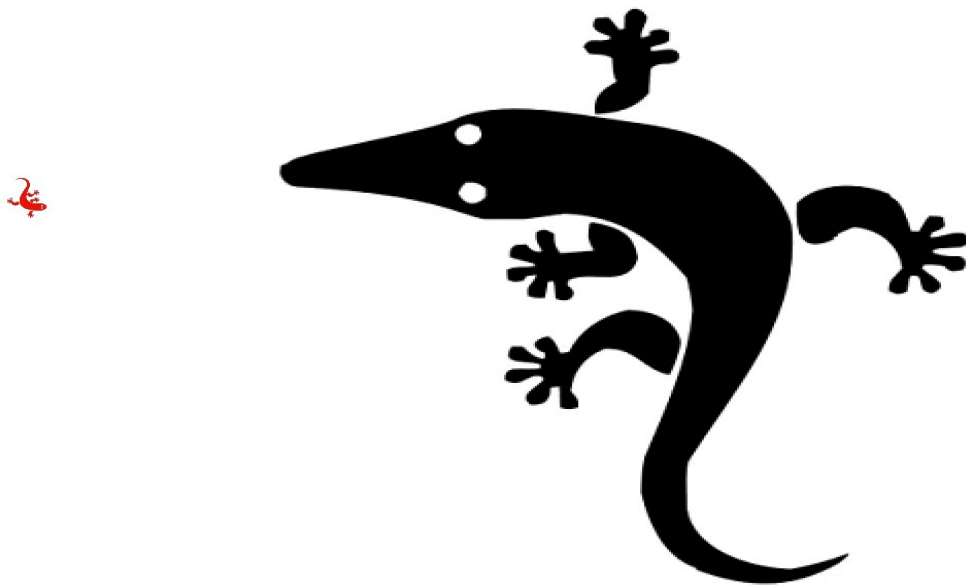


The Daily Reprieve



By
Singapore A.A. members
January – March 2015

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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TABLE OF CONTENTS

LETTER FROM THE EDITOR

BACK TO THE BASICS OF RECOVERY- STEP EIGHT AND NINE

EXPERIENCE ON WORKING WITH “BACK TO BASICS”

SURRENDERING IS THE ONLY WAY

WISE WORDS FROM A VISITING FELLOW

BACK TO THE BASICS OF RECOVERY- STEP TEN

THE MONKEY IS OFF MY BACK BUT THE CIRCUS IS STILL IN TOWN

SINGAPORE INTERGROUP NEWS

THE PROMISES IN REVERSE

HIPI – WHAT WE DO

LIFE ISN'T TIED WITH A BOW, BUT IT IS STILL A GIFT

8,758 HOURS AND COUNTING

THE EASIER SOFTER WAY - SURRENDER AND HUMILITY

RELEASED FROM THE BONDAGE OF SELF CONDEMNATION

ALCONYMS – INSPIRING & INSIGHTFUL RECOVERY CATCHPHRASES

SINGAPORE SOCIAL AND EVENTS COMMITTEE

UPCOMING REGIONAL EVENTS

MEETING SCHEDULE

**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

Another great issue crammed with Local Members own experiences. These include Experience on Working with “Back to Basics”, Surrendering is the Only Way, The Monkey is Off my Back but the Circus is Still in Town, 8,758 Hours and Counting ..., The Easier Softer Way - Surrender and Humility and Released from the Bondage of Self Condemnation. I know it means a lot to our readers that we have so much local content.

Thank you to all the Members who also contributed articles and quotes and as this has been shared before, this is YOUR newsletter, and is made possible by content from all our members, and all and any contributions are gratefully received. Please send any submissions to newsletter@singaporeaa.org

Also included in this issue, is the continuation of Wally P’s “Back to Basics” articles on Steps 8,9 and 10 Entitled “Back to the Basics of Recovery,” this is the original action program used with newcomers by the first members of A.A..

Following on from the Last Edition, we have included some more information about The Hospitals & Institutions/Public Information Committee and what their role is. The Committee is looking for volunteers in the New Year. Please can you send an email to hi.pi.aa@outlook.com to express your interest.

Keep It Simple Singapore (KISS), a Weekend of Fun, Fellowship and Laughter is fast approaching (30th January – 1st February 2015) and volunteers are very welcome. If you would like further information or would like to offer your assistance to help on the Committee, please contact events@singaporeaa.org.

Wishing you all health, happiness, serenity and a safe holiday Season. The “New Year is the first blank page of a 365 page book, write a good one”

Michelle K

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

Who is Wally P?

Wally P. is an archivist, historian and author who, for more than twenty-three years, has been studying the origins and growth of the Twelve-step movement. He is the caretaker for the personal archives of Dr. Bob and Anne Smith.

Wally conducts history presentations and recovery workshops, including "Back to the Basics of Recovery" in which he takes attendees through all Twelve Steps in four, one-hour sessions. More than 500,000 have taken the Steps using this powerful, time-tested, and highly successful "original" program of action.

Back to the Basics of Recovery

Amends: Steps Eight and Nine

by Wally P.

Made a list of all persons we had harmed, and became willing to make amends to them all.

Made direct amends to such people wherever possible, except when to do so would injure them or others.

In our journey through the Twelve Steps, as they were taken during the early days of Alcoholics Anonymous, we have followed the "Big Book" directions for our Surrender (Steps One, Two and Three) and our Sharing (Steps Four, Five, Six and Seven). As I mentioned in an earlier article, this process was usually completed in one sitting and took a couple of hours.

We are now ready to make our Amends (Steps Eight and Nine). Amends is a two-part process: making restitution to those we have harmed and forgiving those who have harmed us.

We start by reviewing our Fourth Step inventory. It contains our Eighth Step amends list. The Big Book authors confirm this in the third paragraph on page 76:

" . . . Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory."

If we used the Assets and Liabilities Checklist described on pages 64 to 69 of the Big Book, we have inventoried our resentments, fears and harms. Although there are no hard and fast rules, the "Big Book" authors explain that we overcome our resentments with forgiveness (page 67), our fears with faith (page 68), and our harms (selfishness, dishonesty, inconsideration, jealousy, suspicion and bitterness) with amends (page 69).

In order to forgive those we resent and to walk through our fears, we need to pray. The resentment prayer is at the top of page 67, and the fear prayer is in the third paragraph on page 68. These prayers are identified by the word “ask.”

The Ninth Step is described on pages 76 to 83. On page 76, paragraph three, the “Big Book” authors tell us what we need to do:

“. . . Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes.”

