



The Serenity Times

The monthly newsletter of the Darwin District Office

August 2024

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
Website: <https://aadarwin.org.au>

Service Opportunity

I am putting a shout out to all members who would like to be added to the 12th Step Volunteer list to be called upon when its necessary for a female to female or male to male chat over the phone or to make a face-to-face visit.

This is a great opportunity for sponsors to chaperone sponsees on their 12th step work.

Anyone interested in being added to this list can contact me via the details below.

In Service,
Sam H
Ph: [0400579656](tel:0400579656)
Email: mantha@y7mail.com

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

Vacant	Chair/DCM
Marg M	Secretary
Elina	Treasurer
Matt DJ	Office Registrar
Kate S	Webmaster
Sam H	Office co-ordinator
Vacant	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 8

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Step eight is about **Brotherly Love**.

Who have I damaged, physically, financially, emotionally or spiritually? What was my part? For that I need to be willing to make amends, and so, I make a list.



Q. How many alcoholics does it take to change a lightbulb?

A. Just one. The whole world revolves around them.



Eighth Step Prayer

“Heavenly Father, I ask Your help in making my list of all those I have harmed. I will take responsibility for my actions and begin to clear my past mistakes. Grant me the willingness to begin my restitution. Amen.”

I'm pretty bad at apologising.
So, I just say "unf!#k you". Ed.

Tradition 8

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



*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.



"AA Comes of Age" Review

"AA Comes of Age," written by Alcoholics Anonymous co-founder Bill W., is a seminal work that chronicles the evolution and growth of the fellowship from its humble beginnings to its status as a global phenomenon. In this insightful and introspective book, Bill W. offers readers an intimate glimpse into the history, principles, and challenges that shaped the Alcoholics Anonymous movement.

One of the most striking aspects of "AA Comes of Age" is its candid exploration of the early struggles and triumphs of AA. Bill W. provides firsthand accounts of the trials and tribulations faced by the founders and early members, from their initial meetings in the 1930s to the establishment of the Twelve Traditions in the 1940s. Through his vivid storytelling and personal anecdotes, Bill W. captures the essence of AA's grassroots origins and the spirit of fellowship that fueled its growth.

Moreover, "AA Comes of Age" offers valuable insights into the principles and practices that have guided AA throughout its history. Bill W. delves into the Twelve Steps and Twelve Traditions, providing readers with a deeper understanding of their significance in the recovery process. He also examines the challenges of maintaining unity and coherence within the fellowship while respecting the autonomy and diversity of its members—a theme that remains relevant to this day.

What sets "AA Comes of Age" apart is its emphasis on the spiritual dimension of recovery. Bill W. explores the role of spirituality in AA and its transformative power in the lives of countless individuals struggling with addiction. He shares personal experiences and reflections on the spiritual principles that underpin the program, offering readers a profound perspective on the spiritual awakening that lies at the heart of recovery.

Vale: Mick C - (Big Mick, Melbourne Mick)

Mick C passed away on Sunday 30th June 2024. Mick was 56 years sober and an integral part of AA Darwin in the early 1980's.

Mick was a co-founder of the Tuesday Steps in 1987, a meeting which still runs today. He was also part of an invigorating group of members who came to Darwin in 1980's and encouraged members into Service Work and to form Groups. He was always available to discuss AA issues and provide wise advice.

Mick arrived in Darwin, already sober, from the Western District of Victoria, coming from the family dairy farm and gained employment in the then, very new "Argyle" diamond mine in Kununurra.

Mick was a legendary footballer and cricketer captaining, teams to many Grand finals. Dairy farmer, stock agent, sportsman, there wasn't much Mick had not done.

It was through his father's example, who was a very early member of AA in Australia, that Mick got to AA and found sobriety. Mick worked tirelessly for AA throughout the Western District and in his later years shifted to Melbourne as a very active member of the Seddon group.

Mick was a past Trustee of Alcoholics Anonymous and actively promoted the need for Service work as a part of individual recovery and keeping AA alive for the newcomer.

Mick always turned his experiences from the farm, stockyards and the sport fields into great stories of recovery – there was not much Mick had not experienced.

He attended the Darwin Roundup often.

He would very humbly pass through Darwin in the years up until 2019 and always quietly join us on the veranda for Tuesday nights Big Book Study meeting.

A truly humble man and wonderful example of recovery.

R.I.P

"AA Comes of Age" cont

In addition to its historical and spiritual insights, "AA Comes of Age" offers practical wisdom and guidance for those navigating the challenges of addiction and recovery. Bill W. shares timeless lessons on humility, gratitude, and service, drawing on his own experiences and the collective wisdom of the fellowship.

Whether discussing the importance of sponsorship, the value of anonymity, or the need for ongoing personal growth, Bill W. provides readers with practical tools and principles for living a sober and fulfilling life.

In conclusion, "AA Comes of Age" is a compelling and illuminating book that offers readers a multifaceted portrait of Alcoholics Anonymous and its profound impact on the lives of millions worldwide. Bill W.'s insightful reflections, combined with his engaging storytelling and deep spiritual insights, make this book essential reading for anyone interested in the history, principles, and practices of the AA fellowship. Whether you are a member of AA or simply seeking inspiration and guidance on the journey of recovery, "AA Comes of Age" is sure to leave a lasting impression.



Until next time – yours in service. Ed