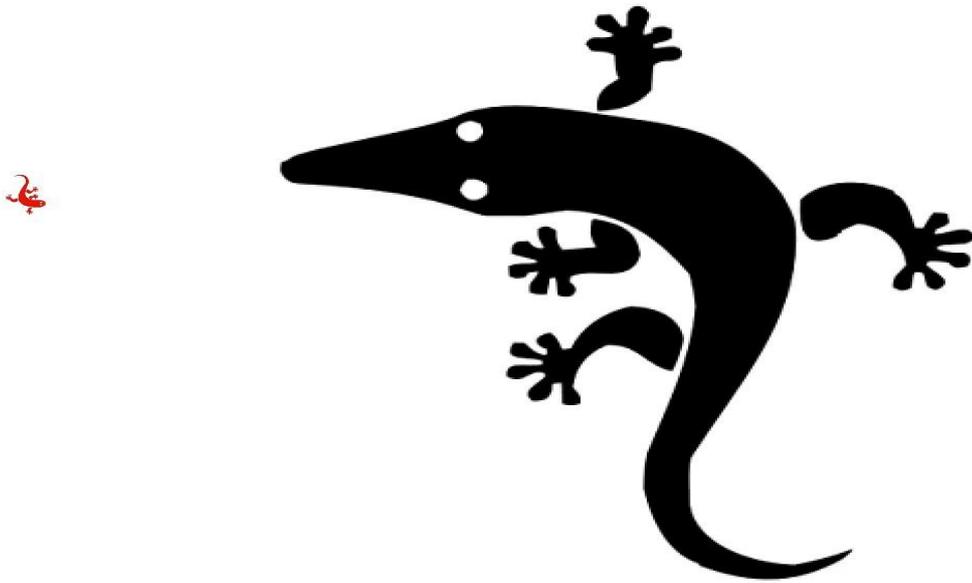


**THE
DAILY
REPRIEVE**



BY

SINGAPORE AA MEMBERS

**SEPTEMBER TO NOVEMBER
2013**

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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

TABLE OF CONTENTS

LETTER FROM THE EDITOR

SO PRECISELY WRONG

I AM NOT ALONE

THE CONCEPTS OF WORLD SERVICE

MY LIFE A YEAR FROM NOW

RELATIONSHIPS

SINGAPORE INTERGROUP NEWS

REGIONAL A.A. NEWS

MEETING SCHEDULE

AM I AN ALCOHOLIC - AA CHECKLIST

For further assistance, call (+65)6475 0890. Or email us at: help@singaporeaa.org

To contribute to the Daily Reprieve, please send your article or announcement to:

newsletter@singaporeaa.org

See details and meeting schedules at: www.singaporeaa.org

Dear Friends,

In this issue of the Daily Reprieve we feature a wide variety of articles.

In So Precisely Wrong, we read how life can still be a challenge after long years of sobriety. And that it's only by working the Program one day at a time that rough patches can be weathered without picking up a drink.

In an article on IMH (Institute of Mental Health), Vikram talks about the service of carrying the message of AA to patients there and what it means to him.

A newcomer writes about "My Life a Year from Now" (Provided I don't pick up the first drink).

I think the title explains it all!

And from Los Angeles, Talia, friend of a local member, opens her heart about Relationships, and how she found the most important ones after a long search in the wrong places.

This issue also continues our look at the 12 Concepts, with descriptions and information on Concepts 7, 8 and 9. Although they may sometimes be difficult reading, it's important to know that the Concepts are there to guide us. As Bill W. stated, "**... if mistaken departures are nevertheless made, these Concepts may then provide a ready means of safe return to an operating balance...***" Seen in this light, the Concepts give us yet another thing to be grateful for!

Wishing you a happy, healthy and sober Autumn season,
Claire

from: "The Twelve Concepts" AA Grapevine
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So Precisely Wrong – My story

When I first came in I did not know what was wrong with me, but I knew something terrible was wrong. I wanted to kill myself and others. I blamed other people for all the things that had gone wrong in my life.

And I had a long list of grievances which “made me” behave the way I did.

If you had the same sorrowful tale, then you’d drink too.

With so much self-pity I lost all perspective. I refused to see the kindness, love and opportunities that had also been given to me. In sobriety, my grip on reality has gradually become stronger; it has been a long, slow process. In my case, living life as it really is requires constant awareness and effort.