If needed, the sponsor and sponsee once again pray together. This time they pray for the sponsee to have the courage and conviction to approach those he or she is presently unwilling to face.

The “Big Book” authors provide us with detailed information on each of the four types of amends. They are direct amends, living amends, amends-in-kind, and amends to those who cannot be seen. The sponsor and sponsee together decide which amends to make. They do this with a back-and-forth role play until the likely outcomes have been thoroughly examined.

There are “Big Book” passages that describe each of these amends. Direct amends to those we dislike and to those we owe money are explained in the first paragraph on page 77 and the second paragraph on page 78.

In the first paragraph on page 83, we learn about living amends. This type of amends is straightforward. We start acting like a person in recovery, someone who is living a life based on “humility, fearlessness and honesty.” This is one of the greatest amends we can make, especially to family and friends.

The amends-in-kind is described on page 82, paragraph one. Some examples of this “in lieu of” or “indirect” amends are taking a meeting into a halfway house or prison; volunteering at a homeless shelter or assisted living facility; or serving a Twelve-Step group by accepting and fulfilling a service commitment.

In the third paragraph on page 83, the “Big Book” authors give directions on what we do if we can’t make amends to someone face-to-face. Here, the sponsor and the sponsee sit down and write a letter to the person on the amends list. Then the sponsee reads it aloud and puts it into an envelope. Together, they go to the post office and mail it. The envelope has no name on it. It also has no address, no return name, no return address, and no stamp.

Another way to send the letter is to burn it. This is a relatively new phenomenon, but again, this is something the sponsor and sponsee do together. What is amazing is that the letter goes exactly where it needs to go in order for us to heal.

Taking the Steps is all about healing—healing the pain, remorse, shame and guilt associated with our past behaviors and actions. We heal as the direct result of making amends to those we’ve harmed and forgiving those who have harmed us. As we heal, we improve our conscious contact with the “One who has all power.”

In the next article we will take Step Ten, the first step of Guidance. We will learn how to enhance our “vital sixth sense” by practicing Steps Four through Nine on a daily basis.

Wally P. is an archivist, historian and author who, for more than twenty-three years, has been studying the origins and growth of the Twelve-step movement. He is the caretaker for the personal archives of Dr. Bob and Anne Smith.

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Experience on Working with “Back To Basics”

Here are some thoughts on my experience in taking other men through the 12 steps of Alcoholics Anonymous using the “Back to Basics” workshops structure. First of all, the “Back to Basics” book is not A.A. conference approved literature, neither is “A New Pair of Glasses” or any of the myriad of speaker tapes that many of us (me included) refer to in meetings. I, like many fellows, get great comfort, hope, solace and guidance from all of these sources of experience, strength and hope from fellows that have trudged the road of happy destiny before me.

For those not familiar with “Back to Basics”, this is a book that describes in step-by-step detail the “original” Alcoholics Anonymous Beginners’ Meetings that produced a 50-75% recovery rate from alcoholism during the 1940’s and 1950’s. The book was published after two years of research and a further two years running Beginners’ Meetings based on a 1946 A.A. format.¹

¹ Note from Editor – the Daily Reprieve has been running a series of Wally P’s “Back to Basics” articles for the past several editions of the Daily Reprieve, copies of which are available from www.singaporeaa.org

This is just my experience using this format to guide others through the steps. From my experience, it is much better working the steps with the guide of a sponsor than trying to fathom them out alone. I am very grateful for the guidance I have received from sponsors in working the steps.

When I first worked the 12 steps of A.A., I was guided through most of these by a sponsor. In my first year of sobriety, due to work needs, I had to travel to several countries and for some period of time. Thus, by the time I had completed the steps the first time round, I had worked the steps with several different sponsors. Then came the challenge, when I was first asked to sponsor someone and guide them through the steps, I felt somewhat lost. How had my sponsor guided me through steps 1, 2 and 3? They were all a bit of a blur. I clearly remember how a sponsor had guided me through steps 4 and 5....I did as was suggested and I sought advice and I worked the steps with guys that asked me.

Working the steps with other fellows certainly taught me more about the steps than what I had previously learnt when working them with my sponsors. But I always felt I was not doing the best I could as a sponsor guiding others on the steps. I had attended several mens step workshops in Singapore, which I always found very powerful and insightful. I heard so many great ways to work some of the steps. Which way was best, which way is the 'correct way' to work the steps (more on that in a bit). But, as I had not worked the steps in that way, I felt awkward in trying to work the steps with others from other people's experience alone. I had not experienced the steps that way and I felt a little lost.

Then last year, I, like a lot of fellows in Singapore, attended the Wally P "Back to Basics" workshop. It was very powerful taking all 12 steps in one day. Admittedly, we didn't actually go and make some real amends from the lists we had inventoried. I liked the simple structure, like a framework with the Big Book of Alcoholics Anonymous as the content.

At the time, I was working with a few guys and had been guiding them through the steps as I had done them, kind of bumbling along. A thought came to me (clearly not my own original idea), why not continue to guide these fellows through the steps using the workshop framework. I had the book. Why not give it a go. I have to say that for step 4 and 5 I still fall back on how my sponsor had me work those. But I have found a sense of freedom in following a structure. It has given me a structure to guide others through the steps. There is also a good pace that the workshop brings that helps to keep the momentum going (from my experience).

I have also found that I feel more involved in taking these steps with the fellow - together. I was told that the "Back to Basics" approach to the steps is very much like triage. It enables the guy to get some relief. He can always come back and redo any or all the steps again in more detail if necessary. But hopefully, there has been some form of a vital spiritual awakening or experience as Step 12 tells us we will have and he has found a power greater than himself (as the Big Book tells us we will).

Is this the only way to work the 12 steps of Alcoholics Anonymous? Is this the 'correct' way? Certainly not, this is just one approach, one suggested way that the steps can be taken. I like to remain open and teachable to any other ways to work the steps as this approach may not work for everyone for every step...and as Wally P says, "the only wrong way to do the steps is to not do them".

Have fun trudging the road of happy destiny.

In fellowship,

Simon A

Surrendering is the only way

Of all the tools, readings and wealth of experience that one encounters in the rooms, the most important lesson in my own recovery was my brief relapse. I had just picked up a 90 day chip. I had just quit my job to stay away from my old drinking buddies. I was looking forward to my new job where I would tell no one that I drink. I was celebrating my wedding anniversary and my wife was happy I was sober and she had forgiven me for my misbehaviour during my drinking days. Zero work stress and no marital tension. I had money in the bank. I was on holiday in an awesome city. Everything looked great and it was great. Except for the fact that I was an alcoholic who hadn't conceded to my innermost self that I was an alcoholic.

