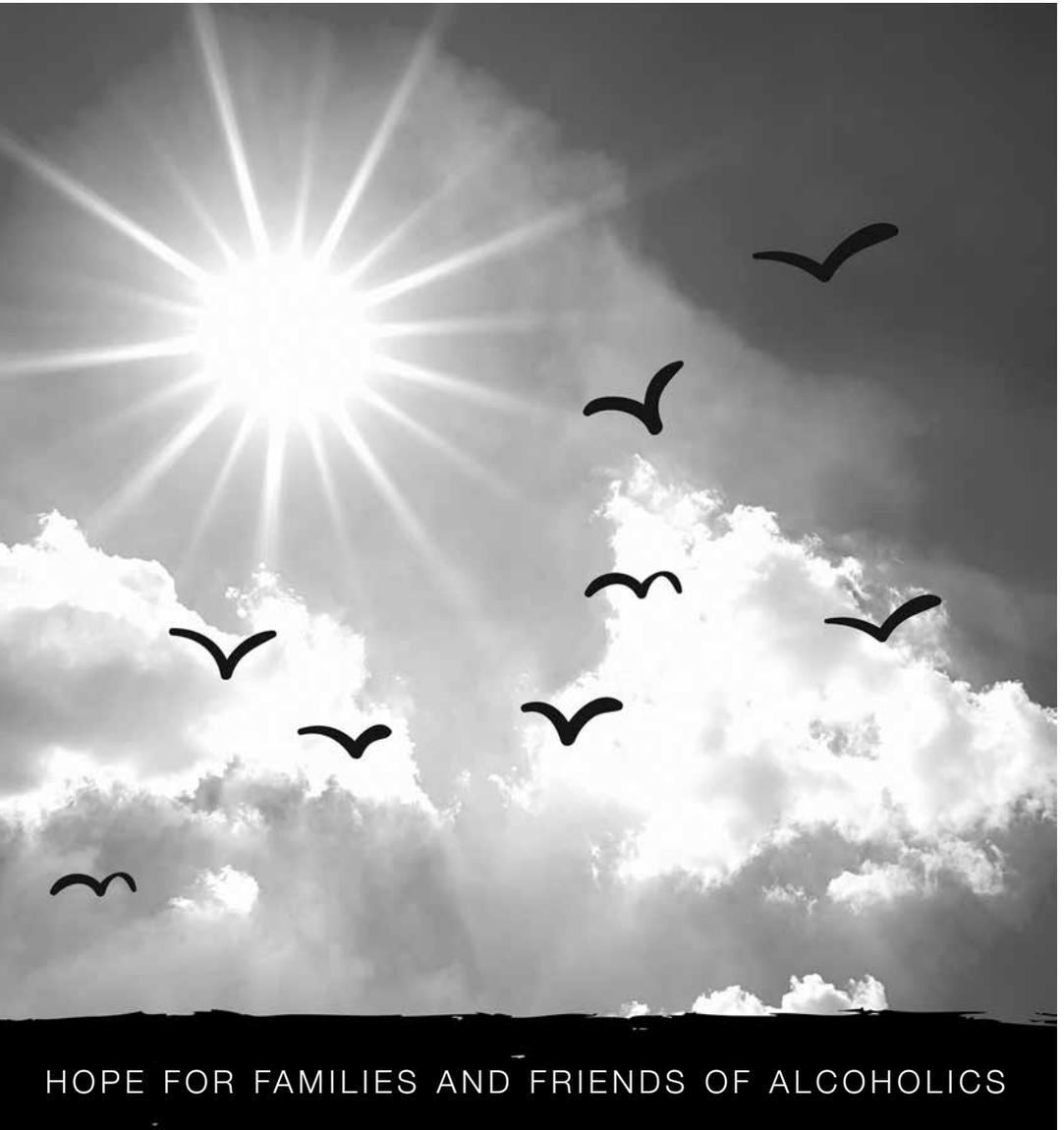


March 2021



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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STATEMENT OF PURPOSE

The purpose of **Al-Anon** is to help families and friends of alcoholics by offering hope and friendship, better understanding of the effects on themselves of someone else's drinking, and an opportunity for spiritual awakening through the shared experience described in the Twelve Steps.

