

Jan Feb Mar 2019 No Standing Still in Gauteng

Let's Go, Let's Brunch!

Our theme this year is "There is no standing still". So we are getting going right away! Our first **family fun event** is on **Saturday 23rd February**. It will be a great big friendly get-together with a buffet brunch, juice, tea, coffee, in lovely surroundings.

Just the place to cool off, relax and unwind

The venue (305 Long Avenue, Ferndale, Randburg) has a lovely garden with blue swimming pool - perfect for a midsummer's day. There is also spacious indoor seating for those of us who want shade (and if it rains). Lots of fellowship, raffles and fun. R80 a head. Children R50. Kids under 10 free. It's a fund-raiser for Al-Anon Gauteng and Districts' support of the National Convention in the East Rand over Easter.

Bring friends and family!

Don't miss it and see you there! I personally can't wait and have already paid for my tickets. Booking is by payment only as we need confirmation before the event for catering purposes. Ask your Group Rep to deposit the funds with group name in the Al-Anon account, or make the deposit or EFT yourself.

Banking details: Al-Anon Information Service

ABSA Bank Oakdene 632 005

Account no: 111 888 148 2

Please put **name** or **group** and **Brunch** as reference



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Special Dates

Sat 16th Feb: Districts meet

Sat 23rd Feb:- Family Fun at Our Summer Brunch

305 Long St. Ferndale,
Randburg.

[Bring the whole family](#)



The healing is in the hearing...

“The healing is in the hearing” is a simple yet weighty truth in Al-Anon. I hear myself in others’ experiences and find myself in our shared emotions. In learning to feel compassion and acceptance for my fellow members, I learn to feel the same for myself. I receive strength from their strength and hope from their hope, believing that if they can heal, so can I.

Nothing can take the place of personally witnessing the healing, change and growth of other Al-Anon members. That’s all the encouragement I need to keep

working my program together with others who struggle with this insidious disease.”

The mutual sharing of experience, strength and hope at Al-Anon meetings releases us from individual isolation and loneliness.

It is in the sharing of our diversity and unique experience that we break down our walls of isolation, grow in understanding, realise we are not alone and learn we are entitled to full, happy and productive lives.

From p224, “Hope for Today” and p2 “Al-Anon is for Gays and Lesbians”

“Online is fine... but we heal face-to-face”

Nine ways we grow our groups

Getting the Concept...

Concept One: Who has ultimate authority?

“The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon Groups.”

Our Al-Anon groups are the individual building blocks in Al-Anon. What is the individual building block in your life? Or in mine? It’s oneself. Me. You. This concept reminds us that we as individuals are responsible for our own lives. This concept reinforces our idea of taking our hands off other people’s shoulders and putting them on our own. Some questions to ask ourselves...

In what situations have I assumed responsibilities that were not mine?

In what situations have I allowed others to assume responsibilities that should have been mine?

How does Concept One help me keep the focus on myself?

1. We put up posters. One is in the bottle store! One is in the Police Station. Often shops will put one in their window or community notice board.
2. We keep the doors open every week. Even if we have only 2 members at a meeting, we still hold a proper meeting. The numbers do pick up!
3. Books are a great resource. We are building up a library at our group, to help us work the program. We discuss a reading or work from some questions in Paths to Recovery or one of our Al-Anon workbooks.
4. We have some newish members who are ready to do their first share. It is very heart-warming to hear how their lives are getting easier and see how their faces are changing, relaxing.
5. We have used some of our group funds to buy daily readers. When a new person has attended 6 meetings they are given a book as a welcome gift. They love that!
6. It’s a good sign when members come back after a first meeting... and keep coming back.
7. One evening we had a feast. We asked members to come with points of what they’re grateful for and a plate of eats. It was great.
8. Some of our members don’t have babysitters so they bring their kids. It has worked out well. They can read the Alateen daily reading out loud. It helps their confidence and reading skills.
9. We stick to the tried and trusted ways of running a group. We don’t interrupt or give advice. Everyone has a chance to share.



