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AUSTRALIA-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 **austra-link@al-anon.org.au**

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

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God grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference

Recovery

Through The Steps

Unity

Through The Traditions

Service

Through The Concepts

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also a framework within which the groups can carry on their affairs in harmony.



Sometimes the nicest things come from bizarre places...

I just have to share a weird and delightful experience I had last week.

I attend water aerobics classes in the morning three times a week with a view to maintaining my aging 'temple' and tricking it into believing that life would be a bit nicer with less arthritic discomfort. Unless I'm very quick getting out of the house, Hugo usually accompanies me in the car. I park in a shady spot and walk him round some ponds nearby afterward. I know. Bet you're thinking "What an Amazon!"...or not.

So last Monday I pulled up in the usual parking place, and before switching off my idiosyncratic electric vehicle, I gathered my chattels together preparing to alight. There was Hugo looking adorable as is his habit, and I couldn't help myself, I said "I love you."

Well blow me down with a feather, a mellow female voice with an American accent said back "You're pretty great yourself".

Of course it was my phone speaking to me through the car speakers. That Siri character who lurks in the background and never takes my snubs to heart. The lovely thing about the 'interaction' was how uplifting it was. Truly.

While I find it absolutely hilarious and ever so slightly spooky in a 'big brother (sister?) is watching you way', the words really did lift my spirits and I went into

the swimming centre with a spring in my step and a huge grin on my face.

It got me thinking about where we can find happiness. We hear in the program that happiness is an inside job. The *Just for Today* card bears a marvelous quote attributed to Abraham Lincoln, "Most folks are happy when they make up their minds to be."¹

Before I found Al-Anon, I quite likely would have found irony and humour in the incident, but I'm pretty sure I would not have experienced joy.

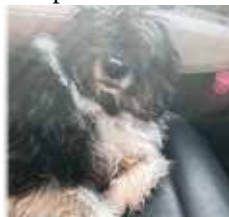
I'm so grateful for this simplicity in my way of experiencing and appreciating things now. My default response to many things used to be guarded and skeptical. There in my lonely dedication to my sorry lot, I was determined not to be distracted by light-hearted things. Nothing was going to trick me into feeling OK. I would see beauty but would experience it with poignancy or yearning rather than joy.

When I chose Al-Anon I chose to let in the light. Several years on I am still amazed at how good life can be even in the darkest moments.

In this issue we have a special collection of 75 gems heard in meetings to celebrate the 75th year of Al-Anon.

Love in
gratitude... 

Wendy E.



Hugo—loyal passenger

1. See our 75th Celebration collection of gems on pages 6 and 7

Featured Conference Approved Literature (CAL) - 2026

Al-Anon, You, and the Alcoholic, P-2, and What Do YOU Do about the Alcoholic's Drinking? P-19.



Once again, this month we feature two excellent pieces of literature.

There is such a wellspring of accessible and compelling information distilled in Al-Anon's CAL pamphlets.

Al-Anon, You, and the Alcoholic.

This pamphlet answers 22 frequently asked questions. Here is a small sample of the comprehensive Q&A.

4. Why are Al-Anon members anonymous?

Although many people know that alcoholism is an illness, there are others who make harsh judgments about alcoholics, their families, and their friends. For that reason, Al-Anon groups make it a practice to assure all present at a meeting, especially the newcomers, that their anonymity will be respected. Everyone is asked to respect the anonymity of all Al-Anon members, as well as the confidentiality of their sharing....p.3 ▲

9. Will Al-Anon help me understand why the alcoholic can't stop after one or two drinks?

Yes, Al-Anon members and Al-Anon literature will explain that alcoholism is a compulsive illness. There is no moderation for the alcoholic. Going to open AA meetings may help you understand the many drinking patterns of alcoholics.p.4 ▲

11. Will Al-Anon help me control my temper when the alcoholic is drinking?

As you learn through Al-Anon to move beyond resentments of the past and

fears for the future, you may realize that it is futile to react in anger to the disturbing things the alcoholic says and does. Changed attitudes can aid recovery....p.4 ▲

What Do YOU Do about the Alcoholic's Drinking?

