



December 2025

USTRALINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

ISSN 0726-0726-4607 Price \$2.00

ISSN 2207-7642 (Free e-subscription)

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**

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

In this issue:

Editorial..... 1

CAL: Intimacy In Alcoholic Relationships..... 2

The Twelve Concepts: A Principled Approach3

Some Al-Anon Thoughts 4

Out of the Mouths of Alateens 5

Bit Confused? Let's think it through 6

AGSO News and Views 7

Reflections on the Concepts8

I Was Mrs Perfect..... 10

Glossary 10

Subscription form 11

Forthcoming Events..... 12

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.



The National Journal of Al-Anon Family Groups Australia

Issue No. 536, December 2025

Raindrops keep falling on my head...

I'm presently on the phone, on hold, to the lovely local plumbers. The plumbers who fixed the leak in the roof just above my head—where I stand at my computer to put together each issue of *Austra-Link*.

It rained all night last night but I slept like a baby because I knew my leaky roof had been fixed last Friday so I felt particularly cosy. This morning I felt less cosy as I awoke to the sound of a familiar plop! plop! plop! only a little faster than before the repair. That is because the delicate roof-dance of the plumber has inspired Leak One to breed, and now I have three leaks. So this morning—imagine if you will—I had to wear a hooded waterproof jacket to prepare the December *Austra-Link*, while standing slightly off to the side to dodge the biggest droplets on offer from the three plop sites.

What might this have to do with my Al-Anon program? Well, it is an opportunity for me to reflect on how far I have progressed since joining Al-Anon. Today I was able to ring the very nice woman on the desk at the plumber's and report the situation cheerfully, comfortable in the knowledge that I won't float away and my house won't collapse, fairly confident that they will be able to fix the problem and that I have budgeted to cover such contingencies.

In times past my solution was to invest in buckets and gaffer tape—no

word of a lie—to tape said buckets to doors or mark places on the floor where leaks routinely occurred in the event of a sustained downpour. There were plenty of times when I climbed up on the roof myself with grim determination, wildly squeezing silicone goo all over the place. Anything but reach out for help from the logical and appropriate source.

I was always convinced a problem would be huge and that I wouldn't have the funds to deal with it. So I lived like a pauper to make sure I didn't become one. I hunkered down, rendered inert by my fears and avoided living my best life.

Regrettably, I was often quick to point out how inert my alcoholic husband was—too inert to do my adult living for me, which is what I expected of him.

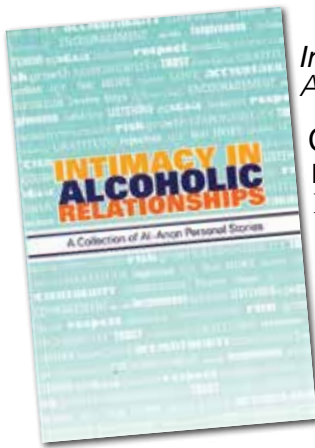
Thank you Al-Anon for helping me become a more grown-up 'grownup'. Thank you for helping me keep my sniping to myself when I have a fit of the blames or panic, and thank you for helping me find joy.

To everyone who has written pieces for *Austra-Link* in 2025 and to those who have appreciated what they find in these pages, I am very grateful. I look forward to receiving sharings of members' experience, strength and hope in 2026. ▲

Wendy E.



Hugo also thanks you for an excellent year.



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

Chapter Six

Expressing Gratitude

In relation to a Higher Power, expressions of gratitude may look a little different. Taking time to enjoy our surroundings, savoring a moment of peaceful contemplation, or simply saying “thank you” in a prayer are all ways of sharing our feelings of appreciation with the God of our understanding.

Most of all, gratitude is a gift we give ourselves. Cultivating an appreciation for the good things in our lives—no matter what else we may also experience—can help us to maintain our serenity through whatever life may bring us. ...p. 115 ▲

Members Share Experience, Strength and Hope

My motives made all the difference

I love the bluebells that bloom at a nearby park in April....One spring I invited a friend to go with me. The bluebells were at their vibrant peak—so beautiful!—and we had such a good time that a thought entered my mind: My husband would enjoy seeing those bluebells. My next thought was the reality: My husband was an active alcoholic and this late in the afternoon he would be already staggering drunk, which would be obvious and embarrassing, as the bluebell path was a popular one.

