



NEWSLETTER – NOVEMBER 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 December - January issue is:

20TH November 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 ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.

CONCEPT ELEVEN

The World Service Office is composed of selected committees, executives and staff members.

From How Al-Anon Works for Families & Friends of Alcoholics ©1995, 2008 by Al-Anon Family Group Headquarters Inc.

GROUP NEWS

PUBLIC HOLIDAYS

A reminder to all groups that will **NOT** be open at any time over the public holiday season to let the office know before 20 November so that closures can be put on the website and in the December/January newsletter. Email office@al-anon-snsw.org.au

ALBION PARK RAIL SATURDAY 2.30 PM

Meeting is closed until Saturday 8 November 2025.

DARLINGHURST WEDNESDAY 7 PM

All are welcome to come along and celebrate 8th birthday on Wednesday 26 November. One-hour online meeting with two great speakers on the topic of my mess is my message. Zoom ID: 872 4107 9571 Passcode: 553084



ERSKINEVILLE SATURDAY 9.30 AM

This long-standing meeting is seeking attendance support. A one-hour meeting held upstairs in the St. Mary's Catholic Church at 11 Swanson Street.



This is only a two-minute walk from Erskineville Station with plenty of on street parking. Each month the meeting address's themes around a Step, a Tradition and a Slogan. Our focus for November will be Step 11, Tradition 11 and 'Live and Let Live'.

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.

AFTER-HOURS PHONE ROSTER TRAINING

If you are interested in volunteering to answer calls from individuals seeking support for a loved one struggling with alcoholism, we invite you to join one of our two sessions below:

Training will be held on:

📅 Date: Saturday 29 November or Sunday 30 November

🕒 Time: 10:00 AM – 11:30 AM

💻 Zoom ID: 859 4211 2087

🔑 Passcode: 620 975

Thank you to the members who have already registered their interest in doing this service. If you have not made up your mind yet please come along anyway and learn about this important service!

Any current members who want a refresher are also welcome to join in. We appreciate your service to support others and look forward to seeing you.

2025 MEMBERSHIP SURVEY

The purpose of the survey, requested by the 2025 Australian Service Conference, is to gather information about our members so we can better plan for the future including, i.e. literature and public information strategies and also provide accurate information about our organisation to outside professionals.

No personal contact details are asked for in the survey. This survey will be accessible online only at <https://forms.office.com/r/ACg028gRS0> from **November 10 to 30 2025**.



- All members Australia-wide are encouraged to take part
- Computer-savvy members could help the computer-challenged ones
- There is a small number of simple multiple choice questions this time
- All who take part can enter a draw for a prize!!!

A link to a separate form is provided at the end of this survey so we can gather your contact information for the prize. Results of the survey will be published on the Al-Anon Australia website as soon as the results are collated.

Thank you.

LITERATURER VOLUNTEERS

Volunteers are always welcome: please email literature@al-anon-sns.org.au or ring 02 9570 3422 on Tuesdays.

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-sns.org.au / 02 9570 3422 on Tuesdays from 10 am to 3 pm.

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>



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

Email infonatcon2026@aa.org.au

Or visit aanatcon2026.com.au



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	
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	
	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/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)