



Words of Wisdom (Wow) –

OCTOBER 2021 

Al-Anon Family Group KwaZulu-Natal

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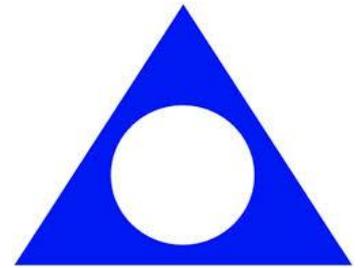
*“God grant me the serenity to
accept the things I cannot
change,
the courage to change the
things I can and
the wisdom to know the
difference”*

Hi everyone

The year is flying by and soon it will be the festive season. Spring is a time for renewal and new beginnings. Generally it is a period where householders take on the tasks of spring cleaning and getting rid of all the unnecessary clutter. Gardeners clean out the dead leaves and weeds.

Suddenly the sun seems to shine brighter and the gloom of winter is replaced by chirping birds and bright flowers bloom once again.

For me it is also a time to take stock of where I am in my recovery program. Step 10 asks me to take continuous inventory of myself and promptly admit when I am wrong. In order to practice this step I am required to look at myself and root out any shortcomings that may arise on a daily basis. Working step 10 on a daily basis will improve my mental, physical and spiritual well being. No more do I have to carry the heavy baggage of my past, I can weed them out when I take a daily inventory.



*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 :

madhunlallokas@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

Spring is also a time to renew my conscious contact with my Higher Power and marvel at the fact that God is in control of nature and the universe. This brings with it immense peace and renews my hope that if I LET GO AND LET GOD... all will be well in my world.

I Quote from HOPE FOR TODAY P 299

Thought for the day: "I take time to enjoy the beauty around me"

"When I gather flowers or marvel at nature`s wonders. I do not lose face when I concede that I am not in control" COURAGE TO CHANGE P283

Thank you to Kubashnee M, Anita and Anonymous for your contributions towards this issue.

LOTS OF LOVE AND WARM HUGS

LOGAS M

The coming of Spring brought a spring in my step and ignited me with hope of a new beginning.

Courage to Change August 25

"I am profoundly grateful for the laughter and light spirits, and also for anger and fear, because all of these feelings are part of what makes me whole. I believe my Higher Power wants me to be fully alive and aware of all my feelings. The crashing crescendo of great anger, the soft chant of serenity, the heights of wonder, the new insights that stretch my heart and my mind just as my fingers stretch to reach all the keys of a challenging cord."

These feelings came to the fore as I embarked on another journey through the 12 Steps with my home group. It is just a small intimate group but each meeting is surcharged with the heartache and pain of daily challenges and also joy and growth as we are reminded to pick ourselves up again when we use the Al-Anon tools.

Step 1 teaches me to be honest as I admit I am powerless over my life.

Step 2 I came to realize that God can restore me to the person I am supposed to be.

Step 3 Tells me I can surrender to a loving God who will assist me with life challenges.

Step 4 Gives me the courage to look within and courageously look at my faults because they are weighing me down.

Step 5 Invites me to be humble and speak about my faults to a trusted friend, God and to myself. In other words unburden myself.

Step 6 Promises me that if I am willing God can help me with these defects.

Step 7 I go down on my knees and ask God to assist me in removing these defects of character.

Step 8 Guides me to recognize the people I have harmed.

Step 9 Allows me to discipline myself as I allow God to assist me as I make apologies and make amends for the part I played in hurting others.

Step 10 As I persevere in this process I check myself whenever I fall back to my old ways.

Step 11 Is my all time favourite. My daily ritual of prayer and meditation helps me create a conscious contact with God.

Step 12 Teaches me about lovingly serving my fellow members and would be members as I convey the message to others. I hope I am able to do this by example as my spiritual awakening unfolds.

ANONYMOUS - SPIRITUAL AWAKENING

Spring is a beautiful season of Awakening and Rebirth
So, this Spring I too celebrate the Rebirth of Me!
Just for Today, One Day at a Time
I will start my Day with Prayer and Meditation
To Improve my Conscious Contact with God.
I will pray to be willing and open and
Turn my will and life over to God.
I will pray only for His Knowledge and the Power to Carry It out.
And as I trust that inner voice that nudges me in the direction
Of God's choosing, my life is becoming more fulfilling
I will also hand my partner over to god to take of
I will count my blessings with a grateful heart
And keep the focus on me
I will practice daily positive affirmations and self- love
By being kind and taking care of me
Enabling me to spread this positive energy to others
I will notice negative thoughts and make a conscious effort
To replace it with positive one's so I can cultivate positive thinking
I will read my CTC daily, to remind me to keep the focus on Today
And give me the Courage to Change the Things I can
I will practice the 12 steps along with the Serenity Prayer and Slogans.
How Important is It? Very important!
I will keep connected with my lighter side and keep Humour Alive
As I connect with my creative self
I am making different vegetarian dishes this month
In line with Changed Attitudes Aids Recovery,
I am trying things that make me uncomfortable
I was asked to do a Presentation for a Service Away Day at short notice
I kept an open mind and was willing, accepting god's will

As a result, the experience helped grow my confidence further
"I want to grow in my willingness to make room in my life for good times
Having Faith in their arrival and patience in my Anticipation"-Living with
Sobriety -CTC Pg. 148
LOVE KUBASHNEE M (KUBS)
CUNNING, BAFFLING, POWERFUL, PATIENT

Foiled Again!!!

Here we are, on the opposite ends of the room, the serpent between us.
She watches me, her eyes bloodshot, hooded,
her poison ready, she in on her guard,
I've tried every way to reach you, but she always sees me coming.
You are mesmerized, caught in her black coils.
I try, one last time to save you, but you pull free from her death grip, but she strikes,
Suddenly, fiercely without warning.

Foiled Again!!

I saw your smile, that ole familiar smile, that look of love, that look of hope.
It crossed your face fleetingly, I thought I could save you then,
But she won't release you. That's too easy.

Foiled Again!!

The pain, the pain that's too much to bear, it starts in my head,
Then moves to my heart, then to my hands and feet.
I can't move, I can't breathe, I can't think, I am frozen.
Please God save me I silently scream, save him.....

Foiled Again!!

I hear that voice, that small voice, Detach, move away, it whispers. You can do it,
you can't win, it's not your fight.
She's too strong, too overpowering, only he can break free.
Stand to the side, you must, out of her reach, out of her strike.
I look back, I see you writhing with her, you don't even see me watching, wishing.....

Released!!

I let her poison drain from me, it takes awhile. I've left you with her, I can't watch anymore,
I look away, I must, I must.
There is a light, I turn to it now, its warmth envelopes me, it seems to heal my infected wounds.
I am not alone, not anymore.

They call me...

Released!!

Come with us they say, you will be okay.
You don't have to fight anymore. We've fought with her too and we can teach you to win.
Take our hands and walk these steps and her fangs won't reach you again, we promise.
Maybe... one day you will save him too.....but first...come heal your own wounds my dear...

ANITA CTC(CAPE TOWN)