

Dear Friends,

We are delighted to present to you this latest edition of
The Daily Reprieve.

This issue remembers the difficult times our pets have been through in
a thoughtful piece by Mark L. We also have some powerful insights
into slips, which reminds us all how precious each 24 hours is.

Plus some AA humour and wonderful poetry and art. Please keep
sending us your creative contributions. Whether written or sketched,
told, shared, or even sung (we haven't printed a song yet, so get
writing fellows!) we are loving all the different expressive ways we
can share our experiences with this disease.

As always in the back of the newsletter, you can find updates on
available service positions throughout AA, the weekly meeting list,
round-ups around the region and more.

Please send your articles, artwork, tips, stories... songs... to:
newsletter@singaporeaa.org.

In Service,
Marnie H, Eric C, Lisa G, Mark L.

*Disclaimer: The views and opinions expressed in the articles submitted to the
Daily Reprieve are those of the contributor, and do not necessarily reflect the
official policy or position of Alcoholics Anonymous.*

IN THIS ISSUE ...

- Letter From the Editors
- Table of Contents
- A Personal Journey Through The Steps
- Learning The Steps Vs Living The Steps
- Recovery Is A Beautiful Thing
- How to: Survive a Family Visit
- My Ten Year Journey In Recovery
- To Pets
- Attention, Love & Consolation
- The 80 Day Relapse
- Slips and Human Nature
- Secrets Go Clink
- Poem by Erika
- Only Joking..
- AA Certain Type of Humour
- Upcoming A.A. Events, Conventions and Roundups
- Singapore A.A. Service Information
- Outreach Initiatives & Service Opportunities
- The Twelve Steps
- The Twelve Traditions
- Do You Have A Problem With Alcohol?
- Singapore A.A. Weekly Meeting Schedule



For further assistance, call +65 6475-0890 or email: help@singaporeaa.org
To contribute to the Daily Reprieve, please email: newsletter@singaporeaa.org
For the latest A.A. meeting schedule, please visit: www.singaporeaa.org



A Personal Journey through the Steps.

AA helped me to fully accept what I had become and to see the wilful, controlling drivers that kept digging deeper the hole I'd made for myself. Beforehand - before AA - I had a picture of my life in my head that wasn't really that unpleasant. AA helped me see the truth. Most of my drinking happened in private but the shame, guilt and remorse came home with me and affected everything in my life. Whatever image I had, and whatever image I projected around me, it was only through AA that the truth of all this was exposed to me bit by bit. While evidence of my drinking was largely concealed I was facing life, family and relationships through a thick gauze of pain, unable to really connect and getting ever lonelier and more isolated. Where I had seen a house in need of some repairs and a lick of paint, AA revealed a derelict tenement; a broken house on a barren wasteland of scorched earth still smouldering from the fires of will, self-centredness & remorse.

The 12 Steps have been the crucial framework to help me rebuild a home for my soul, for love and for serenity.

I had heard from old-timers often that the Steps are in their order for a reason, that Step 4 can't come before Step 2 and that the Steps themselves have 3 stages or sections. When I thought of rebuilding this home for my soul I saw the early Steps helping prepare for this rebuilding. Step 1, admitting I was powerless over alcohol and that my life had become unmanageable, this is when I first saw clearly the desolate sight (and site!) in front of me. Steps 2 allowed me to understand and truly believe that I could not rebuild alone, that only through AA, my fellows and a Higher Power could I have any hope of completing any sustainable reconstruction of my new life. And Step 3 is where I asked for that help to rebuild.

As I moved into Steps 4 & 5 I cleared the site of the wreckage and rubble, the shame, guilt and remorse I'd carried for years or decades, making the space for my new home. Steps 6 & 7 helped me lay the foundation of my new home and build the house itself, the walls and rooms, a roof to shelter me and power, lighting and plumbing to make it truly habitable. Steps 10 & 11, the furniture, fixtures and fittings, turned the building into somewhere I could safely bring in the things I love and my own unique qualities. And, lastly, Step 12 is how I keep my home in good condition, how I bring life and joy into our soul, our true home, through service.



Learning The Steps Vs Living The Steps.

(The event is not the process.)

