



# NEWSLETTER – MAY 2025

Southern NSW Area: Suite 204, 208 Forest Road, Hurstville 2220 | Ph: 02 9570-3422 | E: [office@al-anon-snsw.org.au](mailto:office@al-anon-snsw.org.au)

**Dear Secretary/GR & Members,**  
Please read out this Newsletter at your next meeting, and extracts at every other meeting until you receive the next month's newsletter. This is how we communicate and are kept informed.

**Deadline for the June issue is:**

**20<sup>TH</sup> May 2025**

Please email your notice(s) to the Newsletter Editor at:

[newsletter@al-anon-snsw.org.au](mailto:newsletter@al-anon-snsw.org.au)

LIS, Jess T.

Newsletter Coordinator.

## HOW TO SUBSCRIBE TO THE NEWSLETTER

If you wish to receive our Area Newsletter, please email the editor at

[newsletter@al-anon-snsw.org.au](mailto:newsletter@al-anon-snsw.org.au).



If for any reason you are unable to receive the newsletter by email, please advise the office on 9570 3422 (voicemails returned Tuesdays) or email: [office@al-anon-snsw.org.au](mailto:office@al-anon-snsw.org.au) and we can arrange postage.



The National Helpline number is 1300 Al-Anon (1300 252 666). For everyday enquiries, contact the Area office on (02) 9570 3422

### STEP FIVE

*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

### TRADITION FIVE

*Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

### CONCEPT FIVE

*The rights of appeal and petition protect minorities and insure that they be heard.*

*From Paths To Recovery ©1997 by Al-Anon Family Group Headquarters Inc.*

## GROUP NEWS

### **FUNDRAISER LUNCH SATURDAY 1.30PM**



Join the Waverly Monday 6.30 pm Serenity Seekers for a fundraiser lunch at 1.30 pm on Saturday 10 May at the Bogey Hole café, Bronte followed by fellowship at Bronte Park.

### **WEDNESDAY 7.30 PM SYDNEY LET IT BEGIN WITH ME**

5<sup>th</sup> Anniversary online meeting with Al-Anon guest speaker.  
Wednesday 4 June  
7.30pm AEST. All welcome.

Zoom ID: 83964121198

Passcode: 205605



## MEETING CHANGES

The position of Group Records Coordinator has now been absorbed back into the Area Office. Please send all updates to existing groups/meetings (time, venue etc.) to [office@al-anon-snsw.org.au](mailto:office@al-anon-snsw.org.au). A highlighted list of changes is sent to AGSO at the start of each month and posted on the Members section of the website (Southern NSW Area). Please do not email AGSO direct. This enables us to maintain consistency between Area and AGSO records. Thank you for your assistance with this important service to members and newcomers.

## **FAR SOUTH COAST BIRTHDAY WEEKEND**

Held 18-19 October at the Old Court House in the beautiful village of Nelligen on the Clyde River just inland from Bateman's Bay. A weekend of meetings and fellowship fully catered from Saturday morning tea to Sunday bacon and eggs.

Cost: \$30

Local accommodation tends to get booked out early so best to book soon. Billeting is also available.

Register/enquires: 0404 181 048

[fscbirthdaybash@gmail.com](mailto:fscbirthdaybash@gmail.com)





## INVITATION TO THE AUSTRALIAN SERVICE CONFERENCE

Each year, Al-Anon's head office in Melbourne (AGSO), holds an Australian Service Conference, attended by representatives from all nine Areas around Australia. Delegates attend on the first weekend in May to hear reports on the activities of AGSO over the past 12 months. The Conference kicks off on Friday night with a hybrid meeting open to all Al-Anon members. Come along, support your Delegate and learn more about Al-Anon.

Members are warmly invited to join the Friday night session of Conference. Come along and support our Southern NSW Area Delegate and learn more about how Al-Anon works.

