

AL-ANON FAMILY GROUPS CAPE AREA ECHO

EDITION 8 – 2020

FIND A MEETING

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 <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/>

Important

I AM POWERLESS... IN NEED OF SERENITY PRAYER

I am a member of Al-Anon for a few years now. I do the recommended things like attending meetings, keeping in touch with Al-Anon members and reading Al-Anon literature. I must admit that all the above I should be doing on a more regular basis. There is now sobriety in my home, so why am I still feeling fearful, anxious, and upset at times.

I am reminded by the readings that I am powerless. I literally don't have control over my work situation, my spouse, my family, my children. I only have control over myself and over my reaction to all the challenges that life throws at me on daily basis.

God grant me the serenity
to accept the things I cannot change
the courage
to change the things I can,
and the wisdom to know
the difference.

Lockdown in our country also posed a major trigger for anxiety for me. Was I going to run away and be afraid to go to work every day? I had to breathe deeply and say the Serenity Prayer many times over. Each day of lockdown, the Serenity Prayer brought me comfort and peace. It was literally approaching life as one day at a time. By the end of the lockdown month it was still a worry, but it wasn't taking over my thoughts for the whole day. Al-Anon principles can really be used in all facets of my life.

By Liesel P, Delft

Living with the programme can give
me a new view of my world ~
Anonymous

Gratitude is my superpower.

Al-Anon Family Groups Cape
Area

Virtual Birthday Meeting

Date: Sat, 16 May 2020 at 2pm

**Theme: I am so grateful I have a
programme**

Chairperson: Margie

**Speakers: Fiona (Constantia)
Janice (Belville)**

**Zoom Meeting ID and Password
to follow via WhatsApp.**

**Please join us in celebrating Al-
Anon's 69th year in South Africa.**

**This is the occasion when we show
our gratitude financially. We are
reminded how we have found
solutions that have led to serenity.
As all fundraising events are on
hold for the foreseeable future,
please give as generously as you
can in these difficult times.**

DANCE LIKE NO ONE'S WATCHING

Day 42+5 of lockdown and I'm still relatively sane. I am still motivated to get up in the morning and find something to do to relieve the boredom, the frustration, the sameness, of every day.

I am grateful for having this programme that reminds me to be grateful, even on the bad days.



I am so grateful for my cell phone. To be able to WhatsApp call or video call family and friends. To be able to attend some Al-Anon Zoom meetings and to have amazing contact with my sponsor and sponsees.

Video chats and sing-a-longs with my grandchild are a priceless gift.

I am so blessed to have my daughter and son-in-law do my shopping for me and always include a little treat in the bag.

Now that I can walk around the complex, I can see other faces (or half a face above the mask) and have a quick chat.

Thankfully, I didn't downsize my craft stuff or my wool and bits of material and have been able to keep my hands and mind busy.

I am so grateful that through recovery in Al-Anon, I have been able to indulge in an amazing, uplifting, and energizing form of therapy. I go into my garden, (which backs onto one of the walkways) turn my face to the sun, close my eyes and for half an hour, I dance like no one's watching.

**THE SIMPLE ACT OF
CARING IS HEROIC.**

Help and hope for families and friends of alcoholics

CAPE AREA ECHO



"I will keep myself aware of the many blessings that come to me each day and remember to be thankful for them." ODAT B-6 Pg. 319

By Glenda W ~ Constantia

Dance *like nobody's watching*
Love *like you've never been hurt*
Sing *like nobody's listening*
Live *like it's heaven on earth*

I find serenity in the fact that I am not alone on this journey ~ Anonymous

TO BE HUMAN

Corona, Corona that's all
 I would hear,
 bend the knee, for the end is near.
 Stay home and be quiet and
 don't make a sound
 don't breathe the air, and
 don't walk on the ground.
 Don't, come near me, for I may
 have it, you see,
 Put the good times away and
 forget to be free
 This is the sound, I first
 chose to hear,
 Hiding away, in lockdown, in
 fear.

Yet, in this time, I also
 saw,
 humanness and kindness, I am
 in awe.
 Sharing and caring for one and
 for all
 sickness will rise but the
 people won't fall.
 Tis time to be alone, with
 family, with ourselves,
 to look around and to clean
 out our shelves,
 to go within, inside to reach

to speak to our souls, to
 heal, to teach.

This time is so precious a
 gift to unwrap
 To learn new ways and to
 unravel the trap.
 That life has set us day after
 day, plot, and toil
 we were well on our way.
 The wheel has stopped, to give
 us some time
 to look up in wonder, and to
 rewind.

See around you, see life,
 surrounds you all day,
 A bird, a bee, and a flower so
 gay.

Look up, Look up, your Maker
 to see
 acknowledge His Love, He's
 made you so free.
 Nothing can stop you with Him
 by your side,
 Corona, Corona, you too will
 subside.

The Lessons remain, so true
 and so clear
 my life is fragile, and I
 should hold dear,
 the things that matter, my
 health, my soul
 my loved ones, my friends all
 made from gold.

