

*August 2021*

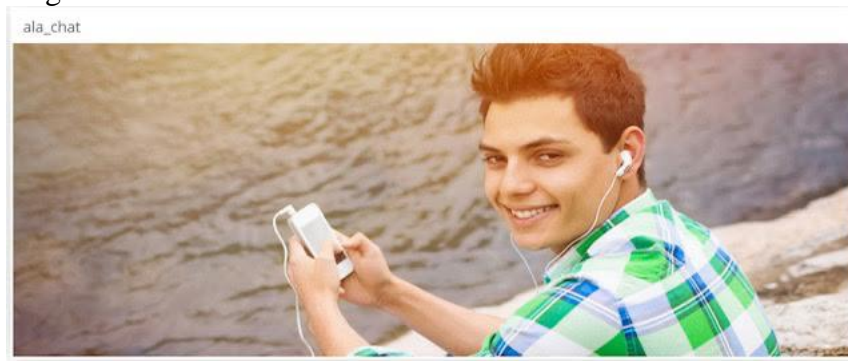
Southern California World  
Service  
AMIAS/ALATEEN



☀️🌊 *Summer Fun* 🌊☀️

**Get kids off the Social Media Screen and into Alateen!**

Contact an AMIAS (Al-Anon Member Involved in Alateen Service) for ZOOM information. To give the Alateen anonymity, please be sure that the Alateen can be in a private place and share openly without being overheard.



**The Friends we make in Alateen are Special!**

## ELECTRONIC ALATEEN MEETINGS IN SOUTHERN CALIFORNIA

The Alateen groups listed here have moved to an online/electronic format in response to the COVID-19 health restrictions and social distancing requirements.

For information on how to join any of these meetings, please call or email the Point of Contact (POC).

This list is for use by AMIAS and Intergroup staff in Southern California to refer teens to online Alateen meetings. The contact information is confidential and must be carefully safeguarded -- only share with fellow AMIAS and teens or families who are seeking an online Alateen meeting.

DAY	TIME	HOST DISTRICT	WSO ID / Name of Group	POC	Email Contact	Phone Contact
Monday	6pm	6 Bakersfield	30729632 Meeting Mondays Alateen	Portia C	alateenkern@gmail.com	(661) 717-1346
Monday	7pm	69 San Diego	30517222 Total Sharing Alateen	Judy B	judybmylife@gmail.com	(760) 521-4103
Tuesday	7 pm	17 Woodland Hills	502645 -2 Teens In Recovery	Jeri M	jerijoy@hotmail.com	no
Tuesday	7:30 pm	36 Pomona	1390 Tuesday One Day at a Time	J.R. D Jay P	john.davies@live.com atourpace@msn.com	909-762-4440 909-730-9066 (txt)
Tuesday	7:30 pm	54 El Segundo	30708126 Experience Alateen Today	Sunee F.	suneefoley@gmail.com	(310) 650-7211
Wednesday	7:30 pm	60 Yorba Linda	503559 Serenity Seekers Alateen	Linda T	ltette@gmail.com	(714) 357-2306
Thursday	6:30 pm	72 Chula Vista	30665601 I'm OK, I Belong, I'm Not Alone	Lety C	undiaalavez@live.com	(619) 792-6042
Thursday	3 pm	42 Indian Wells	30733123 Free To Be Me	Juli H	freetobemealateen@gmail.com	no
Thursday	7:30 pm	63 Garden Grove	30640574 Freedom Finders Alateen Group	Wendy F	no	(310) 210-7699
Thursday	7:30 pm	12 Ventura	30568883 Ventura Thursday Night	Jerry W	bear.scws.aapp@gmail.com	(805) 766-7401
Thursday	7:30 pm	30 Pasadena	30510942 Alateen Meeting	Sibyl O	dal30.alanon.socal@gmail.com	no
Friday	7 pm	39 Corona	30507400 Corona Friday Night Alateen	Lindy A Tammy A	no lovecattam@yahoo.com	(951) 482-4759 (951) 675-6588
Friday	8 pm	17 Woodland Hills	502645 -1 Friday Night Teens In Recovery	Jeri M	jerijoy@hotmail.com	no
Saturday	9 am	54 Torrance	54894 Torrance Saturday Morning	Judee C	rtjudee@gmail.com	(310) 986-9886
Saturday	10 am	24 Burbank	502153 Saturday Morning Young Alateen	Susan R Alvin F	no no	(818) 269-7417 (213) 422-6435
Sunday	5:30 pm	75 San Diego	502532 Express Yourself	Donna T Ashley S	no no	(619)251-1298 (818)554-1012
Sunday	7 pm	8 Goleta	30620236 Live and Let Live Alateen	Jim G	jimmyjames007@cox.net	(805) 452-9703
Sunday	7 pm	69 San Diego	30695111 Free to be Me	Leigh S	no	(619) 997-5819
Sunday	7:30 pm	45 Santa Monica	51846 Santa Monica Sunday Alateen	Charles H Anna K	cheit8@gmail.com, ms.annachristina@gmail.com	(310) 502-7768 no

