

AUSTRA-LINK

The monthly journal of Al-Anon Family Groups in Australia

April 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 Groups AGSO, 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

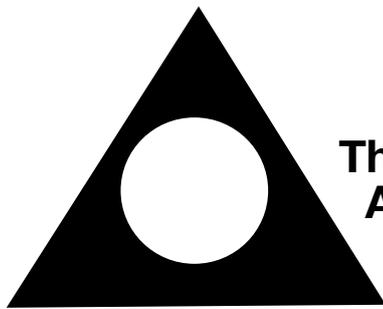
Unity

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.



April already!

I still feel like an infant in the program. I am grateful for the tools, the meetings, fellowship with other members, my daily readings, but I do need to stay vigilant about being open to my Higher Power. I keep trying to analyse and make it tangible rather than simply surrendering to it. (My Higher Power hasn't divulged a gender to me by the way).

I do struggle with my pesky wilfulness. Most mornings I wake up, say the Serenity Prayer as soon as I am conscious, and ask my Higher Power to help me get out of my own way and guide me to kind and healthy choices. This may still be a bit too directive. Work in progress me...

However, sometimes, not far into the day, my good intentions can morph into something like: "*For goodness sake could you **puleeez** grant me the serenity to accept the things I cannot change quickly so I can get on with trying to change them!*"

Recently I have needed to revisit my Fourth Step. There are things I habitually lay at the door of the main alcoholic in my life and my denial about my own part in some things has been hard to shift.

Thanks to Al-Anon, there *is* such a thing as a Fourth Step to help me uncover my own defects gently when the time is right. Step Five will help me move through this also.

I expect there'll always be some squirmy truths to uncover in order to continue my

growth in recovery. Well so be it! A bit of squirming is way better than hopelessness and despair—the incessant feelings which brought me to the rooms in the first place.

I admit that I am powerless over heaps of things (including Alfred the Great more often than not—his will is formidable!). For my life to become manageable I seek the humility to own my foibles and be willing for my Higher Power to remove them.

While all of this is easier said than lived, following this path makes living way easier than it was before Al-Anon.

In this issue we're beginning to look at the interesting territory of Conferences, Conventions and Assemblies—what's in a name? We'll start with Conferences on page six.

We also have some terrific shares from our generous fellow members. As ever, I urge you to put pen to paper—or fingers to keyboard—and jot down your gems in recovery. Writing pieces for Austra-Link is another valuable way of giving service—sharing experience, strength and hope. Not only that, *my* recovery benefits enormously when they arrive in my inbox! ▲

Wendy E.



Alfred the Great in full denial about bath time - he prefers cupboards to sand for his head burying.



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

Enjoy this month's story of hope.

Concerned but Not Consumed

My husband and I were recovering alcoholics with years of sobriety in A.A. I also went to Al-Anon because I had many alcoholics in my family and in my life, both past and present, but I wasn't as serious about my Al-Anon program. I went to meetings, but I didn't work the Steps or have a Sponsor. However, that changed once my 18-year-old son told me he had a drinking problem. How could I have missed the signs? It was very humbling.

I was filled with terror about my son. I felt responsible and guilty – when I wasn't blaming my husband. We had failed our only child! Our marriage already had problems, but this really drove us apart. I started going to more Al-Anon meetings, including parents groups. The alcoholism from my childhood—the terror and uncertainty—was coming back. I was barely functioning. The desperation and pain I felt pushed me into finding greater recovery. I joined a couple of Al-Anon email meetings and found other mothers of alcoholics. In my local meeting, I met parents who

had asked their alcoholic kids to move out, but I couldn't imagine doing that. A woman shared one night about her alcoholic child that she was “concerned, but not consumed.” That's what I wanted.

Eventually, I reached the turning point where I could no longer live with my son's active drinking. I couldn't ask him to leave—the best I could do was to lock him out. Finally, I was taking care of myself the way I needed to.

