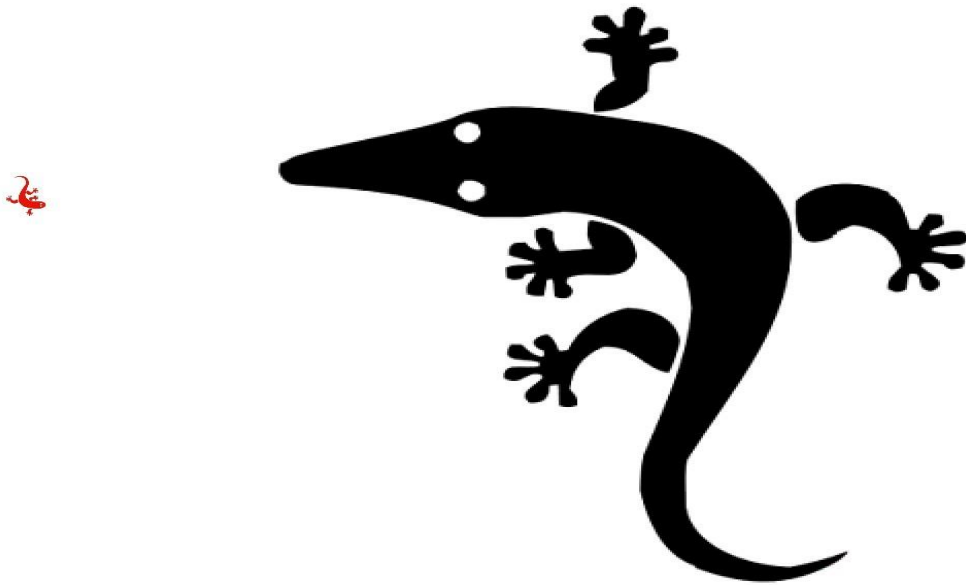


The Daily Reprieve



By
Singapore A.A. members
Summer 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.

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

Dear Friends,

I was asked on countless occasions to write an article for the newsletter, I had great intentions but “I was too busy” and now this is my service commitment, doing things I do not want to do, such as helping others by sitting down and putting together stories. It makes me feel good about myself and I hope there is some content in here that helps you today.

We are very grateful for all you who took the time to write something. It does not have to be long, but anything that you can send in will be appreciated and is considered a great service. Below are some further suggestions which we hope will get you thinking and writing:

- ⊠ Love & Tolerance is our code
- ⊠ Making Amends
- ⊠ Helping others
- ⊠ Admitting we are powerless
- ⊠ Came to Believe in a Power greater than ourselves
- ⊠ Personal Daily Inventory
- ⊠ A Spiritual Awakening
- ⊠ Sometimes pain is the cost of a meaningful existence

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, Michelle.

In this edition we once again 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.

There are number of Intergroup service positions that are currently available for rotation and we urge all members to come along to the next meeting on July 23rd and get involved:

1. Chair
2. Vice Chair
3. Meeting List
4. Communications Coordinator
5. HIPI - Chair & Vice Chair and various additional positions

The HIPI Committee is A.A. Singapore’s way of reaching out and cooperating with our community and you can contact the Committee. We are urgently looking for volunteers for the HIPI committee and a list of service positions available is included in the Newsletter below.

LOVE, LIGHT & Keep coming back.
Damien G.

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.

Gratitude

By the time this article goes to print, one day at a time, it will be less than a month before I will have been sober for eight years. And boy, how time has flown. A lot has happened in the last years in my life, much of which would not have been possible without Alcoholics Anonymous and my Higher Power. It is almost hard to believe that I have been sober for this long. I have certainly experienced some of what life can throw at you, and thanks to AA and my Higher Power, I have neither needed to nor wanted to pick up a drink through any of it. What a miracle.

My first AA meeting was on Friday 13th June 2008. You could say that Friday the 13th was a bad omen, well, certainly for my drinking. I came into the meeting on that Friday night in Phuket with my brother in-law, who had been sober for some years. I can only talk about my experience in recovery in the program of Alcoholics Anonymous. I found an attraction at that meeting and I have so far stayed sober from that first meeting. I like to believe that I had the gift of desperation when I walked into the Bangkok Phuket hospital that night. I am sure I looked like the rabbit in the headlights!! It has been quite a whirlwind of a journey from that day.

In my first month of sobriety I had to travel to Dubai for some work and I was based there for some months. I remember being told by the old-timers in Phuket to contact AA in Dubai. When I reflect on it these days, it is like a fairytale dream that in some ways doesn't seem true, but, I did call the Dubai AA hotline when I arrived and I went to a meeting that night. It is there in Dubai that I experienced the fellowship of AA. I was instantly sucked into it with lifts to meetings, contact details for guys willing to help me and people to hang out with outside of work and AA meetings. The fellowship there saved my life. Whilst I was there I worked with a sponsor and we got as far as step 9 amends preparation before I returned back to Phuket. I soon had a lean period of work which lasted nearly a year. My quest for work took me to Germany and there in desperation I started following through with making some amends. What a relief that brought and those were some of the easy ones. I experienced doing a 12th step call solo – not a good idea for sure, but I managed to get out ok, luckily. When I returned to Phuket and was able to work there from home I experienced my first opportunities to do service. I was also given my first opportunity to work with another Alcoholic.

