

NEWSLETTER MARCH / APRIL 2024

# THE DAILY REPRIEVE

Alcoholics Anonymous Singapore

## Say hello to 2024's first newsletter!

We're thrilled to welcome you to our newsletter! Our goal? To bring us all closer together, bridging our thoughts and experiences across different groups to create a stronger fellowship in Singapore.

We aim to be a space where every perspective matters – regardless of where you are in your sobriety journey or what background you come from, we're proud to represent our collective community here.

This newsletter is a team effort with contributions from many fellows. Huge thanks to all who've shared so far!

We'd love to hear from as many of you as possible! It's **super easy to contribute via this online form** – even just a short quote is much appreciated. And of course it can be **anonymous!** Or if you can, we'd love to feature your personal story – If you need assistance, we can make it easier for you through interview chats with our writers.



Contact the Newsletter committee:

<http://bit.ly/AAnewsletterSG>

Enjoy the read! We hope it provides you with a little daily reprieve, and let's keep this fellowship strong.

- with love from the Newsletter Committee

### AA HELPLINE / SUPPORT:

Hotline or WhatsApp: +65 8112 8089

Email: [help@singaporeaa.org](mailto:help@singaporeaa.org)

## IN THIS ISSUE

### HEARING FROM OUR FELLOWS

- Motivations for "One Day at a Time"
- Tips on Step 3 & Step 4
- Living Sober thoughts on "How do I explain to people I'm not drinking?"

### OUR PERSONAL STORIES

- **WELCOME IN:**
  - A newcomer's first 3 months
- **KEEP COMING BACK:**
  - From relapse to recovery
- **GOD OF YOUR UNDERSTANDING**
  - Open to many spiritual paths
- **BREAKING FREE:**
  - Carrying the message into prison
- **MAD HATTER'S TEA PARTY:**
  - Alcoholism and mental health
- **A PARENT'S STRENGTH**
  - A mother from rave to recovery

### AND MORE

- "Am I an alcoholic?" checklist
- "Have I been coasting?" reflections
- Announcements
- We are Not a Glum Lot
- Meeting list in Singapore

## CHECK YOU OUT

helpful reflections



### “Am I an alcoholic?”

All of us have asked this question. We found out the truth about ourselves — the hard way.

Ask yourself these. Yes answers will tell you if A.A. is for you. If yes, you are not alone. We will be glad to show you how we stopped drinking ourselves. Just call.

- Have I tried to stop drinking for a week or so, but could not do it?
- Have I wished people would stop talking about my drinking?
- Have I changed drinks to try not to get drunk?
- Do I ever need a drink to get going in the morning?
- Do I envy people who can drink without getting into trouble?
- Does my drinking cause problems at home?
- Does my drinking cause problems with other people?
- Do I try to get "extra" drinks at a party because I do not get enough?
- Have I tried to stop drinking but still got drunk?
- Have I missed work or school because of drinking?
- Do I have blackouts — times I cannot remember?
- Have I felt my life would be better if I did not drink?

### “Have I been coasting?”

Whether we have been in recovery for a short while or decades, each of us only has today, a daily reprieve contingent on our spiritual maintenance.

Here are some questions to ask yourself, or go through with another fellow as a checklist to see if you're 'coasting' with your recovery.

- Do you attend meetings regularly?
- Are you actively working on the 12 Steps?
- Do you have a sponsor?
- When was the last time you reviewed your step work with your sponsor?
- How often do you communicate with your sponsor?
- Are you open and honest with your sponsor about your challenges and progress?
- Are you involved in any service positions within your group or at events?
- Do you engage in daily prayers, meditation, or other spiritual practices recommended by AA?
- How do you handle resentments, anger, or frustrations?
- How often do you check in with other fellows?
- Is staying sober your top priority?



# WHY WE STAY SOBER

We asked around the Singapore AA Fellowship what are their personal motivations for sobriety; what gives us strength and hope? As always, the fellowship answers:

I so much prefer living life sober to how I used to live my life when I was drinking. I can experience peace today as a result of being sober and having a connection with a higher power.

I'm inspired by fellows who have their careers take off, build beautiful homes and families through recovery.

The privilege to be of service to others and the freedom from drama and destruction

One day at a time is brilliant. For today I will stay clean and sober but I maintain the option to drink and use tomorrow, BUT NOT TODAY. This eases my discomfort having to promise I will never drink or use again - I can't do 'never', I can do 'today'.

I'm terrified by fellows with 30 year sobriety, who picked up one drink and are now ending up in hospital regularly, but convinced they can control-drink. The insanity is real; the insanity is in me.

Remembering my rock bottoms and how I was on my day 1 coming in always helps remind me I do not want to go back. No matter how bad today is, it's better than what I was before.

