

A note from the editor

First of all, a clarification!

In the first issue of *D-Liberation* in January, the article "AA Service in a Nutshell" referred to the Mornington Peninsula as having a 12 Step Office. The local District Committee Member has asked for a clarification to be published: "Peninsula District does not have an 'office' as we do not provide literature. We do

however, act as a phone service, but for the District only. This service is available to the suffering alcoholic on the Peninsula and is not used by members for general AA information."

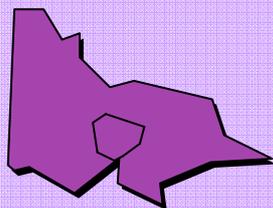
I hope that clears up any misunderstanding and I reiterate that the Newsletter does not seek to cause controversy or disunity.

This quarter includes an article on service sponsorship, and a "Traditions & Concepts memory jogger" as a tear-off page. There is also a guide to creating a personalised meeting list.

The deadline for any articles/reports for the October 2010 edition is 16th September.

Subscribe or get in touch with the editor at

areadnewsletter@gmail.com



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Service Sponsorship

Service Sponsorship is basically the same as recovery sponsorship but it is focused on the service aspects of AA rather than individual recovery. It can be defined as one alcoholic who has made some progress in recovery and service, sharing this experience with another alcoholic who is just starting the journey. Both types of sponsorship spring from the spiritual aspects of the program.

Ideally the service sponsor will have had experience at various levels of service and will have a good knowledge of the three legacies of service—Recovery, Unity and Service - especially the Traditions.

Individuals may feel that they have more to offer in one area than in another. It is the service sponsor's responsibility to present the various aspects of service: setting up a meeting; working on committees; participating in conferences, etc. In this matter, it is important for the service sponsor to help individuals understand the distinction between serving the needs of the Fellowship and meeting the personal needs of another group member.

The service sponsor begins by encouraging the member to become active in their home group—coffee, literature, cleanup, attending business meetings or intergroup meetings, etc. The service sponsor should keep in mind that not all members will have the desire or qualifications to move beyond certain levels and, thus, the service sponsor might help find tasks appropriate to individuals' skills and interests.

Whatever level of service one performs, all are toward the same end—sharing the overall responsibilities of Alcoholics Anonymous.

Eventually, the service sponsor encourages the individual member interested in General Service to attend district meetings and to read about the history and structure of Alcoholics Anonymous. At this point, the individual beginning this work should begin to understand the responsibilities of service work, as well as feel the satisfaction of yet another form of Twelfth Step work. Such individuals should be encouraged to take an active part in district activities and consider being elected to alternate positions in the

district so as to learn about the responsibilities of various jobs in the service structure.

During this process it is important for the individual to continue to learn about the three Legacies—Recovery, Unity and Service, and to understand that the principle of rotation not only allows them to move on in service, but also gives newer members the privilege of serving. Rotation also allows them to understand that no one should hold on to a position of trust long enough to feel a proprietary interest and thereby discourage newcomers from service.

Now, through knowledge and experience, the newer member is aware that service is our most important product after sobriety. With this knowledge, the individual is able to share their vision with others and ensure the future of Alcoholics Anonymous.

Adapted from *Questions and Answers on Sponsorship* pamphlet

PS: The AA Women's Day and the next Area Assembly will both have workshops on Service Sponsorship.

See notices (p.7)

Produce your own local meeting list

A simple way to produce your own list of up-to-date meetings in a locality using the National Website

The National Website has a nifty new feature on its meeting search page. It enables you to quickly print up-to-date lists of meetings in a given area.

Apart from being handy for you when you travel, it will enable you to produce a meeting list for your PI work and people coming to your meeting, particularly newcomers, will love to have a nice, compact list of all the meetings available to them in the local area.

Here's how you do it:

1. Go to the National Website meeting search page at <http://www.aa.org.au/findameeting/index.php> and look at the right hand navigation column. You will find a line that says "Build a list for printing". Click on that

and you will find several ways of selecting your meetings.

2. You might find the best way to select the meetings you want is to select them by an entire region or maybe by distance from a central suburb.

