

**THE
DAILY
REPRIEVE**

**BY
SINGAPORE AA
MEMBERS**

OCTOBER TO DECEMBER 2012

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

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

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

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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 Sobriety,

This issue of the Daily Reprieve takes us to the end of 2012 and through the holiday season of Halloween, Christmas and New Year. What better time to refresh and fortify our relationship with the Steps and Traditions of Alcoholics Anonymous!

This time around, in addition to contributions by our own members, we have reprinted two articles from the AA Grapevine. In the article entitled “Unsober in a Snap” a member describes what happened when he drifted away from active involvement in the fellowship. The pain of an extended dry drunk finally got him back to a meeting and working Steps 10 and 11.

The second article, on Tradition 10, shows us how a fellow AA was able to apply the lessons of this Tradition to her personal life, and mend a painful relationship with her father.

Both writers show how, if we keep digging, the Steps and Traditions will always have more gems for us!

We hope you enjoy this issue of the Singapore newsletter. It’s full of information about our local fellowship and ways to get involved. In fact, I’d like to say right here, “please send us something for the next Daily Reprieve”! Share your experience, strength and hope in our meeting in print. Not only do we support each other in this way, but we reach out to still suffering alcoholics who may read these hopeful words in IMH, or elsewhere.

All the best and hoping to see you soon.

Claire

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Vacation the AA way – The 17th Annual Thai roundup

Living in Singapore and newly sober, my sponsor suggested I cancel a previously booked trip to Bangkok, concerned I could be tempted to start drinking again in the madness of the city.

A few months later I heard about the annual AA roundup taking place in Pattaya, Thailand. Going to the roundup would give me a chance to ‘safely’ visit the country. The fog was just starting to lift for me then and an AA ‘vacation’ was exactly what was needed to lift my spirits...and my program. My sponsor gave his blessing and off I went.

Pattaya City is a wild place (putting it mildly), crowded with locals and tourists, many of whom are trying to cram as much fun as possible into a 24 hour period. I don’t know if I would have made it out of Pattaya alive if I had visited before getting sober. Turns out, it was very easy for me to stay sober when surrounded by hundreds of AA members from around the world all gathered to share their experience, strength and hope with each other.

The convention took place at the Montien Pattaya Resort and was packed with marathon meetings, workshops, a sobriety countdown, country countdown and speakers from the local fellowship, as well as from the U.S. I went to as many meetings and workshops as I could, and had the good fortune to meet AA members from all walks of life.

One of them, Andy from California, an expat living in Phuket and sober many years, showed me how to get around Pattaya on the ‘baht buses’. We talked ‘program’ and hung out at the closing meeting and sobriety countdown. Andy and I are friends to this day.