Reading this for the first time it is as though there's a fly on the wall (with excellent writing skills) observing the drama and chaos of living with an alcoholic.

Many of us who are close to an alcoholic have felt, at times, that somehow we were to blame for the problem drinking. We aren't. However, our determined, angry, or fearful efforts to do something about it or the problems resulting from, it can make matters worse. In fact, many Al-Anon members have learned, "A drinking problem in the house can often be more easily recognized by the behavior of those living with the drinker than by that of the drinker."...p.2 ▲

The pamphlet contains profound observations of things many of us have tried, resorted to, or experienced, living with active alcoholism. It is a candid look at our fruitless attempts to outwit alcoholism. Following these recognisable tactics and strategies, the pamphlet guides us toward healthy solutions in Al-Anon recovery. ▲

2026 Australian Service Conference

Trusted Servants

PAST

PRESENT

FUTURE

Such an honour to attend my first Australian Service Conference!

Contemplating the Conference theme, I realise what a powerful few words they are. They encompass all that created, is creating and will continue our wonderful program into the future.

Al-Anon's official start in 1951 coincided with the year of my birth. So Al-Anon and I have been learning and growing for seventy-five years.

I have so much to thank Al-Anon's founders and early members for—they were brave pioneers in an era where alcoholism was barely recognised as a disease and its effects on family were only just being acknowledged by those living with it.

The fact that the program quickly expanded to become not only a North American phenomenon but to become world-wide, is testament to both the need for recovery amongst families and the wonderful benefits the program brings.

It is truly heart-warming to hear members speak of their decades-long membership and of their intention to continue their recovery forever. I certainly feel that way!

From my own perspective, there are many members who have helped me. Those few people who welcomed me to my very first meeting when I entered the rooms shaking and oh so desperate. Then to the second meeting I joined with more warm, smiling faces. And those wonderful encouraging members who said 'Yes, you can do the GR job—we'll help you' and later on, said 'Yes, you will be a great DR—we'll be there to guide you'. And they were!

After a while, I gathered the courage to become involved in local PI activities which became a bit of a passion. I learned to liaise comfortably with AA members when we cooperated on events. I learned to talk to strangers at events about the program. And all the while I was absorbing the principles of the program into all aspects of my life.

People who had been Group Representatives or District Representatives were always ready to offer guidance when I was unsure of what to do. And then, I was very surprised to be 'tapped on the shoulder' with a suggestion that I join an AGSO Committee. Wow, that was a bit scary! But I accepted the challenge because I had learned that it's a good idea to always say yes to service because of the personal growth it engenders.

Very recently I have joined the AGSO Board—another intimidating challenge—but I did not hesitate for the same reasons (an opportunity for more growth and an opportunity to give back to the fellowship).

One of the greatest gifts for me has been sponsorship. Service sponsorship,

Continued overleaf...

...Continued from page 3

as I mentioned, has been invaluable. Sponsoring others has been and is a joy. I think I have learned more than my sponsees and working the program with each one has brought warmth, friendship and shared recovery.

As for the future, I intend to hang around in Al-Anon for ever. I will always say yes to any type of service trusting that newer members will keep the program alive and thriving way, way into the future.

In gratitude. ▲

*Sheridan D, Delegate,
Northern New South Wales*

Recollections

I have been a member of Al-Anon for 43 of the 75 years in Australia. My first meeting was in the suburb where I lived, and my husband took me until I was settled.

In those days most of the women who attended were smokers, which was difficult for me as a non-smoker. I met the alcoholics of these women. They never found sobriety but were loved through Al-Anon.

The best part of Al-Anon has been my longtime Sponsor and best friend: I am so grateful for that part of the program.

