

May 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**

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

In this issue:

| | |
|---|----|
| Editorial..... | 1 |
| CAL: Al-Anon Sharings from Adult Children-P47... | 2 |
| Heeding the call for an <i>Austra-Link</i> Share | 3 |
| Lessons learnt..... | 4 |
| Slogan or not, wise words..... | 5 |
| Glossary | 5 |
| The Slogans | 6 |
| AGSO News and Views | 7 |
| Bit Confused? | 6 |
| Things have changed | 10 |
| Out of the Mouths of Alateens ... | 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.



People, places and things hey...

I've had some gentle light bulb moments during this past month. Here's one...

In a nostalgic mood, having broken the water glass in my bathroom, I replaced it with a very old glass which had been left behind by the previous owner at my former home. It was pretty old then, and we lived there for 33 years, so it was a nice memento, loaded with the importance I bestowed upon it in my sentimentality. Slightly more elegant in design than a Vegemite jar as glasses go, but nothing flash, and I fondly placed it on my bathroom bench enjoying the connection with my old house and some lovely memories that evoked. In a daftly prophetic way I warned myself that it was a bit risky to employ it where another had been knocked off, and projected forward to the devastation I'd likely feel at its demise should that occur. I took special care of it for the very few months it survived in its special spot.

The inevitable happened of course. Somehow the glorious glass got caught up in a fumble involving the cleaning of spectacles and general morning ablutions. And when it hit the stone tiled bathroom floor it did really make an occasion of it. A spectacular display of shattering and splintering, spreading its debris all over the bathroom. Nothing humble about my beloved tumbler's final tumble.

I cleared away the glass, and chided myself, not so much for my clumsiness, as for setting myself up for this mini disaster and imbuing it with such gravity.

How much of my life have I spent inflating the importance of things, doom saying and experiencing sorrow before the fact? How often have I chosen dread over joy, been cowered in anxiety and not seizing the moment?

I did feel a pang when the glass took flight. I also felt amused at the drama I had created around this humble vessel, which I had filled with memories and feelings.

Well blow me down with a feather! The glass didn't own the memories or feelings. I did and still do. And I've enjoyed looking back on some wonderful times, noticing as I have that I can enjoy those memories without thinking that all those years were a waste because of alcoholism. The alcoholic disease coloured so much of my thinking and I succumbed to my own illness of the mind and spirit.

For years I put my life on hold, mired in despair.

"Worry never robs tomorrow of its sorrow: it only saps today of its strength."

A.J. Cronin.¹

Thank you Al-Anon for helping me find my way to the present. ▲

Wendy E.



Hugo ready to seize the day

¹ Courage to Change, B-16, p. 15

Featured Conference Approved Literature (CAL) - 2026

Al-Anon Sharings from Adult Children P-47



This is one of two available pamphlets specifically aimed at adult children of alcoholics.

al-anon.org.au/shop/literature/pamphlet/al-anon-sharings-from-adult-children/

Introduction

...In this pamphlet, those of us who grew up with alcoholism share how we were affected by the disease and how the Al-Anon program and its Twelve Steps

have helped us recover. Although most of us no longer live with an alcoholic parent, at some point we found our adult lives unmanageable. Some of us have only recently become aware that being raised with alcoholism has left us with the lingering pain. This pain continues to affect our relationships, our self-esteem, and our sense of family life.

...While growing up in alcoholic households, we may have found it necessary not to talk, trust, or feel. We may have felt victimized by alcoholics and nonalcoholics alike. We learned ways of coping that proved to be inappropriate and inadequate. This often caused us to feel confused, lonely, afraid, and full of despair. Many of us put aside our own needs to please others or sought to forget our past through addictive behaviors. Some of us "grew up" feeling abandoned and alone. Others felt we hadn't grown up

at all—we had retained our childhood attitudes and actions.

...By sharing with other members at Al-Anon meetings, we have realized that we are not alone. We have discovered that no situation is too hopeless to be bettered. Through a change in attitude, we are turning our lives around. In this spirit of sharing, we offer the following members' stories.

These stories are:

- ▲ My Parents Drink
- ▲ I Thought Leaving Would Change Things
- ▲ Getting Better
- ▲ Today, I Feel Good
- ▲ Man of the House
- ▲ A Greater Understanding
- ▲ My Happiness is My Responsibility
- ▲ My Deepest Desire
- ▲ A Life of My Own
- ▲ From Denial to Acceptance
- ▲ Taking Responsibility for Myself
- ▲ A New Way of Life

The pamphlet also explores the Twelve Steps from the perspective of growing up in an alcoholic home and how that might have affected our development and approach to adult relationships.

