

# Al-Anon Family Groups CAPE AREA ECHO

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@afrika.com](mailto:alanonct@afrika.com)  
**NEW SITE, NEW LOOK** – Visit Al-Anon South Africa's new website at <https://www.alanon.org.za/>

## ISSUE NO. 2 OF 2025 (FEBRUARY)

**\*\*\*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**

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?	Cape Area News	CAL - A vital aspect of self-support	Leaving the past behind
Page 2	Valuable lessons	Together we grow	Alateen giving me the help I need	
Page 3	From Alateen to Al-Anon	Alateen Quiz Time - Feelings	Getting honest	
Page 4	Keeping the focus on me	Hoekom ek aanhou met Al-Anon	Alliterations	Declaration & Serenity Prayer
Page 5	Notice board			

### WHAT'S ON IN THE AREA?

**Theme:** We practice these principles in all our affairs  
**Venue:** UCT Upper Campus, The Department of Social Services (Leslie Social Sciences & Leslie Commerce Building)  
**Parking 11**  
**Al-Anon Registration fee: R50**  
 Please bring a plate of eats for tea time.

## 2025 AAA Rally

**THEME:**  
 We practice these principles in all our affairs.

**Session 1 - 09h00:**  
 A program of action

**Session 2 - 11h00:**  
 Keeping in fit spiritual condition

**Session 3 - 14h00:**  
 A design for living

**DATE:** Sunday, 26 January 2025  
**VENUE:** UCT Upper Campus, Leslie Social Sciences Bldg, Lecture Theatre LS.2

- Registration from 08h00
- Meeting starts at 09h00
- R00 for AA members
- Coffee & Tea available
- Lunch will be on sale

AA Western Cape  
 021 481 0088  
[www.alanon.org.za](http://www.alanon.org.za)  
[www.alanon.org.za](http://www.alanon.org.za)

YOCO VISA For more information contact  
 Or call on 062 805 2054

### CAPE AREA NEWS

#### Conference Approved Literature (CAL)

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.

REMINDER that the Area is offering its members great specials on selected locally printed CAL. There is limited stock available. Prices remain valid while stocks last or to end March 2025. Contact the office to place your order.

#### Conference Approved Literature - A Vital Aspect of Self-Support

When I first started attending meetings, it was all I could do to listen to members share. I had no capacity in my chaos-filled life to quiet my mind enough to be present and absorb any readings from Conference Approved Literature (CAL). But as time passed, I acquired the calmness to hear the recovery messages read from our literature to start the meeting's topic.

My home group always had extra copies of CAL, so I could follow along without purchasing my own copy. Our World Service Office WSO (and locally, our General Service Office GSO) receives most of its annual support from the sales of our literature! Through our group conscience discussion, we decided to keep our extra CAL in saleable condition and encourage each member to purchase copies for their personal use. Having my own copies of CAL allowed me so many benefits:

I began the practice of daily reading.

I could pick up a book any time of day to reinforce my serenity.

I could add highlights and personal notes of reflection in the margins.

I could study a topic and prepare to lead a meeting.

I could gift a book to a program friend or someone I sponsored.

Our group began to use our CAL to carry the message in many ways...

I appreciate knowing that whenever I buy a piece of Al-Anon literature, I'm not only benefitting my own recovery; I'm also helping Al-Anon as a whole by supporting the work of the WSO on behalf of the families and friends of alcoholics.

**By Christa A., Senior Group Services Specialist, The Forum, July 2024**

"Inside Al-Anon Family Groups" presents news, policy, and commentary from volunteers, staff, and readers sharing experience through service. Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

TAKE IT ONE MOMENT AT A TIME. IT'S OKAY TO FOCUS ON JUST THE NEXT STEP, BREATHE, PAUSE, AND REPEAT.

#### Leaving the past behind

I sat at my computer playing solitaire, waiting for the public library to open. I had volunteered to chair next week's meeting and needed to borrow a copy of Paths to Recovery (B-24). As I played the game, I noticed that sometimes when I missed a card that I needed, I was still able to click back and retrieve it. But it did not work with every card.

