



Al-Anon Family Groups CAPE AREA ECHO

CAPE AREA OFFICE:
WhatsApp 066 158 0234
Telephone 021 595 4517
Email alanonct@iafrica.com
Website <https://www.alanon.org.za/>

For information regarding meetings, please contact the numbers below or refer to "Find a meeting" at <https://www.alanon.org.za/find-a-meeting/>

NEWCOMERS ELECTRONIC 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 at 5pm
WhatsApp for login details: 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 for young people aged 12 to 17 years, 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.

ISSUE NO. 02 OF 2026 (FEBRUARY)

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Recovery - <i>Through The Steps</i> 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 - <i>Through The Traditions</i>		Service - <i>Through The Concepts</i>

WHAT'S ON IN THE AREA

Seapoint Al-Anon Meeting
Open Meeting with AA speaker

Thursday 26th at 7pm

St. Barnabas Church,
Kloof Nek Road

Help and Hope for Families & Friends of Alcoholics

NATIONAL CONVENTION KZN - 2026



Visit official convention website at
<https://aaconv2026kzn.co.za/>

Join ALCOHOLICS ANONYMOUS National Convention 2026: Waves of Transformation! With Al-Anon and Alateen participation. This convention offers a profound space to learn from shared experiences, build lasting connections through fellowship, and be inspired by the ongoing 'Waves of Transformation' in our lives. We encourage you to participate fully and embrace the spirit of recovery, service and unity that defines our fellowship. For more information visit

<https://aaconv2026kzn.co.za/>

Date: 3rd – 5th April 2026

Venue: Sastri College, 1 Winterton Walk, Musgrave, Durban, South Africa

Register at

<https://aaconv2026kzn.co.za/product/pre-registration-ticket/>

Al-Anon newsletters available at

<https://www.alanon.org.za/convention-2026/>



Keep Coming Back!

This is a programme of miracles not magic. It is miraculous and not magical. The difference between the two is that the former takes time, patience, is real and of my Higher Power, while the latter is illusory, temporary and unreal.

In coming back, I am paving a road which leads me on a journey to what may have appeared to be impossible in the past, but which slowly becomes possible. These possibilities include the possibility of being happy, because through the programme I realize that I deserve to be. The possibility of being loved, because the fellowship clearly shows me that I already am. The possibility of being creative and living up to my tremendous potential, because I am growing in self-esteem a little more every day and am given the courage to dare to take new and exciting risks. After years of self-criticism and self-flagellation I embrace my beauty and my gifts as I accept that which I cannot change and build the courage to change what I can. The possibility of fulfilling my dreams, which through the programme, I have unearthed under the rubble of my previous life, dusted off and had another look at. I no longer focus on the negative or on the alcoholic. I can finally focus on myself. This programme offers all that and more. It makes what we are initially absolutely certain is impossible... possible. Suddenly one day we arrive at that place where the

impossible has not only become possible but even highly likely!

It becomes a matter of changed perceptions. Slowly moving the arc of our view into previously darkened and neglected horizons. A fundamental shift which is nonetheless real and miraculous.

The disease of alcoholism has preoccupied us and held so much of our being hostage that working the programme becomes the route out, the way to freedom from despair to true and lasting serenity and joy. So... Keep Coming Back!

By Natalie B., Cape Area, January 2026



Relationship between A.A. and Al - Anon, an A.A. member's perspective.

A.A. literature speaks to us about this – A.A. World Services publishes a dedicated guideline: A.A. Guidelines – Relationship Between A.A. and Al-Anon (MG-8). It states clearly that A.A. and Al-Anon practice "cooperation but not affiliation" and explicitly supports cooperation in certain circumstances and service activities.

This means:

Al-Anon participates as an invited guest, fully autonomous, not as part of A.A.'s structure.

Sharing venue space or programming is cooperation, not affiliation.

If we were to exclude Al-Anon, we would actually be acting against the guidance AAWS has offered for decades.

