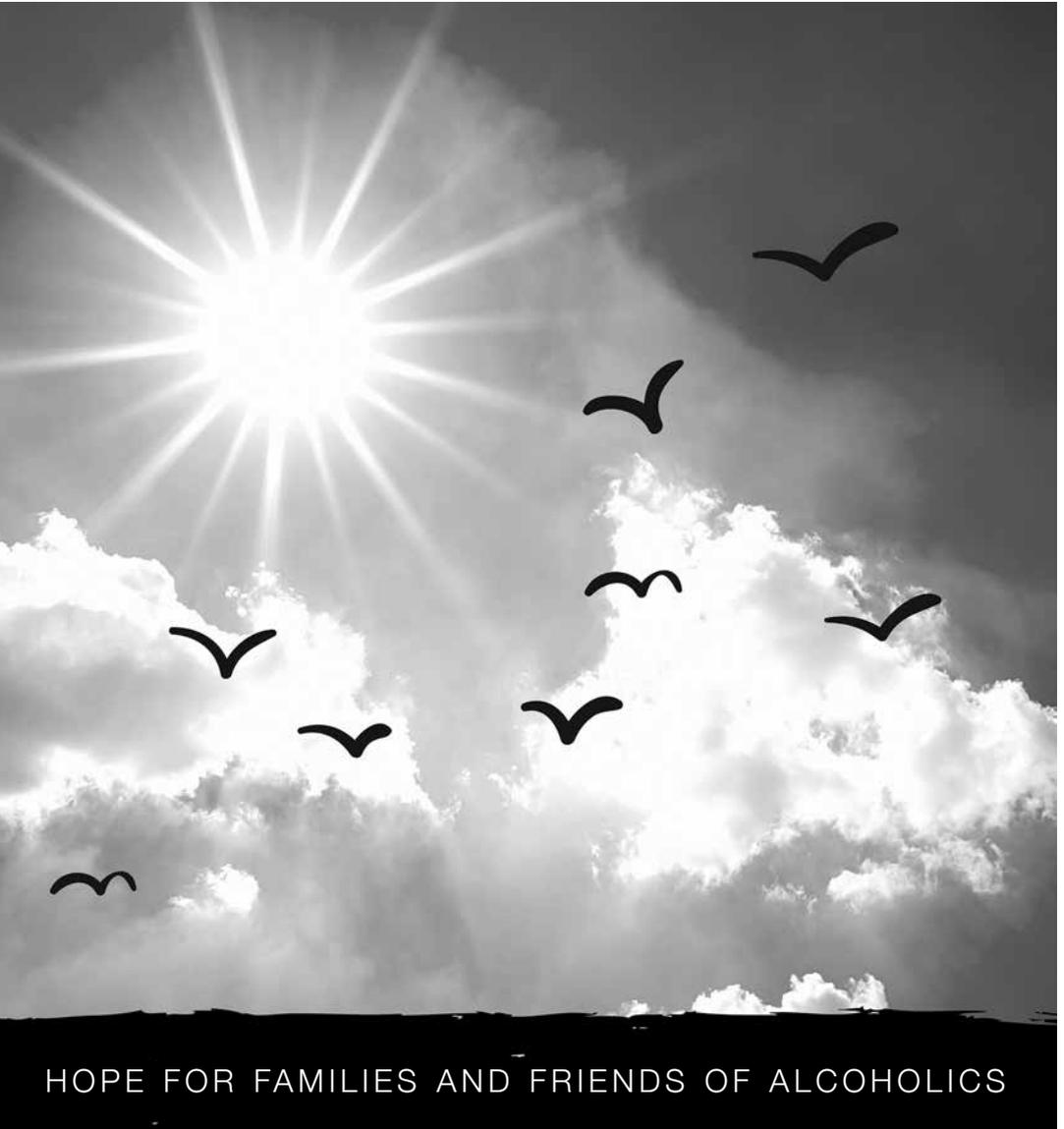


February 2021



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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STATEMENT OF PURPOSE

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

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

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

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

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

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

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

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



Growing pains

I love the way the Twelve Steps neatly coincide with the months of the year. The Steps are carefully crafted so I imagine that's not really an accident. Whether it is or not, I certainly benefit from the way my Conference Approved Literature (CAL) readers gently take me back to first principles, as it were, with the birth of the new year.

