



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.

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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



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/>

GROUP AT-HOME

Rondebosch Group's 78th At-Home

THIS IS A BIG DEAL!

WEDNESDAY, 29TH APRIL 2026 – 7:30 PM
ST MICHAELS CATHOLIC CHURCH
ROUWKOOP RD, RONDEBOSCH

BOTH AN AA SPEAKER
& AN AL-ANON SPEAKER!

JOIN US TO CELEBRATE THIS AMAZING MILESTONE
AS THE SECOND OLDEST AA GROUP IN THE CAPE!

WE INVITE ALL MEMBERS OF AA, AL-ANON, AND VISITORS,
ESPECIALLY THOSE WITH HISTORY AT THE RONDEBOSCH GROUP,
AND THOSE WHO STARTED THEIR RECOVERY JOURNEY
TO CELEBRATE WITH US!

BRING PLATES AND SNACKS TO SHARE • EVERYONE'S INVITED!

WE LOOK FORWARD TO WELCOMING YOU AND SHARING
THIS INCREDIBLE EVENING TOGETHER!

AA WEST COAST

SPRING RALLY

25TH TO 27TH SEPTEMBER 2026

Weskus School of Skills
Saldanha Rd, Saldanha, 7395, Western Cape, South Africa

EVENT LOCATION

Weskus School of Skills
Saldanha Rd, Saldanha, 7395,
Western Cape

Google Maps Link:
<https://maps.app.goo.gl/0VWSYTDMAWKC7289>

FOR MORE INFO
Call Sussie for directions
073 521 6545

For directions search Weskus School of Skills on Google Maps OR Click on the Google Maps Link
OR Scan the QR Code, alternatively you can call for assistance.

Al-Anon Family Groups
invites you to a
**HIGH
TEA**
celebrating our founder,
Lois' birthday!

THEME: Fancy Frilly Hats with Family

Thank You

Dear Cape Area Members,
High tea serves as a special occasion to honour Lois W's birthday, one of Al-Anon's co-founders born on 4 March 1891. In the

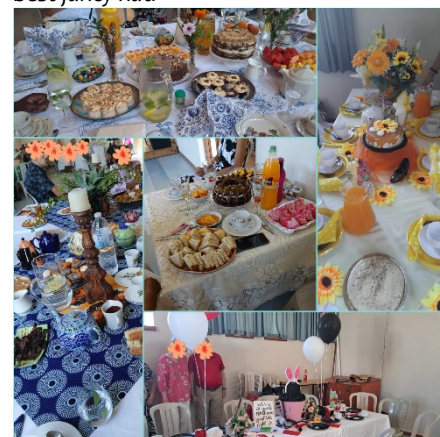
Cape Area, her legacy is celebrated with a lively high tea gathering. This year's event featured the theme "Fancy Frilly Hats," and participants rose to the challenge with creative, colourful designs. Groups set striking tables filled with tasty treats, elegant tableware, and warm company, making for a memorable afternoon.

The event brings together families and friends, fostering a spirit of togetherness as everyone enjoys each other's company. This year added extra fun with a photobooth and props, capturing delightful moments while lively conversations took place over prop selection.

Gratitude goes to the Area's fundraiser who organised the day and introduced new ideas like gentle background music, a photobooth, and live performances from Esme, a gifted singer. These details shaped the peaceful, welcoming atmosphere.

Jean I. from Al-Anon City Bowl spoke about Lois's life, sharing her own experience, strength, hope, and thoughts on what Al-Anon means to her and her family.

Constantiaberg Group won the prize for the best dressed table, while Carol B. from the Durbanville Group received the prize for best fancy hat.



The High Tea aims to raise funds to send two delegates to represent South Africa at the International Al-Anon General Service Meeting (IAGSM). The IAGSM is a biennial

City Bowl Al-Anon Group Open Meeting with AA speaker

Thursday 26th at 7pm

St. Barnabas Church,
Kloof Nek Road



Help and Hope for Families & Friends of Alcoholics

event where delegates exchange experiences from Al-Anon service offices globally; it's not a decision-making body but passes recommendations to the International Coordination Committee.

Thanks to all members, their families, and friends who joined us for High Tea.

We look forward to seeing you next year – don't miss this wonderful event!

By Fatima dS., Cape Area, March 2026



Ordinary Women Doing Extraordinary Things

In preparing for chairing our group meeting, I reached out to our group rep and said, "What will I share and talk about?" I felt somewhat overwhelmed with the task.

