

A Father found help when he learned how to Listen.

By - By B.A. Illinois.

I came to Al-Anon when I realized that my son was an alcoholic. I felt angry, guilty, frustrated, and depressed. I desperately needed to rescue my son. I attended a few meetings, but nothing changed. He was still drinking. I was still miserable. I stopped coming.

I didn't want to sit around listening to other people's problems because mine were much more important. I had heard it all, but listened too little. I was too busy wallowing in self-pity and getting sucked into my son's chaos. Neither of us was ready for recovery.

I returned to Al-Anon about a year ago—to support my wife. I can't pinpoint the exact date, but something magical and mighty transpired. It started when I began to listen.

As a newcomer, I was overwhelmed. I couldn't remember the Serenity Prayer, even though we recited it at the beginning and end of every meeting. The Twelve Steps may as well have been a tourist attraction in Rome. The slogans are what finally hooked me. They were easy to understand, based on common sense.

Soon these slogans were playing a vital role in my daily existence. I lacked the clarity to make sense of it all, but you kept encouraging me to keep coming back, so I listened.

Today, I wouldn't dream of missing

my meeting. Regardless of what is going on in my life, I need to be there. I feed off the energy emanating from this group.

I hear poignant tales of despair and disaster, the toxic fallout from alcoholism and addiction that renders our lives unmanageable. I hear uplifting stories of recovery and resilience, the by-products of faith and hope that bring us back to health. Each of you in your own way reaches out to me, sustaining me with strength, support, and fellowship.

My son has completed four months of rehab and has transitioned into sober living. We are both healing now. My quest to cure his addiction has evolved into a journey toward self-discovery.

I don't know what obstacles may block the road ahead—and I have many more miles to travel. However, I carry with me the precious knowledge that I alone can secure my serenity and I alone can cast it away. And whether I am buffeted by storms caused by natural forces or my own thinking, I can find refuge here in this room.

I learned this by listening to all of you.

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<https://www.alanon.org.za/members-newsletters/>

Letting Go Of Worry, Finding Happiness.

By - Anonymous, Canada.

I was always worried about my alcoholic boyfriend—his health, his finances, even the mess left over the next day from empty beer cans. I felt that it was my fault. I was the cause of his stress.

I was driving myself crazy over the things he would do. It was a struggle to try to get him to stop drinking. It seems like there was never an end to all the turmoil that was going on around me.

One day, I was so upset I went to a mental health center for help. They mentioned Al-Anon. Of course, I thought that it was a program that would help me fix the alcoholic.

When I got to a meeting, I realized how wrong I was. Yet there was something about this program that helped put my mind at peace. So I kept coming back.

One slogan that grabbed my attention was “Let Go and Let God.” At first, I thought it meant to stop caring about the alcoholic. Later

I realized it meant to let go of the problems that I can’t control and put them in the hands of God.

Every night I prayed that God would take care of his doings, and I would take care of mine. After a while, things started to get better. I found that it was easier to worry about what I was doing instead of worrying about what others were doing.

When people would ask, “Shouldn’t you worry about what the alcoholic is doing?” I’d reply, “I don’t have time for that, I only have time to work on me.” I found that my mind was at peace and that nothing else bothered me. I truly felt happy, the way I was before all the worrying began.

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Literature

Please contact the office Mon - Fri between 9am and 1pm, and they will be happy to recommend Al-Anon books and pamphlets that meet your needs...

Just for today . . .

- I’ll remember the power of sharing my smile with others . . .
- I’ll keep the greater good in mind . . .
- I’ll mind my own business, and mind it well. . .

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