



NEWSLETTER – APRIL 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 MAY issue is:
20TH APRIL 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.

GROUP NEWS

FRIDAY 7 PM BULLI

The Bulli Friday 7pm online meeting has closed. For alternative meetings to attend on a Friday evening see: <https://al-anon.org.au/meetings/>

STEP FOUR

Made a searching and moral inventory of ourselves.

TRADITION FOUR

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

CONCEPT FOUR

Participation is the key to harmony.

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

GROUP NEWS CONTINUED

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.



WEDNESDAY 7.30 PM SYDNEY LET IT BEGIN WITH ME

5th Anniversary online meeting with Al-Anon guest speaker. Wednesday 4 June 7.30pm AEST. All welcome.



Zoom ID: 83964121198
Passcode: 205605

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.

FAR SOUTH COAST BIRTHDAY WEEKEND

Held 18-19 October, Old Court House in the beautiful village of Nelligen on the Clyde River just inland from Bateman's Bay. A weekend of meetings and fellowship fully catered from Saturday morning tea to Sunday bacon and eggs.

Cost: \$30

Local accommodation tends to get booked out early so best to book soon. Billeting is also available.

Register/enquires: 0427 498 918
fscbirthdaybash@gmail.com



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

AUSTRALIAN SERVICE CONFERENCE

The Friday night session of the Australian Service Conference was trialled as a hybrid session last year and it was an overwhelming success.

Al-Anon members are welcome to attend the Friday night session this year – see flyer below for zoom meeting details.

Come along and support your Area Delegate.



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

LITERATURE CORNER

FORUM FAVOURITES

These small pamphlets are collections of pertinent editorials originally published in Al-Anon's *The Forum* magazine. Topics include *Growing up with Alcoholism* (R-11, R-13 - see photo above), *Parents of Alcoholics* (R-18), *Al-Anon and Counselling* (R-51), *Men in Al-Anon* (R-15), *A Teacher finds Guidance in Al-Anon* (R-2), *Domestic Violence* (R-64). Available under Reprints in the Literature section of the website. Price \$0.50/item (new pricelist).



UPDATED LITERATURE PRICE LIST

The updated prices have also been uploaded to the Members section of the website (Southern NSW). We endeavour to keep prices as low as possible. However, we've had to increase postage and handling costs to cover Australia Post charges. Some book prices have been increased in line with other Areas and smaller items rounded up. Contact literature@al-anon-snsw.org.au with any queries. All proceeds from literature sales go to supporting the Al-Anon fellowship. See over page for full updated literature price list.



HALT

If you're...Hungry, Angry, Lonely, Tired

WAIT

Why Am I Talking?

