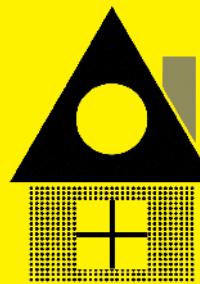


January 2026



AUSTRA-LINK

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.

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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.



The National Journal of Al-Anon Family Groups Australia

Issue No. 537, January 2026

Woohoo! A new year. 365 opportunities to start afresh...

I'm not big on making resolutions. Instead I focus on recent achievements in my life in recovery.

There's a little activity I enjoy every morning. Well almost every morning—it doesn't work on warm days if I'm going to wear thongs. The daily challenge is in my 'sock putting on-age'. To improve my balance I stand on one foot while preparing a sock with careful deliberation, turning it inside and folding it ready to slip my foot into it. Then comes the slipping the foot into it bit...quite tricky I find.

Last week I experienced a surge of triumph when I found a way to improve my technique! I discovered that by focusing on a point on the floor rather than at the sock or the soon-to-be-clad foot, I can balance for longer with less wobble or risk of having to pop the foot down. Well you can just imagine my excitement can't you?

I reflected on how much has changed over the years. The things I consider as achievements. Fifteen years ago it used to be running five kilometers in under half an hour, now it's winning a sock wrestle. And it really did tickle me pink to realise how much joy I can access now, even with my burgeoning decrepitude gradually inhabiting me as I age.

I must say finding joy is much more fun than resolving to give up crisps or walk an extra few thousand steps a day for the next year.

For 2026, we'll be featuring CAL pamphlets rather than a book or reader. I confess that after some years in the program I have not paid much heed to these smaller pieces of CAL and have underestimated their worth. However, the one on *Detachment* (S-19), which was part of the welcome pack I received as a newcomer, went with me everywhere in my first several months in the program.

Also the sharing and reflection focus for this year is the slogans of Al-Anon. I know for me they are wonderful disaster inhibitors. These beautiful sneaky tidbits help me find my pause button on so many occasions and steer me away from falling into a fit of the sulks or descend into the dark teatime of the soul. They seem poised and ready to help me sweep resentments aside and replace them with saner, kinder thinking.

You are all invited to share your stories about how the slogans have helped your recovery. Do you have a particular favourite you use time and again? Is there a slogan that has recently helped you through a fraught situation? Is there a slogan you have really had to examine to understand and apply to your life similar to the way you have explored the Steps?

I look forward to being inundated with shares, I really do. ▲
Wendy E.



Hugo is proud of my
sockage achievements.

Featured Conference Approved Literature (CAL) - 2026

Literature is a valuable source of recovery and a useful asset in the arsenal of tools we call upon to combat our 'dis-ease' as family and friends of people suffering from the disease of alcoholism. CAL books, workbooks, daily readers, posters and pamphlets make up this rich resource. We learn the same lessons over and over in a fresh way by listening and sharing in meetings and reading our CAL. The CAL publications inspire us to reflect on the dilemma alcoholism presents, but with sometimes quite nuanced differences in approach, offering new perspectives and so opening the way for new insights.

This year our CAL focus will be on numerous of the helpful pamphlets that have been written and are available to us. We'll start the series with *Alcoholism the Family Disease P-4*. It is an excellent distillation of all we might expect from the program and could serve as a compact and portable companion.



Alcoholism the Family Disease P-4

Al-Anon—What It Means to Relatives and Friends of Alcoholics

While most of us know that alcoholism is a disease, too few recognize it as a "family disease," which may emotionally,

spiritually, and often physically affect three or four people in addition to the alcoholic...p. 2. ▲

The Purpose of Al-Anon

Al-Anon's sole purpose is to help families and friends of alcoholics. We share experience in coping with the disease of alcoholism and learn to understand and encourage the alcoholic. We accomplish this by offering hope, friendship, and the opportunity to grow spiritually through practicing the Twelve Steps adapted from Alcoholics Anonymous...Sharing

our experience, strength and hope with other relatives and friends of alcoholics benefits our recovery. The more varied the experience, the greater the strength and hope.... p. 3. ▲

A Family in Need of Al-Anon

Mr. Brown used to be able to handle his liquor...Mrs. Brown doesn't sleep well and looks haggard...Nancy, the oldest child, has always been headstrong...John didn't like school and quit at 14...Ruth is an anxious 12-year-old...

