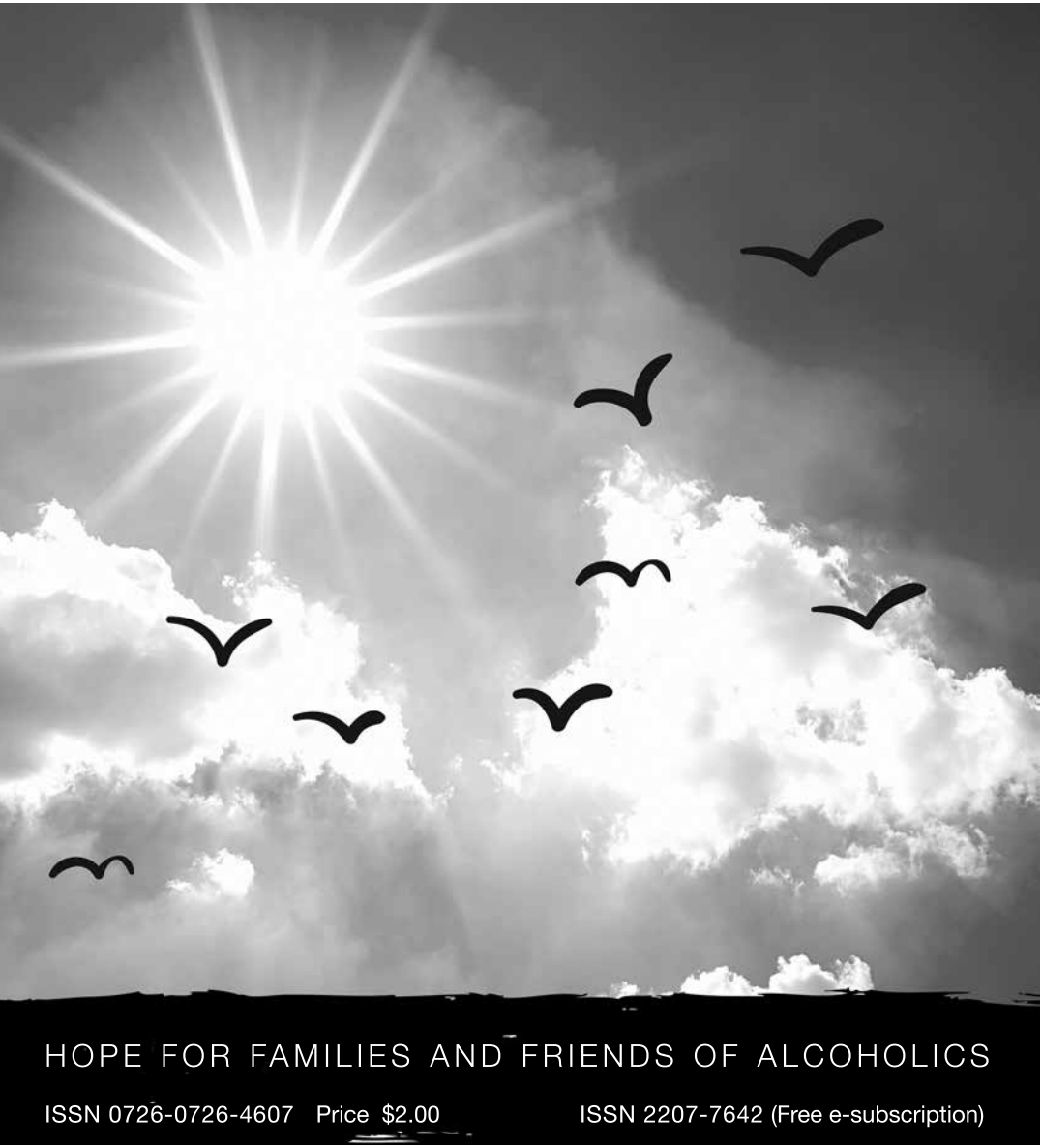
November 2026

AUSTRA-LINK

The monthly journal of Al-Anon Family Groups in Australia



HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS

ISSN 0726-0726-4607 Price $2.00 ISSN 2207-7642 (Free e-subscription)

Statement of Purpose

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

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

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

By submitting your article for publication in *Austra-Link*, it is understood that you are willing for it to be shared with the publications of Al-Anon structures in other countries and for it to appear on the website.

