



Group News Report

The Group News Committee would like to thank you all for your service and contribution to the Group News.

We have been working together to get the news to our members and newcomers in a timely fashion so Group and meeting changes including events are available to you all.

So, thank you again for your service and fellowship in helping spread hope to those who need it.

Love in service, Tara W (Editor)
AlanonVSANewsletter@gmail.com

Thought for February

"To love oneself is the beginning of a lifelong romance"

Oscar Wilde

Courage to Change (B-16)
February 8 p.39

Delegate's Report

As we move into 2021, it is wonderful to see many face-to-face meetings resuming, which is great news for our VSA members.

Along with other members, I am grateful to find loving support within my spiritual family. The slogans "Keep it simple" and "Keep an open mind" have helped me and others to maintain perspective. So much amazing recovery is available to anyone, regardless of their circumstance, and as individuals we are free to take what we like and leave the rest.

We have little control over world events, yet our message continues to be carried at a time of great need. Beautifully expressed by the late Mary R. in *Sharing from the Heart* (BX-1...p. 132) "living one day at a time, and trusting that the 'bigger picture' is in God's hands."

In a strange twist of fate, electronic meetings are providing wider access to our program. With gratitude and thanks to the worldwide fellowship, members had many meetings to help cope with stresses throughout the festive season. I attended meetings at Geelong in the morning and Apollo Bay in the evening; "zooming" along with 15 plus members,

feeling loved and supported across the airwaves. Christmas day on my own, but not alone!!

One day at a time... thank you Al-Anon members, keep coming back and continue to share your experience, strength and hope in support of those affected by someone else's drinking.

Love in service, Sue I (VSA Delegate)
alanonvsadelegate@outlook.com

Chairperson's Report

Welcome to 2021 to all our VSA members.

I was pondering on what our HP had in mind for us when we faced the Pandemic of 2020 and remembering the difficulties, restrictions, and the negativity accompanying COVID-19. Who would have thought such difficulties would breed the positivity that grew all around us.

The Al-Anon family stepped up to the plate as always and in no time we had "Zoom" meetings and members able to contact each other in new and different ways to how we would usually do so.

Our Steps and Traditions sure led the way for us to love and care for each other. Talk about 'think outside the box'. Here in Oz we met world-wide members from far flung places who made comment of the comfort in hearing the same words we hear here, in our meetings.

We held our Service meetings each month and our Coordinators continued to serve in their dedicated way. The Alateens grew and grew.... (not just in height and age) with world-wide meetings and understanding. So many positives to be thankful for. How the world at large found unusual and humorous ways to combat the stress.

So here we are, hoping with everything crossed that 2021 will be easier for all, but if not, we now have skills we never thought we could master to manage it while we keep caring for each other. A big thanks to our HPs for guiding us into new ways of thinking and doing and for knowing we have the tenacity to rise above adversity the Al-Anon way.

2021..... Bring it On...!!

Much love in Al-Anon,
Wilma H-S (Chairperson)

Treasurer's Report

As the New Year begins, we do find ourselves in a fairly good position. Year to date, from 1 Jan 2020 to 31 Dec 2020, we have a surplus of \$3105.78. For the month of December, we had a deficit of \$1200.44.

If your groups have returned to face-to-face meetings, please look at forwarding on any excess funds to support our ongoing expenses of the VSA Office. It is very much appreciated.

Remember the 3 ways to donate to Al-Anon:

1. Through your Group or District
2. Direct to VSA
3. Give Now Platform.

<https://www.givenow.com.au/search?term=al-anon>

Please check the Minutes of the December VSA Service Committee Meeting for full details of the financial activities of VSA over November 2020.

These can be found on the website - Members Section - Victorian Southern Area - Area Service Committee.

Love in service,
Naduah (Association Treasurer)

Public Information Report

While this COVID festive season has been quieter than usual, the need to spread the word of our beautiful program remains the same if not greater. Please continue to relay news of any activities to vsa.publicinformation@gmail.com and keep the Al-Anon Declaration in mind:

'When anyone anywhere reaches out for help let the hand of Al-Anon and Alateen be there and let it begin with me'.

Love in service,
Di J (PI Coordinator)

Literature Report

As I'm writing this report, I am reflecting on our declaration; "When anyone, anywhere reaches out for help - let the hand of Al-Anon and Alateen always be there, and - Let It Begin With Me" (whether Zoom or face-to-face).

Thanks to Zoom meetings, members and newcomers have been able to see what recovery and literature is readily available to them.

Just to let you know that our wonderful Summer Sales will continue until stocks run out, so don't miss out.

I would like to thank the Zoom hosts for displaying the literature flyer; please continue. For face-to-face meetings, could a member please copy the flyer and display it at each meeting. There may be a newcomer at the meeting.

Please order or enquire through the VSA Office Monday – Thursday 10.30am – 2.30pm. You can also view the current range of books available for purchase on the Al-Anon website. Go to the Member section - Victorian Southern Area - "Limited Range of Books".

