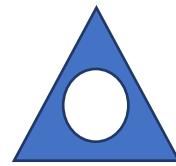


Group News



OCTOBER 2025

Edition No. 613

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 OCTOBER Group News ~~~

### November 8<sup>th</sup> Area Assembly at Ross House.

PIN code to enter Ross House is 6486.

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

Lunch will be provided and literature for sale.

*An invitation to all groups will be issued soon with more information.*

### SERVICE MEMBERS' REPORTS

#### GROUP NEWS

Hello to all our lovely members and welcome to any newcomers. We are almost halfway through Spring and the end of the year is fast approaching. Please send through any events or 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. Also note there is a literature bundle Spring Special for only \$26. It's a great opportunity to get some new CAL and help support our wonderful fellowship.

**The deadline for the NOVEMBER Group News is Friday 24<sup>th</sup> October 2025.**

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

Love in Service, Sandra R.

#### DELEGATE

*VICYPAA Convention with Al-Anon and Alateen Participation:* Trish Mc, the current Al-Anon Liaison person, needs 3 Al-Anon members to chair meetings and any Al-Anon members available on the day to assist Tami on the literature table and for general help on the day. Contact Trish by emailing [vicypaa@alanon-vsa.com](mailto:vicypaa@alanon-vsa.com)

*Anonymity via email:* Reminder to all Al-Anon members to take care in private email groups to ensure they are not breaking another member's anonymity.

*Tasmania 65<sup>th</sup> Anniversary:* Was very successful! Members from Geelong District went and reported it was a fabulous event.

Some members have advised having newcomers in their meetings. We hope they find the hope that many of us have been privileged to enjoy in the Al-Anon program.

\*\*The Guideline G-2 Beginners Meeting is a fabulous and informative read to help your Group inform and encourage New Members to 'Keep Coming Back'.

<https://al-anon.org.au/member-resources/guidelines-for-al-anon-family-groups-australia/>

We have a Square Reader in the VSA Office to purchase literature (no fees). Keep your eye out for this month's specials. Your group could buy a bundle and donate to your local library. Email the VSA Office: [literature@alanon-vsa.com](mailto:literature@alanon-vsa.com) to place an order.

The next VSA Service Committee Meeting is Saturday 11<sup>th</sup> October.

The VSA Assembly is on Saturday 8<sup>th</sup> November - a fabulous time for fellowship and sharing. I hope to meet you there.

May the peace of the program, grow in you - One Day at a Time.

Nerise D. VSA Delegate

### **TREASURER**

In August, we saved \$1,849. Many thanks to everyone for your generosity and your service.

Love in Al-Anon, Laurian VSA Treasurer

| INCOME              | AUGUST 2025    | EXPENSES              | AUGUST 2025    | BANK ACCOUNTS             | AUGUST 2025        |
|---------------------|----------------|-----------------------|----------------|---------------------------|--------------------|
| Donations           | \$4,325        | Bank Fees             | \$2            | CBA Operating Acc.*       | \$19,382.97        |
| Literature (net)**  | \$2,207        | Telephone/ Internet   | \$127          | Business Transaction Acc. | \$277.96           |
| Interest            | < \$0.50       | Rent                  | \$2,684        |                           | <b>\$19,660.93</b> |
| Refund              | \$668          | Postage               | \$49           |                           |                    |
| Assembly            | \$10           | Photocopier           | \$92           | <b>RESERVE FUNDS</b>      |                    |
|                     |                | Computer Expenses     | \$29           | CBA Capital Growth Acc.   | \$124.86           |
|                     |                | Office Sundries       | \$14           |                           |                    |
|                     |                | Square Fees           | \$1            | CBA Term Deposit One      | \$10,000           |
|                     |                | Bookkeeping           | \$280          |                           |                    |
|                     |                | Subscriptions         | \$16           | CBA Term Deposit Two      | \$10,000           |
|                     |                | Superannuation        | \$222          |                           | <b>\$20,124.52</b> |
|                     |                | Wages                 | \$1,846        |                           |                    |
| <b>Total Income</b> | <b>\$7,210</b> | <b>Total Expenses</b> | <b>\$5,361</b> | <b>TOTAL</b>              | <b>\$39,785.79</b> |

**Net Earnings for AUGUST 2025 = \$1,849**

*\*Operating Account balance fluctuates daily*

*\*\*Literature Sales \$2,167.46 plus Postage \$39.55 less Purchases \$0*

### **CHAIRPERSON**

*It's Assembly time again....*

A time when we as Al-Anon members get together to share our experience, strength and hope with one another; to plan and make decisions for the benefit of everyone in Al-Anon Southern Vic.

