

# AUSTRA-LINK

The monthly journal of Al-Anon Family Groups in Australia

March 2019



## 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](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*

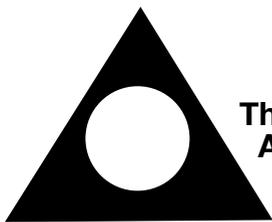
### **Unity**

*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.



## What a Summer that was!

There were times when the only way to keep cool was with my trusty Al-Anon tools (and judicious use of an air-conditioner when the local power supplies could cater). A nice sweaty reminder that I have no control over people, places or things—or the temperature of any of those! From the gratitude perspective, it's been a particularly marvelous thing in terms of truly excellent laundry days!

On the life-can-be-tough side, the relief from the heat brought with it some stormy weather—not a favourite with my furry barometer Alfred! He simply hates storms and turns into something akin to a jelly in an earthquake.

It reinforces for me that in the most torrid and difficult of times—not all involving the effects of alcoholism—turning to Al-Anon helps *me* to weather a crisis without exhausting drama or regrettable outbursts. I read my daily readers and other CAL books and gobble up past copies of *The Forum* and other publications as I prepare each issue of *Austra-Link* (a definite perk of the job!).

I am so lucky to be supported by my sponsor and Al-Anon friends and the knowledge that there is a meeting somewhere for me every day if I choose it, is a tremendous comfort. While I'm stronger than I've ever been in my life, this is because I know that with my Higher Power and my Al-Anon family

I am safe and capable of managing on my own, but I am never alone.

I came to my first meeting in absolute turmoil, struggling to understand how my body could carry around so much churning anxiety and despair without bursting. I sat through my first meeting, convinced I was *the* most tragic soul in the world, and equally convinced just about everyone else in the room was a little nuts. I thought the chairperson was a bit casual and wondered how the organisation employed so many chairpeople for all the meetings I'd seen listed on the website! I had a lot to learn.

I found it all pretty strange, but being in dire straits, tried a few meetings. Each one was quite different, and yet there were many elements that were reassuringly the same.

We are all encouraged to attend six meetings before deciding if Al-Anon is for us and urged to “keep coming back”. Happily for me I listened.

While Al-Anon meetings may be a bit odd to newcomers they are welcoming to all. When it is someone's time to find and accept the embrace of Al-Anon, ‘odd’ doesn't matter a jot. ▲ Wendy E.



*Alfred the Great accepting support during stormy times*



*Personal Stories from*  
**P-94 Hope & Understanding for Parents & Grandparents**

Enjoy this month's story of hope.

### A Miracle in my Life

Both my wife and I carry emotional scars from growing up with alcoholic parents, but we found comfort in each other and made sure our three children knew love, happiness and security. Our two older children were already grown and thriving on their own when I came home early from work one afternoon to find my youngest child unconscious from alcohol poisoning. I rushed him to the hospital in time to save his life. It was a miracle that I left work early!

Over the next four years, my wife and I saw our son arrested and jailed numerous times for alcohol- and drug-related crimes. We spent thousands of dollars on our son for legal expenses—two failed attempts at rehabilitation. No matter how obvious his alcohol use or the reason that money and jewelry were missing from our house, we believed our son's claims of innocence and quarreled between ourselves as we took turns enabling him.

With the problem completely out of control and our marriage cracking, my wife persuaded me to go with her to an Al-Anon meeting, where we were warmly welcomed. But when I saw the banner with the Twelve Steps on the wall and read that Step Three involved turning my life over to God, I recoiled. How could I believe in or trust God? As a child, I had learned that at best God was not interested in me, and at worst despised me.

Slowly and painfully I realized that our son's addiction to alcohol controlled him, and that we had become insane trying to change him. Listening to others share, and finding a Sponsor to guide me through the Twelve Steps, I learned that the one thing I could change was me. Al-Anon has shown both my wife and me the way to recovery and a spiritual awakening, and these changes made an impression on our son. He went into his third rehab program on his own.

