

July 2026



AUSTRA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

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Statement of Purpose

The purpose of **Al-Anon** is to help families and friends of alcoholics by offering hope and friendship, better understanding of the effects on themselves of someone else's drinking, and an opportunity for spiritual awakening through the shared experience described in the Twelve Steps.

Austra-Link is the monthly publication of Australian Al-Anon Family Groups. In the pages of this magazine, Al-Anon and Alateen members share their experience, strength and hope as they do in their meetings. Through this "voice of the fellowship" individual members and Groups can be heard by many. Such sharing is vital in helping readers find growth and serenity through the Al-Anon program.

Al-Anon and Alateen members are invited to contribute articles, sharing their recovery. Articles present members' personal views and experiences, and opinions expressed are not to be attributed to Al-Anon as a whole. *Austra-Link* does not print prayers or poetry. Full name and address (home or group) is required before any item can be accepted. Please indicate how you would like your article signed: first name only, first name and Area, initials only, or "Anon". By submitting your article for publication in *Austra-Link*, it is understood that you are willing for it to be shared with the publications

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

Mail your article to *Austra-Link* Editor - Al-Anon Family Groups, GPO Box 1002, Melbourne Vic. 3001 or email to **australink@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.



Detachment with love and witness to love...

I've been on the other side of the planet in the company of lots of people and a verrrrrry specially cute baby! My promotion from merely a great auntie to a genuine official Great Auntie came with so many wonderful things—not to mention the aforementioned adorable infant. I do declare she's nearly as adorable as Hugo, and I'm told that despite her lack of teeth, she does bite. Already they have that in common—amazingly they're not even blood relatives.

I digress...In the month I have just spent with a large and varied blended family with its share of historical alcoholism, I had cause to be grateful for my Al-Anon recovery on a daily, hourly, praps even minutely basis. I just knew that no matter what the circumstance I could trust myself to behave well, communicate clearly and with love.

Not able to have a child myself I've been rather leery of entanglements with babies—except in the case of dogs, cats, and guinea pigs, praps some birds, lizards...and most other non-human small things. I've protected myself lest there be a resurgence of my grief over childlessness. I held this tiny baby when she was less than 24 hours old and gazed at her glorious person-hood, giving myself and my committee of a brain a brisk talking to about risking letting myself love her.

Little madam in her tininess is not fond of sleep but verrrrrry keen on breakfast, second breakfast, morning milk, lunch,

second lunch...Young mum is exhausted. Young father is too, but they are managing the routine of caring for their baby lovingly despite both looking faintly haunted and a little shell-shocked. It has been a joy to see how strong they are as a team. They have embraced their new family life with assurance and love.

I found heaps to keep me busy. I got stuck into cooking, making dozens of freezable meals for once we'd returned home, sandwiches for the young mum for the night time feeding shifts, and made a project of cataloging the plants in their rather wonderful garden. Jen and I did a lot of grocery shopping and dinner cooking, were on hand when needed and made ourselves scarce also when required. We had rented somewhere else to stay when circumstances required. This also meant we had a bolt hole, which we enjoyed.

I am grateful that I had the tools to give love and practical support unconditionally. I am pleased that I was aware of what I was feeling and responding to in the moment, so I could guide myself away from getting resentful or snippy.

I thank my Al-Anon program for the ability to live in the present. I thank my Al-Anon family for teaching me how to function well in the blended, extended family of which I am a member. I return to my life here freer and braver. ▲

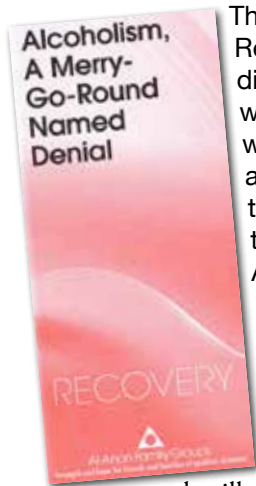
Wendy E.



