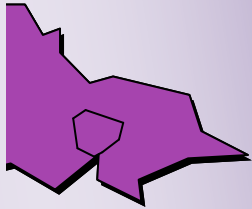


September 2018  
Volume 9, Issue 3

# D-Liberation



**We're on the web!**

See us at  
[www.ared.org.au](http://www.ared.org.au)

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## Note from the editor

This edition of the Area D newsletter has some good reading, about sobriety, recovery and service- exactly what people like us need. If you happen to be bilingual, or trilingual there's a call to action, from those organising 12<sup>th</sup> Step Rosters.

There's an important letter from the General Service Office; group secretaries, please ensure this information about copyright and charities reaches your group, especially your literature person.

As I mention in every newsletter, I'm grateful for a day of sobriety – something I reflect on each day of my new sane and joyous life (well, mostly sane).

The last newsletter featured a women's journey in AA, told in question and answer format. One reader commented that this might be a really good way for groups to capture the voice and history of older, sober members for newcomers. If you decide to do this, please send in the resulting writings for all of us to share.

A note to all groups: **beware the missing meeting** over December and January! If your group is not opening up over Christmas or New Year, please advise members via AA Times. All sober alcoholics know that this is a tricky time for us, so please don't let newcomers think they can find a meeting, if you know they can't.

Deadline for members' stories or group reports for next issue: 30th November 2018 [arednewsletter@gmail.com](mailto:arednewsletter@gmail.com)

*Most certainly I was powerless over alcohol, and for me my life had become unmanageable. It wasn't how far I'd gone, but where I was headed.*

*It might have been worse, The Big Book, 4<sup>th</sup> Edition, p354*

## Area D Committee Contact Emails & Vacancies:

Area Position	Email Address	Vacancy
Chairperson	<a href="mailto:areadchair@gmail.com">areadchair@gmail.com</a>	(vacant in December!)
Secretary	<a href="mailto:theareadsecretary@gmail.com">theareadsecretary@gmail.com</a>	(vacant in December!)
Treasurer	<a href="mailto:areadtreasurer@gmail.com">areadtreasurer@gmail.com</a>	
Delegate	<a href="mailto:areaddelegate@gmail.com">areaddelegate@gmail.com</a>	
Literature	<a href="mailto:areadliterature@gmail.com">areadliterature@gmail.com</a>	
Registrar	<a href="mailto:areadregistrar@gmail.com">areadregistrar@gmail.com</a>	(Vacant in December! Information below)
Public Information	Vacant	Vacant
Area Newsletter	<a href="mailto:areadnewsletter@gmail.com">areadnewsletter@gmail.com</a>	
Area Webmaster	<a href="mailto:areadwebmaster@gmail.com">areadwebmaster@gmail.com</a>	

Position Descriptions for vacant roles are available on the Area D Website - [aread.org.au](http://aread.org.au)

## Service Position – an opportunity:

After my two years of service in the **Area D Registrar** position, it is time for another AA member to have this opportunity for service to the organisation. Service is the Third Legacy of A. A. – following behind Recovery, the First Legacy, and Unity, the Second Legacy. As the pamphlet states: “Service to others and to the Fellowship reminds us that we owe our sobriety to the work of earlier members”

Through service I have begun to learn about the structure and the history our fellowship and to feel a part of the broader organisation. My recovery has been strengthened by being of service to others - by giving I have received. For this I am grateful.

I encourage members to consider volunteering for this position.

For more information contact me at [areadregistrar@gmail.com](mailto:areadregistrar@gmail.com)

Sue K

September 2018

# From the Area Delegate: September 2018, from the Assembly Workshop at Area D, 9/9/18

Hi All,

## **CONFERENCE TOPICS**

Well, the Conference topics are out and I hope you all have been able to gain access to them. If not, please contact me .

As I mentioned, the Conference topics are out and it's been a busy time for me with teleconferences, getting to look over the topics and to try and get a good understanding of each topic. Now, I use the word "try".

Earlier Today at the workshop I mentioned that myself and the alternate delegates, Lisa S are all available to discuss these topics with individual groups or Districts. Please feel free to contact either myself or Lisa.

Topics are also published on the AA website: in the latest national newsletter:  
<https://aa.org.au/september-2018-aa-around-australia/>

## **OUT AND ABOUT:**

Since March this Year I have attended District meetings held in Ballarat, Geelong and Calder.

