Victorian Southern Area

Group News

February Issue 584

Al-Anon Family Groups

72nd Ballarat Anniversary

Sunday 12th February
Theme: Declaration of Unity
See pg. 4 for more details

Tasmanian AA East Coast Rally with Al-Anon & Alateen Participation.

Friday 17 to 19 March 2023

See pg. 4 for more details

57th National Convention

AA in particitpation with Al-Anon. Recovery and fellowship. Thursday 6 April to 9th April 2023
See pg. 4 for more details

VSA Alateen Report

Happy New Year Everyone! For some of us affected by the family disease of alcoholism, the Christmas season can be challenging.

This has been obvious to me due to the amount of requests.

I have received by parents wanting to register their teens for online meetings. Families desperate to make sense of the confusion associated with a loved ones drinking.

The Alateen Sponsors are excited to interact with the teens online and open their young minds to the possibility of living a life that is joyous and free :) The Alateen family picnic held in December was attended by three families and a mix of sponsors, old and new! The sun came out to play at Central Park, Malvern East that day. Plenty of food, fun and fellowship was had by all.

Welcome to Chad- our newest Alateen Sponsor Great to have you on the Team!

Love in service,
Tami (VSA Alateen Coordinator)
alateen@alanon-vsa.com

Public Information

Focus for PI for February

School, University & Public Libraries

57TH ANNIVERSARY

AANATCON23

AA WITH ALANON & ALATEEN PARTICIPATION

Thursday 6 April 2023 - 9 April 2023
Rendezvous Hotel
148 The Esplanade
Scarborough, Perth WA
For more informtion go to
aanatcon2023.com.au

Delegate Report

Happy new year for 2023. It has been very quiet and we are just getting back. We are holding our first Area meeting on the 4th February at 10am. I look forward to seeing you all there on zoom.

Love in service,
Rosemary L (VSA Delegate)
delegate@alanon-vsa.com

TASMANIA

Northern Tasmania Report

Burnie, St Helens, Launceston x 2, Tasmania Online

As of our last district meeting on 3/12/22 our meetings are going along well, not much has changed since last report. We had a christmas get together on 23/12 with members from Weds & Thurs groups attending. A good time was had by all, beautiful food and beautiful people.

A couple of our group took some brochures to City Missions Missiondale, hopefully we will get some new members.

We are now working towards the St Helens rally in March, something to look forward to.

Love in service,
Anne L (DR)
NORTHERN TASMANIAN

Southern Tasmania Report

Bridgewater, Hobart City x2, Bellerive

Meetings continued over the summer with 1 or 2 meetings not held due to last minute issues. District committee meetings are held online 1.30pm 1st Saturday monthly. All Welcome, call Jill 0417043847 for Zoom details. Reminder East Coast AA Rally with Al-Anon participation, St Helens, March 2023.

Love in service,
Jill W (DR)

COME ON OVER!

AA EAST COAST RALLY

WITH AL-ANON & ALATEEN PARTICIPATION

The northern Tasmania District would like to extend a very warm welcome to the AA (with Al-Anon participation) East Coast Rally in the beautiful seaside village of St Helen's on the East Coast of Tasmania. The EC Rally has been bringing the Tasmanian AA and Al-Anon fellowships together for over 15 years. The increasing number of members who ride, fly or sail into Tas from 'the mainland' has increased over the years with members extending their visit so as to capture the beauty, landscape and relaxed environment here on the Apple Isle.

The Al-Anon component of the Rally commences Friday afternoon with an Al-Anon welcome meeting, trivia game and fellowship. There will be 3 meetings throughout Saturday and access to the Open Public meeting of AA with Al-Anon.

We're excited too that Helen G., Al-Anon General Secretary, has accepted the invitation extended to her from Northern Tasmania District to attend the Rally - another lure to cross the strait and join us.

The St Helens and surrounds AA members traditionally host and cater a BBQ for both fellowships on the Saturday evening, which is always fabulous.

A spiritual concept meeting on Sunday morning concludes the Al-Anon program. We are traditionally invited to attend the closing AA and countdown meeting to finish the weekend.

There is plenty of holiday accommodation in and near St Helen's. Virgin and Jetstar fly into Launceston and it's approx 2 hours drive from airport to St. Helens. The Spirit of Tasmania sails into Devonport and is approximately a 3 hour drive directly to St Helens. If you haven't yet been to Tasmania it really is a delightful holiday destination...and the weather in March is mostly perfect with temperatures ranging from around 24-32 Celsius.

So come on over...!

Note: See "What's On" in Group News or "Forthcoming Events" in Australia-Link for more details.

