


Words of Wisdom (WoW) – JUNE 2023



Al-Anon Family Group KwaZulu-Natal

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***“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”***

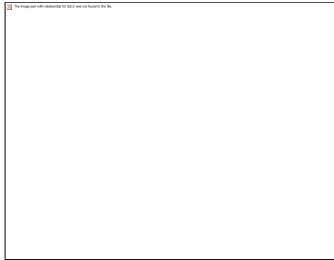
Hi everyone.

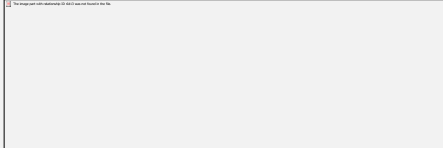
I trust that you all are well and were not adversely affected by the recent floods and tornado that affected parts of KZN. The Al-Anon rally was held in June and was a huge success. Thanks to all members who worked tirelessly to pull off this flawless event.

National conference was held in Cape Town, representatives from provinces attended. Thank you, Sunitha, for sharing your experiences with us in this issue.

Planning for the Food Fair is going full steam ahead. The Food Fair will be held on the 29th of July 2023, at the Westville Methodist church at 15H00. Lots of delectable food and sweet treats will be available, so get your tickets asap.

The KZN areas Annual General meeting will be held on the 29 August 2023. Nominations forms have been sent out to the membership. Job descriptions for the three portfolios ie. Area Chair, Fund- raising coordinator and policy and Planning coordinator, that need to be filled has been circulated as well. The closing date for nominations is 31 July 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 :

madhunlallogas@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

Thank you to a member who wants to remain anonymous for contributing to this issue.

Stay safe and warm.

Logas M.

MY CONFERENCE EXPERIENCE – SUNITHA- KZN MEMBER SERVICES DELEGATE.

My first face to face Conference is something that I will hold close to my heart for all time and a part of my special memories. The SA National Conference took place at the Schoenstatt Retreat and Conference Centre from Thursday through to Sunday in Constantia, Cape Town. Just as the name implies, it was a scenic and spiritual place. I can still smell the lavender that was planted throughout. We also experienced true Cape weather with a storm on Friday night. The whole experience still seems surreal to me.

I got to experience the other side of Al-Anon at a National level, of what went on behind the scenes to keep Al-Anon safe, intact, to keep up with changing times and to do what was which was best for Al-Anon as a Fellowship but at the same time keeping in mind the primary purpose of Al-Anon. There was a spiritual atmosphere that prevailed throughout the Conference. The respect and courtesy shown to all members is something I will always remember. Every member's voice counted and was heard. The intensity of discussions happened in an orderly and healthy way. This in itself was amazing, because the reason we were came together initially was that we were affected by some one's drinking and order and healthy discussions was certainly not part of our lives. The level of knowledge and expertise of the various members left me in awe. We were constantly reminded that no question was wrong and were encouraged to speak up and ask questions. I was quite intimidated at first, but I gradually became more comfortable expressing myself. I listened and learned.

It was absolutely great to put faces to names and physical appearance to online appearance. People are quite different to what you perceive on a screen. And of course, "The great big Al-Anon Hug."

I felt a huge responsibility of being one of the 3 KZN Delegates voting and representing the KZN Area. I prayed about and asked my HP for guidance because there were many things that were new to me. A lot of discussion happened before any voting could take place. If motions needed to be changed or adjusted all viewpoints were heard. The Delegates were the voice of their Area. AL- Anon has to keep up with changing times but at the same time preserve the 36 spiritual principles. Al-Anon has also evolved over the years with the advent of Electronic Meetings and the new website that is so easily accessible and available to us. Electronic Meetings was discussed at length, which is still a grey area in many respects. We also looked at each Area structure and ways to make our Areas work better for us. Finance was also discussed at length. The National Finance Person tried to put some fun and

laughter into the seriousness of discussing Finance. On the lighter side, mealtimes were about , mingling and getting to know one another. We had fun and laughter with each Area doing a surprise, item on Friday night. This was a welcome break. KZN did a hilarious Sari Rally which left everyone in stitches. I was asked to share on Recovery in Service for KZN on Saturday. The spiritual share on Sunday morning was done by our KZN PO Delegate and of course she had us all in tears. It was a proud, moment for KZN when another member from KZN was chosen to represent SA at IAGSM. I feel proud and blessed to be part of the KZN Area. KZN was really well represented and applauded for a well-run and successful Area with most Service Portfolios filled. Well done to KZN for functioning in a healthy, efficient, and united way. I am really grateful to have been given this opportunity to represent my Area at Conference Level and I thank you for having the faith and trust in me. I am also grateful to expanded my knowledge and my circle of new Al-Anon friends. This truly was one of my spiritual experiences which left me quite emotional and filled with a sense of appreciation for being a part of Al-Anon.

Dear God

I have spoken an extreme amount through the course of this journey. I have felt reassurance, calm, rage, anger, hate, fear... love, appreciation, good, bad, confusion and denial. However, I believe with your strength I managed to walk through the doors of Al-Anon on the 12 of October 2022. Thank you for giving me the bravery to do so. It was difficult, but I am very grateful that I went. It changed my life and keeps doing so.

I have tried to not question you and ask why Lord... why on so many subjects. I also think of your will and that you are in charge. I know that you will give me the desires of my heart, but I know you well enough to understand that you can see deeper into my soul than I can access and that your vision is unclouded by bias, fear and the raw emotions of today. I think that's what frightens me because I know that the path can be so difficult and the pain so immense. You will look after me, but I know pain and heartache and how they gnaw at one's existence. I anticipate the repeated blow of loss, the excruciating agony of heartbreak.

The verdict is that overall alcoholics are never cured. They relapse or become dry drunks not tackling what they were numbing through excessive, damaging drinking. The overall outlook is pessimistic especially as many are not educated on recovery and because so many of the stories, we hear are destructive leading to even more pain and suffering down the line. As I have learnt many of their promises are made in earnest and sincerely at the time, but once alcohol is "in the driver's seat" their best intentions are cast aside or rather aggressively driven through by their need to consume and escape. The vicious cycle catching them again the next day as they face the world and numb once more. It's about dealing with what you are numbing – facing it square on and dealing with it through battle, communication, nurturing or perhaps a plan of action that these problems can't withstand. It's about setting yourself free and doing your moral inventory. All will find many elements that they don't like or perhaps even loathe. But, put a microscope on these and treat them. Stand firm in conquering the lesser lit spots of your soul and mind. The numbness doesn't last and comes with a side effect of promised ruin. The healing comes with discomfort but means you can light up all of your soul. Through self-compassion, care, learning and a healthy spiritual life with God at the helm the best is in fact yet to come.

An Al-Anon member.