

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. 7 OF 2025 (JULY)

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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Recovery - Through The Steps

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also a framework within which the groups can carry on their affairs in harmony.

Unity - Through The Traditions

Service - Through The Concepts

WHAT'S ON IN THE AREA/S

Book your seat

Al-Anon Regional Service Seminar
RSS
Moving Forward, Embracing Change
Saturday, 19 July 2025
8.30am - 4pm
R250.00
Schoenstatt
Retreat and Conference Centre
Constantia Main Rd, Constantia

A FEW THINGS TO REMEMBER

- Book now - only 50 places available
- Bring a small plate of tea time treats
- If you want a vegetarian meal - contact Annalise
- If you can, please bring something for the Pamper Hamper Lucky Draw

Banking Details:
Bank: ABSA
Account Name: Al-Anon Family Groups Cape Area
Account No: 4073215579
Branch No: 632005
Type: Cheque
Ref: RSS, Name, Group

Only 50 places available.
To book your place: contact
Annalise at the Office:
Monday to Thursday: 9.30 - 2pm
Phone: 021- 5954517
WhatsApp: 0661580234

What is RSS?

RSS (Regional Service Seminar) is an annual event, where we, as an Area, get together to learn a bit about Al-Anon and ourselves.

The day consists of two workshops, with full participation, gaining a deeper understanding of our wonderful program, with a few laughs along the way. This year we also have a delightful activity on the agenda.

This is not a fundraiser. The registration fee covers your lunch, hire of the venue and materials used.

Reserve your place and join us for a day of recovery, laughter and fellowshiping together.

When: Saturday, 19 July 2025, from 8.30am to 4pm.

Where: Schoenstatt Retreat and Conference Centre, Constantia Main Road, Constantia.

Cost: R250 per person, includes registration, workshops, refreshments and lunch.

Cape Area Fundraiser
IT'S MY LIFE
The Greatest Road Trip Playlist
THE ULTIMATE ROAD TRIP PLAYLIST
BON JOVI, THE EAGLES, CREEDENCE CLEARWATER, JOHNNY CASH, ACDC, DIRTY STRAIGHT FUNK, JAMES TOWNSEND
Nothing gets the heart racing quite like a good rock and roll playlist on the open road. It's My Life features a classic line-up of rock anthems, ballads, and country rock, featuring a 5-piece rocking live band and 4 singers performing music from the '60s '70s, '80s, and '90s - ideal for a great night out!

SAVE THE DATE
Venue: The Barnyard Theatre
Tyger Valley
Date: Sunday, 31 August 2025
Time: 2pm (doors open at 12pm)
Ticket Price: R160 per person

Everyone welcome. Invite family and friends along.

Banking details:
Acc Name: Al-Anon Family Groups Cape Area
Bank: ABSA, Code: 632005
Acc No: 4073215579, Type: Cheque
Ref: Barnyard, Name, Group

Only 50 seats available.
To book your seat, contact
Annalise at the office on
Tel: 021 595 4517
WhatsApp 066 158 0234
Email alanonct@iafrica.com.

Al-Anon Service
Did someone else's service strengthen your program?
Consider giving the same gift to others!

Cape Area Service Opportunities

Candidates for service positions needed. Nominations due by 16 July 2025. Elections on 16 August 2025 at AGM/Elections meeting. Job descriptions available. Contact the office for details.

Service positions available:

- Chairperson (3-year term)
- Alternate Chairperson (3-year term)
- Policy & Planning Coordinator (3-year term)
- Alternate Policy & Planning Coordinator (3-year term)
- Alternate Public Outreach Coordinator (3-year term)
- Alternate Delegate (4-year term)
- Fundraiser and/or Event Facilitator

If you're not ready to take on a service position, why not join a committee in your area of interest. Contact the office for more information.

