



## Group News Renewal

'Group News' Annual  
Subscription March 2020 –  
February 2021 Renewal now due  
– See enclosed form

## Group News Report

*'Your group, and the whole fellowship, benefit when different parts of this newsletter are read aloud.'*

It has been rewarding to get involved in Al-Anon service work as the Group News Coordinator. The teamwork has been inspiring – so much growth is to be gained by working with and for others. I invite all group secretaries this month to read out a variety of sections of the Group News so that all members get to experience the scope of this wonderful fellowship. Perhaps this month you could let your members know about the need for volunteers to speak on the 3CR radio broadcast *Living Free*. See the Public Information Report from Di in this edition of the Group News.

*Yours in service,  
Ann S. (Group News Coordinator)*

## Chairperson's Report

By the time this Newsletter goes out to all our members, we will be in March 2020. Time flies by so quickly. It's a timely reminder for me to be in the moment and enjoy every experience I can. I also know it's important for me to remember that the Al-Anon program is a gentle program which gives us time to listen and learn from others experience without pressure or expectation.

In these next months' we will be concentrating on our new members and how we can support and encourage them to Keep Coming Back! Our literature is full of suggestions on the 'do's and don'ts' for Sponsorship and a good place to start is the *Sponsorship Bookmark*.

In this past month we held our first Service Committee meeting for this year. It was so lovely to be around our meeting table again with the wonderful members who are putting their very best feet forward with new ideas and enthusiasm for our amazing program.

We will hold an extended meeting in March to give us more time for discussions and to

workshop. This is a great forum for our volunteer Committee members to bring any ideas, questions and challenges to our meetings for support and helpful suggestions. We are all learning together.

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

## QUOTE FOR MARCH

...go slow, let  
go, keep it  
simple.

One Day at a Time in Al-Anon p.142

## From Your Delegate

*'Tradition Two shows us how to practice the first three Steps as a group. We admit our own limitations, come to trust a Higher Power to guide us, and then turn the group conscience over to that Power.....If we trust ourselves to do our best, each asking for guidance along the way, we won't be drawn too far off course.'* Paths to Recovery, p.145

Welcome to March!

Miracles awaited me. Al-Anon gifts me a gentle and safe place to grow. Finding willingness to change me and accepting my part in the family disease so often a key to releasing my pain. Trusting the process and keeping it simple have transformed my life since beginning this journey. Thank you to those who LOVINGLY support AND encourage me to practice the spiritual principles in all my affairs. Today more than ever I commit to my personal recovery and get to lots of meetings. There I hear how others are using the tools of this daily program and feel privileged to share my experience, strength and hope. At home, having Conference Approved Literature to study is helpful for me. This includes my *Al-Anon/Alateen Service Manual (P24/27)* in conjunction with *Australian Service Handbook (X-1)* and *Al-Anon Guidelines*, which are freely available on our website and continue to help me understand "Obedience to the unenforceable".

Today, I am grateful for a fellowship where I am free to be me and okay for you to be you.

'The Third Tradition assures us that the help we have found will continue to be available to anyone who seeks it, without

its being diluted or altered by the latest trend or the views of a few members.' How Al-Anon Works – For Families & Friends of Alcoholics, p. 110

Great to see 'Participation is the Key to Harmony' in action at our first VSA Service Committee meeting for 2020 on Saturday 8 February. Good to welcome one member from District 5 as an observer. District Representatives (DR) from 1, 2, 3, 7 and Central came along as well as (aided by technology) our Northern Tasmania DR. Guided by a Higher Power and led by our Chairperson, reports were given by the Delegate, DRs, Coordinators, Association President and Treasurer. Discussion and dialogue flowed to clarify information shared in readiness to carry the message back; through the links of service. We are grateful for all your efforts!

Member feedback about successes with public information, fellowship and fundraising activities is always welcome. Any shared experience will be helpful for me to prepare the VSA theme talk on 'Harmony' for the next Australian Service Conference in May 2020.

Please save the date - our VSA June Assembly is being held Saturday 20 June 2020, open to Group Representatives and interested members.

## Did you know?

*'A.A. literature is not used at Al-Anon meetings because it is written for and from the viewpoint of alcoholics and is not Al-Anon/Alateen Conference Approved Literature. Reliance on opinions expressed in A.A. and other outside materials can distort the Al-Anon approach.'*

Al-Anon/Alateen Service Manual 2018-2021 p.112

*Love in service,  
Sue I. (Area Delegate)*

## Office Secretary's Report

JANUARY	2020	2019	2018	2017
Help calls	40	19	19	16
Office calls	7	1	2	0
Email enquiry	2	1	1	0
Total	49	21	22	16

There is a new Literature Price List and Literature postage is now \$13.00.

