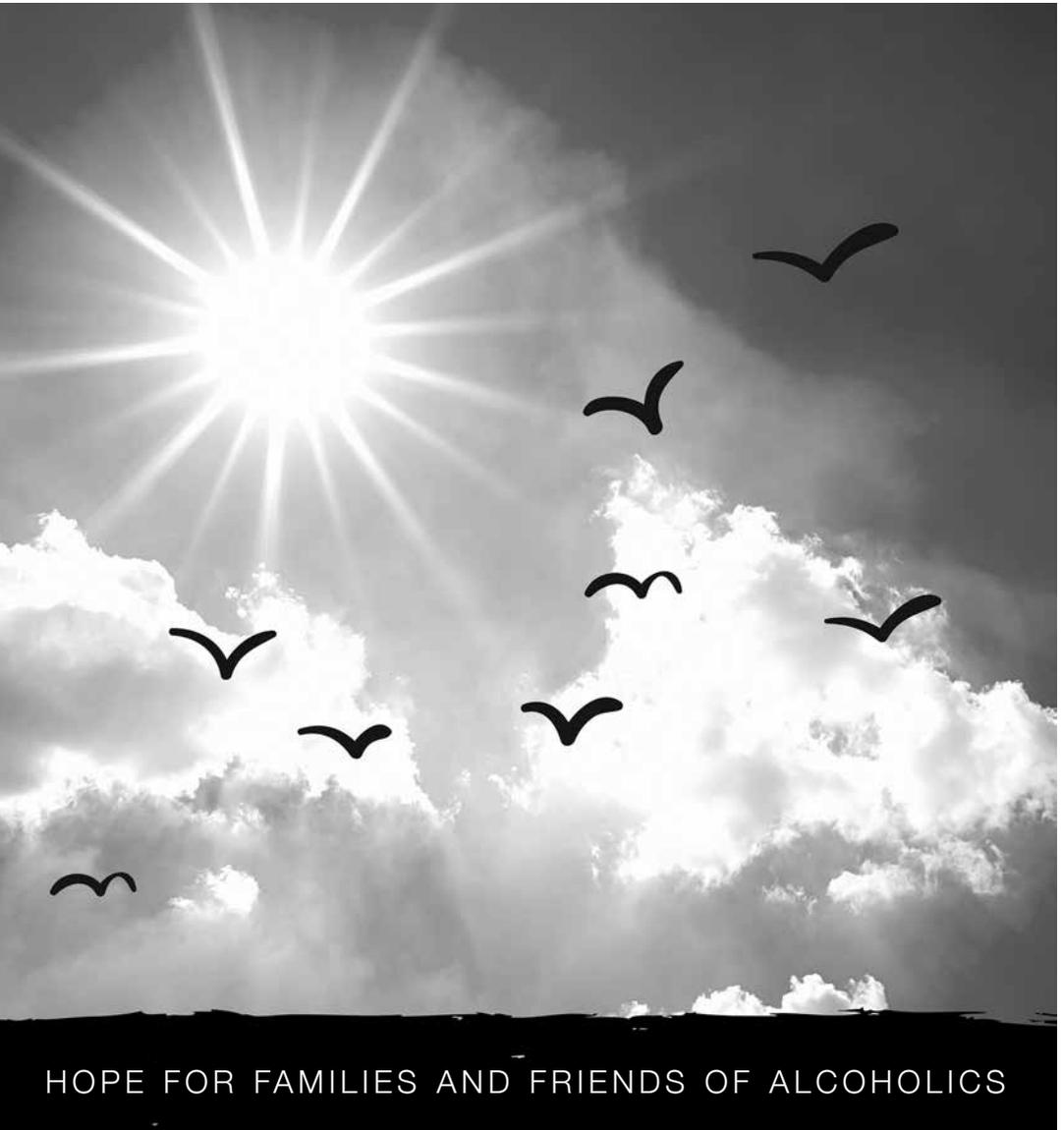


January 2021



AUSTRALIA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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STATEMENT OF PURPOSE

The purpose of **Al-Anon** is to help families and friends of alcoholics by offering hope and friendship, better understanding of the effects on themselves of someone else's drinking, and an opportunity for spiritual awakening through the shared experience described in the Twelve Steps.

