



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

Good day Loners from a beautiful Spring day in KZN.

September is a promise of change in weather, flowers blooming, grass growing, lots of birds

chirping and for us in KZN, lovely rain and warm sunny days.



As the World still suffers in lockdown with the pandemic many of us have lost loved one's to the Virus and many of us have suffered ourselves. 2 of my children were infected and they were really ill, but God is good and they are recovering well.

Our deepest sympathy to the families who have lost loved ones as a new wave hits SA. 🤔



We are all praying for God's guidance and as our program tells us 'This too Shall Pass'.

We are still enjoying the benefits of the Wonderful Zoom meetings around the World daily. I am so grateful that I can attend an Al-anon meeting any day or night anywhere in the World. What an amazing experience it's been for me at this time of isolation!

For those of you who haven't tried Zoom I really encourage you to 'just do it!' Your life will never be the same.

The meetings have Topics from our CAL literature or members who share their experience, strength and hope. I have had the privilege of making many new friends all around the globe it's an absolute Godsend.

If you would like to join the KZN meetings please email me your whatsapp mobile numbers and I will add you to the group that announces our meetings daily.

There is also a National group so you can see the meetings around SA.

One of the meetings I attended we discussed the Slogans from our Book 'How it Works'.

They appear in Chapter 9 and each Slogan has a sharing to help you understand.

My favourite Slogan is 'JUST FOR TODAY'

JFT I can say the Serenity Prayer

JFT I can be unafraid

JFT I will have a program

JFT I will be Happy

'LET IT BEGIN WITH ME'....

We are responsible for our actions, regardless of how others behave. When we feel the need to change a situation, we can apply this slogan.

'HOW IMPORTANT IS IT'...

This slogan helps us gain perspective. If we take time to think about what really matters to us, we may include such as our health, food and shelter.

'ONE DAY AT A TIME'

Sometimes we have to break it down to 'One hour at a time'...We can't do anything about the future, but by making the most of this day, we prepare ourselves to handle whatever comes our way.

'LIVE AND LET LIVE'

This slogan encourages us to make a special effort to treat ourselves well. We are usually over responsible for others, but we need to allow them their responsibility.

That's just a few of The Slogans but I'm sure you all know more that you will find in your literature.

Please feel free to share your experience, strength and hope with me by return email. I look forward to hearing from you or meeting you on a Zoom meeting.

Enclosed is a share from Selvam KZN enjoy.

God Bless  
Lindsay S  
Loner's Co-Ordinator KZN

Having walked into the doors of Al-Anon very angry, resentful, controlling and having many other negative feelings I was amazed at the wonderful ladies who were so happy yet have also been through the pain and suffering of alcoholism. The programme was outlined to me and it was up to me to begin my journey of recovery one day at a time. As I continued making meetings, I soon learnt that in order for my recovery to begin I had to ACCEPT that alcoholism was a disease and I needed to CHANGE MY ATTITUDE. I gradually started to learn the power of the Slogans, Serenity prayer and the literature. I started purchasing CAL, reading them and started on my recovery with the 12 steps. I now could see my powerlessness over the drinking and any other situations I had no control over. I Learnt that the only person I could control was MYSELF.- As I moved onto the next few steps I now found myself trusting and believing in my higher power by completely surrendering. Gradually I began working on myself looking deep within myself at all my character traits. Looking at these I found all these character defects surfacing as a result of living with the effects of alcoholism. I had to start working on them and then humbly asking my higher power to remove all my negative feelings, actions and thoughts and many other defects. I was now beginning to heal from the effects of the alcoholism making amends to those I hurt, especially my partner. My recovery began to change me as I embarked on the final steps. The 12 steps have allowed me to grow spiritually. I was now closer to the god of my understanding. I was now at a recovery stage where I had accepted the programme fully. This meant me being able to apply a slogan, the serenity prayer, my CA, repeatedly working on a step depending on a situation I am faced with. I had to apply these tools in all aspects of my life be it family, work, friends and any other situations I was faced with. I had to LET GO of all my negative feelings, actions and thoughts. YES I am human, sometimes I slip into old habits but I can now tell myself that is unacceptable behaviour and correct it immediately. I can now ask myself HOW IMPORTANT is it for to me right or to have the final say. Al-Anon has taught me a new way of life and I have to ensure that any problems are now handled the AL-ANON WAY.

Recovery goes beyond just working steps. Unity n service being, the second 2 legacies are just as important.

The Twelve Traditions are a set of guidelines for the Al-Anon program. The Traditions help us to maintain unity.

They help to hold our program together. For my recovery, Unity through the 12 traditions and the adhering to the

12 concepts of service allows me to be a trusted servant to my area to the best of my ability. Being in service has helped me tremendously in my recovery.

Having been in the programme for just over a year I was asked by Indrani to attend Area Service Committee meeting with her which I did. The following month she advised that I was now to attend as GR of our group. I would like to thank Indrani encouraging me to be of service. As I attended these meetings I listened and watched how the other committee members were of service. This inspired me to continue with service. After 3 years I was then elected as a district Rep. This now allowed me to grow in service once again. The highlight of my service was being elected and area Member Services Delegate in 2017. Being able to represent my area at conference gave me immense joy. My first Face to Face conference in Cape Town in 2019 was just mind-blowing. Being part of a National committee was really an honour and privilege and being able to vote on behalf of the area and Al-Anon

Family Groups SA. During my term I gained So much knowledge and having to see the workings of SAAFG on a National level. Being in Member Services basically involved keeping a record of all groups, group meetings, newcomers, assisting groups and members with group matters and ensuring all members are aware of all AI-Anon matters in the area. In March 2020 Covid-19 and lockdown happened and this came with many challenges as Face to face Meetings were suspended. Thanks to GSO for zoom licences that allowed each area to set up the zoom meetings for groups keen on continuing with online meetings. This was an amazing experience with having to set up these online meetings where members could continue with meetings. My term as member services did come with challenges but the tools of my programme allowed me to move forward with unity, courage and perseverance. Applying the 12 traditions and 12 concepts of service has allowed me to fulfil my duties and responsibilities to the best of my ability. All my years in service has definitely allowed me to grow spiritually. My term as Member Services has now ended this month and I have now moved on to a new portfolio and I am looking forward to continue to serve AI-Anon KZN. To me, being in service is my gratitude to AI-Anon, My chance to give back what I received from this amazing worldwide fellowship and it's my PRIMARY PURPOSE to help and spread the message of HOPE to those living with the effects of alcoholism.

Take care and keep safe💎💎

Much love ♥

Selvam K

Township Park AFG

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