

Darwin District Office **Contact us.**

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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

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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 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 Darwin District

Committee Member

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.

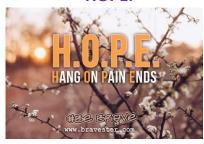


Step 2

""Came to believe that a Power greater than ourselves could restore us to sanity".

Step Two's key word is

HOPE.



For many of us a Higher Power means
God. However, there's no requirement
to believe in s traditional God. Higher
Power can mean something different for
everyone. The key is to acknowledge a
Higher Power, not to define it the same
as anyone else in the group defines it.
If you have never considered your beliefs
about a Higher Power, step 2 is an
invitation to do so.

AA does not define a Higher Power for you and does not emphasize what it must be. This step reminds us that it's impossible to recover alone. It encourages us to be willing, faithful, open-minded, and humble about their addiction and recovery.

Prayer – suggestion

Heavenly Father,

I know in my heart that only you can restore me to sanity

I humbly ask that you remove all twisted thought and addictive behaviour from me this day.

Heal my spirit and restore in me a clear mind.

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 2

"For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

So, this means that AA has no leaders? Not quite. AA has many leaders, some formal, some natural but they are not in charge. They are bestowed with responsibility by the group or service body but not with power. In fact, no individual is in charge. The groups are in charge.

Traditions checklist

In my life, am I a healing, mending, integrating person, or see 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?

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?

Checklist cont...

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?



God grant me the serenity

To accept the things I cannot change.

TOP END BILL W CAMP



Not really knowing what to expect,

I first attended this camp 20 years ago at three months sober.

It was confronting on many levels – camping without drinking – what do you do?

So many people I didn't know outside of my safe AA Darwin circle.

Despite my fears I can clearly remember leaving the camp with a decision to adopt the AA way of life.

There is a miracle there on the banks of the Douglas Daly River, during the meetings under the stars, the hilarity and talent of Red Faces, the honest sharing at meetings, or quiet fireside chats.

One of my first service jobs outside my home group was to help at the camp.

This year the camp will be held July 25th to 27th.

The first planning meeting will be held Friday February 21st at 6pm, at the St Paul's Centre Rapid Creek.

All members are welcome – come and join us and be a part of the miracle.

Giggles

There is a 12 Step Group for those addicted to Plastic Surgery.

The Group Secretary opens the meeting and says, 'I'm seeing a lot of new faces this week and I have to say I am wondering if you are working your programs'.

I just found out I am colourblind! It cam completely out of the purple.

On the way home one night I was stopped on the street by police who asked where I was going so late.

I explained I was on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late.

The officer asked, "Really? Who is giving that lecture at this time of night?"

Me: "My wife."

