

June 2017  
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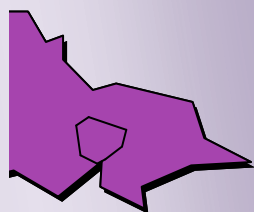
# D-Liberation

## Note from the editor

Welcome to the June edition of the Area D Newsletter. This will be my final edition as editor as it is time for me to rotate off. Congratulations to Lindee C. who is the new D-Liberation editor. The PI&CPC Coordinator will again be up for election at the September Area Assembly. Please consider taking on this position.

An opportunity to raise funds for the International Literature fund is coming up shortly. Donating your group's collection during "Founders Day" Week – June 10th -will help in spreading the message to the still suffering alcoholic! This is the day 82 years ago when Dr Bob took his last drink and is seen as the beginning of Alcoholics Anonymous.

The deadline for any articles/ reports for the next edition is 1<sup>st</sup> September. Subscribe or get in touch with the editor at [areadnewsletter@gmail.com](mailto:areadnewsletter@gmail.com).



**We're on the web!**

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

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### AREA D POSITIONS ON THE AREA COMMITTEE

<b>Chair</b>	<b>Rita (Steps in Seddon)</b>
<b>Secretary</b>	<b>Leanne (Steps in Seddon)</b>
<b>Treasurer</b>	<b>Michael P (Heidelberg Working With Others)</b>
<b>Registrar</b>	<b>Sue K</b>
<b>Area Webmaster</b>	<b>Jenny H (Williamstown)</b>
<b>Editor, Area Newsletter</b>	<b>Lindee C</b>
<b>Area Delegate</b>	<b>Peter O'D (Carlton Tuesday)</b>
<b>Alternate Area Delegate</b>	<b>Anil (Moonee Ponds Book Study)</b>
<b>Area PI Coordinator</b>	<b>Vacant</b>

Area Position	Email Address
<b>Chairperson</b>	<a href="mailto:areadchair@gmail.com">areadchair@gmail.com</a>
<b>Secretary</b>	<a href="mailto:theareadsecretary@gmail.com">theareadsecretary@gmail.com</a>
<b>Treasurer</b>	<a href="mailto:areadtreasurer@gmail.com">areadtreasurer@gmail.com</a>
<b>Delegate</b>	<a href="mailto:areaddelegate@gmail.com">areaddelegate@gmail.com</a>
<b>Literature</b>	<a href="mailto:areadliterature@gmail.com">areadliterature@gmail.com</a>
<b>Registrar</b>	<a href="mailto:areadregistrar@gmail.com">areadregistrar@gmail.com</a>
<b>Public Information</b>	<a href="mailto:piaread@gmail.com">piaread@gmail.com</a>
<b>Area Newsletter</b>	<a href="mailto:areadnewsletter@gmail.com">areadnewsletter@gmail.com</a>

"True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of god. " Twelve Steps and Twelve Traditions", p350

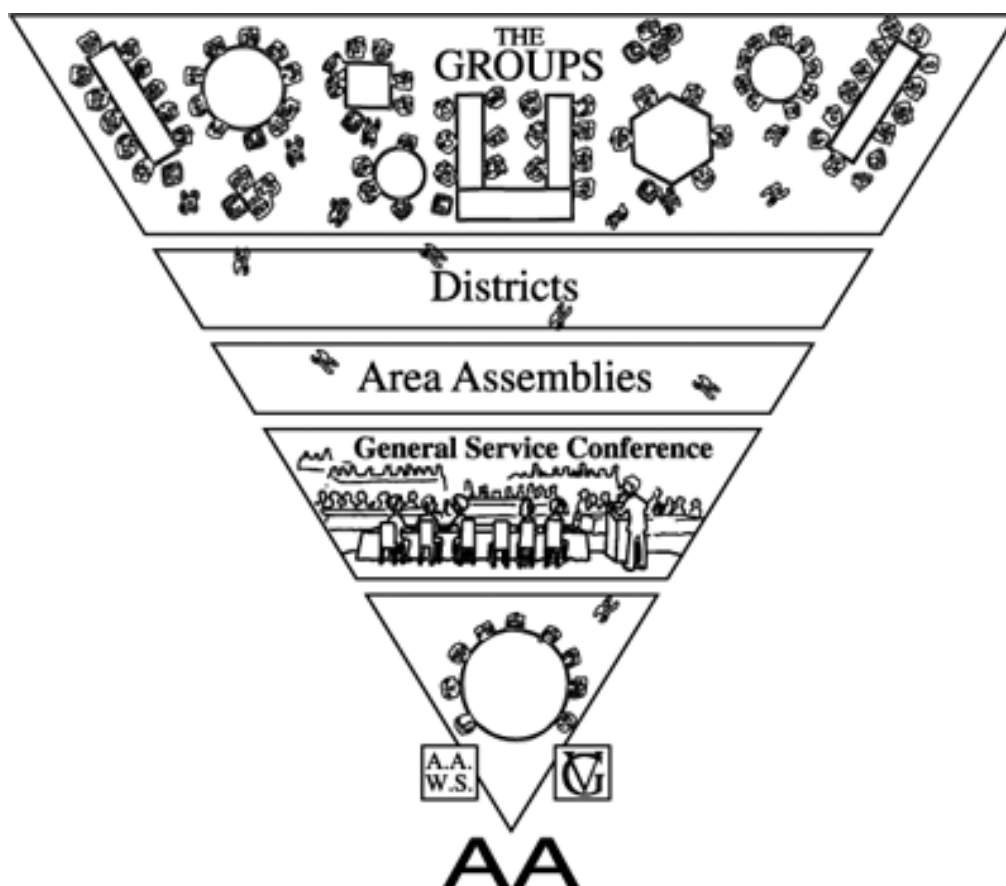
## Job Description of Vacant Area Committee Position

