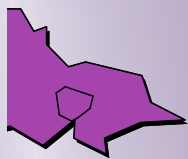


April 2016  
Volume 7, Issue 2

# D-Liberation

## Note from the editor



**We're on the web!**

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

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Welcome to the April edition of the Area D Newsletter. At our last Area Assembly Kathy C was elected as our new Area Secretary. Congratulations on your election and a huge thankyou to Sue K for all her hard work in the position over the past few years.

March this year saw our first off shore National Convention in Fiji. On all accounts it was a very successful event. A great effort by all the organisers! A Fun Run Fundraiser is being held on 10th April by the PI & CPC Sub-Committee. Also this month Area D is hosting the Daylesford Spiritual Concept Weekend on 22<sup>nd</sup> - 24<sup>th</sup> April 2016 Boomerang Ranch Daylesford. So plenty to do in the area!

I look forward to receiving any feedback and ideas for other items or topics. The deadline for any articles/ reports for the next edition is 20th June. Subscribe or get in touch with the editor at [arednewsletter@gmail.com](mailto:arednewsletter@gmail.com).

#### AREA D POSITIONS ON THE AREA COMMITTEE

<b>Chair</b>	<b>Barry H (Moonee Ponds Big Book Group)</b>
<b>Secretary</b>	<b>Kathy C (Steps in Seddon)</b>
<b>Treasurer</b>	<b>Michael P (Heidelberg Working With Others)</b>
<b>Registrar</b>	<b>Angela T (Steps in Seddon)</b>
<b>Area Webmaster</b>	<b>Jenny H (Williamstown)</b>
<b>Editor, Area Newsletter</b>	<b>Chris H (Moonee Ponds Road To Recovery)</b>
<b>Area Delegate</b>	<b>Peter O'D (Carlton Tuesday)</b>
<b>Alternate Area Delegate</b>	<b>Anil (Moonee Ponds Big Book Study)</b>
<b>Area PI Coordinator</b>	<b>Rhonda R (Werribee)</b>

Area Position	Email Address
<b>Chairperson</b>	<a href="mailto:aredchair@gmail.com">aredchair@gmail.com</a>
<b>Secretary</b>	<a href="mailto:thearedsecretary@gmail.com">thearedsecretary@gmail.com</a>
<b>Treasurer</b>	<a href="mailto:aredtreasurer@gmail.com">aredtreasurer@gmail.com</a>
<b>Delegate</b>	<a href="mailto:areddelegate@gmail.com">areddelegate@gmail.com</a>
<b>Literature</b>	<a href="mailto:aredliterature@gmail.com">aredliterature@gmail.com</a>
<b>Registrar</b>	<a href="mailto:aredregistrar@gmail.com">aredregistrar@gmail.com</a>
<b>Public Information</b>	<a href="mailto:piared@gmail.com">piared@gmail.com</a>
<b>Area Newsletter</b>	<a href="mailto:arednewsletter@gmail.com">arednewsletter@gmail.com</a>

The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere.  
AA Comes of Age, p108

## The Area Delegate Report to the Area assembly

AREA D SOUTHERN REGION ASSEMBLY – 6th MARCH 2016

Since our last Area Assembly on 2nd December 2015, my activities have encompassed the following:

**(a) At District Level**

Participation in Geelong District Meeting on 18th January

Attendance at Castlemaine Sunday 4th Anniversary Meeting on 24th January

Participation in Western Suburbs District Meeting on 9th February

Participation in Calder District Meeting on 11th February

Attendance at Ballarat District Anniversary on Saturday 13th February

Participation in Wyndham District Meeting on 19th February

**(b) At Area Committee Level**

Participation in the Area Committee Meeting on 7th February which discussed a number of issues and finalised the Agenda for this Workshop and Assembly

Regular liaison with Area Chair and Other Committee Members as required

**(c) At General Service Conference Level**

Ongoing participation in information gathering and subsequent consideration of possibilities as part of the Conference appointed committee on Review of the Australian General Service Structure resulting from Conference consideration of Topics 008/2015, 025/2015 and 040/2015

The task of this Committee is to provide for consideration by Conference 2016 in November a possible plan for how an inventory of the General Service Structure in Australia may be undertaken.

