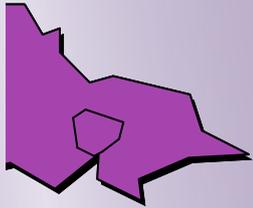


June 2018
Volume 9, Issue 2

D-Liberation



We're on the web!

See us at
www.ared.org.au

Contents:

From the Area D Chair
- p.3-4

Member's Story- Sobriety & Service
-p.5-6

Area Events
-p.7-8

Note from the editor

Once again, this letter has a focus on service and learning about AA. A letter from Rita, Area D Chair, explains the value of connecting with the Area in a variety of formats.

I also took some time to talk to a member, who prefers not to have her name printed. Her clarity and common sense about the Fellowship and service shine through our conversation. Her story embodies some of the sensible advice to be found in the book *Living Sober*: 'telephone therapy', 'being good to yourself', 'easy does it' -it's all there.

Talking to that member reminded me very strongly of the *relief* I felt when I found the Fellowship, with its offerings of sobriety, sanity and friendship.

If newsletters and members' stories are good for your sobriety, check out the national online magazine for people like us, The Mixer- <https://aamixer.com/>

My personal understanding of the value of AA has been made clearer than ever of late: I have been interstate visiting an unwell family member. The absolute joy I felt when I looked online for a local meeting and discovered one, that evening, 800 metres from my accommodation can will make sense to all reading this, I'm sure.

All groups in Area D are invited to send a story about their group's works, changes of format or decisions. This was discussed at the Area Assembly, held in early June .

Deadline for members' stories or group reports for next issue:

31st August, 2018 arednewsletter@gmail.com

Area D Committee Contact Emails:

Area Position	Email Address
Chairperson	areadchair@gmail.com
Secretary	theareadsecretary@gmail.com
Treasurer	areadtreasurer@gmail.com
Delegate	areaddelegate@gmail.com
Literature	areadliterature@gmail.com
Registrar	areadregistrar@gmail.com
Public Information	Vacant
Area Newsletter	areadnewsletter@gmail.com
Area Webmaster	areadwebmaster@gmail.com

I didn't think I was an alcoholic. I thought my problem was that I'd been married to a drunk for 27 years. And when my husband found AA, I came to the second meeting with him. I thought it was wonderful, simply marvellous - for him. But not for me.

Fear of Fear, The Big Book, 4th Edition, p289

Area D -from the Chair

An update from the Area D Chair, June 2018

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

For sure there are many members -and groups- out there who are not familiar with the General Service structure of AA, and so may not realise that their group is part of Area D. Victoria was historically divided into 4 Areas: A,B, C and D, and a new area has recently been established – Area F.

Why do we have areas?

Each group's General Service Representative, (GSR) is the link between the local group and AA as a whole in Australia. The GSR represents the voice of the local group conscience, reporting the group's wishes at Area Assemblies. So if your group doesn't already have, then elect one and join Area. In this way your group will become part of the Group Conscience of AA as a whole – through the decision making body of 'Conference'. Area D includes all of the northern and western metropolitan suburbs of Melbourne, and extends out to Lorne, Geelong, Ballarat, Daylesford, Broadford, and Kinglake. So if your group fits within these boundaries (or even if it doesn't you are still welcome) then consider finding out more about how to become involved. You can email me at areadchair@gmail.com for more info.

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.ared.org.au

Next Area D Assembly & Workshop

I'd like advise – and ask you to promote - the Workshop that will be held in the morning before our next assembly, **Sunday 9th September**. Here are the details:

11am Workshop. The Area D Delegate will be outlining the Topics that are to be presented to Conference for 2018

12 noon Lunch 1-4pm Assembly

Venue:Christ Church, 261 Moorabool Street,Geelong

Southern Regional Festival – Save the Date

A reminder also that Area D is hosting the Southern Regional Festival on October 7th, and the theme is 'AA into the Future'. This will be an opportunity for members to come together to have fun, fellowship and interesting discussions about how AA might look in the future; to explore topics like AA and technology, whether the current service structure could be improved, what is happening with our membership numbers.

Thanks, Rita S

“ Our hope is that many alcoholic men and women, desparately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, “Yes, I am one of them too; I must have this thing.” There is a solution, p.29 The Big Book

MEMBERS' STORY – Sobriety and Service

A conversation with a woman member in Area D

Tell me something about your journey of sobriety, from early attendance at AA meetings to where you are now?

I knew about AA (from watching a film, in childhood). And then, on and off over the years, I might bump into someone involved in AA or met/heard of people of going to AA successfully.

At first meeting, felt like people were looking at me, from the doors of AA. But I went in, I walked through the door and secretary was at the door and he welcomed me in. Without knowing, my first meeting was a beginners' meeting. About a dozen people were there. That suited me- small group, beginners' information.

When I first came in, the first major thing that happened to me was connecting with other people and realising I wasn't alone. That was like a big weight was lifted off my shoulders – I could barely admit to myself my drinking problem, let alone to another person. And I didn't know how to explain it, anyway. Suddenly other people knew what I was living through. I got the exact introduction I needed to have, at my first meeting: talk about the planets lined up! I left that meeting stunned by the whole 'thing'. Luckily, they gave me reading material, which I read through when I got home. Going to bed, I suddenly realised I hadn't had a drink all day.

The next day I realised I needed a daily meeting and kept that up for 9 months (I drank daily, at night, so I reasoned I'd attend a meeting each night). I rang a member during the day when the cravings got too intrusive. 'Don't pick up the first drink' was enough info for me, from a woman member, to counter the cravings. Even ringing and leaving a message on her machine helped this alcoholic.

