

CT AFG Convention

“Miracles in Motion”

April 1–3, 2016 (Friday–Sunday)

Radisson Hotel, 100 Berlin Road, Cromwell
(formerly called the Crowne Plaza Hotel)

With Al-Anon, Alateen and AA participation.

Sign up
for your miracle
TODAY!

TO REGISTER FOR THE CONVENTION:

- Go to www.ctalanon.org, click on the Convention webpage
- Download and print the pre-registration form
- Mail form and payment to
CT AFG Convention, PO Box 2122, Branford CT 06405
- No computer access? Ask your GR for a registration form.
- Pre-registration deadline for the convention is March 16.
Walk-ins welcome

TO MAKE A HOTEL RESERVATION:

- By phone: call the hotel at (860) 635-2000
- Or go online to www.radisson.com/ctafgcon16

Use Convention code “1603AFGCON” for a discounted room rate.

Questions or to volunteer: Convention2016@ctalanon.org.

- **Terryville Thursday Morning Family Group**
Thursday, April 21, 2016
9:30 a.m. Coffee; 10:00 a.m. Speakers. Lunch and raffle to follow
50th Anniversary
Terryville Congregational Church
233 Main St., Terryville
- **Milford Monday Night “Parents of” Meeting**
Monday, April 25, 2016
6:30 p.m. Potluck; 7:30 p.m. Speakers followed by raffle
28th Anniversary Meeting
United Church of Christ — Plymouth building
18 West Main St., Milford
- **Rocky Hill Friday Night AFG**
Friday, April 29, 2016
6:30 p.m. Potluck; 7:30 p.m. Speakers; 9:00 p.m. Raffle
St. James Roman Catholic Church
767 Elm St., Rocky Hill
Please no nuts in the potluck

May Anniversary Meeting

- **Portland Second Chance AFG Meeting**
Sunday, May 15, 2016
7:00 p.m. Fellowship, finger foods; 7:30 p.m. Speakers, raffle.
Anniversary meeting
First Congregational Church
554 Main St., Portland, CT

March Anniversary Meetings

- **Waterbury’s Saturday Morning Meeting**
Saturday, March 12, 2016
(Snow date: Saturday, March 19, 2016)
10:00 a.m. Coffee “and”; 10:30 a.m. Speakers. Lunch to follow.
42nd Anniversary
Bunker Hill Congregational Church
274 Bunker Hill Ave., Waterbury
- **Wallingford Al-Anon Friday 10 a.m. Group**
Friday, March 25, 2016
10:00 a.m. – Noon; Speakers, food, raffle, babysitting available
22nd Anniversary
First United Methodist Church
941 Old Rock Hill Road, Wallingford

April Anniversary Meetings

- **Light Through Change**
Friday, April 8, 2016
9:00 a.m. Coffee; 9:30 a.m. Speakers. Potluck breakfast and raffle to follow. Babysitting available. Handicap Accessible.
31st Anniversary
Church of Christ Congregational
1075 Main St., Newington (corner of Main and Cedar)
- **Bristol Friday Night “Free At Last”**
SATURDAY, April 9, 2016 (Weekly meetings held Fridays at 7 p.m.)
6 p.m. Potluck; 7:00 p.m. Speakers
16th Anniversary
The Bristol Recovery Club
67 West St., Bristol (driveway across from Hamelin & Sons)

Meetings that moved

- **The Central Village Tuesday 1:00 p.m. Meeting**
NEW LOCATION:
St. Mary’s Church
34 North Main St., Jewett City
In the Parish Center across from the church
- **St. Andrew Colchester AFG meeting**
As of March 21, 2016
NEW LOCATION:
Colchester Town Hall, Rm. 3
127 Norwich Ave., (across the street from St. Andrew)
NEW TIME: Mondays, 6:00 p.m.
- **Alateen “I Can’t We Can” Wednesday Night**
As of February 10, 2016
NEW LOCATION:
The First Congregational Church
26 Meetinghouse Lane, Madison
TIME: Wednesdays, 7:30 p.m.

This meeting needs our support...

- **Sunday Night Survivors Group**
6:30 p.m. Backus Hospital, 326 Washington St., Norwich
Norwich Activity Rm., 1st floor, Wing D

From the Editor

This special double issue of *Lifeline* focuses on the Connecticut Alateen Groups and features submissions from our own Alateens and Alateen Sponsors.

