

March 16, 2025 via WebEx GR 101: Session One

Hosted by 3-VAWSC

Sunday, March 16, 2025

WebEx link: <https://vaalanon.webex.com/vaalanon/j.php?MTID=mc41e54b5cd4ff6d227925e9a4ac867f9>

Meeting number: 2310 729 5326

Password: 057-GR101

[Passwords AND URLs are case sensitive, and you must type the hyphens and special characters.]

Please Sign In to WebEx as GUEST and add your District name to your name. ex. Deb T, Roanoke

Join by phone

+1-415-655-0003 US Toll

Meeting number: 2310 729 5326

Deb Teer, VA Area Alternate Delegate, Panel 65, altdelegate@vaalanon.org

Virginia Area Website: <https://www.vaalanon.org/>

**All sessions will be recorded (audio only) for those who cannot attend in real time.*

AGENDA

1. **Introductions and Welcome**
2. **World Service Conference Structure Chart**, (Service Manual (SM), p. 171) (Chart pgs. 176-177)
3. **Elections/Terms of Office**
 - GR Terms of Office (SM, p. 144). GR Elections (SM, p. 152)
 - DR Terms of Office (SM, p. 147). DR Elections (SM, p. 153)
 - Review of Area District Map (vaalanon.org/members/District Map)
 - Delegate, Officers, Coordinators, Liaisons Terms of Office (SM, p. 148). Elections (SM, p. 156)
4. Questions and Comments
5. Breakout Groups
 - New GR, what encouraged you to become GR?
 - Done this before, why do you continue to be a GR?
 - Service Manual hunt:
 - 1. Where does it talk about group reports? What publications does it say have items of interest?
 - 2. What do the lines in the margins indicate? (Hint pg. 4)
 - 3. Where does it talk about the group conscience? What are the guiding principles?
6. GR Roles and Responsibilities (SM, Handbook Section, pgs. 139-176)
7. Resources (websites, manual, guidelines, Links of Service)
8. Questions and Comments
9. Preparing for Spring 2025 Hybrid Assembly
 - Assembly documents
 - Talk to your groups
10. GR Self-Care
11. After Assembly
12. Questions and Comments
13. Evaluation

Resources/Documents:

Al-Anon Service Manual, 2022-2025, Free downloadable version <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

WSO Guidelines: Group Representative, G-11 <https://al-anon.org/pdf/G11.pdf>

Suggested Programs for Meetings, G-13 <https://al-anon.org/pdf/G13.pdf>

Taking a Group Inventory, G-8a <https://al-anon.org/pdf/G8a.pdf>

Taking a Group Inventory, G-8b <https://al-anon.org/pdf/G8b.pdf>

Reserve Fund, G-41 <https://al-anon.org/pdf/G41.pdf>

More Guidelines: <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/guidelines/>

VA Area Website: [Members Resources | Virginia Al-Anon/Alateen](#)