

March 2026



# AUSTRALIA-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](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*

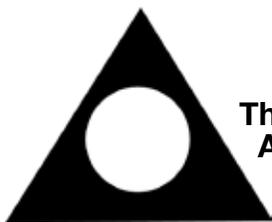
### Unity

*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.



## Acceptance and courage...

I'm having a lovely day today pulling together the elements of this month's *Austra-Link* and immersing myself in your sharings and various sources of CAL to fill this issue.

The entire woolly brood are enjoying the serenity in their bedroom. They're willing to let me share it thankfully. Checkers the big burly hunter, has really started to suffer the effects of his bunny addiction and I have to face my role as enabler.

*Accept the things I cannot change...* which is Checkers' hankering for rabbits, rodents and cat food and his drive to consume them with little pause.

I've been wryly smiling at the local vets as they suggest Checkers needs to lose some weight. This weekend an emergency vet really, *really* reinforced the fact he is at risk of developing diabetes if he continues to expand. He is now 8.5Kg which is heavier than Hugo.

Until now I've been proclaiming how amazingly big he is, all muscle 'don'tchaknow', how it's probably hormonal, poor boy loves his food, impossible to train a cat, too hard with multiple moggies and so on. And when he yowls in his plaintive way and gazes at me with his steady green eyes I have been known to top up his food bowl.

*Courage to change the things I can...* As with my alcoholic's potentially terminal disease, there is nothing I can do to control Checkers' rabbit and rodent passion, but there are things I can change in my behaviour to make the situation healthier.

Before Al-Anon, I would often rescue my husband when he ran short of money. I would casually say my business could pay, thus distancing myself a little to 'spare his ego'. In all the years I did this it felt wrong. Even before Al-Anon, in my heart I knew it was messy and controlling. It fuelled my denial and kept my husband in the wrong while I was 'Mrs Genial Generosity' (not so genial more often than not).

I told myself I was being kind, loving and supportive. I was not. I was being manipulative and protecting my perch on the higher moral ground.

It was hard for me to build the boundaries I needed and I was quite inconsistent in my approach. I didn't make any declarations, but I privately knew my behaviour needed to change. I grieved the loss of the myth but liked the cleaner way of living my life.

So with my lovely cat it's not good enough to throw my hands in the air and say it's too hard to improve his diet—then feed the poor fubster another tidbit or let him eat the others' leftovers. As of yesterday I give everyone their food, allow 15 minutes to eat, then remove it.

Hugo, Sniper, Rosie and Checkers are all a bit puzzled—peevd even—but I'm changing a thing I can, and it's taking a bit of courage. ▲



*Hugo—a peevd pooch*  
Wendy E.

## Featured Conference Approved Literature (CAL) - 2026

### *Al-Anon Spoken Here* P-53



*Al-Anon Spoken Here* is a service pamphlet useful for understanding what someone can expect to hear in an Al-Anon meeting (including what is not helpful to hear in an Al-Anon meeting, e.g., your membership in another 12 Step fellowship, and why those aspects of a personal sharing need to stay outside Al-Anon's doors).

[al-anon.org.au/shop/literature/pamphlet/al-anon-spoken-here/](http://al-anon.org.au/shop/literature/pamphlet/al-anon-spoken-here/)

Last month we looked at *Why Anonymity in Al-Anon?* P-33, one focus being on ensuring what is said in meetings stays *in* meetings.

This month, in the *Al-Anon Spoken Here* pamphlet P-53, we ponder what should stay *out* of meetings as well as addressing some of the things we might not be aware of when we approach recovery in Al-Anon.

Included in this pamphlet are answers to a series of questions. Here are some of them.

- ▲ What do Al-Anon/Alateen members talk about at meetings?
- ▲ What is the point of the slogans and the Serenity Prayer?
- ▲ Why is anonymity so often a topic at meetings?
- ▲ My family and I are involved in an outside recovery program. Wouldn't the insights from this therapy be valuable to the rest of the fellowship?
- ▲ I am a member of Al-Anon/Alateen and a recovering alcoholic. How much of my personal experience with alcohol is appropriate to share at Al-Anon/Alateen meetings?
- ▲ I am a member of another anonymous

program. Recently I was asked not to discuss it at our Al-Anon/Alateen meetings. Why?