## New Meetings and Meeting Changes at the end of January

**Apollo Bay AFG** Friday 7.00pm new time

**Foster AFG** Sunday 1.00pm re-opened

Manna Gum Neighbourhood House,  
33 Station Street

**Kyneton AFG New Meeting** Monday  
7.30pm Uniting Church, Cnr Ebdon and  
Yaldwyn Sts

**Meeniyah AFG** Monday 4.00pm (formerly  
Leongatha meeting) at Christian Fellowship  
Church (behind Town Hall, enter via  
McLean Lane).

**Brunswick 'Discovering Choices' 5pm** now  
**closed** since 18 January 2020.

## Anniversaries, fundraisers and other events

When your group or district is planning an event, please avoid choosing a date that conflicts with other Al-Anon events by first consulting the Group News 'What's On' listings, and then by contacting the office to confirm that other, yet to be publicized events have not been planned for that day.

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

## Treasurer's Report Service Position Available

If there are any members out there who are either bookkeepers or accountants, we are in need of your expertise, firstly to assist with checking the accounts monthly or quarterly and secondly to become Treasurer as it's coming time for me to give another member an opportunity to take on this service position.

Please feel free to contact me on 0425 556 800 to have a chat.

Service is an amazing experience. And being Treasurer has been a great learning experience for me as I had no bookkeeping or accounting skills when I started. I have been lucky to have been assisted with things I have needed to do but we really do need someone with the right skill set for this position to step up next.

Looking forward to hearing from you.

*Love in service,  
Naduah (Association Treasurer)*

## Literature Report

Time to read and reflect? Which book could I choose? We are so fortunate to have literature that supports our recovery from the family disease of Alcoholism.

As a topic in meetings you may like to use the Sponsorship Pamphlet so that the newcomers know what to expect from a sponsor and how that process works in Al-

Anon, through attraction rather than promotion. Al-Anon is a gentle program and there are no musts.

To keep our meetings fresh and on topic please use the books that go beyond the daily readers. The new book *Intimacy in Alcoholic Relationships* would be a good start, plus *Paths to Recovery (B-24)*, *Al-Anon's Steps, Traditions and Concepts*. In my home group, Frankston Thursday, on the first Thursday of the month we have steps meetings following the months of the year. For example, in January we study the first Step, in February the second Step and so on. *Paths to Recovery (B-24)* has questions at the end of each Step that members are often asked to comment on. This is very interesting way to study the steps using our literature in meetings and to give comfort and support to our members.

Groups - please invest in newcomers' recovery by having daily readers on hand for purchase.

Also, please think of what Literature you will need for the group and for any upcoming Public Information events.

Put your orders in before the VSA meetings on the second Saturday of each month through the VSA office. If you have Committee members in your group they could take the literature back with them, fast delivery.

Thank you to the literature team and all other members for their support with the literature in the office and at their meetings. Your service is greatly appreciated by all members.

*Love in service  
Celeste (Literature Coordinator)*

## Public Information Report

Greetings to all you wonderful AFG members! Wishing everyone a peaceful and manageable 2020 one day at a time. Thank you to those who have been using the dedicated PI email address which is available for all members to use in our communications:

[vsa.publicinformation@gmail.com](mailto:vsa.publicinformation@gmail.com)

Please continue passing the word of your activities on to me so all ideas can be shared with other Districts.

### PI News from Districts:

In District 1 the booklet *'Families Living with Alcoholism'* and some *Unhappy House* bookmarks were left with the GP of a member.

## Radio 3CR broadcast 'Living Free' with Bill P

Thank you to those members who have taken part in the Radio 3CR which features Al-Anon Family Groups on the first Thursday of every month. Podcasts of recent speakers available at:

[www.3cr.org.au/livingfree](http://www.3cr.org.au/livingfree)

**Brenda V is actively seeking** additional members who are willing to share their experience, strength and hope for this important community service.

**Please read this message at your groups:**

*"We seek a variety of Al-Anon members with good recovery as speakers for 3CR's 'Living Free' radio program on first Thursday of each month. Pre-record options can be arranged where timing is a barrier.*

*Please contact Brenda on 0401 549 377."*

## Literature payments and donations

Payments and donations 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 include your name (an abbreviation of your personal or group name) plus one of the following codes:

**LIT** (literature)

**DON** (donations)

**GN** (Group News subscription)

It is also helpful if you can inform the office (03 9629 8900) that payment has been made.

