



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. 06 OF 2026 (JUNE)

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

WHAT'S ON IN THE AREA

Area 7 invites you to
Founders' Day Rally!

DATE: 28 JUNE 2026

Join us from 8:00am

Meeting starts at 9 a.m., 11 a.m., and 2 p.m.

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Cuppa Bru Country Kitchen
Oude Wellington Estate:
R301 Bainskloof Pass,
Wellington

Theme: "Sturdy Vines & Sober Minds"

All open meetings on the day. Al-Anon and/or Alateen speakers at a meeting.

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

Parkwood Al-Anon Group

Reopening

When: Monday, 29 June 2026
Time: 7:30pm
Where: St Gerards Catholic Church,
c/o Kestrel Way and Harrier Way,
Lotus River/Parkwood

Contact Annalise at the office for more info.
Landline 021 595 4517
WhatsApp 066158 0234
Email alanonct@iafrica.com
See you there!

An Al-Anon Group Is an Al-Anon Group - Even Online

I wasn't sure what bothered me about electronic Al-Anon groups when I first started attending them. They were new and different to me, and with my camera off and a made-up name, I could be completely invisible. I could drop in and out when I felt like it, without considering any disruption I might cause or sharing in the responsibility of serving the group. This made me vaguely uncomfortable, but the convenience swept

me off my feet: I could do some household tasks or "just listen in," letting the other members carry the meeting.

Then I started comparing my participation in electronic meetings with my participation in face-to-face meetings (<https://www.alanon.org.za/find-a-meeting/>). The difference was stark! When I realized how little effort I put into "attending" an electronic meeting, I decided to change the way I showed up. I started joining the meeting on time and making myself available to help ensure the meeting opened when it was supposed to and included helpful topics. I sat up straight, kept my camera on, and paid attention. I started doing my best to recognize that an Al-Anon group is an Al-Anon group; whether we meet in a hospital conference room, a church basement, or on an electronic platform, it still remains an Al-Anon group.

Now, when I attend an Al-Anon meeting online, I think about how I'm supporting the group and how that affects Al-Anon as a whole. Am I contributing by serving, sharing in leadership, and taking turns so as not to control? Do I contribute financially to the electronic "basket" even though the expenses for the electronic platform or welcome materials are not obvious to me? Do I encourage other members to participate in the group and share Al-Anon-related announcements? Do I participate in group business meetings to keep the group informed and vibrant?

When I first started attending Al-Anon, I had only three face-to-face weekly meetings to choose from in a 40-mile radius, no matter the weather or any unexpected obligations that came up. After all these insights, I'm more grateful than ever for the many ways I can find recovery in an Al-Anon group - whether in person or online, almost anytime.

By Christa A., Group Services & Alateen Coordinator, The Forum, June 2026

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SIMPLY THE BEST

AN AL-ANON FUNDRAISER

LIVE SHOW & TRIBUTE TO

MICHAEL JACKSON • QUEEN • CHER • TINA TURNER • STEVIE WONDER

NO FOOD & BEVERAGES MAY BE BROUGHT IN. AVOID QUEUES AND PRE-ORDER YOUR FOOD AND DRINKS THROUGH US!
PLEASE NOTE: THE BARNYARD THEATRE IS A CASHLESS ESTABLISHMENT.

COVER CHARGE **R180** | **SUN. 26 JULY 2026** | **DOORS OPEN AT 12PM**
BARNYARD THEATRE TYGERVALLEY

BOOK YOUR TICKETS NOW! CONTACT ANNELISE AT 066 158 0234

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

RSS - 2026
Regional Service Seminar

Moving Forward, in Unity

AL-ANON REGIONAL SERVICE SEMINAR

DATE Saturday 29 August 2026	TIME & COST 8:30 am - 4:30 pm R200.00 per person	VENUE Schoenstatt Cape Town, South Africa
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A FEW THINGS TO REMEMBER

- Book now - only 50 places available
- Bring a small plate of tea time treats to share
- Vegetarian meal? Please contact Annalise in advance
- Please bring something for the Pamper Hamper Lucky Draw

BANKING DETAILS

Bank: ABISA
Account name: Al-Anon Family Groups Cape Area
Account no.: 4073215579
Branch no.: 632005
Type: Cheque
Reference: RSS - Name - Group

TO BOOK YOUR PLACE

Contact Annalise
Monday - Thursday 9:30 am - 2:00 pm

PHONE: 021 595 4517
WHATSAPP: 066 158 0234

50 PLACES ONLY

"Together we can do what we could never do alone." Al-Anon Family Groups

Don't miss the Regional Service Seminar (RSS), a special day of inspiration, connection, and shared learning. Enjoy three workshops presented by fellow members, ending with an engaging interactive session.