I decided the bluebells were too beautiful to miss. I went back home, and he let me drive him to see the bluebells. After the walk he thanked me for bringing him. It was an intimate time, enjoying nature together.

My husband died about two years later of the disease. You can bet that I savor such nice memories of us together, and that bit of kindness I was able to offer him. I had not suggested the walk to “fix” his alcoholism, but Al-Anon and the bluebells had elevated my motives to where I could simply enjoy the time with my husband, whether he was drinking or not. ...p. 121 ▲

I had no idea how completely my feelings could change

Forgiveness was a destination I'd never thought was possible, or even desirable, to reach. I grew up with an alcoholic father. I learned fear and loathing through my interactions with him. ...I saw nothing good about Dad. ...Dad finally reached sobriety. Early in his recovery, he encouraged my brother and me to get into Al-Anon. He, and my mom, too, made amends for their abuse and neglect. It took six years until I was ready (and in enough pain) to commit to recovery. What blessings have occurred since then!

My mom and dad were living in a beach house on a North Carolina barrier island....It finally felt like we were a loving family. This gave me the willingness to tell my dad that I'd forgiven him.

Sadly, Dad got cancer a few years later. They moved to Florida. To be honest, for all these years, I'd never completely trusted that Dad would remain sober. When he got sick, I thought he would go back to drinking for sure. He never did, though. If anything was going to do it, you'd think it would have been that. In fact, I think his compulsion had already been lifted by his Higher Power. I am forever grateful! ...p. 124 ▲

2025 Australian Service Conference

The Twelve Concepts, a Principled Approach



This month we are including the second half of this thorough exploration of the 2025 Australian Service Conference theme talk—from Western Australia Area Delegate Maureen S.

Part 2

Concept Seven: *The Alateen Safety & Behavioural Requirements and the Child Safety & Wellbeing Policy* is an example of this Concept. The legal and spiritual principles of Al-Anon have guidelines indicating the difference between them.

The Concept is also about what to disclose, confidentiality boundaries versus reasoning things out. Growing up we kept secrets so this idea is sometimes difficult for me. What is someone else's business? What is a need to know basis or protecting someone? It can play into behaviours of manipulation, bullying and control. It is also knowing my boundaries and responsibilities.

Concept Eight: The Concept says to me that I don't need to be over responsible. I can let go of some tasks so other members may grow their service commitment and skills. I learn to share a work load and have fun rather than feeling I need to be in charge, know everything and do everything. I won't become overwhelmed,

resentful, and fatigued. It demonstrates my humanness. Help is available if I have the humility, vulnerability, awareness and trust to ask for it.

Concept Nine: I can lead by example in my personal life and service roles by demonstrating flexibility, humour, kindness, cooperation, vision, understanding and tolerance.

This Concept encourages us to participate in service to the full extent of our capabilities. Putting our hand up for a role carries a responsibility to carry that out. Knowing that we will be able to fulfill it with time and commitment and willingness to learn. To have someone in a role because it is vacant does not always mean that the responsibilities will be met. I think it is better for unity and ourselves that we acknowledge our capabilities and limits. It may be better leaving a position vacant until a suitable person is available.

Concept Ten: This speaks to me of links of service. Firstly to have clear boundaries for myself—know what they are with what task I am doing, keeping myself in my own lane, knowing and respecting my boundaries and others'. Is it a responsibility or authority issue, an expectation of myself or others?

I like to know where I stand and when lines are blurred I am confused. Clear boundaries and expectations keep me reasonable without anxiety and give me a sense of comfort.

For me, being able to let go of the need to be in charge and having my ego fed is not a spiritual awakening. Knowing that my will and my life are in the care of my Higher Power is!

