

GAUTENG & DISTRICT OFFICE
24-Hour helpline 0861 25 26 66

Dear Loners,

May 2018

“One Person looks at life and sees beauty, friendship, goodness and warmth. Another looks at the same life and sees ugliness, loneliness, problems and hopelessness. What makes the difference? *Attitudes*. Our attitudes determine whether we will be happy or sad, uncomfortable or at ease, resentful or understanding, angry or serene, loving or hateful, mature or immature, whole or incomplete. In Alateen, we learn how to become what we want to be by working the program---that is, by applying the Twelve Step, Twelve Traditions and slogans to our lives. A thorough knowledge and diligent application of their principles helps us to develop positive attitudes so that we can find happiness and fulfillment....” Page 3 “*Twelve Steps and Twelve Traditions for Alateen*”, [P18]

I love this introduction to the Twelve Steps found in the Alateen literature. I certainly wanted my child to share in the miracle of recovery that has changed our lives for the better. Alateen is a part of Al-Anon Family Groups and in Gauteng it is for children aged between 10 and 17. The meetings are run by the teens in much the same way that an Al-Anon meeting is run.

Al-Anon Members involved in Alateen service [AMIAS] facilitate the meetings and make sure it is a safe, stable space for teens to share their experience, strength and hope.

A legal requirement of every Alateen meeting is that two AMIASs need to be present at every meeting. Guidelines on how to qualify as an AMIAS are available from the Area Office. Yes it does take effort to get accredited as an AMIAS. But the office is here to help and guide you through the process.

Many years ago I started my service work in Al-Anon by sponsoring an Alateen group. It changed my life forever; it was one of the most significant things I ever decided to do. A true spiritual experience. I worked through the literature with the teens and found the ideas simple to understand but not so easy to apply to my life. Sadly many parents are in denial that their children have been affected by the disease. It might or might not be true but the change in the teens that do attend is unbelievable. A change of attitude by all members of the family can make such a difference. I believe it is better to include all family members in our programme of recovery rather than excluding them from the opportunity to learn about the disease of alcoholism and the help that is available.

I will always be grateful to the Alateens for introducing me to my Higher Power and sharing their recovery with me.

Today we are spoilt with the wide variety of Alateen CAL literature available from the office. 2 daily readers, a Fourth step inventory book and little booklets on Serenity, Slogans, Detachment and Acceptance to name a few. If you are interested in any of these items or more, email the office requesting a full literature price list.

GAUTENG & DISTRICT OFFICE
24-Hour helpline 0861 25 26 66

Today, many years later I find myself in the same situation.....working with the Alateens. I am grateful for the opportunity to help more teens find hope and help.

The new guidelines means that every Alateen group needs 2 AMIASs at every meeting.

Great that means I am never on my own, there is always another adult at the meeting to help

Together we can make it one of my favorite Alateen slogans!

Are Alateen meetings different to Al-Anon meetings?

Essentially no; the teens conduct their own meeting and usually take one of the readings from the Alateen daily readers as the topic for discussion during the meeting.

Sometimes they just feel like some fun and share how the *Slogans* or *Just for Today* card has helped during the week. There is definitely no time to discuss or gossip about other family members. The teens are serious about helping themselves. Just meeting other teens who understand is a relief. The knowledge that they are not to blame for another person's drinking is a burden that they no longer have to carry. It is a joy to see and hear the teens laughing and chatting to each other after the meeting.

As an AMIAS do I learn something at the meetings? Most definitely, we all feel a sense of gratitude to be able to help children find help via the use of our Twelve Step programme. It is a miracle in progress to see the children grasp the programme and apply it to their lives. Working with the Teens I gained a new perspective on how the disease of alcoholism affects all members of the family.

A clearer understanding of how events changed my life. It is an opportunity to give back to the fellowship in gratitude for everything I have gained.

Details of Alateen groups in Gauteng can be found on our website.

We would love to share your experience strength and hope with other loners in the programme.

Our website, www.alanongauteng.co.za is updated regularly with new shares, blogs and book reviews. Remember help is a phone call away.

Our banking details are: ABSA Bank, Oakdene, branch code 632 005). Current account no 1118881482.....in the name of **Al-Anon Information Service**. Please put your **name or group as a reference**.

With love in Al-Anon, Juliet

P.S. If you do not want to receive these letters send email to alanontvl@absamail.co.za with the word **unsubscribe** in the subject and we will remove your name from the distribution lists. If you know of new members who would like to receive our newsletter please let the office have the details