



Area C Assembly of Alcoholics Anonymous  
Woy Woy

Serenity Prayer said by all

Meeting Started 11.05 A.M

**READ TRADITION TWO: Ian M**

**Meeting type: Topics meeting**

**ATTENDANCE:** Andrew M (Scone, Alt. Delegate, Acting Chair) Paul B (F.O.T.S Newcastle) Paul F (Spiritual concept) Ian M (Truth Rutherford), Jade (Woy Woy Friday B.B.S) Anders (Woy Woy Tues.6.00 P.M ) Robert H (Woy Woy Tues.6.00 P.M) Lotte (Saratoga) Jim, David ( Gosford Monday Night) , Joanna W ( Gosford office Volunteer Co-ordinator)Adrian ( C.C 30) Craig ( C.C 30)

**Voting:6**

**Non-voting:7**

**APOLOGIES:** Jim K (Newcastle Begginsers),Lenny S (Cessnock Living Sober) Vince D(Freedom) Wendy J(S.W.I.R) Phil (Branxton, Delegate)

**MINUTES FROM PREVIOUS MEETING:** read by all that were at that meeting

Motion 1 :Accepted as a true and correct recoding:

Moved :Paul F    Seconded Ian M

**BUSINESS ARISING:**

1/ Recinding of motion #2 regarding cheque from Caring and Sharing library.

**Cheque to be returned to C& S**

done

Moved : Ian M    seconded Paul B

2/ Correction to last Treasurers report to read “final balance \$559.00 “

accepted

3/ Apologies from the Secretary for not including the balance in the last minutes but it included the list of contributing groups which the then Treasurer did not think necessary to publish.

## **REPORTS:**

### **Delegate :**

Report for Area C Eastern Region.

Area C covers the area from the Hawkesbury River in the south to the Hunter Valley in the north, it includes the cities of Newcastle and Gosford.

The highlight for the area was the hosting of the national convention in Newcastle which was an astounding success with positive feedback from everyone who attended. The overall attendance was around the one thousand mark with a lot of day visitors over the weekend.

There was a good return of surplus funds to the GSO (will be listed in the treasurers report).

In spite of a few irreconcilable members, the core members of the committee kept their focus on the job at hand and worked through these minor setbacks, there was always good attendance at the HPC meetings.

There is about fifty meetings in the Hunter, Port Stephens and Newcastle Districts, and about the same number in the Central Coast Area. It is good to see there is a bit of interest coming from the Central Coast in the Area after the visit from the GSO. We are holding the next Assembly in the Gosford area

Unfortunately we have had a couple of members step back from positions on the assembly committee and has left us a bit light on in this area, but we are working on ways to improve interest in the District and Area meetings.

Our goal visit program is working well with good support from the members doing regular visits .

Yours in Service Phil Garland.

Ian explained to all present what the Money from the Convention is used for and explained briefly what A.A does with it's money and we explained about the next Convention in Fiji and the "sponsor a Fijian" idea. A short explanation re: the different roles of G.S.O and the Croydon C.S.O .

### **SECRETARY: e-mails received :**

1/ Area G newsletter

2/Topics

3/Meetings list for Mobile Phone

4/P.I Platter

5/ notification of incorrect address for Nelson Bay Group

6/ e-mail regarding the Nelson Bay Groups

### **TREASURER:**

Given By Ian M and also explained what the Delegates levy is for ,an explanation of how Conference works and an explanation about Group donations.

### **DCM Reports :**

**Newcastle District AA:**

## ***Newcastle D.C.M report:1-10-2015***

### **Service work in the Newcastle district**

- Visit to prisons
- Visits to Lakeview (Detox unit)
- Visit Doctors

At present we are visiting prisons, detox and started visiting doctors with pamphlets on AA views on medication.

We have received one referral from a doctor.

We will be visiting Solicitors in the last quarter of the year.

was asked to talk at a church men's breakfast about AA and how it works within our district.

### **General Business**

- A District Conscience Document has been developed for the Newcastle District.
- To begin to collate information for Solicitors and churches to be visited.
- Pamphlets distributed to Lakeview Detox unit.

