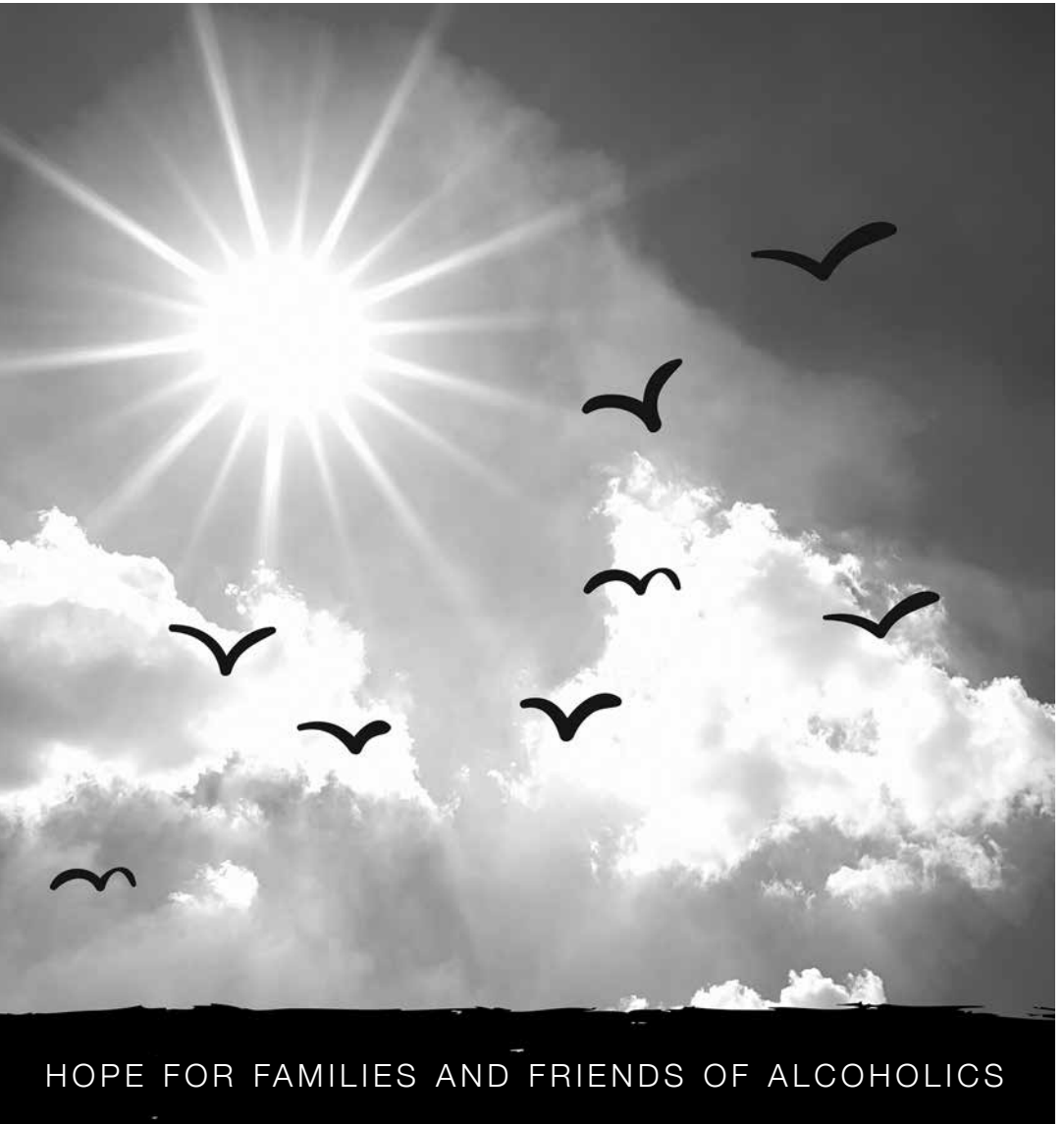


June 2021



# 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 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.**

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.



## Handing over with a bit of loose change

I do believe the odd penny may finally be dropping.

In the past I've said I don't generally speak to my Higher Power out loud. Well ain't it strange how quickly things change?

There's this awful thing my thoughts do. I may have mentioned it before. I go through phases of tottering along with a train of thought, and suddenly memories surface that fill me with mortification. I say very scornful things to myself out loud when this happens—sudden outbursts directed at myself along the lines of “How could you be so shallow?” Or “Oh God you're awful!” Dreadfully unforgiving and completely random. My undermining self is hiding behind 'thought bushes' ready to jump out and sabotage a perfectly pleasant recollection.


