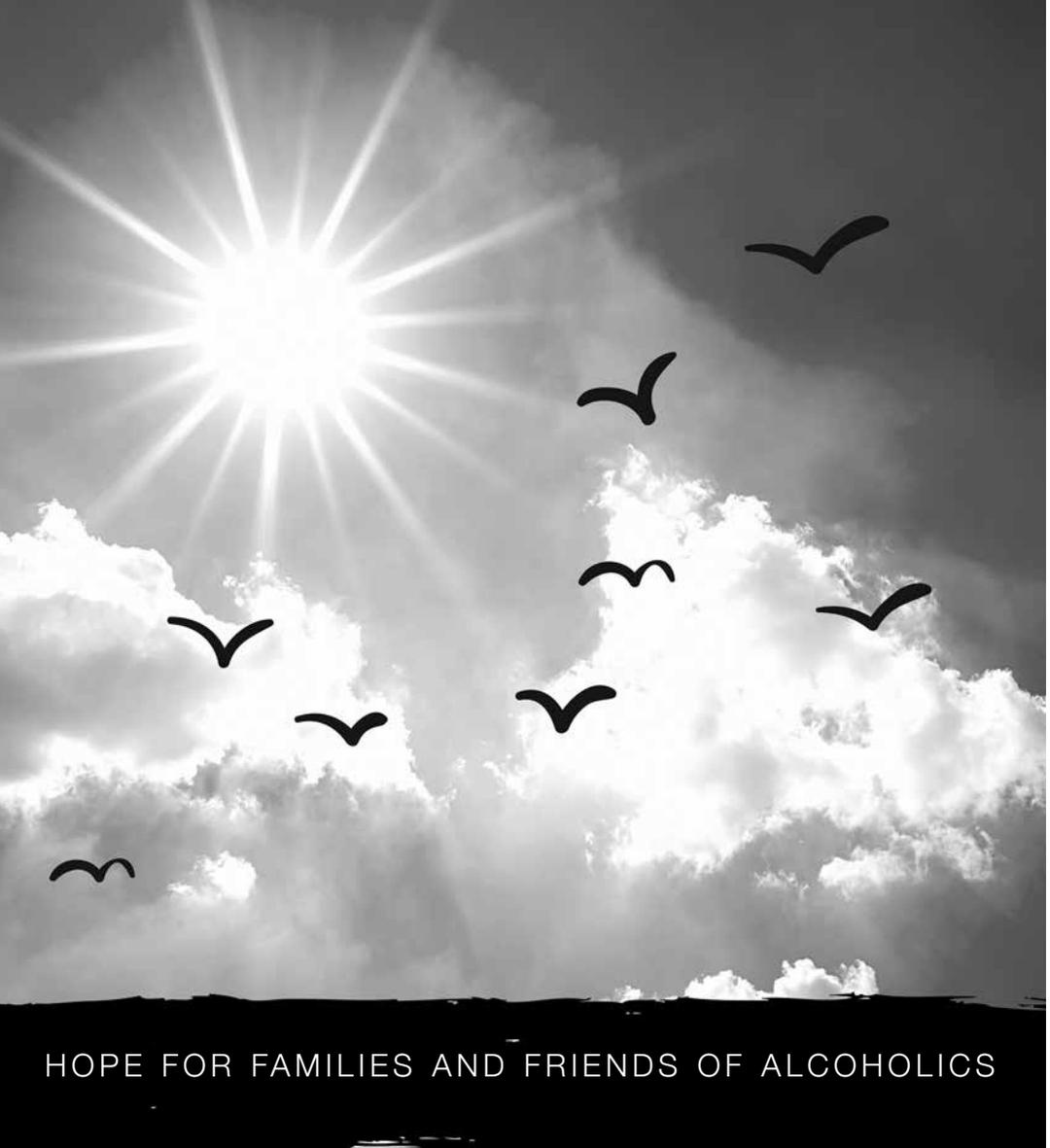


September 2021



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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 Groups, 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

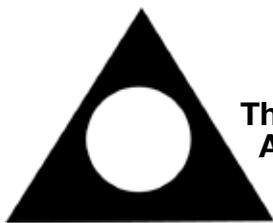
Unity

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.



Good things come in small complicated parcels

I am learning about love. Much of my disappointment with my marriage is based on how I wanted love to be—yearning to be able to snuggle up to my husband and feel all angst (responsibility) lift from me in the warm glow of his approbation. In my ideal scenario he would agree with all my grievances and have solutions to problems that didn't involve me having to admit my foibles or agree with any of his views unless they were carbon copies of mine. Very difficult (impossible). Shocking I know.