As happens to many people in life, I hit a difficult patch about 5 years ago where a mixture of life events all played out over the same time. Firstly, I had a difficult break up with my wife followed by some quite severe financial ruin and topped off by the passing away of my mother and my move from Phuket to Singapore. Throughout all of this, there never was a desire to drink. And for that I am so grateful. But I choose to reflect on a part of these experiences where I am sure my Higher Power played a part. Through a sequence of events brought about by the break up and financial problems, I ended up travelling to the UK to see my mother for Christmas late 2011. Whilst I was there, it transpired that my mother was extremely ill and I was able to be there for her for her last month alive. I was able to be by her bedside holding her hand whilst she drew her last breath, sitting with my siblings. I am pretty damn certain that if I had not been gently guided into AA when I was and had I not stayed sober, I would not have had such a wonderful opportunity. Now, with all sorts of stuff going on at the same time, I would not say I had great emotional sobriety at the time. But, I have learned in the passing years that, that is ok. We have tools in AA through the 12 steps

to address these things.

In moving to Singapore, I have been able to truly appreciate the fellowship in AA here. I have been given opportunities to be of service in many ways and I am very grateful for this. For this alcoholic, service is a very important part of my sobriety and life today. This does not mean that I willingly rush to do service, whether at home, work or in AA. But, I always find that when I do it (begrudgingly or not), I always feel better. Whilst I have lived in Singapore, I have been faced with big challenges at work, had surgery requiring physiotherapy, done a little really cool travel, met a loving partner and worked more on my living amends (note: sometimes two steps back and one step forward with those) and I have learned that it is possible to stay sober through life events, but there is action required. Well, I know that I did not get me sober and I do not keep me sober. But I am responsible for my sobriety. Is it the regular meeting attendance, the service, working with others, working with my sponsor, prayer, meditation or gratitude lists that keep me sober. I feel that for this alcoholic, the answer lies somewhere in the mix of all of these and I have been guided by so many other fellows that have been walking the path.

I have learned that 'this too shall pass' is pretty true for practically everything. It is all one day at a time, one foot in front of the other and when I falter or go 'off beam', I can reset (often with help/guidance I might add) and move on...The words from page 164 of the book *Alcoholics Anonymous* come to me, "*and you will surely meet some of us as you trudge the Road of Happy Destiny*". Very grateful to be alive and sober today.

Simon A

Recovery is a Journey

Soon I will have been in the rooms for three years. When I pause and look back, it is clear to me that recovery is a journey, not a destination. There certainly are specific destinations along the way such as completing the step work and going to meetings, but the real challenge for me lies in accepting myself.

Thanks to the program, I have the greatest sponsor ever and numerous friends who share my alcoholic attributes, all of whom are people that I can connect with on a level that no person who is not in the program can. This is what induces me to stay sober and take one day at a time. Prior to joining to the program, I was not conscious of whom I associated with. Today, I deliberately consider and make choices about all aspects of my life and always with the overriding principle of sobriety and commitment to spiritual and emotional growth in mind. Life is now easier and much less dramatic because of these simple principles.

The journey for me has also been about coming to terms with the fact that I am not alone and my alcoholism is not my fault. AA is the only forum in which I consistently and passionately learn these things. My tool box of life skills develops whenever I do anything in the interest of sobriety whether it involves being of service to others or being at a meeting.

I thought for a long time before coming into the rooms that I one day would be cured. I now accept that there is no cure. And when I think about it that is probably a good thing because if there were I would have gone on to another destructive behavior. Instead, I am learning to change

and manage my thought patterns and behaviors in a way that allows me to be of service to others, to have meaningful and caring relations with others and overall have a very positive and different quality of life on a much more consistent basis.

Like death and taxes, there will always be obstacles and problems in life. What is different now is how I approach life facing it head on as opposed to escaping, isolating, self-pitying and destroying myself.

I now have peace of mind most of the time and when I don't I try to deal with the situation bearing in mind what I have learnt through the program. My vast network of friends in the program is also a resource I rely on when going through challenging times. I cannot imagine being where I am today, healthy, stable, professionally successful, had it not been for the program because it allowed me to rewrite the script of my life when all the signs pointed in a very dark direction.

I encourage anyone who is looking for a positive, substantial and sustainable lifestyle change to join the program. It is not always easy, but there is love, compassion and understanding.

Anonymous

AA's Door is Always Open

Alcoholism runs in my family and this is one of the many things I learnt about in AA. At a young age alcohol was shown to me as taboo. This was due to many embarrassments, shame, and losses it caused and continues to cause. I had told myself I will drink normally; enjoy my drink and not bestow the same damages caused upon my family and most importantly myself.

I come from a rather dysfunctional family background where growing up in fear, shame, ridicule, bullying is deemed as a way of living. The friends around me adopted the same logic as well. However, prayers and having faith in a power greater than myself was by the grace of God instilled in me at a very young age, and something which I carried with me even towards the end of my drinking days. This conception of faith was definitely wrong, something which I have learned in AA. Even today, around a year plus sober still trying to learn the new concept gifted to me from AA.

My first taste to alcohol came about when I was around the age of 13 – 14 years old. I used to sneak a couple of pegs from my house showcase cabinet, using bottles of liquor which were already opened. I remember it tasting quite bitter but saw it as a lack of manhood. Thus I came to a conclusion that I needed to undergo more training in order to be able to endure the bitterness. I would then sneak to buy bottles of beer from a nearby coffee shop when no one was at home for the purpose of training.

However, my first love for the high, superior, carefree feeling which I had heard about many times in AA was through substance abuse. At the age of about 15 – 16 years old I was introduced to glue sniffing through a classmate of mine. It was the most amazing and beautiful feeling where I could smile, laugh so freely and not worry about life. I went about using it on a daily basis for a year until school grades suffered and I had to be retained. I knew then, I had a serious problem with substances and drugs. That is when the belief and faith due to the strict laws in Singapore, I came

to a belief that alcohol had to be made my only choice of drug as it was the safest bet.