During his third day of treatment at Towns Hospital, Bill W ingested the essence of our Twelve Steps while being assisted by his schoolmate, Ebby T (BB p. 13). Directly thereafter, Bill experienced a radical personality change which allowed a release from his alcoholic obsession. However, this blessed happenstance would have been only temporary unless followed by putting Ebby's "neat little formula" into action, which was, at that time, of course, the tenets of the Oxford Group.

Directly after leaving Towns Hospital, Bill didn't return to his long-standing passion of Wall Street finances, but was instead guided to Calvary Mission in attempt to carry his new-found sobriety message to drunken sots. Lucky for us this became a lifetime process which allowed him to maintain permanent sobriety. His spiritual experience *event* became a lifetime *process*.

Dr. Carl Jung explained to millionaire, Rowland H: "Ideas, emotions, and ideas which were once the guiding forces of the lives of these men are suddenly cast aside, and a new set of conceptions and motives begin to dominate them" (p. 27). Although armed with this invaluable knowledge, Roland was unable to follow the Oxford Group tenets; consequently, he maintained only spotted sobriety. Learning the Oxford Group tenets was sadly only an *event*, but not the necessary lifetime *process*.

Dr. Bob had been exposed to the Oxford Group tenets for over two years before meeting Bill W, but was not actually living in the spirit of them. And no matter how hard he would try, he would end up *boiled as an owl*. After a five-hour talk with Bill, he experienced a much stronger desire to stay sober. This was an exciting *event*, but he was unwilling to follow the *process* of making the required amends. He got drunk! But later, he made amends, thus began living the Twelve Steps (as they were later to be called), He never drank again!

Half measures availed us nothing (BB p. 59).

~Bob S



Recovery Is a Beautiful Thing.

I'd like to share a few developments that have occurred for me from working the program

Several weeks ago a fellow alcoholic shared with me a difficult situation she is going through. I was lucky to be receptive enough when she spoke to sense her vulnerability and need to trust. Then and there I made a decision to be a true friend to her, to mindfully not cause unnecessary pain as I have done to others in the past due to my selfishness. Somehow, through the process of her honest share, I learned a great deal about friendship. What culminated that day had been percolating within through the actions of showing up to meetings and listening to others' shares and, quite naturally, focusing on the similarities rather than the differences. In recovery I don't have to live in fear that I can't be a reliable friend. Today I have the freedom to choose; when I was drinking I did not own my own life—King Alcohol did.

I understand much better that alcoholism is a disease and I've got it. The stuff I have done, that I've been beating myself up about for years, isn't because I'm bad person but that I'm a sick person. And there is a solution in the rooms of Alcoholics Anonymous.

After months of my sponsor suggesting I get on my knees and pray—and me doing it only sporadically—a daily routine miraculously began to form and now I do not miss a single morning.

The same importance I apply to my Morning Prayer goes to my Daily Inventory and Gratitude List. The value for my recovery in these actions, I now understand, is too great to skimp on. Is this the power of forming a new habit? Are new neural pathways being developed? Is it the power of contra-actions? Is it God? A Miracle? A Spiritual Experience? Is it a combination of all of the above? Today I choose to call this a power greater than myself. New and positive habits are paving the Road of Happy Destiny. Little by little I steer away from the dark, riotous alleyways of my own self-will.



Henceforth, more things have begun to make sense—how actually being of service is the best and most immediate antidote to my feelings of resentment, self-pity, lust, obsession, less than, better than, entitlement, greed, and so on and so forth. My energy isn't burned up scheming, dreaming, plotting and manipulating to get what I want.

To close, life is cool in recovery and the experiences aren't contrived like they were when I was drinking—always chasing that next high. They come from honesty, openness and willingness to try what is suggested. With that I am rewarded with experiencing some amazing 4th dimensional stuff with people inside and outside of the rooms.

~Anonymous



~Artwork by Chris

HOW TO SURVIVE A FAMILY VISIT:

My first sober visit home was a shit show. I had 7 months in the program and thought I had it all together, thought I'd breeze through on the wings of my newfound self-awareness and zen-like calm. It started out beautifully but quickly devolved into the epic crescendo of my being thrown out of my mom's house (for probably the 100th time).