3. Another way is to use postcodes. When selecting lists of local meetings to hand out at a local group you may find it can get a bit messy. Eg: If you select a 10 km range from Flemington, Albert Park appears on the same list as Williamstown and Essendon because it's geographically quite close but, being on the other side of the Yarra, it quite isn't a *local* meeting. So put together a list of postcodes of all the suburbs near your suburb. Store this in a Word file and when you want to update a printable list of meetings just cut and paste all those postcodes into the section for postcodes.

4. Once you fill in the selection criteria, click on the "Prepare list" button.

5. Now you will see at the top of the page how many meetings it has selected and you then click on the button saying, "Open new window with the downloadable list". Now you see the list sorted into days and then into alphabetical order. You can cut and paste this list into a Word file to print it. For my purposes at Balmain, I use a specially formatted blank file for this so I can print the list in three columns on the front and back of a single sheet.

Once you do it a couple of times, it'll take you about 25 seconds to produce a meetings list that is as accurate and up to date as possible.

Remember to update your meeting in the National Website as well as with your CSO & the AATimes

AATimes Report - May 2010

Summary for the past year (May 2009 to April 2010)

Webstite: www.aatimes.org.au

Mobile Web: m.aatimes.org.au

Twitter: @aatimes

Email Newsletter: Subscribe at www.aatimes.org.au/newsletter

- ◆ Visits to the website in the past year: 33,297
- ◆ Number of AA Meetings currently listed: 401
- ◆ Number AA Events advertised in the last year: 292
- ◆ Current Weekly Newsletter subscribers 485
- ◆ Newsletters sent during the last year: 52
- ◆ Flyers and other messages sent: 180
- ◆ Number of Twitter messages sent last year: 1450



INFORMED GROUP CONSCIENCE

"The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind.

*On sensitive issues, the group works slowly - discouraging formal motions until a clear sense of its collective view emerges. **Placing principles before personalities, the membership is wary of dominant opinions.** Its voice is heard when a **well-informed** group arrives at a decision. The result rests on more than a "yes" or "no" count - precisely*

because it is the spiritual expression of the group conscience. The term "informed group conscience" implies that pertinent information has been studied and all views have been heard before the group votes."

From *The Australian AA Group Handbook* p.33-34

District News...

An AA District is a geographical unit within an Area containing a number of AA Groups, the number being dependent on the ability of the General Service Representatives (GSRs) to communicate between each other and to meet regularly together with comparative ease.

A metropolitan District may cover a small area but contain hundreds of Groups, while a rural District may cover many square kilometres but include as few as 3 or 4 Groups. As the number of Groups in an Area increases more Districts are formed, each new one then electing another District

Each District has a Committee Member (DCM) on the Area Committee.

Experience has shown that the answer to growth rests in the setting up of more Districts to meet the Fellowship's expansion in size and activities.

Extract from *Australian AA Service Manual 7th Edition 2007* ~ Section 4 *The District &*

"Because of the closer communication links within the District, the Groups are able to share together and to carry their message more effectively."

Ballarat District



Steve C has resigned as DCM of the Ballarat District. We thank Steve for the help and dedication he to the District



has given and the legacy of his knowledge he has left for us.

The Ballarat District of AA has supplied over \$2,000 worth of literature to support local meetings at a discounted rate. We were able to provide a comprehensive display at our annual anniversary weekend and currently have approximately \$500 in stock. AA approved literature only is supplied through the District.

The Ballarat 24 hours phone line has been in operation for 12 months now and we have been able to introduce over 50 persons to their first meeting of AA. The phone is rotated through the District members on a fortnightly basis.

Di our P.I. representative has approached many local secondary colleges with a good response, information has been supplied to the students and currently the District is looking to order some brochures and flyers for the students. Di has approached the Sergeant at Ballarat Police station and on his suggestion, the District has made up cards with the slogan "Is drinking costing you more than money" and our contact

details for help. This has been a success with the police department inserting the card with the paperwork for arrested persons upon their release from their 'overnight' accommodation.

Our website, www.aaballarat.roxer.com has been up and running for a few months now and has been accessed by many. We have links to the aatimes, national office, AA U Tube links, information links, upcoming events, AA grapevine, Alanon and the latest link, Chapter Six Motorcycle group (AA special interest group).

