SOUTHERN SERENITY

Al-Anon Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – MARCH 2026

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 2026
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 Wednesdays) 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.

MEETING CHANGES

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.

GROUP NEWS

KINGSTON ACT TUESDAY

The Northside Beginners meeting is changing time and location on Tuesday 3 March and will now be called Tuesday Courage to Change.
The meeting will run from 5.30 pm to 6.30 pm in the Greening Room (access through the Church), Canberra Baptist Church, Currie Crescent, Kingston. The meeting continues to be a hybrid face to face and free conference call meeting.

ALBION PARK RAIL SATURDAY 2.30 PM

28th birthday meeting will be held Saturday 11 April from 2.30 pm to 4.00 pm at Albion Park Rail Community Centre in Ash Street. All welcome.

AREA SERVICE VACANCY

There is a vacancy on the Area Service Committee for the position of Public Information Coordinator.
This is a very rewarding service position, and an important service role for us to attempt to fill.
If you think you might be interested, and would like to know more about what the role entails, please contact Rebecca at AreaChair@Al-Anon-snsw.org.au

NATIONAL CONVENTION 2026 AL-ANON FUNDRAISER

Online Zoom meeting on Sunday 29 March from 5 pm to 6.30 pm.
Theme: Looking after Ourselves

Meeting ID: 872 8769 3230
Passcode: 625 975

For more information contact Hayley H on 0413 079 295

$10.00 donation
Account Name: Al-Anon Family Groups District One
BSB: 064 474
Acc No: 1096 2350
Reference: Fundraiser online

60TH NATIONAL CONVENTION OF AA WITH AL-ANON &ALATEEN PARTICIPATION

Have you registered for the Convention yet?
If you are planning on attending, please consider ticking the box to indicate that you are interested in volunteering. It is a great opportunity for service and fellowship. Training in the various roles will be provided at later date.
We'd love to see you on the Gold Coast, beautiful one day, perfect the next!

LITERATURE CORNER

B-16 Courage to Change (One Day at a Time in Al-Anon II)

Following on from Al-Anon's first daily reader, One Day at a Time, Courage to Change contains more daily inspiration from a fresh, diverse perspective. Insightful reflections and sharings reveal simple suggestions that can transform lives. $30.00 plus postage/handling. Go to al-anon.org.au to order or email literature@al-anon-snsw.org.au.

FAITH
Finding
Answers
In
The
Heart

EQUALISED ZOOM EXPENSES

Since 2020, Zoom has helped groups hold regular online and hybrid meetings. SNSW Area has now paid our Zoom license fee on behalf of our groups. If your group uses an Area Zoom license, please arrange a $47 payment to the Area bank account for 2026.

Include your Group's financial code in the transaction reference and add "ZoomEE" instead of "Don" to the end to identify it as a Zoom equalised expense. This covers the 2026 Area Zoom subscription, renewed annually each September.

SNSW Area Treasurer
AreaTreasurer@al-anon-snsw.org.au

PUBLIC INFORMATION CALENDAR

Wednesday 4 March is wordwide "Leave Hope Day" and March's public information focuses on **Public Places.**
This includes:

- Community Notice Boards in Supermarkets, Cafes, Bowling Alleys and Recreation Centres.
- Council Offices, Neighbourhood Houses.

Suggested Conference Approved Literature for March Public Places public information:

- M-76 Unhappy House (bookmarks)
- M-34 Alcholism Can Tear a Family…(posters)
- M-36 You Don't Have To Drink To…(posters)
- MX-1 Alcholism Shatters Lives (posters)
- X-11 Alateen P.I. Wallet Card
- Group/Area Tear-off Meeting Details

From P.I. Calendar for Electronic Meetings.

LOOKING FOR FELLOWSHIP EVENTS OUTSIDE SNSW?

You can find upcoming events on the Al-Anon Australia Events page : https://al-anon.org.au/events/. This page also links to each Area's local information and events for Members and Groups page where you can read their newsletter and find upcoming events.

FEAR
False
Evidence
Appearing
Real

AA NATIONAL CONVENTION 2026

1–4 MAY
GOLD COAST AUSTRALIA
Steps to Recovery

Join us for the **60th Australian National Convention** of **Alcoholics Anonymous**
with Al-Anon & Alateen participation
JW Marriott Hotel **Gold Coast** Queensland Australia
Friday 1 May – Monday 4 May 2026

TO REGISTER

Scan QR code for more information to register

Limited discounted Marriott rooms
Booking link at registration

Earlybird **SPECIAL**
REGISTER BEFORE 31 DEC 2025 & SAVE $20

facebook.com/groups/aanatcon26

Email infonatcon2026@aa.org.au
Or visit aanatcon2026.com.au

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 self-supporting. 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.

GROUP FINANCIAL CODES AS AT MARCH 2026

DISTRICT	DAY	TIME	SUBURB	FINANCIAL CODE		TRANSACTION TYPE
Illawarra	Monday	1.30pm	Riverwood	RivMon130pm		
	Monday	6.30pm	Riverwood	RivMon630pm		
	Monday	7pm	Cronulla	CroMon7pm		
	Wednesday	7.30pm	Kogarah	KogWed730pm		
Waratah	Wednesday	7.30pm	Sydney	SydWed730pm		
	Thursday	1.30pm	Strathfield	StrThu130pm		
	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		
	Sunday	10.30am	Rozelle F2F	RozSun1030amF		
	Sunday	10.30am	Rozelle Zoom	RozSun1030amZ		
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	7pm	Botany	BotFri7pm	+	*Don* OR *Lit* OR *AssEE* OR *ZoomEE* OR *ConfEE* OR *Conv Don*
Byamee	Monday	7pm	Wollongong	WolMon7pm		
	Tuesday	1pm	Bundanoon	BunTue1pm		
	Saturday	2.30pm	Albion Park Rail	AlbSat230pm		
Far South Coast	Monday	11.00am	Nowra	NowMon11am		
	Monday	12.15pm	Batemans Bay	BatMon1215pm		
	Monday	7pm	Berry	BerMon7pm		
	Tuesday	10am	Ulladulla	UllTue10am		
	Tuesday	5pm	Bega	BegTue5pm		
	Wednesday	10.30am	Merimbula	MerWed1030am		
	Wednesday	5pm	Moruya	MorWed5pm		
	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	MonMon1030am		
	Monday	7.30pm	Kingston	MonMon730pm		
	Tuesday	5.30pm	Kingston	MonTue530pm		
	Wednesday	7.30am	Zoom	MonWed730am		
	Thursday	12.30pm	Belconnen	MonThu1230pm		
	Thursday	5pm	Zoom	MonThu5pm		
	Friday	12pm	Civic	MonFri12pm		
	Saturday	8am	Braddon	MonSat8am		
	Saturday	3pm	Lyons	MonSat3pm		
	Sunday	9am	Zoom	MonSun9am		