



August 2026

# USTRA-LINK

The monthly journal of Al-Anon Family Groups in Australia



August is  
**Alateen**  
Awareness  
Month

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 **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.



## First things first, but which first thing?

Oh yes indeedy, my poor addled self has been dancing to the tune of a few of my defects of character again. How trying, and tiring it is, to bumble through sticky, over-busy periods and take yonks to arrive at the realisation—again—that my previous decision to ‘Let Go and Let God’, ‘Keep it Simple’ and ‘Easy Does It’ has been stymied by a bit of stealth retrieval of foibles while I wasn’t concentrating.

Golly my defects of character can be cunning and powerful. Now where have I heard that before?

Simply put, I have too much on my plate at the moment. Semi-retirement seems to attract committee membership.

I’m very happy with my commitments in my role as editor of *Austra-Link*. I actually chose—in a moment of sanity I believe—to join my community garden committee and that’s been a good place to make friends and stretch my Al-Anon program muscles and I love it.

Without even noticing, I’ve become a member of an organising committee for a music festival. There we were, my sister and I, simply enjoying dinner at the home of someone in the neighbourhood, and he said “I’d appreciate your opinion on an idea I have. You have so much experience... Coffee? Tea?” And zap! We’re both on the organising committee for his idea.

I sort of know how it happened. My

little chest puffed up inside my jumper, chuffed to think my opinion mattered. I am always quick to feel shame hot on the heels of chest puffing so already it was dangerous territory. Also—you can almost hear the people pleasing gears slipping into place can’t you—he was so enthused. Surely there was no harm in being encouraging. Didn’t want to crush his enthusiasm did I? But next thing you know what had been lunch had been redefined as the first festival committee meeting.

Anyway, I’m on this committee, the event is looming, my skill set saves the enterprise a fortune but it is time and energy consuming. And the meetingzzzz!!

Another nutty thing about it is I’m torn about doing the things I really want to do. Soon I’ll be neck deep in weeds, with fat under-exercised pets, rusty musical instruments and a derelict home.

The next right thing for me is to stick with it till the first festival is done then resign. The beauty and poetry of that one word sentence ‘No.’ is being practised daily in the mirror in readiness. I’m shuffling from Step to Step to see my way through this dilemma and a bit annoyed with myself for landing here.

P’raps I could see it as another growth opportunity for me, as well as the weeds, One Day at a Time. ▲

Wendy E.



*Hugo never over-commits himself*

## Featured Conference Approved Literature (CAL) - 2026

### P-21 Youth and the Alcoholic Parent—Alateen



Another excellent pamphlet which gets to the heart of the problems faced by young people growing up in homes affected by alcoholism in one or both parents.

It presents a series of questions some of which deal with alcoholism generally and others that represent the confusion and quest for understanding a young person living in an alcoholic home might be dealing with.

It opens with the question:

#### Is Someone's Drinking Bothering You?

The introduction describes Alateen and includes these compassionate words:

*We who have turned to Al-Anon and Alateen have learned that alcoholism is a disease, and that alcoholics have an incurable illness they cannot control. Alcoholics don't drink because they want to make their family and friends suffer. They don't intend to cause chaotic situations. They don't set out to abuse or embarrass their families and friends. However, alcoholism affects people's thinking and behavior. Even though the alcoholics might not admit they drink too much, they often suffer from guilt, remorse, physical illness, loneliness, and despair.*

*We begin to understand this when we come to Alateen. We also become aware of what we can do to help ourselves, whether the alcoholic continues to drink or not.*

*Alcoholism is a worldwide problem. In the United States and Canada there are more than 18 million alcoholics. Many have children, brothers and sisters, parents, grandchildren, or good friends who care about them. We are not alone. ...p. 3. ▲*

Then follows a comprehensive Q&A.

