

Australia's Alateen Link-Up

August 2015



Contents:

Neetala's Corner

Alateen Members Sharings

Tool Box

Neetala's Corner

One of the great tools I love about Alateen is the “Slogans”. The Slogans are like a reminder of the Alateen program during times of stress. Often if you’re thinking, “Maybe tomorrow it will be perfect” or “If yesterday that episode had not happened, today could be a better day”, remind yourself of the slogan, “One Day at a Time”. It’s one to think about in times like this.

Also “Easy Does It” is a great one to remember. When things get too much, slow down or even stop and reflect about what’s bothering you. Maybe you can take a walk and look at nature, that always slows everything down for me and I can take it easy before starting again.

Slogans are a great tool to use when you’re feeling frustrated and overwhelmed. Each Slogan has its own meaning that you can decide what it means for you!!!

Just For Today,
I will Let It Begin with Me
And Think, How Important Is It
Before I lose my serenity
And if I Keep It Simple
When my mind wants to burst
I will remember Easy Does It
and place First Things First
And isn't it kind of funny
When I feel I've bottomed out
I find Hope and Courage when
I finally Let Go and Let God
But For The Grace of God
I can Keep An Open Mind
And learn to Live and Let Live

Sharing Pages

By Lily,
Sth QLD Area

*Before you get the speck
out of your brother's eye,
make sure you get the
speck out of yours!!"*

RECOVERY
SERVICE
UNITY

*Relaxing
and taking
time out for
yourself*

WELL-BEING
**AA NEWCASTLE
CONVENTION**

**Make sure you consider
Self-improvement**

*Making
time for
yourself*

*Spiritually Aware-
Attending meetings
and putting
principles into
effect*

*We did not
cause the problem*

CAUSE
CURE
CONTROL

*We can't cure the
Alcoholic's
problems*

*We cannot control
their behaviour or
actions*

Sharing Pages.....

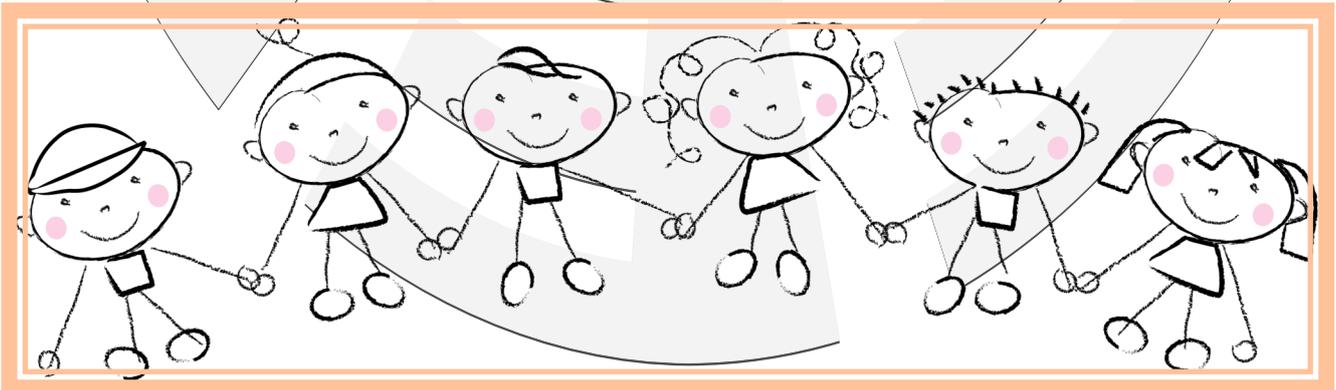
From the Glenroy Alateen Group
Victorian Southern Area

I like Alateen because it is a good friendly environment. It is a very supportive environment and everyone is treated with respect and we are very accepting of each other. The Slogans, Steps and Traditions can help with certain situations when parents are arguing. "First things first", "Easy does it", and "Let Go Let God" help me the most.

I have made friends and if I feel I don't want to share I can pass and listen to the others. It's a very non-threatening place to be, no one treats you badly. We are treated with respect and we learn to give respect. It is great to see young people learn about the disease of alcoholism.

Alateen members are friendly to the Sponsors who help us through each meeting with our feelings and help us learn about the alcoholic. Alateen is such a safe place for me, I can say things in this meeting that I can't say anywhere else.

"I am not alone!"



Sharing Pages.....

**Helping
yourself
before you are
able to help
others**

LOVE

TRUTH

MY NEEDS

FUN

AWARENES
SPIRITUAL

**"In case of a
crash on a plane
put your own
oxygen mask on
before helping
anyone else"**

Sharing Pages.....

“Evil lurks where disappointment lodges.” George Foreman

I am most disappointed in myself; it frustrates me when I often perceive people “not liking me”. Why am I not being talked to by the “cool kids”? I think this stems from being an only child and moving schools every few years. I was not able to cement strong friendships and always felt on the outer. As an adult, I now have close friends, however I struggle in large groups. This is a constant frustration for me, “Why don’t they like me?”

As an adult I tell myself each day, “I am a good person and not everyone has to like me.” I accept this and move on to have a good day.

Written by an
Al-Anon Adult Child
of an Alcoholic
Glenelg, SA Area



Tool Box



Let's reflect on the Slogans.

1. What is your favourite Slogan?

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2. Why is this your favourite Slogan?

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3. How often do you use the Slogans?

.....

3. Which Slogan helps you when you're feeling angry and why?

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4. What does "Keep it Simple" mean for you?

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Your Sharing Page

How about you share your story on how Alateen has helped you? We would love to hear from you and if you like we will print it in this magazine. If you don't want your name on your story you can sign it "anonymous."

You can send it to:

Alateen Link-Up

Al-Anon Family Groups AGSO

GPO Box 1002

Melbourne Victoria 3001

**Share your story.
It just may help
someone else!!!**