



Words of Wisdom (WoW) – April 2022



Al-Anon Family Group KwaZulu-Natal

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*“God grant me the serenity to
accept the things I cannot
change,
the courage to change the
things I can and
the wisdom to know the
difference”*



*Let it begin with me
When anyone anywhere
reaches out for help, let
the hand of Al-Anon and
Alateen always be there
and
Let it begin with me.*

It would be wonderful to have an interactive newsletter and I look forward to receiving your share (it can be anonymous). Kindly email any suggestions, stories, queries and feedback to :

madhunlalllogas@gmail.com

TRADITION 7 : Every Group ought to be fully self-supporting declining outside contributions

In keeping with Tradition Seven, I would like to humbly encourage groups /members to continue honouring their monthly financial obligation to our Area Office.

Contributions are voluntary.

Should you wish to send a gratitude donation, our bank details is as follows:

Bank name: ABSA
Account name : Al-Anon Family Groups Kwa-Zulu Natal (KZN)
Account number : 4074787557
Branch name : Musgrave
Branch code : 632005
Reference: Your name / Group

Hi Everyone

2022 is whizzing by and the Easter weekend is upon us. Apart from the religious significance, the Easter weekend holds a very special place for members of the AA and Al-Anon fellowships. The AA National Convention has been held over the Easter weekend since 1952 with Al-Anon participation. For the past 70 years the National Convention has been held in various provinces annually.

The Durban Convention was planned for 2020, however due to the lockdown, it had to be cancelled. Gauteng hosted an online National Convention in 2021. This year Cape Town is hosting the National Convention, which is being held face to face and online.

Convention brings back wonderful memories of camaraderie among members. As members travel from various parts of the country to attend this three day Convention. I would like to wish the Cape Town Convention all the very best for the Convention, I am sure it is going to be a memorable weekend of meetings and fellowshiping.

To all members travelling to Convention, safe travels.

Anita from Cape Town has penned her fond memories of Convention

In the share below.

Have a safe and blessed Easter weekend everyone

Lots of love

Logas M

The Priceless Gift of Convention

I have gone to many Conventions and mini Conventions over the years. Conventions are truly an amazing gift for AA, Al-Anon, Alateen and AAC. This means that all the groups come together as a family, all suffering the effects of addiction in one way or another. Newcomers are welcome to come and see the power of the 12 Step programme in its full glory. It's like meetings on steroids!! There will be topics at each meeting and shares from members of all the groups throughout the weekend. People will be available to answer questions and generally just share their experience, strength and hope.

Aside from the meetings, I feel the love, excitement, friendship, camaraderie and acceptance and its amazing to experience, this is something that I miss in the Zoom meetings. There is a feeling of such power in the air and in that space. I always come back home feeling like my soul was filled with so much love and encouragement. My Higher Power is in the faces of everyone there.

Members arrive from all over the country and we all come together for a common purpose, to spread the message of love and hope. I have made many friends over Zoom and to meet them face to face will be so awesome, I cannot wait!!

To do service at these functions is just so fulfilling. I grow through service, I meet others through service and I feel good about myself through doing service, I know I am no longer alone. These past 2 years have been filled with so much of sadness around the world, more and more people have turned to substances to help them cope. Our fellowship has been so blessed and we have stood together through it all. I see a great power at work because so many new people have come through the doors of AA, Al-Anon, Alateen and AAC and are staying for the miracles.

I am so grateful to this program, if I can give back in some small way, then I will. If it means my time, a little bit of cash, being of service and helping where I can, then I will do it whole heartedly because this program has saved my life and my family's life going down the generations. I cannot even begin to say thank you for how much it has helped me. The veil of addiction in my family, that kept us under and trapped for so many years, has been lifted. Light shines through and I see the chains being broken... Thank you all for making this possible, I look forward with all my heart towards this Convention, may it be awesome!

ANITA C2C CAPE TOWN