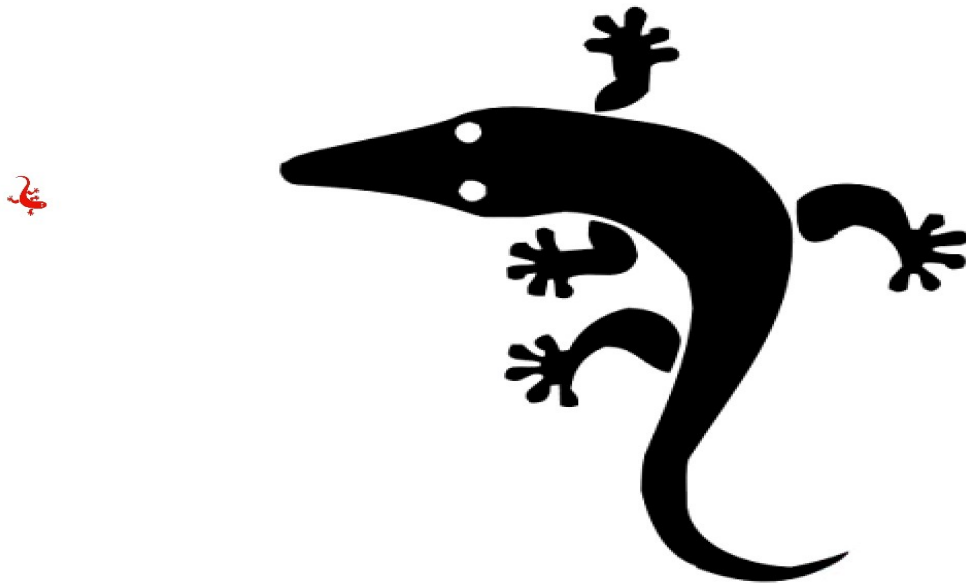


The Daily Reprieve



By
Singapore A.A. members
July - September 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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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,

Welcome to the latest edition of the Daily Reprieve. We hope that you have all enjoyed a break over the Summer.

This month we have a focus on Service with two members sharing their experience on their involvement in Service and how it has helped them and others in their sober journey. These timely contributions, "Carrying the Message, Not the Alcoholic" and "Service – I am Responsible" are a serendipitous addition to the Newsletter ahead of the Service Workshop which is scheduled for the 29th August. All members are welcome and encouraged to join. Details are included below and further information can be obtained from meeting Chairs.

We have a number of other articles submitted by our Members including "Recovery in Action", "*Back to Basics in KK, Sabah*", "A Deep Distress Hath Humanised my Soul" and "We". Once again we are seeking articles for the next newsletter, these can be submitted at any time to newsletter@singaporeaa.org. The newsletter relies on contributions and we would like to continue to publish every quarter, so please help us and send in some of your writing.

Our Feature "History of AA In Singapore" will return in the next edition, featuring experiences from Members who will share about the early years of the Singapore Fellowship. If you would like to be part of this Feature please do let us know.

We are also looking for volunteers for a new initiative being piloted by Alcoholics Anonymous in Singapore in conjunction with the Institute of Mental Health. This is a Temporary Contact Program designed to help the alcoholic in a treatment program "bridge the gap" between treatment and their attendance at AA. Experience shows us that attending regular meetings is critical and this programs aims to provide newcomers with a contact person who will assist in taking them to a variety of meetings and introducing them to other fellows. If you are interested in assisting in this initiative please contact the Singapore A.A. HI/PI Group on hi.pi.aa@outlook.com.

The 2016 Singapore Round Up is in early planning stages and we need your help to make it a successful as the 2015 event. If you would like to volunteer please contact the events team by sending an email to events@singaporeaa.org

Michelle K

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

About three years ago, when I finally decided to get serious about recovery (after having been beaten into submission by my disease), I remember my sponsor suggesting that I do as much service as I possibly could, right at the start of my recovery process and to work with others as well. I remember that, at the time, while I was still very caught up in needing to understand why I was doing what I was doing in order that it might be more effective in my life, he said, "You don't have to understand it. You only have to start doing it." At the time, in addition to the home group service I was doing, there was a general call going around for volunteers to go do some Hospitals and Institutions (H&I) meetings at the local mental health hospital. My sponsor suggested that I try going for those. I also remember being sceptical about what I could possibly offer these patients. I was barely clean and sober myself. I didn't have any solutions, hadn't experienced any real long term recovery. Nonetheless, by that time, I had already made an internal decision to do whatever it took to achieve sobriety.

So I dutifully made the hour long journey, every week, for the first six months and plonked myself in the chair at the hospital and participated in an H&I meeting with the patients there. I remember being guided by some of the fellows in recovery who had longer term sobriety and more experience with how to chair such a meeting and respond effectively to the patients (who range the whole spectrum in open-mindedness and willingness to hear). I remember my first few meetings there and being very buoyed, talking about experience, strength and some hope. At the end of the meetings, I was always on top of the world, always fully in the space of gratitude of the respite I was given from the insane voices in my head that told me that "one more" couldn't hurt me, that this time, it would be different. However, six months into doing this every week, I did question whether what I was doing was effective. I hardly saw any of the patients come into the rooms or even reach out to call for help, though I dutifully gave my numbers to any who wanted it. At the time, I didn't realize it, but I was making their attempts at recovery all about me, and when they didn't respond the way I thought they should, my mind told me that it was all for nothing. Thankfully though, as a fellow likes to point out, by this time, my feet were smarter than my head and I was able to keep on doing this deal.

It wasn't long after those six months whereupon I was to embark on step 9 and I remember one of the amends I was to make was to an old friend who was one of the people who brought me to my first wine and cheese party and who had given me my first ecstasy trip. I had heard from his ex that he was still partying but that his life was getting worse and worse and more unmanageable. Being one of the first few amends that I was to make, I can't say that I did it gracefully though. I remember trying to cram both an amends and a 12 step call into one dinner evening and needless to say, while I was able to set right what I had done to him, I was not, however, able to convince him that he had a problem and that he needed help. Right there and then, I was given the vital experience of why it was important to stick to the process as outlined in the Big Book in the chapter "Working with Others".

