

ISSUE NO. 12 OF 2024 (DECEMBER)

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/>

Cape Town: Wednesdays 5pm

WhatsApp: 066 158 0234

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

NEW SITE, NEW LOOK – Visit Al-Anon South Africa's new website at <https://www.alanon.org.za/>

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.

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What's on in the AREA

AA Western Cape Summer Rally
29 Nov - 01 Dec 2024

THEME:
The Fellowship of the Spirit

VENUE:
Disaakof, Betty's Bay

PRICE:
R900 - Members
R450 - Children
R1100 - per day
R70 - per meal

What to bring with you:
• Plates, bowls, cutlery
• Pillow and duvet blanket
• A sense of humour!

Sites available for:
Camping
Caravans
Camper vans

Meals and accommodation included

For further info, please contact:
Doreen J - 073 278 2923
Terzel - 076 159 5016
Craig - 082 088 2684

Play your fee into the following account:
Name: Alcoholics Anonymous Western Cape
BANK: ABSA
ACC NO: 405 508 7142
BRANCH CODE: 632 005
Ref: WCB2024 - Your Name

VOCO VISA

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

Year end Picnic

Saturday 7 December 2024
12noon

Bring and share.

Show off your favourite Christmas headgear!

Green Point Urban Park
Mouille Point Lighthouse Entrance

Contact Annalise at the Office:
Monday to Thursday: 9.30 - 2pm
Phone: 021-5954517
WhatsApp: 0661580234
E-Mail: alanonct@iafrica.com

All welcome as we fellowship together. Join us in celebrating the end of a busy year.

Bring your own table and chairs or sprawl on a blanket.

Cape Area NEWS

Area Office Annual Closure

The Area office will be closed from **Thursday, 19 December 2024 and reopen on Monday, 13 January 2025**. Last date for literature orders that require delivery is 12 December.

Conference Approved Literature (CAL) – Place Your Orders!

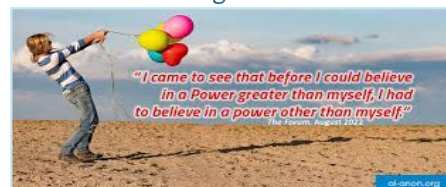
If you are considering placing orders for literature or purchasing literature as gifts, please ensure your orders are placed on or before 12 December.

CAL – a gift that keeps on giving

Books, pamphlets and/or bookmarks make wonderful gifts or stocking fillers for family and friends. Visit the office or view literature online to see what's available. You'll find that there's literature for everyone – teens, adult children, spouses, friends, parents, grandparents and anyone else who may be affected by someone else's drinking. At an extra cost, literature can be delivered to almost anywhere in South Africa. Contact the office administrator for more information.

Resources available on website!!

Visit the South African website <https://www.alanon.org.za/> and find the many resources available to you just a click away. There are guidelines at <https://www.alanon.org.za/manuals-and-guidelines/> that may help you navigate family gatherings, and many invaluable resources such as "Suggestions to improve relationships at family gatherings"; "Suggested guidelines for living with an alcoholic"; "Suggested newcomer's readings" and much more.



Came To Believe

For me "Came to believe", as a portion of Step Two, it is often helpful to remember that it is written in the past tense. When I walked into my first meeting firmly convinced that a Power greater than myself could bring good into my life. If there was, why was I so unhappy and confused? Belief

grows as I open my mind enough to consider that a spiritual resource could help me with my problems. By listening to the experience of others and want what they have: peace, serenity, happiness, faith, joy. Many members, though filled with many doubts, are willing to seek other possibilities. Willingness to listen and to consider an alternative – even a Higher Power.

For me, the Second Step is the possibility about hope. It is the process by which I come free from whatever problem is bothering me. It gives me something else to do, somewhere else to go when my life becomes unmanageable, I learn to look beyond myself for answers. With this Step, I come to believe that a Power greater than myself could restore me to sanity, I am asked to open my mind to the possibility that help is available. Perhaps there is a source of assistance that can do for me what I have been unable to do for myself. I don't have to believe that it will happen, only that it could.

This little bit of hope, this chink in the armour of despair, is enough to show me that I am willing to move in the direction of healing. Once I recognize that the possibility that help exists, it seems worthwhile to explore a relationship with my Higher Power. A little willingness can go a long way towards making hope and faith an ongoing part of my life. In the hands of a Higher Power, sanity and serenity becomes realistic hopes.