Traditions can be concentrated into one word – Unity. Unfortunately, we sometimes use a tradition as a free-standing instruction and we weaponize it. I find this to be true in this instance.

The most common argument against our interaction with Al-Anon, is Tradition Six:

Tradition Six warns against endorsement or affiliation, not against cooperation.

We do not interfere in the running of Al-Anon.

We do not merge finances, governance, and we do not create subordination or affiliation.

Instead, we respect A.A.'s autonomy over A.A. matters, and Al-Anon's autonomy over their matters and focus on our shared roots and purpose.

Excluding Al-Anon out of fear of violating Tradition Six is a misinterpretation of that Tradition.

Tradition One: "Our common welfare comes first..."

When families heal, alcoholics recover more steadily.

A.A. has always recognised that the families and friends of alcoholics play a direct role in the recovery environment of the alcoholic.

If we excluding Al-Anon:

- we isolate the families who support our members.
- we remove a vital source of experience that strengthens alcoholic recovery.
- we negatively affect the unity and welfare of A.A. as a whole.

Including Al-Anon supports A.A. recovery. Excluding them harms it.

Tradition Five: Carrying our message is not changed by including and recognising Al-Anon's message

A.A. has a single purpose: carrying the message to the alcoholic who still suffers.

Having joint special meetings does:

- does NOT dilute either group's primary purpose,
- does NOT add a secondary purpose to either group,
- does NOT redefine who A.A. or AlAnon serves.

What it does do is make it possible for:

- alcoholic parents to attend while family members are supported,
- newcomers to see that their families have a place too,
- both fellowships to reach those who are suffering in their own ways.

A.A. is not responsible for Al-Anon's message – but we are responsible for ensuring A.A. members and their families can access recovery support without barriers.

A suggested A.A. statement:

"This Meeting affirms that, in accordance with AAWS A.A. Guidelines on the Relationship Between A.A. and Al-Anon (MG-8), Alcoholics Anonymous

encourages cooperation – but not affiliation – with Al-Anon Family Groups.

We therefore recognise that Al-Anon's participation at an A.A. joint meeting is consistent with A.A.'s Traditions and long-standing global practice.

Al-Anon participates as an autonomous invited guest, with separate finances, separate governance, and its own program, in the spirit of cooperation for the common welfare of recovering families.

We do not support the exclusion of Al-Anon, as such exclusion contradicts A.A. experience, misinterprets our Traditions, and risks harm to unity and the recovery environment of our members."

By Frank G., A.A. Western Cape, January 2026



Ek het aangehou om terug te kom

Dit is moeilik om aan nuwelinge te verduidelik hoe die lewe kan verander as hulle aanhou om terug te kom. Ek het vergaderings begin met 'n gebroke geloof; daarom het dit onmoontlik gelyk om in enigiets anders te glo as die naderende ramp wat my lewe oorweldig het.

Al het ek gedink die "Leef en Laat Leef"-benadering is swak en naïef, het ek aanhou terugkom. Ek het eenvoudig nêrens anders gehad om heen te gaan nie. Al-Anon was vir my die laaste stop op 'n pad wat my na baie plekke geneem het in my soeke na hulp, antwoorde en 'n wonderwerk. My geloof was uitgeput – letterlik. Vorentoe beweeg was die enigste hulpmiddel wat ek gehad het: om vergaderings by te woon, literatuur te koop en te stry met die "gelukkige mense" wat aanhou sê: "Hou aan terugkom." Stadig het ek besef dat wat ek doen, nie werk nie, en ek het begin luister.

