SOUTHERN SERENITY

Al-Anon Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – JULY 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 August issue is:
20TH July 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 SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN

The Trustees have legal rights while the rights of the Conference are traditional.

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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

WAGGA WAGGA WEDNESDAY 5 PM

Meeting is temporarily closed from 24 June to 26 August and will reopen on Wednesday 2 September.

ROZELLE WEDNESDAY 6 PM

Join us 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.

SYDNEY WEDNESDAY 7.30 PM

The Let It Begin With Me Group is celebrating their 6th birthday on Wednesday 8 July at 7.30 pm AEST. All are welcome to join online anniversary meeting which will include an Al-Anon guest speaker.
Zoom ID: 839 6412 1198
Passcode: 205605

ROZELLE SUNDAY 10.30 AM

Please join us celebrating our 9th birthday with cake, snacks, and fellowship following the meeting at 11.45 am on Sunday 19 July. Held at 608 Darling Street, Rozelle.

ASHFIELD FRIDAY 6.30 PM

Join the 28th anniversary celebration on Friday 7 August 6.30 pm held at Ashfield Baptist Church Centre, 19 Holden Street, Ashfield. Parking available off Norton Street. The Holden Street entry is pedestrian only.

GROUP NEWS CONTINUED

NEW PASSCODE FOR MONARO ZOOM MEETINGS

The Monaro District Zoom meetings on Wednesday 7.30 am and Sunday 9 am will change their login process from 1 July 2026.The passcode 770770 will be needed to join those meetings from that date. The Meeting ID 681 959 209 remains the same.

NEW ALATEEN MEETING

An Alateen meeting has started in Canberra. The meeting is on Tuesdays from 5.30 pm to 6.30 pm at the Canberra Baptist Church, Kingston. Call the Monaro District helpline for more information and next steps on attending the meeting on 0410 037 881 or email monaro.alanon@gmail.com.

VALE – SIMONE G/H

It is with great sadness that we acknowledge the passing of Simone G/H, a cherished member of our Al-Anon family.

Simone first became involved with Al-Anon in the Western Area through the Bathurst Al-Anon Family Groups community. After moving to Camberwarra, she became a much-loved member of the Huskisson Al-Anon Family Group and served as a dedicated Group Representative doing service within the Far South Coast District. Simone was responsible for making the now infamous Christmas Cakes sold each year at the Far South Coast District Birthday Bash at Nelligan.

Simone's warmth, friendship, service, and commitment to carrying the Al-Anon message touched the lives of many. She will be remembered with affection and gratitude by all who had the privilege of knowing her.

Simone will be deeply missed by all of us who were blessed to have met her.

HALTS — **H**ungry, **A**ngry, **L**onely or **T**ired and **S**erious (also thirsty, sad, anxious…)

HEAR — **H**ope, **E**xperience & **A**cceptance in **R**ecovery

HOPE — **H**elp **O**ther **P**eople **E**volve

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

WHY DO WE USE ONLY CONFERENCE APPROVED LITERATURE (CAL)?

While members are free to read and study whatever they wish outside of meetings,

it is important that, in our meetings and sponsorship relationships, we use only Conference Approved Literature (CAL).

CAL is written by and for our members and goes through a rigorous review process to ensure that the Al-Anon message is clear and consistent. Our members know that wherever they go throughout the world, the Al-Anon message of help and hope will be consistently there.

Using 'outside' materials in our meetings can lead to dissension and disunity in our groups and lead to the dilution of our program. It can be particularly confusing to a newcomer.

In our sponsorship relationships, it is also recommended that CAL be used. Publications from other 12 Step fellowships are not CAL, which specifically carries the Al-Anon message. Using outside materials is particularly confusing for the newcomer, who may have little idea what Al-Anon recovery entails and why it is different from other kinds of 12 Step recovery.

More information about why we use CAL in our meetings can be found on the World Service Office website: https://al-anon.org/pdf/P35.pdf

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.

PUBLIC INFORMATION CALENDAR

June's public information focuses on **Crisis Support.**

Share your personal story with State and National Agencies, for example:

- Domestic Violence Unit – Police Force
- Salvation Army, Anglicare, Crisis Centres – Child Protection Services
- Psychology Clinics / GP Clinics

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

- R-64 Domestic Violence
- S-37 Fact Sheet for Professionals
- P-7 Guide for the Family
- P-21 Youth and the Alcholic Parent
- P-9 How Can I Help my Children?
- Unhappy House (bookmarks)
- 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)
- 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.

FEAR

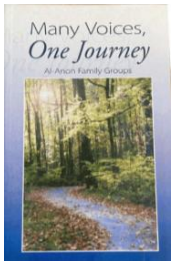
False **E**vidence **A**ppearing **R**eal
or
Future **E**vents **A**lready **R**uined
or
Forget **E**verything **A**nd **R**un
or
Face **E**verything **A**nd **R**ecover

LITERATURE CORNER

X-14 A Brief History of Al-Anon and Alateen in Australia

This year the Al-Anon fellowship is celebrating our 75th Anniversary. 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 (al-anon.org.au) for $0.50 or as a **free download** in the literature section.

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.

P-24/27 Service Manual

The **Al-Anon/-Alateen Service Manual 2026-2029** is available for free download from al-anon.org.au under the Members section. Hard copies can be purchased from the Litearture section of the website. Cost: $16.00.

2027 AA CONVENTION WITH AL-ANON PARTICIPATION, GEELONG, VIC, 27—29 MARCH

The 2027 AA National Convention will be held over Easter, March 27-29, in Geelong, Victoria, a satellite city of Melbourne.

Preparation has begun, and the Al-Anon Host Planning Committee is hoping we in SNSW Area are considering making the trip to attend. There are good transport options from Melbourne airport and Southern Cross train station in the CBD.

For more information and early bird tickets, visit https://aanatcon2027.com.au/

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.

AL-ANON FAR SOUTH COAST DISTRICT 43rd BIRTHDAY BASH 2026

Celebrating Our Courage, Strength & Hope
17 - 18 October 2026

Venue: Nelligen Anglican Church
15 Braidwood Street, Nelligen

Drop-off outside Venue - Public
Parking down the hill

Saturday 9 a.m. Registration and a Welcome Cuppa.
Meeting starts at 10.00 a.m.
Lunch and Raffles 11:30 to 1:30
Afternoon Meeting 1:30 to 3:00
Late Afternoon Meeting 3:30 to 4:30
Dinner 5:30
Music/Entertainment 6:45 p.m. followed by Supper
Sunday Breakfast 8:30 a.m.
Spiritual Concepts Meeting at 10 am

$40 Weekend Registration including Saturday Lunch and Dinner; and Sunday Breakfast

Registration

Enquiries: fscbirthdaybash@gmail.com

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*