Seats are limited, so book early to secure your place. At just R300 per person, your registration includes tea, coffee, lunch, and a wonderful day of fellowship, learning, laughter, and joy. Contact the office today to reserve your seat. Payment can be spread over the next two months.

PLEASE KEEP THE FOCUS ON AL-ANON DURING OUR MEETINGS

LEAVE THESE TOPICS OUTSIDE

- Your Profession
- Non Conference Approved Literature (CAL)
- Religions & Philosophies
- Other Twelve Step Programmes

In our meeting rooms, keep the focus on Al-Anon recovery, and avoid diluting the Al-Anon message.
<https://www.alanon.org.za/>

Keep it Simple: Keep it Al-Anon

Recently, when in an Al-Anon meeting, I was disturbed to hear a recommendation to use the Arch to Freedom programme.

That is an A.A. programme and their website clearly acknowledge the fact.

I was especially disturbed by hearing a promotion of an A.A. programme in an Al-Anon meeting. It fed a sense of being unsafe in that group.

In Al-Anon we do not use A.A. literature. The guidelines are clear. Introducing A.A. into the Al-Anon programme is a pollution, a dilution, a corruption of the Al-Anon programme. I feel fearful when such incidences occur at a meeting where I am present.

In our literature we are urged to keep the focus on our Al-Anon recovery. At every Al-Anon meeting we are reminded to leave other programmes outside.

When I attend an A.A. Convention with Al-Anon and Alateen participation, there is considerable care to ensure the programmes are clearly separated. There is great respect for each member whatever his or her programme, but there is never any blurring of the programme boundaries.

The A.A. programme is indeed a magnificent programme for those who are members of that fellowship. The needs of the members in that programme are urgent and immediate, and the programme is therefore quite forceful. Alcoholism is a progressive disease, and it is, as I know personally, a 'life or death' disease. Nevertheless, it is not the Al-Anon programme. It is risky to blend the two.

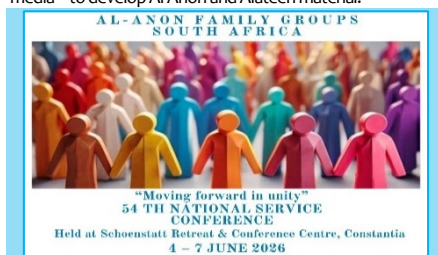
The way we practise our programme in Al-Anon has less urgency. It is a gentle programme. Many long-term members encourage newcomers to just sit and listen until there is a sense of connection and identification with the Al-Anon programme; to purchase any piece of Al-Anon CAL (Conference Approved Literature) – and to begin to 'work the Steps' when they feel

ready to do so. Newcomers at an Al-Anon meeting are welcomed to just 'be' there at a meeting. There is no compulsion to follow a particular timetable or path – no dogma.

Newcomers hearing a promotion of an A.A. programme when attending an Al-Anon meeting might believe there is little difference in the two programmes. In fact, the difference is significant.

By Anon. Victorian Southern Area, Australia Link, September 2025

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54th South African National Service Conference

The 54th South African National Service Conference was held from 4 to 7 June 2026 at Schoenstatt Retreat in Constantia.

The General Service Conference (Conference) is the Annual General Meeting of Al-Anon Family Groups South Africa (AFGSA), attended by Delegates from the Areas, the General Service Board, and the General Service Committee. It is the permanent body empowered to express the active voice and effective group conscience of AFGSA.

