

Al-Anon

Family Groups

Cape Area Loner's Newsletter

January 2022 - Part 01

Well, Hello, New Year.

By - By Vali F., Executive Director .

I wonder what you have in store for me, for us, in 2022?!

As an Al-Anon member, I always feel renewed hope as January dawns. Hope inspires me to action, so I recommit to my daily routine of prayer and meditation to improve my conscious contact with God as I understand Him. I reflect on my year-end inventory, make amends, and adjust my behaviors. I make certain my Al-Anon meetings, as well as meetings with my Sponsor and those whom I sponsor, are all blocked on my calendar.

Finally, in April 2020, I contacted my church to ask for guidance and prayers for my sister. The woman I talked to suggested I try Al-Anon and emailed me a list of meetings. This time, Al-Anon changed my life. When I heard, "I didn't cause it, I can't control it, and I can't cure it," I thought the Liberty Bell had clobbered me over the head! The comfort I now feel, the knowledge I've gained, and the love I've experienced is inconceivable. Al-Anon has become my place of solace.

The new year also gives me an opportunity to exercise that "all-important attribute of vision," as described in Concept Nine. I take the time to exercise my "capability for foresight" to create thoughtful estimates about my career, family life, and financial future. I think about how I can create opportunities to experiment, evaluate, and make critical decisions about these plans throughout the coming year. And as I have learned through the program, I offer myself permission to make different choices or even start over again as I become more informed.

This process is similar to the one that occurs annually at the World Service Office (WSO). Each January marks the kickoff of new Strategies projects. Strategies are developed by Staff to advance the Al-Anon Family Group Headquarters, Inc. Strategic Plan Goals and Objectives prioritized by the Board of Trustees. They are similar to my personal plans; for instance, my savings

strategies for 2022 are developed to advance our family's long-term financial goals.

Over the last several years, since the Strategic Plan was substantially updated in July 2018, this process has led to many improvements in WSO service to the fellowship. We developed, released, and improved the Al-Anon Family Groups Mobile App. We improved our ability to achieve unity across our trilingual fellowship by permanently incorporating interpretation at the World Service Conference and upgrading our online store, to name just a few.

The Strategic Plan Strategies development and execution process we follow each year, at its core, follows the simple and yet profound guidance laid out by Bill W. in his 1959 "Leadership" essay, which can be found in the Al-Anon/Alateen Service Manual (P-24/27). Staff make thoughtful proposals and seek Board approval to try them. Then, through shared leadership, we ask ourselves whether our proposals are working well, and we adapt. In 2021, this evaluation process extended beyond Strategies development to a review of the Strategic Plan Goals and Objectives themselves. Information about the updated Strategic Plan will be shared through the links of service.

I am grateful today to have this simple template for estimating the future that I can apply to my personal life and at the WSO. Combining this tool with the "valuable principle of 'One Day at a Time'" has allowed me to follow my Higher Power's guidance to a life beyond my imagination.

So Happy New Year, 2022! "Just for Today," I'm ready!

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

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

I Kept Coming Back Online.

By - Anonymous .

When I began to realize that my husband had a problem with alcohol, I argued with him and cried all the time. My emotions were just uncontrollable. My children noticed before I did that he drank every day. This all started when he retired. He was depressed and lonely, and he drank.

I'd heard about Al-Anon and finally decided to try out some meetings. I found one I really liked and stayed. Everyone seemed so friendly and happy. I probably cried at every meeting for the first two months. People kept telling me, "Keep Coming Back." Then COVID-19 hit, and there were no more face-to-face meetings near me. An Al-Anon member asked if I wanted to try electronic meetings, and I have been going ever since. It's been more than a year.

It's wonderful to attend these meetings and listen to everyone's thoughts and ideas. Talking with others about the family disease of alcoholism has really expanded my outlook on the disease, and I feel very comfortable with this

awesome group of people. Ours is a well-organized and positive group. I even started volunteering - to serve as Treasurer, meeting Chairperson, and Host. I am somewhat of an introvert, and volunteering helped me connect with people better.

Today, our home is much more relaxed and peaceful. Using the slogans and reading the literature has given me the encouragement to continue loving the alcoholic - with detachment. I am enjoying the simple things in life - birdwatching, sunsets, gardening, daily walks. Al-Anon has given me such a positive attitude. I say the Serenity Prayer every night before I fall asleep. I also enjoy reading the daily readers every night. I think I am going to read one page and end up reading five or six pages. I still struggle every day, but now I have more happy days than sad ones.

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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 remember the power of sharing my smile with others . . .
- I'll keep the greater good in mind . . .
- I'll mind my own business, and mind it well . . .

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