

March 2022



# 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 Groups, GPO Box 1002, Melbourne Vic. 3001 or email to [austra-link@al-anon.org.au](mailto:austra-link@al-anon.org.au)

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

### In this issue:

Editorial.....	1
CAL: Discovering Choices.....	2
CAL Review .....	3
Together we Grow .....	4
Kinder to Myself .....	5
Linking the Legacies.....	5
The Richness of Literature .....	6
Counting my Blessings.....	6
AGSO News and Views .....	7
Stress Busters.....	8
Staying Connected .....	8
Glossary.....	9
The Spirit Within.....	9
Random Reads .....	10

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*

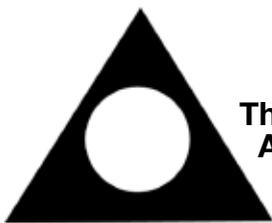
### Unity

*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.



## Courage to change the things I can...

One of my defects of character is inertia.

When I am wallowing in the ‘poor me’s’ I make all sorts of wise and wondrous observations about my alcoholic loved one’s inertia. I am quick to judge and forget that listlessness and lack of engagement are symptoms of the disease he is prey to.

Instead of responding with compassion, I interpret his behaviour as being obstructive and I feel the weight of “what I have to put up with”, “What I can’t get done”, “Poor me”... blah, etc.

When I am prey to my own insanity, I project forward to how chaotic everything will be if his body finally succumbs to the deadly disease, and I feel overwhelmed by it. I see huge problems and forget it is possible for me to chip away at perceived obstacles rather than conquer them in a grand burst of energy.

When I finally let the light in, I realise that no one is stopping me from managing my own life.

With the help of my Higher Power, what I glean from Al-Anon sharings, CAL and from wonderful people I have in my life—within and separate from the fellowship—I can shift from “Oh! Woe is me!” to “I can do that.”

In the past, if I had a plan, something I wanted to achieve, I’d very likely start full of zeal and good intentions and grind to a halt because my expectations of myself

were too high and my ‘plan’ too ambitious. ‘Perfectionism paralysis’, neatly segueing into ‘martyred companion of alcoholic’.

My sister is not technically my Higher Power, but I suspect they are in cahoots. She is often the first item on my daily gratitude list—well actually it’s a bit of a tussle between her and the critters for first place.

She and I are taking turns in helping each other with projects in our respective houses—particularly culling clutter. We’re perfecting the art of beavering away then resting before we get tired, breaking big tasks down into smaller ones, not exhausting ourselves—and having fun.

This makes ideas possible to achieve and the lack of involvement of my partner virtually irrelevant to my desired outcomes. A sure fire cure for resentment.

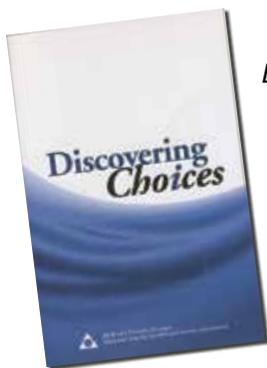
The first job was a chat with myself about how many guitars one person really needs and I found a good home for a couple. Hugo was unimpressed.

Then it was into the roof to go through our late mum’s old sewing things. A gentle afternoon of remembering and letting go...

▲  
Wendy E.



*Some call it separation anxiety,  
I call it talent.*



Excerpts from

## **B-30** **Discovering Choices**

Chapter Three:  
A More Positive  
Perspective

...Living with an alcoholic, drunk or sober, can be a mind-altering experience. We are often told not to believe what we see. We begin to doubt ourselves and learn to mistrust our own instincts. In time we may feel that our perceptions and beliefs are invalid and that we shouldn't feel the way we do. As we adapt ourselves to an unhealthy environment, we become sick too. Our bearings are lost. At times we may even begin to worry about our own sanity.

...As we attend meetings, we begin to discover or regain our sense of balance. As we listen to other members share their stories, we learn that we always have choices. Gradually we start to see how we can choose different attitudes and behaviours, and consequently, we can enjoy different outcomes. We embark on an exciting voyage of self-discovery as we learn who we are—and who we can become.

p. 40 ▲

### *Personal Stories*

**A**l-Anon showed me how to let go of my image of how everyone else should be. I have released a lot of unpleasant turmoil that was living inside of me. By letting go of my rigid standards, I have been able to love my family for who they are—not who I want them to be. I can now accept that everyone is entitled to their own feelings.

p. 41 ▲

**A**l-Anon has helped me learn that successful relationships depend on what I'm thinking and the attitudes I choose. It's ironic that even though a relationship requires at least two people, it all comes down to one person—me.

p. 41 ▲

**I**knew I was in trouble when, while driving down a busy, two-lane highway, I started hitting my husband. My anger was out of control.

