



Welcome to the November 2022 edition of the Daily Reprieve.

As the world seems to be returning to 'normal' with pandemic measures being a thing of the past; it does seem like we're thrown into an even more confusing time. Many fears around disrupted peace, financial insecurity and other forms of upheaval are particularly dangerous for the sober alcoholic.

But because we are not a glum lot, we asked you to share your experience, strength and hope through your favourite prayers, meditations and other forms of consciously connecting with a power greater than ourselves - so that we can stand together in sobriety and spiritual fitness.

We are also very excited for our first face-to-face AA RoundUp on Saturday the 12th of November, as well as many other wonderful social events coming up between now and the end of the year.

As we move into the eleventh month, may the spirit of the eleventh step be with you as we trudge the road of happy destiny. .

Sober greetings,
The Singapore Newsletter Team

What I like about meditation and prayer

1. Calmer feeling.

The more I put into an efforts of doing a spiritual practice, which is meditation and prayer consciously and daily, I am calmer during a day.

2. Clear mind

Thy will, not mine, be done. Just saying it over and over. It enables us to clear a channel choked up with anger, fear, frustration, or misunderstanding.

I loved this phrase. When I took a plenty time of meditation, I could have some refreshed feelings as water flows down to the stream.

Like the sense of emotional rubbish was streamed down to a clogged drain. Like foggy head was washed out with a heavy rain and afterwards clear sky just shows up.

3. More inspiration

Mysteriously good hunch is coming down to my mind when I practice meditation and prayer on a daily basis.

We intuitively know how to handle a situation which used to baffled us. The Intuition is developed to make my life better with a spiritual routine.

4. Being grounded

The more feeling grounded. More down to the earth instead of the sense of floating the air and feeling nothing.

5. Confidence

Good cycle. When I feel confident of what I am doing with the meditation and prayer, I trust more and I worry less. I feel relieved who I am and be confident who I am.

Thanks for reading.

Thanks for service team.

Grateful to be a part of you.

May the force be with you.

A friend of Bill

Just for Today I Pray

JUST FOR TODAY

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for 12 hours that would appal me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for today I will strengthen my mind.
I will study I will learn something useful.
I will not be a mental loafer.
I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways, I will do someone a good turn, and NOT get found out. If anybody knows of it, it will not count. I will do at least two things I dont want to do just for exercise, I will not show anyone my feelings are hurt, they may be hurt, but today I will not show it.

Just for today I will be agreeable, I will look as well as I can, dress becomingly, talk low, act courteously, criticise not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests, hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour sometime, I will try and get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Is it a prayer, a meditation....? I don't know, maybe it's a

prayer of my understanding, but I certainly feel a spiritual power when I see/hear/think about the lines (above). Every line is a deep, meaningful breath, with the power to settle my frazzled mind, make me 'see' myself from outside myself, make me smile, calm me down. If that isn't tuning into a higher power I don't know what is.

I love every line, every breath, and if my higher power is inside me then these words connect me to it like any prayer or meditation should. The first line sets the overall idea, breaks things down, helps me stop looking ahead to things that haven't happened (and likely won't).

The second forces a smile - have you forgotten to laugh lately? Why? Smile and you'll feel better instantly, your eyes will juice up and things will just lighten some.

The third breath reminds me what a twonk I am for always trying to run everything, for being frustrated with things not being how I'd organise them if I was in charge!

The 4th line, well being honest, I don't worry about so much this one most times, the first 3 are already working anyway!

The 5th one is a great reminder to just make the world a nicer place by being nice - to look out for opportunities to do random acts of kindness.

The 6th is a kick up the backside to STOP FINDING FAULT WITH EVERYONE ELSE you idiot! Smile, be polite, it's free and easy.

Next is the reminder that I have AA, a powerful reminder.

The penultimate part I admit I skip past somewhat - but reading the prayer is a bit of this.

Finally, the deepest breath, when I am reminded to be unafraid, to enjoy the good and just chill out!

Amen to that!

