 am Morning Meeting
 - 1 pm Tag along Tour to the Legendary Grawin Opal Fields. Visit the "Club in the Scrub", "Glengarry Hilton", "Sheepyard Inn" and the "Grawin War Memorial". BYO chair, camera, and hat.
 - 2 pm AI-Anon Meeting. Ph Mim 02 6829 0347
 - 6pm Dinner - Lightning Ridge Bowling Club
 - 8 pm Campfire Meeting Lorne Station

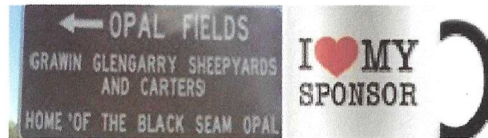
12 June 22 Lorne Station

- Sunday**
- 9 -10.30 am Spiritual Concept with AI-Anon participation
 - 12 noon Cricket or afternoon self drive Car Door Tours or local bus tours
 - 2 pm Grawin AA Meeting, BYO chair and hat
 - 7pm Open AA Meeting at Lorne Station



13 June 22 AA - Recovery Meeting

- Monday**
- 8 pm at the Community Church hall
 - 13 Morilla Street, Lightning Ridge



Welcome To "The Ridge"

Relax and enjoy Fellowship and Serenity at "Lorne Station"

under the Stars and have a fun filled weekend.

Home of the Outback Opal Hunters
Produces the finest Black Opal in the World.
Artesian Free Hot Baths- Open 24 hours
(except for cleaning 10 am-12 noon M-F)

BYO Swimming togs * Camp chairs for around the campfire

Lorne Station

Situated on 10,000 acres, variety of accommodation to suit your budget.

Tent - powered/unpowered sites
Bunk houses - communal kitchen
Fully self contained 1-4 bedroom houses
Fire ring - pet friendly Generators Welcome
Lorne station office 0268 291 869



Directions: turn off Castlereagh Highway, onto Bill O'Brien way, turn right onto Opal Street, drive 3 km to Lorne station turn off, then drive 2km.

Scan the QR Code for a Map!

BOOK EARLY FOR ACCOMMODATION - QUEEN'S BIRTHDAY LONG WEEKEND

Transfer from Bus Depot to Lorne Station Ph Ian 0427 949 643

Lightning Ridge Group

PO Box 1789

Lightning Ridge 2834

ianheyne@bigpond.com



Lightning Ridge Holiday Park

- 44 Harlequin Street, Lightning Ridge
- 02 6829 0532
- www.lightningridgeholidaypark.com.au

Black Opal Motel

- Cnr Morilla & Opal Street, Lightning Ridge
- 02 6829 0518
- www.blackopalmotel.com.au

Bluey Motel

- 32 Morilla Street, Lightning Ridge
- 02 6829 0380
- www.blueymotel.com.au

Wallangulla Motel

- 22 Morilla Street, Lightning Ridge
- Opposite Lightning Ridge Bowling Club
- 02 6829 0542
- www.wallangulla.com.au

Fossicker's Cottage

- 02 6829 0066
- www.fossickerscottages.com.au

Sonjas Bed and Breakfast

- 60 Butterfly Avenue, Lightning Ridge
- 02 6829 2010
- www.sonjasbedandbreakfast.com.au

Carinya Station

- 1432 Ridge Road, Lightning Ridge
- 0427 944 775

Outback Resort and Caravan Park

- Onyx Street, Lightning Ridge
- 02 6829 0304
- www.lightningridgecaravanpark.com.au

Crocodile Caravan Park

- 5 Morilla Street, Lightning Ridge
- 02 6829 0437
- www.crocodilecaravanpark.com.au

Lightning Ridge Visitor Information Centre

- Lions Park Morilla Street, Lightning Ridge
- 02 6829 1670

Opal Caravan Park

- 142 Pandora Street Lightning Ridge
- 02 6829 4884
- www.opalcaravanpark.com.au

Chasin Opal Holiday Park

- 10 Morilla Street, Lightning Ridge
- 02 6829 0448
- www.chasinopal.com.au

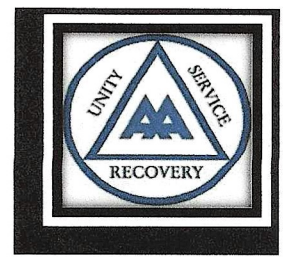


Kim 0455 219 353

Ian 0427 949 643

Gary 0428 712 208

Mark 0418 145 338



FIND A MEETING

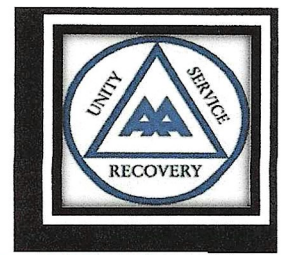
If you need assistance please call the Darwin 24 hour helpline 8948 5202 or one of the contacts below

Darwin District Office – Room 5A, Nightcliff Community Centre, 189 Bauhinia St, Nightcliff. Open Mon – Sat, 11- 2pm.

