



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

The month of May is Al-Anon's 70th Birthday Celebration on May 15th from 9am to 1pm on Zoom. Please see flier attached as you need to register to attend.



**Al-Anon Family Groups**  
**South Africa**

**is celebrating**  
**70 Years of**



*Sharing*  
Experience,  
Strength & Hope

**Saturday the 15<sup>th</sup> May 2021**  
**09h00-13h00**  
**Via Zoom**

You may register using the link below, which can also be found on the website: <https://www.alanon.org.za>  
Link: <https://forms.gle/xHNfDGqHvUCypzyJ7>

**FELLOWSHIP MEMBERS:** We invite you to contribute a donation of R 70 on registration.  
**VISITORS:** Please join as our guests.

**Donation via eft:** Al-Anon Family Groups GSO  
ABSA Bank  
Account Number: 4073205495  
Branch Code: 632005  
Ref: Member's Name / 70 years

**Or PAYFAST:** <http://www.payfast.co.za/donate/go/alanonfamilygroupscapearea>



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Help and hope for families and friends of alcoholics

### 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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Hope you are able to join us on Zoom to celebrate with the rest of South Africa. For most of us the weather is turning chilly and it's a pleasure to be able to Zoom all over The World in the comfort of our Homes. If you are unable to join Zoom I hope you find comfort from The Loners Letters and WOW sent out alternative months.

I have found my Literature to be my strength in this crazy Pandemic year and Books I've had for years have been taken off the shelf to read especially when one of the meetings subject is from our CAL literature.

The Book 'Discovering Choices' I have really enjoyed this last month.

It has been like a breath of fresh air yet I've had it since 2010 but only really began to enjoy and understand it now. Especially the Chapter Four about 'We begin to know ourselves'....After 41 years in Al-Anon I am on a whole new journey of discovery and doing a 4th Step again with the help of the Blueprint for Progress and Paths to Recovery Workbooks. Lockdown has certainly helped me to get back to Basics with my Literature.

I turned 70 in December and 2 of my Al-Anon friends gave me literature as gifts.

One was 'Many Voices One journey' all about AA and Al-Anon History. Very good reading. Opening our Hearts...Transforming our Losses is another really chunky book to keep you blessed.

At The Book Club meeting on Sunday at 2pm we are busy with 'Intimacy in Alcoholic Relationships' and who would have thought its not only about Sexual Intimacy...it's so much more like Setting Boundaries/Self support/Manipulation/Openness/Reconciliation/Communication/Expectations and many more subjects for Healthy Relationships.

Chapter 2 is about 'Building Trust' talks about learning to Trust and Love again.

The other Book I took out of my bag was 'How it Works'....had that one too for ages. It's an absolute GEM! It is a wonderful explanation of The Al-Anon Program and The study of 12 Steps, Traditions and Concepts in this book are so easy to follow.

It also has many personal stories to identify with.

I have been so grateful for my library of Al-Anon books since lockdown as I've had plenty time to read and study them and the benefits have been tremendous.

I thought after all these years I knew it all but we never too old to learn.

Attached you will find a sharing of Experience Strength and Hope

From Pam C a Longtime member of Al-anon who is The Alateen Co-ordinator for KZN Area.

Hope you enjoy her share and look forward to seeing you all on Zoom meetings.

Please let me know if you do attend Zoom meetings.

KZN Zoom login is:

ID 5356775411

PASSWORD 127700

If you would like to be added to the Whatsapp groups that give you details of all the meetings or would like a list please contact me on 0833168463

I would also love to hear from you by return email.

