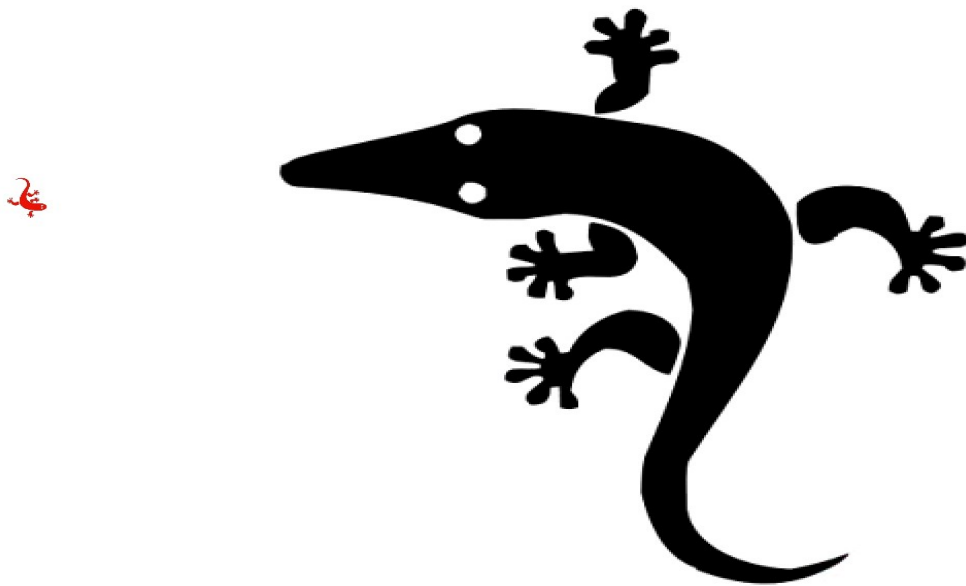


# The Daily Reprieve



By  
Singapore A.A. members  
January - April 2016



## The Twelve Steps of Alcoholics Anonymous

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.

*Reprinted from Alcoholics Anonymous 4<sup>th</sup> Edition, pg 59 -60 with permission of A.A. World Services, Inc."*

## TABLE OF CONTENTS

LETTER FROM THE EDITOR

LESSON ON HUMILITY

SPIRITUAL AWAKENING

ITS ALL OK

RECOVERY – MY FIRST YEAR

COPING WITH CHANGE

WHO SNEAKS IN WHEN YOU LEAVE THE DOOR OPEN

*SPIRITUALITY & “GOD-TALK”*

*HE IS A FREE MAN .....*

SINGAPORE INTERGROUP NEWS

THE HOSPITALS & INSTITUTIONS, PUBLIC INFORMATION COMMITTEE (HIPI)

STEP PRAYERS

SINGAPORE SOCIAL AND EVENTS COMMITTEE

UPCOMING REGIONAL EVENTS

MEETING SCHEDULE

For further assistance, call (+65)6475 0890 or email us at: [help@Singaporeaa.org](mailto:help@Singaporeaa.org)  
To contribute to the Daily Reprieve, please send your article or Announcement to:  
[newsletter@Singaporeaa.org](mailto:newsletter@Singaporeaa.org) See details and meeting schedules at: [www.Singaporeaa.org](http://www.Singaporeaa.org)

Dear Friends,

This edition is packed with local content including Lesson on Humility, Spiritual Awakening, Its All OK, Recovery – My First Year, Coping with Change, Who Sneaks in When you Leave the Door Open, He is a Free Man.... . Thank you to all those who have contributed, either by submitting an article or sending through content.

Without these contributions, the Newsletter would not be possible. I would like to take this opportunity to urge all members to get pen to paper and send in articles for the Newsletter. It does not have to be long, but anything that you can send in will be appreciated and is considered a great service. We are including some further suggestions which we hope will get you thinking and writing:

- ⊕ A “Spiritual Experience”
- ⊕ Acceptance is the Answer
- ⊕ Willingness, Honesty and Open-mindedness
- ⊕ Practicing these Principles in all our affairs
- ⊕ Daily Inventory

Please send us feedback and any suggestions for further topics. This is your Newsletter so we are always enthusiastic for ideas and ways to improve. Thank you for all the assistance in the editing, Ann Y.

Next edition we will continue with our feature “History of AA in Singapore” series, where Members share about the early years in of the Singapore Fellowship. We are always looking for volunteers so if you are interested in being part of this feature please do let us know.

The HIPI Committee is looking for volunteers and has a number of service positions available. Details in relation to these are included in the Newsletter below. The HIPI Committee is A.A. Singapore’s way of reaching out and cooperating with our community and you can contact the Committee on

The Round Up is taking place this weekend and we hope to see you all there. A big Thank You again to the Events Committee for making this possible.

Wishing you all a prosperous and Happy year of the Monkey.

Michelle K

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

## Lesson on Humility

Service is something that doesn't come naturally to me but recent messages I've been getting from the universe have spurred me to share a bit of my experience in recovery through a reflection. I hope the reader is able to take away something from this read.

I'd like to share about Steps 2 and 3 as recently I've experienced a few events that have changed my view about my Higher Power. Before coming into this programme, I believed in a Universal Intelligence that was in charge of the flow of life in this world. My idea of Him was that of a Judge who would reward me for the good things I did and punish me for my wrongdoings. Unfortunately, fear became the main driver in my life as a result of this. My motivation to take action was driven by the fear of consequences and the punishment I would receive from my Judgemental God. In addition, I staunchly believed I deserved to be punished. I would feel guilty for doing something I perceived to be wrong and would even admonish the good things I had done, believing they were all a fluke.

Alcohol helped me immensely cope with this fear. It instantly took away all the anxiety and guilt I constantly experienced. While drinking, I kept telling myself that I had to drink if I wanted to remove this fear, because it was the only thing I knew at that time to effectively and consistently help me do this. I justified my drinking with this and when the pain became too much and I was guided to the rooms of Alcoholics Anonymous, I continued to carry this belief that drinking was acceptable if I could not cope with fear. Today, having relapsed a few times and have had the grace of my Higher Power to be able to come back to the rooms, I understand that as an alcoholic, I have no acceptable excuse to drink. Actually, it would be better to say that my disease can delude me into accepting any excuse to drink. I've heard people in the rooms say this before but being a stubborn, thick-headed alkie, I had to experience it myself before I could fully accept and believe it.

