

Loners' Letter *Gauteng & Districts*

Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group

February 2023

Dear Loners

A spiritual awakening is a very special and very personal experience that comes about as a result of working through the Twelve Steps and developing a relationship with our own personal understanding of a Higher Power. In this month's letter, Gina provides a very moving articulation of her spiritual awakening.

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Spiritual awakening is a fantastic and transformative process that I have had the privilege to experience, through the Twelve Steps in Al-Anon. This process leads to acquiring the awareness that I am much more than just a body and a mind, and that, inside of me, there is something beyond what can be seen.

I gained a special insight, which caused big changes in my behaviour, in the way I relate to others and in my way of seeing life.

Spiritual awakening mainly involves seeing everything around me on much more than the physical plane. I believe that a Higher Power can give me back sanity. I made the decision to surrender my will and my life in His care, as I understand Him. So, I started to value kindness, honesty, empathy, humility, tolerance and forgiveness more than material things. I began to listen to others, to take the focus off appearances and I stopped living just for others and material things. I started to eliminate hurts, feelings of guilt, anger, resentment, limiting beliefs and relationships with toxic people.

I chose to keep only what holds meaning and that which contributes positively to my happiness.

I started to enjoy my own company and stopped to reflect on the truth that happiness is born through the appreciation of things often considered small, but priceless: a smile of someone who loves, a gesture of generosity, or having health.

For that, I need to work so that positive energy is always present in my life. By letting the Higher Power express itself to me in this way, I choose to set the judgments and prejudices aside and support the people I love.

In practice, I began to put more emphasis on feelings than things. I came to care more about what I am than what I appear to be, ending years of living in dysfunction with alcoholic relatives whose desires were only for the future and not the present. The spiritual awakening came to reinforce the need to live now, "One Day at a Time", and to practise the "Just for Today" motto.

Spirituality has nothing to do with waiting for fate to simply happen as a mere spectator. By accepting responsibility for my actions and doing my part – “Let It Begin with Me” – it makes more and more sense.

So I try to identify my role within each context. For example, if the behaviour of an individual bothers me, I examine what I can do to change what I feel.

Great transformations happen inside me, with serenity, courage and change! These transformations are associated with meditation. More and more I can say what I think and do what I say, with humility and honesty.

Our spiritual path is a journey of growth that needs to be undertaken throughout life. Today, because of my spiritual awakening, I better understand who I am, what I want to be and how I want to evolve.

*Gina, Group Joy of Living, Al-Anon Portugal*

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Thank you, Gina for sharing the details of your spiritual transformation and how it has changed how you relate to yourself, to others and to the world around you.

Best wishes

Clare

P.S. If you would like to send a share for possible publication in the Loners’ Letter, please forward your contribution to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) with the subject “Loners’ Letter Submission”.

| <b>UPCOMING EVENTS</b>                                                                                                                                                                                                                                                                   |
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| <p><b>Lois W’s Birthday Breakfast</b><br/><i>Date:</i> Saturday 4 March 2023<br/><i>Time:</i> 09h00<br/><i>Venue:</i> St Francis Methodist Church, 1 Tarlton Road, Forest Town, Johannesburg.<br/><i>Payment:</i> EFT R50 (banking details below). <i>Use reference:</i> Name + Lois</p> |
| <p><b>Convention 2023</b><br/><i>Date:</i> 7 to 9 April 2023<br/><i>Venue:</i> University of Pretoria, Pretoria.<br/><i>Register:</i> <a href="http://www.aasouthafrica.co.za">www.aasouthafrica.co.za</a></p>                                                                           |

Al-Anon is a self-supporting organisation – we rely on financial contributions from our members to keep our offices open and our meetings going. Thank you to everyone who contributes.

**Tradition Seven**

*Every group ought to be self-supporting, declining outside contributions. If you would like to contribute towards our office expenses, payment options are provided below.*

**Al-Anon Information Services**, ABSA Bank, Oakdene, Current Account No: 1118881482  
Branch code 632 005. Please use your **name** or **group** as the reference.

**PayFast: Al-Anon Information Services**

<http://www.payfast.co.za/donate/go/alanoninformationservices>

Please use group or event and members name as reference.

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