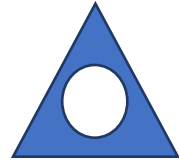


Group News



NOVEMBER 2025

Edition No. 614

Al-Anon Family Groups - VICTORIAN SOUTHERN AREA NEWSLETTER
GPO Box 5458, Melbourne VIC 3001 ~ Level 7, 51 Queen Street, Melbourne
Office Open Hours: Monday to Thursday 10:30am–2:30pm
Office phone: (03) 9629 8900 **Helpline phone:** 1300 252 666
Office Email: office@alanon-vsa.com

Al-Anon Family Groups Victorian Southern Area Inc. is a Child Safe Organisation

~~~ Welcome to the November Group News ~~~

### Victorian Southern Area November Assembly

8<sup>th</sup> November 2025

9.30am – 4pm

*Theme: Keep an Open Mind*

**Venue: Ross House**

4<sup>th</sup> Floor, 247-251 Flinders Lane, Melbourne CBD

Pincode to enter Ross House: **6486**

Zoom ID: **95873726488** Passcode: **860328**

All groups to pay \$10 as an equalised expense.

Lunch will be provided and Literature available to purchase.

*Invitation and Agenda have been sent out with all the details.*

### SERVICE MEMBERS' REPORTS

#### GROUP NEWS

Hello to all our lovely Members and welcome to any Newcomers. I can't believe how quickly this year is going by. I try to remind myself daily to pause and count my blessings. An attitude of gratitude always helps me to overcome any challenges that come up. This is the second last Group News for 2025 before the summer break. Please send through any events or meeting changes that are happening over the Summer, to the Office and in your reports for Group News and 'What's On'. It's so important to stay connected and updated especially as we head into the holiday season. Also note there is an amazing literature **Spring Special Bundle** for only \$26. It's an absolute bargain as you are saving over \$24 and helping to support Al-Anon. A win-win for all. So, stock up and refresh your CAL supplies. **The deadline for the DECEMBER Group News is Sunday 23<sup>rd</sup> November 2025.**

Please email your submissions to: [groupnews@alanon-vsa.com](mailto:groupnews@alanon-vsa.com).

Love in Service, Sandra R.

#### DELEGATE

Thank you, Poppy T. from District 1 for putting the article in her report last month, from the UK and Eire website, regarding the reading of the Steps and Traditions as they are written. It's helpful for groups to refer to this article when we have members who don't understand the necessity of reading

and speaking the Steps as written. Of course, members always have the option to choose not to read the Steps and Traditions if they do not want to say the pronoun "He" and word "GOD" in the Steps, Traditions and Concepts. Our Higher Power is of our own understanding of a power greater than ourselves. Refer to the October Group News (Edition No. 613) on page 5, for the full explanation.

Well, it's hard to believe that it's almost a year gone by! So jam-packed full of Al-Anon adventures, challenges, meetings of all kinds, including business and fun.

It's taking me a while to get used to writing reports again as I haven't done reporting for quite a while but with the help of my service sponsor, my fellow service members, members of my home group, Al-Anon friends and God's grace, I've made it to the end of my first year as Delegate.

The November Assembly is at our door step. I hope all members are able to attend, especially the GRs. It's great to come in groups or to bring a friend, an Al Anon friend.

I am from Geelong District and we arrange to catch the train up to Melbourne together. It's always a fun journey full of fellowship, much chatting and fun. It's also a way to increase our sense of belonging to the Fellowship of Al-Anon Family Groups

I am looking forward to seeing you all at the Assembly. We'll start with a Spiritual Concept meeting to set the tone because, for me and maybe you, I found my Higher Power in Al-Anon and it always gets me through. When I forget I have a Higher Power, my sponsor and my Al-Anon friends remind me of this precious program. One Day at Time.

Nerise D. Delegate

### TREASURER

In September we spent \$1,626 more than the income for the month. This was largely due to the purchase of computer equipment for the office, which was long overdue. Also, donations and sales were down. Our bookkeeping fees have been dramatically reduced.

Many thanks to those who donated or purchased literature. We value your generosity.

