



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

Al-Anon Family Groups
Help available for families and friends of problem drinkers

WED - 2026
Regional Service Seminar

Moving Forward, in Unity

AL-ANON REGIONAL SERVICE SEMINAR

DATE
Saturday
29 August 2026

TIME & COST
9:30 am - 4:00 pm
R300 incl. per person

VENUE
Schoenstatt
Constantiaberg, Maitland, Constantia

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: ABSA
Account name: Al-Anon Family Groups Cape Area
Account no.: 4073215579
Branch no.: 532005
Type: Cheque
Reference: RSS - Name - Group

TO SPONSOR PLEASE CONTACT

Contact
Annalise

PHONE: 021 595 4517
WHATSAPP: 066 158 0234

50
PLACES LEFT

"Together we can do what we could never do alone."

AL-ANON Family Groups

"Service is mine to do,
when I can, where I can,
what I can, all I can."

When I Got Busy I Got
Better (P-78)

2026/27 Service Committee

The Cape Area Annual General Meeting and Elections were held on 15 August 2026. Chairperson, Policy & Planning Coordinator, Alternate Public Outreach, Alateen Coordinator, Finance Coordinator, and Fundraiser were filled. Alternate Chairperson, Alternate Policy & Planning Coordinator, Alternate Finance Coordinator, and Alternate Delegate remain vacant. Congratulations and sincere thanks to the newly elected members and all who have committed to serving the Area.

Meet the new Service Committee

- **Area Service Board Member:** Andrea J., Bellville
- **Member-At-Large - Admin:** Glenda W., Constantiaberg
- **Chairperson:** Fatima DSM., Courage to Change

Regional Service Seminar: 29 August 2026

Join us for a day of inspiration, connection, and learning. The programme includes three member-led workshops, with the final workshop offering an interactive session.

- **Registration:** R300, including tea, coffee, lunch, fellowship, learning, and laughter.
- **Availability:** A few spaces are still available.
- **Lucky draw:** The prize is a pamper hamper. Please bring an item to contribute so more members can share in the prizes.

- **Policy & Planning:** Andre B., City Bowl
- **Public Outreach:** Janice C., Bellville
- **Alt. Public Outreach:** Anita P., Courage to Change.
- **Members Services:** Margie D., Maitland
- **Alt. Member Services:** Leslie C., Constantiaberg
- **Alateen:** Saskia G., Hottentots Holland
- **Finance:** Zelda A., Hottentots Holland
- **Fundraiser:** Louwrens L., Stellenbosch
- **Literature:** Colleen C., Maitland
- **Alt Literature:** Lauren S., Lansdowne & Mathilda S., Hanover Park
- **Delegates:** Fatima D, Margie D, Zelda A.



Surrender

Surrender. It means to give up control or possession or resistance to someone or something.

I grew up in a world where relying on and using self-will was a measure of how successful of a person I was.

WEST COAST Spring Rally

THEME: A DESIGN FOR LIVING
25TH TO 27TH SEPTEMBER

WEEKEND
ACCOMMODATION &
REGISTRATION
R1150

DAY VISITORS
R130

BRING OWN
BEDDING
EATING UTENSILS
TORCH/LIGHT

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

PAYMENT BY EFT:
West Coast Spring Rally
FNB
Acc no: 63152900884
Card Facilities Available

Contacts:
Sussie: 073 521 6545
Marlene: 072 267 9147

AL-ANON AND ALATEEN PARTICIPATION!

If I couldn't personally conquer life's challenges by use of willpower, I was labelled as weak, as a failure.

After a couple of failures, I started growing the sense that I was not enough, and that I needed external things to make me better, to feel accepted by the world around me. These things came in the form of popularity, choice of friends, brand of clothing and other external influences.

Without really noticing it, I started living a life that revolved around me trying to control everything, fixating and obsessing on how I could manipulate people and control situations to get what I wanted, and how I wanted it. It consumed my life, and I became riddled with fear and anxiety, meanwhile trying to keep and maintain this level of control only started to make my life feel more and more unmanageable. As a result, I actually started to lose control of everything, and my life became chaotic. This started to eat away at my relationships with friends and family, impacted my work life, and started to affect my health, my mental health, my ambitions and even my will to live.