Alateens please “Keep Coming” and sharing. You are the lifeblood of Al-Anon’s future. We value your attendance, participation, energy, and newness. Your hospitality, especially towards newcomers, and serving spirit is inspiring. Thanks for your courage to be our guest speakers and for unmasking the enormous challenges you face daily. You teach us how to work the program.

I cannot understate that this issue is also intended to encourage Al-Anon members to please step up and become an Alateen Sponsor. Tap on the shoulder of an Al-Anon member that you think might be an ideal candidate and encourage them to become a Sponsor. It’s been known to work!

Many blessings to all who contributed to this issue. Please keep sending in your submissions to lifeline@ctalanon.org. Sharing what the program means to you keeps AFG strong in Connecticut. —
Margaret G., Lifeline Coordinator

What is Alateen?

Alateen is part of Al-Anon Family Groups. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else’s drinking. The adults in the meetings are the Alateen Group Sponsors, who help the teens to stay focused on the Alateen program. Alateens come together to:

- Share experiences, strength, and hope with each other
- Discuss difficulties
- Learn effective ways to cope with problems
- Encourage one another
- Help each other understand the principles of the Al-Anon program
- Learn how to use the Twelve Steps and Alateen’s Twelve Traditions.

It’s very difficult when a parent, stepparent, grandparent, friend, sibling, or any one else in one’s life has a drinking problem. It affects how young people are treated and it shapes their world. Alateen meetings are where teens can find support and understanding from people their own age who are going through similar difficulties.

From the WSO website: al-anon.org/how-will-alateen-help-me
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A message from Dave T. Connecticut Alateen Coordinator

With the addition of the Wednesday Night Groton Meeting in December we now have 18 meetings in Connecticut.

The process has started for a new meeting in Manchester High School. There are currently three meetings in high schools in Fairfield county.

The Newington Thursday Night Meeting is in process of setting up a breakout meeting for preteens. They would be part of the Alateen group but twice a month after opening together with the group they would break off to have their own meeting. This would give the older teens the opportunity to share on topics that are not age appropriate for the younger ones. This has been done in other Areas and I’m excited to see how it works here.

I am getting more and more inquiries for potential Alateen meetings from schools and community agencies. The callers expect to find a pool of sponsors ready and waiting to walk in and give them Alateen. I wish that were the case!

As with any new Alateen meeting the problem is the lack of sponsors. Getting

Al-Anon members to step up is challenging. Everyone agrees that Alateen is great and that more meetings are needed but very few are willing to come forward to make it a reality.

Ask any current or former Alateen Sponsor and I believe each one of them will say it’s one of the most rewarding things they have ever done in their life.

We are blessed with good coverage in the southern and southwestern parts of Connecticut. The north and northeastern sections have nothing. There are no meetings in Districts 8, 9 or 10. Please step up or help recruit potential new sponsors — especially in those districts. There are a lot of teens out there who really need Alateen.

Spring is here and there are lots of anniversaries! If you would like an Alateen speaker at your celebration please follow proper protocol and talk to an Alateen Group Sponsor in your district first.

Please do not directly ask a teen to speak. The sponsor knows if a teen is ready and will ask without imposing pressure upon the teen.

Groups that meet in the morning have a greater chance of getting an Alateen speaker if they hold their Anniversary when there is a school vacation.

You can donate money to the Alateen group for a teen speaking at an Anniversary. On occasion an Alateen travels a far distance to be a speaker. Most times it’s the sponsor who drives but sometimes a teen has their own transportation. Either way, with gas prices it can add up to be an expensive service commitment.

In keeping with Tradition 7, please have your group offer to pay for travel expenses. The current CT-AFG Area rate is 30¢ a mile. The Connecticut Area Alateen sponsors would like to try and get an Alateen to every group that requests it in order to give our teens an opportunity to share their Program.

To end on an upbeat note, Rachel P. from the Norwich Alateen Group had her submission published in the December 2015 issue of *The Forum*. Please read how Alateen has helped her.

Yours in service,
Dave T., Alateen Coordinator

Alateen History

Teenage children in the families of alcoholics soon realized that their problems differed from those of adult members. In 1957, Alateen grew out of this need. A 17-year-old boy, whose father was in A.A. and mother in Al-Anon, had been fairly successful in trying to solve his problems by applying the A.A. Steps and slogans.

With his parents' encouragement, he asked five other teenagers with alcoholic parents to join him in forming a group to help other teenagers. The idea caught on, and the number of groups began to grow.

