

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

Dear Loners

July August 2020

I was delighted to receive this share on **Love** from Madge.

Hi Everyone

I came into Al-Anon almost a year after my divorce. I was literally at the end of my rope. My name is Madge and I am the adult child of an alcoholic. My father, the alcoholic died when I was 16. I struggled to cry when he died and now decades later I still did not cry a lot for his death.

So coming into Al-Anon after hearing about it through a counsellor; I found Al-Anon and it sparked my interest. I went to my first meeting and balled my eyes out. Someone shared her experience as the wife of an alcoholic. I realized at the first meeting I never even thought how it must have been for my mother. She went to so many school functions alone, people thought she was single. I loved the way the people spoke to me at the meeting and though they did not know me they told me to keep coming back. That felt like love to me. Also the gentleness that I felt was tangible and I wanted more of whatever this was.

They gave me a starter pack and to my surprise there was a meeting very close to my home and I went there the next time. To my even bigger surprise I got the same feeling there. It felt like the home I always wanted. So everyone shared openly and honestly about themselves and I found that so endearing. I cried at every meeting for a solid two years. Nobody said anything. They never told me what to do and answered all my questions. I bought my first book, it was a daily reader and they said to me read one page a day. I was told to be gentle on myself and though I did not really know how; I loved the words. Then they said it is a slow process it took me 38 years to get to the doors of Al-Anon it's going to take time to heal. In onion layers they said. So I kept coming back. Every week I came back for more. More of the non-judgement; the accepting; the not giving advice; the sharing; the laughter and to relate versus compare.

I was told to take my hands off others and put them on myself. To take the cotton wool out of my ears and put it in my mouth. Slowly I began to love differently; I allowed my kids to be themselves while working on myself. I stopped interfering with everyone and everything. I stopped giving advice when it wasn't my business. I learned to speak up for myself. I stopped repeating the same thing and only state my opinion once and let things go.

The spiritual awakening of love happened slowly but surely and I realized to love someone I had to accept me for me and let others be themselves. I am still a work in progress and I am a masterpiece of God. But the love of this program has surely let the love in me grow.... One day at a time.

From: *One day at a Time in Al-Anon* [B6] page 160

“...Giving love is a fulfilment in itself. It must not matter to us whether it is returned or not. If I give it only to get a response on my terms, my love is cancelled out. If I have the capacity to give love, any return I get for it is a special bonus. It is through giving love, freely and without expectation of return, that we find ourselves, build ourselves spiritually....”

Thank you Madge for your very honest share. It is not often that we receive shares from Adult Children of Alcoholics [AAC]. If you would like to connect with AAC mtgs via zoom please contact the office for details. In addition our new newcomers meeting on a Sunday evening at 17:00 is going well. If you would like to attend an online meeting, please contact us through the office or the website [www.alanon.org.za](http://www.alanon.org.za) has a few WhatsApp numbers you can call for help or information. We would love to hear from everyone. Articles can be sent to the office for consideration

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