Look up, Look up and give
 Him your thanks,
 Seek His face each day and
 forget all your pranks.
 He fills you with breath and
 you owe it to Him
 To get out of your head and to
 look within.

By Anita P ~ Courage to Change

Look up to the sky. You'll never find
 rainbows if you're looking down ~
 Charlie Chaplin



COURAGE TO BE ME

Growing up I wished I could be
 more daring, adventurous,
 outspoken, and spontaneous. I
 admired these character traits in
 others. Then I found myself in an
 alcoholic marriage – wishing I had
 courage to speak up, stand up for
 myself. I realised that I was
 comfortable with someone else

giving orders, demanding, telling
 me what to do, directing my life.

One day when I had enough of
 feeling helpless and hopeless, I
 entered the rooms of Al-Anon.

How I admired the people
 sharing so openly and honestly
 about what was happening in their
 homes and in their lives.

I realised that I had never been
 encouraged to share my thoughts
 or feelings. I had never been asked
 for my opinion and I had never
 made decisions. I had become
 extremely comfortable and was
 scared to open my mouth. The
 reality was that I had no voice.

At the end of every meeting, I
 heard the words "Keep coming
 back, it works." So, I kept coming
 back and waited for the miracle to
 happen.

After listening to many shares
 and reading Al-Anon literature, I
 began to realise that what I felt,
 said, or thought mattered. Slowly
 but surely, I started sharing and
 the more I spoke the better I felt.

I have realised that my Higher
 Power guided me through this
 process, holding my hand,
 bringing me people into my life to
 help me be who and where I am
 today.

Today I am willing to be
 involved in service, that was the
 day I started to live the slogan "Let
 it begin with me". This has been
 the greatest contributor to my
 growth in the programme. My
 self-esteem and self-confidence
 have improved and today I try to
 live by example.

It has given me the
 opportunity to use my voice not
 only in my home, with my loved
 ones, but also in the workplace,
 and in my community.

Today I don't fear what others
 think of me. I have courage to be
 me.

By Anon, Cape Area

Reprinted with permission RSS 2017, Many
 Voices One Journey, July 2017

CAPE AREA ECHO

The question we face is do we have the courage to change, not just today, but as we move forward? ~ Tanveer Naseer

PLEASE NOTE

CAPE AREA OFFICE AND LITERATURE PURCHASES

Kindly note the Cape Area Office has reopened and is fully operational.

Literature may be ordered telephonically or by email from the Office Administrator. You may collect your order from the office, or it can be mailed to you via a courier service. Kindly note the courier cost and packaging will be at your own expense.

Payment can be done via EFT or Snapscan. Please forward proof of payment to the office before collecting your order. If this is not possible you are welcome to pay in cash when collecting your literature. To minimise the handling of cash the exact amount would be appreciated.

Due to the COVID-19 regulations, as well as the safety and health of the Al-Anon staff you will not be able to enter the Cape Area Office. The exchange of money and literature will be done through the security gate at the office.

A price list is available and has been emailed to members.

We appreciate your support and cooperation in adhering to government regulations during these trying times.

Stay Safe, Stay Healthy.

By Gail S, Office Administrator

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### REGIONAL SERVICE SEMINAR 2020 (RSS)

Due to safety concerns for all our members and the unpredictability of how long the roll out of the phased opening up of the lockdown will take, especially with regard to those who are above 60 and who are

vulnerable due to health issues, it has been decided that it would be best not to go through with our plans for RSS at Mizpah in Grabouw this year.

We would like to hold a virtual RSS over that weekend, at a much-reduced rate, via ZOOM. We will keep you posted on that one.

We will keep the space in Grabouw for next year instead.

We will be sending details shortly. Please keep an eye out on your WhatsApp groups and in the Echo for further details.

Yours in service

**By Natalie ~ Policy and Planning Co-ordinator (Cape)**

Living with the programme can give me a new view of my world ~ Anonymous

### AVAILABLE RESOURCES

#### \*AL-ANON FAMILY GROUPS SA

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

#### \*AL-ANON WITHOUT BORDERS – MEETINGS/WORKSHOPS/OTHER

**Meetings:** Listen to shares from members around the world at the following link:

<http://msbrecording.com/al-anon-zoom-meetings/>

28 & 29 March – Topics: Steps

4&5April – Topics: Communication, intimacy, relationships

11 & 12 April – Topics: Service and commitment, Family recovery

25 & 26 April – Topics: Traditions

9&10 May – Topics: Concepts

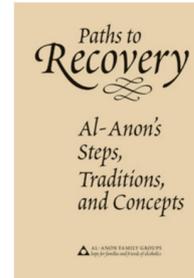
**Upcoming meetings:** Join Al-Anon Without Borders on 23 & 24 May. Same Schedule, same ID, same password, NEW TOPICS, NEW SPEAKERS.

