



The monthly newsletter of the

Darwin district

APRIL 2022

Step Four.

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

The Big Book explains if a business takes no regular inventory it usually goes broke.

What happens when we as humans do not do an inventory on our actions, feelings and thoughts? I think we all know the answer to this one, yes, we become spiritually broke, that is worse than being financially broke!

We need to take a fearless and searching look at ourselves to find the truth. First, we searched out the flaws in our make-up, which caused our failure, we needed to be totally honest with ourselves.

RESENTMENT; A feeling of deep and bitter anger and of ill will.

This is generally the number one offender, it has destroyed more alcoholics than anything else!

SEXUAL DESIRES, MATERIALISM, EMOTIONAL SECURITY, IMPORTANCE OF POSITION IN SOCIETY, FINANCIAL

SECURITY, FEAR, I could go on and on. These desires are normal human instincts, but when misguided, can cause humans grief, whilst being misguided, humans are on a direct path to destruction.

The 12x12 writes, nearly every serious emotional problem can be seen as a case of misguided instinct and when that happens our great natural assets, the instincts, have turned into physical and mental liabilities.

Step four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. What do we do? When the spiritual malady is overcome, with whom, we had a resentment we will straighten out mentally and physically.

We make a list, putting pen to paper, starting with <u>resentments</u>. Listing people, institutions or principles with whom we had a resentment. An example is on page 65 of the Big Book 4th Edition.

By harbouring resentments we lose our spirit, the insanity of alcohol returns. If we drink we will die! To live we have to be free of anger. Being sober and thinking about the people that have wronged us, possibly they were sick like ourselves.

We can ask a GOD of our own understanding, to help us show the same tolerance, pity, and patience that we would show a sick friend. When a person offends us, we say to ourselves, "This is a sick person. How can I be helpful to this person. God save me from being angry. Thy will be done."

Referring back to our list again. Putting out of our minds the wrongs others have done, we showed fierce determination in looking for OUR mistakes. Where had we been selfish, dishonest, self seeking and frightened? We admitted our wrongs HONESTLY and were willing to set these matters straight. "FEAR- the dictionary describes fear as being afraid of or feeling anxious or apprehensive about a possible or probable situation or event." SEX- we all have sex problems, we would not be human if we didn't. We need to look at ourselves, where had we been selfish, dishonest, or inconsiderate? Whom did we hurt? Did we unjustifiably arouse Jealously, suspicion or bitterness? Were we at fault, what should we have done instead? Remembering our sex powers were God-given and therefore good, not to be used lightly or selfishly nor to be despised or loathed. To sum up about sex we earnestly pray for the right ideal, for guidance,in each questionable situation. OTHER HARMS we look at the same as all others being guided by your Higher Power. Remember God can remove whatever self-will has blocked you off from him. Read the Big Book from the last two lines on page 63 up to page 71, and the 12x12 pages 42 up to page 54. Try not to put off working this step. Taking a good HONEST look at ourselves is extremely important in becoming well and staying sober.



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

Chair- Alan B

Treasurer - Marg M

Secretary- Kitty D

Registrar-Sam H

Webmaster Vacant

Co-ordinator — Caroline B.

Maintenance Officer-Vacant

Public Information Officer Vacant

Literature Officer-Darren H

Treatment Facilities and

Correctional Facilities Coordinator-Darren H

Roundup Coordinator Vacant

Editor-Susan B

Next Meeting

The next District meeting for committee members Thursday,7th April 2022, 7pm via Zoom.

The next Area Assembly is, Sunday May 1st, 2022

9am via Zoom.

As you can see above, we have several vacancies on the committee, your service would be welcome. Come to the Next meeting on the 7th of April and nominate for a position. All you need is to be approved by your GSR and your group.

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.



ZENON S. 7th September -15th March

Zenon was one of the good guys.

He served others without thought of reward.

He was non-threatening, and newcomers to the AA group were always made to feel welcome and important.

In his life he suffered much but complained little.

He presented a very, very high standard of behaviour.

Although he did not paint, he enjoyed appraising good quality fine art.

I went away for a few years, when I returned Zenon was in a wheelchair, he had suffered a stroke.

He never complained. When we met for a meal or coffee it was always an immensely joyful occasion, with Zenon's humour dominating.

