

# MAINSTAY



**Aotearoa - New Zealand**  
**February/March 2012**

Experience ~ strength ~ hope

# The 12 Steps

1. *We admitted we were powerless over alcohol - that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *Made a searching and fearless moral inventory of ourselves.*
5. *Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*
6. *Were entirely ready to have God remove all these defects of character.*
7. *Humbly asked Him to remove our shortcomings.*
8. *Made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory and when we were wrong promptly admitted it.*
11. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.*

---

# CONTENTS

## 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 AA membership; we are self-supporting through our own contributions.*

*AA is not allied with any sect, denomination, politics, organisation 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>Editorial</b>	<b>3</b>
<b>Sharing</b>	<b>4</b>
<b>Heard in a meeting</b>	<b>12</b>
<b>Thank You Bill</b>	<b>13</b>
<b>Big Book Crossword</b>	<b>16</b>
<b>Teasers</b>	<b>17</b>
<b>Events</b>	<b>19</b>
<b>Subscriptions</b>	<b>20</b>

### IMPORTANT INFORMATION

**NZGSO, AA - PO Box 6458,  
Wellington 6141**

**Ph: 04 - 472 4250**

**Email: [nzgso@xtra.co.nz](mailto:nzgso@xtra.co.nz)**

**Website - [www.aa.org.nz](http://www.aa.org.nz)**

**Mainstay - Email:**

**[mainstay.nzgso@xtra.co.nz](mailto:mainstay.nzgso@xtra.co.nz)**

**© Copyright - The General  
Service Board of Alcoholics  
Anonymous Inc. 2012**

Mainstay is the magazine of Alcoholics Anonymous in New Zealand. It communicates the experience, strength, and hope of AA in New Zealand reflecting a broad spectrum of current AA experience in recovery, unity, and service. Mainstay is a 'meeting in print' including the service and AA group fellowship aspects of AA life and AA meetings, and only publishes articles relating to AA and alcoholism. Mainstay aims to be self supporting and is not affiliated to any outside groups or interests and does not accept paid advertising. Submission of articles and letters (up to 600 words) are invited and should be sent to:

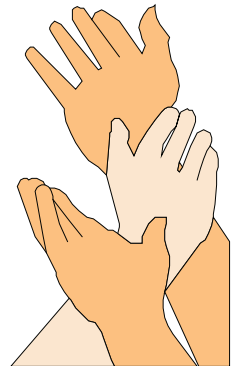
**Mainstay  
NZGSO  
PO Box 6458  
Wellington 6141  
Phone: (04) 472 4250  
Email: [mainstay.nzgso@xtra.co.nz](mailto:mainstay.nzgso@xtra.co.nz)**

Publication of any article does not imply endorsement by Alcoholics Anonymous or Mainstay. Personal opinions expressed in letters or articles should not be attributed to the Fellowship. There is no payment for contributions and they cannot be returned. The editor may edit material and cannot guarantee to publish every contribution.

Anonymity will be protected, but contributions and correspondents are asked to include their first name, locality and a contact telephone number or email/physical address (not for publication).

## *I am Responsible*

*I am responsible.  
When anyone,  
anywhere, reaches  
out for help, I want  
the hand of AA  
always to be there.  
And for that:  
I am responsible.*



---

# *Dear Members,*

As we enter a new year, I have been thinking about my two years as editor of Mainstay. This role has been one of my favourite positions in almost two decades of AA sobriety and service. I have especially loved the relationships with June and the rest of the team, who make Mainstay what it is - a meeting in print, with a number of AA members filling the roles required to make a meeting happen.

The two years have flown and I am delighted to step aside, in the spirit of rotation, to let Mark P from Dunedin step into the role as editor. Mark was one of the first MSRs to join the team and with a background in journalism, will continue to bring you a meeting in your mailbox every two months.

Thank you for the opportunity to be of service.

