

LITTLE BEAR'S CAVE

Greetings Alateen!!! I was compiling all the submissions from NoCAC and those that were mailed to me over the last few months and I was overwhelmed with the hope found in your shares, poetry, and art. I know that it can be terrifying to share ourselves with anyone. I know that each of us is crushed by the outside pressures that fall on our shoulders. I want to thank each of you who submitted to this addition. The courage you have shown is incredible. Thank you for your Experience, your Strength, and your Hope. Please feel free to write me, and if you have any questions about the Alateen Express or wish to make an e-mail submission you may reach me at Twelvestepbear@gmail.com or Twelve Step Bear 1141 #42 Concannon Blvd Livermore, CA 94550

Events

May 21st-23rd The 28th Annual Growing Together Weekend This event is an opportunity for Alateens and Al-Anon's to build the bonds of fellowship and grow in our recovery in an idyllic setting of the northern California Redwoods. No one should miss this experience!

For more information contact: Anita R., 408-313-9680 or artistrybyrexi@gmail.com

June 4th -6th The NoCAC 2010 Bash #1 at Summer Lake A no holds barred weekend of recovery in the great outdoors. A wonderful chance to gain recovery and fellowship amidst mother nature's beauty.

August 6th -8th The NoCAC 2010 Bash #2 at Manchester State Park Come join in the fun and the fellowship in the serenity by the sea. A great chance to share your recovery in the great outdoors with Alateens from all over northern California.

For more information on any of the NoCAC Events contact: Megan H (NoCAC Chair) nocacchair@ncwsa.org
Zoe D. (NoCAC Sponsor) (831) 234-8333, nocacsponsor@ncswa.org

If you are searching for any Northern California events, log onto the NCWA website, go to the calendar section and select the month of the event.

EXPRESS YOURSELF

The Alateen Express is you. It lives and breathes through your submissions. Each share, every poem, every word, is another stitch in the fabric of the Alateen Express. The Alateen Express Travels far and wide and reaches unexpected places where someone may desperately need to hear a message of hope and recovery.

The next Express will come after The 28th Annual Growing Together Weekend. We want to know about your GTW adventures in recovery. We are looking for your experience, strength, and hope. Tell us what you love about GTW and what gifts have you taken home whether it is your first year attending, or 28th year. Each cherished moment is a treasure that we want to share with all of Alateen.

Please keep in mind that we are always open to suggestions about the Express. This is your publication. So please use your voice and tell us how we can better serve the Alateen community.

Al-Anon/Alateen Links

Al-Anon/Alateen Web site:

<http://www.al-anon.org>

Alateen Sharings from Alateen Talks:

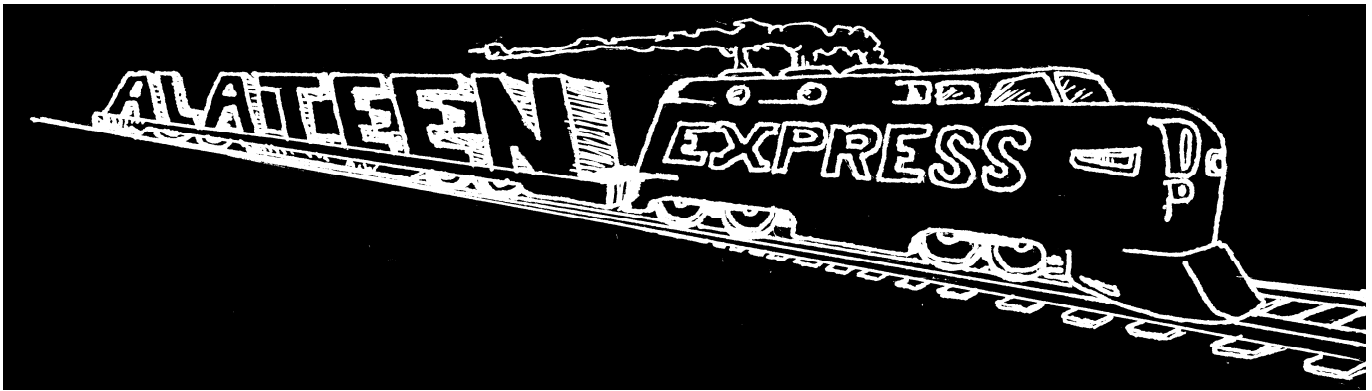
<http://www.al-anon.org/sharex.htm>

Northern California Al-Anon/Alateen Web site:

<http://www.ncwsa.org>

Alateen Express Web site:

<http://www.ncwsa.org/>



A Fraction of the Forum

What it means to us Alateens

By Dustin, Texas

Excerpt from February Forum 2008

If we could control it, we would put it to a halt.
I swear it's not my fault.
Some of us pray just to get past another day.
We have potential but must keep it confidential
Because for some that could be the last target.
We are not weak or meek, we just seek
Others so we feel like we belong,
Creating long, strong, lasting bonds.
Like I said, it's not our fault.
We were just caught in the fire,
Taking the shots from addiction.
For many their homes are broken.
With spirits torn down, they always have a frown.
It tears my insides because no one will
Do anything to slow them; it not their fault.
We are kids and teens with similarity between us.
We know somebody with a problem
And it's not because of us.