So much had changed for me in Singapore, but walking back into my mom's house was like walking back into the past. I was not prepared for the complete and total time warp it turned out to be. I was almost instantly thrown back into a mindset of unmanageability and fear, with triggers and land mines at every turn. In the moments when I was able to summon up some of the skills I had learned in the rooms, when I remembered to pray and turn the whole mess over to my Higher Power, I found relief. I was even able to employ a „pause“ during a particularly volatile episode, something I had never been able to do previously. Progress, not perfection!

Now that I've had some time to reflect on last summer's visit, I have come up with a few points of action that I believe will help to make my next visit safer and more enjoyable. I put my thoughts down in acrostic poem form here in hopes that it may resonate and be useful to some of my fellows as well :).

HOW TO SURVIVE A FAMILY VISIT:

Be clear about what you will and will not accept

Own your actions

Uplift others - try to go in with an attitude of service, particularly with those loved ones who are not fortunate enough to have a program

Never forget to pray

Do the next right thing

Assume positive intent

Remember HALT

Increase self care - try to get plenty of sleep, drink lots of water, eat healthy foods, schedule a little „me“ time where possible

Escape route - have contingency plans in place in case you need to get away for awhile
(or in a hurry)

Stay close to the program!! Meetings, phone calls to fellows, prayer, meditation, service, readings, speaker tapes, podcasts.

~Marnie



My Ten Year Journey in Recovery.

On this faithful day 12th Jan 2008 when I first step into this AA room, I was full of curiosity and was trying to find out what is this AA program and of course when I introduced myself as an alcoholic, I was actually in denial and sceptical about this AA. I told myself I was simply a social drinker and I have no problem in my drinking, nevertheless, I keep coming back to AA rooms and see what they have to offer me.

The 12 Steps seemed easy when looking at the 12 Steps Banner hanging on the Wall at Damien Hall.

Yet, it took me such a long time to complete my 12 steps homework, and I didn't understand why in the beginning. I was told that in order for me to have a better life I had to come to more AA meetings, not drink and to do my 12 Steps Work.

I suffered a lot both mentally and emotionally during my first 2 years of recovery. I refused to accept my past actions while I was out there drinking for past 10 years before coming to AA; the harm I caused to my children and the hatred they felt for me. I blamed everyone for my drinking especially my parents and my ex-husband and I could never see that I was at fault.

I almost give up AA after going thru emotional upheaval of a family suicide after he picked up alcohol and I was barely 6 months in the program; followed not long after by my beloved father in-law and my grandma.

It came to a point that I could not take it anymore, I open up the Big Book and finally kneel down on my knee; I started cried out to God to please help me as it is too much pain for me to go thru this emotional turmoil.



I started to feel my life begin change after my third year in recovery thru relentlessly working the 12 steps program with the help of my Sponsor and my Higher Power. Through God's Grace, I started to apply Acceptance and have the Courage to face myself once again, to Change myself, to Change my attitude, to Change my perspective in life and most importantly my Willingness to Accept who I am now. I have forgive myself and accepted the fact of the many "regrets" I did in the Past while I was drinking and there is nothing I could do to turn back the clock. I just have to continue to do the next right thing in my life and move forward, and most importantly to constantly remind myself to Live Well Today, that Wonderful and Simple Slogan - "One Day At A Time" keeps me going on a Daily Basis.

I am beginning to enjoy my recovery program in AA and begin to do service works, which is equally important to me and my recover as it makes me feel so much at home with this AA community and be part of this Big Family, being a responsible member of AA.

I just collected my 10 Year Chip on this Day - 12th Jan 2018 during the quiet evening meeting. I felt so humble and felt so love even though I have been experiencing emotional pain due to my ex-husband sudden death a month ago. I know everything happens for a Reason even if I do not know it, because only God Knows, all I have to do is to have the Willingness and Acceptance, and move on wards in my recovery program One Day At a Time.

~Penny L



To Pets.

With few exceptions our Book has so far spoken mostly about humans. But what we have said applies quite as much to pets. For every man or woman that drinks there is often a faithful pet that quivers at the next debauch, the dog who's bowl remain unfilled, the thirsty parrot who's plaintiff chirps go unheard.

As pets of AA we want to leave you with the feeling that no passed out master is beyond hope if he can follow the simple AA programme. But we have all travelled a rocky road and would like to share our experience, strength and hope with you here.