#### Questions Often Asked

- ▲ Who are alcoholics?
- ▲ Why does my father drink too much?
- ▲ Why can't my mother stop drinking?
- ▲ Both my parents drink too much. Why don't they realize they are alcoholics and do something about it?
- ▲ Is there a cure for this illness?
- ▲ Can I get an alcoholic to stop drinking?
- ▲ What can I do to help?
- ▲ What if the alcoholic never stops drinking?
- ▲ What can I say to my friends when they see one of my parents drunk?
- ▲ What can I do if my friends don't want to visit me?
- ▲ What can I do if the situation becomes violent?
- ▲ If either of my parents is an alcoholic, will I become one, too?
- ▲ Why is my non-alcoholic parent so unreasonable?
- ▲ Will getting help for myself do any good if the alcoholic refuses to get help?
- ▲ Where can an alcoholic find help?

This is a most helpful resource. The contact details at the back are not relevant to members in Australia. We suggest you visit <https://al-anon.org.au/alateen/> ▲

# 2026 Australian Service Conference

## Trusted Servants

PAST

PRESENT

FUTURE

When I look back on my Al-Anon journey, one of the greatest blessings I received was the chance to step into service early in my recovery. I remember seeing members whose serenity and strength I deeply admired, and I wanted what they had. It didn't take long to notice the common thread running through their recovery: service.

So when the first opportunity came, I said yes. I put my fear to the side and trusted my Higher Power that the decision was the right one. And it was. There have been many occasions when I needed to rely on the faith others had in me. Every single time I've said yes, it has proven to be the right thing for my recovery and for my growth.

But I needed to be asked. I wasn't going to put my hand up. I think we sometimes fear asking a member directly about their interest in a particular role. However, if we only wait for members to put up their hand, we might be waiting for a long time and missing out on a member who is perfect for the role.

I was also incredibly fortunate to be surrounded by some of our long serving, pioneering Trusted Servants in those early roles. At the time, I didn't realise how significant their influence would be. They didn't just understand the principles of Al-Anon—they lived and breathed them.

Even today, when I'm faced with a decision, I can still hear their voices: "Is this for the good of Al-Anon?" "How does this fit with our Primary Purpose?"

Those questions continue to guide me.

Our Traditions and Concepts provide sound guidance for our Trusted Servants. As Al-Anon members we all have a responsibility to trust, support, and encourage our current Trusted Servants by offering solutions rather than simply pointing out problems, and by standing beside them as they navigate their roles. New ideas are always welcome, and it is healthy to challenge the way things have always been done, but we should be careful not to dismiss something simply because it has been around for a long time. It is equally important to pause and understand why a past decision was made before we rush to change it, because our history often holds wisdom we may not immediately see.

When thinking about our future Trusted Servants, succession planning needs to be an essential part of our current service role. It means taking the time to mentor, guide, and support those who come after us, while also allowing them the dignity of making their own mistakes. New Zealand has a system where members who are an Alternative to a role automatically take on the service position when the term has finished. Then the retiring service member becomes the Service Sponsor for the new service member. I love that idea.

Today I feel compassion for those who haven't yet experienced the joy and growth that service brings. I want them to see that if they truly want to supercharge their recovery, stepping into service—rather than sitting on the sidelines—is one of

*Continued page 8...*



## 2026 A.A. National Convention with Al-Anon/ Alateen Participation

### Alateen Speech—Opening Ceremony (Abridged)

When we think of alcoholism, we often focus on the person drinking. But alcoholism is like a stone thrown into a still lake, the ripples reach everyone on the shore. For teenagers, those ripples can feel like tidal waves. That is why Alateen exists.

#### What is Alateen?

Alateen is a fellowship of young people, mostly in their teens, whose lives have been affected by someone else's drinking. It isn't a place for them to get sober themselves; it's a part of the Al-Anon Family Groups. It is a safe, anonymous space where they come together to share their experiences, their frustrations, and their hope.

#### Why does Alateen exist?

It exists because being a teenager is hard enough without the chaos of alcoholism at home. Living with a problem drinker can lead to "family sickness", a cycle of guilt, secrecy, and fear. Alateen provides a sanctuary where they realise they didn't cause the drinking, they can't control it, and they certainly can't cure it.

#### Who is Alateen for?

It's for the daughter who hides in her room to avoid an argument. It's for the son who feels like he has to be the parent. It's for anyone aged around

10 to 19 who feels lonely, angry, or confused because a parent, sibling, or friend struggles with alcohol.

#### What are the benefits of Alateen?

The benefits are life-changing.

