



ALCOHOLICS
ANONYMOUS

EASTRANDER

August 2026

WHAT DOES AA PROVIDE?

AA provides a structured and gradual process of recovery through a '12 Step' programme. Many have found these steps effective in achieving and maintaining sobriety.



MORE ABOUT AA

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

QUOTE BY BILL W.

"It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics"

LOOKING FOR A MEETING?

We have a vast amount of meetings across the whole of the East Rand from online meetings to face to face meetings.

You are not alone, reach out...

Click on the below link or see the last page of letter with meeting schedule for the week.

www.aaer.co.za/meetings.html



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NEWS & EVENTS



Date: 5 September 2026
Venue: 26 Bunyan Street
Benoni Central Methodist Church
Registration starts at 7:30 / 1st Session starts at 9am
R 50 per AA / Al-Anon Members -Visitors Free
Coffee / Tea & Lunch will be provided
For more Info: Darren 074 867 4587



East Rand Rally
2026
**POTJIE
COMPETITION**
5 SEP 2026
AS IT'S TRADITION TO SERVE POTJIE FOOD AS
LUNCH FOR OUR YEARLY RALLY.
WE INVITE EACH GROUP TO DO A POT
AND TAKE HOME THE CUP!
FOR MORE INFO:
CONTACT DARREN | 074 867 4587
OR SPEAK TO YOUR INTERGROUP REP

ATT: GSRS

**AREA
ASSEMBLY
MEETING**

 **SATURDAY**
08 AUGUST 2026  **2 PM**

 **BENONI CITY METHODIST CHURCH**
26 BUNYAN STREET, BENONI

THIS MEETING IS OPEN TO ALL MEMBERS OF THE FELLOWSHIP
SHOULD YOU WISH TO ATTEND

RECOVERY | UNITY | SERVICE



**THANK YOU FOR
SUPPORTING OUR
CHRISTMAS
IN JULY!**

Much Love:
Intergroup Chair & Reps



**INTERGROUP
MEETING**

OPEN TO ALL MEMBERS, IF
YOU WOULD LIKE TO GET
INVOLVED, JOIN US.

Saturday
08 August 2026

11:00 AM
Venue: Bembom,
Meadowdale



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July 2026

EAST RAND AREA CONTACTS

AREA CHAIR PERSON: TASMOND (082 924 7630)
AREA VICE ACTING CHAIR PERSON: CRAIG (082 521 6311)
TREASURER: MIKE S (061 304 5377)
SECETARY: CAROLINE (065 878 0878)
DELEGATE: RETHA (071 581 2435)
DELEGATE: BRENT (079 109 5404)
ALTERNATIVE DELEGATE: POSITION VACANT
INTERGROUP CHAIR: KIMESHEN (083 464 1778)
PUBLIC INFO / CPC: GAVIN C. 081 454 0825
CORRECTIONAL FACILITIES: POSITION VACANT
TREATMENT FACILITIES: POSITION VACANT
LITERATURE: ANDREW (083 982 7775)
ARCHIVES: EMILY (071 864 1930)
REGIONAL TRUSTEE: LISA (083 546 5659)
WEBSITE: ANDY (083 233 4858)
EASTRANDER NEWSLETTER: DARREN (074 867 4587)

EAST RAND AREA OFFICE DETAILS

BENONI CENTRAL METHODIST CHURCH

26 BUNYAN STREET (ENTRANCE CRANBOURNE AVE.)
BENONI

JO H. - telephone (011) 421 1748
(9am - 1pm)

all hours: 0861-435722 or 0861-helpaa

Email: aaer@aaer.co.za

OFFICE HOURS

Mondays & Fridays - 9.00am - 11.30 pm
Office coordinator is still contactable via email and office number
weekdays from
9.00am -14.00pm

