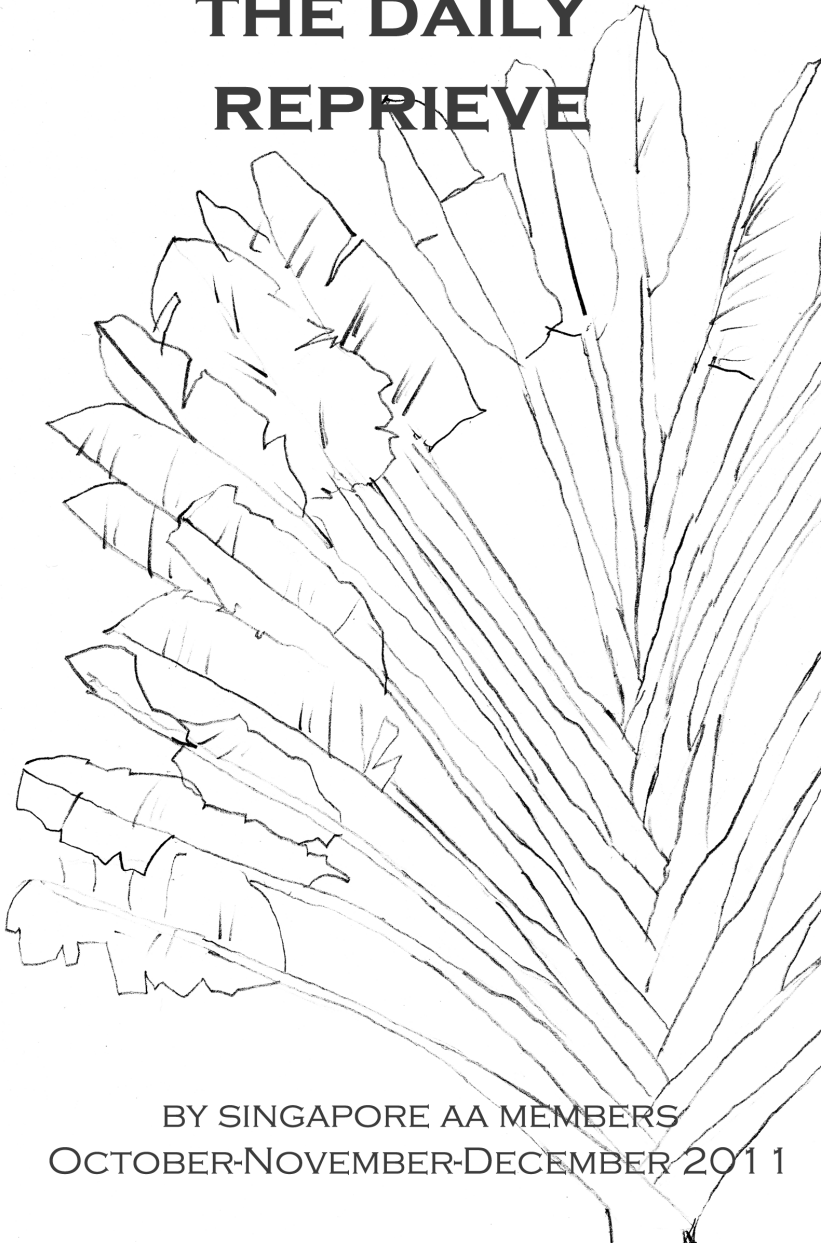


THE DAILY REPRIEVE



BY SINGAPORE AA MEMBERS
OCTOBER-NOVEMBER-DECEMBER 2011

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

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.

The Daily Reprieve, Issue 6
October, 2011

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CROSSWORD PUZZLE SOLUTION



**“The BAD news is, you’ve got the brain of an Alcoholic...
The GOOD news is that it was hardly ever used!”**

Reproduced with permission from “Coconut
Wireless” - Newsletter of the West Hawaii AA
www.westhawaii.org

Letter From The Editor

IT SEEMS IMPOSSIBLE THAT another turn of the seasons is coming around, as we rush down the slope towards the holidays. I hope it will be a sober and joyous season for all our members. It can be a difficult time of year; there are many parties that seem centred around drinking, and many of us strongly associate drinking with many of the traditions surrounding the holidays. Keep that copy of Living Sober handy, and remember to pick up that “5,000 Pound” (or should that be 2,000 Kilo?) phone and *call your sponsor*. If not that, then call another member whom you think needs *your* help. When you feel bad there is nothing that can cheer you like being of service to others. Even when it’s something as simple as showing up early to the meeting room and setting things up, it’s worth doing. One of the greatest joys of sobriety is becoming useful to others, not a weight that needs to be carried.

This is our biggest issue of The Daily Reprieve, and we hope that you all enjoy it. Claire has been invaluable in organizing and soliciting articles, as has Sharmini, and the many others who contributed work to this issue. I hope it finds you happy and well, and even when you are down, remember that there is no situation—and no mood—so bad that it wouldn’t be made worse by a stiff drink. Yours,

BELLE

My Letter to a Newcomer

MY NAME IS SAMANTHA & I am nearly 5 months sober. In this time I have had an amazing experience finding out who I really am.

