



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

Dear Loners

Dare I say Happy New Year to all our Al-Anon Ladies in KZN. Well if we are following our 12 Step Program and using our Serenity prayer daily I think we are coping much easier than the Civilians out there who sadly have to face this pandemic with Fear and Sadness.

We probably all know someone who has had Covid or lost friends and family to the awful Virus and know the frustration of not being able to visit and comfort or even attend funerals.

But the good news is we have a God of our own understanding who knows and sees all. Our only Hope is putting ourselves and our families in his hands daily.



### AL-ANON FAMILY GROUPS KZN AREA

Room 405, 4<sup>th</sup> Floor  
Doone House  
379 Anton Lembede Street  
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Web: [www.alanon.org.za](http://www.alanon.org.za)

Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson) Solosh Naiker(Policy & Planning Co-Ordinator)



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The Serenity prayer is what gets me through my day and night when I hand my will and my life over to the care of God as I understand him.

The Zoom meetings have been an absolute Lifeline for many of us. We have meetings to attend every day either National or International.

I have encouraged The Loners before to go onto Zoom meetings and would love to know if any of you have?

Please let us know how you are doing in these trying times as I'm sure a lot of you are living alone and need someone to chat to?

Our KZN AREA ID and password for the daily meetings is:-

ID 5356775411

Password 127700

The CAL Book Club will be starting up in January and I have attached the Schedule. This is on a Sunday at 2-3.30pm.

Other daytime meeting are on a Tuesday at 11 am.

Wednesday at 2.15pm

Saturday at 4pm

Please refer to your ODAT Pg.1 January 1st the Today's Reminder about living one day at a time.

I look forward to hearing from the Loners by return mail or on a Zoom meeting.

God Bless

Yours in the Fellowship

Lindsay S

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← CAL BOOK CL... 📷 ☰

KZN CAL BOOK CLUB SCHEDULE: JAN - JUNE 2021

DATE	TEXT/REFERENCE	PAGE
27 JANUARY	HOW AL-ANON WORKS - The Family Disease	27-31
24 JANUARY	HOW AL-ANON WORKS - Breaking Our Isolation	31-41
21 JANUARY	HOW AL-ANON WORKS - The Twelve Steps	42-52
7 FEBRUARY	Step 1-6	53-58
14 FEBRUARY	HOW AL-ANON WORKS - The Twelve Steps	59-65
21 FEBRUARY	Step 7-12	66-71
28 FEBRUARY	PATHS TO RECOVERY - Step Four	88-91
7 MARCH	PATHS TO RECOVERY - Step Five	92-95
14 MARCH	LOG REMEMBERS - Chapter 7	71-89
21 MARCH	LOG REMEMBERS - Chapter 8 & 9	90-100
28 MARCH	LOG REMEMBERS - Chapter 10 & 11	111-127
4 APRIL	DISCOVERING CHOICES - Chapter 5	37-54
11 APRIL	DISCOVERING CHOICES - Chapter 6	57-72
18 APRIL	DISCOVERING CHOICES - Chapter 8	83-95
25 APRIL	DISCOVERING CHOICES - Chapter 8	96-105
2 MAY	CONCEPTS IN ALCOHOLIC RELATIONSHIPS	68-88
9 MAY	Chapter 5	89-109
16 MAY	CONCEPTS IN ALCOHOLIC RELATIONSHIPS	113-128
23 MAY	Chapter 6	129-148
30 MAY	MYNY VOICES, ONE JOURNEY - Chapter 8	72-85
6 JUNE	MYNY VOICES, ONE JOURNEY - Chapter 8	86-112
13 JUNE	MYNY VOICES, ONE JOURNEY - Chapter 9	113-148
20 JUNE	MYNY VOICES, ONE JOURNEY - Chapter 9	149-197
27 JUNE	PATHS TO RECOVERY - Step Six	69-78
4 JULY	PATHS TO RECOVERY - Step Seven	77-79

**SUNDAYS 14H00-15H30**  
MEETING ID: 536779411    PASSWORD: 127700  
For further info, contact: #phone 0847862714 / #whatsapp 0837446152  
\*\*\*\*If possible, please read the text prior to the meeting.

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