AREA ASSEMBLY VACANCIES

EAST RAND AREA SERVICE Matters				EAST RAND AREA SERVICE Matters				EAST RAND AREA SERVICE Matters				EAST RAND AREA SERVICE Matters																																																			
TOGETHER WE CARRY THE MESSAGE OF HOPE				TOGETHER WE CARRY THE MESSAGE OF HOPE				TOGETHER WE CARRY THE MESSAGE OF HOPE				TOGETHER WE CARRY THE MESSAGE OF HOPE																																																			
DELEGATE THE VOICE OF THE AREA				ALTERNATE DELEGATE READY TO SERVE				CORRECTIONS & / OR TREATMENT FACILITIES				CPC / PI COOPERATION WITH THE PROFESSIONAL COMMUNITY / PUBLIC INFORMATION																																																			
The Delegate represents the collective conscience of the East Rand Area at the annual General Service Conference. Throughout the year they strengthen communication between the Fellowship, the Area and Conference.				The Alternate Delegate works alongside the Delegate throughout their term of office, providing support, gaining valuable experience and ensuring continuity of service. This portfolio offers an excellent opportunity to learn the Delegate role while being guided by experienced trained servants.				The Corrections and Treatment Facilities portfolio carries the message of recovery to alcoholics behind bars and in treatment. This vital service helps ensure that AA is available to anyone, anywhere, who reaches out for help.				The CPC / PI portfolio helps build understanding of AA by sharing our experience, strength and hope with professionals and the public. Through cooperation and accurate information, we remove barriers and ensure that anyone, anywhere, can find the hand of AA.																																																			
KEY RESPONSIBILITIES - Attend monthly East Rand Area Assembly meetings. - Attend the annual General Service Conference. - Attend monthly Delegate Meetings. - Visit District and Group meetings when invited by provide Conference reports back to the Fellowship. - Represent the conscience of the East Rand Area at Conference. - Communicate Conference Assembly Actions and decisions back to the Fellowship. - Work closely with Area Officers, Trustees, Chairpersons and GSAs throughout the year. - Encourage unity, communication and participation in General Service.				QUALIFICATIONS - A suggested minimum of an 18 years of continuous sobriety is recommended in accordance with the AASA Service Manual. - Active participation in Group, District and Area General Service. - Through familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts. - A sound knowledge of AA history and the AASA Service Manual. - A willingness to listen, understand and represent the collective conscience of the Fellowship. - Have been trained and endorsed by the Area and Group.				TIME COMMITMENT This is an active service position requiring participation throughout the year.				WHY THIS SERVICE MATTERS - The Delegate helps ensure that every Group has a voice in the future of Alcoholics Anonymous. - Through communication, leadership and service, they help carry the collective conscience of the Fellowship while strengthening unity throughout AA.				KEY RESPONSIBILITIES - Attend monthly East Rand Area Assembly meetings. - Attend monthly Delegate Meetings. - Support the Delegate in all aspects of General Service. - Remain informed on Conference matters and Area activities. - Be prepared to fulfil the Delegate's responsibilities wherever required. - Develop knowledge and experience through active participation in General Service. - Have been trained and endorsed by the Area and Group.				QUALIFICATIONS - A suggested minimum of an 18 years of continuous sobriety is recommended in accordance with the AASA Service Manual. - Active participation in Group, District and Area General Service. - A willingness to learn and grow in General Service. - Good communication and organizational skills. - Reliability, commitment and enthusiasm for service. - A desire to support the Delegate and contribute to the future of AA. - Have been trained and endorsed by the Area and Group.				TIME COMMITMENT This is an active service position requiring participation throughout the year.				WHY THIS SERVICE MATTERS - The Alternate Delegate provides continuity, support and future leadership within the Area. - It is an ideal opportunity for members who wish to develop their General Service experience while being mentored by the Delegate and actively contributing to the work of the Fellowship.				KEY RESPONSIBILITIES - Carry the AA message to correctional facilities and treatment centres. - Establish and maintain AA meetings in institutions where possible. - Work with facility management and ensure adherence to AA traditions. - Visit facilities regularly and report AA member needs. - Encourage correspondence with AA members in correctional facilities. - Maintain communication with Area, Districts and Institutions. - Provide reports and keep records of activities. - Cooperate with other service committees to carry the message of hope. - Access to reliable transport is beneficial.				QUALIFICATIONS - A suggested minimum of two (2) years of continuous sobriety is recommended in accordance with the AASA Service Manual. - Active participation in AA and familiarity with the Twelve Steps, Twelve Traditions and Twelve Concepts. - Willingness to carry the message to those still suffering. - Compassion, patience and respect for all. - Reliability, maturity and ability to work within AA traditions. - Good communication and organizational skills. - Have been trained and endorsed by the Area and Group.				TIME COMMITMENT This is an active service position requiring participation throughout the year.				WHY THIS SERVICE MATTERS Many alcoholics in correctional facilities and treatment centres feel forgotten and alone. Through this service, we carry a message of hope, show them they are not forgotten, and help build the bridge to recovery. We are responsible... when anyone, anywhere, reaches out for help, I want the hand of AA always to be there.				KEY RESPONSIBILITIES - Carry the AA message to professionals in the community (e.g. doctors, social workers, nurses, police, educators, employers, etc.). - Cooperate with professionals who can refer alcoholics to AA. - Provide AA information sessions or presentations to professional groups when requested. - Ensure that AA literature is available to professionals and community members. - Carry the AA message to the public through 12 month, bi-annual, tri-annual and community outreach. - Encourage accurate and positive understanding of AA. - Work with Area Committee and District and Group. - Keep records of activities and provide reports.				QUALIFICATIONS - A suggested minimum of two (2) years of continuous sobriety is recommended in accordance with the AASA Service Manual. - Active participation in AA and a good understanding of the Twelve Steps, Twelve Traditions and Twelve Concepts. - Good communication, listening and interpersonal skills. - A willingness to carry the message and represent AA positively. - Reliability, organization and ability to work with others. - Have been trained and endorsed by the Area and Group.				TIME COMMITMENT This is an active service position requiring participation throughout the year.				WHY THIS SERVICE MATTERS - When professionals understand AA, they can refer alcoholics to us. When the public understands AA, lives are saved. Through CPC / PI, we build bridges of trust and remove barriers so that the hand of AA is always within reach. - Our primary purpose is to carry the message - see this together.			
“Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.” — BILL W. Alcoholic Anonymous, Chapter 7 - Working With Others ONE DAY AT A TIME ONE PERSON AT A TIME TOGETHER WE CAN				“Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.” — BILL W. Alcoholic Anonymous, Chapter 7 - Working With Others ONE DAY AT A TIME ONE PERSON AT A TIME TOGETHER WE CAN				“Our Twelfth Step is really a grass roots effort and never can be organized. It depends on personal work.” — BILL W. Alcoholic Anonymous, Chapter 7 - Working With Others ONE DAY AT A TIME ONE PERSON AT A TIME TOGETHER WE CAN				“Our Twelfth Step is really a grass roots effort and never can be organized. It depends on personal work.” — BILL W. Alcoholic Anonymous, Chapter 7 - Working With Others ONE DAY AT A TIME ONE PERSON AT A TIME TOGETHER WE CAN																																																			



