



# NEWSLETTER – SEPTEMBER 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 October issue is:**

**20<sup>TH</sup> September 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 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](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.

### 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 7<sup>th</sup> 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](mailto: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

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

Join us for a fun

## **ALATEEN TRIVIA**

## **AFTERNOON**

calling all Alateens ages 10-19

When?

- Saturday 6<sup>th</sup> September

What time?

- 3pm AEST (arrive on time, don't miss the quiz)

Where?

- ZoomID 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](mailto: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**


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     newypaa

**TICKET \$25.00  
CONCESSION \$10.00**

**PURCHASE VIA THE  
QR CODE BELOW:**



### **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](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/afgnsnsw> 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](mailto: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](mailto:areatreasurer@al-anon-snsw.org.au)

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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For donations, <https://www.givenow.com.au/afgsnsw> or use EFT details above (use your Group Financial Code)



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

Website. [www.aanatlcon2026.com.au](http://www.aanatlcon2026.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](http://www.al-anon.org.au)/Username: Member/Password: afg

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For donations, <https://www.givenow.com.au/afgsnsw> or use EFT details above (use your Group Financial Code)