Love in Al-Anon,

Laurian, VSA Treasurer

| INCOME              | SEPT 2025      | EXPENSES              | SEPT 2025      | BANK ACCOUNTS             | SEPT 2025       |
|---------------------|----------------|-----------------------|----------------|---------------------------|-----------------|
| Donations           | \$2,602        | Bank Fees             | \$5            | CBA Operating Acc.*       | \$16,577        |
| Literature (net)*   | \$218          | Computer Expenses     | \$1,558        | Business Transaction Acc. | \$938           |
| Interest            | < \$0.50       | Postage               | \$40           |                           | <b>\$17,515</b> |
|                     |                | Photocopier           | \$92           |                           |                 |
|                     |                | Rent                  | \$1,326        | <b>RESERVE FUNDS</b>      |                 |
|                     |                | Office Sundries       | \$7            | CBA Capital Growth Acc.   | \$126           |
|                     |                | Telephone/Internet    | \$128          |                           |                 |
|                     |                | Electricity           | \$37           | CBA Term Deposit One      | \$10,000        |
|                     |                | Bookkeeping           | \$38           |                           |                 |
|                     |                | Superannuation        | \$130          | CBA Term Deposit Two      | \$10,000        |
|                     |                | Wages                 | \$1,086        |                           | <b>\$20,126</b> |
| <b>Total Income</b> | <b>\$2,821</b> | <b>Total Expenses</b> | <b>\$4,447</b> | <b>TOTAL</b>              | <b>\$37,641</b> |

\*Sales of literature \$1,738 and postage \$17. Purchase \$1,537. Net Earnings \$1,626.

\* Operating Account balance fluctuates daily

### OFFICE SECRETARIES

**The VSA Helpline** would love to have some new members. Thank you for your generosity in responding to calls for volunteers to answer the Helpline. We still have vacancies for the first Wednesday of the month, the first weekend and the fifth weekend of the month (Thursday afternoon-Monday morning). Please email Anne S. at [granneyanney@bigpond.com](mailto:granneyanney@bigpond.com) if you're interested and she will talk you through the process.

| Helpline September                | 2024      | 2025      |
|-----------------------------------|-----------|-----------|
| Help Calls<br>(After Hours calls) | 30<br>(8) | 27<br>(5) |
| Office Calls                      | 8         | 6         |
| Email Enquiry                     | 2         | 3         |
| <b>TOTAL</b>                      | <b>40</b> | <b>41</b> |

### **Meeting Changes and Updates**

*Hampton Sunday (hybrid) has changed their meeting start time 9.30-11am.*

*Carlton North Zoom Friday 6pm has closed.*

*Launceston Thursday has changed their meeting start time 5.30-6.30pm.*

*Just a gentle reminder to please support our meetings as much as possible.*

### **Literature Payments and Donations**

Literature order payments and donations to the Victorian Southern Area can be made by direct deposit into the VSA account with the Commonwealth Bank using the following details:

**Account name:** Al-Anon **BSB:** 063 001 **Account number:** 0090 3408.

Please include sufficient information in the transaction description to identify your payment:

**Name:** an abbreviation of your personal or group name PLUS one of the following codes:

**Literature:** LIT **Donations:** DON

It is also helpful if you can inform the office that the payment has been made.

Please don't forget to add an amount for postage of literature orders (normally \$13.50).

If paying by cheque, please make the cheque out to **Al-Anon** and post to GPO Box 5458, Melbourne 3001.

### **Anniversaries, Fundraisers and other Events**

When your group or district is planning an event, please avoid choosing a date that conflicts with other Al-Anon events by first consulting the Group News 'What's On' listings, and then by contacting the office to confirm that other, yet to be publicized events, have not been planned for that day.

*Thank you to all the lovely members who helped out in the office during my leave.*

*It was much appreciated.*

Love in Service, Tami and Christine.

### **PUBLIC INFORMATION**

Thank you to members who continue to display and deliver PI in their communities. November's PI focus is PRINT MEDIA so please spread the Al-Anon message of hope and help by:

- \* sending meeting details to local newspapers ("What's On in Our Community" section);
- \* sending Al-Anon details to health fund organisations;
- \* identifying suitable magazines for Al-Anon information to be submitted to;

Literature suggestions:

Media releases available on the Al-Anon Family Groups website and from AGSO, Families facing Alcoholism booklet, Community Service Announcements on the website.

Avive Health in Mount Eliza is inviting Al-Anon members to be guest speakers at its family groups. This is a wonderful opportunity for our members to spread the Al-Anon message to the relatives and friends of loved ones trying to recover from alcoholism. PI literature (e.g. pamphlets, posters, book marks, booklets, meeting lists, etc.) has been delivered to Avive Health for distribution to its families. We extend our sincerest gratitude to the members who continue to be regular guest speakers at Arrow Health family groups.

FIND Maroondah community paper aims to support not-for-profit organisations in Maroondah. Al-Anon will again be showcased in an upcoming issue. The impact of this PI could see an increase in attendances at Mitcham, Mooroolbark and Croydon AFGs.

