

September 2022



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

ISSN 0726-0726-4607 Price \$2.00

ISSN 2207-7642 (Online-free download)

Statement of Purpose

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

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

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

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

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

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

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

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

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



Deceptively serene location in the thick of it all

Well, my massively preoccupying outside issue (the big house move) continues!

I've just returned home (current abode) from being 'somewhere else' so that a family could roam through my 'dez rez' (desirable residence) for a private viewing.

Prior to each open for inspection I rush about making beds, strategically scattering throws, stuffing things in cupboards, vacuuming, mopping, turning heaters on full blast to warm the place up, opening windows to release various unfortunate aromas and spraying a very nice concoction of Rose Geranium, Grapefruit & Clary Sage about the place. Oh yes! Not your normal run of the mill sage, but Clary Sage...Whatever that is!

All of this flapping is to make my home acceptable according to alleged 'norms', and I suppose it is quite probable that everyone other than me has always lived in a place that smells of Clary Sage...

The house is sound for 117 years old, and has been loved and generally well cared for. It is verrrrry, verrrrry tidy at the moment, poised for an incursion by prospective buyers at any time. To achieve the appropriate level of acceptability I have been moved to conceal all sorts of everyday things, which suddenly find themselves housed with unlikely companions in drawers and cupboards.

'Unightly' items, such as my dish mop and cutlery drainer, are temporarily snuggling up with the cat feeding bowls, jar of pens, tea-towels, oven mitts, dustpan and brush and toaster.

I have clear kitchen benches but for the strategically-placed bowl of avocados draped with cherry truss tomatoes, and a pedestal fruit bowl sporting richly orange tangerines and uselessly tiny, but pleasingly colourful pears. Ah yes! Life at its most genuine!

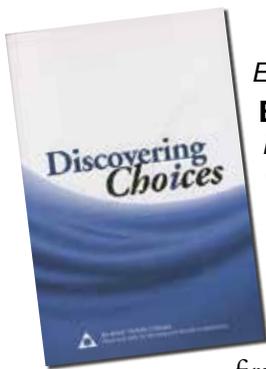
I do enjoy sitting in the serenity of this picture perfect setting with a cuppa post inspection, and would rather like to have the gift of neatness. I also feel a quiet glow of mischief and contentment comparing this weird requirement to appear perfect with the luxury of my Al-Anon understanding of life. Progress not perfection is just fine. I don't have to feign familiarity with Clary Sage. In Al-Anon I have learned I don't have to pretend anything.

I am enough and I am loved. Loved by my Higher Power, Hugo (probably), my Al-Anon family and myself (on my saner days). ▲

Wendy E.



Hugo is always on hand to help with the bedmaking



Excerpts from
B-30
Discovering
Choices

Chapter Nine:
Detachment with
Love

The Serenity
Prayer is often the

first thing a newcomer

hears at an Al-Anon meeting. The prayer asks the God of our understanding for “the serenity to accept the things I cannot change.” The First Step gives us the same lesson—to admit that “we were powerless over alcohol” and that alcoholism is an illness we cannot change. Detachment with love is an application of this basic lesson. With it, we can let go of trying to change what is beyond our control without blaming ourselves or the person suffering from the illness. It is possible to love the alcoholic without loving alcoholism. It is also possible to love ourselves, even though we are powerless to fix the alcoholic.

The greatest obstacle to letting go is the persistent belief that we have the power to change someone else...

...When we first hear about detachment, we might think it requires us to stop loving and stop caring.... There is great love in accepting ourselves for who we are. There is also great love in accepting the alcoholic as a person trapped in an overpowering illness.

...Detachment doesn't mean giving up on love. It means opening the door to the joy, hope, love, and kindness that are available to us every day.

pp. 149-151 ▲

Personal Stories

When I gave help that wasn't asked for or needed, I couldn't be the person I wanted to be. I was spending my

energy mired in someone else's actions or behavior. I have learned that I need to develop limits or boundaries for myself. I need to think first and recognize how far I can go before I feel less in control of myself. I need to stick to my boundaries.

Now that I am applying this approach to my life, I feel independent and strong. I trust my decisions and my choices, and I know that I will be okay. I think the Al-Anon phrase that explains it best is “You can't help them until you help yourself.” This means that I can't think about what is best for them until I first think about what is best for me.

p. 158 ▲

The Serenity Prayer began to take on more meaning because I attained some measure of wisdom that helped me tell the difference between what I had to accept because I couldn't change it, and what in fact I could change—myself and my attitudes. I learned to detach with love when I realized that it wouldn't be a moral failing on my part if I didn't focus on helping her, because despite my self-delusion, I wasn't helping her. It no longer made sense that there could be any moral or spiritual good in engaging at great personal cost in utterly useless activities that were doomed to fail.

