



## Al-Anon Family Group KwaZulu-Natal

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*"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"*

Dear Al-Anon Family,

With all the load shedding that's been recently occurring, we take every measure to ensure that we have candles, rechargeable lights and that they are within our reach as the dreaded hours approach. We have a choice of allowing the darkness to consume our home or we have the choice of using the means we have, to fill our home with light.

If we do not allow the darkness of load shedding to affect the light in our homes, why do many of us allow the gloom of negativity, disparaging occurrences, depressing emotions and the behaviour of sadistic people affect the light in our lives?

Just as we counteract load shedding by any means available, in life we have the choice of allowing the darkness to consume our life or we can choose to pave the way with light by taking hold of our life and making it work. We should not allow darkness to evade what we have or who we are because we see ourselves as not having the means to escape it. When we look closer we all have the means to turn darkness into light, we just need to choose the path.

The first step on this path, is Self-love. Self-love means thinking of yourself first, thinking of your own well-being first. You can't really love another until you love yourself and you don't know true forgiveness until you forgive yourself.

Being affected by alcoholism can be exhausting and has a negative impact on one's life, with many losing their self-esteem and self-worth. However working through the Al-Anon program we have the means (our meetings, CAL, members sharing their experience, strength and hope) to learn about self-love again and how love for ourselves no matter how bruised or broken we are, can lead us down the path full of love, light and laughter.

Al-Anon teaches us that loving ourselves is not selfish. We learn that taking care of ourselves is not vanity, its sanity. We learn to be there for others and not to leave ourselves behind. We learn that the more we focus on ourselves, our attitudes and well-being will improve and we don't have time to focus so much on others. We can then banish the darkness that surrounds our lives, let go of resentment, anger and negative feelings.

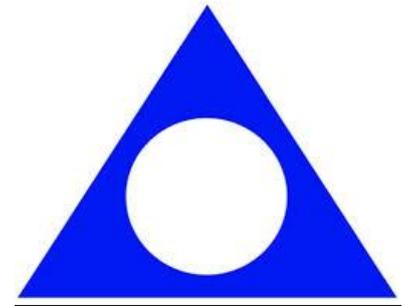
This Valentine's Day, I give each of you not a rose but a lotus with its amazing life's lesson. This beautiful flower symbolic of purity, determination, hope and rebirth grows in the dark, muddy areas but it does not allow the place of its growth to overpower its beauty.

Sometimes, our circumstances in life are not wonderful. We might find ourselves submerged in conflict or hardship. These conditions do not make us any less worthy, they strengthen us. So today instead of focusing on the "heavy mud" in your life, focus on the sunshine. Look for the blessings in every day and practice gratitude.

Be that light that shines through darkness and the lotus flower that radiates its beauty through muddy waters. You alone can make that choice.

Sending love to everyone whose trying their best to heal from things that they don't discuss. Remember, the love you do have in your life should not be overshadowed by the love you don't.

Warm regards  
*Angel*



### KZN Upcoming Events

**15 February 2020: ASC MEETING –  
Verulam Secondary School**

*Al-Anon ... There is No Standing Still*



**Let it begin with me  
When anyone anywhere  
reaches out for help,  
let the hand of Al-Anon and  
Alateen  
always be there and  
Let it begin with me.**

**TRADITION 7 : Every Group ought  
to be fully self-supporting  
declining outside contributions**

Al-Anon has no dues or fees but we have expenses. **Contributions are voluntary.** Give what you can, if you can't give just keep coming back. We need you more than we need your money. Al-Anon is spiritually rich - our members are our abundant resource.

*Should you wish to send a gratitude donation, our bank details is as follows:*

**Bank name: ABSA  
Account name : Al-Anon Family  
Groups Kwa-Zulu Natal (KZN)  
Account number : 4074787557  
Branch name : Musgrave  
Branch code : 632005  
Reference: Your name / WoW**

*Words of Wisdom*



**When the power of love,  
overcomes  
the love of power,  
the world will know peace.**



### SHARING is CARING

Thank you beautiful family for sharing your experience, strength and hope. The received shares will be featured in forthcoming issues.