That just diverting outside issue—COVID-19—continues to play havoc with us. It managed to stymie the 50th Anniversary Kyabram Minicon plans for starters. My plans went awry with the Northern Beaches outbreak—I was heading up to Curl Curl to spend Christmas with my one and only uncle and cousin. The first after the death of my father and the first extended family (albeit tiny) Christmas since 1969. We thought it would be a lovely way to chirp up after losing Dad and Alfred the Great.

Not content with this little disruption, the meddling germ then caused me to cancel a trip to Kangaroo Island in January—postponed last year due to bushfires, now delayed through the risk of everchanging border closures.

So whatever cunning plan I devise to 'get out of myself', divert myself from my sorrows—fate, pestilence and perhaps my Higher Power seem to have other plans.

In the time leading up to Christmas I took my shortened fuse out on my nearest and dearest. I felt dreadful about

it and was really kicking myself. I knew better and I 'should' have *been* better, kinder, more patient, less reactive. I was expecting all my serenity praying to fix me up, but I was reciting, not communicating with my Higher Power, and certainly not ready to receive guidance. I wasn't willing to hand over. I had been expecting to regulate how I grieved.

It's taking a while to accept the disorienting nature of grief, but I think I might be dealing with it better, if not enjoying it much. I needed to go back to basics: "...admitted I was powerless over *grief*—that my life had become unmanageable".

Other things have helped. Reading CAL—*Opening our Hearts, Transforming our Losses* (B-29) has been like a salve for the spirit. I've even reached out to Al-Anon friends on the phone! I'm a shocker for recommending but not doing that! My sister told me I was expecting too much of myself and to forgive myself. Good point.

In a recent Al-Anon meeting a member shared how rather than fretting about their slip-ups, they would hand over by doing a Step Seven. "Humbly asked Him to remove our shortcomings." Voila! A chance to restart the day with a clean slate. Pure genius!!! ▲



Meet 'Checkers', one of my three feline grief counselors.



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

Living with the
Family Disease
of Alcoholism

When I first dragged myself into the rooms of Al-Anon, I discovered that alcoholics had three choices: institutions, death, or recovery. I chose recovery. I didn't like the alternatives.

Living with alcoholism can feel like we're in a constant state of mourning. We may have become so adept at living with loss that we go about our days unaware of its presence. When we admit that our lives are affected by someone else's drinking, we are also admitting our grief. Because alcoholism is a family disease, all members of the family are affected, not just the alcoholic. Each person reacts in his or her own way in response to the alcoholic environment. One may try to control, while another may deny there's even a problem. Others will blame themselves.

Before Al-Anon, we kept ourselves busy seeking solutions for the alcoholic. When what we were trying to accomplish wasn't succeeding, we told ourselves to work harder or to try something else. We may even have told ourselves it was our fault if we couldn't convince the alcoholic to get sober. If we could only find the right words at the right time, relayed in just the right tone of voice, then maybe we could get the alcoholic

to see things our way. Desperate to fulfill our dreams for a happy family life, we thought that devoting all our energy to the problem was the answer. Little did we know we were actually contributing to the problem by trying to force solutions.

