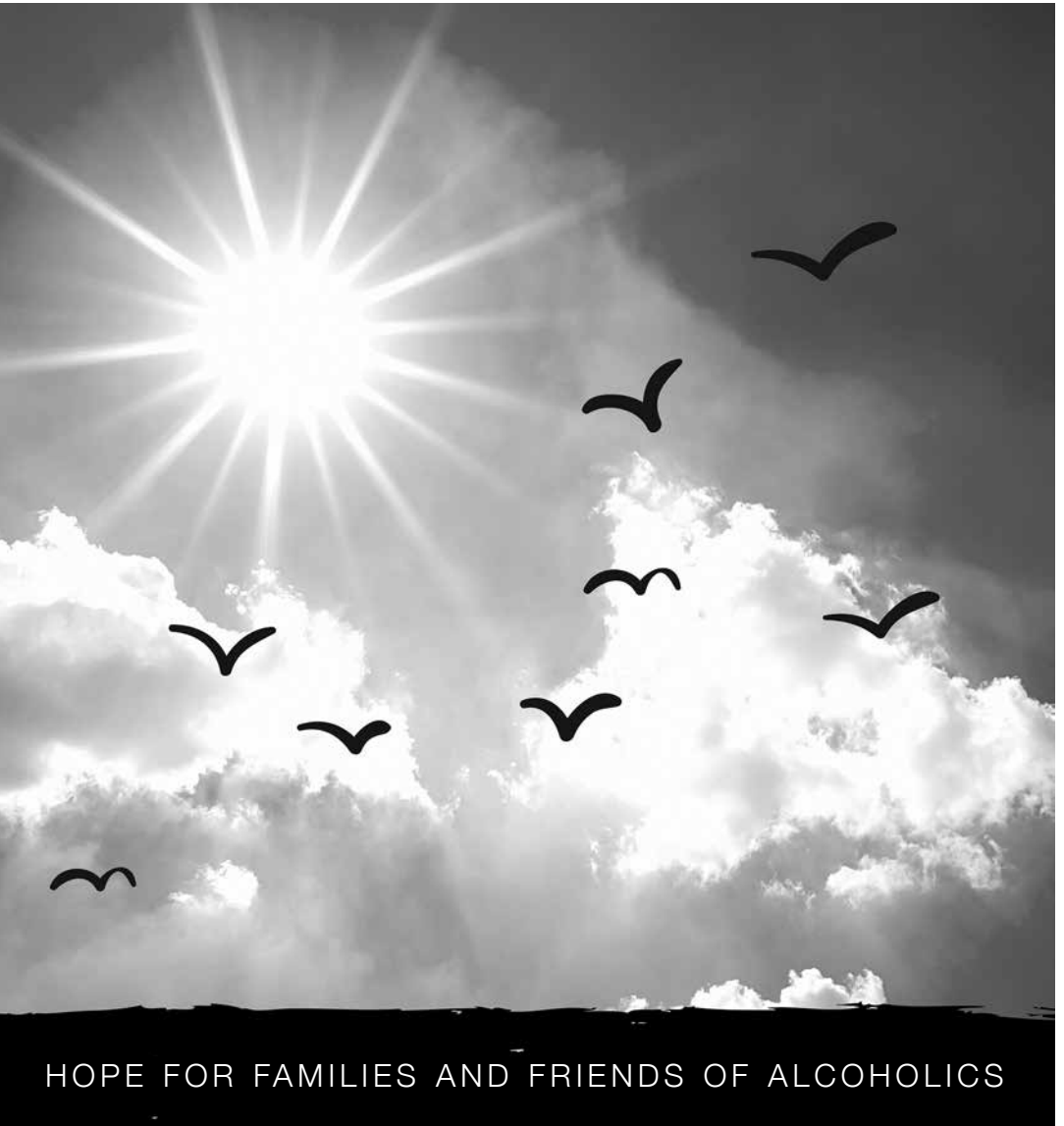


October 2020



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 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.



Nothing as restorative as a good read!

When I first came to Al-Anon I was lucky to find a home group very quickly—at the third of my first ‘try the program for size’ six meetings to be precise.

