

_____Alateen meeting format- Zoom_____

1. Could we have a few moments of silence, followed by the Serenity Prayer?
2. Could we have the Suggested Welcome?
3. If there are Newcomers, read the Newcomers Welcome
4. Could someone please start reading the 12 Steps – please read one or two and pass them around.
5. Could we have the Tradition of the month please?
6. Please note the cards on the screen (Secretary reads the cards on the table)
7. Could we have the Crosstalk statement please.
8. “Anything you share here will be kept confidential, we will not share your information with anyone else. The only exception is that we are required by law to report any suspected child abuse or neglect. We do this to comply with the law and to protect your safety.”
9. Reminder.....please silence cell phones.
10. Go around the room with first names. {{If there are newcomers, ask members to say their name, what brought them into the program and what keeps them coming back}}
11. In each meeting, we'll spend the first 10-15 minutes doing a reading about and discussing a Step- What Step would we like to discuss today?
12. The Secretary reads something from the Alateen literature regarding the Step, and shares on the reading.
13. The Secretary then starts going around the table by asking the person next to him/her to share on the Step (share time is limited to 5 minutes max). We continue to go around the table until everyone who wants to share on the Step has shared. (Reminder: Members can pass at any time if they are not comfortable sharing.)
14. After the step has been discussed, the group can choose a topic to discuss and the process described in #13 and #14 are repeated for the topic.
15. If time permits, go around the room and share Happy/Crappy.
16. At the end of the meeting - ask someone to read the closing, and then the group recites the Serenity Prayer.

Welcome

We welcome you to the Sunday Night Alateen Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Alateen we discover that no situation is really hopeless, and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends upon our own attitudes, and as we learn to place our problem in its true perspective, we find that it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Alateen ideas. Without such spiritual help, living with alcoholism is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Alateen program is based on the Twelve Steps (adapted from Alcoholics Anonymous) which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Alateen literature thus make us ready to receive the priceless gift of serenity.

Alateen is an anonymous fellowship. Everything that is said in our group meetings and member-to-member must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Alateen.

*The Suggested Al-Anon/Alateen Welcome. Reprinted with permission of
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Newcomers Welcome

We would like to welcome you to the Sunday Night Alateen Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We would like to start you off by giving you some books to help you with the twelve step program.

In the beginning of the meeting, we have a moment of silence followed by the serenity prayer. Afterwards, we go around the room with our first names and share why we're here; however, you can pass if you would like to.

We request that you refrain from crosstalk and wait until the end of the meeting to ask questions. We request that you do not judge others or think of yourself as a higher person. Everyone in this room is equal, although some may have special responsibilities.

It is recommended that Newcomers come to at least 6 meetings before making a decision if Alateen is right for you.

WELCOME !!!!

The Twelve Steps

Study of these Steps is essential to progress in the Alateen program. The principles they embody are universal, applicable to everyone, whatever his personal creed. In Alateen, we strive for an ever-deeper understanding of these steps, and pray for the wisdom to apply them to our lives.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

The Twelve Traditions

These are Alateens 12 Traditions. These guidelines are the means of promoting harmony and growth in Alateen groups and in the world-wide fellowship of Alateen as a whole. Our group experience suggests that our unity depends upon our adherence to these Traditions.

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Alateen Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Alateen or AA as a whole.
5. Each Alateen Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Alateen Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Alateen Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Alateen Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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CARDS ON THE TABLE

Please remember.....Whom you see here; What you hear here; When you leave here....

Let it stay here.

Let's keep the focus on our program...Please leave other :

Affiliations

12 Step programs

Religions

Treatment Centers

Counseling

Out of our program.....

Crosstalk

Crosstalk is when one member interrupts or comments on another members share. It is usually disruptive and can be disrespectful of the member sharing.

In order to encourage the sharing of experience, strength and hope and to keep the meeting a safe place to be; this group has decided that members will not crosstalk or interrupt another member.

How Are You Feeling Today?



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SNUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

Alateen Closing

In closing, the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long:
Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while you'll discover that though you may not like all of us, you'll love us in a very special way - the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time.

Would all who care to join me in closing with the Serenity Prayer

ALATEEN MEETING TOPIC LIST

Slogans or Favorite Slogan	Steps - pick a step to discuss
Growing in Alateen - How has the program helped me	Feelings and Emotions
The Serenity Prayer	How Alcoholism Affects Us
Higher Power/God as We Understand Him	Gratitude
Happiness	One Day at a Time
Three A's - Awareness, Acceptance, Action	Serenity
Detachment	Choices
Powerlessness	Understanding
Mistakes I've Made; What I would do Differently	Prayer
Fear	Honesty
Hope	Courage
Favorite Tool of the Program	Forgiveness
Gossip	Perception
Peer Pressure	Boundaries
Hurt/Pain	Three C's (Didn't Cause it; Can't cure it; Can't control it)
Before & After	Freedom
Friendship	
Humility	Disappointment
Depression	Grief
Self-Pity	
Self-Acceptance	Self-Confidence
Needing People	What is Alcoholism
Judgment	Resentment
Reacting	Denial