**Additional Activities**

I was Guest Speaker at the Moonee Ponds Road to Recovery Group on 15th December

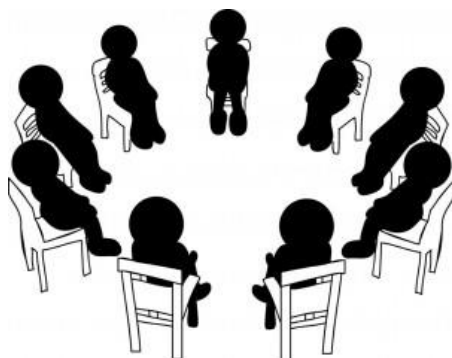
I have continued my active participation in my Home Group (Carlton Tuesday) and the work of the Victorian Prisons Intergroup (VPI) primarily by fortnightly Saturday attendance as member of the Roster for Port Phillip Prison and by attendance where possible at meetings of the VPI Committee.

I also intend to participate in the North West Intergroup (NWIG) Workshop to be conducted on Saturday 12th March which aims to encourage involvement by members in the work of NWIG.

Yours in service,

*Peter O'D*

Area D Delegate



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## Public Information and Cooperation with the Professional Community Report

*D Liberation April 2016.*

*Hi All,*

*Rhonda here. Or should I say Bula Vinaka. Guess where I have just come back from? Yep you guessed it The Australasian Convention in Suva Fiji. It was amazing. We had a PI Day on the Thursday and there was a bus load of dignitaries and locals that we had sponsored from Australia to attend this day. Doctors, Counsellors, Mental Health Workers, Salvation Army, World Health Officers, Psychologists, Members of Parliament and many more all attended.*

*The day was structured around the professionals sharing with us about their experience with alcohol in their society. Members also shared their experience, strength and hope. It was amazing. There are so many professionals trying to help alcoholics but until we went there only a handful of people going to the only meeting there in Suva. Many meetings have been organized with the professional community to see where to from here.*

*The impact of the sharing on that day was amazing. One of the speakers was a member from the Solomons who got sober 3 years ago when Australia went to assist the Solomon Islands. There were many 12 step calls done by the people attending the convention. Staff at the hotels would just come up and say we need help. A man in a local shop asked a member how he could get help. Many many incredible stories. The Fijian people got the opportunity to watch AA in action on the dance floor. Many of the staff joined in and there was so much laughter as well as tears. It was a very spiritual experience for me and one I will treasure. Watch out for future updates on how AA is progressing in Fiji.*

*Now on the home front. We have 15 eagerly training AA members gearing up to take part in the Inaugural Area D Fun Run on Sunday 10th April. Who knew Alcoholics are competitive. For my part I will be walking and admiring the scenery. I will still be on Fiji time. Well that is my excuse anyway but at least I am having a go. My runners will get a shock. We are raising money for PI in Area D.*

*The first 2 symposiums are coming up thick and fast. We will be at Lorne at the Rural Doctors of Victoria 29th April through till 1st May. Then at the Nurses Convention in Albert Park on the 5th through 7th May. This gives us the opportunity to meet the professionals at their conventions. They come to us and we are there to give them Literature and answer any questions. We get the opportunity to talk about ourselves. One of my favourite subjects.*

*Seriously, thank you to the members who have so readily agreed to give up their time to do service at these events. If you would like to do some service then please contact me on the number or email below.*

*I will let you know how the expos go next time.*

*Yours in Service*

***Rhonda R.***

*Area D PI & CPC Coordinator*

*0439668212*

*[piaread@gmail.com](mailto:piaread@gmail.com)*



## TREASURER & LITERATURE OFFICER'S REPORT

Once again the groups have been very generous in their support of Area D - 12 groups deposited donations totalling of \$1,046.90 during this last quarter - we thank you all.

The groups have also contributed a total of \$604.20 (\$404.20 during the Sept - Dec 2015 Quarter & \$200 this last quarter) for the Australian Convention in Fiji. That money has all been transferred to the special account held at the General Service Office. The GSO asked if Areas throughout Australia could donate \$300 each and thanks to our member groups -we have doubled that. There is one mystery Donation from a Greg D on the 25th January 2016 for \$57.00. There was no Group name next to his deposit so I have been unable to send a receipt. If anyone knows which group he belongs to, please let me know.

There were also two donations of \$250 each towards the PI & CPC Sub-Committee funds so they can carry out their PI work. These donations came from a private AA member, who was very impressed with the good work that is being planned by the PI & CPC Sub-committee and their associated Districts.

We paid two Conference Levy invoices this quarter. There are four levy invoices during the year that the Area receives so that we can send our Area D Delegate to Conference. The Levy went up slightly from last year from \$650 to \$670 each Invoice (a total for the year will be \$2,680). At the August 2015 Committee meeting last year - we set a prudent reserve of \$1,300 to cover two of the Conference Levies - this is reflected in my Summary Report.