Again, I found myself experiencing the combination of emotions of frustration at having my will thwarted (though I thought at the time, it was frustration at him not seeing what a good thing

potential sobriety might be; it's always funny how the truth of a situation emerges with one's change in perspective) and sorrow that I would not have someone that I used to party with, walking with me, hand in hand, in recovery. This experience would be repeated quite a few more times with every newcomer that I had the opportunity to 12 step or talk about recovery with, until the frustration with being seemingly ineffective drove me, in despair, to confide in my sponsor, my woe. He very gently, but firmly pointed out to me, that I was the one who stayed clean and sober in working with these newcomers, irrespective of whether they did or not. This was to be a most important and formative lesson in steps 1 and 3 for me.

Nowhere do I experience the most maddening frustration (and paradoxically, most gratitude) more than when I'm working with sponsees. I had one particularly stubborn sponsee (who is no longer in the rooms today) who absolutely refused to heed any of the suggestions he solicited from me, which drove me quite crazy after awhile. He relapsed time and again, messed up his family and personal relationships, was a prey to misery constantly. One day, we had a conversation that escalated into a full out shouting argument. I was so disturbed by it, that I had to call my sponsor, and proceeded to subject him to a full half an hour of self-pitying "He did this, and he said that, and who the hell does he think he is?" After my ranting, he calmly asked me if I wanted to learn and grow from this episode. He told me that it was an experience of remembering our powerlessness, that we carry the message of recovery to the alcoholic, we're not responsible for the outcome. If anything, I should be grateful for the experience because it was revealing in me the disturbance that I harboured, the character defect that was finding its mirror in the external situation.

It was a perfect step 6 moment. I was so stunned by his response I couldn't speak for a moment and then, by that time, totally disarmed, I started laughing when the lesson dawned on me. It was quite a silly spectacle, being so caught up in my self-centredness and self-absorption. He proceeded to share with me that he had had the same experience and his sponsor told him exactly the same thing ("whose helping who?") and he had a mini- spiritual awakening of what it means when we help someone in recovery, that we're the ones that get helped when we reach out to be of service to someone.

All of these cumulative experiences remind me that if I'm to keep on growing in understanding and effectiveness to be of use to another alcoholic, I have to remember my position of powerlessness. This frees me from needing to have all the answers (and re-taking the reins of self-will back into my hands) to solve another alcoholic's problem. It forces me to remember that my experience in recovery, which is the only message I can authentically carry, is what keeps my feet firmly planted on the ground, and the ego in check, when I can surrender the expectation of a desired outcome into the loving hands of a Power greater than myself. This has, for me, led to joy and serenity and a more unconditional way of accepting and loving the still suffering alcoholic. I'm not always successful, but one step at a time, one day at a time, it becomes more real.

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'I will try again tomorrow ~ Mary Anne Radmacher

Dear Past, thank you for the lessons, Dear Future, I am ready ~ unknown

The past does not have to be your prison. You have a voice in your destiny. You have a say in your life. You have a choice in the path you take. ~ Max Lucado

Recovery in Action

I joined A.A. two years ago because with the gift of desperation I finally admitted that I was powerless over alcohol and as a result my life had become unmanageable. At the same time, I also realized that I could not bring myself out a spiral characterized by broken hearts, disappointments, blackouts, hospitalizations, and missed appointments and flights. Today, I remain powerless over alcohol, but because of these realizations and my dedication to recovery my life is now manageable. As a matter of fact, it's great – something I had not imagined it could until I found myself in recovery.

The journey has been nothing so short of challenging, mostly in the positive sense of the word. The hardest part in my active drinking and post-drinking career was the drinking, not the recovery. What it took to bring me into the rooms was painful, but the pain of the challenges I have had to deal with in my recovery in doing the steps does not even come close to the pain I suffered before.

After spending a month at the Cabin in Chiang Mai, Thailand, I returned to Singapore with such a strong sense of excitement and optimism I could not recall having felt before. It was as if I had been given a new chance in life, free of charge. The journey to that privilege had been rough. Half a year before, I had attended my first A.A. meeting here in Singapore after some nights of heavy drinking, worrying my girlfriend profoundly. The warmth with which I was welcomed at that meeting is still clear in my mind. There, one guy from the same European region as me offered to help me get started with the steps with the help of a sponsor. Little did either of us know that I was not ready and had to suffer another six months before I was ready. When I was ready, while in rehab, I took him up on his offer to help me get a sponsor. On my return from rehab, I met with my new sponsor and we immediately clicked and I got started on doing 90 meetings in 90 days. If one period of my recovery particularly stands out, it is that 90 day period.

While I was in rehab, my girlfriend had made up her mind to move out. She told me when I returned to Singapore and I respected her decision, which to any reasonable person was not a surprising result of my drinking. I was surprised by my own ability to handle this very significant development. I chose to focus on aspects of my life within my control, which meant the 90 meetings. During that period I attended meetings in 15 cities in ten countries across the world. I met fellow members with similar and different stories and backgrounds, with short and long periods of sobriety, but they all had one thing in common, namely they had a desire to stop drinking. That's really all that bonded us, but yet that bond is so powerful because it enables us to stay sober one day at a time.

I am going to do step 11 with my sponsor soon. We both travel quite a bit, but stay in touch. My willingness to reach out in times of darkness or doubt is improving, but I still have a long way to go. This is only one example of my many character defects, but I know now that it is okay to have character defects and they need not be rectified immediately. I didn't know that before coming into recovery. This lack of knowledge only fuelled the emptiness I always felt and probably led me to drinking.

Recovery is an ongoing challenge for me. My higher power steers me through stormy waters and reminds me of A.A. always being there. Recovery is essentially summarized in the steps, but one great feature about them is the transformation they lead you through from focusing inwards with

step 1 to being of service to others in step 12. I am excited about my ongoing recovery because it brings me closer and closer to serenity and being able to fulfil the plan that my higher power has drawn up for me. Not least, coming back to the rooms and doing other step work keeps me sober. The girlfriend eventually moved back and we are now engaged. My relations with my family and friends have without exception improved remarkably.