In response to articles distributed by the WSO (World Service Organization), 10 new Alateen groups were registered, and by 1958, the Board of Directors announced 31 new Alateen groups, with 39 more proposed, and its decision to establish an Alateen Committee.

In 1957, *Youth and the Alcoholic Parent* was submitted by California Alateen groups for publication. Subsequently, several books and pamphlets were produced as well as a newsletter, *Alateen Talk*, and the video *Alateen Tells It Like It Is* (no longer sold).

By the end of 1962, there were 203 registered groups, and the Alateen program was spreading to other countries. In April of 1964, a staff member was added to work for Alateen, to handle correspondence with members and groups, send free packets of literature to new groups, and respond to inquiries from concerned professionals.

In 2003, the Al-Anon Family Group Headquarters, Inc. Board of Trustees took action to assure the safety of the Alateens and Al-Anon Members Involved in Alateen Services. The 2003 Alateen Motion from the Board of Trustees required that all Al-Anon Areas in the World Service Conference (WSC) Structure establish Area Alateen Safety and Behavioral Requirements, and have a process for certification of Al-Anon Members Involved in Alateen Service (AMIAS).

In 2012, there were numerous Alateen pamphlets, leaflets, and books; a quarterly newsletter, *Alateen Talk*; and service materials for Alateen Group Sponsors. There are over 1,700 Alateen groups worldwide.

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Connecticut Alateen Meetings

ALATEEN MEETINGS ARE CLOSED MEETINGS.

Ordinarily only Alateens and the Area-certified Alateen Group Sponsors attend; however designated Area trusted servants may occasionally attend the meeting as a resource to the group per the Area's Alateen Safety and Behavioral Requirements. All Alateen Group Sponsors, even temporary or substitute Sponsors, must be certified through their Area Alateen process before being of service to Alateen. When a regular Alateen Group Sponsor is not available, another Al-Anon member who has been certified through the Area's Alateen process can serve as an Alateen Group Sponsor. When there are no certified Al-Anon members available to be of service to the Alateen

group, the Alateens are always welcome to attend an Al-Anon meeting.

Alateen groups may hold an occasional open meeting to celebrate the group anniversary, to inform professionals or others about Alateen, or for another special occasion. Open meetings may have one or more speakers that explain how the Al-Anon/Alateen program works.

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Editor's note: October is Alateen Awareness Month in Connecticut. *Lifeline* will publish a listing of CT Alateen meetings that will be open during October.

MILFORD*

Tuesday, 12:30 PM
Platt Technical High School
600 Orange Ave.
* Limited to students of this school only

BRIDGEPORT*

Wednesday, 1:10 PM
Bullard-Havens Technical High School
500 Palisade Ave.
* Limited to students of this school only

BRISTOL

Tuesday, 7:30 PM
Bristol Baptist Church
43 School St.
Rear entrance downstairs

DANBURY

Tuesday, 7:00 PM
United Methodist Church
5 Clapboard Ridge Rd.
Al-Anon nearby

GREENWICH

Thursday, 8:00 PM
Greenwich Hospital
5 Perry Ridge Rd.
Pemberwick Room, 3rd Floor
Al-Anon nearby

GROTON

Wednesday, 7:00 PM
St. Andrews Church
310 Fort Hill Rd.

GUILFORD

Tuesday, 7:30 PM
First Congregational Church
122 Broad St.
Rt. 77 on the Green
Al-Anon nearby

LITCHFIELD

Monday, 8:00 PM
First Congregational Church
21 Torrington Rd.
Building next to church
Ages 9-19
Al-Anon nearby
A.A. nearby

LITCHFIELD

Thursday, 7:00 PM
Our Lady of Lourdes in Litchfield
50 Monfort Rd (end of the road, at the top of the hill)
Ages 9-19
Al-Anon nearby

MADISON

Wednesday, 7:30 PM
First Congregational Church
26 Meetinghouse Lane
Formerly the Clinton Alateen Group. Enter through rear door to lower level

NEWINGTON

Thursday, 7:30 PM
Grace Episcopal Church
124 Maple Hill Ave
Al-Anon in same building

NORWALK*

Tuesday, 8:00 AM
Norwalk High School
55 County St.
* Limited to students of this school only

NORWALK

Tuesday, 7:30 PM
Norwalk Hospital
34 Maple St. Nash Auditorium in basement
Spanish and English

NORWICH

Monday, 6:30 PM
Backus Hospital
326 Washington St. (Corner of Rt. 2) D Wing mental health ward
1 Hour Al-Anon nearby