The happy ending of this bit of personal madness is that I have recently taken to asking my HP to help me with this doo-lally defect. I am well and truly ready to have this defect of character removed, and really don't have the strength or wherewithal to do it myself. Indeed I haven't a clue how I can stop the craziness and I've been trying to stop this awful habit for 51 years!

I also had a 'rawly' honest realisation about how I relate to the primary alcoholic in my life and it was a bit shocking.

We were having a chat during which he briefly referred to something I notice in him—his alarming memory loss and diminution of general functionality. In that brief moment I actually witnessed in myself the upsurge of thoughts and feelings I experience in response to any momentary admission of his vulnerability.

I was appalled to realise that I was almost predatory in my immediate internal reaction. “I would fix him! I would be able to love him in the 'caring' way I dream of doing.” Ha! Ha! He's mine all mine...Ugh! It wasn't pretty and it really pulled me up short. I have been chatting hard to my HP since, preparing to forgo this awful and unhealthy need for power over someone else. I am aware of it, accept it and await guidance.

Last month the Australian Service Conference was once again productive and a supreme example of the Al-Anon principles at work. Area Assemblies are coming up. It's really well worth attending these wonderful opportunities for fellowship.

Finally, I'll always love my Alfred the Great, but life is short... 

Wendy E.



*Meet Hugo, trainee office assistant. The counselling committee are loving him in a very special way...*



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

**Loss In  
Relationships**

*“Grieving the  
loss of a relationship is  
not unlike grieving a death.”*

Life is full of change. So too are our relationships. If we're lucky, a few relationships will last our entire lives. Some will last for years, others for months or weeks. Regardless of the duration, each of our relationships has much to teach us about ourselves and can help us see the areas where we'd like to grow or change...

**Should I leave or should I stay?**

*“I came into Al-Anon to fix my broken husband but was told that I had to change. But if I let go of trying to fix him, what else would I have? That's who I was—a victim of constant pain! I relished that role and didn't want to give it up.”*

When considering whether to leave a relationship, many of us have found it beneficial to take a Fourth Step inventory. By facing our own defects of character, we come to recognize how our enabling and rescuing may have contributed to our unhealthy relationships. Sharing our insights with our Sponsor or a trusted Al-Anon friend helps us see those areas we'd like to change so we can avoid making the same mistakes in the future...

...Some of us decide to stay with the alcoholic. We may not be ready to leave

or may not want to. If our loved one is ill, leaving the relationship may not feel like a viable option. We might decide to stay because we are hopeful that if we practice the Al-Anon principles, our relationship will improve. We might also choose to stay because the relationship has already improved—or even if it hasn't—because our attitude toward it has changed. Others arrive at the difficult decision to leave...

**When the decision to leave is ours**

Taking care of ourselves might mean making the difficult decision to end a relationship. It's not just marriage or partnerships we choose to leave. We may end relationships with certain friends, family members, and even our children. Although we may initiate the end of the relationship, and even if we feel no regrets, we can still expect to experience the same feelings of grief and loss that would arise if the decision were not ours...

**When the decision to leave is not ours**  
Sometimes the decision to end a relationship is not up to us...

...Just because we didn't choose to end the relationship doesn't mean we don't have any choices. We still have the power to choose how we will respond. In the past, we may have punished ourselves or assumed our role as victims. We don't have to see ourselves as victims anymore. Today we can choose to be around healthy people who want to be around us.

pp. 77-81 ▲

**In Al-Anon I found a safe place to experience grief from all the losses of my childhood. Each time I grieved, I felt a little lighter and a little more free...**

*From Survival to Recovery, B-21, p. 25*

The COVID-19 hokey pokey continues to ‘plague’ members all over the world. We all do our best to adjust to frequent change and find serenity in this time of uncertainty. I’m sure many of us will identify with this UK member’s reflections.



Image: Chris Montgomery on Unsplash

## Finding Gratitude

I was feeling a bit down when the news came that we were going into another lockdown due to rising COVID numbers. Our Group had moved from weekly online meetings to face to face meetings. Although the numbers were limited through social distancing, it was good to be physically with fellow members again.

With the new restrictions, online meetings had to resume. Although I felt disappointed at first, I had to find gratitude that there was a medium with which to carry on meeting.

