

KWAZULU-NATAL AREA OFFICE
24-Hour helpline 0861 25 26 66

Dear Loners,

There is no "I" in teamwork but "E" for everyone. A team achieves more when everyone contributes... our amazing rally held on 20 May 2018 certainly bears testimony to it.

Sincere appreciation goes out to the many individuals who contributed to the success of the rally: the planning committee, members who assisted with registration, raffles, literature, crafts, decor, catering, the speakers and also to everyone that attended. Thank you for being part of our beautiful Al-Anon KZN Family.

The Theme of the Rally was **Our members, our hope for the future.**

The introduction in our Al-Anon Service Manual begins with the sentence: *"The message of the Al-Anon Family Groups, is one of hope."* One Day At a Time, pg.94 reads, *"The first gift a newcomer receives from contact with Al-Anon is hope."* These quotes echo that the work we do today ensures that the Al-Anon message of hope is carried forward to our current and future members.

Who exactly are our members? Is it someone who belongs to a home group? Is it those doing service in the fellowship? Is it someone who has attended 90 meetings or 900 meetings? Is it the person sitting in the meeting who doesn't say a word or the one who speaks up first each week? Is it the individual who smiles and hugs the new person walking through the door of the meeting room?

Our members are all of these and more. It's not just about who attends the meetings, but who still walks the street alone, hurt and hopeless affected by the disease of alcoholism, depressed and desperate with no place to go. As Tradition Three states: "The only requirement for membership is that there be a problem of alcoholism in a relative or friend."

The profound teachings of Al-Anon helps us achieve hope, happiness and serenity in the midst of turmoil. Our lives are getting better and for that we will always be grateful to Al-Anon. Does this mean that we have an obligation to our home group, the fellowship, and to the newcomers who need help? The obvious answer is yes. The real answer is no. We are not required to pay back for any of the benefits we have received. Our only obligation is to ourselves; but how we will derive and enjoy continued growth and recovery?

From the book Lois Remembers (B-7) *"It takes only one person to start something, but many others to carry it out"*.

Dear Al-Anon friends...We are carrying forward the hope for recovery. This is not an obligation, but an act of love and continued recovery for ourselves as well as for others. So never be afraid to carry the message, continue to share your experience strength and hope, continue to sit in the chairs, continue to buy the literature, continue to help newcomers, continue to Hope (**Help Other People Everyday**) and never give up because **Our members are our hope for the future...**

Warm regards

Angel

*Don't ever lose hope,
When the sun goes down,
The stars come out*

"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"

KZN Upcoming Events

30 June 2018: FOOD FAIR – Frere Rd Presbyterian Church, 339 Ester Robert Rd, Umbilo

18 & 19 August 2018 : RSS – Pavilion Hotel, Durban. Contact the Al-Anon office for more information.

**Let It Begin With Me.
When anyone, anywhere,
reaches out for help - let the hand of
Al-Anon and Alateen always
be there, and
Let It Begin With Me**

In order for us to have faith in the Al-Anon program, we have to see that it works and that's where the experience, strength and hope of others matters. Listening to other members share their stories tells us that we're not alone, and gives us hope.

It would be wonderful to have an interactive newsletter and I look forward to receiving your share (it can be anonymous). Kindly email any suggestions, stories, queries and feedback to angelbechoo@gmail.com or post to above mentioned address.

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SHARING is CARING

Thank you beautiful family for sharing your experience, strength and hope. The received shares will be featured in forthcoming issues.

Understanding anxiety and how to remedy it...

Anxiety is born from having uncertain goals, which mean that there is a fear of the unknown. This fear lives for the future.

When we are worried or anxious it is because we are thinking about the future and the possible outcomes and because we have no control over the future and what may happen our anxiety is born from the feeling of being out of control.

The disease of alcoholism destroys any solid foundation in our lives and we have nothing to anchor ourselves to. Our sense of security is shattered and nothing ever seems certain, this then means that our future is uncertain and we can become a victim to anything out there. It is like walking into a field knowing that there are 10 hidden snipers pointing their rifles at us, and now we have to try and make careful decisions to ensure our safety, however this is impossible because we have no idea where the snipers are or when they will fire. The only outcome for us in this situation would be extreme anxiety because we are walking into an unknown future with no possible way of protecting ourselves. We are under constant threat.

This is how we live before we come into Al-Anon.

Al-Anon has the perfect remedy to anxiety through the 12 Step program. We are taught to surrender and accept that what is out of our control (the future) and to own what is in our control (the present). We are taught that we can only live one moment at a time, and that we are only in control of ourselves. We are taught to Let go and Let God, HALT, One Day at a Time, First things First, How important is it, THINK and so many more.

All these tools are the cure to anxiety, because they teach us to focus on ourselves and the now.

If we begin to live in the now, knowing that we can only change ourselves and that we are only in control of ourselves, then we stop living in the future and worrying about what we cannot control. We stop obsessing about the "possible" outcomes of a future and one day we find we stop feeling so anxious. We give our future to our Higher Power who loves us and we pour all our energy into TODAY.

TODAY is all any of us have, Al-Anon teaches us not to give today away to the future, to hold onto this moment only and to give it all we have. **{Submitted by Kloof Al-Anon Family Group}**

Kindly inform me should you have an email address, and future copies of the Loners letters will be emailed to you.

The opinions expressed in this letter were strictly those of the person who gave them. Take what you like and leave the rest.

Tradition 7 : Every Group ought to be fully self-supporting declining outside contributions

Al-Anon has no dues or fees but we have expenses. Give what you can, if you can't give just keep coming back. We need you more than we need your money. Al-Anon is spiritually rich—our members are our abundant resource.

There are no dues or fees for membership, contributions are voluntary.

Should you wish to send a gratitude donation, our bank details is as follows:

BANK NAME: ABSA
Account name : Al-Anon Family Groups Kwa-Zulu Natal (KZN)
Account number : 4074787557
Branch name : Musgrave
Branch code : 632005
Reference: Your name / Loners

AL-ANON LITERATURE

*Since its founding in 1951, Al-Anon Family Groups has published more than 100 books and pamphlets. Our wide range of Conference approved literature is available from our Literature coordinator : **Premie (084 706 0774)***