

Letter from the Editors

Dear Fellows,

Welcome to the latest edition of The Daily Reprieve.

Apologies from the Gecko crew- we are a little tardy with this publication. We came unstuck over Chinese New Year and were lucky not to lose our tails ;-)
and we are grateful we can get this issue to you just in time for the 2019 AA Singapore Roundup!

The topic of honesty brought in less submissions than some previous editions but we feel there's a depth to these that more than makes up for it. The shares are indeed very honest. Thanks to all of you who sent a piece in for us to publish here, your service is greatly appreciated. It's an honour for us to help bring this together and we hope that you find this edition uplifting and enlightening.

We continue to think of ways to make this publication more relevant and supportive of the fellowship, newcomers and Twelve Step work and would love your feedback – we are open to all suggestions and if any of you are handy around a keyboard or have some skills in the world of print please feel free to reach out and help.

As usual, please send your articles, artwork, tips, jokes, stories... songs... to: newsletter@singaporeaa.org.

Big Hugs and Prayers

Holly, Marcus, Eric, and Mark

Disclaimer: The views and opinions expressed in the articles submitted to the Daily Reprieve are those of the contributor, and do not necessarily reflect the official policy or position of Alcoholics Anonymous.

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For further assistance, call +65 6475-0890 or email: help@singaporeaa.org

To contribute to the Daily Reprieve, please email: newsletter@singaporeaa.org

For the latest A.A. meeting schedule, please visit: www.singaporeaa.org

Honesty - the path out of self-destruction

Mark Twain wrote that: "if you tell the truth, you don't have to remember anything" - and that is my experience in recovery in AA. The Big Book says at the bottom page 140: "[for an alcoholic]...the model of honesty when normal, will do incredible things". That too was my experience.

I started drinking when I was 12. As a child, expressing anything honest at home, such as how I felt and what I wanted, was unpredictably and incomprehensibly, met with anger, rage, and abuse from my father. Not being able to express these things, and pretending that everything was fine, was my apprenticeship in lies - and I was to later earn a first class degree in it.

In drink, I found a blessed relief. The anxiety, fear, frustration, humiliation and confusion of life at home became mere background noise with the help of alcohol. But acquiring it, drinking it and storing it became new challenges in dishonesty - and I rose to the challenge with alacrity. Soon I was lying about most things - whether large or small things - and whether I needed to or not. I lied to elevate your opinion of me and get you to give me something which I (mostly) did not deserve. I lied to punish you, make you feel less than me. I lied to avoid the consequences of my actions - since consequences did not meet my conception of the universe. Soon, I needed to only state my lies categorically, repeatedly and with sufficient volume to believe them myself.

Once that happened, I was at sea, and lost in a fog, not knowing what was truth and what was fiction. There was no light to show me one single path through that gloom. When I was found out (which is more often than I care to recall) many were hurt, relationships and opportunities were destroyed, and my self-esteem spanned ever downwards. Lies built on lies - webs within webs, within webs. I had to start writing down these ever growing subplots, so that I could keep track of which plot I needed to follow with who. The notes became short novels. The short novels became tomes; and the tomes became archives of folly and despair.

When I entered my first AA meeting, I had my first opportunity to own up by saying that I was an alcoholic. Something odd happened in my stomach and around my heart and head - I was later to learn that these odd sensations were relief. I learned that I was constitutionally incapable of being honest - so I had to put down my self-appointed novelist's tools, and do what I was told by you, my sponsor and my sober posse; and to try what the Big Book suggested. No

imagination, cogitation or rumination was needed - just right action. There was only one plot - and this time, that plot was not a grave yard plot.

I have now been in sobriety over six years and have come to believe that honesty provides a path out of self-destruction. It may lead to some pain, but that pain is temporary and more to do with others' journeys than mine. I can stick to my side of the path, and leave others to stroll along theirs.

Mark Twain also wrote that honesty is the most valuable thing in the world - which is why people are so parsimonious with it. In AA, we are so rich with it, that we can (and must) afford to share it freely, at every opportunity, with everyone.

Andrew R.

Cracked Pots - AA Funnies

The weatherman forecast clear skies.
But I wasn't surprised by the cries
And the shrieks and the bawling
When rain started falling;
I've weathered the weather guys' lies.