‘One Day at a Time’ I hope it will not be too long before being able to attend face to face meetings again. ▲

*Jennifer, Area 12*

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

Recently, I identified that one of my shortcomings was an attachment to shame. I wallowed in the self-loathing and the turbulence of the emotions and the bodily pain of the shame. Surely not? But yes, I did. I had no idea that I was doing it to myself, but rather I liked to blame others for hurting me.

In Al-Anon, I had learned that I could make a Step Three decision

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

whenever a shortcoming became revealed to me.

When I read in *Reaching for Personal Freedom* (P-92, p. 23),

*“Now I understand I make this decision over and over again with each new day”*,

I felt a sense of relief deep within. The shame was a deep-seated shortcoming in me, and I needed to ask often. And, when the shortcoming of shame had a tendency to reappear whenever there was a bit of stress or drama in my life, then I might need to ask my Higher Power again and again and again to please remove my shame. In fact, there is no shame in asking often for the removal of shame. ▲

*Anon.*

## 2021 Australian Service Conference Theme:



As I contemplate the 2021 Australian Service Conference theme, Co-operation, Collaboration and Inspiration, I reflect and give thanks for the many years I have been part of this amazing fellowship.

Concept Four “Participation is the key to harmony” comes to mind. I only need to do my best and then Let Go and Let God.

Concept Four embraces co-operation and collaboration to reveal inspiration I would not see on my own. I was always encouraged to contribute in business meetings, group conscience and committee meetings. Over time I developed the self-confidence to speak up knowing I would not be shut down, shamed or embarrassed, which often happened in my family of origin.

What I suggested was sometimes completely wrong but I was soon corrected without confrontation. The gift was I found my voice and realised I was of value and I could contribute. I loved that the outcome would be the best for Al-Anon and always a much better decision than I could make in isolation. I learnt not to take things personally and accept how decisions

developed with extensive discussion and collaboration arriving at the best solution (not *my* will) for Al-Anon.

Patience and due process was also an important lesson. I had to slow down and consider more. The group conscience is something to see in action. It always blows me away. God in action! If I didn't accept service positions I was asked to take on I would never have moved past some severe stumbling blocks in my life, defects of character that kept me small.

The enthusiasm and love of Al-Anon expressed all around me in service inspires me. Enthusiasm attracts members to want to be part of the future of Al-Anon.

In the time I have been doing service at AGSO I have seen the office go from having just one typewriter for our General Secretary to using 21st century technology servicing our membership and reaching out into the community. We have never had the funds at the ready to easily do any of these feats along the way, yet it has happened. We continue to grow and the members with the skill sets come forward eager to help.

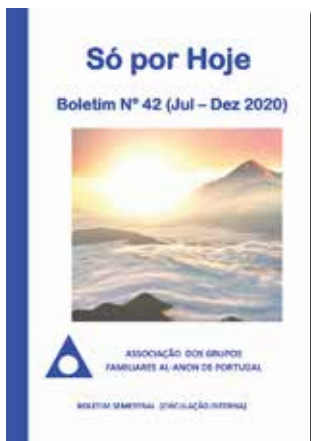
We are a credible support service in the community, acknowledged by many organisations and listed on many websites as a reliable resource. I am so grateful to see our vision for Al-Anon slowly happening before my eyes. When I glance back over my shoulder, I am in awe of how far we have come with limited funds and enthusiastic members willing to give freely of their time.

It is such a privilege to be a small cog in such a big beautiful wheel.

Together we can make it. ▲

With love in service

*Cheryl C Chairperson Public Information AGSO*



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

## 'Uma porta para a coragem' A door to courage

I never thought of myself as a brave person. I lived with fears: fear of entering the house, fear of what could happen under the influence of alcohol and outside it, fear of living without security, respect and love.

As alcoholism progressed and fears were unrelenting, confidence and hope died a little more every day ... much more in the late afternoon. The well was getting deeper and deeper. And as I counted my misfortunes, I couldn't see the light. That was only possible with the surrender of my will. And that, inevitably, happened.

Asking for help, working the Steps and counting the blessings, despite the

little stimulating reality, helped to end the obsession, to exchange self-pity for gratitude. Gratitude is a fundamental tool for moving forward. When I look at my blessings and count them more and more, the light of courage lights up and much becomes possible. And these possible and accomplished things increase gratitude, which is a gateway to courage. ▲

Marta



## Today's Reminder

When I read a Step, and think about it deeply, I find it opens the door to new insights. When I read that same Step again, it again reveals new spiritual ideas. They seem to dig into our consciousness and unearth for us the wonderful potential for good in all our relationships with life.

