



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 lessons 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

SIMPLY THE BEST
AN AL-ANON FUNDRAISER

SOLD OUT

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 ANNEALISE AT 066 158 0234

AA Parkwood Group invites you

Monday, 3 August 2026 at 7.30pm

Open meeting with
AA and Al-Anon speakers
St Gerard's Catholic Church,
1 Harrier Way, Lotus River (Parkwood)

Join us for refreshments and
fellowshipping after the meeting.



The Parkwood Al-Anon Family Group has reopened and meets every Monday at 7.30pm at St Gerard's Catholic Church, 1 Harrier Way, Lotus River (Parkwood). We warmly invite you to join us. Everyone is welcome at the open meeting on 3 August.

Al-Anon Family Groups
not responsible for the content of articles
RSS - 2024
Regional Service Seminar

Moving Forward, in Unity

AL-ANON REGIONAL SERVICE SEMINAR

DATE: Saturday 29 August 2026
TIME & COST: 8:30 am - 4:00 pm
R300.00 per person
VENUE: Schoenstatt
Cape Town, South Africa

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

RANKING DETAILS

Bank: ABSA
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 to reserve your seat.

~~MARK YOUR CALENDARS~~

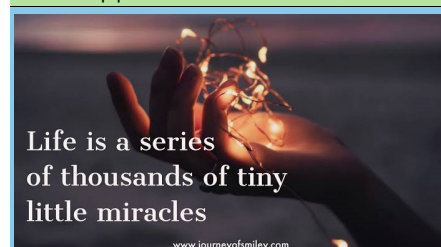
Have your say and be part of what's happening in your Area! Join us for the Annual General Meeting and Elections on Saturday, 15 August 2026, at 9.30am via Zoom. Your participation matters—login details will follow.

~~AUGUST IS ALATEEN AWARENESS MONTH~~

Alateen, a part of Al-Anon Family Groups, is a peer support group for teens whose lives have been affected by someone else's problem drinking.

We warmly invite Alateen members and AMIASs (Al-Anon Members

Involved in Alateen Service) to share their experience, strength, and hope with our readers. Please send your share to alanonct@iafrica.com or WhatsApp it to 0823422102.



Life is a series
of thousands of tiny
little miracles

www.journeyofsmiley.com

Sometimes Miracles Happen

I am the oldest child of two alcoholics. That statement tells you a lot about some of the ways the family disease of alcoholism shows up in my life—controlling, caretaking, and people-pleasing being at the top of the list. When I was six years old, my only brother was born, and he became my responsibility. I have spent a lifetime being told to take care of my brother. I believed that it was my job to make sure his needs were met and that he was okay.

He has spent a lifetime perceiving himself as a victim, believing that he couldn't take care of himself. He lived with our dad all his adult life until Dad passed away. He dropped out of school and has alternated between low-paying jobs and periods of unemployment. He has been homeless off and on and bounced from one crisis to another.

My dad's deathbed wish was for me to promise to "take care" of my brother, and I have always tried to keep that promise, swooping in whenever he was in crisis to help him, for instance, buy a car, find a place to live, apply for social assistance, get a job, or pay his phone bill. After many years in Al-Anon, you would think I would know how to "Let Go and Let God" take care of my brother as I learned to do with the alcoholics in my life.

But the challenge for me was that my brother is not an alcoholic or addict. He has

no diagnosed mental illness. But, like me, he is a child of alcoholic parents. My Sponsor told me that some people affected by this disease just fail to launch. My brother is one of them. I have spent a lifetime trying to launch him into my version of a better life for him.

Several months ago, my brother lost yet another job and began circling the drain towards homelessness once again. This time, with the help of my Sponsor, my Al-Anon friends, the tools of the programme, and the grace of my Higher Power, I have been able to detach from his situation and quit trying to control the outcome. I talked to him when he called, but during those conversations, I did not grill him about what he was doing to fix his situation, nor did I offer to help solve his problems. I did not shame or berate him. I kept the conversations civil and pleasant. This was not easy for me, but with constant repetition of “Let Go and Let God” as my mantra, I am finally coming to believe that my brother’s life and its outcome are not my responsibility.