Recently, I almost picked up a drink again. I had skipped a whole week of meetings and completely isolated myself from the world out of fear. On the night that I almost drank, I told myself that if I picked up a drink tonight, there was no coming back from this. To drink is to die and I had fully accepted that idea and told myself that I was willing to end it all if it meant I could drink. That night, as I toyed with the idea in my head and planned out my relapse, I was eventually unable to get a drink due to physical limitations. I headed to bed, feeling dejected from my failure and then suddenly, a voice came into my head to pick myself up and head to a meeting the next day. This same voice told me that not all was lost and I could still salvage the situation with some help. Now as somebody who used to hear of stories of people experiencing voices in their head from God and feeling sceptical and suspicious of them, I must admit that part of me almost feels embarrassed sharing this story because of just how wrong I have been about this matter. However, I cannot deny this experience I had and the impact it made on me that night. I couldn't sleep then as I felt so

excited from this experience and felt motivated to get back into life again the next day. God truly works in mysterious ways and I'm still trying to process what happened that night, though I know I should just keep it simple and see that my Higher Power directly spoke to me.

After that experience, today I try to remind myself daily that God has a better idea about things. I highly pride myself on my intellect and as a result judge my worth in this world based on my intelligence and academic achievements. As such, the realisation that I have been wrong about many things in life has been a very painful experience and huge blow to my ego. Today I'd like to see these events as humbling experiences in my recovery and opportunities for growth. Humility is something I desire today and something that I believe which combats the bulk of my problems today which revolve around my ego and delusional thinking. God provides me with that humility when I surrender myself to him on a daily basis. In fact, I truly believe that one of the main goals of the 12 Steps is to help me develop humility and to help me let go of self. This in fact is summarised in the often quoted saying in AA which today is part of my daily mantra: Trust God, Clean House, Help Others. These steps help me right size myself and aid me live the life that my Higher Power has envisioned for me. What a journey it has been so far!

*Anonymous*

## **Spiritual Awakening**

As I trudge the road of happy destiny in my journey in sobriety, I have found that my spiritual experiences or awakenings have been in different forms as is detailed in the book *Alcoholics Anonymous*, Appendix II, Spiritual Experience:

*The term "spiritual experience" and "spiritual awakening" are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.*

It is only recently that I can see that my first spiritual awakening that started my recovery from alcoholism took place the night of my last drunk. At the time, I was not a religious or spiritual person. I was not in the habit of praying, nor had I ever been prior to coming to AA. And yet, from the murky memories of my last drunk, I do recall that I had emotionally hit a rock bottom. That I could not go on doing this – that is getting drunk, blacking out and getting into trouble. I had had enough. I was at the jumping off point that so many fellows talk about. And I simply reached out to I didn't know what and asked for help. I had no experience with AA or recovery. My first AA meeting was not to be until the next day. But I reached out to the universe, to whatever and simply said "help me". Interestingly, the next day, the only call that I answered was not from anyone calling to see if I was ok or alive, but from my brother-in-law. He happened to be a sober member of AA. He said he would come over to see me and have a coffee. When he came over he said he would take me to a meeting of Alcoholics Anonymous that evening. And there started my journey into sobriety.

I believe that I have had further spiritual experiences, more of the educational variety in working the 12 steps of Alcoholics Anonymous, attending meetings, doing service and working with others. I guess this has all been helped by having an attitude of willingness. And as my sponsor would advise me, if I am not willing about any aspect of the program of AA, then I can pray for willingness.

I see the spiritual experiences are demonstrated primarily in the obsession to drink being lifted from me. I have been able to walk through quite a few big life events in sobriety without the need or desire to pick up a drink. This to me is the demonstration that there has been some vital personality change in me. All I had to do was to suit up, show up and be willing to do some work. I am grateful to be aware that I have a daily reprieve and that this is contingent on the maintenance of my spiritual condition. As my sponsor says, "I cannot get full on yesterday's burger". So there is always work for me to do every day, one step at a time.

*Anonymous.*

### **It's ALL OK**

When I was an active alcoholic, my response to the common question "how are you?" was invariably a glib "I'm fine thank you; yourself?"

Even at the time, I knew it simply wasn't the case. For many, many years, I was not fine. I was not ok. If I was being honest, I was miserable. But of course, my ability to be honest about how I felt was beyond me. So I would reply "I'm fine", and move onto my next drink as quickly as possible.

The program of Alcoholics Anonymous has changed my life in two key ways. Both of them positive and profound.

Firstly, I can now be honest with myself and others regarding how I feel. It's no longer shameful to admit that I may be tired, upset or jaded if that's the case.

Nor is it impossible to express enthusiasm, joy or excitement if that's what I'm feeling, unlike in times past, when such an admission would have made me cringe.

In recovery, I no longer need to maintain a facade. I can be comfortable with myself and my reality. I own my emotions in a way I never used to. If I am asked how I am, I have the capacity to answer humbly and honestly.

Secondly, I have the capacity to feel the positive emotions of happiness, serenity and worthiness, all of which were previously beyond me.



I don't ride a magic carpet of euphoria (and remain suspicious of those who claim they do!) but I do know those feelings now, and my life is a far cry from the dark world of my drinking days.

In recovery, When I say "I'm okay", I genuinely mean it.

More importantly, I can say "it's all okay" and know that to be the absolute truth. I have been given the gift of gratitude, which has made me realise that my life is indeed, "ALL OKAY".

*Anonymous*

### **Recovery – My First Year**

We are 7 siblings, my mother passed away when I was 11 years old, my father couldn't raise us because of his alcoholism, and I grew up with a lot of complex feelings about myself, a lot of insecurity, always feeling less than. I grew up with the consequences which alcoholism brings about, I am a daughter of an alcoholic. I saw my father living in on the streets, I saw my oldest brother go to jail many times because of alcohol, I saw members of my family die due to alcohol, my oldest sister always having problems in relationships because of her drinking, members of my family would fight when drunk, alcoholism caused a lot of damage to my family. Even though I witnessed all these things, it was not enough to stop me from taking that first drink of alcohol. I was 18 of age and in a very problematic relationship, and one time after we had a big fight, I decided to go to the nearest bar and ask for a drink. I found a new a new feeling then, the completion to the missing puzzle piece in my life. My insecurity, anger, relationship problems, and all those uncomfortable feelings were removed and replaced with feelings of calm, security, power and I felt sexy. I thought, "This is my solution to live an easy and happy life." I enjoyed the laughter and fantasies I shared with people while drunk. I loved how I could switch off my mind and for the next 10 years, I lived to drink .

The years and life began to pass me by. My friends were reaching their goals and I was leaving everything for tomorrow, for the next week, the next month, the next year and so on. By the time I was 30 years old, I had nothing but fears, pain, loneliness, hatred, and insecurities, which were now much more complex than before I began drinking. I had no goals or dreams to aspire to, I had no idea on what I wanted to do, and I did not know myself. The guilt I felt was so heavy I couldn't look in the mirror, I was a liar and ashamed to face people, I was deteriorating physically, I had voices in my head telling me that I was a loser, that I would never be happy, that I would never have a normal life, that it's too late to start fresh, that I cannot change, that I am a very bad person. It became a nightmare being sober or drunk.

