

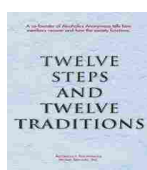
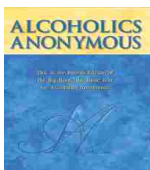


## UPCOMING THANKGIVINGS.

Name	Years	Group	Sobriety Date	Thanksgiving
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
Airfield Group	32	Airfield	8 October 1987	8 October 2019
Thami	1	Boksburg	4 October 2018	10 October 2019
Brakpan Group	55	Brakpan	17 October 1964	15 October 2019
Karen	2	Edenvale Lunchtime	10 October 2017	16 October 2019
Peter	2	Edenvale	7 September 2017	17 October 2019
Joe	16	Airfield	22 October 2003	22 October 2019
Gavin	5	Highveld	22 October 2014	24 October 2019
Marc	11	Edenvale	18 October 1998	24 October 2019
Ntokozo	3	Katlehong	24 October 2016	26 October 2019
Donaven	11	Benoni South	4 November 2008	8 November 2019
Kagiso	4	Katlehong	2 November 2015	9 November 2019
Colin	12	Brakpan	7 November 2007	12 November 2019
James	9	Edenvale Lunchtime	10 November 2010	20 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](mailto: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.



GSR's  
Area Assembly  
meeting  
**12th  
October 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 Contacts		
Area Chairperson	Colin	084 400 6795
<b>Area Vice-Chairperson</b>	<b>Vacant</b>	
<b>Treasurer</b>	<b>Vacant</b>	
Secretary	<b>Sharon</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

### **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

### **URGENTLY REQUIRED !!!**

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

Vice Chair person , Delegate , Alternate Delegate , Treasurer , 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.

**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.

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 Eastrand 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.

### **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.

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

Last Month was 28,1409 , Total Hits for the year 259,845 .Total Hits 1,428,206 since started  
**KEEP VISITING – [www.aaer.co.za](http://www.aaer.co.za) - Thanks , Colin**

## **Regmaker June-August 2019 - Living a full life - GAVIN - HIGHVELD/SECUNDA GROUP**

My drinking started in high school, nothing serious then. After school when I had been drunk for the very first-time drinking started getting serious. I liked the feeling. Driving drunk was the order of the day. There was no real problem, except for my parents because I was still living at home. Being out late at night happened often and I generally had no recollection of what happened. Today I have come to learn that this called a blackout. The roads and times I used were convenient for me because there were no road blocks or random alcohol tests by the traffic department or police.

Drinking after work was what my peers and I did every day. A bottle of whiskey at a work party or at a work function was not frowned upon. That was the norm because, it was not just me that did it. Alcohol was socially acceptable and I felt comfortable to abuse it.

Life was one big party until I had to drive home. Driving home became a challenge. Often, I had to use one eye to see else the road was just a blur. I knew that I was driving all over the road and it did not matter. I just did not care when I was drunk. I had no respect for road signs, traffic lights or warnings. My parents or co-workers often counseled me about driving drunk and it meant nothing – I took it in in one ear it went through without touching and let it out the other.

Years went by and the drinking carried on and the money started running out too. During this time, I had already had a few accidents. I was lucky because each time I walked away unhurt or there was an ambulance to save me. It was only a matter of time before my luck was going to run out and it always comes sooner than expected.

One fateful day I was in an accident again. This accident was going to change my life forever. It typically happened according to my lifestyle. Very late at night I was in another car crash. This time the engine broke away from the mountings and ended up next to the car and I ended up broken inside the car. This was the accident that was going to change my life. I knew I was hurt – badly. The chaser for the breakdown company recognized me and he knew my girlfriend, he fetched her and brought her to the scene.

I was taken to hospital and was patched up. They allowed me to go home three weeks later with a stiff leg in a brace and using crutches. Crutches I will need for the rest of my life. I'm still on crutches almost nine years later. This did not stop me drinking. I still had not seen alcohol as the problem. It started slowly and I hid it from the friends looking after me. When I moved back to my own place with my girlfriend, drinking was back to full steam ahead.

Four years after the accident when everyone in my close circle knew that I had a huge drinking problem something needed to be done. This happened in the form of an intervention when one of my friends came to "visit" me. He clearly expressed how unhappy he was with how terrible I looked. My teeth were yellow and my fingers burnt and stained from cigarette smoking. He asked how he could help. I was really at the end now and I suggested taking me to a rehab. The next day I was taken to a SANCA facility for a three week stay. They did not want to admit me at the facility because I looked so bad; drunk, on crutches... My girlfriend and her mother pleaded with them till they agreed to let me stay. There was a wheel chair to assist me when I couldn't walk or was too tired after a day on crutches.

I completed the 3 weeks stay and, on the day, that I was discharged from the rehab, the very same night I went to an A.A. meeting. It saved my life because I found people who understand me. Life was not without problems but they became manageable because I was sober and working the program.

I was still in and out of hospital for the removal of the screws which held my leg together. I also went to the physiotherapist for treatment, still on crutches and in a lot of pain and very cross with the world. I had now picked up an infection in my leg two years after the accident. The top of my femur was amputated. Alcohol, drinking and driving now cost me a whole leg. Life became hard, because I was falling regularly and this caused bones to break again and pins to be put in. There were other complications, not just to me physically and mentally but to those close to me as well. Before I stopped drinking, I couldn't be bothered what I was doing wrong, just as long as I was getting the next drink. Now that I am sober, I need to face the pain and trauma and see the hurt in those close to me. It is the program of A.A. that helps me live each sober day.

On the other side, I could live like a normal person and I started driving again. The driving took a lot of practice and it was almost like I was learning to do it all over again. I'm doing it well enough now to be able to drive wherever I want to go. Today I see a whole lot of people driving under the influence of alcohol. I see people who disregard safety rules and general driving standards. I'm ashamed that when I think back and remember that I also used to do the very same thing. How many more people are going to lose limbs, lives or kill other people by drinking and driving?

I didn't know that I have an illness, an illness that no doctor's pill or injection could cure. I thank A.A. all over the world for helping me with recovery and not shying away from the next alcoholic in need. I give back time for the next alcoholic, I give it so that whoever from wherever contacts me, or others like me for help, we are available.

How long have you not been drinking? A valid question; my answer: since this morning and I have been doing it for years and years – one day at a time. I'm attending regular A.A. meetings, because if I don't, I may go back to that urine-soaked mattress stinking to high hell and yellow fingers from cigarette smoke stains. Now I believe I am free, because I give back time to A.A. and to others and that I have a program and continue to work the steps.

Getting in contact with the A.A. earlier would have made a world of difference. I would not have lost so much and felt so much pain and caused it in myself and others. However, I only accepted help when I was ready – you cannot heal a closed mind.

When you get to be in the program of A.A. you realize that it takes up no time, you give that time freely. The meetings and being in recovery is worth it, now I can be the real me and enjoy a full life.



# 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.**