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NOTE FROM AREA TREASURER

YOUR FELLOWSHIP NEEDS YOU

Dear Members of AA East Rand

We all know that in today's times, carrying cash has become pretty much obsolete.

With that in mind and in trying to bring Tradition 7 to the members.

There is an option to EFT your weekly/monthly contributions directly into the AA East Rand Area Bank Account.

When doing so, there are a few options:

If you wish to remain anonymous with regards your contribution but still want the credit recorded against your Home Group:

Simply state; Contribution Group Name, i.e. Contribution Benoni Recovery

You may also state your name and home group, i.e. Dr. Bob Benoni Recovery

Area is also busy with an option to roll out Zapper to each group, which will allow instant payments at each group, we are just busy with a project to have this available at an individual group level.

Please remember, not only do your valuable contributions assist to run the AA Area Office and cover expenses for the area.

Your contributions, more than anything allow the area to fulfil its Primary Purpose and carry the message of recovery to the still suffering alcoholic.

Yours in Service

Mike S

EDITORS NOTE

Recently, during a Big Book study, we read a passage on page 84 that I have read many times before:

"And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned."

As those words were read, I found myself hearing them differently than I ever had before.

For years, I believed this promise was primarily about alcohol. After all, alcohol was the thing that brought me to Alcoholics Anonymous. But during that study, I realized that the real power of the promise lies in the words "anything or anyone."

I began to reflect on the man who first walked into AA and compare him to the man I am today.

When I arrived in the Fellowship, I seemed to be at war with everything. I fought alcohol. I fought circumstances. I fought outcomes. I fought people who didn't behave the way I thought they should. I fought life when it didn't go according to my plans. Looking back, I can see that I spent much of my life exhausted from trying to control what I could never control.

As I listened to the discussion, something became clear to me. The Big Book study wasn't revealing something I needed to start doing—it was revealing something that AA, the Twelve Steps, and a loving God had already done in my life.

Today, I can look back and see how much of that fight has been removed. Life still happens. Challenges still arise. People still disappoint me from time to time. But the constant battle that once existed within me is no longer there. I no longer feel the need to wrestle every situation into submission or demand that life unfold according to my expectations.

What struck me most was realizing that this promise has quietly become a reality in my life. Not perfectly, and not through any effort of my own, but through a spiritual awakening brought about by practicing these principles and relying on a power greater than myself.