Hugo—freer and braver by the day

Featured Conference Approved Literature (CAL) - 2026

P-3 Alcoholism, A Merry-Go-Round Named Denial



This compelling publication is based on a presentation given by Reverend Kellermann on October 5, 1968. It was approved for distribution at the 1969 World Service Conference. This pamphlet was written when the problems involved in living with alcoholism were recognised by few professionals. The text is reprinted here as originally presented. Since the first printing of this pamphlet, two facts have not changed: The disease of alcoholism continues to effect the families and friends of alcoholics and Al-Anon/Alateen continues to help....p.3 ▲

By means of an imaginary play, it demonstrates how people in the life of an alcoholic actually perpetuate the illness and consequently hamper recovery....p.4 ▲

Alcoholism is a disease that can effect any age, gender or social group. In this play the lead role is performed by a male.

Setting the stage

Alcoholism is a tragic three-act play in which there are at least four characters, the drinker and his family; friends, co-workers, and even counselors may have a part in keeping the Merry-Go-Round turning. Alcoholism rarely appears in one person set apart from others; it seldom continues in isolation from others.

One person drinks too much and gets drunk and others react to his drinking and its consequences. The drinker responds to this reaction and drinks again. This sets up a Merry-Go-Round of blame and *denial*, a downward spiral which characterizes alcoholism....p.4 ▲

This first section gives us an opportunity to understand the nature of alcoholism and the person suffering from the disease.

Act I

We see the defiance and self-justification of the alcoholic and some of the drinking patterns of a person driven to consume alcohol and the effect it has on them. This is an opportunity to see our own situation clearly while not in the actual environment ourselves in real time. If we could watch the play on TV and turn off the sound, we would understand much better what was really happening....p.6 & 7 ▲

Act II

Now we are guided through various roles we end up playing in our own drama with alcoholism: The enabler, the victim and the provoker.

Act III

Act Three begins similarly to Act One, but the alcoholic's need to deny his dependence is now greater and defensiveness increased. The cycle of denial by the alcoholic and the fruitless intervention of the Enabler, Victim and Provoker plays out before us and we have the opportunity to understand our own parts in the dance with the disease of alcoholism. A very illuminating publication and a powerful recovery tool. ▲

2026 Australian Service Conference

Trusted Servants

PAST

PRESENT

FUTURE

Twenty-three years ago I attended my first Al-Anon meeting in Eltham. I remember it like it was yesterday, even though I was pretty unwell at the time. It was an evening meeting and daylight saving had not commenced for the year yet, so it was dark enough to be able to enter 'incognito'. I wasn't worried about someone inside the meeting recognising me, just someone on the way to the meeting.

I identified with every share that was given and cried for the majority of the meeting (and the first six months after) but the lovely member who first approached me after that meeting, was so gentle and understanding, and encouraged me to 'keep coming back'. I still see her at meetings sometimes, what a joy!

I am so grateful to those trusted servants who opened up, set up, chaired and spoke to the newcomers after the meeting.

Although I continued to attend Eltham meetings sometimes, Diamond Creek Sunday meeting soon became my home group. I was doing service before I even knew I was, setting up chairs or putting out literature, but when someone suggested I chair the meeting, I could not believe they trusted me with

such an important role. Again, the gentle encouragement!

I continue to be grateful for the service work that the volunteers and staff do in Al-Anon. Whilst I recognise it is a privilege to serve the members, there are still many unsung heroes whose dedication to this program goes above and beyond.

When someone or something saves your life, the only thing that makes sense is to keep giving back, knowing that you can never fully repay the debt.

So, the tide has turned and I am one of the members giving gentle understanding and encouragement to the newcomer; looking to the members who have some experience, strength and hope in their tool kit and asking them to consider service roles; being prepared to mentor or sponsor the next Group Representative (GR) or member willing to do Public Information (PI) work. I am ready for the trusted servants of the future to keep the message of Al-Anon and pass it on to families and friends affected by someone else's drinking. ▲

Dianne C., AGSO





Detachment

I was in the programme for some time; diligently working the Steps with my Sponsor. I felt much better and was no longer

shedding copious amounts of tears in meetings as I had for a long time. I still suffered from what my Sponsor called “terminal uniqueness” and I kept telling her that I would not be able to detach from my husband’s verbal abuse.