My first introduction to AA was through a rehabilitation center where I was diagnosed for alcohol dependency. It took me 3 years later to finally walk through the doors of an AA meeting. Due to the blackouts which had caused me different type of troubles and various trips to the rehabilitation center most doors were shut and time was up in many places for me. I decided to use AA as a form of a bailout plan for the trouble I was in and soon realized that it would not work. Then the next best thing I figured out was I could use attending AA meetings in order to control my drinking. The doors of AA still remained open for me although I did not have a desire to stop drinking. I was desperate to try in some way or another still continue to drink as it is seemed like an impossible task to maintain total abstinence from alcohol.

I am up till today immensely grateful to the people from AA who stretched their hands out, stood by me, requesting me to just try and stop drinking. It would never have been possible to completely stop drinking if not for these individuals from AA who were there by my side. After stopping drinking I was introduced to the 12 steps of AA and had the privilege of working with various sponsors. These 12 steps have helped me stayed sober. There are times where I have felt the urge to pick up a drink but the 12 steps which have been so freely shared with me helped me stay sober.

The hope I would like to share is that I have gained lots of strength from the program through the 12 steps, sponsors, meetings and many individuals in AA. What seemed like an impossible task which was total abstinence from alcohol had been possible slowly and gradually through AA, in reality made possible. The camaraderie, love, care and concern which I had tried finding in many different places, things and people while I was drinking, I have finally found it in Alcoholics Anonymous.

Anonymous

I Am An Alcoholic

I am an alcoholic...I am 60 years old and this year I am celebrating my 5th year of sobriety ... and it is only through the program of Alcoholics Anonymous that I feel like celebrating... for this fact is truly a miracle...

My parents were from totally different cultures... Asian and European and there was a 30-year age difference between them. Growing up there was a constant atmosphere of conflict at home, with yelling and screaming. Seeing my parents so unhappy made me anxious, worried and stressed. I feared that they would divorce and worried about what would happen to my 2 younger sisters and I. I now realize that they did the best they could but their marriage was a difficult one.

When I was in second grade my teacher was teaching us how to tell time, and after her explanation she asked the class "any questions, does everyone understand"? I did not understand what she had explained, but no one else raised their hand and of course neither did I. This became a lifelong problem, learning new things has always been difficult for me. I did not think that I would get it, so I stopped trying. It was from this point that I felt stupid, not good enough, not enough... And the same message kept repeating in my head for over my whole life.

Then my life and emotions were controlled, by anxiety, fear, stress and worry.

I discovered alcohol when I was in college, and it became my best friend very quickly. It became the solution to all my problems, it worked for a long time, until it didn't. My husband had an office with the World Trade Centre, but was thankfully not there on September 11, 2001. It was on this day that I started to drink at lunchtime every day, and in 2006 I stopped worked and started to drink more. Not long after I began to drink in the morning. One morning, as I was opening a bottle of wine, I suddenly realized that the wine, was no longer working.... It took me many years to get to this point, until then I had been surviving my drinking and then I no longer wanted to drink. I did not think that there was another way of life and what would life be like without alcohol.

I came to a crossroad, that I have heard others relate... Did I want to live or did I want to die, or was there a chance to try another way of living. My sister has been a part of Alcoholics Anonymous for 25 years. I had gone to meetings with here and I knew, deep down, that I need to be there, but I just could not seem to get there.... but the seed had been planted in my brain. I started going to meetings while I was still drinking, and realized that I wanted to live, and I also realized that I was sick and tired of being sick and tired, and the way my life was at this point.

Once I made that decision to live, and had seen and heard all the miracles in the rooms of AA. I stopped drinking in Feb 2011. I went to rehab, which was based on the AA 12 Steps and learned a new way of thinking, not "stinking thinking". I was on a new path, and was able to look back, but not stare.... to look forward but not to live there and remember that we only have today. My Higher Power and I have a relationship today., and its gets better when I have conscious contact with him, and I work at that every single day.

I am working with my sponsor through the steps and I know that meetings are for relieve, but that working the steps is for recovery and I need both.

I have spent 4 of my 5 years of sobriety in Singapore and I am so grateful to all the members here as I have learned so many things from this strong group. I try and stay in the middle of herd, not to stray from others and the program. My recovery comes... sometimes quickly... sometimes slowly and I am learning to live life on life's terms. My life before would look wonderful... but I was a wreck, a mess and a drunk.

Today I am a work in progress and I want to continue to grow. I know that it is progress not perfection and I always try to have an "attitude of gratitude. I know today that this a "we" program and I cannot do this alone.

I am a very grateful, recovering alcoholic just living one day at a time with the help of my sponsor, the tools of the program and other members in AA here Singapore.

Anonymous

I Am New To AA.

I am new to sobriety. It was my 38th birthday recently and in a way, it feels like a rebirth. Like I'm brand new to the world, and know nothing about nothing.

I write for a living. I have always thought that I'm a good writer. I have come to realise that being able to string a sentence together and actually communicating thoughts and emotions are two different things. And for the first time I am unsure of what to say. I usually know what my audience should hear, but what do *I* want to say?

I want to say that I am scared. I am confused about this person inside my skin. I have always felt uncomfortable with him, sometimes shocked at the decisions he would make, or the thoughts he would think, but I didn't stop him. Sure, he seemed successful. He got a pretty wife and succeeded at his job. But who is this guy that I've dragged with me along to AA. Who the hell are you man? Why can't you do what's right? Why does everything have to be about what you want to do? Why are you so damn weak?

I've recently started opening up a lot to the people around me. Just telling them what I'm going through. The support and messages of good will have been amazing, and humbling. I have discovered how much people care about me, and that really makes me uncomfortable. I know I now have to take responsibility for that love. I have to not let them down. And I'm so worried that I won't be strong enough or that I might turn into some schizo, sometimes this, sometimes that, no consistency.

Basically I'm just wrestling with myself. In the rooms. During the day, and probably with my sponsor (coach?) in 2 hours from writing this. I've just come back from a meeting. It was about humility. I am not humble. Far from it.