Putting the focus on me wasn't selfish—it was the only realistic choice available....

p. 164 ▲

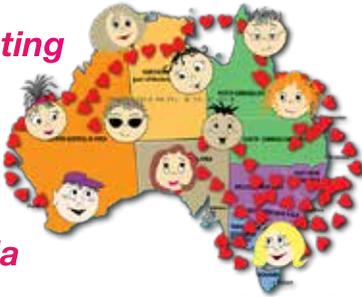
For Thought and Discussion:

2. Why am I so concerned about someone else's actions?
4. What did I dread would happen that never came to pass?
5. What old attitudes can I let go of today?
6. How have my boundaries changed since coming to Al-Anon?

p. 167 ▲

2022 Australian Service Conference Theme:

Connecting Hearts and Minds Around Australia



It is proven and acknowledged that humans need connection with each other to maintain their well-being: physical, emotional and spiritual.

I had friends with whom I could enjoy coffee, conversation and common interests and a “working” relationship with those whose profession I shared. When it came to my family, my efforts to be close to them were distorted by the chaos and confusion of active alcoholism.

It was not until I came to Al-Anon that I began to realise what true connection is, and that it was definitely missing from my life.

I learnt that in Al-Anon a special bond is present when members share their experience, strength and hope with each other. Our stories may differ but we relate to each other in a special way, with understanding and compassion. I also found that I could have a spiritual guide in my life without needing specific religious beliefs. This connection took many years to develop and needs my attention and renewal on a daily basis.

We feel heard and develop a sense of being open and available to each other

as we take the time to listen to and empathise, sharing and helping each other with unconditional goodwill. Many of us have lived in isolation and loneliness. When we come to Al-Anon we discover the opportunity to build trust, resilience, acceptance without judgement and a sense of belonging. Our mood improves and our confidence grows as we give the support we have received.

As my confidence grew, I became brave enough to accept a service role as GR. I was pretty sure I wouldn't get it “right” but it didn't seem to matter to the members of my group. They were happy enough to give me guidance in a loving way when I needed it and leave me to do it my way, as long as I wasn't in breach of Al-Anon principles. I learnt a lot in that first service role—my self-esteem increased and my recovery strengthened.

I proceeded to take on service roles in other levels of the structure, sometimes finding the responsibilities challenging but recognising the opportunities that challenges bring to my recovery. I had to get over doing it alone, develop humility to accept that I didn't have all the answers, and ask for help.

As I continued to broaden my horizons and increase my knowledge of how the fellowship works, I came to understand how important the true connections formed in Al-Anon are to the continuation and expansion of our recovery program.

Recent events have meant that many of us have reverted to the loneliness and isolation of days past, by choice or by law. I have been so impressed by the willingness and strength of

Continued on page 4...

... Continued from page 3

Al-Anon members who have continued to maintain a loving connection with each other when we couldn't share our hugs and our stories face-to-face. The courage to confront technology as we've never used it before, and the determination for the fellowship to survive and thrive through whatever we are faced with. This is inspiring and a testament to the connections of loving hearts and minds, unique to our fellowship, around Australia and the world. ▲

Dianne K., Northern New South Wales Area

There are two sides to my 'recovery coin'

Two-up on Anzac Day needs a coin with two sides.

Some have been known to make a coin with heads or tails on both sides to cheat and win the game. Al-Anon has shown me the two-sided coin—the physical and mental on one side and the spiritual on the other. Al-Anon challenges me daily to check that the coin of life I play with has a spiritual side. Otherwise I'm cheating myself. Then I let go and let God play with me. It's much more interesting and a real adventure.



Stewart H., Southern New South Wales Area

Connecting Hearts and Minds Around NSW

Today we all come together to connect with hearts of gratitude and acceptance while respecting those opinions which may differ from our own.

This, perhaps, may be in the form of our heads leading our hearts as we listen and learn while treading softly to arrive at correct decisions.

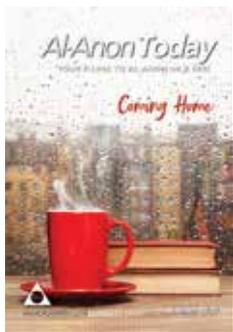
We are together as a group to bring serenity to this place and subsequently our own place, being mindful of those who made connecting possible over the past 70 years.

