

ALATEEN MEMBERS

Please Provide Your Sharings for a Just for Tonight Alateen Bookmark

Based on the suggestions of Alateen groups, the 2021 World Service Conference gave conceptual approval for a new Just for Tonight Alateen bookmark.

Starting with the phrase “Just for tonight,” please provide some short statements (between 10 to 50 words) about the ways you help prepare your mind, body, and spirit for a good night’s sleep by using Alateen ideas and principles.

• *Just for tonight,* _____

• *Just for tonight,* _____

• *Just for tonight,* _____

(Feel free to include as many statements as you want.)

Please help make this bookmark a reality by submitting your sharing online at al-anon.org/sharing, by emailing it to wso@al-anon.org (with “Alateen Just for Tonight” in the subject line), or by mailing it to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; Attn: “Alateen Just for Tonight.”

In order for us to acknowledge receipt, please include your name and postal or e-mail address with your sharing.

Name or Pseudonym: _____

Address or e-mail: _____

If printed, your sharing will remain anonymous. If your sharing is not used for the bookmark, it will be considered for use in *The Forum* magazine or the *Alateen Talk* newsletter.

Thank you for sharing! Please note that all sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole, or in part, to develop Al-Anon/Alateen printed or electronic material.

Deadline for submission: December 31, 2021. • Please photocopy and distribute locally.