



Alcoholics Anonymous
Greater Newcastle District
Area C Eastern Region(NSW)
Australia
Ph. (61) 02 49641555
www.newcastle-aa.org.au
PO Box 196 Jesmond NSW 2299

MINUTES OF GREATER NEWCASTLE DISTRICT

Date:	3-1-2009	
Meeting Opened:	1.40pm	
Attendance:	(Sec)	Jim K Acting(Turning Point)
	(Treas)	Mick E (Moriset)
	(DCM/Chairperson)	Jim K (Acting)
	Jeff J (Tarro)	Grant S (Tarro BBS)
John C (Tarro BBS)	Karen D (Cessnock Steps)	
Apologies:	Rachael W (Nelsons Bay)	
Traditions Read:	Grant S	

Secretaries Report:

Letter from Loners International
Letter from Lake View Detox to be dealt with in General Business
 From [Ross](#)
 Date: 12/18/08 18:28:11
 To: aa.newcastle@aa-area-c.org
 Subject: newcomer/meeting

good evening

I noticed that a meeting is held at Rutherford on sundays at .7.30 pm....
 this is listed as an "open, I.D. meeting
 can you please tell me what this means and if i can just turn up on the night

thank you for your time
 kindest regards....Ross

Hi Ross

An open meeting means you can take a non-alcoholic support person along to the meeting if you wish.

ID means an identification meeting where people share about their drinking story so newcomers can relate.

You can just turn up to any AA meeting if you suspect you are an Alcoholic and the people will help you relate if they can.

Regards

Jim

PS. - if you need any more information fell free to use this email address or you can use our 24/7 help line 49641555.

I attended my first meeting at Rutherford tonight and would like to convey my gratitude to all concerned I met some amazing people and i cant begin to tell you how welcome everyone made me feel It was a big step for me but i am so glad i made it To everyone involved in this organisation, i would just like to say thanks, it has become a lot easier knowing im not alone
thank you ..

Kindest regards.....Ross

Hello,

I went to the open meeting at Denison St today, and I'm not sure where to from there... do i need to be invited to attend the other closed meetings? i wasn't sure what to expect but it was nice to hear people talking about the same things i go through. how do i get my hands on some literature?

Thanks,
Jaqui.

Hi Jaqui

If you go to <http://www.aa-area-c.org/> you will find info on all meetings in Newcastle, there is only one closed meeting in Newcastle the rest are open. This email address can be used to order literature or tonight at Tarro BBS, Thursday at Tarro or Saturday at Turning Point - all these meeting stock Literature and can order any that you want that are currently out of stock at their meetings.

Regards

Jim

PS - Hope this helps let me know if I can help you in any other way.

From: [Roger](#)

Date: 2/12/2008 3:05:43 AM

To: aa.newcastle@aa-area-c.org

Subject: Re: AA moving

My name is Roger and I am an alcoholic. I have been sober for 17 years in Arizona, USA. In a few months I will graduate as a nurse RN. My girlfriend once lived in Australia for 5 years and loved it. I have read that there is a shortage of nurses in Australia and started doing some looking on the Internet. Of course, my research included looking at AA and recovery. I have worked several years in mental health area and that is what prompted me to go back to school. Thought I would take a shot in the dark and sent a note to my fellow friends of Bill W. to see if

you might have someone in your group that could give some advise about the potential of coming over there to work. Thank you for your help, Roger

Hi Roger

Good to here from you, it would take me a couple of weeks to track down the nurses in the Newcastle, Lower Hunter (shift work makes them hard to find) but here is a site that will help you not only for Newcastle but for the whole of NSW.

If you need more than this please keep in touch and I will try to find a nurse to help.

Regards

Jim

Jim,

It was really nice to get your note. I appreciate you taking the time to look at this for me. If you happen to run into a nurse (especially one in treatment or mental health) please pass on my e-mail to them. Maybe I will see you at a meeting someday. Roger

Hi,

Im enquiring about coming to an AA meeting in hamilton and just needing to know if I need to bring anything along or any other info I may need before hand?.

Regards.