Day 1 was extremely difficult as was week 1. Coming to the realization that my mind & life is not what I THINK it is & I am not who I THINK I am. Once I came to the realization that there was a GOD and I was NOT it, I started to do God's will & not my will.

I am feeling so at peace with my life at the moment & everything I ever dreamed of for myself & family. OH, the joy & happiness I see in the faces of my children, husband and myself!

I have done everything the fellowship has asked me to do. It's like baking if you have the recipe & FOLLOW it you will end up with a cake.

I did 90 meetings in 90 days, I get down on my knees & pray to my HP, I speak at meetings, I ring my sponsor everyday, I ring other alcoholics, I do the step work, I do a gratitude list every night, I hold 3 service positions. I meet with my sponsor once a week. My emotional sobriety comes first.

I am still very young in the program but I am so passionate about it because IT WORKS.

I have had days where I am in so much pain, guilt, and shame over the things I have done & had done to me. Yes it's going to hurt - it should hurt - we have been so numb for so long due to our drinking. It's time

to FEEL and face our fears with God & ask him to help remove the negative effects from us. I work hard in this area, so I get the results.

Communicate & Trust the Women in the program, as they are the heart & soul of AA. They have trudged the road before us & hold the keys to our freedom. I have never known a friendship so pure & deep. They are my Sobriety Sisters.

I wish you love and happiness in your journey.

Samantha

ANYONE CAN CARRY HIS BURDEN, HOWEVER HARD
UNTIL NIGHTFALL.

ANYONE CAN DO HIS WORK, HOWEVER HARD, FOR
ONE DAY.

ANYONE CAN LIVE SWEETLY, PATIENTLY, LOVINGLY,
PURELY TILL THE SUN GOES DOWN.

AND THIS IS ALL THAT LIFE REALLY MEANS.

ROBERT LOUIS STEVENSON

ONE DAY AT A TIME.

Singleness of Purpose

MY NAME IS DOUG R and I am an alcoholic. It is a privilege to be asked to give the Keynote Address at the 9th Asia Oceana Service Meeting on the topic "Singleness of Purpose." Such a topic often sparks lively debate. We A.A.s can be creatures of extremes and you mention the subject of singleness of purpose and those extremes seem to boil to the surface.

In a February 1958 Grapevine article, Bill W. wrote, "Many early A.A.s had the almost comical notion that they were pure alcoholics — guzzlers only, no other serious problems at all. When alcoholic ex-cons and drug users first turned up, there was much pious indignation. 'What will people think?' chanted the pure alcoholics. Happily, this foolishness has long since evaporated." The article was "Problems Other Than Alcohol" and nine years later the General Service Conference of the U.S. and Canada asked the A.A. Grapevine for permission to produce that article as a pamphlet. It is still widely circulated and translated. It stands the test of time as one of our more definitive pieces on singleness of purpose.

Also, in this pamphlet, there is a very clear definition of the purpose of an A.A. group and I quote Bill: "Sobriety, freedom from alcohol, through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group." The "sole" purpose — there is no equivocation indicating that the A.A. group has any other purpose. The phrase, "Sobriety — freedom from alcohol" is clear as to what A.A. addresses.

When I first came to A.A., I believed myself to be very unique. No one had experienced the same things I had experienced; no one was as sensitive or as deep and special as me. I didn't really understand that I was an alcoholic or what that word meant. I came to A.A. because I suspected alcohol played a role in how badly I felt, and I just wanted to stop hurting. It was a great relief to learn that A.A. was for people like me who had a problem with alcohol. It is interesting to note that nowhere do we say our program is for people whose *only* problem is alcohol but alcoholism is the common bond that all of us as A.A. members share.

For me, one of the most profound things about the A.A. program is that it is a program of identification. If you say that you are an alcoholic and are an A.A. member—I identify with you. I know you. Oh, I may know nothing about the individual details of your life but I know you have been to alcoholic hell and survived to tell your story. I know that, like me, you are more than likely self-centered in the extreme; I know you are striving like me to place your life and your will into the care of a higher power no matter what that power is for you. I know that your primary purpose in life is to stay sober and help another alcoholic achieve sobriety – all this I know about you and I may not even know your name. I identify with your alcoholism, and I identify with your recovery utilizing the principles of the A.A. program.

Bill W. often said that one of A.A.'s greatest strengths is its single-minded focus on one thing and one thing only. By limiting our primary purpose to carrying the message to alcoholics and avoiding all other activities, A.A. is able to do one thing supremely well. The atmosphere of identification is preserved by that purity of focus, and alcoholics get help.

Tradition Five states that, "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers". Isn't this also a very clear statement? It tells us to whom we carry the A.A. message of hope. Not the world – not to those who are addicted to anything, be it drugs, food, sex or gambling etc. We carry the message to the *alcoholic* who still suffers. Not everyone needs Alcoholics Anonymous. Alcoholics may indeed struggle with any number of other addictions, but all addicts are not alcoholics; all overeaters or gamblers are not alcoholics. Only alcoholics need Alcoholics Anonymous.