I have been to meetings in the USA and Spain. However, the USA meeting was not truly Al-Anon, as a member was a professional who turned the meeting into psychological questions, and it was no benefit to me.

I have had my anonymity broken—the neighbour of the alcoholic in my life knew I was an Al-Anon member. Al-Anon helps me live one day at a time with the help of my God. His power from Step Two and His will in Step Eleven are good reminders for my spiritual life. ▲

Helen B., Southern New South Wales Area

Glossary of Abbreviations

A.A.	Alcoholics Anonymous
ADR	Alternate District Representative
AGR	Alternate Group Representative
AGSO	Australian General Service Office
AMIAS	Al-Anon Member Involved in Alateen Service
ASC	Australian Service Conference
CAL	Conference Approved Literature
DR	District Representative
GR	Group Representative
GSB	General Service Board
IAGSM	International Al-Anon General Services Meeting
PI	Public Information
WSC	World Service Conference
WSO	World Service Office



Today's Reminder

I can't cope with something unless I acknowledge its reality. When I am willing to look at the whole picture, I take the first step toward a more manageable life.

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them." ▲

*Henry David Thoreau
Courage to Change, B-16. p. 191*

NEWS and VIEWS from AGSO

2026 Literature Spring Special

- P-93** *Paths To Recovery Workbook*
- P-95** *Healing Within Our Alcoholic Relationships*
- M-81** *Alateen Just For Tonight bookmark*
- P-48** *Understanding Ourselves and Alcoholism - pamphlet*
- P-7** *A Guide for the Family of the Alcoholic - pamphlet*
- P-4** *Alcoholism the Family Disease - pamphlet*

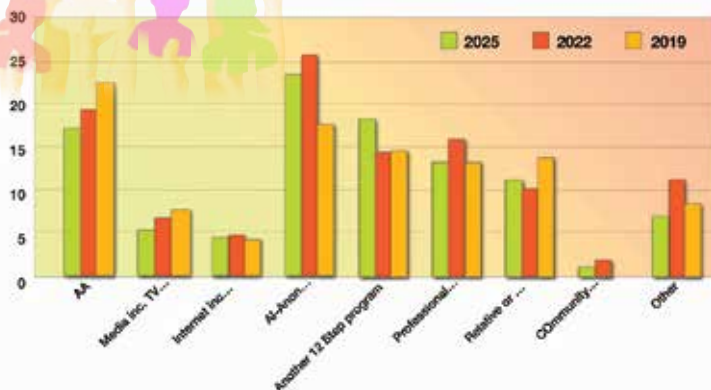


2025 Membership Survey

Comparisons of recent surveys: 2025, 2022, 2019

Where did you first hear about Al-Anon Family Groups?

A slight decrease in AA referrals and other Al-Anon members but an increase in other 12 Step programs over the three years



75 gems of wisdom and recovery

The idea of gathering 75 helpful sayings and ideas heard in meetings over the years. The Link Editorial Committee thought it was a grand plan and have been collecting these jewels.

