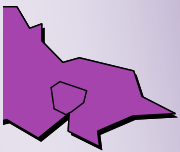


December 2018
Volume 9, Issue 4

D-Liberation



We're on the web!

See us at
www.ared.org.au

**The 3
Legacies:**

Recovery,

Unity,

Service

Note from the editor

This edition of the Area D newsletter is coming to you very late in December, due to unplanned events. Nevertheless, members in Area D have worked together to provide you with some thoughtful reading on ways of offering service. It also provides you with several options for service.

As I mention in every newsletter, I'm grateful for a day of sobriety – something I reflect on every single day, on waking. I have recently needed to arrange and attend the funerals of two family members. I reflected again and again, during these past weeks, on what a blessing it was that I was sober and useful, not drunk and in need of looking after – or looking out for. A sober relative and I sent dozens of text messages to each other, on the blessing of AA and sobriety.

My service as Area D Newsletter Editor was taken up in mid-2016. I will be working on two newsletters in the first part of next year and then I'll be leaving the role. It's an interesting and creative gig. It's also very informative: the fact-checking teaches much.

If you'd like to find out more: send me an email to:
arednewsletter@gmail.com

Deadline for members' stories or group reports for next issue:
28th February, 2019

Your Group's Story:

Group Members are invited to share with the Area readers how their group works, its history and what good things come from your meetings.

The template is on Page 11 of this newsletter

Commented [LC1]: Putting the template onto the website might enhance use

Contents

D-Liberation.....	1
Note from the editor.....	1
From the Delegate:	3
A Message from the Area D Chair:	4
Southern Region Forum Story	5
Service in Detox or Rehab	6
Using New Media to Carry the Message - Update:	7
Service Sponsorship	8
The Role General Service Representative	9
The AA Group Inventory	9
Change of Bank Details: North West Intergroup	10
Share your Group's Story - Template.....	11
Upcoming Events	12

Area D Committee Contact Emails:

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

From the Delegate:

Hi, all members of Area D,

All I can say about attending conference is: Wow, wow, wow and thank you.

What an experience! So much information is collected and so much to give back to the Area. I will do my best to give you the outcomes of Topics presented this year and any ongoing items that were on the agenda.

There is way too much information for me to put down on paper and deliver to you so, please, if there is anything that your Group wants to know about the outcome of Conference Topics, contact me on areaddelegate@gmail.com. Keep your eye on the Area D Website, too.

I will do my utmost to answer your question or follow it up with either the GSO or the Conference Committee/s responsible.

Thank you again for giving me the privilege of service.

Dave, Area D Delegate.

"Let us always love the best in others – and never fear their worst". After ten years of trying to work this brand of love and the ego-reducing properties of the AA Steps & Traditions into the life of our Society, the awful fears for the survival of AA simply vanished.

The Language of the Heart, p.268

A Message from the Area D Chair:

The Southern Regional Festival, hosted by Area D on Sunday 7th October was a fabulous day bringing together over 70 members in unity and fellowship. There was stimulating discussion about issues affecting AA generally, such as the potential impact of technology on how things get done in AA, and what is happening with membership numbers. There was also lots of learning about the general service structure of AA. We were introduced to one of our Class A Trustees, Ruby, one of our much needed 'friends of AA' who can speak publicly on our behalf. We also heard from our International Delegate, David E, about developments and growth of AA in other countries. So important to remember that we are part of a worldwide fellowship. We were presented with examples of how the AA structure works, from the role play of a Group Conscience meeting, to how changes can be made in AA using the power of topics submitted to Conference.

Many thanks to the committed and hard working committee that made this happen: our Southern Regional Trustee, Area B Delegate and the Area F chair, as well as committee members from Area D. Also to the many volunteers who helped out with catering, decorating and setting up the hall and other tasks. **A big thank you to all those groups who contributed financially** to cover the costs of hosting this forum; it would not have happened without you!

Your financial contributions helped cover the following costs:

- Airfare for bringing the Class A Trustee to Melbourne
- Hire of the venue
- Printing of the promotional flyers
- Subsidising the lunch and refreshments

We hope that this forum achieved its goal of stimulating members' interest in broader issues affecting AA, and being a reminder that there is more to AA than our own personal recovery and being part of a group. It is important that at the group level we think about how we are part of the bigger AA picture, nationally and internationally, and take interest in issues that may affect AA in the future. By being part of the General Service structure, we ensure that our group is part of the group conscience of AA as a whole. Change happens from the ground up – that means us, each individual member and group. It is our responsibility.