Austra-Link is the monthly publication of Australian Al-Anon Family Groups. In the pages of this magazine, Al-Anon and Alateen members share their experience, strength and hope as they do in their meetings. Through this "voice of the fellowship" individual members and Groups can be heard by many. Such sharing is vital in helping readers find growth and serenity through the Al-Anon program.

Al-Anon and Alateen members are invited to contribute articles, sharing their recovery. Articles present members' personal views and experiences, and opinions expressed are not to be attributed to Al-Anon as a whole. Austra-Link does not print prayers or poetry. Full name and address (home or group) is required before any item can be accepted. Please indicate how you would like your article signed: first name only, first name and Area, initials only, or "Anon".

Mail your article to Austra-Link Editor - Al-Anon Family Group, GPO Box 1002, Melbourne Vic. 3001 or email to austra-link@al-anon.org.au

All notices of forthcoming events must reach The Editor two months prior to publication.

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

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also a framework within which the groups can carry on their affairs in harmony.



Getting there...

Time continues to move at a furious pace. Goodness me it's nearly a quarter of the way through the year already! Have to say though, I'm pretty sure that despite this, I am feeling more grounded on the whole.

I have moved to a less sorrow-filled place even though I am still grieving the loss of Alfred and my father. For several weeks I carried a constant heaviness in my gut—call it a pain or an ache, with an internal pulse reminiscent of a team of line dancers with weight issues, and unshakable exhaustion. As I shared before, I didn't like not being in charge of this grieving business and I found it baffling.

I was reviewing my life and it was not looking too flash to me. I had re-engaged with my gloomy, negative self and I was angry and judgmental. I didn't like it. I had really expected my program to make all these tricky times less awful. Doh!

Anyway...Now that I have accepted that grief is not to be second-guessed or escaped, I am content to be baffled, and paradoxically this has resulted in a gentler way of living with loss.

I've given myself the gift of periods of fond reminiscences. I re-live some of the minutiae of life with Alfred the Great. His super cute little legs, his gimlet stare when he wanted something and his wuffling objections if I didn't do it in double quick Alfred time.

I'm pretty sure it's not nuts. It actually makes me quite sad, but somehow that's laced with joy and love. I believe it has helped me back to a better relationship with my program, my Higher Power and my significant others.

Ironically, whenever I pick up an item of Conference Approved Literature (CAL) I find readings that refer to the futility of trying to control feelings rather than feeling them.

Actually, I have been picking up a lot of CAL. Early mornings I'm on a bench in my garden reading my three daily readers, chatting to the birds up in the birches, revelling in the peace and communing with my Higher Power. Confession time here. For me it is very normal to talk out loud to animals, birds, plants and insects. I do not generally actually vocalise when I talk with my HP. That said, there has been constant exchange between HP and me. I've also returned to journaling—after a break of 'just' quite a few months.

I'm still enjoying the reduced bustle brought about by COVID-19 restrictions (selfish I know), yet I am busier than busy. I can say though, there is more good orderly direction in the mix than ever before. ▲



Wendy E.

Rosey, another conscientious member of the grief counselling team...



Excerpts from
**B-29 Opening
our Hearts,
Transforming
our Losses**

Grieving for Our
Childhood

“I have carried an immense grief since childhood, but didn't know why.”

Mourning what was lost, grieving what never was.

When we first come to Al-Anon, many of us question what has become of our lives. We may be clinging to past hopes and dreams, or to memories of the alcoholic before the drinking began. We may be reluctant to accept our losses, fearing that our grief will consume us if we acknowledge it. We may not have had the relationship we wanted nor were we treated in the ways we hoped or expected. To cope with our pain, we may have created a fantasy of the perfect family, the perfect childhood, the perfect relationship, or the perfect life.

There lies a delicate balance between avoiding our pain and giving ourselves time to deal with it. We don't want to circumvent our grief, nor do we want to force ourselves to confront it before we are ready. Much like a child who needs the comfort of a security blanket, we may need to hold on to our dreams until we become ready to face life

without them. We wouldn't rip away the blanket, nor would we reprimand the child for needing it. We trust that when feeling safe enough, the child will let go of it. We can afford ourselves this same compassion and understanding, trusting that when the time is right we will be ready to face our losses.