And then one night I picked up the first drink. I had always been able to rationalize my drinking. There was always some problem, some trigger. People, places, things cause me to drink. My reasons did have a 'certain plausibility, but none of them really makes sense in the light of the havoc' I created. So why did I pick up that night? 'The truth, strange to say, is usually that I had no more idea why I took that first drink than you have.'

I was smoking in the street one night. My wife was upstairs preparing for bed. We'd had a wonderful day sightseeing. The weather was chilly and my cigarette felt especially good. No desire to drink. My eyes focused on a vending machine which were ubiquitous in that particular city. I recognized the beer. I also saw another beverage. Couldn't read the script on the can but I understood the term '8%' and the picture of a lemon. A fruity flavored strong alcoholic beverage that wouldn't smell like beer! Next thing I know I'm guzzling two cans as fast as I can in the time taken to smoke a cigarette so my wife wouldn't suspect why I had been out so long.

What followed afterward was a 2 month binge during which I experienced every aspect of this disease that is mentioned in the Big Book. Finally the words came to life and I believed my alcoholism. The reason I picked up was because 'suddenly the thought came to mind' and I literally had 'no mental defense against the first drink'. I did 'stop abruptly' but I couldn't stay stopped. I got drunk faster, the blackouts came on sooner and lasted longer. Still I drank. At times I felt that I was

'regaining control, but such intervals—usually brief—were inevitably followed by still less control' and I was 'unable to bring to my consciousness with sufficient force the memory of the suffering and humiliation' I endured 3 months ago. The 3 months of abstinence did nothing to slow down the progression of my disease. When I started drinking again it was worse and not better.

I went to a few meetings without telling anyone I'd been drinking hoping that my drinking would somehow magically stop or moderate. But there always was that 'curious mental phenomenon that parallel to my sound reasoning there inevitably ran some insanely trivial excuse to drink'. I was afraid of the 'terrific consequences' but 'my sound reasoning always failed to hold me in check and the insane idea always won out'. Bewilderment and frustration plagued me after every drink. I was soon to experience terror and despair, but not yet.

I continued to attempt to 'prove that I could drink like other people'. I was still convinced that 'somehow, someday I would beat the game'. 'The persistence of this illusion is astonishing' indeed. I vaguely began to suspect that this was becoming a losing battle. After a while I dishonestly admitted at a meeting that I had a very minor slip, hoping that my partial honesty would help me partially stop my drinking. However, 'half-measures availed me nothing'.

I continued drinking until one night, I called an AA member. To this day I have no idea what possessed me to call that member, that while holding a can of beer in my hand. My wife was out of town so no one knew about my drinking. I had locked myself at home so I wouldn't create any havoc outside. All I remember was that feeling of 'pitiful and incomprehensible demoralization'. He advised me to finish my drink (Hurray!!!) and come to a meeting the next day. I remember waking up the next day in sheer terror and utter despair, wondering whether I had indeed passed out on the floor of my home or some other sordid place. I rushed to the meeting that very morning drunk. All I remembered was a member saying 'You can't save your face and your ass at the same time!' And I truly, truly believed him.

'The delusion that I can drink like other people was smashed that day'. I returned home that night and finally saw the beer cans and cigarette butts strewn all over. The 'icing' on the cake was the ribbons of mould over a huge puddle of stale beer on my white shoe shelf. I have done many shameful things during my drinking. But nothing had ever disgusted me to the core of my being as seeing rotting beer. I'd never seen rotting beer before because I'd always managed to finish it. I didn't see the mess until that day and I had no idea when and how this had happened. I also didn't know what other mess lurked in my apartment. I realized that I couldn't drink SAFELY even in my own home, the keyword being 'safely'. Insane as it may seem, that was the moment when I finally admitted that I was powerless over alcohol and that if I couldn't drink safely even in my own home, my life was indeed unmanageable. 'I had conceded to my innermost self that I was alcoholic'. That was my step one moment. And the beer stain still exists on my shoe-shelf to remind me of that fact. I haven't picked up a drink since that day.

I have since come to realize that the only reason I drank that night is because I am an alcoholic. Even after attending AA meetings, reading the Big Book and identifying with other members, I didn't understand powerlessness. I had 'lost the power of choice in drink.' The choice I had lost was not just how much I drink. The choice I had lost was WHETHER I would drink.

And this is the most significant lesson I learnt during my relapse – that I had an alcoholic MIND. I am 'absolutely unable to stop drinking on the basis of self-knowledge' that I have a disease of the body that manifests itself as a craving. The mental obsession of this disease manifests itself in the form of a sudden thought that drives me to drink. One could very easily replace Jim's and Fred's name with mine because what preceded my first drink is the same as theirs – a sudden thought. I don't need a plausible excuse to drink. What makes me an alcoholic is the fact that my mind gets hijacked by my alcoholism and drives me to drink irrespective of whether there was a plausible excuse or not and irrespective of whether I have a desire to or not.

If you have relapsed, read the Big Book and identify those lines that directly relate to the mental obsession for alcohol. Relapse is an exercise in attempting to regain power over alcohol. It is only after realizing the nature of our mental obsession that we can finally admit our powerlessness and surrender to a Higher Power.

Anonymous

Wise Words from a Visiting Fellow

It occurred to me as I was writing this on the computer that I never run out of pages to write on. Whenever I get to the end of a page, another one appears. It seems to be that my life, and my Recovery are that way too.

"How many times do I have to do these steps"? I have said. The answer is always, as many times as you want to learn more about yourself, and what you are here to do in this world as a recovering woman.

I'm in the midst of doing the 12 Steps again, coming up on the fourth step, and I'm finding them new and exciting after 27 years of learning this new way of life. I always have so much to learn, or maybe it's that I've forgotten a lot of things, and need a constant reminder of how to live sober. When I think I have the answer to something is the time when I need to run, not walk, to my sponsor, or some other sober member of AA who can give me counsel. I am always a beginner, every day.

I start the day with the 3rd Step prayer, and one by Thomas Merton, which I'll share with you because he speaks to me from a very humble and loving place.

My Lord, God, I have no idea where I am going. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so, but I believe that the desire to please You does, in fact please You, and I hope that I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire, and I know that if I do this You will lead me by the right road, though I may know nothing about it. Therefore, I will trust You always though I may seem to be lost, and in the shadow of death. I will not fear, for You will never leave me to face my perils alone.

