



## March Monthly Meeting

**Date:** 14 / 03 / 2009

**Venue:** 3 Avard Close - Thornton

**Meeting Commenced:** 1.45pm

### **G.S.R. Present:**

- |  |                                |
|--|--------------------------------|
| 1. Jim K - Turning Pt (DCM & Hosp)     | 2. John C – Tarro BBS          |
| 3. James Q – Turning Pt (Lingard)      | 4. Ian M – Truth (Treas & Lit) |
| 5. Jeff J – Tarro YAH (Sec & Helpline) | 6.                             |

### **Apologies:**

- |                           |  |
|---------------------------|--|
| 1. Lenny S – Cessnock L/S | 2. Michael H – Kurri Steps (PI & Kirkwood) |
| 3. Mick - Morisset        | 4. Rachel – Nelson Bay                     |

**AA Members:** Nil

### **Secretary Report:**

**Jeff J – Tarro YAH**

Minutes of the previous month moved as being read.

**Business Arising:** Nil

### **Incoming Correspondence:**

#### **Emails:**

From GSO re contact from:

1. Community Respite and Care Link Centre – Wallsend
2. Request report from PI & PC from Groups – District & Area to editor of AA Around Australia.
3. Position of Editor of “PI Around Australia” available. Enquiries: 0295 998 866.
4. 5 x Emails from potential members requesting information on AA.
5. Email from Area A – re commitment from Area C of donation from our Rally.

#### **Mail:**

1. Telstra Bill notification.

**Outgoing Correspondence:**

**Emails:**

Contacted Telstra re STD zoning for outsourcing calls to Cessnock and surrounding areas

**Mail:** Nil

**Business Arising:** Nil

**Moved Accepted:** Jim K

**Seconded:** Ian M

**D.C.M. Report:**

**Jim K – Turning Pt**

As the DCM I attended the Newcastle Rally and was pleased by the Unity and fellowship shown by the members that attended the rally. The numbers that attended were good we averaged over 30 per meeting, next year I would like to see an average of 50 per meeting this will only happen if Newcastle can forget the past and move forward in Unity. I would have liked to see more intercity Newcastle Group Members attending than did attend.

This is something that I will have to look at as DCM, The Lake, Nelsons Bay, and Lower Hunter Groups were well represented and everybody I talked to had a great time. The breakfast meeting at Merewether Surf Club was one of the highlight meetings of the weekend, thanks to Mick E for organizing the use of the facility.

The Turning Point Group has asked Mick if he can see if they can use the facility on a regular bases for a meeting on Saturday morning's hope that this goes ahead as it is a great venue.

The best meeting for me was the Sunday spiritual concepts meeting, a young girl from Sydney shared on her journey with such honesty and passion that it left me lifted and at the same time wondering how come I did not have that grasp of the self honesty part of the program at that age in sobriety, the language of the heart reached out and touched me, all speakers spoke on the spirit it was a great meeting all round.

I will be doing a tour of all Greater Newcastle District Groups to talk to members about what they think Newcastle AA needs to do and how we should do it, Unity between the whole Greater Newcastle fellowship will be a priority for me in my stint as DCM please help me with any suggestion's you may have to help achieve this.

**Business Arising:** Nil

**Moved Accepted:** John C

**Seconded:** Ian M

**Treasurers Report:**

**Ian M – Truth**

Balance at Last District meeting: \$1,824.26

Incoming:

Rally:

Raymond Terrace Group Donation to Rally: \$ 100.00

Swansea Women's Group Donation to Rally: \$ 150.00

Rally Profit without donations: \$ 338.20

**Group Donations**

Tarro BBS Donation: \$ 130.00



**Lorna House Detox Unit:****Jim K – Turning Pt**

Attendees 11/03/2009: 13 Alkies: 6 Men, 7 Women

I started the presentation with some answers to some of the problems that they told the clinician at their weekly check in before I was due to start.

1. **Lack of Sleep:** Told them a common problem in recovering Alkies but they won't die from it and it will go away with time, if they drink though they could certainly die.
2. **Craving for sugar** (lollies, Ice Cream and such): Told them a common problem in recovering Alkies but it gets better with time.

I then read the preamble explaining a bit about what it was saying, I then talked about what they could expect at their first AA meeting and about different types of AA meetings and looking for the Similarities and not the Differences and trying more than one meeting giving AA one month before making a decision.

I then took them through the 12 questions from Is AA for You getting them to participate by putting their hands up if their answer was yes, I then told my story talking about my the physical craving coupled with the mental obsession.

After the meeting 2 men had questions, one kept me there for 2 more hours talking about AA, which for me made the day a success.

