

May 2022



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

ISSN 0726-0726-4607 Price \$2.00

ISSN 2207-7642 (Online-free download)

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.

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Winter Sharing Topic - My Al-Anon program is never dormant

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.



I just never stop learning!

Well goodness me and golly gosh! Another amaaaaazing month of reaping the benefits of my Al-Anon program.

Last month I was contemplating the massive transition from my much loved home of years and years and yonks to ‘the next phase’—selling my current home and finding a new home with my sister and my husband. Lots of decisions to make and things to be negotiated.

One of the huge changes I have made in my way of relating to those around me, thanks to Al-Anon, has been employing the *pause* button. This is a way I can calm myself, generally minimise the harm I can do in fraught situations, and stop myself from converting perfectly normal situations into high drama.

I remember the moment I first understood my tendency to fly into action to ‘fix it’, or ‘show them’. That was when I also saw the negatives of my family dynamic—factional, gossipy and reactive.

So today, I will generally ‘do nothing’ until I believe I am safe to act or speak. It has been such a valuable part of my recovery. Usually the world isn’t so insistent that I can’t give myself time to hand over and allow things to unfold.

Funny thing about estate agents, banks and lawyers. Don’t think any of these have heard about my precious pause button. Everything seems to require instant reaction and action.

This month we’ve made many big decisions, sometimes needing immediate responses, and there have been differences of opinions. I’m delighted to say though, that we have managed to talk things through and reason things out.

My sister and I, the main protagonists, have reached the understanding that I am the sandbag to her balloon.

That’s not as dreary as it sounds. I am inspired by her irrepensible zest for life and impetuosity and she trusts my cautious approach and knows I am not a naysayer, but need space and time to see things clearly and act with integrity.

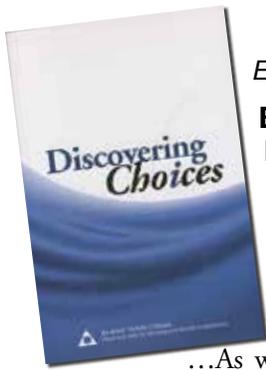
On one occasion I did have to respond with more haste than I would have preferred, knowing my words would be misread and a period of hurt was inevitable. I spoke as clearly and as kindly as I could, prayed that I was acting with awareness rather than panic and didn’t try to fix it or resile from my stated needs.

I then waited...and got on with what I had to do. I trusted that it would resolve—it did—and it was a watershed moment in our relationship. ▲

Wendy E.



Hugo has his own very effective ‘paws’ button—anywhere, anytime.



Excerpts from

B-30
Discovering Choices

Chapter Five:
Recognizing that
a Better Way Is
Possible

...As we recover from the effects of alcoholism, we begin to notice that our feelings provide information that can help guide our actions, regardless of how we judge those feelings....

...In the past, we may have felt locked into feelings of guilt, suspicion, or fear. We reacted automatically, as if our feelings were unavoidable facts rather than our interpretation of facts. Yet often there are more possibilities available to us than we immediately recognize, and our perception of the facts may be only a partial view. If we can begin to recognize that our feelings at any one moment may not be the final answer, we are better able to accept them as a source of useful information that could lead us in a positive direction. We don't have to avoid our feelings. Instead, we can let them teach us more about ourselves.

...How we react to our feelings is ultimately a choice. Almost everyone has had some discouragement or disappointment in relationships with other people; that's not a reason to conclude that there is no hope for something better. We have the opportunity to make amends when we've made an error and the freedom to learn a positive lesson from a negative situation.

pp. 75-76 ▲

Personal Stories

I tend to fear the future and lament the past. I take a situation I'm facing and

project myself into the future, using my vivid imagination to turn a little incident into a full-blown science fiction horror movie with absolutely no basis in fact.

Sometimes I relive a painful memory from my past. I go through all of the same emotions and feel the anguish, anger, shame and guilt that I did back then. Once I get done with that memory, I tell myself how stupid and foolish I was.

