



To the Reader

There was an article in this month's Austra-Link p6 about sharing personal stories and how these stories could be used as a meeting format instead of the Steps, Traditions, Concepts and Slogans. It said,

"As a guide, personal stories comprise of three elements:

- ▲ *What was life like before Al-Anon;*
- ▲ *How you found Al-Anon, and;*
- ▲ *What life is like now."*

I've been to American meetings with this format, but not many Australian ones. Perhaps it's time for us to think about our own answers to these questions and be ready with an answer when someone asks us whether we'd like to share our personal story at a meeting soon?

Another important way we can share our personal stories whilst protecting our anonymity, and help Al-Anon at the same time, is to complete the 2025 Membership Survey online, open 10-30 November. I hope the three prompts above get you thinking.

Love in service

Area Newsheet Coordinator, Kırriy

Your Help Wanted

2025

Membership Survey

The purpose of the survey, requested by the 2025 Australian Service Conference, is to gather information about our members so we can better plan for the future including i.e. literature and public information strategies and also provide accurate information about our organisation to outside professionals.

No personal contact details are asked for in the survey. This survey will be accessible online only...

<https://forms.office.com/r/ACg028gRS0>



from November 10th to 30th 2025

- ▲ All members Australia-wide are encouraged to take part
- ▲ Computer-savvy members could help the computer-challenged ones
- ▲ There is a smaller number of simple multiple choice questions this time
- ▲ All who take part can enter a draw for a prize!!!

A link to a separate form is provided at the end of this survey so we can gather your contact information for the prize. Results of the survey will be published on the Al-Anon Australia website as soon as results are collated. Thank you. ▲

Christmas /New Year Closures

ALL GRs and DRs, please let us know no later than 20th November if there are any dates over the holidays when your meeting won't be able to open

Email northernlightnnsnsw@gmail.com & alanonnorthernnsnsw@bigpond.com

Some meetings we've already been advised about:

Grafton Tuesday **open** 23rd December & **open** on 6th January 2026

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

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

Port Macquarie Thursday **closed** 25th December & **closed** New Year's Day

Tuncurry Thursday **closed** 25th December & **open** New Year's Day

Tweed Heads Thursday **closed** 25th December & **open** New Year's Day

Woy Woy Thursday **open** 25th December & **open** New Year's Day

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

Birthdays and Anniversaries

Forster Monday AFG's 46th Birthday



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!**



Morisset AFG's 38th Birthday



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!



Literature News

1x **B-31 Many Voices, One Journey**

1x **B-29 Opening Our Hearts and Transforming Our Losses**

2 x **M-81 Alateen Just for Tonight** bookmarks

\$24 until 5 December 2025

New attractive **Slogans Bookmarks** are available in packs of 10 for \$0.70, or 7 cents each.

Central Coast's Festive Picnic



AA National Convention with Al-Anon and Alateen Participation 2026



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 NALs, 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 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