



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,

As the Covid-19 pandemic continues and the number of positive cases increase at such an alarming rate, we are required now more than ever to stay home to protect ourselves and our communities. Sadly, for many families who are affected by alcoholism, the phrase "safe at home" is an oxymoron. Last week, I received a telephone call from an 82 year old lady who is so severely affected by her son's drinking that in her words "she is more afraid of alcohol than of Corona." A different threat looms largest where she should be safest.

This made me realize that we all are in the same storm but not in the same boat. Therefore whilst we are locked down in our homes, our hearts should never be locked down. Through all this, let us not forget *"Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic."*

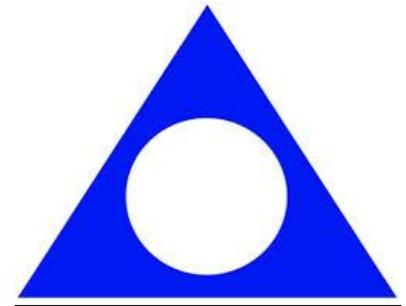
Illnesses like Covid-19 or alcoholism does not have the same impact on everyone. We are in the same the stormy sea but some of us are in seaworthy boats while others are not. We have to keep an open mind in an effort to understand the diversity of the financial, physical and mental strain being experienced by our members.

It's important to remember that virtual connection is not a one-size-fits-all solution. WhatsApp and Zoom meetings, workshops, book clubs etc. is great but let's not lose focus on people that really need help and don't have access to these platforms. A simple telephone chat can bring much relief in difficult situations. This isn't a time to mind our own business. We need to check in on our anxious newcomers and struggling Al-Anon friends and not let them disappear. This is vital in recovery and in life because people can get lost easily, they imagine ourselves alone, float off to the edge and the edge is where they can fall off.

We also need to also give understanding and encouragement to the alcoholic who may be experiencing diverse emotions during this pandemic. Be empathic, enquire about their challenges, understand their fears and encourage them.

Whilst you busy checking in on everyone else, don't forget to check in on yourself. It's common to give our best to others while forgetting to take care of ourselves. When things get stressful go back to basics; detach yourself from uncomfortable situations, say the Serenity Prayer, read your conference approved literature, practice the slogans, call your sponsor or a friend. Focus on getting through one day at a time.

We are encouraged to practice the Al-Anon principles in all our affairs. That is exactly what I'm doing with Covid-19. Tweaking the 3C's... I did not cause Covid-19, I cannot control it, I can't cure it, allows me to take care of myself and my loved ones rather than reacting based on anxiety and fear & guarantees me serenity even in the midst of chaos & uncertainty.



KZN ELECTRONIC MEETINGS

DAY	TIME	GROUP
WHATSAPP MEETING		
Daily	9am to 8pm	The Lotus Room
Monday to Sunday		
ZOOM MEETINGS		
Monday	7pm	Township Park
Tuesday	7:30pm	Musgrave
Wednesday	1:20pm	Kloof
Wednesday	7pm	Queensburgh
Wednesday	8:15pm	Stepping Stones
Thursday	12pm	Zoom Lunch Time
Thursday	7pm	Newcomers meeting
Friday	8pm	Clairwood
Saturday	4:30pm	Central district Grps
Sunday	5:30pm	Sunday 5:30



*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.*

It would be wonderful to have an interactive newsletter and I look forward to receiving your share (it can be anonymous). Kindly email any suggestions, stories, queries and feedback to angelbechoo@gmail.com

Words of Wisdom



Test positive for Faith.
Keep your distance from Doubt.
Isolate yourself from Fear.

Let us continue to be responsible, take all necessary precautions and do the needful to fight this calamity together. Don't get overwhelmed in this demanding and challenging time. Keep your head above water, reach out and ask for help, you are never alone...

Warm regards
Angel

MEMBER SERVICES submitted by Selvam K

Hello my dear Al-Anon members.

As we all know the importance our meetings are to all of us. It's like our safe haven where we are able to share our inner feelings and get our daily dose of recovery. Sadly, we have been faced with this pandemic over the past 3 months. This has definitely impacted on many members who rely solely on these "FACE TO FACE meetings. I am pleased that we as an area are fortunate enough to make use of the electronic platform of ZOOM and the LOTUS ROOM WhatsApp meetings where members are still able to receive daily recovery. However, we need to bear in mind of guidelines that need to be adhered to.

Suggested Guidelines for Zoom Meetings

Anonymity is a founding principle of our program In order to protect the identity of our members during Zoom meetings, we suggest that you please consider wearing a headset if you are not in a private setting.

Protect your anonymity by making sure your display name is your first name only. Use MUTE when you are not speaking. Please only unmute yourself when you're actively talking so we can focus on the speaker and not hear background noises/notifications. Please be mindful of the time when sharing or commenting and the number of members participating.

We are all learning as we continue to use technology to remain in contact. The Zoom meeting is an Al-Anon meeting. May we continue to uphold our 36 Principles as we use this new technology to share our message of experience, strength and hope. Zoom meetings are not to be recorded except area service committee meetings for minute purposes. Special meetings, rallies etc. need to be pre-agreed upon and pre-warned at the meeting.

Suggested WhatsApp Chat Group Guidelines

To communicate information about Al-Anon, and to offer hope and comfort to the families and friends of alcoholics with little or no access to meetings, by means of members sharing their experience, strength and hope. The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. (From the Al-Anon Preamble) Primary focus is sharing our own, personal experience, strength and hope. Participants should be family or friends of alcoholics/addicts. Everything that is said on the Chat Group must be held in confidence. We ask members of other fellowships to remain focused on the Al-Anon program. Brief, one paragraph quotes from CAL (Conference Approved Literature) are permissible. The use or mention of outside literature is discouraged. Al-Anon is a spiritual program, based on no particular form of religion. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs. Recovery related postings only, personal messages to be shared via private message Consider the size of posting... some participants have limited data. Each member is responsible for keeping the Chat Group focused on Al-Anon recovery and discussion on Al-Anon related topics.

ARCHIVES submitted by Vasia P

Dearest member,

If you have not been already contacted regarding THE LONGTIMER PROJECT (30 years and over), please contact Vasia on cell number: 0852057433 (Wats App) or Home: 031 4649194 or E-Mail: drpillay.damorosa@gmail.com

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.**

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

Al-Anon has no dues or fees but we have expenses. Our source of income to run the office is namely group donations, fundraisers and literature sales, however with face to face meetings in recess and all fundraising activities postponed indefinitely, these sources to generate funds have stopped

In keeping with Tradition Seven, I would like to humbly encourage groups /members to continue honouring their monthly financial obligation to our Area Office. **Contributions are voluntary.**

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 / Group