**To the Reader**

August is Alateen Awareness month and I decided to check out an Alateen reader for 20 July.

*I think detachment means being able to let go and focus on my own problems, not the problems of others. Detachment also means being able to turn problems over to my Higher Power. It means letting go of someone else's problems, but praying for the person at the same time.'*

Is  
this  
really my  
problem?

Living Today in Alateen

From your Newsheet Coordinator, Kirrily

**Assembly 2025 Fundraising**

Hi All

It took a little time to process the intake from Assembly this year as we used the Tap and Go function quite a bit and this meant not knowing totals for some days.

I'm now pleased to report the following fundraising results:

Bring and Buy Table raised.....	\$327.87
Raffle raised .....	\$467.15
Literature sold (pre-Assembly orders)...	\$2,042.70
Literature sold (at Assembly) .....	\$1,011.68
<b>TOTAL.....</b>	<b>\$3,054.38</b>

WOW!!! Well done all.

Woody, Treasurer, Northern NSW Area

**August Alateen Awareness Month**

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)



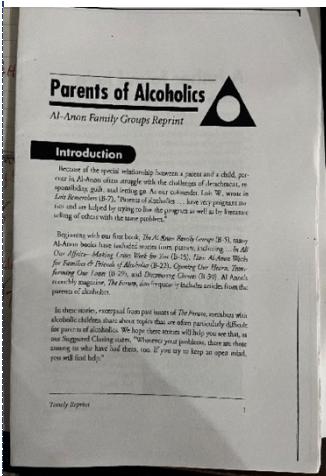
An event has been organised to celebrate Alateen Awareness Month in August.

The actual event will take place Saturday 6 September 3.00pm AEST

Please note that this event is only for the teens, their parent/guardian(s) and the Alateen Group Sponsors. This is not only a safety precaution but also to keep the focus on the teens. As such, it is not to be advertised outside of the fellowship, thank you.

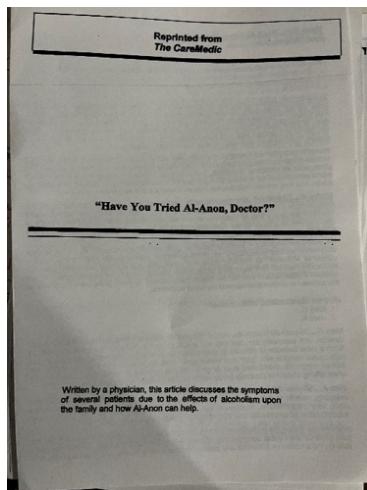
## What CAL have you never really explored?

At the Assembly this year, as Literature Coordinator, I brought a motley box of CAL for sale that is rarely ordered or used in meetings. I was hoping to introduce members to some of the incredible resources we have. It was encouraging when many publications were bought by members who expressed surprise and delight at finding things they had not known about. So, in the same vein, some of our more obscure CAL will be explored in coming months in the Northern Light.



To begin...there are several small leaflet publications listed at the very bottom of the order sheet as "Forum Reprints" including "Living with a Timebomb", "Parents of Alcoholics" (right), "Have you Tried Al-Anon, Doctor?" (below), "Al-Anon and Counseling", and "Domestic Violence", to name a few. One district routinely uses some of these as PI material when they are doing PI work at venues like "White Ribbon Day" and Homeless Connect Days. They are incredibly powerful pieces of insight about the program and its effectiveness and could well be used in Newcomer's Packs or when newcomers have a particular need to identify.

The one directed at doctors lists various physical manifestations of anxiety displayed by those affected by another's drinking that might alert a GP to what the underlying case of that anxiety could be. It also beautifully shows that doctors themselves need to set boundaries.



Why not get a copy of each of these reprints from Northern NSW Area Literature Service next time your group makes an order and check them out thoroughly? Only 0.35c each.

Woody, Literature Coordinator, Northern NSW Area

## Birthdays

### Coffs Harbour AFG 47th Birthday

- ♥ Coffs Harbour AFG 47th Birthday Meeting
- ♥ Monday Sept 8<sup>th</sup> at Presbyterian Church Hall at 12:30pm
- ♥ Theme "Living with Hope"

## Newcastle District News

The Tuesday evening 6-7 Mayfield meeting at Gregson Ave, Church of Christ has closed 15 July

The next Newcastle District Meeting is scheduled for 10am Saturday 2<sup>nd</sup> August Mayfield Baptist Church

## Far North Coast District News

The Far North Coast District wishes to advise that the new Byron Bay Serenity AFG has unfortunately closed due to a lack of available members to open the meeting each week. We sincerely thank those who supported its brief beginning, and we remain hopeful that a strong and sustainable meeting will return to Byron Bay in the future.

## EVENTS!

### Byron Bay AA Convention with Al-Anon and Alateen Participation

After a few years on hold, the Byron Bay AA Convention is back – now in beautiful Bangalow! Al-Anon and Alateen meetings will be held on

**Saturday the 18th of October from 9:00am-3:00pm at Bangalow Uniting Church  
17 Station Street** (parking available at the rear of the church)

The full program and further details will be shared soon.

*The Far North Coast District warmly invites all Al-Anon members to attend and enjoy a day of connection, recovery, and fellowship*



### National Convention 2026 Fundraiser Zoom Meeting

Sunday 21<sup>st</sup> September  
5:00pm-6:30pm  
Meeting ID: 861 0967 4765  
Passcode: 497512

**Theme: Becoming Aware**

\$10.00 Donation  
BSB: 064-474  
Account: 10962350  
Contact: Anna V 0408 982 751 &  
Hayley H 0413 079 295

### Contact the Northern NSW Area:

★ Phone: 1300 252 666 (forwarded to volunteers)  
★ Email: [alanonnorthernnsw@bigpond.com](mailto:alanonnorthernnsw@bigpond.com)

### Contact AGSO:

★ Email: [office@al-anon.org.au](mailto:office@al-anon.org.au)

Al-Anon Australia's Website: [www.al-anon.org.au](http://www.al-anon.org.au)

Send anything newsworthy for inclusion in the next issue to Kirrily : [northernlightnnsw@gmail.com](mailto:northernlightnnsw@gmail.com)