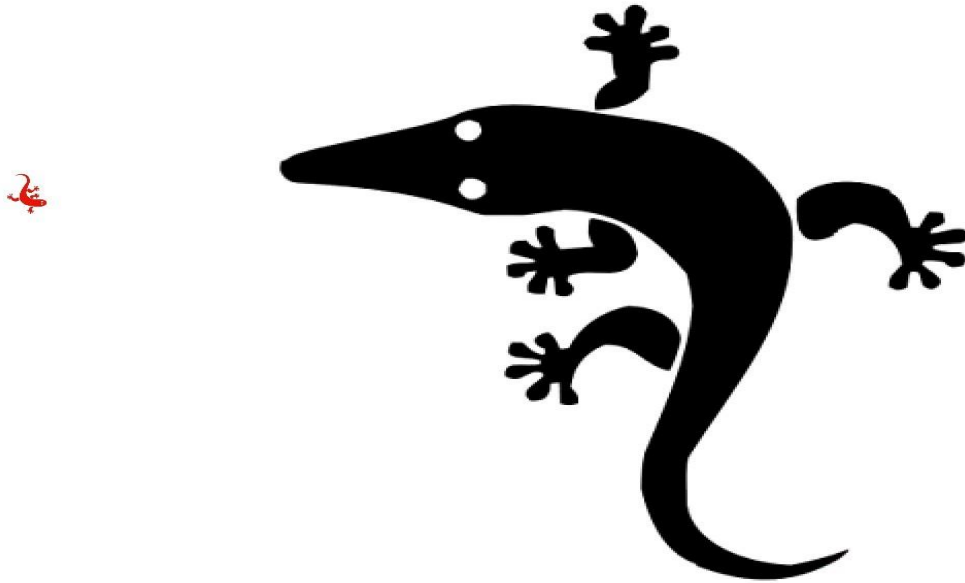


The Daily Reprieve



By
Singapore A.A. members
October – December 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.

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

TABLE OF CONTENTS

LETTER FROM THE EDITOR

HISTORY OF AA IN SINGAPORE

GROWING UP IN AA – INTO ACTION BY MAKING AMENDS

DECLARATION OF SELF-ACCEPTANCE

MY RECOVERY

SINGAPORE INTERGROUP NEWS

FIRST TIME GOD SAID “HELLO”

IT’S ALL ON TV

THE GIFT OF SPONSORSHIP

DR. BOB’S LAST MAJOR TALK

BRIDGING THE GAP

A LITTLE REMINDER TO US ALL

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,

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

We have a number of other articles from members including Growing Up in AA – Into Action by Making Amends, My Recovery, First Time God Said “Hello”, It’s All on TV and The Gift of Sponsorship.

Thank you to all those who contributed, without you this Newsletter would not be possible. And on that note, in an effort to increase the contributions, one Member has suggested that we have a list of Topics that the Fellows can use as a guide. For the next edition we have included the following which we hope will get those “creative” juices flowing:

- ⊕ A “Spiritual Experience”
- ⊕ Acceptance is the Answer
- ⊕ Love and Tolerance
- ⊕ Practicing these Principles in all our affairs
- ⊕ Daily Inventory

These are “suggestions” only. You are still free to write about anything, but if it helps you get started, then that is what we are keen to see. Please let us know your feedback and any suggestions for further topics. This is your Newsletter so we are always enthusiastic for ideas and ways to improve.

The planning for the 2016 Singapore Round Up is in full swing. The Round Up will take place in Singapore with speakers from the Region on 27th & 28th of February 2016. The Committee are looking for volunteers. If you are looking for a service position and want to help be part of a successful event please contact the events team by sending an email to events@singaporeaa.org.

The Christmas lights are up and the gift ideas are all around. Wishing you all a very Happy Holiday season full of the joys of Family and Friends and of course a Healthy, Happy and Prosperous New Year.

Michelle K

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

History of Singapore AA

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

On Queen Street in the 1990s...

“I arrived in Singapore in 1993 and there was only one meeting in Queen Street.

It was quite a small room with a rectangular table at the Church of St Peter & Paul. I don't recall exactly but I doubt we had meetings every day back then. Just a few times a week.

There were a good number of people in the fellowship at that time. Primarily all expats with a few local Chinese and Indian members too.

I made a lot of really good lifelong friends in this group. “

On the meeting after the meeting...

“We all used to go after the meeting to Raffles Hotel to a dessert bar called the Seah Street Deli, an American type hamburger joint. It's no longer there. But they had a juke box and we used to play the music.

There was one character who would eat 4 pieces of the cheesecake whenever we went there and we'd all laugh. We'd sit around there and shoot the breeze. It was a pretty close group.”

On Xmas...

“Every Christmas a member would have a huge open house. Everybody was invited. Families and members. The member would prepare all of this food and it was a very warm Xmas celebration for AA.

In America on Thanksgiving, the meeting groups all bake and prepare food for the homeless. And at Christmas time they do the same thing.

The Member's house reminded me of that in the sense that it was so warm and open to everybody. I think it would be nice for that to happen again here in Singapore.”

On the move to Damian Hall...

“Around 2000, the Queen Street church asked us to move out, due to renovations I think, and we found a new home at the Church of the Blessed Sacrament in Damian Hall.

We were in the basement of Damian in a little yellow room with no windows. There were a lot of colourful characters. There was an old-fashioned telephone and it used to ring during meetings and people would answer it during the meeting.

In about 2005, we had to move into a container on the lawn as the church pulled down the old Damian hall and rebuilt it. We stayed in that container about a year.”

On the second meeting starting in the mid 90's ...

“The Novena meeting started in about 1995 by a group of guys who wanted an 11th step meeting

We moved to different rooms at Novena Church over time and then when they were renovating, for almost a year we had the meeting at a different guy's house each week to keep it going. When we came back, we had another room and then women started to come and it became an open meeting. It's still going today at St Bernadette Church.”

On more people and more service work...