This position will be up for election at the Area D Assembly in September 2017. If you would like to know exactly what the position entails do not hesitate to email piaread@gmail.com and Rhonda R will contact you immediately and talk you through it. As with all positions in AA you will get plenty of help in the beginning to get you started before you develop the confidence to bring your unique qualities to the job. The wonderful thing about the Area D Committee is that there is so much sobriety and experience to help on your service journey.

### *AREA D - PUBLIC INFORMATION & CO-OPERATION WITH THE PROFESSIONAL COMMUNITY CO-ORDINATOR Job Description (Two year Term)*

#### *The PI & CPC Coordinator:*

- *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 (preferably not an employer's) and a working printer;*
- *is available to encourage, assist & facilitate carrying the AA message both within & outside the AA community, ensuring that we always abide by the Traditions & Concepts of AA;*
- *liaises & cooperates with Districts within Area D;*
- *checks service website to ascertain what National PI incentives are occurring;*
- *is aware of Conference Topics pertaining to PI;*
- *writes reports for Area D & D-Liberation.*



# The Area Delegate Report

Since the Area Assembly on 5<sup>th</sup> March 2017 I have been engaged in the following:

## CARRYING THE AA MESSAGE

- Active involvement with my Home Group
- Active involvement with and roster co-ordination for the meetings program at Port Phillip Prison

## AREA LEVEL ACTIVITIES

- Attendance at Spiritual Concept Weekend at Daylesford on 22<sup>nd</sup> April
- Participation in the Area Committee Meeting at Bacchus on May 7<sup>th</sup>
- Attendance at Calder District Meeting on 11th May
- Structure Review Workshops as detailed below
- Area Assembly on 4th June
- Communication with individual members who have sought my input on issues concerning them or their groups

## GENERAL SERVICE CONFERENCE ACTIVITIES

Members will be aware that a sub-committee, of which I am a member, was established by 2015 General Service Conference tasked with bringing to the 2016 Conference a Draft Plan on how an Inventory of the General Service Structure may be undertaken. The decision of 2016 Conference in relation to the proposed Plan is detailed below:

### Advisory Action #058/2016

Conference resolved that the Plan (for an Inventory of the Australian Service Structure) submitted by the Structure Review Committee be updated by the Structure Review Committee and circulated as a 2017 Conference Topic by the Conference Agenda Committee as soon as possible following Conference to give the members and groups adequate time to discuss and provide feedback to their delegates.

The documentation, encompassing the Proposed Plan (for an Inventory of the Australian General Service Structure) and Supporting Information on the General Service Structure in other countries, is available for download from the Area D Website ([www.aread.org.au](http://www.aread.org.au)) under the General Service Conference tab. It is also available for download from the AA Service Website: ([www.aaservice.org.au](http://www.aaservice.org.au))

As agreed at the December 2016 Assembly, I undertook to conduct a series of Workshops for Area Members to discuss the Proposed Plan and provide me with feedback.

At the time of writing this Report, a Workshop for Geelong Members was held at Ocean Grove on Saturday 1st April and was attended by some 15 Members; for Members in the Western and North Western Suburbs of Melbourne was held at Yarraville on 29th April and was attended by some 20 members; and for Ballarat members on 27th May attended by 6 members

The remaining Workshop is:

Melbourne Northern Suburbs Members – Sat 24th June 1.00pm-4.00pm at Rosanna Fire Station Community House, 232 Lower Plenty Road Rosanna.

As agreed at our Assembly on 5th March, I met with John W, General Secretary of AA Victoria, regarding the Workshops. He was grateful for the contact, our discussion was very beneficial, and our Workshops have been listed on the AA Victoria website.