Please don't forget to add an amount for postage of literature orders (now \$13.00).

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

## PI Focus for March is Libraries

Leave *M-76 bookmarks* in school, university and public libraries. (Seek permission)

Think about setting up library displays – see Library Template available from AGSO.

Use library notice boards and display pieces of Conference Approved Literature.

Donate Al-Anon books to the local library.

I look forward to receiving your news in the coming weeks.

*Love in service,  
Di J. (Public Information Coordinator)*

## District 1 Report

**Chelsea, Frankston x 3, McCrae, Mornington x 2, Frankston Alateen.**

Hello fellow Al-Anon members. Our District is settling into the year nicely. We have noticed numbers are again improving in our groups following the holiday season. Frankston Thursday is planning a social get together in March and we welcome a new Group Representative and alternate Group Representative in the Saturday Mornington meeting. Our Frankston Monday meeting has resumed. Looking forward to an eventful Al-Anon year starting one day at a time.

*Love in service, Yvonne (DR)*

## District 2 Report

**Brighton, Cheltenham x 2, Hampton, St. Kilda x 3.**

A big thank you for donations made to VSA from the meetings, \$740 all together; it is greatly appreciated. Keep an eye out for Brighton's 44th new anniversary time on 18th March at 7.30pm on 'Powerlessness'. It'll be great. If anyone is keen to boost their recovery, both St Kilda Friday meetings are in need of members willing to take up service positions such as Group Secretary. Please let me know if you are willing.

May all continue to share their experience, strength and hope.

*Peace and love in service,  
Ryta (DR)*

## District 7 Report

**Heidelberg, Northcote, Greensborough, Diamond Creek and Mernda**

It's another New Year and all our groups are off to an enthusiastic start. I was recently warmly welcomed at the new LBGTIQ meeting which already has a regular attendance of 10-12.

Mernda is a small group but has managed to keep its doors open in recent months, partly thanks to a PI effort by the GR who temporarily retired before Christmas to have her beautiful new baby. Congratulations Karly.

Diamond Creek is flourishing and has had up to 20 members attending in recent times.

Greensborough is stable and still looking for a willing member to be Group Representative.

Bernadette is settling into her new GR position at Heidelberg.

Northcote, which has a regular participation of 12-20, is consolidating, with 12 core members staying on for a recent

Business Meeting. This makes for healthy rotation of Service positions and a chance for new members to step up in a supportive environment. An Anniversary and plant sale are planned for April 14 (Easter Tuesday).

*Love in service,  
Robyn P (DR)*

## East Gippsland District Report

The Bairnsdale Tuesday Night meeting venue will be closed 10 March and reopen 31 March. Participation is small, with study of the steps, traditions & concepts keeping the group healthy. The doors are open and the rest is up to God.

*Love in service, Mary-Ann (GR)*

## Northern Tasmania District Report

**Burnie, Devonport x 3, Launceston x 3, St Helens)**

Launceston Tuesday and Launceston Wednesday AFGs have merged and now meet on Wednesday effective from 5th February at 12.30 at the Margaret Street meeting room (Church of Apostles)

The Wednesday lunchtime group has relocated to the Margaret Street venue (where the Tuesday group meets).

The Tuesday group has been struggling to stay open so we made a decision to close; the two members (when able to attend) will join the Wednesday group.

We're currently preparing a series of postcards for a District PI initiative.

I continue to spend a day with each GR doing Public Information (PI) in and near their meeting place. Once each GR has connected to a few medical centres, counsellors, the local library and police station, there will be an opportunity to revisit them every quarter to update CAL and renew posters - and to rotate the series of new postcards we'll be distributing.

We have a radio interview in Launceston next Friday - they have been airing our Community Service Announcements on Sunday morning program.

Wednesday lunchtime meeting remains an hour with half an hour for open discussion, business matters and tea/cake.

Burnie meeting is small but strong.

St Helens is struggling, with often no meetings held. Both members are elderly and one has been unwell. Devonport Friday has two core members and needs support.

The Monday evening Devonport meeting is also small - despite an avid PI effort.

The East Coast Rally is fast approaching. Five Al-Anon meetings are planned and we're participating in two AA meetings plus the BBQ dinner on the Saturday.

