

AL-ANON FAMILY GROUPS CAPE AREA ECHO

EDITION 2 – 2020

FIND A MEETING

Important

Due to Covid-19 and the National lockdown, our Al-Anon groups are meeting electronically instead of face-to-face.

All details for electronic meetings can be viewed at the following link: <http://www.alanon.org.za/meetings/>

If you require further information, please contact our office or Helpline:

021 595 4508 / email: alanongso@iafrica.com / Helpline 0861 252 666

See Updates from WSO on COVID-19 (Coronavirus) at this link:

<https://al-anon.org/for-members/wso/news-from-the-wso/update-on-covid-19-coronavirus/>



TO ZOOM OR NOT TO ZOOM IN THE TIME OF COVID-19

The events of the last few weeks developed so quickly that we are all still reeling and possibly in a mild or severe state of shock. As with some adult children, I suffer from some kind of delayed reaction when it comes to these kinds of things.

And so it was that in the time of the Coronavirus, as events were unfolding worldwide, groups were first trying to decide from one day to the next what kind of measures they should practice when meeting, when next they were trying to decide whether to meet at all, when next we were summarily instructed by our government to stay inside and not meet at all!

We no longer had a choice in the matter. But we needed to figure out a way to stay connected, even more so, in this time of “self-isolation”. Al-Anon GSO decided to pay for a national Zoom Pro account, which would allow each area (Cape, Gauteng and KZN) to host an account which would be able to be used by each group. Free Zoom is available

to all but can only be used for 40 minutes at a time for a group meeting.

One limitation to this technology is that you can only conduct one meeting at a time in each area or per host. This meant that we needed to reschedule some of the meetings that clashed. We have done most of this at present and several groups have already started running their Zoom meetings.

As much as possible we have provided groups with a specific web link that appears on our website now and which can be accessed by each group. Each group has been asked to choose a group host to start up the Zoom meetings after which group members can join. In order to protect the privacy of each group, we have kept the ID numbers for each group off the website and it is kept by Gail, our office administrator. Please contact her via email or phone to access your group’s ID.

We would really encourage each group to get on board with this amazing technology. Being part of a Zoom meeting has been really special and fulfilling in a surprising way and despite one or two hiccups in the beginning, quite accessible and doable for all. Even our older members have quickly taken to the technology, being quick on the uptake.

Furthermore, for those who have already started staying away from physical meetings, because of challenges like transport or a sense of physical vulnerability, now have the opportunity to join in a group again. Not only does this technology make it easier to attend a meeting, it has encouraged members from other countries and areas to join us already, so that advantages outweigh the disadvantages.

For those groups who are not yet up and zooming, please contact a group close to you that is already zooming and get some guidance from them. We have sent out an email with general instructions which you should have received. If not, please email Gail on alanonct@iafrica.com for those.



For those groups or members that have not yet decided to use Zoom, because they feel it might be too technologically challenging

CAPE AREA ECHO

- focus on the things I can control.
- take care of myself physically, mentally and emotionally.
- take deep breaths to stay grounded and calm.
- cut myself some slack if I struggle to do what's good for me.

IN THE LOOP
NEWS FROM YOUR WSO

<https://al-anon.org/for-members/wso/news-from-the-wso/>

IT TAKES COURAGE
TO LET GO OF THE FAMILIAR
AND EMBRACE THE NEW.

I WAS FINALLY ABLE TO TAKE OFF MY ARMOUR

Growing up in an alcoholic home, I had to figure so much out for myself. As a result, I developed an arrogant, smug belief that I had all the answers. I felt that I was the one who had to keep things together. Once I left home, I was sure that I was prepared to take a miracle for me to reveal my true self to anyone – including myself.

I heard about Al-Anon during an internship I was completing for school and attended some Al-Anon and AA meetings as part of my assignment. My immediate thought was that my mom really needed to do this Al-Anon thing because it was clear that she was unhappy with my father's drinking. She went a few times, but did not see how Al-Anon could help her. After all, she didn't drink. She purchased one of the daily readers and felt that was enough for her.

Even though my alcoholic loved one became sober and started going to AA, I was more miserable than ever. My deep-

seated insecurities were running amuck, and by the time I got back to Al-Anon, I didn't think I belonged because I didn't want to belong. I didn't want to see my part. Fortunately, I heard that Al-Anon was about my disease. My behaviour and attitudes were making me sick and I didn't even realise it. I put everyone else first, thought I knew the answers to everyone else's problems, and justified my actions to the point that I didn't think I could change.

By listening to others share their experience, I felt hope for myself – hope that I could risk taking off the armour, or maybe just a piece of it, to reveal the real me. Amazing, I started to change as this loving program began to unfold in front of me. Al-Anon has helped me love and accept myself as I am, despite the family disease of alcoholism. I will "Keep Coming Back" to remind myself that I am worthy.

By Sue P ~ Virginia

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TRADITION SEVEN & COVID-19

Every group ought to be fully self-supporting, declining outside contributions.



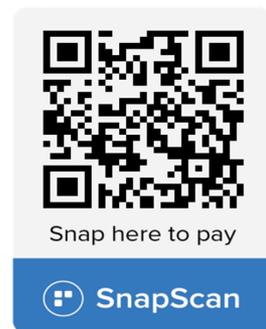
Please help Al-Anon by continuing your giving, even without physical face-to-face meetings.

Members may do so via direct EFT into the Cape Area account, using a reference indicating group contributions or via SnapScan.

Banking details:

Bank: ABSA
Account Name: Al-Anon Family Group Cape Area
Account No: 407 321 5579
Branch No: 632005
Type: Cheque
Ref: GC, Group Name, Member's Name (if necessary).

SnapScan:



PUBLIC OUTREACH RESOURCES:

<http://www.themightypen.co.za/doc/January%202020%20issue.pdf>
Al-Anon Family group; Page 11.

The next issue of The Mighty Pen will be available in April.

MAKE THE ECHO YOUR OWN:

We at Al-Anon are looking at publishing a weekly edition of the Echo for the next few weeks.

Please share your thoughts on how you are getting through – one day at a time – during the lockdown. Send your articles marked "Echo" to alanonct@iafrica.com or afgc2c@gmail.com or WhatsApp to 082 342 2102.