And sometimes, miracles happen! My brother called a few days ago to say that he got a job, on his own, without my help (aka interference)! The gratitude and relief I feel is overwhelming. I do not know how long this job will last or what the future holds, but right now I am so very proud of him. And I am proud of myself and the growth I have achieved by using the tools of the Al-Anon program. “One Day at a Time,” I am learning to “Let Go and Let God” take care of my brother.

By Denise C., Saskatchewan, The Forum, March 2023

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TRUE HUMILITY IS
NOT THINKING LESS
OF YOURSELF; IT IS
THINKING OF YOURSELF
LESS.

-C.S. LEWIS

Step Seven – Humbly asked Him to remove our shortcoming.

Am I really ready to have my shortcomings removed or do I cling on to some of my favourite ones – often justifying that they are necessary due to my circumstances; Control disguised as care, Emotional reactivity and Inconsistent boundaries

As a family member affected by the disease of alcoholism, it was always much easier to identify problems in others, and my EGO was running riot, here are some examples.

- I know what’s best for my loved one
- If they would just listen to me

- I can manage this if I stay on top of it.

Perhaps reviewing this kind of response when doing my Fourth Step may be identified as control but with a calm voice and my over-thinking and resolve to fix others, kept me in the cycle of control. This was likely excused as care and love, an inconsistent boundary or my over involvement in someone else’s life choices.

Humility is a realisation of our relationship to our Higher Power. When I humbly ask that my shortcomings be removed, I am acknowledging that I cannot do everything by myself – my EGO is then able to gently get out the way!

Step Seven suggests in practice to stop trusting my old ways that have been quietly failing and reminds of one of our first lessons in Al-Anon – the three Cs. You are not in control of your loved one’s recovery, you are not responsible for preventing anyone else’s pain, nor are you the solution to their choices.

Step Seven suggests that I ask myself am I really ready to have my shortcomings removed? I need to be honest, open, and willing and to search. Is it only my mind that is ready to take this Step or has my heart shifted, to wish to live a better life.

We practice humility by allowing our loved one to experience consequences without our interference. Humility is not weakness, nor backing down or letting things slide – it is thinking less about controlling everything.

Humility is accepting that I don’t have all the answers and suggests seeing clearly perhaps what my reality really is.

We practice humility by allowing our loved one to experience consequences without our constant interference whilst resisting the urge to manage. It’s not about minimizing me, it is putting the problem in the right place, which will right size my ego, which is all about letting go and letting God – that is what humility is all about.

What I have learnt in the programme of recovery, whilst working the 36 Principles – the Steps, Traditions and Concepts, is that humility means saying less and meaning more, putting down a boundary, without explaining it to death! Letting consequences land without my interference and one of the hardest ones for me is accepting that the discomfort I feel, sit with me, without taking any action.

Step Seven puts me at the heart of my recovery, a reminder of the three C’s and placing my focus on the only thing I need to control... myself.

“I don’t have to have all the answers I need only to be willing to change.” Here are some readings that spoke to me about Step Seven – A Little Time for Myself (B-34)

pages 64 and 161; Hope for Today (B-27) page 170.

By Anonymous, Cape Area, July 2026



Tradition Seven – Minding my own business

“Minding” is defined as a verb: to pay attention, take care of or look after someone or something else.

A Little Time for Myself (B-34) reading on page 103 is a lovely share about staying in your own lane.

Being self-supporting helps me focus on myself, building up by own strength and taking care of my own needs, whilst remaining free from any outside influence. I want to live with a “ample reserve” in every area of my life, enough to thrive, to serve others and to cope with life’s challenges and hardships in faith and with courage.

If I practice minding my own business and shifting my focus from others to myself, allows me to change what I can and not rob those I love of their dignity and self-respect to make their own choices. It was an easy go-to and justification to focus on other people’s flaws, documenting them into my memory bank and developing a plan to fix them! Fixing other people’s problems gave me the illusion that I had power, that I was a great parent, wife or friend – even though they had never asked for my help in the first place.

