



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.

July 2025



Dear Loners

A very warm welcome to this month's edition of the KZN July Loner's Letter. In KZN we are experiencing winter, my favourite time of the year to snuggle up with warm clothing, hot beverages, my literature and Zoom meetings.

We have just returned from our KZN Regional Service Seminar at Saints View, Uvongo. It was a spiritually uplifting weekend combining service and fellowship. The stunning views of the South Coast added to the feeling of peace, serenity and love.

On 5th July was our annual Food Fair. It was an exciting afternoon filled with delicious food, and so much fun interacting with members from different groups. Each group chose a country, served meals from that country, and dressed up accordingly.

On 16th August is the Annual General Meeting. Members are continually encouraged to take on portfolios and to take part in service. Should you need information please contact the KZN Area Office.

Planning for Convention 2026 is ongoing. This is an awesome opportunity for members to be involved in service.

Service is a wonderful opportunity to practice our Al-Anon principles while we grow and heal. When I found the courage to do service in Al-Anon I thought I was giving my time, but the growth I received was such a blessing. I started at group level and slowly ventured out of my comfort zone. My recovery was accelerated during COVID when meetings started online over the Zoom platform, thereafter I started taking on other duties.

WHEN I GOT BUSY I GOT BETTER...A Sense of Purpose – Pg 20; "Participation in Al-Anon has helped me foster conditions in myself and others that encourage healing and growth. When I lend a hand setting up, cleaning up or doing anything else, I support a program that has supported me."

AL-ANON FAMILY GROUPS KZN AREA

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Every day comes with challenges and I'm using my program in all my affairs. Keeping me busy in service gives me peace and serenity from the turmoil that goes on in my head. I am guided by my Sponsors and members who are always willing to assist me. Al-Anon is a safe place for me to learn and grow. I am so grateful for the abundant gifts I receive being involved in service. As I learn the wisdom and knowledge from the members who have served for a long time in the Fellowship, I need to pass on what I have learnt to new members, and keep our doors open for the still suffering.

We are in the 7th month of the year, and we focus on the 7th Step, Tradition and Concept.

STEP 7: HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

Humility helps me connect with a loving, caring, compassionate God. As I surrender to my Higher Power, I find courage to ask God to help strengthen me as I cannot do everything by myself. As I Let Go and let God, I place myself in His care. I am also reminded that I am not alone, in Al-Anon we all suffer from another person's behaviour or alcoholism. The Serenity Prayer and Al-Anon slogans help me connect with my Higher Power when I am feeling anxious, fearful or have negative thoughts enter my mind."

"By accepting that God can do for us what we cannot do for ourselves, we begin to achieve the humility that is necessary for change to take place." How Al-Anon works Pg 56.

TRADITION 7: EVERY GROUP OUGHT TO BE SELF- SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Tradition 7 allows us to be self – supporting in all areas of our lives. This includes our financial, emotional, physical and spiritual wellbeing. This tradition allows us the opportunity to set healthy boundaries for ourselves and take care of our own needs. We also allow others the respect and dignity to take care of themselves. I use the tools of the program, my sponsor, conference approved literature, step work and attending meetings to help me become self supporting. When I decline outside contributions, meaning that I don't get involved in other's business, I am able to maintain my peace and serenity.

CONCEPT 7: TRUSTEES HAVE LEGAL RIGHTS WHILE THE RIGHTS OF THE CONFERENCE ARE TRADITIONAL.

The Board of Trustees have legal obligations and responsibilities that take care of the legal aspect of the Al-Anon Fellowship and the Conference which is made up of all Al-Anon members and is guided by the group conscience made up of the thousands of groups. Both work harmoniously together when each recognises their own role. The trustees ensure that the decisions of the Conference are consistent with the laws that govern the wellbeing of the Fellowship.

Below you will find an inspiring and motivational share by Ramanie.

I am grateful to be of service to you. God Bless you all.

Sending love and warm Al-Anon hugs.

Valerie M

KZN - Loners Co-ordinator

Changing my Focus - Changing my Energy

When I came into Al-Anon, I was completely lost and broken. I felt as if I was in a dark hole, suffocating from my emotional pain, consumed by self-pity and drama.

As I attended meetings and listened and learned, my perspective started to change, gradually. I realised that the Choice was mine. How I perceived my life reflected in how I felt, physically, mentally, and spiritually.

Many topics and the tools of the programme helped me to begin this transformation. However, my most powerful transformation happened when I heard about Gratitude and Changed Attitudes.

In, How Al-Anon Works on page 76, it reads, "Consciously or otherwise, our attitudes affect the way we perceive everything that happens in our lives, so that the life we experience often has more to do with the way **we interpret** what happens than with the events themselves."

I realised that only I, could look at my life differently. I began a Gratitude journal - not actually knowing what to do - but I remembered reading - think of just 5 things that you are grateful for and write it down. Soon enough, I found myself writing pages. To honestly **Change my focus** takes continuous effort but I find it, so worth it.

I find that I am so much stronger mentally and spiritually than I was before.

In, How Al-Anon Works, on page 31, it reads, "Our goal is to do everything we can to heal ourselves and our relationships. This takes diligence, patience, and above all, practice. "

It is important for me to continuously practice my program. If I do not, I find that I can slip into my old ways again, very quickly. Recently, I have been struggling with some health issues which are debilitating - even with this - I had to Change my Focus. There were a few times over the last few weeks that I felt sorry for myself, and I was frustrated and sad.

Awareness stepped in and I realised that instead of being frustrated and miserable, I should remember that this too Shall Pass and Easy does it and that I could count my blessings and be thankful for all the support that I have been receiving. Changing what I focused on has made all the difference. Even though I am physically challenged at present, my Mental and Spiritual Energy is strong and healthy. For this I am Grateful.

Another way that "Changing my Focus" changes my Energy is when I remember to mind my own business, to stop interfering in other's problems, to not volunteer to do everything for everyone else. If I keep the Focus on me then I have enough energy to deal with me.

Ramanie
Kloof AFG

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 Kwa-Zulu Natal (KZN)

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

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