

# AL-ANON FAMILY GROUPS CAPE AREA ECHO

ISSUE NO. 06 OF 2023 (JUNE)

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

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

**Cape Town: Wednesdays 5pm**  
WhatsApp message: 082 895 6815

**Gauteng: Sundays 5pm**  
WhatsApp message: 082 316 3673/082 626 0262

**KwaZulu Natal: Thursdays 7pm**  
WhatsApp message: 083 411 6683

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

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

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

## Recovery, Unity, Service, and the Circle of Welcome Within

Before coming to work at the World Service Office (WSO), as a local member, I didn't think much about the Al-Anon logo or its history. But in my role as Legal Specialist at the WSO, I've had the opportunity to research the history of our logo, and I've come to understand its importance in protecting the Al-Anon name.

According to our oral history collection (housed in the WSO Archives), the Al-Anon logo was originally created circa 1955 by Thomas C., the 12-year-old son of a WSO Volunteer, while sitting at the family's kitchen table.

In the early 1960s, members and groups were using various emblems to identify Al-Anon. Recognizing the need to protect the name of Al-Anon, discussion was brought forward, and, at the 1968 World Service Conference, the Al-Anon Family Groups logo was approved for identification of Conference Approved Literature (CAL). As recommended by the General Manager of the Alcoholics Anonymous General Service Office, Al-Anon's Board authorized the Executive Director to pursue registration of the names and logos for AFG, Inc.

Today, Al-Anon uses three symbols, which are registered as Al-Anon marks with the U.S. Patent and Trademark Office. The Al-Anon/Alateen logo with "AFG" in the circle is a popular means of identification at conventions and joint fellowship events. The logo without the "AFG" was adopted for easy identification of stationery,

service tools, and other Al-Anon/Alateen material. It also appears on our book covers and spines. Conference Approved Literature is identified on the copyright pages by the original seal accompanied by the words "Approved by World Service Conference, Al-Anon Family Groups."

A description of the logo and its symbolism appears in the Introduction to Paths to Recovery – Al-Anon's Steps, Traditions, and Concepts (B-24) as follows:



Al-Anon's logo is a triangle with a circle inside. The three sides of the triangle symbolize our three Legacies: Recovery through acceptance of the Steps, Unity through acceptance of the Traditions, and Service through acceptance of the Concepts. All three sides are necessary for the triangle to remain a triangle, just as a three-legged stool needs all three legs in order to stand. The circle within the triangle has been described by some Al-Anon members as a circle of welcome that carries the Al-Anon message of hope to the many families and friends who are living or have lived with the disease of alcoholism. In this simple symbol, we find represented the spiritual principles that unite us in our common bond: recovery from the effects of the family disease of alcoholism. (p. xi)

Use of Al-Anon's symbols for anything other than Al-Anon/Alateen

purposes—or any alterations of them—endangers their legal status. As the Legal Specialist at the WSO, I work to protect our registered marks to ensure that Al-Anon/Alateen is there for the next family member or friend that reaches out for help.

**By Anne P., International & Legal Specialist, The Forum, May 2023**

*"Inside Al-Anon Family Groups" presents news, policy, & commentary from volunteers, staff & readers sharing experience through service. Reprinted with permission of The Forum, Al-Anon Family Group Hqt, Inc., Virginia Beach, VA.*

Take life on life's terms -  
one day at a time. And have  
fun while you're doing it.

Joe Perry

## Living life on life's terms

My twenty concepts based on analysis of Conference Approved Literature (CAL):

1. Acceptance is a key component of living life on life's terms. The book, *Courage to Change* (B-16), states: "Acceptance is the key to my serenity. I resist reality less. If I accept life completely and fully, I am better able to handle anything that comes my way" (p.139).

2. Letting go of control is another important aspect of living life on life's terms. As stated in *One Day at a Time* in Al-Anon (B-06): "The more I try to control and manipulate situations, the more I am frustrated and drained. When I let go of control, I can focus on what I can change and feel more peaceful" (p.69).

3. It's important to remember that we can't change others, only ourselves. The book, *Paths to Recovery* (B-24), reminds us: "I cannot control anyone else's behaviour, but I can choose how I respond to it" (p.186).

4. Living life on life's terms means accepting that not everything will go our way. As stated in Hope for Today (B-27): "Life is unpredictable and often unfair. It's up to me to adjust my expectations and find happiness in the present moment" (p.99).

