



NEWSLETTER – JUNE 2025

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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:
20TH June 2025**

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



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 and we can arrange postage.

GROUP NEWS

ROZELLE SUNDAY 10.30 AM

Join in celebrating 8th anniversary on Sunday 1 June 10.30 am upstairs at the Hannaford Centre, 608 Darling Street, Rozelle. There will be a guest speaker. If you can, please bring a plate and join us in fellowship.



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. 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.

STEP SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, let problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

CONCEPT SIX

The Conference acknowledges the primary administrative responsibility of the Trustees.

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

GROUP NEWS CONTINUED

WEDNESDAY 7.30 PM SYDNEY LET IT BEGIN WITH ME

5th Anniversary online meeting with Al-Anon guest speaker. Wednesday 4 June 7.30pm AEST. All welcome. Zoom ID: 83964121198 Passcode: 205605

ASHFIELD FRIDAY 6.30 PM

All are welcome to join 27th birthday meeting on Friday 8 August 6.30 pm held at Ashfield Baptist Church Centre, 19 Holden Street, Ashfield. This is opposite the Ashfield Baptist Church on the corner of Holden and Norton Street. Parking available off Norton Street. The Holden Street entry is pedestrian only.



ROZELLE WEDNESDAY 6 PM

You are invited to join in celebrating our 40th birthday on Wednesday 9 July from 6 pm to 7.30 pm followed by supper. Held at the Hannaford Centre, 608 Darling Street, Rozelle which is on the corner of Nelson Street.



STANMORE FRIDAY 6.30 PM

Call for experienced members to attend and share their strength and hope. We have a number of newcomers at our meeting and support would be very welcome.

One hour meeting with time for a chat after at The Sydney Retreat Rehab, 223 Trafalgar Street, Stanmore.



GROUP NEWS CONTINUED

STRATHFIELD THURSDAY TIME CHANGE

Starts at 1.30 pm and will now finish at 3pm. Venue is unchanged – St John of God Hospital Counselling & Therapy Centre, Grantham Street, Strathfield.

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



CONVENTION RAFFLE 3rd PRIZE QUILT



We were not able to have this lovely country style quilt on display with the other raffle prizes at the Convention. Thank you again to all the generous members who donated prizes and to those who supported our fellowship by buying tickets.

LITERATURE CORNER



Hope for Today (B-27) \$30.00



This daily reader contains shares from Al-Anon's adult children members, handy for anyone for anyone who grew up in a family affected by the disease of alcoholism and who wants to grow in acceptance, compassion, and understanding.

TROLLS IN ZOOM MEETINGS

Unfortunately, there has been a spate of unpleasant trolling of online meetings. If your group meets on Zoom, please be aware of the following safety strategies:

1. Always have a host (and if possible one or more co-hosts - more eyes to watch out for troll and act quickly to remove them). Hosts are able to remove people behaving offensively in meetings. To be host you must have the 'host key'. For more detailed instructions on hosting, please see the Zoom Safety Guidelines, available under member resources in the [SNSW section of the Al-Anon Australia website](#).
2. It is recommended that the Chair not be Host - this allows them to focus on the actual meeting/sharing and the host to focus on the safety of the meeting.
3. It is suggested that the Chair ask that, due to trolling, all members turn on their cameras and identify themselves. Hosts should remove those who do not identify themselves.

4. The Chair can continue this request throughout the meeting when new members arrive.

5. A group can decide to disable the chat function, other than with host/co-host till end of meeting.

6. It is also suggested that the host disable attendees being able to change their name. The host posts in the chat that attendees should send a message in the chat if they want to change their name.

Let's use these simple techniques to ensure that our meetings are safe and Al-Anon strong.

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

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	
	Monday	6.30pm	Riverwood	RivMon630pm	
	Monday	7pm	Caringbah	CarMon7pm	
	Wednesday	7.30pm	Kogarah	KogWed730pm	
Waratah	Wednesday	7.30pm	Sydney	SydWed730pm	
	Thursday	1.30pm	Strathfield	StrThu130pm	
	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	
Byamee	Monday	7pm	Wollongong	WolMon7pm	
	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	5pm	Moruya	MorWed5pm	
	Wednesday	7.30pm	Nowra	NowWed730pm	
	Thursday	10am	Huskisson	HusThu10am	
	Thursday	1pm	Ulladulla	UllThu1pm	
South West NSW	Thursday	5pm	Merimbula	MerThu5pm	
	Monday	7pm	Leeton	LeeMon7pm	
Monaro	Wednesday	5.15pm	Wagga Wagga	WagWed515pm	
	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	

Don
OR
Lit
OR
AssEE
OR
ZoomEE
OR
ConfEE
OR
Conv Don