She suggested I page through our group meeting file, where there is lots of literature about Al-Anon.

One evening, I was paging through this interesting pack of valuable information, and came across a printout about our two co-founders, Anne B. and Lois W. These two women were driven, independent and together created a global movement through gratitude, kindness and care.

We all shared reading this article in our meeting, and after each person had a chance to read, they shared a personal story that resonated. We also read Lois's story from How Al-Anon Works for Families & Friends of Alcoholics B-32, page 152. This gave a detailed understanding of how it all started and how through their commitment they created the original Family Groups and developed Al-Anon.

This session was so valuable to us as it gave context and understanding as to why it started and how it all began. This topic created a beautiful opportunity to appreciate these readings and reflect on their inspiring work.

I did not realise until starting to research this topic that Lois's birthday is 4 March and I chaired the meeting the week before, on Tuesday, 24 February. Another interesting fact is we were giving tribute to Anne B. on the same day she passed away 41 years earlier. My Higher Power was in play.

Anne B. And Lois W. "built Al-Anon on their common sense, capacity for caring and willingness to help others." We are truly indebted to these two ordinary women who continue to play such an extraordinary role in so many people's lives.

Their legacy continues to shine and protect us one day at a time.

By Lisa S., Cape Area, February 2026



Al-Anon Saved My Life!

Alanon saved my life, my husband's life and our marriage. Today I am honoured and humbled to pay tribute to our co-founder Lois.

Summarised except from Lois Remembers B-07: "There was a time... when there was no Al-Anon... one woman, through her own desperate efforts to solve her problem, found answers for herself and many thousands of others... Like us, she didn't know where to turn. But unlike us (for we now have Al-Anon to help us!) she had to work it all out for herself... Her name is Lois. Her husband, Bill, co-founded Alcoholics Anonymous. As he found sobriety and offered it to alcoholics... Lois offered the hope and serenity of Al-Anon to their families and friends."

Many years ago, when I was quite desperate about my husband's drinking – my sister (an alcoholic in recovery) directed me to Al-Anon.

I was so thankful to find a program that was designed for me to recover. I was well aware that I had become as sick as my husband. A speaker at my first meeting said to me "Jean, if you see that your bottom is in the chair every week, you will recover."

Thankfully, I have been in Al-Anon over 34 years, and I am still a work in progress. My husband is now 31 years in his journey of recovery – all thanks to Bill W. and Lois W. (the co-founders of Alcoholics Anonymous and Al-Anon).

By Jean I., Cape Area, March 2026



Self-love

For a long time, I thought that self-care was the same thing as self-love. I did the self-care: I showed up; I stayed busy; I helped; I kept things running. But inside, I didn't actually believe I mattered.

I am learning that self-care is **what** I do, but self-love is **why** I do it. Self-care is taking a break. Self-love is believing I don't have to earn that break by exhausting myself first.

Before Al Anon I thought that self-love was selfish. I believed loving myself meant abandoning others. What I've learned here is that self-love is actually how I stop abandoning myself. Self-love is the practice of treating myself with the same honesty, compassion and respect I am encouraged to offer others, while taking responsibility for my own wellbeing and letting go what is not mine to carry.

*** A core Al-Anon principle of self-love would be detachment with love.**

Allowing others to have their own consequences = self-love. Letting go of obsession is an act of love toward yourself, Detachment doesn't mean you stop caring it just means you stop controlling. Al Anon taught me that I can love someone without sacrificing my peace, my values, or my sanity.

*** Another Core Al-Anon principle is boundaries.**

Boundaries are not punishments, they are self-respect. "No" is a complete sentence. Saying yes to yourself may feel uncomfortable at first. Self-love looks like setting limits and trusting that I am still a good person when others are disappointed.

In Al- Anon I learn to focus on myself and take the focus off the alcoholic, as a form of self-love. We do this through Step One – admitting powerlessness. Self-love begins when the spotlight comes back to me. When I stop monitoring, fixing and rescuing, I finally have space to ask: How am I doing? What do I need?

Lastly, letting go of guilt is another form of self-love. Al-Anon separates responsibility from blame. Here I learned I didn't cause it, I can't control it and I can't cure it. Self-love means releasing guilt that never belonged to me in the first place.