Many of my AlAnon friends used the slogans to deal with their fears, but when fear engulfed me, all I could think of was "Came to believe..." I couldn't finish the rest of the Second Step, but that one phrase was enough. Before taking any action, I need only remind myself that I am in the care of a Higher Power. Whether the words I use say "Help" or "Let Go and Let God" or "Came to

believe”, I know that my Higher Power and I can deal with whatever we are facing.

Step Two states that “Came to believe that a Power Greater than ourselves could restore us to sanity.” Recently in a meeting I heard someone paraphrase this step perfectly, describing my own experience: “First ‘I came’, then I ‘came to’, then ‘I came to believe’.

The journey towards a Higher Power was so gradual for me that I was unaware of much of it. There has been no burst of light, no burning bush – just a gradual clearing of the fog that I have lived in before finding recovery in Al-Anon. Like my fellow members, first I came, bringing my body, if not my faith, to Al-Anon.

Then once I was here, slowly I came to, and eventually I came to believe that I wasn’t alone in the universe. There was and is a force, a drive, an energy that can give me the means to make my life joyous and productive. I need only ask for assistance and keep an open mind.

Coming to believe is a process for me. First, I come to believe that others have faith and that their faith in a Higher Power somehow makes a difference in their lives. I can see peace, love and happiness in many of the people at meetings, and I yearn to possess those qualities myself. Gradually my mind opens to the possibility that I, too, can experience serenity. Eventually I become willing to believe, but even that comes in stages. Plenty of times I need to ask my Higher Power for the willingness to be willing. Finally, I believe. The phrase “came to believe” reminds me that faith is a process, not an event, from which sanity arises. One of the biggest lessons I’ve learned is that “coming to believe” is not a one-time event. It’s a journey that continues to unfold.

There are still days when I struggle, when I fall back into old patterns of fear and control. But the difference now is that I have the tools to pause, to reach out, and to ask for help. I have a fellowship of people who understand what I’m going through, and that’s something I never had before.

But it’s not just about belief in a Higher Power. It’s also about coming to believe in myself, in my own ability to heal and grow. Al-Anon gave me the tools to start trusting myself again. Through working the steps, attending meetings, and sharing my experience, I’ve learned that I am enough, just as I am. I don’t have to have all the answers. I don’t have to fix everything. I just need show up, be willing, and trust that I will be guided.

Here are a few practical steps I found helpful in nurturing my belief:

- ▲ Stay connected: Attend meetings regularly and share your feelings. Community is vital.
- ▲ Practice gratitude: Each day, reflect on something you’re grateful for. This helps shift your focus from negativity to positivity.
- ▲ Read and reflect: Engaging with literature, such as the Al-Anon books, can provide insights and comfort.
- ▲ Surrender control: Learning to let go of what I can’t change has been liberating. It opens up space for belief to grow.

Today, I stand here as someone who is still learning, still growing, and still coming to believe. But I can say with confidence that my life is different now. I have hope, I have peace, and I have faith, that no matter what happens, I will be okay.

So, if you’re new to Al-Anon, or even if you’ve been here a while and you’re struggling with the idea of belief, I want to encourage you to keep coming back. Take it one day at a time. For me, it wasn’t about finding belief overnight, it was about opening up to the possibility that there’s more to this life than what I can control.

In closing, I’d like to share a quote that has helped me on this journey: “Faith is taking the first step even when you don’t see the whole staircase.” That’s what Al-Anon has taught me. I don’t have to have all the answers. I just need to take that first step, trust the process, and believe that things will unfold as they should. Thank you for letting me share.

By Christine L., Cape Area

I have learned to take back the holidays that were once filled with a lot of drinking, confusion & pain.

What strategies do I implement during the festive season with my alcoholic loved one (ALO)?

This festive season is my first at home with my two alcoholic loved ones (ALO) post Covid. The pandemic pretty much took care of limiting interaction with family and friends and alcohol sales to the public was also limited during 2020 and 2021.

However, this year is different for me. I am anxious, stressed, and focusing on how I can help my loved ones stay sober, rather than focusing on my own recovery. What are the rules and guidelines for families that live with their addicted loved ones? There is a huge hype and promotion of non-

alcoholic beers and wines, at a phenomenal price. Do I allow this kind of non-alcoholic beers be consumed in my home? What are my boundaries?