Having eventually twigged to my loved one's alcoholism I set about trying to fix it. It took a while longer to figure out how my behaviour might have been making things worse. After all, as his devoted missus, I knew him better than he knew himself and was right in all things!!! I knew what he needed and 'patiently' waited for light to dawn.

When I came to my first Al-Anon meeting I heard I hadn't caused the alcoholism, couldn't cure it and couldn't control it. Relieved, I stopped trying to fix things and detached with love the best I knew how. A technical hitch has been my lack of understanding of love. I reconciled myself to my dream scenario never happening and realise today that my manner of giving love needs adjustment.

The physical ravages and gradual loss of agency that the disease brings are awful but don't give me license to swoop in and nurture and mollycoddle if it's not wanted.

Someone instrumental in this new awareness is Hugo! He comes from a place of love, chaos and trauma. If I don't give him space to be himself, accept his limits and be receptive to his signals he'll snap and the trust we build backslides. I would love to scoop him up and cuddle him 'better', but that will never work. I am learning how to help him cope with a scary planet and love him in a respectful way. In going through this, I have seen how much of what I offer when I am 'loving' is influenced by what *I* need. I'm learning there are other ways to love and hope to bring that to my relationship with my special humans.

Every morning Hugo and I go for our walk and engage with the world. I chat quietly to him, encouraging, soothing when he's jumpy, enjoying his 'Hugoness', watchful but detached and feeling so grateful for this unexpected source of new insight into loving. ▲

Wendy E.



Hugo— a little box of mischief and teacher extraordinaire...



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

**Death of a loved
one**

*“The disease of
alcoholism leaves
mourners in its
wake.”*

There is perhaps no greater loss, and certainly none more permanent, than the death of a loved one. Many of us have been shocked to receive the news of our loved one’s sudden death, while others may have been watching slow deterioration over the years. The death of a loved one leaves a lasting imprint on our hearts, whether we have lost a spouse or partner, child, family member, pet, friend, or Sponsor.

Though the process of grieving is similar in any loss, our grief can be different depending on the relationship. It feels different to lose a child instead of a spouse, or to lose a parent rather than a sibling. Many of us affected by the disease of alcoholism often have closer relationships with friends than we do with family. For us, the death of a friend can be more devastating than the death of a family member.

A death due to alcoholism can also feel different from other deaths we may have experienced. When our loved one dies without sobriety, lost too is any hope that the alcoholic would find help. We grieve for the relationship we yearned for with our loved one and for the many ways alcoholism has affected our lives. We might feel as if we have a whole

lifetime of losses to mourn. The truth is, we have been grieving long before our loved one’s death. p. 97 ▲

Fear of never getting over it

Grief is not an orderly process. It is not logical, has no rules, and disrupts our lives. While in the throes of grief, we may have a hard time imagining that we could feel any differently than we do at this moment. We may fear that the intensity of our emotions will never diminish, and that if we start crying, we’ll never stop. At the same time, we might feel a certain devotion to our sadness, believing it to be a demonstration of our love. Based on this belief, we may struggle with allowing ourselves to feel happy.

There are some losses we will never get over. Our relationship to them will most likely change over time, but they will always be with us. We can trust that the Al-Anon principles are still at work in us, even if we don’t feel we have the strength to practice them. It can help to remind ourselves that just as our recovery is a process, so too is our grief. We don’t have to do it perfectly, nor do we have to handle all our feelings perfectly. While others may be questioning why we’re not over our loss, in Al-Anon we are free to grieve in our own way and at our own pace.

The safe haven of our fellowship gives us the courage to face our feelings and to express our grief as we are ready. When we allow ourselves to be vulnerable, we take an important step toward easing our pain. Likewise, when we take the risk to open up, we give hope to others who might be struggling with their own unspoken grief. The simple yet courageous act of sharing our story can help others in ways we may never know. p. 102 ▲

2021 Australian Service Conference Theme:



Reflections following the Australian Service Conference (ASC) 2021 Introductory Al-Anon on-line meeting held the week prior to Conference attended by Area Delegates, Board and AGSO Committee members.

This theme reminded me of the teamwork required to earn a university degree. That was well into my adult years, over 20 years ago—about when I began my journey of recovery ‘a meeting at a time’.

As an ‘adult-child-identifying-deeply-family-disease-affected-not-at-all-healthy-still-newish-member’ also dipping a toe into adult education, I was very aware I had found what I needed in Al-Anon. The relief I felt after attending each meeting was as essential as fresh air, water and sunshine.