“In a meeting, I heard someone say, ‘the answer to the pain is in the pain’, and I decided to let go of control and allow the grief and my Higher Power to take me wherever I was meant to go.”

When we reach this point of letting go, we can begin to see others for who they are, rather than who we hope they will become. With this acceptance can also come a profound sense of loss. Many of us didn't get the lives we hoped for, but obsession about what we perceive to be life's unfairness only sets us up for more misery. Eventually we learn to accept what is, even if it's not the way we would like it to be.

“In Al-Anon no one tried to help restore my lost dreams. Miraculously, I found that while I could not change the course of my family history, I had the strength and support of my program to allow me to rebuild a new and far richer life for myself than I ever could have planned or dreamed.”

pp. 42-43

When I got real with the help of Al-Anon, I had to admit that the perfect family I had dreamed of was not to be. My husband of more than 30 years was an alcoholic, and each of our four children had issues with him. Denial had prevented me from understanding

my children and recognizing what alcoholism was doing to them.

As I take care of myself and work on my recovery, I am better able to support my children today. I encourage them to learn about the disease of alcoholism and how it has affected their lives. Improving my relationships with my children is my focus for today. The reality is bittersweet compared with the dream I had, but then I remember it was just that—a dream. Al-Anon helps me to focus on what is real and present in my life today and to look toward tomorrow with hope.

p. 53



If the Shoe Fits

Reading about Tradition 7, I thought back to the amazing opportunity I had in attending the Al-Anon International Convention in Baltimore a few years ago and in particular, the huge sculpture of a blue shoe representing Lois W's shoe, perched on top of the donation box.

Over the years, I've heard various catchy phrases to encourage donations. For example, "Give what you can, when you can"; "\$5 to survive and thrive"; and more recently, "Make your donation to the value of a cup of coffee and cake". I was surprised when visiting a group that the suggested donation was a very small amount.

Thinking about Lois's shoe, I realised that members in a group meeting probably all have varying shoe sizes. Even my own shoe size can vary, swelling at times in the summer heat and also needing a wider fitting on account of

wearing orthotics. Same goes for member donations. We can give to the size that sits comfortably with us, and when we have a bit of swelling in our personal funds, we can contribute a bit more.

Shoes that are 'tight' and 'pinching' may not let us show the gratitude we have for our wonderful program or make it comfortable to walk too far along our journey.

Donate whatever amount suits you and remember the size of that huge, blue shoe! ▲

Tanya J., Southern Victoria



This huge facsimile of a shoe was on display in the foyer of the 2018 Al-Anon International Convention in Baltimore. The significance of the shoe is that Lois W threw her shoe at husband Bill W (AA founder) in her frustration because he was never home! (Those darn meetings!)

Today is...

I am so grateful that in Al-Anon I have discovered that I can say Happy New Year each and every day. On each morning that I wake, I can start afresh with a new intention and new hope.

During lockdown here in Melbourne, I became interested in growing succulents. I started with just cuttings and leaves, experimenting and discovering which were the best methods for encouraging growth. The little leaves of the succulents took the longest time. Every day I would look for change but saw none.

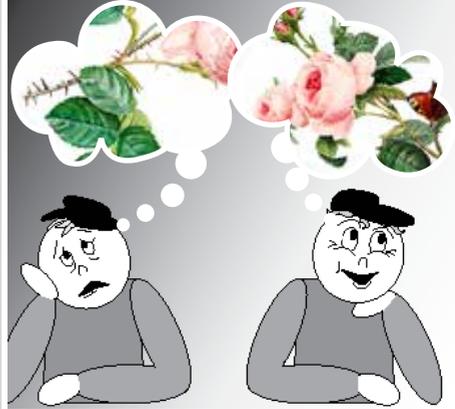
Eventually I forgot about looking and then a few weeks later I saw to my amazement, tiny flowerets and new roots emerging. It seemed a miracle!

Gosh, it reminded me of my first year or so in Al-Anon. I would take little snippets of information and try them out. Among the firsts were “detach with love” and “Let Go, Let God”. I loved those slogans! Some grew roots immediately, others took longer.

