



September 2025

# 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".

By submitting your article for publication in *Austra-Link*, it is understood that you are willing for it to be shared with the publications

of Al-Anon structures in other countries and for it to appear on the website.

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](mailto:austra-link@al-anon.org.au)**

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

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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.



## Thank goodness I packed my program

Today is a quiet day with time for reflection. Largely because my activity level is curtailed by a rather nasty respiratory thingy I probably contracted at my nephew's wedding in France. Could have been the plane home, but there was a lot of hugging at the wedding and it doesn't do to be standoffish.... Well, might I have found a way to dodge the odd clinch albeit with quite delightful individuals who obviously had colds?

I still find myself doing things I would rather not because I'm fearful and not clear enough with my own boundaries. I overthink and can't easily find ways of articulating my preferences without sounding brittle, or worrying that I'm making a big deal out of something.

Looking at it from a sane and healthy recovery perspective, if something matters to me, then it simply matters. I am responsible for me and so that is who I should be speaking for. My challenge—the one I don't always meet—is in communicating my position with strength, clarity and kindness. 'Say what I mean, but don't say it mean'—or wheedlingly, or angrily or defensively—and don't be fearful of possible fallout.

The wedding involved a hundred odd people, thirty plus of whom could now be regarded as new extended family. In our branch of the family there is just me, my sister Jen and my nephew the groom. Grand total of three of us (plus one cousin). On the bride's side half

of Canada and Ireland seem to be first cousins and the groom's father is from a huge family, as is his wife.

I believe I worked my program successfully in quite a few respects. There were plenty of opportunities to 'take offense' and have an attack of the 'me me glums', but I didn't go down that path. Every now and then I would do an attitude adjustment, maybe flee to our room (70 stairs to said room, seventy!!!) and have a quick CAL fix, Serenity Prayer mantra moment or count to gazillion and twelvty-two if I was still rattled.

My sister came up with a brilliant little catch cry for whenever we were about to dive into another busy crowd of people who all knew or were related to each other. "Ears back Wendy! Ears back!" My goodness the grim and yet humorous determination to jump in and enjoy things was a fantastic help. We had many 'ears back' moments indeed.

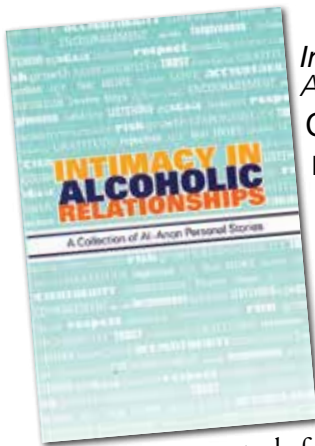
I did struggle with feeling vulnerable and invisible sometimes, but so grateful and amazed to be present at such a momentous joining together of people.

Oh and by the way. Our frocks were marvelous (#531 *Austra-Link*) and I did wear high heels on the actual day. Pink ones. Greater love hath no aunty! ▲

Wendy E.



*Poor Hugo found the kennels less appealing than a French chateau.*



## *Intimacy In Alcoholic Relationships—A Collection of Al-Anon Personal Stories (B-33).*

### Chapter Four

#### Negotiating Boundaries

#### Members Share Experience, Strength and Hope

##### ***I can set limits that are comfortable for me***

I knew I had problems with intimacy even before I came to Al-Anon eight years ago. When trying to make friends, I used to stay and stay and stay, trying to force it and fake it. I felt depleted for weeks afterwards and vowed never to go back.

Immersing myself in the Al-Anon program, I worked the Steps actively with a Sponsor and attended lots of meetings. This gave me room and time to slowly understand how to be me. I began to practice being my own friend and chief nurturer. I gradually began to not be so anxious to make instant friends, or have to be seen with others to feel safe, like I had friends.