Happily the group had a good library. I devoured pamphlets, old *Forums* and *Austra-Links* to wrap myself in a blanket of Al-Anon when I was at home miserably coming to terms with the truth of my situation as I saw it. I had yet to find my way out of my despair, but I *had* found a life raft in the fellowship.

Over time I have gradually amassed a modest library of Conference Approved Literature (CAL). If I hit a wall, I’d often purchase another book.

Alfred and I read from the daily readers before breakfast. I bought *How Al-Anon Works* to help me understand Al-Anon. I had faith that it was for me, but I was totally flummoxed about how it all ran. I gleaned quite a lot through osmosis and observation but being a person affected by the family disease, I needed to be absolutely, definitely, certainly certain and convinced I understood things before I popped my head above the parapet.

When Mum died I found great comfort in *Opening our Hearts*, *Transforming our Losses*, and I must confess I did a great deal of CAL shopping when I was working through my Fourth Step!

Since becoming *Austra-Link* editor I’ve read newsletters from overseas, countless shares—thanks everyone—and have added to my CAL library when I’ve needed a deeper insight into things I’ve been mulling over.

In normal times the person chairing a meeting selects the topic and nominates passages from CAL that members might read and share on. Most groups have a selection of CAL to draw upon.

During these ‘interesting’ COVID-19 times, when so many of us have relied on Zoom and similar platforms for our meetings from the isolation of our own homes, the value of personal collections of CAL has become more apparent.

Some of us like to read for ourselves when invited to share. Others are happy to be read to. It is nice to have the choice, and when we are all able to meet face-to-face again—it ‘roolly troolly’ will happen—health and safety protocols may well preclude the physical passing round of literature.

Our Literature Committee has devised a brilliant special ‘Spring into Summer’ offer that may help top up CAL libraries far and wide. ▲



Wendy E.

Lil’ Al’ with his CAL



Excerpts from
**P-78 When I
Got Busy, I Got
Better**

A Lesson in
Detachment

It wasn't too long after I began spending time at our Information Service Office answering the telephone and giving information about Al-Anon that I had my first really unexpected encounter with the rewards of service.

One afternoon a woman experiencing a great deal of confusion and pain walked into the office to talk about the alcoholic in her life. We talked for some time, and I shared what I could of my experience, strength, and hope. In the process, as I absorbed her pain, I also recalled my own encounters with alcoholism. I got upset myself.

Shortly after this troubled newcomer left the office, a member breezed in to fill a literature order. I felt a need to talk to him about my feelings. I don't recall clearly, but I think I mentioned how difficult it was to hear the turmoil of the woman who had just left, how concerned I was about whether I had helped her, and how drained I felt from the conversation.

In reply, he said he encouraged himself to feel that whatever effectiveness he brought to service was acceptable in the eyes of his Higher Power. Service was about encouraging his own recovery, and he gave himself permission to limit his activities to what felt challenging but not overwhelming. His attitude also conveyed that he didn't feel responsible for anyone else's recovery—not the woman's who preceded him in the office, and not mine.

I felt a weight lift from my shoulders. Apparently the God of my understanding was prompting me to let go of my own feelings of guilt and doubt about myself. It was not only possible, but also desirable and even healthy, to consider that I was not in charge of anyone's recovery. My words might have helped this woman in distress, or they might not have. I could certainly know that I wished her well, but I couldn't fix her life. I could do only a small part in recalling for both of us the hope of recovery—and in the eyes of my Higher Power, that's enough.

Mentally, I released this woman and her load of suffering. I turned my attention to a recovery in which I had more influence—my own. I asked the man leaving the office with his sack of literature if he would be my Sponsor, and he said yes. Since then, he has helped me to trust more fully in the God of my understanding. ▲

I ask myself: What unexpected benefit have I received?



Thought for the Day

I can't turn something over until I truly own it.

"I don't regret the past, because I am turning my painful history into today's blessings and strengths."

B-21 From Survival to Recovery, p. 88

B-27 Hope for Today, p. 109

Tradition 1

Our common welfare should come first; personal progress for the greatest number depends upon unity.