### Meeting details:

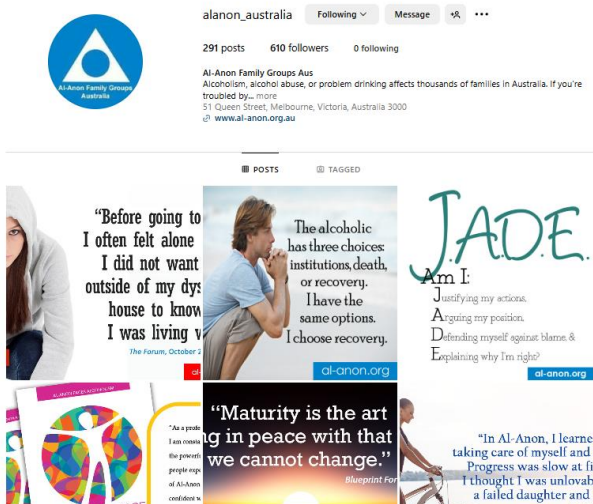
 8 pm to 9.30 pm AEST  
Friday 2 May 2025  
Hybrid attendance via zoom  
 Meeting ID: 846 2123 7714  
Passcode: 052025  
Held at Quest Conference Centre, 234  
Caroline Springs Blvd, Caroline Springs,  
Melbourne.

## AL-ANON IS ON SOCIAL MEDIA

Did you know Al-Anon Australia is on Facebook and Instagram?

These profiles are a great way to spread the word about Al-Anon to anyone who might be interested:

<https://www.facebook.com/alanonaustralia/>  
[https://www.instagram.com/alanon\\_australia/?hl=en](https://www.instagram.com/alanon_australia/?hl=en)



## NSW AREA ASSEMBLY

This year's annual Area Assembly will be held on the weekend of June 21-22 at Mittagong RSL Club with a hybrid Zoom option, as per our 2024 Assembly. Each Group sends their GR to Assembly to hear an update on events at AGSO (Australian General Service Office) over the past year and vote on issues of importance to our Area. Observers are welcome. The cost of attending as an observer is \$30.

If your group's GR is unable to attend, the Alternate GR attends instead or the group can nominate a member to attend and vote on their behalf. It is important that as many groups as possible are represented at Assembly as this is where important decisions are made that affect our Area. Please note that Al-Anon members who are also members of AA are not eligible to serve at this level. Further information will be emailed out shortly to each Group's nominated GR/contact.

The cost for each group to attend Assembly (Equalised Expense) is \$110. Each group needs to pay this whether they send a representative or not. We suggest groups start planning and fund-raising, if needed, to cover this cost.

In the transaction reference please use the financial codes for your group as listed on the last page of this Newsletter. Be sure to add 'AssEE' at the end of the financial code so we can ensure your group equalised expense is tracked correctly.

DO NOT use Give Now to make the payment, as Give Now is only to be used for donations.

As a reminder, our bank account details are:

CBA Bank Account Name: Al-Anon Family Groups  
Southern NSW Area Inc  
BSB No: 062-000  
Account No: 0092 0770

**STEPS**  
**Solution** **To** **Every** **Problem**

Phone Al-Anon Australia-wide (cost of local call): 1300 ALANON – 1300 252 666

Website: [www.al-anon.org.au/](http://www.al-anon.org.au/)Username: Member/Password: afg

Payments to Al-Anon Family Groups Southern NSW Area Inc: CBA Bank Account/BSB No: 062-000/Account No: 0092 0770  
For donations, <https://www.givenow.com.au/afgsnsw> or use EFT details above (use your Group Financial Code)

## ALATEEN UPDATE

What a weekend! Alateen had a strong and lively presence at the 2025 AA National Convention held over the Easter long weekend. Six Alateen meetings were held with members coming from all over – South Australia, Melbourne, Brisbane, Canberra, and Sydney.



One of the highlights of the Convention was the Alateen speaker at the opening meeting at Sydney Town Hall. She shared her powerful message of experience, strength, and hope to an audience of around a thousand people.



We also hosted a well-attended workshop on Alateen Sponsorship. There was a lot of enthusiasm around how to get involved and how to start new Alateen meetings. Fingers crossed we'll have some updates to share on that front soon!

## HOW TO BECOME AN ALATEEN SPONSOR

The Alateen sponsor registration process is straightforward, and assistance is available from Emma, the Alateen Processing Person (APP), and Gail, the Alateen Area Coordinator.