That is when I found the rooms of Al-Anon. I was broken and empty, and I

Al-Anon - help and hope for families and friends of problem drinkers.

needed a way out. My sponsor kept talking about surrender. I couldn't understand it, how can being defeated save me? How can giving up control lead me to anywhere better? I kept fighting and then losing the battle over and over, taking back my will again and again. I got so tired and worn out. Finally, I came to a point of surrender. It was hard and I struggled for quite some time, but I kept returning back to that surrender. Building small parts of my first foundation, and then the freedom finally came and I started feeling lighter. For the first time in years there was a sense that there is hope, and that I can have a better future.

I have since learned about the "Surrender Waltz" that I can use in moments where I take back my will. Just as the dance, this waltz has three steps:

Step 1 – I accept that something is making my life unmanageable, that I am powerless over this and that I need to surrender control of whatever this issue is.

Step 2 – There is a better life beyond this current manifestation of obsession and control. I need to seek Good Orderly Direction.

Step 3 – The way out for me is to turn my will and my life over to the care of a Higher Power... any Higher Power that is loving and caring and wants what is best for me. I surrender by releasing my white-knuckle grip, and I turn my hands open into receiving guidance and freedom from that loving power.

I can apply this waltz to any obsession. I often have to do the waltz more than once a day! When I do this, I start to experience freedom and serenity.

There is however action after surrender. I need to be present and open-minded about ways forward. I need to be willing to trust and try what my Higher Power brings to me as a way forward. Sometimes I need to feel uncomfortable. If I do the action, and do the next right thing, I'm sure to receive guidance.

My life today feels so much lighter, easier and free when I choose to surrender. When I Let Go and Let God, things feel more manageable, even if it's for only a moment at a time. Those moments are precious, and I strive to practise to increase those moments for myself as much as I can. Life really is better when I do not steer the ship myself! When I surrender, I let God do for me what I cannot do for myself, and His powerful presence is sure to surprise me.

What would your life look like if you completely surrendered today?

By Anonymous, August 2026, Cape Area

After the Earth Collapsed

When I walked through the door of my first Al-Anon meeting, I felt desperate and broken. I was hoping for some guidance or enlightenment and really needed some reassurance that I wasn't going crazy. I was so

entangled with my adult son and his young family that when the bottom fell out with regard to his disease and he fled his marriage and his baby son, I felt as though the earth had collapsed under my feet. I couldn't make sense of anything, and I desperately wanted to help "fix" the situation.

I knew that only someone who had experienced something close to what I was going through could help me understand and come to grips with what was happening to me and those I loved. I was greeted so warmly at that first meeting that I immediately felt I belonged.

Because I was a newcomer, the members made it a Step One meeting and shared what had brought each of them to Al-Anon and how long they'd been coming. I was shocked to learn that some had been attending for decades. One gentleman shared that he had been attending for 30 years, and the meetings had helped him find happiness and contentment in his life, even though his spouse was still actively drinking.

When I shared about my own pain surrounding my son's disease, I was told that I didn't cause it, I couldn't control it, and I surely couldn't cure it. At the end of the meeting, the Chairperson looked at me and spoke the entire Suggested Closing completely from memory. These lines were especially fitting: "A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened." It was an incredible feeling.

After the meeting, the members suggested some Al-Anon literature, and I bought two daily readers that I put to immediate use. I visited a few other meetings in my area and finally settled on one that best fit my schedule as my home group. In Al-Anon, I truly feel that I have been welcomed "home."

By Mary S., The Forum, August 2023

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Sedert ek die Twaalf Stappe begin toepas het, het my lewe al hoe gesonder geword – geestelik sowel as emosioneel. Ek fokus op dankbaarheid en besef hoe geseënd ek is om die Twaalf Stappe te hê wat my herstel lei en

my help om vorentoe te beweeg na 'n meer gebalanseerde lewe.