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

austra-link@al-anon.org.au

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

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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.

The National Journal of
Al-Anon Family Groups Australia

Issue No. 547, November 2026

Keeping an open mind about self-care and fear...

For the last several months—well actually off and on since about 1990 really—I've had a pesky and painful neck. It has probably served as a 'spinal barometer'. When I've been stressed by work it's gone into spasm treating me to awful headaches.

Eventually I'll slope off to get some medical help or turn to an allied professional such as a physio or chiropractor. I've invested in space-age looking pillows, funny vibrating heated collar thingies, wheat bags... I've done very unbecoming exercises that make me resemble a strutting chook and in the spirit of stoicism and denial claimed that "I'm fine. It's really not too bad". So very 'not too bad' that if anyone urges me to look at anything requiring me to turn my head further than 11 or 1 o'clock I can't do it. You can't imagine the flocks of birds, awesome sunsets and fascinating sights I've missed.

Over the past few years it's become more inhibiting and harder to ignore. MRIs and x-rays show that it is no more damaged or dramatic than I might expect at this age. So I've continued to be 'fine' putting up with discomfort and stubbornly downplaying the pain. And through all of this I've had a sense that it's my fault somehow. In truth this attitude is not new for me.

How many years did I spend isolated and filled with shame when I was living with my alcoholic husband as he struggled with his awful master? How much brain space did I give to taking responsibility for his disease and actions? How often did I stolidly hang on to doing things in old ways rather than risk change? How determined was I to cope on my own, not realising—and then not accepting—that a power greater than me could restore me to sanity and open the way for a healthy life?

I've recently been reading some very well argued theories about pain. It suggests pain is the brain's reaction to danger. A protection from potential harm.

This reminds me of how some of us develop defensive behaviours and habits to survive trauma when we are small. Later we struggle to learn to let go of those defences when they no longer serve us. Am I holding on to old hurts, habitually holding myself tense when perhaps it is safe for me to let go? The same way I struggle with letting go and handing over to my Higher Power.

So me, and my pesky, painful neck, are going to work our way through the Steps, ready to practice the principles in all my affairs. △

Wendy E.



Hugo—his neck is fine thanks

Featured Conference Approved Literature (CAL) - 2026

A Guide for the Family of the Alcoholic, P-7, *and Three Views of Al-Anon—Alcoholics Speak to the Family* P-15.



This month we feature two more excellent pamphlets. The first, P-7, is a frank and dispassionate appraisal of how a family may experience living with alcoholism. The second pamphlet, P-15, contains three fascinating shares from alcoholics.

A Guide for the Family of the Alcoholic

We are introduced to the complexities of living with an alcoholic in clear and unapologetic words:

The family's best defense against the emotional impact of alcoholism is to gain knowledge of this disease and achieve growth in emotional maturity and courage needed to put it into effect…

…The person closest to the alcoholic may need more assistance and counseling than the alcoholic…

…Alcoholism is an illness that has tremendous emotional impact upon the immediate family…

…The more distorted their emotions become, the less adequate their help will be. Their interactions often become destructive rather than helpful.…p.2 ▲

Following this introduction, further topics are dealt with under the following headings:

- The Alcoholic's Weapons
- Love and Compassion
- Alcohol is an Anasthetic
- Love Is Destroyed
- Long-Range Recovery
- Begin with Self

The place to begin recovery from alcoholism in the family is with yourself. Learn all you can. Put it into practice, not just into words. This will be far more effective than anything you attempt to do for the alcoholic. …p.3 ▲

Then follows an excellent summation of the pamphlet and some very useful suggestions.

Three Views of Al-Anon—Alcoholics Speak to the Family

This pamphlet is a very strong and novel resource.

1. Bill W., Cofounder of A.A. speaks to Al-Anon.

These are words from the pen of A.A. cofounder Bill W. acknowledging the success of Al-Anon and the harm alcoholism can do to families.

2. An open letter from an alcoholic.

We are invited to read an open letter from an alcoholic. It is candid, vulnerable and informative.

3. A recovering alcoholic recommends Al-Anon for the family.

This section is a compelling insight into the mind of an alcoholic, and a strong recommendation for families to embrace the support and wisdom available in the Al-Anon program.

