



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 2025



Hi Dearest Loners

Greetings and welcome to September's edition of Loners Letter.

Welcome, Spring!!! ... the season of new beginnings, hope and growth.

When I think about my journey in Al-Anon I am reminded of the seasons. Spring comes after winter; there are brighter days ahead as Spring approaches. Winter teaches us resilience as we fight the cold, dark, difficult days. God reminds us that there is hope of brighter days ahead as Spring approaches with a burst of flowers, warm weather and sunny days. We face winter in our own lives as well, progress seems slow, but these moments are not wasted as we work our Al-Anon program. There is always hope as we build strength within us. Our program teaches us to have faith in our Higher Power as we surrender ourselves to His care. Conscious contact with God, the Serenity Prayer and meditation remind us that This Too Shall Pass. Al-Anon is the light in our darkest days, it brings healing into our lives as we work our program One Day at a Time. As we let go of fear, control, resentment and anger our healing begins. We find calm where chaos reigns and we become peaceful. No matter how long our winter lasted we live in hope that a season of healing, growth and joy is always possible. "JUST FOR TONIGHT I will find a safe, comfortable place to lie down and close my eyes. I will remind myself that I am both deserving, and in need of rest. I will look forward to awakening to the new day, feeling rested and ready to follow my Higher Power's guidance"

Upcoming events on our Al-Anon calendar:

Long Timers Tea Party is taking place on 25th October 2025 at Manning Road Methodist church at 11h30 – please see the invitation in page 4 for further details.

Members are encouraged to read their literature as an important part of our healing process. Please contact our Literature co-ordinator. Opening our Hearts Transforming our Losses is now being printed in South Africa and selling at a reduced price of R220.00

Planning for Convention 2026 is ongoing. The excitement is building up during planning and preparation of this event, please take part in our fundraising events. This is a wonderful opportunity for members to be involved in service.

As we bid farewell to our outgoing members who performed excellent work in Al-Anon Service, we welcome all incoming members in Service and wish them well in their new portfolios.

AL-ANON FAMILY GROUPS KZN AREA

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P Gilmour (Area Chairperson) R Singh (Finance Co-Ordinator) R Moodley (Area Service Board Member)

As we are in the month of September, we focus on Step 9, Tradition 9 and Concept 9

STEP 9

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Step 9 helps us to heal from the effects of alcoholism. When making amends, we put the focus on ourselves and take responsibility for our own actions. As we free ourselves from feelings of guilt, our healing begins. Asking our Higher Power to guide us gives us the courage to make amends and move forward. As we make amends, we keep in mind not to hurt ourselves and others. I could not make amends to the person who hurt me, so I wrote a letter to her. As I expressed my feelings, I Let Go and Let God be in control as I destroyed the letter. I forgive myself for hurting myself and for believing I was unworthy of love, joy and respect. I thank God for loving me when I could not love myself. In Al-Anon I am in a safe place, I am loved.

TRADITION 9

OUR GROUPS, AS SUCH, OUGHT NEVER BE ORGANISED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

Tradition 9 gives us guidance on how to keep our groups running smoothly as we work in unity and harmony. No one is in charge; we all contribute to the well-being of our fellowship. In service work I am trusted with a task. I have the responsibility to accomplish that task to the best of my ability. I can do my best and allow my Higher Power to guide me. I am not alone; there are trusted servants who served before me that can assist and guide me. If I delegate a task to someone, I take my hands off and allow them to do their work. We place our faith in our Higher Power and allow God to lead us.

In my personal life I keep it simple. We work in harmony in our home. No one is in charge or has control over duties. Each one of us is responsible for their own duties so there is order in our home. I keep the focus on myself and allow my loved ones to be responsible for themselves. I have learned to mind my own business, Let Go and Let God be in control. In Al-Anon I have learned to respect their space as I set healthy boundaries for myself.

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.