Concept Eleven: The cogs in a machine make for a balanced healthy way of moving forward in an organisation. Assigned tasks to people who have experience and

skills in a specific area keep the wheels oiled and running smoothly. Each person has a role to play and delegating a task to a person's strengths and interests is an insightful gift. I have three positions on the WA Area and sometimes I am asked to do something—which 'hat' do I wear for that request as they do overlap. If I have a clear understanding of the question and which 'role' I am in, it is easier for me to state that and suggest that someone else could help out with the specific request.

Concept Twelve: A summary of the previous eleven Concepts. Having a spiritual foundation in my life gives me the freedom to embrace change, acknowledge deep and heartbreaking pain. I know that I have moments in time where I keep moving, having and enjoying a balance of 'work' and 'play' with my activities.

The Concepts have shown me how to process issues such as control, ego, manipulation, martyrdom, resentment. I have experienced the fall out of living with the family disease of alcoholism, learning how it's affected my thoughts and life—the ways in which I have conducted myself, the survival tools and behaviours I have used and exhibited.

Al-Anon has given me opportunities for personal growth, for acknowledging that my new way of living can lead me in a different or new direction, keeping an open mind is a wonderful slogan for living my life and embracing each day with the tools of the programme. I need to participate in my own recovery as Al-Anon is a 'words and action' programme.

If I want to live harmoniously with myself and others, I need to practise these gifts which have been given to me on a daily basis. ▲

Maureen S. Delegate, Western Australia Area

Some Al-Anon Thoughts

I grew up to model the thoughts and attitudes of my family. I was fortunate in that I had loving parents and my home life was free of alcohol, but there were overtones of concern and warnings that alcohol had affected some of my grandparents' generation, "so be on guard"! Marriage and children later prompted this warning again as this sickness was present in my husband's family.

I in turn projected my upbringing, my attitude, my ways of coping, to my sons. I was in charge so I knew the best way for them and anyone else, even though it meant the energy-draining 'juggling' of constant responsibilities.

So it was shattering to me when one of my sons came home one evening to tell us that he was an alcoholic. What was even more disturbing was that this young man had already suffered kidney failure of unknown cause, and was fortunate to have been given a kidney transplant from his dad.

My AA sister-in-law advised we go to Al-Anon and I went like so many before me, to learn the 'secret' to cure my son's addiction. I went back and I stayed, not because the magic cure was revealed, but because I was led to re-examine my own attitudes in so many areas that had been smothered in the constant daily juggle of family life with special needs children and a 24 hour-7 day business.

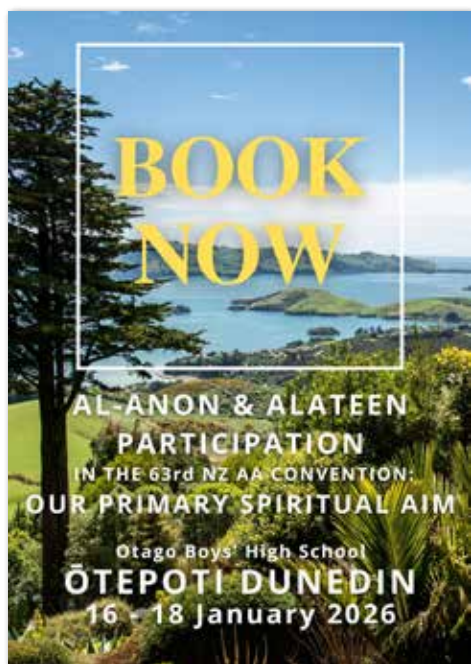
Also, I enjoyed the social interaction with members, enjoying the laughter and discussion of meaningful topics. Several of those friendships remain today. The group was particularly supportive for us when our son died a couple of years later.

A couple of weeks ago I watched a movie. It was a remarkable production, a documentary-like presentation born out of the experiences of a young couple to

highlight tragedies hidden in plain sight in rural areas. The overwhelming sense of loneliness, not knowing what to do or how to tackle the uncertainties of farming and mounting debt, leading to mental illness, excessive alcohol consumption, and in worst case—suicide. Not being able to source any government funding for this movie, this couple mortgaged their farm for over two million dollars, so strong was their conviction.

