



Al-Anon  Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – DECEMBER 25/JANUARY 26

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 February issue is:

20TH January 2026

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 TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

TRADITION TWELVE

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

CONCEPT TWELVE

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

STEP ONE

We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION ONE

Our common welfare should come first; personal progress for the greatest number depends upon unity.

CONCEPT ONE

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

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

MEETING CHANGES

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

DULWICH HILL THURSDAY 6 PM

The final meeting of the year was held on 20 November. The meeting will re-open 8 January 2026.

CARINGBAH MONDAY 7 PM

As of Monday 24 November, this meeting has permanently moved venues and is held at:

Cronulla Central Meeting Room, 38-60 Croydon Street, Cronulla.

All are welcome, parking is available and the venue is 5 minutes' walk from Cronulla train station.

This meeting is now known as Cronulla Monday 7pm.

BONDI JUNCTION FRIDAY 10 AM

After many years of service to the fellowship and the local community, the group has made the decision to close this meeting effective from Friday 12th December.

We acknowledge and appreciate the commitment of the group's trusted servants and all members who contributed to keeping this meeting active over the years. Your dedication and service have been valued and will be remembered.

Members seeking an alternative meeting are encouraged to consult the Area meeting list or online directory for available options at nearby times and locations.

See <https://al-anon.org.au/meetings/>

STRATHFIELD THURSDAY 1.30 PM

Open as usual up to and including Thursday 18th December at St John of God Hospital, Burwood.
The meeting will then be closed, reopening on Thursday 15th January when the venue reopens after the holidays.

END OF YEAR CELEBRATION

Join us for an end of year celebration lunch at our Area Office. All are welcome, BYO a plate of food to share.

When: Tuesday 23 December

Time: 1.00pm

Where: Suite 204 (2nd Floor), 208 Forrest Road, Hurstville HSBC Building, entry on Rose St. Short walk from Hurstville Station.



SNSW AREA OFFICE CLOSURE

The last day the Office will be open is Tuesday 23 December and will reopen on Tuesday 5 January 2026.

HOLIDAY MEETING SCHEDULE

Merimbula Wednesday 10.30 am
Scout Hall Main Street Merimbula (opposite RSL Club)

December 24: OPEN

December 31: OPEN

Darlinghurst Wednesday 7 pm
Zoom

December 24: OPEN

December 31: OPEN

Strathfield Thursday 1.30 pm
St John of God Hospital Counselling & Therapy Centre, Grantham St, Strathfield

December 25: CLOSED

January 1: CLOSED

January 8: CLOSED

Dulwich Hill Thursday 6 pm
14 Seaview St, Dulwich Hill

December 25: CLOSED

January 1: CLOSED

Civic How it Works Friday 12 pm
Griffin Centre, Genge St, Canberra

December 26 & January 2: Email monaro.alanon@gmail.com to check if meeting is on

Stanmore Beginners Friday 6.30 pm
Sydney Retreat
223 Trafalgar Street Stanmore

December 26: OPEN

January 2: OPEN

Ashfield Friday 6.30 pm

19 Holden Street Ashfield, Community Hall (opposite Ashfield Baptist Church)

December 26: OPEN

January 2: OPEN

Northside Beginners Tuesday 7 pm

Dickson Library Community Room, Antill St, Dickson & Free Conference Call (FCC)

December 23: OPEN

December 30: OPEN to FCC phone in only, no face to face

Belconnen A Little Time for Myself Thursday 12.30PM

Belconnen Churches Centre, 54 Benjamin Way, Belconnen & Free Conference Call (FCC)

December 25: CLOSED

January 1: OPEN for face to face only, meet outside Lido Cafe in Westfield Belconnen, no FCC phone in

2025 MEMBERSHIP SURVEY EXTENDED

AGSO have extended the Membership Survey to December 31, 2025.

A reminder that members can go into a separate draw to win \$50 worth of CAL.

Complete at: <https://forms.office.com/r/ACg028gRS0> or by scanning the QR code below:



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 from **November 10 to December 31 2025.**

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.

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/afgnsnw> or use EFT details above (use your Group Financial Code)

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:

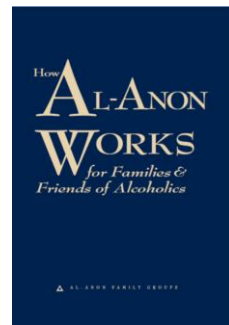
CBA Bank Account Name: Al-Anon Family Groups Southern NSW Area Inc
BSB No: 062-000
Account No: 0092 0770

SNSW Area Treasurer

areatreasurer@al-anon-snsw.org.au

LITERATURE CORNER

Al-Anon's 'blue book' is a comprehensive and compassionate introduction to the Al-Anon support program, with chapters such as *Understanding Ourselves and Alcoholism* and *Breaking Our Isolation*. The book also explains the Twelve Steps, Traditions and Concepts and is filled with personal stories and other foundational information.



The Literature Office will be open on Tuesday 23 December as usual, then reopen after the holiday break on Tuesday 6 January. Contact details: literature@al-anon-snsw.org.au / T 02 9570 3422.

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.



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>

60TH NATIONAL CONVENTION OF AA WITH AL-ANON AND ALATEEN PARTICIPATION

Have you registered for the Convention yet?
Are you planning on going?

If you are planning on attending, please consider ticking the box to indicate that you are interested in volunteering. It is a great opportunity for service and fellowship.



Training in the various roles will be provided at later date.

We'd love to see you on the Gold Coast, beautiful one day perfect the next!



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	Cronulla	CroMon7pm	
	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	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	

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