



Al-Anon Family Group KwaZulu-Natal

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*"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"*

Dear Al-Anon Family,

Welcoming the month of May, we have two very special occasions we can look forward to, the first being Mother's Day and the second being Al-Anon's birthday. Mother's Day is always a special time for me because I get to celebrate my dearest mother, the person who I know will always ever be in 1 or 3 places: In front of me to cheer me on, behind me to have my back, or next to me so I am not walking alone.

Mother's Day is a great time to show your love for all the wonderful women in your life be it mothers, grandmothers, sisters, aunts, friends and fellow Al-Anon members and to let them know how special you think they are. Happy Mother's Day dear Al-Anon family and thank you for your caring, sharing, love and friendship.

The month of May is very important in the history of our fellowship as it is recognized as Al-Anon's anniversary month. Upon the founding of AA in 1935, family members waited in cars and kitchens while their husbands attended meetings. By 1940, Lois W began organizing meetings called 'family groups' in Westchester, NY. Through the 1940's the number of alcoholic family groups and 'AA Auxiliaries' increased. In May 1951, Lois W and Anne B formed a Clearing House Committee to contact these groups and to coordinate, unify and serve them. 56 groups responded and 'Al-Anon Family Groups' was born. In 2018, we rejoice 67 years of Al-Anon's existence with 25 000 groups in 133 countries.

In celebration of our 67th anniversary, Al-Anon KZN will be hosting a Rally on 20 May 2017. This exciting event will be held at Liberty Hall, 1356 Chris Hani Rd. Tea, snacks and lunch will be served. Literature, crafts and souvenirs will be on sale. Please encourage all AA, Al-Anon, Alateen and visitors to attend.

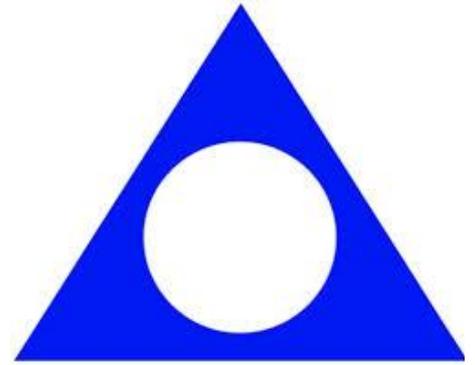
Mothers are the foundation of any family and similarly Lois Wilson is the mother of our Al-Anon family. Lois's compassion, love and dedication has helped and continues to help millions of struggling families effected by alcoholism.

In recovery we're all like infants, first we crawl into Al-Anon then by working the program we can stand. We take steps and learn to walk away from anger, resentment and hurt before we can run free towards hope, happiness and serenity.

May every sunrise bring you hope and every sunset bring you peace...

Warm regards

Angel



KZN Upcoming Events

20 May 2018: Al-Anon Rally, Liberty Hall, 1356 Chris Hani Rd

30 June 2018: Food Fair



In order for us to have faith in the Al-Anon program, we need to see that it really works. And that's where the experience, strength and hope of all members matter.

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

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

Words of Wisdom



**Successful mothers
are not the ones
that have never struggled.
They are the ones
that never gave up,
despite the struggles.**



SHARING is CARING

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

Growing up I had this notion of who I thought I was supposed to be, what my ideals were, and what I wanted life to be. Of course, life happened as it does, and things didn't turn out the way I planned. But still I tried to stand strong and unshakable. Like most, I admit I cast many stones and it was not until my own glass house shattered and I sat amongst the broken pieces, bleeding and bruised that I realized how wrong I was about everything! Suddenly, I wasn't in control. I couldn't stop what was happening. People were looking in on my life and the image I tried to uphold was now tainted. I felt ashamed and embarrassed. I felt angry, so angry! I directed all my anger onto the person I thought was responsible...my husband. This man ruined me. His lies and deceit and 'his problem' ruined me! I lost everything. I turned into his judge, jury and executioner. My life now revolved around watching him, following up on him, making sure he didn't slip up. In the midst of this madness I lost myself.

My first Al Anon meeting was instantly welcoming. I thought I would feel awkward and judged like I'd been feeling all this while. Instead, I heard stories like mine of people who felt the same hurt and betrayal. I didn't expect my story to be similar to anyone's. I thought I alone was walking this journey and no one could understand my pain. Not only did they understand, they worked through it! They found happiness on the other side. Through all my problems, I thought I prayed... But in reality I didn't even know what that meant.

I went there thinking I was going to learn coping mechanisms for my sorry plight. Thinking I was going there to help my husband with 'his problem.' What I found was worlds apart from anything I imagined. I found my Higher Power, a window into my soul...and a much needed reality check!

I'm still learning about the steps and traditions and am fairly new to it, but I do know I have found a family like no other. I have found the true meaning of prayer and I try every day to relinquish control and let God's will be done and not mine. I'm slowly finding myself again and concentrating on the things I want to achieve in life. I'm holding myself accountable for my own life, actions and reactions. I have found that I was not the victim and my husband was not the villain... We both just needed divine intervention, and perhaps if it were not for the way things unfolded, we never would have got it. I think God's timing was perfect because for all the moments that I wondered why life had to fall apart just when our beautiful little son was born, I know now that it was for that exact reason. God allowed us to fall apart so that we could be built up again with faith. Faith that we will teach our son as we ensure that God is the centre of his life. We were allowed to fall apart so we could find our character defects and fix it. To be better people and better parents than we could have been before.

I am far, far away from my finish line, my race has just begun in fact. But now every step I take is with God by my side. Now I take it One day at a time... Some of those days are easier than others, and for the days it's not..... My friends from Al Anon serve as a cheerful reminder. {Submitted by Kerusha, Belvedere Group}



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.

“To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing.... I now know that not only do I get to give my money and service, but I also get to receive miracles in abundance.” (from Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts, pages 198-99)

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 / Newsletter