Een van die eerste hulpmiddels wat ek probeer het, was om na myself om te sien en my liggaamlike welstand in ag te neem. Ek het dokter toe gegaan en 'n oefenklas begin bywoon. Ek het glad nie die begrip van losmaking (detachment) verstaan nie. Maar ek kon met my voete losmaak deur saans planne te maak – om inkopies te doen, 'n vergadering by te woon of 'n oefenklas toe te gaan, of om uit die krisisgebied te kom wanneer spanning die hoogste was. Wanneer ek by die huis was en die getwis begin het, het ek begin oefen om vriendelik en sag te wees; dit het beteken dat ek my gedagtes vir myself hou, eerder as om uit te vaar met al die seer en woede wat nog binne-in my gesmeul het.

Soos ek hierdie eenvoudige hulpmiddels gebruik en klein oomblikke van verligting begin vind het, het ek begin glo—om geloof te hê dat om iets anders te doen, help. Die antwoorde het nie van 'n brandende bos, 'n professionele persoon of 'n geestelike leier gekom nie, maar uit die eenvoudige wysheid van ander Al-Anon-lede wat die hoogtepunte en laagtepunte van 'n lewe saam met alkoholisme gedeel het, en uit klein spronge van geloof vir my om iets anders te probeer.

Ek was bereid, al was ek bang, om die Stappe te werk. Ek het genoeg geloof gehad om vorentoe te beweeg en uiteindelik 'n tweede Sponsor te kry wat beskikbaar was om gereeld te ontmoet. Ons het week na week stelselmatig deur Paths to Recovery (B-24) gewerk. Die wonderwerk om die Stappe saam met 'n Sponsor te werk, is onbeskryflik.

Die lewe het steeds aangegaan, so daar was baie op- en afdraendes wat my van koers af kon ruk. Maar ek is so dankbaar vir die ervaring en die geloof wat ek nou in die Twaalf Stappe van Al-Anon het. Dit het alles vir my verander. Nou kan ek my geloof met ander deel – nuwelinge wat moeg en gebroke inkom, en nie kan glo dat daar lewe buite die pyn van alkoholisme is nie.

Dit is minder 'n wonderwerk en meer 'n proses. Ek hoef nie in Al-Anon te glo vir dit om vir my te werk nie – maar dit het gewerk! My lewe het werklik verander. Die sleutel vir my was beweeg vorentoe, beweeg vorentoe, beweeg vorentoe!

Deur Terry C., Louisiana, Die Forum, April 2015

Herdruk met toestemming van The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, VSA.



Recently at a meeting I attended, the topic was hope. The Chairperson shared her thoughts on what hope meant to her by breaking down the meaning of the word letter by letter. Here's what she shared:

H = I hear others share their courage, strength and hope, which can benefit me on my road to recovery.

O = I open my heart and mind to different ideas and become willing to consider that what has helped others may help me, too.

P = I practice what I learn using the Steps, Serenity Prayer, slogans and other program tools to gain peace of mind.

E = I educate myself about the disease of alcoholism, so I can better understand

what my loved one is going through. And I use Al-Anon Conference Approved Literature to work toward recovery.

By Linda C., New Brunswick, The Forum, January 2018

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Serenity After the Storm

Hi everyone, I'm a grateful Al-Anon member. Like many of you, I've known what it's like to love someone whose drinking became bigger than our relationship – bigger than "us."

For a long time, my life felt like quiet chaos. Inside, I was still that scared, ashamed child, convinced that if I could just love better or be stronger, things would change. In the process, I lost sight of my own needs, my own voice, and my own light.

Early Storms: I grew up in a middle-class family where alcohol and enabling were part of daily life. My father drank heavily, often away from home, and my mother struggled with depression and overwhelm. I became the "little soldier," trying to hold things together until I was old enough to leave. The dysfunction stayed hidden for a long time – until it couldn't anymore. By my mid-teens, I was already drinking, smoking pot, and experimenting with other substances. Secrecy felt normal, even when I craved real belonging and honesty.

Adulthood and the Cycle Repeats: Years later, I built a long-term partnership. But in the final stretch of those decades together, the old patterns returned. I found myself trying to control, rescue, and love someone into sobriety – repeating what I'd learned growing up. Denial kept me stuck, carrying guilt that leaving would mean I'd failed. It took great courage to finally choose myself.

