TOP ‘ELECTRONICAL’ RESOURCES

- The Loop
  - Subscribe to the LOOP
  - Read the LOOP online
- Online Manuals & Guidelines
- Just Guidelines
- Alateen – Teen Corner
- Alateen Chat
- Find a Meeting
  - Meeting Map
  - Meeting Finder
  - Electronic Meeting
- Calendar
  - https://www.vaalanon.org/calendar
  - https://al-anon.org/events/
THE LOOP
ONLINE

Make a Visit to the WSO Part of Your Vacation Plans!

A visit to the Office, located at 1600 Corporate Landing Parkway in Virginia Beach, VA, always delivers: you will witness your contributions hard at work delivering the services families and friends of alcoholics

May 10, 2018

Al-Anon’s First Contact

In May of 1951, the first letter to the Al-Anon Family Groups was written by Lois W. and Anne B. Below is a copy of the original correspondence. More information and interesting discussion

April 26, 2018

Doing for Me...
ONLINE MANUALS & GUIDELINES
# ONLINE SERVICE MANUAL

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This manual contains information on how to start a group and how to run meetings and events. It covers topics such as meeting preparation, hosting a meeting, running a group, and running an event. The manual also includes suggested readings and resources for further learning. It is designed to help individuals interested in starting or running a group to achieve their goals effectively.
MOBILE ONLINE MANUAL
# Teen Corner

A place just for teens affected by someone else's alcoholism.

<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Flat Tire</td>
<td>The seventy Prayer and the Tower Do I did cause it? Other voice answers I can't hear</td>
</tr>
<tr>
<td>HOPE</td>
<td>Recently at a meeting I attended, the topic was hope. The Chairman shared her thoughts on how hope</td>
</tr>
<tr>
<td>Finding True Hope</td>
<td>For a long time I had hoped for things that I knew wouldn't come true. Hope for me</td>
</tr>
<tr>
<td>I have a relationship with my dad—thanks to Alateen</td>
<td>My teenage life I was aware that my dad was an alcoholic, but it wasn't until his thirtieth year</td>
</tr>
<tr>
<td>My Burdens Weighed Me Down Until I Found Al-Anon</td>
<td>My therapist suggested that I attend Al-Anon. The therapist suggested that I attend Al-Anon. The therapist suggested that I attend Al-Anon.</td>
</tr>
<tr>
<td>My Loving Father</td>
<td>Because of my father's alcoholism, I never thought about how much he cared for me</td>
</tr>
<tr>
<td>My Mother's Intoxication</td>
<td>When my mother succumbed to the disease, I was faced with a new reality. My mother's intoxicaion</td>
</tr>
<tr>
<td>My Powers</td>
<td>I found freedom from the burdens of my past. My powers</td>
</tr>
</tbody>
</table>
Register for Alateen Chat

Click here to register for an Alateen Chat Meeting

For more information on the Alateen Chat Meetings, please contact Al-Anon Family Group Headquarters, Inc. Group Services Department, wsq@al-anon.org

Alateen Chat Safety

The Alateen chat rooms are administered by the Al-Anon Family Group Headquarters, Inc., and hosted by Areas (states/provinces) in our U.S./Canada structure. The meetings are the only online meetings eligible to use the Alateen name. Safety features include:

- Teens aged 13 to 18 can register to attend the Alateen chat meetings.
- Alateen registration is required, with a valid email address.
- Once registered, teens can use their screen name and password to access meetings in all of the Alateen chat rooms.
- Each chat room is hosted by one of the Areas (state/province), and the chat meetings' Alateen Group Sponsors are certified Al-Anon Members involved in Alateen Service (AMIAS) from that Area.
- Two Alateen Group Sponsors are present for each meeting.
- The Alateen sharings are screened by the Alateen Group Sponsors. This happens very quickly, with no delay; the Sponsors make sure that no personal information or inappropriate language is used in the room.
- Adult Al-Anon members should contact their Area Alateen Coordinator for information on their Area's participation in the Alateen chat meetings.
# Alateen Chat Times

<table>
<thead>
<tr>
<th>Eastern Time</th>
<th>Central Time</th>
<th>Mountain Time</th>
<th>Pacific Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 3 pm</td>
<td>Sunday 2 pm</td>
<td>Sunday 1 pm</td>
<td>Sunday 12 pm</td>
</tr>
<tr>
<td>Sunday 9 pm</td>
<td>Sunday 8 pm</td>
<td>Sunday 7 pm</td>
<td>Sunday 6 pm</td>
</tr>
<tr>
<td>Monday 6 pm</td>
<td>Monday 5 pm</td>
<td>Monday 4 pm</td>
<td>Monday 3 pm</td>
</tr>
<tr>
<td>Monday 10 pm</td>
<td>Monday 9 pm</td>
<td>Monday 8 pm</td>
<td>Monday 7 pm</td>
</tr>
<tr>
<td>Wednesday 7 pm</td>
<td>Wednesday 6 pm</td>
<td>Wednesday 5 pm</td>
<td>Wednesday 4 pm</td>
</tr>
<tr>
<td>Wednesday 9:30 pm</td>
<td>Wednesday 8:30 pm</td>
<td>Wednesday 7:30</td>
<td>Wednesday 6:30 pm</td>
</tr>
</tbody>
</table>
MEETING MAP
FIND A MEETING