Een van die vele aantreklikhede van Al-Anon wat my laat aanhou terugkom, is die betroubaarheid en veiligheid van die program – eienskappe waarvan ek as kind min geken het. My verlede het 'n diepgaande invloed op my gehad. Ek het geleer om geheime te bewaar, om niemand te vertrou nie en om my gevoelens weg te steek. My pa het my ma se drankmisbruik moontlik gemaak, en hulle het albei in ontkenning geleef. Ek het my ouers blameer vir die pynlike ervarings in my lewe en vir my eie swak keuses.

Terwyl ek grootgeword het, het ek oorlewingsmeganismes ontwikkel bloot om te kan oorleef. Ek het hierdie gedragsspatrone saam met my die volwassenheid ingedra, asook in my eerste huwelik, wat gewelddadig geword het weens my man se misbruik van alkohol en dwelms. Ek het gevoel ek is verantwoordelik vir almal en geglo dit is my taak om hulle reg te maak. Om 'n onhanteerbare lewe en my oorweldigende gevoel van magteloosheid te hanteer, het ek probeer om alles en almal te beheer. Ek was bang vir verwerping, en wanneer ek nie die mense rondom my kon verander nie, het ek gevoel ek het misluk. My lae selfbeeld het my oortuig dat ek die oorsaak was van alles wat verkeerd geloop het, terwyl my perfeksionisme die oortuiging versterk het dat ek nooit goed genoeg was nie. Ek het selfs gevoel dat God my verlaat het.

Dit was eers toe ek by Al-Anon gekom het en saam met 'n Sponsor die Twaalf Stappe begin deurwerk het, dat ek besef het my Hoër Mag het my nooit verlaat nie. Intendeel, ek het besef dat ek tot gesonde denke herstel kon word wanneer ek ophou om God te verlaat.

Toe ek by Al-Anon kom, was ek bereid om die Twaalf Stappe deur te werk. Deur daardie bereidwilligheid het ek bewuswording, begrip, deernis en vergifnis ontwikkel – vir ander én vir myself. Ek het geleer dat genesing moontlik is en dat my verlede nie my toekoms hoef te bepaal nie.

Namate ek op my herstel gefokus het, het ek bereid geword om ou verdedigende oorlewingsmeganismes los te laat wat my nie meer gedien het nie. Ek het tot die besef gekom dat my geluk my eie verantwoordelikheid is – dit hang nie van 'n ander persoon of van omstandighede af nie.

My Sponsor het my ondersteun en leiding gegee, maar my terselfdertyd die selfvertroue gegee om die Twaalf Stappe op my eie manier en teen my eie tempo toe te pas. Ek is aangemoedig om as mens te groei en het geleer dat gesonde selfstandigheid noodsaaklik is om 'n emosioneel volwasse volwassene te word.

Vandag begin ek deur my menslikheid te aanvaar en daarop te vertrou dat God vir my kan doen wat ek nie vir myself kan doen nie. Ek tree op deur die program na die beste van

my vermoë toe te pas. Ek behou my gesonde denke en innerlike vrede deur die fokus op myself te hou, deur gebed, meditering en deur die boodskap van hoop met ander te deel. Ek laat dit by my begin. Ek streef daarna om die beste weergawe van myself te wees – en daarvoor het ek die Twaalf Stappe nodig.

Deur Anon, Al-Anon Today, Somer 2026

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, August 2026

Let it begin with me

Recently, I attended an Al-Anon meeting where the format is to invite someone in the fellowship to talk for a set time on a theme of their choice. Afterwards, the Chairperson asks members one by one to come in and share if they'd like to. On this occasion, from the outset, I felt irritated by the tone of the main sharer and patronised by their advice-giving. I tried very hard to keep an open mind. I looked at my watch and reminded myself that this too shall pass.

When I was invited to share, I asked if the Chairperson would ask me again later. I'm very grateful that I have enough recovery in Al-Anon to ask for more reflection time. As I listened to the shares of the other members, I felt increasingly uncomfortable and at odds with the focus of the Group. For me, there was a principle to be addressed and yet I felt like a killjoy, because so many members had something positive to say about what they'd heard.

