

### My Lifelong Recovery Tool. *By - Liah H., Hawaii .*

Detachment was the topic of my very first Al-Anon meeting so many years ago. My son was 18 years old and I was frightened for his health, safety, and future. He was living on his own, renting a small room in a household of young people who partied all the time. I had distanced myself from him because it hurt too much to watch him slowly kill himself with alcohol.

I was angry and resentful that he was turning out like his father. I remember feeling stunned to learn at Al-Anon that I had been detaching from my sick son in a very unloving manner. The kind members of my new home group very gently let me know that I could learn to practice detaching with love. This was a new concept that took many years for me to understand. At the time it hurt too much to even spend time with my

son and see him drunk.

I have learned that instead of cutting my son off from my life and my heart, I can love him without loving the disease of alcoholism. I used to think he was weak and selfish. I lost respect for him. Today, I no longer judge him or criticize his drinking. I have turned him over to his own Higher Power, and I can just be his mom who loves him unconditionally.

He has had periods of sobriety, sometimes even years, but at the moment he is drinking again. I simply have to detach with love (and not even think about changing him). I know that no one would choose the disease of alcoholism, and that gives me compassion. I pray each day for peace, using the Serenity Prayer as my guide.

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**The Loners letters from all areas can be found on our website**

**<https://www.alanon.org.za/members-newsletters/>**

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# A Safe Place to Finally Say What Was True.

By - Elizabeth B., Massachusetts.

For so many years, I held in what I knew to be true. There seemed to be no safe place in which to tell what was going on in my childhood home. This included nightly arguments fueled by alcohol, a mother whose personality changed as soon as the ice cubes hit the glass, items often thrown against a wall, and my need to cover my head with a pillow to keep out the terrifying shouts of my parents. They dressed well, held jobs, and were supposed to take care of me, but they could not.

Each morning, after my father left for work, I began my chores of sweeping up broken glass, emptying sticky glasses, and opening the shades to let the morning light and fresh air clear the stale, boozy air while my mother still slept. I walked teary eyed to school sleep deprived and quietly tense. I learned to be a caretaker then, and to

guard the secrets of the house. My mother taught me to never tell anyone what happened behind our closed doors.

I obeyed her until I arrived at Al-Anon and found that listening to others bravely share their stories gave me the courage to try to do the same. I felt compassion and acceptance from these strangers. My first words slowly began to unravel my past. By attending many meetings, I got to know others and they got to know me. I began to feel a release each time it was my turn to speak. Doing so created a freedom from the secrets of the past and allowed help and healing to take the place of fear and repression. In Al-Anon, I found a new way of living and a fellowship of honesty and hope.

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## Literature

Please contact Gail at the office Mon - Fri between 9am and 1pm, and she will be happy to recommend Al-Anon books and pamphlets that meet your needs...

## Just for today . . .

- I'll remember that I'm a very special person . . .
- I'll keep my eyes open for the smiles of children . . .
- I'll will read something that lifts me up . . .

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