From the beginning I was committed to my Al-Anon recovery—‘hanging on tight’: white knuckled round the back of my chair, instead of rushing out the door to relieve the turmoil I was experiencing just from listening.

I really had no idea what the problem was, but eventually the whole struggle made perfect sense: my Higher Power put me there to hear my drinking loved one’s voice—as well as other, less ‘raw’, more moderate members’ voices.

My behaviour remained unmanageable for some time yet. I remember struggling

through every uni teamwork assignment; each unit and semester.

I truly loved the knowledge and personal growth being offered, one tutorial or essay at a time, but I really struggled to belong to any team of students, all equal, with a common goal, but all with very different commitments, time constraints, and the inspiration necessary to accomplish the agreed-upon tasks (to any standard near to my liking).

The fact I returned to education isn’t unusual in the Al-Anon context. As a kid my home environment was stressful, conflicted, angst-filled—and it could be scary. Looking back it wasn’t surprising I needed to leave school early. My mental ‘paralysis’ continued, and it wasn’t until, thanks to Al-Anon, my thinking, behaviour and inner emotional world all began catching up. At last!

Collaborating and cooperating with others can still be difficult. I persevered through university, developing character and eventually succeeding academically, despite never quite getting the hang of working with other students under our respective pressures—including for me my own disease.

Throughout my Al-Anon service journey I have had to hone my teamwork skills. I have emerged as a really good project manager able to hold all the metaphysical threads of a project, not too tightly; knowing what needs to be done, the sequence, and the communication necessary in any team effort. With the help of Al-Anon I do that a lot better by working with boundaries, and remembering the lessons I have learned—the hard way!

My Higher Power is my greatest inspiration; my continual reminder to just take a breath; and to strive to always keep myself clean, clear, calm and positive of disposition. Thank you, Al-Anon. ▲

Claire J. Literature Officer, AGSO.

Live and Let Live

During the past two years since my husband's retirement, I have been challenged to accept many changes in my daily life and routine. Prior to retirement, he worked very hard over many decades. His career required him to be away from home for up to 12 hours each day. He has suffered significant loss since leaving work.

Since his retirement some of the changes for me include: sharing the cooking (not a bad thing but different from the way I do it!); how I spend my leisure time, (whether I now will go to lunch with a friend—I still do that); exercising together or alone (I asked for what I needed and that was walking each morning alone); delegation of the chores (I ask him to clean the shower when I get desperate!) The list goes on!

Al-Anon has been an enormous help in adjusting to all these changes, especially by way of daily application of the slogans.

The area I am currently working on changing, and handing over to my Higher Power, one day/hour at a time, is my defect of managing my husband's affairs, that is, how he spends his day. Formerly, as the mother of six children, I became proficient at managing the family, especially with my husband's demanding job. Now that the children are adults, I have been able to take my hands off the management of their day-to-day lives, which is appropriate. We are in regular contact but from a distance. This has helped me to maintain a respectful relationship with them.

However, I am still challenged to 'mind my own business' around my husband—that is to Live and Let Live . He chooses not to have any external hobbies but I



Today's Reminder

It's sometimes a shock to have our thinking errors pointed out to us, but I must always remember that in Al-Anon the motive is loving and helpful.

If I'm on the wrong track, I want to know it so I can correct my faulty attitude. Others can often see our problems more clearly than we can, and from that we get our best help.

“Teach me to think straight, and not to take offense at criticism which is meant as loving guidance.” ▲

*One Day at a Time in Al-Anon,
B-6, P 233*

am grateful for the support he offers to our adult children, especially the younger two who each have young children. I appreciate the support he offers them and it is lovely for me to see the closeness which has developed between “Pa” and the grandchildren. I am also grateful for the way he maintains our home (not always for the way or at the pace I would like) but at least he can be depended upon in an emergency!

I have heard it said at meetings that “Acceptance is the key to recovery”. I believe this is true. ▲

Anon

Working through Reaching for Personal Freedom

I love working through *Reaching for Personal Freedom*, a little bit at a time, often in the afternoon, with coffee, when much of the day is finished and the evening not yet begun. I like the workbook format and the way it has helped me to deepen my understanding, not only of the Twelve Steps, but also of the Traditions and Concepts which, it turns out, can also be applied to my daily life.

Today I was reflecting on the liberating power of Step One which encourages us to reflect on our powerlessness and the ways our lives had become unmanageable.