Members are urgently needed as guest speakers on 3CR's "Living Free" radio program weekly on Thursdays. This is a wonderful PI opportunity to spread the message of hope and help vital to those who are suffering from someone's alcoholism and do not yet know about Al-Anon.

Being live in the studio works best but pre-records via Zoom work too. If you would be willing to be

interviewed (using a pseudonym if desired) please contact: [annstanley.wes@gmail.com](mailto:annstanley.wes@gmail.com)  
Whatever each member can do to spread the word of Al-Anon is very much appreciated.  
Love in Service, Brenda V [pi@alanon-vsa.com](mailto:pi@alanon-vsa.com)

### ARCHIVES

The VSA Archives collects documents from VSA events and conventions, including AA events with Al-Anon participation. This month I discovered some Chairing Guides and a list of things provided by the VSA Office for VICYPAA Conventions. These turned out reasonably useful to Trish, our new VICYPAA Liaison Person, who was preparing for the 2025 VICYPAA Convention on 25<sup>th</sup> October. *Fabulous job Trish.*

If you have documents from events or special meetings - or even just the flyer - do send them to [archives@alanon-vsa.com](mailto:archives@alanon-vsa.com) in their digital form. If you only have hard copies, please send them to VSA Archives, GPO Box 5458, Melbourne VIC 3001 or visit us in the VSA Office, Level 7, 51 Queen Street, Melbourne. They may be useful for the next committee preparing for a similar event. That is another way we can help each other in Al-Anon.

Marie T.

## DISTRICT REPORTS

### DISTRICT 1

Our District is doing well. We had our last District meeting on Monday 20<sup>th</sup> October.

*Chelsea:* Attendances of 7-9 in Room and 6-13 on Zoom with some Newcomers who keep returning. Blueprint for Progress questions, Understanding Ourselves and Alcoholism pamphlet and Alateen literature were used to rely less on daily readers. Meeting topics have included Blame, Chaos or Joy, Love, Step 1 and Control, Step & Tradition for the month, Humour & Happiness, People Pleasing & Martyrdom.

*Frankston Tuesday:* There are usually 15-20 members attending. The Group now has a list of volunteers for chairing. Most weeks are now filled. Sometimes there are problems getting into the venue during school holidays, although this seems to be sorted out now.

*Frankston Thursday:* Frankston Thursday group is continuing pretty much as usual. There is some roofing work being done at the venue which has meant we have temporarily relocated to another room in the building. Attendance is still fairly consistent.

*Mornington Saturday:* I attended the Saturday Mornington 28<sup>th</sup> Anniversary which was held on 11<sup>th</sup> October. There was a good turn up on the day with food and fellowship provided prior to the meeting.

*Mornington Spiritual Concept:* Attendance numbers averaging 18-24. Great topics, shares with different members in the chair each week. We have our 17<sup>th</sup> Anniversary meeting coming up on 16<sup>th</sup> November at 10am. Theme: "Healing Within our Alcohol Relationships", followed by Lunch with a suggested \$10 donation. Please pass on to your groups.

*Public Information:* Thanks to Brenda for her valued work and effort in promoting PI in our District. "Avice" Health in Mt Eliza, will be needing members as speakers for their family groups in the future. We were fortunate that their representative attended our PI Information Day back in May and has reached out. Brenda has delivered PI material to them. Our GRs have been asked to keep an eye out for suitable speakers.

Saturday 25<sup>th</sup> October was "Friends of Lois Day". We requested members to hand out the Unhappy House bookmarks around the community.

Our next District meeting will be 15<sup>th</sup> December at 7.30pm.

Poppy T. DR

### DISTRICT 9

We had our district meeting on 18<sup>th</sup> October with 6 GRs, our District Treasurer attending and also two members observing. We discussed some details of the upcoming Christmas Picnic on 30<sup>th</sup> November at Melba Park Lilydale, starting at 11 am and it was decided to purchase PI literature to distribute in the district. Meetings are very welcoming and most of our service positions have been filled, which is very encouraging. Thank you everyone.

Our face-to-face groups continue to have new members attending and some are returning, which is lovely to see. Meetings numbers fluctuate between 10-14 and 6-10 members except for Woori Yallock that has an average of 4-6 members. All groups are well supported. Most of the groups have a Steps meeting once a month as well as Traditions meetings.

Zoom meetings have low attendance at present, averaging 3-6 members.

Donations were sent to AGSO and VSA.

Best wishes to everyone. May you have a blessed and safe Christmas and a peaceful New Year.

