



Hello my name is Jim S. and I will be serving as your Alternate Alateen Coordinator.

My main job function is to work on getting the Alateen Express sent out to all of you. Following are the write ups that I have received from all of you in the last year, mostly from NoCAC 2002. I appreciate all you have sent. It's great to read what you all send in and I'm sure all of our Member readers are very appreciative also. Keep them coming to me. My e-mail is in this 12-Stepper in the back under NCWSA Alt. Alateen Coordinator.

This is the first time this is being attached in the 12-Stepper. I'm trying this to try to save money in postage and to make sure all meetings who are registered get a copy of it. Let me know what you think!

There is always room for more sharings. Please send them to me for being included in the next Alateen Express.

*Love in Al-Anon and Alateen,
Jim S., Area Alt. Alateen Coordinator*

Alateen Coordinator's Report, NCWSC Meeting – February 1st, 2003

Hello my name is Pleas S. and I will be serving as your Area Alateen Coordinator for this Panel.

I have been involved in program since 1978 starting as an Alateen. I have attended every NoCAC since 1979 either as an Alateen or as an Al-Anon.

I volunteered for this position because I have done program service as an Alateen and I look forward to doing program service as an Al-Anon for the Alateen's. One of my goals is to strengthen the Alateen Program in our 27 Area 3 Districts and look forward to building a better communication bridge between Alateen & Al-Anon.

I look forward to working closely with Jim S., as the Alt. Alateen Coordinator, Jenae, as the Area Alateen Liaison and the District Alateen Coordinators.

*Love You,
Pleas S., Area Alateen Coordinator*

Calendar Of Events

August 1-3: NoCAC Bash 2, Lake Mendocino.

See the flyer and permission form at:
http://ncwsa.org/cal-2003_Events.html#anchor08
or contact Keara F. 408-463-0292.

September 12-14: NCWSA Annual Assembly @ Holiday Inn, Sacramento. All GR's try to get there to vote for your meetings. Find Info at:
http://ncwsa.org/cal-2003_Events.html#anchor09
or contact Tomi B. tomi_girl1@yahoo.com

November 21-23 NoCAC (Northern California Alateen Conference), Hyatt Rickey, Palo Alto.
See the registration packet at:
http://ncwsa.org/cal-2003_Events.html#anchor11
or contact Keara F. 408-463-0292..

Al-Anon/Alateen Links

Al-Anon/Alateen Web site:
<http://www.al-anon.org>

Alateen Sharings from Alateen Talks:
<http://www.al-anon.org/sharex.htm>

Northern California Al-Anon/Alateen Web site:
<http://www.ncwsa.org>

Have a question or comment for the Alateen Coordinator or the NoCAC committee? Give us a call.

NoCal Alateen Coord.	Pleas S.	209-943-2291
NoCal Alt. Alateen Coord.	Jim S.	925-362-4325
NoCal Alateen Liaison	Jenae H.	408-421-3348
NoCAC Chair	Keara F.	c:408-202-0733
NoCAC Sponsor	Tomi R..	c:510-209-5648

Shares from NoCAC 2002

Topic: Being an individual.

I have realized when I started to go to Alateen that I was living a life that my mom wanted to live when she was my age and that I was sorta following in her footsteps and she wants me to do what she wanted to do with her life. She wanted to join the military but it just isn't what I want to do with my life. I want to be a counselor and start an Alateen group where there isn't one and I just want to help other kids who have to live or lived with Alcoholics. I also want to go back to NoCAC until I'm 21 then I want to be a sponsor after that. NoCAC changed my life. I have never been loved by strangers (and so many of them to).

When in the first five minutes I had received at least 4 hugs. You feel that connection and vibe when you enter the room where everyone is. I'm glad to say I love every one there and I know they love me back. It's weird to feel that way but it's how you feel and it's a great feeling. I wanted to cry. When I had to leave everyone tried to hug me and get phone #'s, addresses and e-mail addresses. When I had to leave my roommates it was the hardest because you shared a room with them and you connect even more.

Amy from Yreka, CA

Tomorrow Never Knows I Know
Yesterday Is History
Tomorrow is Mystery
Today Is Present
Live And Let
Easy Does It
But For Grace of God
Think Think Think
First Things First
12 Steps & 12 Traditions = 24 Hours
Just 4 2 Day
One Step At A Time

Mr. Dennis (Brazil Flag) AKA Happy Man

I realized I was worried about the Alateen growth & Alateen commitment to service when I attended the Sponsor's Workshop. I listened closely to each of the sponsors & future sponsors share. You shared concerns, issues & experience, strength & hope. I felt so full of hope. Because you will be there to sponsor, guide & love the next generations of No. Calif. Alateen. I would ask

that you consider using half of the Alateen Sponsors Workshops as a Alateen Action Committee where you brainstorm & plan ways to bring the Alateen message to those teenagers who are still in pain. You can bring these plans back to the District Meetings, AIS Meetings, Area Meetings and Alateen Sponsors Workshop. You will touch the future. You are miracles who will help others become miracles.

Cathy C. from Milwaukee, OR

This place is hella cool but we need more sleep time. I have had a lot of fun so far but really wanted to go back to my room to see if my best friend was ok. I'm sitting in a meeting and I wish I knew if my friend was ok. The people are really cool and the talent show was kick ass. Alateen has really helped me deal with my dad's drinking problem. My friends come to the meeting to support me and it's awesome that people (other than my family) care about me enough to dedicate their time to help me out. Thank you Alateen for helping me. Thank you NoCAC for getting me out of the house on a weekend. NoCAC kicks ass but we need more easy does it time and more time to go to our rooms.

Sabrina from San Rafael

Alateen has given me the courage to be myself and have fun while doing it. I have met so many people that have changed my life it's amazing. My friends in Alateen are my family and my world. In the program I have realized that my father has a disease and that it's not my fault. I encourage everyone to try the program, make friends and have fun! I love you all!

Jennifer M. from Alameda, CA

NoCAC 2002 Committee,

This was the most awesome & special experience this year. I will always treasure it. Thank you for your love & patience & for putting on the BEST-EVER NoCAC.

NoCAC 2003 you will do an outstanding job next year because you care. Thanks for caring.

Please, please, please – always know you are loved & cared for – not just by me but by someone much more powerful than I ever could be your Higher Power.

Cathy C. from Milwaukee, OR

My Alateen program helped me with my parents at home, my schooling & friends. I'm glad that I have found Alateen so that I can have a place to vent and find people with problems like mine. They know what I have been through because they have been through similar situations. I'm so glad that I can have Alateen in my life, it's definitely a good thing to have when you need someone to talk to.

Marie from Martinez, CA