



PI PATTERN

Volume 3 Issue 11
November 2015

CPC at work

The importance of forging relationships

Many
thanks
Kel M

Day 1

I'm trying to visit a man in a detention centre who can't get out to a meeting and it is nearly impossible to get in and visit him. **He is 44 days sober!** I'm having to use all my CPC experience here let's see what happens Monday!

Day 2

"From where?" he says, after I tell him my name and say I'm from **Alcoholics Anonymous**. I tell him a little about myself and what I'd like to do, as **I hand him a wallet** containing "If You Are a Professional" and "A Brief Look At AA". We sit chatting for about five minutes.

He tells me this is a dry establishment but he has met many people who may be able to use our help. **He asks if I would be able to come and meet people on a regular basis and I tell him I would.** He asks how much this would cost and when I tell him it is **free** he is amazed!

There is a special something that comes along with doing CPC service for AA. This man is the **Welfare Officer in a large detention centre** and he welcomed me this morning even though I had not made an appointment and came unannounced. He gave me ten minutes of his time and in that ten minutes began organising for me to come back and talk to his clients, on a regular basis and until he met me he had never heard of Alcoholics Anonymous.

Ongoing

Just got home from the detention centre had a two hour meeting with a new member who can not get to meetings. If there is member...especially member who speaks Farsi... who lives in Sydney and is available to come with me on **Sunday the 14th or Sunday the 21st of November** can you please contact me so I can process a visitors application for you

***I am Responsible.
When Anyone, Anywhere
Reaches Out For Help,
I Want The Hand Of A.A.
Always To Be There.***

Let it begin with YOU!

PI Out and About !

Just sorting the contacts from the Rural Medicine Expo, and was reminded that we had great feedback from 2 Doctors regarding the PI information they were receiving from the local AAs in Tasmania, and Castlemaine . Great job !



Well, we have just received our invitation to next years GenNext Expo in Melbourne next year. GenNext has been a fabulous source of contacts and new opportunities , they are offering us a discount, let's see how much LOL

Just had a phone call from Creswick where the Area D peeps are attending another expo, very positive results and a little different results than previously , but I will let Rhonda expand on that when she returns smile emoticon- Terrific effort people !



Whoops just needed to replace the pamphlets and cards on the new Community notice board at my local shopping strip ! Yaaaaaaaay

Just Sayin'

I say "Out" to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it."

Louise L. Hay



COMMUNICATION + WILLINGNESS + ACTION = RESULT !



AA for our Deaf Community



Let's Talk About...
Mental Health
and deaf people
Shaping a better, stronger, supportive future



Where: Deakin University, Burwood Corporate Centre, 221 Burwood Highway, Burwood 3125,
Conference Dinner at The Point, Burwood Corporate Centre, 221 Burwood Highway, Burwood 3125,

When:
Consumers/Carers
Monday 16th November 2015 9-5pm and Tuesday 17th November 2015 9-1pm

Mental Health Professionals
Monday 16th November 2015 9-5pm and Tuesday 17th November 2015 9-1pm
Tuesday 17th November 2015: Mental Health Professional Development Session 1-5pm

Cost:
Consumer/Carer (Conference only): \$85
Mental Health Professionals (Conference Only): \$200
Conference Dinner: \$70 (three course meal and entertainment provided)

We are pleased to announce the keynote speaker will be:



Dr. Brendan Monteiro, Consultant Psychiatrist, for Deaf people in the UK, has an international reputation in this field and will be presenting the keynote lecture. He is also fluent in British Sign Language. He has presented internationally and has presented in Brisbane in October 2014. He will present on a range of topics that will be of interest to the target audience using knowledge and information from over 30 years of clinical and academic practice with the Deaf population.

Conference registrations are limited and selling out very quickly so please go to www.deafmentalhealth.com.au to book your registration and tickets to the conference dinner as soon as possible.

Major Sponsors:

Mental Health
Australia



Last Saturday, we were honoured
to share an afternoon tea with our Deaf members

From the AA Face Book page !

It was wonderful , since most of them had not met
each other in person, we had members from the
Gold Coast, Sydney, and Melbourne.

There was a lot of sharing, much laughter , and
some great stories !

I think that a couple of the members were reas-
sured to "hear" that we hearing Alkies did the
same stuff they did while we were drinking

We did take a lovely picture, but I have been un-
able to ask all concerned re publishing it here , so
have not done so .

Suffice to say, a great afternoon was had by all,
and now it is good that we have all met each other

GO US!



