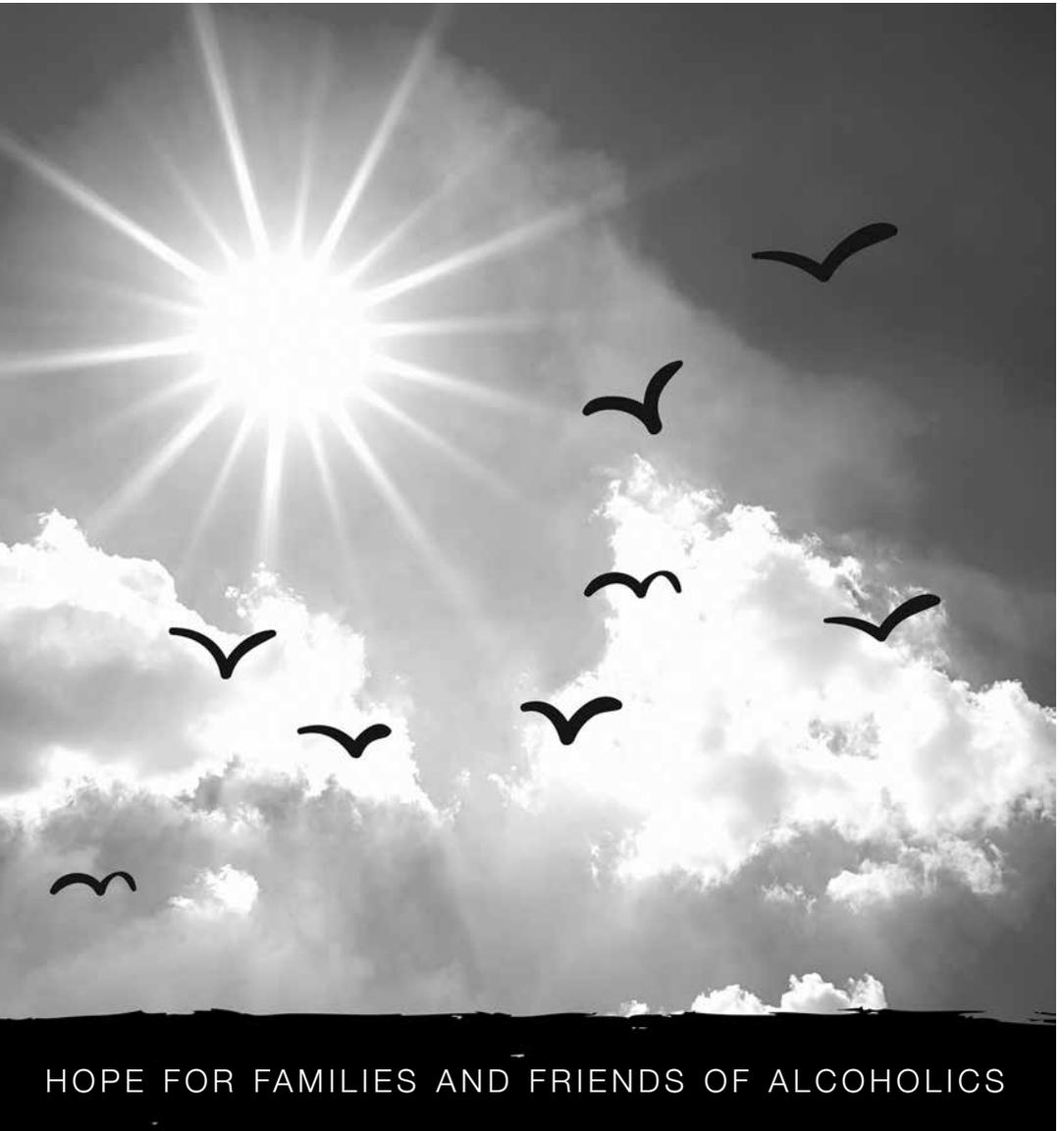


November 2020



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 Group, GPO Box 1002, Melbourne Vic. 3001 or email to austra-link@al-anon.org.au

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

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

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

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



Zoom zoom zoom to Toowoomba!