Telling pupils about Alateen

The Mighty Pen, an online publication (www.themightypen.co.za) available throughout South Africa, is carrying ads and the occasional story about Alateen and how it can help young people living with alcohol. There has been great support from the editor, who is a teacher himself and on a special board of principals.

Telling teens too

Starting in February, school meetings have been set up for Al-Anon speakers to share with pupils in assembly about how Alateen works and how it has helped teenagers learn more about the disease and ways of recovering. The youngsters will see the Alateen and Al-Anon videos and get the 20 questions handout. This very useful pamphlet talks about signs that one could be affected by a drinking problem in the home.

Urgent Request

The first meetings start in Reiger Park, District 1 (East Rand). We do not as yet have an Alateen meeting running in this district. We urgently need -Anon members in our area to get AMIAS qualification so we can set up an Alateen group. We need two qualified AMIASes to be present at every Alateen meeting. If there are 6 available in each district, they can take it in turns to be at Alateen meetings.

Alateen in Parktown North

At the request of AA's Parktown North Big Book meeting, and with their active support and reminders every week to their members, Al-Anon District 3 has had an Alateen meeting running every week for the past year. The AMIASes who are hosting the group say "The gift we get back is far greater than the hour we donate". The benefits? "We see youngsters who start off withdrawn and slowly come out of their shells, friendships growing between Alateen members, encouragement and support from the parents of these families, and youngsters bringing their non-alcoholic parents into the Al-Anon fold."

You can help a teen get a daily reader

Remember when you got your first Daily Reader? I do. I looked up all sorts of problems that worried me, and found ideas from other people who had the same issues. Those daily readings helped me so much between meetings.

Alateen kids can't always get to their meetings, but they can use their daily readers at home. Not many have the funds to buy their own daily readers. So Al-Anon members are helping to buy them for Alateen members in Gauteng. For R250 you can help a youngster have his or her own daily reader. Our banking details are on page 4.

A teenager shares....

"Lately I've been feeling as if I don't belong anywhere, but when I go to my meetings I fit in. It doesn't matter about my race, sex or anything. The only thing that really matters is if a family member or close friend has a problem with alcohol. The person sitting next to me is no better than I am, nor is he any less than I am. Everyone belongs."

From P64, "Living Today in Alateen"

Help keep an Alateen meeting open

Al-Anon G&D is limited by the short supply of AMIASes - certified and qualified members needed in twos at Alateen meetings to keep the doors open. **Can you help?**

For Alateen call Juliet at 083 271 5358

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.

Please register and pay through our Al-Anon office.

Pre-registration forms available on our website.

www.alanongauteng.co.za

Do you wish to nominate a speaker? Literature and crafts on sale.

More details and the full newsletter on our Latest News Page on our website.

Group News

Local is lekker

It's heart-warming to have so many new members and new groups in Gauteng and Districts! This surge of enthusiasm, recovery and hope, has inspired us to build our local districts and to focus more closely on outreach to our local communities. We can brainstorm ways to reach out to people who live near us and can get to our groups easily. And it's part of our 12th Step (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). Even if we're not at Step 12, reaching out to let people know about Al-Anon is part of our traditions (Tradition 5, helping families affected by alcohol).

So, making 'Local is Lekker' our theme, we start in February with our first district meetings. We will focus on our own districts and local people, local businesses, local professionals, local libraries and community centres. We **can** offer help to people suffering from the effects of other people's drinking. And we know our own districts best. Each group in our own district, each member, is invited to come and share ideas, have fun and fellowship and share in the decisions of how we go forward in our districts, what we can do and how we see 2019 unfolding for Al-Anon through this exciting project.

Sat 16th February – first district meetings. Welcome!

District 1: Northfield Methodist Church, Aerodrome Rd, Airfield Benoni. 10h00

District 2: Stimustation, 44 Alexandra Road, Doringkloof. 10h00.

District 3: St Charles Church, Road no 3, Linden 10h30.

District 4: A Chuopana Portuguese Restaurant, Rietvlei. 10h00.

7th Tradition....

Al-Anon ought to be "fully self-supporting, declining outside contributions." Groups not only need to pay for our group expenses, the 7th Tradition includes us supporting 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.

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