**First, they get a community.** They realise they are not the only one with a "messy" home life.

**Second, they get tools.** Alateens also use the Twelve Steps to learn how to detach with love, meaning they can love the person without being destroyed by their disease.

**Finally, they get their life back.** Alateen teaches that happiness doesn't have to depend on whether the alcoholic is drinking or sober.

In Alateen, we learn that while we cannot change the person drinking, we can change our own perspective. We find the strength to grow, the courage to be ourselves, and the peace of mind to focus on our own futures.

So, you may wonder why I am up here speaking to you, and not an Alateen member. With all the other distractions in the world, it seems that it is getting harder and harder for Alateens to find this program. It is our responsibility to help our young people find the program so that they can benefit from it as much as we have. My responsibility and yours. Don't hide it from them...share it with them.

This weekend we have Alateen meetings running on both Saturday and Sunday<sup>1</sup>.

Many thanks and a warm welcome. ▲

*Veronica A.,*

*Chairperson Alateen Advisory Committee*

<sup>1</sup> A display of the artwork done by the Alateens who attended the Convention is featured on pages 6 and 7.

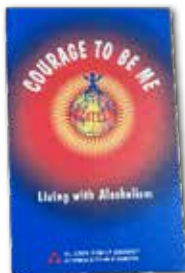
# NEWS and VIEWS from AGSO

## August is Alateen Awareness Month

### Alateen CAL

Perhaps your Group might consider using Alateen literature as the CAL for their meetings this month.

For example, *Courage to Be Me—Living with Alcoholism* has some wonderful shares from Alateen members as well as very accessible workshops on each of the Twelve Steps and Traditions. ▲



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

## Alateen Awareness Month Celebration Gift

### Alateen table card

Tent card reminds Al-Anon members that Alateen is available for all children. **X-15**

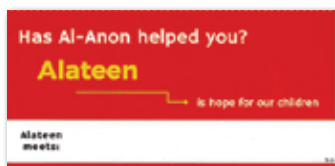


Image from rawpixel

## Who Me??



## Service webinar

**Everything you wanted to know about being a GR but were too afraid to ask!**

Hosted by AGSO, this webinar will provide an overview of the role, featuring sharings from members about their experience as a Group Representative and an opportunity for Q&A at the end.

**Monday 17th August at 7.30pm Melbourne time**

### Zoom

**Meeting ID:** 962 251 7599

**Passcode:** 707070

# The Alateen Story

Registration felt a little like joining a secret guild: a quick form, a handwritten passport number, a tiny crocheted ‘worry worm,’ and suddenly they were part of something.

Saturday morning felt like the true beginning. The first meeting, Multiplayer Mode: Together We Can Make It, filled quickly. A whiteboard became a communal canvas as teens scribbled gratitude words, passing pens and laughing when someone suggested “Zucchini” for the Gratitude Alphabet. The room warmed with that unmistakable Alateen energy, equal parts awkwardness, honesty, and sudden bursts of courage.

The 4pm meeting was quieter. A few

6





teens sprawled on the carpet, colouring slogans or building cardboard 'God Boxes'. Others lingered near the doorway, torn between staying and exploring the convention. It was clear that mornings were their prime time; afternoons belonged to the wider world.

Sunday brought a gentle shift. Teens who had been shy on Saturday walked in confidently, flashing their passports like VIP passes. The Boss Level: Courage to Be Me session sparked deeper conversations. The feelings wheel became a compass, helping them name things they'd carried silently for years.

One teen traced the word overwhelmed with her finger, then whispered, "That one's mine." Another nodded, relieved to hear someone say it first.

By the final meeting, the room felt transformed. The teens weren't just attendees anymore; they were a temporary tribe. Passports were smudged, notebooks half-filled, worry worms tucked into pockets. Some teens would return next year. Some might never come again. But all of them left with something—an idea, a slogan, a moment of connection that softened the edges of their world.

As the convention wound down, the boardroom emptied slowly. A few teens lingered to add last words to the gratitude board. Hope. Sleep. My dog. This weekend.