The Turning Point: The shift began after an Al-Anon meeting, when I connected with a Sponsor who became someone I could trust completely. She gently called out my fears and reminded me that serenity was possible. I'd heard the promises from open A.A. meetings – "a new freedom and a new happiness" – but at first, they felt out of reach. Yet, by coming back week after week, I slowly began to believe those words could apply to me too.

Loss and Closure: My partner never found sobriety. They passed away tragically a few years ago. Before the end, they expressed regret and a wish to make

amends – a bittersweet gift I hadn't expected. But my healing had already started. I'd chosen a different path before their story ended. Even though their journey ended in tragedy, mine did not.

The Message of Hope: I found serenity. I found peace of mind. I found a new freedom and happiness of my own. It took time – grief is the price we pay for love – but it came. Here's the truth I want to share: You don't have to wait for someone else's sobriety to begin your healing. Serenity isn't a reward at the end of their story – It's a gift available to you right now. Al-Anon gave me tools, fellowship, and above all, hope. It showed me the courage to change what I can, the serenity to accept what I can't, and the wisdom to know the difference. Those words aren't just a prayer – they're a lived path. If you're feeling lost, ashamed, or hopeless – like I once did – keep coming back. Listen to the stories. Borrow someone else's hope until yours grows strong. Because you can. I found serenity after my storm – and you can too. Thank you for letting me share.

By Ingrid A., Cape Area, February 2026



Concept Two - The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

Service

Concept Two reminds me that effective service is guided by a loving Higher Power expressed through group conscience, not personal authority. It helps me serve with humility and trust rather than control.

- Helps me trust group conscience rather than my personal opinion.
- Encourages respect for trusted servants and their roles
- Reminds me that leadership is guidance, not control
- Reduces conflict by keeping the focus on a loving Higher Power

Home

At home, Concept Two helps me remember that I am not meant to manage or direct others, but to live cooperatively and respectfully. It encourages shared responsibility and trust.

- Helps me let go of control and micromanaging
- Encourages shared decision-making and mutual respect
- Builds patience and trust in others' abilities
- Promotes harmony by focusing on cooperation, not authority

Community

In the community, Concept Two guides me to participate as an equal, not as someone who needs to be in charge. It helps me work with others in a spirit of humility and inclusion.

- Encourages me to listen openly to different viewpoints
- Helps me act with humility rather than ego
- Supports collaborative problem-solving
- Reminds me that no one person has all the answers

Source: Cape Area, February 2026

Listen and Learn - My Story

My story began some thirty years ago. With a separated family in great distress, my four children and I were going it alone. Fortunately, we remained in the family home. Things were very tough indeed. And I felt like an outsider at every turn and very lonely too. When the realization dawned that I had major addiction problems with three sons, I had to do something because nothing I was doing was working. An Al-Anon friend took me to a meeting early on when my sons were in their early teens. I went once and thought to myself "No this is not for me... 12 Steps! and 12 Traditions? (ridiculous!)" and didn't go back.

Many years later I heard about Al-Anon again and made some enquiries as to where I could go to a meeting. By this time, I was well and truly ready to do whatever it took to get the help that was necessary for me as my health and well-being were in severe jeopardy. The first thing I noticed at my group meeting was that I was accepted warts and all. It didn't matter what or how I expressed myself, the group understood exactly. Wow, I hadn't experienced this before. I was told to keep coming back.

The trust, love, honesty, understanding and support given to me unconditionally was what kept me coming back. From there my self-confidence began to grow, my relationship with my family members improved immensely (in spite of unsolved problems). Listening has been a problem for me, and I am learning to LISTEN AND LEARN to the meanings behind the words. Because I am working the program by going to meetings, reading CAL literature and applying the principles every day to the

best of my ability, my relationships within my family and others are loving and respectful. This has led me to doing service work within my group. I have been treasurer, Group Representative and am currently helping at AGSO. To be able to give back what I have received has made me a very grateful member of Al-Anon.