In Al-Anon we learn that we didn't cause the alcoholism in our lives, we can't control it, and we can't cure it. If we're trying to force solutions, we can remember "Easy Does It." Though we may not be able to change the alcoholic, we discover there is one person we can change—ourselves.

pp. 21-23

My grief and loss started three years before my husband's death when he became a full-blown alcoholic. I felt the loss of doing fun things together, and for the way our lives used to be. Being blamed for everything—especially "Driving him to drink"—turned into madness on my part. What could I do to stop this? My oldest son dragged me to Al-Anon, and what an awakening I had. I learned that I didn't cause my husband's alcoholism. He was a very sick man whom I could neither help nor cure. With Al-Anon's help, I became somewhat happy again. I found that I wasn't alone in this sad situation. My husband died of a massive heart attack while I was walking our dog. It was hard on me, but with Al-Anon, I got through it. Now, I can even remember our happy times together, and I know my husband is in a better place.

p. 36



Getting honest

“Take what you like and leave the rest.” Well thank goodness, because that First Step makes absolutely no sense! Can't they see it's because I'm powerless over his behaviour, that my life is a mess. The Second Step doesn't even seem to apply to me (he's the insane one), so I leave that too and move on to the Third Step. Good grief, I can't work that one either. “I know you're in there God, but you may not want to do things my way”.

Now that next Step looks a little bit more interesting. I'm good at making inventories and we all know who has plenty of shortcomings, so I don't have to do much fearless and searching to fill the page. Hooray, I've made a start.

Then I struck trouble. I was attending regular meetings and starting to think maybe I was banging my head against the wall trying to get him to change, when my sponsor looked me in the eye and said, “Are you having any success?”

However, it turned out I didn't have to waste my list, I only had to get honest enough to see what I was doing every time he was 'at fault'. Surprise, surprise, it wasn't all the money he wasted on booze that drove me crazy - it was me continually doing without. So, there you are, we started to eat quite a bit of sausage meat while I trimmed the house keeping to allow pocket money for ME (and the roof didn't fall in!).

The remaining Steps, Slogans and Just for Today card offered me plenty of things I could do rather than get involved in all his shortcomings and the Serenity Prayer gave me choices about what I could do about mine. The consequences were quite remarkable. Justice surfaced,

and I found I could finally accept that troublesome First Step each day, each time I needed to practise the Al-Anon principles; in all my affairs.

I'm sure that First Step is meant to be the first one taken, but acceptance doesn't come easy for me, it's usually the end result of changing the things I can. Anyway, it works for me—take what you like and be gentle with the rest.

Thank you Al-Anon. ▲

Joy R., Southern Vic Area

Austra-Link, No. 335, p. 5, March 2009

Editor's note: At my very first Al-Anon meeting I met a feisty and joy-filled woman who approached me after the meeting, offering me some sound words of hope, her phone number and clearly defined times of the day which would suit her to be called.

I was struck by this life force and the encounter has stayed with me. Joy R. has been a generous contributor to *Austra-Link* and I have delighted in receiving her shares—always laced with humour and rich in wisdom. She was the personification of recovery to me and I felt very lucky that she was there at my first meeting to instill in me some faith in the program and the new life I was about to embrace.

Joy R. died peacefully two weeks before Christmas. *Vale Joy R.*



Direct from the South African Loners Newsletter

Greetings Loners

We find ourselves in the 'Silly season' again and although we are still in lockdown level 1 with Covid it will never change what the disease of Alcoholism does to families.

This time of year for my family was a nightmare. The 'practice for Christmas' drinking seemed to start early in November and went on to late January. I lived with a permanent knot in my stomach and trying to manipulate every 'family gathering' so the Alcoholic would behave. Of course it never worked as Alcoholism is 'Cunning Baffling and Powerful'...I would end up stressed and sad and unhappy and so my little family of three children would suffer while the Alcoholic was oblivious to how unhappy the family were by end of New Year.

I 'expected' him to be 'good' as it is my birthday Christmas day and for the first few years of our relationship he always made it special for me. I really didn't understand why this changed and why his behaviour was so unloving.

Thank you God for leading me to Al-Anon where I learnt about the disease of alcoholism and what made the Alcoholic behave so badly when I needed his love and kindness the most. I realised that he did not intend upsetting our Christmas days and he really did love me and intended to make it special until the 'one drink' turned into a bottle and all sense of responsibility disappeared.

I learnt that communicating Clearly how I felt and facing reality about my feelings prevented me from being resentful. Learning how to listen and

finding courage to speak openly and honestly about my feelings without fear of judgement and shame. Al-Anon meetings were perhaps the first place I learnt what it meant to really listen. I started listening to my husband about how he dreaded Christmas because he knew he would let us down.