The Victorian Southern Area Service Committee extends a warm invitation to everyone in this wonderful fellowship to be a special part of this day.

The VSA Service Committee meets regularly to discuss matters that are brought to our attention from group members, Group Representatives (GR), District Representatives (DR), the Australian General Service Office (AGSO) and from the World Service Office (WSO).

We bring them to Assembly to share with you and to have them voted on by our Group Representatives. We encourage every member to come along and share their ideas with one another, although it is only the Group Representatives that have the final vote.

Perhaps now is a good time to see if your group is represented on the day by a Group Rep or alternate Group Rep, as they play a vital role in the Links of Service by voting on the day.

Whilst it may be a long day, it's a rewarding one. Al-Anon is a priceless gift in our lives; your presence is our present. Your service is greatly appreciated and we look forward to sharing this special day of business and fellowship with you.

Much love to all, Gerrie

## 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 to Monday morning). Please contact Anne S. at [granneyanney@bigpond.com](mailto:granneyanney@bigpond.com) if you're interested and she will talk you through the process.

| Helpline August                   | 2024       | 2025      |
|-----------------------------------|------------|-----------|
| Help Calls<br>(After Hours calls) | 41<br>(10) | 34<br>(3) |
| Office Calls                      | 4          | 7         |
| Email Enquiry                     | 2          | 2         |
| <b>TOTAL</b>                      | <b>47</b>  | <b>43</b> |

## 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.

## Meeting Changes and Updates

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

*Carlton North Zoom Friday 6pm* has closed.

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

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

Thank you all for your inspiring service.

Love in Service, Tami.

## PUBLIC INFORMATION

It was a privilege to attend my first AGSO-hosted on-line national meeting on Tuesday 23<sup>rd</sup> September of PI Coordinators from VIC, NSW, QLD, WA and SA. I learned a lot from their enthusiastic sharing and especially that every Al-Anon member is vital in the task of spreading PI (Public Information).

Thank you to the District Reps and other members who have sent in their reports of what PI is happening in their district. Gratitude continues to be extended to Ray B. who arranges Al-Anon guest speakers for Arrow Health Rehabilitation Centre presentations for the families of alcoholics and addicts in recovery there.

A Hobart member, keen to spread the Al-Anon message in her town, has been forwarded information on how to do PI. For example, purchasing from the VSA Office a PI Calendar displaying each month's different PI focus and visiting website link: [al-anon.org.au/members-resources/guidelines](http://al-anon.org.au/members-resources/guidelines) for Guidelines for PI Activities (P1-02). It was suggested ordering some posters, some "Families Facing Alcoholism" booklets (P1-01) and some FREE "Unhappy House" bookmarks (M-76) to be circulated in the community.

It's encouraging to hear some groups are continuing to email their meeting notices to local newspapers for placement in their community announcement or What's On columns.

Some groups are displaying PI at meeting venues and posters at coffee shops where members gather for fellowship after meetings. Meeting notices are appearing in local neighbourhood house News and Church News bulletins and "Unhappy House" bookmarks are being left at medical centres, libraries and laundromats. A free CD of Al-Anon radio announcements was donated to Eastern FM Radio to be played at regular intervals.

Each PI effort that members can make carries the Al-Anon message of hope to the suffering loved ones of alcoholics. Please help us to spread this message so others may learn how to recover as we do from the cunning, powerful, baffling family disease of alcoholism.

District Representatives are urged please to keep me informed of any PI being carried out in your District so it can be recorded and reported to your VSA Service Committee. Many thanks to all who are supporting PI distribution.