As the end of the year approaches, I take special care of my spiritual health, and I often remind myself to take care when attending parties and functions. Lots of liquor is disguised in food and seemingly harmless drinks. Be aware. I also have to take extra effort to rest more, and not get caught up in the chaos of the season. H.A.L.T is in my spiritual toolbox at all times, reminding me not to get too Hungry, Angry, Lonely, or Tired.

It's easy to think that "everyone else" has somewhere to go, and someone special to be with. We do too! They are waiting for us by the phone, on the Internet, or sitting at an AA meeting, alone. This is the time when doing service for others will pay us back two-fold. I don't want to ever forget to reach out to other AA's. That's certainly what you did for me when I showed up at 7:30am at Boat Quay last month!

Blessings to you all this holiday season, and wishing you miracles in the New Year!

Tricia C, Sacramento CA, USA

Back to the Basics of Recovery

Guidance: Step Ten

by Wally P.

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

Many A.A. pioneers described Steps Ten, Eleven and Twelve as the Guidance Steps. In Step Ten, we are guided to take Steps Four through Nine on a daily basis. In Step Eleven, we follow the guidance we receive upon awakening and throughout the day. In Step Twelve, we let the "One who has all power" guide us as we work with others.

The key to the Tenth Step is the word "continue." In the second paragraph on page 84, the "Big Book" authors emphasize the importance of continuing to take the Steps.

“This . . . brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. . . .”

Please note that in this paragraph, the “Big Book” authors dramatically change their sense of urgency with regard to the steps. Until this point, the authors have used words such as, “next,” “at once,” “promptly,” and “we waste no time” to stress the importance of taking the first nine steps in a couple of hours. Now they tell us we are to practice the Guidance steps daily for the rest of our lives.

“We have entered the world of the Spirit,” provides us with an amazing revelation. Basically, the authors have just told us we have already experienced a spiritual transformation as the direct result of taking Steps One through Nine. Because we have done “certain simple things, there has been a revolutionary change in (our) way of living and thinking.”

Instead of remaining imprisoned by “a hundred forms of fear, self-delusion, self-seeking and self-pity,” we have been set free by of our “consciousness of the Presence of God.” As the “Big Book” authors write, “Every day is a day when we must carry the vision of God’s will into all of our activities.”

Some of these activities are described in the next three sentences on page 84. Here the “Big Book” authors present a clear and concise summary of the activities associated with the inventory and restitution process. Because they are re-examining Steps Four through Nine, they again emphasize the need to do this work “at once,” “immediately,” and “quickly.”

“. . . Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. . . .”

Let’s recap what the “Big Book” authors have just written. “When these crop up (the Step Four liabilities of selfishness, dishonesty, resentment, and fear), we ask God at once to remove them (Steps Six and Seven). We discuss them with someone immediately (Step Five), and make amends quickly if we have harmed anyone (Steps Eight and Nine).”

The next two sentences provide additional insight into our new way of living.

“. . . Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.”

Assisting others through the Steps solidifies our own recovery. As we will learn in Step Twelve, “nothing will so much insure immunity from (relapse) as intensive work with other(s).”

Together, these five sentences hold the key to the spiritual solution to our problems. We now know precisely what we have to do to stay in “the sunlight of the Spirit.”

James H., an A.A. pioneer from the 1930’s, used to describe this transition from the problem to the solution with these words: “We can live in the past and make excuses or live in the present and make a difference. The choice is ours.”

By choosing to take the Steps and by choosing “love and tolerance” as our code, we will make a difference, not only in our own lives, but also in the lives of “countless others.” We will also experience miracles beyond our wildest dreams.

One of these miracles is the assurance that, if we practice these spiritual activities on a daily basis, we will overcome all our difficulties. In the third paragraph on page 84, the authors write:

“And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally and we will find that this has happened automatically. . . . We have not even sworn off. Instead the problem has been removed. It does not exist for us. . . . That is how we react so long as we keep in fit spiritual condition.”

What a message of hope! The “problem has been removed.” Now, all we have to do is maintain our “fit spiritual condition.”

How do we do this? By taking a daily inventory. What is our reward? A daily reprieve.

The directions for taking the Tenth Step are in the second paragraph on page 84. The Tenth Step question reads:

“Will you continue to take personal inventory and continue to set right any new mistakes as you go along?”

If you can answer in the affirmative, you have taken Step Ten. Next session, we will look at Step Eleven, which has to do with prayer and meditation. Some A.A. pioneers called this process “two-way prayer,” which consists of talking and listening to the “God-consciousness within.”

The Monkey is off my Back but the Circus is still in Town !!

I was a daily drinker since I was 15. I found something finally that would take away the pain of living for me. I had a very abusive childhood and I needed something to numb me on a daily basis. I could not stand being me sober and I didn't have the guts to kill myself so all I had was the booze to keep me sane. By the age of 19 I knew I had a serious problem with drinking but I couldn't stop. I saw many shrinks and therapists but nothing worked. So I continued to drink and also found other substances to mix things up a bit to take me further away from myself. My twenties were just a blur. I don't remember too much but I know it was not good. After two drink driving convictions and a police charge sheet as long as your arm there was enough evidence that my drinking was out of control and very ugly.

When I was 30 I met a girl who was also an addict and one day we just decided to go travelling for a year, so we packed in our jobs and off we went through Canada, America, Hawaii, Australia and New Zealand. We drank ourselves to oblivion every day and fought most of the time. I am so glad I took a camera with me, as I have no real recollection of the trip. I have to look at the photos and think, well I must have been there. Such a waste of a once in a life time opportunity. Anyway she got pregnant on the trip and so we went back home and tried to play happy family. She cleaned up as she was pregnant but I continued to get worse and worse. I bought a nice house for our new family and had a good job in the city but I was still miserable. I would have drugs in the ashtray of the car, vodka in the boot so I would always have something to fix me. In the end I lost the whole lot, the car, the house and the family.

Eventually I got myself into rehab. I had a month in rehab and came out and remained sober for 6 months but I just didn't get the program and felt so alone and the pain was enough for me to go back out. After my first week of relapse I met a new girl, whom I thought, would fix everything but funny enough didn't!!! After about a year she got a job offer in Singapore so I just said take it and let's get out of here. Running from all my problems seemed a good plan.

Well after the first month of drinking in Singapore I was further down the toilet than I was in London. I was drinking more and more and I was going totally mad. I would sit there on my own talking to myself, having hallucinations, making random noises and swearing at anyone who dared to come near me in the bar or on the street. Every night my poor girlfriend had to come and collect me from the bars and put up with my mental state as we walked home. Oh the embarrassment she must have felt!!

