

## A Message from your Alateen Express Editor

I am humbled to be of service as the editor of the *Alateen Express*, our biannual newsletter for Northern California Alateens. I look forward to receiving shares from you, the Alateens of Northern California. I will do my best to publish information and resources to keep you in the loop.

I love service. Through Alateen service, I have made some of my best friends. I encourage you all to go beyond your comfort zone to do some service too. You could be a Group Rep., speak at an event, be on a convention committee, or stand for Northern California Alateen Liaison. In this issue, one of our current Alateen Liaisons, Sophia, will share her perspective. Look for that in our SERVICE section.

The pandemic has changed Program for all of us. We've had to find new ways to reach out and connect with our fellowship. It's been hard. As we slowly begin to reconnect at more face to face meetings and events, my prayer is that we rebuild the unity of Alateen in Northern California, even if it looks and feels a little differently than it did pre-Covid. Reach out and connect with one another. We don't have to isolate or be on this journey alone. As we know, "the friends we make in Alateen are special." I am so grateful to be in a fellowship with people who *get it* and get me.

Finally, a huge shout out to Lea M., our NCWSA Website Coordinator, who so kindly stepped up to be on the *Alateen Express* team. She brings her newsletter and digital expertise to this process. Thank you, Lea!

Together We Can Make It,  
Sarah E.  
AMIAS, Alternate Area Alateen Coordinator &  
Alateen Express Editor

## 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,

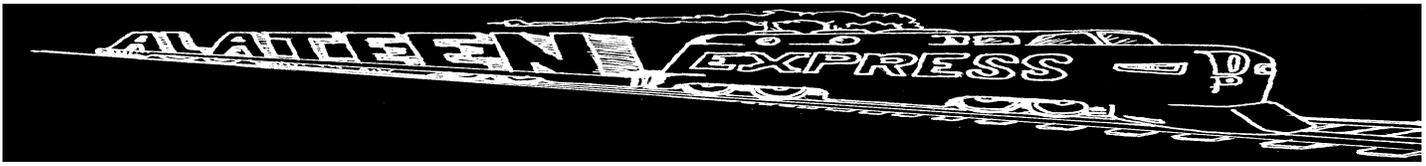
Write a poem, Let us know how Alateen has helped you and why you Keep Coming Back!

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.

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## Upcoming Northern California Alateen Events

These events abide by the NCWSA requirements for Alateen Safety.

**NoCAC (Northern California Alateen Conference)  
Friday November 5 - Sunday November 7, 2021**  
See the [NCWSA website](#) for more information.

**15th Annual Alateen Sponsors R&R Weekend  
Friday November 12 - Sunday November 14, 2021**  
Check-In is from 5:00 pm - 7:30 pm on Friday. The event ends at Noon on Sunday.  
Westminster Woods  
6510 Bohemian Highway  
Occidental, CA 95465

[Registration packet can be found on the ncwsa.org calendar.](#)

Online registration is not available.  
Pre-Registration \$185 (postmarked on or before October 12, 2021)  
Late Registration \$205 (until October 29, 2021, if space is available)

**AMIAS B-17 Training  
Saturday November 13, 2021**

11:00 am - 12:30 pm  
Location: Zoom (from the Sponsors R&R)  
presented by Jen A., AAPP,\* and Julie E., AAC\*  
Registration is required.  
This B-17 Training will meet the annual AMIAS training requirement for the period July 1, 2021, through June 30, 2022.

### \* Definition of Acronyms

AMIAS: Al-Anon Member Involved in Alateen Service  
NoCAC: Northern California Alateen Conference  
AAPP: Area Alateen Process Person.  
AAC: Area Alateen Coordinator  
AAAC: Alternate Area Alateen Coordinator



## Alateen Shares

### Calmer and Lovelier Day by Day

“...When I feel stressed or overwhelmed, I just remind myself to take it ‘One Day at a Time.’ Alateen has helped me become an overall lovelier person, and I am immensely grateful for it. ...”

By Zoe  
excerpt from *The Forum*, September 2021

### When My Parents Got Sober, I Still Had Problems

“...When I was 14, I got in with the wrong crowd. With the help of Alateen, I learned to find new friends who really were the right crowd. I learned to like myself better...”

excerpt from *Alateen-Hope For Children of Alcoholics*, page 76

### Alateens Share on Step Four

“Before Alateen, whenever I made mistakes, I’d get really mad at myself. ... Now in Alateen ... Every time I make a mistake, I try to learn something from it. ... I’m really thankful for Alateen.”