Because we concern ourselves with one problem there are no distractions, and we are free to work at carrying the message of recovery from alcoholism to the best of our ability. In another of our pamphlets, "The A.A. Group," it states that, "It is misleading to hint or give the impression that Alcoholics Anonymous solves other problems or knows what to do about addiction to drugs."

Referring back to the pamphlet, "Problems Other Than Alcohol," Bill writes, "Groups have repeatedly tried other activities, and they have always failed. It has also been learned that that there is no way to make non-alcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost certainly collapse. And if we collapse, we cannot help anyone."

A past, non-alcoholic trustee on our General Service Board, U.S./Canada, Dr. Vincent Dole, who was an eminent pioneer in the field of methadone maintenance, was quoted in our newsletter for professionals, "About A.A.," he said: "The source of strength in A.A. is its single-mindedness. The mission of A.A. is to help alcoholics. A.A.

limits what it is demanding, of itself and its associates, and the program's success lies in its limited target. To believe that the process that is successful in one line guarantees success for another would be a very serious mistake."

Of course, some people will argue that A.A.'s own Traditions and literature open the door for anyone, even those without an alcohol problem, to claim membership. For instance, the Short Form of the Third Tradition says that the only requirement for A.A. membership is a desire to stop drinking. However, in the beginning of the Long Form of the Third Tradition is the statement: "Our membership ought to include all who suffer from *alcoholism*. Hence we may refuse none who wish to recover." This statement is very inclusive. So long as an individual has a desire to deal with his drinking problem, it does not matter what other problems he suffers from. It does not matter what race, background or circumstances he comes from. A.A. welcomes him.

The disputers also quote the line in the *Twelve and Twelve* that says, "You are an A.A. member if *you* say so," not noting that the line before it states that it is talking to "every serious *drinker*." There are some parameters to membership in A.A. It is the effectiveness of our Traditions that binds us together. As we are all aware, our Fellowship of Alcoholics Anonymous is one of love, sharing and caring. Someone with a serious drinking problem is a member of A.A. as long as they say they are a member of A.A.. And, in order to keep this loving Fellowship cohesive and functioning, we need the Traditions which are our guidelines. These Traditions provide for the unity of the group and, therefore, ultimately protect each individual member's sobriety. In A.A., the common welfare of the group comes first. Our Traditions, rather than proclaiming an individual's right to act in any way he or she

pleases, confirm the spirit of self-sacrifice—restraining our own desires when they conflict with the good of the group.

Which leads me back to the purpose of an A.A. group - "Sobriety, freedom from alcohol, through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group." Singleness of purpose isn't a drugs-versus-alcohol issue—a we-against-them matter. In our very real world, addicts of all kinds are visible to us and they are the ones that come to mind when we talk about singleness of purpose. I do not minimize any of the other problems. Our job as members of Alcoholics Anonymous is to keep the focus on the one thing we do wee—staying sober ourselves and helping others to achieve sobriety—we do this through strong sponsorship, through Traditions' workshops, in our group business meetings and A.A. service events and in our personal inventories.

I came to A.A. with a host of problems in addition to my alcoholism. There was only the slightest glimmer of hope left in me that the darkness that was my existence might be lifted. One of the first things I heard that sent a shiver down my spine was that I did not have to drink—my brain reeled—but-but-but—I went: look at how horrible this is; look at how bad that is; look at what a sorry human being I am—but -but-but. I have to say that no one argued with me about how bad things were—they simply repeated that no matter how awful my life was or appeared to be in my muddled brain, there was truly no real reason to take that first drink. I was astounded that I understood what they were saying and a little light crept into the bleak landscape of my soul. Then someone asked me to hold out my hands—they asked me to imagine my alcoholism and A.A. in my right hand and all my other problems in my left hand—my left hand felt very heavy. Then, they

said, that if I focused on my right hand—on vigilance with regard to staying away from one drink of alcohol, one day at a time, and I followed the suggestions made to me regarding the A.A. program—going to meetings on a weekly basis, getting and calling a sponsor, talking with other alcoholics, reading the literature and working the Steps—I would be in a position to take care of the problems weighing me down in my left hand. That right hand/left hand demonstration has always been for me an example of the essence of A.A.’s single purpose—if I focus on recovery from my alcoholism and on the program of A.A.—I am in a position to deal with all my other problems. And as for my other problems, many of them were resolved as I moved through the 12 Steps and attended meetings but, with some, I needed additional help, and, for some, I was directed to other 12 Step programs that also had their own singleness of purpose.

In A.A. we make every effort to speak the language of the heart and to walk in the sunlight of the spirit—these are no mere clichés but spiritual goals that our founders set for themselves and for us. They evolved because of the clear focus the founders had on our singleness of purpose. The only similar thing we are guaranteed in A.A. to have in common is our alcoholism. At one of our Conferences a few years ago, a delegate stated that, “If we focus on our similarities, we can stay strong as a Fellowship. If we focus on what makes us different, we run the risk of becoming fragile and divided—our common bond may then be broken.” All of us, I am certain, want to pass on this lifesaving torch of hope and recovery to others who suffer. We want the doors of A.A. to be as wide opened as possible; we want to be as inclusive as possible and as free as possible. To achieve this, each of us has a responsibility to do our best to keep the focus on our primary purpose – our single purpose.

