This is the time of the year that everybody is looking forward to. It is synonymous with school holidays, if you are lucky a sea vacation, Christmas and New Year. This season is often shared with family and friends.

We have a choice on how we are going to approach this season. We can choose to indulge in high risk behaviours like speeding, drinking and driving, unsafe sexual practices, substance use and a host of other behaviours that can cause us and other physical and psychological damage. Or we can choose to be responsible by using this time to rest, have healthy and responsible fun, strengthen family ties and to do things that you normally don’t have time for.

Unfortunately the high risk behaviours bring with it the possibility of sorrow and unintended consequences! Also for the innocent. Make the responsible choice and enjoy the season responsibly.

Having seen and experienced the impact this year had on our staff, I particularly wish them a period of good rest and recovery. My sincere wish for you, the Management Board, all our readers and other SANCA organisations, is a merry Christmas and a very prosperous new year.

Gert Kruger

Recovery from addiction is a life long process. This entails that the recovering addict will attend support group meetings and a professional aftercare programme to make long term sobriety an obtainable goal.

People in recovery often face the challenge that they do not have access to any aftercare programme or support groups. SANCA developed an Aftercare App for smart phones to address this challenge. The app gives the user access to the SANCA centre of their choice by a click of a button. In the Rebuild My Life section the user can complete different tasks to guide their specific recovery process.

After completion of each task a therapist will provide the user with feedback as part of ongoing support during the recovery process.

Remember to upload photos into the Brag Room to celebrate victories and your journey of sobriety.

Download the SANCA Aftercare App to support you in your recovery. It’s available free of charge for android phones from the Google Play store.

Follow these steps to download the SANCA Aftercare App

1. Download and install the app from Google Play store

2. Click on the SANCA Aftercare shortcut to open the app

3. Click on the Rebuild My Life Tab and start your aftercare programme
Saam met Christene uit byna alle kerklike tradisies oor die wêreld sing ons elke Kersfees: “Eer aan God in die hoogste hemele en vrede op aarde, in die mense ‘n welbehae.”

Hoekom? Want, dit is wat ons raaksien in die verhaal oor die geboorte van ons Here Jesus Christus. Sy geboorte handel oor Sy vrede wat deurbreek op die aarde. Dit handel oor die vrede wat daar met God kom deur Sy versoeningsdood aan die kruis. Dit handel oor die las van sonde wat van ons skouers afval. Dit handel oor die vryheid wat ons eraar deurdat God ons skuld afskryf en ons in ‘n vrymoedige verhouding met Hom bring.

Dit handel ook oor die vrede wat daar tussen mense van baie verschillende agtergronde kom in die kerk wat die Here skep. Hy maak van vyande vriende. Hy breek die muur van skeiding af tussen Jood en heiden, tussen Griek en Romein, tussen slaaf en vryman. Hy skep ‘n gemeenskap waarin vreedsame naasbestaan ‘n werklikheid word.

Die vraag is egter: Kan ons dit vandag nog steeds bly sing?

Dit is nou al tweeduisend jaar wat ons dié lied sing en die wêreld beleef nog steeds meer onvrede as vrede. Ons media is vol van berigte van oorloë, terreurreaanvalle, verkrachtings, ontvoerings, kapings, xenofobiese aanvalle en plaasmorde. Ons sien dit daagliks in die nuusblaaie of op televisie.

My antwoord is ja, ons kan, maar dit is ‘n gekwalifiseerde ja.

Met vrede op aarde het die engele nie die goedkoop najaag van vrede ter wille van vrede bedoel nie. Vrede sluit nie die veg vir geregtigheid uit nie. Vrede sluit nie die veg vir die waarheid uit nie. Die Jesus van die krip is ook die Jesus van die kruis. Die vrede wat Hy gebring het, het Hom Sy lewe gekos, en dit sal ook nooit anders vir ons wees nie.