## Upcoming Alateen Events!!!!!!

### Orange County Service Board Alateen Chairs

Keli M. and Vickie M.

### Have the winner for the Alateen writing contest!

As many of us know, life is not easy. There are many ups, but there can also be many downs. These downs can be so drastic and can overwhelm, or overtake, the joys out of life. I know I have found myself in predicaments as such. But thankfully, I have learned the best ways, for me, to deal with problems that may come my way. Because of the twelve steps of Alateen, I have and still am developing essential life skills, the ability to accept things I cannot change and the courage to change the things I can, and implement these principles in my life to keep my serenity.

The step I find myself using most days is, ironically, the first step. Step one explains that we are powerless over everything and everyone. That simply everything that may happen, is out of my control. For a “control freak,” like myself, this step is vital. For as long as I can remember, I wanted to control and change people. Whether it be their opinion or their actions. Coming to the realization that I can control no other but myself, helped me not to be in a continuous cycle of anger. I now have the ability to accept things as they are, for good or bad. I can put this to work even the smallest daily affairs. Say I am driving, and someone was to give me the bird, the middle finger, because I tend to drive too slow. Before this step, this would have affected my whole day. I would have driven myself crazy about what I could do and what I could have done. With the power of the first step, I can shrug it off and say, “So be it”, and continue with my day. I realize I cannot control what people say or, quite frankly, do to me. But I can control how it may affect me and my response.

Step two assists me to believe in a Higher Power. My whole life, I grew up in church. In my case, I have never really struggled with the concept of God or a God. I know that may not be the case for many, and for that, I am grateful. A Higher Power can be a hard one to understand and to accept. Even if this Higher Power is of no particular denomination, a Higher power acts as a source of comfort. As stated above, life is hard. No one deserves to go through the conflict and these struggles alone. Even if that person may be a figure of one’s own understanding, we all need someone to talk to, love, and turn to in times of despair. Without a God, I am hopeless. There are some questions I cannot answer. In some situations, I cannot begin to fathom the meaning. And some situations that would be too hard to bear. I take comfort knowing I always have someone to turn to no matter the means of the circumstance.

Step three advises me to place all that is in my heart in God’s hands, as I understand Him. Life is so complicated, especially mine. Every day I run around like a maniac trying to get everything I need done. Schoolwork for all my classes, working out, and dealing with my family life and home responsibilities. Quite frankly, this leaves me feeling rather worn out. Over time, these feelings intensify, and anxiety builds. This has left me hasty and short when dealing with others. So much so, I begin to be upset with myself. But, before this cycle begins to rotate over, I have the ability to stop it in its tracks and change the circumstances for the better by turning all my shortcomings and insanity over to the care of God. I know every star I wish on and every prayer may not be granted, but it is heard. Where I am today, is where I am supposed to be. All of the pain and suffering will be worth something. Another reason this step holds such importance is, I do not often rant and if so, it is my therapist every two weeks. I get to get all my anger, sadness, and fear out at any point in the day. Not to mention, I get to tell it to someone who does not tell anyone and someone who can change my outcome. This helps me at the very least to blow off steam and get closure.