FAITH

Finding Answers In The Heart



UPDATED LITERATURE PRICE LIST

SOUTHERN NSW AREA INC. Suite 204, 208 Forrest Rd, Hurstville NSW 2220 Phone (02) 9570 3422/ 9573400 Email: office@al-anon-nsw.org.au Conference Approved Literature (CAL) & Other Materials Price List / Order Form					TAX INVOICE ABN: 87 226 389 880				
March 2025 page 1 of 2					Name: _____ Date: _____				
BOOKS	Item	Price	Qty	Cost	READING FOR RECOVERY	Item	Price	Qty	Cost
Alateen - Hope for Children of Alcoholics	B-3	20.00			Blueprint for Progress <i>(revised)</i>	P-91	16.00		
Dilemma of the Alcoholic Marriage	B-4	23.00			Reaching for Personal Freedom	P-92	24.00		
Al-Anon Family Groups Classic edition	B-5	30.00			Paths to Recovery <i>(workbook)</i>	P-93	27.00		
One Day At A Time	B-6	30.00			Hope & Understanding for Parents & Grandparents	P-94	2.00		
Lois Remembers	B-7	30.00			Healing within our Alcoholic Relationships	P-95	10.00		
Al-Anon's Twelve & Twelve	B-8	27.00			UNITY AND SERVICE				
Alateen A Day At A Time	B-10	23.00			Australian Service Handbook	X-1	7.00		
As We Understood	B-11	28.00			Al-Anon/Alateen Service Manual	P-24/27	16.00		
One Day At A Time (large print)	B-14	36.00			Guide for Sponsors of Alateen Gps	P-29	0.60		
In All Our Affairs	B-15	27.00			Sponsorship, What It's All About	P-31	1.00		
Courage To Change	B-16	30.00			This Is Al-Anon	P-32	1.00		
Courage To Change (large print)	B-17	38.00			Why Is Al-Anon Anonymous?	P-33	1.00		
From Survival To Recovery	B-21	35.00			Why CAL	P-35	0.80		
How Al-Anon Works <i>(soft cover)</i>	B-22	25.00			The Concepts: Al-Anon's Best Kept Secret	P-57	2.50		
Courage To Be Me (Alateen)	B-23	27.00			Service Sponsorship	P-88	1.20		
Paths to Recovery	B-24	35.00			PUBLIC INFORMATION & INSTITUTIONS ACTIVITIES				
Living Today in Alateen	B-26	27.00			Unhappy House Bookmark	M-76	Free		
Hope for Today	B-27	30.00			Al-Anon Fact File	P-36	0.80		
Hope for Today (large print)	B-28	36.00			Facts About Alateen	P-41	0.50		
Opening Our Hearts, Transforming	B-29	28.00			What Happens After Treatment	P-81	0.60		
Discovering our Choices	B-30	32.00			Living in a Shelter	P-82	0.60		
Many Voices, One Journey	B-31	15.00			Doubting Your Sanity	P-89	0.50		
NEW Intimacy in Alcoholic Relationships	B-33	28.00			Fact Sheet For Professionals	S-37	0.50		
A Little Time for Myself	B-34	30.00			Welcome People of Colour	S-68	0.50		
Sharing from the Heart	BX-1	N.F.S.			Al-Anon is For Adult Children	S-69	0.70		
Total Books:			0	\$ -	Families Facing Alcoholism	PI-01	2.00		
					How-To-Do-It-ServiceTool Guide for P.I.	PI-02	Free		
READING FOR RECOVERY					SPECIAL ITEMS / SUPPLEMENTARY MATERIALS				
Al-Anon Is For Men	P-1	1.00			Are You Concerned About...?	M-1	0.20		
Al-Anon, You and the Alcoholic	P-2	1.00			Wallet Card (Al-Anon Basic Program)	M-7	0.80		
A Merry-Go-Round Named Denial	P-3	1.50			Declaration card, Let It begin With Me	M-8	0.50		
Alcoholism, The Family Disease	P-4	2.00			Do's and Don'ts, Alateen	M-9	0.60		
Alc The Family Disease <i>(large print)</i>	P-4L	7.00			Just For Today card, Al-Anon	M-10	0.80		
Blueprint for Progress	P-5	12.00			Just For Today card, Alateen	M-11	0.80		
Freedom From Despair	P-6	0.50			Just For Today card, Al-Anon <i>(bookmark)</i>	M-12	0.80		
Guide for the Family of the Alcoholic	P-7	1.00			Just For Today card, Alateen <i>(bookmark)</i>	M-13	0.80		
How Can I Help My Children?	P-9	2.50			Alateen Program Card	M-18	0.80		
Purpose and Suggestions	P-13	0.50			Serenity Prayer Card	M-26	0.50		
So You Love An Alcoholic	P-14	0.50			Al-Anon/Alateen Is/Is Not <i>(bookmark)</i>	M-44	1.50		
Three Views of Al-Anon	P-15	0.80			Sponsorship - Working Together	M-78	0.80		
To the Parents of an Alcoholic	P-16	2.50			Just For Tonight Al-Anon <i>(bookmark)</i>	M-81	0.80		
Twelve Steps and Traditions	P-17	2.50			Just For Tonight Alateen <i>(bookmark)</i>	M-82	0.80		
Twelve Steps and Traditions, Alateen	P-18	2.50			ITEMS PRODUCED IN AUSTRALIA				
What Do You Do About Alc's Drinking?	P-19	0.80			Serenity Prayer for Framing	X-2	2.50		
Youth and the Alcoholic Parent	P-21	1.50			Twelve Steps Banner	X-3	40.00		
If Your Parents Drink Too Much	P-22	1.50			Twelve Traditions Banner, Al-Anon	X-4	40.00		
Al-Anon Focus	P-45	1.00			Slogans Banner	X-6	30.00		
Al-Anon Sharing from Adult Children	P-47	2.00			Alateen P.I. Wallet Card	X-11	0.50		
Understanding Ourselves and Alcoholism	P-48	0.50			Al-Anon P.I. Wallet Card	X-12	0.50		
Living With Sobriety: Another Beginning	P-49	10.00			A Brief History of Australian Al-Anon and Alateen	X-14	0.50		
Al-Anon Spoken Here	P-53	1.00			Alateen <i>(table card)</i>	X-15	3.50		
Moving On—Alateen to Al-Anon	P-59	1.50			Keep The Focus on Al-Anon <i>(table card)</i>	X-16	3.50		
Al-Anon's 12 Traditions, Illustrated	P-60	2.50			P.I. Calendar for Groups	X-18	13.00		
Does She Drink Too Much?	P-62	1.00			Welcome Aust Indigenous People	X-20	Free		
Alateen's 4th Step Inventory	P-64	12.00			Seventh Tradition	X-21	0.50		
Alateen Shares with Adults	P-67	1.00			Keep The Focus on Al-Anon <i>(table card)</i>	X-24	3.50		
Alateen Talks Back on Acceptance	P-68	6.00			SPECIAL ITEMS / SUPPLEMENTARY				
Alateen Talks Back on Serenity	P-69	6.00			Information for the Newcomer	S-4	0.50		
Alateen Talks Back on Slogans	P-70	6.00			Questionnaire Al-Anon Step 4 <i>(A4 sheet)</i>	S-5	0.50		
Alateen Talks Back on Detachment	P-73	6.00			Alateen 10th Step <i>(A4 sheet)</i>	S-6	0.50		
When I Got Busy, I Got Better	P-78	12.00			Anonymity <i>(table card)</i>	S-9	1.00		
Column 1 Total =					Column 2 Total =				