I have so much to live and be grateful for thanks to A.A. reminding me every day of the simple steps I can take to maintain that reality. That's recovery in action for me. And what a joy! And the good news is it's available to anyone who has a desire to stop drinking.

Back to Basics in KK, Sabah

I have this dream, a vision so to speak of being an AA pioneer and spreading the message, AA has turned my life around and all I want to do is give back.

In 2013 Wally P came to Singapore and I was lucky enough to attend the *Back To Basics* workshop he conducted. I had an aha moment and thought, 'I don't need to take people through the steps in a year, so slowly, that's not how Bill and Bob did it and look where it got them, a hugely growing recovered fellowship, so I thought that's it, that's how we grow the fellowship in developing countries, we do it quick, we keep it simple and we spread the message like wild fire.' I was pumped up and keen to get started, I was living in Singapore at the time and I took the message on board and threw myself into service, but it wasn't until a year later that I realised I could actually put Wally's message to some good use.

I had a fire inside of me, a burning passion to tell everyone that they *can* recover and they are not alone. I decided to change careers and work in a treatment centre in Kota Kinabalu, Sabah, Malaysia, yes Borneo. I knew that there was only one meeting a week there and it would be tough, but the speaker tapes from the Primary Purpose Group in Dallas kept that fire burning as I heard Mike Chase say, 'wherever you go, whatever you do, as long as you have the big book of Alcoholics Anonymous with you, you can stay sober', and with that, my mission began.

A good friend in Bali heard what I hoped to do in KK and gave me a signed copy of Wally P's, *Back To Basics* at the Singapore Round Up, another Godcidence in my recovery journey. My vision was this, to help alcoholics in Sabah, to spread the AA message and bring people to the fellowship.

So far what we have been able to achieve with the help of my wonderful life long friends in Singapore is start another meeting, which is a Big Book Study (with chips too), begin a HIPI committee to start spreading the word, have Singapore fellows offer their sponsoring services via the internet and have managed to get a church on board to support our location. It helps that the Sabahan's are a beautiful group of people whose primary goal seems to be serving others, a community suited to AA's message.

Due to many other commitments that our fellows have, it has been slower in moving forward than I would like, but what I love is that it *is* growing and that is evident in the continued work that we do.

I am so grateful to God and the fellowship of AA. Today I live, eat and breath recovery, and I wouldn't have it any other way, to see the eyes of so many light up who had lost hope is what keeps that fire burning inside of me.

If you would like to sign up for Skype sponsorship and provide a much needed service to help the fellows in Sabah please send a message to kellyjoconey@gmail.com

KJC

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A Deep Distress Hath Humanised my Soul

Many alcoholics report that their condition can be characterised by a psychological compulsion of the mind, and physiological 'demand' by the body, to drink more alcohol once they have taken the first drink. This phenomenon is often coupled with the delusional perception that they are able to manage the situation and otherwise control their drinking. These conditions are surely true for me. For as long as I have lived, all of my significant efforts to disprove them have been met with increasingly horrific consequence.

It has been said if we are not convinced with what we have, then we can always find a lower bottom. Unpleasant hangovers, foul odours, and mild embarrassments give way to dry heaves, shakes, unsightly personal appearance, and public shame ... later to be met with loss of job, financial security, inheritance, physical health, self-respect, sanity, friends and family. Just for me, the long black march lower, next took me to ambulance visits, emergency rooms, police, locked doors, handcuffs, violence, depravity, monasteries, suicidal fixation, asylums, and ultimately, 'the jumping off place' as described in the Big Book.

But one element that we hear of less today, in the rooms dominated by open topic forums, is a third phenomenon which I can describe as a spiritual disconnection from God, the world, and those we love. When I take the first drink, my portal of communication to God, to people and to life, is slammed shut and barred. My prayers become canned and rehearsed ... soulless, as if talking to a mirror. Love is gone and humans turn away for, "*an alcoholic in his cups is an unlovely creature.*" Just for me, the journey to sobriety was always met with definitive failure, until I accepted the idea that ours is neither a scientific nor a medical recovery. Ours is not an academic or a rational recovery. Ours is a spiritual recovery; and my ability to stay sober is leveraged to my connection with God.

Only Step I mentions the word alcohol. All remaining steps are related to building and developing our relationship with a God of our own understanding.

Bill W said: "*I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence ... I fail to see any great difference between the sudden experiences and the more gradual ones—they are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."*

Step II. Came to believe that a Power greater than ourselves could restore us to sanity

Step III. Made a decision to turn our will and our lives over to the care of God as we understood Him

Some in the Fellowship believe that without an acceptance of Steps II and III, we cannot advance to the mission-critical action Steps IV and V, then on through the rest of the program. Some are of the view that the lower success rate among 21st Century AA's is related to the de-emphasis of the Spiritual Experience in our programme.

Watered down 'AA lite' was not strong enough for me. There is a line of reasoning that suggests we ought to dilute God's role in AA when discussed in the rooms. This is argued so as not to alienate the newcomer, who may be nonplussed with the concept of a higher power. Another view is that we might be doing a disservice to the newcomer; by representing that "Rarely have we seen a person fail who has thoroughly followed our path," is anything less than a spiritual path. The sooner that we 'came to believe' the better, so there may be disadvantages in diminishing the concept.

If you would like to discuss 'the Epiphany', 'the Moment of Clarity,' 'the Personality Change' or 'the Spiritual Awakening' as you understand it, please join us for an old school Steps II and III closed meeting of Alcoholics Anonymous, Thursdays from 12.30 to 13.30. Details are included on the meeting lists

God bless you - JWD

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.

Intergroup Minutes for Spring 2015

General

The meeting was attended by Intergroup members, members of various committees, meeting reps and was open to anyone from the fellowship.

Meeting Updates

Attendance at meetings is good at Damien Hall and they have a new treasurer. Serenity Sister meetings are growing and well attended, as is the Sunday Men's meeting with an average of 30 -35 people. There is a new Saturday meeting at 4 pm at We Care centre and details are available on the website. The Thursday Speaker Meeting at World Peace continues to attract large numbers, at the last meeting had 44 members attend. Rainbow meeting continues strong. The TGIFriday meeting is

looking for a new Chair although there are some difficulties in finding the venue, and suggested that staff be briefed on how to direct people to the location.