There were 8 Literature Orders placed by Groups and Districts - we thank you for your ongoing support of the Area D Literature Service. A new Electronic Literature Order form has now been added to the Area D Website. This can be downloaded to your desk top and then filled in and attached to an email back to the Literature officer on areadliterature@gmail.com So people now have a choice. The downloadable pdf Literature Order form is still there - which can be printed off (after saving it to your Desk Top) - filled in as before and either scanned and emailed in or posted to Area D at P O Box 535, Yarraville, 3013. Groups only pay for the Literature they order as Area D pays for the postage.

As always there is some Literature available on the Registration Table which is for sale as well as some Literature Order forms.

I wish to thank everyone for their support over the last year in my role as Treasurer & Literature Officer - it has indeed been another opportunity to learn in a service role. And I want to wish Michael all the very best as the incoming Treasurer. I am sure he will serve the Area in his new role admirably.

Yours in Service,

*Jenny Hibbens*

Area D Treasurer & Literature Officer (outgoing)

## Webmaster Report

I am gradually learning the intricacies of being the Webmaster for Area D. It has been a baptism of fire to say the least - however, I am enjoying the challenge.

I have been going through the site and adding new and updating older information. I have added upcoming events on both the side of the main page and under Announcements along the top Menu Bar. Here you will find upcoming events and flyers which can be downloaded.

Please check ANNOUNCEMENTS for what is happening in Area D. We currently have information regarding the PI & CPC Sub-Committee Fun Run (April), the Area D Daylesford Weekend (April), Women's Day in AA (August) & the upcoming 2016 National Treatment & Correctional Facilities Forum (Early October) - more information to come plus a flyer as they become available.

An additional Plug In (Word Monitor) has been added to the Word Press program and there is now a FILE tab along the top Menu Bar which only the Area D Committee members can see when they use their special log in and password. This is a central Electronic Archive FILE for all our Assembly Minutes, Committee Minutes and Reports to Assembly. I have also included a tab and pages for each of the Districts should they want to take advantage of placing their minutes (past and present) into this archive.

A very big thank you to David McC for his wonderful assistance in helping me to make this electronic archive FILE system and being available to answer any questions that I have regarding the overall program.

Yours in Service,

*Jenny Hibbens*

Area D Webmaster

## DISTRICT NEWS

An AA District is a geographical region within an Area containing a number of AA Groups, the number being dependant 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 a few as 3 or 4 groups. As the number of groups in an Area increases more Districts are formed, each one electing another District Committee Member (DCM). Each District has a DCM on the Area Committee.

### Ballarat District

AA is alive and well in Ballarat with eleven meetings running through the week. The district provides a variety of meetings, ranging from Beginners, Big Book, Recovery, Topic, Men's and Steps and Traditions groups. There will be a Men's Day in Ballarat on Saturday 16<sup>th</sup> April at Eureka Hall. Lunch will be by donation and anyone interested in going please email to [morcs@bigpond.com](mailto:morcs@bigpond.com) or phone 0439559995, or 0498228274. It is to be run by the Men in Sobriety Ballarat Group.



### Calder District

Frank O'L has contacted the Moonee Valley Leader and they have agreed to include information on the Big Book and Road to Recovery Groups in their 'What's On' section of their paper. The meeting venue, times and contact details will be printed in the article and the paper will run it as often as they can.

Members from the Calder District continue to visit de Paul House on a weekly basis to introduce the people in detox to Alcoholics Anonymous. The program has been running for over twenty years and consists of members sharing their experience, strength and hope with clients as well as illustrating 'the cycle of addiction'. Usually 2-3 members visit each Monday from 7.30 to 9.00pm.

In addition to the AA presentation by the members, we also offer Temporary Sponsorship to clients at de Paul House. This occurs when people request

assistance in accessing AA on completion of their detox. They are matched up with an AA member who undertakes to provide temporary sponsorship for a period of approximately a month to introduce them to attending AA meetings on a regular basis and explain how AA works.

Invariably the members who volunteer for at de Paul House and provide temporary sponsorship reap the rewards of their service when they see clients of de Paul House attending AA meetings and achieving sobriety. After all, that is our primary purpose as outlined in the Alcoholics Anonymous preamble.

The Moonee Ponds Big Book Group is celebrating its 8th Anniversary on Tuesday 12<sup>th</sup> April behind the Essendon Community Baptist Church 138 Buckley Street, Essendon. It promises to be a great night!

## Geelong District

The newest meeting in Geelong is a Women's topic discussion group in Leopold. The meeting is a 75 minute meeting commencing at 7:00pm. The venue is the Leopold Uniting Church Hall on the corner of Ash Road and the Bellarine Highway. All women are most welcome.