**Kirkwood House:****Michael H – Kurri Steps**

Kirkwood has seen a drop in the number of people participating over the last 2 meetings. Previously there were 10 to 14 participants, this has dropped to 5. I spoke to Andrew the social worker there and he told me that people aren't coming then realizing weeks later that they should have attended, as it is part of the courts process even though it is not compulsory.

The format has been changed slightly with more of an emphasis on the history of A.A. How it started and who started it. We go through the Questions from the pamphlet is A.A. for you plus I have introduced the banners which gives people I believe something to relate to about the steps and traditions as we discuss them.

This week saw 2 members Vince and Kerry turn up to participate.

**Lingard Hospital:****James Q – Turning Pt**

We have recommenced visiting the patients in the Woodlands Ward at Lingard Hospital fortnightly on Tuesday night at 6.30 pm.

Attendance has been low, with only one woman the first night and a man & a woman last Tuesday (3rd march). There were more patients "invited" by Dr White to attend the presentation but they did not wish to attend and I don't think there is any benefit in forcing people to listen to our presentations - this type of PI and 12th Step work is about attraction, not promotion, and it is important to realize that we are going into institutions to carry AA's message to those who want it, not to recruit members.

I'm happy to report that Diana is back on board and her presence makes a huge difference, especially for the women patients. Yours in service.

**Gaols Coordinator:**

**Lenny S – Cessnock Living Sober**

## **Cessnock N.S.W. Gaol Meetings – February 2009**

### Minimum Security

**Members:** Brian – Cessnock Steps, Ken P – Cessnock Living Sober, Yvonne – Cessnock Steps, Eric – Terrigal Beach, Geoff – Terrigal Beach, Ian – Rutherford, Cheryl – Branxton, John R – Gosford Kookaburra Group, Eric – Terrigal Beach, David – Gosford Kookaburra Group, Lenny S – Cessnock Living Sober.

**Total Inmate Attendances for month = 31**

### Maximum Security

**Members:** Brian – Cessnock Steps, Lenny S – Cessnock Living Sober, Yvonne – Cessnock Steps, Jim K – Turning Point,

**Total Inmate Attendances for month = 35**

### Protection Wing

**Members -** Brian – Cessnock Steps, Lenny S – Cessnock Living Sober, Yvonne – Cessnock Steps, Jim K – Turning Point,

**Total Inmate Attendances for month = 12**

In the Maximum Security and Protection wings at the daytime presentation, we read the preamble and then gave an explanation about what it means and what AA meetings are like, we then use the 12 questions out of “Is AA for You” getting the inmates to participate by answering the questions.

In the second part of the meeting we tell our stories concentrating on the way that alcohol affected our lives and the 2 symptoms of Alcoholism, the physical craving and mental obsession to see if we can get the inmates to ID with our experience, strength and hope.

In the Minimum Security at Night Time, we have a meeting with the inmates having their own meeting secretary, it is run as an actual AA meeting with inmates and AA visitors sharing, this is a very fulfilling experience that every AA member should experience, please see Lenny S for your chance to become part of this growing experience.

### **24hr Help Line Report:**

**Jeff J – Tarro YAH**

We have achieved a full roster again this month, thanks to our loyal members.

I appeal to any AA member in the Greater Newcastle District that would like to have a position on our Helpline Phone Roster to contact me and discuss what the position entails and any training that you feel you may require to come up to speed, do not hesitate to contact me on **49 641 344** or **0409 641 304**.

***12 months sobriety is required.***

We are also looking for Women & Men to go onto the 12 Step Roster.

***12 months sobriety required.***

**Positions vacant on the Phone roster are:**

**Tuesday PM** (6.00pm to 6.00am)

**Saturday & Sunday AM** (6.00am to 6.00pm)

**Monday – Tuesday – Thursday & Friday AM** (6.00am to 6.00pm) to relieve Jim K.

*This is 12 Step work at the coalface! Help us help the Sick and Suffering Alcoholic!*

**Events Committee Coordinator: Vacant**

**Rally Committee Coordinator: Jim K – Turning Pt**

**Rally Report: 2009**

I would like to thank the rally committee for their tireless work at the rally, James Q Turning Point Group, Ian M Truth Group, Kirra Civic Group, and James K Civic. The rally would not have been the great success it was without the work they have put in over the last 6 months.

I would further like to thank the Groups that sponsored meetings for their work on the day and their Groups supplying of suppers, morning and afternoon teas. Tarro YAH Group, Tarro BBS Group, Kurri Kurri Steps Group, Cessnock Living Sober Group, Civic Group, Pelican Group, Turning Point Group.

