

THE SERENITY TIMES

The monthly newsletter of the Darwin district

MAY 2022

Step Five.

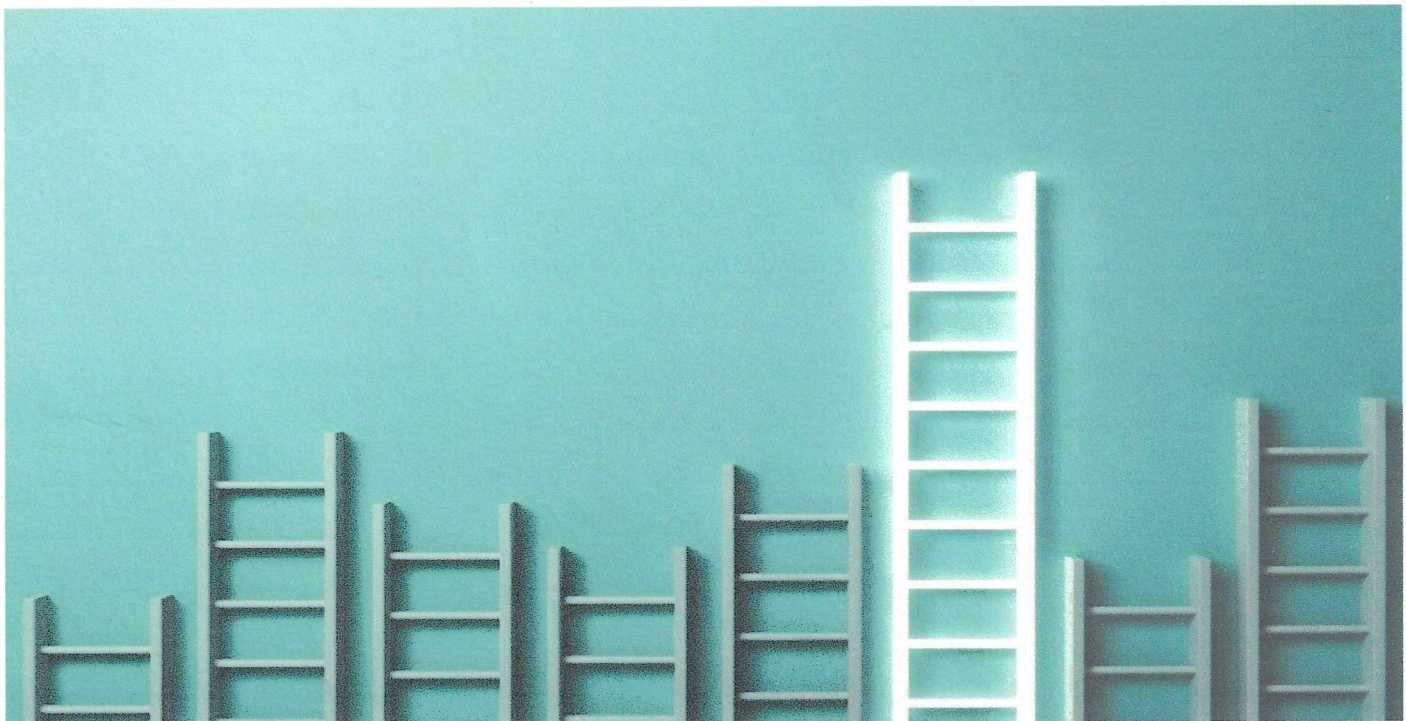
“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

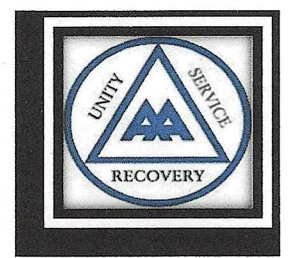
We have made our personal inventory, what are we going to do about it? We need to put Into Action (BB page 72) the guidance given to us from the BB. We can't keep all this information to ourselves, it will not give us sobriety. We need to share with a “God *of our own understanding*,” and with another human being, the exact nature of our defects. Realising where we have been, desiring where we can go, relieving ourselves of these defects.

If you didn't really know yourself before, you should have a pretty good picture of yourself now. That is if you have been totally honest with yourself in your inventory, not leaving anything out. Once we face all these ghosts from our past, if we don't talk to somebody about them, they may haunt us. So much for our ego's. (*The definition of Ego is- an inflated feeling of pride in your superiority to others. Egotism-self-importance*)

FREE AT LAST. *Another great dividend we may expect from confiding our defects to another human being is humility—a word often misunderstood...it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be. (Twelve Steps and Twelve Traditions, p.58)*

I knew deep inside that if I were ever to be joyous happy and free, I had to share my past life with some other individual. The joy and relief I experienced after doing so were beyond description. Almost immediately after taking the Fifth Step, I felt free from the bondage of self and the bondage of alcohol. That freedom remains after 36 years, a day at a time. I found that God could do for me that which I couldn't do for myself. (*Daily Reflections, May 10th, p. 139*)





DCM-Vacant

Treasurer -Marg M

Secretary- Kitty D

Registrar- Sam H

Webmaster Vacant

Co-ordinator — Caroline B.

