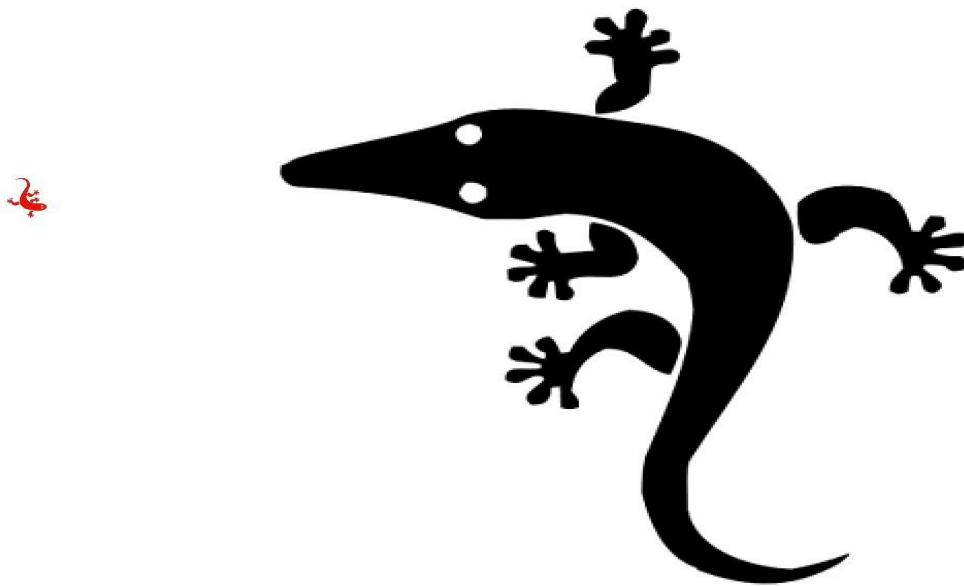


THE DAILY REPRIEVE



BY SINGAPORE AA MEMBERS

JANUARY TO MARCH 2013

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.

“I am responsible . . .When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

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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 in Soberity

With this first issue of 2013 we start a new year in recovery, one day at a time, as well as a fresh look at the 12 Steps of Alcoholics Anonymous.

Highlighting Step 1, a member tells us of her complete powerlessness over alcohol in “A Life Changing Experience”. She leaves us in no doubt about the unmanageability she experienced as her disease followed its inevitable, downward- spiralling path.

In the article entitled “I Came,” another member shares her experience of Steps 2 and 3, and the evolution of her relationship with a Higher Power. Starting with a reliance on her sponsor and her home group, she explains how she came to have a personal relationship with that Higher Power that works to “restore us to sanity”.

In “A New Beginning” a newcomer shares his relief at finding the rooms of AA and having the obsession to drink lifted.

Also in this issue, we start a year-long look at the “Twelve Concepts for World Service”.

*“As Bill set them down, the Twelve Concepts are a potpourri: Concepts II through V, IX and XII deal with spiritual principles; the remainder, though they have spiritual overtones, are devoted to describing the relationship of the various service entities and how they work together.”**

Not only do the Concepts help us to better understand our Fellowship and how it works, but they can also give us valuable lessons in using our program in all areas of our lives.

Warmest Wishes for a New Year full of serenity and joy,
Claire

*(From “Twelve Concepts for World Service, illustrated”, copyright 1986, Alcoholics Anonymous World Service, Inc)

I came, I came to, I came to believe

I CAME...After drinking for about seventeen years with ever-increasing frustration, anger and fear, I was forty years old and completely out of answers and ideas. When you combine this with a total lack of faith, hope or will to try anything new, you can begin to get a pretty clear picture of what I was like when I finally walked through the doors of AA.

To quote our book, I was in a state of "pitiful and incomprehensible demoralization" and knew my life was on a downward spiral and that I couldn't do anything to stop it. On entering AA I was able to admit that I was an alcoholic. This was a relief to me because I thought that I was on the road to being institutionalized for being "crazy".

