



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.



January 2026

Hello 2026 and a Happy New Year !!!

The New Year comes with new resolutions, new hopes and dreams. It also comes with new experiences, new struggles and challenges. We start the new year praying for peace, happiness and prosperity. Sadly, these dreams are shattered once we are faced with problems. It's during these times that we are grateful for our beautiful Al-Anon program. There is always hope and we are not alone. As I embrace the new year I carry with me the tools of my program. Every day comes with different challenges. I remember to Let Go and Let God, and I am reminded that my Higher Power is always with me. I will use my program by attending electronic and in-person meetings, attending workshop meetings and using my Conference Approved Literature. The slogans help me keep things simple and put the focus on myself. As I get busy with service work I get better. I will remember to be kind to myself and if I am overwhelmed, I will reach out to my sponsor as I cannot do it all alone. I will remember that I am powerless over people and circumstances and set healthy boundaries for myself.

As we begin the new year, we remember step 1. We entered the rooms of Al-Anon feeling afraid, confused and struggling. We were powerless living with the disease of alcoholism. As we let go of what we cannot change and control, our lives become more peaceful. We learn that we cannot control anyone else's drinking or their behaviour. However, we can choose to live a healthy serene life as we work our program One Day at a Time.

Convention 2026 preparations are ongoing. The last time KZN hosted Convention was in 2014, before I entered Al-Anon. This is my first Convention in my home city of Durban, KZN and I am excited to be involved with Crafts. This is a wonderful opportunity to be of service. Please get involved in this wonderful event. You are welcome to contribute Al-Anon related Craft items for sale at Convention.

Conference Approved Literature can be obtained by contacting our Literature Coordinator Devan G on 066 014 7846.

Valentines Dinner Dance is taking place on 14 February 2026 at SCIDIFA Hall in Chatsworth. Book your tickets early as this is an awesome event not to be missed. It would be great to support this fundraiser for Convention 2026. Please email the KZN Area Office for any information.

AL-ANON FAMILY GROUPS KZN AREA

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January being the first month of the year, we focus on Step 1, Tradition 1 and Concept 1.

STEP 1

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL-THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Step 1 tells us that we are powerless over someone else's drinking. As we tried to control people and force solutions our lives become unmanageable. As we accept our powerlessness, we start putting the focus on ourselves. We turn our lives over to the care of our Higher Power. Step 1 helps us to love the person and understand that alcoholism is a disease. Al-Anon taught me that I didn't cause it, I can't control it, and I cannot cure it. I learn to detach with love. The tools of the program help me daily on my spiritual journey. Once I took step 1 and admitted I was powerless, my recovery began.

Tradition 1

OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL PROGRESS FOR THE GREATEST NUMBER DEPENDS UPON UNITY.

My personal welfare comes first; only then can I take care of my family. Our primary aim is to give comfort and help to the still suffering. This tradition teaches me to be kind to myself, think, pause and stop reacting. As I changed my actions and my words our home has become a peaceful one. Tradition 1 also teaches me that I have a voice and my opinion matters. We are all different, we have different opinions, but we respect each other. As I apply Tradition 1, I am learning, growing and achieving personal progress with my family, my groups and my relationships. I voice my opinion, Let Go and surrender to my Higher Power to take care of the situation. Tradition 1 unites our groups allowing us to grow and progress. Each person has a right to be heard and make their own choices.

CONCEPT 1

THE ULTIMATE RESPONSIBILITY AND AUTHORITY FOR AL-ANON WORLD SERVICES BELONGS TO THE AL-ANON GROUPS

Concept 1 tells us that we are responsible for our own lives, take care of our own needs while allowing others to do the same. As I focus on my own recovery I find balance in my life. I don't have to do it all alone. I connect with my Higher Power to guide me through any challenges.

"Our leaders are but trusted servants; they do not govern...Al-Anon Alateen Service Manual pg. 173. In our groups we delegate duties and have faith and trust in those we choose to serve. For Al-Anon to function effectively we share our responsibilities, we do not control

Being the first Loners Letter for the new year I would like to take this opportunity to wish all members a blessed and prosperous 2026. I live in gratitude for our beautiful program.

JUST FOR TODAY I will try to live through this day only and not tackle all my problems at once. I can do something for 12 hours that would appal me if I felt that I had to keep it up for a lifetime.

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln says, "Most folks are as happy as they make up their minds to be"

Reference from Bookmark JFT M-12

This edition comes with a motivational and inspiring share.