Heath

Hi Heath

If you ring this number 49641555 its a 24/7 help line and can give you all the info you need.

Regards

Jim

From: [Robyn](#)

Date: 11/19/08 15:32:56

To: aa.newcastle@aa-area-c.org

Hi There,

I am concerned about my younger brother. He is 23.

He has recently moved in with my husband and I after relocating from Darwin. I feel he drinks large amounts of alcohol. As far as he is concerned it does not affect his daily life as he still gets up in the morning and goes to work.

If he is not at work he starts drinking even before he has had breakfast.

He drinks wether its with people or on his own. He does not stop at one beer and will often keep going until he has finished the carton or run out of money.

I dont know how the human body can cope with constant drinking and the replacement of beer over water.

I feel that this started as a learned lifestyle, being surrounded by people who live this lifestyle. But now it has become his lifestyle and a problem.

Every evening he drinks large amounts of alcohol to the point that he is glassy eyed and tells you the same story several times.I

also feel that he has to drink more and more to feel the effects.

I have often asked him if he was drunk (knowing full well that he was) and he replies saying things like... "it takes a lot more than this to make me drunk" or simply tells me that he isn't. Everyone around him knows otherwise.

I am not happy with the amounts he drinks and I have not spent too much time confronting the issue as I am not sure how to handle it or how to avoid making things worse. I don't know how to help him see that he does have a problem or even if I can. I believe that it's something he needs to realise for himself but until then I am not sure what to do. I don't want to avoid the issue and sweep it under the rug but at the same time don't want his drinking to become something that is constantly argued over resulting in him feeling worse about himself and drinking more.

Is this something that I can help him with? I do not want to sit by watching him get worse while we wait for him to "realise" he has a problem.

Can you please give me some direction on things that we could try in order to help him overcome this.

I look forward to hearing from you.

Kind Regards,

Robyn

Hi Robyn

This is a number that helps family and friends to cope and understand Alcoholics Newcastle Al-Anon 02 4969 3889. Yes your brother shows traits that Alcoholics have, this is the Newcastle AA 24/7 help lines phone number 49641555 if you can get him to ring it, talking to an Alcoholic can help another Alcoholic to relate and realize he has a problem, he will probably say no but sometimes saying to him scared you might relate will help get him to ring.

Hope this helps if not feel free to email again or ring the help line phone number yourself.

Regards

Jim

Hi,

My name is Siobhan R and I have a brother who moved out to Newcastle, Australia 3 years ago. He is an active alcoholic but refuses help. He drinks 24 – 7 and I have had his girlfriend on the phone in bits and is now going to leave him which I have encouraged her to do for the sake of their 3 year old son. I am in AA myself and haven't drunk in a year but for some reason find it hard to try and talk to him about it as I don't want to sound like a know it all and also he doesn't want to talk about it with me either....

I was wondering would it work if I got his girlfriend to call you and may be someone go round and see him. Would this be a good idea or would he just close up even more? Really have no idea what to do and think when she leaves him he will drink himself to death and there is nothing I can do living in England.

I am really desperate and really don't know what is best to do.

Please could you help.

Many thanks.

Regards

Siobhan

Hi Soibhan

Here is our 24/7 phone number Newcastle (02) 49641555 I man it 6am to 6pm Monday to Friday if

she rings then I will know who she is if she mentions this email.

My name is Jim.

Regards

Jim

From: [Dawn](#)

Date: 20/10/2008 9:54:03 AM

To: aa.newcastle@aa-area-c.org

Subject: query

Hi!

I was planning on attending a A.A. meeting tomorrow (for the first time) but when I researched on the website it said the type of meeting being held was a 'open I.D. meeting'. Also, others close to my area were described as 'sobriety' type meetings.

Could you please explain what these mean and differentiate between other types of meetings if there are any???

I'm a little bit nervous about attending and I'd feel better if at least I had a bit of a clue what I was heading in for.

Thanks!

anonymous.....

Hi Dawn

Open ID meetings: open to alcoholics and non-alcoholic. (Attendance at an open A.A. Meeting is the best way to learn what A.A. Is, what it does, and what it does not do.) At ID meetings, A.A. Members "tell their stories." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of Alcoholics Anonymous.