For a long time I was angry that I had a husband who did not see what I saw, could not act the way I wanted him to, and was so badly afflicted by the disease of alcoholism. But what really made me angry was how the disease had affected me.

p. 42 ▲

**I**now realize that everybody who needs the program has to come to it in their own time. No matter how much I love them or how much I want them to stop drinking, I will only drive myself mad trying to do it for them.

p. 50 ▲

**A**fter a lifetime of feeling that I don't belong and not knowing why, I have been able to bring down the walls I built and release myself from the bondage of false attitudes and expectations.

p. 52 ▲

### *For Thought and Discussion:*

1. What areas of my life have I been neglecting—or worrying about too much—out of shame or embarrassment?
3. What words would I use to describe the quality of my emotional intimacy with my loved ones?
6. What are some of the ways I can take care of myself?

p. 54 ▲

It was interesting to read these shares arising from *Discovering Choices* in the November 2021 edition of *The Forum* in their 'CAL Corner' segment, pp. 20-21.

Hopefully the monthly excerpts we are including in *Austra-Link* throughout 2022 may inspire readers to write about what they have received from the pages of this wonderfully compiled CAL resource.

## Learning New Ways to Cope

I often turn to Al-Anon's Conference Approved Literature for guidance during stressful times. Chapter Ten, "Choosing Happiness," in *Discovering Choices-Recovery in Relationships* (B-30) came to my rescue with one of the personal stories about caregiving. I have been a caregiver for my husband for ten years while he has experienced progressive health issues due to a stroke. I have always taken care of myself physically, which also helps with my emotional health, but the Al-Anon program is my "exercise" for my spiritual health.

As new health issues arise for my husband, we both have to learn new ways to cope. For me, it means turning to God, the Twelve Steps, slogans, Al-Anon literature, and-in a critical moment-the Serenity Prayer. I stop, "Think," make a conscious effort to pay attention to my breathing, and say the prayer. This instantly restores me to serenity and calmness. My strength has increased during this difficult time, and I owe it all to God and God's guidance in bringing me to Al-Anon, with all the courage, hope, and strength it has to offer. ▲

By Anne H., Texas

## Changing My Life for the Better

I read through the book *Discovering Choices-Recovery in Relationships* (B-30) once, then slowly re-read it in greater depth. I gave myself time to focus on the portions that spoke to me, depending on what area of my life I was working on.

When I am having trouble detaching from people or places, I write out a sentence from *Discovering Choices* on an index card and put it in my purse, car, or desk at work. This is a helpful tool I've learned in Al-Anon. For example:

- ▲ "Love my family for who they are-not who I want them to be" (Page 41).
- ▲ "I try to make every day a day of gratitude" (Page 47).
- ▲ "A poor relationship with myself can affect every other relationship I have" (Page 248).
- ▲ "As long as I stay God-directed, I know that my choices can enhance my life and will not cause harm to those around me" (Page 276).

This is a great book to work through with a Sponsor or Al-Anon friend and is in a nice format for group study as well. The chapters close with discussion questions that have a positive flow of ideas. The personal stories show that no matter where I have come from or how low I have felt, I can totally change my life for the better ▲

By Linda, Nebraska  
*The Forum*, November 2021

Getting rid of layers and layers of bad feelings isn't an overnight job. But with the help of my Higher Power, it is possible. All I have to do is ask Him. Step Seven gives me the chance to do just that.

Things to Think About,  
Alateen—a day at a time. (B-10) p.42

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

### Together we Grow

Al-Anon's purpose is to help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. When a person musters the courage and strength to enter an Al-Anon meeting for the first time they do so feeling downtrodden, at their wit's end and alone.

Some enter naively believing that they will gain the tools and answers they require to stop the alcoholic drinking, like slipping on Dorothy's red shoes, clicking their heels and 'voila!' all will be well in their world! Others enter with no forethought other than, it's become so unmanageable that I need something/someone else to help me.

