

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

Dear Loners

June 2020

In response to my request for members to share their experience, strength and hope during the lockdown I received this letter from Avriane

All my life, things that happened or did not happen when I wanted them to, made a bit more sense and were thus slightly easier to digest and accept, if I was able to reason them out in my head. If something could be contextualized, placed in a reasonable frame, explained, I could mostly live with it.

Being in Al-Anon (AAC) taught me to accept things I cannot change. It taught me about having no power over things.

This morning, while walking in the streets of my suburb the first time in five weeks, I thought about the Corona virus, and how it changed many things in life. I realized that all this time I tried to understand, contextualize, find a meaning for the virus appearing and creating seeming havoc. Yes, there are many theories and reasons, and yet: Nothing proven. An inexplicable virus surfacing and destroying.

I realized that there is one thing only for me to do in terms of the virus: Fully accept its existence without being able to rationalize or understand or wishing it away so my little life could return to 'normal'. Accept, fully accept what is, and be with it without complaining or reasoning it out. Therein lies the opportunity for growth and joy.

We would love to hear from everyone re how you doing. Articles can be sent to the office for consideration.

The lockdown has forced many of us to find alternative meetings. Most groups in our area have started hosting zoom meetings. If you would like to attend an online meeting, please contact me through the office to find out how and when you can connect with an online meeting.

We have started a newcomers meeting on Sundays at 17:00 if you would like to attend please contact us at the office or on one of the WhatsApp numbers on [www.alanon.org.za](http://www.alanon.org.za)

Information about our programme of recovery can be found on the following websites:

[www.alanongauteng.co.za](http://www.alanongauteng.co.za)    [www.alanon.org.za](http://www.alanon.org.za)    or    [www.alanon.org](http://www.alanon.org)

Tradition Seven: Every group ought to be self-supporting, declining outside contributions. Although we are under lockdown our office expenses still need to be paid. If you are able to help our bank details are below.

Many thanks, Stay Safe, Juliet

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

P.S. If you do not want to receive these letters send email to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) with the word **unsubscribe** in the subject and we will remove your name from the distribution lists. If you know of new members who would like to receive our newsletter please let the office have the details