I use the tools of Al-Anon to help me. They include asking myself where my feet are at this very moment—in the here and now. I take a deep breath, ask my Higher Power to help me regain my serenity, and I take the time to become quiet and listen for my Higher Power's strength and wisdom. I do my best to "Keep It Simple."

p. 78 ▲

We both have more than five years of continuous recovery. Things are by no means perfect. We both still suffer from this disease. She is only a thought away from a drink and only a drink away from getting drunk. I don't even have that extra step—I am only a thought away from being crazy. If I don't work the Steps daily and turn my will and my life over to my Higher Power, I will rapidly become as crazy as I was when I first came into the program. My problem now is that I can't blame it on her drinking!

p. 87 ▲

For Thought and Discussion:

1. What are some possible positive things I can find in a situation that I have so far considered to be entirely negative?
5. Do I pause to listen to a Higher Power, instead of reacting immediately to someone else? How can that change my relationships?

p.91 ▲

Noticing my character defects

I'm up to Step Seven and am watching out for character defects.

I was talking to my friend yesterday and she mentioned that she was feeling lonely after giving back a beautiful rag doll cat that she was cat-sitting. She was okay, but then a friend visited and, after the friend left, she told me she felt awfully lonely.

Instead of listening to my friend, holding space for her, encouraging her to feel her uncomfortable feelings, I unfortunately made suggestions for her. Do you need a pet? Do you need to move?

She's a strong Al-Anon member so she just took my suggestions with a grain of salt. Towards the end of the conversation I realised how arrogant I had been to think that my brain could come up with solutions for her perceived problems. I apologised to my friend but I reflected more on my behaviour after the call.

This occurrence highlighted to me my own inability to deal with uncomfortable feelings, particularly that of other people. It also highlighted my arrogance to think that I can wave a magic wand and fix people and situations.

Most of all, I am so grateful to the program for showing me my own behaviour, no matter how ugly it is. Al-Anon helps me be accountable for what I say and do. Making suggestions for people when they just need to be heard is not what real Al-Anon friends do. I learned that this week and I am so grateful for this knowledge. ▲

Anne-Marie B., Southern NSW Area

My journey in Al-Anon

Al-Anon has been a lifesaver for me.

While I was married to my husband, an alcoholic, for 37 years I lived with physical and verbal abuse during those years. I finally left him in 2015 and have lived on my own since then.

Unfortunately though, I myself have suffered an ongoing mental illness, namely bipolar disorder. During our married years and while our daughter and son were very young, I spent many years in various mental hospitals. I even spent two years in a nursing home due to my illness.

I have spent 52 years of my life surviving my illness.

Al-Anon has taught me very valuable lessons in my daily life. I believe I have been treated without any respect and been denied my human rights.

Al-Anon has given me self-belief and I no longer succumb to unacceptable situations. I now have a new psychiatrist with an alternative treatment as well, as the medication has deteriorated my kidneys.

I have now turned my life around with the tools of the Al-Anon program. I live for today, stand up for my human rights and believe that my Higher Power has restored me to sanity.

I started attending Al-Anon shortly after my husband started attending AA 34 years ago. I now have courage to be me, learned to "Let Go and Let God" and "Live and Let live". I have trust that I can live my best life and I do so.

The Twelve Steps opened up a path to reality and recovery for me. ▲

Louisa D., Malaba AFG

Theme Talks from members at the Northern New South Wales Area Assembly in June 2021

Together We Grow

The purpose of Al-Anon is to help people get connected with their/a Higher Power of their understanding, the tools of the program, experienced members and newcomers.

Firstly, we have to find a meeting—through a friend, notices in a public place, on the web or advice from a family member—as it was in my case. One of my daughters discovered the help that could be found in Al-Anon when she worked in a women’s refuge in Canberra. I knew that I needed help but not what would help me.

I didn’t have trouble finding a meeting that fitted into my work programme, and went along to the Mayfield meeting, which was held in a church. I was late to my first meeting but that didn’t seem to concern the ladies who were there. I blurted out my grievances through tears. In fact, they made me feel very welcome and gave me pamphlets and cards to get me started.

Also, one lady offered to talk to me on the phone each week and that was ‘a Godsend,’ literally. It was the beginning of a long connection with Al-Anon and many helpful and happy times for me, making friends along the way.