I think it is no coincidence that a few months after completing Step Twelve I had an intense desire to begin working the Traditions—and what are the Traditions for, but working with each other? I began to realize I had no idea of the basic concepts of friendship. My Sponsor encouraged me to use Al-Anon literature, which evolved into looking up “relationship” in the index of the book *How Al-Anon Works for Families & Friends of Alcoholics* (B-32). I began reading the stories in the second half of the book. I had purchased the book when I first came to Al-Anon, but reading the stories now with a history of recovery made them so real and precious to me. ...pp. 69 ▲

##### ***Keeping my side of the street clean***

Being married to an alcoholic can feel incredibly one-sided. When I rely on my husband for emotional support or to fulfill my intimate needs, I often am left rejected and empty. If I let these feelings continue without awareness, my resentments grow. My Al-Anon family and Higher Power have taken on the role of fulfilling my emotional support. They have provided a nurturing, non-judgmental and loving place for me whenever I need something or someone to lean on.

The intimate needs are the one piece that cannot be met by anyone other than my husband. I wish that I felt desired—that he would want to pounce and make love to me, but he doesn't. If he were sick in bed with the flu, I wouldn't expect him to be intimate with me. I need to keep this perspective of his disease controlling our intimate life rather than his lack of desire for me and our relationship.

I also know that I need to keep my side of the street clean. I have decided to continue the commitment I made at our wedding and do not want to resort to infidelity to fulfill those needs. I realize now that his lack of affection is not about me at all, just like his anger and blame have nothing to do with me. I have to turn over my relationship to my Higher Power. The only thing that I have control over is my attitude and personal wellness. By practicing the program, I have the strength to believe that I am still desirable and lovable—with or without my significant other. ...p.77 ▲

# 2025 Australian Service Conference

## The Twelve Concepts a Principled Approach



In my early days in Al-Anon I hardly ever came across the Concepts. They were rarely mentioned in meetings I attended.

Twenty years ago, when I moved up to my current Area, I had a new Al-Anon friend I admired and also valued a great deal as a major support in an unfamiliar place. She said the Concepts were just “rules for running a company”. Wanting to win approval by being agreeable, I didn’t argue and continued to ignore the Concepts. A lot of them are a bit obscure on the first glance and it’s easy not to bother expending any thought on them.

However, over time, they seemed to seep into my program. They had already started to appear in Al-Anon literature and therefore turned up from time to time in sharing meetings. I started attending service meetings first at District and later at Area and some of these meetings began with readings from the Concepts.

Phrases started to creep into the vocabulary of the portion of Al-Anon I was in contact with, such as “the right of decision”, “participation is the key to harmony”, “the rights of appeal and

petition”, “double-headed management is avoided” and the slightly-mangled favourite “prudent financial reserve”. They all sound pretty principled. I still didn’t spend much thought on some of the less easily accessible Concepts.

However, the publication of *Reaching for Personal Freedom* (P-92), broke down the last barriers.

By applying the Concepts to personal recovery, their spiritual principles became even clearer than they had in previous Al-Anon literature, although the material on the Concepts in literature such as *How Al-Anon Works* (B-22), *Paths to Recovery* (B-24 )and the *Al-Anon/Alateen Service Manual* (P24/27) is excellent.

In a way it has come full circle. The Twelve Steps are the core of the Al-Anon program giving us spiritual principles to help each of us personally to live and reach for recovery. I believe the Twelve Traditions grew out of the Steps, to put those spiritual principles into practice in working together in Groups. It was soon obvious that they could help us work together outside of Al-Anon, in families, friendships, work relationships and anywhere we related to others. I believe the Twelve Concepts, too, grew out of the Steps and Traditions, to apply the same spiritual core principles to service.

These principles are also applicable “in all our affairs.” There are messages directly from our Higher Power that flow through the Legacies and show us how to live, giving us the principles to live by. ▲

Marian H.,  
Northern New South Wales Area Delegate

## Theme Talk from the June 2025 Northern New South Wales Area Assembly

### Practice these principles in all our affairs

The fact that the principles of Al-Anon can be practised in all the affairs of my life, for me, is the gift of the Al-Anon program.