Yours in service

Rita S

Area D Chair

Southern Region Forum Story

Area D hosted the Southern Region Forum in early October. Here, Derek R, reflects on the joy of the day:

A.A. unity means as much to me as the other 2 legacies, service and recovery. There has to be a reason why they form the equilateral triangle that is the central visual representation of our way of life. The 12 Traditions that articulate just what A.A. unity is were very much alive at the recent Southern Regional Forum – a whole day on unity, and in particular, the future of our treasured fellowship. Numbers hit 70 from my personal head count – pretty good for a day where recovery was barely discussed!

The best aspect of the day was the conviviality of members in the room. To say that the fellowship here in Victoria has been through some rocky times of late is somewhat of an understatement, and yet whilst this subject was raised during a couple of the 5 one-hour sessions that were held, no conflict or agitation seemed present. Instead, there seemed to be some genuine interest in the A.A. service structure and how the national fellowship needs to move forward and stay relevant. All manner of subjects were covered, from A.A. and Facebook, through to PI, raising conference topics, the service structure (what it is and what it should be), and keeping members at meetings safe.

Each session was unique and different. Approaches ranged from slick PowerPoint presentations, to simulated Group Consciences, to a one-on-one interview conducted by Penny, our Southern Region Trustee, and Ruby, a Class A Trustee, who flew all the way from Brisbane just to participate! Oh, and the food was to die for!

Thanks to Area D for hosting the event, as well as the cross-Area committee I was a part of. I'm chair of a very young Area F (Peninsula) and it was eye and heart opening to interact with mature reps from mature Areas. I learned heaps!

A member from the Peninsula recently passed on to me that when the Big Book mentions 'those who have thoroughly followed our path', what it might be referring to is those who have turned the entire equilateral triangle of A.A.'s 3 legacies into a way of life, affecting the psychic change many of us need and seek.

A day like the Southern Regional Forum made feel a little closer to exactly that.

Derek R

Service in Detox or Rehab

Alcoholics Anonymous



Remember how it felt, **before** you came into the rooms?

MEMBERS' SUPPORT & SERVICE NEEDED

There are two opportunities to do service with people in detox or rehab during 2019, through the Western Health Service

- **Mondays:** detox DAS West **Footscray:** Eleanor Street
- **Wednesdays:** rehab. Program **Sunshine:** Santiago Street

7PM start for 45-50 minutes of service.

Not a meeting, but an opportunity to reach out and share your story.

If you can commit to regular visits in 2019, let us know. All efforts are made to pair up older, sober members with newcomers or newcomers to this

Send your availability and preferred evening and visit to the Laverton Primary Purpose Group:

Danny R 0432 353 449

MAGE: ALL-FREE-DOWNLOAD.COM

*Those of you living closer to Werribee can also visit the
Mercy Detox Program, on Wednesday evenings.
Phone Peter at Central Service Office to offer your time.*

03 9429 1833

Commented [LC2]: This is a Richmond Office Reference...should it stay or should it go?

Using New Media to Carry the Message - Update:

Both Area D Assembly and North West Intergroup have approved the Public Information Facebook trial and have pledged \$500 respectively to initially fund the project

1. Google Analytics monitoring has been set up on the North West Intergroup webpage for gathering data, monitoring of current use and to enable ongoing assessment of the progress of the project. Attached are examples of the type of data currently available. Note that, as the numbers are very small, statistically they have little validity.
2. General response to the Project has been enthusiastic, and **five** additional members other than the original two Project members (Pam F and Lisa S) have been identified to join the Project team although we have yet to determine roles and level of involvement. We plan to meet up on 15th December.
3. However, we would still welcome interested volunteers: a notice in the D-Liberation newsletter may be productive in engaging additional hands-on help as follows:
 - a. Someone with the skills and creativity to update the website and a create a newcomers' page.
 - b. Someone with experience managing a FB page to share the page admin / moderating / posting / deciding what to post / creating campaigns (Roles negotiable)
 - c. Someone with PI skills

So, "sometimes quickly, sometimes slowly". We would rather get it right and have sufficient backup than rush it and waste a valuable opportunity to carry the message. As Bill said, "sometimes the good is the enemy of the best" (**ALCOHOLICS ANONYMOUS COMES OF AGE**, p. 101)
from Pam F, Steps in Seddon