Living in my situation and with my feelings pushed me to go out and seek help, that's when I went to AA. I remember in my first meeting, the members told me I was the most important person in the room. I thought these people were lying, for sure, they want something from me; I remember saying nice things to people when I wanted something from them. I was jealous of those who were able to laugh about themselves, but there was something that caught my attention. They understood how I

felt. They knew all about alcoholism and the solution for it. I started to go to the meetings but I was not interested to work the steps or have a sponsor. I was dishonest, I did not trust anybody, I did not get too close to anyone, and I did not ask for help. I spent a lot of energy in controversy, in debate about the program. I heard members share about the damage they did to their kids and thought, I did not do those things, and I did not lose my job or relationship. I compared myself with others, I wanted those people to recognize me, how good I was, how smart I was, but one day someone very nice asked me if you know everything, if you know how to do all these things and have had all this success in your life and have nothing else to learn, why are you here? I could not answer that person.

The truth was I was relapsing all the time and the things that I was doing were not keeping me sober and I was still refusing to work the program. I made the decision to go to India on a spiritual retreat and thought maybe I could find the cure for myself and maybe I do not need to come to these AA meetings for the rest of my life! So, I went to India for 4 months, I was clean, meditating all the time, doing yoga, attending silent retreats etc. Things went well for a while until I finished my trip and had to come back. It was my birthday and I can tell you this, the obsession to drink was so strong, and I justified why I should have a drink. Fortunately, I couldn't find alcohol in the city where I was living in India, but when I came back to Singapore, It was one of the first things I did, I went out to celebrate my spiritual life in India and without hesitation I ordered a drink. All the things I learned in AA came to my mind, the craving for more, how tired I was fighting not to drink.

I had enough, I accepted that I am an alcoholic and I will never to be cured and no matter how many spiritual trips I do, I will still be an alcoholic for the rest of my life. That was my last drink, I came back to the rooms the next day, and found myself a sponsor as soon as possible. I worked the steps and followed your suggestions, especially doing the ones I didn't want to do and I recently celebrated my first year anniversary. Today I know this program works if I work it and that the only person who can put obstacles in the way of living a better life is me. The quality of my recovery depends on how much I work for it, today it is me who decides what kind of recovery I want and how happy and free I want to be.

*Anonymous*

### **Coping with Change**

Here we go again. I have recently begun a new job and have once again found myself struggling at times to adapt to this new situation. This has not been my first major change in sobriety...this hasn't even been my first change of job in sobriety. I am fortunate enough to have never slipped back into drinking since I began my journey in AA, but I would be lying if I said my behaviour did not slip at times...many times. Of all the things coming to mind, change always seems to have the greatest impact on my emotional sobriety.

What is it about change that throws me for such a loop? We in AA joke with each other about how much we do not like to change, but it is not until I am in the midst of it, that I recall just how big of an impact it has on me. The ironic part is I think one of the greatest blessings sobriety has given me is the ability to change.

Most adults do not change very much. There comes a point in time when you are who you are. But in AA we are all about change: changing our drinking, our actions, our relationships with our higher power and so on. In 'the rooms' we embrace the change and celebrate these magnificent changes with each other. But 'on the outside', my first reaction is to fight the change with everything I have.

The funny thing is when I look back at all the changes in my life, they have all been wonderful. No matter how difficult they seem at the time, and how much I question why these things are happening, I can ALWAYS look back and see the beauty in it. It could be the result, it could be the journey, or sometimes simply the lesson learned and the ability to carry that wisdom to my next adventure. Even as I am in pain from time to time in the present, there is that little voice in the back of my head reminding me that I have been through this before. This is not that serious, and no matter what I will be alright. I may not feel alright, but I am alright.

I received a call from a sponsee the other morning which was an absolute blessing. It was about 4am, I hadn't been sleeping very well and had been on the road all but 5 days in the past 9 weeks. My first thought was to ignore the call, because I was 'too busy' and was already running off to the office. But thankfully my sponsors have taught me well and I know the hand of AA must always be available.

As we were chatting I brought up my angst about a big meeting that morning. He reminded me that during his 5<sup>th</sup> step we learned that one of his default settings was to get all worked up in an effort to show how great he was (in an attempt to cover up how he felt). I started chuckling and realized this was exactly what I was doing. This stress wasn't forced upon me; it was all in my head.

I would be lying if I said I was cool as cucumber since. However, that was in fact the turning point in my current adventure. I doubled down on my meetings, increased my contact with the people who care about me (in and out of AA), upped my meditation and my focus on helping others. It is amazing how much the program of AA helps me in my day to day life, assuming I use the tools that I have at my disposal. This new journey has just begun but I have a renewed hope that with the help of all of you I will be able to rise to the challenge.

*Anonymous*

## Who sneaks in when you leave the door open?

My sensitivity chip tells me that it is unhealthy to fawn over famous people. My rational chip tells me that famous people are just people doing something well (usually) – a talent that they are focused on, and my spiritual chip tells me that we are all one and it is unhealthy to make idols out of anyone – even Gods!!

So coming full circle, I know that famous people are not to be idolized. Why, then, do I become obsessed with some of them, some times?

Saturday night I am casually wandering towards the main stage at the Clockenflap music festival in Hong Kong where The Libertines are playing. I know that one of these chaps used to date Kate Moss and that he's the tabloid press's favourite junkie to punch and poke fun at. His name is Pete Doherty. I don't know his music and that is as much as I know about him.

Then I see him. There are two guys on stage: one is wearing a cowboy hat and jeans/boots combo giving him the look of a cowboy, and Pete is wearing a top hat and tails! I've never seen an 18<sup>th</sup> Century City Gent on stage with a 19<sup>th</sup> Century Cowboy before, least of all one playing electric guitar. The whole thing was a wonderful anachronism and I was held captive.

I became more and more mesmerized by this man: this Pete fella. He looked like a Chimney Sweep all trussed up in tails, and every time he and the Cowboy sung into the mic together they looked as if they were about to kiss. A spectacle indeed.

