



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

July 2024

Good day Loners,

Greetings on a warm Winters day on the South Coast of KZN. It's been really cold this Winter so looking forward to Spring my favourite time of year. Can't believe we are halfway through 2024 - I think time flies when you are older. 😊

Al-Anon KZN are having their Regional Service Seminar on 26/27/28 July at The Pavilion Hotel Durban and I'm looking forward to spending the weekend with all those in Service on KZN, and of course we have a bit of fun. The ASC meeting will be held on the Saturday morning then a full day of Workshops and Presentations by the Area Team who keep Al-Anon KZN working and our Structure safe 🙏

I haven't missed many of the RSS's since I started them back in the 1980's with a 1 day Seminar at the Venue in St. Georges Street, Durban. We then grew in numbers in Service and have had many weekends away at different Venues like Marianhill Monastery and Clansthal on South Coast. Such awesome memories for me. So many wonderful Ladies have come and gone serving in different positions over the years. I have served in Al-Anon for 40+ years and it's been an absolute pleasure and Passion for me. I love The Fellowship and will serve until I'm physically and mentally unable 😊

I still attend the Zoom meetings on a regular basis they keep me 'On my program' and aware of my Reliance on my Higher Power as my **Good Orderly Direction** 🙏

Our Public Outreach Team, headed by our Delegate, Ramanie, continue to do a wonderful job of carrying the message to the families who suffer from the disease of Addiction. They attend Rehab meetings regularly on a roster of Members willing to attend the family meetings.

JULY being the 7th month we concentrate on our 7th Step Tradition and Concept.

STEP 7: 'Humbly asked Him to remove our shortcomings'.... Humbly being the operative word...Humility is teachability!

In Step 6 we were ready to have God remove our defects of character, now we are asking for our shortcomings to be removed. Slowly one step at a time we are growing and changing.

TRADITION 7: 'Every group ought to be fully self-supporting, declining outside contributions' we therefore support Al-Anon with our own voluntary contributions. We often looked outside ourselves for our peace of mind and failed to look after ourselves. We now take responsibility for our own recovery with the help of our HP.

CONCEPT 7: 'The Trustees have legal rights while the rights of the Conference are traditional' When we are new in Al-Anon and attend meetings and work the Steps, we don't understand the Traditions and Concepts, but when you attend a meeting after a while you come to realise the importance of the Traditions in the groups to keep them safe 🙏

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The Steps Traditions and Concepts are found in most of our Conference Approved Literature (CAL) and help us to understand our Primary Spiritual aim. They are guidelines for our Recovery journeys.

Our New Daily Reader 'A little time for Myself' has been a gem for me. It's different from our other readers and each page asks you a question? 😊 It is printed in SA and sells for R294. It's a winner for me.

This will be my last Loners Letter to you as I will not be standing for nomination in the next elections in August 2024. It's been a privilege and a pleasure Sharing with you for the last 2 years. I'm sure the next nominee will keep you updated and informed on all the latest Al-Anon activities.

Below is a share from Pam C who has served Al-Anon along with me all these years 🤝

God Bless you all

Lots of Al-Anon hugs

Lindsay Solomon
Loners Co-Ordinator



My name is Pam C, I am immensely grateful to my partner Brian my Higher Power and the world wide Fellowship of Al-Anon which includes Alateen. I walked into the Sydenham Al-anon group in August 1982, I was in awe of the love, warmth and empathy, I received from people I did not know. I too, was a very nervous newcomer who was stripped of her identity. I was not aware, that I was affected by family disease of alcoholism. My daughter was one year old when I came into Al-Anon, I took her to Alateen once she started reading, my son was also in Alateen.

My first service in Al-Anon was the Group secretary after 6 months. I was asked to share at birthdays, rallies, then conventions. I was practising the 36 spiritual principles in all my affairs. I grew in service and in all other areas of my life. I was encouraged and realised, I had so much potential. On this journey I met a very special lady Evelyn M. She became my service and personal sponsor. Our friendship grew and we became family, she introduced me to our literature. I would save money and purchase my textbooks at conventions. A short synopsis of my service in Al-Anon.

I became an Alateen sponsor, then a group representative, AAC Sponsor at St Philomena Home and University of Westville.

I was instrumental in opening the Asherville Al-Anon and Alateen group, re opening the Greenwood Park Al-Anon Group, and the New light Al-Anon Group, Alateen Coordinator, Delegate KZN, Area Chairperson of KZN, National Convention Chairperson KZN, National Conference Chairperson, National Alateen Coordinator, National Policy and Planning Chairperson (was also instrumental in converting SASH to NASS) By adapting from WSH as our structure had changed when we created the Al-Anon family Group Trust. 2013, Trustee KZN served two terms (also Trustee on the Al-Anon Family Groups Trust), I was Chairperson of the board when we received our first the bequest in South Africa. IAGSM Delegate Finland and presented a paper on Finance.

As the IAGSM Delegate in Virginia I was the closing Spiritual Speaker. I rotated out of service after serving for 30 yrs. Now I work with PO and back to being an AMIAS. I am so passionate about serving and am enjoying working with pre-teens, teens and now opened a group for Al-Anon Young Adults.

Yours in the fellowship Pam C