For most of my life, I lived with a veneer of "normality" covering fear, guilt and profound depression. Al-Anon has been a miracle in my life. It led me to a Power greater than myself, who gives me the strength to release sadness, gain serenity and understand how truly loving and truly loved I am. My wife and I are closer than ever. I have learned loving detachment from my parents as well as my son, and appreciation, because without them, I would not be where and who I am at this precious moment. ▲



# Stress Busters!

**When I'm at my wits end I ...**  
...tie a knot and hang on!

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

...I don't like to be uncomfortable anymore, so if I don't really have any business with a person that makes me uncomfortable I have the choice to reduce time spent with the person. Most of the time it is an opportunity to grow in wisdom, patience and unconditional love—that is what the program is all about. I have to ask myself—why am I uncomfortable?

The reason/root is often fear of angry outbursts, verbal abuse or being criticised. The slogans help me in any uncomfortable situation in the heat of the moment. Afterwards I can 'run' a situation through the Steps and Traditions.

*Suzanne, Southern NSW*

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

...find the application of the slogans very helpful (How Important Is It?/Live and Let Live/ Let Go and Let God/ Keep an Open Mind). I have also heard and used the phrase: "You may be right". I find this phrase diffuses tension. Another useful idea is to 'let go of the rope' when we are having a 'tug of war' over an issue. I can detach and move into another room or go outside for a few minutes to cool off. These suggestions help me to respond rather than react which is often what the drinker is trying to do (i.e. trying to provoke a reaction)! ▲

*Anon*

**I started to thank God for my day instead of — "Well thank God that day's over!"**

No matter how many times he was told, my father always maintained he didn't have a drinking problem. After all, he only drank at the weekend and on special occasions. He never missed a day's work, was boss of his department (which made it quite embarrassing when his employees had to carry him home from "special occasions").

However, what happened to my lovely mum when he arrived home drunk was quite scary. Why did she take those newly baked scones and throw them out the back door? Mind you, the dog was delighted—hot scones!

You would think that by the time I met a man who drank too much I'd be well warned that alcoholism is indeed a crazy disease and families need to be restored to sanity. But no, I fell into the trap that alcoholism sets for us all. I got involved and became part of the problem. Denial set in and I was convinced things would be different once we were married.

Well that's what he kept telling me and that's the only promise he managed to keep. Unfortunately, the difference was that things got worse. I did all sorts of crazy things in a vain attempt to keep the peace, get him sober, punish him when nothing worked, then I wondered why I never had a day that was manageable let alone enjoyable.

*...Continued page 4*

...Continued from page 3

No I wasn't insane (Huh!) but there had to be something wrong with my thinking if I ever hoped to have a good day when I spent it banging my head against a brick wall. Step Two assured me I could be restored to sanity if I'd practise the Twelve Steps, have a good look at me, and with the help of many meetings decide to stay away from the brick wall and change what I could. It didn't happen overnight, but a bit at a time, a day at a time, sanity eventually prevailed and I started to thank God for my day instead of — well thank God that day's over!

So, thank you Al-Anon. ▲

*Joy R Southern Vic Area*

## **Hot off the Austra-Link Sharing Sheet**

Members share their experience, strength and hope with other Al-Anon and Alateen members around Australia.

### ***At my first few meetings “I remember”...***

...being welcomed and treated as an honoured guest. The person in the chair even said: “You are the most important person in the room”! How did she know I was a newcomer at my first meeting? I was rather taken aback and wondered what I would be expected to give back in return! I had expected to “sneak” into the back of the room

unnoticed. To my great surprise, nothing was expected! I was simply asked if I wished to say anything at the end of the meeting and, after the closing prayer, a long-time member encouraged me to “Keep coming back”.

### ***My thinking changed when “I heard”...***

...I didn't cause it, I can't control it and I can't cure it. What a relief! It wasn't my responsibility to get my husband sober and it wasn't my fault that he drank! I also liked the fact that there were no rules and I could “take what I like and leave the rest”. How liberating! I was still puzzled by the idea that Al-Anon was for me though. It took quite a few meetings before the message began to sink in—this program was for me to get to know myself and not a way to force my husband to stop drinking!

### ***Through the wisdom from my sponsor “I learnt”...***

...that my problem drinker was/is worthy of love. He has a disease and I need to be compassionate rather than judgmental! I have choices and I can detach if I am uncomfortable in a situation. Just as my sponsor has shown me a lot of respect (especially patience and a willingness to listen), so I can offer these same qualities to my husband. ▲

*Maree C. Southern Vic Area*

## Hope is a great defense

Before I came to Al-Anon, my life was a mess. It was a mockery of the potential I had and an insult to my hopes and dreams. I had goals I wanted to achieve, but despite encouragement from teachers and friends, I couldn't seem to overcome the diseased thinking I inherited from being born into the family dynamic of alcoholism.