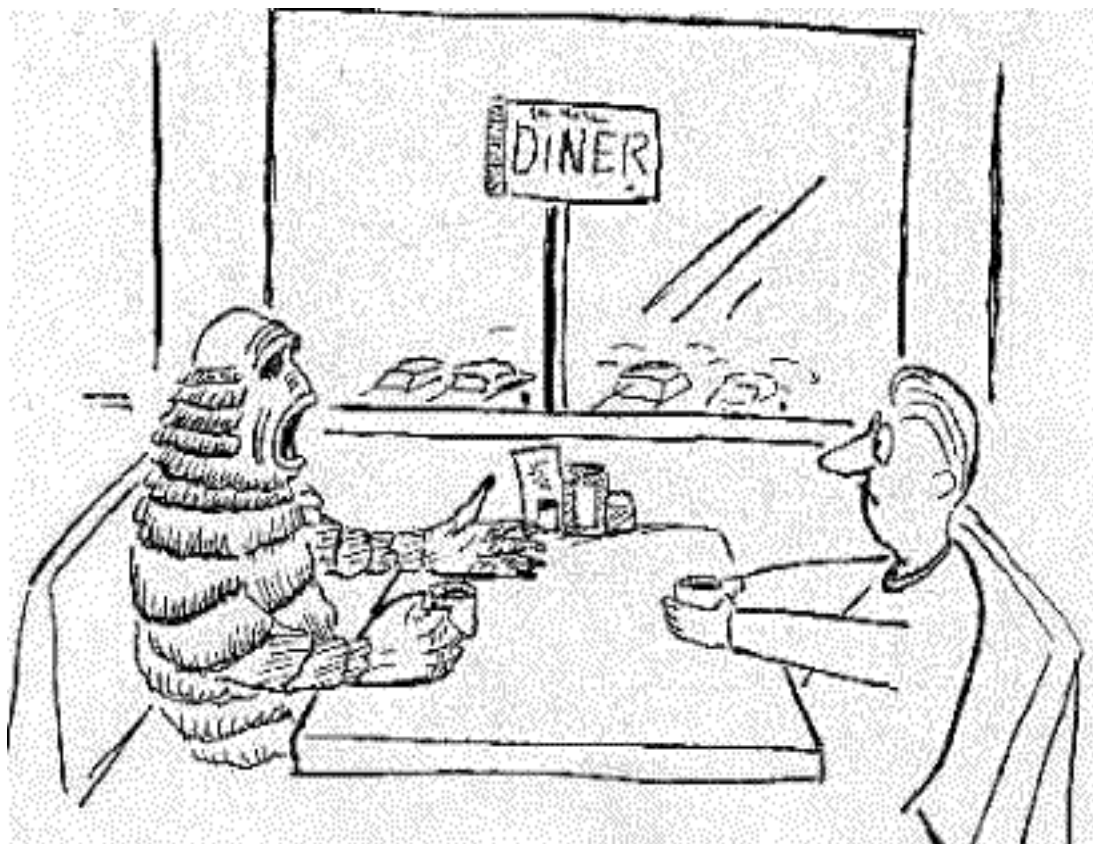
The entire experience was wonderful from beginning to end. I never imagined I would feel so happy again so soon after hitting rock bottom just 6 months earlier. The feeling of acceptance, love and ultimately gratitude at that convention was overwhelming.

I didn’t want it to end...still don’t. So, I just go back, year after year. I have had the good fortune to return every year for the past six years. My room is already booked for year 7!

I write this as the AA fellowship in Singapore puts the finishing touches on its very own roundup. I'll be chairing one of the workshops and helping set up the chairs for the evening meeting. I need to give back that which was so freely given to me by so many wonderful people staying sober one day at a time.

I am an extremely fortunate, grateful man.

Jack B



How did you know I was a new comer?

"The quieter you become, the more you can hear." Baba Ram Dass

*"I searched for God and found only myself. I searched for myself and found only God."
Sufi proverb*

Proud to be an alcoholic - Doreen's story

Hi everyone my name is Doreen and I am an alcoholic. I don't have a problem introducing myself as an alcoholic today, but this was not always the case. I used to just shudder at the word alcoholic. Today it tells me who I am and who I will always be, for the rest of my days.

I did not think I would ever say this in my life, but I am proud to be an alcoholic today, because I now know what is wrong with me. For many years I just could not understand why I behaved the way I did and how I had so much crazy thinking. But once I accepted 100% that I cannot ever drink again in safety, my life started to change.

I have been a member of Intergroup for 2 years now. I am with the Hospital Information and Public Information Committee (H/I & P/I). Again, the things I have done since joining Intergroup have just amazed me.

Now I can stand up and do talks to 300 students. We do talks in schools and colleges of international students. We always get a great array of questions from the students and it's always great fun and I have many laughs too.

I have also made many new friends while doing all this work for the public. I go and meet reporters from newspapers and editors from magazine. I also meet many students who have chosen to study alcohol as a subject.

I also do a lot of talks through a woman I met while speaking at a college. We just got chatting and she organizes a location and members of the public for us to go along and do AA talks.

I have been offered lots of different things through these talks. This lady wanted to give me money for our organization because she had a very good friend that was really in a bad way with alcohol. When I refused she offered us her art studio to do talks any time we wanted.

If anyone out there would like to help out by getting involved with any of this service work, please get in touch with me. Even if you just want to come along and just sit in on the talks that is OK, too.

“If a man could cast a firm and clear glance into the depths of his being, he would see there God.” Tauler

The Tenth Tradition Check List: Practice These Principles

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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Singapore Intergroup News - Fall 2012 Update

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.