The Tuesday evening Novena meetings continues with a solid turnout. MBFC Men's Meetings continue with a solid core group. The Monday BB meeting at World Peace continues well but could benefit from more women attending. Mana Mana meetings on Saturday are large with the Sunday meetings attracting a smaller group. The Primary Purpose group has a core of 6 -7 people weekly and is growing as is the Sun Lions meeting which is held in the CBD at lunchtime.

Representatives were requested to pass on the following to their Respective groups:

- Chairs need to be reminded to organise a replacement when they cannot make a meeting.
- All groups to let Literature Chair know what is needed in terms of literature
- Get contributions flowing for next newsletter. Everyone enjoys the Newsletter, but articles need to be contributed.
- Ask all individual groups to have one intergroup rep so we do not have one person updating on more than one meeting.

Communications

- Email is light.
- For phone agreed to get a postpaid mobile and phase out fixed line over 6 months.
- Landline will auto forward to mobile number and the website will have both numbers, to be rationalized to mobile number eventually.
- Working on a rotation of 12 Step volunteers if calls result in a 12th Step visit.

Literature

- Large orders have been placed on behalf of all groups.
- Needs no funds right now will recoup some as orders are distributed to the groups.
- Once the order has arrived will communicate what pamphlets are available and these will be distributed accordingly.

Website

- Still updating some meetings
- New meeting at We Care will be added once attendance is established.

Newsletter

- Contributions by members are urgently required. Everyone enjoys this publication but articles do not appear miraculously.

Meeting lists

- New printing run to include We Care and Suntec meetings.
- Wednesday 7:30 AM Boat Quay meeting is now “As Bill Sees It”

HIPI

- Still investigating IMH bridge gap - there is a need for new volunteers to visit IMH on Saturday mornings.
- Another workshop for Healthcare Professionals in September and will follow the same format as 2014
- Looking at workshops for prisons/ Corrections Professionals.
- Workshop for Saba Group. AA member in Saba is looking into starting an HIPI group there and will look to Singapore for guidance. This will involve 2 people (1M 1F) from Singapore traveling to Saba for a weekend to deliver a Traditions Workshop. IG Chair asked if we have a template for a Traditions workshop and if possible to combine with the Service Workshop of Aug 29 (see below).
- AA Singapore member is going to Mongolia in July to take part in the 12 Step Workshop
- IG Chair will register for Asia Oceania Service Meeting and we will pursue two attendees taking place 29 October – 1 November.

Events and Social Committees

- There will be a Service Workshop in We Care from 12-2 PM on Saturday, August 29.

Round-Up

- The 2015 round up was a big success
- There will be changes to the 2016 Round Up and this is schedule to take place on Saturday & Sunday, February 27-28, 2016
- The focus will be on the region and will look to bring in one outside speaker from the region (Singapore, Bali, Jakarta, HK etc)
- Looking at getting a new venue – although this can't be confirmed for another couple of months (October)
- Locals stated the 2015 venue was too far and too difficult to make on Friday night with typical weekend traffic

Next meeting scheduled In September, details will be communicated to all Groups prior to the meeting.

“WE”

“We, admitted we were powerless over alcohol...”

It's lovely to be part of a 'we'. The first time I walked into the rooms I felt over-awed to be surrounded by so many honest, open-hearted, emotionally intelligent people. People who seemed to be like me, interested in self-discovery and becoming a better human being – both spiritually and emotionally. The biggest surprise of all was that all this was apparently connected to *not drinking*. Ooh goodie! I thought. My personal path of spiritual growth is – according to all these wonderful people who live rich lives in sobriety – inextricably linked to keeping me sober. God, Thank You! I have finally found the missing link in my chain – the chain of my life, which somehow keeps on breaking.

The break came every time I went out and drank of course. My life was a treadmill of physical exercise, emotional exercise, spiritual exercise, all celebrated with a drink, which immediately undid all the exercising progress and dropped me unceremoniously in bed and in a deep, dark funk for 4 days. During these 4 days, I could not smile. I physically could not *feel joy*. Even if sat before a comedy – the mouth would not move, the synapses in my brain did not pump out rhythms of laughter. I felt nothing. I was totally unmoved. And this scared me intellectually. What if I got stuck this way? A life without the ability to feel joy is no life at all.

On the 5th day, however, the joy would return spontaneously. Someone might say something funny and I would laugh. *Wow!! I smiled! I laughed!* This sudden impulsive movement of my mouth into a wide-frog grin felt so wonderful. Spazzy little endorphins would then be released throughout my body with each joyful cheek action, and once again I was feeling good! So grateful to have my joy back, I'd celebrate. With a drink.

It's never one drink as we know, so that put me smack bang at square one again: 4 days feeling generally crap, 1 day feeling good, 1 day lost to unconscious alcohol poisoning and 1 day promising myself that I'm never doing this again. Bang goes my life.

I was tired of this treadmill and after trying pretty much every other course of action, I brought myself into the rooms. Perhaps there I might find people who found drinking a curse and not a pleasure.

In the rooms I met the “we”. This “we” helps me understand my condition, and we generously share our thoughts and hopes as they relate to alcoholism - as we understand them.

But personally I don't share all that often. This is for two reasons. One: because I don't know enough about my own illness yet to speak about it, so I listen intently and I look for the similarities. Two: because I don't find many similarities.

Personally I don't relate to a lot of the things that people talk about and I therefore do not feel I can contribute to the “we”. I'm looking for the similarities, but if they are not there, then they are not there. I could start lying and pretending it's the same for me, but contrary to what “we” says, I have never been someone who lies. It's just not something that this alcoholic has ever done. My problem

is boundary issues with regards to telling too much truth. A problem none-the-less, but a different problem.