In understanding ourselves and alcoholism we gradually are more able to communicate the truth with our loved ones. We begin to love them again and regardless of whether they still drinking or not are able to cope with 'their silly season'. We learn to detach with Love from the problem and not the person.

I hope and pray you all have a Very Happy Christmas and New Year. God Bless you and your families over the Festive Season.

Much love in Al-Anon 

Lindsay S, Al-Anon Family Groups KZN Area

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

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

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

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



...Whenever I expressed anger, fear, or sadness, I was told I shouldn't feel that way. Consequently, I grew up with distrust not only of my feelings but also of my entire being. If I shouldn't feel what I was feeling, then something was terribly wrong with me...

...The slogans helped me respond appropriately at the moment particular feelings arose, and Steps Four through Six let me take a deeper look at them. Then I could decide which ones I wanted to keep, such as joy and serenity, and which ones I wanted to release, such as fear and resentment...

Thought for the day

Al-Anon gives me a safe environment to experience and let go of the painful feelings I hold deep inside me.

"We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them."

From Survival to Recovery, p.269

Hope for Today, B-27, p. 256

Many Voices, One Journey

Wandering through the sharings archives during the holidays proffered wonderful theme talks from the Northern New South Wales 2018 Assembly. *Ed.*

The journey of recovery, the journey we share, to a better and happier life. All in our own way, like lots of rivers and tributaries all rushing to the sea, some in raging torrents, others in slow, languorous curves around silty bends, we all press onward, always onward.

The Al-Anon journey, in lots of different places, set up by many different people, in different forms, but always with the journey as the focus.

A rural meeting, the format different from city neighbours, has enough similarities to make it familiar. The Traditions and Steps are the glue to bind us as we share, do service, grow.

So, the journey begins, and in the meetings there might be just one thought, one voice which, in sharing their experience and strength, gives me an idea, a thought I can work with, some hope. And not always the same person—an old timer this week, a newcomer the next, or the one I thought I had nothing in common with. Maybe even my own voice, hearing myself find my own solutions, heard in the silence of respect.

And as each person tells, in their own way, their own story, it may look in lots of ways like mine, but it is coloured by their decisions, their choices. Or, it could be a story very different from mine, except that we are both here because something in each of our stories disturbs us and links us, and we want better, we want the journey.

And now, years on, all those people have, and continue to, add to Al-Anon's history. Their contributions to meetings, to CAL, to service, all in their many voices, have changed where we were. And as I take what I like and leave the rest and listen to what I need, they also change my history and enrich it, on my journey, that journey of recovery. ▲

Veronica

I went to my first Al-Anon meeting over 30 years ago when I was just a baby! Mum used to take my brother and me to her Saturday night meeting, which she still attends today.

My dad drank daily. We never saw him do it, but we all felt the effects. Mum had Al-Anon to help her keep her serenity and she knew not to react to my father's insanity. My brother took after her and learnt to do the same. I had a big problem with keeping my mouth shut. Even as a child I refused to walk on egg shells.

I grew up angry, and sad, and feeling alone, defective and lost. Despite her best efforts, I didn't take my mum's advice to attend Alateen. I moved out of home as soon as I could, but nothing changed. I was still angry and sad all the time. So, I moved more than 2000km interstate. Of course, that didn't work either.

Finally, I decided I needed help, and I knew exactly where to go.

In Al-Anon, I consider myself one of the lucky ones. I came in with no alcoholic in my life. I hadn't lived with my father for ten years, and after a string of terrible relationships with emotionally unavailable partners, I was perfectly poised to put the focus on myself.

In the first two years, I completely changed: my attitude, my temperament,

my confidence and my outlook on life all improved dramatically. I was coming to meetings and hearing my story told by grandmothers with alcoholic husbands, fathers of alcoholic children, and other adult children like myself. The identification was so powerful. I felt I could walk into any Al-Anon meeting, anywhere in the world, and I'd be accepted as I was, and I'd always hear what I needed to hear (whether I liked it or not!)