All that was said was strictly my beliefs surrounding the Alateen principles, so I advise you to take what you liked and leave the rest. These steps have been a key factor in keeping me sane. Some of the only few I have obtained thus far. There are nine more steps, but I find these three so versatile and essential. In my experience, these life skills have flipped my perspective on life and helps me keep my sanity and serenity.

Submitted by Londyn

# Upcoming Alateen Events!!!!!!

**New Alateen Literature:**

**SoCAAL Fundraiser:**

**New Alateen Preamble:**

From the Highlights of the 2021 World Service Conference

<https://al-anon.org/for-members/world-service-conference-wsc/highlights-of-the-wsc/>

**Want to hear some Alateen Speakers?**

### Revision of the Alateen Preamble to the Twelve Steps

The January 2018 Policy Committee reviewed background framing and archival information about the Suggested Alateen Preamble to the Twelve Steps. After discussion, the Policy Committee convened an Alateen Preamble Language (APL) Task Force led by WSO Staff and was assigned the following charge:

"To recommend to the Policy Committee changes to the Alateen Preamble that will ensure its language is welcoming to potential teenage newcomers who are affected by someone else's alcoholism and can be translated into the three official AFG, Inc. languages."

The Task Force consisted of six members: five currently certified AMIAS and one Alateen. The revised Preamble has been approved by the 2021 WSC and now reads:


"Alateen, part of Al-Anon Family Groups, is for young people who have been affected by alcoholism in a family member or friend. We help each other by sharing our experience, strength, and hope.

"We believe alcoholism is a family disease affecting everyone emotionally and sometimes physically. Although we cannot change or control the alcoholics in our lives, we can detach from their problems while continuing to love them.

"In Alateen we focus on our own program rather than outside issues such as religion, politics, social media, or other Twelve Step programs. There are no dues for membership. Alateen is self-supporting through its own voluntary contributions. Alateen has one purpose: to help young people affected by someone else's drinking. We are careful to protect each other's anonymity as well as that of all Al-Anon and A.A. members.

"By applying the Twelve Steps to ourselves, we begin to recover from the effects of the family disease of alcoholism mentally, emotionally, and spiritually. This allows us to encourage our alcoholic relatives and friends, and to give hope to other teens."

Communication will be forthcoming on how to insert the new Alateen Preamble.



**Southern California AA Convention with Al-Anon Participation**

**"We Overcome In 2021"**

**-FUNDRAISER-**

**August 7<sup>th</sup> 2021**

**Pre show with Ways n Means**

**And Raffles at 5:30pm**

**Program Starts: 6:00pm-9:30pm PST**

**Featuring 3 Alateen Speakers**

**AA Speaker: Wayne B. – Santa Monica, CA**


**Al-Anon Speaker: Sarah M. – New York**

**Free On Zoom!**

**Meeting ID: 953 0308 8016**

**Passcode: SCAAC21**

**DONATIONS ACCEPTED!**



**venmo**

VENMO: @Cheryl-Young-168

"When I heard about Alateen, I went to a meeting. There other teenagers with my same problem taked to me. For the first time, I realized that other people had the same difficulties I had."



[al-anon.org/for-alateen](https://al-anon.org/for-alateen)



Are you looking for service work that is rewarding, loving and exciting?

Have you thought of the teens who want help and can't get it because Alateen isn't available?

Are you willing to meet with Alateen members to share with them, laugh with them, and sometimes cry with them?

Can you allow Alateens to conduct their own meeting without controlling or directing?

Can you respect the anonymity of Alateen members by not discussing their comments with their parents or others?

Can you say "No" to inappropriate behavior and explain your reason while continuing to love them?

Can you suggest program tools – slogans, Steps, Traditions, literature [CAL] – without giving advice?

