



ALCOHOLICS
ANONYMOUS

EASTRANDER

FEBRUARY 2025

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.

“Let us always love the best in others—and never fear their worst. Bill W”

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.

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

www.aaer.co.za/meetings.html





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FEBRUARY 2025

NEWS AND EVENTS

Valentine Ball Gatsby Night

DATE: 15 FEBRUARY 2025
TICKET PRICE: R 150.00 PER PERSON
MEAL: BUILD YOUR OWN WRAP & DESSERT
BRING YOUR OWN DRINKS / DRINKS WILL BE SOLD AT VENUE
TIME: 6.00 PM
VENUE: WESLEY HALL NORTHFIELD METHODIST CHURCH,
AIRFIELD, BENONI

TICKETS AVAILABLE WITH INTERGROUP REPS

FOR MORE INFO CONTACT: DARREN 074 867 4587

Valentine Ball Banking Details

ALCOHOLICS ANONYMOUS EAST RAND
BANK: NEDBANK LIMITED
BRANCH: PRINCESS PARK
ACCOUNT NUMBER: 1903 342 503
BRANCH CODE: 186 242
ACCOUNT TYPE: CURRENT / CHEQUE ACCOUNT
REFERENCE: TICKET NO & GROUP

NB: PLEASE NOTE NO TICKET WILL BE ISSUED WITHOUT PROOF OF FUNDS, AND NO PAYMENTS WILL BE ACCEPTED ON THE DAY IF WE COULD PLEASE ENSURE PAYMENTS ARE MADE IN ADVANCE.

East Rand Convention 2025



18 - 20 April 2025

- Fellowshiping
- Shares from all over the country
- Meetings Friday whole day
- Afrikaans & German meeting on Saturday
- Saturday evening entertainment
- Sunday closing meeting
 - Donation draw
 - Auction
- Tea/coffee/sandwiches during breaks on tap
- Food vendors on premises
- Memorabilia for sale
- Literature for sale
- Archive display

Registration opens at
07h00 Friday 18 April 2025
Registration fee
R130pp

Wordsworth High School
4 Wordsworth Road, Farrarmere, Benoni

1st Meeting on Friday starts at 09h00
Convention will conclude around midday on Sunday 20 April 2025

Pre-registration available AA Office 011 421 1748 | aaeastrand@gmail.com



Reminder GSRS

Area Assembly Meeting

Date: 8 February 2025
Time: 2pm - 3pm
Venue: Benoni City
Methodist Church 26
Bunyan Str, (Entrance Cnr
Cranbourne Ave) Benoni



MEETING reminder



Intergroup Meeting

Date: 8 February 2025
Time: 3.30pm
Venue: The Fat Mermaid
4 Jasmine Road, Bedfordview

Donation Booklets Available

Want to assist with

Convention Fundraising?

Booklets can be collected from

Area Office.

Contact Larry for more Info | (011) 421 1748





ALCOHOLICS ANONYMOUS EASTRANDER FEBRUARY 2025

EAST RAND AREA CONTACTS

- . AREA CHAIR PERSON: LISA M (083 564 5659)
- . AREA VICE ACTING CHAIR PERSON: JO H (071 873 1231)
- . TREASURER: TASMOND (082 924 7630)
- . SECRETARY: CAROLINE (065 878 0878)
- . DELEGATE: GAVIN D. (076 116 4279)
- . DELEGATE: RETHA (071 581 2435))
- . ALTERNATE DELEGATE: **POSITION VACANT**
- . INTERGROUP CHAIR: DARREN (074 867 4587)
- . PUBLIC INFORMATION / CPC: GAVIN C. 081 454 0825
- . CORRECTIONAL FACILITIES: **POSITION VACANT**
- . TREATMENT FACILITIES: DEON (079 691 4180)
- . LITERATURE: MARK (071 853 0088)
- . ARCHIVES: **POSITION VACANT**
- . REGIONAL TRUSTEE: **POSITION VACANT**
- . WEBSITE: BRANDON (079 902 5452)
- . EASTRANDER NEWSLETTER: DARREN (074 867 4587)

EAST RAND AREA OFFICE

BENONI CENTRAL METHODIST CHURCH

26 BUNYAN STREET (ENTRANCE
CRANBOURNE AVE.) BENONI

LARRY - TELEPHONE (011) 421 1748
(9AM - 1PM)