I have agreed to requests from two other Area Delegates for assistance with their plans for consultation with their members.

The Plan will be considered and a decision taken by the 2017 Conference. Members will devote a half-day discussion session to realistically consider the Proposal and any feedback from members probably on the first morning of Conference 2017.

### The Conference Process

The organisational structure of the General Service Conference is such that it operates in two basic ways:

1. Through individual Conference Committees, which make recommendations to the full Conference; and
2. Through full Conference Sessions

In relation to Conference Committees, my membership of these for the next 12 months is as follows:

- (a) Member and Chairperson of the Conference Policies and Admissions Committee

- (b) Member and Alternate Chairperson of the Conference Correctional Facilities Committee
- (c) Member of the Conference Trustees Committee

### Some Dates for 2017

The 2017 General Service Conference will be held in Sydney from 2<sup>nd</sup> – 5<sup>th</sup> November

The deadline date for submission of Topics is 4.00pm Friday 30<sup>th</sup> June

The Conference Agenda Committee will meet via teleconference on Saturday 17<sup>th</sup> June and again on Saturday 12<sup>th</sup> August, this second meeting to allocate topics to Conference. As a result I would anticipate the allocated topics will be provided to Conference Delegates in the week commencing Monday 14<sup>th</sup> August for subsequent distribution to members.

Elections for the positions of Area Delegate and Alternate Area Delegate are due at our December Assembly. Please start discussing this at your Group Conscience. I would be very happy to talk with any member who may be prepared to consider nominating for either position.

I look forward to catching up with everyone at our Workshop and Assembly on 4<sup>th</sup> June

Yours in Service and Fellowship,

*Peter O'D*

Area D Delegate



## A Vital Opportunity For Northern Suburbs Members

### Review of the AA Australian General Service Structure

A Workshop for members in **the Northern Suburbs** has been arranged as follows:

#### DATE

Saturday 24<sup>th</sup> June 2017

#### TIME

1.00pm – 4.00pm (with a break for Afternoon Tea)

#### WHERE

Rosanna Fire Station Community House  
232 Lower Plenty Road, Rosanna  
(10 mins walk from Rosanna Station)

#### Where did this come from?

In 2015 The General Service Conference of AA Australia considered a Topic to undertake a review of the Australian General Service Structure. It formed a Committee to look at how this review might be done. In 2016 this Committee put forward a Proposed Plan and Conference decided to ask Members around Australia to provide feedback on The Plan before it makes a decision on it at 2017 Conference.

#### How can you contribute?

This Workshop been arranged with a view to maximising opportunities for Members to have input. It will run from 1.00pm-4.00pm with a break for Afternoon Tea. Please make your own lunch arrangements for the day.

#### What are you invited to do?

Download a copy of the Plan from the Area D Website  
([www.aread.org.au](http://www.aread.org.au), under the General Service Conference tab)  
Read and discuss it with your Group and other members  
Bring yourself and fellow members and contribute your ideas.

#### Want more details?

Peter O'D, Mob: 0408 438 568 Email: [areaddelegate@gmail.com](mailto:areaddelegate@gmail.com)

## Area Chairperson Report

After three months in the role as Chairperson of Area D, I am still learning and beginning to understand all that this service position involves. I hope to step up to the responsibility by learning as much as I can (reading the manual) and ensuring that my Higher Power is with me all the way. I hope I can offer a valuable contribution to keep our Area functioning well and in some way encourage more groups to recognize the importance of this service structure.

### Daylesford Spiritual concept weekend

As many people know the Area recently hosted the annual Daylesford Spiritual Concept weekend, which has been running for about 20 years. As the numbers and the level of commitment were low, the Area committee reviewed the weekend at the last meeting to determine if it is still serving its purpose. A copy of the evaluation of the weekend has been distributed and outlines what worked and what did not. In summary, it is thought that times have changed, and people are not so available for a whole weekend. Also, the bookings for the accommodation have dropped dramatically over the years and do not offer the venue good returns.

The Area committee is recommending that a small sub-committee be set up to explore alternatives to the Daylesford weekend that are more relevant to the area's needs today. This will be discussed at the Assembly.

### What else is happening around Area D?

- The position of Southern Regional Trustee will become vacant at the end of 2017 and nominations for the position are now open. Area D is able to support the nomination of only one candidate, and will take this responsibility very seriously. This is a very important service position as this Trustee sits on the General Service Board. Many thanks to Mick C who has served us well in the position for the past 4 years.
- The Western Hospital Detox roster has been coordinated by Lindee for the past 1-2 years and Lindee recently approached the Area Committee for clarification of where this service role fits within the area structure. Originally it sat with the Western Suburbs District, however as this District has lapsed, the Detox service work was not linked to any District or group. Once this situation came to the Committee's attention, Wyndham District expressed interest in supporting the Roster Coordinator, and discussions are currently in progress.