You are greeted (pre-COVID) with a welcoming hug from a stranger—or three—that usually elicits feelings of equal part terror and comfort. You are offered a cup of tea and a bickie, settle in and then, with the amount of times God comes up in the first five minutes, some non-religious first-timers worry they may have entered a religious cult until the Higher Power element is explained. Then they're hit with the double whammy of hearing people share they have been in the program for 20 or 30 years. POW! There go Dorothy's magic slippers!

The meeting rooms allow individuals to share their stories and receive the mutual support, love and understanding of others free from judgement or criticism. Ultimately it is this that keeps people coming back.

Co-founded back in 1951 by Anne B. and Lois W. 16 years after the founding of Alcoholics Anonymous in 1935, there were just 56 member groups across the United States. Now 70 years later we have grown to approximately 24,000 Al-Anon groups in more than 130 countries world-wide.

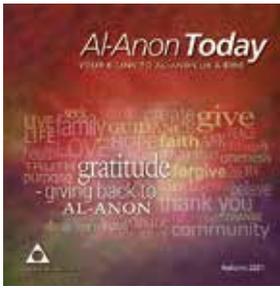
Al-Anon literature is based on the shared experiences of our membership with the program's structure. The relevance of those early stories remain a steadfast staple for many in the program over the decades. The context and stories have seen growth over the years, as we have evolved socially, economically and intellectually as a species.

The Steps and Traditions emphasise the support of a Higher Power, (whatever that may mean to each individual) and that their Higher Power will be with them every step of the way throughout their journey.

The personal growth of members is derived from being part of a collective that encourages members to keep the focus on themselves rather than on the alcoholic. Situations begin to improve as they learn to recognise the family pathology and that of the alcoholic. They assign responsibility where it should be, understand the impacts on themselves, and forgive themselves—by accepting that they are adversely affected by alcoholism.

Those courageous enough to cross the threshold, will walk out no longer as a lone individual, but a member of a world-wide fellowship that offers shared experiences, love, support and hope. The focus is on supporting each and every member on their own unique journey of personal growth to recovery and serenity. 

*Elle, Northern New South Wales Area*



## Kinder to Myself

Since joining Al-Anon, many things have changed in my life. My father is the drinker in my life and when I first started coming to meetings my primary emotion was rage.

After nine years in the programme, I'd started to 'simmer down' and I could even talk to him without reacting. But life is always changing and since I had a small child, things became hard again.

During the lockdown, I found my emotions getting the better of me; or the worst of me, I should say! I felt full of rage again and I found myself crying a lot. I didn't want to be this angry, especially around my beautiful two-year-old.

Thank God for Al-Anon. I kept coming every week, logging on and

sharing honestly with my second family. No one judged me. As I listened and shared, I realised that I needed to be much kinder to myself. I have been working on relationships with others for many years, but the one that I still need to work on is the relationship that I have with myself.

If I didn't have Al-Anon, it's probable that I'd still be that angry, broken person. Today, I am a work in progress and I can accept that. Thank you, Al-Anon, for always being there and for accepting me as I am. It sometimes feels like I've gone backwards, but my recovery is still there and some days are much better than others.

It feels odd to still be grappling with that same character defect, but if I'm honest, it's nowhere near as bad as it was when I first came and I will be forever grateful for that. ▲

*Anon*

*Al-Anon Today, Autumn 2021, p. 10*

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**Step**

**Tradition**

**Concept**

### Linking the Legacies\*

Made a decision to turn our will and our lives over to the care of God as we understood Him.

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.

The right of decision makes effective leadership possible.

\* Useful resources for further exploration: *Paths to Recovery* (B-24) and *Reaching for Personal Freedom* (P-29).

## The Richness of Literature

Tonight at my home group I suggested a theme: Literature. I shared how this has been a lifeline for me.

Literature helped me to have some understanding early in the program about what the Steps, Traditions and Concepts are. I would meet with a group of four or five members in an old church hall and work through *Reaching for Personal Freedom: Living the Legacies* (P-92) and we would take turns to discuss the questions. It was a fabulous foundation.

After about two years I put my hand up to be the Literature Coordinator in my home Group. This had a bonus. I was able to take home the folder with all the pamphlets to 'tidy' and reorder low stocks. I could read them all and today I can put my finger on a pamphlet for a newcomer. *A Merry-Go-Round Named Denial* (P-03) is a favourite.

My Sponsor and I often study literature together. Last year, we spent nine months working through *How Al-Anon Works: For Families & Friends of Alcoholics* (B-22). We would pre-read a section and connect each week, talking about points we underlined or comment on how we could relate to the reading. Sometimes a reading would trigger a memory and we would talk about it. I would attend meetings and share some great readings and describe how positive and productive this time was.