But I was going deeper. I was looking into this man's eyes and writing his story: a little lost boy, adrift in a sea of drugs and alcohol, bereft of the loss of Kate Moss, twisted into the successful and infamous pop star – the man with the natty style and the love of a cowboy. *I can be natty too, alongside him, we can have natty children and a natty castle home. But will he look at me? Will he notice me? He needs to see me, I mean really SEE me. Then he will know that we are perfectly nattily matched.*

Sorry, I left the door open – just ajar you understand – but it doesn't take long for the madness to creep in. I kicked it shut and did a reality check: *Pete Doherty is into drugs and booze – he's drinking on stage for heaven's sake! I, on the other hand, do not drink and I do not want a druggy rock and roll lifestyle anymore... that's soooo passé!* (ok so that last bit is to make me feel better!!) *No, my journey is all about driving towards spiritual connectivity, being ecstatically high on life, full on, feel everything, totally experiential, plugged in, super-powered, charged up, amped to eleven and all on the freely available energies of life Baby! The PD lifestyle is in direct opposition to this destination.*

Still mesmerized, I take lots of pics so I can further analyze the madness later.

Cut to later. The following afternoon, I am shopping in Wanchai when I realize that I'm not just idly perusing the lanes of cheap stores, I am also idolizingly writing a song in my head: a song for Pete. I've constructed a whole story for him: his parents - ordinary Irish folk living in London, Pete from the council estate and the comprehensive school, strumming his woes into an empty guitar. His honest, pure, self-expression is recognized and celebrated by society and suddenly this lifts Pete out of working class woes into infamous success – the glittering world of the célèbre. Except that his troubles are still securely tethered to him like a tacky Just Married sign and a clutch of rusty tin cans tethered to a posh roller. Even if you don't see the gaudy hitchhikers, the din soon steals the show. Now Pete gets to perform his honest pain in front of thousands of people and the national press gets to humiliate him and his tin cans publically. *Yes Pete, I know. I know your pain. I understand you.*

95% of that is all made up bollocks of course. I have no idea if his parents are expat Irish, or if he went to a comprehensive school. It's my own little Cinderella story on behalf of someone I don't know and shouldn't care about!

*Still I may as well write him a song... you never know... "The little lost boy and the little lost girl." Maybe I can send it to him for him to sing... And then he will know me and meet me and I can say NO! I do not pick up little lost boys anymore, sorry Pete. And that will make me feel good and I can tell everyone that I turned him*

*SHUT....*

Shut. The. Door.

My phone vibes and it's an email – he's playing tonight at a private gig, my friends and I are on the guest list. Well... a chance for further analysis then – examine this bonkers side of me further! *Maybe this is fate – Pete is fated to meet me.*

At the gig, I get close to the front so I can see his eyes – I still want him to see me. The madness is stretching through the length of my body; making me stand tall, taller, head and shoulders taller, visible like a beacon, a blazing beacon of hope and of rescue.... Actually I probably looked more like a lighthouse screaming SAIL CLEAR OF THIS CRAZY ROCK!

The rational part of me quietly joins the gathering and gently stands by the open door. *Is this really what you want in your life? Lord grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference.*

*This kind of behaviour didn't work so well for us in the past did it? Let's try something different. What's the right thing to do now? Maybe we can walk away from the stage? Maybe we can find our friends and just enjoy the private concert experience for what it is: a wonderful intimate musical*

*performance? We can think further on this tomorrow, but for now, let's enjoy our friends. And let's also close the door, and become an "I" again.*

I did and I had a lovely evening.

Writing this now, I can see that this obsession with 'famous' people that I have every so often is actually connected to my desire to be truly authentic. When I was drinking I would take this 'obsession' one stage further and believe that by mimicking the drinking and the drugging and the spotlight antics that I might suddenly be living my creativity and self-expression. That this would be the short cut to authenticity. But of course it isn't. There are no short cuts in life. But there are really long cuts if you insist on going round and round in circles drinking, drugging, hoorahing, yeehawing and expecting to get somewhere other than round and round.

When I look at this man on stage I see someone who authentically expresses himself through writing and music and then has the courage to stand up and present this self to the world. (His drinking and drugging are his own distractions and not actually relevant to my obsession.)

In my new sober life, I can now see that this 'obsession' is a manifestation of that part of me that wants to be authentically me; and then authentically recognized, seen and applauded. This is my authentic self demanding that I just have the courage to do what I really want to do in life: *DO WHAT YOU LOVE, NOT WHAT LOVES YOU.*

No one else can be me for me, not Pete Doherty, not Robbie Williams nor that bloke from Friends and Crocodiles. This is something that I have to do for myself. In sobriety I am finally giving myself the opportunity to face this, not shy away from it, or be part, three quarters, or even almost me. I'm going for the full monty version. Naked free me.

Me will change from day to day I expect, and that will be ok too. Me is not a destination – as they say – but a continually evolving journey. With the support of the Fellowship I think I may just have enough courage – one day at a time - to strap on my Me boots and begin that journey. Let's see shall we?

*Anonymouse.*

## **SPIRITUALITY & 'GOD-TALK'**

Chair of AA's General Service Board asks if AAs are welcoming enough to all beliefs  
From a Talk given at the October 2009 AA General Service Board Meeting

Membership in AA is clearly defined by the Third Tradition, "The only requirement for AA membership is a desire to stop drinking." So why are we concerned about people feeling included or excluded? Everyone who desires to stop drinking should feel included . . . right? However. AA is a

spiritual program, and many newcomers, if not most, are put off by the talk of God and God's will and turning one's will and life over to God as we understand him.

As I listen to people's stories, I find much of that discomfort comes from the damage religion has done to the alcoholic who is still drinking. Many come bearing loads of guilt that has been reinforced by churches that are all too ready to judge, advise and condemn. However the judgement comes, to the person still struggling with alcoholism, it is fuel for resentment, guilt and despair. Then to walk into a meeting and hear God-talk . . . ! We understand.

Also, those who do not have a traditional theistic view of God hear language about a god that sounds very traditional. If one is an atheist or an agnostic, it can be difficult to hear all this language. The first premise in theology is that God is beyond human understanding. God is not an object like an apple, or even a person. We who are religious need to be more conscious that we speak of God in allegorical language. We must always welcome those who find this language unconvincing.

One place to begin addressing this concern is by making a distinction between religion and spirituality.

Organized or "institutionalized" religion has a set of beliefs that form a core theology. Most churches codify these beliefs into some kind of dogma or creed, even if they do not use the word "dogma." There is an organizational structure, often hierarchical, dominated by the ordained clergy; a regular, even regulated, style of worship; and ethical implications based on the belief system--some "don'ts" and some "do's." Sometimes this ethic seems to represent a program for perfection. Generally these aspects of religion represent boundaries that define who the members are--who is in and who is out.

