

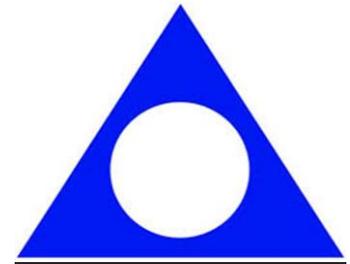


Words of Wisdom (WoW) – AUGUST

2021



Al-
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on
Fa



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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

“THERE IS DANGER AT EVERY STEP”

These words became reality recently in Kwa-Zulu Natal and Gauteng, Provinces, in South Africa. In the midst of the Covid-19 pandemic these areas were faced with rioting and looting. Many Malls, businesses and storage facilities were looted and burnt down, which led to thousands of people losing their property and jobs.

These types of challenges come and go. We in Al-Anon have access to the tools of the program, that we can turn to during these difficult times. The 12 steps and slogans, THIS TOO SHALL PASS, LET GO AND LET GOD are just some of the some of the tools that offer us refuge during this times.

Every meeting starts and ends with the SERENTY PRAYER. This prayer gives members the courage to change the things they can and the wisdom to know that, there are many things that they cannot change.

We can surrender the things beyond our control to the capable hands of our Higher Power.... THY WILL BE DONE.....

These Al-Anon teachings will hold us in good stead during difficult times and during good times as well.

This issue includes shares on how Al-Anon members use the program on a daily basis, to cope with everyday challenges. Happy Woman”s month



*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 :

madhunlalllogas@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

to all the strong and vibrant women in our God given Fellowshipenjoy.

MUCH LOVE.....STAY SAFE....

YOURS IN SERVICE

RUBENTHREE AND LOGAS

MESSAGE FROM OUR KZN AREA

I pray all are well and safe .Amidst all the challenges and disruptions our Area is still persevering to move foreword in a positive way. All our portfolio holders are doing their best to bring and maintain positivity in our area. Our heartfelt gratitude to all our members for their monthly contributions. These contributions help sustain our Area. It is necessary for us to keep the doors opened and to continue with the many tasks carried out by area office.

Our monthly ASC meetings is seeing more and more groups representatives joining us.

Due to the outgoing Midlands District rep. being unwell and her term had ended our member services has assisted the members of Midlands in electing a new DR. All District Reps are very enthusiastic. Our Annual General Meeting will take place on the 21st of August 2021. We urge all groups that are eligible to vote to be present. I am happy to note that we have received nominations from new members.

Another proud moment for KZN is Solosh was voted in as National Policy and Planning. Uthica will serve a second term as ASBM. Uthica was also asked to be Board Chair for a second term. We wish them well.

Our Fundraiser, Pinky has proposed a new Fundraiser. It's called a Gratitude Jar. A flyer will follow. Once again thank you.

Selvie P.

AREA CHAIR

As a young girl, I remember being crippled by Fear. My days and nights were filled with uncertainty and it was this "not knowing what was going to happen next" that caused me to fear the worst. As I practiced my program, I learned to Let Go and Let God, I learned to stop my Obsessive Thinking and I learned to stop worrying and projecting. I learned to do life – just One Day at a Time and Just for Today. I also learned to apply this programme to all aspects of my life.

With the recent unrest and violence that we encountered, I found myself very scared and frightened by the situation unfolding. A situation filled with uncertainty. The uncertainty was a huge trigger and I retreated back to young, frightened Ramanie. My head pounded from not knowing what was going to happen next and I was almost paralyzed with fear. It took every bit of my mental strength and energy to remember to practice my programme.

The first thing that I did was recite the Serenity Prayer. I said this over and over and over again. I knew that I couldn't change the situation. I prayed to be peaceful however, I honestly struggled with finding Serenity – I kept Praying, anyway. I kept telling myself – This too shall pass...This too shall pass.I felt completely Powerless and I knew, that I had to remember that I

was NOT Helpless. I COULD help myself. I could keep myself and my children as safe as possible. For a short while I felt hopeless and then I remembered that THERE IS ALWAYS HOPE and I remembered, "no situation is really hopeless". I felt some Hope again. Then I remembered When I Got Busy, I Got Better and First Things First – so I kept myself busy doing simple tasks – very simple – like cooking a meal – believe me when I say, it took a lot of focus just to do this. I reached out to my Al-Anon Family and felt supported and encouraged by their honesty and sharing of their experiences and I drew strength from not being alone. I remembered the three Cs. I didn't Cause this. I couldn't Cure (fix) this. I couldn't Control what others were doing. I could only control what I was doing. I had to STOP my Obsessive Thinking and worrying about What If...I was thrown into Survival Mode again. Thankfully this time, I had enough Recovery to fall back onto, almost like a safety net, to get through this. This was a completely different situation, unrelated to Alcoholism, yet it caused all the Emotional Havoc that Alcoholism once was responsible for. Thankfully I was Granted the Courage to practice my programme.

Yet again, Al-Anon saved me!

Ramanie . A Grateful member of the Al-Anon Family Group.

I pen this article with an immense sense of gratitude to my Higher Power. I am because you are and for that I remain eternally grateful.