I really struggled with finding balance: how to say what I meant, without being mean and even more risky, without being "seen" as mean. I can be mean. In the past I have been very mean and seemingly had not one iota of remorse and yet I have amassed rucksacks full of guilt, shame and self-recrimination around my meanness. In recovery, I've learnt that I cannot afford to self-inflict this kind of emotional pain. I know that when I'm hungry, angry, lonely or tired (HALT), I can quickly let irritation boil over and speak up without pausing to ask myself: is it thoughtful, honest, intelligent, necessary and kind? (THINK). Added to this, I have been on the receiving end of what seemed to me to be irritation and frustration from other members, particularly in business meetings. Recovering from the sense of humiliation and betrayal I've felt in those moments; has been a hard learning process.

As I continued to weigh up what I needed to say, I was aware of another Al-Anon tool and I asked myself: "Does this need to be said? Does this need to be said by me? Does this need to be said now?" I admit part of me hoped that someone else would bite the bullet and risk the approbation of other

Group members. Yet in the end it was I who did so.

The feelings I had immediately afterwards, (some call it "afterburn"), were very mixed. There is still a people pleaser inside me, probably always will be. There is my judge and jury, my lawyers for defence and prosecution. There is a big part of me that wants to grow in maturity and be able to find the courage to act on her faith in the Al-Anon programme, even if it risks making her unpopular.

That night, before I lay down to sleep, I prayed for guidance from a power greater than me. The message I got back was to listen inside myself for a loving voice that would offer clarity about how to improve my situation. The following morning, the loving voice of clarity spoke to me and offered two suggestions. One was to look at the reading on Tradition Eight in How Al-Anon Works. This is where I gained a sound understanding of why I felt so uncomfortable in the meeting. The second suggestion was to offer my experience, strength and hope in the form of a share in Al-Anon Today. As I write this, it feels like it might be a kind of catharsis.

By Anon, Al-Anon Today, Spring 2024

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Daughter, I love you enough to let you go

My dear daughter,

You asked me to write a letter stating the impact your addiction to alcohol has had on me. I've given a great deal of thought to the question.

I lived with fear, day and night: fear that you would die, that it was my fault, and that I failed you as a parent. I lived with anger. I was angry because my trust was violated.

I felt helpless about the lying and stealing. I felt taken advantage of and betrayed. I blamed myself for continuing to bail you out financially and for continuing to enable you.

The biggest impact, however, was joining Al-Anon and starting my own recovery. I learned that addiction is a family disease. I now realize my recovery will continue "One Day at a Time," for the rest of this lifetime. I know that I have been a part of the problem, and I now realize that I have choices.

One day, when I was feeling frightened, angry, confused, and helpless about your addiction, I had a spiritual awakening. I was walking into work one morning and I saw God's hands, huge and soft, grasp you and hold you close, "She is safe in my hands." I then placed myself in His hands and let go of

you. After all, I am not God. It was time for me to stop trying to play such a lofty role.

Since then, I've chosen to just love you and let you make your own choices. I'm learning to respond rather than to react. I'm learning to "Halt," "Think," "Keep an Open Mind," "Let Go and Let God," and "Let It Begin with Me." I am taking care of me, minding my own business, and letting others take care of themselves. I especially pay attention to "Progress Not Perfection."

I just completed one year in Al-Anon. It has saved my life and brought me sanity and serenity. I know I have amends to make to you. But no matter what choices you make, I will always love you. I always have and always will. I honour you as my daughter, and as a child of the God of your understanding, doing your best at any given moment, just as I am. I am grateful you are in my life. You are beautiful, intelligent, creative, kind, and compassionate.

Loving you dearly and always, Mom

By Janie H., Texas, The Forum, March 2013

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Hope and Help for Young People who are the Relatives and Friends of a Problem Drinker

Together we can make it.

Cape Area Alateen – Saskia G.