Maintenance Officer- Shelley (Acting)

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, 2nd June 2022, this will be a quarterly GSR meeting, 7.30pm via Zoom.

As you can see above, we have several vacancies on the committee, your service would be welcome. Come to the

The next Area Assembly is, Sunday August 7th, 2022, 9am via Zoom.

All positions are vacant, please speak to your group and encourage members to come along and nominate.

All you need is to be accepted by your GSR and your home group.

We are all happy to help you learn whatever role you are interested in.

You may need some web experience to become webmaster.

Do you have a home group?

This is a very important part of your recovery!

This is where we begin. This is where the spark of service work is first ignited.

This is where we as AA members begin to learn about the *how* of Alcoholics Anonymous.

By selecting a home group, as a newcomer we begin to feel like we belong somewhere. We begin to know people and let people get to know us. There is a feeling of safety in this group as we know everyone's story and where they came from.

We get to watch people come and go and can see what works and what doesn't work. We develop close friendships and when the going gets rough, we have people to help us get through the rough times. The home group is where the AA member takes the first tiny step into making the support system of Alcoholics Anonymous work. This may just be by putting a donation into the basket every week and knowing where it is going, or by washing coffee cups. By going to the same meeting every week, the AA member hears where the money is going, what the 'central office' is, what a co-ordinator and a GSR do. This gives the new person a chance to participate in service work. If we do not have a committed home group where we are allowed to vote on issues in AA, we may never listen to anything the GSR or co-ordinator says to the group.

Hence, by getting a home group, the AA member accepts the responsibility of participating in the whole system, thereby keeping the wheels of Alcoholics Anonymous rolling. (*Adapted from THE HOME GROUP, The heartbeat of AA. page 7 Printed by the Grapevine*)

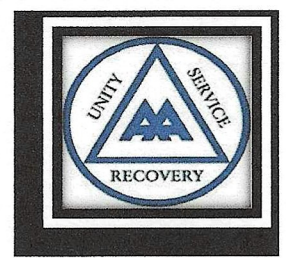
The Australian AA GROUP Handbook page 9

Each group is as unique as a thumbprint, and the ways of carrying the message of sobriety vary not just from group to group but from region to region. Acting autonomously, each group charts its own course. The better informed the members the stronger and more cohesive the group—and the greater the assurance that when a newcomer reaches out for help, the hand of AA will be there.

Most of us cannot recover unless there is a group. As Bill W. said, "Realisation dawns on each member that he is but a small part of a great whole...He learns that the clamour of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive, or the individual will not."

CONCEPT 1

The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship.



The Next Frontier: "EMOTIONAL SOBRIETY" page 236-238, Language of the Heart.

This article is the substance of a letter Bill wrote to a close friend who also had troublesome depressions.

January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate for age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have put the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotics problem, but it's also the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of fears, compulsions, and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging, and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief, I've had with depressions; it wasn't a bright prospect.

I've kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St Francis Prayer..." It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realised what the matter was. My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut way.

Because I had over the years undergone a little spiritual development, the *absolute* quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to him by loving others as he would have me. And I couldn't possibly do that so long as I was victimised by false dependencies.

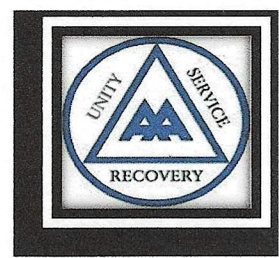
For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependency" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind., qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and his people, by means of which we avail ourselves of his love for us. It is most clear that the real current can't flow until our paralysing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a Twelve Step case. If the case says "To the devil with you," the twelfth stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds and in turn starts to give love and attention to other alcoholics yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead, he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance), then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency, and minus demand. (Continued on page 4)



“EMOTIONAL SOBRIETY” continued from page 3.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet the work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus, I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

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.

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.

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



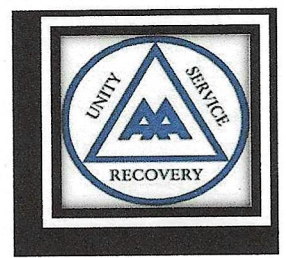
July 22-24 at Douglas Daly NT
Meetings, meditation and fun in a peaceful bush setting – that's the Bill W Camp – now in its 27th year. Some great sharing at meetings under the stars, morning meditation by the river, a damper cooking competition (BYO flour), a dip in the hot springs, or bring your talent 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**



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

REMEMBER THIS:

7 days without a meeting makes one week!

THE A.A. TRADITION

To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of humans 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 Anonymous are, we A.A.'s believe, the best answers that our experience has yet given to those ever-urgent questions, "How can A.A. best function?" and, "How can A.A. best stay whole and so survive?"