## Wyndham District

The district held a table at Pacific Werribee and as far as we know we got one interested member who is still attending AA, which is fantastic. We still have 4 days there owing. Barb suggested breaking them up into 2 days of 2 and maybe getting members to tell their own personal stories, on a microphone. It was an agree to disagree thing as Eddie asked the question of the personal stories and the anonymity of AA. Rhonda is P.I for Area D and Barb talked about there not being enough communication around the areas. Peter suggested that the committee is not responding enough.

Rhonda R has resigned as P.I. It was tabled and discussed about putting up Alex McW as new P.I and Lisa T as a sub. These 2 were voted in and they have both accepted the new positions, Rhonda has advised Alex that she will forward all correspondence needed to him for the new position. We also have a P.I Sub committee which is, Sandra C, Melissa T, Michelle L, Lisa T, Barb N & Alex Mcw.

A Fun Run is on April 10, which is a 5k run around Altona from 10am until 2pm and will conclude with a B.B.Q if everyone can get this information out and about A.S.A.P. June 10th is Founders Day so we are wanting to organise a weekend in the Area of some kind.

Scheduled District meetings for the year are on April 8th at 6pm, June 3rd at 6pm, August 5th at 6pm, October 7th at 6pm and December 2nd at 6pm. All meetings to be held at Old Shire Offices cnr Watton St & Duncans Rd Werribee. On April 22nd the District will host the 8.00pm meeting in Daylesford at the Boomerang Branch for the Area D Spiritual Concept Weekend.

**Barb N**

Wyndham DCM



For thousands of years we have been demanding more than our share of security, prestige, and romance. When we seemed to be succeeding, we drank to dream even greater dreams. When we were frustrated, even in part, we drank to oblivion. Never was there enough of what we had thought we had wanted.

In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first and that material satisfactions were not the purpose of living.

*Twelve Steps and Twelve Traditions p.71*

## INTERGROUP NEWS

## Northwest Intergroup

North-West Intergroup Report to Area D Assembly  
6 March 2016



The North West Intergroup (NWIG) is an A.A. telephone answering service connected to the national A.A. 1300 number and is supported by local participating A.A. groups. Members can volunteer on a roster basis to answer 12th step calls diverted to their phone number or be available to undertake 12th step calls referred to them by the phone volunteers.

The North-West Intergroup website <http://aanorthwestmelb.org.au> under the heading VOLUNTEERING includes a Phone Register Volunteer Form and a Twelfth Step Volunteer Form for individuals or groups wanting to be of service.

Groups and individuals can also contribute to NWIG by:

An Intergroup Service Representative (IGR) attending the quarterly NWIG meetings. The IGR informs their home group about NWIG and the service opportunities that are available, much the same as a GSR does for the Area. Individuals are also welcome to attend. Financial contributions can be made to cover the cost of the phone rental and calls, also the cost of producing pamphlets.

A.A. groups or individuals wanting to donate financially can:

Direct debit to:

AA North West Intergroup Service

BSB: 063 517

Account: 10207908

Or Cheque to:

The Treasurer

North West Intergroup

PO Box 534

Yarraville Vic. 3013

Bank account details are also on our website or donations can be paid directly into any Commonwealth Bank using the BSB and Account number above. Please identify your name/group name when you send donations and an email to: [intergroupcommittee@gmail.com](mailto:intergroupcommittee@gmail.com). This will let us know you have contributed and we will send you acknowledgement of receipt and keep you informed of NWIG matters. NWIG has recently produced a pamphlet that shows who we are, what we do and that help is available for the alcoholic who is still suffering. Pamphlets have already been distributed to various meetings in Area D.

NWIG is holding a Volunteers Workshop on Saturday 12th March from 10am – 11.30 at 9 Newcastle Street, Newport. The workshop is for existing volunteers on the phone or 12th step roster. This workshop is open to any AA members interested in 12th step phone or 12th step visit volunteer work.

## Victorian Prisons Intergroup

The Victorian Prisons Intergroup (V.P.I.) is continuing to carry Alcoholics Anonymous' (A.A.) message of recovery to alcoholic inmates within Correctional Facilities throughout the state of Victoria.

Matters of interest arising from the most recent bi-monthly meetings of the group (Sunday, the 28th of February) are as follows:

Laurie P has been appointed the service position of V.P.I. Coordinator for Port Philip Prison. The group thanks both Laurie and out-going Coordinator Tom M for their service with regards to Port Philip Prison, 20 A.A. members have recently been given approval to visit the facility. At present the meeting has had up to 20 inmates present and is attended by 4 members visiting the facility on a bi-weekly basis.



