



NEWSLETTER – JUNE 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 JULY issue is:
20TH JUNE 2024

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

LIS, Tanya V
Newsletter Coordinator.

2025 AA NATIONAL CONVENTION WITH AL-ANON AND ALATEEN PARTICIPATION

HILTON HOTEL & SYDNEY TOWN HALL
APRIL 18 – APRIL 21 2025



The AGSO has requested that the Southern NSW Area form a Host Planning Committee. We are very excited to be hosting this major event and we would like to extend an invitation all members who are interested in volunteering. Planning meetings are held on Zoom once a month on a Sunday between 4 pm and 5 pm. If you are interested in doing this wonderful service please contact: Nicki P. 0423 511 993 or e: thenixter@yahoo.com.au.

We look forward to hearing from you.

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

CONCEPT FIVE

The rights of appeal and petition protect minorities and insure that they be heard.

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

SNSW AREA ASSEMBLY

This year's annual Area Assembly will be held on the weekend of June 22-23 at Mittagong RSL Club with a hybrid Zoom option, as per our 2023 Assembly. Each Group sends their GR to Assembly to hear an update on events at AGSO (Australian General Service Office) over the past year and vote on issues of importance to our Area. Observers are welcome. Our General Secretary, Helen G, will also be joining us this year as a special guest.

If your group's GR is unable to attend, the Alternate GR attends instead or the group can nominate a member to attend and vote on their behalf. It is important that as many groups as possible are represented at Assembly as this is where important decisions are made that affect our Area. Please note that Al-Anon members who are also members of AA are not eligible to serve at this level. Further information will be emailed out shortly to each Group's nominated GR/contact.

The cost for each group to attend Assembly (Equalised Expense) is \$105. Each group needs to pay this whether they send a representative or not. This is significantly less than last year and reflects the experience we now have on board using the Mittagong venue. We suggest groups start planning and fund-raising, if needed, to cover this cost.

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FUNDRAISER!



In order for Al-Anon & Alateen to participate in the 2025 AA National Convention, funds are needed. Is your group having an upcoming birthday celebration? Your group is invited to raise funds for this event either at your birthday celebration or any other fundraising event your group may choose to hold. Any contributions will be gratefully appreciated. Fundraising is a great way to participate in service! A separate bank account has been set up for this purpose:

Account Name: Al-Anon Family Groups
Southern NSW Area Inc
BSB: 062-498

Account: 1112 4924

****Please donate to this account and include the name of your group****

In the transaction reference please use the financial codes for your group as listed on the last page of this Newsletter. Be sure to add "AssEE" at the end of the *financial code* so we can ensure your group equalised expense is tracked correctly.

DO NOT use Give Now to make the payment, as Give Now is only to be used for donations.

As a reminder, our bank account details are:
CBA Bank Account Name: Al-Anon Family Groups
Southern NSW Area Inc
BSB No: 062-000
Account No: 0092 0770

GROUP NEWS

Inala (Inner West Sydney) Tuesday 8pm meeting welcomes newcomers and regulars. This is a 1 hour Zoom meeting with a theme chosen by our Chair to align with the Step/Tradition of the week. Zoom ID 875 2055 3233; PW 027662.

Bondi Junction Friday 10am will be trialling a hybrid meeting for the next 3 months on the last Friday of the month:

- May 31st
- June 28th
- July 26th

Margaret Whitlam Recreation Centre (Northern Waverley Park Road, Bondi Junction. Fellowship afterwards in the cafe onsite.

Rozelle Wednesday 6:30pm meeting is celebrating our 39th birthday on Wednesday 10th of July at the Hannaford Centre, 608 Darling St, Cnr Nelson St, Rozelle. 6pm - 7.30 followed by a birthday celebration.



Ashfield Friday 6:30pm AFG is now in their new location. Ashfield Baptist Church Community Centre Cnr Holden & Norton Streets Ashfield. 6.30pm - 8.00pm. ZOOM is available. Group is in need of support so please feel free to join us in our new location.

NEW GROUPS

Please send registration forms for new groups to both AGSO (office@al-anon.org.au) and the NSW Area Group Records Coordinator (snsw.records@gmail.com).



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-snsnw.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).



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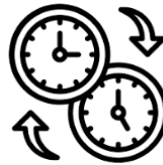


FUNDRAISING SUGGESTIONS FOR GROUPS TO SEND THEIR GRs TO ASSEMBLY

- Passing the basket twice
- 'Bring and Buy'
- Picnic in the park
- Soup night with suggested donation
- Guest speaker meeting with suggested donation.



MEETING CHANGES



Please send updates to existing groups/meetings (time, venue etc) to our Area Group Records Coordinator (snsw.records@gmail.com). 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). If you have an urgent meeting change email office@al-anon-snsnw.org.au with details as well as the GRC. Please do not email AGSO direct.



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 AT FEBRUARY 2024

DISTRICT	DAY	TIME	SUBURB	FINANCIAL CODE	TRANSACTION TYPE
Illawarra	Monday	1.30pm	Riverwood	RivMon130pm	Don OR Lit OR AssEE OR ZoomEE OR ConfEE 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	District Meeting	InaTue8pm	
	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	
Elouera	Sunday	10.30am	Rozelle F2F	RozSun1030amF	
	Sunday	10.30am	Rozelle Zoom	RozSun1030amZ	
	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		
Byamee	Friday	10am	Bondi Junction	BonFri10am	
	Friday	7pm	Botany	BotFri7pm	
	Monday	7pm	Wollongong	WoiMon7pm	
	Tuesday	1pm	Bundanoon	BunTue1pm	
	Friday	7pm	Bulli	BulFri7pm	
Far South Coast	Saturday	2.30pm	Albion Park Rail	AlbSat230pm	
	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	7.30pm	Nowra	NowWed730pm	
	Thursday	10am	Huskisson	HusThu10am	
South West NSW	Thursday	1pm	Ulladulla	UllThu1pm	
	Thursday	5pm	Merimbula	MerThu5pm	
	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	