- Telephone: 08 89485202 (24 hrs)
- email: aa.darwin@bigpond.com
- P.O Box 40760 Casuarina NT 0811
- Website: www.aadarwin.org.au
- it is advisable to phone the office prior to visiting to ensure the office is open

ALCOHOLICS ANONYMOUS CURRENT MEETING SCHEDULE – 2021

- PHONE the GROUP CONTACT for any further information regarding each groups Zoom meeting or any other information that may be required
- **WHAT IS A HYBRID MEETING ? – “FACE TO FACE” PLUS ON ZOOM SIMULTANEOUSLY**
- **Monday Lunchtime 12 noon ZOOM meeting.** Contact Deb 0400496013 " As Bill Sees It" Meeting <https://us04web.zoom.us/j/754317884>. Password: ODAAT
- **MON 6pm: “Daily Reflections” meeting. NOW ZOOM ONLY St Paul’s CHURCH, “THE MEETING ROOM” enter via carpark in Frances St, Rapid Creek.** Contact: Sam 0400579656. ZOOM ID: 587 960 2074 Password: 121212
- **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.** Christ Church Cathedral, Vestry Room, 2 Smith St Darwin. Contact Dennis Ph: 0435479477. <https://us02web.zoom.us/j/81901842637?pwd=c3RhT04zVHRiRDZBRTZzOU9MS0F3Zz09> 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 Center, " 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=TWerczd5d0EyM1ljL0ZralFJU2VJUT09>. 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 “There is a Solution”. ONLINE ONLY Driver Family Resource Centre, 29 Driver Avenue, Driver. OPEN.** Contact Jane 0411502904 Click on this



link: <https://us02web.zoom.us/j/87511870148?pwd=MEFpR251N1BqOnJsc3dnY3F5RW1mdz09> Meeting ID: 875 1187 0148 Passcode: 1212

- **THUR 7pm.** FORWAARD Group, 33 Charles St, Stuart Park. ID meeting. Tel 89236666. OPEN
- **THUR 730pm: "ID MEETING"** Contact: Peter,
0408422577 **ZOOM:** <https://us02web.zoom.us/j/646886679?pwd=WTIXSkQ2WGV1WGIJLNRIWIZBdnB3UT09> ID:646886679 PASSWORD: 180034
- **FRI 12pm ZOOM** Lunchtime, "Steps and Traditions" . Contact: Debra 0400496013 Password: ODAAT <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=ZTIyamM4dWd4RHISZXplcEw5SWVZQT09> 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 **CLOSED UNTIL FURTHER NOTICE**
- **SUN 7pm** "Living Sober" **NOW ZOOM ONLY.** Group ~~Christchurch Cathedral, Harbourview Room, 2 Smith St Darwin. Martin~~
0407904030 <https://us02web.zoom.us/j/85680919015?pwd=SndRTXhldj1dFBYa0VZUkRIU1sZz09> ID: 856 8091 9015 PASSWORD: 414150
- **SUN 11am ZOOM** DailyReflections <https://us02web.zoom.us/j/85337043920> Password: ODAAT. Contact Deb H: 0400496013
- Monthly Darwin District Office Meeting (first THURSDAY of each month) at 7pm **ON ZOOM ONLY** <https://us02web.zoom.us/j/81605028032>. Contact: Mick 0407657240

Other Meetings and Contacts in the NT

KATHERINE

- Meetings are now **OPEN**
- Monday 730pm
- Wednesday 730pm
- Friday 730pm
- All meetings are held at the Anglican Church Victoria Highway & Kirkpatrick St. Contact : Kyra 0428393647

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**
- Sunday 10am Daily Reflections
- All meetings Paediatrics meeting room, Hospital, Gap Rd. (no longer at DASA)
- Contact: Tom M 0408379422, Emma, 0417889957

Tiwi Islands

- to be announced

JABIRU

- East Alligator River Border Store Contact: Leon 0408985111 email: leon_65@gmail.com



WEBSITES continued from page 6

- www.aa.org.au
- aadarwin.org.au

OUR COMMON WELFARE COMES FIRST

The unity of Alcoholics is the most cherished quality our Society has...we stay whole, or A.A. dies.

