



NEWSLETTER – JULY 2025

Southern NSW Area: Suite 204, 208 Forest Road, Hurstville 2220 | Ph: 02 9570-3422 | E: 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 August issue is:
20TH July 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.



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

STEP SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN

The Trustees have legal rights while the rights of the Conference are traditional.

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

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.

ZOOM TRAINING WORKSHOPS IN JULY:

How to keep our meetings safe

In response to the ongoing trolling of our Zoom meetings two workshops have been organised to train members on how to keep meetings safe from online predators.

Zoom Meeting Safety Tips Workshop
Saturday July 5 and 12 July, 1-2 pm

- Why Zoom meetings need a host and co-hosts.
- How hosts can make a meeting safer.
- How to hold the role of host.
- How to remove unwanted attendees from a meeting.
- Options for limiting the use of the chat during a meeting, and why this can be a good idea.

The workshops provide hands on training on how to use the tools in Zoom. All members are welcome.

If you are interested in learning how to train others to host and keep meetings safe a "Train the Trainer" Workshop is scheduled for Sunday 13 July, 1-2 pm.

Zoom details to join the workshops:

Meeting ID: 8261 2019 895

Passcode: 882914

GROUP NEWS

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.

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.

DULWICH HILL THURSDAY 6 PM

 Join us in person at Seaview Street Hall, 14 Seaview Street! Everyone's welcome - even latecomers - for weekly fellowship on the steps, traditions, and slogans. Meeting runs 6 pm to 7.30 pm. The room's warm and cozy, with tea, coffee, and Tim Tams on hand.

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

EQUALISED ZOOM EXPENSES

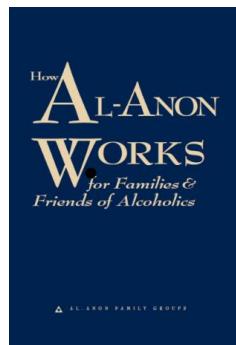
Zoom has helped groups hold regular online and hybrid meetings. If your group uses an Area Zoom license and hasn't yet contributed, please arrange a \$41 payment to the Area bank account.

Include your Group's financial code in the transaction reference, ending it with "ZoomEE" instead of "Don" to identify it as a Zoom expense. This covers the 2024–2025 subscription, renewed each September.

SNSW Area Treasurer
areatreasurer@al-anon-snw.org.au

LITERATURE CORNER

How Al-Anon Works (B-22), \$25.00



 Al-Anon's 'blue book' is a regular best-seller in our annual Area literature inventory. This clear and comprehensive book for families and friends unpacks our mutual support program with personal stories, helpful discussion of the Steps, Traditions and Slogans and includes introductory information on the Twelve Concepts of Service. To order visit <https://al-anon.org.au/shop/> or email literature@al-anon-snw.org.au. The Southern NSW Area office is open every Tuesday 9.30 am-3 pm – telephone (02) 9570 3422.

DO YOU HAVE A YOUNG PERSON IN YOUR LIFE WHO MIGHT BE HELPED BY ALATEEN?

What is Alateen?

Alateen is part of Al-Anon and supports teenage relatives and friends of alcoholics. By attending meetings, young people gain a better understanding of the illness and discover they are not alone. They learn they didn't cause the problem and are not responsible for their relative's or friend's drinking or behaviour.

Through sharing their experiences, they find solutions to their problems and hope for the future.

Join an **info session on a new Alateen meeting** that could be starting soon, supported by the Monaro District Al-Anon Family Groups.

 11:00 AM – 12:00 PM, Saturday 19 July (via Zoom)
 Zoom Meeting ID: 681 959 209
 Dial-in: +61 2 8015 6011

You are especially encouraged to attend if you are:

- A young person affected by a loved one's drinking
- A parent or guardian of a young person affected by someone's drinking
- An Alateen sponsor

For info and RSVP contact:

Gail W on 0404 476 917 or Gus B. on 0473 999 924 or via monaro.alanon@gmail.com

GROUP FINANCIAL CODES AS AT JUNE 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 self-supporting. 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	

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