

Jul Aug Sept 2019 Winter to Spring



Winter winners in Gauteng!

Winter can be chilly and miserable

Winter can be freezing... meeting in our thick coats with blankets and knitted caps. But right now, I am bursting with excitement. We have passed the Winter Solstice in Al-Anon Gauteng and Districts. We are seeing exciting bursts of growth in our fellowship... new meetings opening, fresh new faces full of enthusiasm and energy in area service... it's so exciting I want to do cartwheels round the garden!

Let it begin with me

Our members are saying "Let it begin with me," starting groups in their districts and throughout the area. Thank you, first for your vision, seeing what could be... and then for your energy and hard work in making it all happen. This is a fresh new time in Al-Anon and I feel, by contagion, that I'm a Winter Winner too, as we all are in Gauteng.

AAC and Alateen

Alateen in Parktown North has been running for 2 years and we now have a new Alateen group in Moreleta, Pretoria as well. (Read more about Alateen inside). AAC (Al-Anon Adult Children) groups have expanded to four - so you can attend AAC in Joburg and Kempton Park, plus two meetings in Pretoria (Brooklyn and Moot). That's doubled the number of AAC meetings in Gauteng!

Spring events

On Saturday 20th, hear Alateens talking about their experience, strength and hope. Parktown North Methodist Church 11h00. And we have one of our teens speaking at the AA Katlehong Rally on Sat 10th August. **Don't miss these!**

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Special Dates

Sat 20 July: Area meeting with Alateen workshop 11h00. Parktown North Methodist Church.

Sat 10 Aug: Katlehong AA Rally, Alateen speaking.

Sat 17 Aug: Area Election Assembly & ASC meeting.

Sat 21 Sep: Bosberaad for our area. All welcome.



New literature... to help us sleep...

'Just for Tonight' is a new companion piece to our 'Just for Today' bookmark. It offers thoughtful reflections on Al-Anon principles to help prepare for a peaceful, restful night. So if you would like to get your mind into a calm and happy frame before falling asleep, get this lovely bookmark and use it every night to get yourself off to bye-byes.

They cost R2.50 each and are so popular they have already sold out in Gauteng. More on order.

"The Serenity Prayer" is our second new bookmark, and a third one contains the acronyms used in Al-Anon – useful for service members.

More good news is that our SA-printed Al-Anon workbooks are selling like crazy. Some workbooks are sold out and will be reprinted. The workbooks are remarkable companions in meetings. They work very well for running workshops on our 36 legacies. If your group does not have a set of workbooks in your library, now is the time to get them.

"Just for tonight I will accept I did the best I could"

Supporting ourselves...

Tradition 7: Every group should be fully self-supporting, declining outside contributions.

This also applies to ourselves. How can I focus on my own needs, so I can stand on my own two feet?

As we grow in Al-Anon we gain the courage and self-esteem to put our hands on our own shoulders and respect others' rights to make their own choices.

Applying Tradition 7 can help me start to become emotionally, physically and financially less dependent while staying connected and compassionate in my relationships with others.

"Reaching for Personal Freedom" - thought-provoking questions and revealing shares help us figure out how.

"Reaching for Personal Freedom" now printed locally. Get yourself a personal copy and work through it.

Exciting Membership News!...

Growth and expansion in Gauteng has been awesome!

We have new groups in Hoedspruit, Emalahleni, Centurion, Midrand (two!), Kempton Park AAC and Eldorado Park. See our website for details. We are very excited about this wave of positive energy. To all the new groups: Good luck and keep going!

"Miracles happen in Al-Anon but they don't happen by magic. Individual participation, "the key to harmony" according to Concept 4, is the behavior that makes the miracles happen." (p101 of 'Hope for Today'). It continues... "I began attending district and area meetings with my sponsor. [...]These Saturdays have become our special time together. Along this path I discovered the secret to successful service is to perform it according to the Twelve Traditions and Twelve Concepts of Service (in the 'Al-Anon Service Manual'). **The biggest gift of service is that it helps me too. Giving the program away is an affirmation that I have some program to give."**

Couldn't have said it better myself.