- ▲ As a psychotherapist - and an Al-Anon member - I feel that my professional experience can enrich our group's discussion. Why have I been discouraged from sharing my knowledge at meetings?
- ▲ Can an outside speaker address an Al-Anon/Alateen meeting?
- ▲ What about outside readings on alcoholism and its effects?
- ▲ What can Al-Anon/Alateen members do when they think the program is being diluted with outside issues or the topic of conversation is not appropriate for an Al-Anon/Alateen meeting?

We are reminded of the our primary focus—Tradition Five:

*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.*

P-53 is an excellent resource for the newcomer as well as a source of good information and clarification for members of any longevity in the program. ▲

## Speak to newcomers in their own language

One of Al-Anon's greatest strengths is the ability to identify properly with fellow members. And it is not a "misery-loves-company" sort of thing either.

All but a fortunate few come to their first meeting in desperation. Suffering under the old idea that excessive drinking was a disgrace, ignorant that it is an illness, most newcomers have imprisoned themselves behind high, strong walls which not only shut them in but keep all others out. They are their own jailers.

Families, friends and neighbors were kept at arm's length lest they stumble upon what we considered our "shameful secret". Some of these newcomers, it is true, had cast dignity to the winds and everlastingly complained about their suffering to anyone who'd listen. They had not realized that understanding was needed, not the weakening sympathy, generously extended to them in error.

Both kinds of sufferers—the strong(?), silent ones and the vociferous complainers—come to Al-Anon in equal need of help.

I was the silent type. I buried my head deeper in the sand than an ostrich. I fooled only myself. I'd had several years of fine AA meetings which, if misery-loving-company is an answer, had failed me completely. I had learned that many others faced the same situation but it hadn't done me much good.

Then came Al-Anon. I was slow to learn even in it but I did immediately feel there were answers for me and it was up to me to find them. I knew Al-Anon was meant for me and for my problems, just as AA was meant for the alcoholic. That

was the first great surge toward freedom.

I remember the first time, years and years ago, that I put Al-Anon to work and risked a slight breach in my hitherto impenetrable wall. We had recently moved. A dearly loved neighbor, just widowed, phoned to say she was going abroad. She was to be in town that afternoon only and would like to come to say goodbye. Naturally I asked her to tea and prepared an impressive one.

Then at noon the blow fell. My husband came home unexpectedly, the worse for wear. He'd seemed all right at breakfast—and I was frantic. Our apartment was about the size of two card-tables; the walls were tissue thin and I could think of no way to reach Dorothy to stop her coming, which was my first impulse. The lovely sandwiches, fancy petits fours, jumbo salted nuts, all mocked me during the ages I waited for her ring.

Then, like the Marines in the movies, as I watched her come up the stairs, Al-Anon came to my rescue. I'd attended only a few meetings but I had learned courage to face the situation.

As she moved toward the bedroom with her hat and coat, I said lightly, "Better bring them here. The body is lying in state in there and he's best not disturbed."

"I'm sorry," she said. "Why didn't you tell me he's sick and I wouldn't have bothered you." "I'm not bothered," I said. "He reunited with his old outfit last night and celebrated too well. He's just got a hangover—he earned it. I stayed home alone and I'm feeling fine." And I was, suddenly.

She just laughed and said what an unsympathetic, hard boiled Hannah I was and went on to tell how she'd once

overindulged and how she suffered. I completely relaxed. No moan or groan from the bedroom upset either of us.

Long before, I thought I had accepted alcoholism as an illness but I very evidently had never accepted the compulsion of it. I'd given it lip-service only. ▲

*Forum Favorites, p 198*

## On the Other End of the Line

Looking back, it's the best act of service I did in 2025. I can't remember quite how it came about, but earlier this year I was asked to take the Al-Anon after-hours phone for a week and I said "Yes". How hard could it be?

The hand-over was very easy, with a brief introduction and I was handed the organised carry-case.

A rewarding week followed, where I began by treating the phone a bit like a young child that I couldn't let out of my sight, and ended with a healthier relationship.

I was nervous at first, seeing my lack of experience in the program and hoping I could adequately answer everyone's questions. But it was so easy—I mostly had to listen.

Many people called on behalf of someone else, or to find out about meeting times and venues which were on a printed sheet in the case. One person asked how to help the alcoholic, to which I had no answer, but I *did* know how they could help themselves.

I couldn't answer every question, and I had to phone other people and get back, but it was enough. I sent out a few envelopes with information, and I recorded the outline of each call. I didn't

cancel any engagements or change my routines; I just had a new bag and was trying a new service.

