




Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Dear Loners,

Welcome to May month, a beautiful time for weather in KZN, usually glorious Sunshine and cooler evenings. Sadly for most of us in KZN its mopping up after The Floods we had. Counting our Losses of homes and infrastructure around our Province. Roads and bridges washed away. Devastation beyond belief.

We lost an Al-anon member, Banitha from Tongaat and her 3 grandchildren washed away in


her car. Very sad time indeed for her Son and wife  We pray they find comfort in the

God of their understanding 

Convention 2022 happened in Cape Town and many AA and Al-Anon members were able to attend for the first time in 2 years.

We, who couldn't attend, were able to follow the meetings on Zoom for which I am really grateful.

Zoom has changed my life in so many positive ways and my meetings I attend all around The World are such a Blessing.

Something good had to come out of This Pandemic 

Speaking of which, SA is experiencing a 5th wave and I'm just praying we don't go into Lockdown again!

MAY MONTH is Al-Anon's birthday and some of the meetings on Zoom are having Longtimers to share at their meetings. We waiting for the Area to let us know how KZN will

be celebrating  

Monday 12noon "Let it begin with me" Meeting has a Longtimer speaker for their meetings in May. The ID is 5356775411 and Password 127700 (Put it in your Diary.)

Thought I would share this lovely 'Just For Today' I found as it presents all our Slogans too.

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



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Just For Today,
I will Let It Begin with Me
And Think, How Important Is It
Before I lose my serenity
And if I Keep It Simple
When my mind wants to burst
I will remember Easy Does It
and place First Things First
And isn't it kind of funny
When I feel I've bottomed out
I find Hope and Courage when
I finally Let Go and Let God
But For The Grace of God
I can Keep An Open Mind
And learn to Live and Let Live



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I have found that living Just for Today has helped me through the terrible floods which caused such stress for a week on my life. We had water flooding into our home and towels didn't help as the rain just kept on and on. So many of my friends and family lost homes or had water damage.

We were so 'Powerless' over the water and 'Acceptance' of our situation was all we could manage. We prayed for families worse off than us and were 'Grateful' for our lives and warmth and shelter.

Life happens and we have to make the best of our situation at all times.

Letting Go and Letting God be in charge of our situation was not easy. I found myself questioning him again. Especially when trees were falling and water was relentless. I know He has a plan for our lives but was rather unsure of His plan in this situation. My humanness happened but I am really Grateful for the many amazing People Who have been part of search teams and food and blanket supplies to thousands of destitute people around KZN.

In our CTC Page 332 it speaks about GRATITUDE.... "Today's Reminder".... If I choose, I can regard everything that happens in my life as a gift from which I can learn and grow.....

Our Literature has been a Lifeline during The Pandemic. I am so grateful I bought all The Al-anon Books especially 'Discovering Choices' and 'How Al-Anon Works'.

My 'Paths to Recovery' has been amazing for me and my Sponsees doing our Steps together. We have been Chatting on WhatsApp Videos or messaging our Gratitude Lists daily. It's been so special sharing my Experience strength and hope with newcomers and Longtimers on the Zoom meetings. We have met so many amazing Members from all over the World.

I especially love our KZN Book Club on a Sunday 

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Gratitude

turns what we have into
enough, and more.

It turns denial into
acceptance, chaos into
order, confusion into
clarity... it makes sense of
our past, brings peace for
today, and creates a vision
for tomorrow.

~ Melody Beattie



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An attitude of Gratitude takes care of a multitude of problems we encounter daily.

Grateful for Life

Grateful for Sun and fresh air

Grateful for Trees and my garden

Grateful for my Children and grandchildren

Grateful for my Husbands 40 years of Sobriety

Grateful for my Health

Grateful for my Al-anon Friends

Grateful for unconditional Love

I'm really looking forward to a return email from any of The Loners out there.

Let me know your thoughts and feelings for the day.

Share your program with me.

Would love to hear from you.

God Bless,

Lindsay

Loners Co-ordinator

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