My Sponsor patiently repeated “keep going to meetings, working the Steps and praying to your Higher Power and let’s see”. And, she was right! One day, I drove my husband to the airport, he went on a rant about my latest transgression in his ‘Rule Book’. But this time it was different! I did not panic, my heart was not racing, I felt as if I was watching a movie, I was totally unaffected by his words. He went into the terminal and I drove home to call my Sponsor.

I told her “something very strange happened to me, I think I had an out-of-body experience!” She asked me to explain. “Ah, she said,” that’s detachment!” And from then on, I was able to start setting boundaries with my husband by either leaving the room or ending the conversation.

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

How did it happen? I don’t know... All I did was follow the programme’s suggestions and like so many before me, I experienced detachment from abusive behaviour. I continue to work a diligent programme, to grow, and learn how to avoid regressing into enmeshment with alcoholic loved ones.

Thank you Higher Power, and thank you Al-Anon!

Ana I, FL

Al-Anon Today, Summer 2024, p. 5

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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 Courtyards of My Childhood

In the silence of the night, I'm often overcome by melancholy and regret for the things I've experienced and

for those I would have liked to experience differently, and for things left unsaid, which remain suspended in the air like my poor dreams as a child and then as a woman.

In the dark, with my eyes closed, I see the courtyards in front of the stone and lime houses where, in the warmer months, much of our lives took place.

The courtyards were enclosed by rudimentary wooden fences cut and shaped by hand by my grandfather, and they separated us from the main road where, at that time, motorcycles and bicycles and the occasional car passed. I often went to the courtyard, especially in the evening, when my father would arrive drunk.

And all hell broke loose in our house.

Sometimes I still hear his curses and his obscene words that hurt me more than a slap.

His specialty was killing me psychologically, listing all the flaws that a frightened nine or ten-year-old girl could have. I remember the cries of my mother, my sisters, the veiled and sad eyes of my grandparents.

“If there had been Al-Anon, I wouldn't have inflicted such pain on myself.”

I didn't cry, I insulted him, and we were against each other in a war that left no winners or losers. I was terribly afraid of him, but I faced him with unparalleled courage and recklessness, so I hurt myself very much. If there had been Al-Anon, I wouldn't have inflicted such pain on myself.

But thirty years had to pass before I met Al-Anon. In the meantime, I married an alcoholic, and my life became an endless nightmare.

When I was a child I ran away into the courtyard into the comforting arms of my grandparents, but no longer.

I had my children to protect.

And in the summer evenings when the voices of new generations of young people could be heard,

I, locked in a silence of pain and regret, swallowed tears of salt. My grandmother and grandfather were no longer in the courtyard with their knowing gaze.

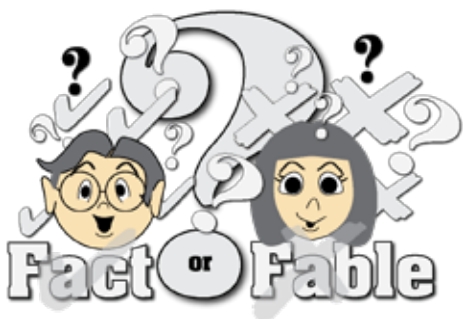
Slyly, smiling under his moustache, he said to me, opening his arms:

“You're here, come!” Oh courtyards of my childhood: now you're covered with weeds that no one tramples anymore, the strawberry-grape arbor has fallen under the weight of the years, the rudimentary fences have “gone away” like those who left in my heart a very sweet memory—and on summer evenings, the dear voices return to me that consoled a frightened little girl who ran away from her home where alcohol was the absolute master.

With love in Al-Anon. ▲

Bruna

Incontro, Settembre - Ottobre 2018, p.6



Suggested Al-Anon/Alateen Closing

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way—the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time."

Will all who care to, join me in closing with the...

Our respective fellowships are not the same organisation and to confuse them by bringing conventions and habits from A.A. into Al-Anon meetings has the potential to weaken our program. ▲

This is a **fable** not a fact.

That the suggested closing of Al-Anon meetings includes the words "To the God of your understanding..." followed by the Serenity Prayer.

The mention of *To the God of your understanding...* is part of an A.A. meeting close, **not** the Al-Anon/Alateen suggested closing.