Yours in service

*Rita S*

Area D Chairperson

## Treasurer's Report

This is the report for the period 14.02.2017 to 16.05.2017.

There is currently \$8651.28 in the Area D bank account.

The Area received donations from the groups of \$1100.41.

There were 5 group literature orders for the quarter and the Area made a profit of just under \$150.

There are no outstanding invoices and the only expected expense is the next Conference levy payment of \$700 which will be due in June 2017.

Area D purchased a set of banners & replacement literature this quarter totaling \$230. The committee also agreed to donate Service Manual & Guideline sets to Geelong, Ballarat & Wyndham Districts. These are listed in the expenses report. The Area is holding \$4020.49 for the PISC.

Group donations to the PISC were \$300 and the Fun Run held in March raised \$2022.

Allowing for the prudent reserve of \$1400 and the \$904 set aside for the Structural Review, the Area has available funds of \$2326.79

I am always available to answer any questions you have regarding the Area D finances.

Yours in service

*Michael P*

Area D Treasurer



## PI & CPC Report

Due to my health issues I do not have much to report.

Districts are taking part in PI activities. Even though Rehabs do not come under this banner a lot of work is being done by members in our Area which goes unacknowledged. This is amazing service.

2 Members attended William Angliss College catering college in the city on the 23<sup>rd</sup> May. These members are young in age and sobriety and they did a fantastic job. This is the 4<sup>th</sup> year we have been invited back as a direct result of our initial involvement in the Teenage Expo.

Gen Next is on the 16<sup>th</sup> June. This year one of the key note speakers is speaking about young people's drinking so I shall be making a point of speaking with him and hopefully he will want to take some AA Literature.

2 of our regular conventions are not being held in Melbourne this year which is a shame but hopefully another will come up as a result of Gen Next. That is what normally happens. It is great we have the funds to take part in these events.

I am putting forward 2 new posters and 4 postcards for consideration as a conference topic. Let's hope they get passed and are added to the National PI material just as the teenage posters were.

Many many thanks to the groups who still send donations through for PI in Area D, Even though we do not have an Official Co-Coordinator I am manning the PI email and am speaking to professionals on a regular basis. So here is hoping another opportunity presents itself for us to be of service.

Yours in Service

Rhonda R

Outgoing Area D PI Co-Coordinator

## Webmasters Report

For any and all information regarding Area D Assemblies, Area D Committee Meetings and Area D events – you can check the area D Website on:

<http://aread.org.au/>

You can register your Group & GSR either on line on the right hand side of the Main Page or download the GSR Registration form and fill in and post to "Area D, P.O. Box 535, YARRAVILLE, VIC 3030. Forms are also available at each Area D Assembly on the Registration table.

If you or your group has a Topic they wish to submit to the General Conference for consideration - the 2017 Topics Form is available for download under the top tab "General Service Conference".

Information about the Area D activities are under the Announcements tab – the flyers for each are downloadable and printable.

If your Area D Group or District has any event they to advertise – send information and Flyer to:

[areadwebmaster@gmail.com](mailto:areadwebmaster@gmail.com)

Information about each District and their activities and meetings are under the Districts tab on the Main Menu Bar.

The latest Area D D-Liberation Newsletter is available for downloading from the Main Page side-bar. There is also a D-Liberation Archive containing all editions along the top Main Menu Bar.

Please take advantage of your Area D Website by advising me either by phone (0412 248 252) or by email on [areadwebmaster@gmail.com](mailto:areadwebmaster@gmail.com)

Yours in service,

*Jenny H*

Area D Webmaster



## DISTRICT NEWS

An AA District is a geographical region 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 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

#### 1. District Meeting

The Ballarat District had a committee meeting 5 February 2017, tabled at the meeting were the reports from all the GSR's present which indicated that all the meetings are being well attended and 95% of the meetings have functioning Group Consciences. It was noted that a majority of the members are female in the District. A new DCM was voted on and Mary Ann S appointed, the CPC and PI role is a position vacant.

#### 2. AA with Al-Anon Participation 66 Year Anniversary 10-11 February 2017

The Anniversary was well attended with over 100 attendees with a great variety of speakers. Lunch, and breakfast were provided by AA which was self-supporting. Al-Anon provided morning and afternoon tea. A great effort by all involved.

*Mary Ann S*

Ballarat DCM.

