



# The Serenity Times

The monthly newsletter of the Darwin District Office

October 2024

*Darwin District Office*

**Contact us.**

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**Service Opportunity**

I am putting a shout out to all members who would like to be added to the 12<sup>th</sup> 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 12<sup>th</sup> step work.

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

In Service,  
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*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 Darwin District Office via email and mark it to the attention of the Serenity Times Editor.*

*Your Darwin Committee*

<i>Marg M</i>	<i>Secretary</i>
<i>Elina</i>	<i>Treasurer</i>
<i>Matt DJ</i>	<i>Office Registrar</i>
<i>Kate S</i>	<i>Webmaster</i>
<i>Sam H</i>	<i>Office co-ordinator</i>
<i>Daz</i>	<i>Literature</i>
<i>Judelle</i>	<i>Public Information</i>
<i>Darren H</i>	<i>Treatment</i>
<i>Deb H</i>	<i>Office Maintenance</i>
<i>Andy B</i>	<i>Editor: Serenity Times</i>
<i>Andy B</i>	<i>Chair</i>

**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 10

*“Continued to take personal inventory and when we were wrong promptly admitted it”*

Step Ten is about **perseverance**.

**A suggestion around approaching step 10:**

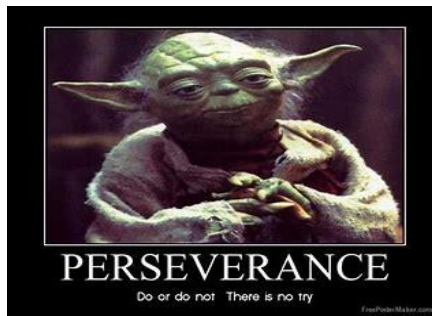
The practice of Step 10:

1. Continue to watch ...
2. ... for selfishness, dishonesty, resentment, and fear.
3. When these crop up ...
4. ... we ask God at once to remove them.
5. We discuss them with someone immediately ...
6. ... and make amends quickly if we have harmed anyone.
7. Then we resolutely turn our thoughts to someone we can help.
8. Love and tolerance of others is our code.



## Tenth Step Prayer

“God, please help me watch for selfishness, dishonesty, resentment, and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen.”



## 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**

## Tradition 10

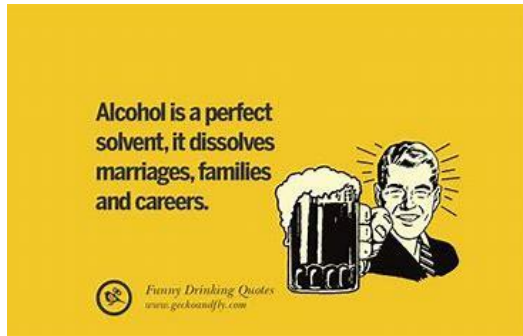
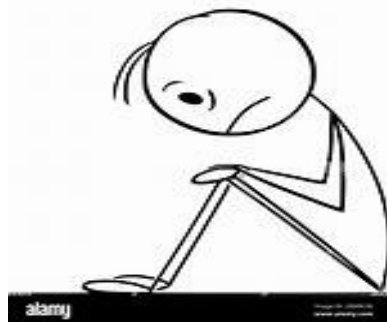
“Alcoholic Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy”.



Vale Simon H

Simon was taken tragically just two weeks ago. Passed away sober. He will be missed by many.

A full obit to be published next month.



In my drinking, I never made the same mistake twice.

I made it uncountable times, just to be sure.



*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.*

## History Corner

### Some Darwin History

When we were in Darwin in the early 1970's there was no AA office, our home phone was the AA & Alanon phone contact. There were three AA Meetings a week. Monday, Salvation Army, City. The hospital which I think was Wednesday night and Nightcliff which was, I think, Saturday night, the same night & location as it was the last time we were there which was in the late 1990's. My wife Carmen R started Alanon in Darwin and they had one Meeting per week next to the Nightcliff AA Meeting. The first Alanon to come and stay was Margaret O'D her husband, Jock, eventually got sober and they were transferred to Malaysia where they kicked on with AA & Alanon. Before Jock got sober, we had barbecue at our home, to try and attract him in. I had two dozen stubbies of beer for him. He drank two. On the way home Jock said to Margaret, "They were strange alcoholics, just like ordinary human beings, I thought they would have had two heads!!!"

Paul V was a great support during out time in Darwin and there was fellow called Viv who lived at Howard Springs but had been dry without AA for many years, became a member and we had a couple of fellows from the RAAF and a Dentist and a Member of the local parliament who used to come and go. We had a public Meeting there which is still possibly the best PI/Public Meeting I have ever seen put on in AA/Alanon. CMO of the Hospital attended, as did many other people with community influence including the Bishop, many bosses from the Comm PWD (which was a very powerful force in Darwin at the time and possibly the biggest employer), lots of Church Representatives, Doctors, Nuns, etc.

