SOUTHERN SERENITY

Al-Anon Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – AUGUST 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 September issue is:
20TH August 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 EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION EIGHT

Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

CONCEPT EIGHT

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

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

BOTANY FRIDAY 7 PM

Please come support our small but wonderfully comfortable meeting. We offer great recovery and fellowship. Held at Banksmeadow Public School, 60 Brighton Street, Botany 2019 (off Stephen Road).If you have any questions about the meeting location ring Diana on 0409 125 256.

WAGGA WAGGA WEDNESDAY 5 PM

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

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.

NEW ALATEEN MEETING

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.

GROUP MEETING ATTENDANCE RECORDS - MOVING FORWARD

How does your Group save Meeting Attendance Records?
Does your group save Meeting Attendance records?

Why it Matters: It connects today's members with the traditions and foundations built by the people who came before them.

The office is currently updating SNSW Area Archives, including group attendance records and some groups haven't sent records in for many years.
If your group wishes to do so, please include the following important information:

- Group Details & District
- Attendance Records Years clearly stated (from & to)

If your groups keeps electronic records, please email your group attendance records to the Archives Co-ordinator at ArchivesCo-ordinator@al-anon-snsw.org.au.
Or post your Group Attendance books for archiving to:
Archiving
Al-Anon Family Groups
Suite 204 / 208 Forrest Road
Hurstville, NSW 2220

EQUALISED AUSTRALIAN SERVICE CONFERENCE EXPENSES

Having sent our SNSW Area Delegate to the Australian Service Conference in May 2026, it's now time to recoup the equalised expense. 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. 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

Image from rawpixel

Service webinar

Everything you wanted to know about being a GR but were too afraid to ask!

Hosted by AGSO, this webinar will provide an overview of the role, featuring sharings from members about their experience as a Group Representative and an opportunity for Q&A at the end.

Monday 17th August at 7.30pm Melbourne time

Zoom
Meeting ID: 962 251 7599
Passcode: 707070

PUBLIC INFORMATION CALENDAR

August's public information focuses on **Alateen.** This includes:

- Literature to Prinicpals, School Counsellors and Year Coordinators. Donate an Alateen book to a school.
- Youth Club, School, University, TAFE Notice Boards

Visit https://al-anon.org.au/alateen/
Suggested Conference Approved Literature for June Health & Medical public information:

- OT-5 Open Letter to a Teacher
- P-21 Youth and the Alcholic Parent
- MX-2 Alateen Poster
- X-11 Alateen P.I. Wallet Card
- P-41 Facts About Alateen
- M-82 Just for Tonight bookmark (Alateen)
- B-23 Courage to be Me (Alateen book)

From P.I. Calendar for Electronic Meetings.

LITERATURE CORNER

August Is Alateen Awareness Month

Sticker to be attached if needed:

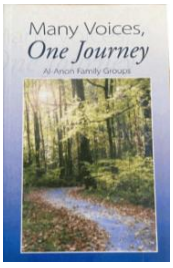
Visit our website: al-anon.org.au/alateen

To mark Alateen Awareness Month, AGSO have made the red Alateen table cards (X-15, pictured above) free until current stock runs out. If you would like one for your group please go to the Literature section at al-anon.org.au. We currently stock at the SNSW Area Literature office.

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.

Conference Approved Literature

Why do we only use Conference Approved Literature (CAL) at our meetings?

"Outside" literature may or may not convey the Al-Anon message. Using other materials in our meetings can lead to dissension and affect our groups' unity; it can be particularly confusing to a newcomer. Members are always free to read and study whatever they wish outside of meetings; Al-Anon takes no stand of approval or disapproval of any outside material. Exclusive use of Al-Anon materials at our meetings helps to make sure that Al-Anon will remain Al-Anon. Our members know that wherever they may go throughout the world, the Al-Anon message of help and hope will be consistently there.

Read this and more about CAL and its ongoing relevance and importance in our worldwide fellowship in P-35 Why Conference Approved Lit WSO (**free download** available at al-anon.org.au).

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

2027 National AA Convention
with Al-Anon and Alateen Participation
Special Al-Anon Fundraising Zoom Meeting

Conflict resolution using Al-Anon principles

SUNDAY 13th SEPTEMBER 2026 2 – 3.30pm
Suggested donation $10
BSB: 063000 **Acc:** 14835556
Name: Al-Anon Family Groups Victorian Southern Area Inc

Zoom link: https://us02web.zoom.us/j/87192204614?pwd=wu-W2EKa0RYbDjLyjoj2peaBct1pVgW.1
Meeting ID: 871 9220 4614 **Passcode:** 707070

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*