It is so difficult to admit powerlessness in situations where we think another person's actions could harm us, themselves, or the people we love. Yet I have found that there is just as much danger of harm when I try to exercise power over the uncontrollable. As the opening statement in our meetings says, 'Our thinking becomes distorted by trying to force solutions and we became irritable and unreasonable without knowing it.' If I am irritable and unreasonable I am likely to make a bad situation worse and it is this, more than the actions of the alcoholic, that makes my life feel unmanageable.

When I was growing up in the grip of the family disease of alcoholism, I formed the habit of focusing on other people, keeping an eye, often unconsciously, on what they were thinking, doing and suffering, and what mistakes they were making. It was my way of coping with

the constantly changing, progressive nature of the disease.

In my young adult life, after I had left home, this habit became an obsession in my intimate relationships that was so crippling, I had difficulty focusing on my own responsibilities. The more I concentrated on trying to understand the motivations, mistakes and mishaps of others, the more confused I became about what I felt, what I thought, and what I wanted from life. It was inevitable that my feelings, thoughts and unmet responsibilities overwhelmed me and my life became less and less manageable.

The insanity was that the more out of control I felt the more I focused on other people. I was using the tools I had and making everything worse.

With the support of the people in Al-Anon, I gradually stopped believing the illusion that I have the power to change another person, but sometimes I still struggle with my powerlessness. When I feel angry or fearful about someone else's behaviour I can still fall into the old pattern of obsessing about it. It's as though compulsive thinking and talking could relieve my suffering and the other person's. The blessing of the program is that I know immediately that I have fallen into a bad habit. I can share this with someone else, focusing on my own feelings, and get on with my responsibilities until my irritability and distorted thinking pass. In this way I don't make anything worse and the dishes get done! ▲

Ann, Victorian Southern Area



Alateens share on Step Eight

Excerpts from *Courage to be Me - Living with Alcoholism, B-23*

One night at my Alateen meeting our Sponsor gave all of us a piece of paper. She said to make a list of all the people that we'd like to have a better relationship with.

The more I sat there and stared at my paper, the more upset I felt. There are a lot of people that I'd like to have a better relationship with, starting with my mom. I could feel myself starting to cry. Finally, one of my friends said, "What are we going to do with these names." Our Sponsor said, "We aren't going to do anything with the names—the list is just for you to have for yourself. You can keep it, or you can throw it away.

Suddenly, everybody started writing. ▲

p.149

For a long time, I knew exactly where my Eighth Step list was. It was on the corner of my desk at home. Once in a while I even picked it up. I'd give myself a hard time about not doing anything with it—you know, like using it for a Ninth Step.

When I told my Sponsor about what I was doing to myself he said, 'Remember to give yourself credit for making the list.' He also said I could start talking about becoming willing to make amends to the names on the list. He said in the Eighth Step I didn't have to make amends—I just had to become willing to make amends.▲

p.150

Tilian's Acronym of the month

W.A.I.T.

Why

Am

I

Talking?



Image: Raw pixel

Curious macaw. Original public domain image from Wikimedia Commons

NEWS and VIEWS from AGSO

“From
PIONEERS
to **70** years”



Celebrating
70 years of Al-Anon
Sunday
10th October 2021
2.00-4.00pm

(AEDT- Australian Eastern Daylight Saving Time) via Zoom

The program will include Al-Anon and Alateen speakers from around Australia, as well as an AA guest speaker. The day promises to be informative, nostalgic and fun – a memorable day of fellowship!

Members are encouraged to gather with their group/District/Area (in accordance with any local restrictions to enjoy lunch or afternoon tea together). Please try to include members who may not have Zoom access.

**The meeting link will be sent via the links of service and published on the AGSO website closer to the date.*



X-2021 Spring Special

Following last year's successful uptake of Al-Anon's informative

book, **B-22 How Al-Anon Works**, the Australian General Service Office (AGSO) has decided to replicate that special again this year*

Complementing the single book on special we are also offering another bundle including a book, a classic inventory workbook and three classic pamphlets, all of which we sincerely hope the membership will be pleased to purchase and work with.

In two Special Offers are:

- 1 A single book: **B-22 How Al-Anon Works**
- 2 A bundle: including a wonderful book, a great foundational tool for Al-Anon members doing inventory work, and selected 'A1' pamphlets:
B-30 Discovering Choices (soft cover)
P-91 Blueprint For Progress (revised edition, spiral bound)
P-07 A Guide For the Family of the Alcoholic
P-15 Three Views of Al-Anon
P-48 Understanding Ourselves & Alcoholism

The AGSO's 2021 Spring Special will be available for ordering from 1st September through until our last day for accepting orders in this year: **Wednesday 8th December 2021.**

Freedom from despair

I was married to a wonderful guy who was fun and kind and thoughtful to his mother. We met at an amateur operatic rehearsal where I was the Chief Fairy and he was in the chorus.