## What motivates YOU?

Share with us for our next newsletter issue. Just 1-3 sentences will do!



<http://bit.ly/AAnewsletterSG>

## STEP OF THE MONTH – MARCH

hearing from our fellows

# STEP 3:

## Made a decision to turn our will and our lives over to the care of God as we understood him

We all need help working the steps, and that's what the fellowship is for!

Here's some of our experiences and tips on this step. Just do it. It works if you work it.

“

Step 3 took time for me to understand. As I progressed thru the rest of the steps, I came to realize step 3 is asking me to trust the process, do what's necessary and don't predict or worry about the outcome – that's in my Higher Power's hands.

”

Step 3 is in many ways the cornerstone of my sobriety. Without the courage to hand my life over to God, I would more or less constantly be back to my old ways, floating around like a rudderless ship.

“

Step 3 was hard. Finally I understood that your higher power is in the works and what good you put out will come back for you. Have a little faith.

”

It's just humility that we don't know everything, and letting go the need for control which comes from fear.

After I became willing, I did the actions of prayer daily. Over time I felt something in me handing over my fears – and perhaps something else receiving it. Little by little, as life goes on, I have been surrendering more and more to God. It is not blind faith because there's evidence of how good my life is around me. All this happened because of Step 3 and letting go of my Ego/Fear.

“

This still is very challenging for me as an agnostic TBH – but I use the fellowship as higher power; people and connections with a wider universe as guidance. My sponsor taught me "Spirituality is not religion" – it just has to be something bigger than just me, myself, my ego.

**In our next issue, we discuss Step 5 and 6 – got any tips?**

Share to help other fellows!  
Just 1-3 sentences will do.



http://

**bit.ly/AAnewsletterSG**

## STEP OF THE MONTH – APRIL

hearing from our fellows

# STEP 4:

## Made a searching and fearless moral inventory of ourselves.

We all need help working the steps, and that's what the fellowship is for!

Here's some of our experiences and tips on this step. Just do it. It works if you work it.



Step 4 was tough (it took me months) but really liberating and insightful once done and I saw all the patterns. Don't overthink – just sit down and DO IT! P.S. You'll probably re-do it in future too, so it doesn't have to be “perfect” the first time.

Step 4 is not just a blame game. The point of the 4th column is not to simply accept all the blame, but to take responsibility for my emotions. What did I do then and what am I STILL doing now to pour kerosene on the fire to make me RE-FEEL (re-resentment) the anger, injustice or betrayal?

As I understand it, the purpose of 4th Step inventory is to allow us to face and get rid of the things that have been blocking us from our Higher Power.



My first time doing step 4 was daunting! I procrastinated a few months after doing the writing for 3 resentments. I couldn't face the truth about myself – selfish, self seeking and childish. Thankfully my sponsor patiently sat with me and together we did it over 2 days. I'm so grateful for her patience. I learned that my defects are my defence and that I'm not a bad person but just sick.



Coming into AA with the gift of desperation, listening with an open mind, I heard how Step 4 was a game changer. However eager I was to get on with step 4, greedy for recovery, I got to doing it 9 months in. In hindsight, I was ready only then! It was a relief the first time and every other time I've done it!

Step 4 was revealing for me. It forced me to confront my shadows honestly, which I had never done. Though painful, acknowledging my flaws and past behaviors was crucial for healing. It was a step toward true freedom.



The hardest for me was the “Where's my fault” / “What should I have done instead” – I learnt not to dwell and get stuck too long and talk it through with your sponsor.



**In our next issue, we discuss Step 5 and 6 – got any tips?**

Share to help other fellows!  
Just 1–3 sentences will do.



<http://bit.ly/AAnewsletterSG>



# "How do I explain to people why I'm not drinking now?" - Living Sober Page 66

Living Sober in Singapore - how does it apply? We share a few thoughts from our own experiences across our fellowship. Do also check out the book's readings for more!

If they really ask me, I wonder if they need help.  
So I pluck up courage and tell them I'm an alcoholic. I've found that people are generally very nice and supportive about it once they know.



In the early days, I relied on suggestions in the Living Sober book. Over time, it became easier to just say, "I don't drink". Occasionally, I get asked if I ever drank. I usually answer that I did used to drink, but I stopped, it's not good for my health. People don't generally probe deeper than that.

When asked I say I don't drink, perhaps tomorrow, but not today. When asked why not, I say I don't want to break out in handcuffs. That usually paints a sufficient picture.

I just tell the truth if I have to. If not, I'll just let them assume their own story if it is to my benefit.



I don't bother explaining it much to strangers / new people - Just a simple "No, I don't want." is usually enough if my tone is firm. And always helps if you already have a beverage in hand! For people who knew me before, I am very honest that I'm now in AA recovery and they become very supportive as they have seen how bad I was.



