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|  | **Alcoholics AnonymousThe Serenity TimesThe monthly newsletter of the Darwin District Office** |  February 2024 |

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| *Darwin District Office****Contact us.****Nightcliff Community Centre 5/18 Bauhinia StNightcliff NT 0810**PO Box 40760Casuarina NT 0801* *Ph: 08 8948-5202email:* *aa.darwin@bigpond.net.com**Website: https://aadarwin.org.au* *The website has lots of information:- meetings- Workshops- Hints and tips- Area for newcomers- Articles- DDO minutes and reports- News- Useful links-And more.**If you would like to be placed on the mailing list for the Serenity Times, please contact the Central Service Office.****Step 2****“We came to believe that a Power greater than ourselves could restore us to sanity.”****The 12 promises****1/. We are going to know a new freedom and a new happiness.2/. We will not regret the past nor wish to shut the door on it.3/. We will comprehend the word serenity.4/. We will know peace.5/. No matter how far down the scale we have gone, we will see how our experience can benefit others.6/. That feeling of uselessness and self-pity will disappear.7/. We will lose interest in selfish things and gain interest in our fellows.8/. Self-seeking will slip away.9/. Our whole attitude and outlook on life will change.10/. Fear of people and economic insecurity will leave us.11/. We will intuitively know how to handle situations which used to baffle us.12/. We will suddenly realize that God is doing for us what we could not do for ourselves.**Are these extravagant promises?**We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them****.******BOOK REVIEW*** *A BIOGRAPHY OF Mrs. MARTY MANN**The First Lady of Alcoholics Anonymous.A Biography of Mrs Marty Mann: The First Lady of Alcoholics Anonymous. Hazelden Publishing. Kindle Edition.**This is a must read for all alcoholics. It places alcoholism and American Society in the” historical context” that is so important in understanding the early years of Alcoholics Anonymous and its early members.**It is a wonderful testament of how alcoholism has not changed – even though society might have.**Often seen as a book for the “good women folk of AA”, (not my words) I suggest those who don’t read this may be doing themselves, their recovery and AA a great disservice, for it is “on the shoulders of members like Marty Mann” that our recovery stands today.**A social history of America in the 1900’s from the WW1, the “roaring twenties”, the Great Depression, WW2, and the post war boom. Marty Mann drank her way through much of it, breaking every rule and in sobriety continued to challenge every AA Tradition.**From the book:**“Many have speculated that Marty’s gender may have something to do with the neglect of her outstanding contributions to public understanding of alcoholism as a disease. She was a high-powered woman making waves in a male-dominated society. AA mirrored that society in its leadership. Its two founders were men, and for many years after AA’s birth in 1935, it remained a largely male bastion. Bill W. and Dr. Bob supported and encouraged Marty, as did most of the men, but during her lifetime, some in and* *out of AA feared and resented her power and popularity.”****Step 2****“Came to believe a power greater than ourselves” is the second step of the Alcoholics Anonymous**.**It is the spiritual principle and acknowledges there is a force beyond our control that can help us overcome our struggles**.**The focus is not on who or what this power is, but on what this power can do for us**.* *This step is about recognizing that we are not alone and that something greater than ourselves can help us conquer addiction and despair.There is a power for you, it matters not whether you are a devout believer, have lapsed in practice, are agnostic, or devoted atheist..****Service****Are you interested in increasing the amount of service you do?If so, we are always after volunteers to help man the office, answer 12 step calls, attend rehabilitation meetings and more.Service is one of the foundation stones of personal recovery. If you think you could be doing more, please reach out to a committee member or send an email to the office.* | *Send your articles and announcements to the Central Service Office via email and mark it to the attention of the Serenity Times Editor.**Your Darwin Committee**Kitty Kat Chair/DCM Marg M Secretary Elina TreasurerMatt DJ Office Registrar Kate S Webmaster Sam H Office co-ordinator Brendan A Literature Officer Judelle Public Information Darren H Treatment Deb H Office MaintenanceAndy B Editor: Serenity Times**Baniewicz, Mrs. S - Social Studies / Contact Mrs. Baniewiczr****Tradition 2****““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.”**Next Steps | Batta Fulkerson Law Group**Second Step Prayer**Heavenly Father,I know in my heart that only you can restore me to sanity.I humbly ask that you remove all twisted thought &Addictive behaviour from me this day.Heal my spirit & restore in me a clear mind.****God grant me the serenityTo accept the things I cannot change.Courage to change the things I can; And wisdom to know the difference.****She was “not the first female member of Alcoholics Anonymous but the first female to gain long term sobriety”.Marty was the first woman to enter A.A. and gain long-term sobriety. But she had several slips, and thus other women were able at one time to claim longer uninterrupted sobriety.Marty wrote her story (personal experience) "Women Suffer Too" in the Big Book. On being given an early manuscript of the book “Alcoholics Anonymous”, “Marty began to realize the book was all about men. There was one brief story by a woman named Florence, but Marty couldn’t relate to it. So, the more she read, the unhappier she became. Disgusted, she hurled the manuscript out the window and flounced off the grounds of the sanatorium to tie on a big bender.” “Worst of all,” she reported, “I had lost my self-respect, confidence, courage, and humanity.Marty influenced alcoholism legislation at the State and national levels. She is considered “the mother of the Hughes Act,” the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment, and Rehabilitation Act of 1970, which greatly enhanced the Federal government’s role in alcoholism treatment and prevention.A beautiful story of pain, bewilderment, and suffering, only to rise as did “phoenix - from the ashes”.This Book is not AA Conference approved.This simply means that:1. No proceeds are received by AA.2. AA neither endorses or opposes such literature as to the truth and trustworthiness of the information supplied.3. The Seal of Conference Approval is the Guarantee of that truth & trustworthiness.**A number of talks by Marty Mann maybe found on” YouTube”. Mick G****Classifieds****For sale – ex DDO office printer.$50.00. It works fine.**If interested, send an email to the DDO.****TOP END BILL W CAMPJULY 26TH TO 28TH 2024****Darwin District hosts the annual Top End Bill W camp, held at Douglas Daly Tourist Park. The planning committee will meet at 6pm on Friday February 9th. 6pm at the St Paul’s Centre, Frances St Rapid Creek.**Come and join us and be a part of this iconic AA Top End event.**Until next time – yours in service. Ed* |