# **NEWS SHEET** ALCOHOLICS ANONYMOUS GENERAL SERVICE CONFERENCE OF IRELAND



### **Declaration of Unity**

This we owe to AA's future: To place our common welfare first; To keep our fellowship united. For on AA unity depend our lives; and the lives of those to come.

### **Board Report**

This year's Conference, held in March will reconvene for one day in September to conclude its business. It departed from the 'theatre style' conference to the 'round table style'conference for one session, thus allowing for greater engagement by delegates in the more 'primary purpose' affairs of our Fellowship. Areas such as Public Information, our publications, the official AA website and AA app., our archival resources and finance were among the topics deliberated over. The round tables viewed their briefs by addressing three questions viz. 1. What was working well, 2 What was not working well and 3.What did we need more of. Four sub-committees are now in train to tease out further issues that they have begun to address and will report back to next year's Conference on their findings.

The Public Information (PI) subcommittee, set up by Conference in 2015 gave a very comprehensive report on its work and recommendations and these will appendix to the outgoing Conference minutes in due course. The PI subcommittee put together a very considered pack for PI committees and copies were presented to each Intergroup Secretary for dissemination and discussion through the structure. A new poster for PI proposed by the PI sub-committee was adopted by Conference. The PI sub-committee remains in situ to explore further the recommendations made and additional work that needs to be brought to a conclusion.



The sub-committee on the 70th commemorative year of AA in Ireland also reported to Conference. A commemorative one-day special will be held in November to coincide with the first open meeting of AA in 1946. Intergroups are also being asked to organize their own commemorative calendar of events for the month of November... our traditional gratitude month. (Details to follow)

Conference thanked both committees for their work on behalf of the Fellowship.

The audited accounts for 2014/2015 were presented to Conference and duly adopted.

For a more detailed report on our Conference please see Conference Minutes which will issue in due course.

The views and opinions expressed in The News Sheet are not necessarily those of the Fellowship of Alcoholics Anonymous in Ireland as a whole.

# Spotlight on the respective responsibilities of the Trustees

Each edition of the News Sheet will feature the work of one of the Board Trustees. This will give members a greater feel for the kinds of service carried out by each respective member, including the Board Secretary.

The Trustee charged with the duties and responsibilities for Public Relations, Archives and Office Management is Michael O'R. Michael works in tandem with Breda our Board Secretary in all matters relating to the running of GSO and staff relations. Communications to and from the Board and the office staff is mediated by the Office Committee. Michael O'R is also briefed with responsibility for the Archives. Members' requests including overseas requests, to view the Archives are managed by Michael. The Archives are displayed each year at the All-Ireland Convention and are permanently located in a dedicated room in GSO solely for this purpose. Much of the material is digitalised and a time line of the archives for inclusion in the AA website is in process. Michael also chairs the 2016 All-Ireland Organising Convention Committee.

# Extract from Tradition Nine (long version)

"All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

How to Find a Meeting App

Technical difficulties have been reported in relation to some operating systems. To fix

the problem in Android try:

- Clicking on 'settings' Under 'connections' click 'location'
  - Turn this option to 'on'

For other Operating Systems try checking your settings.

#### 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 & 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.

## To Handle Sobriety

As the sober days grew into sober months and then into sober years, a new and beautiful life began to emerge from the shambles of my former existence. The relationship between my wife and me was restored to a love and happiness that we had not known even before my alcoholism became acute. (She no longer weeps in the night.) As our children grew up, I was able to be a father to them when they most needed one. My company advanced me rapidly once my reliability was established again. Regaining my health, I became an avid jogger, sailor, and skier.

All these things and many, many more, A.A. gave me. But above all, it

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taught me how to handle sobriety. I have learned how to relate to people; before A.A., I could never do that comfortably without alcohol. I have learned to deal with disappointments and problems that once would have sent me right to the bottle. I have come to realize that the name of the game is not so much to stop drinking as to stay sober. Alcoholics can stop drinking in many places and many ways—but Alcoholics Anonymous offers us a way to stay sober.

God willing, we members of A.A. may never again have to deal with drinking, but we have to deal with sobriety every day. How do we do it? By learning through practising the Twelve Steps and through sharing at meetings how to cope with the problems that we looked to booze to solve, back in our drinking days.

For example, we are told in A.A. that we cannot afford resentments and self-pity, so we learn to avoid these festering mental attitudes. Similarly,



### **Responsibility Declaration**



I am responsible. When anyone, anywhere,



reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

we rid ourselves of guilt and remorse as we "clean out the garbage" from our minds through the Fourth and Fifth Steps of our recovery program. We learn how to level out the emotional swings that got us into trouble both when we were up and when we were down.

We are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). We cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time. We are granted "the serenity to accept the things we cannot change" and thus lose our quickness to anger and our sensitivity to criticism.

Above all, we reject fantasizing and accept reality. The more I drank, the more I fantasized everything. I imagined getting even for hurts and rejections. In my mind's eye I played and replayed scenes in which I was plucked magically from the bar where I stood nursing a drink and was instantly exalted to some position of power and prestige. I lived in a dream world. A.A. led me gently from this fantasizing to embrace reality with open arms. And I found it beautiful! For, at last, I was at peace with myself. And with others. And with God.

(From 4th edition Big Book pgs 558-559)

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APPROVED FORTHCOMING MINI CONVENTIONS/ONE DAY EVENTS		
FORTHCOMING CONVENTIONS IRELAND		
DATES	AREA	VENUE
		The Charleville Park Hotel, Limerick Road,
27th-29th May 2016	Cork County Area Convention	Charleville, Co. Cork
		The Drummond Hotel, 2 Main Street, Ballykelly, Co.
		Derry. 004428 77722121 Theme: Our Primary
3rd-5th June 2016	Antrim Area 34th Convention	Purpose
2nd-4th September	Tipperary Area 36th	The Clonmel Park Hotel, Clonmel, Co. Tipperary.
2016	Convention	Phone: 052 6188700 for reservations
	Clare Area 27th Annual	Treacy's West County Hotel, Ennis, Co. Clare.
6th-9th October 2016	Convention	Theme: Into Action
FORTHCOMING CONVENTIONS ABROAD		
DATES	COUNTRY	VENUE
15th-18th September	Athens English Speaking	
2016	Convention	Xenia Poros Image Hotel, Poros Island, Greece
ONE DAY EVENTS		
DATES	AREA	VENUE
		The Burrendale Hotel, 51, Castlewellan Road,
Sun. 11th September		Newcastle, Co. Down, BT33 0JY.
2016	Down Area Day of Gratitude	Theme: "You're No Longer Alone"
		St. Michaels House, Tallaght Road, Templeogue,
Sat. 19th November		Dublin 6W. Starts at 11am, Buffet Dance at 9pm.
2016	Area 10 Day of Celebration	'70 Years of Gratitude'
ALL IRELAND CONVENTION 2016		
		Tullamore Court Hotel, Tullamore, Co. Offaly.
15th-17th April 2016	59th All Ireland Convention	Hotel - 057 9346666. Theme: The Joy of Living.
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# Service Structure of The Fellowship in Ireland



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