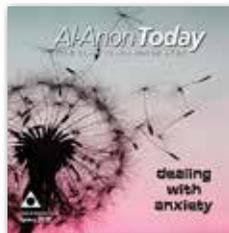
The experience was humbling, taking me back to that time when I would have done anything to stop my worry and the pain of my loved one. I felt, again, the breadth of damage from this disease, both geographically and in the personal details and nearly half of the callers were like me—people who had heard of Al-Anon or gone to it years ago and were just now ready to take another step.

I kept thinking that there are so many *good* people in the world.

I'm not sure how many people perform this service, but the number is small and everyone needs some time that is just their own. It's one of the hidden services, so perhaps few people contemplate it. I ask you to consider doing just **one week** in the **whole year** with the after-hours phone this year and continue what you do in meetings—listen, learn, share your experience, strength and hope. ▲

*Karen M., South Australia Area*

## The Gifts of Al-Anon



I grew up in a dysfunctional alcoholic home, striving for perfection and control. Without the tools to manage my anxiety, I hit my rock bottom and when I could no longer cope with my anxiety I decided to seek help from Al-Anon.

There was no magic cure or set of instructions on how to manage my

crippling anxiety, and I can't pinpoint when I suddenly stopped feeling anxious, but I can say that I am no longer laden down by the weight of my anxiety.

Al-Anon has given me so many ways for dealing with my anxiety. Most importantly, because my Al-Anon Groups listen to me, I can speak out loud about what is troubling me to people who have had similar problems. I speak to myself more compassionately and look for things to be grateful for.

Al-Anon Slogans such as 'Easy Does It', 'One Day at a Time', 'Progress not Perfection', 'Let Go and Let God' and HALT - Hungry, Angry, Lonely, Tired - help put things in perspective, along with the sayings, 'no is a complete sentence' and 'drop the rope'. I can hear these words in my head; spoken in the voices of my loving Al-Anon friends.

I use the index of Al-Anon daily readers to find readings that help rationalise my darkest thoughts and free me of them. I can now refer to these readings from memory, helping me find serenity in a moment of madness.

I mentally recite an A-Z gratitude list on the way to work, which is very calming. Mindfulness, meditation and movement helped me to hold on to today. Trusting in a power greater than myself helps me to hand over my concerns for tomorrow. I like the bite-sized advice on the Just for Today card. A lot of my anxiety comes from trying to fix others. I now ask myself 'Whose business are you in?'

I write a list of all the things that are within my control to change and when I feel overwhelmed, I look at the list for one small change I can accomplish.

These small changes add up and give

me courage to face more challenging changes on my list.

Self care is important to me. I try to remember I am worth it, I am enough, I deserve it.

Self care helps me to recharge my batteries before I care for my children and gives me the energy to break the generational cycle of alcoholism.

I can put my anxious energy into cleaning, gardening, walking, sewing, crocheting. I was a complete novice when I started to sew and I needed a challenge to focus on. My new hobby was hard and I had no time to think about what was making me anxious. When I finished my project I had something to talk about with enthusiasm, and it made me smile. Movement such as exercise, walking and dancing can lift my mood when I feel 'stinking thinking' coming on.

My anxiety did not go overnight, after all anxiety had been reinforced and passed down through the generations in my family. I married an alcoholic which ensured I stayed on the 'merry-go-round'. I understand that it takes time and conscious effort to retrain my thoughts and behaviours so that I begin to thrive rather than just survive.

Today, I put my problems in their 'true perspective' and live in the present. What a gift it is to have Al-Anon in my life.

*Anon*

*Al-Anon Today, Spring 2022, p. 9*

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## I can take what I like and leave the rest

Recently I watched a friend—who is not a member of Al-Anon—play a solitaire card game on her computer. I was amazed that she sometimes dealt a hand, had a quick look and then cancelled that game and dealt another hand.

I asked her why she did this and she said “If it looks too hard and not fun, I try another one that looks easier”. I was astounded that this had not occurred to me and how taking the harder path was a pattern that I had repeated in my life. I believed I had to deal with the hand life had dealt me and even be grateful for it. I kept trying to solve a problem even when it was too hard for me, and usually it was definitely not fun.

The option of choosing, or creating a different hand was only something I learnt from coming to Al-Anon Family Groups.

Growing up in my home, we were encouraged (or forced) to be self-sufficient, not rely on others and to tough it out no matter what the cost. To give up was to fail, to be weak, incompetent or insufficient.

An example of this was when I got my drivers’ licence and drove to my brother’s place to share the news.

Whilst I was inside, another brother moved my car further down the sloping driveway and let down one of my tyres.

He said I had to learn how to change a tyre by myself.