#### Lessons learnt (Submitted by Premi R)

There is no age limit given to enter this fellowship. Our seat is determined by our Higher Power. You may wonder why did I say this, well dear friends, I found the doors only SIX years ago, but what I have learnt in these few short years is much more priceless than the number of years spent in tertiary education. As a child, we learn from our teachers at school, our parents at home and our peers so we can be in the loop. Many of us if not all would like to be that shining example that stands out in a crowd for either being the most brilliant, most aspiring sportsman or that popular girl that has all eyes on her whilst she walks by. The most important question is who has shaped your character or molded your personality. Did you at any given time feel that I am humble, I need to be kind to mankind, I would love to learn more about me? No, well my dear friends this is my new school whereby I have learnt all of the above which is better version of myself, my character defects, and the highs and lows of my personality which make me what I am today.

I got married to my partner against my parents wishes and lived in that halo of happiness until the penny dropped that I missed my parents too. Thankfully my partner had the foresight to make good with my dad and we were reunited. I had 3 beautiful children in between the rocky road but love had kept me rooted in the marriage. Disagreements and many outbursts was caused by the unruly behaviour after a few drinks. I always threw a pity party whenever the families got together and he was on his merry ways. Even I got tired of my whining ways which made me bitter, vindictive and sad. I beat myself as I felt that I am a nasty wife and couldn't accept my partner and his loud and crude manner. Every person around the table would laugh at his jokes and I will wear this fake smile just because he became the centre of his own joke.

Being his wife, it was too much for me. I thought that I was too prim and proper and maybe I am wrong. When my children also began to see the injury that he has done to our family, I knew that I was not alone. Then came the constant arguments, at times I used just keep quiet to keep the peace. Friends were always the forerunners of his life, his party began when they were around. Very slowly the well dried up and the company closed. He was left with a few friends but that were the boozing buddies with whom he spent his days when he was jobless. My life became unmanageable as with only 1 salary and bills to pay life became an uphill road where each step was more difficult than the last. All that drinking had to show up somewhere...it landed him in hospital. Thank God I had medical aid which helped at that time. He decided to accompany his friend to AA and brought me in on his 2nd visit.

As mentioned before, this is where I began to learn about myself. I had to do the 12 steps of recovery before I started liking the person that looked back at me. I learnt humility during my times of need. In Al-Anon we are all the same, we have been affected by someone else's drinking which brought us to the fellowship. In doing so, we found ourselves. Getting better every day with every new idea or slogan read. Today I have learnt that it only gets better when we pass it on. I am happy to assist in any way I can to anyone who has a need to find joy and happiness within, whereby I can share my experience strength and hope to empower you to a better tomorrow.

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Please visit our national website [www.alanon.org.za](http://www.alanon.org.za). It is updated regularly with various newsletters, Loners letters and other interesting information.

**The opinions expressed in this Newsletter were strictly those of the person who gave them. Take what you like and leave the rest.**



## NATIONAL CONVENTION 2020

Date: 10-12th April 2020  
Venue: University of Kwa-Zulu Natal, Westville Campus

### 2 MONTHS TO GO...

Greetings to you all for the New year. I am pleased to report there is a huge hype and portfolio holders are in readiness to take 2020 forward. Over the last 18 months, members of this committee gave more than 100% off themselves to the planning process. Their passion and commitment was outstanding. A special thank you to all other members that joined in. We are quite relaxed right now as a lot of the important work has already been done. Our finances are looking good and fundraising has come to an end. There is just **2 MONTHS TO GO** and approximately another 3 to 4 meetings left, so I urge you to make every effort to be a good host as this is YOUR Convention.... Vilo S (Convention Chair)

### COME JOIN US AT CONVENTION 2020

- ❖ **MEETINGS:** Submissions for speaker nominations is now closed. A selection process is being finalized and the members selected to share their experience, strength and hope will be notified shortly.
- ❖ **REGISTRATION:** Pre-registration is now open and all members are encouraged to pre-register to alleviate unnecessary queuing and minimize the amount of cash being handled at the venue. Please find attached pre-registration form.

**Cost is as follows : Al-Anon – R 130.00, Alateen and Visitors – free.**

The Convention 2020 committee is inspiring for a co-operative Convention with all members being actively involved and looks forward to any suggestions, queries and feedback. Kindly liaise with our Convention Chairperson, Vilo S (Email : [Viloseni.Singh@durban.gov.za](mailto:Viloseni.Singh@durban.gov.za))