Working the Steps, especially Steps Four through Nine, helped me retrieve many of the things I had lost living with the family disease of alcoholism. Some relationships were renewed. Principles that were so important to my self-worth and had fallen by the wayside were recovered. I was able to make amends to myself, and to others I had hurt,

Al-Anon Family Groups  
**CAPE AREA**  
**SAVE THE DATE**  
**SATURDAY, 22 FEBRUARY**  
 VALENTINE'S WALK, ALPHEN TRAIL, CONSTANTIA  
 MORE INFO TO FOLLOW

**SUNDAY, 9 MARCH**  
 LOIS BIRTHDAY HIGH TEA/IAGSM FUNDRAISER  
 MORE INFO TO FOLLOW

**East Rand Convention 2025**

18 - 20 April 2025

- Fellowship
- Shares from all over the country
- Meetings Friday whole day
- Afrikaans & German meeting on Saturday
- Saturday evening entertainment
- Sunday closing meeting
- Donation draw
- Auction
- Tea/coffee/sandwiches during breaks on tap
- Food vendors on premises
- Memorabilia for sale
- Literature for sale
- Archive display

Registration opens at 07h00 Friday 18 April 2025  
 Registration fee R130pp

Wordsworth High School  
 4 Wordsworth Road, Farrarsmead, Benoni  
 1st Meeting on Friday starts at 09h00  
 Convention will conclude around midday on Sunday 20 April 2025

Pre-registration available AA Office 011 421 1748 | [aastrand@gmail.com](mailto:aastrand@gmail.com)

creating happy, healthy moments and memories.

It was a long journey. Some things could not be retrieved. Al-Anon helped me accept what I could not change. I learned to develop healthy responses to problems that I carried along since childhood. I continue to go to meetings, talk to members, and read my Al-Anon literature. These simple things provide me with everything I need.

After many years, when I look back at my very first meeting, I sometimes think, "I was very upset, of course, but it wasn't really that bad." When a newcomer walks into her first meeting at my home group, one look at her face and I remember it really was that bad. I thank my Higher Power for the gift of Al-Anon. Today, I know I never need to go back there unless I choose to go.

**By Marlene N., Nova Scotia, The Forum, August 2013**

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



### Valuable Lessons

I was completing an application on behalf of Al-Anon recently, which asked me to describe the values of our organisation. I hear the word 'principles' mentioned every week at my meeting but what on earth were our values?

At this point I heard the voice of a former General Secretary echoing through my head 'have you looked in the Service Manual?' I started to read the first pages of the Manual which describe our history, our purpose and how we work. I began to see our core values shining through and answered the question in the following way.

Our values are:

**\*Acceptance** - we accept that alcoholism affects all those whose lives are touched by an alcoholic, only individuals know how much they have been affected by another's drinking.

**\*Anonymity** - no person attending a meeting is required to justify their presence or explain why they need support.

**\*Equality** - every member is equal, and service positions are filled voluntarily through rotation, 'our leaders are but trusted servants, they do not govern'.

**\*Respect** - each member deserves respect and may participate without judgement or comment.

**\*Trust** - each member trusts that whatever they share within a meeting

will be held in confidence by the others there.

As I work my Al-Anon programme these core values help me welcome newcomers, share honestly, embrace service, listen without judgement, respect others and apply them not only within the confines of a meeting room or an online meeting but to my 'outside life' as well.

Interestingly, they are the polar opposite of how my mind worked before I came to Al-Anon; I refused to accept that I had been affected by another's disease, I was fine, it was HIS problem; I was happy to dish the dirt at every opportunity; I expected someone to be in charge and looked up to some and down on others; I was judgemental and pointed out the faults of others; I didn't trust anyone to keep my confidence because I didn't keep anyone else's confidence.

I'm so glad I was encouraged to 'keep coming back' and I no longer recognise that angry and resentful woman who came to a meeting, just to prove it wasn't any good!

Al-Anon rescued me from the worst version of myself and I will be forever grateful for this wonderful program and all the lovely people who showed me the way to apply it to my life, and its gift of serenity.

**By Angela L., Al-Anon Today, Winter 20/21**

*This is the property of Al-Anon UK & Éire, who retain full editing rights, and may be used in whole or part - in print, on the internet or any other media - to develop Al-Anon and Alateen material.*

### Together We Grow

The purpose of Al-Anon is to help people get connected with their/a Higher Power of their understanding, the tools of the program, experienced members and newcomers.

Firstly, we have to find a meeting - through a friend, notices in a public place, on the web or advice from a family member - as it was in my case.

One of my daughters discovered the help that could be found in Al-Anon when she worked in a women's refuge in Canberra. I knew that I needed help but not what would help me.