Members Share About The Northern California Alateen Conference

I've had a rough time with school and my brothers keep drinking. But Coming into the rooms of NoCAC is the best way to cheer

me up. I love NoCAC and Alateen, They always find a way to save me when I'm feeling down, and it always comes when I need it the most. Thank You Alateen! KEEP COMING BACK!!!

~Omar

NoCAC is Trust.

NoCAC is Pain, NoCAC is Loyalty, NoCAC is Friends, NoCAC is Love, NoCAC is Strength, NoCAC is Family.
NoCAC is Trust.

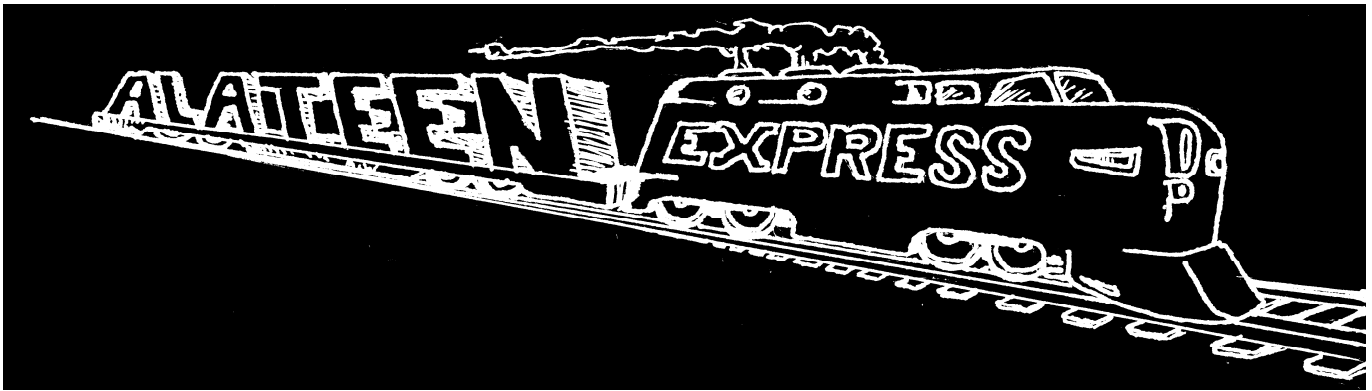
~Miss Nobody

No one can see
What is going
To happen

But we can
Change the beat
We walk to

~Arrena

Well this is my first NoCAC ever. I have been an Alateen for almost 4 months and already I have like 12 new friends. 4 months ago was lacking these friends. I am definitely looking forward to next year & the next & the next. Alateen is like a new family to me & if I am having issues I know



who to count on. NoCAC is the best way to distract your self & detach from those bad occasions going on somewhere else. I was welcomed right away & the first 20 minutes I had already made 3 friends. Its just frikkin awesome. I wish all those who are going through the same thing as I am would attend NoCAC. It's a warm and friendly place. I love NoCAC. I love you too.

~Joanna R. 2009

I love you guys; you touch me when I need you and now I know that I have a new family the way I always wanted a family to be. NoCAC showed me that I am not alone, and I have somewhere I can be myself and say what I need to. I can feel somewhat better about myself. I have a family problem and I need to work on it a day at a time. Ever since I came to the Woods and NoCAC I know new and wonderful things about myself. Since I came, I am stronger and you showed me the wonderful person I am inside that I would have never known without you, my new family. Thank you and love to you all, new and old.

~Anonymous

I wanted to go to NoCAC since I was 11 and I heard all about it from my Alateen friends. I thought I new what was going to happen. It was so much better that I could have ever imagined! It has been so wonderful I don't think I am going to sleep tonight. I love you all and I will make sure to bring my friend next year. She

could use the hugs. Thank you so much for having NoCAC!