How many of us have crossed our hind legs for hours hoping master would wake up and take us out in the morning....too many. How many empty bowls have we licked for residue, for that hint of flavour to ward off the hunger pangs while master stays out for that 'one more drink' on a Friday night. How often has master stuck a well aimed boot up our rear ends when all we wanted was a welcome home pat ? When his voice turns hard and curses us for getting in his way as he collapses in the door. And what confusion reigns when, half pissed, he gets down on the floor for a good cuddle whispering "I love you' s" and tells us that only we understand him, only we truly love him before the missus drags him off by the ear. Have we not faced the stares of that poncy poodle in the lift, embarrassed by our mangy coats and unclipped nails.

Our loyalty has often been so abused and led us into all kinds of predicaments; the protest poo on his favourite rug, the well placed pool of pee for him to slip in when he drunkenly stumbles in late, that swift nip, snarl or squawk. But truly, and despite all this, are we not the best of companions, ever forgiving, always ready with a face lick or a gentle paw ? We hoped that one day our master will drink like other men, but this fallacy must by broken for good if we are to be truly happy as pets.



Our masters fall into three groups:

1) The Forgetter- often there when we need him he still finds himself the worse for wear frequently and can be tardy with the vitals.

We recommend slobbering his face or using an insistent paw as an encouraging reminder to do the needful. (For birds we recommend some gentle “who’s a pretty boy then?”; for fish try swimming upside down or backwards to get his attention.)

2) The Collapser- if he’s home at all it’s not long before he’s in a coma on the couch. Here claws and/or teeth may prove effective, we recommend focusing on the foot area and be prepared to run for cover under the coffee table when he wakes, too many of us have been mistaken for the lairy lout from down the pub that master hadn’t finished punching. (For birds we recommend extreme cackling and flapping; for fish try floating on the surface and gasping)

3) The Abuser- this master is hardly ever present and when he is you wish he wasn’t. Here drastic measures are required. We recommend watching back series of Lassie and Safari to get some tips. The book ‘opening the fridge with your teeth: surviving a neglectful master’ is also recommended. (For birds, escape may be the only option; for fish we suggest you consider eating your smaller brethren in a pinch; for cats...well we expect you’ve already left The Forgetter or killed The Collapser).

Good luck out there four legged, finned and winged friends!

PS we hope to include a section for rodents, snakes and reptiles, arthropods and other pets in our next edition.

~Mark L.

ATTENTION, LOVE & CONSOLATION.

I have been desperately seeking pain
So as to be recognized as a victim
And given attention, love and consolation.

I have been seeking out betrayal
So as to be recognized as a victim
And given attention, love and consolation.

I have been self-pitying,
I have been weak.

Won't someone please recognize me as weak
and offer me some attention, love and consolation?

I have been melodramatic
So as to be recognized as a victim
And given attention, love and consolation.

I have felt and allowed myself to be aggressive.
WON'T YOU PLEASE GIVE ME YOUR
ATTENTION, LOVE AND CONSOLATION?!



~Lisa G.



I wrote that poem back in 2001. A full 14 years before finding AA.

These days I am super grateful to have the Fellowship and to be able to recognize when I need attention, love and consolation.

Today I know how to ask people politely and gently for their attention. I have learned that giving love enables me to receive love, and today I would change the word “consolation” to “understanding” since I no longer need to be consoled, but sometimes I do seek understanding.

I now know how to pause and ask for help in understanding myself and others.

It's interesting for me to note, that even though I had the awareness of my behavior in 2001, I did not have the solution. I did not have anyone I could share my deep questions with who might understand what was going on with me, so I used to commit it all to prose. Plus I certainly did not have my sobriety, which is the King Pin holding my new life together.

Without the drink, I have a fuller life and with the support of the fellowship and the steps, I have the magic that holds it all together.

~Lisa G



The 80 Day Relapse.

80 days.

I made it to 80 days. Then I cracked. I just had to drink, there was no other way.

I could speculate that there were 3 reasons why this happened.

Firstly, my wife was away for 3 days and 3 nights. Secondly 80 days seemed like a good number, an achievement that could be celebrated. And thirdly, I had a great thirst. It was over-powering.

I could say that these were the reasons why I cracked, except that that shit ain't the truth.

The truth is I wouldn't listen. Or perhaps I did listen but I didn't take the advice of my fellow alcoholics. At least three of them had given me good advice, which I had promptly ignored.