Finally, as a District we thank the Area for the opportunity to host the Area Assembly, 16th May, 2010.

East Coast District (Tasmania)

We held our last District Meeting on Monday 19th April. Unfortunately not all groups had GSRs or representatives present so there will be more updates after the next meeting scheduled for Campbell Town on June 14th. Due to low or no numbers the Campbell Town Steps meeting has closed, thankfully the Monday night Traditions meeting continues to provide members with the opportunity to attend a meeting in this area of central Tasmania. Attendance at other meetings has been steady. St Mary's and St Helens report low numbers which is generally the norm due to small populations and geographic isolation. Launceston Saturday night Beginners meeting is proving a great success, the format enables all members to

share their experience strength and hope. Westbury Big Book Study continues to attract good numbers with members continuing to carry the message through its **Public Information activities:** St Helens Group has literature at the St Helens Hospital, the St Helens Community Health Centre and the Neighbourhood House. The local psychologist and psychiatrist both have regular contact from AA members. We have a member liaising with the St Helens Police Station and the St Mary's Police Station. Campbell Town Meetings have a advertisement in the local monthly rag, and the Doctor and Police have also had a member visit. The Westbury Big Book Study has made contact with the Deloraine Community House, Westbury and

Deloraine Doctors Surgeries as well as continuing to update literature and develop relationships with the Westbury Community Health Centre, the Deloraine Community Hospital and the Deloraine Police. The Launceston Beginner Meeting (Saturday Night 5:30-7pm) continues to contribute to PI in Launceston.

Chris H. DCM, East Coast



Calder District

At the last District meeting held on May 15th we had 11 in attendance including two new GSRs attending their first District meeting, David E, Southern Region Trustee and Barry H. our Area D Delegate. David commented on the possible implementation of a national 1300 phone number within the next year or so. This new phone service is very much needed and will bring AA in Australia up to date, it is well overdue in my opinion. Barry gave

a comprehensive report on the upcoming Southern Regional Forum, Prison District, 24 hour Phone service in Area C and issues between the Area, NO and CSO. Since the last District Meeting, unfortunately our hard working District Secretary, Kay has had to resign due to ill health. We thank Kay for her service and enthusiasm and we will miss her very much. Frank O'L thankfully has accepted the request to be the next District

Secretary.

Glenn B. was asked to take on the PI Portfolio and Service Information Sub-Committee and he too gratefully accepted. Next Calder District Committee Meeting will be held on 10th June, and the next Calder District meeting on 15th July, 8PM, both at the Flemington AA Group venue. Yours in service

Kevin H.
Calder District DCM

Geelong District

As reported last time Geelong District's new phone and 12 step rosters are now functioning well. Two members recently organised a successful Saturday morning 12 Step Workshop to assist members understand what's involved, and since then roster numbers have increased slightly. The District hopes to run regular workshops – maybe quarterly – on the various aspects of service work and life in AA. Handout folders were prepared, and these together with workshop notes will be kept so that this workshop can easily be held again – maybe early next year?

Another hardworking Committee is busy organising the annual Geelong Anniversary (our 55th) for second weekend in November. The venue, Potato Shed, has been secured so now it's down to the nitty gritty of programming, speakers, catering and getting the word out to ensure a good turnout.

All groups have been asked to assist with fundraising too, so hopefully there will be lots of fun things happening soon in Geelong.

Our PI Committee is busy as ever. With only a handful of members, we strive to spread the AA message. At the forthcoming Drug Action Week (June 20-26) the District will take over a display cabinet at Belmont Library. We had thought of organising a public meeting with Al-Anon participation, but unfortunately the few members involved ran out of time and energy – hopefully next year!

Our district meetings are scheduled bimonthly, but unfortunately the last one on May 1 couldn't be held as only one GSR was present, plus our treasurer and secretary positions are both due for rotation. Myself and another GSR had decided to visit all group consciences to encourage them

with regard to having structured groups and members involved in service work, so we certainly need to start doing this in the very near future. Geelong District really needs a magical injection of enthusiasm for service and recovery – a huge task, but as it says in the Twelve by Twelve – prayer will be our way to finding an answer. "Almost any experienced AA will tell how his affairs have taken remarkable and unexpected turns for the better as he tried to improve his conscious contact with God." So guess what we'll be doing over the next few weeks! I'll be contacting Calder and Western Suburbs Districts as it seems we are all struggling with the same issue!