As you all know, I am an ordained Episcopal priest and head of one of our denomination's theological seminaries. I only ask that you not assume I am identical with every religious leader you have ever known. I have serious difficulty with the idea of defining who's in and who's out; we can't see into the soul of any human being. But the greatest difficulty I have with the institutional church is with the claim of knowing the truth. Anyone who has studied theology knows that "truth" has changed dramatically over the ages. This claim to know the truth plays a central role in the churches' developing a view of us verses them. At its worst it has led to witch hunts, inquisitions and persecutions; at its best it leads to hypocrisy and arrogance. I believe it is this claim that encourages within religion the desire to control and the spirit of perfectionism.

"Spiritual," on the other hand, is broad and inclusive. "Spiritual realities" represent all those things that affect our lives but which we cannot see or touch--things like love, resentment, hope, anger, peace, anxiety or serenity. Spiritual realities are present for all human beings. Spirituality has nothing to do with boundaries or with "in groups" and "out groups."

Without question the Twelve Steps lay out a spiritual program, but it is a spirituality based on experience, not doctrine. As the Big Book says, "The spiritual life is not a theory. We have to live it."

Central in the spirituality of AA is mystery, not doctrine--mystery at the miracle of lives changed by following these simple principles.

For me, as I seek to sort through all the stuff of institutionalized religion, one tool I use is to seek my personal, basic, core experience. When I do that, I become free, free to let go of the need to control, free of the need to judge others.

As part of preparing this sharing, I decided to do a meditation, asking, What are the spiritual principles of AA? I offer these thoughts, not as dogmatic truth, but simply as reflections by one who has learned and grown from this program.

I believe the fundamental spiritual experience is the movement away from being self-directed--I can control my drinking, I am strong, I need to control you--toward being directed by a power greater than self. "First of all," Bill says, "We had to quit playing God. It didn't work." This represents what those of us who use religious language call "humility." It is a movement toward recognition that we are not God, we cannot control our life or the lives of others, and that seeking such control actually makes life unmanageable. It is a movement toward accepting that we must find a new way of living that is directed by a Higher Power. And the term "Higher Power" within the AA Fellowship means simply that which keeps one sober.

I have difficulty with the idea of defining who's in and who's out; we can't see into the soul of any human being.

As I listen to your stories, I discover that the beginning of such spirituality is hope. When one attends that first meeting, it is hope that starts him or her on the journey toward sobriety and new life. That means the fundamental faith for members of AA is the hope that today they can live sober lives. In other words, faith is the acceptance that there is hope. And the fundamental act of faith is showing up for meetings. If someone comes to a meeting, that person is acting in faith; that person is spiritual.

From the very beginning--even before AA began, when Bill W. and Ebby had that well-known conversation and Bill vowed he would never get religion--from the very beginning religion and spirituality have been issues for the Fellowship of Alcoholics Anonymous. Fortunately, for all who have been strengthened by this program, the spirituality of AA has remained pragmatic. God is that Higher Power that keeps us sane today; hope is based on our experience; and faith is seen when one shows up for meetings.

For those of us who are comfortable with traditional language for God, we must remember other are not so comfortable; the language is not all that important. What is important for those who are members of this Fellowship and for those who walk through the door for the first time is to be able to discover the hope that is the spiritual foundation that will bring sanity and serenity to his or her life. Clearly such spirituality welcomes all who desire to stop drinking.

**WARD EWING**, A.A. *Grapevine* April 2010 - Reprinted with permission of the A.A. *Grapevine, Inc.*



## I Came to Believe

I had a lot of friends, a great job, a wonderful family, a beautiful home and no problem whatsoever: I was unhappy at times and I did not understand why. I was miserable for no apparent reason: I drank over it for 15 years.

I thought I would have been okay only if... something of this perfect picture would change: do not ask me what and why and when. I had no answer.

One day at the bottom of despair I made a call. I was seated at my office, I was wearing a quite expensive suit. I had 6 small bottles of wine in one of my desk drawer. Cheap wine which you should at least drink chilled: mine was warm, and disgusting. I bought it on my way to the office that morning, at 9 am. By 12 noon the 6 mini bottles were empty and I was considering to go down to the groceries to replenish my supplies.

I was very sad, I had a moment of clarity, and acknowledging one more time that something was very, very wrong with me and my life. I could not stand this anymore. I picked up the phone, I made a call to my good friend who suggested some time back that an association called "alcoholic anonymous ", could be of help. I called and a guy answer the phone. He was gentle and understood what was going on. He only said "do not worry: I will send someone talking to you: a woman. Tomorrow night at your place".

And that was the moment my Miracle started. Because that woman came, and in few days I was in a meeting, giving myself a chance.

And there were a dozen of people in that room, that night. One of them was celebrating 90 days and I could not believe it.

They start talking to me like no one ever did before. They told me that there was hope, and that it was only a 24-hour deal. They smiled, and after the meeting they hugged me. I could not believe it.

The following morning few ladies called me, just to say: "Hi! How are you? How are you feeling this morning? Are you coming tonight? I could not believe it.

One week later, I still was not drinking. I could not believe it.

A month passed by and again no alcohol in my body. I could not believe it but I celebrate my 1<sup>st</sup> month: everyone in the room cheered. They seemed really happy for me: I could not believe it. The months passed by and months after month I reached my 1<sup>st</sup> year sober: I could not believe it.

And then, one day I felt something really powerful inside me, something bright, and warm, and incredible and I realized that I was part of these amazing people, one of them in the wonderful fellowship of AA: I came to believe and I have believed ever since.

It took me a while to surrender but it was worthy. I came to believe in AA, in the People who saved my life and in a Power greater than myself. My life is a beautiful journey, any new day I thank God, AA and you, my People for the gift of life and for the faith I found in the rooms: I do believe now.

Thanks to all of you: I am sober today!

*Raffaella*

**“He is a free man, He does not need a bodyguard nor is he confined, he can go anywhere on this earth where other free men may go”**

I am currently on a train heading back to the mountains. I have just been to the nearest AA meeting. This involved a walk, a bus, a train and walk and will be a 7-hour, \$70 dollar round trip for the 1-hour meeting. I nearly did not go, I looked out the window this morning and thought it would be a great day to go skiing, but I did what I said I would and got myself out of the house and on a train and I have to say it was worth it! To be with my fellows and hear what I needed to hear.

I have been sober for a little over two years. I had told my sponsor that I was going to write something to mark my two-year anniversary but have been procrastinating, waiting for a suitable time, until it felt right, until I felt that I could truly and accurately depict how grateful and happy I am to be sober. If I am honest, there have been numerous times when I could have sat down and done this, but something, that would be me, was stopping me from getting started.

I still find this a bit of a struggle, even though I know that by writing instead of talking about it, that the words will come and I will feel better. I know what is stopping me getting pen to paper is my will, and that this can be a dangerous place to be. So I am making the most of the train journey and making this a dedicated day of recovery.