5. It's important to have faith in a higher power and trust in the journey. As stated in How Al-Anon Works (B-32): "By surrendering to a higher power and accepting that things will unfold as they should, we can find peace and serenity" (p.276).

6. Learning to let go of resentment is another key to living life on life's terms. From Survival to Recovery (B-21), states: "When I hold onto resentment, I am only hurting myself. Letting go of anger and bitterness allows me to focus on my own healing and growth" (p.270).

7. It's important to practice self-care and prioritize our own well-being. As stated in Al-Anon's Twelve Steps and Twelve Traditions (B-08): "I am responsible for taking care of myself and setting healthy boundaries. By taking care of myself, I am better able to help others" (p.79).

8. Remembering to live in the present moment is an important aspect of living life on life's terms. As stated in The Forum: "When I live in the past or worry about the future, I am not fully present in the moment. By focusing on the present moment, I can find peace and joy."

9. Learning to detach from negative situations and people is another important aspect of living life on life's terms. As stated in Alateen: "Detaching with love allows me to step back from negative situations and people without becoming emotionally invested in their behaviour."

10. Practicing gratitude and focusing on the positive aspects of life can help us live life on life's terms. As stated in Al-Anon's Twelve Steps and Twelve Traditions (B-08): "By focusing on what I have to be grateful for, I can find joy and contentment in life" p.103.

11. Learning to communicate effectively is another key aspect of living life on life's terms. Paths to Recovery (B-24), states: "By learning to communicate my needs effectively,

I can build healthier relationships and reduce conflict in my life" (p.57).

12. Accepting others for who they are, without judgment, is another important aspect of living life on life's terms. As stated in Paths to Recovery (B-24): "When I let go of judgment and accept others as they are, I am better able to connect with and help them" (p.171).

13. Being open to change and new experiences is another aspect of living life on life's terms. As stated in Courage to Change (B-16): "Change can be scary, but it can also be an opportunity for growth and new experiences" (p.211).

14. Learning to forgive ourselves and others is an important aspect of living life on life's terms. The book, One Day at a Time in Al-Anon (B-06), states: "Forgiveness is essential for healing and moving forward. By letting go of resentment, we can find peace and freedom" (p.306).

15. Accepting our own limitations and imperfections is another aspect of living life on life's terms. As stated in Al-Anon's Twelve Steps and Twelve Traditions (B-08): "I am human and imperfect, and that's okay. By accepting myself as I am, I can find self-love and compassion" (p.13).

16. Recognizing and accepting our own emotions is another key aspect of living life on life's terms. As stated in One Day at a Time in Al-Anon (B06): "I am allowed to feel my emotions, even if they are uncomfortable. By accepting and processing my emotions, I can find healing and growth" (p.98).

17. Learning to live in harmony with others and the world around us is another aspect of living life on life's terms. In One Day at a Time in Al-Anon (B-06), states: "By living in harmony with others and the world, we can find peace and contentment" (p.293).

18. Acknowledging and learning to cope with life's challenges is another key aspect of living life on life's terms. The book, Al-Anon's Twelve Steps and Twelve Traditions (B-08), states: "We can't control the challenges that come our way, but we can control how we respond to them" (p.166).

19. Recognizing and accepting our own strengths and weaknesses is another aspect of living life on life's terms. As stated in Courage to Change (B-16): "By accepting our strengths and weaknesses, we can find balance and self-love" (p.212).

20. Finally, learning to love and accept ourselves flaws and all, is the ultimate aspect of living life on life's terms. As stated in How Al-Anon Works (B-332): "By loving and accepting ourselves, we can find true happiness and fulfilment in life" (p. 209).

*By Andrea E., Cape Area*



### Back to square one?

After four years of sobriety – well we think it was a sober time – my alcoholic daughter has gone off the rails. She lives and works overseas.

We don't know the full story – and never probably will – but we understand that she became romantically involved with a new business partner just after Christmas. Seemingly the business quickly went sour and so did the relationship.

My wife and I felt the impact with sobbing late night phone calls and requests for sympathy and financial help – both of which were given very reluctantly. Difficult to tell whether alcohol or substance abuse was taking place at the distance between us, but the calls came sometimes at very odd hours. On other occasions the calls were quite normal and very upbeat, and we thought things were back to normal.