My mind cannot be trusted, say 'we'. Well, I am someone who takes things that are said very literally, and it's terribly scary to a literal person to be told that they cannot trust their thoughts. I checked myself straight in for therapy! Seriously I did. This is the way my mind works. *If it can happen, it can happen to me.* If people tell me something I personally am very susceptible to believing it. Me personally, not we alcoholics. Just me. Anyway a highly trained professional therapist has informed me that on the contrary, my mind has actually worked very well for me in the past, so don't panic!

The thing is, we are not all the same. I am not worse, I am not better. I am just my own particular sort of mess up!

We all drank differently, we all lived differently, and we are all different in our recovery too. There will be similarities and there will be differences.

Surely it's better to say we *may not* be able to trust the way our minds think, we *may not* always speak the truth, there *may be* parts of our lives that are unmanageable. This I can understand and can accept. I can allow for the possibility of it being true. But we can't blindly say that we are all liars, and all mental... it has consequences! I was moments away from calling the men in white overcoats (the piano removal guys of course!) and asking them to lock me safely away from society. I held down my job pretty well whilst drinking – all of a sudden it was under threat in my sobriety because we said I couldn't trust my own mind!

So as much as I'm grateful to the "we", I also think it's important to remember that we is all different, and that is glorious too. We are a diverse group of people brought together by a common disease, and within this group we hope to find those who feel similarly to us. But if we don't, that is also ok.

Very grateful to be sober and very grateful to have found AA.

Anon.

The Promises

Most of us reading the Newsletter are familiar with the 9th Step Promises. For this alcoholic the reading of these at a meeting never fails to bring tears to my eyes and joy to my heart. There are many more promises in the Big Book and we have included some of these below.

PROMISES OF STEP TWO

Big Book page #25

- There is a solution.
- We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.
- The great fact is just this, and nothing less: That we have had deep and effective

spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.

- The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.
- He has commenced to accomplish those things for us which we could never do by ourselves.

Big Book page #28:

- A new life has been given us or, if you prefer, "a design for living" that really works.

Big Book page #46:

- We found that God does not make too hard terms with those who seek Him.
- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.

Big Book page #47:

- As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.
- It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Big Book page #50:

- In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them.

Big Book page #55:

- Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us.

Big Book page #57:

- Even so has God restored us all to our right minds.
- But He has come to all who have honestly sought Him.
- When we drew near to Him He disclosed Himself to us!

PROMISES OF STEP THREE

Big Book page #63.

- More and more we became interested in seeing what we could contribute to life.
- As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.
- We were reborn.
- An effect, sometimes a very great one, was felt at once.

Big Book page #68.

- At once, we commence to outgrow fear.

Big Book page #70.

- We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.

PROMISES OF STEP FIVE

Big Book page #75:

- Once we have taken this step, withholding nothing, we are delighted.
- We can look the world in the eye.
- We can be alone at perfect peace and ease.
- Our fears fall from us.
- We begin to feel the nearness of our Creator.
- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- The feeling that the drink problem has disappeared will often come strongly.
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

PROMISES OF STEP EIGHT

Big Book page #78:

- If our manner is calm, frank, and open, we will be gratified with the result.
- Rarely do we fail to make satisfactory progress.

PROMISES OF STEP NINE

Big Book page #83-84:

- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.

- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.
- Are these extravagant promises? We think not.
- They are being fulfilled among us-sometimes quickly, sometimes slowly.
- They will always materialize if we work for them.

PROMISES OF STEP TEN

Big Book page #84

- 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.

Big Book page #84-85

- We react sanely and normally, and we will find that this has happened automatically.

Big Book page #85

- We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it.
- We are not fighting it, neither are we avoiding temptation.
- We have not even sworn off. Instead, the problem has been removed. It does not exist for us.
- We are neither cocky nor are we afraid.

PROMISES OF STEP ELEVEN

Big Book page #86:

- We can employ our mental faculties with assurance, for after all God gave us brains to use.
- Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

Big Book page #87:

- What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

Big Book page #87-88:

- We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much more efficient.
- We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

PROMISES OF STEP TWELVE

Big Book page #89:

- You can help when no one else can.
- You can secure their confidence when others fail.
- Life will take on new meaning.

Big Book page #100:

- When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.
- Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!
- Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do.

Big Book page #102:

- God will keep you unharmed.

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. Below are some excerpts from that pamphlet.

“Part of Bridging the Gap between a treatment program and A.A. is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program make that transition.

As you know, one of the more “slippery” places in the journey to sobriety is between the door of the facility and the nearest A.A. group or meeting. Some of us can tell you that, even though we heard of A.A. in treatment, we were too fearful to go.

A.A. experience suggests that attending meetings regularly is critical. In order to bridge the gap, A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous.

It is suggested that the temporary contact take the newcomer to a variety of A.A. meetings; introduce him or her to other A.A.s; insure that he or she has the phone numbers of several A.A. members, and share the experience of sponsorship and a home group.” [Excerpt from Bridging The Gap Between Treatment & A.A. Through Temporary Contact Groups”, Alcoholics Anonymous.]

If you would like to help...

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.

“I'm not telling you it's going to be easy - I'm telling you it's going to be worth it ~ Art Williams

A word of encouragement after failure is worth more than an hour of praise after success ~ Dale Partridge

Be patient with yourself. You are growing stronger every day. The weight of the world will become lighter ... and you will begin to shine brighter. Don't give up. ~ Robert Tew

May the long time sun shine upon you, All love surround you, and the pure light within you Guide your way on ~ Unknown

A moment of patience in a moment of anger saves you a hundred moments of regret ~ Unknown

Be a reflection of what you would like to receive. If you want love, give love. If you want truth, be truthful. If you want respect, give respect. What you give out will always return~ Unknown

You are always responsible for how you act, no matter how you feel ~ Unknown

Service – I am Responsible

Ahead of the service workshop scheduled on 29th August, one of our members has kindly shared what service means to them and how it has helped them stay sober and live in grace and gratitude. We hope you can all join us on the day, details included at the end of this article.

I hope that I can share on the value that service has had in my sobriety.

Just to remind ourselves and set the scene, the Big Book says: Practical experience shows that NOTHING will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.

