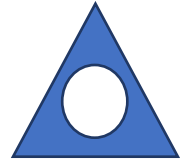


Group News

SEPTEMBER 2025



Edition No. 612

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
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Office Email: office@alanon-vsa.com

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

~~~ Welcome to the SEPTEMBER Group News ~~~

### SERVICE MEMBERS' REPORTS

#### GROUP NEWS

Hello to all our lovely members and welcome to Spring. I hope you enjoy reading all the interesting reports and news in our September newsletter. It's so lovely to stay connected and updated. **The deadline for the OCTOBER Group News is Friday 26<sup>th</sup> September 2025.**

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

Love in Service, Sandra R.

#### DELEGATE

Hi Al-Anon Members,

We welcome Brenda as our Public Information Coordinator and Trish is our newly elected Liaison Person for VicYPAA. We now have a full VSA committee!! Very exciting!

We also hope to fill any vacant District Representative positions. The position description is in the Guideline G-37.

I attended the VSA Office to help out while Christine is on leave. Gerrie also filled in for a day.

For those members who would like to participate in training to keep our online meetings safe from intruders, please email or call the VSA office and leave your name and contact details and one of the trained members will contact you.

I attended the Geelong Al-Anon Anniversary on Saturday 18<sup>th</sup> August. It was well attended by local members and also visitors from Ballarat, Moonee Ponds and Melbourne. A guest AA Speaker was invited. It was a wonderful share of their journey of recovery in AA. There were several raffles and members also brought an abundance of food! I was inspired by the many wonderful stories of how Al-Anon had helped members recover from the effects of living with active Alcoholism.

At an Al-Anon meeting I attended, the Chairperson did not have enough experience to chair a meeting. It's important in our Al-Anon Groups to help new members be guided to learn to chair a meeting. Al-Anon Guideline GX-1 Suggestions for Chairing a Group Meeting: There is a wealth of knowledge and help in the MEMBER'S RESOURCES section of the Al-Anon website.

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



**The next Area Service Committee online meeting is at 10am on Saturday, 11<sup>th</sup> October.**

**The next Area Assembly is on Saturday, 8<sup>th</sup> November.**

**\*Put these dates in your phone/diary\***

Love in service, Nerise D. Area Delegate

## TREASURER

In July, our expenses were \$6,140; a little more than our income of \$6,007.

Every little effort counts. Thank you so much to those who donated and purchased literature.

Love in Al-Anon, Laurian VSA Treasurer

| INCOME              | JULY 2025      | EXPENSES              | JULY 2025      | BANK ACCOUNTS             | JULY 2025          |
|---------------------|----------------|-----------------------|----------------|---------------------------|--------------------|
| Donations           | \$5,129        | Bank Fees             | \$2            | CBA Operating Acc.*       | \$18,623.66        |
| Literature (net)**  | \$878          | Telephone/ Internet   | \$127          | Business Transaction Acc. | \$378.32           |
| Interest            | \$0            | Rent                  | \$1,326        |                           | <b>\$19,001.98</b> |
|                     |                | Postage               | \$383          |                           |                    |
|                     |                | Photocopier           | \$92           | <b>RESERVE FUNDS</b>      |                    |
|                     |                | Computer Expenses     | \$29           | CBA Capital Growth Acc.   | \$124.52           |
|                     |                | Office Sundries       | \$8            |                           |                    |
|                     |                | Stationery            | \$156          | CBA Term Deposit One      | \$10,000           |
|                     |                | Square Fees           | \$1            |                           |                    |
|                     |                | Bookkeeping           | \$280          | CBA Term Deposit Two      | \$10,000           |
|                     |                | Subscriptions         | \$16           |                           | <b>\$20,124.52</b> |
|                     |                | Travel                | \$153          |                           |                    |
|                     |                | Superannuation        | \$382          |                           |                    |
|                     |                | Wages                 | \$3,184        |                           |                    |
| <b>Total Income</b> | <b>\$6,007</b> | <b>Total Expenses</b> | <b>\$6,140</b> | <b>TOTAL</b>              | <b>\$39,126.50</b> |

**Net Earnings for JULY 2025 = - \$133**

\*Operating Account balance fluctuates daily

\*\*Literature Sales \$1,294 plus postage \$49 less Purchases \$466

## CHAIRPERSON

*"I feel like I'm swimming in an ocean of Love"*

Hearing these words of gratitude by a member touched my heart and lifted my spirits on a day I was feeling so alone with the challenges of living with this disease.

One of the many gifts that Al-Anon members give to one another is:

sharing our experience, strength and hope. Her message was one of gratitude; a gentle reminder that I needed to hear. As part of the VSA Service Committee, I am so grateful that we now have all our Service Coordinator positions filled.