In fellowship,

**Nicky T**



PHOTO CREDITS:  
Front and Back: Te Marua Golf Course, Upper Hutt. Both by  
Toni C. Wellington

---

# Sharing...

## *Weathering the storms*

My name is Rowena and I'm an alcoholic and I'm from Christchurch. My sobriety birthday is 3rd August 1990.

This year, 2011, has been the hardest year of my life in my recovery. I am, however, so grateful that I am sober today and able to face all that has happened this year.

It has been quite terrifying to live in a state of powerlessness over nature. Fortunately I and other recovering AAs are used to being powerless over alcohol and that has helped us to come to terms with the dangerous environment we in Canterbury live in every day.

After the February earthquake we were left with many damaged meeting places and patchy communications. Meetings sprung up in people's homes and in parks and new meetings were started as we started to understand the severity of the damage and that many loved meeting places were gone forever. The AA website and forwarded text messages kept us aware of where we could find a meeting.

I, like many Cantabrians have had personal loss. Three of my friends died in the CTV building. My

business was damaged so badly I had to relocate, at one stage without any stock because it was trapped in the Heritage building I used to be housed in. My house is so badly damaged I must move out of it while they fix it.

I'm not writing about this for sympathy, or to dwell on what I have lost. I'm writing to say that recovery from alcoholism has allowed me to weather the storms of nature and the storms of the heart.

My dad has just passed away and my sisters and I were able to be with him until the end. What a gift.

I feel very lucky to have sobriety at a time like this. My higher power has kept me going to meetings when all that loss threatened to derail me, especially after the shock wore off.

I think I'm most grateful for the fact that AA has taught me to feel the grief but keep on walking forward and help another alcoholic to stay sober. During this time of fear there were many newcomers and not so newcomers looking for help which helped me and many others so much. Service has been the cornerstone of my emotional and physical sobriety

I'm healing now. I knew I was starting to feel better when I caught myself singing in the car. I am finding acceptance of all this.

Thank god for AA.

**Rowena, Christchurch**

---

## *How I got here*

Friday the 24th of April my life was changed. Once again, booze had dealt me an unforgettable reminder of who was in charge.

Six days of around-the-clock blackout drinking had presented me with a true insight into the workings of this disease of alcoholism. In those six days I was to read every chapter of my stored information inside my alcoholic brain, and every poor-me event in my life, and why I was made to endure this anvil of shame. Then came blackout, then to awaken: terror, bewilderment, frustration and despair - the four horsemen stood next to me as I lay on the bathroom floor; two hands on the glass, glass to the lips then those horsemen are gone, but they will be back later.

As the gin does its job my body and mind relax in unison. The reflection I see in the mirror is that of a person with two faces and the mind of many. As I swayed from side to side, the gin working its way into my sick mind, I knew I was done for. That moment I knew insanity or death was reaching out for me to bring and end to it all.

I am unsure what forces were at work on the 23rd of April 2009, when I came out of that blackout in the small hours of that morning the fan heater was on and a warm blanket covered me. When I got off the bathroom floor and looked in the mirror, what I saw looking back was

everything I hated.

The restoration of body, mind, emotion and spirit had begun!

**Tony E, Christchurch**

## *20 years waiting for the miracle to happen!*

The Miracle took place for me on the 14th May 1995.

I had been drinking off and on for some years, always trying to stop but unable to do so. I was getting worse and worse. I ended up in a dingy old boarding house in Newmarket, Auckland. At this time the government was closing down most of the psychiatric institutions and putting all these sick people in boarding houses when the halfway houses ran out of room! Well done NZ! A lot of these people were alcoholics and addicts with severe mental ill-health, so I was in my element, upstairs in the lounge they even had a drinks machine which dispensed beer at \$2 a can. I partied up big time for some months but I was slowly coming to the end.

I was sitting on my bed one afternoon mulling over things with a big dose of the poor me's. I had tried and tried to stop drinking but could not stay stopped. I came to believe that I was one of the unfortunates it speaks of in Chapter 5 of the Big Book. I was never going to be able to stay stopped! At that realization

---

I immediately made up my mind that I would party on until the end. I immediately went and bought copious amounts of alcohol.