Treasurer Report

Our Achievements

Since my last report to the end of October 2022, we have achieved a healthy profit. Further income from Assembly, healthy literature sales, fundraising, and a refund from the ATO gave us a good gross profit. We covered all our office expenses, re-stocked our literature, helped our Literature Officer and Delegate travel to Al-Anon events, completed and paid for a full audit, and paid all our employment costs.

Our Challenges

We need to keep up the wonderful enthusiasm and commitment that helped us over the past two months. Sometimes practicing gratitude is all we need to keep supporting our area and groups. I know everyone in Area service would want me to pass a huge 'thank you' to all our fantastic members. As well as covering our usual costs, we have larger goals such as a donation to AGSO and office furniture.

Assembly Income	$170	$80
Donations	$3,173	$7,818
Fundraising	$142	
Literature Sales	$2,926	$$1,092
Postage from Sales	$147	$598
Total Income	$6,557	$9,088
Cost of Sales-Lit Stock	$0	$4,876
Gross Profit	$6,557	$4,213
Other Income – ATO refund	$0	$300
Expenses		
Bank Fees	$7	$3
Office Expenses:		
1. Postage	$0	$162
2. Photocopying	$0	$14
3. Rent	$0	$972
4. Outgoings	$0	$309
5. General Expenses	$0	$108
6. Telephone, Internet	$182	$127
Delegate Expenses	$208	$0
Professional Fees	$0	$800
Reimbursements	$168	$107
Copier Interest Expense	$21	$21
Superannuation	$156	$156
Wage expenses	$1,485	$1,485
Total Expenses	$2,227	$4,264
Net Earnings	$4,330	$248

VSA BANK ACCOUNTS 31st DEC 2022

CBA Cheque Account	$$11,310.09
ING Business Optimiser	$7,967.69
ING Term Deposit One	$10,000
ING Term Deposit Two	$10,000
Bequest	$20,000
Society Cheque Account	$190

Love in service,
Laurian
VSA Association Treasurer
treasurer@alanon-vsa.com

Literature Report

Hello everyone, happy new year to all. Service work has started up again and it's a privilege to be able to attend to all aspects of our literature sales and stock.

This year we anticipate the publication and distribution of a new daily reader from the World Service Office.

Watch this space!

Love in service,
Yvonne K (VSA Literature Coordinator)
literature@alanon-vsa.com

Geelong Report

Geelong x 4, Apollo Bay, Ocean Grove, Colac

Happy 2023 to you all. May this year be your year.

Not too much to report. All groups appear to be going along fine.

Apollo Bay would welcome support.

We send a warm welcome to Matteo, as the new Group Representative for Apollo Bay, Zoom Friday 7pm. As we are not meeting till February 6th.

We hope you all enjoy the warmer weather.

Love In service,
Irene L (DR)

VSA PI Report

We are the lucky ones to have found Recovery in Al-Anon and that's why carrying the message is such a boost for our own unfolding of the 3 legacies. Step 12 reminds us that we have been fortunate to have had a spiritual awakening as a result of these legacies. In February one of the most valuable outreach locations are the local Libraries, School and University libraries, Shire Council, professional and technical libraries where there is always a noticeboard begging for community information. Many Community Center's, Men's Sheds, and Women's groups also have a lending library. Great fun leaving 'Just For Today' bookmarks, CAL pamphlets or posters, or maybe ask your home group if they would consider donating an Al-Anon book that then becomes available to the public on loan through the library system. Lastly , if we have a stash of Al-Anon CAL pamphlets and literature in our glove box or back pack then its a no brainer as we wing past some opportunity that just flicks up on our path in our day to day lives. Keep Coming Back.

Love in service,
Ray B. (VSA PI Coordinator)
pi@alanon-vsa.com

Meeting Updates

Brunswick Sunday, 6:00pm - 7:30pm

Face to Face, finds a new home at 5th Brunswick Scout Group, 213A Weston St, Brunswick East

Alateen Malvern East Monday 7.30- 8.30pm

Face to Face is resuming February 6th 2023 at Ewing Memorial Uniting Church, 59 Burke Rd, Crn Coppin Rd