By Doug R., New York GSO

THE GOLFER ARNOLD PALMER SAID THAT THE SECRET TO HIS SUCCESS WAS PLAYING THE BALL FROM WHERE IT LANDED, NOT WHERE HE WISHED IT HAD LANDED.

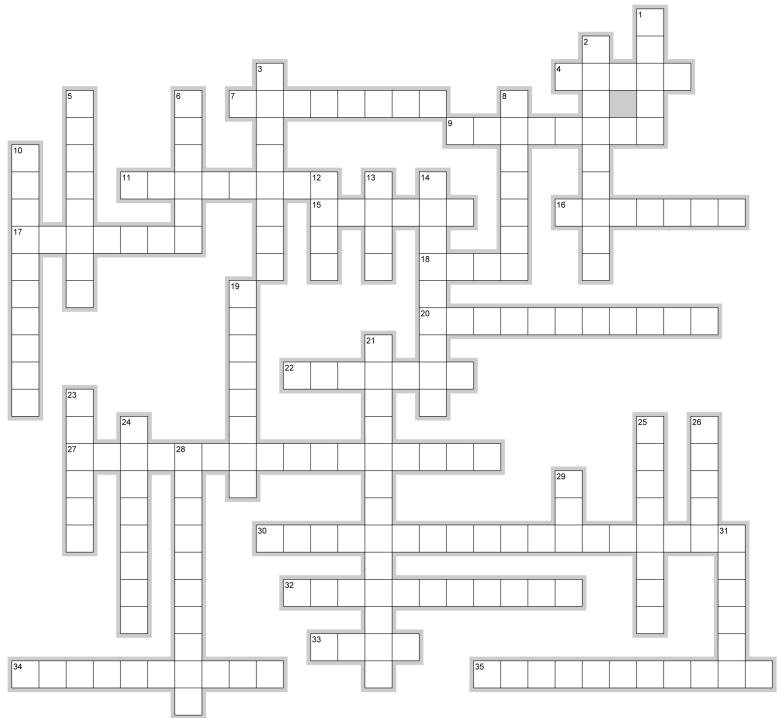
TIM N.

WHEN WE RETIRE AT NIGHT WE CONSTRUCTIVELY REVIEW OUR DAY. WERE WE RESENTFUL, SELFISH, DISHONEST OR AFRAID? DO WE OWE AN APOLOGY? HAVE WE KEPT SOMETHING TO OURSELVES WHICH SHOULD BE DISCUSSED WITH ANOTHER PERSON AT ONCE? WERE WE KIND AND LOVING TOWARDS ALL? WHAT COULD WE HAVE DONE BETTER? WERE WE THINKING OF OURSELVES MOST OF THE TIME? OR WERE WE THINKING OF WHAT WE COULD DO FOR OTHERS, OF WHAT WE COULD PACK INTO THE STREAM OF LIFE? BUT WE MUST BE CAREFUL NOT TO DRIFT INTO WORRY, REMORSE OR MORBID REFLECTION, FOR THAT WOULD DIMINISH OUR USEFULNESS TO OTHERS. AFTER MAKING OUR REVIEW WE ASK GOD'S FORGIVENESS AND INQUIRE WHAT CORRECTIVE MEASURES SHOULD BE TAKEN.

BIG BOOK P. 86

A Word At A Time

TDR



EclipseCrossword.com

Word bank

AKRON ALANON ALCOHOL ALCOHOLISM ANGER ANONYMITY BIGBOOK DESTINY
DOCTORBOB EASY FELLOWSHIP GOD GRIFFITH HALT LETGOD LIVINGSOBER
MEETINGS NEWCOMER PAST POWERLESSNESS PROMISES REFLECTIONS RELIGION
REPRIEVE SAINTTHOMAS SANITY SELFWILL SERVICE SIMPLE SOBRIETY STEPS
STEPSANDTRADITIONS THEDAILYREPRIEVE TRADITIONS TRUE

Clues to Crossword Puzzles

ACROSS

4. Only one letter away from danger
7. A very important person at any meeting
9. 90 days, 90
11. Bill's middle name
15. Lois founded this
16. It's like an AA Bible
17. We trudge the road of happy....
18. To thine own self be
20. Daily (An AA-approved publication)
22. Cunning, baffling, powerful
27. Our newsletter
30. Twelve and Twelve
32. We are not saints, but there is one in our room at Damien. His name is?
33. does it!
34. What AA is
35. The meeting on Fridays

DOWN

1. Stairway to Heaven
2. Foundation of all our traditions
3. Our newsletter, The Daily
5. We don't think they are extravagant
6. Restored to this (Step 2)
8. Unity, recovery and
10. There are a dozen of them
12. Hungry, angry, lonely and tired
13. Don't regret it nor shut the door on it
14. Robert Holbrook Smith
19. This runs riot sometimes
21. The first step is an admission of this
23. Let go and
24. Not allied with this
25. What we treasure most
26. An oft-mentioned city in Ohio
28. The disease
29. As we understood him
31. Let's keep it that way

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

1. Line up extra AA activities for the holiday season
2. Be host to AA friends, especially newcomers
3. Keep your AA telephone list with you all the time
4. Find out about the special holiday parties, meetings or other celebrations
5. Skip any drinking occasion you are nervous about
6. If you have to go to a drinking party and can't take an AA with you, keep some candy handy
7. Don't think you have to stay late. Plan in advance an "important date" you have to keep
8. Worship in your own way
9. Don't sit around brooding. Catch up on those books, museums, walks and letters
10. Don't start now getting worked up about all those holiday temptations. -- Remember "one day at a time"
11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts, but this year you can give love
12. 'Having had a...' No need to spell out the Twelfth Step here, since you already know it!

