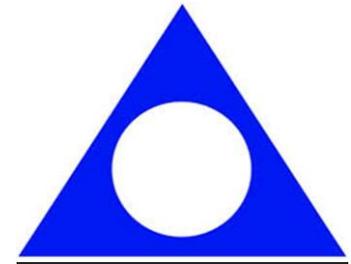




Words of Wisdom (WoW) – August 2022



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”*

Hi everyone.

Women’s Day is celebrated in South Africa on the 9th of August. It marks the anniversary of the great march of 1956 where women marched to the Union buildings to protest the carrying of pass books.

Over the decades August has been celebrated as woman’s month, where various challenges that are faced by women are highlighted.

In our fellowship we have phenomenal woman who have transcended the challenges posed by alcoholism and emerged stronger individuals using the tools of the program. This issue is dedicated to all these amazing, brave courageous woman who took the first step and entered the doors of Al-Anon. I pay tribute to our founder Lois for her starting Al-Anon in 1951 and all those who followed and have kept the doors opened.

In this issue and those to come, I am going to honour and pay tribute to some of the women who are “long timers” in the fellowship. As there are



***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 :

madhunlallogas@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

many such woman , in this issue the focus is on three stalwarts of the Al-Anon fellowship. Woman who continue to dedicate their lives to service in the Al-Anon fellowship. “ Elegance is when the inside is as beautiful as the outside”

I wish you all a wonderful Woman’s month.

GOD BLESS AND STAY SAFE

LOGAS M.

SELVIE P

Selvie P. joined the fellowship in 1986, 36 years ago. She is married to Ben P. and has three children Robashnie, Dherin ,Thevan and is a doting grandmother. Selvie is 36 years in the fellowship. Her home group was the Butterfly group and she has also belonged to the Croftdene and Rainbow groups and Hope for Today. Selvie has held numerous service positions in the fellowship amongst others, Group representative , Treasurer, Public Outreach and Finance Delegate over the years. Currently Selvie is the Area Chairperson for Kwa-Zulu Natal. Covid 19 brought with it many challenges and under the strong leadership of Selvie, as the Area Chair, Al-Anon KZN, weathered the stormy seas and continues to be one of the best run areas in South Africa.

SOME GEMS FROM SELVIE’S TREASURE CHEST.

Al-Anon is a God given fellowship and I am blessed to be part of it. Patience, tolerance and perseverance are qualities one should strive to embrace. I try to give my best to the fellowship and to the service positions I hold in the fellowship.

Service in Al-Anon has to be done with passion.

LINDSAY S.

Lindsay S. joined the fellowship in March 1986, 40 years ago. She is married to Bob S. and has three children, Zoe, Wendy and Ross. Lindsay had four granddaughters and one grandson. She entered the fellowship at the Seaview group. Later she joined the Bluff group and later, the Umbilo group became her home group till Covid 19 and the lockdown. In the early days some of the challenges in the fellowship were that there was only one CAL reader ODAAT and most meetings were speaker meetings, the long timers at that time were resistant to discussion meetings, this slowly changed over the years.

Lindsay has held numerous service positions in Al-Anon viz. GR secretary, Delegate, Chairperson of ASC, Chairperson of Convention committee, UNITAS editor, Loners Secretary, Alateen sponsor, Public Outreach coordinator, served two terms as Trustee for KZN, attended IAGSM as the South African

Delegate in 2000. Currently Lindsay serves as the interim Public Outreach Delegate and Loners coordinator.

GEMS FROM LINDSAY'S TREASURE CHEST

God is for me , who can be against me? From my greatest sorrow came my joy. This too shall pass. Trace it, Face it, Erase it. Long timers had wisdom, serenity and peace, I wanted what they had. Sponsorship is essential for recovery. Tears wash your soul.

The Courage to Change book was the most wonderful gift I received in Al-Anon.

PAM C

Pam C joined the fellowship in 1982, 40 years ago. She is married to Brian they have two children Jared and Lisa, both attended Alateen. Pam attended the fellowship at the Sydenham group after she heard about Al-Anon at SANCA. She also travelled to neighboring groups over the years. Musgrave is now her home group. Some of the challenges in the early years, we had to travel across districts to attend meetings. Few literature was available, apart from the ODAAT and a few pamphlets. No websites and little interaction with WSO.

Pam C. has served the fellowship in various service positions over the years. She has serviced as an Alateen sponsor, Alateen coordinator, Delegate and Chairperson of the Kwa-Zulu Natal area, National Convention Chairperson , Chairperson of the National conference, National Policy and planning Chairperson, Kwa-Zulu Natal trustee, delegate at the IAGSM at Virginia Beach and when South Africa hosted the event in Cape Town. Pam still serves whenever she is called upon to do so and is very involved in Public Outreach.

GEMS FROM PAM'S TREASURE CHEST

HOPE and listening to people sharing their experience strength and hope kept me coming back. I came into the fellowship hopeless, broken and a nervous wreck however Al-Anon and my Higher power showed me that I had potential. This is a journey of self- improvement, that can be attained by practicing the 36 principles in all my affairs. When I wake up, before putting my feet on the ground I thank God for the gift of life. My ultimate relationship is with God. I sign a written contract in my journal with Him as I took step 11. I Him permission to do with me as He wishes. I do not turn down any opportunity to grow, share and heal. I live this day as if it were my last. As I rotate out of service, I still practice step 12 and our declaration. The more I serve, the more I am blessed. I am filled with gratitude to our co-founders, our pioneers and my sponsors. There is abundance to go around if we are receptive. I strive to be a guiding light like Lois and I want Al-Anon and Alateen to be there for generations to come. I once heard a speaker at an international meeting say

“Service is the rent we pay to occupy the Earth.”