



NEWSLETTER – SEPTEMBER 2024

Southern NSW Area: Suite 204, 208 Forest Road, Hurstville 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 OCTOBER issue is:
20TH SEPTEMBER 2024**

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

LIS, Tanya V
Newsletter Coordinator.

SECURITY IN ZOOM MEETINGS

Some of our Zoom groups have recently been trolled. It is important for all members and particularly newcomers that our meetings are safe spaces. A host protects the safety of a meeting by removing trolls from the meeting or, as a last resort, closing the meeting for all. Zoom provides a series of numbers called a 'host key' for each meeting. This code is entered to claim the position of host for the duration of the meeting. The code can be shared amongst regular meeting members who are willing and able to fill this important service position. Please keep the host key confidential, do not share in WhatsApp groups but only 1 to 1. To access our SNSW Area Zoom Protocols and Guidelines go to <https://al-anon.org.au/southern-new-south-wales/>.

STEP NINE

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION NINE

Al-Anon Twelfth Step work should remain forever non-professional, but our services centers may employ special workers.

CONCEPT NINE

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

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

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-snsw.org.au with details as well as the Group Records Co-ordinator. Please do not email AGSO direct. This enables us to maintain consistency between Area and AGSO records. Thank you for your assistance with this important service to members and newcomers.

GROUP NEWS

NEW MEETING Wednesday 7.30pm Zoom The Let it Begin with Me (Sydney) AFG is now registered in Southern NSW. Zoom ID: +61 2 8015 6011; PW: 849 566 32724. This is a 1.5 hour meeting with a weekly theme and strong recovery.

TRADITION SEVEN

The idea of self-support found in Tradition Seven is essential in Al-Anon. It works within our personal lives, and it works within our groups, Areas, and world service. Although there are no dues or fees for membership. Al-Anon is a self-supporting program. Because we accept no outside funding, as members we are asked to participate in supporting our own groups as well as Al-Anon world services by contributing what we can. As we give, we gain a greater sense of belonging and responsibility for the health of our own group. Each group is urged to take responsibility for its own well-being. Basic to this is to be financially self-supporting. Even the most well-meaning offers of monetary support from outside Al-Anon can adversely affect our groups. By taking care of our own needs, we can remain free from outside influence. Read more about Tradition Seven in *How Al-Anon Works for Families & Friends of Alcoholics*, p115-116.

CONVENTION 2025 NEWS!

AL-ANON CONVENTION 25 FUNDRAISING EVENT

To celebrate the upcoming AA National Convention with Al-Anon and Alateen Participation in Sydney 2025, please join the Southern NSW Area to a taster (preview) of the Convention at our online Fundraising event.

Save the Date!

Sunday 13 October from 2- 4 pm. Guest speakers and fellowship.

The program will include wonderful Al-Anon and Alateen speakers from around Australia, as well as an AA guest speaker. If you don't have Zoom we will be providing you with a conference call option. We suggest a donation of \$10 to go towards our expenses for the Convention.

To Donate:

EFT

Al-Anon Family Groups Southern NSW Area Inc, CBA

BSB: 062-000

Account Number: 0092 0770. Please put the group financial code with "ConvDon" at the end in the Transaction Reference section.

If you are unable to attend the Zoom event, consider donating anyway.

Spread the word and help make this
afternoon a success!

VOLUNTEERING

If you are keen to get involved with the Al-Anon & Alateen Convention preparations or the event itself, you can do so in many ways:

½ a day volunteering at the Convention itself...right up to all 4 days

Helping to set up and or pack up at the Hilton

Pre-prepping meeting packs / packing merch

Helping with Public Information

- being on a Subcommittee or the Committee during the countdown to the Convention less than 40 weeks away.

Note: to volunteer at the Convention on the event days, a volunteer must have purchased a ticket to enter the Convention.

Please use this form to indicate availability to Volunteer <https://forms.office.com/r/kjvJkHAtQf>

LITERATURE CORNER



The *Australian Service Handbook* is an important service tool.

It used to be provided to GRs and Area members in hard copy but is now available for free download on the Al-Anon Australia website:

<https://alanon.org.au/free-downloads/>

ELECTION ASSEMBLY SAT NOVEMBER 9 SAVE THE DATE

Our Election Assembly will be held on Zoom on Saturday November 9, from 9,30am-4pm. The Election Assembly is held every three years to elect members to positions in the Area Service Committee.

In preparation for the Assembly, Groups should elect a new GR if your current GR has served a full three year term. If your GR has held the position for less than three years then they can remain in the role.

It is important that as many Groups as possible send either a GR or an Alternative GR to the online Assembly so we have as many Groups as possible participating in electing the new committee.

Descriptions of all the Service Committee positions will be made available in the lead up to the Assembly. Members can nominate themselves or nominate someone else for the positions.

If you have any questions, email the Area Office: office@al-anon.org.au



The National Helpline number is
1300 Al-Anon (1300 252 666).