Sue T, Geelong District DCM

Next district meeting:
Sat 3 July 2pm @ Lunchie
All GSRs & alternates please come along!

Western Suburbs District

Again the District is having trouble attracting members to the committee with only six attending the last meeting on the 11th May. We are persisting with distributing literature throughout the community.

As DCM I have contacted *Leader*

newspaper and they are willing to run a personal story on a member through Drug Awareness Week which runs from 20th to 26th June.

The Committee plans to have a BBQ as a fund raiser towards the end of the year with a theme like a 3 hour meeting.

While visiting groups I found most of them have not got GSRs. Don't know how but would like to see this change. We welcome any suggestions please!

Barry D.
Western District DCM



Correctional Facilities Committee Report

Since the last Assembly there have been two meetings, which have been jointly chaired by Jenn C Area C Corrections Committee Chairperson and myself as Area D Corrections Committee Chairperson. The cooperative partnership between Area D and Area C has brought the positive elements of the "Prison District" under the responsible and effective guidance of the traditions and concepts of AA as a whole and the general service conference.

We are guests in each correctional facility and each one has its own individual requirements. AA's presence in correctional facilities is usually based on good personal relationships between the administration and members.

Some facilities have recently suspended AA meetings as result of being confused by uniformed approaches direct to the administration without consultation and support of those who had built up those good personal relationships over time. Such approaches have

the potential of bringing AA as a whole into disrepute with an outside organization and we are presently trying to gently mend the damage.

The fund established by the prison district to provide literature to inmates and support for any members carrying the AA message into correctional facilities has been maintained and literature is available to all members who work in this area of service as long as the funds are available.

It is essential to maintain the fund and receive support from Members, Groups, Districts and Areas. Inmates by the very nature of where they live are incapable of being self-supporting.

It is also essential that we attract and encourage members to be willing to go on rosters to visit and establish meetings within correctional facilities.

A workshop on taking the AA message into correctional facilities was held prior to the Area D

Assembly in Ballarat and attracted over 30 members. From general reaction it was a useful exercise. The workshop used the practical suggestions available on the AA Service Website, which were developed by AA members at the last National Convention. The ultimate aim is to update the General Service Guidelines in relation to service in correctional facilities. Victoria has some work to do to contribute information as to what goes on here. The positive sense of the workshop indicates that with cooperation, goodwill and mutual support we will be able to make a significant contribution to the suggested guidelines.

Finally the second National Correctional Forum will be held in Brisbane from the 8th to the 10th October 2010. Details can be obtained from the AA National Website. See you there!

Yours in service
Peter M Chairman
Area D Corrections C'tee

Public Information Committee News ...

One of the local newspapers in Ballarat published an excellent article when AA in Ballarat celebrated 59 years of carrying the message into the local community. The article can be viewed on the Ballarat District website.

Geelong District has a brochure distribution each month which is maintained throughout the area. They are investigating printing car bumper sticks, and business cards, after hearing about another district giving these out to the local police who stick them in the pockets of any drunks they pick up saying, "Think you need to go to a meeting mate!"

Calder District also does local distribution of literature to professionals as well as setting up an AA stall for the Moonee Valley Festival for the past 3 years. Pictures of the stall can be viewed on the service website; aaservice.org.au

Glen reports that-
"All the members on the roster reported interest from the public and a generally supportive attitude to an AA presence at the Festival. We displayed a wide range of AA Public Information literature and held some other [more expensive] material such as "Little Big Books" and Beginners Packs" in case they were needed. Included in the display were "Calder Public Information packs" and AA meeting lists. The District received a letter from the Moonee Valley Council thanking us for participating and expressing the hope that we are able to participate again next year".

Western Suburbs District has approached a local newspaper to do a story about AA during Drug Action week.