### Calder District

The Calder District represents groups in the north-western metropolitan Melbourne and local country groups. The District is bordered by Sydney Road/Hume Highway and the Maribyrnong River/ Calder Freeway. The District first started around the end of 1983. Towards the end of the 80's there was another attempt to get the District started, but this also failed through lack of support. During this period the District became involved in hospital and institutions work, with regular visits to the Pleasant View detox facility. In late 1993, the District was reformed and a full District Committee was put in place, including a Secretary, Treasurer, Public Information Officer, and a Hospital and Institutions portfolio. The District has retained a focus on work with alcohol withdrawal units. The District commenced a monthly presentation at De Paul House in early 1997. The presentation at De Paul House became a weekly event (every Monday night) in about August 1999, and continues to date. A 'Temporary Contact Programme was initiated with De Paul House in June 1999, and this also continues to date.

### Geelong District

The last district meeting was held on the 8<sup>th</sup> May 2017. We had good attendance on the night. As a district we continue to carry the message to the alcoholic who still suffers. We will shortly do a new run of our 4 highway signs on major roads in and out of Geelong highlighting AA in the community. The hospital and institution portfolio is well coordinated and the facilities are well attended by members, literature is also provided. The phone service although quiet is functioning well. The district is financial and all committee positions are filled.

Yours in service,

*Julie B*

DCM Geelong district



## INTERGROUP NEWS

## NORTHWEST INTERGROUP

What is the NW Intergroup?

The NW Intergroup is a telephone answering service which is linked to the National AA 1300 22 22 22 24 hour Help Line. It is often the very first contact a sick and suffering alcoholic has with AA. It is made up of groups and individuals from within AA and covers the northern and western suburbs of Metropolitan Melbourne - extending out to as far as Kyneton in the NW and Werribee in the south west. The boundary is arbitrary and if another Help Line service is unable or unavailable to answer a call from the eastern side - the call can be re-directed through to us.

The group relies on Volunteers to both man the phones on shifts throughout the 24 hour period.  
8 AM - 12 Noon, 12 Noon - 6 PM, 6 PM - 10 PM and 10 PM - 8 AM.



There are four ways in which an individual can be of service through the NW Intergroup

- 1) Elect to take a shift or shifts on the Phone Roster
- 2) Be placed on the 12<sup>th</sup> Step List for your location - the phone volunteer will ring if the person who as phoned in wants to talk further or needs assistance to get to a meeting. And,
- 3) Become a Phone Diverter - taking the phone for a period of a month to switch the NW Intergroup Diverter phone through to the person who is listed on the roster.
- 4) Represent your group at the quarterly meetings - last Saturday of February, May, August, & November at 10 AM at The Sacred Heart Church Meeting Room, 9 Newcastle Street, Newport.

How are we funded?

Groups within the catchment area contribute on a regular basis as do some individuals.

What is the cost?

The running costs include a monthly Telstra Phone Plan; replacement of the Diverter phone as required; Maintenance of our website (see <http://aanorthwestmelb.org.au/>) where you can find forms for registering either as a phone volunteer or as a 12<sup>th</sup> Stepper; and brochures - which you will find on the registration table - please take some back to your groups or for yourselves.

The NW Intergroup does not have a physical location (no costly office etc.) merely a Diverter phone.

We have an annual Workshop / Training Day for both phone & 12<sup>th</sup> Step Volunteers - all are welcome - to be part of this exciting service we ask that volunteers have 18 months of continuous sobriety.

Yours in Service,

*Jenny H*

NW Intergroup phone Diverter & Volunteer

## Review of the Daylesford Spiritual Concept weekend

### 21-23 April 2017

**What Worked?**

- AlAnon participation was strong; their Saturday meeting was well represented from a range of groups. Also 3 AlAnon members at the AA meetings on Friday and Saturday nights; 6-7 at the Sunday morning meeting.
- Had a few members attend from outside Area D- Shepparton, Cairns.
- Group of 11 from VICYPAA who contributed a lot of energy, enthusiasm and fellowship (ran a spontaneous meeting after the scheduled Saturday afternoon one.
- Meeting spaces at Ranch were pleasant (open fires) and conducive to fellowship; offered good alternative to the outdoor meeting for Saturday.
- Individual members carried the responsibility for chairing and organising meetings - thanks to Sue K, Tony (Wyndham), Julie (DCM Geelong), Christian (Western Unity) and Peter (Delegate)
- Saturday night meeting had 17 AA members and 3 AlAnons; Saturday afternoon meeting had about 25-28 attend



- Sunday morning meeting by Lake Jubilee went well with approx. 35 people attending, and a lovely sense of fellowship. The weather cleared up even though the ground was wet. No one stayed for lunch
- Wonderful to have our own banners
- People loved having it in a beautiful setting with lots of places to eat and other relaxation or recreation activities available.