Hospitals & Institutions / Public Information Committee

The committee needs a temporary replacement for the Hospitals & Institutions Public Information Rep (Oct 2012 to end March 2013). It would be helpful to get someone who has had this commitment before.

The poster for Doctor's Office/Pharmacy wording to be decided at the next Singapore Intergroup meeting

Institute of Medical Health (IMH) group is running well. There are four regular Chairpersons now. A new IMH Rep starts in September.

Literature Report

Literature rep will create a form for each of the groups to use for ordering.

Groups can contact the Literature rep to order new books.

Grapevine Order: The group discussed the possibility of ordering copies of The Grapevine for Singapore groups. Less expensive alternatives may be reviewed.

Website Committee

A new lead has taken over administration responsibilities for the site.

Reminder: Meeting changes should be communicated to webmaster@singaporeaa.org

Local Group News

Individual groups report strong attendance at Mana Mana and the Sunday Men's meeting.

The Lavender meeting has a new chair.

Raffles Daily Breakfast Group and the Serenity Sisters are seeing strong attendance.

Damien Hall Sunday Night meeting now starts at 6.30pm and ends at 7.45pm.

Important Note: Meetings located at One Raffles Place (Raffles daily breakfast and Serenity Sisters) are now located on the first floor at the Panini restaurant. Please see www.singaporeaa.org for the directions.

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.

Regional AA event schedule

HONG KONG: International Convention

2nd - 4th November, 2012

NEW ZEALAND: 50th Convention at Auckland

18-20 January 2013

PHILLIPINES: 31st National Convention

February 1 to 3, 2013, Cagayan de Oro City

AUSTRALIA: 48th Australian National Convention of Alcoholics Anonymous at Sunshine Coast, Queensland: March 28 to 1 April, 2013

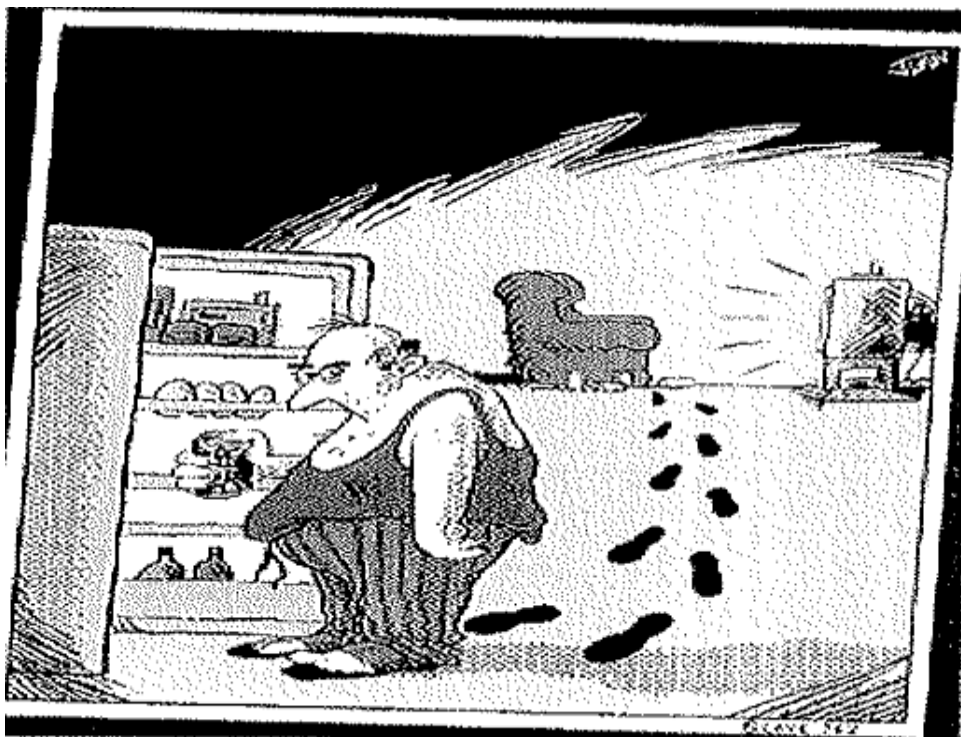
"We don't receive wisdom; we must discover it ourselves after a journey that no one can take for us or spare us." Marcel Proust

The Eleventh Tradition Check List: Practice These Principles

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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Hank's 12-Step Program.