Even though my experience with my son put me back to square one, I am grateful for the direction my recovery took. I've had a chance to walk through my childhood feelings. I found a wonderful Sponsor and am working on the Twelve Steps, including a Fourth Step inventory that has been an amazing journey. I've been able to work through a lot of shame, past and present, of alcoholism in my family. I now accept that I can't control my son's drinking, or his sobriety. His father and I separated, but I don't blame my son's drinking for that. The disease was too much for all of us. It took my son's alcoholism to drive me into true recovery, and for that, I am thankful. ▲

I was so gripped with fear, I was lost. Sometimes the fear is about losing financially, other times spiritually or emotionally. I was blind to the fact I had chosen fear as the God of my understanding.

TheForum, April 2009, p.6





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

... say the Serenity Prayer. It trips up those mad spiralling thoughts and I go back to sleep in no time. I rarely get through it the second time before I'm asleep again! ▲

Anon

Anon writer please get in touch

I received a wonderful article by post last month which I would love to publish.

'A Letter to the pre-recovery me'

Sadly, the writer didn't include their name and address so I am unable to include this really valuable piece of sharing without that information.

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. However, we are required to have a contributor's full name and address for our records before any item can be accepted for printing – this information is not revealed.

If the writer is reading this issue, could you please get in touch with me— your friendly editor?

Mail: Austra-Link Editor -
Al-Anon Family Groups, AGSO,
GPO Box 1002, Melbourne Vic. 3001
Email: austra-link@al-anon.org.au, or
Phone: (03) 9620 2166
Fax: (03) 9620 2199
10:00am – 5:00pm,
Monday to Thursday

We would love to hear from you.

Ed.

The 'isms'

When I was a new member I attended an anniversary meeting and heard the speaker mention the expression: "The isms". I asked another member quietly: "What does that mean?" She explained that it is negative behaviour that gets us into difficulty in our relationships. I decided at a later time to do a little research on the topic and found a few references in our literature. There are a variety of readings in our daily readers (escapism, perfectionism, sarcasm). Interestingly, they all have multiple entries on CRITICISM. I wondered if this might be a common problem in dealing with the family disease! On reflection, I knew it was for me in my marriage, living with an active drinker. His biggest complaint towards me has been to "STOP CRITICISING"!

I reflected on my childhood and understand now how criticism and negativity played a big part in my upbringing. I dared not step out of line or make a mistake or I would be criticised. So I learnt to be a people-pleaser and always aimed for perfection! That way I would win my parents' praise. I recall hearing as a child: "If a job's worth doing, it's worth doing well". As an adult I expected those closest to me to aim for perfection and judged them negatively if they fell short of my impossibly high expectations.

In our latest book: *Intimacy in Alcoholic Relationships* we read:

"In my family of origin..... judgement and criticism were the norm.

I might feel loved in one moment and, in the next, shamed and criticized for having emotional needs”. (p.40)

Now that I am aware of this defect of character, I can accept this and take action by asking my Higher Power to remove it. I have learnt to think before I speak and monitor my tone of voice, as well as to put myself in the other person's moccasins!

I am learning not to expect that the members of my family will always act as I want them to.

I need to focus on myself and mind my own business. I am so grateful that these days I don't have to be perfect! I am a work in progress – progress not perfection!

“Accept don't expect.” I heard this at one of my local meetings. My family will make their own decisions, doing the best they can in any given situation. I can't expect their choices will always align with mine.

In other words, I am learning to focus on myself ▲

Maree C., Southern Vic Area

“We have in common the tendency to keep changing ourselves to try to fix something that is not in our power to fix—someone else's alcoholism.”

From Survival to Recovery, p.17



The ‘What if?’ game

When looking at my past it is too easy to ask myself “What if I had done things differently?” This is a game I don't want to play. I call it the ‘What if?’ game.

What if...

When Having A Trip Into Fantasyland I can become stuck in the past.

In Fantasyland I fail to see what actually is happening in the here and now. I abandon myself, I fail to see what is. I continue to do what I have always done so I continue to get what I've always got.

What is...

When Halting to Attend Things I See, I act instead of react.

I choose my own path and avoid the need to return to the moment and ask what if I had done things differently because I already have done them differently by my change in attitude.

I can learn from the past but only by examining what I *did* do, not what I *coulda-woulda-shoulda* done.