By reading Al-Anon literature, members are able to find peace and serenity, one day at a time, and the courage to change from the effects of the family disease of alcoholism.

*Love in service,
Celeste G (Literature Coordinator)*

Office Secretary's Report

| HELPLINE DECEMBER | 2020 | 2019 |
|----------------------------|-----------|-----------|
| Help calls | 60 | 19 |
| Office calls | 0 | 1 |
| Email enquiry | 2 | 1 |
| Total includes After hours | 12 | 5 |
| Total | 62 | 21 |

New Meetings and Meeting Changes at the End of January 2021:

Meeting Venue Change: Carlton North Al-Anon recommenced Saturday 16 Jan 2021 at 10.30 am in the Hall, 1 Mark St, Fitzroy North (near Cnr. Falconer and Mark St).

Literature payments and donations:

Literature order payments and donations to the Victorian Southern Area can be made by direct deposit into the VSA account with the Commonwealth Bank using the following details:

Account name: Al-Anon
BSB: 063 001
Account number: 0090 3408

Please make any cheque out to Al-Anon. Kindly include sufficient information in the transaction description to identify your payment:

Name: an abbreviation of your personal or group name

Plus, one of the following codes:

Literature: LIT
Donations: DON



It is also helpful if you can inform the office that the payment has been made. Please include postage for literature orders (\$13.50).

If paying by cheque, please make the cheque out to **Al-Anon** and post to GPO Box 5458, Melbourne 3001.

Anniversaries, Fundraisers and Other Events:

When your Group or District is planning an event, please avoid choosing a date that conflicts with Al-Anon events. First consult Group News 'What's On' listings, then contact the VSA office to confirm that other, yet to be publicized events have not been planned for that day.

*Love in service,
Lynne T (Office Secretary)*



Alateen Report

Happy New Year everyone!

The Friday night meeting has had consistently 6-8 Alateens and the Sunday Global meeting has had 3-5 Alateens.

Numbers in meetings have declined over the Summer School holidays, which is perfectly fine!

We have interviewed another 6 Alateens this month, who have tried it out! We have even had a newcomer 'zoom' in from Paris, France! Woo Hoo!

All five Alateen Zoom meetings are still open over the holidays!

For more information on how to register your Alateen or becoming an Alateen

Sponsor please also contact alateenvsa@gmail.com

*Love in service,
Kristie H (Alateen Coordinator)*

District 2 Report

St Kilda x 3, Glen Huntly x 2, Cheltenham, Brighton and Hampton.

Hi all, just a short update, I think we're all still a little on holiday time!

Cheltenham and Brighton have gone back to face-to-face, Glen Huntly (x 2) should be back in February. St Kilda Friday 8pm is still on Zoom and St Kilda Friday 11am and Saturday 2pm are still in recess,

as far as I can ascertain! Hampton on Sunday 11am remains on Zoom. St Kilda Fri 11am meeting is desperately seeking a member to step into the role of Secretary or members to share the position. Please contact me if you are interested.

Blessings to you all!

*Love in service,
Ryta K (DR)*

District 7 Report

(Heidelberg, Northcote Tue 11am, Northcote LBGTIQ, Greensborough, Diamond Creek and Mernda)

The District started the year enthusiastically and hopeful of meeting Face to Face early in 2021.

In fact Greensborough started back before Christmas, Diamond Creek held several Sunday get together in the park before logging in on zoom. Northcote also organised a gathering at a members home as soon as restrictions eased. It was lovely to see members who hadn't been able to attend online meetings, and share a good laugh with Joy R, our 96yr old founding member. It turned out to be a very special blessing because Joy passed away a few days later. Her wonderful example of how Al-anon works will surely inspire us for years to come.

Diamond Creek returned (Face to Face with hybrid) from 24 January, Northcote Tue 11.00 am (Hybrid meeting Face-to-Face & Zoom) and Northcote LBGTIQ (Simultaneous Face to Face and Zoom) from February 2. Check the website for details. Mernda and Heidelberg were still in recess at the time of writing.

Best wishes for a fantastic year everyone.

*Love in service,
Robyn P (DR)*

Latrobe Valley District Report

Maffra, Newborough x 2 and Traralgon

Hi everyone. Our groups are all meeting face to face again.

I hope all our members locally and everywhere else are keeping healthy and serene. Hugs to everyone.

Our Glenmaggie camp will be 15 - 17 October 2021 as long as all is going well with our health.

We will be having a District Meeting on Monday 22 Feb after the meeting at 11.30am.

*Love in Al-Anon,
Beth C (DR)*

AL-ANON FAMILY GROUPS – FAMILIES & FRIENDS OF ALCOHOLICS

Victorian Southern Area Inc., GPO Box 5458, Melbourne, VIC 3001 – 7th Floor, 51 Queen Street, Melbourne
☎ Help Line 1300 252 666 ☎ Office 03 9629 8900 – Office Hours 10.30am to 2.30pm Monday to Thursday
email: alanonvsa@netspace.net.au

website: <https://www.al-anon.org.au> (to access Members' page username: *member*; password: *afg*)
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)

Registered by Australia Post – PrintPost Approval No: PP10000278

'WHAT'S ON' IN AL-ANON?

