



## A Message from Your *Alateen Express* Editor

Greetings Alateens of Northern California,

There is a tree that I walk by in my neighborhood. It is a huge tree, with a massive trunk. In the winter when it doesn't have any leaves, I can see all of its strong branches reaching in many directions. Some are uneven, some are broken, some are crooked.



In this tree, I see myself, my higher power, and I see Alateen. We have lost many leaves, our many members, during the pandemic. Some have aged out, some have Zoom fatigue, some meetings have just closed.

This spring season of regrowth, as the tree's leaves begin to reappear, I pray that the members who have lost touch with Alateen will reappear and new members will find the program.

How can we rebuild our program of hope and support? With patience, one day at a time, one meeting at a time, one friendship at a time.



Reach out to one another. When Alateens share at Al-Anon meetings and events, the light of the Alateen program shines brightly. Alateens, consider saying "yes!" when asked to share at a meeting or event. It is service. Your stories are essential to the fellowship, sharing them can help you and your program grow.

**Let the hand of Al-Anon and Alateen always be there, and let it begin with ALL of us.**

As always, reminding us that we don't do this program alone... a million thanks go out to our NCWSA Website Coordinator, Lea M., who takes your words and brings them to the screen and printed page of the Alateen Express. I am so grateful to be part of a team with her.

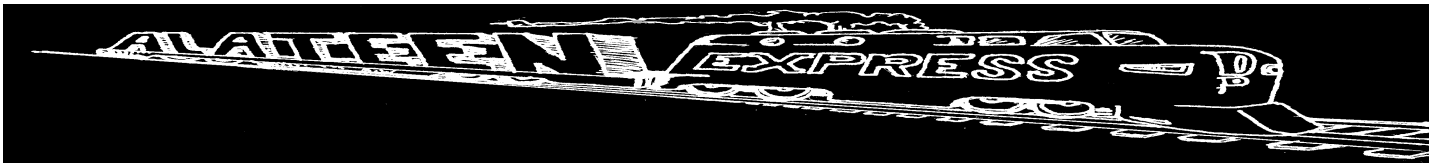
Together We Can Make It,  
Sarah E.

AMIAS, Alternate Area Alateen Coordinator &  
Alateen Express Editor

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## Upcoming Northern California Event

**16th Annual Alateen Sponsors R & R Weekend**  
Friday September 23rd - Sunday September 25th, 2022

Westminster Woods  
6510 Bohemian Highway  
Occidental, CA

For Al-Anon Members Involved in Alateen Service (AMIAS) and for Al-Anon members interested in Alateen service.

- Workshops
- Speakers
- B-17 Training
- Fellowship
- Talent show

If you would like to be part of the planning committee, contact Julie E. [alateencoordinator@ncwsa.org](mailto:alateencoordinator@ncwsa.org)

Registration packet coming soon on [ncwsa.org](http://ncwsa.org) calendar



## Transitioning from Alateen to Al-Anon

*Making the Transition from Alateen to Al-Anon with YAR Meetings*

For me Alateen was like the family I never knew I needed. Just having a safe space to walk into and know that if you were to talk to anybody in that room you would not be judged, is a very hard setting to find in this world. By having Alateen as an outlet throughout my stressful times in middle school and high school, I can say I would not be in the same place without Alateen.

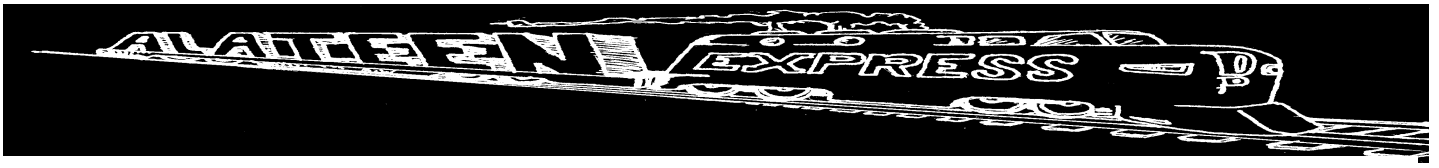
Transitioning into Al-Anon was hard for me at first knowing most of my family members that are older are already in the program. Fortunately, the various amount of meetings in the area gave me an opportunity to attend a meeting and still feel comfortable to say what's on my mind.