The man who arrived in AA was fighting everything. The man who sat in that Big Book study meeting recently realized that he no longer has to.

For that, I am deeply grateful.

Grateful to Alcoholics Anonymous.

Grateful to the Fellowship.

Grateful to the Twelve Steps.

And grateful to a loving God who continues to do for me what I could never do for myself.

In love and service,

Darren du Plooy - Editor, EastRander Newsletter



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AUGUST THANKSGIVINGS

AUGUST SOBRIETY DATES

4TH AUGUST: HENRI (4 YEARS) WORD OF MOUTH GROUP
7TH AUGUST: DEVON (1 YEAR) BENONI RECOVERY GROUP
8TH AUGUST: JODY (6 YEARS)
11TH AUGUST: MARTIN (12 YEARS) EDENVALE LUNCHTIME GROUP
11TH AUGUST: MARK (12 YEARS) AIRFIELD GROUP
19TH AUGUST: JO (7 YEARS) EDENVALE LUNCHTIME GROUP
23RD AUGUST: TASMOND (10 YEARS) BENONI BIG BOOK MEETING
23RD AUGUST: RYNO (5 YEARS) BENONI RECOVERY GROUP
24TH AUGUST: RACHEL (11 YEARS) EDENVALE LUNCHTIME GROUP
28TH AUGUST: EDENVALE EVENING GROUP (61 YEARS) EST. 1965
27TH AUGUST: MPHO (5 YEARS) KEMPTON PARK GROUP
28TH AUGUST: SUBEN (18 YEARS) KEMPTON PARK GROUP
31ST AUGUST: MARK (6 YEARS) EDENVALE LUNCHTIME GROUP
1ST SEPTEMBER: DOS (30 YEARS) SUNNYRIDGE GROUP

AUGUST CELEBRATION DATES

12TH AUGUST: DEVON (1 YEAR) BENONI RECOVERY GROUP
26TH: TASMOND (10 YEARS) BENONI BIGBOOK MEETING (BRG)
25TH AUGUST: HENRI (4 YEARS) WORD OF MOUTH GROUP
27TH AUGUST: EDENVALE EVENING GROUP (61 YEARS) EST. 1965
2ND SEPTEMBER: DOS (30 YEARS) SUNNYRIDGE GROUP

**CHECK WITH YOUR GSR / GROUP
SECETARY WHEN YOUR FELLOWS
WILL BE CELEBRATING THEIR
MILESTONES**

NOTE: IF YOU WOULD LIKE YOUR SOBRIETY DATE TO BE PUBLISHED IN THE EASTRANDER ALONG WITH YOUR CELEBRATION, PLEASE SHARE IT WITH YOUR GSR / GROUP SECETARY.

GOD GRANT ME THE
Serenity to accept

THE THINGS, I CANNOT CHANGE, THE COURAGE TO CHANGE
THE THINGS I CAN, AND THE WISDOM TO
KNOW THE DEEFERENCE. -REINHOLD NIEBUHR.



EAST RAND MEETINGS

MONDAY

EDENVALE LUNCHTIME BIG BOOK – OM 12H30
ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
MARK C. 071 853 0088 / ANNA C. 083 610 0439

BENONI CITY BIGBOOK MEETING – CM 19H00
BENONI CHURCH OF CHRIST, 93 GREAT NORTH ROAD, BENONI
TASMOND 082 924 7630 OR DARREN 074 867 4587

SPRINGS (ONLINE) - OM 19H30
<https://zoom.us/j/91823988389> , password: Free@1501

WEDNESDAY

KEMPTON PARK – OM 19H00
METHODIST CHURCH CNR MONUMENT & VAN DER WALT STR,
KEMPTON PARK
SUBEN 084 619 9585

EDENVALE LUNCHTIME – CM 12H30
ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
MARK C. 071 853 0088 / ANNA C. 083 610 0439

SUNNYRIDGE – OM 19H00
SUNNYRIDGE PRIMARY SCHOOL, ENTRANCE AT CNR KOEDOE &
KORHAAN STS , SUNNYRIDGE , GERMISTON.
DEOLAN. 061 581 3231 OR RAJEN 071 893 2027

KWA-THEMA
YOLANDA 073 524 8736

BENONI RECOVERY GROUP – OM 19H00
BENONI CHURCH OF CHRIST, 93 GREAT NORTH ROAD -
DARREN 074 867 4587

12 STEPS - A SPIRITUAL JOURNEY – OM 18H30
<https://zoom.us/j/91823988389> / Password: Free@1501
FABIAN 083 276 9959

FRIDAY

FRIDAY NIGHT SERENITY GROUP OM - 18H00
WORD AND LIFE CHURCH - 4 UMTATA RD, NORTON HOME
ESTATE, BENONI / DARREN 074 867 4587

