SOUTHERN SERENITY

Al-Anon Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – JUNE 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 July issue is: 20TH June 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 SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

CONCEPT SIX

The Conference acknowledges the primary administrative responsibility of the Trustees.

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.

PREPARE FOR AREA ASSEMBLY & 75TH ANNIVERSARY CELBRATION

It's time to prepare for the annual SNSW Area Assembly!
This is an opportunity for Group Representatives (GRs) to hear the Delegate's Report from Conference, and committee updates, to vote on proposals, and to approve the budget for the coming year.

This year is extra special! Join us on Sunday at 11am for a celebration to mark 75 years of Al-Anon in Australia.
When: Saturday 27 – Sunday 28 June 2026
Where: Mittagong RSL, 148-150 Old Hume Highway, Mittagong or on-line
See back page for details on how to register and pay for Assembly.

NEW ALATEEN MEETING

An Alateen meeting is starting in Canberra from mid-June. The meeting will be held on Tuesdays from 5.30 pm to 6.30 pm in Kingston. Call the Monaro District helpline for more information and next steps on attending the meeting on 0410 037 881.

What is Alateen?
Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.

What does Alateen offer?
By attending meetings, young people gain an understanding of the illness and feel the benefits of realising they are not alone.
They learn that they did not cause the problem and they are not responsible for their relative's or friend's drinking or behaviour.
By sharing their experiences, they find solutions to their problems and hope for the future.

HELP US CELEBRATE 75 YEARS AT OUR AREA ASSEMBLY IN JUNE

At this year's Area Assembly we will mark Al-Anon's 75th Anniversary in Australia with a special celebration.
When: Sunday 28 June, 11am
Where: On Zoom and in the Room at Mittagong RSL Club
All members are welcome to attend, whether you are going to Assembly or not. Come to Mittagong for the day or join online.

We are looking for contributions for this special event.

Are you a long-term member with memories to share?

How long has your Group been meeting?

Do you have any anecdotes about members you knew who have passed away? Sponsors, dear friends, members who founded Groups?

Send your stories to:
archivesco-ordinator@al-anon.snsw.org.au

GROUP NEWS

ROZELLE WEDNESDAY 6 PM

You are invited to join in celebrating our 41st birthday on Wednesday 8 July from 6 pm to 7.30 pm. This meeting will include a guest speaker, Hilary, followed by fellowship. Please bring a plate. Held at the Hannaford Centre, 608 Darling Street, Rozelle on the corner of Nelson Street.

ASHFIELD FRIDAY 6.30 PM

All are welcome to join 28th anniversary celebration on Friday 7 August 6.30 pm held at Ashfield Baptist Church Centre, 19 Holden Street, Ashfield. This is opposite the Ashfield Baptist Church on the corner of Holden and Norton Street. Parking available off Norton Street. The Holden Street entry is pedestrian only.

FAR SOUTH COAST BIRTHDAY

Save the date for the Far South Coast 43rd Birthday Bash weekend at Nelligan, Saturday 17 – Sunday 18 October 2026. Details of registration will be provided in the July newsletter.

MONARO DISTRICT

Two meetings in the Monaro District have recently closed:
Monday Kingston 7.30pm (Adult Children) and Thursday 5pm Zoom Literature Study (Reaching for Personal Freedom). The service of members in both closed groups is valued and appreciated.

The Monday evening meeting started about 30 years ago. Many of our long-time Al-Anon members in Canberra have wonderful memories of the encouraging and inspiring fellowship in that group. The group started in the basement of St Christophers Church in Manuka and later moved to the Canberra Baptist Church in Kingston. For one member, it was the first meeting he ever attended in 1999. Another member remembers the display of Al-Anon books in a circle on the floor so that she could see the titles and come to recognise so many of our publications. A cuppa was always served and even the washing up was enjoyable. Another member re-joined the group after an inspiring chat with Stewart and Bill (shortly before Stewart's passing). During and after Covid, it was a phone-in meeting.