Bob said right at the start that I need to learn how to pick up the phone and how to get into the habit of using it. John said I can call him, if I want to talk. Toby said you gotta get a sponsor, man, there's no other way. You won't make it alone.

But I didn't heed their advice because of my pride and vanity. I thought; I WILL make it, just you watch. Well, the experiment ended up a glorious failure and a revisit from the four hideous horsemen. I had no defence against the first drink and I put up no real fight.

On the morning of the first day, after my wife left I tried to fight the urge to drink. I said a little prayer. I said, Lord, please don't let me drink, please don't let me drink, please don't let me drink. I tried to buy time and extend my 80 days by the hour. I made it till the afternoon. Then I couldn't hold off the urge any longer. I had a thirst and it had to be quenched.

I don't blame the Lord for not granting my wish, I don't blame my wife, or anyone else. I blame myself for being weak.



So 3 days and three nights later I woke up on the floor. It was noon on the fourth day. There were wine bottles strewn everywhere. The Four Hideous Horsemen from hell had descended upon me with great vengeance and furious anger. They let me know that I had been truly whipped, again.

Now my wife was sitting beside me. She laid a hand upon me and told me not to take this as a setback. She said she was proud of my 80 days and next time I can do 90, or six months, or a year. She told me not to give up, but to get up and do it all over again. Never mind what happened.

As a matter of curiosity, she did ask me what happened that made me want to drink again after 80 days. I wanted to tell her it was the GREAT THIRST, but there is no point in trying to explain that to someone who is not an alcoholic. They just wouldn't understand. So I said this instead.

I can't stop when I start and I can't not start, unless I have an alternative.

I hope that might be the AA and all I can really do is try again. Try harder, heed the advice of my fellow alcoholics and try to accept it.

~Mike

you cannot
stop the waves
but you can
learn to surf.

~Artwork by Chris



Slips and Human Nature.

by William Duncan Silkworth, M.D.

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continues dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "there is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the technique of Alcoholics Anonymous he gets well - that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simple human nature.

It is very wrong to consider any of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics too. Actually they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different, somebody special, with unique tendencies and reactions. Many psychiatrists, doctors, and therapists carry the same idea to extremes in their analyses and treatment of alcoholics.



Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from those of all other diseases.

At the same time, any of the symptoms and much of the behaviour of alcoholism are closely paralleled and even duplicated in other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. Slips usually occur in the early states of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. techniques and A.A. philosophy to give him a solid footing. But slips may also occur after an alcoholic has been a member of A.A. for many months or even several years, and it is in this kind, above all, that often finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact – the cause is often the same as the cause which leads to slips for the alcoholic.

SECRETS GO CLINK

The places where Jean hid the secrets that everyone knew...
Hidden from sight but ready to hand.

On the bookshelf behind holiday albums that no one picked up.
In plain sight; cleaning cupboard, third shelf.
Old jam jar. Hand-written label: 'white spirits'.

The Larder. Mixed well, in the sticky old cordial bottle
that no one would touch.
Easy to hand, behind locked doors. Jean hated surprises.

Behind the mouthwash. *Doubly convenient.*
At the back of the sock drawer wrapped
in thick tubes of wool. *Because secrets go clink.*

Deep-frozen, but still a thickly fluid,
under meals-for-one coated with frost.
In the living room cabinet,
spot-lit and on show for all to see.
In dusty, unopened bottles playing their role.

At the bottom of that steaming 'herbal' cuppa,
with a strong juniper tinge.
Under intakes of breath with imperfect spearmint camouflage.

In the garage, labeled 'Poison'. An in-joke for one.

And finally in the trash; each drained secret, individually
wrapped with newspaper and placed gently and quietly with care.

Because even when empty, secrets go clink.

~Anonymous

POEM BY ERIKA

I was walking the streets of a numb town
Spring never followed winter's gown

and nothing was real, not the days, not the years
only memories of you, the whispers and fears

The invisible said so quietly to me
„You cannot think, you cannot be.

But

If you call this death
You should live it
To the very last breath“.

These bodies remember all
They are everything at once,
Their burning fires can be seen
As clear lights from outer space
Little light houses
In their own dark waters

Only once can the possible and
Impossible meet. Here,

In the eternal return

~Erika



ONLY JOKING...