STAMFORD*

Wednesday, 8:30 AM
Westhill High School
125 Roxbury Rd.
Raynor Conference Room
* Limited to students of this school only

STRATFORD

Monday, 8:00 PM
Christ Episcopal Church
2000 Main St.
Step Meeting
Al-Anon in same building
A.A. nearby

TRUMBULL

Thursday, 8:00 PM
Trinity Episcopal Church
1734 Huntington Tpke.
Ages 13-20 and 9-12
Al-Anon nearby

WALLINGFORD

Monday, 7:30 PM
Gaylord Hospital, Chauncey Conference Building
Gaylord Farms Rd.
Al-Anon nearby
A.A. nearby
Directions: Go past main entrance and further down the road is the Chauncey Building

WOODBRIIDGE

Tuesday, 7:30 PM
1st Church of Christ
5 Meetinghouse Lane
Ages 12-19
Al-Anon nearby
AA nearby
Rear entrance 2nd floor

A "Closed Meeting" is limited to members and prospective members. Meeting locations and times are subject to change. Go to ctalanon.org for the latest listings.

Sharings from **CT Alateens**

When I was 13 years old I noticed a dramatic change going through my household. My parents were living in separate homes and were getting a divorce. It was only then I noticed how sick my mom was. She would go out on the porch with the family and drink and smoke, telling us kids to go to bed.

I kept to myself all the way to high school. At this point she had already gone through rehab but was already back to her old ways. Although I lived with my father, I sought help to deal with the issues going on. I reached out to my school's Social Worker. She recommended I go to my school's Alateen meeting every Wednesday at 7th period. I began going to every meeting and still do to this day.

Alateen has changed my whole view on alcoholism. I know I have no control over my mom and what she does, all I can do is take care of ME.

— *Anonymous*

Having Alateen available in school is extremely beneficial in my life. With meetings in school I never have to miss a meeting and other Alateens are always nearby if I need some support or if I just need contact.

Alateen itself has made a huge contribution to the betterment of my situation and overall well-being. Throughout my time in Alateen I have learned to let go of vendettas and grudges and to focus more on facing my own issues and not try to fix others.

The meetings allow me to feel important and to be heard, which most of us, including myself, don't get at home. I am no longer constantly angry. I find it easier now to open up and share my feelings with others.

Alateen has absolutely changed every aspect of my life for the better. It has given me a home away from home and a family I actually look forward to seeing.

— *Ricky*

Thursday is my favorite day of the week. What's not to like since Thanksgiving is on a Thursday and on Thursday I know I have only one more day of school until the weekend? Most importantly for me though is that Thursday is when I have Alateen.

I enjoy Alateen very much. It's where I feel safe enough to talk and be myself.

I can talk about what's good or bad in my life with kids that have been through the same struggles as me.

I also enjoy Alateen because there are teens of various ages. I can see someone who is younger or older than me and that offers me different opinions on a situation. It's cool to see different kids with different ideas.

I had a friend but our relationship was slowly dying. Since he decided to join Alateen our friendship is stronger than ever. This is why my favorite day of the week is Thursday.

— *Mac*

Honestly I cannot express how much Alateen has helped me. Growing up I was all alone. My parents were always fighting whether it was about what to have for dinner or getting a divorce. They were always at each other's throats.

I would always try to solve the issue and make things better. I quickly learned that made things worse. But being a 7 or 8 year old, I didn't know how not to be in the middle. I didn't know how to focus on myself and not be upset by their fighting until Alateen.

Alateen taught me how to detach with love from my parents' fighting and has brought so many new friendships and opportunities into my life.

When I was younger not only did I have to deal with emotional, physical, and sexual abuse from my alcoholic father, I had to watch my life fall apart day by day. Although my life was extremely hard and sometimes unbearable, I put on a smiling face. I showed everyone that I was the happy kid in school and that I loved life. This was hard to do, but I certainly did not want people asking questions and finding out that really I was a sad and lonely girl with messed up parents.

I kept everything quiet until about 6th Grade when my parents divorced. The divorce was sooo hard on me. I needed someone to talk to, so I told a few of my friends what was wrong. In school drama and secrets can spread like wild fire. By the end of the day, the whole school knew I was going through a hard time and that my perfect family had fallen apart. This was very hard, but looking back I realized that this opened me up to talk to people.

Some of the popular girls in my school came up to me and asked me if I was okay. Of course they only wanted something to gossip about—but I didn't know that. I wanted to be popular so badly that I poured out most of my life to them.