PI Tip of the Month

For anyone being interviewed on local radio, studios are likely to be
fitted with webcams. Please ask that these are turned OFF.



Many thanks to our friends in
Yorke UK



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Making Friends with our Friends

Back in September an e-mail was received at GSO asking

Hi,

We teach a range of health professionals from abroad. Most of our students have no idea what AA is and we need to educate them on all aspects of health care in Australia through our programs.

English is the second language of all of our students and we are seeking audio related materials and simple printed materials on the organisation and what it has to offer.

This would greatly assist in giving the students a full overview and knowledge on something new to them.

I look forward to hearing from you.

This e-mail eventually ended up in my inbox . I rang the writer, and made an appointment to see him. I took along a folder of literature I thought would be appropriate . During our conversation , I offered for us to speak to his clients on a regular basis. He was very surprised and pleased !

We arranged to speak to each of his intakes of new clients every 10 weeks.

Today we did our first presentation for Matts clients. Power Point, Wallets with literature

We covered a short history of AA, What AA does, What we DON'T do, how to contact us, (1300 number, website , and PI Co-ord phone number,) explained meetings, and a bit of the program, explained the enclosed literature, shared our own stories, and had a question time .

I have found it to be a great help to meet people face to face in their own environment, in the first instance.. It is much more personal than just sending some literature in an envelope, and in this case, gave Matt a chance to discuss, and choose the literature he thought would most benefit his clients .

It turned out to be a very relaxed and informative presentation, we look forward to the feedback from the clients, and to giving the same one in January

Each of these Health Professionals now have a basic knowledge of AA, how to contact AA, and also have our personal contact details if they have any questions or would like to attend a meeting as an observer

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Find us on:
facebook®

Interactive SECRET National PI & CPC page

It is now over a year since we opened the PI Page on Face Book , we have 97 active members , and I like to think it has promoted a bit of UNITY among the PI people there

The room can only be joined by invitation, either by e-mail, or as "Face Book Friends"

If you would like to join you can either e-mail me @

aanationalpi@gmail.com

OR

"Friend" me on FB and I will add you when requested

This page is ONLY for PI related matters, questions, ideas, and Initiatives successful or not , there are other rooms for other AA business,

Pics of your PI activities are very welcome

COME & JOIN THE LIVELY DISCUSSION & SHARE YOUR IDEAS

Rule 62

Don't take yourself too seriously !

**THE HUMOUR
HUB**



Alcohol is not in my vodkabulary. However, I looked it up on whiskeypedia and learned if you drink too much of it, it's likely tequilya.

That one liner 'i'm not drinking too much tonight' never goes as planned...

Wine
is meant to be drunk.
I am drunk.



Therefore am I wine?

(c) lastlemon.com facebook.com/vimrod VM8827

I got drunk last night and my house wasn't where I left it



Eve of hibernation dinner

The best part about drinking outdoors is we can't get thrown out.



Know your CSO



AA Blue Mountains & Western Sydney Central Service Office

Mondays 10am - 4pm

Robert

0422 004 531

Blue Mountains and Western Sydney

(including Hawkesbury area) 0428 160 457

Who & What the CSO is ...

AA members in the Blue Mountains and Western Sydney provide services to members, AA groups and the general public.

These include:

- An office open on Monday (10am-4pm) at Kingswood, to sell recovery literature, provide information and an inviting place for people to meet and chat.
- Telephone Helplines - Blue Mountains, Nepean & Hawkesbury 0428 160 457
- Links to the National website for current Meeting Lists.
- Newspaper advertisements

AA information provided to the community: Pamphlets, Speakers.

How Members Can Participate

- Being on rosters for the Office.
- Being on rosters for the diverter phone.
- Delivering Public Information (PI) to the the broader community.
- Being available to talk to the public either with individuals or groups.
- Buying literature from the CSO.
- Making group or personal financial contributions.
- Representing their groups at the CSO quarterly business meetings.

Holding positions on the CSO Committee.

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DO YOU KNOW ?

The 2 most important websites for information

The National AA Website

aa.org.au

no log in required

News, information, literature requirements, meetings information and much more

The AA Service Website

aaservice.org.au

Login and username required

Lots of Service ideas, service positions vacant, Newsletters, downloads, useful forms and ideas

Contact details for the Caring & Sharing Library

Caring and Sharing Tape Library

PO Box 39

Beresfield NSW 2322

www.caringandsharingtapelibrary.com

E-mail: silky3@bigpond.com



DISTRICT DOINGS

Gympie



The miracle happened and the signs are up. (For 100.00 AD only)

Two massive signs welcome you when you enter Gympie via the Bruce Highway. They are located near popular rest areas where the traffic slows down. Perhaps other regional groups want to follow. I think the money was well invested.

