



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 2026

Dear Loners

Welcome to the May edition of Loners Letter.

May is Al-Anon's birthday month and this year Al-Anon celebrates its 75th anniversary. We pay tribute to our co-founders Lois W and Ann B. They recognised the need for families and friends of alcoholics to have their own recovery program. As their husbands met for AA meetings the ladies gathered in Lois's kitchen and later in small home gatherings. The first general service office for Al-Anon was later established to help connect groups worldwide and share Al-Anon literature and guidance.

Al-Anon was founded in 1951, and 2026 marks 75 years of helping families and friends affected by someone else's drinking. This milestone represents 75 years of transformation as well as hope and healing worldwide. By offering support through shared experiences and tools for recovery, Al-Anon has grown from a small group into thousands of groups across more than 140 countries. As gratitude to the fellowship members come together and hold special events to celebrate this anniversary.

Al-Anon reminds us that we are not alone and that recovery is possible One Day at a Time. We learn that we didn't cause the disease of alcoholism, we can't control it and we cannot cure it. Through the steps, traditions and slogans, we learn to let go and trust in a Higher Power to find peace whether the alcoholic is still drinking or not.

We honour those long timers that came before us and built this amazing program. We pay respect to those who continue to keep our doors open and carry the message of hope with love, patience and understanding.

I am filled with gratitude to those members who came before me and to those members who walk with me on this amazing journey of serenity. Al-Anon has blessed me with strength in times of fear, peace during chaos, and Al-Anon reminds me that I am not alone.

It's the 5th Month so we focus on Step 5, Tradition 5 and Concept 5.

STEP 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

This step helps us to learn about ourselves, our shortcomings and our strengths. We humble ourselves as we share with honesty and stop justifying our behaviour. Admitting and surrendering to our Higher Power builds trust. Sharing with another human being stops us from being isolated as we learn that we are not alone on this journey. Step 5 reminds us that we do not have to carry our burdens alone. We are reminded that we do not have to be perfect we have to just be willing to Let Go and Let God be in control. As I surrender to God and to my sponsor whom I trust, I feel lighter and at peace. Healing begins when I share with honesty making space for spiritual growth, healthy relationships and inner peace.

AL-ANON FAMILY GROUPS KZN AREA

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TRADITION 5 Each Al-Anon family group has but one purpose; to help families of alcoholics. We do this by practicing the 12 steps of AA ourselves, and by welcoming and giving comfort to families of alcoholics. “The essence of all healing is love, and the Fifth Tradition demonstrates the loving nature of the Al-Anon program. In Al-Anon we learn to love ourselves as well as others.” Ref. How Al-Anon Works Page 112.

Tradition 5 keeps me focused on why I came to Al-Anon, to find help and to help others who are still struggling. It helps me to keep the focus on myself as I share my experience strength and hope. As I share, I don't feel alone as others have walked this path as well. I stop trying to control others as I focus on my own recovery.

CONCEPT 5 The rights of appeal and petition protect minorities and ensure that they be heard.

“Concept Five contains the spiritual principle that all opinions must be heard in order to have an informed group conscience. It tells us that even though we might not have unanimity at all times, we agree to listen to everyone's opinion respectfully-especially when they are a minority of only one or a few.” Ref. Reaching for Personal Freedom ...Page 139.

Concept 5 tells us everyone has a voice even if they are a minority. We listen with an open heart and respect as we share our opinions and feelings. Every opinion matters and a loving discussion helps us grow. Even when we don't agree we practice patience humility and compassion. As we listen to everyone's opinion we can make healthy decisions. This concept applies to our personal lives as well, so we can grow and form healthy relationships.

Al-Alanon events and announcements:

KZN hosted a very successful Convention 2026 in Durban. The event included meetings with inspiring shares focusing on personal healing at AA, Al-Anon and Alateen meetings. The Al-Anon 'shop' which housed crafts, souvenirs and literature, was well supported.

The KZN area is celebrating Al-Anon's 75th Anniversary with a gala Dinner and Dance. It will be an evening of delicious food, music, dancing and fellowshiping. This not-to-be-missed event takes place on 12 September 2026 at Point Yacht Club, Durban Harbour. Tickets are on sale at all Area events and meetings, or email alanonkznfg@gmail.com to book your seat.

This edition comes with an inspiring and motivational share by Saras P.

I am grateful to be of service to you. May your Higher Power guide, guard and protect you on your journey One Day at a Time.

Sending warm Al-Anon hugs. God Bless.

Valerie M

KZN Loners Letter Co-Ordinator

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

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

The past has flown away. The coming month and year do not exist. Ours only is the present's tiny point.
Courage to Change P10.

Topic: My Remarkable Recovery in Al-Anon.

None of us came to Al-Anon because our lives resemble a fairy-tale. We are here because we are grappling with an assortment of problems. Coming into the program is our salvation. It definitely was mine. Alcohol was a very embarrassing topic for discussion however I still convinced myself to attend the first meeting. On entering the room and being greeted with hugs and kisses, I felt immense warmth radiating from these women. I couldn't believe that they could be this happy when our competition was alcohol. But as I started to attend meetings more frequently, I began to understand that I was there for myself and not the alcoholic.

Before long I had become a fully-fledged member of the Al-Anon group. I obtained as much literature as I could and began to read and understand the steps, traditions and concepts. The slogans started to make more sense to me, and I realized that every single one was appropriate to my life. I found friends in the group that were in similar situations as I was. Hearing them share their experience, strength and hope gave me the courage to open up and know that these friends were not here to judge me. Neither did they have the solutions to my problems, but they would listen to me and guide me.

What I find most comforting is the ever-present anonymity card. This gives me the confidence to speak about my problems and know that it is not going to be gossiped about. Humbling myself to admit that my life was unmanageable due to alcohol, changed my attitude about many things in other aspects of my life. Prior to Al-Anon I constantly questioned, "GOD WHY ME, what have I done to deserve this alcoholic in my life?" But what I never realized is that God has a reason for everything and this is the path he was guiding me through. I began to discover the immense love of God in my life, then I realized that if I possessed this love I could give and receive love unconditionally. Because of God's love for me, I do not need to carry any more burdens. I could place all of this in the hands of my Higher Power and feel rest assured that he would take care of it for me. Finding God in my life gave me a new perspective.

I am truly grateful for the recovery groups which have assisted my family. To all my Al-Anon friends thank you for always being a pillar of strength. We have laughed and cried together and we have grown as individuals. Each of us is responsible for our personal recovery and thanks to this wonderful fellowship that recovery is possible.

To my friends, if any of you are facing fear this is what God is saying.

Fear not, for I am with you; do not be dismayed, for I am your God: I will strengthen you, and I will uphold you. Fear is a close relative to worry. Many of us today are living with fear of all sorts. Fear is false evidence appearing real. In closing I would like to share an encouraging quote from 'A Little Time for Myself' P.328

"I live in the present with a God of my understanding, and I face a future without fear.

Thank you

Saras P. Butterfly AFG. Durban