



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin with Me.

November 2024



Dear Loners

Welcome to this month's edition of the KZN Loners Letter.

We are approaching the holidays and festive season. With it comes lots of people, parties, food and alcohol. In the spirit of sharing lets reach out and encourage those that are alone and still suffering.

Let us keep our doors and phone lines open so nobody feels alone. We can be in a party mood and continue with meetings. Some of us still suffer with fear, pain, anxiety, and the stress and chaos of living with the disease of Alcoholism.

I am reminded of being in a dark room and constantly hurting myself against the objects in the room.

Once I switch the light on, I can find my way clearly. The light for me is my Higher Power and the Al-Anon program. Using my literature and Al-Anon tools I can find recovery by navigating my way through my obstacles One day at a Time. As I Let Go and Let God, I surrender all my challenges to my Higher Power.

As the year comes to a close, I take time to reflect on my journey.

I am grateful to my Al-Anon program: my Sponsors who carried me on a personal and service level - I keep you close to my heart, my literature, face-to-face meetings & Zoom meetings, and workshop meetings that help me uncover my defects of character as I discover true self.

I am thankful for the opportunity to be of service by sending the message of hope to you.

STEP 11- Sought through Prayer and Meditation to improve my conscious contact with God as I understood Him

Step 11 deepens my relationship with my Higher Power. I put God in control and in charge of my life. The Serenity Prayer helps me to surrender to Gods will asking only for courage and strength to face my challenges.

Meditation quietens my mind, gives me peace of mind and sets the pace for the day. Just the way one meal is not sufficient to sustain me for the entire day, conscious contact with my Higher Power helps to guide me through the day.

AL-ANON FAMILY GROUPS KZN AREA

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TRADITION 11- *Our public relations policy is based on attraction rather promotion, we need always maintain personal anonymity at the level of press, radio and TV, we need to guard with special care the anonymity of all AA members.*

I am using my program in all my affairs. Regular use of all my AI-Anon tools helps me to put the focus on myself, while allowing others to Live and Let Live. Anonymity is the basis of our program, so we do not disclose personal information. We do not promote AI-Anon on any public platform. We attract people only by being examples of the teachings of our God-given programme.

CONCEPT 11- *The World Service Office is composed of selected committees, executives and staff members.*

I am reminded to treat everyone in my home with respect.

We all have duties, but I cannot control what tasks they do. When my workload becomes overwhelming, I become tired and angry, so I ask for help. We share the household chores. For everyone to live in harmony we must fulfil our roles. Each person has their delegated duty in my home.

Wishing you Love and Light

Have a safe and blessed festive season and remember AI-Anon is only a meeting away.

Val - Loners Coordinator

Who am I?

I'd never asked myself that question. Never quite having had the time. I lived with active alcoholism and then periods that went between sobriety and relapses for many years.

There was never the time, or so I thought, to give a single thought toward myself.

How could I?

When I lived with active alcoholism I barely ever slept through a night, my nights were riddled with fear when my husband drank and even when he didn't, I still spent the night anticipating fear, but as the sun filled the earth with light, it signalled the beginning of a new day.

Regardless of my traumatic nights, I needed to get up and get to work. I needed to come home and attend to the household tasks, I was a wife and a daughter, I was a sister and a friend, but I was never present in any one of these relationships. I was rather fixated on the biggest problem that consumed my days. I lived a very robotic existence. Just functioning a day at a time.

I struggle now to remember the special moments. I recall having bought my nephew a jumping castle for his 2nd birthday. I remember being at the party, but I don't remember my nephew I don't remember spending time with him. I can just hear him in the back of my mind calling me to come in and play. He's 6 now and I don't recognize myself in the pictures.

I look at my parents now and wonder how the years have gone by, looking at age lines on their faces and wondering where I've been mentally all these years.

Time just passes by, and moments just go by, and each day just feels the same.

I wish I knew sooner that there was help for me. I wish I knew sooner that my primary role in life was not to be my husband's saviour. I am not his keeper.

But I'm grateful that I did find AI -Anon when I did.

Al-Anon offered me a beautiful journey, a one-way ticket out of this misery. But the ticket came at a price. That price was accepting step 1: I am powerless over the alcoholic in my life. Without fully accepting this step, I could not enter this journey.

This was the most difficult step to take. So, it took me a couple of years before I could start my journey.

I kept telling myself that I had accepted step 1 fully, but I had not. I still wanted a level of control over my partner and over people. This control was how I survived. I didn't want surprises; I needed to be prepared, and I was fighting very hard to not be disappointed or hurt again. So, I used control as a means to mitigate risks.

It had been about 2 years of me going to Al-Anon and telling myself I was powerless but never fully accepting that I was.

It was only when I truly accepted this that I officially let go of everyone and everything.

Because the journey to recovery is one that I must embark on alone, I cannot take any comforts with me, or anyone for the ride.

It's on this journey that I got to answer that question to truly begin to understand who I was.

Embarking on my journey of healing and self-discovery was in fact a journey to the past. Uncovering painful memories long forgotten, meeting versions of myself, loving myself in all my forms and accepting me for me.

I'm still on this journey and it's been one hell of a ride so far. But it's been a worthwhile trip, because during this journey I've already tasted the fruits of recovery. Even before reaching the end. I'm able to fulfil my roles on my terms and be present.

My life is filled with a light that resides bright within me as I pass a few landmarks. I come to believe that there has to be a power greater than myself that can take over control of all my worries and fears. And that is truly liberating.

The good news is that there are unlimited tickets. So, will you be brave enough to take one?

Daneshree (Grateful Al-Anon Member)

TRADITION 7: Every Group ought to be fully self-supporting declining outside contributions. In keeping with Tradition Seven, I would like to humbly encourage 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