

D-Liberation

A note from the editor

The Area Assembly on the 6th of March saw a rotation of some of the office bearers (Peter O'D is the new Chair, Michelle P is the new Treasurer and Anil R. the new Webmaster.)

It also gave the large number of GSRs who attended the opportunity to see AA democracy at work.

For the first time in ages, there was more than one

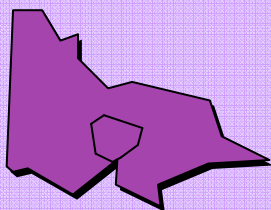
candidate for positions, so the "Third Legacy" Procedure for voting was brought into action.

A full description of the process is on page 2. While quite tedious as a process, it meant that most people could see that it was fair and equitable and gave all candidates a chance. To me, it re-enforced the idea of AA as a spiritual entity, not a political one!

By the way—remember that any member, not just GSRs, can subscribe, to the Newsletter at areadnewsletter@gmail.com. Remember to include a phone number so that we can contact you if your email changes and you forget to notify us.

To save on costs, we don't send out hard copies, we only send out electronic copies.

The deadline for any articles/ reports for the July 2011 edition is 16th June.



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'Old-timer's Prayer'

"God, keep me from the habit of thinking that I must volunteer in every meeting no matter what the topic. Keep my mind free from the recital of endless details and give me wings to get to the point. Remind me to guard confidences and to keep still when I feel that it is necessary to share information just for someone's own good. Release me from the need to straighten out everybody else's thinking and program.

I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new. Please seal my lips to giving advice, and help me to remember to share my experience, strength, and hope. Remind me that my purpose is to fit myself to be of maximum service to You and the people around me.

Help me to remain teachable. Teach me (again!) the lesson that, occasionally, it is possible that I may be wrong and remind me of the freedom that I gain when I am able to promptly admit it and make amends where necessary. Help me to remember the difference between making amends and saying I'm sorry.

Help me to be a worker among workers, a friend among friends, and a drunk among drunks. Keep me from being a bleeding deacon, and help me to walk the path towards being an elder statesman. Keep me ever mindful that I cannot manage my own life. I don't want to be a saint, show me the way to seek you so that I may continue to grow along spiritual lines.

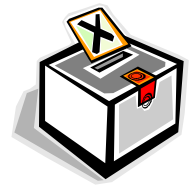
Remind me to put Rule 62 into practice in my life. It is so easy to take myself too seriously.

Keep me free of gossip, character assassination, and judgment. Remind me that although I have humbly asked, my character defects and shortcomings arise when I least expect them. Help me to walk with serendipity, to see good things in unexpected places and talents in unexpected people and give me the grace to tell them so. Help me to see that You love each of Your children, and that You do not need my opinion of them or suggestions on what they might deserve.

Help me to be willing to accept Your answer to my prayers, whether or not it is the answer that I thought I wanted. You know that I have trouble with acceptance sometimes, so there are times when You will need to help me to be willing to be willing. Show me how to walk through life with grace, dignity, and my head held high, carrying Your message and practicing these principles in all my affairs.

And thank You for the people that You have put in my life. My family, of origin, and of A.A. My sponsor, my sponsees, the people of my home group, those who first reached out their hands to welcome me to the fellowship of Alcoholics Anonymous. I know today, that I could not have walked these steps to get from where I was when I walked in the door to the person that I am today, if it were not for the blessings You have given me through Your precious children. Thanks, God!"

The above are thoughts and opinions of a member. They do not speak for or represent the A.A. Fellowship.



Third Legacy Procedure - Purpose & Process

AA's Third Legacy Procedure is a special type of electoral procedure, used primarily for the election of Area Delegates, Regional and other Trustees and International Delegates, where more than one candidate is nominated. It is considered to be unique to AA, and at first glance, appears to introduce a strong element of chance into a matter that should depend solely on the judgment of the majority. In practice, it has proved highly successful in eliminating the influence of factions or parties. A second-place candidate who may be extremely well qualified, but without early popular support is encouraged to stay in the balloting rather than withdraw.