2 women ...one recently widowed:

May... "Yes, he was a good man except when he drank. Then he wouldn't work, slept all day, hit the kids and me, carried on with loose women. Then the drink killed him."

June... "Tsk! Tsk! Did you think of getting him into AA?"

May... "Oh My No! He wasn't that bad!"

~~~~~

"Norman, I liked you better when you were drinking!"

declared an old pal, feeling no pain.

"That makes us even," replied Norman,

"when I was drinking, I liked you better too!"

~~~~~

AA is like an adjustable spanner, it fits every nut !

~~~~~

AnonyMouse says:

*I'm not controlling, I frequently put itunes on shuffle...*



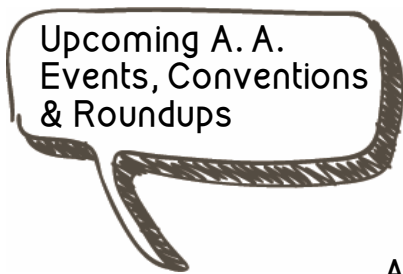
# AA CERTAIN TYPE OF HUMOUR!

Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure so they agree a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife.

A few years pass and the first AA dies sober. A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back.

The ghost turns to his pal and says "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there and they have AA meetings every week, you'll love it ! The bad news is you're sharing next Tuesday!"





Upcoming A. A.  
Events, Conventions  
& Roundups

### **AA Thailand Roundup 2018**

23-25 February 2018

Imperial Hotel Pattaya, Bangkok, Thailand

<http://www.aathailandroundup.org/>

### **AA Singapore Roundup 2018**

3-4 March 2018

Damien Hall, Blessed Sacrament Church, 1

Commonwealth Drive, Singapore

<http://www.singaporeaa.org/>

### **AA Malta Convention**

23-25 March 2018

Seashells Resort, Suncrest Hotel, Qwara, Malta

<http://aamalta.org.mt/convention/>

### **AA Bali Roundup 2018**

8-10 June 2018

Prama Hotel Sanur, Bali, Indonesia

<http://www.aabali.org/bali-roundup/>

### **Sydney Boomerang Roundup**

19-21 October 2018

Sydney Masonic Convention Centre, 66 Goulburn

Street, Sydney

<http://www.boomerangroundup.com/>

## Service Opportunities

### ***HIFI Committee***

The Hospitals & Institutions, Public Information Committee is looking for volunteers to help at IMH during working hours and male volunteers for a prison outreach program. Please contact [hi.pi.aa@outlook.com](mailto:hi.pi.aa@outlook.com) for details.

### ***Communications Committee***

The Communications Committee is looking for volunteers to help with the 12th step go to list. Please contact [help@singaporeaa.org](mailto:help@singaporeaa.org).

### ***Social Committee***

A.A. Singapore holds regular social events. The Social Committee is looking for additional volunteers to help organize functions. For more information on the next function or to help provide your support, please contact [socialsingapore@yahoo.com](mailto:socialsingapore@yahoo.com).

### ***Roundup Committee***

The A.A. Singapore Roundup Committee is looking for volunteers to help organize the 2018 roundup. Please contact [events@singaporeaa.com](mailto:events@singaporeaa.com).

### ***Newsletter Committee***

The A.A. Singapore Newsletter Committee is looking for volunteers to help us publish this publication you are reading right now. Please contact [newsletter@singaporeaa.org](mailto:newsletter@singaporeaa.org).

### ***Asia-Oceania Service Representative***

A sub-group has been formed to look into possibilities of hosting a Round up in a regional country, with less developed fellowship, as part of a Regional Outreach program to help carry the message. The group is looking for volunteers to assist with preparing a proposal to present to Intergroup.





## Outreach Initiatives & Services Opportunities.

Dear Alcoholics,

Are you familiar with the IMH, NAMS & Angsana meetings? If not, I'd like to take this opportunity to share my experience AND request sober AA members to join us at these meetings. We need your support.

Over the past year, I've got involved with carrying the message at the in-patient rehab program at the Institute of Mental Health in Buangkok. More recently, I also had the opportunity to attend the Tuesday night meeting at the National Addictions Management Service and the new Friday night meeting at Angsana Home Halfway House both also in Buangkok.

At these meetings, I have had the privilege of meeting men and women from all walks of life. Many of them are local Singaporeans from working-class backgrounds. Many of them have drunk themselves out of house and home and have nowhere to go and no one to listen to them. Many of these drunks have no sponsor yet and thus, no one to take them through the steps.

As an expat banker in Singapore, I live a sheltered, privileged life in my little expat bubble. At the IMH, NAMS, and Angsana meetings, I get to step out of my bubble and interact with people I normally don't have the opportunity to mix with: suffering alcoholics from Singapore's heartland.