Love in Service,

Conchita C. DR

### **NORTHERN TASMANIA**

We had our 65<sup>th</sup> Anniversary in Tasmania. It was a great day. 36 members attended from Hobart, Burnie, Devonport and Launceston *and* we had Lois from Melbourne as our guest speaker. We also had three Geelong members surprise us by attending. The food was great with so much variety, abundance and generosity plus we had flowers everywhere from members' gardens. Everyone spoke well and we enjoyed fellowship, sharing and the mingling afterwards went for over an hour. Everyone enjoyed the day and we look forward to our next opportunity to catch up.

Our Launceston groups on Wednesday and Thursday are growing with new members attending. Sharing has been on Recovery, Grief and Self-Care. We continue to sell books and our meetings are healthy and strong in membership and fellowship. Our rents are up to date and we have donated to VSA and AGSO.

Our Burnie meeting is well attended and going strong with new members and fellowship. Donations to AGSO and VSA have been made and rents are up to date.

Our online meeting is strong and healthy with topic sharing on Recovery and Strength in Recovery.

Love in service,

Annette W.

## **ALATEEN INFORMATION**

**A place just for teens affected by someone else's alcoholism. Please email the Alateen Coordinator to register your teens at: [alateen@alanon-vsa.com](mailto:alateen@alanon-vsa.com)**

### **Weekly Zoom Meetings:**

**Tuesday Northern NSW 5-6pm; Thursday South QLD 7-8pm**

**Alateen Literature and Alateen Newcomer packs are available from the office to purchase for your groups. Great idea to have on hand for those times that young people attend Al-Anon meetings with their parent/guardian.**

### **\*\* POSITION AVAILABLE \*\***

*Are you passionate about our fabulous CAL??? Maybe this is the role for you!*

We are looking for the next Literature Committee Chairperson to join the team at AGSO. Your role would include: Chairing the meeting and preparing a report for the monthly Literature Committee meetings (on Zoom); attending the bi-monthly AGSO Executive Committee meetings (also on Zoom) and reporting on Literature; attend the annual Australian Service Conference in May and report on Literature, and; help create a quarterly newsletter to all Area Literature Coordinators.


It would be very helpful if the member could occasionally visit the AGSO to better understand how the Literature Department functions. The member cannot also have a service role at the Area level nor also be a member of AA.

If this is something that appeals to you, please contact: [office@al-anon.org.au](mailto:office@al-anon.org.au) for further information.



**\* SPRING SPECIAL \* SPRING SPECIAL \* SPRING SPECIAL \***

**Only \$26 while stocks last...an incredible saving of over \$24!!!**



AL-ANON 2025 SPRING SPECIAL

**\$26**

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

Plus 2 free M-81 bookmarks !

**GEELONG 2025 AA CONVENTION**  
WITH AL-ANON & ALATEEN PARTICIPATION



**SATURDAY, 29TH NOVEMBER**

- 8 meetings, 4 workshops
- Breakfast & lunch included
- Evening trivia
- Program from 9.30am - 4.30pm
- Breakfast from 8.30am
- \$15 entry

**FOR PROGRAM DETAILS AND INFO**  
[www.aageelong.com](http://www.aageelong.com)

***Something to think about...***

**“Actively practicing gratitude is one way we can promote attitude adjustment. Instead of taking for granted the many blessing in our lives, we make a point to mentally acknowledge them until doing so becomes a habit”**

How Al-Anon Works — Gratitude, page 79



**Al-Anon Declaration**

*Let it Begin With Me*

When anyone,  
anywhere  
reaches out for help,  
let the hand of  
Al-Anon  
and Alateen  
always be there,  
and



*Let it Begin with Me.*



Al-Anon  
Mornington Spiritual  
Concept Meeting

Healing Within Our  
Alcoholic Relationships

17th Anniversary  
Celebration & Fundraising  
Sunday 16th November 2025

Meeting time 10-11.30am  
followed up by lunch  
(provided by home group members)  
Suggested \$10 Donation



Al-Anon  
Bentons Square Community Centre  
145 Bentons Road, Mornington



## 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 10<sup>th</sup> to 30<sup>th</sup> 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. ▲

**Beat the Early Bird.  
Save and register now!**

Website: [www.aanatcon2026.com.au](http://www.aanatcon2026.com.au)

**AA NATIONAL  
CONVENTION**  
WITH  
**AL-ANON & ALATEEN**  
Participation  
**2026**  
**1 - 4 MAY**  
**GOLD COAST, AUSTRALIA**

**Steps to Recovery**  
Members can make donations or payments directly to the fundraising for Al-Anon and Alateens participation in the 2026 Convention.