All was well for seven years, by which time we had two girls and moved to a village opposite a pub. The change took place at an amazing speed, this guy became a different person after he had been at the pub, a person I did not like at all, so I set out to find the man I had married.

The harder I tried to stop the drinking, the worse the situation became, until every day and night was a nightmare.

He never lost a job and financially we were alright because we both worked, but I was a physical and emotional wreck.

I found Al-Anon because one night he went to Alcoholics Anonymous and I went too. I had never heard of Al-Anon but went to meetings because I had run out of ideas of how to stop him drinking.

He became sober and I recovered my sanity a day at a time, thanks to the wonderful Twelve Step programmes. We learned how to love each other again. He was sober for approximately fifty years and died this year - a sober, lovely guy who had returned from the living hell that is the illness of alcoholism.

Thank you AA and Al-Anon, you saved four people's lives. ▲

Betty L

Al-Anon Today, Autumn 2020, p. 6

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Keeping my side clean

I usually know when I have offended, but almost immediately, I try to justify what I've done. I go through mental gymnastics to make my actions acceptable to me. However, the longer I go without admitting my wrong, the harder it becomes to take action. One morning after eating oatmeal, I looked at the dirty bowl and thought, 'If I don't clean this right away, it's going to be really hard to get clean'. My Higher Power pointed out that is exactly what happens when I don't make amends right away. It gets harder and harder to clean my side of the street. Just like making amends, the sooner I apologize for my wrong, the cleaner and better I feel. Today, clean dishes and a clean heart mean serenity to me. ▲

Paul N., Florida

The Forum, June 2019, p.27

Glossary of Abbreviations

AA	Alcoholics Anonymous
ADR	Alternate District Representative
AGR	Alternate Group Representative
AGSO	Australian General Service Office
AMIAS	Al-Anon Member Involved in Alateen Service
ASC	Australian Service Conference
CAL	Conference Approved Literature
DR	District Representative
GR	Group Representative
GSB	General Service Board
IAGSM	International Al-Anon General Services Meeting
PI	Public Information
WSC	World Service Conference
WSO	World Service Office

I'm always so grateful to receive sharings from our generous and courageous members. Sometimes the accompanying notes are as inspiring as the articles themselves. Such is the case with this note from a member. I found it so uplifting I had to publish it. Actual story to follow in a future issue. *Ed*

Dear *Austra-Link* Editor,

My name is Poppy and I have been in the program now since the start of April this year. I have been privileged to speed up my recovery with all the Zoom meetings that are available these days with COVID and for this I am truly grateful.

I am feeling myself getting stronger with the love, strength and hope I have received from working the tools of the program and listening to the other members' shares throughout the meetings.

I have even been getting back into my journal writing and that is when I feel really connected to my Higher Power.

Last week I did two meetings on the Slogans. Well, I wanted to share with you that in the first meeting on Slogans, as I was looking at them and trying to decide which one I would be talking about if I got asked, I started writing down a few.

Actually, I had begun a list of them and without realising it, they were in some sort of order. After listing about five slogans, I became aware that each slogan followed the other. I realised then that there was another dimension to these words as they were telling a story. I hope you don't think I've lost my marbles but, something inside of me told me there was more to it.

My creative juices were flowing and I felt a strong desire to sit and write. I knew my Higher Power was with me and nudging me to keep at it. I was directed to cut the slogans up line for line, play around with them until I felt they were in the right order.

My HP was showing me that the slogans are like sign posts to daily living, the Al-Anon way.

I started to think back to my first encounter with Al-Anon and who I was then. Looking at each slogan individually, I began placing them in the order from when I first attended my first meeting and then followed on with the rest, allowing my Al-Anon story to unfold.

My list was complete... My new list of slogans from my day one in Al-Anon to present time.

Then the writing began. I was in the zone, driven and totally focused, staying up for two nights till 3.00 am and waking in the morning full of energy and in good spirits that nothing was going to burst my bubble...

When I finished my story, I shared it with a couple of long-serving members of our program who suggested I forward it on to *Austra-Link* for publication.