He maintained an "eye for a pretty girl" this coupled with the "gift of the Gab" always made my, made of granite Sister-inlaw blush with joy whenever they met. He made the world a better place and set a standard that will hopefully ENDURE. The personal loss for all of us was huge.



CHANGES TO DARWIN MEETINGS ARE CURRENTLY ONGOING, PLEASE CHECK THE MEETINGS LIST REGULARLY.



BILL W, AA CAMP - 2022



"...recovery begins when one alcoholic talks to another" Foreword to the Third Edition – Alcoholics Anonymous

2022 Bill W AA Camp

With Al-Anon Participation

July 22-24 at Douglas Daly NT

Meetings, meditation and fun in a peaceful bush setting – that's the Bill W Camp – now in its $27^{\rm th}$ 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 (\$20 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, reserve a room or self-contained cabin BOOK EARLY – the park gets busy. Contact the park direct on 08 8978 2479 and say "I'm with the Bill W Camp." For more information..............

www.aadarwin.org.au

Talk to one of our AA contacts – Mark P 0400 255 019, Susan B 0432 606 601, Susan C 0416 402 552

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



HOW DOES SERVICE STRENGTHEN MY SOBRIETY?

Being able to be of service within AA is a privilege that I value. It can be tiring, frustrating,

irritating, and inconvenient. You can ask well why bother? I have asked myself this same question over time and still always arrive at the same answer. Being involved, knowing I am assisting in the most important thing to me in the world, AA. Being involved keeps me up to date with things that are happening within AA, it also helps to keep me in touch with me. The alcoholic that I am, and always will be, sober today because of AA, a Higher Power, a Home Group, a Sponsor, the 12 steps, Sponsee's and service work. Once I commit to something I feel an obligation to fulfill that role. If I go out and consume alcohol, I cannot fulfill the role I volunteered to fill.

There are many ways to be involved in service, your home group always needs volunteers, the office needs volunteers and both the district and area require volunteers.

Being of service does not make you any better than anyone else, it is just being a servant to all our members who need AA to help them keep sober and to become better humans.

To be of service we are not expected to be an expert, remember we are alcoholics, but sobriety has made us teachable and useful humans. We have every reason to be grateful for our sobriety and for our Higher Power who brought us to AA and together we are provided with the knowledge and strength to succeed. Think about service, speak to your GSR and ask what you can do. (Anonymous)

Thank you to the writer of this piece on service. Would you like to provide an article on being of service, or something else? Your story, how it was for you and how it is for you now. This is also providing a service that helps others.

(The Editor)

<u>AA PREAMBLE</u>
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.

GOOD ORDERLY DIRECTION

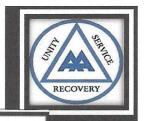
It is when we try to make our will conform with God's that we begin to use it rightly.

To all of us, this was a most wonderful revelation.

Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. *To make this increasingly possible is the purpose of AA's Twelve Steps, and Step Three opens the door. TWELVE STEPS AND TRADITIONS, p.40*

FROM PAGE 561 4TH EDITION BIG BOOK

To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. AA can, of course, mean just as much to uncounted alcoholics not yet reached. Therefore, no society of people ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone. The "12 Traditions" of Alcoholics are, we AAs believe, the best answers that our experience has yet given to those ever-urgent questions, "How can AA best function?" and "How can AA best stay whole to survive? To read these traditions you will find them at the back of the Big Book also on a banner hanging on the wall alongside the Serenity Prayer and the 12 Steps banners at your local meeting. Read them look into them and you will understand how they work so well.



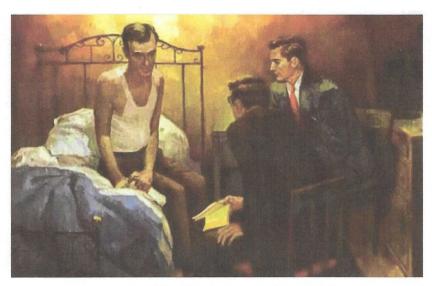
Alcoholics Anonymous in South Australia is turning 75 in October this year! We are looking at forming a Planning Committee to create a celebration for this amazing milestone



Interested members and or groups can contact Jo N on 0406 300 682 or the CSO on 8221 6888

We hope to begin planning ASAP

LEADERSHIP IN AA - Ever a vital need



AA DARWIN SPECIAL EVENT

A ZOOM only workshop for the Darwin District. Presented by Derek R.

