

Dear Friends,

We are pleased to present you with the latest edition of The Daily Reprieve.

This issue saw many alcoholics sharing their creative talents for our Great Limerick Challenge. The vast majority of them were contributed by drunks named Simon.

We are blessed to have contributions from a few newcomers; Liz and Anonymous, who remind us what it was like in the early days. We also have practical tips as well, with members sharing “How to Survive a First Date,” and “How to Survive a Move or Big Change.”

In the back of the newsletter, you can find updates on available service positions throughout AA, the weekly meeting list, round-ups around the region and more.

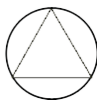
As always, we are always looking for articles, artwork, tips and stories, so if you have anything to share, please email us at: newsletter@singaporeaa.org.

In Service,
Marnie H, Eric C, Lisa G.

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



Welcome to Sobriety!

You may be wondering:

“What are these people talking about? Why am I here? Who do these people think they are? How can they stand to listen to this shit? When do I start making amends to people? What is the deal with God?”

If you find one or all of these questions circulating in your brain on an endless loop during an AA meeting, you have come to the right place!

Not being shitty drunk and shitty hungover all of the time may seem challenging, even restrictive at first. Kindly remember that you can literally do *anything*; you just can't drink.

You can beat up your boss and sleep with your neighbor's wife — at the same time!

You can stay up all night watching that 1980's situation comedy about an alien robot that lives with a suburban family while eating all the ice cream.

You can show up to Christmas, naked! With no money!

Because you are sober, you are free. Whatever you choose to do you will *remember* and *feel* in vivid technicolor — pretty trippy.

When acting out and torturing people gets tiring, try listening to people at the meetings. Do any of them have the things you want? Money? Love? Good Health? Peace of mind?

If so, ask that person to sponsor you (they will) and do whatever he or she tells you to do.

Ignore advice from people who have things you don't want.

See you on the road to happy destiny.

~Anonymous

From there to now, my journey into Sobriety.



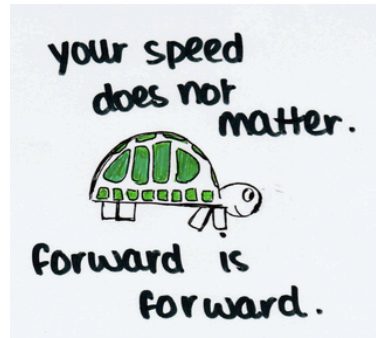
As I write this I am now 100 days sober, my longest length of sobriety ever in Singapore. It's been exciting, scary at times, yet a deeply fulfilling journey so far.

When I first entered the rooms in Manila, The Philippines in August 2014, I really did NOT want to be there. In fact it was my wife who escorted me to the meeting, met up with someone who we contacted via the AA hotline before the meeting and she saw that I stayed there until the end of the meeting too. During the meeting itself, I was absolutely petrified. When everyone went silent to share I thought it was a sign for me to share! So I rambled on about how I was broken by alcohol and drugs, but it probably wasn't my best share to date. Prior to this meeting, I had reached my rock bottom. I was visiting the Philippines to see my wife and 1 year old son for 6 weeks. As I was working in Saudi they couldn't join me since we weren't married yet. So I went on a prodigious bender whilst in Manila for 3 days with plenty of booze and drugs involved. When I came back to our little studio flat that we were renting, my wife had gone, I had no money left and I felt spiritually, mentally and emotionally absolutely broken.

Fast forwarding to September 2017. I was walking with my wife before our Thursday Homegroup meeting and she mentioned something that truly surprised me. What she said was; "You seem to be taking this program much more seriously than before." I was genuinely shocked by this. I didn't really realise I was doing anything different. My wanting to be -even earlier- than the 20 minutes before the start of the meeting had been noticed by my wife however, as well as my general attitude towards the program.

So what's changed in the three years since I first started visiting the rooms?

First of all my willingness to take direction and listen to people who have a lot more experience than me working the program has increased significantly. As a result of that I have most certainly commenced on a spiritual journey but there is a long way to go until I reach my spiritual nirvana!



Without a doubt my attitude towards AA has turned a full 360 degrees. At that very first meeting in Manila, I was of the thinking that I had nothing in common with these people in the rooms, "my drinking isn't that bad, after all I don't drink every day". However the consequences were ALWAYS getting worse and despite the fact that I've had three close friends pass away (all who were roughly the same age as me) within the last 2 to 3 years, directly and indirectly due to this illness it still didn't stop me drinking. My sponsor once described me as "an extreme case", so clearly I was in a lot of self-denial that didn't allow me to see the true damage that my drinking was doing to literally everything in my life.