“Today there are more people and more service work than back in the 1990s.

Back then the service work was mainly at Woodbridge Hospital (now IMH). There was a Saturday meeting each week at the hospital and lots of people met and got sober there.

We also had meetings at the Kaki Bukit prison for about 5 years in the early 2000's until the authorities discontinued access. Only one of the inmates had come into the fellowship when they were released and has stayed sober and prospered, which proves the point that “its not for people who need it, but for people who want it”!

On the last 8- 10 years...

“The fellowship has changed the most in the last 8 to 10 years.

Lots of new meetings started up – the mana-mana group on the East Coast, the We Care meetings in Redhill and then Bugis, the Sunday morning men’s meetings, the women’s meetings, the World Peace café meetings, the early morning 7:30 am meetings in the CBD...

I think each meeting is a refreshing addition to the fellowship. It’s important for us to be inclusive and not exclusive. There is a need for all kinds of meetings because what may not work for you, may work perfectly for someone else.

All meetings serve somebody.”

On different strokes for different folks...

“One of the things I love about India is that they developed different yogas for different characteristics and personality traits.

There’s devotional yoga for people who are comfortable with devotion. Then there’s a type of yoga for the more intellectual person who finds God through books and literature and education. Then there’s karma yoga for people who like to do physical labor as a way to connect with God.

So they understood that there are different personalities and they created different yogas for each. If you practice one, it doesn’t mean it’s exclusive of the other three. It’s just that one is your primary choice. And it’s the same thing with recovery.

If you prefer a big book traditional kind of recovery, that’s fine. And you have the spiritual aspect of working with other people.

And if you prefer a more spiritual kind of recovery, you’ll work the steps just the same.

It just depends on which way ‘in’ you’re more comfortable with.

It has to be this way because none of us are the same. We don’t have the same makeup or the same backgrounds, so we find our own paths.

But the core principle, I think, of them all, is Service. Being useful to other human beings. As the Dalai Lama likes to say, ‘if you can’t be useful at least try not to harm anyone.’

We all need to be connected to other human beings and we all need to be useful to other human beings. This is the key to becoming comfortable with self.”

Interview by Nirmalo W.

"Growing up" in AA - Into Action by Making Amends

One of the many things I have learned (and am still learning) in this program is how to be responsible in all areas of my life. When I was drinking and when I first came into AA, it was almost instinctive for me to blame other people and the world for my troubles and problems. I came into the program filled with anger and resentments and all I wanted to do was voice my frustration at how "irrational" other people were for not doing things the way I thought they should be done.

Thankfully, through working steps 4-7, I was able to see that I tend to have some part in practically every resentment or frustration I've faced in my life. Even simple things like getting stuck in a traffic jam on my way home would lead me into self-pity and "justifiable" resentment leading to anger. But now I can realize that the traffic isn't happening *to* me, it's *just happening* and instead of letting my impatience take over leading to frustration and anger that it'll take me an extra 20 minutes to get home, I can change my perspective to realize my higher power has given me an extra 20 minutes in my day to simply stop, breathe, and be present. Steps 6 and 7 have allowed me to identify my character defects (impatience, selfishness, pride, perfectionism, etc.) and be more self-aware in every day life such that instead of instantly reacting to a situation, I can pause, reflect, and realize how my own character defects are influencing the situation, then try to change perspective and take a different action. Also this tends to help me be more pleasant in my interactions with other people - if I had let the traffic jam lead me into anger and frustration, I would have taken out that frustration on the first person I came across, potentially ruining their day, and instead I can greet them with a smile and say "hello".

While steps 6 and 7 give me the self-awareness to take action for my own character defects in day-to-day life going forward, steps 8 and 9 tell me it's time to do what I can to take ownership for the wrongs I've done to others in the past. For me, steps 8 and 9 is where I really started to feel lighter and a sense of relief in my recovery. I had been carrying such heavy burdens of guilt, resentment, and shame from the harms I had caused in the past and this was my chance to put it behind me in a responsible way. The big book states "we will never get over drinking until we have done our utmost to straighten out the past. We are there to sweep off our side of the street, realizing that nothing worth while can be accomplished until we do so." (Alcoholics Anonymous pg 77-78) and that has certainly been true in my experience. Making amends is not easy. It's very hard to own up to and face the people I've harmed and acknowledge my shortcomings, but that's part of being a responsible adult in recovery and more importantly, I know that if I hold on to those wrongs from the past, ultimately it leads to resentment and anger, which is a waiting liability for me to drink.

I'm currently working with my sponsor on making amends to someone from my past that was a big part of my life, but isn't anymore due to consequences from my drinking. I caused significant damage in that relationship and it's very difficult and emotional to think about facing that person

again to admit my faults and acknowledge the harms I caused. But I know I need to do it - it's like cleaning out a deep wound filled with rocks and sand - the cleaning out process can really hurt, but it's only after it's all cleaned out that the wound can heal properly. If I don't let it heal properly, it can cause unintended issues later in life. This has been an emotional amends for me and I admit, I have been procrastinating quite a bit, but with the support of my higher power, my sponsor, and my fellows in the program, I know I can do it, I just have to be willing. I don't know what the end result will look like and that's ok - I can turn that over to my higher power. All I know is that I don't want to go back to the life where I was drinking every day and in order to keep this amazing and gratitude-filled life I now have, I have to be willing to "grow up" and be responsible for not only my life as it is today, but my life in the past as well.

I am extremely grateful for all this program has given me and the opportunities I have today. My life today is only possible through this program, working the steps, and a belief in a higher power that can restore me to sanity - and for that, I keep coming back and hope you do too.

DECLARATION OF SELF-ACCEPTANCE

I will not judge myself
or degrade myself.

I will not blame myself for mistakes I made,
but atone and have mercy on myself
as I know God has mercy upon me.

I will not compare myself to others,
for I know God made me who I am for His purposes.

I will not put myself down,
for in doing so I put down God's creation.

I know that as I am kinder to myself,
I will have more capacity for kindness to others
and they in turn will be kinder to me.