I soon learnt that listening to others was so helpful and enlightening that, when our group suddenly lost members, I was glad to volunteer for service, even though I wasn’t sure how. I became

treasurer, not knowing a thing about bookkeeping, and our GR would help me out. I could add up and multiply, but I was in such a poor mental state that I couldn’t think clearly. In those days we used an exercise book which ended up in a mess of liquid paper and corrections! I learnt a bit about bookkeeping too.

Then I enjoyed being literature officer and built up our supplies whenever we had some money to spare. I read lots of them and that was a great help. Once again service was helping me to learn.

I was extremely thankful that I was being led back to my Higher Power. I had not been going to church for years because my husband and I were busy with our work commitments, setting up another house and garden, and doing various activities with our daughters.

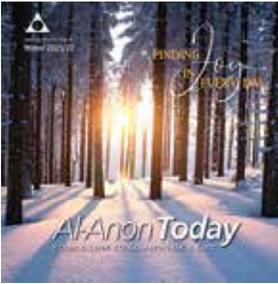
Then I discovered what a pleasure it was to go to other meetings and how I would learn more about my own situation through listening to others sharing. I couldn’t articulate what was happening in my own marriage until I heard someone express things in their sharing.

Often when I was sharing at different meetings I would become emotional and people would say, “It’s okay”. I really appreciated that.

I can’t remember how many Assemblies I have been to, but none have been like this one! Each Assembly I attend, I learn more about our organisation.

And another thing—I always find that whatever I contribute in reaching out to help in any way, it seems that I am actually on the receiving end! ▲

Sandra M., Northern New South Wales Area



I Belong

I wrote this after returning from my first AA/Al-Anon Mid Surrey Convention in Guildford.

Listening to the stories and courage of both AA and Al-Anon members really brought home to me how the disease of alcoholism hurts us all, but that it can shine a light that leads to really positive change. Also that it takes great courage to make that change.

At the Convention I met some grownups, a few at least that I recognised. I sat with them in an auditorium and listened to the truth of these brave souls. I was in awe of their honesty and the way that they own their actions. I felt humbled. My struggles seem so small but they are mine and I've come to understand that they matter too. I know that my pain is important, my opinions are my truth. The child in me is frightened and finds loving an alcoholic hard.

I've had an important career which mattered a lot to me, leading others

to achieve amazing things, so it was a surprise to realise, sitting amongst my Al-Anon fellows, that for most of my life I've been a lonely child looking for validation and approval to make me feel okay.

I've put my feelings on ice and created my own madness. I fought like a demon to fix the world and achieve—adversity was like a drug to me. With a measuring stick for my lovers, I moved on with impunity. I locked more feelings in the freezer, certain I was right and casting blame on others.

But in Al-Anon my blurry eyes can focus and I witness the beauty of self-acceptance and love in the shares. I feel such comfort being with others with stories not so different from mine, I feel I belong. It feels painful growing up so late in my life, but I am lucky to find my truth and unlock the freezer. I've started to find out who I am and take responsibility for my choices. I can find joy in each day which is a gift from my alcoholic. I too can join the grownups!▲

Anon

Al-Anon Today, Winter 2021/22, p. 7

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Linking the Legacies*

Step

Tradition

Concept



Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

The rights of appeal and petition protect minorities and insure that they be heard.

* Useful resources for further exploration:

Paths to Recovery (B-24) and Reaching for Personal Freedom (P-29).

Unless You Become as Little Children

I was reminded of this quotation from the New Testament the other evening as I was listening to a concert in the park and watching a small child listen to it in his way. “Unless you become as little children,” I thought, “you’ll miss so much of the joy of living that you won’t recognize heaven when you get there!”

The musical selections were all happy, lilting, gay and even exuberant, in keeping with the carefree spirit of summer. It was a celebration of life and joy and I thought how true it is that music is the universal language, the language of the soul.

I felt closer to the musicians and composers and the other people in the audience than I do to some people I know who talk on and on, without ever communicating their feelings!