I did the only thing I know best, I turned to my Conference Approved Literature (CAL), attended meetings that spoke on the topic of coping during the festive season, asked my A.A. buddies how they coped in the early years of their recovery and reached out to my sponsor.

Some of the suggestions I received, was to focus on my own recovery, and leave the ALO to his own. Not to encourage the use of alcoholic drinks if you have family and friends over. Not to be afraid to say you won’t be serving alcohol. Non-alcoholic beer remains a personal choice; however I was cautioned not to serve both alcoholic and non-alcoholic beers together because the bottles looked similar. It’s very easy and tempting for an addict in recovery to pick up the wrong drink.

My personal coping strategy is as follows:

- ▲ Love of self, I too am entitled to a break and some “me” time this festive season.
- ▲ Read that book I planned to read. Do something I love doing. Spoil myself.
- ▲ Making sure my boundaries are intact.
- ▲ Not picking up the rope, keeping my mouth shut and minding my own business.
- ▲ Ensuring that I don’t fall into the trap of managing, monitoring, manipulating.
- ▲ Accepting that I can’t control someone else drinking.
- ▲ Detaching and allowing the ALO to do things for himself.
- ▲ Understand that recovery is a long process, and that relapse is common
- ▲ Choose the company I keep, and who I invite to my home
- ▲ Treating the ALO as a sponsee, listen, support, and be compassionate. Don’t judge, criticize, and control the ALO.
- ▲ Accept that alcoholism is a disease, and that the ALO cannot control this by sheer willpower alone.
- ▲ Lastly, I must allow the ALO to face up to his own actions and responsibilities without any interference.
- ▲ His Will, not mine.
- ▲ Live and Let Live.
- ▲ Easy Does It.
- ▲ How Important Is It?
- ▲ Serenity is the pause between my joy and my sadness.

My program, my gratitude, my faith and trust, my serenity, and surrendering to my Higher Power and the God of my understanding will support me through my challenges. Thank you, yours in Al-Anon service.

By Ragini, Gauteng

FEESTELIKHEDE... of die alkoholis nou drink of nie.

Kersfees en Nuwejaar was dikwels baie moeilik vir my omdat die klem gewoonlik op die gebruik van alkohol geval het. Op Kersdag het die drinkery gewoonlik soggens begin, terwyl ek die ete voorberei het.

Ek het ook dikwels Oujaarsaand gevrees, al het ons tuis gebly, want die drinkery sou al vroeg begin, en teen middernag was my alkoholis moeilik, het gevloek en kon nogal vieslik wees, hoewel nooit fisies nie.

Een jaar, met die aftelling tot middernag, kon hy my nie vind nie. Hy was so dronk, dat hy my daarvan beskuldig het, dat ek saam met iemand anders was. Ek was eintlik in die badkamer. Ons het vir die afgelope twee jaar op Oujaarsaand nie iewers gegaan nie. Vir my is dit te ongemaaklik en 'n verleentheid.

Ons is egter hierdie jaar uitgenooi, en ek het aanvaar! Ek sal gaan, of my alkoholis nou kom of nie.

Ek is 'n lid van Al-Anon vir die afgelope twee jaar, en het van die beginsel van losmaking geleer. Of hy nou baie gedrink het of nie, ek kan myself nog steeds met my vriende geniet.

**Deur Anon, Al-Anon Today, Desember 2020
Vertaal deur Margie D.**

Die is die eiendom van Al-Anon Family Groups UK & Éire, wat volle redigeerregte behou en in die geheel of gedeeltelik gebruik kan word – in druk, op die internet of enige ander media – om Al-Anon- en Alateen-materiaal te ontwikkel.

Hoe help Al-Anon vergaderings my?

“Al-Anon het my lewe gered!” Dit hoor ek gereeld by die vergaderings.

Dit het werklik my en my familie se lewensgehalte verbeter. My Hoër Mag het Al-Anon op my lewenspadjie geplaas deur 'n gemeenskaplike vriend. En ek is ewig dankbaar daarvoor. My lewe voor Al-Anon was maar donker: ek het nie gesond geëet nie en het ook nie na my gesondheid gekyk nie. Op 'n geestelike vlak het ek ook nie 'n verhouding met my Hoër Mag gehad nie. Ek het my twee jong kinders tweede gestel omdat al my aandag op die alkoholis was.