How blessed we are to be in this space where courage, strength and hope are shared in both hearts and minds. ▲

Gail W., Western New South Wales Area

Glossary of Abbreviations

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



Coming Home

Growing up in an alcoholic home I was terrified of two things; the first was myself, the second was coming home. Now, in the COVID lockdown

these fears have been transformed into the tools I need to help me to deal with the situation and even find serenity.

As an adult child of an alcoholic mother I didn't like myself or being in my own company because I didn't like my feelings. Anger, resentment and self-pity dominated my thinking in between episodes of heart-stopping panic and insomnia where I felt like the loneliest child on the planet.

As a binge drinker my mother could go for months without touching alcohol. As a result I never knew what I would find when I arrived home from school. I remember the bile rising in my throat as I turned the door key and entered the house. Always gloomy, the curtains drawn, even on a sunny day, the airless interior of the house where I lived was more like a 'sick room'.

The kitchen table was no haven of familial love and nourishment but a battlefield where my parents waged war. The volcanic eruptions of a practicing alcoholic meant dinner was either up the walls or a deadly combination of instant mash and dried out fish fingers. The deserted living room became my prison. While I sat there alone watching repeats of old black and white films to drown out my feelings my mother was unconscious

upstairs, my father and brother out playing sport.

After witnessing my mother's second suicide attempt from the crack under the bathroom door, I called the ambulance for the last time. When they came to take her away I realised I didn't want her back.

She caused trouble. She didn't care about me. I thought if she no longer existed I would be happy. Yet when I saw her wasted, fragile frame being carried out on a stretcher, I wept like the baby I was.

Above all I hated myself for my cruel and judgmental feelings. I was about to turn 13.

Words cannot express how grateful I am that I did not get what I wanted. My mother did return home for my birthday. She was sober and has been now for 42 years. Before she returned I witnessed her rock bottom in a noisy, smoke-filled psychiatric ward. She couldn't look me in the eye. She sat smoking in silence, her hand shaking. I noticed her 'smart' powder blue dressing gown was covered in cigarette burns. It was then that I began to realise she had a disease that was physical, mental and spiritual. Who would choose this as an existence? There was no magic wand, her sobriety was hard-earned. She stayed strong, did service in AA and began to transform into a wholehearted human being while I remained bitter and suspicious, unable to truly love her or myself.

It wasn't until my 30s that I realised how sick I was. By the time I found help I had dragged my partner and two young children into the vortex of my emotionally chaotic existence and I arrived at the doors of Al-Anon weeping.

Continued on page 6...

NEWS and VIEWS from AGSO



This year the AGSO 2022 Spring Special applies to three individual books—two precious daily readers and a popular soft cover from our catalogue of books.

(B-16) Courage To Change

Some members will know our daily reader, *Courage to Change*, was first published in 1992, acknowledging that not *all* Al-Anon members were women married to heavy drinkers!

(B-27) Hope For Today

First published in 2022 daily reader *Hope For Today* speaks to the needs of members who grew up in homes where heavy drinking occurred. The term ‘Al-Anon adult children’ is often used by members who identify they were adversely affected that way.

(B-29) Opening Our Hearts, Transforming our Losses

This wonderful book was first published in 2007. It explores loss and grieving in the Al-Anon context. When we think about it though, any change is loss—making its focus really useful.

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

Photos Pleeeeee!!

The website is looking wonderful and is getting closer to completion by the day.

Now it is down to us, the group members, to make it truly our own.

So far response to the call for genuine photographs has resulted in few offerings. As we return to face-to-face meetings, let’s take the opportunity to take some happy snaps—perhaps during the meeting after the meeting, or at a point agreed by all members present.

Photos of fellowship, the passing of the basket, offering of the tissues, perhaps a close up of your Group’s table set up with the participating members as background.

Anonymity is important, and we have the technical means to blur faces rather than ask members to attend meetings wearing paper bags over their heads.

Let’s make the Al-Anon Family Groups Australia website genuinely reflective of the membership. Everybody ready? Say...

“Let it begin with meeeee” Click!!

New email address

Remember the new email address replaces the previous agso@alphalink.com.au. Please update your address book to the new email address.

office@al-anon.org.au

Out of the mouths of teens!

I detach in several ways. Firstly, I do not allow someone else's anger, fear, guilt or any other negative stuff to become mine. Their emotions and feelings are theirs and mine are mine. I allow others to have a bad day or an angry day, because they have that choice of emotions. I don't take their choice personally. I no longer cover up for the alcoholic. I allow him to take responsibilities that concern his life and his behavior. Whenever, I feel the need to control a situation, I remember to "Let Go and Let God."