I am grateful to be of service to you. May the God of your understanding guide, guard and protect you, One Day at A Time.

Sending warm Al-Alanon hugs. God Bless.

Valerie M

KZN Loners Co-ordinator

For many of us, the December/January festive period can be one of the toughest times to get through.

Gratitude has become an essential part of my journey in Al-Anon. Before the program, my attention was consumed by fear, resentment, and the constant need to control outcomes I never truly could.

Gratitude gently shifted that focus. It did not erase the pain or confusion of loving someone affected by alcoholism, but it helped me find steadiness, perspective, and peace, often in the middle of uncertainty.

In Al-Anon, gratitude starts with awareness. I am grateful for the understanding that I did not cause alcoholism, I cannot control it, and I cannot cure it. This knowledge alone has been freeing. Gratitude grows as I learn to focus on my own recovery rather than someone else's behavior. I am thankful for the tools the program offers, meetings, slogans, and shared experiences which remind me that I am not alone and that my feelings matter.

Sobriety in my life, whether it belongs to my loved one or not, has taught me gratitude for emotional clarity. I am deeply grateful to be celebrating three years of sobriety with my partner this February. We have overcome many challenges together through using the Al-Anon tools. We have learned how to face difficulties with honesty, patience, and mutual respect. I am grateful for the hope this brings, and for the confidence in handling whatever new challenges arise. I know we can continue to face them with courage and resilience.

I am grateful for healthier boundaries, for learning when to step back, and for choosing peace over chaos. I appreciate the moments when I respond instead of reacting, when I can pause, breathe, and trust the process rather than act from fear. These changes may seem small, but they represent real growth.

This period can bring up complicated emotions for those of us in Al-Anon. Holidays often magnify expectations, memories, and old patterns. Gratitude becomes especially important during this time. Instead of focusing on what I wish was different, I practice being thankful for what is real today: my recovery, my support network, and the ability to choose how I show up. Gratitude helps me release the fantasy of a "perfect" holiday and accept a peaceful one instead.

During the festive season, gratitude was appreciating the quiet moments, meaningful conversations, and simply getting through a gathering with my serenity intact. I am grateful for the courage to honor my limits, for the strength to say no when needed, and for the reminder that my well-being matters too. I am thankful for Al-Anon principles that guide me through emotionally charged times with grace and self-respect.

Gratitude in Al-Anon is a daily practice, not a denial of reality. It helps me stay grounded, especially when circumstances are difficult or unresolved. It allows me to celebrate progress rather than perfection. It reminds me that recovery, *my recovery* is a gift, one that continues to grow each time I choose awareness, acceptance, and gratitude, one day at a time.

With Lots of Love,

Sanisha

Hi Friends,

My name is Meela and I belong to Al-Anon. My husband and I walked into the doors of AA on 15th January 1986. God had answered my prayers on this day. All hell broke loose in my home before we joined the program. My beloved husband is late now. He was called to rest after 26 years in AA.

Today I am keeping the light burning in Al-Anon. I have been in the fellowship for 40 years this January. Thank you to the members of Al-Anon for your support and shares, hugs, love and humility, all of which taught me the new way of life. I did it one day at a time and by making lots of meetings. I never stopped making meetings and sharing my experience, strength and hope.

It's not an easy journey, especially without my husband. I have been through hills and valleys, ups and downs, but I was a go-getter. My partner and I were very jealous of each other and that caused lots of drama in the past. We had a love-hate relationship.

After coming into the fellowship and practicing the program for many years, my husband and I fell in love again. We sponsored each other and we became best friends. Sadly, when we became so close my dear husband had a heart attack and died.

I want to tell you all, if you still have your partner, love them like never before because when they are not there it is not easy, omg it's very, very hard. Only those who go through it will know. Life becomes lonely but with Al-Anon you can make it.

Thank you for reading my message.

God bless you all. Know that I love you all in a very special way.

Meela

Butterfly Group AFG Durban

TRADITION 7:

Every Group ought to be fully self-supporting declining outside contributions. In keeping with our 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:

Bank name: ABSA **Account name:** Al-Anon Family Groups KZN

Account number: 4074787557 **Branch name:** Musgrave

Branch code: 632005 **Swift Code:** ABSAZAJJ **Reference:** Your name

If you wish to contribute via **credit card**, please email alanonkznfg@gmail.com and we will send you a Yoco link.