

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@iafrica.com

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

ISSUE NO. 3 OF 2025 (MARCH)

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

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Cape Area News - Triple A Rally

Sponsorship - a gift of connection

Alateen - I learned to leave my fears behind

Questions to ponder - Changing my attitude

Acronyms

How to see myself

Send your sharing/Member Blog

Hoe ek my Sponsor gevind het

My sponsor's unconditional love was a turning point.

Al-Anon Declaration/Serenity Prayer

WHAT'S ON IN THE AREA?

Valentine's Fellowship Walk Alateen Fundraiser

Alphen Trail,
31 Alphen Drive, Constantia

Date: 22 February 2025

Time: 10am

Cost: R50.00 for humans

R5.00 for doggies

Cash, card or EFT



Bring the whole family for a relaxed walk in beautiful surroundings.

Wear something red

Bring your own chairs and join us for a Hot Dog at the finish.



Contact Annalise at the Office to make sure your Hot Dog is waiting for you!

Monday to Thursday: 9.30 - 2pm

Phone: 021- 5954517

WhatsApp: 0661580234

E-Mail: alanonct@iafrica.com

IAGSM Fundraiser



Al-Anon Family Groups

High Tea

Celebrating our founder, Lois's birthday.

Sunday, 9 March 2025 @ 2pm

Good Shephard Church Hall

7th Avenue, Kensington

(Maitland Venue)

R40.00

Pay cash or card at venue



Join us for tea, eats and fellowship.

Tea, coffee, milk and sugar provided

Make your table beautiful, have a theme for your group.

Bring your crockery and cutlery..... and a plate of eats.

There will be tables for those coming on your own.

Small groups join up with each other to fill a table

For more info:

Contact Annalise at the Office:

Monday to Thursday: 9.30 - 2pm

Phone: 021- 5954517

WhatsApp: 0661580234

East Rand Convention 2025



18 - 20 April 2025

Registration opens at

07h00 Friday 19 April 2025

Registration fee

R130pp

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

Wordsworth High School

4 Wordsworth Road, Fairmeads, 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 | aaeastrand@gmail.com

CAPE AREA NEWS



Triple A Rally – We practice these principles in all our affairs.

The Triple A Rally was incredible. It's such a lot of fun to do things with friends.

I forgot how much I missed it. I get overwhelmed by all the love, attention, connection and quality time together. It fills me to the brim.

Wonderful authentic speakers.

Practical tips about "Keeping in a fit spiritual condition". Spiritual muscles need to be exercised as much as physical muscles.

Keeping conscious daily contact through prayer and reading our literature is vital to keeping our mental and emotional pipes clean and healthy and attitudes right.

We don't always feel like physical or spiritual exercise, but we feel fantastic and stay healthy once we practice them.

Delicious teas and lunches were served - chicken breyani, vegetable couscous salad, and boerewors rolls with fried onions.

Fabulous displays from archives and great books on sale with both A.A. and Al-Anon literature tables.

Such a lot of fun always on the trip. A gorgeous, spacious venue at the University of Cape Town Upper Campus. A lovely setting up on the slopes of Devil's Peak on Rhodes Drive overlooking Cape Town.

The banter increased when we walked through the doors. The sense of belonging and family was tangible and had I not attended, I would have lost so much.

By Jean T., Cape Town, January 2025



Wanneer jy iemand sien wat het wat jy wil hê, vra hierdie persoon om jou Sponsor te wees.

Hoe ek my 'Sponsor' gevind het.

Ek het na Al-Anon gekom om uit te vind hoe om my alkoholiese gesinsituasie te oorleef. Vroeg in die program, het ek "Keer terug" gehoor, en ek het. Dit het tyd en moed gekos, maar ek het die hoop gevind waarna ek gesoek het.

Ek is seker dit is al baie keer genoem, maar een aand was die vergaderingonderwerp 'Sponsors'. Daardie aand het ek my Hoër Mag gehoor, en besef 'n 'Sponsor' is wat ek benodig - iemand om my te lei. Die lede het gedeel dat om 'n "Sponsor" te vind, moet jy vergaderings bywoon, en luister na hoe en wat mense deel. Jy moet op soek wees na iemand wat iets het wat jy graag wil hê, en met wie jy gemaklik gevoel het. My tuisgroep was klein, maar daar was een lid wie se storie vir my sin gemaak het. Ek kon met haar vereenselwig. Ek het haar gevra om my 'Sponsor' te wees, en sy het ingestem.

