



Words of Wisdom (WoW) – AUGUST

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 are 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

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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

August is commemorated as Woman's month. In this issue I want to pay tribute to the generations of women who have kept the doors of our God given fellowship opened. The phrase "You strike a woman; you strike a rock" is often quoted to describe the strength of women. Women have made inroads in all spheres of society. It takes a brave woman, of immense strength and courage, battered and bruised by the ravages of alcoholism to seek recovery in the Al-Anon fellowship. Whenever I attend a meeting, I am struck with awe at the love, warm hugs and beautiful smiles that fill the rooms. Lately I have noticed that many members come to Al-Anon seeking help for their children who are addicted to drugs and alcohol. Only a mother wouldn't abandon her child during his/her darkest hour. To all women in Al-Anon I salute you!!

A tremendously successful Regional Services Seminar was held in Durban recently. The attendance was unprecedented. Congratulations to the KZN Area and the organizing committee.

The Al-Anon world convention was held at the end of June in Albuquerque in the USA. A few members of Al-Anon had the privilege of attending this year. In this issue is an article from Nan, a long timer from KZN, who takes us through her journey at the 2023 world convention.

Thank you, Nan, for sharing with us.

Lots of love and big hugs

Logas M.

WORLD CONVENTION 2023

I attended the Al-Anon world Convention from the 29 June - 02 July 2023 in Albuquerque, New Mexico in USA. Al-Anon hosts the International Convention every 5 years. Members from all over the world are welcome to attend (at their own cost).

The theme of this year's Convention was:

New Friends, New Hopes, Renewed Recovery.

I had attended two other Al-Anon International Conventions in 2008 and 2013 but this Convention was extra special because I got to meet fellow members that I had only seen and interacted with on Zoom. It was so special meeting the other ladies from Southern Africa that attended as well. Meeting and hugging international members from the Lotus Room as well as other Zoom meetings I attend was absolutely mind blowing. The love and warmth that was shared was so indicative of what this fellowship entails. The help and support that we received, even before the Convention, from Al-Anon members, who we hadn't even met, showed that we truly become a family when we are in this fellowship. Where we were from, our background, race, religion, or status didn't matter except that we all shared a common goal - we were recovering using the Al-Anon program. I heard this often during the convention: We are different but we are the same.

4526 people attended the Convention. 3785 attended in person and 741 attended virtually. This Convention also served as the launch of Al-Anon's new daily reader - A Little Time for Myself. Getting a copy with the commemorative bookplate was very special and well as getting friends to write comments in it.

The first day was a focus on WSO (World Service Office) and Service - it was called the Day of Connecting - it was optional and we had to register for it. The WSO staff were introduced to us and we heard their stories of service in Al-Anon. The meetings that day focused on service. There were a number of meetings held in different venues at the same time and we had to choose which to attend. I loved the passion about service that was shared in the meetings I attended. When there was time, members from the audience were allowed to share for 2 minutes as well. Listening to them sharing was so encouraging because Al-Anon has survived for 72 years because of service.

The next day was the first official day of the convention and it started with the Language of Love Parade - members from the different countries that attended as well as the different states in the US took part in the parade. It was wonderful and exciting to represent South Africa in the parade. We dressed up and showcased our country. It was so much fun. 46 countries were represented in the parade and all the states of the US. The opening big meeting after the parade was titled New Friends - The Many Voices of Al- Al-Anon and featured international speakers from India, Swaziland, and New Zealand. The speakers were so dynamic and shared so beautifully.

The topics for the meetings on the 30 June and 1 July were varied and covered so many aspects of Al-Anon recovery. I wish I could have attended all but the ones I did choose to attend didn't disappoint. I learnt so much. Some of the gems that I picked up included:

- always presume goodwill
- TRUST - Try always using Steo Three
- You have a choice to be a victim, villain, or volunteer
- Do you want to be right or be happy?
- Stop saying yes to fights
- Just calm down and don't embarrass your Higher Power
- the 12 steps keep you from committing suicide; the 12 traditions keep you from committing homicide and the 12 concepts keep Al-Anon from committing genocide.

- FAITH - Follow Along In The Healing.
- God has given me Al-Anon and Al-Anon has given me God.
- I live in possibility.

The big meeting on the 1st of July had the theme: New Hopes - Together we can make it. The speakers were long time Service members from the World Service Conference.

We heard such powerful stories of recovery and Service in Al-Anon. A countdown was done at the meeting to identify the person longest in Al-Anon and the person with shortest time in Al-Anon: the shortest was 1 day and the longest was 56 years.

The Convention closed on 2 July with the theme: Renewed Recovery - A power greater than Ourselves. Again, there were three dynamic speakers with powerful messages. Something that I will never forget was the chairperson asking us all to say in unison:

"This is my place and these are my people" I got goosebumps listening to 4000 people say this together. This affirms my gratitude and love for this fellowship which gave me back my life. Each Al-Anon meeting is My Place and Al-Anon members are My People.

For me the theme of the Convention was so apt because I made New Friends, came away with New Hopes (especially for the future and growth of Al-Anon) and definitely with Renewed Recovery .

Lots of love

Nan G (Westville AFG)