IT MUST FIRST BE ESTABLISHED:

- That the candidates are eligible and willing to stand.
- That the right to vote has been established.
- If the election involves appointing an Alternate position, it should be decided in advance whether the runner-up will be that Alternate or whether this will be by a separate election.

PROCEDURE:

1. The Chairman of the meeting will take charge of the proceedings.
2. Two scrutineers are appointed, preferably from among those not eligible to vote.
3. The names of candidates are written on a black/whiteboard or similar.
4. The vote will be written on the board against the names of candidates.
5. The first candidate to receive two-thirds of the total vote is elected.
6. All ballots are secret, so blank papers (and sometimes pencils) are distributed.
7. Written ballots are cast in the traditional way (one choice to a ballot), collected and given to the scrutineers to count; the tallies are then posted on the Board.
8. If no candidate receives the necessary two-thirds of the vote at the first ballot, a second ballot is held, duplicating the first.
9. If no candidate receives the

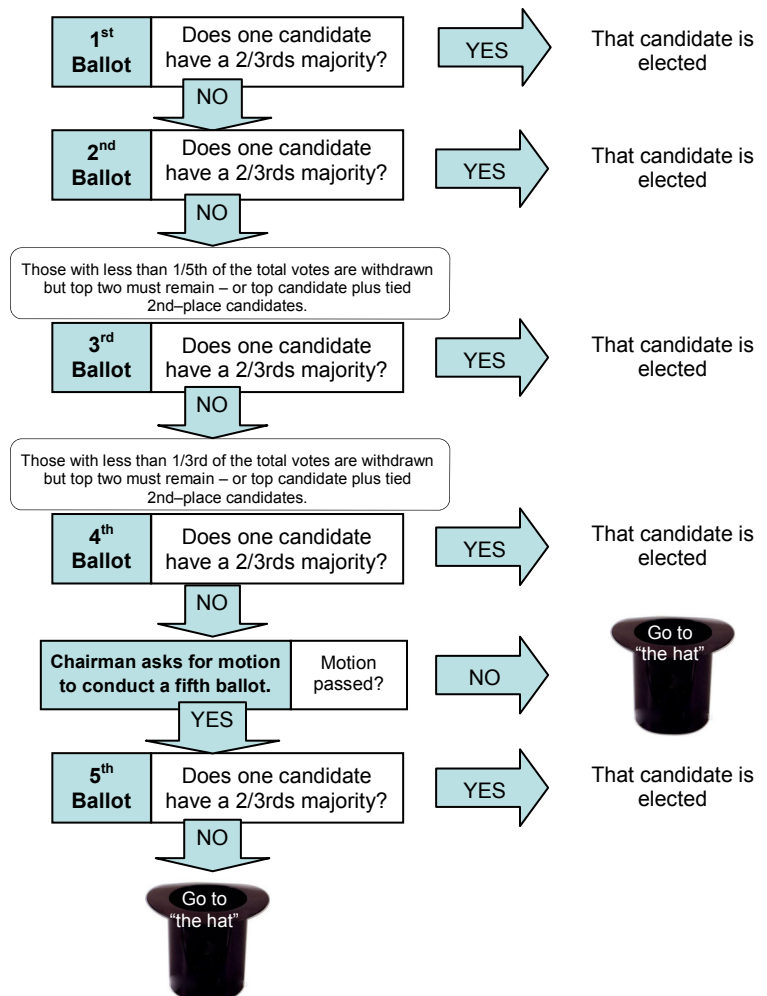
necessary two-thirds of the vote at the second ballot, any candidate having less than one-fifth of the total vote is withdrawn automatically except that the two top candidates must remain. In the case of a tie for second place, the top candidate and the tied second-place candidates remain.

10. A third ballot is then held with the remaining candidates. As for the second ballot, if no candidate receives the necessary two-thirds of the vote at the third ballot, candidates with less than one-third of total vote will be withdrawn automatically, except that the two top candidates must remain. In the case of a tie for second place, the top candidate and the tied second-place candidates remain.
11. A fourth ballot is then conducted as for the second and third

above.