The Third Step Prayer

*God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!*

My favourite prayer has to be the 3rd Step Prayer!!

Why?

As we know selfishness, self-seeking, self pity and self centeredness are the root of all our problems. When I start my day with surrendering my character defects (i.e. my self will) over to my HP I am given such immense relief.

This relief not only works with my obsession of craving and my desire to pick up a drink but also in all my affairs of carrying out my daily life. I find I go about my day with less stress, worry, anxiety, self-doubt and loathing if I am not the one running the show. I recently breezed through a difficult job interview, where previously I would have been very nervous/anxious, by repeating to myself many times "thy will be done". I can't control whether or not someone hires me, I can only control how I show up.

Thanks to the incredible 3rd step prayer, I often have to remind myself many times throughout the day that I am not the Director of the Show, rather Thy will be Done.

~Rachel

My Favourite Prayer

This is my favourite prayer that I recite twice a day.

"I must forget the past as much as possible. The past is over and gone forever. Nothing can be done about the past except to make what restitution I can. I must not carry the burden of my past failures, I must go on in faith. The clouds will clear and the way will lighten. The path will become less stony with every forward step I take. God has no reproach for anything that he has healed. I can be made whole and free, even though I have wrecked my life in the past."

I like this prayer because it focuses on healing and not our past mistakes. I often find myself beating myself up for my mistakes and this prayer helps me to refocus on God's healing.

My favourite part is "I can be made whole and free, even though I have wrecked my life in the past". It is comforting that even though we have wrecked our life in the past, we can still be made whole and free.

~Sharmila

Relax and Take it Easy Prayer

Dear G.O.D. you Hairy so and so (please allow me to IMAGINE you like that 😊😊)

Let's cut straight to the chase

Please and I do mean please, sincerely allow me to constantly, and I do mean always relax and take it easy

Please allow me to be reminded that I was not born with a language that it is an overlay, a construct, a learned behaviour

Please allow me to just to show up and deal with all things in life in a friendly and relaxed, and straightforward manner and remind me not to believe my thoughts; they are passed; they are history they are a reporter they are not me

Please allow me to see that everything will just flow and I will be OK, and I will be less likely to drop dead of a massive heart attack if

I stop believing that goon I called the internal dialogue

Of course, if a tiger is chasing me and I feel like running, please allow me to run like the wind, and of course, if it is on a day where I don't feel like running, please let me be eaten quickly

Dear G.O.D., please allow me to call you HB and not HP because I prefer the term Hairy Bastard

Love you like the Dickens, your temporary entity (i.e. humble servant) here in the funhaus
Just for another day, or perhaps a few minutes, I mean like how would I know, really!!!

Amen (G.O.D. – Good Orderly Dog)

~ Anonymous

Conscious contact with my darling Higher Power

Growing up in a pretty religious society, where fearing God was the only way to get away from eternal damnation - I needed something a bit more 'real' and that's why I drank...because the relief was instant.

However, I became dependent on the drink. I was completely powerless over it and it fucked me up in more ways than one. So, like most of us I hit an epic rock bottom and finally found my way to the rooms of Alcoholics Anonymous. Over here, there were no rules on which god I prayed to, or to even have a God...I could just believe in anything, just as long as it wasn't in my own ability.

After working the steps, I had the marvellous opportunity to reimagine my Higher Power as she is today: Feminine, caring, humorous and really has my best interest at heart and I connect with her in the following ways:

Waking up early in the morning and enjoying two cups of delicious coffee. There's a bit of magic when you wake up with the birds as they call for the sun.

Honouring my body by going to the gym for exercise, which includes a bit of yoga at the end.

Come back up to my apartment where I do a series of kriya breath-work techniques as this really quiets the chatter in my mind.

I've done a course in meditation and use my mantra to go deep within. With this technique I get to connect with my higher power through the silence. Sometimes it's gloriously quiet and I feel super inspired afterwards and at other times I worry about bills, what someone said 3 weeks ago and what I will be having for lunch that

day. But both (and everything in between) is okay, because to CONSCIOUSLY connect to something that is bigger than me, I just have to show up and try.