I'm an adult child of two binge-drinking parents. This meant that growing up in the family home there would be multiple times of total chaos in which my parents would be compulsively drinking and fighting.

This drinking and fighting would go on for days and nights. There would be screaming, chairs thrown, glass smashed, fist fights, verbal abuse, police at the door. It was chaos and destruction. Any foundations of safety and healthy boundaries would be destroyed. As a result of these chaotic periods I developed a sense of responsibility and the need to control the uncontrollable—i.e. my parents drinking and fighting. This delusional way of being in the world corrupted all the affairs of my life—my work, my friendships, my intimate relationships and my financial affairs.

When I came into Al-Anon the Steps and Traditions gave me a sense of structure and safety. And through many years of ongoing recovery in the Al-Anon program I learned to take my diseased focus off the alcoholics and bring the recovery focus back to me. Because of my ingrained delusional thinking and behaving, I am very aware that at any moment, my life can capsize into chaos. The principles of the program are like the

lifejacket that keeps me afloat and stops me from drowning in the chaos of my delusional thinking and behaviours. The principles of Al-Anon can bring me to safety and to the joy of recovery. They can give me the opportunity, through working the principles of the program, to live my recovery life through the knowledge and the power of God's will. **△**

*Penelope J., Northern New South Wales Area*

### A Member Really Listened

At my early Al-Anon meetings there were lively discussions on many topics relating to alcoholism and alcoholics and their families and friends. After our meetings there were older members who were willing to talk with the newcomers. These members called our interactions “the meeting after the meeting” and I found it deepened my understanding of the Al-Anon wisdom.

After one meeting I was complaining about my many difficulties with my son and his drinking. Every time this lady responded with some positive suggestions, I said “Yes but...”.

And then she was silent and it was then that I heard my “Yes...but” loud and clear.

I stopped speaking and I became very quiet and still—it was at that moment I decided to try very hard to say “and” instead of “yes but”.

This has been a challenge but it has been very rewarding because it has enabled me to focus on the positive things in my life. **△**

*Margaret S., Victoria Southern Area*





## Sharing on the Twelve Concepts of Service: September = Concept Nine

***Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.***

Whether we consider ourselves leaders or not, we can all embody leadership qualities in our actions. These qualities include responsibility, tolerance, stability, flexibility, judgment, and vision. They reflect confidence, patience, dependability, and wisdom. These are qualities we all strive for as we practice the Al-Anon program. When we demonstrate these qualities, we inspire them in others.

At home or work, when we demonstrate good leadership skills, the family or the staff benefits. If we power drive a decision based on our self-will, no one benefits and we are once again isolated and alone.

Nevertheless, Al-Anon encourages “Progress Not Perfection.” We don’t have to be talented in all these areas at once. There are different talents for different jobs. As we grow in Al-Anon, we often find that we have cultivated leadership skills without even knowing it. We can apply them to our personal lives as well as to our service responsibilities.

All of us in Al-Anon have opportunities to be leaders. Good personal leadership might be just what it takes to lead a potential member to recovery—not by promotion or pressure, but by example. We might be the only example of Al-Anon that a non-member ever sees. What we say and do to show respect for them and ourselves might

inspire the relatives or friends of an alcoholic to try a new way of life.

The Board of Trustees represents Al-Anon to the world at large and sets the direction for our World Service Office. It is absolutely essential that Board members exemplify the finest leadership qualities to be found in our fellowship. ▲

*How Al-Anon Works, (B-22), p. 137*

## 2025 we explore the Twelve Concepts of Service: October = Concept Ten

***Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.***

### Questions and ideas to reflect upon

- ▲ When have I assumed responsibilities that are not mine?
- ▲ How can I detach from others’ attempts at doubled-headed management?
- ▲ Do I encourage balanced responsibilities within my relationships?
- ▲ Do I set clear goals and clear definitions regarding what each of us is responsible for within a relationship?

