



To the Reader

I've hit an unexpected rock bottom this month after doing Step 4. The rain has only dampened my spirits, and my home, but my higher power is doing for me what I cannot do for myself.

Today's Reminder, in *Courage to Change*, Page 232 says, "Awareness is so much better for me than closing out all feelings, shutting out people, withdrawing from living. No matter how hard the truth is or what the facts are, I prefer to know, look at, and accept this day." As *We Understood*

Please submit your birthday, anniversary, and event notices either typewritten, or in .jpg or .png formats.

Many thanks

Newsheet Coordinator, Kirrily

Group Anniversaries?

Some groups celebrate their anniversary with a speaker meeting or a special gathering. Are you curious about when your group started meeting? Have you considered checking your group's literature box?

Sometimes, this information can be found at the bottom of the "box," where various pieces of forgotten information tend to reside. Other possible sources for this information include the District, the local Al-Anon Information Service/Intergroup, the Area Archives or Group Records, and even longtime members!

*In the Loop August Edition
News from Your World Service Office*

Birthdays and Anniversaries

Saturday Woy Woy 41st Birthday

- ♥ Saturday 13th September 2025, 2.00-3.30pm
- ♥ Woy Woy Hospital, near kiosk, group therapy room
- ♥ Open meeting

Members of Castle Hill Al-Anon
invite you to join us to celebrate our meeting's

32nd
BIRTHDAY!



8PM | THURSDAY | SEPTEMBER | 18TH

Join us as we share our experience, strength & hope.
Hear from our guest speaker as well as other shares.
Cake and refreshments following the meeting.

Meeting room, behind SDA Church
88 Cecil Ave, Castle Hill, NSW
Park on the street or access the car park via the driveway
next to the blonde brick church.



Grafton Al-Anon Family Group

Invites you to our
24th Birthday Meeting

Tuesday 23rd September
12md to 1.30pm

**Salvation Army Hall
91-93 Oliver Street
Grafton**

Guest Speaker TBA

Meeting followed by
light lunch & fellowship

Interested persons,
past & present members
All Welcome

Come along &
enjoy the afternoon.
Free info pack for newcomers

Birthdays and Anniversaries Cont'd

THE PORT MACQUARIE AL-ANON FAMILY GROUP INVITES YOU

To our 48th Anniversary Celebration

Thursday 16th of October 5.00 pm

Salvation Army, 110 Lord Street Port Macquarie

Theme: "Strength and Hope"

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

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

There will be a guest speaker.

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. Raffle proceeds and donations will be sent to our Australian General Service Office.

For more information contact Penelope: 0473 009 300

Newcastle District News

The Newcastle District recently exhibited at the **Hunter Homeless Connect Day 2025** below.

There were over 140 community services represented and 2000 attendees.

Thank you to our volunteers.



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

- Inspiring Al-Anon/ & AA Guest speakers
- Al-Anon & AA members share their recovery on interesting topics
- And to top it off a delicious lunch with dessert
- Shoe throwing competition

Registration is \$20 including lunch

Register Online to save time

BSB:032-505

Account No:110201

A/c Name: Al-Anon Family Groups Newcastle

CONTACT: Therese: 0401441534 for more information

EVENTS!

Al-Anon and Alateen Rally Bangalow

Alongside the Byron Bay AA Convention to be held in 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 theme is **Experience, Strength and Hope**
AA Speaker sharing their experience 9.30am

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

AA Convention with Al-Anon and Alateen Participation



National Convention 2026 Fundraiser Zoom Meeting

Sunday 21st 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

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