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|  | **Alcoholics Anonymous The Serenity Times The monthly newsletter of the Darwin District Office** | December 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*  ***Service Opportunities***  We always need members who would like to be added to the 12th Step Volunteer list to be called upon to chat over the phone or to make a face-to-face visit with alcoholics in need.  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  Email: [mantha@y7mail.com](mailto:mantha@y7mail.com)  *If you would like to be placed on the mailing list for the Serenity Times, please contact the Darwin District Office.*  ***Step 12***  **“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs”**  *Step Eleven’s key word is* ***SERVICE.***    THE joy of living is the theme of A.A.’s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.  (12 and 12)  **Twelfth Step Prayer –** suggestion  Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, Both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day On the road to spiritual progress I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the program every day. This is a better way to live  ***Tradition 12***  *“***Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities*”***  **Book Review** Title: *Bill W: A Biography Review*  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 skilfully 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.  **Giggles**  A woman gets on a bus with her baby.  A drunk guy on the bus says, “That’s the ugliest baby that I’ve ever seen. Ugh!”  The woman goes to the rear of the bus and sits down, fuming. She says to the drunk woman next to her, “That man just insulted me!”  The woman says, “You go right up there and tell him off – go ahead, I’ll hold your monkey for you.” | *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*  *Marg M Secretary  Elina Treasurer Matt DJ Office Registrar  Kate S Webmaster  Sam H Office co-ordinator Daz Literature  Judelle Public Information  Darren H Treatment  Deb H Office Maintenance Andy B Editor: Serenity Times Andy B Chair*  ***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.*  *Baniewicz, Mrs. S - Social Studies / Contact Mrs. Baniewicz*  ***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***Pinky promise***    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)  Bill Wilson Silhouette SVG | Etsy  ***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.***  Did you know:  Doctor Bob had a dog named Roger.  (I have no idea why I find this interesting – Ed).      *Until next time – yours in service. Ed* |