All of the Browns have troubles. All of them are unhappy. One is an alcoholic. Is there a connection? Yes ...p. 3. ▲

The pages of P-4 are populated with so much useful information presented in a very accessible manner. The pamphlet includes personal sharings pp. 4-13, a thorough Q&A pp. 13-16, an explanation of the slogans pp. 16-18, a maturity evaluation checklist pp. 19-20, Do's and Don'ts pp. 21-22, obstacles to success p. 22, a brief introduction to Alateen p. 23 and a quick, comprehensive look at the Twelve Steps pp. 24-28. ▲

2025 Australian Service Conference

The Twelve Concepts, a Principled Approach

Principled...honourable, righteous, upright, ethical, just, moral.

Concept One: This clearly defines the ultimate responsibility and authority for Al-Anon world services belongs to the groups. For Concept One to work effectively it is essential to have healthy Al-Anon groups.

A principled approach to healthy groups encourages members to share their experience, strength and hope in sharing their story. Each individual member is also participating in the principles of reliability, courtesy, honesty and unity, by ensuring the door is open and meeting room set up ready for meeting. Members willingly welcome all members including newcomers.

We follow the suggested guidelines, sharing our experience, strength and hope, ensuring groups use only Al-Anon conference approved literature. We also follow the principle of being self-supporting by making personal donations, which frees us from outside influences diluting our fellowship.

Concepts Two and Three: With the principles of healthy Al-Anon groups in place, we can then be confident to delegate administrative and operational authority

to the Conference and its service arms. This makes effective leadership possible.

Concept Four: The key to harmony also relies on the principles of healthy, harmonious groups.

Concept Five: This gives us the right to be heard including the minority opinion. The Group Conscience is where we first learn the principle of the right to be heard.

Concepts Six, Seven and Eight: Al-Anon as a fellowship has administration services and legal responsibilities to enable a principled approach for the benefit of Al-Anon as a whole. The Trustees delegate to Executive Committees to carry out these responsibilities.

Concepts Nine and Ten: The principles of good personal leadership and service responsibility at all service levels are defined by the principles of defined service authority. Double-headed management is avoided.

Concept Eleven: The World Service Office is composed of committees, executives and staff who are aware of the Al-Anon principles.

Concept Twelve: The Twelve Concepts of Service and the Five General Warranties of the Conference sum up the principles of the Al-Anon program by giving me principles to live by.

I didn't know how to use the principles before I came to Al-Anon (I may have never even heard of the word, I certainly didn't understand it). After many years in Al-Anon I have learned to use the principles of the Twelve Concepts and the General Warranties in my life.

1. I learned how to manage my money by these financial principles, I now have a prudent reserve!

2. I learned not to let the alcoholic, my family, friends and people in my work life have unqualified authority over me. This was a relief and a blessing.
3. I learned in my Al-Anon family to have discussions, and we could agree to things unanimously, or agree to disagree respecting each other's opinions. This helped me to have honest relationships with my kids and family.
4. I learned not to be personally punitive to other people or cause controversy in my family. This made my part in my family much simpler—the slogans and the prayer on the back of the *Just for Today* card were a big part of developing this skill.
5. In my family, I practice consideration of others so our family is democratic in thought and action and all adults have equal rights. I use the principles of love and kindness that I have witnessed in meetings of Al-Anon Family Groups on a daily basis. ▲

Nerise D. Delegate, Victorian Southern Area



Out of the mouths of teens!

I have been in Alateen for four years. The program has been here for me through the best and worst of times. In the past, I lost my self-control because things were unclear and confusing. Now that I have my self-control and stability back, I can focus on living a better life.

