



## 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 month of May is very significant in the history of our fellowship as it is was in May 1951, Lois W and Anne B formed a Clearing House Committee to contact, coordinate, unify and serve the "alcoholic family groups and 'AA Auxiliaries'". This resulted in the birth of Al-Anon Family Groups. In May 2020 as we celebrate 69 years of Al-Anon's existence, Lois's compassion, love and dedication still continues to help millions of struggling families effected by alcoholism.

Covid 19 may have drastically changed our lives & our priorities but as Al-Anon members, our primary purpose of providing help to friends and families of alcoholics still remains steadfast. Abiding with our country's lockdown guidelines, all face to face meetings are in recess and we had to adapt to electronic meetings.

It is in this uncertain times that it is so heartwarming to see the selflessness and empathy displayed by our members in assisting fellow members. Thanks to the insightfulness of a member, a WhatsApp meeting "The Lotus Room" was created on 6 April 2020 to provide hope, support & encouragement to the many members who do not have access to Zoom or Skype meetings. This daily meeting which follows all the guidelines and procedures similar to a face to face meeting, is open to all Al-Anon members. "It takes only one person to start something, but many others to carry it out" (Lois Remembers). The selfless act of love, kindness & compassion in carrying forward the hope for continued recovery for themselves as well as for others is exemplified in the daily meetings in The Lotus Room where members have been so generously and lovingly sharing their experiences, strength and hope. Over the past 31 days, we were honored and grateful to be blessed with a total of 575 shares.

Al-Anon KZN is also privileged to have daily Zoom meetings. Zoom meetings login details:

<https://us02web.zoom.us/j/5356775411?pwd=V1h1VXc5bGtTSzFRKOMwcORqSXJ5QTO9>

Meeting ID: 535 677 5411 Password: 127700

Please note you can also access these meetings via your Landline simply by dialing the following numbers: +27875517702 / +27875503946 South Africa,

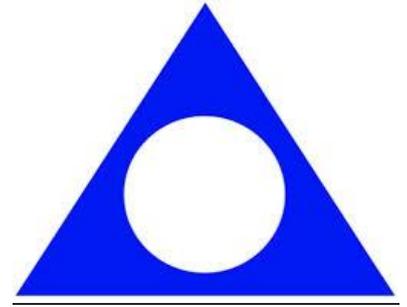
Meeting ID: 535 677 5411 Password: 127700

Kindly note that this is not a free call, you will be billed accordingly to your relevant Telkom package.

We may be physically distant but we will always be emotionally connected. If you are feeling overwhelmed please reach out and ask for help, you are never alone. Let us continue to be responsible, take all necessary precautions and do the needful to fight this calamity together.

Stay safe and stay healthy.

Warm regards  
*Angel*



### KZN Upcoming Events

**16 MAY 2020 : ASC MEETING –**  
Via Zoom

*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.*

In order for us to have faith in the Al-Anon program, we need to see that it really works and that's where the experience, strength and hope of all members matter.

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](mailto:angelbechoo@gmail.com)

### Words of Wisdom



When fear is the virus.  
Faith is the vaccine.



**KZN ELECTRONIC MEETINGS**

DAY	TIME	GROUP	CONTACT PERSON
<b>WhatsApp Meeting</b>			
Daily	9am to 5pm	The Lotus Room	Vilo 0844068325
Monday to Sunday			Angel 0842073145
<b>Zoom Meeting</b>			
Monday	7pm	Township Park	Selvam 0834116683 selvam.kamendaas@gmail.com
Tuesday	7pm	Musgrave	Nora 0792899857 nora.ramsden@gmail.com
Wednesday	7pm	Queensburgh	Katherine 0732365412 tinshack10@gmail.com
Wednesday	6pm	Stepping Stones	Uthica 0837444182 Uthicaa@gmail.com
Thursday	12pm	Zoom Lunch Time	Nan 0846063863 nan.govender3@gmail.com
Friday	8pm	Clairwood	Solosh 0845557165 Soloshn@gmail.com
Saturday	4:30pm	Central district groups	Vasie 0842057433 Vasiep@vodamail.co.za
Sunday	5:30pm	Sunday 5:30	Sunitha 0842645003 r1techauto@gmail.com



**TAKING CARE OF MYSELF**

When I first walked into the doors of Al-Anon I thought I was in the wrong place. The ladies were so happy and had a sense of stability in themselves. As I attending more meetings I soon discovered the secret.... I needed to put myself first and start **taking care of myself**.

Spiritually, I made contact with my Higher power, a God of my own understanding. I found faith again. Emotionally, I was so drained out. When I started to Let Go and Let God and listen to my Al-Anon friends share in a meeting, I gained courage, hope and strength. I found myself again and became confident and at peace with myself. When you live with active alcoholism, you forget yourself very quickly because we are so focused on them. I had to learn that I am the most important person. Once I starting taking care of myself, doing my regular health checkups, loving myself, taking "me time" for myself, I gained physical well-being. Today I can look in the mirror and love the person I see.

Friends, during this lockdown as much as we are with our loved ones, make time for yourselves because you are important. Also if you take care of yourself, you will be well enough to take care of others. **{Submitted by Chani S, Woodview AFG}**

**GRATITUDE**

With our current situation and the world crisis of the Corona virus, our lives have changed from our daily routine. This is the time to reflect on our lives of the past, present and future. How can we be grateful?

I will forever be grateful to my Higher Power for leading me to the doors of Al-Anon and my partner to AA. Our lives have changed for the better. Looking back to the bleak days of alcoholism, I would either be by my mum's home or at a friend's place. Today I'm grateful to be staying in my own house. I can cook homemade meals and don't have to buy take-outs. With the lockdown I'm grateful that we could buy the little bit extra groceries for the month. Such special time is been spent with family which I never had time for before. Having an attitude of gratitude changes my thinking to be positive in life. Just to be awake this morning I'm grateful for life. Today whatever the day brings I have learnt to accept it.

By having an **attitude of gratitude**, we cherish our daily lives and don't take things for granted. I'm thankful for the things we used to do so often. Our fellowship meetings, rallies, dinner and dances, breakfast events etc and not forgetting our evening drives to have tea and cake ... how I miss these. I have realized that there are many little things in life that I'm grateful for. The daily Lotus Room meetings with all of you sharing your experiences strength and hope gives me the courage to continue with the lock down for the day. Never did I think I would be in a meeting every single day.

In this world crisis we have our spiritual program to offer us the special gifts of hope, recovery, and rebirth. How grateful and blessed I am to have the Worldwide Fellowship of Al-Anon in my life and you wonderful ladies. **{Submitted by Nisha S, Palmview AFG}**

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**

***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