

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. 4 OF 2025 (APRIL)

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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My Alateen story

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Wat ek agter die toe deur gevind het

Declaration & Serenity Prayer

WHAT'S ON IN THE AREA/S

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, Farnham, Benoni

1st Meeting on Friday starts at 08h00
Convention will conclude around midday on Sunday 20 April 2025

Pre-registration available AA Office 011 421 1748 | aseastrand@gmail.com



RSS

Regional Services Seminar
at Schoenstadt Retreat &
Conference Centre

SAVE THE DATE

Saturday 19 July 2025

Approximate cost R250.00

You are welcome to pay off in instalments

Banking Details:

Bank: ABSA

Account Name:

Al-Anon Family Groups Cape Area

Account No: 4073215579

Branch No: 632005

Type: Cheque

Ref: RSS, Name, Group

For more info contact Annalise at
the Office:
Monday to Thursday: 9.30 - 2pm
Phone: 021- 5954517
WhatsApp: 0661580234

CAPE AREA NEWS

Celebrating Lois and the Long Timers

The Area held its annual celebration of Lois's birthday on Sunday, 9th March at the Good Shepherd Church in Kensington. This year the Area combined it with a celebration of the Long Timers. Long-timers are members who have been in Al-Anon for 20 years or more.

Lists were made, invitations sent out and replies received. The invitations were received with great excitement and gratitude from members. On the day, the venue was set up, and table decorated and

made ready to host these special guests. Many were met at the door and directed to the table.



Over a hundred and twenty people attended the High Tea. The groups decorated their tables and joined in the fun of hosting family and friends. For the first time, Alateen was represented and hosted their own table. Such a joy to see the young people participating and joining in the fun.

During the welcome, a quote from A Little Time for Myself (B-34) p.67 was read "No matter our lives or circumstances, I can learn something from every Al-Anon member. Each member of the fellowship is a significant part of a great circle of hope."

Looking out over the hall, I was extremely pleased to see so many members attending and feeling so grateful to all who had kept these doors open for me to have a place to come, to find my serenity.

Of the invitations sent out, forty-four long timers attended, totalling 1395 years in the program, averaging 31.7 years. The Area's longest active member was Patty O. from the Maitland group at 46 years, followed by Nicky B. of Constantiaberg Morning 43 years, and Cathline B. of Delft 42 years.

The High Tea is an annual Area fundraiser where funds are raised towards sending national structure delegates to the International Al-Anon General Services Meeting (IAGSM). The purpose of IAGSM is to share the experience of Al-Anon national service around the world through its delegates. The first meeting was held in

1980, South Africa hosted the meeting in 2012 in Cape Town, and during Covid meetings were held online with our delegates attending virtually. Our service members are committed and give of their time tirelessly. I am grateful to the members that represent South Africa on the international stage.



Not everyone trapped by alcohol is an alcoholic.

At the High Tea, the Area incorporates Public Outreach (PO). This year it was decided to place a piece of Conference Approved Literature (CAL) at each place setting. The year's PO slogan is "Each One Reach One". If each of us takes this piece of literature and places it at a police station, doctor's rooms, or hands it to a person, this may make them aware of Al-Anon, and that there is a place to find support from the disease of alcoholism. Janice is the Area's Public Outreach coordinator.

A short history of Lois's journey in Al-Anon was shared by Andrea of Bellville. I am so grateful for the insight that Lois and Anne, Al-Anon founder members had and that they followed through with it. I give back to Al-Anon by carrying the message of hope to others, keeping the doors of my group open and being available to those who will come through the doors needing the love and acceptance that I received in the rooms of Al-Anon.

Getting back to the celebration, the buffet tables were heavily laden with an assortment of treats. Thank you to members for their generosity. The treats were enjoyed by everyone. I've never been to an Al-Anon event where there hasn't been an abundance of food, laughter, friendship, love, and hugs. This event was no different. It's these moments that I treasure.

By Fatima D., Cape Area, March 2025



Hope

Suggested reading from Hope for Today (B-27) p.113.

Step 2 brings me the hope in the belief that God could restore me to sanity. It is about this hope that I want to share.

