

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. 12 OF 2025 (DECEMBER)

NEWCOMERS ZOOM MEETING Group for newcomers, newer Al-Anon members or those struggling with active alcoholism. Welcome to Newcomers <https://www.alanon.org.za/welcome/>

Cape Town: Wednesdays 5pm

WhatsApp: 066 158 0234

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

Area Office Annual Closure

The Area office will be closed from **Monday, 22 December 2025 and reopen on Monday, 12 January 2026**. Last date for literature orders that require delivery is 17 December.

Conference Approved Literature (CAL) – Place Your Orders!

If you are considering placing orders for literature or purchasing literature as gifts, please ensure your orders are placed on or before **17 December 2025**.

CAL – a gift that keeps on giving

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

Resources available on website!!

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

One of the happiest moment
in life is...
when you find the courage
to let go of what you
cannot change.



Art @ colors by sue

WHAT'S ON IN THE AREA


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

YOU ARE INVITED
YEAR END PARTY

Join us for our Al-Anon Year-End Lunch!
Bring a dish to share and come enjoy good food, good company, and a warm celebration together.

We'd love to see you there!
Bring along your cozzie and towel.

SATURDAY, 6 DECEMBER 2025
FROM 12:00 - 15:00
52 Raats Drive, Table View

RSVP by 26 November 2025
to ROCH on 082 267 4737
along with the dish you will be bringing.


AL-ANON


AA RECOVERY

SUMMER RALLY 2025

THERE IS A SOLUTION

12 - 14 DECEMBER '25
REGISTRATION FROM 3PM

DIE ELAND JONKERHOF ROAD, STELLENBOSCH

COST
R1100 STAY-IN R200 WEEKEND PASS R100 DAY PASS

CONTACT KEENAN A 071 501 3933 OR CLINT 078 050 1299

Save the date !!



SUNDAY SERENITY CANDLELIGHT MEETING

SUNDAY 14 DEC @ 7.30PM
CONGREGATIONAL CHURCH HALL
222 MAIN ROAD, CLAREMONT
(PARKING OFF CHURCH STREET)

Open meeting with Al-Anon participation



Alcoholism – A Merry-Go-Round Called Denial

I recently chaired a meeting around the pamphlet, "Alcoholism, A Merry-Go-Round Named Denial" P-03.

I asked ChatGPT, "Why is the analogy of a merry-go-round so effective in this pamphlet?"

The merry-go-round is a vivid analogy for the repetitive, exhausting cycle that happens in families affected by alcoholism.

It's called "denial" because everyone on the "ride" – not only the alcoholic but also the family members – often denies reality in different ways to cope with the chaos and pain.

- The alcoholic denies having a problem.
- The spouse or relatives deny the seriousness of the situation or believe they can control it.
- The whole family becomes caught in predictable patterns of rescue, guilt, anger, and false hope – going round and round without real change.

The analogy is powerful because, like a merry-go-round, the situation keeps spinning in circles, seeming to move but never truly progressing, until someone finally chooses to step off – by facing the truth and seeking recovery.

By Saskia, Cape Area, November 2025

Al-Anon Family Groups Literature for Men - Check it out!



Men Are Welcome, too!

For many of us, walking into that first meeting felt uncomfortable. We were trying to make sense of why our loved

ones behave the way they do. We wondered if anyone could truly understand what we'd been through. That experience is no different for men. In fact, it may feel even more challenging if most in the room are women who already seem to know each other. It takes courage to stay.

According to Al-Anon's 2024 Member Survey, 11.9 percent of respondents identified as male. These numbers show that men are finding their way to Al-Anon and receiving the support they need. We may be fewer in number, guys, but we are not outsiders – and we are not alone!

Talking about what's really happening at home doesn't come easily to any of us, and for many men, it can be especially difficult. That's why resources like the Men's Newcomer Packet (K-23) are so important. It includes Al-Anon Is for Men (P-1), Does She Drink Too Much? (P-62), and other pamphlets that offer help in coping with the effects of the family disease of alcoholism. Having this literature available at meetings and sharing it with men lets us know that we, too, can be heard and understood, and reminds us that they we belong.

From The Forum, November 2025

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



Suggestions to improve relationships at family gatherings (Service Tool No. 3)

Though we would love to find serenity and complete unity when we get together with our families, unfortunately, it isn't always that way. It's often the opposite... it can become a war of words and actions. We may feel intense, anxious, hyper-vigilant, and oversensitive. Before stepping into our family gatherings, pausing, taking a minute and asking our Higher Power for the grace to use the Al-Anon program tools is important to prevent such stress occurring.