One of the really cool things that I learned about Al-Anon transitioning is that there are specific meetings called YAR- Young Al-Anons in Recovery. A common fear transitioning into Al-Anon is the difficulty of relating to people when they are experiencing a different stage of life than you. However, I have met people who like the idea of knowing that they can get more insight and learn from younger members, so it's beneficial for anybody who wants to join and needs help.

Gaby, age 21  
San Mateo, CA

**YAR**  
**(Y)oung (A)l-Anons in (R)ecovery**

“Bridging the Gap” a hybrid YAR Meeting  
Tuesdays 7:00 - 8:00pm  
Zoom ID:  
639 618 590  
In-Person location:  
55 W. 3rd Ave.  
San Mateo, CA 94402



## *Shares from Northern California Alateens*

### **‘Forgiveness’**

Forgiving others is not easy. I know this especially when it is something big. I learned to forgive a loved one. At first, I was sad because I trusted her very much, but after some time I realized that instead of seeing this as a betrayal, I learned to see it as a lesson. I now do this in my daily life. Every time something that upsets me happens, I choose to see it as a lesson and consider how I can learn from it. I find something new that I did not know before. This is what Alateen has shown me.

by Natalie S.L., age 14

### **‘Easy Does It’**

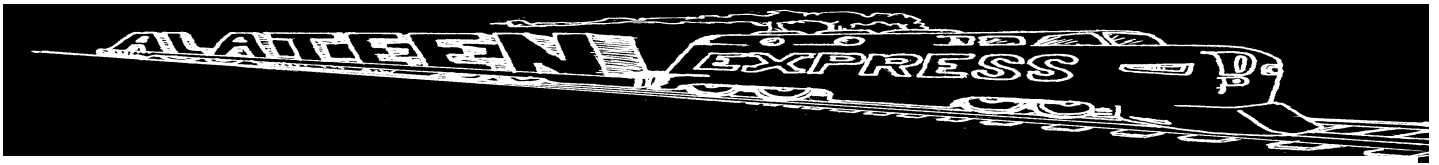
When I’m mad at everyone I go to a lonely place and I breathe five times. When I’m confused about something, I just tell somebody from my family to help me. Sometimes when I’m mad at someone or something I think to myself, maybe getting mad IS normal. Something that I learned in Alateen is that when someone is fighting it ain’t my problem and that has helped me a bunch!

by Jacob & Julian, ages 11 & 9

### **‘Alcoholism is a Family Illness’**

Alateen has helped me in two different ways. Alateen has helped me *mentally* realize that not everything is my fault. Also, it has helped me *physically*, by taking a break from the alcoholic family member. Even though I learn from two different mindsets, I understand that it is not my fault that the alcoholic is still drinking. Alateen is a reminder that it isn’t my fault.

by Santiago D., age 13



## *Shares from Northern California Alateens*

### **‘Communication’**

Ever since I’ve come to Alateen I’ve relied on my sister to talk for me. I was really shy, uncomfortable, or just didn’t want to answer sometimes. This was not a really good habit. Little by little I started getting more comfortable and not shy and started talking more. Over time I learned not to be shy, and that it’s good to communicate. I now know that it is good to share and that no one will say anything rude or bad. Maybe they may even relate.

by Sofia G.

### **‘Live and Let Live’**

I think ‘Live and Let Live’ was one of the hardest things for me to learn. I was always in everyone else’s business, trying to fix their problems or judge their decisions. I would spend so much time criticizing and trying to control other people’s lives that I forgot about fixing the only life and problems I can control, my own. In Alateen I have learned to not criticize others or try to fix their problems, but to focus on myself and the issues that I have.

by Ana G.

