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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, 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.

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Winter Sharing Topic - My Al-Anon program is never dormant.

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.



Facing change face-to-face

It's Monday afternoon (at the time of writing). 10.30am Monday mornings is the time of my very main, 'wouldn't dream of missing it without rooooooollly good reason' Al-Anon Family Group meeting.

I attended my third meeting ever at this Group. In the first flustering and floundering about of deciding if Al-Anon was for me, I felt the serenity and the kindness most palpably at this meeting. Full of the pain and chaos of facing up to the problem of alcoholism in my home, I'd been conscientiously (frantically) attending the prescribed/suggested six meetings and soaking it all in, ears, eyes and heart wide open. This particular group felt the safest to 'keep coming back' to. Whatever else was in my schedule, this meeting had an important place. It became my Home Group.

I was gently drawn into the fold with warmth, acceptance and good humour by the members of this Group.

Today has been a slightly difficult day. Two years ago in Al-Anon we rallied quickly to set up online meetings so that we could all stay connected and enjoy support and fellowship when COVID-19 hit and the very necessary restrictions were imposed to keep us safe while we had to stay in our homes.

Now that we are 'living with COVID'—aka the 'new normal' meetings have transitioned from online to a hybrid format (meetings combining face-to-face

with online), but after a great deal of talking it through and reasoning things out at Group Business meetings—with fulsome participation by many members thanks to our very effective and inclusive GR—the Group Conscience is that the hybrid meetings will cease and the Group will now meet face-to-face only.

It was sad to farewell regular 'cyber meet-ups' with members from all over the country—planet even—who have become a part of my Monday mornings' recovery.

From a totally selfish perspective, for me it also means I will need to find a new Home Group when my house move is finally completed in a few months' time. Have to confess I probably applied a bit of that 'clinging on with grappling hooks' defect of character to the discussion, but I like to think my neediness was tempered by decorous conduct. Here's hoping.

I feel grateful to be in this fellowship where we can reach difficult decisions using the principles of the program in a loving and respectful way.

You could say I didn't 'get my way', yet I feel pretty good, still buoyed by the love I find and lessons I learn in Al-Anon. ▲

Wendy E.



Hugo is very keen on face-to-face encounters himself!



Excerpts from

B-30 Discovering Choices

Chapter Seven:
Creating Balance
within Ourselves

...An unbalanced
self-image could
create problems

in how we behave. If

changing ourselves is crucial to enjoying our relationships, how else could we know what we can change without a thoughtful inventory of our strengths and weaknesses?

The inventory Steps bring us gently back into balance with ourselves, and eventually in our relationships as well. The effects of alcoholism may have twisted our beliefs, attitudes, thinking, and feelings. A searching inventory of ourselves helps us recognize distortions in our self-image and shows us how to reshape what no longer serves us well. As our self-awareness changes, we may find an increase in self-esteem, a diminished sense of guilt, and a greater peace in our lives. Whether or not others continue the same behavior as before, our reactions change and the outcomes are different....

...Gradually, as we replace old patterns with new ideas, we begin to change. As a result, so do our relationships.

p. 110 ▲

Personal Stories

To me the word “relationship” used to be a four-letter word. I cringed whenever I thought of how I related to others. I thought I was supposed to change myself to fit what other people wanted me to be

...Learning to relate—and not to mirror or mimic—was something I learned slowly in Al-Anon. The idea that helped most was to keep the focus

on myself. What was my favorite color? What activities did I think were fun? By embarking on a path of self-discovery, I learned that there were many gray areas about myself—pieces that had only been partially discovered. ...

...Today I know that I love the color green, but I don’t like to wear it. I also know that my assets can become defects if I let them gain too much importance. I am grateful there is not a time limit on when I need to know myself. I pass on this gentle way of living from my Al-Anon friends to others with another four-letter word: love.

pp. 116-117 ▲

After spending 54 years despising my mother because she’s an alcoholic, I went to an Al-Anon meeting because I thought it would teach me how to control her. After several meetings and hearing my story shared by others, I became open to some kind of change. I finally understood that I was angry, hateful, resentful, bitter, and dishonest....

...At the right moment, the hate and bitterness I had felt for her disappeared. What a miracle! She was 78 years old when I was finally able to give her a hug and tell her that I loved her. For the first time I heard her reply that she loved me too. It seemed as if I had finally given my mother permission to love me.

It continues today. When I used to visit her I asked God to help me get through it. Now when I visit, I ask God to make the visit good for her. It took a lifetime to change—just in time.

p. 123 ▲

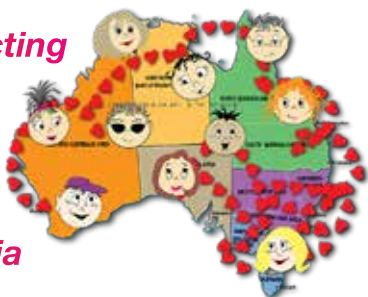
For Thought and Discussion:

1. How honest am I when I share my feelings with others? ... How much of what I am saying is what I think others want to hear?
4. How do I define emotional intimacy?

p. 130 ▲

2022 Australian Service Conference Theme:

Connecting Hearts and Minds Around Australia



I've read that the most basic and powerful way to connect to another person is to listen.

Although these words are not found in Conference Approved Literature they have made an impact on my mind.

Early in my time in Al-Anon, I can remember my Sponsor saying to me "The primary reason you attend Al-Anon group meetings is not to pour out all your problems but to listen". Then she quoted a line from *Hope for Today* (B-27), page 224 where it says: "The healing is in the hearing". In other words people start to heal the moment they are heard! I'm grateful to Al-Anon for the healing that is ongoing in my life.

Our Al-Anon fellowship forms a network of members around the country who reach out to each other and speak the same language thus forming personal connections. I'm sure you find like I do that, when I am in the company of Al-Anon friends, I can say words and listen to words we all understand. Some of these words I wouldn't consider using with my friends and family who are outside the fellowship. In *Hope for Today* page 115 it says: "Connecting is a two-way street"!

When I consider "hearts" and "minds" I think of emotions and reasoning. Our program provides for us as total beings. I find that the spiritual aspect of Al-Anon in the person of my Higher Power is close to my heart where I imagine that my emotions reside, whereas policies and procedures, facts and figures occupy my reasoning mind.

The onset of COVID leading to the explosion of online meetings has provided us with a new way of connecting our hearts and minds. We'll never go back to exactly the way we were before, although I hope we can retain what was good and positive and worked well in the past.

We know from experience that being connected to others promotes good physical, mental, emotional and spiritual health whereas social isolation can lead to poor health. In our troubled world, our Al-Anon fellowship is a force for good. I am grateful to all those members who have served in the past and those who continue to serve to keep our fellowship strong, offering help and healing to those who are still suffering from the family disease of alcoholism. ▲

Grace L., Victorian Southern Area

The Serenity Prayer—German

GELASSENHEITSGEBET

Gott, gebe mir die Gelassenheit
Dinge, die ich nicht ändern
kann, zu akzeptieren
den Mut, Dinge zu ändern,
die ich ändern kann,
und die Weisheit den
Unterschied zu erkennen.





From Portugal's July to December 2021 issue of *Só por Hoje* (Hope for Today) Page 19.

I am the daughter of an alcoholic

My name is Marta and I am the daughter of an alcoholic. I remember constantly trying to please my mother, looking for her approval. My focus was to control by pleasing. I learned from a very early age to survive my mother's alcoholism and look for ways not to feel, not to suffer.

In spite of everything, and I was a dreamer, I managed to accomplish some of my dreams. But it was only when I got to Al-Anon I learned that my mother was sick. I realized that, after all, there was no fault on either side. It was easy to accept that I had been affected by the disease of alcoholism, as she was physically, emotionally and spiritually devastated.

Little by little I started to feel like a person...but it took me a long time to accept myself. It was a long and arduous path of small steps and I still often struggle.

Today I have a different perspective on my life. I look in a compassionate way towards those I lived with, with tenderness for my achievements and gratitude for the grace of having a Twelve Step Program.

Today I try to look at my past and my present through the Steps, the sharing at meetings, literature and my desire to find a way that helps me feel better about myself and others.



Today's Reminder

Today I recognize how powerful my mind can be. I can't always feel good, and I have no interest in whitewashing my difficulties by pasting a smile on my face. But I can recognize that I am constantly making choices about how I perceive my world. With the help of Al-Anon and my friends in the fellowship, I can make those choices more consciously and more actively than ever before.

"Change your thoughts and you change your world." ▲

Norman Vincent Peale

Courage to Change, B-16, p. 243

Today I find in my past a set of good events that marked my life, despite alcoholism. I learn every day not to let the past or the failures, that may have been, dominate me. I choose to live according to a program that helps me to celebrate life and the many small victories that I had in my past.

Today I want to put myself in the hands of my Higher Power and with Him learn to live in a better way and be more serene. ▲

M.

Pros and Cons: Online, Hybrid or Face-to-Face?

Here are some thoughts and feedback on the changes that have occurred in a particular Al-Anon Family Group's meetings over the last couple of years.¹

Ann: It was absolutely wonderful to be able to keep our meetings going during the lockdowns and I am so grateful for the leadership of those in our group in making the effort to set it all up. They faced numerous challenges, from 'Zoom bombers', technology failures and protocol breaches. The members of the Group pitched in to help in any way they could. It was a wonderful surprise and bonus when people joined us from overseas. It gives me faith in human resilience and creativity to think that our response to being locked down was to open up in such a spectacular way. And it's reassuring to know that Al-Anon is strong enough to withstand a global crisis like that. Online Al-Anon meetings in the middle of winter during the world's longest lockdown kept my spirits up when it was tempting to despair. Thank you to everyone who joined us online, sharing experience strength and hope to serve all of us.

Kaz: Online meetings were a lifesaver for me during the lockdowns especially. I have often said I felt held by the fellowship as I went through my grief after the loss of my Mum. It was mostly through the online platform. There is definitely a place for it. It's a life-changer for loners and those who can't physically get to a meeting for whatever reason.

I feel blessed to be a member of our beautiful fellowship in whatever form that takes.

1. Group name supplied but not published in the interests of anonymity

Di: What have electronic meetings meant for me? During the isolation of lockdowns in Melbourne, the online meetings have been such a blessing, I could not imagine going through lockdown without the pressure-valve-release meetings provided online. Added to this was the benefit of being able to attend meetings far and wide on different days and times of the week, something that previously (in-person) required planning and travel.

When I was away and was feeling down because I had hurt my knee and could not go out for the day, I looked up a meeting and just logged in to attend. That meeting really lifted my spirits and that is my usual experience with Al-Anon meetings.

The return to face-to-face meetings has brought me great joy as I feel better connected to people in this way. I appreciated the season of online meetings but am grateful for the return to the rooms and look forward to this new season.

Anon: Haven't online meetings been something! :-)) A welcome portal for local, interstate and international online adventurers and insomniacs alike. My first introduction to Al-Anon has come through electronic meetings. Disability prevents easy access to face-to-face meetings. Hybrid meetings in particular allowed me to peek into the physical spaces and get a small sense of that experience. In addition, I felt empowered as a relative newcomer through offering service as host/chair from the safety and comfort of home, leading to new computer skills and a feeling of belonging. There are always

Continued on page 6...

...Continued from page 5

members to help and no pressure to be tech savvy. The added bonus was having a task that put my focus on other people, giving me a calm break from my distress and cluttered mind.

Matteo: Zoom has been a boon in many ways. Who would ever have thunk it? We have met new members both nationally and internationally. Personally it has meant that even when I have been away I have been able to dial in, have a meeting and see and hear everyone.

I became interested in the differences between these three types of meetings; face-to-face, online and hybrid meetings. I started making a list of pros and cons.

Pros

- ▲ The convenience of being able to log in away from the meeting
- ▲ Seeing faces of Al-Anon members and hearing the message
- ▲ Being able to participate in meetings around the world
- ▲ Access to meetings for members who live in remote locations
- ▲ Access to meetings for people with children
- ▲ Access to a meeting when I feel in great need
- ▲ Connections with members outside our usual physical range
- ▲ Writing notes during meetings to clarify thoughts and for later reminders.

Cons

- ▲ Occasional awkwardness of technology
- ▲ Not hearing laughter, crying or subtle responses of other members during a meeting
- ▲ Not being able to sync when saying the serenity prayer

- ▲ Focus on the technology has diminished the focus in the room during hybrid
- ▲ Lower attendance has meant our group is not making the rent
- ▲ Missing out on the second part of the meeting—a cup of tea and chat.