1. Accept don't expect.
2. Be grateful for another's kindness.
3. Be true to yourself.
4. "Burnt Chop Syndrome". When we routinely put ourselves last.
5. Courage is fear that has said its prayers.
6. DETACH: Don't Even Think About Changing Him or Her.
7. Detach with Love.
8. Do I have an attitude of gratitude?
9. Do the next right thing.
10. Don't just do something, sit there.
11. Dropping the rope.
12. Expectations are premeditated resentments.
13. FEAR: Future Events Aren't Real.
14. First things first and the first thing is me.
15. God works in the present moment.
16. GOD: Good Orderly Direction.
17. GOD: Great OutDoors.
18. HALT: Am I Hungry, Angry, Lonely or Tired?
19. Happiness is an inside job.
20. Hate the disease, love the person.
21. HOPE: Hearing Other People's Experiences.
22. HOPE: Hang On, Pain Ends.
23. HOPE: Happy Our Program Exists.
24. Humility does not mean humiliation.
25. Hurt people hurt people.
26. I am enough.
27. I am not responsible for how another person feels.
28. I did the best I could with what I knew at the time.
29. I don't have to apologise for my emotions - only for my behaviour.
30. If it's to be, it's up to me.
31. If it's urgent, it's not important, AND If it's important, it's not urgent.
32. "Insanity is doing the same things over and over again expecting different results."
Albert Einstein.
33. It's not what happens to you that matters, it's how you handle what happens to you.
34. JADE: "don't" Judge, Argue, Defend, Explain.
35. Keep coming back.
36. Keep your mind where your hands are.
37. Let it begin with me.
38. LOVE: Listen, Overlook, Value, and Encourage.
39. LOVE: Let Others Voluntarily Evolve.
40. Making amends is more than saying sorry.
41. Meditation is not what you think.
42. Mind your own business.



y to celebrate 75 year of Al-Anon

ars, first emerged at a meeting of the Delahay AFG, Victorian Southern Area. The Australs over the past few months.

- 
43. “Most folks are as happy as they make up their minds to be.”
Abraham Lincoln.
44. ‘No’ is a complete sentence.
45. No situation is really hopeless.
46. None of us are defective—it’s just bad habits.
47. Pain is inevitable but suffering is optional.
48. Panic slowly.
49. Progress not perfection.
50. Put in the ‘footwork’.
51. Q T I P: Quit Taking It Personally.
52. Respond don’t react.
53. Say what you mean and mean what you say but don’t say it mean.
54. Self first, but not self only.
55. S H A M E: Should Have Already Mastered Everything.
56. Take what you like and leave the rest.
57. The HOW of Al-Anon: honesty, openness and willingness.
58. The Three As: Awareness, Acceptance, and Action.
59. The Three Cs: I didn’t Cause it, can’t Control it and can’t Cure it.
60. The Four Ms: Manipulation, Managing, Mothering and Martyrdom.
61. The Three P’s: Perfection, Procrastination, and Paralysis.
62. Things take time.
63. THINK: is it Thoughtful, Honest, Intelligent, Necessary, Kind.
64. This too shall pass.
65. Together we can make it (Alateen).
66. T R U S T: Try Really Using Step Three.
67. Unsolicited advice is criticism.
68. What would you do if you weren’t afraid?
69. When confronted with a challenge: Do I need to do anything? Do I need to do it? Do I need to do it now?
70. When faced with a conflict, assume good will.
71. Worry is like a rocking chair—it keeps us moving but it doesn’t get us anywhere.
72. Would I treat my loved one the same if they had another disease?
73. You don’t have to attend every argument you’re invited to.
74. You may be right.
75. What others think of me is none of my business.

Looking back: A 75th Anniversary share-continued

This is the second half of a lovely story by a member inspired to share about her time in Al-Anon to celebrate 75 Years of Al-Anon. Part 1 appeared in the September issue of *Austra-Link*.

I had many questions about what would I do for Public Information. The answer was “Read the Manuals and the Guidelines”. It was my first step into another world and I later took on many positions on the Area Committee. I loved going for the weekends to Atherton, Cairns, Ayr, Mackay and to outback Alpha. I have made many wonderful friends in Al-Anon and learnt to keep the focus on me, mind my own business and continue with service.

About this time I was able to buy my first Al-Anon book: *One Day at a Time in Al-Anon*. I still love page 13. This little daily reader was first printed in the United States but in 1980 it was reprinted in Melbourne. My book is well thumbed. I now have a full library except when my books are out on loan to share the wisdom of the words of members.

I was fortunate to go to an Al-Anon Convention in Salt Lake City with many friends from Australia. Lois W. and Arbutus O. were two of the many American members there. We had listened to their audio tapes at each others' houses—it was so exciting. Then came some VHS videos and cassettes of events for the fellowship.

