

# AL-ANON FAMILY GROUPS CAPE AREA ECHO

ISSUE NO. 01 OF 2023 (JANUARY)

\*\*\* NEWCOMERS ZOOM MEETINGS\*\*\*

NEW GROUPS – for newcomers, newer Al-Anon members or those struggling with active alcoholism  
(Welcome to Newcomers <https://www.alanon.org.za/newcomers/>)

Cape Town: Wednesdays 5pm

Gauteng: Sundays 5pm

KwaZulu Natal: Thursdays 7pm

WhatsApp message: 082 895 6815

WhatsApp message: 082 316 3673/082 626 0262

WhatsApp message: 083 411 6683

For information regarding meetings please contact one of the numbers below or refer to the 'List of Meetings' at  
<http://www.alanon.org.za/meetings/>

CAPE AREA OFFICE: WhatsApp 066 158 0234 / Telephone 021 595 4517 / Email: [alanonct@iafrica.com](mailto:alanonct@iafrica.com)

**NEW SITE,  
NEW LOOK.**

  
Al-Anon Family Groups  
Help and hope for families and friends of alcoholics



Visit the website and let us know what you think <https://www.alanon.org.za/>

*The opinions expressed here are strictly those of the person who gave them. Take what you liked and leave the rest.*

**Cape Area office will be closed from Friday, 23<sup>rd</sup> December 2022 and reopen Tuesday, 10th January 2023.**

There are little gems all around us that can hold glimmers of inspiration

Richelle Mead

## Gems to Inspire

Sharing some of my gems taken from the programme:

1. Gratitude is the quickest way to God.
2. Faith exists whether I feel it or not.
3. Listening is the most loving thing I can do.
4. If we don't transform our pain, we will transfer it.
5. Rejection is God's protection.
6. Two things about God – there is only one God, and it's not me.
7. Lack of patience is self-will.
8. The hardest person to change is me.
9. Being happy is more important than being right.
10. All glory comes from daring to begin.

By Nicky T., Cape Area



## The Gift of Learning to Love Me

When I came into Al-Anon I felt helpless, alone and terrified I would lose my husband to alcohol. I

remember crying in my first meeting, wailing actually, in the belief that if I went on a month-long work trip, my partner would die. I literally felt that if I were not with him, he would not survive.

Today, eight years on, he is still alive and so too am I. Very alive! I feel my life has expanded to include me. I have learned, with the help of this programme, that I am not alone; that I am worthy of self-care and love and that I can have an abundant and prosperous life full of love and joy. I could only have done this with the gentle care and belief of my fellows. I owe this new life to Al-Anon.

In this holiday season, and as I arrive at Step Twelve, I have so much gratitude. And, yes, I have experienced what feels like spiritual awakenings. These include being quiet, listening and being open to my life. I am seeking ways to be of service in all areas and receive so much back from doing so. For newcomers or old-timers alike, I wish to share that what I take with me into this season, is the gift of gratitude. I express that gratitude through being of service to my Higher Power, myself, and others.

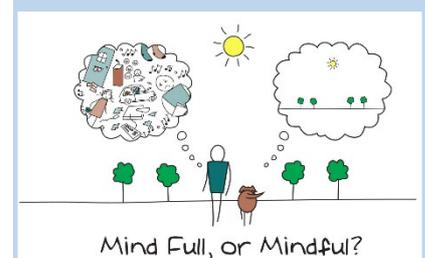
I know this programme works because it recovered the helpless, desperate, wailing woman I was, to one who is in love with her life – regardless of what others are doing.

I still have feelings, I still cry, but I also know at my core that I am held and that my Higher Power has my best interest in mind. I want to be ready and willing to accept those gifts in God's time.

By Sara W., Al-Anon Today, Issue No. 024 December 2019

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**Shared by a member**  
Every evening, write down five things you are grateful for, three things you did well and one thing you need help with.



Mind Full, or Mindful?