Die weeklikse vergaderings was so verfrissend, en vir my 'n uur van vrede, weg van die alkoholis af. By die vergadering het ek geleer dat ek nie verantwoordelik is vir die alkoholis se drankgebruik nie. Ek is ook nie die oorsaak nie, alhoewel hy my telkemale die skuld daarvoor gegee het.

Hierdie vergaderings het my geleer “Laat los en laat God”. God is in beheer en God beskerm my asook my alkoholis.

Ek moet net Al-Anon vergaderings bywoon en my Al-Anon literatuur lees. Ek moet meer op myself konsentreer en

vertrou dat my alkoholis veilig is met sy eie Hoër Mag.

Al-Anon het my geleer dat alkoholisme my ook geraak het, en derhalwe moet ek ook herstel. Dit is beslis 'n familie-siekte. Met Al-Anon in my agtersak, en my Hoër Mag aan my sy, kan ek die lewe se daaglikse probleme met deernis en selfvertroue aanpak.

Deur Liesel P., Cape Area

The tools of Al-Anon keep me on course – on the road and in life

I'm amazed at the Al-Anon program. I enjoy the spiritual awakenings, where an ordinary experience can become extraordinary. I recently had such an experience while returning home from a family reunion.

I'm amazed at the Al-Anon program. I enjoy the spiritual awakenings, where an ordinary experience can become extraordinary. I recently had such an experience while returning home from a family reunion.

On this trip, I was especially anxious to get home because my daughter had called earlier to let me know about the serious condition of our dog. He'd recently been diagnosed with Lyme disease and was extremely sick. My lack of directional sense and my anxiety over our family dog were the perfect combination for a storm of confusion. I stopped for gas in a small rural town, got turned around, and was lost.

I was four hours away from home and felt powerless. My printed driving directions no longer applied, and I didn't want to waste precious time trying to retrace and correct my steps. I don't own a smart phone with Internet access, but I do have a GPS system, thanks to my children, who gave me one as a Christmas gift. On most days, I store the GPS in my glove compartment – out of sight, out of mind. I decided my best option was to use my GPS, so I pulled over, plugged it in, and set my destination for home.

I was completely confused when my GPS had me going a different way from how I originally came.

Nothing looked familiar, I was so confused that I stopped and put in my home address – twice.

Surely, there must be a problem with the system, or I had put in something wrong.

After several minutes of frustration, it finally occurred to me that I had a choice. Either I trusted in a Power greater than myself, in this case my GPS (which has been

designed for a specific function), or myself and my lack of directional expertise. I choose to surrender and trust that the GPS would do exactly what it was designed to do. It was not always easy, and at times, I wanted to take back control. Often, I was on roads that made no sense to me, but I continued and headed east towards home, as several signs confirmed. To my added surprise, I ended up home half-an-hour earlier than expected!

My experience with Al-Anon is similar. Al-Anon is designed for a specific purpose, too – helping those who have been affected by someone else's drinking. For me, that would be my son. I can place my trust in a program that has helped countless others.

By attending meetings, using the slogans, reading the literature, getting a Sponsor, working the Steps, and trusting in a Power greater than myself, I came to realize that I have a choice. I can't control or change my son, but I can do something to improve my own life. I can no longer play the victim role and blame my son for my unhappiness. I gave up trying to “fix” my son and let him experience his own consequences.

Today, I'm grateful for and treasure our relationship, one based on personal respect and dignity. I trust him to take care of himself and I will do the same with the help of my Higher Power, enjoying the serenity of the program. My journey has not always been easy. There are times when I struggle with control, but like my GPS, I have the tools of Al-Anon that can keep me on course and bring me home safely.

By Janet V., Wisconsin, The Forum, August 2015

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

I loved my alcoholic wife

I loved my wife beyond common sense, and I still do. She died of alcoholism just over four years ago, at just 65. We were both divorced when we'd met at work and were made for each other, everybody said so. We had a wonderful marriage, except when she drank.

My wife was the life and soul of the office Christmas party, but I dreaded it. One year it coincided with our wedding anniversary. A wonderful bouquet of flowers was delivered to her at the party by a local florist. Everyone clapped and cheered. She was so happy. The bouquet had come from me.

I had an agreement with my colleagues that when my wife was at a certain stage of drunkenness, they would support me and help me take her to my car despite her protests.

This year however, my colleagues accused me of spoiling the party and told me to 'lighten up'. My wife tried to stand but slid to the floor and lay there. I felt humiliated and stepped over her prostrate body. I told them she was their responsibility and walked out to shocked looks all round.

