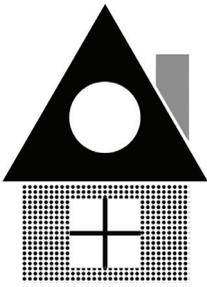
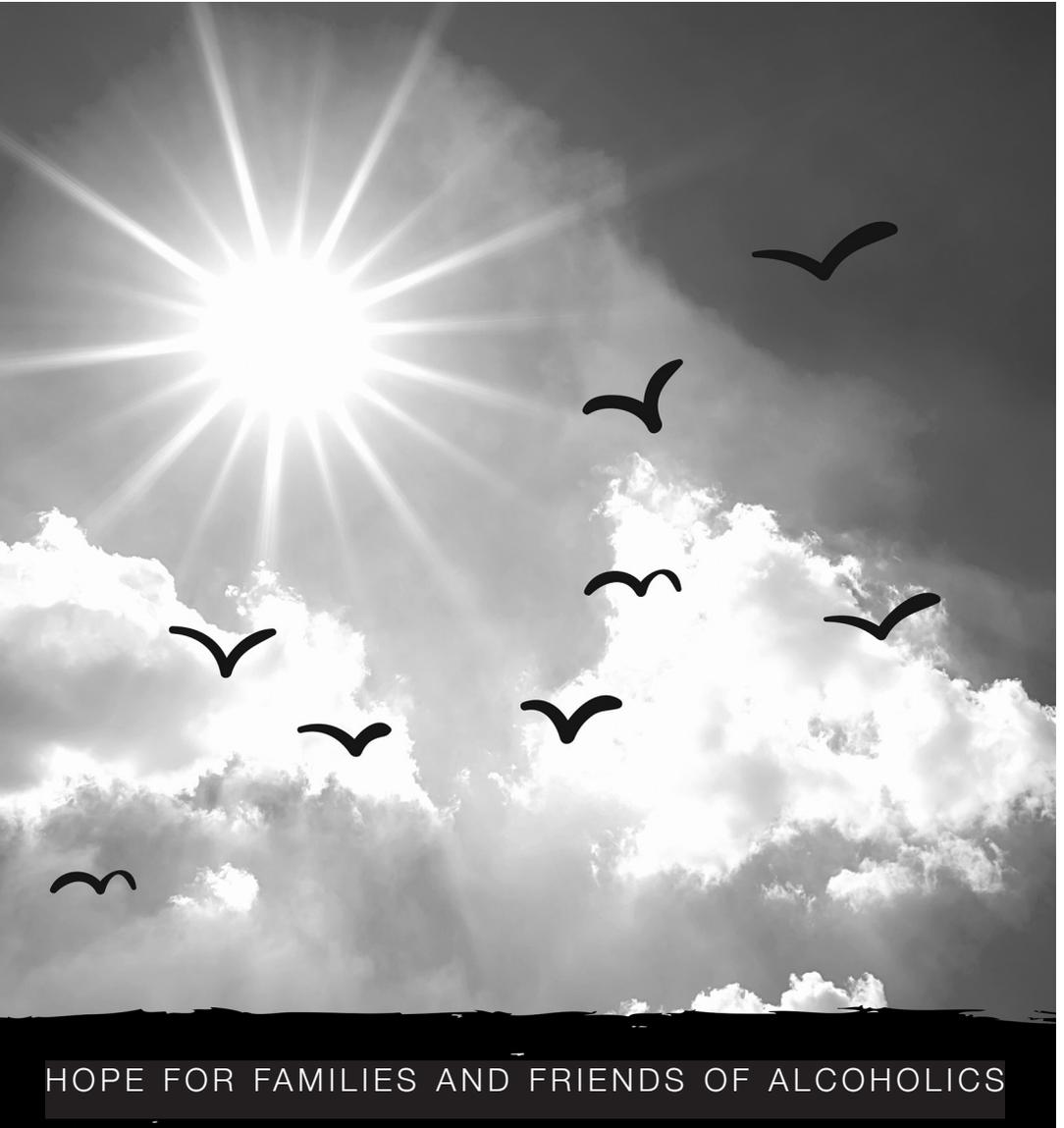


