



NEWSLETTER – FEBRUARY 2024

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 MARCH issue is: 20TH FEBRUARY 2024

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

LIS, Tanya V
Newsletter Coordinator.

GROUP CONTACT



Feedback to our phone roster volunteers shows that newcomers would appreciate if groups could include a contact on their website listing. This could be a group email that's monitored regularly. If your group would like to add this information to their website listing, email nsw.records@gmail.com and it will be added to our monthly meeting update to AGSO.



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 on unity.

CONCEPT ONE

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

From Paths To Recovery ©1997 by Al-Anon Family Group Headquarters Inc.

GROUP NEWS

Riverwood Monday 1.30pm will celebrate its 15th anniversary on February 12th. Everyone welcome to share in fellowship and recovery. St Andrews Church Hall, 9 Littleton St, Riverwood NSW 2209.



Strathfield Thursday 12pm has been meeting at Rhodes Park while its venue was closed over the Christmas/New Year period. As of Thursday January 18, the group resumed meeting in its regular venue in the St John of God Hospital Counselling & Therapy Centre, Grantham St, Strathfield NSW 2135.



Bondi Beach Tuesday 6:30pm 1st Birthday Meeting, Tuesday 20th February 2024 @ 6.30pm. We will be having

a special Guest Speaker and light refreshments. Please join us for a face to face meeting to celebrate our 1st birthday. Oceanic Room, Bondi Pavilion.

PUBLIC LIABILITY CERTIFICATE 2023-2024

Our new Public Liability Certificate, current 1 November 2023 – 1 November 2024 is available on the new website under Member Resources.

Stanmore Friday 6.30pm face to face needs support. Located at The Sydney Retreat, 223 Trafalgar st, Stanmore. The meeting has a six week cycle, going through the first three steps, the slogans, and encourages sponsorship. Newcomers and more experienced members are welcome. Over the holiday season in particular please come along and help welcome people to Al-Anon.

IRIS S – 50 YEARS OF AL-ANON FELLOWSHIP AND SERVICE

Congratulations to Iris S. who reached her 50th year anniversary as an Al-Anon member on January 22, 2024. Iris's home group is Riverwood Monday 1.30pm Face to Face and she has been involved in many other groups over the decades including Concord, Canterbury and Caringbah.



For those who don't know Iris, she has been a mainstay of our Southern NSW Area office for decades, including at previous premises in Pitt Street, Trades Hall and King Street in the Sydney CBD and, since 2010, in Hurstville. In addition to carrying out vital administration work at the office, Iris has been a valued member of our Area Committees over the years, serving as Area Chair, Secretary, Treasurer, Delegate as well as other positions. Currently Iris is serving as Archives Coordinator and continues to attend Area Service Committee meetings. Her long experience and clear insights are proving particularly valuable to the Office Thought Force, the Constitution Task Force and the Service Guide Sub-Committee.

Her many friends in the Al-Anon Fellowship, including members in other Areas and at AGSO, congratulate her and wish her well at this significant recovery anniversary. Iris would like to acknowledge the help and support she has received from her many Al-Anon friends over her years in the fellowship.

2024 AA NATIONAL CONVENTION WITH AL-ANON PARTICIPATION

ROAD TO RECOVERY Adelaide 2024

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 ACCOMMODATION 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 "A Little Time for Myself" 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.



'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).



AA WEEKEND WITH AL-ANON PARTICIPATION AT COOLENDEL CAMP 16th – 18th February 2024

Coolendel Camp is located at 1100 Grassy Gully Road on the Shoalhaven river in the hills west of Nowra. There will be meetings and fellowship from Friday evening through to lunchtime Sunday. Camping with glamping options. Book camping/accommodation direct with Coolendel Camp at: www.coolendel.camp online. Registration is \$15.00 cash on arrival (children 16 and under free) and includes tea, coffee and bikkies through the weekend. There is a Saturday night BBQ which is \$5 cash plus a gold coin donation for soft drinks. Note: do not bring dogs or any other pets to Coolendel. For additional information contact: Paul C (AA) 0415 354 154, or Gus B (Al-Anon) on 0473 999 924.



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

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					
DISTRICT CODE	DAY	Time	Suburb	Financial Code	Transaction Type
Illawarra	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	Sunday	7pm	Ersleville	ErsSun7pm	
	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	
Byamee	Friday	7pm	Botany	BotFri7pm	
	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		