

We're on the cusp of Summer, which for us Southern Hemisphereans means longer days, warmer weather, holidays for some, and a year ending while the next begins—times of growth and renewal.

The *Austra-Link* sharing topic for the Summer of 2021/22

“From careworn to carefree in Al-Anon”



We'd love to receive your reflections on how the Al-Anon program has guided you to a happier way of living.

Perhaps you have a gratitude list, favourite slogan, a regular habit of dipping into your daily readers, journal writing or a meditation that keeps you in contact with your Higher Power.

Would you like to take the opportunity to share your experience, strength and hope with other Al-Anon and Alateen members around Australia?

...and we are *always* eager to hear what works for you in stressful situations.



When I'm at my wits end I ...

When I'm uncomfortable with where I am or who I'm with I...

When I wake up in the early hours I...

When I reach an impasse with a loved one I...

When everything happens at once I...

See opposite for instructions for contributors

Instructions for contributors

Your details are required before your sharing can be printed:

Full Name:

Al-Anon / Alateen Group:

Contact details (postal or email address):

Preferred name on your sharing:

(Options: First name, Initials or Anon)

Can we publish your sharing on our website? Tick: YES or NO

Here are some suggestions to keep in mind when you share your recovery for *Austra-Link* – journal of Australian Al-Anon sharing.

- ▲ Write about your own experience, strength and hope
- ▲ Keep the focus on your path to recovery in Al-Anon/Alateen
- ▲ Explain how the tools of the Al-Anon program helped you
- ▲ Write in your own unique voice (I, me, we and us)
- ▲ Avoid generalities, outside issues, other program's language and religious philosophies
- ▲ Keep Al-Anon's Twelve Traditions in mind when sharing
- ▲ *Austra-Link* does not print prayers or poetry.

Word length is ideally approximately 400 words, but don't feel constrained by this. Editorial changes are minimal to ensure the writer's voice is unchanged. We will contact you if substantial edits are needed.

Email your article to austra-link@al-anon.org.au

or post to

Austra-Link Editor,
Al-Anon Family Groups,
GPO Box 1002,
Melbourne VIC 3001