12. If no candidate receives the necessary two-thirds of the vote, the Chairman establishes by formal motion (with seconder) on a majority show of hands, whether to hold a fifth ballot or go straight to the "hat".
13. If no candidate receives the necessary two-thirds of the vote in the fifth ballot, or if the meeting has decided to drop the fifth ballot, the choice will be made by lot (by the "hat").
14. In the final round, the names of the remaining candidates will be placed in a hat, box or other suitable container, and a person nominated by the Chairman will draw one candidate's name from the hat.
15. That candidate is then the Delegate, Trustee or officer.

The Third Legacy Procedure as amended by Conference 2010 Topics 008, 009 and 014 and with a diagram as in the US Service Manual.



District News...

An AA District is a geographical unit within an Area containing a number of AA Groups, the number being dependent on the ability of the General Service Representatives (GSRs) to communicate between each other and to meet regularly together with comparative ease.

A metropolitan District may cover a small area but contain hundreds of Groups, while a rural District may cover many square kilometres but include as few as 3 or 4 Groups. As the number of Groups in an Area increases more Districts are formed, each new one then electing another District

Each District has a Committee Member (DCM) on the Area Committee.

Experience has shown that the answer to growth rests in the setting up of more Districts to meet the Fellowship's expansion in size and activities.

Extract from *Australian AA Service Manual 7th Edition 2007 ~ Section 4 The District &*

"Because of the closer communication links within the District, the Groups are able to share together and to carry their message more effectively."

Ballarat District

60th Anniversary Report:-

Our 60th anniversary was a huge success with approximately 200 people attending overall. Members attended from all over Victoria and interstate to attend. Kerry S from Perth attended setting up a stand for the upcoming National Convention in Perth. The meetings held were very uplifting which included guest speakers from over Victoria. Our catering and dance were also a huge success. Thank you to all Ballarat members who gave their time to serve and celebrate this milestone and a big thank you to the Ballarat groups who supported financially.

Ballarat had its first district meeting

on 27 February for the year which consisted of nominations and voting on new Ballarat District Service members. The new members are as follows:-

- DCM - David A (Friday Big Book)
- Secretary - Pauline N (As Bill Sees It)
- Telephone Co-ordinator - Di (Thursday Steps)
- Literature Officer - Steve C (Mini Gallery)
- Web/email Co-ordinator - Kylie W (As Bill Sees It) / Sue (Tuesday Topic)
- P.I. - Jill (Mini Gallery)
- Treasurer - Two absentee nominations - motion to defer to

next district meeting (special call) to hear nominations and vote.

Thank you to outgoing members who have given their time to the District over the past 2 years.

Ballarat District Committee.

<http://sites.google.com/site/ballarataadistrict/>

**Next District Meeting
Sunday 22nd May 1:30pm
Eastwood Leisure Centre.
Eastwood & Peel Sts, Ballarat.**

Calder District

Our PI activities have been concentrating on the Moonee Valley Festival held in Moonee Ponds on Sunday 26h February. Glenn, Calder PI committee member organised an AA information stand at the Festival, manned by at least two members for two hours each over the eight hour period. Free literature was available and provided to interested people. While the rain kept many people from attending the Festival and perhaps making contact with AA, it was generally felt the day was a success showing that AA is active and alive in the community. Thanks to Glenn and the AA members who gave their time to this PI activity.

Frank O'L is presently looking after the DePaul roster and doing a wonderful job. The DePaul roster is presently full with 2-3 members

attending a one-hour session every Monday night. A Temporary Contact Sponsor who will bring the clients to meetings for up to a month after they leave the detox center follows this up. Mark H has the responsibility of looking after this roster.

We continue to welcome GSRs from nearby non-active Districts to be part of the Calder District until such time as they form their own District. We will also provide help and support in setting up a new District if requested.

The Calder District Christmas BBQ held at the Canning Street Reserve was once again a very pleasant event with about 15 people attending. Much food was consumed and good fellowship shared to get us ready for the festive season.

