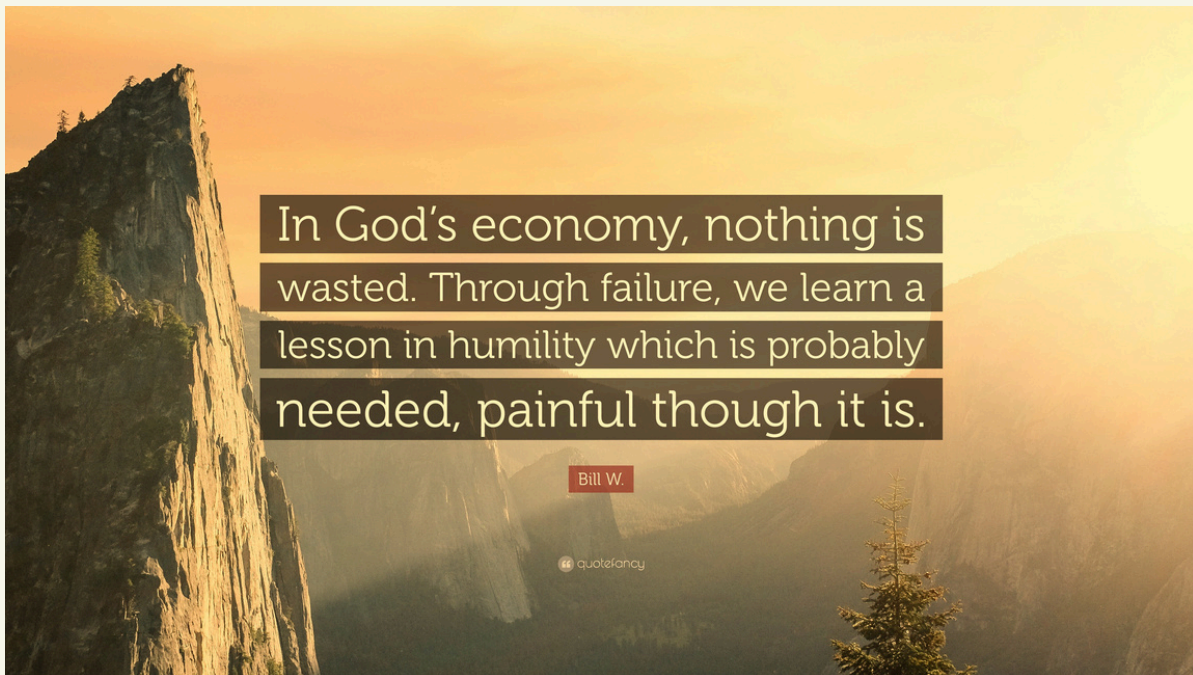


EASTRANDER

ALCOHOLICS
ANONYMOUS
OCTOBER 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.*



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

E

ALCOHOLICS ANONYMOUS ASTRANDER OCTOBER 2025

NEWS AND EVENTS

DEAR FELLOWS:

PLEASE NOTE THAT YOUR PLACE AT THE
EVENT IS ONLY CONFIRMED ONCE YOUR
TICKET PAYMENT HAS BEEN RECEIVED.

TO AVOID DISAPPOINTMENT, WE
ENCOURAGE YOU TO COMPLETE YOUR
PAYMENT AS SOON AS POSSIBLE.

WE LOOK FORWARD TO SEEING YOU

THERE!

MEETING REMINDER

SAVE THE DATE

GRATITUDE DINNER

NOV 29 - 6:00 PM

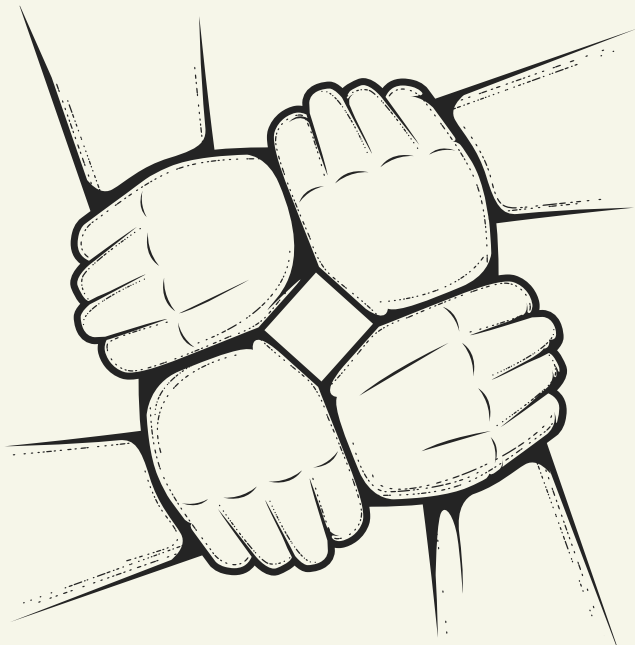
VENUE: LITTLE NERO'S, BOKSBURG
TICKET PRICE: R 280.00 PER PERSON
DRESS CODE: SMART / CASUAL

! TICKETS NOW AVAILABLE !

Please note that your place at the event is only confirmed once your
ticket payment has been received.