April 2021



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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STATEMENT OF PURPOSE

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

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

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

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

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

God grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference

Recovery

Through The Steps

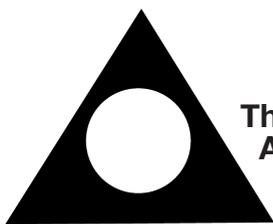
Unity

Through The Traditions

Service

Through The Concepts

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



Welcome to my 'purple patch'...

Well isn't life a peach? (despite peaches not being at all purple). Looking back over recent *Austra-Link* editorials I see I've been on quite a journey—and you my hapless readers, have been dragged along with me! Thank you for your companionship.

I was reflecting the other morning—from my reading bench, armed with coffee, CAL¹ and cats—how blessed I am to have my Al-Anon program. It's like a combination of life raft and magic carpet.

I recalled how much I struggled with my grief from losing Dad and Alfred, my struggle with relationships within my family, my understanding of the family disease of alcoholism and its ripple effects. At the saddest and heaviest time, while I struggled, I was supported by my Higher Power and Al-Anon friends and I had faith 'this too would pass'. I felt awful, and heavy and grim, but I *did* have hope. I *did* know that by continuing to use the tools of the program things would change.

This grief was new territory, and surrendering to it was even newer territory.

I was able to remember feeling lighter and more serene in the past, and I expected that feeling to return. What I didn't expect was how much I'd learn about myself and my relationships.

¹ Conference Approved Literature

I suppose it makes perfect sense that after the death of a parent some fundamental things might shift. I am amazed at how, from the cocoon of grief, this moth has emerged with new knowledge, hope and serenity. I learned that Al-Anon doesn't help you dodge the grittier moments of pain, but it does help to make that pain productive.

By reaching out to my Higher Power for guidance, by having faith that somehow handing over to my HP would help me through, by honouring loss, by trusting that opening myself to the wisdom and love found in the pages of CAL and the rooms (zoom rooms!), I feel I have grown so very much.

My Higher Power and I have made a pretty good fist of living with changes (and in a few cases some unfortunate 'sames').

Right now, (because 'roooooo' good times shall pass also) I am excited by the promise of each day. I am proud I chose to hop on my Al-Anon life raft, and hang on 'til it morphed into the magic carpet I am riding today. ▲

Wendy E.



Sniper, reading bench buddy and counselling team leader



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

**Grieving for Our
Childhood**

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

Freedom to feel

Growing up, many of us were not free to express our feelings. Often the only person who was allowed to be angry was the alcoholic. As a result, we may have come to believe that certain feelings were wrong, and so we may have turned them inward. In Al-Anon we are allowed to feel our feelings, whatever they may be, without shame or guilt. Now that it is safe to express our feelings, we may be surprised to discover the depth of our emotions. Even the recollection of happy times can make us sad, for often those happy times were all too fleeting.

When we first begin recovery, we may struggle with our anger and resentment for the abuses we suffered as children. Though ultimately our healing is not about blaming our parents, we may need to get angry for a while. Some decide to confront their parents, while others choose not to. Some choose to remain in relationships with family members while they work on their recovery. Some find it best to limit the time spent with their families until they feel more confident in taking care of themselves. Others feel

it is best to take time away from family altogether. There is no right or wrong way to deal with families, and only we know what’s best for us. Perhaps what’s most important is to recognize that we have choices.

Though feeling our anger may make us uncomfortable, we can trust that it is an important facet of our grief and recovery. When we allow ourselves to experience the full range of our feelings, we come to realize that our anger can serve us in important ways. It lets us know when we’ve been hurt or mistreated or when someone has crossed a boundary. It might be signaling us to respond differently to a particular person or situation. Often our anger can be a reminder that we need to take better care of ourselves.

