

GR CONNECTION RESOURCE PACKET

Welcome to the Area 5 - Colorado Assembly!

Thank you for your commitment to service!

In this packet you will find various tools to help you fulfill the responsibilities of Group Representative.

The primary purpose of the GR Connection is to encourage, empower, and enhance the service experience of all Area 5 Group Representatives throughout their terms.

At each Area Assembly, The GR Connection hopes to share experience, strength, and hope of topics relevant to **all** GRs, whether it is a GR's first Assembly or a GR's second term.

Every GR is invited to attend, participate, and offer suggestions and feedback to guide the progress and purpose of The GR Connection.

Tips for Assembly:

- Keep a copy of the service manual nearby
- Reach out for help—someone is always ready to lend a hand!
- We are all equals—trusted servants
- Please bring THIS packet to each Assembly and use it as a resource

Information included in packet:

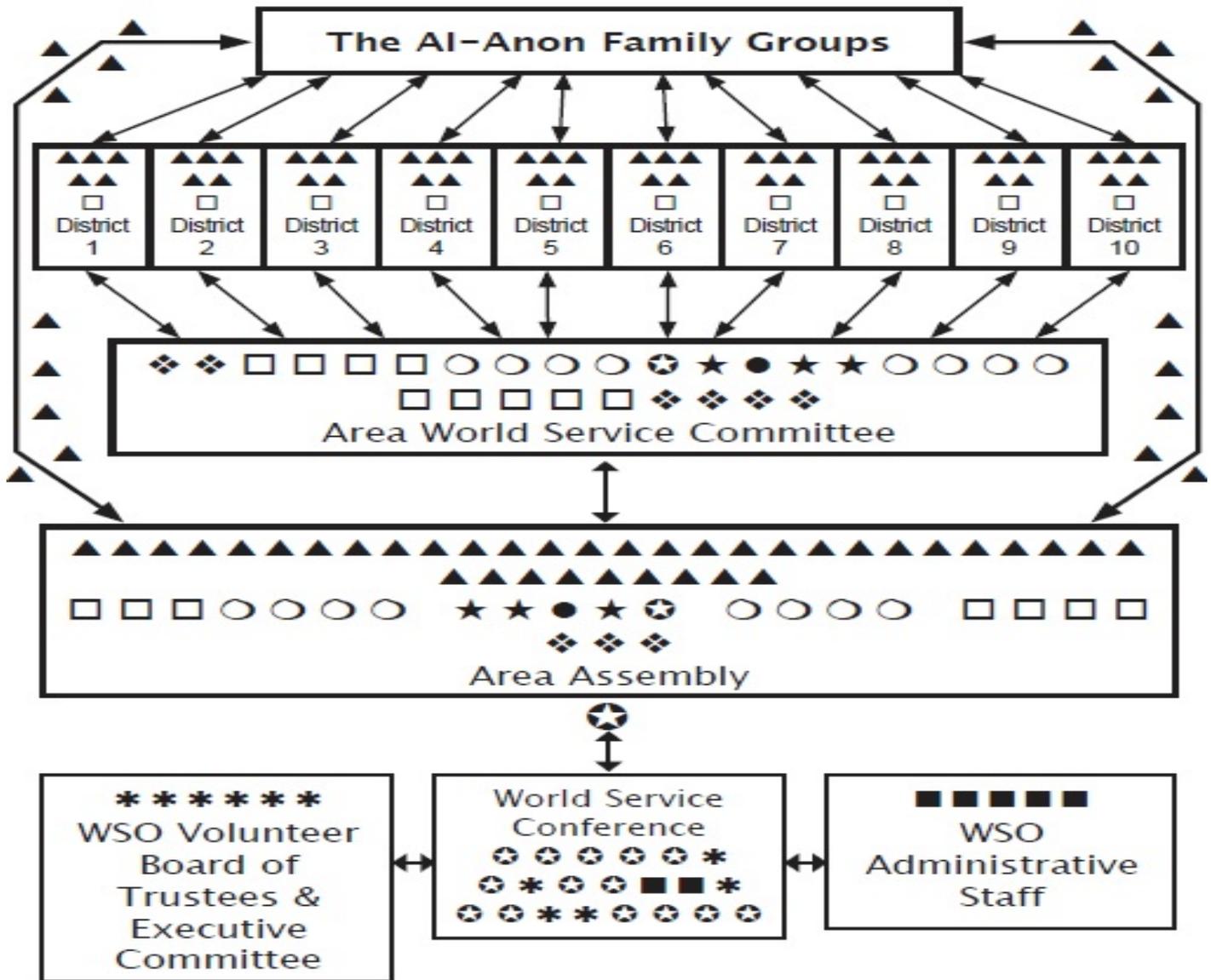
- World Service Conference Structure (Al-Anon's organizational structure)
- Guidelines for Group Representative's Duties and Responsibilities
- Guidelines for Forum Representative
- Guidelines for Group Inventory Procedure
- Internet and Multi-media Information
- Registration/Group Record Change Protocol
- Note page
- Voting Procedure Flow Chart

