



Contact Carrie W. at 360 773 7200 or at alateen@wa-al-anon.org with any questions or comments.

WA Area Alateen News January 2016

Hello All



I wasn't alone in the little boat at SSA alone, I just had to crop the rest of the group out.

I am your new Area Alateen Coordinator. Carrie W. I have served as an AMIAS for about six years now (I honestly don't recall) and an Al-Anon member for thirteen years as of March 2016. A big part of what led me to serve as an AMIAS was, that I too grew up in an alcoholic home, with chaos and violence. After having a solid Al-Anon program under me I was able to face one of my fears. Teenagers! I am honored (and a tad scare) to accept this position. Beth has a great transition plan and she will be graciously guiding me and helping me learn the ropes this first year. I welcome input and feedback from all sources. I have a full time career that keeps me hopping and I will need A LOT of support to do this job. This issue will include a list of committee positions we will fill over the next few months. A few things about me:

- My favorite reply is "I don't know." I don't mind being wrong, but we can figure it out.
- My favorite Al-Anon tool is the serenity prayer.
- My favorite personal quote "I don't have to believe my own thoughts."
- I think journaling and calling my sponsor are the best ways to sort out those thoughts I don't have to believe.
- I don't do well without food or sleep
- I meet each day with curiosity rather than expectation or dread.
- I am dyslexic, it does not define or disable me but, it can slow me down.
- I like Green, Red, Black
- I don't know how I got to be 45 it seems I was 16 yesterday



Hey everybody! I am the new Alateen Safety Coordinator, Kathy D. I am honored to serve as a member of this panel and even more honored that I get to be a member of the Alateen Crew!! I just became an AMIAS last year and am looking forward to meeting all the dedicated teens and sponsors that will cross my path in the next three years! I have been in Al-Anon almost 12 years now and like Carrie, am a little bit (check that, a LOT!) scared to take on something out of my comfort zone! However, I did say that I would be willing to be of service in any capacity and I prayed to my Higher Power to put me "wherever you want me to be..." So here I am! I will follow Carrie's lead and tell you a few things about me☺:

- My favorite Al-Anon tool is my Al-Anon phone a friend list; when I need to talk, I keep calling until someone picks up!
- Favorite quote: How important is it?
- Favorite Al-Anon book: From Survival to Recovery
- Favorite color: any shade of blue or purple
- I am a proud member of District 23
- I am a child of an alcoholic
- I love to read
- I am a tree-hugger!



ATTENTION ALATEENS!

(Excerpt from November Group E-News)
Alateens are invited to share their experience, strength, and hope. Whether you're a newcomer or a longtime member, everyone has something to share. Your sharing could be about:

- your personal life and the benefits you have gained from the Alateen program
- how your Alateen group is functioning, or
- how you are carrying the Alateen message to young people who are still suffering from someone else's drinking.

You don't have to be a professional writer. Staff from the World Service Office (WSO) will edit for grammar, punctuation, and spelling.

Sending your sharing is easy. Just go to the Members' Web site in the Alateen navigation tab under For Alateen Members and select *Alateen Talk*.

Your sharings are also welcomed

By Fax: [\(757\) 563-1656](tel:7575631656)

By e-mail: wso@al-anon.org

By postal mail to: AFG, Inc.

1600 Corporate Landing Parkway
Virginia Beach, VA 23454

Please include: Attention Alateen on all correspondence.

Thanks for sharing your experience, strength, and hope!

Reminder !!!!

Recertification Due By June!

Please arrange to join a training.

Training will also be held at Summer Service Seminar more info to come.

Alateen Related Calendar of Events



AMIAS Initial Trainings

Sat Jan 9 th	9:30-12:30 PM
Tues March 22	6-9 PM

Recertification Training

Thurs Jan 28 th	6:30-8:30 PM
Mon Feb 22 nd	6:30-8:30 PM
Sat March 12 th	10-12 Noon

"Train the Trainer" Session`

Jan 18 th	6:30-8:30 PM
----------------------	--------------

WAAC (WA Area Alateen Conference) 2016

The tentative date for 2016 is July 22-24th. We are just waiting for a contract to sign!

ASTAR 2016

The tentative date for 2016 will be Oct 14-16! We are hoping a fall date will increase member's ability to participate!



Committee Meetings

WAAC Planning Meetings will be held by Webinar on the second Sunday of the month from 2-4 PM. ASTAR Planning Meetings will be held by Webinar on the third Sunday of the month from 7-9 PM. Please contact Beth C. if you are interested in participating.