There are several Service Tools compiled by the South African Al-Anon Family Groups (AFG) Member Services Committee, and approved by Conference SA, which can be accessed via the link: <https://www.alanon.org.za/manuals-and-guidelines/> scroll to "AFG South Africa Resources", and find the above mentioned

guideline and many others that may be of some help.

Source: AFG South Africa website



Behind the Curtains

As a kid, I used to hide behind the curtains during hide and seek – My tiny feet sticking out beneath the fabric.

Now, as a teenager, I find myself behind curtains once again.

The difference is, these curtains are metaphorical, and the feet sticking out beneath the surface are only visible to the Alateen family.

To the outside world, I disappear, just like I did behind those curtains as a kid – unseen, untouchable.

But behind these curtains' lives a vulnerable girl, scared to show her truths to the world, afraid it would shy away in shame and fear.

Hiding behind curtains became my safe space, my comfort zone, my reality – the day I realized my family was broken.

And I have never left my hidden fortress.

The curtains shield the eyes of others from the horrors within. And I have never been more grateful for little me – hiding in the curtains.

By Anon, Cape Area, November 2025

A parent and teenager share how Al-Anon and Alateen helped their recovery.



How Al-Anon has helped me through Alateen

Alateen has played a significant role in my journey of recovery – not just for

myself, but in the way I relate to and support my daughter. Through Alateen, I've learned how my behaviour, shaped by alcoholism and addiction, has impacted those closest to me. The program has helped me become more aware, more open, and more present as a parent.

One of the most profound gifts Alateen has given me is the ability to truly listen. Not to react or defend, but to listen with the intent to understand. I've come to see that sometimes the most powerful thing I can do is simply be there – silently, supportively – without needing to say anything at all.

This experience has also helped me grow in gratitude, honesty, and compassion. I'm more thankful for the small moments, more honest with myself and others, and more compassionate toward those who are also navigating pain and healing. Alateen has not only strengthened my relationship with my daughter, but it has also helped me become a better version of myself – someone who strives to connect with others in a kinder, more meaningful way.

By Anon, Cape Area, November 2025

How Alateen has helped me

Being part of Alateen has helped me in so many ways, especially with my social and emotional development. Before I joined, I used to feel really alone and like no one understood what I was going through at home. But being in Alateen showed me that there are other people just like me, and that I'm not alone. It feels so good to be around others who truly get it. It's a place where I can talk, listen, and be myself without being judged. I've learned how to stay calm and think more positively, even when things around me feel really stressful or sad. Before, I used to get angry or shut down, but now I try to look for the good in every situation, and that's something Alateen has really helped me with.

It has also taught me how to understand other people better. When I hear others share their stories, it helps me see things from different points of view, and I learn so much from that. I feel more connected to people now and not so closed off. Honestly, Alateen has helped me in ways I can't even explain – it's like it opened a door to a better version of myself. I'm learning how to take care of my feelings and how to be more confident, and even though I still have hard days, I know I'm not facing them alone. I'm really proud to be a member of Alateen. It's more than just a group to me – it's like a second family.

By Anon, Cape Area, November 2025



What Alateen means to me

I joined Al-Anon in 2008 and I became an Alateen Screened Group Sponsor (ASGS*) in 2019. Alateen is for 12-17-year-olds and offers support to young people whose lives have been affected by another person's drinking.

As a member of Al-Anon, my life has changed in many ways. I have gained an understanding of the illness of alcoholism and addiction, because it affected every single member of my family.

Understanding compassion was an extremely painful awakening for me, because I was consumed with bitterness, resentment, anger, and judgement towards members of my family.

My attitude has profoundly changed. My family situation today is one of peace, acceptance and unconditional love for my loved ones who are still affected by the disease of alcoholism.

Today, after many years of working a Twelve Step program with my Sponsor, Sponsoring, and being of Service in the fellowship, I have been given the principles of Love, Honesty, Humility, Forgiveness, and Compassion to practice in all my affairs.

What Alateen means to me today, is that I am able to use these gifts and I can give back to Alateen members the principles that I was so freely given.

Working together with other ASGSs, I have been given the gift of Service which is vitally important for Alateen members to grow and still be a part of this wonderful fellowship. Each week, ASGSs have a commitment to facilitate the Alateen meetings and to be available whether the Alateens attend or not and it's my privilege to be a part of this process.

