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**Download The Message from aaservice.org.au, areagaa.org
Or contact areagaasydney@gmail.com
Sydney's Inner West, CBD and Eastern Suburbs
93 Groups holding 132 AA meetings every week**

A vision for you.

For most normal folks, drinking means conviviality, companionship and colourful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt—and one more failure.

Source Chapter 11, Alcoholics Anonymous 4th edition

MEDITATIONS

..... on Patience.

“If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies. “

Big Book, How it works, page 70.

“Passing all understanding is the patience the mothers and wives have had with alcoholics. Had this not been so, many of us would have no homes today, would perhaps be dead.”

Big Book, Into Action, page 82.

“So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

Big Book, Into Action, page 83.

“If he/she does not want to stop drinking, don't waste time trying to persuade. You may spoil a later opportunity. This advice is given for the family also. They should be patient, realizing they are dealing with a sick person.”

Big Book. Working with others, page 90.

“Our loyalty and the desire that our husbands hold up their heads and be like other men have begotten all sorts of predicaments . . . We have prayed, we have begged, we have been patient. We have struck out viciously. We have run away. We have been hysterical. We have been terror-stricken. We have sought sympathy.”

Big Book, To Wives, page 105.

“As animals on a treadmill, we have patiently and wearily climbed, falling back in exhaustion after each futile effort to reach solid ground. Most of us have entered the final stage with its commitment to health resorts, sanitariums, hospitals, and gaols. Sometimes there was screaming delirium and insanity.”

Big Book, To Wives, page 107.

“Patience and good temper are most necessary.”

Big Book, To Wives, page 111.

“His ways of thinking and doing are the habit of years. Patience, tolerance, understanding and love are the watchwords. Show these things in yourself and they will be reflected back to you.”

Big Book, To Wives, page 118.

“Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects.”

12 x 12, Step 10 contents, page 8.

Meditations on PATIENCE (cont'd)

“Some employers have tried every known remedy. In only a few instances has there been a lack of patience and tolerance. And we, who have imposed on the best employers, can scarcely blame them if they have been short with us.”

Big Book, To Employers, page 138.

“I am jittery and alone. I couldn't do that.” –

But you can. You forget that you have now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labour.”

Big Book, A vision for you, page 163.

“So Step Six—“Were entirely ready to have God remove all these defects of character”—is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn.”

12 x 12, step 6, page 65.

“Such gross misbehavior is not by any means the full catalogue of what we do. Let us think of some of the subtler ones, which can sometimes be quite as damaging. Suppose in our family lives we happen to be miserly, callous or cold...irrational, critical, impatient and humorless...Such a roster of harms done others, the kind that make daily living with us as practicing alcoholics difficult and often unbearable could be extended almost indefinitely.”

12 x 12, Step 8, page 81.

“For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.”

12 x 12, step 10, page 88

“When the distortion has been great, however, a long period of patient striving may be necessary. After the husband joins A.A., the wife may become discontented, even highly resentful that Alcoholics Anonymous has done the very thing that all her years of devotion had failed to do. Her husband may become so wrapped up in A.A. and his new friends that he is inconsiderately away from home more than when he drank. “

12 x 12, step 12, page 118.

“The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the side- lines patiently awaiting developments. “

12 x 12, tradition 2, page 135.

☆ GLOBAL: From the archive – influential figures in AA history

Harry Tiebout, M.D.

An article of Markings with profiles of psychologists and psychiatrists who were influential in the history and development of AA. Its subject is Dr. Harry Tiebout, the first psychiatrist to openly support AA and its effective program of recovery from alcoholism.

Harry Tiebout was born on January 2, 1896, in Brooklyn, New York. He received his bachelor's degree from Wesleyan University in 1917 and earned his doctorate University School of Medicine. From 1922 to 1924, he worked at the Westchester Division of New York Hospital. After this, he worked in child guidance clinics in New York City, and starting in 1927 he joined the Institute for Child Guidance as a staff psychiatrist. Also at this time, he was on the staff of Cornell Medical School and the Payne Whitney Psychiatric Clinic, and became the medical director of Blythewood Sanitarium in Greenwich, Connecticut.