My journey of recovery, walking through the doors of Al-Anon, has undoubtedly been a difficult one, A journey faced with challenge upon challenge. God has granted me the tools of a powerful programme which I use one day at a time to overcome the toughest of situations. The Pandemic of Covid-19, as it sweeps across the world devastating millions, was by far the hardest most traumatic experience I had to endure. It was during this time I lost both my mum and dad within a period of 3 months of each other. My mum unfortunately succumbed to this horrific illness, Covid-19. During this time four members of my family, including myself were Covid-19 Positive. This meant I was unable to attend the funerals of both my dad as well as my mum. It was a lonely, painful and traumatizing time. Thank God for a sober husband who lovingly stood by my side and with a reassurance made possible through my higher power and our respective fellowships I am able to continue to enjoy My gift of life. Although it has been extremely difficult I have learned to accept what is and live my life on life's terms. During my many difficult moments my Go To Person is The God of My Understanding. He grants me the serenity to accept the things I cannot change. Whilst we are in the throes of this Pandemic, we are faced with the onslaught of a different nature. And yet another crisis we face!

Violence, looting, shooting and the fear of losing what we have so rightfully earned have left many if not all South Africans wondering what the future holds. Once again during this difficult situation I have my 12 step programme to grasp onto and its tools to use for a better today. I have, during this time, encouraged many to be grateful for this gift of life and use this Mayhem as an opportunity to learn and grow. If there's one thing we will all learn from this experience, it's that we are ONE, As a nation, As a country and As a member of this spiritual fellowship Al-Anon. The consequences of this mayhem will bring us all pain and suffering on different levels, and suffer we will. But hopefully this shared experience will empower us with a shared empathy and understanding that will enable us to rise together and build afresh. Using the tools of our programme we have the power

to Accept, Tolerate and Overcome. The choice always lies within oneself. I ask that you all use this time of Lockdown as an opportunity to reflect on your lives, appreciate what you Do have and always Be grateful... for there's many out there that are not as fortunate enough to have what we have....Our Wonderful Fellowship of AL-ANON.

IT WORKS IF YOU WORK IT.

LOVE AND LIGHT

VASANTHA P. GWP AFG

FINDING SERENITY AMIDST A STORM

The recent volatile events were nothing short of stormy and chaotic. Many of us know of another kind of storm.... Alcoholism. How grateful I've been feeling that Alcoholism has brought me to Al-Anon and our God given principles, that I can practice in all my affairs and at any time. I certainly needed them the week when fear and sadness consumed me. I have learned in step one, my powerlessness over the storm around me. Step two gave me hope that my Higher Power will restore my sanity. Once again I had to have faith in my willingness to hand my will and my life over to God. Only God can and will show me a sane way to proceed. Paths Recovery (p. 30) talks about the enormous relief that God can bring us when our problems are handed over.

The Serenity Prayer reminded me that there was a question to be asked. What can I change? I had the power to pray and meditate. Lois, in her book, Lois Remembers (p. 102) says that prayer has a miraculous power of its own, a power far greater than any human power. I had to try and be still and pause. I found serenity in the company of my Higher Power. I found serenity in Zoom meetings, in the company of my wider Al-Anon family.

In Discovering Choices (p. 43) reference is made to the need for safety in the midst of a battlefield. My focus had to be forced inwards to find the sanctuary of peace within me. Accepting what was going on around me, facing my fears and detaching myself from the problem gave me space to think further about what I could do to change things or make a difference. So I got busy as Al-Anon suggests. Sharing and making food hampers for the needy and delivering them didn't just keep me busy but gave me a purpose. Peace and serenity fell over me as I shifted the focus to what I could do. The reading in Courage to Change (p. 34) about tapping into an unlimited source of energy and wisdom resonated with me. Letting Go and letting God took away the need for me to worry about what will happen and when. I had to make an attempt to not allow the storm to dominate my thoughts and my life.... as we hear in our Al-Anon welcome. Our literature talks about finding the courage to challenge our fears and freeing ourselves from such bondage. Serenity is a state of mind. Hope nourishes serenity. I saw hope in the love and care of all people coming together to protect and to quell the storm. People working together to provide, to promote unity and to forgive. For without forgiveness, there is no serenity. Al-Anon teaches us that sometimes there is no need to rationalise any storm. I am made aware even of my own mental boundaries that I should tame. Staying positive and ensuring that it all begins with me and applying the principles of our programme will make me ready to receive the priceless gift of serenity

VASIE AFG

.SNAKES AND LADDERS

My life is a snake and ladder a game...

Every time I climb a ladder one day at a time a big snake bites me .

Easy does it one day at a time....

Let go and let God of my adult addict.

One day at a timeeasy does it with meetings friends in the fellowship....

UP the ladder.....

God grant me the serenity to accept the things I cannot change

my daughter just for today keep it simple... CLIMB UP THE LADDER

Courage to change the things I can Keep an open Let it begin with me

Climb UP THE LADDER

And the wisdom to know the difference

Listen and learn Let go and let God Easy does it

CLIMB UP THE LADDER BUT

KEEP COMING BACK IT WORKS IF YOU WORK IT

I WILL GET TO 100 NO SNAKE BITE

WOW.....

LOVE TO ALL

CHANDRIKA AFG