You may not be aware that each issue of *Austra-Link* is all but written and final at the beginning of the month prior to publication, such are the logistics involved in compiling the shares, and of course the days of work that go into coordinating Alfred the Great Cover Dog's photo shoots.

At the time of writing I'm reflecting on my first experience of an AA National Convention with Al-Anon/Alateen participation. This year's was from October 2nd to 4th in probably sunny, and definitely virtual Toowoomba—apparently the home of the lamington.

There was a very healthy proportion of Al-Anon/Alateen members in attendance this year and the organisers from Toowoomba AA and Al-Anon/Alateen deserve congratulations. Huge thanks to all those involved in successfully gathering members from all round the world to meet in sub-tropical zoomland.

The list of guest speakers was really impressive and diverse. It was exciting and inspiring to hear Vali F. Executive Director of Al-Anon WSO speak. There was some very enjoyable, and honest input from a couple of much loved comedians—Fiona O'Loughlin and Dave Hughes, and fascinating perspectives from professionals and public figures including my hero, Tim Costello, who really did seem to 'get' the essence of our Al-Anon program.

It was clear that a very dedicated group of members of both fellowships put an

enormous amount of work into making this historical event a success despite the limitations imposed by COVID-19.

South Queensland Delegate Jennifer W. was the charming and calming MC for all of the Al-Anon live program of meetings supported by an invisible but brilliant crew of breakout room hosts and technical whizzes. It all worked so smoothly!

I was invited to speak at a meeting, the topic of which was "No growth in the Comfort Zone". Boy! Did that get me mulling? I gathered up my full suite of 'isms'—overthink it for days. How could I possibly speak for 10 minutes? Would I do the topic justice? Should I read from a carefully scripted talk (A 10 minute speech is approximately 1000 written words Dr Google says). Anxious? Anally retentive? Me???...or should I just share?

I survived the 10 minutes and heard my own story again and again in the shares of others throughout the weekend. I gained so many insights and precious gems of wisdom and am so very grateful to Al-Anon and my Higher Power.

Thanks again so much for this feast of fellowship, and a chance to witness the courage and share the experience, strength and hope of the AA members also.

They're a really lively, honest and joyful mob!

Easter in Adelaide next year! ▲

Wendy E.



Even dogs were allowed in
Toowoombazoombaville



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

Increased
Self-Esteem

Over seven years ago, very reluctantly, I moved to another state. I saw the move as another attempt at a geographic cure. It also meant living near my in-laws, many of whom are alcoholic. The move has turned out to be a great blessing, however, because here I discovered service.

Before the move, I'd been attending Al-Anon meetings for over a year, but our group had no links with other groups and no mention of service beyond the group. I had pitched in to clean up after meetings, but I hadn't noticed that my participation strengthened my recovery.

My new group was very different. I found the same love, acceptance, and understanding, but I also heard regularly about sponsorship and service. When an announcement was made that a district meeting was being held in a nearby town, I thought all Al-Anons in the district were supposed to attend, and I dutifully complied. How surprised I was to see only seven or eight people there—I'd expected 50 or 75! Someone explained that Group Representatives were supposed to attend and all others were welcome. My group's GR was happy to see another interested person, and she urged me to go with her to future meetings.

Next we attended an area assembly. This time I asked my GR what an assembly was and who attended. Before Al-Anon, having to know everything about everything had been a character defect. Now it became an asset. When

I showed up at that assembly, my GR suggested I talk to our group about volunteering to serve as our Alternate GR, and I said I would. I guess she could see I needed the service more than the service needed me.

Six months later our GR moved and I became GR. For the past few years, I've tried my best to be a good representative—to mention at meetings how much service has helped me grow and to encourage others who show an interest. Service has done more for my self-esteem than anything else in my life, and it has given me many Al-Anon friends all over the state. ▲

I ask myself: Am I ready for new growth?

A Sense of Purpose

Participation in Al-Anon has helped me foster conditions in myself and others that encourage healing and growth. When I lend a hand setting up, cleaning up, or doing anything else, I support a program that has supported me. By giving some thing back, I give thanks for what I've received, and in giving thanks for what I've received, I make room to receive more.