That night I had a party in my room with six others and drank heavily. I was pleased with myself that I had finally made a decision to forget about trying to stop drinking and was relieved that sooner than later it would be over. I was free to do what I liked without responsibility!!

The next morning I woke early. Sitting on my dresser was a half glass of wine. I reached out and picked up the glass with the wine in it and drew it towards my mouth. It was halfway to my mouth when without any thought or reason I replaced it back onto the dresser. I have not had a drink since. My Higher Power had intervened and taken away the desire to drink!

I thought it was just another, stop for a while to get well enough to go out and do it again. I awoke one morning feeling really well and that is when it hit me, I hadn't had a drink for seven weeks and I didn't have the desire to do so anymore. I immediately phoned my poor worn out sponsor who said, "I have been waiting for your call". He knew before I did that I had stopped drinking! He had bought me a 24 hour book and inscribed in the flyleaf, "Congratulations John, it has finally happened," dated the 14th May 1995.

I had been walking around the boarding house for all that time

amongst people sniffing glue, cooking up magic mushrooms on the communal kitchen stove, drinking alcohol and smoking dope etc without really noticing anymore. It was as if on that Sunday morning I was put in a cocoon and protected from all that was going on around me. I stayed at the boarding house for another three months until I was ready to move on.

I remember my sobriety date because my sponsor told me that on Saturday 13th May 2010 I had promised to shout some of the guys if we won the Americas Cup the next day. We did win the cup but I told the guys when they turned up at my door that I didn't do that anymore and went back to sleep.

Some people have said that I have had an easier sobriety than they have had because the desire to drink was taken away from me overnight. I remind them that it took 20 years of trying before my Miracle happened.

### **John H, Manukau**

*(Excerpt from a letter sent to John's psychologist, relating his experience of sobriety and gratitude for his help. Thanks for the letter John.)*



---

## *Step Eleven and spiritual growth*

My name is Wendy, and I am an alcoholic. Having been raised from a very young age in a pub, I knew what an alcoholic looked like, sounded like, and behaved like. So when I nagged my parents to let me have my first, "first drink", I knew straight away that I was "one of them" because I instantly wanted more: much more, and I would beg, borrow, connive and steal to get it.

In the paradox that can sometimes occur with our disease, I commenced a life of alcoholic drinking balanced against a tremendously exciting and successful career. I never lost a job due to drunkenness, but only because I moved on first. "Geographicals" became necessary, but I always took my disease with me.

When first reaching out to A.A. in 1986, there was no A.A. where I was working. So I contacted the World Service Office and A.A. Loners and Internationalists. With no Internet or telephone services in those days, and only a couple of international flights a week, I managed to stay sober with the help of a Big Book, trying to work the Steps, and getting a sponsor in New York who used to write letters to me. A.A. meetings

were started in this isolated place – but never really came to much. Then began the 25-year journey in and out of A.A. I put myself on Antabuse and drank on it after ten-and-a-half months of sheer pain. By 1991 and yet another geographical moving to New Zealand, I continued to try and stop but without any meaningful result. My heart wasn't in it: I still wanted to drink. When things got really bad, I would stop for a while, but I hated every minute of it until I could drink again.

By 2008, I had completed many of the "yets" and my health was deteriorating to the point of collapse: although not drunk, I even fainted at an A.A. meeting I had gone to (towards The End I often took a taxi to meetings). I was reaching the "jumping off place" and I knew it. After one particularly savage drinking episode, I sobered up in A.A. again, did 90 in 90 then drank. I tried again-and failed. Then it came, that moment of desperation which I pray every suffering alcoholic reaches, and something changed in me. A series of "miracles" or "coincidences" whichever you call them, happened, and a happy alignment of all the help I needed occurred: I went into recovery for what I pray each day is The Last Time.