In working my programme and putting my self-will into the care of my Higher Power, gradually allowed me to pay attention to me, look at my own life and let others “Live and Let Live”. Tradition Ten says that Al-Anon Family Groups have no opinions on outside issues hence our name ought never be drawn into public controversy. What a valuable lesson in my own life simply stated, “No Shared opinion is necessary.”

As a result of this family disease, we may have become financially, emotionally, physically and spiritually dependant on others, keeping the peace or people pleasing. When we mind our own business, each small step will build up our ample reserve and become self-supporting.

Physically – Caring for our body, enough rest, nourishing food, exercise and healthy habits. Scheduling our own annual medical check-ups, going for a walk or hike with a friend, spending time outdoors, exercising at our own pace.

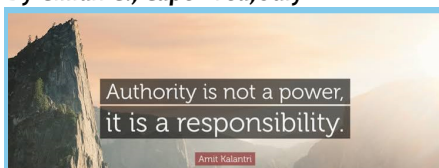
Emotionally – Checking in on my mental health, being honest about any anxiety, stress, depression or anger, taking a mental breath to stop the momentum of those feelings. Getting professional help, making a gratitude list, setting boundaries and making time for reflection.

Spiritually – Building a relationship with my Higher Power, handing over my will to the loving care of my Higher Power. Daily prayer and meditation, and a night-time Step Ten inventory. Making amends promptly and doing service.

Financially – Prepare my own realistic budget, save into my **own** banking account, plan for retirement, have an emergency fund, pay off debts, whilst living comfortably without having to rely on others. Ensure that I have a Will and prepare for unexpected needs. Have a dream board for holidays and plans.

Being self-supporting and minding my own self, means partnering with my Higher Power and requires me to have faith in my decisions and make choices out of love and acceptance of my circumstances, not out of fear. If I have done the work to keep growing, I will remain interdependent and successful in my own strength.

By Gillian G., Cape Area, July 2026



Concept Seven – Authority and Responsibility

“The Trustees have legal rights while the rights of the Conference are traditional.”

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 Seven reminds me that authority comes from the group and must be used responsibly. It supports humility and trust.

- Keeps authority accountable
- Prevents misuse of power
- Encourages service-minded leadership
- Strengthens unity

Home – At home, Concept Seven helps me balance authority with responsibility. It supports fairness and respect.

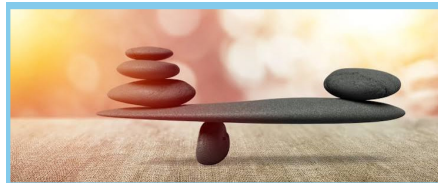
- Encourages responsible decision-making
- Reduces control issues
- Builds mutual respect
- Promotes balance

Community – In the community, Concept Seven reminds me to use

influence responsibly. It supports ethical participation.

- Encourages integrity
- Builds trust
- Supports fairness
- Promotes cooperation

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



Ons wat leef, of geleef het met die probleem van alkoholisme

Ek het by Al-Anon aangesluit toe my angste op sy ergste was. My pa se drinkery het al hoe erger geword, en my reaksie daarop het al hoe meer onredelik geraak.

Ek was gespanne, verward en het magteloos gevoel.

Twaalf jaar later is my pa nie meer met ons nie, maar ek woon steeds elke week Al-Anon-vergaderings by.

Ek raak nog steeds angstig – oor alles, van die nuus, my jong kinders en my werk, tot alles tussenin. Maar Al-Anon het my die hulpmiddels gegee om hierdie angste op 'n gesonde manier te hanteer.

Deur na myself om te sien – deur met vriende en medelede te gesels, Al-Anon-literatuur te lees, joga te beoefen, 'n ontspannende bad te neem en bewuste, kalmerende stokperdjies te geniet – kan ek in die hede leef en "Laat Los en Laat God."