When I journey into the past, I carefully follow the well-trodden paths of other members who have gone there before me. I no longer go over and over past events that can never be changed. I now go over and over our extensive literature learning new, more productive ways of responding to life. I change the present.

Today is tomorrow's yesterday. I can't change it tomorrow, I can only change it today. ▲

Anon, Southern Vic Area

Last month we looked at meetings in the 'Let's Think This Through' segment, and this lovely share popped in the inbox this month!

Chairing a meeting

Circa late 1900s (possibly 1996)

Monday: I put my hand up today to chair the meeting next week. My offer was accepted by the members of the group. The topic is my choice.

Tuesday: I've got the whole week to find a topic and do my 'homework' to find appropriate readings. This time I am not going to leave that job to the last couple of days.

Wednesday: Must find time today to do my Al-Anon chairing homework. What would be a good topic??? Such a vast choice!!!

Thursday: Still don't know what the topic is going to be. I'll just start reading *How Al-Anon Works* (great Conference Approved Literature [C.A.L.]). Should find a topic in this book.

Friday: Still reading. Every page I turn has got a great story. Still don't know the topic.

Saturday: I'm now surrounded by every piece of C.A.L. I own and I still don't know the topic but boy am I enjoying everything I'm reading!

Sunday: You know, pretty much everything I'm reading in the C.A.L. I relate to. How interesting!!! I'm just loving all of this reading. 'Self Esteem', 'Working the Programme', 'Sponsorship', 'Slogans', '12 Steps', 'Service', 'Changed Attitudes', just to name a few. There's heaps more readings to be found in the Index.

Monday: Well here I am and it's now 2019. Can't remember what the topic turned out to be on that Monday. I'm still

chairing at meetings but I don't do any 'homework' any more. I used to freak out when I was chairing but now I love it and am very comfortable doing that service. There is just so much C.A.L. available and also wonderful support from group members if I need it. I now know that I had member support way back in 1996 but just didn't realise it. ▲

Lyn. R. Southern N.S.W.

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"...

...I knew I had found a place where I belonged and felt safe, encouraged and valued. I felt grateful that I didn't feel isolated any more and that there was hope for a better future.

My thinking changed when "I heard"...

...focus on yourself, listen and learn, Let Go and Let God, I had (and still have) to un-learn old patterns of thinking but the roots of the program grow deeper and I am bearing some fruit these days.

Through the wisdom from my sponsor "I learnt"...

...that I am loved even though I am flawed. I am greatly encouraged to continue on this journey and that God loves me *always*.

Suzanne, Southern NSW Area



Conference? Convention? What's the diff? Oh and then there are Assemblies...

One element that all these words have in common is they are all about the gathering together of people with a common purpose which is pretty much what Al-Anon is about. This month we look at Conferences.

History

From 1951 Al-Anon was adequately served by those working in the Clearing House office in New York. Early on it did much to unify Al-Anon and spread its message globally. The fellowship grew rapidly, with groups forming all over the world. However, having one central place providing the services for all groups meant there was the danger of isolation from the fellowship as a whole. They couldn't communicate with and account to those they served. There was concern unauthorised decision and policy making in groups, not in keeping with Al-Anon's principles and philosophies, would dilute the effectiveness of the message and weaken links within the fellowship.

In 1961 Bill and Lois W devised a plan that was implemented on a three year trial basis with equal representation from all U.S. and Canada being a primary goal. By 1963 the experiment had proved to create strong linkages between the groups and headquarters and the members of the trial Conference voted unanimously to make it permanent.

Australia's first Al-Anon group had started by 1951, one of the original 87 groups that Lois W wrote to in order to form the Al-Anon Family Groups worldwide.

Our very geography made the setting up of linkages essential as Groups appeared in capital cities and country towns. Central Service Councils and Committees were formed helping foster unity and provide services to Groups, distributing literature from the WSO and eventually being permitted to print some CAL locally.

However, at AA National Conventions, when Al-Anon members met, it became apparent there was variation in policies and services from state to state. A workshop in 1969 led to the first Australian Trial Conference in Sydney in 1970. After seven Trial Conferences the Australian Service Conference became permanent.