So, I watched this absorbing story, witnessing the loneliness of the widow—the gossip small-town stigma of suicide, the sadness and confusion of the children, and the strain of the extra workload in trying to keep a farm operational. I could only think how much that community needed Al-Anon. Also, how much any community needs Al-Anon whether in suburbia, regional or outback Australia. ▲

Trish R., Northern New South Wales Area



Out of the mouths of teens!

Before I came to Alateen I was happy but I hid all of my problems away. Then, just as I was starting to fit in at school, my home life fell apart. My mirror was shattered. Those fears and problems that I hid away came to the surface. I was lost. I didn't know how to feel or what to do. I had known about Alateen and Al-Anon for a long time but I never thought of it. I don't remember saying that I would go to my first meeting, but I did. After the meeting I felt that I found something that I couldn't describe, couldn't touch. But, unfortunately, I didn't feel as if I belonged. I didn't know how to accept unconditional love or where to place it. So once again I was lost. I tried using the program but didn't know how. I did not have a sponsor and I felt out of place in my group. For over a year it was like that. I did my best to work the program; I gained from it but perhaps not all that I needed. I needed faith and to believe that YES my life was unmanageable. Once I understood that, I started to feel as if I belonged, Step One. I always thought that I knew who and what my Higher Power was. I was wrong. But then He found me, though He has always been with me. My life began to change. I had faith that I couldn't return my life to the way it was, Step Two. Before this happened I found my sponsor. I met him at a conference and started talking to him about love. He helped me start to understand about unconditional love. I stopped trying to understand this love and learned to let it be what it is. And so now I have a sponsor and I have the love of the program. But most importantly, I'm not trying to control what Alateen is going to give me in the future. ▲

Brendan, Ontario, Canada

Alateen Talk, Winter 2002, Vol 40-4, p.2



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

**Sure we're saving paper,
but is the message getting
stuck in the inbox?**

Austra-Link Statement of Purpose

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.¹

We've just begun the 2025/26 hard copy subscription year for *Austra-Link*.

Over time the number of hard copy versions of *Austra-Link* printed for groups and individual members has reduced significantly. In parallel with this, there has been an increase in requests for the e-version of *Austra-Link*. In many respects this is a good thing.

Historically, *Austra-Link*'s physical presence in the meeting room has been to ensure that all members can access the copy. A member might borrow it to take it home for a while. It can be passed on to a new member, used for meeting topics and as a means of broadcasting the news of events to the group.

With the proliferation of on-line meetings, partly arising from the physical distance dictated by the COVID-19 epidemic, the needs of our membership have evolved and diversified. Accordingly we willingly continue to cater to those

who prefer print, and we have also responded to the growing popularity of the pdf download we send out each month in an e-mailout.

The Group Representative (GR) and *Austra-Link*

The GR is also the Austra-Link representative, seeing that the Group's free copy is shared among the members, acquainting members with its value, and urging them to subscribe. The GR also suggests that stories of interest be sent to its Editor at the Australian General Service Office.²

Apart from office bearers and *Austra-Link* contributors to comply with publication regulations, Groups used to function without divulging personal information unless in the context of a private phone number swap between Al-Anon members or sponsor and sponsee.

Austra-Link is provided to every group via their GR or current mailing address at no cost to the group—either posted directly to the GR or the group's post office box. Some groups have requested the electronic version instead of a hard copy. How do we ensure the e-copy is circulated to all group members to replace the physical availability in the meeting room? WhatsApp groups and BCCd emailouts are possible examples.

For me, *Austra-Link* was the first piece of literature that I would take home. While I developed trust in the program I was able to bury myself in *Austra-Links* before I was ready to commit to purchasing CAL daily readers and other treasures. I found enormous comfort in the pages and still enjoy the sharing of members who contribute their stories.