Hospitals & Institutions Public Information Service – An Introduction

When I first began as the Hospitals and Institutions service rep, I first gathered information through the internet and asked other members what to do, because I had not done anything like this in my life before.

For the past two years gone I have done talks at an international school, planting seeds and carrying the message. Usually, I and about three other members attend and we talk to 14 to 15 year old students, but this year the teacher wants us to go back in October to do talks to 16 and 17 year old students.

We have also given talks to international colleges where the ages vary from twenty to thirty years old. We donate many pamphlets and Big Books, and at one location they have set aside a special area in the library to display our pamphlets and materials.

One of the colleges actually had a stall set up where we donated posters and pamphlets for the students to take and it was a big success. We donated about 100 of each pamphlet, all about carrying the message to young people.

We are also active at hospitals around Singapore. Each Thursday members go up to Institute of Mental Health (IMH) to give talks to patients. Most of our donations of Big Books are donated to IMH. We also hold talks at different hospitals, donating books and pamphlets. From time to time we receive phone calls from someone asking for our help. As H&I rep, I also meet up with many other members of the public through our hotline or web site. This involves mostly meeting up to have a chat and tell them what we can do or can't do for them.

The Public Information (P.I.) side of the commitment is also important. At inter-group we are in the middle of composing a poster to display in doctors' surgeries. It is our intention to try and get the poster shown in as many doctor's surgeries as possible. My doctor has agreed to display it, so please don't hesitate to contact us for a poster if your doctor will to. Remember, this all helps to keep carrying the message and planting those seeds.

If anybody reading this would like more information or to help out in doing any of the talks or getting involved with H & I or P. work, please get in touch with me.

-Doreen

The Twelfth Tradition Check List: Practice These Principles

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic? Is my brand of AA so attractive that other's want it?

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The First Annual Singapore Roundup

Our first Roundup with Al-Anon participation kicked off with a combined meeting of AA and Al-Anon. The speakers from both fellowships shared their experience, strength and hope and many were inspired. After both speakers there was a Sobriety Countdown. The oldest sober member was our visiting speaker from Thailand, Danny with 32 years sobriety. There were several visitors from overseas including our friends from Malaysia. What a turn out!

People kept arriving and by midday we had both rooms abuzz with recovery. The venues were amazing for both daytime and evening activities! Action Theatre and Sculpture Square were places with style and a hip feeling about them.

At the dinner, Danny shared his recovery story and kept us entertained with jokes. Although he has been through some seriously hard times, he is quite a comedian! Yes, we can laugh about our past now that we have Recovery and aren't so intense about being important.

It was great to catch up with members of the Fellowship now that it's grown so much. When we only had meetings at Damien Hall, we saw everyone regularly. Now that the meetings are spread all over Singapore it was so good to see people from other meetings, some I've never met before. It's a wonderful life we have in Recovery and when we can have fun together it's even better.

Looking forward to the next one!

Joke corner

*After the husbands fifth trip to the host's bar for refills,
the wife said, "Aren't you embarrassed to go back so many times?"
Hubby: Nope. I keep telling them it's for you.*

*An alcoholic walked into a bar and read a sign that read "All you can drink for \$1.00.
The alcoholic said "I'll have \$2.00 worth please"*

*Two alkie's are fishing on a lake. A genie appears and grants them one wish. One guy blurts out "Turn the lake into beer!" SHAZAM! It happens.
The other alkie, always discontented, says "Oh, great. Now we have to piss in the boat."*

Un-sober in a Snap - In a moment, serenity can disappear

After practicing my disease to the point of perfection, and then becoming bowed and bloody, I finally discovered the way to recovery on August 3, 1979, at the old Bethany Group in Phoenix, Arizona. Al M., God rest his soul, the leader of the newcomer's group, was my first sponsor. He was an old-time, "back-to-basics" individual, and he helped save my life.

I became involved in A. A. I enjoyed a happy, "pink cloud" beginning to my sobriety. This used to upset others because I appeared so damned happy. And at the time, I was. For several years, meetings were of primary importance in my life and I served in many capacities, from sweeping floors and making coffee to leading Big book study groups.