But I am humbled by the people's stories in the rooms, the familiar, seeking voices I hear from stranger's lips. I am humbled by the care and love being showed my way, and I want to be a person worthy of that love.

Alcoholics Anonymous Responsibility Pledge

*I am responsible...
When anyone, anywhere reaches out for help,
I want the hand of AA always to be there
And for that:
I am responsible
Our common welfare should come first;
personal recovery depends upon AA unity.*

Stop trying to be OK

I'm Tony and I'm an alcoholic.

My sister brought me to rehab. I couldn't stop drinking and had to drink in the airport. I drank on the plane. She told me she didn't care so long as she didn't have to carry me to the rehab centre. She dragged my niece along. I wonder what a 7-year-old thinks about an uncle who's always drunk. My wife was going to leave. I'm sure I would have been fired.

I think the only reason I went was because deep inside I was beat and I knew I didn't have a solution. I was so exhausted from the lies and keeping it together.

Rehab got me sober. AA kept me sober.

I suppose there was a time when I would have told you my full story. Today the only story that matters is what I was like, what happened, and what I'm like now.

I didn't chose to be an alcoholic. Nobody made me one. My problem was once I started I couldn't stop. And I lived my life so that I always wanted to start. I thought if you had my life you'd want to drink too. All the people I couldn't please. All the expectations. All the idiots at work. My wife who didn't understand. Why couldn't people look past my actions and understand my good intentions?

I lived a double life on so many levels. My high values vs my actual actions. My little white lies. My image when people were looking. Myself when I was on business travel. Where I told people I was when I was somewhere else. What I said vs what I thought. At the end I was so tired. I thought I had to keep it all together. Hiding my drinking was just another thing. It never occurred to me alcohol was the problem. In fact, it was my solution. I just found it harder and harder to control.

I came to AA years ago. I came under duress. I got the 'executive summary' and figured I could control it. I wasn't like you. You guys were well meaning. I just wasn't as bad as you guys. Six months before I stopped drinking I came back. This time it was different. I think I stopped trying to control my drinking. But I tried harder to hide it. I even hid it from you guys, drinking in between meetings. What an achievement! Hiding my alcoholism from alcoholics. By that time there was nobody to brag to. I had no friends. And who was I kidding about how well I was doing? I ended up going to rehab. I came back smarter and more aware. But still clueless. I just didn't have anything else besides AA. I did what I knew I had to do and started going to meetings.

I'm grateful today I kept coming back. Somewhere deep inside I knew you guys could see right through me. You could see past the double life. Past the "I've got this" mentality. You said we are here for each other. Every week. Every day. Multiple times a day. In the middle of the night. We know what you are going through. We're waiting for you to ask for help. Put everything aside and treat this first.

Nobody comes to AA if there's nothing wrong. I just didn't realize what was wrong wasn't my life. (Frankly you couldn't fix that if you tried. Everyone else tried and failed.) I was wrong about what was wrong. I got sober enough to realize that if you drank like I did, you would have my life

too. You guys taught me that. Everyone who walks through the doors the first time teaches me that. When I stopped trying to make you guys think I was ok, I started to listen. When I realized I failed to control my drinking--and that my entire life was unmanageable--it was the best 'aha' moment I've ever had! That brought me to step 1. I got a sponsor and worked the steps. It's been my experience that if you work the steps, you'll have new experiences. Most of them will be spiritual. I hope you like it. I'm currently on my step 9.

What am I like now? I'm more comfortable in my own skin. I learned to tell the truth and not run away. I know what 'progress, not perfection' means. (I'm right where I need to be if I'm staying sober, but I can't stay at the same place and expect to grow.) I've faced fear and stuck around long enough to see it can't hurt me, and whatever I'm afraid of isn't ever as bad as what I thought it would be like. I've realized you don't have to finish step 9 to start step 10. I realized you don't have to finish all the steps to be useful to another alcoholic. I've had the "fourth dimension" experiences where I look at the next 50 years of my life and am excited to see what's next.

What I've got today is way better than what I had when I was drinking. I realize I've got room to grow, and its got to be better than what I have today. But why not enjoy my sobriety today and do the next right thing? The fundamental change in the way I see the world, and my place in it, places a premium on actions I can take today. And it's the new actions that fascinate me the most. On good days, I run around giddy, trying out new things (tell people what I really think, help someone for no reason at all, make someone smile, be a good friend, call someone, make 2 meetings a day)

Through this, I learned the Promises are for real. Sometime quickly, sometimes slowly (I'm a "sometimes slowly" kind of guy), they always materialize if I work for them

Tony

News from Sri Lanka

We recently had our first AA workshop after many years in Colombo, Sri Lanka. Since there are only a few of us at the meetings there, I volunteered to write up an outline with the help of a member and presented it to the group. I was secretly hoping that they would say 'no' to it and then stick to the usual advertisement that we have been placing on the local newspaper for years and there were a few calls but that was it.

To my surprise they said 'yes' to the outline of a workshop and we began work. AA has taught me that in order to grow spiritually, I need to take action and stay active in carrying the message, which was passed on to me 'freely and with love'.

I proposed an idea of a flyer and then all agreed. Two weeks later the old timer was unhappy with it and proposed his idea after flyers had been approved and gone into print.

The First lesson- Patience: I had initially gotten upset and spoke about it to my sponsor. Then I decided to 'wait' and take a moment before I replied. I emailed him back saying that 'maybe we can look into it and then see if we have any remaining funds to print a few more'. There were remaining funds, time to redesign print more. It worked out and we could move on with the rest of

the plans. It also turned out that his idea was better as it was 'more direct and really addressed the problem and provided a solution'. My lesson learned here was patience and understanding without letting my 'ego' get in the way.