Looking back, I can see that slowly, little by little, I was changing. The succulents have grown now, but they still need care. Water, shaping, re-potting just like I need to eat and sleep, review and renew. Every day is a new chance to be the best version of myself, thanks to this program. Happy New Day to you all. ▲

Robyn A., Victorian Southern Area

The art of knowing what to ignore, Rumi.



Today's Reminder

There is some good in even the darkest troubles that happen to me. I can acquire the knack of searching out the good, and concentrating on it. Much depends on meeting my problems head on, calmly estimating their real character, refusing to exaggerate them, and then drowning them out with an inspiring thought.

“Painful experiences come from the thorns that wound us; they make us forget they also have roses. Yet we cannot expect to enjoy life's color, beauty and fragrance, without accepting the thorny challenges and learning how to deal with them, as we do in Al-Anon.”

One Day at a Time in Al-Anon, B-6, p. 100

Thank you for the kind and loving messages of condolence following the death of my father and Alfred the Great. I am so very grateful for the support. It has really helped me so much. Wendy E. (Ed.)



Winnie-the-Pooh and Al-Anon

Many of us find ourselves in much the same fix as Milne's Pooh, who had promised to write a poem about Piglet's heroism and found the going difficult: "But it isn't easy," said Pooh to himself, "because Poetry and Hums aren't things which you get, they're things which get you. And all you can do is to go where they can find you."

So Pooh waited hopefully to see what happened, and a seven-verse poem happened, which he supposed had never been heard of before—not at least in the House at Pooh Corner.

In my very early days of Al-Anon, the First Step was very much on my mind. I thought of it constantly but found myself doing all the futile things I'd always done; I was as far from actually practicing that Step as if I'd never heard of it. Fortunately, I kept going to meetings—the place where it could find me—and eventually it did find me and I began living an Al-Anon life.

So it was with a dear friend. Dot had attended AA meetings with her husband for a long time. She was happy and satisfied with AA, saw no reason to look within herself for anything wrong in her life. Then a friend began working on her to go to Al-Anon until, finally, in protest, she thought she'd go to a few meetings to prove the friend wrong and then she'd drop it happily.

She went to Al-Anon a time or two, tongue in check, and was satisfied Al-Anon wasn't for her. But after a few

meetings, it was time to change officers and she was asked to be secretary. She didn't like to refuse so she kept attending meetings and before long, Al-Anon had got a firm hold on her.

Another friend had attended Al-Anon a couple of years, and ended up chairman of the group for six months. As she went home the night new officers were chosen, she thought to herself: "I've now attended Al-Anon three years. I've learned all it teaches and I think I've graduated. I'll go next week to turn over the chairmanship and then I'll be free Wednesday nights."

But something happened that next Wednesday at her job and her first thought was, "This is where Al-Anon can keep me straight—I need it more than ever." That was a dozen years ago and she is still attending an Al-Anon group!

So with Pooh, I say, Al-Anon is a thing which gets you.

All you need do is go where it can find you and, sooner or later, it will be your rod and your staff. ▲

Forum Favorites, Volume 2, p. 140

Lilian's Acronym of the month

Not **U**sing **T**he **S**teps



Recovery Blessings during a Global Pandemic

So, 2020 was a year like no other. There were lots of negatives. Thankfully, I belong to a worldwide fellowship of people who are working on living one day at a time and learning to place their problems into perspective and living life on life's terms.

Al-Anon is gentle, patient and kind. It helps me to be who I truly am. It allows me to acknowledge my feelings, to accept myself and to keep on growing in every way, if that's what I truly want. Al-Anon is a life-long journey not a destination. Thank God for that, or I would have given up.

The more I attend Al-Anon, the more I learn about myself and the effects of alcoholism on my life and those around me. I grow in serenity, and my confidence and self-esteem increase.

The Zoom meetings have been the biggest blessing. They have enabled me to attend as many meetings as I choose to and to meet members from around Australia and the world, which has truly displayed our worldwide fellowship and unity.

What an incredible gift to have attended a Mini-Con in New Zealand, an AA Convention in Queensland, an Anniversary in Tasmania, a Serenity day in NSW and Steps meetings—all in 2020 and without leaving my home! I am eternally grateful to God for leading me to Al-Anon and helping me grow through the sharing of your experience, strength and hope. ▲

Sandra R., Victorian Southern Area

NEWS...