In AA I have gotten better at seeing “my part” in what’s going on in my life today or this week. I’ve learned that I need to manage my disease, manage my own self and my character defects, do my best, be honest and things tend to work out. The result: my life is better today than it’s ever been with peace of mind, serenity and a happy marriage and family life.

Yet this past holiday weekend I screwed up in a fit of pride and anger at my kids’ school. My actions embarrassed my children, made my wife cry and upset folks at the school. I have apologized and the storm in a tea-cup may have passed. But all the while, in my mind, I was secretly blaming others, and trying to justify my behavior. So 22 years into sobriety I realize I am once again blaming others for my defects of character, my poor choices and my impulsive actions.

It is clear I am not a saint. And the progress I am making is painfully slow.

But I would not change a thing about the path that I am on and that I share with so many friends in AA in Singapore. Even though I keep repeating the same old mistakes, it is the only game in town for me - the thing that brings me peace of mind, hope, serenity, honesty, compassion and connection with fellow human beings.

AA’s way of life does not protect me from life’s ups and downs, but for the most part I have learned how to deal with it and to not add fuel to the fire.

The first and hardest lesson was living life one day at a time. I was always projecting into

the future and re-living resentments from the past. I learned that life is lived in 1-day units. Sometimes in units of 20 minutes at a time. Living this way, I have gotten through hard knocks of bereavement, lost jobs, broken heart, arrests, injury and stayed sober without needing to pick up a drink.

I am one of the lucky ones: who loves to go to meetings, and goes to plenty even with 20+ years of sobriety. I enjoy service - helping others makes me feel worthwhile. Working with other men who are suffering and becoming healthy just never seems to get old.

This is because Isolation was part of my problem. I protect myself from isolation by telling people what's going on with me. Honestly telling them my feelings, fears, hopes, excess pride, envy, lust and the rest. The more "Bad Stuff" I get out of my mouth, the less that stays in my body to fester. I heard an AA speaker say "*the more people who know me the free-er I am*" so I try to let people know me, in the meeting, in the fellowship afterward, by phone, or talking with my sponsor. – whatever it takes to 'spit out the poison.'

I look back at the 29 year old self who came into AA in New York: white as a sheet, anger buzzing from finger tips. Now I can smile at how precisely wrong I was about most important things in my life.

I do not have to do it alone, I thrive more when I connect with other people.

I do not have to solve my whole life problem today; I can live one day at a time, and do the next right thing that's in front of me to do.

I don't not need a GPS to locate my life-problem. Its precise location is inside me, not "out there" with other people. The single biggest threat to my well-being and sanity is what goes in my own head.

Turns out the problem is not other people at all.

"There will come a time when you believe everything is finished. That will be the beginning."

Louis L'Amour



"Hey, on the bright side, I am 24 hours sober now!"

I Am Not Alone

Every Thursday evening I get up from my drab little office cubicle and walk out. It doesn't matter how many tasks are pending or if my manager frowns, I always leave and attend the most important meeting for my sobriety - spreading the message at the Institute of Mental Health. The sprawling campus of the IMH is located at Buangkok Green. It's not the most convenient location for a meeting, but the more effort I put into getting there, the more rewards I receive in terms of serenity and sobriety.

I remember my first meeting at the IMH. I was a bit nervous and uncomfortable. I remember thinking "Sigh! So this is where my disease has taken me... to a mental institution." There were 3 of us from AA and we signed in and settled down in the meeting room shortly before 6:30pm. The patients started shuffling in. They were all local - either alcoholics or drug addicts. Most of them were in terrible shape and some of

them were indifferent. Typically there are 4 to 5 patients, although some days there are many more. One time there was only one Chinese patient and he couldn't speak or understand English. One of the staff was kind enough to take time off work and be the interpreter.

