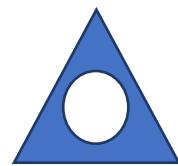


Group News



JULY 2025

Edition No. 610

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

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

~~~ Welcome to the JULY Group News ~~~

### TRADITION SEVEN

*Every group ought to be fully self-supporting, declining outside contributions.*

Al-Anon as a whole is self-supporting. This Tradition teaches us – as individuals, as groups and as part of the worldwide fellowship – the importance of the self-supporting concept.

From Paths to Recovery pages 196-197.

### **TROLL ALERT**

Due to recent, and ongoing, trolling of online meetings, please find the following strategies:

1. Always have a host and a few co-hosts - more eyes to watch out for troll and act quickly to remove him.
2. The Chair should not be Host - this allows them to focus on the actual meeting/sharing.
3. The Chair to state "that due to troll issues, we are asking that all members turn on their cameras and identify"
4. The Chair continues this request throughout the meeting when new members arrive.

Let's use these simple techniques to ensure that our meetings are safe and Al-Anon strong.

A full online meetings guide is being developed and will be available as soon as possible.

### **SERVICE MEMBERS' REPORTS**

#### GROUP NEWS

Welcome everyone to the July Group News. I hope you enjoy reading the reports from our lovely Service Committee members and District Reps. We are ever so grateful for their service to our wonderful fellowship. It was wonderful to see so many members attend the June Assembly both face-to-face and online. The day seemed to go along smoothly. Please remember to send through the details or flyers of your District or Group events for 'What's On' via the Office and to myself, so that everyone is kept updated. Stay warm.

**The deadline for the AUGUST Group News is Friday 25th July 2025.**

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

Love in Service, Sandra R.

#### DELEGATE

Assembly was held June 14<sup>th</sup> at Ross House. There were 33 members in the room and 13 members online. It was encouraging to see so many members attend the Assembly both in the room and online.

Many thanks to Merrilee and Anthony for setting up new seating and microphone arrangements. Also, for managing the room and finding a designated person, Mina and Andrea, to manage on-line issues. This ensured all members could hear all that was being said - both in the room and online. The new set-up worked really well. Amazing! The meeting flowed really well thanks to their expertise.

We started the day with a Spiritual Concept Meeting followed by Morning Tea...then down to business.

Thanks also to Laurian, Area Treasurer, for making the journey from Ballarat to Melbourne to give her report in person. This gave members an opportunity to ask questions and better understand VSA finances.

Our new Archives Coordinator, Marie T, gave an interesting report and found a Time Capsule to be opened for Al-Anon's 75th Anniversary!! So Exciting!!

Area Coordinators and District Representatives gave their reports; you can read them in the minutes to be sent out.

Roz H. gave us an outline of some procedures to follow regarding on-line Trolls. Also, she is providing on-line safety tools to help curb this issue. Please call the Office for details.

Area Coordinators gave their reports and I shared highlights from the Australian Service Conference. I will organize for the slide show for members to access via the VSA Office.

The Assembly meeting ran on time which was great and gave time for 'ask it basket "questions. We closed with the Serenity Prayer.

After Assembly, Brenda V. volunteered to fill the Public Information Coordinator position. Many thanks to Brenda. She will stand and be voted for the position at the August Service Committee Meeting.

In Victoria we have 85 Al-Anon Groups. Assembly attendance face-to-face and on-line total was 46.

**Please ensure your Group sends the \$10 for Assembly.** Even if your GR was on Zoom or your Group did not send a Group Representative, please send your Group's \$10 to VSA Office. We do need all 85 Groups to send their \$10 to cover the cost of Assembly.

There are still many vacant service positions. Many Groups, Districts and the Area have vacancies in their service positions. Starting at group level, many groups do not have a GR, many districts do not have a District Representative. Members can job share to ensure positions are filled.

Many groups send a member filling in /or elected for the day. This ensures your Group's voice is heard and has a voice and a vote. Also, I know so many of you have fantastic ideas and I would love to hear them.

The links of service are less effective when service positions are not filled; and our **Primary Purpose of helping Families of Alcoholics**, cannot provide enough services to help the families affected by another person's alcoholism.

My plan is to visit groups in Southern Victoria to help them to be successful and helpful for the families affected by another person's alcoholism. Let me know if you would like me to visit your Group.

Love in Service,

Nerise D. VSA DELEGATE

## **TREASURER**

### **June Assembly Subs**

*Many thanks to the Districts and Groups who sent their \$10 Group Subs for Assembly.* The Subs are vital to cover the expense of holding the VSA Assembly in June and November each year.

