

# Apr May Jun 2019 Warming up for Winter

## National Convention and Birthday Rally!

### Acceptance is Key

Our **National Convention 2019 in Gauteng** is here. What a perfect way to fill your Easter Weekend! Lots of wonderful meetings and shares and the chance to meet old friends and make new ones. We have folks from round the country attending, so don't miss it! R120 entrance includes teas and coffees but make your own food arrangements. Alateen meetings, crafts, paperbacks, and masses of Al-Anon Literature on sale. Buy it while you have the chance.

### Our new Al-Anon Book Launch

For many years, Al-Anon members have wanted more guidance on intimacy in Alcoholic relationships. Shares have been collected and they are finally together in a book that is really worth owning. See the book review on page 2.

### Birthday Rally will warm your heart... and your tummy

Our soups and puddings will keep you cosy and our wonderful meetings will help you celebrate the support and wisdom of our Al-Anon Program. Don't miss it. **4<sup>th</sup> May. Buy your tickets now.** R50 includes lunch and all the fun things you get at an Al-Anon Rally. See you there!



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### Special Dates

**19 – 21 April: National AA &-  
Al-Anon Convention.  
Edenglen High School**

**Sat 4<sup>th</sup> May:– Our Birthday  
Rally. St Francis. More  
details inside.**

**Sat 18<sup>th</sup> May: District  
meetings. Ask your group**





## Al-Anon Adult Children

**AAC (Al-Anon Adult Children) is a fast-growing part of Al-Anon focusing on the needs of adults who grew up in dysfunctional families mostly around alcoholic and addictive behavior.**

AAC meetings have a younger, more diverse membership and are open, like Al-Anon meetings, to anyone who feels they belong. There are currently 3 AAC meetings in Gauteng, (2 in Pretoria, 1 in Joburg) with another planned for the East Rand later this year. If you had a childhood affected by alcohol these meetings are another way to experience the growth and healing of the Al-Anon program.

*“I’ve been struggling very hard to heal from the frightening effects of growing up in an alcoholic home. I often felt scared during my early years. Things got broken, adults fell down from drinking too much, and the dog sat in a corner and shook. To cope, I didn’t move and kept quiet. I shut down. I didn’t get involved. I didn’t really live” [...]*

*“Al-Anon provides me with a multitude of ways to become the person I want to be. Healing is a process that will continue the rest of my life. [...] My participation in everyday ordinary life is a small but firm step away from the pain of isolation and toward a life of loving involvement.”*

*P 309, “Hope for Today” (B27ZA), Al-Anon Daily Reader by Adult Children of Alcoholics*

**Note: No images of members of Al-Anon, AAC or Alateen appear in this publication.**

## You can reach out with this booklet

Step 12 says....

**“Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs”**

How can we work this step? One way is by giving people the **booklet “Al-Anon Faces Alcoholism”**. It can encourage those suffering from the effects of someone else’s drinking to take the first step through our doors.



If Al-Anon has helped you have a spiritual awakening, your next move could be to drop a copy of “Al-Anon Faces Alcoholism 2019” at your doctor’s rooms, or with any other professional who helps people with relationship and health difficulties,

**Ask your Group Rep for copies of this booklet. It is a free to members of the public. Search online on the Al-Anon world service website for a downloadable copy of the booklet.**

# Convention 2019 - "Acceptance is Key"



Don't miss the AA National Convention with Al-Anon Participation Over Easter. 19 – 21 April 2019 at Edenglen High School Edenvale

Cost: R120 per person. Alateens: R30 per person.

Cost does not include lunch - so please make suitable arrangements or bring lunch with you. Tea, coffee and biscuits will be provided. Please register and pay at the Al-Anon Registration Table when you arrive. Literature and crafts on sale. More details on Latest News Page on our website. See you there!

## District News

### Say your say on 18<sup>th</sup> May!

**District 1 (East Rand)** Edenvale morning celebrated Lois' birthday and raised contributions for the area. There are plans to start an **AAC meeting** in Benoni this year. **Katlehong** members are keeping in touch with **Springs** to support them. **The National Convention is in Edenvale** and the team arranging it has been working flat-out to make it a great event. Thanks so much! We will all benefit from your hard work.

**District 2 (Pretoria):** **Brooklyn AAC** is a new group with a core of 12 members. They recently had powerful shares on Tradition 11 and the 3A's. District 2 also includes outlying groups. **Rustenburg** has moved its meeting to a Monday so more people are able to come. It's working well!

**District 3 & 4 (Joburg).** **Benmore Gardens** opened this year and is going from strength to strength. Very close to Sandton City, it's on a Friday night. So no need to get the Friday Night Blues... just pop in at 7.30pm for an hour of fellowship and fun. **Parktown North Alateen** group is growing from strength to strength!

Lots more is happening in our groups. Come to the area meetings to share what you're up to and hear from other groups about their successes and concerns.

**Sat 18<sup>th</sup> May – our 2nd district meetings. All Welcome! Check with your district WhatsApp where yours will be held.**

## 7<sup>th</sup> Tradition....

Al-Anon ought to be "fully self-supporting, declining outside contributions." Groups not only need to pay for our group expenses, the 7<sup>th</sup> Tradition means we also support our area and national offices.

Without your help our area office cannot be maintained. The office sends out all our notices, newsletters, details of new groups, holds literature in stock and supplies it to our groups. It also provides a 24/7 response service for those in distress.

**PLEASE help with maintaining our office. Your contributions are essential. A monthly contribution of as little as R100 is a start, and will partly relieve the burden on the few groups who currently contribute to area and national costs.**

## Contribute!

ABSA Bank, Oakdene 632 005

Acct no: 1118881482

Acct name: Al-Anon Information Service.

Please put name or group as ref. or you may wish to donate anonymously or do ongoing EFTs.

**Newsletter Opt Out?** Send email to

[alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za).

**To subscribe** send email address and ask to be added to the mailing list.