DATE: Saturday April 9th

TIME: 4 to 5pm Darwin time

ZOOM DETAILS: Meeting ID: 885 3222 1611

Passcode: 148704

"Our leaders do not drive by mandate, they lead by example"- Bill Wilson
"If you put out a chair at an AA meeting, or greet a newcomer, you are a
leader in AA" – Derek R

Derek R has been presenting a series on the 12 Traditions and 12 Concepts for the "In All Our Affairs" meeting. His outside job is as an educator, and as a passionate AA member he presents an interesting, light-hearted perspective on a vital part of AA that I was once fearful of.

AWAKEN YOUR INNER LEADER



AA MEMBER SURVEY 2022



LET'S FIND OUT WHO WE ARE



Please distribute to your AA friends and Groups

Survey Closes 30th June





Lightning Ridge Rally Back to the Bush







CELEBRATING 27 YEARS FRIDAY 10TH JUNE Registration by Donation

SUNDAY

12TH

SZ

2022

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

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

10 June 22 Lorne Station

- . 9.am Golf join in the local chicken run!
- B pm Camplire 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 "Grawin War Memorial". BYO chair, camera "Glengarry Hilton", "Sheepyard Inn" and the Opal Fields. Visit the "Club in the Scrub".
- 2 pm Al-Anon Meeting. Ph Mim 02 6829 034
- . opm Dinner Lightning Ridge Bowling Club
- B pm Camplife Meeting Lorne Station

OOK EARLY FOR ACCOU

12 June 22 Lorne Station

9 - 10.30 am Spiritual Concept with

- Car Door Tours or local bus tours 12 noon Cricket or afternoon self drive
- 2 pm Grawin AA Meeting, BYO chair and
- 7pm Open AA Meeting at Lorne Station



Monday

Al-Anon participation

13 June 22 AA - Recovery Meeting

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







BYO Swimming togs . Camp chairs for around the campfire under the Stars and have a fun filled weekend. Produces the finest Black Opal in the World (except for cleaning 10 am-12 noon M-F) Artesian Free Hot Baths- Open 24 hours Home of the Outback Opal Hunters

Relax and enjoy Fellowship and Serenity at "Lorne Station"

Welcome To "The Ridge"

Lorne Station

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



Fire ring - pet friendly Generators Welcome Fully self contained 1-4 bedroom houses Bunk houses - communal kitchen Tent - powered unpowered sites



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!

GREEN'S BIRTHDAY LONG WEEKEND Transfer from Bus Depot to Lorne Station Ph Ian 0427 949 643

Car Morilla & Opal Street, Lightning Ridge

02 6829 0532

44 Harlequin Street, Lightning Ridge

22 Morilla Street, Lightning Ridge

Opposite Lightning Ridge Bowling Club

1432 Ridge Road, Lighting Ridge

Lions Park Morilla Street, Lightning Ridge

Lightning Ridge 2834

ianheyne@bigpond.com

Lightning Ridge Group

02 6829 1670

02 6829 0542

- 02 6829 0518 www.blackapalmotel.com.au
- · 32 Moritia Street, Lightning Ridge 02 6829 0380

swww.blueymotel.com.au

- * 02 6829 2010 60 Butterfly Avenue, Lightning Ridge

 - www.fossickerscottages.com.au

02 6829 0304 Onyx Street, Lightning Ridge

- dle Caravan Park
- 5 Marilla Street, Lightning Ridge

- 02 6829 0437

www.sonjasbedandbreakfast.com.au

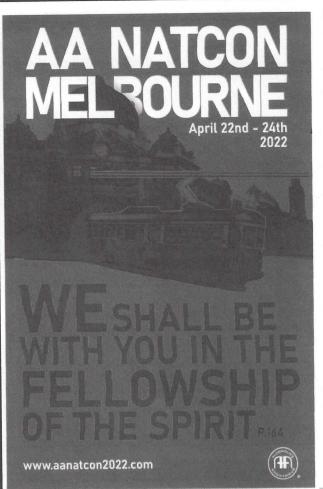
www.lightningridgecaravanpari www.opalcaravanpark.com.au

02 6829 4884

142 Pandora Street Lightning Ridge

- sin Opal Holiday Park
- 10 Morilla Street, Lightning Ridge 02 6829 0448

 - Backi CKeep Kim



We look forward to seeing you there and would appreciate you sharing this fundraising event and the convention launch with your local groups and members.