IF YOU CAN'T TURN EVERYTHING OVER, TURN
OVER 'RIGHT NOW'.

-TOM W.

AS THE DAY GOES ON, WE CAN PAUSE WHERE SITUATIONS MUST BE MET AND DECISIONS MADE, AND RENEW THE SIMPLE REQUEST: “THY WILL, NOT MINE, BE DONE.” IF AT THESE POINTS OUR EMOTIONAL DISTURBANCE HAPPENS TO BE GREAT, WE WILL MORE SURELY KEEP OUR BALANCE, PROVIDED WE REMEMBER, AND REPEAT TO OURSELVES, A PARTICULAR PRAYER OR PHRASE THAT HAS APPEALED TO US IN OUR READING OR MEDITATION. JUST SAYING IT OVER AND OVER WILL OFTEN ENABLE US TO CLEAR A CHANNEL CHOKED UP WITH ANGER, FEAR, FRUSTRATION, OR MISUNDERSTANDING, AND PERMIT US TO RETURN TO THE SUREST HELP OF ALL—OUR SEARCH FOR GOD’S WILL, NOT OUR OWN, IN THE MOMENT OF STRESS. AT THESE CRITICAL MOMENTS, IF WE REMIND OURSELVES THAT “IT IS BETTER TO COMFORT THAN TO BE COMFORTED, TO UNDERSTAND THAN TO BE UNDERSTOOD, TO LOVE THAN TO BE LOVED,” WE WILL BE FOLLOWING THE INTENT OF STEP ELEVEN.

TWELVE STEPS AND TWELVE TRADITIONS, P. 102-103

9th. AOSM Report from Singapore Delegates

THE 9TH AOSM WAS HELD in Chandigarh, India from 22nd – 24th July 2011. AOSM, short for Asia Oceania Service Meeting, takes place every 2 years and is a gathering of representatives from member countries in the Asia Oceania region. Delegates meet and share ideas and exchange information on how we can cooperate to spread the

message of recovery in our respective countries and the region.

26 AA members from the Asia Oceania region and GSO New York met this time. The countries represented this year were: Australia, New Zealand, Russia, Thailand, Hong Kong, India, Japan, Bhutan, Singapore, Sri Lanka, MERCA, Dubai, and Nepal.

From the moment we arrived, we were made to feel very welcome by the Host committee from India. After a long journey and rest, we attended a local AA meeting. The message is the same worldwide as fellow sufferers from India shared their stories and the solution for recovery from Alcoholism.

The 3 day AOSM was chaired by Ian C from Australia who kept us moving along on a tight schedule. Workshops were held in which we discussed how we were Reaching Out to the still suffering Alcoholic in our respective countries. It was a truly encouraging and uplifting time as we learned from each other. Several novel ideas were shared such as printing the 20 questions on the meeting list to reach out to potential members.

Doug R from AA GSO in New York gave a keynote message on Singleness of Purpose which was the subject for further discussion. We found it reiterated the idea that AA has to stick to what we are good at or we will fall by the wayside (Tradition 5).

The Delegates also had time to work with our designated committees to discuss issues and put forward suggestions for consideration by the AOSM as a whole. These committees are:

Agenda/ Website Committee, Policy/ Admissions/ Finance Committee, Literature and Publishing Committee, Working with Others Committee.

Besides the sharing ideas and policies, it was a great time of Fellowship and Recovery. The Principles of Unity, Service and Recovery were shared member to member.

The 10th AOSM in 2013 will be held in Russia and will be chaired by the delegate from India, Shrikanth S., with Nathan from Singapore as alternate chair. We look forward to another successful AOSM and to participation from countries which were unable to join us this year. It is truly heartening to see Bill's words from the Big Book page 162 come true -

“Someday we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination”.

Sharmini and Nathan (Singapore Delegates)

THE ONLY PLACE SUCCESS COMES BEFORE WORK IS
IN THE DICTIONARY.

ANONYMOUS

PRACTICAL EXPERIENCE SHOWS THAT NOTHING WILL
SO MUCH ENSURE IMMUNITY FROM DRINKING AS
INTENSIVE WORK WITH OTHER ALCOHOLICS. IT
WORKS WHEN OTHER ACTIVITIES FAIL. THIS IS OUR
TWELFTH SUGGESTION: CARRY THIS MESSAGE TO
OTHER ALCOHOLICS!

BIG BOOK P.89

News From The Perth Convention

“YOU HAVE TO COME TO THE CONVENTION!”, my best friend yells excitedly over the phone to me when I tell her for the first time I am attending an AA meeting the next day. I really had other things on my mind at that time but said “O.K.”, knowing that she had been waiting for this moment for many years, waiting and watching for my awareness of my own sobriety to be realized.