During the initial lockdown we had up to 40 members attending both nationally and internationally. When we could return we were excited to try and have the best of both worlds—electronic and face-to-face. We were so excited we connected the computer to the big screen in the room. The online members' sharings were large on the wall. It drew the focus and for me this was a problem. I felt I had lost the interpersonal connection that the face-to-face meetings offer. It was a real dilemma. I found being solely online was preferable to being in the room with the hybrid. It is a great thing and yet it isn't...um!

At our business meeting on Sunday the 10th of April 2022 the Group came to the conclusion that having a hybrid meeting had run its course for the time being. In order to preserve the face-to-face meeting we needed to cease the hybrid meeting.

The final hybrid meeting two weeks later was surprisingly moving with online members making declarations as to how much recovery they have received from attending. We certainly have all felt that. Our group had needed to make a decision though.

I miss hearing and seeing the members who attended online but I appreciate our return to face-to-face. ▲

Victorian Southern Area

NEWS and VIEWS from AGSO

July's PI focus is Crisis Support

▲ On-line services:

Counsellingonline—
<https://www.counsellingonline.org.au/>

Mensline—
<https://mensline.org.au>

Kidshelpline—
<https://kidshelpline.com.au/>

▲ Police Domestic Violence Units

▲ Salvation Army, Anglicare, area crisis centres

▲ Child Protection Services

Members might consider getting in touch with these services to offer information about Al-Anon. Suggested CAL includes:

R-64 *Domestic Violence*

S-37 *Fact Sheet for Professionals*

P-7 *Guide for the Family*

P-21 *Youth and the Alcoholic Parent*

P-9 *How Can I Help my Children?*

M-76 *Bookmark*

S-17 *Are You Troubled by Someone's Drinking?*

S-20 *Has Your Life Been Effectuated by Someone's Else's Drinking? Alateen is for You*

S-25 *Did You Grow Up With A Problem Drinker? Al-Anon is for you!*

Give us a call or drop us a line—we're here to help

Does your Area have trouble encouraging members to do service? How can you encourage them to attend assemblies? What about improving donations?

Your AGSO can help in many ways. We have prepared a variety of presentations that will add interest to your event. Current service members will also benefit from discussions with us—they'll get an in-depth view of the services we provide at the national level.

Now that Australia is opening up again this is the ideal time to invite one of us to an event in your Area either in person or virtually. Call your AGSO to indicate what you would like us to present and when.

7th Floor, 51 Queen Street, MELBOURNE
GPO Box 1002, MELBOURNE, Vic., 3001

Phone (03) 9620 2166

10:00am – 5:00pm, Monday to Thursday

E-mail: office@al-anon.org.au

Website: www.al-anon.org.au

NEW EMAIL ADDRESS

Last month we reported on difficulties we've been having with our email system. The first step towards mending these issues is a new contact email address. The following new email address replaces the previous agso@alphalink.com.au. Please update your address book to the new email address.

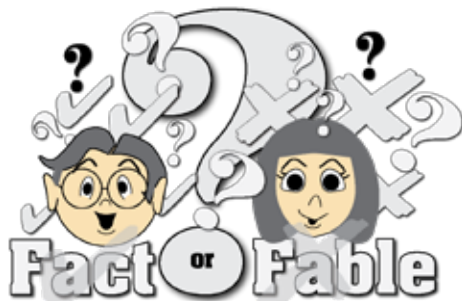
office@al-anon.org.au

Out of the Mouths of Alateens!

Our garden was like a jungle during the drinking days and I wanted a garden like other people. After an Alateen meeting a few months ago, I decided to detach from the jungle and make the front porch nice with hanging baskets of flowers and potted plants. It has really helped me with detaching in a nice way from my parents when there are tense feelings in the house. My serenity garden, as I've started to call it, is, I'm sure, God's gift. I have had so much pleasure watching young plants grow and buds blossom into flowers. I really like what I have.

Alateen is part of my serenity garden and I know when I see other Alateen members grow through the program from confused, anxious people into healthy and happy ones, I know it's happening to me too.

Betty, Victoria, Australia
Alateen Talks Back on DETACHMENT,
P-68, p. 23



I need not participate in Business Meetings.