One night I was into my third pint of my usual session just getting nicely warmed up and I heard this voice in my head. It was so clear; "what are you doing, you can't do this anymore, you are killing yourself - its only a matter of time."

The experience was so profound and unexpected it stopped me in my tracks. I knew I had to do something. I was in so much mental and physical pain I had to find a way to stop drinking. I got up from the bar, leaving my drink half finished (a first for me I'll tell you!!!), and walked home vowing to never drink again. I told my girlfriend I was done and I'm quitting tomorrow. She just looked at me, like, "yeah heard that one before see you at the bar tomorrow!!"

Well I stuck to my promise and the next day I walked into the fellowship at Raffles Place and I have remained sober ever since. My life today, I would say, is not exactly beyond my wildest dreams but it's a hell of a lot better than the toilet where I was. Living life sober is still very hard at times and I can still be a bit nuts, as they say *the monkey is off your back but the circus is still in town*. But I have learnt to live life on life's terms and not to run anymore or look for the answers at the bottom of the glass.

I've done many things that I'm not proud of, and in some cases, completely and utterly ashamed of. One of the most difficult parts of the past few years has been forgiving myself, and some days that is still a work in progress. But by getting a sponsor, working the steps and being brutally honest, especially on my Step 4, I don't have to use today to escape any undesirable feelings or just get as far away from myself as possible. I have a support network and tools that I have learnt in the fellowship that helps me face daily challenges as they come.

It has been quite a journey so far, one that has been filled with self-realization, pain, joy, discovery, tears, laughter, forgiveness and cleaning up the wreckage of my past.

One of the best things I was told and I'm just realizing is "recovery is to be enjoyed and not endured". I have been slow to learn this but I am starting to see we can have fun sober; I was certainly not having any fun whilst drinking!!!

So for me it's be a long road so far but things are finally getting a lot clearer. It's just taken time for me to heal from 24 years of drinking. You have to give time time, as my sponsor tells me and for once he is right!!! (haha) Everyone's recovery is different. There is not a time limit. Just keep doing the work and taking action and your life will change so much you wont even recognize it. Mine certainly has.

I am so grateful to everyone in the fellowship who has been with me on my journey, with my strength and courage and your love and support I have been able to remain sober for two years one day at a time.

I wish you all well on your own journeys and watch out for that monkey!!!!

Anonymous

Singapore Intergroup News - December 2014 Update

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.

Intergroup Minutes for December, 2014

General

- The Events and Social Committee is looking for volunteers of any sobriety to assist in the round in January. Intergroup Reps and chairs to request assistance during meetings and any members interested please speak to a Event Committee member or send an email to events@singaporeaa.org
- Members encouraged to continue to contribute stories for the Newsletter.
- Damien Hall has several openings for service positions.
- Damien Hall meetings are open as usual over the Christmas and New Year period. Minor changes to other meetings over the holiday period and the members should check the website for details
- Communications are seeking additional volunteers with at least 1 year sobriety.
- Remind members / guests that they are required to register for each day of the Round Up
- A Concepts Workshop will be held on 10th of January. Members encouraged to participate.

Communications

- New phone support roster sent out.
- One member of the committee has left due to relocation.
- Seeking additional volunteers with at least 1 year sobriety.

Literature

- Damien to continue to manage their own literature orders
- Pamphlets have been received and are being distributed accordingly.
- Order for additional soft cover Big Books is in place

Website

- Meetings are all up to date
- Changes for Round Up have been completed
- Reminder that Round Up participants should register for each day of round up.

Newsletter

- Latest edition to be finalised and printed
- Remind members that contributions are gratefully accepted at all times

Meeting lists

- Recent print of 250 require minor changes, full and updated list is available from website and request members to make necessary changes by hand in the interim prior to the next printing

HIPI

- Meeting with the press scheduled
- OFS visit is scheduled on 9 February. Will be looking for younger volunteers to assist
- Confirmed will be holding another workshop in early 2015.
- Suggested to use some time following Concepts Workshop to get more ideas and further updates will be provided at next Intergroup.

Events and Social Committees

- Events Committee continue to plan monthly events for Members
- Round Up Speakers confirmed including two from overseas. Members and guests to register their interest

Spanish Meeting

- Enquiries to be conducted with We Care to see if they can host the meeting

Next Meeting: Saturday February 7th, 2015 at 11.30 am

The power for creating a better future is contained in the present moment: You create a good future by creating a good present. ~ Eckhart Tolle

Your smile is your logo, your personality is your business card, how you leave others feeling after having an experience with you becomes your trademark. ~ Jay Danzie

You may not control all the events that happen to you, but you can decide not to be reduced by them." "You may not control all the events that happen to you, but you can decide not to be reduced by them. ~ Maya Angelou

The Promises in Reverse

If we are NOT painstaking about this phase of our development, we will be drunk before we leave the parking lot.

We are going to know a new pain and a new misery.

We will regret our deeds and repeat them over and over.

We will comprehend the word chaos and we will know calamity.

No matter how far down the road we stagger, we will still wonder where we are going.

That feeling of uselessness and self-pity will intensify.

We will lose interesting things and gain relations with strange fellows.

Self-seeking will be constant. Our whole attitude will be on the lookout for the cops.

Fear of people and economic insecurity will leave us - homeless.

We will intuitively know how to stay drunk with little or no money.

We will suddenly begin to think that God does not exist.

Are these extravagant promises? Probably not.

They are being practiced daily, sometimes insanely, sometimes deadly. They will continue to happen if we keep drinking.

Robby R. from Memphis TN

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No matter how good or bad you think your life is, wake up each date and be thankful for life, Someone somewhere else is fighting to survive . ~ *Unknown*

You will never reach your destination if you stop and throw stones at every dog that barks. ~ *Winston Churchill*

I speak to everyone in the same way, whether he is the Garbage Man or the President of the Universtiy. ~ *Albert Einstein*.

If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely. ~ *Roald Dahl*

Stress is caused by being here, and wanting to be there. ~ *Eckhart Tolle*

Hospitals & Institutions/Public Information Committee

Happy Holidays from the H & I, P.I. Committee!

Below are some of the responsibilities of this committee, for your information. We will be actively looking for volunteers from early next year to get involved in a whole bunch of exciting activities, so look out for your opportunity to get involved and be of service! Please send any enquiries to hi.pi.aa@outlook.com.

Public Information: Responsible for creating greater understanding of- and preventing misunderstanding of- the A.A. program through the public media, electronic media, P.I. meetings, and speaking to community groups.