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/afgnsww> or use EFT details above *(use your Group Financial Code)*

UPDATED LITERATURE PRICE LIST CONTINUED

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					Name:																		
					Date:																		
SPECIAL ITEMS / SUPPLEMENTARY	Item	Price	Qty	Cost	March 2025	page 2 of 2																	
Are You Troubled By Someone's Drinking?	S-17	0.20			PREPAID ORDERS ONLY PLEASE PLEASE identify your payment with the Name and 'LIT' <div style="text-align: right;"> COLUMN 1 TOTAL COLUMN 2 TOTAL COLUMN 3 TOTAL SUB-TOTAL _____ HANDLING FEE _____ GRAND TOTAL _____ GRAND TOTAL _____ </div>																		
Detachment	S-19	0.20																					
Has Your Life Been Affected By....	S-20	0.20																					
Al-Anon Spoken Here (table card)	S-24	4.00																					
Did You Grow Up With A Problem Drin..?	S-25	0.20																					
Alateen Sponsorship, Is It For You?	S-27	0.60																					
Links of Service	S-28	0.60																					
Guide for members in Public Outreach	S-40	0.60																					
Joy of Service	S-57	0.50																					
Information for Educators	S-64	0.50																					
Alcoholics, Families, Judicial System	S-65	0.50																					
Conflict Resolution	S-71	1.80																					
Using Traditions in Conflict Resolution	S-72	6.00																					
Talk to Each Other	S-73	6.00																					
Conflict Resolution Kit S-71, S-72, S-73	K-17	12.00																					
POSTERS							Handing Fee for Literature Sales Up To: <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">\$20</td> <td style="width: 10%;">=</td> <td style="width: 30%;">\$7.00</td> </tr> <tr> <td>\$20—\$50</td> <td>=</td> <td>\$13.00</td> </tr> <tr> <td>\$50—\$100</td> <td>=</td> <td>\$15.00</td> </tr> <tr> <td>\$100—\$200</td> <td>=</td> <td>\$20.00</td> </tr> <tr> <td>over \$200</td> <td>=</td> <td>\$25.00</td> </tr> </table>		\$20	=	\$7.00	\$20—\$50	=	\$13.00	\$50—\$100	=	\$15.00	\$100—\$200	=	\$20.00	over \$200	=	\$25.00
\$20	=	\$7.00																					
\$20—\$50	=	\$13.00																					
\$50—\$100	=	\$15.00																					
\$100—\$200	=	\$20.00																					
over \$200	=	\$25.00																					
Mini poster, Woman, 140X180mm	M-22	0.50																					
Small poster, Alc Can Tear A Family... (A5)	M-34	0.70																					
Small poster, You Don't Have to Drink... (A5)	M-36	0.70																					
Small poster, Alcoholism Shatters Lives (A5)	MX-1	0.70																					
Poster - Alateen (A4)	MX-2	0.70																					
"Weeping Woman" (A4)	MX-3	1.00																					
FORUM REPRINTS					Please complete the following details: Group Name: _____ Send to name (include surname): _____ Address: _____ Postcode: _____ Phone, email contact info.: _____ DIRECT DEPOSIT PAYMENTS: Al-Anon Family Groups CBA BSB: 062-000 Account: 0092 0770 Reference to use when payment is from a Group: "For Lit" Any additional instructions: _____ Please note all Guidelines are available on the Al-Anon Australia website: https://al-anon.org.au/member-resources																		
A Teacher Finds Guidance In Al-Anon	R-2	0.40																					
Growing Up With Alcoholism	R-11	0.40																					
Growing Up With Alcoholism, Part II	R-13	0.40																					
Men In Al-Anon	R-15	0.40																					
Sponsorship	R-16	0.40																					
Turning Points	R-17	0.40																					
Parents of Alcoholics	R-18	0.40																					
Al-Anon and Counselling	R-51	0.40																					
The Open Fold - Adult Children of Alcoholics	R-55	0.40																					
Have You Tried Al-Anon, Doctor?	R-57	0.40																					
Living with a Time Bomb	R-63	0.40																					
Domestic Violence	R-64	0.40																					
Light For the Journey	R-65	0.40																					
Column 3 Total =																							
Available for download from WSO website:					PREPAID ORDERS ONLY, PLEASE																		
Al-Anon's Cofounders: https://al-anon.org/pdf/P87.pdf				P87																			
Digital Audio Files, available to download from the Members section of the AGSO website																							
Digital Audio from: https://al-anon.org.au/member-resources				CSA08																			
Radio CSA 08 Track 8 Al-Anon 2				CSA08																			
Radio CSA 07 Track 7 Al-Anon 1				CSA07																			
Radio CSA 06 Track 6 Adult Child 3				CSA06																			
Radio CSA 05 Track 5 Adult Child 2				CSA05																			
Radio CSA 04 Track 4 Adult Child 1				CSA04																			
Radio CSA 03 Track 3 Alateen female voice				CSA03																			
Radio CSA 02 Track 2 Alateen male voice				CSA02																			
Radio CSA 01 Track 1 Alateen 1				CSA01																			
Letter of introduction Community Service Announcements (v.03) ...				CSA1tr																			
- with space for Area office contact information																							