I am grateful for the fellowship that has meetings around the world. I have now been to meetings on the East and West Coast of the US, the UK, Australia, in German and Italian parts of Switzerland, Thailand and Singapore. They are all different and they are all the same. Many of you will know what I mean.

I am grateful today, for I know that without the fellowship of AA, without meetings, without my sponsor and my friends in the program I would not be in a position to do much of anything. By the time I stopped drinking, I was little more than a body with no soul. I did not care about myself and I did not care about others.

I had always thought I was not selfish and one of my biggest delusions was that my drinking was not hurting anyone else. Sure I was hurting myself but that was my business and surely my choice. Being sober has allowed me to make amends to my family and friends for the suffering I caused, and more than that, I can be more compassionate and understanding to my fellow man, who are all going through their own journeys.

I am currently on an extended break in Europe. Late last year, I was asked by a potential employer whether I would be interested in relocating to a small landlocked country in Europe. My first thought, “no way”. I am happy here, I am settled, I am comfortable, I have my routine and things are going well. I immediately reached out to my sponsor and she asked me why I would not consider it. My first answer was that my sobriety was my first priority. It was rightly pointed out that there were also sober people in said country and asked me the question again. This time I was a little more honest, “I am fearful”.

I went for the interview and did not get the job. But I was ok with that, because today I truly believe that I am not in charge, that I need to take the action but the results are not up to me. The whole experience did get me thinking about moving, perhaps it is time for a change. So I am here, working through these fears and looking at opportunities, because I am sober and with the help of the program, the fellowship, my fellows and my friends and family I can.

I have learnt that in order to grow, we need to get out of our comfort zone. That is not to say I am packing up and moving, but I am giving myself the option, this is one of the reasons I got sober, to have opportunities, to have the choice. When I was drinking I thought I had choices, that I was in charge, the reality was that I had no choice, alcohol was my master and I was a faithful servant.

Yesterday I was up the mountain skiing, the sun was shining, the weather warm and I felt so peaceful, and still amazed that I get to be here, enjoying life. This is the power of AA and Fellowship and today I am free from the obsession, I am free to do what free men do, and I am free to go where other free men go.

*Anonymous*

## **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. Please contact [newsletter@singaporeaa.org](mailto:newsletter@singaporeaa.org) for further information. The next meeting will be held on March 12<sup>th</sup> at 11.15 am at Boomerang in Boat Quay.

### **Meeting Changes**

There have minimal changes to meetings since the last issue. An up-to-date list is included under Meeting Schedule in the Newsletter and details can also be viewed on the Singapore AA website at <http://www.singaporeaa.org/meetings.html>. Changes include the following:

Meetings are once again taking place at Damien Hall on Public Holidays.

We confirm that the meeting has on Friday afternoon 3 – 4 pm is on-going and is open to men and women. The AA Recovery Meeting is held at St. Francis Xavier Church, St Andrew's Room, 63A Chartwell Dr, Singapore 558758

## **The Hospitals & Institutions, Public Information Committee (HIPI)**

The HIPI Committee is A.A. Singapore's way of reaching out and cooperating with our community. We do this so that psychology and medical practices, institutions, hospitals, treatment centres and other relevant organisations and individuals are aware that A.A. is here to help. Should they be interested in helping members of the public with alcohol problems, HIPI is there to provide information, literature, in-person interviews and presentations, so that people in need may find their way to our fellowship.

In an effort to improve A.A. Singapore's outreach, the HIPI Committee has formed the following structure for service positions. If you or sponsees are looking for service work within A.A., please join us at our next HIPI Committee meeting to see how you can get involved

The following positions are still open and are HIPI is looking for volunteers. Please email [ho.pi.aa@outlook.com](mailto:ho.pi.aa@outlook.com) for details and to volunteer. Please also listen out for announcements in meetings as to when and where the next meeting is, to meet the team and offer service.

### **Chair/Coordinator:**

*Sobriety Requirement: 2 years continuous*

*Commitment Duration: 2 years*

Oversee all HIPI activities; delegate tasks, initiate new projects, liaise with institutions and organisations where necessary

Organise monthly meetings

Manage and take responsibility for HIPI budget

Attend all Intergroup meetings and report back on HIPI activities and updates, and submit new initiatives for budget approval

Act in accordance with the Traditions & Concepts

Ensure all committee members are briefed on Traditions & Concepts

**Alternate Chair/Coordinator:**

*Sobriety Requirement: 1 year continuous*

*Commitment Duration: 1 year*

Assist Chair with overseeing HIPI activities; delegate tasks, initiate new projects, liase with institutions and organisations where necessary

Assist in organisation of monthly meetings

Attend all Intergroup meetings and report back on HIPI activities and updates

Act in accordance with the Traditions & Concepts

Assist in ensuring all committee members are briefed on Traditions & Concepts

**Secretary:**

*Sobriety Requirement: 6 months continuous*

*Commitment Duration: 1 year*

Attend all monthly meetings

Book venue for monthly meeting

Take meeting minutes and distribute via email to all committee members

Liaise with the Newsletter Coordinator to ensure newsletter contribution is up to date with latest HIPI activities

**Newsletter Coordinator:**

*Sobriety Requirement: 3 months continuous*

*Commitment Duration: 1 year*

Attend all monthly meetings

Submit timely updates for the newsletter- coordinate with IG Newsletter Rep

Stay informed of activities, outreach, new and opening/changing service positions

Stand in for Secretary if they are unavailable

**Treatment Coordinator:**

*Sobriety Requirement: 1 year continuous*

*Commitment Duration: 2 years*

Attend monthly HIPI meetings

Coordinate IMH meeting volunteer rota (3 month plan)

Brief IMH meeting volunteers on meeting attendance and

Build and maintain relationships with treatment facilities

Coordinate Bridging the Gap/Temporary Contact programmes

Coordinate with Literature Rep to fill treatment literature needs (pamphlets, big books, temp. contact forms etc.)

Attend IMH meeting where possible to check literature inventory

**Alternate Treatment Coordinator:**

*Sobriety Requirement: 6 months continuous*

*Commitment Duration: 1 year*

Assist Treatment Chair with tasks

Assist in coordination of IMH volunteer rota

Help to maintain treatment relationships, coordinate treatment programmes, and manage literature needs

Attend monthly HIPI meetings

**IMH Volunteers (Rota):**

*Sobriety Requirement: 3 months continuous*

*Commitment Duration: 6 month minimum*

Attend IMH meetings once a month on designated date as presented in IMH volunteer rota

Find a replacement volunteer to attend IMH meeting if you are unable to attend. Inform Treatment Coordinator of your replacement volunteer

**Literature Coordinator:**

*Sobriety Requirement: 6 months continuous*

*Commitment Duration: 1 year*

Receive literature orders from HIPI committee members for outreach and other programmes, compile orders, coordinate with HIPI Chair for budget approval and IG Literature Rep to fill orders

Check & maintain literature inventory (monthly check at Damien)

Attend monthly HIPI meetings

**Events/Activities Coordinator:**

*Sobriety Requirement: 1 year continuous*

*Commitment Duration: 2 years*

Attend monthly HIPI meetings

Liaise with Chair to develop initiatives for outreach events/activities for P.I. and C.P.C.