We acknowledge and appreciate the commitment of the Monday evening group's many trusted servants, particularly Stewart H, and all members who contributed to keeping this meeting active over many years.

WORLDWIDE FELLOWSHIP

Last year a visitor from Scotland came to some of Sydney meetings. They loved our homegrown Steps and Traditions banners and bought one of each for their home group. We've recently sent them a Concepts banner. The group is thrilled with their new banners and extend an invitation to anyone who might be visiting the west coast of Scotland:
Oban Area and Islands Wednesday 6.30-7.30pm Al-Anon Family Group.
Oban Baptist Church House (behind the hall), Albany St, Oban, Argyll & Bute.
Banners can be puchased from Al-Anon Australia website.

EQUALISED AUSTRALIAN SERVICE CONFERENCE EXPENSES

In preparation for sending our SNSW Area Delegate to the Australian Service Conference in May 2026, we have determined the equalised expenses for each group. Please arrange a **$21** payment to the Area bank account below. Include your Group's financial code in the transaction reference (see the last page of this newsletter for your code) and add "Conf EE" instead of "Don" to the end to identify the transaction as the Australian Service Conference equalised expense. 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
SNSW Area Treasurer
AreaTreasurer@al-anon-snsw.org.au

SERVICE OPPORTUNITIES

If you are interested in any of the service roles below, or more information, please contact Rebecca at AreaChair@Al-Anon-snsw.org.au.

DISTRICT

The following District Representative (DR) service positions are vacant:

- Illawarra and Waratah
- South West Murrumbidgee

The DR is an important link between Groups and the Area. See G-37 District Representative guidelines for eligibility and role details.

AREA

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.

PUBLIC INFORMATION CALENDAR

June's public information focuses on **Health and Medical.**
This includes:

- Rehabillation Centres
- Doctor's Rooms and Medical Centres
- Accident & Emergency Waiting Rooms
- Natural Therapy and Wellness Centres
- Health and Fitness Centres
- Maternal Health Centres

Suggested Conference Approved Literature for June Health & Medical public information:

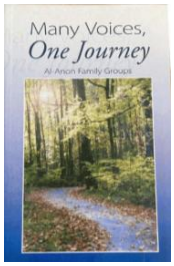
- OD-2 Open Letter to a Doctor
- S-37 Fact Sheet for Professionals
- R-57 Have You Tried Al-Anon, Doctor?
- P-89 Doubting your Sanity?
- M-76 Unhappy House (bookmarks)
- P-4 Alcholism the Family Disease
- S-17 Are You Trobled By…(20 Qs)
- S-20 Has Your Life Been Affected By…(20 Qs)
- S-25 Did You Grow Up with a…(20 Qs)

From P.I. Calendar for Electronic Meetings.

LITERATURE CORNER

A Brief History of Al-Anon and Alateen in Australia

This little booklet (7 pages, colour) documents the Al-Anon and Alateen movement in Australia from its earliest beginnings up to our 70th Anniversary celebration in 2021.
On sale through the website and also at our Southern NSW Area Assembly in Mittagong June 27-28 where we will be celebrating Al-Anon and Alateen's 75th Anniversary in Australia. Cost: $0.50.



75th Anniversary Special

For the rest 2026, **Many Voices, One Journey** will be available at a specially discounted price of $10.00 (usually $15.00). This book covers the chronological development of our wonderful fellowship and is a great resource for members and groups.

Service Manual

The **Al-Anon/-Alateen Service Manual 2026 - 2029** is now available for free download from the Al-Anon Australia website, al-anon.org.au, under Members, Members Resources and then Manuals and Guidelines. Hard copies are also now available for purchase from the website. Limited stock will be available at the Area Assembly in June or pre-order by emailing literature@al-anon-snsw.org.au. Cost: $16.00

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.

WAIT
Why
Am
I
Talking?