**CONSIDER BECOMING AN AMIAS!**

Al-Anon  
Member Involved in Alateen Service

**WHAT KINDS OF SERVICE ARE AVAILABLE IN ALATEEN?**

There are numerous ways you can be of service! Some are ...

- Co-sponsor a weekly Alateen meeting
- Help plan and support Alateen events
- Transport Alateen members to meetings and events

**ARE THERE ANY ELIGIBILITY REQUIREMENTS I MUST MEET? To become an AMIAS you must:**

- Have at least 2 years of regular Al-Anon participation
- Attend at least one Al-Anon meeting a week
- Be at least 25 years old
- Be able to pass the Southern California World Service (SCWS) background check
- Attend a 90-minute initial training session (offered online every month by webinar)
- Be willing to step down immediately if any controversy interferes with your purpose of serving Alateen members

**SOUNDS GREAT!! I MEET ALL THE ELIGIBILITY REQUIREMENTS.**

**HOW DO I GET STARTED?**  
First, speak with your District Representative and/or District Alateen Liaison to learn what the needs are in

your local area and how you can best be of service. Then, email the Area Alateen Process Person (AAPP) and give them your name, email and phone number.

You will receive an email reply with information on everything needed to complete the process.

You can contact the AAPP at [aapp@scws-al-anon.org](mailto:aapp@scws-al-anon.org)

**HOW LONG DOES IT TAKE TO GET CERTIFIED?** Most applications are completed in less than 4 weeks.

**WHEN CAN I START WORKING WITH ALATEENS?** As soon as you receive the email formally notifying you that your registration is complete.

*\*\*\* You may not participate with Alateen until you are officially notified. \*\*\**

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**Southern California World Service**  
SCWS-AL-ANON.ORG



revised 25 January 2019

# Who wants to be an AMIAS?

(Al-Anon Member Involved in Alateen Service) WE DO! 🧑🧑

## 2021 Schedule for New AMIAS Training

To begin the application process for becoming an AMIAS, first talk to your District Representative (DR) and/or District Alateen Liaison (DAL). Let the District know that you are interested in Alateen Service. The DR or DAL can let you know where the opportunities are. They are also responsible for approving your AMIAS Application once your training is complete.

Contact the Area Alateen Process Person (AAPP) at [aapp@scws-al-anon.org](mailto:aapp@scws-al-anon.org) once you have notified your District. Include your name, email address, phone number and District number.

After you submit your name to the AAPP as a prospective AMIAS, you will receive a confirmation email and then an email invitation around the first of each month. The Invitation will include a link to register for that month's webinar.

Training sessions are usually about 90 minutes.

Contact Bear for more information:

[aapp@scws-al-anon.org](mailto:aapp@scws-al-anon.org)

### *2021 New Amias Training Schedule*

**Sunday**

**August 8**

**Wednesday**

**September 8**

**October 10**

**November 10**

**December 12**

**Convention and Event  
Chairs!** If you would

like an AMIAS training at your convention or event, contact Tina:

[aapp@scws-al-anon.org](mailto:aapp@scws-al-anon.org).

Allow 2 ½ hours in your schedule for the training.

Until further notice, all New AMIAS Certification Training will be conducted online due to Covid-19.

**\* \* \* ALATEENS SERVING BEYOND THE GROUP LEVEL \* \* \***

**🌻 REPRESENTATION 🌻**

- ◆ **Your meeting can have an Alateen member registered as Group Representative (GR). Please check with **any** of your coordinators about how to get that done so they will be represented. They can have a voice AND a vote at Area Assemblies!**
- ◆ If you have any Alateen or AMIAS related questions or concerns, please use this link to get connected [alateen-amiasconcerns@scws-al-anon.org](mailto:alateen-amiasconcerns@scws-al-anon.org)

## **2020-2022 SCWS Alateen Coordinators**

**Alateen Communications Coordinator Bernadette H. [Alateencommunications@scws-al-anon.org](mailto:Alateencommunications@scws-al-anon.org)**