Organise volunteer participation and logistics for outreach events/activities

Manage events/activities budget spend and update Chair

**Outreach Coordinator:**

*Sobriety Requirement: 1 year continuous*

*Commitment Duration: 1 year*

Reach out to institutions, hospitals, prisons, press etc. to offer AA support/information/literature

Develop new opportunities for AA to be of service to the community

Organise volunteers to assist with outreach activities- liaise with Events/Activities Coordinator

Refer communications or coordination to Lit Rep or Events/Activities Coordinator when necessary for them to take over organisation

Attend all monthly HIPI meetings and update Chair on progress and initiatives

## Step Prayers

We are all familiar with the third step prayer and I know many who use it on a daily basis. There are a number of other prayers throughout the big book. Some of these are included below.

### **The Set Aside Prayer**

"Dear God please help me to set aside everything I think I know about [people, places or things] so I may have an open mind and a new experience. Please help me to see the truth about [people. Places or things]. AMEN." (This prayer comes from the Chapter to the Agnostic, primarily pages 47 and 48).

### **First Step Prayer**

Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. (This prayer is developed from the chapter, More About Alcoholism)

### **Second Step Prayer**

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing. (p. 52:2, 52:3, 53:1, 53:2)

### **3<sup>rd</sup> Step Prayer:**

"God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!" (63:2 original manuscript)

### **A Pre-Inventory prayer:**

"God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure. Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments. Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened. Please help me to be searching and fearless in my endeavour to write my inventory." (p. 64:2, 64:3, 67:2)

#### **A 4<sup>th</sup> Step Resentment Prayer:**

"God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(66:2, 66:3, 66:4, 67:0, 67:1)

#### **A Pre-Fifth Step Prayer:**

God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to you." (72:1, 72:2, 73:0, 74:2, 75:2)

#### **Fifth Step Prayer**

Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (75:2)

#### **A Quiet Hour Prayer:**

"God, Thank You for giving me the strength, faith and courage I needed to get through my 5<sup>th</sup> Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimped in any area of this work."(75:3)

#### **A 6<sup>th</sup> Step prayer:**

"God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed." (76:1)

#### **Sixth Step Prayer**

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health. (76:1)



### **Seventh Step Prayer**

"My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." (76:2)

### **A Pre - Eighth Step Prayer:**

"God, Please remove my Fears and show me your truth. Show me all the harms I have caused with my behaviour and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol."(76:3)

### **A 9<sup>th</sup> Step Prayer :**

"God, with regard to this amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping."(79:1, 83:3)

### **A 10<sup>th</sup> Step prayer for Growth and Effectiveness:**

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"(84:2)

### **Tenth Step Prayer**

My Higher Power, My daily prayer is to best serve you,  
I pray I may continue to grow in understanding & effectiveness;  
Help me to watch for selfishness, dishonesty, resentment and fear;  
Help me to be willing to have You remove them at once;  
I must be willing to discuss them with someone immediately;  
I will make amends quickly if I have harmed anyone;  
And then I will turn my thoughts toward helping someone else;  
Please help me to remember to practice love and tolerance of others. (84:2)

### **Tenth Step Amends Prayer**

"God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do thy will."(86:1)

### **A Nightly Review Prayer:**

"God, help me to constructively review my day. Where was I resentful, selfish, dishonest or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life? Please forgive me for my harms and wrongs today and let me know corrective measures I should be take." (86:2)

### **The 11<sup>th</sup> Step Prayers:**

#### **A Prayer On Awakening:**

"God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration." (86:2)

#### **A Morning Prayer:**

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Free me from my bondage of self. Thy will be done always." (86:3)

#### **A Morning Prayer:**

"God, please show me all through this day, what my next step is to be and please grace me with whatever I need to take care of the problems in my life today. I ask especially that you free me from the bondage of self-will."(87:1)

### **Twelfth Step Prayer**

Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill. (89:1)

-----

Close the door, change the record, clean the house, get rid of the dust. Stop being who you were and become who you are ~ **Paul Coelho**

How would your life be different if...You stopped making negative judgmental assumptions about people you encounter? Let today be the day...You look for the good in everyone you meet and respect their journey. ~ **Steve Maraboli**

## Singapore Social and Events Committee

### ***Social Committee***

Alcoholics Anonymous Singapore holds monthly events. Details in relation to these social events can be obtained by sending an email to [sociaalcom@gmail.com](mailto:sociaalcom@gmail.com).

The next social event will be taking place on 19<sup>th</sup> March – Details as follows:

Let's play! Come join the AA Social gathering and have fun Go-Karting!

Saturday, 19 March at 7pm

The Karting Arena

198 Turf Club Rd, Singapore 287981

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

Closest bus stop:

Opp Sixth Ave Ctr, Singapore

Contact [carolmonteverdeleal@gmail.com](mailto:carolmonteverdeleal@gmail.com) for any further details.

### ***Event Committee***

A big shout out to the Event Committee for organising the 2016 Singapore Round Up, Steps to Miracles. A full write up on the Event will be included in the next issue of Daily Reprieve. If you are interested in joining the Committee please send an email to [events@singaporeaa.com](mailto:events@singaporeaa.com).