COVID-safe workplace protocols mean we miss the friendly visits to the office from members and volunteers. We have a strict limit of four people in the office at one time and keep the wheels turning with staff, committee and service board meetings all being conducted on-line. In between hand sanitising and keeping track of on again off again mask wearing rules, here's how we are working one day at a time at AGSO... *Ed.*

Al-Anon teaches us to be flexible and nimble to cope with changes in an alcoholic family situation. All of us at AGSO certainly have had to use all our reserves of adaptability in trying to maintain services to the Australian fellowship during this terrible pandemic.

With the office being in Victoria of course our journey through 2020 lockdowns and restrictions has been even harder than it has been for Area Offices in other states but we have been successful on the whole. Literature services to the Area offices have been provided for most of the year, the Austra-Link in hard copy only had three editions which were unable to be posted, with digital edition being freely available by email or the website. Keeping track of meeting changes, electronic and face-to-face, was a big task and proved to be a team effort.

The resilience of our AGSO staff was fantastic adapting to the challenges of working from home and still managing to keep communication functional. The loving support and messages of encouragement to all of us at AGSO from members all over Australia was very much appreciated.

General Secretary, Lois A.

...and VIEWS from AGSO

While adhering to Government regulations Staff have gone to great lengths to ensure most services to members have continued. We have not been able to rely on volunteers to come into the Office so Staff have taken on extra roles, for example the collating and distribution of *Austra-Link*.

Volunteers on Committees have continued to give service, meeting via Zoom and contributing to Newsletters etc. electronically.

Regular committee meetings have continued via zoom so my technology skills have improved (whether I liked it or not!). Accessing files remotely has been challenging but we've all found ways to manage by finding documents in email trails or asking other members of AGSO for ideas. I can be productive at home where the time I work in a quiet environment and once again my mind is filled with AI-Anon thoughts giving me little time to feel sorry for myself.

Deputy General Secretary, Jenny A.

The 2018 adoption of Quickbooks Online means Jeanine and I could keep all our donations, other receipts and payments up to date from home, as well as the reporting for the Executive Committee and General Service Board. Lois and I have been communicating regularly to keep up to date with the bills. Loving our staff What's Ap group. It's been amazing how we've kept pretty well on top of things throughout this COVID year. Thanks to Jacinta for banking and processing cheques.

Finance Officer, Ros M

Hi! Jacinta here. During the COVID pandemic I've kept abreast of meeting changes for the website. It's been abit like a revolving door—one minute a meeting opens and the next it closes.... Some days I make numerous meeting changes to Areas' meeting lists, taking down the old lists and uploading the new lists. Volunteers have been the backbone of AGSO but COVID's put a halt to that. I got special permission to come into the office to make sure *Austra-Link* copies were printed, collated and reached our members. Recently I've returned to three days in the office. Watch this space...

AGSO Admin, Jacinta A.

Vertical flux best describes literature distribution in 2020 as we responded to orders received at the AGSO. Plus our courier company changed hands with inevitable teething problems. 2021 isn't showing any signs of Covid disappearing during this La Nina summer. It's a personal commitment strapping on a mask from the commence of the train commute through to arrival, through the city streets, and then signing in on arrival. And no visitors, as such, just solid work to provide the best literature service we can. We have extended an offer of help for all Areas to upgrade to an "interactive" price list/order form to enhance ease of purchases by groups and members.

Sending only love from these clean, clean hands...

Literature Coordinator Claire J. & Storeman Don F.

[...and who knows how long the situation will continue? So it's 'first things first', 'count your blessings', 'let go and let God' and 'easy does it' from us...▲](#)

Progress not perfection

Although I didn't grow up in an alcoholic household, my dad was very strict, controlling and a perfectionist. I was always striving to please him and to do things perfectly. He was diagnosed with MS when I was 12 and I became overly responsible, and developed a need to control everything in my life. I became self-critical with low self-esteem. I remember never feeling I was very good at anything, so I wouldn't carry on with a hobby or pursue a job because I felt I couldn't do it as well as others could. I was also putting other people's needs before my own.

I took all these behaviours into my marriage and put a lot of pressure on myself and my husband. When my youngest son was diagnosed with autism, my co-dependent behaviour caused my marriage to break down and we got divorced.