The group received a report regarding both Loddon Prison and Middleton Unit in Castlemaine. 5 members visit these facilities on a weekly basis and facilitate A.A. meetings.

Due to the disturbance which occurred at the Metropolitan Remand Centre last year, regular A.A. meetings are yet to resume at this location. Frank O'L is continuing to attempt to contact staff at this facility to determine if and when A.A. members may be cleared to enter the prison and re-establish the meeting once held there.

The majority of contributions to the V.P.I. are used to purchase A.A. approved literature for alcoholic inmates and distributed in Victorian Correctional Facilities. Any Individual Member, Group, District or Area wanting to make a contribution to the V.P.I. can do so by any of the following methods:

The Intergroup's Bank account details:

Bank Acct Name: Victorian Prisons Intergroup  
BSB: 063 541  
Acct. No. : 1086 2793

The Payee name for cheques sent to the Intergroup:  
'Victorian Prisons Intergroup'

\*If a receipt is required, please provide the necessary details with the contribution.

## Southern Regional Trustee Report

I won't be giving a report on the February Board meeting until the Official report is released. I believe it was a very positive Board meeting. The report has been delayed because the focus has been on the Fiji Convention.

The general feeling is that the Fiji Convention was a great success. I feel that the local people would have gained a good understanding of the Disease of Alcoholism as a result of attending the Convention. It was estimated that over 400 people attended the Convention over the four days.

On 19th&20th of March I attended a very successful AA Rally held at St Helens in Tasmania. The local members were very happy about the fact that several members traveled to the Rally from the mainland.

### NATIONAL PHONE HELPLINE

As a result of the submissions from the NW Intergroup regarding the National AA Help line phone problems, the matter was referred to The General Service Board for a resolution. Inquiries were made with many various telephone providers to see if the same service-as was originally set up-could be provided and at what cost. A third party telephone provider has been able to offer the original service and at a cost which is less than the current cost with Optus. A test period is currently under way and the new provider and National Help Line Service will be implemented in April. This is a win-win situation all around, especially so for the sick and suffering alcoholic who rings in and will find immediate help in his or her area.

Yours in service,

*Michael C.*

Southern Regional Trustee





## National PI & CPC Report

Nothing like your own bed! What a weekend! It was really summed up by Brett F in his closing share, "Everybody there came to GIVE" and give they did!!!! Many of those Fijians who came to the PI day on Thursday, came back, and back each day, some travelling an hour and a half. We had many impromptu meetings at their request. One member had several 12 step calls from staff and locals, and ended up doing 12 step visits in his room. Alanon were inundated, and had 10 locals who wanted to start Alanon meetings NOW! LOL

An outstanding success in PI terms and on a personal level my heart is full of gratitude! The Caring and Sharing Library did an awesome job. Huge thanks to them. The USB can be purchased from them and even has a video of the amazing dancers art the opening ceremony as an added bonus! I am not quite sure of the cost etc. but will check and let you all know. A clear example of our primary purpose in action

So glad the Convention was enjoyed by all who went. Prior to the Convention the committee had heard quite a few negative comments, mainly from those who didn't seem to understand why we had gone there. Some thought we shouldn't have gone at all, some thought we should have held it in Nadi instead of Suva. (Suva was chosen because of the large number of professionals and government personnel there). As one of the Fiji members said - "This really was a convention about giving rather than receiving."

### Result of the Convention:

- Over 100 Fijian professionals now have an understanding of how AA and Al-Anon can help alcoholics and their families.
- Over 70 people from local villages have the same understanding.
- One of the major hotels in Fiji has an awareness of AA should any of its staff members or guests have need of help.
- The Fiji group has several new members.
- An Al-Anon group is about to start in Suva.
- Some of the professionals who attended the meeting on Thursday came back on the other days and brought family members, including children, with them.
- AA members who attended not only have a greater understanding of the importance of carrying the message to other countries - they thoroughly enjoyed doing it.

I believe our relationship with Al-Anon has matured considerably due to our mutual co-operation during the planning of this event. In my book that makes the Convention a success and I hope that we get to do it again in another country in five years' time.

I want to thank everyone who gave their support by attending and sharing, but I also want to thank those who couldn't be there but still supported the event by talking about it at their groups and also who assisted financially so generously, which enabled people from the villages to be brought to the Convention. Also many thanks to the groups who provided literature. This has been passed on to the Bula group.

Vinaka everyone!

Yours in Service  
Leigh Farquhar  
National PI Coordinator  
0411434014

An extra snippet from Phylis G, resident member in Fiji, shared with her permission.