This Tradition speaks to me of cohesion. When making any decision in Al-Anon, before I put up my hand to vote, I need to consider if this is in the best interest of Al-Anon as a whole. My personal belief or situation must be secondary to the good of the greatest number. If we all started to pull in different directions based on our own interests, Al-Anon would soon start to fall apart and then there would be no moving forward for the good of all. If meetings become unstable because members are pulling in different directions, then our Al-Anon Family Groups would soon start falling by the wayside and then where would be the help and support we all so rely on?

In that same vein, when something is voted on, I abide by the majority decision, even if I don't personally agree with that decision. This is group conscience in action and I respect the majority view. In this way, we keep our group healthy and Al-Anon keeps growing in a positive direction, not only for our own well being, but for all those that need the help and guidance that the Al-Anon program of recovery provides for those who have not yet found their way to our doors.

I have tried to apply this Tradition also to my personal life. I am now a widow whose children have long ago moved on to make their own families. When I had a house full of people I would do my best to let everyone have a say in family business that would affect all. We would on occasion, have family meetings, where everyone had a right to put forward

their opinion and then we would take a vote. I felt that by this method, each individual was heard and was less likely to be resentful if the decision did not go their way.

Today, I live alone but still find myself using this Tradition in various ways. I keep in mind that my decisions for my life can also affect my children and their families. Each morning I have my talk with my Higher Power and ask for his guidance and help in all my affairs.

In this way, I feel, I am not only handing over my life to my Higher Power on a daily basis, but I am also practising the first Tradition by asking for his help and guidance in how my choices affect my family, friends and Al-Anon as a whole. Our common welfare should come first. ▲

Jan A., South Queensland Area

What we are able to publish in *Austra-Link*.

We are always so grateful to members for their contributions to *Austra-Link*. As far as we are able we include the shares in their entirety with minimal editing because these writings come from the hearts of members sharing their experience, strength and hope. In this way *Austra-Link* can serve as a moment of Al-Anon between meetings. As *Austra-Link* does not publish prayers and poems (Refer to *Austra-Link* Statement of Purpose), sometimes we are obliged to omit portions of the shares we receive, but often there is so much recovery to be shared in the remainder of an article that we 'take what we can and leave the rest'. *Ed.*

Reflection—From Darkness to Light

One day I found myself being very rude telling someone what they should and should not drink and do. At the time I had no idea that my behaviour—what I thought was being helpful to someone—was rude. I also didn't know that my life was about to change forever—and for the better.

I will never forget the day when my dear friend said to me “You need to go to Al-Anon.”

“Al-Anon! What is that?” I thought.

It was something I had never heard of, let alone associated with myself. I had no idea it would be a place where I go to talk about our enmeshment with the disease of alcoholism and the toll it takes on us and our loved ones.

What *is* alcoholism?—a question I had never thought to ask myself and never stopped to ponder in all my days. Yet, here in Al-Anon I have not only discovered what *it* is, but I have learned so many wonderful things about *my* behavior and *my* attitude towards it.

I discovered that I grew up in a family affected by the disease, that I married into a family also affected, as were many of my friends.

Importantly, I learned that I had many coping mechanisms and defects of character on board that I thought kept me safe in the world, not realising I was not well and that the ‘safety’ was very tenuous. Things that were not so good in my life’s journey—and there were plenty—were simply markers of my entanglement with the disease and journey to recovery.

I had no idea what was going on in that first meeting yet I knew something was deeply wrong! I was broken, full of anxiety and walking with a massive ‘catastrophe cloud’ above me waiting for it to dump its doom and gloom upon me.

That night I heard some words in others’ shares which resonated deep within me. Words I know on reflection I had been seeking to hear all of my life. Words that kept me coming back weekly and eventually saw me doing five or more meetings a week to quench my thirst to learn more and heal.

I was told the answer is to do lots of meetings and that’s what I do. The meetings where the wisdom is shared by our members is like sitting in a room full of all the treasures of the world.

Al-Anon has turned on the light to allow me to navigate my way through life whilst others close to me, with or without the disease, can get on with their lives. Today I have mindfulness about my behavior and a wonderful set of tools of the program that allow me to be safe and to prosper.

Thanks to the light of Al-Anon, I get to be me and allow my loved ones to be themselves, but also develop healthy and meaningful relationships that underpin my compassion for my and their journeys.

My dear friend who ‘Twelve Stepped’ me into the rooms did me the best favour of all time. ▲

Warren M., Victorian Southern Area

Lockdown Trivia!