For me, hearing the young people speak in meetings of their own understanding of the three C's: I did not cause it, I cannot control it, and I cannot cure it, fills my heart; I get so emotional that I cry with gratitude. It is a wonderful opportunity to see their growth as they come to terms with how they have been affected. The three A's also play a significant part in this process too.

I love the guided format of our meeting and how everyone takes responsibility for their part in it. As an ASGS at our online Northampton meeting, I might be the host, or I might prepare the ice breaker or research the

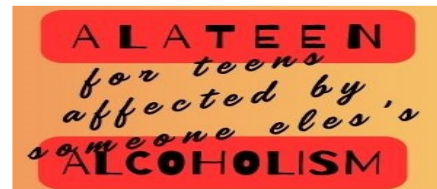
topic that the young people have chosen for the meeting.

My commitment to Alateen for the coming future is to serve the best way I know how.

By Jenny Area 28 (ASGS), Al-Anon Today, Autumn 2025

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*The South African term for ASGS is AMIAS – Al-Anon Member In Alateen Service.



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	Time	Where
THURSDAYS	6 - 7PM	ON LINE

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.

My journey

Many years ago, we lived in another country. On my 44th birthday, I gave myself the best present I could have imagined. I delivered my wife to a rehab centre. The rehab angels gave me the phone number of a member from the nearest Al-Anon Group to where we lived, and a week later, there I was in my first meeting. A few months later, those people had convinced me that whatever I did when she came home, would not restart her drinking.

My wife returned home, and we began our journey of recovery, driving together to our weekly meetings at the same venue. Her recovery has continued and to this day, since joining the fellowship, there has been no active alcoholism at home.

I have had active alcoholics in my life. My only brother died suddenly of alcoholism at the age of 55 and my last

boss was a binge drinker. We're both retired now living in different continents and the last time I phoned him, he seemed sober enough.

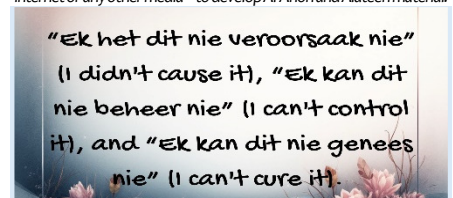
Without my program, I have no idea how I would have coped. The program has helped me deal with both my boss and my brother, and to keep on good terms with them. The stories of my wife and my boss are ones of hope; it is possible to stop drinking and to stay stopped.

With sobriety at home, what am I still doing in Al-Anon after all these years? I have gained numerous benefits from the rooms. Perhaps the biggest one is by doing Step Four intermittently. I have found out who I really am, and most of the time I feel comfortable in my own skin. I think one of the benefits that comes from knowing myself is that most of the time I have a little bit of serenity.

Decades after my 44th birthday, I keep coming back, probably because I feel I belong in Al-Anon, in a way that I have never felt for much of my life, at school and later at work. I am now what is called 'old' and I can't have many years left. I'm not approaching the end with fear and dread of anything like that, which probably has something to do with my Higher Power, who I feel will look after me. Meanwhile, I am enjoying a loving sober wife who laughs at most of my humour.

By Jon Area 4, Al-Anon Today, Spring 2024

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Die dag toe ek opgehou het om dinge vir ander reg te maak.

Verlede jaar, op die eerste Dinsdag in Februarie, het ek my eerste vergadering bygewoon. Dit het begin as een van die hartseerste dae van my lewe – erger as die dag toe ek my pa aan 'n skielike hartaanval verloor het, erger as die dag toe ek my ma aan 'n verskriklike infeksie verloor het. Dit was die dag toe ek besluit het om my lyding te beëindig deur van 'n kronkelende pad af te ry wat 'n paar honderd meter bokant 'n meer was. Ek het my plek gevind en was gereed om my lewe te neem, toe ek skielik my pa se stem in my kop hoor sê: "Niemand is dit werd om jou eie lewe te neem nie. Word slim, en kry vir jouself hulp." Dit was asof hy langs my in my motor sit.

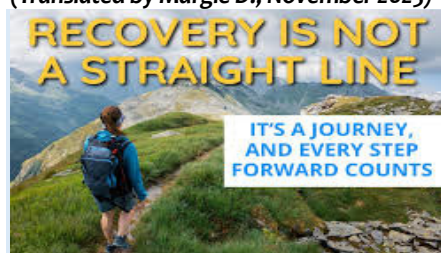
Na 'n hele 20-minute se huil het ek na my horlosie gekyk, my motor omgedraai en reguit na daardie vergadering gery. Ek het vir omtrent 'n halfuur buite gesit

voordat mense begin aankom het. Ek was verskrik en kon nie die moed vind om uit my motor te klim nie. Maar toe stap twee vroue na my venster en vra my of ek hulp nodig het om die kerk binne te loop. Ek was so dankbaar vir hulle, want ek het nie die krag gehad om op my eie in te stap nie. So, die hartseerste dag van my lewe was die dag toe ek opgehou het om my alkoholismen op die regte pad te kry, en liewer op myself begin fokus het.