Something that I'm working on in the area of self-love is not people-pleasing. People-pleasing is not self-love because it requires self-abandonment. It puts other people's comfort above my own wellbeing. It is driven by fear, not love. People-pleasing blurs boundaries because it has no clear "where I end and you begin." It tries to control outcomes for example: If I do this they won't be upset. Also, it creates resentment which is often the price I pay for saying yes when I mean no. People-pleasing asks "How do I keep everyone else okay?" Self-love asks, "How do I stay okay?"

In Al-Anon, I'm learning that self-love means I don't abandon myself to manage someone else's feelings. When I set a

boundary, I'm not being selfish - I am practicing self-respect. Today self-love for me looks like pausing and asking: Am I doing this because it's loving to me or because I am afraid to say no?

I'm learning that I am worthy of care, rest and peace – even when I'm uncomfortable, even when others are disappointed.

I wrote down some slogans that can do with self-love: 'Progress not Perfection', 'One Day at A Time', 'Let It Begin with Me', 'Easy Does It', 'How Important Is It?' Each one reinforces gentleness toward yourself.

Suggested readings from Hope for Today (B-27) - pages 34, 245, 303, 310

By Ker, Cape Area, February 2026



Waves of the Fellowship: We are not alone.

My name is Ragini, and I am a grateful member of Al-Anon. I am also a parent of two amazing affected loved ones.

I am happy to share today my experience strength and hope on the topic of: Waves of Fellowship: We are not alone.

The Al-Anon Slogan, "Together we can make it," is a foundational Al-Anon and Alateen slogan emphasizing that members do not have to cope with the effects of alcoholism alone.

Today's topic speaks to me of Tradition One, that talks about unity, stating that our common welfare should come first; personal progress for the greatest number depends upon unity. Tradition One emphasizes that group harmony and cohesion are essential for individual recovery and the overall strength of the fellowship.

I came into the Al-Anon fellowship confused, anxious, insane, angry and exhausted.

My Sponsor arranged for me to join a Newcomers meeting hosted by Gauteng and Districts (G&D) on a Sunday afternoon, her husband, with many years of experience, strength and hope in A.A., took my affected loved one to an A.A. meeting. My Sponsor recognised that I was an enabler and saw the need to separate myself and my loved ones into our own meetings from the onset. Like many of you before me, I came looking for answers and tools on how to fix my loved ones.

My entrance into Al-Anon was during the Covid pandemic, when I could only attend online meetings, local and on the

worldwide fellowship platform. Many of the meetings I attended during this time have now gone back to meeting in person. My initial two years in the fellowship were on daily online meetings, local and international. I was so eager to listen and learn about this amazing program in which people understood me, and I did not feel alone that I attended four meetings a day for the first ninety days.

I met many members and friends from all over the country and the world that understood exactly what I was experiencing. Just having that permission to attend a meeting and share what was really going on, gave me the encouragement and support to use the common approach of the fellowship to heal and grow.

Denial is the hallmark for families facing alcoholism and addiction, and this was true for me. I also struggled with shame, embarrassment, blame and resentment. But as I embraced the true essence of the fellowship, the Steps, Traditions, Concepts, slogans, literature, I gained strength, faith and courage to accept my loved ones and to let go of my addiction to control.

"We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon, we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not. We urge you to try our programme. It has helped many of us find solutions that lead to serenity."

This phrase from our Al-Anon preamble ensured that I kept coming back to meetings.

The waves of healing and spiritual energy spread out from me, when we work our program steadily and consistently. This was a huge shift from the waves of negativity that used to spread out of me when I was the untreated 'Alanonic'. As I embraced the program, layers of pain, anger, resentment slowly fell away to allow me to heal and grow. As I used the tools of the program and worked the Steps, Traditions and Concepts with my Sponsors, I slowly made progress and came to understand my relationship with my Higher Power and the miracles began happening when I understood that I was working the program to heal myself and not my alcoholic and addicted loved ones. Working the program was not easy. It brought up many deeply buried and painful situations that I had to face and erase. I was so used to coping with drama and chaos that I was unable to accept that serenity

and sanity was possible by applying the tools of the program in all my affairs.

The Three A's
Awareness
Acceptance
Action

The Three C's
We didn't Cause it.
We can't Control it.
We can't Cure it.

The Five G's
Get off His/Her Back
Get Out of His/Her Way
Get Onto Yourself
Go to a Meeting
Give Him/Her to God

The Four M's
Martyrdom
Managing
Manipulating
Mothering

The Six P's
Perspective
Pain
Prayer
Patience
Process
Payoff

In the beginning of my recovery, I used the slogans, the daily readers and attended meetings to gain a better perspective of my situation. Doing service in Al-Anon was immensely helpful for personal growth.