---

The Bridge programme told me I could not safely sober up and so I went on home detox and then started the day treatment. At the same time, I went back to A.A. in earnest. My life has changed since then – my sobriety date is 30th December 2008. I am now sober for longer than I have ever been since that first drink so many, many years ago. I put as much effort into recovery as I did into 24/7 drinking, which was a lot. The best thing is that, for the first time, I prefer a sober life to a drinking life. I am so grateful!

I practice Step Eleven constantly, especially during a quiet time in the morning and always ask to stay sober that day. Service of every kind helps keep me comfortably sober. I love sponsoring, and as it took me 22 years to gain sobriety today, you will hear me loud and clear in the rooms saying “Keep coming back.”

**Wendy**

## *AA Birthday*

I have been reflecting back on my early sobriety as I often do in the time leading up to the end of the year, and my AA Birthday, which is the 5th February 2004. I remember my Nan writing letters to Mainstay without fail every year

on her sobriety birthday - I still love reading those letters. I remember my first AA meeting in 1999: I cannot remember the exact day. I had called the AA Service Centre half-cut on several occasions. The woman who became my first sponsor called me and sent a woman to pick me up for the meeting, as I was in no condition to drive. I was full of fear and apprehension - even though I had grown up around AA, I had never made the connection between myself and alcoholism.

After meeting my sponsor and having the first experience of her ‘hug, kiss, and sniff test,’ she asked me if I had taken a drink. I admitted to a glass or two of wine; which was remarkably restrained, considering my alcohol intake up to that point. I loved the sharing and after was directed towards meetings, calling other women and working the steps. I had my last drink two years later on the 24th July 2001, after making well over a year’s sobriety and slipping again.

However, my alcoholism again manifested itself and I overcame another addiction hence my ‘clean and sober’ birthday in February, 2004. My sobriety was and still is deeply affected with the experience, strength, and hope of AA, particularly that of other women as my ‘terminal uniqueness’ slowly began to slip away. Through being sponsored and sponsoring

---

also, I began to grow a little more.

My much-loved and still-missed first sponsor passed away after helping me for nine years. During the Southern Area Assembly in Timaru where I was GSR I approached another woman and asked her to be my new sponsor. She guided me through the steps the way they are laid out in our “Big Book” of Alcoholics Anonymous, promoting both service and self-responsibility in my life. I will always be grateful for her honest and pragmatic way of making me look at my life, problems, issues and the solution available in the programme of AA. Thank goodness also for ‘Joe and Charlie’ - who I listened to on CD fairly religiously for a year on a daily basis at this time!

During a time with another issue with friends, my sponsor was moving away and I approached the woman who now sponsors me. I love the way she guides me back to the programme, through service, the steps, meetings or contact with other women in AA. Recently, my parents moved to Wanganui after the tragedy of the Christchurch earthquakes. We lost both our home and another property, with the remaining ones all damaged in subsequent aftershocks – yet I have kept coming back, and remained sober.

I now have choice, peace, hope,

and serenity (at times!), four wonderful children – a good husband, a business, and at 38 I’m studying a Bachelor of Social Work. None of this would be possible without a higher power I choose to call God, the fellowship of friends in AA, the steps, service, and sponsorship. Today as I write this letter - words of hope from our founders have filled my mind with joy and hope for our future in AA: “See to it that your relationship with him is right and great events will come to pass for you and countless others. This is the great fact for us.”

**Jeanne**

## *Alcoholics Anonymous Opens Doors*

I watch the sunrise from my home on the Sunshine Coast. It’s 5.00am, Friday 6th January 2012. Stunning, beautiful. How fortunate am I?

I’m heading out shortly for my early morning walk before breakfast. It occurs to me how many times I’ve walked this same path unable to remember what happened the night before. Thankfully those days are over.

Another AA member and I set off at 7.30am for our monthly roster commitment at the men’s

---

maximum security correctional centre 70km down the road. A coffee stop on the way gives us a chance to chat about other AA service we are involved with in our area. After routine security procedures are completed, eight inmates join us for the 9.15am AA meeting. 10.30am we close with the Serenity Prayer.