I didn't have trouble finding a meeting that fitted into my work programme, and went along to the Mayfield meeting, which was held in a church. I was late to my first meeting but that didn't seem to concern the ladies who were there. I blurted out my grievances through tears.

In fact, they made me feel very welcome and gave me pamphlets and cards to get me started.

Also, one lady offered to talk to me on the phone each week and that was 'a Godsend,' literally. It was the beginning

of a long connection with Al-Anon and many helpful and happy times for me, making friends along the way.

I soon learnt that listening to others was so helpful and enlightening that, when our group suddenly lost members, I was glad to volunteer for service, even though I wasn't sure how. I became treasurer, not knowing a thing about bookkeeping, and our GR would help me out. I could add up and multiply, but I was in such a poor mental state that I couldn't think clearly. In those days we used an exercise book which ended up in a mess of liquid paper and corrections! I learnt a bit about bookkeeping too.

Then I enjoyed being literature officer and built up our supplies whenever we had some money to spare. I read lots of them and that was a great help. Once again service was helping me to learn.

I was extremely thankful that I was being led back to my Higher Power. I had not been going to church for years because my husband and I were busy with our work commitments, setting up another house and garden, and doing various activities with our daughters.

Then I discovered what a pleasure it was to go to other meetings and how I would learn more about my own situation through listening to others sharing. I couldn't articulate what was happening in my own marriage until I heard someone express things in their sharing.

Often when I was sharing at different meetings, I would become emotional and people would say, "It's okay". I really appreciated that.

I can't remember how many Assemblies I have been to, but none have been like this one! Each Assembly I attend, I learn more about our organisation.

And another thing - I always find that whatever I contribute in reaching out to help in any way, it seems that I am actually on the receiving end!

**By Sandra M., Northern New South Wales Area, Austra-Link, Issue No. 493, May 2022**

*This is the property of Al-Anon Family Groups Australia, who retain full editing rights, and may be used in whole or part - in print, on the internet or any other media - to develop Al-Anon and Alateen material.*

**ALATEEN**

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

**Alateen giving me the help I need**

Before joining Alateen in January I felt very lost, isolated, confused, angry, disappointed and had very low self-esteem, due to the things I had experienced and the constant worrying.

It was then I was told about Alateen by my mum and her friends in A.A. They

told me that even though there are no meetings in my area, I could still attend an online meeting, like they do in A.A. meetings at the moment.

Without a doubt, the past few months of attending Alateen online meetings has helped. It's crazy to think that I have met people from all over the UK who have been through similar experiences as myself. If Alateen was not online, I'm not sure where my feelings would be right now - most likely still comparing myself to others.

Alateen has allowed me to seek the help I need and make friends who do not judge me for the things I've been through, and for that I am hugely thankful, as now I know it's ok to not be ok, and to admit that I'm powerless over my mum's drinking and that it's not my fault.

I know now that I don't have to be alone anymore, hiding my problems. I can speak to Alateen members and the adult Sponsors. And for that I'm 100% thankful for my Alateen family.

**By Anon, Al-Anon Today, Autumn 2021**

This is the property of Al-Anon UK & Éire, who retain full editing rights, and may be used in whole or part - in print, on the internet or any other media - to develop Al-Anon and Alateen material.

**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, Autumn 2021**

This is the property of Al-Anon UK & Éire, who retain full editing rights, and may be used in whole or part - in print, on the internet or any other media - to develop Al-Anon and Alateen material.



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 an Alateen meeting.

**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.



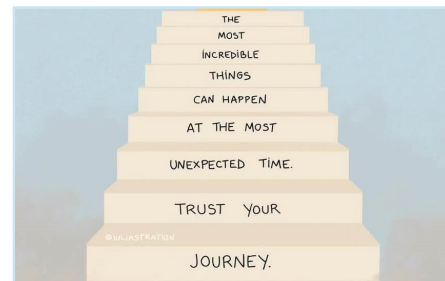
**Match the words with the sentences:**

a. Embarrassed	g. Jealous
b. Worried	h. Lonely
c. Hurt	i. Afraid
d. Guilty	j. Resentful
e. Rejection	k. Confused
f. Frustrations	l. Helpless