There were many people that helped enormously with their work at the rally Chris Tarro, Dave Grass Roots, Col Walk-in, Nigel Tarro BBS, Ross Truth, Chris Pelican, and numerous others that are not forgotten just a temporary memory lapse but I thank them from the bottom of my heart and apologise for my memory lapse.

I thank Ron C from Gilford Steps for attending the Rally and showing us what 50 plus years of continuous sobriety looks like when attached to a person that is active in all three legacies, what an experience to have Ron billet at my place got some good one on one Alkie talk going till all hours.

The Greater Newcastle District thanks the Caring and Sharing Tape library for the great job they did at the rally Cherie and Phil worked tirelessly and participated in the rally as well as recording it thanks again I am sure that everybody at the rally thanks you as well.

**Rally Report Financial**

**Incomings**

From Rally Account	900.00
General Rally Income (Registrations, Drinks, Meals, Donations)	1302.45
Donation from Raymond Terrace Mon	100.00
Donation from Swansea Women's	150.00
<b>Balance</b>	<b>2452.45</b>

**Outgoings**

Caring & Sharing Tape Library Expenses	50
Hall Hire	200
Trivia Night	47.7
Dinner Sat	362.65
Lunch Sat	119.65
Admin	24.25
Refund to Rally Bank A/C	900.00
<b>Total Outgoings</b>	<b>1864.25</b>
<b>Net Profit</b>	<b>588.20</b>

**Raffle proceeds to go to Area C as agreed.**

Rally Raffle Report	
Total Ticket Sales	1337.2
Cost of LCD TV	680.00
<b>Net Profit</b>	<b>657.20</b>

**Rally Prizes.**

On behalf of Area C and its Groups I would like to thank Ken P from Cessnock Living Sober for donating the first prize in our raffle. The bench was a very popular prize and without Ken's generosity we would not have made the profit we did from the rally raffle, Thanks very much Ken.

**1st Prize** - Raelene Bolton Point BBS Group (Bush Furniture bench)

**2<sup>nd</sup> Prize** – Jim K Turning Point Group (32 Inch LCD TV)

**3<sup>rd</sup> Prize** – Tracy Nelson Bay Group (Set of Tapes)

**4<sup>th</sup> Prize** – Don Gunnedah (Set of Tapes)

We had a meeting on the Monday after the rally and did the financial report and had a think about some changes to the rally format, placing the newcomers meeting before the Old-Timers meeting, was suggested, as some of the Older Sober members find it hard to sit through 2 meetings concurrently, it will also give the newcomers an opportunity to mingle with the old timers because of the longer break between meetings.

Kirra - Civic Group, and James K - Civic have agreed if voted by the District, to be next year's Co Rally Coordinators.

After the work they did this year and the enthusiasm they showed at the rally I have no hesitation in recommending them to the District as Coordinators for next years rally.

I thank the District for the rollercoaster ride they have given me by allowing me to coordinate their rally, this ride allowed me to see how my program responded under pressure, the growth and experience gained from this is priceless I totally recommend doing the rally coordinators job to every Alkie at least once.

**Business Arising:** Nil

**Moved Accepted:** Ian M

**Seconded:** John C

## **G.S.R. Reports:**

### **Tarro BBS:**

**John C**

Our group is going well, with quite a few newcomers attending. We have recently changed our format by shortening the reading time and making more time available for sharing.

### **Tarro YAH:**

**Jeff J**

Our group is going well, with a nice sprinkling of newcomers attending regularly. We recently have had the Annex rehab members attending as well.

### **Truth:**

**Ian M**

Our group is going well, our numbers have been up recently and we have been attracting our share of newcomers to the meeting, which makes it all worthwhile.

### **Turning Point:**

**Jim K**

Our group is going well, with a consistent amount of members attending regularly. We are a Spiritual Concept meeting, sharing the spiritual aspects of AA in our lives.

## **General Business:**

1. An email from: **Community Respite and Care Link Centre** – Wallsend, was forwarded to us from the National Office (GSO), in regards to correspondence from this centre requesting AA literature and a contact for future reference for the supply of literature.

This was discussed and passed to the PI coordinator and Jim K to contact and discuss any future communication and literature drops to this centre.

**Moved Accepted:** John C

**Seconded:** Jim K

2. **24hr Helpline:** discussed the shifting of barring on the phone to include the members of the GND that live at Cessnock. Giving us a larger area to scope members from and with miniscule costs involved it was voted in unanimously.

**Moved Accepted:** John C

**Seconded:** Jim K

### **3. Email from: “Area A”:**

“I am on the fundraising committee for the 2010 Convention. As we have a meeting this weekend I was wondering if there was a result that I could put in a report re your rally. Meaning your offer of fundraising at the recent Newcastle Rally. Hope the weekend was a success in more ways than one, as previously advised we were in Sydney.  
Catch you Soon...Brian and Di

The correspondence from “Area A” was discussed and a proposal put forward, that from the proceeds of the Newcastle Rally we donate the sum of \$150 - this was voted in unanimously.