I really enjoyed putting it all together as it has helped me to reflect on the many changes over the past six months and reconfirm that I wouldn't be the person I am today if it wasn't for the program, my new family and good friends in Al-Anon.

I hope you enjoy reading my story. ▲
With sincerest gratitude,

Poppy T., Victorian Southern Area



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

The Sixth Step is another Step of self-acceptance. When we are “entirely ready to have God remove these defects of character,” we accept ourselves as we are and hand the rest over to our Higher Power. We recognize that we don’t need to fix ourselves. It’s not our responsibility to do so. All we have to do is to be ready to leave our guilt and remorse behind.

Discovering Choices, page 170.

Recently at an Al-Anon meeting, while I listened to a reading of this passage, I suddenly realised that I would like to ask God to release my obsessions with remorse and guilt. I saw that my part in the matter was attachment. I was formerly attached to the drama of the alcoholic ...to rescuing her, to saving her, to securing safety for her children and so forth...and that complete focus on her led to my emotional neglect of my own children. I then became attached to the feelings of remorse and guilt that I felt about the neglect of my children. Despite having made Step 4 amends to my children, I continued to grieve my errors and omissions and to experience deep remorse and guilt. In some respects, I knew that my suffering was a default position, but until I heard the suggestion to be ready to have God remove it, I had no idea of how to detach from my suffering in this matter. In Al-Anon, I have identified a way to ask God to help me to detach from remorse and guilt. ▲

Anon

So excited to receive this message from Ireland! As we approach the 70th Anniversary of Al-Anon we are reminded of the enormous reach of the fellowship and the reassurance and support we gain from the sharing of experience, strength and hope with one another. Ed

Hello from Cork!

May I say with this awful pandemic our meetings here in Ireland were closed. I am so fortunate to be a little bit tuned in to the Zoom meetings.

I am very much in contact with the Curl Curl meeting in New South Wales. The structure is very powerful and efficient. I also attend in Darwin and Western Australia and of course the identification is strong. Although stories of our situations may not be the same we have a great understanding of each other as we are all very affected with this dreadful disease.

How wonderful! I feel so privileged to be part of a fellowship which takes part all over the world.

God bless Al-Anon. ▲

Mary W., Cork, Ireland



Today's Reminder

Today I can spin a little silk and let it grace everything I touch. I don't have to look back to past ugliness except to learn from it, to enhance the present, and to release whatever beauty is trapped behind old secrets and self-defeating attitudes. One day at a time I can delight in the splendid person I am becoming.

“Sometimes it is necessary to reteach a thing its loveliness...until it flowers again from within...”

Galway Kinnell

Courage to Change, B-16, p. 67

Long shot of pink blossom trees and reflection in puddle in Spring, Philadelphia. Original public domain image from Wikimedia Commons

Subscription to Austra-Link 2020-2021

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Hard copy	\$24.00	\$2.00 per month
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Forthcoming Events

TOWOOMBA'S AA RALLY WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday 8 to Sunday 10 October 2021

Venue: Moat House, Toowoomba Showgrounds,

Frank Thomas Avenue, Western end of Glenvale Road Toowoomba Qld 4350

Contact: Nora newnoz@gmail.com, Denise 0491 301 281, Jennifer 0415 883 345

Bookings: <https://www.eventbrite.com.au/e/2021-toowoomba-aa-october-rally-tickets-163135403383>

Celebrate Australian Al-Anon's 70th birthday - Yes! There will be CAKE!



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".



△ Al-Anon Family Groups Australia celebrates:

“From
PIONEERS
to 70 years”

The Australian General Service Office is thrilled to announce the special commemorative edition of *Austra-Link*, October 2021 as part of celebrations for the 70th Anniversary of Al-Anon Family Groups in Australia and worldwide.

As with every issue Groups and subscribers will automatically receive their copies. To order copies email

info@al-anon.org.au

Next Issue: October 2021 Special Edition of Austra-Link celebrates 70 years of Al-Anon in Australia and worldwide

Special reminiscences, articles and member sharings from around Australia and beyond.

Spring Sharing Topic - Spring into growth in Al-Anon

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 that 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
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NORTH QUEENSLAND:

Al-Anon Family Groups North Queensland Area
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Email: alanonnqarea@gmail.com

SOUTH QUEENSLAND:

Al-Anon Family Groups South Queensland Area
Unit 3, 1050 Manly Road. TINGALPA
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10:00am – 2:00pm, Monday to Friday
Phone: (07) 3890 1244
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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
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Email: alanonnthvicarea@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,
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saalanon.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.

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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)