Whenever I say this, I feel another power—forgiveness. When I'm able to forgive, I'm better able to accept someone without judgment and I'm able to see the good things about someone, rather than dwelling on the bad things. God has taken a great burden from my shoulders and replaced it with love and understanding. With God, it's easy to detach.

I am finally able to walk out of a situation without feeling I have run away from it. When I'm not able to detach in my head, I go for a walk and talk to myself and to God. I walk until I feel calm and can find something to smile about. On the way back to my house, I hum a happy tune over and over. Music makes me calmer.

*Jana, Idaho, USA
Alateen Talks Back on DETACHMENT,
P-73, p.17*



CAL publications are protected by copyright law

This is a **fact** not a fable.

Copyright is a complex area, made more so by the internet's worldwide reach. In Al-Anon we must abide by laws.

According to internet attorney and authority on copyright law Ruth Carter: *Copyright exists once you have an original work of authorship fixed in any tangible medium.*¹

She describes copyright infringement as a form of theft.

There is bad information... that tells... people that they can use anything they find on the internet as long as they give an attribution and a link back to the original," she said. "That's wrong."

This includes use of logos and images, and encompasses social media platforms as well as the print environment.

We can't take photos of daily readings or other pages from our CAL and send them via email or post them on Facebook or WhatsApp. We can't take large excerpts from our literature to use in newsletters or to post on social media etc. without permission from AGSO. We can't change our logo—this is trademarked and could jeopardise our licences.

Information for members regarding what can and can't be used in our newsletters and web presences is available online². ▲

1. *The Legal Side of Blogging: How Not to Get Sued, Fired, Arrested, or Killed*, Revised edition published in July 2013, Ruth Carter
2. <https://www.al-anon.org.au/members/guidelines>
<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>



Today's Reminder

I will not allow myself to be swamped by thoughts of things that are past. I will not concern myself about tomorrow until it becomes my today. The better I use today, the more likely it is that tomorrow will be bright.

“Let not my thought fantasies lead me into anticipating trouble, since I cannot know what the future may bring.” ▲

One Day at a Time in Al-Anon, B-6, p. 82

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

Tradition Three and Me

If someone had asked “Who’s your alcoholic?” when I first arrived at Al-Anon I would’ve answered “I don’t have one but my husband has a maturity and reliability problem and he drinks a lot”.

I was lonely, depressed, emotionally and mentally bankrupt, anxious to please with such a low opinion of myself I knew I couldn’t please anyone—not even myself.

The “Maturity and Unreliability problem” had stolen my serenity from me.

I thought only about making things better but had no clue how, when, where, why or what could be better.

But perhaps if he stopped drinking and drugging and womanising it would all be better —so that became my goal and I was lost.

And then there were Al-Anon members who spoke of all the things I recognised. Fighting, struggling, sobbing, shouting, shame, anger, loathing for self and others.

Continued on page 10...

Linking the Legacies*

Step

Tradition

Concept

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

* Useful resources for further exploration:

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

...Continued from page 9

And slowly my page began to turn over. It was not a perfect journey but it was movement out of the morass of self-pity I had fallen into. It was progress—one small stumbling step at a time.

Then came awareness, acceptance, action, participation, harmony, serenity.

The group gave each other mutual aid through their compassion—sharing experience, strength and hope.

There was no 'for sale' sign for religion, products, counselling or self-help practice. There was just Al-Anon—which reads easy, is often hard but is always worth it.

Just Al-Anon, pure and simple.

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

And so...I am a member ▲

Sue A., South Queensland Area

The Serenity Prayer—Danish

Gud, giv mig sindsro
til at acceptere de ting
jeg ikke kan ændre,
mod til at ændre de ting
jeg kan
og visdom til at se
forskellen.



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

From *Opening our Hearts Transforming our Losses*, (B-29), pp. 145-146

Upon opening this book, the chapter on "Taking Care of Ourselves" was revealed.