The painful insults and verbal abuse I suffered during childhood still echoed the corridors of my self-esteem and impaired my ability to aspire to be all that God had intended.

Then I entered the humble rooms of Al-Anon. Through listening to the members' stories, I learned I wasn't alone. Suddenly I was connected to a community of courageous individuals who showed me that my painful childhood wasn't a result of something I did wrong.

I also learned that the disease of alcoholism doesn't discriminate. Eventually, the shame and guilt that was locked into the deepest fibers of my very essence began to fade. Shame and guilt could no longer dwell in the darkness of my confusion, because of the tools I learned in the program. I'm no longer a victim to my painful past. As a child, I didn't have many choices, but I do have choices as a woman.

"One Day at a Time," I set goals—no matter how small—and move closer to my aspirations of being a successful writer and someday a wife and mother. I "Keep It Simple" and do the next right

thing, careful not to overwhelm myself. I "Let Go and Let God," surrendering my need to control.

I understand that I didn't cause my mother's drinking. I couldn't control it, and I couldn't cure it. I was a child, powerless over the adults who ruled my world and powerless over a powerful disease. As an adult, I'm still powerless over alcoholism, but I'm no longer powerless over my decisions.

The Steps, slogans, and members have empowered me the greatest defense of all—hope. Today I'm hopeful that I'll achieve the life I always believed I deserved. ▲

*By Kelly-Ann, Dorchester, Massachusetts*

*TheForum, March 2007, p15*

*(Reprinted with permission of The Forum,  
AFG Inc., Virginia Beach, VA.)*

## Had a slip the other day...

Had a slip the other day when things didn't go as I expected and I fell into the trap of castigating myself and wondering what others thought of me.

Aha! Here is a moment when I can do something for myself that I don't want to do, to improve my own self-image.

So I pulled out a pile of papers that needed attention and in doing so, found a bill that happened to be due that very day!

In paying it then, I was able to save \$37 as a discount for settlement by the due date.

How my Higher Power looks after me if I put the foot work in! ▲

*Jennifer P., Northern NSW Area*



## Bit confused? Let's think it through...

### Should all Al-Anon meetings be the same?

I have a knack for generating chaos, yet I crave order and consistency. If I have come to expect things to be a certain way and they are not as I anticipate, I may fret a little. Part of my own disease. (Ed.)

Are there things that have to happen for a meeting to be a meeting?

There is no rigid formula for an Al-Anon or Alateen meeting. The general pattern is to have the Chairperson or leader open and close the meeting, announce the meeting's topics, or introduce guest speakers or members who share their experience, strength, and hope as a result of working the Al-Anon program. Experience suggests that more can be accomplished when members share on a single topic during the meeting and as many members as possible have the opportunity to share.

*P-24/27, p.42, Al-Anon/Alateen Service Manual, 2018-2021*

#### Common elements

There are some things that will very likely be a part of any Al-Anon meeting.

- ▲ Reading of the Suggested Welcome by the chairperson
- ▲ Chair reads preamble to the Steps and Traditions which are then usually read out by the group's members
- ▲ Announcements, reports and group business generally led by the secretary
- ▲ Passing the basket in accordance with Tradition Seven

- ▲ Chair reads the Suggested Closing
- ▲ The Serenity Prayer
- ▲ Anonymity - always essential!

All Al-Anon discussions should be constructive, helpful, loving and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals<sup>1</sup>. Topics or behaviours of concern include discussions of religion, gossip and dominance.

#### Variations on the theme

Some meetings routinely work on the Steps and Traditions. Slogans can be the focus, or particular issues such as resentment, self-esteem or love. Some meetings will open with the Serenity Prayer, while others close with it.

#### The role of CAL in meetings

Readings from daily readers, workbooks including *Paths to Recovery* (P-39) and *Reaching for Personal Freedom* (P-92), subjects of interest from current issues of *The Forum*, pamphlets such as *3 Views of Al-Anon* (P-15) or *Alcoholism, The Family Disease* (P-04) do much to encourage shares. Outside publications are not appropriate for Al-Anon meetings.