Applicants need to have a valid [Working With Children Check NSW](#) (or [Working With Vulnerable People Card ACT](#)).

Once you have this, Emma can supply further forms to be filled out by yourself and your home group. These are returned to Emma for review

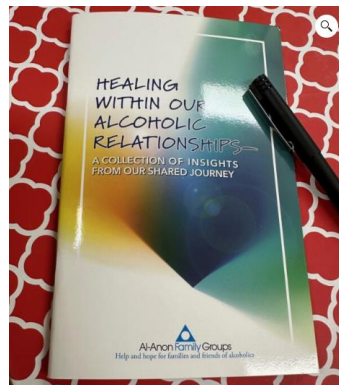
and an interview will be organised. This is the final step in the registration process.

If you are interested in applying or want more information please contact Gail, Southern Area Alateen Coordinator on:

0404 476 917 [bug\\_nugget@yahoo.com.au](mailto:bug_nugget@yahoo.com.au)

## LITERATURE CORNER

Thank you to all members from far and wide who supported the literature table at Convention 2025. We sold out of most books. Our pamphlets and Alateen literature were very popular with AA members. Our newest CAL publication, *Healing within our Alcoholic Relationships—A Collection of Insights from Our Shared Journey* (P-95) was a big seller. If you've not already seen this little book, it's worth out checking out. This A5-sized, 48-page booklet shares nuggets of insight and inspiration mined



from decades of member experience, adapted from *The Dilemma of the Alcoholic Marriage* (B-4) and other Al-Anon literature on relationships. Ideal for newcomers or anyone who wants to get back to basics with some

"Instant Al-Anon."

We also have some new stock of *Paths to Recovery* (B-24) and *From Survival to Recovery* (B-21). The Literature office is open on Tuesdays from 9.30am-3pm. Feel free to ring (9570 3422) or email us ([literature@al-anon-snsr.org.au](mailto:literature@al-anon-snsr.org.au)) if you have any queries. Small orders that can fit in a regular envelope (e.g. a few pamphlets) are best ordered direct from the office as the website will charge more for postage.



## PUSH

Pray Until Something Happens



Phone Al-Anon Australia-wide (cost of local call): 1300 ALANON – 1300 252 666

Website: [www.al-anon.org.au](http://www.al-anon.org.au)/Username: Member/Password: afg

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## GROUP FINANCIAL CODES AS AT FEBRUARY 2025

### THE IMPORTANCE OF USING YOUR GROUP FINANCIAL CODE

Al-Anon's Tradition Seven: "Every group ought to be fully self-supporting, declining outside contributions."

#### **Why make a contribution?**

Contributions cover each Group's rent and other expenses. The Seventh Tradition is essential at every level of AlAnon service. It is both a privilege and a responsibility for Groups and members to ensure that not only their Group, but all service levels remain selfsupporting. This keeps AlAnon free of outside influences that might divert us from our primary purpose of supporting families and friends of alcoholics.

#### **Why is it important to use Financial codes?**

Unnecessary pressure and extra workload is applied to the Area Secretary and Treasurer positions when Groups' use incorrect codes or worse, no code at all. If a contribution has no code at all, it will now be assumed that this is an 'anonymous' contribution and will not go towards your Groups' overall contribution.

#### **What is the Group code made up of?**

The first three letters of your suburb or district, plus the first three letters of the meeting day, plus the time with am or pm, plus the type of transaction, as per below:

*Don (donation)*

*Lit (literature)*

*AssEE (Assembly Equalised Expense)*

*ZoomEE (Zoom Equalised Expense)*

*Eg: Sydney City Tuesday*

*SydTue12pmDon*

*Monaro District Literature: "MonaroLit*

*(for some groups that have a Face 2 Face meeting at the same time as a Zoom meeting, please put "F" or "Z" after the time)*

When sending money to Area for donations, buying literature, or paying equalised expenses for Assembly or Zoom costs, **please remember to use the Financial Codes listed here in the "Reference" section or "Send a Message to the Organisation" section of the bank payment or GiveNow site**, so that the Area Treasurer can identify payment and attribute the transaction to the correct type. Also, you must do a separate transaction for donations, Literature payments, assembly expenses, or Zoom contribution.

