

CAPE AREA NOTICE BOARD

NOVEMBER/DECEMBER 2019

Events

Planner

Fund
Raisers

Rallies



Snap here to pay

SnapScan

FROM THE OFFICE:



New office hours: 9 to 2pm

Members' enquiries: office hours
9:30 – 13:00am

TRADITION SEVEN is a multi-faceted tool, working for the health of the member, group, Area and Al-Anon as a whole.

For direct deposits: **ABSA Bank**
Account No: 407 321 5579
Branch No: 632005 (N1 City)
Al-Anon Family Group Cape Area

Please add the group/your name
Bank charges on deposits are most cost effective in this order:

1. EFT
2. At the ATM
3. SnapScan
4. Cash deposit in the bank

AL-ANON SOUTH AFRICA

<https://www.alanon.org.za/>

<https://www.alanon.org.za/podcasts>

[-news-2/](#)

<https://al-anon.org/resources-for-professionals/>

AL-ANON WORLD SERVICE OFFICE

<https://al-anon.org>

<https://al-anon.org/for-members/>

ANNUAL PLANNER 2019/2020

Date	Meeting	Venue
23 rd November @ 1:15pm	Area Assembly + Year end get-together	Belville Presbyterian Church
30 th November	Fundraiser Walk	See below
1 st December	Gratitude Lunch hosted by Lansdowne AFG	See below
TBC January 2020	Area Assembly	TBC

AA Gratitude Dinner Dance

29th November 2019
From 7:30pm
Claremont Civic, Cnr Wilderness & Bath Roads, Claremont
Cost R200 per person

Fundraiser Walk

30th November 2019
From 10am
Green Point Urban Park
Cost R30 per person or R100 for family of four.

Gratitude Lunch hosted by Lansdowne AFG

1st December 2019
Time: 12pm for 12:30pm
15 Harvard Drive (Cnr Harvard & Derby Drive), Wetton
Fee R80 per person

Jonkershoek Summer Rally

6 to 8 December 2019
Melkbos Cultural Centre, Otto du Plessis Road, Melkbos
Weekend cost R550 (includes meals, accommodation & registration)
Day Visitors R70 (once off)

Candlelight Meeting

18th December 2019
Time: 7:30pm
St. Michael's Church Hall, Rouwkoop Road, Rondebosch.
Candles will be on sale at R20.



MAKE THE ECHO YOUR OWN

- ❖ The Echo belongs to each member in the fellowship. Everyone has a story to tell, and by sharing it, we can heal. Share your story.
- ❖ Send in reviews on CAL literature you've read.
- ❖ Send in ideas of what you would like to see in the newsletter.
- ❖ Get involved.

Please send articles, ideas, comments, marked "**CAPE AREA ECHO**" to alanonct@iafrica.com

Notice Board is published by:

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