



# NEWSLETTER – OCTOBER 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 November issue is:**  
**20<sup>TH</sup> October 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 TEN

*Continued to take personal inventory and when we were wrong promptly admitted it.*

### TRADITION TEN

*The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

### CONCEPT TEN

*Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.*

*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

#### **BATEMANS BAY MONDAY 12.15PM**

Meeting is closed from Monday 1st September to Monday 6 October 2025.

#### **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  
Billeting is available.

Register/enquires: 0404 181 048  
[fscbirthdaybash@gmail.com](mailto:fscbirthdaybash@gmail.com)

#### **CAMPERDOWN MONDAY 6.30 PM**

Join hybrid fundraiser meeting on 27 October 6.30 pm held in the ground floor meeting room at the Annandale Community Centre, 79 Johnston Street, Annandale. Raising funds to share public information materials with Professionals. All are welcome.  
Zoom Meeting ID: 819 1139 9951  
Passcode: 955188

### **BI-ANNUAL GROUP INFORMATION UPDATE (OCTOBER 2025)**

Southern NSW Area conducts a bi-annual mail out request for Group Information updates whether your group details have changed or not to ensure that our Area group information including group contacts are current. Shortly your group will receive a Group Information Update Form. It is important that every group completes and updates the form and returns it to the office email:

[office@al-anon-snsn.org.au](mailto:office@al-anon-snsn.org.au) by 31 October 2025. If you have any questions regarding the form please email the Area office via email.

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## **VOLUNTEERS NEEDED FOR AFTER HOURS PHONE ROSTER**

The After Hours Phone roster is a vital part of our Area's commitment to connecting families and friends of alcoholics with much needed help and support to access Al-Anon and Alateen meetings.

We need volunteers to assist us in providing this service. Volunteers are rostered for 1 calendar month along with another volunteer.

As part of this service, it is important to note WE DO NOT GIVE ADVICE OR COUNSEL. Resources and training are provided.

### **DO YOU QUALIFY?**

- Are you an Al-Anon member regularly attending Al-Anon meetings, preferably with a home group?
- Do you have a working knowledge of the Twelve Steps and Twelve Traditions ie do you have a Program you can share?

If you would like to participate in this service please email the office: [office@al-anon-snsn.org.au](mailto:office@al-anon-snsn.org.au).

\*Please note that Al-Anon members who are also members of AA do not serve on the Al-Anon phone roster.

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## **VOLUNTEER AFTER HOURS PHONE ROSTER TRAINING**

Coming Soon! A zoom training session for all phone roster volunteers will be scheduled in November. Thank you to all current phone roster volunteers for your service. Please check the November Newsletter for details.

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## **LITERATURER VOLUNTEERS**

A heartfelt hug, thank you and best of good wishes to our beloved literature team member and past Area Literature Co-ordinator, Colleen R, who has retired after 17 years continuous service in the Southern NSW Area office. Colleen has left the literature office in good order, having been active in the office move, setting up our new literature display and training new volunteers.

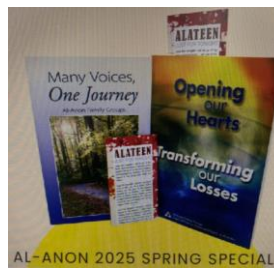
A big welcome to Jen D, our new literature volunteer (and Area Archives Co-ordinator).

Volunteers are always welcome: please email [literature@al-anon-snsn.org.au](mailto:literature@al-anon-snsn.org.au) or ring 02 9570 3422 on Tuesdays.

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## **LITERATURE CORNER Spring Special**

The 2025 Spring Special consists of two books and the beautiful Alateen Just for Today and Just for Tonight bookmarks.



In Opening Our Hearts Transforming Our Losses, members share about learning to acknowledge and accept grief and loss with the help of the Al-Anon program.

Many Voices, One Journey is Al-Anon's story of growth and recovery as experienced by individual members and the

fellowship as a whole over Al-Anon's first 60 years.

Regular cost for the four items is \$44.60; **spring sale price \$35.00.**

Order from the website (code is SKU:X-2025) or directly from the Southern NSW Area office via [literature@al-anon-snsn.org.au](mailto:literature@al-anon-snsn.org.au) / 02 9570 3422 on Tuesdays from 10 am to 3 pm.

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## **WOLLONGONG AA RALLY WITH AL-ANON PARTICIPATION**

Experience three unforgettable days of recovery, connection, and celebration in one of Australia's most beautiful coastal cities.

### **What to Expect:**

- Inspiring AA and Al-Anon meetings with speakers from across the fellowship
- Delicious food and heartfelt fellowship
- Fun, sober activities by the sea
- A warm, welcoming space to recharge and reflect
- Meaningful connections with others walking the same path

This convention brings together members of Alcoholics Anonymous and Al-Anon to celebrate the freedom of recovery and the strength of shared experience. Whether you're new to recovery, or well along in your journey, this convention is a celebration of the joy and freedom that recovery brings.

### **When:**

4pm Friday 6 February to 12pm Sunday 8 February 2026.

**Where:** Wollongong Surf Leisure Resort, Fairy Meadow NSW.

For further information and tickets see:

<https://events.humanitix.com/wollongong-aa-rally>

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## **ANGER**

### **A**

**Negative**

**Grudge**

**Endangerers**

**Recovery**



# AA NATIONAL CONVENTION 2026

1-4 MAY  
GOLD COAST AUSTRALIA

*Steps to Recovery*

Join us for the **60th Australian National Convention**  
of **Alcoholics Anonymous**  
with Al-Anon & Alateen participation  
JW Marriott Hotel **Gold Coast** Queensland Australia  
**Friday 1 May – Monday 4 May 2026**

## TO REGISTER

Scan QR code  
for more  
information  
to register



Limited discounted  
**Marriott rooms**

Booking link  
at registration



## Earlybird SPECIAL

REGISTER BEFORE 31 DEC 2025 & SAVE \$20



[facebook.com/groups/aanatcon26](https://facebook.com/groups/aanatcon26)

Email [infonatcon2026@aa.org.au](mailto:infonatcon2026@aa.org.au)

Or visit [aanatcon2026.com.au](https://aanatcon2026.com.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

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)



## **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.

## **GROUP FINANCIAL CODES AS AT JUNE 2025**

DISTRICT	DAY	TIME	SUBURB	FINANCIAL CODE	TRANSACTION TYPE
Illawarra	Monday	1.30pm	Riverwood	RivMon130pm	<div>Don</div> <div>OR</div> <div>Lit</div> <div>OR</div> <div>AssEE</div> <div>OR</div> <div>ZoomEE</div> <div>OR</div> <div>ConfEE</div> <div>OR</div> <div>Conv Don</div>
	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	
	Monday	7pm	Wollongong	WolMon7pm	
Byamee	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	
	Thursday	5pm	Merimbula	MerThu5pm	
South West NSW	Monday	7pm	Leeton	LeeMon7pm	
	Wednesday	5.15pm	Wagga Wagga	WagWed515pm	
Monaro	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	

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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