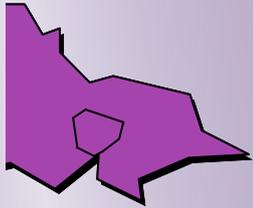


February 2019  
Volume 10 Issue 1

# D-Liberation

## Note from the editor



**We're on the web!**

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

**The 3  
Legacies:**

**Recovery,  
Unity,  
Service**

This edition has one theme: *involvement*.

Those members involved in Area D are seeking help and we are unashamedly spruiking for more members to grow their recovery and enact their unity by Service in the Area.

Keen readers will note that this edition has been published early: the Committee Members of Area D are publishing this edition before the March 3<sup>rd</sup> Area D Assembly. Why?

Because we have key roles in the Area D Committee unfilled. We sober members in the Area, who benefit from our collective experience, strength and hope to come to the Ballarat Area D Assembly on 3<sup>rd</sup> of March.

Come to ask about the roles you can take up; come to find out what happens at Area D. Come to contribute to plans for an Area Inventory. Come to make it more fun

If your group was planning to contribute its group story, or you have a personal story of recovery or service you'd like to share – this early publication might be a nuisance! Send in your story and we'll publish on the website or save for the June edition

There will be no quotes in this letter from the AA Big Book. That's because I gave my copy away today. The West Life Rehab is a new service in Sunshine, offering 3 months for people with alcohol, addiction and mental health issues. When I visited there last week, one inmate asked me if I'd ever read the *Big Blue Book*. Yes, I said, and it's time I shared it with others: I'll come back and leave my copy on the shelves. When I was desperate for sobriety, others gave freely to me. And I'll pick up a new copy of my own soon, and recommencing scribbling my thoughts on it.

**AREA D ASSEMBLY: SUNDAY 3rd March 2019**

**Workshop: 11am-12pm**

**Topic: What is the Primary Purpose of Area? Is it time for an Inventory?**

**Followed by lunch: 12pm-1pm**

**Area Assembly: 1-4PM**

**VENUE:**

**Buningyong Town Hall  
313 Learmonth St, Buningyong (Ballarat)**

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## Area D Committee Contact Emails:

Area Position	Email Address
Chairperson	Vacant
Secretary	Vacant
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>
Public Information	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>

## A Message from the Out-going Area D Chair:

It has been a privilege to be chairperson of Area D for the past few years. As we say in AA 'I got out of it more than I put in'. In retrospect I can see how much more I could have done but I think that is always the case.

I have had a fabulous experience learning more about myself, about the traditions and concepts, and about the importance of unity in AA. And I can see how important a role Area has to play in encouraging unity across groups. People don't always see this, perhaps because the Assemblies can be boring at times and somewhat administrative but the committee has taken great steps towards trying to improve how we run Assembly.

Thanks to all those who participated in the December workshop where we had great sharing on how to encourage more participation. The committee are following up on this at the next workshop in Ballarat on 3 March.

This is an opportunity to contribute to changing Area D for the better.

Come along and help build unity.

There are several Area D Committee Positions that are vacant. Three Positions Descriptions are included in this newsletter and information about the role of General Service Representative is repeated from the last edition.

Rita S  
Area D Chair, 2017-2018

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There are many opportunities even for those of us who feel unable to speak at meetings or who are so situated that we cannot do much face-to-face Twelfth Step work. We can be the ones who take on the unspectacular but important tasks that make good Twelfth Step work possible...

*12 Steps & 12 Traditions, Page 110- Step 12*

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## From the December Area D Assembly:

The December meeting of Area D included an open- and frank- discussion on the topic of Area Effectiveness, and asked the question:

**Why are Members of AA not participating in Assembly?**

**Questions raised by the chair: is it:**

- The venue?
- How we communicate?
- A lack of knowledge about the service structure?
- The time of the Assembly, or the frequency of meetings?
- Absence of Commitment

Discussion & Suggestions:

All members at the Assembly were given two minutes to give three points they considered described the problems and potential solutions to increase attendance.

**Responses are summarised on the next page.**

**The next step is to use the Workshop at the March Assembly to discuss the format and contents for change, for re-imagining and re-invigorating, through Inventory.**

