



NEWSLETTER – MARCH 2025

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 APRIL issue is: 20TH MARCH 2025

Please email your notice(s) to the Newsletter Editor at:

newsletter@al-anon-snsw.org.au

LIS, Jess T.

Newsletter Coordinator.

HOW TO SUBSCRIBE TO THE NEWSLETTER

If you wish to receive our Area Newsletter, please email the editor at



newsletter@al-anon-snsw.org.au.

If for any reason you are unable to receive the newsletter by email, please advise the office on 9570 3422 (voicemails returned Tuesdays) or email: office@al-anon-snsw.org.au and we can arrange postage.



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

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION THREE

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend

CONCEPT THREE

The right of decision makes effective leadership possible.

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

GROUP NEWS

SATURDAY 2.30 PM ALBION PARK RAIL

27th Birthday Meeting will be held Saturday 12th April, 2.30-4.00 pm at Albion Park Rail Community Centre in Ash St.



THURSDAY 6 PM DULWICH HILL



Call for members to support this meeting. Face to face fellowship 6 - 7.30 pm at Seaview St. Hall. 14 Seaview St, Dulwich Hill. All welcome, literature available for purchase.

FAR SOUTH COAST BIRTHDAY WEEKEND

Though the Far South Coast birthday weekend is still a long way off (18-19 October), local (Nelligen, Bateman's Bay) accommodation does tend to get booked out early, so if you're planning on coming consider booking early.



MEETING CHANGES

The position of Group Records Coordinator has now been absorbed back into the Area Office. Please send all updates to existing groups/meetings (time, venue etc.) to office@al-anon-snsw.org.au. 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). 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.

DETACH – Don't Even Think About Changing Him/Her



LOVE – Let Others Voluntarily Evolve

PLEASE CONSIDER BECOMING AN ALATEEN SPONSOR

Weekly Alateen Zoom meetings are happening in Eastern Standard Time and Eastern Summer Time. This is a great opportunity for Alateen sponsors to not only be of service to these meetings but to get creative about ways Alateen could be further developed to reflect our changing society.



There is the possibility of pop-up face-to-face meetings, hybrid meetings, and Alateen meetings at events. Organisers of the Far South Coast birthday celebration at Nelligen are hopeful that an Alateen meeting will happen as part of the weekend in October.

The Alateen sponsor registration process is straightforward, and assistance is available from Emma, the Alateen Processing Person (APP), and Gail, the Alateen Area Coordinator.

Applicants need to have a valid [Working With Children Check NSW](#) (or [Working With Vulnerable People Card ACT](#)).

Once you have this, Emma can supply further forms to be filled out by yourself and your home group. These are returned to Emma for review and an interview will be organised. This is the final step in the registration process.

If you are interested in applying or want more information please contact Gail, Southern Area Alateen Coordinator on:
0404 476 917 bug_ngget@yahoo.com.au

PUBLIC LIABILITY INSURANCE CERTIFICATE

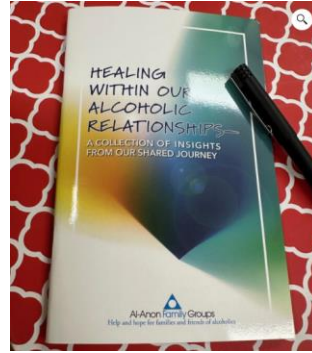
Our new public liability insurance certificate, current from 1 November 2024 - 1 November 2025, is now available on the Al-Anon Australia website, under member services: <https://al-anon.org.au/wp-content/uploads/2024/12/snsw-public-liability-2024-2025.pdf>. This is sometimes needed to secure or renew venue bookings.

LITERATURE CORNER

P95 — Healing within Our Alcoholic Relationships — A Collection of Insights from Our Shared Journey



The latest addition to our Conference Approved Literature (CAL) is an A-



5-sized, 48-page booklet titled *Healing within Our Alcoholic Relationships—A Collection of Insights from Our Shared Journey* (P-95). This powerful collection shares brief nuggets of insight and inspiration mined from decades of member experience, adapted from *The Dilemma of the Alcoholic Marriage* (B-4) and other Al-Anon literature on relationships. Ideal for newcomers or anyone who wants to get back to basics with some “Instant Al-Anon.”