Having everything turn so hard in school, and so bad at home, my mom suggested Alateen. I wanted to give it a try, however my sister didn't want to go. I got up the courage and decided to go alone.

My first meeting was horrible. There was only one other kid and one sponsor. Although I hated the meeting I decided to give it one last shot and I am so glad that I did.

Slowly, everything started to make sense. I realized that I can't control my father and that it really is not my fault that he is drinking. I learned how to find a Higher Power—and most importantly—I learned how to take care of myself.

Alateen has brought so many great people into my life. Without them I don't know what I would have done. I am so thankful that I was able to bring four people into the Alateen rooms. Not only does Alateen help me deal with the alcoholic in my life, I use my program every single day. Words cannot describe how much Alateen has helped me.

Although having an alcoholic in my life is extremely hard, I wouldn't change it for anything because that is what brought me to Alateen.

— *Julie*

I started Alateen when I was eight years old and now I am nine. Alateen is my second family. I enjoy the rooms.

I like to help out doing service and I am learning a lot of new things.

— Nina

I have been in Alateen for about four years now and I have gotten so much out of it. When I came into the rooms I was a very negative person and didn't understand why I should stay. But since I have stayed in Alateen it has shown me that all negatives have a positive and that this program can really help you.

Some other things that I have learned in Alateen and Al-Anon is that you have to take care of yourself before anyone else.

The top slogans that I love are QTIP (Quit Taking It Personally), and also THINK (Thoughtful, Honest, Intelligent, Necessary and Kind).

I do a lot of service. For the past three years I have been on the CAWW (Connecticut Alateen Workshop Weekend) Board. This weekend is filled with program love, meetings, fun activities, and 40-50 Alateens from all around Connecticut at a relaxing, peaceful camp.

I also serve at the Al-Anon Family Group Convention. I have been involved with Activities and have had a wonderful mentor. I love doing service because it is my way of giving back to the program community.

Lastly Alateen is my love, family and support.

— Abby E.



Alateens help one another get over the rocky obstacles and flow down the river together.

— Abby E., taken in Naugatuck, CT, April 2015



Positive energy flows from head to toe, but know you have to work it. That is exactly what Alateen teaches you.

— Abby E., taken in Sarasota FL., August, 2015

Alateen saves lives

I heard an Alateen speak at an Anniversary meeting who told a riveting story. I don't think there was a dry eye in the house.

This Alateen member had been a teen in crisis and had learned about an "in-school" Alateen meeting. If this teen had not found Alateen we may have lost him. This teen still attends that meeting to this day.

As soon as the sharing was finished, I ran over to an Alateen Sponsor I knew and asked which high school this teen attended. It was one of the high schools our Public Outreach Committee had given literature to. An act of service eventually led to the formation of this Alateen meeting.

I was overwhelmed with emotion at the thought that a simple Public Outreach service project may have had a part in this young Alateen choosing life over death!

This is a perfect example of how Tradition 11 works. As Public Outreach committee members, we contact schools via email, phone, or in person.

We first send out an email introducing Al-Anon and Alateen to the school psychologists, social workers, guidance counselors, health teachers and nurses.

Next we mail a packet of Al-Anon and

A POEM

They try to drink with presence of mind
Oppressed by the weaker habits of life
Dusting black clothes

A thousand feet deep in the Shadows

Didn't you hear?

The "Innocent" game only takes the young.

— Nadya

FOUR THINGS YOU CAN NEVER RECOVER

1. The stone after it's thrown!
2. The word after it's said!
3. The occasion after it's missed!
4. The time after it's gone!

— From a CT Alateen group

Tradition 11: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. We need guard with special care the anonymity of all AA members.*

Alateen literature to the school.

Then we wait. We put the Al-Anon message out there and let it go. This approach is attraction, not promotion.

Out of the 22 high schools in our district we heard back from five. Out of the five, two of them now have weekly Alateen meetings — one of which the young Alateen speaker I mentioned above attends.

A third Alateen meeting is in the process of starting in another high school.

This is a great example of how Tradition 11 works. We must continue to bring Al-Anon into the public eye, apply the principle of attraction, and let the success of this great program speak for us.

Mary Ann T., District 4

Public Outreach Coordinator

Editor's note: Join the Public Outreach committee. See their meeting schedule on page 8.