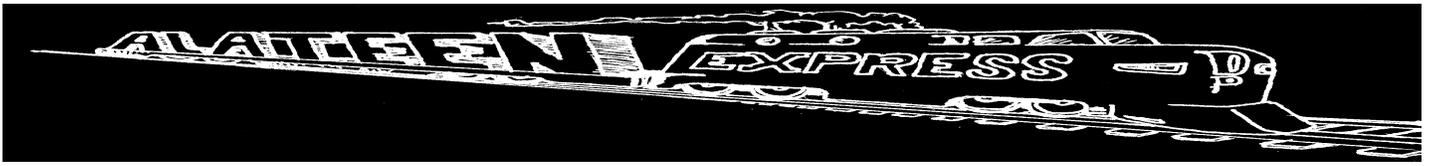
excerpt from *Courage to Be Me-Living with Alcoholism*, page 125



## Share in the new Just For Tonight Alateen Bookmark

The World Service Office is currently accepting sharings from Alateen members for a new *Just for Tonight* Alateen Bookmark, which was given conceptual approval by the 2021 World Service Conference. Alateen members are encouraged to submit sharings for this project by December 31, 2021.

Alateen members can find the writing guide and/or submit sharings online at [al-anon.org/sharing](http://al-anon.org/sharing) They can also email sharings to [wso@al-anon.org](mailto:wso@al-anon.org) (with "Alateen Just for Tonight" in the subject line), or mail to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: "Alateen Just for Tonight."



## Service



### Report from Sophia N., Alateen Liaison, North section

*Sophia gave her report at the  
Northern California World Service Committee  
(NCWSC) Meeting on August 14, 2021*

Hello, I am Sophia N., the Alateen Liaison for the North. I was elected into my position at NoCAC 2018. My term was supposed to end in November of 2020 but due to Covid I have stayed in my position.

I have recently moved and my former home meeting shut down, so I currently do not have a home meeting. I am in the process of locating a new meeting but I believe that all the meetings in my area are Zoom only. I know most Alateens, including myself, prefer in-person meetings. Many Alateens that I have spoken to say that meetings on Zoom feel impersonal and that it is difficult to open up and really feel the meeting. On the other hand, Alateens are also saying that they appreciate how accessible it is on Zoom and they appreciate how they can go and experience new meetings in Northern California easier.

I am currently holding the position of NoCAC Committee Co-Chair as well as Committee Secretary. Being on the NoCAC planning committee has been phenomenal! We are right on schedule, we have our hotel walkthrough in September. The rest of our Zoom committee meetings are scheduled, and all of the committee members plan to attend them. Be on the lookout for Registration Packets as they will be out soon! We plan on NOCAC being November 5th-7th unless Covid guidelines change.

## Service Opportunities!



### Seeking 3 Alateen Liaisons

#### *What does an Alateen Liaison do?*

Alateen Liaisons attend all of the fun Area events including: one convention, two Assemblies, and three Committee meetings per year. And of course, NoCAC! They represent Alateen by giving a report at the Assemblies and Committee meetings. They also attend the annual NCWSA Convention and support the Alateens who participate there. As a Liaison, you attend all of the NoCAC committee meetings during the planning process.

#### *How do I become an Alateen Liaison?*

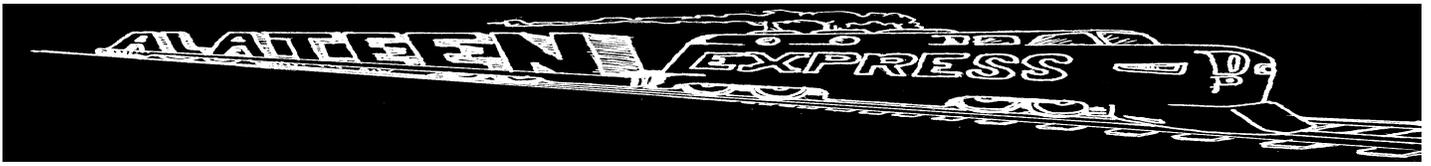
Alateen Liaisons are elected at NoCAC every two years by Alateen members. Teens from North elect the Northern Liaison. Teens from Central elect the Central Liaison. Teens from the South elect the Southern Liaison.

#### *What are the requirements to be an Alateen Liaison?*

You must be an active member of Alateen, and therefore the position is limited to members under 21 years old. Because you are asked to attend meetings and events throughout the year in Northern California; a car is helpful but not required. It is suggested that you have the experience of having been on an event planning committee or have been a Group Representative (GR). Most importantly, have a willing heart and keep an open mind.