AUSTRALIAN SERVICE CONFERENCE EQUALISED EXPENSES

In preparation for sending our SNSW Area Delegate to the Australian Service Conference in May 2025, we have determined the equalised expenses for each group. Please send **\$32** to the Area bank account below, and in the transaction reference be sure to use the financial codes for your group as listed on the last page of this Newsletter. Be sure to add "Conf EE" 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

CONVENTION 2025 NEWS!

PICNIC IN THE PARK SUNDAY 23 MARCH

Please join us for a day of fun and fellowship and help us raise funds for the 2025 AA National Convention with Al-Anon and Alateen Participation at the Royal Botanic Garden at Circular Quay. Bring a plate to share and your favourite Al-Anon reading and have the chance to connect with other members in the fellowship. Whether you are a long time member or a newcomer, this event promises to be a wonderful opportunity to share experiences and connection.

Don't forget to bring your picnic blanket! We look forward to seeing you there.

For more details see event flyer below:



THE AL-ANON AND ALATEEN PROGRAM

The Al-Anon and Alateen program will be online soon on the AA website. It will contain all the meetings, workshops and other notable events such as Alateen meetings, a parent meeting and a spiritual concepts meeting over the 4 days. Please check out: <https://aanatcon2025.com.au/> in the coming weeks to view our Program.

CONVENTION ONLINE SPEAKER MEETING FUNDRAISER SUNDAY 6 APRIL

Come along to our final Convention online speaker meeting to hear experience strength and hope from our Al-Anon members along with an Alateen Speaker and an AA Speaker.

A special thank you to our members who attended and contributed to the February Speaker meeting.

THE SOUTHERN NSW AREA AL-ANON FAMILY GROUPS

Invite you to a Fundraiser for the 2025 National AA Convention with Al-Anon and Alateen Participation

AL-ANON SPEAKER MEETING

WITH ALATEEN & AA SPEAKERS

SUNDAY 6 APRIL
2PM - 4PM AEST

ZOOM ID: 883 4181 3814

PASSCODE: 309055



Suggested \$10 donation

Al-Anon Family Groups Southern NSW Area Inc.
Bank: CBA BSB: 062-498 Account Number: 1112 4924
Financial code "ConvDon"

ONLINE RAFFLE CONVENTION 2025

The Al-Anon Host Planning Committee is excited to announce an online fundraiser for the Convention with a big thank you to members from our Area who are generously donating a number of prizes. Please access the QR code which will take you to the site. More prizes will be added as they come to hand so keep checking in to see what's new!



REGISTERING FOR THE CONVENTION

If you are still thinking about registering for the Convention do visit <https://aanatcon2025.com.au/>. You won't regret 4 days of inspiring meetings, fun and wonderful fellowship in beautiful Sydney!

GROUP FINANCIAL CODES AS AT FEBRUARY 2025

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 AlAnon 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 selfsupporting. This keeps AlAnon 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

DISTRICT	DAY	TIME	SUBURB	FINANCIAL CODE	TRANSACTION TYPE
Illawarra	Monday	1.30pm	Riverwood	RivMon130pm	
	Monday	6.30pm	Riverwood	RivMon630pm	
	Monday	7pm	Caringbah	CarMon7pm	
	Wednesday	7.30pm	Kogarah	KogWed730pm	
Waratah	Wednesday	7.30pm	Sydney	SydWed730pm	
	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	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	WolMon7pm	
	Tuesday	1pm	Bundanoon	BunTue1pm	
Far South Coast	Friday	7pm	Bulli	BulFri7pm	
	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	
Monaro	Monday	7pm	Leeton	LeeMon7pm	
	Wednesday	5.15pm	Wagga Wagga	WagWed515pm	
	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		

Don
OR
Lit
OR
AssEE
OR
ZoomEE
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