Purpose

Al-Anon's Tradition Two states: "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." The Australian Service Conference makes the Group conscience available and effective to all Al-Anon in Australia. It is the practical means by which the Group conscience can speak; it is the voice of Al-Anon Australia, and the guarantee that our Australian services shall continue to carry on under all conditions.

The Conference protects Al-Anon and Alateen against a service breakdown; it makes for unity and enables our fellowship to act as a whole upon important matters. This makes it the principal guarantor of Al-Anon and Alateen's harmony and survival.

Australian Service Handbook, p. 11

NEWS and VIEWS from AGSO

Spread the word...April = Police & Law

▲ Police Stations

▲ Lawyers, Solicitors, Legal Aid Offices

▲ Police Academies – Training Centres

▲ Court Houses

Here are some ideas from our lively friends in Gauteng & Districts, South Africa. Some you may have already done, others may be new opportunities to keep our groups healthy and growing.

Nine ways we grow our groups

1. We put up posters. One is in the bottle store! One is in the Police Station. Often shops will put one in their window or community notice board.
2. We keep the doors open every week. Even if we have only 2 members at a meeting, we still hold a proper meeting. The numbers do pick up!
3. Books are a great resource. We are building up a library at our group, to help us work the program. We discuss a reading or work from some questions in *Paths to Recovery* or one of our Al-Anon workbooks.
4. We have some newish members who are ready to do their first share. It is very heart-warming to hear how their lives are getting easier and see how their faces are changing, relaxing.
5. We have used some of our group funds to buy daily readers. When a new person has attended 6 meetings they are given a book as a welcome gift. They love that!
6. It's a good sign when members come back after a first meeting...and keep coming back.
7. One evening we had a feast. We asked members to come with points of what they're grateful for and a plate of eats. It was great.
8. Some of our members don't have babysitters so they bring their kids. It has worked out well. They can read the Alateen daily reading out loud. It helps their confidence and reading skills.
9. We stick to the tried and trusted ways of running a group. We don't interrupt or give advice. Everyone has a chance to share.

Thanks to Al-Anon Gauteng & Districts Newsletter

Sharing

Thanks to all those who have sent in shares and articles so far this year. The Winter Sharing Topic is ***Gratitude: My Winter warmer.*** (up to 400 words).

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...

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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.

1967

Although "Al-Anon Family Group Headquarters, Inc.," remained Al-Anon's corporate name, at its January 17, 1967 meeting, the Policy Committee decided to no longer use the term "Headquarters" in references to the office.

The suggestion was made that we may avoid confusion in the future, if we begin to use "Al-Anon World Service Office" in preference to "Headquarters" or "World Service Center" in correspondence with our groups, The Forum, etc. Eventually, this might lead to our using the abbreviation "WSO" as distinct from "WSC"—the Conference.

This new name emphasized that the Office was an arm of the Conference, not a decision-making body in itself, while also stressing the far reach of its work. The use of the abbreviation "WSO" caught on sooner than expected, and was used frequently in the 1967 *World Service Conference Summary*.

A member from Australia shares:

When I attended my first meetings in 1967, I deliberately chose a daytime meeting because I didn't intend to let my husband know what I was doing, I was concerned about the effect my husband's drinking was having on our four sons and I realized at that first meeting that I had become part of the problem by enabling him to continue to drink while I dealt with the disasters caused by his drinking. Southern Vic Area ▲

The Privilege of Participation - Concept Four in action

Concept Four: Participation is the key to harmony.

When I was young I belonged to a collective, where we were overcoming traditional hierarchies. I found out about what I thought was taking responsibility for myself. Speaking up, contributing my opinion, questioning. They are all useful in a way, but my thinking was distorted by growing up in a family affected by alcohol and I didn't have very clear insights into my thoughts or my behaviour. I wanted approval, I wanted to belong and I wanted to hide my anxieties and insecurity. I thought, in fact I prided myself, on being guided by principles, but in fact I was ruled by personalities, being what I considered loyal to people I liked and admired, and dismissing people I didn't like.

