

Dear Friends,

Welcome to the latest edition of the Daily Reprieve. This is the first edition with Eric C, Lisa G, and Marnie H as co-editors. We would like to take this opportunity to thank Michelle K. for her service as editor and for her invaluable assistance in getting this edition up and running! Also, thanks to Dianne H for her support.

In this edition we have a number of articles from local members including “My First Belly Button Birthday in Sobriety”, “My Tips for Surviving Early Sobriety”, “On the Road”, “Dear Drink” and “A Return of Clarity”. We also have a couple articles submitted from a Fellow abroad, “Step Three and Step Ten” and “How a Flock of Seagulls Helped Start A.A.”

This month we are introducing a new feature, “How To Survive...” Local A.A. members were asked to offer tips on common dilemmas we all face in recovery. This edition’s topics are How to Survive... a Family Gathering, A Flight and Your First Work Function.

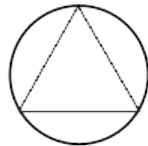
At the back of the newsletter you can find information on local A.A. events, service opportunities and weekly meetings. We are always looking for articles, artwork and other interesting tidbits to include in the newsletter. If you have anything you’d like to contribute, please email newsletter@singaporeaa.org.

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

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
- My First Belly Button Birthday in Sobriety
- My Tips for Surviving Early Sobriety
- On The Road
- Dear Drink
- A Return of Clarity
- Step Three and Step Ten
- 6 Things To Do After A Sober Night Out!
- What If (poem)
- How To Survive ...
- Quotes
- How a Flock of Seagulls Helped Start A.A.
- Upcoming A.A. Events, Conventions and Roundups
- Singapore A.A. Service Information
- 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



My First Belly Button Birthday in Sobriety

I got sober in Phuket, Thailand, where I used to live, six weeks before my belly button birthday. My birthday is the day before my younger daughter's birthday. At the time, the people my then wife and I hung out with had a habit of having quite boozy birthday parties, for children and adults alike. We had a plan to celebrate my daughter's birthday by inviting the usual crowd over. I was newly sober and was not too fussed with having a party and I certainly didn't want to have a drunken affair. In fact, I was not bothered with having any alcohol available for guests. I had invited my AA sponsor to the party, as had been suggested, just to be safe. However, my wife had other plans.

Shortly before the first guests were due to arrive, she asked me to go and get some drinks. So, as the dust was still settling on the 'drink' that led me to AA, I got in the truck and went off to get supplies. We ended up getting many cases of beer and other drinks. When I got home, there was my sponsor sitting outside my driveway on his motorbike, only to witness me opening the back of my truck to unload case after case of grog! At the time I felt so embarrassed - I wanted to explain that it was not for me.

Looking back on it now, I find this so funny!

~Simon A.



My Tips for Surviving Early Sobriety

In the early stages of my sobriety, my capability to stay on soda water, instead of booze, was tested several times at various functions.

At the time, I didn't have a sponsor yet but a couple of guys from the fellowship gave me their numbers and asked me to call if I ever found my willpower weakened and the craving to pick up a drink came back.

That was the first and the most important tool: "Call me before you decide to pick up. Walk outside as if you are making important business phone call!" - someone said. And I did.

Nonetheless, the biggest problem for me was to say "No" to anyone offering booze and subsequently having to make up stories for why I don't drink. I thought everyone was looking at me, expecting me to drink. Going through my AA journey, I learned that usually, the only person who cared about my drinking was me. In some cases, other people who cared about my drinking were other potential alcoholics who forced others to drink to validate their seemingly "normal" consumption.

AA taught me I don't have to explain why I don't drink and now I cut this discussion topic short, as long explanations usually invite more questions.

~Jarek



On the Road

I saw the message on our WhatsApp group chat from one of our friends who now lives in North Asia, that a certain rock star was coming to town because his band was touring Asia and would any of us be interested in taking him to meetings while he was here? I was quick to respond yes, I could. Our friend in North Asia made a WhatsApp group between the three of us and we got introduced that way.