As this is a spiritual program, I must say that my God has been with me every single step of the way. At those moments in my life when all seems just too hard and impossible to put one foot in front of the other, a miracle happens in the way of a helping hand, meals appear at my door, a friendly phone call, and all is well again. Viva Al-Anon!

By Shirley, Victorian Southern Area, Australink, July 2014

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All too often I take people, as well as things, for granted in my life. One thing I never take for granted is the wisdom of Al-Anon, for which I will always be humbly grateful.

It must be close to 60 years since I first went along to an Al-Anon meeting. At the meeting there was a bunch of ladies talking about their husband's drinking – which I couldn't relate to at all, since I was a teenager. Little did I realise the impact my father's drinking, and subsequently my brother's drinking, would have on my life.

However, denial was the name of my game, along with a geographical cure to try and escape from it all. Of course, you can't escape by running away – the problem follows wherever you go.

Thankfully, I can fast forward about 30 years to the night I returned to an Al-Anon meeting but this time it was for ME – no one else. I needed to be there.

I don't really remember too much about that first meeting apart from crying with the pain and sadness. I do, however, remember those vital words 'Keep coming back' they said, so I did, the very next night.

Al-Anon soon became part of my life and helped restore me to sanity, at least from time to time. I was able to look at expectations of myself and others and assess if they were realistic.

I could try to let go of all the negative thoughts and beliefs I had held on to and start to love and accept myself.

I learned a very valuable tool to apply and would often say about something – 'Is this true? Is this false? Or don't I really know?' Another very valuable saying I learnt in the meetings was 'I am powerless over people, places and things. The only thing I can change is my attitude towards them.'

I am so very grateful that Al-Anon has been a part of my life all these years. I've been blessed with Al-Anon friends of my late mother, who was so wise and serene, and blessed with Al-Anon friends I've made over the years. Without the alcoholics in my life, I may never have found Al-Anon which is why Al-Anon is on my gratitude list each and every day.

By Anon, Al-Anon Today, December 2019

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Teenagers share

I have been in Alateen for four years. The program has been here for me through the best and worst of times. In the past, I lost my self-control because things were unclear and confusing. Now that I have my self-control and stability back, I can focus on living a better life.

I am comforted to know that Alateen is here to help me when I'm feeling confused and to remind me of my Higher Power.

When things are rough, I can always count on my Higher Power to help guide me and remember the good things in my life. I am thankful for Alateen and the way it has strengthened my relationship with my Higher Power.

By Mallory, Alateen Talk, Spring 2006, Australink, January 2026

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Investing in Our Alateen Legacy

As someone who is passionate about Alateen service and sponsors an Alateen group, I ask myself how I can get the Alateens involved in this process. It is so easy to think the Alateens have no skin in the game. After all, as the adult, all the responsibility is on me to become certified

as an Al-Anon Member Involved in Alateen Service (AMIAS). Doesn't that sound like old thinking? Didn't I think that way when the alcoholic was still drinking – that it was all on me? What can I do differently? And what happens to Alateen if I don't certify to continue to be of service? What happens to me if I don't participate in service? That image of the three-legged stool – which requires recovery, unity, and service to be stable – becomes very vivid!

I often hear it said that Alateen is Al-Anon and Al-Anon is Alateen. I need to make a conscious effort to share that message with the Alateens in the group I support. When I participated in an Area Alateen Recertification a couple of years back, we had the training in person and decided to show how an Alateen meeting was conducted. Teens were willing to give up part of their Saturday to participate and got to witness some of the information shared in the training before doing the mock Alateen meeting. Everyone's response was the same: "Wow! I had no idea!"