I will be easier on myself
than I have tended to be,
for no one knows more than I do
the pain that I have been through.

I realize that to love myself
is to love as God loves,
for He loves the world
and that includes me.

Marianne Williamson

My Recovery

Hi

My name is Doreen and I am an alcoholic

It is very important to me to introduce to you who I am today

I use to so dislike this word alcoholic

But today I am proud to be an alcoholic because it is who I am and I have 100% accepted I am an Alkie today

I have lived in Singapore for over 20 years

I have tasted both sobriety and drinking days here in Singa

I went back home to Scotland to go into a rehab for 6 weeks

Which I can tell you is the best phone call I have ever made in my whole life

I tried everything out there to get my drinking back on track

But guess what, none of it worked. I always went back to pick up that drink again, again and again

In the rehab I learned a lot about me and I learned a lot about this illness

I had not ever looked at me before. I was so busy blaming everybody and everything else round about me

I would blame my home. I even used to blame my dog.

But I learned new ways to deal with me and my illness through AA

It took me some time to get into the 12 steps. I did not understand them in my early days.

But when I started using the steps in my life things started to change for the first time in my life

I had laughter and tears of joy back in my life, two feelings I don't think I had ever experienced fully before

I felt more comfortable within myself

I could look in that mirror and love the person I was becoming

I did not see that the women in AA loved me until I was able to love myself

I keep in touch with a lady I was in rehab with. I call her every week and there are still 4 of us sober that were in my group in the rehab

I still go back to the rehab and give talks to share my experience, strength and hope with them.

In the mornings when I waken up I reach out for my daily reflections do my reading then pray to my higher power to guide me through my sober day

I do 3 meetings a week

I get involved with service work which I just love doing

I have a sponsor who I keep in touch with once a week

My sponsor once told me to get involved, stay involved, and mind my own business

An old timer told me when I first came around AA if you can't remember your last drink then you have not had it yet

So I certainly remember that last drink

It was also suggested to me to pick up the phone and not pick up the drink

I have many ladies numbers

I have been given the gift of two lives in one lifetime

How amazing -- I keep my life simple, I do what is suggested to me, and I reap all the benefits from this

I heard this guy talking about his gratitude bucket overflowing. Well my gratitude bucket is truly overflowing today because when I am full of gratitude I have room for nothing else in my life

I did not come into AA with a book of instructions. I learned it all for free through the people in AA.

By sticking around and listening

I love me and I love my sober life today

I am a very, very grateful Alkie

~ *Doreen*

Singapore Intergroup News

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

All members are welcome and encouraged to attend InterGroup and there are always plenty of service positions available. Please contact newsletter@singaporeaa.org for further information and details of the next meeting.

Meeting Changes

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

East Coast Meetings have moved to Pondok Gurame Indonesian Restaurant 902 East Coast Parkway, Blk E, #01-26, Big Splash, Singapore 449874. The meetings are held at 8 – 9 am on Saturday and Sunday and from 8.30 – 9.30 on public holidays

Meetings are no longer available at Damien Hall on Public Holidays. Several options for meetings on public holidays are available at alternative locations. Please check website for details. Please note that food and drink are also no longer allowed in the room.

The Tuesday night 11th Step meeting has moved to St Bernadette's Church, 12 Zion Road Singapore 247731 at the same time 7-8:30 pm.

The Friday night city meeting has moved to Oogachaga, at 57B Pagoda Street, Chinatown 059216 and is held 7 – 8 pm.

A new meeting has opened on Friday afternoon 3 – 4 pm. The AA Recovery Meeting is held at St. Francis Xavier Church, St Andrew's Room, 63A Chartwell Dr, Singapore 558758

First Time God Said "Hello"

I began my journey into sobriety in June of 2007. My first 11 days were spent in a rehab facility and it was there that I was 're-introduced' to the program of AA and a concept of a Higher Power; a very good friend had brought me to a meeting about six months prior. The recovery center was very nice and structured similar to a university if you replaced classes with meetings – breakfast, meetings, lunch, meetings, dinner, meetings.

In between the meetings I would hide in the bathroom and cry. Between the withdrawals, the realization that I am truly an alcoholic, and looking at the wreckage of my past it was no wonder the eye faucets were running. Being a manly man I would turn on the shower so no one could hear me cry (although I would also scream and cry in the meeting itself so what difference did it make). I would occasionally ask God to take some of the pain away, to help me through this or whatever other list of demands I had ready for him (her, it?)

After 'graduation' from rehab (yes I kept that certificate) and was moved into an outpatient program (essentially you are in group or individual sessions for a few hours a day but allowed to go home afterward). I was fortunate that my company insurance policy provided medical leave for treatment so I could focus solely on my recovery. Between the outpatient program and AA meetings I was only 'active' for about four hours per day; however, I was physically exhausted all the time and could not get through a day without a 1-2 hour nap. This frightened me a bit and I again

reached out to my Higher Power asking “how am I going to go back to work and work a 10 hour day plus commuting if I can’t sit in a room for 4 hours?”

At this point I should mention that I was pretty indifferent about God. I had no hard feelings, but treated my higher power like anyone else in my selfish alcoholic life. If I needed something I called you. If you called me, 90% chance I wouldn’t pick up the phone unless you had something I wanted. I was asking for help and answers to questions, but not yet being thankful, grateful and / or asking for how I could be of service.

After being sober about 30 days I decided to make some changes to my appearance. I had really let myself go towards the end of my run (thought it was cool to walk around with all sorts of gold chains, rings etc). *Don’t get me wrong I still wear two pretty gaudy rings today but one is my wedding ring and the other was a gift from my mother.* I decided to sell all this unnecessary “bling-bling” and used the funds to purchase a new wardrobe for both work and social activities. I ended up with a couple grand and hit the outlet malls.