**\*October PI Calendar focus is: Institutions and Education facilities.**

From VSA Service Committee August Minutes:

*Public Information: Al-Anon Social Media pages are to raise awareness in the community of Al-Anon Family Groups including Alateen. They are not for communication between Al-Anon members. The AGSO Social Media pages are the only pages that are authorised to use the Al-Anon and Alateen name and logos. A reminder that radio community announcements are available from AGSO to send to radio stations.*

Love in Service, Brenda V. [pi@alanon-vsa.com](mailto:pi@alanon-vsa.com)

## **ARCHIVES**

It is taking time to identify and preserve all the digital documents that hold the history of Victorian Southern Area. Knowing what to keep and what not to keep is half the battle. Some records are kept for legal reasons, some for historical reasons.

Minutes of Committee Meetings and Assemblies show us the decisions made to keep the VSA going, but it is the documents that demonstrate the recovery in the groups that are the most interesting. District Reports and What's On published in Group News give us a wonderful picture of the activities of members and inspire us all to keep up the good work. This is a vital record of our recovery in Al-Anon.

Marie T., Archivist

## **VICYPAA**

My name is Trish Mc. I am the current VICYPAA Liaison person. I will be holding this position for the next 12 months. The annual VICYPAA Convention with Al-Anon participation, which is Victorian young people in Alcoholics Anonymous (young in sobriety and/or age) will have 5 Al-Anon meetings throughout the day. I need 3 more members to chair a meeting, and volunteers to assist with setting out morning and afternoon tea, assist Tami at the literature table and anything else that might need doing on the day. I can't do this on my own. Please email [vicypaa@alanon-vsa.com](mailto:vicypaa@alanon-vsa.com)

VICYPAA Convention Saturday 25<sup>th</sup> October 9am-4.30pm. Tickets are \$35 [www.vicypaa.org](http://www.vicypaa.org)

## **DISTRICT REPORTS**

### **DISTRICT 1**

Our District meeting was held on Monday 25<sup>th</sup> August. All groups are having consistent numbers which is great to see. Most Groups in this District, as their weekly contributions are sufficient to cover their rent and any other costs incurred, pass on all their funds to District for distribution to VSA and AGSO. If a need arises to purchase anything extra eg. literature, the Groups plan for this and hold back the funds when required.

It was mentioned in the district meeting that some members in the group meetings, when reading the Steps and Traditions, change the words which refer to the gender of God as male. A few years ago, in the Group News, it was raised and addressed, but changing the wording to remove the gender of God has continued and generally by the same members in Melbourne groups. All GRs were to report back to their groups and share the following vital information and also on their WhatsApp groups.

"The segment in the Group News quoted from Al-Anon in Great Britain and Ireland:-

<https://www.al-anonuk.org.uk/reading-the-steps-and-traditions-as-written/>

The reference from our Manual for the processes required for changing the wording of anything, eg. Steps and Traditions: The following sentence is in the P24/27 Al-Anon/Alateen Service Manual page 214-215 under Concept 12: 'An amendment or cancellation of any of its vital Warranties would require the written consent of three-quarters of all registered Al-Anon groups.'

While Concept 12 cites the Warranties specifically, it also states 'the spiritual foundation for Al-Anon's world services...' and 'the World Service Conference of Al-Anon shall observe the spirit of the Traditions', in other words to mean 'obedience to the unenforceable'."

*Chelsea:* Attendances have been 7-9 in Room, 7-10 on Zoom with 6 Newcomers in the past 2 months with some returning. Topics have included Slogans, Joy, Responding Not Reacting, Control, Forgiveness, Alcoholism the Family Disease, Questions from the new book P-95 "Healing Within Our Alcoholic Relationships" and a monthly Step and Tradition Meeting (7 & 8).

New Meeting Details: Meeting ID: 883 7782 4286 Passcode: 128503

*Frankston Tuesday:* The meeting is going well, with 15-20 members, and new members coming regularly.