## Lessons From My Dog

I didn't want another dog. It was only three weeks earlier that I'd taken the previous one for his final visit to the vet.

However, my Higher Power knows our house is not a home without a four-legged friend, and also knows the difference between what I want and what I need. He/she saw to it that a beautiful older dog, needing a new home, came into our lives.

Walking her recently, I realised how much of her life is lived the Al-Anon way. She lives 'One Day at a Time'. She has faith that each morning and evening there will be food in her bowl.

During the day she is hopeful that titbits will also come her way but holds no resentment when her expectations are not met. She is an excellent listener. There is no well-intentioned advice or criticism, and she keeps confidences to herself. Even without words she clearly communicates her needs. She accepts people, places, and things just as they are.

She keeps to acceptable behavioural boundaries. She trusts us to love and care for her. Her love is

unconditional. Gratitude is shown in her joyous personality. Though she's not perfect, she pleases people without fail! Together we can make it.

**By Anon, Austra-Link Issue No. 492, April 2022**

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### How I Work the Steps

After my first few meetings I went on a mission to enlighten people around me. I began preaching to them about alcoholism being an illness - I was trying to help those who had not even asked me for it. Thankfully I stayed in the Fellowship, and I found a Sponsor to guide me through the Steps.

I like Step Twelve, it simply tells me that I was sleeping, a kind of zombie unaware of what is important in my life. I am grateful to have an alcoholic in my life as without that relationship I'd probably still be a zombie. My desperation took me to the Fellowship. I wanted to get my husband sober, but I have been given so much more - I needed the programme for myself.

In Step One I discover that trying to play God's part makes my life unmanageable. I'm not in charge and I'm powerless over people, places and things. Step Two teaches me that when my life is unmanageable I can either stay in self-pity or I can surrender and trust that I can get better with the help of my Higher Power. I work Step Three by making myself ready to accept life on life's terms. Serenity returns and no matter what happens I am not fighting anymore.

Step Four helps me to see myself as I really am. Step Five tells me how to order my focus; God, myself then others. Putting myself or others on a pedestal will make my life unmanageable again. In Step Six, I am now ready for God to do his job. In Step Seven I ask God to bury my pride before my pride buries me.

Step Eight shows me I wasn't a victim - I played a part in hurting others and I need to be willing to make amends. Time for action is in Step Nine when I am making amends. I see Step Ten as my guardian angel, helping me

during the day to notice my behaviour and to correct it when it's not right.

Step Eleven gives me a relationship with God. I can speak to him using prayer and listen to him using meditation. Step Twelve shows how to use the Steps in all situations. My life is improving.

I am no longer alone. I have all the tools I need. My life is well. I am well. All is as it should be.

**By Anon, Al-Anon Today, Issue No. 025 March 2020**

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### Taking on the Steps

Step Twelve came along unexpectedly quickly! It is my second December in Al-Anon, but my first time at Step Twelve.

Despite many good intentions to work through the Steps, I never seem to get round doing them. Initially, the information was overwhelming. It tangled me up in a crow nest of literature and information from the meetings; not to mention the runaway thoughts that popped up as my mind responded creatively to the information. I did not know how to approach the step work and got busy in the only way that I knew; analyse and ruminate. I would write and highlight, renew my thoughts and apply my mind, jotting down thoughts on little sticky notes, constantly. Overthinking became an unhealthy pre-occupation. It became a suffocating circle with no beginning and no end.

My natural approach to tasks, projects and life is systematic, sequential, and based on completion before progression. Confronting the reasons why I struggled doing the Steps, I discovered there wasn't a beginning and an end to each individual Step. Every Step is ongoing, pliable and has unmeasurable depth. It is a kaleidoscope of pain and healing that reflects the path you find yourself on at a set place in time.

Having made this discovery, I realized that the only way that the unique me would be able to move forward with any step work was that I

must adjust my approach to the "shape" of the programme, in the way that I am able to understand it.