After lunch, kindly provided compliments of the correctional centre, we return to the beautiful Sunshine Coast, up the road 70km.

Alcoholics Anonymous has opened the doors of a men's maximum security correctional centre and enabled me, a sober, happy, female alcoholic, to join this roster and carry the AA message of hope.

What a privilege thanks to this wonderful program. Thanks to all the wonderful people who have passed on the AA message of encouragement and support.

What a blessing, to be free to walk in, and, to be free to walk out of this centre. How fortunate am I?

**Lyn W**

**Sunshine  
Coast,  
Australia  
(Ex-pat  
Kiwi)**



---

## *Enlightened Intelligence*

In my brief experience in the AA community, I have never ceased to be amazed by what I discover at the humble meeting.

I have come to believe that the meeting lies even deeper than the heart of AA, it is the very soul of the movement. I am struck by the Spirit that pervades the meeting room. The Spirit of the Meeting that binds the group and drives the healing is our collective Spirit. In these rooms we are one, even though we remain unique individuals in our own rights.

One phenomenon I have observed at the variety of AA Meetings I have attended has been the very nature of the individuals around me. When I first agreed to attend AA meetings, I expected to be in the company of down-and-out, unthinking, pathetic, hopeless cases, whose brains had been addled with alcohol and deprived of any form of wit and sense. For that was the way I had begun to view myself.

But, far from that miserable picture, I actually discovered that I was in the company of intelligent, inspiring people. To me, intelligence is the expression and application of knowledge, learning, understanding and

---

emotion in a clear, logical, reasoned and sincere manner. AA members demonstrate intelligence in these ways meeting after meeting. I am therefore encouraged and supported in my struggle by my fellow alcoholics as I draw on their wealth of experience and wisdom.

The subject that the AA intellect has mastered above all others, most completely

and efficiently, is his or herself. Simply by taking that first critical step in our programme AA members have shown intelligence. Those who persevere in AA membership have to be intelligent people; they have learned and understand themselves and have taken direct action to find solutions to problems. That is what intelligent people do. They have understood complex bio-chemical functions of their bodies. They have plumbed the very depths of their own psychological make-up.

They have formulated strategies to make beneficial changes for themselves and have explored the sources of their emotions that make them human. They have planned, executed and monitored modifications of human behaviour. They have grasped the concepts of spirituality that

mystify other souls.

Furthermore, Alcoholics are able to express their knowledge and influence others. All these things require real intelligence.

Perhaps higher plane intelligence is a feature of an alcoholic being. Just as many famous people in history have been alcoholics and still succeeded in their endeavours, so many of our present everyday members share the same qualities.

I am willing to wager that among our own number at any given AA meeting, there are: doctors, lawyers, architects, poets, writers, artists, performers, cooks, analysts, community leaders, athletes, trades people, teachers and nurturers. We will have in our midst those highly skilled in creative arts, sciences and engineering. We are not stupid and by our intelligence we will win. We will win because the combined intelligence of our members will continue to be harnessed in one powerful unit to bring logic, reason and sense to all members. We will all be enlightened in sobriety by the super-intelligent Spirit that we all share through AA.

**Bill B**

---

# *Heard in a meeting*

*“God protect me from what I want.”*

*“Try saying ‘Please’ less and ‘Thank you’ more.”*

*“God, how can I be useful?”*

*“First I came, then I came to, then I came to believe.”*

*“The gift of sobriety is like being given a horse:*

- 1. Don’t look in its mouth! Just say thank you and accept it.*
- 2. If you don’t look after it, you’ll lose it.*
- 3. if you’ve never had it before, you aren’t going to know what to expect, so get someone who has it to show you how it’s done.”*

*“The gift of sobriety is like a gift of jewellery, when you don’t know what jewellery is. You may not realise how amazing it looks on you, but other people sure will!”*

*“The gift of sobriety – you can’t have it yesterday, you can’t have it tomorrow, you can only have it now – which is why it’s called the Present.”*