#### Beginners' Meetings

When newcomers are present, the group may spend some or all of the meeting time welcoming the newcomer by having one or more members share their reasons for coming to Al-Anon and how it has helped them. Some beginners' meeting topics might be discussion of one of the first three Steps, detachment, the Serenity Prayer or a slogan. ▲

*P-24/27, p.44, Al-Anon/Alateen Service Manual, 2018-2021*

<sup>1</sup> (Excerpt) P-24/27, p.22, Al-Anon/Alateen Service Manual, 2018-2021

# NEWS and VIEWS from AGSO

## *Spread the word...*

### **March = Public Places - March 4th is Worldwide "Leave Hope" Day.**

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

**The Joy of Living** is the theme of our Twelfth Step and is also the theme for the 2019 National Convention of Alcoholics Anonymous with AI-Anon and Alateen participation. Visit <https://www.aanatcon2019.com.au/program> for program details.

The Convention opens for registrations at 4.00pm on Thursday 18th April with the Continuous Meeting commencing at 5.00pm in the Sutherland Theatre.

Please note:

- ▲ all AA and AI-Anon meetings are OPEN meetings - members of either fellowship and visitors welcome.
- ▲ all Alateen meetings are CLOSED meetings - only for Alateens and Alateen Sponsors.

## **Those pesky acronyms!**

**GR: Group Representative.** Elected member, preferably with a basic understanding of the program, elected for a three year term as contact between the group, the District and the Assembly

**DR: District Representative.** Elected member representing the groups at Area Service Committee, assisting the Delegate in passing on information about Conference and AGSO\* activities.

\* Included in next issue's pesky acronyms!

## **Sharing**

Thanks to all those who have sent in shares and articles so far this year. We are always keen to receive your sharing on Stress Busters (approximately 100 words):

▲ **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...**

and the Autumn Sharing Topic - *Weathering the hustle and bustle as night times lengthen and leaves start to fall.* (up to 400 words).

We do require your full name and address before any item can be accepted for printing – this information is not revealed; it allows us to thank you.

We *do not print* your full name in Austra-Link; we print either your first name; your initials, or the word 'Anon' with the Area you are from. Please indicate your preference.

## **B-31 Many Voices, One Journey**

### **Australian members' contributions**

We will be including excerpts which highlight the involvement of Australian members in the evolution of Al-Anon.

In 1952, the only literature written by the Clearing House was *Purposes and Suggestions* (P-13) and *One Wife's Story*, a pamphlet based on an A.A. Grapevine article by Lois (now ("Lois's Story" in *How Al-Anon Works for Families & Friends of Alcoholics* [B-22])). The Clearing House also distributed a pamphlet written by the San Diego Family Group, *Freedom from Despair*, as well as reprints of articles about family groups from the *A.A. Grapevine* and *Coronet* magazines.<sup>35</sup>

Members also depended upon outside literature, often using materials that would later be considered inappropriate for discussion at Al-Anon meetings. Prior to the introduction of Conference Approved Literature, the Clearing House routinely referred members to outside literature.

Its 1952 list of "Suggested Reading for Al-Anon Family Groups" included the Bible at the top of the list, followed by the A.A. "big book," *Alcoholics Anonymous*, and the *A.A. Grapevine*. It also included *The Sermon on the Mount* by Emmet Fox, *The Little Flowers* by St. Francis of Assisi, *Imitation of Christ* by Thomas á Kempis, *Peace of Soul* by Archbishop Fulton J. Sheen, *The Robe* by Lloyd Douglas, *The Foundling* by Cardinal Francis Spellman, *The Age of Faith* by Will Durant, (a book about the history of philosophy); and *The Varieties of Religious Experience* by William James, (a psychological analysis of religious experience).