There were many lessons, which I learned from being part of a group to carry the message. There is nothing like 'hands on experience' This first lesson helped me to 'calm down, allow God in and 'just try to work together as members belonging to a loving fellowship which is about always 'placing principles before personalities' in any situation. It is not about 'me' and not about what 'I think is best or what the workshop should be about' but rather what 'we think and believe is best for us'.

We had a member from Singapore who flew out to share his experience on how the steps are working in his life to not only stay sober but to live well, to live with 'purpose', a day at a time. I believe he had a few new sponsees that afternoon!

Our workshop attracted new comers, people from the helping profession that have heard about AA and was interested to know more. My sponsor always says, 'take the actions' and 'leave the outcome to God'. It is true. In the end, taking the action helps me grow. And God will determine what is next. Working on this workshop has made us a little 'closer' a little more 'united'. I feel grateful for that.

I am grateful for the program of Alcoholics Anonymous and the opportunity to visit Singapore AA where the fellowship is larger than what we have in Sri Lanka. To connect with fellow members here at meetings brings such joy to me. I have always done things that are 'comfortable to me' AA is teaching me to do the 'opposite', and as scary as this sounds, it is exactly what I need.

Pattaya

There are times when there is no mental defense against the first drink. However, I thought I might share an experience which I find provides clarity for me in making the decision of whether to drink or stay sober.

Approximately ten years ago I booked a cheap, short holiday with my new bride to Thailand which included a couple days in Pattaya. The circumstances are not important, in fact, they are trivial. But suffice it to say that my wife made a huge demonstration about how horrible the vacation package and accommodation were and I found her demonstration entirely unreasonable and unacceptable to me. She booked us into a 5-star hotel which cost more than the rest of the vacation in total.

So, I determined that this behavior somehow justified my decision to get drunk despite having just experienced five very happy years of sobriety. I got very drunk that night sitting in the lounge listening to the crummy lounge singer through a cloudy haze. Later, I got sick and passed out. It was really not a lot of fun.

I woke up in the morning feeling sick, nauseated, and exhausted – of course. I ate a little

breakfast, went to the gym, and tried to make myself feel better. Nevertheless, I felt terrible, exhausted and not capable of too much activity. I went back to the room to lay down hoping the misery would go away – you know, a typical hangover day.

Before lying down, I looked out the window and saw something that somehow surprised me – right outside before my eyes was a broad expanse of sunny beach crowded with people running, swimming, splashing, jet skiing, riding banana boats pulled by speed boats, flying kites, throwing Frisbees – you get the idea. It looked fantastic. But, I was too sick to get down there at all, much less muster the energy to undertake any such activity. Instead, I lay in bed, doing nothing, feeling like shit but still envisioning the happy scene outside.

Looking back, I see this experience as symbolic and crystal clear regarding my choice of drinking or remaining sober. I ask myself, do I want to live my life in misery, sick, lying in the dark doing nothing, thinking about what I could be doing in the world outside; or do I want to run and play on the beach basking in the sunshine of the Spirit?

Anonymous

“Never have we seen a person failed who has *thoroughly followed* our path”

Bill W. once said that there was only one word that he would consider changing in the first edition Big Book. The word as in ‘rarely’ as in: “Rarely have seen a person fail who has thoroughly followed our path” Legend has it that he would change the word to ‘never’ as in: Never have we seen a person fail who has thoroughly followed our path”

My own journey in the programme has been anything but perfect. I went to my first meeting 25 years ago and did not make it to my second meeting for another 10 years. During that lost decade, just about everything that I had which was worth keeping was lost. There had been significant setbacks and failings along the path. This just not suggest that Bill was wrong about changing the word to never; rather (at least in my case) it proves his point.

To look at it another way, AA has 100% failure rate when I have not ‘thoroughly followed’ and that is the emphasis on the sentence and not the first word. Unremarkably to people who have been around for a while, whenever I have been able to maintain long term sobriety, *then sometimes quickly and sometimes slowly, the Promises have always come true.*

Thanks to God and the fellow=ship of Alcoholics Anonymous, my life has been saved. I have enjoyed many years of a beautiful, rewarding, happy and sober life, but it has been cobbled together in time blocks ranging from month to five years. Why in the face of a lifetime of evidence which has clearly and emphatically demonstrated the perils of alcoholism for me, would this possibility remain in play? Because strong among my many defects of character is “self-run will run amuck’ and the tendency to stray from our path. On this I must become increasingly deliberate.

My memories are inaccurate. My ego would like to make decisions based on faulty information. My mind will always, always truly believe at the core, that it wasn’t really that bad and that “this time is going to be different”. Dead wrong it was impossible worse, more destructive, damning and

dangerous that could ever properly be expressed here to print. This time is going to be exactly the same. With each ensuing slip however, the probability that I might not make it back at all – increases.

How many lives do I have left? It is not clear. The unambiguous relationships for me remain that 1. Complete sobriety creates fundamental goodness and 2. Drinking alcohol invokes a hell-on-earth of my own creation. God has been very kind to me. I have the most perfectly, lovely and virtuous wife in the world, a darling. Precious and charming baby girl, and a positively extraordinary life full of possibilities here in Singapore.

Half measures have availed me nothing. I must now thoroughly follow the path, or all that is sacred and meaningful in the world will be taken from me, and I will die alone.

To thine own self be true, Unity Service Recovery

JWD

Ebby T. & the Oxford Group

Following a dramatic release from his alcoholic obsession, during the late summer of 1934, Ebby found himself under the sponsorship of Rowland H. During this formative period, Rowland taught Ebby the major ingredients of the Oxford group. Ebby's association with Rowland had a powerful effect on Ebby – he was no what they called a "pink cloud".

