







Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good day Loners

So we are nearing Silly Season again  
For some of Us it's a Celebration of Family, Food, Gifts and Holidays.
Sadly for some families it's that dreaded time when our loved ones start drinking excessively from November almost practising for Christmas!
This time of year always brought that knot in my stomach and anxiety about what our Christmas Day would be like this year? Of course it was my projecting and stressing about something that 'might not happen'. But it usually did so I would always be prepared with Plan B so my Children would enjoy their day.
I am blessed to have Sober Christmases' for many years now and I have grandchildren to enjoy my day with. I was blessed to be born on Christmas Day so it's always that bit special for me.
My Al-anon program has given me Peace and Serenity to enjoy celebrations especially With my Partner and Children.
The Pandemic really spoiled it for Us last year as we could not all be together but praying for a happier time this year.
As Al-anon has taught me to take 'One Day at a Time' I will be 'Accept' whatever is in store for us in December. I have learnt to make the best of any situation and 'Let go and Let God'

while I 'Easy Does it'. 
The Zoom meetings are still on going and hopefully SA will have their own licence soon and We will be allowed to continue.
Personally I'm really enjoying 'Zooming' around the World and finding meetings daily if I need them. I attend mostly KZN meetings and able to find one during the day and most evenings. As an elderly Member I find it much better to be safe and comfy in my home that travelling to a venue for a meeting. Yes there is the sadness of no hugs and lack of fellowship but We are living in trying times where we not really able to hug and fellowship

without masks and distance so I will keep Zooming as long as I'm able 

The ID for KZN meetings is
5356775411 and Password 127700

Meetings:-

Tuesday 11am and 7.30pm

Wednesday 10am 7pm and 8.15pm

Thursday 2.15pm - AAC 8pm

Friday 8pm

Saturday 4.30pm

Sunday 2pm is Book Club

Sunday 5.30pm

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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The meetings usually have a Chairperson who will choose a Topic or Speaker who will Share their ESH.A Preamble is read and usually a Daily Reader and Steps/Traditions and Concepts.

Please join a meeting if you haven't yet tried.

It's really easy once you learn how 
You download Zoom on Playstore!

One of the meetings has a Share on the Step according to the Month we in so October there were a few Shares on Step 10. Some really good, chunky, thought provoking Shares we enjoyed.

I call Step 10 my Maintenance Step, a continues Step 4. It's a daily commitment to continue this healing, Life affirming process. By acknowledging the areas in which we are changing and make adjustments as we grow. Step 10 must be taken with sincere self-honest but with compassion. We are human after all. We take responsibility for ourselves and turn the rest over to our Higher Power.

Another lovely meeting was from 'How Al-anon Works' on Detachment, Love and Forgiveness.

DETACHMENT is one of most valuable techniques. We learn detachment means to separate ourselves emotionally and Spiritually from other people.

LOVE is what we learn to do unconditionally even when we find it hard to 'like what they doing'.

We all worthy of love.

FORGIVENESS is letting go of the hurt.


Resentments tear us apart and make us unhappy, angry and fearful. We need to forgive ourselves as well as the Alcoholic. We never forgive the actions the person has chosen, because we don't judge them. Instead we forgive when we acknowledge our common humanity with them, even when we feel most entitled to condemn.

Please remember our Literature is available on Sale at our KZN office in Durban. They will post to you or organize to get it delivered to you.

Office no. 031 3041826 or you can email.

I have bought more books since lockdown and have really got to enjoy my literature as I've had more time to spend with reading the books from beginning to end.

One of my favourites, besides my Daily readers, is HOW AL-ANON WORKS.

I had never read the whole book till this year and I've had it since 1995 

Another really wonderful book is 'Opening Our Hearts, Transforming our Losses'. As an Adult child I have really found some good reading in there.

Well it's been an interesting Year for all of Us.

I'm sure you, like me, didn't expect Us to be 'locked down' till the end of 2021?

I really pray and Hope that 2022 brings Us better news and an end to this pandemic.

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I would like to wish you all a Very Happy Christmas and Peaceful New Year.
May The God of your understanding Bless you abundantly.

Attached please see a Share from Nisha who has been in Al-anon Service for a number of years. Thank you Nisha for always giving Us your best.

God Bless

Love from Lindsay
Loners Co-ordinator

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