It is important that I speak up-front about my sister who I was not able to help get sober. She died of this illness 4 years ago when I was 9 years sober. It is particularly poignant because she played a huge part in my journey to sobriety. She was the first person that I was really honest with when she confronted me about my drinking and she was the one who organized for me to go to rehab. The fact that I was not able to repay this profound debt of gratitude I feel to her is important because it underlines my personal powerlessness around getting anyone sober. I am powerless over alcohol....that is what step one tells me and that is my experience. I can assure you there is no-one I have had a stronger desire to get sober than my sister – she was my best friend and the mother of 3 girls who I love with a fierce passion – and I had no power to do so.

So this very personal experience forms the foundation of my approach to service. I have no power to get anyone sober or to get anyone drunk for that matter – and I am therefore purely an agent of the only power that in my experience can get and keep me sober; I am a “trusted servant”.

I fully understand this today but this was not always the case; my ego has certainly reared its ugly head in service related matters and some days, still hampers me in performing my “primary purpose” – to stay sober and help another alcoholic”.

To give you a few examples which some of you may relate to:

- I have not wanted to take calls or give up my time for 12 step work preferring to sit in my self obsession which is always lurking
- I never wanted to get involved in Intergroup believing myself to be too busy and too important
- I have been flattered that people have asked me to be a sponsor, feeding my ego and delusion – rather than just being grateful for the opportunity to be of service;
- I have argued with sponsees about the steps, about their actions or lack thereof and I have tried hard to control their sober journey, playing perfectly to my self-righteous, critical and judgmental defects – rather than remembering that my only role is to provide suggestions, not control the outcome;
- I have wanted to “resign” when sponsees have relapsed full of self-pity and defeat, forgetting that I have stayed sober and that I am not in the business of managing outcomes
- I have, on occasion, taken AA totally for granted and not been grateful for the service that people do every day to ensure its longevity and for the people who were here when I first came into the rooms

Not many sign of “trusted servant” humility in these thoughts and how easy it is to forget to give back what has been so freely given to me! I am a natural taker so giving back, getting involved, acting grateful for my sobriety have all been things I have learnt to do here.

Service can take many forms.

Firstly, it never crossed my mind until recently how much gratitude I should have for all the silent service that goes on in AA to ensure the meetings happen; the chairs are out, the banners or slogans are posted, the literature is available, the scripts are written etc. There are no fairies, all these jobs are done by people who care and volunteer their time to ensure AA’s smooth running on a daily basis. This is something we can all contribute to and a great example is one of my sponsees who gets to the 7:30am morning meeting early to pour the water into glasses for everyone attending; small, silent, not looking for thanks or a reward - and very powerful.

Coming to the meetings and sharing honestly is, in itself, great service. What would happen to AA and those needing help if we all decided we were “too well” to go to meetings? While I was so full of self-centred fear in my first year of sobriety to share, I am thankful that there were people who turned up to those first meetings, people who did service by sharing their experience, strength and hope and people who kept me coming back because I related to their journeys. I heard bits of my own story in those shares and for the first time I heard people share things that I felt but which I had never told anyone, because I was too ashamed. We do not know how our shares may impact someone’s journey and having the courage to share honestly is service we can all do.

Today I am grateful for the reassuring presence of people in meetings who have long term sobriety, the continuity and the inspiration of their unfolding sober journeys – and particularly when I go back to London where I got sober, I am reassured to see those people who were in the rooms when I first arrived and I am glad they continue to do service by showing up.

I am also grateful for new-comers and people who have less sobriety in terms of ‘days’. The newcomers do service in helping to remind me how difficult it is to get sober and how I never want to try and do that again – and with fellow journey-ers in the rooms, I share the struggles that we all face living life on life’s terms and staying sober. I always get enormous comfort and courage from meetings and service for me begins right here – “together we are stronger”.

And then there are more “formal” service positions and commitments. My first service position was “greeting” at the Fulham Road Beginners Meeting, 7:30pm in Chelsea. I got sober in Feb so it was dark and cold standing out on the London streets. I then did the coffee and tea commitment at the same meeting.

As I said, I was too scared to share in the meetings but these service positions helped me to feel “part of” a group I wasn’t even sure I wanted to belong to yet. They anchored me and kept me coming back to the meeting, building relationships and fellowships and eventually enabling me to hear what I needed to begin my sober journey. Similarly, I love a story my sponsor shares of a woman who had a biscuit commitment at a Tuesday night meeting. She had a bad day on Sunday and wanted to drink. She then remembered that she had to take biscuits to the Tuesday night

meeting so she decided to wait to have a drink until Wednesday – a drink she never took and she credits this to her service commitment.

Since those early commitments, I have chaired meetings and I have held treasury and literature positions. Currently I am Chair Person for Intergroup having held the communications position for nearly 4 years .

InterGroup is a great example for me of how service works. I was pretty outraged when my sponsor first suggested that I get an IG service position in Singapore. I felt I was doing plenty of other service, I had helped to set up the morning and women’s meeting and was very much resting on my laurels. However my sponsor’s suggestions are never really just suggestions and so I found myself at the first of my Intergroup meetings at the maddeningly frustrating time of 12:30pm on Saturday. Did these people not have lives, did they not know about lunch with friends and family on the weekend, did they not have better things to do?

I remember clearly sitting through those first meetings seething with resentment – a number of you were there. Somehow however I found myself saying yes to the communications chair commitment which involves answering emails that come into the Singapore AA helpline and arranging 12 step calls as appropriate – as well as organizing a group of volunteers to man the helpline phone. This commitment was one of the most inspiring and rewarding commitments I have ever done. I got the privilege of working with people in our fellowship who selflessly went on 12 step calls at all times of the day and night – and I shall never forget an incident when 2 of the guys went to offer support to a visitor who had relapsed on business in Singapore. He was holed up in a hotel in Clarke Quay and his desperate wife who was in the fellowship called from the US to ask for our help at 10pm at night. The objective was to get him on the plane the next morning and these 2 guys from the Singapore AA stayed with this guy all night. It is so inspiring to me watching this fellowship in active service and very humbling too.