And then they were gone, back into the swirl of families, meetings, and the Gold Coast sun, leaving behind a room full of coloured-in slogans, remnants of God Box making, and the quiet certainty that, for two days, they had found a place where they could simply be themselves. ▲

*Veronica A.,*

*Chairperson Alateen Advisory Committee*

*Pictured left: A display of some of the terrific creative efforts by the Alateen members who attended the Convention.*

...Continued from page 3

the most powerful ways to practise these principles in all our affairs. It can be scary but we never do service alone and it can bring about the most amazing growth.

Thankfully, I've never seen service as a chore, even during the busiest times of my professional and personal life. For me, taking a break from service would feel like taking a break from my recovery—something I hope never to do. Service has always given me far more than I could ever give back.

Service connects us to those who came before us, supports those who serve today, and prepares the way for those who will carry the message tomorrow. It is a privilege, a responsibility, and one of the greatest gifts of this program. ▲

*Helen G., General Secretary, AGSO*

## **My gentle reminder**

I was gently reminded recently, that although I encourage others to write to *Austra-Link*, I could 'Let It Begin with Me' and do so myself. So here I am.

After our recent Assembly, I thought more more about how being an Alateen Group Sponsor had enhanced my own recovery.

It was a while ago, but I can still recall so many meaningful experiences. One in particular involved an Alateen member who didn't like to talk as much as some of the other group members. At times this member was questioned as to why she wouldn't share. Sometimes, as Group Sponsor, I would raise my hand and ask to speak through the chair and gently say "the member can listen as long as they want". At other times they would interrupt or ask the speaker questions and I would again say "No crosstalk please" and give a quick reminder of courtesy and respect of one another and

the importance of Tradition One.

This went on for what I thought was forever, but with time and many "No crosstalk please", they learnt not to interrupt, question the speaker, or crosstalk....

So going back to one of those meaningful lessons...a chairperson was called for and to my surprise and delight, the less talkative member who had listened for some time, volunteered for the first time.

The meeting started, and not long into it the chatter started. I was a little concerned and on the verge of speaking up when the chairperson simply said "No crosstalk please".

How empowering that was for me and no doubt the Alateen member chairing, for that member speaking up was empowering.

As someone who 'medicates' their anxiety with talking, this was a great lesson in 'Listen and Learn'. Listening to others, listening to yourself, listening to your Higher Power....I am a work in progress. Thank You Alateen. ▲

*Anon*

## **What Alateen means to me**

My mother said to me "you are coming with me tomorrow to a meeting". Back then you did not argue with your parents. So I went, I listened and read the banners on the wall. After the meeting I was surrounded by other members my own age and older. I instantly went defensive, thought "It is not my problem, he drinks and she yells. If they both stopped, life would be normal!" I didn't want to talk to strangers about my family. I was embarrassed and ashamed by what was happening in our home.

A couple of months later, my father went back to A.A. and I thought we would become a normal family. The

problem with that idea was, I had not changed. My parents started to change and grow while I was living in the past and future.

My mother just sowed the seed; it was up to me to decide the next step.

Four months later I went to my first Alateen meeting. I was sick and tired of being sick and tired. I did not understand what was going on. I was at the crossroads and thankfully chose the Alateen path.

Cheltenham Alateen was the place for me! Teenagers my age, talking about their home situation, yet they could laugh, cry and share their experiences and talk about what they did to live in an active alcoholic situation and still have a good day.

The listening to other members meant I learnt to understand and accept alcoholism is a family disease and what it did to me. Being accepted and welcomed by other members made it easy for me to stay and be part of the group, applying the slogans and listening for the similarities. The Steps were too hard for me at the time.

As the years went by, I felt comfortable to talk about feelings and confident to say what I needed and felt. Communication with my mother improved greatly. However, I was challenged to get close to my father. I eventually did get close when I was ready and I was glad I did. It was important to me to be a family!

After Alateen, there was Al-Anon and most of us were not keen to go because of the age difference. So, we opened what we called 'in-betweens'. Alateen was the springboard for all of us to establish two groups in Melbourne.

The 'in-between' group I attended was the haven for older teenagers/

young adults to continue to learn about ourselves, grow, support and challenge each other.