Four hours into this shopping spree and about halfway through my jewelry money (mind you I could have stopped after two hours and had enough stuff to fill my closet twice) I had a moment of clarity. I literally stopped in my tracks and looked up at the sky. It dawned on me that I had been sober 30 days (which was impossible in my mind) and I had not had any major life events which could have thrown me off course. I started speaking aloud, thanking God for not only helping me get sober but also thanking him for keeping my first 30 days relatively stress free so I could succeed. I felt awesome.

I took another step and checked my pocket (mind you I am a bit OCD and do this often) – nothing. Decided to check my other pocket – nothing. At the same moment I was thanking God I lost a thousand dollars. I paced back and forth a bit, retraced my steps – nothing. Then I burst out laughing. It turns out my God is a wise ass just like me. He was finally saying hello. “Yeah, your welcome for that sobriety and those 30 days stress free. Now give me this money so I can give it to one of a zillion people who need it more than you (6 pairs of sneakers is plenty).” I can say with total honesty I never once regretted or was upset about losing that cash. It was the first time I really thanked God for giving me a new life. That was the first time he said Hello but it wasn’t the last...lol

Good things are coming down the road. Just don’t stop walking. ~ Robert Warren Painter, Jr.

It is one of the most beautiful compensations in life... that no man can sincerely try to help another without helping himself. ~ Ralph Waldo Emerson

It's all on TV

Why did I drink?

At first, because I wanted to emulate all those people on TV who showed us how to exhibit safe emotions...

As a sensitive child, and for reasons that are not particularly important here, I did not consider my emotions to be safe or acceptable. They swept through me like tempestuous weather: typhoons of indignation, swirls of anger, torrents of tears. I had the Winter blues, and I coruscated with Summer highs – energized and sometimes brilliant. I loved the highs of course, but even these seemed to give people cause for caution. A little too ardent perhaps? A little too lofty?

So as a young girl growing up in 1970's Britain, The TV – the Colour TV, the single most clever piece of equipment in the modern home - was also the single and greatest resource for learning the ways of Proper People. The Box showed us how the real grown-ups behaved. How to be a successful adult could all be learnt from Hawaii 5-O, The Professionals, The Sweeney, and Minder. What I notice here is that my top 4 recalled programmes were all about men. The 5th one would be Juliette Bravo – a cop detective series where the main character was a woman – possibly the single exception in the 70s.

I don't recall how Juliette expressed her emotions, but with the men on TV, emotions were safe, just as long as they were accompanied (or was that tamed?) by a drink.

Unbounded joy, for example, was celebrated with "Champagne all round!" Anger was placated "I need a drink!" Frustration also needed a drink. Sadness was eased with a drink. Success "deserved a drink." Despair downed half the bottle, weariness was remedied with a "pick-me-up", humiliation given "a stiff one", fear took Dutch Courage and nerves were quieted with a single shot. 'Being thoughtful' looked so much better when performed swirling a scotch on the rocks and 'contemplation' took on a wisdom of it's own when examined through a snifter.

No emotion, it seemed, was allowed to go un-chaperoned.

There was body language too which must be mimicked if one is to really excel as an adult. Stiff ones were taken swiftly, then slammed down; champagne waved about generously with chinks and cheers; and a bad day leant protectively over the glass as if nurturing the last life on Earth.

Through these pairings I was shown the appropriate ways to feel. Emotions could be exhibited in this precise shape and form, but otherwise, they were fearful things, best tucked away, too embarrassing, far too dangerous to let out, stiff upper lip and all that.

Being the would-be-actress that I am, I learnt the ways of The Proper People very well. My emotions still coursed through me, but now they could be civilized and made social through the right dance with the right tipple. And herein lies the problem: emotions are constant companions of us humans. If always shepherded by alcohol, it doesn't take long before we meet the wolf that waits within, and fall prey to the 'cunning and baffling' grog.

So now, in sobriety I am suddenly acutely aware that my emotions are wandering about my body freely, unaccompanied, and this feels very unnatural. Yet it is natural. It is more natural to sit with and feel and experience my emotions, than it is to cowardly convince them not to exist at all.

I am learning that my emotions are in fact the key to my living a successful life. They are one way in which my Higher Power communicates with me: signposts directing me towards, or away, or telling me to sit and understand.

With the help of the AA programme, I am learning new ways to live like an adult. I am learning that there is no such thing as Proper People (and what no Santa Claus?) If I trust my Higher Power to show me the way, I can do the next right thing and find my individual Proper and appropriate way to behave and to live.

And all this I do one day at a time, because my wolf is always close by. Today I am 24 hours times 180 days sober, and I have my emotions, I have my Higher Power, I have my sponsor, I have the people in the Fellowship, and I have this wonderfully simple step by step programme. And if I ever feel like re-enacting old 1970s TV dramas... I grab a glass of sparkling water and perform the contemplative swirl or the swift slam or the celebratory chink, and you know what? It feels just as good to me!

Every time we bring the past into the present, we're programming the future to look just like it ~
Marianne Williamson

It's best to live as if today we're the first or last day of my life ~ *Paulo Coelho*

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

The Gift of Sponsorship

The gift of sobriety is one that just keeps on giving. Particularly in the area of the 12th Step and service.

When someone asked me to be a sponsor to them, and to guide them through the steps (amazingly, on the day of my two-year anniversary), I was overjoyed. It wasn't the first time someone had asked, but it has been the first time they have stuck around in the program and 'returned to sanity'. In just a few months of working together, I saw them grow in leaps and bounds, and I have learned a few spiritual truths that are dramatically transforming my sobriety on a daily basis.

If I'm going to ask a sponsee to do something, I had better be doing it myself.

I can't feel comfortable in my own skin if I have asked a sponsee to do something that I myself am not doing. Working with a sponsee provides *a new rigour and dedication to my daily program*-ensuring that I stay accountable to my own sponsor, that I am working the steps, applying the principles of the program in my daily life, engaging in prayer and meditation as regularly as I possibly can, attending multiple weekly meetings, contributing to A.A. service, and generally keeping my side of the street clean.