Al-Anon's Tradition Two states that: "For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

The Conference gives practical expression to the group conscience of Al-Anon in South Africa. It is the means by which the group conscience can speak; it is the voice of Al-Anon South Africa, and the guarantee that our services shall continue effectively under all conditions. The Conference protects Al-Anon and Alateen against a service breakdown; it makes for unity and enables the fellowship to act upon important matters. This makes it the principal guarantor of Al-Anon and Alateen's harmony and survival.

The entire Al-Anon fellowship is represented at the Conference. It is composed of the Conference Chairperson, Delegates from each Area, Area Service Board Members, the General Service Committee, administrative staff of the General Service Office, and invited guests.

By Fatima D., Cape Area, June 2026

IT ONLY TAKES ONE
PERSON TO CHANGE
YOUR LIFE:
you.

WWW.TODAYSTHEBESTDAY.COM

Feedback from Conference

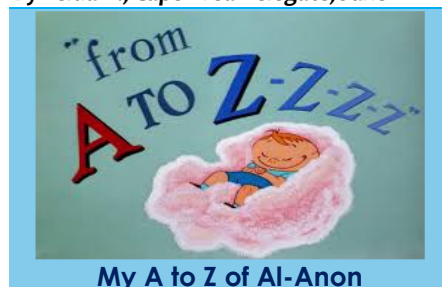
Thank you for the opportunity to share my experience of the conference.

The most valuable thing for me was the imparting of wisdom and knowledge whether it was through presentations or just informal discussions. Warmth and love were two constant companions throughout the conference, and it was amazing to hear and see how volunteers just give of themselves because they believe in the cause. The discussion that was very powerful to me was the Public Outreach presentation and the story that the KZN Area Service Board Member (ASBM) told – and the ONE can be used in so many ways:

- It starts with ONE
- We are ONE when we unite
- Each ONE of us is important
- As part of our preamble – Al-Anon has but ONE purpose

It was an honour and privilege to have been part of this conference; my heart was full when I left.

By Zelda A., Cape Area Delegate, June 2026



Members in my home Group used to say that gratitude is a gift you give yourself. So sometimes when I'm feeling a little self-pity, I go through the alphabet naming the many things I have learnt through the programme.

Acceptance – especially accepting people, places and things as they are, not how I want them to be.

Boundaries - I am a person in my own right, you and I are separate, different. It's OK to have opinions different from yours.

Courage - It takes courage to be willing; it takes courage to change. Courage is fear that has said its prayers.

Detachment - Today I can detach from the disease of alcoholism but still love the person underneath. And what others think of me is none of my business!

Emotions - that I have them today, I can feel my feelings without being dominated or governed by them. They are neither good

nor bad, they just are. Today I feel rather than deny or block them out.

Forgiveness - I can forgive myself and I can forgive my family. None of us knew the dis-ease we were fighting. Forgiving is not forgetting, it's letting go of the hurt.

Gratitude - I can change my attitude to gratitude. I am grateful for this programme, 'One Day at a Time', for friends, for Fellowship, for a new outlook on life.

Higher Power - This is the most important part of the programme for me. It takes time and practice to 'come to believe' and I wouldn't be without my Higher Power now. The God of my understanding guides and directs my day when I allow it. Early on at an open A.A. meeting, I heard that you only need to know two things about a Higher Power: there is one and you're not it.

Integrity - I can now say what I mean, mean what I say, without being mean. I have principles and guidelines to live by.

Joy - I can laugh at myself and laugh with others rather than at them. I'm not afraid of being happy, I smile a lot more, I'm a lot nicer to be around!

Kindness - I am no longer so suspicious of people. You showed me kindness and compassion when I came into the rooms as an angry, depressed wreck of a person. I have learned what kindness is, what it can be and what it does.

Loneliness - I was all alone battling the effects of someone else's disease. I had no clue of what I was doing. I feared anyone and everyone. You showed me understanding, that I wasn't alone and shared Al-Anon literature with me so I could learn about the disease. You loved me unconditionally.

Martyrdom - Before Al-Anon, it was always 'Poor me, no-one understands, no-one listens'. Today I know that it's my responsibility to look after myself, it's no one else's job but mine. I take responsibility for my thoughts, my actions, for all of me.