**Moved Accepted:** John C

**Seconded:** Jim K

#### **4. Literature Portfolio:**

***Discussed was:***

- a. The amount of literature stock we will keep on hand.
- b. The amount of purchasing cash we will keep on hand.
- c. Where will the excess funds be placed?

***Put forward was this proposal:***

- a. \$2,000 @ retail prices of stock.
- b. \$500 of purchasing cash in cheque book.
- c. Excess to go back into GND Account.

**Voted in Unanimously.**

**Moved Accepted:** John C

**Seconded:** Jim K

#### **5. Minimising Reports:**

The secretary made a request, that perhaps the content of some reports could be shortened and yet still maintain the clarity and content desired for good communication.

This was discussed, with concerns of over cutting expressed.

The secretary left it as a request and will discuss with each member submitting a report.

#### **6. Topics:**

There were six (6) topics for conference submitted. The topics were discussed individually and were found to be of good substance and background and were voted in unanimously by the GND and will now go to Area C for discussion and voting and to perhaps go through as topics for the Australian AA Conference 2009.

***These 6 x topics can be viewed on the district website, link shown below.***

<http://www.newcastle-aa.org.au/TopicsUnderDevelopment.htm>

**Vote in Unanimously**

**Moved Accepted:** John C

**Seconded:** Jeff J

#### **News Letters, Catalogues, CD's etc:**

**Caring Sharing Tape Library - Cherie E [eaglechez@hotmail.com]**

#### **Upcoming Events:**

**Central Coast Rally:** 27<sup>th</sup> to 29<sup>th</sup> March - 2009  
**Venue:** La Salle Youth Camp  
**Address:** Mckillop Rd - Kinkumber

#### **Group Birthdays:**

**Cessnock Wednesday Night Groups: "54<sup>th</sup> Birthday"**  
**When:** 8.00pm on the 13<sup>th</sup> May 2009  
**Where:** Band Hall – North Ave – Cessnock  
**Contact:** 0249 901 630

Meeting Closed in Harmony, Unity and Good AA Fellowship with the Serenity Prayer		<b>4.10pm</b>
	at:	
<b>NEXT MEETING:</b>	<b>Area C:</b>	<b>2.00pm - Saturday -18<sup>th</sup> April 2009</b>
	<b>Venue:</b>	<b>Umina Uniting Church Hall</b>
	<b>Address:</b>	<b>Cnr Ocean Beach Rd &amp; Neptune Rd Umina</b>
	<b>G.N.District:</b>	<b>1.00pm - 9<sup>th</sup> May 2009</b>
		<b>3 Avard Close Thornton</b>
<b>E-mail:</b>	Area Secretary < <a href="mailto:secretary@aa-area-c.org">secretary@aa-area-c.org</a>	
	PI/CPC < <a href="mailto:pi@aa-area-c.org">pi@aa-area-c.org</a>	
<b>POSTAL ADDRESS:</b>	<b>PO Box 196 JESMOND 2299</b>	

### **Status of Service Positions:**

*The following will show the position held in the Greater Newcastle District of AA. Position Held, Members Name and Position Status.*

<i>Position</i>	<i>Member</i>	<i>Active/Vacant</i>
<b>DCM: (Chair)</b>	<b>Jim K</b>	- 1 yr to serve
<b>Secretary:</b>	<b>Jeff J</b>	- 1 yr to serve
<b>Treasurer:</b>	<b>Ian M</b>	- 2 yrs to serve.
<b>Literature Coordinator:</b>	<b>Ian M</b>	- 2 yrs to serve
<b>P.I Coordinator:</b>	<b>Michael H</b>	- 2 yrs to serve
<b>Institutions Coordinator:</b>	<b>Lenny S</b>	- 2 yrs to serve
<b>Courts Coordinator:</b>	<b>Tom M</b>	- 1 yr to serve
<b>Lakeview Coordinator:</b>	<b>Jim K</b>	- 1 yr to serve
<b>Lorna House:</b>	<b>Jim K</b>	- 1 yr to serve
<b>Lingard Hospital:</b>	<b>James Q</b>	- 1 yr to serve
<b>Kirkwood Coordinator:</b>	<b>Michael H</b>	- 1 yr to serve
<b>24hr Helpline Coordinator:</b>	<b>Jeff J</b>	- 1 yr to Serve
<b>Events Committee Coordinator:</b>		- Position vacant
<b>Rally Committee Coordinators:</b>	<b>James &amp; Kirra</b>	- 2010