I've now started to develop true friendships in the fellowship, I actually look forward to meetings, rather than dread them as I did at first and I really, truly look forward to being able to help others who are even newer to me in this programme.

~Anonymous

~Artwork by Chris



Gratitude.

Prior to coming into the rooms of AA gratitude was not a concept that I gave much thought to in my life. There would be occasions when my wife would say we were really blessed to have the life we had, to which I usually gave a mumble of agreement, without bothering to try to understand much what she was really going on about. Deep down I think I felt my life should have been better than it was.

In my first couple of weeks coming to the rooms I attended a couple of gratitude meetings at Boomerang - didn't make much of an impact at the time. However, as sobriety became more a way of life and I started having to deal with the good and the bad without alcohol to dull the senses, I began to appreciate what I had in life a lot more. Oddly some of the more difficult situations to cope with such as my father's illness increased my gratitude rather than making me feel bitter as I might have expected. I appreciated being sober and that helping to cope with the situation.

Attending meetings overseas at this time did make me feel a deep sense of gratitude for the support of being able to talk to complete strangers with whom I only had one thing in common.

Back in Singapore I attended a couple more gratitude meetings with a much better understanding of what was being said. After listening to the shares of other members I decided to start writing a gratitude list at the end of each day. From an idea that not so long ago I would have branded as, at best, a waste of time, it is now something that has become a very positive daily ritual to remind me of, and make me think about all the good things in my life, however big or just as importantly, however small they may be.

~Anonymous



No Choice in the Matter of Drink.

I had no solution for my alcoholic malady before coming to AA, because I didn't understand the nature of my problem. I had always considered that my problem was the first drink -- that was wrong! My problem has never been the first drink because it was then too late. My problem started long before! My problem started with savoring the next shot of whiskey, or perhaps a snifter of Courvoisier (if I was in the chips). Said consideration invoked a powerful **yes** or **no**. Debating society severely affecting my alcoholic-decision-making-apparatus; you can easily guess which side was awarded the laurel wreath!



Thus, the decision became surreptitiously embedded in my mind. I sometimes would push it down till the weekend because one drink often meant missing work the next day. Nevertheless, *sometimes quickly, sometimes slowly*, my fate was sealed, I was bound to drink soon because there existed no choice in the matter of drink. This was John Barleycorn's cunning, powerful and patient obsession process: **contemplation – debate – decision – first drink**, followed by the **phenomenon of craving** with all the predictably disastrous consequences. I was just as powerless before I took a drink as after I was afterward. This must be what they mean by the phrase: "Hopeless and helpless!"

But at six months sober, a wonderful new sponsor taught me how to develop a spiritual experience as the result of living AA's Twelve Steps. This exciting inner transformation eventually freed me from the necessity of debating whether to drink or not to drink. Page 85 tells us that "*the problem has been removed. It does not exist for us.*" I no longer have need to "*think the drink through*" as was the case in early recovery because God has rewarded me with the same joyous release as had Bill Wilson and Bill Dotson (p. 191). I am no longer incarcerated in the devil's prison of the mental obsession because "*if I should drink*" has been removed from my emotional vocabulary. Thank you, God!

Bob S.



From my journal entry, a few days after my first AA meeting.

31 Jan 2017

My anxiety is off the charts, I still don't know what I did during my last black out, one thought leads to the next and my brain is playing tricks on me. The scariest part is not having the ability to trust myself enough to rule out any of the crazy scenarios in my head.

After 20+ years of drinking it's time to face my demon, the bottle. The bottle that has soothed me, eased my discomfort and loneliness, made me feel awesome and free, the bottle that calmed my nerves and made it easy to socialise... that is easily capable of making me forget that for every time it did all that for me, it also made me lose control, hate myself, do things that I normally would not choose to do, put me in compromising or dangerous situations, heighten my anxiety, isolate me and ultimately creating an over-dependency so I can never leave it.

Instead of wallowing in anxiety and letting it consume me, I need to do something about it. This time, I don't have to do this alone. I made it to AA and I know there are others like me; I should not isolate myself.