Ons het kontakinligting uitgeruil, en sy het my gevra om haar te bel. Ugh, nog 'n struikelblok! Wat as sy besig was? Ek wou haar nie steur nie. Die verskonings in my kop het aangegaan en aangegaan. Dit het tyd geneem, maar ek het uiteindelik gebel. Daarna het elke oproep makliker geword. Sy het my daardie eerste keer, en baie keer sedertdien deur die Stappe gelei. Ek is geseënd om haar vandag steeds as my 'Sponsor' te hê.

Behalwe om my te help om deur die Stappe te werk, het my 'Sponsor' my aangemoedig om diens te doen. Toevallig het die groepsekretaresse in my tuisgroep uitgetree. Dit het my eerste diensposisie geword en het 'n keerpunt in my herstelproses geword. Binne 'n kort

tydjie het ek die groepsvertegenwoordiger geword, en later het ek na die Area-vlak aanbeweeg. Toe ek die pos op Area-vlak aanvaar het, is daar voorgestel dat ek vir my 'n Diens-'Sponsor' kry. Teen hierdie tyd het ek die geleentheid gehad om baie lede in my distrik te ontmoet, en daar was weer een persoon wat vir my uitgestaan het. Ek het haar bewonder vir wat sy al bereik het, en haar gevra om my Diens-'Sponsor' te wees. Om iemand te hê na wie ek kan uitreik vir leiding wat verband hou met my diensposisie was regtig gerusstellend.

Vandag het ek die geleentheid gekry om my ervaring, krag en hoop as 'n 'Sponsor' te deel. Daar word gesê (en ek stem saam) dat ek as 'Sponsor' meer terugkry as wat ek gee. Borgskap (sponsorship) help om my program vars te hou. Dit is wat ons doen, hoekom ons aanhou terugkom – sodat ons mekaar kan help herstel, en daar kan wees vir die gesinne en vriende van alkoholiste wat ons hulp soek.

Ek noem terloops oor die wonderwerke van die program: 'n paar jaar nadat ek die Al-Anon lid gevra het om my 'Sponsor' te wees, het sy met my gedeel, dat toe ek haar gevra het, het sy dit op daardie oomblik oorweeg om op te hou om vergaderings by te woon. 'n Hoër Mag het geweet wat albei van ons nodig gehad het, en die tydsberekening was perfek. Ek is dankbaar vir hierdie voortdurende verhouding met my 'Sponsor'.... elf jaar later.

Die vaardighede en gereedskap wat ek geleer het deur gesponsor te word en ander te 'sponsor', help my in my huidige posisie by die Wêrelddienskantoor. Inligting oor borgskap (sponsorship) kan in die volgende pamflette gevind word: "What It's All About" (P-31), "Service Sponsorship – Working Smarter, Not Harder" (P-88), en ook die boekmerk "Sponsorship –Working Together to Recover" (M-78).

Dit is beskikbaar by aanlyn boekwinkel of by jou plaaslike literatuur sentrum.

Deur Anne P., Internasionale en Regspesialis, Die Forum, Oktober 2022

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Translated by Margie D., Cape Area, February 2025



Keeping in "Fit" Spiritual Condition

The adjective 'fit' conjures up a description of a person's physical condition.

We often refer to how 'fit' a person is when we are referring to their fitness as a runner, tennis player, cyclist or hiker or a physical sport. Keeping physically fit means exercising regularly to build up the muscles required for the sport. It requires a routine.

How can this concept of keeping fit be applied to the spiritual condition? It means we need to keep a strong relationship with our Higher Power. To do this, we need to regularly communicate with our Higher Power. That is every day, and it takes discipline and determination.

I enjoy hiking. When I am halfway up a mountain, and I feel weak and tired I need to force myself to continue to the top. It is the same with my spiritual relationship. I must persevere when the going gets tough.

