



## UPCOMING THANKGIVINGS.

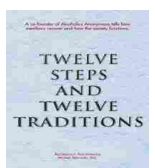
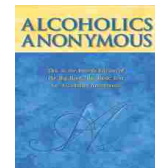
Name	Years	Group	Sobriety Date	Thanksgiving
Suben	11	Tembisa	28 August 2008	1 September 2019
Scott	1	HATS	31 August 2018	1 September 2019
Buller	7	Airfield	30 August 2012	3 September 2019
Mollie	1	Airfield	6 September 2018	10 September 2019
Graham	1	Benoni Lunch	15 September 2018	16 September 2019
Audrey	39	Primrose	10 September 1980	16 September 2019
Joe	37	HATS	21 September 1982	22 September 2019
Actonville Group	47	Actonville	September 1972	25 September 2019
Brenda	1	Primrose	30 September 2018	30 September 2019
Steven	17	Brakpan	1 October 2002	1 October 2019
Trevor	3	Brakpan	30 September 2016	1 October 2019
Gavin	1	Airfield	25 September 2018	1 October 2019
Adil	4	Benoni Lunch	7 October 2015	7 October 2019
Ntokozo	3	Katlehong	24 October 2016	26 October 2019
Colin	12	Brakpan	7 November 2007	12 November 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  
**14th**  
**September 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 **Area Assembly vacancies** for :-

Delegate , Alternate Delegate , Treatment Facilities , Correctional Facilities , 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.

**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)**

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



**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)

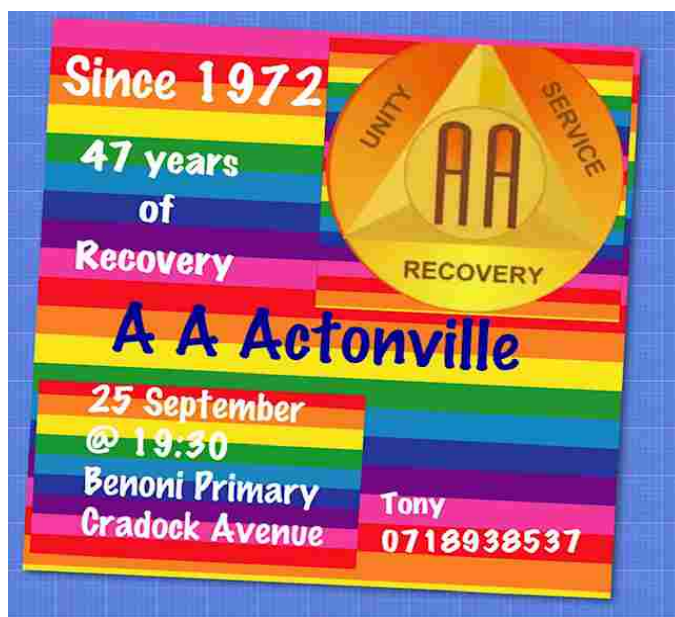


*Potjiekos Competition*  
*Saturday 7 September*




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)

Now R50.00  
~~Not R200.00~~



Since 1972  
47 years of Recovery  
**A A Actonville**  
25 September @ 19:30  
Benoni Primary Cradock Avenue  
Tony 0718938537



### Faith In God

We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us.

- Alcoholics Anonymous, p. 55

The East Rand Website had **304,540 hits for 2018 !**  
Last Month was 25,058 , Total Hits for the year 231,736 .Total Hits 1,400,097 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 !

### **UNEXPECTED DISAPPOINTMENTS - ACCEPTANCE.**

As life unfolds, we sometimes get unexpected disappointments that seem undeserved — the car breaks down, a business deal goes sour, or a close friend betrays us. As alcoholics, most of us don't handle such things too well. "Why me, Lord?" we often respond.

Our best approach is simply to view life as a mixture of bitter and sweet, knowing that we've been given real mastery over conditions. We cannot always be sure that a disappointment really is as bad as it seems to be, and sometimes it can become a step toward our good. As one alcoholic phrased it, "some of the worst things that have happened turned out to be the best."

It's good to face the day with optimism, with confidence, and even with some excitement about the opportunities ahead. If we're maintaining sober thinking, everything that happens today will be transformed into gains for tomorrow — all our tomorrows. We're on a spiritual journey that goes far beyond anything we're doing here and now.

#### **A Member Shares:**

I'm Charlie J and I have Alcoholism. There is a secret, well-kept I would say in A.A. It's not a secret hand shake or a secret oath we have to recite. It's the fact that A.A.'s first 11 Steps can and will lead us to what in the 12th Step is called a spiritual experience. It's also referred to as a God consciousness elsewhere in the book, Alcoholics Anonymous. And part of that well-kept secret is that the only publication A.A. has with the directions and the results of following the directions in it, is the book Alcoholics Anonymous. I call it the secret because not many ever talk about it. I share about them because both the book, and the first 11 Steps saved me from an Alcoholic death. I want to make sure the next person in the door of A.A. gets the message A.A. offers. Not Charlie's message. Not what might work. Not what I heard a person say could work but never tried it themselves. Not opinions based on no experience, and best of all, NOT good intentions. The Steps have the power to remove the obsession to drink! I would think, that would be the single most important thing I could pass on to an Alcoholic who still has the mental obsession to drink.

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

Toleration is the greatest gift of the mind. - –Helen Keller

Facing conditions we would like to change, letting go of people we wish were different, takes growth, patience, tolerance. We're so easily enticed into thinking we'd be happier, "If only he'd change," or "If I had a better job," or "If the kids would settle down." Yet we carry the seed of happiness within us every moment. Learning tolerance for all conditions will nurture that seed. Intolerance, impatience, depression, in fact, any negative attitude is habit-forming. Many of us in this recovery program continue to struggle with the habits we've formed. Bad habits must be replaced with new, good habits. We can develop a new behaviour, one that pleases us, like smiling at every stranger in a checkout line. We can repeat it in every line. It becomes a habit and a good one.

Toleration of others opens many doors, for them and for us. It nurtures the soul, ours and theirs. It breeds happiness. Those of us sharing these Steps are truly blessed. We're learning about love, how to give it and how to receive it.

### **Prayer**

Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light, or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support.

As the body can fail its purpose for lack of nourishment, so can the soul.

- Twelve Steps & Twelve Traditions, p. 97





# 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.  
 Kagiso 063 058 0631

**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.**