Also when travelling to many parts of the world, I have always looked for an Al-Anon meeting. Once in a small town in Scotland, I went to a local meeting and wandered up and down the street looking for some sign of where it could be held. All the buildings looked similar,

big blocks of brown stone. I stood on the footpath saying the Serenity Prayer and up from the bowels of a brown building came a man with a sign for Al-Anon meeting here. I wept. He hugged me and took me down to the meeting where everybody hugged me and laughed at my accent. I knew I was home.

When in Japan I started a meeting in Tokyo, with help from American friends. It saved my sanity as I was living there for six months with three children and a partner. We made life-long friends.

I worked through the Steps with my Sponsor and have found my own ‘Power greater than me’. I am no longer as insane as I used to be, have much better relationships with friends and family, and keep going to regular meetings of Al-Anon Family Groups. Reading has been my love, and I have managed to accumulate many books and pamphlets which I read daily, but it is nothing compared with a face to face with my ‘family’ who know, accept, love and understand me as I do them.

I have learnt many pearls of wisdom: My Altitude is my distance from earth and my Attitude is my distance from God; Stop and enjoy the moment; The only thing that changes others is brain surgery!!; and all the slogans.

My first 42 years in Al-Anon were spent in Townsville. I am now in South Queensland doing Archives and this is my last year of getting lost for hours with all the Archival material. This helped me find material for a pamphlet marking 75 years of Al-Anon in South Queensland Area. Also reading about the years when South and North Queensland were one Area. What a celebration for North Queensland of 50 years. It has been fascinating, rewarding and a deep pleasure to be part of this fellowship wherever I go.

Much love. 

Cecily M. South Queensland Area.

The Slogans

“How Important is it?”

During my time as a member of Al-Anon Family Groups, I have heard this slogan being spoken about in meetings and read articles in our CAL on this topic. Most of the time the slogan encourages me to reflect and respond according to the gravity of the conversation or situation. It is true that I have, in the past, often been caught up in reacting rather than responding when seeking a quick solution to any discomfort. Or perhaps insisting that ‘mother knows best’ and enjoying the, albeit temporary, feeling of being “in the right”.

However, I now understand that this slogan is simply asking me a question. Sometimes the issue is very important! A recent example is when I slipped on our wet garage floor, had a hard fall and sustained a head injury. I was fortunate that my husband was with me and was

able to offer me the necessary support. Quick action was needed in this case!

Al-Anon has helped me to ask for help when needed and act appropriately. Applying this slogan has helped me to find some balance between two extremes of, on the one hand, doing nothing and allowing fear to take over and, on the other, risking making a mistake and possibly looking foolish but learning from those mistakes. I have also heard in meetings three interesting questions to think about:

- ▲ Do I need to do anything?
- ▲ Do *I* need to do it?
- ▲ Do I need to do it *now*?

Not all situations require drastic or immediate action but, in the case of the emergency I have described, sometimes they do! ▲

Anonymous

Theme Talk from the June 2026 Northern New South Wales Area Assembly

Happiness, Joy and Freedom

The opposite of happiness is sadness, misery, sorrow and despair. The opposite of joy is sorrow or sadness, and the opposite of freedom is being restricted, deprived of autonomy, or living in slavery.

Before I came to Al-Anon, I was in despair, but it wasn't because of alcoholism. It was because of my son's

school attendance. Both my son and my husband were blaming me for my son not going to school. I had tried everything and nothing worked. This was before the COVID-19 lockdown, before ‘school can't’ became a recognised thing. I was a failure as a wife and mother. I wanted to end my life because I was so powerless and in pain. BUT, I had great friends and a loving HP who brought me to Al-Anon.

The suggested Al-Anon meeting closing says, “You will come to realise

Continued overleaf...