I went for a walk to calm down and then drove home. It was a cold and frosty night, and when I got home there was my wife, dumped on the doorstep, asleep in her flimsy party dress. I dragged her into the warm downstairs room and covered her with a duvet.

The next morning, she walked into the bedroom. 'I'm so sorry. I ruined everything. I'll never let you down again. What happened to the flowers?' She was inconsolable.

When I went to work the next day, I was furious with my colleagues. 'When will you understand? She's not a pisshead like you. She is an alcoholic. She is ill.' Many of them were at her funeral.

Al-Anon has been my lifeline and means everything to me today.

By Anon, Al-Anon Today, December 2020

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Al-Anon gives Christmas a different perspective

I used to feel so angry and bitter that my family had a deep sadness at its heart, I didn't realise my father's parents were violent alcoholics and that his childhood trauma was impacting our family life. He never talked about them, and we never really saw them.

When I came into Al-Anon, all I could see, or feel was my pain and my problems.

My memories of Christmas were mostly of disappointment. Often Mum and Dad would go to bed after lunch with a hangover and as usual didn't seem to want to spend time with my sisters and me.

I copied Dad's coping mechanisms - stuffing my anger, lack of self-care, dishonesty, people pleasing and chronic low-grade depression. Al-Anon helped me

identify these habits and also helped me uncover and recognise Dad's good qualities.

He loved Christmas I now realise, taking great care to find beautiful decorations and place them lovingly around our home. He would use ladders to hang the streamers and glittering baubles. Without knowing it he was embodying the serenity prayer and teaching me to do the same.

Now, as I decorate our flat, I take the same care in the placing of candles and positioning of lights - arranging sparkly ornaments to light up this contemplative time of year.

Fittingly perhaps, Dad died just before Christmas three years ago.

I am so grateful that my recovery in Al-Anon enabled me to see what the family disease gifted me as well as what it took from me.

By Emma, London, December 2020

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My Christmas Plan

"Tis the season to be jolly". But for so many it isn't.

If active alcoholism is present, then jolly is the last thing needed with alcohol involved. It is a pity to work so hard on achieving serenity to let it slip through my fingers by the action of another or by recalling memories of Christmases past.

Instead, I choose to bring the love and peace of the programme around me. I think I'll need it due to the uncertain times we face. So, I will be kind to myself, no more blaming, no more judging, no more sleepless nights.

Instead, I will grab that serenity and hold onto it tight and allow myself to enjoy the gifts my Higher Power has given me.

By Michael, Al-Anon Today, December 2020

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

"Alateen is an amazing, beautiful, wonderful thing that will always be a part of me and will always remind me that I'm loved, which is the most important thing." *Excerpt from share in The Forum, August 2024*

"I need to remember that I can control my own attitudes toward an unpleasant situation. While I may not like what others do, especially the alcoholic, my reactions are always the result of the choices I make. When I am tempted to believe that someone or something else

is in control of my attitude, I try to remember that I am always free to choose my attitude." *Excerpt from Alateen's Fourth Step Inventory P-64, p.8*
Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

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
Tel 0215954517/WhatsApp 0661580234

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

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



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.

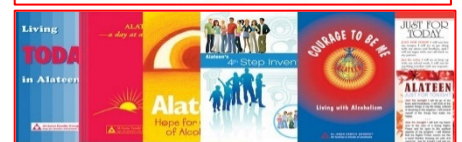
When: Thursdays
Time: 6 to 7pm
Where: Online

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 for more information.



Alateen Books and Pamphlets

Alateen books and pamphlets are written by and from the perspective of teens to offer experience, strength, and hope in order to recover from the effects of someone else's drinking. They share not only the heartache that the family disease of alcoholism can bring, but also how they have learned to live a happy, peaceful life regardless of their loved one's drinking. To learn more about Alateen literature visit: <https://al-anon.org/newcomers/teen-corner-alateen/alateen-literature>

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.

---oDo---

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.

NOTICE BOARD

ISSUE NO. 12 OF 2024 (DECEMBER)

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

WHERE DO I BUY CAL (CONFERENCE APPROVED LITERATURE)?

Order your literature by visiting the office, email 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.

Dear readers.

