



ALCOHOLICS ANONYMOUS
Area B Eastern Region

B-Line Canberra & Regional Newsletter for Alcoholics Anonymous

Incoming Editors Message

After several months of gentle nudging by previous editor Amanda H, I decided I would put my hand up for the role of B-Line editor.

To be frank I was initially hesitant, with the two year commitment required for the role slightly daunting - when I was drinking I was unable to keep the most basic commitments made for next weekend let alone those months, or years, in advance!

Nevertheless, two things changed my mind about putting my hand up for the role. The first - my sponsor's voice in my ear - 'Unless you've got a very good reason not to do service - do it!'

And the second being Amanda's assurance that there would always be a helping hand if needed.

I am very grateful to the members of Area B for trusting me with this role and providing me with the opportunity to be of service.

Going forward the B-Line will be published bimonthly on the last weekend of the month. If you have any feedback or ideas for future editions I'd love to hear them - please email them to bline@aaareaber.org.au

Jack F

In This Edition You Will Find

Incoming Editors Message

Stories from our community

AA Statistics

Notices

Stories from our community

How strong is your belief?

'Thongs' Craig

On 16-18 February over 150 AA members headed to the NSW Shoalhaven River for Wombeyan goes to Coolendel.

6th Chapter Men's member 'Thongs' Craig attended the weekend, and the below event made him wonder how strong his belief is.

Saturday was a hot day and I decided to go for a swim in the Shoalhaven River with my camping buddy and fellow member Jeff. We walked down and realised we didn't want to leave our thongs on the riverbank and have to come back for them, so we decided to go in, thongs and all.

We started floating down the river and before too long rapids appeared. After discussing how best to proceed I said, 'let's live a little' to which Jeff replied 'Ok, but you go first!'

Without thinking about the consequences, I started floating feet first, bouncing off rocks as the entered my path. I was about three quarters down when the thought came to me about what might happen if my foot went under a rock and I got jammed, I knew this wasn't the best idea and I needed to get out. As I started to float towards the bank there was one more rock and that's the one that took my thong!

I had a decision to make, did I rescue my thong or rescue myself? In a moment of sanity and clarity, I decided to save myself and made it back to shore.

On the barefoot walk back to camp I had a flash of God, his providence and that someone might find my thong, yet a heartbeat latter I dismissed it, that's not something I deserved or could ask God for.

The next day I walked about barefoot and during the announcements at a meeting someone asked members to be looking out for my missing thong! There was lots of laughter as we all shared in the idea of my lone thong bobbing down the river.

As I was packing up, Diver Dan commented on my bare feet, and I told him my story, to which he exclaimed 'There's a thong that has shown up at Kevin's campsite' the thong was fetched quick smart and when I put it on, it was still wet!

God did for me and continues to do for me, whether I think I deserve it or not and as the seeds of faith grow, more will be revealed.

This story was written with the help of Amanda H, if you have a story to tell she is happy to meet up and do the transcribing, just email bline@aaareaber.org.au

Q3 What Gender do you identify as?

Male	50.25%
Female	48.71%
Other	1.04%

Do you have a disability that makes it hard to attend meetings? If yes please indicate what that is.

No	93.92%
Yes	6.08%

Where are you located?

City	29.53%
Metropolitan Area	46.29%
Rural Area	22.22%
Remote Area	1.96%

Q6 What is your age?

17 or under	0.00%
18 to 20	0.31%
21 to 29	2.03%
30 to 39	11.43%
40 to 49	21.38%
50 to 59	27.03%
60 to 69	22.11%
70 to 79	13.21%
80 plus	2.52%

Q7 What is your Occupation?

Manager	9.53%
Professional	24.35 %
Technician or Trades Worker	5.78%
Community or Service Worker	8.49%
Sales Worker	3.32%
Machinery Operator or Driver	1.54%
Labourer	1.11%
Retired	26.01%
Unemployed	5.23%
Other	14.64.%

Q8 Do you identify as an Indigenous Australian and/or Torres Strait Islander?

Yes	2.45%
No	97.55%

How long have you been sober?

Less than 3 months	6.45%
3 to 6 months	5.16%
12 months	3.44%
1 to less than 2 years	6.27%
2 to less than 5 years	15.24%
5 to less than 10 years	15.12%
10 to less than 20 years	18.25%
20 to less than 30 years	12.66%
30 to less than 40 years	12.05%
40 to less than 50 years	4.86%
More than 50 years	0.49%

Q12 In a typical week, how many meetings would you attend?