Nurturing - By attending my home Group regularly, by reading and studying the Legacies, week by week, month by month, I have learnt to nurture myself and the child within, to aim for balance and stability, in a healthy, loving way.

Overwhelmed - I must stop when I get overwhelmed, I practice HALT. If I'm Hungry, Angry, Lonely or Tired, I must stop, breathe and attend to my needs. No one else will.

Pointing - the finger at others. When I blame anyone else for anything, or everyone else for everything, I'm pointing my index finger at them, but there are three fingers pointing back at me. I need to take stock of what I am, or what I am not doing.

Quiet - I no longer feel the need to fill a silence, whether it is in a meeting, at work or at home. I'm OK with silence. I continue to practice meditating and listening for my Higher Power's small, calm voice which guides me. 'Be still and know that I am God' is my favourite phrase.

Recovery - Swap these letters about and you get 'very core'. That's what recovery means to me, getting to the very core of me, how I think, believe, feel, act and react by working through the Steps, understanding the Traditions and applying the Concepts of Al-Anon to me personally.

Sponsorship - the most influential relationships I have had in Al-Anon have been with my Sponsors. God has given me the most wonderful Sponsors. They have listened to me, shared their own experiences with me and loved me until I began to love myself. I can be of service as I am privileged to sponsor others.

Time - I give myself time, to be and to do, to make decisions, to answer others demands or requests, to be of service to the Group, District or Area. Time is love.

Understanding - At my first meeting it was suggested that I read as much as I could about alcoholism, the family disease. I needed to understand what I was trying to fight. I had to understand the effects of it on me.

Value - I am not a victim. I am of value; I am a human being. I have a right to be here. I have a voice which I now am confident to use. I am a victor!

Worrying - made me physically ill, my body could not take it. Today I use the Serenity Prayer, I can change me, I can't change people, places or things and wisdom from Higher Power to know the difference. Worry is like a rocking chair; it gives me something to do but gets me nowhere.

X - XoXo-Kisses, unconditional love, hugs, eXpressions of love, which allow me to be the real me with fellow members. I do not need Xanax to treat my AnXIety!

You - The Fellowships of Al-Anon and A.A. members. I thank each and every one of you who has been part of my journey, and those who are yet to be.

Zeal - I have great energy and enthusiasm to work my programme. And ZZZzzzz - Now I sleep a lot better too.

By Anonymous, Gauteng & Districts, May 2026

"I may look like I'm listening to you, but in my head I'm reciting the Serenity Prayer."



Die slagspreuk "Hou Dit Eenvoudig" herinner my daaraan dat eenvoudige oplossings dikwels die doeltreffendste is en, nog belangriker vir iemand soos ek wat geneig is om altyd die ergste te verwag, help dit my om te kyk na wat werklik gebeur eerder as wat ek dink moontlik kan gebeur. Dit help my om 'n redelike, stap-vir-stap benadering te volg eerder as om uit vrees en paniek op te tree. Hierdie slagspreuk het tot my gesprek omdat ek altyd na die ergste moontlike scenario spring, nie net met my alkoholis nie, maar in elke aspek van my lewe. Dit help my om na die feite te kyk, nie wilde gevolgtrekkings te maak nie, nie op hierdie gedagtes te reageer nie, nie te raai wat gebeur of wat mense dink of doen nie, maar om slegs op die feite te fokus en dit eenvoudig te hou.

Die tweede slagspreuk wat tot my spreek, is "Net vir Vandag". Hierdie slagspreuk sê vir my dat dinge meer hanteerbaar is wanneer ek die hede aanpak en daarin leef. Dinge wat op die lang termyn heeltemal te moeilik lyk om te beheer, kan meer hanteerbaar voorkom as ek dit net vir vandag aanpak. Ek kan vorentoe beweeg in klein stappies eerder as om oorweldig te word deur te probeer om alles gelyktydig te verander.

Ek het dit baie interessant gevind. Ek woon al meer as agt maande Al-Anon-vergaderings by, en ek was baie krities oor my onvermoë om al die Konsepte onmiddellik te begryp. Dit lyk so eenvoudig, maar dit voel amper onmoontlik om dit in my daaglikse lewe en, nog belangriker, in my gedagtes te integreer. Ek het hierdie slagspreuk so vertolk dat dit aanvaarbaar is om iets net vir vandag te doen, en as ek dit môre nie kan doen nie, is dit ook reg so; ek kan weer begin wanneer ek gereed is.

