



# 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,

2019 has definitely been a year to remember... a year filled with many surprising events, triumphs celebrated, challenges faced, successes earned, people I have met and lessons I have learnt.

I'm so blessed to be part of this amazing program of recovery that helps me appreciate my life, my family, my friends, my health and God's blessings all around me. Thanks to Al-Anon I learnt that having an attitude of gratitude everyday, is one of the simplest ways to improve happiness and serenity. This attitude helps me survive the rough spots, reminds me that each challenge we face is a gift in disguise and to appreciate what I have instead of focusing on what I lack.

In Al-Anon, I am realizing my spiritual potential and have been using this opportunity to be of service to my fellows.

My gratitude goes out to you, the members of my Alanon family, who have believed in me, encouraged me, supported me, loved me, cheered for me, helped me grow my spirit and shared sacred moments with me on this extraordinary journey we call life.

Thank you to those members who have contributed towards to the WoW newsletter and the Loners letters. I look forward to receiving many more shares and compiling a more diverse newsletter in 2020. Kindly email any suggestions, stories, queries and feedback to [angelbechoo@gmail.com](mailto:angelbechoo@gmail.com).

Goodbye 2019.... Thank you for all the memorable moments.

Wishing you and your family a blessed Festive season filled with love, joy, serenity and divine wisdom. May 2020 be a year of prosperity and good health.

God bless, stay strong, stay sweet, stay safe and stay smiling....

Warm regards  
*Angel*

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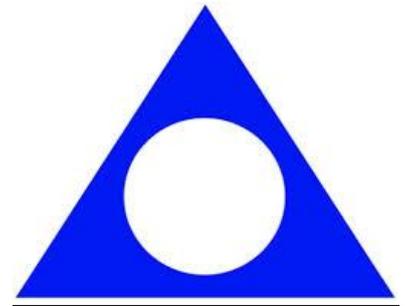
## ARCHIVES

(Submitted by Vassie P)

*Excerpts from The story of Al-Anon in SA, p. 11 and 12*

In 1951 the twelve steps of AA had been accepted in Al-Anon with one small change... the word alcoholics had been changed to 'others'.

There were conflicts even in those times. A ten page letter was written to Lois to express and validate disagreement over 'we are powerless over alcohol' Some members of Al-Anon did not feel that they were powerless over alcohol.



## KZN Upcoming Events

**15 December 2019: FUNDRAISER -  
- ROCKWOOD, Sibiyi Casino**

*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*



**The struggle ends,  
when gratitude begins**

In those early days of Al-Anon, it was quickly realized that literature was needed to help the families of alcoholics in their recovery.

In 1952, the pamphlet 'Purposes and Suggestions' was written by Lois. After that different groups or individuals from San Diego, Texas, North Carolina and Detroit wrote pamphlets such as Freedom from Despair, So you love an Alcoholic, Alcoholism: The Merry Go Round called Denial, Guide for the Family of the Alcoholic, Alcoholism: Sin or Disease and Acceptance.

The pamphlets then seemed to hold great value in terms of what it offered perhaps because there were no other literature available. Today we are spoilt for choice. Pamphlets are little gems that are easily transported in your handbags. They take up little space, it can be taken out at any point as you're waiting to do something and just read. It's also cheap and you never know who you may be helping if you leave your pamphlet on the seat you occupied in any place.

So there were pamphlets and letters from Al-Anon members. Bill W, Lois's husband knew AA could only deal with sobriety and not the families of alcoholics too. So he asked Lois to start a clearing house. She was 60 years old but she knew she had to handle this growing need. Another fellowship was starting and it had to be a separate entity.

**The lesson behind the story: the tradition of being a separate entity but cooperating with AA.**

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## PUBLIC OUTREACH

(Submitted by Vanessa G)

**WELCOME**

Having a plan in place to welcome newcomers and visitors to your group throughout the year helps newcomers and members alike.  
Here are a few things to keep in mind for your group's "Welcoming Checklist":

<p><input checked="" type="checkbox"/> Ensure that your meeting information is accurate in all locations, including:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The facility in which the meeting takes place</li> <li><input type="checkbox"/> Anywhere the meeting is listed within the community or online</li> <li><input type="checkbox"/> Al-Anon Information Service/Intergroup</li> <li><input type="checkbox"/> Area website</li> <li><input type="checkbox"/> World Service Office</li> </ul>	<p><input checked="" type="checkbox"/> Provide specific meeting location instructions on meeting schedules and flyers:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Are parking instructions needed?</li> <li><input type="checkbox"/> Are there special requirements to gain access to the building or does it require special sign-in for visitors?</li> <li><input type="checkbox"/> Does the facility's contact know the day, time, and location of the meeting?</li> <li><input type="checkbox"/> Does the facility have a way to publish your meeting information?</li> <li><input type="checkbox"/> Are special instructions needed for late arrivals, e.g., "After 7:00 pm, ring buzzer by door."</li> <li><input type="checkbox"/> Are instructions clear enough for out-of-town visitors not familiar with your community?</li> </ul>
<p><input checked="" type="checkbox"/> Help people find the meeting room and feel welcome.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Are there signs pointing to the right room for the meeting? Have you gained permission from your facility to display the signs?</li> <li><input type="checkbox"/> Does your group have enough Newcomer Packets and literature on hand?</li> <li><input type="checkbox"/> Does your group have current meeting lists on hand?</li> </ul>	<p><input type="checkbox"/> Does your group have a "greeter" to welcome those attending your meeting?</p>
<p><input checked="" type="checkbox"/> Consider discussing in a group business meeting if the meeting format should be revised when a newcomer or visitor is present.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss the role of the chairperson when new people are present.</li> <li><input type="checkbox"/> Is there an optional reading in Groups at Work (P-24) that the group would like to read to offer support and hope?</li> </ul>	

We want everyone to feel welcome in our Al-Anon and Alateen meetings!

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**

**4 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 31 December 2019 to: [alanonkzn@telkomsa.net](mailto: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

✓ Bayview Group - 5 November 2019  
**North Coast, 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](mailto:Viloseni.Singh@durban.gov.za))