I am allergic  
I am making healthy choices  
I already completed my drinking career



Next issue, we ask "Is it necessary to give up old companions and habits?"

Share to help other fellows!  
Just 1-3 sentences will do.



Link to the Living Sober pdf book

http://

[bit.ly/AAnewsletterSG](http://bit.ly/AAnewsletterSG)

## WELCOME IN a newcomer's story



# My first 3 months - by Ed-T

### What was the turning point that made you seek help?

When I realized that my body was not functioning as well anymore and that I was physically abusive with my ex-girlfriend at that time. I asked her to be a motivator for me to at least cut down or quit but she got more addicted than I ever was. That was when I knew I needed help. I wasn't in the right state of mind.

### Briefly describe your life prior?

I started drinking in early teenage years on family holidays. The older boys on the tour were drinking and my father, an alcoholic too, allowed me to drink. Drinking and smoking came like second nature. From then, I would sneak some drinks from my father hoping he wouldn't realize, or that he was too drunk. Now I know he's not that dumb to fall for my lies. After my father passed away, my mother did not control any of my drinking and my drinking career soared. Drinking daily to sleep or blackout. My peak was in my mid 20s when I was working the service industry. My boss, also alcoholic, endorsed drinking on the job for more sales. So to "level up" my tolerance, I bought a 5L whiskey and finished it in within a month. Convincing myself that I HAD to drink to sleep, even though I was already in my cups from work. I blacked out, overslept, drove hangover to work, just to start it all over again.

### What are your biggest sources of strength or motivation?

The fellowship is a huge source of motivation. These are people who understand what I am going through, what I feel, and how to overcome hurdles!

### How has your relationships with family and friends change?

It's hard explaining to people who are not alcoholics, but there are those close friends who have the same drinking patterns and know the struggles. Now that I'm off alcohol, I can see that my friends genuinely care for me. I try to get my mother to go to BRIDGE (a session available at NAMS IMH) albeit not being an AA session, it's a glimpse of it so that my family can understand my experiences and that I'm not alone.

### What has been most effective in overcoming cravings or triggers?

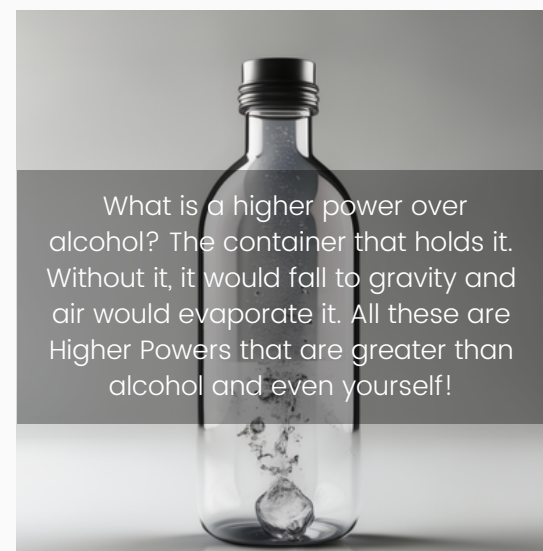
Keeping your mind active and focused and not at your usual fix timings. Sleeping on a regular pattern helps too! Although it would take some time getting adjusted back to "normal", it will be all worth it. Another method will be the "diet pattern". When one starts a diet, oftentimes one would say "I'll start it tomorrow", use the same method for alcohol, "start it tomorrow" just get through this 24 hours, one hour at a time, and repeat it again and again.

### What are the biggest challenges you faced in your recovery?

Withdrawals and temptations are your biggest enemies. Withdrawals will tell you that you need a fix for your screwed up sleeping patterns but that is false. Temptations will tell you that you are safe now and can drink, but that is also false. It is something that I do not want to challenge or test anymore after being in the program for 3 months.

### What's the most significant moment or milestone in your recovery?

In my second month of recovery, Step 2 just clicked. The Buddhist Heart Sutra teachings says "Matter is no different from emptiness, emptiness is no different from Matter. Matter itself is emptiness, emptiness itself is matter." If drinking is my "everything" and if "everything means nothing", then for what reason do I drink if it has no meaning?



What is a higher power over alcohol? The container that holds it. Without it, it would fall to gravity and air would evaporate it. All these are Higher Powers that are greater than alcohol and even yourself!

**KEEP COMING BACK**  
from relapse to recovery

Welcome  
Back 😊

# Understanding oneself - returning to recovery from a relapse

- by Anima Contenta

## What was life like before recovery?

I started drinking in my early 20s when I had moved abroad to further my university studies. The university and work settings - constantly managing my full-time career with part-time studies and the self-imposed pressure on yearly exams throughout my 20s and 30s contributed to the development of my drinking lifestyle.