So I booked the plane tickets and headed to the convention, 40 days sober.

The convention was in my home town of Perth. I had not lived there for 8 years as the memories of my life are not pleasant, that’s why I left. But there I was, sober in Perth. I had not been sober since I was 14 years old. That was 27 years ago. The fear was gripping. ‘What if I run into my old drinking buddies?’, ‘They will ask why I am here’, ‘What will I say?’, ‘They are going to know I am an alcoholic’, ‘I’m going to have to lie... but I am a terrible liar’. The mind chatter continued constantly, telling me to take the next direct flight back to Singapore.

I took a taxi with my 8 year old daughter to my best friend’s house the night before the convention. Wow! We had known each other for so many years. We had drank together, taken drugs together, fought together, lived together, stolen together. Tonight we were in recovery together and our daughters were playing together. Who would have thought?! But what a connection we shared now.

Day 1: With our usual drama of getting ourselves to the convention (we ended up in the bus lane on the freeway with no way to get off, laughing hysterically as other motorists were staring at us like we were crazy lunatics. They would have never believed us if we had told them we were on our way to an AA convention! Well maybe they would have!) I checked myself in and was greeted with a name tag and a bright orange bag of goodies. I saw a couple of familiar faces from the Singapore fellowship and felt a little more at ease.

The Perth Convention Centre is very sophisticated and the view of the Swan River is breathtaking. As I looked out over the city skyline I thought to myself 'I have missed you'. I took a deep breath and prayed to God to help me overcome these nervous feelings, wondering if I was going to fit in here, in my home town. I felt like such an outsider when I lived here.

We headed to room 7 for our very first meeting, where my best friend got up to share. I had never heard her share and was surprised by her softness, wisdom and the way the crowd warmed to this heavily tattooed, beautiful lady. It was like they could see directly into her soul through the honesty of her words at her experiences of life in the hard and fast lane. I was so proud of her and today she continues to inspire me to be the best person I can be.

Next we attended a meeting in the Riverside Theatre and listened to stories from Ireland, USA, Japan and people from all over the world. How amazing that we can be brought together from all over this planet and still relate to one another no matter the race, sex or religion. We all have understanding from the suffering that resonates from this cunning disease.

I heard shares that sounded just like my life, like they were standing on that stage telling *my* story. Then there were those that were not like mine, YET. We laughed at the insanity of our actions, thoughts and feelings from those drunken days. We cried at the horror we had put not only ourselves, but our loved ones through. How some had stood by us but some could not stand by to see this self destruction any longer. The shares were so honest, it made me realise I was in the right place and perhaps yes, I *was* an alcoholic.

The next meeting was the beginners meeting. Perfect I thought, being a beginner they would NEED ME at this meeting. This meeting taught me the importance of how we treat and welcome the newcomer. I listened to the many old timers views' on how they welcome the first timers and how to keep people coming back.

I bravely put up my hand and was privileged to be accepted to speak at this meeting.

'Hi I'm and I am an alcoholic and I'm 40 days today'.

I was welcomed with a loud cheer. This acceptance caused the tears welling in my eyes to dissipate and I laughed instead. I told my story; Of how I was born here in Perth to a challenging childhood, my teenage years filled with drinking traumas and I did not deal well with growing up in this city. So I left. I left the state, I left the country. And now 8 years later, I am back. Sober. At an AA convention.

I spoke about my experience of getting sober in Singapore. How scary it was being a foreigner and not knowing if the local Singaporeans would even speak my language. I am grateful that I was guided through the fear, as the fellowship in Singapore has opened its arms and embraced

me, warts and all.

After I shared I had many people approach me with words of encouragement. If I ever felt alone someone would appear and introduce themselves to me, as they all knew the feelings of being so fresh and new to the program.

Day 2: Before the convention I went to drop my daughter off at my mums. My little 8 year old was so excited to be staying with her nanna who she knew would spoil her rotten.

My mum and I were not really on speaking terms at this time and she found it hard to make eye contact with me.

Two months earlier my sister walked out of her rehab facility for alcohol and I was furious with her. She was weak and ungrateful to all the people who had made significant sacrifices to get her into Cyrinean House and here she was throwing it all away for a drink. I then proceeded to call every one of my family members in Perth to instruct them to stop enabling my sister. I was harsh and mean to my family, the people I love. They were trying to help my sister to the best of their ability but all I could think about was their weaknesses. If they hardened up a bit then my sister might harden up a bit. This situation caused much conflict with my family members and I decided it was best to completely remove myself from the situation. It was then a month later I realised I too was an alcoholic and my sister was the first person I called for advice.

My favourite meeting of day 2 was the Al-Anon meeting. I had never attended one before and was not really sure what to expect. By the end of the meeting, the group of alcoholics I was sitting with were all in

tears. The shares we had experienced were like a reflection of our years growing up in an alcoholic family. We had all faced years of torment as children.

I remember thinking as a child that I would never allow that harm or pain to enter my children's lives.

I now know that attending Al-non meetings is going to be very helpful and healing for my long term sobriety, but more importantly Al-Anon can heal my family members who have grown up with and continue to deal with alcoholism in their lives.