I am comforted to know that Alateen is here to help me when I'm feeling confused and to remind me of my Higher Power. When things are rough, I can always count on my Higher Power to help guide me and remember the good things in my life. I am thankful for Alateen and the way it has strengthened my relationship with my Higher Power. ▲

Mallory

The slogan “Let Go and Let God” helps me, especially since my Mom died. It's hard when you lose people that you love. I have learned there is no need for suicide; it's stupid and won't help.

I have also learned not to allow people and things to get to me. I am who I want to be instead of who others expect me to be. I know my Mom is in a better place. She is in heaven with my Father; they are my guardian angels. They watch over and guide my way through life. I keep walking forward and try not to step back; I use the slogan “Let Go and Let God” to help me through life. ▲

Katherine

Voices That Care Alateen Group in Indiana

Alateen Talk, Spring 2006 , Vol 44 , p.2

The Slogans

DAY AT A TIME

EASY DOES IT

FIRST THINGS FIRST

LET GO LET GOD

LIVE AND LET LIVE

KEEP AN OPEN MIND

THINK, THINK, THINK

COUNT YOUR BLESSINGS

HOW IMPORTANT IS IT

KEEP IT SIMPLE

LISTEN AND LEARN

BUT FOR THE

GRACE OF GOD

tool to draw upon as we live in recovery.

Perhaps you might have a particular slogan that works for you in times of stress or you have a reading that resonates strongly. Please consider sharing with other *Austra-Link* readers.

So, please join in while we tap into the slogans and see what we come up with throughout the year.

Today, let's launch ourselves into this next 365 days 'One Day At A Time'. *Ed*

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just For Today card, M-10

The sharing and reflection focus is on our Al-Anon slogans for 2026. We look forward to being swamped with your stories during the year and will eagerly receive your reflections.

While they are not strictly CAL, and as such their order is not significant, they are a wonderful

Planting flowers outside my window was my turning point to recovery.

Before I found Al-Anon, I lived in a miserable atmosphere of absolute despair. I was becoming increasingly concerned over the huge amount of alcohol my husband was drinking daily. Every day was a "gray day" full of arguments, tears, pleas, and threats, causing so much unhappiness in our life.

I watched a program on television about Al-Anon and heard that alcoholism is a disease. This gave me my first indication that I could get help. Those first few weeks listening to members sharing and reading CAL, I knew I was among people with the same problems that I was experiencing. It gave me an insight as to how I could improve my life "One Day at a Time." I was also learning I could not stop my husband from drinking.

One of the first decisions I made was to improve my outlook from the kitchen window. I looked out at an overgrown garden full of weeds. I dug up a small plot of earth, planted some flowers, watered them and watched them grow. I then noticed how the grass was so long and untidy. I decided to mow a small section so that I could sit out on sunny days in a pleasant spot.

Later I realized that by keeping busy, I wasn't focusing on my husband so much. So each day, I concentrated on improving

Continued on page 8 ...



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

There are no 'shoulds' or 'musts' in Al-Anon...except

Throughout our recovery we work to improve our manner of communicating by being aware of respectful and kind language. At the same time we are finding our voices and asserting ourselves while being sure to "say what we mean without saying it mean."

We learn the harm of gossip and sarcasm—harmful to those around us and also harmful to us as individuals in our efforts to become loveable to ourselves. Many of us have grown up in a climate of harsh directive language liberally laced with "you should", "you must", "don't ever" without the underpinning of strong, supportive and consistent actions. We have absorbed the harm such words can do, and as such, we work to quiet the negative self-talk that inhibits our progress. We seek a gentler path. But there is still a valid place for the words. "Shoulds" and "musts" can also be wisely directive, stressing the importance of the principles by which we are starting to live.

Here is the other side of the coin in this illuminating article from one of our long-time members, Beryl S., published in *Austra-Link* #448 August 2018.