SAFETY ZONE
"...Al-Anon is a space where I can be the real me. I'd never had that space at home. Here I could be grateful and devastated."
The Forum, June 2024

IN THE CIRCLE

*When I sit in the circle
Tension leaves my body
My breathing changes
It deepens.*

*In the circle
We tell what we've learnt
How far we've come.
Progress not perfection.*

*We also confess our reactivity,
Like scratching a husband's Merc with a sharp object
In our impotent rage.
Or letting down a boyfriend's tyres, also a Merc.
Or turning on the ice...*

*How we've modelled disrespect
to our children...*

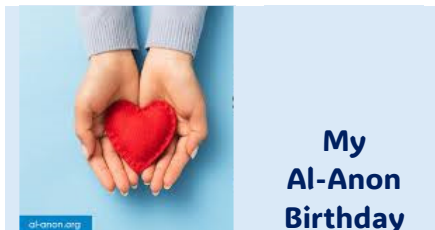
*We behaved so badly even though
We were sober.*

*We air our old responses in this safe
space
And feel better for it.
Shame evaporates on exposure.*

*Just as importantly,
We listen... and relate.*

*We are becoming real
Like the Velveteen Rabbit.*

By A Grateful Al-Anon Members, Cape Area, June 2025



This year I will be celebrating my fifth Al-Anon birthday. I reached my total surrender point after falling to my knees in exhaustion, realising that nothing I was doing to stop my husband from drinking was working. We'd been arguing the whole evening and finally, I could see my part in the situation and how I contributed to our alcoholic relationship.

I attended my first Al-Anon meeting the following week. I was nervous when I entered the room of my first meeting but was soon reassured when I received a warm welcome from members with smiling faces. The honesty and courage I heard from members in that room was something I'd never experienced before. I just couldn't believe others were going through the same struggles I was going through! While our situation may have been different, I could identify with the feelings surrounding them.

Hearing so much of what I was feeling in other people's stories brought such relief, and I truly felt that I was no longer alone.

I was used to complaining about all my strife and all the things I had to put up with, but in this Group meeting, I heard members authentically sharing their experience, strength, and hope and how they used the Twelve Steps to embrace their recovery.

After a few months of attending several meetings a week I found a Sponsor and began working the Steps. My Sponsor also guided me to the Al-Anon website where I found the Al-Anon Today e-zine. My thinking started to change, I felt calmer, less anxious and I smiled more.

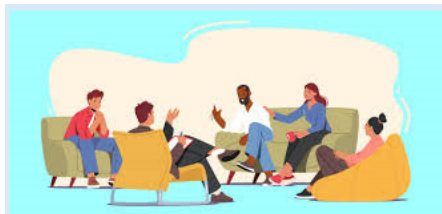
The changes occurred not just in me but in those around me too. My husband noticed a change in me, consequently he found his own recovery in A.A. My relationships began to improve because of the healthy boundaries I was learning to set.

As I continue my journey, I am discovering new ways to live, new ways to love and new ways I can learn from reading Al-Anon literature. I love reading the e-zine. I get so much help from reading member's stories. I even printed the Calendar from the recent one to hang on the kitchen wall over Christmas. The neutral responses were really helpful too.

In Al-Anon I have learnt not only to like myself, but to also love who I really am. Mostly, I feel like my true self when I'm with my Al-Anon family and learning that I have choices has been a gift to me. I feel so grateful today that Al-Anon is one of the choices I made.

By Anon Al-Anon Today, Summer 2024

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TUIS! UITEINDELIK!

Ek sal nooit my eerste Al-Anon vergadering vergeet nie. Die beeld is in my geheue gebrand. Dit was in 'n groot kelderkamer van 'n kerk, en omtrent dertig mense was teenwoordig. Die kamer was wit geverf, en die oorhoofse ligte het afgeskyn om die kamer nog meer op te helder. Daardie kleur het by my aanklank gevind; dit het so skoon, vars en vreedsaam gelyk.

