

\*\*\*NEWCOMERS ZOOM MEETING\*\*\* Group for newcomers, newer Al-Anon members or those struggling with active alcoholism. Welcome to Newcomers <https://www.alanon.org.za/welcome/>  
For information regarding meetings please contact one of the numbers below or refer to the 'List of Meetings' at <https://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 – Visit Al-Anon South Africa's new website at <https://www.alanon.org.za/>

Cape Town: Wednesdays 5pm  
WhatsApp: 066 158 0234 / 082 895 6815

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. Opinions expressed herein are not to be attributed to Al-Anon as a whole. Members share their personal experiences and stories and invite other members to 'take what you liked and leave the rest', to determine for themselves what lesson they could apply to their own lives.

Page 1 ... What's on in the Area?	People pleasing – my strength, my weakness.
Page 2 ... New Beginnings – Birthday Rally.	
Page 3 ... Recovery, unity, service, and the circle...	Let's talk about safety in Al-Anon meetings
Page 4 ... Alateen – Dancing in the rain	2024 Al-Anon membership survey
Page 5 ... Notice Board	I'm grateful for the consistency...

## "What's On?" IN THE AREA

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

**SAVE the Date** 7 September  
2024  
from 9am  
**REGIONAL SERVICE SEMINAR (RSS)**

Schoenstatt Retreat and Conference Centre

More information to follow.



### People Pleasing – My Strength, My Weakness.

Before Al-Anon and before marriage at 24, I considered myself to be a happy person who had a mammoth group of friends whom I loved and respected and vice versa. Helpfulness was one of my biggest traits. I would do weekend volunteering at government hospitals, never complained to wash a bed pan or feed babies. I was a high school counselling rep who somehow had the right words of comfort and advice for my peers, and the kids at school loved me so much, they made me prom queen. Those were the good old days. I loved who and what I was because I did everything I did from a good place and space.

Fast forward to after marriage, my agenda changed because now what I did

was to make others happy which left me feeling very sad.

I married into a family with addiction problems, that I didn't know nor understand, I was a new young mum who would go to any lengths to make those around me love me, especially my new family.

Joining Al-Anon, I learnt the term people pleasing and was able to identify the feelings and emotions I had no name for previously. Over the last two weeks, my life became increasingly unmanageable and so my sponsor and I had to do a postmortem of my emotions and what was causing me to lose my sanity.

My people-pleasing quality was perceived by me as a strength because it often involves qualities such as empathy, kindness, and a desire to help others. Here are a few reasons why I considered and see my people pleasing tendencies as a strength:

1. Empathy: People pleasers are often highly empathetic individuals who genuinely care about the feelings and well-being of others. Their ability to understand and connect with others on an emotional level can be an asset in building relationships and fostering harmony within groups and families.

2. Conflict resolution: People pleasers tend to avoid conflict and strive to maintain peace and harmony in their relationships. This can make them skilled at resolving disputes (maybe more external disputes and internal) and mediating conflicts, as they are adept at finding compromises and accommodating the needs of different parties.

3. Team player: In group settings, people pleasers often prioritize the collective goals and harmony of the team over their individual desires. Their willingness to cooperate, collaborate, and support others can make them valuable team members who contribute to a positive environment.

4. Building rapport: People pleasers are skilled at building rapport and forming connections with a wide range of people. Their friendly demeanour, willingness to listen, and genuine interest in others can make them likable and approachable, facilitating smooth interpersonal interactions.

So, in a nutshell this was me, my strengths, which after three years into my marriage I perfected. I was a YES MAM, YES SIR kind of girl. Everyone in the family was on a pedestal and I had to earn my right to be given the ladder to get onto a pedestal and then work even harder to earn the right to start climbing it and soon I was no longer that person that loved my life, as I lived how others wanted me to and my selflove and value of self was erased.

After listing all my amazing qualities, how could I look at my superpower as a downfall? I then had to ask myself what people pleasing does to me.

While people pleasing behaviour can have its strengths, it's important for me to strike a balance and prioritise my own wellbeing and boundaries. Overly prioritizing others' needs at the expense of my own can lead to burnout, resentment, and a lack of authenticity in relationships. Learning to assert boundaries, communicate assertively, and practice selfcare are essential for maintaining healthy relationships and personal wellbeing.