It is suggested that Al-Anon Groups close in a manner that is agreeable to the group conscience.¹

There are variations in the manner in which groups choose to close their meetings. Some meetings follow the Serenity Prayer with the Al-Anon Declaration:

Let It Begin with Me

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and—Let It Begin with Me.

As Tradition Four says:

Each group should be autonomous, except in matters affecting another group or Al-Anon or A.A. as a whole.

However, this does not imply that diluting our program with elements from other Twelve Step programs is desirable.

¹ P24-27 2026-2029 Service Manual, p. 18

NEWS and VIEWS from AGSO

75th Birthday

Celebrations continue

Darwin District recently celebrated the 75th year Al-Anon Anniversary together with the 50th year celebration of Al-Anon in Darwin.



And also from the Al-Anon 75th Celebration bake-off...

The 2026 Australian Service Conference celebrated with this scrumptuous cake.



We'd love to share pictures of your 75th Celebration baking triumphs or other fun events on this page.

Alateen Awareness month

August is Alateen Awareness month. To mark this Groups might consider purchasing Alateen literature to use as the CAL for their meetings or perhaps donate some Alateen specific CAL to a local library.

Alateen books include:

Alateen—Hope for Children of Alcoholics **B-03**

Alateen—a day at a time **B-10**

Courage to Be Me—Living with Alcoholism **B-23**

Living Today in Alateen **B-26**

And then there is the *Alateen Talks Back* series of booklets on the following topics:

Acceptance **P-68**

Serenity **P-69**

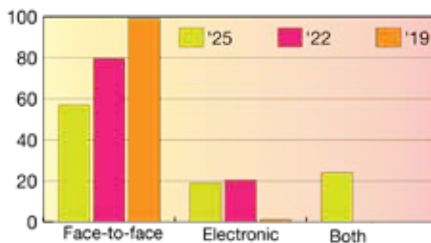
Slogans **P-70**

Detachment **P-73**

<https://al-anon.org.au/shop/>

2025 Membership Survey

Preferred meeting type:
2019-2022-2025 comparison



In 2019 we had no inkling of the dramatic events ahead or how swiftly we would need to embrace new technology to "keep coming back." We have adapted well.

The Slogans

The skill of listening

I was at my local meeting, and it was my turn to share. Like so many meetings, I had what we call ‘a God moment’. The topic was slogans, and the reason why we chose those slogans. I said simply, “Live and Let Live—because it is none of my business. Let Go and Let God—because it is none of my business. How Important Is It?—Because it is none of my business”.

A couple of weeks later, another member mentioned that she held onto what I had said and the words had an impact on her. Hearing my own words reflected back to me, I heard them too. And I realised that in that meeting I had said the words but not actually heard them. This has been a huge lesson for me. I now make a huge effort to listen to others’ words, as well as my own. For this is how we learn, grow, and become better people in Al-Anon. ▲

Mandy R., Northern Victoria Area

Easy Does It

I think “Easy Does It” means that I have to learn to control my feelings, whether I’m sad, mad, or disappointed. If I’m real mad at someone, and say I’ll never talk to them, and I feel hate inside myself, I have to forgive the other person. I have to look at both side of things because it might be me who others should forgive. Learning to control my feelings is what Alateen’s about! ▲

Judy, Tennessee, U.S.A.

Alateen Talks Back on Slogans, P-70, p.10

Easy Does It

Easy Does It: I was always thinking, “Something has to be done about this!” I was so anxious, I never rose from my seat, I always jumped. I became more frantic with sobriety. I seemed to be the family’s permanent volunteer. I even jumped to my feet at my meetings. A friend suggested that avoiding some pressures could lessen my anxiety. She said if I could find a way to reduce the load, I could reduce the strain. I knew that I was always trying to do too much but I didn’t believe I could keep myself still. Her suggestion was for me to grab onto my chair and hold on while I asked myself, “Should I do this (whatever the activity was) today?” and “Should I be the one to do this?” In the time it took for me to ask these questions, I could see if anyone else wanted to volunteer. The first chance I had to practice restraint came on Christmas day. My husband’s parents were coming for dinner and as I looked around the living room which was submerged in torn wrappings and bows, I struggled to keep myself sitting where I was. While I was asking those two suggested questions, my husband appeared with two children. *He* said, “Something has to be done about this, boys. We’d better pick this room up.” When I thanked them all for their great job, they just beamed. ▲

Living with Sobriety Another Beginning,

P-49, p.19



We suggested members open any of their Al-Anon books at a random page...and read...