The AG was a member but moved to WA. One of the Chiefs or a Director of the Commonwealth PWD was a great supporter as was the Chief Architect for the PWD, Cedric P. We had great support from the Salvation Army, the Catholic Church, the Courts & Chief Magistrate (I was on their panel), the Police, the Bush Baptists, the Chief Medical Officer at the Darwin Hospital (I had virtually 24 hour access and could "admit" an alcoholic and the CMO would

come around and sign them in when we had them bedded down. The reason being we had a couple run off on us while waiting to be admitted and the last I saw of one of them was him running down Smith St. So, I spoke to the CMO who said, if they are alcoholic, we can rely on your judgement. I will tell the Head Sister of the procedure & if you put them into a bed, the Duty Sister will take their blood pressure, get them comfortable, etc. and I will see them on my next rounds and complete any necessary paperwork.

The Principal Nun at the Nightcliff Catholic School where the AA & Alanon Meetings were held became a Member of Alanon and eventually her mother joined AA. We had the privilege of going to AA & Alanon Meetings with them when we all returned down South.

Not sure where the Salonika group in Stuart Park was/is. My recall suggests that Stuart Park is on Bagot Road which I think was the "main" road to Nightcliff? There was an Aboriginal "Mission" or "Settlement" there and my sister-in-law was the Nursing Sister there. It was at the time when it was decreed that Aboriginal be allowed to drink legally, we had our share of new Members coming in as a result. However, my sister-in-law told us about the devastation that followed with treating fellows coming back from the pub being hit by cars, going to sleep in drainpipes and becoming totally dehydrated, etc. I used to get calls from the police, could we identify this one or that one who was found with a bit of AA Literature on them, dead in a ditch.

Lot of talk currently about AA History and how it is to be put together. I have had the privilege to have been around most of our Founders, and by the Grace of God in situations that may have helped, to have been involved by the Grace of God in many exciting developments, etc., to have as much (unbiased) knowledge and experience with history as most still living. So put this snapshot across a few interested-on AA history, to try a describe the days in one of our last but certainly one of our wildest frontiers. In that it was a well-known fact at the time that if the police or a deserted family, etc., could not find someone down South, there was a good chance they had headed to where there was nowhere else left to go in Australia

So, to the best of my aging recall this is just a snapshot, of not the earliest part of Darwin's history (a fellow called Neil stated AA in Darwin but Paul V said Neil drank again after a length of time in AA then a number of years without drinking during which time he believed he totally changed his body metabolism by what he ate. But Paul said when last saw Neil he said Neil was not doing too well, that the change to his metabolism had overlooked changing his alcoholic genes)

But we were there for a certainly a very meaningful part of its growth and that of my wife and I. e.g. God used our insanity to disguise it as enthusiasm. And there was no one around sane enough to recognise how insane I was during the Darwin era. But I did do my first 4 & 5 Step there, less than 6 months sober. Broken Hill Jack sent me the 11 step prayer up there in August 1972 and I identified the 3rd & 7th Step prayers in italics and have used them every day ever since, so there sure helped mask and eliminate some of my insanity. The company provide our home phone for afterhours emergencies but in our "enthusiasm" (insanity) it took more AA & Alanon calls than business calls. Many trips to Berry Springs and Howard Springs with newbies on those Sundays which was always the worst day of the week for idle hands and hyperactive minds.

We had Gill from Adelaide staying with us, (the last I heard Gill was still alive and I saw him at the last Adelaide Convention), Carmen and I had heard about AA's and Alanon's having brewed coffee at their Meetings in the USA. We bought what we believe was the first ever for our Group. Gill, Paul V and I were having percolated coffee from the first brewed coffee pot in AA/Alanon Australia (prior to that you were lucky if coffee was served, always thick black tea or tea with milk already in it). Gill said "I know why alcoholics are not staying at your Meetings, if they saw those soggy biscuits you put on tonight they would be back to the pub".

We soon changed that. Carmen did a big cook up every Saturday afternoon for the Meeting and the Suppers which were held on our Veranda. My wife learnt Asian cooking while there and every Thursday night we had open house with Sweet & Sour Barramundi as the main. Drunks and early recovering alcoholics knew our address which was on the main road corner opposite the Casuarina High School which was one of my projects being built at the time. They came in droves, and a good number got sober most moved down south. In that at the time Darwin was recognised as the "drinking capital" of the world. In that there was more booze drunk per capita per day per person, than anywhere else in the world, so those keen to get and stay sober & if feasibly possible always considered moving to a more stable area, at least for a time.

Hope this helps? Sure, helped me reflecting in that early part of my sobriety and some of our collective history.

Kind Regards, John R



*Until next time – yours in service. Ed*