Austra-Link is the monthly publication of Australian Al-Anon Family Groups. In the pages of this magazine, Al-Anon and Alateen members share their experience, strength and hope as they do in their meetings. Through this "voice of the fellowship" individual members and Groups can be heard by many. Such sharing is vital in helping readers find growth and serenity through the Al-Anon program.

Al-Anon and Alateen members are invited to contribute articles, sharing their recovery. Articles present members' personal views and experiences, and opinions expressed are not to be attributed to Al-Anon as a whole. Austra-Link does not print prayers or poetry. Full name and address (home or group) is required before any item can be accepted. Please indicate how you would like your article signed: first name only, first name and Area, initials only, or "Anon".

Mail your article to Austra-Link Editor - Al-Anon Family 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.



Alfred the Great has left the building...

2020 was a terrific and torrid year for Alfred and me. We had a lot of time together due to COVID-19 (which I just loved and I suspect Alfred may have just tolerated). I lost my father and just as I was coming up for air, Alfred, my most precious outside issue, died.

The cheeky, stoic, sometimes fractious, always cute and adorable, wonder-dog faced a sudden health crisis and so with very little warning we had to let him go.

Alfred was a very healthy diabetes success story. I had taken him to an emergency vet with another concern and it emerged that he had a tumor and was about to suffer very distressing symptoms with no other possible outcome but death.

They telephoned informing us of the gravity of things and we rushed back so we could say goodbye. Alfred was cheerful and affectionate—although struggling a little to breathe—licking our faces with enthusiasm. We held him as he was assisted peacefully and mercifully to his end. At the time of writing it is four days ago. We are grateful it happened without a drawn out doubt-filled watch and wait ‘am I playing God?’ vigil, but oh my goodness...I am utterly bereft.

Today though, I have found a teensy positive. There is relief in no longer worrying about his insulin jab, weight, diet, or water intake. 7am and 7pm are

no longer to-the-second times of injecting and feeding. This morning I sat outside with my readers and contemplated good things and sad things as the 7am ‘witching hour’ ticked over. In my sorrow there are still things to be grateful for and this helps.

...grant me the Serenity to accept the things I cannot change...

In recent months there have been times when I have been so buffeted by my feelings that it was difficult to think clearly. Sometimes I simply had to sit still, reciting the Serenity Prayer or repeating a slogan over and over before I could determine whether I needed to just do the accepting bit, or summon the courage to change the things I could. I often felt helpless and frustrated wanting to be able to change the unchangeable.

I’ve had trouble accessing my sorrow about Dad’s death. I tried to give myself time and space to reflect and come to terms with it, but it has been losing Alfred that has opened the flood gates. He was the best dog ever, ever, even once, and gave me the chance to love unconditionally and with unmitigated joy.

Vale Alfred
the Great. ▲

Wendy E.



*Flowers from my kind sister
after she heard the news.*

2020 was a challenging year for many people. Much of our meeting time was spent in our own homes using Zoom and similar platforms to connect. Members relied on their own CAL libraries for readings during meetings. We noticed that in many meetings *Opening our Hearts, Transforming our Losses* was the chosen text by members. The sharings in these pages are courageous, honest and full of hope. Quite a number of members who chose to use this book commented that there were places throughout the text where they had felt moved to underline passages which resonated with their own experiences. Others observed that this book had helped them enormously during particularly difficult times.

From my own perspective, this book was a balm and a support when my mother died shortly after I joined Al-Anon and is again helping me through the grief associated with the death of my father late last October.

Al-Anon is a gentle program and this book is a beautiful example of that. We chose this to be the featured CAL publication for 2021 as we all navigate our way through what promises to be another interesting and challenging year one day at a time. *Ed.*



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

Questioning our recovery

After we've been recovering for a while, there may come a time when we question whether the program is still working for us. We may find ourselves wondering why we don't feel happier. After all, we tried so hard to accept our situation, worked the Steps, and attended meetings. We wonder if sadness is all there is to show for our efforts.

Such feelings may be frightening and alarming. Our first impulse may be to dismiss them. However, many of us have discovered the importance of honoring what our feelings are trying to tell us. Questioning can actually be an important turning point in our recovery. It can teach us about where we are headed, can signal us to slow down or can prompt us to take better care of ourselves. We may need to take mental and emotional breaks here and there to allow ourselves to regroup or refocus our energies.