In Al-Anon a family can learn things that are truly helpful to themselves and to the alcoholic, sober or drunk. By getting distance and perspective the family regains a bit of sanity.…p.4 ▲

2026 Australian Service Conference

Our Trusted Servants

PAST PRESENT FUTURE

During the many Al-Anon years, there have been many Trusted Servants—in our meeting rooms, at our District and Area Meetings, and at the many Service Conferences that have been held.

When I look back at our local archives, I find that we, in North Queensland Area, will be celebrating our 52nd Area Assembly this year. The first North Queensland Assembly being held in June of 1974.

I thank Olive D. from Ayr, our first North Queensland Delegate. A truly Trusted Servant.

The need for a support group for families of alcoholics was no doubt paramount in their decisions to hold Al-Anon meetings. These people and the decisions made were our Trusted Servants of the past.

Holding meetings at members' homes, in the shed out the back, travelling long distances by car for a day to participate in Area Meetings, then loading up and travelling home, so they could go to work on Monday.

Our Trusted Servants over the many years have been the voice of the members and have contributed and made decisions on behalf of the members. This is our Group Conscience at work.

We have one group which was registered with WSO in 1956 – 70 years ago. We have some members who have given freely for over 50 years.

These are truly our Trusted Servants,

After a lifetime of not being able to voice my opinion, and people not listening to me, and me not even listening to myself, Al-Anon has taught me new skills and now I have been bestowed the privilege of being one of the current North Queensland Trusted Servants. I carry with me decisions arising from the group conscience of our North Queensland members, as many before have done.

I am honored to do this within the Al-Anon family community at this year's Australian Service Conference.

I have confidence that any decision made here will be the right decisions for Al-Anon as a whole.

The future years are unknown but with the help and support and the decisions made by "Our Trusted Servants—Past, Present and Future" Al-Anon will continue to work for the families and friends of alcoholics for years to come.

Al-Anon is just as important now as it was 75 years ago. It continues to exist because of the need for this family support program.

And will continue to exist due to many more wise decisions made at all levels of service within the Al-Anon Family Groups.

Aileen W., Delegate, North Queensland Area

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

Happiness, Joy and Freedom

When I arrived at Al-Anon I was cynical, judgmental and prone to isolation, but thought I was doing a fair enough job at "keeping up appearances", as I was taught to do as a child.

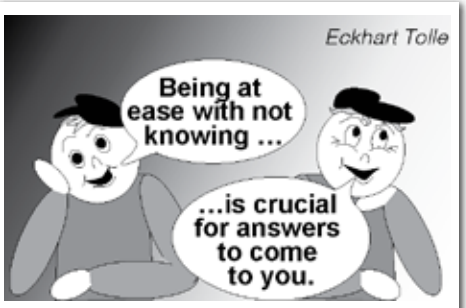
I didn't realise that this was me living in a state of fear. I didn't know that I could trust others and would be OK without all my defenses and behaviours that separated me from you. After all, if I reject you first, I won't risk you rejecting me. This was how I lived my life without necessarily knowing it. I was 40 years old and emotionally immature. Being in relationships with alcoholics and addicts as an adult had blurred my sense of self.

I came to my first meeting and saw people speak honestly and openly, and sometimes with humour, in a way that I hadn't really experienced before. They were speaking about living with the effects of alcoholism, and they were laughing! I hadn't laughed properly for a really long time. I recognised something significant here. Not that I knew what it was, or understood it at all, but I heard that they understood the parts of my life that I was ashamed of and unable to talk about.

It was a while before I could unravel and understand my own feelings and behaviours of 'coping'—people pleasing, managing and fixing others, and trying to control everything around me—and begin to share some of myself with as much honesty as I could muster. I too wanted to experience some happiness, joy and freedom from myself and my

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



Thought for the Day

How deeply and broadly do I apply the Serenity Prayer to my life?

"…I ask God for directon and wait, placing the problem in His hands. I ask for clarity in what I must do. He gives me clear direction" △

Having Had a Spritual Awakening… p.40
Hope for Today, B-27, p. 349

situations. So I kept coming back. I did what was suggested, attended meetings, found a sponsor, and worked through the Steps with my Sponsor. That was really big: to ask someone for something. I was so comfortable doing things for others but found it really hard to ask for something for myself. I also took on service positions in my group, which I learned really mattered in keeping me coming back. I had a period where I stopped doing service, and my meetings dropped off for a while too.

