



Words of Wisdom (WoW) – APRIL2024



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,

Winter is slowly creeping in. The first bites of the winter chill can be felt, and the days are getting rapidly shorter. The annual National Convention in Port Elizabeth over the Easter weekend was a huge success. All attendees enjoyed the weekend of fellowshiping. Well done to all involved!

Last weekend a very successful in person Area meeting, followed by a public outreach program was held in Port Shepstone. A huge thank you to all involved in this successful initiative.

The Planning for the KZN Al-Anon annual Rally is going full steam ahead. The Rally will be held on the 19 May 2024 at Queensburgh High school hall. Registration will commence at 8:30 am. Looking forward to seeing you all there.

A barnyard fundraiser is being planned for later in the year. Looking forward to all members continuing support. Another great show is being planned. Details will be circulated soon.

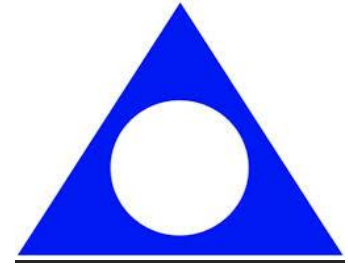
In this issue is a share: “A pledge to myself as a wife of an Alcoholic” from the forum.

The Second article explains the roles of the WSO and the WSC.

Take care.

Logas M

PLEDGE TO MYSELF AS A WIFE OF AN ALCOHOLIC.



*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

Today, I will be still and listen to myself. I will drop the fallacy in my thinking that holds me solely responsible for the success or failure of my family. I will release a dream that I was never entitled to in the first place.

Today, I will show up in my marriage as I truly am. I will not force myself to become who I think I need in order to save it from being demolished by a disease I didn't cause, I can't control, and I can never cure.

Today I will tend to myself first and give others what I can spare after that. When I overextend myself, I force myself to run on the noxious fumes of resentment.

Today I will respectfully and gently protect myself and advocate for my needs. I will acknowledge my wants. I will begin to accept reality by accepting my inner world. When I am not true to myself, I can only cause confusion.

Today I will hold my head high, knowing that I have done what I can for my marriage and that my higher power has the final say. I will eat when I am hungry, drink when I am thirsty and rest when I am tired. I will meet my emotions with compassion. I will pursue recovery and abandon despair. I will allow my Higher Power to build me back up so that I can make good decisions.

Today, I will, "Let live" but will also remember to "live" myself.

Auset H, Texas

The Forum April 2024.

WSC AND WSO- WHAT IS THE DIFFERENCE?

Ever hear the acronym WSO and WSC and wondered what they mean and whether they are different? Well, you are probably not alone! Here's the scoop.

The World Service Conference (WSC) is Al-Anon's annual business meeting, which is attended by representatives, known as delegates, from each area, in the World Service Conference structure – which encompasses the United States, including Puerto Rico, Canada and Bermuda, representatives from other countries, members of the Board of Trustees and Executive Committee, voting members of the World Service Office (WSO) administrative staff and other WSO personnel.

The World service conference provides guidance to the WSO on service matters brought to its attention. A detailed description of the World Service conference can be found on p164-170 of the 2022-2025 Al-Anon/ Alateen Manual(p24-27) v3.

Al-Anon Family groups headquarters, Inc., or the World Service Office, as it is commonly called, initiates, and maintains those special services for Al-Anon as a whole that could not be performed by single groups or areas. The WSO is accountable to the WSC. It publishes all Al-Anon conference approved literature (CAL), answers member and group questions, and creates national and international public outreach messages. It serves but does not control or direct. The relationship of the WSO to the groups is fully explained in "Al-Anon's 12 Concepts of service," beginning on page 179 of the service manual, and details of its responsibilities and structure can be found on pages 170-174.

The forum April 2024
