

# ISSUE 1 – Jan 2015



## The Road Ahead

Time to put aside the festivities – and drama – of the end of last year, and start the new one! In many groups, January focuses on Step One, February on Step Two.

**Step 1** reminds me that I am powerless over alcohol, and that my life becomes unmanageable quite easily. What triggers this for me is the mistaken idea that I can control the universe, including other people. I can control *myself*. More and more of my energy goes into that very demanding task! When should I keep my mouth shut? When should I speak out? When should I intervene? When should I allow matters to take their own course?

The serenity prayer is a useful yardstick. I need to keep reminding myself and putting myself back in the hands of my loving Higher Power, and keep the focus **on** my own behaviour and move the focus **off** my family, friends, business colleagues, members of the public, other road users, political figures, advertisers, global warming, etc, etc.

It's already past the time for New Year's Resolutions. **It's now time of treating myself kindly and doing what I can to recover.** And **Step 2** reminds me that letting go of control and finding help outside of myself can restore me to sanity. My Higher Power, my group, my sponsor, my programme and the Al-Anon literature. All I need to do is use these marvellous resources.

## Upcoming Events



*Send us details so we can add your events to our calendar*

**21 Feb:** Area meeting: workshop on Technology/ Anonymity by Bette.

**14 Mar:** Area meeting: AGM followed by workshop on 'From I to Me, from Me to We, from We to Our' by Annette.

**3-5 April: CONVENTION Not To Be Missed!**

At JCE, Parktown, Johannesburg. Book in advance Log on to website: [www.alanongauteng.co.za](http://www.alanongauteng.co.za) A link will take you to the AA site, where you book. Make sure you mention you are an Al-Anon member!

**Fellowship, meetings, time to meet new people and renew old friendships, books, crafts, lots of refreshments, lots of fun.**

## The First Tradition Says...

*“Our common welfare should come first; personal progress for the greatest number depends upon unity.”*

A narrow view is ‘band together, it’s us against the world’. I like to think instead of altruism - we humans can and do support each other and protect and care for each other. Our mutual caring helps us all. Our growing self-belief and serenity through working the programme helps us widen our view. So, in Al-Anon, we listen to each other, and share our own experiences and thoughts, so that together we can find solutions that are the best for all of us as a whole.

A recent complaint about a lack of time to talk in meetings is a good example of how to use this tradition. We can write down issues that arise in the group, drop them anonymously in a comments box (if you don’t have one, use a cardboard box), and then have a Group Conscience Meeting to share thoughts. Everyone gets a chance to express their feelings and needs after consulting their Higher Power. What would be the best solution for the group? Then we vote, agreeing to stand by the group’s decision, whether we agree or not, knowing that we have been heard. No matter what our view, we are part of the process.

We are there for each other. No-one takes precedence. No-one has more rights than another. No-one is more important than another. We are all valuable and we all contribute, we all have a voice, we all listen to what is said, and we all respect the decision of the group, based on consultation with a loving Higher Power. Putting this into practice will be my New Year’s Resolution, and I plan to keep coming back to it over the months to make sure I don’t forget.



## Creative crafters

**Calling everyone who makes things for fun....**

Arts and crafts are such fun, and can also raise much needed funds for Al-Anon support and growth. So please get your creative juices flowing and your hands busy and make crafts for our Convention in April.

Whatever your favourite craft, please use the New Year energy to spur you on. Items linked to Al-Anon slogans are very popular. So are plants, books, fudge and rusks, jewellery, book covers, bookmarks, cards, fridge magnets, blankets, hats and scarves, baby clothes, cushion covers, hand-made carrier bags, and of course beautiful things in perfect condition that you no longer have space for, if you are downsizing. So oh, you name it, we can use it.

It’s so exciting to see these lovely items arriving, and the stocks building up so that we can have a huge display at Convention. Please help. We don’t need to remind you that ‘we get as we give’ because making crafts is such a rewarding and happy thing to do anyway.

**Go for it!**

## What can we do to help our children?

Alateen is designed to allow teenagers affected by someone else's drinking have access to our 12 Step programme and get help and support that they need. We need to make sure that these children are safe and that we follow the law when providing Alateen meetings, and this means that we need strong, dedicated support for the Alateen service. It takes commitment and responsibility, but the rewards of bringing the Al-Anon/Alateen message of recovery are huge – and the effects of attending an Alateen group can often be life-changing for the whole family.

We are planning to start the newly structured Alateen project at St Francis group on Monday early evenings. But in order to make this happen we need people to be there for the children. Every Alateen meeting needs 2 AMIASs (Al-Anon Members involved in Alateen Service).

Alateen is for our teenagers, and experience has shown that Alateen can turn around the outcomes for them, and bring them the experience, strength and hope we already enjoy in Al-Anon.

Contact **the office (011 683 8002)** to receive more detailed information on how to become an accredited AMIAS or

Call **Juliet 011 783 5768** to join this brave new initiative.



## How you can Contribute

Our banking details are:  
Al-Anon Information Service  
ABSA Bank, Oakdene 632 005  
Acct no: 1118881482

Please put your name or group as a reference.  
Details of contributions will be sent separately to all groups with the financial statement.

## Opt out? Join in?

To opt out, send an email to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) with the word 'unsubscribe' in the subject line.

To add friends to the list, please send their email addresses to the address above and they will be added to our mailing list.