However, the strange behaviour carried on and we decided that we had had enough both emotionally and financially. The 'Let Go and Let God' mantra kicked in. We blocked the phones and limited the communication medium to email only. There has been no contact in the last two weeks – which is rather worrying of course, but far better for us than the continuing emotional and financial blackmail.

Our other daughter who lives overseas took the same action and has blocked all communication.

We wait now until the month end to see if the promised repayment of the financial help will be made.

So, are we back to square one in assisting our daughter to get back onto her feet? Have we wasted all that time, money, and effort over the last four years and the many years before when she was an active alcoholic? We don't know and will never probably find out. However, the experience we gained in the past has been invaluable this time around, as has been continuing participation in the weekly group meetings, where there is ongoing exposure to the skills, we need to defeat the problem. This attendance despite the sobriety.

The ball is quite firmly now in our daughter's court. We are not going to actively assist her or provide more financial help. If she shows signs of tackling her problems in a sensible manner, then we will be there to encourage of course.

**By Anon, Cape Area**

What we really have is a

## *Daily Reprive*

contingent on the  
maintenance of our  
spiritual condition

### **A Daily Reprive (Part 1)**

#### **How I got here**

I didn't find Al-Anon, it was more like Al-Anon found me. I drove my wife to a face-to-face A.A. meetings since she came from rehab in April last year. Not because I wanted to make sure that she attended the meetings but because she doesn't see well at night and, a woman driving alone between 8 and 9pm did not seem ideal. So, I sat and waited in the car during the meeting, occasionally coming in when there was an open meeting. In July last year, an Al-Anon meeting was started at the same venue, and I have not missed a meeting since.

#### **Experience**

As I was first preparing this share, I was forced to think hard about this as I was struggling to find

experiences that I thought were relevant.

#### **The Early Years**

My wife and I met and have been together since our mid-teens. We were part of a large friendship circle and weekend parties, and drinking were the norm, and it was a lot of fun. By our early 20's, we were married, had a family and a place of our own. As for the drinking and partying, it was essentially more of the same. This pattern continued through our 20's, 30's and even into our 40's. Meanwhile we were raising a family and building our careers.

#### **The Decline**

In the last three or four years however, something changed. My wife's drinking was no longer limited to weekends and the volumes that were being consumed steadily increased. Although this was a concern, what really bothered me, was the behaviour that resulted from the drinking. She became adept at finding pressure points and would say the most hurtful things. Over time, this bothered me less and less until it got to a point where nothing she said really had any effect. I cannot say the same for the rest of the family though. Our son and daughter and their spouses were often the targets for these verbal assaults.

#### **My Grandson's pain.**

In 2021, my daughter & her family were having a tough time financially. I suggested that they stay with us temporarily, as we were thinking of buying another property in the area and they could then move into the new place once this deal was finalised, and the place was renovated. I should have realised, that although this was only going to be for a few months, it was not a good idea. The drinking persisted and the arguments between my wife and daughter escalated. My wife eventually said that she wanted them out. I'll never forget the hurt expression on my grandson's face the night they moved out when he asked his mother, "Mommy, why doesn't gran love us?" Nothing, to this day has hurt me more than experiencing that boy's pain.

#### **What part have you played in the family disease?**

A few weeks ago, the discussion topic at our Al-Anon Group was, "What part have you played in the family disease?" I never knew that alcoholism was a disease until I read one of my wife's books entitled "Alcoholics Anonymous comes of age", where I came across the definition by Dr William Silkworth, who was the first to refer to alcoholism as "an allergy of the body and obsession of the mind".

#### **So, What Part did I play?**

This concept was something I resisted. Surely, I didn't play any part in the drama that was created by my wife's drinking. It took some quiet time and having to step back from the situation to view it objectively and see my role. I decided to make a list and see which of these roles I had played, or still play today. It was an interesting experience, and I came to realise that it wasn't a single role but multiple roles I played from time to time.

*As the Enabler*, I tolerated and at times ignored the issue. Sometimes this seemed like a better option than getting involved in another unpleasant conversation and potentially having her lie to me about drinking, buying alcohol or hiding it.

*As the Victim and the Martyr*, I offered help because I felt I had to, and her lack of appreciation bothered me terribly and to say I'd built up a little resentment is maybe an understatement. I played the victim role, in order to gain pity or sympathy or receive compassion from others

*As the Provocateur or Provoker*, I intentionally initiated conversations that would inevitably lead to an argument, giving me the opportunity to give back some of what I was getting.