The last time I saw this band play was over thirty years ago when they were first starting out. They played my hometown local roller rink and being the young trendsetter that I thought I was at the time, I went to see everything that was new. After the concert we drank beer with the band by the dumpster behind the rear exit of the roller rink and helped them score drugs. For my 9th grade (15 year old) school picture I wore their concert shirt as a symbol of my rebelliousness; skull, cross-bones, chains, blood dripping from everything - really heavy metal.

We made arrangements to meet up at the hotel the band was staying at to hit up a noon meeting since they were not playing until the following night, so the whole day was mostly free for him. When I got to the hotel, some of the band's fans were hanging around the lobby; autograph seekers, I assumed (or wait - do people even ask for autographs anymore?) When he got to the lobby we met and shook hands and right away, autograph seekers (yes, I guess they do still ask for autographs) surrounded him. He was gracious and signed everything and thanked his fans. "We-fie" takers were there too. I even took some snaps for some fans.

Once in the taxi we headed straight for the meeting location and shared some small talk. He mentioned the last time the band was here in town, and

I told him about the time I saw them at the roller rink in my hometown over 30 years ago. I debated whether or not showing him the picture of me wearing the band's concert shirt for my school photo would make me seem too much of a fan-boy, then went ahead and did so, but it did not seem to faze him - I think he was used to it. He talked about "the road" and how hard it is in some cities to find meetings. I said maybe he could listen to some speaker tapes on Spotify while on the road when he couldn't hit a meeting. He was surprised to know that you could find speaker tapes on there.

We got to the meeting one minute late. An old-timer gave us the glare that those old-timers do. Nobody seemed to recognize him until he shared, but even then everyone was cool and did not cross any boundaries.

While dropping him off at his hotel and saying goodbye, I mentioned that there is a really good meeting not far from his hotel but it is at 7:30 in the morning. I almost dared not mentioning it as we have all heard of the rock star lifestyle and I figured he'd still be asleep. Turns out he was up for it, and we met up again for coffee, a meeting, and fellowship.

I learned a big lesson from this experience; here was a guy who had been sober a while, was going on a "business trip" (not much different from those that the pioneers of AA went on in the early days of our fellowship) and made the effort to get connected with someone in advance. He put his sobriety first, went to meetings, shared from his experience, did not take himself too seriously, and allowed me to be of service.

~Anonymous



I wrote this one year ago, the day after I gave up alcohol.

The Hotel Bar
Ireland
April 2016

Dear Drink,

Hey, old pal, you will be happy to know I'm writing this from a bar hearing the warm murmur of conversation and the gentle clink of glasses, while the convivial pop of a cork punctuates the sports commentary.

The tea in my cup, however, would not impress you, and for far different reasons that it doesn't impress me, it having a tannic overtone of soggy tobacco leaves.

No, for you, the tea is a wasted opportunity. A wasted opportunity, on my part, to wander down that well worn garden path with you. The path with the signposts amongst the weeds saying "Good Times!", "Life and Soul of the Party", "This Way For Jokes", "Real Men Drink Beer!" etc. etc."

How many times have we walked that path together? How Many times? I did the maths...maybe four thousand ...maybe five? Many, many, many times. It's no wonder we seem so close, two ice cubes in a glass.

But there's a problem. I've been looking at those signs, for the first time really. Listening to the stories you tell me. And the problem is that the path leads to lots of places the signs don't mention. The more I think about it the more I wonder how often we ended up

where the signs suggested. Sometimes we'd start there but we'd quickly move on, wouldn't we?

So, 33 years after we first met I've been thinking about this path of yours and, old pal, a darker, meaner, more sordid route emerges.

Now I want to be fair, to us both. So I've looked at this both ways to get a fair measure of how things have been between us. On one side of the balance I put all those great nights out; the wonderful long lunches; the rowdy but fun ski chalet; the deep and meaningful conversation with close friends; the late night solving of the world's problems. Some good stuff here for sure. Slainte!

