



ALCOHOLICS
ANONYMOUS
EASTRANDER
JUNE 2025

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.

"You can't think your way into right action, but you can act your way into right thinking." 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.

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

O - One

—

D - Day

—

A - At

—

A - A

—

T - Time



ALCOHOLICS ANONYMOUS EASTRANDER JUNE 2025

NEWS AND EVENTS

Founders Day 2025



WORD OF MOUTH GROUP

You're Invited to Founders Day 2025

Hosted by: Word of Mouth

Date: Tuesday, 10th June 2025

Time: 7:00 PM

Venue: 1st Edenvale Scouts Hall, St David Road, Elmapark, Edenvale



Join us as we come together to celebrate **Founders Day 2025**, honouring the birth of Alcoholics Anonymous and the gift of recovery. Craig will be chairing the meeting, and we'll be hearing a powerful share on the History of AA from Mike and Fabian.

Come a bit earlier for soup and cake!

Soup will be ready before the meeting — so come warm your hands and your heart.

Cake will be served too, and you're invited to bring a plate of finger foods to share.

Let's celebrate the legacy of AA and the hope it continues to offer — one day at a time.

All are welcome.

SAVE THE DATE

Christmas IN July

DATE: 26 JULY 2025

JOIN US FOR A FUN FILLED
AFTERNOON OF BINGO &
FELLOWSHIP!

MORE INFO TO FOLLOW
CONTACT:
DARREN 074 867 4587

ALCOHOLICS ANONYMOUS EAST RAND RALLY 2025

26 Bunyan Street
Benoni Central Methodist Church

06 September 2025
Registration starts at 07:30

R 50 per AA / Al-Anon Members
Visitors FREE entrance

Coffee / Tea & Lunch will be provided

Reminder

AREA ASSEMBLY MEETING

Date: 14 June 2025

Time: 02.00pm

Venue: 26 Bunyan Str

Benoni Methodist Church



ALCOHOLICS ANONYMOUS EASTRANDER JUNE 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)
- . SECETARY: CAROLINE (065 878 0878)
- . DELEGATE: GAVIN D. (076 116 4279)
- . DELEGATE: RETHA (071 581 2435))
- . ALTERNATE DELEGATE: **POSISTION 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

JO H. - TELEPHONE (011) 421 1748
(9AM - 1PM)

ALL HOURS: 0861-435722 OR 0861-HELPA

Email: aaer@aaer.co.za

NEW 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 AVAILABLE

Area Chair Person: The Chairperson is responsible for the smooth running of Area assemblies, consulting with the Committee before setting the date and time, consulting with officers and Committee members on the program, chairing the Assembly meetings, the Chairperson, more than any other officer, keeps the Delegate informed about what is going on in the Area, and makes sure that Committee members are aware of what goes on in world services.

Requirements: The chairperson should have a solid period of **sobriety (minimum three years)**, and experience in group, central office, institutional, and/or Area affairs, Area chairpersons need a sound understanding and appreciation of the Steps, the Traditions, and the Concepts, Along with a good fund of experience gained through applying these guiding principles successfully to local problems, Communication skills, leadership qualities, and sensitivity to the wishes of the local Area are also important

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)**

- **Refer to THE A.A. SERVICE MANUAL**

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





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JUNE 2025



Joke for the month

How many members of Alcoholics Anonymous does it take to
change a light bulb?



Only one, but the bulb has to want to change.

EDITORS NOTE FOR THE MONTH

Greetings readers, where do I start with this months note. No one ever said that sobriety will be easy. Of late I've been doing my best to live life on life's terms, there is a saying " though times don't last, but tough people do." It's hard to see this when you are in the thick of things. Achieving sobriety is a huge accomplishment. Succeeding in recovery is even more impressive. But what do you do when things get tough? When times get tough, it is natural for me to respond very emotionally, and sometimes even irrationally. This is after all how I use to deal with matters in active alcoholism, alcohol kept me from dealing with stress or feeling my emotions. But I am blessed that I no longer need to revert back to old habits. When anxiety increases in my life, I can equivocally increase my efforts to stay within my recovery. One of the most powerful tools that I have to maintain my sobriety during difficult times is to stay mindful. Despite the instinctive reaction to escape the stress, staying present is a powerful way to anchor me on my recovery path. This needs to be a daily routine. I need to remember to be kinder to myself and this is something that I forget when I find myself caught up in fear and anxiety. I need to choose to be strong even in tough times, I have learnt that recovery is a choice especially in times of stress, backing up that choice by my actions is how I can stay strong. This is why it is of great important for me to stay grounded, and to fiercely use the skills and tools that AA has provided me with.

I have touched on this before and I neglect to remember this, but also maintaining an attitude of gratitude allows me to look past any difficulty I may be faced with and it's sometimes the last thing I think of when I feel like I am being consumed by life. Gratitude opens the door to positive emotions and experiences, simply taking a moment to count my blessings lifts my spirit and reminds me of all that I have to appreciate in life. Gratitude can show others that I do not take my second chance at life for granted. By expressing thankfulness for everything I have in my life, I can shift my mindset from focusing on what I lack to appreciating all the wonderful things I have going for me even when I can't see it. One of the best ways that I have experienced to feel grateful is to give back and help others as the Big Book says "Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs" When I take the focus off of myself and my problems, I can see all of the ways I am fortunate and have so much to offer.

I will end off with this, they say this too shall pass, and how blessed am I not to belong to the fellowship of AA that has guided me and equipped me with the tools necessary to live life on life's terms, one day at a time.

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





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-June Thanksgivings-

JUNE SOBRIETY DATES

3RD JUNE: NEIL (1 YEAR) - WORD OF MOUTH GROUP

7TH JUNE: BENONI SOUTH (10 YEARS)

9TH JUNE: DARRYL (17 YEARS) - SUNNYRIDGE GROUP

17TH JUNE: ASHLEY (3 YEARS) - SUNNYRIDGE GROUP

23RD JUNE: JOLENE (11 YEARS) - SUNNYRIDGE GROUP

JUNE CELEBRATION DATES

11TH JUNE: DARRYL (17 YEARS) - SUNNYRIDGE GROUP

25TH JUNE: JOLENE (11 YEARS) - SUNNYRIDGE GROUP

- BENONI SOUTH GROUP TO CONFIRM CELEBRATION DATE

Let's Celebrate

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

PLEASE COULD ANY CHANGES OR UPDATES TO MEETINGS ETC. BE EMAILED TO THE EDITOR OR AREA OFFICE BY THE 25TH OF EACH MONTH

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 (IN RECESS)

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> , 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 (IN RECESS)

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
YOLANDA 073 524 8736

BENONI RECOVERY GROUP – OM 19H00

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 (IN RECESS)

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

IST EDENVALE SCOUTS, ST.DAVID ROAD, ELMAPARK,
EDENVALE. HEINZ 082 373 2752

THURSDAY

EDENVALE - OM 19H30

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

MIKE 061 304 5377/CRAIG 082 521 6311

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

MARK C. 071 853 0088 / ANNA C. 083 610 0439

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

OLIVER 072 869 3163

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/85479503213> , PW: step11

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**