The incredible thing about alcoholism is that no matter how far down the ladder I had gone, and as desperate as I felt, I could admit that I was powerless over alcohol, but still had a hard time surrendering to the idea that my life was unmanageable. This, even though I had two children (young adults ages 18 and 20) who didn't have much use for me because I was so erratic, critical and controlling; I had no job to support myself and no desire to find one; and I had relationship problems that were a result of my warped expectations.

To my great relief, I heard someone say at a meeting that their emotions were unmanageable. This I could relate to and was therefore able to see a need to rely more and more on a higher power, which at the time was my sponsor and the AA program. I am so grateful that AA did not have any other requirements for membership, because I truly thought I only had a desire to stop drinking.

I CAME TO... When I started in this incredible program, I thought that all I had to do was stop drinking, but I began to realize that there was a lot more wrong with me than I had ever even considered. I had to readjust my attitudes, opinions and actions if I wanted to be successful. I had to be able to try to live according to the suggestions of a sponsor and AA's 12 steps and traditions.

I also had to develop a relationship with a "power greater than myself". Me, who had always thought I was intellectually advanced and highly capable had to admit that I couldn't fix myself. I had a belief in God but still felt unworthy to even think of asking Him for help. I thought that I had to "get good" before I could "get God". Of course, it wasn't too much later that I began to realize that God was helping me all along.

When I was new, one of the first suggestions my sponsor made was for me to get on my knees every morning and ask my higher power for help to stay sober, and at the end of the day to get on my knees and say thank you. I did that and have continued to do so every day since.

Secondly, she suggested that whenever a person or situation caused me confusion, anger, frustration or anxiety, I should say the Serenity Prayer. I did that and continue to do so whenever my peace is disrupted. Most importantly, I knew that my HP was working in my life because I hadn't picked up a drink, nor had any desire to pick up a drink for quite some time. I joined with others who had proclaimed that this was truly a "miracle," because I had never been able to accomplish this on my own. When I had to confront the idea of how insane it had been for me to pick up that first drink, my pride said that this terminology was too strong, but in truth I knew the poor results of my past, feeble efforts to quit drinking, and had to finally admit that I had been truly insane to keep going back to something that was destroying me.

I CAME TO BELIEVE... In my home group where I have been a member for quite a few years, I learned early on that alcoholism is a "thinking" disease and that I very often have distorted perceptions of people, places and things, especially as they pertain to ME. The longer I stayed sober and worked the program, the more I began to realize that even though I no longer consumed alcohol, I still suffered from a disease of continuous negativity.

I could find myself in a terrific mood and one word, one look, one mistaken perception would destroy my day. Unfortunately for anyone close by, my mis-perception would usually destroy their day as well because I still had no real ability to control my reactions to others when I felt hurt or threatened. Once again my sponsor helped me by explaining that all people have a right to be who they are, whether I "approved" of them, and/or their actions, or not.

I was told to mind my own business, keep asking God to help me not judge others, and to stop trying to bend the world and all people in it to conform to my way of thinking and doing things. I was also told to stop, step back, and smile BEFORE I opened my mouth in response to others, in order to have a moment to ask God to provide the appropriate words and tone that were needed in each situation. It really is amazing how much easier and softer this way of living is, and how simple it keeps things in my head.

I learned not to be a "doormat", but also, as important, not to be a "know-it-all" or "bully" either. I was taught to pray before making important decisions so that I would

not simply be chasing my usual rainbows in my head, but rather have solid reasons for taking actions that make sense in my life.

The practice of calling upon my higher power, and quietly expecting and receiving His guidance, has become the greatest and most basic ingredient of my recovery in AA. Using a sponsor, regularly attending meetings and working with others has given me a new perspective on life. I continue to do all the things that I was taught to do early on, and this discipline has served me well "out there in life," as well as in AA. There was a time before I came into AA when I wanted to be anyone except myself.

