



WoW

Words of Wisdom

Al-Anon Family Groups KwaZulu-Natal

August 2025



Hi Everyone,

A very warm welcome to the August 2025 edition of KZN's WoW Newsletter.

The KZN Area thanks the outgoing WoW Editor for an excellent job in putting together the WoW Newsletter for the past 4 years. We welcome the new WoW Editor and wish her well in the portfolio.

The KZN Annual General Meeting took place on the 16th of August. There were 9 portfolios that needed to be filled. The Area received nominations for all the portfolios and all those nominated graciously accepted and were voted into Area Service. The KZN Area offers a very warm welcome to the new members in service.

The KZN Annual Regional Service Seminar (RSS) took place from the 25th July to the 27th July 2025 at the fabulous Saints View on Uvongo Beach and was well attended by members from all over KZN. This was a service weekend where members, eager and interested to learn and become part of service, attended. Service is part of our recovery and our way of giving back to our Fellowship.

Preparations for Convention 2026 are in full swing with fundraising and other activities taking place throughout KZN. If you wish to be part of Convention 2026, please contact the KZN Area Office.

Good news for those members who love using Conference Approved Literature (CAL), our GSO is now locally printing the book, **"Opening Our Hearts, Transforming Our Losses"** and the price has been reduced by almost 60%. **New Price - R220.** This book addresses how grief and loss affect almost every aspect of living with alcoholism. This book helps to deal with this deep sense of loss that members feel and acknowledge and work with it. It is a must have. Our GSO is committed to bringing our members the best literature at the best affordable rates. Please contact your Literature Coordinator or the Area office for further details.

In this month's issue the shares are focused on Service and how service plays a vital part in our recovery. Thank you, Sunitha M, for sharing your service journey with us, and our gratitude to 'The Forum' for the shares on service reprinted with permission.

Happy reading and warm wishes

KZN AREA

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.*

We look forward to the WoW being an interactive newsletter, and welcome receiving your share - remember it can be anonymous.

Kindly email any shares, suggestions, queries, and feedback to the KZN WoW Editor Bonny:
bonnyscott030@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 KZN

Account number:
4074787557.

Branch name: Musgrave

Branch code: 632005

Reference: Your name/Group

Contact: alanonkznfg@gmail.com Tel: 031 3041826 / 0861 25 26 66

HOW SERVICE HAS HELPED MY RECOVERY GROW

I started my service journey in small ways that were manageable to me, assisting the group, chairing meetings, taking on GR responsibilities, getting to Area Service Meetings and listening to learn. I then moved on to being the Unit's Coordinator, Literature Coordinator for North Coast and then District Rep for the North Coast. I recently served the KZN Area as Member Services Delegate and Coordinator. I have been part of numerous planning committees and task teams. I convene a 12-step workshop and sponsor as many members as I can. I currently serve in a National portfolio. My service roles have been varied, and each role has given me tremendous benefit and growth in my personal recovery. Having a service sponsor has been invaluable to me. My service sponsor has always challenged me to do my best and think out of the box. I was also thrown in the deep end at times and had to come up with solutions, I am grateful for that learning as well.

Being in service has allowed me to work on my character defects because I found my character defects took on a life of their own in service. My control issues, people pleasing, insecurities about myself, my low self-esteem, my defensiveness, my procrastination and my perfectionism became huge and sometimes are still like roadblocks for me. I always second guess myself, I am a master procrastinator and most times I ended up doing things at the last minute. Being able to acknowledge this is a constant source of gratitude to me. I thrive on being able to accept my character defects and to constantly work on them because I believe that they are also just arrested. I have learnt that when you take on a service role this requires dedication, commitment, accountability, responsibility and humility. I have gained much insight into myself as a person, and this has also translated into my personal life. I no longer procrastinate as much, my confidence level has grown, I believe in myself and what I have to do. I have also found that sometimes I took on too much responsibility and was so grateful for Concept 2 that speaks about delegation of tasks and trusting that it will be carried out. This was the same in my home, I assumed all the responsibilities and became resentful or burnt out from doing everything myself. Today I can ask for help. Concept 5 allows me to have a voice, because I always felt not heard and was afraid to speak up to avoid being rejected, so it is a big step for me.

Being in service has expanded my Al-Anon circle of friends, I no longer feel isolated, I am in contact with members from far and wide. Helping a newcomer just get to a meeting fills me with so much joy that a family is being helped. Before Al-Anon and particularly service in Al-Anon, my world was extremely selfish and only revolved around me and mine.