In my mind I visualize the programme as a spiral where the level of the steps deepens within the spiral as it repeats unendingly. With each repetition through the spiral, awareness, growth, and healing take place at a more conscious level. Creating that image for myself, I was able to approach the Steps in accordance with my need to finish something before I can move on to something new. Each layer could be converted into a little task, which I could start, finish, and move on from.

In this way I was able to progress through the Steps on the corresponding month by month basis, starting all over again in January! Thinking about how I would do Step Twelve for the first time, I noticed that this Step had a very easy concrete part to it but was seriously curbed by a mount Everest challenge in the few words; "practice these principles in all our affairs".

I didn't want to get lost in the abstract challenge and identified a few easy things that I could do first and experience a sense of achievement early on the month. The first day of December I quietly put a little Al-Anon booklet at reception and was delighted to see later that day that it had already disappeared. I also sent Al-Anon contact details to an old school friend who asked for help. She did not believe that Al-Anon would benefit her and I was able to let it go. So even in failure, I was successful in applying Al-Anon principles. In the past, I would have made it my life's mission to convince her that Al-Anon is the only answer to all her problems.

After much deliberation I knew I had to identify one single principle on which I could concentrate going forward in the first attempt at the more difficult part of Step Twelve. Trying to practice all, would just lead to failure for me. I chose to practice unconditional acceptance of and compassion for the challenging people in my family. I will apply these same principles to myself in presenting my true self to those around me, instead of the usual pretending. The slogan that I chose to hold in the palm of my hand is: "To say what I mean, mean what I say and not be mean when I say it".

I only did a few things during this huge Step, but it gave me immense satisfaction and re-affirmed my

appreciation for our slogan that says: "Easy Does it Best".

By Nienke A., Cape Area



## Keeping What I have by Giving it Away

I have been an Al-Anon member for about 16 years. When I came to my first meeting, I was desperate; desperate to know how to stop the alcoholic in my life drinking; desperate to stop feeling as terrified and desperate to understand what was happening to me and to the drinker.

When I heard that I couldn't stop the drinking, I was horrified and wondered what the point of Al-Anon was. What kept me coming back was the kindness and understanding I received from the other members of the Group. They weren't telling me what to do, or what I should be doing for the drinker, unlike the rest of my family, and they listened to me, unlike my family.

I soon came to realise that while I couldn't change the drinker, I could change my behaviour and how I reacted around the drinking. It seemed very strange to learn that hands off would be more effective than all the pleading, nagging, arguing and shouting I had been doing.

I wouldn't have been able to change without the wonderful and loving support of my Group.

That was the beginning of my recovery and much to my amazement, it worked. I felt calmer and in control of myself and my life and, wonder of wonders, when I stopped interfering, the beloved alcoholics found their own recovery.

I still come back to Al-Anon after all these years because I want to keep my recovery and my serenity. I don't ever want to return to being the way I was before Al-Anon.

By Anon, Al-Anon Today, Issue No. 029 March 2021

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## Criticism

Criticism is a hurtful and unkind way of communication. I found myself and still do find myself on the receiving end of my partner's criticism, especially when he is drunk and worse when he is sober. I absorbed his words as if they were my own. I grew up with a very critical parent and later found that I too had become a perfectionist and critic. Learnt behaviour patterns are hard to break and I am so thankful I get to learn healthier behaviour in Al-Anon.

So, my partner and I both seem to either be defending ourselves from the other's attack or finding ourselves doing the criticising, both seeking to control the other with either of these responses.

I heard in program that criticism means 'the tearing of flesh'. How awful it feels to be on the receiving end of this behaviour, I end up feeling just as bad when I engage in it myself. There is a difference between a complaint and being criticised. Criticism feels like a personal attack on my character, and it leaves me exhausted, deflated and affects my self-esteem. For example, "Why can't you pick up after yourself? You are just lazy and ungrateful!"

