



*Stay Well, Stay Connected and Keep the program Alive!*

23 May 2020 Victorian Southern Area Update

## *Spiritual Principles of Al-Anon's Self Support - Tradition Seven is Gratitude in Action*

[Al-Anon/Alateen Service Manual 2018-2021....Page 101]



We can't control the wind .....

We can adjust the sails

*Shared by a grateful member.....*

***"Please take good care of yourselves and others in your life. While we can't hold hands, we can bring our hearts closer"***

*Australian Service Conference  
May 30, 2020*

### ***Theme "Harmony"***

*Concept Four addresses a deep spiritual need – belonging. When we participate with a group of people bound by a common goal, we may discover that we can be connected to others, rather than be isolated and alone.*

*[Reaching for Personal Freedom (P-92) ..... page 136]*

**For Current Electronic meetings..... Follow Link:**

<https://www.al-anon.org.au/coronavirus>

## **Thank you for ALL member donations**

### **Four Ways to Donate**

**(Please Consider ONCE A MONTH)**

**Keep It Simple and HELP reduce excess administration**

**\*\*Please include your Name and the reference DON**

#### **1. Your Group's District**

Members could donate to their Group's District. The District then donates. If there's no active District Rep use options 2, 3 or 4

#### **2. Victorian Southern Area (VSA)**

**Bank:** Commonwealth Bank

**Account name:** Al-Anon Family Groups Victorian Southern Area Inc.

**BSB:** 063 001 **Account number:** 0090 3408

#### **3. Australian General Service Office (AGSO)**

a. Australian General Service Office (AGSO) bank account details for Electronic Funds Transfer:

**BSB:** 063 158 **Account No.:** 1003 5455

b. Credit Card Options are available using **PayID** and **PayPal**

#### **4. GiveNow Platform**

Personal Donations to both Al-Anon Australia (AGSO) and Al-Anon Southern Victorian Area can be made via the **GiveNow** platform:

Website: <https://www.givenow.com.au> Search "Al-Anon"

You will receive a tax-deductible receipt immediately after the donation is completed, and also be able to view all your donation history and download your annual donation statements at tax time.

A link will also be added to the Al-Anon VSA area of the website to make this easy for you.

**ALL DONATIONS OVER \$2 TO VSA OR AGSO ARE TAX-DEDUCTIBLE. RECEIPTS WILL BE PROVIDED.**

Grateful face-to-face meetings may start transitioning back.... In the meantime whether you're attending on-line meetings or supporting or being supported by fellow members please DONATE to AL-ANON as you're able.

**Kindly communicate ALL your Group changes via the VSA Office**

**VSA office remains closed .... Limited (CAL) Literature sales - order from VSA now!**