Service has grown and matured me to see a big picture and not my own limited view of the world. I know that to keep anything you must give it away. To keep my peace and serenity I must extend myself and at some point, I knew that serving had to move past the group level because I was limiting my recovery and the benefits to be gained from practising keeping the circle round, and the triangle complete, through RECOVERY, UNITY and SERVICE.

I feel that one cannot separate recovery and service, to have good recovery one needs service and to do service one has to have recovery. RECOVERY IS SERVICE and SERVICE IS RECOVERY.

In Al-Anon we say that "GOD DOES NOT CALL THE QUALIFIED BUT QUALIFIES THOSE THAT ARE CALLED".

Thank you

Sunitha M. (Sunday 5:30)



WHAT ARE THE LINKS OF SERVICE ABOUT? (FROM THE FORUM – AUGUST 2025)

From all walks of life, we enter the rooms of Al-Anon, find belonging and membership, and embark on a recovery journey. Our common bond is that we've all been affected by someone else's drinking. Once we become a member of a group and participate in its business meetings, we are introduced to the links of service.

These links form a chain - not one of command, but one that functions as a flexible conduit of information and ultimately leads the future of Al-Anon. The first link is the Group Representative (GR), who links the group to their District and Area via an Area Assembly. An Area is typically an entire state or province or a segment of one.

Group Representatives elect District Representatives (DRs) and Delegates to serve at the Area level. Each Area is represented at the World Service Conference (WSC), Al-Anon's annual business meeting, by its Delegate. Delegates can bring knowledge of their Area's conscience to the WSC because it has been communicated through the links of service. Without these links in place, members risk not being able to carry out their responsibility and authority as described in Concept One: "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups."

Are we linked?

- Does our group have an active GR?
- Does our District have an active DR?
- Is there participation and communication throughout our links of service?
- Is there regular rotation so that many members have the opportunity to experience service?

Visit al-anon.org/s28 to download the free pamphlet Links of Service (S-28) and go to al-anon.org/wsc-structure to see a diagram of how these links function in the World Service Conference Structure.

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SERVING AS AN AT-LARGE COMMITTEE MEMBER (FROM THE FORUM - AUGUST 2023)

When I was invited to share my experience as a member of the Forum Editorial Advisory Committee (FEAC), I was scared, but I jumped on the opportunity to further my recovery by reflecting upon and sharing my experience, strength, and hope in service as an At-Large member on an Al-Anon/Alateen World Service Office Committee.

I came to Al-Anon alone, broken, lost, and hopeless, at the suggestion of my therapist. Soon, I got a Sponsor, as my therapist also suggested I do. My Sponsor showed me so much love and patience that I could not help but respond and open up to her. I was not used to this. I was used to chaos.

Before long, I learned to open up at meetings. As I became comfortable, I took on the coffee maker position. From there, I went on to serve as Secretary, Literature Chairperson, and more. I loved my meeting and grew in confidence and self-esteem. Here, I was in a place where I felt loved and nurtured.

Unfortunately, my husband and I moved to another town to retire, and I lost the meeting that I had grown so fond of. Once settled, I found a new meeting to attend. Here, again, I felt the love and nurturing that Al-Anon meetings bring. Yet something was missing. I knew the solution: **service**. Service would help me connect and grow again. I did not know what kind of service; **I only knew that service was necessary for my recovery.**

As luck would have it, an announcement was made at the new meeting that volunteers were needed to serve on the FEAC. This was a godsend! Literature and reading and writing were right up my alley. I applied but did not think I would get the position. I told myself that I was not good enough. They would never choose me to be on the Committee. But lo and behold! They chose me! Panic set in. Would I measure up? I felt cautiously optimistic. So, with fear and brawn, I set out to be my best at my new service position. I am forever grateful that I accepted the challenge.

As a member of the FEAC, I, along with four colleagues, read sharings that are submitted to The Forum. Each month, we are sent 50 anonymous sharings to review and comment on. We do not look for grammatical errors or anything like that; rather, we check to see if the sharing reflects the Al-Anon program. Quarterly, we meet with the Forum editor to discuss recent issues and address any questions we may have.

I love the camaraderie and singleness of purpose we enjoy at these meetings. And I love how this service has given me a connection to the worldwide fellowship. I have learned that I do not have to be perfect to serve on the Committee. I am okay as I am. My willingness and love for the fellowship is all that is needed.

By Marianne M., At-Large member, FEAC

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