### **‘THINK’**

When I feel like I’m in a difficult situation, I use the slogan ‘THINK, THINK, THINK.’ I usually use it unconsciously. I forget that it’s a slogan. The slogan ‘THINK, THINK, THINK,’ tells me to reflect or just stop and think about what is actually going on. When something goes on with my friends, parents, or me, I take a moment and think about how I can help. I try to look into the issue with my perspective and then with the perspective of others involved. Doing that can help me understand what is going on. It can be hard at times, considering that my emotions might be all over the place. It can take some time to be able to think about things without your emotions getting in the way. I have trouble with it, but I’m trying.

by Kimmy D

## AMIAS Corner



There is a saying that you can see the glass as  $\frac{1}{2}$  full or  $\frac{1}{2}$  empty. When I was growing up, I felt like the glass was  $\frac{1}{2}$  empty - I felt like I was missing out on a lot of things and I was only  $\frac{1}{2}$  good enough. I didn't seem to fit in very well.

In Al-Anon, I became more aware that my attitude was not helping me. I felt like a victim, that I shouldn't try things because I would likely fail, etc.

With this awareness, I have worked hard to choose seeing the glass "half full." I think about the wonderful experiences I have had in my life and the opportunities that present themselves

every day. I can make choices to do something, or maybe do something else that would make me feel better. There are always tough times in everybody's life - that's life. As I get older, I have a lot of responsibilities, too. But I can always take a little time each day to enjoy the good things, and that gives me hope and confidence to keep going. The glass seems even more than  $\frac{1}{2}$  full now!

Anita L.  
Sunnyvale, CA  
AMIAS  
(Sponsor)

### 'Solo Por Hoy'

Aprendi en Alateen que hay cosas personas, y situaciones que no puedo Cambiar, que no puedo Curar, y que no son mi culpa. Se que no soy Culpable de que el alcoholico siga bebiendo.

Hoy trato de estar tranquila de vivir un dia a las ves enfocarme en mi, en eonocerma a mi misma, lo que me gustas y lo que no.

Divertirme !!

Reir !!

Bailar !!

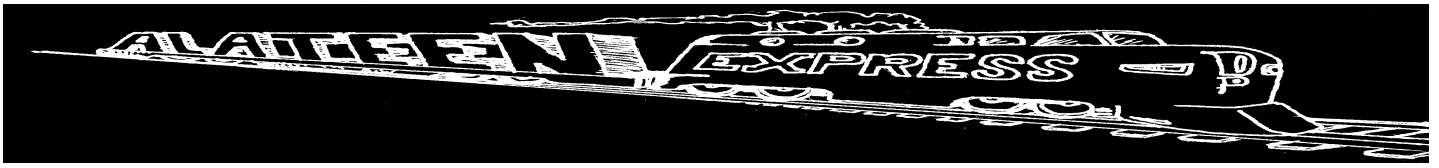
Seguir Aprendiendo !!

Con Alateen mi vida se que hay Esperanza de una vida mejor.

Lety L.

Nort. CA

(Sponsor)



## Service

### I found my place in Alateen Service

I became an AMIAS just before the Covid Pandemic. With the Pandemic came lockdown and the adjustment to online meetings. In my district, opportunities to sponsor an Alateen group weren't available during that time. So, I waited to be of service as an AMIAS (Al-Anon Member Involved in Alateen Service). Just over a year later, I stepped up and was voted in for service as the Alternate District Alateen Process Person.

I knew early on that one aspect of my recovery would be Alateen service. As an Adult Child of an Alcoholic, I continue to heal and recover from my childhood years growing up in an alcoholic home. Being of service, going to weekly meetings, and attending activities in the larger Al-Anon fellowship, such as speaker meetings, have been very beneficial to my recovery. Occasionally, speaker meetings have Alateen speakers, which is a recovery perspective that has been beneficial for me.