When I criticise, then I am focusing on the negative and there is no growth when this happens. Criticism diminishes my self-worth over time and leaves me feeling helpless. I either withdraw, fight back, or stay emotionally frozen for days.

These days my carefully built self-esteem does not need to hear this language. I work so hard in my program and will not allow criticism to diminish me ever again. I will not tolerate me speaking to myself in this way either.

When my partner starts saying nasty things about me, I try to consider the source and not take it personally.



I consider that hurt people hurt people and his behaviour reflects his own pain, just as mine reflects my own hurt and distress.

I desperately want my behaviour to reflect love and kindness. I desperately want to be a better version of myself than I was yesterday. To diffuse the situation, I can practise saying or doing something like this:

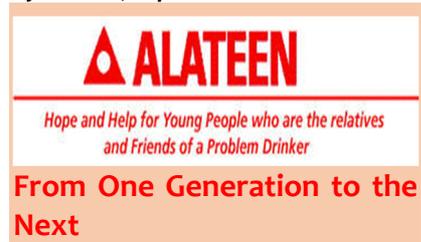
- "Please don't talk to me like that, it really hurts."
- "Seems like nothing I do is good enough for you and that makes me very sad."
- "Let's talk about this another time."
- "Thank you for your feedback, I will take what I like and leave the rest."
- I could walk away and leave the room.
- Say my serenity prayer over and over in my head.
- Save communication for when we are both in a happier space.
- Write a letter using 'I' words.
- Go to a meeting where I feel loved and accepted.
- Learn to let the criticism slide off me.

There are beautiful readings on this topic and others that I struggle with, in our amazing Conference Approved Literature and I use this as my daily strengthening tool.

Self-criticism is the worst thing, I think, and this comes from my need to be perfect, I can judge myself so very harshly. These days I try to use loving language when I speak to myself and tell myself that I am doing my best every day.

My tongue is a powerful weapon and has the power to make or break someone. It can make or break me too. How am I using it today? Is it being used to judge, criticize, or condemn or to build, love and edify myself and those around me. I have choices every day. God, please help me to choose wisely just for today.

By Anita P., Cape Area



Before going to Alateen, I often felt alone and lonely. I did not want anyone outside of my dysfunctional house to know what I was living with. I was always trying to hide or wanting to disappear into the shadows, hoping my terrible secret would never be exposed.

One day, my mom shared with me that my dad had a disease (alcoholism) and that it affected the whole family. At the time, I did not know why I was always sad and afraid and feeling cut off from the world. My mom promised me that if I went to Alateen, I would start to feel much better. At my first meeting, we read from a red book, *Alateen – a day at a time* (B-10). As each week passed and we continued to read from it, I was always amazed at how easily I could relate to the stories and feelings expressed.

As months went by, I realized my mom’s promise was coming true. I no longer felt alone, and my sadness started to melt away as quickly as it would surface. With the tools presented in the little red book, I was starting to feel better a day at a time. After almost a year in Alateen, my mom bought me my own *Alateen – a day at a time* book as a Christmas gift. Inscribed was, “Read this for Health and Happiness. Love, Mom.”

Today, I still have my Alateen book, except now it sits in my son’s room, where he knows he can reach for it anytime if he is struggling with his feelings or starts to feel alone. With this book, we have been able to pass down from one generation to the next how to live in recovery and not live in the disease. I am eternally grateful.

**By Rita, Ontario, The Forum, October 2022**

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

Many teens come to Alateen to learn how to cope with a loved one’s drinking, but soon find out that the coping skills they learn can be applied to many situations.

Although you cannot stop anyone else from drinking, you can get support for yourself in Alateen meetings.

**ALATEEN**  
 Hope and Help for Young People who are the relatives and Friends of a Problem Drinker

Alateen, part of the Al-Anon Family Groups is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength, and hope.