We may always be affected to some degree by our past, but we find that as we face our pain, it begins to lose its power. It might help to consider the following analogy: While driving a car, we glance in the rearview mirror to see what is happening behind us. We wouldn’t want to stare in the mirror for too long, because this would be dangerous and could cause an accident. On the other hand, it would also be dangerous if we never looked in the mirror.

When it comes to our past, we can learn to find that delicate balance between looking and not looking. It takes time to let go. We can trust that our Higher Power will guide us through our grief at the pace that is right for us. The more we heal from our grief, the less we will feel the need to stare at it. In time many of us have been able to look at our past in a way that informs us rather than holds us hostage.

pp. 61-62 

First Things First...

Easy Does It... Learning to Laugh at Myself... Awareness of my Higher Power... Family Disease...

My husband is currently away at our holiday house in country Victoria. It was originally for four days to do some maintenance on the house, but was extended, due to the Victorian COVID-19 circuit breaker lockdown (Number 3).

The extra time away was also due to my encouragement (Tradition Five) for him to enjoy the break from Melbourne. He agreed not to rush back a day earlier than planned and is now away for an extra five days. Oh bliss!

And yet, even with this arrangement in place, I am buzzing around like the Queen Bee in the hive, trying to accomplish too many things at once. Earlier today I started to prepare my lunch, including boiling an egg. I got distracted by a couple of emails and 'BOOM'—the egg exploded as it had boiled dry! What a lesson! I had a good laugh at myself!

Nice not to have the TV going some nights while my husband is away. The sense of freedom after he left the first night was palpable—like a weight being lifted off my shoulders! I didn't turn on TV at all but, being a balmy summer's evening, took some time to sit outside in the back garden to soak in the smells and sights of the plants. I am a visual learner and the array of cool green tones and shapes in our fernery was lovely. I looked at the colours in the twilight sky which is something I don't often take the time to do!

I am not living totally like a hermit though, during this lockdown. Most

nights I still tune in to the news, or at least the weather report, and choose a show I would like, rather than having to negotiate! Some nights I prefer to read, listen to music or do a crossword puzzle.

I am still in regular contact with my Sponsor, attending two or three meetings each week and doing my daily readings of CAL every morning before I get up. I enjoy regular contact, especially during these periods of lockdown, with my family and friends via emails, SMS and voice calls. I have also had a couple of cordial, courteous and relaxed conversations in the past couple of days with my husband!

I am aware that "This too shall pass" and I am making the most of each day as I develop a deeper relationship with my Higher Power. 

Anon

Dealing with my Anger

I am sitting at my kitchen table as I write this. I am alone in my house. I am feeling a lot of anger at the moment. Anger is an emotion that I can feel shame about. I am grateful that Al-Anon is teaching me helpful ways to deal with my anger, a way that is respectful to me and to it.

I have learned that I am powerless over my first thought. Anything I do after that, I have a choice. I heard someone share once that God is in the pause, and it is in that pause that my recovery can be.

I am learning that it is OK to be angry, and that it is necessary to process my anger with people in recovery that I trust. I feel vulnerable when I am angry. Sometimes I have to say a lot of raging craziness to get to the root of what I am

feeling. There are nearly always tears. I am grateful that I have relationships with members who are able to give me time and support me on a phone call when I feel this. Sometimes I have to punch a pillow to get the pain of my anger out. Sometimes I scream into the pillow. Sometimes I run as fast as I can, which can give me an enormous surge in energy.

I am grateful that I am learning healthy ways of dealing with my anger. ▲

C, London Bridge 9am

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The following is drawn from the chairperson's report in the dry old minutes of a recent Literature Committee meeting. It reminds me that there is inspiration to be had from all our interactions with our Al-Anon program. ed.