I also remember answering an email from a guy from Mexico who had been offered his dream job in Singapore with one of the integrated resorts. He sent an email to AA Singapore to find out about the fellowship and meetings before he accepted the job because he understood that his sobriety had to come before anything else. Again, this was a great reminder to me that day and has always stuck with me. The communications chair service position connected me with so many people in the fellowship and to see people come in to the rooms after one of these calls for help was rewarding. One person told me that had we not responded to his call as quickly as we did, he does not know if he would ever have found his way into AA; a day’s delay may have been fatal and I am humbled to have played a small part in his and others journey in this way.

So these are a few examples of the rewards I would have missed had I got my own way and not participated in Intergroup service. So the lesson - and this is something I was told in very early sobriety - is to always say yes to service and get into action; there may be occasions when I wish I have more time or whatever but I have never ever regretted carving out space to do service.

Sponsorship is a service and I sponsor a number of people. What is sponsorship? I have had two sponsors – one in London and one here. They both have different styles of sponsoring and for me, they were and are exactly what I needed at differing points in my sobriety. The key thing they have in common is that I want what they both have – and for me, that is that they “walk the talk”.

I am attracted to people who sound eloquent and sober in meetings but I am more attracted to people who share what is going on and the spiritual tools that they are using to get through life on life's terms. I asked my current sponsor for instance to sponsor me straight after I heard her share on the step 3 'pause' and how she was using it that day in a situation which demanded right thinking and right sizing.

I want the peace, serenity and right-mindedness that she brings to everyday living by using this programme and its steps rigorously. I have known her while she has gone through personal bankruptcy, her partner's cancer, her own health issues, severe depression and she has given me strength and faith because I have seen her walk through these things with real grace, dignity and a spiritual serenity. I want all that. So I think the first requirement for a great sponsor/sponsee relationship is that you want what your sponsor has.

It therefore follows logically that if you want what they have, you have to be prepared to do what they do! This means that I have to be open-minded enough and humble enough to be teachable so that I can follow her "suggestions" without my own embellishment or re-interpretation! Just as they are given, clearly and directly.

While I have often wanted a sponsor to tell me what to do, a sponsor's role is not to be a counsellor, a doctor, a psychiatrist, a headhunter or a banker - a sponsor's role is to take you through the steps of AA - to share with you what they have learnt "HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS..." So in summary, a sponsor's job is to guide the sponsee so they too can have a spiritual awakening as a result of working the steps. That is it.

The other key requirement for a sponsor is trustworthiness and total discretion/confidentiality. I came in to AA not trusting anyone and therefore not being emotionally intimate with anyone, including my husband with whom I had two children. My sponsor has been my first truly 'emotionally' intimate relationship and this in and of itself has been a huge part of my journey out of the isolation and madness of this disease. There is nothing that I will not share with her and my experience has been that she is there for me unconditionally.

She is not someone who I put on a pedestal, she is not my higher power, she cannot keep me sober. But the truth is - and this may be because of the purity and honesty in the relationship - I often hear God talking to me through her and certainly when I open my mind and heart in writing or speaking to her, I get clarity which seems to be God-given.

I am a beneficiary of my sponsor doing service every day and I am also doing service by being a sponsee. Yes, being a sponsee is great service.

I cannot tell you how many times a sponsee calling or writing has interrupted my day just when I needed to allow God back into my thinking or actions. Often I don't realize it and I can momentarily resist picking up the call or reading the mail, but the moment I do, the shift happens and transforms my day - ALWAYS. And when I am travelling and not getting to as many meetings as usual, the connection with sponsees is critical to ensure I remember who I am and that I need to keep a conscious connection with a HP, if I am to stay spiritually fit and useful.

So what are the BENEFITS of service and why does it have such a central role in the AA triangle.

First and most importantly, it keeps me sober. This is what the Big Book says: "When ALL else fails, reach out and help another alcoholic" so in short, I do service because I don't want to drink again.

This is exactly Bill's story as laid out in the Big Book. Here was Bill, 6 months sober, in a hotel after a difficult day at work with a bar looking very inviting. We can all picture it and totally transport ourselves to that place. But Bill didn't want to drink so rather than just trying to think away the obsession that was on him, he took action and made 10 calls – he persisted until finally he reached Henrietta who knew Bob. Bob didn't really want to see him but Bill went anyway, stayed sober and AA was born. This perfectly illustrates why service is so vital to our sobriety.

So how does service work to keep me sober?

- Probably most importantly, it gets me out of self – selfish and self-centred in root of my troubles and the book tells me that my very existence depends on my constant thought of others. This is a key element to service for me because left to my own devices, I will sit and think about myself all day long. I have many examples of not wanting to show up to meet a sponsee or go to Intergroup but when I do, the shift happens and magically I find my solution to the "restless, irritable and discontent". There is a spiritual experience in that moment and as I forget about me, myself and I - and open my mind and heart to someone else...
- I relate to another alcoholic, which helps me to get out of the perception that I am somehow "terminally unique" and "special and different"; worse than or better than others - and it helps to end the isolation I lived with and can still sometimes want to lapse back into
- I get to practice 'intimacy' and share my vulnerability when I do service and this has been a huge part of me starting to build healthy relationships inside and outside of the rooms; I never wanted to be intimate with anyone and build real relationships based on honesty, trust and respect.
- I find empathy with another alcoholic – it reminds me of where I come from and who I am and for me this is critical. I have to remember the facts so that I can surrender to being an alcoholic every day; if I don't and start believing some of the delusions that go on in my head, I won't be out there looking for a solution....that is the beginning of the end game.
- Service in all its forms teaches me patience and tolerance and compassion – helping me to allow others to live their own lives and make their own choices. This is a continual journey for me – to overcome my desire to control others and service has been a great place for me to practice letting go of outcomes; just putting in the action and leaving the results to God.
- I practice humility in service as a "trusted servant" – no more and no less and this helps to get me right-sized
- I am able to learn and practice unconditional love and giving without expectation, a concept I knew very little about before I came to these rooms. I always did everything with an agenda to get something that I wanted or not loose something that I had

- It reinforces my commitment to my own programme as I work with others and this is a great gift of sharing my experience with sponsees. Sponsorship as I have mentioned is not about do what I say, it is about do what I do;
- Service is a big part of my sober spiritual journey: I have heard people say that being of service to others IS the most spiritual thing that we can do ;
- Service provides me with perspective that I cannot get on my own. When I am stuck in my own small thinking, I cannot get perspective but when I listen to you, my issues transform themselves into manageable chunks
- I get inspired by how this programme works – seeing people get well is such a gift as the literature rightly points out :

“Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

And finally, service has played a huge part in one of the promises coming true : “we will not regret the past nor wish to shut the door on it and we shall see how our experiences can come to help others”. This is a big one. I came in with so much shame as a drunk wife and mother of two children and an employee of a major bank doing my job in blackout. I came in with damaged relationships with people who I truly loved and cared for and I had broken my own moral code in more ways and more times than I care to remember; spiritually, mentally and emotionally bankrupt.