Experience has taught many of us that recovery is not a straight and narrow path. Undoubtedly we will be asked to make unexpected, but necessary, turns along the way. As we strive to turn our will and our lives over to the care of a Higher Power, we will be given many opportunities to practice doing so. We may not always know where we are headed in our recovery or grief, but we can learn to trust that we are being led to a better place than where we started. ▲

Gifts from Al-Anon

My father was the alcoholic in my life—a bender drinker. He could go for weeks, months or even years without a drink, but when he took a drink he could not stop, drinking himself to incapacitation. He would be too drunk to get out of bed to go to the bathroom, but he would continue to drink. When he did get out of bed, he would fall over hitting his head on our concrete floors, knocking himself unconscious and bleeding everywhere. It was very scary.

Equally scary was his unpredictable behaviour whether drunk or sober and I never knew which father I was interacting with. I could say something to him, and he would listen to me, laugh, or think it was a great idea. A couple of minutes later I could say something similar and I'd be hit, ridiculed or ignored. If I touched him, I never knew whether I'd be hugged or hit and pushed away, so I grew up terrified of confrontation and physical contact.

I took this into my adult life, and I was very sick. I didn't know how to have relationships because I couldn't talk to people without fear of what they would do or say to me. I did not know how to show someone I cared because my childhood was so disjointed and unpredictable. I thought if people hurt me it showed they cared, so that is what I practised. My relationships failed.

I grew up hating my father for being an alcoholic. I hated myself because I thought I had caused his alcoholism. If I had been different (prettier, smarter, taller, shorter, thinner, whatever—anything other than who I was) he would not be an alcoholic. He would be alright then I would be alright.

My mother left my father when I was 12 and he never remarried. Ten years ago, he took his own life. He was still drinking, and he had no contact with his ex-wife or his children, and that was his decision. At his funeral, his friends talked about what a great guy he was and how much he had helped them. The best I could say to them was “The man I knew was different to the person you knew”.

Several years ago, I began working the Steps of Al-Anon and my life started to change. From the very first Step I started to see my father and myself in a different light. The first Step talks about being powerless over alcohol and all of a sudden, I got it. If I am powerless over alcohol perhaps my father was as well. Perhaps he had no control over his desire to drink. I mean no one would do to themselves voluntarily what my father did to himself. Suddenly my anger started to wash away, and I could feel compassion for him. It wasn't his fault he was an alcoholic. I started to see that in my powerlessness over alcohol I didn't cause my father to be an alcoholic, and, if I hadn't caused it, I could have some compassion for myself as well.

Today I don't hate my father and I don't hate myself. The biggest miracle of all is I have photos of my father on my fridge, and I have nothing but love, respect and admiration in my heart for him today. I got these gifts from Al-Anon, and they are gifts. I thought by hanging on to all my anger I was hurting my father, but it turns out I was just hurting myself. Today I am free of all that. ▲

Sue H., South Queensland Area

We often mention the positive impact doing service has on recovery. Here's a very personal account and a heart warming farewell from a DR to her Area Assembly as her term finishes. *Ed.*

Outgoing words from your DR

I came into this role in November 2016 by being voted in, six votes to three, but that was convincing enough for me. I had only been in the program a short time compared to some, but someone said to me doing a service position is the best way to grow.

Well, the amount of growing from both good experiences and some very challenging ones—I feel like I'm 16 foot tall!

I remember looking around the room and Lynne said "Ohh you'll be right" and chuckled (like she did), but it was followed up by that solemn face saying "now remember you are not alone and you have lots of support around you."

I do sadly miss her. There have been many opportunities to work my program and one of the biggest tools I have learned by being a trusted servant is to listen and to ask for help (which I am still working on to this day).

I have never been afraid of asking questions if I don't understand something and I hope that is something I have contributed to our District meetings—being comfortable to ask any question no matter how silly it may sound. It is a safe place because we all started at the beginning.

I remember leaning over to Tracey when I came as an observer to my first District meeting and I had to ask her

"What does ODAT stand for?" (lol) as I had always known it as One Day at A Time.

