



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,

Happy New Year! We have before us a book containing 366 blank pages waiting to be filled... new chapters, new hope, new opportunities, new adventures, new experiences, new challenges and new struggles. This is your life, don't let anyone else hold the pen. This is your story... feel free to add a plot twist whenever you want.

What the New year brings to you, is what you bring to the year. Remember change comes from your heart, your attitudes and your actions not from a clock passing midnight. So forget New Year new you, this year choose to embrace the REAL you! Choose authenticity; choose transparency; choose to be YOU!

To be yourself in a world that is constantly trying to make you something else, is the greatest accomplishment. This year, give yourself permission to allow each moment to be exactly as it is, and allow yourself to be exactly who you are. There is only Now, so live the moment, love the moment.

I hope 2020 is the year you hold your well-being sacred and soar confidently in your own sky. I wish you strength to face life's challenges; knowledge to achieve your desired goals; faith to get back up when life knocks you down; good family and friends to share your accomplishments and love to fill your heart with abundance of positivity, serenity and gratitude.

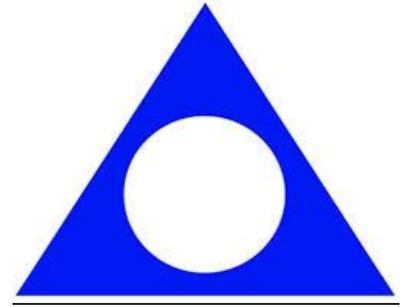
Warm regards
Angel



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

Oh, my word! (Submitted by Vassie P)

It's another New year and I find myself doing what I normally do in the early days of the New Year. I take stock of what the past year has been like. Some questions are asked of myself.... did I do enough at work, what else can I do? Did I do what I planned to do? Did I pay attention to all my affairs...work, home, personal life, the children? Often, because I spend time thinking about the year to come, I answer those questions positively and I'm usually satisfied with how my year went.



KZN Upcoming Events

18 January 2020: **ASC MEETING** –
Manning Rd Methodist Church

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



**You don't need
a new year
to start over,
you only need
a new mindset**

Usually I pick one word that would be the guiding principle for the year. In the last few years there were words like pause, happy, perspective and so on. Every so often in the year I would remind myself of the word and it would help me refocus and recenter my thoughts and actions in that direction.

I really enjoyed the word perspective as it reminded me of the serenity prayer and forced me to do something to change the situation or let go of it. Perspective also allows for reasoning and acceptance. A word like pause allowed me time out or to simply think before I made decisions.

This year my word is **Joy**. I know for sure that for me to be granted this feeling... in anything at all, I need to first be grateful. I have had much joy this past year. Besides people, big and small, who have brought me joy, a tree brought me immense joy. I planted the tree two years ago. When it was high enough I hung a bird feeder on it. Under the branches I deliberately allowed a neat patch of wild grass to grow. I call this my meadow. Little wild birds like mannikins and canaries feed on the seeds of the grass. Many an afternoon I have spent sipping tea while enjoying the birds on the tree and in my meadow.

I'm looking forward to this three letter word being part of the year plan for this year. Whilst there are many other things on this years "to do list," I'm hoping I can inject some joy into everything I do.

I'm including a picture of my new tree and my meadow. I wish you all every joy for 2020.



LITERATURE

(Submitted by Premie R)

Literature has lots in store for YOU – It's CONVENTION 2020 and the frills look pretty on our table.

Yes! Dear members – we have managed to obtain a few lovely books to make your trip to Convention a little sweeter, besides all other interesting self-help literature, we have just a few LARGE PRINT One Day at a Time and Courage to Change by courtesy of a very grateful member of our Fellowship and wait for this – even our most sought after book "LOIS REMEMBERS." KZN also has Convention Packs of 8 super awesome pamphlets put together for a mere R54.00.

This is just a peek into our determination in making KZN LITERATURE a browsing point – as they say – the EARLY BIRD catches the worm....

Please visit our national website 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

3 MONTHS TO GO...

Excitement and enthusiasm is gaining momentum in Al-Anon KZN, as members are focusing on National Convention 2020. It is pleasing to note the amount of commendable work already done in all portfolios and the true meaning of unity being experienced by all as members work side by side in harmony.

MEETINGS : Speakers are an integral part of any Convention. To ensure the success of Convention 2020, we require the participation of all members. We therefore urge you to nominate yourself or as many members as possible to share their experience, strength and hope. A selection process will follow nominations. Email completed nomination forms by no later than 15 January 2020 to: alanonkzn@telkomsa.net

REGISTRATION: Pre-registration is now open and all members are encouraged to pre-register. Cost is as follows: Al-Anon: R130, Alateen: free.

Come join us at our

CONVENTION ROADSHOWS

Central, Midlands *dates to confirmed*

PURCHASE YOUR CONVENTION T-SHIRTS



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)