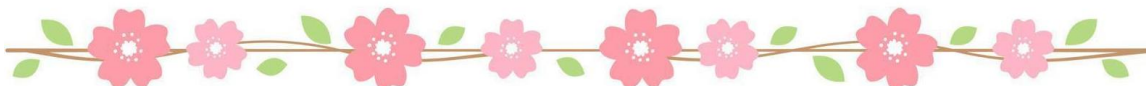


Northern NSW Area Assembly – A Wrap Up

I came away from the Northern NSW (NNSW) Area Assembly 2025 feeling it was more relaxed than last year and the year before that! Is it me, or are we all relaxing as we all recover together?

This year's theme was '**Practicing These Principles in All Our Affairs**' and if there's anywhere we get to practice, it's at Assembly with so many Al-Anon members from so many parts of our Area. There were familiar faces and new ones, and the event was kickstarted with a 'getting to know you' on Friday evening.



The Acting Area Chairperson, Woody, introduced our agenda for Saturday and an able Timekeeper was appointed (Chris P), which was requested as a priority by the Assembly last year. The Area Communications Coordinator, Michelle E, did a condensed version of the infamous Al-Anon Area Structure Presentation on a whiteboard, which showed the NNSW Area, Districts and Groups, Australian Areas and AGSO (Australian General Service Office) on a hand drawn map. The Area Literature Coordinator, Woody, fielded some questions on the NNSW Area Literature Service, which is self-supporting through the donation of a Council cupboard at Watanobbi on the Central Coast, free of charge. The Literature Service has donated Al-Anon literature to the Council library in kind.

Woody, as Chairperson, Literature Coordinator and Treasurer presented the Treasurer's Report and the Assembly accepted it unanimously. Throughout the Assembly, members of the Area Service Committee presented talks on the Al-Anon Concepts of Service, which were worthy of a closer listen and learn. After a scrumptious quiche and salad luncheon, one of the districts ran a Workshop titled, "Service: Joy or Job?", where all members shared their experience of a joy or job in service. This was one of the highlights for me hearing the many stories of how we've each taken on service, dropped service, been rewarded by service and sometimes taken on too much service, but in the end, all agreeing service was a joy and also by necessity, a job too, but one that we could find enjoyment in.



The Delegate, Marion H, shared her first experience as NNSW Area Delegate at the Australian Service Conference. (The Delegate represents Groups and Districts at the Australian Service Conference in May, then reports back to Groups and Districts at Area Assembly in June). It sounded much like my first experience of Assembly - overwhelming! We gratefully received her Conference summary which included updates on Handbooks, Finances, Public Information (PI), Survey 2025 and Convention & Assembly Dates 2026.

Handbooks: All Groups should have a copy of The Al-Anon Alateen Groups at Work 2022-2025 (spiral bound) and The Australian Service Handbook 2021 (Current). The Australian Service Handbook will be updated in 2026 with inserts. The Al-Anon Alateen Groups at Work 2022-2025 is also available for individuals for meetings (paperback). Please contact the Literature Service for more information.

Finances: There is a budget deficit of \$28,715 forecast for 2025, which doesn't mean there aren't funds to pay for expenses. There is an ample reserve, plus funds held to allow for variations in income and expenses from year to year. AGSO donations are tax deductible. Please send an email to request a receipt.

Public Information (PI): There's an updated P1-02 *Guide for Public Information Activities* and updated Open Letters which will be further updated. There are also local radio campaign instructions and tracks available on the website.

Membership Survey 2025: A membership survey will be held in 2025. These can be completed anonymously, and we encourage your participation

Convention & Assembly Dates 2026: Gold Coast AA with Al-Anon and Alateen participation convention will be held from Friday 1 May to Monday 4 May 2026, and the NNSW Area Assembly will be held 19-21 June 2026, in Bonny Hills.

~~ Continued overleaf ~~

Once the Delegates report was received, we went into voting for NNSW Area Service Committee and NNSW Area Association Committee Members. These positions have been vacant since the NNSW Area Assembly 2025 and start immediately.

NNSW Area (Traditional) Positions Filled

- Chairperson: Lyndsay
- Newssheet Coordinator: Kirrily
- Alateen Coordinator: Byron

NNSW Area Association (Legal) Positions Filled

Ordinary Member: Di M
Area Alateen Process Person (AAPP): Nellie

At the end of the day, after a warm roast meal and hot pudding, we were ready for our fun evening, MC'd by the Central Coast DR, Gerry. The Warringah District began with a colourful skit based on the Pac-Man game, where the objective of the game is to '*Live and Let Live*' (there was much more to it than that, but you had to be there!).

The Central Coast District did slogan charades, which we all knew the answers to, but had some trouble interpreting the actions, with the exception of '**But for the grace of God**'...I'll leave that one to your imagination!

The Far North Coast District's skit, prepared by Grafton GR Shirlee, was on the Al-Anon Police who gave infringements whenever any of the Al-Anon 'rules' were broken, leaving no one in the room for a meeting. Perhaps the '*But for the grace of God*' slogan highlights why we're not called to be enforcement officers!



The Acting Area Chairperson, Woody, introduced our agenda for Sunday. Throughout the Assembly, Al-Anon members presented their 3 minute talks on the Assembly theme, '*Practicing these Principles in All Our Affairs*', which will be submitted to AustrLink.

The Alateen Coordinator, Byron S had the most unwieldy item on the agenda which was the Alateen Safety and Behavioural Requirements document. There were a few suggestions on how to make the document clearer and some amendments will be made. The Assembly unanimously voted to accept the document in principle, with amendments to be made by the Alateen Coordinator and reviewed by the Area Service Committee prior to coming into force.