Sharings from **CT Alateen Sponsors**

As an Alateen Sponsor I have had the privilege to watch two teens share their experience strength and hope. To see these two young woman share where they are from and where they are today is just one of the gifts I have received as an Alateen Sponsor.

I saw a young woman, in front of a classroom of teens, share her story about the alcoholic in her life and the neglect she was subjected to. Through Alateen she has an understanding of the disease of alcoholism and how it has affected her and other family members. I heard compassion and forgiveness — things which I still struggle with today. As she continued to share her story she went on to say that now she has a relationship with her mother. When she was asked how she felt about her mother today, her response was that she loves her mother.

The second teen shared her story at an Anniversary meeting. She didn't want to attend her first Alateen meeting but decided to try it anyway. Although she was not sure if she would come back, she did, and continues to attend meetings today. She shared with poise and grace her feelings of loneliness and desperation before coming to Alateen. She said today she has many friends in Alateen and that the program has given her an understanding of the disease of alcoholism. She realizes now that it wasn't her fault that her parents divorced nor that one of her parents is an alcoholic. I heard acceptance, compassion, love and forgiveness.

Both teens talked about the friends they have made through the Alateen program and their relationship with a Higher Power. They have learned to take care of themselves regardless of what is happening in their lives.

For the past few years I've seen teens walk into their first meeting with angst, anger, confusion and trepidation and watched as the recovery process transformed their lives. They hold their heads higher, their voices get stronger, their eyes brighter, and their confidence/self-esteem grows.

My own recovery has deepened! My heart is filled with love and gratitude for these teens who have taught me more than I could ever have imagined when I first said "Yes" to becoming an Alateen Sponsor.

The transformation of these two young women are just one of many miracles I have witnessed over the years.

Why am I an Alateen Sponsor? Because I have the privilege of having a front row seat in a place where miracles happen every Tuesday night in the little town of Guilford Connecticut.

A very grateful Alateen Sponsor.
— *Elaine*

I became an Alateen Sponsor a few years ago after a lot of deliberation and discussion with my personal and service sponsor and with Alateen Sponsors. One of my main concerns was that I would say or do something detrimental to a teen. My disease kept me from thinking that maybe I would say or do something positive to help a teen. An Alateen Sponsor told me, "Just be honest, you can't go wrong with that!"

That Alateen Sponsor's reply helped me to make, what I now know to be, the right decision to become an Alateen Sponsor. It has been the most rewarding service position I have ever held in Al-Anon/Alateen.

My growth as an individual has increased ten-fold since becoming a sponsor. The Alateens have taught me to be a better listener, to be more patient and how to give and receive love openly without the "baggage" that sometimes comes with love between adults.

As an Alateen Sponsor I am charged with providing a safe environment for teenagers to share their experience, strength, and hope. I have been given the opportunity to help guide rather than control (my past MO) the most precious of gifts — the adults of the future — the Alateens.

Recently an Alateen expressed gratitude to the group and to the sponsors for providing a safe place to express what they needed to so that they could become the "true them" they are today, a confident and self-assured young person.

I have been privileged to hear about big and small accomplishments of the teens. They can share their feelings because they know that their fellow teens understand where they are coming from and are there for them.

It continues to amaze me how the Alateens are able to express in a completely honest and raw way their emotions, feelings and thoughts at the meetings. It is an honor to be a part of their growth on their journey to recovery.

My time as an Alateen Sponsor has had its moments of unimaginable joy and yes sometimes of great sadness — all a part of living life. Every joyful and tearful minute has been worth it. I have a front row seat to watch the teens figure out for themselves how to use the program tools and discover that despite the challenges they face at home or in their school life, there are ways to be happy — even if it's just one minute or one day at a time.

There can be no Alateen meeting if there is no Alateen Sponsor. Please consider becoming an Alateen Sponsor — not just for the teens — but for your own recovery.

— *Jackie B.*

I want to express how wonderful it is to be an Alateen Sponsor. I've extended my Al-Anon family.

I waited to reach out to Alateen so I could give my full attention to it. The rewards of being in the Alateen rooms are by far the best.

How rich I am to have both Al-Anon and Alateen!

— *Mary R., District 4*

Be an Alateen Sponsor! Every Alateen group needs active, adult members of Al-Anon to serve as Alateen Group Sponsors. An Alateen Group Sponsor has a dual role: to provide safety in the meeting and to help the Alateens keep the meeting focused on the Al-Anon/Alateen program of recovery, sharing knowledge of our Twelve Steps and Alateen Traditions. Since 2003, when the Al-Anon Family Group Headquarters, Inc. Board of Trustees established minimum requirements for Alateen service, Al-Anon Members Involved in Alateen Service (AMIAS) must meet requirements set by their state or province. For the safety of the teens and Sponsors, Alateen groups cannot meet without certified Sponsors present.

