



# The Serenity Times

The monthly newsletter of the Darwin District Office

February 2025

*Darwin District Office*

**Contact us.**

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**Service Opportunities**

We always need members who would like to be added to the 12<sup>th</sup> 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 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>Darwin District Committee Member</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 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 a 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 am I divisive?

Do I gossip under the guise of “helping”?

Am I a peacemaker? Or do I, with pious pretexts 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 25<sup>th</sup>  
to 27<sup>th</sup>.

The first planning meeting will be held  
Friday February 21<sup>st</sup> 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."



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*Until next time – yours in service. Ed*