DISTRICT	DAY	TIME	SUBURB	FINANCIAL CODE	TRANSACTION TYPE
Illawarra	Monday	1.30pm	Riverwood	RivMon130pm	<div>Don</div> <div>OR</div> <div>Lit</div> <div>OR</div> <div>AssEE</div> <div>OR</div> <div>ZoomEE</div> <div>OR</div> <div>ConfEE</div> <div>OR</div> <div>Conv Don</div>
	Monday	6.30pm	Riverwood	RivMon630pm	
	Monday	7pm	Caringbah	CarMon7pm	
	Wednesday	7.30pm	Kogarah	KogWed730pm	
Waratah	Wednesday	7.30pm	Sydney	SydWed730pm	
	Thursday	12.00pm	Strathfield	StrThu12pm	
	Friday	6.30pm	Ashfield	AshFri630pm	
Inala	Monday	6.30pm	Camperdown	CamMon630pm	
	Tuesday	8pm	Inner West	InnTue8pm	
	Wednesday	6pm	Rozelle F2F	RozWed6pmF	
	Wednesday	6pm	Rozelle Zoom	RozWed6pmZ	
	Thursday	6pm	Dulwich Hill	DulThu6pm	
	Friday	5pm	Rozelle	RozFri5pm	
	Friday	6.30pm	Stanmore	StaFri630pm	
	Saturday	9.30am	Erskineville	ErsSat930amF	
	Saturday	9.30am	Erskineville	ErsSat930amZ	
	Saturday	2.30pm	Sydenham	SydSat230pm	
	Sunday	10.30am	Rozelle F2F	RozSun1030amF	
	Sunday	10.30am	Rozelle Zoom	RozSun1030amZ	
Elouera	Monday	6.30pm	Waverley	WavMon630pm	
	Tuesday	7.30am	Surry Hills	SurTue730am	
	Tuesday	8am	Paddington	PadTue8am	
	Tuesday	6.30pm	Bondi Beach	BonTue630pm	
	Tuesday	8pm	Maroubra	MarTue8pm	
	Wednesday	7pm	Darlinghurst	DarWed7pm	
	Friday	8am	Sydney	SydFri8am	
	Friday	8am	Darlinghurst	DarFri8am	
	Friday	10am	Bondi Junction	BonFri10am	
	Friday	7pm	Botany	BotFri7pm	
	Monday	7pm	Wollongong	WolMon7pm	
Byamee	Tuesday	1pm	Bundanoon	BunTue1pm	
	Saturday	2.30pm	Albion Park Rail	AlbSat230pm	
Far South Coast	Monday	11.00am	Nowra	NowMon11am	
	Monday	12.15pm	Batemans Bay	BatMon1215pm	
	Monday	7.30pm	Berry	BerMon730pm	
	Tuesday	10am	Ulladulla	UllTue10am	
	Tuesday	5pm	Bega	BegTue5pm	
	Wednesday	10.30am	Merimbula	MerWed1030am	
	Wednesday	7.30pm	Nowra	NowWed730pm	
	Thursday	10am	Huskisson	HusThu10am	
	Thursday	1pm	Ulladulla	UllThu1pm	
	Thursday	5pm	Merimbula	MerThu5pm	
South West NSW	Monday	7pm	Leeton	LeeMon7pm	
	Wednesday	5.15pm	Wagga Wagga	WagWed515pm	
Monaro	Monday	10.30am	Forrest	ForMon1030am	
	Monday	7.30pm	Kingston	KinMon730pm	
	Tuesday	7pm	Northside	NorTue7pm	
	Wednesday	7.30am	Civic	CivWed730am	
	Thursday	12.30pm	Belconnen	BelThu1230pm	
	Friday	12pm	Civic	CivFri12pm	
	Saturday	8am	Braddon	BraSat8am	
	Saturday	3pm	Lyons	LyoSat3pm	
	Sunday	9am	Civic	CivSun8am	

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