



The Serenity Times

The monthly newsletter of the Darwin District Office

March 2024

Darwin District Office

Contact us.

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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.



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	Treasurer
Matt DJ	Office Registrar
Kate S	Webmaster
Sam H	Office co-ordinator
Brendan A	Literature Officer
Judelle	Public Information
Darren H	Treatment
Deb H	Office Maintenance
Andy B	Editor: Serenity Times

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.

Step 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”



Step 3 is a pivotal part of the recovery process. It involves making a conscious decision to turn one’s will and life over to a higher power. Here’s a deeper understanding of this step:

Purpose:

- *Surrender:* Step 3 encourages surrendering control over addiction to a power greater than oneself.
- *Spiritual Source:* It emphasizes relying on a spiritual source of strength for recovery.
- *Humility and Trust:* By turning to a higher power, individuals work toward recovery with humility and trust.

Importance:

- *Foundation:* Step 3 lays the foundation for the subsequent steps.
- *Self-Reflection:* It opens the door to self-reflection (Step 4) and admitting wrongdoings (Step 5).

Remember, Step 3 is about embracing faith, acknowledging that recovery cannot be achieved alone, and allowing a greater power to guide the journey toward sobriety.

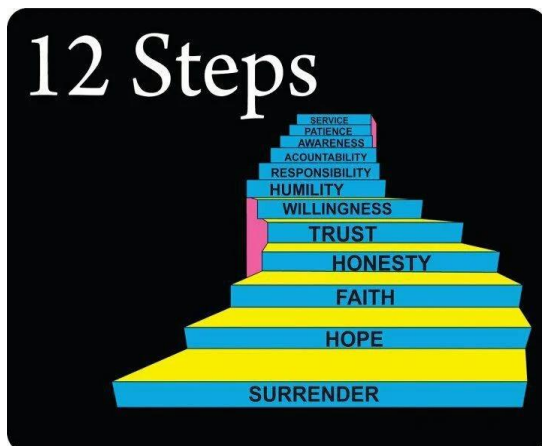
Tradition 3

” 3. The only requirement for A.A. membership is a desire to stop drinking.”



Third Step Prayer

God, I offer myself to Thee- To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will"



*God grant me the serenity
To accept the things I cannot change.
Courage to change the things I can;
And wisdom to know the difference.*

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.



TOP END BILL W CAMP JULY 26TH TO 28TH 2024



Darwin District hosts the annual Top End Bill W camp, held at Douglas Daly Tourist Park.

Come and join us and be a part of this iconic AA Top End event.

Quiz corner

Pick the correct responses from these Big Book quotes:

"We ask especially for"

- a. the obsession to be removed
- b. sobriety, just for today
- c. money
- d. better sex.
- e. people to do what we want.



"Above everything, we alcoholics must be rid of _____. We must, or it kills us!"

- a. friends who still drink.
- b. this selfishness
- c. any liquor in our homes
- d. our triggers
- e our children

No, I'm not giving you the answers, look them up. 😊 Ed.

BOOK REVIEW

Twelve Concepts for World Service

By Bill W

AA founders “perishable”.

Don't be put off by the title of this small (75 pages) soft-cover booklet – or confused by the words “world service”. It has little to do with AA's international outreach, but explains how and why our extraordinarily “free” AA structure works so well.

It's about how our various levels of service operate in all parts of the world where there is an AA structure - from “group conscience” decisions through District and Area right up to the General Service Conference and the General Service Board.

Bill writes (acknowledging his own defects of character): “Well knowing our own propensities for power driving, it is natural and even imperative that our service concepts be based on the system of ‘checks and balances’. Consequently ... ideas like: ‘No group or individual should be set in authority over another’ pervade the Concepts”.

The need to set out the “checks and balance” in written form came from an event that shook AA in 1948 – Dr Bob was diagnosed with a fatal illness. Bill wrote: “This drove home the hard fact that he and I were almost the sole links between our virtually unknown Trustees and the movement they served. The Trustees always had relied heavily upon Dr Bob and myself. The fact had to be faced that AA's founders were perishable.”

This seems to have been the main thrust of Tradition Two, to link the little-known Trustees with the movement they served. The founders called an AA General Service Conference and delivered world services into its permanent keeping. “The main

principles of Tradition Two are crystal clear: the AA Groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.”

The short form of Concept One sums that up: “The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.”

Don't worry, I'm not going to try to dissect every Concept – but Concept Three has an interesting “get out of jail” aspect. It could well be read and digested by GSRs as well as Delegates and other members in various arms of service.

It talks about a traditional “Right of Decision”. As I understand it, the Concept gives our leaders the right to change the decision of (say) a Group if, on hearing discussion and argument that makes the Group decision untenable, gives our representatives the right to vote against that decision.

That happened to me quite recently at a Darwin District Office meeting. Our Group had voted against a “communications hub” designed to better engage those attending meetings online. Our Group thought it too expensive but, as alternate GSR, I heard discussion on what it would achieve and was impressed. So I changed our Group vote to agree with the proposal – which turned out to be a unanimous decision.

If the Group doesn't like that, they can shout at me. Then (having a little knowledge of Concept Three) I can quote the “Right of Decision”. It probably won't make them happy but it will make me feel better, now knowing there are no penalties for non-conformity with AA principles.

Twelve Concepts for World Service is available at the DDO for under \$10.00. Bob W
Until next time – yours in service. Ed