"One of our members, Johnny, who was at the conference, has now stepped up as before the shame of alcoholism kept him anonymous. Now he is helping others already!!

We are still trying to set up online meetings with the donated computer but though there is free Wi-Fi in McDonalds, it is too loud. Other spots we have to pay. So we will need to add it on as a monthly plan and will need help with monthly payment. We will use funds from brown bag if the group agrees. Currently we use it for rent so we will see if any groups wish to contribute."  
(Tikina is similar to a District, a group of elders from many villages.)

\*\*\*\*\*

In A.A. we aim not only for sobriety - we try again to become citizens of the world that we rejected, and of the world that once rejected us. This is the ultimate demonstration towards which twelfth Step work is the first but not the final step.  
*As Bill Sees It, p.21*

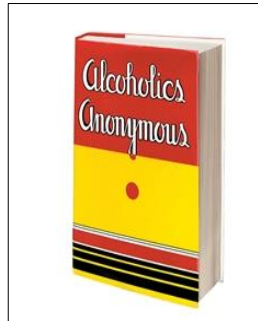
## What's new in literature???

AA World Services, Inc. has released the publication of the only A.A.W.S.-authorized reproduction of the first edition of Alcoholics Anonymous.

This new edition will be a faithful replica of the original, with the famous "circus cover" dust jacket, with red hardcover binding and bulky paper (which was why it was initially called the Big Book).

To commemorate the 75th anniversary of the historic publication of Alcoholics Anonymous in April 1939, the 2013 General Service Conference approved the creation of this facsimile edition of the first printing of the first edition.

The book can be purchased by ordering directly from GSO. Price \$17.60.



## Member's Eye View – Service STORIES

### Area Secretary

When I walked in the doors of AA two years ago, I had 35 years of drinking behind me. I'd come to a decision that the only way out of my misery was to drink myself to death. How long that would take was anybody's guess.

I carried my self-loathing, self-pity, denial and scepticism firmly bundled under my arm as I walked into my first meeting. It took me another 12 months before I could put it at my feet, and just listen. And this is what I heard – I had a disease, and I was powerless over it. The trick was to be willing to surrender to it, not fight it. And I wasn't alone. Alcoholism didn't discriminate between rich and poor, the illiterate or PhD holders, the homeless or the well-heeled.

Get a sponsor, find a home group, and go to regular, frequent meetings. The first two suggestions happened almost without any effort on my part. As if by magic, my sponsor appeared before me, and I found myself a member of a group.

No filling out forms or payment of any kind. Nice! I didn't see the value of regular meetings then, but I went anyway.

Putting down the drink isn't enough. For many years, a daily dose of a bottle or two was the solution to my problems. Once that was gone, I needed a new 'medicine' to cope with physical, mental and spiritual symptoms of living.

Fortunately it came with instructions, instructions that had been "hammered out on the anvils of experience" by AA's forebears. The Twelve Step program could be done by anyone who was willing to give it their best shot, and, even if they don't really understand how it works, it still works. Even nicer!

I've now been living sober for over twelve months. The obsession to drink has been lifted and what a joy that is!

I'm working the program – sometimes quickly, sometimes slowly.

I'm truly grateful that that four letter word 'HOPE' now means something to me. When grief and fear cast their shadows over me, I don't have to resort to the bottle. I have the fellowship of other recovering alcoholics, the program, and a faith that will sustain me if I have the grace and humility to ask for help. I've tried it and it works.

How many years I have in front of me is still anybody's guess. In the meantime, I've been moving that bundle of self-pity, denial and the rest of my collection of short-comings, back to where they belong – in the past.

Day by day, I now have a choice of what I do with my life. I often make bad choices, but drinking myself to death is no longer one of them.

*Kathy C*

(Our new Area D Secretary)



## The Brown Paper Bag Appeal Founders Day Week June 10th

The Brown Paper Bag refers to the idea that was raised a few years ago to contribute to the translating of our literature into various languages around the world.

A.A. has a presence in 170 countries and translations of the Big Book have been made in 69 languages. At present there are 17 translations of the Big Book being undertaken.

In 1995, the Australian General Service Conference passed an advisory action that all groups be asked to contribute any surplus funds from one meeting a year during Founders Day week to be forwarded to the General Service Office for the International Literature Fund.

After some time it was resolved in 2003 that 75% of the ILF collection be made available to assist countries in the Asia/Oceania Zone with their literature and PI&CPC activities in the Asia/ Oceania Zone and the remaining 25% be forwarded to New York General Service Office as Australia's contribution to the International Literature Fund.