'n Voorbeeld wat ek kan gee, is dat ek so mede-afhanklik van my alkoholis geword het. Ek was obsessief, en sommige dae is ek nog steeds, oor of hy aanlyn besig was of nie. As hy nie aanlyn was nie, het ek onmiddellik die ergste aanvaar en hom gewoonlik gebel, sy ouers 'n boodskap gestuur en basies heeltemal buite beheer geraak. Onlangs het ek stappe gedoen om dit onder beheer te bring. Ek het begin sê: "Net vir vandag sal ek nie kyk nie." As ek tog aan my behoefte toegee het om te kyk,

het ek probeer om nie te hard op myself te wees nie. Net vir vandag gee my klein doelwitte om die drang te weerstaan om my alkoholis te bel en my menings aan te bied. Met ander woorde, om nie sy optrede te probeer beheer om my buitensporig skuldige gewete te sus dat ek 'n swak vriend is nie.

Deur Deb, Al-Anon Today, Herfs 2024

Dit is die eiendom van Al-Anon Family Groups UK & Éire, wat volle redigeringsregte behou, en mag in geheel of gedeeltelik – in druk, op die internet of enige ander medium – gebruik word om Al-Anon- en Alateen-materiaal te ontwikkel.

Translated by Margie D, Cape Area, June 2026

Reclaiming My Hope for the Future

Growing up with an alcoholic father, all the dysfunction seemed so normal. Only recently did I realize everything I experienced growing up was anything but that. The fighting, hiding, escaping, trying hard to fade in the background, and feeling scared to come out weren't things that happened to everyone, even though I thought they were.

I only recently started going to Al-Anon, and it has been one of the best decisions of my life. As I read over short phrases such as, "Keep It Simple," and even "Think," I look back and reflect on how my childhood was anything but simple – we often just reacted without thinking. I'm excited to be here in a community where I feel 100 percent understood by a group of people I don't even know. I'm excited to grow in understanding my past, to work on building a healthier lifestyle for myself, and to keep getting better. For the first time in a while I am genuinely happy for the future and what it holds.

By Jeneae, The Forum, August 2020

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Time for myself was always in short supply before I started to keep the focus on me. I was affected by the behaviour of others and grew up with a lot of disinformation. I had to deal with choosing what was important to me from a young age and tended to make things bigger and heavier. I'm not good at small talk so when I

heard the slogan "Keep It Simple" for the first time, I formulated the opposite in my mind which made it more complicated for me to understand.

I restructured it the only way I knew how, with drama, threats, begging and pleading, allowing it to grow into a catastrophe.

I was constantly exhausted anticipating everything that could possibly go wrong. It was also difficult for me to accept that I lived in chaos as it all felt so familiar.

After a while in Al-Anon, I gained an insight that my procrastination, paralysis and perfectionism were a block for me to surrender and affected my sanity and my serenity.

Working the Al-Anon programme and being open to a power greater than myself helps me decide to put the worthy things in my life first. My own self-care, my children, passionately growing in my talents and my competence. Doing meaningful work and living creatively.

I still like chaos sometimes, but I now realise that if I invite chaos into my life, I need to face the consequences. Keeping it simple means that I can accept and admit I need to be calm and keep calm. 'Simple' means easily understood, basic and plain.

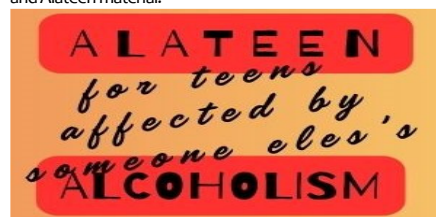
Now I have a Higher Power in my life; doing things my way and thinking it's the only right way, doesn't work for me anymore. I can trust, keep on my side of the street and focus on the parts of my life that belong to me.

A question I ask myself before I react to situations is "what is actually happening?" I pause before I say anything and THINK, is it thoughtful, honest, inspiring, necessary and kind? I also find using the 3As: awareness, acceptance and action help me too.

