



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin with Me.

September 2024



Dear Loners

It is my honour and privilege to be the new Loners Letter Co-ordinator for KZN Area.

My name is Val, a grateful member of the Sunday 5.30 group of Al-Anon, my home group is situated in North Coast of KZN.

As I carry over from the dynamic, inspiring Lindsay I hope to make your journey, one filled with Joy and Hope. Lindsay has done a sterling job in co-ordinating the Loners Letter. We express our heartfelt gratitude to her, for her dedication.

Just for Today...

I will focus on living in the present moment

I will surrender all my worries and fears to my Higher Power

I will be mindful not to look into the past nor worry about the future

I will allow only peace, love and joy in my heart.

We have entered the month of September, it is Springtime. Spring is the season of new and beautiful beginnings. Spring reminds us that even after difficult times, This Too Shall Pass. After years of living with alcoholism, there is hope in our beautiful Al-Anon programme.

I celebrate 8 years in Al-Anon. My first meeting was in September 2016. The season of renewed blessings, rebirth, and hope. I entered the room filled with confusion, fear, frustration and anger. I lost myself in the chaos of alcoholism. As I cried tears of emotional pain, I was greeted with smiles, warm hugs and "keep coming back" which I did not understand at that time. My blessings came in the form of love, understanding, peace and joy. I carry with me daily, priceless gifts - the tools of the Al-Anon programme, CAL literature, workshops, Zoom and face to face meetings. My Sponsor and the Serenity Prayer are important tools that I use all the time. As I was self-destructing, Al-Anon gave me hope for a better life. Al-Anon is a life changing experience for me and I gained a whole new family.

AL-ANON FAMILY GROUPS KZN AREA

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I thank the God of my understanding. I started reciting the Serenity Prayer, found my Sponsor and started step work. As I took step 1, I learned I am powerless over the alcoholic. I work my program one day at a time and put the focus on myself. Every day comes with challenges, and I use the programme in all my affairs. I believe I am powerful over myself. I did not cause, I cannot control, and neither can I cure my partner. I learned alcoholism is a disease. I learned about blackouts and began understanding his behaviours. My journey is one of compassion, detaching with love, and accepting my partner whether he is drinking or not. As I took my hands off my partner and placed them on myself, my recovery started. I respect his decision to drink and set healthy boundaries for myself.

In Step 2, I came to believe in a Power greater than myself. The Serenity Prayer, meditation and conscious contact with my Higher Power gives me strength that This Too Shall Pass. I will do my part, and God will carry me through my difficulties. Every day brings new challenges. Steps 1, 2 and 3 helps me to Let Go and Let God take over. My Higher Power works miracles and restores me to sanity. I am grateful Al-Anon is a safe place for me to share and grow. Al-Anon is the light in a dark room where I kept hurting myself. The Slogans help me keep life simple as I grow in recovery One Day At A Time.

September being the 9th Month we focus on our 9th Step, Tradition and Concept.

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

We keep the focus on ourselves and do not hurt ourselves and others. We free ourselves of guilt, being kind and forgiving to ourselves helps us heal from living with the disease of alcoholism.

TRADITION 9

Our groups, as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.

As we apply Tradition 9 to our personal lives, we learn to keep life simple, and live an orderly and balanced life. Respect others to take responsibility for themselves, put the focus on us, and Let Go and Let God.

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.

We learn that we are not alone in Al-Anon. There are many experienced members who share their wisdom and knowledge, guide us and help us grow in the programme.

Yours in Service

Val M

Loners Coordinator

TRADITION 7: Every Group ought to be fully self-supporting declining outside contributions. In keeping with Tradition Seven, I would like to humbly encourage 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 Kwa-Zulu Natal (KZN)

Account number: 4074787557.

Branch name: Musgrave

Branch code: 632005

Reference: Your name / Group