



NEWSLETTER – SEPTEMBER 2025

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

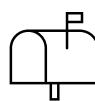
Dear Secretary/GR & Members,
Please read out this Newsletter at your next meeting, and extracts at every other meeting until you receive the next month's newsletter. This is how we communicate and are kept informed.

Deadline for the October issue is:
20TH September 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 NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE

Good personal leadership at all service levels is a necessity. In the field of world service, the Board of Trustees assumes the primary leadership.

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.

GROUP NEWS

BONDI JUNCTION **FRIDAY 10 AM**

Returned to zoom only as of August following hybrid trial. Please join us for this special open chair meeting reading CAL. Meeting runs 10 am to 11 am with zoom room open for fellowship afterwards. Everyone's welcome!
Meeting ID: 899 9094 1830
Passcode: 230988

SPRING INTO SERENITY

Join Monaro District fundraiser and fellowship event on Saturday 6 September, from 4.30 pm to 7.30 pm. Held at the Kingston Baptist Church, Currie Street, Kingston ACT. Includes a Bring & Buy table with meeting starting at 6.30 pm. Please bring a plate to share and if you can bring cash for 7th Tradition it would be appreciated.



Contributions of craft items, white elephants, plants and bric-a-brac are very welcome.

RSVP at monaro.alanon@gmail.com or just come on the day.

BERRY MONDAY 7.30 PM

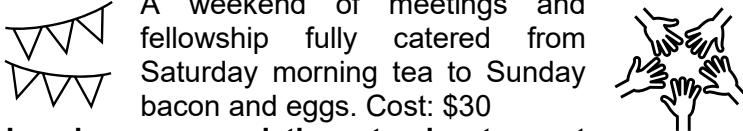
All are welcome to join hybrid birthday celebration on Monday 15th September. From 7.30 pm to 9 pm, held in the Friendship room, Berry Uniting Church, Albert Street. Parking entry is via North Street. For those attending in person, there is a dinner beforehand and billeting available – contact Joanna on 0413 523 418.

Zoom meeting ID: 8390 6948 055
Passcode: Berry2020

GROUP NEWS CONTINUED

FAR SOUTH COAST BIRTHDAY WEEKEND

Held 18-19 October at the Old Court House in Nelligen.

 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

fscbirthdaysbash@gmail.com

Join us for a fun

ALATEEN TRIVIA

AFTERNOON

calling all Alateens ages 10-19

When?

- Saturday 6th 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



NATIONAL CONVENTION 2026 AL-ANON FUNDRAISER MEETING

Theme: Becoming Aware. Suggested donation of \$10.

⌚ 5 pm – 6.30 PM, Sunday 21 September (via Zoom)

⌚ Zoom Meeting ID: 861 0967 4765

Passcode: 497512

📞 Anna V 0408 982 751 Hayley H 0413 079 295

BSB: 064 474 Acc. No.: 1096235

NEWYPAA 2025

The NSW Young People in AA convention is on Saturday 13 September at Gunnamatta Pavilion, Cronulla (walking distance from Cronulla train station). A full day of fellowship, recovery and good vibes!

Cost: \$25 for general admission or \$10 for concession which includes lunch.

There will be:

- Al-Anon guest speakers
- Al-Anon meeting 1.45 pm to 2.45 pm in Room 2
- Literature sales and volunteers to greet members and newcomers
- Lunch included

If you'd like to help, please contact Jen on 0407 466 134

Don't miss out on tickets:

<https://events.humanitix.com/newypaa2025>

NSW YOUNG PEOPLE IN AA 2025 CONVENTION



A DAY OF CONNECTION, GROWTH & FELLOWSHIP

TICKET \$25.00
CONCESSION \$10.00

PURCHASE VIA THE QR CODE BELOW:



AL-ANON MEMBERS WELCOME AND INCLUDED.

