



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,

Thank you to the area chairperson, Aunty Selvie for affording Rubenthree and myself the opportunity to co-ordinate the WOW newsletter. Thank you Angel for doing an amazing job of coordinating the WOW newsletter for the past three years and for your assistance with this issue.

October is usually a month set aside to honour and celebrate the contributions of the long-timers in the Fellowship. Unfortunately due to the Covid 19 pandemic and the challenges it poses the annual long-timers function has been postponed indefinitely.

This issue is dedicated to all the long-timers who have served the Fellowship with distinction and more importantly kept the doors of the fellowship opened for the still suffering family members of the alcoholic, to enter these sacred rooms and begin their journey of recovery. God bless you all...

2020 has not only been a year of challenges but also new beginnings. The Al-Anon fellowship has been propelled into the world of technology with on line meetings on Zoom and WhatsApp. With face to face meetings in recess members have embraced these platforms and this has opened a whole new world to our members! It has resulted in meetings that are attended by members from across the globe.

"Things beyond our wildest dreams have been realized...."

WITH LOTS OF LOVE AND WARM REGARDS

Logas and Rubenthree

MESSAGE FROM AREA CHAIRPERSON

My Dearest Al-Anon family,

Greetings and warm wishes from our area. I hope you all are safe and keeping well.

On behalf of the area I want to express my sincere gratitude to all members for your support towards the many zoom and WhatsApp meetings. You truly care for our fellow members. Your contributions in respecting tradition 7 is really heartwarming. A big thank you. We want to welcome our newest interim portfolio holders to our service arena. Lindsey will do the Loners, Logas as the WOW coordinator and Rubenthree as alternate. Thank you for accepting to be of service to our area.

God bless and take care



*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.*

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 madhunlallogas@gmail.com

TRADITION 7 : Every Group ought to be fully self-supporting declining outside contributions

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

SELVIE P.

SHARING EXPERIENCE STRENGTH AND HOPE

AL-ANON'S FOUR PRIMARY IDEAS AND HOW THEY CAN HELP US DURING THE PANDEMIC

The four primary ideas helped me on my journey to recovery. By practicing the 36 principles in all my affairs and this has helped me to become closer to the person I wanted to be.

1. Accepting my powerlessness over others helped me become a better Person When I took the focus of others and looked at myself, I found I had more time to set little goals and improve me. This is definitely a self-improvement course. I am very passionate about my life and living it to the fullest. I keep a positive energy about all that I do. I found that it doesn't pay to complain, whine or throw a tantrum. How important is it when people are losing their loved ones daily to Covid.

2. While on this journey I experienced the lowest I could go. My life was at its peak after being in the fellowship for 19 years. Very involved in service, a successful career and home life, I lost my 25 year old son to unnatural causes, my whole world fell apart. I was once again stripped of my identity I was back on my hands and knees begging my Higher power for sanity. The serenity prayer was my lifeline. This is when my deep love for my Higher power came to be. Today my ultimate relationship is between God and me.

3. I learnt that I had to change my attitudes and actions. I cannot change one and keep the other. When something troubles me I reach out to my sponsors, whom I trust and share my challenges. My gratitude journal helps release and heals. Let there be no gossip or criticism of one another. Instead let the love and peace of the program grow in you one day at a time. This is so simple to do.

4. In order to keep these priceless gifts that I received in Al-Anon I have to share them with others. This is where our declaration comes in. The best way I can practice my program is by helping another person suffering, from the family disease of alcoholism. This is my opportunity to be Generous with my past and share the unconditional love and friendship I have found in Al-Anon.

PAM C. MUSGRAVE AFG

The four primary ideas suggested by the steps:

1. We are powerless over the problem of alcoholism.
2. We can turn our will over to a power greater than ourselves.
3. We need to change both our attitudes and actions.
4. We keep Al-Anon gifts by sharing them with others.

These are the amazing tools that help us on our journey to recovery.

Coming in literally on our knees it was comforting knowing that I was not alone in my despair, pain and sadness. As I surrendered to my Higher Power a huge burden was lifted off me. By changing my attitude of frustration and anxiety to peace and understanding, I found periods of serenity.

I began focusing on myself. As I practiced these ideas and shared my experiences with others, the peace and serenity began lasting longer.

ODAT p 141 - speaks of the steps in general.

Today's reminder:

"When I read a step and think about it deeply, I find it opens doors to new insights....and unearths for us wonderful potential for good in all our relationships with life...."

KUBASH - CLAIRWOOD AFG

Please visit our national website 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.