Al-Anon Family Groups Welcome Adult Children of Alcoholics, S-69, is also a wonderful collection of shares from adult children of alcoholics. ▲

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

Lessons learnt

There is no age limit given to enter this fellowship. Our seat is determined by our Higher Power. You may wonder why did I say this, well dear friends, I found the doors only SIX years ago, but what I have learnt in these few short years is much more priceless than the number of years spent in tertiary education. As a child, we learn from our teachers at school, our parents at home and our peers so we can be in the loop. Many of us if not all would like to be that shining example that stands out in a crowd for either being the most brilliant, most aspiring sportsman or that popular girl that has all eyes on her whilst she walks by. The most important question is who has shaped your character or molded your personality. Did you at any given time feel that I am humble, I need to be kind to mankind, I would love to learn more about me? No, well my dear friends this is my new school whereby I have learnt all of the above which is better version of myself, my character defects, and the highs and lows of my personality which make me what I am today.

I got married to my partner against my parents wishes and lived in that halo of happiness until the penny dropped that I missed my parents too. Thankfully my partner had the foresight to make good with my dad and we were reunited. I had 3 beautiful children in between the rocky road but love had kept me rooted in the marriage. Disagreements and many outbursts was caused by the unruly behaviour after a few drinks. I always threw a pity party whenever the families got together and he was on his merry

ways. Even I got tired of my whining ways which made me bitter, vindictive and sad. I beat myself as I felt that I am a nasty wife and couldn't accept my partner and his loud and crude manner. Every person around the table would laugh at his jokes and I will wear this fake smile just because he became the centre of his own joke.

Being his wife, it was too much for me. I thought that I was too prim and proper and maybe I am wrong. When my children also began to see the injury that he has done to our family, I knew that I was not alone. Then came the constant arguments, at times I used just keep quiet to keep the peace. Friends were always the forerunners of his life, his party began when they were around. Very slowly the well dried up and the company closed. He was left with a few friends but they were the boozing buddies with whom he spent his days when he was jobless. My life became unmanageable as with only 1 salary and bills to pay life became an uphill road where each step was more difficult than the last. All that drinking had to show up somewhere...it landed him in hospital. Thank God I had medical aid which helped at that time. He decided to accompany his friend to AA and brought me in on his 2nd visit.

As mentioned before, this is where I began to learn about myself. I had to do the 12 Steps of recovery before I started liking the person that looked back at me. I learnt humility during my times of need. In Al-Anon we are all the same, we have been affected by someone else's drinking which brought us to the fellowship. In doing so, we found ourselves. Getting better every day with every new idea or slogan read. Today I have learnt that it only gets better when we pass it on. I

am happy to assist in any way I can to anyone who has a need to find joy and happiness within, whereby I can share my experience strength and hope to empower you to a better tomorrow. ▲

*Premi R, Al-Anon Family Group
KwaZulu-Natal*

Words of Wisdom (WoW) – February 2020

Slogan or not, wise words

This may not be on the slogan banner, but the slogan “Just do the next right thing” is one I heard in meetings. It has been a life saver.

When I suffered the sudden loss of my son I felt like I had been hit by a cricket bat. I felt overwhelmed, intense sadness and grief. Initially, I would wake up in the morning and realise this loss was not a nightmare, but real. I lost my appetite and felt exhausted.

What kept me going was “Just do the next right thing”. That could mean, get out of bed, put two feet on the floor, eat some breakfast, put the washing on, call my Sponsor, get to a meeting or go and have a lie down. I am so grateful for this slogan. ▲

Lynn R, Western New South Wales Area



Today's Reminder

It is risky to care—I may be disappointed. But in trying to protect myself from pain, I could cut myself off from the many delights that life has to offer. I will live more fully today.

“Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.” ▲

Samuel Ullman

Courage to Change, B-16. p. 258

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



The Slogans

‘Listen and Learn’

Many years ago, on a Monday morning, I woke to the fact that I was no longer willing to just exist and not live; that I wanted and deserved more out of life than I was living it. There had to be a better reason for my being here, that my totally concentrating and worrying about the alcoholic’s behaviour was getting me nowhere except very sick in every way and the fact that our children would be better off with one inefficient parent than two who were constantly at loggerheads. I had reached my rock-bottom and was ready and willing to do something about it other than to whinge, be full of self-pity, endless weeping and judgement of the alcoholic.