When I came into Al-Anon thirty years ago, I did not have a relationship with my Higher Power. I grew up in a Catholic family and attended church in my early life. I knew about God, but I did not have a personal relationship with Him.

I met my husband in Johannesburg when the two computer companies we were working for merged. We had good times socialising and going to parties and all our friends drank a lot. I did not realise then that he was an alcoholic. After we married, my suspicions that he was an alcoholic were confirmed. We applied for transfers within the company to Cape Town. I hoped that by leaving his hard drinking friends behind that this would lessen his drinking. Of course it did not! The drinking got worse as the disease progressed.

I joined Al-Anon to find a solution to his problem. I was the controlling wife maintaining the home, paying the bills, rescuing him when he had car accidents, booking him into rehab and doing everything to enable him to continue drinking. My behaviour was obsessive, and my life spiralled out of control. I had been brought to my knees. Fear ruled my life.

During my early years in Al-Anon I did not really apply the principles of the program to myself because my focus was on the alcoholic and not on myself or on my spirituality. As I started to share openly and honestly in meetings and to listen to other members experiences, I began recognizing the presence of a Higher Power. I learnt that I needed to first let my Higher Power into my life and to develop a personal or intimate relationship with the God of my understanding.

As I began applying Step 3 my life started to change. My spiritual journey began. I replaced the fear in my life with faith.

"Let go and let God"– by doing this it allowed my husband to hit rock bottom

and to find sobriety. He remained sober for 15 years.

Over the past three years, my husband suffered one illness after another and passed away in November last year. I was again brought to my knees. I was in despair. I needed to renew a regular contact with my Higher Power to get through each day. I began my routine to keep spiritually fit. The routine consists of these exercises:

Read – I put aside a quiet time in the morning before getting dressed when I read from a daily reader (cell phone must be on silent) for 10 to 15 minutes. I focus on reading and interpreting the message in the text. Often, I re-read the passage a few times to focus on the meaning of words. I clear my mind of all the things that I planned for the day.

Meditate – What does the text say to me today and how does it relate to my life. I take one sentence that jumps out at me and think about it.

Pray and contemplate – Step 11 sums this up. What is my Higher Power asking of me based on the reading? I allow God to transform me from the inside out. I let Him set the pace. I make a gratitude list, for example for my health, home, friends, the program, Al-Anon members. This gives me a positive attitude.

Act – What action am I inspired to do today based on this communication with my Higher Power? What action can I take to make my life a gift for others?

I apply this routine every day. It is easier to turn for spiritual help when I am undergoing trials and difficulties. I need to do this routine when my life is doing well. Like with a physical exercise routine I must continue to work the 'get fit spiritual routine' every day. If I think I have reached my 'physical' level of fitness I must not give up exercising. If I do, then I will become flabby and weak. So too I must continue my daily spiritual exercise and communication with my Higher Power.

Life is not predictable and there will always be difficult circumstances to cope with. When I am in 'fit spiritual' condition, then I have the support and guidance of my Higher Power. I can face life with strength and confidence no matter what I am faced with.

By Ilona D., Cape Area, January 2025

Sponsorship – a gift of connection.

I have been working with my Sponsor for a little over two years now. Initially, fear of rejection prevented me from getting a Sponsor or asking a member of our group to be my Sponsor. At that time, I was working with a counsellor from the treatment centre that my husband was attending and was in Al-Anon for a few months. The counsellor encouraged me

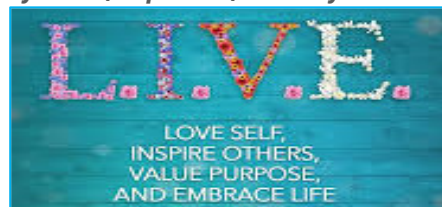
to listen at meetings and choose a Sponsor whom I enjoyed listening to.

There were two individuals in my Al-Anon group that I felt understood the program well and always had something helpful to contribute to meetings. One of these members approached me and asked if I would like to get coffee sometime. Her approaching me, led me to asking her to be my Sponsor. This may have been one of the best decisions that I made for myself, during a very difficult time in my life.