### **Meetings Closed**

The Wednesday night Steps Group and the Sunday night city group have been closed indefinitely due to the school letting them know that their rental of the hall has been terminated.

The Friday night civic meeting is still open and meets at 10 Denison St Hamilton and is no longer apart of Newcastle District.

### **Groups**

As DCM I have been going to groups in Newcastle handing out meetings lists and a letter explaining what happens with donations from groups to district including the printing of meeting list.

I have also shown most groups the topics for conference with the comment that the majority of group members did not know what the most of the topics were and they have not heard about them.

Nearly all the groups have seen newcomers pass through their doors over the last 3 months with some becoming members.

Paul B (DCM)

Newcastle District.

**Port Stephens & Hunter District:**

DCM Report To Area C Assembly  
from Port Stephens & Hunter District  
17-10-2015

Truth group is celebrating its 10<sup>th</sup> birthday on Sunday 1<sup>st</sup> November. 7.30pm start & everyone is welcome.

Muswellbrook group is holding their Xmas meeting on Tuesday 8<sup>th</sup> December, usual time & venue.

Cessnock/Kurri groups One Day Rally on the 1<sup>st</sup> August raised \$430.00 which went to Area C.

Our district's Unity Day was well supported. Members from Spiritual Awakenings, Freedom, Nelson Bay, Branxton, Truth, Cessnock, Scone, Tarro, Shortland BBS, Raymond Terrace & Morpeth all enjoyed the day. The district supplied the meat & the drinks. Others brought along salad, dip, slice & sun screen. It went so well that the consensus was to hold it again next year.

Area C current bank balance \$491.20.

Current literature bank balance \$1882.60.

All Delegate Levies for this year's conference have been paid.

District Committee Member  
Ian M

**Help Line Report:**

Helpline Report      October 2015

The Greater Newcastle Helpline phone service, (02) 4964 1555, is manned by volunteers 24

hour a day seven days a week. Members make a 12 hour commitment. Shifts are 0600-1800 or 1800-0600.

All mobile shifts are covered, but there are four vacant shifts for home phone diversion. At present there are vacancies for day shift Wednesday and Saturday and night shift Thursday and Sunday. Existing or new members are invited to get involved.

Could all DCM's, GSR's and Committee reps direct any interest to me either by phone or email. (02)4023 5879, 0400 415 915, areacregistry@gmail.com

YIS  
Paul F

**Literature Report:** .included in D.C.M report

**Institutions report:**

Lakeview De-tox coordinators report.

As the new coordinator I attended Lakeview every week for the month of August the first week AA members were Lou and Bev, Lou has been doing this for the last 10 years and is the longest serving AA member doing this on the roster. Week 2 is Paul and Paul, week 3 is Jenny and Jim and the 4<sup>th</sup> week is Brain and Chris and the 5<sup>th</sup> week that happen about 3 times a year is where we train new people for the roster and Lindsay is doing that with me.

About 4 to 6 years ago the Area and Districts passes a format to be used in Hospitals, De-tox's and Goals and all the AA members at Lakeview are using this format and it is working well below is a copy of the version used at Lakeview.

### **A. The AA Preamble**

ALCOHOLICS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**B.** Explain a bit about what the preamble is telling them about AA.

**C.** Poster on noticeboard at back of room has WEBSITE & 24/7 Phone Number.

**D.** First Office on the left after locked doors has meeting lists & Is AA for you Pamphlets.

### **E. Is AA for you questions**

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking – stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had a drink in the morning during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking in the past year?
7. Has your drinking caused you trouble at home?
8. Do you ever try to get “extra” drinks at a party because you don’t get enough?
9. Do you tell yourself you can stop drinking at anytime you want to, even though you keep getting drunk when you don’t need to?
10. Have you missed days of work because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt that your life would be better if you did not drink?

**F.** Take turns telling your stories.

**G.** Ask if anyone has questions.

**H.** If there are no questions ask them a question i.e. - if after hearing (other speakers Name) and (yourself), do they think they are as hopeless as you are in your thinking, reactions and powerlessness over alcohol.

and or

**I.** If there are no questions ask them a question i.e. Has anybody been to AA before?

I. If yes ask each one if it worked when they were going to AA?

and

II. If their head started working when they stopped going to AA?

Through no fault of John C communications between the AA presenters at Lakeview and John as coordinator had broken down (John had no mobile reception at work) I have given all the AA presenters my number and when they can’t attend they contact me and I arrange a replacement.