Diens is nog 'n manier waarop ek my angste onder beheer hou. Deur uit te reik na ander deur Openbare Inligting, vergaderings te lei of Al-Anon-telefoonoprope te beantwoord, weet ek dat ek my deel doen om ander mense te help om hulle eie pad te vind na 'n lewende met minder angste.

Al-Anon is 'n lewenslange verbintenisse, en om deel van hierdie Groep te wees, gee my die hulpmiddels en die krag wat ek nodig het om 'n gebalanseerde, bewuste en deernisvolle lewe te lei.

Deur Sarah, Sheffield, Al-Anon Today, Junie 2022

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, July 2026



Let Go and Let God

“When I let go and let God work in my life, the pendulum that swings between the black-and-white of obsession and indifference finds balance in the peaceful colours of serenity. Hope for Today (B-27), page 76.

Letting go of control in situations involving alcoholism, especially when it comes to how others perceive or treat you, is incredibly challenging but also deeply liberating. Here are some steps to help you release that need for control and find peace:

1. Acknowledge what is truly out of your control

The first step is accepting the reality of what you cannot change:

- You can't control others' opinions. People will form their own judgments, often based on incomplete information or their own biases.
- You can't control others' actions. Whether or not family includes you in celebrations is their choice, not a reflection of your worth.
- Shifting your focus from what you wish you could control to what you actually can control (your reactions, choices, and self-care) is key.

2. Reflect on your own value

Your worth is not defined by what others think of you or whether you're included in family events. Take time to remind yourself:

- You are doing your best. Navigating alcoholism in your life takes strength and courage.
- You deserve compassion. People who truly care for you will recognize your effort and character, regardless of the circumstances.
- Focus on building your confidence from within, rather than relying on external validation.

3. Detach with love

Detachment doesn't mean cutting people off or caring less—it means emotionally distancing yourself from situations and outcomes you can't control.

- Practice saying to yourself: “Their opinions and actions are theirs to own, not mine to fix or carry.”
- When someone excludes or misunderstands you, remind yourself that their behaviour is not a reflection of your value but of their own choices.

4. Focus on the present moment

Worrying about what others think or whether you'll be included pulls you out of the present and into anxiety about the future. Bring your attention back to now by practicing:

- **Mindfulness:** Take deep breaths and centre yourself in the present.
- **Gratitude:** Shift your focus to what you have (e.g., supportive relationships, moments of peace) rather than what you lack.
- **Self-care:** Spend time on activities that ground you and bring joy, such as journaling, walking, or connecting with friends who uplift you.

5. Strengthen your support network

If family dynamics are causing pain, seek connection elsewhere:

- Join groups like Al-Anon for support and understanding from people who truly get what you're going through.
- Build relationships with friends, mentors, or peers who see and value you for who you are, beyond your association with alcoholism.

6. Reframe your perspective on family celebrations

Instead of focusing on whether you're included, ask yourself:

- Would attending truly bring me joy and connection, or would it cause stress and discomfort?
- Are these events about inclusion, or am I attaching too much of my self-worth to being invited?
- Sometimes, letting go of the need to be part of every gathering can free you from unnecessary emotional strain.

7. Challenge your internal narrative

The fear of judgment often stems from our own internal beliefs about ourselves. Ask yourself:

- What am I afraid others think about me?
- Are these fears based on fact, or am I projecting?
- Do their opinions actually affect my life in a meaningful way?
- Often, we overestimate how much others are thinking about us. Most people are more focused on their own lives than we realize.

8. Embrace radical acceptance

Radical acceptance means acknowledging reality as it is, without resistance or judgment. It's about saying:

- "This situation is painful, but I can't change it. I can only control how I respond."
- "I may not be included, but I can still create meaningful connections and celebrations in my life."
- Acceptance doesn't mean approval—it means freeing yourself from the emotional tug-of-war with circumstances beyond your control.

9. Define your own celebrations

If you're excluded from family events, create your own moments of joy and connection:

- Host a small gathering with friends or loved ones who uplift you.
- Start new traditions that bring you happiness, even if they're outside the usual family norms.
- By reclaiming your power to celebrate on your terms, you shift the focus from what's missing to what's possible.

