



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Dear Loners

Hope you are enjoying the last of our summer weather as we creep closer to autumn with a chill in the mornings now.

So we have been in lockdown for a Year now and how our lives have changed. Some of us have lost loved ones to Covid and have suffered with The Virus ourselves.

My condolences to anyone who is grieving a loved one and speedy recovery and plenty of rest if you getting over the virus.

I think we can accept that we will be in isolation or quarantine for at least another year until everyone is vaccinated but I like to think God, our Good Orderly Direction has our Life in His hands and if we continue to live One Day at a time we will find we cope better with the pandemic.

My Program is working overtime for me at this time and it takes a firm commitment to make our well being a priority. In the past some of us neglected to care for ourselves because we were too busy caring for others. But how can we take care for others if we are falling apart ourselves?

In Al-anon we learn to put "First Things First" and attend to our own wellbeing first, to love and care for ourselves before we can care for others.

We have skipped meals, or eat poorly and quickly, when alone but preparing good meals for our Family.

We deserve the best as our family do.

Our emotional and physical health need to be stimulated and our feelings validated.

I myself have been neglecting my health and have needed to examine my emotions and talk to my Sponsor. I am busy with my 4th Step for the umpteenth time and know I will benefit Spiritually and physically when I've finished my 5th Step again. Recovery requires tremendous changes inside and out.

I have been attending Zoom meetings all around The World and Hope you are benefiting from them too. IF YOU DO ATTEND ZOOM MEETINGS please send me an email and tell me if you enjoying them and how you have benefited?

I would love to hear from you.

March 4th is Lois birthday and there are meetings all over The World [celebrating.In](#) SA The Cape are having a meeting on Sunday 7th.

AL-ANON FAMILY GROUPS KZN AREA

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Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson) Solosh Naiker(Policy & Planning Co-Ordinator)



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Our TUESDAY KZN meeting at 11am are celebrating with Longtimers sharing at every meeting in MARCH. Please join us to hear their Experience Strength and Hope.

ID 5356775411 Password [127700](#)

For all KZN meetings.

SA CONVENTION 2021 is happening on Zoom!! You can register online...



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Attached is Solosh our Policy and Planning Chair sharing this month.
Solosh is a passionate Al-anon member and Serves Us with such humility.

Enjoy 

God Bless
Lindsay S
Loners KZN

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