



WoW

Words of Wisdom

Al-Anon Family Groups KwaZulu-Natal

February 2026



Hi Everyone,

We are almost at the end of the 2nd month of 2026! Convention planning is ramping up and the excitement is palpable. If you wish to be part of Convention 2026, please contact the KZN Area Office.

In this month's issue, the shares are focused on THE SERENITY PRAYER.

The Serenity Prayer has become a source of peace for me by shifting my focus toward acceptance. So much of my pain, I've realised, came from trying to control others and their choices — particularly when addiction and loved ones were involved. Acceptance isn't the same as approval. It simply means honouring another person's right to walk their own path.

The prayer also calls me toward change, but inward change, and that really does take courage. Rather than pouring my energy into fixing someone else, I've learned to work on myself; my own needs, dreams, attitudes, boundaries, and responses. That's where my power is.

And then there's wisdom — knowing when to speak and when to stay silent. Knowing that sometimes the most loving and healthy thing I can do is nothing at all, for myself and others.

Thank you, Candice T, for sharing your experience, strength and hope with us, and our thanks to 'The Forum' for the shares on gratitude reprinted with permission.

Happy reading...

MUCH LOVE, BONNY



Let it begin with me.

When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and, let it begin with me.



We look forward to the WoW being an interactive newsletter, and welcome receiving your share - remember it can be anonymous. Kindly email any shares, suggestions, queries, and feedback to the KZN WoW Editor bonnyscott030@gmail.com

TRADITION 7: Every Group ought to be fully self-supporting declining outside contributions

In keeping with Tradition Seven, I would like to humbly encourage groups /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 as follows:
Bank name: ABSA.
Account name: Al-Anon Family Groups KZN
Account number: 4074787557.
Branch name: Musgrave
Branch code: 632005
Reference: Your name/group

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

SERENITY PRAYER

I'd like to share about the Serenity Prayer and what it's come to mean in my recovery:

*"God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference."*

In the beginning, I didn't realise how much power was in those few lines. But over time, it became clearer to me.

"God grant me the serenity to accept the things I cannot change"

For me, this was the hardest part. I came to Al-Anon because I thought I could control things I had no power over, someone else's recovery, choices, moods and triggers. I thought love meant changing their behaviour. Acceptance felt like agreeing and allowing unacceptable behaviour. I learned that acceptance doesn't mean approval. It doesn't mean I like what's happening, only that I'm willing to stop fighting reality. Acceptance gave me room to breathe. It gave me the gift of relief. I could stop trying to do the impossible and start learning how to take care of myself, no matter what others were doing. I see it as freeing myself from thinking I am responsible for someone else's actions. Acceptance allows me to stop fighting reality and start living in it.

"Courage to change the things I can"

I used to think I could change others. I wanted people to behave the way I thought they should. But trying to change others left me feeling powerless and resentful. I would obsess over how to say just the right things, how to manage outcomes and how to avoid conflict. At first, I didn't even know what I needed or felt. I was so focused on everyone else. I blamed everyone and everything for the situation I found myself in. But Al-Anon helped me realise that I can change my patterns. I can set boundaries. I can speak honestly. I never thought of myself as a dishonest person, but people-pleasing is dishonest. Now I know I can take up space, get support, and make choices for my own wellbeing. Al-Anon showed me that the things I can change are within me: my reactions, my boundaries and my thoughts. It takes real courage to look inward, to speak up for myself, to do things differently even when it feels scary, uncomfortable or unfamiliar.

Courage can be very small actions: Saying "no" without over-explaining (our acronym JADE comes to mind: Justify Argue Defend Explain). Choosing not to answer a chaotic text right away. Letting someone else sit with their consequences instead of stepping in. And sometimes, courage looks like reaching out for help, like coming to a meeting when all I want to do is hide away and isolate.

"Wisdom to know the difference"

This line is a daily practice. Wisdom doesn't come instantly. I still catch myself wanting to fix or control what isn't mine. But I'm learning to pause, to check in with my Higher Power, to ask: "Is this mine to carry, or am I straying out of my lane?"

It's not always clear what's mine and what's not. I've learned that wisdom isn't about always being right (and I do love to be right!). It's about willingness. Willingness to pause. Willingness to check in with my Higher Power. Willingness to wait and listen for guidance, instead of reacting out of fear or habit.

Sometimes I have to pray for the willingness to be willing!

This prayer reminds me I'm not in charge. I am powerless but I'm not helpless. There's a path to peace, and it's built on clarity, courage, and trust in a Power greater than me. And the best part is I don't have to figure it out alone. Clarity will come, maybe not all at once, and not in my time, but in God's time.

All I have to do is ask my Higher Power and then hand it over. It reminds me that I have choices. It helps me stay in my lane. And it reconnects me to my Higher Power who loves me very much and guides me gently forward.

CANDICE T



SERENITY IN TIMES OF STRESS (FROM THE FORUM – APRIL 2025)

I find the Al-Anon slogans very handy to use as reminders on my journey to recovery. My two favorites are "Let Go and Let God" and "Let It Begin with Me." These slogans capture the essence of the Serenity Prayer for me. By letting go and letting God handle things, I accept the things I cannot change more easily. It is a reminder that I am powerless over many things, and those are best handled by God. This allows me to have peace and serenity in times of stress, anxiety, or indecision.

Next, "Let It Begin with Me" prompts me to change the things I can to improve my situation. Sometimes, I forget that things may not improve if I simply sit back or just complain about my situation or my needs not being met. In those times, this slogan reminds me to think about things I could do, such as finding alternatives if I am unhappy with my situation. I could simply ask another person for their company or help if the person I first had in mind is not able or willing.

ANONYMOUS

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