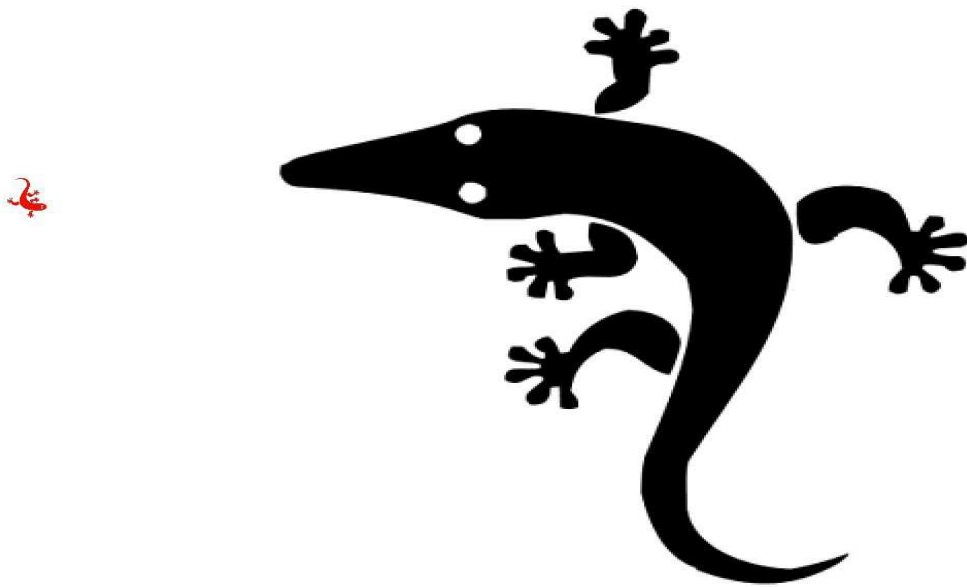


The Daily Reprieve



By

Singapore AA members

April to June 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 Sobriety,

In addition to continuing our look at *The 12 Concepts for World Service*, this issue of the Daily Reprieve highlights the diversity of our experiences in sobriety and with the program of AA.

Two members share about coming into the rooms for the first time and what they found there:

In “106 Days and Counting” we hear from a young woman who only recently joined the fellowship. She shares her difficulties and enthusiasm with immediacy.

In “Only One” another member shares of those early days from a perspective of longer sobriety. We can feel the deeper changes that have happened in her life over time by working the 12 Steps of Alcoholics Anonymous.

We also have a very special feature in this issue: a song written by one of our fellows, “She Don’t Think Like She Used To,” including lyrics and guitar chords.

And for a bit of brain work, there is a Word Search Puzzle created by a local member.

Finally, I’d like to thank all those who have contributed to this issue of the Daily Reprieve. If you’d like to help by being on the committee, writing articles or finding articles and materials to print, please contact: newsletter.singaporeaa@gmail.com

The very warmest regards,
Claire

106 days and counting

So it's 106 days today and wow it's been a roller coaster ride. The highs have been extreme, 'head in the cloud' moments and the lows have been treacherous. I never wanted to admit my problem was alcohol, rather than the long list of problems that my delusional mind had conjured. Now I realize that all my relationship, financial, personality, insecurity issues were the reactions to my actions.

Alcoholic! "Me!!! Never!!!" I would exclaim to myself through all the obvious signs - everything and everybody else were the cause of my problems. It's like that beautiful Missy Higgin's song, Scar, "a triangle trying to squeeze through a circle, he tried to cut me so I'd fit". It is just like the big book states, "and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment." (BB p. 417) Rather than trying to, "run the whole show". (BB p.60)

I came into AA with the realization that my life "had become unmanageable", that I am "powerless over alcohol". I was left with no other options, no job, no money, a string of abusive relationships and yet I was deemed, "most likely to succeed" at university. I tried all the ruses to escape AA: I ran away from my problems, but they followed me; I attempted convincing myself that I could drink just wine or maybe only beer and if I didn't mix, I could handle it. How could I not drink? Surely that would mean I would remember all the terrible things that had happened to me?

At the time of my last 'drunk', I was so utterly and completely alone, and if it weren't for these rooms and the men and women who have guided me in and out of the rooms, I still would be.