### What didn't work?

- Participation by districts was not strong; securing commitment for running meetings was not easy (perhaps due to my poor communication):
  - No group offered to run Friday night
  - Geelong and Wyndham ended up only have one person each to run the meeting
  - I had understood that Ballarat would do Saturday night but no one showed.
- Don't think we had any locals from Daylesford attend.
- 8 people at the Friday night meeting, 3 were from AlAnon.
- Bookings for the Ranch were low and caused some headaches for Teresa:
  - People did not want to share rooms
  - 'No shows', without advising Teresa that they were cancelling, which made it difficult for her to allocate rooms, and to know how many to cater for
  - Lots of people did not stay at the Ranch but attended the meetings and used the facilities. I made decision to have 7<sup>th</sup> tradition collections which were specifically to cover the cost of using the ranch facilities (especially given the low numbers paying for accommodation). About \$100 was paid to Teresa for use of facilities.
- Majority of people attending did not stay at the Ranch; they either only came for the day or for 1 meeting; or used alternative accommodation. This possibly had some impact on the level of fellowship outside of meeting times.

### Suggestions for future

- Firstly, need to discuss and clarify whether the weekend is still achieving the goals for which it was first established – What is the Purpose? Has it ever been reviewed in light of the many changes to Area over time? Has it become a case of just doing the same thing each year without evaluating it? Is there another way to run it, or to create opportunities for fellowship?

If it is to continue, I suggest the following:

- Discuss with Teresa at Boomerang Ranch to see if it is still viable for them, given the reduction in numbers. Possibly offer a separate payment to cover the cost of using the facilities, over and above the accommodation costs. This would cover meeting rooms, tea & coffee facilities, wood fires/ air con, cleaning.
- OR
- Reconsider whether this venue still works for us.
  - Reduce the time span by dropping Friday night from the program
  - Gain commitment from 2-3 members to do the organising (not 1 person) including ensuring that at least 2 organisers need to be there for the whole weekend. Most of the work actually falls on the weekend. With 2 people the organisers could spend more time facilitating fellowship activities.
  - Develop a written guideline for the weekend, to pass on to the next person organising, and which will capture the purpose and practicalities of the event. Include details such as 'how the whole weekend works', how the meetings work, map, responsibilities (who does what and how)

## Member's Eye View – Service STORIES

Life is beautiful! I work full time, live in a nice villa, eat good food, drive a new car, and hang out with friends, who this time around, are not fair weathered but genuine. Doesn't all this sound too much for an alcoholic who was completely broke and homeless not that long ago? But it is true.

I grew up in Mumbai. I had a childhood like that of any other ordinary child in my neighborhood, except for one difference – my father was an alcoholic. He often came home drunk, had fights with my mother and terrorized us. I don't know what lasting effect it had left on my psychology, but one thing was certain; the alcoholic genes were very much in the family.

I was hailed as a bright student in school and later in college. People thought I had a bright career ahead of me and I found no reason to doubt them. I started drinking socially in college. After finishing my masters, I found a decent job. As days passed, my alcohol intake increased in frequency and quantity. Although my friends too drank with me, I noticed, but failed to acknowledge, two major differences in my drinking. One – I always seemed to be preoccupied with alcohol, was mentally obsessed with it. If socializing in a pub or wonders of nature in an outing were more important to my mates, it was the accompanying alcohol that was my focal point of interest. The second difference was that if I started drinking, I found it very hard to stop. I always wanted more. A few drinks could never satiate me, unlike my friends who seemed to have no problem stopping after a couple. I learnt only later, that these were the very manifestations of the disease I was suffering from, the disease of alcoholism.

Another aspect that differentiated me from most of my friends was that I was (and am) gay. Not having any support or role models while growing up in a conservative society like India, the fear of being found and socially rejected or at very best ridiculed, only made matters worse. Alcohol always helped overcome this fear and helped as a much needed social lubricant even in closeted groups.

The disease only progressed with time. In a few years I was drinking daily, although in limited quantity. I needed 'my quota' even to fall asleep. By this time I was married and had a 6 months old daughter. When my wife decided that she had enough of me, she left taking away our only child. In a couple of years I couldn't hold on to my job either. I became dependent on my parents. My mother's pension would now provide for our survival, my occasional drinking sprees and subsequent hospitalization. I started lying and borrowing from friends to buy my drinks. There came the jitters and morning drink. Nausea, stomach ulcers had become far too regular. I was completely broke in every dimension of life – financial, social, physical, mental and spiritual. How dark it is before dawn!

It was in this despair that my parents decided to drop me in 12 step rehab centre for good. They had already seen me through countless hospitalization and many rehabs, and by this time, had lost all hope. When I got into the rehab this time, I had no idea that I was being abandoned. I came to know of it much later.