Today I have peace, joy and success in living that I never even dared to think possible. My life is full and rich and I would not trade it for anything. I owe everything in my life to God and AA and will be forever grateful that I was blessed to find them both.

Danna P.



"My AA sponsor told me 'no relationships for a year'."

The First Concept for World Service

This year the Daily Reprieve will be featuring A.A.'s Twelve Concepts for World Service.

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Alcoholics Anonymous has been called an upside-down organization because the “ultimate responsibility and final authority for...world services” resides with the groups – rather than with the trustees of the General Service Board or the General Service Office in New York.

In Concept 1, Bill traces how this came to be... In the midst of the “exuberant success” of early A.A., Dr. Bob became fatally ill and Bill asked, “When Dr. Bob and I are gone, who would then advise the trustees and the office?” The answer, Bill felt, was to be found in the collective conscience of the A.A. groups. But how could the autonomous, widely scattered groups exercise such a responsibility?

Over great resistance by trustees and members devoted to the status quo, Bill managed to “sell” the idea of calling an A.A. General Service Conference (see Concept 2), and eleven years later Bill was able to declare, “The results of the Conference have exceeded our highest expectations.”

This Concept is rooted in Tradition Two, which states:

“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

The principles of Tradition Two are crystal-clear in Concept 1. Bill asserts: “The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.” The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to insure that our democracy of world service will work...”

“Just like a candle cannot burn without fire, man cannot leave without a spiritual life.” Buddha

Concept I Checklist

1. Does our group have a general service representative (G.S.R.)?
2. Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
3. Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
4. Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
5. Where do we fit in the upside-down triangle(organization) of A.A.?
6. Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

CONCEPT I APPLIED TO MY LIFE

We dedicate our sobriety to serving the group conscience

1. Am I still not saying "no" to an A.A. request?
2. Am I able to extend this attitude to requests at home, at work, and in the world?
3. Am I ready to consecrate my life a day at a time to serving anyone who is sent to me?

Concept 1 of the Twelve Concepts is reprinted with permission of A.A. World Services, Inc.

*"The first step in the acquisition of wisdom is silence, the second is listening, the third is remembering, the fourth is practicing and the fifth is teaching others."
Solomon ibn Gabirol*

"The largest room in the world is the room for improvement" Anonymous

A Life Changing Experience

Coming into AA has certainly been a Life Changing Experience for me. I first walked into the rooms in the UK around 2004, although I can't remember exactly when but I know now that I was right in the middle of my alcoholism. I had gone to placate the 'old man' and get him off my back, however my first impression was a bunch of people I felt I had nothing in common with and the heavy presence of the word 'God' acted as a huge deterrent! I believed in no one and nothing - except that a drink was always a good idea! I was not 'cooked' enough at this stage and although I managed to stop drinking for 12 months on my own, this period of being a 'dry drunk' was the most miserable of times for all concerned.

The progressive nature of this disease allowed me to go out and experiment further and on reaching Singapore in 2006 I embraced expat life and all the socializing that goes with it with gusto! My job at the time involved extensive travel and I would use jet-lag as one of the many excuses to drink myself into a stupor most nights. The secrecy and denial was eating me alive and I was very much a daily, round –the- clock drinker. Having 'live in' help was a huge encumbrance to my drinking, as I felt I was being watched constantly. The reasons I came up with as to why there were 3 open bottles of wine hiding in my knicker drawer were sounding lame - even to my ears! I had gone from being a social drinker to a heavy drinker to a functioning alcoholic and finally to a full blown coma drinker in a short period of time. I eventually became pretty reclusive, afraid to answer the door or the phone. I was frightened to go out or have people over because I knew I would always end up passed out somewhere with absolutely no idea what had occurred to get me to this point. People started questioning my drinking and paranoia set in.

