

### Talking Myself into Joining.

*By - Alison C., Nevada .*

Hands shaking, heart racing, stomach churning—it was all I could do to hit the “Join” button on my first online Al-Anon meeting. It was almost more anxiety than I could take. I actually hung up three times before I stayed in the call and listened. I told myself, “You can just sit here and listen to others share. No one knows who you are. No one knows that you are even in this meeting. Just sit and listen.”

My sense of relief once that meeting was over was tremendous. “Phew! You did it! You attended a meeting. Now you can at least say you tried.” These are the things I told myself once I hung up. Amazingly, I found myself attending the same meeting the next day, and the day after that, until eventually, I was attending multiple meetings a day and even sharing in some.

The sense of belonging that I

acquired by hearing others share, knowing I wasn't alone, and knowing that others had gone through the same things I had, was such a sense of relief. The more I attended the meetings, the more relief I felt, and the more amazed I was that these meetings made such a difference. Who knew that Al-Anon would have such a positive effect on my life?

As I attend more meetings, and now serve in those meetings, I find myself more and more often looking forward to my days, finding old hobbies that I used to enjoy, and feeling more fulfilled. There are days when I still struggle, but there are fewer of them than there used to be and on those days I can attend a meeting where I find myself in good company, surrounded by people who love me in a special way.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Sep 2020 issue).

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

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

---

# A Safe Place.

*By - Lori K., South Carolina.*

I didn't attend Al-Anon meetings during the 16 years of my husband's sobriety. When he relapsed and isolated, I shut down and isolated. I didn't tell anyone of this, hoping he could beat it like before, and we could keep this secret between us. Three years later, I was miserable and could no longer take the mental torment of the disease. I finally went back to Al-Anon.

At my first meeting, I found it was a relief to share a few of my secrets without the fear of being judged. The more meetings I attended, and the more I shared, the more unconditional support, love, knowledge, and peace I gained. I began using the Al-Anon tools for the first time in my life.

Regularly attending and participating in Al-Anon meetings, reading Conference

Approved Literature, depending on my Al-Anon family, and giving back has finally given me the courage to share my feelings and struggles with a few other close friends and family members. Their unconditional support, love, help, and resources have helped my children and me work through tough situations with positive outcomes that I know would not have happened if I had not opened up and shared with them.

In looking back, I regret I waited three years before going back to Al-Anon. Al-Anon has given me a safe place to be myself, to deal with the insidious disease of alcoholism and "life on life's terms," and to be open and honest. I am so grateful for Al-Anon.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Sep2020 issue).

## 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 focus on the positive, and positive ways of dealing with the negative . . .
- I'll remember to say "thank you" . . .
- I'll remember those who came before us who helped to better the world for us . . .

## Compiled by:

CAPE AREA OFFICE

Postal Address

PO Box 727  
Goodwood, 7459

Residential Address

Unit B5, N1 City Mews  
Manus Gerber St.  
Goodwood, 7460

Tel: 021 595 4517

Fax: 086 523 3030

E-Mail: [alanonct@iafrica.com](mailto:alanonct@iafrica.com)

Our expenses are met by voluntary contributions. If you would like to send a donation our bank details are:

Al-Anon Family Groups  
ABSA Bank (Current account)  
Account No: 407 321 5579  
Branch Code: 632 005

**Our 24 Hour Helpline - 0861 25 26 66**