**National Convention 2026**  
**BSB: 064-474**  
**Account Number: 1096 2350**  
**Reference code: ConvGC26**

### AA HALLS GAP CAMP WITH AL-ANON PARTICIPATION

Friday 2nd—Monday 5th January 2026

Stoney Creek Lodge  
(formerly Camp Acacia)  
63-67 Grampians Rd  
Halls Gap Vic 3381



\$160 for accommodation and amenities for the entire weekend

BYO bedding inc pillow and food

Advance booking & payment required by 10th Dec 2025

Contact Melissa 0491 171 222 or Chris 0424 401 361

# What's On... in Al-Anon

| Date & Time                                                             | Event                                                                                                                       | Location                                                                                                                                          | Details                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday<br>8 <sup>th</sup> November<br>9.30am – 4pm                    | VSA November Assembly<br><i>"Keep An Open Mind"</i>                                                                         | Ross House<br>4 <sup>th</sup> Floor, 247-251<br>Flinders Lane,<br>Melbourne CBD<br>Building PIN: 6486<br>Zoom ID: 95873726488<br>Passcode: 860328 | Invitation and Agenda has been sent out.<br>Register your attendance and dietary requirements:<br><a href="mailto:office@alanon-vsa.com">office@alanon-vsa.com</a><br>Apologies:<br><a href="mailto:areasecretary@alanon-vsa.com">areasecretary@alanon-vsa.com</a> or<br><a href="mailto:office@alanon-vsa.com">office@alanon-vsa.com</a><br>See main ad on page 1. |
| Sunday<br>16 <sup>th</sup> November<br>10am                             | Mornington Spiritual Concept Meeting<br>17 <sup>th</sup> Anniversary<br><i>"Healing Within Our Alcoholic Relationships"</i> | Bentons Square<br>Community Centre<br>145 Bentons Rd.<br>Mornington                                                                               | Celebration and fundraising.<br>Suggested donation \$10.<br>Meeting 10-11.30am followed by lunch provided.                                                                                                                                                                                                                                                          |
| Monday<br>24 <sup>th</sup> November<br>8pm                              | Heidelberg AFG<br>52 <sup>nd</sup> Anniversary<br><i>"Forgiveness"</i>                                                      | Rosanna Baptist Hall<br>5 Waiora Rd.<br>Heidelberg Heights                                                                                        | All welcome.                                                                                                                                                                                                                                                                                                                                                        |
| Wednesday<br>26 <sup>th</sup> November<br>1 – 3pm                       | Public Information for Professionals<br><i>Hosted by Delahey AFG</i>                                                        | Delahey Community Centre<br>70 Copperfield Drive<br>Delahey                                                                                       | Come and support members share their experience, strength and hope with professionals.<br>Personal stories, Powerpoint presentation and afternoon tea provided.                                                                                                                                                                                                     |
| Sunday<br>7 <sup>th</sup> December<br>6pm                               | District 6<br>Annual End of Year Dinner                                                                                     | Windy Hill Bistro<br>Essendon                                                                                                                     | Register as <i>"Essendon Friendship Club"</i> for anonymity.<br>Booking is for 30 members.<br>Pay for your meal and raffle tickets on the night.                                                                                                                                                                                                                    |
| Friday 2 <sup>nd</sup> –<br>Monday 5 <sup>th</sup><br>January 2026      | AA Halls Gap Camp<br>with Al-Anon Participation                                                                             | Stoney Creek Lodge<br>(formerly Camp Acacia)<br>63-67 Grampians Rd.<br>Halls Gap                                                                  | Contacts:<br>Melissa 0491 171 222<br>Chris 0424 401 361<br>See flyer for full details                                                                                                                                                                                                                                                                               |
| Saturday 14 <sup>th</sup> –<br>Sunday 15 <sup>th</sup><br>February 2026 | Ballarat's 75 <sup>th</sup> AA<br>Anniversary with<br>Al-Anon participation                                                 | Eureka Hall<br>119 Stawell St South<br>Eureka                                                                                                     | Flyer to come.<br>Al-Anon contact:<br>Andrea 0407 313 973                                                                                                                                                                                                                                                                                                           |

**Deadline for the DECEMBER Group News is Sunday 23<sup>rd</sup> November 2025**

Please email your submissions to: [groupnews@alanon-vsa.com](mailto:groupnews@alanon-vsa.com)