Ewan

There once was a drunk from HK
Who thought he would have a nice day
He swallowed a jug
Of his favorite grog
And lied with each word he would say

A Hundred Dollar Bill

Santa Claus, the tooth fairy, an honest **lawyer** and an old drunk are walking down the **street** together when they simultaneously spot a hundred dollar bill.

Who gets it?

The old drunk, of course, the other three are mythological creatures.

Honesty

Honesty sounds like a simple idea: speak the truth, be sincere, do not deceive. But how many people have died for expressing their honest opinions; how many people have suffered after hearing a truth; how many untold secrets have saved lives? Honesty may not always be the best policy. Like all the virtues, honesty needs to be balanced within moral and practical frameworks. There's little good in expressing honest opinions without first considering the impact on others. There's little dignity in unveiling truths that only serve to crush another person's spirit. Honesty is not universally good, it is only good when our underlying intentions are good.

Having said this, in recovery there are some areas where we must be completely genuine, if we have any hope of survival. Emerging from denial is a pivotal moment in every recovery. Complete honesty with oneself is needed to peel away those once protective layers that had hidden the truth of our sickness. We conceded that we were sick, we had lost control over our drinking, and we would never regain it. The truth revealed that alcohol had no place in our lives.

I remember knowing the truth of my disease back in 2007. I honestly knew that if I continued to drink, I was marching towards decay and death. But it seemed that honesty was not enough. Even knowing the truth, I was still tempted by the alluring notion that I could eventually control my drinking. The truth foretold an horrific destiny, if my drinking was to continue. The truth was in my face, but my belief system was still corrupted. The two had to be aligned and that took another ten years. Not ten years I regret, but ten years I value for the wisdom that I've gained: honesty can lead me to the truth, but only when I am willing to believe can I recover.

Regards,
D

Honesty – a way with words

It is quite possible to get so used to lying that *you cease noticing it*. Not the malicious invention of “I saw my neighbour burying his wife in the yard” but the quotidian, creeping falsehoods. Every conversation spiced up with extra details which exaggerate what you achieved, or were up against, and inflate your creativity in mediating a solution, and invite especial plaudits for an impossible resolution miraculously snatched from a hostile fate, and at enormous personal cost.

Oh and the brave glory of aphorisms nonchalantly delivered under circumstances that would have felled a lesser man. And when it comes to the fair sex. *Well, girls render me witless*. Or more precisely, I observe an inverse correlation between the perceived charms of a female and my ability to pursue a reasoned discourse, free of creative enlargement.

With women I wanted, I have been, in no especial order

- **The illegitimate off spring of a celebrated (and notoriously priapic) aristocrat (I had name cards made for this , I liked this one) whose fortunes were forever about to be restored**
- **(As well as) an international narcotics smuggler, widely feted in the latin world, less known here**
- **(who had been...) gravely wounded in the first Iraq conflict, with shrapnel in my spine (but key parts function still, I admit bravely) (“some help may be needed”)**
- **(as well as) a top advisor to government, right about everything, but do they listen? If only they had, the world could have avoided SARS, the obesity epidemic, BREXIT**
- **(and also)...recently released from gaol, victim of a trumped-up charge because of WHAT I KNEW (after intimacy, I might divulge details...but I like you and you might be safer not knowing)**

So when I arrived in AA, all a-tremble, furious at the indignity of it all, I treated my first sponsor to a positive blizzard of obfuscation, persiflage, and outright mendacity.

He regarded me with a sympathetic eye; he seemed unimpressed!

His pal, an old-timer – subject of Her Majesty from the frigid north where the moose roam free – said “everything you have said for the last hour is a lie.”

“Is there no end to the impertinence of these people?” I asked myself as he stalked away.

Nope. There was no end. Men circled round to marvel at my towering bullshit. I shook with rage. *And of course, I drank and used, because “**look at what I have to endure from these nincompoops.**”*

But slowly the onion was peeled. For it is HARD to be honest. “Isn’t it immeasurably dull to serve up the unvarnished truth when a picaresque tale of derring-do could be effortlessly extemporised instead?” asked my head, 10 times a day, rhetorically.