Ek was senuweeagtig om 'n klomp vreemdelinge te ontmoet, en ek was nie seker of ek as een van "hulle" geïdentifiseer wou word nie. Ek onthou niks wat gesê is nie, maar ek onthou wel dat ek tuis gevoel het. Uiteindelik! Wat 'n gevoel – om tuis te voel, iets waarvoor ek my hele lewe lank gewag het. Ek het nog nooit gevoel dat ek behoort "tuis" in my eie huishouding gevoel het terwyl ek met alkoholistiese ouers grootgeword het nie. En tog het ek die gevoel onmiddellik geken toe ek dit ervaar het. Dit was 'n gevoel van volkome aanvaarding, aanvaarding van presies wie ek op daardie oomblik was.

By daardie eerste vergadering, en vir baie vergaderings daarna, het ek gehuil. Die eerste geskenk wat ek van Al-Anon gekry het, was toestemming – toestemming om nee te sê, toestemming om myself eerste te stel, en toestemming om te huil. So, ek het gehuil! Ek het twee jaar lank by elke vergadering gehuil en die opgekropte tranes vrygestel wat ek as kind nie toegelaat is om te stort nie. Ek het al die pynlike gevoelens wat ek ervaar het terwyl ek in my alkoholistiese gesin grootgeword het, begrawe: skaamte, vrees, verwarring, woede, teleurstelling en meer.

Toe ek in Al-Anon geleer het dat dit oukei is om my gevoelens te hê, het hulle as tranes uitgestroom. Niemand het my ooit gevra om te stop of snaaks na my gekyk of van my af weggeskuif in hul sitplek nie. In plaas daarvan het hulle my laat huil. Ek is so

dankbaar dat die wyse en wonderlike mense in daardie vertrek geweet het ek moes myself ontlast. En ek was verbaas dat hulle my deur daardie pynlike vroeë jare sou ondersteun.

Ek huil steeds van tyd tot tyd by vergaderings wanneer ek oorweldig word deur 'n persoonlike probleem of wanneer 'n nuwelings hul onrus beskryf en ek met hul pyn kan identifiseer. Die sneesdoekieboeks is altyd uit, en iemand gee dit altyd vir my. Dis die definisie van tuis vir my: 'n plek waar ek kan huil en ondersteun en aanvaar word vir presies wie ek is.

By Kate A., Michigan, The Forum, April 2024

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Vertaal deur Margie D, Junie 2025

Gentle Encouragement

I remember well the first time I heard about Al-Anon.

My husband (the alcoholic) and I had joined his parents for a meal out one evening. I was relating the details from a recent drunken episode to whoever was willing to listen and when I was finished my father-in-law said to me, "I think you might find attending an Al-Anon meeting beneficial, it has helped me for many years."

I thought about it and made some enquiries and turned up to my first meeting in Darlington about 28 years ago.

I cried most of the way through my first few meetings, but I persevered and have never looked back since! My ex-husband is just about to celebrate his 25th sober AA birthday.

I will always be so very grateful for those gentle words of encouragement from my father-in-law. He changed the course of my life and that of his son and our two children.

By Alex, Al-Anon Today, Summer 2023

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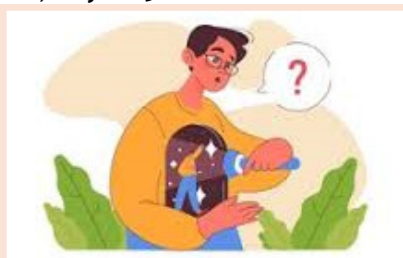
Alateen is my support.

Before I joined Alateen I was struggling with depression. I couldn't even clean my room or remember to brush my teeth, but I've been in Alateen for about two months now

and have chaired my first meeting. Today I wrote my first exam and got to doing schoolwork for the first time in months and I did really well. I have a tidy room and more confidence. I will continue to work my Steps and join my meetings since it's the only thing that is constant in my life right now.

I am super grateful for each and every member of Alateen that listened and has supported me and to each and every Al-Anon service member.