Dit is iets wat my persoonlik tref in terme van dié dinge waaroor ons onvrede beleef. Ons sal ook nooit vrede ervaar as ons nie die vraag na geregtigheid en die vraag na die waarheid ernstig opneem en saam worstel tot ons ‘n eensgesinde verstaan en belewenis van geregtigheid en waarheid ontwikkeld nie. Vir daardie stryd – en laat ons eerlik wees, dit is ‘n stryd – kan ons nie nee sê nie.

Ons moet die vrede beliggaam in ons dade en ons optrede teenoor ons medemense. In al ons verhoudings met mense behoort ons Sy vrede te beliggaam – soos dit deur die doen van geregtigheid en die najaag van die waarheid na vore kan kom.

Ons word dus geroep om vredemakers op reis met Jesus – die Verlosser, die Christus, die Here – te word. Dit sluit in om die armes te voed, die wat naak is te klee, om te associeer met mense ongeag ras, kultuur, status, klas, agtergrond.

So, die engele sê ook vir ons, moenie bang wees nie. Selfs te midde van pyn, hartseer, vertwyfeling, verdrukking en beproewing, moenie angstig rondkyk nie... jy het ‘n God wat jou nooit sal begewe of verlaat nie. Sy naam is Jesus, die Prins van vrede.

Kom ons bid en werk vir die vrede van God vir ons land, vir die wêreld.

Kom ons sing saam met die engelekoor die eeu oue triomflied: “Eer aan God in die hoogste hemele en vrede op aarde, in die mense ‘n welbehae!”

Mag jy ‘n baie geseënde Kersfees beleef!

Ds Jannie Smith
Remaining sober can be especially hard during the holidays. Family gatherings, holiday parties and other social occasions can be very difficult for someone who is in early recovery, or for anyone trying to abstain from using substances. It can be very hard to get used to the idea of a sober holiday season, especially when other people around you are seemingly having a great time celebrating by using substances.

Take this opportunity to celebrate not only the holidays, but also your new life of sobriety.

Here are some helpful and practical tips to make staying sober a little bit easier.

Tip #1: Remind yourself every single morning how good it feels to be sober (and how great it will feel come January).
Tip #2: Plan activities other than sitting around and gabbing.
Tip #3: Limit the amount of time you spend with relatives who make you crazy.
Tip #4: If the holidays mean visiting your old hometown, take time to see old friends you enjoy; avoid those you used to drink or use drugs with.
Tip #5: Remember that you are in recovery. Its okay to have a quiet holiday season.
Tip #6: If you’re feeling vulnerable, ask for help.
Tip #7: Plan your own celebrations.
Tip #8: Take it easy!
Tip #9: Be very careful about what you eat and drink.
Tip #10: Make a plan for staying sober at parties.
Tip #11: Be ready to return to your regular routine.
Tip #12: Stay in touch with sober friends.
Tip #13: Don’t forget about regular exercise.
Tip #14: Give thanks.
Tip #15: Live one day at a time and enjoy your sobriety.

For daily tips on staying sober this festive season follow us on Facebook.
https://www.facebook.com/Auroradrugcentre/
The biannual Aurora Patient Reunion took place on 7 October 2017. The festivities reminded everyone to "Celebrate Yourself"

If you missed out on all the fun, the next reunion will take place in 2019.

Visit our Facebook Page for more pictures and videos

Mandie Cronje, Elsabe Dalton and Nelson Mohloane from the Department of Design and Studio Art from CUT held a ceramic workshop with our patients on the 22nd of October 2017. CUT supplied all the material. The morning was a big success and was enjoyed by all. We would like to thank them for taking time to come teach our patients some new skills.

During 2017 the Aurora Centre went through a challenging season of change. Looking back we see how it made us stronger and prepared us for challenges the future might hold.

The Aurora Centre staff are enthusiastic and motivated to make 2018 a year to remember!

Here are some of the things you can expect:

- A new website
- A roadshow and open day to introduce our services.
- New CPD registered trainings and workshops
- Symposium on co-dependency
- Support groups and aftercare programme
- And so much more!

We would like to thank the Department of Design and Studio Art from CUT for sponsoring 40 puzzles. These puzzles are utilised by the patients throughout their treatment process.

Thank you for your support, it’s greatly appreciated.