It dawned on me that maybe I needed a different answer. I toyed with, then after further battering, embraced, surrender. I listened to what my sponsor said. First of all in a resentful silence (he told me not to talk!) then when surprisingly I started to get a bit better, after 1000 meetings in 15 months, with better grace, until after 2 years I found myself adopting a rule that I could not refuse service, if someone asked (I pray they won’t ask, I’m not **that** fixed). And now I lie much less. Oh, and I don’t date – well, give me time.

The Simons

My Sponsor Made Me Write This

My sponsor made me write this, despite my vain protest
My sponsor made me write this, and now I must attest
To my petty fictions
My attempts to go unchecked
My sponsor made me write this, now I share it with the rest.

It was just half a glass of champagne, mixed with a bit of juice
Plus a beer at Christmas time, which is hardly major news
But why did those drinks prey so much?
On my unguarded mind
Because that one and one half drink, was honesty abuse.

Back to the rooms, there's something off, although no one needs to know
I feel anxiously apart from them, want to up and go
The days go by, the mind gets dark
The rooms give no relief
It's time to right the silent wrong, sorry arse in tow.

A long conversation with my sponsor, helped to lift the blight
The guidance of the program, gave me some extra fight
I leaned into the program hard
And did the next right thing
I hoped that my sponsor would be satisfied, but the bastard made me write.\

John

Over the top?

After many months in AA I started working the steps with my sponsor and I found the "honesty thing" a little over the top! I remember thinking, who is 100% honest with themselves and those around them - surely everyone tells white lies, manipulates people and situations around them to get ahead?

For so long I was willing to alter the truth to get ahead - worse, to get what I wanted and at all costs to others. At the time, I couldn't see it but, I was trading my soul and peace of mind to get the things I wanted, or thought I wanted.

After many months working with my sponsor (and resisting), we eventually did step 5, leading to a step 6, where he disclosed to me that my dishonesty (and variations of it) was my number one defect in character (as he often does, I was found out!!!).

By this stage of my recovery I knew my sponsor was trying to help me and I trusted him. So he patiently and lovingly helped me create a game plan that I try to work every day to the best of my ability- attempting to be honest in every situation and to regularly do step work and inventory to look for dishonest or self-seeking motives. If a dishonest action or one of its close relatives shows up in my life I try to make it right as soon as I can and move on!

This might sound odd, but today I enjoy being honest - rather, I enjoy living an honest life - that is a more accurate way to put it !!!

SR

Kintsugi

We are the lucky ones, remade for a new purpose

In Japan, of old, a badly broken pot was tenderly rebuilt with golden glue. And the vessel, thus remade, was esteemed of greater worth than its unbroken parent.

And we who have been utterly broken, so that we deemed ourselves beyond repair, reviled by strangers and despaired of by those we loved, are we not ***remade with golden thread?***

That we stand at all is a wonder! Yet we are not as we were, for surely the golden thread of fellowship bonds us ever closer to one another and to God's purpose?

To be broken and remade is our signal glory; our precious sinews of gold proclaim a higher purpose and a new way of life, in fellowship.

The Simons

The Onion

What a tangy little onion this is. Layer after layer to peel back like some kind of fractal vegetable from Groundhog Day.

Undoubtedly my entry into AA quickly exposed a considerable amount of dishonesty in my life. The 'usual' stuff was there of course all the pretence, cover up and denial of drinking habits, bouts and sprees. The subterfuge of accidental, casual and serious infidelities. The lies to ease the listener, white lies..."yes my little one of course I remembered your birthday your present is in my office I will bring it later"... The stupid stuff - the lies we tell to make ourselves seem better than we are.

It was easy to find the similarities in the rooms for these kinds of dishonesty, most of us were shot through with it.

Being sober allowed fresh offences in this area to slow considerably, if not completely. And the Steps allowed some relief for me through Steps 5, 8 & 9.

What came next was less obvious. Here I was in my late 40's trying to get my act together and in trying to do so it became clear that many opportunities to do so had previously presented themselves. Family, friends and therapists were among the many that had reached out at times, much money had been spent and yet not one of these had I told enough of the truth to allow the help they offered to come through. With the professionals the behaviour was more starkly revealed - all of their session notes combined wouldn't have said who I really was. What a waste.