## Summary of Discussion at December Assembly

<p><b>Time &amp; Location Barriers</b></p> <ul style="list-style-type: none"> <li>-The location</li> <li>- The non-participation of metropolitan districts makes it difficult to get numbers at Assembly</li> <li>-What about video or tele-conference technology to enable attendance?</li> <li>-Change the venue</li> </ul>	<p><b>Communication issues</b></p> <ul style="list-style-type: none"> <li>- Lack of clarity about the purpose of Assembly</li> <li>- KPIs at Assembly: for example, how many Big Books are ordered, how many prison visits, how many meetings in the Area D, weekly</li> <li>- GSRs need to include in their role education for their group about the purpose and importance of Assembly</li> <li>- Make people feel more welcome</li> <li>- The infighting is an example to the Newcomer</li> <li>- De-Liberation: make districts responsible for contributing stories and articles.</li> <li>- Ensure a tangible action or actions happen at Assembly; take back to Groups</li> <li>- Do a group invite in Outlook or Gmail</li> <li>- Break down the barriers of opinion</li> </ul>
<p><b>Format Issues</b></p> <ul style="list-style-type: none"> <li>- Make it more fun, not just a reporting function.</li> <li>- It's boring-very boring.</li> <li>- Let's have less formality and a more relaxed environment.</li> <li>- Can we do without the agenda? It's been the same for 2 years.</li> <li>- Change the format</li> <li>- Use the time more effectively.</li> <li>- Change the format and generate more enthusiasm</li> <li>- Change the word to <b>Festival</b></li> </ul>	<p><b>Lack of Knowledge</b></p> <ul style="list-style-type: none"> <li>-Lack of education for newcomers and sponsees about the importance of the service structure: the triangle.</li> <li>- We need more education around the traditions</li> <li>-Offer more brochures at Assembly, for sale to groups. For example AA book marks.</li> <li>-The GSR role may be clear to GSRs... is it clear to Groups and at Assembly?</li> </ul>

## Job Description – Area Chair

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### CHAIRPERSON Job Description (Two Year Term)

#### The Chairperson:

- has a reasonable period of continuous sobriety, (suggested minimum of 5 years);
  - has an understanding of the AA program, AA Traditions and AA concepts;
  - has the willingness and availability to regularly attend and chair Area Assemblies ( 4 per annum) and Committee Meetings (4 per annum),
  - availability between meetings for communications with committee members, to follow up actions required, and to respond to enquiries from the area membership;
  - has access to a computer with the Internet and email facilities (preferably not an employer's);
  - is able to organise and lead with humility, whilst ensuring that some action is taken on all matters;
  - has planning ability and skill in conducting meetings;
  - skilled in verbal and written communication;
  - is aware of District matters and keeps the Delegate informed;
  - aware of what is happening in World Service and keeps the Area Committee informed;
  - is one who lives in such a manner that others realise that Service to the Fellowship of AA is part of personal recovery.
-

# Job Description - Secretary

## **AREA COMMITTEE SECRETARY**

### The Secretary:

- has a reasonable period of continuous sobriety;
- has an understanding of the AA program and of AA Traditions;
- has the willingness and availability to regularly attend Area Assemblies and Committee Meetings;
- has access to a computer with the Internet and email facilities and a printer (preferably not an employer's);
- arranges and advises of Quarterly Area Assembly Meetings and Area Committee Meetings;
- records agreed decisions and other business (minutes);
- reports back on actions taken and any known outcomes;
- emails or mails out and keeps copies of both electronic and hard copies of Area Correspondence as appropriate;
- works with the Area Registrar to maintain confidential email and mailing lists of all participating groups and their GSRs;
- works closely with the Area Committee and Groups to ensure the smooth running of Area business and the distribution of information.

## The Role General Service Representative

**The General Service Representative (GSR) is the link between the Group and AA as a whole and is probably the most important single factor in the whole AA structure....**so says the Australian AA Service Manual, 7<sup>th</sup> Ed, on page 32

Usually, the prospective GSR has two or three years of continuous sobriety and has time available for District Meetings and Area Assemblies.

An effective GSR has these qualities:

1. To be open minded and a good listener
2. To be an information gatherer
3. A keen interest in AA as a whole
4. A Willingness to service AA

The GSR is electronic or postal mail contact, for General Service Office (GSO), and works to keep abreast of AA activities at local, national and international level. Beyond that, they keep GSO supplied with contact information and changes of officers, meetings and venues.

The GSR has a good understanding of 'The AA Group Handbook' and assists other members and groups to use it wisely. They usually serve for two years and are elected at a Group Conscience Meeting, using the written ballot method outlined in AA's 3<sup>rd</sup> Legacy Procedure. A well-organised group will also elect an Alternate GSR.

Adapted from **Australian AA Group Handbook**, on page 32-33. Reprinted from the December newsletter

**NORTH WEST INTERGROUP**



## **CHANGE OF BANK ACCOUNT DETAILS**

The North West Intergroup (NWIG) has a new bank account. Would groups wishing to donate to the NWIG by direct deposit please use the new account. The account details are:

Bendigo Bank  
Seddon Branch  
BSB: 633000  
Account no: 163640659

Groups requiring a receipt after making a direct bank deposit can request one by emailing: [nwigcommittee@gmail.com](mailto:nwigcommittee@gmail.com)

Our Postal address for correspondence and for donations by cheque remains as:

North West Intergroup  
PO Box 534  
Yarraville Vic. 3013

For further information please contact:

Barry on 0421 591 754, or Glenn on 0417 130 866, or  
email the NWIG Committee: [nwigcommittee@gmail.com](mailto:nwigcommittee@gmail.com)

Republished from December edition.