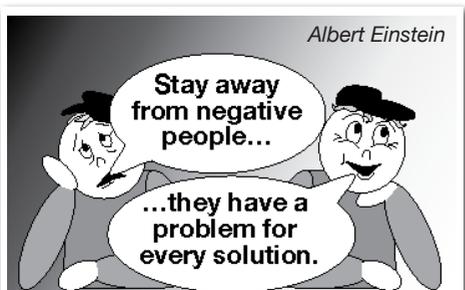
A little personal reflection

I have recently had a beautiful bonny grandson introduced into the family—the joy and delight in just seeing him asleep amazes me, as I don't think I had time for such serenity with my own children. The relevance here in Al-Anon was a call from a member of another group, who took on 'Let it Begin With Me' and decided to take action to get meetings up and running again.

Suddenly there was help from their Area Office, and a newcomer! And we laughed at our feelings of warmth and love for the newcomer—like a newborn baby—and the realization that we are never alone, that we all need support, encouragement and nourishment.

Area Newsletters, with the positive voices of dedicated members fulfilling service positions, reinforces the sense of gratitude that contact with members of my home and other groups has highlighted during these COVID times. It is encouraging to see the constant reference to Conference Approved Literature (CAL), and the importance of making it available.

I have also become aware of the importance of Al-Anon to members who are also members of AA. While these members can serve their groups in the usual ways by sharing their experience, strength and hope and as secretaries, treasurers, literature coordinators, etc., they cannot hold service positions such



Today's Reminder

An Al-Anon meeting is a great place to observe how various people react to their circumstances. Those who have the most to be grateful for often grumble and complain. Others, living desperate and even tragic lives, somehow keep cheerful and manage to get some joy out of what little they do have.

“To expect life to be tailored to our specifications is to invite frustration.”

One Day at a Time in Al-Anon, B-6, p. 191

as Group Representatives (GR) who have a vote at Assembly.

However, I have seen the value they place on the program and the Al-Anon literature and its 'healing' effect.

These thoughts converge to express a great big THANK YOU to the dedicated staff at AGSO and the volunteers. Often 'just doing what needs to be done in the best way possible', they form the structure and framework that allows Al-Anon to keep operating and providing a space for the healing, strength, guidance and protection that takes place at every group meeting.

So here it is, 2021, and I don't think anyone is complacent about what it will bring, but the strength that the Al-Anon program has provided in 2020 cannot be dismissed. In fact, it reminds me that "from little things big things grow". ▲

Aileen C., Victorian Southern Area

Choices in my responses

Hello to all my Al-Anon people.

Today I have many choices in my response to life experiences thanks to Al-Anon processes and tips of behavioural knowledge.

Experience with the above has moved my sadness about my two sons' addictions—especially the younger one. He's 34, distilling his own rum, still working, but his finances to me are askew.

But Al-Anon has shown me to keep hands off and I tell him that I love him despite his obvious near 'bankruptcy' every week.

The older one is richer at 36 and starting his own business and expecting his second child. But, as the stress escalates, so do the addictive forces for beer and ciggies! Their father lost interest and continues to drink 32 years later. We haven't seen him in all that time.

May I thank God for the genuine good people in their lives—*today*. It hasn't always been that way, and of course my great comforter and guide, the Al-Anon program and its people, are so special to me, now and always. ▲

Di C., Southern New South Wales Area

HOPE

I recently chaired a zoom meeting and for my preparation, apart from looking up some useful readings on the ever-nurturing topic of 'hope' from my personal library of Conference Approved Literature (CAL), I also jotted down what, to me, has given *me* hope through my Al-Anon journey.

We arrive, we calm down, we notice, we recognise, and we feel hope. What gives us hope?

- ▲ The ready availability of meetings;
- ▲ The sharings by members who have been around longer;
- ▲ My first 'change' of behaviour (generating a discreet fist pump, I seem to recall);
- ▲ The tools, e.g., 'changed attitudes can aid recovery';
- ▲ The abundant literature we have for diving in and exploring;
- ▲ The fellowship;
- ▲ The sense of belonging;
- ▲ The help of a sponsor;
- ▲ The idea of service for keeping busy;
- ▲ The changes we begin to observe;
- ▲ The feelings: serene and optimistic—positive and hopeful
- ▲ The relationship I slowly developed with my Higher Power.

