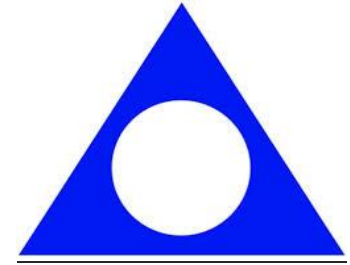




## Words of Wisdom (WoW)

August 2024



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  
wisdom to know the difference”***

Hi everyone.

August is Women’s month in South Africa, a profound occasion to honor the brave women who stood up against the oppressive pass laws by marching to the union buildings in Pretoria in 1956. A few years earlier in 1951, Lois started this incredible fellowship of Al-Anon. Let’s not forget the enormous contributions made by the members, men and women, past and present who daily, in their service to this God-given fellowship, continue to keep the doors open for those still suffering with the ravages that alcoholism wrecks on the families.

Over the past few years, many members have entered the doors in support of their children who are alcoholics. In this issue there are three articles. One a letter a mother wrote to her son on his entry to the fellowship, the second a share from a mother whose son is in the throes of active alcoholism and the third an article from THE FORUM July 2024

In other news, the KZN Area has been busy with many events. A successful Barnyard fundraiser was held at the end of June that brought in much needed funds to the Area office. RSS was held on the weekend of the 26 July 2024. It was an excellent opportunity for members of the fellowship to bond and meet in person. The Al-Anon KZN AGM and Election Assembly were held on 17 August 2024 on Zoom. Selvam is now Policy and Planning Coordinator for KZN, a portfolio that was vacant for a few years. Val has been elected to coordinate the Loners letter portfolio. Thanks to Lindsay who is the outgoing Loners coordinator for doing such an excellent job in keeping the loners in the loop. Nirvasha has been elected to continue as the Alateen Coordinator. Congratulations to all on taking on these service roles.

Hearty congratulations to Solosh who has been elected as AFGSA Board Chair and is also the National Policy and Planning Chair.

The Food Festival is on Saturday 31 August and it promises to be a fun filled event with a variety of delicious food to choose from. Tickets and further details are available from the Group Reps and tickets will also be available at the door.

As Spring approaches, the days become longer and warmer, it signifies renewal and hope.

Have a wonderful month ahead.

With lots of love...

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: [madhunlalllogas@gmail.com](mailto:madhunlalllogas@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 ban 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 DEAREST SON**

*I love you very much and I always consider you as my “precious son”. But to see you destroying your life, it causes me a lot of pain. Every time you suffer, I as a mother also feel the very same pain. This disease of substance abuse is insidious. Everyone around you can see what happens as the person who uses these substances is going down, only the person who uses these substances cannot, because they are intoxicated.*

*My dear, I think you made a very good decision in your life by going to these meetings where you will learn the real dangers of this disease. You will be bored, lonely, resentful and full of self-pity. But don't worry, you will overcome all these things. You will become a new man; all bad habits will fade away.*

*It is an honest program. Treat it seriously, pray, keep repeating the serenity prayer, a miracle will happen.*

*I will be with you all the way. Have courage. Don't quit. Don't forget the I LOVE YOU.*

**Love Mum**

**(This letter was written in 1989 by an Al- Anon member)**

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## **EXPECT MIRACLES IN AL- ANON**

*I came to Al- Anon in March 2021. My son was a binge drinker, and he lived with me. I didn't realize that his physical and mental problems were related to his drinking. He was diagnosed with physical and mental problems at the age of 18, dropped out of university twice.*

*This time last year he was in rehab and after five weeks he decided to leave and continued his binge drinking.*

*His drinking escalated and he began to steal household items when he didn't have money but denied it when I confronted him. I didn't realize how strong the compulsion to drink is because I haven't experienced it myself.*

*Out of sheer desperation I prayed for God's help. I started to write letters to my Higher Power asking Him to reveal the lessons that I had to learn out of this situation. This is the miracle I received when I surrendered to my Higher Power. My son is not drinking at this moment. Will he drink again? I don't know. I now know that God has good plans for us all. Today I am happy, and I believe that I can find happiness and contentment even if the alcoholic is still drinking. That is the miracle I have found in Al-Anon - a loving God who has lifted me out of misery and suffering. The Al-Anon program has given me wings to soar like an eagle.*

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## **WHAT COMPASSION REALLY MEANS**

*Before coming into Al-Anon I had a hard time understanding exactly what compassion was. I thought it meant covering for the alcoholic and making excuses for his actions. I thought I was being compassionate when I looked the other way and still fixed whatever he did that caused problems. I thought I was having compassion for him when I made myself responsible for his drinking, dishonesty and abuse.*

*I was so wrong, and I was not aware that what I was doing was actually harming him. I didn't know that I was enabling him. Change was very painful for me, but through the Al-Anon program, I learned in a gentle and caring way what compassion really is.*

*Compassion is about accepting people as they are and still love them. That does not mean making excuses for the alcoholic or covering their mistakes. That is enabling. Sometimes being compassionate requires a great deal of effort. I can find compassion for others who have really tested me by letting go of resentments and anger.*

*Many times, being compassionate with myself has been much more difficult than being compassionate with others. I can only achieve compassion for myself by accepting myself that same way I learnt to accept others as they are, by practicing “live and let live” and remembering that I don't need to be perfect. I don't need to change instantly, but I can make progress “One day at a time” by going to meetings, reading Al-Anon literature and talking to my sponsor.*

*It took me years to stop enabling my son and start giving him the dignity to learn from his own mistakes, and at the same time accept myself the way I am. With the guidance of the Al-Anon program, I now feel compassion for both of us, and I understand that I didn't cause him to drink, I can't control him and his drinking, and I cannot cure him. In a few words Al-Anon helped me to stop enabling and start feeling compassion.*

**By Alicia B.**

**The Forum, July 2024**