



NEWSLETTER – NOVEMBER 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 December issue is:
20TH NOVEMBER 2023

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

LIS, Tanya V
Newsletter Coordinator.

MESSAGE TO GROUPS



Don't forget to send through any end of year holiday closures for the December/January newsletter by emailing: newsletter@al-anon-snsw.org.au before November 20.

**HEAR = Hope,
Experience &
Acceptance in
Recovery!**

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."

...Although referred to as the second maintenance Step, Step Eleven does introduce new action – the action of seeking through prayer and meditation to improve our conscious contact with God... An important note to make is that this Step guides us with the words prayer and meditation, not prayer or meditation.

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."

...Defining the difference between attraction and promotion can be difficult... As one member humorously expressed it, "A man noticed another man pulling a chain down the road. 'Why are you pulling that chain?' he asked. The other man replied, 'Have you ever tried to push one?'"

CONCEPT ELEVEN

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

... Concept Eleven describes how the World Service Office (WSO) serves our groups by coordinating and carrying out many different aspects of Al-Anon service. It shows how the various parts of Al-Anon's structure fit together.

From Paths To Recovery ©1997 by Al-Anon Family Group Headquarters Inc, pp. 110, 227, 230, 316
Reprinted by permission of Al-Anon Family Groups (Australia) Pty Ltd.

GROUP NEWS

Darlinghurst 6th Birthday Meeting

Please join us to Celebrate the 6th birthday of the Darlinghurst Steps & Traditions Meeting. Featuring an Al-Anon & AA Speakers. 7pm on Wednesday 22 November
Zoom ID:899 0079 8592
Passcode: 553084



Dulwich Hill AFG



Thank you to all who joined us for our birthday celebrations at the end of September, it was great to share fellowship and memories of this group which has supported friends, partners, children and parents of alcoholics for fifty years. Over \$140 was raised for the group. We'll continue our fce to face meetings (with Tim Tams) at Seaview Street Hall, Thursdays at 6pm - please join us!

VOLUNTEER PHONE ROSTER

Thank you

A heartfelt thank you to Janet A, our Southern NSW Area Phone Roster Officer, who has retired after many years of dedicated service to our Area Office, Service Committee and fellowship in different capacities. The office is now developing a volunteer phone roster to take us through to mid-2024. When the office is not attended a phone message will provide callers with volunteers' phone numbers as alternative points of contact. If you are interested in doing this out-of-office service, please email the office (office@al-anon-snsw.org.au). The roster will be on a one-month basis with two volunteers per month. It is envisaged that each volunteer would be rostered no more than twice a year. Guidelines and training will be available if needed. This is a vital service in line with Al-Anon's Declaration – When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me. Service aids recovery and your support would be much appreciated. Thank you to all our phone roster volunteers.

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
------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

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

LITERATURE CORNER

Our new Al-Anon daily reader is now available from the Southern NSW Area Literature office.

Cost is \$30 plus postage and handling. The Literature office is open on Tuesdays from 9.30am-3pm. Please email your order to office@al-anon-snsw.org.au with a screenshot of payment or telephone 02 95703422 on Tuesday mornings. The SNSW Area Literature order form is available on the Members section of the website (username - member; password - afg).



'Just as our earlier daily readers reflected the times in which they were written, *A Little Time for Myself* represents the personal experiences and the many voices of the Al-Anon fellowship as it is today. Their interpretations of Al-Anon's spiritual principles may vary greatly, but they demonstrate the freedom each member has to apply the program in ways that work best for them as individuals, illustrating that Al-Anon is indeed for anyone affected by someone else's drinking.' Indexed, 384 pages. (WSO promotional material, 2023)



WHAT IS SPONSORSHIP?

It is important to recognize that relationships sometimes change as we grow in Al-Anon.

In order to continue growing, it may become necessary to change Sponsors. Sponsorship is not a lifelong commitment; letting go is not a sign of failure".

Sponsorship is:

- A relationship built on equality, anonymity and trust.
- A commitment to practice healthy communication – not based on intimidation or demands.
- An agreement to recover and grow together - not to struggle in isolation. A spiritual relationship with no strings attached.

[Sponsorship – Working together to Recover CAL]



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

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			