



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,

The highlight of the month of March, is no doubt the birth anniversary Al-Anon's co-founder, Lois Wilson who was born on 4 March 1891 in Brooklyn Heights, New York. Lois grew up to become an educated woman, who believed in being independent and making her own living. She met Bill Wilson in 1913, their friendship grew into love and they married on the 24th of January 1918.

Bills drinking started progressing thereafter. Lois engaged in many tactics over 17 years to help Bill get sober but all attempts were futile. Despite the discouraging, depressing, dark days during her husband's drinking years, Lois triumphed and used her experience, strength and hope to create a legacy of faith for millions of families effected by addiction. She co-founded Al-Anon in 1951, with the one purpose of helping families of alcoholics. Through her unwavering love, faith and understanding, she was able to heal herself and assist millions of others to recover. Lois died at the age of 97 on 5th October 1988.

In order for us to have faith in the Al-Anon program, we have to see that it works and that's where the experience, strength and hope of all members matter. There is no better testimony than Lois's epic story of devotion, recovery and hope which is described in her memoirs: *Lois Remembers* and also portrayed in the movie *When Love is Not Enough* which is based on the true story of the enduring but troubled love between Lois and Bill Wilson.

Today, 129 years since her birth and 32 years since her death, Lois still continues to inspires us and gives us hope, assurance and confidence to believe that no situation is really hopeless, and that it is possible for us to find serenity and even happiness, whether the alcoholic is still drinking or not.

This month, let's acknowledge and honour this remarkable lady by participating in Al-Anon's "Leave Hope campaign." Members are encouraged to "accidentally" leave behind a piece of Al-Anon literature in a public place, hopefully to be found by someone in need. This is an awesome way to reach out anonymously to someone in your community who may be desperately searching for a sign that they are not alone and that there is help for those living with the effects of the disease of alcoholism

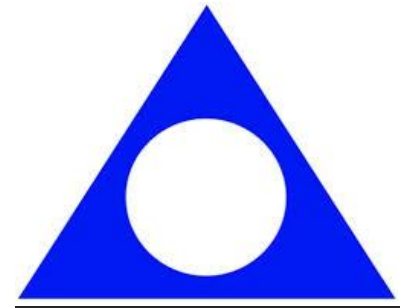
Happy heavenly birthday Lois. Thank you for sharing your experience, your strength but most of all, your HOPE with us.

Warm regards
Angel



COME JOIN US AT CONVENTION 2020

**NATIONAL
CONVENTION 2020**
10-12th April 2020
UKZN, Westville



KZN Upcoming Events

18 April 2020: ASC MEETING

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



**"It takes only one person
to start something,
but many others
to carry it out"**



SHARING is CARING

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

I AM OKAY TODAY, WHETHER THE ALCOHOLIC IS STILL DRINKING OR NOT *Submitted By Anonymous*

I grew up in a loving home where there was no alcohol. But I married a man who grew up in an alcoholic family. While I knew that when I married him, I did not understand all the ramifications of it. He talked about how terrible his childhood was, but I still didn't get it. We made the decision not to have alcohol in our home. When we moved East, he started drinking socially. However, as time went on, I realized we had a problem. I decided to find an Al-Anon meeting because I was at a loss as what to do.

The meetings were so helpful and comforting because I soon realized I didn't cause the problem. I also learned that I couldn't control it, and I couldn't cure it. We struggled through rehab, detox, hospital visits, and DUIs. Although he attended lots of A.A. meetings, he was unable to stay sober. I continued to attend Al-Anon meetings and use the tools of the program. When my husband committed suicide, I knew because of my Al-Anon experience that I had no control over his decision to take his own life. His drinking made him miserable, but because of Al-Anon, I am able to find serenity and even happiness. At this the first anniversary of his death, I continue to attend Al-Anon meetings where I find comfort and help and where I am able to reach out to help others

Extracted from the March 2020 issue of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach

COPYRIGHT OF CAL and E-MEETINGS *(Submitted by Selvam K)*

According to WSO the most popular request is from members who want to post some or all of a portion of a piece or page of CAL on some social media platform, a website, an online meeting platform, etc. This is the same request that we get here in South Africa.

WSO offers the following guidance:

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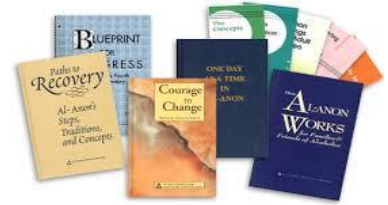
SOCIAL MEDIA

WSO would not grant permission to a member to post quotes on a personal social media page or website. They instead encourage that the member share the posts on the WSO Facebook, Instagram, and Twitter pages.

Further information regarding Web posts, social media, forum sharing, CAL translation, CAL copyright are available on the website.

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.



Literature news ...

Hello KZN

It is time to reveal what is cooking in the Literature pot ... We have got the following juicy treats for you:

- Paths to Recovery. In soft cover...a firm favorite at the correct price.....**R300.00**
- Alateen ...we got a nicely priced Hope for Children of Alcoholics.... at a mere...**R120.00**
- And something little that you can offer to the still suffering....a mixture of great pamphlets....Convention Packs...just **R54.00**

A very limited stock of literature that will make you remember KZN Convention as going that extra mile.....

- ❖ 50TH Anniversary Limited Edition Of One Day At A Time - **R320.00**
- ❖ Large Print One Day At A Time - **R320**
- ❖ Large Print One Day To Change - **R320**
- ❖ And Our Very Prized Book "Lois Remembers" - **R300.00**

And all literature which you would love to have in your possession as a token of your trip to the Convention....

- Daily reads at **R255.00**
- Books on relations - various prices
- Workbooks - **R190.00** and **R220.00**

Also note that if you do not have enough cash, electronic transfers can be done immediately to Al-Anon Family Groups, ABSA Bank, Musgrave Branch No: 632005, Account Number : 4074787557. Send proof to me.. cell: 0847060774....and bingo...pick up your books!!!!!!

I am sure we are going to have a great time together!!!!

See you at the Convention

Yours in Service.....
Premie R