*Healing Within Our Alcoholic Relationships, (P-95), p.41*

- ▲ Is service responsibility carefully defined in my group? In my district? In my Area? At our Al-Anon Information Service (AIS)<sup>1</sup>, Intergroup, or Literature Distribution Centre<sup>2</sup>?

*Paths To Recovery, (B-24), p.315*

1 Al-Anon Information Service (AIS) group registration process

2 Literature Distribution Center (LDC) registered with the WSO to sell CAL.



## Al-Anon Spoken Here

*Al-Anon is for our own recovery from the effects of the disease of alcoholism. We come to Al-Anon/Alateen meetings seeking care, understanding, and hope. The program helps us to look within and to take responsibility for ourselves, to improve our attitudes, and to place our lives in the care of a Higher Power. We do not get the Al-Anon program anywhere else, and when we come to our meetings, the Al-Anon program is all we expect to hear. Ensuring that Al-Anon is spoken here strengthens group harmony and helps keep our program positive, healthy, and enduring.<sup>1</sup>*

Below is a share from a member articulating the importance of keeping the focus on the Al-Anon program in our meetings.



### Keep it Simple: Keep it Al-Anon

Recently, when in an Al-Anon meeting, I was disturbed to hear a recommendation to use the *Arch to Freedom* program. That is an AA program and their website clearly acknowledges the fact.

I was especially disturbed by hearing a promotion of an AA program in an Al-Anon meeting. It fed a sense of being unsafe in that group.

In Al-Anon we do not use AA literature. The guidelines are clear. Introducing AA into the Al-Anon program is a

pollution, a dilution, a corruption of the Al-Anon program. I feel fearful when such incidences occur at a meeting where I am present.

In our literature we are urged to keep the focus on our Al-Anon recovery. At every Al-Anon meeting we are reminded to leave other programs outside.

When I attend an AA Convention with Al-Anon and Alateen participation, there is considerable care to ensure the programs are clearly separated. There is great respect for each member whatever his or her program, but there is never any blurring of the program boundaries.

The AA program is indeed a magnificent program for those who are members of that fellowship. The needs of the members in that program are urgent and immediate, and the program is therefore quite forceful. Alcoholism is a progressive disease and it is, as I know personally, a ‘life or death’ disease. Nevertheless, it is not the Al-Anon program. It is risky to blend the two.

The way we practise our program in Al-Anon has less urgency. It is a gentle program. Many long-term members encourage newcomers to just sit and listen until there is a sense of connection and identification with the Al-Anon program; to purchase any piece of Al-Anon CAL (Conference Approved Literature)—and to begin to ‘work the Steps’ when they feel ready to do so. Newcomers at an Al-Anon meeting are welcomed to just ‘be’ there at a meeting. There is no compulsion to follow a particular timetable or path—no dogma.

Newcomers hearing a promotion of an AA program when attending an Al-Anon meeting might believe there is little difference in the two programs. In fact, the difference is significant. ▲

*Anon. Victorian Southern Area*

<sup>1</sup> *Al-Anon Spoken Here*, P-53, p. 11



# NEWS and VIEWS from AGSO

## 2026 National Convention Al-Anon Fundraiser Zoom Meeting

**September 21st Sunday**

5pm – 6:30pm

Meeting ID: 861 0967 4765

Passcode: 497512

Theme: *Becoming Aware*

\$10.00 suggested donation

BSB- 064 474

Acc- 10962350

Contacts: Anna V. 0408982751

Hayley H. 0413079295

*A brief message from our Al-Anon family in Spain...*

Dear colleagues

We enclose a card to wish you Happy Summer.

We want to let you know that Al-Anon has been in Spain for 62 years, and this year are celebrating 45 years of our General Service Office, as well as our beloved *Boletín Serenidad*, also celebration of its 45th anniversary [sic].

With love from Spain.

