



Gauteng & Districts

Loners' Letter

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

Dear Loners

December 2021

I can't believe that it is December, and we are facing a 2nd Festive Season with the pandemic. This year has been very tough for many of us.

Every 2nd person I chat to has experienced loss. The loss of freedom; the loss of a loved one; the loss of the dream that this year would be different. So, I took the time to reflect and look back at the tools that have helped me survive.

Awareness: Awareness helped me acknowledged how I'm doing or not doing and the realization that I needed to change. I needed to ask for help. I needed to find other ways to communicate with friends.

Acceptance: I had to accept that change was inevitable and that although I could stay and hope and pray that everything would be the same as 2019 or I could accept the situation and move forward.

I am grateful that I know my well-being depends on keeping in touch with my Al-Anon friends; attending meetings regularly; reading our rich source of CAL[Conference Approved Literature] literature and taking an honest look at how I am coping.

I cannot afford the luxury of missing meetings and becoming complacent.

Thinking I can cope on my own is insanity!

Action: The fear of joining an online meeting was really a big hurdle but like all things that are difficult I needed to breathe, feel the fear and try.

The key to overcoming the fear was the willingness to try and ask for help when I was not sure how to log onto online meetings.

All very scary but really once I tried it a few times; what a life saver it has been to not only go to the groups in the district where I knew everybody but eventually to attend meetings all over the world!

And like all things in Al-Anon I have a choice, I can choose not to participate and just listen or to take my turn and share my experience, strength and hope or I can leave.

The benefits have been huge. I have enjoyed going to new meetings, meeting new people, making new friends and learning that there are different types of meetings.

The key was to keep it simple and to be willing to try.

I have had the privilege of meeting many of our loners in these online meetings. Lovely to put a face to the name on my distribution list. I feel so grateful that online meetings have enabled so many more people who previously were unable to attend meetings to share the wealth of experience found in the meetings. I know data is expensive and finding a private space can be a challenge but on the other hand petrol to get to a meeting is also expensive. So many choices we have all had to make.

Perhaps the best decision I made was to attend the KZN CAL Book Club. Previously I had read most of the books as I acquired them and received minimum benefit. In the book club we read a few pages from CAL and then discuss them at the meeting. This meeting for me has been a spiritual experience that feeds my soul every week. I am ever so grateful that I had the courage to try something new; kept an open mind and was willing to be guided by the group. Thank you for keeping me focused.

I have stepped down as the loner coordinator and I am delighted to introduce you to Clare, another member of our Thursday morning Al-Anon group. I am confident that the loner service will continue to grow and bring strength and hope to all of us. Thank you, Clare, for being willing to be of service to the loners. I am sure that Clare would love to use your shares of experience, strength and hope in future letters. As usual you can send them to her via our office alanontvl@absamail.co.za

I would like to thank everyone who has helped and supported me over the years with the loner service. I could definitely not have done it on my own. Thank you.

I wish you all a blessed and peaceful Festive Season and hope to see you in our online meetings. Information on how to join an online meeting is available from our website or office.

Stay Safe and take the courage to try something new

Together we can make it

Juliet

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