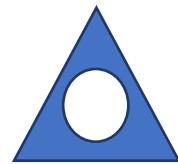


# Group News



## JUNE 2025

Edition No. 609

### 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](mailto:office@alanon-vsa.com)

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

~~~ Welcome to the JUNE Group News ~~~

### The Victorian Southern Area June Assembly

is on **Saturday 14<sup>th</sup> June 2025** via hybrid mode: in person and online.

**Venue:** Ross House 247-251 Flinders Lane, Melbourne.

**Building Pin Access Code:** 7743

**Zoom ID:** 958 7372 6488 **Passcode:** 860328

**Theme:** When I Got Busy, I Got Better – In Giving, We Receive

Please register your attendance and dietary requirements before June 6<sup>th</sup> to:

[office@alanon-vsa.com](mailto:office@alanon-vsa.com) as food will be provided.

To Group Representatives who plan to attend the Assembly: Please pre-order literature for your Groups at [literature@alanon-vsa.com](mailto:literature@alanon-vsa.com) for pickup on Assembly day!

Suggested contribution per Group is \$10. SmartMini square reader available on the day.

### **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 June Group News. I hope you enjoy reading the reports from our lovely Service Committee members and District Reps. We are grateful for their service to our wonderful fellowship. June is a busy month with the Assembly taking place on June 14<sup>th</sup>. Come along in person or online to see how Al-Anon works behind the scenes. Please remember to send through your District or Group events for 'What's On' via the Office, so that the word gets out to all members. Stay warm.

**Deadline for the JULY Group News is Wednesday 25th June 2025**

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

Love in Service, Sandra R.

## DELEGATE

It was so exciting and an honour to attend the Australian Service Conference this month. Meeting all the other wonderful Delegates and Al-Anon members serving at Conference.....secretly Ssh! My favourite thing was that I didn't have to do any housework or cook any meals for 4 days!!! Friday, we had a 'Delegate's Get-Together' which was one of my favourite meetings. We had discussions about storage of documents, local offices and the difficulty some Areas have in maintaining or even having an office! Also, the evening meeting - with a skit and many Al-Anon members joining us on-line for a fun 'get to know your Delegates meeting'.

We are so very lucky in Southern Victoria to have a fully functional office with two secretaries job sharing. Our literature is secure and organised with our new Literature Coordinator, Tami who is available in the office 1 to 2 days per week for managing the literature inventory and dispatching orders. It is a well-equipped office where Al-Anon records are kept and meeting rooms available. We will have to update our computers soon to serve the VSA Al-Anon fellowship with greater efficiency. Our office is located in Melbourne CBD and is easily accessible for members to visit via public transport or driving into the city. I am looking forward to sharing lots of interesting information and ideas from the ASC with you at Assembly!

The VSA Assembly is on Saturday 14<sup>th</sup> June. I hope you can all arrive in time for the Spiritual Concept Meeting to start the day and for morning tea and a chat of course!!

1. All Groups will receive Assembly Papers in the mail. Ensure that you give it to your GR. Please endeavour to read /discuss with your Group, so your GR can vote at assembly and make informed decisions.

2. \$10 for Assembly – Every Group to send or bring payment on or before the day. A Square Reader for payments will be available on the day. *This is to cover cost of hiring the room, Zoom, food etc.*

3. GRs on Zoom, please arrange for your Treasurer to send your payment to VSA before assembly wherever possible.

4. Groups who do not currently have a Group Representative: Wherever possible please elect a member of your group (who is not also a member of AA) to be GR for the day. In person or participate via Zoom. This way your Group will be informed and your group represented in the voting procedure.

**\*VSA has the largest number of groups and districts in Australia, but also sadly has 11 vacancies for District Representatives. I hope this year members will consider coming forward to fill these positions.**

I have been in contact with Ballarat Groups, The Hader Clinic, Geelong and Hampton meetings, for an extra set of ears to help with discussions and decisions.

**To keep your Group healthy, it's good practice to take a regular yearly Group Inventory:** Remember to use the Guidelines: G8a/G8b, The Traditions & Concepts and your Higher Power to help solve problems. Guidelines are available on our website: <https://al-anon.org.au/>

Love in Service: One Day at A Time in Al-Anon

Nerise D. VSA DELEGATE

## TREASURER

**The VSA needs your help ... Please send donations to the Victorian Southern Area (VSA):**

**BSB: 063 001 ACCOUNT: 0090 3408 REFERENCE: DON**

Unfortunately, in April we had to spend more money on literature than we received in sales.

Consequently, our expenses were \$1,382 more than our income. Would all members, groups and districts please ensure any available funds are donated to the VSA promptly. As always, we appreciate all your efforts very much.