Next, I have a prayer: which is always a variation of acknowledging my god, then thanking her for what I have, then asking for what I would like, but then ending with: if it's in your will/Inshallah. Because to this day, I still don't know what the best is for me...and my Higher Power does.

In case of emergency, I always use the serenity prayer, with a little added extra:

God, grant me the serenity (and the guidance) to accept the things I can not change. Things like:

My partner
Politics
The weather
What other people think of me
My DNA and biology of my 40 year old body

The courage to change the things I can, such as:

My reaction to when things don't go my way
Reading up about trauma and how to deal with
Pausing when agitated or doubtful.

Not buying shit I don't need, with money that I don't have, to impress people I don't like.

And the wisdom to know the difference. Amen

I thank you for letting me be of service and for keeping me sober,

~ Adrian

Prayer of St. Francis

Prayer of St. Francis

Lord, make me
an instrument of your peace
Where there is hatred, let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy.

O Divine Master, grant that I may
Not so much seek to be consoled
as to console
To be understood, as to understand
To be loved, as to love
For it is in giving that we receive
And it's in pardoning
that we are pardoned
And it's in dying that we are born to
Eternal Life.

Nearly eleven years ago, I was visiting my mother in the UK for Christmas. It was a fairly last minute trip due to some difficult circumstances at home with my then wife. My sister had suggested that I come home and see mum and how everyone was looking forward to seeing me.

Not long after arriving back in the UK, my mother started to feel very unwell. And, on Christmas morning, we had to call an ambulance to

rush her into hospital. My sister and I accompanied her and we stayed with her that Christmas day. Over the next couple of weeks, we came to learn that my mother was dying. The doctors could not say how long she had.

Anyway, I was fortunate that my employers allowed me to stay there and work remotely. This enabled me to see my mother daily at the hospital. She passed away four weeks after I had arrived in the UK, with all of her children by her bedside.

I had been attending regular meetings whilst in the UK and had been sharing in the meetings about what was going on with my mother. The fellows were really caring and loving to me. I had also been sending some messages back to the fellows from my home group in Phuket.

My sister took the lead role in planning for the funeral. My brothers had said that they would want to do the eulogy. And, I was left feeling that I would like to do a reading, maybe a poem. But, I didn't know what. I was thinking that I wanted to find a poem, a reading or something that expressed what I felt about my mother, someone who had always demonstrated unconditional love to me and my siblings. I had bounced some ideas off my sister. She didn't comment on the ideas I had. I believe she let me come to a conclusion myself, which in the end was that the Prayer of Saint Francis was a prayer that demonstrates through action unconditional love. What is amusing is that when I had bounced ideas off my sister, I had mentioned this prayer and had read it to her as she was not familiar with it.

After I had made my conclusion and mentioned it to her, she did say that is what she thought of the prayer when I had first read it to her. I read this prayer at my mother's funeral, and, as a result of that

experience, although I had always loved this prayer, it brought a much deeper meaning to me of this very special prayer.

This prayer also reminds me to remain grateful that I had a sponsor that guided me through the 12 steps of AA and that I had made amends to my mother whilst she was alive. And, I am forever grateful that I was given the opportunity to make further living amends to my mother and be with her for her last month alive. As my friend Xavier would say, I thank AA for God and I thank God for AA.

~ Simon A



I adore this prayer. The Prayer of St. Francis has been trailing me throughout my life.

I was around 9 years old when it first came to my attention. I was at a Catholic school in Western Samoa, and the nuns showed a film about St Francis of Issi. It absolutely fascinated me at the time, and I still have a postcard of that moment in my memories. The film discussed the life of St Francis, and brought to life the meaning of the prayer. Life got in the way, and over time, the prayer slipped away from me.

It then slid into my life in my early 20s. I was in a nightclub in Brisbane and heard the haunting version that Sinéad O'Connor sang. For a decade afterwards, it would sing in my head... but it was a song, not a prayer. In my darkest moments of drinking, the song would slip back into my thoughts, bringing me comfort. I'd seek it out on a CD, on an MP4, on YouTube for years.