Recently, I had the pleasure to serve as a Speaker Seeker for our district's monthly fellowship. Through delegating and then waiting for the results, our district was able to have Alateen and Young Al-Anons in Recovery (YARs) as well as an Al-Anon member, who is a former Alateen Coordinator, as speakers. As they spoke about their recovery, I was humbled. Through their E.S.H. (experience strength and hope) I gained more personal insight and tools to deepen my recovery. I was inspired.

It feels like I have found my place in Alateen Service. In my district, the DAPP (District Alateen Process Person) and I as the Alternate DAPP work together to inform the AMIAS' so that things are in place to keep Alateen meetings available and adhering to Area guidelines, with the goal that teens who want recovery have Alateen available in our district.

**Funmilayo**

District 15, Alternate DAPP

## Alateen Express

### written Shares submissions request

Share your EXPERIENCE, STRENGTH and HOPE.

Northern California is full of awesome Alateens and we want to hear from YOU!

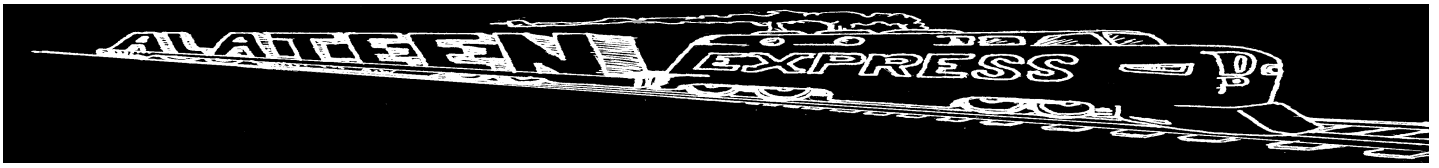
Share from your heart, and remember, keep the focus on yourself.

- ▷ Share on a Step or Slogan,
- ▷ Share on a specific topic like Hope, Forgiveness or Serenity,
- ▷ Write a poem,
- ▷ Let us know how Alateen has helped you and why you Keep Coming Back!

Sign your share either *Anonymous*, or with your first name, last initial and city.

Please submit your share by email to the editor at [sab72673@gmail.com](mailto:sab72673@gmail.com) with 'Alateen Express' in the subject line.





## TOOLS

### Remember!



1. We have been brought together by one common problem; let us concentrate on that. Alcoholism has impacted all our lives. Let's concentrate on sharing our experience, strength, and hope so we can find contentment and even happiness, whether the alcoholics are still drinking or not.
2. Let's resist the temptation to gossip, and let's discourage it in others. Especially, let's avoid hurting anyone in our group, because anything that hurts one member hurts our whole group.
3. Let's remember there are no bosses in Alateen or Al-Anon. We are all responsible for the activities and actions of our group and its members. We make decisions by group conscience. Although members may be given certain responsibilities, all are equal. Each of us has a voice and a vote.
4. Let's be patient with those who are slow to grasp the principles of the Alateen program. Each person progresses in his or her own way. We help each other by sharing our experience, strength, and hope.
5. Always remember that Alateen meetings are working sessions. Let's make the best use of the time we have.
6. Keep in confidence everything that is said at meetings. If members are assured that what they tell will not be revealed outside the group, they will feel encouraged to speak freely. Knowing that "you can tell anything" to fellow Alateens will have rich rewards for all. Remember, the friends you make in Alateen are special.

