



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.

May 2025



Dear Loners

A very, very warm welcome to this month's edition of the KZN Loner's Letter. Here in South Africa, we say goodbye to the warm months as we enter the winter months. I am looking forward to the snuggles of warm clothing, hot beverages and the warmth of members to keep me well insulated.

In the month of May we celebrate 74 years of existence of the Al-Anon Family Groups which has grown into a global Fellowship offering mutual support and recovery to those impacted by a loved one's drinking.

We remember Lois W who co-founded Al-Anon, and our precious family in Al-Anon who carry the message of hope and continue to inspire, motivate and uplift us. I am grateful to Lois W. for my journey of recovery and healing which in turn I can pass on to my own children.

Our children have also been affected by living with the disease of alcoholism. Through Al-Anon we inspire them to grow in their own way. I am learning in Al-Anon that being a good parent means loving my children and allowing them to make their own decisions to live their lives.

I am grateful that I have a program to follow. I have stopped exhausting myself by controlling them. As a parent I am learning in Al-Anon to leave them in the care of their Higher Power, to Let Go and Let God. As a mother it's quite difficult to allow your children to grow at their own pace. You want to step in and make their lives problem-free, but I am learning that they have to have their own experiences to grow and learn from. As a mother with a program, I can give them the wings to fly and reach their own destinations. For that I am indebted to Al-Anon and I pay tribute to Lois W. and Anne B. the co-founders of this God-given Fellowship.

AL-ANON FAMILY GROUPS KZN AREA

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May being the 5th Month we focus on Step 5, Tradition 5 and Concept 5. The Steps, Traditions and Concepts are found in most of our Conference Approved Literature (CAL) and they help us to understand our Primary Spiritual Aim. They guide us on our journey of recovery.

STEP 5

ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS

Living with alcoholism caused unhealthy destructive behaviour, and bad choices.

Step 5 requires trust and honesty. God already knows my behaviour, but I had to admit I was wrong. I surrendered to my Higher Power and admitted to myself and to my sponsor the defects of my character. I trust her, she listened with an open heart, did not criticise or condemn me and she still loves me. As I worked with my sponsor I uncovered my behaviour patterns. I was as sick as my secrets.

In Al-Anon I am learning to be patient and kind to myself. I detach with love from outside issues while putting the focus on myself. Letting go mentally and emotionally allows me to be at peace with myself.

TRADITION 5

EACH AL-ANON FAMILY GROUP HAS BUT ONE PURPOSE: TO HELP FAMILIES OF ALCOHOLICS. WE DO THIS BY PRACTICING THE TWELVE STEPS OF AA OURSELVES, BY ENCOURAGING AND UNDERSTANDING OUR ALCOHOLIC RELATIVES, AND BY WELCOMING AND GIVING COMFORT TO FAMILIES OF ALCOHOLICS.

Our group's purpose is to assist families of alcoholics, first by practising the 12 steps ourselves then understanding the alcoholic and giving them comfort and support and building healthy relationships. We must pass the message of hope to those still suffering.

We work the 12 steps for ourselves and use it all our affairs.

By using the tools of the program, we learn to detach with love, and have compassion and understanding for all those affected. We stop controlling the alcoholic. We allow them the dignity to live their own lives.

When a newcomer enters our rooms, we give them a warm welcome, happy smiles, love, comfort and support. We listen with an understanding heart. They must want what we have.

CONCEPT 5

THE RIGHTS OF APPEAL AND PETITION PROTECT MINORITIES AND INSURE THAT THEY BE HEARD.

Concept 5 tells us that we are all important, we are valued, and it ensures that everyone be heard. In our fellowship we are in a safe place, we must be confident to express our views, and that we will not be judged.

When someone shares their opinion, their views must be considered and if there is a majority vote, the opinion shared by the minority can be considered at a later time. Every opinion matters. We are all respected, no one is ignored. Al-Anon service is helping me have a voice. I listen in meetings, learn and grow. As I use my program in all my affairs, I am learning to listen and think. I don't interrupt, I allow others to express their views and give my opinion and then I let go. I am learning slowly to keep an open mind, be patient and tolerant.

KZN held a very successful rally on 18th May 2025 which was well organised and executed. The function was well attended by AA, Al-Anon, Alateen, professionals and members from the public. We were educated on substance abuse by a guest speaker from the Department of Social Development. It ended with a sumptuous meal.

Some of KZN's future events include the Food fair on 5th July 2025 at the Westville Methodist Church, and we are excited about the KZN Regional Service Seminar to Saint View, Uvongo on the South Coast for a weekend of service and fellowship.

Convention 2026 taking place in KZN and preparations are in full swing with various Fundraising events taking place in all the Districts.

Below is a share from Ika who is a long-time member of Al-Anon

I am grateful to be of service to you. God Bless You All

Sending love and warm Al-Anon hugs

Valerie M

Loners Co-ordinator

To those who feel alone, I see you, I hear, and I want you to know that you not alone on this journey of living with Alcoholism.

Hi friends, my name is Ika, and I am an extremely grateful member of Al-Anon. Today I'm not lost and disconnected from the world. I've found hope in the fellowship of Al-Anon.

My journey has been a long one, spanning many decades. In the darkness of loneliness, it was difficult to understand sickness and we lost sight of the light. But I've learnt that even in the most isolating moments there's always a way forward, with God in one hand and Al-Anon in the other.

The slogans became my inspiration, Al-Anon is my hope for a better life. I learnt I could take life one day at a time, one hour at a time, one moment at a time. I learnt Easy does it, How important is IT? Keeping it simple has made life liveable. With a narrow, closed mind I couldn't Let go and let God. Anything that needed change had to begin with me. I was taught in Al-Anon to listen with an open mind, we were all in the same boat, each coming from their own space and place. I realized the progress is made each day with small steps. Perfection I'll never reach, the target keeps moving. That's okay too because today I know together we can make it. We need to keep reaching out, even when it feels like no one is there.

Today I'm not able to attend face to face meeting but I thank God daily for the online meetings. We have come so far, when I started meeting in the early 80's we didn't even have cell phones. Communication, which is so important, is so available today in so many ways.

I would like to thank Al-Anon for accepting me and growing me in so many different ways that today I'm peaceful and grateful. I hope this makes a difference to just one person then I would have passed on what I have and done my spiritual work. In Al-Anon I have learned what's spirituality?

Yes friends, I grew up very religiously. Today I know through Al-Anon that religion is on the outside Spirituality is within. I must only be concerned with what I am doing, how I am doing it, what's my intention. Al-Anon taught me I can't function on my own, we work on ourselves to make a difference for all.

Today I may not be making meetings, but I carry Al-Anon with me all the time through my daily readers. I was blessed with Al-Anon by God. There are so many out there still suffering who don't reach the doors. With God's help I pray each day that I grow in my abilities to use each day with poise, wisdom and a touch of humor.

Thank you, everyone that I have come in contact with has made some impact on my journey. The message of Al-Anon is one of hope that lifts us from the world of misery to one of enlightenment. Today I do not feel pain for what I did not receive. I feel pain for not being able to give back. So, for me the best time to serve was now, the best people to serve are you and this service came to me by the wish of God.

I'd like to leave you with this thought "A person is not known by the altitude of his worldly position, but by the expansive attitude of his mind"

Al-Anon tells me to live one day at a time. This is that day.

Thank you.

Ika S (Grateful Long timer Al-Anon Member)

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