*As the Conflict Avoider*, when a volatile situation arose, I would change the subject, put off a discussion, not bring up a subject of contention or use what one of the ladies in our Al-Anon group refers to as "Stilstuipe" aka "The Silent Treatment".

Mostly, I think the I played the Rescuer.



I remember thinking about this “Rescuer Role” when my wife was still drinking, and asking myself the question, “If not me, then who?” Picking her up after two car accidents, trying to get her away from the scene as quickly as possible so the other drivers or police didn’t realise she’d been drinking. Dealing with the drivers of the other vehicles, tow trucks, insurance, and panel beaters. Having to pick her up from work because I got a call from one of her colleagues to say “She’s not well and needs to go home but we don’t feel she’s able to drive her car” ... If not me, then who?

I unfortunately had not yet joined Al-Anon during her active drinking days and did not have access to the tools and members of the fellowship for guidance. I hadn’t heard of concepts such as detachment with love and allowing the alcoholic the dignity of making their own mistakes and dealing with the consequences.

#### **A Daily Reprieve**

A few weeks ago, we attended a rally in Durban which was organised by my wife’s on-line group. The theme for the rally was “A Daily Reprieve” and when I heard this, my first thought was, “A reprieve from what?” as my wife was in recovery, all the related drama seems to have evaporated like mist before the rising of the sun.

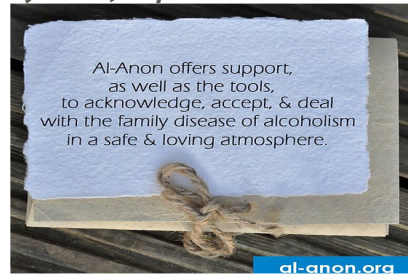
That however got me thinking – was my now, seemingly peaceful existence, still contingent on my wife’s sobriety. Heaven forbid this ever happens, but what if she does have a relapse, how would I manage that. This topic of conversation once came up in our Al-Anon meetings and I felt confident I’d be able to manage, regardless of whether she was drinking or not.

What gave me pause however, was one night, I dreamt that she had relapsed. The anger and frustration I’d felt before, all came rushing back and I felt that way for most of the following day. It reminded me of how unmanageable my life had been before and how her behaviour and the results thereof had become all consuming. I used to find it difficult to focus and concentrate at work, driving home and thinking, I wonder

what’s waiting for me when I get home... mostly it was to a messy house, dishes piled in the sink, curtains still drawn, and windows tightly shut, and my wife passed out in the bedroom. The fact that she was passed out, seemed the lesser of two evils, as I would not have to talk to her in her intoxicated state.

**Read Part 2 in the next issue.**

**By Anon, Cape Area**



#### **Sometimes Miracles Happen**

I am the oldest child of two alcoholics. That statement tells you a lot about some of the ways the family disease of alcoholism shows up in my life – controlling, caretaking, and people-pleasing being at the top of the list. When I was six years old, my only brother was born, and he became my responsibility. I have spent a lifetime being told to take care of my brother. I believed that it was my job to make sure his needs were met and that he was okay.

He has spent a lifetime perceiving himself as a victim, believing that he couldn’t take care of himself. He lived with our dad all his adult life until Dad passed away. He dropped out of school and has alternated between low-paying jobs and periods of unemployment. He has been homeless off and on and bounced from one crisis to another.

My dad’s deathbed wish was for me to promise to “take care” of my brother, and I have always tried to keep that promise, swooping in whenever he was in crisis to help him, for instance, buy a car, find a place to live, apply for social assistance, get a job, or pay his phone bill. After many years in Al-Anon, you would think I would know how to “Let Go and Let God” take care of my brother as I learned to do with the alcoholics in my life.

But the challenge for me was that my brother is not an alcoholic or

addict. He has no diagnosed mental illness. But, like me, he is a child of alcoholic parents. My Sponsor told me that some people affected by this disease just fail to launch. My brother is one of them. I have spent a lifetime trying to launch him into my version of a better life for him.