I know now that my life has a purpose, and I can give thanks for this day. I can appreciate what one writer calls ordinary experience. I can imagine that sometimes in my day, whether I know it or not, I am doing God's will. That doesn't mean I need to do heroic acts, but that at any given time, emptying the waste-baskets or doing the dishes may be enough. (Smelling a rose may also be enough!) The thought that what I'm doing is enough is tremendously comforting to me: It definitely encourages me to feel a healthy sense of purpose. ▲

I ask myself: How can I pass on the support I have received?

Exciting news of a newly-formed group which has come together despite the challenging times we have all been experiencing due to the COVID-19 virus.

A new group begins

Back in early March 2020 at our District meeting our Delegate asked the group about how we can encourage and support country and lone members.

This got my mind ticking about using Zoom to connect. In our District, we have some aged and frail members who can no longer attend meetings. Some members had relocated to the country. I was missing their wisdom.

Two weeks after this came lockdown with COVID-19. This put all the pieces of the puzzle together. I could see when this was over there would be many members who would need a meeting but could not access a face-to-face meeting. I formed a committee of three members and we got planning.

We read the G-39 *Electronic meeting guideline* and S-60 *Fact sheet on Electronic meetings* and followed what needed to be done. We met each week and discussed the format, allocated jobs to do and set a starting date—June 3, 2020. We promoted the meeting around the Zoom rooms we attended. We attended international electronic meetings to learn how they did things. We became registered with the World Service Office.

A new meeting began—“Let It Begin With Me”.

We’ve been going now for seven weeks with our numbers steadily growing up to 30 members with a mix of international, country, aged, city and particularly isolated members. We encourage members to find a face-to-face meeting.

Each week there have been newcomers who are supported through our group’s webpage <https://sites.google.com/view/letitbeginwithme/> along with our service position of ‘Greeter’ who stays behind to welcome the Newcomers, exchange phone numbers and answer any questions.

Times are uncertain, but with the help of our Higher Power and Al-Anon we are never alone. Many people who were not fans of technology are so pleased with what they can now do. Many have returned every week.

Learning through service ▲

Lynn R., Western New South Wales Area

New permanent electronic meeting.

Wednesday Night AFG

Let It Begin With Me

Wednesday 7:30 pm Australia

Eastern Summer Time (UTC +11)

Zoom Meeting ID: 849 5663 2724

Reflections on Gratitude...

Al-Anon members have been adapting to the closing of meeting venues due to COVID-19 restrictions.

We have been able to access Zoom or other video conferencing apps or connect by phone to group meetings.

This has helped restore me to sanity when overcome with anxiety, during these weeks of being isolated from family, friends, and social activities. I have been able to meet members from different parts of Australia, and we share our experience, strength and hope with each other.

Thanks to the service structure in Al-Anon for helping our members keep in contact. ▲

Trish F., South Queensland Area



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

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

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

Ed.

Facing unforeseen events

Al-Anon is an association with a single objective: To help family members and friends of alcoholic patients. This program has helped me to overcome many problems in my life. Right now, the world is experiencing a pandemic and we are all suffering those consequences. Some confined to their homes, others working with special care, such as protective masks and maintaining social distance, others in teleworking. All of this, so that the country's economy does not stop completely and that essential goods reach our homes. We also have all those connected to the health area, and who are on the front line, putting their own lives at risk, to save other lives that are contaminated with the virus.

All of this also led to the closure of our Group meetings. It is very difficult for everyone, but I am privileged, as I know a series of tools that have been offered to me by the Al-Anon Program,

and that I apply in my life. The slogans help me to live "One Day at a Time", to "Think", to put "First Things First", to "Take it Easy". I often say the Serenity Prayer and continue to internalise the Steps, Traditions and Concepts. All of this helps me to act calmly, to change my attitudes, to accept what I cannot change and to deliver the rest into the hands of my Higher Power.