ID meetings helped me a lot. My head was a doubting head; even not drinking, craving, identifying with alcoholics' stories at each meeting, my head would doubt my alcoholism. 'The evidence is in' I'd say to myself. The committee meeting in the head was a problem: 'You can't do this, you won't succeed'. Off I'd go to an ID meeting and hear my own story and share mine. Then I had some information to use to counter-attack when my head set up the doubts again.

Do you ever get a craving these days?

Over the years, I've had drinking dreams. Sometimes on the odd occasion...I might drive past a pub and see people in the beer garden, looking happy. The taste never goes away fully. It reminds me I'm an alcoholic. I don't feel resentment against those drinkers, but I know I can't drink like they do.

A woman at meetings talks about the 'ism' doing push-ups in the corner. That weird thinking; sometimes it still occurs. Today, I never use the term 'recovered'- to my mind that implies I'm cured. I always see my life in AA as one in which I'm recovering. That's why I do meetings regularly and do a bit of service.

In your days of sobriety, what range of service positions have you held?

I've maintained service positions, in any group: secretary, treasurers, rep at District, or Assembly, the 12-step office at Prahran – various events would include fund-raisers, selling raffle tickets for various events.

What's your current service position? What are you learning from it?

Now I'm involved in the north-west inter-group. I'm currently secretary, maintaining the group correspondence. I think one of the things about service positions is that it makes you feel more a part of AA, ie more broadly than your group.

You hear more about what's going on. and you come across people with a heap of knowledge about the Fellowship. So, you learn better about how things are done and structure. It helps to understand better what you're a part of.

I do a phone line as well, six hours per month. It feels good when you get a call from people want to know what might help. It's practical to be there to respond, I get a good feeling from offering help. My first contact with AA was through a phone call. The fact that the person who answered could tell me the address for a meeting was a life-saver. The person I spoke to wasn't intrusive but knew I needed to be connected with. Having a member answer a call is really important – I remember that.

What advice would you give to newcomers about the value of AA service?

For a newcomer, well, I tend to try and encourage them taking on a small job in the group. Start there, start small. The first 12 months of Fellowship is a huge task. It's life changing and it aint easy. I suggest to them that they bring the milk next week, or collect the cups after the meeting. I explain it as: you're part of the meeting, not just coming and going, if you help with something.

What's the value to an AA member who takes on a service role?

Take it on because it gives you broader experience. You work out how it all fits together, sobriety and service. You learn a lot and pick up skills you didn't know you had. My final comment is this: when members do start getting active in service they have to balance it. They have to look after their own sobriety, and sometimes over-working in a service has negative outcomes. People have lives and jobs and families. The more service we all do, the more fellowship we all get and the more difference AA can make.

Some of us (drinkers) repeatedly find, too, that we have bitten off more than even a hippo could chew. We keep taking on more commitments than any one person could handle

Living Sober, p.45

If a strong inner core of peace, patience and contentment looks at all desirable to you, it can be had.

Living Sober, p.47

Area Events

<p>Tuesday 19th June 7:30pm</p>	<p><u>Moonee Ponds Big Book Group - Illustrated Steps Presentation: Housecleaning Steps</u> Essendon Community Baptist Church 138 Buckley Street, Essendon (map) <i>Enquiries Frank 0415144916</i> Download Flyer Moonee Ponds Big Book Group</p>
<p>Wednesday 20th June 10:00am</p>	<p><u>Beginners Meeting - Diamond Creek</u> This week's question: How did we stop relapsing? Force Netball Association Clubrooms 2 Diamond Street, Diamond Creek (map) Download Flyer Diamond Beginners Group</p>
<p>Friday 22nd June 7:30pm</p>	<p><u>Beginners Steps Discussion Meeting</u> Topic: How do we keep an open mind on spiritual matters? St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road) (map) <i>Group Contact Number: (03) 9028 2212</i> Download Flyer Working With Others Group</p>
<p>Friday 22nd June 9:00pm</p>	<p><u>Working With Others Group - Illustrated Step Four Presentation</u> St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road) (map) <i>Between the 7:30pm and 10:00pm meetings</i> (03) 9028 2212 Download Flyer Working With Others Group</p>
<p>Tuesday 26th June 7:30pm</p>	<p><u>Moonee Ponds Big Book Group - New Big Book Series Starts</u> Essendon Community Baptist Church 138 Buckley Street, Essendon (map) Moonee Ponds Big Book Group</p>
<p>Monday 16th July 6:00pm</p>	<p><u>Fairfield Steps Group Anniversary and Soup Night</u> Rear of St Andrews Uniting Church Cnr Gillies & Duncan St, Fairfield (Enter via Gilles St Carpark) (map) Bring soup and bread <i>Erin 0408400336</i> Fairfield Steps Group</p>
<p>Sunday 9th September</p> <p>Workshop 11am Lunch 12 noon Assembly 1:00pm</p>	<p><u>Next Area D Assembly</u> Christ Church 261 Moorabool St Geelong, VIC</p>

Friday to
Sunday
27th to 29th July

[And...outside Area D, way outside, but of interest:](#)

[Bill W AA Camp - Douglas-Daly NT](#)

Douglas Daly Tourist Park

LOT 5754 Oolloo Rd, Douglas-Daly NT ([map](#))

First meeting Friday July 27, 7pm. Meetings and activities all weekend.

\$13 pp per night to camp. No registration charge.

Mark P 0400 255 019, Terry B 0418 895 007, Denis P 0435 479 477

[Top End Bill W Camp Committee](#)

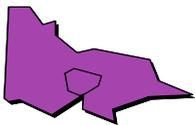
To share your event or meeting with a special focus, contact:
areadnewsletter@gmail.com

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.

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.