At the beginning of the year I choose a regular daily reader. This year it's back to *Courage to Change*, (B-16); a good foundation for my day.

Tonight at my meeting I read from *Austra-Link* about the acronym W.A.I.S.T. (Why Am I Still Talking?).

I realised that literature can be a two-way process. All members can contribute

their experience, strength and hope and some may end up in a book such as *As We Understood...* (B-11), my 2022 book to study with my sponsor.

I encouraged members to write an article for *Austra-Link* so here I am leading by example.

I am grateful for literature. ▲

*Lynn R., Western New South Wales Area*

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## Counting my Blessings

After a lovely Christmas with families coming and going and an Al-Anon meeting today, I have just finished re-reading an *Austra-Link* (which I love) September 2017.

While we were having our meeting of only three attending (only takes two!), and going through the slogans "Count Your Blessings", I mentioned that I am becoming more aware how I need to count my blessings.

Back in 1969 my dear sister Mary W. (RIP) took me to a Box Hill meeting and, from there with others, we started our meeting here in Echuca. After three and a half years, with our four girls in Alateen and pre-teen, my darling husband Greg (RIP) sought A.A. We all went from the hell of active alcoholism to 'Heaven on Earth'—for 38 1/2 years of his sobriety and our programs. We had the normal 'ups and downs' of life. We made sure we took part in the Kyabram Mini Con. Such a great catch up time of new and old members.

Now I am enjoying a contented life and keeping close to my Al-Anon meeting and by phone to new and old members. Al-Anon gave me a life to cherish. Love in the fellowship. ▲

*Nell B., Northern Victoria Area*

# NEWS and VIEWS from AGSO

## Spread the Word... March = Public Places\*

- ▲ Community Notice Boards in supermarkets, cafés, bowling alleys and recreation centres\*
- ▲ Council offices, community houses
- ▲ Tram, train and bus shelters

*\*with permission of the owners/  
managers of the premises*

M-76 Bookmark, M-34 Poster, M-36 Poster, MX-1 Poster, X-11 Alateen P.I. Wallet Card, Group/Area Tear-off Meeting Details.



## Lois W.'s birthday falls on March 4

To mark this special occasion, the date was named “Leave Hope Day”. Members are invited to share in the celebration by leaving some Al-Anon literature somewhere it might be picked up or read by a member of the public. *It is always important to seek the permission of owners or managers of premises before displaying or leaving an item of Al-Anon literature.*

## Appeal to members for photos that could be used on our new website

We're looking for photos that truly reflect our fellowship, not stock pics of gorgeous hair and big teeth.

Images need to protect members' anonymity so no faces or distinguishing features please, and permission needs to be granted by the group.

We'd welcome 'real' photos of Al-Anon meetings—banners, books, people sitting in a circle, hands on laps, etc. For more information email [austra-link@al-anon.org.au](mailto:austra-link@al-anon.org.au).



## AA National Convention 2022 with Al-Anon and Alateen participation

<https://www.aanatcon2022.com>

**Trivia-thon Special Al-Anon/  
Alateen Fundraiser Event  
to help fund Al-Anon/Alateen  
participation.**

## Still three weeks to go! Virtual event on Zoom

<https://www.givenow.com.au/afgvsa>  
Receipt issued send proof of payment  
to: [fundraising@alanon-vsa.com](mailto:fundraising@alanon-vsa.com)

**Time to have some FUN!**

### Mystery Weekly Prize

Please join us for this special series of Trivia-thon evenings on Zoom.... Honour system – gather with other members (\$5 or more each individual per session) Zoom Access email each Friday by 7pm.



# Stress Busters!

## When I'm at my wit's end...

I stop and think rather than reacting with a 'quick-fix'. I remember what I've heard in meetings:

"Whose business is it: mine, theirs or God's?"

I can also apply the slogan: 'How Important Is It'?

I have also recently had a helpful discussion with my sponsor on the topic of priorities.

In our daily reader, *Courage to Change*, (B-16) p. 318, it says: "I read somewhere that the things that are urgent are rarely important and the things that are important are rarely urgent".

However, sometimes there are situations which are both urgent and important, in which case my best option is to delegate.

One of my biggest strategies in coping with a stressful situation is asking for help.

