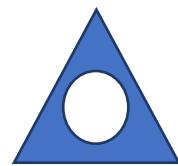


# Group News



## AUGUST 2025

Edition No. 611

### Al-Anon Family Groups - VICTORIAN SOUTHERN AREA NEWSLETTER

GPO Box 5458, Melbourne VIC 3001 ~ Level 7, 51 Queen Street, Melbourne

**Office Open Hours:** Monday to Thursday 10:30am–2:30pm

**Office phone:** (03) 9629 8900 **Helpline phone:** 1300 252 666

**Office Email:** office@alanon-vsa.com

**Al-Anon Family Groups Victorian Southern Area Inc. is a Child Safe Organisation**

~ ~ ~ Welcome to the AUGUST Group News ~ ~ ~

### **AUGUST is ALATEEN MONTH**

*Let it Begin with Me*

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

### **IMPORTANT NOTICE regarding Office Hours**

**During August and September, the Office Hours may change slightly. As a result, please call prior to coming into the city. Thank you!**

### **SERVICE MEMBERS' REPORTS**

#### **GROUP NEWS**

Welcome everyone to the August Group News. I hope you enjoy reading the reports from our Service Committee members and District Representatives. We are always grateful for their service to our wonderful fellowship. It's so lovely to stay connected and informed. August is Alateen month. Let us know what your group or district is doing to spread the word to families affected by this cunning, baffling and powerful disease and especially the children. P-9 'How Can I Help My Children' is a great CAL resource for parents. **The deadline for the SEPTEMBER Group News is Friday 22<sup>nd</sup> August 2025.** Please email your submissions to: [groupnews@alanon-vsa.com](mailto:groupnews@alanon-vsa.com). Love in Service, Sandra R.

#### **DELEGATE**

The Delegates report of the 2025 Australian Service Conference has been emailed to all Group Representatives. **The Links of Service** keep our fellowship informed and healthy. Regular reporting back to Group Members by the Group Representative is an important part of **The Links of Service**. **This is quite a long document, so maybe the Group could elect to read over 2 meetings.**

We welcome Amanda, our new District Representative for District 3 and look forward to meeting her at the next Area Service Committee meeting on Saturday, 2<sup>nd</sup> August via Zoom.

**August is Alateen Month. Suggestion to raise Alateen awareness: plan for your group to have an Al-Anon meeting using Alateen literature.**



**We don't have to re-invent the wheel!** Going through the piles of Al-Anon literature I have accumulated over the years, I came across the document titled: **'Suggestions to help your GRs'** (issued around 2000-2002) Some of those suggestions are:

\*Keep your group strong. Look after new members, have good chair people. (Use Guideline G-2 Beginners' Meeting)

\*Support and encourage your Office Bearers. Give them Guideline G-12 to help with their position.

\*Be creative when you give your Group Reports and ask for feedback.

\*Keep your group informed. Take notes of all items of interest and if not sure ask your District Representative.

\*Get your group involved in ideas and decision making.

\*Read your Area Service Committee Minutes. Look for them; they come with the Group News. Ask your District Representative questions.

\*Ask questions of the past Group Representative.

\*Encourage Group Representative to have a service sponsor.

\*Request your Group Treasurer to give regular reports so members know what's needed to keep Al-Anon afloat.

\*Be enthusiastic, support your District Representative, be a Team. Use Traditions, Guidelines G-11 and G-15. Read your Australian Service Handbook and the Al-Anon/Alateen Service Manual – these will be passed on to you from the past GR or supplied to you by the Group.

The information in the document is still valid today!

The Guidelines are within easy reach, available on the Al-Anon Website

<https://al-anon.org.au/member-resources/guidelines-for-al-anon-family-groups-australia/>



\*Don't forget to plan for and put in your diary the VSA Assembly on Saturday November 8<sup>th</sup>

Love in Service,

Nerise D. VSA Delegate

## **TREASURER**

### **June Assembly Subs**

Since the June Group News, we have received more Group Subs for June Assembly. Approximately two-thirds of our Groups have now paid their subs. Many thanks to those who responded to our notice.

*Please check that your Group has paid. Assembly subs should be paid into the VSA Commonwealth Bank 'Al-Anon Family Groups Victorian Southern Area Inc.' BSB: 063 001 Account Number: 0090 3408*

### **June Report**

Many thanks to members for their generosity in June. During the month our expenses were \$1,339 more than our income. This was partially due to payments for literature. One order was paid for twice in error and we have been credited for the amount.

Again, everyone's efforts are very much appreciated.