*“Sometimes the people with the worst pasts can create the best futures.”*

*“If I have to be dishonest to get or to keep something, it’s not mine.”*

*“Every day I get growth opportunities, disguised as problems.”*

*“Take my advice, I’m not using it!”*

*“This AA thing, its good medicine!”*

*“The reason why the other man’s grass is greener is that he took care of his lawn. But if you come to AA you have plenty of fertilizer with you and eventually you will make a good lawn too!”*

*“If I keep one hand in God’s, and the other in AA, I haven’t got a hand left to pick up a drink!”*

# Thank you Bill

*On this date in 1971, the 53rd Anniversary of his marriage to Lois, Bill W. died. What can we say, except "Thank You, Bill."*

THE WASHINGTON POST © Wednesday, Jan. 27, 1971

## *"Known to Thousands as Bill W. Alcoholics Anonymous Founder Dies"*

**By Donald E. Graham, Washington Post Staff Writer**

Scores of thousands of people learned for the first time the name of the man who helped them recover from alcoholism when William Griffith Wilson died of pneumonia in a Miami Hospital Sunday night.

The New York headquarters of Alcoholics Anonymous announced that. Mr. Wilson, retired securities analyst, was the man known as Bill., who co-founded the AA in. 1935.

Mr. Wilson lived in Bedford Hills, N.Y. He was 75. Thirty-six years ago, Mr. Wilson took his last drink, ending a career of alcoholism back to his days as an officer in the First World War.

Mr. Wilson went into a New York City hospital and was detoxified - but fell into a severe depression:

"Finally it seemed to me as though I were at the very bottom of the pit," he later wrote. "All at once I found myself crying out, 'If there is a God, let him show himself! I am ready to do anything, anything!'"

"Suddenly the room lit up with a great white light. It seemed to me, in the mind's eye, that I was on a mountain and that a wind, not of air, but of spirit was blowing. And then it burst upon me that I was a free man.

"I thought to myself, 'So this is the God of the preachers'" Bill W. did not wait long before sharing his experience with a friend, AA's other co-founder, Dr. Robert Holbrook Smith of Akron, Ohio. Once Smith stopped drinking, the two men felt they knew that alcoholics could help each other recover.

They went to an Akron hospital and met a patient who had come in suffering from delirium tremens. He too got off and stayed off, and helping fellow alcoholics recover became the AA tradition.

"They started a chain reaction, one drunk helping another," Nancy O., a congressional assistant, said yesterday. "The hand that reached out to me when I appealed for help was a link in the chain going back to Bill W. and Dr. Bob. Bill A., an Arlington businessman, recalled, that in December, 1939, when Alcoholics Anonymous was a small, little-known group, he went to New York to meet Mr. Wilson. The next month Mr. Wilson helped start an AA chapter here, the fourth in the country. "He came here many times to help us with our problems," Bill A. said, and later, when the national AA organization faced a financial crisis, the Washington chapter came up with the funds to rescue it.

Alcoholics Anonymous now has half a million members worldwide. "It's by far the most successful resource of help in terms of the number of people they've treated," said Augustus Hewlett, executive secretary of the North American Association of Alcoholism Programs.

Mr. Wilson retired as director of the organization in 1952.

His first book, "Alcoholics Anonymous," written when the group had only 100 members, has sold more than 800,000 copies since it was first printed in 1939. His other books were "Twelve Steps and Twelve Traditions," "Alcoholics Anonymous Comes of Age," and "The A.A. Way of Life." Mr. Wilson went to great lengths to preserve his anonymity. When he testified in 1969 before a congressional committee investigating alcoholism, television cameras were barred and photographs were permitted only from behind.

He turned down honorary degrees and refused to have his picture on the cover of Time magazine in order to preserve his group's tradition of avoiding publicity as individuals.

Mr. Wilson never gave up his efforts at helping alcoholics recover. One desperate alcoholic once committed suicide in Mr. Wilson's home. Thousands of others stopped drinking and resumed the lives that alcoholism had interrupted.