BENONI SOUTH - OM - 19H00
CTC CHURCH / CNR LANCASTER AND DAGENHAM STREETS,
BENONI SOUTH / ANIL 072 254 4789

EDENVALE LUNCHTIME – CM 12H30
ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
MARK C. 071 853 0088 / ANNA C. 083 610 0439

THEMBISA – CM 13H00
10 COMMANDMENTS COMMUNITY CENTRE, 137 BRIAN
MAZIBUKO DRIVE, JIYANA, THEMBISA, REBECCA 063 079 3518
SUBEN 084 619 9585

SATURDAY

KATLEHONG - OM 15H00
MOTSMAI CLINIC, CORNER OF MOSEU AND MAPHIKE
(SONTONGA) STREETS, KATLEHONG. KAGISO 066 244 7916

AA THE 4TH DIMENSION -HOUSE OF MERCY – OM 10H00
HOUSE OF MERCY, 35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG
- JO 076 398 5463

TEMBISA - OM 13H00
10 COMMANDMENTS COMMUNITY CENTRE, 137 BRIAN
MAZIBUKO DRIVE, TEMBISA
SUBEN 084 619 9585 OR REBECCA 063 079 3518

ELIM CLINIC - OM 09.00 AM
133 PLANE ROAD KEMPTON PARK I SUBEN 084 619 9585

ETWATWA / DAVEYTON
NTOMBI 082 802 3905

DAWN PARK – OM 14H00
DAWN PARK CLINIC, 10 COSSINS ROAD, BOKSBURG
CONTACT TSHEPO 078 350 9566

TUESDAY

AIRFIELD – OM 19H00
NORTHFIELD METHODIST CHURCH ,
AERODROME DRIVE , NORTHMEAD , BENONI
NINA 072 401 6854 / JOE 078 378 8633

BRAKPAN – OM 19H30
ST. PETERS ANGLICAN CHURCH , QUEENS AVENUE , BRAKPAN
ATTIE 082 884 2194 OR VINCENT 084 400 1982

HOUSE OF MERCY – OM 19H30
35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG
FRAZIER 073 709 3314

WORD OF MOUTH – OM 19H30
1ST EDENVALE SCOUTS, ST.DAVID ROAD, ELMAPARK, EDENVALE.
NEIL 082 518 4844

THEMBISA WHATSAPP MEETING – CM 19H00
VUYANI 082 890 0596

THURSDAY

EDENVALE - OM 19H30
DUNVEGAN NURSERY SCHOOL
CNR DUNVEGAN & FRANCIS STREETS , DUNVEGAN , EDENVALE
MIKE 061 304 5377/CRAIG 082 521 6311

AIRFIELD – STEP MEETING - CM 19H00
NORTHFIELD METHODIST CHURCH ,
AERODROME DRIVE , NORTHMEAD , BENONI
NINA 072 401 6854 / JOE 078 378 8633

HIGHVELD (SECUNDA) – OM 18H00
22 GREY STREET, TRICHARDT. (SECUNDA)
DIRK 083 965 9510

HOUSE OF MERCY – OM 19H30
35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG
FRAZIER 073 709 3314

SOBER AT SUNSET– OM 17H30
ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
SUE 076 889 3024 / ANNA C. 083 610 0439

SPRINGS - OM 19H00
SEL COURT METHODIST CHURCH, 3 – 7 GRANADA
STREET, SEL COURT, SPRINGS
BILL 083 306 0325

SUNDAY

HERE ARE THE STEPS – OM 18H00
<https://zoom.us/j/91823988389> / Password: Free@1501
OLIVER 072 869 3163

LIVE & LET LIVE - OM 16H30
ALL SAINTS ANGLICAN CHURCH, 30 PETUNIA ROAD,
PRIMROSE
LENNIE 076 118 0842 /NEILEN 079 373 5663.

MONDAY - SUNDAY

STEP 11 - DAILY MEDITATION & PRAYER – 05H30 - 06H00
<https://zoom.us/j/85479503213> , PW: step11
Tumi 0825720544

**OM = (OPEN MEETING) these meeting are open to
A.A Members / AL-ANON & Visitors**

**CM = (CLOSED MEETING) these meetings are for
A.A members only**