Closed Meetings: are only available to people with drinking problems

Steps or Big Book Meetings: (Big Book - Nickname for the book Alcoholics Anonymous) — discussion of one of the Twelve Steps or the Big Book.

If you go to this site it had the explanations as well as meeting types for Newcastle Lower Hunter and Central Coast.

<http://www.aa-area-c.org>

Hope this helps if you want further explanations just email back or ring on our 24/7 help line 02 49641555.

Regards

Jim

Business Arising:

None

Moved Accepted :

Lenny

Seconded :

Jeff

Treasurers Report

No Outgoing

Current Balance: \$1619.39

Moved Accepted : Jeff

Seconded : John

District Committee Members Report

No Report

Moved Accepted :

Seconded :

Web Site

Web Site Report newcastle-aa.org.au

Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Nov 2008	227	366	465	465	4.15 MB
Dec 2008	841	622	952	95	2.35 MB
Jan 2009	200	300	420	420	3.50 MB

Moved Accepted : John

Seconded : Jeff

Literature

Group Monthly Sales Report

<i>Amount</i>	<i>Description</i>	<i>Order Total</i>	<i>OrderDate</i>	<i>Group</i>
6	12 X 12 (standard size, soft cover)	\$104.40	15/10/2008	Raymond Terrace Steps & Traditions Group
6	12 x 12 (pocket size)	\$104.40	15/10/2008	Raymond Terrace Steps & Traditions Group
3	Big Book - "Alcoholics Anonymous" - Standard	\$52.80	21/10/2008	Tarro Big Book Study Group
3	12 X 12 (standard size, soft cover)	\$115.70	10/11/2008	Kurri Steps Group
3	As Bill Sees It (soft cover)	\$115.70	10/11/2008	Kurri Steps Group
4	Starters Pack	\$115.70	10/11/2008	Kurri Steps Group
1	Big Book - "Alcoholics Anonymous" - Standard	\$17.60	18/11/2008	Turning Point Group
5	Starters Pack	\$17.50	21/11/2008	Cessnock Living Sober Group
6	Big Book - "Alcoholics Anonymous" - Standard	\$397.05	21/11/2008	Nelson Bay Group
6	12 X 12 (standard size, soft cover)	\$397.05	21/11/2008	Nelson Bay Group
1	As Bill Sees It (soft cover)	\$397.05	21/11/2008	Nelson Bay Group
1	Daily Reflections	\$397.05	21/11/2008	Nelson Bay Group
1	Living Sober	\$397.05	21/11/2008	Nelson Bay Group
5	Emotional Sobriety: The Next Frontier	\$397.05	21/11/2008	Nelson Bay Group
9	This is AA	\$397.05	21/11/2008	Nelson Bay Group
20	Is AA for You?	\$397.05	21/11/2008	Nelson Bay Group
4	AA for the Woman	\$397.05	21/11/2008	Nelson Bay Group
50	A Newcomer Asks	\$397.05	21/11/2008	Nelson Bay Group
12	Is there an Alcoholic in your life?	\$397.05	21/11/2008	Nelson Bay Group
4	Making A Start In AA	\$397.05	21/11/2008	Nelson Bay Group
1	12 x 12 (pocket, hard cover)	\$397.05	21/11/2008	Nelson Bay Group
11	Just for Today Card	\$397.05	21/11/2008	Nelson Bay Group

6 Starters Pack	\$21.00	27/11/2008	Pelican Group
1 Came to Believe	\$91.10	1/12/2008	Raymond Terrace Group
1 Living Sober	\$91.10	1/12/2008	Raymond Terrace Group
1 Emotional Sobriety: The Next Frontier	\$91.10	1/12/2008	Raymond Terrace Group
3 AA for the Woman	\$91.10	1/12/2008	Raymond Terrace Group
3 Letter to a Woman Alcoholic	\$91.10	1/12/2008	Raymond Terrace Group
10 Big Book (pocket size)	\$91.10	1/12/2008	Raymond Terrace Group
1 Big Book - "Alcoholics Anonymous" - Standard	\$17.60	30/12/2008	Turning Point Group

Moved Accepted :	Jeff	Seconded :	Lenny
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Diverter Phone

Dear AA Members, Firstly we of Area C wish you a healthy, happy and prosperous New Year for 2009!