Then it all came to a very ugly head as I hit my bottom with a great big bang. In Jan 2009 I picked up my children from school at 3pm - in a black out. I crashed the car into a fish delivery van and was arrested for drink driving. The shame, embarrassment and total public humiliation was excruciating. Today I am full of gratitude that nobody was injured or even killed. I had been driving whilst intoxicated on many occasions and sometimes woke up to find new dents and scrapes on the car had 'miraculously' appeared. There was no running away now - too many witnesses saw exactly what had happened, even our children's teachers. Game over! I had never been so afraid in all my life. I spent most of that first night alone in a cell, before being taken to Changi General Hospital in hand cuffs and an armoured vehicle for blood tests before a dear friend was allowed to take me home. She had lost her brother to alcoholism the previous year...

And so fast forward to 3 days later where I found myself wobbling into the grounds of Damian Hall and fell into the arms of an 'old timer' who told me I was in the right place. I have no idea to this day how I got there, but I have the notion that I was guided by my Higher Power. I don't remember too much about what happened in the days immediately following, but I do categorically remember hearing someone say 'one day you'll be glad that accident happened' - oh by God did I want to kill that woman! For the first time in my life I started to do as I was told and I just listened. 90 meetings in 90 days became more like 120 in 90 days, as I was due to go travelling again towards the end of my 90 days and was unsure at that time if I'd find meetings at my destination - now I know the extensive network of AA and that meetings are pretty much Worldwide - incredible to have a readymade group of friends wherever you may end up!

I was in awe of the people at the meetings wondering how they knew so much. I slowly began to feel a certain peace and after a few months I believed everything would be all right, and seeing the hope in the rooms gave me hope too. With the help of a sponsor I started to work the steps - slowly and sometimes painfully, but always thoroughly. She was not easy on me at all and quite often featured on my resentment list!! She is just what I needed - no nonsense, telling me exactly how it is and that if I wanted to stay sober I HAD TO CHANGE EVERYTHING ABOUT ME!

Yes there was / is resistance on my part but, I soon came to understand that if I wanted what she had, I had to surrender - completely. I find myself today trying to work the program into all areas of my life. I still have a husband - it has been, and still is, a far from perfect relationship, but the barriers are slowly coming down and there is hope we may weather the storm. My children are very much in my life today and they are no longer afraid to invite their friends around for fear of how they may find their mother at anytime of the day or night. I have grown up in the program and now take responsibility for my life, knowing that only I can make myself happy. I have acceptance for my illness and knowledge that I am completely powerless over people, places and things.

Today my life is simple and I don't chase the thrill and drama that kept me in the dark for so long. I enjoy a Saturday night with my kids in front of a movie with a large bowl of popcorn, safe in the knowledge that I will wake up in my own bed, with no hangover and knowing what went on the night before. 'Letting go' is a daily struggle and I often find myself trying to take back the reins, however much I know that my life runs a lot more smoothly when I go with the flow instead of against the tide. Deep rooted resentments have hindered my progress and my husband and I have sought outside help from a marriage counsellor. We've had many therapists before, but this is the first time I've been honest about my alcoholism. In order to release old resentments it's important that

I see that holding onto some hurt or hatred over what others have done in the past only makes me their slave in the 'here and now'. If I'm to allow the sunlight of the spirit in I have to alter my attitude and think positive thoughts.

Making my amends gave me a new-found freedom, and I continue to make daily living amends by being present and trying my hardest to be the best possible wife, mother, daughter, sister, auntie and colleague that I can be. Still a long way from perfection, but a lot of progress has been made. Forgiveness has been the key in this area and I know that before I can forgive others, I must learn to forgive myself. Understanding alcoholism as a disease has helped me here, but I still have people in my life who think it's just a problem related to lack of self control - it really doesn't matter what other people think.

