



ALCOHOLICS
ANONYMOUS

EASTRANDER

September 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.

"We have to grow or else deteriorate. For us, the status quo can only be for today, never for tomorrow. Change we must; we cannot stand still."

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

PROGRAM

SATURDAY, 05 SEPTEMBER 2026

07:30 – 09:00
Registration

09:00 – 11:00
First Session

11:00 – 11:30
Tea Break

11:30 – 13:00
Second Session

13:00 – 14:00
Lunch

14:00 – 16:00
Third Session

THERE WILL ALSO BE:

- Memorabilia for Sale
- Archives Display
- Cold drinks for Sale
- Fundraising Prizes
- Literature for Sale
- Auction Items

**FULL PROGRAM WILL BE
AVAILABLE ON THE DAY**

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

SAVE THE DATE



HERITAGE DAY BRAAI

24 SEPTEMBER 2026
Venue: Bokkie Park / Boksburg
R 50.00 per person
MEAL: BOREWORS ROLLS & SALAD
Bring your own Coldrinks

AREA ASSEMBLY MEETING

DATE: 12 SEPTEMBER
2026
TIME: 2PM
VENUE: BENONI CITY
METHODIST CHURCH
26 BUNYAN STREET,
BENONI



INTERGROUP MEETING

DATE: 12 SEPTEMBER
TIME: TBC
VENUE: TBC



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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: BRENT (079 109 5404)
DELEGATE: SAM (082 922 1342)
ALTERNATIVE DELEGATE: DARREN (074 867 4587)
INTERGROUP CHAIR: KIMESHEN (083 464 1778)
PUBLIC INFO / CPC: GAVIN C. 081 454 0825
CORRECTIONAL FACILITIES (PROVISIONAL):
GRAHAM (073 771 2290)
TREATMENT FACILITIES (PROVISIONAL):
GRAHAM (073 771 2290)
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**

TOGETHER
WE CARRY
THE MESSAGE
OF HOPE



CPC / PI
COOPERATION WITH THE
PROFESSIONAL COMMUNITY /
PUBLIC INFORMATION
Carrying the AA message to
professionals and the public.

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

- 1. Carry the AA message to professionals in the community (leg. doctors, social workers, counsellors, police, educators, employers, etc.).
- 2. Develop and maintain cooperation with professionals who can refer alcoholics to AA.
- 3. Provide AA information sessions or presentations to professional groups when requested.
- 4. Ensure that AA literature is available to professionals and community facilities.
- 5. Carry the AA message to the public through PI events, media, literature and community outreach.
- 6. Encourage accurate and positive understanding of AA.
- 7. Work with Area committees and Districts on CPC / PI initiatives.
- 8. Keep records of activities and provide reports.

QUALIFICATIONS

- 1. A suggested minimum of two (2) years of continuous sobriety is recommended in accordance with the AASA Service Manual.
- 2. Active participation in AA and a good understanding of the Twelve Steps, Twelve Traditions and Twelve Concepts.
- 3. Good communication, listening and interpersonal skills.
- 4. A willingness to carry the message and represent AA positively.
- 5. Reliability, organization and ability to work with others.
- 6. Familiarity with AA literature and the AASA Service Manual.
- 7. Areas may consider discussion based on their Group Conscience and the availability of willing and suitably experienced members.

TIME COMMITMENT

This is an active service position requiring participation throughout the year.

- Members should be willing and available to attend Area and District meetings and respond to service requests as they arise.
- Access to reliable transport is beneficial.
- Be available according to the needs of professional and public events, presentations and outreach initiatives.

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 – we do this together.



“Our Twelfth Step is really a grass roots affair and never can be organization. It depends on personal work.”

– BILL W.
Alcoholics Anonymous,
Chapter 7 –
Working With Others

 **ONE DAY AT A TIME
ONE PERSON AT A TIME
TOGETHER WE CAN**

Congratulations

Congratulation to both Sam (New Delegate)
and Graham (Provisional New Corrections & Treatment
Facilitator) for taking up the positions and your willingness
to be of service to our Area.

Thank You

The Area would like to thank Retha who will be rotating
out of her position as Delegate for your dedication and
service to the
Area.



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EDITORS NOTE

As I sit down to write this month's Editor's Note, there is something special about the time of year we are entering. Spring is here.

The days get a little longer, the mornings a little lighter, and nature begins to come alive again. Trees grow new leaves, flowers begin to bloom, and we are reminded that after even the coldest season, new life is possible.

For me, Spring is a beautiful reminder of what recovery has given me.

There was a time when my life felt like a never-ending winter. Alcohol had taken so much from me, my relationships, my peace, my self-respect and, at times, even my hope.

When I came into AA, I didn't have all the answers. I simply became willing to listen, to keep coming back and to take the suggestions. The Big Book reminds me that "we are not cured of alcoholism," but that I have been given a daily reprieve, contingent on the maintenance of my spiritual condition. That reminds me that recovery isn't about becoming perfect. It's about continuing to grow. Just like Spring doesn't happen overnight, neither does recovery. A seed doesn't become a tree in a day. There are seasons of growth, seasons of pruning, and even seasons where it feels like nothing is happening. But underneath the surface, something can still be taking root.

Through the Twelve Steps. I begin clearing away the things that have kept me stuck, resentment, fear, dishonesty, selfishness and the need to control. I learn to clean house, make things right, and seek God's will rather than constantly trying to run the show myself. And perhaps one of the greatest gifts of recovery is simply this:

I get another chance to grow.

So as Spring begins, perhaps I can ask myself:

What needs to bloom in my life?

What needs to be pruned?

What old fears or resentments am I still holding onto?

What new life has recovery already given me that I sometimes take for granted?

When I look back at where I came from, I realise that the man who walked into AA and the man I am today are not the same person.

There has been pain, growth, mistakes, healing and, most importantly, grace.

Spring reminds me that I don't have to have everything figured out. I simply need to keep putting down roots.

One day at a time.

One Step at a time.

One meeting at a time.

One prayer at a time.

And eventually, I look around and realise:

I am still growing.

Here's to a new season, new growth and another day sober.

Keep coming back. It works if you work it!

Peace & Blessings until next time, Darren EastRander Editor



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SEPTEMBER THANKSGIVINGS

SEPTEMBER SOBRIETY DATES

30TH AUGUST: ALVIN (1 YEAR) - LIVE & LET LIVE GROUP

1ST SEPTEMBER: RAJEN (30 YEARS) - SUNNYRIDGE GROUP

21ST SEPTEMBER: JO (44 YEARS) BENONI SOUTH GROUP

25TH SEPTEMBER: DIVAN (2 YEARS) BENONI RECOVERY GROUP

29TH SEPTEMBER: CRAIG (4 YEARS) WOM / EDENVALE EVENING
GROUP

SEPTEMBER CELEBRATION DATES

2ND SEPTEMBER: RAJEN (30 YEARS) SUNNYRIDGE GROUP

6TH SEPTEMBER: ALVIN (1 YEAR) - LIVE & LET LIVE GROUP

27TH SEPTEMBER: DAVID V (11 YEARS) - LIVE & LET LIVE GROUP

29TH SEPTEMBER: CRAIG (4 YEARS) - WORD OF MOUTH

30TH SEPTEMBER: DIVAN (2 YEARS) BENONI RECOVERY GROUP

1ST OCTOBER: CRAIG (4 YEARS) - EDENVALE EVENING GROUP

CHECK WITH YOUR GSR / GROUP SECRETARY 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 SECRETARY.*

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

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**