In preparing for my share, I looked up different definitions and discussions on the meaning of "hope" to understand what hope means to me. The description that resonated the best with my perspective on hope, comes from the Merriam-Webster Dictionary, which states that hope is a desire accompanied by the expectation of or belief in fulfilment. In addition, Queensborough Community College states that one cannot have hope without faith. And it is with this little sentence that I came to understand how the hope that I carried during the years of living with active alcoholism, did not bring me what I desired or needed.

As the adult child of an alcoholic I desired that the alcoholic would sober up, for as long as I can remember. It never happened and I had no trust that alcoholics could reach permanent sobriety. I furthermore developed a distorted belief system that someone from the outside must fix an alcoholic and was delighted that I would potentially be able to work in the substance abuse field, equipping me to hopefully fix the alcoholic in my life. He died in circumstances unrelated to alcoholism during my study years and I always felt that I could have saved him from his disease, had I just been skilled enough or had the opportunity which his untimely death stole from me.

Unknowingly, I married into alcoholism and was so deep in denial that I did not acknowledge the extent or reality of alcoholism until after I joined Al-Anon and my defences were broken down by the shares I listened to. I recognized the insane behaviour as that of an alcoholic and with shock, I also recognized my own insane behaviour as that of an untreated Al-Anon.

So, my journey with recovery began, and I really ploughed into all the tools, meetings and support that I could find in Al-Anon. It brought me much serenity, especially the slogan such as "Let Go, Let God". The Serenity Prayer brought me clarity on what I can do and what not.

Unfortunately, I had many blind spots in my belief system, despite being a devoted Christian my whole life. These blind spots only came into my field of vision, once the miracle of sobriety entered our lives. It was

only then that I understood for the first time that I did not ever have hope and why I did not have hope.

Sobriety came unexpectedly through nothing less than a miracle. A life-threatening cycling accident opened the door to recovery for the alcoholic, and I played no role in the sobering up at the time. I had been in Al-Anon for two and a half years before that day and no doubt the recovery that I had made up to that stage, played a huge part in the door staying open but in no way was I the one sobering him up. God did that without me and the work that the alcoholic has put in before the accident and since, maintains his sobriety. I am just not in the way anymore. I stay on my side of the road.

The magnitude of the miracle only became clear to me during and after the three-week camping holiday in December. The alcoholic stayed sober despite all the old triggers of previous holidays in that very same place. It was the first time in my life that I experienced a holiday without active alcoholism. For the first time in my life, I felt the healing effects of a serene holiday with my loved ones. I came home from holiday and was rested and healed, ready for a new year. I have never experienced such a miracle, and it is this experience that led me to understand that hope is real and that my faith in God forms part of this hope, because if I don't trust God, I am just getting in the way.

The reason I did not have hope before, was because I did not have the expectation that God would truly by Himself, bring sobriety to the alcoholic. I carried inside my bag so much resentment, anger, disappointment, regret and many other feelings, that my attempts at fixing the alcoholic were ultimately not only unhelpful, but in fact harmful to the alcoholic, to myself and everyone in our system. I carried a very big very heavy bag because I thought I had to fix the problem.

The distorted beliefs that possibly played the biggest role in enabling the alcoholism, was my belief in the alcoholic's inability to achieve sobriety though his own journey, my belief that I have the responsibility fix him and my lack of hope in God. I honestly did not have the faith that God would do this for us, although I prayed continuously and thought that I had faith in God. Ironically, sobriety came when I had stopped praying for sobriety some time and only focused on my journey in and with Al-Anon. I believe that shifting my focus away from the alcoholic to myself, facilitated his ability to be healed by God. I now know that I did not have hope because I believed that I had to do it all. "Let Go, Let God" ultimately opened the way for God to heal us all.

I am humbled and grateful. I trust in God to always restore me and my loved

ones to sanity and that trust now brings me hope.

By Anon, Cape Area, February 2025



HEARD IN A MEETING

The topic for our meeting one evening was "obsessive thinking" and boy have I done so much of this in the past. I read a passage from one of the daily readers and something so profound came to mind that a wise woman taught me. A visualisation tool that anyone could try! When we create scenarios and stories with our thoughts in our heads that pull us into the negative past or future, it's time to pull out the plug.