| INCOME      | MAR 2025 | EXPENSES             | MAR 2025 | BANK ACCOUNTS             | MAR 2025 |
|-------------|----------|----------------------|----------|---------------------------|----------|
| Donations   | \$4,109  | Bank Fees            | \$4      | CBA Society Cheque Acc.   | \$16,428 |
| Literature* | - \$605  | Stationery           | \$53     |                           |          |
|             |          | Computer Exp.        | \$29     | Business Transaction Acc. | \$502    |
|             |          | Office Expenses      | \$4      |                           |          |
|             |          | Travel reimbursement | \$30     | <b>RESERVE FUNDS</b>      |          |

|                     |                |                             |                |                         |                 |
|---------------------|----------------|-----------------------------|----------------|-------------------------|-----------------|
|                     |                | <b>Postage</b>              | <b>\$364</b>   | CBA Capital Growth Acc. | <b>\$124</b>    |
|                     |                | <b>Photocopier</b>          | <b>\$92</b>    |                         |                 |
|                     |                | <b>Rent</b>                 | <b>\$1,459</b> | CBA Term Deposit One    | <b>\$10,000</b> |
|                     |                | <b>Phone &amp; Internet</b> | <b>\$127</b>   |                         |                 |
|                     |                | <b>Bookkeeping</b>          | <b>\$397</b>   | CBA Term Deposit Two    | <b>\$10,000</b> |
|                     |                | <b>Superannuation</b>       | <b>\$250</b>   |                         |                 |
|                     |                | <b>Wages</b>                | <b>\$2,177</b> |                         |                 |
| <b>Total Income</b> | <b>\$3,504</b> | <b>Total Expenses</b>       | <b>\$4,886</b> | <b>TOTAL</b>            | <b>\$37,054</b> |

**Net Earnings for April 2025 = - \$1,382**

\* Operating Account balance fluctuates daily

*\*Apology - the Treasurer's Report for April should read: "We managed well in March..." (not April).*

Love in Al-Anon, Laurian VSA Treasurer

## **OFFICE SECRETARIES**

### **Meeting Changes & Updates**

Kensington Saturday 10.30am has closed.

Brunswick Alateen has closed.

*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 make the cheque out to **Al-Anon Family Groups**.

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 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 Family Groups** and post to  
**GPO Box 5458, Melbourne 3001.**

| <b>Helpline May 2025</b> | <b>2024</b> | <b>2025</b> |
|--------------------------|-------------|-------------|
| Help calls               | 42          | 14          |
| Office calls             | 3           | 4           |
| Email enquiries          | 6           | 2           |
| <b>TOTAL</b>             | <b>51</b>   | <b>18</b>   |

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 publicised events have not been planned for that day.

Thank you all for your inspiring service.

Love in Service, Tami and Christine.

## ARCHIVES

**Found in the Archives...a small locked trunk labelled:**



Al-Anon's 50th Anniversary celebrations  
Time Capsule locked on October 27th 2001  
To be opened 2026 for Al-Anon's 75th Anniversary

This was the 50<sup>th</sup> anniversary of the foundation of Al-Anon by Lois W. and Ann B. in the USA. A quick look at the archived copy of the Group News for October 2001 reveals that the time capsule was packed and locked at Nicolas Hall, Wesley Church, 148 Lonsdale St, Melbourne.

### **Were you There?**

On that day The Serenity Prayer was said, at the same time, by all other meetings across Australia. Other VSA District meetings on that Saturday were held at Mornington, St Kilda, Dandenong, Williamstown, Broadmeadows, Geelong, Bendigo, Maffra and Battery Point.

If you were there, I'd love to hear from you at [archives@alanon-vsa.com](mailto:archives@alanon-vsa.com) We will have to wait until next year to have a peek inside - no spoilers - but we'll make sure you get an invitation to the Opening. Marie T.

## **DISTRICT REPORTS**

### **DISTRICT 1**

There was no District meeting for the month of May. The Sub-Committee met to finalise the planning for the Public Information Day for Friday 30<sup>th</sup> May. Reminders have been emailed to 125 Professionals and there has been some interest via LinkedIn. A suggestion was also made for members to invite a Professional. We are grateful for the members' donations towards food and also for volunteering to assist on the day. Hoping that this event will raise awareness of Al-Anon in the Professional sector and the effects of Alcoholism on the family. We also are encouraging members to attend the workshop and learn more about increasing Public Awareness in their Group Districts. There has been much interest shown from members and we are hopeful for a successful day. Looking forward to sharing with you on how it all went in the next month's Group News.