Of myself I am nothing; my Higher Power provides me with all the 'oomph' in my life, and any form of success demonstrated in my life is purely a result of power gifted to me by God.

I didn't get my sponsee sober. Logically I had this knowledge before, but the knowing has dropped from my head to my heart through this work. It is a humbling and awe-inspiring experience to merely transmit the message in the pages of our basic text to another alcoholic, in exactly the same way that was taught to me by my sponsor, without effort, persuasion or manipulation, and to witness the sparkle return to their eyes. It has shown me that I can keep my opinions, thoughts and beliefs out of everything, allow God to shine through, and *without my input life will go ahead in the most beautiful way possible*. All I have to do is *trust that I can be an empty channel for the work of a Power greater than myself*.

This work always takes precedence over whatever else my head thinks is important in this moment. If I choose otherwise, I am missing a precious opportunity for happiness, joy and freedom.

I am capable of rearranging other plans to put sponsor-sponsee work as a priority. There are moments when I feel it may be inconvenient, or that there are other things I would rather be doing, but the minute I get to hear about someone else's triumphs and growth over the week, and the moment we begin reading pages of the Big Book together, *everything else in the world slips away* and there is nothing I would rather be doing. It *allows me to go through the book and the steps with fresh eyes and an open mind- I pick up on so many new ideas* that I have missed until this point. I am learning so much through my own transmission of the message to another alcoholic.

If I keep my side of the street clean, and maintain fit spiritual condition, I will never need to take someone else's resentments or fears personally.

Something I am grateful I haven't yet felt the need to do is put my sponsor on my 4th Step list. Now I finally understand how completely acceptable and perfect it is to do this if necessary. If a sponsor has a solid understanding of how, in Steps 4 & 5, we are getting down to causes and conditions, they will know that no resentment is about the person/principle/institution at all, but all about the sponsee's reactions to life. I discovered that I would never have to take it personally if I landed on a 4th Step- if I am in fit spiritual condition and I am sure I have kept my side of the street clean, I can view all things in an objective and understanding manner, without the need to make it about myself. This applies to all relationships in life!

This is just a beginning. I can continue to learn and grow- and nothing has helped me grow more in this program than working on the Steps with a sponsee. The Big Book says it- nothing prevents a return to drinking like working with another alcoholic. Because this work ensures that I am growing consistently along spiritual lines- whether I want to or not! I am eternally grateful for the continuous emergence of new miracles in the program of A.A.

The two hardest tests on the spiritual road, are the patience to wait for the right moment and the courage not to be disappointed with what we encounter it ~ *Paulo Coelho*

A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely. ~ *Roald Dahl*.

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

Always pray to have eyes that see the best in people, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses faith in God ~

Live your life from your heart. Share from your heart. And your story will touch and heal people's souls. ~ *Melody Beattie*

Dr. Bob's Last Major Talk

Detroit, Michigan, December 1948 -transcribed from tape.

Although a good many of you have heard or have read about the inception of A.A., probably there are some who haven't. From that brief story, there are things to be learned. So, even at the risk of repetition, I would like to relate exactly what did happen in those early days.

You recall the story about Bill having had a spiritual experience and having been sold on the idea of attempting to be helpful to other drunks. Time went by, and he had not created a single convert, not one. As we express it, no one had jelled. He worked tirelessly, with no thought of saving his own strength or time, but nothing seemed to register.

When he came out to Akron on a business mission, which (perhaps for the good of all of us) turned out to be quite a flop, he was tempted to drink. He paced up and down the lobby of the Mayflower Hotel, wondering whether he had better buy two fifths of gin and be "king for a night," as he expressed it, or whether he had better not. His teachings led him to believe that he possibly might avoid difficulties if he found another alcoholic on whom to work.

Spying the name of our good friend the Reverend Walter Tunks on the bulletin board in the lobby of the Mayflower, Bill called him up and asked him for the name of some local member of the Oxford Group, people with whom he had affiliated and through whose instrumentality he had acquired sobriety. Dr. Tunks said he wasn't one himself, but he knew quite a number and gave Bill a little list of about nine or ten.

Bill started to call them up, without very much success. They had either just left town or were leaving town or having a party or had a sore toe or something. Anyway, Bill came down very near to the end, and his eyes happened to light on the name of Mrs. Seiberling - our good friend Henrietta. He called Henry and told her what he wanted, and she said, "Come right out and have lunch with me." At lunch, he went into his story in considerable detail, and she said, "I have just the man for you.

She rushed to the phone and called Anne (my wife) and told her that she had just the fellow to be helpful to me, and that we should come right over. Anne said, "Well, I guess we better not go over today."

But Henry is very persistent, a very determined individual. She said, "Oh yes, come on over. I know he'll be helpful to Bob." Anne still didn't think it very wise that we go over that day. Finally, Henry bore in to such an extent that Anne had to tell her I was very bagged and had passed all

capability of listening to any conversation, and the visit would just have to be postponed. So Henry started in about the next day being Sunday and Mother's Day, and Anne said we would be over then.

I don't remember ever feeling much worse, but I was very fond of Henry, and Anne had said we would go over. So we started over. On the way, I extracted a solemn promise from Anne that 15 minutes of this stuff would be tops. I didn't want to talk to this mug or anybody else, and we'd really make it snappy, I said. Now these are the actual facts: We got there at five o'clock, and it was 11:15 when we left.

Possibly, your memories are good enough to carry you back to certain times when you haven't felt too good. You wouldn't have listened to anybody unless he really had something to tell you. I recognized the fact that Bill did have something, so I listened those many hours, and I stopped drinking immediately.

Very shortly after that, there was a medical meeting in Atlantic City, and I developed a terrific thirst for knowledge. I had to have knowledge, I said, so I would go to Atlantic City and absorb lots of knowledge. I had incidentally acquired a thirst for Scotch, but I didn't mention that. I went to Atlantic City and really hung one on. When I came to, I was in the home of a friend of ours in Cuyahoga Falls, one of the suburbs of Akron. Bill came over and got me home and gave me a hooker or two of Scotch that night and a bottle of beer the next morning, and that was on the 10th of June, 1935, and I have had no alcohol, in any form that I know of, since.