NB: For clarification, the words quoted from the reading in this share are in italics and the writer's reflections are in roman type.

I have a regular routine every morning reading my four daily readers. They offer me great comfort and inspiration. They are one way I get in touch with my HP, whom I choose to call God. Just lately, I have also been dipping into our lovely reader *As We Understood...* (B-11), on a random basis, to help me listen to God's message for the day via the stories of the members who have contributed their experience, strength and hope.

Today, April 27th, the book fell open at p. 53–54¹:

As I was growing up, I was always taught to be kind and considerate of other people. I was very compliant and I developed into a "people pleaser", always eager to gain the approval of those around me.

If I disobeyed my parents, my father would occasionally give me a belting, not with the strap but with his bare hands. Similarly, at school, during the 1950s and early '60s, the nuns were often cruel and intimidating if we, the students, dared to disagree, or even question, what we were being told.

When I found myself married to an alcoholic, there was (almost) nothing I could do to please him (I confess—we both liked sex! Apart from when having sex, he found it hard to give me a compliment).

¹ As We Understood..., Ohio, United States

He demanded my complete devotion (when he was at home and not at work); *slowly the other relationships in my life deteriorated. We tried several "geographical cures".*

My husband's work took us twice to live in the USA, in the 1970s and '80s for a total of five years, the first time with four children and the second time—the hardest time—with six children, aged from 15 years to 5 months.

This further eroded relationships with family and friends. (I didn't really have any friends to be honest. Having friends wasn't encouraged in my childhood as I was the oldest of six children and my parents didn't want more kids around. My grandfather was, at times, a very scary alcoholic).

By the time I found Al-Anon, I had almost no support system left and I had given up trying to make friends. (I was SO lonely and felt like I was at my wit's end! Where was God in my life?)

While taking my Fourth Step inventory, I learned that I had ignored the people I love the most in my effort to meet the impossibly high expectations of the alcoholic.

We originally moved to a Victorian country town, away from my family of origin, where I knew no-one but slowly made friends after the first year, through our children's schools. At that stage of my life I simply accepted the situation and, although it was extremely hard and we had little money, we had a new, bigger, unfurnished house of our own 'in the country' with space for the children to play. It was a 'fresh start' We ate a lot of mince and sausages!

By keeping silent (about the problem), *I gave them no opportunity to help me. And,*

Continued page 10...

...Continued from page 9

sadly, I missed many opportunities to love and support them (My younger and only sister had a major nervous breakdown during the second year that we were living overseas and my mother was devastated but didn't want to tell me because she didn't want to 'worry me').

In Al-Anon, I learned to tell people that I loved, needed and appreciated them. In return, I have received bountiful expressions of love and support, even when I don't need them. What a blessing! ▲

Anonymous



Today's Reminder

I don't know the motives or circumstances that cause another's behavior. I do know that when I hold onto resentment and blame, I occupy my spirit with bitterness. Today I will find a more nurturing way to fill myself up.

"You can't hold a man down without staying down with him." ▲

*Booker T. Washington
Courage to Change, B-16., p. 75*

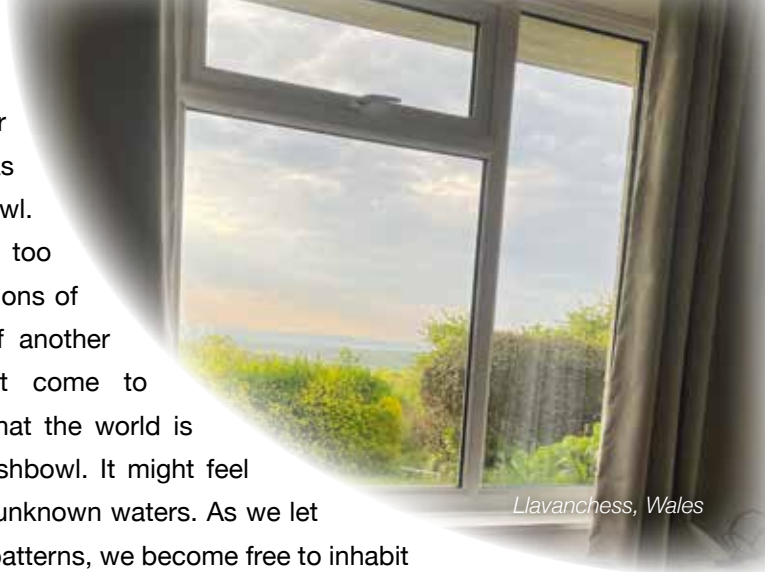
Out of the mouths of Alateens!