I don't need to understand how things will work out anymore. Not every unexpected event or task is a crisis and if there is a difficult situation, I can learn from it. Today I trust in a power greater than me, life has become more meaningful and I feel calmer. My biggest gift is that I am now free.

By Mattij, Al-Anon Today, Summer 2024

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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.

Step 6

"Were entirely ready to have God remove all these defects of character."

Step Six has had a great impact on me. I have come to realise that although I am not impacted by active alcoholism in my day-to-day life, I am still in recovery, and it has shown me how many people would benefit from the Al-Anon programme. I came to see my defects as survival skills that no longer served me.

Recently, I sat silently in a meeting at work, observing and taking a very different approach. Normally, I would use my survival skills to lighten, brighten, entertain and create happiness to please everyone, except myself.

That, like many of my other survival skills, were creating an exhausting loop that I no longer needed.

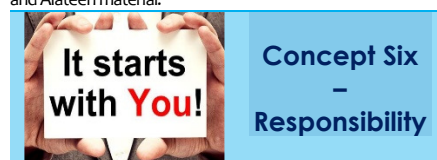
So, this time, I sat back and watched as things imploded. I realised that I did not cause it, I could not cure it, nor could I control it. More than that, it had started long before I even started this job. That day, I did not enable this dysfunctional work family situation. Instead, I said what I needed to say; which came from the heart. It was clear, true and with compassion. What I saw before me were other people's patterns of behaviour, and their survival skills coming out.

It began to dawn on me, how thin I'd left myself attending to the needs of others, or what I perceived their needs to be. I saw where my energy and focus had moved; first from the alcoholic, and then, when I no longer had him, to my family; and when I realised, I was trying to fix my family, my energy and focus moved to my work.

I am now working on my own recovery. Accepting the things I cannot change, changing the things I can and finding the wisdom to know the difference. I still haven't figured it all out yet. But I am hoping, by taking one step at a time and keeping it simple, that I'll get there. It's already made a difference.

By Anonymous, Al-Anon Today, Autumn 2024

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"The Conference acknowledges the primary administrative responsibility of the Trustees."

The Twelve Concepts help me work with others in unity and humility. When I apply them, I experience less control, more cooperation, and deeper spiritual growth.

Service – Concept Six reminds me that authority and responsibility must go together. Clear accountability supports effective service.

- Encourages clarity of roles
- Prevents overstepping
- Builds trust in service structure
- Promotes responsibility

Home – At home, Concept Six helps me take responsibility for my actions, not others'. It supports balance and clarity.

- Encourages personal accountability
- Reduces blame
- Supports healthy boundaries
- Builds trust

Community – In the community, Concept Six helps me act responsibly within my role. It supports cooperation and order.

- Encourages accountability
- Supports clear roles
- Prevents confusion
- Builds reliability

By Madelein O'B., Cape Area, February 2026

There with Love, Understanding, and Hugs

Making the decision to come to Al-Anon was so hard. I had been referred many times, but I was worried about others finding out

what was going on in our family. I was ashamed, embarrassed, and so scared.

At the first meeting my husband and I went to, there was only one person there. She was wonderful and comforting to my husband and me but had not experienced being the parent of an alcoholic. She assured us that if we kept coming back and tried some different meetings, we would find a meeting that was right for us.

It took a couple tries, but finally I found one that was right for me. As the meeting started, I could hardly contain my feelings. After the welcome, when I heard Step One, "We admitted we were powerless over alcohol – that our lives had become unmanageable," I began to sob.

I knew my life was unmanageable. I sobbed through that entire meeting, and afterwards, all those wonderful members kept hugging me and holding my hands. How could I not come back? There were people there who understood. They did not judge me, they did not ask for details, and they did not question my way of coping.

They assured me that all I needed to focus on at that moment was that I did not cause my child's alcoholism, I could not control it, and I could not cure it. They were just there for me with love and understanding; they held my hand and gave me hugs. I'm so glad I followed the recommendation to try six meetings. The people who surrounded me at that meeting have now become dear friends.

