



June 2024

The Serenity Times

The monthly newsletter of the Darwin District Office

Darwin District Office

Contact us.

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email: 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.



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 6

“Were entirely ready to have God remove all these defects of character”.

Step six is about **willingness**.



What is a defect of character?

Consider our instinctive drives. They are God given/natural and as such we don't ask for these to be completely removed, they wouldn't be and shouldn't be.

But isn't it true that we (so often) allow those natural desires to far exceed their intended purpose?

It is these excesses that are our defects of character.' Ed

Why?

I drank so much alcohol that people called me alcoholic and finally I had to admit it too. Now I drink Fanta, why does no one call me fantastic?

The 12 promises

Sixth Step Prayer

Dear God,

I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself & guide me toward spiritual and mental health.

A "shortcoming"
is like a flat tire.
A "character
defect" is like
driving on it.

www.soberadvertising.com

Tradition 6

An AA group ought never endorse, finance, or lend the A.A. name to any related or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Remember when:

Me: "I want to divorce my wife."

Lawyer: "On what grounds?"

Me: "She's out all night, every night, going from bar to bar."

Lawyer: "Is she an alcoholic..., do you think she might be cheating?"

Me: "No, she's looking for me."

- 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

Title: Bill W: A Biography Review

*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.

Take your Group and your personal recovery to a new level.

JOIN US FOR A

SERVICE CONVERSATION

Monday June 10th

6.00pm to 7.30pm

**St Pauls Centre,
2 Waters Rd,
Rapid Creek.**

Bill W, authored by Robert Thomsen, is an intimate portrayal of the life and legacy of Bill Wilson, the co-founder of Alcoholics Anonymous (AA). This biography is a profound exploration of the man behind one of the most influential movements in addiction recovery history.

Thomsen's narrative skillfully traces Bill Wilson's journey from his turbulent upbringing, marked by familial discord and personal struggles with alcoholism, to his pivotal encounter with Dr. Bob Smith, which led to the formation of AA. The author adeptly navigates through Bill's early life, illustrating the complexities and contradictions that shaped his character, and ultimately, his mission to help others battling addiction.

What makes this biography particularly compelling is its candid portrayal of Bill W's personal battles. Thomsen delves into the depths of Wilson's alcoholism, chronicling his numerous relapses and the inner turmoil that accompanied his quest for sobriety. Through meticulous research and firsthand accounts, the author captures the raw humanity of Bill Wilson, showcasing his vulnerabilities, triumphs, and setbacks with empathy and authenticity.

Moreover, Thomsen provides valuable insights into the founding principles of AA and the evolution of the 12-step program. He examines Bill W's role as a visionary leader and the profound impact of his spiritual awakening on the recovery community.

By contextualizing Wilson's experiences within the broader social and cultural landscape of the early 20th century, the biography offers a comprehensive understanding of the origins and ethos of AA.

One of the most compelling aspects of Bill W is its exploration of Wilson's legacy beyond AA. Thomsen illuminates Bill's tireless advocacy for addiction treatment and his efforts to destigmatize alcoholism, highlighting his enduring influence on the field of addiction medicine. Through anecdotes and testimonials from those whose lives he touched, the biography celebrates Bill Wilson's enduring legacy as a beacon of hope for millions struggling with addiction worldwide.

In conclusion, Bill W is a poignant and insightful biography that pays homage to the life and work of a remarkable individual. Robert Thomsen's nuanced portrayal of Bill Wilson offers readers a profound understanding of his journey from despair to redemption, and his enduring legacy as a pioneer in addiction recovery. This book is essential reading for anyone interested in the history of Alcoholics Anonymous or seeking inspiration from a life dedicated to service and transformation.

(not Conference approved)



Until next time – yours in service. Ed