If I had to list one thing I could have done better it would have been to make more of an effort to attend all the meetings that the beautiful Sunshine Coast district offers. Prior to my term as DR I have covered being a Group Literature person, Group Treasurer, Group Representative, District Treasurer, After-hours telephone roster member and District Representative whilst working full-time, managing three kids and studying a university degree.

I absolutely could not have balanced all of this without the help of the program and the members that I have met in my travels. My favourite slogan is "How Important Is It?" and the other is something that a treasured member says to me, "This too shall pass", particularly when on occasion I turned up to District meetings looking like something the cat dragged in. She'd get me a coffee and check on the kids when they were smaller so I could continue running the meeting.

Some of my fondest experiences have been at District level, watching people come to the meetings and walk away with more knowledge and understanding than previously and the sharings of more experienced members. You just can't buy that anywhere else.

The assemblies that I have been lucky enough to attend were also a highlight. I have grown to accept the sleep deprivation and overdose on Al-Anon meetings, late night coffees in the dining room and meetings with people in their pyjamas. It all brings a smile to my face.

My kids have grown to learn that Al-Anon is part of the house, and sometimes they really hated it when I went all ‘program’ on them. I wouldn’t take sides or I’d tell my eldest son with a smile “you might be right” although inside I knew he wasn’t and this is one of the reasons I just kept coming back. I am very grateful for the opportunity to serve as your DR and hope to see the next DR enjoy it as much as I have.

Yours in loving service. ▲

Amy V., South Queensland Area

Fear

My fear is fear of the unknown.

How do we deal with it—does anybody really know?

My youngest is released from jail on Monday and my eldest and his partner have fear issues. As for me, I’m petrified.

All I can do is keep coming to these rooms to help find answers and pray to my Higher Power.

I think to cope with fear, for me, it’s one step at a time as I can’t predict the future, but I can control what I do minute by minute—or if it *has* to be—second by second, one day at a time.

My fears may be strong, but it is an issue only I can face as they are all my own.

I have to learn to stop worrying about tomorrow as it may never come, and just worry about this present moment.

Without this program, I am one lost soul. All I can do is stay strong, put boundaries in place and practise these one day at a time. ▲

Nell, Western New South Wales



Today’s Reminder

Regrets for hurtful things I have done to others may be healed by making amends as well as I can. Regrets for missed opportunities will vanish as I try to make wise choices today. Let me fill this one day with thoughts and actions I will have no need to regret. Let me undertake only as much as I can accomplish well, without haste or tension.

“Just for today I will live through this one day only and not tackle all my problems at once. Those of the past need not concern me today; future ones can be faced as they arise.”

Al-Anon: Just for Today

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



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

Face-to-Face, Zoom and Hybrid meetings...How do we “Keep it Simple”?

When COVID-19 first made its presence known members were quick to act and find ways to continue attending regular Al-Anon meetings. We knew we wanted to stay in contact with our Al-Anon friends and we had no idea how long until our normal activities could resume.

Zoom/Skype meetings have been an absolute boon. We have had access to more meetings than usual without the usual geographical limitations or travel time. We have made new friends through our meetings being able to include members from other states and even countries—an unexpected benefit of the COVID-19 pandemic!

However, many feel nothing beats a hug (or elbow bump until further notice!) and a shared cuppa (strictly BYO until further notice also!). For some of us, our meetings are the only guarantee of healthy interactions and support, particularly if we live alone or are sole parents for instance. Also some members are uncomfortable with technology or have no access to computers and so have been without any sort of Al-Anon meetings for several months.

Gradually face-to-face meetings are resuming with groups working in

cooperation with their meeting venues, carefully observing the COVID-safe requirements put in place by those venues to comply with the regulations. Some groups have been able to meet face-to-face for some months already, while others are still making preparations to return to the rooms.

So what of the lovely connections we've made via Zoom? Members from Florida, Gold Coast, Echuca, Melbourne, Sydney, Canada all together in the one virtual meeting—how exciting! So many more opportunities for people in isolated places to join meetings too.

Groups are putting a lot of thought into how the future will work. Can the virtual meetings continue either as separate meetings or in combination with face-to-face?