I evolved from an eager newcomer to a more confident member of the God Given Spiritual program of Al-Anon. I learned that participation is the key to harmony and that Al-Anon was self-supportive and utterly dependent on members contributions.

Working the Twelve Steps was daunting, only because I wanted to learn them as quickly as possible and graduate from the fellowship. I learned about 'Easy Does It' and that the fellowship encouraged progress and not perfection. I gained the fruits of my efforts, the spiritual awakening that the Twelfth Step speaks about.

Unity is one of the many special gifts of the program and I value and appreciate this vastly.

From Discovering Choices (B-30), page 105 *"Members of my group have changed. I have learned people will always come and go in my life. But the core group that I consider my family remains the same. I went to meeting in such unbelievable pain that all I wanted was for it to lessen somehow. What I received was a family that truly loves me, a recommitment on my part to the Al-Anon program, and growth in my recovery."*

I also learned that my disease was a me dis-ease. All about me, myself and I. My control was my addiction. This is a one day at a time program and I have had many slips and still do, but every moment of every day, I am able to make amends when I do my 12 Step inventory to keep myself in check.

We don't give advice in Al-Anon but we do share our experience strength and hope, and show each other that yes, it is possible, and yes, we can do it, and yes together we can make it, with each other's support and the support of our Sponsors and the connection with our Higher Power.

"Talk to each other and reason things out" reminds me that I am not alone. I remain a grateful member of Al-Anon.

By Ragini, Gauteng & Districts, March 2026

Laat Gesonder Ouerskap by My Begin

Toe ek vir die eerste keer by Al-Anon aangesluit het, het die slagspreuk 'Laat Dit by My Begin' my diep geraak. Dit het gevoel asof daardie woorde, presies in daardie volgorde, die hoof rede was van wat my na my eerste vergadering gebring het.

Een herinnering staan vir my die duidelikste uit. Ek was in die middel van die kombuis en praat met my tienerdogter. Ek het geweet sy was ontsteld oor iets, en ek het so ongemaklik gevoel dat ek smekend gevra het of sy kwaad vir my is. Haar gesig het versag en sy het begin verskoning vra.

Nog voor sy klaar kon wees, het dit gevoel asof ek buite my eie liggaam staan en die interaksie van buite kyk. Onmiddellik het ek teruggedink aan my kinderjare, vol oor-verantwoordelikheid. Ek het myself gesien as iemand wat nie sy eie emosies kon ervaar nie, maar net vir die van my alkoholiese moeder gesorg het. Ek het besef ek was toe nie meer verantwoordelik vir my moeder se gevoelens as wat my dogter tans vir myne is nie.

Sy verdien dit om haar gevoelens te hê en dat dit erken word. As haar moeder is dit my verantwoordelikheid om te verstaan waarom haar frustrasie met my of ongelukkigheid oor my keuses my ongemaklik laat voel. Deur hierdie verantwoordelikheid te aanvaar, kan ek toelaat dat geslags-trauma by my eindig.

Deur die wan-aangepaste ouerskapstrategieë wat vir my voorgedoen is, te vervang met programbeginsels en leiding van my Hoër Mag, kies ek om 'Laat Dit by My Begin.' Ek kan toelaat dat my dogter se geslag van ouerskap by my begin. Dit sal nooit perfek wees nie, maar elke dag as ek die keuse maak om leiding te soek by my Al-Anon-program en my Hoër Mag, hoef dit ook nie perfek te wees nie.

Deur Hope W., Die Forum, Junie 2024

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

Detachment means to realize
you are an individual and are not bound
to take on the alcoholic's responsibilities.

Let It Begin with Me

Let It Begin with Me. What an appropriate theme for my first assembly as GR for Grafton Al-Anon Family Group! For it is a new beginning for me which I have willingly accepted.

My own personal beginning with Al-Anon was just over four years ago. As an adult child of an alcoholic father, I was aware of the effects alcohol can have on the drinker and the people living so close to him. I had been troubled for some time and

believed that my younger sister was secretly drinking and that she too had become an alcoholic.

I have two sisters and we all live in different states, so it was not easy to keep in close contact. However, that particular year, four years ago, my elder sister visited Grafton. We spent two weeks together and during that time spent many happy moments catching up and talking about our family. At some point we both realised that we had the same concerns for our younger sister. I don't know exactly when I first heard of Al-Anon but I knew of it somehow. I asked my older sister if she would attend an Al-Anon meeting with me and she agreed.