I was introduced to Al-Anon three days later and immediately knew without doubt whatsoever that I wanted what the people in the Al-Anon literature had: peace of mind, no rolling stomach, to be able to make decisions, a quiet mind, no utter dread but good expectations of the day ahead and, above all, to be a person in my own right. I listened and absorbed as members shared their experience, strength and hope and I knew and trusted that here was the solution to a better future for myself and my children if I followed the Al-Anon teachings. I knew that I had to fit myself to Al-Anon not that Al-Anon had to fit itself to me. I was told that if

I wanted what the other members had, I needed to not miss my meetings; to read the literature and to take notice of what I was reading – and, do the Steps. I was taught not to take shortcuts and to try and practise the Al-Anon program in all walks of my life. The initial message I got was one of hope as I believed that the people mentioned in the literature were as sick as I was before they came to Al-Anon. I could finally see a light at the end of the tunnel.

It worked for me; Why? Because I stopped concentrating on what I couldn’t change and started focusing on what I could, in other words mind my own business. I let my husband go so he could work out his own destiny.

It has been a wonderful journey of discovery for me to learn what I am capable of and the realisation that I am a person worthy of love. I have just as much right to be alive and breathe the air as anyone else. Al-Anon works for me because I sincerely try to use the program in all parts of my life. I was willing to listen and learn and to not make excuses for, but to acknowledge my own behaviour. In other words—I got to know myself.

The journey hasn’t always been easy—but it has certainly been worthwhile. ▲

Anonymous

Austra-Link, July 2014, p.4



2026 Australian Service Conference *Our Trusted Servants - Past, Present and Future*

Join us at the '**Getting to Know Your Conference Members**' session and celebrating Al-Anon Australia's

75 YEARS ANNIVERSARY

Meet our Australian Service Conference Members, including the nine Area Delegates, the AGSO General Service Board, Executive Committee and Administrative Staff Members.

Join us in person (supper provided)
or hybrid attendance (BYO cuppa & cake):

[Join Zoom Meeting](#)

Meeting ID: 962 251 7599

Passcode: 707070

7.30 - 9.00 pm

Saturday 16 May 2026

Quest Conference Centre,

234 Caroline Springs Blvd

CAROLINE SPRINGS (Melbourne)



NEWS and VIEWS from AGSO

May is PI Inventory month



Suggested Workshop for Group's Public Information (PI) Inventory

1. How does our Group participate in PI?
2. Do we have a PI person in our Group?
3. Do we keep in touch with our District PI representative?
4. Do we have a PI calendar of monthly activities?
5. Do we hold open meetings involving community and police?
6. Have we invited professionals to attend our meetings?
7. Does our meeting room have a poster with Al-Anon/Alateen meeting details?
8. Do we have plenty of M-75 Lighthouse House Free Bookmarks and the Blue Al-Anon business cards?
9. Does our Group receive "Spread the Word" PI Newsletter and mail it at Group meetings?
10. Have we considered setting up local library display cases/bookshelves, etc. for an Al-Anon/Alateen display? Or perhaps donating an Al-Anon or Alateen book to our library?

This month's Austra-Link enclosure is the handy *Suggested Workshop for Group Public Information (P.I.) Inventory*



The very helpful *Guide for Public Information Activities (PI-02)* is available as a free download from our website:

al-anon.org.au/free-downloads/

New Appointment

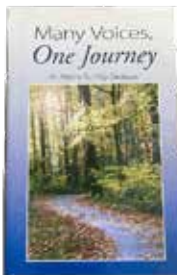
Welcome to our new Public Information Liaison Officer

Last year's Australian Service Conference unanimously agreed (**Motion 14**):

"That Conference endorses AGSO's proposal to employ an extra staff member to focus on Public Information, using funds from a recent bequest."

We are delighted to introduce you to Juanita McL., who has accepted the role of PI Liaison Officer.

It is exciting to have the capacity to focus on this important area of service. Juanita will be a wonderful addition to the Australian General Service Office.



Many Voices, One Journey – Al-Anon Family Groups

Al-Anon's story of growth and recovery as experienced by individual members and the fellowship as a whole over Al-Anon's first 60 years. Indexed, soft cover.

Special
75th Birthday offer!
Contact your Area for details.



NEW P24-27 2026 – 2029 Al-Anon/Alateen Service Manual now available as download

WSO have released the downloadable version of the new *P24-27 2026 – 2029 Al-Anon/Alateen Service Manual*.

It is available on our website in the Members Section al-anon.org.au/member-resources/

The hard copy version is on its way.



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

What's up with WhatsApp?

As technology dashes on its merry way changing and 'improving' modes of communication at a dizzying pace, it is really hard to keep up and manage our relationships with all this 'tech'.