Let's consider Tradition 4:

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

It is up to each group to decide how they will proceed. If the choice is a 'hybrid' format combining face-to-face meetings with a Zoom presence there are some things to consider, for example:

- ▲ Does your venue have Wi-Fi you can access?
- ▲ Is there additional cost involved for your group?
- ▲ Who will host the Zoom and organise the invitation/passcode access?
- ▲ Is it possible to arrange for face-to-face participants and Zoom attendees to see each other?
- ▲ Will the sharing be audible enough for everyone to hear shares clearly?

Continued on page 8...

NEWS and VIEWS from AGSO

A reminder about what Public Liability insurance is

The Public Liability insurance policy is primarily a cover which protects the Al-Anon Fellowship and its office bearers from legal action or financial liability if property or members of the public are damaged/injured at any Al-Anon activity. It also covers volunteers (at AGSO, Area Offices, and office bearers in groups) for accident or injury in carrying out their responsibilities, but it does not offer injury cover for ordinary Al-Anon members participating in an Al-Anon meeting or any related Al-Anon activity. Participants' insurance cover is a different type of insurance. There is no age limit on Public Liability Insurance but volunteers over the age of 75 are not covered by the Staff and Volunteers Accident Policy. Public Liability Insurance cover for all groups is renewed annually.

Non-gender specific pronouns

This was an Agenda Item at the 2020 Australian Service Conference.

Alternative editions of *Courage to Change* and *Hope for Today* with the assignation of the male pronoun changed to gender-neutral when referring to God were suggested. These would not replace existing editions but add to the options available to the fellowship in the CAL library.

Following is a precis of the discussion:

No change to wording in the current books is suggested. An alternatively worded edition would be produced.

The World Service Office (WSO) has indicated producing new editions in languages other than English, Spanish and French would not be on the Board's Agenda in the foreseeable future. This responsibility is given to the General Service Offices (GSOs) of international structures. However, as WSO holds copyright for the books they would need to give permission for them to be translated. It is uncertain that permission would be granted.

It was suggested that Delegates ask for members in their Areas to participate in creating suggested new text. Those invested in the project would need to do the re-working of text.

The question was asked 'What is best for Al-Anon as a whole?'

The motion (8) was put and passed "That AGSO forms a subcommittee to investigate a translation of the two daily readers *Courage to Change* and *Hope for Today* so that the assignation of the male pronoun is changed to gender neutral when referring to God and report back to Conference 2021".

Update: AGSO has formed the subcommittee and are awaiting sample translated pages from those interested in adapting the text. At this point any progress with this issue is at an early stage.

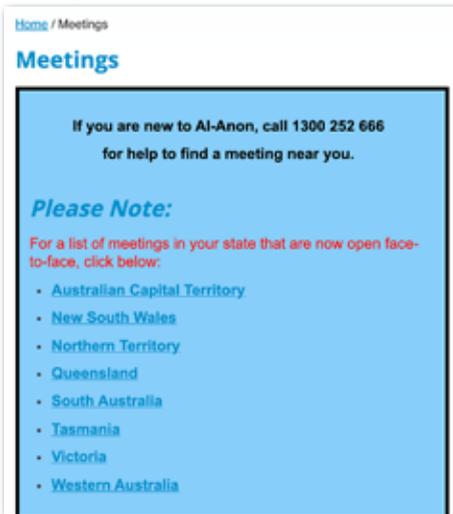
... Continued from page 6

- ▲ Who will provide the computer?
- ▲ Do Zoom participants know how to adjust their Zoom names to ensure their anonymity is preserved?

- ▲ Can we achieve this and keep it simple?

Whatever your group decides, it is important that you make it clear what members can expect if they come to your meeting. Perhaps a sign on the door to indicate if it is a Hybrid meeting—face-to-face/zoom combined would be helpful. At this time of constant change it might help us feel safe in our meetings if we are as prepared as we can be.

We can stay in touch with which groups are face-to-face or still on-line by visiting <https://www.al-anon.org.au/meetings> on the website. Meetings which are facilitating the presence of members via Zoom as well as in the rooms are marked with an ‘h’ for hybrid on the website. Areas and AGSO staff are constantly updating information to keep us all informed. ▲



Screen grab of the Al-Anon meetings webpage
<https://www.al-anon.org.au/meetings>.