A special Thank You to all for your service to Al-Anon, for sharing your experience, strength and hope at our committee meetings and for strengthening the Links of Service.

We are your trusted servants in Al-Anon and are working together for the welfare of all VSA Al-Anon members.

A little reminder to 'Save the Date' for our next Assembly: Saturday 8<sup>th</sup> November 2025.

Love to All, Gerrie.

## OFFICE SECRETARIES

Missing Christine already!! I'm hoping she's enjoying her time off and look forward to seeing her when she returns from leave in a couple of weeks 😊 As is always the case in Al-Anon, I am not alone... thank you to the flurry of volunteers who have supported me in the office and over the phone. It has been lovely and warms my heart. For me, it's the best job in the world. Never in my wildest dreams did I think I would one day be involved in an environment that looks after my wellbeing and encourages me to take care of myself in a way that nourishes my life from the inside out.

**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 July                     | 2024      | 2025      |
|-----------------------------------|-----------|-----------|
| Help Calls<br>(After Hours calls) | 30<br>(8) | 42<br>(5) |
| Office Calls                      | 8         | 6         |
| Email Enquiry                     | 2         | 3         |
| <b>TOTAL</b>                      | <b>40</b> | <b>51</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.

### **ARCHIVES**

If you come into the Al-Anon Victorian Southern Area office on Level 7, 51 Collins St, Melbourne you will find reminders of the history of our fellowship in Al-Anon:

\*A picture of Mavis L., the founding member of Al-Anon in Victoria. Her group started in Ballarat.

\*A book, *The Al-Anon Family Groups: a guide for the families of problem drinkers*, was sent to this group on May 24, 1957 from the Al-Anon HQ in New York and inscribed:

*With all good wishes*

*To you all over there*

*From us over here, Lois*

(Lois is, of course, Lois W., the Co-founder of the original Al-Anon.)

\*A picture of the shop at 105 Collins Street, where the first meeting was held in the Melbourne CBD.

\*There is a large, framed photo with a picture of every VSA Delegate since 1977. It has 16 spots for photos and this week we filled in the last spot! Now we need to start a new frame with our current Delegate, Nerise D., being the next Delegate in the line stretching into the future.

On 13<sup>th</sup> September this year, in the Ross Town Hall, there will be a celebration of 65 years of Al-Anon in Tasmania. Their chosen theme is 'An Attitude of Gratitude'. By recording our history, we show our gratitude to all those members who have ensured the continuity of Al-Anon and guard the program for the benefit of us all.

Marie T., Archivist

## DISTRICT REPORTS

### DISTRICT 9

Most of our groups are doing well and member attendance has slightly increased, including 3 new members. Hopefully they will return. August was Alateen awareness month and our groups held meetings using Alateen literature and reflected on the support and help that it provides to young members.

Zoom meetings need support, as member attendance fluctuated from 3-6 except for Ferntree Gully Saturday which averaged 8-10 members.

We are having our district meeting on 30<sup>th</sup> August at 1pm. We look forward to meeting our new GRs and discussing any ideas and issues that might affect our district.

P.I. literature has been left out in various settings.

Warm regards to you all.

Conchita C. DR

### LATROBE VALLEY

I hope all our members everywhere are keeping well.

Our next District meeting will be on Saturday 15<sup>th</sup> November in Maffra.

Maffra meeting is doing well. Newborough Tuesday & Wednesday Groups are doing well.

We are all very grateful for this program and all members that do support each other.

Love in Al-Anon, Beth DR

### SOUTHERN TASMANIA

Our 4 groups are going well. We are looking forward to the 65<sup>th</sup> Anniversary in Tasmania which we will be celebrating with Northern Tasmania in the town of Ross on 13<sup>th</sup> September. Lois will be our guest speaker. Flyers have been circulating for a number of weeks. It will be a great opportunity to catch up with members and friends from the North of the State, celebrating "An Attitude of Gratitude".

Love in service, Jane M. 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.





Join us for a fun  
**ALATEEN TRIVIA**  
**AFTERNOON**

calling all Alateens ages 10-19

When?

- Saturday 6<sup>th</sup> September

What time?

- 3pm AEST (arrive on time, don't miss the quiz)

Where?

- Zoom ID 825 8329 0312 password 2528336

Who will be there?

- Alateen members (current, new and interested)
- Parents or guardians invited by you
- Alateen sponsors

For more information contact [alateen@al-anon.org](mailto:alateen@al-anon.org)



**National Convention 2026**

**Al-Anon Fundraiser**

**Zoom Meeting**

**September 21<sup>st</sup> Sunday**

**5pm – 6:30pm**

**Meeting ID: 861 0967 4765**

**Passcode: 497512**

**Theme: Becoming Aware**

**\$10.00 donation**

**BSB- 064 474**

**Acc- 10962350**

Contacts – Anna V 0408982751

Hayley H 0413079295



**Today's Reminder**

Step Nine, taken with care and prudent judgement, will relieve me of a burden I have no need to carry.

*"Love and patience can make ample amends for past injuries: they restore us to sanity and our lives to serenity."*

ODAT page 175



**25<sup>th</sup> Anniversary**  
**Sunday Hampton AFG**

**When:** Sunday, 5 October 2025

**Time:** 9:30 – 11:00 AM | Al-Anon Meeting  
11AM – 12 PM | Social celebration

**Where:** Castlefield Community Centre  
505 Bluff Rd, Hampton VIC 3188

