

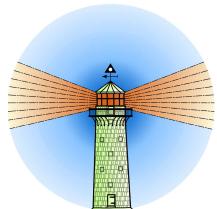
AL-ANON FAMILY GROUPS

## Northern New South Wales Area

for families and friends of alcoholics

# THE NORTHERN LIGHT

SEPTEMBER 2025 | Issue: 473 | Deadline for October 2025 news sheet content: 20<sup>th</sup> September 2025



### 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 41<sup>st</sup> 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



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  
24<sup>th</sup> Birthday Meeting

Tuesday 23<sup>rd</sup> 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 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 : [northernlightnsw@gmail.com](mailto:northernlightnsw@gmail.com)