**When:** Thursday  
**Time:** 6 to 7pm  
**Where:** Online  
 Contact 0845472804 for login details  
**Age Group:** 12 to 17 years

Alateen can help  
 Al-Anon Helpline 086 125 2666\*www.alanon.org.za



**My Burdens Weighed Me Down Until I Found Al-Anon**

My therapist suggested that I attend Al-Anon. The keyword is “suggested.” Believe me, I did not want to sit around a table with a bunch of strangers, but something told me to and gave me the strength and courage to do it.

It was as if I were carrying this huge steamer trunk full to the rim. I dragged this baggage everywhere I went. It was so heavy and weighed me down, as well as everyone I met. I didn’t want anyone to help me carry it. Eventually, friends, family members, and co-workers simply didn’t want to be around me. I continued to drag my baggage along until I was physically, emotionally, and spiritually exhausted. I remember thinking how tired I felt and that I couldn’t do it anymore.

So, I dragged this trunk full of stuff into my car, drove to the meeting location and parked. I just sat there, waiting until the coast was clear because I didn’t want anyone to see what I had with me. I got this baggage out of the car, dragged it along on the pavement and pulled it up the steps, clunk-clunk-clunk! I slid it to the door, turned and finally looked in the room. I thought, “Oh, my gosh. What do I say, what do I do, what if they don’t like me...?”

The members of the group looked up at me and then noticed what I was carrying. Someone said, “Oh my. I used to have one just like that, except mine was blue.” I felt relief. Everyone came toward me and seemed to know just how to be supportive. I finally accepted the kindness of others and just let them help me.

Since then, I have been able to go through that baggage, throw away what I don’t need and downsize. I have worked very hard to reduce my baggage, and now it fits nicely into a backpack. The weight of it continues to get lighter, and someday I hope to be able to fit all my stuff into a small coin purse.

Carrying my load is so much easier now. I have freedom, energy, serenity,

and hope – “One Day at a Time.” And I can even ask for help.

**By Tina F., Wisconsin, The Forum, October 2017**

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.



**An A to Z of Suggested Holiday Coping Skills**

- A. Call a friend in the programme.
- B. Do something nice for yourself such as a massage tea with a friend, a movie, etc.
- C. Keep your Higher Power with you all the time. Sit down. Keep quiet. Smile.
- D. Take time for yourself. Make time to be alone. Relax.
- E. Pray and meditate. Use the Serenity Prayer as a mantra.
- F. Don't JADE – Justify. Argue. Defend. Explain.
- G. Get to a meeting. Get into your literature. Get off their back. Get out of their way. Give them to God.
- H. Keep it Simple. Easy Does it. One day at a time.
- I. Reinvent your holiday. Start or add new traditions. Give yourself permission to change.
- J. Be aware of your expectations
- K. Have healthy boundaries in place.
- L. Detach with love. It's ok to walk away, take a walk or sit quietly in another room.
- M. Pause. Don't react. Get quiet. Observe the chaos around you.
- N. THINK – Is it Thoughtful? Is it Honest? Is it Intelligent? Is it Necessary? Is it Kind?
- O. How Important is it? Is it more important to be right than to have serenity?
- P. Let Go and Let God. Live and Let Live.
- Q. Breathe deeply. Hug yourself. Do basic self-care, eat properly, sleep, exercise, etc.
- R. Use neutral statements when communicating. Avoid starting sentence with 'You'.
- S. Use one liner to diffuse situations: "You may be right". "Sorry you feel that way".
- T. Pause. Pray. Prepare.

- U. Manage your attitude. Keep your slate clean. Let It Begin with Me.
- V. Stop and feel the emotions, notice your reactions. Identify. Become aware of your feelings.
- W. Acknowledge if you are grieving.
- X. Another person has their own Higher Power. They are a child of God.
- Y. Surrender. Surrender. Surrender.
- Z. Do what you can do. Progress not Perfection.