In 1935 it was in this capacity that Dr. Tiebout was first exposed to Alcoholics Anonymous. In early 1939 he received a prepublication copy of the book *Alcoholics Anonymous* for review. Reading it, he discovered that it offered a thoroughly accurate portrait of the character problems in an alcoholic patient under his care, Marty M. In order to determine its value, he lent the manuscript to Marty. She initially rejected the book and its mention of God, but prompted by Dr. Tiebout, she continued to read it. Ultimately, this book helped Marty to achieve sobriety, which convinced Dr. Tiebout of its merit. After this, he supported the AA program, becoming the first psychiatrist to endorse AA and refer his patients to the Fellowship.

Dr. Tiebout would help and contribute to AA or the remainder of his life, and became a close friend and supporter of Bill W. He purchased some stock in the Alcoholic Foundation to help finance the group when they were low on funds. When Bill W. experienced difficulties with depression in the 1940s, he sought and received psychiatric treatment from Dr. Tiebout. Additionally, Bill W. was able to talk before the New York State Medical Society in 1944 and the American Psychiatric Association in 1949 in part because of the influence of Dr. Tiebout. He served as a Class A (nonalcoholic) trustee on the General Service Board from 1957 until his death on April 2, 1966, helping A.A. develop during a time of growth and change.

(cont'd)

At the 1955 International Convention in St. Louis, Dr. Tiebout spoke on the subject of AA, and the Medical Profession, and he was also present at the 1960 International Convention in Long Beach, California.

At the same time, Dr. Tiebout remained active in his field, and continued to publish academic articles on AA and the treatment of alcoholism. His first such article, published in 1944 in *The American Journal of Psychiatry*, was titled “Therapeutic Mechanism of Alcoholics Anonymous.” This article served as an introduction to the AA program of recovery, and explained AA to the scientific and medical communities. It demonstrated the importance of ego reduction to the alcoholic, and made it clear that a religious awakening contributed to the recovery of the early AA members. The concept of “surrender” is repeatedly emphasized by Dr. Tiebout in this and other articles, meaning that the individual must become totally willing to accept their own powerlessness and the need for help from a greater power. However, Tiebout is careful to emphasize that the alcoholic must surrender fully, rather than simply comply with the wishes of a therapist. He believed that there could be no compromise with the ego, which could always reassert itself and lead to drinking once again.



Tiebout credited AA with addressing alcoholism directly as a problem in and of itself, rather than simply as an indicator of a deeper disorder. This maintained focus on the immediate problems that were experienced by the alcoholic, which could then be addressed. He also believed that referring to alcoholism as a disease was helpful in getting an alcoholic patient to seek and accept treatment, which may be avoided if their condition was only considered a personal or moral failing. It is important to note that these assertions were largely made before AA was as well known and accepted as it is today, and that Dr. Tiebout put his professional reputation at risk by endorsing them. Because of this, Bill W. wrote a memorial article in the AA Grapevine about Harry Tiebout in July of 1966, calling him a “well-beloved friend,” and saying that, “his gifts of courageous example, deep perception of our needs, and constant labor in our behalf have been — and always will be — values quite beyond our reckoning.”

(Source: Markings Winter 2014 edition)



Area G has a new website www.areagaa.org

Its purpose is to keep members informed about what is happening locally in Area G and how to get involved.

One of the website's main features is the "Events and Service Opportunities" page. This page provides details of upcoming Area G AA events including meeting birthdays and special events such as conventions and dances.

The site also includes service opportunities such as Area Assembly, Central Service Office meetings, Public Information and Cooperation with the Professional Community committee meetings and events and Treatment and Correctional Facilities meetings. There is information on where and when these events will be taking place, maps and contact information.

The Area G website also includes links to the AA Australia website, a very useful "find an AA meeting" page, Gay AA and the AA Service Website.

The Area G website is one of the tangible outcomes of the successful Festival of Daring Ideas (formerly known as the Eastern Regional Forum) held recently in Sydney. We hope it will help to bring our Area together in love and service.