The group helped me to take the Twelve Steps seriously and do them with the support of the group and my Sponsor. The opportunity to discuss each Step in detail was valuable to gaining an understanding.

The 'in-betweens' and then adult children groups helped me to be an adult and understand who I am—to be the person I want to be. The friendships I have with members have been an important part of my life and continue to be.

Today, it is important for me to continue to go to my meetings because I want to learn, listen and share my experience, strength and hope to new members.

From Alateen to Al-Anon this program and members have given me the confidence to do service work at Group, District and Area all of which is rewarding. ▲

## 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                           |

# The Slogans

## Together We Can Make It

As I reflect on my time in Al-Anon, I see how incredibly prominent the slogans have been in my life especially in changing my attitude and maintaining a level of serenity that makes me look and feel like I don't have a care in the world!

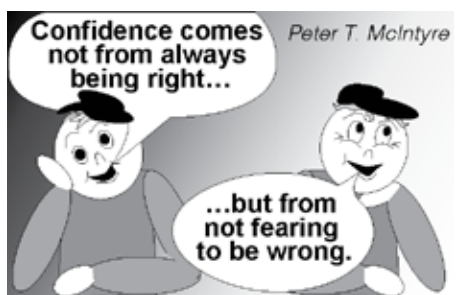
I come to recognise that I, as the non-drinker, am the thermostat of the home and help sustain a constant, reliable source of support and encouragement to my young family. I practise patience, remember to pray, to wait, to pause and to forgive. I learn to not take things personally but most importantly I learn to get on with my life. I gain strength from watching others in the rooms of Al-Anon move gracefully and quietly through challenging times.

Miracles continue to happen when I focus on myself and on my recovery. I'm showing my children and those close to me that it's ok to look after themselves and pave their own fierce path in life.

Alateen's slogan 'Together We Can Make It' is my favourite because it reminds me that I'm not alone.

"We must learn to lean on others, and sometimes accept others' leaning on us. We must share our experience, strength, and hope with others so that we can all grow. We can't do it alone. 'Together We Can Make It.' " *Alateen: Hope for Children of Alcoholics* (B-3), p. 49. ▲

*Tami Z., Victorian Southern Area*



## Today's Reminder

To "Let Go and Let God" is the way we find peace of mind. Our stubborn self-will can only hinder the working out of our problems. If I really want to be free to build a satisfying life for myself, I must first release the alcoholic from my efforts to direct and control.

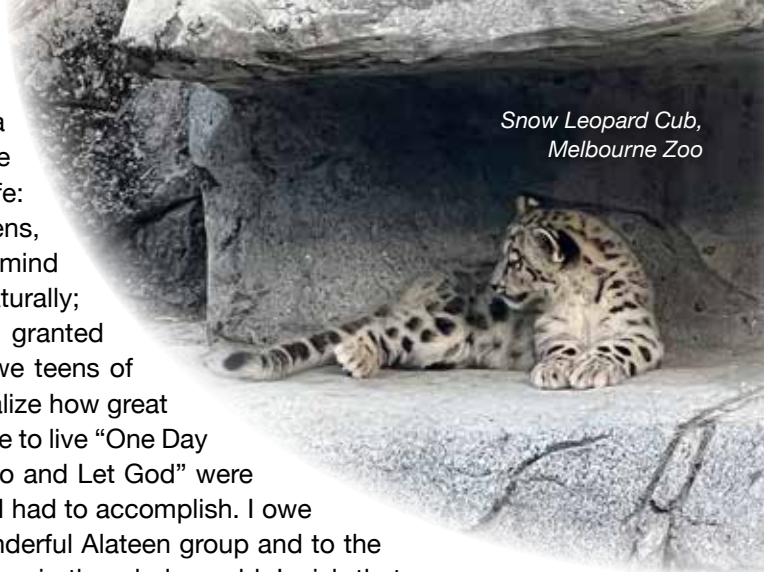
*"May I always keep in the forefront of my mind that I am not all-wise and all-powerful. Only God is that—and it is on Him that I must rely."* ▲

*One Day At A Time in Al-Anon, B-6. p. 107*



I have received a wonderful feeling I've never had in my life: serenity. To most teens, I suppose, peace of mind and serenity come naturally; they just take it for granted as a way of life. But we teens of alcoholics come to realize how great a feeling it is. To be able to live "One Day at a Time" and "Let Go and Let God" were the two hardest tasks I had to accomplish. I owe my whole life to a wonderful Alateen group and to the most wonderful Sponsor in the whole world. I wish that every teenager could belong to a group similar to Alateen. Then they could really appreciate their peace of mind.

