**Group Representatives Opening Session Agenda**

**“Recovery through Service”**

**Saturday, May 14, 2016**

**Facilitator: Terry Woodside, Alternate Delegate,** [**twoodside1@verizon.net**](mailto:twoodside1@verizon.net)

*On your index card, please write your name, date, your group name and district. Then answer the following:*

***1. Why did I accept this service position?***

***2. What do I hope to accomplish during my term as GR?***

***3. To do this job, what do I need to know that I don’t know now?***

*Fill out your card and bring it with you to this evening’s Chat Room.*

**I. Why are we here?**

1. Service Manual, page 166, World Service Conference Chart
2. World Service Conference in April
3. Area Business
   1. This Assembly – vote on Bylaws
   2. Hear reports from the Delegate, Area Officers, Coordinators, Liaisons and District Representatives
4. GRs are the only voting members at Assembly – you are important!

**II. Group Representatives’ Resources**

1. G-11, *Al-Anon Guidelines: Group Representative*
2. *GR Guide to the Virginia Area Assembly*
3. *Al-Anon/Alateen Service Manual 2014-2017* - GR Duties, p.47; GR Assembly Duties, p. 155-156
4. Websites:
   1. WSO: [www.al-anon.org](http://www.al-anon.org)
   2. Virginia Area: [www.va.al-anon.org](http://www.va.al-anon.org)
   3. Northern Virginia Service Center: [www.alanonva.com](http://www.alanonva.com)
   4. Tidewater Al-Anon Service Center: [www.tidewaterasc.org](http://www.tidewaterasc.org)
5. Your District Representative and District Officers, Area Officers, Coordinators and Liaisons (listed on page 8 of the GR Guide to Assembly)
6. Your Service Sponsor
7. Your fellow GRs

*Written Assignment: Get contact information from 2 of your fellow GRs from districts different than your own.*

*1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Set a time to connect at least twice between now and the October 2016 Assembly. Bring this information to the evening Chat Room.*

**III. What I need to know now**

1. My District Representative and how to contact him/her: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Date and location of my next District meeting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What are *those* numbers?
   1. Area Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. My District Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. My Group Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Written Assignment: Write down at least 3 places you can find your group number. Hint – some you can find at Assembly this weekend.*

*1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. What do I take back to my group after Assembly?
   1. Review all that you have learned and experienced here this weekend.
   2. Prepare a short report of no more than 2 minutes, to report back to your group over several meetings. Break up the information into manageable bits that do not overwhelm members’ attention spans or patience. You have until the next Assembly to cover all that you want to share.

**IV. GR Self-Care**

1. What do I do with all this paper?
   1. Develop a system for managing all this incoming information
      1. Reports from Assembly
      2. Reports from District
      3. Reports from your Service Center
      4. Fliers of your local area’s events
      5. Group e-news
   2. Set up a notebook and include whatever helps you do your job. Keep it current and discard outdated info regularly.
2. You are not alone.
   1. You and your AGR
   2. Your DR and District Officers
   3. Your personal recovery Sponsor (see P-31)
   4. Your Service Sponsor (see P-88 and M-78)
3. Know your responsibilities; know your boundaries; know your limits

**V. By the end of Assembly, I can answer these questions:**

1. What’s the difference between Assembly and Convention?
2. What the heck does VAWSC stand for?
3. Who’s my Delegate? What does he/she actually do?
4. What is an Alateen Sponsor?
5. What’s *The Forum*? Where do I get it?
6. When and where is the next Assembly?

*Next time: For the October 22-23, 2016 Assembly, we will be looking closer at Characteristics of Healthy Groups. To prepare for the next GR Session, please look over the “AL-Anon and Alateen Groups at Work” section of your Service Manual.*

*Read in particular pages 51-53 on Group Business Meetings and Group Conscience, and Group Inventory.*

**Tonight 8:15-9:15 – GR Chat Room: Panel Discussion and the Ask It Basket.** You can write down any question you may have about your GR position, the Assembly, your group, the voting issue, or any other matter that comes up today. Our panel will address your question. See you then!