0	2.83%
1	15.72%
2	22.30%

3	28.50%
4	6.63%
6	3.13%
7 or more	6.70%

Q13 How were you introduced to AA?

Self-motivated	30.53%
Treatment Centre	20.78%
Counselling Service	3.13%
Through an Al-Anon Member	2.02%
Through an AA member	18.64%

Through a family Member	9.14%
Correctional Facility	0.25%
Health Professional	5.58%
Court Order	0.37%
Internet	1.72%
Public Information / Newspaper article	1.23%
Other	6.62%

Q14 Before coming to AA, did you receive some type of treatment or counselling in relation to your drinking problem?

Yes	51.69%
No	48.31%

Q15 After coming to AA have you received some type of treatment or counselling in relation to your recovery?

Yes	48.34%
No	51.66%

Q16 Have you been involved in Service? Select more than one if appropriate.

Local/Group	96.26%
District/ Intergroup Area	3.46%
CSO	30.09%
Public Information	21.31%
Treatment or Correctional Facilities	23.86%
General Service Conference Board	29.47%
Convention Committee	6.85%
Other	2.43%
	15.51%
	7.35%

Q17 Did you attend online (virtual) meetings during the 2020/2021 Pandemic?

Yes	87.62
No	12.38%

Q18 If yes, in a typical month, how many online (virtual) meetings would you have attended?

1 to 5	39.20%
6 to 10	20.38%
11 to 20	21.06%
21 to 30	12.93%

More than 31	6.43%
--------------	-------

Q19 What type of Meetings are you attending now in 2022?

Physical Only	42.20%
Virtual Only	7.13%
A mix of Physical & Virtual	47.79%
None	2.89%

Q20 In a typical month, how many virtual meetings would you attend?

None	5.44%
1 to 10	43.51%
11 to 20	12.04%
21 to 30	6.02%
More than 31	2.98%

Q21 In a typical month, how many physical meetings would you attend?

None	7.81%
1 to 10	55.62%
11 to 20	27.41%
21 to 30	7.68%
More than 31	1.48%

Q22 If you are still attending online (virtual) meetings what are the main reasons that you are?

Ease of attendance	0.58%
Disability which makes it hard to attend face to face meeting	4.13%
Time suits better	33.10%
Experiencing an international presence	29.15%
Health reasons	12.12%
Other	31.43%

Would you be interested in having an A.A. presentation at one of your professional gatherings? Or would you like information about recovery from alcoholism in A.A.? If so, please contact

General Service Office of AA
1/1 Garnet St
Rockdale NSW 2216
Ph: 02 95998866
Email. gso@aa.org.au
Website: www.aa.org.au

If you would like to receive this publication via email twice yearly, please click [here](#)

Notices & Community Information

The Canberra central service office is looking for someone to man the diverter line for two hours a month, if you are interested, and have over 6 months of continued sobriety please email Josh at - aacanberracsodiverta@gmail.com

Please help spread the news in Area B by contributing notices to the B-Line by emailing - bline@aaareaber.org.au

Meeting Highlight

Spirituals Concepts Group

Day: Thursday

Time: 7:30pm - 9:00pm running for an hour and a half with a 10min break midway.

Location: Wesley Uniting Church, Cnr Fitzroy St & National Cct, Forrest

Speakers area encouraged to share on their spiritual journey as well as their experience strength and hope as it relates to alcoholism. Sponsorship is offered at this meeting.

Need a meeting?

Every morning at 7.15am Daily Reprieve is available In person at the Uniting Church, 69 Northbourne Ave

Meetings can be found on www.aa.org.au/online-meetings/ and for information on how to set up a meeting visit www.aa.org.au/online-meetings/.

Looking for a home group?

ACT Young People's Group, 7pm-8:30pm Friday at St John's Church in Reid, is looking for group members!

Recently two spritely gentlemen, both regular attendees of the Saturday morning Beginners meeting (usually found in the first or second row) asked if there were any age restrictions for the Young People's Group.

In the off chance they weren't pulling my leg I thought I'd include an extract from the YP's script - "We define 'Young People' as those young in age, sobriety or at heart." And confirm that all AAs regardless of age are welcome to attend and join YP's group.

Getting to regular meetings in-person or online is a tool to continued Sobriety, if your meeting would like to be highlighted email bline@aaareaber.org.au