Unfortunately, less than half of our Groups have paid their subs. This means that the VSA has used funds needed for other expenses to pay the Assembly expenses.

Please check that your Group has paid. Assembly subs should be paid into the:

VSA Commonwealth Bank Account: '**Al-Anon Family Groups Victorian Southern Area Inc.**'

BSB: **063 001** Account Number: **0090 3408**

### **May Report**

Many thanks to members for their generosity in May. During the month our income was **\$3,602** more than our expenses. Everyone's efforts are very much appreciated, whatever the amounts.

Love in Al-Anon, Laurian VSA Treasurer

| INCOME                | MAY 2025       | EXPENSES              | MAY 2025       | BANK ACCOUNTS              | MAY 2025           |
|-----------------------|----------------|-----------------------|----------------|----------------------------|--------------------|
| Donations             | \$7,289        | Bank Fees             | \$11           | CBA Operating Account      | \$21,188.58        |
| Net Literature Sales* | \$1,075        | Office Postage        | \$32           |                            |                    |
| Assembly              | \$200          | Photocopier           | \$92           | Business Transaction Acc.  | \$462.25           |
|                       |                | Rent                  | \$1,459        |                            |                    |
|                       |                | Office Sundries       | \$4            | <b>RESERVE FUNDS</b>       |                    |
|                       |                | Telephone/Internet    | \$127          | CBA Capital Growth Account | \$124              |
|                       |                | Bookkeeping           | \$296          |                            |                    |
|                       |                | Superannuation        | \$299          | CBA Term Deposit One       | \$10,000           |
|                       |                | Wage Expenses         | \$2,643        |                            |                    |
|                       |                |                       |                | CBA Term Deposit Two       | \$10,000           |
| <b>Total Income</b>   | <b>\$8,564</b> | <b>Total Expenses</b> | <b>\$4,962</b> | <b>TOTAL</b>               | <b>\$41,775.00</b> |

\*Sales inc. Postage \$1,664 less \$589 Purchases

Net Earnings for MAY 2025 = **\$3,602** \*Operating Account balance fluctuates daily

**\*\*APOLOGY - the figures in the June Group News were for April not March.**  
**Group News Coordinator error. Love in Service, Sandra R.**

### OFFICE SECRETARIES

What a month it has been in the office preparing for Assembly. So grateful to all those members volunteering their time and expertise to making this June Assembly a successful hybrid event!! We hope that both online and in-person members felt heard and seen and loved. A big thanks to Mina and Merrilee for their help with the hybrid model  

### HELPLINE REPORT

| Helpline May                                 | 2024      | 2025      |
|----------------------------------------------|-----------|-----------|
| Help Calls<br>(After Hours calls)            | 30<br>(8) | 32<br>(6) |
| Office Calls                                 | 8         | 4         |
| Email Enquiry                                | 2         | 3         |
| <b>TOTAL</b><br>(Includes after hours calls) | <b>40</b> | <b>39</b> |

The VSA Helpline would love to have some new members. Thank you for your generosity in responding to calls for volunteers to man the Helpline. We still have vacancies on the first Wednesday of the month as well as the first and fifth weekend of the month (Fri-Mon). Please contact [granneyanney@bigpond.com](mailto:granneyanney@bigpond.com) if you're interested and she will talk you through the process.

### Meeting Changes and Updates

Carlton North Zoom Friday 6pm has closed.

Launceston Thursday has changed their meeting start time 5.30pm-6.30pm

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

### 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 Family Groups VSA**

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**

Please remember to add an amount for postage of literature orders (normally \$13.50).

If paying by cheque, please make the cheque out to: **Al-Anon Family Groups VSA**

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.

Thank you all for your inspiring service.

Love in Service,

Tami and Christine.

#### **ARCHIVES**

##### *From the Archives...*

I have been listening to recordings of Al-Anon meetings held in the Archives. These are usually special meetings such as Group Anniversaries, meetings from Conventions, invited speakers.

The earliest is the 3<sup>rd</sup> Anniversary meeting of the City Al-Anon Group from 1965. It features shares from people who were responsible for the foundation and expansion of Al-Anon in Victoria. People whose first names are legend in our history. It is so lovely to hear their stories of recovery from themselves. This recording must have been taken on reel-to-reel tape, then probably transferred to cassette and later to CD, and now I am transferring them as digital recordings to the cloud.