- Contact individuals who have requested information about the Alateen program or forward their request to a District near them and follow-up with the individual.
- Communicate with agencies that have requested an Alateen Panel and arrange Alateens to speak and AMIAS or parent to transport and supervise them.
- Create the Area Alateen Newsletter to inform the Area members about recent changes made by SCWS and/or WSO, share AFG Connects postings about Alateen topics, and educate Al-Anon members about Alateen.
- Connecting with other Districts about their Alateen meetings
- Hosting a local workshop to encourage potential AMIAS and share about current sponsors/AMIAS opportunities and experiences
- Adding information to the Area Alateen newsletter

**Alateen Events Coordinator** *Tina S.* [Alateenevents@scws-al-anon.org](mailto:Alateenevents@scws-al-anon.org)

- Create and maintain a process to ensure that SCWS Alateen events are in compliance with CA(S) and WSO.
- Review Alateen Event Plans to ensure compliance with the ASBR (Alateen Safety and Behavioral Requirements) and principles of the Alateen/Al-Anon programs. Then approve or create action item lists.
- Communicate with Event Sponsors, Alateen Chairpersons, AMIAS Chaperones, and Convention Chairs.

**Alateen Sponsor Coordinator.** *Suzanne P.* [Alateensponsor@scws-al-anon.org](mailto:Alateensponsor@scws-al-anon.org)

- Create the presentation and required materials for AMIAS Certificate Trainings and Recertification Workshops.
- Train and manage Presenters who will conduct AMIAS Recertification Workshops and/or Initial AMIAS Certificate Training in English and Spanish.
- Manage documents obtained from attendees of workshops, attendance roster, and AMIAS Distribution Roster.
- District rep and District Alateen Liaison training
- Ensure SCWS Alateen meetings and events are in compliance with CA(S) and WSO.
- Review Alateen Event Plans to approve or create action item list, in collaboration with Area Alateen Events Coordinator.
- Communicate with Event Sponsors, Alateen Chairpersons, and Group Sponsors as needed
- Review Area Alateen Safety & Behavioral Requirements on an annual basis, per G-24.
- Respond to emails from WSO regarding individuals who have requested information about Alateen and contact the individual or forward the request to the District about which the individual is requesting information.
- Serves as primary point of contact with WSO for Area Alateen matters. Communicates with Area Officers about these matters, as appropriate.
- Serves as the primary link of Area support and oversight for the Southern California Alateen Conference (SCAC).
- Oversees and supports Districts with donations and scholarship requests for SCAC

**Alateen Process Person.** Bear W. [aapp@scws-al-anon.org](mailto:aapp@scws-al-anon.org)

- Maintain lists of Active, Inactive and Prospective AMIAS.
- Provide up-to-date list of Active AMIASs to other Alateen Coordinators and Board members, as needed for Area business.
- Maintain lists of Active and Inactive Alateen meetings
- Update the WSO database with changes to AMIAS and Alateen meetings
- Process new AMIAS applications
- Process new Alateen groups
- Direct AMIAS to background check information as needed
- Process annual AMIAS recertification before deadline set by WSO (usually 1 July)
- Process annual Alateen group update/recertification
- Provide Districts with bi-annual report of their currently certified AMIAS and active Alateen groups twice a year (usually at end of recertification in July and in December/January) and as needed
- Provide Event Chairpersons with a list of currently certified AMIASs as needed
- Conduct training of new AMIAS, online and/or in person. Webinars are usually conducted monthly.
- In-person trainings are typically held at Al-Anon events such as annual AFG Convention and sometimes in conjunction with recertification workshops
- Complete reports for the Area Service Board, Committees, and Bulletin
- Maintain list of persons in each District authorized to sign AMIAS applications (usually DR and DAL)

**Alateen Literature: Click to**



The image displays four Alateen literature covers. From left to right: 1. 'Alateen Hope for Children of Alcoholics' with a yellow background and a red and white arch. 2. 'Alateen Talks Back on ACCEPTANCE' with a blue background and a river scene. 3. 'Alateen's 4th Step Inventory' with a blue background and silhouettes of people. 4. 'THE Forum' with a black and white background and a man's face.