Alcohol was an escape. It helped me to escape from my emotional turmoil and to access a perceived sense of peace and freedom from my emotions and feelings.

Dinking caused my emotional engagement with others to become sporadic and unpredictable. Towards the end, my alcoholism had started to severely impact my work performance and my personal life.

## What happened with your relapse and what brought you back to recovery?

I had a breakdown in my romantic relationship, missed my appointments, was emotionally absent from social situations and found myself spiritually distant from god.

My relapse gave me further realisation of myself. It was the time leading up to my relapse and after it that I had come to realise that I was putting too much on myself with multiple things happening at once. I understood that my people pleasing trait created a large fog for myself and clouded my judgement.

These turning points in my life had provided me with the insight that I needed to rebuild a foundation which set me up for my recovery.

## Any suggestions or insights for those that are struggling?

Take it one day at a time.

Park our self-will and desires.



My favourite painting gives me a sense of serenity and content with myself





## Being open to many spiritual paths

- by Humbled Pie

### What was it like before and how did you come into AA?

I started when I was 13. It was initially very social and about good times with friends, letting loose and having fun. By 17, I was using alcohol to deal with depression. Alcohol was always used to self-medicate even from a young age, whether it was to make fun even more fun or to ease the depression. Prior to recovery, I always found it hard to open up to people or find healthy ways to deal with difficulties.

I turned around on a hangover when I felt I have lost the power of choice - feeling like there's a demonic force in me that still wanted to drink more. The next day I walked into my first meeting in Singapore on 31 July 2022.

### Your best moment in sobriety?

On my 1-year anniversary, I was in IMH and my old sponsor came to pass me my chip. The love from the followship coming to visit me in IMH. Even as I was suffering so much from my mental health, tempted with depression, anxiety, and panic attacks, I didn't drink and knew it was not a solution.

The biggest change has been my relationship with myself: regaining self-respect, accepting my past and my imperfections to seeing myself as I am. And learning how to trust people.

### What do you think of Spirituality?

My spiritual experience began when I went back to church after many years with an open mind after coming to the program. While I didn't fully accept the theology back then, I found myself able to be okay with disagreeing. That was when I asked god to reveal to me the insanity of my life in humbleness. I literally saw a movie of my life how alcohol made it unmanageable and crazy.

I've always been open to many spiritual paths. I explored bhakti yoga and Hare Krishna movement which is the devotional service to god. It all comes from a place of being of service. It strengthened my spirituality and taught me humility and service in the form of washing pots and pans, preparing sacred food and serving fellow devotees.

In my spiritual quest, I discovered Christian meditation. I went from reciting the Hare Krishna mantra to reciting "Maranatha". It almost seems like coming full circle after a 10 year exploration of yoga that led me back to my Christian roots.

Who knows where I'll go from here? I am just as excited to be open to different channels of how God speaks to me at various times of my life. At this point, I don't feel a need to be religious nor shut the door to other forms of spirituality to be in a relationship with god and to be of maximum service to others.

### Any advice for other fellows?

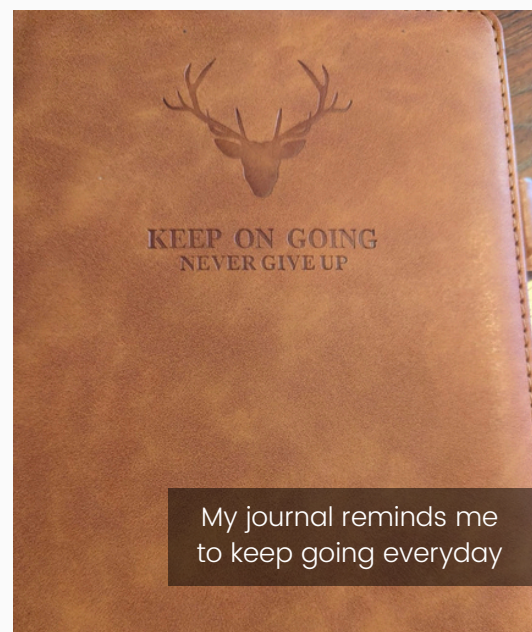
Might I suggest the 3 basic H.O.W, and there'll be a good chance this program will work

- **Honest** with oneself and others
- **Open-mind** to what we're not used to
- **Willingness** to give it a go

Being of service by committing to service positions and going to meetings get me out of myself.

What also helped is the concept of "playing the tape forward", how the first drink would lead to another and another and not just fantasizing how great the first drink would be, to see the negative outcome it'd inevitably produce.

My most effective coping strategy to overcome cravings or triggers is talking about it, in meetings and with my sponsor. That's important.



