



NEWSLETTER – OCTOBER 2023

Southern NSW Area: Suite 4/2 Ormonde Parade, Hurstville NSW 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 November issue is:
20TH OCTOBER 2023

Please email your notice(s) to the Newsletter Editor at:
newsletter@al-anon-snsw.org.au

LIS, Tanya V
Newsletter Coordinator.

STOP PRESS!

NEW DAILY READER – A LITTLE TIME FOR MYSELF

Stock is now available of our new daily reader. Please use our new SNSW Area Literature Order Form available from the Members section of the website (username - member; pw - afg). Reference number B-34. Cost \$30.

Email orders to office@al-anon-snsw.org.au including postage and handling cost and enclose a screenshot of payment. **The Literature Office is open Tuesdays 9.30am-2.30pm, Phone 95703422.**

STEP TEN

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

...We may not catch every mistake as it occurs, but a daily check can help us become more adept at recognizing and changing our behaviour... As we work Step Ten on a regular basis, we will continue to turn to our Higher Power for help...Continuing to take personal inventory keeps our slates clean and maintains our spiritual, emotional, and physical health to better deal with the rough times that occur in our everyday life.

TRADITION TEN

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

...Our fellowship could be severely damaged without our willing adherence to Tradition Ten. The spiritual principle underlying it is “Live and Let Live.” Realizing how important and vital our main aim is to the millions who still suffer, we guard it by voluntarily not taking group stands on public issues, other beliefs, or outside issues, no matter how worthy... Members are free to get involved with issues and causes that are near to their hearts – outside the rooms of Al-Anon.

CONCEPT TEN

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

... One of the most important principles of using ultimate authority is the recognition that when delegated authority is working well, it is best to leave it alone. Trusted servants need to be given the respect and trust to accomplish their jobs efficiently... Al-Anon ultimate authority is never used unless our trusted servants are in serious error, are clearly ineffective, or interfere with others' work.

From Paths To Recovery ©1997 by Al-Anon Family Group Headquarters Inc, pp. 222, 309, 311.

GROUP NEWS

Far south coast Al-Anon district 40th birthday

Come and help us celebrate "MANY HAPPY RETURNS"
Date: 28/29th October
Venue: Nelligen Anglican Church, 15 Braidwood St, Nelligen. Billeting and camping available. Also Big 4 Caravan Park

Nelligen is close by.
Please register by the 13th October.

Contact:

Leonie 0404181048 or

Vicki 0404005741



2024 AA National Convention with Al-Anon participation



JOIN US IN FOR THE 58TH AUSTRALIAN NATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS



**FRIDAY MARCH 29TH - MONDAY APRIL 1ST 2024
AT THE HILTON ADELAIDE, VICTORIA SQUARE**

REGISTRATION Early bird: \$110 Full weekend: \$130 Day: \$50 Dinner & Dance: \$130 Alateen: Free (please register)	FULL 4 DAY PROGRAM! INTERNATIONAL SPEAKERS - CONTINUOUS MEETING - WORKSHOPS -DINNER DANCE
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FOR REGISTRATION AND FURTHER INFORMATION ON ACCOMODATION AND MORE, PLEASE VISIT OUR WEBSITE
STAY UP TO DATE! JOIN OUR FACEGROUP GROUP

Adelaide AA National Convention 2024
aanatcon2024.com.au

A WAY THAT MEMBERS CAN HELP MAKE AL-ANON MORE VISIBLE IN THE COMMUNITY



Al-Anon has been given a rare opportunity to have an input into research being done through the University of Wollongong. They are interested in hearing from families affected by a loved one's alcohol or

drug addiction. Al-Anon Family Groups are mentioned as one of many possible resources for families seeking help in the research. This is an opportunity to raise awareness in the professional community of the actual impact on families from attending Al-Anon meetings. The more Al-Anon members who can participate in the research and indicate that they do attend Al-Anon meetings the more we will be recognised as a valuable source of help for families in need. The research is completely anonymous, and only open for a limited time (until sometime in October, but if they get enough responses it will close early) so please consider participating in this research and pass this information on to as many members as possible. Thanks so much for helping make us less invisible.

<http://bit.ly/uowfamilysurvey>

SEVENTH TRADITION

Individual donations to AGSO are down by 70%.

There are various payment options to send your donations to AGSO:



- Via a **Group Donation**
- **Bank transfer** to BSB 063 158 Account 1003 5455
- **PayID** on phone with a credit card using the AGSO's email address office@al-anon.org.au
- **Cheque** made payable to Al-Anon Family Groups Australia can be mailed to GPO Box 1002, Melbourne VIC 3001
- **GiveNow** <https://www.givenow.com.au/alanonaustralia>

General Finance email addresses:

accounts@al-anon.org.au - email for your donation information/queries. eg. to confirm if AGSO has received your donation.

finance@al-anon.org.au - email any other queries about finance matters to this email address.



The National Helpline number is 1300 Al-Anon (1300 252 666). For everyday enquiries, contact the Area office on (02) 9570 3422.