None of this improved my life or my relationships and when things got bad enough, I came to Al-Anon. Slowly, as I healed, I noticed that here was an organisation which showed no sign of distorting its aims and principles, or in fact of collapsing completely over time, as many others do. None of the individuals were perfect but they got things done together. I started looking at the Traditions and later the Concepts of Service. I found that they were really healthy and clear guidelines for a lot of sick people to work together. I could use them to improve my own behaviour in all aspects of my life.

In service I have seen many problems overcome. I think we members of Al-Anon have a special advantage that

makes participation easier and helps us experience what a privilege participation is. When we share in meetings and open our hearts with honesty and courage, we build a bond of love and compassion. That makes it easier for the shy and quiet to speak up on business issues, and for the talkative to shut up and listen. In the heat of an argument, while defending our cherished ideas, we might get angry with each other. As soon as we cool down we remember our bond and we are often able to let go and use the Traditions and Concepts of Service to achieve unity. Participation is easier because we love each other. ▲

Marian H., Far North Coast District NSW

Life is good

I was born in Geelong in 1942. I have a brother and sister, five and seven years my junior. We lived with Grandmother before moving into a commission home.

From a young age I saw a lot of drinking. Our home was like a magnet for my parents' friends, but over time these friends were replaced by six or so regular drinkers.

They always came to our place and Mum made them welcome. They discussed and argued about politics, religion, and sport. Sometimes these arguments became loud and violent. I once called the police.

When my father didn't work we had little money. There was no dole, so Mum used to borrow money from a money lender. I don't know how she paid it back but she always looked after us children.

Over time most of the six or so regulars disappeared.

The first got cirrhosis of the liver.

The second got hit by a truck coming out of the Norlane hotel.

The third, whose wife had just left him, came over to our house on a Friday night asking for my father. When told he wasn't home he said "Ask him to keep an eye on me tonight". I told my father in the morning and we went over to his house and found him with his head in the oven—dead.

The fourth was delivering milk when his horse pulled the milk cart over him. He became a paraplegic but still drank.

I came home and found my mother and the fifth, a real nasty piece, together. I loaded my rifle and aimed it between his eyes. Fortunately, my younger brother lifted the barrel before it discharged. He never came back to our house after that. Had this had a different outcome my life could have been so much different.

After I married and left home, my mother, brother and sister left my father who now regularly had the DTs.

The sixth regular's wife left him and he got into AA. Later he took my father along and after a few relapses they never drank again.

For the next forty years I went through life not trusting anyone, not letting anyone close, very angry, yet looking for something. I got part of this something from a psychologist twenty years ago and things levelled out a bit for me. My wife and children have been affected by my father's drinking through me.

In October 2013 I received a call from my daughter saying my son had left his home two days before with a rope and his dog. He had done this after his wife and children confronted him about his drinking himself to blackout every night.

When I arrived at his home there were a few relatives and friends present. After a short while I went outside and waited hoping he'd come home. It was very stressful. Eventually I needed to go home.

Later my daughter rang to tell me he was home. When I returned I couldn't believe the fragile mess our strong forty-seven year old son was in. We were able to convince him he needed help and arranged an appointment at a rehab the next day.

The manager of the rehab convinced my son to give it a go. After completing the rehab I was taking him home and he said "Don't worry Dad. I'll make you proud."

This brought tears to my eyes.

He's now over five years sober. The family has received counselling and it's pleasing to see such a happy family.

I first heard about Al-Anon at a family night run by the rehab. Documents we were given saying that addicts whose families attend Al-Anon have a much better success rate than those whose families don't. Six of us went to an Al-Anon meeting but we didn't think it was for us. I spoke to the rehab person who said "You should try six meetings."

I took my daughter-in-law to another meeting but she wouldn't go in. I did and I was encouraged to set an example.

I kept going along although I didn't think I needed it, but I kept reading and hearing things that I related to.

I used to share "That my son is being helped by a wonderful organisation so I will help here". Little did I know what I was getting back. My family tell me I'm so much better now.

During the early months of my son's recovery my wife often asked his wife

"How's it going?" We kept hearing things that caused us a lot of worry. My sponsor suggested that it was time to let go. We did and with that came peace of mind.