Several months ago, my brother lost yet another job and began circling the drain towards homelessness once again. This time, with the help of my Sponsor, my Al-Anon friends, the tools of the program, and the grace of my Higher Power, I have been able to detach from his situation and quit trying to control the outcome. I talked to him when he called, but during those conversations, I did not grill him about what he was doing to fix his situation, nor did I offer to help solve his problems. I did not shame or berate him. I kept the conversations civil and pleasant. This was not easy for me, but with constant repetition of “Let Go and Let God” as my mantra, I am finally coming to believe that my brother’s life and its outcome are not my responsibility.

And sometimes, miracles happen! My brother called a few days ago to say that he got a job, on his own, without my help (aka interference)! The gratitude and relief I feel is overwhelming. I do not know how long this job will last or what the future holds, but right now I am so very proud of him. And I am proud of myself and the growth I have achieved by using the tools of the Al-Anon program. “One Day at a Time,” I am learning to “Let Go and Let God” take care of my brother.

**By Denise C., Saskatchewan, The Forum, March 2023**

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#### **Knowledge is the key to recovery.**

Living with an alcoholic can be a challenging experience. It can be difficult to cope with the unpredictable behaviour, emotional

instability, and damage inflicted on relationships.

While there are many ways to deal with living with an alcoholic, gathering knowledge is one of the best and most effective ways to navigate this situation.

According to Al-Anon literature, one of the keyways to deal with living with an alcoholic is by educating oneself about the disease. This includes understanding the signs and symptoms of alcoholism, the effects of alcohol on the body and mind, and how alcoholism relates to mental health. By acquiring knowledge, individuals are better equipped to understand the behaviour of the alcoholic and how to deal with it.

As the Al-Anon book "Courage to Change (B-16)" notes, gathering knowledge about the disease of alcoholism can help individuals develop healthier coping mechanisms. Rather than resorting to destructive behaviours like anger, detachment, or enabling, individuals can develop ways of coping that promote positive changes. This may include actions like self-care, setting boundaries, or seeking professional help.

Not only does gathering knowledge help individuals cope with the situation, but it can also transform the way they think about the alcoholic. In "How Al-Anon Works (B-32)" stresses the importance of understanding that the alcoholic's behaviour is a manifestation of the disease, rather than a reflection of personal weakness or fault. This shift in perspective can help individuals approach the situation with compassion, empathy, and understanding, rather than anger, resentment, or blame.

Furthermore, gathering knowledge can also empower individuals to speak up for themselves and advocate for their needs. "Paths to Recovery (B-24)" emphasizes the importance of setting boundaries and communicating effectively with the alcoholic. By gathering knowledge, individuals can better understand how to express their feelings and needs in healthy

ways that promote growth and change.

Finally, gathering knowledge can provide individuals with a sense of community and connection. Attending Al-Anon meetings, reading Al-Anon literature, and talking to others who have dealt with similar situations can help individuals feel less alone and more supported. This sense of community can be a powerful source of comfort and healing during a difficult time.

In conclusion, gathering knowledge is the best way to deal with living with an alcoholic. It can help individuals develop healthier coping mechanisms, transform their perspective on the situation, empower them to advocate for their needs, and provide a sense of community and connection. As the Al-Anon literature makes clear, gathering knowledge is an essential step towards healing, growth, and recovery for both the individual and the alcoholic.

**By Andrea E., Cape Area**

**ALATEEN**

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

**SELF**  
IS NOT SELFISH

**The Gifts of Recovery in Alateen**

I've been in the program for three years now, but only used to go to Alateen once a month or at Conventions. It takes one and a half hours to drive to my nearest Alateen meeting. The drive is longer than the meeting. Plus, it is difficult to juggle with my other activities.

I used to go to Al-Anon meetings with my mum. I love her to bits, but there are some things I don't want to share in front of her, even though Mum encourages me to share.

Thanks to online meetings I can now attend my meetings independently. The online Alateen meetings have been great, and it is wonderful to attend a regular meeting. People in my online meeting know more about me than others who have known me for years. It's so nice to realise that I am a 'regular' person who can be quite bonkers at times.

Alateen has helped me to accept myself and given me courage to let go of toxic friendships. It helps me to move on and I can now do things which others think are selfish, but which I know are good for me.

Alateen has also taught me that if someone is upset, I don't have to fix it for them, and that crying is good and therapeutic. Crying also helps take off my makeup!

I'd be very sad and lonely if I didn't have this meeting.