**What to Bring:** A plate to share

**What Else:** Special AA & Al-Anon Guest Speakers

**Hybrid Option:** Zoom meeting ID: 849 8864 3726  
Password: 266772

Please Join Us to Celebrate a Quarter Century!

**Al-Anon Family Groups Australia Celebrates  
65 years in Tasmania ANNIVERSARY**

*“An Attitude of Gratitude”*

Saturday 13<sup>th</sup> September 2025

The Ross Town Hall, Bridge Street, Ross, Tasmania

11.30am – 2.30pm

*Please bring a plate to share*

**Special Guest!** Lois A. retired General Secretary of our Australian General Service Office

Southern District: Barbara 0418947654

Northern District: Gillian 0414693922



**Al-Anon Weekend**  
***Fri 10<sup>th</sup> – Sun 12<sup>th</sup> October 2025***

**Address:** Munjara School Camp  
Sandy Point Road  
Lake Glenmaggie

weekend –\$142  
one night– \$98  
(full payment before)

- B.Y.O bedding and food
- Share tea Saturday evening
- Trading table:bring your wares

**Booking:**  
Michaela– 0413 144 516 Tania– 0428 647 706

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

| Date & Time                                                | Event                                                                                                                         | Location                                                                                           | Details                                                                                                                                                                                                                                 |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday<br>6 <sup>th</sup> September<br>3pm AEST          | Alateen Trivia<br>Afternoon<br><i>Arrive on time, don't miss the Quiz!</i>                                                    | Zoom ID: 825 83290312<br>Passcode: 2528336<br>E: alateen@al-anon.org                               | For Alateens aged 10-19yo (current, new or interested); Parents or Guardians; Alateen Sponsors. <b>Please DO NOT advertise this event outside the fellowship for the safety of our teens.</b>                                           |
| Saturday<br>13 <sup>th</sup> September<br>11.30am – 2.30pm | Al-Anon Family Groups Australia Celebrates 65 Years in Tasmania<br><i>Theme: An Attitude of Gratitude</i>                     | The Ross Town Hall<br>Bridge St.<br>Ross, Tasmania                                                 | Special Guest: Lois A. retired General Secretary of AGSO. Please bring a plate to share.<br><i>Southern District contact:</i> Barbara 0418 947 654<br><i>Northern District contact:</i> Gillian 0414 693 922<br>(See flyer for details) |
| Sunday<br>21 <sup>st</sup> September<br>5pm – 6.30pm       | Al-Anon Fundraiser for the AA National Convention 2026 with Al-Anon and Alateen Participation<br><i>Theme: Becoming Aware</i> | Zoom ID: 861 09674765<br>Passcode: 497512                                                          | \$10 Donation<br>BSB: 064474 ACC: 10962350<br>Event contacts:<br>Anna V. 0408 982 751<br>Hayley H. 0413 079 295                                                                                                                         |
| Sunday<br>5 <sup>th</sup> October<br>9.30am – 12pm         | Sunday Hampton AFG 25 <sup>th</sup> Anniversary (hybrid)                                                                      | Castlefield Community Centre<br>505 Bluff Rd. Hampton<br>Zoom ID: 849 88643726<br>Passcode: 266772 | Special AA and Al-Anon Guest speakers.<br>Please bring a plate to share.                                                                                                                                                                |
| Friday 10 <sup>th</sup> to Sunday 12 <sup>th</sup> October | Glenmaggie Al-Anon 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)                                                                                                                                               |
| Sunday<br>19 <sup>th</sup> October<br>12.30 – 3pm          | District 6 Lunch and Fun Afternoon                                                                                            | Christ Church<br>Cnr Marco Polo St. and Mt Alexander Rd.<br>Essendon                               | \$10 entry plus Raffles and trading table. Cards, board games and music. RSVP for catering: Annette 0418366272                                                                                                                          |
| Saturday<br>25 <sup>th</sup> October<br>12.30 – 3pm        | VicYPAA<br><i>Theme: A New Way of Life</i>                                                                                    | Richmond Town Hall                                                                                 | Details to follow                                                                                                                                                                                                                       |
| Monday<br>24 <sup>th</sup> November<br>8pm                 | Heidelberg 52 <sup>nd</sup> Anniversary<br><i>Theme: Forgiveness</i>                                                          | Rosanna Baptist Hall<br>5 Waiora Rd.<br>Heidelberg Heights                                         | Full details in the October Group News                                                                                                                                                                                                  |

**The deadline for the OCTOBER Group News is Friday 26<sup>th</sup> September 2025**

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