One of the main things I love in Al-Anon is its plain speaking. We sometimes hear there are no "shoulds" or "musts" in Al-Anon—but that is not correct. And there are a lots of "oughts" as well as some "ought never".

How could Al-Anon guide our thoughts in the right direction if there was nothing like that? This is a program

for living, and living to the full, but we can't do it without guidance.

We are not left in that lonely state where we had only our own thoughts to show us the way. Every time we read the Steps and Traditions we hear the words we need—but perhaps we don't always let them in to germinate in our brains and bring forth a whole new perspective on life.

Every time we read the Traditions we are shown the way to get the most out of our group meetings, as well as achieving unity throughout our entire fellowship. We are the builders, but not the architect, and we need to follow the blueprint just as carefully as we can.

Remember these?

- ▲ Our common welfare *should* come first.
- ▲ Each group *should* be autonomous except in matters affecting another group or Al-Anon or AA as a whole.
- ▲ Our Family Groups *ought never* endorse, finance or lend our name to any outside enterprise...
- ▲ Every group *ought* to be fully self-supporting...
- ▲ Al-Anon Twelfth Step work *should* remain forever non-professional...
- ▲ Our groups, as such, *ought never* be organized...
- ▲ ...our name *ought never* be drawn into public controversy.

And of course we are reminded in the Suggested Al-Anon/Alateen Welcome:

Everything that is said here, in the group meeting and member to member, must be held in confidence.

We do well to follow these words of wisdom. ▲

Beryl S., Victorian Southern Area

NEWS and VIEWS from AGSO

Available as free downloads from our website:

- ▲ Are You Troubled by Someone's Drinking? (20 q's series) **S-17**
- ▲ Detachment **S-19**
- ▲ Did You Grow Up With A Problem Drinker? (20 q's series) **S-25**
- ▲ Families Facing Alcoholism (3rd edition) **PI-01**
- ▲ Joy of Service **S-57**
- ▲ Information for Educators **S-64**
- ▲ Alcoholics, their families, and the judicial system **S-65**
- ▲ Why Conference Approved Literature? **P-35**
- ▲ Al-Anon's Co-Founders **P-87**
- ▲ Links of Service **S-28**
- ▲ Fact Sheet For Professionals **S-37**
- ▲ Alateen 20 Questions **S-20**

Remember...

- ▲ to leave your Group hardcopy of *Austra-Link* where members can see it and perhaps arrange to borrow it to take home
- ▲ to email your e-Version of *Austra-Link* to all members on your Group email contact list
- ▲ to forward your *Austra-Link* to your Al-Anon friends
- ▲ to think about sharing your experience, strength and hope in recovery by sending in your stories
- ▲ to encourage your Al-Anon friends to share their stories with *Austra-Link*.

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

Position Vacant Public Information (PI) Liaison Officer

The Australian General Service Office is looking for a new team member to fill a recently created position of PI Liaison Officer.

The position is part time 16 hours per week, flexible hours, on an initial two year contract. This is a Melbourne based position with some options for working from home. The role is to identify opportunities and develop action plans to improve public and professional awareness of Al-Anon Family Groups Australia.

Knowledge and experience of the following is essential:

- ▲ Strong communication and organisational skills.
- ▲ Proactive approach, with the ability to take initiative.
- ▲ Proficiency in Microsoft products such as Word, Outlook, SharePoint and Teams.
- ▲ Ability to work collaboratively and harmoniously in a team environment.
- ▲ Ability to work unsupervised.
- ▲ Sound understanding of Tradition 11 especially in relation to attraction not promotion.

Other requirements:

- ▲ Not a current or past member of Alcoholics Anonymous.
- ▲ A minimum of 3 years membership of Al-Anon Family Groups.
- ▲ Must have a valid Working With Children Check.

Please email applications to:
dgs@al-anon.org.au

Applications close 20th February 2026

...Continued from page 5

my surroundings, learning new hobbies, and going to concerts or to the theatre.