~ K

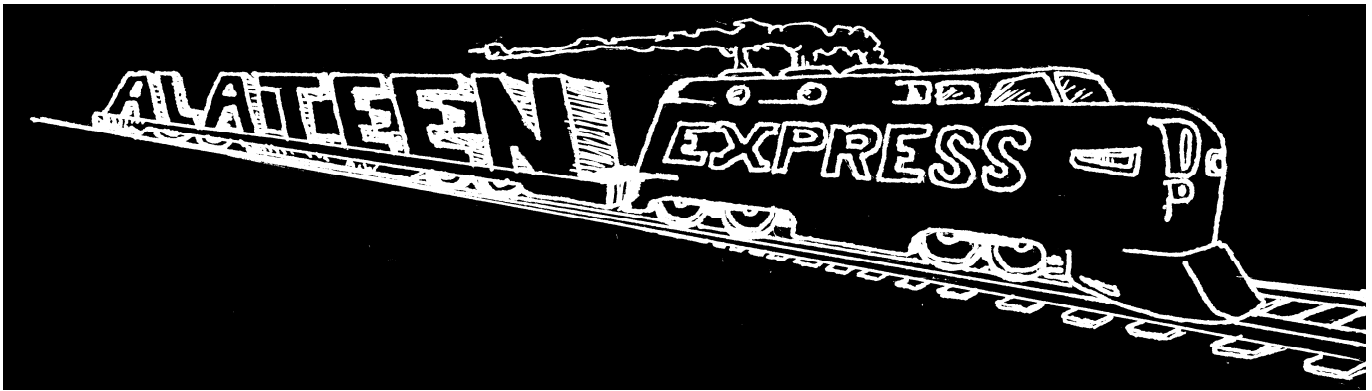
I am a new Alateen Sponsor. I attended my first NoCAC with no Expectations (including not expecting to sleep!) I was assigned a room to share with 2 women who had driven 6 hours from Eureka (I drove 10 minutes).

Our first meal Friday night was dinner buffet style with pasta salad, veggies, garlic bread, (yum!) and dessert. There was an auction to collect money for scholarships for next year. It was pretty successful. Speakers followed. The talent was show cool. Then games were played and we hung out until 1am until we could all go to bed.

Saturday after breakfast there were workshops. Lots of raw emotions were brought to the surface.

After lunch was free time to swim, nap, or do whatever. We all dressed up for dinner. It was exciting to see everyone! After dinner were some amazing speakers and then they kept us dancing until 1am.

I limped back to my room & collapsed. Sunday was a blur of food, speakers, and hugs goodbye. I understand completely now why everyone who's been to NoCAC loves it! The unconditional love, the fellowship, all helped me feel welcome. I can't wait until next year!



~ Alateen Sponsor

NoCAC is a life changing experience that far too few people are privileged to have in their lifetime. I have been gifted with the experience of being an Al-Anon Sponsor at NoCAC for over 20 years. I've watched four or five generations of Alateens go through the process of finding love, acceptance, bonding, healing, hope, and sure knowledge they are not alone in dealing with the insanity that alcoholism brought into their lives. It's been a joy to watch hundreds of teens and Al-Anon's find the hope that a NoCAC weekend gives us. Sometimes it is the only boost a person gets in a year. It works for that long if it has to.

So... Alateens give it try!! Ask your Sponsors to go to your district or intergroup or the Al-anon Group that Sponsors your Alateen group for Scholarship donations to help you go.

The more of us, Alateens and Sponsors, that go to NoCAC the larger the conduit for love to flow through is.

~Alateen Sponsor

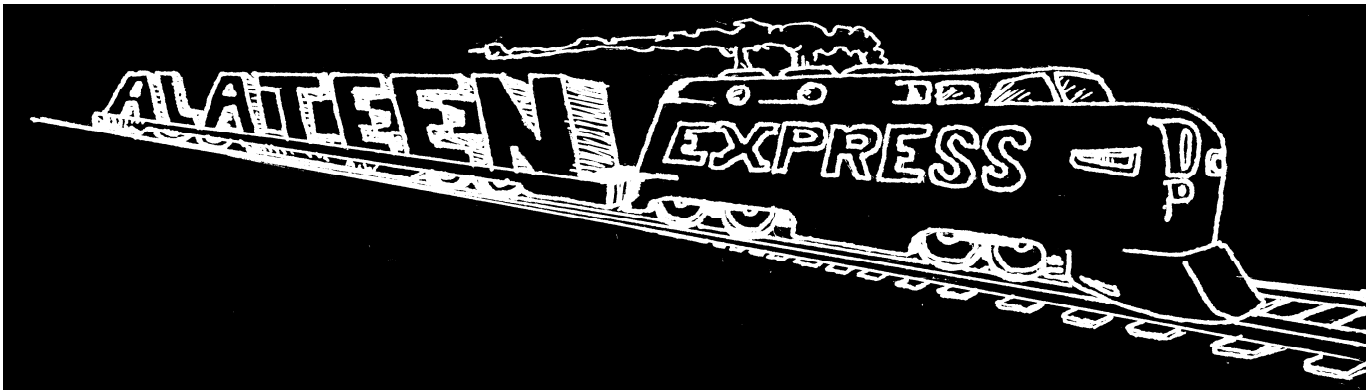
NOCAC IS THE BEST!!!!

~Eric

I love that no matter how many days go by, or how far away I go, I can always come home to NoCAC.