Are you interested in writing book reviews? Have you read the new daily reader "A Little Time for Myself" (B-34)? This is the first book to be reviewed. Reviews may be shared on the Al-Anon Family Groups South Africa website. For more information, contact the General Service office administrator at alanongso@iafrica.com

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

Durbanville Group (NEW GROUP) Sunday at 7pm
1st Durbanville, Scout Hall, De Villiers Road, Durbanville

Delft Group, Mondays at 7pm
Rosendal Primary School, Rosendal Road, Delft.

Victoria Group, Tuesdays at 11.30am
Die Slot Kerk, 2nd Avenue, Lotus River, Grassy Park.

Lentegeur Group (REOPENED), Tuesdays at 7pm, Main Hall Lentegeur
Hospital Main Hall, 133 Highlands Drive, Lentegeur, Mitchells Plain.

Moorreesburg Group (NEW GROUP), Tuesdays at 7.
Koring Museum Hall, Piketberg Weg, Moorreesburg.

Elsiesriver Group (NEW VENUE) Thursdays at 7.15pm
7 Nazareth House Close, Avon, Elsie's River

Alateen Group (electronic), Thursdays at 6pm
For young people between 12 and 17 years of age.

Gqeberha (Port Elizabeth)/East London Meetings
East London, Tuesday 19:30
Cambridge Methodist Church Hall, Hebbes St, Cambridge, East London.

Westerling (NEW GROUP), Wednesday 19.00
Westerling Methodist Church, Papenkuils Street, Westerling, Gqeberha.

Comfort Group, Thursday 19:00
151 Rensburg Street, West End, Gqeberha.

Newton Park, Thursday 19:30
Methodist Church Hall, 3rd Avenue, Gqeberha.

UPCOMING EVENTS



MEETINGS / EVENTS

***Yearend Picnic** – Saturday, 7 December from 12pm at Green Point Urban Park. Members, family and friends' welcome. See flyer on page 1 for more information.

***Area Assembly** – Saturday, 18 January 2025 at 9.30am (electronic). All members are welcome to attend Area Assemblies.

RALLIES/CONVENTIONS

***WC A.A. Summer Rally 2024 (A.A. Rally with Al-Anon participation)** Theme: The Fellowship of the Spirit
Date: 29 November to 1 December 2024 Venue: Disa Kloof Camping Site, Betty's Bay
Registration fee: R900 for weekend (incl. accommodation and meals) or R100 for day visitors. Meals available at R50 per meal.
Contact the office for more information. See flyer on page 1

***Triple A Rally 2025 (A.A. Rally with Al-Anon participation)** Date: Last weekend in January 2025
MORE INFORMATION TO FOLLOW.

***East Rand Convention 2025 (A.A. Convention with Al-Anon participation)** Theme: Love and Tolerance
Date: 18 to 20 April 2025 Venue: Wordsworth High School, Farramere, Benoni Registration fee: R130 per person
Check your inboxes for the Convention 2025 newsletters or contact the office for more information.

FUNDRAISERS / GROUP NEWS Is your group celebrating a special occasion, holding a combined meeting, arranging a fundraiser? Advertise here. Email details to alanonct@iafrica.net or WhatsApp to 0823422102.

***Courage to Change in person meeting on Tuesday nights – No meetings 24 and 31 December due to unavailability of the venue.**

NEXT ISSUE

Send Your Shares

Submissions due by 17 December 2024

For the next issue the topics are:

- As you look back on this year: How have you experienced the year? What Al-Anon tools came in handy? What are you looking forward to in the new year? Share your experience, strength and hope. We'd love to hear from you.
- 36 Principles – How has Step 12, Tradition 12 or Concept 12 helped in your recovery process?

"I'm writing my story so that others might see fragments of themselves." ~ Lena Waithe

"Storytelling, you know, has a real function. The process of the storytelling is itself a healing process." ~ Alice Walker

Please share your experiences, strength and hope on these or any other topic, by sending your shares to alanonct@iafrica.com. We'd also love to have your input on topics for future issues. Send your suggestions to alanonct@iafrica.com. 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.

"By taking care of our own needs, we can remain free from outside influence." *How Al-Anon Works for Families & Friends...*

Bank: ABSA, Branch No: 632005 **Type:** Cheque
Acc Name: Al-Anon Family Group Cape Area
Account No: 407 321 5579
Ref: GC, Group, Name

SnapScan
<https://pos.snapscan.io/qr/SSWA0763>

SnapStore Pro card machine