10. Practice letting go daily

Letting go isn't a one-time decision—it's a practice. When you notice yourself spiralling into thoughts of control or judgment:

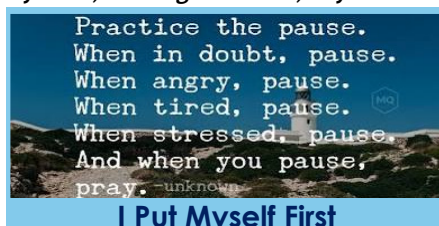
- Pause and take a deep breath.
- Remind yourself: "This is out of my control, and that's okay."
- Redirect your energy toward something positive or within your control.
- Over time, this practice becomes easier, and the grip of these thoughts loosens.

Final thoughts

You're carrying so much, and it's okay to feel hurt or frustrated. But by focusing on what you can control—your perspective, boundaries, and self-worth—you can begin to let go of the need to manage others' opinions or actions. This is about reclaiming your peace and choosing to prioritize your well-being over external validation.

You're enough, just as you are, and you deserve to live free from the weight of others' judgments. Keep moving forward, one step at a time. You've got this.

By Anon, Gauteng & Districts, July 2026



I Put Myself First

When I first came to Al-Anon, I never realized how deeply I was affected by growing up in an alcoholic family. However, attending Al-Anon meetings slowly but surely taught me how to take care of myself. For a long time, I never put myself first, but in Al-Anon, I learned that I have choices. I discovered that I can say no, let go of the rope rather than play tug-of-war, and not attend every argument I am invited to. After many years of taking care of everyone and everything, I am finally living my own life. I am so grateful to Al-Anon.

My biggest discovery was learning to pause before reacting. I used to respond

impulsively, but now I am gradually learning how to respond thoughtfully.

By Karen D., The Forum, July 2026

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Letting Go of My Children and Grandchild

I have been deeply affected by my children's drinking and the effect it has had on my grandchild. I have felt an emotional death in my soul which has brought me to a new dependency on a Power greater than myself.

Step One was a long and difficult step for me. Giving up my sense of power and control was a long, slow, painful death. The overwhelming heartache still continues today as I surrender my children and grandchild to the God of my understanding. Daily, I surrender the jumble of feelings of embarrassment, shame, anger, sadness, the gripping fear of loss, needless responsibility for others, secrecy, and denial. I surrender feeling like a failure and my jealousy of others who appear to have achieved the success I felt I deserved. I surrender my need to make myself feel better and more in control by putting others down.

Working the Twelve Steps of Al-Anon has helped me realize that my happiness, success, safety, and self-esteem do not depend on what another person does or does not do. This old way of thinking kept me from my real source of power, and it led me to Step Two, in which God is restoring me to sanity. I was insane and living in a false belief system. In Al-Anon, I learned that I am not alone in these feelings. Other people also lived in fear, but found, through the programme, hope and strength to live a new life. The pain I have felt is being transformed into awareness and acceptance.

I am certainly not perfect at living in peace. I realize it took years for me to develop this false sense of power and security, and I have to work daily at letting it go and accepting that my Higher Power is doing for me what I cannot do for myself. I rely on the strength of my friends in Al-Anon, who have struggled like I have and yet made choices for themselves that led to new ways of living.

I repeat the slogans, pray the Serenity Prayer, read my literature, call my Sponsor, and value myself enough to know I am worthy of love, respect, and joy in my life. My children and grandchild also deserve this, and with the help of their Higher Power, I trust they will discover their true selves and find contentment. I believe my greatest gift to my children and grandchild is to "Let Go and Let God."

