SOUTHERN SERENITY

Al-Anon Family Groups

SOUTHERN NEW SOUTH WALES AREA INC.

NEWSLETTER – SEPTEMBER 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 October issue is:
20TH September 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 NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE

Good personal leadership at all service levels is a necessity. In the field of world service, the Board of Trustees assumes the primary leadership.

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

CRONULLA MONDAY 7 PM

Meeting venue changed from Monday 3 August to:
Caringbah Senior Citizens Centre, 376 – 382 Port Hacking Road, Caringbah.
Venue is 5-minute walk from Caringbah train station. Parking is also available.

WAGGA WAGGA WEDNESDAY 5 PM

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

NEW MEETING

The Sydney City Thursday AFG opens on 3 September. Meeting runs from 11 am to 12.30pm in the Back Room of Uniting Church, 264 Pitt St, Sydney NSW 2000

DARLINGHURST FRIDAY 8 AM

Meeting venue changes for 4 September up to and including 25 September and on the 23 October to the Rex Centre Fitzroy Room, 58A Macleay Street, Potts Point. The main entrance is near Baroda Street.

STRATHFIELD THURSDAY 1.30 PM

This meeting now runs from 1.30 pm to 3 pm.

NOTIFICATION OF GROUP CHANGES

Where possible please forward any group changes including time/date/venue of your meeting to the Office Manager as soon as practicable to ensure changes are made to the Al-Anon website in a timely way.
Contact the Office Manager at office@al-anon-snsw.org.au.

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)

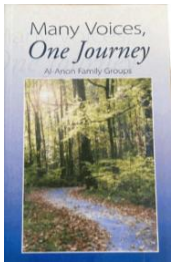
If your groups keeps electronic records, please email your group attendance records to the Archives Co-ordinator at ArchivesCo-ordinator@al-anon-snsw.org.au.
Or post your Group Attendance books for archiving to:
Archiving
Al-Anon Family Groups
Suite 204 / 208 Forrest Road
Hurstville, NSW 2220

SPRING INTO SERENITY

You are invited to join us at the Monaro District's Spring into Serenity event on Saturday, 19 September from 4.30 to 7.30 pm at Canberra Baptist Church, 11 Currie Crescent, Kingston. There will be a Bring and Buy table to raise funds for the Area. A fellowship meeting will be held at 6.30 pm. Enquiries to: monaro.alanon@gmail.com.

LITERATURE CORNER

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 Literature section of the website. Cost: $16.00.

Starting a New Group?

Some suggested literature:

PUBLIC INFORMATION CALENDAR

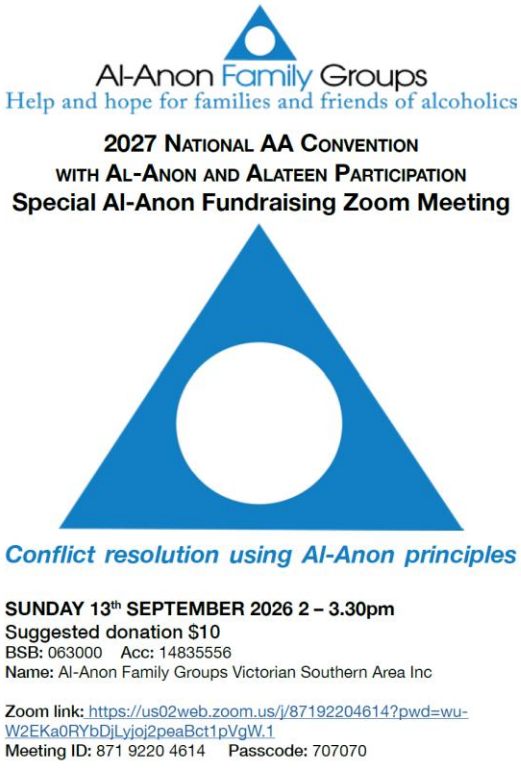
August's public information focuses on **Community Centre & Workplace.**
This includes:

- Maternal & Child Health Centers
- Child-minding and Pre-school notice boards
- Neighbourhood and Community House Notice Boards
- Clergy & Spiritual Leaders
- Human Resource Managers

Suggested Conference Approved Literature for Community Centre & Workplace public information:

- M-34 Alcoholism Can Tear a Family Apart (posters)
- P-14 So You Love An Alcoholic
- M-76 Unhappy House (bookmarks)
- P-62 Does She Drink Too Much?
- S-17 Are You Troubled By… (20 Qs)
- S-20 Has Your Life Been Affected By… (20 Qs)
- S-25 Did You Grow Up with a…(20 Qs)
- P-19 What Do You Do About The Alcoholic's Drinking?
- X-11 Alateen P.I. Wallet Card

From P.I. Calendar for Electronic Meetings.



WOLLONGONG AA RALLY WITH AL-ANON PARTICIPATION

Experience three unforgettable days of **recovery, connection, and celebration** in one of Australia's most beautiful coastal cities.

What to Expect:

- Inspiring **AA and Al-Anon meetings** with speakers from across the fellowship
- Delicious **food and heartfelt fellowship**
- Fun, sober **activities by the sea**
- A warm, welcoming space to recharge and reflect
- Meaningful connections with others walking the same path

This convention brings together members of **Alcoholics Anonymous and Al-Anon** to celebrate the freedom of recovery and the strength of shared experience. Whether you're newly sober or well along in your journey, this convention is a celebration of the joy and freedom that sobriety brings.

When:
Friday 5 February, 4 pm - Sunday, 7 February, 1 pm 2027 AEDT
Where:
Wollongong Surf Leisure Resort
Fairy Meadow NSW, Australia

Ticket sales will close 1 week before the event. Please head online to secure your ticket.
Website for further information and tickets: https://events.humanitix.com/wollongong-aa-rally-2027

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/.

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*