It was great to see the fellowship in action in these Districts. Each District attending to their different activities from P.I to organising their local Conventions, actively carrying the message to the still suffering alcoholic.

I have had the privilege recently to attend two weekends away; the Men's weekend in Sydney and the T&CF Forum in Byron Bay. At the Men's weekend I met a few past Delegates and got to share some of their experiences with being Delegate and attending Conference. The wisdom of A.A is there for me to tap into, a great relief indeed!

The T&CF Forum was attended by approx. 45 people from as far away as WA. Again it was a great time to access the knowledge of those doing service. I also met one of the new Delegates who will be serving at Conference.

The outcome from the T&CF Forum was one of 'steady as we go'. There were no great suggestions that we should try and re-invent the wheel. Let's make the most of the resources that we already do have.

There was also a great deal of feedback about the T&CF Forum held here in Melbourne several years ago, so you never know the effect these things have on others. Which brings me to our upcoming 'Southern Regional Festival' on October 7<sup>th</sup>.

There are still flyers available, so please keep announcing this at your meetings so we can get as many people there as possible to experience the joy of A.A.

## **IMPORTANT NOTICE**

Area D is having elections December and we will be looking for people to fill the vacant positions of:

- Area Chairperson
- Area Secretary
- Area Registrar

So PLEASE, PLEASE, PLEASE announce these at your Meetings and Districts. It's important that we fill these roles and continue our spirit of rotation.

Finally, please give some thought to having a sharing session between now and the end of October to discuss your groups feedback on the Topics. Feedback is welcome up until 31<sup>st</sup> October 2018.

Dave A, Area D Delegate  
9/9/18

*We have learned not to panic when the thought of a drink comes into our mind...Afterall , it is a natural thought for anyone to have...especially understandable for those who have had extensive practice in the art. But the thought of a drink is not necessarily the same thing as a desire for one and neither need plunge us into gloom or fear.*

*Chapter 17, Living Sober, p.44.*

## Area D -from the Chair

**An update from the Area D Chair, September 2018 – and it's all about communication.**

**Greetings, and an invitation, once more, to groups to become involved in Area D.**

This week at the Area D Assembly, we touched on the purpose of this newsletter: it's all about **communicating to** Members what is being discussed and considered – and acted on- in the Area.

The guidelines for this newsletter are on the Area D Website: <http://aread.org.au/d-liberation-archive/d-liberation-guidelines/>

A decision was made at the Area D assembly to use Mail Chimp, for distributing this newsletter. We hope by using an electronic mail service (and a free one) that we can reach more members and communicate more freely. Please let us know if you've had any trouble accessing the Newsletter with this new system: email the Newsletter Editor on [AreaDNewsletter@gmail.com](mailto:AreaDNewsletter@gmail.com)

**Four** positions on the Area D committee are due to be rotated in March 2019, and so the time to start thinking about taking up a service position is now. Elections will be held at the December Assembly in Melbourne, for the following positions: Chair, Secretary and Registrar. The Public Information Coordinator position is also currently vacant. More information about each of the positions is available on the Area D website [www.aread.org.au](http://www.aread.org.au) I know you've read this in the Editor's note, the Area D Delegate's letter and now from me! What does that mean? It means you're being offered an opportunity for service and sobriety. Please consider it, discuss with your sponsor or group-members, and be ready to nominate in December for positions beginning in March 2019.

### **Southern Regional Festival –**

At the Festival (it's fun and it's FREE), there will be a communication board. We will take this opportunity to hear from you about how to communicate, what to communicate and when. Topics already up for discussion are:

AA's future membership

AA and the Internet, safety, and service in the connected world

What needs to change regarding our structure?

How can we continue to ensure unity across all of our fellowship?

### **Next Area D Assembly & Workshop- Sunday 2<sup>nd</sup> December**

Venue: David House, Kingston Street Yarraville. At this meeting we will be holding a different kind of workshop, prior to the Assembly. The committee has decided to run a Sharing Session on one of the issues raised in the Southern Regional Festival: this style of session is suggested in the AA

service manual. Come along and have your say: see Area D Website for more details closer to the date.

You can email me at [areadchair@gmail.com](mailto:areadchair@gmail.com) to share your thoughts on these topics and any other issues around AA and our Area work for sobriety and service.

