

Al-Anon

Family Groups

Cape Area
Loner's Newsletter

December 2021

Embracing New Opportunities to Serve.

By - Marsha W., Director of Programs Emeritus

When I think of the many service roles I was encouraged to stand for during my volunteer years, I am reminded of this quote from *When I Got Busy, I Got Better* (P-78): "I am not encouraged to identify myself with any of the roles I try on, and I am encouraged to pass the job on after a fairly definite period of time. Al-Anon calls this arrangement 'rotation of leadership,' and I find in this concept the encouragement to participate without exerting control and to let go without worrying that others might not step forward to carry on" (p. 50). This idea helped me to identify and accept my service roles and opportunities in Al-Anon - and to pass them along when the time came.

As a previous Sponsor once told me, new experiences, should we accept them, come into our lives to teach us something about ourselves. I have learned that my willingness to accept a new experience when presented gives me the courage to release control of the outcome. After all, I am reminded, I took on a service role or job that someone before me decided to let go.

So, it may be time for me to do the same in order to experience a new opportunity that has been placed before me.

As we come to the end of this year, hopefully many Areas have had members step forward to fill vacant positions and embark upon exciting new opportunities in service. Here at the World Service Office, we are excited that members have applied for and accepted positions that will help our continuing efforts to disseminate current information to those seeking our support.

I am grateful that we in our fellowship practice rotation of leadership. And because of this practice, we have learned, or are learning, that embracing new service opportunities - as well as passing them on to the next trusted servant - ultimately supports those seeking our Al-Anon message of hope.

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The Loners letters from all areas can be found on our website

<https://www.alanon.org.za/members-newsletters/>

A Journey of Self-Discovery.

By - Ally G., California .

I remember in my first Al-Anon meetings hearing people say, "To thine own self be true." This was confusing for me as I thought I was an honest person, knew myself so well, and had sincere motives. The more I attended Al-Anon and read the literature, though, the more I discovered that I really did not know anything about myself at all - not my favorite color, favorite food, favorite recreational activity, favorite type of music, whether I preferred rural or city settings, and the list went on. Sometimes I even wondered whether I was part of the human race!

Having grown up in alcoholism and then continued on in life with one alcoholic after another, I realized that I did not know myself at all. I was whatever the alcoholic wanted me to be (or so I thought). This awareness was the point at

which I figured out that in order for me to live a full and happy life - which meant being true to myself - I would have to work the Twelve Steps of Al-Anon. The journey to me began with Step One, and by the time I reached Step Twelve, I had discovered myself - a beautiful, spiritual woman on a human journey.

Today, I can answer all of those questions for myself with honesty and sincerity. In Al-Anon, I have learned that this journey of self-discovery is an ongoing process of consistently practicing the Steps and being awakened to my Higher Power's desire for me. This has become a way of life and a design for living. Thank you, Al-Anon, for giving me the tools to find myself and learn how to live as William Shakespeare suggested: "To thine own self be true."

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Literature

Please contact the office Mon - Fri between 9am and 1pm, and they will be happy to recommend Al-Anon books and pamphlets that meet your needs...

Just for today . . .

- I'll spread some positive thoughts . . .
- I will be me . . .
- I'll remember the power of a smile and a kind word . . .
- I'll remember that "love" is an action word . . .
- I'll keep in mind how many people have contributed to who I am and what I have . . .

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Our expenses are met by voluntary contributions. If you would like to send a donation our bank details are:

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