Een jaar later is ek 'n baie beter mens. Ons huwelik is steeds op goeie voet, wat skokkend is as in ag geneem word waar ons verlede jaar was. Dis presies soos ek in die vergaderings hoor: as ons onself kan help, sal die mense rondom ons dit waarskynlik raaksien en dinge dalk in 'n ander lig sien. My alkoholismen probeer baie hard om sy probleme op te los. Omdat ek nou ten volle aanvaar dat dit sy probleme is om op te los, nie myne nie, het ek meer kalmte as wat ek nog ooit gehad het. Ek onthou drie feite. Ek het dit nie veroorsaak nie. Ek kan dit nie beheer nie. Ek kan dit nie genees nie. Ek kan egter aanhou om aan myself te werk, en Al-Anon het my al die gereedskap gegee wat ek nodig het om dit te doen.

Deur Anoniem, Die Forum, November 2025
Herdruk met toestemming van Die Forum, AlAnon Familie Groep Hoofkwartier, Inc., Virginia Beach, Virginia, USA.

(Translated by Margie D., November 2025)



My Journey of Recovery

I was affected by alcoholism as a child and when I grew up, I continued into relationships with alcoholics. My life was totally unmanageable, and I certainly wasn't in control of it. I had little understanding of alcoholism, clarity of what I wanted, or insight into who I was.

I reached my rock bottom when my marriage broke down due to my husband's abuse. I was broken emotionally, physically, mentally and financially. My psychiatrist consultant had suggested I go to Al-Anon and when I did a weight was lifted.

I heard that I didn't cause the alcoholics in my life to drink and that trying to fix them and focusing all my energy on their drinking and behaviour prevented me from living my life and being the person, I wanted to be.

I also heard that 'we find solutions that lead to serenity'. I did want some serenity, but it did take longer than the two weeks I had planned to find it. With the loving

patience of the Group and by taking all of what was suggested, I started to feel different. My journey, path and way forward were made visible with the help of the Al-Anon programme. I had choices and I could choose to do what was suggested.

So, I attended a monthly shared platform meeting with AA, read Al-Anon Conference Approved Literature and used the Slogans and Serenity Prayer.

After a couple of months, I found a Sponsor who encouraged me to do Service. And that's probably where my journey started and I began to grow as a person.

I started working the Steps and found my understanding of a Higher Power. All of this helped me to learn about myself and cope with the effects of alcoholism. By using the tools of the programme, my sense of hopelessness diminished, and my path became illuminated with positive choices.

In my journey of recovery, I have become an adult. I will always be a work in progress. I still have bad days but today I have many Al-Anon friends to support me and a programme with tools to help me stay on the road to recovery without crashing.

My changed attitude has aided my recovery. I can say today I am grateful to have become a human being whom I like to be around and that I am living and enjoying life one day at a time.

By Anon Area 20, Al-Anon Today, Spring 2024

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The Concepts in My Family Life

I've learned in Al-Anon to ask for help, and to express how I feel rather than bottling things up where resentments can breed. My mother is elderly, lives in an assisted living facility, and relies on her three children to provide transportation to and from family events. As our mother ages, her resistance to changes in her routine and her increasing mobility issues are making it more difficult to bring her out. And as I'm aging, I'm also aware that it is getting more tiring to host family gatherings than it used to be, and adding pick-up and drop-off to those duties is even more work.

As a result, my siblings and I agreed that whoever is hosting doesn't need to arrange the driving – the other two can work it out. I hosted a recent family gathering. The afternoon lunch went into the evening, and despite my mother normally returning home before 6pm for her evening routine, nobody seemed to acknowledge the time. While I was aware of the times, I was also aware that as host, the responsibility and authority for returning our mother home had been delegated to my siblings. When my mother

finally asked what the time was and learned that it was after 6pm, she started to get agitated and upset. And then one of my siblings said to me, "Why didn't you tell me it was time to take Mom back?"—as if somehow, I was at fault for my mother getting upset. I simply responded that I was not responsible.