Now on the other side I put all the thousands of thumping, squinting hangovers; the good conversations turned to argument; the 'off-piste' late night chasers; the full frontal spittle speckled face-to-face offs; the drunken tussle over a scared, sick child; the fear my wife had for my safety when I didn't come home until dawn; the fog of being; lost memories of times with my wife and family; the lost intimacy of missed good night kisses. The love damaged or even lost.

Not a great balance really, not a balance at all.

Look mate, you can see where this is going and I haven't even started on the effect our 'connection' has had on my career, friendships and let's not mention health.

So even though things have usually felt pretty good between us, old buddy, it's just not true. Yes we've always seemed close, everyone said so. And, in fairness, we got pretty crafty there with those boutique beer offerings. And, of course, the delicate representations of the fermented grape have provided creeping cover for our increasingly insidious

symbiosis. But, matey, there's nothing good about a fine wine chased fast to the bottom of the glass.

Let me get to the point. As you know, after the last time we passed out in public (the 'old friends bond best over drinks' path that night I believe?) and I terrified my wife, I decided to moderate things between us.

You were, initially, quite cooperative and I thought we were getting somewhere. But you had a plan and, my fault entirely, I opened an ear to hear it, "You see, you're fine now, you've proven your point, you can drink like normal people!" And slowly we broadened the scope of my moderation, bit by bit, drink by drink, excuse by excuse ("Tough day in the trenches old chap!") And your supporting voice cheered me off the wagon old pal until I was back in the ditch once again, as dirty as ever.

But, you see, that's just not what good friends do to each other. I see now you are not my friend. You never were. So this is it mate - we stop here. I won't say sorry, I know you'll be fine, I see plenty of your other 'friends' sitting around me here.

And I will be much finer without you.

~Mark

A Return of Clarity

Had you asked me a week earlier what I planned to do on my 47th birthday it's fair to say the answer wouldn't have included - sit upstairs in Boomerang at 7:30am, on a public holiday no less, in a room full of recovering alcoholics - but that is exactly what I did. It was also the day a clarity of thinking returned to me I couldn't recall in a long time, an alcoholic cloud lifting from my mind and the real outset of a journey of sobriety.



A few days earlier my drinking had finally caught up with me and the facade that I'd kept up for a long time, if increasingly shakily both literally and figuratively, that everything was "all ok" cracked wide open. As a result, I agreed with my wife that I should seek help from AA which led me to the morning meeting at Boomerang the next day, a few days before my birthday.

Unlike some who come to the rooms I knew virtually nothing about AA before I walked in the door. My sum knowledge was to limited TV dramas where people sat around in circle and introduced themselves saying "I'm an alcoholic" and the "Twelve Step Suite" by American rock band Dream Theater whose drummer had been through the Twelve Step programme. But I hadn't ever read the lyrics so that wasn't much help really!

This complete lack of knowledge of what I was getting myself into is perhaps why at just under four months sober, as I am writing this, I have made relatively slow progress with the Twelve Steps. I wanted to watch, listen and read to understand what AA was actually about. But the benefits of attending meetings and hearing the experiences of others, and slowly starting to learn to share my own as well, are very clear to me, as well as those around me.

Six months ago, I couldn't have imagined living my life sober. But now that I am, life is so much better - its happier, calmer and easier to cope with the difficulties. I must admit I still spend plenty of time thinking about "not drinking", and yes, it is one day at time, and definitely about not picking up that first drink. But with the help of AA and the people in the programme I feel able daily to beat the baffling power that alcohol had held over my life.

~Anonymous



Step Three And Step Ten

As I venture through each passing day, I try to watch for those ever-reoccurring defects of character such as repeating angry thoughts, self-centeredness, unreasonable fear, and all the rest of it. Of course, Step Ten (p 84) tells me to ask God at once to remove these dangerous obstacles when they crop up, but without conscious contact with my Higher Power I am lost - those little devils jump in the driver's seat long before I realize they have taken control, rendering me minus a fit spiritual condition. Lest I soon reconnect with the aforementioned Power I will be treading on dangerous emotional territory.