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I feel so honored to share my experience, strength and hope with all our loners. I greet you all with immense love in my heart .The pandemic has made all of us become loners. I sure miss our face to face meetings, the smiling faces and warm hugs. I am so grateful for technology that I am able to attend zoom meetings. I am spoilt for choice today, as there are so many meetings to choose from. Today my gratitude for our loving fellowship goes beyond measure. I am the youngest of seven children .I had a warm and loving family .My dad drank every day, he provided for us. My mum was a stay at home mum. She was always there for me. I was very spoilt by my older brothers and sisters .I was born 8 years after my brother .My second brother became an alcoholic and he is still drinking .I met my dashing husband at 17 fell in love and married when I was 18 .We had a blessed marriage with lots of fun and socializing .I had my son, by then Brian's drinking was progressing from weekends, midweek to daily heavy drinking. I was going all over seeking help for him, I called our priest .Nothing worked I now had my daughter and believed all will be well. Now I was a nervous wreck I was very young, with 2 children and no parents.

My life became a mess, I was losing my temper with my son .I was totally obsessed with the drinking and projecting. Brian was a passive alcoholic I became violent from being a quiet and humble person. I am not proud of my fish wife behavior. My daughter turned one this was the turning point in my life. Brian went into SANCA as an outpatient .Brian went to AA meetings I stayed home as we had no transport. I prayed endlessly for sobriety .I finally received the gift of sobriety in my home .I did not know how to cope, I was miserable and walking on egg shells. He was not the man I knew for the seven years we were married. He changed no more fun loving he was serious even my little baby picked it up. He looked good and went to meetings every day. Another miracle happened he got a company car. I attended my first Al-Anon meeting in Sydenham 38 years ago. I am so grateful to all the beautiful elderly ladies. They embraced and welcomed me with so much love. I met them for the first time, this attraction kept me going back. This was the first time I cried and bared my soul, I felt safe they spoke my language .

They understood me, they encouraged me. I was given a just for today card, I clung onto that, the serenity prayer and slogans. We did not have much literature like today .I bought my ODAT, I read up on the way I felt each day .I could not believe, how I started to changing my attitude without knowing it. I also learned to let go of

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my partner and focus on myself. My journey in Al-Anon became my way of life. In spite of having sobriety in my home, I was faced with many challenges. By practicing the 12 steps, my recovery was strengthened and my home life, work life and fellowshiping in Al-Anon improved .I forged many friendships locally, nationally and internationally. I got involved in service very early .I was an Alateen sponsor this taught and helped me with my children .I also learned about my inner child and to acknowledge her .This helped me to love myself , to have self-care and time for me. I started a gratitude journal, this uplifted me .I also opened a GOD CAN JAR .I still practice handing over my prayer request to my Higher Power.

The 12 traditions and 12 concepts have helped me on my service journey and in my personal life. These are the 36 spiritual principles we talk about in our fellowships .From being a shy person, with no self-esteem and self-confidence. I had the courage in Al-Anon to speak in my group, then at open meetings, National, and International Conventions and Meetings.

I served on most positions in Al-Anon, with all humility and thanks to our pioneers, my sponsors past and present. At group and area level, I was Area Chairperson .After 19 years of practicing our program being involved in service at area level .I had to experience the death of my only beloved son Gerard. This devastating news of my son's untimely unnatural death broke my heart into a million pieces I could not function. I lost my will to live; I was brought down on my hands and knees. I was begging God, to awaken me from this bad dream .I battled for ten long years grieving and seeking help. I was always led back to the 12 steps .Since his death I got busy in service and I became better. I learned many more lessons from his death. I no longer depended on anyone. My relationship with God became the ultimate when I do this; all my other relationships are taken care of. Today I am supported by my HP and the Universe .Whatever happens in my life today I know EGO EVERY THING GOD ORDERS .

I served as Regional Trustee, National Policy and Planning Chairperson, International Delegate for (IAGSM) International Al-Anon General Services Meeting. Today I am as passionate about service in Al-Anon as the time I came in. I serve as the area Alateen coordinator. The Alateen program helped my children to become healthy adults .I do

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urge parents to please send their children to pre Alateen ages 9-12 Alateen ages 12-17 and young adult 17 onwards. This is the best gift you can give your children or grandchildren.

Love always

Pam C

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