After five years I know I'm in the right place and I'm proud to be a member of Al-Anon. I learnt a lot about the disease and how it can affect us all.

Although I wish all of our family weren't affected by alcoholism, it has made us who we are today. It has given us happiness, sadness, strengths and weaknesses and life is good. ▲

Don, Southern Vic Area

2019 AUSTRALIAN SERVICE CONFERENCE

Getting to Know Uour Conference Members

Information from the Delegates

**An opportunity to find out more
about the Al-Anon service
structure**

8pm, Friday May 3rd

Quest Caroline Springs,
234 Caroline Springs Blvd,
Caroline Springs VIC 3023

All members welcome

*Enjoy a shared supper and
fellowship to follow*

*"Today I'm absolutely confident that
whatever heartaches life brings, my
beloved Al-Anon program will be there to
hold my hand and gently walk with me."*

*B-29 Opening Our Hearts,
Transforming Our Losses, p173*

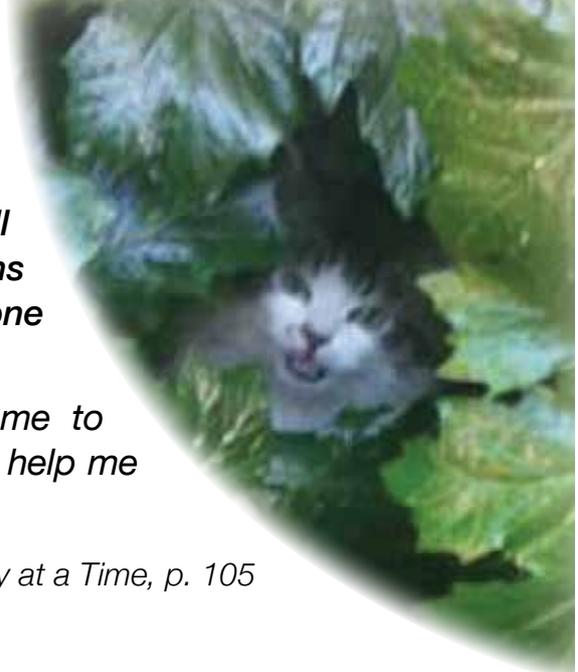


Today's reminder

Listing the good and bad elements in my situation will give me new insight. I will begin correcting my problems by changing myself. I will never try to compel someone else to change, for that would help neither of us.

“Knowing that only complete honesty will bring me to self-understanding, I pray that my Higher Power will help me guard against deceiving myself.”

B-6 , One Day at a Time, p. 105



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Format	Annual - from November 2018	Part Subscription from 1 st January 2019
Hard copy	\$20.00	\$1.70 per month
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Forthcoming Events

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

Date: Thursday, 18th to Monday, 22nd April 2019. Venue: Canberra ACT.
Website: www.aanatcon2019.com.au.

AA 2019 NORTH QUEENSLAND WITH AL-ANON PARTICIPATION

Date: Friday, 3rd to Sunday, 5th May 2019
Contact: Wendy 0407410301 Registration: \$60 Week end
Venue: St Patricks School, River Street, Mackay
Theme: *Practice Makes Progress*

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

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*

GYMPIE (QLD) FELLOWSHIP WEEKEND AL-ANON WITH AA PARTICIPATION

Date: Saturday, 14th and Sunday, 15th September 2019
Venue: Cedar Pocket Hall, Cedar Pocket. Qld. 4570
Contact: Jennie 0419651739

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: May, 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:

Winter Sharing Topic - Gratitude: My Winter warmer

The National Phone Number for Al-Anon information is:

1300 ALANON (1300 252 666)

www.al-anon.org.au

To access Members' page:

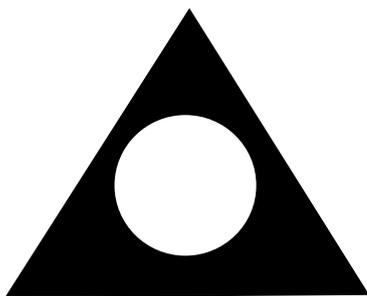
your username is: member

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 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-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: 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

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 ALANON (1300 252 666)