Well done great job and certainly money well spent . Congratulations !!!!!

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DISTRICT DOINGS

Many
thanks
Rhonda R

Area D—SR

We attended the **7th Australian Rural & Mental Health Symposium** in Creswick from 26-28th November. Firstly a huge thankyou to **all the Districts in Area D**. All Districts had a volunteer to help at the Symposium. Some drove over 3 hours to attend. I was really excited as this really shows how much **Unity** we have in our Area. How blessed are we to have so many enthusiastic members available for this type of service. Not everyone is available during the week due to work commitments. **So a huge thank you**. To those who did this for the first time their reaction was extremely positive.

After a few minutes everyone relaxed and spoke freely to people as we were approached. We also got to make contact with **other exhibitors and many asked lots of questions about AA**. **2 local professional groups**, which Ballarat already see on a regular basis, have asked for **speakers** and the DCM for Ballarat and National Correctional Facilities Co-Ordinator also from Ballarat were there at the time so they were able to **build on that local relationship**. We made many contact Interstate and these have been actioned through our National PI & CPC Co-Ordinator, Leigh F. Thankyou Leigh. Even though the Symposium was small we were well received and it is certainly worthwhile.

Also we have our **Inaugural meeting for the start-up of an Area D PI & CPC Sub Committee**. That is on the 29th November. I have already had phone calls from excited people who want to come on board so how great is that. It will be a fantastic committee ready to get into action.



The conference was attended by 240 Delegates from all over **Australia and NZ**. We even had a **Mental Health worker from Suva**. She was so excited to hear firstly about the AA convention next year but also about the fund raising that has been going on to ensure local people can attend the conference. **Her details have been passed onto Fiji and she has the AA details in Fiji**. The conference was attended by heads of Commonwealth departments.



We had requests from Tasmania, Grafton, Coffs Harbour, Maroochydore, Toowoomba and some Victorian requests as well. Am also working on having our 1300 no put on some data bases as a resource. Everyone was so pleased we were there. The AA volunteers who had never been involved with service at this level soon found it is only a matter of speaking to the attendees. Nothing to be scared of. The attendees like talking about where they work, what they do and I for one like talking about myself and AA. So it all works. **Lots of requests for speakers as well as literature**. I have emailed all the contacts I spoke with at the symposium

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DISTRICT DOINGS



Wyndham District



Many thanks
Rhonda R

Report on Public Information night and Wyndham Goings On in PI

We had **50 in attendance**. Including 6 members of the public, AA members, Al-Anon and Al-A Teen. Our **guest speaker** was a **public liaison officer from Werribee Police**. He was absolutely amazed at what he heard. He did not know much about AA and very little about Al-Anon and nothing about Al-Ateen. He went away with a lot more knowledge and a whole lot of Public Information Material. I have been in touch with him since and he is following up for us when we can come and **speak at a staff meeting** and also about our **1300** number being put on their data base as a resource.

It was disappointing the professionals were not represented but I had numerous apologies. We are looking at ways to do it differently next year. All those who attended thought the AA, Al-Anon and Al-Ateen sharing was great and everyone enjoyed the yummy supper. **The Police Officer stayed behind for over an hour to answer any questions.**

We had a big blitz in late October to all our usual contacts in Werribee. We hand delivered invitations to them for our Public Information night. This was the second time we had delivered the invitations. 6 members carried out this exercise we went to; Police, Ambulance, Fire Dept., numerous Doctors, Deacon University campus Werribee, Werribee Mercy Hospital, Employment Agencies, Youth Hubs, Youth Centres, Legal Firms, SES, ISIS, Anglicare, Salvation Army and the local members office. I emailed the council and also a local councillor.

2 local members spoke at **A Drink driving night**. This was attended by people who had their licences revoked because of Alcohol related offences.

2 members also spoke at **William Angliss Hospitality College**. This was well received.

On the 21st November we will again be having a **table in the local shopping centre**. That is always worthwhile



Many thanks to everyone in Wyndham who have worked so hard this year to keep AA visible in our community. Also to all the groups in the District who donate their money so we can keep buy the needed literature to keep up this vital work.