If you have a service opportunity or AA event and would like it to be posted on the Area G website, please email us on the form provided on the website or at areagaasydney@gmail.com

Please sign up with your email address for regular updates on what is happening and how you can get involved.

Croydon CSO – Under New Management

I am not an unbiased observer and need upfront to declare my position and affiliations. I am currently on the new executive committee at the Croydon CSO and was part of the steering committee formed at the August AGM. I do not however speak for either of these groups. The following is an account of the events of the last few months from my perspective only and I would encourage members to seek and consider the situation from other perspectives.
TIFFANY W

On 30th August 2014 the AA Service Council of NSW held its annual general meeting amid a groundswell of interest due to a motion being put forward to “expedite the sale” of the Croydon building and distribute the funds. This motion was overwhelmingly defeated and instead a motion was passed to form a steering committee to make recommendations in relation to the future of the property in Croydon.

A lot happened in the three months between the AGM and the most recent delegates meeting on November 28. All incumbent committee members resigned following the AGM, leaving no quorum and the two incumbent trustees, having dismissed a newly elected trustee and the honorary treasurer shortly after the AGM, assumed full executive control. On the 27th September members who turned up for a (cancelled the night before by the trustees) special meeting to elect an executive committee discovered that in conjunction with a Victorian office, the Council had created a separate General Service entity¹- going as far as to rewrite the “Australian Handbook for Groups”. Focus of the Steering Committee naturally shifted from looking at the issue and options regarding the building to informing the fellowship of what was happening at the Croydon office and encouraging groups to register delegates and have their voice heard at the next meeting. Members of the steering committee and other interested groups also put together a number of motions aimed at disengaging the Croydon CSO from the separate service structure; restoring unity with the General Service structure of Alcoholics Anonymous Australia and requiring the incumbent administration of both the Council and *Recovery Purposes*¹ to provide information related to the events that had led up to this point.

On November 29 approximately 150 members turned up to a tense quarterly delegates meeting at Burwood Park, the focus of which was the election of all office bearers and the motions put forward by groups. Neither the minutes from the AGM nor the report from the trustees was accepted. A number of NSW members protested at not being recognised as delegates with voting status and when it was discovered that up to twelve members from Victoria were in the room and had been given full voting rights, things got heated. A floor motion to ensure only NSW members had voting rights was then raised and passed. In the end a new executive committee and one new trustee was voted in. While a motion of no confidence in the incumbent trustees and directors of *Recovery Purposes* was raised and carried, the motion to have them stood down was not put by the chair as he ruled it not permitted. All the motions that were put forward however were carried.

Since the delegates meeting the new executive has been working to restore services and sort through what has been left. No one who really knows where things are or how things were done has been available, and files appear to have been deleted and documents removed. The financial situation is also extremely dire and there is no reserve left – not even funds set aside to pay for forward *Reviver* subscriptions. We are also not out of the woods with regard to the building. Questions remain as to the legal status and relationship between *Recovery Purposes* and the council, and despite a motion being passed at the delegates meeting requiring the directors to provide information, none has been forthcoming. A caveat on the sale of the building is still I believe in effect although I understand the company has attempted to have it removed and the dismissed treasurer has been in the Supreme Court in December to try and keep it in effect. I know there are members who think the building should be sold due to tradition 6. Regardless decisions as significant as these should be made by a properly informed representative group conscience and not a handful of individuals. This can only happen if the membership takes an active interest and turns up to be informed and have their say.

The good news is there is a full executive committee running the Croydon CSO for the first time in years. Relations with the GSO have been restored and the new team is committed to ensuring the Croydon CSO is focused on AA's primary purpose, ensuring God as expressed through a true group conscience is the authority and on working in unity and cooperation with the other service arms. I would ask all members to be patient as the office gets back on its feet and generous with your support and feedback. The NSW Service Council is an entity which holds the historical position of being the first service office of Alcoholics Anonymous opened in Australia and which is responsible for the publication of the state magazine. The office needs the support of the membership if it is to survive.

