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|  | **Alcoholics Anonymous The Serenity Times The monthly newsletter of the Darwin District Office** | May 2024 |

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| *Darwin District Office*  ***Contact us.***  *Nightcliff Community Centre  5/18 Bauhinia St Nightcliff NT 0810*  *PO Box 40760 Casuarina NT 0801*  *Ph: 08 8948-5202 email:* [*aa.darwin@bigpond.net.com*](mailto: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 Darwin District Office.*  *Baniewicz, Mrs. S - Social Studies / Contact Mrs. Baniewicz*  ***Step 5***  *“Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs”.*  *Step five is about* ***integrity.***  Skeptical Baby Meme - Imgflip  *‘We sit down with our sponsor and share all that we have written.*  *OH MY GOD!*  *Interestingly, as I started to go through my list, my sponsor shared with me similar shameful episodes. The same grief, self-loathing, and feelings I had. There is nothing new under the sun – I had done and felt nothing unique.*  *This step is unbelievably liberating.*  *Sharing these experiences relieves the pressure. I think of my early step 5 work as treating puss-filled sore – when we get honest we ‘squeeze out the poison’, it can be a bit painful but the relief is palpable. We seek feedback from a trusted source/mentor. We start to break down barriers of dishonesty and honesty flows.  We deal with the tremendous guilt based around our whole life not just around our alcoholism.’* Ed  ***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****.***  pinky promise vector - Download Free Vector Art, Stock Graphics & Images  **Service Conversation Review. Joy in Seeing Others Get Well**  Northern Territory members of the Area committee strongly involved in service spoke of the “sheer joy” of seeing others get well and seeing AA grow when they took part in a “Service Conversation” last month. (14 April)  Being “too busy” or fearing embarrassment were not excuses for spending a couple of hours at a meeting or sponsoring a newcomer, some said. They also covered an outline of the “no bosses” AA structure.  The Conversation comes ahead of the Area Assembly on Sunday, 19th May. At that Assembly Group Service Representatives (GSRs) will get some tips on submitting a topic for AA’s annual Conference.  At the Conversation, our Delegate – Doug, spoke of his recovery and how he finally admitted he needed help when two AA members talked to him in a detox and he related to their stories: “I realised there was no plan after that detox and I finally said I needed help,” he said “If those people had not been out doing service work, it would have been all over for me.”  Andy B said service was an integral part of his recovery. Members could carry the message informally, like becoming a greeter for your Group or more formal group positions like being on a PI committee of joining the district committee. Area carried the message to all Groups in the NT. Members could also give service at a national or world level.  A sponsor taking on that role would discover they got more out of it that the sponsee. | *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.*  **Fifth Step Prayer**  God Higher Power, My inventory has shown me who I am, Yet I ask for Your help In admitting my wrongs to another person & to You. Assure me, & be with me, in this Step, For without this Step I cannot progress in my recovery. With Your help, I can do this, & I do it.  I Was Wrong Heidi Turner GIF - I Was Wrong Heidi Turner Eric Cartman GIFs  ***Tradition 5***  *Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.*  Finally A Purpose - Happy Squirrel | Make a Meme  ***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.***  ***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 this Big Book quote:*    " Further on, clear-cut directions are given showing how we --------."  A. just don't drink. B. recovered. C. catch a leprechaun. D. are recovering. E. Can get our driver’s licence back.  No, I’m not giving you the answer, look it up. 😊 Ed.  Marg said service was an integral part of recovery and was the basis of what the Big Book was saying. If we wanted to enlarge our spiritual life “we have to live it – you’ve got to do stuff”. “I need to look at what I can do for others. Doing service puts me in the middle of AA”. She found happiness in giving to others and going onto service gave her confidence.  Mick G said some people might be fearful of going into service work. They might be dyslexic or fear embarrassment, fearful of being “found out” or that others “owned” a job. People needed to have a look at these fears and low self-esteem. “People are lying to themselves if they say that because of their job or family ‘I don’t have time to do service work’. “When do we ever have time?” he asked. Spending two hours at a meeting was a poor excuse.  Pat M spoke about AA needing a service structure. “It’s the opposite of business. In AA we don’t have people organising us, we organise ourselves. But we need to work together in an organised way,” he said. There were 15 regions in Australia’s AA structure, based on population. But the whole NT (Area A) was only one Area because of the low population. The NT had three Districts, Darwin, Katherine, and Alice Springs. Area was important because it elected a Delegate to go to Conference, which meets every year.  Kate S concluded the Conversation, recounting her experience as a newcomer. She said it was hard to walk into her first meeting but once she was there, she felt welcome and safe.  For those who might regret having missed it (no time perhaps?) there will be a second deliver on Founders Day So, watch this space.  Bob W  *Until next time – yours in service. Ed* |