I also know now I can't do this without God. I should be thankful that he sent me this wake-up call. It took me so many years but I finally I can admit it, *I can't do it alone, and I surrender to you God. Lead me through this journey. Watch over me so I know I am not alone, send me encouragement, give me signs to let me know I am doing the right thing. Give me strength to see through the anxiety and paranoia and not fall prey to it and take the easy way out like I always do.*

Insanity is doing the same thing over and over, yet expecting a different result. Today, I choose to do things differently. I choose to cope with the consequences of my actions, instead of reaching for a drink. I choose a different coping mechanism. I found AA, I reached out to a member and I did all this 12 days in without reaching for drink when I could have. I choose not to beat myself up thinking the worst of myself. I choose to sit with the uneasiness, and look it in the eye. I choose to let myself cope with the anxiety and discomfort without soothing it with alcohol. I choose to feel alive, uncomfortable as it can get, over numbing my feelings.

From today, I will do things different, and I will expect a different result. *God please help me, don't give up on me. Put my mind at ease and let me learn and grow through this uncomfortable experience.*

3 September 2017

Today, from hearing in the rooms, I know now that I was blessed with the gift of desperation which drove me to my knees, I prayed and God answered. In one of the stories in the Big Book, someone said "I came to AA in order to stop drinking; what I received in return was my life". This sums up the last 7+ months, I am living a life I never thought possible. I could never grasp the concept of life without alcohol in it. Today, the quality of sober life far exceeds what I could have imagined, I am starting to understand what it truly means to be happy, joyous, and free, and there's no way I would ever trade that in for a drink.

~Anonymous



The Universe was there
once I was willing to connect.

I was out of control with my darling to the point that I was desperate and did not trust or believe myself that I can stop drinking on my own. Because of that I came to AA, I needed help and support, and I got it.

I heard early on in the meeting about Higher Power and about Spiritual Experience and I really wanted it.

I started asking AA members how to get it and what I need to do in order to have it. One member told me that I did not need to overthink or analyse concept of Higher Power, I just needed to be willing to let it in my life, and that's what I did.

True meditation, prayer, gratitude and mindfulness of Higher Power (Universe for me), I did got instant connection with it.

Like it says in Big Book, there is no chapter "into thinking " or "into feelings " there is only "into action ".

When I feel worried , obsessed ,scared, irritated I just recognise my feeling and ask Universe to relieve me from it. It is a conscious effort to connect and been connected with Universe daily.

I feel free and safe with my higher power.

Thank you,

Liz L.



Forgiveness of Myself.

Forgiveness of myself, for my past deeds, once seemed impossible.
The guilt and shame seemed right, a kind of Old Testament justice.

Forgiving myself, through the programme and the steps,
has allowed me to forgive others too.

I wrote this poem on a card I gave to my ex-wife and her husband
on their wedding day.

~Mark

LETTING THE MAGIC IN.

"There is magic.
Here and there,
In between the things we know
Not everywhere,
Just the important places
Where we have yet to know.
In the mysteries of life,
The simple intricacies of existence,
In the unmeasurable.



All that we know wants to be all that there is.
And to this the vast unknown looks back
Saying, "Listen ! You are more than all that,
You are all of us."
And if we listen,
That's how the magic gets in. "

~Mark

WE ALL LOVE A GOOD LIGHT BULB MOMENT!



I have alcoholism whether I am drinking or not

You don't have to like something to accept it



I have no business in the cockpit where God is flying
the plan

If you are not going to change the behavior stop
saying "sorry"



~Chris



YESTERDAY IS **history**,
TOMORROW IS *a mystery*.
BUT TODAY IS A **gift**.
THAT'S WHY WE CALL IT
THE PRESENT.

-A.A. MILNE



What Any A.A. Member Or Group Reads Is No Business Of G.S.O., or Of The Conference!

Whilst reading “Dr. Bob and the Good Oldtimers”, I saw references to spiritual material that Dr Bob would often read in his home group in Akron. I decided to read some of this very powerful spiritual literature. In reading this, I saw many similarities between this literature and the book “Alcoholics Anonymous”. I wanted to share about this in meetings, but was torn as I had the understanding that one was not meant to share about “non-Conference Approved” literature in meetings. So, I decided to do a little research on this.

In 1978 the AA General Service Office described what “Conference Approved” means in their Box 4-5-9 newsletter (Volume 23, No 4). Here the General Service Office said:

“It (Conference Approved) does not mean the Conference disapproves of any other publications. Many local A.A. central offices publish their own meeting lists. A.A. as a whole does not oppose these, any more than A.A. disapproves of the Bible or any other publications from any source that A.A.’s find useful.”

In essence, what any A.A. member reads is no business of G.S.O., or of the Conference, naturally.

