

October 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](mailto:austra-link@al-anon.org.au)

*Notices of forthcoming events need to reach The Editor **ten** to **twelve** weeks prior to publication to ensure inclusion.*

### In this issue:

Editorial.....	1
CAL: Discovering Choices.....	2
Connecting Hearts and Minds Around Australia.....	3
Glossary.....	4
Linking the Legacies.....	5
Face-to-face Meetings are Important to our Fellowship.....	5
AGSO News and Views .....	7
Out of the mouths of Alateens .....	8
Tradition Three and Me.....	8
Recovery, Unit, Service.....	9
Feelings .....	10
Subscription form .....	11
Forthcoming Events.....	12

**Spring Sharing Topic:**  
*Al-Anon brings me back to life.*

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.



## Life is filled with amazing things!

The relocation of team Hugo and the feline grief counsellors Sniper, Rosey and Checkers, plus humans, draws nearer.

The immaculately presented, aromatically enhanced (thank you Clary sage) 'dez rez' sold at auction just moments before an almighty hail storm.

I am happy to report that I and my significant other were the epitome of calm before the storm. We took a leisurely walk (together—rare and amazing in itself) with Hugo during the final inspection. We then waited in the front room—which had discreet access to a loo in case of nervous needs—and set about doing a crossword while the auctioneer plied his trade very skillfully indeed.

**Amazing thing #1:** We have both always shied away from the idea of dreaded auctions and so were stunned at how well we got through it. Despite the significant presence of chronic alcoholism and the dire physical and functional consequences for its sufferer, we are both managing all the changes with compassion and minimal histrionics.

**Amazing thing #2:** The night before the auction, I took an imaginary journey of gratitude enjoying many tangible and detailed memories of renovations, gardening, celebrations, losses and delights I have experienced in this house. It was just beautiful and I slept soundly

and woke energised and excited about the day and events ahead—all of which were utterly out of my control. As has been the case quite often since finding Al-Anon, what might have overtaken me with anxiety at one time virtually became a spiritual experience.

**Amazing thing #3:** The house sold for not a penny more or a penny less than we needed. Not a great windfall, but precisely what we had calculated would see us securely settled in the next home. I was struck by the synchronicity with the first of the General Warranties of the Conference, from Concept 12:

*1. that only sufficient operating funds including an ample reserve, be its prudent financial principle;*

**Amazing thing #4:** We chose this home with a view to raising a family we didn't end up being able to have. The new owners have two gorgeous little daughters and it feels as though this fine old house can finally fulfill its purpose.

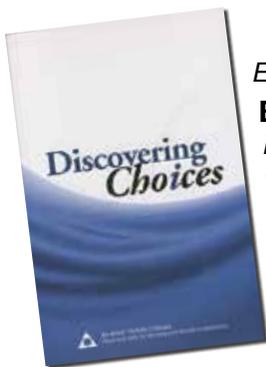
I thank Al-Anon for the integrity-rich common sense it has taught me, turning many a mountain into a molehill.

And just quietly, I think I'm daring to let my HP get to know me a little better too. T h a n k s HP. ♥ ▲

Wendy E.



*Hugo has found his own amazing thing!*



Excerpts from  
**B-30**  
**Discovering Choices**  
Chapter Ten:  
Choosing  
Happiness

... Acceptance  
means putting  
aside the wish

that our situation could be different from what it is. It's a costly luxury to worry, obsess, criticize or pine for something that we can't have. We pay for this luxury with what we could have: the peace of mind that is available to us today...

... We can't change the past. However, we can change our interpretation of the past, which can make a difference in how we feel today. When we are willing to look at ourselves critically and admit our errors, we can regret our mistakes while also taking some satisfaction that we've grown since we made those mistakes. We earn respect for ourselves as well as from others even as we remain humble out of respect for the modest role we play in a world cared for by a Higher Power.

It is our attitudes, not our relationships, which can keep us trapped in the past. If we choose to be resentful and unhappy, it is not the fault of anyone else....