Over to the side of the stage, there stood this little boy, no more than 6 or 7, who was watching the conductor in a very intent, serious way. All of a sudden he started to smile, and move his arms in imitation. Like magic, almost as if the music had taken possession of him and filled every cell of his body, he began to dance. He twirled and swirled, his movements seeming to anticipate the rhythms and changes in the music. He was absolutely delightful and delighted. What a beautiful way to be, I thought!

Just then, his stern father interrupted him and told him to sit down and be quiet, although he wasn’t near anyone, or obstructing anyone’s view. The child

was obedient, and saddened, and while he continued to keep time with the music by kicking the dirt, it was obvious he wasn’t having nearly as much fun.

How like that father we are to ourselves, I thought. We impose restrictions on ourselves, mistakenly trying to impress others or live up to their expectations of us, and we rob ourselves of the freedom to enjoy what is beautiful. We crowd our lives with musts and shoulds and can’ts and oughts, and become so bogged down with work, routine and problems that we’re not even conscious of the great beauty that surrounds us.

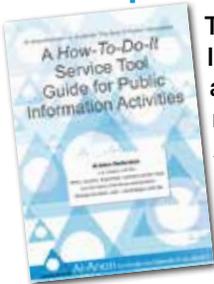
On my way to work, I travel along a road whose shoulders are covered with weeds—but even these burst into bloom. Queen Anne’s lace, wild black-eyed Susans, day lilies and little blue flowers whose name I don’t know cover the ground. I remember, as a child, bringing home bouquets of wildflowers to my mother, clutched tightly in my hot little fists, so that the stems were practically cooked! But I was so excited about finding these beautiful blossoms that I didn’t want to lose a single one by holding them too loosely. Now the neighbors’ children and my own do the same for me.

As children, we all had the capacity for unlimited joy of living and appreciating beauty. Perhaps it was the short distance from our eyes to the ground that made it so. Let’s not allow our greater stature to steal our ability to rejoice and feel good all over! ▲

*Louise M. G. The Forum Editor 1974–1977
Part 1, Forum Favourites Volume 3, B-9, P. 4*

NEWS and VIEWS from AGSO

Spread the word... May = PI Group Inventory month



The PI Group Inventory template accompanies this month's issue of *Austra-Link*. Please take time to work through it as a Group. Perhaps hold a business

meeting to review the Group's PI progress, familiarise yourselves with available resources and generate new ideas to spread the word.

Welcome and Farewell!

On behalf of the General Service Board, I am delighted to announce the appointment of **Dianne C.** to the position of incoming Finance Manager, commencing on 7th April 2022. Dianne comes to the role with a wealth of experience in small business financial matters and she will spend the next few months learning how Al-Anon operates in the financial world under the knowledgeable guidance of the current Finance Manager, **Ros M.**

Thank you for your years' of service **Ros M.** Ros has been in the role for many years, initially as a volunteer before taking on this staff position, and we are grateful that she will be sharing her experience with Dianne before she leaves. We wish Dianne every success in the role and thank you all in advance for your support.

Position Vacant Administrative Assistant

Permanent Part-Time

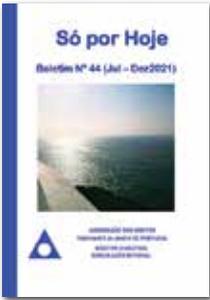
24 hours per week (flexibility over 3 or 4 days, Mon to Wed/Thur)

Al-Anon Family Groups is looking for an experienced Administrative Assistant to join the great team at the Australian General Service Office (AGSO), starting immediately. If you are an organised, enthusiastic person who takes initiative and can multi-task a variety of office duties, this might be the role for you.

Reporting to the General Secretary (CEO), the AGSO Administrative Assistant provides general administrative support to AGSO management and staff to ensure the smooth and efficient operation of the office. The role's main responsibility is for maintaining all aspects of AGSO member services communication and record keeping systems, and to provide vital administrative support for AGSO to effectively serve the Al-Anon Family Groups in Australia.

Applicant needs to be fully vaccinated for COVID-19 in accordance with Government regulations and not a current or past member of Alcoholics Anonymous.

For more information, Job Description or to submit a Resume, please email the Chairperson of the General Service Board via the Deputy General Secretary: jennyagso@gmail.com, and a confidential discussion will be scheduled with you. Applications close on 16th May 2022.