The promises are starting to come true but I have to remain in gratitude and have humility, I know that none of this is of my own making. I have been loved back to life by the fellowship and a Higher Power who loves me unconditionally. I have lightened up a lot and found true, lasting friendships and genuine laughter. I don't really know why I drank except that I always sought perfection and was always disappointed - nothing was ever enough, I was never enough and I wanted what everybody else had. In sobriety I have been given the 'gift of imperfection' and as Confucius so eloquently put it, 'happiness does not consist of having what you want but wanting what you have.'

I have a small service position which is vital to my recovery, as is frequent communication with my sponsor and friends in the fellowship, plus regular meetings. As is often shared in meetings, I firmly believe that the newcomer is the most important person in the room - I need to remember that feeling I had of being completely and utterly broken and desperate.

It's not an easy journey, and life keeps throwing me occasional challenges, but we gain in strength as we overcome these hurdles. I feel safe in the knowledge that I can do absolutely anything I set my mind to, provided I do not take that first alcoholic drink. I used to get quite angry with my sponsor when she said 'God won't give you any more than you can handle,' but today I firmly believe that I am exactly where I need to be right now. I am learning about the power of prayer and pause and am trying to put meditation into my daily routine. The small amount of time invested in these daily (? ? - rigorous honesty still a problem!) rituals reaps enormous benefits to all I come in contact with.

I have been given a wonderful second chance and I am desperate not to abuse it. I have a healthy fear of alcohol and am under no illusion that by the grace of God I am only sober one day at a time. The moment I get complacent I am in trouble - big trouble. I

was looking at some old photos recently and the woman who stared back at me had hollow eyes and a vacant expression - I didn't like that person one little bit. I quite like the person I am growing into in sobriety and hope that by continuing to practise the 12 Steps in my daily life I will be able to live in the sunshine and not in the shadows.

- Anonymous



"Sometimes I just think drunk thoughts and I feel drunk."

The Second Concept of World Service

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference – excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter – the actual voice and the effective conscience for our whole Society.

1. Do we have an understanding of the history of the General Service Conference (the “Conference”)?
2. What is a Conference Advisory Action? Does our home group’s G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
3. Is our group meeting its wider Seventh Tradition responsibilities?

Concept 2 of the Twelve Concepts is reprinted with permission of A.A. World Services, Inc.

The Third Concept of World Service

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

1. Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
2. Do we trust our trusted servants — G.S.R., D.C.M., area delegate

Concept 3 of the Twelve Concepts is reprinted with permission of A.A. World Services, Inc.

My Dad was a Roaring Alcoholic

My dad was a roaring alcoholic, but got no help. So we covered up and denied. I learned early that to be honest was to risk everything, so I pretended we had no problems. Then I grew up and started drinking nonstop, but convinced myself everything was ok - I certainly would not do a repeat of my father! But I became an isolated drinker until I met someone in the program who invited me to a meeting and at last I heard rigorous honesty expressed and saw recovery first hand.

In 1991 I became sober from alcohol and never looked back, but my character defects were another story. With a sponsor and the 12 Steps, I claim progress, not perfection. In November 2012 my son treated me to a month-long stay in Singapore, and I experienced the power of AA meetings here. Thanks to all who provided fellowship and shared their experience, strength and hope during that time.

For me, the 12 Steps are the heart of the program, and I find it always helpful to ask myself what step I am working during my day. What is it that I cannot control? Events and emotions, people and circumstances, just for a start! Then I begin to 'come to believe' all over again in my Higher Power and the sponsor and meetings, literature and slogans. Finally I am able to turn things over to Him who has all power! What works for me are meetings, working the steps at all times, a sponsor and my Higher Power.

Sue M.

Joke corner

"There's this juggler who's driving on the way to a job when he gets pulled over by a cop for speeding. The cop sees three bowling bins on the seat next to him and asks him what they're for. The juggler proceeds to take the bowling pins out of the car and begins juggling as he's standing on the side of the road. About this time, a recovering alcoholic drives by with his wife. Upon seeing the juggler standing in front of the cop juggling, the recovering alcoholic says, "Man, I'm sure glad I stopped drinking - Look what they're making you do for a sobriety test now!"