Glenn continues to produce GSR Packs, which have been given to GSRs in the District and to any other GSR who requested one. I have some available should any of the new Calder GSRs request one.

Come along to our next meeting and make a difference.
Yours in service

**Kevin H
Calder District DCM**

**Next Calder District Meeting:
Thursday 14th April at 8:00pm
Flemington Neighbourhood House
28 Farnham Street, Flemington.
All GSRs in the District are
encouraged to attend.**

Geelong District

Geelong may have seemed sleepy over the last few months – however groups continue to ensure their doors are open and they carry on spreading the AA message, celebrating their anniversaries with great turnouts. Chapter Six, now 1 year old, had over 60 people at theirs and Into-Action had two great evenings, the second with Dave & Chris showing their new Twelve Traditions Presentation. Torquay also had a great turn out.

Our newly formed Anniversary Committee is already up and running, the date is set for our November Anniversary, venue booked and program being worked out so that publicity can begin early and bundles of programs be sent throughout Victoria to spread the word. There

will be workshops, entertainment, and of course lots of interesting meetings.

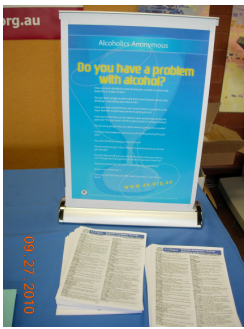
The PI C'tee continues its valuable work, this year using the PI Planner with many things decided upon already. Business cards with the Geelong AA number have already been taken to all police stations in our area, posters are being laminated with tear-off strips carrying the Geelong phone number which will be put up in venues across Geelong, a professionals dinner, plus venturing into the world of our indigenous communities as well as our non-English speaking ones, with fliers in various languages – just to name a few tasks. The Treatment Facilities roster continues successfully, phones are being answered, however

unfortunately the Correctional Facilities roster struggles a bit – could really do with more members coming on board, which we know applies across the board and more members will hopefully be encouraged into service work this year.

Yours in service
Sue T
Geelong District DCM

Next Geelong District Meetings:
Saturday 7th May & July 2nd
2:00pm
Open Doors Meeting Place,
Church of Christ Hall
cnr Little Myer Street & Latrobe
Tce, Geelong
Further information available
from Sue T. on 0417 562604

Western Suburbs District



For the last two meetings there has been great attendances to the district meeting and as a result we have been able to fill the positions that were due for rotation. On

that point I would like to thank Barry D (outgoing DCM) and Barbara E (outgoing Treasurer) for their great work over the last two years.

With the stronger support for the district hopefully we can continue the good work. Please feel free to make suggestions to your GSR, let us - and therefore the rest of the district - know what you / your group is doing in regards to getting the AA message out to the community.

If you become aware of an opportunity for placing the AA message let your GSR know about it. By sharing these bits of information we all build a knowledge bank of what we can do to reach out to the sick and suffering alcoholic.

Pam C.
Western Suburbs DCM

Next Western Suburbs District Meeting:
Tuesday 7:00pm date TBA ,



Carry the message—borrow a book!

Want to do some easy but effective service work? Something that doesn't need any specific period of sobriety, or understanding of the Traditions, or approval from anyone else?

Well, here's how!!

Some groups and Districts carry the message by placing copies of AA literature, such as the Big Book, *Living Sober* and the *Twelve Steps and Twelve Traditions* in their local libraries, some as payment in lieu of rent.

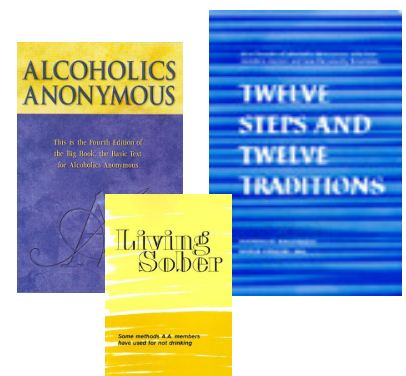
Great idea—but one catch! If the books are not borrowed regularly, libraries tend to remove them from

the shelves and either trash them or sell them for a dollar or two. If the latter, then maybe someone who needs recovery may get a bargain (I have bought several myself this way) but unfortunately, many of them end up as landfill.