Another gem from Portugal's July to December 2021 issue of *Só por Hoje* (Hope for Today).

Keeping it Simple

“Keep it simple” was the first slogan I heard at my first Al-Anon meeting.

My first online meeting: I feel like an ‘online daughter’ of Al-Anon in Portugal, because I fit into this format that became necessary because of COVID. Hearing this topic, “Keep it simple”, clarified what seemed much less simple at this moment—my beginning in Al-Anon. Today I feel truly grateful, for being able to express, through writing, what seemed difficult in the start. Now it makes me so happy to read other shares in LAC¹, that I like to verbalize and write about my emotions. Sometimes when I write what I feel and, read what I have written, I ‘hear’ myself and become more attentive to what I say. In order to understand better, I have tried to internalise what ‘Keep it Simple’ is for me. In my case and just for today it is this:

- ▲ We create our reality and our existence, with our acts and/or thoughts.
- ▲ May we each be the divine spark of this immense universe of life.
- ▲ Each one brings a unique breath of life.
- ▲ We all have a reason to be here.
- ▲ Let's be our best selves, being aware of what we can build so that our coexistence is more serene, with everything and everyone.

¹ LAC is the Portuguese acronym for Literatura Aprovada pela Conferência which translated into English means. Conference Approved Literature

This marvelous theme talk is from the 2018 NNSW Area Assembly. The theme was *Many Voices, One Journey*.

My first Birthday meeting

My very first Al-Anon meeting was a Saturday Step Group. I didn't understand the process and I arrived late, but those 10 ladies stopped their meeting to welcome me. It felt like they had been looking through the window of my home.

They saw the fear in my eyes when God was discussed and one visiting DR in the meeting at the time, lovingly explained that God could be anything I wanted it to be. Everyone speaks to someone or something, she explained, even if they don't realise it. From then on my God was my dad and my brother who I spoke to regularly already. That group opened me to kindness, unconditional love, acceptance and understanding.

They asked to hug me at the end, which I was scared of, because I had closed myself off emotionally and physically for so long. I agreed and it felt nice. My next meeting on Tuesday night became my forever Al-Anon Family Group and they continued to guide me through everything that had been and was still to come. I had found my ‘safe place’ finally.

Fourteen months later I went to our first birthday meeting and was asked to speak in front of my largest audience yet and to a lot of new people I had never met before.

I was scared but I found myself able to share with everyone there that, only three days earlier, my husband had told

Continued on page 10...

Out of the mouths of teens!

There are three persons I have to admit my shortcomings to in Step Five: God, myself and another human being. The order is no coincidence for me. My Higher Power is the easiest for me to admit my faults to. I know He's always there, ready to listen to me and forgive me. But the second person is more difficult. The "me" inside never wants to accept that anything can be wrong with me. Admitting what I'm really like helps me overcome this problem and find some humility.

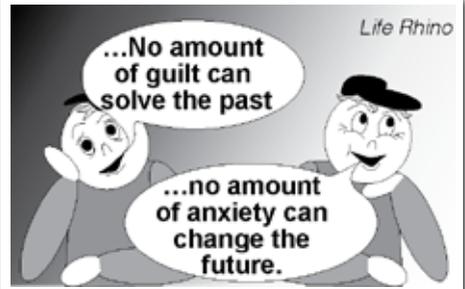
The hardest thing is admitting my faults to another person. No matter how much courage I have, I seem to lose it out of fear of what that other person might think of me. But when I talk about my faults and the reasons behind them, it's a chance to build up trust between the two of us.

No matter how hard it is to do Step Five, it's a relief to get rid of the many feelings I've hidden from everyone, including myself. It's like finding a special kind of freedom.

Things to Think About

Admitting my defects to God, to myself, and to another person gives me an honest picture of who I am. That starts me on the road to true humility.

ALATEEN—a day at a time. B-10, p. 225



Today's Reminder

Guilt is a burden that keeps me from giving myself fully and freely to the present. I can begin to rid my mind of guilt by quietly admitting where and when I have done wrong to people, including myself.