I love having the Concepts of Service tucked in my back pocket. As in Concept One, me and my siblings have the ultimate responsibility and authority over the care of our mother. However, as in Concept Two, administrative and operational authority can be delegated.

As in Concept Three, one of my siblings had the right of decision with respect to returning our mother home and, per Concept Nine, was tasked with the challenge of good personal leadership.

As a family, we had used Concept Ten to discuss and agree with the goal of avoiding doubled-headed management.

When I first came to Al-Anon and started to learn about the Concepts, I could not have imagined how relevant they would be to everyday life with my family.

By Deborah F., Ontario, The Forum, December 2024

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The Concepts are all about service

Concept One: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

Concept One tells me that the future of Al-Anon rests in the groups and not in the individuals; I love the idea that our small humble group and all the many others like it contribute to the whole in such a positive and meaningful way for Al-Anon World Services.

I've learnt that the Steps are about Recovery, the Traditions are about Unity and the Concepts are all about Service. They effectively show me how Twelfth Step work can be done on a worldwide scale.

The Concepts bring me full circle. Having recovered thanks to the Steps, salvaged my relationships thanks to the Traditions, I can now go back into the world in a balanced and healthy way thanks to the Concepts.

In the Concepts I discover my ultimate responsibility is service. Service is the healthy choice for directing my misplaced energy... any of that tempting "to fix" other people can be redirected to simply doing some appropriate service work. This can range from setting up seats in my meeting to writing a three-minute speech for Area Assembly.

When I first came into the program many moons ago, I became aware of my own deep fears and insecurities and that

much of my belief system was built on false foundations. Al-Anon offered me a rock-solid foundation to build upon. The Al-Anon program helps me to detach from what doesn't belong to me and to choose nurturing beliefs and actions.

The acceptance and respect I feel in these rooms is heart-warming and helps me to continue growing towards my Higher Power. I'm continually learning to replace negative illusions with positive truths. Concept One introduced me to an alternative concept of responsibility and authority to what I learned in my dysfunctional family of origin.

Concept One teaches me that I am an individual person separate from other human beings and as such I have no responsibility or authority over them. I may still have people in my life who want me to take over their responsibilities. However, Al-Anon helps to make clear delineations between what does and doesn't belong to me. It also gives me tools such as detachment, the Slogans "Live and let Live", Step Ten and keeping the focus on me.

By Suzy B., South Qld Area, Austra-Link, January 2019

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LITERATURE NEWS Conference Approved Literature (CAL)

**Colleen C., Literature Coordinator,
Cape Area**



PUBLIC OUTREACH December – Print Media, Radio, Television and Cinema

**Janice C., Public Outreach Coordinator,
Cape Area**

"There are two ways of spreading light – to be the candle or the mirror that reflects it."

*Use the festive opportunity to call and introduce Al-Anon to your local radio stations and tell them about our fellowship and our availability in the community.

*Ask to share on a radio talk or all-in show (be mindful of our Traditions).

*All literature is readily available from your area office.

*Make available the Al-Anon Family Group "tear-off" meeting venue details.

*Make available the Al-Anon website, email addresses and phone numbers:

WhatsApp: 066 158 0234

Area email: alanonct@iafrica.com

Website: www.alanon.org.za

Contact the Public Outreach Coordinator or the Area office to find out about public outreach literature.



Are You Ready to Welcome Newcomers this Holiday Season?

The holidays are approaching quickly. For newcomers seeking help at this time of year, please make sure that your group meeting information is correct.

Ask yourself and your group, "What did I need when I went to my first meeting?" Specific location or login instructions about your meeting can be helpful to a newcomer attending Al-Anon or Alateen for the first time. We want everyone to feel welcome in our Al-Anon and Alateen meetings!

- Is there a special door to gain access to the building or a room number for the Al-Anon or Alateen meeting?
- Are there passwords or login instructions needed to join the Al-Anon meeting electronically?
- Is there a sign on the door or chat notice to alert people if your group won't be meeting that week? (For example, "Not meeting on Christmas Day.")
- Is there a volunteer from the group to be a "Greeter" for those attending your Al-Anon or Alateen meeting for the first time?

Submit your Al-Anon group changes to the Al-Anon office anytime throughout the year. For help with submitting Alateen changes, contact your Area Alateen Coordinator.

Source: The Forum, November 2025

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<https://www.alanon.org.za/find-a-meeting/>

NATIONAL POSTER COMPETITION 2025/2026

Dear Members in Service

At the General Service Committee (GSC) Meeting in September 2025, the need for a new Public Outreach poster was identified

and a local A5 Poster Design Competition was proposed!

