



Words of Wisdom (WoW) – February

2021



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”*

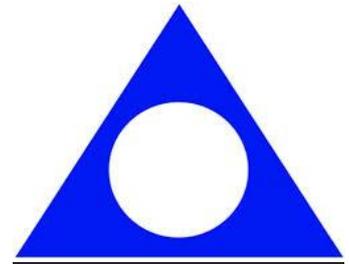
Warm greetings to all our lovely Al-Anon members.

The festive season is usually a time to unwind, let your hair down, meet family, put on a few kilo's by over indulging and spending our hard earned annual bonuses on gifts and spoiling our loved ones. The 2020 festive season however saw us once again isolated in our homes, with the uncertainty of the Covid-19 pandemic second wave looming over our heads. Many of us have received reports of our friends and family being ill or passing on. With uncertainty comes stress and anxiety. We who are members of Al-Anon have the tools of the fellowship to help us through these challenging times and we are cushioned by the amazing teachings of this worldwide fellowship. We continue to hear and read inspiring shares from members throughout the world. This fellowship teaches us that prayer, meditation and handing over our challenges to a loving God strengthens our immunity against whatever troubles come our way. With a positive attitude we look forward to 2021 with renewed hope.

Included in this issue we have shares from Sharmila, Pfano and Candice.

Be inspired.

P.S. It has been decided that the Long Timers and WOW newsletter will be published on alternative months. Our next issue will be in April.



*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 honoring 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

With much love: Rubenthree and Logas

I have always been an anxious and controlling person. My mother taught me never to depend on anyone for anything so I became very good at having my life "figured out". I planned the next twenty years of my life, and would even visualize it in my mind as if the future was happening already. I was very reserved as a child but wanted to live the life I dreamed about. I tried controlling the people and situations around me.

I planned everything from a music playlist, to how my time with my friends should be. I was completely the opposite of "free spirit" and never let my guard down. While this may have seemed as the best way to live life protected from undesirable experiences, it was all based on fear.

When I met my husband, he had been four years sober, two of which we dated until we got married. When he relapsed, it wasn't much of a big deal to me at first because I had never dealt with alcoholism and didn't see it as a disease.

Although he had told me about his history with alcohol, I didn't think it was an issue because he drank occasionally and during celebrations.

Unfortunately the once in a while drinking quickly became an every weekend thing and before I knew it I was searching the bin for empty bottles to monitor how much he was drinking. I soon realised that the person I loved was slowly heading for an abyss and I couldn't let this happen.

I tried talking to him at first, trying to understand what exactly was he going through.

I just saw myself as a victim and felt completely out of control. I did not want to speak to my friends as they always knew me to be a person who had her life together. I also didn't want them to view my husband differently, than the sweet and supportive person that they knew.

I finally realised that my life was out of control and I knew I needed support too. I found out about Al-Anon when I googled how to deal with alcoholism. I sent my number to the Gauteng number listed. It took great courage for me to admit that I needed help. It's been two months since I joined Al-Anon.

I admitted to myself and to my friends and family that my life had become unmanageable and I needed help. I asked for forgiveness from my friends for all the time I couldn't show up and to my husband for always lashing out and always making matters worse. I apologised to myself for focusing so much on other people and neglecting my own mental health. I made a decision to seek treatment for my anxiety as well.. My number one goal in my first month was serenity.

Reading from "How Al-anon works..." and reading shares in The Lotus room and the Al-Anon newcomers meetings, I realised that in order to reach serenity I had to let go of control , not just with my husband but with everything in my life. I now look at life one day at a time and take things as they come instead of missing the present while I plan for the future. I try not to take this life too seriously.

I am not perfect yet, but I am okay with it and I try to live life for myself.

I know that as long as I stay and depend on Al-Anon and others around me, I will keep my serenity. I am grateful that I found Al-Anon when I had reached my rock-bottom.

PFANO AFG

Detachment - a Solar System Analogy

Think of your AA spouse as a “planet” in your solar system.

Certain things in your universe have a direct impact on your life, e.g. think of the sun which provides life-giving light and warmth (this could represent your Higher Power).

The earth’s gravity keeps you grounded and the abundance found on earth provides you with nourishment and sustenance (this could represent yourself, your independence and your self-sufficiency).

Your AA spouse is a planet circulating in the same solar system, but his/her actions do not exert any gravity on you, nor does any other planet control your seasons or your orbital path.

Think of him/her as Pluto... very, very far away and not even classified as a planet any longer, strictly speaking, i.e. not carrying quite as much significance as it once used to.

You can still occupy the same solar system, but you no longer need to allow him/her to have any power to influence your every thought and constantly occupy your mind.

Candice T, Durban.

Amidst a pandemic we are swimming against many tides to keep afloat. The restrictions at various levels have not done much to restore safety. Going back to basics is the trend. Bare necessities even to the successful and wealthy. The stress levels have surpassed normal and the human race is in turmoil.

Some say it is a learning process to appreciate a little and some say Alas! It is the end. The stress is heavier on those battling with alcohol and drug abuse, financial problems and those with comorbidities.

Stress and anxiety can leave one paralysed emotionally. I believe that with God on one hand and Al-Anon in the other I have immunity against stress and anxiety. It is important to keep calm.

The tools to deal with stress and anxiety can be found in Al-Anon, the Serenity Prayer and slogans....EASY DOES IT.....LET GO AND LET GOD

Our Higher Power is central to our program. Tradition 1 reminds us that we can practice the first three Steps. “I can’t, He can, I think I’ll let Him.

We come to realise that we cannot control anyone or anything. We are human but with God’s help we can achieve a lot. The guidance and loving interchange with my Al-Anon friends have also made me strong enough to face these trying times. When faced with stressful situations the Serenity Prayer is my comforter.

In 2018 I was diagnosed with cancer. This came as a surprise because I am a health fanatic, yoga practitioner and vegetarian. I was upset but the Al-Anon principles and Serenity prayer helped me come to terms with my illness. Having a positive attitude and being strong I managed to conquer the cancer. My strength was tested again by my Higher Power when my daughter was diagnosed with cancer a year later. I had to leave my partner a stroke patient at home and I travelled to Johannesburg only with my Al-Anon book “Paths to Recovery” as my companion. I convinced my daughter to return to Durban. By the grace of God we are both fully recovered.

SHARMLA – BUTTERFLY AFG