"Al-Anon has shown me another way of living, and I like it. Life can either be a burden and a chore or a challenge and a joy. One day at a time I can meet the challenges of life head-on instead of head-down." Venezuela ▲

As We Understood..., B-11, p.171

Courage to Change, B-16, p. 242

The Serenity Prayer—Italian

PREGHIERA DELLA SERENITÀ

Signore dammi la Serenità
di accettare

le cose che non posso
cambiare,

il Coraggio di cambiare
quello che posso
e la Saggiezza di
comprenderne la
differenza.



...Continued from page 8

me our marriage of 21 years was over. He wanted a divorce, and he was already speaking to someone else—obviously having an emotional relationship.

The love and support I got that night is something I can never show my appreciation for enough.

The support and love I received from, not only my existing group/family, but from Al-Anon strangers, was greater in unconditional love/understanding and non-judgment than all the family and friends I was surrounded by outside these rooms.

I was able to tell people in that room about a situation that would take me months to eventually share with my other friends/family, due to my fear of judgment and their opinions.

These many voices over that short 14 months gave me strength to face my still ongoing journey. Strength that I hadn't felt in years.

Berlinda R, Northern New South Wales Area ▲

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



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

Selected from

Intimacy in Alcoholic Relationships
B-33, p. 77

...being married to an alcoholic can feel incredibly one-sided. When I rely on my husband for emotional support or to fulfill my intimate needs, I often am left rejected and empty. If I let these feelings continue without awareness, my resentments grow. My Al-Anon family and Higher Power have taken on the role of fulfilling my emotional support. They have provided a nurturing, non-judgmental and loving place for me whenever I need something or someone to lean on.

When I read this it reminded me of the start of one of my favourite readings which I remember when I start feeling resentful or disappointed. It's from page 2 of *Courage to Change* (B-16): "Turning to an alcoholic for affection and support can be like going to a hardware store for bread."

Simple. ▲

Anon



Courage to Change

As we understood...

The lives of all human beings are composed of different phases and each phase represents a new beginning. Each phase is like a season of the year, different, yet transient. If we live these seasons consciously, we can enjoy the winter as well as the spring.

—Mexico

As we understood... (B-11) p. 250

View from under the eaves—
balloon and moon at dawn



Subscription to Austra-Link 2021-2022

Al-Anon Australia’s ‘meeting in a pocket’ is available to individual subscribers for \$24.00 per annum. To subscribe please complete this subscription form.

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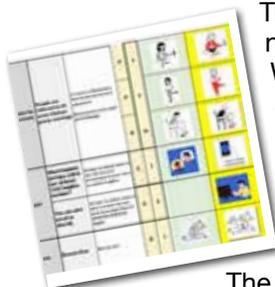
Forthcoming Events

In the absence of events to promote at the time of printing here's an opportunity to anticipate a very exciting event in the not too distant future—The launch of AI-Anon Australia's new website!

The group of designers engaged to build our new website, in conjunction with AI-Anon's Website Task Force, have put an enormous amount of creative and analytical work into its continuing development. Opinions and input have been widely sought. In true AI-Anon spirit all participants in the process have gone to great pains to talk things through and reason things out.

The process has been exhaustive, suggestions have been welcomed and acted upon and the result promises to be a fresh new look, vastly improved functionality and navigability providing an excellent and welcoming way of staying in touch with one other, keeping informed, providing knowledge for professionals and helping new members in the fellowship.

We are still asking for 'real' photographs to include in the pages, so with your Group's permission, get happy snapping and send your images to austra-link@al-anon.org.au. They will be forwarded to the Website Task Force for consideration.



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: June 2022

CAL: *Discovering Choices* (B-30)

Articles and Member sharings from around Australia

Winter Sharing Topic - *My AI-Anon program is never dormant*

The National Phone Number for AI-Anon information is:

1300 AI-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
Office closed until further notice due to fire damage. For assistance call the helpline or email.
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
Office currently closed due to fire.
New location to be advised,
Phone: (02) 4731 1442
E-mail: alanonpenrith@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: alanonnthvic81@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: office@alanon-vsa.com

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@saanon.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
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)