By P. H., The Forum, January 2022

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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 *Published in The Forum under the title "Always There for Me"

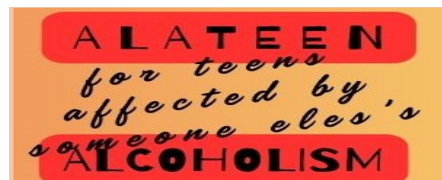
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Alateen has given me the hope that I can get better. After working the slogans and the Serenity Prayer, I'm beginning to make amends and trying to forgive other people. My favourite slogans are "One Day at a Time" and "Let Go and Let God". Sometimes the slogan, "Easy Does It", helps me trust people again. Alateen has helped me learn to accept things the way they are. I'm learning to detach from my problems and to turn my life over to my Higher Power. I've also started to take a moral inventory of myself. I like improving my self-esteem and self-confidence, because both of them used to be so low. There are several things that I'm working on – dealing with my anger and handling it in the proper way, accepting that the alcoholic is sick, and trying to love him for who he is. Sometimes it's hard for me because of all his broken promises and the way he used to hurt me. I'm learning to cope with my fear of him drinking again, and the Twelve Steps are helping me deal with myself. Alateens have not only helped me deal with myself, but they have also respected me for who I am. That helps me deal with rejection. I will always be grateful to Alateen for giving me a programme to live by and enjoy.

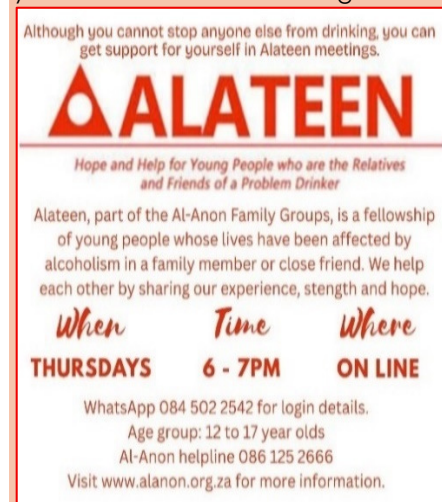
By Diane B., Kentucky*, The Forum, November 1998, Austra-Link, July 2026

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Alateen is for teens who have been affected by the family disease of alcoholism. 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 or visit <https://www.alanon.org.za/alateen/> to read Alateen members' stories and find out how their lives have improved since they started attending meetings. Although you cannot stop anyone else from drinking, you can get support for yourself in an Alateen meeting.



The skill of listening

I was at my local meeting, and it was my turn to share. Like so many meetings, I had what we call 'a God moment'. The topic was slogans, and the reason why we chose those slogans. I said simply, "Live and Let Live – because it is none of my business. Let Go and Let God – because it is none of my business. How Important Is It? – Because it is none of my business".

A couple of weeks later, another member mentioned that she held onto what I had said and the words had an impact on her. Hearing my own words reflected back to me, I heard them too. And I realised that in that meeting I had said the words but not actually heard them. This has been a huge lesson for me. I now make a huge effort to listen to others' words, as

well as my own. For this is how we learn, grow, and become better people in Al-Anon.

By Mandy R., Northern Victoria Area, Austra-Link, June 2026

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Photographs in "The Forum"

We often receive inquiries regarding the photographs of people featured in our magazines. The Forum, is committed to respecting the anonymity and privacy of our members. Based on Traditions Eleven and Twelve and the spiritual principle of anonymity, Al-Anon policy does not authorize the publishing of full-face images of those identified as Al-Anon or Alateen members, and we adhere to that policy in all of our publications. This policy also applies to images on our al-anon.org website and official social media profiles and pages and is essential to protecting personal anonymity and maintaining the spirit of anonymity that is so vital to our fellowship.

However, to illustrate articles and enhance their visual appeal, we often use stock photography. Stock photos are professionally produced images that we purchase or license from reputable commercial sources. These photos may feature models who have given consent for their images to be used in publications. They are not identified as members of Al-Anon or Alateen, and their appearance is solely for illustrative purposes.

Photos submitted by members can be identified by the photo credit ("Photo by ____"). Member-submitted photos do not show faces.

We ensure transparency in every issue by including a disclaimer stating that, in keeping with our Traditions and the principle of anonymity, individuals shown in photographs are not identified as members of Al-Anon or Alateen. This disclaimer appears in the masthead on page 1 of The Forum, in the upper right-hand corner.