I am also happy to report that many groups also target their local areas

with letter drops to professionals. Some groups are worried that getting involved in something like this is 'breaking Tradition 11'. They worry about anonymity and wonder if it's promoting AA rather than attracting people to AA. There is no need to worry - remember our 11th Tradition talks about us maintaining personal anonymity at the level of press, radio and films. This doesn't mean we can't go into a local surgery and leave some contact details with a doctor. Also, providing information on AA isn't promotion - it is simply letting people know how to find us if they want our help. Remember that as individuals, we are anonymous, but the Fellowship is not.

Yours in service
Sharon R.
Area D PI Co-ordinator

DVD for the Deaf Alcoholic

The DVD for the deaf alcoholic is still available and free to any member who may wish to receive a copy. This service item, produced by a Sub-Committee of Area D, Southern

Region, may be of help to any member doing PI service work in the community, providing displays or to anybody who knows any deaf or hard of hearing people with a

drinking problem. For a copy of the DVD please contact Kevin on holland@projectx.com.au.



Southern Regional Forum 2010

When: October 15-17th 2010

Where: Multi Cultural Hub, 506 Elizabeth St Melbourne (near to the Queen Victoria Market)

Program:

Friday 15 October

8:00pm Red Ball Meeting
City Contact Centre

Saturday 16 October

9:00am: Registration
10:00am: Alcoholics Anonymous;
General Services and AA
Structure; From the Group to the
Conference & the World
Services; Service Sponsorship
12:00pm Lunch

1:00pm Meet the General
Service Board

4:00pm AA Service work–The
District, Districts & Regional
Central Service Offices.

7:00pm History of the Southern
Region

Sunday 17 October

9:00am Registration

9:30am Using AA Traditions
when Dealing with the Public.
Public Information the AA Way!

11:30am Ask it Basket;
Questions and answers from
Members, and what must we do
to return to the recovery rates
of AA's beginnings.

For further information, contact:
0421 591 754;
forum@aread.org.au



From the Archives ...



Many of us have heard that our co-Founder Bill W. said, "if A.A. ever fails, it will be from within," or words to that effect. Actually, the quote is from the closing talk at the 1977 General Service Conference by Bob H., who served as the General Service Office's general manager from 1968-1974. Excerpted here it is an interesting piece of A.A. history: "All of us are a part of the continuum of A.A. history. To some small degree, then, each of us is responsible for AA's

future. Some of us, sometimes, are fearful of that future. We fear lest this development, or that problem, may destroy us all. Fear not, my friends, if this Fellowship ever falters, it won't be because of 'two-hatters', of professionals in the field. Nor will it be caused by future 'Rand-type' reports, or by members with 'other' problems. No, it won't be because of any of these things about which we seem to worry so much. If we ever fail, it will be simply because of us. It will be because

we can't control our own egos, nor get along well enough with each other. It will be because we're just not wise enough nor good enough to hold this thing together, it will be because we think too much about our "rights", and too little about our obligations and responsibilities. But I don't think we're going to fall apart. I think we are going to stick together and keep A.A. strong and growing."

Box 459 Feb/Mar 2006 p.2



Service Opportunities!

"... an AA service is anything whatever that helps us to reach a fellow sufferer, ranging all the way from the *Twelfth Step* itself to a ten-cent phone call and a cup of coffee, and to AA's General [National] Service Office for national and international action. The sum total of all these services is our *Third Legacy of Service*." Australian AA Service Manual 7th Edi-

Positions Vacant:

An Area position has become vacant due to a resignation and candidates are invited to fill the position until the next Election Assembly. Any appointments will need to be ratified by the Groups.

The position is for **Area Registrar**. The role of the Registrar is to develop and maintain records of all Groups

within the Area. The records include Group information such as Group name, meeting location, time, and GSR. or contact for the Group. More information can be found at page 53-54 of *The AA Service Manual, Edition 2007* ~ Section 5 *The Area*.

Note that an Election Assembly is held in December each year when positions that are due for rotation are

declared open. Most positions have a predetermined duration, such as Area Delegate, which is a 3 year term and Area Chair which is a 2 year term. Refer to the Service Manual, Sections 6 "The Area" for further guidelines on who can vote, the voting procedure etc.