...Continued from page 9

there is no situation too difficult to be bettered and no unhappiness too great to be lessened,” and I grasped onto that and kept coming back. In time I learned, “Just for today I will be as happy as I make up my mind to be.” I began making up my mind. Instead of going to the beach on my day off, wallowing in self-pity and staring out at the ocean in fear and anxiety, I’d close my eyes and find happiness in the sound of the waves on the shore and the sunshine on my face. I began to detach from my husband’s and son’s behaviours and stopped taking their behaviour personally.

It took a while, working the Steps with a sponsor, to begin setting boundaries with my son and husband and following through on them. I packed up four devices every time my son didn’t go to school. I practised “One Day at a Time” by starting each day anew, as though there hadn’t been any school absences, and he got his devices back on the days he went to school. I detached when he stayed in bed and didn’t go to school, and he experienced the consequences. My happiness no longer depended on whether my son went to school or not, or on my husband’s approval or disapproval. I could detach and find my own enJOYment in life. Our relationship improved and I began to live and love again.

I “Let It Begin with Me”, “Let Go and Let God”, looked after my own needs and wants, kept working the Steps with a sponsor, and found a Power greater than myself whom I could absolutely trust with my life. Now I’m no longer in slavery, but free. ▲

KA, Northern New South Wales Area

Out of the mouths of Alateens!

I only found out a few months ago that my Dad was an alcoholic and a drug addict. I also found out that his side of the family is filled with alcoholics. I thought to myself, “I’ve been around Al-Anon and Alateen for nearly nine years, how could I not realize this?” My Mom told me about my Dad when I started asking questions.

He died from a brain aneurysm when I was only ten weeks old. I found out that if he had stopped drinking and drugging, he might have lived longer. He knew this and that he had a daughter, so I feel like my Mom and I didn’t matter, that we weren’t important enough to him to want to live. I’ve been affected by his death, by not having a father, and I’m very angry with him.

My ex-boyfriend was off alcohol while he was with me, because he knew I wasn’t into it. He told me he was so happy that he was straight and getting his life together. But then he started drinking again behind my back. The lies started and I made him choose between it and me. I lost and was so hurt. I spoke to an Alateen friend who explained that the addiction caused him to choose alcohol over me.

I’m glad she said that because it made me think a little differently about my Dad and my ex-boyfriend. It helped me realize why they made the decisions they did. Although it doesn’t make it right and I’m still hurting, at least I understand it. ▲

Joy

Alateen Talks, P. 2

*Sharings from Massachusetts Alateen Convention
(Mac) Writing Workshop*

...But now I know it is futile to aim for perfection—I am a feeling person and some feelings lie deep within me and I may never recognise their source. Even so, I can try, and when I don't seem to be able to get rid of an unpleasant feeling I can turn to my Higher Power through the Second and Third Steps, saying with some desperation, 'I don't want to feel this way,' and then realise later that it has gone.

Sharing from the Heart, Austra-Link Editorials 1990–2009, BX-1, p. 73

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Forthcoming Events

AA OUTREACH IN RAROTONGA 2026

AA RAROTONGA COOK ISLANDS GROUP WITH AL-ANON PARTICIPATION

Date: Sunday 11th to Sunday 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

71ST GOULBURN VALLEY AA ANNIVERSARY WITH AL-ANON PARTICIPATION

Date: Friday 16th and Sunday 18th 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 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; 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

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

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: November 2026

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



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
P O Box 14125, Mt Sheridan, Qld 4868.
Phone: 1300 252 666
Email: alanonnqarea@gmail.com

SOUTH QUEENSLAND:

Al-Anon Family Groups South Queensland Area
Unit 3, 1050 Manly Road. TINGALPA
PO Box 2169, TINGALPA QLD 4173
10:00am – 2:00pm, Monday to Wednesday
Phone: (07) 3890 1244
Helpline: 1300 252 666
Email: sqaafg@gmail.com

NORTHERN VICTORIA:

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