Thank you, Central Coast District for your service organising the Area Assembly 2025 and to everyone for your "participation", which, according to Concept 4, "is the key to harmony". Take it easy.

New Area Newssheet Coordinator and Mosman GR, Kirrily A

EVENTS!

AA80 Coffs Clarence Rally

with Al-Anon Participation

(Formerly the Banana Coast Rally)

Saturday 23rd August 2025
at the Coffs Harbour Show Ground

Al-Anon Program (Panorama Room)

Theme: *Carrying the Message*

- 9:00** Registration and a fellowship cuppa
9:30 ID Meeting: *Welcoming Newcomers*
10:45 Morning Tea
11:00 Meeting: *Practicing these Principles*
12:30 Lunch and Raffle Draw
1:30 Workshop: *Love's Expression*
2:00 Adult Children Meeting:
Expanding our Circle of Hope
3:15 Afternoon Tea
3:30 Spiritual Concepts Meeting:
Spiritual Awakening
4:30 Close

Registration \$10 with lunch included
Registered AA participants welcome free

Friends of Lois Day

SAVE THE DATE
25
October
2025



"Friends of Lois" DAY

The HIVE Community Hall
150 Beaumont Street
HAMILTON

For information PH:0401 441 534

Service: Joy or Job?

At our recent Area Assembly, Warringah District lovingly led us through a relaxed and engaging workshop exploring the theme "Service: Joy or Job?" The session invited open discussion and honest reflection as we split into five groups to consider what aspects of service feel joyful, and what aspects can sometimes feel like a job.

With big sheets of paper and even bigger hearts, each group created their own "JOY" and "JOB" columns.

It was heartening to see how much overlap there was - many of us had similar thoughts and experiences, reminding us that we're not alone in how we feel.

It was also uplifting to notice that many of the so-called "JOB" aspects could shift towards "JOY" with a simple change in attitude or perspective.

Each group brought something unique to the session, especially in how they chose to present their reflections back to the room. This beautiful diversity of expression reminded us why many voices truly matter in AI-Anon.

JOY 😊 What We Love About Service



Personal Growth & Recovery

- Strengthens recovery
- Deepens understanding of the program / yourself
- Builds self-confidence
- Experience overcoming fears
- Learning how to ask for help
- It's okay to make mistakes
- Expands your capabilities
- Learn about boundaries
- Builds self-care
- Satisfaction
- Find a passion
- Learn new skills
- Encourages regular attendance



Connection & Belonging

- Feeling of belonging
- Connecting with other members
- Making new friends (for life)
- Fellowship
- Helping newcomers
- Feel needed
- Feel trusted
- A chance to give back
- Get more back than you give
- Service sponsors help



Learning & Structure

- Learn about the guidelines / manual / handbook
- Clear guidelines are almost always available
- Great role models
- See the Traditions in action
- See democracy in action
- Learning about how to cooperate with AA



Flexibility & Accessibility

- No need for qualifications
- Roles available for everyone
- Can choose a role you enjoy
- Can delegate tasks and/or share roles
- Rotation of service keeps things fresh
- Time away from other responsibilities



Community & Contribution

- Connecting to the wider community
- Taking part in keeping AI-Anon alive
- Helping AI-Anon remain welcoming and safe
- Practice letting go of outcomes
- Feels good to hand the baton on



Bonus Joys

- Often good food and in beautiful locations
- Lots of fun
- It's free!

JOB 😞 When Service Feels Hard



Inner Challenges

- Fear of failure / making mistakes / inadequacy
- Fear of authority / technology
- Perfectionism can get in the way
- Feelings of guilt (e.g. about other responsibilities)
- Not everyone will love you or what you do
- Expectations
- Resentments
- Uncomfortable feeling responsible



Emotional & Mental Strain

- Overwhelm / stress / burn-out
- Feeling trapped in a role
- It's boring
- Hard to get motivated (esp. with low numbers)
- Disheartening (e.g. when PI doesn't seem to work)



Relational & Support Issues

- Personality clashes or negative interactions
- Lack of support
- Lack of appreciation
- Not enough people helping



Time & Life Balance

- Time poor
- Don't want to commit
- Feel obligated to take on too much
- Too hard / hard work
- Need to have some discipline



Readiness & Confidence

- Too early in recovery
- Unsure what to do

work time
hard fear
lack

burn-out
commit
guilt
resentments
personality
strain
emotional
responsibilities
trapped
failure
feelings
challenges
authority
mistakes
confidence
negative
obligated
poor
uncomfortable
overwhelm
clashes
perfectionism
technology
mental
unsure
disheartening
early
expectations
interactions
inadequacy
stress
boring
discipline

This program needs members in service to survive, and the good news is we don't have to do it all. If each of us does a little bit, and we remember to use the tools of recovery, the hard stuff begins to fade and the joy starts to shine through. What once felt like a burden can become a blessing, especially when we're in it together. A huge thank you to every member who pitched in at Assembly. Your contributions, big and small, helped create such a warm and welcoming space. ***Here's what our workshop groups shared about the joyful side of service:***

understanding
growth
belonging
life
personal
experience
ask
connection
al-anon
builds
satisfaction
help
flexibility
cooperate
boundaries
learn
new
accessibility
democracy
connecting
give
trusted
program
passion
feeling
deepens
service
great
recovery
friends
capabilities
everyone
self-care
good
guidelines
community
action
helping
strengthen
available
okay
expands
skills
self-confidence
members
encourages
sponsors
overcoming
fellowship

Contact the Northern NSW Area:
 ☆ Phone: 1300 252 666 (forwarded to volunteers)
 ☆ Email: alanonnorthernnsw@bigpond.com

Al-Anon Australia's Website: www.al-anon.org.au

Send anything newsworthy for inclusion in the next issue to KIRRILY at northernlightnsw@gmail.com