Coming Events ... dates to put in your calendar

**Area D
Southern
Region
PO Box 535
YARRAVILLE
VIC 3013**

Email
aa@aread.org.au

We're on the web!

See us at
www.aread.org.au

Disclaimer:

Except for material identified as being taken directly from AA Conference Approved Literature, articles published in this Newsletter are the experience and opinion of the author, and are not necessarily the opinion of AA.

- Next Area D Assembly:
Sunday 8th August 2010**
1pm (Workshop 11am—Service Sponsorship)
Fitzroy North, St Luke's Community Hall
59 Scotchmer Street ([map](#))
(hosted by Northern Exposure)
- Women's Day In AA**
Saturday 10th July
9am- 5.30pm
Ivanhoe Uniting Church, Seddon Street, Ivanhoe
Entry only \$15
- 2010 International AA Convention**
Thursday 1st to Sunday 4 July 2010 (Texas, USA)
Even if you can't make it, an anonymity-protected broadcast of the Friday night Flag Ceremony will be available from www.aa.org starting early Saturday morning, and running until Monday night at midnight, US Eastern Time.
- Kyneton Group 1st Anniversary**
Monday 9th August 7:00pm
Catholic Church Hall
53 Ebdon Street ([map](#)) (Bring a plate)
- Ocean Grove Trivia Night**
(fundraiser for Geelong Anniversary)
Saturday 4 September 7pm
St Peters Church Hall, Draper St, Ocean Grove.
Contact Sue T 0417 562604
- Geelong & District 55th Anniversary**
Saturday 13 & Sunday 14 November 2010
Potato Shed, Drysdale (10 mins out of Geelong)
Further details to follow!
- 46th National Australian A.A. Convention**
Perth, Western Australia, Easter 2011
Thursday 21st to Sunday 24th April 2011
<http://www.aanatconperth2011.cjb.net/>

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.



Traditions & Concepts Memory Joggers*

Traditions Memory Jogger (adapted from <http://alcoholism.about.com/library/weekly/topicsubtraditions.htm>)

Tradition 1: Unity

Without unity within the group, individual members will find it difficult to make progress.

Tradition 2: Authority

Within groups there is no such thing as individual authority, but there are leaders.

Tradition 3: Eligibility

This tradition ensures inclusivity while keeping the primary focus of the fellowship from becoming diluted.

Tradition 4: Autonomy

The freedom individual groups have in this tradition carries with it the admonition to protect the fellowship as a whole.

Tradition 5: Carrying the Message

The primary purpose of any group is to carry its message.

Tradition 6: Outside Enterprises

In order to preserve the integrity of the program, groups do not endorse any outside organisations or causes.

Tradition 7: Self Supporting

By declining outside contributions, the group protects its integrity and autonomy.

Tradition 8: Giving It Away

"In order to keep it, you must give it away", with the key word "give."

Tradition 9: Authority

By not being highly organised, groups keep the emphasis on true fellowship and their primary purpose.

Tradition 10: Outside Opinions

By avoiding opinions on outside issues, groups attempt to avoid controversy.

Tradition 11: Public Relations

Anonymity in the media protects not only the individual member but the fellowship as a whole.

Tradition 12: Anonymity

A hallmark of the program is the offer of anonymity to participants, but the principle goes much deeper than just not revealing last names - it is humility in practice.

'Concepts Memory Jogger'

1	Authority & responsibility belongs to Groups (& individuals)
2	Conference is the active voice & effective conscience of AA
3	Right of decision
4	Participation is the key to harmony
5	Right to petition & appeal - minority voice
6	Administrative authority delegated to GSB & Trustees
7	Legal rights (Trustees) & traditional rights (Conference)
8	Board's defined authority to plan, manage and execute
9	Leadership
10	Responsibility balanced with authority
11	Management structure (committees, paid workers etc)
12	Spiritual foundation of service in warranties:
1:	Restriction of wealth & power
2:	Prudent financial management
3:	Equality of authority
4:	Decision-making by unanimity (consensus)
5:	Acceptance/non-judgment vs. punitive action
6:	No acts of government/absolute democracy

* Note: these are not from Conference Approved Literature. They are thoughts and opinions of members—they do not speak for or represent the writings of A.A.