What's the solution? Easy! Just borrow the books yourselves occasionally!

Of course, the aim is not to have them out on loan all the time, as this would mean that they were not available to those looking for help. Just a random borrowing of the books for a few days is enough to keep them on the librarian's popularity list and save them from being trashed.

While you're at the library, you might consider borrowing some Al-Anon books as well, for the same reason. And who knows, you might even learn something!!!



The Health of A.A. Worldwide Hinges on Twelfth Stepping at Home

A.A. co-founder Bill W. said it every which way, again and again: "The wonderful energy [the Twelfth Step] releases and the eager action by which it carries our message to the next suffering alcoholic and which finally translates the Twelve Steps into action upon all our affairs is the payoff, the magnificent reality, of Alcoholics Anonymous." (Twelve and Twelve, p. 109) In other words, the accumulated force of one sober alcoholic reaching out to a newcomer at a meeting, multiplied innumerable times at groups across the U.S. and Canada, is the lifeblood of A.A. worldwide.

But as A.A. turns 72, what is the state of our one-tone Twelfth Stepping efforts? Are most of our meetings, as one A.A. has complained, "so laundered that many of our newer members have never seen a sick, dirty, obstreperous drunk wander in?" Or are A.A. members still reaching out to newcomers, with the difference, as experience suggests, that today comparatively few alcoholics arrive at our meetings still reeling from drink?

In A.A.'s formative years, Twelfth Stepping was a lusty, hands-on affair. Members routinely made house calls, visited newcomers in the hospital or a detox facility, escorted them to numerous meetings, shared their own stories nonstop, acted as interim sponsors and, in the case of A.A. cofounder Dr. Bob, dazed their taste buds with a concoction of sauerkraut, cooked tomatoes and corn syrup.

Then treatment centers proliferated,

and by 1986, according to a triennial survey of U.S./Canada members conducted by the General Service Office, as many as 36 percent of respondents said that guidance from rehabilitation centers and counselors had attracted them to A.A. This meant that, more and more, newcomers came to meetings clean, groomed and virtually free of the shakes, or DTs.

Within the next few years, two things happened. Treatment centers in some areas started to close and, at the same time, the courts began to send alcoholic offenders to A.A.—unwittingly opening a Pandora's Box of misunderstanding and confusion that created problems for numerous groups, largely because the referrals did not understand what A.A. was all about and viewed it as a punitive arm of the law. All too often they loudly acted out their hostility; consequently, meetings were disrupted, anonymity was broken, some newcomers were getting short shrift, and Twelfth Stepping became more talk than walk.

But today many thoughtful members, far from having a case of the Twelfth Step blahs, are reinventing the Twelfth Step wheel, finding new ways of absorbing court referrals and carrying the message. From group to group, reports are mixed but encouraging: "Do we see active drunks stumble in?" Jack M. of Midlothian, Va., asks rhetorically. "Yes indeed," he says, "often because they're court-mandated. Many don't know they're alcoholics, but the members have been there and they

know. Occasionally talk of a higher power or 'God as we understand Him' drives some of them out, but booze brings them back. We also get some newcomers from a local treatment facility, maybe three or four days after drying out. If they get the First Step—admit they're 'powerless over alcohol'—then the miracle of A.A. can happen. We help them every way we can—offer them meeting lists, A.A. pamphlets and members' phone numbers to call if they wish—and sometimes make Twelfth Step calls at their homes. We're big on sponsorship, both interim and longer-lasting.

Twelfth Stepping helps me more than the newcomer because it reminds me all over again that every one of us was once new."