But where is this mysterious power? The Big Book provides a surprising answer: "We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us." (p 55) Please note the words, Great Reality, are capitalized denoting God! Bill is not theorizing here; he is describing spiritual results from AA history.

In other words, I already possess the power to face and be rid of reoccurring sobriety-threatening emotional states, as they crop up, so long as I make use of the Intuitive cognizance offered by this mysterious, yet ever-present, God Given Reality. Reality implies Truth. An alcoholic cannot drink on the Truth! An alcoholic can only drink on a lie. Page 87 tells us: ". . . we find that our thinking will, as time passes, be more and more on the plane of Inspiration. We come to rely on it." Living out of this inspirational Truth, albeit only spasmodically, has allowed me to remain emotionally fixed and stable regardless of outside influences - at least enough that I haven't had to drink since my very first AA meeting.

Simply living in the spirit of the Twelve Steps, in some mysterious way, brings forth this inherent Self, my true Self, as a most welcome intuitive guide. That is to say, clean house all day long (Step 10); pray throughout the day (Step 11); so I may be of maximum service to God and my fellows all day long (Step 12). In short: “Out of self. Into God. Into others.”

(Rev. Sam Shoemaker) . . . and to parrot the famous 1940s Cleveland Indians catcher, Rollie Hemslie: “AA opened the door, but I had to walk in!” I have to ‘walk in’ each and every new day to revive and continue my conscious contact with the ‘Great Reality deep down within,’ if I want to remain happy, joyous and free from booze.

~Bob S.

“Anyone who becomes seriously involved in the pursuit of science becomes convinced that there is a spirit manifest in the laws of the universe, a spirit vastly superior to that of man.”

Albert Einstein, 1879 - 1955.





6 Things To Do After A Sober Night Out:

Some things I used to do when I came home drunk, and actually I think I might enjoy them more now I'm sober!

- ⊙ Stop off on the way home for roti-prata and remember eating it!
- ⊙ Consider *walking* home if not too far, so I can actually notice and enjoy the night air.
- ⊙ Walk in to the house singing (without disturbing the Neighbourhood or I'll have some amends to make!)
- ⊙ Once home put Fleetwood Mac "Rumours" on and dance around the living room singing my heart out. (At a neighbour-friendly noise level of course.)
- ⊙ Undress in the middle of the living room and leave all my clothes where they fall on the floor as if I just disappeared out of them!! (Potter fans will get it.)
- ⊙ Sleep upside down on my bed... grateful that I'm sober, grateful that I have a bed and can choose which way I sleep on it!

Sobriety rocks!

Anonymouse

WHAT IF

What if
everything is perfect?

What if
it's all working out ok?

What if
I just can't see the beauty
in life
or me
today?

What if
It's all going to be brilliant?

What if
I'm in the best place right now?

What if
things are looking up
but I'm
looking
down?

What if
I'm doing it Right?

What if
I'm more than just fine?

What if
I'm wrapped up in what's yours
instead of
what's
mine?



What if
all my dreams are set to come true?

What if
my path is beautifully clear?

What if
I'm allowing myself to be consumed
by indulgent
And imaginary fears?

What if
it's all absolutely on track?

What if
tomorrow hails success?

What if
I'm not clairvoyant
so of course
I can't see that
Yet?

What if
there's no need to panic?

What if
it's all too good
and it's true?

What if the stars are aligned,
lady luck is on time,
and it's
my foot
that fits the shoe?



Lisa G.

HOW TO SURVIVE A BIG FAMILY GATHERING:

- Tell them you may have to leave (to make a phone call or go to a meeting).
- Bookend the events by calling someone in the program before and after the event. Call them during if you really need to. Just stay connected!!
- Always keep a soft drink/water in your hand during the family gathering. Stepping out to say the Serenity Prayer when things get to be too much.
- Get on your knees afterwards and thank your Higher Power for helping you through the evening.

HOW TO SURVIVE A FLIGHT:

- Tell the crew you would like to drink water/soft drinks and be very enthusiastic about it!!
- Don't get on the plane hungry. Some airlines are cutting back on food offerings. Bring snacks and be prepared!
- Tell the crew you don't drink. Have a plan at the other end. Meet someone if you need to have someone you can call. Don't be afraid to pay for an in-flight call if saves your life!!