*Frankston Thursday:* the Frankston Thursday Al-Anon group continues to experience steady attendance, with 10-12 members attending in-person meetings and 10-14 members participating in weekly online meetings. Both groups include a mix of new and returning participants. The Face-to-Face group successfully completed its PI inventory in June.

*Mornington Spiritual Concept:* Strong Meeting with different number of members 20+ each week. PI Inventory was completed in June/July. We have had discussions about Child Safety Guidelines and procedures, so that parents and well-meaning members are aware, as we do have a few members that bring their children from time to time.

Poppy T. DR

## **DISTRICT 6**

Our Group Reps met in August and September. I have been fortunate to be able to attend various meetings of most groups and the VSA meetings. As a District we have discussed: "Carrying the message" from "Paths to Recovery" pg. 230, and "Concept 1" from "How Al-Anon Works for Families and Friends of Alcoholics" pg. 128-129. We also regularly encourage use of the wonderful resources of the website and how to navigate to locate the Group News. All groups also highlighted and used Alateen literature during Alateen Awareness Month. Discussions on how to raise the awareness of the need for donations of finances, time, and talents to our groups, VSA, AGSO and VICYPAA were also held. Several groups have had one off visits from newcomers, while Essendon Zoom, Monday and Thursday Moonee Ponds, have had several newcomers return to become regular members of their home groups. Many members attend 2 or more weekly meetings within the district regularly to support each other and the groups. PI is displayed at most of the venues and the Delahey Group also has a meeting notice in the local Neighbourhood House news and Church news bulletins. Several groups gather regularly in local coffee shops for fellowship after meetings, with the coffee shop also displaying a poster.

Our District is looking forward to its annual Spring social event being held this year on Sunday 19<sup>th</sup> October from 12.30pm in the Anglican Hall corner Marco Polo St. and Mt Alexander Rd. in Essendon, with the theme of 'Fun, Games and Music', with raffle and literature available. Everyone is welcome. \$10 entry with lunch supplied. Cash only, no EFTPOS. Our Annual Christmas social event at Windy Hill is also in its planning stages. Our groups have generously donated to VSA and AGSO either directly or via our District 6 account and further donations will be on the way following our next fundraiser.

A thank you to all our D6 members, newcomers and visitors to our groups. Average attendances are: Moonee Ponds Monday Morning 8; Glenroy Tuesday Night 7; Sydenham/Delahey Wednesday Afternoon 5; Essendon Wednesday Night Zoom 15; Moonee Ponds Thursday Morning 15; Moonee Ponds Thursday Morning Zoom 6; Broadmeadows Friday Morning 9; Essendon Saturday Night (selected hybrid) 6.

May Al-Anon and Alateen always be there and let it begin with me.

Annette L. DR

## LAVERTON

The first Wednesday of the month is a Steps meeting at 6pm. Please contact David on 0449 509 101.

## DISTRICT 9

Hello everyone, our Face-to-Face groups are going well, and member attendance has increased, The Mitcham group had three new members attending this week and hopefully they will return. Meeting sharing is healthy. The Woori Yallock group still have low numbers and need support.

Zoom groups' attendance has also increased by six members, which is very encouraging. Ferntree Gully Saturday averaged 5-6 members.

We had our district meeting on the 30<sup>th</sup> August with five GRs and one observer attending. We discussed our upcoming Christmas Picnic at Melba Park, Lilydale on 30<sup>th</sup> November. We talked about PI and the best way to distribute information in the community. We are also planning to hold another Workshop on service in February 2026. Our next meeting will be on 18<sup>th</sup> October.

Donations were sent to AGSO and VSA.

Mark Mc, the Association Committee President, also attended our district meeting. He explained the function of the Association Committee and informed us of the Child Safety Risk Management Procedure, the Child Safety Code of Conduct and Child Safety Policy. A copy of the documents was given to the DR. Thank you Mark.

Warm Regards to you all.