Now the interesting part of all this is not the sordid details, but the situation that we two fellows were in. We had both been associated with the Oxford Group, Bill in New York, for five months, and I in Akron, for two and a half years. Bill had acquired their idea of service. I had not, but I had done an immense amount of reading they had recommended. I had refreshed my memory of the Good Book, and I had had excellent training in that as a youngster. They told me I should go to their meetings regularly, and I did, every week. They said that I should affiliate myself with some church, and we did that. They also said I should cultivate the habit of prayer, and I did that - at least, to a considerable extent for me. But I got tight every night, and I mean that. It wasn't once in a while - it was practically every night.

I couldn't understand what was wrong. I had done all the things that those good people told me to do. I had done them, I thought, very faithfully and sincerely. And I still continued to overindulge. But the one thing that they hadn't told me was the one thing that Bill did that Sunday - attempt to be helpful to somebody else.

We immediately started to look around for prospects, and it wasn't long before one appeared, in the form of a man whom a great many of you know - Bill D., our good friend from Akron. Now I knew that this Bill was a Sunday-school superintendent, and I thought that he probably forgot more

about the Good Book every night than I ever knew. Who was I to try to tell him about it? It made me feel somewhat hypocritical. Anyway, we did talk, and I'm glad to say the conversation fell on fertile ground.

Then we had three prospects dumped in our laps almost simultaneously. In my mind, the spirit of service was of prime importance, but I found that it had to be backed up with some knowledge on our subject. I used to go to the hospital and stand there and talk. I talked many a time to a chap in the bed for five or six hours. I don't know how he ever stood me for five or six hours, but he did. We must have hidden his clothes. Anyway, it came to me that I probably didn't know too much about what I was saying. We are stewards of what we have, and that includes our time. I was not giving a good account of my stewardship of time when it took me six hours to say something to this man that I could have said in an hour - if I had known what I was talking about. I certainly was not a very efficient individual.

I'm somewhat allergic to work, but I felt that I should continue to increase my familiarity with the Good Book and also should read a good deal of standard literature, possibly of a scientific nature. So I did cultivate the habit of reading. I think I'm not exaggerating when I say I have probably averaged an hour a day for the last 15 years. (I'm not trying to sell you on the idea that you've got to read an hour a day. There are plenty of people, fine A.A.s, who don't read very much.)

You see, back in those days we were groping in the dark. We knew practically nothing of alcoholism. I, a physician, knew nothing about it to speak of. Oh, I read about it, but there wasn't anything worth reading in any of the textbooks. Usually the information consisted of some queer treatment for D.T.s, if a patient had gone that far. If he hadn't, you prescribed a few bromides and gave the fellow a good lecture.

In early A.A. days, we became quite convinced that the spiritual program was fine if we could help the Lord out a little with some supplementary diet. Bill D., having a lot of stomach trouble, had stumbled across the fact that he began feeling much better on sauerkraut and cold tomatoes. We thought Bill should share that experience. Of course, we discovered later that dietary restrictions had very little to do with maintaining sobriety.

At that point, our stories didn't amount to anything to speak of. When we started in on Bill D., we had no Twelve Steps, either; we had no Traditions. But we were convinced that the answer to our problems was in the Good Book. To some of us older ones, the parts that we found absolutely essential were the Sermon on the Mount, the thirteenth chapter of First Corinthians, and the Book of James.

We used to have daily meetings at a friend's house. All this happened at a time when everybody was broke, awfully broke. It was probably much easier for us to be successful when broke than it would have been if we'd had a checking account apiece. We were, every one of us, so painfully

broke that. . . well, it isn't a pleasant thought. Nothing could be done about it. But I think now that it was providentially arranged.

Until 1940, or maybe early in 1941, we held the Akron meetings at the residence of that good friend, who allowed us to bang up the plaster and the doorjambs, carting chairs up-and downstairs. And he had a very beautiful home. Then we outgrew that, so we rented the auditorium in King School, and the group I attend personally has been there ever since. We attempt to have good meetings, and I think we're usually successful.

It wasn't until 1938 that the teachings and efforts and studies that had been going on were crystallized in the form of the Twelve Steps. I didn't write the Twelve Steps. I had nothing to do with the writing of them. But I think I probably had something to do with them indirectly. After my June 10th episode, Bill came to live at our house and stayed for about three months. There was hardly a night that we didn't sit up until two or three o'clock, talking. It would be hard for me to conceive that, during these nightly discussions around our kitchen table, nothing was said that influenced the writing of the Twelve Steps. We already had the basic ideas, though not in terse and tangible form. We got them, as I said, as a result of our study of the Good Book. We must have had them. Since then, we have learned from experience that they are very important in maintaining sobriety. We were maintaining sobriety - therefore, we must have had them.

Well, that was the way things got started in Akron. As we grew, we began to get offshoots, one in Cleveland, then another one in Akron, and all have been continuing ever since. It is a great source of satisfaction to me to feel that I may have kicked in my two bits' worth toward getting this thing started. Maybe I'm taking too much for granted. I don't know. But I feel that I was simply used as God's agent. I feel that I'm no different from any of you fellows or girls, except that I was a little more fortunate. I got this message thirteen and a half years ago, while some of you had to wait till later.

I used to get a little peeved at our Heavenly Father, because He had been a little slow on the trigger in my own case. I thought I would have been ready to receive the message quite a while before He got around to presenting it. And that used to irritate me no end. After all, maybe He knows better than I. But I felt sure that I would have been glad to have anything presented to produce the sobriety that I thought I wanted so badly. I even used to doubt that at times. I would go to my good friend Henry and say, "Henry, do you think I want to stop drinking liquor?"