And today, I don’t carry that shame or that baggage; in fact I feel real gratitude for my experiences because in some small way, sharing these experiences with others has enabled me to be useful.

So what are the REQUIREMENTS for service? Do you have to be sober for a certain length of time or be particularly spiritually advanced or what?

All my sponsor reminds me as it relates to service is that “we cannot give away what we do not have”.

AA is not about giving advice, it is not a counselling service, it is just about alcoholics sharing and passing on their experiences of getting and staying sober one day at a time. This is therefore about sharing the “walk” not talking the “talk”. As it says in A Vision for you “You cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.....”

Bill’s story and his determination that night to find someone to help stay sober rather than go to the bar illustrates the point well for me. Bill was desperate – he was not particularly “well” or “sober” – he wanted to drink - but he knew he needed to take action and help another if he was to stand a chance and stay sober. This clearly shows us is that it is not about us being “well enough” or” feeling

good enough” to do service; it is in fact the reverse: it is about us doing service so we get to be ‘well’, so we get to feel better and so we get to stay sober. It is our solution.

We cannot wait until we think we are well enough to do service or until we get to step 12; we have to dive in and recognize that there is value in all our experiences which can help others – and in the sharing of ourselves and in our vulnerability, we get to stay sober. This is what people mean when they talk about acting ourselves well.

- *I thought I would end by focusing on a few of the key principles that are contained in ‘working with others’ in the Big Book because these are the principles it is suggested we keep in mind:*
- *We can help when no one else can; Because of our own drinking experiences, we can be uniquely useful to other alcoholics.*
- *Do not exhibit any passion for crusade or reform.*
- *Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked for you. Offer him friendship and fellowship. Tell him that if he wants to get well you will do anything to help.*
- *Tell him EXACTLY WHAT HAPPENED TO YOU. Stress the spiritual nature of the programme freely. Make it emphatic that he does not have to agree with your conception of God and that he can choose any conception he likes. The main thing is that he be willing to believe in a power greater than himself and to live by spiritual principles*
- *If he is not interested in your solution you may need to drop him until he changes his mind. He should not be pushed or prodded. If he is to find God, the desire must come from within.*
- *IF you leave someone alone, he may come to the realization that he needs you quicker than otherwise. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy.*
- *If he wants to find another way, encourage him. We do not have a monopoly on God; we merely have an approach that worked with us.*
- *It is important that you are clear that your attempt to help him is a VITAL part in your own recovery; he may be helping you more than you are helping him.*

Helping others is the foundation stone of your recovery. A kindly act once in a while isn’t enough. You have to act the Good Samaritan every day, if need be – cost what it may in terms of nuisance or interference

SERVICE WORKSHOP

SATURDAY, 29 AUGUST
12PM - 2PM



What is service?
How does it work?
How can I get involved?

We'll answer these questions and more with
intergroup speakers, a brainstorm session, a
fun skit and afternoon tea!

JOIN US AT THE WECARE CENTRE
11 JALAN UBI, SG 409074

You are never too old to set another goal or dream a new dream ~ C.S. Lewis

**I have seen and met angels wearing the disguise of ordinary people living ordinary lives
~ Tracy Chapman**

**Be thankful for the bad things in life, For they opened your eyes to the good things you were not
paying attention to before ~ Anon**

Alconyms - Inspiring & Insightful Recovery Catchphrases

Thanks to another fellow for this editions's 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 regular feature.

A A = Altered Attitudes

A A = Always Aware

A A = Avoid Anger

A A = Absolute Abstinence

A A = Always Awesome

A A = All Accepted

A A = Achieve Anything

A A = Always Alive

AA = Attitude Adjustment

G R A C E = Gently Releasing All Conscious Expectations

G I F T S = Getting It From The Steps

H O P E = Hang On! Peace Exists

H O P E = Heart Open; Please Enter

The body heal so with play, the mind heals with laughter and the spirit heals with joy ~ *Unknown*

I am in competition with no one. I run my own race. I have no desire to play the game of being better than anyone, in any way, shape, or form. I just aim to improve, to be better than I was before. That's me and I'm free. ~ *Jenny G. Perry*

Kindness is not an act, It is a lifestyle ~ *Anthony Douglas Williams*

Your beliefs don't make you a better person, your behavior does ~ *Sukhraj S. Dhillon*

Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. ~ *Marianne Williamson*

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 after the successful 2015 event. This will be held in Singapore on Saturday 27th and Sunday 28th February 2016. The focus will be on the region and speakers will be sourced from these locations.

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

29th AA Netherlands Round Up, Elspeet, Netherlands
21st – 23rd August 2015
<http://www.aa-netherlands.org/roundup2015>

10th Berlin English Speaking AA Convention – Keep Coming Back
Berlin, Germany
4th – 6th September, 2015
www.berlinAAconvention.com

20th International Fall Round Up, Philippines – It works when you work it.
Angeles City, Philippines
9th – 11th October 2015
<http://roundupangelescity.blogspot.sg>

7th Annual Hong Kong International Convention – Willing to Grow
Hong Kong
6th – 8th November 2015
<http://www.hkconvention.org/#!convention/c4nz>

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

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

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
	07:00 - 08:00 PM	Big Book Study	Open	St. Bernadette Church
Wednesday	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	Mens 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
	04:00 - 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	Mana Mana Beach Club
	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

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