



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Good day Loners,

Happy New Year to all our Loners in South Africa. I wish you Peace, Serenity and good health for 2024.

I'm praying 2023 is a better year for me health wise as I move forward One day at a time. If I work my program in "All my Affairs" and "Easy does it", Taking "One day at

a time" it will work as it did in 2023. 🙏

We've had some crazy weather in KZN over December, with awful storms, lots of rain and some flooding. Fortunately some lovely sunny days in January.

Our Zoom meetings are still very well attended by members from all over the world.

What I love about them is the Topics from our many Wonderful Books and CAL Literature, and of course sharing our ESH with each other.

Zoom is a real Godsend for us members who don't have regular Face to face meetings. The Book Club started again on 14th January. I can recommend it even if you don't own the book, you can join in the discussion there's so much to learn Even after 40+ years in Al-anon I learn something every day from the wise, enthusiastic Newcomers.

Just a Reminder of the KZN ZOOM details: ID 5356775411 Password 127700 list of meetings below:

Monday 12noon

Tuesday 11a.m. 7.30p.m.

Thursday 2p.m. 7p.m. and AAC 8.15p.m.

Friday 8p.m.

Sunday Book Club 3p.m.

The first Fundraiser will be The Valentine's Dinner in February I've attached the flier. Our Dinner Dances are always a fun event and usually good food and an opportunity

to dress up and have fun. ❤️

I hope you all get your copy of our New Daily Reader soon. I haven't bought mine yet but waiting in anticipation for its arrival .It's always exciting for me, to get a New Al-anon Book. Especially a Daily Reader as we haven't had a new one for a while. As you will see below, you can order online too!

I have asked Peggy, Our New KZN Chairlady to do an article for Loners for January 2024.

AL-ANON FAMILY GROUPS KZN AREA

Room 405, 4th Floor
Doone House
379 Anton Lembede Street
Durban
4001

24 HOUR HELPLINE 0861 252 666

TEL: +27 31 3041826
Email: alanonkznfg@gmail.com
Web: www.alanon.org.za



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Thank you so much Peggy, always willing to Serve. 🙏
God Bless
Lindsay S
Loners Co-ordinator

My Dear Al-Anon KZN Family,

It is wonderful to be engaging with you via our Loners Letter. Welcome to the possibilities of 2024!

It is my hope that your festive season was filled with peace, love, serenity and special memories, and that you are ready to welcome the new year with open arms, an open mind and an open heart. The 2024 theme for Al-Anon world-wide that has also been adopted in South Africa, is “Love, laugh, and grow together” and I am so excited and inspired to see us living this throughout this year.

I love the start of a new year and I always feel renewed hope when January arrives with my clear calendar ready to fill with new activities. This hope inspires me to recommit to improvements in all areas of my life as I schedule my Al-Anon meeting times, my time to work the programme and meet with my sponsor as well as time to get involved in all my service-related projects. I also recommit to improving my conscious contact with the God of my understanding through my daily routine of prayer and meditation – evaluating what works and what needs to change and putting that my plan. Then I commit to taking the necessary action.

Today, while attending a Zoom meeting I was once again reminded of the feeling of unity, love and acceptance that I feel in Al-Anon - for me Al-Anon feels like ‘coming home’ to a warm conformable place where people understand me and love me, no matter what! Isolation was what I used to feel before Al-Anon. I built walls around me and allowed no-one close. Today I am surrounded by so many beautiful friends, and that love and support that I feel when we are together (even on Zoom) is hard to describe.

Last year was a busy and very successful year for Al-Anon KZN and I am excited about the growth and opportunities that await us this year. We started some new

AL-ANON FAMILY GROUPS KZN AREA

Room 405, 4th Floor
Doone House
379 Anton Lembede Street
Durban
4001

24 HOUR HELPLINE 0861 252 666

TEL: +27 31 3041826
Email: alanonkznfg@gmail.com
Web: www.alanon.org.za



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

meetings last year and hope to continue doing that this year. Our Zoom meetings continue to be well-attended and include many overseas participants. Finding a meeting (face-to-face/Zoom/Al-Anon/Alateen etc.) has been made very easy on our new website, with a simple user-friendly search function <https://www.alanon.org.za/meetings/?tsml-day=any>. Members who are unable to get to face-to-face meetings where they can obtain literature, are now able to order directly from our new Online Bookstore <https://online.alanon.org.za/>. Many of our members have also found some wonderful international meetings and workshops that suit their schedules, by visiting <https://meetings.al-anon.org/electronic-meeting-page/>. I urge you to reach out and connect.

I hope that this year will be marked not only by our personal and collective growth, as we share our experience, strength and hope, but also by a deepened sense of unity within our Al-Anon KZN family. Let us continue to support one another with open hearts, compassionate understanding, and a shared commitment to recovery.

Let this be a year of renewed connections, both within ourselves and with each other. Together, we form a supportive network that extends beyond our meeting rooms, creating ripples of positive change in our lives and the lives of those around us.

I am excited about the possibilities that lie ahead for each of us and for Al-Anon KZN. Thank you for being an integral part of this shared journey. Wishing you and your loved ones a year filled with peace and love, and endless possibilities.

Yours in Service

Peggy G

AL-ANON FAMILY GROUPS KZN AREA

Room 405, 4th Floor
Doone House
379 Anton Lembede Street
Durban
4001

24 HOUR HELPLINE 0861 252 666

TEL: +27 31 3041826
Email: alanonkznfg@gmail.com
Web: www.alanon.org.za