Queridos miembros de Al-Anon  
La OSG permanecerá cerrada  
del 1 al 31 de agosto por vacaciones  
¡Os deseamos un feliz y sereno verano!

**45**  
ANIVERSARIO  
OSG  
ESPAÑA

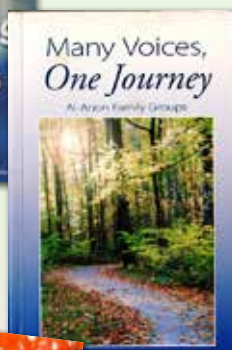
## 2025 Spring Special

**The 2025 Spring Special includes:**



1 x *Opening our Hearts Transforming our Losses*  
**B-29**

1 x *Many Voices One Journey*  
**B-31**



2 x *Alateen Just for Tonight*  
bookmarks  
**M-82**

Available from Monday September 15<sup>th</sup> until close of sales on Friday December 5<sup>th</sup>.

Look out for an announcement from your Area Literature Coordinator regarding the special price for these fabulous resources.

## Some Al-Anon ABCs

A friend recently asked me to explain the Al-Anon ABCs and I thought that my understanding of them might be useful to others.

### Absence

**Absence**—can be practised in two situations.

Firstly, to remove myself from a potentially harmful situation, like when someone threatens or intends to actually harm me. Then I do it to stop the situation from escalating and for my own safety.

Second, to stop myself from making the situation worse by doing or saying something that I would later regret and would probably be used against me as guilt by the alcoholic.

To practise absence, all I need to do is leave the situation—go for a walk, make a phone call, take the washing out, bring the washing in... the options are endless.

How you leave the situation is important. There are plenty of things that need to be done each day and I just need to pick one and make it my priority at that moment.

For example, I just remembered I need to pick up, drop off “the item” at the shops, library, Jane’s place, etc. It’s not an excuse, just a new priority.

### Blackout

**Blackout**—can be practised whenever.

When someone is talking at me, accusing me of random things, verbally abusing me, etc. and I can no longer tolerate it. I have a choice to see each word as a cloud, a raindrop, an autumn leaf, etc. I can just see them as transient things that can do me no harm, unless I take offence at them. I am the one who makes that decision—

each word can be a barbed arrow or it can be a feather, it is up to me. Consider the person as sick and respect their rights as such, but more importantly consider that they are not going to change in a hurry and that you need some relief.

To practise Blackout, you can nod, say non-committal words like “possibly”, “maybe”, “you might be right” and my favourite “I’ve never thought of it like that”. In Blackout you are practising Uncritical Awareness. They are neither right nor wrong, they just are.

Again, it is to stop me from making the situation worse by doing or saying something that I would later regret and would probably be used against me as guilt by the alcoholic.

### Compassion

**Compassion**—can be practised whenever.

When the alcoholic is hopeless, insecure, passed out, raving, or desperate, for instance. I can easily associate their behaviour as a mental illness and treat them with the same compassion that I would extend to a physically sick friend who may be suffering from a similar life-threatening illness like cancer, diabetes, dementia.

To practise compassion all I need to do is to consider them as sick and needing the appropriate treatment—which must be provided by a qualified medical professional. If they want help, I can assist them reach the necessary treatment. Until they ask for that type of help all I can do is to not make their life any more difficult by arguing or trying to control their behaviour. ▲

*Bill P., Victoria Southern Area*

## Out of the mouths of teens!

Detachment is difficult for me when I'm around active alcoholism. Being away at college has made it easier. I've learned that since I don't see my parents that often, I can make the most of it by overlooking the small things that always bothered me so much in the past. I keep active with school and my friends. I try to read something inspirational every day, preferably my Alateen ODAT, and I plan ahead what weekends I want to spend with my parents.