With the help of Al-Anon, I got so well that I was able to have healthy relationships. I met my husband and we now share a wonderful life together. Our partnership is something I never knew was possible, and we have Al-Anon to thank for that. In so many ways, I live a charmed existence. I have a great job with caring employers, I live in a beautiful house on our own slice of paradise, I have amazing drama-free friends and I am healthy.

So why continue coming to Al-Anon? That's easy. Every day my Higher Power will throw me a challenge, giving me a new opportunity to work my program.

Most recently, my Higher Power has thrown me a big one. My dear sweet brother is dying. When he was diagnosed with an incurable brain tumour, I cried to him and begged him not to leave me. I said, 'You're the only one who understands what it was like!' Now I know that's not quite true. I can drive eight hours to a town I've never been to before, and listen to a room full of people I've never met before at my first Area Assembly, and connect to each and every one of you. Because although we are many voices, we are sharing this journey together, and for that I am so very grateful. ▲

Michelle

NEWS and VIEWS from AGSO

Austra-Link is for members by members

Invitation to submit Shares

We love receiving contributions from anyone and everyone in the fellowship. It may be a light bulb moment you'd like to share, a quiet reflection, a CAL reading that is a part of your personal recovery toolkit, a gem you took from a meeting, or even an article inspired by the seasonal topic. The 2021 Autumn Sharing topic is "*My program enriches my life with colour*" by the way. These are all just suggestions.

The practicalities

- ▲ Austra-Link does not publish poetry or prayers.
- ▲ Tell your story in approx 400 words.
- ▲ Snippets are always welcome. 'Random Reads', 'Stress Busters', brief jottings.
- ▲ Please indicate whether AGSO has your permission to use this article on our web page.
- ▲ We require your full name and address before any item can be accepted for publication and *cannot* include a share without it. This is not published. We only print either your first name; your initials, or the word 'Anon' with the Area you are from. Indicate your preference when you submit your article.
- ▲ We publish some AI-Anon news but in the main the pages are filled with stories of recovery. 'Forthcoming Events' items include national, international and taking place over two or more days. Other events, such as Anniversary meetings or single day events can be disseminated through Area newsletters.
- ▲ Shares are reviewed to confirm that they carry the AI-Anon message of hope. We don't publish cathartic outpourings of misfortunes and disappointments.
- ▲ Sometimes we will correspond with the writer to refine a story if is long or some content needs to be omitted.
- ▲ We make minimal changes to articles, however, spelling, grammar punctuation and corrections are made. We respect and appreciate the very generous gift of the writer's personal experience and try to preserve the essence and communication style of the author. It is their story after all.
- ▲ Each issue is finalised at the editorial committee meeting by the first week of the month prior to the actual issue date. e.g. First week in February the committee meets for the March issue. This is why 'at the time of writing' sometimes appears.

Austra-Link is *your* publication—a place to share your experience, strength and hope with the AI-Anon family. So please consider writing a piece to share. As happens in meetings, you never know when what *you* share might be just the very thing a fellow member needs.

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

My Al-Anon A-Z

Members in my home Group used to say that gratitude is a gift you give yourself. So sometimes when I'm feeling a little self pity, I go through the alphabet naming the many things I have learnt through the programme.

Acceptance - especially accepting people, places and things as they are, not how I want them to be.

Boundaries - I am a person in my own right, you and I are separate, different. It's OK to have opinions different from yours.

Courage - It takes courage to be willing, it takes courage to change. Courage is fear that has said its prayers.

Detachment - Today I can detach from the disease of alcoholism but still love the person underneath. And what others think of me is none of my business!

Emotions - that I have them today, I can feel my feelings without being dominated or governed by them. They are neither good nor bad, they just are. Today I feel rather than deny or block them out.

Forgiveness - I can forgive myself and I can forgive my family. None of us knew the dis-ease we were fighting. Forgiving is not forgetting, it's letting go of the hurt.