God really brought this prayer home to me in Singapore, in AA. The first time was through a meeting, a reading. Now daily, through the MySpiritual Toolkit app. Today, I see the prayer in a new light. I see it as a plan of action, to shape us as a wonderful human being.

It's in pardoning that we are pardoned.

Each line of the prayer is filled with love, compassion, forgiveness. No matter what life throws at you, there's a response in which we can act in love, compassion, forgiveness.

It's in dying that we are born to Eternal Life.

I see this not just applicable to literal death, but in letting my drinking die, I've been born to a new, beautiful life. One where I can bring peace, understanding, faith, hope, life, and joy, to others. And especially one in which I can pardon myself for my past actions, so that I can pardon others when they fall.

Now I use the prayer as principles, to act in kindness and love, to forgive and forget, to pardon and console. With much love.

~Illka

Day By Day

I have always felt most connected with God through music, ever since I was a small girl. I sing this simple, happy song from the musical Godspell as I go about my day, every day.

The lyric about growing closer to God feels to me what recovery is all about. It makes me feel light and grateful for each 24 hours I now have thanks to sobriety:

*Day by day, day by day
Oh dear Lord, these things I pray
To see thee more clearly
To love thee more dearly
To follow thee more nearly
Day by day*

~ Claire

Merton Prayer

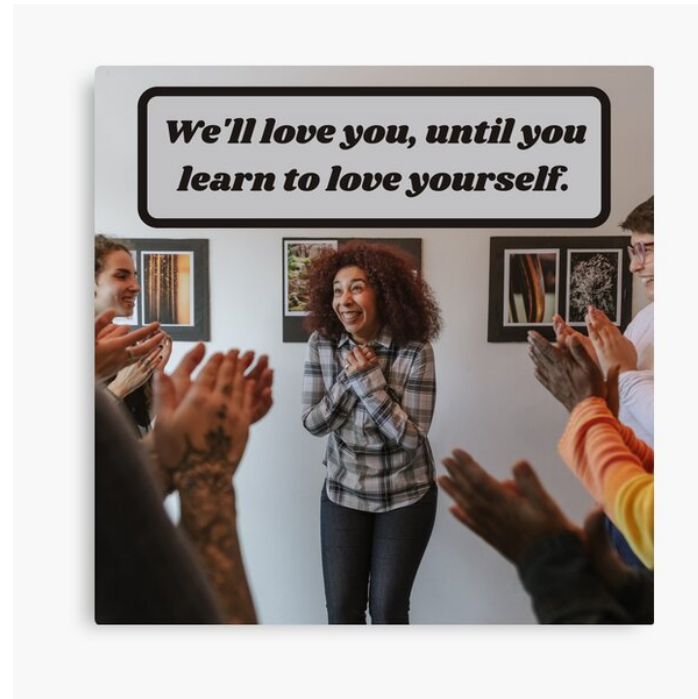
My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end,
nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that
desire.

Before AA, I thought praying was how people asked God for something. In recovery, I have been taught that prayer is a way of slowing down and opening my heart for a connection to God. In my experience, consistent prayer has subtle but extensive beneficial effects on my relationships with people and reality. Because I usually pray and meditate in the morning, it is also simply a way of setting a positive tone for the new day.

Along with the wonderful prayers in the Big Book, I have a collection of prayers, poems and short readings from many faiths that fellows have shared over the years. Ever the alcoholic, I greedily collect them in a document, print them out and keep the printed copy folded in my Big Book until, creased and tattered from daily folding and unfolding, I print a fresh copy with new additions.

This prayer is by Thomas Merton from Thoughts in Solitude. I hope you find it as beautiful and meaningful as I do.

~Sara L



You told me that
I was in your prayers.

Yes, the part
Where I say
"Deliver me
From evil"



God grant me the Serenity
to accept the things
I cannot change. . .
Courage to change the
things I can
and Wisdom to know the
difference.