Contact Us: grconnection@al-anon-co.org

AL-ANON FAMILY GROUP (AFG) ASSEMBLY

AREA 5 – COLORADO

WORLD SERVICE CONFERENCE STRUCTURE



- ▲ Group Representative
- District Representative
- ★ Assembly Officer
- Chairman
- ⊕ Delegate
- Area Coordinator
- ❖ Al-Anon Information Service Liaison

The Area World Service Committee may also include Coordinators of special services such as Alateen, Archives, Public Outreach (PI, CPC, and Institutions), Newsletter Editors, The Forum, etc., and liaison members (from local Information Service centers or Intergroups)

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Group Representative Responsibilities / Qualifications

The Group Representative (GR) is a vital link in the continuing function, growth, and unity of worldwide Al-Anon. GRs should be members with experience, stability, and an understanding of the Traditions and how they work as applied in the Al-Anon/Alateen Service Manual (P-24/27).

Requirements

Any Al-Anon or Alateen member with a willingness to represent the group at the district meeting and Area Assembly in order to carry the message of AlAnon's/ Alateen's group conscience, and who is not also a member of A.A., is eligible to serve as GR. A GR should have a basic knowledge of Al-Anon and Alateen Traditions and Concepts of Service and how they are applied in our groups.

Term of Office

GRs are elected by the group, generally for a three-year term. (See the Al-Anon/Alateen Service Manual [P-24/27] for information about electing Group Representatives.)

Duties

- Attends district meetings and Area Assemblies and reports back to the group; votes on behalf of the group.
- Can bring the group's viewpoint on any situation or problem to the attention of the District Representative (DR).
- Keeps members informed about information from the district, Assembly, Area Delegate, World Service Conference (WSC), and the World Service Office (WSO).
- Works with the group Current Mailing Address (CMA) to share the monthly Group e-News (electronic newsletter for groups) with group members.
- Encourages members to subscribe to and submit articles for The Forum, Al-Anon's monthly magazine.
- Suggests participation in Public Outreach and Alateen service projects.
- Informs members of the need for Alateen Group Sponsors. Becomes familiar with the Area process for certification of Al-Anon Members Involved in Alateen Service (AMIAS).
- Keeps the Alternate GR informed to ensure the group is represented if unable to attend district and Area Assembly meetings.
- Assists the Alternate GR in serving as the Al-Anon Information Service Representative (ISR).

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- Explains the need for self-support in the group, district, Area, Al-Anon Information Service (AIS), and World Service Office.
- Encourages group contributions to our service arms in keeping with Tradition Seven.
- Consults with a Service Sponsor or other trusted servants.

As a Group Representative

- You are the first link in the chain that leads to our World Service Conference.
- You elect a District Representative from among all the Group Representatives in your district.
- You elect a new Area Delegate to our World Service Conference at the Area Assembly from among the District Representatives and eligible officers once every three year.

Need-to-Know Information

- You will need to know the names, addresses, e-mail addresses, and phone numbers of:
 - District Representative
 - District officers (Secretary, Treasurer, etc.)
 - District contacts/chairs (Public Outreach, Alateen, etc.)
 - Area Delegate and officers
 - Area Coordinators (Alateen, Public Outreach, Archives, Literature, Group Records, Forum, etc.)

Meeting Dates to Remember

- Group business meeting
- District meeting
- Area Assembly

Tips on Reporting Back to Your Group

- Take notes at district and Assembly meetings.
- Contact the DR or Delegate if you need clarity about a topic.
- Request time from your group to offer a report.
- Be brief.
- Be enthusiastic.
- Focus on group needs.

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Reminders

- You are not “in charge” of your group and you are not alone. The Second Tradition tells us, “Our leaders are but trusted servants; they do not govern.”
- You don’t have to have all the answers, but you can help the group look at the Traditions, the Concepts of Service, and the Al-Anon/Alateen Service Manual for guidance.
- Holding a business meeting is an opportunity to arrive at a group conscience, and to experience fun and fellowship as well. (See the “Groups at Work” section of the Service Manual for additional information about Group Business Meetings.)
- Your group may ask you to chair the business meeting (see sample agenda).
- Your DR is a local resource.
- Helpful tools for a Group Representative
- Each group receives a copy of the Al-Anon/Alateen Service Manual. You will find it to be a valuable tool in answering your questions and those of your group.
- The complete Service Manual and many other service tools are available on-line. You can also expect help and support from your District Representative (DR) and the Area Delegate.

