



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good Day Loners,

Happy New Year to you all Al-Anon Members and family.

Hope the start of 2023 has been positive so far.

Bob and I started 2022 with Covid and again in December we sadly had it again.

Fortunately He has recovered well except for fatigue. I haven't had a good start but taking One day at a time...My program works in "All my Affairs"....

"Easy Does it" helps me every day to remember that "This too shall pass".

We are very excited about visiting our granddaughter Rachel and her 4 girls and hubby in New Zealand in February so all preparations for the flights and packing and organizing in full swing.

Did you make any Resolutions for 2023?

If it's same as mine to work through my Steps/Tradition and Concepts from 1-12 again We have amazing literature available.

PATHS TO RECOVERY

REACHING FOR PERSONAL FREEDOM

and my latest addition to my collection MANY VOICES ONE JOURNEY.

If you haven't read The History of AA and Al-anon with input from Lois herself its a must to purchase.

These are all available from the Al-anon KZN office. Phone 031 3041826

Or email alanonkznfg@gmail.com.

You can contact Devegie 0845021069 to order.

Grateful that the Zoom meetings are still available as they have been my lifesaver.

All KZN Zoom meetings have same ID 5356775411 and Password 127700.

Another wonderful book "How Al-anon Works" Chapter 9 on THE SLOGANS worth a read.

JUST FOR TODAY....I will live this day only

LIVE AND LET LIVE....Encourages Us to treat ourselves well

HOW IMPORTANT IS IT....Perspective

ONE DAY AT A TIME...Make the most of today

LET IT BEGIN WITH ME...We are responsible for our behaviour.

If you are an Adult Child of Alcoholic parents, there are special meetings for you. I attend the HOPE AAC meeting on Zoom on Thursday 8.15pm.

Literature available for us is the boom "Survival to Recovery" and "Opening our Hearts, Transforming our losses".... if you identify with being an Adult Child I would recommend you attend an AAC meeting, It was the best decision I made after attending Al-Anon for many years.

AL-ANON FAMILY GROUPS KZN AREA

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



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Not forgetting our daily readers ODAT COURAGE TO CHANGE and HOPE FOR TODAY....

I don't always get to read my Daily readers every day as I used to, although they read at every meeting, I attend, and I have to make a conscious decision to start reading them again.

I found the best time is early morning before my busy day starts. Its already second

week of January and I have slipped....but I know I can start again 🙏

As I apply the principle of Honesty and Humility to my life, I can see my part in

everything and its a relief to know I'm responsible for my part...no more no less 😊

The BOOK CLUB starts again on Sunday 15th January. Please feel free to join us on Zoom. It has been very popular and we have learnt so much by sharing from The CAL. The Schedule is attached.

As this is JANUARY we are doing Step/Tradition/Concept 1....

STEP 1...Admitted we were powerless over Alcohol that our lives had become unmanageable.

TRADITION 1 ...Our common welfare should come first. personal progress for the greatest number depends upon Unity.

CONCEPT 1....The ultimate responsibility and authority for Al-Anon World Services belongs to the Al-Anon groups.

The 3 words for me this month is:-

UNMANAGEABLE

UNITY

GROUPS.

Sending much Love, Peace and Serenity as you ease into 2023.

God Bless

Lindsay S

Loners Co-ordinator

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