

The Courage to Grow.

By - Wendee S., Washington .

When I entered the Al-Anon rooms for the first time, I was in deep despair. My adult daughter's drinking was out of control. She was living with us, so her drinking affected my husband and I daily. I thought Al-Anon would show me the path to cure her! I soon learned that is not the way Al-Anon works. The program is designed to help me focus on my own recovery. I also learned that I didn't cause the disease, I couldn't control the disease, and I couldn't cure my daughter's disease. This knowledge was such a relief to me once I heard it, and then I accepted the truth and wisdom of these words in my mind and heart.

As I recovered, I also learned that there were other people in my past that had the disease of alcoholism, such as my ex-husband and my father. Both of these men affected my life profoundly, and both are no longer on earth. I learned that what I experienced living with them - walking on eggshells, people-pleasing, and keeping my head down to shield me from their verbal assaults - reverberated throughout all my present relationships. I had become invisible, and I had lost my voice and my path to living life fully.

By applying Al-Anon's Twelve Steps, working with a loving Sponsor, attending meetings, and reading Al-Anon literature, I learned to live "One Day at a Time," and to even find peace and joy. I was able to get reacquainted with myself and discover the many assets and faults I possess. Finding out these things about myself gave me the courage to grow and change, laugh at myself, and reach out to other people who were hurting because of their loved one's alcoholism.

I'm grateful to my loved ones, for their disease has led me to the path of Al-Anon. I'm also thankful for that fateful, sleepless night that led me to find an online Al-Anon meeting in my community! When I began attending meetings, someone always encouraged me to "Keep Coming Back" and to attend at least six times before I made a decision to stay or leave. Although I don't know where my daughter is with her recovery, I have learned to detach with love knowing that I am on the right path for myself.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Mar 2021 issue).

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

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

Al-Anon Saved My Life. By - Beth S., Oregon.

Before Al-Anon, I lived in a lot of fear. I shut down when a situation made me feel uncomfortable, or I lashed out like I was fending for my life. It was as if I was going to make sure that others knew I was powerful, and that I was not going to let them abuse me. I had such anger and sadness, such fear and hopelessness. And who could I tell? How could I explain my feelings? Was I crazy? What was wrong with me? I felt very victimized. So many things had happened in the last 27 years, and I didn't really know where to start.

Everyone in Al-Anon knew. They were experiencing, or had experienced, what I felt. They knew my story, no matter their age, no matter who the alcoholic in their life was, no matter their background. I'm not crazy. I am good enough. I do need to take care of myself. I need to set boundaries. I can love the alcoholics in my life. I am not

the reflection of the alcoholics around me or anyone else. I love the people in my life, or they would not be in my life. I have learned so many things in Al-Anon that help me day-to-day. This program has saved my life. I am so grateful for the people in this group, and I am proud to be here.

My relationships with my family, friends, co-workers, and everyone I meet is so different and so much kinder. I still have a lot of work to do, and that is why I "Keep Coming Back." From time-to-time, I revert back to my old thinking. The way I respond, how I take things, and how strong I am is very different now, than it was before Al-Anon. So, I keep reminding myself that I am the only person I can change.

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA. (Extracted from the Mar 2021 issue).

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 not get caught up in negative thoughts . . .
- I'll be responsible with my finances . . .
- I'll remember that patience is important in life. . . .

Compiled by:

CAPE AREA OFFICE

Postal Address

PO Box 727

Goodwood, 7459

Residential Address

Unit B5, N1 City Mews

Manus Gerber St.

Goodwood, 7460

Tel: 021 595 4517

Fax: 086 523 3030

E-Mail: alanonct@iafrica.com

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

Al-Anon Family Groups

ABSA Bank (Current account)

Account No: 407 321 5579

Branch Code: 632 005

Our 24 Hour Helpline - 0861 25 26 66