



ALCOHOLICS  
ANONYMOUS

# EASTRANDER

May 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 lose the fear of making decisions, great and small; as we realize that should our choice prove wrong we can, if we will, learn from the experience."

## 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](http://www.aaer.co.za/meetings.html)



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## NEWS & EVENTS

SAVE THE DATE

*Christmas in July*

July 25, 2026 | At 12:00 Pm

Venue: TBC  
Bingo | Food | Drink

PRIZES TO BE WON!

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

### LOOKING TO DO SOME SERVICE?

**INTERGROUP REP**

**DUTIES:**

- Reporting Info of Upcoming Events to Home Group
- Attending Intergroup Meeting once a month
- Assist with ticket sales / fundraising sheets
- Collecting of supplies & donations for events
- Assisting with venue set up etc.

SERVING AS AN INTERGROUP REPRESENTATIVE (IR) IN ALCOHOLICS ANONYMOUS (AA) CAN BE A REWARDING AND ENJOYABLE EXPERIENCE, PARTICULARLY IF YOU ARE DEDICATED TO SERVICE AND CARRYING THE MESSAGE OF RECOVERY. THE ROLE ALLOWS YOU TO ACTIVELY PARTICIPATE IN AA'S THIRD LEGACY, WHICH EMPHASIZES SERVICE.

**INTERGROUP CHAIR: DARREN 074 867 4587**

### EAST RAND RALLY 2026

## SPEAKER NOMINATION FORMS AVAILABLE

If you have not received a form you can ask you Intergroup Rep or Chair for a form  
Contact Darren: 074 867 4587



**EXCITING NEWS!**  
**AA S.A NOW HAVE A FACEBOOK AND INSTAGRAM PAGE**

**PLEASE GO LIKE AND FOLLOW**





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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)  
SECRETARY: CAROLINE (065 878 0878)  
DELEGATE: RETHA (071 581 2435)  
DELEGATE: BRENT (079 109 5404)  
ALTERNATIVE DELEGATE: POSITION VACANT  
INTERGROUP CHAIR: DARREN (074 867 4587)  
PUBLIC INFO / CPC: GAVIN C. 081 454 0825  
CORRECTIONAL FACILITIES: POSITION VACANT  
TREATMENT FACILITIES: POSITION VACANT  
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 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](mailto: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 VANANCIES

**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)**

**Intergroup Chair:** The Intergroup Chair serves as a valuable assistant to the Area Office by arranging area events such as (Rally's, Gratitude Dinners etc.) to assist in raising fund for the Area Office and to create a platform for members to fellowship. **(Requirement of Minimum 1 year sobriety)**

**Area Webmaster:** Responsible for managing the technical and content aspects of the group's website, ensuring it adheres to AA guidelines and Traditions. This includes maintaining website functionality, updating content like meeting information, and overseeing expenses, while also acting as a liaison to the committee and training their successor. The role requires ensuring the site is accessible, accurate, and a helpful resource for members.

**(Requirement of Minimum 2 years sobriety)**

- Refer to THE A.A. SERVICE MANUAL - [aasouthafrica.org.za](http://aasouthafrica.org.za)



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## MAY THANKSGIVINGS

### MAY SOBRIETY DATES

3<sup>RD</sup> MAY: NINA (16 YEARS) - AIRFIELD GROUP

8<sup>TH</sup> MAY: ASHLEY (10 YEARS) - SOBER @ SUNSET GROUP

13<sup>TH</sup> MAY: TATENDA (4 YEARS) - SOBER @ SUNSET GROUP

13<sup>TH</sup> MAY: MARK (2 YEARS) - SUNNYRIDGE GROUP

17<sup>TH</sup> MAY: CHRIS (3 YEARS) - KEMPTON PARK GROUP

14<sup>TH</sup> MAY: EMILY (2 YEARS) - EDENVALE LUNCHTIME GROUP

23<sup>RD</sup> MAY: GAVIN C. (4 YEARS)

27<sup>TH</sup> MAY: CARLA (11 YEARS) - BENONI RECOVERY GROUP

### MAY CELEBRATION DATES

5<sup>TH</sup> MAY: NINA (16 YEARS) - AIRFIELD GROUP

13<sup>TH</sup> MAY: MARK (2 YEARS) - SUNNYRIDGE GROUP

21<sup>ST</sup> MAY: EMILY (2 YEARS) - EDENVALE LUNCHTIME 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.*



# EAST RAND 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 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

## FRIDAY

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

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 | SUBEN 084 619 9585

ETWATWA / DAVEYTON  
NTOMBI 082 802 3905

## 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.  
HEINZ082 373 2752

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  
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**