Exchanging telephone numbers has long been a way for members to stay in touch with, and offer support to one another. Now we have various other means of staying connected. And the range! You've got emails, the normal messaging that comes with your phone, then there's Facebook Messenger, WhatsApp...

As I toggle (tech savvy word for jumping frenetically from one thing to another) between one messaging system and another I struggle to remember which I used to communicate with whom, when. I'm tempted to do a cheeky reworking of the First Step...

We admitted we were powerless over mobile gadgets and apps—that our lives had become unmanageable.

I really love receiving messages from Al-Anon friends. They may be wishing me a good day, mentioning today's daily reader 'spot on' insights, or arranging a catch up. I also reach out with a 'not doing so well today' or a lovingly exasperated 'thank my HP I have a program!' text. These are personal and private interactions. Some Al-Anon friendships, particularly sponsor/sponsee relationships, develop outside of our meetings and we might share more detail of our personal circumstances.

Al-Anon groups use emails, texts and other platforms to disseminate information about relevant things such as a venue's temporary closure or who is tasked with bringing the milk.

Emailing was especially useful when we suddenly found ourselves unable to meet face-to-face during the pandemic. Email lists were quickly established so secure invitations to online meetings could be sent. Many of us faced a steep learning curve, but embraced the new technology to stay in touch and continue our recovery. Meetings were exclusively on-line, by necessity, and the text traffic between Al-Anon friends was very lively indeed.

While we have been back in the rooms for some years, much of our engagement with tech has continued. *Austra-Link* has a growing electronic readership, groups are just as likely to have a group email address as a post office box. Electronic messaging continues to thrive. WhatsApp is proving to be a popular option and some groups have set up WhatsApp groups.

WhatsApp groups and other social media platforms—useful vehicles to keep members informed—are not Al-Anon Family Groups as such and don't fall under the usual guidelines.

A WhatsApp group can have practical advantages for its members but there are some grey areas that are matters of concern. Just as we'd hope the 'meeting after the meeting' cuppa and chat would be a safe interaction, can we also assume electronic communications will be safe?

There appear to be some WhatsApp chat groups—set up to assist communication within and beyond their Al-Anon group—which are blurring the boundaries. WhatsApp is being used to circulate non-CAL publications and



A.A. program materials, offer advice and provide details of therapeutic approaches and philosophies which don't focus on the Al-Anon program.

In reality it is within their rights to do so. In practice it is potentially harmful to our program and other members of our fellowship. It runs the risk of diluting our Al-Anon program and also may undermine the feeling of safety of some members of the group.

Members consenting to participate in a WhatsApp or other social media platform group chats are not protected by guidelines that apply to an Al-Anon Family Group. However, joining a group chat *does not* imply they are consenting to being exposed to outside issues such as A.A. literature and philosophies merely because they have joined a contact list.

We come to trust that we will find ease from our 'dis-ease' in our interactions with members. Members can be discomfited when, in a meeting, another speaks at length about other Twelve Step programs, therapies, religious groups or expounds on politics or uses prejudicial language. In meetings we confine ourselves to read CAL and require members not to introduce other publications such as the latest self-help best seller, the A.A. Big Book, promotional materials or religious tomes into the Al-Anon meeting.

The guidelines help us establish a safe space for honest sharing and loving interchange. Our meetings are like a sensory sanctuary. For some who are still living with active alcoholism, an Al-Anon meeting may be the only peaceful, safe place they rely on.

All groups have autonomy.

Tradition Four: Each group should be autonomous, except in matters

affecting another group or Al-Anon or A.A. as a whole.

So we can choose, as a group, how we arrange the seating, where to hang our banners, what CAL we have in our group library, whether we close the meeting with the Al-Anon Declaration...the list goes on. We would actively avoid any conduct that might adversely affect our fellowship or A.A.

Granted a group chat may not be an Al-Anon group, but bringing the same principles to these communication forums would preserve our program and keep our members safe.

There is etiquette involved with these newfangled communications. One dictionary defines etiquette: the customary code of polite behaviour in society or among members of a particular profession or group.¹

Some useful suggestions regarding the etiquette of a WhatsApp community or group are:

- ▲ Stay on Topic-Always adhere to the group's purpose, refraining from sharing irrelevant messages. ...
- ▲ Say No to Spam ...
- ▲ Mind Your Posting Style ...
- ▲ Avoid Private Conversations ...
- ▲ Positive Responses Only ...
- ▲ Keep it Apolitical²

This is particularly pertinent in our fellowship.