Gratitude - I can change my attitude to gratitude. I am grateful for this programme, 'One Day at a Time', for friends, for Fellowship, for a new outlook on life.

Higher Power - This is the most important part of the programme for me. It takes time and practice to 'come to believe' and I wouldn't be without my

HP now. The God of my understanding guides and directs my day when I allow it. Early on at an open AA meeting, I heard that you only need to know two things about a Higher Power: there is one and you're not it.

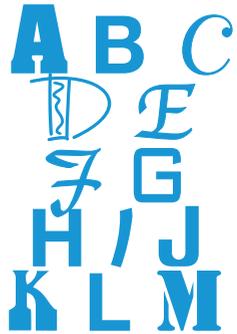
Integrity - I can now say what I mean, mean what I say, without being mean. I have principles and guidelines to live by.

Joy - I can laugh at myself and laugh with others rather than at them. I'm not afraid of being happy, I smile a lot more, I'm a lot nicer to be around!

Kindness - I am no longer so suspicious of people. You showed me kindness and compassion when I came into the rooms as an angry, depressed wreck of a person. I have learned what kindness is, what it can be and what it does.

Loneliness - I was all alone battling the effects of someone else's disease. I had no clue of what I was doing. I feared anyone and everyone. You showed me understanding, that I wasn't alone and shared Al-Anon literature with me so I could learn about the disease. You loved me unconditionally.

Martyrdom - Before Al-Anon, it was always 'Poor me, no-one understands, no-one listens'. Today I know that it's my responsibility to look after myself, it's no one else's job but mine. I take responsibility for my thoughts, my actions, for all of me.



Nurturing - By attending my home Group regularly, by reading and studying the Legacies, week by week, month by month, I have learnt to nurture myself and the child within, to aim for balance and stability, in a healthy, loving way.

Overwhelmed - I have to stop when I get overwhelmed, I practice HALT. If I'm Hungry, Angry, Lonely or Tired, I have to stop, breathe and attend to my needs. No one else will.

Pointing - the finger at others. When I blame anyone else for anything, or everyone else for everything, I'm pointing my index finger at them, but there are three fingers pointing back at me. I need to take stock of what I am, or what I am not doing.

 **Quiet** - I no longer feel the need to fill a silence, whether it is in a meeting, at work or at home. I'm OK with silence. I continue to practice meditating and listening for my Higher Power's small, calm voice which guides me. 'Be still, and know that I am God' is my favourite phrase.

Recovery - Swap these letters about and you get 'very core'. That's what recovery means to me, getting to the very core of me, how I think, believe, feel, act and react by working through the Steps, understanding the Traditions and applying the Concepts of Al-Anon to me personally.

Sponsorship - the most influential relationships I have had in Al-Anon have

been with my Sponsors. God has given me the most wonderful Sponsors. They have listened to me, shared their own experiences with me and loved me until I began to love myself. I can be of service as I am privileged to sponsor others.

Time - I give myself time, to be and to do, to make decisions, to answer others demands or requests, to be of service to the Group, District or Area. Time is love.

Understanding - At my first meeting it was suggested that I read as much as I could about alcoholism, the family disease. I needed to understand what I was trying to fight. I had to understand the effects of it on me.

Value - I am not a victim. I am of value, I am a human being. I have a right to be here. I have a voice which I now am confident to use.

Worrying - made me physically ill, my body could not take it. Today I use the Serenity Prayer, I can change me, I can't change people, places or things and wisdom from HP to know the difference. Worry is like a rocking chair; it gives me something to do but gets me nowhere.

X - Kisses, unconditional love, hugs, eXpressions of love, which allow me to be the real me with fellow members.

You - The Fellowship of Al-Anon and AA members. I thank each and every one of you who has been part of my journey, and those who are yet to be.

Z - Zzzzz Now I sleep a lot better too. 
Anon

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The Up-Hill Road

The best part of Al-Anon, as I see it, is that it teaches us to be realistic, to accept the fact that there are things we cannot change, things we can, and encourages us to distinguish which is which.