Service Sponsorship

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

Service Sponsorship is basically the same as recovery sponsorship, but it is focused on the service aspect of AA rather than individual recovery. It can be defined as one alcoholic who has made some progress in recovery and service sharing their experience with another alcoholic- one who is just starting the journey. Both types of sponsorship spring from the spiritual aspects of the program. Ideally the service sponsor will have had experience at various levels of service and will have a good knowledge of the three legacies- Recover, Unity and Service and, especially, the Traditions. Individuals may feel that they have more to offer in one area than in another. It is the Service Sponsor's responsibility to present the various aspects of service: setting up a meeting, working on committees, participating in conferences and so on. Whatever service is offered, it is important for the Service Sponsor to help individuals to understand the distinction between serving the needs of the Fellowship and meeting the personal needs of another Group Member.

The Service Sponsor begins by encouraging the member to become active in their home group- coffee, literature, clean up, attending business meetings or intergroup meetings, et cetera. The Service Sponsor should keep in mind that not all members will have the desire or skill-set to move beyond certain levels; the Service Sponsor might help find tasks appropriate to the Individual's skills and interests. Whatever level of service is performed, all are toward the same end: sharing the overall responsibilities of AA.

Eventually, the Service Sponsor encourages the individual member interested in General Service to attend district meetings and to read about the history and structure of AA. At this point, the individual beginning this work should start to understand the responsibilities of service work, as well as feel the satisfaction of yet another form of Twelfth Step work. Such individuals should be encouraged to take an active part in District & Area activities and consider being elected to alternative positions in the District in order to learn about the responsibilities of various jobs in the service structure.

During this process it is important for the individual to continue to learn about the three Legacies and to understand the principle of rotation allows all members to move on in service. It also allows new members to experience the privilege of serving. Rotation allows all members to understand that no one should hold onto a position of trust long enough to feel a proprietary interest, which often discourages newcomers from service.

Now, through knowledge and experience, the newer member is aware that service is our most important product after sobriety. With this knowledge, the individual can share their vision with others and ensure the Fellowship's future.

Adapted from Questions and Answers on Sponsorship pamphlet.

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, 7th 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 3rd Legacy Procedure.

A well-organised group will also elect an Alternate GSR

Adapted from

Australian AA Group Handbook, on page 32-33.

The AA Group Inventory

Many groups periodically hold a 'group inventory meeting' to evaluate how well they are fulfilling their primary purpose.

A number of questions, compiled from AA shared experience can be found in the Australian AA Service Manual, on pages 36, 37. Groups will probably wish to add questions of their own.

Question 1 is:

What is the basic purpose of our group?

This section of the Manual also addresses: **Group Problems**, which, the book reminds us is 'often evidence of a healthy and desirable diversity among group members'.

Adapted from

Australian AA Group Handbook, on page 36-37.

Change of Bank Details: North West Intergroup

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

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

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 Anniversary? 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

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

Send to: areadnewsletter@gmail.com

Upcoming Events

Date	EVENT
1/1/19 Tuesday	Gallery Group Meeting NOT OPEN New Years Day (Normally 12:30pm, The Greek Centre, Level M, 168 Lonsdale Street, City) Gallery Group
1/1/19 – 12.30 PM Tuesday	South Melbourne Recovery Group Meeting Open As Usual New Years Day St Luke's Church Hall 210-218 Dorcas St, South Melbourne
1/1/19 – 7.30 PM Tuesday	Yarraville Step Eleven Meditation Group Meeting Open As Usual New Years Day Kingsville Baptist Church Hall 381 Geelong Road, Kingsville
2/1/19- 12.30 Wednesday	Gallery Group Meeting Re-Opens The Greek Centre Level M, 168 Lonsdale Street, City
4/1/19- 7.30 PM Friday	Beginners Steps Discussion Meeting Topic: How has our drinking made our lives unmanageable? St Johns Anglican Church 1 Burgundy St, Heidelberg Near cnr Rosanna Road
7/1/19- 7.30 PM Monday	Geelong Beginners Monday Night 6th Anniversary Celebration and Presentations - Night 1 - Step 1 Wesley Centre 100 Yarra Street, Geelong <i>With Pizza</i>
9/1/19- 7 PM Wednesday	Williamstown Western Unity Group 59th Anniversary St Andrew's Hall 91 Cecil Street, Williamstown near cnr Thompson Street map <i>With Supper</i>
18/1/19 – 12.30 Friday	Gallery Group 43rd Anniversary The Greek Centre Level M, 168 Lonsdale Street, City <i>Please bring a plate</i>

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.