AA Outreach in Rarotonga

11 TO 18 OCTOBER 2026

AA Rarotonga Cook Islands Group with Al-Anon participation is hosting a week of outreach in Rarotonga.

We encourage participants to arrive by the 12th and stay till at least the 19th. This outreach is focused on fellowship and enjoying sobriety together. Rarotonga is a great place to bring the family and just relax. There are plenty of activities to take part in on the island.

Registration fee includes morning & afternoon teas, the venues, a traditional island night and a locally hosted fish bbq lunch.

Registration fee $200 NZD

hbr.cookislands@gmail.com
(Brent - AA Rarotonga)
matthew. kennedy2@bigpond.com
(Matthew - AA Australia)

Al-Anon Australia contact: Del on 0402597259 or delenevcuddihy@yahoo.com

AA = Alcoholics Anonymous, AFG = Al-Anon Family Groups

Outreach Programme Outline

SUNDAY
ARRIVAL & WELCOME

MONDAY
AA & AFG MEETING

TUESDAY
PUBLIC MEETINGS: AA & AFG

WEDNESDAY
2 MEETINGS + COMBINED PRISON MEETING
FISH BBQ LUNCH

THURSDAY
ISLAND NIGHT & BUFFET DINNER

FRIDAY
HYBRID AFG SPEAKER MEETING WITH AA PARTICIPATION

CHECKLIST TO PREPARE FOR THE AREA ASSEMBLY

1. Register & Act

- **Elect a Group Representative (GR):** If your group does not have a GR, please elect an acting GR to vote on your behalf.
- **Register Early:** GRs, DRs, and Area Committee members must register online via the registration form.

Every Group has a responsibility to pay the registration fee whether they have a GR in attendance or not.

2. Financials & Payment

- **Area Assembly Fee (AssEE):** Pay $120 per group into the Area Bank Account.
- Observers: Welcome to attend! Please pay **$30** into the account.
- Please use your home Group's financial code + AssEE. If unsure please ask your GR for guidance.
- **Account Details:**
  BSB: 062-000 | Account No: 0092 0770
- **Ref Line:** Use your Group's financial code + "**AssEE**" (e.g., SydSat230pmAssEE). Do not use GiveNow or other accounts.

3. Accommodation & Travel

- **Booking:** Book directly with **Mittagong Springs Hotel** (adjacent to the RSL) by **19 June** to get special rates. To have special rates applied you must mention you are attending the weekend Al-Anon event.
- **Phone:** (02) 4871 3133
- **Rates:** $215 (Single), $230 (Double), $170 (Budget). *Do not use third-party websites (Booking.com, etc.).*
- **Reimbursement:**
  - **GRs/DRs/Committee:** Covered up to $115/person for Saturday night.
  - **Executive/Set-up Team:** Covered up to $115/person for up to 2 nights.
  - **Long-distance/Special cases:** If travelling over 3 hours, contact the Treasurer for 2-night approval: AreaTreasurer@al-anon-nsw.org.au
  - **Observers:** No reimbursement.
- **Tip:** Carpool if possible, and share rooms to fully cover accommodation costs.

4. On the Day

- Bring receipts for travel and accommodation to the Treasurer during breaks to receive reimbursement.

We look forward to seeing you at our Area Assembly!

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	1pm	Riverwood	RivMon1pm		
	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		
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		
	Tuesday	5.30pm	Kingston	MonTue530pm		
	Wednesday	7.30am	Zoom	MonWed730am		
	Thursday	12.30pm	Belconnen	MonThu1230pm		
	Friday	12pm	Civic	MonFri12pm		
	Saturday	8am	Braddon	MonSat8am		
	Saturday	3pm	Lyons	MonSat3pm		
	Sunday	9am	Zoom	MonSun9am		

Don OR *Lit* OR *AssEE* OR *ZoomEE* OR *ConfEE* OR *Conv Don*