Thanks, Rita S

alcolisti Anonimi    Anonimni alkoholičari    مدمني الكحول المجهولين    戒酒

## Can you speak a second (or third) Language?

शराब की लत वाला अज्ञात व्यक्ति



Ālkaḥāksi aṇāṇi    alcohólicos Anónimos

Анонимни Алкоголичари    **Anonyme Alkoholiker**    alcooliques anonymes

If so, you may be able to help a fellow alcoholic with the message of recovery delivered in their own language. If you are willing to talk to another alcoholic reaching out for help, register with one (or all!) of the local 12th Step help-lines specifying your other language and your availability. Phone 1300 22 22 22 and ask to be referred to the roster co-ordinator in your area

## Important Letter from the GSO

**Please, note: this letter and accompanying documents are also available from the Area D Website. A summary of the issues outlined in the topic, from our Alternate Delegate Lisa, is below:**

### **TOPIC #025/2018**

**The fellowship requests that the GSB**

**a) Seek legal counsel regarding the use of the letters “AA” and the words “Alcoholics Anonymous” by AA Reviver Inc (AARI)**

**b) Produce another “Cease and Desist” letter to AA Reviver Inc stating that the name of AA ought not to be brought into public controversy by the production of materials implying they are endorsed by AA as a whole**





### **SUMMARY**

- AA World Services grants one licence to publish copyrighted literature to one established service entity per country. In Australia this is the General Service board of AA Australia.
- The GSB of AA Australia has no authority to approve anyone else to publish or import AA copyrighted materials. The licence however does allow AA Australia to enforce and protect the copyright on behalf of AAWS.
- ‘AA Reviver Bookshop’ is an entity not connected to AA Australia that has registered itself as a charity with the Australian Charities & Not-For-Profits Commission (ACNC)
- A letter from the General Service Board’s solicitor was sent in May 2017 to ‘AA Reviver’ asking them to stop using the copyrighted Trademark ‘Alcoholics Anonymous’ in any of its publications.
- To our knowledge, no response was sent by ‘AA Reviver’ and no follow up action has been taken by the GSB.
- Letter sent out for circulation to all AA members from the GSB of AA Australia. Summary of letter:
  - The GSB received an email recently from ‘The Reviver Bookshop’ seeking approval and support of the GSB to import Conference approved, AA World Services Copyrighted Material from India.
  - Although this email was received recently, literature bearing stamps from the ‘AA Reviver bookshop,’ and/or the New York general service office and/or the stamp of the AA Indian general service office in Mumbai has been seen at meetings. This literature has been printed in and imported from India. The literature with the NY stamp has been imported from the US, contravening the licencing agreement.
  - The importation of this literature is in breach of the licensing agreement.
  - Money from the sale of this imported literature is not going to AA Australia or to any of the *registered* central service offices in Australia. Donations alone do not cover the running costs of the General Service Office or central service offices.
  - Groups and members are asked to not purchase or distribute literature as identified above, and to notify the general service office of instances where they come across this literature.

### **ADDITIONAL SUGGESTED READING FOR GROUPS/MEMBERS:**

- AA Group Handbook
  - 12 and 12 and Language of the Heart readings about Traditions **4, 7** and **10**
- Guideline # GL-02 on AA conference-approved literature

If you wish to print out the letters for your groups: double click the PDF icon for each:

 letter to AA -Copy right .pdf	 REVIVER ACNC REGISTRATION.pdf
 REVIVER FINANCIAL REPORT TO ACNC - F	 REVIVER LETTER FROM SOLICITOR.pc



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### *Area D Assembly 3<sup>rd</sup> Quarter Meeting 9<sup>th</sup> September. Meetings and Districts Round-Up*

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- Ballarat - a new meeting on Sunday morning for women. Grandfinal event, organised with the service of newcomers
- Calder – De Paul house, has asked AA not to come in any more. They are taking people out to meetings.
- Geelong – 14 groups, 7 have GSR's visit 4 rehabs regularly Geelong groups still runs 4 highway billboards to inform locals about AA- one group in particular donates. Woman's day in Norlane 1/9. 110 women attended, well organised. Geelong convention coming up on 1<sup>st</sup> November this year.
- Wyndham –5 groups operating in a Unity group. Wyndham rehab supported with visits from members weekly. A member does a run of distributing packs for new members, at police station, hospitals. Wyndham members asked to speak at Manor Lakes Secondary College soon.
- Victorian Prisons Intergroup: This group was established to get cohesive actions inside prisons; almost every prison in Victoria has AA representation. Corrections environment is tricky and time-consuming, often, to get clearance for access. VPI