September Issue Answers

🔍 When was Hope for Today (B-27) first published? **Answer: 2002**

🔍 What are the Twelve Steps, Traditions and Concepts referred to collectively?

Answer: The Three Legacies

🔍 When was the original form of the Serenity Prayer composed and by whom?

Answer: 1932-33 by Reinhold Niebuhr



Só por Hoje Boletim Nº 41 (Jan – Jun 2020)

We are very thankful to receive Al-Anon publications from a number of countries.

The editorial from Portugal's "*Just for Today: Bulletin of Al-Anon Family Groups in Portugal*" has another perspective on a very interesting period in history which will resonate with so many of us. *Ed.*

Being a member of Al-Anon can be a constant discovery, which allows us to evolve and grow, even when we face tough challenges.

2020 will always be marked and remembered as a different time, where our difficulties as family members and friends of alcoholics were increased by the experience of the COVID-19 pandemic.

In addition to the 'work' of our recovery from the effects of alcoholism, there is the need to find new ways of living, reacting, feeling and trying to build balance. But it is also a time of discovery, with many of us finding new skills, new knowledge and seeing our resilience. In a short time, the Groups and Al-Anon as a whole, were transformed and were able to innovate without diluting the principles, trying not to leave anyone behind.

The use of technologies has become common practice, and the courage to change and seize the possibilities to be close, even from a distance, has been experienced in the community. The use of the tools provided by Al-Anon, allowed

members to stay connected, sharing experiences, but respecting the Program's principles and legacies. As a community, we should be proud of our ability to overcome difficulties and our willingness to continue to help each other as members of families affected by alcoholism.

However, we must not forget, that, in addition to this, many members saw the existing fears and problems due to the disease of alcoholism being heightened by the emotions, attitudes and reactions associated with the period of confinement that we all went through.

For many, the Serenity Prayer was, and continues to be, an essential tool for maintaining some balance, sanity and moments of inner peace. Through the practice of the Program, we were able to see how important Al-Anon is in our lives and in all our activities.

Aid can come in different ways and means, but it is always there, within reach of our request and sharing. It is also important to remember the newcomers who, having found virtual meetings (either on digital platforms or via teleconference), were welcomed as family members of alcoholic patients, calmed their hearts and felt the benefits of helping each other in Al-Anon. Although we live in different and challenging times, Al-Anon's legacies and spiritual principles can be a safe rock that in the middle of the storm, helps us to prevail until the waters calm down. It is exactly at these difficult times that we see the wisdom of the Seventh Tradition and the First Warranty and the importance of everyone's contribution to the maintenance of our Fellowship, now and in the future. ▲

*Sara M., Coordinator of the Publications
Committee and Bulletin*



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

Oh! If only everyone in the whole wide world knew about Al-Anon!

The gift of serenity feels like a miracle when we begin to experience the benefits of working the program and we notice our lives changing for the better.

It is not uncommon for some of us to become evangelical in our desire to share the good news. We morph into well-meaning zealots with a sketchy understanding of the Twelfth Step:

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.

We want to shout this marvellous discovery—Al-Anon—from the rooftops! Just imagine if everyone found Al-Anon recovery there might be world peace! And lower divorce rates, less domestic violence maybe, better driving behaviour, more courteous work meetings...

However, there are other things to consider, not least of which are the Eleventh and Twelfth Traditions:

Tradition Eleven

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.

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Our Public Information (PI)

So how do we go about spreading the word—sharing the gifts we have found in Al-Anon?

Apart from bending the ear of any poor soul who isn't quick enough to get away, there are more measured and appropriate ways to get the message out there.

The Public Information goal is to attract all families and friends of alcoholics to Al-Anon Family Groups, so that everyone who needs our program can find help and hope in every community.

In Public Information, we strive for name recognition and credibility for Al-Anon and Alateen as viable resources for local, regional, and national communities.¹

There is a difference between 'attraction' and 'promotion'. In essence *promotion* is attempting to persuade people to come to Al-Anon, making unfounded promises about what Al-Anon might be able to do for them, or making unfavourable comparisons with other sources of self-help.