I have to be very careful not to build a fantasy family in my head as if everything is wonderful. When I do visit, at first they are very happy to see me, but that wears off and the fighting and bickering start again. I can get so caught up in it, that I make myself miserable and don't want to stay. Reality is better because in the long run it's easier to deal with them. ▲

*Christine, Iowa, U.S.A.*

*Alateen Talks Back on Detachment,  
P-70, p.26*



## Today's Reminder

If only I can learn to quiet my mind before I speak! I do not want to act with impatience and hostility, for I know it will react on me. It is a mistake to think this requires self-control; patience can be acquired by learning to *let go of self-will*.

*Johnathan Swift said "Whoever is out of patience is out of possession of his soul. Men must not turn into bees who kill themselves in stinging others." ▲*

*One Day at a Time in Al-Anon, B-6. p. 20*

## Glossary of Abbreviations

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



## Courage to Change

My husband was the alcoholic. He always liked his drink; our social life was centred around drinking. It was probably when

I had my son that I realised that one of us had to be sober to look after the baby and that became me. He had a responsible, high pressure job at the time, and then there were redundancies. He changed jobs and went onto shift work, two days, two nights and four days off.

One morning, I came home from walking the dog to find him drinking wine instead of a cup of tea. It shook me, but hearing the reasoning that after a night's work it was just the same as doing a day's work, I accepted it. Gradually, the drinking increased and I accepted that too. I loved him and the glimpses of that man I loved was worth waiting for.

Over the years, the drinking became the be all and end all and as things came to a head, I hit my rock bottom. I thought it would be him, not me. On a visit to the doctors with an infected bite, my blood pressure was taken: it was high. I broke down in the surgery and ended up crying my eyes out. The doctor told me about Al-Anon.

I went to my first in-person Al-Anon meeting and bawled my eyes out again. There were thirty other people, who all knew what I was going through. People who I could talk to without being told "you should do this" and "you should do that". When Covid came and meetings went online, I attended meetings

worldwide....Wow. My own family just didn't understand, but all these people did, and they became my family.

The words from the Serenity Prayer "Courage to change the things I can" started to make sense. I found the courage to divorce my husband of 40 years and to move across the country to be near my son. My family thought I was abandoning him.

I attended both in-person and online meetings and I learnt how to stay off "the pity pot". I took on Service roles, making the tea at my in-person meeting and Chairperson at my online meeting. This helps me give back what I am so grateful to have received, and helps me to carry on living, not just existing.

Learning to listen at meetings has helped me to be there for my friends, instead of butting in, or giving my opinion. Allowing others to talk without interruption usually helps others to work things out for themselves.

My son and I are honest and truthful with each other, we both know that if he needs Al-Anon, it will always be there for him.

My husband died two years after we split up. I still call him my husband, as it was the alcoholic I divorced. I still love the lovely man that I married and I can now remember the good times. My son calls me "a tough old bird" for all that I have been through, and I suppose I am. I take each day as it comes and I try to find the joy in all that life throws at me. ▲

*Anon*

*Al-Anon Today, Winter 2024/2025, p. 10*

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Today’s Reminder

Today I don’t have to be limited by my old fears. Instead, I can do what seems right. I do not have to follow every suggestion or take every offer I receive. I can consider my options and pray for the guidance to choose what is best for me.

*“There is a guidance for each of us, and by lowly listening we shall hear the right word.... Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment.”*

Chinon, Loire Valley, France

Ralph Waldo Emerson  
Courage to Change, B-16, p. 30



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**Reference:** Group’s name/Individual name **Email:** accounts@al-anon.org.au when you have made an EFT payment



# Forthcoming Events

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## **GYMPIE AL-ANON FAMILY GROUPS FELLOWSHIP WEEKEND (WITH AA AND ALATEEN PARTICIPATION)**

Date: Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> September

Venue: 12km east of Gympie off Tin Can Bay Road,  
Limited camping at the venue (no showers), Billets available