Even though my life no longer consists of an addict and the addicted family that gave me the boot for not complying, I have all my beautiful defects of character that still haunt my days. When I look at the past two weeks and what developed was simply madness. I learned that when I said "Yes" and I said yes to everything my boss asked of me, whether in my job description or not, then I would be safe. Forgetting that I am providing a service

and receiving a remuneration for this service, I ignored my boundaries, lost my balance, and soon said goodbye to selfcare. That burnout was there, waiting to happen and it did. My fear of feeling unworthy, feeling abandoned, or simply just not liked, overpowered every decision I made and so I made all the wrong ones that left me ill, mentally, and physically. In the process of the loss of sanity over these two weeks, I also lost something more important to me than remuneration and that was where I placed my Higher Power and myself in order of priority. I took control and I failed miserably because though I worked so hard to please others, I went to bed hating myself. I would then moan and ask my Higher Power why He had given up on helping me.

People pleasing refers to the tendency of individuals to prioritise the desires, needs, and opinions of others over their own, often at the expense of their own wellbeing and personal boundaries. People pleasers typically seek approval and validation from others and may go to great lengths to avoid conflict or rejection, even if it means sacrificing their own values or happiness. This behaviour can lead to feelings of resentment, burnout, and a lack of authenticity in relationships.

And that's exactly where I was, I could not say no, I did not set any boundaries and I pushed myself beyond human capabilities. It was not just my boss, it was friends, family, non-work commitments, anyone who wanted a piece of me got it. I was so overwhelmed and guilty with the desire to fulfil everyone's needs that I let myself and my Higher Power go. I allowed myself to be less valued, I was doing three jobs, and been paid for one. I was giving time to people when time was what I was running out of and I crashed. I could not physically nor emotionally get out of bed; I had no strength to even consider making lunch and taking my son to school. I just lay in bed, hating how I did not love myself enough to fight for myself.

I learned in my early days of joining Al-Anon, that I did not cause the addiction, I cannot control it and I cannot cure it so in saying, that I am not responsible for what has come of my husband's life. I then cannot add blame onto anyone for where I am. No one made me a people pleaser, I could have said "no not today", and no one can cure

my defects of character BUT a power greater than me can help me be aware of these flaws and once I understand them, they can be removed with faith.

My conclusion of this postmortem was that all my people pleasing weakness was based on one primary factor and that is Fear. Fear of failure which then meant everything else falls away, how could people love me, to stay with me and how could I be safe if I was alone. Ridiculous right, because if I have no balance and if I keep saying yes, then at what cost would I be physically available to practise any of my strengths and if I continue to try and play God then how could I appreciate and be grateful for all the success of the past two years that Al-Anon has taught me. I have many defects of character, and when my life is spinning out of control, I sometimes say to myself that being good is such hard work and if I flip the coin then I wouldn't feel as crappy as I feel. Blessings, that in those moments I can look at where kindness, compassion and self-reflection has gotten me, and I rather work a million hours to be the person my Higher Power intended for me to be rather than the doormat many people make me out to be. So now I don't ask my Higher Power to take away the pain but rather give me courage to work through and understand my defects so that when I am asked to be kind, I do it from love and not for someone's love. And if anyone I say no to walks away from me, then I say that rejection is God's protection.

*By Vicky P., Cape Area*



### New Beginnings

The Area held its annual Birthday Rally, with A.A. participation, on Saturday, 4<sup>th</sup> May at a Community Hall in Bothasig. The theme was "New Beginnings", and meeting topics were "Hope for families", "Discovering choices", and "Yes! to life." During the second meeting, a gratitude collection was held, an ongoing annual tradition where members donate expressing their gratitude towards Al-Anon. Also at this meeting, a decadent chocolate

birthday cake, donated by a member, was served to all present.

On arrival, members registered, poured themselves a hot drink and took their seats to listen to speakers from various groups, from Al-Anon, A.A. and Alateen. Speakers included a father/daughter duo and siblings. It was enlightening to hear everyone's shares.

Members generously donated plates of eats to be shared at teatime, and from the abundance, these were enjoyed throughout the day.

Literature desks for both fellowships were well stocked and popular with members on the day. Seeing the wide smiles from members who had finally found the literature they'd been looking for was and is special.