In the first week at the rehab, during morning meditation, I took the 3<sup>rd</sup> step, without actually realizing what I was doing. Tears kept rolling down my cheeks. It's hard to describe, but it was according to me, a spiritual experience. I had accepted defeat and surrendered my soul to the higher power that I believed in.

A new, beautiful life was dawning upon me. It was all about caring and sharing with fellow recovering alcoholics. It was about playing a role in their recovery and also focusing on my own. I had a chance to look back at the mistakes of my previous life and look ahead to correct them. It was all about being honest. I simply took life as it came toward me. I looked after other patients, often stayed at hospitals for days at a time serving the sick. I worked briefly at a day counselling centre, maintained stocks at the rehab. I also did outreaches in slums, schools and colleges, trying to spread the message of recovery from addiction. It was on one such occasion that I got a call from an employer who had a job offer. This was during the last major global economic recession. Many were losing jobs. My experience was in fast-paced information technology, where being 2 months away meant being outdated. I had been out of job for nearly 2 years. Despite all these odds, I cleared 4 rounds of interviews to get this job. It was indeed a miracle.

I flew to my new work location, Melbourne. Here, I was greeted into a very strong and mature fellowship of AA. On one occasion, I found a special meeting for LGBT people in the fellowship. I never thought such a meeting would ever exist. By my higher power brought me all the way to it where I could open up and accept every aspect of my life including my sexual orientation.

I continued to work on my spiritual health. To address my problem of chemical dependence, I needed to stay focused on the spiritual solution. Financial recovery simply followed as a by-product to my spiritual wellbeing. In little over a year, I was able to buy a flat in Mumbai and invite my parents to live there. I met my wife and we agreed mutually on a divorce, which happened very peacefully. I gained access to see my daughter and the bonding has begun (although it's a long way to go). Friends and relatives, who once had rejected me, have accepted me with respect and open arms. I am gratefully winning on every front that I had lost before. But the most important miracle of all – is that I am no longer obsessed with alcohol; I am at last free. I don't know how this has exactly happened, but that's not important. The spiritual solution, the pathway was shown to me in AA. I simply chose to walk on it.

*Anil R.*



## *The brown paper bag appeal - Step 12 in Action!*

*Donating your group's collection during "Founders Day"  
Week - June 10<sup>th</sup> -will help in spreading the message!*

The Brown Paper Bag refers to the idea that was raised a few years ago to support the raising of funds to contribute to the translating of our literature into various languages around the world. The International Literature Fund plays a very important role in providing this service to alcoholics. There have been more than 35 million copies of the Big Book sold all over the world.

The process of translating literature goes through an "expressed need," communicated to the GSO NY. Then it goes back to the country and they set up a committee to look at this need. This whole process can be from months for pamphlets to years for a Big Book. 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. There are 69 translations of the Big Book. 17 new translations are pending. A.A.W.S prints the Big Book in 33 languages and 37 are printed by local service structures. A.A.W.S has published literature across 298 publications in a total of 90 languages.

In 1995, the Australian General Service Conference passed an advisory action that all AA Groups in Australia be asked to contribute any surplus from one meeting a year during Founders day Week ( June 10<sup>th</sup> ) to be forwarded to General Service Office for the International Literature Fund.

After some time had passed 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.

These Brown Paper Bag contributions play a very important role in this process. They also help link the Fellowship of A A in Australia to the rest of the world. The upcoming AOSM being held in Mongolia is a valuable tool in spreading the message to alcoholics in our Zone.







Taking It Easy

2017  
Cairns



**2017**  
July 7-10

**ALCOHOLICS ANONYMOUS  
AUSTRALIAN NATIONAL CONVENTION**

with Al-Anon and Alateen participation

**Pullman Cairns International  
Cairns QLD**

**[www.aanatcon2017.com.au](http://www.aanatcon2017.com.au)**

Pullman Cairns International | 17 Abbott St | Cairns | QLD 4870 Australia





Announcing the 14th Annual

# WOMENS' DAY {AA}

SATURDAY SEPTEMBER 2nd (from 4 - 5)

Celebrating our recovery  
together!

CENTENARY HALL - 5 COX RD, NORLANE.

Alcohol participation welcome.

Registration \$25 - includes morning & afternoon tea & lunch!