At the meeting we were made very welcome. The group shared their own personal stories with us and discussed the importance of detachment. At the conclusion of the meeting, they gave us some Al-Anon literature to take away.

They encouraged us to come back again giving us hope for a better way of coping with the fear of losing a sister to the disease of alcoholism.

From that day on I have continued to attend meetings, as I quickly realised that it was 'me' that needed to change.

I learnt to let go of my wants for, and dreams of, an 'ideal' sister. I have learnt to let my sister live her life as she chooses and to detach with love. We keep in touch and enjoy visits and catching up when possible. I have no idea if she is still drinking or not and I now know that it is none of my business. At that first Al-Anon meeting a visiting member said to us that she had learnt that each person has their own God, and it's not you! My elder sister told me later that she was really struck by those words and has held them close as a good reminder.

Since then, Al-Anon has become a way of life for me. The Twelve Steps and the program have not only helped me to detach and release my fears for my sister, but it has helped me look into myself; to seek personal improvement and practise healthier ways in living day-to-day.

I now feel more positive about myself – more accepting of situations, of my past, and of people in my life. I am less judgmental while all the time being reminded that life is not perfect, people aren't perfect and that it's okay to make mistakes. I have learnt that I can start again if need be and that's okay too.

Undertaking a service role in Al-Anon and becoming group representative (GR) for Grafton will only bring me closer to a greater family than I already have found in the Grafton Al-Anon Family Group and all I had to do was 'Let It Begin with Me.'

By Shirlee M., Northern New South Wales Area, Austra-Link, April 2025

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How I use my program

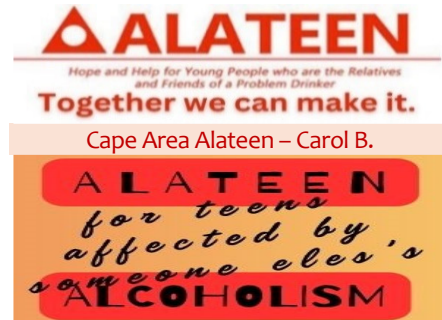
For me, it has always been about the slogans we have, especially "One Day at a Time". I did not understand that concept when I first walked into the rooms of Al-Anon; signed off work with stress, on anti-depressants and pretty much crazy. So much worry, so much anxiety, so many expectations (of myself and others!), so much to do but having no physical, mental or emotional energy to do anything at all. I had got to the end of myself.

I knew I needed help and it came from three lovely people meeting weekly, helping me to be me, 'One Day at a Time'. Time has passed but still that 'One Day at a Time' is so relevant, so helpful, so calming, so right. I only have this one day. As others shared around the room, another slogan jumped up at me, 'Let it Begin with Me'. That's what we were all sharing about – how each of us was letting it begin with me, despite what others were doing, saying, or feeling.

My first Sponsor used to impress on me that the programme is all about the first word of the first Step. We don't do the programme alone, we listen and learn together, we share together, we are honest, open and willing with each other. That's how I work my program, 'Just for Today'.

By H., Area 28, Al-Anon Today, Dec 2019

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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.

When THURSDAYS
Time 6 - 7PM
Where 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.



Alateen: Finding Compassion, Empathy, and Family

My mother is an alcoholic. She has been one since the day I was born. But there was a period of peace that lasted until I was four or five years old. I remember snuggling with her on the couch under our special blanket to watch movies. My parents were happy together, and I was happy with them.

Things got worse, and there were lots of incidents, but never did I think I'd have to experience a day that would lead to losing my mother forever. That day came when I was eight and walked in from school to find my mom unconscious on the stairs and bleeding from her head.

My father explained that no one was harming my mom but herself. As a child, of course, I wondered if it was my fault. I wondered what I had done wrong to deserve this. What could I have done differently? When these questions got so intense that I would break down and cry into my father's arms and every tear was about blaming myself, he decided I needed support. We both had needed it for years.

So, we went to Al-Anon and Alateen. When I say Alateen saved me, I don't mean it hyperbolically. I do not think I would be where I am today without it. As an eight-year-old girl, I stepped into that room of teenagers and was accepted with wide-open arms. I was mature for my age, due to the constant need to rely on myself and hold conversations with police, but I was still a lot younger than the other members.