All in all a busy time but we just keep moving

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DISTRICT DOINGS

Ballarat District



Many thanks
David M

A big thank you to the members of the **PI committee** who meet on the 3rd Friday of every month at Eastwood Street Leisure Centre, without the work by these members there would be no PI work being done in the District and Alcoholics Anonymous could miss out on reaching the future newcomer and not be shown a better way to life. Well done everyone.

A vital part of the work being done by the committee is **continuing to drop of literature**, bringing an awareness of Alcoholics Anonymous to the **Public and Professional members of our District**. As more and more members come along to our meetings the scope of what can be done is endless.

I was fortunate enough to be able to attend the Australian National PI/CPC Forum in Queensland with the assistance of the **Ballarat District who sponsored me to attend**, thank you very much. Great ideas of how to reach the 3rd person were discussed throughout the weekend and I look forward to be able to pass on what was discussed in future with the committee. (Forum Report Attached)

We have sent out **11 invitations to schools** in the District asking that we may come and speak to them, **a big thank you to Bella for putting all the letters and information packs together to get this underway**.

The committee has undertaken a **Big Books for Libraries initiative** in which groups and individuals may donate a Book or money for the purchase of a Book. All Books will be then handed onto Libraries in our district. This will again further educate the public on what Alcoholics Anonymous is about and may well find its way to the newcomer. We currently have had **13 Books donated and I thank all groups and individual members who have donated to this initiative**.

On the **AFL Grand Final day a BBQ Lunch, Big Screen and great fellowship** was held at Eastwood Street Leisure Centre where about 40 members attended throughout the day. A raffle of a Big Book Cover and a display of PI material and what the committee is doing was also part of the day. With all expenses paid for after the day a total of **\$151.00** was raised. As was discussed at the last District Meeting any funds raised was to go back to PI. At our most recent meeting the cost of 2 Big Books was deducted from this money and these will be added to our Big Book initiative. **\$111.00 to be handed to the treasurer for future PI initiatives**.

We have **3 members that will be attending the 7th Australian Rural & Remote Mental Health Symposium next week being held at Novatel Forest Resort, Creswick**. This event runs for 2 days and the Alcoholics Anonymous stand is being setup and run by Area D.

Again I would like to thank all the committee members for their dedication to getting the message out to the community and I would like to welcome anyone who has ideas on what can be done or would just like to be part of this great team to come along to our meetings or to contact myself.

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DISTRICT DOINGS

Many thanks
Andrew M

Upper Hunter

The Power of One

I have recently been going to do a post out of info to **Doctors and Solicitors** but with work and things-have not got around to it although the envelopes are here ,addressed and ready to go.

I have recently had to go back to **my G.P** yesterday (Thursday) and decided to **take his envelope with me in the hope he might read it.**

Not only did he read it the but said to me "**what I really want is something I can hand out to patients so they know where to go to get to A.A'..**SOOOOOO my next follow up visit is in two weeks and I am about to make up some **wallets** which will include the **Hunter Valley meetings lists,A.A National help line cards, A.A info and question sheets** and **my card if they wish for someone to take them to their first meeting.**I reckon it has improved my recovery in both A.A and my healthconsiderably. now to get the rest out there

The above is a perfect example of what ONE individual can achieve !

We don't always need a group of people, a meeting, or a Group Conscience, all we need is an awareness and a willingness to be RESPONSIBLE !

Four pieces of RELEVANT literature with the needed information, and there you have it !

A GREAT RESULT!

Many thanks
Anne O'C

Peninsula District (VIC)

We've now invested in our own **PI Banner**, picture enclosed, which contains the info relating to our **Peninsula District**. It was quite easy to design in Photoshop, apart from a little challenge to **include the Register symbol beside the logo**, and then we took it to **Officeworks** on a USB stick. Put in the order Thursday, picked up the banner Monday lunchtime! it looks great.

At our final District meeting for this year, next week, we will be **delivering our QR cards, newly printed professionally in bulk**, to all the **caravan parks** and **motels, police stations, sporting clubs, shopping malls, public libraries** and **Shire Information Centres**. We get a lot of people from afar coming to stay by the peninsula beaches over the holiday season so we want to make sure they can find all the local meetings if they need them. The police like them, too, at their **breathalyzer stations.**

COMMUNICATION + WILLINGNESS + ACTION = RESULT !

ALCOHOLICS ANONYMOUS



IF YOU WANT TO STOP DRINKING AA CAN HELP.

More than 1500 meetings each week across Australia.