Having a Sponsor has helped my recovery in many ways. First, I would like to say that this woman is an amazing person. She has helped me learn how to trust and have a genuine relationship with another human being. Her warmth, kindness, and gentle approach has made me more willing to open up and share at meetings.

She has a nurturing spirit and loving heart. Having a Sponsor like her has allowed me to take my time in working the Steps and really grow, as an individual. She has let me return to Step One as many times as necessary, without feeling bad about myself. Through her, I have been able to "practice these principles in all my (our) affairs" and trust in my Higher Powers guidance. Choosing a Sponsor has been the most rewarding choice that I have made in my life and in the Al-Anon program. The only thing that keeps me from becoming a Sponsor myself is worrying that I haven't completed the Steps first.

By Ker H., Cape Area, February 2025



Thought for the month (Part 1)

Celebrate who you are.

- No one on the outside knows the extent of pain you've endured to get to this point.
- You've crawled your way out of darkness and created a good life for yourself.
- Yet appreciating yourself doesn't come that easy.
- It's time you stop basing your sense of self on external validation.
- You know in your heart you're doing the best you can.
- Don't let anyone make you doubt your worth, not even for a split second.
- You can get to a place of true self-acceptance and find the courage to choose what is right for you by nurturing your relationship with yourself.
- Tune in and listen to the voice of your inner wisdom.
- Trust the quiet strength within you—it's always been there, guiding you.

- You are worthy of love, success, and joy, not because of what you've done for others or how others see you, but because you are inherently valuable.
- Celebrate the journey you've been on, all the growth, all the lessons.
- You've become who you are through resilience, grace, and authenticity.
- It's time to stand in your power, fully embrace your worth, and let the world see the brilliance you've cultivated.
- The only approval you need is your own.

Let go of what no longer serves you.

- This is your reminder to let go of what no longer serves you.
- A new chapter awaits you.
- You've faced circumstances that left you feeling like you've been punched in the gut.
- It may seem like you will never escape the traps of the past.
- But remember, letting go is possible.
- You did the best you could at the time.
- Don't let old fears or old doubts take up space in your life now.
- You are stronger than you realize.
- Every challenge, every setback, was a stepping stone to who you are today.
- You've learned, you've grown, and you deserve to move forward without the weight of what's been holding you back.
- Embrace the future with open arms and trust that what's meant for you will find its way.
- It's time to clear the clutter, release the baggage, and make room for the peace, growth, and abundance you deserve.
- You're ready for the next step—trust yourself.

Create space for magic to happen.

- You have the power to make the most of the opportunities that arise out of the unknown.
- You don't know where this path is going to take you.
- There will be obstacles, doubts, and fears, but you must continue to take each step forward with unwavering trust.
- You must believe that what's meant for you will come to you.
- The more you become connected to your inner voice of wisdom, the more easily you discover the right insights.
- Create space for magic to happen.
- Embrace the uncertainty, knowing that sometimes the greatest miracles come from the places you least expect.
- Allow yourself to be open to the unexpected, to release the need for control, and to trust that the universe is guiding you exactly where you need to go.
- Your heart's deepest desires will soon manifest in the most miraculous ways.
- When you align with your true self, you unlock the potential for incredible transformation.

- Believe in the unseen forces working in your favour and make room for awe to enter your life.
- Magic isn't just something that happens – it's something you invite, and the more space you create for it, the more it will unfold.

Embrace the mystery of life.

- Making decisions from a place of desperation will lead you to outcomes that don't actually serve you.
- No matter how hopeless or bleak things may seem, never give in to feelings of desperation.
- Desperation breeds anger and fear.
- True, the uncertainty of it all is scary, but you must remember that you have the strength to move through discomfort and adapt to life.
- Align yourself to the energy of trust.
- Everything is unfolding in perfect timing for you.
- There is no need to force things to go a certain way.
- Trust in your ability to be resilient.
- Embrace the mystery of life.
- It's in the unknown that the greatest opportunities often lie, and sometimes, you don't need to have all the answers right away.
- Allow yourself to surrender to the ebb and flow of life's journey, knowing that every twist and turn has a purpose.
- The universe has a way of guiding you, even when you can't see the way forward.
- So, breathe deeply, let go of the need to control, and trust that the pieces will fall into place exactly as they should.
- Embrace the beauty of the mystery—it's where your growth, transformation, and freedom await.