PUBLIC INFORMATION Calendar – February focus: School, University and Public Libraries

| Date and Time | Event | Location | More Information |
|--|--|---|---|
| For more Al-Anon events, please go to the website: https://www.al-anon.org.au/events | | | |
| Saturday 13 Feb 10.00am–1.00pm | Victorian Southern Area Service Committee Meeting | Visitors wishing to attend, please contact your DR for Zoom details | All Service Committee Members, please attend with your Service Manuals. Visitors welcome |
| 19 – 21 March | AA St Helens Rally with Al-Anon/Alateen participation | More details available in the March edition | There will be 5 Al-Anon meetings over the weekend with a fellowship BBQ on the Saturday evening |
| CANCELLED EVENT Thursday 1 April to Monday 5 April | AA National Convention 2021 Al-Anon Family Group Participation | Adelaide | IMPORTANT DUE TO COVID-19 This EVENT has been CANCELLED More information is available online at https://www.aanatcon2021.com.au/ adelaide |

The next Group News will be edition No.566, March 2021

To subscribe and receive this newsletter via email or have any *What's On* events, simply send an email to the Area office (alanonvsa@netspace.net.au).

The deadline for all contributions is the 2nd Tuesday of every month.

Please email them to AlanonVSANewsletter@gmail.com

Thank you ♥

"Your group, and the whole fellowship, benefits when different parts of this newsletter are read aloud."

Keep the focus on Al-Anon - Conference Approved Literature (CAL) is a vital tool for healthy meetings and for members seeking the benefits of our spiritual program for personal recovery. (Accept nothing else!!)

Anonymity pamphlet (P-65...p 3)

"If Al-Anon groups do not let the public know our presence, perhaps by announcing the time and place of meetings in local newspapers or by some other means, we block ourselves off from those in need"

Upcoming Public Holidays:

If your group will not meet as usual on or around:

Labour Day long weekend 6-8 March 2021

Easter 2021 long weekend Good Friday 2 April to Easter Monday 5 April

Please let the VSA office know by 9 February for publication in the March edition, or as soon as possible thereafter.

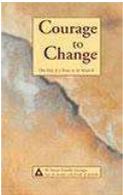
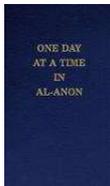
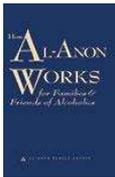
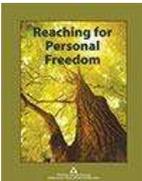
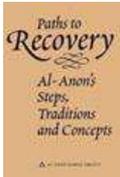
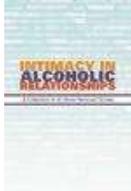
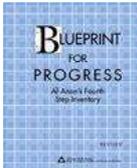
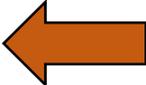
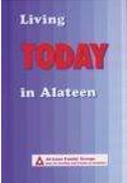
Victorian Southern Area – Literature NOW available

Postage \$13.50 per order

PREPAID Orders prior to supply and dispatch

Email: alanovsa@netspace.net.au – Remember to notify a delivery address when placing order

VSA Conference Approved Literature – Books available to purchase

| | |
|---|--|
|  <p>Daily Reader Courage to Change (B-16) \$33.00</p> |  <p>Daily Reader One Day at a Time in Al-Anon (B-6) \$33.00</p> |
|  <p>Daily Reader Hope For Today (B-27) \$36.00</p> |  <p>How Al-Anon Works (soft cover) (B-22) \$26.50 save \$8.00  Spring into Summer special price \$18.50</p> |
|  <p>Reaching for Personal Freedom (P-92) \$27.00</p> |  <p>Paths To Recovery (B-24) \$40.00</p> |
|  <p>Intimacy in Alcoholic Relationships (B-33) \$33.00</p> |  <p>Blueprint for Progress: 4th Step Inventory (P-91) \$18.05</p> |
|  <p>Discovering Choices: Recovery in Relationships (B-30) \$37.00</p> | <p style="text-align: center;">Recently added and NOW available</p>  |
|  <p>Living Today in Alateen (B-26) \$29.50</p> |  <p>Alateen-a day at a time (B-10) \$24.00</p> |
| <p style="text-align: center;">Spring Into Summer</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>– Two Book (X-2020) Value book bundle includes: VSA special price \$42.50</p> </div>  </div> <p style="text-align: center;">B-16 Courage to Change plus B-29 Opening Our Hearts, Transforming our Losses Regular VSA Price \$33 x 2 = \$66.00 - Save \$23.50</p> | |
| <p> Please note: Spring into Summer specials available until sold out</p> | |

Account name: Al-Anon, BSB: 063 001, Account no: 0090 3408

(Please inform the office by phone or email that a deposit has been made)

V.S.A. ☎ Office 03 9629 8900 – Office Hours 10.30am to 2.30pm Monday to Thursday