We can *attract* interest in Al-Anon by sharing about our personal experience of the program. We can proactively offer to provide printed material such as *Families Facing Alcoholism*, 'Unhappy House' cards, some of our other CAL pamphlets to people who ask, and by arranging to leave CAL at places such as community centres, libraries and medical centres. We can participate in media interviews sharing the ways in which Al-Anon has helped us in recovery and we can respond positively to publicity in the general media.

1. The Best of Public Information, A How-To-Do-It Service Tool for Publication Information Activities, P. 5

... Continued on page 8

NEWS and VIEWS from AGSO

Spread the word...

October = Institutions & Education Facilities

- ▲ Speaking at Correctional Facilities
- ▲ Literature at Psychiatric Hospitals
- ▲ Speaking to Trainee Doctors and Nurses at Universities and Training Centres
- ▲ Regular speakers at High Schools and TAFES

Suggested literature: **P-83** *Are You in a Correctional Facility?* **OT-5** *Open Letter To My teacher* **OPDS** *Open Letter to Program Director or Staff* **S-37** *Fact Sheet for Professionals* **P-6** *Freedom from Despair* **P-62** *Does She Drink Too Much?* **P-1** *Al-Anon is for Men* **R-63** *Living with a Time Bomb* **X-11** *Alateen P.I. Wallet Card* **M-1** *Are You Concerned About Someone's Drinking?* **M-76** *Bookmark*

Spring into Summer Special



To give us a lift during a year like no other, the Australian General Service Office (AGSO) is keen for our literature to be as affordable as possible for members, benefiting Al-Anon in Australia as a whole.

We are happy to announce our double whammy 2020 summer special:

Part 1: A bundle of two books for one price

Courage to Change B-16, and

Opening Our Hearts, Transforming our Losses B-29

Part 2: A single book

How Al-Anon Works

B-22, widely regarded

as the introductory

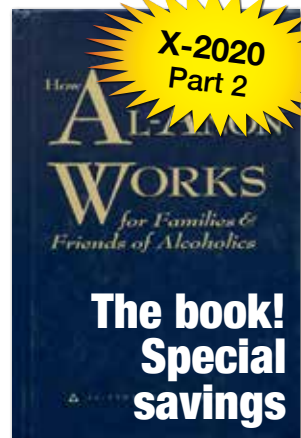
book, very helpful for

new members and

equally so for more

versed members to review, appreciate and share in the benefits that Al-Anon offers.

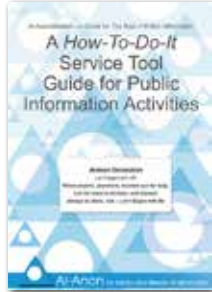
The AGSO's **2020 Spring into Summer Special (X-2020)** will be available to order from now right up until our last day for accepting orders in this extraordinary year: 9th December 2020.



...Continued from page 6

Advertising in local news outlets with information such as meeting times and venues is helpful and in accord with Tradition Eleven. Placing an advert pressing for immediate action and promising to turn lives around is not.

The Australian General Service Office, in collaboration with the Public Information committee, have produced a comprehensive guide to Public Information *The Best of Public Information, A How-To-Do-It Service Tool for Publication Information Activities* which is obtainable through your Area Literature Coordinator. It is an excellent resource.



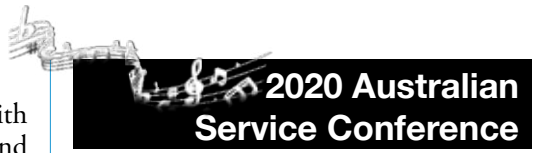
In Al-Anon we do not give advice about what people should and shouldn't do, just as we do not attempt to compel people to join our fellowship.

...In Al-Anon we don't make anyone's choices for them, but we do offer advice of a different kind. We suggest attending Al-Anon meetings, finding a Sponsor, and reaching out by phone. We advise our members to practice the Steps, slogans, and Traditions, and to incorporate these principles into every aspect of our lives²....

"When the student is ready, the teacher appears," say the Zen Buddhists. or, as an Al-Anon speaker put it, "We each get here right on time."³ ...▲

2 B-16 Courage to Change, P. 106

3 B-16 Courage to Change, P. 36



Theme Talk: Harmony

When I heard the conference theme was "Harmony" I checked my three dictionaries (I enjoy doing crossword puzzles) as an interesting exercise to compare and find the similarities. Common definitions in all three were: "peace, symmetry, unity". These definitions help me reflect on our Conference topic and understand how I might apply it to myself as an individual, to my relationships and the world more broadly.