## **The Paradoxical Commandments**

People are illogical, unreasonable, and self-centered, *Love them anyway.*

If you do good, people will accuse you of selfish ulterior motives, *Do good anyway.*

If you are successful, you will win false friends and true enemies, *Succeed anyway.*

The good you do today will be forgotten tomorrow, *Do good anyway*

Honesty and frankness make you vulnerable, *Be honest and frank anyway.*

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds, *Think big anyway.*

People favour underdogs but follow only top dogs, *Fight for a few underdogs anyway.*

What you spend years building may be destroyed overnight, *Build anyway.*

People really need help but may attack you if you do help them, *Help people anyway.*

Give the world the best you have and you'll get kicked in the teeth, *Give the world the best you have anyway.*

~ ***Dr. Kent M. Keith***

## Upcoming A.A. Events, Conventions and Round Up's

50<sup>th</sup> Highland Gathering

Inverness, Scotland

18<sup>th</sup> – 20<sup>th</sup> March 2016

<http://www.al-anonuk.org.uk/aa-50th-highland-gathering-convention-al-anon-participation>

1<sup>st</sup> Australasian Convention – Carry the Message

Suva, Fiji

24<sup>th</sup> March – 27<sup>th</sup> March

<http://aanatcon.org.au>

22<sup>nd</sup> International AA Convention in Greece – HOPE

Eretria Evia, Greece

12<sup>th</sup> - 15<sup>th</sup> May

<http://www.aa-greece.gr/7e.htm>

15<sup>th</sup> Bali International Roundup – Promises Promises

Bali, Indonesia

10<sup>th</sup> – 12<sup>th</sup> June 2016

<http://www.aa-bali.org>

16<sup>th</sup> International Convention in Croatia

Trogir, Croatia

10<sup>th</sup> – 12<sup>th</sup> June 2016

<http://aahrvatska.hr/16th-international-aa-convention>

-----

One day it just clicks... you realize what's important and what isn't. You learn to care less about what other people think of you and more about what you think of yourself. You realize how far you've come and you remember when you thought things were such a mess that you would never recover. And you SMILE. You smile because you are truly proud of yourself and the person you've fought to become. ~ **Unknown**

## Singapore A.A. Weekly Meeting Schedule

(please see website for directions)

<b>Monday</b>	07.15 - 08.00 AM	Men's Meeting	Closed	<a href="#">Marina Bay City Gallery</a>
	07.30 - 08.30 AM	Big Book Study	Closed	<a href="#">Circular Road</a>
	12:30 - 01:30 PM	Daily Reflections	Open	<a href="#">Damien Hall</a>
	12:30 - 01:30 PM	Big Book Study	Open	<a href="#">East Coast</a>
	07:00 - 08:00 PM	Daily Reflections	Closed	<a href="#">Damien Hall</a>
	07:15 - 08:15 PM	Big Book Study	Closed	<a href="#">World Peace Cafe</a>
	08:05 - 09:05 PM	Beginners Meeting	Open	<a href="#">Damien Hall</a>
<b>Tuesday</b>	07:30 - 08:30 AM	Speaker Meeting	Closed	<a href="#">Circular Road</a>
	12:30 - 01:30 PM	Big Book	Closed	<a href="#">Damien Hall</a>
	07:00 - 08:00 PM	Daily Reflections	Closed	<a href="#">Damien Hall</a>
	07:00 - 08:30 PM	11th Step Meeting	Closed	<a href="#">St. Bernadette Church</a>
	07:00 - 08:00 PM	Open Topics	Open	<a href="#">NAMS Clinic, IMH</a>
<b>Wednesday</b>	07.15 - 08.00 AM	Men's Meeting	Closed	<a href="#">Marina Bay City Gallery</a>
	07.30 - 08.30 AM	As Bill Sees It	Closed	<a href="#">Circular Road</a>
	12:30 - 01:30 PM	Living Sober	Open	<a href="#">Damien Hall</a>
	12:30 - 01:30 PM	Daily Reflections	Open	<a href="#">East Coast</a>
	07:00 - 08:00 PM	Speaker Meeting	Closed	<a href="#">Damien Hall</a>
	08:15 - 09:15 PM	Women's Step Study	Closed	<a href="#">Damien Hall</a>
<b>Thursday</b>	07:30 - 08:30 AM	12 & 12	Closed	<a href="#">Circular Road</a>
	12:30 - 01:30 PM	Daily Reflections	Closed	<a href="#">Damien Hall</a>
	12:30 - 01:30 PM	Step Study	Closed	<a href="#">East Coast</a>
	12:30 - 01:30 PM	Step II & III meeting	Closed	<a href="#">Suntec City</a>
	07:00 - 08:00 PM	12 & 12	Closed	<a href="#">Damien Hall</a>
	07:30 - 08:30 PM	Speakers Meeting	Closed	<a href="#">World Peace Cafe</a>
<b>Friday</b>	07.15 - 08.00 AM	Men's Meeting	Closed	<a href="#">Marina Bay City Gallery</a>
	07:30 - 08:30 AM	Beginners Meeting	Open	<a href="#">Circular Road</a>
	12:30 - 01:30 PM	12 & 12	Closed	<a href="#">Damien Hall</a>
	12:30 - 01:30 PM	Step 11 Meeting	Open	<a href="#">East Coast</a>
	3:00 – 4:00 PM	Recovery Meeting	Closed	<a href="#">Church Of St Francis Xavier</a>
	07:00 - 08:00 PM	Happy Hour Higher Power	Open	<a href="#">Damien Hall</a>
	07:00 - 08:00 PM	Topics Meeting	Closed	<a href="#">Oogachaga</a>
<b>Saturday</b>	08:00 - 09:00 AM	Big Book Meeting	Closed	<a href="#">Big Splash</a>
	08:30 - 09:30 AM	Gratitude Meeting	Closed	<a href="#">Circular Road</a>
	10:00 - 11:00 AM	Women's Meeting	Closed	<a href="#">Circular Road</a>
	04:00 - 05:00 PM	We Care Meeting	Closed	<a href="#">WE CARE Center @ Eunos</a>
	04:30 - 05:30 PM	Daily Reflections	Closed	<a href="#">Damien Hall</a>
	07:00 - 08:30 PM	Saturday Night Live	Open	<a href="#">Damien Hall</a>
<b>Sunday</b>	08:15 - 09:15 AM	Men's Meeting	Open	<a href="#">Starbucks 313 Orchard</a>
	08:00 - 09:00 AM	Beginners Meeting	Open	<a href="#">Big Splash</a>
	10:00 - 11:00 AM	LGBT Meeting	Closed	<a href="#">Oogachaga</a>
	06:30 – 07:45 PM	Big Book	Closed	<a href="#">Damien Hall</a>

## 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. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)

Yes  No

**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 got into, and how we stopped. We will be glad to help you, if you want us to.

Yes  No

**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.

Yes  No

**4 - Have you had to have an eye-opener upon awakening 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."

Yes  No

**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.

Yes  No

**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.

Yes  No

**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.

Yes  No

**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.

Yes  No

**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 into A.A., we found out that once we started to drink, we couldn't stop.

Yes  No

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

Many of us admit now that we "called in sick" lots of times when the truth was that we were hung-over or on a drunk.

Yes  No

**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.

Yes  No

**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.

Yes  No

*Reprinted from "Is A.A. for You?", with permission of A.A. World Services, Inc."*

+65 8112 8089 for further assistance  
Or email us at [help@Singaporeaa.org](mailto:help@Singaporeaa.org)