There was no reason not to return to his home town, Albany, NY. Certainly all would be forgiven by his brother, Jack the mayor, would find him a good job. His inheritance was now gone (He has inherited \$150,000 a few years previous) Money was important, yet, instead, he accepted Rowland's advice to become a spiritual worker with the "Brotherhood Of Twelve Men" at Calvary Mission in Lower Manhattan. Ebby became a good listener with an exceptionally likeable personality.

The oxford group was based on a return to first-century Christian fellowship. They practiced the Four Absolutes: honesty, Unselfishness, Love and Purity, the principle of morning meditation to get in tune with "God as you understand him" to receive daily guidance, and to live each day as it comes along. Ebby became Bill Wilson's OG mentor at this time (early 1935) and Bill considered Ebby his sponsor thereafter.

The Calvary Mission was walking distance from the Calvary House, where the Oxford Group meetings were held. He would join Bill and Lois afterwards for fellowship. Ebby said "I rode herd" on Bill in the beginning and struck by him. The Oxford group meeting of that time were similar to AA discussion meeting of our day. Everyone had a chance to experience, strength and hope. Of course, the Alcoholics were in minority. Ebby remained in service at the nearby mission until he moved in with Lois and Bill the next year.

The Oxford Group meetings took place in the elegant setting of the Calvary House, located behind the Episcopal Church at 21th and Park Ave. South.

Bob S., Richmond IN

The History of AA in Singapore

The Singapore AA fellowship was founded in 1957. The History of Singapore AA Series continues in the following interview with a long standing member of the Singapore AA community.

On starting the Chinese language meetings ...

“If I recall rightly, the Chinese meetings started in 2005 at the We Care drop-in centre when it was at Redhill. At that time, We Care catered to people of all addictions and was associated with the main treatment hospital in Singapore. They had counselors and doctors helping out there regularly.

The Chinese meetings were started with the help of the Mandarin-speaking counselors to help us read the literature and translate if necessary.

Several Chinese-speaking members of AA ran these meetings on a weekly basis.”

On the format of the meetings...

“The meetings followed the same format as regular AA meetings and we brought in the Chinese Big Book and Daily Reflections from Taiwan.

Later that year, I was in New York and visited the GSO and they kindly shipped us 10 copies of the Mandarin version of the 12 Steps and 12 Traditions for our small fellowship.

In the meetings we went through the 12 & 12 each week and shared our experience, strength and hope as it related to the steps and the daily reflections.

We also sponsored people in Mandarin. But it was quite difficult as some of us could speak Mandarin very well but we could not read so well. That’s why we needed the help of the counselors in the meetings. “

On why the meetings stopped...

“Over time, the meetings expanded to encompass all-addictions and, as it says in the Big Book, when the primary purpose is diluted, people didn't identify and the meetings fizzled out.

After about 3 years, there were no more Chinese-speaking meetings at We Care.

A few of us tried to set up Chinese-speaking meetings again in the Bugis area. We were a group from the “3 A’s” fellowships (AA, NA and All-Addictions) and we wanted to reach out to the Chinese community to carry the message.

As we all know, 'meeting makers make it'. But these meetings didn't really take-off either so we closed them too."

On support for Chinese-speaking alcoholics today...

"It's difficult. In the old days, the main treatment hospital here had a 'bridge' programme that encouraged people to go to AA, and other fellowships. But I don't think that exists anymore.

I still do service at the new We Care centre and there are both AA and All-addictions meetings there now – but only in English though."

On Chinese literature...

"We have Chinese Big Books at Damien Hall for anyone who would prefer to read it in their native language. Just ask any Chairperson!"

Interviewed by Nirmalo W.

Why Alcoholics Anonymous Is Spiritual

One of the many terms for Spiritual Practice is "avodah", a word from Hebrew. It is also a synonym for "work" or "discipline."

Spirituality is a Discipline.

When people say to me, "I'm a spiritual person," they often mean that they treasure some vague feeling of connection with God, nature, or humanity, that is most often divorced from any behavioral obligation.

The disembodied spirituality so often spoken about by those who do not practice any spiritual discipline rarely obligates them to anything, and often excuses the grossest behavior. We have witnessed this many times, in ourselves and in others.

Spirituality is not a feeling, nor is it vague. Spirituality is a conscious practice of living out the highest ethical ideals in the concreteness of our everyday life, and it is that continued practice that brings the awakening of our own spirit into a conscious contact with our Higher Power.

The Program of Alcoholics Anonymous is not a religion, it is a Spiritual Discipline. The conscious practice of the principles of the 12 Steps and their virtues of Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Prayer and Meditation, and Service to One Another, in all our daily affairs is a Spiritual Discipline requiring rigorous honesty and perseverance, and a responsibility to our fellows, to our Higher Power, each as we understand or don't understand it, and to ourselves. The various 12 Step Program are a mode of living out our daily lives Sober, one day at a time, under the rigor of a Spiritual Discipline, which may or may not be addressed by any particular religion to which a person adheres.

As I have stated before, prior to coming into A.A. I had had contact with religion, but had no spirituality or understanding of it. (I was a drunk and was very much undisciplined.) As a drunk I had attended many different churches with many different congregations, in hopes of getting

something right, but it made no sense to me, I could not discipline myself. And of course, as a result of my lack of discipline, of trust, of understanding and of faith, it didn't work for me. There was no end of frustration and despair, because I could see it working for others, and had not the discipline to do what they did, so that it would work for me.

On coming to the spiritual program of Alcoholics Anonymous, my confusion was such that I finally asked one of my sponsors, a clever old man: "What is the difference between religion and spirituality?"