I blamed myself for my dad's drinking – until Alateen

For as long as I can remember, my father has been the alcoholic in my life. As a child, I didn't really understand what was going on with him. I thought it was normal for dads to come home late at night, acting funny and different.

I couldn't really wrap my head around the area, until I started noticing that none of my friends' dads came home like my dad did. That is when I knew something was wrong. At the age of ten, I knew my dad drank more than he should, but it wasn't until I was about 12 that I understood that he was an alcoholic, and that my family and I were suffering as a result of the disease of alcoholism.

I was in seventh grade when I found out he was an alcoholic. I didn't feel comfortable telling any of my friends about the problems that I was going through at home. I didn't think they would understand. There were nights when my dad would be out-of-control angry for no apparent reason.

I always thought that it was my fault he was yelling at us. I always blamed myself for causing my dad to drink.

All the problems at home started to affect me more and more each day. There were days when I couldn't sleep at all, either because my parents were fighting or just because my dad was drinking.

I grew afraid of him and myself. I gave up on myself. My grades began to drop. I was no longer a straight-A student. My report cards were filled with low Bs and Cs.

Sometimes, in class, people would talk about how I didn't get my homework done, but little did they know what I was going through. I started to have anxiety almost every day and dreaded coming home after school.

At school, I always faked a smile, even though I was full of anxiety, worried about what that coming night had to offer. I couldn't talk to my sister about it because she's two years younger and wouldn't understand what I was going through.

After a while, I had had enough. My mom and I confronted my dad about his drinking. I told him that it was tearing our family apart. My dad promised me that he'd stop drinking for the sake of his family and his health. A week went by and he still had no alcohol in his system. He seemed to have become a better person and a better father since he was worrying less about his drinking and more about my siblings and me. I felt so relieved. I felt hopeful. Two weeks went by and my dad was back to drinking heavily. I was disappointed in him and couldn't look at him the same.

During that time, someone very important to me decided to walk out of my life at the time when I needed him the most. He was one of the only reasons why I was still smiling through everything I was going through. I was devastated and felt more alone than ever.

I was a mess. I couldn't keep all these emotions bottled up anymore. I needed to talk to someone. Just last year, I decided to tell one of my best friends about it. She also had an alcoholic father and understood every single thing that I told her. She told me about Alateen.

At first, I was nervous and hesitant about the idea of sharing my feelings with an Alateen group, but then I realised that these people were going through what I was going through. So, I decided to go to the Tuesday night meetings.

I was shy and scared to share with everyone. But by the end of my first meeting, I realised that everyone was so kind and understanding, I didn't have to worry about being judged. In Alateen, I learned that it isn't my fault that my dad drinks. I cannot control whether he does or not. The only thing I can control is myself, and that's what I started to do. I started to take it "One Day at a Time" and slowly started to work on myself, rather than worrying about my dad all the time.

I am now closer to God and feel safer and more comfortable in my own skin. Alateen has given me so many different coping skills that now if I'm dealing with a conflict, I know how to fix it. And when I start to feel anxiety, I know to manage it.

Alateen has opened many doors for me. I look forward to going every week and hate it when I have to miss a meeting. It's one of the best parts of my week. I have made many friends and I'm so grateful to be able to share with them.

I don't let alcoholism affect me as much as it used to. I don't let myself worry about the alcoholic as much because, in the end, it's my life that I'm living. This programme has made me a better person. I'm happy again. I couldn't ask for anything more.

I don't know where I would be today without the help of my Sponsors and everyone in Alateen. I want to be able to help other people who struggle with this disease because I know how it feels to be alone and lost. I don't want anyone to ever feel that way. And that's why I keep coming to Alateen – to help myself and others.

By Thalia, Connecticut, The Forum, Feb. 2015

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Supporting Alateen Members Moving on to Al-Anon

As a certified Al-Anon Member Involved in Alateen Service (AMIAS) and an Alateen Group Sponsor, I see how the Alateen programme benefits our younger members. As an Al-Anon member, I share my experience, strength, and hope with the teens with the same love and compassion as I do in an Al-Anon meeting. The teens' understanding of how they have been affected by someone else's drinking and how Alateen helps them unfolds for them in the same way it unfolds for us in Al-Anon.