Other books on the reading list included self-help literature, such as *How Never to Be Tired* by Marie Benyon Ray and the bestseller, *The Power of Positive Thinking* by Rev. Norman Vincent Peale. The Clearing House also recommended *Primer on Alcoholism* by Marty Mann.<sup>36</sup>

Of this reading list, only *Alcoholics Anonymous*, the *A.A. Grapevine*, and *Primer on Alcoholism* were also on the Clearing House price list, and could be purchased through the office. These three items remained on the order form through 1953, after which the Clearing House only sold *Primer on Alcoholism*. Members were referred to A.A. for purchase of the other two items. These referrals were no longer included on the order form after November 1959.<sup>37</sup>

Members from around the world began purchasing literature from the Clearing House. A member from Australia wrote:

*I am the wife of an alcoholic...I now realize I am spiritually ill as well as physically and, of course, suffering from nerves, moods, and emotions, going along, doing as I thought, everything to help, but forgetting to ask God's help and, in consequence, completely spoiling my whole family. I now wish to learn the right way to do things, so would you please send me a list of prices of some literature to start on, to get myself right.*<sup>38</sup>▲

Chapter Two, *Unity as a path to progress*,  
1951-1955 pp. 52-53

It's fabulous to see how far we have come in Al-Anon, from the early stages when we took so much from Alcoholics Anonymous and adapted to our own fellowship.

(Ed.)

## **First Al-Anon Old Timers' Meeting at the Shepparton 63rd AA Anniversary with Al-Anon Participation 2018**

When Al-Anon members in Northern Victoria Area, District 3 got together to form an Anniversary Planning Committee in May 2018, members thought that having an Old Timers' Meeting would have a great impact.

A member spoke to an AA member in Melbourne remarking on the way the Essendon AA Old Timers' Anniversary had filled a hall with members to celebrate their journeys of over 20 years of sobriety. They had collated and recorded all the years of the respective 'Old Timer' members, then announced how many joint years were in the room. What great recognition of achievement!

To date there hadn't been anything like this for Al-Anon in Northern Victoria. So, fast forward to Saturday 20th October 2018.

As the bus driver on this adventure, I was hoping for a good number to help us celebrate the wonderful occasion, and I was nervous at the same time. I did have guidance and help from members, which was a wonderful thing.

A member from Northern Vic, who has over 20 years of recovery, chaired the meeting and we had five members speak. They each shared their journeys, telling stories from yesteryear, reminiscing about Ted and Nell G, Pat T, Margo, Eve just to name a few.

Val H (Mooroopna Saturday) 31 years, Dianne W (Shepparton/Mooroopna) 40 years 11 months, Nell B-W (Echuca Friday) 41 years, Jan S-B (Mooroopna Saturday) 41 years and Blair C (Shepparton Tuesday) 30 years, impressed the younger members with their wisdom.

The total number of years of recovery of just these five members added up to be 183 years and 11 months. The sum total of all the years of membership everyone in attendance added up to 249 years and 11 months! WOW! What an achievement it was. A photo has been taken to put into Northern Victoria Area Archives and also sent to AGSO to commemorate this event.

As a young Al-Anon member, who thrives on listening to the older and wiser members speak, I was very moved by the comments that were made after we closed. It was just incredible.

I want to share how this adventure came about, and say how deeply honoured I was to be a part of the committee who helped set up this event. This will be part of future Shepparton Anniversaries.

One member said that "these stories need to be told as this is the history of Al-Anon and if we don't tell them, the history will die with the old timers"!

Thanks to all members who contributed to this wonderful event. Without their guidance, I don't think this would have come together. Bring on 2019. We hope that it will be bigger again and we hope to see you all there. ▲

*Bek C, Northern Vic Area*

## A gift from my daughter

Coming to Al-Anon was a gift to me from my alcoholic daughter although I didn't see it that way at the time.

She was in her own fellowship and knew a program could help me. At one of her hospital discharge meetings she said, "Either you get into Al-Anon or therapy but you need to deal with your stuff or I can't live with you anymore."

I experienced it as an ultimatum and was resentful. After all, she was the one with the alcohol problem, not me, and now it was all my fault.

When I look back at that day nearly three years ago, so much has changed. I went to two Al-Anon meetings soon after but I didn't keep going back. I didn't understand then that this was a program for me. I was only going because I said I would.

Over the next 12 months our family situation became much worse. My daughter's disease spiralled further out of control. It seemed the more I tried to control her behaviour, motivated by my fear and anxiety, the less control and influence I had.

Finally I came back to an Al-Anon meeting about a year ago and this time I was here for me.

When I read Step One on the banner on the wall, all the denial came crashing down. "We admitted we were powerless over alcohol, that our lives had become unmanageable". But instead of feeling defeated by this I felt a weight lifting and

hope flooded into me when I had no reason to feel any.