Traditionally, A.A. welcomes anyone with a drinking problem. Occasionally, though, someone shows up whose behavior is so objectionable that it disrupts the meeting. "These days," reports G.S.O. staff member Gayle S.R., "experience suggests that, overall, comparatively few alcoholics arrive at meetings drunk. But when they do, generally they are treated with caring and tolerance and given a cup of coffee, so long as they are not disrupting the meeting by their presence. If they become too disruptive, members may escort them outside for a quiet talk and even take them to a nearby coffee shop for a sandwich and sharing. Then, if the drunks return and are quiet, they are welcomed back." *Reprinted from Box 459 Vol. 53, No. 2 / April-May 2007 page 1*

Corrections Committee News

We need members to be willing to go on rosters to visit and establish meetings within correctional facilities. If you are at least 2 years sober and are willing to have a go please contact me via the Area D website.

The fund established to provide literature to inmates and support for any members carrying the AA message into correctional facilities is maintained through Area D with the agreement of Area C. Literature is available to all members who work in this area of service as long as the funds are available. Donations in support of the Prison Work can be made through Area D and you can contact me through the Area D website for details. It is essential to maintain the fund and receive support from Members, Groups, Districts and Areas.

On the AA Service website www.aaservice.org.au you can also view some helpful "Suggestions for Members Wishing to Visit Correctional Centres".

Public Information News...

Just a short update with a couple of reminders:

PI is very much about connecting with people at the grass roots level, with both individuals & professionals. They need to know that AA exists, & is

available to help.

Please remember that providing information on AA isn't promotion – it is simply letting people know how to find us if they want our help. Remember that as individuals, we are

anonymous, but the Fellowship is not.

Check the AA Service website for more PI Info:

www.aaservice.org.au

**Area D
Southern
Region**
PO Box 535
YARRAVILLE
VIC 3013

Email
aa@aread.org.au

We're on the web!

See us at
www.areasd.org.au

Disclaimer:

Except for material identified as being taken directly from AA Conference Approved Literature, articles published in this Newsletter are the experience and opinion of the author, and are not necessarily the opinion of AA.

Coming Events ... dates to put in your calendar

- Next Area D Assembly**
 Sunday 5th June, 1:00 pm
 Senior Citizens Hall, 11 Cromwell Street, Glenroy([map](#))
Workshop 11:00: AA Traditions Presentation
- Whittlesea 29th Anniversary**
 Wednesday 6th April, 8:00pm
 Uniting Church, Cnr Walnut & Forest Sts, Whittlesea
Please bring a plate
- Thomastown 49th Anniversary**
 Monday 11th April 8:00pm
 Uniting Church Hall, George St, Reservoir
 (Off Edwardes St) **Please bring a plate** [Download flyer](#)
- Nullarbor Ride to Perth Convention**
 16th April—1st May
 Chapter 6 Motorcycle Group
 For more info: www.chaptersix.vpweb.com.au
- Camperdown 28th Anniversary**
 AA with Alanon Participation
 Saturday 28th May 7:00pm to 9:00pm
 Guide Hall, Cnr Manifold and Brook St, Camperdown
Please bring a plate. Contact Wilson 55951596, or Bob 55932362
- Acacia Park Halls Gap**
 AA Weekend with Al-Anon Participation
Fri 10th - Mon 13th June 2011
 Accommodation provided \$30.00 per night at ACACIA CAMP - Halls Gap. BYO Food and Bedding. All cooking facilities provided. For more info: [Download flyer](#)
- Committee meeting organising the 2012 National Convention** in Melbourne
Monday 11th April 7:30pm
 Gahan Centre Corner Greville & Grattan St Prahran
- 46th NATIONAL AUSTRALIAN A.A. CONVENTION**
 Perth, Western Australia, Easter 2011
 Thursday 21st to Sunday 24th April 2011
<http://www.aanatconperth2011.cjb.net/>

About Area D

Area D Southern Region is a part of the Alcoholics Anonymous General Service Conference Structure of Australia.

As such we fully participate in the Australian General Service Conference.

We also support the AA National Office in any way we are able.

Bordered by the Yarra river, the Area includes the Western and Northern suburbs of Melbourne and extends to include other major cities such as Geelong and Ballarat, and regional

centres such as Daylesford and Kyneton.

