



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good day Loners,

As the silly Season approaches I'm reminded of the families that are still apprehensive about what their Christmas will be like with an active drinker?

Which brings me to how Grateful I am that I don't have that stress anymore. No knots in my

stomach, no Alcoholic practising his drinking for Christmas from November already 😊
So I light my candle for the families as well as the still suffering Alcoholic/Addicts out there

who, as We now know are suffering with this awful disease too. 🙏 May they come to know the healing power of The Fellowship for the whole family.

I'm still enjoying my Zoom meetings regularly and once a week lunchtime meeting in Umntweni where I now live on South Coast of KZN.

I'm sitting in my beautiful garden enjoying the sunshine, birds and flowers. What more could I ask for? I asked myself that question this morning and my answer came after Praying and Meditating with the GOD of my understanding.

I would like Peace and Serenity in my Old age. Just to BE One day at a time. Just to have no problems and worries and live my life as God intended me to, with Love and Hope and comfort.....but Life throws curve balls and Children become Adults and partners have their own ideas of what our Old age should be. I have been married 50 years in January, and we still have different ideas/goals/opinions/and 'how and where' we should be living.

My 12 STEP PROGRAM has to work daily in and through me or I will not cope. I have to say THE SERENITY PRAYER 'daily' or I will react. I have to LIVE ONE DAY AT A TIME or I will give up. I have to Step 10 daily or my Selfwill take over and I become unhappy and difficult to live with. I am aware of my Shortcomings and they raise their ugly heads when I

least expect them 😞 Thank goodness this is a lifelong program of recovery and I'm not expected to be Perfect but do know that Progress is necessary.

I have to remember that EXPECTATIONS ARE PRE-MEDITATED RESENTMENTS as I read in the CTC Page 153....If I accept myself and other people as they are I will have fewer Resentments.

I learnt what MH RESPONSIBILITIES are.

I came to Al-anon confused about what my responsibilities are. I am responsible to be loyal to my values, to please myself first, and to keep an open mind....CTC Page 85.

I have to remember not to justify my wrongs as this is DENIAL...a Step back for me.

THE STEPS TRADITIONS AND CONCEPTS make up our 36 Principles of The Al-anon Family Group. They keep our meetings Safe and are found in most of our Literature. You can buy literature from our Durban Office by phoning 031 3041826 and speak to Nisha. Devegie, The Literature Co-ordinator will make sure its delivered to you. A best seller always being

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'Paths to Recovery' and 'How Al-anon Works'. The 3 Daily Readers ODAT, CTC and HOPE FOR TODAY.

We all excited about the New Daily Reader which was available at The World Convention 2023. We are going to be printing it in SA to make it affordable for us. Looking forward to

that 😊

I will take this opportunity to wish you all a very Happy Peaceful Festive Season. God Bless you and your family in whichever way you celebrate.

It's my Birthday Christmas day so excuse me if I feel a 'bit special' 💙

Below is a Share from Solosh, our National Policy and Planning Co-ordinator. I'm really privileged to have seen Solosh come into Al-Anon and watched her blossom into a dedicated Al-anon member with great passion for The Fellowship.

Sending much Love and Huge Al-Anon hugs to all my precious Fellowship Friends.
God Bless
Lindsay S
Loners Co-ordinator

I have been in Al-Anon for a few years now and to share my journey with you I needed to remember what got me here. The mayhem, chaos, and unmanageability of life itself is when I was introduced to Al-Anon. I didn't realize it at the time but living with the effects of active alcoholism and growing up affected my life in unimaginable ways. Emotionally I was a mess and didn't even know it. My parents were emotionally unavailable to me so how could I be any better. Moving geographically didn't help me in any way as a person though. You see the effects of alcoholism followed me here and until I faced up to this, my unmanageability of life would dictate otherwise and Al-Anon was suggested.

It's been a long journey of healing and recovery and it all started with one small step. I entered feeling very vulnerable, not sure what to expect. I didn't live with an alcoholic partner as most members shared of this. How would they relate to me? How could I relate to them? Keep coming back was all that was suggested. They did however offer me the recovery tools of the program. I came into Al-Anon with a sense of hopelessness and brokenness, shattered dreams, and misplaced beliefs. On

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my entry to Al-Anon I didn't believe that any change was possible let alone any hope however, I don't know why and how i continued going to these meetings even though i felt as though I didn't belong or had anything anyone could identify with.

The members back then were patient and tolerant and they constantly handed me these tools that would become my everyday savior-meetings, slogans, the serenity prayer, the 12 steps. This has all been such an integral part of my journey. Even though I felt as I had nothing to contribute, listening to their experience, strength and at last the hope they received stirred up something in me. I wanted what they had and all that was asked of me was to keep coming back. I realized that although I was working through this, I didn't have to be perfect at it. I just needed to keep it simple.

I got involved in service. The Alateen were my first love in service in Al-Anon. My gosh, the recovery I received in working with these children was enormous. I then was introduced to the monthly committee meetings where my enthusiasm for service to Al-Anon inspired me further. Involvement at this level has been honestly intimidating however by using the 12 steps, it has undoubtedly enhanced my experience and growth at service level.

Currently serving as National Policy and Planning Chairperson, has being such a wonderful experience. Being part of the bigger picture of Al-Anon and getting to see just how Al-Anon operates and works from World Service Office right down to our very own groups has been gratifying. My biggest task thus far has been a National IMBIZO, which has now reverted to the National Policy and Planning Meeting for the country has been by far one of the most rewarding experiences.

If you have the ability, you have the responsibility. Somewhere along my journey, someone had seen my capability and my enthusiasm and today I am part of the South Africa Al-Anon Family Groups General Service Office.

This meeting is specifically for planning and strategizing for the year ahead as a whole which is Al-Anon South Africa.

The objective today is for all participants to ask questions encourage your comments or ideas after each portfolio report. Forward thinking in some cases requires planning

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for each portfolio in order to fulfill goals efficiently, whilst making the best use of our resources. We have found that our abundant resources are not limited and include our GSO Office, Area Offices, Volunteers, Office Staff, Website, Literature, and each of our member's passion, who carry our message of hope.

Discussions are held and have found that this is an exciting time to interact with our treasured servants, from across the country who will bring each member's spirit with them and the group conscience of their own Area.

Our strategic plan is driven by your vision (i.e., what are we going to do?) and that is carried in a spirit of care, loyalty, and obedience to the unenforceable with foresight to look forward toward our future.

It is worth reading Bill W's essay on leadership - in preparation for the Policy and Planning Meeting I found in our Service Manual 2018-2021 page 196 - he shared about the attribute of vision, tolerance, flexibility, and responsibility, that is correlated with good spiritual practice. I was delighted that this could be shared with the country as we heard the exciting plans for the year ahead.

My journey thus far is far more rewarding than I ever anticipated, and I am grateful. The 36 principles of recovery, unity and service has been a gift to me which I hold very dear, and I practice these to the best of my ability daily. Happy joyous and free of resentment, anger, and despair. The more you are the less you receive. The less you are the more you receive. This helps me with the reflection of my past. I have realized that if my cup is constantly full, there is no more room for any positive changes to happen. God works within us, without us. The steps continue to offer me the solutions and all that is required is willingness because I hand my will and life to my Higher Power – just for today.

With love

Solosh

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