He said: "Bob, let's put your particular concept of the creator aside for a moment, and compare the difference between religion and spirituality. The way I see it, religion is man made by man to suit the needs of man. Religion talks the talk, and the Discipline of Spirituality walks the walk. In spirituality we honor the existence of all creation including ourselves. As we practice the Spiritual Discipline of the 12 principles in all our affairs, we are walking the talk..."

Now that makes sense to me, now I can walk the talk of my religion (or the lack of it) by practicing the 12 principles in all aspects of my life, and know that I am on the Spiritual Path, the Good Red Road of Life, that this day shall be one of Grace and Gratitude, that I may know peace and be content, Sober-minded and Fully Alive to the Sufficiency of God's Grace, and the Generosity of our Earth Mother.

Source: <http://barefootworld.net>

Alconyms' - Inspiring & Insightful Recovery Catchphrases

Thanks to a fellow for this edition's catchphrases. We would like to keep this as a regular feature and, therefore, appreciate all contributions. Please send these to newsletter@singaporeaa.org for this regular feature.

- ⊕ *Alcohol was the outside solution (for a while) to my inside problem*
- ⊕ *Pain shared is pain halved...joy shared is joy doubled*
- ⊕ *The people of AA...they don't tell you who or what GOD is...they show you where GOD is*
- ⊕ *See miracles, hear miracles... become a miracle*
- ⊕ *The Reverend Billy Graham once said" If you'd like to see a miracle...go to an AA meeting*
- ⊕ *If GOD seems distant...who moved?...ME!*
- ⊕ *Its an inside job*
- ⊕ *I came...to a meeting. I came to...out of the fog that my brain was in... I came to believe...that this program called AA could work for me if I worked it*
- ⊕ *The disease lives in darkness and ambiguity ...Recovery lives in the light and clarity*
- ⊕ *The pain is in the resistance...of this program...and once I LET GO and LET GOD (MY HP)...the pain was gone...and I felt HOPE*
- ⊕ *Meetings are for relief...Working the steps are for recovery*

Decision of the Mind

After barely escaping a trip to the Indiana State Penal Farm for drunken misbehaviour, I quit drinking forever - I was nineteen years old. Then, when I was twenty years old- the mind took place took place at least once a year for the best twenty-four years. Losing job after job pulled with many weekend trips to the hoosegow only made my my decision-of-the-mind all the stronger, but yet nothing changed except different cities. Whether it was Los Angeles, San Francisco, the New Orleans French Quarter, or the Florida Palm Beaches, my dry periods usually lasted only weeks or a few months at the most.

I tried some of the "quitting drinking" methods mentioned on Page 31, plus drinking high protein milkshake; eating all sorts of health foods; tossing the lucky strikes away; playing handball; swimming; lifting weights at the local YMCA and walking through the woods. Consequently, I began to feel full of energy and absolutely wonderful! One of those health episodes lasted for six months before I flopped. What was wrong with my decision of-the-mind?

I have come to believe that although my problem was in my conscious mind, it was also lurking-unbeknownst to me- in my subconscious mind, as well. All the time I was sober and feeling confident never to drink again, a hidden deep down devil was lamenting. "The day will come when we can drink again" And perhaps the evil one added "and it may be tonight!!" So my real problem existed in a place I could not comprehend or do anything about-in my unapproachable inner subconscious self. Someone said "Self cannot rid self of self with self, so we have to find a power greater self to solve our drinking problem".

Of course, I didn't know this when I came to AA, but when I asked God for help via the Twelve Step program of action. He miraculously changed both my conscious and subconscious mind to where I can see and act on the truth in drink each and every time. The mental obsession devil has all but disappeared and I haven't had a drink since my AA first meeting. This took place many years ago.

Bob S., Richmond, Indiana.

The best way to find yourself is to lose yourself in the service of others ~ *Mahatma Gandhi*

Loneliness and the feeling of being unwanted is the most terrible poverty ~ *Mother Theresa*

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 for further information. The next meeting will be held on Saturday July 23rd, 2016 @ 11.15 am at Boomerang in Boat Quay.

Meeting Changes

There have some 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>.

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 HIPI is looking for volunteers. Please email 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, liaise 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

Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity ~**Paul Coelho**

Be a reflection of what you would like to receive.

If you want love, give love.

If you want truth, be truthful.

If you want respect, give respect.

What you give out will always return

~**Unknown**

Faith is not about everything turning out okay. Faith is being ok no matter how things turn out ~
Unknown

I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles. ~ **Audrey Hepburn**

The simple things are also the most extraordinary things, and only the wise can see them. ~**Paulo Coelho**

Singapore Social and Events Committee

Social Committee

Alcoholics Anonymous Singapore holds regular events. The Social Committee is looking for additional volunteers to help organise functions. We need your support to host these fun events. For more information on the next function and to help provide your support please send a note to socialcom@gmail.com

Event Committee

Our 2016 Round up was a great success once again. Thanks ever so much for each member who attended to make all this possible. Also a big thank you for all members that took part in our round up. Which without you none of this would be possible.

Our numbers where down on last year's numbers but still very well attended. The people at the church had nothing but praise to give us. One church member said she did not know we were there and she was very happy we did not park at the church. The food was fantastic this year. Thanks to Helen for organizing all of this.

Members feedback was great mostly about Cindy's workshop, members sharing or readings it was mostly all positive feedback.

We are working on getting the week end downloaded on our AA web site but this is all time consuming and lots of editing to be done. So for those of you who were unable to attend you can listen to it all on our AA web site so watch out for update on this. We have already started working on our next Round up for 2017. The dates for the next Round up will be Saturday 25th and Sunday 26th February 2017.

If you are interested in joining the Committee please send an email to events@singaporeaa.com

Yours in service, Doreen.