"Two friends were out drinking when suddenly one lurched backward off his barstool and lay motionless on the floor. "One thing about Jim," his buddy said to the bartender, "He knows when to stop."

Singapore Intergroup News - Fall 2012 Update

Singapore Intergroup News

About Singapore Intergroup

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

Hospitals & Institutions / Public Information Committee

Two members have taken over the HI/PI commitment on a temporary basis while the current chair is out of the country for an extended period.

No recent requests for information had come through to the committee up to early December 2012.

The IMH commitment is open again. Members with at least one year of sobriety are encouraged to get involved. See your Intergroup Rep for more information.

Literature Report

The Grapevine order has been placed and will be delivered to the Damien and Serenity Sisters groups. Raffles DB will be added to the order.

Communications Report

10 members are currently volunteering to manage the AA helpline commitment. A rotation was setup for the holiday season.

Current call volumes to the helpline are down. It is believed that the new website is working well, and provides enough detailed meeting information to lessen the need for calls.

Website Committee

Discussions have begun about updating the technology behind the site to make web updates easier. The committee will continue to investigate and report back to Intergroup.

A special section will be added to the site for meeting changes due to holidays.

Reminder: Meeting changes should be communicated to webmaster@singaporeaa.org.

Secretary's Report

Intergroup Reps have been asked to provide input for the annual AA Singapore report. Please send by early to mid January 2013.

The Social Committee and IMH Coordinator positions are vacant. Intergroup Reps should announce the open positions at their meetings.

Print media enquiries should be sent via email to help@singaporeaa.org. Radio and TV appearance requests should be sent to the communications chair.

Preliminary planning for a 2013 SG roundup in September is underway. The roundup should not conflict with the Malaysia roundup and F1.

Meeting List Report

Meeting lists are running short and a print run of 500 was requested.

Two changes to the meeting list were discussed

The Wednesday Women's Big Book meeting is now 60 minutes

The Sunday Big Book meeting now starts at 6:30PM and ends at 7:45PM

Local Groups Update

Damien Hall meetings are going well.

Construction at One Raffles Place is starting to confuse some visitors to the Raffles DB group as the building sign is now obscured. Better directions will be added to the website.

The Sunday Men's Meeting continues to hold Men's 12 Step Workshops. See the www.singaporeaa.org for the latest information.

The Lavender Group has a new treasurer. AA members are encouraged to attend the group as attendance has been down somewhat recently.

Singapore AA Intergroup meets bi-monthly. Please speak to your Intergroup Rep or an AA member from your local meeting group if you would like more information.



UPCOMING REGIONAL EVENTS

31st Philippines National Convention, Cagayan de Oro City

1 – 3 February 2013

For more info: <http://aanationalconvention2013.wordpress.com/>

**8th Indian International Convention, Near the Waves in Kovalam,
Kerala**

8-10 February 2013

For more info : <http://www.conventionnearwaves.com/>

18th Annual Thailand Roundup

8-10 March 2013

Jomtien Beach, Pattaya

For more info: <http://www.aathailand.org/content/events>

**48th Australian National Convention at Sunshine Coast,
Queensland**

Thursday 28th March to Monday 1st April 2013

For more info: <http://www.aa.org.au/members/coming-events.php>

12th Annual Bali International Roundup

14-16 June 2013

For more info: <http://aa-bali.org/english/events.php>

A New Beginning

I came to AA believing that all I needed to do was control and reduce my drinking, as it is so eloquently put in the big book “to drink like a gentleman”. What a shocker to be told that if I was an alcoholic, my only chance was to follow the steps, take each day at a time and never take a drink.