- I'm \_\_\_\_\_ I might say something to hurt their feelings, and they'll end up not liking me. (6)
- But being \_\_\_\_\_ made me dig deeper into the program to set things straight. (8)
- I learnt not to be \_\_\_\_\_ or ashamed of their drinking because they have a disease called alcoholism. (11)
- I realise now that my \_\_\_\_\_ are inside of me and have nothing to do with anyone else. (12)
- We started to hate both our parents and at the same time felt \_\_\_\_\_ knowing that in fact we should love them. (6)
- My father and I \_\_\_\_\_ one another a lot by saying bad things about each other. (4)
- I start to run myself down and I feel \_\_\_\_\_ of my friends because they don't have problems like me. (7)
- When I was younger, I felt \_\_\_\_\_ and unwanted. (6)
- \_\_\_\_\_ is what I felt when I tried to mix with others. (9)

- I was \_\_\_\_\_ that I was not as lucky as others. (9)
  - I feel \_\_\_\_\_ when my friends reject me. (8)
  - I feel \_\_\_\_\_ when my dad doesn't come home. (7)
- Answers: 1-l; 2-k, 3-a; 4-f; 5-d; 6-c; 7-g; 8-h; 9-e; 10-j; 11-l; 12-b

**By Leanne, Unitas, September 2003, Volume 36 No. 3**



**Getting honest**

"Take what you like and leave the rest."

Well thank goodness, because that First Step makes absolutely no sense! Can't they see it's because I'm powerless over his behaviour, that my life is a mess. The Second Step doesn't even seem to apply to me (he's the insane one), so I leave that too and move on to the Third Step. Good grief, I can't work that one either. "I know you're in there God, but you may not want to do things my way".

Now that next Step looks a little bit more interesting. I'm good at making inventories and we all know who has plenty of shortcomings, so I don't have to do much fearless and searching to fill the page. Hooray, I've made a start.

Then I struck trouble. I was attending regular meetings and starting to think maybe I was banging my head against the wall trying to get him to change, when my sponsor looked me in the eye and said, "Are you having any success?"

However, it turned out I didn't have to waste my list, I only had to get honest enough to see what I was doing every time he was 'at fault'. Surprise, surprise, it wasn't all the money he wasted on booze that drove me crazy - it was me continually doing without. So, there you are, we started to eat quite a bit of sausage meat while I trimmed the housekeeping to allow pocket money for ME (and the roof didn't fall in!).

The remaining Steps, Slogans and Just for Today card offered me plenty of things I could do rather than get involved in all his shortcomings and the Serenity Prayer gave me choices about what I could do about mine. The consequences were quite remarkable. Justice surfaced, and I found I could finally accept that troublesome First Step each day, each time I needed to practise the Al-Anon principles; in all my affairs.

I'm sure that First Step is meant to be the first one taken, but acceptance doesn't come easy for me, it's usually the end result of changing the things I can.

Anyway, it works for me – take what you like and be gentle with the rest.

Thank you, Al-Anon.,

**By Joy R., Southern Vic Area, Australink, No. 335, p. 5, March 2009**

This is the property of Al-Anon Family Groups Australia, who retain full editing rights, and may be used in whole or part – in print, on the internet or any other media – to develop Al-Anon and Alateen material.



### Keeping the focus on me

I came to Al-Anon two years ago. I was full of fear, stinking thinking, trying to control and unknowingly, manipulating my alcoholic to do things that I believed would be in his best interest and ultimately, in the best interest of our family unit. Although Al-Anon quickly taught me that I was powerless, it was still very difficult for me to accept this. I still believed there was so much I could do to show that there was a better way of life. I tried the craziest things, but nothing worked. All that happened was I became more obsessive, and it felt like I was the crazy one. One day, his unacceptable behaviour just got the better of me.

I remembered people in Al-Anon saying 'nothing changes if nothing changes'. Then, from saying the Serenity Prayer over and over again, I realised that I was powerless, and that the only person I could change was myself.

I'd learnt to sit in the acceptance before making any decisions and for the first time ever, I didn't jump from awareness to action, I just sat with acceptance and thought: I am not powerless in saving myself and my life. It was from that moment that I decided I could no longer accept his behaviour anymore, nor could I tolerate the effect that it was having on myself and my children.

I decided to keep the focus on myself and do what was best for me. I filed for divorce and thank goodness for the program, because it has kept me sane and grounded.

Working my program has taught me just to live one day at a time, and to have gratitude as a daily practice. I am lucky to have a very supportive Sponsor, as well as making beautiful friendships that I never could have imagined. There is unconditional love from those in Al-Anon and I will be forever grateful for all the help and wisdom I have been shown.