Go to some AA meetings and meet people like yourself who had a problem with alcohol but are now recovering. You will meet hundreds of them who are now living happy, fulfilling lives without alcohol. – ***from the AA website: for newcomers (and older, sober members, too)***

## MEMBERS' STORIES– Sobriety and Service

### A story from Belinda E

At my first meeting I thought “AA runs like a small town community organisation” due to people being assigned to clean up and make announcements. One of my first service positions in AA was washing the dishes at one of the larger Melbourne meetings.

After a period of 7 months struggling to stay sober I decided to join the VICYPAA committee to organise the 2012 convention as I had seen how much fun the secretaries of my home group had with the committee and I enjoyed the 2011 convention. I was part of the fun and fundraising sub-committee which organised a number of small events throughout the year such as trivia night, Melbourne Cup Day and Grand Final Day. I learnt to socialise without alcohol. Working with people from different backgrounds on these events made me a more empathetic employee in the world outside AA.

I was vice-chair and secretary on the committee organising the 2013 VICYPAA convention. One of the most difficult tasks was finding a venue and organising food for the 2012 Australia Convention party on Easter Sunday. It was really important to support the other members of the committee who had less experience.

For the past few years I have been sponsoring other women. It has been a very rewarding experience as I watch the women grow. Sponsees have also given me a different perspective on my own defects of character. I have adjusted my sponsoring style for each sponsee whilst ensuring the steps are completed according to the Big Book.

I share my experience, strength and hope at Daswest Detox once a quarter.

In the past 6 years I have fulfilled the roles of kitchen monitor, treasurer, secretary and GSR in my home group. I have also helped to organise a number of group events such as anniversary BBQs, step discussion panels and dinners.

My most recent service position was on the organising committee of the inaugural “A Common Solution Retreat”. I took the learnings from previous service positions and helped make the event a success for all attendees. The committee did not panic a few weeks before the event when the required tickets had not been sold as we knew many tickets are sold at the last minute. We designed the program to ensure balance between meetings and free time. The committee utilised best free technology to communicate - Dropbox to share documents and WhatsApp Group to communicate.

Service has kept me in the middle of AA and helped me to remain sober for over 7 years. I have helped many newcomers in my various service positions. It has allowed me to develop my own skills. I became stronger communicator after each role and my personal finance skills improved after being treasurer of a group.

Yours in service  
Belinda

## **Tom's Service Story**

I have now been sober for almost 18 months, after coming back into the program after several busts with varying periods of sobriety. This time seems different. It is still challenging. And occasionally I still have the thought, 'It's all too hard, what's the point?!' But this time around, even when I have feelings of indifference or even resentment towards the program, rather than slowly drift away from it – which in my experience has invariably (and promptly) led to a bust – I stay involved. And, soon enough, these feelings pass, and I am again content and grateful to be sober.

I can't take the credit for this change. What is keeping me in the fold during the hard times is largely my service commitments. After a few months I took on the role of the meeting secretary. That was immediately followed by my taking on the treasurer role, which I have currently been in for around 5 months.

The role of secretary helped me to re-build my self-esteem. This might sound strange to someone, given in my employment I often conduct meetings and speak publicly. However, I came in a damaged alcoholic. It was really rewarding to be able to help organise and conduct a meeting, for the purpose of sobriety – rather than in the competitive context of a corporate environment, where I could shield my lack of self-esteem with corporate speak and bravado. Here, in the rooms, I felt strangely vulnerable, but in a good way, which helped me with my recovery.

In the role of treasurer, I have been challenged. Again, this might seem odd to someone if they knew I controlled the finances of a business. However, in taking on the treasurer role, I've been forced to go about business in a fashion which is simple and often slower, compared to today's busy business pace. Despite some frustration, this has fostered in me a better sense of acceptance; mindfulness in the day-to-day; and helped deflate my ego which is always wanting to prove 'I know a better way!'.

In addition to the boosts to my recovery- in terms of increasing self-esteem and deflating my ego- these service commitments have also kept me coming to my home group, week-in and week-out. This is invaluable for my recovery.