I "Keep Coming Back" because I know I will always have a loved one, family member, or friend who struggles with alcoholism or addiction. I also want the program to always be available to a newcomer like it was for me. I want to be able to give that person a hug or hold their hand and let them know they are not alone. I also continue coming because I apply the program to many aspects of my life. Al-Anon has helped me grow to be a better person. I know I would not be where I am today without the support of this program.

By Mary H., Minnesota, The Forum, November 2023

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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.



You can buy a copy of the **Al-Anon/Alateen Service Manual** from the local Al-Anon office or visit the website to download an electronic version <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>.



What is Al-Anon/Alateen "Conference Approved Literature" (CAL) and why don't we use other "outside" literature at meetings? There are several Service Tools compiled by the South African AFG Member Services Committee, and approved by Conference SA, and can be accessed via the links below:

- <https://www.alanon.org.za/manuals-and-guidelines/>
- <https://al-anon.org/pdf/P35.pdf>
- https://www.alanon.org.za/wp-content/uploads/2022/10/CAL-Copyright_2022_v2.0.pdf

PUBLIC OUTREACH **Cape Area Public Outreach** **Janice C. & Anita P.**

July – Libraries, Religious Venues, Shopping Centres

The target this month is libraries, religious venues, shopping centres. Also approach schools and leave material in school libraries as well as local libraries. Make full use of this opportunity to have information tables at suitable venues. Members are challenged to visit their local or school libraries, churches or shopping centres and drop off literature.

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

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.

REOPENING: PARKWOOD AL-ANON GROUP

PLEASE SUPPORT

When: Monday, 29 June 2026 at 7.30pm

Where: St Gerards Catholic Church, c/o Kestrel Way and Harrier Way, Lotus River/Parkwood

UPCOMING EVENTS

SAVE THE DATE

MEETINGS

***Area Assembly** Saturday, 18 July 2026 at 9.30am (electronic via Zoom).

***Annual General Meeting & Election Assembly**, Saturday, 15 August 2026 at 9.30am (electronic via Zoom).

***Service Committee**, Saturday, 19 September 2026 at 9.30am (in person).

RALLIES/CONVENTIONS

***Regional Service Seminar (RSS)**

Date: Saturday, 29 August 2026

Registration fee: R300 includes lunch.

Theme: Moving forward, in unity

Venue: Schoenstatt Retreat and Conference Centre, Constantia

🔒 **Limited spaces available** - Book your seat by contacting the office: 0215954517, WhatsApp 0661580234, Email alanonct@iafrica.com. See flyer on page 1 for more information. 🇳🇿

***A.A. 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 in the next issue of the Echo.

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.

***Simply The Best – An Al-Anon Fundraiser**, Sunday, 26 July 2026.

Time: Show starts at 2pm. Doors open at 12.30pm

Venue: The Barnyard Theatre, Entrance 12, Tyger valley Shopping Centre, Bellville

Ticket price: R180 per person.

See flyer on page 1 for more information.

Reminders:

- Avoid queues and pre-order your food and drinks through The Barnyard beforehand! Menu available from Annalise at the office.
- **The Barnyard Theatre is a Cashless Establishment.**
- **No food or snacks or beverages may be brought in from the outside.**

NEXT ISSUE

ISSUE 07 OF 2026

Send Your Shares

Submissions due by 17 July 2026

Share your thoughts by emailing alanonct@iafrica.com or sending a WhatsApp message to 0823422102. **For the next issue the topics are**

- **July Slogan: "Let Go and Let God"**

This slogan invites us to release the need to control what we cannot change. Instead of relying on ego or self-will to direct our own lives—or the lives of others – we can turn to the strength, wisdom, and compassion of a Power greater than ourselves. When we let go, we make room for trust, serenity, and recovery. Share your experience with this slogan. How has "Let Go and Let God" supported your recovery? In what ways has it helped you accept recovery as a journey rather than a destination?

"...This slogan [Let Go and Let God] gives us permission to replace stress, worry, and suffering with serenity and faith. It's okay to relax and let life begin..." How Al-Anon Works (B-32), page 75

- **36 Principles:** How have Step 7, Tradition 7, or Concept 7 supported your recovery process?

Send your suggestions to alanonct@iafrica.com. How long should my sharing be? <https://al-anon.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>