For more information, or to register your interest, check the website at www.aanatcon2022.com or email us at aaconvention2022@gmail.com

I am yours in service, Emma G. Co-Chair for the Host Planning Committee, AA NatCon 2022



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 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 personal inventory and when we were wrong promptly admitted it."
- Step Eleven- "Sought through prayer and meditation to improve our conscious contact with God <u>as we understand Him,</u> 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

- Tradition One- "Our common welfare should come first; personal recovery depends upon A.A. unity."
- Tradition Two- "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."
- Tradition Three- "The only requirement for A.A. membership is a desire to stop drinking."
- Tradition Four- "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."
- Tradition Five- "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."
- Tradition Six- "An A.A. group should never endorse, finance, or lend the A.A. name to any related facility or outside Enterprise, lest problems of money, property, and prestige divert us from our primary purpose."
- Tradition Seven- "Every A.A. group ought to be fully self-supporting, declining outside contributions.
- Tradition Eight- "Alcoholics Anonymous should remain forever non- professional, but our service centres may employ special workers."
- Tradition Nine- "A.A., as such, ought never be 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 A.A. name ought never be drawn into public controversy."
- Tradition Eleven- "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."
- Tradition Twelve- "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

THE SERENITY PRAYER

GOD GRANT US THE SERENITY,

TO

CHANGE THE THINGS WE CAN,

AND THE

WISDOM

TO KNOW THE DIFFERENCE.

ALCOHOLICS ANONYMOUS CURRENT MEETING SCHEDULE - 2022

- 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. St Paul's School, "The School Library" enter via carpark in Frances St, Rapid Creek. Contact: Sam 0400579656.
- TUES 12pm Harbour View Room, Christ Church Cathedral, 2 Smith St Darwin, Contact: Darren H 0404299619
- TUES 6:30pm. Big Book Recovery Group, Darwin ZOOM ONLY. Contact :Alan B Ph:

 0417494269 https://us02web.zoom.us/j/81901842637?pwd=SU9HNmpmVTZQekRJVWRSc3VMc2IFUT09
 Password: BBKRG12S 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/84637742031?pwd=VnZESnlUcjBWZnc0SGZHeDZSZG92QT09 Password: 617425 ID 84637742031 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=MEFpR251N1BqQnJsc3dnY3F5RW1mdz09 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=WTIXSkQ2WGV1WGJLNGRIWIZBdnB3 UT09 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 Women's Recovery (closed meeting), Nightcliff Primary School, Pandanus St, Nightcliff. Contact: Marlene, 0438029196.
- SAT 730pm ZOOM "ID meeting" Contact: Peter
 0408422577 https://us02web.zoom.us/j/372559687?pwd=ZTlyamM4dWd4RHISZXplcEw5SWVZQT09
 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 Marg 0402602602. REOPENED AS OF 13/3/2022
- 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=SndRTXhldjl1dFBYa0VZUkRIRU1sZz09 ID: 856 8091 9015 PASSWORD: 414150
- SUN 11am ZOOM_DailyReflections https://us02web.zoom.us/j/85337043920 Password: ODAAT. Contact Deb H: 0400496013
- 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 ALL MEETINGS ARE NOW OPEN https://alicesprings.aameetings.org.au/
- 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





ROONKA RALLY 20-22 MAY 2022











AA /AL-ANON /ALATEEN

2 Days Fellowship Fun And Great Events Across The Weekend

\$75 Adult Full Weekend, Kids (U8) Free \$50 (U16) Full Weekend \$220 a Family Full Weekender \$60 one day and night \$35 Day fee

Fund Raiser For Area B,

CSO, and City and Eastern District

Raffles and Auction – please bring something to auction if you can byo dinner Friday night (although there will be a light supper) the rest of the weekend is fully catered.

Powered and unpowered camp sites and dormitory style accommodation Bookings are essential if you want to secure your spot Ring Rick on 0400662201 or Carol on 0478844081