She, being a very charitable soul, would say, "Yes, Bob, I'm sure you want to stop." I would say, "Well, I can't conceive of any living human who really wanted to do something as badly as I think I do, who could be such a total failure. Henry, I think I'm just one of those want-to-want-to guys."

And she'd say, "No, Bob, I think you want to. You just haven't found a way to work it yet." The fact that my sobriety has been maintained continuously for 13½ years doesn't allow me to think that I am necessarily any further away from my next drink than any of you people. I'm still very human, and I still think a double Scotch would taste awfully good. If it wouldn't produce disastrous results, I might try it. I don't know. I have no reason to think that it would taste any different - but I have no legitimate reason to believe that the results would be any different, either. They were always the same. I always wound up back of the dear old eight ball. I just don't want to pay the bill, because that's a big bill. It always was, and I think it would be even larger today because of what has gone on in the past 13 years. Being a bit out of practice, I don't believe I'd last very long. I'm having an awfully nice time, and I don't want to bump myself off, even with the "pleasures" of the alcohol route. No, I'm not going to do it, and I'm never going to as long as I do the things I'm supposed to, and I know what these things are. So, if I should ever get tight, I certainly would have no one but myself to blame for it.

Perhaps it would not be done with malice aforethought, but it would certainly be done as a result of extreme carelessness and indifference.

I said I was quite human, and I get to thinking every once in a while that this guy Bob is rather a smart individual. He's got this liquor situation right by the tail - proved it and demonstrated it - hasn't had a drink for over 13 years. Probably could knock off a couple, and no one would be the wiser. I tell you, I'm not trying to be funny. Those thoughts actually do enter my mind. And the minute they do, I know exactly what has happened.

You see, in Akron we have the extreme good fortune to have a very nice setup at St. Thomas Hospital. The ward theoretically accommodates seven alcoholics, but the good Sister Ignatia sees that it's stretched a little bit. She usually has two or more others parked around somewhere. Just as soon as that idea that I could probably polish off a couple enters my mind, I think "Oh-oh. How about the boys in the ward? You've been giving them the semi-brush-off for the last few days. You'd better get back on the job, big boy, before you get into trouble." And I patter right back and am much more attentive than I had been before I got the funny idea. But I do get it every once in a while, and I'll probably go on getting it whenever I get careless about seeing the boys in the ward.

Any time I neglected them, I was thinking more of Bob than I was of the ward. I wasn't being especially loving. Those fellows had come there indicating their desire for help, and I was just a little too busy to give them much of my time, as if they had been panhandling on the street. Don't want to be bothered with the fellow? Ten cents to get rid of him - why, that's easy! He could even stand two bits - not because you love the fellow, but just to be relieved of the nuisance of his hanging on your coat sleeve. No unselfishness, no love at all indicated in that transaction.

I think the kind of service that really counts is giving of yourself, and that almost invariably requires effort and time. It isn't a matter of just putting a little quiet money in the dish. That's

needed, but it isn't giving much for the average individual in days like these, when most people get along fairly well. I don't believe that type of giving would ever keep anyone sober. But giving of our own effort and strength and time is quite a different matter. And I think that is what Bill learned in New York and I didn't learn in Akron until we met.

The four absolutes, as we called them, were the only yardsticks we had in the early days, before the Steps. I think the absolutes still hold good and can be extremely helpful. I have found at times that a question arises, and I want to do the right thing, but the answer is not obvious. Almost always, if I measure my decision care-fully by the yardsticks of absolute honesty, absolute unselfishness, absolute purity, and absolute love, and it checks up pretty well with those four, then my answer can't be very far out of the way. If, however, I do that and I'm still not too satisfied with the answer, I usually consult with some friend whose judgment, in this particular case, would be very much better than mine. But usually the absolutes can help you to reach your own personal decision without bothering your friends.

Suppose we have trouble taking the First Step; we can't get quite honest enough to admit that John Barleycorn really has bested us. The lack of absolute purity is involved here - purity of ideas, purity of motives. Absolute unselfishness includes the kind of service I have been taking about - not the dime or two bits to the bum, but actually giving of yourself.

As you well know, absolute love incorporates all else. It's very difficult to have absolute love. I don't think any of us will ever get it, but that doesn't mean we can't try to get it. It was extremely difficult for me to love my fellowman. I didn't dislike him, but I didn't love him, either. Unless there was some special reason for caring, I was just indifferent to him. I would be willing to give him a little bit if it didn't require much effort. I never would injure him at all. But love him? For a long time, I just couldn't do it.

I think I overcame this problem to some extent when I was forced to do it, because I had to either love this fellow or attempt to be helpful to him, or I would probably get drunk again. Well, you could say that was just a manifestation of selfishness, and you'd be quite correct. I was selfish to the extent of not wanting Bob hurt; so, to keep from getting Bob hurt, I would go through the motions of trying to be helpful to the other fellow. Debate it any way you want to, but the fact remains that the average individual can never acquire absolute love. I suspect there are a few people who do; I think maybe I know some who come pretty close to it. But I could count them on the fingers of one hand. I don't say that in any disparaging manner; I have some wonderful friends. But I'm talking about the final aspects of absolute love, particularly as it applies to A.A.

I don't think we can do anything very well in this world unless we practice it. And I don't believe we do A.A. too well unless we practice it. The fellows who win great world awards in athletic events are people who practice, have been practicing for years, and still have to practice. To do a good job in A.A., there are a number of things we should practice. We should practice, as I've said, acquiring

the spirit of service. We should attempt to acquire some faith, which isn't easily done, especially for the person who has always been very materialistic, following the standards of society today. But I think faith can be acquired; it can be acquired slowly; it has to be cultivated. That was not easy for me, and I assume that it is difficult for everyone else.

Another thing that was difficult for me (and I probably don't do it too well yet) was the matter of tolerance. We are all inclined to have closed minds, pretty tightly closed. That's one reason why some people find our spiritual teaching difficult. They don't want to find out too much about it, for various personal reasons, like the fear of being considered effeminate. But it's quite important that we do acquire tolerance toward the other fellow's ideas. I think I have more of it than I did have, although not enough yet. If somebody crosses me, I'm apt to make a rather caustic remark. I've done that many times, much to my regret. And then, later on, I find that the man knew much more about it than I did. I'd have been infinitely better off if I'd just kept my big mouth shut.