Now that I have had more time to dedicate myself to reading, I have managed to have a different view of my recovery, which often does not seem to work. Now, looking at the history of Al-Anon over the years, I notice that my growth mirrors the growth of Al-Anon as a whole. I see my pattern replicated, because those who worked so hard to bring Al-Anon to what it is today, also felt the same difficulties that I myself do. What a relief!

After two weeks without meetings, I started to miss that sharing ... And so it was with some serenity, together with other members of my Group, that we decided to meet on the usual day and time, only via online. It has been very rewarding. It gives me strength. It helps to pass the time and it has been very important to continue taking care of my sanity.

To quote Lois W: "It is always ahead that we must look, and leave our gratitude to those who will come. We must never be afraid of progressive changes, as long as they do not compromise our Traditions."

Very grateful. ▲



Courage to Change



Bhavna
Karnani Killa

Today's Reminder

I refuse to let my serenity be drowned out by happenings that are in themselves unimportant. I will not be made uneasy by what others do, whether they intend to hurt me or not. I will not clutter up my thoughts with resentment; it would not profit me but, worse it would hurt me.

"Why do we accept things that trouble us, when we could do something about them?"

One Day at a Time in Al-Anon, B-6, p. 266



Pearls of Wisdom

Over the past few months I have been to many meetings and have heard countless "pearls of wisdom". Here are but a few I would like to share:

- 👤 I make amends when I want a different experience
- 👤 Feelings are like buses - another one coming along directly
- 👤 Fear gives everything the colour of urgency
- 👤 God's got this!
- 👤 If I am not the problem, there is no solution I can bring to it
- 👤 It's not about waiting for the storm to pass, it's learning to dance in the rain
- 👤 Get out of God's way, I may be slowing Him down. ▲

Lillian S., Victorian Southern Area



Survey Snippets



The Alcoholic in respondents' lives



Q14: Is the person whose alcoholism or problem drinking led you to attend Al-Anon still living?

Q15: Is this person a member of Alcoholics Anonymous?

Q16: Is this person still actively drinking?

Q17: Is this person still involved in your life?

Source: 2019 Membership Survey



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

The Seventh Tradition – not just about the money

“We have no dues or fees; according to our Seventh Tradition, ‘Every group ought to be fully self-supporting, declining outside contributions. We do this through our own voluntary contributions by passing the basket to cover group expenses, including rent, purchase of literature and support of our service arms. We contribute in gratitude for what we have received from Al-Anon.’”

A particular matter that has arisen from time to time is whether a member needs to contribute to the basket at their very first meeting. Some members are of the belief that it is Al-Anon procedure that a member is not to be asked to donate the first time they attend an Al-Anon meeting.

This is not the case, and while it may be rooted in kind intentions, it is contrary to the spirit of the seventh Tradition.

...The principle behind Tradition Seven, however, encourages us to be self-supporting in all areas of our lives. Many affected by the disease of alcoholism have been financially, emotionally, physically, and spiritually dependent on others. This dependence may have contributed to our low self-esteem, distrust in decision-making, or fear of abandonment. Becoming self-supporting gives us the opportunity to gain freedom from the unhealthy dependence on others by

establishing our own boundaries and goals for our lives.

Tradition Seven also reminds us that we can rob others of their dignity and self-respect if we allow them to develop an unhealthy dependence on us. Allowing others the right to pursue their goals with their own resources leads to healthier relationships with family members and friends. Practicing Tradition Seven gives us added opportunity to live healthier lives without fear, insecurity, or anxiety.²

Ric B. addressed the topic about new members and the Seventh Tradition during his trip to Australia.

To paraphrase, Ric B. suggested a person is a member of Al-Anon as soon as they walk in the door and, as a right, can contribute. We don't want newly-arrived members to feel any different from the rest of us..

He explained, however, that for someone attending a meeting who has identified as an observer, the chair might say that as a fellowship we are fully self-supporting through our own voluntary contributions. As such our Seventh Tradition applies only to our members and so the observer is not asked to contribute.