Hospitals & Institutions: Coordinates the work of individual A.A. members and groups who carry the A.A. message of recovery to alcoholics in treatment facilities, and sets up means of bridging the gap from treatment to A.A.. The committee will review all aspects of service to A.A. groups/meetings in treatment facilities and other institutional environments and make recommendations for changes and/or improvements.

Cooperation with the Professional Community (part of Hospitals & Institutions): Responsible for suggesting policies and recommending activities that will help carry the message to the still-suffering alcoholic through sharing information about the A.A. program with professional groups and individuals who have contact with alcoholics, furthering mutual understanding and cooperation between A.A. and professionals, and increasing awareness of members and outside groups and organisations on ways of cooperating with others without affiliating.

Life isn't tied with a bow, but it's still a gift

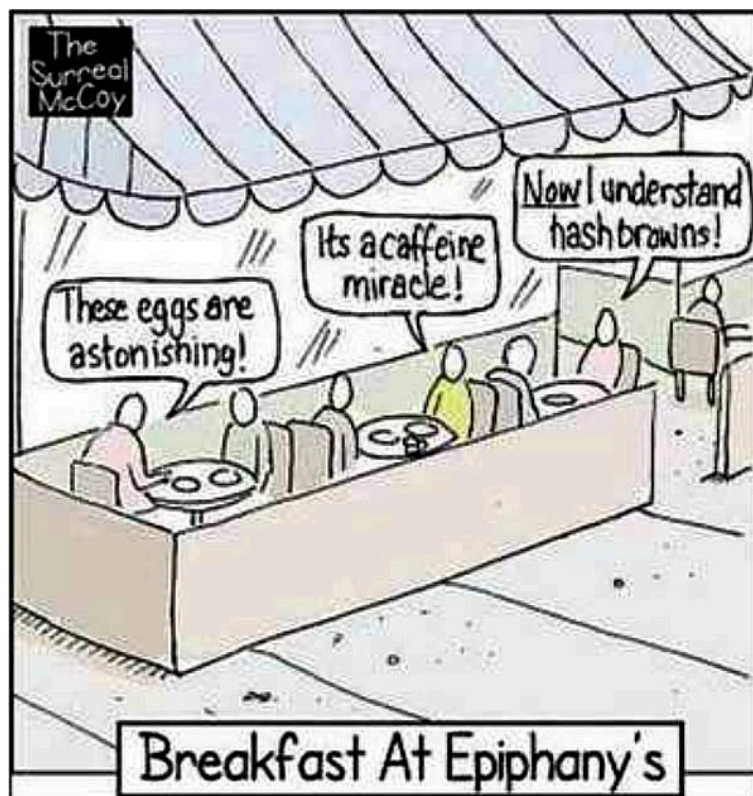
A couple of months ago, a fellow sent me this list of 50 Life Lessons. The author, Regina Brett, has kindly given her permission to reprint in our Daily Reprieve. We hope you enjoy them as much we did.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.

8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over-prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative - dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.

39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift.

Reprinted with kind permission from Regina Brett



8,758 hours and counting

365 days, I cannot quite believe it. It's early but I can't sleep, and I don't want to waste a minute of this day. When I was thinking about writing this, there was so much going through my head, and as I put pen to paper, or fingers to keyboard, my mind is almost blank. All those words and phrases that sounded wise and special, that really encapsulate my feelings, have now disappeared. But I have found over the past year of this incredible journey, that is not a reason to stop or procrastinate, and that by trusting in my Higher Power and, and this I still struggle with, myself, the right words will come.

A year ago, the thought of not having a drink, for a whole year, was beyond comprehension, I don't want to focus too much on the before. Needless to say, this time last year I was broken, I did not care if I lived or died, I was overcome with self-pity and feelings of self loathing and I was fighting, everyone, everything and myself. I could not imagine going for more than a few weeks without a drink. I could manage up to six weeks, trying to prove that I was not an alcoholic, despite all the signs, but at the end of these brief periods of sobriety, I would go back to drinking with renewed vigour and the feelings of loneliness, desperation and immense sadness did not go away during those times.

Luckily (I see that now with the benefit of hindsight, because at the time I certainly did not feel lucky) I got to the point where I was ready for help. I say lucky, because I still had family and friends who cared enough to suggest that I may need some time away in a rehab in order to help me find out who I was, what I had become and start me on this journey to be who I am supposed to be. I say lucky because I had this opportunity, that I was not so far down the road that I had alienated everyone and that I was ready to listen and to learn.

There are some similarities between where I was this time last year and where I am today. I am in Thailand, and I think that is the extent of it. I have my wallet and my passport; I have 24-hour access to the "new media technologies such as the Internet", and a plethora of ways to communicate with my friends and family. And I feel alive, not that my life is over, but that my life is just beginning and this truly amazing feeling I don't want to lose. And now I know that if I am willing to continue to learn I don't have to.

Today I know who I am, or at least who I want to be. I am learning to live like a grown up, I am learning to take responsibility for myself, my actions and to understand the effect that I have on others with my words and actions.

There are many things that I still struggle with, but by following suggestions and taking those "contrary" actions, even these are getting easier. Not easy, but easier.

Very early in my recovery, after a few weeks in the rooms of AA, I heard people share that they were a “grateful alcoholic”. I did not understand what they meant. I could not imagine how anyone could be grateful to be an alcoholic. Today I can honestly say that I am one of these people.

I have accepted that I am an alcoholic, and today I am grateful:

- For the Fellowship, because I know that without it, I would not be sitting here today, one year sober. How amazing to be part of a group of people, who understand, who don't judge and who are always there for you.
- That I have learned to ask for help, that it does not mean that I am weak, but that I am strong and I recognize that I cannot do everything, and that is ok.
- That every day, there is something that amazes me, and that I can learn from. The little things that happen during the day, which make me smile. The little things that happen during the day, that in the past would send me into a tail spin of anger and self pity, that now I can take a pause, see them for what they really are and let go. That not everything is about me, and so much of life is about perception and a simple shift in my thinking can make my day better, and as result better for those around me.
- That my life gets better each day. That is not to say that everyday is a good day. It is not, but when I think back to a year ago, even the bad days are better than where I was. And now I know that bad days pass, and that if I do the work and take action I do have a role to play in my own life and I can choose how I want to live. A year ago I did not have this choice, happy or sad, alone or surrounded by people, tired or bursting with energy, it was all about the next drink.
- That I am learning about the gift of giving, and its not just about material things, that I can do this with no expectation of something in return and I can still feel good. That the motivation is not about self but about helping someone else, and that is its own reward.
- That my relationship with my family is improving beyond my imagination. That is not to say they don't on occasion drive me mad, but they no longer drive me to drink. A year ago my sister wrote, “I want my sister back”, and even now it brings me to tears, and when others share similar stories, I get very emotional. And today, I can say that I am working on being that sister and that daughter, that friend and companion, who disappeared for a few years.
- That I am becoming aware, of the things around me. I no longer walk with my head down, avoiding eye contact, avoiding seeing the beauty around me, avoiding any type of interaction with others. I can hold my head up and I feel that I am experiencing the world as it is, not as I

want or as I think it should be. That by learning to listen and to actually hear I can make the necessary changes to live my life in a more spiritual and healthy way.