Love in Al-Anon, Laurian VSA Treasurer

INCOME	JUNE 2025	EXPENSES	JUNE 2025	BANK ACCOUNTS	JUNE 2025
Assembly	\$410	Bank Fees	\$62	CBA Operating Account*	\$20,018
Donations	\$4,509	Training	\$550	Business Transaction Acc.	\$426
Literature**	-\$232	Computer Expenses	\$29		<b>\$20,444</b>
Interest	\$0	Postage	\$248		
		Photocopier	\$92	<b>RESERVE FUNDS</b>	
		Rent	\$1,326	CBA Capital Growth Account	\$125
		Office Sundries	\$59		
		Telephone/Internet	\$127	CBA Term Deposit One	\$10,000
		Electricity	\$156		
		Bookkeeping	\$296	CBA Term Deposit Two	\$10,000

		Reimbursement (accom.)	\$181		
		Assembly	\$391		
		Superannuation	\$259		
		Wage Expenses	\$2,249		
<b>Total Income</b>	<b>\$4,687</b>	<b>Total Expenses</b>	<b>\$6,025</b>	<b>TOTAL</b>	<b>\$40,568</b>

**Net Earnings for JUNE 2025 = -\$1,339**

\*Operating Account balance fluctuates daily

\*\*Literature and postage sales \$2,178 less Literature purchases \$2,410

## OFFICE SECRETARIES

### Helpline June/July

Helpline June/July	2025	2024
Help Calls (After Hours calls)	23 (8)	30
Office Calls	9	7
Email Enquiry	1	3
<b>TOTAL</b> (includes after hours calls)	<b>41</b>	<b>40</b>

### Office Hours

During August/September our office hours may change slightly. As a result, please ring prior to coming in to the city.

### Literature Payments and Donations

Literature order payments and donations to the Victorian Southern Area can be made by direct deposit into the VSA account with the Commonwealth Bank using the following details:

**Account name:** Al-Anon

**BSB:** 063 001

**Account number:** 0090 3408.

Please include sufficient information in the transaction description to identify your payment:

**Name:** an abbreviation of your personal or group name PLUS one of the following codes:

**Literature:** LIT

**Donations:** DON

It is also helpful if you can inform the office that the payment has been made.

Please don't forget to add an amount for postage of literature orders (normally \$13.50).

If paying by cheque, please make the cheque out to **Al-Anon** and post to GPO Box 5458, Melbourne 3001.

### Anniversaries, Fundraisers and other Events

When your group or district is planning an event, please avoid choosing a date that conflicts with other Al-Anon events by first consulting the Group News 'What's On' listings, and then by contacting the office to confirm that other, yet to be publicized events, have not been planned for that day.

### Meeting Changes and Updates

Hampton AFG Sunday morning, have changed their start time to 9.30am as of Sunday 27<sup>th</sup> July (still a 90 min meeting) and moved to the smaller back room as per pre-Covid.

*Just a gentle reminder to please support our meetings as much as possible.*

Thank you once again for all the support you bring to us at the office.

Love in Service, Christine/Tami.

## PUBLIC INFORMATION

Dear Members, I have decided to take on the position of VSA P.I. Coordinator after it was announced as still vacant at June's Area Assembly. While I am at times I.T. challenged in trying to navigate a new system on a new laptop, I will do my best to carry out the tasks required.

I would be grateful if DRs and GRs could please email me their reports about any public information distribution within their districts or groups before the next Service Committee meeting on 2<sup>nd</sup> August. Many thanks in anticipation.

Love in Service, Brenda [PI@alanon-vsa.com](mailto:PI@alanon-vsa.com)

## ARCHIVES

From the Archives...

Groups and Districts. Do you have an anniversary meeting, invited speaker, workshop or event planned?

Archives would love to receive any flyers, agendas, suggested questions for discussion, evaluations. We can also keep recordings – made with permission of the speakers. (Record on your phone or on Zoom if you are an online group.) Send them via email and they will be added to the VSA Digital Archives, under your Group or District name.

Events held by the Al-Anon Family Groups and Districts are a shining example of how we share our experience, strength and hope in Victorian Southern Area (including Tasmania) and well worth keeping for posterity.