After a couple of years in the program, I became involved with a woman, also in AA. Later, I married her. We celebrated our eleventh wedding anniversary last October. My wife and I have always allowed each other the freedom to grow – or not, as the case may be. She has never suggested that I needed a meeting or a talk with my sponsor. She is always there to listen and give advice, if I ask for help. I thank God for bringing her into my life.

As the years went by, my involvement with AA diminished. I don't know when I lost contact with my sponsor (I had a new one after Al) or got away from meetings. But what saddens me is that I can't remember when I stopped talking with God. Eventually, I began to suffer from fear, insecurity and low self-esteem.

Although I knew about complacency from listening at meetings, this knowledge did not alert me to the fact that I was in deep water and headed for trouble. I'm not sure if complacency is the right word to describe what happened to me, but I do know that, over a long period of time, I had replaced my spiritual priorities with materialistic ones.

We have all had some experience with the insidiousness of alcoholism. Well, I didn't need to drink to be drunk. In a dry drunk, alcohol-i-s-m, or I, Self, and Me, is just as progressive as the wet drunk. My self-deluding con continued, unabated, until I again reached that "bowed and bloodied" stage of surrender.

After many years of ever-increasing anxiety at work and at home, and several relationship crises, I reached my second bottom. In June 1995, I felt as though my world were falling apart. I felt panic, fear, and loneliness – all the same feelings I had when I first came to Alcoholics Anonymous. The pain of continuing had become greater than the pain of

change. It was the ethereal two-by-four (with my name written on it) – and God was wielding it with a passion. I often have said that God hits me once with a two-by-four to get my attention. Then he uses it again to impress the message. Well, I was ready to do whatever it took to feel better...again.

I found my most recent meeting book and called the central office. They were very kind and steered me to a meeting that night. The meeting was hot and humid, but I felt like I had come home; the relief I felt was palpable. It was right.

I did not share with the group that night. I felt a need to listen and gain some kind of sanity. I met several new friends there and went to coffee with one of them. After sharing with this person and listening to suggestions, I went home and cried with my wife. I told her how I felt and what I was planning to do. For me, this was a step forward. I have never been able to express my feeling to my wife without becoming mind-tied – my thoughts go in fourteen different directions at once.

Well, I have been going to meetings almost every night, reading my Big Book, and sharing with other alcoholics. I am searching for a sponsor and hope to have one by the time this is printed. If not, I could be back in trouble.

The whole point of relating this experience is to show that I was unable to maintain my sobriety on my own. In addition, I did not need to pick up a drink in order to experience the alcoholic thinking that got me to Alcoholics Anonymous in the first place. My alcoholic thinking got me drunk and kept me drunk before AA. The same alcoholic thinking got me “unsober” even after I’d found AA.

No matter how much “dry time” I have, in a snap of my fingers, I can be “unsober” if I don’t maintain my conscious contact with God as I understand him, go to meetings, get and use a sponsor, read my Big Book, work my program, get involved, and do service.

Doing these things is the only way I know to maintain true sobriety.

Jay B.

Phoenix, Arizona

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“Wisdom is found in those that take advice.” The book of proverbs

The Tenth Tradition – My Father, Myself

Tradition ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Sometimes, I'm great at practicing the Tenth Tradition. Other times, I'm horrible at it. But my ability to apply this Tradition in my life has grown as I have gotten older in sobriety. I still slip up sometimes, as I think we all do. One guiding principle has become clear to me: I am practicing the spirit of the Tenth Tradition as long as I am sharing my experience, strength, and hope, and not my opinions. By practicing this, I've been able to strengthen my relationships in and out of the rooms, including a difficult relationship with my father.

One of the sayings I've heard in the rooms for many years is, "We go to meetings to give, not to get." For me, the difference between being a "giver" and a "taker" is the quality of what I bring to meetings with me. Am I sharing my experience, strength and hope or am I sharing my opinions? If I'm sharing my experience, strength, and hope, I'm sharing about how the principles I've learned in AA – such as service, unity, reaching out for help, acceptance, faith, or humility – have helped me to live life on life's terms just enough to stay sober for a few twenty-four hours. If I'm sharing my opinions, it sounds different, even to my ears. It sounds more like, "You should do this to stay sober," rather than, "This is what I did to stay sober."