This is to correct a complaint from the detox that AA had become unreliable at turning up. Hopefully all will progress well from here. As the New coordinator I would like to thank John C for the 4 to 5 years he put in as Lakeview

coordinator doing this hard job at the expense at times of his much loved home group Tarro young at heart.

Jim K

### Coordinator Lakeview Detox

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Mater hospital

2 more A.A members coming fortnightly to their meeting.

all good

**PI Report:** we have no P.I person but Andrew explained that the Scone/ Muswellbrook groups are doing a post out of information to about 32 Solicitors and Doctors between Murrurundi in the North and Singleton in the South and the Spiritual Concept Group that Paul F belongs to is considering doing something similar.

### **”GENERAL BUSINESS:**

1/ should we be publishing the amounts each group donates in our Treasurers report?

**Motion 2:** That the Treasurers report will now list group names and amounts contributed.

(vote : 5 for, 3 against) carried

Moved: Andrew Seconded: Paul B

2/ if, as would be normal practice, the Alt. Delegate is voted into the position as delegate should he then give up his other positions, if any, so as not to wear two hats?( as per this year’s topic # 041/2015)

( to give us time to advertise/fill this position)

After a limited discussion it was decided to leave the Secretary position as is until we find a replacement and where possible limit 1 position per person if we have enough people to fill these positions

3 /there seems to be some confusion as to who is responsible for Literature –Area or District  
Another discussion and a decision to return the responsibility for literature back to the Districts

A question was asked regarding \$400.00 that Jim K gave the Area some years ago from the Area C entertainment and literature account (not for the entertainment of the committee-funds for the Rally i think.)

Ian spent some considerable time going through previous statements with a N.P.B.S teller and has found a \$400.00 deposit for Alcoholics Anonymous for Area C on 15/11/2011. We think this is it. The teller investigated back till 1/1/2010.

Ian informed us today he has found another amount for approx. \$795.00 deposited into the Area Account at about the time Jim mentioned.

**6/Topics**

Topic		no	because people had to leave at various times majority vote is shown to indicate the feeling of the meeting
011/2015	yes		
028/2015	yes		
035/2015	yes		
038/2015	yes		
041/2015	yes		
033/2015	yes		
006/2015		no	
036/2015	Delegates	Decision	
010/2015	yes		
003/2015	yes		
008/2015	Delegates	Decision	
020/2015	Delegates	Decision	
012/2015	yes		
013/2015		no	
025/2015		no	
027/2015		no	
032/2015	yes		
040/2015		no	
014/2015		no	
016/2015	yes		
022/2015	Delegates	Decision	
026/2015		no	
001/2015	yes		
019/2015	yes		
029/2015		no	
030/2015	yes		
037/2015	Delegates	Decision	
005/2015	yes		
015/2015	yes		
021/2015		no	
023/2015	yes		
024/2015	yes		
031/2015		no	
034/2015	yes		
039/2015	Delegates	Decision	
002/2015	no		

**We were blessed to have a few members attending who have not experienced an Area Assembly before and have showed an interest in all that was discussed and we hope they will attend future Assemblies.**

**Thank you Central Coast ( Jade and Robert) for the interest and invitation**

**Next Meeting: Truth Group Rutherford (to be confirmed)**

**January 16<sup>th</sup> at 1.00 P.M**

**Please note::**

*At this meeting we will be looking at electing a new*

*Secretary*

*Chairperson*

*and Treasurer*

Meeting Closed at 3.00 pm (With Serenity Prayer)

# Birthday Meeting

## TRUTH GROUP

**Celebrating TEN Years**

### WHERE..?

**Salvation Army Hall  
1A Bunning Ave, Rutherford**

### WHEN..?

**Sun...7:30pm...25<sup>th</sup> Oct.**

Fellowship & nibbles during & after.  
Please bring a plate(of food) if possible.

**Please join us in celebration**