*pp. 169-171* ▲

### Personal Stories

Since I've joined Al-Anon, I've allowed myself to find a friend within me. Before, I was truly my own worst enemy. I beat myself up on a regular basis. Any time I felt the courage to change the things I could, I'd quickly sabotage myself with my greater need for approval to shore up my lack of self-esteem.

I've learned to listen and participate. It's okay not to be perfect. I can pat myself on the back, even if others disagree.

I've learned to love myself even when I make mistakes. I've learned that integrity is much more valuable, satisfying, and long-lasting than the instant approval I was searching for previously. I've truly learned to be a friend to one of God's beautiful creations—myself.

*p. 172* ▲

After I'd been in Al-Anon a while, I began practicing the idea of "starting my day over". Up until that point, I would hold on to any grievances against life. Any argument was a great excuse to carry resentment, anger, or worry for days. In the case of my daughter, she was never just naughty; she was doing something to me.

One day I decided to start my day over after my husband and I exchanged insults in a heated dispute. Instead of carrying my baggage around with me, I left it behind. I felt better immediately and I could enjoy my family. Later I noticed my husband was doing that as well, and soon my daughter was following our example.

I am still amazed that I could have such an effect on my family by taking care of myself. Our changed attitudes really can enrich our lives, and in the process, the situation really does improve.

*p. 173* ▲

### For Thought and Discussion:

1. What are the rewards—and consequences—of thinking of myself as a victim?
3. What can I do today to better accept myself as I am?
5. How can working Steps Four through Eight help me make changes that can bring more happiness into my life?
7. How does holding onto the belief that other people should make amends to me cause me unhappiness?

*p. 196* ▲

## 2022 Australian Service Conference Theme:

### Connecting Hearts and Minds Around Australia



I never felt connection with anyone prior to finding Al-Anon.

I connected by being super-friendly and over-functioning to impress and gain friendship, love and acceptance. I would go above and beyond to fit in. All with an agenda...‘love me, love me’, ‘accept me, accept me’. I never felt loveable. I believed I was nothing of value.

This reflected my low self-esteem as a result of growing up in a family where alcoholism took all the space. I had no confidence; it was a false ego that shielded me and kept me in a false sense of safety. I was busy layering all the personas that made me fit in the world. On the outside a successful business woman, well-groomed, friendly and a participant in all sorts of activities. On the inside I was in emotional pain. The big secret was that really, I felt hopeless and helpless—desperate to find a way out of my despair, deep sadness and lack of connection to anything.

I now know this is the malady of the family disease—alcoholism. I found the like-minded people and the support I needed in Al-Anon which gave me the road map out of this devastating family disease I suffered from.

My heart opened with joy when I found my tribe: Al-Anon Family Groups.

I became teachable. I trusted all these people who had been where I was and talked about how they recovered, had loving relationships with their families and lives that were fulfilling. I found by practising the principles (Twelve Steps, Traditions and Concepts of Service) my life changed.

I found myself—my higher self—and became part of humanity. My mind was my enemy. ‘Think, think, think’ was really obsess, obsess, obsess. My mind needed a reset.

I heard a great comment once: “I don’t think much of myself but I can’t think of anything else”. That was me.

As an adult child I found I had a lot of the ‘isms’ of the alcoholic personality. Self-obsession was one of them. Ouch! That hurts to admit.

As I grew in recovery I saw how important it is to keep an open mind, stay in my own lane, mind my own business and focus on changing my attitudes, “prejudices and limited ideas”.

By studying the Steps and Traditions in particular, my life has changed and continues to do so. I’m less afraid to look at my limited thinking and more willing to use the process laid out in the Twelve Steps to expel the darkness of my disease. It’s cunning, wants me back in its clutches, quietly waits for me to be a bit vulnerable and then pounces.