By A Grateful Alateen Member, Cape Area, May 2025



I Found Myself – In the Midst of Chaos

The most important day of my life was the day I walked into my first Alateen meeting. A week before, I was waiting for my guidance counsellor in her office. I spotted a pamphlet that had an array of questions about alcoholism. At the bottom it said, "If you answered 'yes' to any of these questions, then Alateen is for you!" I answered "yes" to all the questions and started on an amazing path to self-discovery and serenity.

The alcoholic in my life was my stepsister's mom who came to live with my family because of her life troubles. I never saw her drunk. I only heard loud snoring and mumbling from the next room, and the stories my mom told me after we asked her to leave. All I saw was that she either never stopped moving or never started moving. When my stepsister lived with us, they would verbally abuse each other.

I always felt it was my job to mediate the situation because I was "mature." It was my job to fix things. It was my job to help them get along, because if I didn't, who would? It never worked, but I tried over and over again, hoping for a different result. I've learned in Alateen that my mission was in fact the definition of insanity. The end result was me feeling worthless. I always focused on them instead of myself. I didn't even know how to focus on myself.

Before discovering Alateen, I struggled with depression and anxiety. There were times it got so bad that I was not able to get out of bed and go to school because I would be crying so much. I didn't have any friends because I was not able to talk to people. During high school and the first few months at cosmetology school, I was that small-looking, unapproachable girl with a dark cloud over her head. This girl sat alone at lunch tables, refused group projects, and turned people away because she was afraid of rejection.

Alateen is the most amazing, eye-opening experience I've ever had. It is best described by one of my Sponsors who once said, "It is a safe place to find out who you are in the face of chaos." Not only did the program help me with coping with the alcoholic, but everything I've learned can be applied to my daily life.

Although I do use and appreciate the Alateen slogans, the thing that resonated with me the most was what another Alateen member said – It wasn't her job to fix other people's problems. I jumped at that thought. I remember being truly amazed that it wasn't my job to fix the alcoholic. I learned how to separate myself from the alcoholic's situation. I learned to detach with love. I realized my actual job was to take care of myself.

My depression and anxiety have substantially subsided, and I have made real connections with other Alateen members. Every week, I become a better person just by showing up to my meeting. There is no way to explain how grateful I am for Alateen.

By Kayla F., CT, September 2016

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

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.

Giving myself a break...

My first breakthrough happened when I realised that my life was unmanageable and all my fixing, manipulating and controlling were not making any difference to anyone else, but they were destroying me and my relationships.

In the rooms of Al-Anon I began to find myself and I learnt that I actually had a choice about my attitude. I learnt there was a power greater than me, and that I could only change myself. It was a complete revelation and relief to me. Slowly, I began to give myself a break and work Steps One, Two and Three in my daily life. I had to re-learn how to pray, and trust that if I did, I could be restored to sanity as suggested in Step Two. My Sponsor said I only needed to be willing, and I was certainly willing to live differently, by putting the focus on myself and changing the one thing that I could – MYSELF. I clung to the beautiful words in the Serenity Prayer 'to accept the things I cannot change' and within it I found a peace and calmness like no other. I could not change my past, or other people, as I was powerless.

I needed to forgive and love myself first. I had to become my first priority. I had to give myself a break and in doing so I realised that pre-Al-Anon I had done the best I could with the tools that I had. So, I continued to attend and share at meetings, became involved in Service at Group level as a way of understanding Tradition Seven. I began to change the things I could.

I learnt how to stay in each precious moment that was given to me and hand my day, my will and my life over to the God of my understanding. In time, this extended to my loved ones as I learnt

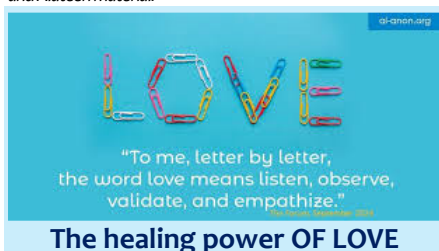
that they too had a Higher Power looking after them, and even though I was Mum, I was not God!