ALL HOURS: 0861-435722 OR 0861-HELPA

Email: aaer@aaer.co.za or
larry@aaer.co.za

AREA ASSEMBLY VACANCIES AVAILABLE

Office Coordinator, AA East Rand: The purpose of this role is to provide feedback to people who need information about AA and Area events/activities, ensure literature is available, liaise with other Areas and GSO and to facilitate good communication between the area portfolios. The coordinator must be knowledgeable about the service structure of AA as well as demonstrate knowledge of the AA Traditions. This salaried position is half-day (5 hours per day, Monday to Friday), plus one meeting per month on a Saturday (2nd Saturday of each month, 2 – 3:30 pm)

Alternate Delegate: The alternate serves as a valuable assistant, often traveling with the delegate or giving reports for them. (Requirement of Minimum 5/6 years sobriety)

Regional Trustee: These trustees are selected for their service experience and familiarity with A.A. principles. While no trustee can be said to “represent” a geographical section—all trustees represent only the Fellowship as a whole—regional trustees bring to the board’s discussions a regional A.A. point of view and experience that is invaluable. (Requirement of Minimum 10 years sobriety)

Correctional Facilities: The purpose of this portfolio is to assist the carrying of the message of recovery to the suffering alcoholic in Treatment and Correctional Facilities. The incumbent serves a three-year term (Requirement of Minimum of 3 years sobriety)

Archives: Archives positions are engaged in the work of setting up an area archives to collect and preserve area history. Written materials (books, pamphlets, newsletters, written histories), photographs and audiotapes are the foundations of a collection. (Sobriety requirement subject to Area Office & Chair Person)

- Refer to THE A.A. SERVICE MANUAL

CONTACT AREA OFFICE FOR
MORE INFO:
(011) 421 1748

Congratulations

to both Mark as our new Literature Rep and Caroline on taking up the position as our Area Secretary! Wishing you all the best in your new service roles!





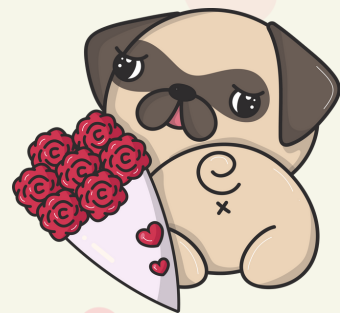
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FEBRUARY 2025

Joke for the month

What did the paper clip say to the magnet?
"I find you very attractive."



Quote for the Month

"Recovery is not a race. You don't have to feel guilty if it takes you longer
than you thought it would."

EDITORS NOTE FOR THE MONTH

And in a blink of an eye the first month of the new year has come and gone and we enter into February known as the month of love. I sat and wondered what could I share on love within sobriety and it took me back to finding the ability to love myself again and in turn allow myself to extend that love to others around me. When I started my recovery journey it was extremely overwhelming and having to practice self love was something that had become a complete foreign concept, and I came to realize it would become an important practice and it didn't come easy. I didn't feel deserving or worthy of this. But I wasn't alone on the journey, I had been blessed with a very good sponsor who guided me through a lot of this. Before entering AA my entire identity was completely distorted by my alcoholism, my need for my next drink always took priority and placing compassion towards myself was on the very bottom of my list. But as I worked the program and my steps, as the physical allergy left me I was left with so many parts of myself I had worked so hard to mask.

I was faced with so many labels I had placed on myself and believed as true, and it was not so: "I will never be more than an alcoholic", which was so unnecessarily harmful, "I am weak and have no self control" which was not a character flaw or something to be ashamed of, "I am broken beyond repair", the truth here was that I suffered from a disease and so many other labels. I learnt this by giving myself over to this simple program but it took time to accept these things that I had engrained so deeply within myself. And how I saw myself. It was because of these labels I carried for years that I did not have a solid base of self love. Finding self love was extremely hard and challenging but became so rewarding. I had to come to terms with who I was, and to become the person I wanted to be, one step at a time, one day at a time. And so healing started to take place. And with all that coming to understand what self love was. Self-love is a state of appreciation for myself and is important because it is a way that I push myself to motivate myself into making healthy and better choices. I don't always succeed in practicing self love as life sometimes throughs things in my way that make me want to fall into old patterns and I start believing those labels I once wore without a care. But I have learnt ways of how to practice self love when I do get into these spaces that make me loose sight. I remind myself I don't need to settle for anything less than I deserve, remain authentic to what is true to me, taking care of my own needs without sacrificing my own well being to please others, engaging in self reflection, like doing a gratitude list, being kind to myself and giving myself a break should judgement prop up, forgiving myself, choosing not to dwell on the past, trying to set healthy boundaries, positive actions have resulted in positive feelings towards myself and has helped bring inner peace in the midst of chaos. With all that said one of the most important ways to love myself is to act based on what I need, not what I want. So I close with this, find a way to love yourself, it's been one of the most amazing things I have experienced in my recovery! The Big Book emphasizes the importance of love and self-compassion in recovery. It also encourages people to forgive themselves and others, and to treat others with kindness and tolerance.

