



## UPCOMING THANKGIVINGS.

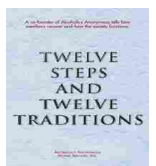
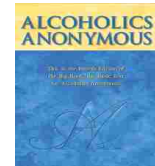
Name	Years	Group	Sobriety Date	Thanksgiving	
Jaunine	10	Germiston	28 July 2009	4	August 2019
Senzo	1	Airfield	7 August 2018	13	August 2019
Martin	5	Edenvale Lunchtime	11 August 2014	14	August 2019
Bokamoso	1	Katlehong	12 August 2018	17	August 2019
Francis	11	Tembisa	14 August 2008	18	August 2019
Tembisa Group	3	Tembisa	14 August 2016	18	August 2019
Mark H.	5	Airfield	11 August 2014	20	August 2019
Bruce	4	Airfield	18 August 2015	20	August 2019
Tasmond	3	Airfield	23 August 2016	27	August 2019
Aroshan	5	Boksburg	23 August 2014	29	August 2019
Akash	1	Benoni South	27 August 2018	30	August 2019
Suben	11	Tembisa	28 August 2008	1	September 2019
Scott	1	HATS	31 August 2018	1	September 2019
Buller	7	Airfield	30 August 2012	3	September 2019
Actonville Group	47	Actonville	September 1972	25	September 2019

Please **email Thanksgivings** to me , please do not Whats App.  
It makes it difficult to remember who has sent in what. Email :- colind@aaer.co.za

Note from the editor - The purpose of the Thanksgiving list, is to let other members know when a member is celebrating , so if no Thanksgiving date is provided there is no reason to add it to the THANKSGIVING LIST.  
A Thanksgiving date should be after the members sobriety date.  
Nor will any events be added unless approved by East Rand Area Assembly.

### East Rand Area Contacts

Area Chairperson	Colin	084 400 6795
Area Vice-Chairperson	John	083 229 5794
Treasurer	Bharat	082 459 6017
<b>Secretary</b>	<b>Vacant</b>	
Office Coordinator	Larry	072 281 5949
Delegate	Anil	072 254 4789
Delegate	John	083 229 5794
<b>Alternate Delegate</b>	<b>Vacant</b>	
CPC	Tony	071 893 8537
<b>Correctional Facilities</b>	<b>Vacant</b>	
<b>Treatment Facilities</b>	<b>Vacant</b>	
<b>Literature</b>	<b>Vacant</b>	
Public Information	Tony	071 893 8537
Archives	Sharon	078 4515706
Eastrander and Website	Colin	084 400 6795



**GSR's**  
Area Assembly  
meeting  
**10th**  
**August 2019**  
2pm at the  
Area Office ,  
Benoni

Volunteers are  
Required at Area  
Office  
to do 12 Step work  
and answer calls .  
Contact Larry

### East Rand Area Office

Benoni Central Methodist Church (Corner Room),  
26 Bunyan Street (entrance Cranbourne Avenue) , Benoni  
Larry - Telephone :- 011 421 1748 (day 9am - 1pm)  
All Hours :- 0861 435722 - 0861 HELPAA  
Email :- [aaer@aaer.co.za](mailto:aaer@aaer.co.za) or [larry@aaer.co.za](mailto:larry@aaer.co.za)  
**Website – [www.aaer.co.za](http://www.aaer.co.za)**

### 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

**There are still outstanding group histories needed. Please check the website to see if yours is there. Also send updated history. Please send to me as soon as possible. In Word or PDF format please - [colind@aaer.co.za](mailto:colind@aaer.co.za)**

There are **Area Assembly vacancies** for :-

Delegate , Alternate Delegate , Treatment Facilities , Correctional Facilities , Secretary and Literature are available.  
Position details are available in the current service manual see the GSO page for more detail.  
Also speak to Larry at the Area Office. Please send in your AA CV to apply.