Incrementally, I felt lighter and found that I too could laugh at myself, and that was really important for someone who took themselves so seriously. Forgiveness and compassion for myself and others slowly helped me with those barriers I used to protect myself.

I have learnt that there can be freedom from my own thinking, and that joy and happiness are no longer just disembodied concepts. 'One day at a time'. △

Elianne V. R., Northern New South Wales Area

Talk from the 2026 South Queensland Area Assembly

Tradition Seven tells us we are self-supporting, declining outside contributions and the controversy or control that can bring.

I learnt to be self-sufficient as a child of problem drinkers. Then I took it too far.

Any help from others became a barrier for me. I didn't want others to have any control, difference of opinion, to tell me I was wrong, or what I should do. I didn't know how to ask for help, to give up control, or even know what was my responsibility.

This program is teaching me that being 'self-sufficient' and 'isolated' are not the same thing. I'm learning to let others be self-sufficient too.

I'm able to accept help, respectfully decline help and even ask for help, in ways that keep me and others self-sufficient.

At a basic level, if a group is no longer self-sufficient in funds, membership or service, I can do my part, work my program which is to trust that God will show me what the next step is for me, for this day.

And, that every other member, and members yet to find us, have a higher power taking care of them too. △

Sherri L., South Queensland Area

Al-Anon found in far flung places

I was reading the 75th anniversary share in two parts by Cecily M, South Queensland Area in September *Austra-Link*[1] and I wanted to thank her for starting an Al-Anon Group in Tokyo with some American friends.

I'm an adult child of an alcoholic and had lived in Tokyo a number of years. Every evening as I walked home along Meguro River after work, my anxiety and negative self-talk was slowly eroding me and I didn't see it.

Twenty years later, after finding Al-Anon post-Covid, I went back to Tokyo and at the suggestion of my Sponsor walked that river and made an amends to myself. Again, at my Sponsor's suggestion, I found that English-speaking Al-Anon meeting, waved my family off for the evening and shared my experience, strength and hope in the rooms. Thank you for your service that continues to give back! △

Kirily A., Northern New South Wales Area

1 *Austra-Link* #545 September 2026, p.9
Austra-Link #546, October 2026, p.8

Our General Secretary, Helen G., was invited to deliver the Keynote Speech at the 2026 International Al-Anon General Services Meeting (IAGSM) held in Slovenia.

We are fortunate to be able to share in this event by dint of reading the speech she delivered. This is the first instalment. Further excerpts will appear in future issues.

IAGSM Slovenia 2026

One Fellowship, Many Structures, One Journey.

Thank you for the honour of asking me to give the keynote speech for this IAGSM. Our theme for this IAGSM is "One Fellowship, Many Structures, One Journey."

When I looked up the definition of the word 'one', I found words such as unique, single, and unlike any other. For me, these words perfectly describe Al-Anon Family Groups. There is truly nothing else like it.

While some modern, commercial recovery and rehabilitation programs have adopted elements of what Al-Anon offers, even called their programs names like Stepping Stones, their purpose is often driven by profit rather than service. As a result, they can never fully replicate the miracle that occurs when one member shares experience, strength, and hope with another in the spirit of mutual support and spiritual growth.

When we come together at the IAGSM, it is often tempting to focus on the differences of our Many Structures. We ask questions such as: How is their structure different from ours? What are they doing that we are not? How do they handle this challenge? Why do they do this differently?

These are valuable discussions, and we learn much from them. I now know that despite the many different scenarios, there are not too many unique problems in the world. So even when there appears to be minimal similarities, often the truth is that we are more alike than we realise.

Yet, however different we may appear in terms of language, culture, geography, organisational structure, or financial resources, we remain part of one Fellowship. This is the common thread that binds us. Our common purpose remains the same—to provide support to anyone whose lives have been affected by the family disease of alcoholism. This is echoed in Traditions One, Three, and Five.

Each structure is on its own journey, but I like to think of our Fellowship as a strong and deeply rooted tree. From a single trunk, many roots extend outward in different directions. They grow through different soils, encounter different conditions, and seek nourishment in different places. Yet every root contributes to the health, strength, and stability of the whole tree. No root exists in isolation. Each one supports and sustains the life of the entire organism. There would be no tree without these vital foundation structures. Together we can weather storms and external forces and support each other to grow strong and resilient.