Perhaps if your group is considering setting up a WhatsApp or other social media platform chat group, a Group Conscience meeting would be useful to establish some boundaries and seek clarification and agreement as to what is acceptable in postings. ▲

1 <https://languages.oup.com/google-dictionary-en/>

2 Excerpt from <https://www.linkedin.com/pulse/what-should-whatsapp-etiquette-community-infinityconnectslucknow-h3w1c/> 17 Feb 2024





Things Have Changed

I married very young and was unlucky enough to marry an alcoholic, and from then on everything changed for the worse.

I was left sinking, I lost my self-esteem, my serenity, and I felt trapped by mistreatment I didn't understand. This disease destroys everything, and more specifically, the family.

I suffered physical and psychological abuse during the first fifteen years. Fortunately, my husband went into recovery, and then we began to have calm and serenity. Although he had a somewhat harsh personality, we lived well for another 15 years, until another illness struck him, and he died while still very young. This brought another enormous change to my life. I was devastated; I had to learn to live a different life, but I had a lot of help from my two daughters.

I already had a peaceful life, but as the years passed, things changed again because I realized that my youngest daughter also has alcoholism. At this point, I thought I would completely sink. I started looking for help for my daughter, and it wasn't easy at all.

But my Higher Power put me on the path, helping me. I found Al-Anon and I've been happily here for three years. Now my daughter is in recovery and I'm grateful every day for having found this program.

And if things change again, I'll face it with serenity today, and tomorrow will tell. ▲

Encarna

Boletín Serenidad 176, p. 8

Out of the mouths of teens!

Friendships in Alateen



I was the Zoom host at a recent Alateen meeting. What a fabulous meeting it was too. A long term Alateen member was chairing the meeting and we had a newcomer. At our meetings, all the topics are chosen by Alateens.

The first meeting topic was friendship. The teens shared about their special friendships made in Alateen, and how other teenagers just 'get' each other. Sometimes friendships can be hard too, especially for teenagers.

Many of the Slogans we learn in Alateen and Al-Anon like How Important Is It? or Let Go And Let God, help us to detach with love. Listening to the sharings at the meeting reminded me how important this fellowship is to those young members who find us, and who make life-long friends in the rooms, both in-person and online.

The second topic was decisions, and again the wise words spoken in the meeting was that "deciding to not make a decision was actually making a decision" and that it's OK to think about a decision and to say, "we need to think about it." ▲

Al-Anon Today, Autumn 2023, p. 12

This is the property of Al-Anon Family Groups UK & Éire, who retain full editing rights, and may be used in whole or part – in print, on the internet or any other media – to develop Al-Anon and Alateen material.



“I am not always right, I am not always wrong. My life is not my sister’s, my brother’s, my parents’ or grandparents’! It has become deliciously my own. My recovery is new, but coming to Al-Anon is a beginning. Al-Anon is a place to stop running, a place from which to start, to continue, to grow.”

Al-Anon Family Groups Welcome Adult Children of Alcoholics S-69, p. 4

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: | | |
| 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

HALLS GAP AA CAMP WITH AL-ANON AND ALATEEN PARTICIPATION

Date: Friday 5th to Monday 8th June 2026

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

Registration: EARLY BIRD SPECIAL Must book by 30th April 2026.

Contact: Melissa 0491 171 222 or Chris 0424 401 361

BILL W AA CAMP 2026 WITH AL-ANON PARTICIPATION

Date: Friday 24th to 26th July 2026

Venue: Douglas Daly Holiday Park NT

Camping (\$25 per night), no need to book.

Cabins contact the park directly on 08 8978 2479 and say "I'm with the Bill W Camp"

Information: visit www.aadarwin.org.au

Al-Anon contacts Lis 0427 436 703- text only Alison 0402 005 950- text only

AA OUTREACH IN RAROTONGA 2026

AA RAROTONGA COOK ISLANDS GROUP WITH AL-ANON PARTICIPATION

Date: Friday 11th to 18th October 2026

Venue: Rarotonga Auditorium, Rarotonga Cook Islands. Registration: \$200NZ

Contact: Contact Brent for bookings and details.

Brent AA Rarotonga Phone (682) 55154 or Email: hbr.cookislands@gmail.com

Matthew AA Australia Email: matthew.kennedy2@bigpond.com

and remember... May 16th, 7.30pm

2026 Australian Service Conference Getting To Know Your Conference Members,

Hybrid session open to all members

Zoom Meeting ID: 962 251 7599 Passcode: 707070.

Face-to-Face Quest Conference Centre,
234 Caroline Springs Blvd, Caroline Springs (Melbourne)

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: June 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: 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: sqaaafg@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)