This is a **fable** not a fact.

*...[Al-Anon] holds together by means of a loving understanding among its members. Al-Anon is united—without organization, without management, without a chain of command or a set of rules—by its members' willingness to be obedient to the unenforceable.*¹

The healthy functioning of a Group benefits from the participation of all its members.

If you think back to your first experience of an Al-Anon meeting you may recall a number of things.

One recollection may be mild curiosity about how it all manages to function. Who chooses the venue? Who manages and pays for it all? Who owns those books and banners? *Who's the boss?*

No one. We are all responsible for the continuing health of the fellowship.

After a few meetings you probably started to realise no one was specifically 'in charge' and that there was a gentle spirit of cooperation among those attending the meeting.

So who *does* decide where to hold the meeting, what literature to have on hand, the meeting's general format?

The *Group* decides all of these things to

1. From writings of Lois W., *Many Voices, One Journey* B-31, P. 2

be able to continue to serve the members of the fellowship.

While the suggested closing says “take what you like and leave the rest”, it is not recommending members leave at the commencement of a business meeting.

At times there are decisions to be made that affect all members and, as the closing also says, we strive to reason things out and talk things through.

This can't occur in a vacuum.

In accordance with our guidelines it is undesirable for individuals to dominate or hold service roles for long periods. But how can this be avoided if there is a tendency for the same folk to attend business meetings and other members not stay on to participate?

The seventh Tradition goes beyond putting coins in the donation basket. To be fully self-supporting members need to participate in the other aspects of the Group's function.

Just as the Group fellowship meetings aren't a free-for-all of people talking over each other or asserting their opinions, neither are the Group business meetings a table-thumping affair with individuals insisting things be done a certain way.

Rather, the Group business meeting is an opportunity for members to share their ideas on such matters as meeting time and place or rotation of leadership positions.

As well it is a chance to discuss Group problems such as gossip, dominance and any matter that effects group unity.²

There is courteous and respectful discussion and ideally all members are invited to express a view. And true to our belief that the minority voice always be heard it may take more than one meeting to reach a resolution.

Concept Four covers it beautifully:

Participation is the key to harmony. ▲

2. 2018-2021 Al-Anon/Alateen Service Manual, V2, (P25/27), p. 49

Glossary of Abbreviations

AA	Alcoholics Anonymous
ADR	Alternate District Representative
AGR	Alternate Group Representative
AGSO	Australian General Service Office
AMIAS	Al-Anon Member Involved in Alateen Service
ASC	Australian Service Conference
CAL	Conference Approved Literature
DR	District Representative
GR	Group Representative
GSB	General Service Board
IAGSM	International Al-Anon General Services Meeting
PI	Public Information
WSC	World Service Conference
WSO	World Service Office

Linking the Legacies*

Step Tradition Concept

Humbly asked Him to remove our shortcomings.

Every group ought to be fully self-supporting, declining outside contributions.

The Trustees have legal rights while the rights of the Conference are traditional.

* Useful resources for further exploration:

Paths to Recovery (B-24) and *Reaching for Personal Freedom* (P-29).

My Tears helped me to heal

After a year in the program, I began to see the progress I was making. I thought of my first year as a journey. For me, it was a path that went from darkness (the lie I was living) to light, a better place than where I was.

I remember throwing myself into the program. I didn't have any patience. I wanted change and I wanted it now. I cried a lot. In fact, I cried for almost the entire first year. While my Al-Anon friends would lovingly say to me: "Keep Coming Back," I have to admit, that wasn't the answer I wanted to hear. But I did keep coming back. Even though my Al-Anon friends were telling me they could see I was getting better, there were times when I questioned whether the program was working for me. Why didn't I feel happier? Why was I still sad? Why did I cry so much?

Experience has taught me that recovery is not a straight path. There are so many unexpected but necessary turns. I knew I couldn't solve a lifetime of insanity in one year, so I kept crying and kept coming back.