In the same way, each of our structures contributes something valuable to Al-Anon worldwide. We learn from one another, support one another, and grow stronger together. While our paths may differ, our purpose remains the same.

Helen G., General Secretary, Australian General Service Office

NEWS and VIEWS from AGSO

Service Opportunities

DR Webinar. We would welcome the assistance from interested and experienced past or present District Representatives to help with the creation of a Webinar about the role of DR. Email Helen G. for more information. **gensec@al-anon.org.au**

AGSO Digital Communications volunteer. We seek a member who has experience in desktop publishing and proficiency in software programs like Microsoft word, PowerPoint and Canva or similar.

The member could work remotely from anywhere in Australia and would report to the AGSO Office Coordinator.

Role description Assist with the creation of artwork for flyers and documents for AGSO staff and volunteers such as:

- Flyers and promotional materials
- Inserts in Austra-Link
- Webinars
- PowerPoint presentations for Conferences, TEAM events etc.
- Posters for conferences
- Regular e-newsletter distribution from AGSO i.e. Have You Heard
- Updating Guidelines.

Things to consider Use only 'free' or original created images, not licensed or restricted material; Extremely careful use of AI; Understanding copyright and trademark restrictions; Proper use of the Al-Anon logo; End products easily printed or uploaded; Good understanding of Tradition Eleven. Email Helen G. for more information. **gensec@al-anon.org.au**



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*

Areas need to get their orders to AGSO before COB December 10th.

Keep your Area Office in the holiday season loop

Remember to advise your **Area Office** of closures or changes to your meeting over Christmas/New Year. This information will be forwarded to AGSO so we can make changes to the website.

AGSO office closing dates

The office will be closed from December 17th to January 4th.



How I use the Slogans

The Slogan 'Keep it Simple' reminds me that the simple solutions are often the most effective ones and more importantly to a catastrophizer like me, helps me to look at what is really happening, rather than what I imagine may happen. It helps me to take a reasonable step by step approach rather than act out of fear and panic. This Slogan spoke to me, because I always leap to the worst case scenario, not only with my alcoholic but in every aspect of my life. It helps me learn to look at the facts, not draw crazy conclusions, not to act on these thoughts, second guess what is happening or what people are thinking or doing, to only focus on the facts and to Keep it Simple.

The second one that speaks to me is 'Just for Today' This Slogan tells me that things are more manageable when I deal with, and live in the present. Things that seem way too difficult to manage long term, may seem more manageable if I deal with them just for today.

I can move forward in small steps rather than be overwhelmed by trying to change everything at one time. I found this interesting. I have been attending Al-Anon for over eight months and I have been very critical of my inability to grasp all the Concepts immediately. They seem so simple but almost impossible to incorporate into my daily life and more importantly my thoughts.

I interpreted this Slogan to mean that it's ok to do something just for today and if tomorrow I can't do it; then that's ok, I can start again when I'm ready. The example I can give is that I became so codependent on my alcoholic. I was obsessed, and some days I still am, about if he'd been active online or not. If he'd not been online, I would immediately assume the worst and would usually phone him, text his parents and basically spiral out of control. Recently, I have taken steps to rein this in. I started to say "just for today I will not check". If I surrendered to my need to check; I tried not to beat myself up. Just for Today gives me small targets to resist the urge to call my alcoholic to offer my opinions. In other words, to try and control his actions to ease my ridiculously guilty conscience that I'm a rubbish friend. △

Deb

UK Today, Autumn 2024, p.16,

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Many Voices, One Journey

Many Voices, One Journey is a book about the making of Al-Anon, but to me it was a reminder of how far I'd come in my own journey as a member of Al-Anon.

One of the first things that resonated with me in my first few months of attending Al-Anon meetings was the saying "If it's urgent, it's not important, and if it's important it's not urgent."

As someone who lived in survival mode—way beyond leaving the alcoholic household I'd grown up in—everything was urgent, and if something was going to be done properly the responsibility came down to me. So many times I was so focused on just knocking off a problem

or issue that I appointed myself as chief decision maker, often congratulating myself on my ability to just get on with it, taking control of every situation and person with my superior skills. How self-righteous and fearful I was, standing in my own Higher Power's way, as well as everyone else's, waving my arms around and keeping a closed mind.