My journal reminds me to keep going everyday

**BREAKING FREE**  
our experiences with institutions

# Carrying the Message into Changi Prison

- by Alex

I have never been jailed. So when the prison service was announced, I was scared, but recovery taught me "Always say YES to service requests", so I "went in" on a hot Saturday afternoon. What is prison service like? It takes time to clear all security checkpoints, set up the meeting room, and now that I live in Johor, Malaysia, travelling to and fro Changi Prison can take half a day easily - It's a lot of effort!

So why do I do this? Partly because as Bill said, "I'm just so damn grateful. I can't help giving it back." Also because I'm a very sick alcoholic who needs a hard-core recovery program. **I get a huge buzz out of meeting a bunch of newcomers, who may be hearing about the AA solution for the first time. Deep inside I'm thanking them for my sobriety.**

The inmates shuffle in, with short cropped hair and slippers. We sit in a circle and there is an energy in that room. Step 1 is about hopelessness, defeat. Where else can you find more defeat than in a prison? These men come to the AA room with a lot of pain, suffering and hopelessness. We share personal stories that hopefully they identify with, a recovery example they want, and the solution. We're presenting the message to men who may be at their bottom finally.

This is a sacred duty charged to me by Bill, Dr Bob, Sister Ignatius and Dr Silkworth. I'd be selfish if I did not reach out to others at their bottom and share the solution. I cannot close my eyes and turn my face away from the suffering alcoholic. I pray I may be of use to someone.

Suddenly I have something to give: the solution. **I get to share my story, hoping someone would identify "That's me! I drink like this!", and maybe one day say, "I want what they have, how do I get it?".**

Every prison trip transforms me. I have met other A.A. fellows who keep coming back every Saturday. It feels like a heady spiritual rush. When we walk out, we are firm friends. We know each other intimately and are grateful to be able to walk out, when all those fellows can't (for now).

I feel hollowed out and refilled with the Sunlight of the Sprit. **In that place of brutal truth, there is no more room for falseness.** My heart is filled with a humble gratitude. It could have been me in their place.

I've been granted freedom and a new way of life - one day at a time; This is the true connection I longed for when I was drinking.

The only way I get to keep this attitude is by "going back to jail", and carrying the message.





## Accepting all parts of myself - by Wahderer

I had no denial I was alcoholic; my life was a clear mess. The hard part was I felt I still needed my drinks to cope with every emotion. When happy, I chased the high. When bored, I needed distractions to avoid silence. When sad, I needed to drown my pain or have permission for a big drunk cry.

My ex got me into therapy and eventually a psych. For months, I was treated for depression while being a daily drunk and manipulating doctors. It worked for a while before it fell apart. I hit a manic episode with coffees and antidepressants every morning, working non-stop through the day, drinks and parties and men every night - repeat with no sleep for 7 days. I excitedly spoke freely to the doctor as I thought it proved I was healed and doing great.

"Depressed people don't do that", the doctor said. "You're bipolar", he added, suggesting hospitalisation too. "Hell no", I went hysterical and literally ran away. What did I do next? I drank with panic and vengeance. 6 friends had to rotate babysitting me that night. I blacked out and apparently told everyone "I'm not crazy" repeatedly 100s of times. **It was very difficult for me to accept the "crazy" diagnosis - much like my earlier years denying alcoholism.** Without much choice, I received new medication etc. but I resented it all. What did I do with this fear and resentment? Drank more.

When I quit drinking, I also threw out all my meds. I wanted to try a clean slate - seemed reasonable then. Early sobriety was tough but I got to my 6 months on a good note - I ran a half-marathon and started 2 jobs. Pink cloud maybe? Mania back maybe? Who knew, didn't matter, it just felt amazing.

My ego thought I was above it all and life beckons me differently. I wanted desperately to start afresh without my people places things and without AA or doctors. So I gave up everything in Singapore and went solo traveling long term.

My travels were amazing, and so I chased that euphoria. I wondered if I've gone too far when I found myself inside a raw forest alone at night in pitch black, and the next day standing on a steep mountain cliff on a remote island in Greece. Non-stop adventures with minimal sleep went on for months. My mind pushed my body so far I fell sick a lot. Then came a sharp drop into depression... again.

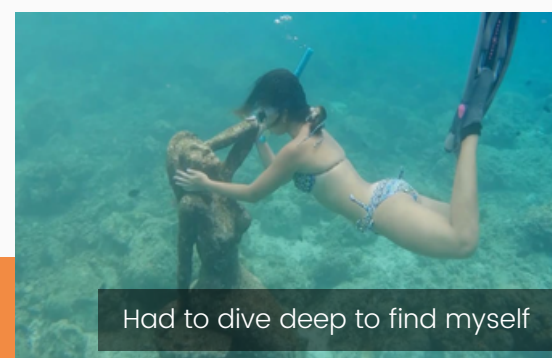
I returned to Singapore and AA feeling more broken, but surprisingly still sober. When I got my 1 year chip, I felt suicidal instead of celebrating. I was resentful that sobriety did not solve everything and hopeless that the miracle was not for me. I felt different from other fellows and their recovery - something was missing.