Send to MarieT. at [archives@alanon-vsa.com](mailto:archives@alanon-vsa.com)

## **DISTRICT REPORTS**

### DISTRICT 6

#### **TRIBUTE TO ALICIA A. (27/2/1948 - 27/6/2025)**

Alicia A. passed away on Friday June 27th after a long illness. Alicia was a longtime member of District 6 and was a regular attendee at Moonee Ponds (Mon & Thurs) plus Essendon Adult Children (when it was open). Alicia served in a variety of service roles at the group level. She was an inspiration to many members with her positive attitude to life. Alicia's funeral was held on Wednesday July 9<sup>th</sup> at St. Theresa's Church in Essendon. As well as family and friends, a group of Al-Anon members were in attendance.

*FROM A GRATEFUL MEMBER OF DISTRICT 6*

### DISTRICT 9

Hello everyone, some of our groups are doing very well, especially Boronia and Ferntree Gully, which continue to have 12-16 members. Croydon has an average of 6-9 members; Mooroolbark, Mitcham and Woori Yallock, fluctuate between 3- 6 members and need support. Our online meetings attendance has increased since changing their online platform to Zoom, which is very encouraging. All our groups are healthy and self-supporting.

We held our workshop on how to chair a meeting on 5<sup>th</sup> July, starting with a Spiritual Concept meeting at 10.30pm followed by a lovely lunch at 12 pm. We had our workshop from 2-3 pm. GRs and members gathered at three separate tables and discussed how to chair a meeting. It was a very positive workshop and we all received very good feedback. Information cards were also distributed to members on Sponsorship.

Thank you to all the GRs and members, for your help and support setting up, for the lovely food, and cleaning up afterwards and specially for a great day in fellowship.

We had our District meeting on Saturday 12<sup>th</sup> July with six GRs, the district treasurer and an observer attending. It was lovely to have an afternoon together. We welcome our new GRs for Mooroolbark, Mitcham and Croydon. Thank you, ladies for stepping up to the role. It's great to have you all supporting our district. We also discussed ways to be more active doing PI.

Donations were sent to AGSO and VSA. Next district meeting will be on Saturday 30<sup>th</sup> August at 1pm at Brenda's home.

Hope you are all well and keeping warm.

Love in Service, Conchita C. DR

## **WOORI YALLOCK**

Hi all just reporting on the status of Woori Yallock AFG despite the miserable weather we're averaging around 7 people attending most weeks with a couple of new members coming unfortunately it's difficult to get some of them to keep coming back

Yours in service, Glenn L.

## **SOUTHERN TASMANIA**

Our Southern Tasmania District held a Winter Warmer Lunch on 28<sup>th</sup> June where members from the 4 groups in our District enjoyed great food, fellowship and an opportunity to catch up in a social setting. We had 13 members attend; some were only available for part of the lunch.

The next event on our calendar is the 65<sup>th</sup> Anniversary of Al-Anon in Tasmania. We will be celebrating with the Northern Tasmania District. The meeting will be held at the Ross Town Hall, Bridge Street, Ross on 13<sup>th</sup> September from 11:30am to 2:30pm. The topic being "An Attitude of Gratitude" and our special guest will be Lois A. If you have the opportunity to attend you are welcome. The more the merrier.

Jane M. DR

## **ALATEEN INFORMATION**

A place just for teens affected by someone else's alcoholism. Please email the Alateen Coordinator to register your teens at: [alateen@alanon-vsa.com](mailto:alateen@alanon-vsa.com)

### **Weekly Zoom Meetings:**

**Tuesday Northern NSW 5-6pm; Thursday South QLD 7-8pm**

Alateen Literature and Alateen Newcomer packs are available from the office to purchase for your groups. Great idea to have on hand for those times that young people attend Al-Anon meetings with their parent/guardian.

### **Things to Think About**

*Alateen is a together program. It gets us out of ourselves and into sharing with other people. That's how we grow. Today, instead of trying to tackle my problems by myself, I'll let Alateen show me how to work them out together with the help of other people.*

Alateen – a day at a time p.170

Join us for a fun

### **ALATEEN TRIVIA AFTERNOON**

calling all Alateens ages 10-19

When?

- Saturday 6<sup>th</sup> September

What time?

