

THE BUZZ

AUTUMN 2016

This is the first edition of our newsletter called THE BUZZ. The next editions will be released in *winter*, *spring* and *summer*. We invite you to submit a story. It doesn't matter how quirky it is. Go to the Members page of the new website to lodge your story. www.gaaustralia.org.au

SPIRITUALLY FIT

In 2003 a member in Melbourne was invited by his boss to the Box Hill RSL to celebrate Christmas lunch with work colleagues. He was a devoted member but this one stumped him. Page 17 says that we should not go in or near venues. He spoke to his sponsor who thankfully had a lot of time up in Gamblers Anonymous. But it was his sponsor's experience in Alcoholics Anonymous that helped bring down the stress levels and solve our friend's dilemma. Here's what happened. His sponsor was able to share with him a famous story from the AA programme. It goes like this:

People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all.

Sounds like Page 17? Well, to our friend's relief the article went on to say:

"Our experience shows that this is not necessarily so."

We meet these conditions every day. A member who attends regular meetings yet cannot meet them still has an addictive mind; there is something the matter with their spiritual status. Their only chance for

abstinence would be someplace like the north pole, and even there a local Eskimo might turn up with a roulette wheel and playing chips.

Usually, we do not avoid places – if we have a legitimate reason for being there.

Ask yourself, "have I any good social, business or personal reason for going into this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere? Then go or stay away, whichever seems better. But be sure you are on solid spiritual ground before you start and that your motive for going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it.

A sponsor who has worked the Steps in one maybe two fellowships will usually be your biggest help, particularly if you are scared, confused or simply postponing a decision.

MEETING IN FOCUS

The Wednesday Stones Corner meeting is held inside the Princess Alexandra Hospital located on the south side of Brisbane. The meeting opened in 2005. Starting at 6:30pm it's a beginners meeting offering newcomers a gentle introduction to the fellowship. Experienced members provide guidance. One of the benefits of having a meeting in a hospital is that it helps members gain a subconscious acceptance of the illness and introduction to recovery. The meeting is well attended and enjoys support from local rehabilitation centres. Visitors are welcome.



The Stones Corner meeting? Best dressed group in Australia.