Imagine there is a plug and cord running from your brain to a TV screen playing the film you are creating with your thoughts or replaying a bad old movie - if it's not serving you, visualise yourself pulling out the plug and disconnecting from these thoughts, stories or person. Our energy and thoughts are precious (I see it as an expensive resource like electricity) - don't waste it on what does not serve you.

By Lianne, Cape Area, March 2025



Wat ek agter die toe deur gevind het.

Daar was dit weer! Ek het daardie deur minstens vier keer tevore gesien, sonder om dit ooit te betree. Ek het daar verbygegaan, toe die vergadering op die punt was om te begin, met die hoop om 'n blik te kry van die soort mense wat na Al-Anon gegaan het. Hierdie keer het my seun vrywilliglik saam met my gegaan, sodat ek nie kon terugdraai nie. Die tyd het aangebreek om eintlik deur die deur te loop.

My familie en my lewe het so disfunksioneel geword, dat daar heeltemal te veel "dis" en nie naastenby genoeg "funksie" was nie. My lewe het soos 'n growwe verstrengelde vislyn gelyk. Min het ek geweet watter vrede en geluk ek aan die ander kant van die deur sou vind.

Wat ek vind het, was 'n nuwe manier om na dinge te kyk. Terwyl ek bewus was van die negatiewe invloed wat ander op my gehad het, was ek heeltemal onbewus van die negatiewe invloed wat ek op hulle gehad het. Ek het geleer dat dit vir ons almal baie gesonder was as ek my aandag

van die alkoholis/verslaafde in ons gesin sou haal, en op myself begin fokus.

Vir my het die werklike groei in Stap Vier begin, terwyl ek eerlik na my karakterfoute gekyk het. Ek het destyds nie gedink dat ek enige foute het nie. Ek het gedink dat ek as martelaar deur mense misverstaan is: ek het gely omdat ek ander lief gehad het. O, my wêre! Toe, soos 'n aambeeld wat op my kaal toon val, het God my nie net gewys dat ek inderdaad karakterfoute het nie, maar ook die groot rol wat dit in my lewe gespeel het.

Toe ek die Al-Anon-konferensie-goedgekeurde literatuur begin lees en luister na wat ander tydens vergaderings sê, het ek stadig begin groei. Aangesien ek met verskillende onderwerpe kon vereenselwig (wrok, selfbejammering selfvoldaanheid, wanhoop, bekommernis, ens.) het ek ook begin sien dat dit my karakterfoute was. Toe ek in my lewe met probleme sukkel, het ek gou begin sien dat dit te wyte was aan 'n spesifieke karakterfout.

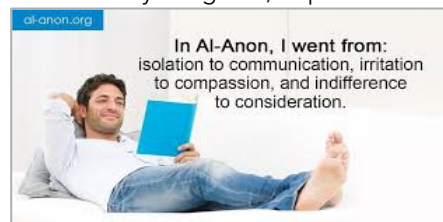
My lewe het regtig begin verander toe ek neerskryf wat ek deur Al-Anon, vir elke karakterfout geleer het. Nou, as 'n fout sy lelike kop uitsteek, hoef ek net te onthou of terug verwys na my lysie met tekortkominge om te lees wat ek geleer het, en dit is verbasend dat dit net so vining verby gaan soos wat dit begin het. My dag is nie meer verwoes nie. Ek het besef dat ek, net soos ander, gebrekkig is. My geluk word nie deur omstandighede beheer nie, maar van binne en die hantering van my karakterfoute.

Vandag het ek 'n nuwe deur voor my, genaamd "regstel". Ek moet erken dit lyk 'n bietjie intimiderend. Maar weet jy wat? Ek dink ek sal ook deur daardie een stap.

Deur Jay K., Nebraska, Die Forum, November 2015

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

Translated by Margie D., Cape Area



Thought for the month (Part 2) Improving communication by paying attention.