Today, my life is by no means perfect. However, I have also learnt that it is

progress, not perfection. Today I have a calm and happy home where I can have family and friends over and we can laugh again. This is all thanks to the Al-Anon program and the beautiful people that have helped me on my journey. The future is still unknown and as I continue to practise living a day at a time, I am thankfully able to not think too far ahead and be more present. Today, I know that I am doing the best I can.

**By Natalie, Al-Anon Today, Spring 2024**

This is the property of Al-Anon UK & Éire, who retain full editing rights, and may be used in whole or part – in print, on the internet or any other media – to develop Al-Anon and Alateen material.



### Hoekom ek aanhou met Al-Anon

Ek is nou al baie 'jare n lid van Al-Anon. Ek woon nog gereeld my groep se vergaderings by, en ek is nog steeds betrokke by diens aan Al-Anon. Dit is nie net uit gewoonte nie, end dit is beslis ook nie omdat ek niks anders het om te doen nie.

Ek het wel nog twee alkoholiste in my lewe, miskien drie, maar al die is op die oomblik nugter. Dit is waar dat daar geen waarborge is nie, en dat enige een van hulle enige oomblik weer kan begin drink. Tog doen ek dit nie in die eerste plek vir hulle nie, maar vir myself. As daar 'n krisis is, weet ek dat the Al-Anon program my sal help om dit beter te hanteer, maar dit is die hulp en ondersteuning wat die program my in my daaglikse lewe bied wat verseker dat ek nie wegbly nie.

Dit is vir my wonderlik om rustigheid en gemoedskalmte in myself te hê. Ek wil dit vir niks op aarde verloor nie, en ek weet dat as ek wegbly van vergaderings, selfs na al hierdie jare waar die program al deel van my geword het, sal dit vir my al hoe moeiliker word om hierdie positiewe gesindhede te handhaaf en kan ek slegs terugval in negatiwiteit en selfbejammering. Niemand se lewe is heeltemal sonder probleme nie, en dit is altyd moontlik om myself te vergelyk met ander mense wat ek dink dit makliker het en gelukkiger is, en dan weer negatief, wrokkig en vol selfbejammering te word.

Die beoefening van die Al-Anon program maak van my 'n beter mens. Dit het my geleer om myself te aanvaar en van myself te hou. Ek wil vriende bly met myself en sover moontlik in vrede lewe met my medemens, daarom hou ek aan met Al-Anon. Ek weet ek is nog nie

volmaak nie, en sal dit in hierdie lewe nooit wees nie, maar julle moes my geken het voordat ek in Al-Anon was!

Dit is waar dat ek 'n verantwoordelikheid voel teenoor die nuweling en die mense daarbuite wat so neergeslaan is deur die alkoholisme van iemand wat hulle lief het. Ek wil daar wees vir diesulkes wat my nodig het, net soos die ander Al-Anon lede daar was vir my toe ek hulle nodig gehad het. Ek kan nooit vergeet watter verligting dit vir my was toe ek in Al-Anon gekom het en daar mense was wat regtig verstaan het nie. As ek dieselfde kan doen vir iemand anders is dit vir my wonderlik.

Al-Anon het vir my 'n lewenswyse geword, en ek weet dat ek dit not steeds nodig het.

**By Anna, Unitas, September 2003, Volume 36 No. 3**

### Alliterations

Repetitive consonants can trip off the tongue with words that serve as markers along our path to recovery.

**3A's** - Awareness, Acceptance, Action – Once we become consciously Aware of the truth of a situation, it is best to fully Accept that this is how things are before taking Action.

**3C's** - We didn't Cause it, we can't Control it, and we can't Cure it. This is one of the first things we learn to accept in Al-Anon about the family disease of alcoholism.

**5G's** - Get off their backs, Get out of their way, Give them to God, Get to a meeting, and Get on with your life.

**6M's** - Managing, Monitoring, Mothering, Meddling, Manipulating, and Martyrdom

**Source: <https://marinal-anon.org/new-to-al-anon/slogans-acronyms/>**

#### 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.

#### Serenity Prayer

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.