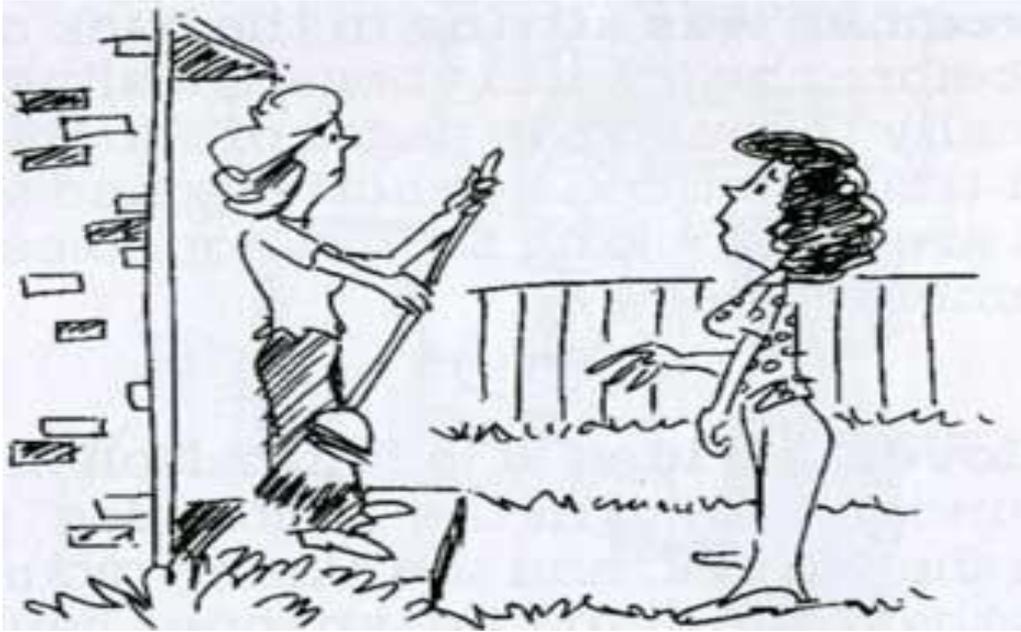
As we started sharing our experience, strength and hope, we could see the lights switch on in some of their eyes. I remember that light in my early sobriety when I was 12 stepped. That's identification and a sense of relief that I'm not a freak and I'm not alone. These guys may be what I would characterize as low bottom drunks, but as they shared their own stories I realised that I could easily be one of them. These were people with homes, jobs, families and education. The disease took it all away. We see the downward spiral and the realization dawns that I'm indeed one of them. Their story is my story, too. Their stories demonstrate the stark reality of our disease - progressive and fatal. It doesn't matter what their background is, the symptoms of the disease are the same. Like it says in the big book, this disease brings about the annihilation of all things worthwhile in life. I'm not one to revel in another's misfortune, but I do feel a deep sense of gratitude when I'm in that meeting - more so than any other meeting. I go to the IMH to spread the message that there is a solution and it works. We share our experience in recovery, and what we do to stay sober.

The one special thing about the IMH meeting is that crosstalk is allowed and questions are encouraged. Questions tend to be about how we cope with temptation, how severe was withdrawal, what we tell our drinking buddies etc. We share our experience in Alcoholics Anonymous and how the 12 Step program is a solution that works. We tell them that alcoholism is a disease that may be incurable, but can be arrested. We share how the meetings and other members' kindness and service have contributed towards our recovery. And we share how the program has changed our lives by removing the obsession to drink.

Although only one person has ever called me from the IMH, and though most of them are admitted again shortly after they're discharged, it's still a very successful meeting. Because at least one alcoholic stays sober - ME. No matter how they respond or don't respond, I always stay sober that day. So if you're struggling with fear or resentment, depression or anxiety, come to the IMH. "...nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."* Hope to see you there soon to carry the message!

Vikram

*Alcoholics Anonymous, p.89.



"I'd like to make amends for stealing your husband. I'm sober now. Will you take him back?"

—Kathleen M., West Hartford, Conn.

"Only the wisest and stupidest men never change."

Confucius

"Three rules of work: Out of clutter find simplicity; out of discord find harmony; in the middle of difficulty lies opportunity."

Albert Einstein

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

Lao Tzu

"Peace comes from within. Do not seek it from without."

Buddha

The Alcoholics Anonymous concepts of World service

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

6. The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

This Concept attempts to clarify the relationship and “balance of powers” between the Conference and the General Service Board. “This . . . may look like the collision of an irresistible force with an immovable object.” On the one hand, “the board is invested with complete legal power over A.A.’s funds and services; on the other hand the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.” Thus, the practical power of the Conference is, in the final analysis, superior to the legal power of the board. This superior power derives from the traditional influence of the Conference Charter itself; from the fact that the delegates chosen by the groups always constitute more than two-thirds of the Conference members”; and finally from the ability of the delegates to cut off financial support by the groups. “Theoretically, the Conference is an advisory body only; but practically speaking, it has all the ultimate power it may ever need.” The Conference “recommends” — though its recommendations have the force of directives to the board. The board executes these recommendations. The board does have the legal authority to veto a Conference recommendation — but in actual practice, it never has done so. As Bill tactfully puts it, the trustees “simply refrain from using their legal right to say ‘no’ when it would be much wiser, all things considered, to say ‘yes’.