During the COVID-19 restrictions many of us have been unable to meet face-to-face for normal group meetings. We have, however, been very fortunate to have access to electronic meetings. Indeed, quite a number of members have ‘virtually’ traveled the world!

Not only have we been physically distanced from each other, but also from our donation baskets! Even in

² Reaching for Personal Freedom p. 95

... Continued on page 8

¹ Al-Anon/Alateen Service Manual 2018-2021, p.19

NEWS and VIEWS from AGSO

Spread the Word... November = Print Media

- ▲ Meeting details to Local Newspaper in “What’s on in our Community” section
- ▲ Al-Anon details to Health Fund Organisations
- ▲ Submit personal stories to Austra-Link
- ▲ Identify suitable magazines for Al-Anon information to be submitted.

Suggested literature: **P-36** *Al-Anon Fact File*; **PI-L-5** *Contacting the Media*; *Interview Questions from AGSO*; *Newspaper Articles & Community Service Announcements (CSAs)*

Tradition Seven

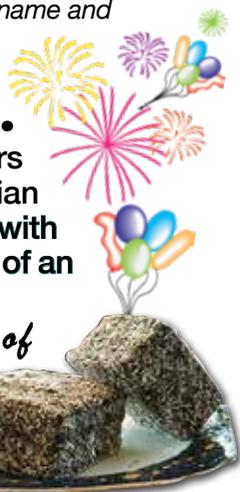
Well done and thanks to Al-Anon Family Groups and individual members for continuing to pass the virtual basket while many of us are unable to meet face-to-face due to COVID-19. Your contributions help sustain our fellowship during this challenging period. It is essential for the maintenance of our Areas, the AGSO and WSO, all of whom have been working their best to ensure that we can continue to carry the message to those in need of support. Al-Anon’s money is the responsibility of all of us. It is precious!

Please, when you make a donation, remember to include your name and Area in the bank reference. Please also email accounts@al-anon.org.au when making an EFT payment to enable us to issue a receipt.

.....
Congratulations Convention Committee, volunteers and members who participated in the 55th Australian National Convention of Alcoholics Anonymous with Al-Anon and Alateen participation! It was a cracker of an event. A virtual triumph!

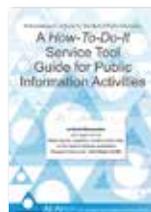
Farewell and thank you Toowoomba... home of the lamington.

Hello and here we come Adelaide ...home of the kitchener bun!



A How-To-Do-It Service Tool Guide for Public Information Activities

This is a terrific new resource to help us with our PI, prepared specifically for Australian Al-Anon Family Groups. Available through your Area Literature Coordinator.





... Continued from page 6

the event of being allowed back into meeting rooms, the physical passing of an actual basket may well fall outside COVID protection rules until a vaccine is developed, let alone readily available.

People have moved away from handling cash over recent years and there were already means to make donations directly via bank transfer and mechanisms such as 'Give Now' an on-line system prior to the COVID-19 upheaval.

Group funds are used to support Al-Anon's purpose of carrying its message of help and hope to those who still suffer.³ Al-Anon members have been staunch in their support of the fellowship during the pandemic. Even as members have had their own financial burdens in these uncertain times, the continued activities of the groups, Districts, Areas and the General Service Office have been underpinned by the ongoing contribution of members in accordance with Tradition Seven.

As a fellowship we can all pat ourselves on the back for keeping the doors open—even if they are virtual doors to virtual rooms—filled with welcoming love and our shared experience, strength and hope.

Through the constancy of members' contributions we have been able to abide by the Al-Anon declaration:

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and—Let It Begin with Me. ▲

³ Al-Anon/Alateen Service Manual 2018-2021, p.55

Reminder: The AGSO's **2020 Spring into Summer Literature 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.

Theme Talk: Harmony

When I think of harmony I think about three perspectives: harmony inside me, harmony in my immediate environment, and looking outward I recognise harmony in my wider spheres of reference.

Al-Anon has taught me that participation is the key to harmony, (Concept of Service number Four) and, when harmony is missing, absent or non-evident, would that be because my participation is lacking?