*Snow Leopard Cub,  
Melbourne Zoo*



*Linda, West Virginia, U.S.A.  
Alateen Talks Back on Serenity, P-69, p. 24*

## 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](mailto:austra-link@al-anon.org.au).**

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**Reference:** Group's name/Individual name **Email:** [accounts@al-anon.org.au](mailto:accounts@al-anon.org.au) when you have made an EFT payment

# Forthcoming Events

## **SPECIAL AL-ANON FUNDRAISING ZOOM MEETING FOR 2027 AA NATIONAL CONVENTION WITH AL-ANON AND ALATEEN PARTICIPATION**

Date: Sunday 13<sup>th</sup> September 2026, 2.00-3.30pm Suggested donation: \$10

BSB 063000 Acc 14835556 Name Al-Anon Family Groups Victorian Southern Area Inc

Theme: *Conflict resolution using Al-Anon principles*

Zoom: <https://us02web.zoom.us/j/87192204614?pwd=wuW,2EKa0RYbDjLyjoj2peaBct1pVgW.1>

Meeting ID: 871 9220 4614 Passcode: 707070

### **AA OUTREACH IN RAROTONGA 2026**

#### **AA RAROTONGA COOK ISLANDS GROUP WITH AL-ANON PARTICIPATION**

Date: Sunday 11<sup>th</sup> to Sunday 18<sup>th</sup> 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](mailto:hbr.cookislands@gmail.com)

Matthew, AA Australia Email: [matthew.kennedy2@bigpond.com](mailto:matthew.kennedy2@bigpond.com)

Al-Anon Contact: Del, Email: [delenevcuddihy@yahoo.com](mailto:delenevcuddihy@yahoo.com) or 0402597259

### **71ST GOULBURN VALLEY ANNIVERSARY WITH AL-ANON PARTICIPATION**

Date: Friday 16<sup>th</sup> and Sunday 18<sup>th</sup> October 2026

Venue: North Shepparton Community & Learning Centre,  
10-14 Parkside Drive, Shepparton Victoria

Contact: Karen J. 0448 134 009 or Bek C. 0429 641 204

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

Date: Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> 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; Sunday Breakfast

Contact: [fscbirthdaybash@gmail.com](mailto:fscbirthdaybash@gmail.com)

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

Date: Saturday 27<sup>th</sup> to Monday 29<sup>th</sup> March 2027

Venue: Nyaal Banyul-Geelong Convention Centre, 80 Western Beach Road, Geelong, Victoria

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

### **WHO ME? SERVICE WEBINAR HOSTED BY AGSO**

*Everything you wanted to know about being a GR but were too afraid to ask!*

Details: Date: Monday 17<sup>th</sup> August at 7.30pm Melbourne time.

Meeting ID: 962 251 7599 Passcode: 707070

## **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: September 2026 - Alateen Awareness Month**

CAL: For 2026 we will feature 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: [alanonnorthnsw@bigpond.com](mailto:alanonnorthnsw@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](mailto: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](mailto: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](mailto: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](mailto:sqaafg@gmail.com)

### **NORTHERN VICTORIA:**

Al-Anon Family Groups Northern Victoria Area  
Inquiries: 1300 252 666  
Email: [alanonnthvic81@hotmail.com](mailto: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](mailto: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, Thursday and Friday  
Phone: (08) 8231 2959  
Email: [sa-alanon@outlook.com](mailto: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](mailto:office.admin@alanonwa.org)

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### **Al-Anon Family Groups (Australia) Pty. Ltd.**

7th Floor, 51 Queen Street, MELBOURNE  
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9:00am – 5:00pm, Monday to Thursday  
Email: [office@al-anon.org.au](mailto:office@al-anon.org.au)  
Website: [www.al-anon.org.au](http://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)**