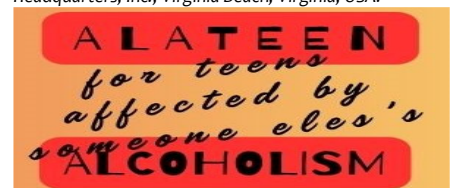
Now that the recertification window is open, there is an opportunity to engage the Alateens. They can be part of the training so that Al-Anon members will continue to step into service and better understand the important role we have in supporting Alateen groups. The best way to share responsibility is to share responsibility – In other words, just do it! What can Alateens do to help in the recertification process? What can current certified AMIAS do to encourage Al-Anon members to become certified? Can the Districts or Al-Anon Information Services assist or share the announcements when the recertification window is open?

Let's talk to each other and share ideas. Many of us are concerned with revitalizing Alateen and are trying different things to attract teens to meetings. Sharing the gift of hope is priceless. We all share the responsibility of ensuring that Alateen continues to be here for any teenaged person (or younger) affected by someone else's drinking. Here's looking forward to a successful Alateen Recertification!

Thanks for all you do for Alateen!

By Sue P., Associate Director – Group Services, The Forum, February 2025

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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.

<i>When</i>	<i>Time</i>	<i>Where</i>
THURSDAYS	6 - 7PM	ON LINE

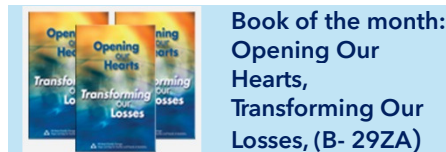
WhatsApp 084 502 2542 for login details.
Age group: 12 to 17 year olds
Al-Anon helpline 086 125 2666
Visit www.alanon.org.za for more information.

LITERATURE NEWS

Conference Approved Literature (CAL)

Cape Area Literature
Colleen C. & Lauren S.

Visit the literature desk at upcoming events or at the office to view specials and other literature available.



It was my turn to read a portion of our Conference Approved Literature (CAL) in our Area Assembly on 17 January. I chose to read portions from Opening Our Hearts, Transforming Our Losses (B- 29ZA), from pages 47 and 48.

Yes, alcoholism caused me a loss of my sense of self. It took me a few years in Al-Anon to help me speak up for myself. I felt so small and resentful towards myself, when I did not have the courage to say what was on my mind. Now, many years later, I still cringe whenever I think of those moments of weakness.

The fishbowl analogy on page 48 gave me the confirmation that I am no longer confined to that little space of being silent, of being small, and of being stagnant.

Al-Anon taught me to "swim" widely, to speak bravely, and ultimately reaching out to others, sharing my newfound freedom and the courage to really live life.

I am alluding to page 89, and the pain described by the mother resonates with me.

She was grieving the loss of her son, not to death, but to this disease. I too, experienced the worse pain and loss that life has ever dished out to me: the discovery that my son has fallen prey to addiction. I was sharing with a fellow in the program; the disease has now travelled from our spouses to our sons and daughters. I felt the loss more intensely. Although I am ever so grateful today that my son is in recovery, a part of our beautiful relationship has died in this battle. Al-Anon is helping me through my grief, just like the writer of this share in the book:

We are not alone!

By Margie D., Cape Area January 2026



"I have the book Transforming Our Losses. It is a brilliant book. So far, I dip in and read bits of it. I would like to read the whole book through. Thank you for reminding me about this great book."

"...One of my favourite passages is on page 7 of Transforming Our Losses, 'We are not in a race to the finish line. With our Higher Power's guidance, we can work our program at our own pace, in our own way. We can be patient and gentle with ourselves, trusting that wherever we are is exactly where we are supposed to be.'"

"Sounds like a good idea. And you are right. I often read a bit and then feel I need to stop for a while. A different way of reading than I usually do. Pausing gives time to reflect and digest indeed. And also deal with the emotions that come up, especially grief. Thank you for sharing this idea too."

PUBLIC OUTREACH

Cape Area Public Outreach
Janice C. & Anita P.

Public outreach is each member's responsibility. Place literature at a police station, library, medical practitioner's office, etc. creating awareness that there is help for those affected by someone else's drinking.

