



ALCOHOLICS
ANONYMOUS

EASTRANDER

June 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



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NEWS & EVENTS

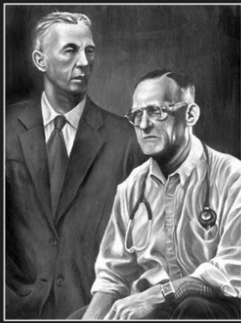
YOU ARE INVITED TO

Founders Day

HOSTED BY KEMPTON PARK
GROUP

June 10th marks the official anniversary of Alcoholics Anonymous, celebrating the incredible legacy started by Bill W. and Dr. Bob in 1935. It is a wonderful day to practice gratitude and reflect on the millions of lives transformed through the fellowship.

**10
JUNE
2026**



7PM
KEMPTON PARK METHODIST CHURCH
57 VAN DER WALT ST, KEMPTON PARK

PLEASE BRING A PLATE OF EATS

YOU ARE INVITED
**CHRISTMAS
IN JULY!**
25 JULY 2026 | 12 PM
WORD & LIFE CHURCH
4 UMTATA ROAD, NORTON HOME ESTATE, BENONI
ENTRANCE: A PLATE OF EATS
JOIN US FOR A FUN AFTERNOON OF FELLOWSHIP AND ...
BINGO! PRIZES TO BE WON!
NOTE:
BRING YOUR OWN COLD DRINK
COFFEE & TEA WILL BE PROVIDED

**ALCOHOLICS ANONYMOUS
EAST RAND RALLY
2026
WAVES OF TRANSFORMATION**
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*

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

Reminder Area Assembly Meeting

Date & Time:

13 JUNE, 2026

At 02:00PM

Location:

Benoni City Methodist Church

**26 Bunyan Street, (Entrance Cnr Cranbourne Ave)
Benoni**

MEETING *reminder*



Intergroup Meeting

Date: 13 June 2026

Time: 10.00am

Venue: The Landing Coffee Shop, 15 Linksfield
Road, Dunvegan, Edenvale



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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: ANDREW (083 982 7775)
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

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

Congratulations

Congratulations Andrew on being
voted in as new Literature
Representative for our Area!
Wishing you all the best in your
new role and thank you for your
service!



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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

EDITORS NOTE

After a long break, I've decided to start writing these monthly notes again.

What I've come to realize is that this newsletter was never just about sharing thoughts—it was also a way for me to process my own journey. Recovery has taught me the importance of reflection, honesty, and expression, and somewhere along the way I neglected how valuable that practice was for me.

I've learned that vulnerability is not weakness; it's often where growth begins. By sharing what I've learned, struggled with, and celebrated each month, I hope not only to continue my own growth but perhaps inspire another alcoholic in recovery to share their story too. If even one person feels a little less alone because of these words, then it's worth putting pen to paper again.

I used to hate the words "I am." Because whatever came after them felt like a sentence I couldn't escape.

"I am a mess."

"I am tired of this life."

"I am an alcoholic."

And not in the honest, freeing way we say it in the rooms, in the heavy, hopeless, gut-punch kind of way.

For a long time, that's all I believed about myself. Alcohol wasn't just something I did... it became who I thought I was.

It stripped things away—my patience, my presence, my self-respect and replaced them with noise, regret, and a version of me I didn't even recognize anymore.

And then recovery came along and did something I didn't expect... it didn't magically fix me. It made me face myself.

No escape. No numbing. No shortcuts. Just me.

And that's where "I am" started changing. Not overnight. Not in some big, inspiring moment.

Slowly. Uncomfortably. Honestly.

I am strong - on the days I don't pick up, even when everything in me wants to.

I am fearful - and I show up anyway.

I am not always happy - but I'm real now, and that counts for more.

I am learning how to love - without hiding behind a drink.

I am grateful - even when life feels messy.

And yeah... I am an alcoholic.

But that's not the end of my story anymore, it's the beginning of my responsibility. Because today, "I am" isn't something I hide from. It's something I build from. Some days I still feel broken. Some days I still hear that old voice.