Some of the earlier recordings were a little sound compromised but thanks to the Archivist who arranged transfer to CD, we can still hear the wisdom of early members in recovery. Other recordings transferred so far are from Victorian Anniversaries in 1972, 1987 and 1992, and from a Warrnambool meeting in 1982. More to come.

Marie T, Archivist [archives@alanon-vsa.com](mailto:archives@alanon-vsa.com)

## **DISTRICT REPORTS**

#### **DISTRICT 1**

Our District meeting met via Hybrid on Monday 16<sup>th</sup> June. All groups are doing well with consistent attendance. Chelsea Tuesday hybrid meeting: averaging 5 to 11 members in person and 5 to 11 online with 3 newcomers returning face-to-face, demonstrating ongoing engagement. The group experienced some technical challenges with its Zoom account. As a result, the new details will be updated on the meeting list on the Website.

New Chelsea Meeting Details: Meeting ID: 883 7782 4286 Passcode: 128503

Frankston Tuesday: Running smoothly at present, 14-15 members with about 4 men attending.

Frankston Thursday: the face-to-face meeting averages 10-12 members with newcomers returning. Very encouraging to see good attendance on those cool nights. They have completed their PI Inventory questions. The Zoom meeting has 10-14 members each week.

Mornington Spiritual Concept: Attendance numbers 20+ with 3 newcomers lately. They are halfway through their PI Inventory questions.

Next District 1 Hybrid meeting: Monday 18<sup>th</sup> August.

Our District 1 Public Information Day, held on Friday 30<sup>th</sup> May at the Frankston Uniting Church, went smoothly with 24 members attending. They found the PI Workshop very informative and rewarding. The intent was to raise awareness of Al-Anon Family Groups in the Peninsula Professional sector and the effects of Alcoholism on the family. Members were also encouraged to attend the workshop to learn more about increasing Public Awareness in their group areas and were also encouraged to invite a professional. A big thank you to Anne S. for her expertise in bringing this whole event together and Louise from Mornington Spiritual Concept meeting for chairing the meeting, making it fun and interesting. Louise has gathered the notes from the Workshop and shared it with members. It will be a valuable PI tool to share in the future. Unfortunately, we didn't have much of a response from the

professionals that were invited. The feedback we did get was they were very keen to learn about our fellowship and will be sharing our message to other colleagues. Very interested also in having Al-Anon speakers attend their facility on a regular basis, to help those that have been affected by this disease. We were not discouraged from the lack of attendance on the day, knowing that the literature sent out will make its way to those in need and help spread the word of Al-Anon. Although there were no literature sales on the day, \$175 was collected from the donations.

Poppy T. 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.

## SERVICE POSITIONS AVAILABLE

The Australian General Service Office is looking for a new team member to fill our **OFFICE COORDINATOR** role. The position is permanent part time 32 hours per week (Monday – Thursday) in our office at Queen Street Melbourne.

Applications close **25<sup>th</sup> July 2025**.

Knowledge and experience of the following is essential:

- Strong communication and organizational skills
- Proactive approach, with the ability to take initiative and multi-task
- Proficiency in Microsoft products such as Word, Outlook, SharePoint and Teams
- Ability to work collaboratively and harmoniously in a team environment
- Ability to work unsupervised

Other requirements:

- Not a current or past member of Alcoholics Anonymous
- Must have a valid Working With Children Check

For a position description email Helen G. at [gensec@al-anon.org.au](mailto:gensec@al-anon.org.au)

## Today's Reminder

*There's more to maintaining a fully self-supporting Al-Anon group than just paying the rent.*

*Continuity of service is important to our common welfare.*

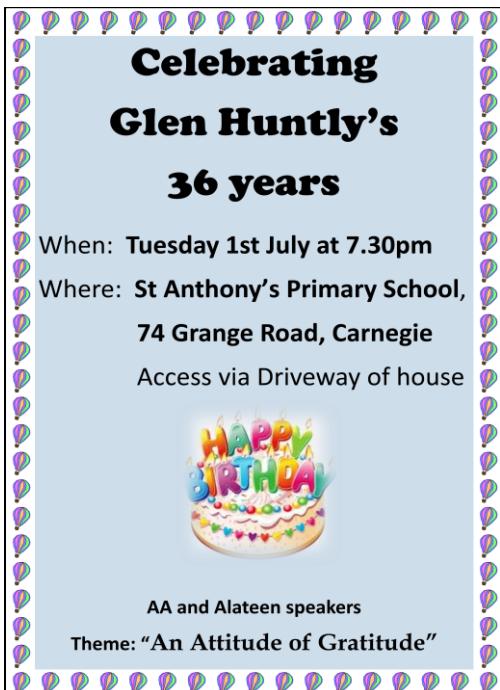
*Today I will think about the contribution I am making to my home group.*

*Courage to Change pg.251*

## NOTICES, EVENTS & FLYERS

**Celebrating  
Glen Huntly's  
36 years**

When: **Tuesday 1st July at 7.30pm**  
Where: **St Anthony's Primary School,  
74 Grange Road, Carnegie**  
Access via Driveway of house



**Al-Anon Weekend**  
**Fri 10th - Sun 12th October 2025**

**Address:** Munjara School Camp  
Sandy Point Road  
Lake Glenmaggie

weekend - \$142  
one night- \$98  
(full payment before)

- B.Y.O bedding and food  
- Share tea Saturday evening  
- Trading table: bring your wares

**Booking:**  
Michaela- 0413 144 516 Tania- 0428 647 706