By Madelein O'B., Cape Area, February 2025

Look for Part 2 "Improving communication by paying attention" in the next issue.

Do you have a list of reminders that you use? If so, please share with our readers. Send to alanonct@iafrica.com

ALATEEN

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

I learned to leave my fears behind

After my mother assaulted me because I would not allow her to drive while she was intoxicated, I lived in fear. Until that moment, my mother had never laid a hand on me or my siblings. I feared that she would assault me again, and therefore I did not want to be around her. I changed my life around so that I would be around my mom as little as possible, especially when I knew she would be drunk. I also feared that what my mother

did to me was my own fault, and that I deserved it.

Another fear that I had was how my mother was going to act in the future. I did not know how she felt about going to prison. I found it hard for me to express my fears to my family and friends because I was not sure that I had anything to fear.

After going to Alateen, I realized that nothing that happened was my fault – it was the alcohol. I also realized that I could not dwell on the past or fear the future. I had to take “One Day at a Time.” I also picked up on a saying from the program “pain is inevitable, suffering is optional.”

My pain was what I experienced on that traumatic day, and the suffering was that I continued to fear and worry about everything that had happened that day happening again. I learned that it was holding me back. I had to leave my fears in the past and keep my focus on the person that I wanted to be.

I’ve used this experience to help me grow. Without Alateen, and the people in my group, I would still be living in fear.

By Rachel P., Connecticut, The Forum, December 2015

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Alateen Works

With the grace of my Higher Power, I have been blessed to find the fellowship of Alateen. It is a program of recovery from the dreadful disease of alcoholism.

Alateen taught me to detach from my dad’s problems, as he had his A.A. program to take care of that. I had to work on my own program of recovery by finding and correcting my defects of character.

I learned that alcoholism is a family disease and that only God could restore us to sanity. To attain sanity, we have to surrender to him. Through this spiritual program, I realised that I am responsible for myself. Our destiny depends on the choices we make in trying to solve our living challenges. I now practice the twelve-step program in *all my affairs*.

I am experiencing the joys of being a member of Alateen, therefore it is my responsibility to carry the message to others.

At this point in my life, I cannot imagine living without my parents. My dad takes an active role in my life something that was lacking before. I believe in the phrase “a family that prays together will recover together.” Every morning, I do not forget to thank my Higher Power for providing me with peace and prosperity.

By Ketan, Alateen, Unitas, March 2006, Volume 39, No. 1



1. How can I understand the disease of alcoholism and accept the alcoholic as a sick person?
2. What can I do if the alcoholic says hurtful things to me?
3. What can I tell my friends if they see my parent/s drunk?
4. What can I do to get the alcoholic to stop drinking?
5. How can I overcome my negative feelings towards the alcoholic?
6. Is it normal to get angry? How can I overcome this anger?
7. Why is it important to listen to the sharings of other members?
8. Why is it important to keep working on my own shortcomings?
9. How can I avoid hurting other people by what I do or say?
10. How has Alateen helped me to change my attitude?

Source: Unitas, October 2004, Volume 37, No.3

Look for questions on “Alateen Sponsorship” in the next issue.

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.

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 for more information.

How I see myself reflects how I see my Higher Power

Growing up in an alcoholic home left me with many wounds and bruises. I was hurt spiritually and emotionally.

As I got older and formed new relationships, I didn’t understand why those wounds never healed.

Instead, it was as if they opened, bled, and were often infected with expectations and disappointments.

Realizing I was powerless over my childhood was my First Step. I didn’t cause

the dysfunction in my home, I couldn’t control it, and I certainly couldn’t cure it. That required something bigger than me.

I was told my Higher Power could be whatever I wanted it to be. I chose a Higher Power that was bigger than all the hurts I had experienced.

Making that decision made it possible for me to look at all my wounds – real and imagined. Some were more tender than others, and my Sponsor showed me that to heal I must expose them all.

Since I didn’t know how to take care of my wounds, I let my Higher Power take the lead and had Him show me, “One Day at a Time,” one wound at a time, what to heal and when.

