

2017 Jan Feb

Be there! Pretoria Convention 14 – 16 April 2017

The Convention is **less than two months away**... bringing to Al-Anon Gauteng and Districts a wonderful chance that other Al-Anon areas only get once in four years. Every 2 years Gauteng (and Mpumalanga, Free State, North West Province and Limpopo too) can get a whole weekend of fellowship and sharing for R100 per person. It's a wonderful way to boost your understanding of how the Al-Anon and AA programs work: wall-to-wall meetings, new friends to make and old ones to reconnect with. A wonderful experience that you will treasure.

REGISTRATION: The Convention Registration cost is:
AA R100.00 per person **Al-Anon** R100.00 per person **Alateen** R20.00 per person.
Book with Julie /Al-Anon office 082 371 2390 or alanontvl@absamail.co.za
In order to keep prices down, we cannot offer a discount for pre-registration but ask that you register in advance anyway. **REGISTER NOW WITH JULIE!**

MEALS & ACCOMMODATION: Book now as well!
HALT right there. You don't want to be HUNGRY, ANGRY, LONELY OR TIRED when you're there. So if you need **accommodation**, book right now at www.places.co.za/accommodation-near/pretoria-boys-high-school. The school hostel still has rooms available at R350 per night, but there has not been much interest so the number of dorms available may be reduced. If you need hostel accommodation please urgently contact Johan at the Pretoria area office.

If you want food, **book now too**. You will not be able to buy meals on the day as final numbers are needed in advance for catering purposes. There will be teas and coffees provided, but bring your own food if you haven't booked and paid for meals.

Meals are available whether you stay in hostel or not but MUST BE PREBOOKED and dietary requirements pre stipulated.

PRICE FOR PRE BOOKED MEAL IS: R25 breakfast R35 lunch R45 supper

HOW: Contact Leanne B on 0729941244 or email: leannebrwn350@gmail.com
OR Johan/Area Office on 0823712390 or email: office@npaa.org.za

AA Convention Bank Account details:

Nedbank Account no: 1553048121 **Branch No:** 19876500

Name: AA Intergoup North. **Reference:** Please liaise with Johan at Area Office

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Session
What Al-Anon did for me



Sat 18 Mar: Area meeting and workshop

Convention 14th – 16th April 2017:
Great way to spend your Easter Weekend at the **Convention** at Pta Boys High, Pretoria. More details on www.alanongauteng.co.za

Sat 20 May: Area meeting and workshop

Sat 3 June: G&D Birthday Rally – not to be missed!

Save the Dates!

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Calling all creatives...

Share your creative output!

In Al-Anon we are encouraged to find ourselves again. As it says in "Opening our hearts, transforming our losses" (p49) "We can make a commitment to ourselves today that we will strive to take better care of ourselves.... This can be a time of great freedom, and a time when we give ourselves permission to try new things."

This effort to find ourselves has led many of us to try our hands at creative pursuits, arts and crafts, knitting, sewing, jewellery, pottery, cookery, gardening, woodwork and more. These things we have created in the process of healing are worth sharing with others. Please let us sell them to raise funds for Al-Anon!

Bring them to your home group or to our next Area Meeting so our craft table at Convention can be a splendid show of how creative, industrious and generous our members are.

Our craft table prices don't reflect the time, energy and creativity that go into the items, but they do raise desperately needed funds to keep our office open. We want people to love and enjoy your talented outpourings, just as you did when you made them.

PS We are also looking for second-hand good-condition novels for our book table. Also a huge help in raising funds for Al-Anon Gauteng.



Concept 9

We can each be a leader



Concept 9: "Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership."

It's about leadership. In Al-Anon the groups allow the Board of Trustees (BOT) to act as leaders for the members of Al-Anon South Africa. Elected delegates at conference allow the Trustees to make the day to day decisions and research the future and manage the legal aspects of the fellowship.

But more than that, **personal leadership** is something we all develop as we work our Al-Anon program. Every one of us has the potential to be a leader. But maybe, in living or having lived with alcoholism, we experienced a lack of leadership or skewed styles of giving direction and taking responsibility. Maybe it was too authoritarian, or even non-existent. Often we have had no clear examples of good leadership.

In Al-Anon we all get a chance to try out leadership gradually and in gently growing levels of involvement, as and when we are ready and interested in doing so. It starts in the healthy Al-Anon group where everyone takes part. Every role we choose to take on gives us an opportunity to help the group grow and flourish, and by doing so, even the meekest and quietest of us get a chance to make decisions and act on them rather than just watch. This is how we hone our leadership skills. And we can then take home these leadership skills and use them there, at work and in our communities.

