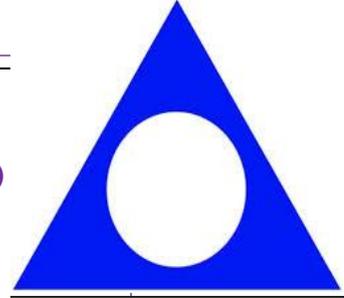




Words of Wisdom (WoW)

October 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.*

*The end of 2022 is almost upon us. Spring has sprung and for me, it's a season filled with renewed hope and faith. The days are warmer, and the longer days enable me to get lots more done. Step 10 is a maintenance and growth step. It reminds me to clean my side of the street promptly.*

*Take care of yourself like you would a plant:  
Place yourself in a healthy environment, remember to keep hydrated, get plenty of sunlight, remove those that eat you alive, do what makes you bloom and finally be patient with yourself, good things take time.*

*The Long Timers tea party is on the 29<sup>th</sup> of October 2022. Another Barnyard fundraiser will be held on the 13<sup>th</sup> of November 2022. Your support and attendance are appreciated.*

*This edition includes a share on the slogan “One Day at a Time” from Ragini, an Al-Anon, member from Edenvale in Gauteng and a biography of Evelyn M, who joined the fellowship in 1972 and still remains an active member of the fellowship.*

*I would like to take this opportunity to wish all our Hindu friends a peaceful Deepavali, May the Festival of lights forever illuminate your home with prosperity.*

*The next edition of WOW will be a Christmas issue.*

*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](mailto: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

## **LET IT BEGIN WITH ME**

*I first heard this Slogan in the Al-Anon Declaration.*

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

*The Al-Anon Declaration, to me, meant that I should reach out to a newcomer or anyone seeking the help of Al-Anon, just like I was led into the fellowship. I took this role seriously and become involved in the Newcomers group.*

*When I first entered the rooms of Al-Anon, it was all about me. How I have been harmed, hurt, pained and disappointed by my loved one. I was in a victim mode, steeped deeply in my own self-pity.*

*I soon realized that it was all about me. Me, myself, and I. I constantly grilled the alcoholic in my life and made a list of all the toxic behaviors of my son.*

*Lo and behold... that list reflected who I was. I could only admit that, after a member lovingly pointed this out to me. I was angry and disappointed at the consequences of his actions and how it affected me. I had expectations of him, as a married man and a father and he was falling short of these expectations.*

*This realization took me back to the slogan and how I could apply it to me and my life as my life was now unmanageable. I had to put ME first, not in a selfish way but in a selfless way.*

*I decided to start my own inventory and listed down all my defects of character.*

- 1. I am Hypocritical*
- 2. I am Critical*
- 3. I find it difficult to admit I am wrong*
- 4. I play mind games*
- 5. I am manipulative*
- 6. I want to be on the winning side*
- 7. I can be self-serving and selfish*
- 8. I have the tendency to lie, or avoid telling the truth*
- 9. I love Drama*
- 10. I can't be trusted at times, especially when I am doubtful and full of fear*
- 11. I am controlling*
- 12. I lack healthy boundaries, my boundaries are too firm or too relaxed*
- 13. I can be punitive when I don't get my way*
- 14. I can stonewall or give you the silent treatment*
- 15. I can be a bully*
- 16. I do expect favorable treatment*
- 17. I can be neglectful at times*
- 18. I am envious and Jealous of others who seem to be in a better space than me*
- 19. I use finances to manipulate*

*How do I practice "Let it begin with me in a positive way?"*

- 1. I don't have to convert anyone to my way of thinking*
- 2. I contribute in a positive way only my experience strength and hope.*
- 3. I need to remember that I am not the teacher, I am just the vehicle my HP uses to carry the message of hope to others*
- 4. In the fellowship, I take the initiative, to ask, to share, to chair.*
- 5. Then I practice focusing on myself and only on myself.*

*So, the questions I ask myself about myself are*

- 1. Am I getting better acquainted with myself, who am I?*
- 2. Am I living the life I really want to live, or am I compromising?*
- 3. What is, my self-care plan, does it have a balance of body mind and spirit*

4. *Am I practicing self-compassion?*
5. *Do I take a break when I am Tired, or do I push myself to my limits and get irritable.*
6. *Do I spend time doing what I love without feeling guilty?*
7. *Do I compare myself to others?*
8. *I realize that the idea of focusing on yourself isn't as self-centered as it sounds. In fact, it's one of the best things I can do for your well-being- This is let it begin with me.*

*In closing I say to My HP*

*Show me how to take who I am and turn it into who I want to be. Show me how to use this life of mine for a purpose greater than myself. Give me the strength to patient and kind, teach me to focus on the light in every person, including myself.*

*RAGINI. (Gauteng Newcomers AFG)*

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### ***BIOGRAPHY OF EVELYN M.***

*Evelyn M joined the fellowship 50 years ago in 1972. She heard about the fellowship through SANCA in Pretoria where after attending family sessions it was suggested that she attend Al-Anon. Evelyn's first home group was the Triple C, based in Menlyn Park, Pretoria East. She attended other groups in Pretoria and Natal. Some of the fundraising activities were Donkey Derby's, curry evenings and Bingo evenings. Evelyn held many service positions over the years, amongst others, group rep, Delegate, Chairperson of the National Conventions both in Natal and Pretoria. Evelyn was the first IAGSM delegate from South Africa to the USA.*

*Evelyn kept coming back to the fellowship for the love warmth and caring friendships. It was one big happy family. There were Sunday picnics at Blue Lagoon, and in the early days, open houses in Pretoria.*

*Some of the challenges was the lack of literature. Most of the meetings Were speaker meetings and the topics were chosen from the back of the ODAAT. At that time the UNITAS magazine was printed in South Africa.*

*Evelyn continues to attend meetings on the various platforms and continues to keep the flag of Al-Anon flying high.*