



# HOPE HIGHWAY



**AUGUST 2020**

**South Australian Al-Anon- UNITY RECOVERY SERVICE**

**Address:** 5 Leigh St, Adelaide, SA 5000

**Postal Address:** Al-Anon Family Groups S.A .Area Inc

Harmer House 5 Leigh Street, Adelaide SA 5000

**Office Hours:** 10 am – 2.30 pm, Monday, Wednesday, Thursday and Friday.

**Telephone:** 8212 6824 or 8231 2959

**To contact Al-Anon anywhere in Australia costing only a local call:**

1300 Al-Anon.

**URL:** [www.saalanon.org](http://www.saalanon.org)

**Email:** Newsletter—Debbie W—[movingsouls@hotmail.com](mailto:movingsouls@hotmail.com)

**To Order the Austra—Link:** [agso@alphalink.com.au](mailto:agso@alphalink.com.au)

**Aust URL:** [www.al-anon.org.au](http://www.al-anon.org.au)

**Last Date for September Newsletter is Thursday 27th August 2020**

*Take What You Like And Leave The Rest -*

*The opinions expressed in this newsletter are strictly those of the persons who gave them and not necessarily those of Al-Anon*

*Family Groups as a whole.*



# News- What's Happening In Al-Anon letter

**ADELAIDE AREA OFFICE IS NOW OPEN—  
Covid Restrictions 3 still apply at all Meetings**

**PLEASE FIND SOUTH AUSTRALIAN ONLINE MEETINGS AT**

**[www.al-anon.org.au](http://www.al-anon.org.au)**

**PLEASE FIND AUSTRALIA'S ONLINE MEETING LIST**

**AT**

**[www.al-anon.org.au/electronic](http://www.al-anon.org.au/electronic) for Alateen also**

**Please Read Diary Dates out at every meeting**

**AUGUST**

- **4th Area Service Meeting for 2020 on Sat 1st August 9.30am—  
12noon—5 Leigh Street Adelaide**
- **Association Meeting at 12N after Area Meeting**
- **Convention Meeting Saturday 15th August 12.30pm at Semaphore**

**New Permanent Electronic Meeting : Wednesday night Al-Anon Family  
group - 'Let it begin with me.'**

**Time: Jun 3, 2020 07:30 PM Canberra, Melbourne, Sydney Time**

**Every week on Wednesday—SEE MORE DETAILS IN NEWSLETTER— Per-  
manent catering for lone members, country members aged or frail or  
any member that cannot attend a face to face meeting.**

**Meetings who have informed me that they have reopened are:**

**Wednesday Semaphore, Saturday Semaphore with online meeting still,  
(FCC 10.30am— password semaphoreserenity (07) 56606012 Code  
656562#). Also Blackwood Hills Wednesday, Stirling Saturday, and Ade-  
laide office meetings Monday, Thursday and Friday. Tea Tree Gully**



# What's Happening In Al-Anon

Newsletter

**Wednesday has now re-opened. Bedford Park Saturday reopened at new address — see page 6 for new address. New meeting Thursday 7.30pm at Huntsfield Heights. Kilburn reopened— temporary online meetings until further notice password: kilburnafg2 Ph (070 5660 6012 Code: 503598” Tuesday 7.15pm Free conference call. Elizabeth Thursday re-opened (no more online meetings). Thursday Recovery re-opened and Glenelg/Brighton re-opened (No more online meetings**

**Closure of all Alateen Meetings in South Australia, only online meetings at moment through [www.al-anon.org.au/electronic](http://www.al-anon.org.au/electronic)**

Registration has been sent to and processed by WSO according to the G-39 guideline and Fact sheet S - 60

If any of the offices receive a call from a member who geographically or physically cannot get to a face to face meeting please pass this information on about a permanent electronic meeting being set up to start. Our aim is not to replace face to face meetings but to offer an opportunity to lone members, country members, aged and frail or any member who cannot attend face to face meetings  
This is an opportunity to stay connected to our wonderful world wide fellowship

.....  
New Permanent Electronic Meeting : Wednesday night Al-Anon Family group - 'Let it begin with me'  
Time: Jun 3, 2020 07:30 PM Canberra, Melbourne, Sydney Time  
Every week on Wednesday—PLEASE SEE MORE DETAILS IN NEWSLETTER

Join Zoom Meeting  
<https://us02web.zoom.us/j/84956632724>  
Meeting ID: 849 5663 2724

Dial by phone your location  
+61 2 8015 6011 Australia  
Meeting ID: 849 5663 2724  
Find your local number: <https://us02web.zoom.us/u/kdoDVBqa3q>  
Meeting can be found on  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

Our aim is not to replace face to face meetings but to offer an opportunity to lone members, country members aged or frail or any member who cannot attend a face to face meeting.  
An opportunity to stay connected to our wonderful worldwide fellowship.