Another thing with which most of us are not too blessed is the feeling of humility. I don't mean the fake humility of Dickens' Uriah Heep. I don't mean the doormat variety; we are not called upon to be shoved around and stepped on by anyone; we have a right to stand up for our rights. I'm taking about the attitude of each and every one of us toward our Heavenly Father. Christ said, "Of Myself, I am nothing - My strength cometh from My Father in heaven." If He had to say that, how about you and me? Did you say it? Did I say it? No. That's exactly what we didn't say. We were inclined to say instead, "Look me over, boys. Pretty good, huh?" We had no humility, no sense of having received anything through the grace of our Heavenly Father.

I don't believe I have any right to get cocky about getting sober. It's only through God's grace that I did it. I can feel very thankful that I was privileged to do it. I may have contributed some activity to help, but basically, it was only through His kindness. If my strength does come from Him, who am I to get cocky about it? I should have a very, very humble attitude toward the source of my strength; I should never cease to be grateful for whatever blessings come my way. And I have been blessed in very large measure.

You know, as far as everybody's ultimate aim is concerned, it doesn't make much difference whether we're drinking or whether we're sober. Either way, we're all after the same thing, and that's happiness. We want peace of mind. The trouble with us alcoholics was this: We demanded that the world give us happiness and peace of mind in just the particular way we wanted to get it - by the alcohol route. And we weren't successful. But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind. I feel extremely fortunate and thankful that our Heavenly Father has let me enjoy them. Anyone can get them who wishes to. There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone. And that is the message we can give to our fellow alcoholics.

We know what A.A. has done in the past 13 years, but where do we go from here? Our membership at present is, I believe, conservatively estimated at 70,000. * Will it increase from here on? Well, that will depend on every member of A.A. It is possible for us to grow or not to grow, as we elect. If we fight shy of entangling alliances, if we avoid getting messed up with controversial issues (religious or political or wet-dry), if we maintain unity through our central offices, if we preserve the simplicity of our program, if we remember that our job is to get sober and to stay sober and to help our less fortunate brother to do the same thing, then we shall continue to grow and thrive and prosper.

Copyright © AA Grapevine, Inc, June 1973

Your Help in Bridging the Gap

The Singapore A.A. HI/PI Group has agreed to pilot the Alcoholics Anonymous “Bridging the Gap” initiative together with IMH. Details about this initiative can be found in the A.A. pamphlet “Bridging The Gap Between Treatment & A.A. Through Temporary Contact Groups”. This pamphlet is available online at www.aa.org.

If you would like to help in this very important Twelfth Step work and have at least one year of continuous sobriety in the A.A. program, please contact the Singapore A.A. HI/PI Group on hi.pi.aa@outlook.com.

A Little Reminder to Us All

“A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they’d be asked the “half empty or half full” question. Instead, with a smile on her face, she inquired: “How heavy is this glass of water?” Answers called out ranged from 8 oz. to 20 oz. She replied, “The absolute weight doesn’t matter. It depends on how long I hold it. If I hold it for a minute, it’s not a problem. If I hold it for an hour, I’ll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it becomes.”

She continued, “The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything. “It’s important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don’t carry them through the evening and into the night. Remember to put the glass down!”

Singapore Social and Events Committee

Social Committee

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

Event Committee

The Events Committee has agreed on dates for the next Round Up. This will be held in Singapore on Saturday 27th and Sunday 28th February 2016 at Damien Hall. Please save these dates!

The Event Committee are looking for volunteers to assist with next Round Up. Please help doing some great Service by sending an email to events@singaporeaa.com to express your interest.

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

53rd New Zealand Convention of Alcoholics Anonymous – The Next Frontier
Waitangi, New Zealand
22nd – 24th January 2016
<http://www.aaconvention.org.nz>

34th Annual 2016 Philippines National Convention – Just For Today
Dumaguete City, Philippines.
5th – 7th February 2016
www.dumagueteaa.org

21st Annual Thailand Roundup - Attitude of Gratitude
Pattaya, Thailand
19th – 21st February 2016
thailandroundup.weebly.com

1st Australasian Convention – Carry the Message
Suva, Fiji
24th March – 27th March
<http://aanatcon.org.au>

Two things prevent us from happiness; living in the past and observing others ~ Paulo Coelho

The two hardest tests on the spiritual road, are the patience to wait for the right moment and the courage not be disappointed with what we encounter it ~ Paulo Coelho

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	St. Bernadette Church
	07:00 - 08:00 PM	Open Topics	Open	NAMS Clinic, IMH
Wednesday	07.15 - 08.00 AM	Men's Meeting	Closed	Marina Bay City Gallery
	07.30 - 08.30 AM	As Bill Sees It	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
	12:30 - 01:30 PM	Step II & III meeting	Closed	Suntec City
	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	Oogachaga
Saturday	08:00 - 09:00 AM	Big Book Meeting	Closed	Big Splash
	08:30 - 09:30 AM	Gratitude Meeting	Closed	Circular Road
	10:00 - 11:00 AM	Women's Meeting	Closed	Circular Road
	04:00 - 05:00 PM	We Care Meeting	Closed	WE CARE Center @ Eunos
	04:30 - 05:30 PM	Daily Reflections	Closed	Damien Hall
	07:00 - 08:30 PM	Saturday Night Live	Open	Damien Hall
Sunday	08:15 - 09:15 AM	Men's Meeting	Open	Starbucks 313 Orchard
	08:00 - 09:00 AM	Beginners Meeting	Open	Big Splash
	10:00 - 11:00 AM	LGBT Meeting	Closed	Oogachaga
	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

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

+65 9053 1764 for further assistance
Or email us at help@Singaporeaa.org