From the WSO website: al-anon.org/alateen-group-sponsorship. Reprinted by permission of Al-Anon Family Group Headquarters, Inc.

An introduction to the CT Alateen Sponsor application process

These requirements are presented in addition to the WSO Alateen Minimum Safety and Behavioral Requirements as approved by the Board of Trustees in December 2003 and affirmed by the 2004 World Service Conference.

Who will Area 7 recognize as a Sponsor/Adult involved in Alateen Service? (AMIAS)

A responsible adult member of Al-Anon who attends Al-Anon regularly and who shares his or her recovery experience gained through working the 12 Steps, 12 Traditions and 12 Concepts of Al-Anon/Alateen. He or she helps the Alateens to focus on the Al-Anon program. It is in sharing recovery that we provide hope for the future. An adult involved in Alateen service refers to an Al-Anon member who has the care and responsibility for Alateens and has direct contact with Alateens while being of service to Alateen. This includes, but is not limited to, sponsors, chaperones and temporary sponsors.

1. An Alateen primary sponsor must have Al-Anon as his/her principal program.
2. Be a minimum age of 25.
3. Currently attends Al-Anon meetings and continues to be an active Al-Anon member for three years excluding time spent in Alateen.
4. A participating member of an Al-Anon Home Group.

Certification Process For Sponsor /Al-Anon Member Involved In Alateen Service

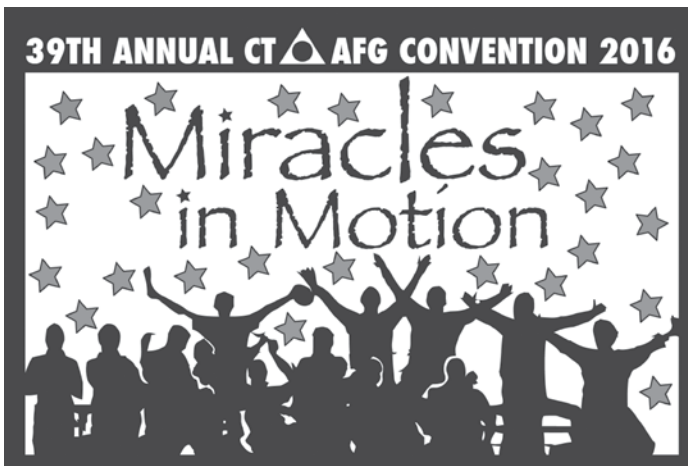
1. The candidate should first read the *Connecticut Alateen Sponsors Guidelines and Handbook* to help fully understand the commitment of an Area 7 Alateen Sponsor. Dual members should also refer to pages of the *World Service Manual* which pertain to dual member involvement with Alateen.
2. The candidate will contact District Representative and Area Alateen Coordinator to let them know of their desire to sponsor a group.
3. The candidate will give District Representative her/his full name and mailing address so the District Representative can give the information to the area secretary, who will mail the candidate a background check form.
4. The candidate will submit a completed background check form to the area secretary.
5. After receiving a "passing" for the background check, the candidate will provide the District Representative the necessary

two references to verify intentions of becoming an Alateen Sponsor. These references should be able to attest to the candidate's participation in the program.

6. The candidate will then attend a district meeting to announce their intention to become an Alateen Sponsor to the Group Representatives (GRs).
7. The GRs will then take the candidate's information back to their groups for discussion. The GRs will then bring back any information to the following district meeting for discussion and a vote of confidence.
8. If the candidate attends meetings in a district other than the district that the candidate wants to become a sponsor in, a vote of confidence must be received from the candidate's home district (district that the candidate is currently attending meetings in) prior to receiving a vote of confidence from the district that the candidate is going to become a sponsor in.
9. After receiving the district vote(s) of confidence, the District Representative will call the area Alateen Coordinator to have the sponsor candidate put on the Area Sponsors' meeting agenda. The sponsor candidate should be prepared to summarize their qualifications.
10. At the second Area Sponsor's meeting, a vote will be taken by the current sponsors whether the candidate will be approved to become an Alateen Sponsor. It is recommended that the District Representative accompany the sponsor candidate to at least one or both of the meetings.
11. Attend at least six Alateen meetings of the group one wishes to sponsor.
12. Receive a vote of confidence from the Alateen Group members after at least six meetings have been attended by the new sponsor candidate.
13. If sponsor candidate is starting a new group, a vote of confidence will taken by the Alateens after six months.