“Never mind the Steps and all that God stuff”, my brain told me, “that is so far off in cloud cuckoo land it isn’t worth thinking about.” What about never taking a drink? My whole life revolved around alcohol, my reason for being was alcohol, how could I function without alcohol, where would I go, what would I do with my time, how would I see friends, how could I cope, a life without alcohol was unthinkable; all of these things played on my mind. Perhaps I was not an alcoholic after all! (Alcohol, “cunning, baffling, powerful”)

I read a pamphlet and answered twelve questions to determine if I was having trouble with drinking. Even though I was approaching bottom, had lost so much and had nowhere to go, I could not answer honestly. I had a “yes” for six out of twelve, not too bad I rationalized. Besides the questions are written in such a way, most people would think they had a problem! (Alcohol, “cunning, baffling, powerful”) I reread the questions recently and answered “yes” for eleven out of twelve.

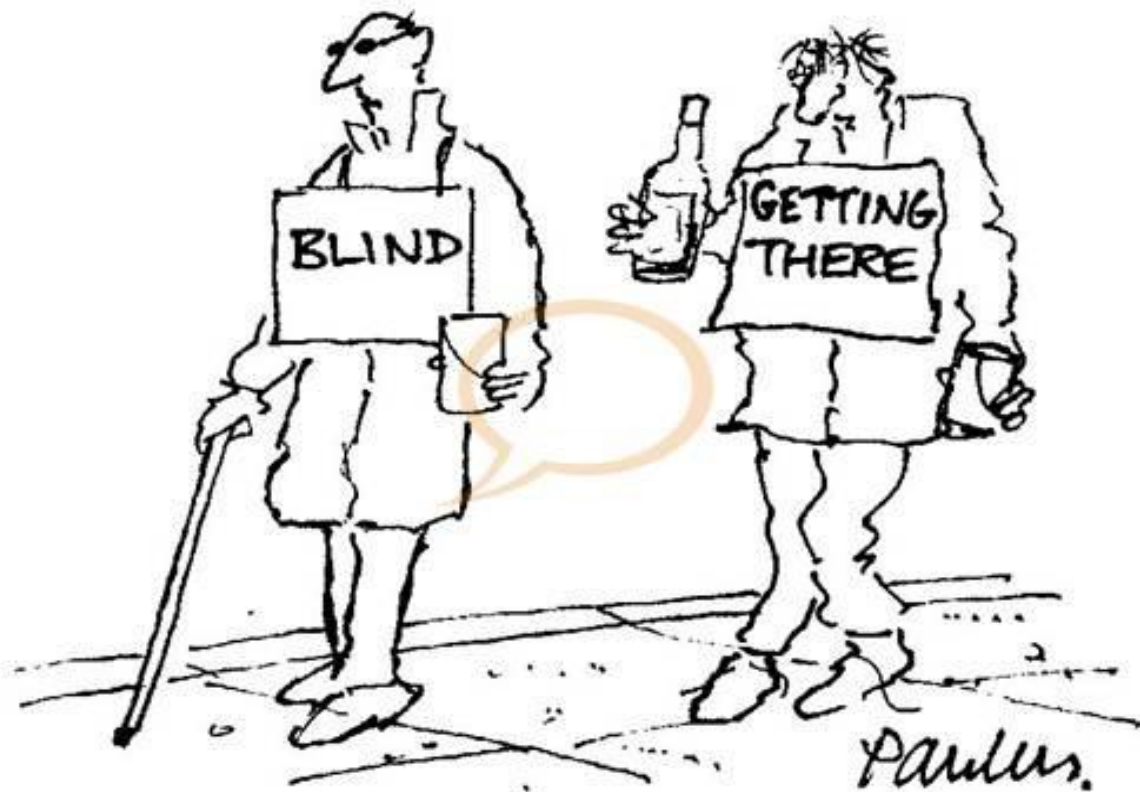
After two or three meetings it was as if a light went on. I knew absolutely, I was powerless over alcohol. I came to realize it was the first drink, not the fourth, fifth or sixth drink that started the rollercoaster to a place where I would lose a little more self-respect, be humiliated, remorseful and ashamed, what a revelation that was!