I often hear sober alcoholics say "I love beginner's meetings." If you attend the meetings at IMH, NAMS, and Angsana, I guarantee you will meet newly sober alcoholics EVERY TIME. Why am I writing this? There are currently only about a half-dozen of us that regularly attend these meetings. We do not have enough sober alcoholics. We NEED your support.

How can you help? Make a commitment to join just one of these meetings once a month. These are the meetings that need your support:

- \* Saturday 3 PM at Institute of Mental Health at 10 Buangkok View, 539747.
- \* Tuesday 7 PM at National Addictions Management Service, 10 Buangkok View, NAMS Clinic Block 9, Room 37, 539747.
- \* Friday 7 PM at Angsana Home at 14 Buangkok Green, 539755.

Buangkok is far from where I live... but then again, I used to go to any lengths to drink.

There is no minimum sobriety requirement, anyone can join. However, the Saturday IMH meeting and Friday Angsana meeting are not listed on the AA web site and we coordinate attendees beforehand (to make sure at least one of us can attend).

What do you have to do? Just share like you would any other meeting. If you are interested in attending one of these meetings, please reach out to the Hospitals & Institutions, Public Information Committee (HIPI) at [hi.pi.aa@outlook.com](mailto:hi.pi.aa@outlook.com) or general AA Singapore hotline [help@singaporeaa.org](mailto:help@singaporeaa.org) and someone can put you in touch with me or any of the regular members of these meetings.

Thank you for your service,  
~Eric

## Singapore Intergroup News

The Singapore Intergroup is the Service office that has been established to carry out certain functions common to all A.A. Groups in the Singapore community. Operating under the guidelines of A.A.'s Twelve Traditions and Twelve Concepts, the Singapore Intergroup is maintained, supervised and supported by the local Singapore A.A. groups, with the primary purpose being to aid the individual A.A. groups in their common purpose to carry the A.A. message to the alcoholic who still suffers.

All members are welcome and encouraged to attend Intergroup and there are always plenty of service positions available. Further details below.

### **Meeting Updates**

- IMH, NAMS and Angsana Meetings – please read Eric's letter (above).
- Volunteers needed to help set up and clean up for Roundup, March 3 and 4. See Albert to volunteer.

### **Next Meeting**

The next Intergroup meeting will be held on Saturday, 24th March at Boomerang at 11:15 AM.



## The Twelve Steps.

1. 1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. 2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. 4. Made a searching and fearless moral inventory of ourselves.
5. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. 6. Were entirely ready to have God remove all these defects of character.
7. 7. Humbly asked Him to remove our shortcomings.
8. 8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. 10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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## The Twelve Traditions.

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups, or A.A. as a whole.
5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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## Do you have a problem with alcohol?

**1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?**

Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. which said “Just try not to drink today.” (If you do not drink today, you can not get drunk today.

**2. Do you wish people would mind their own business about your drinking – stop telling you what to do?**

In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we get into, and how we stopped. We will be glad to help you, if you want us to.

**3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?**

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.

**4. Have you had to have an eye-opener upon waking during the past year?**

Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking “socially”.

**5. Do you envy people who can drink without getting into trouble?**

At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.

**6. Have you had problems connected with drinking during the past year?**

Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse – never better. Eventually you will die or end up in an institution for the rest of your life. The only hope is to stop drinking.

**7. Has your drinking caused trouble at home ?**

Before we came into A.A. most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

**8. Do you ever try to get “extra” drinks at a party because you do not get enough ?**

Most of us used to have a “few” before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go some place else to get more.