Having done the Steps it became clear to me that any slippage back into this pattern of dishonesty could prove fatal.

Though fear is generally toxic I find that a smidgen of it in this area is helpful. A little fear of knowing where I end up when I take a dishonest path keeps me alert. There's no doubt I will often be dishonest and am, but I can quickly resolve this with a clarification and an amend. When I think of how I am now it's clear I am doing this many times every day. The habit is starting to become second nature and, with that, the times I act dishonestly also reduce bit by bit.

And as I clean this particular type of rubbish from my side of the street it reveals new, deeper trash that needs removing. Most recently I've acknowledged that my internet use too often feels the way drink did - I need it too much, I don't always want to be honest about my time on screens and devices. Building honest habits has allowed me to see something that I wouldn't otherwise. So I am making a change. By being more honest I am better able to look after myself and those around me.

And as that new layer of the onion was peeled off a fresh opportunity for honesty revealed itself - I've had a narrative about my sobriety date that sounded better with a particular date, it matched the day my wife left. So I chose that date. The truth is I had a drink that night and pushed away my last half finished pint the following afternoon. So my date is two days later than the date I've been saying. Is it a big deal? I won't make that judgement but I will say that knowing the date was wrong has always been there in the back of my mind - like a bad line of code in a programme - and AA has shown me that I live better with less bugs in my operating system and that being bug free is possible.

So with one less bug in my OS today I will keep coming back and continue

trudging the road to happy destiny.

Anon

The Quality of Honesty

One of the definitions of honesty is, “the quality of being honest”. When I think of this quality, I do not see it as something that I wanted to develop before I was forced into Alcoholics Anonymous through the lash of alcoholism. And it is here, in A.A., that I have been shown the power of being honest. I guess my first taste of honesty was in Step 1 and in the need to be brutally honest with myself that I am an alcoholic and I always will be. I did need to understand what an alcoholic is though. I found the Doctor’s Opinion and other text in the Big Book very helpful, together with the shares of other Alcoholics.

But, honesty does not stop there. There is honesty tied into all of the remaining steps. None more so than the inventory steps 4, 10 and 11. The ability to truly look at where I was at fault can be very freeing.

One of the slogans I hear in the rooms, which I particularly like is, “I need to be rigorously honest, not ridiculously honest”. To me, this goes hand in hand with restraint of tongue and pen and if I practice these regularly, I experience far less turbulence as I go about life than I ever experienced when I was drinking.

I am grateful to remain teachable and to be sober.

Anon

No more lies

A great relief that came from getting sober (and there have been many) was not having to lie about my drinking anymore.

I'd always considered myself a fairly honest person, despite being in a career that was not particularly synonymous with the trait. Sure I lied sometimes, as most people do if they are honest about it, but not on the systematic basis that alcoholism and the compulsion to drink forced me into.

As my drinking accelerated the more I found I had to lie about what I was doing, where I was going, and just how much alcohol I was consuming. This was in the end to become pretty much daily affair in terms pretending where I was and what I was doing, which in reality almost much invariably involved heavy drinking or recovering from it.

The constant lying did not rest well with me and did little to help the increasing paranoia and fear that came the morning after, induced by the effects of heavy alcohol consumption. And it was a vicious spiral that only got worse.

The impact of honesty in AA came very early on, even if I did not realise it at the time. Saying the words "I'm an alcoholic" at my first meeting felt like a huge weight being lifted - I'd finally admitted to someone else what I'd known for a long time. By being honest about my alcoholism I was able to move on to do something about it, rather than fearing being found out and constantly having to hide the compulsive urge to drink.

As time went on I learned to be more honest again, which was greatly helped by not having to hide the secret of being an alcoholic. I try and make it a point that if I say I will do something or be somewhere, that is actually what I do or where I go. I've also learned to practise honesty in areas of my life where I never thought it was particularly important, and have been pleasantly surprised by the results.

Can I honestly say I don't lie anymore? No. But it's progress not perfection.