**Workshops** were held on 8, 10, 15 & 17, 29 April, 1, 6 & 8 May <http://msbrecording.com/al-anon-zoom-meetings/> Topics: Finances, relationships, principles, forgiveness, Al-Anon toolbox, attitude adjustment and more.

**Third Day of Gratitude – In the UK & Eire** will be held on 16 May. Further details to follow.

### LITERATURE AVAILABLE

#### LOCALLY PRINTED



Paths to Recovery—  
Al-Anon's Steps, Traditions, and Concepts  
B-24ZA  
R300-00

Thorough study guide for our programme's three legacies: the Twelve Steps, the Twelve Traditions and the Twelve Concepts of Service. In-depth chapters on each Step, Tradition, and Concept of Service provide insight, and Includes thought-provoking questions for group or individual study. Indexed. 366 pages. (Soft cover, local print).

#### LOCALLY PRINTED



Blueprint for Progress: Al-Anon's Fourth Step Inventory (Revised)  
P-91ZA  
R180-00

Workbook for conducting an in-depth inventory, expanded from P-5 to include additional sections on fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 ½ x 11. Three-hole punched. 96 pages.

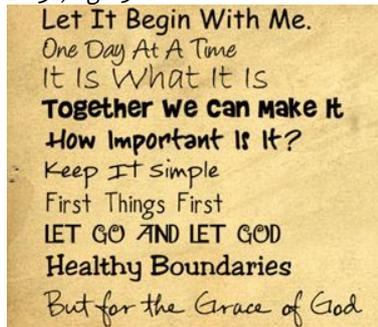
Never think that what you have to offer is insignificant. There will always be someone out there who needs what you have to give.

### THE AL-ANON SLOGANS

“Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember. You may have heard some of these slogans hundreds of times before without

# CAPE AREA ECHO

ever taking them seriously or trying to put them to work. After all, they are clichés, and easy to disregard. But it is their very simplicity that makes them so powerful.” *How Al-Anon Works for Families & Friends of Alcoholics B-32, Pg.65*



**Easy Does It**

“Easy Does It’ suggests not only that I learn to slow down, but also that I learn to lighten up. Today I will strive to take a more accepting attitude toward myself and to enjoy the day, regardless of what I achieve.” *Courage to Change B-16, Pg.93*

“Improving our own attitudes, and our own state of mind, takes time. Haste and impatience can only defeat our purposes.” *This Is Al-Anon P-32, Pg.9*

**Keep it Simple**

“Sometimes the ‘It’ in ‘Keep It Simple’ can be the program itself.” *Hope for Today B-27, Pg.74*

“To get a good, firm hold on the Al-Anon idea ... ‘keep it simple!’” *One Day at a Time in Al-Anon B-6, Pg.143*

**Let it begin with me**

“How I respond to someone’s lack of interest in Al-Anon may convey the message of recovery better than any detailed personal testimony.” *Hope for Today B-27, Pg.56*

“The problem is that those who need it don’t always want it. We can share our experience, strength, and hope with them and be a good example of Al-Anon recovery by practicing its

principles in all our affairs.” *Paths to Recovery B-24, Pg143*

**But for the Grace of God**

“When I take time for gratitude, I perceive a better world. Today I will appreciate the miracles all around me.” *Courage to Change B-16, Pg.282*

“Even the darkest of moments can be faced with a grateful heart, if not for the crisis itself, at least for the growth it can evoke with the help of our Higher Power.” *In All Our Affairs B-15, Pg.209*

**Let Go and Let God**

“When I let go and let God work in my life, the pendulum that swings between the black-and-white of obsession and indifference finds balance in the peaceful colours of serenity.” *Hope for Today B-27, Pg. 76*

“This slogan gives us permission to replace stress, worry and suffering with serenity and faith.” *How Al-Anon Works for Families & Friends of Alcoholics B-32, Pg. 76*

**Together We Can Make It**

“I need never again do anything alone.” *Hope for Today B-27, Pg. 181*

“We must learn to lean on others, and sometimes accept others’ leaning on us. We must share our experience, strength, and hope with others so that we can all grow. We can’t do it alone. No man is an island, no one is a rock. Only by truthfulness and trust can we grow in Alateen. ‘Together We Can Make It.’” *Alateen: Hope for Children of Alcoholics B-3, Pg. 49*

Source: Al-Anon WSO website <https://al-anon.org/for-members/members-resources/literature/al-anon-slogans/>



**MAKE THE ECHO YOUR OWN**

We at Al-Anon are looking at continuing to publish the Echo on a regular basis.

Please continue to share your experience, strength, and hope. We are looking forward to hearing from you. Send your articles marked “Echo” to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or [afgc2c@gmail.com](mailto:afgc2c@gmail.com) or WhatsApp to 082 342 2102.

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TRADITION SEVEN DURING THE EXTENDED LOCKDOWN

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



Thank you to all our members who contributed so generously during April. With your contributions, we continue to operate our local office and be there for family and friends affected by someone else’s drinking.

Please continue 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:

