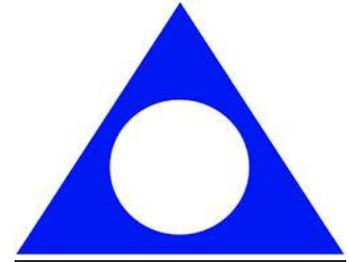




Words of Wisdom (WoW) – June 2022



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

2022 is racing by, six months down and six to go. The government has lifted the Covid 19 regulations, we can now go out in public without masks and there are no restrictions in terms of gatherings. However, the virus is not totally eradicated and people are still getting sick or losing their battle against the virus.

Therefore it is important that we act in the best interests of our loved ones and remain vigilant.

I was introduced to the 12 steps upon my entry into the fellowship. I was advised to study the steps and apply



*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
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***them to my life. I was told that the study of the 12 steps is essential for my progress in the Al- Anon program. In this issue is an in depth share by Devi from Cape Town, who is a long time in the fellowship. Thank you Devi for sharing your experience, strength and hope with us. With love and big virtual hugs
Logas M***

STEP 6

Reading- from As We Understood P214/215. It's called the Powerful Prayer.

So, it basically covers all 12 of our spiritual steps. The sentence that stood out for me from that reading was... God just make me willing and ready to have my shortcomings removed and to do my best. This is what step 6 is about - were entirely ready to have God remove all my defects of character.

I discovered in Al-Anon that humility is not a weakness but a strength, and the total willingness to accept God's help. Humility was also the willingness to admit to my character defects and self-acceptance. I realised that I was doing the same things repeatedly, expecting a different result. In this way I was Easing God Out because of my EGO... the acronym. Steps 4 and 5 helped to remove my ego and I became humble. I had to take a deep look within myself and admit honestly about my character defects and accept that I contributed to the drama and turmoil in my home.

Perfectionism, controlling and people pleasing were my strongest character defects because if things did not work out my way, this led to anger, resentments, sarcasm, over-reacting, hostile or sulking silence and many others. I couldn't say NO. I wanted everything to be perfect to please others. The house had to be neat and tidy; the food had to be ready before the guests arrived. I thought that if everything was perfect, that's how people will see me and the situation in my home, pretending to be this perfect family. It was the outside appearance I was concerned about and ignored the fact that the inside of me was in total chaos. Looking back now I realise how unbalanced I was.

I did not realise the effect it had had on my family because I made them feel as though they were walking on eggshells because nothing had to be disturbed after I cleaned up. It was a painful experience coming into Al-Anon to learn that I hurt the people that were the closest and dearest to me. I felt that my husband was not giving me the attention I craved at the time and alcoholism in my home was forcing me to look for attention from others. I wanted to look good and at the same time not look bad with everyone. Today and through Al-Anon, I know better. I accept me for who I am.

I also took on humiliation. When my husband behaved like a fool when he was drunk, others around me found him funny but I was embarrassed and felt ashamed. I know now that I wasn't the one behaving that way and he was just being jolly and having fun. I didn't know it then but all I needed to do was let him be who he was. I just had to be me and not jump into his lane. In this way I would not have been this angry cold and bitter person. I would have liked myself and been a better person to my family. Today I have learnt in Al-Anon to keep the focus on myself. I also learnt that he did not want to be an alcoholic and he didn't want to behave that way. It was an illness beyond his control.

So, Steps 4, 5 prepared me for Step 6 which is another of our spiritual steps. I was now ready because I knew that having tried to do it by myself, I could not. This step is simply a preparation to remove all my defects of character. My Higher Power understood better than I could; how my shortcomings could be removed. I had to let go of self will and seek God's help. All I had to do was ask God for the willingness to be willing to be ready so that I could be released of those shortcomings.

Being entirely ready meant I had to surrender completely. It wasn't an easy process, and my defects will not be totally removed. I could not sit back and expect God to do it for me, I had to put in the action. By accepting Gods help, guidance and direction, I was able to start the process of change.

My sponsor suggested I get a jar and write down all the character traits that I was struggling with. Everyday I must pick one up and do the opposite of that. Instead of being resentful, I must be forgiving; replace anger with gratitude, envy with contentment, mistrust with trust, selfishness with unselfishness, dishonesty with honesty, fear with love and more importantly false pride with humility.

By focusing on one area at a time, and with the guidance of God I can remove one layer at a time. I had wounds that I inflicted on myself and like any other wound; I had to treat it to heal. I had to let go of over controlling, people pleasing and perfectionism which were my strongest defects of character. I realised I caused my own unhappiness because I thought I could do everything by myself, all I had to do was ask for help. I was not this perfect person I made myself out to be and I don't have to be. It's a gentle process and I cannot do it all at once. I must ask God over and over again to release me of those shortcomings.

My willingness to act for my own recovery together with my willingness to let God remove these character traits that no longer serve me, gives me the spiritual strength to continue with my spiritual growth. As I give up each shortcoming, I experience a change in myself. I learnt that NO is a complete sentence and that I did not have to look outside for attention but within and give myself self-care and self-love.

My sponsor together with the words of wisdom at meetings helped me figure out my assets. I am not a bad person, but I do have these shortcomings. I had to accept them and understand that they will not all go away. I had to humble myself and communicate this to my family. Here again I sought the guidance of God. Good communication is the key for unity and harmony in any relationship. This gave me the freedom to move on with my life and changed my level of serenity.

Today I am proud of who I am. I have beauty within me. God loves me just as I am warts and all. I must remind myself that when my character defects crop up and they will because I am only human, I must choose God. It is like a pendulum and can easily move in the opposite direction. I know that I will only hurt myself if I act out my defects of character. Now that I am aware of them, I can take positive action. I must surrender my ego and deal with my flaw's day at a time. I heard this today and thought I'd share it.... what you don't change, you choose.... profound. I learn daily because I allow myself to be open.

I practice the PAUSE; the acronym for that is; Pray and Use Spiritual Energy, before I react or respond. I must be more tolerant, patient and kind. In this way I will be more acceptable to myself and others. When I use the tools found in the steps, I become more spiritual, can laugh at my humaneness and to love myself just as I am. Today my life is much lighter because I focus on myself which gives me calmness and peace of mind and that rubs off on my family and everyone, I cross paths with.

Step 6 is not one that I can graduate from, just as with all the other steps, it must be practiced again and again. I know that God is always willing to work with me when I face life's challenges and not allow my shortcomings to resurface. For me to keep the joy and happiness I have in my life today, I must be entirely ready to stay in the palm of God's hands.

Reading from ODAT P 172 June 20th; the only reading on step 6 in this book.

This has been my book of spiritual knowledge since the time I joined Al-Anon and the only book available at that time. Although I have all the latest literature, it's my go to book whenever I feel that my serenity is being challenged and it reminds me that I must keep it simple in order to maintain this priceless gift of serenity that I received in these rooms. I am still a work in progress and will always be. I can meet challenges that I face with the help of God, and I know also that God will remove the obstacles that hinder my progress in recovery. I must always be ready to ask for help.

When I get up in the morning, my first words are God help me face this day and before I go to bed, I say thank you God for everything. This is always followed by the Serenity Prayer, my most powerful tool in Al-Anon. I must also remember that it's a one day at a time lifelong programme. I cannot allow myself to become complacent. The more I become willing to focus on my shortcomings, and to walk

the spiritual way of Al-Anon, the more God helps me. I am forever grateful to God, Al-Anon, AA and Alateen for my new way of life and you all for helping me on my journey of recovery.

Devi P Al-Anon Cape Area



Al-Anon Family Groups KZN Fundraiser

Venue :The Barnyard at Suncoast

Date :03 /07 /2022

Time : 2pm

Cost :R195 pp

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