

Loners' Letter

Gauteng & Districts ▪ Love, Laugh & Grow Together in Recovery

April 2025

Dear Loners

Al-Anon has its Steps, its Traditions and its Concepts and these take time to understand, work through and apply to our lives. Al-Anon's slogans are short and easy to understand making them a handy tool when our thinking and emotions lead us astray.

When I came to Al-Anon, I thought the slogans were silly. My intellectually superior family had taught me to look down on the simple and to argue with it. They wanted everything debated in words of four syllables and sentences six lines long. They didn't understand that huge wisdom could be held in just three words.

For me, the slogans were like the shiny ribbons wrapped around a gift... too bright, too glitzy, too in-your-face for me. How silly I was.

So there I was tied in knots after living a life with an alcoholic. I was organised, sharp, and competent, and I knew it. I was also hard and cold, in an effort to protect myself from the agony of watching my husband kill himself slowly, bottle by bottle. But underneath all that, I was falling apart; I just couldn't let anyone see.

The slogans are like ribbons, because they help me to undo the madness of alcoholism. They are like little strings I can grab hold of and pull, and they start to loosen all sorts of pain, if I keep using them to untie myself.

The first slogan I could accept was "Easy Does It". How do I use these three words to change my life?

I say to myself, "Easy Does It", when there is ranting and shouting. I relax into my chair or wander away gently, instead of fighting back. And I feel so much calmer.

I smile, "Easy Does It", when people want too much from me – more than I can give. I grin and say: "Sorry I can't do that. Ask Joe or Betty?"

I think, "Easy Does It", when I have a headache from working myself too hard. I stop, I look outwards and find something beautiful to relax me and take my attention away from the pain. I stretch my muscles, loosen up and feel better.

I hear in my head, "Easy Does It", when other people are arguing and I am tempted to step in and sort it out. It's not my issue, it's theirs, and it's not part of my recovery, it's part of theirs. They have their Higher Power to help them, and I'm not it.

I used to think “Easy Does It” was a cop-out, a way of skiving off and not working hard. Then I examined the idea of working hard and realised that the Universe was not the one telling me to work hard, it was those old voices from the past... parents, teachers, partners... all with their own ideas of what I should be doing. I have tried those ideas of “what works” and quite frankly, in a lot of cases “working hard” was not the answer. It doesn’t help me the way ““Easy Does It” helps me.

So now when life feels too tough, and I feel disheartened, I just use “Easy Does It” to undo another of the “musts” in my life and let it go.

Thanks Al-Anon for the slogans. They are such a wonderful, gentle way of opening up the brilliant gift that is the full Al-Anon programme.

Best wishes

Anonymous

★★★ UPCOMING EVENTS ★★★

74th Al-Anon Birthday Celebration

When: 24 May 2025 @ 9h00

Where: Zoom

~~ See you there ~~

▪ Tradition Seven ▪

Every group ought to be self-supporting, declining outside contributions.

At Al-Anon we support ourselves.

Please contribute towards our operating expenses so that we can continue to help ourselves and others.

Al-Anon Information Services

ABSA Bank, Oakdene, Current Account No: 1118881482 Branch code 632 005.

Please send proof of payment to alanontvl@absamail.co.za and use your **name, event** or **group** as the reference.

PayFast: Al-Anon Information Services

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

Please use your **name, event** or **group** as the reference.

▪ How Al-Anon Works ▪

Al-Anon is a group of people who have been affected by the drinking of a family member or friend. We share our experiences with others like ourselves and share what has or has not worked for us. Having a common experience enables us to have insight into how we are being affected or have been affected, and what has helped us.

Al-Anon Meetings: In-person meetings and Zoom meetings are held throughout the week in South Africa and internationally. [Click Here to Find A Meeting](#) or phone our office on 063 270 2535.

Alateen Meetings: We hold Zoom meetings for young people (9 – 17 years) who have been affected by someone else's drinking. We help them to understand that they are not at fault and help them to keep a healthy focus on themselves and their own responsibilities.

Al-Anon Books: We have a range of Al-Anon books which detail the experiences of other Al-Anon members and what they have found works for them. Some suggested starter books are:

- *How Al-Anon Works for Families and Friends of Alcoholics* [B32ZA]
- *Courage to Change* [B16ZA]
- *Discovering Choices* [B30]
- *Alateen - Hope for Children of Alcoholics* [B03ZA]

These books and others can be ordered from the Gauteng Al-Anon office: alanontvl@absamail.co.za

Free Downloads: We also have a range of Free Downloads available on the Al-Anon website. <https://www.alanon.org.za/free-downloads/>

If you would prefer not to receive this newsletter, please send an email to alanontvl@absamail.co.za with the word **UNSUBSCRIBE** in the subject and your name will be removed from the distribution lists. If you know of new members who would like to receive this newsletter, please inform the office. **If you would prefer to receive this newsletter via WhatsApp, please let us know.**

Al-Anon Family Groups, Gauteng & Districts Area Office 28 Hennie Alberts Rd, Brackenhurst

Alberton 1448 SA Office Hours: Mon, Wed, Fri - 9 am to 2 pm. **Phone:** +27 (0)11 867 0731

WhatsApp: 063 270 2535 **Email:** alanontvl@absamail.co.za **Website:** www.alanon.org.za