"If I had only half an hour of quiet time along each day, I would devote it to studying the Twelve Steps so they would ultimately become an integral part of my thinking."

*One Day at a Time in Al-Anon, B-6, p. 141*

## My World Service Conference (WSC) adventure

Being involved in Al-Anon service is such a rewarding and fulfilling experience, I often wonder why more members don't jump at the chance to get involved in this aspect of recovery. I firmly believe Al-Anon service work is recovery in action.

My latest service experience was no different. I was very fortunate to have the opportunity to attend the World Service Conference (WSC) online and it was amazing. Although it meant me being awake from 1:00am in the morning for five days straight (and trying to get some work done at the same time!), I wouldn't have missed this exciting event for anything.

The annual conference is similar to the Australian Service Conference where all nine Area Delegates and the Australian General Service Office (AGSO) staff and volunteers meet over three days to discuss and decide on business matters affecting Al-Anon Australia. Only in the WSC instance there were 67 Area Delegates, 27 World Service Office (WSO) staff and volunteers, 12 International, with voice but no vote, and it went for a full five days.

Topics included: Task forces; policy discussions; the Serenity Prayer in different languages; breakout sessions; a virtual tour of Stepping Stones, (the home of Bill and Lois W); Reports from WSO and Conference Delegates; Presentations from WSO and each day either started or finished with an Al-Anon meeting.

Some of the important decisions that were made included; the development of a *Just for Tonight* bookmark for Alateen; a new introduction to be written for the front of both *The Dilemma of the Alcoholic Marriage* and *One Day at a Time in Al-Anon* to place the books in their historical perspective; a new daily reader on diversity to be released in 2023; discussion and decision to register online meetings; Al-Anon's 70th Anniversary celebrations; an updated Alateen Preamble, and; a longitudinal membership survey to be conducted.

I can't tell you how exciting it was to be witness to some of these momentous decisions. I was reminded that we are one fellowship worldwide. Many of the issues discussed are the same ones we face in Australia, which is why we have found it wise to adopt WSO policy on most issues. Many of the USA and Canada's Delegates were interested to hear how we do things 'down under' and I was delighted to share some of our successes and challenges with them. I met some amazing members doing service for their Area and hearing them describe getting the same thrill that I get doing service was wonderful.

My recovery has definitely improved through all the various service work I have done.

I have always received more than I gave when giving service and this experience was no different. I wish more members would take a chance to get involved and they too could find themselves in the same situation as me and know how fabulous it feels to give back just a little of what this fellowship has given me.

Love In Service 

*Helen G., General Service Board*



# NEWS and VIEWS from AGSO

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## October 2021 Special 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 special October 2021 70<sup>th</sup> Anniversary issue.

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)

### Special Edition Sharing Sheet: (These are only suggestions)

How did you find Al-Anon? *Were you introduced by a friend? Local paper? Radio interview or some other means?*

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Do you remember what year? *You may even remember the date and time!*

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Do you remember *where* you attended your first meeting?

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What was that first meeting like for you? *Share what you recall of your first experience of an Al-Anon meeting.*

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What keeps you coming back?

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## My service personal story

I came into my first meeting in 1989 full of despair, fear and anger with my three-month-old daughter in the car capsule. Despair for the future, fear for my family, and a lot of anger for my situation. Realising that my husband was an alcoholic, how could this have happened to me?

I quickly understood that I had to learn as much about the disease as possible and set about reading all the Al-Anon books. I was bursting at the seams with it!! I was living in Mildura, Northern Victoria Area (NVA), and our meetings were very small—six members was a big meeting. Members available and willing for service positions were few. I soon found myself agreeing to taking the key for the hall but I would sit in my car hoping no one would arrive so I could go home and avoid the hard emotional work of the reality of my situation. That only happened once or twice!

I found a home group, gained a sponsor and after a time became Group Representative (GR). I had another daughter, this time in the full realisation of my situation. I learned on the job, and made lots of mistakes. I thought I had to give a report at our small Assembly in the Echuca/Shepparton area. The trip took at least five hours one way and often we'd do the return trip in one day. Other times I would take my children and stay overnight with a member. They were 'program children' and travelled with me to events all over northern Victoria when childcare was unavailable. I had no family help in my area but that was a blessing. I didn't have to explain or answer the questions I knew my mother would ask.

My service positions included Secretary, Treasurer, and GR. I could not take up District Representative (DR) or any NVA Service Committee positions because of the distances involved. My GR reports for the bi-monthly District meetings were posted off and the only District meetings I attended were via speaker phone when available.

