



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

DECEMBER 2019

Dear Loners,

2019 has definitely been a year to remember... a year filled with many surprising events, triumphs celebrated, challenges faced, successes earned, people I have met and lessons I have learnt.

I'm so blessed to be part of this amazing program of recovery that helps me appreciate my life, my family, my friends, my health and God's blessings all around me. Thanks to Al-Anon I learnt that having an attitude of gratitude everyday, is one of the simplest ways to improve happiness and serenity. This attitude helps me survive the rough spots, reminds me that each challenge we face is a gift in disguise and to appreciate what I have instead of focusing on what I lack.

In Al-Anon, I am realizing my spiritual potential and have been using this opportunity to be of service to my fellows. My gratitude goes out to you, the members of my Al-Anon family, who have believed in me, encouraged me, supported me, loved me, cheered for me, helped me grow my spirit and shared sacred moments with me on this extraordinary journey we call life.

Thank you to those members who submitted their stories for inclusion in the Loners letters. I look forward to receiving many more shares in 2020. Kindly email any suggestions, stories, queries and feedback to angelbechoo@gmail.com.

Goodbye 2019.... Thank you for all the memorable moments.

Wishing you and your family a blessed Festive season filled with love, joy, serenity and divine wisdom. May 2020 be a year of prosperity and good health.

Warm regards
Angel

HAPPY HOLIDAYS

This time of the year may bring a special challenge to those affected by alcoholism. You might find the following suggestions helpful in ensuring the holidays is much more enjoyable and serene:

- * **Remember the three C's:** You did not cause the alcoholism, you can't control it and you can't cure it.
- * **Detach yourself from the situation:** Have an escape plan, a Plan B, in which you can remove yourself from uncomfortable situations.
- * **Go back to basics:** Say the Serenity Prayer, read your conference approved literature, practice your slogans, call your sponsor or a friend and continue attending meetings.
- * **Don't participate in the blame game:** If things get out of hand, walk out of the room and calm yourself down so you can go back and enjoy your family.

AL-ANON FAMILY GROUPS KZN AREA

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Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson) Solosh Naiker(Policy & Planning Co-Ordinator)



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NATIONAL CONVENTION 2020
Date: 10-12th April 2020
Venue: University of Kwa-Zulu Natal,
Westville Campus

4 MONTHS TO GO ... Excitement and enthusiasm is gaining momentum in Al-Anon KZN, as members are focusing on National Convention 2020. It is pleasing to note the amount of commendable work already done in all portfolios and the true meaning of unity being experienced by all as members work side by side in harmony.

Meetings: Speakers are an integral part of any Convention. To ensure the success of Convention 2020, we require the participation of all members. We therefore urge you to nominate yourself or as many members as possible to share their experience, strength and hope. A selection process will follow nominations. Email completed nomination forms by no later than 31 December 2019 to: alanonkzn@telkomsa.net

Registration: Pre-registration is now open and all members are encouraged to pre-register. Cost is as follows: Al-Anon: R130, Alateen: free

Only What Is Mine To Do *By Rose B., Rhode Island*

Before I came to Al-Anon, I felt that it was my job to make sure I kept my household running on an even keel. What an enormous job that was, especially living with an active alcoholic. I was on constant lookout for bottles and excuses, and I was ready to blame everyone else for how miserable my life was. I felt so alone. I thought no one else could possibly understand what my life was like. Then someone suggested that I go to Al-Anon. *Great*, I thought, *I can learn how to make my alcoholic stop drinking*. I know now that I am not so different from newcomers who come to their first meetings.

I had to confront my own powerlessness. It was a relief to learn that I didn't cause my loved one's alcoholism, I can't control it, and I can't cure it. I can only learn to take care of myself. I had never known that I had choices, that I didn't have to participate in all the same old dances and scenarios. Instead, I could go for a walk, take in a movie, go for coffee, or go to a meeting. My life is so different now. I only change what is mine to change — what I think, say, and do. *(Extracted from the Aug 2019 issue of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach)*

TRADITION 7 : EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING DECLINING OUTSIDE CONTRIBUTIONS

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**

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

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