My experience with Alateen members aging out has been that many do not immediately come to Al-Anon. Many go off to college, which interrupts consistent attendance at meetings. Those who do not go away to college also tend not to show up in Al-Anon meetings. I can't help but wonder whether young people in Alateen are being encouraged to continue with Al-Anon and guided to find those Al-Anon meetings that are right for them.

Each one of us needs to feel comfortable and safe in a group where we are regarded and respected as individuals, not as some other member's grown child. I imagine it may be difficult for that young Al-Anon member to come to meetings if their anonymity is

compromised because it's connected to a family member already in attendance. We all need to encourage our younger members to find their safe space.

We who are privileged to serve Alateen members in weekly group meetings can start having conversations about continuing in Al-Anon. Reading and talking about the pamphlet *Moving On!* From Alateen to Al-Anon (P-59) is a great place to begin.

Tech-savvy young people also need to know that Al-Anon meetings take place on a variety of online platforms. Consider discussing the Al-Anon Family Groups Mobile App and helping teens download it to their devices. Older Alateen members can access more than 100 Al-Anon meetings in the Mobile App, and there are five in-app Alateen meetings that are well-attended! You can also refer them to the meeting search on al-anon.org where Global Electronic Meetings are displayed. You may even join in on one of the online Al-Anon meetings as a group.

Let's make sure that the hand of Al-Anon and Alateen is always there by offering extra support to our young people making the sometimes-difficult transition from Alateen to Al-Anon. "Together We Can Make It!"

By Sue P., Associate Director—Group Services, The Forum, June 2024

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About Alateen: Alateen is part of Al-Anon Family Groups and is for teens affected by the family disease of alcoholism.

Meeting information: For details about Alateen meetings, contact the Area office or the Alateen Coordinator.

Contact details

- Email: alanonct@iafrica.com
- Tel: 021 595 4517
- WhatsApp: 066 158 0234
- Website: <https://www.alanon.org.za/alateen/>

Visit the Alateen page to read members' stories and learn how meetings have helped them. Although you cannot stop someone else from drinking, you can find 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 - 7 PM

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.

Concept Eight – Leadership

"The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees."

Focus

Good leadership requires patience, responsibility, and vision.

Application

- **Service:** Leaders guide, not command
- **Home:** I lead by example
- **Community:** Leadership inspires cooperation

Sharing

- What qualities do I value in leaders?
- How do I practice servant leadership?

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

LITERATURE NEWS

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

Browse available literature at the literature desk during upcoming events or at the office. The next event is the RSS on 29 August 2026.

Daily Readers

One Day at a Time in Al-Anon (B-6)
An Al-Anon classic! Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Indexed. 384 pages.

Courage to Change (B-16)
More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Indexed. 384 pages.

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. 384 pages.

A Little Time for Myself (B-34)
Al-Anon's latest daily reader shares the personal experiences and many voices of the Al-Anon fellowship today, illustrating that Al-Anon is indeed for anyone affected by someone else's drinking. Indexed. 384 pages.

Alateen's 4th Step Inventory (P-64)
This workbook keeps it simple for members of any age, with questions, cartoons, and space to write or draw your feelings. 48 pages.

Blueprint for Progress: 4th Step Inventory (Revised) (P-91)
Workbook for conducting an in-depth inventory, expanded from P-5 to include additional sections on fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 1/2 x 11. Three-hole punched. 96 pages.

Paths to Recovery (P-93)
This companion piece to Paths to Recovery (B-24) contains the thought-provoking questions on each Step, Tradition, and Concept of Service found in the book, with space to write answers. Spiral bound and 8 1/2 x 11. Three-hole punched. 112 pages.

Reaching for Personal Freedom: Living the Legacy (P-92)
A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life, it provides insightful examples from members and thought-provoking questions. Spiral bound and 8 1/2 x 11. Three-hole punched. 176 pages.

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

Join the Cape CAL Book Club
every Friday on Zoom.

