

May 2021



AUSTRA-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 Groups, GPO Box 1002, Melbourne Vic. 3001 or email to austra-link@al-anon.org.au

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

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

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

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



The National Journal of Al-Anon Family Groups Australia

Issue No. 481, May 2021

Love in all its guises

I love my morning sessions sitting with my Conference Approved Literature (CAL), my notebook and my Higher Power on the bench in my back garden. I'm currently trying to figure out how I can rug up well enough to continue this in the soon-to-arrive chill of Winter. My COVID ugg boots, cosy dressing gown and hot water bottle tucked into said elegant fluffy garment might do the trick...

I love my three very cute moggies. Checkers helps me read my CAL, Sniper joins me for my spinal exercises on the floor daily and Rosey sometimes deigns to sleep on my head.

I love birds. They're such interesting, energetic creatures. Stunningly colourful parrots, carolling maggies, honeyeaters and perky sparrows quite often join me in the mornings.

I love going on trips with my sister. The adventures we have and the glorious places we go. It's fascinating the way we are still learning new things about one another after a shared lifetime. Some of that is down to the happy fact that we are constantly changing and developing as most people do, and some of it is also because our assumptions and expectations of one another have changed.

It was a mark of growth in me that my sister reported to her son recently that "Wendy was so even-tempered" (during caravan reversing and other camping challenges) "You'd be amazed!".

"A bit less of the amazed thanks", I thought to myself, but I was pleased during incidents such as these, to be able to remain unselfconscious, calm, cheerful and confident. This is thanks to my HP and what I've learned in Al-Anon. There is so much I love about my life and I am chuffed that I can tap into a calmness I had never before imagined experiencing in stressful situations.

In all this wonderful 'I love'-ing, there is one person I particularly love, who is firmly in the grip of the disease of alcoholism. I struggle to accept what I see happening to their mind, body and soul. My instinct is to nurture, rescue and support. Be there for them—proactively. Interact with them even. This is not welcome however, and it makes me sad and a bit mad (in both senses of the word).

There is arrogance in the love I offer. I assume that I know what's best, but my 'awesome wisdom' about nutrition, liver function and memory loss is most unwelcome.

When I start to obsess I turn to my daily readers and the slogans. These help me leave my hapless alcoholic loved-one in peace, and I can tap into the many things I am grateful for. ▲

Wendy E.



Talking things through and reasoning things out doesn't always work with this counseling committee



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."*

Al-Anon as family

The concept of family tends to evoke strong responses from most people. Upon hearing the word "family", we may feel an overwhelming sense of security and connection, or tremendous sadness and pain. When we are with our families, we may feel loved and accepted, or displaced and alone. By definition, a family is a group of people bound together through shared ancestry. When we broaden our view of ancestry to include shared experience, we come to understand that family is not just limited to blood relations. Fortunately for many of us, we don't need a genetic connection to be part of a family.

"After shedding many tears—convinced that my prayer for a close family would go unanswered—I came to realize that families come in many forms. I know now that my real family is comprised of program people. They are the ones who celebrate milestones with me, who hold my hand during the tough times, and who encourage my growth. Though I'm not totally free of the heartbreak of not having the family I longed for all these years, I'm so grateful to know that I am part of the Al-Anon family."

p. 67 ▲

Members share experience, strength, and hope: Grieving for our childhood

I made a decision to back off from my family for a while in order to sort through my pain. My denial had been preventing me from seeing how we had all been deeply affected by this disease. My conversations and visits with family during that time were brief. I learned that my family was not capable of giving me the support and unconditional love I needed, and I grieved for my dream of the family I always wanted.

Al-Anon gave me other choices—to stop looking in the same place for different results and, instead, to find people who were capable of giving me what I needed. By going to meetings, Al-Anon conventions, Assemblies, and workshops, I was able to have a family in Al-Anon—one of unconditional love and respect. Members have loved me when I felt angry and did not know how to love myself. They've embraced me and shared my happiness and joys. They've taught me to love myself and others.