Below A.A.'s "12 Traditions" are printed in their so called "short form", the form in general use today. This is a condensed version of the original "long form" A.A. Traditions as first printed in 1946, Because the "long form" is more explicit and of possible historic value, it is also reproduced in the Alcoholics Anonymous Book immediately following the "short form".

The 12 Traditions

One—Our common welfare should come first; personal recovery depends on A.A. unity.

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.

Three—The only requirement for A.A. membership is a desire to stop drinking.

Four—Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Five—Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Six—An A.A. group ought 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.

Seven—Every A.A. group ought to be fully self-supporting, declining outside contributions.

Eight—Alcoholics Anonymous should remain forever non-professional, but our service centres may employ special workers.

Nine—A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those we serve.

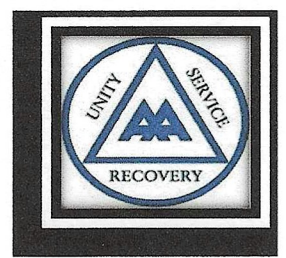
Ten—Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

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.

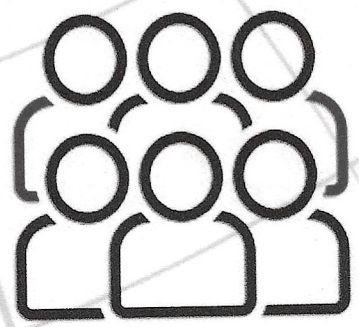
Twelve—Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

THE SERENITY PRAYER

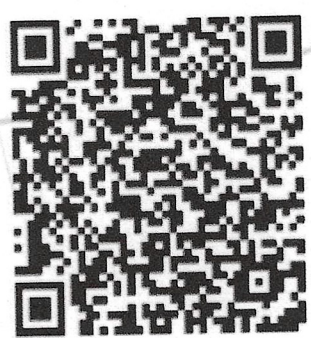
**GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS, I CANNOT CHANGE
AND THE COURAGE
TO CHANGE THE THINGS, I CAN.**



AA MEMBER SURVEY 2022



LET'S FIND OUT WHO WE ARE



**SCAN THE QR CODE WITH THE CAMERA
ON YOUR PHONE, THEN FOLLOW THE
LINK THAT APPEARS.**

**THE SURVEY IS, OF COURSE,
ANONYMOUS.**

**Please distribute to
your AA friends and Groups**

Survey Closes 30th June



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 & Al-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 Al-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 Al-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!

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



BOOK EARLY FOR ACCOMMODATION - QUEEN'S BIRTHDAY LONG WEEKEND

- Lightning Ridge Holiday Park**
- 44 Harlequin Street, Lightning Ridge
 - 02 6829 0532
 - www.lightningridgeholidaypark.com.au
- Black Opal Motel**
- Cor 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
- Fosstickers Cottage**
- 02 6829 0066
 - www.fosstickerscottages.com.au
- Sonjat Bed and Breakfast**
- 60 Butterfly Avenue, Lightning Ridge
 - 02 6829 2010
 - www.sonjasbedandbreakfast.com.au

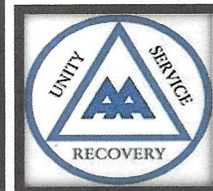
- Carinya Station**
- 1432 Ridge Road, Lightning Ridge
 - 0427 944 775
- Outback Resort and Caravan Park**
- Onyx Street, Lightning Ridge
 - 02 6829 0304
 - www.lightningridgecaravanpark.com.au
- Crocodile Caravan Park**
- 5 Morilla Street, Lightning Ridge
 - 02 6829 0437
 - www.crocodilecaravanpark.com.au

- 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

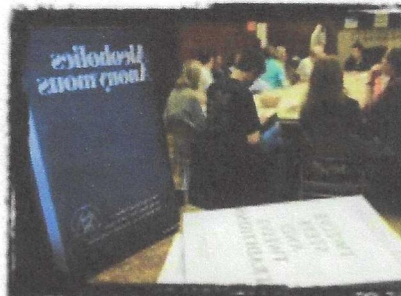
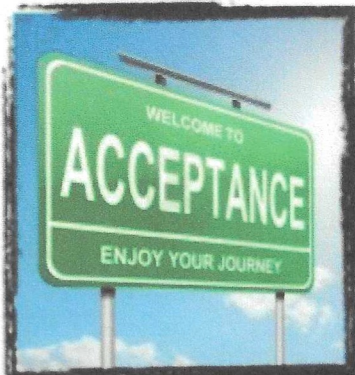


Lightning Ridge Group
 PO Box 1789
 Lightning Ridge 2834
 ianheyne@bigpond.com

- Kim 0455 219 353
- Ian 0427 949 643
- Gary 0428 712 208
- Mark 0418 145 338



**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