When I listed my wounds, I prayed for the willingness to forgive those that I’d hurt and those who hurt me.

In my quiet time, I continue to let my Higher Power heal me and direct me to the places that still need care. He is my protection today.

I am grateful that as a result of working the Steps, my scars have turned into stars. Today, I have the privilege of sharing this wonderful program of healing.

By Elizabeth R., Arizona, The Forum, April 2012

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

My Sponsor’s unconditional love was the turning point

When I first started working the Steps with my Sponsor, I was scared to death – scared to death to share the secrets of the disease that I had carried with me, some that I had had since childhood. It wasn’t until we got to Step Five that my new self-awareness started to become comfortable.

I was sitting there in a little pizzeria with someone who knew who I was and accepted me for who I was. I felt connected to the world in a completely new way. I no longer had to go it alone as I had done for so many years. To have the unconditional love from another human being without being judged, without feeling ashamed, was a great turning point for me in my recovery. I had been working long and hard, but always alone. Now I was connected. My Sponsor told me I was very courageous for sharing.

When I think of that moment when I first shared my story with her in that little pizzeria, I will always be grateful for her taking the time to listen unconditionally. I drove past the pizzeria the other day, and it had shut down. That was a reminder to me that things change. Sometimes, they can change for the better.

The fear I lived with (because of my secrets) had changed to hope, because someone took the time to care. It gave me the courage to move forward in my recovery with confidence.

Enticed to be Involved

I came into Al-Anon many years ago with lots of frustration, disappointment and anxiety. It took a few meetings before I could relax a little and begin to take notice of the possible changes I could make.

Attending six meetings, as suggested, was important to me. Having always had a Higher Power; it was easier to ask for help - which I had needed to do from an early age.

I remember being asked to chair a meeting for the first time - only a matter of weeks after I had come to Al-Anon. I had only shared a few times and helped with other tasks. Although I was a little daunted, I did so and felt privileged to be asked. I learned that progress not perfection is all that is required of anyone. The light-heartedness, smiling faces and willingness of members to participate, enticed me to be involved. The warmth and friendship, understanding and acceptance of so many new friends made my life so worthwhile.

I have been participating in Public Information service for many years, and it has given me great satisfaction; I still appreciate this privilege. Being a sponsor is very rewarding too as I find I receive much more than I give.

The Al-Anon program with its daily readings, our literature and contributions by so many, shows me that participation is the key to success in the program.

By Joan F., Southern NSW Area, Australia Link, November 2017

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Acronyms

A bit cleverer to some, acronyms are another helpful Al-Anon tool to remind us that a simple word can generate an underlying meaning to guide our actions, our attitudes, and our choices.

- **D.E.N.I.A.L.** Don't Even Notice I am Lying
- **D.E.T.A.C.H.** Don't Even Think About Changing Him/Her/Them
- **E.G.O.** Edging Out God
- **F.A.I.T.H.** Finding Answers in The Heart
- **F.E.A.R.** False Evidence Appearing Real
- **G.O.D.** Good Orderly Direction
- **H.A.L.T.** Hungry, Angry, Lonely, Tired
- **H.O.P.E.** Happy Our Program Exists
- **H.O.W.** Honest, Open, Willing
- **L.O.V.E.** Let Others Voluntarily Evolve
- **Q.T.I.P.** Quit Taking It Personally
- **N.U.T.S.** Not Using the Steps
- **P.A.U.S.E.** Postpone Action Until Serenity Emerges... or

- **P.A.U.S.E.** Perhaps Another Unseen Solution Exists
- **S.H.A.M.E.** Should Have Already Mastered Everything
- **S.T.E.P.S.** Solutions to Every Problem
- **T.H.I.N.K.** Before speaking, is it... Thoughtful, Honest, Intelligent, Necessary, Kind
- **T.R.U.S.T.** Try Really Using Step Three
- **W.A.I.T.** Why Am I Talking/Texting/Typing?
- **Y.A.H.O.O.** You Always Have Other Options
- **W.I.L.L.I.N.G.** When I Live Life, I Need God

Have you heard pearls of wisdom in your meetings? Share these with your fellow readers and send to alanonct@iafrica.com



Send Your Sharing

Everyone has something to share about the Al-Anon program, whether you are a newcomer or a longtime member. The Forum (and other publications) publishes sharings that detail how Al-Anon has helped members recover from the effects of someone else's drinking - to improve and live happier lives. Our stories share our tears, fears, joys, and laughter and describe the ways we address and respond to the sorrows, miracles, setbacks, and steps forward that are part of our recovery journey.