### BENDIGO EAGLEHAWK AFG 1ST ANNIVERSARY!

Saturday 26th July 2025

Address: 15 Brazier St. Eaglehawk Bendigo

**Look for the balloons!**

(Next door to the MADCOW Community Garden)

#### PROGRAM

**4.30pm Arrival and afternoon tea**

**(please bring a plate to share & thank you for your service)**

**5.30pm 1 hour Topic Meeting**

Enquires: Kathryn 0416 034 008

### 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                                                                                                                                                                                                         |
|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday<br>29 <sup>th</sup> June<br>10am – 3pm              | Al-Anon District Meeting<br>Central District –<br><i>Bendigo, Ballarat and Castlemaine groups</i>         | St Peter's Hall<br>Leviathan Place<br>Ballarat Central                                                           | All are welcome.<br>For more details contact:<br>Chris 0484 689 701                                                                                                                                             |
| Tuesday<br>1 <sup>st</sup> July<br>7.30pm                  | Glen Huntly's<br>36 <sup>th</sup> Anniversary<br><i>Theme: An Attitude of Gratitude</i>                   | St Anthony's Primary School<br>74 Grange Road<br>Carnegie                                                        | Access via driveway of house.<br>AA and Alateen speakers                                                                                                                                                        |
| Wednesday<br>23 <sup>rd</sup> July<br>1pm – 2.30pm         | Sydenham/Delahey<br>2 <sup>nd</sup> Anniversary                                                           | 70 Copperfield Drive<br>Delahey                                                                                  | All are welcome.<br>Plenty of parking.<br>Meeting: 1 – 2.30pm.<br>Afternoon tea provided.<br>A raffle and good quality second-hand CAL for sale at half price.                                                  |
| Saturday<br>26 <sup>th</sup> July<br>4.30pm                | Bendigo Eaglehawk AFG 1 <sup>st</sup> Anniversary                                                         | 15 Brazier Street<br>Eaglehawk Bendigo<br>Next door to MADCOW Community Garden<br><i>(look for the balloons)</i> | 4.30pm Arrival and shared afternoon tea<br>5.30pm 1 hour topic meeting<br>Contact: Kathryn 0416 034 008                                                                                                         |
| Saturday<br>16 <sup>th</sup> August<br>10.30am – 3.30pm    | Geelong District Al-Anon Anniversary                                                                      | Tyne Cottage<br>163 Yarra Street<br>(between Little Myers & McKillop Sts)<br>Geelong                             | Details and flyer in August Group News                                                                                                                                                                          |
| Saturday<br>13 <sup>th</sup> September<br>11.30am – 2.30pm | Al-Anon Family Groups Australia Celebrates 65 Years in Tasmania<br><i>Theme: An Attitude of Gratitude</i> | The Ross Town Hall<br>Bridge Street<br>Ross, Tasmania                                                            | Special Guest: Lois A. retired General Secretary of AGSO.<br>Please bring a plate to share.<br>Southern District: Barbara 0418947654<br>Northern District: Gillian 0414693922<br><i>(See flyer for details)</i> |
| Friday 10 <sup>th</sup> to Sunday 12 <sup>th</sup> October | Glenmaggie Al-Anon Weekend                                                                                | Munjara School Camp<br>Sandy Point Road<br>Lake Glenmaggie                                                       | Contacts:<br>Michaela 0413 144 516<br>Tania 0428 647 706<br><i>(See flyer for details)</i>                                                                                                                      |

**The deadline for the AUGUST Group News is Friday 25th July 2025**

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