

GAUTENG & DISTRICT OFFICE
24-Hour helpline 0861 25 26 66

Dear Loners,

April 2018

I received this share from Vicki.
Her topic: Tradition Seven and I
Tradition 7: *"Every group ought to be fully self-supporting declining outside contributions."*

The Impact of Tradition Seven on my life

The first time I heard Tradition seven and heard what was said, was at least five years ago. That was when I first came to Al-Anon for my qualifier, my issue was a life and death struggle to get him to stop drinking, nothing else in my life mattered at all. I was obsessed and even possessed. Everything that went wrong was his problem the unmanageability of our life was all his fault. Me I had no problems at all.

I was fine!! (Fine – furious, insecure, neurotic and exhausted).

I heard Tradition Seven read in that meeting and it made me feel very uncomfortable about my life. At the time a relative was carrying the financial burden for me and for my qualifier. I was employed by this person and my output was at best mediocre. My main purpose for living, my only real goal was to rescue my qualifier, get him sober and turn his life around.

The definition of insanity is doing the same thing again and again and expect the results to change. I was attempting to manage the unmanageable. This made my life completely unmanageable and I hit rock bottom.

At that time I felt like I was drowning and looked for anything or anyone I could anchor myself to.

I rediscovered Al-Anon and began reciting the *Serenity Prayer* constantly, at least once in every hour.

*God grant me the serenity to accept
The things I cannot change.
The courage to change the things I can
And the wisdom to know the difference.*

I also constantly used the slogans as tools especially *One day at a time*, and *I am as happy as I chose to be*.

Slowly and painfully I began the stumbling, tripping, shuffling journey into recovery. Part of my past pattern has been to definitely not practice Tradition seven in my affairs. I have done all sorts of things to evade adult responsibility. I gave too much to too many qualifiers.

Loaned money recklessly and shut my ears and eyes whenever financial responsibility was mentioned.

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Thanks to my Higher Power and recovery work I am on track towards adulthood. Currently I am working very hard at sorting out this past legacy of running, hiding, being a victim and generally not taking care of myself. I have now firmly put my hands on my own shoulders and taken them off my qualifiers.

A couple of years later, I met a member of this group, who I had not seen for a while in the supermarket, she asked me how I was and what I was doing. I told her that I was working hard on my finances and she told me I am actually working Tradition seven. This was a complete epiphany for me. I had an AHA moment, bells and whistles went off in my head and I realised I am working the Al-Anon program by sorting out my financial affairs in a responsible way. There is no need to feel guilty about the things I am not doing. Progress over perfection. I wanted more of the WOW feeling that working Tradition seven gave me and I thought. If unconsciously working Tradition seven can make me feel so empowered imagine what would happen if I attended meetings regularly, got a sponsor and worked the steps.

It would make a big difference in my life! That it exactly what I have done I began attending meetings as often as I could, I brought tea, I chaired a meeting and a gave a talk.

Right now I have to make a decision about my working life. I am using the Al-Anon Steps and Traditions to make my decision and of course letting go and letting God guide my decision. This year my Al-Anon goal is to complete the twelve steps and to do service in my group. I will keep things simple and I thank all of you for being here today and listening to me.

We would love to share your experience strength and hope with other loners in the programme. Our website, www.alanongauteng.co.za is updated regularly with new shares, blogs and book reviews. Remember help is a phone call away.

Our banking details are: ABSA Bank, Oakdene, branch code 632 005). Current account no 1118881482.....in the name of **Al-Anon Information Service**. Please put your **name or group as a reference**.

With love in Al-Anon, Juliet

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