Telling teachers about Alateen

Al-Anon South Africa has been advertising in "The Mighty Pen", a magazine for the teaching profession. 'The Mighty Pen' every month takes Alateen information to over 6 000 schools in SA. The current double-page spread shares Alateen experiences written by the youngsters themselves, plus information about how Alateen works, and what its objectives are.

You can read the magazine online or check out the Alateen page at <http://www.themightypen.co.za/doc/June2019issue.pdf>

As a result of this public outreach, there is a possibility of running an Alateen group in Vosloorus. At a training centre opposite the Thelle Mogoerane Hospital in Vosloorus, there will be space for Al-Anon, Alateen and AA meetings on Thursdays from 16h00 to 17h00. Joyce is going to need help, literature, group support documentation and people to get this going. Please help if you can!

An Alateen member shares...

"The night I attended my first Alateen meeting, I felt alone and depressed. It seemed like nobody could understand me or have the same problems. I thought I was crazy and I hated myself. After that first meeting, I kept coming back. I listened to the other members and they would listen to me. I found out that they could accept me for who I was and that they cared about me. I gained self-confidence by involving myself in service work and by learning to write down my feelings. I never liked to write, but I heard if I wrote, it would help. It did, and I'm grateful for learning another tool I can use to improve my life.

From "Living Today in Alateen"

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

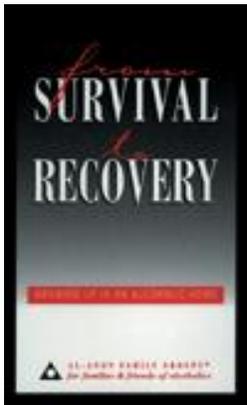
New Alateen meeting opens!

Such exciting news! A new Alateen group opened in Moreleta Park, Pretoria East on 1st July. Meetings are every Monday from 19h00 to 20h00. At the same time there are Al-Anon and AA meetings – so the whole family can be in recovery together. The evenings are cold at the moment, but the hearts are warm in Alateen!

Other good news is that we are having an Area workshop on Alateen, with Alateen speakers on Saturday 20th July at Parktown North Methodist Church. Don't miss it. [More details on WhatsApp.](#)

If you're interested in applying as an AMIAS (Al-Anon member involved in Alateen service) you need to attend a workshop as part of accreditation. We are busy arranging these workshops. Please contact the office so you can be included in the arrangements.

Alateen is definitely not standing still! We need help with literature for the Alateen groups. It is our area policy to give each Alateen member who has attended 6 meetings an ADAT cost R225. If you can help with the purchasing of these books please deposit your donations into our area bank account marked with your name and Alateen Lit Fund. (Banking details on page 4)



AAC meetings grow in Gauteng

It's good to see that more AAC meetings are opening in Gauteng. (Check online at the Al-Anon Gauteng website, address below.) AACs are adults who were raised in alcoholic homes and suffer from the effects of alcoholism, even though the alcoholic may no longer be with us or even share a life or home with us. It also caters for adults who were raised in other types of family dysfunction. In these meetings we learn to heal our childhood wounds, recover from the effects of our family dysfunction, discover who we are beneath the pain and begin to live a fun-filled and meaningful life. We begin to love ourselves as we are and with compassion for ourselves and others. We learn to forgive, let go and start focusing on what is in front of us – our own lives and the glorious thing called life.

There are some valuable Al-Anon publications specially written by and for AAC members. "From Survival to Recovery" is one. The daily reader "Hope for Today" is another. These books are also valuable for all Al-Anon members, just as all Al-Anon publications are of huge use to AAC members. When last did you add to your Al-Anon bookshelf? You can order books direct from our area office or from your Group Representative.

Local radio stations could tell people about Al-Anon

Local radio stations could be the place to hear public service announcements about Al-Anon. All over South Africa we will be reaching out to these local radio stations to provide them with information about Al-Anon as a support for families of alcoholics. It would be impressive if we could get at least one radio ad in place in Gauteng.

In order to do that, we need people to phone in to the local community radios to offer them the moving SA produced public service announcements which are already recorded and ready to be broadcast.

If you are interested in helping, please contact the editor at 084 283 0603.



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 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.

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