- Each one of us is trying to do our best to deal with the chaos of life. So much goes on in our inner worlds - from thoughts, and fears, to stories, and biases.
- So, of course, whatever happens in your inner world can impact your relationships with other people.
- Pay Attention to Your Own Thoughts. We have thousands of thoughts running through our minds every day. Being

present with yourself enables you to sift through them.

- When you pay attention to what is going on inside of you, you can come up with a more balanced view of your experiences.
- Pause to gauge whether a particular thought is appropriate to bring up and ask yourself whether it truly serves the conversation.
- Work on Self-Reflection. Self-reflection allows us to clearly convey a message and makes it easier for the other person to understand the real meaning of what's being communicated.
- Clear and honest communication is crucial in any relationship. We don't have the ability to read minds. To build trust and a deeper connection with someone, it's important to let them know what's going on in your mind.
- Disagreements Aren't the End. Disagreements are part of every relationship. Sometimes we have to deliver difficult messages to our loved ones.
- Don't forget - we all handle difficult situations differently.
- Many people tend to bottle up their feelings to avoid conflict, and some may say incredibly hurtful things in the heat of the moment.
- It's important to remind yourself that a disagreement doesn't define the relationship; it's how you choose to approach it that matters.
- Empathy is important. Empathy allows you to hold space for others. Giving them the space to be vulnerable can help you connect with them on a deeper level.
- Although you may not know exactly how your words will be received, you can still choose to be kind.
- Put yourself in the other person's shoes, and acknowledge their feelings, even if you don't fully understand their perspective. This creates a safe space for open, meaningful dialogue and fosters a greater sense of mutual respect.
- Communication is not just about talking; it's about listening, understanding, and connecting in a way that helps both parties feel heard and valued.

Give yourself grace.

- You're healing old wounds and learning to embrace a new way of looking at things.
- You're dealing with so many painful feelings at once.
- Be wary of the unhelpful comments from your inner critic, such as "You're too slow and weak," or "You don't have what it takes to be healed."
- These voices are not the truth of who you are.
- Embrace the power of the word "possible."

- The journey to healing is not linear, and it's okay to take things one step at a time.
- Keep reciting positive mantras to yourself, even when you don't feel like it.
- Affirm your strength, your resilience, and your ability to rise, even in the hardest moments.
- "It is possible for me to find peace when the unexpected shows up."
- "It is possible for me to move forward with patience and kindness toward myself."
- Healing is not about perfection, it's about progress.
- So, give yourself grace, knowing that every small step you take is a victory.
- You are allowed to move at your own pace and to honour the space you need to heal.
- Trust that you are becoming whole again, and that peace is within your reach, even if it feels distant right now.

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



My Alateen Story

The moment I noticed something wasn't right with my parents was when I needed help with my homework one day, and I asked my dad to help me. When I went over to him, he had a beer in his hand, and he hid it behind his back, saying, "I will be right there," while shooing me away. I thought, Why did he hide it behind his back? I felt confused and upset. My parents were getting into fights at that time, and I felt too scared to tell my mom because I just thought it would start up another war between them. After that, I became a fixer. I always held in my emotions in order to try to fix the fighting between my parents and keep peace in my home.

Sometime after this, my mom began going to Al-Anon and had been active in the program for a year when my dad went away for rehab. My parents sat us down the night before, and my dad admitted that he had a drinking problem. At first, after hearing what my dad said, I felt unemotional; I didn't know how to feel. The next morning, my dad left, and I thought, Why is this happening to me? Watching my dad leave made me feel overwhelmed. That was nearly three years ago.

When my mom introduced me to Alateen, I honestly thought it was going to be very boring. I felt like I didn't need to go, like I had everything figured out, and I was fine. Before Alateen, I felt as if I couldn't talk about my feelings at all, whether I was sad, angry, emotional, etc. But after attending meetings and hearing that others had experiences like mine, I felt like I belonged there. I felt like people

could understand how I felt, and I realized I didn't have to hold it all in just so everything could look perfect from the outside. Just a few months later, we decided to start an Alateen group in our town. It has been nine months since our meeting began, and Alateen has made a big impact on my life – not just related to the alcoholic, but with school as well as my mental health.