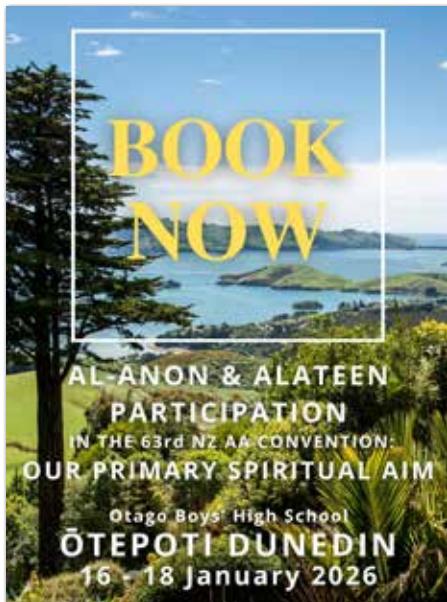
My husband was still drinking, but not affecting me as he did before I found Al-Anon and a new way of life. I studied the Twelve Steps, Traditions, and Concepts; took service positions in my home group and at Area level; and one day I was eventually able to tell my husband about Al-Anon. He finally admitted he was an alcoholic and needed help. After he went to several A.A. meetings, he decided he could manage without them and, though I was sad at his decision, I realized I could only hand it over to my Higher Power and let go.

Over the years, my husband's health suffered and his drinking lessened. We lived a mostly happy life together until his death a few years ago. I still attend Al-Anon meetings and enjoy all the loving members as they come and go.

I always think back to my first decision to light up my life by planting some colorful flowers in a small plot of garden, which started me off on my road to recovery. I can hardly bear to think where I would be today without the Al-Anon program. I shall always be grateful for the television program I happened to watch over 30 years ago, that showed me the Al-Anon way of living, "One Day at a Time." ▲

*Kathleen T, New Zealand
The Forum, April 2011, p. 18*

All articles included in *Austra-Link* from other publications are presented as they appear in the original form.



Zooming towards Serenity

I am the GR of a Zoom meeting. Some of my experiences are of supposedly peaceful mornings when I am away from home.

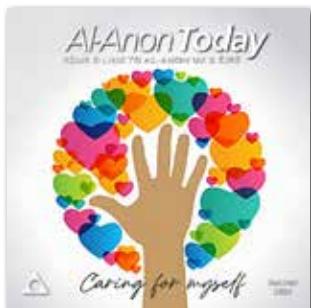
Sometimes the noisy street-cleaner or a mower passes and I have to stop sharing. In November, I had ear-buds linked to the phone when I saw a beetle on its back. I thought I would turn it over after the meeting, but a bird came and ate it for breakfast. I remember a daily reading about birds in a garden and on this day I was pleased to see a type of bird I had never seen before.

The most devastating was in early November when, halfway through my meeting Telstra was down at the Gold Coast. It was a difficult time to lose contact with my 20 members, but others checked I was well which shows the caring of members. Also the Serenity Prayer is very useful in difficult situations.

Recently a big event for me was attending the Nelligen birthday party weekend where many from our District attended.

I visited AGSO in Melbourne, which is a good excursion—a good time to give a birthday donation for my Al-Anon birthday years, and to fill in the Al-Anon Membership Survey. ▲

Helen B., Southern New South Wales Area



The Mysterious God Box

When I first heard a dear Al-Anon friend talking about using a 'God Box', I was intrigued.

I needed to do some more exploring about this for myself. How could it be that I had been in Al-Anon for several years but had never heard of this?

I kept my ears peeled at meetings for any mentions of this elusive 'God Box' but none was forthcoming. I plucked up the courage to ask my friend about her God Box when I next went to stay with her and was very excited when she showed it to me.

I don't know what it was I was expecting to see. Was it going to be an elaborate wooden box? Or an old tin? Or an empty perfume box? Did it matter what it was?

Well to me it did, if I was going to have a God Box, then I had to do the

whole thing properly. I soon found out that I was being totally ridiculous and I was over thinking the whole thing.