AA, the rooms, the shares, the people, the literature and without a shadow of a doubt, the 12 steps, have each made me realize that I am far from alone. In 3 months, 2 weeks and 3 days, I have come "to believe that a Power greater than" myself can restore me to sanity, so long as I really want it.

All you have to do is work the program of recovery that is laid out in the Big Book, in the 12 and 12, and on the walls, the way it works best for you. You don't have to be religious or refuse the program due to the religious tone. All you need to do is be open minded, non-judgmental, willing and remove all the things that are blocking you from recovery. I have had ten solid years of denial; I thought that I was so different, so unique, that there was no one that was like this, like me! And now, I meet rooms full of people, just like me, on a daily basis.

Currently, I am working on Step 4; it's incredible how the steps just kind of fall into place. I ask my sponsor: but what ifs and how cans and how does and she'll smile and say, "you are exactly where you are meant to be". It all fits, all the pieces of my mixed up, lost jigsaw puzzle, are very slowly and sometimes excruciatingly painfully, connecting. If this magic is happening after 3 ½ months in the program, then I can't wait to see what's round the corner. I have learnt more in the last three months than I have in the last ten years of my drunken stupor. I have been afraid, petrified, sick with anxiety and congealed in my depression, but it is worth every bout to get to where I can see I am going.

Don't get me wrong, I have achieved, but I hadn't done the one thing that I needed to do in order to be me, to succeed, to fully commit and figure out who I am, and that is, to be rigorously honest... with myself!

KJ



“I had a layover in Omaha ... which led to a hangover in Des Moines.”

Only One AA

When I am asked by anyone not familiar with AA what is the best definition of our Association, the very first thing that comes to my mind is: AA is one, only one – everywhere, under any sun, latitude, language colour of the skin - AA is ONE.

And I am a part of this ONE sisterhood and brotherhood, sharing in this gift of sobriety, and being able anywhere in the world to find my people, my fellows in AA.

I started travelling the world when I was only 6 months sober. I left Italy, my home town of Rome, my first AA home group (Corso Francia) and my first Sponsor, Anna. I also left the fellowship of men and women that, on a very dark, cold and desperate 27th of January night, gave me for the first time some hope, a sense of belonging that I have never lost after all these years. They helped me to find meaning in life again.

You are not a bad person, they told me, you are sick and you were born this way. But we have a solution for you; in this fellowship you will find peace and a new serenity, if you desire to. Just come back.

Those simple words of hope and wisdom have never left me since that night, and they accompanied me to Houston, TX in the USA, where my family moved shortly after that first night, then a few years later back to Italy, and then to Singapore where I landed in 2005.

The fellowship is ONE, even if during the 18 years of my journey in the world and in AA, there have been differences of language, accent, colour of the skin, culture and education among my AA friends. In each of the rooms our symbols, our mottos, the unconditional love for each other - notwithstanding any of those other differences - made my life so much easier, often very beautiful and I was never, never alone again.

I just had and have to keep opening new doors, new rooms, sitting in new chairs, joining new circles of friends in AA, repeating hundreds of times our Prayer “God give me the Serenity...” and feeling it to the bottom of my heart

Thank you AA for being the ONE and only certainty in my life. Thank you for the many rooms in the world that welcomed me, with open doors and open arms.

Quotable Quotes

“Happiness does not consist in having what you want, but in wanting what you have.”

Confucius

“The next time you feel low, for whatever reason, remind yourself, this too shall pass. It will.”

Vikas Malkani

“Never fear shadows. They simply mean there's a light somewhere nearby.”

Ruth E. Renkee

"When you change the way you look at things, the things you look at begin to change."

Wayne Dyer



The Alcoholics Anonymous Concepts of World service

In this issue we present Concepts 4, 5 and 6

The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W., and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience. The short form of the Concepts read:

4. At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each much discharge.

5. Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.
6. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting at the General Service Board.

Numbers 3, 4 and 5 of the concepts of the Twelve Concepts is reprinted with permission of A.A. World Services, Inc.