The past 12 months have been a roller coaster. My daughter's disease initially worsened but then things started to improve. Now, through her own efforts and resources, she is five months clean and sober. I know from experience that this may not last but I also see a change in our family. My daughter knows I'm going to Al-Anon meetings regularly and working through the Steps of the program. Now I am aware of my fear and anxiety about her. I don't automatically react by trying to control or influence her.

I still worry she may relapse and I support her as much as she wants in a way that doesn't support her disease but beyond that, she has to live her own life.

I'm new to Al-Anon but as I go to meetings, talk to and listen to other members and work through the Steps, I find not only *my* life, but that of the whole family becomes calmer and healthier.

I'm so very grateful to this fellowship and even more so to my daughter who knew what I didn't know two years ago. ▲

*Andy M., Southern Victoria Area*

*"Sometimes being restored to sanity by a Power greater than myself means simply accepting moments of spontaneous pleasure that remind me to give thanks for the gift of life."*

*B-25 Having Had a Spiritual Awakening...,  
p. 76*

# Today's reminder

*This day is a beautiful room that's never been seen before. Let me cherish the seconds, minutes, and hours I spend here. Help me to think before I speak and pray before I act.*

*“The program helps me gain the freedom to make wise choices that are good for me. I choose to put that freedom to work in my life today.”*

*Alateen—A day at a time*

*B-16 , Courage to Change, p. 64*



## Subscription to Austra-Link 2018-2019

Format	Annual - from November 2018	Part Subscription from 1 <sup>st</sup> January 2019
Hard copy	\$20.00	\$1.70 per month
Email copy	\$10.00	\$0.85 per month

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Every Al-Anon Family Group receives <b>one FREE</b> copy of Austra-Link			
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## Forthcoming Events

### INDIA KOLKATA INTERGROUP AA REGIONAL CONVENTION WITH AL-ANON PARTICIPATION

Date: Thursday, 4th April 2019 to Saturday, 6th April 2019. Venue: Darjeeling  
Website: [www.aakolkata.org](http://www.aakolkata.org), India

### 2019 ALCOHOLICS ANONYMOUS NATIONAL CONVENTION WITH AL-ANON AND ALATEEN PARTICIPATION

Date: April 18th—22nd 2019. Venue: Canberra Convention Centre ACT.  
Website: [www.aanatcon2019.com.au](http://www.aanatcon2019.com.au)

### 14TH AL-ANON GREEK CONVENTION 2019 WITH AA PARTICIPATION

Date: Friday, 10th May 2019 to Sunday, 12th May 2019.  
Venue: Nautica Bay Hotel Porto Heli, Peloponnese, Greece  
Theme: Freedom Information: [alanongreekconvention@gmail.com](mailto:alanongreekconvention@gmail.com)

### 11TH INTERNATIONAL AL-ANON ROUND-UP IN GERMANY WITH AA PARTICIPATION

Meeting in German and English Language  
Date: Friday, 23rd August 2019 to Sunday, 25th August 2019.  
Venue: Tagungsstätte Schloss Schwanberg  
Theme: Powerless But Not Helpless

### Have you renewed your subscription to Austra-Link?

See the subscription form on page 11 in this, and every copy of Austra-link. Remember, a gift subscription to someone you sponsor or to a new member in your group, is a loving way to say, *“We care about you, please keep coming back”*.

### Next Issue: April, 2019

**CAL:** Hope & Understanding for Parents & Grandparents

**Stress Busters!** How the Al-Anon tools help in times of stress

**Articles and Member sharings from around Australia:**

**Autumn Sharing Topic - Weathering the hustle and bustle as night times lengthen and leaves start to fall.**

The National Phone Number for Al-Anon information is:

1300 ALANON (1300 252 666)

[www.al-anon.org.au](http://www.al-anon.org.au)

To access Members' page:

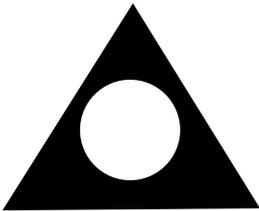
your username is: member

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 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 6, St. Peter's Church Hall, Dixon St.,  
HAMILTON  
PO Box 217, HAMILTON NSW 2303  
Phone: (02) 4969 3889  
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: 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: alanonnthvic81@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@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 to Friday  
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 & (03) 9620 2199**  
**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 ALANON (1300 252 666)**