It didn't matter to them, though. I was another child of alcoholic parents, reaching out for help, and they took my hand. And when my mother was taken from the house for involuntary commitment (emergency evaluation and treatment for persons who are a danger to themselves or others due to a mental illness), Alateen guided me through it all.

The Alateen members let me know that I wasn't the only child in the world to experience alcoholism. I had felt that loneliness for years, so having ten or more people share their experiences gave me my first exposure to empathy. Not having my mother around was hard, but I had found my people. These people understood me like no one else could – not even my father, who eventually became an alcoholic himself.

For years after, I struggled, and hard. Nothing was ever consistent for me. It was like no one ever stayed. But Alateen always did. Always.

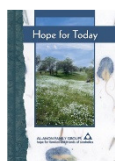
By Lila, The Forum, March 2024

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LITERATURE NEWS

Conference Approved Literature (CAL) Cape Area Literature Colleen C. & Lauren S.

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

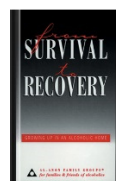


Hope for Today (B-27)

Daily sharings from Al-Anon's adult children members are for anyone who wants to grow in acceptance, compassion, and understanding. Indexed. 383 pages.

From Survival to Recovery (B-21)

Al-Anon adult children tell their stories. Explores the long-term effects of being raised with alcoholism, and why Al-Anon can help. Indexed. 303 pages.



PUBLIC OUTREACH

Cape Area Public Outreach
Janice C. & Anita P.

MARCH – LEAVE HOPE CAMPAIGN

"Great opportunities to help others seldom come, but small ones surround us every day."

The target for this month is **everyone** that you meet in the normal daily events of your life. Put up posters or drop a piece of literature at shopping centre notice boards, buses, trains, taxis, bus shelters, medical practitioner's offices, banks, libraries, hotels, rest rooms, church notice boards, beauty salons, hairdressers, spas.

APRIL – EDUCATIONAL FACILITIES

"What a child doesn't receive he can seldom later give."

The target for this month is **schools, training schools, colleges, universities**. Contact schools, etc. and arrange to speak to the teaching staff and/or children, drop off information at educational organisations.

Public outreach is each member's responsibility. Create an 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



"Find the place where you feel God and go there often."

Challenge

At a recent Area Assembly, group reps reporting mentioned that their group was the best. It seems we have many amazing groups in the Cape Area.

Tell us what sets your group apart as the best in the Cape Area. You can share your thoughts by emailing alanonct@iafrica.com or sending a WhatsApp message to 0823422102.

Let It Begin with Me

"Let It Begin with Me" is a way to change the things we can – especially our own attitudes – instead of waiting for everyone else to change to suit us. How Al-Anon Works for Families and Friends of Alcoholics (B-32), pages 69-70

"One of the Al-Anon slogans often heard in meetings is 'Let It Begin with Me.' I interpret 'It' as carrying the message of Al-Anon to others in need, as suggested by Step Twelve." Hope for Today (B-27), page 56

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 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, 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 City Bowl Group – Meeting on Thursday nights at 7pm. Venue: St Barnabas Church, Kloof Nek Road, Cape Town

UPCOMING EVENTS

SAVE THE DATE

MEETINGS

***Service Committee** Saturday, 18 April 2026 at 9.30am (in person at the office).

RALLIES/CONVENTIONS

***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/>

***AA West Coast Spring Rally (with Al-Anon & Alateen Participation)**

Theme: A Design for Living

Date: 25 to 27 September 2026

Venue: Weskus School of Skills, Saldanha Road, Saldanha

See flyer on page 1 for more information.

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.

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

***AA Rondebosch Group celebrating its 78th At-Home with AA and Al-Anon speakers** on 29th April 2026 at 7.30pm at St Michaels Catholic Church, Rouwkoop Road, Rondebosch.

NEXT ISSUE

ISSUE 04 OF 2026

Send Your Shares

Submissions due by 17 April 2026

For the next issue the topics are

- The slogan for April is "**Just for Today**". What is your experience with this slogan? How has it helped you in taking responsibility for your serenity and your recovery?
"This slogan is a commitment to set aside the past and the future and live in this one day only." From Just for Today" bookmark (M- 12)
- 36 Principles – How has Step 3 Tradition 3 or Concept 3 helped in your recovery process?
- Tell us what sets your group apart as the best in the Cape Area.

You can share your thoughts by emailing alanonct@iafrica.com or sending a WhatsApp message to 0823422102.

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/ar/uLJixXn>