from Alateen - Hope For Children of Alcoholics, page 100

### Short Twelve Steps

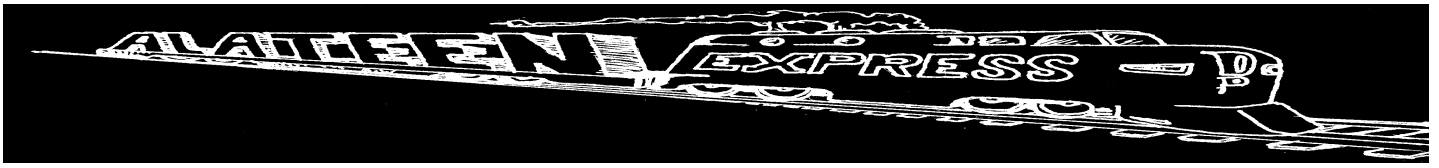
1. I Can't
2. God Can
3. Let God
4. Look Within
5. Admit Wrong
6. Ready Self For Change
7. Seek God's Help
8. Become Willing
9. Make Amends
10. Daily Inventory
11. Pray and Meditate
12. Give it Away

*Copied from the Alateen Talk 1987 - Short Twelve Steps. Commonly used by Alateens for younger members who are pre-teens ages 6-12 and who sometimes call themselves "AlaKids"*

### Short Twelve Traditions

1. All For One, One For All
2. We Have But One Boss - A Loving God
3. Relatives of Alcoholics Help Others To Help Themselves
4. We Run Our Own Affairs That is Enough For Most of Us
5. We Have But One Purpose - That's a Full Time Job
6. We Tend To Our Own Business
7. We Pay Our Own Way
8. We Hire People to Do Things We Cannot Do
9. We Don't Organize, But We Make Some Arrangements
10. We Stay Out of Squabbles - We Might Fight Dirty
11. We Let People Know We Exist - Politely and in Good Taste
12. Anonymity is our Cloak of Protection. It Protects Us, It Does Not Hide Us

*Copied from the Alateen Talk 1987 - Short Twelve Traditions. Commonly used by Alateens for younger members who are pre-teens ages 6-12 and who sometimes call themselves "AlaKids"*



## Resources & Links

**The Northern California World Service Area (NCWSA) website is an amazing resource.**

Looking for information about an event, flyer, and registration forms:

<https://northerncaliforniaal-anon.org/calendar/>

Looking for the Alateen Express:

<https://northerncaliforniaal-anon.org/for-alateens/>

Information on Alateen: Safety Requirements, Information on starting a meeting, and forms, forms, forms:

<https://northerncaliforniaal-anon.org/alateen/>

Locate an Alateen or Al-Anon Meeting:

<https://northerncaliforniaal-anon.org/meetings/>

Which district am I in?

<https://northerncaliforniaal-anon.org/districts/>



**The World Service Organization (WSO) has many great tools to help Alateen members.**

Listen to teens talk about Alateen:

<https://al-anon.org/blog/alateen-public-service-announcement/>

Try an Alateen Chat Meeting:

<https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

What Alateen means to me: a letter to parents:

<https://al-anon.org/blog/letter-from-an-alateen/>

Alateen literature:

[https://ecomm.al-anon.org/EN/Topics/Alateen\\_Essentials/EN/RiSE/Store/Product-Topic.aspx?topic=ALATEEN](https://ecomm.al-anon.org/EN/Topics/Alateen_Essentials/EN/RiSE/Store/Product-Topic.aspx?topic=ALATEEN)

Alateen Service eManual:

<https://northerncaliforniaal-anon.org/wp-content/uploads/2018/01/alateen-service-manual.pdf>

The Al-Anon app with Alateen Zoom meetings almost every day:

\*In your app store

<https://al-anon.org/for-members/members-resources/mobile-app/>



Al-Anon/Alateen on Facebook

<https://www.facebook.com/AlAnonFamilyGroupsWSO>



Alateen on Instagram

[https://www.instagram.com/alateen\\_wso/](https://www.instagram.com/alateen_wso/)



Al-Anon/Alateen on Twitter

[https://twitter.com/AlAnon\\_WSO](https://twitter.com/AlAnon_WSO)