Marcus

My Secret Instagram Account

In my drinking days, I had a secret Instagram account where I would post #drinkporn. Martinis, Manhattans, Highballs...fancy drinks with fancy names that gave me that fancy feeling.

I didn't have any real-world friends that followed me on this account. Just random strangers from the Internet. I felt some sort of strange camaraderie with those strange strangers from strange lands that "liked" my pictures of strange liquids in strange glasses.

It was usually the first drink of the night that my camera captured. The glass full, as a metaphor for my hopes and dreams for the night ahead. That first picture showed my life frozen in time...in that moment of anticipation before the first drink of the day...before that first sip triggered my allergy. That first picture never showed what ensued: the spills, broken glasses, or the scenes of me alone in my hotel room drinking straight from the bottle because by that time of night, I usually found it pointlessly inefficient to pour the booze into a cup, only to pour it into my mouth again.

When I hit rock bottom, I closed all my secret accounts. Said goodbye to these secret identities. Although I didn't realize it at the time, it was tiring trying to be more than one person.

Today, in recovery, I'm just one person. I have one Instagram account which is not a secret. It captures and shares slices of my life—where I am, what I've seen—with my friends and family. Life is simpler this way, and for this alcoholic, I need to keep things simple and honest in order to stay sober.

Anonymous



**Upcoming A. A.
Events, Conventions
& Roundups**

The 25th annual Pattaya Thailand Roundup

22-24 February 2019

A-One Pattaya Beach Hotel

<http://aathailandroundup.org>

AA Singapore Roundup 2019

9-10 March 2019

Damien Hall, Blessed Sacrament Church

1 Commonwealth Drive, Singapore

<http://www.singaporeaa.org/>

2019 Australian National AA Convention

18-22 April 2019

Canberra

<https://www.aanatcon2019.com.au/>

AA Bali Roundup 2019

7-9 June 2019

Prama Hotel Sanur, Bali, Indonesia

<http://www.aabali.org/bali-roundup/>

Sydney Roundup 2019

18-20 October 2019

Sydney Masonic Convention Centre

<https://www.sydneyroundup.org/>

Service Opportunities

HIPI Committee

The Hospitals & Institutions, Public Information Committee is looking for volunteers to help at IMH during working hours and male volunteers for a prison outreach program. Please contact hi.pi.aa@outlook.com for details.

Communications Committee

The Communications Committee is looking for volunteers to help with the 12th step go to list. Please contact help@singaporeaa.org.

Social Committee

A.A. Singapore holds regular social events. The Social Committee is looking for additional volunteers to help organize functions. For more information on the next function or to help provide your support, please contact socialsingapore@yahoo.com.

Roundup Committee

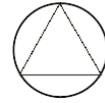
The A.A. Singapore Roundup Committee is looking for volunteers to help organize the 2019 roundup. Please contact events@singaporeaa.com.

Newsletter Committee

The A.A. Singapore Newsletter Committee is looking for volunteers to help us publish this publication you are reading right now. Please contact newsletter@singaporeaa.org.

Asia-Oceania Service Representative

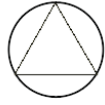
A sub-group has been formed to look into possibilities of hosting a Round up in a regional country, with less developed fellowship, as part of a Regional Outreach program to help carry the message. The group is looking for volunteers to assist with preparing a proposal to present to Intergroup.



The Twelve Steps.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

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The Twelve Traditions.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
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.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups, or A.A. as a whole.
5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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Do you have a problem with alcohol?

- 1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?**
Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. which said “Just try not to drink today.” (If you do not drink today, you can not get drunk today.)
- 2. Do you wish people would mind their own business about your drinking – stop telling you what to do?**
In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we get into, and how we stopped. We will be glad to help you, if you want us to.
- 3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?**
We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.
- 4. Have you had to have an eye-opener upon wakening during the past year?**
Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking “socially”.
- 5. Do you envy people who can drink without getting into trouble?**
At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.
- 6. Have you had problems connected with drinking during the past year?**
Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse – never better. Eventually you will die or end up in an institution for the rest of your life. The only hope is to stop drinking.

7. Has your drinking caused trouble at home?

Before we came into A.A. most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

8. Do you ever try to get “extra” drinks at a party because you do not get enough?

Most of us used to have a “few” before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go some place else to get more.