Contemplating harmony in my immediate world, I find it the easiest feeling in the world to induce: I go for a walk, in nature, to feel 'in harmony' again.

No matter how stressed or out-of-sorts I might be feeling before setting out, the best remedy I know of is one that never fails. I have a deep sense of harmony when I am immersed in my natural environment.

Sometimes it takes me twenty minutes, but that's all it takes for me to fall into a natural walking rhythm, turning my attention outward away from any physical aches and pains I am experiencing, or cares I might be brooding over; outward and into the environment I am in: the taste of the fresh air I am breathing, the colours all around, the wind and the birds in the trees and beyond that, the clouds and sunshine or a mixture of more-or-less both.

The feeling makes me want to walk taller, consciously squaring my shoulders, elongating my spine, noticing the balance of my whole body as well as being attuned to my surrounds.

If I need harmony in my home I need to do my housework. It's always been like that for me. When I was younger that would have meant the weekly shopping then all the housework to the last task. Nowadays, I am much more organic in the ones I choose to do and ones I can leave for another time.

The rewards are always tremendous for me, because I have always felt a great sense of harmony inside my home after I spend time and especially attention, cleaning, tidying and polishing it.

When I look for harmony further afield, it might mean my local community. I always feel a keen sense of harmony on Fridays as dusk is approaching, when most people are winding down for the weekend. Further afield it might be the Fellowship I know today whether we are thinking about a social get-together, or our next fundraiser. Or my family: Am I emotionally available? Or friendship circles, or loved ones overseas? Are my relationships in good order? Harmony prevails whenever I strive to maintain loving relationships.

In answer to my own question: "When harmony is missing, absent or non-evident, would that be because my participation is lacking?"

Yes, I do believe my active participation is key to a sense of harmony in all my affairs—and often begins with me tying my laces. ▲

Claire J., Literature Officer, AGSO



Survey Snippets

More of the 'other' comments from the Members Survey

- ▲ Al-Anon has given me a life and saved my sanity.
- ▲ Al-Anon has given me a life I didn't think possible, lifelong friends and a spiritual life. Am concerned re: falling membership, unwillingness of members to take on service roles and lack of meaningful, realistic financial donations to fund Al-Anon services.
- ▲ I'm humbly grateful for being a member of Al-Anon. The only thing that can hinder my recovery in Al-Anon is other members trying to alter the program, offering advice and attempting to control the meeting format.
- ▲ Al-Anon has turned my life around, adding a spiritual dimension which has allowed me to become healthy despite a challenging childhood. It works, it is simple, and it is free. Therefore, it is immensely valuable.
- ▲ Al-Anon has been invaluable to deal with the alcoholism in my family and friends but has definitely helped with all relationships in my daily life.
- ▲ This Program has literally changed my life. My recovery has let people close to me to get help though this program. My gratitude to this program has given me an even greater desire to support the ongoing health of meetings and to keep this program from being diverted from its primary spiritual aim :)
- ▲ My sanity daily readings and meetings.
- ▲ Amazing organisation
- ▲ I think my meeting is local, strong and supportive
- ▲ Excellent way of living, got my life back! ▲

Source: 2019 Membership Survey

Forever Grateful

It's 5:00 a.m. and I can't sleep! I am feeling so full of gratitude for the Al-Anon program and its members, I thought I would put pen to paper and write out how I am feeling. Over the past 12 months I have had some pretty horrific things happen in my life. Firstly, I had a heart attack, then two months later my son had a terrible accident, with alcohol being a contributing factor. He was in a coma for 12 days, then in post-traumatic amnesia for 42 days.

He was then transferred to a rehabilitation facility for brain injuries. Finally, after three months my husband and I were able to bring our son home. Throughout this traumatic time my wonderful Al-Anon friends kept me on an even keel, constantly ringing to see how my son was going, and asking how my husband and I were coping.

These dear, caring, wonderful Al-Anon members were like the glue that kept me together. Unfortunately, 12 months on, my son is back drinking. I thought that after going through such a traumatic experience and putting his family through so much, (as he almost died), he wouldn't ever drink again. I was wrong!