All these have given me, and in turn, I do believe, my loved ones: HOPE. ▲

Claire J., Victorian Southern Area

Not today

No clouds today. As the sun began to rise again, I noticed birds flying, swooping, and settling on TV antennas, tree branches, and roof tops. We stood together, all seemingly angled towards that golden hue, fast becoming brighter.

I had woken early and, rather than roll over, I felt compelled to rise and step outside into the dawn. So, sleep-crumpled and barefoot, the birds and I waited. Of course, it happened, the orb rose above the mountain. We held our gaze until its brightness made us blink and look around at what the sun had illuminated. The birds flew away in the knowledge that another day was underway under the tutelage of the sun.

The moment reminded me that my Higher Power is always there, sometimes obvious, sometimes not. The choice is mine whether I avail myself of the serenity on offer. Do I pause, notice, connect, or do I rush, not notice, and act on my often ill-conceived, wilful, thoughts?

These thought patterns, brought about by generations of the family disease, usually result in resentments, judgements, self-loathing, and self-doubt. An easy choice you would think, but no. Every day I need to remind myself that connecting with my Higher Power is essential to my sanity and serenity.

Letting go and letting God, a day at a time, is hard for me but this morning I choose to bring myself into the light, my Higher Power's grace. Thank you Al-Anon for providing the path and fellow travellers for this spiritual journey. I will continue to walk, stand, and notice with your help. Today, I did not miss that opportunity. ▲

Roz H., Victorian Southern Area

Lillian's Acronym of the month

Hearing Other People's Experiences



Crested Jay (Pica cristata carulea) from The Natural History of Carolina, Florida, and the Bahama Islands (1754) by Mark Catesby (1683-1749). Original from The Beinecke Rare Book & Manuscript Library. Digitally enhanced by rawpixel.

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

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

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

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

NEWS and VIEWS from AGSO

What a difference a day makes...

COVID-19 still lurks and this means we are all functioning in response to changing regulations and precautionary arrangements.

Meetings

The AGSO and Areas are working constantly to keep meeting lists up to date. Be sure to check the website or contact your group to confirm the status of a meeting. Some venues are still not viable spaces for face-to-face meetings due to limited space, onerous COVID safety regimens or changes in conditions of tenure. Some groups are opting to continue with on-line meetings, some have resumed face-to-face, while others are holding 'hybrid' meetings.

AGSO and Area Offices

Please be sure to call or email your Area office to establish whether it is attended and able to receive visitors. For example, AGSO office has maximum capacity for six persons—including staff—at any one time until further notice. ▲

2020 Conference Decision update

The 2020 Australian Service Conference agreed to ask the WSO if an alternative edition of *Hope for Today* and *Courage to Change* could be produced in which gender-specific pronouns for references to God were removed.

A small subcommittee in Southern NSW Area produced a sample of text which could replace the sentences which refer to God as He or Him. Six pages were affected in *Hope for Today* and seven pages in the first six months of text in *Courage to Change*. These suggestions were sent to the WSO for their opinion.

A letter was received in February advising that permission would not be granted for production of such an alternative version of these books. It was suggested that if members want sections of text changed in any CAL item they are free to send a message to the WSO Literature Committee.

A new daily reader is in production at the WSO and members are invited to send sharings for this with non-gender specific terms used for God or a Higher Power if they feel strongly about this issue. ▲

End of an era

General Secretary of Al-Anon Family Groups (Australia) Pty. Ltd retires

Having served as General Secretary of Al-Anon Family Groups (Australia) Pty. Ltd. for 20 years, Lois A. has decided to retire. Consequently, the General Service Board is now searching for the next General Secretary.

Please refer to the Member section of the website: www.al-anon.org.au/members for further details. All enquiries can be sent to the Chairperson of the General Service Board via the Deputy General Secretary's email address: jennyagso@gmail.com

Theme talk from the 2016 World Service Conference Summary.