Sometimes I am shocked at how fast I can revert to my old patterns of survival. This has encouraged me to make the Twelve Steps my Mum and the Twelve Traditions my Dad—the nurturing parents I always craved.

*Continued on page 4...*

... Continued from page 3

With the program as my guide for life and the connection I enjoy with my Higher Power, I can continue to enjoy a life of abundance.

Recovery is pure bliss.

Life is so much easier being connected to my higher self who guides me in all things. It's me who moves away and takes control from time to time. Thank God I have the Tenth Step to reset my thinking, not take things personally and take care of my needs.

I ask myself these questions that help me stay on track at the day's end:

1. What did I do that was hard for me?
2. What did I do for other people?
3. What did I enjoy?
4. What could I have done better?
5. How did I self-care?

This Tenth Step practice helps me see if I need to make amends to myself or others and helps me stay in touch with reality.

Without continuing to take personal inventory I would lose connection with myself, my higher self and then isolation begins. My spiritual connection fades away. Today, I connect spiritually to the world-wide fellowship of Al-Anon Family Groups because of the common identification. You get me. ▲

*Cheryl C., AGSO, PI Committee Chair*



The Serenity Prayer—Maori

## TE INOI MAHURUTANGA

Ete Atua tukua mai ki a au

te mahurutanga ki te  
whakaae ki ngā mea

e kore nei e taea e au te  
whakarerekē,

te kaha ki te whakarerekē i ngā  
mea ka taea e au,

me t mātauranga e mōhio ai au he  
aha te aha



## Glossary of Abbreviations

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

## Linking the Legacies\*

# Step Tradition Concept

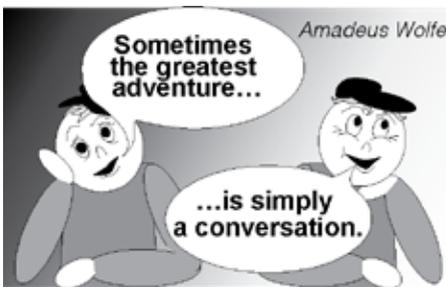
Continued to take personal inventory and when we were wrong promptly admitted it

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

\* Useful resources for further exploration:

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



## Today's Reminder

Building a useful and fulfilling life is not an easy task. Al-Anon helps me learn more effective ways of living so that I can avoid needless difficulty. With the proper tools, progress is just a matter of practice.

*“You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so you learn to love God and man by loving. Begin as a mere apprentice and the very power of love will lead you on to become a master of the art.”* ▲

*Francis de Sales*

*Courage to Change, B-16, p. 317*

## Face-to-face Meetings are Important to our Fellowship

When I first came to Al-Anon I felt like I was losing my mind. I was in a state of extreme anxiety which was not without good reason. The anxiety I was experiencing made it impossible for me to make rational decisions. Every meeting I attended gave me relief in a way that nothing else could, but of course, my situation wasn't changing and so that relief could last only so long. I started to realise that the decisions I made after attending a meeting were more effective than those I made before it. I slowly realised that the more often I attended, the more often I could experience that relief.

Soon I was attending every meeting I could possibly get to. I made decisions that, before Al-Anon, would have seemed extreme. Slowly but surely as I changed those things that I could, my life moved in a radically new direction, one that no longer included the cause of that extreme anxiety. Today I live a quiet peaceful life, one I could only have

*Continued on page 6...*

... Continued from page 5

built with the tools and principles of the Al-Anon Family Groups.

Like everyone else in the world, we have been greatly affected by the ongoing global pandemic. Members have been able to adapt to an online environment. In many cases this has enriched our groups, giving us access to interstate and overseas meetings. It has given very small regional areas access to these same resources. This has been good for established members.

However, many people in desperate need of our program do not have a safe place from which to engage in online meetings. Others may have safe-enough places but really need some incentive to get out into the real world and end their isolation.

When I was new I enjoyed the small intimate meetings, but it was the crowded noisy meetings that convinced me of how successful our program really is, demonstrating the diversity of our membership and giving me the courage to keep coming back.