Secondly I am appealing to you all to go to your groups and ask if anyone there would like to go on the Newcastle Phone Roster.

We have had members on this roster now for over a year and some relief would be great. We are also looking for members to go on the 12 step roster and we urgently need women on this roster to address 12 step calls for women. Your assistance will be greatly appreciated.

The phone roster works in 12 hr periods ie;

- 6am Monday to 6pm Monday - 6pm Monday to 6am Tuesday
- 6am Tuesday to 6pm Tuesday - 6pm Tuesday to 6am Wednesday
- 6am Wednesday to 6pm Wednesday - 6pm Wednesday to 6am Thursday
- 6am Thursday to 6pm Thursday - 6pm Thursday to 6am Friday
- 6am Friday to 6pm Friday - 6pm Friday to 6am Saturday
- 6am Saturday to 6pm Saturday - 6pm Saturday to 6am Sunday
- 6am Sunday to 6pm Sunday - 6pm Sunday to 6am Monday

If any member would like to go on this roster do not hesitate to give me (Jeff) a call on 49 641 344 or 0409 641 304.

At the moment we have members doubling up Saturday Night 6pm to 6am Sunday and both time slots Sunday.

We also have Jim K doing Monday to Friday in the day time slots, some relief for Jim would be great, he is doing a fantastic job, it is quite a commitment.

Please take this request to your groups and see if you can help us help the sick & suffering Alcoholic.

Looking forward to hearing from you all!

Jeff Jarman - Phone Roster Co-ordinator

Moved Accepted :	John	Seconded :	Lenny
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GROUP Reports**Cessnock Living Sober Group**

Average attendance: 14
Male:50% Female:50%
Newcomers: 4-5
Having regular Group Conscious's and Group going along well.

Attendance - Steady

Donations - Steady

Cessnock Steps Group

Average attendance: 12 to 15
Male:75% Female:25%
Newcomers: 4-5

New Meeting BBS on Tuesday at 6.00 pm same address.

Attendance - Steady

Donations - Steady

Tarro BBS Group

Average attendance: 25 to 30
Male:75% Female:25%
Newcomers: 4-5

Attendance - Up

Donations- Up

Tarro Group

Average attendance: 30 to 35
Male:80% Female:20%
Newcomers: 4-5

At Christmas meeting 80 attended M60 W 40 from all over NSW

Attendance - Up

Donations - Up

Turning Point Group

Average attendance: 30 to 35
Male:80% Female:20%
Newcomers: 3-4

Attendance - Steady

Donations - Steady

General Business**Trivia Night at the Newcastle Rally:**

Area A have asked the Area if we could raise money for the 2010 National Convention at Coffs Harbour Area Delegate Jim King asked the Greater Newcastle District if the money raised at the Trivia night at the Newcastle Rally could donated to Area A for this purpose.

Voted : Yes unanimously

Post out & Printing:

Rally Flyers: Yes unanimously

Meetings List: Yes unanimously

Divert 24/7 help line to Mobiles:

Voted: Yes unanimously (with conditions)

Raffle:

Area C to run Raffle at Rally Area C funds the raffle and the takings are split Area C:80% Newcastle District: 20%.

Lakeview Detox:

Jim K to arrange the posting of revivers to Lakeview as requested by Lakeview.

General Discussion about Rally:**General Discussion about AA Newcastle:****Moved Accepted :****Seconded :**

Meeting Closed in Harmony, Unity and Good AA Fellowship with the Serenity Prayer at: **3.25pm**

NEXT MEETING: 7-2-2009 Jeff Js house.**E-mail:** PI/CPC < pi20@aa-area-c.org**POSTAL ADDRESS:** PO Box 196 JESMOND 2299**Literature:** Electronic: literature@newcastle-aa.org.au
Phone: 49641555