The General Service Conference has also dealt with the meaning of the term “Conference Approved” in a “Conference Approved” pamphlet (SM F-29) called: Conference-Approved Literature. Here it is explained this way:

“Conference-approved” -- What It Means to You...

“The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other material about A.A. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.”



Interestingly, books like the Original Manuscript and the First Edition of the Big Book are not “Conference Approved” literature since there was no conference at the time they were published. An odd side effect of a group that limits itself to conference approved literature would be that if the rule were rigorously followed, the group would not allow someone to read from Dr. Bob’s personal copy of the Big Book because, as a First Edition, it would lack conference approval.

Let’s also not forget that early Alcoholics Anonymous studied the King James version of the Bible, read all kinds of literature -- Protestant, Roman Catholic, New Thought, medical, and otherwise -- and put out reams and reams of pamphlets and guides as the years went by. Included, were pamphlets from many Central Offices and Intergroups -- including the long-running Cleveland Central Bulletin, the Akron AA pamphlets, & The Four Absolutes. Then there were other writers like Dr. Silkworth, Clarence Snyder, Sister Ignatia, Marty Mann, Father Pfau, Richmond Walker, Ed Webster, together with over 500 Oxford Group and Sam Shoemaker books and pamphlets that were read and circulated by Dr. Bob himself.

So, I for one, stand corrected in my understanding of literature and recovery as a sober member of Alcoholics Anonymous. Let’s remember Dr. Bob’s request to not louse AA up but to keep it simple and retain our healing legacy.

In fellowship, Simon A.



Step Ten Directions Are Not On the Wall.

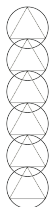
(Continued to take personal inventory and when we were wrong promptly admitted it.)

Bill W' s writings communicate the Steps to us in a very understandable manner: He often tells us what he is going to tell us, then he tells us, then he tells us what he has told us. The Step Ten writings on page 59 in the Big Book, or from the banners on the meeting room wall, are only of the first part – he hasn' t quite told us yet: *He is just now setting us up!* It might seem at this point that Step Ten has only two directions, but further reading discloses there are actually *five* clear-cut directions.

He has already told us what he is going to tell us on page 59, but now he tells us:

The first of these directions is that we discover where we are going haywire throughout the day. He explains how to do this in Step Four (pp 64-71). Then he explains how to untwist the haywire by asking for God' s help on page 76 (Steps Six & Seven). If this doesn' t straighten things out, he tells us to talk to someone all about the tangled mess we have gotten ourselves into: Step Five (72-75). If we have harmed anyone during this turmoil he provides directions how to make amends: Step Eight and Nine (pp 76 -83). Then, he provides directions to turn our thoughts to someone we can help: Step Twelve (pp 89-103).

Now he tells us what he told us:



- Continue to watch for selfishness, dishonesty, resentment and fear.
- When these crop up we ask God to remove them.
- We discuss them with someone immediately.
- Make amends quickly if we have harmed anyone.
- We resolutely turned our thoughts to someone we could help.

Although it may take a while to get these convenient directions down pat, they are very worthwhile, because, once learned, we can complete most of this process, keeping us on a spiritual beam, in only a few seconds as we trudge through the pitfalls of each day.



Trudging the Happy Road of Step Ten

In this simple process we have learned not only how to watch for selfishness, dishonesty, resentment and fear, but to face and be rid of their often dismal outcomes, thereby maintaining a clean slate. We are then much less burdened by the feelings of guilt and anxiety that can lead us back to the bottle.

I believe Step Ten offers me great freedom if I follow the five clear-cut directions laid out in the Big Book — however if I play a shortcut and just do it off the wall, and do a half measure, I may get only a half measure . . .

And, half measures availed us _____. (p. 59)

Bob S.

HOW TO SURVIVE A FIRST DATE:

I practiced a lot. Like, I've been on a lot of first dates. I'm really bad with failure and rejection, but that just means I need to practice that, too, and accepting that's part of the process, and learning from those times (or the times that don't go well that were out of my control). I got creative about places to go that weren't just "drinks": lots of coffee, museums, botanical gardens, meals, parks, walks. A lot of it took being at ease with myself, accepting my limitations but also accepting that some people may actually find me attractive - the latter takes a bit of mental gymnastics for me sometimes, but on occasion I manage it - sometimes it boils down to "fake it until I make it". Not having expectations really helped me. I ask a lot of questions, people like talking about themselves, and I try to be present. People really love it when you actually pay attention to and are interested in them (bonus points for remembering at a later time something they said!). Not drinking, or having to answer why I don't drink, rarely comes up on a first date. In general, my thought is that if I'm not comfortable answering this question, I should probably be spending my time working the program rather than dating :)

~Anonymous

HOW TO SURVIVE (AND EVEN APPRECIATE) A FLIGHT :

In my drinking days, I loved flying. I could indulge in an unlimited flow of alcohol that started with preflight drinks in the terminal lounge and continued onboard courtesy of smiling Singapore Girls.