## When everything happens at once....

I can stop and take a deep breath. I can once again choose the most urgent on the list and take care of that (in other words change what I can). If something or someone is affecting me negatively, I can share how I'm feeling, if it is appropriate. I can put 'First Things First' and detach by going to the bedroom for a rest or taking a walk for some exercise. ▲

*Maree C., Victorian Southern Area*

## Staying Connected

Thank you Alateen for your open meeting on September 11, 2021.

I was overwhelmed as you gave me a place to acknowledge further the gift you have given me in my recovery.

I did not grow up in an alcoholic home. Although there was dysfunction there was much love, security and structure for me growing up.

My inner child was not needing to be healed, it was *me*—the parent of my children—that needed healing.

There is much sadness along with other feelings. Sadness that I was not more present with my children growing up in our family home.

For the most part the parent of those children today has healed through my service as an Alateen Sponsor.

The Alateens provided me a safe place to detach from them with love and taught me how to listen to them. I got to share the family principles of Al-Anon and Alateen, something I was not able to do with my own children.

I will continue to make my living amends to myself and to my children through being of service to Alateen as best I can.

I need those children more than they will ever know.

Thank you Alateen. ▲

*Wendy N., Southern NSW Area*





## Today's Reminder

Living one day at a time, and consciously dividing my time into useful and satisfying activities, can give me the variety that is said to be the spice of life. This has the added benefit of keeping my mind off my problems, which often proves the easiest and most logical way to solve them!

*"I will make this day a happy one, for I alone can determine what kind of a day it will be."* ▲

*One Day at a Time in Al-Anon, B-6, p.79*

## 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

## The Spirit Within

During my early years in Al-Anon I attended a seminar on alcoholism where the families of alcoholics were being discussed and 'clinically labelled' in a hopeless and depressing manner. One social worker rose to her feet to ask, "Aren't we discounting the indomitable human spirit that overcomes adversity?" Afterwards she told me that when she asked that question of her peers she had Al-Anon members in mind—some of us had sought help from the clinic where she worked. What a fine tribute to Al-Anon!

I have often thought about that 'indomitable spirit' she spoke of. Al-Anon did rekindle it within me when it was a mere flicker. When I reflect on what the prognosis of those 'experts' was for my future, what Al-Anon has done for me is nothing short of a miracle. Al-Anon helped me to redirect the spirit within, that I had always had, towards understanding my own feelings and behaviour instead of misdirecting it toward 'helping' my husband overcome his alcoholism (although totally unasked for).

But my spirit within needed more than self-understanding; it needed a whole new direction (or to revive a childhood path I had strayed from). In Al-Anon I have been offered a way of life which for me has become a spiritual journey—not without its pitfalls—but with an ever-increasing awareness and dependence on God as I understand Him and the fellowship of Al-Anon.

I suspect that the lady who spoke up at the seminar had the insight to

*...continued page 10*

Continued from page 9...

recognise that the spirit that exists within Al-Anon not only helps us to overcome adversity, but that it helps us to nurture our spiritual well-being no matter what challenges we are confronted with. ▲

Mary R.

Sharing from the Heart  
Austra-Link Editorial 1990–2009, (BX-1)  
No. 206, June 1998, p. 108



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

Selected from  
...*In All Our Affairs—Making Crises Work for You* (B-15).

*“Many of us who have been affected by the disease of alcoholism find that love and pain can easily become interlinked, especially when we face a difficult situation”* p. 210.

I have sometimes wondered about this idea.

Why is it SO painful at times to love an alcoholic?

Why did I fall for someone who is (mostly) emotionally unavailable?

I have come to the conclusion that this is what I came to expect as a child, especially from my father who was himself a child of an alcoholic. Sadly, Dad didn't have the opportunity to become involved in Al-Anon Family Groups.