When I began a relationship with my childhood sweetheart, I was determined not to make the same mistakes I'd made in my marriage. But when his drinking escalated, I was ready for our relationship to end. Life had become unbearable—he was verbally abusive, selfish and unreasonable. I didn't like who I'd become either. I was on my knees when I came to Al-Anon, and spent most of the time crying. Shortly afterwards my partner did acknowledge

Learning to let go of trying to be perfect is making me a better and nicer person to be around

that his drinking was out of control and got help.

What a roller coaster it's been since then. I've been learning not to enable my partner by letting him face the consequences of his behaviour. When he relapsed I found it extremely hard to deal with. I was still very focused on him, and obsessed with his behaviour, still holding onto that control. The Slogans saved me, as well as the 3 Cs—I didn't cause alcoholism, and can't control or cure it.

I was so pleased to learn that Al-Anon was a gentle programme and that I could forgive myself. I had done the best I could at the time.

I started to get the focus back where it belonged, on me. I'm finding out who Emma is again.

A lot of my behaviours were driven by fear. Will he relapse? What will I do?

When I get stressed like this I can hand it over to my Higher Power and tell myself that I'm where I'm meant to be right now. Going to meetings regularly, calling on Al-Anon friends between meetings, reading the literature and listening to podcasts helps me every day.

I know now that I am enough, that I make mistakes and that's OK. I promptly admit when I'm wrong and I like myself more now for being able to do this, for being able to be vulnerable.

I don't know what the future holds for me and my partner but I know Al-Anon and all my lovely new friends

will be there to help me cope. Learning to let go of trying to be perfect is making me a better and nicer person to be around.

I've learnt that my way of doing things is right for me and I let other people live their own lives

I have to take care of my thoughts when I'm alone and my words when I'm with people. I can waste a whole day

obsessing about what my partner has said or done. I use the acronym THINK before I say things to people, especially my partner—is it thoughtful, honest, intelligent, necessary, kind?

I have to stop giving advice. I've learnt that my way of doing things is right for me and I let other people live their own lives.

I have started a new hobby, acrylic painting, and I'm also selling my paintings. This has really helped me in so many ways, building my self esteem, keeping that focus on me, and daring to be brave and put myself out there. If it doesn't always work out how I'd hoped, I'm still enjoying the journey. ▲

Emma

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We suggested members open any of their Al-Anon books at a random page...and read...

I picked up my copy of *From Survival to Recovery*, (B-21) and it fell open at Chapter 5, page 221.

Once the major wounds that we sustained while growing up with the disease of alcoholism have healed, we stand on the threshold of a glorious new life. We may be standing straight and relatively pain-free for the first time in our lives. Shame has been faced and banished, and we have learned to connect with our fellow human beings in honesty and trust.

It goes on to say

... Wouldn't it be lovely if this serene state remained constant through the rest of our lives? It doesn't.

Two things prevent us from living in bliss and innocence—the stealthy return of our old patterns, and the fact that we are human beings living in a world where all living things are born, grow, diminish and die.

Change is the order of the day.

For me it is a reminder that I must be ever vigilant, but not in an anxious way. Regardless of how confident I am that things are going OK, I need to maintain contact with my Higher Power and work my program to help me stay on track ▲

Anon.

As COVID continues to run rings around us all, it is inspiring to see the resilience our wonderful fellowship has shown over the past year.

2020 was the 60th Anniversary of the World Service Conference. The anticipated excitement of such a celebration may have been tempered by more complex technical arrangements and necessary precautions. However, undeterred by the necessity to go 'virtual' the Conference was a great time of cooperation, sharing and recovery.

The theme for 2020: Dreaming Big with 20/20 Vision

Excerpts from 2020 World Service Conference Summary

Before Al-Anon, my dreams were for everyone else. I didn't know how to dream for myself. I came to Al-Anon to get the alcoholic sober. Those crazy women didn't tell me how to do it. I was insane and didn't know it. As I stopped managing and the alcoholic left, I wanted to crawl in a hole and die. I didn't know where he ended, and I began. Without him I had nothing.