**6<sup>TH</sup>**  
ANNUAL ALCOHOLICS ANONYMOUS KATLEHONG RALLY

**ACCEPTANCE**  
DATE: 10 AUGUST 2019  
VENUE: TSOLO HALL  
ADDRESS: 484 MAKAU STREET,  
TSOLO, KATLEHONG, 1431  
(BEHIND CHANGE BIBLE  
CHURCH)

IF YOU OR ANYONE YOU KNOW  
HAS A DRINKING PROBLEM YOU ARE INVITED

REGISTRATION 8:00 AM  
R50 AA MEMBERS, **FREE** FOR AL ANON AND VISITORS  
PLEASE CONTACT: KAGISO 063 058 0631

**Acceptance is the key**  
**Saturday 7 September**  
**Annual East Rand Rally**

Benoni Central Methodist Church  
26 Bunyan Street - Benoni  
(Entrance Cranbourne Avenue)  
Registration from: 08:00  
Entrance R50 for AA & Al-Anon  
Visitors Free - Meals Included  
Tea and Coffee on tap  
Contact: 011 421 1748  
[www.aaer.co.za](http://www.aaer.co.za)  
[aaeastrand@gmail.com](mailto:aaeastrand@gmail.com)

**Potjiekos Competition**  
**Saturday 7 September**

BENONI CENTRAL METHODIST CHURCH  
26 BUNYAN STREET - BENONI  
(ENTRANCE CRANBOURNE AVENUE)  
OFFICE: 011 421 1748 RETHA: 071 581 2435  
SUGGESTED THAT MEALS BE PREPARED  
BEFOREHAND  
ENTRANCE FEE - R200 (TO FEED 10 OR MORE)

**Please note that East Rand Area bank details have NOT changed !  
Only GSO has changed , see Website – Contacts page for GSO Details.**

### Step Three

**“Made a decision to turn our will and our lives over to the care of God as we understood Him.”**

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

- *Alcoholics Anonymous*, p. 62

### A Good Beginning

In this book you read again and again that faith did for us what we could not do for ourselves.

We hope you are convinced now that God can remove whatever self-will has blocked you off from Him.

If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.

- *Alcoholics Anonymous*, pp. 70 - 71

The East Rand Website had **304,540 hits for 2018** !

Last Month was 25,684 , Total Hits for the year 206,678 . Total Hits 1,375,039 since started  
KEEP VISITING – [www.aaer.co.za](http://www.aaer.co.za) - Thanks , Colin

Remember the **WEBSITE** – [www.aaer.co.za](http://www.aaer.co.za) for more !!  
Thanksgivings are up to date , and any that have been received after publication  
of the Eastrander are added to the website. So keep an eye out !

### **WHY DO YOU NEED THOSE MEETINGS? STAYING ACTIVE.**

Friends and relatives are often grateful when they witness an alcoholic's dramatic recovery after years of horror and pain. However, they sometimes fail to understand the importance of meetings after the alcoholic has been sober for months or years. "Do you have to go to another meeting this week?" a spouse might say, "You're sober now. Why do you need THOSE people?"

Some AA members probably do use the meetings simply as a social outlet and attend more than they need. But no other person can really determine what you or I need to maintain sobriety. **Moreover, even in sobriety, we are always dealing with alcohol, which can come back into our lives with stunning force if we ever become careless or foolish. It is much better to go to more meetings than we need than to attend too few or none at all.**

**There is another side as well. The meetings need us.** By attending meetings, we are carrying the AA message and providing a haven for desperate newcomers who need our help. However, we should be tolerant and understanding when others are critical of our zealous attendance of meetings. It is not necessary that they understand our need. It is only necessary that we understand!

### **EACH DAY A NEW BEGINNING**

*I want to get you excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now.*

–Virginia Satir

Deciding to recover was our first step. That decision meant we did want to go beyond where we were. We did want something better for ourselves. And at times, in fleeting moments, we have been excited about who we are and our prospects for a better life. The excitement and the inspiration come and go; they are seldom stationary. We can actively create the excitement and the inspiration. We need not wait for them to come to us. That's one of the choices we have as human beings.

Passively waiting for "the good life" is past behaviour. Each day, this day, we can set our sights on reaching a goal—we can take a step, or two, toward that goal. Progress is there for the making—achievement is there for the taking.

Whatever our hearts' pure desires, we can move toward that goal. We are what we need to be.  
We have what we need to move ahead.

### **Reflection For The Month**

We learn in The Program and its Twelve Steps that as we grow spiritually, we find that our old attitudes toward our instinctual drives need to undergo drastic revisions. Our demands for emotional security and wealth, for personal prestige and power, all have to be tempered and redirected. We learn that the full satisfaction of these demands cannot be the sole end and aim of our lives. But when we're willing to place spiritual growth first — then and only then do we have a real chance to grow in healthy awareness and mature love. Am I willing to place spiritual growth first?