- GROUPS WHO WISH TO SUPPORT  
CAN SPONSOR AN URN FOR \$50 -

B5B: 6533 000 A/C: 160 104 4113

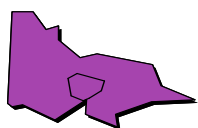
Email: [womens.2017.day@gmail.com](mailto:womens.2017.day@gmail.com) Phone: Tracey 0423651703

## Area Events

<b>Friday to Monday 9th Jun to 10th Jul</b>	<p><b><u><a href="#">Opals To Reef - Lightning Ridge to Cairns - Outback Tag-a-long to the National Convention</a></u></b></p> <p>Alcoholics Anonymous with Al-Anon/Alateen participation Tag-a-long from Lightning Ridge through St. George, Mitchell, Morven, Blackall, Longreach, Winton, Hughenden, Pentland, Rollingstone, Cardwell, Innisfail to Cairns For further information contact (07) 4654 8011</p>
<b>Friday to Monday 9th to 12th Jun</b>	<p><b><u><a href="#">Halls Gap June Long Weekend Camp</a></u></b></p> <p>Acacia Camp Grampians Road, Halls Gap, Victoria Please bring bedding and food. Adults \$35 per night, children under 12 \$15 per night, toddlers and babies free. Susy 0407 052 763, Marl 0417 845 879</p>
<b>Friday 9th Jun 7:30pm</b>	<p><b><u><a href="#">Beginners Steps Discussion Meeting</a></u></b></p> <p>Topic: Has fear been able to keep us sober? St Johns Anglican Church 1 Burgundy St, Heidelberg (Near cnr Rosanna Road) Group Contact Number: (03) 9028 2212</p>
<b>Friday 9th Jun 10:00pm</b>	<p><b><u><a href="#">The Late Meeting</a></u></b></p> <p>St Johns Anglican Church</p> <p>1 Burgundy St, Heidelberg (Near cnr Rosanna Road) Contact (03) 9028 2212</p>
<b>Tuesday 13th Jun 7:00pm</b>	<p><b><u><a href="#">2017 Geelong Convention Committee Meeting</a></u></b></p> <p>Khan Curry Hut 103 Ryrie St Geelong Great service commitment Contact: Dave 0484 637 996</p>
<b>Saturday 24th Jun 1:00pm</b>	<p><b><u><a href="#">Review of General Service Structure - For Northern Suburbs Members</a></u></b></p> <p>Workshop Rosanna Fire Station Community House 232 Lower Plenty Road, Rosanna areaddelegate@gmail.com Peter 0408 438 568</p>
<b>Sunday 25th Jun 7:00pm</b>	<p><b><u><a href="#">Craigieburn Group 26th Anniversary</a></u></b></p> <p>Selwyn House Corner Selwyn &amp; Dianne Aves, Craigieburn</p>
<b>Monday 26th Jun 7:30pm</b>	<p><b><u><a href="#">Traditions Presentation in Werribee</a></u></b></p> <p>Wayaperri House - Werribee Community &amp; Education Centre 106 Duncans Road, Werribee Followed by supper Contact: Eddie 0409918443</p>

<b>Friday to Monday 7th to 10th Jul</b>	<b><u>2017 Alcoholics Anonymous National Convention - Cairns</u></b>  Pullman Cairns International 17 Abbott Street, Cairns City Email for more information secretary@aanatcon2017.com.au
<b>Monday 7th Aug 7:30pm</b>	<b><u>Illustrated Steps Presentation - Step Four</u></b> Wayaperri House - Werribee Community & Education Centre 106 Duncans Road, Werribee Followed by supper Contact: Eddie 0409918443
<b>Thursday 10th Aug 7:30pm</b>	<b><u>Calder District Meeting</u></b> Flemington Neighbourhood House Learning Centre 28 Farnham Street Flemington. Calder District Committee
<b>Saturday 26th Aug 10:00am</b>	<b><u>North West Intergroup (Helpline) Quarterly meeting</u></b>  Meeting of Committee and AA Group Representatives Meeting room (next to Presbytery) 9 Newcastle St Newport, Newport intergroupcommittee@gmail.com Frank O'L 0415144916
<b>Saturday 2nd Sep 9:00am - 5:00pm</b>	<b><u>19th Annual Womens' Day {AA}</u></b>  Celebrating our recovery together! Centenary Hall 5 Cox Rd, Norlane Alanon participation welcome womens.2017.day@gmail.com Tracey 0423651703
<b>Sunday 10th Sept 11.00am – 4.00pm</b>	<b><u>Area D Workshop and Assembly</u></b>  Geelong Venue, details to be advised 11.00am Workshop – discussion of 2017 Conference Topics 12.15pm – Lunch 1.00pm – Area Assembly
<b>Monday 2nd Oct 7:30pm</b>	<b><u>Illustrated Steps Presentation - Steps 5 to 9</u></b>  Wayaperri House - Werribee Community & Education Centre 106 Duncans Road, Werribee Followed by supper Contact: Eddie 0409918443

## 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.