24/7 Mornington Peninsula Helpline:
1300 880 390

24/7 National Helpline:
1300 22 22 22

AA members available to speak at:
your Event,
your Club,
your School, etc.

Information brochures available on request.

Find your nearest meeting at
www.aameetings.org.au







DISTRICT DOINGS

Swan Districts:

Many thanks
Di T , John R and Ralph M

Each year the **Australian Professional Society of Alcohol and Drugs** holds a conference around Australia, it is a gathering of professionals who treat people with alcohol and drug addictions. WA took up the wonderful opportunity to be an exhibitor again this year. It was short notice, but the **unity** of our fellowship and **willingness** of members to do service to enable AA to have exposure at such an important level of professionals working in the alcohol and drug fields, was amazing.

During the conference there were many speakers from many fields approaching this epidemic, these groups come from the medical, psychological, social, organisations. The Perth conference hosted over 100 delegates from Australia, New Zealand, and we spoke to as many as twenty people introducing ourselves as **members of A.A.** they were all pleased to speak with us and hear more about A.A. Many were very familiar with us and wanted to hear more about us.

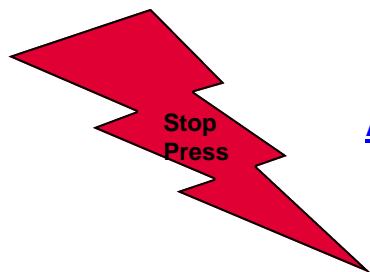
One doctor from Georgia (Russia) gave wonderful praise regarding our AA members in Russia. Thanks to Leigh F. our National PI coordinator for bringing our fellowship to this Society, we of the **Swan Districts** were invited to have a stand and offer our resources, eight people assisted in the important task. **Areas A & B** gave the us the **funds** to pay for the registration . Up to **50 delegates** left their details for **follow up**.. When you realise how important it is to get to know our friends out side of A.A. you realise that these Professionals can , and do, make good use of our offered resources.



The above is a perfect example of what can be achieved when members are **WILLING** and there is good **COMMUNICATION** and they go into **ACTION**

Due to circumstances, this was achieved with **VERY** short notice, and I would like to thank all involved for their excellent co-operation and a great result !

COMMUNICATION + WILLINGNESS + ACTION = RESULT !



Asia Oceania Conference and the Dubai AA convention

Press reports about AA from Dubai

TheNational UAE

Help is at hand for recovering alcoholics in the UAE

Nick Webster

October 29, 2015 Updated: October 29, 2015 11:39 PM

DUBAI // Although Alcoholics Anonymous has been present in the Emirates since 1977, and has more than 200 members attending 30 groups here, many Arab and Muslim alcoholics and recovering alcoholics prefer to get help abroad to avoid the risk of their anonymity being exposed.

That can mean people in need of help to control and overcome the addiction are going without the support they need.

Alcoholism is a disease that is “cunning, baffling and powerful” and affects Emiratis and expatriates, men and women alike, said John, chairman of the AA Asia and Oceanic Service Meeting, who, like other members, is referred to by only his first name.

“AA works because one alcoholic carries the message to another. The bravest thing a person can do is attend their first meeting. It is terrifying. But we want to get the message out that there is help in this region.”

More than 200 delegates representing AA groups from across the Asia Oceania region will meet in Dubai for the first Middle East Regional Committee of the AA forum of its kind on November 6 and 7 to show what support is available for recovering alcoholics.

The conference, to be held at the Grand Excelsior Hotel, will include an information event open to doctors, clergy, schools and counsellors to learn more about providing help and advice.

Andrew, a recovering alcoholic from Scotland who has lived in Dubai for seven years and runs regular AA group sessions in the emirate, said despite alcoholism affecting all nationalities, there were not enough numbers coming forward to ask for help to support Arabic-speaking meetings.

“When one person comes in, then it will spread the word and encourage others to follow,” he said.

Hamish, who has been sober since 1987, thought long and hard about moving to Dubai for work because of a perceived lack of support for recovering alcoholics here.

“A challenge is the stigma attached to alcoholism, particularly with Muslims,” he said. “Emiratis are particularly wary of the anonymity issue.

“Many Emiratis, Saudis and Qataris would rather seek out help in London.”

Financial pressure, work stress and loneliness are key factors behind alcoholism. Andrew said the average age of AA members in the emirate had fallen to about 35.

“There are a lot of single people in Dubai who may be lonely or away from their families and there is the ‘Friday brunch’ culture,” he said.