Our goal is to create attractive publications that feature timely sharings from Al-Anon and Alateen members, suggested meeting topics, and news and

information from Al-Anon's World Service Conference and the World Service Office, all while honouring the principles of Al-Anon.

For more information, please refer to the "Anonymity" section of the "Digest of Al-Anon and Alateen Policies" in the Al-Anon/Alateen Service Manual (P- 24/27).

Source: The Forum, May 2026

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Self-pity

There are days when I feel like I could just run away.

Big problems, small problems.

Problems that should have been small become big somehow. Some days I feel like I have enough courage to rule the world even. Then all of a sudden, bang, it just takes that little something for me to crumble, go back to isolation, tears or even feeling sorry for myself. The 'pity pot' stage.

For a really long time I was on this treadmill.

Al-Anon has taught me to take a stand for myself and stop feeling sorry for myself.

Slowly but steadily, I am crawling back, slowly getting stronger again.

By Janelle, Western New South Wales Area, Austra-Link, April 2022

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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.



**IT ONLY TAKES ONE PERSON
TO MAKE A CHANGE...LET IT
BEGIN WITH YOU.**

JOYCE THOMPSON

PUBLIC OUTREACH

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

August – Women's Day, Public Sector and Workplace

In South Africa, August includes Women's Day, making it an ideal time to focus public outreach on Women's Day events, the public sector, and workplaces. Find out whether your workplace is hosting a wellness day and invite Al-Anon to take part. Use this opportunity to set up information tables at suitable venues, and leave material in public libraries, clinics, police stations, and other accessible spaces.

Public outreach is every member's responsibility. Help raise awareness that support is available for anyone 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: <https://www.alanon.org.za/>

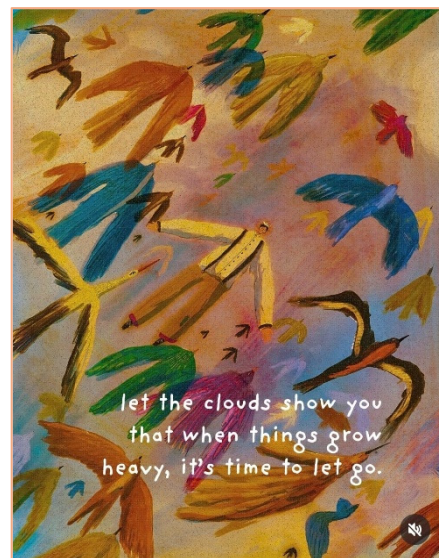
Al-Anon Declaration

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.

UPCOMING EVENTS

SAVE THE DATE

MEETINGS

***Annual General Meeting & Election Assembly**, Saturday, 15 August 2026 at 9.30am (electronic via Zoom). Please attend this meeting to ensure your group's voice is heard and to stay informed about what is happening in your area.

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

RALLIES/CONVENTIONS

Regional Service Seminar (RSS)

Theme: Moving forward, in unity

Date: Saturday, 29 August 2026

Venue: Schoenstatt Retreat and Conference Centre, Constantia

Registration fee: R300 includes lunch.

🔴🔴 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.

***A.A. Mini Con (with Al-Anon & Alateen Participation)**

Date: 3 October 2026

More information to follow.

***A.A. Summer Rally (with Al-Anon & Alateen Participation)**

Date: 27 to 29 November 20

Venue: Melkbos Cultural Centre, Melkbosstrand

More information to follow.

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.**

***AA Parkwood Open Meeting with AA and Al-Anon Speakers**

Date & Time: Monday, 3 August 2026 at 7.30pm

Venue: St Gerard's Catholic Church, 1 Harrier Way, Lotus River (Parkwood)

EXT ISSUE

ISSUE 08 OF 2026

Send Your Shares

Submissions due by 17 August 2026

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

- **August is Alateen Awareness Month. The sharing slogan is "Together We Can Make It."** This meaningful slogan reminds teens that they do not have to face the effects of someone else's alcoholism alone. Share what this slogan means to you and how it has supported your recovery.
- **36 Principles:** How have Step 8, Tradition 8, or Concept 8 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/uLjxxXn>

