



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

JANUARY 2020

Dear Loners,

Happy New Year! We have before us a book containing 366 blank pages waiting to be filled... new chapters, new hope, new opportunities, new adventures, new experiences, new challenges and new struggles. This is your life, don't let anyone else hold the pen. This is your story... feel free to add a plot twist whenever you want.

What the New year brings to you, is what you bring to the year. Remember change comes from your heart, your attitudes and your actions not from a clock passing midnight. So forget New Year new you, this year choose to embrace the REAL you! Choose authenticity; choose transparency; choose to be YOU!

To be yourself in a world that is constantly trying to make you something else, is the greatest accomplishment. This year, give yourself permission to allow each moment to be exactly as it is, and allow yourself to be exactly who you are. There is only Now, so live the moment, love the moment.

I hope 2020 is the year you hold your well-being sacred and soar confidently in your own sky. I wish you strength to face life's challenges; knowledge to achieve your desired goals; faith to get back up when life knocks you down; good family and friends to share your accomplishments and love to fill your heart with abundance of positivity, serenity and gratitude.

Warm regards
Angel



NATIONAL CONVENTION 2020

Date: 10-12th April 2020

**Venue: University of Kwa-Zulu
Natal, Westville Campus**

3 MONTHS TO GO ... Excitement and enthusiasm is gaining momentum in Al-Anon KZN, as members are focusing on National Convention 2020.

Meetings: Speakers are an integral part of any Convention. 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

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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Oh, my word! (Submitted by Vassie P)

It's another New year and I find myself doing what I normally do in the early days of the New Year. I take stock of what the past year has been like. Some questions are asked of myself.... did I do enough at work, what else can I do? Did I do what I planned to do? Did I pay attention to all my affairs...work, home, personal life, the children? Often, because I spend time thinking about the year to come, I answer those questions positively and I'm usually satisfied with how my year went.

I pick one word that would be the guiding principle for the year. In the last few years there were words like pause, happy, perspective and so on. Every so often in the year I would remind myself of the word and it would help me refocus and recenter my thoughts and actions in that direction.

I really enjoyed the word perspective as it reminded me of the serenity prayer and forced me to do something to change the situation or let go of it. Perspective also allows for reasoning and acceptance. A word like pause allowed me time out or to simply think before I made decisions.

This year my word is **Joy**. I know for sure that for me to be granted this feeling... in anything at all, I need to first be grateful. I have had much joy this past year. Besides people, big and small, who have brought me joy, a tree brought me immense joy. I planted the tree two years ago. When it was high enough I hung a bird feeder on it. Under the branches I deliberately allowed a neat patch of wild grass to grow. I call this my meadow. Little wild birds like mannikins and canaries feed on the seeds of the grass. Many an afternoon I have spent sipping tea while enjoying the birds on the tree and in my meadow.

I'm looking forward to this three letter word being part of the year plan for this year. Whilst there are many other things on this years "to do list," I'm hoping I can inject some joy into everything I do.

I wish you all every joy for 2020.

**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**

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.

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