

ALCOHOLICS ANONYMOUS GENERAL SERVICE CONFERENCE OF IRELAND

# NEWS SHEET

**The News Sheet is intended as an aid to SERVICE throughout the fellowship in Ireland.**

Any suggestions as to form and content will be especially welcome.



## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

*Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

*Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

*Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes – postpone everything else until you've called an A.A.

*Find out about the special holiday parties, meetings, or other celebrations* given by groups in your area, and go. If you're timid, take someone newer than you are.

*Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

*If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*

*Don't think you have to stay late.* Plan in advance an "important date" you have to keep.

*Worship in your own way.*

*Don't sit around brooding.* Catch up on those books, museums, walks, and letters.

*Don't start now getting worked up about all those holiday temptations.* Remember – "one day at a time."

*Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts – but this year, you can give love.

*"Having had a ...." No need to spell out the Twelfth Step here, since you already know it.*

# Happy Christmas

## The AA Way

A favourite saying at AA meetings in Ireland, and I'm sure elsewhere, is: "The newcomer is the most important person in the room."

My own experience certainly was that I was made to feel important at my first meetings. At that time, even though I had been through treatment for some weeks, my self-esteem was low, and I needed the boost that group members gave me. Their presentation of AA to me was that of a caring, concerned group of people, who knew how I felt and who wanted to help me stand on my own two feet. From that, hope grew that I could get well. I wasn't dragged or pushed into meetings but their importance was stressed, and it was left to me to make the first move to get there. I was told that "AA doesn't need you, but you need AA." It was also pointed out to me that alcoholism was a physical, mental, and spiritual disease, and that I should count myself fortunate not to be feeding that disease with alcohol. I was encouraged to go to AA for myself because it was I who would suffer if I drank. If I was staying sober for somebody else, I might get annoyed with them and drink because of it.

The sincere love, manifested by the caring and sharing of the group members, showed me I was not alone. This unselfishness, foreign to me at that time, got through to me, attracted me, and kept bringing me back for more. The emphasis on anonymity made me feel secure in any sharing I did. Also, I was assured that I did not have to speak at any meeting, except to declare myself an alcoholic, if I believed I was one.

I was brought to a wide variety of meetings in all parts of the country, and then left to choose the ones I would attend regularly. I was told to go to meetings, but particularly to go when I didn't want to go, since not wanting to go could be a symptom of the disease returning in some form. I heard people say that they had had the experience of being first too busy, then too tired, and eventually too drunk to go to meetings. My disease, it was explained, was one that told me I didn't have a disease. The danger of going into pubs was pointed out: If the insanity of thinking I could take a drink hit me in the pub all I had to do was just call for it, whereas if I wasn't there, sanity might prevail.

I was encouraged to get myself an anchor group, which I became part of and where I was introduced to the joy of service in AA, helping with the refreshments and tidying up.

## Top Ten Signs of Alcoholism

**Are you at risk of Alcoholism? Or perhaps a friend or family member needs help with a drinking problem?**

**Here are the top signs to look for:**

1. **Drinking At Work**
2. **Finding Excuses To Drink**
3. **Binge Drinking**
4. **Crazy Dancing**
5. **Reduced Productivity**
6. **Uncompleted Tasks**
- 7.

This involvement helped me enormously to feel part of the group as well as useful, a feeling I had not experienced for a long time. It was emphasized that I should never miss that group's meeting except for a very good reason, such as a funeral--my own! I came to see that what I could not do alone, "we can do together." It wasn't just what people said, either. It was their cheery spirits, their sense of responsibility, their willingness to spend time listening to me either in the group or person-to-person. All that convinced me I could become as they were, in my own and God's good time.

And the time has come when I have become a part of the wonderful service structure of AA, and able, I hope, to give pointers on the road to sobriety and happiness to newcomers. That AA is not a religious organization but that there is a need to seek help from a power outside ourselves, and that there is a vast spiritual content to the program, are emphasized. More than the quantity, the quality of our prayer is important. The Third and Seventh Step prayers as they appear in the Big Book, as well as the Serenity Prayer and the Lord's Prayer, are recommended to new members.