Do we act responsibly regarding the “power of the purse?”

Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

7. The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

This Concept deals with the ways the General Service Board “discharges its heavy obligations,” and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc. Long experience has proven that the board “must devote itself almost exclusively to the large questions of policy, finance, group relations and leadership In these matters, it must act with great care and skill to plan, manage and execute.”

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the Grapevine. “It must delegate its executive function” to its subsidiary, operating boards. “Here, the board’s attitude has to be that of custodial oversight . The trustees are the guarantors of good management of A.A. World Services, Inc. and the A.A. Grapevine, Inc by electing the directors of these service arms, a part of whom must always be trustees . The executive direction of these functions is lodged in the service corporations themselves, rather than the General Service Board. Each corporate service entity should possess its own bylaws, its own working capital, its own executives, its own employees, its own offices and equipment.”

Bill draws from earlier mistakes by the General Service Board in trying to run the service functions directly and warns repeatedly against “too much concentration of money and authority.”

Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?

How can the business term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?

Does my home group subscribe to G.S.O.’s bimonthly newsletter Box 4-5-9? The A.A.Grapevine? Do I?

8. Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

“No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure. Weak leadership can hardly function at all, even in the best of structures.”

Due to A.A.’s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. Together the G.S.R.s are A.A.’s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates and the area’s candidates for trustee.

Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. “Who are the best qualified people?” should be the thought of all.

“No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of real leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in.

We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us. “A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job. “Good leadership will also remember that a fine plan or idea can come from anybody, anywhere.

Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source. "Good leadership never passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility. "Another qualification for leadership is 'give and take,' the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction.

We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one's convictions about an issue until it is settled. Our leaders do not drive by mandate, they lead by example. We say to them, 'Act for us, but do not boss us.

Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?

Do we recognize the need for group officers? What are our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"

Do I set a positive leadership example?(This is A.A. General Service Conference-approved literature, Copyright 1986, Alcoholics Anonymous World Services, Inc

Numbers 6, 7 and 8 of the concepts of the Twelve Concepts is reprinted with permission of A.A. World Services, Inc.

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

AA Co-Founder, Bill W., September 1990, from: "The Twelve Concepts" AA Grapevine Copyright c. 1944-2012. AA Grapevine, Inc. All Rights Reserved.

My Life a Year From Now

(PROVIDED I DO NOT PICK UP THE FIRST DRINK)

In a year from today, I see myself living my life with a new ease. I see myself dealing with challenges through prayer and meditation, and not through substances and distractions. I see myself free from fear in all its forms. I see myself reaching solutions to problems and tasks, rather than searching for distractions to put off facing those parts of my life.

I see myself having completed a fourth and fifth step to the best of my ability, with as much honesty as I can possibly give, without holding back. I see myself having experienced a spiritual awakening, and feeling the guilt and shame of my past being lifted as I have made my amends. I see myself feeling as though I am finally on a level playing field with the rest of the world- not owing anything to anybody.