From pages 3-4 of the November 6, 2010, Connecticut Alateen Sponsors Guidelines and Handbook. Reprinted by permission of Al-Anon Family Group Headquarters, Inc.

Editor's note: To view the complete handbook and for application forms go to www.ctalanon.org. Log in as a member with the user name: higher, password: power. On the members page select Alateen. On the Alateen page select Alateen Sponsor's Guide and Handbook for a pdf of the book.



Have your pick of miracles!

The diverse agenda planned for “Miracles in Motion” assures that there will be a miracle for every kind of attendee. Here are a few: Miracles Do Happen (Parents); Tools for Building Miracles (Men); Miracles through Sponsorship (Sponsorship); Friendship (Alateen); Step up to a Miracle (Step); Miracles from Spiritual Awakenings (Dual Members); The Merry-Go-Round of Miracles (Humor); Miracles in Service (Service); A Rainbow of Miracles (LGBTQ); Why I am the Miracle (Topic Discussion); Family Feud Interactive Meeting (Al-Anon, Alateen & AA) and too many more to list here!

Enter a drawing to be reimbursed for a one-night hotel stay:

- 1) Pre-register for both the convention and hotel room by March 10, 2016 AND
- 2) Pay for two nights with the convention code “1603AFGCON”

Why not consider a pre-registration gift for yourself, your sponsor, or a family member? A pre-registration would be a fantastic raffle item at an Anniversary celebration!

Go to www.ctalanon.org and register today!
No computer access? Ask your GR for a registration form.

CT AFG AWSC 2016 Schedule

Connecticut Al-Anon Family Groups
Area World Service Committee

March 4	CT AFG AWSC Meeting
May 6	CT AFG Area Meeting
June 11	CT AFG Spring Assembly
August 5	CT AFG Budget Meeting
August 26	CT AFG Area Meeting
October 7	CT AFG Area Meeting
November 5	CT AFG Fall Assembly
December 2	CT AFG Area Meeting

CT AFG AWSC meetings are held at the Unitarian Universalist Church, 328 Paddock Ave., Meriden at 7:30 p.m. Assembly locations to be announced.

Thanks for serving!

Our deepest gratitude goes to both our outgoing and incoming Al-Anon leaders for their faithful service.

Outgoing >>>>

- District 1**
DR: Chris D.
- District 2**
DR: Donna S.
- District 5**
Alt. DR: Irene P.
- District 7**
DR: Marcia M.
Alt. DR: Lynn K.

- District 9**
DR: Rosalie L.
Alt. DR: Janet W.

Convention Chair
Sue G.

Convention Co-Chair
Gail L.

Public Outreach
Pat R.

At the end of 2016 many Area Coordinators and Officers will be finishing out their terms. Please think about **your** next commitment.

Incoming <<<<

- District 1**
DR: Martha N.
- District 2**
DR: Sue G.
- District 5**
Alt. DR: Renee O.
- District 7**
DR: Maureen G.
Alt. DR: Donna C.

- District 9**
DR: Janet W.
Alt. DR: open

District 11
Alt. DR: Charmine D.

AA Events Coordinator
Janet W., District 9

Convention Chair
Gail L.

Convention Co-Chair
Amy A.

Fall Workshop 2016
Pat R.

Public Outreach
Mary Ann T.

2016 Area Public Outreach Meeting Schedule March 31, May 19, September 8, and November 10

All meetings are at 7:00 p.m. at Best Western Hotel, 2253 Berlin Turnpike (Route 15), Berlin and take place in the conference room adjacent to the breakfast room in the lobby. Be sure to read Public Outreach Coordinator Mary Ann T.'s Alateen submission on page 5.

Lifeline publication deadlines for 2016

Lifeline is printed in time for distribution at the CT AFG AWSC meetings. Let us know how the Al-Anon program works for you! Send a story that would attract members into service. Tell us what's new with your group. Email lifeline@ctalanon.org. Please submit Anniversary Meeting notices far in advance.

May issue April 18
June issue May 30
September issue . . . Aug. 8
October issue Sept. 26
November issue Oct. 24
December issue Nov. 18
Don't forget to have your event publicized on the website! Email: webmaster@ctalanon.org