I grabbed as many pamphlets as I could hold and took them back to my mum's place. My best friend, who was also my sister's sponsor, was talking to my Mum about the experience we had at the Al-Anon meeting and how this could be a way for her to HELP my Sister by HELPING herself. My Mum is now the treasurer at her local Al-Anon meeting.

Day 3: Our main focus for today was to attend the Women's meeting in the Riverside Theatre, a theatre so large it can seat up to 2500 people. For Perth that amount is huge. The Women's meeting was honest, raw and heartbreaking. Yet this meeting has inspired me to be the best woman I can be. The meeting gave me focus to do esteem able acts, as my self esteem had been so low. The meeting made me believe that my life was just beginning. Yes we had made some bad decisions involving our children, husbands, fathers, mothers, siblings and ourselves but here we were doing our utmost to become better mothers, wives, sisters, daughters and friends. This was the first time I had seen my best friend cry; we had been best friends for 25 years.

I wrote this article to share with you my experience of the Perth

Convention. But the more I wrote the more I realised this convention was God's way of bringing me closer to the people I love. Healing me through the fellowship and healing my family through my experience of a convention I was initially attending just to spend time with my best mate.

The meaning of these conventions to me is to bring out the connections we have and feel toward each other. These are soul connections that cannot be explained, only felt.

--Local AA Member

IT IS EASY TO LET UP ON THE SPIRITUAL PROGRAM OF ACTION AND REST ON OUR LAURELS. WE ARE HEADED FOR TROUBLE IF WE DO, FOR ALCOHOL IS A SUBTLE FOE. WE ARE NOT CURED OF ALCOHOLISM. WHAT WE REALLY HAVE IS A DAILY REPRIEVE CONTINGENT ON THE MAINTENANCE OF OUR SPIRITUAL CONDITION. EVERY DAY IS A DAY WHEN WE MUST CARRY THE VISION OF GOD'S WILL INTO ALL OUR ACTIVITIES. "HOW CAN I SERVE THEE—THY WILL, NOT MINE, BE DONE." THESE ARE THOUGHTS WHICH MUST GO WITH US CONSTANTLY. WE CAN EXERCISE OUR WILL POWER ALONG THIS LINE ALL WE WANT. IT IS THE PROPER USE OF THE WILL.

BIG BOOK P. 85

WIDER UNDERSTANDING

TO REACH MORE ALCOHOLICS, UNDERSTANDING OF A.A. AND PUBLIC GOOD WILL TOWARDS A.A. MUST GO ON GROWING EVERYWHERE. WE NEED TO BE ON STILL BETTER TERMS WITH MEDICINE, RELIGION, EMPLOYERS, GOVERNMENTS, COURTS, PRISONS, MENTAL HOSPITALS, AND ALL ENTERPRISES IN THE ALCOHOLISM FIELD. WE NEED THE INCREASING GOOD WILL OF EDITORS, WRITERS, TELEVISION AND RADIO CHANNELS. THESE PUBLICITY OUTLETS NEED TO BE OPENED EVEN WIDER.

NOTHING MATTERS MORE TO A.A.'S FUTURE WELFARE THAN THE MANNER IN WHICH WE USE THE COLOSSUS OF MODERN COMMUNICATION. USED UNSELFISHLY AND WELL, IT CAN PRODUCE RESULTS SURPASSING OUR PRESENT IMAGINATION.

SHOULD WE HANDLE THIS GREAT INSTRUMENT BADLY, WE SHALL BE SHATTERED BY THE EGO MANIFESTATIONS OF OUR OWN PEOPLE. AGAINST THIS PERIL, A.A.'S MEMBERS' ANONYMITY BEFORE THE GENERAL PUBLIC IS OUR SHEILD AND BUCKLER.

AS BILL SEES IT, P. 255

Poem From An Anonymous AA Member

I found myself in a bottomless pit,
of sorrow and woe and despair.

When a ray of light revealed to me
the steps of a winding stair.

In vain I tried to reach those steps,
by myself it could not be done.

I cried for help and a voice replied,
"You are standing on Step Number One."

"Who's that?" I asked. "What do you want?"
"Can you tell me what to do?"

"Give me your hand," the voice answered,
and you'll be on Step Number Two."

I help up my hand. I decided that I
alone could not set myself free.

But I trusted that voice and it suddenly said,
"You are standing on Step Number Three."

I stop there and rest, and look at myself.
I don't think I can do anymore.

From somewhere above the voice came again,
"You are standing on Step Number Four."

Wherever you are, you don't understand,
I don't deserve to be alive.

For I am a liar, a thief and a con.
The voice said, "You're on Step Number Five."

I'm not well, I'm not right. There's a lot wrong
with me,
Is there anything you can fix?

The voice came again and so gently replied "You are
standing on Step
Number Six."

All right then, I'll ask ~~ can you take these away?

Can you make me feel closer to Heaven?

"I love you," the voice said. "Your Heaven's in you,
and you're standing on Step Number Seven."

There's so many I've harmed, my family I've hurt--
all the pain and the grief and the hate.

"It's alright my child," the voice calmly said,
"You are now on Step Number Eight."