Realizing I was an alcoholic was actually a relief. I then knew what I was and why I behaved as I did, why I had failed so many times. More importantly, I knew through the fellowship and power of the rooms I could get help and at least have a slim chance of sobriety and a better life. The first months have been incredible, the fears and anxieties I had about not drinking have been proven false. As promised, a miracle has happened; the compulsion to drink has been removed. That does not mean I am any more than an arm’s length from drinking but it does mean alcohol is no longer in my thoughts 24 hours a day.

I know that though I had ignored my higher power, he had not ignored me; I am joyfully beginning a spiritual connection and journey. I am on a path that will lead me to more happiness and contentment; I can be a better human being. All I have to do is follow the

steps. Things are going to be tough; I have learned many dark things about myself. But no matter how tough, it cannot be as tough and isolated as being alone with alcohol. I now have a fellowship and friends I can turn to for help and I can help them. I have a programme that works. I have a connection with a power that will always look after me. Funny, I was worried about what I would do without alcohol!

- Brian



"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." Aristotle

"What a different world this would be if people would magnify their blessings the way they magnify their troubles." Anonymous

Singapore A.A. Weekly Meeting Schedule:

Please visit www.singaporeaa.org for detailed, up to date directions to each meeting location

Day	Time	Topic	*Status	Location
Monday	07.30 - 08.30 AM	Big Book Study	C	**One Raffles Place, Café Panini
	12:30 - 01:30 PM	Daily Reflections	O	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Big Book Study	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	08:05 - 09:05 PM	Beginners Meeting	O	Damien Hall, 1 Commonwealth Dr
Tuesday	07:30 - 08:30 AM	Daily Reflections	C	**One Raffles Place, Café Panini
	12:30 - 01:30 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:30 PM	11th Step Meeting	C	Novena Church, 300 Thomson Rd
Wednesday	07.30 - 08.30 AM	As Bill Sees It	C	**One Raffles Place, Café Panini
	12:30 - 01:30 PM	Daily Reflections	O	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Living Sober	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Speaker Meeting	C	Damien Hall, 1 Commonwealth Dr
	08:15 - 09:30 PM	Women's Step Study	C	Damien Hall, 1 Commonwealth Dr
Thursday	07:30 - 08:30 AM	12 & 12	C	**One Raffles Place, Café Panini
	12:30 - 01:30 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	12 & 12	C	Damien Hall, 1 Commonwealth Dr
	08:05 - 09:05 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr
Friday	07:30 - 08:30 AM	Beginners Meeting	O	**One Raffles Place, Café Panini
	12:30 - 01:30 PM	12 & 12	C	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Step 11 Meeting	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Living Sober	O	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	Topics Meeting	C	**One Raffles Place, Café Panini
Saturday	08:00 - 09:00 AM	East Coast Beach Meeting	C	Mana Mana Beach Club, 1212 East Coast Pkwy
	08:30 - 09:30 AM	Gratitude Meeting	C	**One Raffles Place, Café Panini
	10:00 - 11:00 AM	Women's Meeting	C	**One Raffles Place, Café Panini
	04:30 - 05:30 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	04:30 - 05:30 PM	Lavender Meeting - Daily Reflections	C	We Care Center, 11 Kampong Bugis
	07:00 - 08:30 PM	Saturday Night Live	O	Damien Hall, 1 Commonwealth Dr
Sunday	08:00 - 09:00 AM	Sunday Men's Meeting	O	Coffee Bean, Orchard Central Mall
	09:00 - 10:00 AM	LGBT Meeting	C	98B Duxton Hill 3rd Floor
	06:30 - 07:45 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr

*Status O=Open C= Closed

**Meeting note: There are no meetings at One Raffles Place on Public Holidays

Do you have a problem with alcohol?

If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

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

+65 6475 0890 for further assistance
Or email us at help@singaporeaa.org