The slogans stand out to me as really important. The two that I find most helpful are "One Day at a Time" and "Let Go and Let God." These slogans help me to take my time and not worry about anyone else but myself. I cannot control the words or actions of someone else, but in Alateen, I've learned that I can control mine. "One Day at a Time" reminds me to stay in the present, rather than living in the past or the future. Keeping my thoughts in the past or the future does not allow me to enjoy the time that I have now, in the present. These simple lessons help me let go of others' problems and focus on my growth.

When we formed our group, we decided to open our meeting to ages seven through eighteen. Most of the time, our group's members are nine through fifteen, but even when there are seven-year-olds in a meeting, they have experience, strength, and hope to share. While in our Area the Alateen meetings remain small, it is my hope that our meetings will grow as families remember that alcoholism really is a family disease, and all children can benefit from having a safe space to work through their experiences together.

By Alicia, *The Forum*, November 2024

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My Control Would Have Been My Downfall

"Before Alateen I was very controlling, whether it was with my friends, my work, or my alcoholic [loved one]. I knew it wasn't healthy, but I didn't want to change. I was too stubborn. Then, I started going to Alateen. It showed me that I wasn't alone, that I wasn't the cause of the alcoholic's problems, and that I can accept people as they are. Looking back, it seems foolish how stubborn I was. My unwillingness to reflect and change would have been my downfall. My Alateen meetings saved me. I didn't feel like the cause of the problem anymore, and I didn't feel responsible for trying to solve alcoholism. Instead, Alateen taught me to

look at alcoholism from a different perspective; to accept the alcoholic and love them, rather than try to fix them."

Excerpt from *"The Forum,"* January 2025

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

Alateen helps teens who have been affected by someone else's drinking. If you're wondering if you have been affected by someone else's drinking, you can answer a couple questions to find out
<https://al-anon.org/newcomers/self-quiz/teen-quiz/>

What Alateen Means To Me BETTER TOGETHER

Together we can make it!

Angel - an angel sits on my shoulder watching over me.

Love which I have so much to offer to you and to God.

Attitude - always have a positive attitude.

Think before I act.

Empower myself with Alateen tools.

Encourage myself and others to build self-esteem and confidence.

Never give up on life.

By Shanell, KZN,
Unitas, March 2006

Friendships in Alateen

I was the Zoom host at a recent Alateen meeting. What a fabulous meeting it was too. A long term Alateen member was chairing the meeting, and we had a newcomer. At our meetings, all the topics are chosen by Alateens.

The first meeting topic was friendship. The teens shared about their special friendships made in Alateen, and how other teenagers just 'get' each other. Sometimes friendships can be hard too, especially for teenagers.

Many of the Slogans we learn in Alateen and Al-Anon like How Important Is It? or Let Go And Let God, help us to detach with love. Listening to the sharing's at the meeting reminded me how important this fellowship is to those young members who find us, and who make life-long friends in the rooms, both in-person and online.

The second topic was decisions, and again the wise words spoken in the meeting was that "deciding to not make a decision was actually making a decision" and that it's OK to think about a decision and to say, "we need to think about it."

By Anon, *Al-Anon Today*, Autumn 2023

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Alateen Sponsorship



1. Who may be an Alateen group?
2. Who may not sponsor an Alateen group?

3. What is expected of an Alateen sponsor?
4. What are the reasons that prevent me from becoming an Alateen sponsor?
5. When am I ready to become an Alateen sponsor?
6. How many sponsors are needed at an Alateen meeting?
7. Who may be present at an Alateen meeting?
8. How can I apply my Al-Anon experience to help Alateen?
9. How can I teach Alateens to become self-supporting?
10. Name a few Do's and Don'ts that I should remember at an Alateen meeting?

Source: Unitas, October 2004

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.

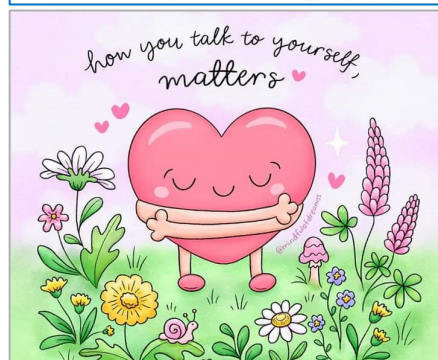
Al-Anon Declaration

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.