In Al-Anon I have found many new and awesome friendships. I have been able to let go of my illusions of the family dream and to embrace the family I do have. I can now visit my family more, enjoy being around them, and give them the gift of unconditional love, respect, and support that I have been so freely given in Al-Anon.

p. 71 ▲

We discover that when we reach out to others, our own pain diminishes and our recovery begins to soar.

How Al-Anon Works for Families & Friends of Alcoholics, B-22, p. 100

My program enriches my life with colour



This quote from the book *Discovering Choices*, (B-30) p.59, I find inspiring.

In the chapter *We begin to know ourselves* it reads:

"We can begin to develop and enjoy a new perception of ourselves. We take small steps, try different options, and get used to different outcomes."

Since coming to Al-Anon I have come from confusion, anger and deep personal pain to living an exciting and colourful life...and alcoholism is still flourishing within our family.

Every new day offers me the opportunity to *live* in the darkness or to add another bright colour to my life. To learn something new that will enhance my life from attending meetings, reading our literature, sharing and trying new ideas that will enrich my life.

I must remember that if I am always noisy then I will not hear my Higher Power. I must continue to linger and through prayer and meditation (Step Eleven) listen to what steps I need to take to continue to add colour to my life.

I believe that I am a picture of colour slowly being restored under the guidance of my HP. ▲

Dianne H., Northern Victoria Area

Gratitude

I am so grateful that I do not have the disease of alcoholism. I often think about how it must be for someone who has this addiction, and yet, I have been affected by this disease, too, in lots of ways.

I became a perfectionist by trying to have everything just right so there were no complaints.

I also became an obsessive compulsive and tried to have our daily lives just so controlled. Everything had to be perfect. How insane.

Then I found Al-Anon and I was so relieved to learn that my partner's problem was his problem. I was in Al-Anon to concentrate on me. I love and have learned to trust my Higher Power to guide me through the journey of recovery, by showing me a different way to live my life.

I have had to listen carefully to grasp the program.

However, when I take my hands off and let go of my self-will and allow my Higher Power to help me, it all falls into place and my life is serene.

I love this program as it teaches me about me. I am so grateful that I have had the opportunity to learn new skills to show me that I can have a life with serenity most of the time.

Life happens every day, but it doesn't mean that I can't have peace in it.

I like to think I can show more compassion, love and understanding towards others and be grateful I have a program to help me through each day. ▲

Carolyn F. South Queensland Area

Service in Al-Anon

Service in Al-Anon was something I was not really keen to do for the simple reason I felt others could do it better and my entire focus was on my recovery. I had service positions in other outside groups and they brought about conflict and anxiety.

My Al-Anon program was a breathing space or meditative space for me to sit still, learn to listen and not judge. This worked well for a time. Then I felt inspired to embrace the Twelve Steps, working each one as it appeared relevant.

Initially, for me, the most relevant was Step One, admitting powerlessness. Then it was Step Seven, learning to humbly let go, then Step Eleven slowing down. Finally I could *hear*, which meant that I acknowledged others and briefly engaged with them after a meeting.

It felt strange to have people in my life that I shared my heart's voice with, but nothing else. Initially I chaired at meetings so I was seen to be contributing. Then I loved chairing and became fully present. I increased my meetings which meant for me less available working hours and more serenity. I saw I could live with less stuff too!

Finally I could also glimpse what it was like to relax and not feel guilty. I got annoyed at people not focusing on their recovery and saw (finally) the 'fellowship' within the program. This is why I felt annoyed. I wanted real friendships too! I became 'available' for connections. Meetings became joyful and I felt safe.

I volunteered for a role as treasurer. It was easy. People were kind and helpful and I felt I belonged in this program. I took on other service roles and worked

the Concepts and Traditions, finding my voice as a humble servant rather than a dynamic leader.

Today I hold a number of service positions and I see the ways I can grow even more. Service has helped me identify some of my defects of character and by handing them over or sharing them with a sponsor, I am still growing with the program.