- 3pm AEST (arrive on time, don't miss the quiz)

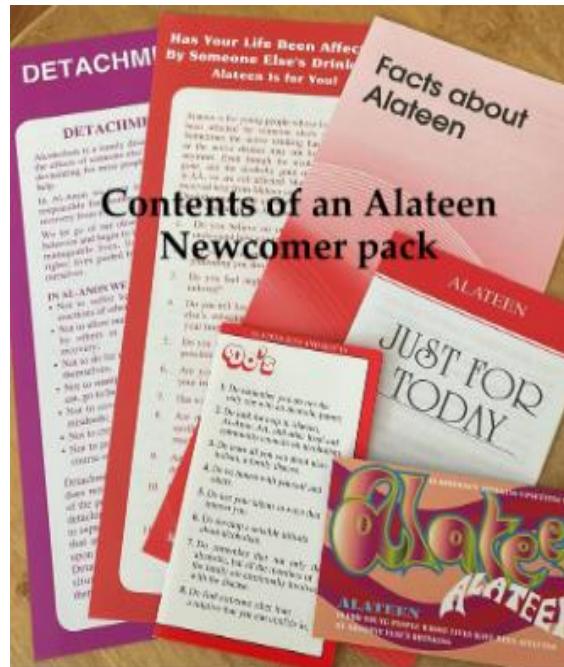
Where?

- Zoom ID 825 8329 0312 password 2528336

Who will be there?

- Alateen members (current, new and interested)
- Parents or guardians invited by you
- Alateen Sponsors

For more information contact [alateen@al-anon.org](mailto:alateen@al-anon.org)



**National Convention 2026**  
**Al-Anon Fundraiser**  
**Zoom Meeting**  
**September 21<sup>st</sup> Sunday**  
**5pm – 6:30pm**  
**Meeting ID: 861 0967 4765**  
**Passcode: 497512**  
**Theme: Becoming Aware**  
**\$10.00 donation**  
**BSB- 064 474**  
**Acc- 10962350**  
**Contacts – Anna V 0408982751**  
**Hayley H 0413079295**



## Al-Anon Family Groups Australia Celebrates 65 years in Tasmania ANNIVERSARY

*“An Attitude of Gratitude”*

Saturday 13<sup>th</sup> September 2025

The Ross Town Hall, Bridge Street, Ross, Tasmania

11.30am – 2.30pm

*Please bring a plate to share*

**Special Guest!** Lois A. retired General Secretary of our Australian General Service Office

Southern District: Barbara 0418947654

Northern District: Gillian 0414693922

# What's On...

## in Al-Anon

Date & Time	Event	Location	Details
Saturday 2 <sup>nd</sup> August 10am – 1pm	Area Committee Meeting	Zoom ID: 95873726488 Passcode: 860328	Observers are welcome to attend.
Saturday 16 <sup>th</sup> August 9.30am – 3.30pm	Geelong District Al-Anon Anniversary <i>Theme: Recovery Through Hope</i>	Tyne Cottage 163 Yarra Street (between Little Myers & McKillop Sts) Geelong	All members are kindly asked to bring a plate to share. See flyer for the day's program. Event Contact: Linda 0423 057 228
Saturday 6 <sup>th</sup> September 3pm AEST	Alateen Trivia Afternoon <i>Arrive on time, don't miss the Quiz!</i>	Zoom ID: 82583290312 Passcode: 2528336 E: <a href="mailto:alateen@al-anon.org">alateen@al-anon.org</a>	For: Alateens ages 10-19yo (current, new or interested); Parents or Guardians; Alateen Sponsors. <b><u>Please DO NOT advertise this event outside the fellowship for the safety of our teens.</u></b>
Saturday 13 <sup>th</sup> September 11.30am – 2.30pm	Al-Anon Family Groups Australia Celebrates 65 Years in Tasmania <i>Theme: An Attitude of Gratitude</i>	The Ross Town Hall Bridge Street Ross, Tasmania	Special Guest: Lois A. retired General Secretary of AGSO. Please bring a plate to share. <i>Southern District:</i> Barbara 0418 947 654 <i>Northern District:</i> Gillian 0414 693 922 (See flyer for details)
Saturday 20 <sup>th</sup> September 10am	Central District Meeting	Castlemaine (address to be confirmed)	
Sunday 21 <sup>st</sup> September 5pm – 6.30pm	Al-Anon Fundraiser for the AA National Convention 2026 with Al-Anon and Alateen Participation <i>Theme: Becoming Aware</i>	Zoom ID: 86109674765 Passcode: 497512	\$10 Donation BSB: 064474 ACC: 10962350 Event Contacts: Anna V. 0408 982 751 Hayley H. 0413 079 295
Friday 10 <sup>th</sup> to Sunday 12 <sup>th</sup> October	Glenmaggie Al-Anon Weekend	Munjara School Camp Sandy Point Road Lake Glenmaggie	Event Contacts: Michaela 0413 144 516 Tania 0428 647 706 (See flyer for details)

**The deadline for the SEPTEMBER Group News is Friday 22<sup>nd</sup> August 2025**

Please email your submissions to: [groupnews@alanon-vsa.com](mailto:groupnews@alanon-vsa.com)