Mr. Wilson was not boastful about his successes. "When you consider the enormous ramifications of this disease, we have just made a scratch on the surface." he told Senate committee in 1969. He was pleased by the increased government attention to alcoholism that followed the election of Harold Hughes, a recovered alcoholic, as senator from Iowa. "This is splashdown day for Apollo," he said when H. first held hearings on alcoholism. "The impossible is happening."

One Washington member of AA said yesterday, "I don't think there's a person in AA, from Harold H. to the man on the Bowery, who doesn't know that if it wasn't for Bill W. and what he started, we'd all be dead."

Mr. Wilson is survived by his wife Lois, who remained with him during his period of drunkenness and helped start the "Al-Anon" program for families of alcoholics.



# Big Book Crossword

## Across

- 7 Holds 63 Gallons of beer (8)  
 9 Condition after sampling 7 Across (6)  
 10 .... of the dog needed after 9 across (4)  
 11 Hangover ..... after 10 across (10)  
 12 Jobs for drinkers (6)  
 14 End residence for insane drinkers (8)  
 15 Lost through excess drinking (13)  
 17 Mr Bean, Rowan ..... (8)  
 19 State of alkie's mind. (6)  
 21 Sets fires (10)  
 22 Swine's residence (4)  
 23 On the morning after (6)  
 24 Into ones life in sobriety (8)



## Down

- 1 Greatly improved by sobriety (6)  
 2 Substance abuser (4)  
 3 Sells one bottle at a time (8)  
 4 Stout, black ..... (6)  
 5 Alkie hospital (10)  
 6 Met by drinkers (8)  
 8 Alkie defaults (13)  
 13 Often outcome of 8 Down (10)  
 15 Sleeping under a hedge? (8)  
 16 Before the first drink (8)  
 18 Sober today (6)  
 20 At ground level (6)  
 22 Needed for release (4)

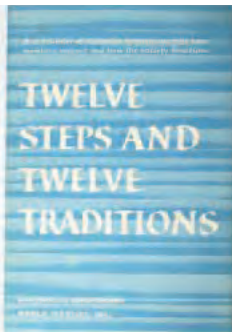
The Big Book references are from the Third Edition

Answers on Page 18

---

# Teasers ...

## Quotable quotes from Twelve Steps and Twelve Traditions



### Step 1

We admitted that we were powerless over alcohol—that our lives had become unmanageable.

“We know that little good can come to any alcoholic who joins AA unless he has first accepted his devastating weaknesses and all its consequences.”

### Step 2

Came to believe that a Power greater than ourselves could restore us to sanity

“Sometimes AA comes harder to those who have lost or rejected faith than to those who never had any faith at all, for they think they have tried faith and found it wanting.”

### Step 3

Made a decision to turn our will and our lives and over to the care of God as we understood him.

“Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open.”

### Step 4

Made a searching and fearless moral inventory of ourselves

“In AA we slowly learned that something had to be done about our vengeful resentments, self-pity, and unwarranted pride.”

### Step 5

Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs

“What are we likely to get from Step 5? For one thing, we shall get rid of that terrible sense of isolation we’ve always had.”

### Step 6

Were entirely ready to have God remove all these defects of character

“If we ask, God will certainly forgive us our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation.”

---

## Step 7

Humbly asked him to remove our shortcomings

“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves towards others and towards God.”

## Step 8

Made a list of all persons we had harmed and became willing to make amends to them all

“Whenever our pencil falters, we can fortify and cheer ourselves by remembering what AA experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God.”

## Step 9

Made direct amends to such people wherever possible except when to do so would injure them or others

“Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.”

## Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

It is a spiritual axiom that

every time we are disturbed, no matter what the cause, there is something wrong with us.

## Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will and the power to carry that out

“Now, what of prayer? Prayer is the raising of the heart and mind to God—and in this sense it includes meditation.”

## Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

“The joy of living is the theme of AA’s Twelfth Step, and action is its key word.”