The three keys to service for me in Al-Anon are:

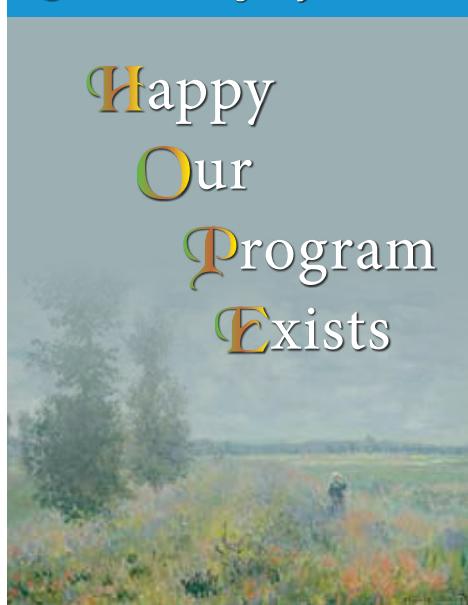
- ▲ Not to over-think things;
- ▲ Continuously share information with others; and
- ▲ Remember my Higher Power will determine the outcome.

Love in service ▲

Michelle M., South Queensland Area

Lilian's Acronym of the month

Happy
Our
Program
Exists



Poppy Fields near Argenteuil (1875) by Claude Monet, high resolution famous painting. Original from MET. Digitally enhanced by rawpixel.

I kept coming back to Al-Anon

After many times of leaving Al-Anon, I thought I did not need this program anymore.

Not so! The last time I returned, I was very close to a nervous breakdown. I could not work this program by myself on a daily basis even though I tried.

I became so disappointed in myself and believed that I just could not *do* this program, I was even doubting my Higher Power. The despair I was living under eased off but I was a mess, doubting my own sanity. There I was at a crossroad...Will I go back to Al-Anon or not? Something in my mind was telling me if I didn't go back to my meetings I was lost, well and truly, so going back was my only hope.

The first visit back was a hard one. I couldn't even think straight, but I knew I would be loved and accepted anyway—which I was. Very quickly, after a few meetings I started to feel my belief in my Higher Power. I gained my strength, my hope, the belief in myself, my home group and massive gratitude for this amazing spiritual program.

My understanding of what I was learning in Al-Anon started to fall into place clearer than ever before.

Thank you Al-Anon, I am back where I belong and this time I am staying for good.

I would not have made it without this program. I consider myself a grateful, privileged member of Al-Anon. A special mention to my Sponsor who has been a tremendous support. I thank you from my body, mind and spirit 'one day at a time'. I was stripped bare in my body,



Craig Harper

Today's Reminder

Feeling our feelings is one important part of the recovery process. Learning how to balance feelings with appropriate action is another.

"When angry, count ten before you speak; if very angry, an hundred."

Thomas Jefferson

Courage to Change , B-16, p. 193

mind and spirit, only to come back stronger and wiser than ever before. My Higher Power never left me even though I left Him. My home group loved me and put up with me. My Sponsor was ever so patient and somehow believed in me, until I believed in myself. I grew to love all, especially myself, and with that, my journey is continuing. I am humbly excited to Let Go and Let God when MY way won't work. I'll just keep coming back to Al-Anon no matter what, because Al-Anon saved a wretch like me!

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. ▲

Anon

Tradition One

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

My name is Veronica and I am the group rep for Kallangur and I have been around Al-Anon for a longtime, but not long enough.

My journey through the Traditions started with Tradition One but that was quite a while after doing the Steps. My poor brain was so mixed up when I walked through the doors of Al-Anon that I had to do a lot of listening, reading, learning (which I still do today) and I could only start with the Slogans but from there I progressed slowly.

I remember my home group at that time was only small but what a wealth of Al-Anon. I was having trouble with our second teenage daughter (just being a rebellious teenager) and it was actually Tradition One that helped me. It was the last bit of the Tradition —personal progress for the greatest number depends upon unity—that stood out and I learned that everyone in my home group and in my family had the right to be heard.

I spoke with other members of my group, who all had older children at the time and did lots of readings on Tradition One. Things got better in our family so I also learnt that the Traditions were not just for my group but I could also put them to use in my own life.

I have also been blessed, thanks to my Al-Anon program, to go to many meetings all over Australia. Al-Anon gave me the courage to travel and work with my husband all over Australia in our caravan for 12 years. I even got to

go into the Australian General Service Office (AGSO) for a day.