Conchita C. DR

## **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.**

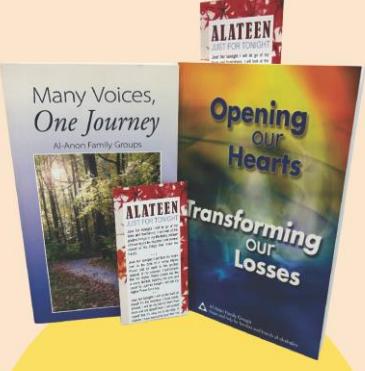
### **\*\* POSITION AVAILABLE \*\***

***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.

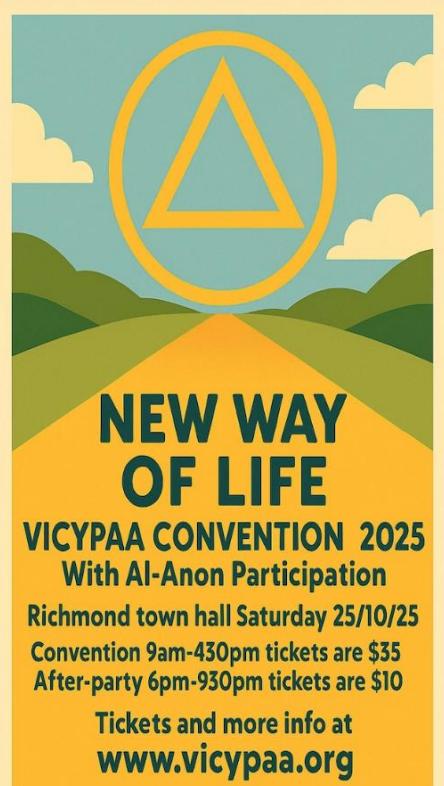
If this is something that appeals to you, please contact [office@al-anon.org.au](mailto:office@al-anon.org.au) for further information.



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 !



**NEW WAY OF LIFE**  
**VICYPAA CONVENTION 2025**  
With Al-Anon Participation  
Richmond town hall Saturday 25/10/25  
Convention 9am-430pm tickets are \$35  
After-party 6pm-930pm tickets are \$10  
Tickets and more info at [www.vicypaa.org](http://www.vicypaa.org)



**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**

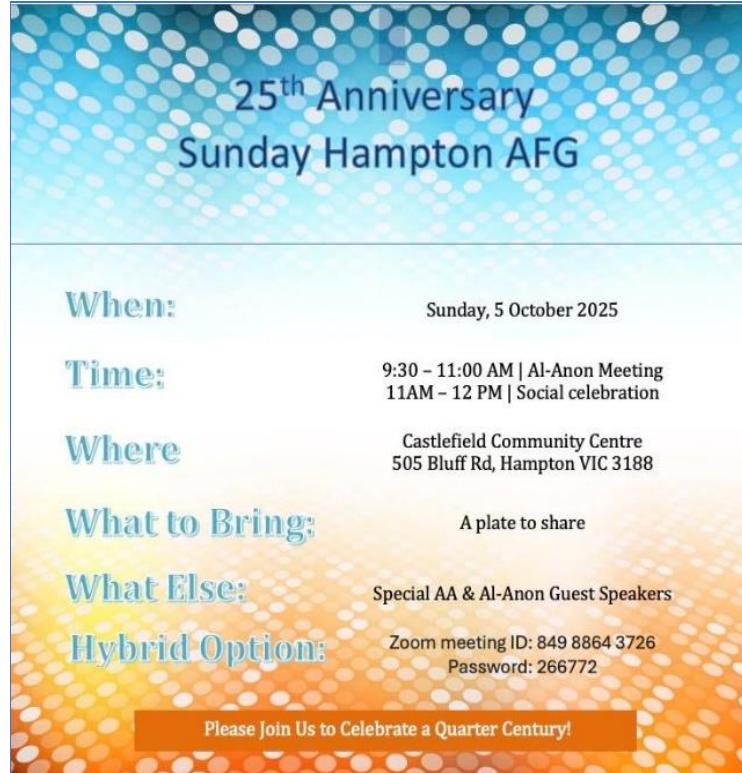
Friday 2nd—Monday 5th January 2026

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



### *Today's Reminder*

**“Today I will have the courage to look the truth in the face, admit my errors and my achievements, appreciate my growth and make amends where I have done harm.”**

Courage to Change page 144

An advertisement for an Al-Anon Weekend. It features a background image of a lake and mountains. The text includes "Al-Anon Weekend", "Fri 10th - Sun 12th October 2025", "Address: Munjara School Camp, Sandy Point Road, Lake Glenmaggie", "weekend -\$142", "one night- \$98", "(full payment before)", a list of "B.Y.O bedding and food", "Share tea Saturday evening", and "Trading table: bring your wares", and "Booking: Michaela- 0413 144 516 Tania- 0428 647 706".