I revisited Step One over and over until my faith and belief held me firmly and I could 'Let Go and Let God' with hope as the pain in my heart dissipated. I no longer hold on to the guilt that ravaged me, nor the CD that had played over and over in my head with the all 'what ifs' and the 'if only's'

Instead, I give myself another break on this journey by letting it go and by giving it to God and replacing it with unconditional love and the warmth of gratitude.

By Annie Area 28, Al-Anon Today, September 2022

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I used to suffer very badly with anxiety, and no-one seemed to understand, then I found love in my second marriage that defied belief. A lovely lady and I found each other in the romance of the century, and the anxiety I had suffered from for so many years vanished. She came with considerable baggage and had an extrovert nature fuelled by a love of alcohol. The years went by, and the happiness overruled all drunken episodes. People loved her for her eccentricities and on occasion, outrageous behaviour.

It was left to me to pick up the pieces and the visits to the fractures clinic increased, until one terrible accident led to her falling down the stairs.

My stepdaughter in desperation turned to Al-Anon in London and asked me to accompany her. She only went once but I kept going. I had found something special. Somewhere where people really did understand or at least tried to.

My lovely wife died of alcoholic liver disease nearly seven years ago. My anxiety came back but now there is less of a stigma around mental illness.

In all those years I have never had a single chat about mental illness with my family. Instead, I have a separate family in Al-Anon where I can be myself and I can share life's ups and downs with people I trust and ultimately love.

In return, a big part of my recovery is my desire to do Service. I have been a Group rep

and have just started my new role as Area PI Co-ordinator. I just have to do my best. When people ask why I still come to Al-Anon I tell them honestly, it's a love affair for the rest of my life.

By Bob, Al-Anon Today, September 2022

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Excerpt from 'A Little Time For Myself' (B-34), p.209 on the benefits of Conference Approved Literature (CAL) "There is a wealth of knowledge available to me in Al-Anon's Conference Approved Literature (CAL). All have to do is open it up and read.

"Conference Approved Literature (CAL) is a great source of knowledge about me, thanks to the thousands of other members who continue to write parts of my story for our literature."

How do I use Conference Approved Literature (CAL) to support our recovery?

Contact the Area office for more information or visit the literature desk at the Regional Service Seminar (RSS) on 19 July 2025 or other upcoming events.

You can visit Al-Anon South Africa's online bookstore at <https://online.alanon.org.za/>, click on the "Bookshop" link to purchase Conference Approved Literature (CAL) online. Courier delivery is available throughout South Africa.



New Conference Approved Literature (CAL) Available!

"Healing within Our Alcoholic Relationships" (P-95) – This 48-page booklet captures the essence of the Al-Anon program in a series of brief but powerful messages of timeless wisdom, adapted from Al-Anon literature on relationships, including The Dilemma of the Alcoholic Marriage (B-4). It is perfect for newcomers or anyone needing to "Keep It Simple" and get back to basics.

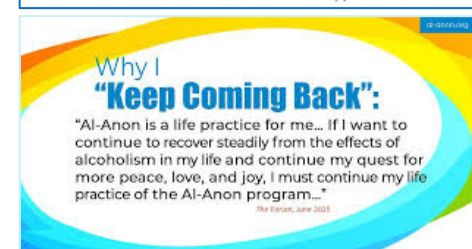
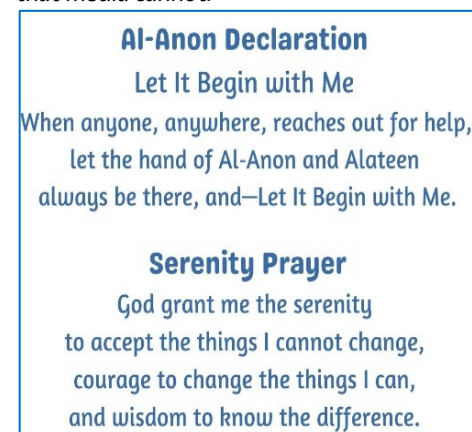