Little did I know at the time, my crying was cleaning my soul. I was grieving my way to serenity. I found strength that I never knew I had. ▲

Bonnie H., Florida
The Forum, April 2011, p.1



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

Selected from:

From Survival to Recovery, B-21, p.216

Much of my Al-Anon experience involves the slow discovery of practices and attitudes that encourage me to do the equivalent of turning down the flame when I cook. This idea was especially helpful in practicing Step Nine. In dealing with my family, the amends that I have made amounted to turning down the flame under these relationships. I have succeeded in forcing less and accepting more. Making amends often meant simply lowering my expectations.

Lowered expectations brought me a more balanced acceptance of family members. I began to admit with a good deal of sadness that all of us were affected by living with alcoholism. We do not necessarily function with a high degree of sanity together or even separately. Because of my awareness of the effects of the disease, I am less surprised by odd or difficult behavior...

This reminds me that expectations lead to resentments. Since coming to Al-Anon I am more able to expect less from my family which has freed me to love them more. ▲

Anon

Today's Reminder

In a way, I will always be a beginner. There will always be some new challenge to face because life is ever-changing and so am I. Because of this constant change, every tiny little action I take involves some risk of making a mistake. It takes courage to participate in life. Today I can applaud myself for trying. I'm doing a terrific job.



“My Higher Power is the confidence within me that makes me unafraid, even unafraid to make mistakes.”


—Anonymous

As we understood... (B-11) p. 105

Subscription to Austra-Link 2021-2022

Al-Anon Australia's 'meeting in a pocket' is available to individual subscribers for \$24.00 per annum. Full subscriptions sent now are from November 2022 to October 2023. Part subscriptions are available, e.g. \$8.00 for July to October. To subscribe please complete this subscription form.

Each Group automatically receives a **free** copy of **Austra-Link**. If your Group would like to subscribe to additional copies please complete the form below.

Format	Annual - from 1 st November	Part Subscription from 1 st January
Hard copy	\$24.00	\$2.00 per month
Individual/Additional Group Post subscription or a gift subscription for a friend		Circle applicable 
Individual/Group Name:		New or Existing subscription
Mailing Address:		
City/Suburb:		Postcode
Contact Phone/Mobile:		
Subscription details:		Number of subscriptions__for__months = \$ _____
If you would like to subscribe to a free email copy of Austra-Link please provide an email address.		
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Forthcoming Events



36TH ANNUAL ENGLISH SPEAKING AA CONVENTION IN THE NETHERLANDS WITH AL-ANON PARTICIPATION

Date: Friday 19th August 2022 to Sunday 21st August 2022

Venue: Landgoed Zonheuvel, The Netherlands

Registration: For more information on the convention, registration, and hotel bookings visit <https://aa-netherlands.org/members/the-36th-international-english-a-a-convention>

Theme: Path to Freedom



August is Alateen Awareness Month

Special call out for shares from Alateens and Alateen Sponsors for this special issue. Deadline June 30.

Email to austra-link@al-anon.org.au

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: August 2022 - Alateen Awareness Month

CAL: *Discovering Choices* (B-30)

Articles and Member sharings from around Australia

Winter Sharing Topic - *My Al-Anon program is never dormant*

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 that 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
Office closed until further notice due to fire damage. For assistance call the helpline or email.
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
688 High St Penrith NSW
P O Box 4240 Penrith Plaza NSW 2750
Phone: (02) 4731 1442
E-mail: alanonpenrith@optusnet.com.au

NORTH QUEENSLAND:

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

SOUTH QUEENSLAND:

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

NORTHERN VICTORIA:

Al-Anon Family Groups Northern Victoria Area
O'Brien Hall, McLennan Street, MOOROOPNA
P.O. Box 81, MOOROOPNA VIC 3629
Phone: (03) 5825 1160
Email: alanonnthvic81@hotmail.com

SOUTHERN VICTORIA: (includes Tasmania)

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

SOUTH AUSTRALIA:

Al-Anon Family Groups South Aust. Area
Stafford House, 2nd Floor, 25 Leigh Street,
ADELAIDE SA 5000
Mailing address: Stafford House,
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
Email: office@saalanon.org

WESTERN AUSTRALIA:

(includes Northern Territory)

Al-Anon Family Groups Western Aust. Area
Room 9, Claisebrook Lotteries House
33 Moore Street, EAST PERTH WA 6004
10:30am – 2:30pm Monday - 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
10:00am – 5:00pm, Monday to Thursday
E-mail: office@al-anon.org.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)