



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

Good day Al-Anon Family,

So we're half way through 2023 and as usual time flies.

It's been a very exciting Year on the KZN Al-Anon Calendar as We slowly getting back to Normal with our Face to Face meetings happening again. Some New groups have opened in KZN which is always a good sign of growth in The Fellowship.

Hillcrest started a group at Fawn Castle on a Saturday morning. Westville started a daytime group and The Musgrave Al-Anon group has re-opened Face to Face on a Tuesday night



So happy to see Central KZN growing from Strength to Strength.

There are still many Active groups on Zoom for which I'm really grateful.

Thoroughly enjoy the Zoom meetings especially sharing with Members from all around the World.

Al-Anon's International Convention in Albuquerque New Mexico last month was open for the World to join Virtual

Virtually for the first time! We registered online and were able to attend all the meetings.

Because of the time difference SA joined from 5- 10pm from Friday to Sunday on 3 different meetings and it was absolutely Awesome.

We heard some dynamic Speakers from around the World, joined by AA and Alateen.

It was an amazing experience and Wonderful privilege.

The Public Outreach Committee in KZN, headed by our Delegate, Ramanie, has been very busy these last few months.

We have the privilege of Sharing our ESH on a Radio Station, Southside Radio FM 107.2 broadcasting from Musgrave once a month. It's really an honour to be part of the PO team. It's been a passion of mine all my Al-anon life, and I'm so proud of Ramanie and the Team for their Service to The Fellowship.

Our Primary Purpose....'To Carry The Message!'

They have been Sharing at Rehabs in around Durban and PMB and have a roster of Members Who willingly serve Al-anon with such dedication.

It's a privilege to be a part of the PO Team of KZN.

We all do PO in our Districts by putting up Posters and distributing Literature and bookmarks. response has been wonderful. Ramanie holds Workshops on Zoom so we are all able to keep updated with The Projects She has in mind.

June being the 6th Month had our meetings concentrating on Step, Tradition and Concept 6 and some really good readings in our CAL was shared on the Zoom meetings.

It's interesting to hear the different interpretations of The Steps/Traditions/Concepts as We all apply them to our personal lives.

STEP 6.....'Were entirely ready to have God remove all these defects of Character' The key Principle of Step 6 is readiness. If we believe We are ready to consider each defect We just

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need God to remove them and He would if we let Him. When we accept Step 3 unconditionally, Step 6 is possible!

TRADITION 6....'Our AFG ought never endorse, finance or lend its name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with AA' A long Tradition but one of the most important to keep our Fellowship safe.... this Tradition emphasizes our primary spiritual Aim as defined in Tradition 5...To help families and friends of alcoholics. CONCEPT 6...'The Conference acknowledges the primary administrative responsibility of the Trustees'...we learn in Concept 2 that the groups delegate their administrative authority to the Conference, Concept 6 the Conference delegates specific authority to the Trustees to guide and oversee the business of our Fellowship and keep it safe. Although Concept 6 is specifically about relationships between Delegates and Trustees it reminds us to acknowledge where the responsibility lies, to grant them the Freedom to do a job and provide guidelines that keep our goals clearly in mind. We need our resources used to achieve our Spiritual aims and we need dedicated Al-Anon members to make this happen. The Steps Traditions and Concepts are found in most of our CAL books and really help us to understand our primary spiritual aim and guide us on our personal journeys of Recovery. I find Paths to Recovery is my 'Go to' book and of course my old 12x12 the green and white which is no longer in print.

We have a new Daily Reader which was launched at the International Convention and will be available soon.

SA are applying to print it locally which will help to bring the Cost down 🙏😊

I look forward to your shares and reply emails. Keep working The Program One day at a time...but Easy Does it and Keep it Simple.

Please feel free to email or contact me on WhatsApp 0833168463

God Bless,

Lindsay Solomon  
Loners Co-ordinator

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