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Website: www.al-anon.org.au/Username: Member/Password: afg

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 For donations, <https://www.givencow.com.au/afgsnsw> or use EFT details above (use your Group Financial Code)

CONVENTION 2025 NEWS!

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"

CONVENTION RAFFLE 2025

We are holding an online raffle with great prizes up for grabs. To purchase tickets (\$5) and help support Al-Anon Family Groups please access the code below. The raffle will be drawn on Monday 21 April at the Convention in Sydney.

Help us raise much needed funds for Al-Anon Family Groups to continue to provide support to family and friends of Alcoholics. We are self supporting through our own voluntary contributions.



ALATEEN SPONSORS AT THE AA NATIONAL CONVENTION 2025

Calling all registered Alateen Sponsors!

Convention 2025 Meetings and Workshops will be held over the convention weekend in Sydney at Easter time. We need Alateen sponsors who are registered (with a Sponsor ID card) and have a current relevant Safety Check to sponsor a meeting at the Convention by keeping the meeting safe and to support and encourage Alateens. Each meeting will have two Alateen Sponsors in attendance.

As an Alateen Sponsor you will have already registered or are intending to register for the AA National Convention. To indicate your participation in this service please read the Alateen Sponsor Information on [the form](#) and submit prior to 4 April 2025. There is provision if you are unable to reply by this date to contact Gail W, the Southern NSW Area Alateen Coordinator when you are able. Contact details are on [the form](#).

CONVENTION REGISTRATION AT THE SYDNEY TOWN HALL

It's not too late to register for the Convention. You can register for one day or all four days. For more information please see the registration page at [AA Australia National Convention 2025 Sydney – 18-21 April 2025](#)

REMINDER:

- You will first need to **register at the Sydney Town Hall**.
- All Al-Anon and Alateen meetings will be held at the Sydney Hilton Hotel which is a 5 minutes walk from the Sydney Town Hall.
- If you have already registered online you will also need to attend the Sydney Town Hall to collect your registration documents before attending meetings at the Sydney Hilton Hotel.
- There is no registration desk at the Sydney Hilton Hotel.

MEETINGS AND WORKSHOPS

The Al-Anon and Alateen Program includes meetings and workshops on the following topics:

- Intimacy and the Alcoholic Relationship Workshop
- Detachment, Love and Forgiveness Meeting
- Parents of Alcoholics Meeting
- Adult Children Meetings
- Spiritual Concepts Meeting

Plus so much more! Watch out for the full program coming soon to the AA website. Come and join us at the Convention to find hope and inspiration in the experience of others recovering from the disease of alcoholism. Learn about how Al-Anon works and gain tools to navigate everyday life challenges and situations. Experience support, learn coping skills and understand the principles of the program. The Convention is a wonderful opportunity for growth, fellowship and connection.

Phone Al-Anon Australia-wide (cost of local call): 1300 ALANON – 1300 252 666

Website: www.al-anon.org.au/Username: Member/Password: afg

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For donations, <https://www.givenow.com.au/afgsnsw> or use EFT details above (use your Group Financial Code)

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		

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