How can I find or create harmony in all of these spheres? The first and most obvious answer, as I have heard in Al-Anon meetings, is to "Let it Begin with Me".

I did this when I first called Alcoholics Anonymous asking for help and was referred to Al-Anon. My next step to finding harmony (i.e. peace), though I wasn't aware of it at the time, was to attend my first meeting and trust the longtime member who simply said, at the end of the meeting, "Keep coming back". I was also struck by the atmosphere of peace in the meeting room and I felt attracted to that peace, though I didn't know what it was.

When I heard Al-Anon is a spiritual not a religious program, I relaxed. My spirit had been wounded by my childhood religion which, as an adult, no longer made sense to me. I didn't believe in a punishing God anymore, but was searching for a God of my own understanding...something or someone who would care for me, nourish my spirit and love me unconditionally.

This is something I AM discovering—and what a blessing! They say: “It works if you work it”!

If I keep the focus on myself i.e. mind my own business and not meddle in other peoples’ affairs, on a daily basis, I can find a level of harmony I hadn’t dreamed was even possible before coming to Al-Anon. Our beautiful Serenity Prayer helps me find that longed-for balance within, not only when I pray but also when I apply it.

In parallel with my personal recovery, I strive to live in harmony with my family and friends. My biggest challenge is learning how to find harmony with my alcoholic loved one, who brought me to the brink of despair, but was the trigger for me to seek the help I needed in Al-Anon.

As I continue to attend meetings and study the Traditions in more depth, I am finding a new appreciation of their richness. The principle of ‘our common welfare’ encourages me to seek a balance between my own needs and those of others. Prior to Al-Anon, I would automatically put the needs of others ahead of my own and then wonder why I felt resentful!

Our third legacy, the Concepts of Service, is offering me a whole new level of understanding and appreciation of how I can apply my recovery to the broader fellowship, and how ‘in giving we receive’. In the study of our workbook *Reaching for Personal Freedom* I have been learning how the Concepts work in harmony with the Steps and Traditions and how I can apply them to my life.

Saying “yes” to new forms of service within the fellowship has brought blessings as well as challenges.

In conclusion, my recovery is, like most other members, a ‘work in progress’. I resisted coming to Al-Anon for a long time—my denial and my fear were so strong! However, the more I am willing to open my mind and heart to my God, whom I sometimes don’t understand and cannot define, though can sometimes ‘get a sense of’, the more harmonious my life is becoming. ▲

Maree C., Victorian Southern Area



Survey Snippets

More of the ‘other’ comments from the Members Survey

- ▲ Al-Anon is just a better way to live .
- ▲ Al-Anon has helped me so much with meeting my emotional needs to be seen, listened to and received positively just for being myself. I really need and benefit from Al-Anon and I am so grateful to have found you. Thank you.
- ▲ Money could never buy what Al-Anon has given me. I am an extremely grateful member.
- ▲ Al-Anon has saved my life and my marriage and friendships.
- ▲ Al-Anon is life-changing and unique.
- ▲ So grateful to be a member and to contribute through this survey.
- ▲ The CAL is wonderful, practical, and supportive and I find inspiration every day.
- ▲ The survey is well designed and clear to follow. I enjoyed doing it. ▲

Reflections on Gratitude

Dear Al-Anon family,

I am so grateful to be part of this program.

I cannot tell you how much I have valued your friendship and input into my life over the past six to seven years. I have learnt so much from hearing you share and watching how you go about life. Thank you for allowing me to be myself, grow at my own pace and loving me regardless.

I am so looking forward to seeing how far-reaching Al-Anon is across Australia. It will be great to meet other people but my original Hervey Bay Group will always be special. I will miss you all.

Thanks for all you have done for me and inadvertently for the alcoholic in my life. I could not have done it on my own. Many thanks and best wishes ▲



Rachel H., South Queensland Area

I am a grateful member of Al-Anon.