This terrible disease of alcoholism is far stronger than I am and, as his occupational therapist has told me, he wouldn't remember much about what happened to him—so we are back on the merry-go-round of denial.

I will be forever grateful to these beautiful Al-Anon friends who live far and wide geographically, but live close in my heart. ▲

Cheryl, Northern New South Wales Area



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

I'm an old lady so when COVID-19 arrived I became one of the 'most vulnerable'...Rats!

I won't be able to leave the house and, good grief, it could last for months. Then I remembered I'd been wasting time in Al-Anon if I hadn't learned by now to deal with just each day as it arrives.

A random opening of ODAT gave me January 12th, asking if I was grieving because my life had become empty of *my ideas* of enjoyment when instead, I could enjoy the thousand little things that occur in my daily life—if I am willing.

This set me on a trip down memory lane remembering how I pushed aside all the good times (yes, there were some) because of the bad times (and yes, I had some of those too).

Al-Anon opened my eyes to the good times once I refused to dwell on the bad. I knew I was on the road to recovery when I was able to laugh after I handed face-cream to the check-out lass and remarked, "I'm supposed to see results in a month". She looked up and replied, "I hope so!"

Right now there are a few complaints I could record if Al-Anon hadn't convinced me the best way to deal with anything I can't change is to stop talking about it, stop thinking about it, and the only way I can manage that is to do something else instead of—! So here I am, sharing in *Austra-Link* (and what a treat it still arrives each month).

Thank you Al-Anon ▲

Joy R., Victorian Southern Area



Today's Reminder

One of the miracles I have found in Al-Anon is that help often comes when I most need it. When I can't bring myself to reach out for help, it sometimes comes to me. When I don't know what to say, I am given the words I require. And when I share what is in my heart, I may be giving a voice to someone who cannot find his own. Today I have a Higher Power who knows my needs.

*“As I walk, As I walk,
The universe is walking with me.”*

*—from the Navajo rain dance ceremony
Courage to Change...B-16, p. 253*

Subscription to Austra-Link 2020-2021

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Forthcoming Events

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

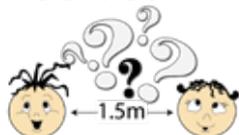
AA NATIONAL CONVENTION 2021

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>

Lockdown Trivia!



October Issue Answers

- ? What are the 'Three Cs'? **Answer: We didn't Cause the disease. We can't Control it. And we can't Cure it.**
- ? When was the film 'Lois's Story' produced? **Answer: 1972**
- ? Who played Lois Wilson in the 2010 film 'When Love Is Not Enough'? **Answer: Winona Ryder**

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: December, 2020

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

Articles and Member sharings from around Australia

Summer Sharing Topic - It may be Summer holidays but it's business as usual for me with my Al-Anon program.

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

www.al-anon.org.au

To access Members' page:

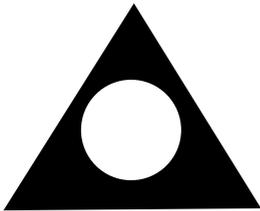
your username is: member

your password is: afg



THE TWELVE STEPS

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



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

THE TWELVE TRADITIONS

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

Area Offices in Australia

NORTHERN NEW SOUTH WALES:

Al-Anon Family Groups Northern NSW Area
Room 9, 49 Annie Street.,
WICKHAM NSW 2293
Phone: (02) 4961 6662
Helpline: 1300 252 666
Email: alanonnorthernnsw@bigpond.com

SOUTHERN NEW SOUTH WALES:

(includes Australian Capital Territory)
Al-Anon Family Groups Southern NSW Area
Suite 4, 2 Ormonde Parade
HURSTVILLE NSW 2220
Phone: (02) 9570 3400
Email: office@al-anon-snsww.org.au

WESTERN NEW SOUTH WALES:

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

NORTH QUEENSLAND:

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

SOUTH QUEENSLAND:

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

NORTHERN VICTORIA:

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

SOUTHERN VICTORIA: (includes Tasmania)

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

SOUTH AUSTRALIA:

Al-Anon Family Groups South Aust. Area
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)