Peace & Blessings until next time...EastRander Editor: Darren





ALCOHOLICS ANONYMOUS EASTRANDER FEBRUARY 2025

-February Thanksgivings-

FEBRUARY SOBRIETY DATES

1ST FEBRUARY: VERNY (5 YEARS) - EDENVALE LUNCHTIME
3RD FEBRUARY: IAN (48 YEARS) - EDENVALE LUNCHTIME
10TH FEBRUARY: DAVE (15 YEARS) EDEVALE LUNCHTIME
10TH FEBRUARY: VIVIEN (43 YEARS) - EDENVALE LUNCHTIME
11TH FEBRUARY: FABIEN (12 YEARS) - EDENVALE LUNCHTIME
12TH FEBRUARY: ANA (2 YEARS) - EDENVALE LUNCHTIME
14TH FEBRUARY: ARRIE (22 YEARS) - EDENVALE LUNCHTIME
14TH FEBRUARY: TOTO (2 YEARS) - ETWATWA EAST SIDE
18TH FEBRUARY: SUE B. (3 YEARS) - EDENVALE LUNCHTIME
18TH FEBRUARY: BEVAN B. (26 YEARS) - EDENVALE LUNCHTIME
18TH FEBRUARY: SEAN (7 YEARS) - AIRFIELD
20TH FEBRUARY: LORRAINE (1 YEAR) - BENONI RECOVERY GROUP
23RD FEBRUARY: SONJA (1 YEAR) - AIRFIELD
28TH FEBRUARY: PATRICK (1 YEAR) - EDENVALE LUNCHTIME

FEBRUARY CELEBRATION DATES

3RD FEBRUARY: IAN (48 YEARS) - EDENVALE LUNCHTIME
7TH FEBRUARY: VERNY (5 YEARS) - EDENVALE LUNCHTIME
7TH FEBRUARY: DAVE (15 YEARS) - EDENVALE LUNCHTIME
10TH FEBRUARY: VIVIEN (43 YEARS) - EDENVALE LUNCHTIME
14TH FEBRUARY: ARRIE (22 YEARS) - EDENVALE LUNCHTIME
18TH FEBRUARY: SEAN (7 YEARS) - EDENVALE LUNCHTIME
21ST FEBRUARY: BEVAN B. (26 YEARS) EDENVALE LUNCHTIME
28TH FEBRUARY: PATRICK (1 YAER) - EDENVALE LUNCHTIME



ATTENTION GSR'S: PLEASE ENSURE THAT ANY THANKSGIVINGS ARE SUBMITTED BY THE 25TH OF EACH MONTH TO THE EDITOR FOR PUBLICATION

Looking for some literature?

*There is an abundance of literature available which can be purchased from your Group Librarian.
You can also visit our website with a full catalogue of what's available see below link or you can contact our Area Office should you want to place a order.*

<https://www.aaer.co.za/literature.html>

Contribute to Area Office

EAST RAND AREA BANKING DETAILS

ALCOHOLICS ANONYMOUS EAST RAND
BANK: NEDBANK LIMITED
BRANCH: PRINCESS PARK
ACCOUNT NUMBER: 1903 342 503
BRANCH CODE: 186 242
ACCOUNT TYPE: CURRENT / CHEQUE ACCOUNT



Eastrand Weekly Meetings.



MONDAY

BENONI CITY LUNCH TIME – OM 13H00

BENONI CENTRAL METHODIST CHURCH ,
26 BUNYAN STREET (ENTRANCE CRANBOURNE AVENUE) ,
BENONI -LARRY 072 281 5949

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 - IN RECESS

ADIL 076 914 5975 OR ANIL 072 254 4789

COURAGE TO CHANGE - OM 19H00 (IN RECESS)

NG KERK ,8 CANADAIR AVENUE , IMPALA PARK , BOKSBURG
TONY 082 443 4425 OR WARREN 082 335 0049

SPRINGS (ONLINE) - OM 19H30

[HTTPS://ZOOMUS/J/91823988389](https://zoomus/j/91823988389) , PASSWORD: FREE@1501