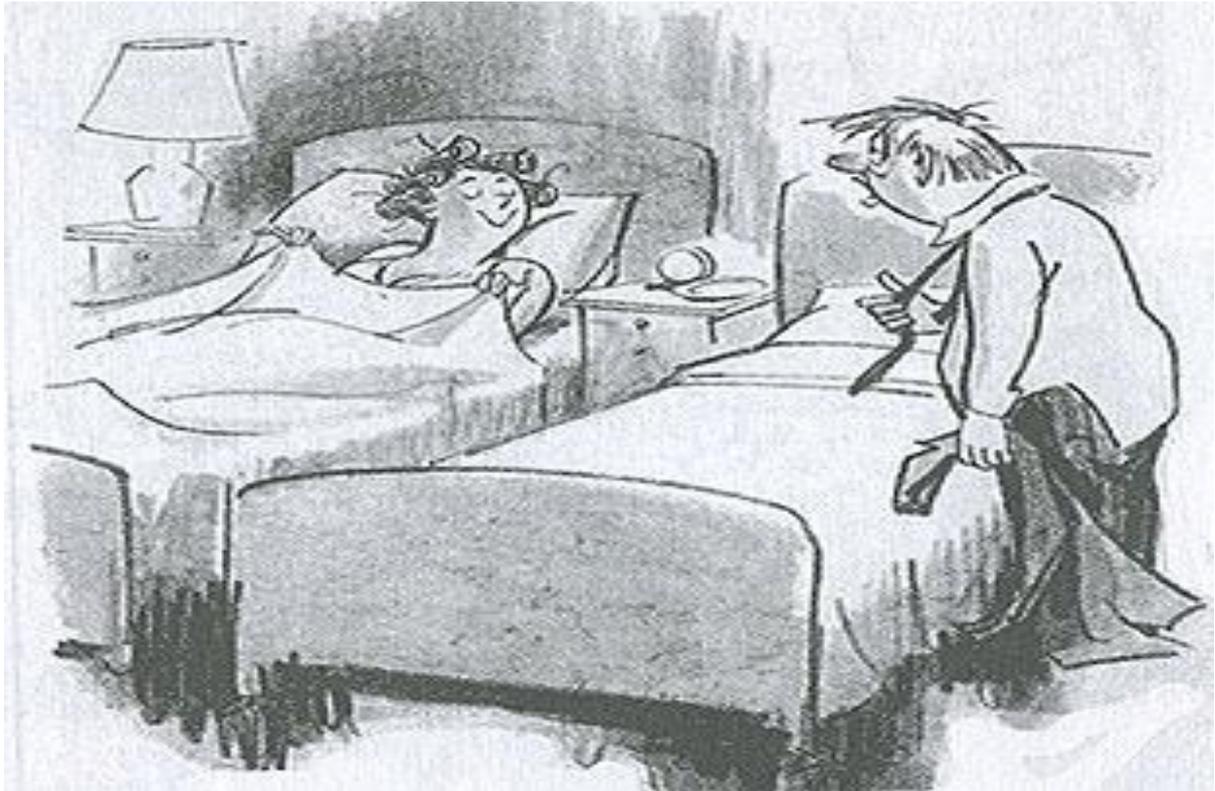
I see myself having the courage to live the life that I want to live; as opposed to the life I think I 'should' live to appear as though I'm holding it together. I see myself no longer having to 'hold it together,' because I will no longer feel like I need to win everybody's approval, and living a good life will no longer be a struggle. I see myself working towards achievements that I never would have dared dream of before, instead of hoping they would materialize through thoughts and wishes.

I see myself intuitively knowing how to utilize the tools provided in AA to manage situations better, and will be in the habit of stopping to pause before allowing my instinctive alcoholic thinking to barge into a reaction that could be damaging.

I see myself being involved in service work, and thoroughly enjoying myself doing it. I see myself feeling useful and involved, and being grateful for the opportunities to give back, and to act on my gratitude for the gifts of sobriety that I have received.

I see myself being able to build and sustain valuable relationships, from a place of love and care, and through action. I see myself feeling comfortable socializing not only with people in the fellowship, but also outside of AA. I see myself being accepting, and appreciating the positive in people.

- anonymous Newcomer



"You're right. A bartender doesn't make a very good sponsor."

Anonymous

"I never saw a pessimistic general win a battle."

Gen. Dwight D. Eisenhower

"To attain knowledge add things everyday. To attain wisdom remove them every day."

Lao Tzu

"To accomplish great things we must not only act but also dream; not only plan, but also believe."

Anatole France

Relationships

My entire history is full of screwed up relationships, and never a “real” one.

All I ever wanted was a boyfriend, like the cute stuff you see in movies. I went about it the wrong way. I was never pretty enough, or skinny enough, or funny enough, or witty enough. I tried to give the guys what I thought they wanted - sex. I tried to have romance by giving myself up like that, never understanding why the passion never lasted through “the morning after”.

This is where I started to try and manipulate the “dorks” who had never had any girl interaction in their entire lives... I turned this “fantasy” about me and this “dork” into a reality JUST so I could experience having someone to call my boyfriend, so I could experience what I saw other people had...being cute together, holding hands.

Even these joke “relationships” didn’t ever last but a month. I was still determined to find the love that I deeply desired and so I jumped straight for the next guy who was attracted to me and could possibly be manipulated into wanting to be with me.

I played so many games trying to feel wanted.

All the games that I played, with nothing but pure, innocent and sweet intentions BACKFIRED.

Fast forward: next I get my heart broken by this guy named Chris that I had a real connection with.