The GSC is excited to attach herewith details of this competition! The winner will receive a locally printed Conference Approved Literature (CAL) book donated by GSO!

Let the creative juices flow and send your Posters to General Service Office (GSO) not later than 12 December 2025!

From AFG South Africa

National Poster Competition 2025/6
WIN CAL Literature!

Posters are a powerful and effective tool for community awareness because they are highly visible, cost-effective, and capable of delivering simple, memorable messages that drive engagement. They serve as a physical, constant presence in public spaces, making them accessible to a broad audience, including those without internet access.

Our local "Crying House" poster is widely used by Areas at rehabs, malls, libraries, schools, police stations, hospitals and doctors' rooms. As it is locally printed and cost effective, we've listened to the Areas request and will not replace it but ADD to it.

We invite you to submit your ideas and design for a new **National PO** poster for 2026. The winner will receive a locally printed CAL book, donated by GSO.

Suggested Guidelines:

- Strong, Clear message
- Simple message
- 2 colours max
- Clean Layout
- Eye Catching
- Include Al-Anon and or Alateen logo
- Preferably A5
- Include Al-Anon/Alateen Contact details
- Create **IMPACT!**

OUTREACH IS ATTRACTION NOT PROMOTION; Think – WHO, WHAT, WHY, HOW; KEEP IT SIMPLE
SUBMISSION DATE: 12 DECEMBER
Please send your poster to alanonsgo@alamon.org.za or alanonsgo@iafrica.com as a PDF file

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.

"Hey... what if I lose my pace?"
asked the Squirrel.



"Then slow down, my friend,"
replied the Elephant.

"Life isn't a race – it's a rhythm.
Even the pauses belong to the music."

AFG CAPE AREA 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 office closed 22 December and reopens 12 January 2026.

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, 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.

NEW GROUP/S – AL-ANON KALK BAY GROUP – Meeting on Monday nights at 6.30pm. Venue: Holy Trinity Church, 42 Main Road, Kalk Bay

UPCOMING EVENTS

Meetings	SAVE THE DATE
*Area Assembly Saturday, 17 January 2026 at 9.30am (electronic). Workshop to be confirmed – don't miss it. All members welcome.	
Rallies/Conventions	SAVE THE DATE
*Summer Rally (with Al-Anon & Alateen Participation) Theme: There is a Solution Date: 12 to 14 December 2025 Venue: De Eiland, Jonkershoek Road, Stellenbosch Registration fee: Stay-in R1100 includes meals / Weekend pass R200 / Day pass R100 Meal tickets available for weekend and day visitors. More information to follow.	
*Sunday Serenity Candlelight Meeting – Open Meeting with A.A. and Al-Anon Speakers Date 14 December 2025 at 7.30pm Venue: Congregational Church Hall, 222 Main Road, Claremont Members welcome to attend.	
*National Convention 2026 (with Al-Anon Participation) Theme: Waves of Transformation Date: 3 to 5 April 2026 (Easter weekend) Venue: Sastri Academic & Convention Centre, Greyville, Durban Visit https://www.alanon.org.za/convention-2026/ to keep up to date on plans for Convention.	
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. 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 Sea Point Group Meeting on Friday nights at 6pm . Venue: St James the Great Anglican Church, 10 St James Road, Sea Point ➔ Combined meeting with A.A. and Al-Anon last Friday of each month.	
*Al-Anon Cape Area Year End Party – Saturday, 6 December 2025 from 12pm to 3pm at 52 Raats Drive, Table View. Join us for our Al-Anon Year End Lunch. Bring a dish to share, your cozzie and a towel. See flyer on page 1.	

NEXT ISSUE ISSUE 01 OF 2026 Send Your Shares Submissions due by 17 December 2025

For the next issue the topics are

- **Looking back on 2025, how have you progressed in your recovery and how do you share this growth with others?**
- **In 2026, the Echo will focus on Al-Anon Slogans for its monthly topics. The topic for January is "First Things First." We invite you to share your experience, strength and hope on this or any other topic.**
- **36 Principles – How has Step 1, Tradition1 or Concept 1 helped in your recovery process?**

"First Things First helps us make more workable choices and to live with the choices we make,"
How Al-Anon Works for Families and Friends of Alcoholics (B-32ZA), page 68.

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. "If you have received help, and no doubt have, why not give to further the cause for the peace and serenity of future members." —Anne B., Al-Anon Cofounder.

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/uLJi>
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