- That I have a simple program for living. That in learning to take responsibility for myself and my actions, that my life has improved in ways I could not even imagine a year ago. That through the steps and through the wise counsel and inspiration I get from my sponsor, and my fellows I can honestly say that today I am happier today than I have been in years. Even as I write through tears, these are not tears of sadness or frustration, but of sheer emotion of gratitude that I have been given this chance to live a better life.

Anonymous

He said, “there are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live”.

~ Dalai Lama

In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you. ~ Buddha

If someone has offended you, insulted you or disappointed you, Let It Go. If you are remembering all the ways you have been hurt or forgotten, let it go! Ask yourself, what good does it do for me to hold on to this. ~ Iyanla Vanzant

Always say 'yes' to the present moment... Surrender to what is. Say 'yes' to life - and see how life starts suddenly to start working for you rather than against you.~ Eckhart Tolle

The Easier Softer Way - Surrender and Humility

Journal Entry, October xx, 20xx

*“Sharing at a meeting is a service to others but also an important part of my own recovery. I was grateful this morning for the opportunity to share my story at a meeting. At the conclusion, it became as clear to me as if written on a neon sign how I have been fighting this disease my whole life and fighting the solution that is found in AA. Today, **I have totally surrendered to my disease and to the steps of AA.** Looking at the misery and self-pity and loneliness that filled my life before working the program, AA is definitely the “easier and softer way”. However, I needed to follow my own circuitous journey to get here and that route was always downhill. I have no regrets but incredible gratitude that I made it back into the rooms. And I am incredibly grateful that the fellowship always was there to welcome me.”*

It is now a few weeks from that day when I shared my story. The other morning I pulled up on my computer the above reflection written immediately after my share. As I read my journal entry I was shocked at the realization of how quickly I can take back the reigns of my own recovery. I underlined the line that jumped out at me. And here's why...

If I am totally surrendered to my disease and the steps of AA, I would not be balking at writing my step 4! Yes, it is on my mind constantly, I pray about it, meditate, talk to others, tell my sponsor but I still haven't written but a few words. I have surrendered to my inability to drink alcohol but that surrender is not complete unless I surrender in all areas of my life, unless I surrender completely and thoroughly to the Steps.

Reading my old journal entry made me see in black and white how I was not surrendering and trusting my HP to guide me. We don't surrender once to this disease. We surrender every day. The disease is so much more than my drinking, it is my thinking!

Surrender, the easier softer way. Sounds simple, but very difficult for this alcoholic. As I said, I was struggling with step 4. How was that evidenced? Well, I started suggesting to my sponsor a different way of approaching the step. I started thinking I could see my part in things and, therefore, saw no need to write down certain resentments.

Was I practicing surrender and humility? NO! Did I see I was taking back control? NO! Did I see that my self-will was running riot? NO! My sponsor did though. So, through my sponsor's guidance, I found myself back at Steps 1, 2 and 3. In those pages in the 12x12 that I have read so many times, I found answers to my current blockage. The 'juggernaut of self will' has its grip on me whenever I do not practice humility and surrender. Juggernaut is a huge, powerful, and overwhelming force. Only a Power greater than myself can help me overcome my self will.

Reliance on myself will lead me to a drink, not today, not tomorrow but someday. That I am sure of. I am living proof of that, for I've done it before. Once I take back my power, my self-will, become unteachable, I am on a slippery slope back to my next drink. Once I surrender, once I admit that my best thinking will get me into trouble, once I turn my will and my life over to the god of my own understanding I am again on the road of happy destiny.

I have learned to start each morning now asking my Higher Power to keep me sober for that day so I can do his will, and for this alcoholic my daily morning prayer is a practice in surrender and humility. Throughout the day I often have to repeat my prayer, asking for guidance and the humility to listen and learn. This program is hard work, but it is the easier softer way.

Anonymous

Released from the bondage of self-condemnation

I have been plagued with horrible feelings of shame, condemnation and guilt when I think about the wreckage behind me. I have been hiding by trying not to think about it at all but it is always there lurking in the shadows.

By God's grace, I heard this deeply touching message by an AA speaker on YouTube and I would like to share my experience of release from this bondage with you.

Quoting her:

"We have scars, some externally from our disease of drinking, like battle wounds. But most importantly are our internal scars that bring such deep pain, shame and guilt. I asked God why things take place, things that changed me forever and caused me such disgrace. His answer came clear and my tears began to fall. 'My child, those scars are your grace gifts. With my power behind you, we will change lives together. Trust me and keep seeking and I will lead you.'

This painful past may be of infinite value to those still struggling with their problem with alcoholism. Showing others how we suffer is the only way that seems worthwhile to them sometimes. Clinging to the thought that with God, our dark past is the greatest possession we have. It is the key to averting death and misery by other suffering alcoholics and their loved ones.

I used to think that sharing my past was about telling others what I have been through but it isn't like that at all.

Everything in my life God is going to use, from that first drink to the last struggle I had. God wants to use us to help others and if only I will step up and step out, lives can be changed."

What a wonderful message! I got down on my knees and thanked God for his wonderful grace and to guide me and give me courage and use me.

Anonymous

If we do not feel grateful for what we already have, what makes us think we'd be happy with more? ~ Unknown

The world is full of nice people. If you can't find one, be one. ~ Nishan Panwar

Alconyms - Inspiring & Insightful Recovery Catchphrases

Thanks to another fellow for this editions' sayings and the rather catchy new heading of Alconyms. We would like to keep this as a regular feature and, therefore, appreciate all contributions. Please send these to newsletter@singaporeaa.org for this a regular feature.