I discovered that not all meetings are run the same; some are very different and some I even had to say to myself, “I will try six meetings and see how I go”. Of course that let me see that meetings might not be run like my ‘old’ home group, but there on the walls were the Steps, Traditions and slogans. The framework was there and everyone was trying to improve their own life, just like I was, through this wonderful program.

“Our common welfare should come first”, I believe, tells me I am part of a group. For the unity of our group and in my family, I should ‘do my bit’ in my group and in my home, but not become over responsible—as I know this is a shortcoming of mine—and just do my share.

I also believe that doing regular Group Inventories helps me in my group. The questions ask me about my part as a member of the group and my view of the group. It gives everyone a chance to share on the meetings and helps with the unity of our group. ▲

Veronica C., South Queensland Area

Things to think about

Acceptance is more than just tolerating other people. It's the kind of attitude that makes me feel good inside. It lets me give people the freedom to be what they really are instead of expecting them to be what I think they should be. When I stop trying to get from people what they can't give me, I can accept them and enjoy all they have to offer.

ALATEEN—a day at a time, B-10, p.137

NEWS and VIEWS from AGSO

Al-Anon Meetings: Frequently Asked Questions

- 1. Q:** Where do I find online Al-Anon meetings? **A:** Go to the Al-Anon Family Groups Australia [website](#). On the home page there is a link to all [Electronic Al-Anon Meetings](#) available.
- 2. Q:** Where do I find face-to-face Al-Anon meetings? **A:** Go to the Al-Anon Family Groups Australia website. Click on Meetings on the tool bar at the top. Face-to-face meetings are listed state by state.
- 3. Q:** Is my online/zoom meeting registered with the Australian General Service Office? **A:** If your online meeting has originated due to COVID-19 conditions and is attached to a regular face-to-face meeting, then it is a registered group.
- 4. Q:** Can my group have two meetings? **A:** At the moment there are a number of Hybrid groups, groups that have face-to-face and online concurrently. Groups can also have two separate meetings, a face-to-face and an online occurring at the same time or at different times.
- 5. Q:** When does a group need to register an online meeting? **A:** If a group of members want a permanent online meeting which is not attached to a face-to-face group, then this meeting will need to be registered with the World Service Office.
- 6. Q:** How does a group register an online meeting with the World Service Office? **A:** Go to the WSO website: www.al-anon.org. Search 'Electronic Meeting Registration Instructions'. Contact the Australian General Service Office if you have any questions about groups during COVID-19 times. Anyone is welcome to attend any Al-Anon meeting. Just go along and say that you are a new member. Email: agso.contact@gmail.com

Service Opportunities at the Australian General Service Office - as of March 2021

Chairperson of the Conference Committee: The members of this committee are long-term Al-Anon members with experience organising the annual Australian Service Conference. The committee meets monthly.

Chairperson of the Alateen Advisory Committee: The members of this committee assist unity and the growth of Alateen throughout Australia, and offer encouragement to Area Alateen Coordinators.

Chairperson Role.

- ▲ Is an active member of Al-Anon, attending group meetings regularly.
- ▲ Attends the Executive Committee – once every two months, providing a report.
- ▲ Attends the annual Australian Service Conference – providing a report.

Public Information Committee: An editor to produce the *Spread the Word* newsletter, four times a year. *Spread the Word* is a communication link between the Public Information Committee and all Al-Anon members Australia-wide. This position can be filled by any member from anywhere around Australia.

At this time, committees are meeting electronically, so the scope for participation has widened. Purpose and Duties documents are available for all committees.

If you are interested, or need more information, contact the General Secretary: Email: agso@alphalink.com.au



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

I woke up recently in a mad panic—my mind abuzz with every current unresolved problem and incomplete plan in my life. As a major stress-head, Al-Anon has been instrumental in helping me recognise my tendency to catastrophise, worry incessantly, and project into the future.

Al-Anon wove its magic yet again as I read the entry that morning (April 4) in *Courage to Change*. It reminded me to bring my attention back to the present—the beautiful and awesome present. In particular, the simple elegance of the Albert Camus quote truly hit home: “Real generosity toward the future consists in giving all to what is present”. I committed it to memory.