Four years go by with him coming in and out of my life. He promises to sweep me up and go get married and that’s the closest I ever got to my romantic fairytale, but that was just all one big fantasy that never played out, and he got back together with his ex. I failed miserably.

I don’t think I’ve ever been in love, truly, but I know that that experience was real, true heartbreak. I never thought I would ever be able to get over that pain. I am so grateful now for having gone through that terrible experience. Without it I know I wouldn’t be the woman I am now. That is the purest example of, “what doesn’t kill you makes you that much stronger.” I owe all my strength to being beaten down to zero, because what it did was give me hope.

I started getting further in my Steps and becoming a spiritually fit person, and I did whatever I was told, or was suggested, because I got a taste of results and I wanted more.

So I avoided boys and dating and relationships, and took a hiatus for a long time. This was the second best experience for me, after the getting my heart broken. During my time of just focusing on getting my life together and just doing “me,” I turned into this independent WOMAN and found out who I am, what I want, what I am about, and the most stunning part about all this is that for once, for REAL, I had NO DESIRE WHATSOEVER for the FIRST TIME IN MY LIFE to have anything to do with relationships!

Omg, real independence! It felt great! And I really wasn't lying to myself! I felt so strong, confident, independent and full of faith. And I felt I had so much to offer other women, other people - not just in AA but all day throughout the day.

With the old lady needing help on the bus to the homeless man on the street needing food or a cigarette, I was of service to everyone, being the best person that I could be! I really came into my own not needing anything or anyone to validate my worth for the first time in my life. I finally forgot what it was like to look at myself in the mirror with complete and utter disgust. I loved myself for the first time in my life.

I was able to look at myself in the mirror and stay with my reflection and was proud of what I saw, not in a conceited way, but when I looked deeply into my eyes I saw my heart and I knew that I was of worth. I got to walk around feeling complete, ready to conquer the world...in the end, I got my fairytale, I got the grand love that I have been starving for my whole life, the most fulfilling relationship...and that was the one with myself and my higher power.

This relationship has become the most valuable one to me, the one I care most about because through this process of the 12 Steps I have learned and experienced that when you love yourself, you don't settle. You won't settle for just anything or any person, because you know your worth.

Talia

Singapore Intergroup News

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

June 2013 Update

Damien Report

The Damien I/G rep stressed the need for AA members to use the Meeting Room only during the time of scheduled AA meetings. The room cannot be used for other meetings at other times

There is a risk to losing the venue by not following these rules

Raffles Daybreak

Raffles Group looking for an alternate location for the end of June. (Location found: London @ 55 Boat Quay)

Publication of the next Meeting List to be held up pending confirmation of the new location

New I/G rep and alternate rep have been voted in by the group conscience

Serenity Sisters

The Serenity Sisters meeting is moving to London @ 55 Boat Quay

Sunday Men's Meeting

Nothing to report. The group is running well. The group regularly gets 30 plus men in attendance

Rainbow

Meeting is going well and is busy

The group will start looking for a way to reach out to the LGBT community

Intergroup Committees Report

Literature

Members to reach out to Sri Lanka AA to confirm their Tamil literature needs

It may be better to ship directly from India to Sri Lanka, not via Singapore

Request to ensure book order has enough Living Sober books which are good for newcomers

Website

Domain name secured for the next few years

Newsletter Committee

Newsletter chair requested feedback from IG members regarding the newsletter. Members are requested to please suggest including likes, dislikes, what could be added, & what could be reduced

Newsletter always needs content, please encourage sponsees to share their stories and pass the word at meetings.

Include a write up from Sponsorship workshop

H & I / PI

Committee chair mentioned the possibility of advertising AA meetings in a magazine

Feedback

Should Singapore AA pursue other publications as well?

Do we need a full page?

AA meetings are listed in Straits Times

Medical Office posters can be displayed in Damien Centre so that people know they can be brought to the offices of their medical provider.

IG approved donation of Big Books (in mandarin) for WE CARE centre.