For everyday enquiries, contact the Area office on (02) 9570 3422

SHARING IMAGES OF CAL ONLINE IS A BREACH OF COPYRIGHT

Now that social media and chat groups are an integral part of our meetings, it is important to remember that Conference Approved Literature (CAL) is under copyright and that sharing photos or scans of Al-Anon literature on social media platforms is a breach of copyright. Screenshots or printouts can be shared and discussed during one meeting. Screen-sharing some CAL material during a Zoom meeting is permitted as the material isn't permanently stored. The suggested Welcome, Closing and Preamble to the Twelve Steps, the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service as well as our newsletter can be permanently posted as these are *not* under copyright. The copyright on CAL is held by the World Service Office (WSO) in the USA. WSO has a legal committee which follows up on breaches of copyright in the use of CAL and the Al-Anon logo. They do this as distributing copies of CAL to members makes it less likely that members will purchase their own books, and Al-Anon, both here and in the USA is very dependent on the proceeds of literature sales to fund services provided to Groups. You can help maintain the integrity and financial viability of our Fellowship by refraining from posting copyrighted material.

FROM PIONEERS TO

80 YEARS

and we're celebrating!



Join us for the 59th Australian National Convention of Alcoholics Anonymous hosted in Sydney at:

The Sydney Town Hall & the Sydney Hilton
Friday 18 April – Monday 21 April 2025

Full 4 Day Program
 Steps workshops • Special interest meetings
 Guest speakers • Australian history • Dinner dance

REGISTRATION

Early Bird – Full Weekend (4 days): \$165
 Book before 31/10/2024

Full Weekend (4 days): \$195
 Hilton Dinner, Dance & Band: \$175
 Town Hall Unity Dance: \$65
 Day Rate: \$65/day
 Twilight Harbour Cruise: Details and pricing to come
 Alateen: Free (register on website)
 Concessional: Rates available (see website)

For registration and further information please visit our website and follow us on facebook!

aanatcon2025.com.au

AL-ANON FAR SOUTH COAST DISTRICT Birthday Bash

THE FAMILY DISEASE
Keep coming back

OCTOBER 19/20th 2024

Venue: Nelligen Anglican Church
 15 Braidwood St, Nelligen



Saturday 9am registration and welcome cuppa. Meeting starts 10am
 Lunch and Mystery Dutch Auction 11.30 - 1.30
 Afternoon meeting 1.30-3.00
 Late afternoon meeting 3.30 - 4.30
 Dinner 5.30
 Talent quest 7.30 followed by supper
 Sunday Breakfast 8.30 followed by Spiritual Concepts Meeting 10am

Weekend Registration including
 Saturday Lunch, Dinner and
 Sunday Breakfast \$30
 Deposit into Far South Coast Al-Anon Family Group
 BSB 062575 A/C 10094637 code Birthday

For registration and inquires
fscbirthdaybash@gmail.com

Accommodation: Big 4 Caravan Park Nelligen 02 44781076

National Alateen Open meeting

When?

Saturday 31st August 3pm (AEST) via zoom

Who is it for?

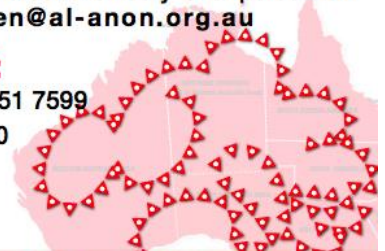
- ▲ If you are a teen and want to check out what an Alateen meeting is all about
 - ▲ If you are interested in bringing your children to Alateen,
 - ▲ If you want to know more about Alateen,
 - ▲ If you are interested in becoming an Alateen Sponsor,
 - ▲ If you want to know how you can support the growth of Alateen ...
- ...Then this is the event for you!!!

Any questions can be directed to Veronica A., the Australian Alateen Advisory Chairperson on alateen@al-anon.org.au

Zoom Link:

Meeting ID: 962 251 7599

Passcode: 707070



Al-Anon/Alateen Family Groups Australia

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 OR Conv Don
	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	Inner West	InnTue8pm	
	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	Ersleville	ErsSat930amF	
	Saturday	9.30am	Ersleville	ErsSat930amZ	
	Saturday	2.30pm	Sydenham	SydSat230pm	
Elouera	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	
	Friday	10am	Bondi Junction	BonFri10am	
	Friday	7pm	Botany	BotFri7pm	
Byamee	Monday	7pm	Wollongong	WolMon7pm	
	Tuesday	1pm	Bundanoon	BunTue1pm	
	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	5pm	Bega	BegTue5pm	
	Wednesday	10.30am	Merimbula	MerWed1030am	
	Wednesday	7.30pm	Nowra	NowWed730pm	
	Thursday	10am	Huskisson	HusThu10am	
	Thursday	1pm	Ulladulla	UllThu1pm	
	Thursday	5pm	Merimbula	MerThu5pm	
South West NSW	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	