I got my big "That's me!" moment when a fellow spoke of his bipolar. **"The Doctor's Opinion" mentions "There is the manic-depressive type, who is, perhaps, the least understood by his friends, and about whom a whole chapter could be written."** It's a pity the Big Book never wrote that chapter but I read more AA literature about alcoholics with mental health issues - Everything finally clicked.

I reconnected with my sponsor and befriended more fellows. I found a new doctor for therapy and meds. This time with rigorous honesty, vulnerability, and willingness to face the work.

I have to accept both my mood disorder and alcoholism. The hard truth is I still get episodes, but I deal with them better now. I know now not to take either for granted. If I'm not sober, I can't face my mental health. If I don't manage my mental health, I will drink or act out in some way. As I face my ups and downs, each time I get more humbled into acceptance of who I am and what my recovery is.

As I speak up more about mental health, more fellows and friends open up too. We're not alone, and our best support is each other.



Had to dive deep to find myself

A PARENT'S STRENGTH  
doing it for our kids



# A Mother's Journey from Raves to Recovery

- by Geena K

Let's get real for a sec. My life story isn't one of those inspiring comeback tales from movies. It's rougher, rawer – about a gal who lost herself in the party scene, got caught in addiction's grip, and then fought tooth and nail to get back up. Why? **For the brightest light in my life – my son.**

At 16, partying felt like freedom. But soon, that 'freedom' turned into missed work, broken promises, and a life that felt out of control. I was spiraling, and I didn't even see it.

Then, it hit me hard. I was on the brink of losing everything – my job, home, and sanity. The worst? The distance growing between me and my family. That's when I knew I had to pull myself out, no matter what.

Recovery's been a wild ride. **Imagine juggling guilt, fear, and endless therapy sessions, all while trying to be the best mom.** There were moments I thought I couldn't do it. But I'd look at my son and everything clicked. He's my why.

Rebuilding my life wasn't just about fixing me – but about mending fences with family, sifting out who were real friends, and finding a family in my support group. These guys, they get it. They've been the net catching me every time I felt like falling.

The game-changer? Hitting one year of sobriety. That day, surrounded, my family, and my recovery family, I realized the power of our struggle. **It's not just about staying sober; it's about rebuilding, step by painstaking step.**

Today, I'm not just living; I'm thriving with a mission – to be there for others. If my messy, bumpy journey can light a spark of hope in even one person, then every struggle was worth it. **We're stronger together. Let's keep fighting the good fight.**

One day  
at a time,  
never look  
back or  
think too  
far ahead...

GEENA K



My son's cuddly toy

# ANNOUNCEMENTS as of 1 May 2024



## Service Positions Available

Service keeps us sober! Our fellowship needs volunteers - and you can help.

### HIPI outreach at NAMS / ANGSANA

5 fellows (1 chair, 4 fellows) are rotated to facilitate meetings and carry the message.

- Requirement: 3 months sobriety
- Support at least 1 meeting a month
- Location: near IMH, 10 Buangkok View

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• **NAMS:**                      **Every Wednesday 7-8pm**  
(Addictions centre)      **Every Saturday 2-3pm**

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• **Angsana:**                      **Alternate Fridays 7-8pm**  
(Welfare home              **Primarily males**  
for the destitute)

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**Contact Albert / Andrew B. / Nigel 98762916**

### HIPI Development

Support needed to help expand outreach initiatives (e.g. coordinate with institutions, facilitate open meetings, drive communications etc) to

- family service centres
- hospitals and professionals
- youth outreach in universities and polytechnics

**Please contact Ary 85115032 to join the HIPI committee.**

### AOSM 2025 in Singapore

Asia and Oceania Service Meeting (www.aosm.org) has selected Singapore to host the next meeting from 16-19 October 2025. If you'd like to be involved in planning or hosting, please contact Dane at 9848-2050.

### NEWSLETTER COMMITTEE

Contact us through >> [bit.ly/AAnewsletterSG](http://bit.ly/AAnewsletterSG)

- Requirement: 1 month sobriety
- We work online and meet in-person on alternate Saturdays 6pm at Promises Novena

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• **Interviewers**      to collect contributions from fellows

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• **Writers**              to help contributing fellows write their personal stories

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• **Designers**              appreciate anyone familiar with Canva and/or with design abilities

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• **Web Creators**      appreciate anyone with experience or interest in web CMS (content management systems) to digitalise the newsletter online and/or email.