I really hope our Australian magazine, the 'meeting in a pocket/inbox' finds its way to all members so we may all benefit from the experience, strength and hope found in the pages of each issue. ▲

Ed

¹ Inside cover of every issue of *Austra-Link*

² *Australian Service Handbook* 2021 p.11



Greetings to all members. I wish you joy, peace and plenty of laughter during the festive season. Enjoy! Love to all. Maree C.

Wishing you all a peaceful and happy time over the Christmas period, and a New Year filled with gratitude and hope. Much love, Robyn A.

May we be filled with loving kindness for ourselves and our loved ones during this Christmas period. With love from Mary D. xx

Hope all members enjoy the celebrations over the Christmas and New Year period. Enjoy being with the ones you love!! Special love, Lois A.

Thank you for another incredible year of passing on the message of hope and help to families who struggle especially at this time of year. My wish for you is a wonderful festive season filled with love and peace. Helen G. xx

Happy, Happy festive season ! Thank you for everyone's kindness in my first year in the AGSO office. Have a fantastic New Year! Sianna L.

Merry Christmas everyone. I hope you have an enjoyable festive season with family and friends. Thankyou for your service and contribution to Al-Anon fellowship this year. Much Love Ros M.

Faith and fear both rely on something you cannot see, Al-Anon helps me to replace my fear with faith in my higher power. Instead of fearing the worst I have faith today that things, including the family shenanigans that is Christmas, are going to be ok. Wishing you all the joy and fellowship that the silly season has on offer. Merry Christmas Dianne C.

To all my extended Al-Anon family worldwide, I wish you peace and happiness one day at a time. All the very best for you and your family in 2026. Celest G.

Merry Christmas to all. I have really enjoyed volunteering this year at AGSO and look forward to doing it again in the new year. Jennie T.

A peaceful Christmas to all. Let Go and Let God. Pat S.

Sending everyone sprinkles of happiness for the Christmas Season together with dustings of Peace, Joy, Faith, Hope, and most of all blankets and blankets of **LOVE** to wrap around you and your loved ones. Thanks for the opportunity to work with such an amazingly talented and dedicated team at AGSO, together with the wonderful teams that make up our Area offices around Aus. We are so fortunate to have such dedicated 'volunteers and workers' who are so passionate about service in Al-Anon. I have the privilege to have met so many members in person or via our digital devices. It's fantastic! Thank you for the support, encouragement and the welcome you have given me over the last 5 months. Merry Christmas, Happy New Year – Love Liz L.

Where did 2025 go? I've had a wonderful year of adventures and fellowship. My HP and I are looking forward to experiencing 2026 one day at a time. Huge thanks to the marvellous mob of volunteer friends and AGSO staff. Heaps of love, Wendy E. (and Hugo)

The Twelve Concepts of Service:

Carrying the message, as suggested in the Twelfth Step, is Service, Al-Anon's third legacy. Service, a vital purpose of Al-Anon, is action. Members strive to *do*, as well as to *be*. Anything done to help a relative or friend of an alcoholic is service: a telephone call to a despairing member or sponsoring a newcomer, telling one's story at meetings, forming groups, arranging for public outreach, distributing literature, and financially supporting groups, local services and the World Service Office.

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.
3. The right of decision makes effective leadership possible.
4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.
6. The Conference acknowledges the primary administrative responsibility of the Trustees.
7. The Trustees have legal rights while the rights of the Conference are traditional.
8. The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
9. Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.
10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.
11. The World Service Office is composed of selected committees, executives and staff members.
12. The Spiritual Foundation for Al-Anon's World Services is contained in the General Warranties of the Conference, Article 12 of the Charter.

General Warranties

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member shall be placed in unqualified authority over other members;
3. that all decisions be reached by discussion vote and whenever possible by unanimity;
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action. ▲

In this final issue of *Austra-Link* for 2025. We have explored the Twelve Concepts of Service. This is the final article reflecting on Concept Twelve.