Our Conference-approved AA literature is on display, and newcomers are encouraged to buy some, especially the "Twelve and Twelve" and the Big Book, and to read them. Also available are the Grapevine, and our own *Road Back*.

## MOTIONS TO CONFERENCE MARCH 2014

Motions forwarded by Intergroups at least four weeks prior to the date of the meeting (Conference) will be eligible for inclusion on it's Agenda. There are motions from Conference 2013 which have yet to be discussed and dealt with.

### MUNSTER MOTION

#### Mallow Mercy Group

**To rescind conference decision March 2000 and to re-establish the Executive Committee as per Conference decision, March 1979 and the Executive Committee to be separately incorporated from the General Service Board, who would be a "Holding Company" only as described in Concept 6 (page 28) and Concept 8 (page 33 Concept Book).**

### The AA Way-Continued

Newcomers are soon made aware that becoming sober is not just a matter of putting the cork in the bottle. There is a lot of living to be lived and some changes to be made in their attitudes. The slogans point the way to this new life: "First Things First" means that the priority must be not to drink, while families and jobs must also be given a top rating. "Easy Does It" advocates patience in recovery. "Keep It Simple" means that there should not be too much analysis of things, but that the program should be utilized. "But for the grace of God" reminds people to develop an attitude of gratitude. "Let Go, Let God" tells us that we can only do so much in any given situation, and that we must leave the results of our actions to God. "Live and Let Live" says we must live our own life to the fullest and let others live it as they see fit. "This Too Shall Pass" is AA's way of saying that things change continuously and that if we are not finding it easy today, it is likely that it will be better tomorrow. "Think, Think, Think" tells us to consider the results of any action we are about to take. Another saying in our part of the world is, "If you bottle it up, you may drink it," so quite early on it is suggested to members to get themselves a trustworthy friend who has been around for a while with whom they can identify, and to share with their sponsor *everything* that is going on in their lives. Time has proven that sponsorship by someone of one's own sex works more successfully.

Newcomers are quickly shown that our Tradition of self-support is important to AA as a whole, and how each member is responsible to ensure AA's independence in that respect. If they are like me, they soon will see how much growth can be achieved by their becoming self-supporting and paying their own way, both in and outside of AA.

So AA members in Ireland, generally, do express their gratitude by showing newcomers the AA way. Not all that many become trusted servants beyond the group level, but most, in their own way, are active. The beauty of AA is that it allows us all the freedom to develop as we see fit and to make ourselves available for someone who might identify with us and become attracted into this wonderful Fellowship.

**Anonymous  
Grapevine Sept 1991**

### Tyrone Day of Gratitude

**January 25th 2014**

**Silverbirch Hotel, Omagh, Co Tyrone.**

**80th A.A . International Convention  
July 2nd– 5th 2015  
Atlanta, Georgia, USA**

## Conventions Ireland

<b>Galway West Area Convention</b>	<b>Jan 10th-12th, 2014</b>	The Galway Bay Hotel, Salthill, Co. Galway.
<b>Limerick Area Convention</b>	<b>Jan 31st- Feb 2nd 2014</b>	Castletroy Park Hotel, Dublin Rd., Limerick. Theme—Courage To Change
<b>Sligo/Leitrim Area Convention</b>	<b>March 7th-9th 2014</b>	The Clarion Hotel, Clarion Rd., Sligo. Theme—Acceptance

## Conventions Abroad

<b>Lanzarote 5th Annual Convention</b>	<b>Jan 24th-26th 2014</b>	Barcelo Lanzarote Resort Hotel, Avd. Del Mar, 5-E-35508 Costa Teguisse, Lanzarote, Canary Islands, Spain.
<b>25th North Sea Convention</b>	<b>Jan 31st-2nd Feb 2014</b>	Ravelingen Vacation Centre, Zeedick 290, 8400 Oostende, Belgium.

