

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

Dear Loners

August 2018

I remembered something that one of our dear Alateen members said at her father's funeral. "When my Dad found sobriety and went into AA we all got a second chance! How grateful I am that I went with my Dad to meetings. He went to AA and I went to Alateen. The programme changed both our lives for the better"

How true her words were and still are today.

Ever thought about how much time and effort we wasted in waiting for something to happen that never did?

How much time and energy we used in wishing and praying for sobriety; for a different life from the one we find ourselves in.

How much time we continue to waste hoping for the good old days to come back!

What we fail to understand is that alcoholism is a family disease. Even though we never drank we are still affected by someone else's drinking.

Unless we find help for ourselves we will continue to feel anxious and not trust the drinker long after they find sobriety.

What do you think if we spent half that amount of energy in trying to help ourselves and our family?

A way of finding some useful tools to help with the worry and constant anxiety.

A place where we can feel safe to share the fears of alcoholism.

Many of us are living with sobriety and yearn for the good old days before the drinking.

Sadly experienced members know we can't go back; Al-Anon gives us the Hope and Strength to move forward and look forward to a different way of living for ourselves and our family.

Starting something new is always scary but surely we owe ourselves the chance to try a different way. If it does not work we can always go back to this misery that we are comfortable with. We learn in Al-Anon that sharing our experiences we gain valuable insight into how our lives have been affected by the drinking. It is a relief to find out we are not crazy, not alone and that others have gone through similar events. We can start to laugh and feel lighter about this secret and image that we have created for ourselves. Once you find others who believe you; life starts to feel better even though it will take time to heal.

Congratulations to the people in Rustenburg for having the strength and courage to start a group. The details of the meeting are: Let Hope Arise Al-Anon Family Group; Huis Sering, 151 Kock Street, Rustenburg, every Wednesday 18:45-20:00.

We received this message after their 1st mtg from Leandra

"Good day all. Just a quick feedback from Let Hope Arise AFG in Rustenburg. As you all know we had our first ever Al-Anon meeting last night. It was an amazing night and we had 13 new

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Members attend each with their own story and experiences. We also had members order literature and really excited about this program. I want to personally thank Venita and her team, Julie and Bette that assisted us all the way; help with the literature and guidelines, manuals and a group sponsor. We still have a lot of work to do but without you we could not have done it. Thank you for your support.

We invite you to come to an Al-Anon meeting; or phone to find out how to start a meeting in your local town so that you too can experience a second chance. The office has a wide range of literature that can assist new groups; all that is required is to ask for help. Follow the example that the group in Rustenburg started and ask for assistance. We care and we can help you start your own group. All you need is at least 3 people willing to attend.

Phone the office 011867 0731 and you will find a friendly person who understands on the other end of the line or look for your nearest group on the website and make a plan to go to at least 6 meetings before you judge the fellowship. If you don't relate to the people in that group try another group. Al-Anon does care about you and would like to help you find recovery and peace of mind for you and your family.

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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