## Share your Group's Story - Template

Your Group's Name:

Type of Meeting	ID, Recovery, Big Book, Steps?
Numbers of Meetings	
Format, duration	
How do you close the Meeting?	Serenity Prayer, while holding hands? Stand together? Stay seated? Ask Newcomers to stay and chat?
How long has your meeting been running?	Do you celebrate your Annivesary? If so, how?
Do you have a regular Group Inventory?	
How do Group Members communicate?	Has this changed?
Has the meeting changed over the years?	How, what do you do differently now?
What is your meeting known for, or proud of?	Recovery? Cakes? Recovery & Cakes? 52 weeks per year of service? Regular donations to GSO?
How does your Group do PI?	How do you carry the message
Tell us a good news or spiritual story from recent times	Into Action

Republished from December edition.

Answer each question, or put your Group's whole story into a couple of pages.

Send to: [areadnewsletter@gmail.com](mailto:areadnewsletter@gmail.com)

## Upcoming Events

Date	EVENT
<p><i>Friday to Tuesday</i>  <i>22<sup>nd</sup> February</i>  <i>To 26<sup>th</sup> February</i></p>	<p>Chaptersix AA Motorcycle Group - Over the Mountains            12th Annual Ride            Breakfast at McDonalds Wyndam St Shepparton from 7:30am.            Leave at 9am sharp riding through to Bright then up Mt Hotham            to Omeo            Omeo Caravan Park            Omeo Victoria  <a href="#">map</a></p> <p>See <a href="#">Chapter Six 'Over the Mountains' Webpage for full program</a>            Bookings for accommodation must be made before the            31/12/2018, cabins are limited, so get in early if you don't want            to miss out. Bookings are to be made with Justin.  <a href="#">Justin 047814939</a>  <a href="#">Chapter Six Motorcycle Group</a></p>
<p><i>Saturday</i>  <i>23<sup>rd</sup> February</i></p>	<p>Surf Coast Serenity AA 2nd Anniversary            Salvation Army Corps            35 Boston Road Torquay, Torquay  <a href="#">map</a></p> <p><i>The meeting goes from 5-6pm and we'll be having pizza locally afterwards.</i>  <i>Everyone's welcome!</i>  <a href="#">Surfcoast Serenity Group</a></p>
<p><i>Sunday</i>  <i>24<sup>th</sup> February</i></p>	<p>AA Golf Day            Fundraiser for the AA 12 Step Office            Glen Waverley Public Golf Course            915 Waverley Road, Glen Waverley            cnr Waverley Road and Jells Road <a href="#">map</a></p> <p><i>SWING INTO ACTION!</i>  <i>PLAY   VOLUNTEER   SPONSOR A HOLE</i></p> <p><i>Players of all abilities welcome.</i>            \$40 Per Player (Includes Green Fees &amp; BBQ Lunch)  <a href="mailto:sunlightofthespiritaa@gmail.com">sunlightofthespiritaa@gmail.com</a>  <a href="#">Sean K - 0425 707 480; Mark S - 0407 297 718</a>  <a href="#">Sunlight of the Spirit Group</a></p>
<p><i>Sunday</i>  <i>24<sup>th</sup> February</i></p>	<p>Prisons Volunteers Meeting            Sacred Heart Church            9 Newcastle Street, Newport            beside the Presbytery <a href="#">map</a></p>

	<a href="#">Victorian Prisons Intergroup Committee</a>
Monday 25 <sup>th</sup> February	<p>Steps in Seddon - Traditions Meeting - Tradition Two          Uniting Church Hall          71 Gamon Street, Seddon          Cnr Mackay St <a href="#">map</a></p> <p><i>Traditions Meeting is held on the last Monday of each Month. We use a short reading from "Twelve Steps and Twelve Traditions" then members share on their experience on a particular Tradition.</i></p> <p><a href="#">Steps in Seddon Group</a></p>
24th to 26th of May 2019	<p><b>A Common Solution Retreat – 2<sup>nd</sup> year</b></p> <p>Join us on while we walk through the 12 Steps of recovery and enjoy a weekend of fellowship.</p> <p>A unique approach to a retreat style weekend, where everyone will get an opportunity to share their experience, strength and hope with special guest speakers from around Australia.</p> <p><a href="https://commonsolutionretreat.org/">https://commonsolutionretreat.org/</a></p>

Check the AA Times for meetings and events that are happening in January. Click [here](#) for the link to the website

#### 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.