

Words of Wisdom (WoW)

October 2024



Al-Anon Family Group KwaZulu-Natal

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“God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference”

Hi Everyone

A very successful Longtimers Tea Party was held on the 19 October 2024. Congratulations to Devegie and the entire committee on a well-organized event.

The venue was filled with fun, laughter and levity. The Long timers were entertained by Bronwyn T and Lindsay S. Excitement filled the hall as the members met old friends and the chatter continued throughout the day. The longest member at the event was Merle, who is 53 years in the fellowship. What an amazing achievement!! Merle joined the Sea View group and was actively involved in service. She worked at the Al-Anon office, was involved in fundraising. She served on the dance committee and was involved in the first Longtimers' Tea Party that was held in Sea View. Merle lives in TAFTA home in Austerville.

On the 26 October 2024, the ASC met face to face, thereafter the inaugural Convention Committee meeting was held to kick start planning for 2026. There are lots of opportunities for all members to be involved in service. Solosh N. has been elected as the Al-Anon Convention Chairperson.

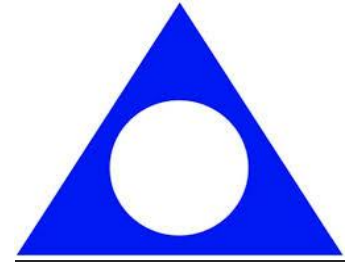
The Barnyard fundraiser is scheduled for the 17 November 2024. We are looking forward to seeing you there. Details on the flyer attached on page 3.

In my 31 years in the fellowship, male members have been few and far between. A virtual Al-Anon meeting for males has been started by the KZN area. The Men in Al-Anon meetings are on a Sunday evening at 17H00.

In this issue there are two shares by male Al-Anon members. Thank you to Devan G. and an anonymous member for their contributions this month.

Thank You.... Take care and stay safe.

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

GRATITUDE IN ACTION.

When my wife got drunk, she would follow me around the house for hours demanding explanations from me about what her previous husband had done to her. Drunk I don't believe she could tell the difference between the two of us. The toilet was the only room in the house with a key, so I put shelves all up on the wall above the cistern. I filled the shelves with books and would escape there to read until she exhausted herself and had fallen asleep. This was a brilliant plan except for one small fact. The toilet is the only room in the house with a light switch on the outside of the door. So, you have to have a torch with you. Work was my escape, the place I looked forward to going to every Monday, but I learned that if I had come home from work excitedly and said that I had had an incredible day at work - I was in for utter hell that night. If I came home instead and said today was terrible and I didn't know if I would still have a job tomorrow - I would have a quiet and peaceful night. I was never permitted to enjoy myself. In the end I was too terrified to speak to her. Never knowing what stick she would grab the wrong end of and use it as an excuse to get plastered and make my life a living hell again.

When I arrived in Al-Anon for the first time I realized that I was not alone and that there were people who understood. I was told to go and do something that I enjoyed. I did not know what I wanted or what I enjoyed. I had spent my life looking after others. What do I enjoy...? I enjoy getting away from the house I own because she is in there. So, I bought myself a bicycle and explored the town.

I was also told to make a list of all the things that you are grateful for in my diary. But most of all I am grateful to my sponsor. Who took me to church and brought joy into my life for the first time and taught me peace and serenity that knowing my Higher Power has afforded me. I have found that it is the men who are the silent minority in Al-Anon. We are taught to suck it up, and not to display emotions. The last key that I have found to happiness in my recovery is called step 12. My carrying the message to others and doing service makes all these years of heartache worthwhile.