Sharing on the Twelve Concepts of Service: December = Concept Twelve

The Spiritual Foundation for Al-Anon's world services is Contained in the General Warranties of the Conference, Article 12 of the Charter.

Concept Twelve is comprehensive, as it contains the Five "General Warranties." I looked up the definition of warranty in a dictionary to figure out why that word is used, as it is my belief that our program does not promise or guarantee anything. One of the definitions of warranty is "a covenant by which the seller of land binds himself or herself and his or her heirs to defend the security of the estate conveyed." Taken into the context of the Al-Anon program, I think warranty means a covenant by which Al-Anon members can defend the security of the program for the future. In other words, we preserve Al-Anon's world services by using the five General Warranties in the business of Al-Anon. For example, I have learned that a group conscience is important when a decision needs to be made regarding the business of Al-Anon—whether at the group level or elsewhere. Involving all the people affected by a decision helps the outcome to be what is best for the most people.

The Warranties are also good guidelines for my personal life. Warranty One speaks of having sufficient operating funds and an ample reserve. After experiencing several financial problems in our marriage, my husband and I came up with a solution that has provided us

with a safeguard to provide an ample financial reserve, using prudent practices in our spending habits. Warranty Two is about equality. Because both my husband and I are in recovery, we have been guided by spiritual principles. We respect each other. When I felt over-burdened with household chores at one time, I asked my husband to choose half of the chores. That helped me have some time to spend with him and the children. Warranty Three states that all important decisions should be reached by discussion, vote, and, whenever possible, by substantial unanimity.

My husband and I have vastly different viewpoints on a lot of subjects. In the early years of our marriage, one of the hot issues was discipline for our children. Although I was not aware of Concept Twelve then, we eventually learned that we needed to calmly discuss each issue in private and decide for ourselves how strongly we felt about it so that we could compromise. That practice saved us from a lot of anger and provided a united front to the children. Warranty Four says no conference action should be personally punitive or an incitement to public controversy. I interpret that in my personal life to mean that I should not retaliate when I feel wronged by someone. Neither should I gossip about others or publicly air my personal grievances—except with my Sponsor.

Warranty Five is about being of service while maintaining democracy. We often involve our children in decisions, allowing the opportunity for their opinions to be heard. While it is not always possible to practice this Warranty in regard to parenting, it is a good guideline. ▲

Linda B.

The Forum, December 2019, p. 31

I was Mrs. Perfect

I have been a grateful member of Al-Anon for approximately 30 years.

At the first meeting I attended I waited for some advice on how to stop my husband drinking because I thought if he stopped drinking our life would be wonderful. I knew it all. I was Mrs Perfect.

I was taken to my first group meeting, kicking and screaming. I was like a fish out of water. Well, home I went. "Those meetings aren't much help," I thought. Things got progressively worse so back to the meetings I went. By this time I was ready to listen and learn. A shock to realise I wasn't perfect.

Things improved as I grew in confidence. One of the best things that I did for myself was to start doing service work—GR and DR, and Public Information on the Area Committee. I remember many, many great times of such happy, wonderful fellowship meetings.

I am now 82 years old. My husband died 10 years ago but I still attend Al-Anon meetings to keep me on track and to give back to the program. ▲

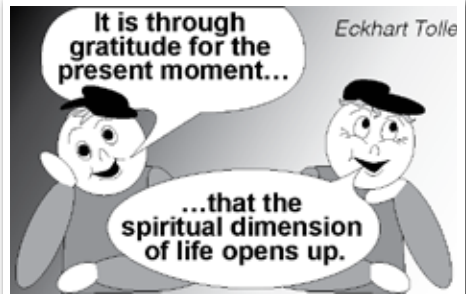
Bev B., Northern Victoria Area

Position Vacant Public Information (PI) Liaison Officer

- ▲ Two days per week flexible
- ▲ Two year contract
- ▲ Melbourne based

Increase awareness of Al-Anon Family Groups in the community and with professionals.