#### [Alateen Liaison Guideline \(B-21\):](https://northerncaliforniaal-anon.org/wp-content/uploads/Guidelines/B21-AlateenLiaison.pdf)

<https://northerncaliforniaal-anon.org/wp-content/uploads/Guidelines/B21-AlateenLiaison.pdf>



# TOOLS

## 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"*

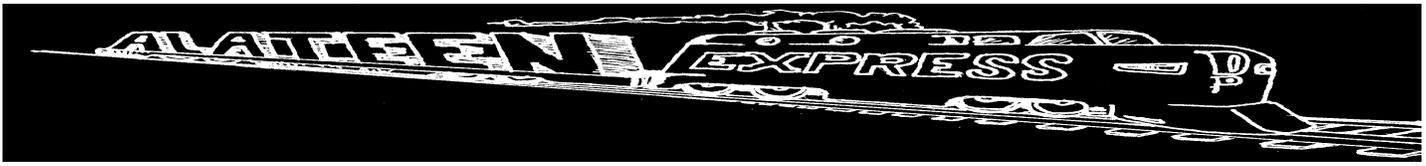
## Daily Checklist of Myself

*Just for Today I will take my own inventory*



- Did I lose my temper?  
"God grant me the serenity"
- Was I self-centered today?  
"Step Six, Seven, Eight and Nine"
- Did I put others down?  
"Acceptance of others"
- Did I ask for the help I need from my Higher Power?  
"Let Go and Let God"
- When I was wrong, did I promptly admit it?  
"Courage to change the things I can"
- Did I worry or over-react?  
"Let Go and Let God"
- Did I criticize others?  
"Live and Let Live"
- Am I disrespectful and did I talk back?  
"God grant me the wisdom..."
- Did I forget that alcoholism is a family disease which can cause unpredictable behavior?
- "God grant me the wisdom to know the difference; Step One"
- Did I indulge in self-pity?  
"Everyone has problems, together we can make it; Meetings help"
- Did I blame anyone else for my actions today?  
"How Important Is It?"
- Did I work on any of my defects today?  
"Courage to change the things I can"
- Was I resentful today?  
"Third Step; Keep It Simple"

*from Daily Checklist of Myself (S-6)*



# TOOLS

## Group Inventory

Guidelines for Alateen Members

- Do we take responsibility for the meeting or do we leave everything to the Alateen Group Sponsors?
- Do we show respect for others at the facility where our meeting is held?
- Is the group an attraction to Al-Anon members and others to bring their children to Alateen?
- Do we remember that the Alateen Group Sponsors are volunteers who are being of service to the group?
- Do we ask Al-Anon groups to support our group by providing certified Al-Anon Members Involved in Alateen Service when our Alateen Group Sponsors are not able to serve?
- Do we hold an annual open meeting and notify local Al-Anon groups?

*from Taking a Group Inventory (G-8a)*

# C.A.L.

## Alateen Members Learn

- Compulsive drinking is a disease
- They can detach themselves emotionally from the drinker's problems while continuing to love the person
- They are not the cause of anyone else's drinking or behavior
- They cannot change or control anyone but themselves
- They have spiritual and intellectual resources with which to develop their own potentials, no matter what happens at home
- They can build satisfying and rewarding life experiences for themselves



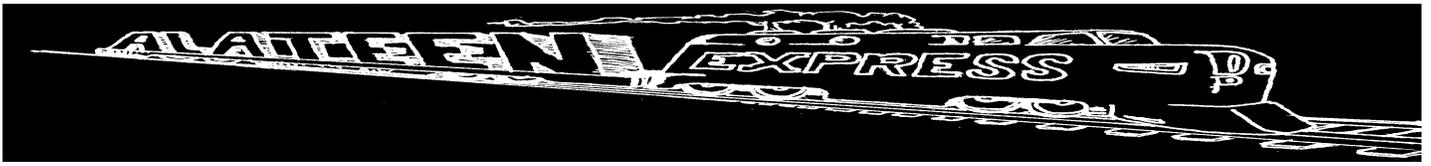
*from Facts About Alateen pamphlet (P-41)*

## 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*



## **AMIAS Corner**

### **AMIAS Experience, Strength and Hope on NoCAC Scholarships**

Greetings Northern California A.M.I.A.S., Sponsors, and Trusted Servants, I am not a member of the 2021 NoCAC committee. This is my Experience, Strength and Hope.