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# CELEBRATING 25 Years

Friday Steps (City) Meeting celebrating its 25<sup>th</sup> Anniversary on Friday 7<sup>th</sup> August 2020 at 10.30am.

Come and join our celebrations. AA Guest speaker. Covid Restrictions apply—no food or beverages

**We ask the Group Representative to please read this letter to the group three weeks in a row.**

July 2020

Dear Members, On behalf of the General Service Board I am appealing to each and every member of Al-Anon to continue to support the Australian General Service Office during this challenging time. Individual donations can be our lifeline. Our individual abundance can maintain our ability to ensure that we have funds to maintain an Al-Anon telephone service, a place to store and dispatch our literature, to pay our office staff, and to continue to deliver the message of hope to newcomers. Many individuals have stepped up to help update group meeting status, to record the huge changes in online meetings information, to answer questions from members or prospective newcomers, and to receive literature orders. If your group has a donation, we encourage you to send it now and to urge individual members to contribute on an ongoing basis. Here then, are the ways in which you can contribute to the important task of keeping the doors of Al-Anon and Alateen open so we can welcome those in need: ☑ Transfer funds direct from your bank to BSB 063 158, Account number 1003 5455 (Remember to email your details so we can provide a receipt if you want one) Go to the GiveNow website, search for Al-Anon Australia, and follow the prompts. Your receipt will be issued immediately. PayID app on your phone: make a payment from your credit card using AGSO's email address [agso@alphalink.com.au](mailto:agso@alphalink.com.au) ☑ Send a cheque to AGSO, GPO Box 1002, Melbourne VIC 3001. Our program has provided us with the gift of patience and the knowledge that this too shall pass. I am asking all of you to reflect on the gifts we have been given by Al-Anon and to pay the gifts forward.

In loving Al-Anon service,

Lyn W. Treasurer



# P. I. TOOL BOX



## **PUBLIC INFORMATION**

**August: is ALATEEN Month**

- ◆ **Literature to School Counsellors and year Co-Ordinators**
- ◆ **Youth Club, School, University, TAFE notice boards**
- ◆ **Do We have a registered Alateen sponsor in our group/Area?**

**PLEASE FIND AUSTRALIA'S ONLINE MEETING LIST**

**AT**

**[www.al-anon.org.au/electronic](http://www.al-anon.org.au/electronic) for Alateen also**

- ◆ **Visit [www.alateen.org](http://www.alateen.org)**

## **HELP STILL WANTED**

**Request from the Austra-Link Editor**

Hi everyone,

I was just talking to Wendy, Austra-Link Editor, and she was very worried because supply of articles for the Austra-Link magazine has dropped during this social hibernation. As I have been impressed with the great links of communication you wonderful Area Delegates have established with your Area Committee members, your DRs , GRs and the group members, I thought perhaps you could help spread Wendy's cry for help to our membership.

We would be most grateful if you could pass this message from the Austra-Link Editor to your members:

**Winter Sharing Topic - On my own, but not alone**

How do I behave when I start to isolate myself ?

When do I turn to my Higher Power?

What is my favourite reading when I am feeling low?

At the General Service Board meeting on Saturday it was decided to resume production of the hard copies of Austra-Link for next month and it would be a shame if the magazine was half empty as articles have not been coming in lately. I am sure many members could write a few lines about "On my own, but not alone". How do we cope with being without the company "in person" of our friends and family?

The Austra-link's Editor is Wendy and the email address is: [austra-link@al-anon.org.au](mailto:austra-link@al-anon.org.au).

Hope you are all coping OK with isolation.

Lots of Al-Anon love,

Lois

*The Bedford Park Al-Anon Family group has been asked to not use the Flinders Medical Centre Women's Health Clinic as a meeting venue for the next 8 months due to the Covid-19 Pandemic. The Administrator of the clinic advised that the main reason was due to the clinic being used by many pregnant women for anti-natal care and post natal care they must minimise the use of the premises and not have to keep re-sanitising the space after our use. We are meeting at the Marion Cultural Centre/Library Cafe, corner of Diagonal Road and Morphett Rd, Marion at 2.30pm to 4pm every Saturday until further notice.*

HI

We urgently need someone who is willing to take up the position of Lone Member Co Ordinator to edit the loners express newsletter. I have had contact from lone members who said they got a lot out of the sharings from members. This was a great help to them. So please consider this position, doing it will help you as well it did me.