#### How to instantly feel better

Angry —————→ Sing

Burned out —————→ Walk

Overthinking —————→ Write

Anxious —————→ Breathe

Stressed —————→ Exercise

Sad —————→ Gratitude

Lazy —————→ Cold shower

Impatient —————→ Reflect on progress

# N O T I C E B O A R D

**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<br/>                 Rosendal Primary School, Rosendal Road, Delft.</p> <p>▲ <b>Victoria Group</b>, Tuesdays at 11.30am<br/>                 Die Slot Kerk, 2nd Avenue, Lotus River, Grassy Park.</p> <p>▲ <b>Lentegeur Group (REOPENED)</b>, Tuesdays at 7pm, Main Hall<br/>                 Lentegeur Hospital Main Hall, 133 Highlands Drive, Lentegeur, Mitchells Plein.</p> <p>▲ <b>Moorreesburg Group (NEW GROUP)</b>, Tuesdays at 7.<br/>                 Koring Museum Hall, Piketberg Weg, Moorreesburg.</p> <p>▲ <b>Elsiesriver Group (NEW VENUE)</b> Thursdays at 7.15pm<br/>                 7 Nazareth House Close, Avon, Elsie's River</p> <p>▲ <b>Alateen Group (electronic)</b>, Thursdays at 6pm<br/>                 For young people between 12 and 17 years of age.</p> | <p>▲ <b>Gqeberha (Port Elizabeth)/East London Meetings</b></p> <p>▲ <b>East London</b>, Tuesday 19:30<br/>                 Cambridge Methodist Church Hall, Hebbes St, Cambridge, East London.</p> <p>▲ <b>Westering (NEW GROUP)</b>, Wednesday 19.00<br/>                 Westering Methodist Church, Papenkuils Street, Westering, Gqeberha.</p> <p>▲ <b>Comfort Group</b>, Thursday 19:00<br/>                 151 Rensburg Street, West End, Gqeberha.</p> <p>▲ <b>Newton Park</b>, Thursday 19:30<br/>                 Methodist Church Hall, 3rd Avenue, Gqeberha.</p> |
|---|--|

## UPCOMING EVENTS

MEETINGS	
* <b>SERVICE AND POLICY &amp; PLANNING MEETING</b> - Saturday, 15 February 2025 at 9.30am (in person).	* <b>AREA ASSEMBLY</b> - Saturday, 15 March 2025 at 9.30am (electronic).
RALLIES/CONVENTIONS	
* <b>TRIPLE A RALLY 2025 (A.A. RALLY WITH AL-ANON PARTICIPATION)</b>	
Theme: We practice these principles in all our affairs      Date: Sunday, 26 January 2025 Venue: UCT Upper Campus, The Department of Social Services (Leslie Social Sciences & Leslie Commerce Building) Registration fee: R50      Registration from 8am and first meeting at 9am. See flyer on page 1 for more information	
* <b>EAST RAND CONVENTION 2025 (A.A. CONVENTION WITH AL-ANON PARTICIPATION)</b>	
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 <a href="mailto:alanonct@iafrica.net">alanonct@iafrica.net</a> or WhatsApp to 0823422102. Visit <a href="https://www.alanon.org.za/meetings/">https://www.alanon.org.za/meetings/</a> for meeting details.	
* <b>FUNDRAISER - VALENTINE'S WALK</b>	
Date: Saturday, 22 February 2025      Venue: Alphen Trail, Constantia. Save the date. More information to follow.	

<b>NEXT ISSUE</b>	<b>Send Your Shares</b>	<b>Submissions due by 17 February 2025</b>
-------------------	-------------------------	--

For the next issue the topics are:

- **Sponsorship** is a mutual and confidential sharing between two Al-Anon members. Experience shows that having a Sponsor is a valuable aid to personal understanding and use of the Al-Anon program of recovery. How has having a sponsor helped with your recovery? What prevents you from getting a sponsor or being a sponsor?
- 36 Principles - How has Step 3, Tradition 3 or Concept 3 helped in your recovery process?

**"Sharing our stories can help rid confusion and bring clarity. True stories engage, inspire, and compel. While the same stories will not inspire everyone, each story has potential to impact even one person, and it's worth sharing until it does." ~Marny Ketcham**

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). We'd also love to have your input on topics for future issues. Send your suggestions to [alanonct@iafrica.com](mailto:alanonct@iafrica.com). How long should my sharing be? (<https://www.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.

Are there topics that you would like to read about in upcoming newsletters? Send your suggestions to [alanonct@iafrica.com](mailto:alanonct@iafrica.com) or WhatsApp 0661580234. We'd love to hear from you. **Participation Is Key!**

## 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...**

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