We hope that the strength of Al-Anon's presence will encourage local AA members to see Al-Anon as an ally wanting recovery for the whole family, supporting the alcoholic's recovery by better understanding the family disease. We may even get more new members as a result.

The 60th Anniversary of Al-Anon in Tasmania will be held 19 September (2-4pm) at Mather House, Bathurst Street Hobart.

Launceston Al-Anon Book Club is held on the first Saturday afternoon of each month. We're currently working through the *Blueprint for Progress (P-5)*. We began last year with *Reaching for Personal Freedom (P-92)* and completed Step Three, we diverted to *Blueprint for Progress (P-5)* but will continue with *Reaching for Personal Freedom (P-92)* later..

*Love in Al-Anon service, Gillian B (DR)*

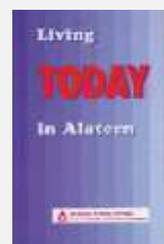
## Southern Tasmania District Report

**Eastern Shore, Bridgewater, Hobart x 2**

We will, by the time of publication, have held our Bring & Buy at Saturday Night's Eastern Shore home-ground, Howrah. It is always interesting and a good catch-up. We have confirmed our booking for Tasmania's 60th Anniversary at Mather House on Saturday 19 September at 2-4pm for those planning ahead.

*Love in service, Jill W. (DR)*

### Living Today in Alateen (B-26)



**Daily Reader** shows how members practice the program right now, today. Indexed. 378 pages.

**Purchase via VSA office**

# 'WHAT'S ON' IN AL-ANON?

PUBLIC INFORMATION Calendar – **March focus: Libraries**

<b>Saturday 14 March</b> 10.00am to 3.00pm	<b>Victorian Southern Area Service Committee Meeting</b>	<b>VSA Office</b> <b>Level 7, 51 Queens Street, Melbourne</b>	All Service Committee members please attend with you Service Manuals.
<b>Wednesday 18 March</b> <b>7.30pm</b> Please note: earlier start	<b>Brighton 44<sup>th</sup> Anniversary</b> "Powerlessness"	<b>Trinity House</b> 15 Black Street	<b>All welcome</b>
<b>Friday – Sunday</b> <b>20-22 March</b>	<b>AA East Coast Rally with</b> <b>Al-Anon participation</b>	<b>Registration at Anglican Church Hall 58 Cecelia Street, St Helens</b>	<b>Topic: A New Beginning</b> Cost \$20 (includes BBQ dinner Saturday night).
<b>Sunday 22 March</b> <b>11.30 am onwards</b>	<b>District 3 Fundraiser</b> Sausage Sizzle	<b>THIS EVENT HAS BEEN CANCELLED</b>	
<b>Thursday 26 March</b> <b>10.30am</b>	<b>Group News Mail Out</b>	<b>VSA Office</b> Level 7, 51 Queens Street, Melbourne	<b>All welcome</b> <b>BYO Lunch</b>
<b>Friday to Sunday</b> <b>27-29 March</b>	<b>AA's Golden Triangle Unity Weekend</b> with Al-Anon participation	<b>Mechanic's Institute</b> 8-12 School St, California Gully Bendigo	<b>All welcome</b> Saturday registration 8.30am Sunday from 10.00am
<b>Tuesday 14 April</b> <b>10.40am</b>	<b>Northcote Tuesday Morning Group Anniversary 10.45am</b> 'New Beginnings in Al-Anon' AA and Alateen speakers.	<b>Jika Jika Community Centre</b> 1B Plant Street Northcote	<b>All welcome</b> There will be a plant sale and refreshments following the meeting. Please bring a plate to share.

## AL-ANON FAMILY GROUPS – FAMILIES & FRIENDS OF ALCOHOLICS

Victorian Southern Area Inc., GPO Box 5458, Melbourne, VIC 3001 – 7<sup>th</sup> 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](mailto:alanonvsa@netspace.net.au)

website: <https://www.al-anon.org.au> (to access Members' page username: *memberpassword: 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: PP100000278

## The next Group News will be edition #560

### April 2020

Subscribe to receive this newsletter free-of-charge as an email attachment (.pdf) by sending a simple email request to the Area office.

Please send all 'What's On' notices to the Area office ([alanonvsa@netspace.net.au](mailto:alanonvsa@netspace.net.au)).

Deadline for all contributions is **Tuesday 10 March 2020**

When your Group or District is planning an event, **please** avoid choosing a date that conflicts with other Al-Anon events by first consulting the **Group News 'What's On'** listings, and contacting the VSA office to confirm that other, yet to be publicised events, have not been planned for that day.

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