I helped organise local anniversaries, attending many AA meetings in the process. Learning how the alcoholic suffered helped me understand the disease more, helping me develop compassion for the alcoholic. I was also Alateen sponsor of the younger children, including my own children—not ideal, but necessary at the time. I attended National Conventions in Melbourne and Adelaide when I could get

away, trusting the alcoholic to look after our children.

Finally, after 10 years in the program, I awoke from the fog and

knew I couldn't live with the active disease any more. It was only through service, which included a lot of travelling, that my recovery had progressed to that point. I had learned to not force solutions so didn't leave the marriage any earlier.

My knowledge of the links of service was reasonable but limited to NVA, the smallest area in Australia. Life moved on, my children grew up, left home, partnered, and eventually I was blessed with a granddaughter. I moved to Melbourne over five years ago and found my home group in Frankston, District One. However, I was truly lost without a service position as it had been a God-given purpose to me for so many years!

Soon the position of Treasurer became available. I slowly became familiar with

*“I was truly lost without a service position as it had been a God-given purpose to me for so many years!”*

the members, making new friends and my grief at leaving my former home group became manageable. I started to feel at home again.

I joined in the formation of a new adult children group, became GR, and attended monthly District meetings—only 10 minutes from my new home! I read the service manual, met the DR, the District PI person, and learned more about the finances. I also did my bit on the helpline.

My first Victorian Southern Area (VSA) Assembly as an observer was an eye-opener! After the small NVA Assemblies of 6-9 GRs, there were 35-plus GRs. I saw the program in action with such a large attendance.

I attended a National Convention at Coffs Harbour, Conventions in Cairns, and Canberra and an International Al-Anon Anniversary in Germany. I also attended my first Friday night 'Getting to know your Delegate' at Conference in May, 2018.

When the District One DR's term was over another GR and I reluctantly said we would take on the roles of DR and alternate DR. We travelled with the other VSA Committee members into the city for the monthly meetings. The train trips and the months flew!! I enjoyed the fellowship, love, and humility of the members at this level of service.

The role of Public Information (PI) Coordinator was brought up at a Committee meeting in early 2019, I heard this voice say 'I am willing to take on that position, but not until I return from my 'OS' trip in a few months'. I was so surprised to realise it was my voice—my HP at work!

I have been PI Coordinator for almost two years now, supported in learning

the ropes of this position by my service sponsor. I forward various reports for comment and suggestions, and she is available when I need her support or wisdom for any reason regarding service. I would urge other members in service to ask another member in service to consider this mentoring.

**“I was given that gift of desperation, which drove me into the program for my first meeting and kept me coming back.”**

The rapid transition to Zoom online group meetings and VSA Committee meetings has meant that the important service work of the fellowship has continued uninterrupted. I am really grateful that I have been able to maintain not only a purpose to life in these COVID times, but also my recovery.

I love the PI work, because I believe I have an affinity for the newcomer, relating to how they feel just as I did when I was given that gift of desperation, which drove me into the program for my first meeting and kept me coming back. I believe PI activities are vital, passing on this life-saving and life-giving program to suffering families. The steady trickle of newcomers through the doors and staying in the program ensures Al-Anon remains sustainable, as newcomers are our humble servants of the future. Without them, who would do service, maintain the links of service and keep the wheels of service turning when we have gone?

Thanks to all those past members in service who heeded those calls because it is their message I heard and learned from. It's thanks to my HP that I came into the program, heeded the call to stay, and became a willing and humble servant. Thank you Al-Anon Family Groups. ▲

*Di J, PI Coordinator, Victorian Southern Area*

## Discussion of the Sixth Step

*Were entirely ready to have God remove  
all these defects of character.*

One thing becomes clearer and clearer with time. I must be constantly vigilant, and work this program continuously. Otherwise, the gains I have made quickly fade away and I revert to the way I was before I came to Al-Anon.

I had no difficulty admitting I was powerless over alcohol, but found myself trying to control my husband's sobriety. Time and time again I caught myself focusing on, "If I do this, maybe it will help *him* to see what *he's* doing."

The same thing applies to letting go and deciding to let God direct my life. I realized that was a sensible approach and was totally sincere when I took Step Three. But unless I watch myself, I find I'm trying to run things again, to be in control.