Area G Money

GSO (General Service Office)

Group contributions September to November:

Coogee Living Sober \$100, The Into Action Group \$300, Leichhardt Saturday Night \$300, Randwick Step and Traditions \$360, Rocks Breakfast Group \$1,000

Total donated from Area G: \$2,060.00

Donations to Area G from groups September to December:

Balmain Thursday Night \$60, Coogee Tuesday \$40, Newtown Daily Reflections \$500, Leichhardt Saturday Night \$100, Randwick Steps \$120, Sacred Heart Tuesday GLBTPI \$150.

Total: \$970.00

Main expenses:

PI advertising initiative \$1,000

National Levies \$630

Treasurer maintains prudent reserve.

CSO (Bondi Crypt Central Service Office):

Donations received from for 60/30/10.

The 3 months up to September, 2014:

Seachange \$1,480.65, Wesley groups \$1,527.50, Erskineville \$602, Saturday Night Sober Newtown \$200, Lawyers \$64, Coogee Tuesday Night \$40

Donations to Office – Randwick Steps \$12.50, Kings Cross \$574.40, Balmain Thursday Night \$540, Bondi Saturday Night \$100.

Total: \$4,501.05

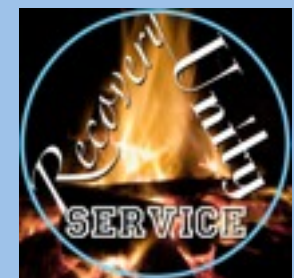
*Please identify your groups when making a donation.

AA Cards, \$1.50 each

Buy from CSO the Crypt, Bondi

6 Designs, A5 size

Blank Inside,
Contact Details on Back



AA Service Position Focus.

The Group Secretary

Minimum suggested sobriety - 1 year

Suggested Rotation – 6 months

General duties

- Opens the venue and sets up the meeting and any refreshments
- Selects meeting Chair and opens the AA meeting
- Keeps order to the extent that the AA message can be carried at the meeting
- Makes AA announcements and closes the meeting
- Cleans up and locks the venue after the meeting
- Coordinates any Group business matters between meetings
- Arranges Group Conscience meetings and records substantial consensus
- Ensures GSO and local CSO have current contact details for the Group
- Registers the Group with GSO for public liability insurance cover
- OPTIONAL: Maintains list of Group member AA birthdays and contact details (if they agree)

Further Information:

The AA Group Handbook (page 23)

The AA Group Secretary (Brochure)

The AA Group Conscience (Brochure)

Traditions Checklist (Brochure)

Australian AA Service Manual, Section 2: The AA Group

(Available at www.aaservice.org.au)

Australian AA Service Manual, Appendix: Group Registration Form

(Available at www.aaservice.org.au)

gso@aa.org.au or 02 9599 8866

List of Central Service Offices at

www.aa.org.au/contact-central-service-offices

Twelve Traditions (Long Form) at www.aa.org.au

Coming events

The National Convention

50th Australian National Convention of Alcoholics Anonymous at Newcastle, New South Wales: April 2-6, 2015

International Convention

2015 Atlanta, Georgia, U.S.A.

International Events.....

58th All Ireland Convention 17th-19th April, 2015



New South Wales

Eastern Region Area A: Port Macquarie Sunday 18th Jan 2015...
General Service Structure Information Day 10.30am - 3.30pm
Girl Guide Hall, Hollingworth Street, Port Macquarie.
RSVP to tony@aa.org.au by 31st December 2014.

"Our Common Solution" at Parramatta 7th Feb 2015 9am-5pm
Sharing Our Experience with the 12 Steps
Parramatta RSL, Corner Macquarie & O'Connell Streets

A Day In The Steps Sunday 8th February 2015 Campbelltown
The Civic Centre - 91 Queen Street, Campbelltown

Baulkham Hills 7th Birthday Meeting 8th March 2015
INTERNATIONAL GUEST SPEAKER FROM PACIFIC GROUP LOS ANGELES
Pioneer Room, Castle Hill Community Centre.
Corner Pennant and Castle Streets. **Castle Hill.**

Southern Highlands AA in Autumn 2-3 May 2015
At the Henrietta Room, Bowral Library, Bendooley Street, Bowral