



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

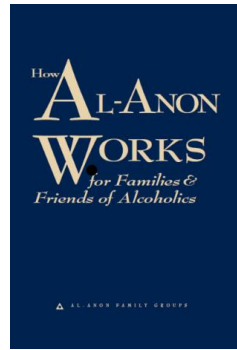
Zoom has helped groups hold regular online and hybrid meetings. If your group uses an Area Zoom license and hasn't yet contributed, please arrange a \$41 payment to the Area bank account.

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-snsw.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-snsw.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

