



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good day Loners,

It's that time of year again where we nearing The Silly Season again 
For some of Us it's a celebration of Family, Food, decoration and gifts around the Christmas tree.

Sadly for some families it's the dreaded time of year when loved ones start excessive

partying and drinking too much.  It's the time of year that always started the knot in my stomach and anxiety about how spoilt our Christmas day would be. Of course it was me projecting and stressing about something that 'may not happen', but if it did I always had a plan B so my children would enjoy their day.

I'm Blessed to have sober Christmas's for many years and my children and grandchildren

reap the benefits of Sobriety and Sanity. 

My birthday is Christmas day so I have a special celebration with Serenity and Peace on Christmas day.

Now that we not locked down for Christmas and we have learnt to 'Take one day at a time' and make the best of every situation. I'm sure we will all enjoy this festive Season, if we 'Let go and Let God' and 'Easy does it' and just relax and enjoy the special family time.

I'm really grateful that The Zoom meetings are still happening as they are a Godsend for me. Although I started a face to face meeting in the small Town of Umtenteni where I've been living since 2020, I find the online meetings refreshing and really helpful in my growth in

Al-Anon. 

The KZN Zoom meeting login ID is 5356775411 and Password 127700

There meetings are:

Tuesday 11a.m. and 7.30p.m.

Wednesday 12noon

Thursday 2.15p.m. AAC 8.15p.m.

Friday 8p.m.

Saturday 4.30p.m.

Sunday 3p.m. Book Club

The meetings are Chaired by members who will choose a Topic or invite a speaker to share .We all have an opportunity to share as well.

All welcome at these meetings so please join a meeting if possible, it's really easy once you've downloaded Zoom.

The month of NOVEMBER being the 11th Month I have shared on Step 11 recently. "Step 11 is 'Sought through prayer and meditation to improve our conscious contact with God, as we understood Him. Praying only for knowledge of His will for Us and the power to carry that out.'.....I realised when I came to Al-anon that my prayer never involved

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Uthica Arjun(Area SB Member) Selvie Pillay(Area Chairperson)



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meditation, it was a religious prayer I had done all my life, about 'asking' 'begging' sometimes 'thanking' but mostly just prayers ending with md feeling I had done what's required...never waiting and expecting to get answered. But questioning why they were never answered.?

After seeking through prayer AND MEDITATION(which I learnt to do in Al-anon),my conscious contact improved tremendously and I found a loving God who did care and did hear me and even answered my prayer in many instances and sometimes more than I asked



Please remember our literature is available at our KZN Office in Durban. They will organise to be delivered to you. My favourite is still HOW AL-ANON WORKS it's an amazing book. Al-Anon office no. 031 3041826 or email address as above.

The Longtimers Tea party was held in Durban and we met face to face again after 2 years. It was really special being with all my original Al-Anon friends that I met at my first Al-Anon meeting in Sea View. Merle H was one of them and She is our longest Longtimer in Durban.52 years in Al-Anon, followed by our Kloof member Evelyn who all know and love dearly .Evelyn still comes to our Zoom meetings. Joyce, Who is 90 years old was in Al-Anon with me 43 years ago.

Jeanette and I were the youngest members back then, and are still friends today 😊
Kathy our Archivist has shared an article below.

Longtimers tea 2022

Hi dear friends

On the 29th of October, our KZN area held a tea party in honour of all our Long-time members in Al-Anon. The tea party was well attended by 40 Longtimers and other members who came along to serve and show their gratitude to our Longtimers. It was an exciting morning for many of us as we got to see our Al-Anon friends and socialise with them after a long time. Our Longtimers were entertained and many of them also entertained us when they took to the floor participating in line dancing and belly dancing then, at the end of the function each of our Longtimers was gifted with a pot plant.

As KZN archivist I had the opportunity to speak to many of our Longtimers for the purpose of research. They shared their experiences, challenges and lessons that contributed to their success and growth in our program. Evelyn M and Merle H are our longest serving members who entered our fellowship 50 years ago in 1972. Merle was able to recall meeting our co-founder Louis W at a Seaview meeting in 1972 when she visited South Africa.

A big thank you to the Longtimers committee and to all our groups for their support and cooperation in putting this function together.

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Thank you
Kathy N
KZN Archivist

I would like to wish all our members well over the Festive Season and Happy Christmas and a Peaceful 2023.
May the God of your understanding bless you abundantly.

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