Two days later I was reminded of it as a distressed Al-Anon member recounted the many misfortunes that had befallen her. As she despaired of the future, I identified strongly and remembered the quote, deciding I would read it when it came my turn to share.

Before me on the table lay an open, battered *Courage to Change*, replete with broken spine, resting where it had flip-flopped its way to. I reached out to find the April 4 entry, when I was stopped dead in my tracks. The dog-eared old book was open on that page. Of course, my share became so much more interesting than I'd originally intended. The member was visibly touched and grateful.

As we chatted afterwards, she and I agreed this was, without doubt, an “HP job”. ▲

Maria W., Victorian Southern Area.

Só por Hoje

Boletim N° 42 (Jul – Dez 2020)



ASSOCIAÇÃO DOS GRUPOS
FAMILIARES AL-ANON DE PORTUGAL

BOLETIM SEMESTRAL | DIFUSÃO | INTERNA

We are very fortunate to receive Al-Anon publications from a number of countries. Here is a share from Portugal's July to December 2020 issue of *Só por Hoje* (Hope for Today).

Gifts from Al-Anon

On the theme “Gifts of Al-Anon”, some companions of the Amora Group sent the following shares:

- ▲ **Celeste:** When reading our book *Courage to Change*, in the text “Para Pensar Hoje” (Today’s reminder) I read a passage referring to Courage and Gratitude, which made a lot of sense: “Anything and everything about me—as for a baby—if I feel insecure or frightened today, I’ll remember that my fear is a sign that I have something to learn. In reality, the responsibility/availability to have courage and putting the Program into action, it’s up to me. To have courage and to put the program into action, is up to me. It is also up to me to be available and to feel gratitude, both for the opportunity to have found

Al-Anon, and for the new family I met.” Al-Anon and for the new family I met. It is a journey that has sometimes been mitigated by conviviality and friendship of all the members of this wonderful association, where I feel peace and serenity.

- ▲ **Leonor:** I am a woman who suffered the horrors of alcoholism as a girl. I arrived at Al-Anon already with grandchildren and with my world, which is my home, on my back. Over time I realized that Al-Anon was the school that I didn't have and needed, because I was illiterate with feelings. I am not a brilliant student, but I am hardworking and very grateful because Al-Anon's gifts are many. With the instruments that Al-Anon gave me, I rebuilt my dignity, my self-esteem and my whole life.
- ▲ **Manuela:** At Al-Anon, I learned to talk about what goes on in my soul. I am very grateful to all of you who have accompanied me. Without you I don't know if I would be alive. I realized from the first day that I was in the right place. I really miss the face to face meetings where I could see your eyes and feel your affection I learned to have Faith and to live. I want to continue to come to meetings whenever I can, and even if I have to use a walking-cane, I will not stop coming.
- ▲ **Mina:** I was unhappy and lost when I arrived at Al-Anon. Having a child was my greatest joy. Grateful to have stayed in Al-Anon, for all the shares I heard from fellow members. The ones I met and the ones who left. I love Al-Anon. I know I have to keep things simple and believe in this Program, which is always part of my life. I miss

the face-to-face meetings, the loving embrace and feeling you.

- ▲ **Mariana:** Al-Anon gave me life. As my alcoholic relative did not immediately stop drinking, I thought about giving up many times, but I had the courage to put the Program into practice. This gave me serenity and I began to understand that it was possible to be calm in the midst of chaos. Our literature has also helped me a lot. Over time, I gained self-esteem, recovered my dignity, learned to appreciate myself and trust me. I also started to lose my fears, because I started to believe and to surrender my life and that of my family members in the care of a Higher Power. Al-Anon gave me all the tools to have a more peaceful life and to appreciate the simplest things, such as enjoying a flower or a very beautiful sky. Nature gives us the opportunity to learn and grow. Nowadays, I miss the face-to-face meetings, the looks and hugs of my companions.
- ▲ **Mário:** “We came to Al-Anon hoping to find something - anything - to help us feel better. In the beginning, we hope that this special, nameless thing will come from other people, and we feel frustrated when it didn't. After a while, we discover that the feeling of well-being, that is, recovery, comes first from within ourselves and after the application of the newly found resources, to reach out and touch other people's lives; it is a consequence of rendering service to other human beings.” These words from the book “When I served, I felt better” sum up, for me, the great gift I received from Al-Anon: its members. When I

needed it most and thought I deserved it least, Al-Anon's "hand" touched mine. What I received was a feeling of well-being and relief, which brought hope back into my life. Today, I know that regardless of the circumstances that life brings me, I will always have a haven of refuge. I feel, through the sharing of fellow members, that it is at the meetings of Al-Anon that hearts are healed. I want to continue to be part of this circle of hope and love, extending my hand whenever someone needs help, because only then will I keep the gifts I received from Al-Anon. ▲