Realizing Our Spiritual Potential

Before Al-Anon, I was angry. Life had cheated me and everyone was against me! I just knew folks said, "Crap, it's Karen!" when I arrived, or, "Thank God, she's gone!" as I left. And they should have; I was miserable and let everyone know it. Today, I tease that Al-Anon was the first place where folks ever told *me* to "Keep Coming Back!"

Last year, I needed transportation for a medical test. One friend could take me and another could pick me up. Dropping me off, the first friend gave me a big hug. Inside I had the staff laughing because I was so upbeat. The test *could* have meant "bad news," but I was alive, I was walking and talking, I could smile and pray, so why worry? Knowing that I have no family close by, my second friend invited me to her mother's for Thanksgiving. I gently refused. I didn't know how I'd feel

'Out of the mouths of babes' Alateen snippet

Before I came to Alateen, it seemed like I was being followed by a black cloud. I was miserable. My life was unmanageable, and I was a totally different person. I felt a constant fear that something was going to happen to my parents, or maybe even to me.

Today I'm glad that I can call and talk to someone in Alateen about my fears, my frustrations, and my problems.

Courage To Be Me Living with Alcoholism
B-23, p.44

after the test, and I'm not a big mix-with-strangers person. Then I teased, "But you can bring me a plate around 6 o'clock!" And she did—with enough to feed a crowd! The *real* blessing was us talking for hours. Nothing earth-shattering or world-changing, just two friends sharing.

Later, it came to me that I *have* realized at least a little of my spiritual potential. I have family and friends in whose lives I can have meaning. People are willing to pray for me during challenges. The woman no one wanted around is now a loving, loveable friend and family member; someone others are willing to help, love, care for, and share with.

I didn't do this alone—it's one of many gifts from Al-Anon and my Higher Power. Accepting and learning to apply the spiritual principles of Al-Anon to every part of my life—the Steps for me, the Traditions for my communities, the Concepts of Service for *all* parts of my life—helps me work toward my spiritual potential.

I know that my Higher Power is the force behind all realizations—character defects to work through or goals to achieve. My Higher Power has no limits. So, how could I *not* become aware of, understand, accept, and eventually fulfill (or *realize*) my spiritual potential?

Have I *fully* realized it? I hope not—at least not yet. I look forward to many more adventures in learning about acceptance and serenity and all the other things that will make my spirituality a reality. Thank you, Al-Anon Family Groups, for making me aware that I *have* a spiritual potential and for being integral in turning that potential into a reality. ▲

Karen L., Missouri



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

During a period of disappointment, tension and sadness which I have felt frequently over recent months, as the result of the grief and loss experienced due to the sudden death of my brother, but also from the ongoing loss of the dream of a happy marriage, I opened my copy of *...In All Our Affairs: Making Crises Work for You (B-15)*, pp. 228 – 229 and found the heading:

Meeting My Needs with Al-Anon

“I struggled for years in my unhappy marriage, willing to try anything to fix it, to make it happy. My biggest complaint was my husband’s lack of support. I looked to him for companionship, conversation, caring about my troubles, sharing my religion, and more.”

My expectations of my husband were impossibly high and often unrealistic.

“It came to me slowly that I did have this relationship in my life – with my Al-Anon friends.”

Then I read part of the next page and discovered:

“I had it all – in different people, but all loving and caring for me. This realization led me to peace, gratitude, and letting go of the demands on my husband to be “everything” for me”. I am SO blessed! ▲

Anon.

I Am Responsible For My Own Feelings

It took me such a long time to learn that I am responsible for the way I feel. I wanted to blame everyone for my unhappiness—my parents, my husband, life. If only I had been made to feel worthwhile as a child, I thought, I would now have a better self-image and wouldn't be so lacking in self-confidence, so fearful of rejection. If only I had married a non-alcoholic, I would be so much more carefree, so much more able to enjoy life. And life! Why did life have to be such a disappointment, such a hassle? Why couldn't nice things happen to me?