Flying also gave me an opportunity to indulge in some of my most devastating character defects: impatience with long queues at airport security screening and immigration, pride when sitting in business class, envy when sitting in economy, and anger over delayed departures. Any of these things could engorge my ego – especially delays. I didn't understand how the airlines could so grossly undervalue me and my schedule.

There were a lot of things about flying I couldn't control, such as the weather, mechanical failure, and the maddeningly uninformative „late arrival of the incoming aircraft.“ What I didn't realise then was that the world was full of people, places and things I couldn't control. Commercial air travel just made that truth more apparent and immediate.

As a sober traveler, I appreciate flying for different reasons. Rather than agonise over imperfections and inconveniences in air travel, I marvel at how well the whole system works. It was not so long ago that “American newspapers were afraid to print an account of the Wright brothers' first successful flight at Kitty Hawk... Was it not true that the best mathematical minds had proved man could never fly? Had not people said God had reserved this privilege

to the birds? Only thirty years later; the conquest of the air was almost an old story and airplane travel was in full swing.”*

Nowadays, most people take flying for granted. Every day, airlines transport millions of unappreciative passengers safely and comfortably at altitudes where the atmosphere is too thin and cold to support human life and land all those ungrateful people safely at destinations that would take them weeks or months to reach if it weren't for the airline industry.

Commercial aviation is made possible not only by technology but also by teamwork. In order for the system to work, each individual in the airline industry must do his or her job and not try to control everyone else's. If a flight attendant wanted to run the whole show by trying to arrange the luggage in the hold, maintain the aircraft engines, control air traffic, and pilot the plane, the flight wouldn't come off very well.

As a passenger, I now view my job as remaining calm and mindful of the wonders of technology and teamwork that enable modern air transportation. This helps survive a seventeen-hour flight from Singapore to San Francisco not only sober but also grateful.

* Excerpt From: AA World Services, Inc. "Alcoholics Anonymous." iBooks.

~Pablo

HOW TO SURVIVE A MOVE OR BIG CHANGE:

Here are tips that I have used (and not used to ill effect) during moves and big changes in my life. Hopefully they will work for you!

1. Go to as many meetings as you can. 90 in 90 is a minimum. If you can't get to meetings, listen to speaker tapes (again as many as you can). I can't make my mind feel different. When I listen to a speaker tape, I identify with the person and don't feel alone or like a freak or a loser. I hear hope and I am reminded I am taken care of and just need to do simple things to feel better.
2. Going to meetings. You will quickly find the woman/man to be your new sponsor. Start doing a daily 10th with her/him. Get all newcomer numbers and call each at least 3x. Ask them to coffee, tell the meetings you like, share speaker tapes with them. Get a sponsee. Do 10ths with the women/men you want to get to know well. This speeds up the getting to know process- it's hard to hide in a 10th.
3. Pick 3 meetings to be your home group. Get a service commitment at each so you have to be there. Secretary, treasurer, literature - whatever - be of service.
4. Have reasonable expectations. It takes me a year plus to feel part of a new community. Give time time.
5. HALT. For me especially hungry, tired. Eat well, get 8 hours. If you are angry - pray. If you are lonely go to a meeting, call someone, listen to a speaker tape.

HOW TO SURVIVE A MOVE OR BIG CHANGE:

6. If you have medical issues (physical/mental) – go to your doctor. Let him know how you are feeling so he can get the help you need. Listen to your Dr.
7. Stick with the women/men. One of your home groups should be a woman's/men's meeting if available. For the next six months – take only woman's/men's phone numbers.
8. Do gratitude practice with your kids/spouse or start an email or WhatsApp group with women/men in the program to do daily. This really helps my attitude.
9. Above all – know you are a precious child of god. There is an angel hovering over you whispering "grow, grow, grow!"

~Alison D



~Artwork by Chris

"THE GREAT LIMERICK CHALLENGE".

