



WoW

Words of Wisdom

Al-Anon Family Groups KwaZulu-Natal

August 2026



Hi Everyone,

What an incredible time it was at the Regional Service Seminar at Saints View, Uvongo in July. A really special weekend where we got to explore what service in Al-Anon means, and work on strengthening our recovery together. It wasn't all serious work, though-it was so good to just connect with members from other groups, share some laughs, and show off some unforgettable cowgirl moves on the dance floor! That is if you are lucky enough to not have two left feet like me.

Now, on to our next big celebration: Al-Anon's 75th anniversary! The KZN area is hosting a gala dinner and dance on the 12th of September at the Point Yacht Club. It's going to be a wonderful night, filled with fantastic food, music, dancing, and plenty of time to celebrate the longevity of our beautiful fellowship.

You won't want to miss this one. Tickets are on sale right now, so make sure to get yours. If you need any more details, just ask your group rep or drop an email to the KZN area office at alanonkznfg@gmail.com

This month we are introducing a short focus on our step, concept and tradition. Also, thank you, Kelly L, for sharing your experience, strength and hope with us, as you have grown in Al-Anon.

Happy reading...

MUCH LOVE, BONNY



EXPLORING OUR STEPS, CONCEPTS AND TRADITIONS

During the 8th Month we focus on Step 8, Tradition 8 and Concept 8.

STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL. Step Eight asks us to look honestly at our past relationships and the harm we may have caused, freeing us from the burden of guilt and resentment by simply becoming willing to clear the wreckage of our past.

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 Bonny: 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

Step 8 teaches me about courage and accountability. It reminds me that I don't have to fix everything all at once; I just need to start with the willingness to look at my own behaviour. Writing the list helps me step out of denial. I learn to stop blaming others for my reactions and start taking responsibility for my side of the street. It is a gentle step because it only asks for willingness - trusting my Higher Power to prepare my heart for the actual amends when the time is right.

TRADITION 8: AL-ANON TWELFTH STEP WORK SHOULD REMAIN FOREVER NON-PROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS. This Tradition reminds us that our most powerful tool in helping others is sharing our own experience, strength, and hope, rather than offering professional advice or trying to manage their lives.

Tradition 8 encourages me to remember that we are all equals in recovery. I don't need to be an expert or a therapist to help someone else; my personal journey is enough. In my everyday life, this teaches me how to just listen and support my loved ones without trying to manage or fix their problems for them. It helps me set a healthy boundary -I can care for someone deeply without taking on the job of directing their life.

CONCEPT 8: THE BOARD OF TRUSTEES DELEGATES FULL AUTHORITY FOR ROUTINE MANAGEMENT OF AL-ANON HEADQUARTERS TO ITS EXECUTIVE COMMITTEES. Concept 8 is all about delegation and trust. It reminds us that healthy organizations and families require us to hand over authority for certain tasks without micromanaging the outcome.

Concept 8 is a great tool for managing my need for control, especially at home and at work. As a parent, I realize I can't - and shouldn't - do everything myself. When I ask my daughter or others in the family to take on responsibilities or chores, I need to delegate the task and then step back. If I trust them with a task, I have to let them do it their way, even if it's not exactly how I would do it. This concept reminds me that letting go of micromanaging builds mutual respect, capability, and real harmony in my relationships.



GROWING IN AL-ANON

When I stepped through the doors of Al-Anon in November 2024, I saw people talking, laughing, and hugging each other. I didn't know what to think. In the beginning when I attended meetings, I stayed quiet and listened. I leaned a lot on my mom then. It did take time before I made a comment now and then when someone shared. Very slowly, with time I started to open up and share a bit more. A couple of months passed and at one of the meetings nobody knew who was chairing and while watching everyone ask each other, I somehow found the courage to put my hand up and say I will chair, surprising myself and everyone else. I felt good afterwards.

While I was finding my way in the meetings, I bought my first daily reader and I started to work the program. Very slowly at first, at my pace, I was figuring out that my journey would be a lifelong journey not a marathon, and that is good. At some point I decided to chair another meeting and thought about what to choose as a topic. I decided to look at my daily reader and it made me think of something that I was searching for within myself. At one point my sister had come home for the weekend and my dad said he wanted to talk to us as a family. My dad told us that he was an alcoholic and had been attending meetings to help him. My mom was also going to meetings to help herself. When my dad told us, I didn't know how to respond just like I never knew my whole life. I cried and so did my sister because it was unexpected, but I knew in my heart that where my

parents were going was helping them and that it was important. When I shared this with my family, it brought us closer together.

I was chairing a meeting and chose the topic, "Shame and Guilt". I realised that after my dad told us that he was an alcoholic, I was ashamed and felt guilty, and while putting the topic together I was able to ask myself questions and answer them. After I chaired the meeting, I felt better because I could speak about my feelings and I felt okay about it.

I realized what I had been doing the whole time I was attending meetings, I was protecting him and it wasn't for me to do that. He has his own journey and I have mine. A couple of times Al-Anon was invited to join an AA meeting and my mom encouraged me to go. At those meetings I was able to understand the disease of alcoholism and the effects it has on friends and relatives of alcoholics.

During this time while I was attending meetings and chairing, I was able to confront my past which I realized I had buried for a very long time. It was in the Al-Anon program that I was able to talk about it whereas in the past I wouldn't have. That shows me how much I have grown in the time I have been in Al-Anon. By listening to members share, I have gained a far better understanding of the disease. I have learned to have sympathy, compassion, empathy and kindness towards the person. I can feel how much I have changed as a person, in my time in the program and that's good because it has made me value this program and work it every day.

I know I sometimes gave my serenity away while my grandpa was visiting. I tried to set boundaries and detach with love from him because I wanted this year to be better than the last several years that he has been coming out. He is a difficult person and while he stays here, he doesn't make things easy. It makes me sad to know this has happened, but what I am taking out of the experience is that I can get my serenity back and I can do it in my own time and pace.

I hadn't been well and things took a scary turn for me at one point where I needed to go to the hospital. While I was there, the support I had from my family meant everything to me. My sister had come home unexpectedly and I'm so glad she was there because it meant that my entire my family was with me while I was in hospital. It was sometimes hard to work the program while I was focusing on my health, but it was good to know that I could lean on my Higher Power.

Since walking through the doors of Al-Anon I have not looked back. Yes, there were times when I had bad days and I couldn't see through the bad times. When it happened, I still kept coming back and that has been one of the best things for me. Al-Anon has helped me to change my perspective and see things from both sides which has done such wonders for me. I have met the most amazing, loving, kind, understanding people who I learn so much from and they have learnt from me too. It has been a rewarding, lovely, and tearful journey that I know I won't leave. That makes me happy because it has really changed my life.

I am grateful to have a wonderful dad, mom and sister who I love with all my heart. I am grateful that they have been there my whole life and I know I can count on them when I need them. I have a wonderful home, wonderful friends and most of all an amazing sponsor who I love, learn from, can call when I need to and who learns from me. I know I have come a long way in my journey and to me I have become a person of my own, not the person who walked through the doors and leaned on my mom a little over a year ago.

KELLY L