I was working shiftwork at the time and they didn’t want me flagging down a stranger in the middle of the night. And although some of those lessons have held me in good stead, and I still like to nut out a problem and feel good when I can do it by myself, there are times when I could have chosen an easier path.

Today I know that I can take what I like and leave the rest, choose things that feel right to me and say “no thanks” to those ‘games’ that aren’t fun.

I also have roadside assistance for my car, so now I don’t have to change my own tyres. ▲

*Helen G., Victorian Southern Area*

“say “no thanks”  
to those ‘games’ that  
aren’t fun”

### 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

# NEWS and VIEWS from AGSO

## National Convention 2026

### Al-Anon Fundraiser Online Zoom Meeting

**Sunday March 29th**  
**5.00pm – 6.30pm**

**Meeting ID: 872 8769 3230**  
**Passcode: 625 975**

*Theme: Looking after Ourselves*

**\$10.00 donation**

**BSB- 064 474 Acc No- 1096 2350**

Account Name – Al-Anon Family Groups District One  
Reference – Fundraiser online  
Hayley H 0413079295



## **2025 Membership Survey** **CAL winner**

**Congratulations to Kath B. from Western Australia who won the prize of \$50 of CAL.**

Thank you again to all members who participated. We had 585 responses. Findings will be published in Austra-Link and on the website in due course.

## **Literature Committee** **Chairperson**

We are delighted to introduce Carmel W., the new Chairperson of the AGSO Literature Committee.

Carmel is passionate about our CAL and how it has changed her life.

## **2026 is the** **75th Anniversary of** **Al-Anon in Australia**

Groups, Districts and Areas will be eager to join in with celebrating 75 years of our fellowship in Australia. If you or your Group, District or Area have any ideas for marking the occasion that you'd like to share please let us know.

## **A lot's changes in 75 years...**

If you have some recollections of earlier days in the program we would love to receive your stories.

- ▲ Where were you in 1951, 1966, 1981, 1996...?
- ▲ What CAL was available to you in those earlier years?
- ▲ How did you stay in touch with other members before it was common for every household to have a telephone?
- ▲ How has staying connected changed over the years of Al-Anon in Australia?

Send shares, snippets and stories to  
**[austra-link@al-anon.org.au](mailto:austra-link@al-anon.org.au)**



# The Slogans

## ‘Keep an Open Mind’

At the recent Victorian Southern Area Assembly our chosen topic was “Keep an Open Mind”.

I have come to like this slogan because it challenges me to grow and helps me to listen respectfully.

In my family of origin I was not encouraged to have a mind of my own. I was expected to be obedient and fall into line with the expectations of my parents. My schooling was similar. There were plenty of rules to follow.

When I came to Al-Anon I was searching for “the answer” to my husband’s drinking and, to be honest, what I could do to force him to see sense. It was quite a shock to realise I couldn’t force anyone else to change but that I could do something about my attitude and behaviour. I didn’t like this idea at first—wasn’t he causing all our difficulties? Why should I be the one to change?

I liked the atmosphere of peace and serenity in the room at my first meeting. I also loved the phrase: “Take what you like and leave the rest”. Al-Anon offers suggestions/guidelines not rules! I had choices! This was new to me.

I listened to members share stories about the family disease of blame and denial. I was assured that, if I kept coming back, and tried to listen with an open heart and mind, my life could change for the better. But it would take time—I needed to be patient.

A dear member, now passed away, encouraged me to give the program six months before making any big decisions. I identified with her story and decided to trust her suggestion.

One helpful example of how I applied “Keep an Open Mind” was when I attended a special meeting in Melbourne with the Executive Director of the WSO a few years ago. His suggestion was that, when tension or disagreements arose in a conversation, I could try saying:

“You may be right” and by “letting go of the rope” the situation may improve.

I decided to try these suggestions at home and they worked! I still use these when tension/disagreements arise. I realise now that my way is not always the best or right way. I am learning to “Keep an Open Mind”. ▲

*Maree C., Victorian Southern Area*

## Al-Anon’s slogans help guide me to positive action

I was grateful to be in a meeting recently when I heard, “pick up the heavy 10,000 pound phone”. An image of myself hesitating to send a message or click a green call button arose. Thoughts of how busy other people are, what am I gonna to say, how’s my tolerance, what if I say something wrong? My inclination to reach out and connect is bullied down to a tiny speck with the final excuse of not having the time.

Analysis paralysis—the more I hesitate, the more stories I make up as reasons not to reach out.