However, I have been the lucky one! I am learning so much about myself and the family disease: cunning, powerful and baffling! The meeting I attended today was on the topic of 'expectations'—always a good one for me! ▲

Anon



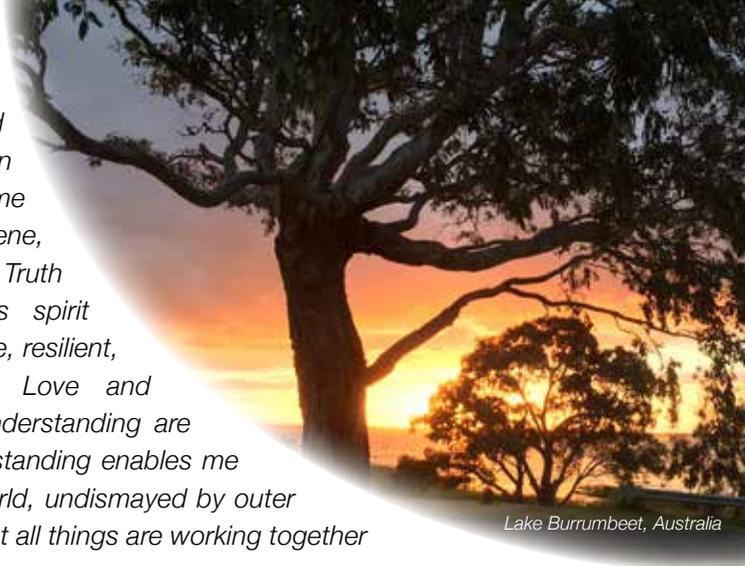
# Al-Anon Alateen Participation in the 2022 AA National Convention

**Date:** Friday 22nd to 24th April, 2022  
**Venue:** Pullman Hotel Albert Park  
**Website:** [www.aanatcon2022.com](http://www.aanatcon2022.com)  
**Bookings:** <https://www.eventbrite.com.au/e/aa-natcon-2022-tickets-175260949217>

## AA NATCON MELBOURNE

With Al-Anon & Alateen Participation  
April 22nd - 24th 2022

...As I change and grow spiritually, I attain an inner stability, become more poised and serene, confident and fearless. Truth is changeless and its spirit enables me to be flexible, resilient, open and teachable. Love and forgiveness, joy and understanding are changeless. This understanding enables me to live happily in the world, undismayed by outer changes. I have faith that all things are working together for good.



Lake Burrumbeet, Australia

—Ohio, United States  
 ...As We Understood..., B-11, p. 131

**Subscription to Austra-Link 2021-2022**

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

# Forthcoming Events

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## TASMANIAN EAST COAST AA RALLY WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday, 18th March 2022 to Sunday, 20th March 2022

Venue: TBA Contact: Gillian 0414 693 922

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## THE AA NATIONAL CONVENTION 2022 WITH AL-ANON AND ALATEEN PARTICIPATION IS TO BE HELD IN MELBOURNE

Date: Friday 22nd to 24th April, 2022

Website link: [www.aanatcon2022.com](http://www.aanatcon2022.com)

Scroll down to 'Share it around' then 'download now' to access the flyer;

The booking platform, Eventbrite, is now live.

<https://www.eventbrite.com.au/e/aa-natcon-2022-tickets-175260949217>

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## 14TH INTERNATIONAL AL-ANON ROUND-UP IN GERMANY WITH AA PARTICIPATION



Date: Friday 12th to 14th April, 2022

Venue: "Schwanberg", Rödelsee/Germany

Theme: Yesterday, today, tomorrow

Contact: [schwanberg.treffen@gmail.com](mailto:schwanberg.treffen@gmail.com)

Booking for the round-up: Must be completed by 01.08.2022. The registration is completed with the receipt of the money.

Please contact us by email before you pay.

Account data for the registration:

Bank account name: Al-Anon-Treffen

IBAN DE17 5005 0201 1203 3797 98

BIC HELADEF1822

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## 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: April 2022

CAL: *Discovering Choices* (B-30)

Articles and Member sharings from around Australia

Autumn Sharing Topic - *Letting go without falling, with my Al-Anon program*

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  
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: 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: alanonnhvic81@hotmail.com

### **SOUTHERN VICTORIA:** (includes Tasmania)

Al-Anon Family Groups Victorian Southern Area  
Level 7, 51 Queen St., MELBOURNE.  
GPO Box 5458, MELBOURNE VIC 3001  
10:30am – 2:30pm, Monday to Thursday  
Phone: (03) 9629 8900  
Helpline: 1300 252 666  
Email: office@alanon-vsa.com

### **SOUTH AUSTRALIA:**

Al-Anon Family Groups South Aust. Area  
Stafford House, 2nd Floor, 25 Leigh Street,  
ADELAIDE SA 5000  
Mailing address: Stafford House,  
25 Leigh Street, ADELAIDE SA 5000  
10:00am – 2:30pm, Monday, Wednesday,  
Thursday and Friday  
Phone: (08) 8231 2959  
Email: office@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

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### **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)**