"You must tell them you're sorry. You must
make things right.

And then in their eyes you will shine."

"I'll do it," I whispered. And then the voice
calmly said,

"You're standing on Step Number Nine."

I must keep a close eye on my motives and self
'cause there's wrongs that I may do again.

"Look at you," the voice said, "at how far you've
come!

You are now on Step Number Ten."

I pray and I ask for knowledge and strength. I want
to keep my direct line to Heaven.

The voice is so close ~~ it's as if it's right there,
saying "You're standing on Step Number Eleven."

And so here I stand, almost at the top.

Into all of my past I did delve.

Now I want to help others who are still in the pit.

And the voice said "This is Step Number Twelve."

Anonymous

Upcoming Events in the Region

AUSYPAA - 2nd Annual Convention - Australian
Young People in Alcoholics Anonymous: 21-23 October
2011 - Bondi Beach

HONG KONG INTERNATIONAL
CONVENTION: 4-6 November 2011

KOREA CONVENTION: 4-6 November 2011

INDIA: 7th International Convention at Kovalam
Kerala 10th-12th February 2012

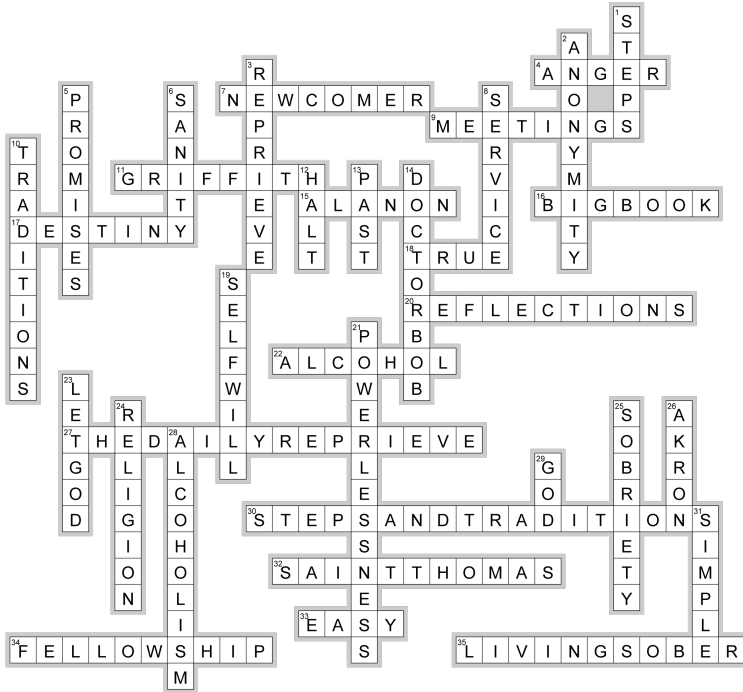
Editorial Policy of the Daily Reprieve:

The Daily Reprieve is the Singapore newsletter of Alcoholics Anonymous produced by the Intergroup Newsletter Committee. The articles printed in The Daily Reprieve are contributed by individual AA members and are not the opinions or policy of AA as a whole. There is no payment for contributions, and this newsletter is produced in good faith in the spirit of the Fellowship of Alcoholics Anonymous.

Crossword Puzzle Solution

A Word At A Time

TDR



THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon AA 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 AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. AA, 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 AA name ought never be drawn into public controversy.
11. Our public relations policy is based on 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.

The 20 Questions that helped me decide that I was alcoholic

1. Do you lose time from work due to drinking? YES ___ NO ___
2. Is drinking making your home life unhappy? YES ___ NO ___
3. Do you drink because you are shy with other people? YES ___ NO ___
4. Is your drinking affecting your reputation? YES ___ NO ___
5. Have you ever felt remorse after drinking? YES ___ NO ___
6. Have you ever got into financial difficulties as a result of drinking?
YES ___ NO ___
7. Do you turn to lower companions and an inferior environment when drinking?
YES ___ NO ___
8. Does your drinking make you careless of your family's welfare?
YES ___ NO ___
9. Has your ambition decreased since drinking? YES ___ NO ___
10. Do you crave a drink at a definite time? YES ___ NO ___
11. Do you want a drink the next morning? YES ___ NO ___
12. Does drinking cause you to have difficulty in sleeping? YES ___ NO ___
13. Has your efficiency decreased since drinking? YES ___ NO ___
14. Is drinking jeopardizing your job or business? YES ___ NO ___
15. Do you drink to escape from worries or trouble? YES ___ NO ___
16. Do you drink alone? YES ___ NO ___
17. Have you ever had a complete loss of memory as a result of drinking?
YES ___ NO ___
18. Has your physician ever treated you for drinking? YES ___ NO ___
19. Do you drink to build up your self-confidence? YES ___ NO ___
20. Have you ever been to a hospital or institution because of drinking?
YES ___ NO ___

If you have answered YES to any one of the questions, there is a definite warning that you may be an alcoholic.

If you have answered YES to any two, the chances are that you are an alcoholic.

If you answered YES to three or more, you are definitely an alcoholic.

Call +65 6475 0890 for further assistance

Or email us at help@singaporeaa.org

See details and meeting schedules at www.singaporeaa.org