# What's On...

## in Al-Anon

| Date & Time                                                        | Event                                                                      | Location                                                                                                   | Details                                                                                                                                                                         |
|--------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday<br>5 <sup>th</sup> October<br>9.30am – 12pm                 | Sunday Hampton AFG<br>25 <sup>th</sup> Anniversary<br>(hybrid)             | Castlefield Community<br>Centre<br>505 Bluff Rd. Hampton<br>~<br>Zoom ID: 849 88643726<br>Passcode: 266772 | Special AA and Al-Anon Guest<br>speakers.<br>Please bring a plate to share.                                                                                                     |
| Friday 10 <sup>th</sup> to<br>Sunday 12 <sup>th</sup><br>October   | Glenmaggie Al-Anon<br>Weekend                                              | Munjara School Camp<br>Sandy Point Rd.<br>Lake Glenmaggie                                                  | Event Contacts:<br>Michaela 0413 144 516<br>Tania 0428 647 706<br>See flyer for details                                                                                         |
| Saturday<br>11 <sup>th</sup> October<br>1.30pm                     | Mornington AFG<br>Anniversary                                              | St Marks Uniting Church<br>Mornington                                                                      | 1.30pm Tea, coffee and treats<br>3pm Meeting<br>AA Guest Speaker                                                                                                                |
| Friday<br>17 <sup>th</sup> October<br>10.30am                      | Springvale AFG<br>50 <sup>th</sup> Anniversary                             | Church of Christ, cnr<br>Windsor Ave and<br>Buckingham Ave,<br>Springvale                                  | AA guest speaker.<br>Please bring a plate to share.                                                                                                                             |
| Sunday<br>19 <sup>th</sup> October<br>12.30 – 3pm                  | District 6<br>Lunch and Fun<br>Afternoon                                   | Christ Church<br>Cnr Marco Polo St. and<br>Mt Alexander Rd.<br>Essendon                                    | \$10 entry plus Raffles and<br>trading table. Cards, board<br>games and music. RSVP for<br>catering: Annette 0418366272                                                         |
| Saturday<br>25 <sup>th</sup> October<br>9.00 – 4.30pm              | VICYPAA Convention<br>with Al-Anon<br>Participation<br>“A New Way of Life” | Richmond Town Hall                                                                                         | Tickets \$35<br><a href="http://www.vicypaa.org">www.vicypaa.org</a><br>Contact Trish Mc (Al-Anon<br>Liaison) on 0416 016 829 if<br>you would like to do service on<br>the day. |
| Monday<br>24 <sup>th</sup> November<br>8pm                         | Heidelberg AFG<br>52 <sup>nd</sup> Anniversary<br>“Forgiveness”            | Rosanna Baptist Hall<br>5 Waiora Rd.<br>Heidelberg Heights                                                 |                                                                                                                                                                                 |
| Sunday<br>7 <sup>th</sup> December<br>6pm                          | District 6<br>Annual End of Year<br>Dinner                                 | Windy Hill Bistro<br>Essendon                                                                              | Register as “Essendon<br>Friendship Club” for<br>anonymity<br>Booking for 30 members<br>Pay for meal on the night and<br>Raffle                                                 |
| Friday 2 <sup>nd</sup> –<br>Monday 5 <sup>th</sup><br>January 2026 | AA Halls Gap Camp<br>with Al-Anon<br>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                                                                                           |

**The deadline for the NOVEMBER Group News is Friday 24<sup>th</sup> October 2025**

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