

To the Reader

For those of you on Socials, please see a screen shot of AGSO's Instagram page with links to our Instagram and Facebook pages.



www.facebook.com/alanonaustralia/



www.instagram.com/alanon_australia/?hl=en

You may also like to check out the AA Convention with Al-Anon & Alateen participation on the Gold Coast, 1-4 May 2026:

www.facebook.com/groups/aanatcon26

Or if you prefer, see page 4 of The Northern Light.

I prefer paper, which is a small irony given that I also love trees and in fact, my name comes from a Maori word, Kiri, meaning 'tree bark'. As part of my recovery, this year I went back to Bushcare in my local area and I planted my first trees! 🌳🌳🌳🌳🌳🌳🌳🌳

Thank you everyone for your news.

Area Newssheet Coordinator, Kirrily



HOPE

Coffs Harbour Monday AFG 47th Birthday meeting theme

"Living with Hope" – Al-Anon concepts in single words, generated at the meeting

H	Honesty Helps Hugs Health Higher Power Hopeful-Habit Wear HOPE on your Hat Humour Humility Healing
O	Open-minded Options Optimism Opportunity ODAT Opinions Open-my-mind
P	Possibility Peace Patience Peace-of-mind Persevere Planning Positive Practical Program Progress Participation Perspective Prospects Principles Priorities Parameters Protection Prayer
E	Embrace Equality Empathy Experience-Strength-and-Hope Energizes Ethics Expectations Evolve

Christmas Closures (yes, Christmas is coming!)

ALL GRs and DRs, please let us know no later than 20th November if there are any dates over the holiday period when your meeting won't be able to open especially if your meeting falls on Christmas / New Years Eve or Christmas / New Years Day

Email northernlightnsw@gmail.com and alanonnorthernnsw@bigpond.com

Some meetings we've already been advised about:

Mayfield Friday **closed** 26th December (Boxing Day) 2025, **open** on 2nd January 2026

Salamander Bay Wednesday **closed** from 17th December 2025 to 7th January 2026

Ballina Wednesday **open** (**F2F and Zoom**) 24th December (Christmas Eve) and New Year's Day

Birthdays and Anniversaries

Port Macquarie AFG's 48th Anniversary

THE PORT MACQUARIE AL-ANON FAMILY GROUP INVITES YOU...

...to our 48th Anniversary Celebration

LET'S CELEBRATE!

Thursday 16th of October 5.00 pm

Theme: "Strength and Hope"

Salvation Army, 110 Lord Street, Port Macquarie

Please come along and join with our Group in celebrating our birthday.

All welcome to this open meeting, AA members, family, friends, and professionals

It has been confirmed – we will have a guest speaker from Alcoholics Anonymous.

The meeting will be followed by the typical Al-Anon feast, birthday cake and raffle with great prizes.

Al-Anon Public Information Packs will be available.

*For more information contact
Penelope: 0473 009 300*

Forster Monday AFG's 46th Birthday



YOU ARE INVITED

Forster Monday AFG 46th Year

BIRTHDAY MEETING

**Second Monday in
November - 10th at
7.30pm**

Monday 19:30 – 21:00 GMT+10

**Salvation Army Hall
7 South St, Tuncurry NSW**

Zoom Cloud - Meeting ID: 852 8851 3796 - Passcode: xJ1mC5

Ballina AFG's 46th Birthday Meeting

- ♥ Wednesday 12th November
- ♥ F2F starting at 6 pm, Zoom from 6:30 pm
- ♥ St. Mary's Anglican Church, 24 Burnet Street
- ♥ Zoom ID: 252 666 0000 (no password)
- ♥ **Spectacular plans yet to be revealed!**



Kempsey AFG's 50th Birthday Meeting

- ♥ Monday 1st December, **5.00-6.30pm**
- ♥ **NB start time for birthday meeting is 5.00pm**
- ♥ Catholic Hall next door to Catholic Church, Marsh Street, Kempsey
- ♥ Guest Speaker on topic of **Serenity Prayer**
- ♥ Followed by refreshments and cutting of birthday cake!