Theme: *Recovery in the Country* Registration: by donation

Contacts: Al-Anon Jennie T. 0419651739, AA Jackie 0426953098

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## **2026 NATIONAL CONVENTION AL-ANON FUNDRAISER—ZOOM MEETING**

Date and time: Sunday September 21<sup>st</sup> 5.00pm – 6:30pm

Online: Meeting ID: 861 0967 4765 Passcode: 497512

Theme: *Becoming Aware*

Suggested donation: \$10.00 Banking details: BSB: 064 474 Acc: 10962350

Contacts: Anna V. 0408982751, Hayley H. 0413079295

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## **2025 AA ROUNDUP WITH AL-ANON PARTICIPATION**

Date: Friday 26<sup>th</sup>, to Sunday 28<sup>th</sup> September. Starts 7.00pm Friday

Venue: The Catholic Centre, 56 Cathedral Ave, Geraldton, WA

Contact: Kate 0408080156

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## **GOULBURN VALLEY 70<sup>TH</sup> AA ANNIVERSARY WITH AL-ANON PARTICIPATION**

Date: Friday 17<sup>th</sup>, Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> October. Starts 7.00pm Friday

Venue: Shepp North Education & Community Centre, 10-14 Parkside Drive, Shepparton

Join us for a weekend of fellowship and recovery. More information to come

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## **THE FAR SOUTH COAST BIRTHDAY WEEKEND**

Date: Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> October

Venue: Held again in the old court house in the beautiful village of Nelligen  
on the Clyde River just inland from Batemans Bay

A weekend of meetings and fellowship fully catered from Saturday morning tea to Sunday breakfast.

Cost: \$30 Enquiries and registration: 0427498918 or fscbirthdaybash@gmail.com

Local accommodation tends to get booked out early so best to book soon, also billeting available

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## **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: October 2025**

CAL: *Intimacy in Alcoholic Relationships* (B-33)

Articles and Member sharings from around Australia

Sharing Topic - Concept Ten

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

[www.al-anon.org.au](http://www.al-anon.org.au)





## 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 A.A. 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 A.A. 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: alanonnorthernsw@bigpond.com

### **SOUTHERN NEW SOUTH WALES:**

(includes Australian Capital Territory)

Al-Anon Family Groups Southern NSW Area  
Suite 204, 208 Forrest Road  
HURSTVILLE NSW 2220  
Phone: (02) 9579 3400; (02) 9570 3422  
Email: office@al-anon-snsww.org.au

### **WESTERN NEW SOUTH WALES:**

Al-Anon Family Groups Western NSW Area  
Unit 1, First floor, 207-208 Queen Street  
St Mary's NSW 2760  
P O Box 4240 Penrith Plaza NSW 2750  
Phone: (02) 4731 1442  
Email: alanonpenrith@optusnet.com.au

### **NORTH QUEENSLAND:**

Al-Anon Family Groups North Queensland Area  
PO Box 1829, CAIRNS QLD 4870  
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: sqaaafg@gmail.com

### **NORTHERN VICTORIA:**

Al-Anon Family Groups Northern Victoria Area  
Inquiries: 1300 252 666  
Email: alanonnhvic81@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 Australia Area  
Stafford House, 2nd Floor, 25 Leigh Street,  
ADELAIDE SA 5000  
Mailing address:  
25 Leigh Street, ADELAIDE SA 5000  
10:00am – 2:30pm, Monday, Wednesday,  
Thursday and Friday  
Phone: (08) 8231 2959  
Temporary email: sa-alanon@outlook.com

### **WESTERN AUSTRALIA:**

(includes Northern Territory)

Al-Anon Family Groups Western Australia Area  
Room 9, Claisebrook Lotteries House  
33 Moore Street, EAST PERTH WA 6004  
10:30am – 2:00pm Tuesday & Thursday.  
*The office does not have volunteers each day  
therefore please ring prior to visiting. Thankyou!*  
Phone (08) 9325 7528  
Email: 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**  
**9:00am – 5:00pm, Monday to Thursday**  
**Email: 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)**