**By Anon, Al-Anon Today, Issue 31, October 2021**

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### Reaching Out to Help Children of Alcoholics

It was a cold, dark, February night when I came to my first Al-Anon meeting. I was young in years (only a couple years too late for Alateen), but I felt ancient, worn-out, and totally lost in spirit. The effects of my mom's alcoholism had ravaged me, but all I could focus on was my desperate attempt to save her. The members at that meeting welcomed me and assured me I was in the right place. Their stories were different than mine, but they shared the same feelings. I went home that night feeling hope, and as if a thousand pounds had been lifted off my shoulders. I was no longer all alone.

My road toward recovery has not been easy or short, but as members helped me let go of the many coping mechanisms I developed as a child, I began to feel better every day. I can never give back as much as I feel I owe to Al-Anon, but today I do whatever I can. As my Al-Anon anniversary comes around each February, I celebrate it by honouring the kindness of those members who encouraged me by offering that same kindness to other children of alcoholics still in pain. I let them know they are no longer all alone.

How appropriate it is that this year in the US, Children of Alcoholics Week will be held February 14-20, to

bring national awareness to the effects of alcoholism on children. Throughout the month, the World Service Office (WSO) will be publishing content to draw attention to the support that Al-Anon and

Alateen meetings provide across the globe to adult children of alcoholics and teenagers living in alcoholic homes. It's the perfect time for local service arms and groups to plan special speaker meetings focusing on children of alcoholics, to reach out to local community support agencies about how Al-Anon can help, or to provide Al-Anon speakers for educational meetings held at institutions, facilities, or schools. Individual members can also participate by sharing WSO content on social media. Let's do all we can to let anyone who has been affected by parental alcoholism know that Al-Anon and Alateen can make a difference.

*By Tom C., Associate Director, Literature, The Forum, January 2021*

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## KEEP IT SIMPLE

### From Alateen to Al-Anon

I was a member of Alateen at 13 years old. My dad was an alcoholic.

I was a very damaged and troubled child. My dad was a very emotional drunk and I was the sponge. I soaked in every bit of his disease: the hurt, the tears, and the anger. My self-esteem had hit the floor. I was powerless over my dad.

I felt so empty and that no one would understand my situation until I found the wonderful fellowship. I went on to be a member of Al-Anon. Thank God I did.

My behaviour was totally out of control. I was angry at my dad, resentful of what the disease had taken from me, I was a victim, I was very controlling.

Al-Anon gave me the wonderful gift of tools, Slogans, and most importantly peace and serenity.

Today my dad is ten years sober, and I no longer live in the hurt of the past. I live for 'One Day at a Time', I

keep things simple and keep the focus on me.

*By Anon, Al-Anon Today, Issue 31, October 2021*

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**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**

**WhatsApp 0845472804 for login details**

**Age Group: 12 to 17 years**

**Alateen can help**

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



### Grateful for the Benefits of Service

*"I am thankful that I've been led to become an Al-Anon Member Involved in Alateen Service and an Alateen Group Sponsor. When new Alateen members arrive at a meeting for the first time, I'm always amazed at how willing some of them are to speak up about how alcoholism in their homes has affected them and how easily they see that this is a safe, welcoming, accepting space where they can talk freely. When they become willing to share, it is evident that they need a place where they can talk about what they've experienced and what they are living with." The Forum, November 2021*

**Source: Al-Anon WSO Facebook Page**

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



### JUNE - DOCTORS, HOSPITALS & REHABILITATION CENTRES

June is National Drug & Alcohol awareness month.

The target this month is all health-related facilities, doctors' rooms, pharmacies, hospitals, rehabs, psychiatric hospitals, clinics, company clinics, private hospitals, depression clinics and physiotherapy units, retirement homes, frail care units, Nursing and Medical Training Colleges.

Please inform the Area Public Outreach Coordinator or office administrator of the public outreach that you do for recordkeeping purposes.

Public outreach literature is readily available from the Area or General Service offices.