Northern NSW Area Rallies

The Far North Coast District of Al-Anon invites you to the

Bangalow Al-Anon Rally

Experience. Strength and Hope

9:00-9:30	REGISTRATION (\$10 FOR FULL DAY)
9:30-11:00	MEETING: SHARING OUR EXPERIENCE (WITH GUEST AA SPEAKER)
10:30-11:00	MORNING TEA
11:30-12:30	MEETING: STRENGTH IN UNITY
12:30-2:00	LUNCH (ALATEEN MEETING 1:00-1:45)
2:00-3:00	MEETING: HOPE FOR TODAY

Saturday 18th October 2025

Bangalow Uniting Church, 17 Station Street, Bangalow

The 32nd Manning Great Lakes

District AA Rally

With Al-Anon Participation

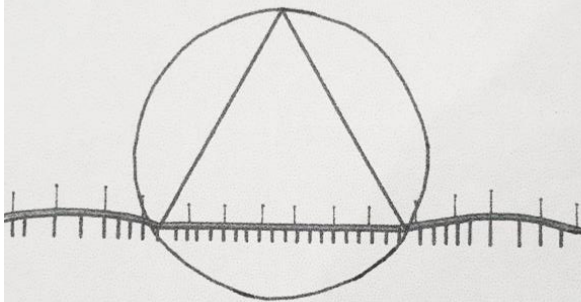
MORE THAN STOPPING DRINKING

24th – 26th October 2025

to be held at

Tuncurry Memorial Hall

7 Point Road Tuncurry



Registration

- \$15 per day or \$25 for the Weekend
- Full registration includes morning tea, afternoon tea and supper
- Lunches will be available Saturday & Sunday
- Saturday night dinner, Catch and Kill Your Own, but come back for the new AA movie with complimentary Popcorn and Jaffas

AA John L: 0411-809-404

AA Chris F: 0418-442-558

Al-Anon Narelle M: 0418-267-735



Al-Anon Family Groups Newcastle District
invites you to

“Friends of Lois” DAY



WHEN: Saturday 25th October 2025

WHERE: The Hive Community Hall
150 Beaumont Street, HAMILTON

Meeting PROGRAM

- 8.30 am Registration**
- 9.30 – 11 am Al-Anon meeting**
Topic: “Service- When I got Busy I got Better”
with Al-Anon Speaker
- 11 – 11.30 am Morning Tea**
- 11.30 – 1 pm Spiritual Concept meeting**
Topic: “But for the Grace of God”
with AA Speaker
- 1-2.30 pm Lunch provided**
- Shoe throwing competition - Shoe provided!**
- 2.30 – 4 pm Adult Children Meeting**
Topic: “Healing through the Steps”
with AC Speaker

***** Register Early Online to avoid queues *****

BSB: 032-505 Account No: 110201

A/c Name: Al-Anon Family Groups Newcastle District

\$20 Registration which includes lunch

Contact Therese for more information: 0401 441 534

Literature Spring Special

AA National Convention with Al-Anon and Alateen Participation 2026



AL-ANON 2025 SPRING SPECIAL

B-31 *Many Voices, One Journey* & B-29 *Opening Our Hearts* *Transforming Our Losses*

Plus 2 free M-81 bookmarks !



AA NATIONAL CONVENTION 2026
1-4 MAY
GOLD COAST AUSTRALIA
Steps to Recovery

Join us for the **60th Australian National Convention of Alcoholics Anonymous** with Al-Anon & Alateen participation
JW Marriott Hotel Gold Coast Queensland Australia
Friday 1 May – Monday 4 May 2026

TO REGISTER

Scan QR code for more information to register

Limited discounted Marriott rooms
Booking link at registration

Earlybird SPECIAL
REGISTER BEFORE 31 DEC 2025 & SAVE \$20

facebook.com/groups/aanatcon26

Email inforatcon2026@aa.org.au
Or visit aanatcon2026.com.au



Area Service Committee - Vacant Position – Minutes Secretary

The **Area Minute Secretary** takes minutes at all Area Service Committee meetings and at Assembly, (where a second minute taker can assist). There are two Committee meetings a year, both held on a Saturday via Zoom, lasting between 5 and 7 hours. There is also a short (30-60 minute) meeting held on Sunday at Assembly.

The Minutes Secretary also maintains the list of NAGs and NAIs, formatting amended versions before they are uploaded to the website. However, the bulk of the service for this role is undertaken just three times a year: At the Area Service Committee Meetings and at Assembly.

To undertake this role, you will need to be willing and able to attend the Area Service Committee meetings on Zoom, and Assembly in person, in their entirety. You will also need decent Word processing skills. Although it's up to the individual whether they take minutes by typing or longhand, the completed minutes will need to be formatted in an easy-to-comprehend document.

The term for this role is from March 2026 until December 2027.

Taking the minutes at Assembly and Area meetings has pushed me to me pay proper attention at these meetings and to fully understand what everyone is saying and what they mean, allowing me to use the slogans Listen and Learn, as well as How Important Is It? Michelle E – Previous Area Minutes Secretary

Contact the Northern NSW Area:

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

Contact AGSO:

- ★ Email: office@al-anon.org.au

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

Send anything newsworthy for inclusion in the next issue to Kirrily : northernlightnsw@gmail.com