



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

The end of 2023 is in sight and preparations for the festive season are in full swing in all our households. Together with the excitement also comes anxieties of navigating the challenges of the festive season. I thought I would share some simple strategies to deal with these challenges.

Keep your HP with you at all times. Take time for yourself as well. Use the slogans and Al-Anon tools to hold onto your sanity and serenity. EASY DOES IT, HOW IMPORTANT IS IT, FIRST THINGS FIRST. Get to a meeting. Keep your Al-Anon friends on speed dial. Delegate duties and responsibilities to other family members. Have no expectations of other family members. Give yourself permission to enjoy the festivities. Make new memories. Hand it over and remember your gratitude list. Drive separately and leave when you need to. Give yourself permission to change things that you can. SURRENDER, SURRENDER, SURRENDER....

Accept... Don't expect. Start your day with prayer and meditation.

HAVE A WONDERFUL FESTIVE SEASON EVERYONE AND ABUNDANT BLESSINGS FOR 2024.

STAY BLESSED AND STAY SAFE.

LOVE ALWAYS

LOGAS M



*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

My Dear Al-Anon KZN Family,

As we approach the end of the year, my heart is filled with gratitude, love and hope, as I reflect on the last three months since being elected as KZN Area Chair, and on the past year and the incredible journey we have shared. For me it has been a year of momentous growth, and I say to you all, if you are called to service and have done the necessary research, been honest about your capabilities and have asked for guidance, then just do it! The results and blessings will come, and the love and support are just a call away. Thank you all for the love and support that you have shown me.

The holiday season is almost here – and how quickly it has come around! This is the perfect time to express my deep appreciation for each and every one of you, and the contribution you have made to Al-Anon KZN. This year has presented us with some challenges along the way, but I am in awe at how there is always a solution, and most times an even more positive outcome than we imagined. I have experienced first-hand how as an Area we have faced every challenge with strength, resilience, and an abundance mindset, while supporting one another and demonstrating commitment to the principles of Al-Anon ... and the results have been evident.

Some of our achievements over the year have included boldly deciding to get back to big face-to-face events; the Al-Anon Rally in May, the July Food Festival and the August RSS. These were extremely successful, fun-filled and supported by our members. We also had our first face-to-face ASC meeting in four years in November. Other events included two Barnyard Fundraisers and our Long timers Celebration Tea.

To all our members in service, who contribute their time and energy to keep the doors of Al-Anon open and make our Al-Anon meetings a sanctuary for recovery, I extend my heartfelt thanks. Your selfless efforts and adherence to the 36 Al-Anon principles have created a safe space where love and hope live, where healing can happen, and where lives can be transformed. Thank you in particular to the members of the Admin Committee whose contribution to the Area is immeasurable!

I've just read this in our beautiful new Daily Reader 'A Little Time for Myself' - "'Putting love into action' is one way of describing service. Without love and service, there can be no Al-Anon program" The Question at the end of the reading for December 5 is "What are some ways I can 'put love into action' in Al-Anon today". Let this focus be in our hearts and minds for 2024. The 2024 theme for Al-Anon world-wide that has also been adopted in South Africa, is "Love, laugh, and grow together" and I am so excited and inspired to see us living this throughout next year.

As we gather with our loved ones during this holiday season, let us be mindful of always carrying gratitude in our hearts. Our shared journey may be challenging, but it is also filled with moments of joy, growth, and the bonds of fellowship that tie us together. Each day is an opportunity to embrace the gift of recovery and spread the message of hope to those who may still be searching for it. To this end we have been and will continue to be focusing much of our efforts on our Public Outreach activities. Thank you to everyone who is involved, and I appeal to everyone to put your hand up to serve in some way.

May this holiday season bring you peace, love, and serenity. Let us celebrate the progress we have made and look forward to a new year filled with continued growth, understanding, love and support for one another. Thank you for being an integral part of our Al-Anon family, and I am so grateful to be on this journey with you. May 2024 be filled with gratitude and hope as we love, laugh, and grow together.

Yours in Service
Peggy G