It is hard to separate our physical, emotional, and spiritual well-being from each other. Yet if one part is neglected, all can become out of balance... The following list might help if we are not sure where to begin:

- ▲ *Am I nurturing my body by eating right, exercising, and getting plenty of rest?*
- ▲ *Am I taking time for myself and participating in activities I enjoy?*
- ▲ *Am I honoring my feelings?*
- ▲ *Am I allowing myself whatever time I need to grieve?*
- ▲ *Am I able to ask for help?*
- ▲ *Am I spending time in daily prayer and meditation with my Higher Power?*
- ▲ *Am I getting to enough meetings?*
- ▲ *Am I reaching out to my Sponsor or other Al-Anon friends?*
- ▲ *Am I making use of Al-Anon literature when I can't get to meetings or talk with someone?*

This list is a good reminder for me to try to strike some balance in taking care of myself. ▲

Maree C., Victorian Southern Area

Today's Reminder...

When I am faced with a problem that seems impossible to solve, when I feel trapped in a situation and can see no way out, let me ask myself whether I am *standing in my own light*. I must find the vantage point where I can most clearly see my difficulty *as it is*; then answers will come.

"...and the light shall shine in dark places and make all clear as day."

One Day at a Time in Al-Anon... (B-6) p. 297

Subscription to Austra-Link 2021-2022

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Format	Annual - from 1 st November 2021	Part Subscription from 1 st January 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

NORTH STRADBROKE (MINJERRIBAH) AL-ANON FELLOWSHIP WEEKEND FOR A WHALE OF A TIME

Date: September 30th to Sunday 2nd October 2022

Venue: North Stradbroke-Cleveland and Point Lookout Community Hall

Information Contact: Michelle M. - 0414 920 336 (Gold Coast) Theme: *"Together we can make it"*

LATROBE VALLEY DISTRICT'S 29TH AL-ANON WEEKEND AT CAMP MUNJARA

Date: Friday, 14th October 2022 to Sunday, 16th October 2022

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

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

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

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

SHEPPARTON/MOOROOPNA 67TH AA ANNIVERSARY WITH AL-ANON PARTICIPATION

Date: Friday, 14th October 2022 to Sunday, 16th October 2022

Venue: Shepparton North Education & Community Centre

10-14 Parkside Drive (Cont. Brauman Street) North Shepparton

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

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

Date: Thursday April 6th to Monday 10th April 2023 (Easter Weekend)

Venue: The Rendezvous Hotel in Scarborough

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

2023 AL-ANON INTERNATIONAL CONVENTION

Date: Friday, 30th June 2023 to Sunday, 2nd July 2023

Venue: Albuquerque, New Mexico

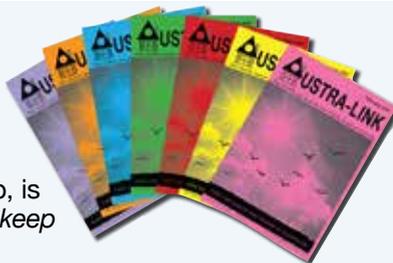
Information: Check the WSO Website and subscribe to *In The Loop* at Al-Anon.org/emailme

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

Have you renewed your subscription to Austra-Link?

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

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



Next Issue: October 2022

CAL: *Discovering Choices* (B-30)

Articles and Member sharings from around Australia

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

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

www.al-anon.org.au

To access Members' page:

your username is: member

your password is: afg



THE TWELVE STEPS

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



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

THE TWELVE TRADITIONS

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

Area Offices in Australia

NORTHERN NEW SOUTH WALES:

Al-Anon Family Groups Northern NSW Area
Office closed until further notice due to fire damage. For assistance call the helpline or email.
Helpline: 1300 252 666
Email: alanonnorthernnsw@bigpond.com

SOUTHERN NEW SOUTH WALES:

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

WESTERN NEW SOUTH WALES:

Al-Anon Family Groups Western NSW Area
688 High St Penrith NSW
P O Box 4240 Penrith Plaza NSW 2750
Phone: (02) 4731 1442
E-mail: alanonpenrith@optusnet.com.au

NORTH QUEENSLAND:

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

SOUTH QUEENSLAND:

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

NORTHERN VICTORIA:

Al-Anon Family Groups Northern Victoria Area
O'Brien Hall, McLennan Street, MOOROOPNA
P.O. Box 81, MOOROOPNA VIC 3629
Phone: (03) 5825 1160
Email: 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:
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saanon.org

WESTERN AUSTRALIA:

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

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

7th Floor, 51 Queen Street, MELBOURNE
GPO Box 1002, MELBOURNE, Vic., 3001
Phone (03) 9620 2166
10:00am – 5:00pm, Monday to Thursday
E-mail: office@al-anon.org.au
Website: www.al-anon.org.au

*To contact
Al-Anon anywhere in
Australia for the cost
of a local call:*

1300 Al-Anon (1300 252 666)