### Alcoholics Anonymous



### 57th All Ireland Convention

*"There is a Solution"*

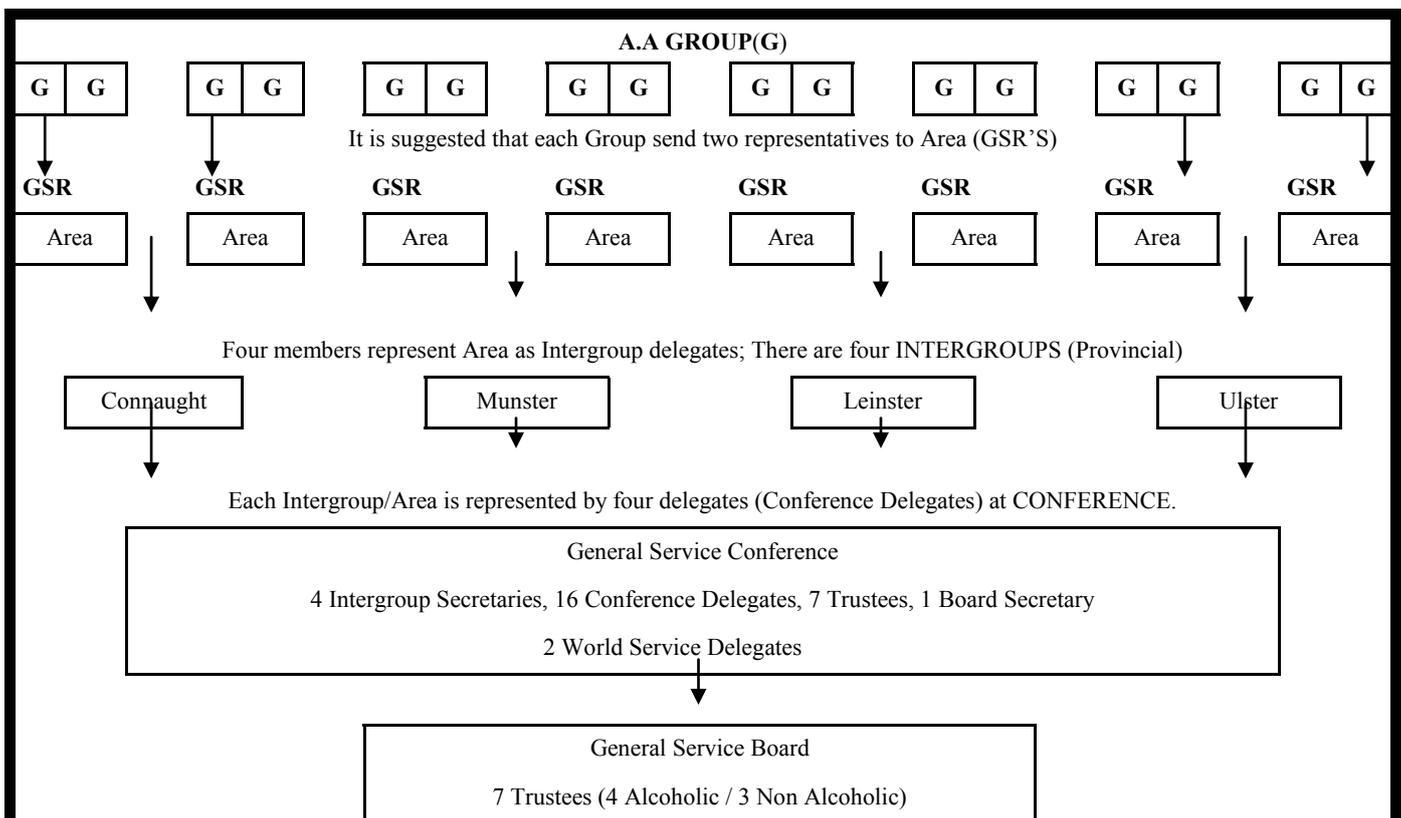
10th, 11th, 12th, and 13th of April 2014

Castletroy Park Hotel, Dublin Road, Limerick.

BOOKINGS...Phone; 061 335 566

www.castletroy-park.ie

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"The views and opinions expressed in the News Sheet are not necessarily those of the Fellowship as a whole"