Lois Birthday High Tea & Long Timers Celebration Sunday, 9 March 2025

Morning dearest, trust you had a good rest after all the work yesterday. Anni please convey my thanks to all who made the High Tea so special. 🙌🍷👍

All the team involved in organising the High Tea, a very big thank you for a wonderful afternoon. It was so enjoyable just to be with so many warm, loving Al-Anon members, many of whom I hadn't seen for ages. It was truly special! Lots of love

Thank you for hosting such a large crowd and for those who served us. Excellent parking and facility. It was a beautiful Lois themed Tea Party. Lovely place settings and groaning buffet tables. So much love went into the food tables. Deep appreciation for kindness shown.

Thank you to the committee and everyone who participated in making the reunion and reminding us how grateful we are for the amazing program we are blessed to be a part of possible. It was awesome 🙌. Lots of love ❤️🍷

Dankie uitstekende dag 🙌🙌🙌

What a day!! What more can I say 🌟🌟🌟. And a big thanks to the ladies who helped to make it such a successful day! 🍷🌸👍

Lois words, "March forth in service" always resonated with me to pass on the message of hope. I saw this displayed at the High Tea by dedicated members, in honour of this amazing woman who saved my life and so many around the world. It was emotional to see so many long timers at her birthday celebration. Blessed to be a Pisces sister in Lois spiritual circle.

High tea in numbers:
44 long timers attended.
1395 years of program.
31.7 years average per long timer.
46 years longest active member.
10 Alateens.
120+ attendees.

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

- | | |
|---|--|
| <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>▲ 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

- ***SERVICE COMMITTEE MEETING** - Saturday, 12 April 2025 at 9.30am (in person).
- ***AREA ASSEMBLY** - Saturday, 17 May 2025 at 9.30am (electronic). Workshop - Concepts 3 & 4 - don't miss it. All members welcome.

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.
If you're unable to attend the event, show your support by sending items to be sold at their Craft Table. Drop items off at the office.

- ***AL-ANON BIRTHDAY RALLY & GRATITUDE PARADE (AL-ANON RALLY WITH A.A. PARTICIPATION)** **SAVE THE DATE**
Date: Saturday, 10 May 2025 Venue: Richwood Sport and Recreation Centre, 28 Richwood Ave, Richwood
More information to follow.

- ***REGIONAL SERVICE SEMINAR (RSS)** **SAVE THE DATE**
Date: Saturday, 19 July 2025 Venue: Schoenstatt Retreat & Conference Centre 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 - THE BARNYARD - "IT'S MY LIFE"** **SAVE THE DATE**
Date: Sunday, 31 August 2025 at 2pm (doors open 12pm) Venue: The Barnyard, Tygervally Centre, Bellville
More information to follow.

NEXT ISSUE

Send Your Shares

Submissions due by 17 April 2025

For the next issue the topics are:

- **Service.** What is your favourite service position and why? How has service boosted your recovery?
- 36 Principles - How has Step 5, Tradition 5 or Concept 5 helped in your recovery process?

"Service in Al-Anon allows us to stretch ourselves and to practice the Al-Anon principles while we connect with others with whom we can be ourselves. It is an opportunity to attempt something we actually can achieve and to gain self-esteem by doing something of value." How Al-Anon Works, p.100

"'Putting love into action' is one way of describing service. Without love and service, there could be no Al-Anon program." Service Sponsorship: Working Smarter Not harder.

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.

We have no dues or fees; according to our Seventh Tradition, "Every group ought to be fully self-supporting, declining outside contributions." This Tradition suggests that Al-Anon is fully self-supporting at all levels of service - in our groups, Area Office, and General Service Office. We contribute in gratitude for what we have received from Al-Anon. We do this through our own voluntary contributions by passing the basket to cover group expenses, including rent or platform fees, purchase of literature, and support of our service arms.

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
VISA **MasterCard**