No one says it is fun to live with alcoholism, especially when the problem is acute. It is not fun for the alcoholic, either, as far as that goes. But Al-Anon and AA are the two greatest guides on coping with the situation that have yet been devised.

Each of us has his own limit of tolerance. When that point is reached, the fortunate one among us, through Al-Anon's teachings, finds the courage to face his life as it is, to stop milling around in a welter of fears, frustrations and nightmares. When things have got as bad as they can get, there's no way to go but up.

Al-Anon does not say it will cure the problems besetting us. But it will, and does, help us to live more equably with them. It does not say, "Do this, and your problems are over." Nor does it say that even if you do all it teaches, you'll never have another problem. In a wide reading experience I've never found a seventy year, or even a six month guarantee for a completely happy, problem-free life.

What Al-Anon does is to stiffen our minds and our wills to accept what comes, to get good out of everything by seeing that each experience makes for spiritual growth. Christina Rossetti expressed this acceptance in fewer words than I: "Does the road wind up-hill all the way? Yes, to the very end. Will the day's journey take the whole long day? From morn to night, my friend." This is truly realism and true acceptance of that realism.

Our up-hill road is frequently a very difficult one. But it does lead to a beautiful view if we remain faithful to Al-Anon's guideposts. ▲

Forum Favorites, Volume 2, p. 138



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

I brushed the dust off this little booklet and let the page fall open: *Sexual Intimacy and the Alcoholic Relationship*, P-77, p.25 as follows:

All living creatures need nurturing and I'm no exception, Al-Anon gives me a new chance. It offers me opportunities to have my needs met in new ways. I can love without expecting to be loved back, and I can express my love for others openly, with a freedom I never believed possible.

One of our most basic needs is to love and be loved. I can't expect any one person to meet all my needs and I know that my husband is doing the best he can. During the past year of lockdown, when my life slowed down and became simpler, I became aware of new opportunities to love and be loved which, ordinarily, I probably would have missed.

One of the hardest but most valuable lessons for me, since coming to Al-Anon, has been to be able to relax and just be myself—to know that I am good enough as I am, that I am worthy of love. I am learning to let go of expectations, both of myself and others.

As a child I tried to win my parents' love and approval by being the helper and carer for my younger siblings. However, I now realise that I don't have to earn another person's love—it is a gift, freely given. I am becoming more comfortable with both giving and receiving love. I am grateful that my Higher Power loves me unconditionally and is my constant companion no matter what happens in my life. ▲

Anon

Thought for the Day

We humans are a package deal. When I shy away from pain and sorrow, I risk shutting out joy and happiness.

“...I recover from the outside. I don’t have to hide behind a mask anymore because everyone can see right through me anyway... After playing ‘The Great Cover-up’ for so long, it feels good to let the real me out.”

Alateen—a day at a time, p. 305

Hope for Today B-27, p 107



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Forthcoming Events

POINT WALTER CAMP WA 2021

Date: Friday, 19th February 2021 to Sunday, 21st February 2021

Venue: Point Walter Recreation and Conference Centre on the Swan River, 1 Stock Road, Bicton

Bookings: Booking details to come

AA 28TH ANNUAL WOMBAYAN CAVES WILDERNESS WEEKEND WITH AL-ANON PARTICIPATION

Date: Friday, 19th February 2021 to Sunday, 21st February 2021

Venue: Wombeyan Caves

Contact: Craig 0415 614 712 Theme: A weekend of Fellowship & Family Fun

AA NATIONAL CONVENTION 2021

AA NATIONAL CONVENTION IN ADELAIDE WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Thursday, 1st April 2021 to Monday, 5th April 2021

<https://www.aanatcon2021.com.au/adelaide>

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Next Issue: March, 2021

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

Articles and Member sharings from around Australia

Autumn Sharing Topic - My program enriches my life with colour

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 the 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
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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
1st Floor, Harmer House
5 Leigh Street, ADELAIDE
Mailing address: 1st Floor, 5 Leigh Street
ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saAl-Anon .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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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)