ALATEEN OPEN MEETING

A very successful Open Alateen Meeting was held on Zoom on Saturday, September 1. Over 70 people attended, including several Alateen members, past, present and new, as well as Al-Anon members from all over Australia and a few from overseas. It was very moving to hear our younger members share their experience, strength and hope.

Did you know that Alateens are also welcome at Al-Anon meetings? (Tradition 3 - *The only requirement for membership is that there be a problem of alcoholism in a relative or friend.*) If Alateens or younger children come to your meeting, perhaps invite them to do a reading or read the Steps and remind your members that young people are present when they share.

To read further about becoming an Alateen sponsor, starting an Alateen meeting & Alateen Safety Guidelines see <https://www.al-anon.org.au/members/guidelines>:

G5 Alateen meetings in schools

G16 Alateen Conventions in Australia

G17 What is expected of an Alateen Sponsor

G19 How to start an Alateen meeting in Australia

G34 Alateen Safety Guidelines

For any further information about Alateen in Southern NSW please contact our Area Alateen Coordinator, Gail W on 0404 476 917.

If you have any questions, please contact Stephanie via email: stephanie.service21@outlook.com

Alateen Meetings Conducted on Zoom (online)
Registration (email contact address), and meeting times:

Thursdays

South Queensland

sgalateen@gmail.com 7 to 8pm AEST

Fridays

Victoria

alateen@alanon-vsa.com 5 to 6pm AEST

Alateen members can also access five, World Service Office-approved, meetings online. Meetings are accessed by downloading an Alateen app.

Alateen Online The international Al-Anon office has produced podcasts, videos and other interesting information for teenagers that can be safely accessed online. It is called Teen Corner—A place just for teens affected by someone else's alcoholism. Visit Teen Corner on the WSO website <https://al-anon.org/newcomers/teen-corner-alateen/>



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> (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 Al-Anon 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 Al-Anon 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 of January 2022					Transaction Type
DISTRICT CODE	DAY	Time	Suburb	Financial Code	
Illawara	Monday	1.30pm	Riverwood	RivMon130pm	+ Don Or Lit Or AssEE Or Zoom EE etc.
	Monday	6.30pm	Riverwood	RivMon630pm	
	Monday	7pm	Caringbah	CarMon7pm	
	Wednesday	7.30pm	Kogarah	KogWed730pm	
Waratah	Thursday	12.00pm	Strathfield	StrThu12pm	
	Friday	6.30pm	Ashfield	AshFri630pm	
Inala	Monday	6.30pm	Camperdown	CamMon630pm	
	Tuesday	8pm	Inala District Meeting	InaTue8pm	
	Wednesday	6pm	Rozelle Face to Face	RozWed6pmF	
	Wednesday	6pm	Rozelle Zoom	RozWed6pmZ	
	Thursday	6pm	Dulwich Hill	DulThu6pm	
	Friday	12.30pm	Newtown	NewFri1230pm	
	Friday	5pm	Rozelle	RozFri5pm	
	Saturday	9.30am	Ersleville	ErsSat930pm	
	Saturday	2.30pm	Sydenham	SydSat230pm	
	Sunday	10.30am	Rozelle Face to Face	RozSun1030amF	
	Sunday	10.30am	Rozelle Zoom	RozSun1030amZ	
Elouera	Monday	6.30pm	Waverley	WavMon630pm	
	Tuesday	8am	Surry Hills	SurTue8am	
	Tuesday	8pm	Maroubra	MarTue8pm	
	Wednesday	7pm	Darlinghurst	DarWed7pm	
	Friday	8am	Syd Hope For Today Paddington	SydFri8amZ	
	Friday	10am	Bondi Junction	BonFri10am	
	Friday	7pm	Botany	BotFri7pm	
Byamee	Monday	7pm	Wollongong	WolMon7pm	
	Thursday	12.30pm	Wollongong	WolThu1230pm	
	Thursday	2pm	Bellambi	BelThu2pm	
	Friday	7pm	Bulli	BulFri7pm	
	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	1pm	Moruya	MorTue1pm	
	Tuesday	5pm	Bega	BegTue5pm	
	Wednesday	7.30pm	Nowra	NowWed730pm	
	Thursday	10am	Huskisson	HusThu10am	
	Thursday	5pm	Merimbula	MerThu5pm	
	Thursday	7pm	Moruya	MorThu7pm	
Thursday	1pm	Ulladulla	UllThu1pm		
South West NSW	Monday	7pm	Leeton	LeeMon7pm	
	Monday	12pm	Wagga wagga	WagMon12pm	
	Wednesday	5.15pm	Wagga Wagga	WagWed515pm	
Monaro	Monday	11.30am	Forrest	ForMon1130am	
	Monday	7.30pm	Kingston	KinMon730pm	
	Tuesday	7.30pm	Downer Northside	DowTue730pm	
	Wednesday	7.30am	Civic	CivWed730am	
	Thursday	12.30pm	Belconnen	BelThu1230pm	
	Friday	6pm	Civic	CivFri6pm	
	Saturday	8am	Braddon	BraSat8am	
	Saturday	3pm	Lyons	LyoSat3pm	
Sunday	9am	Civic	CivSun8am		

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