HOW TO SURVIVE YOUR FIRST WORK FUNCTION:

- Tell a member you're going. Text them just before you go with the time you plan to leave. Leave at that time and text the person to let them know. Every time I relapsed it was at a work function when I stayed longer than my planned departure time because I „wasn't having fun yet“
- Drink sparkling water with lemon or lime. Looks like an alcoholic drink and no one ever asks any questions.
- Always make sure you have a drink in your hand, don't put it down. Set yourself a time to leave and call a Fellow.
- Get yourself a soft drink and keep it in your hand, or get something to eat. Most people will not say anything.
- Treat it like an experiment or as if you are undercover - your mission is to observe other people and see how they behave at work functions. If you are anything like me, it will be the first time you've noticed other people in this kind of environment. I was always the first to get drunk and I assumed everyone else did that too.... How wrong was I?!!

WE ALL LOVE A GOOD QUOTE!



His Holiness The Dalai Lama says:
<<Every day, think as you wake up:

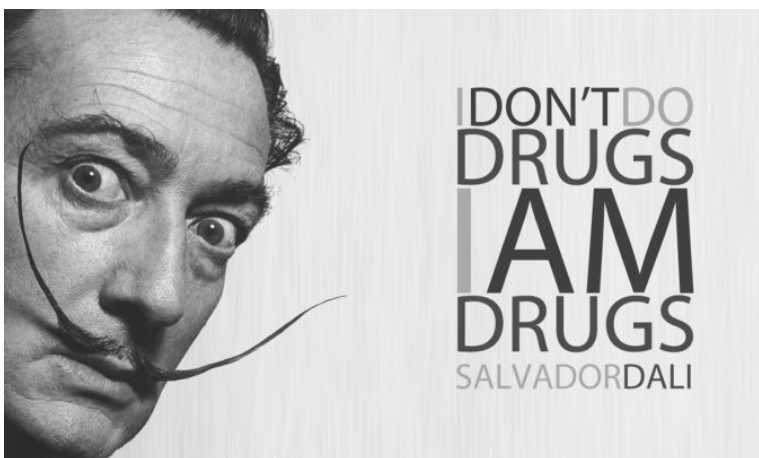
‘Today I am fortunate to have woken up.
I am alive, I have a precious human life.
I am not going to waste it.’ >>

There are three things extremely hard:
steel, a diamond, and to know one’s self.

~Benjamin Franklin

There is no satisfaction that can compare with
looking back across the years and finding you’ve
grown in self-control, judgment, generosity, and
unselfishness.

~Ella Wheeler Wilcox





How a Flock of Seagulls Helped Start A.A.

Ebby T. is the person who carried his alcoholic solution to Bill W. Clarence S., Cleveland AA founder, is quoted: “Bill might have scored the touchdown, but it was Ebby who handed him the ball.”

Ebby grew up under ideal circumstances; his brother was mayor of Albany, NY, as was his uncle and grandfather in previous years. There is even a park named after his family name in his home town of Albany NY - “John Boyd Thacher State Park”. In 1932, his older brother, Mayor Jack Thacher, was a candidate NY State Governor when FDR became US President. But Ebby found himself repeatedly caught up in drinking scrapes which is not good news for such a political family; thus came the suggestion that he leave Albany and take residence in their family summer home in the prestigious township of Manchester, VT.

Ebby’s family doubtless hoped that the relative tranquility of the Manchester resort community would bring about at least some moderation of his drinking sprees, and it did - sort of. After a few months, Ebby joined a group who spent the entire winter clearing the trails of the Green Mountains. He claimed to have drunk two pints of gin on the first day, but there was no more to be had for the next six months of pseudo isolation. He spent the winter of 1932 - 33 enjoying the rugged work and doing lots of hunting on the weekends. Upon return to Manchester he continued to stay dry for a few more months; but soon thereafter his drinking bouts resumed. Ebby moved into one of the furnished rooms of the large family residence on Taconic Avenue in Manchester during the spring of 1934.

