



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.



March 2026

Dear Loners

Welcome to the March edition of Loners Letter.

During the month of March each year we honour our co-founder Lois Wilson and celebrate her birthday. In this edition we pay tribute to Lois W who was born on 4th March 1891. Lois Wilson was the wife of Bill Wilson, co-founder of Alcoholics Anonymous. Lois W co-founded Al-Anon in 1951, after recognising that the spouses and loved ones of Alcoholics also needed support. The support group for Family and Friends of Alcoholics offered emotional support and understanding.

Lois W was born on 4th March 1891, in Brooklyn New York. She grew up in an affluent family and she was well educated. She attended The Pratt Institution among other private schools. She worked as a receptionist and then as a secretary. She was also teaching before she married Bill W in 1918.

They were a happy couple, shared the same interests and enjoyed each other's company. Their marriage was deeply affected by alcoholism around the period between 1920 and 1930. She gave him her unwavering support, but the alcoholism continued. She gave up her job, made sacrifices, and tried to help him by taking over responsibilities in the home. Numerous attempts were made to get her husband to stop drinking until his breakthrough in 1934. With the help of a friend, Bill W found sobriety by spiritual means, which lasted until his death. A miracle happened in Bill's life that transformed him. He then worked endlessly to assist other alcoholics through AA. Although there was sobriety in her life Lois felt isolated and frustrated. One day her husband asked her if she was coming to the meeting with him. In anger she threw a shoe and shouted at him. This shocked her. She started looking at her own attitudes, feelings of loneliness, self-pity and resentment. After many years of trying to sober up her husband, she felt her pride was hurt, because another alcoholic could do what she had tried to do for many years and failed. There was a void in her life.

By using the same principles as AA, she started working on her own personal growth by changing her own attitudes. She endured years of emotional turmoil and realised that families of alcoholics needed their own support system. After seeing how spouses and family members suffered alongside their alcoholic loved ones Lois W and Anne B (wife of another AA member) formed the Family Group in 1951. Due to Lois's dedication, Al-Anon has over 24000 groups in more than 130 countries worldwide offering hope and support to countless individuals affected by a loved one's alcoholism. Lois Wilson's later life and legacy continue to support families of alcoholics and Al-Anon has grown into a worldwide organisation. In her later years she lived in Stepping Stones, the home she shared with her husband. It is now a historic site. She passed away on 5th October 1988 aged 97 years.

AL-ANON FAMILY GROUPS KZN AREA

Connect Space Building 2nd Floor
102 Stephen Dlamini Road
Musgrave, Durban
4001

24 HOUR HELPLINE 0861 252 666

Tel: +27 31 3041826
Email: alanonkznfg@gmail.com
Web: www.alanon.org.za

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

So much of Lois's life resonates with me. When my partner is not drinking, we are a happy couple, we share the same interests and enjoy each other's company. My life was unmanageable until I entered the doors of Al-Anon. I am grateful to Lois W for passing the message of hope. I am also grateful to our amazing Al-Anon members at in-person and electronic meetings who help me grow. I am grateful to my Sponsor who has carried me through the darkest days of my life and my service sponsor who encouraged me to get into service. I am grateful to all the wonderful members for their wealth of wisdom and knowledge. I am grateful I married an alcoholic because it led me to Al-Anon. MY heart feels peace and joy because after 9 years of working my program, my partner was one year sober on 5th March 2026. This is my safe place, a gift from my Higher Power. For me this is a lifelong journey of Peace, Serenity and Hope. JUST FOR TODAY I will be unafraid. I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

It's the third month of the year so we focus on Step 3, Tradition 3 and Concept 3.

STEP 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 3 allows me to trust in my Higher Power and let go of control. We exhaust ourselves by trying to manage other people. Al-Anon is a spiritual program. Once I surrender myself in God's care and ask for help, I find peace and contentment. I am not alone. Al-Anon is a safe place for me, if I'm feeling overwhelmed. I can use my conference approved literature, get to a meeting, or call my sponsor. I do my part and let go of what's not mine to keep. The slogans help me as I pause and think about how I want to respond to a situation. As I face challenges, I take steps 1, 2, 3. I remember I can't God can and I will let Him. "Made a decision" tells me that I have choices. Keeping the focus on myself, taking care of myself and making healthy decisions helps me in my recovery.

TRADITION 3 The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon family group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Anyone affected by someone else's drinking is welcome in Al-Anon. Each person comes into Al-Anon with the pain and trauma of living with alcoholism. As we come together in Al-Anon, the only requirement is that we all share a common problem of living with the effects of alcoholism by a loved one. Our primary purpose is to help one another by sharing our experience, strength and hope. As we all walk the same path, we are not judged as we share and grow. We are guided by a loving God and members who are in the program before us, we are not alone. We treat each member with love, compassion and respect as we grow One Day at a Time.

CONCEPT 3 The right of decision makes effective leadership possible.

"In Al-Anon, we discover that we do, indeed, have the right to think for ourselves, and make appropriate decisions for our lives. Taking responsibility for our own lives gives us the inner strength to reach out to others for possible solutions or added assistance." CAL literature, Ref Reaching for Personal Freedom P132

Concept 3 reminds us that when we trust someone with responsibility, we also give them the freedom to make decisions in whatever task they are undertaking. We do not watch them, control or constantly check how they going about it. We trust and let go allowing their Higher Power to guide them. We can apply this concept in our program and personal lives.

This edition comes with an inspiring and motivational share from our long-time member Nirvasha S.

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-Anon hugs. God Bless.

Valerie M

KZN Loners Letter Co-Ordinator

Greetings to one and all

Thank you for giving me this opportunity to share my ESH.

I have been in Al-Anon for a number of years now. I am reminded daily by my spiritual teachings that I continue to learn on my journey in this program. Practicing the Al-Anon principles in all my affairs was extremely difficult at the beginning. Admitting powerlessness and unmanageability of people, places and things was one aspect I couldn't accept, until I hit my rock bottom. All along I was fixing other people instead of myself. Eventually I got so exhausted mentally, thinking why isn't my life changing

Acceptance, awareness and action are the 3A's I have learnt

I slowly began to accept the things and the people I couldn't change. The effects of the disease of alcoholism lingers on every day. I'm constantly taking inventory of myself and changing my attitude and behavior towards a more serene and joyous life. I was always a people pleaser and now I can say NO, without being mean. I had to put the focus on myself and detach with love one day at a time.

Awareness was the knowledge I gained by understanding there is a Power greater than myself. My recovery strengthened as I placed my faith in my Higher Power. The connection with the God of my understanding sets me free from overthinking and places me in the calmness I always desired.

The action was letting go and letting God completely and surrendering to Him. It's a daily practice and it is gradually becoming a habit. I have noticed little miracles taking place in my life and for that I am ever so grateful.

Being in Al-Anon teaches me to be tolerant and patient. So, when my plans fail, I have faith in God's plan for me.

Thank you

Nirvasha S

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.