Lunch, a choice of chicken or vegetarian akni and sambles was served. A message from an A.A. attendee expressed the abundance of the event "I attended an Al-Anon Rally today and it was really such an amazing experience. As usual, the teatime eats were better than high tea at Twelve Apostles... The speakers were mind blowing and the lunch to die for!! Humongous pots... To crown it all, we could have second helpings... Everything was just so Al-Anon – the perfect hosts making sure all are well and fed! Truly super special Al-Anon Rally."

It was a day filled with love, much laughter, some tears, and many hugs. Members caught up with each other, listened to powerful shares, and at the end of the day, the hope is that each one left a little more loved, and more connected to one another and their program of recovery.

Events like these are not possible without the commitment of our service committee, the volunteers that turn up, roll up their sleeves and get stuck in setting up the venue, keeping the urns full and hot, washing up, serving lunch and all the other various tasks that need to get done. Thank you to each member who attended, for the willingness to do service. As Concept Four states "Participation is the key to harmony." Service in any form strengthens our recovery in so many ways. Our next event is the Regional Service Seminar (RSS) in September. See you there.

*By Fatima D., Cape Area*

*From "As we Understood" B-11 p.250  
"The lives of all human beings are composed of different phases and each phase represents a new beginning. Each phase is like a season of the year, different, yet transient. If we live these seasons consciously, we can enjoy the winter as well as the spring."*



## 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, and commentary from volunteers, staff and readers sharing experience through service.

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



## I'm Grateful for the Consistency and Unity Found in Al-Anon

Growing up in the family disease of alcoholism taught me not to make any

plans, not to trust, not to take risks, and not to rock the boat. Having very little I could truly count on; I never knew what to expect. I felt I had no say in decision-making and how things ultimately turned out.

By the time I found Al-Anon, I was convinced this was my "lot in life." In Al-Anon meetings, I heard a clear and consistent message of love and hope, which helped me on the road to recovery and continues to help today. I am thankful for that consistency that is apparent in every meeting I attend, whether at home or when travelling. It ensures that all meetings:

- Welcome anyone affected by someone else's drinking.
- Use only Conference Approved Literature.
- Keep the focus on Al-Anon-related topics and use Al-Anon terms.
- Guard my anonymity and maintain the practice of "Whom you see here, what you hear here, when you leave here, let it stay here".
- Strive to live with and by the policy decisions approved by our World Service Conference, Al-Anon's largest representative group conscience, and
- Adhere to the spiritual principles found in the Twelve Traditions and Twelve Concepts of Service.

This consistency fosters unity and allows us to achieve our primary purpose – to offer help and hope to anyone affected by someone else's drinking.

In recent months, unable to meet in person, my home group temporarily moved to an electronic platform. The technology may have been unfamiliar and awkward to some, but the meeting was not. We shared the way to access the electronic information about the meeting format, and, while we had to adapt to a different way to participate, our Al-Anon focus remained the same! Additionally, we made certain that our temporary meeting information was available for anyone seeking help from Al-Anon.

I am so grateful for the consistency and unity of the Al-Anon program. Our responsibility as Al-Anon members is to make sure that when anyone, anywhere, reaches out for help, that same message of hope and help we found in Al-Anon is always available.

*By Sue P., Associate Director – Group Services, The Forum, November 2020*

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

## Let's talk about safety in Al-Anon Meetings!

*"Safety is an important issue within Al-Anon... solutions... are based on the fundamental principles of our fellowship and... will help keep our meetings safe."*

Read more about this topic at <https://al-anon.org/pdf/Safety-in-Al-Anon-meetings.pdf>

## ALATEEN

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

Together We Can Make It.



### Dancing in the Rain

My journey toward the spiritual life I've found in Al-Anon began when I was a young child growing up in an alcoholic family. But I didn't start down this road to recovery until halfway through my life, when I became concerned about my daughter's disease.

I was unhappy growing up. It's a classic story of family dysfunction that many of us experienced as children. My father's alcoholism was never treated, and he died prematurely because of his illness. I, too, went untreated for the effects of his alcoholism upon me.

It was a rocky road. I suffered from low self-esteem, intense self-judgment, an inflated sense of responsibility, people-pleasing, loss of integrity, and, above all, the need to control. I carried all these defects and more into my role as a mother to my struggling daughter, and, predictably, the situation only got worse.

I was a very hard sell on the first three Steps of Al-Anon, which pointed out my powerlessness and inability to manage the family disease of alcoholism, as well as my need for the help of a power greater than myself. My stubbornness cost me my health and my career. But once I did let go of my self-reliance and started working the Al-Anon program, my whole life changed for the better. The Serenity Prayer has been my mantra every day. I've learned to let go of what I can't change. I don't have the power to free my daughter from her disease, but I can do my part to be healed from my own. This is where I've focused my work in Al-Anon.