### **A Member Shares:**

I'm Lisa and I'm an alcoholic. Boy, am I grateful for the serenity prayer. It has saved me from myself many, many times, and saved you from me - lol. When I first started reciting it, I wasn't yet able to take it to heart. I would repeat it over and over when I was facing a tough situation or what I perceived to be a difficult person. Yet, over time, it has become a comforting blanket. Just saying the word serenity in my head begins a new thought process. For, when I am calm, I am at my best. When I listen to what you say, I hear you. I don't even have to use it as much anymore - a miracle! I seem to have brought it into that little church of my heart where I can go and find peace - in almost an instant. Thanks for being here and for helping me stay sober today.

### **LIVING WITH DEPRESSION MOOD MANAGEMENT**

Getting sober is often only a first small step in getting well. Many recovering alcoholics must also face an underlying depression that seems to mock their efforts to attain real serenity. But sobriety does not cause the depression. It simply lays bare a condition that was present all along but had been masked by repeated binges. It's probably true, too, that many of us used alcohol partly as a drug to combat depression because it temporarily lifted our mood and relieved our pain.

One fact about depression is that it comes and goes; we can endure it partly by knowing that "this too shall pass."

Another fact is that physical activity helps in coping with it. AA co-founder Bill W., victimized by profound depression even in his sober years, found that walking provided some relief, though he had to force himself to do it at times. A third fact about depression is that we can usually alleviate its effects by helping others and by staying close to AA circles, even when we're too depressed to contribute much. It's also helpful to discuss the problem with understanding friends and sponsors, or a therapist, if necessary.

Thank you for material sent to me , Please keep it coming . We on the East Rand do appreciate it.  
Colin D. - Eastrander and Area Website Editor - [colind@aaer.co.za](mailto:colind@aaer.co.za)



# EAST RAND AREA MEETINGS

## SUNDAY

HERE ARE THE STEPS – OM 18h00  
 St Michael's Scout Hall, c/o Kingfisher Ave and Partridge St, Elspark  
 Sandil 083 445 0500 or Lisa 083 564 5659  
 TEMBISA - OM 11h00  
 43 Benin Street, at Ethafeni Multiskills Centre, behind the Ethafeni Clinic.  
 Suben 084 619 9585 or Nala 074 852 1318

## MONDAY

HEIDELBERG – OM 19h00  
 Sukerbosoor, 6 Freeman St, Rensburg, Heidelberg  
 Oliver 072 869 3163  
 EDENVALE LUNCHTIME STEPS – OM 12h30  
 St Teresa's Catholic Church, Horwood St., Edenvale  
 Deon 079 691 4180  
 BENONI CITY LUNCH TIME – OM 13H00  
 Benoni Central Methodist Church,  
 26 Bunyan Street (entrance Cranbourne Avenue), Benoni  
 Larry 072 281 5949  
 BENONI CITY - OM 20h00  
 Central Methodist Church,  
 cnr. Bunyan & Cranbourne Streets, Benoni  
 Adil 076 914 5975 or Anil 072 254 4789  
 COURAGE TO CHANGE - OM 19h30  
 NG Kerk, 8 Canadair Avenue, Impala Park, Boksburg  
 Tony 082 443 4425 or Neil 073 019 0076  
 EDENVALE - CM 20h00  
 Dunvegan Nursery School  
 cnr Dunvegan & Francis Streets,  
 Dunvegan, Edenvale  
 Gus 083 273 9945, Brian 079 021 2494  
 SPRINGS - CM 19h30  
 Selcourt Methodist Church, 3 – 7 Granada Street,  
 Selcourt, Springs  
 Bobby 072 772 0745, Bill 083 306 0325 and Koos 072 347 1793  
 PRIMROSE - OM - 19h30  
 Primrose Methodist Church,  
 Primula Drive, Primrose  
 Kevin 082 080 1595 or Belinda 060 855 7818

## TUESDAY

AIRFIELD – OM 19h30  
 Northfield Methodist Church,  
 Aerodrome Drive, Northmead, Benoni  
 John 084 432 0540 or Retha 071 581 2435  
 BRAKPAN – OM 20h00  
 St. Peters Anglican Church, Queens Avenue, Brakpan  
 Colin 084 400 6795 or Vincent 084 400 1982  
 HOUSE OF MERCY – OM 19h30  
 35 Olivia Road, Ravenswood, Boksburg  
 Frazier 073 709 3314  
 WORD OF MOUTH – OM 20h00  
 Edenvale Scout Hall, 1 Davids Road, Elma Park  
 Warren 083 235 3157 or Bharat 082 459 6017