But now I've got something stronger answering back.

I am still here.

I am still trying.

I am not done yet.

And for today—that's enough.

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



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JUNE THANKSGIVINGS

JUNE SOBRIETY DATES

2ND JUNE: TAHLITA (1 YEAR) - HATS GROUP

3RD JUNE: NEIL (2 YEARS) - WORD OF MOUTH GROUP

7TH JUNE: BENONI SOUTH GROUP (11 YEARS) EST. 2015

9TH JUNE: DARRYL (18 YEARS) - SUNNYRIDGE GROUP

9TH JUNE: BENONI BIGBOOK MEETING (1 YEAR) EST. 2025

17TH JUNE: ASHLEY (4 YEARS) SUNNYRIDGE GROUP

23RD JUNE: JOLENE (12 YEARS) SUNNYRIDGE GROUP

JUNE CELEBRATION DATES

8TH JUNE: BENONI BIGBOOK MEETING (1 YEAR)

12TH JUNE: BENONI SOUTH GROUP (11 YEARS)

23RD JUNE: NEIL (2 YEARS) - SUNNYSIDE GROUP

**CHECK WITH YOUR GSR / GROUP
SECETARY WHEN YOUR FELLOWS
WILL BE CELEBRATING THEIR
MILESTONES**

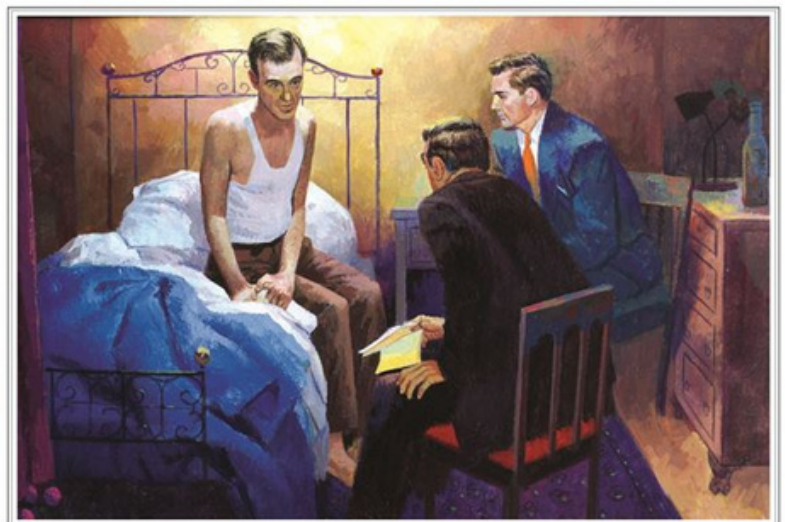
NOTE: IF YOU WOULD LIKE YOUR SOBRIETY DATE TO BE PUBLISHED IN THE EASTRANDER ALONG WITH YOUR CELEBRATION, PLEASE SHARE IT WITH YOUR GSR / GROUP SECETARY.

FUN FACT: AS WE CELEBRATE FOUNDERS DAY 2026 DID YOU KNOW?

ALCOHOLICS ANONYMOUS (AA) HOSTED ITS FIRST OFFICIAL FOUNDERS' DAY CELEBRATION IN AKRON, OHIO, IN 1941. THIS EVENT FEATURED CO-FOUNDERS BILL W. AND DR. BOB S. AS THE PRIMARY SPEAKERS, COMMEMORATING THE INCEPTION OF THE PROGRAM WHICH OFFICIALLY BEGAN ON JUNE 10, 1935.

[The Start and Growth of A.A.](https://www.aa.org/the-start-and-growth-of-aa)

<https://www.aa.org/the-start-and-growth-of-aa>



"The Man on the Bed": This oil painting was created by Robert M. for the AA Grapevine and was reproduced as the center spread in the December, 1955 issue.

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/918239883389> / 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 I SUBEN 084 619 9585

ETWATWA / DAVEYTON
NTOMBI 082 802 3905

DAWN PARK - OM 14H00

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/918239883389> / 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**