Things to think about:

1. What qualities do I look for in a good leader? (hint: p198-202 in the Service Manual is worth reading)
2. How can putting the focus on myself help me develop my own leadership skills?
3. What is stopping me from taking on more leadership roles?

There are useful questions to ask yourself or use as meeting topics In "Reaching for Personal Freedom", the workbook on all 36 Al-Anon Legacies.



More than 100 represented - February Area Meeting

Great Group News and Shares

A crowd of Group Representatives (GRs) speaking for more than 100 members were at our Feb area meeting, and hearing their stories about how their groups were going was inspiring.

Groups are growing, and 2017 has brought new people for many of our groups... exciting news! The GRs talked about how they have personalised their groups - really useful and interesting tips and ideas which the rest of us could take home and share in our own groups. I am SO glad I was there to hear it all.

We have changed the format of our monthly area meetings. News from the groups is now at the top of the agenda. Each month we will have a different set of questions to share on, so we will build up huge knowledge on what works in Gauteng to help members get the best out of Al-Anon meetings.

Our next area meeting is on **18th March**, so save the date! If you don't have a group rep, come yourself, and bring an Al-Anon friend if you like. You will meet people and be able to share and ask questions. Groups that were small have grown, and these GRs can talk about what encouraged their growth. Fascinating stuff!

Face-to-face meetings are the lifeblood of my recovery. I love my group, and I would be lost without it. We now have a Membership Services Co-ordinator, Brendon, who can help you with your group as well. Call Julie at the office to find out more.



NEW!!! Conference Approved Literature (CAL)



"How Al-Anon Works For Families and Friends of Alcoholics"

How does Al-Anon work? It took me years to figure it out. I just wish I had found this book sooner, because it explains it so well. Some people call this The Big Book of Al-Anon. It's a marvellous word-picture of all the interwoven aspects of Al-Anon, a great summary of who we are, and how we got there and how we can find our way out of the absolute chaos of life with alcoholism in someone we care about.

Do you have a copy? Not yet? Hooray! Because now you can buy a locally printed soft-cover book, approved by World Service Office, and available in SA right now at the excellent price of R250 (over R400 for the imported one). This is part of our SA printing rollout of the most popular Al-Anon CAL books at prices you can afford. Order your copy now from our area office. (Remember our three readers are also R250 each now)



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Convention Pta 2017

Recent great shares worth sharing again...

Heard or given a really great share? Then let us know – we are looking for speakers for the Al-Anon Convention 14-16 April in Pretoria. The organisers don't want to overlook people who have touched you in a special way. You may also want to talk? Sharing our stories of experience strength and hope are the way we grow and heal. If you nominate someone, you will need their okay to submit their names, so please check with them first.

In addition... if you would like to Chair a session, please step up! Don't be shy. We want to hear your voice!

Nomination forms from our G&D website at www.alanongauteng.co.za or contact Anna at annadevosbrown@gmail.com. She can also help with queries. Call her on 079 409 8899

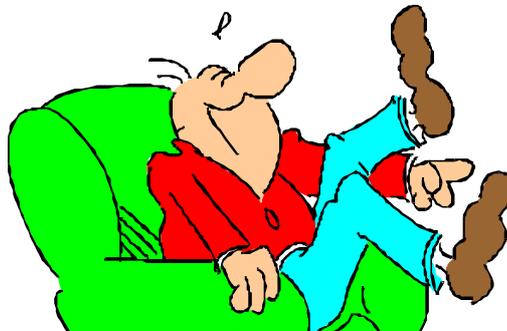
'What Al-Anon has done for me'

....The Serenity Prayer is probably the greatest four lines of prose ever written, even if I'm not sure if I look upon it as a prayer. But it works like a charm in times of stress! I now realise that I cannot stop her from drinking...

My own character defects became apparent to me. Some of you may possibly have noticed that I just could have been a little self-opinionated! I try not to be, but bear with me. Now and again it just pops up. Other defects that I have perfected over more than half a century now spring to mind, which they never did in the past. Thanks to the group, I now have a realization that Al-Anon is a way of living, not just a way of living with an alcoholic. My own alcoholic has reacted to my changed ways, and while she still drinks, excessively on occasion, our life is massively improved between the drinking bouts.

I must add that the daily reader is an important part of my 'recovery'. I used to think that it was all Pollyanna, but most of them have an underlying meaning that applies to me. So there it is. I used to be egotistical but having been in Al-Anon for three years, I am now perfect.

Fred



You can Contribute!

Our banking details are:

ABSA Bank, Oakdene 632 005

Acct no: 1118881482

Al-Anon Information Service

Please put your name or group as reference or you may wish to donate anonymously.

Opt out?

Send an email to 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.