2020 South Queensland Area Assembly talks

Theme: Tradition Two

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.

In an alcoholic home, where we usually encounter at least one over-inflated ego, sometimes the alcoholic, sometimes the spouse or other family member, it can be a relief to arrive in Al-Anon and find that no one person is in charge.

No-one will tell me, for example, the chairs HAVE to be arranged thus. I am told, ‘we usually arrange the chairs in a circle’. No one says, this banner ALWAYS goes here or there. There is a flow to the group arrangements dictated by the group conscience. At a regular business meeting these things are decided—the format of the meeting, the setting up of the chairs, group roles etc., any other issues that may need attention, which are decided by back and forth discussion and majority decision.

For a trusted servant of the group, this way of deciding things within the group gives very clear direction. Our loving God has expressed his will for us in the group conscience. In this we will learn the lessons we need to learn and grow as we need to grow. Alcoholism stunts, and stops, and makes life rigid—I love the flow that this Tradition brings, helping to negate the effects of alcoholism.

As a trusted servant, humbly doing what is best for the group is paramount. The Traditions are a most useful tool for this job. Should there be discord within the group, we can return to the Traditions for guidance, particularly, Tradition Two.

Speaking as one who didn't arrive at Al-Anon healthy and whole, one who will never achieve perfection, (and often gets it wrong!), I don't always respond with all of the Traditions in place in my mind. That is where there is beauty in the program. It gives us the ability to make amends, be humble enough to change our minds, be open to another point of view and, where necessary, be voted down in a meeting where the group conscience, or as I think of it, God's will for us, holds sway.

In this way we guard against the rigidity, governance and control that are symptoms of the disease of alcoholism. **△**

Sue A., South Queensland Area

October 2021 Edition of Austra-Link celebrates 70 years of Al-Anon.

Over the years there have been many changes to Al-Anon always working to help serve members as our fellowship has grown, all the while sharing the experience, strength and hope we receive from our wonderful spiritual program.

We would love to receive shares from members about their memories of the fellowship for the October 2021 70th Anniversary issue.

Al-Anon has given me choices

One morning, I was sitting in a donut shop working at my computer. Suddenly, a woman came in screaming about not getting her hash brown at the drive-through window. She even threatened the girl working the window. I was shocked at first, my brain not wanting to accept the chaos. After the woman left, I picked up my work and decided to leave.

A week later, I stopped at a restaurant to eat lunch. I was quickly seated, but then waited and waited for my server to at least bring me a glass of water and a menu. After about ten minutes, I started to get really annoyed until I thought of the woman at the donut shop. Al-Anon reminds me that I have choices when it comes to my thoughts and actions. So, I quickly decided to behave differently.

I reminded myself that I was seated comfortably and that I really wasn't in much of a hurry. Pretty soon after that, my waiter arrived and apologized profusely. I was able to smile and assure him that it was fine, that I was fine and that we could just chalk it up to being a Monday. As I was leaving I thought about the wonderful gift that Al-Anon has given me. You see, before the program, I was the hash browns lady. The littlest thing could set me off because of the constant hysteria I had allowed in my life.

Now I know that I have choices. By using the slogan "How Important Is It," I can stop and respond in a way that is kind to me and those around me. **△**

Linda J., Iowa

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Survey Snippets



More of the 'other' comments from the Members Survey

- ▲ This program has saved my life I cannot express enough how amazing it is and how I wish I knew about it sooner. I have struggled with finding a sponsor due to the lack of new young members which is difficult as sponsoring is a cornerstone of recovery. Would also be great if Al-Anon had better technology and online services.
- ▲ Al-Anon has dramatically changed my life for the better. Thank you..
- ▲ Concerned at the falling membership in all areas—at group meetings and members willing to do service (at all levels—group, district and Area). Our group has had lots of newcomers, but many only stay a few weeks. They are usually after a quick fix for the drinker... don't see the need to change their own... or they leave the problem drinker in their life and think they will now be fine and don't need to continue with meetings ... :(
- ▲ Al-Anon helps me in all areas of my life and through some tough times. Thank you Al-Anon!
- ▲ Al-Anon has been life changing for me, thank you for all that you do.
- ▲ I will forever be grateful for the program for the help and friendship that it has provided. When I arrived at my first meeting I was a mess (and still am on every second day) dealing with an ex-partner alcoholic and a parent and two siblings. The program brings me great peace and I am really very grateful for its existence. God bless Bill and Lois W. ▲



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

I picked up “*...In All Our Affairs – Making Crises Work for You*” (B-15) and it fell open at the first page of Chapter 7: Taking Care of Ourselves in Part Three: Action.