For more than 30 years the NoCAC Scholarship process has been fairly consistent. However, it can be challenging for newcomers to navigate the process. Especially with all the unexpected chaos of the last nineteen months.

After the NoCAC Committee confirms the hotel and event arrangements, a save the date flier is created and various fundraisers are announced. Usually these are a few seasonal events as well as two to three annual "Bashes" or camping weekends. The money raised by these events is earmarked for NoCAC Event Scholarships.

NoCAC also produces T-shirts commemorating the year and theme with proceeds going to the Scholarship Fund. In addition to the fundraisers, each year donations have been made to the NoCAC Scholarship Fund by groups, individuals, districts, and NCWSA.

Once the hotel contract is finalized, an Event Packet is created with event details and forms for weekend-specific events and participation. In addition, that packet contains a request form for Scholarships to NoCAC for newcomers to the event.

The event registration period will end, usually at a "Last Chance" to register fundraiser. Then the Scholarships, Treasury, and Registration NoCAC committee members process the scholarship requests and notify those receiving scholarships. These are not and have never been guaranteed allotments. The NoCAC Scholarship Fund is wholly dependent on each year's fundraising and

donations. The Scholarships are partial amounts, allocated to the needs of the community each year.

Additionally, and autonomous to the NoCAC committee, individual Alateen groups put on their own fundraisers and events to raise money for NoCAC. Districts and Intergroups often have fundraisers and budget yearly funds for Alateens and AMIAS to participate in NoCAC.

In District 16 our Alateen groups have a few yearly fundraisers for event scholarships as well as a yearly budget for program expenses. We have pancake breakfasts, spaghetti feeds, bake sales, craft auctions, and pass a special "can" for 7th tradition donations.

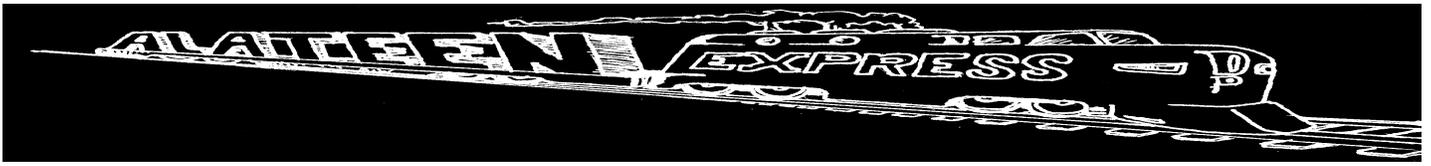
Due to ongoing Covid-19 Global Pandemic, things are more dynamic and fluctuating than ever before. I find these times require even more patience, awareness, and acceptance than I knew possible.

The packet for the 2021 NoCAC is being finalized. Once it has been, we will know what to expect. Until then as districts, groups, AMIAS, and members, we can plan and fundraise to ensure our Alateens and AMIAS can participate.

Additionally, NoCAC is always accepting donations to the Scholarship Fund.

### **Together We Can Make It.**

In Service,  
Shawn A.  
"Little Bear"  
AMIAS  
District 16 DAPP



## Games

### Slogan Word Scramble

Put the letters back in order to find your favorite Slogans!



1. ETL OG NAD LTE DGO

---

2. SYAE ESDO TI

---

3. VIEL DAN LTE EIVL

---

4. WHO NTTA OIMRP SI TI?

---

5. TISLNE ADN NELRA

---

6. TIRSF HNGTIS FSITR

---

7. TEHTGOER EW ACN KMEA TI

---

8. PEKE TI PESMIL

---

9. EON YDA TA A MITE

---

10. KHTNI

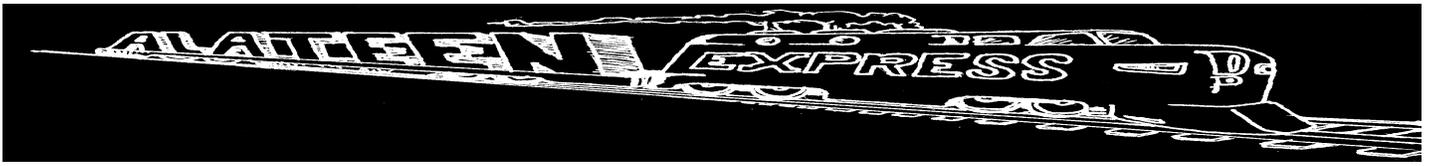
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11. TLE TI NBGIE IWHT EM

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12. SJUT ROF YDOTA

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## 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://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

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)