

Loners' Letter

Gauteng & Districts ▪ ***Never alone in Al-Anon***

May 2024

Dear Loners

Today we hear from an anonymous long-time member of Al-Anon who shares on Warranty One as well as Traditions Four, Five and Seven.

~ ~ ~

- ◆ I am a grateful member of the Al-Anon fellowship.
- ◆ I am grateful to the literature and finance team for making a plan to get the new Al-Anon reader, *A Little Time for Myself* (B-34), to me before the end of year holidays.
- ◆ I am grateful that together as members of Gauteng Al-Anon we are able to share the Zoom licence and attend on-line meetings.
- ◆ I am grateful that we have an Al-Anon office and staff to support my needs and to offer help and support to new and existing members of both Al-Anon and Alateen.

All these Al-Anon services, upon which my recovery depends, require money in order to function.

Warranty One provides guidance on how finances are to be handled in Al-Anon.

Warranty One: Sufficient operating funds, including an ample reserve, should be its prudent financial principle.

This extract from *A Little Time for Myself* (B-34) on p. 134, puts it in simpler terms.

“Warranty One is about money – I should have enough to do what I need to do, but I shouldn’t let money become my focus.”

Warranty One focuses on finances and how they should be handled. I believe that in Al-Anon we have two currencies and both are equally important and necessary for our fellowship to prosper. These are cash and service. I also believe that my contributions to the Al-Anon fellowship are a spiritual expression of my gratitude for my recovery. I do this by making regular monthly contributions of money to my Al-Anon group and by regularly giving some of my time to Al-Anon in service.

I like to think I am responsible. I am responsible for myself, my Al-Anon group, my Al-Anon area, the South African Al-Anon General Service Office and ultimately the Al-Anon World Service Office.

In Al-Anon we are a fellowship of equals, which means together we share the responsibility of keeping our Al-Anon office and our Al-Anon services financially supported. I don’t expect someone else to pay for my recovery... I am responsible for my recovery.

So, let's look more closely at the words in Warranty One.

“*Operating funds*”... this means funds to support Al-Anon's day-to-day activities e.g. rent, electricity, phone and so on.

“*Ample*” ... this means enough or just more than enough. It doesn't mean excessive nor, as is our current case, far too little to meet our monthly expenses.

“*Prudent*” ... this means acting with or showing care and thought for the future... of Al-Anon and its members.

This extract from *Paths to Recovery* (B-24) p. 325 explains how finances are to be handled in Al-Anon:

“Being prudent with our finances means we are conservative and thoughtful in our planning. We maintain ample reserve to cover our future needs.”

I can honestly say that our finance committee definitely give careful thought when paying all our expenses. However, I often feel sorry for our financial committee trying every month to stretch our money as far as they can just to pay our basic monthly bills. They also make repeated financial appeals to our Al-Anon members, who are doing their best to help us.

Our Traditions also provide our Al-Anon groups with guidance on finances:

Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.

This Tradition also applies to me individually. I too need to be fully self-supporting; taking care of my own health, spiritual and emotional well-being.

Tradition Four: Every group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

When I forget to contribute regularly or withhold regular contributions, this impacts my Al-Anon group and Al-Anon as a whole. I need the support Al-Anon gives me and I want Al-Anon to be here for others like me.

It all boils down to my attitude. I need to remember that Al-Anon is about working together for a common goal as stated in Tradition Five:

Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

At the start of this year, Al-Anon members discussed the many small ways that the different Al-Anon groups could make a difference with regard to fundraising. Some groups organised raffles, some sold cupcakes at meetings and some held morning teas. Some individuals added an extra R10, R20 or R50 to their monthly contributions. These small efforts made a huge difference to our bottom line, but we need to repeat these efforts every month to enable Al-Anon to continue with its work.

In *A Little Time for Myself* (p. 265), an Al-Anon member shares how the effects of alcoholism on her life made her focus on what she lacked rather than on what she had. She states that the spirit of generosity she encountered in Al-Anon helped her to be kinder and more generous towards herself.

“Instead of dwelling on what I feel I don’t have or can’t do, today I will focus on what I do have and what I can do.”

~~~

Thank you Anonymous for sharing your thoughts on why we all need to be making regular affordable contributions to Al-Anon of our cash and our time. Al-Anon and its fellowship help us to heal, and through our continued recovery and service to Al-Anon, we comfort newcomers by demonstrating that it is possible to find healing.

Best wishes

Clare

### **New Face-to-Face Al-Anon Meetings**

**Glenferness Al-Anon Meeting**

125 Duncan Road, Glenferness, Midrand.  
Tuesdays 19h00 – 20h00

**KwaThema Al-Anon Meeting**

Khristo INkosi, Dladla Street, Highland, KwaThema.  
Wednesdays 17h00 – 18h00

**Mbombela Al-Anon Meeting**

St Michael’s Anglican Church, Ferreira Street, Mbombela.  
Mondays 18h00 – 19h00

**Middelburg Al-Anon Meeting**

Saint John’s Presbyterian Church, Middelburg.  
Mondays 19h00 – 20h00

**Midrand Al-Anon Meeting**

Cavalry Methodist Church, Halfway House, Midrand.  
Wednesdays 19h30 – 20h30

**Soweto Al-Anon Meeting**

Entokozweni, Early Learning Centre, Moletsane, Soweto.  
Sundays 11h00 – 12h30

**Al-Anon is a self-supporting organisation – we rely on financial contributions from our members to keep our offices open and our meetings going.**

**Thank you to everyone who contributes.**

**#Tradition Seven**

***Every group ought to be self-supporting, declining outside contributions.***

*If you would like to contribute towards our operating expenses, payment options are below.*

**Al-Anon Information Services**

ABSA Bank, Oakdene, Current Account No: 1118881482 Branch code 632 005.

Please send proof of payment to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) and use your **name, event** or **group** as the reference.

**PayFast: Al-Anon Information Services**

<http://www.payfast.co.za/donate/go/alanoninformationservices>

Please use group or event and members name as reference.

If you would prefer not to receive this newsletter, please send an email to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) with the word **UNSUBSCRIBE** in the subject and your name will be removed from the distribution lists. If you know of new members who would like to receive this newsletter, please inform the office. If you would prefer to receive this newsletter via WhatsApp, please let us know.