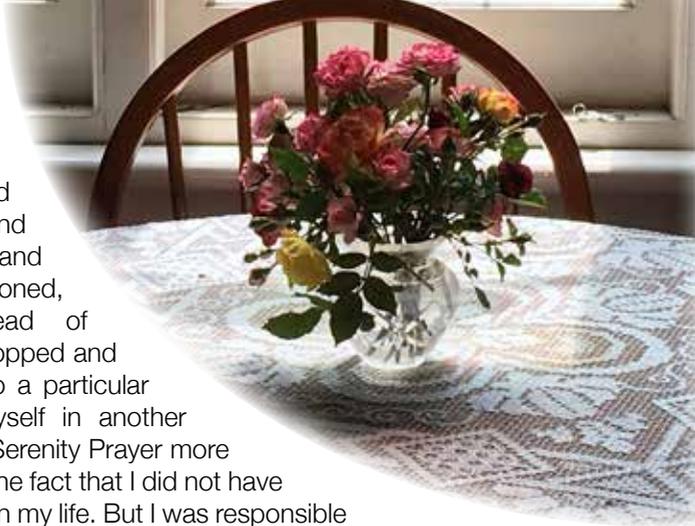
“When our circumstances lead us to ignore our spiritual, emotional, or physical needs, we invite this progressive disease to take over. If we act as if our needs are unimportant, we subtly teach ourselves that we are unimportant”. (p.143)

That was me when I crawled through the doors of Al-Anon, as the mother of six children and a loved one whose drinking was a problem to me. These days, I am learning to keep my Higher Power close on a daily basis, accept and express my feelings and look after my body with a daily walk and an occasional massage. I read on...

“We have to be flexible and realise that we are not machines. Some of us find it helpful to define clear expectations about the activities we will undertake in any given day, making sure that when we have done those things, we will stop. We can let enough be enough”. (p.144)

I am learning not only to put boundaries around others but also around myself! I have heard it said at meetings that (usually) “something urgent is not important and something important is not urgent”. That helps me to gain some perspective. Easy Does It and First Things First! ▲

Maree C. Victorian Southern Area



“...And one day, I realized that I was looking at the world with new eyes. Instead of seeking only misery and despair, I could see sunshine and happiness. I was making reasoned, conscious choices. Instead of reacting to every feeling, I stopped and examined my contribution to a particular situation. I tried to put myself in another person’s position. I said the Serenity Prayer more often and learned to accept the fact that I did not have control over many situations in my life. But I was responsible for changing what I could.”

As we understood... B-11, p. vi

Subscription to Austra-Link 2020-2021

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Reference: Groups name; Individual name; **Email:** accounts@al-anon.org.au when you have made an EFT payment

Forthcoming Events

58TH ANNUAL NEW ZEALAND AA CONVENTION WITH AL-ANON FAMILY GROUP PARTICIPATION: VIRTUAL IN 2021

Date: Saturday, 23rd January 2021 to Sunday, 24th January 2021
Theme: Just for Today Bookings: Register at AA>ORG>NZ/AA-CONVENTION

KYABRAM 50TH AA MINICON WITH AL-ANON PARTICIPATION

Date: January 22nd, 23rd and 24th 2021
Venue: At Kyabram Community & Learning Centre 21 – 25 Lake Road Kyabram
PLEASE NOTE: Event may change at short notice pending COVID 19 Restrictions
Contact: Mim 0407 522 496 or Denise 0417 353 117

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 to come

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: February, 2021

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

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:

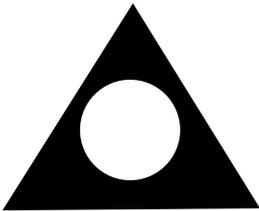
your username is: **member**

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 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-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: 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)