Love in Service, Poppy T. DR

### **DISTRICT 6**

We meet via zoom on Monday nights every 4-6 weeks. All welcome. For the Zoom link information contact Annette L. on 0418 366 272. All groups have GRs except for the Moonee Ponds Thursday Zoom group. As mentioned last meeting, Kensington has unfortunately closed due to lack of attendance. We had our District 6 Anniversary on Sunday 18<sup>th</sup> May at the Saturday night meeting venue, Christ Anglican Essendon. Topic was "Gratitude in Action". All groups are going well, particularly Glenroy Tuesday night, Essendon Wednesday night Zoom and Thursday morning Moonee Ponds with all averaging around 12-15 members. P.I. was discussed and for all groups to look at the Website links to the Al-Anon Guidelines page, and to encourage the use of the whole website which has such comprehensive, wonderful resources.

Annette L.

### **DISTRICT 9**

Hello everyone, I don't have much to report on our District at present, due to having been overseas and returned home recently. However, we are holding our District meeting on Saturday 24<sup>th</sup> May. It's good to be back and to get in touch with the program. I was only able to attend a meeting while overseas via Zoom, and that was lovely.

Croydon Friday night and Ringwood Wednesday night have now changed their online platform to Zoom, from Free Conference Call. We hope member attendance will increase after the change. Zoom details are as follows:

Croydon Friday night ID: 840 8990 0738 Passcode: 329455

Ringwood East Wednesday night ID: 830 1599 9648 Passcode: 261483

For more information, please check the Al-Anon website.

The Boronia and Ferntree Gully groups held a Mother's Day fundraiser. Donations will be sent to AGSO and VSA after our next District meeting.

Warm regards, and hoping you are all well.

Conchita C. DR

### **LATROBE VALLEY DISTRICT**

I hope all our members everywhere are keeping well. Our next District meeting will be on Saturday 19<sup>th</sup> August in Maffra. The Glenmaggie camp for 2025 is from Friday 10<sup>th</sup> to Sunday 12<sup>th</sup> October. See the flyer for all the details. We are looking to hear from those members who are interested in booking for the Camp. The venue has asked for *at least* 20 to make it viable for them.

Maffra meeting is still needing support. Newborough Wednesday is doing very well. I am very grateful for this program and all members.

Love in Al-Anon, Beth DR

### **NORTHERN TASMANIA DISTRICT**

Hello lovely members, our groups are healthy in sharing and fellowship. Members are attending regularly, donating and growing within the program.

Launceston Wednesday group numbers are 8-12 members and subjects being spoken about are love, the Serenity Prayer, healing from within and personal growth. Literature is being bought and borrowed regularly. Donations are being made to VSA. Our members are growing in the program in service work and personal growth. Launceston Thursday night group is also great with member numbers. A new secretary, Kate, has just been appointed. Topics discussed are the recovery process, criticism and slogans. Donations were made to the VSA. Our Northern Tasmania online group is very healthy in member attendance and topics.

Our Burnie group had their Anniversary meeting on Monday 19<sup>th</sup> May for lunch and fellowship. A great, healthy group.

We had the East Coast AA Rally with Al-Anon participation in St Helens. Attendance was outstanding with over thirty members all sharing positive fellowship stories. Members came from WA, QLD and VIC. We also had Helen G, AGSO General Secretary as our guest and we outnumbered the AA members at the AA Meeting with Al-Anon Participation. VSA donations were over \$500 for the weekend! Book sales also went well. Members had fun catching up over lunch and after hours for late night catch ups. Member numbers are increasing and developing in recovery and in support of each other in our District.

Love in service, Annette W. 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.**

# NOTICES, EVENTS & FLYERS

Special Editions \* **Breaking News** \* Special Editions

## CENTRAL VICTORIAN DISTRICT

With Al-Anon & Alateen Participation

### — 80 Years of AA in Australia —

**FRIDAY 6 - SUNDAY 8 JUNE, 2025**

| Trades Hall Meetings                                                                                                                                                                                                                                                | CV District Local Meetings                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Friday</b><br><b>6 June</b><br><br><b>Saturday</b> 9.00-9.30am Meet 'n Greet, Registration<br><b>7 June</b> 10.00-11.30am AA Guest Speaker Meeting w/ Al-Anon participation<br>LUNCH / FELLOWSHIP<br>2.00-3.30pm AA 12 Meeting<br>2.00-3.30pm AA/Al-Anon Meeting | 8.00-9.30pm Bendigo Friday Group AA 12 Meeting<br>Donta Centre, 18 Hungarrows St, Bendigo<br><br>8.00-9.30pm AA/Al-Anon Meeting<br>Donta Centre, 18 Hungarrows St, Bendigo                                                                                                                                      |
| <b>Sunday</b> 9.00-9.30am Meet 'n Greet, Registration<br><b>8 June</b> 10.00-11.30am A Daily Reflection Meeting<br>10.00-11.30am AA/Al-Anon Meeting<br><br>2.00-3.30pm AA Spiritual Concept Meeting w/ Al-Anon participation<br>3.30-4.00pm Sobriety Countdown      | 5.00-6.00pm Malmesbury AA Discussion Meeting<br>Malmesbury Mechanics Hall, 71 Moltice St, Malmesbury<br>5.30-6.30pm AA/Al-Anon Meeting<br>15 Brazier St, Eaglehawk<br>7.00-8.00pm SNLS AA Topic Meeting<br>Bendigo Baptist Church, R/F Parsonage Grove, Eaglehawk<br><br>*Supper provided following the meeting |
| Sandwiches and Refreshments Provided at Trades Hall<br>Car Drop off at rear of Trades Hall<br>Bendigo Trades Hall, 36/40 View St, Bendigo Contact: Dave 0476 035 241                                                                                                |                                                                                                                                                                                                                                                                                                                 |

Special Editions \* **Breaking News** \* Special Editions

## 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

