

STEP 10 - Continued to take personal inventory and when wrong, promptly admitted it.

TRADITION 10 - The Al-Anon Family Groups have no opinion on outside issues; hence our family name ought never be drawn into public controversy.

CONCEPT 10 - Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

RESOURCES	OPPORTUNITIES TO SERVE
District 23 Al-Anon/Alateen Answering Service: 425-348-7828	<u>Al-Anon: Open Service Positions:</u>
AIS (Greater Seattle Al-Anon/Alateen): 206-625-0000 www.seattle-al-anon.org	Teleservice Volunteer: Teleservice Coordinator, is seeking volunteers. Detailed instructions and guidance for this important Alanon service. Please Contact Dave K. at: teleservice@dist23.org
Washington Area Al-Anon/Alateen: www.wa-al-anon.org	More information found at: http://dist23.org/service
World Service Office: www.al-anon.alateen.org	Alateen - Opportunities: AMIAS Needed: Everett Wednesday Night. AMIAS Needed: Monday Night Alateen Chat: (Training Provided)
Al-Anon phone meetings: 712-432-8733 Pin 52639# www.alanonphonemeetings.org	Contact Pam W. ALATEEN COORDINATOR alateen@dist23.org
AA Everett Area: 425-252-2525	
CONTACT INFORMATION District Officers, Coordinators and Group Reps can be found on District 23 website: http://dist23.org/service--downloads.html	

7th STEP DONATIONS: District 23 AFG, P.O. Box 5441, Everett, WA 98206

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ALATEEN PAGE

"Sometimes it's really hard for me to tell you how deeply affected I've been by the disease of alcoholism... Many times I was afraid to tell you how much the drinking and fighting bothered me. I thought constantly about what was going on at home. It got in the way of my schoolwork and friendships. I was so embarrassed that I was afraid to bring my friends over and at times I didn't even want to go home myself. I felt it was my fault we had so many problems, but in Alateen I learned that alcoholism is a family illness. Alateen also helped me realize it wasn't you I hated, but the disease."

Alateens Share with Adults in Their Lives" (P-67)

Alateen Online

Alateen WSO - Facebook Page

Find out more about the Alateen program at: goo.gl/7FVkrI.

[#Alateen](#) [#AlAnon](#) [#understand](#) [#myrecovery](#)[#shatterthestigma](#)
[#stopthesilence](#)[#FamilyDisease](#) [#FamilyRecovery](#) [#alcoholism](#)[#saysomething](#) [#speakup](#)

**I NO LONGER NEED A COAT OF ARMOUR
TO PROTECT MY FEELINGS**

Alateen-WSO

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