Twelve Steps and Twelve Traditions.p129

Our Traditions are key elements in the ego deflation process necessary to achieve and maintain sobriety in Alcoholics Anonymous. The First Tradition reminds me not to take credit, or authority, for my recovery. Placing our common welfare first reminds me not to become a healer in this program; I am still one of the patients. Self-effacing elders built the ward. Without it, I doubt I would be alive. Without the group, few alcoholics would recover.

The active role in renewed surrender of will enables me to step aside from the need to dominate, the desire for recognition, both of which played so great a part in my active alcoholism. Deferring my personal desires for the greater good of group growth contributes towards A.A. unity that is central to all recovery. It helps me to remember that the whole is greater than the sum of all its parts. (*Daily Reflections January 31st p39*)

THE 12th STEP 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 disappear.

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 of 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 amongst us – sometimes quickly, sometimes slowly. They will always materialise if we work for them. (Alcoholics Anonymous Pages 83-84)

MAUDLIN MARTYRDOM

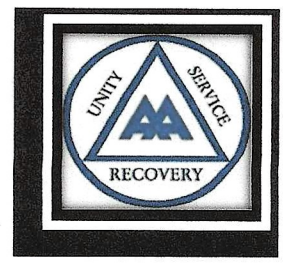
“Self-pity is one of the most unhappy and consuming defects that we know. It is a bar to all spiritual progress and can cut off all effective communication with our fellows because of its inordinate demands for attention and sympathy.

It is a maudlin form of martyrdom, which we can ill afford.

“The remedy? Well, lets have a look at ourselves, and a still harder one at A.A.’s Twelve Steps to recovery. When we see how many of our fellow A.A.’s have used the Steps to transcend great pain and adversity, we shall be inspired to try these life-giving principles for ourselves.” (*As Bill Sees it. Page 238 from a letter dated 1966*)

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 difference.*



BILL W'S POSTSCRIPT

Having followed the AA program, had his Spiritual Awakening, sought "right mental conviction" and having had real willingness to apply the AA principles in all his affairs, Bill W was confronted with his ongoing inability to deal with his recurrent bouts of depression.

His solution has been described as a "Fourth Legacy". It was published by the AA Grapevine, now available since 2011 with AA stories as Emotional Sobriety II: The Next Frontier.

What we call the "Dry Drunk" was Bill's view, due to failure to overcome his all-too-common alcoholic set of emotional dependencies—on people, work, money, any circumstances, even AA itself: as he said, the inherent self-centeredness of the immature being who has failed to grow up emotionally and spiritually. Mr Hyde had to go.

Bill started actively working the ideas spelt out in the ST Francis Prayer, switching the focus from self to others, in a spirit of love, expressed appropriately for situation—to make himself available to a loving relationship with his God.

*"Of course, I haven't offered you a really new idea – only a gimmick
That has started to unhook several of my own 'hexes' at depth.
Nowadays my brain no longer races compulsively in either elation,
Grandiosity or depression. I have been given a quiet place in bright
Sunshine."*

Bill W.

(Emotional Sobriety II: The Next Frontier, Introduction "The Next Frontier—Emotional Sobriety", p. xii

Many apologies for not putting out a January Serenity Times.

I am also looking for articles to put in this publication, everybody has a story, and it can be anonymous.

Also, I am sending a large amount of The Serenity Times out to people I do not even know. I was handed a mailing list from the previous editor and would like all that don't know me to please let me know who you are, where you are and why you read the Serenity Times. I don't wish to be sending out to those that don't want it.

I have had my email address closed twice now for sending out spam and it has taken a while to get it back, hence the two Serenity Times email address one with Microsoft and one with Google.

Kindest Regards to all and hoping you have a great 2022.

Suze.



2022

GC WOMEN'S RETREAT

AA Women's Retreat is a weekend 12-step workshop held each year in the beautiful Gold Coast hinterland. If you have been through the 12 Steps and feel you could use a refresher, or that a weekend of sharing and fellowship would benefit your sobriety, then join us!



You can look forward to an experience that will bring you



12 Steps Refresh & Revive

FULLY SUPPORTED



Fire Side Connections

UNIFYING WOMEN



Breaking Bread with Sisters

IN SERVICE TO OTHERS

REGISTRATION:

gcwomensretreat.org

Tickets \$189-227

bookings by Monday 8th March 2022

**18TH - 20TH MARCH
FROM 3PM**

QCCC - BEACON RD, TAMBORINE
MOUNTAIN QLD 4272, AUSTRALIA