ANONYMOUS

20 years ago, I married my high school sweetheart and life was good. We have 2 boys who are teenagers now and both my wife and I brought them up in a happy home. This was until the disease of alcoholism entered my home and along with that came a whole series of problems associated with alcoholism. At first, I tried to be a good understanding husband and tried to control the situation, but I failed in that. I felt that I was part of the cause and that I wasn't doing enough to help my wife. I then became this aggressive, irrational, crazy and violent man that started to verbally and emotionally and sometimes physically abuse my wife, every time I came home and found my wife intoxicated. The next day I will feel so bad that I will be the one apologizing and this behavior continued day in and day out. I was at a point where I wished at times, I was dead instead of putting up with the craziness. I was looking for a cure for what my wife was going through. So, I looked for help in AA. When we attended our first AA meeting my wife was called in the front to light a candle and that was the point where I believed that with her now in AA she had been cured. But when I came home the next day and found her intoxicated again, I totally lost it, it got to a point where I ran to my safe and pulled out my gun. I placed it against my head and threatened her. I told her if she did not vow to me that she would stop drinking I would pull the trigger. At that point I did not realize the trauma I was putting my 2 sons through. My boys were pleading with me not to shoot myself. That night my neighbors called the cops on me. They assumed that I was drunk and abusing my wife. I was ashamed that my wife being a woman was an alcoholic. Amongst the Indian community that was unheard of, or so I thought. All this took me back to the days when my dad was drinking, and I remembered how chaotic our lives were until my dad stopped drinking and how life got better for us. I contemplated leaving my wife or throwing her out of the house. At some point I started

turning my sons against my wife without even knowing it. I would also justify my behavior. I forced my wife into rehab but that also did not work - now I know that I was forcing a solution.

So, in June 2022 I walked into the rooms of Al-Anon and the secretary turned around and asked me how I was feeling, I looked at her for a moment and said I am tired and that's when I realized Al-Anon is a place I need to be. Every meeting I went to I was the only man but that did not deter me because the ladies in Al-Anon treated me like a sister would a brother, or a mother would a son. It took me a long time to grasp the program, but I kept going back even though my wife was still active. Those words that they used to tell me after the meeting, **HANG IN THERE IT WILL GET BETTER**, stuck with me.

On the 25th of July this year my wife celebrated one year of sobriety and yes, life did get better. Some of the problems associated with alcoholism are still there but the happiness in my home is back. And when I look at my wife, she is as gorgeous as ever. We both started working on our own programs and I started attending the 12-step workshop, which I have done for almost two years now. It has been amazing finding out about and working on my character defects and I know I'm becoming a better version of myself. I have also been in service by being the secretary in my group. In my heart I knew I had to do something to help other men like me out there, men who are too ashamed to admit their wives or family members are alcoholics and are ashamed to seek help.

With the help of my sisters in Al-Anon I set up an online group called **MEN IN AL-ANON**, which I host on Sundays between 17h00 and 18h00. To my surprise I was not alone and realized that there were so many people like me out there. I created a platform where men who are adult children, men with kids that are addicts and men whose wives are addicts be it alcoholism or other substance abuse now have a platform where we can learn from each other's experience strength and hope. In our meeting rooms we cry, we laugh, feeling comfortable knowing that we are in a room full of men who will not judge each other, a room where we can feel free to address any of life's problems the Al-Anon way. I was told that recovery is in service, and I am experiencing that firsthand. I have grown to love my brothers in Al-Anon and look forward to seeing them and helping newcomers in our program every day.

Devan. G

**Don't forget to
book your seat
for this
fabulous show
"Forever
Legends" and
help Al-Anon
KZN raise funds**



Forever Legends
A TRIBUTE TO THE LATE GREAT LEGENDS

**Sunday 17 November 14h00
at the Barnyard @ Suncoast**

R160 PER TICKET **AL-ANON KZN FUNDRAISER**

Please make payment by **1 November 2024** to:
AL-ANON FAMILY GROUPS KZN
ABSA Account Number: 4074787557
Musgrave Branch Code: 632005
REF: Barnyard/Name/Group

Send payment receipt & seating requests to:
alanonkznfg@gmail.com

Contact Katherine 073 236 5412 for further information