My daughter has gone up and down the rollercoaster of her disease for 20 years, and right now she's in a very bad place. But that has only tested me more. My faith grows stronger every day when I release my daughter with

love to her Higher Power, and I can firmly trust in mine.

Friends ask, "How do you do that? You make it sound so simple!" I tell them that, first of all, getting here hasn't been simple. I've reached this point only after years of poisoning my most important relationships with the defects I talked about earlier. I knew I had to change in order to be happy. Secondly, today I choose to accept whatever happens in my life, unconditionally, in faith. I read somewhere that pain is in resistance, not in acceptance or surrender. It's much less painful to let go and have faith that things are unfolding as they are meant to. I just have to get out of the way.

We all have different stories, but what has blessed me about the spiritual life I've found in Al-Anon is that I can always look within myself and find peace regardless of the storms raging around me. I'm learning how to dance in the rain.

By Marilea R., Washington, *The Forum*, February 2023

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Is there a history of alcoholism in your family? Maybe Alateen can help. Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon Family Groups. For information about Alateen meetings contact the Area office or the Alateen Coordinator.

Office contact details:

Email [alanonct@iafrica.com](mailto:alanonct@iafrica.com)

Tel 0215954517/WhatsApp 0661580234

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: Thursdays  
Time: 6 to 7pm  
Where: Online

WhatsApp 084 502 2542 for login details.

Age group: 12 to 17 year olds

Al-Anon helpline 086 125 2666

Visit [www.alanon.org.za](http://www.alanon.org.za) for more information.



### Mark Your Calendars: Thursday, June 20, 2024!

It is time for another Al-Anon Membership Survey! This survey has been conducted every three years since 1984 and is a very important service event for all Al-Anon members. This survey provides data-supported evidence that Al-Anon recovery works, so professionals can feel comfortable recommending Al-Anon to their clients and patients.

The Al-Anon Membership Survey is:

- Open to all Al-Anon members ages 18 and over
- Available in English, Spanish, French
- Conducted June 20–July 31, 2024

Check out the results from the 2021 Membership Survey

<https://al-anon.org/pdf/2021-MembershipSurvey.pdf>

**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,  
THE COURAGE TO CHANGE THE THINGS  
I CAN, AND THE WISDOM TO KNOW THE  
DIFFERENCE.



# N O T I C E   B O A R D

ISSUE NO. 06 OF 2024 (JUNE)

**NEW SITE, NEW LOOK** – Visit Al-Anon Family Groups South Africa’s NEW website at <https://www.alanon.org.za/>  
 Visit Al-Anon Family Groups South Africa **NEW ONLINE BOOKSHOP** at <https://online.alanon.org.za/>  
**CAPE AREA OFFICE CONTACT DETAILS:** Tel 0215954517/WhatsApp 0661580234 / Email [alanonct@iafrica.com](mailto:alanonct@iafrica.com)

## WHERE DO I BUY CAL (CONFERENCE APPROVED LITERATURE)?

Order your literature by visiting the office, email [alanonct@iafrica.com](mailto:alanonct@iafrica.com), telephonically on 021 595 4517 or 066 158 0234 or visit the online bookstore at <https://online.alanon.org.za/>. Payment options are direct deposit, EFT, Snapscan, SnapStore, Payfast or cash.  
 Visit the literature desk at upcoming events to view CAL available. Our friendly literature coordinators will be happy to speak to you.

## IN-PERSON & ELECTRONIC MEETINGS

Visit <https://www.alanon.org.za/meetings/> for up-to-date meeting information. Inform the Area office of any changes in group’s information. Please contact the office for more information.

