



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good Day Loners,

March seems to come around so quickly. We went into lockdown 2yrs ago in March and Who would have thought that 2 years later we only just feeling relief from this pandemic albeit in small doses. So happy things are slowly going back to normal but I'm still very aware of how vulnerable we still are to Covid. I lost my very dear friend and Sponsor Evelyn A from Newcastle. We came into Al-anon 43yrs ago together as young Mothers with active drinkers. She was a real Woman of Worth who I was able to share many wonderful holidays with. Her Children grew up with mine and we went

to Conventions together. She was an inspiration to many. R.I.P my friend  

A few meetings are back Face to Face but most are still on Zoom for which I am really grateful as I don't have a meeting in my immediate Area where I live now on KZN's South Coast.

March is the month we celebrate our Co-founder Lois's birthday. She was born on 4 March 1891 and KZN celebrated Lois and the month of Love in February on a Zoom meeting. Lois left us her memories in her book Lois Remembers. It's about Her and Bill's life together and written with Hope that it will encourage those experiencing difficulties living with alcoholics. A great deal of the story is centred on Bill as She says "I'm sure you will understand that Bill was my life". Al-Anon took shape in 1951. Her famous quote was "It takes only One person to start something, but many others to carry it out". Lois said "I never know whether I'm A.A. or Al-Anon. AA was my first love. It was in AA that I started my own Spiritual striving. So I feel an allegiance to both Societies" There was a movie made about Lois and Bill's life story, it's called 'When Love is not Enough' can be downloaded on YouTube. (See attachment.)

For those who don't have a Face to Face meeting available may I remind you of the Zoom meetings available in KZN

ID 5356775411 ID 127700(All KZN meetings)
MONDAY 12noon & 7:30pm
TUESDAY 11am & 7:30pm
WEDNESDAY 7pm
THURSDAY 8:15pm Al-anon Adult Child
FRIDAY 8pm
SATURDAY 4.30pm
SUNDAY BOOK CLUB 2pm
ALL WELCOME TO OUR MEETINGS WHEREVER YOU LIVE.

AL-ANON FAMILY GROUPS KZN AREA

Room 405, 4th Floor
Doone House
379 Anton Lembede Street
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Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson)



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Easter Weekend is Convention time again and Cape Town is the hosts for 2022. Convention was on Zoom last year hosted by Gauteng. Sadly I won't be going to Convention this year but hoping the Al-Anon meetings will be Hybrid. 🙏

There have been Specials on literature this month. Please contact the Al-Anon Office on 031 3041826 and speak to Nisha. Or email her on alanonkznfg@gmail.com I have found my Literature to be a lifeline during this pandemic and lockdown. My lesson for today is in our CTC reading on 1st June Pg. 153 about Expectations... "An expectation is a premeditated resentment" I take this statement to suggest that when I have a resentment I can look to my expectations for a probable source..... In the ODAT today 11 March Pg.71 Today's Reminder.... "Now that I am in Al-Anon, I am no longer alone. I have learned to comfort and encourage others, and that gives me a fresh approach to my own difficulties. I can help others and they help me".....

Such little pearls of Wisdom in our Daily Readers.

Hopefully we will be experiencing cooler Weather soon as it's been really hot February in KZN this year. I will miss the beautiful green grass and gorgeous trees around our yard. I'm looking forward to winter as I find in my Old age that I don't cope with the heat.

Looking forward to feedback and replies which I don't get often but would really appreciate.



God Bless and I'll chat again in May.

Love from Lindsay

Loners Co-ordinator

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