

How Can We Get Al-Anon's Message of Hope to Others?

By - Scot P., Associate Director—Digital Strategy .

It wasn't until my mid-thirties when I realized what I wanted to be when I grew up. I was working for a window covering company in their marketing department. I loved the idea of putting together a campaign and drawing people to a service. So, I went to school and earned my degree in Marketing Communications. After a successful career in marketing, I decided to put these skills to use for Al-Anon.

Step Twelve can be quite intimidating for many introverts like me, but there are ways for everyone to get involved. Starting within the group, members can welcome newcomers and be available to answer their questions. Our groups can also consider cooperating with another group or the District to hold an open public meeting inviting professionals, students, and others to observe an Al-Anon meeting.

Another way to get involved in public outreach is to drop off Al-Anon literature, such as the Outreach Bookmark(M-76) or Al-Anon Faces Alcoholism Magazine at various public places such as waiting rooms, libraries, schools, and religious buildings. Many of these places might have a place for community information.

Additionally, members can get involved in Al-Anon's Public Service Announcement (PSA) project. This is a grassroots campaign to help generate awareness to the local media, as well as community TV and radio stations. Their goal is to provide relevant content to their viewing/listening communities, and this is where local Al-Anon members can get involved. Living in the station's viewing/listening community, these members may have a great deal of influence as to whether the station will choose to play the PSAs. Being in the viewing/listening community means they can help influence what the stations choose to play. We can all search for the station's contact information and reach out to the person responsible for PSAs, share with them how Al-Anon has helped us, point them to the PSAs on al-anon.org, and ask if they would be willing to play our PSAs. If they agree, we can simply return to al-anon.org and complete the PSA request form to have the PSAs electronically delivered to the station. There are many ways to be a Step Twelve messenger, if we each "Let It Begin with Me."

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Mar 2020 issue).

The Loners letters from all areas can be found on our website

<https://www.alanon.org.za/members-newsletters/>

I Was Just as Resentful as the Alcoholic.

By - Debbie J., Texas .

My husband and I grew up together. When we got married, I just knew it was forever until death do us part. I never gave his drinking a second thought in our younger years. I just knew that, because I was raised in a loving and nurturing home environment, I would be able to help him overcome his drinking problem. After all, I loved him. And doesn't love conquer all? I thought if I could just convince him to let go of his resentment and anger, all would be good. I did everything I could think of to help him, nurture him, and love him. Unfortunately, he did not respond as I thought he would or should.

However, once I started attending Al-Anon, I realized that I had also become ensnared in the web of resentment and anger. They were like cancer eating me up inside. I was out of control. In time, I

accepted the reality that I had no control over the alcoholic's life or choices, but I did have control over mine. My life began to change, despite the fact that my husband's did not seem to. However, I realized that was okay. As I began to turn my energy inward toward myself and started to heal, I saw just how much of myself I had lost through the years. My husband of 40 years passed away recently, and I am still learning how to take care of myself. I am so grateful for the fellowship of Al-Anon and the literature available to me, all of which is helping me along the way.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Mar 2020 issue).

Literature

Please contact Gail at the office Mon - Fri between 9am and 1pm, and she will be happy to recommend Al-Anon books and pamphlets that meet your needs...

Just for today . . .

- I'll remember the power of sharing my smile with others . . .
- I'll keep the greater good in mind . . .
- I'll mind my own business, and mind it well . . .

Compiled by:

CAPE AREA OFFICE

Postal Address

PO Box 727
Goodwood, 7459

Residential Address

Unit B5, N1 City Mews
Manus Gerber St.
Goodwood, 7460

Tel: 021 595 4517

Fax: 086 523 3030

E-Mail: alanonct@iafrica.com

Our expenses are met by voluntary contributions. If you would like to send a donation our bank details are:

Al-Anon Family Groups
ABSA Bank (Current account)
Account No: 407 321 5579
Branch Code: 632 005

Our 24 Hour Helpline - 0861 25 26 66