I can't honestly remember what her God Box looked like; only that it was big enough for a small pad and a pen. And that it contained lots of folded up pieces of paper! She explained that if something was troubling her and preventing sleep, she would write it all down on a piece of paper, fold it up then put it in her God Box.

I was mesmerised. I thought about all the hours of endless worrying I had endured when I lived with active alcoholism. Had I known about having a God Box pre Al-Anon, then would I have used it? I don't think that I would. I was so totally obsessed with my ex-husband's drinking that there was no way I was handing his alcoholism over to a power greater than myself.

Today, I no longer live with active alcoholism. Sadly my ex-husband died without finding sobriety. It was about eight years before he died that I discovered the God Box.

There were a few times when I had handed over not only him but our daughter as well.

I have put all sorts of things in it since then, be it little things, friends, family and even things happening at work. I've also had requests from friends outside of Al-Anon so I have guided them towards making their own God Boxes. ▲

Dawn, Area 2

Al-Anon Today, Summer 2022, p. 9
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60th National Convention of Alcoholics Anonymous with Al-Anon and Alateen Participation

The 60th National Convention of Alcoholics Anonymous with Al-Anon and Alateen Participation is being held at the JW Marriott Hotel on the Gold Coast QLD from Friday 1st to Monday 4th May 2026.

The Convention is a great opportunity for members to come together and enjoy four days of fellowship, meetings, making new friends and being of service.

There are over 18 meetings including speakers from all around Australia, a public Al-Anon/Alateen meeting, a dinner dance on Saturday night, raffles and much more.

We will also be selling a wide range of Conference Approved Literature (CAL) including *Healing our Alcoholic Relationships* (P-95 Booklet) and *A Little Time for Myself—A Collection of Al-Anon Personal Experiences* (B-34 Daily Reader).

In case you suffer from the fear of missing out, please REGISTER NOW for the Convention (and the dinner dance) at the AA website:

aanatcon2026.com.au

Registration Options

Full Weekend: (4 days) \$183

Dinner Dance & Band: \$175

Alateen: Registration is free for Alateens
Come along to this important event and help raise much needed funds for Al-Anon and Alateen.

We'd love to see you on the Gold Coast.

Beautiful one day perfect the next! ▲

Carol G., Hosting Sub-Committee Al-Anon

I see possibilities in everything...

Michael J. Fox



...For everything that's taken away, something of greater value has been given.

Today's Reminder

There is an innocence within me that already knows how to trust my Higher Power, to cherish life while holding it lightly, to live fully and simply in the present moment. I will allow that part of myself to come forward and nourish me as I continue on this journey.

"It takes one a long time to become young." ▲

Pablo Picasso

Courage to Change, B-16. p. 82

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

Today's Reminder

Today I can live a life full of joy and serenity. That doesn't mean there aren't challenges every day, but my Higher Power helps me to navigate life's difficulties using Al-Anon's tools.

"My happiness depends on my ability to recognize the beauty and goodness which surround me."

Living with Sobriety

*Swan – Lake Lorne
Bellarine Peninsula*

A Little Time for Myself –

A Collection of Al-Anon Personal Experiences, B-34, p. 12

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.

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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

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

Date: Friday 2nd January to Monday 5th January 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



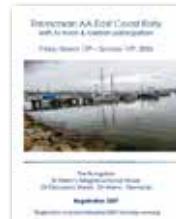
63RD ANNUAL AA CONVENTION WITH AL-ANON & ALATEEN PARTICIPATION

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 Helens, 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



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Remember, a gift subscription to someone you sponsor or to a new member in your group, is a loving way to say, "We care about you, please keep coming back".



Next Issue: February 2026

CAL: For 2026 we will feature one or more CAL pamphlets each month

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: alanonnthernnsw@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-snsw.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: sqaafg@gmail.com

NORTHERN VICTORIA:

Al-Anon Family Groups Northern Victoria Area
Inquiries: 1300 252 666
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 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
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)