HI/PI has an ongoing budget allocated for literature

AOSM

Volunteers for AOSM have withdrawn due to the difficulty of travel
IG decided that given the high cost, and visa challenges, that it would be impractical to look for replacements given the short notice

Social Committee

A member agreed to be the new Social Committee rep
A September roundup is still targeted

Meeting Lists

New meeting list representative was elected during the meeting
Add two new locations to the Meeting List
Marina Bay Financial Centre Tower 3 on Monday and Friday mornings
Duxton Road on Thursday Evening

IG agreed to publish details as both meetings have been running for several months irrespective of whether meetings are registered in NY

Secretary's Report

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

Action Items for Intergroup Reps to Bring to Their Groups
The newsletter is always looking for submissions. Send submissions and feedback to newsletter@singaporeaa.org

NEXT MEETING: August 3rd 2013 12:30PM – 2:00PM at Damien Centre

Meetings for remainder of 2013: 5 October, 7 December

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

On recovery: "It's about the **quality of faith and work**, not the quantity of time and knowledge."

On self-will: "When I choose tangible power, I can never get enough. When I choose to tap into the intangible source which is a power greater than myself, it can **never be exhausted.**"

On sponsorship: "We are not attaching, **we are connecting.** Sponsors are not our Higher Power."

On sobriety: "There's a difference between **relief and recovery** - it's comfort vs character-building."

- Anonymous

UPCOMING EVENTS IN THE REGION

Hong Kong International Convention 8 - 10 November 2013

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

Check Specific Country AA websites for more info.

Singapore A.A. Weekly Meeting Schedule:

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

Day	Time	Topic	*Status	Location
Monday	07.15 - 08.00 AM	Men's Meeting	C	Rotisserie, Marina Bay Financial Centre - Tower 3
	07:30 - 08:30 AM	Daily Reflections	C	London, 55 Boat Quay
	12:30 - 01:30 PM	Daily Reflections	O	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Big Book Study	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	08:05 - 09:05 PM	Beginners Meeting	O	Damien Hall, 1 Commonwealth Dr
Tuesday	07:30 - 08:30 AM	Daily Reflections	C	London, 55 Boat Quay
	12:30 - 01:30 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:30 PM	11th Step Meeting	C	Novena Church, 300 Thomson Rd
Wednesday	07.30 - 08.30 AM	As Bill Sees It	C	London, 55 Boat Quay
	12:30 - 01:30 PM	Daily Reflections	O	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Living Sober	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Speaker Meeting	C	Damien Hall, 1 Commonwealth Dr
	08:15 - 09:15 PM	Women's Step Study	C	Damien Hall, 1 Commonwealth Dr
Thursday	07:30 - 08:30 AM	12 & 12	C	London, 55 Boat Quay
	12:30 - 01:30 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	12 & 12	C	Damien Hall, 1 Commonwealth Dr
	07:30 - 08:30 PM	Topics Meeting	C	98B Duxton Road, 3rd Floor
	08:05 - 09:05 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr
Friday	07.15 - 08.00 AM	Men's Meeting	C	Rotisserie, Marina Bay Financial Centre - Tower 3
	07:30 - 08:30 AM	Beginners Meeting	O	London, 55 Boat Quay
	12:30 - 01:30 PM	12 & 12	C	Damien Hall, 1 Commonwealth Dr
	12:30 - 01:30 PM	Step 11 Meeting	O	Holy Family Church, 6 Chapel Rd
	07:00 - 08:00 PM	Living Sober	O	Damien Hall, 1 Commonwealth Dr
	07:00 - 08:00 PM	Topics Meeting	C	Location Moving-Please see updates on website
Saturday	08:00 - 09:00 AM	East Coast Beach Meeting	C	Mana Mana Beach Club, 1212 East Coast Pkwy
	08:30 - 09:30 AM	Gratitude Meeting	C	London, 55 Boat Quay
	10:00 - 11:00 AM	Women's Meeting	C	London, 55 Boat Quay
	04:30 - 05:30 PM	Daily Reflections	C	Damien Hall, 1 Commonwealth Dr
	04:30 - 05:30 PM	Lavender Meeting - Daily Reflections	C	We Care Center, 11 Kampong Bugis
	07:00 - 08:30 PM	Saturday Night Live	O	Damien Hall, 1 Commonwealth Dr
Sunday	08:00 - 09:00 AM	Sunday Men's Meeting	O	Coffee Bean, Orchard Central Mall
	09:00 - 10:00 AM	LGBT Meeting	C	98B Duxton Road, 3rd Floor
	06:30 - 07:45 PM	Big Book	C	Damien Hall, 1 Commonwealth Dr

*Status O=Open C= Closed

Do you have a problem with alcohol?

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

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

7 - Has your drinking caused trouble at home?

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

11 - Do you have "blackouts"?

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

Yes No

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

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

Yes No

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

