



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

Good Day Loners,

Happy New Year to all our Al-Anon members around the World.

I Hope 2022 is going to be a good year of Peace and Serenity and Good Health. Sadly Bob and I started the New Year with Covid and we had 2 weeks of really awful symptoms and are now on the road to recovery. We using our program of Recovery to cope One day at a time and our Slogan Easy Does it has a new meaning for us. We know that our Higher Power is in control and We will be back to normal soon.

What are your Resolutions for the New Year? Perhaps to work through your 12 Steps again using our Amazing Literature? PATHS TO RECOVERY workbook is a definite help when doing your Steps thoroughly! I recently started my steps again for about the 10th time [maybe more]....and each time I get to the 4th and 5th Step another piece of my puzzle from the past comes to mind. I attend the HOPE AAC Al-Anon Adult Child group, on Zoom and my life has changed in so many ways. I have been in the Fellowship for 42 years and my program has never been more real to me as it has in the last 2years. I learnt to TELL MY TRUTH in AAC as the program helped me to "Trace it, Face it and Erase it".

I came to Al-Anon because of my husband's Alcoholism and stayed for my Sanity....I worked the program for myself and my recovery, but never looked back at how I got so angry and resentful before marrying the Alcoholic? Why so many defects of character and sadness as a young Mother? I had to look right back to my life as a child and found a very sad, fearful, 5 year old who grew up in a very dysfunctional large family with angry parents and not much Love to go around. The abuse was unacceptable yet it happened. I was not protected and loved and nurtured as children should be. We just survived!

But how did I survive and why was I not loved and protected? That question I will never have answered as both my parents are deceased. I now know my Mother did the best she could under the circumstances and She must have loved us but just didn't have the coping skills to protect us all.

So my Recovery has gone in leaps and bounds.

The AAC program has book called SURVIVAL TO RECOVERY which says it all. On page 267-268 it's THE PROMISES ..... "If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives can be transformed. We can become mature, responsible individuals with a great capacity for Joy, Fulfilment and wonder. Though we will never be perfect, continued Spiritual progress can reveal to us enormous potential. Many of us discover what our fellow members already know, that we are Worthy of Love and Loving! We learn to love others without losing ourselves and we accept Love in return. Our sight, once clouded and distorted, can clear enough for us to perceive reality and recognise truth. Courage replaces Fear! It becomes possible for us to risk failure and develop new, previously hidden talents! Our lives, no matter how battered and degraded, will offer Hope to share with others. We begin to feel and know the vastness of our emotions, without being slaves to them. Our secrets no longer have to bind us in shame. As we gain the ability to forgive ourselves, without standing against others. Serenity and Peace will have a new meaning as we allow our lives and the lives of others of those we Love to flow day by day with GOD's ease, Balance and Grace. No longer terrified, we discover that we are free to delight in life's paradox, mystery and awe. We laugh more! Faith replaces Fear and Gratitude comes naturally as we realise our Higher Power is doing for Us what we cannot do for ourselves".....

The Daily Reader for AAC is The Hope For Today....Page 3 THOUGH FOR THE DAY....Says...Al-anon is helping me to navigate life with ease, dignity and hope. Today i will share my hope with others..."Working a program for me means taking one of the tools-a slogan, a step, The Serenity Prayer, the phone list, my sponsor-and using it in my life" from Survival to Recovery pg.107

### AL-ANON FAMILY GROUPS KZN AREA

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Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson)



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I would recommend the AAC meeting to anyone who grew up in a dysfunctional home whether through drink and drugs or just poverty and ignorance. The HOPE group meeting is on Zoom on Thursday evening at 8.15pm on ID 5356775411 password 127700...You will be very Welcome.

I would love to see you all on the Zoom meetings, they have been a Godsend. The KZN meetings are all on the same ID and Password as above. There are meetings most days of the week and day time meetings as well. Tuesday 11am is the South Coast Brunch meeting and Wednesday 10am the Kloof meeting. Thursdays 2.15pm is the Just For Today group.

A reminder of our other wonderful book 'How it Works'....Chapter 9 on The Slogans  
JUST FOR TODAY...I will be Happy  
LIVE AND LET LIVE....Encourages us to make special effort to treat ourselves well  
HOW IMPORTANT IS IT....Helps us gain perspective  
ONE DAY AT A TIME....We can't do anything about the future, but make most of this day  
LET IT BEGIN WITH ME....We are responsible for our actions and behaviour

I was reminded the other day in a meeting about our EGO...Easing God Out is what it means to me. When we take over God's role in our life we heading for disaster! I have had the habit of trying to 'Help' Him to run my life...He gently reminds me that He is in charge and I didn't do a very good job before so I need to allow Him to have the DAY SHIFT as well as THE NIGHT SHIFT...I very easily pray and hand over before I go off to sleep ,but soon as I'm awake I tend to try take it all back into my Hands and proceed to make a real mess of things. GOD does not need my help during the day! HE IS IN CHARGE! I have to LET GO AND LET GOD take control of ME!

Our literature is available from the Al-anon Office in Durban and can be ordered from Devegie on 084 5021969 She will tell you what's available and the price and organise to have the Book delivered to you!

This year the CONVENTION 2022 will be held in CAPE TOWN over the Easter Weekend and we all hoping and praying it will be Face to Face and not on Zoom [Although I really enjoyed last year on Zoom]  
So I'm really hoping to see you all There. Will be wonderful to see all the Members again.

Attached is a flyer for an International Convention you might be interested in.

Please find also attached a Share from ASHOK [Pennington] a Fellow AAC Member with such Wisdom and knowledge of the 12 Step Program of Recovery.. Ashok is a member of the AA fellowship and has many years of sobriety but has found a new recovery in the AAC group.

If you would like to do an article or share for the Loners Letter, please feel free to send me an email or whatsapp on 0833168463.

GOD BLESS

LOVE FROM LINDSAY  
Loners Co-Ordinator

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