“The lunchtime drinking culture in England is gone now.

“In America, alcohol consumption has tumbled, but in Dubai, there are more ways of getting alcohol and a greater density of bars than in some European cities.”



Asia Oceania Conference and the Dubai AA convention

Press reports about AA from Dubai

Asia Oceania Conference and the Dubai AA convention



Experts in Dubai discuss recovery from alcoholism

DUBAI: The 11th Regional Service Meeting (AOSM) of Alcoholics Anonymous (AA) started in Dubai on Thursday. Hosted by the Middle East Regional Committee of Alcoholics Anonymous, the three day conference witnesses delegates from across the Asia Oceania region discussing issues related to recovery from alcoholism.

Since its beginning in 1995 the AOSM has served as a forum for the regional sharing of experience and ideas on ways to carry the Alcoholics Anonymous message of recovery from alcoholism. The 2015 AOSM will be held under the theme "Carrying the Message through Public Information."

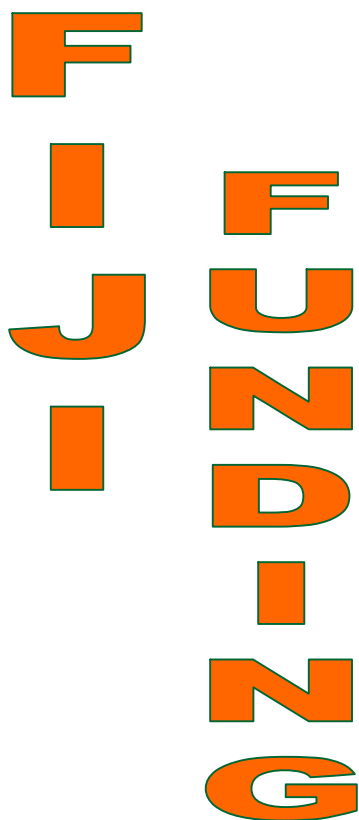
The event is hosted in different member countries and has moved around the globe, and has convened in such diverse cities as Sidney, Bangkok, Chandigarh, Tokyo, Auckland, and is now coming to the Middle East for the first time.

The AOSM meets for three days every second year. At the AOSM itself, the delegates evaluate what has been achieved in the two years since the last meeting. They then plan what to do for the next two years and carry out the work until it can be evaluated at the next AOSM.

Comprised of some 25 delegates from 15 different countries or linguistic zones around the world, attendance is limited to delegates from the participating countries. Sessions will be conducted in English. The event is also attended and supported by the General Service Office of Alcoholics Anonymous, New York, and represented by the International Desk and the Licensing & Publications office managers.

With over **200 members and more than 30 groups** in the UAE, and active groups in each of UAE's surrounding GCC member countries, the region is part of the worldwide fellowship and is helping sick alcoholics in recovering from the ills of alcoholism.

Alcoholics Anonymous, as spelled out in its Preamble, "is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism."



An invitation has been extended to Vanua Davutukia of the Korolevu-I-Wai District to send village health workers, elders & community leaders to the Public Information Day.

Those who attend will then be able to convey the message of recovery back to their local communities.

Vans will be hired to provide transport for the day & provisions will be made for lunch & refreshments. The cost per person is \$45 AUD

How many attend will depend on donations received!

SETTING UP A COFFEE CLUB

By inviting fellow members to meet and have coffee you can raise much needed funds that will enable recovery to be given to the alcoholic who still suffers in the villages of Fiji.

The idea is for the club is to meet once a week for a social cup of coffee. **Each member who attends contributes a gold coin donation to the cause.** When the sum of forty-five dollars is reached a nominated member banks the money in the account especially set up for this fundraiser (account details below).

NAME YOUR CLUB

Give your club a unique name and each time you bank forty-five dollars post on the Fiji Convention Face Book page with a smiley face.

Suggested payment methods:

Online EFT-www.aanatcon.org.au

Cheque, Credit/Debit card made payable to Bendigo Bank,
AA Australia 2016 Fiji Convention BSB-633-000 Acct-154238653

Please send cheque to 48 Firth St. Arncliffe NSW 2205

Please mark as "sponsorship" and include your unique coffee club name in the reference section.

Join us in 'Fellowship in Fiji' for the
THE INAUGURAL AUSTRALASIAN CONVENTION
of
Alcoholics Anonymous.



**Public Information Meetings
will be
held on Thursday 24th March
2016.
Thursday will be a special day
for the General Public and the
Professional Community.**