By the time I got to Step Six, I thought I was ready to give up all my defects. I certainly didn't like what I'd seen in Step Four. But I didn't realize how much I enjoyed my self-righteousness, smugness, and feelings of superiority. I wasn't aware of how much I got out of being in control, directing things.

Without thinking twice, I decided to work on *my* character, forgetting that this Step says *God* is the one who is going to do the removing. I went hard to work on myself, and got nowhere.

Finally, I had to go back to the Third Step and turn my life and my will over to my Higher Power all over again. To me, Step Six is the key to relaxing in

this program. We don't have to push and shove and exact a frantic pace from ourselves in order to improve overnight. This Step tells us God will take care of it, and we assume, in His own good time.

When I let go, Step Six began to work for me. I realized that my Higher Power would help me by allowing me to encounter opportunities to grow and to strengthen my character, would give me insight to recognize these opportunities for what they were, and would provide the strength to deal with them. All I had to do was keep an open mind and be willing to change as the need became apparent. ▲

*Louise M. G., Editor, 1974-77*

*p17 1975 Forum Favourites Volume 3*

### Lilian's Acronym of the month



Hold  
On  
Pain  
Ends

## Things to Think About

When I give myself the freedom to be me, I can give it away to others. This is called acceptance and it's the key to love in the program. It opens the door to loving myself and lets me share that love with the people around me.

ALATEEN—a day at a time. B-10, p 270



## Subscription to Austra-Link 2020-2021

Format	Annual - from 1 <sup>st</sup> November 2020	Part Subscription from 1 <sup>st</sup> January 2021
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**Reference:** Groups name; Individual name; **Email:** accounts@al-anon.org.au when you have made an EFT payment

# Forthcoming Events

## HALLS GAP CAMP AA WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday 11th to Monday 14th June, 2021

Venue: Acacia Camp, Grampians Road Halls Gap, Victoria

Contact: 0407 052 763 *Pre-bookings compulsory due to Covid restrictions*

## NORTH QUEENSLAND AA ROUND-UP WITH AL-ANON PARTICIPATION

Date: Friday 2nd July 2021 to Sunday 4th of July 2021

Venue: White Rock State School, Cairns

Contact: For Al-Anon enquiries phone Kate 0400 517 949

or register cairnsroundup2021@gmail.com

## NORTHERN TERRITORY BILL W AA CAMP WITH AL-ANON PARTICIPATION

Date: Friday 23 to Sunday 25 July 2021

Venue: Douglas Daly Caravan Park

Contact: alanon.alateen.darwin@gmail.com

## Spread the Word in June = Health and Medical

- ✦ Hospitals ✦ Rehab Clinics ✦ Surgeries ✦ Health Centres ✦ Health Education Services
- ✦ Health Authorities ✦ A & E Waiting Rooms ✦ Natural Therapy & Wellness Centres
- ✦ Health & Fitness Centres ✦ Councils ✦ Doctors ✦ Nurses ✦ Dentists ✦ Pharmacists
- ✦ Counsellors ✦ Therapists ✦ Social Workers ✦ Health Visitors ✦ Voluntary Services
- ✦ Victim Support Groups ✦ Disability Support Groups ✦ Community Carers
- ✦ Ambulance Services ✦ Maternal Health Centres

*OD-2 Open Letter to a Doctor; S-37 Fact Sheet for Professionals; R-57 Have You Tried Al-Anon, Doctor?; P-89 Doubting your Sanity; M-76 Bookmark; P-4 Alcoholism the Family Disease; S-17 Twenty Questions; S-20 Twenty Questions; S-25 Twenty Questions*

## 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: July, 2021

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

Articles and Member sharings from around Australia

Winter Sharing Topic - Come in from the cold

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

[www.al-anon.org.au](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-snsww.org.au

### **WESTERN NEW SOUTH WALES:**

Al-Anon Family Groups Western NSW Area  
Suite 108, First Floor  
114-116 Henry Street, PENRITH NSW 2750  
Phone: (02) 4731 1442  
E-mail: al-anonpenrith@optusnet.com.au

### **NORTH QUEENSLAND:**

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

### **SOUTH QUEENSLAND:**

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

### **NORTHERN VICTORIA:**

Al-Anon Family Groups Northern Victoria Area  
O'Brien Hall, McLennan Street, MOOROOPNA  
P.O. Box 81, MOOROOPNA VIC 3629  
Phone: (03) 5825 1160  
Email: alanonnthvicarea@hotmail.com

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

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

### **SOUTH AUSTRALIA:**

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

### **WESTERN AUSTRALIA:**

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

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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)**