In October 2015 , a new translation of the Big Book in the Twi language was launched in Ghana. This process took 9 years to complete. It is a slow process but essential as Bill W was adamant that any translation be accurate in the meaning and intent of the original. Therefore, it can be seen that any funds that groups in Australia can give to this very worthy cause go a long way to spreading the message in print to as many alcoholics as possible.



### Area D PI &CPC Fundraising

BYO picnic or BBQ lunch afterwards. Bottled water supplied.

The event will kick off at Altona pier at 9 am and finish at WG Cresser Reserve in Sealholme where supporters, family or friends of participants can join them for a picnic or BBQ lunch.

All monies raised go towards Area D Public Information (PI) initiatives. Events and

### PI Fun Run Walk Jog

activities include the Rural Victoria Doctors Expo, Nurses expo, Generation Next (young people with mental health problems) and General Practitioners Expo. AA is represented at these symposiums as exhibitors only. We are in no way affiliated with any of these organizations.

Our aim is to be there with AA Literature and information about AA if the Professionals want it.

Run starts 9 am Sunday 10<sup>th</sup> April  
Come & join us at Altona Beach ...  
for a Family Day and AA fundraising<sup>1</sup> event

# 5 KM FUN RUN OR WALK OR JOG

Come & join us to help support our AA participants<sup>2</sup> - as they run, walk or jog the 5km course in an effort to raise funds to sponsor public awareness of AA in the community.

The event will kick off at 9am at the Altona pier and finish up at WG Cresser Reserve in Seaholme around 11am. There are BBQ facilities available at the reserve - so why don't you BYO picnic lunch to enjoy in beautiful Cresser Reserve afterwards? Don't forget to bring your football, Frisbee or cricket set!

For more information, please contact Michael on 0415 485 591



<sup>1</sup> All funds raised will go towards public information (PI) initiatives sponsored by Alcoholics Anonymous Area D

<sup>2</sup> Only AA members are able to participate and only members are able to sponsor participants — there will be absolutely no exception to this condition

## Area Events

<b>Friday April 8<sup>th</sup> 7.30am</b>	<b>Working With Others Steps Discussion Meeting</b> Topic: If we are in fit spiritual condition, what happens if we are tempted to drink? St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road)
<b>Friday April 8<sup>th</sup> 10.00pm</b>	<b>The Late Meeting</b> St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road) Michael 0415 485 591
<b>Sunday April 10<sup>th</sup> Run Starts 9.00am</b>	<b>Famliy Day Fun Run Walk or Jog</b> BYO picnic lunch to enjoy in the Altona beach park afterwards - and don't forget to bring your football, frisbee or cricket set! Altona Beach Come & join us to help support our sponsored, AA participants as they run, walk or jog the 5km course in an effort to raise funds to sponsor public awareness of AA in the community. For more information, please contact Michael on 0415 485 591
<b>Monday April 11<sup>th</sup> 10:00am</b>	<b>Millpark Beginners Big Book Study AA 4th Anniversary</b> Guest Speaker: Chris L. Plenty Valley Adventist Church Crm Centenary Drive & Plenty Rd, Mill Park Breakfast provided Ph: Anna 0415 194 141
<b>Tuesday April 12<sup>th</sup> 7:30pm</b>	<b>Moonee Ponds Big Book Group is Celebrating Its 8th Anniversary</b> Behind Essendon Community Baptist Church 138 Buckley Street, Essendon (Opposite St Columba's College - 100 Metres West of Railway Station)
<b>Wednesday April 13<sup>th</sup> 10:00am</b>	<b>Diamond Reflections Group in a New Venue!!</b> Diamond Creek Force Netball Association Clubrooms Diamond Street, Diamond Creek (The Shell service station is on the corner of Diamond Street)
<b>Saturday April 13<sup>th</sup> 7.00pm</b>	<b>Glenroy Twilight 7th Anniversary</b> Senior Citizens Hall 11 Cromwell Street, Glenroy Please bring a sweet
<b>Saturday April 16<sup>th</sup> 9:00am</b>	<b>AA Men's Day</b> Eureka Hall 119 Stawell St Ballarat Lunch provided by donation morcs@bigpond.com Ph 0439559995, or 0498228274
<b>Friday to Sunday April 22<sup>nd</sup> to 24<sup>th</sup></b>	<b>Area D Spiritual Concept Weekend</b> • 8pm Friday AA - at the Ranch • 2pm Saturday AA - outdoors at Tipperary Springs, Al-Anon—at the Ranch • 7pm Saturday AA with Al-Anon participation - Ranch • 10am Sunday AA with Al-Anon participation - Outdoors at Jubilee Lake Boomerang Ranch, Ranch Road (off Tipperary Road), Daylesford Bed & Breakfast \$50 per adult per night \$35 per child per night. Book your accommodation directly with the venue - Boomerang Ranch Sue 0413 576 541, Barry 0421 591 754
<b>Friday to Sunday April 29<sup>th</sup> to May 1<sup>st</sup></b>	<b>East Gippsland Round-Up</b> Incorporating Lakes Entrance AA 36th Anniversary Lake Tyers Caravan Park 558 Lake Tyers Beach Rd, Lake Tyers Beach Contact Kain 0412 568 796 Or Rosie 0419 556 510
<b>Sunday May 1<sup>st</sup> Eating 5:00pm Meeting 6:00pm</b>	<b>Laverton Primary Purpose Eating Meeting</b> Community & Education Centre 12 Crown St, Laverton (map) Danny R 0432 353 449
<b>Friday to Sunday May 11<sup>th</sup> to 13<sup>th</sup></b>	<b>2016 Melbourne AA Steps Weekend</b> Banyule Theatre 10 Buckingham Drive, Heidelberg Presented by the Working With Others AA Group Tickets \$20 available from group members and on-line Info: Michael 0415 485 591
<b>Sunday May 13<sup>th</sup> 7.00 pm</b>	<b>Spotswood 46th Anniversary</b> St Margaret Mary's School 181 Hudsons Road, Spotswood Please bring a plate