A significant part of my Al-Anon journey has been learning that I don't have to do everything by myself. An idea I may be too fearful to set into flight, or a task that has gaps that I can't seem to wrap my head around, are not the problem they used to be. When I present my ideas to my colleagues, I am given space to present the progress, but not the perfection.

Many Voices, One Journey is also an enlightening demonstration of the Concepts, which are sometimes a little difficult to apply in my personal and work life. Concept Three, "The right of decision makes effective leadership possible", allows me to listen to others whilst using my skills and experience to support the discussion. Concept Nine refers to good personal leadership, and is also a great way to work on a vision for the future, a well thought-out strategy for example, but within this it is also important to get the balance between doing 'One day at a time'. This book gives excellent examples of how this has been balanced in Al-Anon's journey.

Reading the journey of Al-Anon, the back and forth, the democracy of it all, reinforced for me that the reason why Al-Anon is so good, why it works for so many, is in the book's name. Many voices contributing to one journey. This book reminds me that employing principles over personalities will always bring about progress for the greatest number in all my affairs.

Juanita M., Victoria Southern Area



Determined to enjoy life

A few years ago, I was asked what I liked, and I didn't know how to answer. At that moment, I had already spent several years living with an active alcoholic.

Looking back now, I realize that during that time, the disease of alcoholism had consumed a part of me. Uncertainty, a need for control, and constant worries occupied all the space in my mind.

Some time later—and almost by chance—I found Al-Anon. At one of my first meetings, the concept of "Just for Today" was discussed, and the thought crossed my mind: "Just for today, I will take half an hour of calm for myself." That is how I began to find time for myself in my daily life.

I started going for walks, reading, and doing hands-on activities—things I had enjoyed before but which my need to control everything and everyone had erased from my mind. I also began trying new things, such as meditation.

Little by little, I have come to know myself, connecting with what I enjoy and discovering new things.

I have focused on my physical, mental, and spiritual well-being. Calmly, I have applied what I learned or understood from the program to my daily life.

I start the day with joy, dedicate time to meditation, read the daily readings, take half an hour for myself, and live in the present moment; I keep my mind from dwelling on stories of the past or future, and I replace negative thinking

Continued overleaf…

Out of the mouths of Alateens!

A couple of years ago, I was at my wit's end with my home situation. I am an only child and was living at home with my Mom and Dad. The house felt like a prison. My parents rarely talked to each other and when they did, it was usually to trade insults with each other or to "gang up" on me. At least that was how I saw it. My Dad and I communicated, but only minimally. We fought a lot, with my Mom mediating; that only seemed to make things worse.

When I was sharing my feelings with a friend one day, she suggested that my situation might have something to do with someone's drinking. "Who's drinking?" I wondered. My parents were both what I considered social drinkers. My Dad had a couple of drinks every day to relax after work and my Mom joined him to be "supportive."

I asked my friend for more information. She told me about a test I could take called Has Your Life Been Affected By Someone Else's Drinking? (S-20) published by Al-Anon Family Groups. There was a statement at the bottom of the test that said if you answered yes to any of the questions, Alateen may be able to help you. What an eye-opener! I answered yes to more than half of the questions. I decided to try an Alateen meeting.

I am so glad that I did. Since coming to Alateen, I have learned about the family disease of alcoholism. I have learned to practice the three C's, that I didn't cause the disease, I can't cure it, and I can't control it.

I have also learned that the only things I have the power to change are my attitude and myself. I now openly talk and express my feelings. Practicing the Steps has given me a new way of life.

My parents still drink, fight, and mope; but I don't own it anymore. I've learned how to express my feelings in a healthy and constructive manner.

I am SO glad that I "failed" that test! △

John E.