There was a young artist from Glasgow
He drank red biddies with gusto
One night on the lash
He ran out of cash
And ended his days as a hobo.

~~~~~

I tried to do step six  
Wasn't ready to stop my tricks  
It ended in trouble  
I was all befuddled  
That'll teach me for trying a quick fix

~~~~~

There was a young man from Southport
Whenever he drank he got caught
He'd go out for a pint
Always end up in a fight
And be back in the dock in the court.

~~~~~

There was an old man from Berlin  
Who was rather partial to gin  
He drank to get tight  
Ended getting a huge fright  
That they had to tell his next of kin

~~~~~

~Simon A



"THE GREAT LIMERICK CHALLENGE".

There once was a drunkard named Eric
Who's episodes grew quite barbaric
Now that he works in finance
And wears his big boy pants
His only binges are alphanumeric
~Marnie

A girl with West African roots
would stomp round in military boots
With a head full of beer
she came quite near
To getting herself in some lawsuits
~Eric

Some Well known inebriates, smashed
Sobered up on bangers and mash.
Once they were done, one fired a gun
And they hurriedly got retrashed
~Simone L

A medical man from Japan
Sought the answer to life in a can.
When the going got rough
Said "to hell with this stuff"
And went on a 12 step plan
~Simone L





Upcoming A.A.
Events, Conventions
& Roundups

AA Roundup Malaysia 2017

6-8 October 2017

Parish Hall@ St John's Cathedral, Kuala Lumpur, Malaysia

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

Tokyo Convention of Young People in Alcoholics

Anonymous

October 28, 2017

Kitazawa Town Hall, Shimokitazawa

<http://aatokyo.org/events.html>

22nd Angeles City Fall Roundup, Philippines

13-15 October 2017

Angeles City, Philippines

<http://roundupangelescity.blogspot.sg/>

1st Biarritz AA International Convention France

13-15 October 2017

Radisson Blu Hotel, 1 Carrefour Helianthe, Cote des Basques,
64200, Biarritz, France

<http://www.aaconventionbiarritz.com/>

Costa Brava, Spain International Convention

18-22 October 2017

Golden Bahia Hotel, Av. Puerto Rico 29, Tossa de Mar, (Girona),
Catalonia, Spain

<http://www.costabravaconvention.com/>

AA Singapore Roundup 2018

3-4 March 2018

Damien Hall, Blessed Sacrament Church, 1 Commonwealth Drive,
Singapore

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

Sydney Boomerang Roundup

19-21 October 2018

Sydney Masonic Convention Centre, 66 Goulburn Street, Sydney

<http://www.boomerangroundup.com/>

Singapore Intergroup News

The Singapore Intergroup is the Service office that has been established to carry out certain functions common to all A.A. Groups in the Singapore community. Operating under the guidelines of A.A.'s Twelve Traditions and Twelve Concepts, the Singapore Intergroup is maintained, supervised and supported by the local Singapore A.A. groups. The primary purpose of Singapore Intergroup is to aid the individual A.A. groups in their common purpose to carry the A.A. message to the alcoholic who still suffers

All members are welcome and encouraged to attend Intergroup and there are always plenty of service positions available. Further details in relation to these are included below.

Meeting Updates

The East Coast lunchtime meeting is now held at 12.30 pm daily at the the Church of the Holy Family.

NAMS Clinic meeting helps to carry the message to IMH patients and caters for individuals from treatment centers and half-way houses. The group is looking for volunteers to assist with running the meeting which is held on Tuesdays from 7 pm m at NAMS Clinic at IMH.

Please ensure that any changes to meetings are communicated to the Web Committee to ensure that changes are reflected on the website

Hospitals, Institutions and Public Information

HIPI is looking for volunteers to deliver pamphlets to doctors' offices. Please email hi.pi.aa@outlook.com if you can assist. The committee is looking to organise a workshop for healthcare professionals later in the year.

Next Meeting

The next Intergroup meeting will be held at 11.15 am at Boomarang Boat Quay on 18th November 2018.

Service Opportunities

HIFI 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 2018 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.

ALCOHOLICS ANONYMOUS SINGAPORE ROUND-UP



3-4th March 2018
Damien Hall
Guest speaker:
Odat from Los Angeles
\$20 Registration Fee
(meal included)

Acceptance is the Key



AA SOCIAL

BBQ PARTY

SUNDAY 22ND OCTOBER FROM 3PM
EAST COAST PARK
FRIENDS, FAMILY AND PETS WELCOME!
BRING ANY FOOD YOU WANT AND JUST TURN UP!!

Volunteers to bbq needed... 🙏





The Twelve Steps.

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

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SEE YOU AT A MEETING:

Singapore A.A. Weekly Meeting Schedule

Please see website for directions

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

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

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