

CAPE AREA NOTICE BOARD

FEBRUARY/MARCH/APRIL 2020

Events

Planner

Fund
Raisers

Rallies



Snap here to pay

SnapScan

FROM THE OFFICE:



Office hours:

Monday-Thursday: 9 to 2pm

Friday: 9 to 1pm

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 2020

Date	Meeting	Venue
29 th Feb 2020 @ 9am	Policy & Planning Mtg	Area Office
21 st Mar 2020 @ 1pm	Area Assembly – Lunch served by HH/Helderberg Morning/Stellenbosch	Belville Presbyterian Church
18 th Apr 2020 @ 9am	Service Committee Mtg	Area Office

Events

Blue Downs 29th @ Home

27th February 2020

Time: 8pm

Hillcrest Hall, Blue Downs Way, Hillcrest, Blue Downs

Rallies

Lesotho Rally

14&15 February 2020

Morija Youth Centre, Maseru

Registration: R70 pp

National Convention

10-12th April 2020

University of KZN, Westville

Campus, Durban

Registration: R130 pp

Fundraisers

Valentines Dance

21st February 2020

From 7pm to 12am

Pinelands Town Hall

Ticket Price: R70 pp.

Tickets avail at door or from Group Reps.

Tea and coffee on tap.

Please supply you own eats.

Soft drinks on sale.

IAGSM High Tea

Theme: **HIGH TEA OF THE ARTS**

8th March 2020 from 2pm

Belville Presbyterian Church,

Rhos Street, Belville

Ticket price: R40 pp

Tea, coffee, sugar, milk will be provided. Hostesses to

provide beverages of choice.

Annual Bingo Fundraiser

27th April 2020 from 2pm

Venue to be confirmed

Tea and coffee on tap.

Snacks and soft drinks will be

on sale at the venue.

Lots of prizes to be won and

Lucky Draws will be held.



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

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