Yours in service  
Marianne

### **ALATEEN**

There are currently no face to face meetings for Alateen so they have been moved from the meetings list. There are online meetings available, currently being run from Victoria but open to any Alateens in Australia, we are also looking to start one here. Alateen online meetings available [www.al-anon.org.au/electronic](http://www.al-anon.org.au/electronic) contact Cara for more information 0404529411, [alateensalanon@outlook.com](mailto:alateensalanon@outlook.com)

### **POSITIONS VACANT**

**District 3 and 4, Literature, Lone Members Newsletter and Member Service these positions are Vacant and urgently need to be filled please put your hand up and fill these positions**

## STEP EIGHT

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

Most of us come to Al-Anon with a distorted sense of responsibility. At first, some of us are unable to name a single person we have harmed, feeling that we have been the victims of other people's cruel or insensitive behaviour rather than the perpetrators. We are so focused on others that we miss the fact that our own behaviour has not always been so wonderful. No matter how pure our intentions, our actions have consequences, and sometimes, intentionally or unintentionally, we hurt those around us. At the time, we may have rationalized our poor treatment of others, feeling that we were only reacting to the way we had been treated or that we had no choice. But if we set all self-justification aside and keep the focus strictly on ourselves, we must admit that we were responsible for causing harm.

Others of us carry an unwarranted burden of responsibility, believing ourselves to be the source of most of the pain and suffering in our lives and in the lives of those around us. We feel that we have harmed everyone with whom we have come in contact. This is just as much a distortion of reality as thinking we have done no harm. Sometimes people's suffering is of their own making. Sometimes pain is just part of life. And sometimes we contribute to the problem. Step Eight provides an opportunity to learn the differences between what is and is not our responsibility and to take a more realistic look at the effects of our actions.

Nowhere does this Step say that we listed the harm others have done to us. Although we do not have to accept unacceptable behaviour, it is not our job to pass judgement upon what others do or to punish anyone for their wrongs. Our job is to concentrate on our part in our conflicts with others and what we have done to cause harm.

Usually there is one person upon whom we have inflicted the greatest damage – ourselves. Most of us have been crueler and more negligent to ourselves than to anyone else. By our reactions to the disease of alcoholism and our desperate efforts to survive in difficult situations, we have harmed ourselves mentally, physically and spiritually. So before any other names are added to our Eight Step list, most of us need to write our own name.

Once our list is made, we face the task of becoming willing to make amends. It is not enough to simply admit to ourselves that we have been at fault. Taking responsibility for our actions means making amends for the harm we have done.

We needn't concern ourselves with the form our amends will take at this point—that comes in Step Nine. For now, our only concern is finding the willingness to do what is necessary to right the wrongs. This willingness may not arrive all at once. In fact, some of us find it helpful at first to divide our list into three columns: those amends we are willing to make, those we may possibly make, and those we cannot imagine ourselves ever making. As time and healing progress, most of us find ourselves gradually becoming willing to make even those inconceivable amends, because we learn that we owe it to ourselves to do so. As with the rest of recovery, becoming willing to make amends is a process that takes time.

In considering the Eighth Step, it is important to remember that, until we can take this Step in a spirit of self-love and healing, we may not be ready for it. Step Eight, like the other Steps, is a step toward healing. It is not about humiliating ourselves or making others feel better at our expense. It is about owning up to what we have done and becoming willing to free ourselves from the guilt and shame our actions have caused us.

(from How Al-Anon Works – for Families and Friends of Alcoholics)

## **Naracoorte Caves Camp**

AA with Al-Anon/Alateen Participation

UPCOMING FUNDRAISING EVENTS It's Back! Naracoorte Caves Camp -  
once in a lifetime opportunity to experience a spiritual concept meeting in  
Blanche Cave! 28-30 August 2020 See flyer from AA [www.aa-sa.org](http://www.aa-sa.org)

Al-Anon Birthday Plan: This is a Fund Raising idea adopted from the suggestion in the Service Manual.

The Treasurer asks for the notice about it (details below) to be put in the Newsletter periodically when the AGSO Donation request letter is not being read at meetings.

AL-ANON BIRTHDAY PLAN

Would you like to contribute to the continued operation of Al-Anon in South Australia? If so- would you like to become involved in the Birthday Plan? This is a fund raiser and is based on a suggested donation of one dollar for every year you have been a member of Al-Anon (or an amount of your choosing).