“In Al-Anon we have the opportunity to see healthy leadership in action. Every member in Al-Anon has the potential to be a leader.” Reaching for Personal Freedom Pg 156

Concept 9 teaches me to take an active role in Al-Anon service, which helps me in my personal growth. “When I get busy, I get Better” teaches me that service is an excellent opportunity to learn and grow. As I take on service roles, it builds my confidence, my patience and my tolerance. I am not alone I am guided by longtime members who are always eager to assist me. With their experience in the program, they help me learn and grow. We have great leaders who carry the message of hope. When I see them work in unity with such joy and commitment, I want to be a part of that team as well. This in turn helps me assume leadership in my own home. Before coming into Al-Anon, I believed leadership meant leading others to do things my way. Good leadership is allowing God to do His will for me. I am learning about forming healthy relationships, which heals me spiritually and mentally.

Below is a very motivational and inspiring share by Solosh.

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

I have been in Al-Anon for a few years now, and to share my journey with you, I needed to remember what got me here. The mayhem, chaos, and unmanageability of life itself is when I was introduced to Al-Anon. I didn't realise it at the time, but living with the effects of active alcoholism and growing up affected my life in unimaginable ways. Emotionally I was a mess and didn't even know it. My parents were emotionally unavailable to me, so how could I be any better. Moving geographically also didn't help me in any way. You see, the effects of alcoholism followed me, and until I faced up to this, my unmanageability of life would dictate otherwise, and Al-Anon was suggested.

It's been a long journey of healing and recovery, and it all started with one small step. I entered feeling very vulnerable, not sure what to expect. I didn't live with an alcoholic partner, as most members shared. How would they relate to me? How could I relate to them? Keep coming back was all that was suggested. They did, however, offer me the recovery tools of the program. I came into Al-Anon with a sense of hopelessness and brokenness, shattered dreams, and misplaced beliefs. On my entry to Al-Anon, I didn't believe that any change was possible, let alone any hope however, I don't know why and how I continued going to these meetings even though I felt as though I didn't belong or had anything anyone could identify with.

The members back then were patient and tolerant and they constantly handed me these tools that would become my everyday saviour-meetings, slogans, the serenity prayer and the 12 steps. This has all been such an integral part of my journey. Even though I felt as if I had nothing to contribute, listening to their experience, strength, and at last the hope they received stirred up something in me. I wanted what they had, and all that was asked of me was to keep coming back. I realised that although I was working through this, I didn't have to be perfect at it. I just needed to keep it simple, and instead of reacting in chaos, I have learned to respond with kindness. Essentially, reacting is emotional, while responding is rational. I have come to learn that responding instead of reacting can lead to better decision-making, relationships, and personal growth.

Growing up, all I knew was reactive behaviour – everyone around me was constantly reacting and from the definition I found, this was out of high emotions and instinct, as one does not know any better. The reaction to chaos for me stemmed from the stress, fear, anxiety, and frustration with the alcoholic we lived with. The unpredictability of this person kept me in constant survival mode. Just keeping myself afloat from everything that was happening. Looking back, this was insane.

In freeing myself, I have allowed Al-Anon to work in my life. Taking each aspect one step at a time, I've since learned that reacting in chaos versus responding in kindness is about choosing how you engage with the world when things feel overwhelming. In chaos, it's easy to react. But responding in kindness is a powerful choice that can transform not just your experience but the energy around you.

I've come to believe that kindness is one of the most powerful yet underrated qualities a person can have. It's the simple act of treating others with compassion, understanding, and generosity-whether through words, actions, or just a genuine smile. This change in attitude came about in me because I was able to use the 12-step recovery program to benefit me.

My journey thus far is far more rewarding than I ever anticipated, and I am grateful. The 36 principles of recovery, unity, and service have been a gift to me, which I hold very dear, and I practise these to the best of my ability daily. Happy, joyous and free of resentment, anger, and despair. The more you are the less you receive. The less you are the more you receive. This helps me with the reflection of my past. I have realised that if my cup is constantly full, there is no more room for any positive changes to happen. God works within us, without us. The steps continue to offer me the solutions and all that is required is willingness because I hand my will and life to my Higher Power – just for today.

With love,

Solosh

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)