PAYMENT CUT OFF DATE: 25 NOV '25

FOR MORE INFO CONTACT: DARREN 074 867 4587



ATTENTION GSRS

AREA ASSEMBLY

MEETING

11 OCTOBER 2025
@
2PM - 3PM

VENUE:

BENONI CITY METHODIST CHURCH

26 BUNYAN STREET,
ENTRANCE (CNR CRANBOURNE AVENUE)
BENONI

EAST RAND AREA STRANDER

ALCOHOLICS
ANONYMOUS
OCTOBER 2025

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)
- . SECRETARY: CAROLINE (065 878 0878)
- . DELEGATE: RETHA (071 581 2435)
- . DELEGATE: BRENT (079 109 5404)
- . 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: EMILY (071 864 1930)
- . REGIONAL TRUSTEE: LISA (083 546 5659)
- . 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-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 AVAILABLE

- . **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)
- . **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)
- . **Treatment Facilities:** Support the work of individual A.A. members and groups who carry the A.A. message into treatment facilities (Requirement of Minimum 2 years sobriety)

- Refer to **THE A.A. SERVICE MANUAL** - aasouthafrica.org.za

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



We extend our warmest congratulations to Lisa for being voted in as
our Regional Trustee!

This is a significant testament to your dedication, integrity, and
commitment to the AA community.

We wish you all the best in your new role. Your willingness to serve is
deeply appreciated, and we are grateful for the time and energy you
devote to supporting AA and its members.

Thank you for your service!

Congratulations!

EASTRANDER

ALCOHOLICS
ANONYMOUS
OCTOBER 2025

Joke for the month

ha
ha

It takes me five minutes to walk to the local pub and 25 mins to walk back from it

LOL!

The difference is staggering

A member shares...

My Journey to Recovery.

In the beginning, I wondered if I would ever make it through.
There were periods of anger, sadness, pain, and grief; times when I wondered,
"Why me?"

But one day, there was a glimpse of light, and then another.
The clouds began to break apart, and I started to see beyond them.

The times when I felt happy and safe began to outnumber the times when I felt sad and frightened.

New friendships were formed; feelings of trust and resolution began to replace past feelings of hopelessness and self-doubt.

I seemed to emerge from the darkness into the light with a sense of empowerment.

I now realize that there are things about my past that I cannot change, but I can stop them from controlling my life and my happiness.

I know that this part of my life will never go away entirely, but it has begun to take a less prominent place in my existence.

I have begun to allow other thoughts to enter my mind, and I have a better understanding of myself - my strengths and weaknesses.

I'm not afraid to set limits.

I've begun to enjoy life again and to think about the future.

I can now look back on this time for what it was - a period of growth, self-discovery and healing.

A. Webber

"When I focus on what's good today, I have a good day. When I focus on what's bad, I have a bad day. If I focus on the problem, the problem increases. If I focus on the answer, the answer increases. "

~Big Book of Alcoholics
Anonymous

EASTRANDER

ALCOHOLICS
ANONYMOUS

OCTOBER 2025

-OCTOBER THANKSGIVINGS-

OCTOBER SOBRIETY DATES

3RD OCTOBER: BENONI RECOVERY GROUP (6 YEARS)

4TH OCTOBER: CAROLINE B. (2 YEARS) - EDENVALE LUNCHTIME GROUP

5TH OCTOBER: ALLEN (2 YEARS) - EDENVALE LUNCHTIME GROUP

5TH OCTOBER: THANDO (2 YEARS) - KATLEHONG GROUP

9TH OCTOBER: JANINE (13 YEARS) - EDENVALE LUNCHTIME GROUP

14TH OCTOBER: JESSICA (17 YEARS) - KEMPTON PARK GROUP

21ST OCTOBER: REBECCA (5 YEARS) - THEMBISA GROUP

21ST OCTOBER: SAM (5 YEARS) - BENONI RECOVERY GROUP

22ND OCTOBER: JO P (22 YEARS) - AIRFIELD GROUP

24TH OCTOBER: NTOKOZO (9 YEARS) - KATLEHONG GROUP

30TH OCTOBER: STUART (1 YEAR) WORD OF MOUTH GROUP

31ST OCTOBER: WILMA (5 YEARS) - EDENVALE LUNCHTIME GROUP

OCTOBER CELEBRATION DATES

8TH OCTOBER: BENONI RECOVERY GROUP (6 YEARS)

15TH OCTOBER: JESSICA (17 YEARS) - KEMPTON PARK GROUP

22ND OCTOBER: SAM (6 YEARS) - BENONI RECOVERY GROUP

Let's Celebrate

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.

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

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

DAWN PARK – OM 12H00
DAWN PARK CLINIC, 10 COSSINS ROAD, BOKSBURG
CONTACT TSHEPO 078 350 9566

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 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

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 - DARREN 074 867 4587

FRIDAY

BENONI SOUTH - OM - 19H00 - 20H00 / 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

SATURDAY

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

SOBER SATURDAY -HOUSE OF MERCY – OM 10H00
35 OLIVIA ROAD , RAVENSWOOD , BOKSBURG REZA 082 555 9088

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 | SUBEN 084 619 9585

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. 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 - 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 NEW
ALL SAINTS ANGLICAN CHURCH, 30 PETUNIA ROAD,
PRIMROSE
RAJEN 071 893 2027

MONDAY - SUNDAY

DAILY MEDITATION & PRAYER – 05H30 - 06H00
<https://zoom.us/j/85479503213> , PW: step11
SJ 060 577 9457

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