More details soon on website and January 2026 *Austra-Link*



Today's Reminder

If I so choose, I can regard everything that happens in my life as a gift from which I can learn and grow. Today I will find something positive hidden within a difficult situation and allow myself to be grateful. I may be surprised at how much a little gratitude can help.

"When it gets dark enough, you can see the stars." ▲

Charles A. Beard

Courage to Change, B-16. p. 332

Glossary of Abbreviations

A.A.	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

"I'll probably never know why some people are able to find recovery while others are not. Still, I'm astonished to discover that not only in spite of, but because of my losses, I am more keenly aware of the tenuousness, the delicacy, and the beauty of every moment."

Opening our Hearts, Transforming our Losses,
B-29, p. 172

Night sky above the
Bellarine Peninsula

Subscription to Austra-Link 2025-2026

Al-Anon Australia's 'meeting in a pocket' is available to individual subscribers for \$24.00 per annum.

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.

Individual members can subscribe to a **free** email copy of *Austra-Link* by sending their email address to **austra-link@al-anon.org.au**.

Email address:

To subscribe to a hardcopy of *Austra-Link* please complete the subscription form below.

Format	Annual - from 1 st November 2025	Part Subscription from 1 st January 2026
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 = \$ _____

Cheques payable to: Al-Anon Family Groups Australia. Address: GPO Box 1002, Melbourne Vic. 3001
EFT Payments: Account Name: Al-Anon Family Groups Australia Pty. Ltd. BSB: 063-158 Account No: 10035455
Reference: Group's name/Individual name **Email:** accounts@al-anon.org.au when you have made an EFT payment

Forthcoming Events

12 STEPS AROUND THE WORLD ZOOM-A-THONS—SPEAKERS FROM AROUND THE WORLD IN SUPPORT OF THE 50TH ANNUAL SAN FERNANDO VALLEY AA CONVENTION WITH AL-ANON AND ALATEEN PARTICIPATION (ALATEEN PENDING)

Date: Step 1-6, Saturday December 13th 2025, 7am-1pm PST

Step 7-12, Sunday December 14th 2025, 7am-1pm PST

(Australia is 19 hours ahead of PST. Add 1 hour if your state is effected by Daylight Saving)

Venue: Zoom ID: 88161023785 Password: 12steps (no caps)

ALCOHOLICS ANONYMOUS HALLS GAP CAMP WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday January 2nd to Monday January 5th 2026

Venue: Stoney Creek Lodge (formerly Camp Acacia) 63-67 Grampians Rd. Halls Gap

\$160 for accommodation and amenities for the entire weekend. BYO bedding including pillow.

Advance booking and payment required by December 10th 2025

Contact: Melissa 0491 171 222 or Chris 0424 401 361

63RD ANNUAL AA CONVENTION WITH AL-ANON & ALATEEN PARTICIPATION

Date: Friday 16th to Sunday 18th January 2026

Venue: Otago Boys' High School, 2 Arthur Street, Ōtepoti Dunedin

AFG Theme: *Our Primary Spiritual Aim*

Information: <https://al-anon.org.nz/alcoholics-anonymous-national-convention-2/>

2026 AA EAST COAST RALLY WITH AL-ANON/ALATEEN PARTICIPATION

Date: Friday 13th March to Sunday 15th March, 2026.

Venue: St Helen's, Northern Tasmania. Registration \$30 Contact: Gillian 1300252666

60th AUSTRALIAN NATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday May 1st to Monday May 4th 2026

Venue: JW Marriott Hotel, Gold Coast, Queensland, Australia

Information: Email infonatcon2026@aa.org.au or visit aanatcon2026.com.au

Limited discounted Marriott rooms. Booking link at registration

Register before 31st December 2025 and save \$20



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: January 2026

CAL: *Alcoholism, the Family Disease (P-4)*

Articles and Member sharings from around Australia

Sharing Topic - The Slogans—What's your favourite?

The National Phone Number for Al-Anon information is:

1300 Al-Anon (1300 252 666)

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) 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: sqaafig@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 – 2:30pm Monday - Thursday only.
*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)