By Nicky T., Cape Area



## Tips for Copying with the Holidays

This time of the year can be a minefield of feelings, events, filled with friends and family. Remember that there are online meetings available throughout this period, as well as some in-person meetings. Please consult the meeting list online at

<https://www.alanon.org.za/find-a-meeting/>

Visit the following link for suggestions on how to cope with the family gatherings

<https://www.alanon.org.za/wp-content/uploads/2022/10/Service-Tool-3-Family-Gatherings-Service.pdf>

Source: AFG South Africa website <https://www.alanon.org.za/>



## Why Use CAL (Conference Approved Literature)?

- ☑ Written by and for Al-Anon members.
- ☑ Ensures that Al-Anon remains Al-Anon.
- ☑ Subject to rigorous review to ensure it accurately reflects Al-Anon principles.
- ☑ Avoids confusion about Al-Anon focus and purpose.
- ☑ Enhances our unity by avoiding outside issues.

## CAL Specials Available

Give the gift of Conference Approved Literature to your loved ones this festive season. There are some spectacular specials available. Contact the office for prices by WhatsApp 066 158 0234 or email [alanonct@iafrica.com](mailto:alanonct@iafrica.com).

CAPE AREA CAL SPECIALS AVAILABLE FROM DECEMBER 2022 TO END FEBRUARY 2023, OR WHILE STOCKS LAST.	
ITEM	DESCRIPTION
B03ZA	Alateen: Hope for children
B08	Al-Anon's 12 and 12
B24ZA	Paths to Recovery
B32ZA	How Al-Anon Works
B33ZA	Intimacy in alcoholic relationships
A02ZA	Serenity Bookmark
J1ZA	Tell me about Al-Anon
M12ZA	Just for today Al-Anon Bookmark
M13ZA	Just for today - Alateen Bookmark
M81ZA	Just for tonight Bookmark
P04A	Alkoholisme, die Familiesiekte
P14A	Jy is dus lief vir 'n alkoholis
P16	To the mother & father of an alcoholic
P47	Al-Anon Sharings from Adult Children
P88	Service Sponsorship: Working smarter, not harder
P89EF	Doubting your sanity?
R18	Parents of alcoholics
S19ZA	Detachment
S71	Conflict Resolution Card

## Look What's Coming Next Summer!

### Al-Anon's new daily reader

Al-Anon's next daily reader, *A Little Time for Myself - A Collection of Al-Anon Personal Experiences* (B-34), will be making its debut at the 2023 Al-Anon International Convention in Albuquerque, New Mexico, USA, from June 29-July 2, 2023! Just as our earlier daily readers reflected the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today.

Source: *In the Loop News from WSO November Newsletter*



Sign up to be kept "In the Loop" at <https://signup.e2ma.net/signup/1855605/1799701/> and receive the latest updates from WSO in your in-box



## New Hopes

As we look ahead to the 2023 Al-Anon International Convention with A.A. Participation in Albuquerque, New Mexico, USA, what does "New Hopes" mean to you?

\*Hopes of coming together after years of quarantining and electronic meetings?

\*Hopes of newcomers walking through the door to start their recovery journey?

\*Hopes of sharing this program through the next service opportunity that presents itself?

\*Join us as we celebrate "New Hopes, New Friends, Renewed Recovery" 29 June to 2 July 2023.

<https://multisoftwarevents.com/AlAnon23/Register.aspx>

Source: "In the Loop - News from the WSO" December 2022

Several members from South Africa and surrounds will be attending the Convention. We wish them well in their planning.

Al-Anon Declaration

*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.

God, grant me the

*Serenity* to accept the things I cannot  
change,

*Courage* to change the things I can, and

*Wisdom* to know the difference.