~Twisted

What if there was no NoCAC. That was the nightmare I had last night. I think I freaked out my roommates when I jumped out of bed crying. I dreamed that I woke up and no one had ever heard of NoCAC. That I had dreamed of a place where everyone was welcome and could always be who they were inside and never had to be afraid to say what was in their hearts. I feel sick just thinking about it. I am sitting at this hotel table and the committee is making an announcement and we are going to elect a new committee for next year and all I can do is say never let NoCAC go away. Even if I



can't come I need to know it's here. That somewhere someone knows what a dream NoCAC is.

~Love

Alateen's
Share Their Experience
Strength and Hope

Alateen:

In Alateen we all have something in common. Once you're in you don't wanna ever go back. Alateen is so much better from real life, for one hour a week you know someone is supporting you. When you get inside these rooms its like "Hi hello you don't know me but I'm your family". I don't know what would have happened if I didn't know about Alateen. I would be totally and completely lost. Alateen was the light at the end of the tunnel.

You are always loved in Alateen.

~Hannah

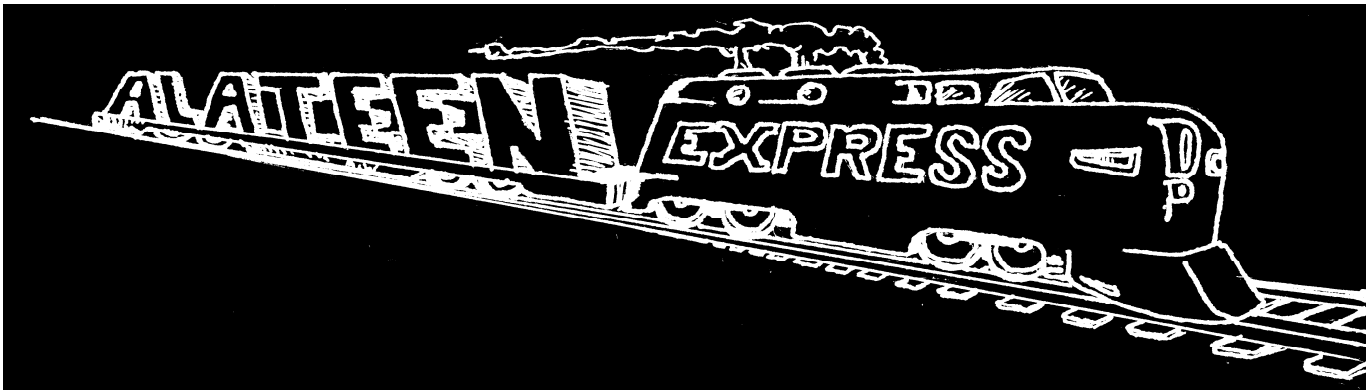
The Storm Shall Pass:

Things will be said but
The Storm shall pass
Plans Will be blown but
The Storm shall pass
Feelings may be hurt but
The Storm shall pass
Emotions may be misunderstood but
The Storm shall pass
At least we have Alateen to
Help us accept our past!

~Melissa

My life for me is having an addiction.

I know it's not good for my health, wealth, and family, but it feels like I can't stop this addiction, it's causing too much affliction to my life, sometimes I just want to grab a knife, and end this pain n strife, but I can't end my life's story like that, just got to find a better habitat, or friends that won't stab me in the back, I'm sick n tired of being sick n tired, always feeling like my life is hanging from a wire, some people think doing drugs is cool but all it



does is make you look like a fool, it ruined my life and I am telling you it will ruin yours, so put on your spurs and hop on that horse, ride off to the sun, because we are all the chosen ones, it just matters what path you take, if you choose the wrong path be prepared to feel the wrath, of your higher power, because you won't make it to heavens tower.

~Pope

A representation of my mental state, the one puzzle piece that doesn't fit in or belongs in another box.

But when you get enough broken, torn, and mismatched pieces together and scatter them on the floor, they make a beautiful abstract piece of art. All of us rejected teens break the norm of resentment, depression, and un-spirituality, that all without a family as large as ours don't have, and realize we are in fact not broken, torn and mismatched, but instead exactly what we are supposed to be no matter what labels all the perfect

puzzles pieces give us. We are loyal, we are spiritual, we are family, and we are loved!

~Decker S.

I found Alateen on my own last summer. There is a meeting at a church near my school, and I walk there by myself. I found it online. Both my parents are addicts and they drink. Most days I don't know if they are even going to be home, and there is never enough money for food. I was so tried and sad all the time my teacher thought I was going to kill myself. I thought about it, before Alateen. Now I know I am not alone. I live each week off of the love and friendship of my meeting. I text my Alateen friends all the time and I am working the Steps with another girl from my meeting and our Sponsor. I don't know what tomorrow is going to be like. But today is better than yesterday.

~Sarah