Dealing with Myself!

Alateen has given me the hope that I can get better. After working the slogans and the Serenity Prayer, I'm beginning to make amends and trying to forgive other people. My favorite slogans are One Day at a Time and Let Go and Let God. Sometimes the slogan, Easy Does It, helps me trust people again. Alateen has helped me learn to accept things the way they are. I'm learning to detach from my problems and to turn my life over to my Higher Power. I've also started to take a moral inventory of myself. I like improving my self-esteem and self-confidence, because both of them used to be so low. There are several things that I'm working on—dealing with my anger and handling it in the proper way, accepting that the alcoholic is sick, and trying to love him for who he is. Sometimes it's hard for me because of all his broken promises and the way he used to hurt me. I'm learning to cope with my fear of him drinking again, and the Twelve Steps are helping me deal with myself. Alateens have not only helped me deal with myself, they have also respected me for who I am. That helps me deal with rejection. I will always be grateful to Alateen for giving me a program to live by and enjoy. ▲

*Diane B., Kentucky**

The Forum, November 1998, p. 13



Before Al-Anon, our lives may have felt as confining as a fishbowl. Like these fish, we too adapted to the limitations of our lives, unaware of another way. When we first come to Al-Anon, we realize that the world is much larger than a fishbowl. It might feel scary at first to be in unknown waters. As we let go of our old familiar patterns, we become free to inhabit life—in all its vastness—more fully.

Llavanchess, Wales

Opening our Hearts Transforming our Losses B-29, p. 49

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Forthcoming Events

BILL W AA CAMP 2026 WITH AL-ANON PARTICIPATION

Date: Friday 24th to Sunday 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: Sunday 11th to 18th October 2026

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

AA Contact: Contact Brent for bookings and details.

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

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

Al-Anon Contact: Del, Email: delenevcuddihy@yahoo.com or 0402597259

AL-ANON FAR SOUTH COAST DISTRICT 43RD BIRTHDAY BASH 2026

Date: Saturday 17th and Sunday 18th October 2026

Venue: Nelligen Anglican Church 15 Braidwood Street, Nelligen

Drop-off outside Venue - Public Parking down the hill

Registration: \$40 Weekend Registration including Saturday Lunch and Dinner; and Sunday Breakfast

Contact: fscbirthdaybash@gmail.com

2027 AA NATIONAL CONVENTION WITH AL-ANON AND ALATEEN PARTICIPATION IN GEELONG

Date: Saturday 27th to Monday 29th March 2027

Venue: Nyaal Banyul-Geelong Convention Centre,

80 Western Beach Road, Geelong, Victoria, Australia

Bookings: <https://aanatcon2027.com.au/> Early bird tickets now available

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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: August 2026 - Alateen Awareness Month

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: sqaafig@gmail.com

NORTHERN VICTORIA:

Al-Anon Family Groups Northern Victoria Area
Inquiries: 1300 252 666
Email: alanonnhvic81@hotmail.com

SOUTHERN VICTORIA: (includes Tasmania)

Al-Anon Family Groups Victorian Southern Area
Level 7, 51 Queen St., MELBOURNE.
GPO Box 5458, MELBOURNE VIC 3001
10:30am – 2:30pm, Monday to Thursday
Phone: (03) 9629 8900
Helpline: 1300 252 666
Email: office@alanon-vsa.com

SOUTH AUSTRALIA:

Al-Anon Family Groups South Australia Area
Stafford House, 2nd Floor, 25 Leigh Street,
ADELAIDE SA 5000
Mailing address:
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, Wednesday,
Thursday and Friday
Phone: (08) 8231 2959
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)