The theme for Public Outreach in 2025 is "Each One, Reach One". Please contact the Cape Area office to obtain Public Outreach literature, which can be distributed at doctors' offices, health clinics, public libraries, places of worship, police stations, or any other locations where this information may be beneficial. After distributing the literature, kindly inform the office for record-keeping purposes. Janice C. from the Bellville group serves as the Area's Public Outreach coordinator.

Public outreach is a collective responsibility. Let us actively engage in informing the public that help is available for anyone affected by someone else's drinking.

Office contact details are
Email alanonct@iafrica.com
Telephone 021 595 4517
WhatsApp 066 158 0234

Excerpt from Al-Anon/Alateen Service Manual 2022-2025 (P-24/27), p.120 – "Carrying the message is essential to attracting new members. Our Twelfth Step suggests that members carry the message of recovery to others and make Al-Anon known in their communities. Al-Anon members who do Twelfth Step work carry the message of recovery keeping in mind adherence to Tradition Eleven. There is no replacement for individual Al-Anon members carrying the spiritual message of recovery within their communities in ways that media cannot."



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.

UPCOMING EVENTS

MEETINGS	
*AREA ASSEMBLY – Saturday, 12 July 2025 at 9.30am (electronic). Workshop – Concepts 5 & 6 – don't miss it. All members welcome. *ANNUAL GENERAL MEETING/ELECTIONS – Saturday, 16 August 2025 at 9.30am (electronic). Group representatives are requested to attend in order to ensure their group is represented at the elections. Al-Anon is a collective organization where every member's voice is important.	
RALLIES/CONVENTIONS SAVE THE DATE	
*REGIONAL SERVICE SEMINAR (RSS) Date: Saturday, 19 July 2025 Registration fee: R250	THEME: MOVING FORWARD, EMBRACING CHANGE Venue: Schoenstatt Retreat & Conference Centre More information to follow.
*A.A. SPRING RALLY (WITH AL-ANON PARTICIPATION) Date: 3 to 5 October 2025 Registration fee: Weekend R1100 per person	THEME: SERENITY AFTER THE STORM Venue: West Coast School, Saldanha Bay Day Visitors R120 per person (full weekend pass) More information to follow.
*NATIONAL CONVENTION 2026 (WITH AL-ANON PARTICIPATION) Date: 3 to 5 April 2026 (Easter weekend) Visit https://www.alanon.org.za/convention-2026/ to keep up to date on plans for Convention.	THEME: WAVES OF TRANSFORMATION Venue: Sastri Academic & Convention Centre, Greyville, Durban
FUNDRAISERS / GROUP NEWS SAVE THE DATE	
Is your group celebrating a special occasion, holding a combined meeting, arranging a fundraiser? Advertise here. Email details to alanonct@iafrica.com or WhatsApp to 066 158 0234. Visit https://www.alanon.org.za/meetings/ for meeting details.	
*FUNDRAISER – THE BARNYARD – "IT'S MY LIFE!" Date: Sunday, 31 August 2025 at 2pm (doors open 12pm) Ticket price: R160 each	FAMILY AND FRIENDS ARE WELCOME TO ATTEND Venue: The Barnyard, Tygervalley Centre, Bellville More information to follow.

NEXT ISSUE **Send Your Shares** **Submissions due by 17 July 2025**

For the next issue the topics are:

- **Conference Approved Literature (CAL)** – What is your favourite book, pamphlet or page of literature and why?
- 36 Principles – How has Step 8, Tradition 8 or Concept 8 helped in your recovery process?
"Many have known shame and fear and many have known joy. Sharing mine with others today will make my ride through life a smoother one." Courage to Change (B-16), page 127

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://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.

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 
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