- - - - -

Let whatever you do today be enough. Let go of the judgment you have about what you should be or could be doing, and today allow yourself to simply be. Quiet the voice telling you to do more and to be more and trust that in this moment, who you are, where you are at, and what you are doing is enough. You will get to where you need to be in your own time. Until then, breathe. Breathe and be patient, with yourself and your process, you are doing the best you can to cope and survive, and that's all you can ask of yourself. It's enough, you are enough ~ **Daniell Koepke**.

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too. ~**Paulo Coelho**

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

15th Bali International Roundup – Promises Promises

Bali, Indonesia

10th – 12th June 2016

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

16th International Convention in Croatia – Promises

Trogir, Croatia

10th – 12th June 2016

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

4th Malaysia AA Roundup 2016 – Don't Quit Before the Miracle

21st – 23rd October 2016

Hall@ Level 5, Archbishop Pastoral Centre, No.5, Jalan Robertson, Kuala Lumpur.

<http://www.aamalaysia.org>

30th Annual AA Netherland Round Up – Step by Step

19th – 21st August 2016

Mennorode Convention Centre, Elspeet

<http://aa-netherlands.org>

India - National Convention – Unity – The Heartbeat of AA>

23rd – 25th September 2016

Kanta Shraavan Palace, Near Bonnie foi School, Durgesh Vihar, BHEL Gate No. 3, Bhopal

http://www.aagsoindia.org/bhopal_form.pdf

8th Annual Convention Hong Kong - Freedom Through Surrender

11th – 13th November 2016-06-04

Mariners Club, Middle Road, Kowloon

<http://www.hkconvention.org>

Singapore 2017 Roundup

25th & 26th of February 2017.

<http://www.singaporeaa.org>

Sydney Boomerang Round Up – The Sydney Woodstock

Friday to Sunday, 10th to 12th March 2017

Sydney Masonic Conference Centre, 66 Goulburn St. Sydney

<http://www.boomerangroundup.com>

Singapore A.A. Weekly Meeting Schedule

Please see website for directions

Meetings are subject to change please see website to avoid disappointment

Monday	07.15 - 08.00 AM	Men's Meeting	Closed	<u>Marina Bay City Gallery</u>
	07.30 - 08.30 AM	Big Book Study	Closed	<u>Circular Road</u>
	12:30 - 01:30 PM	Daily Reflections	Open	<u>Damien Hall</u>
	12:30 - 01:30 PM	Big Book Study	Open	<u>East Coast</u>
	07:00 - 08:00 PM	Daily Reflections	Closed	<u>Damien Hall</u>
	07:15 - 08:15 PM	Big Book Study	Closed	<u>World Peace Cafe</u>
	08:05 - 09:05 PM	Beginners Meeting	Open	<u>Damien Hall</u>
Tuesday	07:30 - 08:30 AM	Speaker Meeting	Closed	<u>Circular Road</u>
	12:30 - 01:30 PM	Big Book	Closed	<u>Damien Hall</u>
	07:00 - 08:00 PM	Daily Reflections	Closed	<u>Damien Hall</u>
	07:00 - 08:30 PM	11th Step Meeting	Closed	<u>St. Bernadette Church</u>
	07:00 - 08:00 PM	Open Topics	Open	<u>NAMS Clinic, IMH</u>
Wednesday	07.15 - 08.00 AM	Men's Meeting	Closed	<u>Marina Bay City Gallery</u>
	07.30 - 08.30 AM	As Bill Sees It	Closed	<u>Circular Road</u>
	12:30 - 01:30 PM	Living Sober	Open	<u>Damien Hall</u>
	12:30 - 01:30 PM	Living Sober	Open	<u>East Coast</u>
	07:00 - 08:00 PM	Speaker Meeting	Closed	<u>Damien Hall</u>
	08:15 - 09:15 PM	Women's Step Study	Closed	<u>Damien Hall</u>
Thursday	07:30 - 08:30 AM	12 & 12	Closed	<u>Circular Road</u>
	12:30 - 01:30 PM	Daily Reflections	Closed	<u>Damien Hall</u>
	07:00 - 08:00 PM	12 & 12	Closed	<u>Damien Hall</u>
	07:30 - 08:30 PM	Speakers Meeting	Closed	<u>World Peace Cafe</u>
Friday	07.15 - 08.00 AM	Men's Meeting	Closed	<u>Marina Bay City Gallery</u>
	07:30 - 08:30 AM	Beginners Meeting	Open	<u>Circular Road</u>
	12:30 - 01:30 PM	12 & 12	Closed	<u>Damien Hall</u>
	12:30 - 01:30 PM	12 & 12	Closed	<u>East Coast</u>
	07:00 - 08:00 PM	Living Sober	Open	<u>Damien Hall</u>
	07:00 - 08:00 PM	Happy Hour Higher Power	Closed	Please refer to website
Saturday	08:00 - 09:00 AM	Big Book Meeting	Open	<u>Big Splash</u>
	08:30 - 09:30 AM	Gratitude Meeting	Closed	<u>Circular Road</u>
	10:00 - 11:00 AM	Women's Meeting	Closed	<u>Circular Road</u>
	04:30 - 05:30 PM	Daily Reflections	Closed	<u>Damien Hall</u>
	07:00 - 08:30 PM	Saturday Night Live	Open	<u>Damien Hall</u>
Sunday	08:15 - 09:00 AM	Sunday Men's Meeting	Open	<u>Starbucks, 313, Somerset,</u>
	08:00 - 09:15 AM	Beginners Meeting	Open	<u>Big Splash</u>
	10:00 - 11:00 AM	LGBT Meeting	Closed	<u>Oogachaga</u>
	06:30 - 07:45 PM	Big Book	Closed	<u>Damien Hall</u>
	08:30 - 09:30 AM	Big Book Meeting	Open	<u>Big Splash</u>

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 someplace 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

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+65 8112 8089 for further assistance
Or email us at help@Singaporeaa.org