**WE PUT THE
FUN
IN FUNDRAISING**

Fundraising

ASTAR and WAAC have fundraising items to sell. The Alateens tie-dyed t-shirts and have screened their logo onto them. ASTAR has book bags and pens to sell. Please contact Carrie W, Beth C if teens or AMIAs may sell their items at your speaker event, gratitude dinner, recovery meeting or district meeting. Proceeds from our fundraising go towards scholarships!

WA Area Alateen Committee

The WA Area Alateen Coordinator will chair the WA Area Alateen Committee. The Alateen and the Alateen Safety Coordinators have delegated some duties to the committee and will be available to assist the committee in the duties. The WA Area Alateen Coordinator will be accountable to report committee activities to the AWSC body. The ASTAR and WAAC Liaisons are part of the Alateen Committee but each event has its own planning committee. Each committee member assists WA Area Alateen Coordinator in reporting committee activities and may ask other members of the Area Alateen Committee for help if needed.

Alateen Chat

- Schedules trainings for the AMIASs who wish to become Alateen Chat Sponsors
- Maintains Schedule for Alateen Chat Sponsors
- Periodically sends announcements reminding AWSC panel that Alateen Chat is an option

Outreach Public – Into the Community

- Suggests Public Outreach projects (ex. Distributing Alateen posters to all WA State County Department of Social and Health Services) related to Alateen that will benefit the entire Area
- May work with District Outreach and/or Alateen Coordinators (or District Representatives) to respond to Alateen related questions from professionals that are forwarded from the Area Alateen Coordinator. Most inquiries are generated from the WA Area Website
- Maintain a list of Professionals who have reached out to the Area with Alateen related questions.
- Outreach Fellowship – With Al-Anon and AA

Monthly Newsletter Editor

- Will assist Area Alateen Coordinator in layout and publishing of the newsletter.
- Any member of the Alateen Committee may submit information to be placed in the newsletter.
- Responsible for maintaining on-going features such as “Meet an AMIAS” and “Calendar of Events”.
- Will submit to Area Alateen Coordinator by the 25th of the month. Alateen Coordinator will forward to all currently certified AMIASs and AWSC panel on the first of each month.

Speaker Coordinator

- Would maintain a list of Alateens available to speak at AA/Al-Anon or Alateen functions
- Contact Alateens and AMIASs when opportunities arise
- Send the Alateen speaker and chaperone all needed permission/travel/event forms in order to participate
- Gives the chaperone contact information so they can confirm participation

Participation at Assemblies and other Area Events

- Works with hosting districts, Area chair and Area events chair to encourage Alateen participation with inclusion on registration forms and fliers. Confirms hosting district and Area events chair understands registration check in processes for Alateens and AMIASs.
- Confirms permission slips and event forms are available to all Alateens and AMIASs wishing to participate

Spanish Translation of AMIAS Materials

- Works on translation and maintains any edits of all WA Area Training Materials into Spanish
- If area or district has a Spanish speaking liaison/coordinator will (coordinate distribution of materials) works with them
- Maintains a list of when edits were translated. Annually compares Spanish to English materials to confirm Spanish materials have been maintained
- Works with WA Area Treasurer when vendors are used for translation

Starting Alateen Meetings (Community and Institution)

- Responds to a district or group looking for guidance in starting an Alateen group
- Shares Experience, Strength and Hope of how to navigate public/private school/other teen groups systems and other institutions

Supporting Al-Anon Members in Alateen Service (AMIAS)

- Support to Active Group Sponsors
- Posts a monthly topic on the wa-amias@googlegroup.com
- Answers questions of Group Sponsors in a timely manner
- Schedule a twice a year webinar for Active Group Sponsors to discuss issues in the Alateen Group and share experience strength and hope
- Encourages participation at ASTAR; helps coordinate scholarships
- Support to District Alateen Coordinators
- Schedule twice a year webinars for District Alateen Coordinators to discuss issues in their district and share experience strength and hope
- Available by email to answer District Alateen Coordinator questions

AMIAS Trainer Coordinators

- Schedule twice a year webinars for AMIAS Trainers to discuss processes for training and to develop more training materials as needed
- Provides opportunities for AMIASs to become certified trainers

Website Updates

- Works with WA Area Website Coordinator- Makes suggestions regarding Alateen content on the WA Area Website - Submits any fliers or AMIAS material changes