SA Time: 7pm
UK Time: 6pm

We're working on
Opening Our Hearts and Transforming Our Losses (B-29)

Contact the office on alanonct@iafrica.com or WhatsApp 066 158 0234 to purchase your copy.

Login in details:
Zoom Meeting: <https://us02web.zoom.us/j/844555740907>
pwd=yw007173VxskPwXmTSUZUzLUl8eebK.1
Meeting ID: 844 5557 4090 Password: 946320

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

September – Private Sector and Workplace

As August comes to a close, the Public Outreach team is invited to focus our September efforts on reaching the private sector and workplace communities.

Our goal is to make Al-Anon more visible in places where employees, clients, and community members may be seeking support. Public Outreach literature will be available at the Regional Service Seminar (RSS) on 29 August. If you are unable to attend, please ask another group member to collect literature on your behalf and encourage others in your group to join you in service.

Suggested outreach actions

- Leave business cards, bookmarks, and posters with HR departments.
- Ask HR teams whether Al-Anon may take part in workplace wellness days.
- Connect with nurses, employee assistance contacts, or wellness staff in larger organisations.
- Place bookmarks, business cards, or other Public Outreach literature in malls, public restrooms, restaurants, cinemas, theatres, and other public spaces where permission has been given.

Report your outreach

Please share where literature was placed and who was contacted, so these efforts can be included in the monthly Public Outreach report.

Thank you for being part of Public Outreach and for helping to carry Al-Anon's message of help and hope. Public outreach is every member's responsibility, and together we can help more people discover that support is available for anyone affected by someone else's drinking.

Need literature?

Contact the Public Outreach Coordinator or the Area office for information about available Public Outreach literature.

WhatsApp: 066 158 0234

Area email: alanonct@iafrica.com

Website: <https://www.alanon.org.za/>

AL-ANON FAMILY GROUPS
75 YEARS OF PROVIDING
HOPE AND HELP
TO FAMILIES AND FRIENDS OF ALCOHOLICS

[al-anon.org](https://www.alanon.org)

Reaching Families Worldwide Through Public Outreach

As we celebrate our 75th anniversary, Al-Anon's worldwide fellowship honours decades of providing hope and help to families and friends of alcoholics.

By raising awareness during September Recovery Month—and on International Recovery Day, September 30—we expand access to family recovery, reduce stigma, and ensure Al-Anon's message reaches anyone affected by someone else's drinking.

To understand how Districts, Areas, and international structures can support these efforts, review the Public Outreach section in the "Digest of Al-Anon and Alateen Policies" in the 2026-2029 Al-Anon/Alateen Service Manual (P-24/27)

<https://al-anon.org/pdf/P2427.pdf#page=118>.

Source In the Loop, News from WSO

Register to receive at

<https://signup.e2ma.net/signup/1855605/1799701/>

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.

DO YOU HAVE TIME...

- to allow yourself one good thought of your own, everyday?
- to stop a while and observe nature in silent contemplation?
- to listen to others?
- to allow at least an hour, just for yourself, everyday?

Then do it!

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	
*Service Committee, Saturday, 19 September 2026 at 9.30am (in person).	
*Area Assembly, Saturday, 17 October 2026 at 9.30am (online).	
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 on page 1.	
*A.A. Mini Con (with Al-Anon & Alateen Participation)	Date: 3 October 2026
Venue: Sea Point Civic Hall.	More information to follow.
*A.A. Summer Rally	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.	

NEXT ISSUE ISSUE 09 OF 2026 Send Your Shares Submissions due by 17 September 2026

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

- The slogan for September is **“KEEP AN OPEN MIND”**. This slogan invites us to reflect on moving beyond exhaustion, anxiety, and rigid thinking. Living with active addiction can make us hold tightly to control in order to feel safe, so openness may feel difficult. How has Al-Anon helped you move from a closed mind to an open one? Which Al-Anon tools have helped you keep an open mind? We look forward to your experience, strength, and hope.
“If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.” (Suggested Al-Anon/Alateen Closing)
- 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	 
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