Tom

## Area Events – you don't need to be alone in grand-final week: avoid the trigger.

<p><b>Thursday 27<sup>th</sup> September</b></p> <p><b>7.30 PM</b></p> <p><b>7.30 PM</b></p>	<p><b><u>Werribee Beginners Meeting - Temporary Change of Venue</u></b></p> <p>Encore Events</p> <p>80 Derrimut Road, Hoppers Crossing (<a href="#">map</a>)</p> <hr/> <p><i>(Normally at Kelly Park Community Centre, Synnot St, Werribee)</i></p> <p><a href="#">Werribee Unity Group</a></p> <p><b><u>Flemington AA Discussion Group 31st Anniversary</u></b></p> <p>Neighbourhood House</p> <p>28 Farnham Street, Flemington (<a href="#">map</a>)</p> <p><a href="#">Flemington Discussion Group</a></p> <hr/>
<p><b>1.0 PM in Ballarat</b></p> <p><b>1.30 in North Fitzroy</b></p>	<p><b><u>Grand Final Meeting, BBQ and Big Screen - Ballarat</u></b></p> <p>Eastwood Street Leisure Complex</p> <p>20 Eastwood Street, Ballarat (<a href="#">map</a>)</p> <p>donation. bring a plate to share</p> <p><i>Dave 0408 519 946</i></p> <p><a href="#">Download</a></p> <p><a href="#">Ballarat District Committee</a></p> <p><b><u>VICYPAA Grand Final Bash</u></b></p> <p>Join us for an afternoon of fellowship and footy.</p> <p>Bargoonga Nganjin Community Room, North Fitzroy Library</p> <p>182-186 St Georges Road, North Fitzroy (<a href="#">map</a>)</p> <hr/>

	<p><i>We'll be watching the AFL Grand Final &amp; enjoying some footy-inspired activities!</i></p> <ul style="list-style-type: none"> <li>○ <i>Doors open at 1:30pm</i></li> <li>○ <i>Tucker from 2pm</i></li> <li>○ <i>Game starts at 2:30pm</i></li> <li>○ <i>Stadium food (including vegan options)</i></li> <li>○ <i>Family and Partners welcome!</i></li> </ul> <p><u><a href="#">Book online here</a></u></p> <p>\$20</p> <p><u><a href="mailto:info@vicypaa.org">info@vicypaa.org</a></u></p> <p><u><a href="#">Download flyer</a></u></p> <p><u><a href="#">VicYPAA Committee</a></u></p>
<p><b>Saturday 29<sup>th</sup> September 8.00 PM</b></p>	<p><b><u><a href="#">Essendon 59th Anniversary</a></u></b>          Uniting Church Hall          132 Keilor Road, Essendon North (<u><a href="#">map</a></u>)          Supper provided  <u><a href="#">Essendon Group</a></u></p>
<p><b>Monday 1st Oct 7:30pm</b></p>	<p><b><u><a href="#">Illustrated Steps Presentation - Steps Five to Nine</a></u></b>          Wayaperri House - Werribee Community &amp; Education Centre          106 Duncans Road, Werribee (<u><a href="#">map</a></u>)  <i>Presented by Chris and David</i>          Followed by supper  <i>Contact: Eddie 0409918443</i></p>
<p><b>Sunday 7<sup>th</sup> October 10-4</b></p>	<p><b><u><a href="#">Southern Regional Festival.</a></u></b>          David House Kingston Street, Yarraville  <b><u><a href="#">Lunch and refreshments provided.</a></u></b></p>

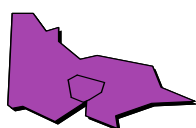
To share your event or meeting with a special focus, contact: [areadnewsletter@gmail.com](mailto:areadnewsletter@gmail.com)

#### *Attraction, Not Promotion*

*"Through many painful experiences, we think we have arrived at what that policy ought to be. It is the opposite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than promotion."*

*Twelve Steps and Twelve Traditions, pp 180-181*

## About Area D



Area D Southern Region is a part of the Alcoholics Anonymous General Service Conference Structure of Australia. As such we fully participate in the Australian General Service Conference. We also support the AA National Office in any way we are able.

Bordered by the Yarra river, the Area includes the Western and Northern suburbs of Melbourne and extends to include other major cities such as Geelong and Ballarat, and regional centres such as Daylesford.