

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

Dear Loners

September 2020

August is Alateen awareness month! We started the month with celebrating 63 years of Alateen worldwide with a wonderful morning of shares from Alateen members and AMIASS [Al-Anon Member Involved in Alateen service].

Here is one of the shares☺

Good Morning, everyone! I am Michaela, I'm 17 and have been a member of Alateen for nearly a year. Firstly, I would just like to say that I am honored to be speaking at this celebration as it is both a milestone for many of us here, as well as Alateen as a whole.

I have to admit, preparing for this share was definitely something else. How do you sum up your experience? How do you choose only a single turning point or lesson to speak about?

I kept asking myself: "How would I describe my journey, or even my progress?" Truth be told, I could not answer that question and I still can't. However, in searching for these answers, I realized that I could pinpoint where it all began - "*Let Go and Let God*".

Now, this wasn't a new concept to me, not even by the furthest stretch of the imagination. It was something I had been taught as a little girl and had been reminded of ever since, yet somehow I had lost the plot. I had forgotten how to do exactly that and I thought that no one else could possibly know what that felt like. I was lost and quite frankly, confused, I mean, what do you if you no longer know what you know you know?

When I started going to Alateen I was surprised to not only find myself in the midst of people who had the same struggle, but also those who had learnt the lesson and had managed to apply it. However, as it is the policy of our meetings, we do not give direct advice, and so I wondered how on earth that would help at all. If no one could tell me what to do or how to fix the things in my life that I was unhappy with, of what use could these meetings be?

Thanks to my ever-plaguing curiosity and the encouragement of others in the program, I attended a few more meetings and gradually I began to understand. I learnt through the experience of others and with the guidance of the program to re-evaluate many of my feelings and approaches regarding my problems, including how I let go of things. I had realized that I had never fully given my cares and troubles over to God: I would say that I had but still worry about all of it on a daily basis. I had to learn to what it really meant to surrender, and to not stress myself out about every little thing, but to give everything over to the only One who could take care of me and help me deal with life.

Although no one had given me a checklist to work through or a worksheet to complete I felt as if I had learnt a few lessons and could finally apply not only this slogan but many others in my daily life.

So, to newcomers and Alateens who still consider themselves to be beginners, keep coming back This program may not, and probably will not be what you expected heading into it, but it will guide you even when you think it doesn't and will help you in many arenas of life. We encourage you to keep coming back with an open mind, ready to grow.

From *Alateen - a day at a time* [B_10] page 251 "I used to react every time someone tried to pick a fight with me. I'd start fighting back with my fists and my mouth, but I'd only end up getting confused and making a fool of myself.

Now I'm learning to walk away instead. Turning my will and life over to the care of my Higher Power helps me a lot. Every morning I use step three and make a decision to *Let Go and Let God...*"

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength and hope. If you know of teens who would like to connect with Alateen via zoom please contact our office for more details.

We would love to hear from everyone re how you doing. Articles can be sent to the office for consideration. The lockdown has forced many of us to find alternative meetings. We have started a newcomers meeting on a Sunday evening at 17:00. If you would like to attend an online meeting, please contact us through the office or the website. The national website www.alanon.org.za has a few WhatsApp numbers you can call for help or information. Our office is now able to courier literature orders to members.

The loner service essentially keeps in touch with members who are unable to attend meetings. One of the pros of the lockdown is that there are many online mtgs available to all members all over the country. Please contact the office to receive the zoom invitation to attend these meetings.

Tradition Seven: Every group ought to be self-supporting, declining outside contributions. Although we are under lockdown our office expenses still need to be paid. If you are able to help our bank details are below.

Many thanks, Stay Safe, Juliet

ABSA Bank, Oakdene, branch code 632 005). Current account no 1118881482.....in the name of Al-Anon Information Service . Please put your name or group as a reference .

P.S. If you do not want to receive these letters send email to alanontvl@absamail.co.za with the word **unsubscribe** in the subject and we will remove your name from the distribution lists. If you know of new members who would like to receive our newsletter please let the office have the details