



Words of Wisdom (WoW) –

FEBRUARY 2023



*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 :

madhunlalloqas@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
Branch code: 632005
Reference: Your name / Group

Al-Anon Family Group KwaZulu-Natal

4th Floor Doone House,
379 Anton Lembede Street,
Durban,
4000

Email address: alanonkznfg@gmail.com

Tel: 031 3041826 / 0861 25 26 66

“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.

February is a month associated with love and romance. The media creates a huge hype around romantic candlelight dinners and romantic holidays on sun kissed beaches. When I got married, that is the type of love I envisioned for myself, however I set myself up for disappointment as my partner was already in the throes of full blown alcoholism.

Al-Anon has taught me a different kind of love. I was introduced to love of self. I realized that I was so busy looking outside myself for love, I forgot about loving me and having a deep connection with myself. I learnt that I didn't have to like everyone I met, I could love them in a special way.

The unconditional love that Al-Anon members feel for each other left me in awe. Healthy love and relationships are not self destructive. Love in Al-Anon is nourishing. It has allowed me to connect more fully with me. I have to be proud of my own identity. I was introduced to the unconditional love of a power greater than myself....I call Him God.

A gentle reminder for members to support the Barnyard

Fundraiser on Sunday 12th March 2023, for more information contact Pinky, our Fundraising Convenor.

Thank you to Anonymous and Sherina for their contributions in this issue. Enjoy the rest of February.

With love

Logas M.

_ UNCONDITIONAL LOVE

Unconditional love means under no conditions will that dissolve and change.

I first heard this the term in Al-Anon. This is true of the loved ones of Alcoholics. Many seek help in Al-Anon in an attempt to understand their loved ones who suffer from the disease of Alcoholism.

It is love that drives them to the Fellowship. The movie about Lois's story is entitled "Women who Love too Much". It sounds like an obsession. For me it was that until I entered these doors. I learned to love myself and leave the Alcoholic in the care of God.

I heard in Al-Anon meetings, "We may not like you, but we love you in a very special way". All of us went through or are going through the same pain and therefore we can have compassion for fellow Al-Anon members. These feelings grow into love as we grow together in the Program. This love and friendship have stood the test of time. For me the loving friendships span decades.

The transformation of Al-Anon members after a year or two is remarkable. This can only be by the grace and love of God. God does not force his love onto us. He waits patiently until we turn to Him.

When I first took a few nervous steps towards Him, He took thousands of steps towards me. I was the lost daughter returning home where I belonged. I placed God at the center of my life, and He is still there today. I feel His presence in the darkest hour and in my joy too. God's love is a presence I feel throughout my day. It is warm and comforting.

The primary purpose of our lives is to love and be loved and also to serve our loved ones. The source of this capacity to love is a loving God. I learnt that I could strive to develop my love of God and from here spread this love to others.

Anonymous

"Your greatest responsibility is to love yourself and know you are enough."

*SELF-LOVE



MY EXPERIENCE



Throughout my life and years of living with an alcoholic, I always put others in front of me. I never took time out for myself, given the circumstances that I was placed in. Furthermore, I never made time to enhance my well-being. The idea of *SELF-LOVE* was not something that I was familiar with. Little did I realize that *SELF-LOVE* is not selfish and you cannot truly love

another until you learn to love yourself.



MY STRENGTH



God, in His time, brought me into this amazing fellowship. In Al-Anon I learnt that if I'm searching for the one person that will change my life, then I had to look into the mirror. I, myself, as much as anybody in the entire universe, deserve my love and affection. I realized that I am allowed to be both a masterpiece and a work in progress simultaneously. I had to stop underestimating myself. After frequently attending Al-Anon meetings, I took what I liked at the meetings and slowly put it into practice. Every single day, I gradually started putting myself at the top of my to-do list and the rest fell into place. Owning my story and loving myself through the process is the bravest thing that I have ever done.



HOPE





I fully believe that GOD will help me to be the best version of myself as long as I work the Al Anon program and remain open-minded. GOD has a plan for me, and today I am grateful for that.

Readings on today's topic *SELF-LOVE* can be found in:

1. Courage to Change - Pages.... 41, 52, 82, 89, 151, 183 & 206.
2. Paths to Recovery - Pages.... 38 & 43.

"WHEN THINGS CHANGE INSIDE YOU, THINGS CHANGE AROUND YOU"

Thank you so much everyone for taking the time to read my honest share. Loads of virtual

love and hugs to all of you  



SHERRINA