When I grew up, visitors to our home were rare. The anxiety of my dad coming home drunk, or the less than perfect picture of our home combined with the busy nature of active after school activities, didn't make entertaining friends at home a priority or really a possibility.

Having friends over was not really something I noticed as missing or a loss. Quite the contrary. I really enjoyed sport and dance, and was so grateful to be able to learn, move, play and interact.

When my Mum was a girl, she didn't get the opportunity for outside school activities, short of her rainbow girls church group. Her own mum was from a generation where 'having a Bex and a lie down' was touted as the medicinal cure-all. My darling mum would have loved some sport and dance. So she was very active in helping us four kids have activities outside the home. Possibly also a welcome distraction from what my darling dad was or wasn't doing.

I am so grateful for those opportunities to be an active kid, and now find being an active adult a great asset to my physical, mental and emotional health and consequently, my relationships.

However, connecting with people is something I actively avoid at times. I have learnt the shame and embarrassment I felt around my dad and ex-husband's drinking had something to do with that, and patterns get worn in over time.

Through awareness grown from working the Steps and attending meetings, I noticed a tendency to isolate myself. Though I know I do need time alone and in nature, I also greatly benefit from connection, especially within our amazing Al-Anon fellowship. So I've been looking to create more balance in reaching out

and connecting. I have been challenging myself to reach out more, following my intuition, and moving past patterns. We're not perfect, we are learning, and of course I don't have to like everything about everyone all the time.

Personal growth comes to us all from service. This month I'm attending *Peace & Serenity in the Blue Mountains*. For many years there was an AA Rally in the Blue Mountains 'Serenity in the Mountains' with Al-Anon participation, which ceased before the COVID 19 epidemic. A member began the conversation about reintroducing this over a year ago. It is now an Al-Anon Rally for one day, to be held on **Saturday 28th March** at the Mid Mountains Community Centre in Lawson.

The name was chosen from a combination of suggestions and the three legacies are covered in the variety of the programme for a day of meetings, workshops, journalling time and an Alateen meeting.

I was encouraged by a member saying they were very keen to attend the day as it's close to them...they were in Dubbo, 300k away. What a great fellowship we have across this wonderful country.

I find Al-Anon's slogans—Count your blessings, Keep it simple, Progress not perfection, Easy does it (and Do it!)—very helpful in guiding me to positive action in my life.

With practice I learn to trust myself more, follow the guidance of my Higher Power, and connect with our amazing Aussie Al-Anon fellowship, where the gift of recovery continues to prosper. Thank you so much for your presence, courage, service, honesty and recovery. ▲

*Nic H., Western New South Wales Area*

## Out of the mouths of teens!

I am sixteen and have been a member of Alateen for two years and four months. My Mom tricked my brother and me to go to Alateen the first time. I didn't want to go.

My thought was why am I going to this meeting when my Dad is the one with the problem. After I got out of that first meeting, I thought, "Hey, this is really good and I should keep coming back."

Before Alateen I hid a lot and didn't talk much. I was the quiet one. The one who got good marks, watched TV, and hid in my room. Inside I had a lot of anger but I didn't talk about it. My Dad drank and my Mom yelled about it. My brother yelled, got angry at my Dad, and put a few holes in the walls. I stayed silent.

Alateen has taught me to laugh about my problems. For example, on every one of my birthdays my Dad has been drunk. This year he was in a recovery house and I actually thought for the first time in 16 years he would be sober for my birthday. Of course he wasn't, but at least I can laugh at the fact that he is always consistent with at least one thing. And this time when he started mumbling and freaking out because we were angry that he left the recovery house and got drunk, I was able to tell him and it helped get that anger off my mind.

Alateen has taught me to detach. Two years ago my Dad left home, yet we still kept in touch with him. We are able to see him when he is sober and not see him when he is drunk.

I think Alateen is important because without it my family would not be able to survive the stress drinking has put on us. Thanks to our group Sponsor for always being there to share, listen, and help me. If anyone knows of a teen that lives with alcoholism, try to get them to go to at least one meeting. It's better to plant the seed of recovery even if they don't come back again than never to have them come at all.