SATURDAY, 13TH SEPTEMBER 2025
AT GUNNAMATTA PAVILION, CRONULLA
LUNCH, SNACKS AND REFRESHMENTS PROVIDED

NEWYPAA.COM.AU NEWYPAA COMMITTEE@GMAIL.COM



SPONSOR

Spiritual
Person
Offering
Newcomers
Suggestions
On
Recovery

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

Website: 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)

Al-Anon Family Groups Newcastle District

invites you to

"Friends of Lois" DAY



WHEN: Saturday 25th October 2025
WHERE : The Hive Community Hall

150 Beaumont Street

HAMILTON

- Inspiring Al-Anon/ & AA Guest speakers
- Al-Anon & AA members share their recovery on interesting topics
- And to top it off a delicious lunch with dessert
- Shoe throwing competition

Registration is \$20 including lunch

Register Online to save time

BSB:032-505

Account No:110201

A/c Name: Al-Anon Family Groups Newcastle District

CONTACT: Therese: 0401441534 for more information

LITERATURE CORNER

P-91, Blueprint for Progress Revised

version, A4 spiral bound, 96 pages,
\$16.00

The Blueprint For Progress is a great starting point for anyone wanting to attend to Fourth Step work. This comprehensive workbook is an expansion of the original Blueprint for Progress (P-5, \$12.00) and includes additional sections on fear, anger, control, intimacy, sex, finances, and spirituality.

To order: <https://al-anon.org.au/shop/> or email literature@al-anon-snsw.org.au. The Southern NSW Area office is open every Tuesday 9.30am-3pm, Telephone (02) 9570 3422. If you would like to collect your literature from the office, please phone to arrange a pickup time and feel free to stay and have a cup of tea. Suite 204, 208 Forrest Road, Hurstville (entry lobby off Rose St); parking in nearby Westfield shopping centre.



KEEPING ZOOM MEETINGS SAFE

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. Hosts can 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.

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

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

5. 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.

HAS YOUR GROUP PAID ITS EQUALISED EXPENSES?

All groups are asked to check that they have paid their equalised expenses for the 2024/25 financial year.

Each year, all groups are asked to pay the equalised expense for the Australian Service Conference and the Area Assembly. Online groups are also asked pay the equalised expense for the Area Zoom license.

To ensure that payment is assigned to your group, please use your group's financial code, followed by the code for each expense. For example, Camperdown Monday 6.30pm group paying the Zoom equalised expense would use the code: CamMon630ZoomEE.

Paying equalised expenses is an important part of adhering to Tradition 7 - being fully self-supporting.

Details of the equalised expense payments due this year and the codes to use are listed below.

Australian Service Conference

All groups are asked to contribute to the cost of the SNSW Area Delegate attending the Australian Service Conference in May 2025.

Amount: \$32

Financial code: ConfEE

Area Assembly

All groups are asked to contribute to the cost of Assembly, whether they sent a representative to Assembly which was held 21 to 22 June 2025.

Amount: \$110

Financial code: AssEE

Zoom

All hybrid and online groups using the Area Zoom license are requested to contribute to the cost of the Area Zoom license.

Amount: \$41

Financial code: ZoomEE

Payments are to be made to the Area bank account below: CBA Bank Account Name: Al-Anon Family Groups Southern NSW Area Inc

BSB No: 062-000

Account No: 0092 0770

SNSW Area Treasurer

areatreasurer@al-anon-snsw.org.au

***Beat the Early Bird.
Save and register now!***

Website. www.aanatcon2026.com.au

AA NATIONAL
CONVENTION
WITH

AL-ANON & ALATEEN

Participation
2026

1 – 4 MAY

GOLD COAST. AUSTRALIA

Steps to Recovery

Members can make donations or payments
directly to the fundraising for Al-Anon and
Alateens participation in the 2026 Convention.

National Convention 2026

BSB: 064-474

Account Number: 1096 2350

Reference code: ConvGC26

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

Website: 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)

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	

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