**9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to ?**

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came to A.A. we found that once we started to drink, we couldn’t stop.

**10. Have you missed days of work or school because of drinking ?**

Man of us admit now that we “called in sick” lots of times when the truth was that we were hungover or on a drunk.

**11. Do you have “blackouts” ?**

A “blackout” is when we have been drinking hours or days which we cannot remember. When we came to A.A. we found out that this is a pretty sure sign of alcoholic drinking.

**12. Have you ever felt that your life would be better if you did not drink ?**

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A. we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

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# ALCOHOLICS ANONYMOUS SINGAPORE ROUND-UP



3-4th March 2018

Damien Hall

Guest speaker:

Odat from Los Angeles

\$20 Registration Fee

(meal included)

*Acceptance is the Key*



# Singapore AA weekly meeting schedule

Please see website for directions (<http://singaporeaa.org/meetings.html>)

Meetings are subject to change, please see website to avoid disappointment

|                  |                                                                                                                      |                                                                                                                                                          |                                                                                                                                |
|------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | 7:15-8:15am<br>7:30-8:30am<br>12:30-1:30pm<br>12:30-1:30pm<br>7:00-8:00pm<br>7:15-8:15pm<br>7:30-8:30pm<br>8:05-9:05 | Men's Meeting<br>Big Book Study<br>Big Book Study<br>Daily Reflections<br>Daily Reflections<br>Big Book Study<br>Gay Men's Meeting<br>Beginner's Meeting | Customs House<br>Circular Road<br>Holy Family<br>Damien Hall<br>Damien Hall<br>World Peace Café<br>Little India<br>Damien Hall |
| <b>Tuesday</b>   | 7:30-8:30am<br>12:30-1:30pm<br>12:30-1:30pm<br>7:00-8:30pm<br>7:00-8:00pm<br>7:00-8:00pm<br>8:15-9:15pm              | Speaker Meeting<br>Big Book Meeting<br>Speaker's Meeting<br>11th Step Meeting<br>Daily Reflections<br>Open Topics Meeting<br>Ask the Speaker             | Circular Road<br>Damien Hall<br>Holy Family<br>St. Bernadette<br>Damien Hall<br>NAMS Clinic, IMH<br>Novena Medical             |
| <b>Wednesday</b> | 7:15-8:15am<br>7:30am-8:30am<br>12:30-1:30pm<br>12:30-1:30pm<br>12:30-1:30pm<br>7:00pm-8:00pm<br>8:15-9:15pm         | Men's Meeting<br>As Bill Sees It<br>Big Book Study (in French)<br>Living Sober<br>Living Sober<br>Speaker Meeting<br>Women's Step Study                  | Customs House<br>Circular Road<br>Circular Road<br>Holy Family<br>Damien Hall<br>Damien Hall<br>Damien Hall                    |
| <b>Thursday</b>  | 7:30am-8:30am<br>12:30-1:30pm<br>12:30-1:30pm<br>7:00-8:00pm<br>7:30-8:30pm                                          | 12 & 12<br>Big Book Study<br>Daily Reflections<br>12 & 12<br>Speaker Meeting                                                                             | Circular Road<br>Holy Family<br>Damien Hall<br>Damien Hall<br>World Peace Cafe                                                 |
| <b>Friday</b>    | 7:15-8:15am<br>7:30-8:30am<br>12:30-1:30pm<br>12:30-1:30pm<br>7:00-8:00pm<br>7:00-8:00pm                             | Men's Meeting<br>Beginner's Meeting<br>12 & 12<br>12 & 12<br>Happy Hour Higher Power<br>Living Sober                                                     | Customs House<br>Circular Road<br>Holy Family<br>Damien Hall<br>Oogachaga<br>Damien Hall                                       |
| <b>Saturday</b>  | 8:00am-9:00am*<br>8:30-9:30am<br>10:00-11:00am<br>4:30-5:30pm<br>8:00-9:00pm                                         | Big Book Study<br>Gratitude Meeting<br>Women's Meeting<br>Daily Reflections<br>Young People's Meeting                                                    | East Coast<br>Circular Road<br>Circular Road<br>Damien Hall<br>Novena Medical                                                  |
| <b>Sunday</b>    | 8:00-9:00am*<br>8:15-9:15am<br>10:00-11:00am<br>5:00-6:00pm<br>6:30-7:30am                                           | Beginner's Meeting<br>Men's Meeting<br>Rainbow Meeting – LGBT<br>Big Book Study<br>Big Book Study                                                        | East Coast<br>Orchard Road<br>Oogachaga<br>We Care<br>Damien Hall                                                              |

\*Note – Meeting starts at 8:30am on public holidays