As I drive to work, I look around and I am grateful to have a car and a job to go to. I am grateful for the people that I encounter and work with for the lessons I need to learn and also for the good times. I am grateful to have good friends and lovely places to go.

I have too much to be grateful for today to waste my time whining about the past or worrying about the uncertainty of the future. ▲

Bonnie L., South Queensland Area



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

I decided to try the new book: *Intimacy in Alcoholic Relationships*.

Opened the page and wow! There was the message—I was given an opportunity to apply it—some self-care and setting boundaries—yesterday! The page fell open at “Negotiating Boundaries”, p.84-85.

My husband wanted sex and started to ‘make the move’. I had just walked inside from the garden and was feeling hungry and tired. I wanted to have lunch and a few minutes rest but he wanted something else! I said I needed some time, I asked for what I needed.

“Give me a bit of time, please. I need to have some lunch”.

I didn’t react when he started to sulk and pout. I maintained my boundaries and took care of my needs first. I know I am growing in my recovery by learning to put “First Things First” (me and my needs) and I was then able to freely respond to him without guilt but with real intimacy! ▲

Anon, Victorian Southern Area

“When I felt like I couldn’t get through another day, I could hear my Sponsor’s voice saying, ‘If you don’t know what to do, do something.’ I knew there was always something I could do in Al-Anon.”

B-29, Opening our Hearts, Transforming our Losses, p. 155


Today's Reminder

No one can make me change.
 No one can stop me from changing.
 No one really knows how I must change, not even I. Not until I start. I will remember that it only takes a slight shift in direction to begin to change my life.

"The journey of a thousand miles begins with a single step." Lao-tse

B-16, Courage to Change...p. 3





What are the 'Three Cs'?




When was the film 'Lois's Story' produced?

Who played Lois Wilson in the 2010 film 'When Love Is Not Enough'?

Last month's answers see page 4.

Subscription to Austra-Link

Format	Annual - from 1 st November 2019	Part Subscription from 1 st January 2020
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Forthcoming Events

19TH EUROPEAN AL-ANON/ALATEEN CONVENTION WITH AA PARTICIPATION

Date: Friday, 30th October 2020 to Sunday, 1st November 2020

Venue: Hotel: CABINN Scandinavia Vodroffsvej 55 1900 Frederiksberg C, Copenhagen Denmark
Theme: "Willingness"

KADINA GROUP AND PARA DISTRICTS PORT HUGHES RALLY, SA AA WITH AL-ANON PARTICIPATION

Date: Friday, 27th November 2020 to Sunday, 29th November 2020

Venue: Pt Hughes Accommodation Centre - Enter via main gate on Uffindell Street

POINT WALTER CAMP WA 2021

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

Venue: Point Walter Recreation and Conference Centre on the Swan River, 1 Stock road, Bicton
Bookings: Booking details in the coming months

AA NATIONAL CONVENTION 2021

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

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

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

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: November, 2020

CAL: When I Got Busy, I Got Better (P-78)

Articles and Member sharings from around Australia

Spring Sharing Topic - Bouncing back to life with Al-Anon

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

The website for Al-Anon in Australia is: www.al-anon.org.au

To access Members' page:

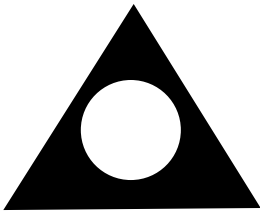
your username is: member

your password is: afg



THE TWELVE STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.



Remember the **1300 252 666** number is a ***national number*** which connects you to the nearest Area Office. For example, if you are in South Australia and call the number, Adelaide members will respond to you.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of A.A. ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centres may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Area Offices in Australia

NORTHERN NEW SOUTH WALES:

Al-Anon Family Groups Northern NSW Area
Room 9, 49 Annie St Wickham 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: alanonnhvicarea@hotmail.com

SOUTHERN VICTORIA: (includes Tasmania)

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

SOUTH AUSTRALIA:

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

WESTERN AUSTRALIA:

(includes Northern Territory)

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

Al-Anon Family Groups (Australia) Pty. Ltd.

7th Floor, 51 Queen Street, MELBOURNE
GPO Box 1002, MELBOURNE, Vic., 3001
Phone (03) 9620 2166 Fax (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 Al-Anon (1300 252 666)