## WEDNESDAY

KEMPTON PARK – OM 20h00 Beginners Meeting at 19h00 before  
 20h00 meeting  
 Methodist Church cnr Monument & Van Der Walt Streets, Kempton Park  
 Release 081 783 4939 or Adele 083 596 0887  
 EDENVALE LUNCHTIME – OM 12h30  
 St Teresa's Catholic Church, Horwood St., Edenvale  
 Ian 078 325 2528 or Deon 079 691 4180  
 ACTONVILLE – OM 19h30  
 Benoni Primary School, Cradock Street, Actonville. Benoni.  
 Tony 071 893 8537, Larry 072 281 5949

## WEDNESDAY

ELSBURG (MIRACLE OF RECOVERY) – OM 19H30  
 NG Elsburg South Church, 1 Botha street, Elsburg  
 Paul 065 898 4968 or Elsabe 073 017 1795  
 BENONI CITY LUNCH TIME – OM 13h00  
 Benoni Central Methodist Church,  
 26 Bunyan Street (entrance Cranbourne Avenue), Benoni  
 Larry 072 281 5949  
 SUNNYRIDGE – OM 19h30  
 25 Pitts Ave, Sunnyridge, Germiston.  
 Fabian 083 276 9959

## THURSDAY

SPRINGS - OM 19h30  
 Selcourt Methodist Church, 3 – 7 Granada Street,  
 Selcourt, Springs  
 Bobby 072 772 0745, Bill 083 306 0325 and Koos 072 347 1793  
 EDENVALE - OM 20h00  
 Dunvegan Nursery School  
 cnr Dunvegan & Francis Streets,  
 Dunvegan, Edenvale  
 Gus 083 273 9945, Brian 079 021 2494  
 AIRFIELD – Step Meeting 19h30 Closed  
 Northfield Methodist Church, Aerodrome Drive, Northmead, Benoni  
 John 084 432 0540 or Retha 071 581 2435  
 HIGHVELD (SECUNDA) – OM 18h00  
 Highveld Social Service Centre  
 Nelson Mandela Street, Opposite Sasol Sports Grounds, Secunda  
 Gavin 076 116 4279  
 HOUSE OF MERCY – OM 19h30  
 35 Olivia Road, Ravenswood, Boksburg  
 Frazier 073 709 3314  
 BOKSBURG – OM 20h00  
 Methodist Church Hall, cnr Osborn & Market Streets, Boksburg Central  
 George 083 234 3040  
 HEIDELBERG – OM 19h00  
 Sukerbosoor, 6 Freeman St, Rensburg, Heidelberg  
 Oliver 072 869 3163  
 THE 12 STEPS – 19h30 OM  
 Manager Care Centre, 8 Kirschner Road,  
 Brentwood Park, Benoni  
 John W. 084 432 0540 or Glen c. 074 330 6782

## FRIDAY

PRIMROSE - OM - BIG BOOK 19h30 – 21h00  
 Primrose Methodist Church, Primula Drive, Primrose  
 Kevin 082 080 1595 or Belinda 060 855 7818  
 BENONI SOUTH - OM - 19h00 – 20h00  
 CTC Church Cnr Lancaster and Dagenham Streets, Benoni South  
 Tony 084 554 9580

## SATURDAY

GERMISTON - OM 17H00  
 Reconciliation Church, 75 Piercy Road (off Weber road)  
 Lambton, Germiston  
 Kevin 082 080 1595  
 SATURDAY MORNING MEETING – OM 09h00  
 Kempton Park Group at Elim Clinic, 133 Plane Rd, Kempton Park  
 Suben 084 619 9585  
 KATLEHONG - OM 15h00  
 Motsmai Clinic, Corner of Moseu and Maphike (Sontonga) Streets,  
 Katlehong.  
 Benni 079 252 7575

**OM = Open Meeting, CM = Closed Meeting**

### Definition of Open and Closed Meetings.

**Closed Meetings:** Alcoholics Anonymous, Al-Anon Family Groups, and Adult Children of Alcoholics meetings are generally Closed meetings unless otherwise stated. Closed meetings are limited to members and newcomers only and listed as "Closed" in the meeting schedules.

**Open Meetings:** Open meetings are for anyone who is interested in AA. If a meeting is "Open" it will be so designated on the published schedule. Open meetings can be attended by students, professionals, and other non-members interested in learning more about the recovery programs. The designation of a meeting as "Open" does not change the meetings primary purpose of the group. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers (From Tradition Five).

**There are no Fees associated with Any AA Group, Just a desire to get Sober.**