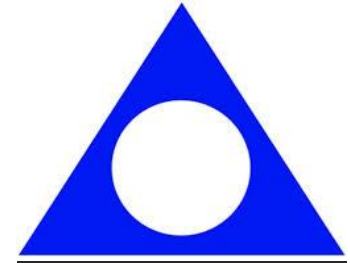




Words of Wisdom (WoW) –October 2023



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

*It's the 10th month of the year
and the countdown to the
festive season is upon us.
Advertising has commenced in
earnest on the media platforms.
It has been a busy time for Al-
Anon KZN. Elections were held
in August and Peggy G was
elected as the new Area Chair.
Katie is now the Fundraising
convenor. I wish them
everything of the best in their
service portfolios. I want to
place on record my sincere
thanks and appreciation to our
outgoing
me*



*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

members Selvy P, Area Chair and Fundraising convenor, Pinky for their sterling service to the Area for the period of their tenure.

A very successful Regional Services Seminar was held on the 19th of August 2023 and all attendees enjoyed the program for the weekend. The Barnyard fundraiser will be held on the 5th of November 2023. Tickets are still available, kindly support this fundraising initiative. The Imbizo will be held on the 4th and 5th of November. Attendance can be in person or via zoom. The Long timers tea party will be held on the 25th of November 2023. Members who are in the fellowship 20 years and more, submit your names to the group representatives, so that your name is added to the data base.

Thanks Kathy, Selvy, and Peggy for submitting articles for inclusion in this issue.

With lots of love and warm regards.

Logas M

The KZN area's Regional Service Seminar (RSS) for 2023 was held at the Pavilion hotel on the 19th of August. The event was a huge success with an attendance of 76 members. Among those that attended there were approximately 17 members who attended RSS for the first time.

The administrative committee did an excellent job of putting together an interesting, informative, and interactive programme. Our ASBM reported briefly on her beautiful experience at IAGSM. We had an interesting and interactive session discussing the strengths and challenges in our area. Other workshop topics included: Cooperation with Alcoholics Anonymous, anonymity and social media, public outreach, and fundraising ideas. Members also had the opportunity to work in groups and each group created a vision board highlighting the topic of spiritual abundance.

For our evening social event members dressed in their favourite Barbie outfit. We were also entertained by the members with some talented dancing, a sari draping race and a game of pass the parcel. It was an evening of much fun and laughter.

The weekend was concluded with an early morning beach walk followed by a spiritual meeting. RSS was a wonderful weekend of learning and fellowshipping.

Kathy
Alternate District Representative
South Coast

"Service to man is Service to God"

Being in Al-Anon for 37 years and serving for many years I have decided to take a break from Service. Passion, commitment, dedication, tolerance, and most of all love for the Fellowship is needed. Service in Al-Anon allowed me to give back what was given to me so freely when I entered. It was the least I could do for a Fellowship that saved my home from being a battlefield on a daily basis. It was the most gratifying experience. It was food for my soul. Participation at all Area level events are truly fulfilling such as our Rallies and Long-timers.

I was given an opportunity to serve in the following portfolios.

- Group representative
- Public Outreach
- Unitas for one month - was discontinued thereafter
- Fundraiser
- Treasurer
- Finance Delegate and lastly
- Area Chair

During my term as Area Chair I was able to assist with fundraising, literature and Policy and Planning. Challenges were overcome through using our 36 principles and receiving support from my fellow members. This got me through as it did in my early years of recovery. My faith in God and help from our members have helped us survive. There is "no standing still in Al-Anon", therefore I have decided to go back to the grassroot level. My littlest way of saying thank you to our Founders and Co-Founders. We bask in this Glorious Fellowship given to us so freely by them.

Thank you to all the members for your love, support, encouragement and understanding.

God Bless all.

Selvie P

KZN Area Chair - 2019 to 2023

I am both honored and humbled by the trust you have placed in me as the new KZN Area Chair. For me this represents a commitment to the principles and values that define Al-Anon, and I am grateful for this opportunity to serve.

As we have all discovered, Al-Anon is more than a support group; it is a lifeline for individuals who have been affected by the struggles of a loved one's alcoholism. It is a place of refuge, understanding, and growth. Each of us has a unique story, a journey that has brought us here, seeking solace and strength. As I step into this role, I am reminded of the countless lives that have been transformed through the fellowship of Al-Anon.

Together, we face the challenges and complexities of loving someone who battles alcoholism. We confront our own fears, our doubts, and our pain. But within these shared experiences, we also find resilience, compassion, and the power to heal. As Area Chair, I am committed to fostering an environment where every member feels heard, valued, and supported.

One of my primary goals is to ensure that our meetings continue to be safe spaces for everyone. I want to encourage strong communication throughout the Area so that our meetings can grow and be places where we can share our struggles, triumphs, and insights without judgment. Let us remember that our strength lies in our unity, in the mutual understanding that comes from walking this path together.

I am hugely privileged to be working with members of the KZN Admin Committee who are so passionate, dedicated and filled with positive energy. Together, we have planned a full and exciting year ahead of activities. We will continue to facilitate Area workshops, as knowledge empowers us in Al-Anon to make informed decisions, provide meaningful support and keep Al-Anon safe.

'Fund-raising' is another focus for the upcoming year. A warm welcome to Katie who has been elected as the KZN Fundraiser and who has great ideas to implement in the Area and each District to bring us together to have fun, unify us, grow membership, and fundraise for Al-Anon. Our next event is an afternoon of entertainment at the Barnyard on 5 November and I hope you can be there!

In addition, Public Outreach will continue to be a cornerstone of our efforts. There are many individuals out there who may benefit from the healing power of Al-Anon but are yet to find us. By extending our

reach, we can provide a lifeline to those in need and show them that they are not alone on this journey. My heartfelt thanks to all in KZN who are so dedicated to this important component of Al-Anon service that continues to grow in leaps and bounds. I want to express my gratitude to the outgoing Area Chair, Selvie, for her dedication and hard work. Her efforts have paved the way for our continued success, and I am honored to follow in her footsteps. But I am not alone in this endeavor. The success Al-Anon KZN and indeed the whole of Al-Anon relies on the collective effort of each member. Your experience, strength, hope and your commitment are what drive us forward. Together, we can make a lasting impact on the lives of those who are struggling and bring hope to their hearts, while we grow and thrive individually and collectively.

I want to thank you for entrusting me with this responsibility to serve the KZN Area. I promise to approach the role with dedication, integrity, and a deep respect for our traditions. Let us continue to embrace the journey of recovery with open hearts and a steadfast commitment to making a positive difference.

Thank you for all the words of support and encouragement I have received, for the support and guidance of my Sponsor and above all, I thank the God of my understanding, without who's presence in my life, I could not have taken on this service role.

Lots of love.

Peggy
KZN Area Chair