In Al-Anon, I was told I was responsible for my own happiness—the world didn't owe it to me; my husband didn't owe it to me; my parents didn't either. I had to stop feeling sorry for myself and start doing what would make me glad to be alive. For a long time, I had to make a daily effort to count my blessings. It helped to read the paper and see what was happening to other people. Newspapers seem to thrive on bad news. For a while, I could only count my blessings in reverse—at least this bad thing hadn't happened to me, or, I was better off than that poor soul.

The war in Vietnam was going on at the time, and the papers were full of pictures of refugees with their belongings on their backs, clothed in rags, half-starved. Looking at them, dispossessed, mutilated, knowing no comfort, it was easy to be grateful for my warm house with plumbing and clean sheets. At least I wasn't sleeping out in the rain on a rat and louse-infested straw pile. At least I

was getting wholesome food and didn't know what it was to be really hungry. I could be grateful for living in a land without war, for having three healthy children. I began to be aware of my many blessings, and started to feel less sorry for myself.

Going to meetings helped, too, of course. There was always someone with a problem I could consider worse than mine.

As I began to be involved in my group, taking on various responsibilities, sponsoring newcomers, I came out of myself. The more aware I became of others, the smaller my problems seemed. As I did my job and saw that my efforts were helping others, my feelings of self-worth grew, and I began to be happy to be alive.

But I still had a problem with despair—a feeling of hopelessness, a deep, dark sadness that overwhelmed me at times and made me want to end it all. Eventually, I learned that my depressions were due to boiled-up anger. I had misunderstood the Al-Anon message not to argue with the alcoholic, and had stopped communicating altogether! Oh, we talked about non-controversial subjects, but I avoided telling him how I felt about anything. Not only did I not express my anger; I *felt* guilty about having it in the first place! I thought if I were practicing my program, if I fully accepted him as sick, nothing he did could make me angry. I didn't realize anger was a normal response to a frustrating situation and that I had a right to my feelings. What I did about them was something else. But I did owe it to myself to find a healthy

outlet for my anger. Bottling it up until I lost control or became so depressed I wanted to die was not the answer.

I began to talk to my husband again—to let him know how his behavior made me feel. He did, after all, have a right to know how he was affecting those around him. I couldn't expect him to act differently if he was unaware of the effects of his actions on me. Even after he did become aware, he often chose to continue acting the same way. That was his choice. I couldn't change him—but I had changed what I could—I had let my feelings out.

Other times, he would get very sad and upset when I told him how I felt. Not wanting to hurt him, I was tempted to keep things to myself. But again, I had to learn and relearn that, just as I couldn't blame him for my unhappiness, I couldn't allow him to blame me for his. Making me feel guilty for hurting his feelings was just another way he had to control me, but only if I allowed it.

I don't always like to hear what other people have to say, but I don't have to let it hurt or depress me. I take it for what it's worth and move on from there. If it's a worthwhile criticism, I'm thankful for the insight and make the necessary changes. If it's not worthwhile or accurate, I simply dismiss it. On the other hand, I don't deliberately say or do anything to hurt someone else. I try always to be tactful and kind, but honest.

I have stopped feeling so responsible for the feelings of others. My own feelings are a big enough responsibility. ▲

*Louise M. G. Forum Editor 1974-1977
Forum Favorites, Volume 3, p. 2*

Today's Reminder

I may not have everything I want, but today I have everything I need. I will look for evidence of abundance and let it remind me that my Higher Power's love is broad enough to touch all who have the courage to place themselves in its presence.

“I can learn to avail myself of the immense, inexhaustible power of God, if I am willing to be continually conscious of God's nearness.”

Courage to Change B-16, p. 301

One Day at a Time in Al-Anon, p. 203

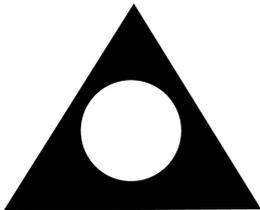
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THE TWELVE STEPS

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-snsww.org.au

WESTERN NEW SOUTH WALES:

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

NORTH QUEENSLAND:

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

SOUTH QUEENSLAND:

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

NORTHERN VICTORIA:

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