<b>Wednesday May 18<sup>th</sup></b> <b>8:00 pm</b>	<b>Sunbury 26th Anniversary</b> Salvation Army Building 27 Anderson Road, Sunbury Please bring a plate
<b>Friday June 3<sup>rd</sup></b> <b>9:00 pm</b>	<b>Working With Others Group - Illustrated Step Four Presentation</b> St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road) Between the 7:30pm and 10:00pm meetings
<b>Sunday June 5<sup>th</sup></b> <b>1:00 pm</b>	<b>Area D Assembly</b> Melbourne Venue TBA
<b>Monday June 6<sup>th</sup></b> <b>7:30 pm</b>	<b>Illustrated Steps Presentation - Steps 2 &amp; 3</b> Wayaperri House - Werribee Community & Education Centre 106 Duncans Road, Werribee Followed by supper Contact: Eddie 0409918443
<b>Friday June 10<sup>th</sup></b> <b>To 12<sup>th</sup></b>	<b>Back to the Bush Lightning Ridge Rally</b> Lorne Station, Lightning Ridge, NSW Contact: Curley 0427 482 819, Brian 0429 813 174

**Founders Day Week – June 10<sup>th</sup> – Groups are encouraged to donate their collections to the Brown Paper Bag Appeal. Funds to be sent to the General Service Office for the International Literature Fund, which assists the still suffering alcoholic in many countries around the world, especially in Asia/Oceania.**

### AREA ASSEMBLIES FOR 2016

5 June 2016 Melbourne Metropolitan venue

11 September 2016 Geelong venue (tbc)

4 Dec 2015 Melbourne Metropolitan

Commented [01]:

Commented [02R1]:

Commented [03R1]:

### Area D Daylesford Spiritual Concept Weekend with Al-Anon participation

22-24 April 2016 (ANZAC WEEKEND)

Boomerang Ranch

Daylesford, Victoria

Book your accommodation directly with the venue

Boomerang Ranch

Ranch Rd (Off Tipperary Rd)

Daylesford VIC 3460

03 5348 2525

www.boomerangranch.com.au

Bed & Breakfast \$45 per adult per night \$35 per child per night

Accommodation only (no meals) \$35 p/p p/night

Meals Lunch \$10 p/p Dinner \$15p/p available onsite but must be booked in advance with venue.

Horse riding, bush walking, huge permanent markets, spas, charming township just minutes away

This is an annual Area D event, bring your friends, stay the weekend, visit country Victoria, share your spiritual concepts and enjoy some fresh air and fellowship.

Meeting Schedule

AA – at the Ranch

8pm Friday 22<sup>nd</sup> April

AA – outdoor

2pm Saturday 23<sup>rd</sup> April

Al-Anon – at the Ranch

2pm Saturday 23<sup>rd</sup> April

AA with Al-Anon participation – Ranch

7pm Saturday 23rd April

AA – Outdoor

10am Sunday 24<sup>th</sup> April

Contact: Barry 0421 591 754 Sue 0413 576 541



*Spiritual Concept Weekend  
Boomerang Ranch Daylesford*



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### 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. (As of December 2012, Kyneton has elected to join Area B.)

### 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.