

MEETING FORMAT

1. Quiet Time
2. Serenity Prayer
3. Read the Preamble (page 2), then read the opening
4. Go around the room with first names only
5. **STATEMENT:** *By law, everyone is a mandatory reporter in Florida. If you want to hurt yourself or someone else or have an issue with abuse, neglect or abandonment, talk to our Group Sponsors after the meeting and they can help you explore your options with love and patience. Also, remember that meetings want to focus on feelings and solutions so everyone benefits from the hour.*
6. Have someone, or the group read the twelve steps
7. Have someone, or the group read the twelve traditions (or tradition of the month)
8. Ask if there are any newcomers and welcome them. (see page 2 for newcomer statement)
9. Ask if there is any Alateen business or announcements
10. Feelings check (have a list, chart, or drawing of feelings as a handout)
11. Today's reading - have someone read the blue then the red daily readings
12. Our topic for tonight is _____

Group members share on the topic
13. **STATEMENT:** *We have no dues or fees, but we do pass the basket for voluntary contributions to cover groups expenses, such as rent and literature.*
14. Have someone read the closing (page 20 Alanon/Alateen Service Manual 2018-2021 Version 2)

Suggested Alateen Preamble to the Twelve Steps:

Alateen, part of the Al-Anon Family Groups, is for young people who have been affected by alcoholism in a family member or friend. We help each other by sharing our experience, strength, and hope.

We believe alcoholism is a family disease affecting everyone emotionally and sometimes physically. Although we cannot change or control the alcoholics in our lives, we can detach from their problems while continuing to love them.

In Alateen we focus on our own program rather than outside issues such as religion, politics, social media, or other Twelve Step programs. There are no dues for membership. Alateen is self-supporting through its own voluntary contributions. Alateen has one purpose: to help young people affected by someone else's drinking. We are careful to protect each other's anonymity as well as that of all Al-Anon and A.A. members.

By applying the Twelve Steps to ourselves, we begin to recover from the effects of the family disease of alcoholism mentally, emotionally, and spiritually. This allows us to encourage our alcoholic relatives and friends, and to give hope to other teens.

IF NEWCOMERS ARE IN THE MEETING READ:

- Alcoholism is a disease. It affects the entire family. We are here to learn how best to *take care of ourselves.*
- **EXPLAIN ANONYMITY**
- We urge you to get a temporary or regular sponsor. A sponsor is someone you may confide in and will help you work the Steps.
- We are a spiritual program not a religious one. We have meetings in churches because they are centrally located, and the rent is reasonable.
- The little pamphlets are free. We only charge what we paid for the other literature
- We suggest you attend 6-10 Al-Anon or Alateen meetings before you decide if this is for you
- Alateens can attend any Al-Anon meeting, but only AMIAS's (Al-Anon Member Involved in Alateen Service) can attend Alateen meetings. AMIAS's are specially trained and background checked for service with Alateens.