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|  | **Alcoholics Anonymous The Serenity Times The monthly newsletter of the Darwin District Office** | January 2025 |

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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 1**  *“We admitted we were powerless over alcohol— that our lives had become unmanageable.”.*  *Step One’s key word is*  ***HONESTY.***  We acknowledge we are powerless – maybe that’s why you came to AA in the first place. This step challenges us to be real with ourselves and confront uncomfortable truths. How liberating can that be? Step one helps:   * Accepting one’s alcoholism * Recognise our inability to control alcohol. * Sets the foundation for future steps.   **First Step Prayer –** suggestion  ***Dear Lord, I admit that I am powerless over my addiction****. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.*  **Tradition 1**  *“Our common welfare should come first; personal recovery depends upon****A.A****. unity.”*    *This tradition makes clear that it is the group as one that matters most. After all, without the group, where would an individual go for help? Without the group we are all lost. So, the unity of the AA group matters most.*  **Traditions checklist**  In my life, am I a healing, mending, integrating person, or  am I divisive?  Do I gossip under the guise of “helping”?  Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?  Am I gentle with those who rub me the wrong way, or am I abrasive?  Am I as considerate of those around me as I want them to be of me?  **Prayer Information**  Alcoholics Anonymous 11 Step Prayers from the” program of recovery” in the book “Alcoholics Anonymous”  **Eleventh Step Prayers**  Pg. 86 NIGHT - After meditation on the day just completed, “We ask God’s forgiveness and inquire what corrective measures should be taken.”  Pg. 86 MORNING - Before we begin our day, “we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”  Pg. 86 MORNING - In thinking about our day, “We ask God for inspiration, an intuitive thought or decision.”  Pg. 87 MORNING – “We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will, and are careful to make no requests for ourselves only, We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.”  Pg. 87 – 88 ALL DAY – “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves may times each day ‘Thy will be done.’”  **SAINT FRANCIS OF ASSISI PRAYER:**  Although widely talked about as being AA’s 11th Step Prayer, it is in fact not the case, as you can see from the previous text above. | *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***  Checklist cont...  Do I spout platitudes about love while indulging in and secretly justifying behaviour that bristles with hostility?  Do I share all of me, the bad and the good, accepting the help of those who care about me?  How important is open-mindedness in a relationship?  Are you more of a “giver” or a “taker” in your relationships?  Do you have a balance in your relationships avoiding extremes?  Do you use silence as a refuge or punishment while expecting others to read your mind?  Can you be flexible in matters of what you want in a situation?  Can you accept others as they are?  How healthy are your current relationships?  What action can you take to change your feelings about something or someone?  In your current relationships what can you do personally to promote more unity?  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.***  It is the St Francis of Assisi prayer which is in the 12 STEPS and 12 TRADITIONS, a series of essays by Bill W on the Steps and Traditions - although  a valuable aid in the recovery process it is not AA’s program of recovery.  **Bill W actually asks us to meditate on the St Francis prayer, he does not ask us to pray it in the 12x12**  “As beginners in meditation, we might now re read this prayer several times very slowly, savouring every word and trying to take in the deep meaning of each phrase and idea” p99 12x12  Bill then proceeds to explain prayer, gives prayers ex: “where situations must be met and decisions made and renew the simple request **“thy will, not mine be done”.** P103 12x12.  This is Alcoholics Anonymous’s 11th Step prayer in both the Big Book and the 12x12  Regards  Mickg  **Giggles**    Did you know:  Richard Nixon was given the one millionth copy of the aa Big Book in 1973. Honestly.  *Until next time – yours in service. Ed* |