### **Contribute to the next newsletter issue!**

Share to help other fellows!  
Just 1-3 sentences will do.

[http://](http://bit.ly/AAnewsletterSG)

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# ANNOUNCEMENTS as of 1 May 2024



## Upcoming Events



**Bali Round-up  
7-9 June 2024**

<https://megatix.com.au/events/bali-international-round-up-2024>



**Singapore AA Round Up 2024  
19 October 2024  
Save The Date**



**Walking Meetings  
1st Saturday each month**  
<https://chat.whatsapp.com/IYKNqVrOllhLcDKQq4LcT8>

## New Meetings



**4th Dimension  
Every Friday | 3:00pm | Online**

Topic: Big Book

Meeting Number: 812 0290 5202

Passcode: 123

[https://thdim.link/Fri1500\\_DailyReflectionPlusTopic](https://thdim.link/Fri1500_DailyReflectionPlusTopic)



**Friday Night Ladies Meeting  
(Singapore International)  
Every Friday | 8:00pm | Online**

Topic: Big Book

Zoom ID: 814 4975 4937

<https://us02web.zoom.us/j/81449754937?pwd=eXISZTYxTUJPUWdk2YkVhbU4ybzhldz09#success>

the newletter, online & email



# Alcoholics Anonymous Meetings in Singapore



UPDATED AS OF 2 MAY 2024

## MONDAY

**6:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside  
Zoom Meeting 428-730-929 (Password: 049407)

**7:30am 4th Dimension**   
There is a Solution  
Zoom Meeting 269-766-769 (Password: 123)

**7:30am Boat Quay Group**   
Speaker  
Healthy Soba III, 1 Raffles Place #04-47

**12:30pm Damien Hall**   
Daily Reflections  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**12:30pm Katong Family**   
Big Book  
Zoom Meeting 894-0509-2925

**3:00pm 4th Dimension**   
Daily Reflections  
Zoom Meeting 828-5156-4168 (Password: 123)

**7:00pm Damien Hall**   
Beginners  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:15pm Design For Living**   
Big Book  
Funan, 107 North Bridge Road, Level 7  
(Use Lift Lobby A to Trehaus)

**8:00pm 4th Dimension**   
Beginners  
Zoom Meeting 891-0399-0455 (Password: 123)

## TUESDAY

**6:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside  
Zoom Meeting 428-730-929 (Password: 049407)

**7:30am 4th Dimension**   
There is a Solution  
Zoom Meeting 269-766-769 (Password: 123)

**7:30am Boat Quay Group**   
Speaker  
Healthy Soba III, 1 Raffles Place #04-47

**12:30pm Damien Hall**   
Big Book  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**12:30pm Katong Family**   
Big Book  
Church of the Holy Family, 6 Chapel Road,  
Emmaus House First Floor Meditation Room

**3:00pm 4th Dimension**   
Daily Reflections  
Zoom Meeting 858-7942-1917 (Password: 123)

**7:00pm Damien Hall**   
Daily Reflections  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:30pm 11th Step Novena**   
11th Step  
Church of St. Bernadette, 12 Zion Road  
Zoom: <http://4thdim.link/5tBernadette11thstep>

## WEDNESDAY

**6:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside  
Zoom Meeting 428-730-929 (Password: 049407)

**7:30am 4th Dimension**   
Sunrise Gratitude  
Zoom Meeting 852-3605-4516 (Password: 123)

**7:30am Boat Quay Group**   
As Bill Sees It  
Healthy Soba III, 1 Raffles Place #04-47

**12:30pm Damien Hall**   
Living Sober  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**3:00pm 4th Dimension**   
Gratitude  
Zoom Meeting 669-009-339 (Password: 123)

**5:00pm 4th Dimension**   
Speaker: We are Not a Glim Lot  
Zoom Meeting 868-5181-4779 (Password: 123)

**7:00pm Damien Hall**   
As Bill Sees It  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:30pm We Care**   
Beginners Big Book  
We Care Community Services, 11 Jalan Ubi,  
#01-41 Block 5, Serenity Room  
Zoom Meeting 869-5585-8569

## THURSDAY

**6:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside  
Zoom Meeting 428-730-929 (Password: 049407)

**7:30am 4th Dimension**   
12 Steps & 12 Traditions  
Zoom Meeting 706-535-288 (Password: 123)

**7:30am Boat Quay Group**   
12 Steps & 12 Traditions  
Healthy Soba III, 1 Raffles Place #04-47

**12:30pm Damien Hall**   
Daily Reflections  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**12:30pm Katong Family**   
Living Sober  
Church of the Holy Family, 6 Chapel Road,  
Emmaus House First Floor Meditation Room

