

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

Dear Loners

April 2019

This past month in our group we have been discussing Step Three, *“Made a decision to turn our will and our lives over to the care of God as we understood Him”*

It is my favourite step and I find myself stopping at any time of the time and asking my Higher Power for **guidance**. I believe I can start and restart my day at any time especially when things are not working out the way I thought they would. After all my years in the fellowship my Higher Power has taken good care of me. Yes bad stuff happens but I know from past experiences in my life that together with my Higher Power's **guidance** I will be more than OK. I am filled with gratitude that I found my Higher Power and that I have the faith that He will take care of me. I am remaindered of this paragraph that was sent to me many years ago.

When I meditate on the word **Guidance**, I kept seeing 'dance' at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other. My eyes draw back to the word **GUIDANCE**. When I saw 'G', I thought of God, followed by "u" and "I", and "dance"

“God, You and I dance!”

This statement is what **guidance** means to me. As I lowered my head to pray, I became willing to trust that I would get **guidance** about my life. Once again, I became willing to *Let go, and Let God* lead. I received a letter the other day asking me for this autobiography.

Autobiography in Five Short Chapters

Chapter One:

I walk down the street
There's a deep hole
In the sidewalk
And I fall in
I am lost
It isn't my fault
It takes forever
To find a way out

Chapter Two

I walk down the street
There's a deep hole
In the sidewalk
I pretend I don't see it
I fall in again
I can't believe I am
In the same place
But it isn't my fault
It takes a long time to get out

Chapter Three:

I walk down the same street
There's a deep hole
In the sidewalk
I see it is there
And I still fall in, it's a habit
But my eyes are open and I
Know where I am
It is my fault and I get out
immediately

Chapter Four:

I walk down the same street
There is a deep hole
In the sidewalk
I walk around it

Chapter Five:

I walk down a
Different Street.

Convention is over the Easter Weekend, 19-21 April. Please visit our website for more details. Registration for the whole weekend is R120 for AA, AAC and Al-Anon members and R30 for Alateen. If you are there please look out for me. I would love to meet some of our loner members and perhaps help and guide you to starting a group in your town.

We would love to share your experience strength and hope with other members in the programme. New groups have opened in our area. Please visit our website, www.alanongauteng.co.za it is updated regularly with new shares, blogs and book reviews. Remember help is a phone call away.

The national website www.alanon.org.za has a new members sections with lots of interesting material.

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**.

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