# What's On....

# in Al-Anon

| Date & Time                                                | Event                                                                                                                                           | Location                                                                                                                                            | Details                                                                                                                                                                                                                        |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Friday 6 <sup>th</sup> to Sunday 8 <sup>th</sup> June      | Join the AA Central Victorian District in marking the significant milestone of 80 years of AA in Australia with Al-Anon & Alateen participation | Bendigo Trades Hall<br>36/40 View Street<br>Bendigo<br>(car drop-off at rear of Trades Hall)                                                        | Tea, coffee & light snacks provided.<br>The weekend will have meetings across different locations hosted by AA groups within the CV District.<br>Contact: Dave 0476 035 241 (see flyer for details)                            |
| Saturday 14 <sup>th</sup> June<br>9.30am – 4pm<br>Hybrid   | Victorian Southern Area June Assembly<br><i>Theme: When I Got Busy, I Got Better – In Giving, We Receive</i>                                    | Ross House<br>247/251 Flinders Lane<br>Melbourne<br>Venue Pin Code: <b>7743</b><br>~~~<br>Zoom ID: <b>958 7372 6488</b><br>Passcode: <b>860 328</b> | 9.30am Set-up & Register<br>10am Spiritual Concept meeting<br>11.05am Assembly Opening<br>Lunch and refreshments will be provided.<br>Email dietary needs to: <a href="mailto:office@alanon-vsa.com">office@alanon-vsa.com</a> |
| Sunday 29 <sup>th</sup> June<br>10am – 3pm                 | Al-Anon District Meeting<br>Central District – Bendigo, Ballarat and Castlemaine groups                                                         | St Peter's Hall<br>Leviathan Place<br>Ballarat Central                                                                                              | All are welcome.<br>For more details contact: Chris 0484 689 701                                                                                                                                                               |
| Wednesday 23 <sup>rd</sup> July<br>1pm – 3pm               | Sydenham/Delahey 2 <sup>nd</sup> Anniversary<br>4.30pm                                                                                          | 70 Copperfield Drive<br>Delahey                                                                                                                     | All are welcome.<br>Plenty of parking.<br>Afternoon tea provided.                                                                                                                                                              |
| Saturday 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>(look for the balloons)                                           | 4.30pm Arrival and shared afternoon tea<br>5.30pm 1 hour topic meeting<br>Contact: Kathryn 0416 034 008                                                                                                                        |
| 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>(See flyer for details)                                                                                                                                            |

## POSITION VACANT

Expressions of interest please email: [Delegate@alanon-vsa.com](mailto:Delegate@alanon-vsa.com)

### The VSA needs a PUBLIC INFORMATION CO-ORDINATOR

Here's some excerpts of the position description from Guideline G-38

### WHO CAN BE AN AREA PUBLIC INFORMATION CO-ORDINATOR?

A willing, active member with an understanding of the Al-Anon program and the Twelve Traditions.

### SOME IMPORTANT ACTIVITIES IN YOUR ROLE AS AN AREA PUBLIC INFORMATION CO-ORDINATOR:

\*To serve as a communication link between the AGSO and your Area; \*To communicate and work co-operatively in a team effort with other Area Co-ordinators, your Area Chairperson, and your Delegate; \*To motivate Districts and Al-Anon Information services (AISs) to form a Public Information committee; \*To make presentations or hold workshops at Area Assemblies or District meetings; \*To encourage your Area, Districts, AISs, and GRs to carry projects and information to the groups; \*To request reports of public information activities from the Districts and AISs to share with the Assembly and the AGSO; \*To continually educate the fellowship about the need to attract to our program those who are still suffering from the family disease of Alcoholism.