In fact, sharing my opinions even feels different. It's almost as if I can feel the self-righteousness begin to seep out of my pores and coat me and whatever I say in icky, prideful goo. This coating is usually preceded by my hearing something I disagree with in a meeting. Feeling my hand shoot up, I open my mouth to "Correct" what I believe are my sober colleagues' delusions. Why I still feel sometimes, after years of sobriety that it's my job to correct everyone's delusions is beyond me! Perhaps it's more manifestation of self-centered fear. Why else would I feel the need to always be right?

For many years, I would opine in meetings, saying things that were divisive, rude, and hurtful, because I felt that I had the "right" brand of sobriety. Some people I directed my rants at ten or more years ago still avoid me today. I can't say I blame them – it hurt when others did it to me. Talk about doing damage to group unity! For me, the change in my thinking and sharing began when I had about five or six years of sobriety. An assignment from my sponsor meant I was to start practicing the Tenth Tradition with my family, specifically with my dad, as part of my amends toward him.

Basically, I had always felt afraid that I wasn't a good enough daughter for him, that he wished he'd had someone more normal, with fewer tattoos and fewer opinions that differed from his own. My fear that I wasn't good enough turned into a fear that he didn't love me. Being the kind of alcoholic I am and being a person from a loud, opinionated family, I decided that I'd alienate my dad by arguing with him about politics. That way, if he didn't seem to love me the way I wanted him to, I could chalk it up to politics - not to my deepest fears about our relationship.

Of course, that didn't work! In the course of an inventory, I realized that this was a ploy so that I didn't have to have a real relationship with my dad. I didn't want to risk finding out I wasn't what I thought he wanted me to be. I was used to arguing with my dad about politics, so that's what I did. Instead, I had to practice not arguing with him, one day at a time. This was hard - and scary. I actually had to talk to my dad about what was going on in my life, not about what was on the nightly news. It was much more personal. As time went on, it got easier. Still there were a couple of times when I strayed, went into the personality of my politics, and ended up in shouting matches, complete with sullen silences afterwards. As I learned how to have a real relationship with my dad, I learned that I could have a real relationship with other people based on this principle, too.

When I talk about my opinions, I don't leave a lot of room to talk about my feelings, my hopes, my dreams, my aspirations, my life. I leave room for argument, but not for relating. That has been dangerous for me, both inside and outside AA. Arguments usually lead me right back to feelings of isolation, difference, anger, and self-righteousness. These feelings, if left unchecked, could lead me back to a drink if I don't cut out the actions causing them.

I learned in AA of the principle of one alcoholic talking to another in the language of the heart. The logical extension of that principle is talking from the heart, one person to another. To me, this is something I feel I must aim for - it's part of practicing these principles in all of my affairs. And, it allows me to be a giver in terms of my family, my job, and my social affairs rather than expect people in those of my life to kowtow to me.

Part of the reason this idea has become so important to me is that my dad, with whom I so struggled to be real, died about ten years ago. Fortunately, I'd had about four or five years of practicing relating to him, one person to another. I knew, when he died, that he loved me, even though we still occasionally butted heads. I had taken that leap of faith in AA and practiced talking with him, instead of arguing with him. I am not sure if either he or I would have believed in our love for each other had I avoided this work. By

allowing me to have a relationship with him based on love and common ground, my non-alcoholic dad taught me something about AA: I need to have that relation with all of you, too.

Juliet H., Pinole, California

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"Holding on to anger is like holding on to a hot coal with the intent of throwing it at someone else: you are the one that gets burned." Buddha

"Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith." Henry Ward Breecher

Singapore A.A. Weekly Meeting Schedule:

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

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

*Status O=Open C= Closed

**Meeting note: There are no meetings at One Raffles Place on Public Holidays

Do you have a problem with alcohol?

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

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

7 - Has your drinking caused trouble at home?

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

Yes No

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

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

Yes No

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

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

Yes No

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

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

Yes No

11 - Do you have "blackouts"?

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

Yes No

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

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

Yes No

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