Common sharing, Group "Life and Hope"

I deserved to grow

I began dating an alcoholic in 1984. He was a drinker, crazy and exciting. Even as a naïve young woman I knew that there could be no secure future with his way of living but for now it was fun.

Two years later he joined Alcoholics Anonymous and I often went with him to meetings. After a further two years we committed to the more serious future of being together permanently.

I hadn't believed that Al-Anon could offer me anything now that he was sober, however, a week after we began living together I found myself in an Al-Anon meeting. I loved the feeling in the room, the welcome and the acceptance, so I committed to Al-Anon straight away.

My husband has remained sober in AA and looking back I don't know where I would be if not for the programme of

"I had felt that he was the sick one and I had no problems, so why did I need a programme?"

recovery, a Sponsor's support and Al-Anon friendship.

I had felt that he was the sick one and I had no problems, so why did I need a programme? Yet, I know the frustration and despair I felt when he joined AA. I lost myself, becoming a shadow as he grew and grasped the new light of AA that had entered his world.

My pleading, shouting, crying, demanding, controlling, manipulating and eventual physical abuse of him added to my despair and guilt. I could not see that I was playing the victim until I asked for help and was shown the depth of our simple Twelve Step programme.

Today my selfishness, self-seeking, dishonesty and fear have been made clear by working the Steps and the help of a Sponsor with whom I can be totally honest.

Over thirty years of marriage to a recovering alcoholic has blessed me with a life I would never have known, opportunities and experiences that never would have been mine without our supportive members and caring fellowships.

Contempt about Al-Anon and my own self centredness were definitely among my many issues and I am truly grateful that I can continue to experience the rich blessings Al-Anon has to offer. ▲

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Thought for the Day

When I let go and let God work in life, the pendulum that swings between the black-and-white of obsession and indifference finds balance in the peaceful colors of serenity.

"This slogan gives us permission to replace stress, worry, and suffering with serenity and faith."

How Al-Anon Works for Families & Friends of Alcoholics, B-22, p. 76

Hope for Today B-27, p 76

Camp Hale Pond, near the headwaters of the Eagle River in Eagle County, Colorado's Upper Eagle River Canyon. Original image from Carol M. Highsmith's America, Library of Congress collection. Digitally enhanced by rawpixel.

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Reference: Groups name; Individual name; **Email:** accounts@al-anon.org.au when you have made an EFT payment

Forthcoming Events

NORTHERN TERRITORY BILL W AA CAMP WITH AL-ANON PARTICIPATION

Date: Friday 23 to Sunday 25 July 2021

Venue: Douglas Daly Caravan Park

Contact: alanon.alateen.darwin@gmail.com

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

Have you renewed your subscription to Austra-Link?

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

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



Next Issue: June, 2021

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

Articles and Member sharings from around Australia

Winter Sharing Topic - Come in from the cold

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

www.al-anon.org.au

To access Members' page:

your username is: member

your password is: afg



THE TWELVE STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.



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

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of A.A. ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centres may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Area Offices in Australia

NORTHERN NEW SOUTH WALES:

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

SOUTHERN NEW SOUTH WALES:

(includes Australian Capital Territory)

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

WESTERN NEW SOUTH WALES:

Al-Anon Family Groups Western NSW Area
Suite 108, First Floor
114-116 Henry Street, PENRITH NSW 2750
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
Mailing address: Stafford House,
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saalanon.org

WESTERN AUSTRALIA:

(includes Northern Territory)

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

Al-Anon Family Groups (Australia) Pty. Ltd.

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)