THINGS THAT ARE **STILL** TRUE  
IN THE LAST MONTH OF THE YEAR

- ☑ EVERYDAY IS STILL BRAND NEW
  - ☑ TOMORROW COULD STILL SURPRISE YOU
  - ☑ YOU ARE NOT DEFINED BY WHAT YOU DID NOT ACHIEVE
  - ☑ YOU ARE STILL LEARNING NEW THINGS
  - ☑ THERE ARE STILL HUNDREDS OF HOURS TO MAKE THE MOST OF THIS MONTH
  - ☑ AS LONG AS YOU'RE STILL BREATHING, THERE IS STILL MUCH MORE TO COME.
- MORGAN HARPER NICHOLS

# NOTICEBOARD

## FACE-TO-FACE MEETINGS & E-MEETINGS

Visit <https://www.alanon.org.za/meetings/> for up-to-date meeting information. Inform the Area office once your group returns to face-to-face meetings.

**\*\*\*\*NEW MEETINGS – Please support\*\*\*\***

**Contact the office for more information**

### \*Triangle (Brackenfell) - Face-to-Face Meeting

The Triangle group is a face-to-face meeting and meets on Thursdays at 7:30pm at 5 Dorrey Street (cnr of Dorrey and Stasie), Brackenfell.

### \*Kuilsvier - Face-to-Face Meeting

The Kuilsvier group is a face-to-face meeting and meets on Wednesdays at 7.30pm at 51 Van Riebeeck Road, Kuilsvier.

## WHERE DO I BUY CAL?

Order your literature by visiting the office, email [alanonct@iafrica.com](mailto:alanonct@iafrica.com), telephonically on 021 595 4517 or 066 158 0234. Payment options are direct deposit, EFT, Snapscan, Payfast or cash.

### What is CAL? Conference Approved Literature

- CAL is written by and for Al-Anon members
- CAL has passed a rigorous review process
- CAL is identified by this logo



## UPCOMING FUNDRAISERS AND EVENTS

### Meetings

#### \*Area Assembly

21 January 2023 at 1pm.

#### \*Service/Policy & Planning Meeting

18 February 2023 at 1pm.

### Fundraisers

**\*T-shirt** Limited stock available. Contact the office for more information.

**\*Memorabilia** Items for sale. Contact the office for more information.

### Rallies/Conventions/Other

#### -Triple A Rally

Theme: Working with others

Date: To be advised.

More information to follow.

### Group News

## SPECIAL Events

Is your group celebrating a special occasion, holding a combined meeting, arranging a fundraiser? Advertise here. Email details to [alanonct@iafrica.net](mailto:alanonct@iafrica.net) or WhatsApp it to 082 342 2102.

## NEXT ISSUE

The topic/theme for the next issue is:

### Al-Anon Tools of Recovery.

**\*Steps and Traditions \*Meetings \*Literature \*Telephone  
\*Slogans \*Sponsorship \*Fellowship \*The Serenity Prayer  
\*Service**

What Al-Anon tools help you overcome challenges from growing up in an alcoholic home or living with an alcoholic?

Please share your experiences on this or any other topic, by sending your shares to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or WhatsApp to 0823422102.

The opinions expressed here are strictly those of the person who gave them. Take what you liked and leave the rest.

Source: Al-Anon WSO Website Blog



From a Loner: "Thank you so much. Wonderful read. Especially, it awakened and reminded me of the importance of reaching out. Many blessings this Christmas."

We'd love to hear from you. Please send your feedback and/or suggestions of what you would like to see in future issues of the Echo to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or WhatsApp it to 082 342 2102.

## TRADITION SEVEN ~ Every group ought to be fully self-supporting, declining outside contributions.

A reminder to all members to pay group contributions on a regular basis. The Area needs every member's contribution to continue to keep its doors open. **Every member and group are part of the solution.**

Thank you to all who continue to pay their contributions and to the groups who fundraise among their members during these somewhat difficult times.

**Bank:** ABSA

Account Name: Al-Anon Family Group Cape Area

Account No: 407 321 5579

Branch No: 632005

Type: Cheque

Ref: GC, Group Name, Member's Name

**Payfast link:** Click on or copy and paste link and select the amount or manually enter the amount you want to contribute and follow the prompts.

<https://www.payfast.co.za/donate/go/alanonfamilygroupscapearea>

**SnapScan:**