Alateen has taught me that I am me, not my Mom or Dad, just me. And I can be funny or serious. I can have friends, dreams, and ideas that are my own. ▲

*Josh Surry, BC - Canada*

*Alateen Talk, Vol 42, No. 2, Summer 2004*



## Today's Reminder

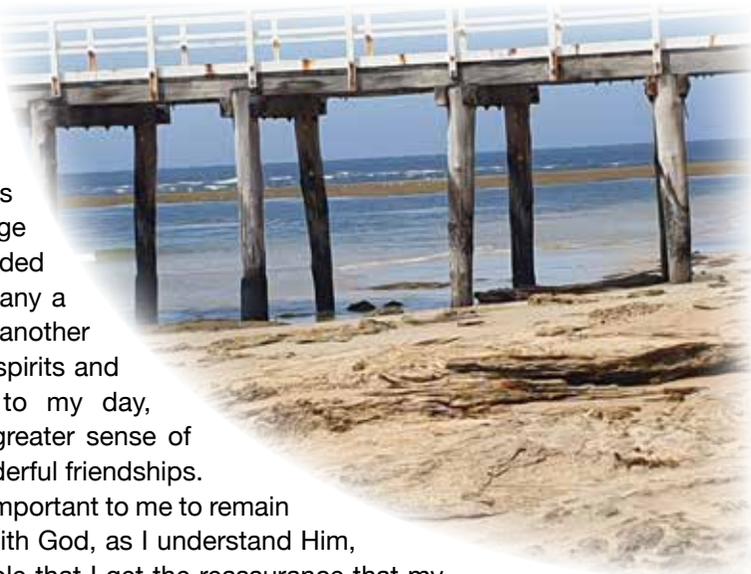
The unity and support of Al-Anon is unlike anything else I have ever found. I am so grateful for the hope, courage, directions, and compassion I receive in this program.

*"Any good that I can do, or any kindness that I can show to any fellow creature, let me do it now." ▲*

*Alcoholism, the Family Disease*

*A Little Time for Myself—A Collection of Al-Anon Personal Experiences, B-34. p. 77*





Time and time again I have been almost startled by the clearness of a member's message or a reading that I needed at that precise time. Many a chance encounter with another member has lifted my spirits and given more purpose to my day, or given me an even greater sense of gratitude for such wonderful friendships.

Today, although it is important to me to remain in conscious contact with God, as I understand Him, it is through other people that I get the reassurance that my God is a force for good in my daily living.

*Sharing from the Heart, No. 196, August 1997, p. 99*

### 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.

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Email address: .....

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Hard copy	\$24.00	\$2.00 per month
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Individual/Group Name:		
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

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

Date: Friday 13<sup>th</sup> March to Sunday 15<sup>th</sup> March 2026

Venue: The Bungalow, St Helens Neighbourhood House, 25 Circassian Street, St Helens, Northern Tasmania. Registration: \$30

Registration includes fellowship BBQ Saturday evening.

Accommodation suggestions: Pelican Point Sancturay, Kellrairie Beach Cottages, Panorama Hotel, Tidal Waters Resort, Big4 & Tasman Holiday Parks

Contact: Gillian 0414 693 922



## JOURNEY THROUGH THE STEPS AL-ANON WEEKEND

Date: Friday 24<sup>th</sup> April to Sunday 26<sup>th</sup> April 2026

Venue: Araluen Lutheran Camp, 24 McDougall Road, Angelsea Victoria

Cost: \$270 Includes accommodation and all meals

Information: [alanonstepsWE@proton.me](mailto:alanonstepsWE@proton.me) Contact: Mandy 0434 404 446

Registration: <https://book.venue.life/araluen/register/0939-aswe2026>. Passcode: aswe2026

## 60<sup>TH</sup> AUSTRALIAN NATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday 1<sup>st</sup> May to Monday 4<sup>th</sup> May 2026

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

Information: Email [infonatcon2026@aa.org.au](mailto:infonatcon2026@aa.org.au)

or visit [aanatcon2026.com.au](http://aanatcon2026.com.au)

Limited discounted Marriott rooms. Booking link at registration



## National Convention 2026 Al-Anon Fundraiser Online Zoom Meeting

Date: Sunday March 29<sup>th</sup>, 5.00pm – 6.30pm

Meeting ID: 872 8769 3230 Passcode: 625 975 Theme: *Looking after Ourselves*

Donation \$10.00—BSB: 064 474 A/c #: 1096 2350 Account Name: Al-Anon Family Groups District One  
Reference: Fundraiser online Contact: Hayley H. 0413079295

## 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: April 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](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) 9570 3422  
Email: office@al-anon-snsww.org.au

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

Al-Anon Family Groups Western NSW Area  
Unit 1, First floor, 207-209 Queen Street  
St Marys NSW 2760  
P O Box 1071, St Marys 1790  
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 Wednesday  
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

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### **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)**