### Updated meeting information, new groups and groups needing support

<p><b>Delft Group</b>, Mondays at 7pm                  Rosendal Primary School, Rosendal Road, Delft.  <b>Hottentots Holland Group</b>, Mondays at 7.30pm                  St Paul’s Church Hall, 45 Andries Pretorius St, Somerset West.  <b>Victoria Group</b>, Tuesdays at 11.30am                  Die Slot Kerk, 2nd Avenue, Lotus River, Grassy Park.  <b>Lentegeur Group (REOPENED)</b>, Tuesdays at 7pm                  Main Hall Lentegeur Hospital, 133 Highlands Drive, Lentegeur, Mitchells Plein.  <b>Moorreesburg Group (NEW GROUP)</b>, Tuesdays at 7.                  Koring Museum Hall, Piketberg Weg, Moorreesburg.  <b>Rondebosch Group</b>, Wednesdays at 6.30pm                  St Michael’s Church Hall, Rouwkoop Road, Rondebosch  <b>Alateen Group (electronic)</b>, Thursdays at 6pm                  For young people between 12 and 17 years of age.</p>	<p><b>Durbanville Group (electronic)</b>, Sundays at 7pm, except last Sunday of the month where Al-Anon’s join AA for a combined in – person meeting.  <b>Gqeberha (Port Elizabeth)/East London Meetings</b>  <b>East London</b>, Tuesday 19:30                  Cambridge Methodist Church Hall, Hebbes St, Cambridge, East London.  <b>Westering (NEW GROUP)</b>, Wednesday 19.00                  Westering Methodist Church, Papenkuils Street, Westering, Gqeberha.  <b>Comfort Group</b>, Thursday 19:00                  151 Rensburg Street, West End, Gqeberha.  <b>Newton Park</b>, Thursday 19:30                  Methodist Church Hall, 3rd Avenue, Gqeberha.</p>
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## UPCOMING EVENTS

MEETINGS / EVENTS	
<p><b>*Service Committee Meeting</b>                  Saturday, 15 June 2024 – in person.  <b>*Al-Anon SA National E-Conference</b>                  20-22 June 2024 – electronic.</p>	<p><b>*Area Assembly with Literature Workshop**</b>                  Saturday, 20 July 2024 – electronic.                  **All members welcome to attend Area Assemblies and especially the workshops being presented in 2024. Participation is key to recovery.</p>
RALLIES/CONVENTIONS	
<p><b>*A.A. Founders Day Rally</b>                  Date: Sunday, 9 June 2024 (9am to 1pm)      Venue: Hottentots Holland High School, Somerset West.                  Session 1: 9am to 10.30am      10.30am to 11.30am Tea, Coffee, Networking      Al-Anon speaker at Session 2: 11.30am to 1pm</p>	
<p><b>*Regional Service Seminar (RSS)</b>      <b>SAVE THE DATE</b>      <b>More information to follow.</b>                  Date: Saturday, 7 September 2024      Venue: Schoenstatt Retreat &amp; Conference Centre</p>	
<p><b>*West Coast Spring Rally (A.A. Rally with Al-Anon participation)</b>      Theme: Willingness to grow                  Date: 20-22 September 2024      Venue: West Coast School, Saldanha      Price: Weekend R1020pp / Day Registration R100                  Contact the office for more information.</p>	
FUNDRAISERS / GROUP NEWS	
<p>Is your group celebrating a special occasion, holding a combined meeting, arranging a fundraiser? Advertise here. Email details to <a href="mailto:alanonct@iafrica.net">alanonct@iafrica.net</a> or WhatsApp to 0823422102.</p>	
<p><b>*Workshop – Communication and Conflict – More information to follow.</b></p>	

NEXT ISSUE	Send Your Shares	Submissions due by 21 June 2024
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For the next issue the topics are:

- Reflect on your Al-Anon birthday – whether you’re a newcomer or longtime member.
- How has Step 6, Tradition 6 or Concept 6 helped in your recovery process?

*“... sharing your story has the potential to help someone else feel less alone...”*

Please share your experiences, strength and hope on these or any other topic, by sending your shares to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or WhatsApp to 0823422102. We’d also love to have your input on topics for future issues. Send your suggestions to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or WhatsApp to 0823422102. How long should my sharing be? (<https://alanon.org/pdf/writing-guide-for-the-forum-F1.pdf>) - Most sharings are 300 to 400 words long but can range from a sentence or two to a 1,200-word personal recovery story.

## 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.

<p><b>Bank:</b> ABSA                  Acc Name: Al-Anon Family Group Cape Area                  Account No: 407 321 5579                  Branch No: 632005                  Type: Cheque; Ref: GC, Group, Member</p>	<p><b>SnapScan</b>  <a href="https://pos.snapscan.io/qr/SSWA0763">https://pos.snapscan.io/qr/SSWA0763</a></p>	<p><b>SnapStore Pro card machine</b>  </p>
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