

## AUSTRA-LINK SHARING SHEET

*How many times have you intended to write to us? We are always very grateful when we receive a sharing from one of our members. If you would like to share your story with other members through the pages of Austra-Link, please email your story directly to us or use this sharing sheet and post it to us. Please avoid poetry or prayers. The purpose of Austra-Link is to offer members a 'meeting between meetings' and for members to share their experience, strength and hope. Refer to our writing guideline, next page.*

EMAIL: [agso@alphalink.com.au](mailto:agso@alphalink.com.au)

POST: The Austra-Link Editor  
Al-Anon Family Groups AGSO  
GPO Box 1002  
MELBOURNE VIC 3001

<http://www.al-anon.alateen.org/australia>

**Topic:**

Date:.....

Name:.....

Address:.....

.....

.....

Your Area:.....

We do require your full name and address before any item can be accepted for printing – this information is not revealed; it allows us to post you a letter of thanks:

We do not print your full name after your sharing; we print either your first name; your initials, or the word 'Anon' with the Area you are from.

What is your preference: .....

**If published, can AGSO have my permission to use this article on its website? Please tick as appropriate:**

YES  NO

## AUSTRA-LINK WRITING GUIDELINE

*Whether you are a newcomer to Al-Anon or a member who has been around for a while, everyone has something to share. When writing a sharing for Austra-Link, you don't have to be a professional writer. The Editorial Committee edit for grammar, punctuation and spelling prior to publication. Writing for Austra-Link allows you to share your recovery, learn about yourself and realise that you are not alone. It does take courage to write with complete honesty – but finding that courage is a step toward recovery for you as well as for those who read your sharing. Here are some suggestions to keep in mind when you share your recovery for the pages of Austra-Link – the national journal of Al-Anon in Australia.*

- Write about your own experience, not something you heard about from someone else.
- Keep the focus on your path to recovery, not the alcoholic.
- Explain how one or more of the tools of the program helped you with a specific challenge in your life.
- Write in the first person (I, me, we and us).
- True personal sharings do not give direction; they express your own experience, strength and hope.
- Avoid generalities, outside issues, treatment-centre language and religious philosophies.
- Al-Anon members in other Twelve Step programs, including AA, are asked to write only of their experience in using the Al-Anon program.
- Please observe Al-Anon's Twelve Traditions when sharing.