"We should always realize that change does not necessarily spell progress. We are sure that each new group of workers in world service will be tempted to try all sorts of innovations that may often produce little more than a painful repetition of earlier mistakes ... And if mistaken departures are nevertheless made, these Concepts may then provide a ready means of safe return to an operating balance that might otherwise take years of floundering to rediscover."

AA Co-Founder, Bill W., September 1990, from: "The Twelve Concepts" AA Grapevine
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"Our minds are like parachutes - they only work when they're open."

Anonymous

"We learn wisdom from failure much more than success. We often discover what we will do, by finding out what we will not do. "

Samuel Smiles

The St Francis Prayer

Lord, make me a channel of thy peace

That where there is hatred, I may bring love

That where there is wrong, I may bring the spirit of forgiveness

That where there is discord, I may bring harmony

That where there is error, I may bring truth

That where there is doubt, I may bring faith
That where there is despair, I may bring hope
That where there are shadows, I may bring light
That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted

To understand, than to be understood

To love, than to be loved.

For it is by self- forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal Life.

My life had started to unfold since I came to AA three years ago. I had worked my way through the steps, had started a new job, had rebuilt ties with my family and was considering the notion of starting a relationship. However, I was still full of fear, hyper sensitive, over analytic and quite frankly a bit lost. I had experienced some peace in the previous three years but as life filled up I found myself less and less able to access it.

Hence, I was forced back into the steps, and in particular step eleven. I had to try something and as a recovering alcoholic this was the logical place to begin.

Anyway, as I reengaged with step eleven I rediscovered this wonderful prayer. Interestingly, it was only then, that it really hit home. I had read Step eleven many times in the past, but for some reason now I was ready to listen.

I looked on the prayer with different eyes. It was so beautiful and simple and graceful that just repeating it slowly to myself, the quiet rhythm, the simple truths, the gentle message seemed to penetrate deep inside me. Any outside noise, uploaded from my hectic life seemed to fall away. It seemed to dissolve and in its place was a quiet peace, a renewed understanding as to what is important in life and what has real meaning.

And who can blame me? The prayer is so beautiful. It implores us ever so gently to settle down. To remember that we are but agents of a higher power and our remit is to do our best. To be kind, to be generous, to be thoughtful. To be gentle and selfless. To help make the world a better place.

How could I honestly feel comfortable about taking sides at a dispute at work when St. Francis urges me to promote harmony over discord. Or how could I continue to feel concern about my ability to deliver a project within deadline when St. Francis implores us to replace faith with doubt. And how could I consider myself to be of utmost importance when he suggests that self-forgetting is the key.

The power of this prayer is the complete rebasing of all things important. Faith over fear, love over hate, and selflessness over selfishness are the key messages and when I am reminded of them I am earthed ever so quickly. Nothing is important more, the high stakes become low stakes, the noise becomes peace.

This is why I got sober, to enjoy the peace that comes with it and without St. Francis and his extraordinary prayer that peace would be that little bit harder to attain.

Thank you St. Francis.

“She Don’t Think Like She Used To” (A recovery song by Simon A.)

Verse 1

~~She wondered how it got so bad~~

~~How did it fall apart~~

~~Her life had flipped from sane to mad~~

~~And broke her heart~~

Pre-Chorus

~~Like a merry-go-round She could not get off~~

~~She'd become tornado bound~~

~~Spiraling out of control~~

Chorus

~~But she don't think like she used to~~

~~She's living a life brand new~~

~~With help from friends~~

~~She's made amends~~

She letting the love shine through

~~Cause she don't think like she used to~~

Verse 2

At the end of the line She hit rock bottom

And was lifted from that dark place

Stones were uncovered and the past was forgotten

In a moment of grace

Chorus

~~Now she don't think like she used to~~

~~She's living a life brand new~~

~~With help from friends~~

~~She's made amends~~

She letting the love shine through

~~Cause she don't think like she used to~~

Bridge

~~Wearing her life Like a loose dress~~

She takes it all in stride

My mother never felt so alive

Chorus

Cause she don't think like she used to

(instrumental...line 2-3)

With help from friends

She's made amends

~~She's living a life brand new~~

She letting the love shine through

Cause she don't think like she used to

Yea she don't think like she used to

Chords

Intro:

F C B ♭ C F C B ♭ B ♭

Verse:

F Dm7 B ♭ C F Dm7 B ♭ C

Pre-Chorus:

C Dm7 B ♭ Cadd9 Dm7 B ♭

Chorus:

F Dm7 B ♭ C F Dm7 B ♭ C F Dm7 B ♭ C

Bridge:

B ♭ F B ♭ C B ♭ F B ♭ C

(I play them with a capo at the 5th fret)

Link: <https://www.dropbox.com/s/y64ohdki4zckrys/She%20Don%27t%20Think%20Like%20She%20Used%20To%20-%20Demo%202%20with%20guitar.mp3>

Joke corner

“An old man is sitting on a park benching looking quite glum. A young man approaches him and asks him if everything is alright. No, says the old man. I've got this beautiful young wife, she's great in bed, she's a swimsuit model and she has legs up to her caboose. So, says the young man, What is the problem? Well, says the old man, I don't remember where I live.”

“A guy walks in a bar, and buys a huge beer. Then he sees someone he knows, and decides to go and say hi to them, but he does not want to drag his beer mug with him. So he sets it on a table, along with a note "I spit in this beer" hoping that no one will steal it then. Upon return, he sees another note saying "Me too!"

Singapore Intergroup News - Spring 2013 Update

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.

April 2013 Update

Damien Hall Report

Group is going strong.

Raffles Daybreak

Permanent alternate location being researched for Saturday meetings as attendees always turn up on public holidays despite note on website

Potential new I/G rep has been identified

Serenity Sisters

All is well

Sunday Men's Meeting

The group held a successful Step 2 Workshop

Step 3 workshop scheduled for 20th April

Lavender

Good turnout of late

Future move to Ubi Avenue area announced

East Coast

Meeting could use more support

Some new faces showing up

Member identified as I/G representative

Intergroup Committees Report

Communications

Very slow at the moment and few calls/emails are coming in. Efficient website suggested as the reason

Literature

Raffles literature came in

H & I/PI committee to confirm if anything else is needed

Website

Discussions ongoing with webmaster regarding ways users might easily update the site

No mock up yet, but will update at the next meeting

Announcements are being processed frequently

Newsletter Committee

The newsletter will be printed and circulated now that enough articles are in

Request made for more members to contribute content for our meeting in print

H & I / PI

Overseas Family School talk went well to junior grades
IMH commitment could use more support. A member will check with IMH to see if meeting can start later as it is challenging to get there so early for many people

AOSM

Volunteer chosen at I/G meeting to attend
3 representatives from Singapore will go

Meeting Lists

New meeting list representative was elected during the meeting

Secretary's Report

There is now a new secretary on board
Annual report requirements and status to be investigated

Current Intergroup Vacancies

Social Committee Rep position is open. All groups should announce this and all open positions at their meetings

2013 Roundup

Short discussion about the roundup took place
September is still likely possibility

Volunteers are needed to organize

Sponsor/Sponsee Workshop

Target date set for 1st June

Suggested time 2-4pm after I/G meeting but before the 4.30pm meetings

Halfway House Request for Assistance

A member provided the update

70 – 80 patients

Information will be provided to literature chair about what books are required in what languages etc.

Existing literature stock will be checked by the acting H & I P/I representative

Cost of transportation to/from meetings will be researched

Proposal to check to see if Mana Mana can take a meeting to the house

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

12th Annual Bali International Roundup 14-16 June 2013

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

Samoa Roundup/Retreat June 14-16, 2013

Members in Samoa and American Samoa are holding their second annual retreat on the weekend of June 14-16, 2013 at the awe-inspiring To Sua. Contact Scott for more details: aainsamoa@gmail.com

51st New Zealand Annual Convention: 17-19 January 2014 at Dunedin

More info at www.aaconvention.org.nz

"You need to face the pain and the fear and walk through the grief." Phil McGraw

"Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism." Carl Jung

A Thank You from Western Australia

G'Day from Western Australia!

First I would like to say an "AA thank you" to everybody that made me feel at home in Singapore. My stay was short and sweet but I enjoyed the meals and fellowship after the meetings. Such a beautiful City and I was so lucky to have a lovely friend showing me the sites.

Many thanks again.

Keith H

P.Ss Beaut Coffee

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 - 09:15 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