326 results found

Zipcode

City

or

Advanced Filter Options

Meeting day

Closed Meeting

Meeting types

Beginner Meeting

Alateen

Spanish Speaking

Radius

Within 10 Miles

SEARCH
Al-Anon Electronic Meetings

Al-Anon electronic meetings use different online platforms: discussion boards, email, chat, phone and Voice over Internet Provider (VoIP), such as Skype. Each meeting is autonomous in its style, format, and entry procedures and like all Al-Anon meetings, agree to abide by the spirit of the Twelve Traditions. Meetings focus on Al-Anon-related topics, and participants are required to maintain their personal anonymity. Pictures of Al-Anon members and other pieces of personally identifying information are not posted in the meetings. Some participants may have email addresses specifically for the online Al-Anon meeting use and some use pseudonyms.

- Each meeting may have its own entry procedures. Some online meetings have an email contact where a “greeter” will provide the newcomer with specific directions to access the meeting.
- Meetings that don’t list a specific meeting time are held 24/7.

The following meetings are currently registered with the World Service Office.

**Bulletin Board/Secured Blog**

- A SAFE PLACE FOR RECOVERY
- H.O.W. AL-ANON

**Email Meetings**

- A SERENITY PLACE
- A TOUCH OF SERENITY AFG
- AWAKENINGS AFG
- COURAGE TO CHANGE AFG
- CYBERSerenity
- EXPERIENCE, STRENGTH AND HOPE
- FIFTH TRADITION AFG
- FRIENDS OF LOIS

**Email Meetings (continued)**

- MEN’S ONE DAY AT A TIME (MODAT) Email Contact
- SERENITY FOR US
- SHARE (SHARING HOPE AND RECOVERY IN EMAIL)
- STEPS2RECOVERY
- THREE LEGACIES AFG
- TRANQUILITY AFG
- TRANQUILITY STEP

**Voice Over Internet Provider (VoIP) (Skype)**

- SUNDAY AL-ANON ONLINE Sunday, 7:00 pm CET (GMT+2)
- NEW ZEALAND AL-ANON ONLINE RECOVERY Thursday, 7:30 pm (NZST)
# Electronic Meetings

## Phone Meetings

<table>
<thead>
<tr>
<th>Day/Time (listed in U.S. Eastern Time)</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 12:00 AM</td>
<td>(712) 432-0075</td>
<td>book study: reaching for personal freedom-living the legacies (p-92) Also open to professionals / students</td>
</tr>
<tr>
<td></td>
<td>507988#</td>
<td></td>
</tr>
<tr>
<td>Saturday 05:00 AM</td>
<td>(712) 432-6818</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5888#</td>
<td></td>
</tr>
<tr>
<td>Saturday 06:00 AM</td>
<td>(712) 432-6733</td>
<td></td>
</tr>
<tr>
<td></td>
<td>52639#</td>
<td>Also open to professionals / students</td>
</tr>
<tr>
<td>Saturday 08:00 AM</td>
<td>(712) 432-6808</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2287#</td>
<td></td>
</tr>
<tr>
<td>Saturday 08:00 AM</td>
<td>(712) 432-8733</td>
<td>speaker mtg</td>
</tr>
<tr>
<td></td>
<td>52639#</td>
<td>Also open to professionals / students</td>
</tr>
<tr>
<td>Saturday 08:30 AM</td>
<td>(712) 432-8818</td>
<td>step eleven</td>
</tr>
<tr>
<td></td>
<td>8888#</td>
<td></td>
</tr>
<tr>
<td>Saturday 09:30 AM</td>
<td>(712) 432-6773</td>
<td></td>
</tr>
<tr>
<td></td>
<td>52639#</td>
<td>Also open to professionals / students</td>
</tr>
<tr>
<td>Saturday 10:00 AM</td>
<td>(712) 432-8733</td>
<td>book study: paths to recovery traditions (b-24)</td>
</tr>
<tr>
<td></td>
<td>52639#</td>
<td>Also open to professionals / students</td>
</tr>
</tbody>
</table>
**CALENDAR**

- **Virginia Area Calendar**
  - Events - [https://www.vaalanon.org/calendar](https://www.vaalanon.org/calendar)
  - Contact [webccoordinator@vaalanon.org](mailto:webccoordinator@vaalanon.org)
  - Requests sent by DR's

- **WSO Calendar**
  - Events - [https://al-anon.org/events/](https://al-anon.org/events/)
  - Submit your event! - [https://al-anon.org/add-calendar-event/](https://al-anon.org/add-calendar-event/)