It was Al-Anon that saved me. I could no longer use the alcoholic as an excuse for my life. I had to acknowledge all that I had done; I washed the alcoholic's clothes without soap because I needed to punish him, not because he didn't help pay the bills. He didn't participate in the kids' school events because I didn't tell him about them, not because he was too drunk to remember. My

caretaking is destructive because it takes away from the people I care about. My kindness unchecked will kill you, and I will be resentful that you are not grateful. Al-Anon has taught me to have the reciprocal relationships that enhance my life, not become it.

When I started in service, I told myself I was to give back what was given to me, which in part is true, although, in reality, without an alcoholic, I had no life. I had no social skills or healthy relationships.

What service has taught me:

- ▲ I am not alone
- ▲ I can be friends with an alcoholic without wanting to fix or kill them
- ▲ Control is an illusion
- ▲ I am not responsible for another person's happiness
- ▲ I let the people I love suffer their own consequences
- ▲ I have my own voice
- ▲ You don't have to like me
- ▲ I defeat fear by facing it
- ▲ I am a good person for who I am, not who you want me to be
- ▲ I don't have to have blind obedience to belong.

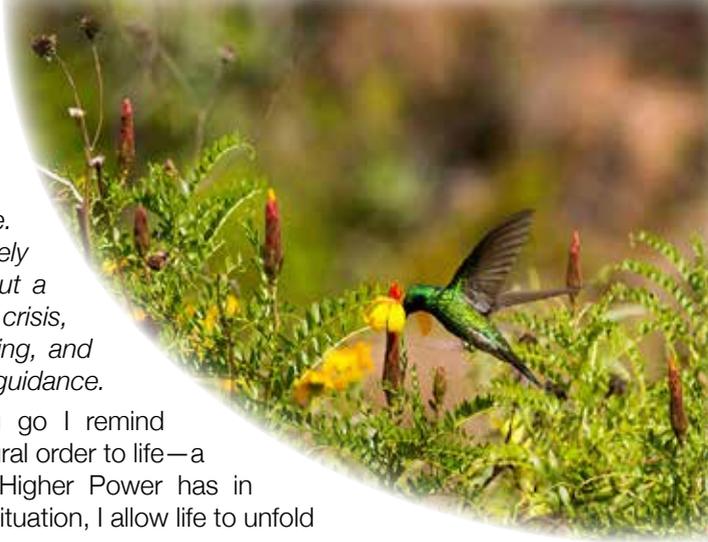
Dreams are things that I hope for even though I'm afraid to want them. 20/20 vision is seeing things through the lens of reality, not denial. I am blessed, God does for me what I can't do for myself. I have people in my life who love me enough to tell me the truth. It might not sound like much; but, I couldn't have dreamt for anything more.

*Barbara H., Rhode Island
Sharing Ourselves, Delegates (Panel 58), p. 54*

Thought for the Day

Al-Anon teaches me to avoid the “have to” syndrome. When I feel like I just absolutely have to do something about a situation that is not a true crisis, it’s best to sit still, do nothing, and wait for my Higher Power’s guidance.

“When I think of letting go I remind myself that there is a natural order to life—a chain of events that a Higher Power has in mind. When I let go of a situation, I allow life to unfold according to that plan.”



*Courage to Change, p. 203
Hope for Today B-27, p 107*

Subscription to Austra-Link 2020-2021

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Forthcoming Events

AA RALLY IN ST HELEN'S TASMANIA, AA RALLY WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday, 19th March 2021 to Sunday, 21st March 2021

Venue: St.Helen's Neighbourhood House, 25 Circassion Street, St Helens, Tasmania

5-6 Al-Anon meetings, Fellowship BBQ Saturday night

Contact: Gillian 0414 693 922 Theme: "Celebrating Our Recovery"

AA NATIONAL CONVENTION 2021

AA NATIONAL CONVENTION IN ADELAIDE WITH AL-ANON AND ALATEEN PARTICIPATION

Date: CANCELLED

October 2021 Edition of Austra-Link celebrates 70 years of Al-Anon

Over the years there have been many changes to Al-Anon. We are always working to help serve members as our fellowship has grown, all the while sharing the experience, strength and hope we receive from our wonderful spiritual program.

We would love to receive shares from members about their memories of the fellowship for the October 2021 70th Anniversary issue.