**3:00pm 4th Dimension**   
Daily Reflections  
Zoom Meeting 501-700-330 (Password: 123)

**7:00pm Damien Hall**   
12 Steps & 12 Traditions  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:00pm FSC@Clementi**   
Living Sober / Damien Outreach  
Block 346, Clementi Ave 5 #01-32, Foundation  
of Rotary Clubs SG Family Service Centre

**8:00pm 4th Dimension**   
Beginners  
Zoom Meeting 844-4893-6558 (Password: 123)

## FRIDAY

**6:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside  
Zoom Meeting 428-730-929 (Password: 049407)

**7:30am 4th Dimension**   
3rd Step  
Zoom Meeting 865-9509-9473 (Password: 123)

**7:30am Boat Quay Group**   
Beginners  
Healthy Soba III, 1 Raffles Place #04-47

**12:30pm Damien Hall**   
12 Steps & 12 Traditions  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**12:30pm Katong Family**   
A Design For Living  
Church of the Holy Family, 6 Chapel Road,  
Emmaus House First Floor Meditation Room

**3:00pm 4th Dimension**   
Big Book  
Zoom Meeting 812-0290-5202 (Password: 123)

**7:00pm Damien Hall**   
Speaker  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:00pm Higher Power**   
Happy Hour  
Speaker  
Fairfield Methodist Church, 1 Tanjong Pagar Rd,  
Room 103 off main floor

**8:00pm 4th Dimension**   
Women's / Big Book  
Zoom Meeting 814-4975-4973 (Password: 123)

## SATURDAY

**7:30am Boamarang**   
Eye-Openers  
60 Robertson Quay #01-15 The Quayside

**8:00am East Coast**   
12 Steps & 12 Traditions  
St. Marc Bakery & Bar, 920 ECP #01-09

**8:00am 4th Dimension**   
Just For Today  
Zoom Meeting 879-0953-0873 (Password: 123)

**8:00am Sentosa Unity**   
12 Steps - Living Sober  
Cape Royale, 25 Cove Way (After passing the  
condo entrance, turn left, passing 2 pools to  
arrive at the 2nd BBQ unit)

**8:30am Boat Quay Group**   
Gratitude  
Healthy Soba III, 1 Raffles Place #04-47

**10:00am Serenity Sisters**   
Women's  
Church of St. Bernadette, 12 Zion Road  
Multi Purpose Room 2

**3:00pm Damien Hall**   
Daily Reflections  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**7:00pm YPG@Novena**   
Young People  
12 Steps & 12 Traditions / Speaker  
(YPG may stand for Young People's Group,  
but all ages are welcome)  
Novena Medical Center #11-16

**8:00pm 4th Dimension**   
Week in Review: Gratitude  
Zoom Meeting 567-928-650 (Password: 123)

## SUNDAY

**8:00am East Coast**   
Big Book  
St. Marc Bakery & Bar, 920 ECP #01-09

**8:00am 4th Dimension**   
Beginners  
Zoom Meeting 897-1284-2468 (Password: 123)

**8:15am Sunday Men's**   
Men's  
313 @ Somerset, 313 Orchard Road  
Balcony at the back of Starbucks on Level 2

**10:00am Rainbow**   
LGBT  
(LGBT focus, but everyone is welcome)  
Ongchaga, 57 Pagoda Street  
Zoom Meeting 847-3394-6235 (Password: 123456)

**3:00pm Damien Hall**   
Big Book  
Church of the Blessed Sacrament, 4th Floor,  
St Thomas Room, 1 Commonwealth Drive

**5:00pm We Care**   
Big Book  
We Care Community Services, 11 Jalan Ubi,  
#01-41 Block 5, Serenity Room

**8:00pm 4th Dimension**   
Week in Review: Gratitude  
Zoom Meeting 567-928-650 (Password: 123)

## LEGEND

- Central locations
- West side locations
- East side locations

- Online Meetings  
Join on Zoom
- Hybrid Meetings  
Join in person or on Zoom

- Open Meetings  
Everyone is welcome, including  
non-alcoholic observers

SEE WEBSITE FOR FULL MEETING DETAILS & LINKS

[singaporeaa.org/meetings.html](http://singaporeaa.org/meetings.html)



## Don't so serious la... We're all in this together kay?

“We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it!”

- page 132 of the Big Book



me: I'm gonna start eating healthy  
Also me: treat yourself one last time,  
you deserve it



“Isn't that your 3rd plate?”  
**Me:** Isn't that your 3rd husband?



ME: 'Hello. Is this the helpline for alcoholics?'  
'Yes, it is'  
ME: 'How do I make a Mojito?'