You don't have to have all the answers, and your story doesn't have to be perfect. Just share from your heart. The World Service Office Staff will edit for grammar, punctuation, spelling, clarity, and length. It takes courage to write with complete honesty but finding that courage is another step toward recovery for you and for those who read your sharing.

Resources are available on the World Service Office website

<https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>
<https://al-anon.org/pdf/writing-guide-for-the-forum-F1.pdf>
<https://al-anon.org/pdf/Finances-in-Recovery.pdf>
<https://al-anon.org/pdf/Sponsorship-Writing-Guide.pdf>



Member Blog

Share your Experience, Strength, and Hope

The Al-Anon Family Groups offer a safe environment where the relatives and friends of alcoholics can find community and support to deal with their common problems. Our Member Blog is a place to read members' experience, strength, and hope on the monthly topics, and to write your own.

In addition to using the Blog for your personal recovery, the Blog is a fantastic source for meeting topics. Members are welcome to use any topic from the Blog to chair a meeting, possibly inspiring more members to write and post their sharings on the Blog. After all, the more people share their recovery, the more people can find recovery.

Keep in mind, the Member Blog comments are not for sharing in meetings as they have not gone through the Conference Approved Literature (CAL) process and are not considered CAL. The opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest. Member sharing on the Member Blog may be used in future Al-Anon publications.

<https://al-anon.org/for-members/members-resources/member-blog/>

Source: Al-Anon World Service Office website <https://al-anon.org>



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.



NOTICE BOARD

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.

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

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

MEETINGS

- | | |
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| * AREA ASSEMBLY - Saturday, 15 March 2025 at 9.30am (electronic). | * SERVICE COMMITTEE MEETING - Saturday, 12 April 2025 at 9.30am (in person). |
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RALLIES/CONVENTIONS

*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.

*AL-ANON BIRTHDAY RALLY & GRATITUDE PARADE (AL-ANON RALLY WITH A.A. PARTICIPATION)

Date: Saturday, 31 May 2025 More information to follow.

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. Visit <https://www.alanon.org.za/meetings/> for meeting details.

*FUNDRAISER - VALENTINE'S FELLOWSHIP WALK, ALATEEN FUNDRAISER

Date & Time: Saturday, 22 February 2025 from 10am Venue: Alphen Trail, 31 Alphen Road, Constantia.
Entry Fee: R50 per person, and R5 per dog.
Bring the family for a relaxed walk, in beautiful surroundings. Wear something red. Bring your own chairs and join us for a hotdog at the finish.
Contact the office for more information or to book your spot at alanonct@iafrica.com, Tel 0215954517 or 0661580234.

PROCEEDS RAISED GO TO ALATEEN

*FUNDRAISER - LOIS'S BIRTHDAY HIGH TEA, IAGSM FUNDRAISER

Date & Time: Sunday, 9 March 2025 from 2pm (set up from 1pm)
Venue: Good Shepherd Church Hall, 114 7th Avenue, Kensington (Mailand Group venue).
Entry Fee: R40 per person.
Groups host a table and invite family and friends to participate and attend.
Contact the office for more information or to book your spot at alanonct@iafrica.com, Tel 0215954517 or 0661580234.

PROCEEDS RAISED GO TO GSO/IAGSM

NEXT ISSUE Send Your Shares Submissions due by 17 March 2025

For the next issue the topics are:

- **Public Outreach** – Each One Reach One. What's your favourite way to carry the message of Al-Anon/Alateen and recovery to others?
- 36 Principles – How has Step 4, Tradition 4 or Concept 4 helped in your recovery process?

"The fundamental law of human beings is interdependence. A person is a person through other persons."
– Archbishop Desmond Tutu

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