### Suggested CAL for JUNE

- J-1E Tell me about Al-Anon.
  - P-3 Alcoholism, a merry go round named denial.
  - P-4 Alcoholism, the family disease.
  - P-14 So you love an alcoholic.
  - P-19 What do you do about the alcoholic's drinking?
  - P-33 Why anonymity in Al-Anon?
  - P-36 Al-Anon Fact File.
  - P-41 Facts about Alateen.
  - P-48 Understanding ourselves and alcoholism.
  - P-89 Doubting your sanity.
  - S-17 Al-Anon is for you! 20 Questions.
  - S-19 Detachment.
  - S-20 Alateen is for you! 20 Questions.
  - S-25 Did you grow up with a problem drinker?
  - S-37 Fact Sheet for Professionals.
- Many more pamphlets are available for Public Outreach from the local office. Al-Anon Area Office contact details:  
Helpline no.: 0861 425 2666  
GSO email: [alanongso@iafrica.com](mailto:alanongso@iafrica.com)  
Area email: [alanonct@iafrica.com](mailto:alanonct@iafrica.com)  
Website: [www.alanon.org.za](http://www.alanon.org.za)

### 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.*



# NOTICEBOARD

**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/>

## IN-PERSON & ELECTRONIC MEETINGS

Visit <https://www.alanon.org.za/find-a-meeting/> for up-to-date meeting information. Inform the Area office of any changes in group's information.

### NEW MEETINGS:

**Please support – Contact the office for more information.**

#### \*Kuilsvier – In-Person Meeting

Wednesdays at 7.30pm at NG Kerk, 51 Van Riebeeck Road, Kuilsvier.

#### \*Gansbaai – In-Person Meeting

Wednesdays at 7pm at Gansbaai Family Church, Buitekant Street, Gansbaai.

#### \*Triangle (Brackenfell) – In-Person Meeting

Thursdays at 7:30pm at 5 Dorrey Street (cnr Dorrey & Stasie), Brackenfell.

### CHANGE IN MEETING DETAILS:

\***Courage to Change Electronic Meeting** – Monday at 7pm

\***Durbanville Electronic Meeting** – Sunday at 7pm from 16/4/23

\***Lansdowne In-Person Meeting** – Wed at 7.30pm from 1/5/23

## 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, SnapStore, Payfast or cash.

**Al-Anon literature that may be of interest: Relationships.**

BOOKS	REF
Dilemma of the Alcoholic Marriage	B04
As We Understood	B11
In all our Affairs	B15
Opening Our Hearts, Transforming our Losses	B29
Discovering Choices	B30
Intimacy in Alcoholic Relationships	B33
Al-Anon is for Men	P01
Al-Anon, You and the Alcoholic	P02
So you Love an Alcoholic	P14
Jy is dus lief vir 'n alkoholis	P14A
Youth and the Alcoholic Parent	P21
Living with Sobriety	P49
Does she drink too much ?	P62

Source: Al-Anon WSO Website

## UPCOMING EVENTS

### MEETINGS / EVENTS

#### \*Al-Anon National Service Conference

Thursday, 1 to Sunday, 4 June 2023 – In-Person.

#### \*Service Meeting

Saturday, 10 June 2023 at 1pm – In-Person.

#### \*Area Assembly

Saturday, 15 July at 1pm – Electronic.

#### \*Annual General Meeting (AGM) / Elections

Saturday, 15 August at 1pm – More details to follow.

#### \*Area Assembly

Saturday, 9 September – In-Person (before RSS).

#### \*Regional Service Seminar (RSS) – All day event

Saturday, 9 September – More details to follow.

### RALLIES/CONVENTIONS

#### \*A.A. Founders Day Rally – Celebrating 88<sup>th</sup> Anniversary

Theme: Courage to Change

Venue: Belhar Indoor Sports Centre, Proton Rd, Belhar.

Date: Sunday, 11 June 2023 – 8am to 5pm

Registration: R50-00

#### \*West Coast Rally – 29 September to 1 October 2023

Registration Fees: Weekend: R750 per person

Venue: Weskus School, Saldanha

Day Visitor R80 per person.

### FUNDRAISERS / GROUP NEWS

#### \*Fellowship Fundraising Events – AFG Cape Area

*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

## Send Your Shares

## Submissions due by 22 June 2023

The topic/theme for the next issue is – **Service – How has service in Al-Anon aided your recovery?**

**How long should my sharing be?** (<https://al-anon.org/pdf/writing-guide-for-the-forum-F1.pdf>)

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.



Please send us your feedback. What would you like to see in future issues? We'd love your input.

## 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.

**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/alanonfamilygroupscaparea>

**SnapScan** (SSWA0763)



Snap here to pay

**SnapScan**

**NEW PAYMENT METHOD AVAILABLE:**

**SnapStore Pro card machine**