On the anniversary of your first meeting, you can show your gratitude for the Al-Anon Program in a way that will help Al-Anon continue to provide service to all of its members in South Australia

Amounts of \$2.00 or more are tax deductible.

If you wish to contribute, please send your completed donation form and donation to:

The Treasurer,  
Al-Anon Family Groups SA Area Inc.,  
5 Leigh Street  
Adelaide  
SA 5000

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I would like to be involved in the Al-Anon Birthday Plan. I have enclosed my donation for \$.....which represents my .....years of Al-Anon membership. I belong to the .....Group. My first meeting was in the month of .....

I would/would not (circle your choice) like my Al-Anon birthday to be acknowledged in the Newsletter. Please make out a receipt to: Name..... and post it to the ..... Group or my home address which is .....

**55th AUSTRALIAN NATIONAL CONVENTION OF ALCOHOLICS ANONYMOUS**

A Vision For You / 2020 Toowoomba With Al-Anon and Alateen Participation October 2 - 5, 2020 For Full Details and Registration go to [www.aanatcon2020.com.au](http://www.aanatcon2020.com.au) (see flyer for more information and about a secret Facebook Group)

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**AA NATIONAL CONVENTION 2021 with Al-Anon and Alateen Participation**

April 1 - 5, 2021 at Adelaide AUSTRALIAN Hilton, Victoria Square (see flyer at AA office for details on cost, registration, accommodation, schedule, and more!)



Hi to all Al-Anon members in  
South Australia

We are in a very different situation  
in regards to Tradition 7 donations.

If members are participating in online meetings or wish to donate  
Trad 7,  
you can pay money into the Al-Anon Area account which will give  
Area the ability to pay bills for rent, telephone and other expenses.  
I will issue receipts to groups or members but you must identify  
the group / individual when making the payment.

**The details are:**

BSB 06 5008

Account 00902562

Al-Anon Family Groups SA Area Inc

This a temporary measure until this situation is finished.

Jeff A - Association Treasurer



Please Visit our Website, Our Address is  
[www.saalanon.org](http://www.saalanon.org)

You can see the Meeting list, Loners Express, Hope Highway, coming events, SA Literature Price list and the link to the Australian web site. And much more



## Meeting List



### Adelaide City Meetings

#### Mon, Thurs & Fri

Adelaide Area Office: Harmer House, is open  
5 Leigh Street Adelaide

Mon 12.noon, Thurs 12.noon Fri 10.30am

#### Suburban Meetings

#### Monday:

#### Glenelg/Brighton:

Lighthouse Community Church  
26 Jetty Road, Brighton  
7.30pm

#### Tuesday:

#### Christies/Noarlunga:

Meeting in recess until further notice—Refer Online Meetings List

#### Kilburn:

Kilburn Community Centre  
59 Gladstone Road, Kilburn  
7.30pm—9pm—Also AA

temporary online meetings also until further notice – password: kilburnafg2 Ph (070 5660 6012 Code: 503598” Tuesday 7.15pm Free conference call

#### Wednesday:

#### Blackwood Hills

Blackwood Uniting Church, 266 Main Rd, Blackwood 7.30pm

#### Semaphore Wednesday Welcome

Semaphore Catholic Church side meeting rooms 253 Military Rd, cnr Hall St, Semaphore 6.30pm

#### Wednesday

#### Tea Tree Gully

Surrey Downs Community Centre, 6 Zannoni Cres, Surrey Downs 8.pm

#### Thursday:

Christadelphian Church, 104 Melsetter Road, Huntsfield Heights  
7.30pm—9pm

#### Thursday:

[Recovery Thursday,]

Draper room, Pilgrim Hall, behind Pilgrim Church, 12 Flinders St 5.30-6.30pm  
Venue has parking

#### Elizabeth Day:

Church of Christ Elizabeth  
Cnr Short Rd and Ashfield St. Ample parking and café on site 11.am-12.30pm

#### Saturday:

#### Semaphore “Serenity”

Semaphore Uniting Church, 146 Semaphore Road [Cnr Young Street], Exeter.  
Church Hall [behind Church] 10.30am  
**Online meeting FCC (07) 5660 6012**

#### Saturday

#### Stirling “Paths to Abundance”

Sunset Rock Uniting Church  
40 Spencer Street  
Stirling. 10.am

#### Saturday

#### Bedford Park

Marion Cultural Centre/Library Cafe, corner of Diagonal Road and Morphett Rd, Marion. At 2.30pm to 4pm

### SA Country Meetings

#### Port Lincoln

19 Edinburgh Street, Port Lincoln Thursday—7.15pm to 8.15pm

#### Victor Harbor:

Meeting in recess until further notice