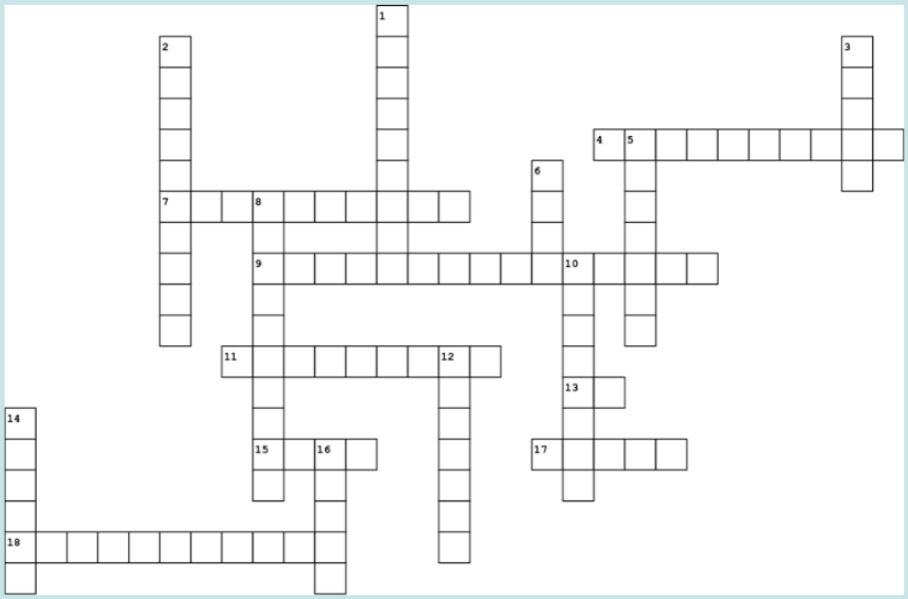
alateen@alanon-vsa.com

Essendon Saturday 8pm

Has returned Face to Face. Address: 1074 Mt Alexander Rd (Crn Marco Polo St)

Fun Zone

Think, Think, Think



Across

4. GROWING UP WITH PARENT/S BEING THE ALCOHOLIC (2WORDS)
7. AL-ANON IS BASED ON?
9. STEP 12 (3WORDS)
11. UNABLE TO CONTROL, PREVENT OR INFLUENCE PEOPLE & SITUATIONS
13. WHAT IS A COMPLETE SENTENCE?
15. DAILY READER
17. SOLUTIONS TO EVERY PROBLEM
18. 2023 INTERNATIONAL CONVENTION

Down

1. THE QUALITY OR STATE OF BEING ANONYMOUS
2. STEP 11
3. FOUNDER OF ALCOHOLICS ANONYMOUS
5. WHAT IS ALCOHOLISM?
6. AN OPTIMISTIC STATE OF MIND
8. A CATALYST FOR SOBRIETY (2 WORDS)
10. A GIFT OF AL-ANON
12. EXPERIENCE, STRENGTH & HOPE
14. A SURVIVAL MECHANISM
16. COFOUNDER OF AL-ANON

What's On

Victorian Southern Area Inc., GPO Box 5458, Melbourne, VIC 3001 – Level 7, 51 Queen Street, Melbourne

Al-Anon Family Groups

Date & Time	Event	Location	More Information
Sunday 12th February 2023 From 10am	72nd AA Ballarat Anniversary	Eureka Hall 119 Stawall St, Sth	BBQ lunch, tea & coffee; Contact 0400 684 403
Thursday 2nd March 2023 From 11.45am	McCrae 33rd Anniversary Lunch & Meeting	St Katherine's Anglican Church Hall (rear) 15 Bartels St, McCrae	Lunch at 11.45am Meeting at 1pm Homemade sandwiches & cakes
Friday 17 March 2023 - Sunday 19 March 2023	Tasmanian AA East Coast Rally with Al-Anon & Alateen participation	The Bungalow, St Helen's Neighborhood House, 25 Circassion St, St Helen's, Tas	Registration is $30 including fellowship BBQ Saturday evening. Al-Anon Contact: Gillian: 0414693922
Thursday 6 April - Sunday 9 April 2023	57th National Convention, AA with Al-Anon Participation	Rendezvous Hotel, Perth ,148 The Esplanade, Scarborough, Perth WA	For more information go to aanatcon2023.com.au

Fun Zone Crossword Answers

Down: 1) Anonymity, 2) Meditation, 3) Bill W 5) Disease, 6) Hope, 8) Rock Bottom, 10) Serenity, 12) Sharing, 14) Denial, 16) Anne B

Across: 4) Adult Child, 7) Attraction, 9) Carry The Message, 11) Powerless 13) No,15) ODAT, 17) Steps, 18) Albuquerque

C.A.L.

LITERATURE

Daily sharings from Al-Anon's adult children members are for anyone who wants to grow in acceptance, compassion, and understanding. Indexed. 383 pages. (B27)

Contact

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Email: office@alanon-vsa.com
Website: https://www.al-anon.org.au

Username: member & Password: afg

Help Line:
1300 252 666

Office:
03 9629 8900

Office Hours:
10.30am - 2.30pm Tuesday - Thursday

Donations

VSA account for payments and donations:
Acc name: Al-Anon,
BSB: 063 001,
Acc no: 0090 3408
(Please inform the office by phone or email that a deposit has been made)

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