- **H E L P** = Hope, Encouragement, Love, Patience!
- **H O P E** = Helping Other People Everyday
- **T H I N K** = The Happiness I Never Knew
- **P R O G R A M** = Prayer, Recovery, Open-mindedness, Gratitude, Reality, Acceptance, Meetings
- **G R A C E** = Gently Releasing All Conscious Expectations
- **A R T** = Always Remain Teachable
- **N E W** = Nothing Else Worked
- **G I F T S** = Getting It From The Steps
- **H O P E** = Hang On! Peace Exists
- **P R I D E** = Personal Recovery Involves Deflating Ego
- **G R A C E** = Gently Releasing All Conscious Expectations
- **A S A P** = Always Say A Prayer
- **S W A T** = Surrender, Willingness, Action, Trust
- **A G O** = Another Growth Opportunity
- **S I T** = Stay In Today
- **H O P E** = Heart Open; Please Enter
- **C H A N G E** = Choosing Humility Allows New Gifts and Energy

Singapore Social and Events Committee

Social Committee

Alcoholics Anonymous Singapore holds monthly events. Details in relation to this social gathering, which includes contact information can be found at www.Singaporeaa.org. Please check back regularly for details of further upcoming events.

Event Committee

A.A. Roundup 2015 - Keep It Simple Singapore



AA Round Up 2015
January 30-February 1, 2015

A weekend of fun, fellowship and laughter.
Open to all those with a desire to stop drinking, and to those who would like to hear more about how we recovered.

Tickets for registration are FREE! There will be a charge for Gala Banquet, prices will be determined once location is confirmed.

Registration is required and will close at 250 people.

There will be a gala banquet, AA workshops and speakers from AA and AI-anon.

Gala Banquet: Friday, January 30th, 7pm-10pm
Round Up: Saturday, January 31st, 10am-5pm
Round Up: Sunday, February 1st, 10am-2pm

Guest AA Speakers Include
Kevin H. from New York, USA & Lorraine L. from Aberdeen, UK

For more information please contact us at events@singaporeaa.org

Some Upcoming A.A. Events in the Region

52nd New Zealand Convention of Alcoholics Anonymous - We Are Not a Glum Lot
16th to 18th January 2015.

<http://www.A.A.convention.org.nz>

2015 Annual Thailand Roundup – Pattaya
6th – 8th February 2015

<http://thailandroundup.weebly.com/the-roundup.html>

59th Australian National Convention
2-6 April 2015

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

Bali International Round Up- The 4th Dimension
12th – 14th June 2015

<http://www.baliroundup.org>

Singapore A.A. Weekly Meeting Schedule

(please see website for directions)

Monday	07.15 - 08.00 AM	Men's Meeting	Closed	Marina Bay City Gallery
	07.30 - 08.30 AM	Big Book Study	Closed	Circular Road
	12:30 - 01:30 PM	Daily Reflections	Open	Damien Hall
	12:30 - 01:30 PM	Big Book Study	Open	East Coast
	07:00 - 08:00 PM	Daily Reflections	Closed	Damien Hall
	07:15 - 08:15 PM	Big Book Study	Closed	World Peace Cafe
	08:05 - 09:05 PM	Beginners Meeting	Open	Damien Hall
Tuesday	07:30 - 08:30 AM	Speaker Meeting	Closed	Circular Road
	12:30 - 01:30 PM	Big Book	Closed	Damien Hall
	07:00 - 08:00 PM	Daily Reflections	Closed	Damien Hall
	07:00 - 08:30 PM	11th Step Meeting	Closed	Novena Medical Centre
	07:00 - 08:00 PM	Open Topics	Open	NAMS Clinic, IMH
Wednesday	07.30 - 08.30 AM	Just for Today	Closed	Circular Road
	12:30 - 01:30 PM	Daily Reflections	Open	Damien Hall
	12:30 - 01:30 PM	Living Sober	Open	East Coast
	07:00 - 08:00 PM	Speaker Meeting	Closed	Damien Hall
	08:15 - 09:15 PM	Women's Step Study	Closed	Damien Hall
Thursday	07:30 - 08:30 AM	12 & 12	Closed	Circular Road
	12:30 - 01:30 PM	Daily Reflections	Closed	Damien Hall
	12:30 - 01:30 PM	Step Study	Closed	East Coast
	07:00 - 08:00 PM	12 & 12	Closed	Damien Hall
	07:30 - 08:30 PM	Speakers Meeting	Closed	World Peace Cafe
Friday	07.15 - 08.00 AM	Men's Meeting	Closed	Marina Bay City Gallery
	07:30 - 08:30 AM	Beginners Meeting	Open	Circular Road
	12:30 - 01:30 PM	12 & 12	Closed	Damien Hall
	12:30 - 01:30 PM	Step 11 Meeting	Open	East Coast
	07:00 - 08:00 PM	Living Sober	Open	Damien Hall
	07:00 - 08:00 PM	Topics Meeting	Closed	8 Shenton Way
Saturday	08:00 - 09:00 AM	Big Book Meeting	Closed	Mana Mana Beach Club
	08:30 - 09:30 AM	Gratitude Meeting	Closed	Circular Road
	10:00 - 11:00 AM	Women's Meeting	Closed	Circular Road
	04:30 - 05:30 PM	Daily Reflections	Closed	Damien Hall
	07:00 - 08:30 PM	Saturday Night Live	Open	Damien Hall
Sunday	08:00 - 09:00 AM	Men's Meeting	Open	Starbucks 313 Orchard
	08:00 - 09:00 AM	Beginners Meeting	Open	Mana Mana Beach Club
	09:00 - 10:00 AM	LGBT Meeting	Closed	Oogachaga
	11:00 - 12:00 PM	Step Meeting	Closed	We Care - Eunos
	06:30 - 07:45 PM	Big Book	Closed	Damien Hall

Do you have a problem with alcohol?

1 - Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)

Yes No

2 - Do you wish people would mind their own business about your drinking-- stop telling you what to do?

In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to.

Yes No

3 - Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.

Yes No

4 - Have you had to have an eye-opener upon awakening during the past year?

Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking "socially."

Yes No

5 - Do you envy people who can drink without getting into trouble?

At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.

Yes No

6 - Have you had problems connected with drinking during the past year?

Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking.

Yes No

7 - Has your drinking caused trouble at home?

Before we came into A.A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

Yes No

8 - Do you ever try to get "extra" drinks at a party because you do not get enough?

Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go some place else to get more.

Yes No

9 - Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop.

Yes No

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

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

Yes No

11 - Do you have "blackouts"?

A "blackout" is when we have been drinking hours or days which we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking.

Yes No

12 - Have you ever felt that your life would be better if you did not drink?

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

Yes No

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