



Words of Wisdom (WoW) – February 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

February is celebrated as a month of LOVE. Lots of hype is created by the media around love and romance. People are bombarded with images of red roses, cuddly teddy bears and chocolates.

Growing up in an alcoholic home I didn't have a yardstick to measure what a normal relationship was.

I believed in the notion of the handsome prince who would ride up on a white horse and carry me into the sunset. We would live happily ever after...

When I came into Al-Anon I was introduced to the concept of unconditional love. A love that has no strings attached. A simple love with no expectations.

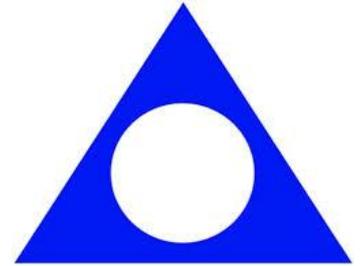
It is a love filled with kindness, compassion, care and respect. Love is about setting healthy boundaries. Love is like oxygen and I am nothing without love. Love for others starts with love for myself. I must love myself enough to protect me. God loves us all unconditionally.

If you can be anything in the world be kind and love unconditionally.....

Thank you to Lindsey and Anonymous for your contributions this month.

Lots of love

Logas M.



*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

I grew up in a family where love was not shown or demonstrated by our parents. No hugs or 'Love you' that I can recall until I was a teenager. I remember my Mom telling me at 17 when I was pregnant with my first child, that she loved me and would take care of me and my baby. I was feeling really sad and unloved at the time.

Bob and I met when I was 14yrs old and it was the first time I felt Loved and cared for. But sadly at 17 we were parted by 'parents' (not my Mom She was only one that stood by me) and lived with dreadful resentments and anger for years until we were able to make our own decisions and got back together. So that should be a happy ending? Zoe had her Mom and Dad and together we were going to live 'happily ever after'.....

I had no idea that Alcoholism would destroy our dream and turn my Love into a 'Love/Hate' relationship! My Love turned to Conditional love very quickly.

If you behaved I would Love you.

If you don't drink today I will Love you.

If only.....How confusing. I could not understand what had gone wrong! When did my Love turn to hate? How could I feel like this when I loved him since I was a young girl?

When I first came to Al--anon I only knew Conditional Love.

Al-Anon showed me that I did Love him, I just didn't LIKE what the Alcoholism was doing to him and our family. That made sense.

I learnt about the disease and how He was suffering and not responsible for his actions when drinking. My program helped me to Let go and Let God deal with the Alcoholic. All I had to do was be Courteous and Kind and Loving.

Once I learnt about the disease I was able to show Compassion and Unconditional Love for The Alcoholic regardless of whether he was drinking or not.

I learnt to Love myself again too.

My children benefited from the unconditional Love shown to them when I started healing from the Dilemma of Alcoholism.

This program works if you work it.

God Bless

Lindsay S

The greatest love stares me in the face and most of the time I continue to ignore Him. He has given me my breath and the blood that runs in my veins. In fact I owe everything to Him. He has held me in His loving embrace and still I ignore Him. He has given me diamonds but I prefer glass. Out of love for me He shatters my glass. In each broken piece of glass I see my life. I see myself trying to hold on to a life of illusion. If only the alcoholic stops drinking my life would be perfect. My life will get better if I Nothing happens. Sobriety has its own challenges. I hear a voice tell me to look carefully at the shattered pieces of glass. They resemble a staircase. 12 Steps in all. Each step has a word on it. First comes Honesty then comes Hope followed by Faith, Courage, Integrity, Willingness, Humility, Self Discipline, Love , Perseverance, Spiritual Awareness and lastly I am told to practice and pass these precious jewels on.

At last I turn to the one who has been with me all along. He is my eternal Lord. Al-Anon is a spiritual programme. It is not allied with any sect or religion. I like the reading from Odat 11 December.

“The central truth of all worship, creed, church or dogma is that the God is the essence of our being, this is the spiritual idea of Al-anon.”

Same reading

“ However we regard Him or even if we do not recognise Him at all. He is always there, within us, within everything and every person in the universe, constantly available for our help if we are willing to accept it. How well we use the consciousness of God in our daily lives depend not on Him but on us.”

God is my greatest love and He can be yours too.

ANONYMOUS