9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to?

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came to A.A. we found that once we started to drink, we couldn’t stop.

10. Have you missed days of work or school because of drinking?

Man of us admit now that we “called in sick” lots of times when the truth was that we were hungover or on a drunk.

11. Do you have “blackouts”?

A “blackout” is when we have been drinking hours or days which we cannot remember. When we came to A.A. we found out that this is a pretty sure sign of alcoholic drinking.

12. Have you ever felt that your life would be better if you did not drink?

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A. we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

Reprinted from “Is AA for You?” with permission of AA World Services, Inc.

**SATURDAY MARCH 9TH (10-5PM)
SUNDAY MARCH 10TH (10-4PM)**

**AA ROUND UP
SINGAPORE
2019**

**DAMIEN HALL
1 COMMONWEALTH DRIVE,
BLESSED SACRAMENT CHURCH
TICKET: \$25 (MEAL INCLUDED)**



**A JOURNEY OF
MIRACLES**

SPEAKER: GIL FROM BALI

Singapore A.A. Weekly Meeting Schedule

Please see website for director (www.singaporeaa.org/meeting.html)

Meetings are subject to change. Please see website to avoid disappointment

Monday	7:30 - 8:30 AM	Big Book Study	Circular Road
	12:30 - 1:30 PM	Big Book Study	Holy Family
	12:30 - 1:30 PM	Daily Reflections	Damien Hall
	7:00 - 8:00 PM	Daily Reflections	Damien Hall
	7:15 - 8:15 PM	Big Book Study	World Peace Café
	7:30 - 8:30 PM	Gay Men's Meeting	Little India
	8:05 - 9:05 PM	Beginner's Meeting	Damien Hall
Tuesday	6:30 - 8:15 AM	Eye-Openers Meeting	Circular Road
	7:30 - 8:30 AM	Speaker Meeting	Circular Road
	12:30 - 1:30 PM	Big Book Study	Damien Hall
	7:00 - 8:30 PM	11th Step Meeting	St. Bernadette
	7:00 - 8:00 PM	Daily Reflections	Damien Hall
	7:00 - 8:00 PM	Open Topics Meeting	NAMS Clinic, IMH
	8:15 - 9:00 PM	Ask the Speaker	Novena Medical
Wednesday	7:30 - 8:30 AM	As Bill Sees It	Circular Road
	12:30 - 1:30 PM	Living Sober	Holy Family
	12:30 - 1:30 PM	Living Sober	Damien Hall
	7:00 - 8:00 PM	Speaker Meeting	Damien Hall
	7:30 - 8:30 PM	11th Step Meeting	We Care
Thursday	7:30 - 8:30 AM	12 & 12	Circular Road
	12:30 - 1:30 PM	Daily Reflections	Damien Hall
	7:00 - 8:00 PM	12 & 12	Damien Hall
	7:30 - 8:30 PM	Speaker Meeting	World Peace Café
Friday	6:30 - 7:15 AM	Eye-Openers Meeting	Circular Road
	7:30 - 8:30 AM	Beginners Meeting	Circular Road
	12:30 - 1:30 PM	12 & 12	Holy Family
	12:30 - 1:30 PM	12 & 12	Damien Hall
	7:00 - 8:00 PM	Happy Hour Higher Power	Oogachaga
	7:00 - 8:00 PM	Living Sober	Damien Hall
Saturday	8:00 - 9:00 AM*	Big Book Study	Central Thai
	8:30 - 9:30 AM	Gratitude Meeting	Circular Road
	10:00 - 11:00 AM	Women's Meeting	Circular Road
	4:30 - 5:30 PM	Daily Reflections	Damien Hall
	8:00 - 9:00 PM	Young People's Meeting	Novena Medical
Sunday	8:00 - 9:00 AM*	Beginners Meeting	Central Thai
	8:15 - 9:15 AM	Men's Meeting	313 Somerset
	10:00 - 11:00 AM	Rainbow Meeting (LGBT)	Oogachaga
	5:00 - 6:00 PM	Big Book Study	We Care
	6:30 - 7:30 PM	Big Book Study	Damien Hall

* Note: Meeting starts at 8:30 on public holidays