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

WhatsApp: 066 158 0234

Area email: alanonct@iafrica.com

Website: www.alanon.org.za

Overheard

If you're persistent you get it.
If you're consistent you keep it.
And if you're grateful you attract more of it.

Keep Coming Back

"They asked me to come back. I told them I had to go home and vacuum, that I really didn't have the time – and, if they had anything to tell me, they should write it down and I would review it. They smiled and said, 'Just 'Keep Coming Back'!' They exchanged hugs – which I did not like or want. I ran out!" (Member Sharing#60), Many Voices, One Journey (B-31), p. 191

"Some members are initially reluctant to go to meetings but ultimately remain in Al-Anon for many years. Was I reluctant to attend Al-Anon meetings? What kept me coming back?" Many Voices, One Journey (B-31), p. 192

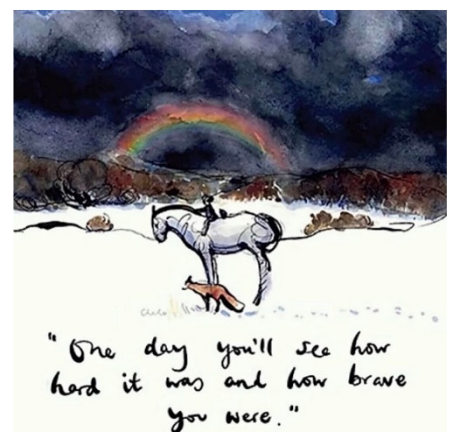
Al-Anon Declaration

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.



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 021 595 4517/WhatsApp 0661 580 234 / 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, 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

New Details – Al-Anon Sea Point Group – Meeting on Thursday nights at 7pm. Venue: St Barnabas Church, Kloof Nek Road, Cape Town

UPCOMING EVENTS

SAVE THE DATE

MEETINGS

***Area Policy & Planning Day** Saturday, 21 February 2026 at 9.30am (in person). Service Committee.

***Area Assembly** Saturday, -- 21 March 2026 at 9.30am (electronic). All members welcome.

RALLIES/CONVENTIONS

***IAGSM High Tea/Lois Birthday**

Date: Sunday, 8 March 2026

Time: Set up from 1pm. Event starts at 2pm to 5pm.

Venue: Milnerton Methodist, cnr Ascot & Erica Roads, Milnerton

Area supplies tea, coffee, sugar and milk. Groups bring along juice, water, eats.

More information to follow. Invite family and friends.

***National Convention 2026 (with Al-Anon & Alateen 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. Register at

<https://aaconv2026kzn.co.za/>

FUNDRAISERS / GROUP NEWS

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.

***Sea Point Al-Anon Group Open Meeting with A.A.** on 26 February 2026 at 7pm at St Barnabas Church, Kloof Nek Road and Kamp Street, Gardens, Cape Town

NEXT ISSUE

ISSUE 03 OF 2026

Send Your Shares

Submissions due by 17 March 2026

For the next issue the topics are

- March 4th is Al-Anon co-founder, Lois W's birthday. Based on Al-Anon literature and historical accounts of her life, her favourite slogan was "**Let It Begin with Me**". The slogan signified her own recovery, and happiness did not depend on her husband Bill's sobriety. She learned to focus on her own spiritual growth, attitudes, and actions rather than trying to change or control the alcoholic. Lois emphasized that "It" (recovery/serenity) begins with the individual taking responsibility for their own life.

What is your experience with this slogan? How has it helped you in taking responsibility for your serenity and your recovery?

- 36 Principles – How has Step 3 Tradition 3 or Concept 3 helped in your recovery process?

"The problem is that those who need it don't always want it. We can share our experience, strength, and hope with them and be a good example of Al-Anon recovery by practicing its principles in all our affairs." Paths to Recovery (B- 24), p. 227

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. "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/uLJixXn>