WEDNESDAY

KEMPTON PARK – OM 19H00

METHODIST CHURCH CNR MONUMENT & VAN DER WALT
STREETS , KEMPTON PARK

SUBEN 084 619 9585 , KRISH 061 473 1733

EDENVALE LUNCHTIME – CM 12H30

ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
MARK C. 071 853 0088 / ANNA C. 083 610 0439

BENONI CITY LUNCH TIME – OM 13H00

BENONI CENTRAL METHODIST CHURCH ,
26 BUNYAN STREET (ENTRANCE CRANBOURNE AVENUE) ,
BENONI , LARRY 072 281 5949

SUNNYRIDGE – OM 19H00

SUNNYRIDGE PRIMARY SCHOOL, ENTRANCE AT CORNER,
KOEDOE AND KORHAAN STS , SUNNYRIDGE , GERMISTON.
DEOLAN. 061 581 3231 OR RAJEN 071 893 2027

KWA-THEMA - OM 18H00 NEW

ROMAN CATHOLIC CHURCH, DLADLA STREET, KWA-THEMA
SANDY 0717403910

BENONI RECOVERY GROUP – OM 19H00 NEW

93 GREAT NORTH ROAD - TAMRYN 082 387 1652

FRIDAY

BENONI SOUTH - OM - 19H00 - 20H00 / CTC CHURCH
CNR LANCASTER AND DAGENHAM STREETS, BENONI SOUTH
TONY 084 554 9580

EDENVALE LUNCHTIME – CM 12H30

ST. THERESE CATHOLIC CHURCH , HORWOOD ST. ,EDENVALE
MARK C. 071 853 0088 / ANNA C. 083 610 0439

SATURDAY

KATLEHONG - OM 15H00

MOTSMAI CLINIC, CORNER OF MOSEU AND MAPHIKE
(SONTONGA) STREETS, KATLEHONG. VIVIEN 083 326 7504

SOBER SATURDAY -HOUSE OF MERCY – OM 10H00

35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG REZA 082 555
9088

TEMBISA - OM 11H00

MASISEBENZE HIGH SCHOOL, 2 NAMIBIA ST, JIYANA, TEMBISA
SUBEN 084 619 9585 OR REBECCA 063 079 3518

ELIM CLINIC - CM 09.00 AM

133 PLANE ROAD KEMPTON PARK | SUBEN 084 619 9585

ETWATWA EAST SIDE - OM 14H00

23RD STREET, ETWATWA EAST

NTOMBI 082 802 3905

TUESDAY

AIRFIELD – OM 19H00

NORTHFIELD METHODIST CHURCH ,
AERODROME DRIVE , NORTHMEAD , BENONI
BRIAN 083 874 3737 OR SAM 082 922 1342

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. CRAIG 082 521 6311

THURSDAY

EDENVALE - OM 19H30

DUNVEGAN NURSERY SCHOOL
CNR DUNVEGAN & FRANCIS STREETS ,
DUNVEGAN , EDENVALE

SHIVEN 073 812 1794 OR LEON 071 670 4769

AIRFIELD – STEP MEETING 19H00 CLOSED

NORTHFIELD METHODIST CHURCH ,
AERODROME DRIVE , NORTHMEAD , BENONI
BRIAN 083 874 3737 OR RETHA 071 581 2435

HIGHVELD (SECUNDA) – OM 18H00

22 GREY STREET, TRICHARDT. (SECUNDA)

GAVIN 076 116 4279

HOUSE OF MERCY – OM 19H30

35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG
FRAZIER 073 709 3314

EDENVALE LUNCHTIME LATE AFTERNOON – OM
17H30

ST. THERESE CATHOLIC CHURCH , HORWOOD ST.
EDENVALE

TATENDA 062 664 8951 OR VERNY 072 630 5821

SPRINGS - OM 19H00

SELCOURT METHODIST CHURCH, 3 – 7 GRANADA
STREET, SELCOURT, SPRINGS

BILL 083 306 0325

SUNDAY

HERE ARE THE STEPS – OM 18H00 -

<https://zoomus/j/85479503213> Password: Free@1501

SANDIL 083 445 0500 OR LISA 083 564 5659

LIVE & LET LIVE - OM 16H30 NEW

ALL SAINTS ANGLICAN CHURCH, 30 PETUNIA ROAD,
PRIMROSE / RAJEN 071 893 2027

MONDAY - SUNDAY

DAILY MEDITATION & PRAYER – 05H30 - 06H00

<https://zoomus/j/98567582731> , PW: free@1501

TUMI: 082 572 0544 / SUNDAYS @ 19H30 - 20H30

NOTE: 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