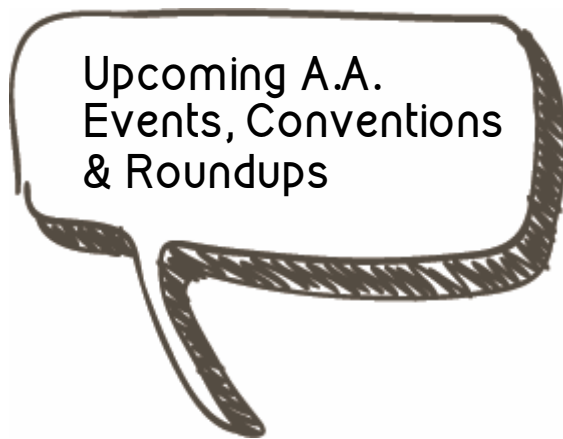


Ebby's sprees brought about two slight brushes with the Manchester authorities; he was fined only five dollars on each occasion, but with the warning that the third time they would go hard on him. Perhaps it was remorse that led Ebby to follow his brother's urging to paint the huge family summer 'cottage' that summer. Not surprisingly that task was too much for one person, so a professional helper was hired for added assistance and the job was finished that summer. He must have felt a great satisfaction, for who wouldn't be proud of such a large scale accomplishment! Perhaps Ebby was celebrating with a little hooch when he noticed a flock of ungrateful pigeons on the newly painted roof. Out came his shotgun – and doubtless the neighbors, as well – as loud blasts shattered the tranquility of this calm, peaceful and very elegant community (Robert Todd Lincoln, the President's son, once lived across the street).

Ebby faced six months in Windsor Prison or Brattleboro Insane Asylum, but lucky for us, the judge let him off the hook. Under the custody of millionaire Rowland H. (P. 26), Ebby eventually landed in Calvary Mission in lower Manhattan. Being sober several months, he gleefully carried his sober message to Bill W. on a bleak November day of 1934 – and you know the rest of the story.

But don't forget the pigeons!

~Bob S.



16th Bali International Roundup

9-11 June, 2017

Prama Sanur Beach Hotel

<http://www.aa-bali.org/>

2nd Taiwan Roundup

9-10 June 2017

YMCA Taipei Station, 19 XuChang Street, Taipei

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

Alcoholics Anonymous Australian National Convention 2017

7-10 July 2017

Pullman Cairns International, 17 Abbott St, Cairns QLD

<http://www.aanatcon2017.com.au/>

13th Annual Isaan Roundup, Thailand

15-16 July 2017

Thanyarat Hospital, Khon Kaen, Thailand

<http://www.aathailand.org/content/events>

The 31st Annual A.A. Netherlands Round-Up

18-20 August 2017

Mennorode Convention Centre, Elspeet, Netherlands

<https://aa-netherlands.org/>

Athens Parthenon Group 2017 Convention

14-17 September 2017

Hotel Danae, 43 Kazantzaki Street, Aegina Town, 18010, Aegina Island, Greece

<http://www.aa-greece.gr/kiss2017.pdf>

AA Roundup Malaysia 2017

6-8 October 2017

Parish Hall@ St John's Cathedral, Kuala Lumpur, Malaysia

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

22nd Angeles City Fall Roundup, Philippines

13-15 October 2017

Angeles City, Philippines

<http://roundupangelescity.blogspot.sg/>

1st Biarritz AA International Convention France

13-15 October 2017

Radisson Blu Hotel, 1 Carrefour Helianthe, Cote des Basques, 64200, Biarritz, France

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

Costa Brava, Spain International Convention

18-22 October 2017

Golden Bahia Hotel, Av. Puerto Rico 29, Tossa de Mar, (Girona), Catalonia, Spain

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

Sydney Boomerang Roundup

19-21 October 2018

Sydney Masonic Convention Centre, 66 Goulburn Street, Sydney

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

A.A. Singapore Intergroup

The A.A. 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. The primary purpose of Singapore Intergroup is 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 meetings and there are always plenty of service positions available.