Mail your article to Austra-Link Editor - Al-Anon Family Group, GPO Box 1002, Melbourne Vic. 3001 or email to austra-link@al-anon.org.au

Have you renewed your subscription to Austra-Link?

See the subscription form on page 11 in this, and every copy of *Austra-Link*.

Remember, a gift subscription to someone you sponsor or to a new member in your group, is a loving way to say, "We care about you, please keep coming back".



Next Issue: April, 2021

CAL: Opening our Hearts, Transforming our Losses (B-29)

Articles and Member sharings from around Australia

Autumn Sharing Topic - My program enriches my life with colour

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

www.al-anon.org.au

To access Members' page:

your username is: **member**

your password is: **afg**



THE TWELVE 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 others, and to practice these principles in all our affairs.



Remember the **1300 252 666** number is a ***national number*** which connects you to the nearest Area Office. For example, if you are in South Australia and call the number, Adelaide members will respond to you.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one 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 relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of A.A. ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centres may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our 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, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Area Offices in Australia

NORTHERN NEW SOUTH WALES:

Al-Anon Family Groups Northern NSW Area
Room 9, 49 Annie St,
WICKHAM NSW 2293
Phone: (02) 4961 6662
Helpline: 1300 252 666
Email: alanonnorthernnsw@bigpond.com

SOUTHERN NEW SOUTH WALES:

(includes Australian Capital Territory)
Al-Anon Family Groups Southern NSW Area
Suite 4, 2 Ormonde Parade
HURSTVILLE NSW 2220
Phone: (02) 9570 3400
Email: office@al-anon-snsw.org.au

WESTERN NEW SOUTH WALES:

Al-Anon Family Groups Western NSW Area
Suite 108, First Floor
114-116 Henry Street, PENRITH NSW 2750
Phone: (02) 4731 1442
E-mail: al-anonpenrith@optusnet.com.au

NORTH QUEENSLAND:

Al-Anon Family Groups North Queensland Area
P.O. Box 827, AITKENVALE QLD 4814
Phone: 1300 252 666
Email: alanonnqarea@gmail.com

SOUTH QUEENSLAND:

Al-Anon Family Groups South Queensland Area
Unit 3, 1050 Manly Road. TINGALPA
PO Box 2169, TINGALPA QLD 4173
10:00am – 2:00pm, Monday to Friday
Phone: (07) 3890 1244
Helpline: 1300 252 666
Email: sqaafg@gmail.com

NORTHERN VICTORIA:

Al-Anon Family Groups Northern Victoria Area
O'Brien Hall, McLennan Street, MOOROOPNA
P.O. Box 81, MOOROOPNA VIC 3629
Phone: (03) 5825 1160
Email: alanonnhvicarea@hotmail.com

SOUTHERN VICTORIA: (includes Tasmania)

Al-Anon Family Groups Victorian Southern Area
Level 7, 51 Queen St., MELBOURNE.
GPO Box 5458, MELBOURNE VIC 3001
10:30am – 2:30pm, Monday to Thursday
Phone: (03) 9629 8900
Helpline: 1300 252 666
Email: alanonvsa@netspace.net.au

SOUTH AUSTRALIA:

Al-Anon Family Groups South Aust. Area
Stafford House, 2nd Floor, 25 Leigh Street,
ADELAIDE SA 5000
Mailing address: Stafford House, 2nd Floor, 25
Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saAl-Anon .org

WESTERN AUSTRALIA:

(includes Northern Territory)
Al-Anon Family Groups Western Aust. Area
Room 9, Claisebrook Lotteries House
33 Moore Street, EAST PERTH WA 6004
10.30am – 2.30pm Monday - Thursday only.
*The office does not have volunteers each day
therefore please ring prior to visiting. Thankyou!*
Phone (08) 9325 7528
E-mail: office.admin@alanonwa.org

Al-Anon Family Groups (Australia) Pty. Ltd.
7th Floor, 51 Queen Street, MELBOURNE
GPO Box 1002, MELBOURNE, Vic., 3001
Phone (03) 9620 2166 Fax (03) 9620 2199
10:00am – 5:00pm, Monday to Thursday
E-mail: agso@alphalink.com.au
Website: www.al-anon.org.au

*To contact
Al-Anon anywhere in
Australia for the cost
of a local call:*

1300 Al-Anon (1300 252 666)