Reprinted from THE AL-ANON/ALATEEN NEWSLETTER from the AIS of Greater Minneapolis
Alateen Talk, Winter 2005, Volume 43, No. 4, p1

…Continued from page 9

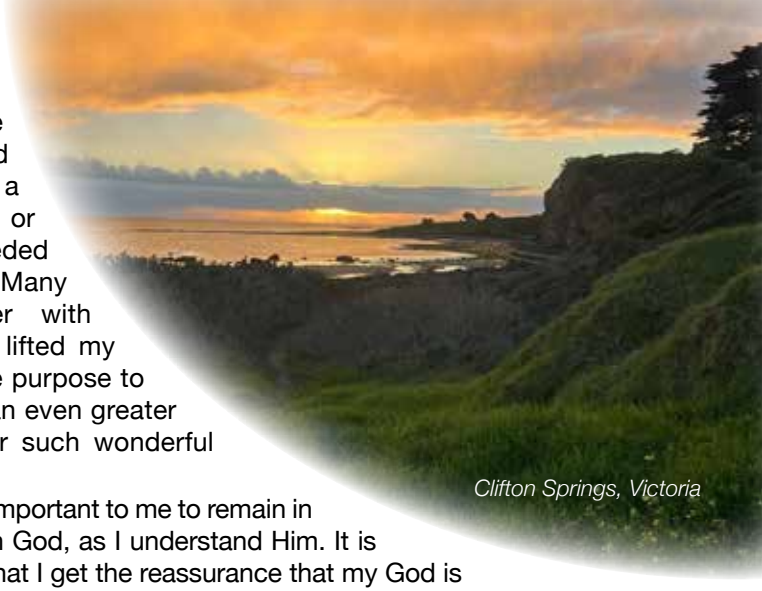
with...positive. I change my attitude toward others and acknowledge my powerlessness over everything that is out of my hands.

I accept life as it is and as it comes, knowing that this is what is best for me, and I end the day in gratitude for everything my Higher Power has given me.

I have gradually adopted the program's tools, and now I can say that I like life—I enjoy living it. I am aware of how fortunate I am, for who I am and what I have, and I am committed to enjoying every day of my life—whatever comes and however it unfolds—because that is what is best.

For me, the process hasn't been fast, but it has been steady: learning something and applying it, then learning something else the next week, and little by little, filling a reservoir of tools that I use to enjoy life. △

Boletin Serenidad 185, p. 5
Newsletter published by the General Service Office of Al-Anon/Alateen Family Groups in Spain.



Clifton Springs, Victoria

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

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

No. 196, August 1997
Sharing from the Heart, Austra-Link Editorials 1990–2009, BX-1, p.99

Subscription to Austra-Link 2026-2027

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Forthcoming Events

75th Anniversary National Online Meeting
Celebrating 75 Years of Fellowship, Hope and Recovery



Date: Sunday, 8 November
Time: 2:00 PM AEST - Join via Zoom
Meeting ID: 815 7695 0254 **Passcode:** 707070
https://us02web.zoom.us/j/81576950254?pwd=CIDN6ba0lEUd93bnUZhnfPwPrETO1j.1
Program: Speakers from every Area around Australia • Special Archives Presentations • Reflections on 75 years of growth, service and fellowship • Connect with members nationwide • BYO cake and celebrate with us!

Celebrating Our Past • Sharing Our Present • Inspiring Our Future

54TH A.A. KYABRAM MINICON WITH AL-ANON PARTICIPATION.

Date: Friday 22nd - Sunday 24th January 2027
Venue: Kyabram Community & Learning Centre, 21-25 Lake Road Kyabram VIC
Contacts: A.A—John 0434 398 355 or Susan 0217 38 506
Al-Anon—.Marj 0458 254 031 or Barb 0409 049 242

TASMANIAN A.A. EAST COAST RALLY WITH AL-ANON & ALATEEN PARTICIPATION

Date: Friday 12th – Sunday 14th March, 2027
Venue: The Bungalow, St.Helen's Neighbourhood House,
25 Circassion Street, St Helens, Tasmania
Theme: *Al-Anon…A Sense of Belonging*
Registration: $35 payable at entry, includes fellowship BBQ Saturday evening,
Accommodation suggestions: Pelican Point Sanctuary, Kellraine Beach Cottages, Panorama Hotel, Tidal Waters Resort, Big4 & Tasman Holiday Parks

2027 A.A. 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

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: December 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: alanonnorthernnsw@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-snsw.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: alanonnthvic81@hotmail.com

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

SOUTH AUSTRALIA:
Al-Anon Family Groups South Australia Area
Stafford House, 2nd Floor, 25 Leigh Street,
ADELAIDE SA 5000
Mailing address:
25 Leigh Street, ADELAIDE SA 5000
10:00am – 2:30pm, Monday, 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)