

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

Dear Loners

May 2020

I received this share from a very grateful member of our group who had to cope with active alcoholism and relearn everything after brain surgery.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

From dictionary Sane....of sound mind; 'being mad'not being completely with it!!

I was not aware of the situation.

I just knew I had NO Control over anything, anymore!

I was insane at times, crying, begging, checking on hubby re hospitals, hang-outs, looking for bottles etc

I was also trying to work night duty, selling jewellery, household goods, foods, cleaning products, at the time I thought I was only being helpful [because hubby was around at night with the children!!]

Hence, sad to say, I came to realize all too soon what I was doing was insane and too late.

I had a craniotomy to remove a tumour in my brain. It affected my attitude, actions and over all neglect of myself.

I woke up to a great shock and realized there was a Greater Power than myself.

I survived surgery! I was alive!

People were just great! I had so many people praying for me; many people visited the ward with gifts and flowers. I was so spoilt. Why?

I was so, so lucky and realised there must be a Power Greater than me

I must say at that time, I had lost all confidence, not able to do much for myself, and was lifted everywhere.

I went to a retreat for one week which was great; a special time to think and meditate and rethink my life over

It was at the retreat they sensed I needed help and gave me the address for this meeting.

I did not know why I was contacting the group???

Slowly I was improving with daily chores and it was my daughter that lifted me to the meetings then

I would go to the Holy Family convent and wait for her to fetch me.

Doing the little simple things I was so grateful to be able to do again

Wow Al-Anon.....well I was so confused why I was here but was so surprised to see Happy People!!!

Little did I know they were all on the same long path as me! I knew so little about alcoholism. Although at that time I did realize I loved Jesus, I did later realize he is as my Higher Power, my best comforter was my Higher Power.

At night I could talk freely and know I could do nothing without help....not even thread a needle. I have since learnt to be very patient, grateful and acknowledge my attitude and progress at all times in his time.

Al-Anon has made me realize I am not alone, so pleased to hear and learn about the 3 C's [I did not cause the drinking; I can't control the drinking; I can't cure it]

I know I am loved; I need to put my hands on me and encourage people that they too have a Higher Power who is with them and loves them

It is a blessing to have experienced all the situations with my health, family, and friends and above all to get to know my Higher Power as I do today

I need to acceptance, acknowledge, understand with gratitude and action....He will solve all problems in His time, protect me, guide me, I must have quiet times too, to listen, to hear and go to meetings, read the literature, live the slogans and Steps, open up and trust my GUT feelings, Today my Al-Anon programme, and Higher Power are everything. Faith and TrustI make no decisions without my Higher Power

I Stop Think and Pray

Thank you to you all for listening. It has been a long road and I am still at it thanks to you all a big thank you to my sponsor and Al-Anon.

Thank you for submitting this to share with the loners.

New groups have started all over Gauteng. Please visit our website for details of times of meetings. Literature is available from the office. Please phone Julie Mon, Wed and Fri 10:00-14:00. She will be able to help you select the books that are most relevant for your recovery.

ABSA Bank, Oakdene, branch code 632 005). Current account no 1118881482.....in the name of Al-Anon Information Service . Please put your name or group as a reference .

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