Lately there are considerably fewer people actually attending the available face-to-face meetings than was the case prior to the pandemic. Almost every face-to-face meeting I have been to in the last four months has included at least one newcomer, but some of the meetings had only one or two other members in attendance.

It is important for us to support our face-to-face meetings because without the participation of the wider fellowship, some of these meetings may not survive. ▲

Anon



**Memberzzzz!**

*Remember, remember  
this **November** is...*

## **Membership Survey Month!**



Getting to know our members helps us to better understand who you are, how you are and what we can better do to serve you.

**Watch out for links on our website to complete the survey.**

### **New email address**

Remember the new email address replaces the previous alaphalink email. Please update your address book to the new email address.

**[office@al-anon.org.au](mailto:office@al-anon.org.au)**

# NEWS and VIEWS from AGSO



## Al-Anon Logo usage

As members of this wonderful fellowship, we have a deep affection for the Al-Anon logo—the triangle symbolising the Three Legacies of the program—the Steps, Traditions and Concepts.

However, when we are preparing fliers for events, newsletters or PI presentations for instance, it is important that we do not undermine the integrity of the design. Misuse would include things such as adding a smiley face to the central circle, distorting its proportions to fit a space you have available or filling the shape with pictures or patterns.

*The three symbols ... are registered as Al-Anon "marks" with the U.S. Patent and Trademark Office. Use of these marks for other than Al-Anon/Alateen purposes or any alteration of these symbols endangers their legal status.*

*P-24/27, 2022-2025, p117*

Al-Anon Family Groups (Australia) Pty. Ltd also has these trademarks registered, renewing every 10 years at considerable cost. We all share responsibility for their protection.

*By registering as an Al-Anon Family Group with Al-Anon Family Group Headquarters, Inc. (AFG, Inc.), a group is granted permission to use the Al-Anon trademarked name and logo **without modification** for the purposes of Public Outreach as well as AFG, Inc. copyrighted materials for the sole purpose of conducting its meetings...*

*Electronic-Group-Registration-EN.pdf*

## The Sky is not falling—it's safe to venture out...

Tired and inert following COVID isolation? Many of us are good isolaters and very likely were able to readily adapt to solitude because we had the comfort of our program, the gift of acceptance and for many of us, the connection provided by online meetings.

Not surprisingly the links of service have been stretched during the last two-plus years.

Are some of us feeling that the reticence in members to return to service, attend meetings face-to-face or participate in fellowship events is the new and permanent normal?

While the pandemic continues to require some caution in our approach to daily life, it is likely that much of what we believe has been lost is still quietly percolating and will rise from the ashes at a good orderly dawdle.

Volunteer members are sorely missed. Now restrictions have eased we'd love to see the office return to the once lively hub of pre-COVID days when members dropped by for a chat or to muck in and help with the myriad tasks that keep our Groups connected and supported.

The AGSO office has a staff member in attendance 10:30am to 5:30pm Monday to Thursday.

**Welcome back! The kettle's on!**



## Out of the mouths of teens!

### I planned to Run Away

When I first came to Alateen, I was just about ready to run away from home. My mother was drunk every night and a lot of the time during the day too. I was 16 years old, but still I didn't know how I could get along by myself. My father had divorced my mother recently, and I was put in her custody.

In Alateen I learned that my mother was sick and that as soon as she took one drink she couldn't help but get drunk. I learned too that I couldn't change her and would only make things worse if I tried. So I began to practice the Twelve Steps and the Serenity Prayer. After a while my mother stopped drinking...

...I knew she might not stay sober this time....Well, she didn't. She started drinking again after six weeks.

What I want to say, though, is that I am not as upset now by her drinking. I know I had nothing to do with it. I know she loves me in her own way. Someday I'll be through school and can get a job. By then I'll be independent and can make up my mind how and where I want to live.

I still get depressed and sometimes fall back into my old habits. Now that I have friends to talk to who understand, it's easier to begin again to practice the Twelve Steps and the Serenity Prayer.

I still have quite a bit to change in myself, but thanks to Alateen, I have made a start.

*Alateen Hope for Children of Alcoholics,  
B-3, p.72*

Three-minute sharings from members at the South Queensland Area Assembly in June 2022.

## Tradition Three and Me

### Tradition Three

*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.*

Many of us have felt alone, struggling with the family disease of alcoholism—alone, with the behaviours, stigma, and crises that accompany this disease. We may have experienced abuse and violence in our closest relationships—had feelings of shame in our neighbourhood, or shame in the school community. We may have lost any sense of self-worth, felt completely isolated, and powerless to change what is happening. I know I did.

In my 30s I actually humiliated myself, trying to discuss with other high school parents, what we were experiencing with our teenage sons. Not ONE of those parents shared anything remotely similar. This wasn't happening in other families? They must be better parents than us. Better mothers. Despite giving the whole of myself this far, I had failed parenting.

When all my efforts seeking help were exhausted, to no relief, (tough love support group, school counsellors, police, family counsellors, boarding school—before they ran away), it was my personal counsellor, a recovering AA member in fact, who suggested I try Al-Anon.

I called, and to my dismay, I discovered there were no professionals running it! I had no trust, and feared more humiliation among peers. I didn't go. Consequently, I endured 15 more years of the continued, escalating effects of this family disease.

When one of my sons stopped drinking five years ago I was elated. Full of joy and relief, I hoped the other would follow. His life was so full of chaos and ugly consequences that hurt him, and the family. He completely rejected the idea. A whole new level of despair hit me! I hit bottom. And so it was, that two and a half years ago, I sought my first meeting.

Fear and doubt returned. “Do I qualify for Al-Anon now the boys have left home? Will they accept me? I don’t know how this could help me. My husband doesn’t need Al-Anon. What is so wrong with me?” I feared suffering more humiliation and I felt unworthy and afraid. I went anyway.

I was received with warmth and compassion. I was even encouraged to come back! In Al-Anon, Tradition Three defines who it is for, and what it is for. Al-Anon is for me. Al-Anon is for anyone in a similar situation. And it is up to each of us to decide whether we belong or not. We know the origin of our suffering.

From the first meeting, I was treated like I belonged. That day, someone shared their pain and showed the strength and hope they had received there.

I have things in common with members of different ages and professions in the group. As I work on applying the Al-Anon ideas in my life, I want to ensure any newcomer I encounter will feel welcomed by me, and be able to decide for themselves whether or not they belong too.

As we continue to practise Tradition Three in the meetings, it keeps our group focused on the Al-Anon program. Following the program in this way, and not using time on other causes or therapies, prevents us from diluting Al-Anon. We have a clear path to recovery. Tradition Three therefore, prevents disagreements and keeps us together. It

maintains the program, ready for you or any of your loved ones who are feeling alone in their time of need. ▲

*Denise, South Queensland Area*

---

Thanks to members who sent in these talks from the Northern New South Wales Area Assembly in June 2022.

---

## Recovery, Unity, Service

I will learn to love myself through the Steps, others through the Traditions, and the world I live in through the Concepts.

When I came into Al-Anon, the only thing that mattered to me was my own recovery, and that of my family. I certainly wanted what other members in my group had, and as I listened during many, many meetings, I began to understand that to achieve this, I would have to do what they did—change my behaviour by practising the program and the Steps. That was challenging work, but the payoff was great.

But I also heard one of these members talk about our Traditions—how she had used one of the Traditions to help her children understand that refilling the toilet rolls in the bathroom contributed to better family life, the common good! That piqued my interest.

The Traditions banner was on the wall, and we read them out each meeting. I began to see how I could use them in my family life. By then my group and other groups in my locality had become my family, and family to my children in Alateen.

This Al-Anon/Alateen family became paramount to my recovery, so I was invested in the unity of this family and could see that the Traditions in action dealt with various problems, as they arose, in such a loving manner.

Tradition One in action: “Our

...Continued from page 9

common welfare should come first; personal progress for the greatest number depends upon unity.”

I had become involved in service work because I heard, “You can’t keep it if you don’t give it away”, and I wanted to keep what I was getting through Al-Anon. I was fortunate to be in the company of wonderful members who became the founding Committee of our new Northern Area NSW. We began to use the Concepts which were a relatively new addition to our Legacies, and I had

to grow in understanding of them. I vividly remember our Delegate using The General Warranties of Concept Twelve in our Area when dealing with some very thorny issues, and how these issues were resolved with justice and with such love. As I began to understand and practise the Concepts in my personal life, they began to affect my views on everything in the world—politics, religion, society as a whole, and my work life.

So now I see these three wonderful Legacies as underpinning everything I have been given in my life. In effect, they form a seamless whole, crucial to my continued recovery. As I learned from *Paths to Recovery*, “The Steps show me how to love myself, the Traditions show me how to love others, and the Concepts show me how to love the world that I live in”. ▲

*Margaret P, Northern New South Wales Area*



## 2022 Spring Special

### **(B-16) Courage To Change**

First published in 1992, acknowledging that not *all* Al-Anon members were women married to heavy drinkers!

### **(B-27) Hope For Today**

First published in 2002 daily reader *Hope For Today* speaks to the needs of members who grew up in homes where heavy drinking occurred.

### **(B-29) Opening our Hearts, Transforming our Losses**

This wonderful book explores loss and grieving in the Al-Anon context.

Available for order from 1<sup>st</sup> September until Wednesday 7<sup>th</sup> December 2022. Order through your Area Office. See the back cover for Area contact details.

## Feelings

Feelings: These are things that I have had a lot of trouble dealing with because I did not know how to.

It was like a tightly shut curtain with no light coming in, hiding away from “ME”.

I had a lot of fear, anger, worrying what people thought of my appearance, afraid of not being accepted.

When my eldest son, asked the question: “Mum would you like to come to an Al-Anon meeting?” there was no hesitation with my answer, “Yes! Thank you”.

That is the day my life changed forever. It is nearly three years since that day, the day the curtain started to open up and let the light come in.

I have had a lot of ups and downs, but there has always been a lot of support from the people I have been privileged to meet. ▲

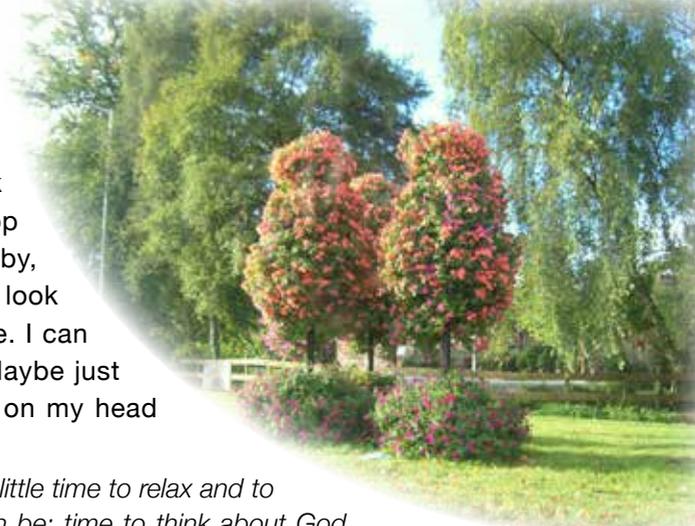
*Janelle, Western New South Wales Area*

## Today's Reminder...

Just for today I will look for ways to enjoy life—stop by a garden, try a new hobby, or call a good friend. I can look for humor. I can savor love. I can explore something new. Maybe just for today, I'll try standing on my head to see if I like the view.

*"Just for today I will find a little time to relax and to realize what life is and can be; time to think about God and get a better perspective on myself."*

*Alcoholism, the Family Disease  
One Day at a Time in Al-Anon (B-16) p. 274*



## Subscription to Austra-Link 2022-2023

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.

Each Group automatically receives a **free** copy of *Austra-Link*. If your Group would like to subscribe to additional copies please complete the form below.

Format	Annual - from 1 <sup>st</sup> November 2022	Part Subscription from 1 <sup>st</sup> January 2023
Hard copy	\$24.00	\$2.00 per month
<b>Individual/Additional Group Post subscription</b> or a gift subscription for a friend		Circle applicable 
		<b>New or Existing subscription</b>
Individual/Group Name:		
Mailing Address:		
City/Suburb:		Postcode
Contact Phone/Mobile:		
Subscription details:	Number of subscriptions__ for__ months =	\$ _____
If you would like to subscribe to a <b>free</b> email copy of <i>Austra-Link</i> please provide an email address.		
Email address: .....		

**Cheques payable to:** Al-Anon Family Groups Australia. Address: GPO Box 1002, Melbourne Vic. 3001  
**EFT Payments:** Account Name: Al-Anon Family Groups Australia Pty. Ltd. BSB: 063-158 Account #: 10035455  
**Reference:** Group's name; Individual name; **Email:** accounts@al-anon.org.au when you have made an EFT payment

# Forthcoming Events

---

## LATROBE VALLEY DISTRICT'S 29<sup>TH</sup> AL-ANON WEEKEND AT CAMP MUNJARA

Date: Friday, 14<sup>th</sup> October 2022 to Sunday, 16<sup>th</sup> October 2022

Venue: Glenmaggie, Munjara School Camp, Sandy Point Road (Mud Brick Cabins)

There will be a shared tea on Saturday. B.Y.O. Everything, including food, sleeping bags and linen.

Cost: Weekend = Adults \$95, Children = \$50, One Night = Adults \$70, Children = \$35

Bookings: Beth - 0414 824 904 or Lorraine - 0407 550 594

---

## SHEPPARTON/MOOROOPNA 67<sup>TH</sup> AA ANNIVERSARY WITH AL-ANON PARTICIPATION

Date: Friday, 14<sup>th</sup> October 2022 to Sunday, 16<sup>th</sup> October 2022

Venue: Shepparton North Education & Community Centre  
10-14 Parkside Drive (Cont. Brauman Street) North Shepparton

Bookings: Jeni - 0421 240 955, Bek - 0429 641 204, Dianne - 0428 582 620

---

## THE AA NATIONAL CONVENTION 2023 WITH AL-ANON AND ALATEEN PARTICIPATION WILL BE HELD IN SCARBOROUGH, WESTERN AUSTRALIA

Date: Thursday April 6<sup>th</sup> to Monday 10<sup>th</sup> April 2023 (Easter Weekend)

Venue: The Rendezvous Hotel in Scarborough

Contact: Cindy S. - 0437 207 090, if you can help or have any suggestions.

---

## 2023 AL-ANON INTERNATIONAL CONVENTION

Date: Friday, 30<sup>th</sup> June 2023 to Sunday, 2<sup>nd</sup> July 2023

Venue: Albuquerque, New Mexico

Information: Check the WSO Website and subscribe to *In The Loop* at [Al-Anon.org/emailme](http://Al-Anon.org/emailme)

Theme: "New Hopes, New Friends, Renewed Recovery"

---

## 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: November 2022

**CAL:** *Discovering Choices* (B-30)

Articles and Member sharings from around Australia

Spring Sharing Topic - *Al-Anon brings me back to life*

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

[www.al-anon.org.au](http://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-snsww.org.au

### **WESTERN NEW SOUTH WALES:**

Al-Anon Family Groups Western NSW Area  
688 High St Penrith NSW  
P O Box 4240 Penrith Plaza NSW 2750  
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:  
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: office@al-anon.org.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)**