

### A Loving Relationship with My Mother.

*By - Alicia D., Pennsylvania.*

My relationship with my mother had been a very difficult one since I was a teenager. Both of us had been affected by alcoholism in different ways. She tried to tell me how to live my life, and I did not like that. The older I got, the worse the relationship became.

Eventually, I got married and moved from Argentina to the United States. After my divorce, I started going to Al-Anon. I had been in the program for about six months when my mother invited herself to spend three weeks with me. Her plan was that we would spend the holidays at my house and then, in January, we would go to Florida and spend another two weeks, the two of us sharing the same hotel room.

To be able to survive, I developed a great plan of my own. I was not about to tell my mother I was going to Al-Anon, so I told her that the professional association I belonged to was having a convention and I was going to attend the last speaker of each day. Instead, I went to Al-Anon meetings. Since it was January, every meeting was on the First Step. After the third or fourth meeting, I realized I needed to apply the First Step to my

mother. I admitted I was powerless over her and her controlling attitude. When I began to accept her the way she was, I started to feel better.

Right after this realization, one night when I got back from a meeting, my mother said, "Those seminars are very good for you. When you come back from them, you have a smile on your face and are not tense. Do they have anything to do with the book you read in the bathroom?" (I was reading *Courage to Change* [B-16] in the only place I had privacy.) It was then and there that our relationship started to change. I told her about Al-Anon, and, since she wanted to learn English, I got her *Courage to Change* in both English and Spanish. She started reading them every day and, after a while, decided to go to meetings in Argentina.

Thanks to Al-Anon, I changed, and my mother also changed. During the last 25 years of her life, we had the most wonderful relationship.

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

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

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# Al-Anon Saved My Life - Twice!

By - Shiloh W., Montana .

When I first came to Al-Anon, I was depressed and sad. I didn't know how to live with active alcoholism, and honestly, I didn't know how to go on living anymore. I could have died, but Al-Anon saved my life.

Later, when I had been in the Al-Anon program for over a decade, a series of life events overwhelmed me. I was barely able to attend meetings and had limited time to talk with my Sponsor or work the Steps. I began once again to slip into a place of despair. Fortunately for me, most of my friends are in recovery and recognized my declining mental health. They suggested I renew my commitment to meetings and Step work. One friend pleaded with me to attend 30 meetings in 30 days - at least a meeting a day, no matter what. And because I knew I was dying, I made up my mind to do this.

Life didn't stop and things were crazy, but I went to a meeting every day like my life depended on it. I also started working the Steps from the beginning again, and I prioritized doing Step work

each week.

It worked! It really worked. For the second time, Al-Anon saved my life. I know and have a real experience that proves that the Twelve Steps of the Al-Anon program, along with a Sponsor and a home group, will work to change my life. I know the way out of the pit of despair. It is through recovery and the Al-Anon program. This is a gift that I have a responsibility to share with others. Those who do know can be a help to those who don't even know that they don't know.

Today, I show up at meetings regularly. I do Step work. I reason things out with fellow members in Al-Anon, and I make myself available to help others. When I was in a dark place, I wasn't alone. Now I can make sure that is true for others.

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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 don't need to prove anything to anyone . . .
- I will be open to receive the goodness of the world . . .
- I'll keep my eyes open for alternatives . . .
- I'll respect the laws of my city, state, and country . . .

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