Crossword answers

**Across:** 7 Hogshead, 9 Elated, 10 Hair, 11 Alleviated, 12 Menial, 14 Nuthouse, 15 Opportunities, 17 Atkinson, 19 Numbed, 21 Pyromaniac, 22 Byre, 23 Unwell, 24 Sunlight.

**Down:** 1 Morale, 2 User, 3 Retailer, 4 Velvet, 5 Sanatorium, 6 Reverses, 8 Delinquencies, 13 Imprisoned, 15 Outlying, 16 Innocent, 18 Stable, 20 Earthy, 22 Bail.

---

# AA Events

Events for promotion in Mainstay must be received by GSO (mainstay.nzgso@xtra.co.nz) by 28th February to ensure inclusion in the next issue of Mainstay.

## **March 2 - 4 2012**

### ***AA Women's Retreat***

Venue: Narrows Park, 442 Airport Road, Hamilton Ph: 07 8436862  
Cost: \$75.00 covers 2 nights & days accommodation, meals, and resources (Saturday fee \$30.00 includes lunch and dinner).  
Contact: Janette on 027 3081291 or Marata 021 1354185

## **March 2 - 4 2012**

### ***Central Area Assembly***

9am to 4.30pm  
Venue: St Luke's Anglican Church, 34 Manuka Street, Castlecliff, Wanganui  
Cost: \$15

## **March 2 - 3 2012**

### ***193rd Southern Area Assembly***

(including Al-Anon)  
Venue: Gore Baptist Church, corner Ardwick and Albany Streets, Gore  
Hosts: Gore/Edendale AA group.  
Theme: Happy, joyous, and free  
Cost: \$25, including all meals.  
Contact: Terry, phone (03) 208 8208 or (027) 5053150; email stottee@xtra.co.nz

## **10 March 2012**

### ***Northern Area Assembly, Tauranga***

Theme: " There is a Solution "  
Venue: City Church Tauranga 252 Otumoetai Rd (opposite Otumoetai Primary School)

## **April 6 - 9 2012**

### ***Easter Camp, Auckland***

Venue: Huia Lodge  
Theme: A Time to Start Living  
Costs including food:  
3 nights \$100-00  
2 nights \$75-00  
1 night \$45-00  
For more details contact George on 021379045

## **18 - 20 January 2013**

### ***50th New Zealand Convention of Alcoholics Anonymous***

Kings College, Otahuhu, Auckland  
Watch for more details on www.aaconvention.org.nz

***More detail on these events can be found on [www.aa.org.nz](http://www.aa.org.nz)***

---

# Subscriptions

# Ordered	Type of subscription	Price (inc GST & PP)
	<b>Individual</b> subscription for 12 months	\$30.00
	<b>Group</b> subscription for 12 months	\$30.00
	<b>Sponsored</b> subscription for 12 months	\$24.00
	<b>Sponsored</b> subscription for 6 months	\$12.00
	<b>Overseas</b> subscription for 12 months	\$40.00

## Subscriber and renewal details

Name of person placing order

Post Mainstay to (name and address)

Send invoice to (name and address)

Group's name (if order is for a group)

Contact Phone number and/or email address


### Post completed order and payment to:

Mainstay at GSO, Po Box 6458, Wellington 6141  
or email your details to: [nzgs0@xtra.co.nz](mailto:nzgs0@xtra.co.nz)



# The 12 Traditions

1. *Our common welfare should come first; personal recovery depends upon A.A. unity.*
2. *For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*
3. *The only requirement for A.A. membership is a desire to stop drinking.*
4. *Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*
5. *Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.*
6. *An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*
7. *Every A.A. group ought to be fully self-supporting, declining outside contributions.*
8. *Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*
9. *A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*
10. *Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*
11. *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.*
12. *Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*

A serene landscape featuring a small pond in the foreground, surrounded by lush green grass and tall, golden-brown grasses. The background shows a grassy hill under a clear blue sky with a few trees. The text is overlaid in the center of the image.

God, grant me the serenity to accept  
the things I cannot change, courage  
to change the things I can, and  
wisdom to know the difference.