The next Intergroup meeting will be held on Saturday 15 July 2017 at 11.15 am at Boomerang in Boat Quay.

Service Opportunities

HIPI 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 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.

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.

Roundup Committee

The A.A. Singapore Roundup Committee is looking for volunteers to help organize the 2018 roundup. Please contact 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.

“One day it just clicks...
you realise what’s important and what isn’t.

You learn to care less about what other
people think of you, and more about what
you think of yourself.

You realise how far you’ve come and you
remember when you thought things were such
a mess that you would never recover.

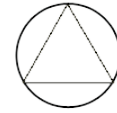
And you SMILE.

You smile because you are truly proud of
yourself and the
person you’ve fought to become.”

-Unknown.

(Some things just bear repeating!)

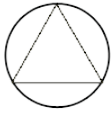




The Twelve Steps.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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. 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.

AA World Services Inc. Reprinted with permission.



The Twelve Traditions.

1. Our common welfare should come first; personal recover 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.

AA World Services Inc. Reprinted with permission.

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.

Reprinted from “Is AA for You ?” with permission of AA World Services, Inc.

SEE YOU AT A MEETING:

Singapore A.A. Weekly Meeting Schedule

Please see website for directions

Meetings are subject to change. Please see website to avoid disappointment

Monday	7:15 - 8:00 AM 7:30 - 8:30 AM 12:30 - 1:30 PM 12:30 - 1:30 PM 7:00 - 8:00 PM 7:15 - 8:15 PM 8:05 - 9:05 PM	Men's Meeting Big Book Study Big Book Study Daily Reflections Daily Reflections Big Book Study Beginners Meeting	Customs House Circular Road Holy Family Damien Hall Damien Hall World Peace Café Damien Hall
Tuesday	7:30 - 8:30 AM 12:30 - 1:30 PM 7:00 - 8:30 PM 7:00 - 8:00 PM 7:00 - 8:00 PM 8:15 - 9:00 PM	Speaker Meeting Big Book Study 11th Step Meeting Daily Reflections Open Topics Meeting Ask the Speaker	Circular Road Damien Hall St. Bernadette Damien Hall NAMS Clinic, IMH Novena Medical
Wednesday	7:15 - 8:00 AM 7:30 - 8:30 AM 12:30 - 1:30 PM 12:30 - 1:30 PM 7:00 - 8:00 PM 8:15 - 9:15 PM	Men's Meeting As Bill Sees It Living Sober Living Sober Speaker Meeting Women's Step Study	Customs House Circular Road Holy Family Damien Hall Damien Hall Damien Hall
Thursday	7:30 - 8:30 AM 12:30 - 1:30 PM 7:00 - 8:00 PM 7:30 - 8:30 PM	12 & 12 Daily Reflections 12 & 12 Speaker Meeting	Circular Road Damien Hall Damien Hall World Peace Café
Friday	7:15 - 8:00 AM 7:30 - 8:30 AM 12:30 - 1:30 PM 12:30 - 1:30 PM 7:00 - 8:00 PM 7:00 - 8:00 PM	Men's Meeting Beginners Meeting 12 & 12 12 & 12 Happy Hour Higher Power Speaker Meeting	Customs House Circular Road Holy Family Damien Hall Oogachaga Damien Hall
Saturday	8:00 - 9:00 AM* 8:30 - 9:30 AM 10:00 - 11:00 AM 4:30 - 5:30 PM 8:00 - 9:00 PM	Big Book Study Gratitude Meeting Women's Meeting Daily Reflections Young People's Meeting	Coastal Rhythm Circular Road Circular Road Damien Hall Novena Medical
Sunday	8:00 - 9:00 AM* 8:15 - 9:15 AM 10:00 - 11:00 AM 6:30 - 7:30 PM	Beginners Meeting Men's Meeting Rainbow Meeting Big Book Study	Coastal Rhythm 313 Somerset Oogachaga Damien Hall

* Note: Meeting starts at 8:30 on public holidays