Some of the Materials Available on the Al-Anon Members’ Web site: <http://www.al-anon.org/members>:

- The complete Al-Anon/Alateen Service Manual
- Al-Anon/Alateen Guidelines for many areas of service
- Group Services podcasts
- The Best of Public Outreach (a “how-to-do-it” service tool)
- World Service Conference Summaries
- Seventh Tradition leaflet (S-21)
- Benefits of becoming a Group Representative:
 - Individuals who wish to gain self-confidence, spiritual growth, and improved self-esteem are encouraged to be willing to serve.
 - Service activity connects you with people who have experienced recovery at another level.
 - Your fears will diminish, you will reap the benefits of giving to others, and you will learn that by placing our common welfare first, you will receive much more than you give.

In addition to meeting Al-Anon members from other cities and towns in your district, the Group Representative is eligible to stand for District Representative and other district offices when the district holds its elections.

Representative for *The Forum*

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Group Representatives (GRs), are the Forum Representatives at the local group level.

See ‘Area *Forum* Coordinators’ (G32) for action ideas to increase ‘subscribership’, ‘readership’ and ‘writership’. Additional guidelines can also be found in the Al-Anon/Alateen Service Manual pp. 104-105, 94, 61, 47.

Taking a Group Inventory

Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss what actions have been beneficial to group and personal growth, and what actions need to be updated, discontinued, or improved. Discussions during or following an inventory can include ideas for new service opportunities, ideas for reaching out to potential members, and resolutions for major or minor concerns before the group’s unity is disrupted. “The harmony and success of each group depends on shared responsibility, a warm spirit of fellowship, and individual self-improvement.”(Al-Anon and Alateen Groups at Work [P24], Introduction).

Methods for taking an inventory:

Each group is encouraged to develop its own procedure for taking an inventory. It can be done at one time or over a period of time. Some groups decide to hold a special meeting before or after the regular meeting, other groups use the inventory as a meeting topic once a year. Groups can ask the District Representative or an Area officer to facilitate the inventory meeting. Regardless of the method, experience shows that the group benefits most by allowing time to openly discuss the responses, comments, and suggestions. Most members find that the answers to any questions that arise can be solved by application of the Twelve Traditions as well as by using the Al-Anon/Alateen Service Manual (P-24/27).

NOTE:

A complete list of pertinent questions can be found by going to the Al-anon website: <http://www.al-anon.org/members>. Click on ‘Service Structure’ then on ‘District Resources’ and scroll down to ‘Guidelines and other service tools’. Click on the icon and it will open a list of all the district guideline handouts.

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Internet/Multi-Media

WSO Web Sites: <http://www.al-anon.org>, <http://www.al-anon.alateen.org>

1. In the upper right-hand corner, click on “Members’ Site”
2. You will be taken to the following menu:

[Al-Anon and Alateen Groups at Work \(P24\)](#)

[Al-Anon Faces Alcoholism](#)

[Alateen Participation in Events](#)

[Alateen Service e-Manual](#)

[Area Highlights](#)

[Blogs and Podcasts](#)

[Board of Trustees](#)

[Copyrights and trademarks](#)

[Financial Information](#)

[Featured publications](#)

[Group e-News](#)

[Group Registration/Update form](#)

[Guidelines and other service tools](#)

[Public Outreach](#)

[Send your sharing](#)

[Sponsorship](#)

[Surveys](#)

[World Service Conference Summary](#)

[WSO Employment opportunities](#)

3. Click any of the links in the menu
4. If applicable, Select Language—Spanish or French
5. Password is any version of your home group name followed by the letters ‘AFG’

UPDATE NOTE: To update your current Service Manual, click on the first link, then go to: *2014-2017 Al-Anon/Alateen Service Manual*.

Colorado Web Site: <http://www.al-anon-co.org>

Overview of Area 5: <http://www.al-anon-co.org/members/Area5.php> (Very Informative)

Colorado Meetings: http://www.al-anon-co.org/Meeting_Home.php

Map of CO Districts: <http://www.al-anon-co.org/images/ColoMap1.jpg>

Multi-Media (cont'd)

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Blogs and Podcasts: Please select from the following tags to find related Al-Anon podcasts.

<http://www.al-anon.org/members/groups/blogs-and-podcasts>

Tags: [Al-Anon](#), [Al-Anon family groups](#), [Al-Anon meeting](#), [Al-Anon support](#), [Alateen](#),
[alcoholic](#), [alcoholic brother](#), [alcoholic husband](#), [alcoholic sister](#), [alcoholic wife](#),
[alcoholism](#), [alcoholism professionals](#), [child drinking](#), [families of alcoholics](#),
[family alcoholism](#), [holiday drinking](#), [living with alcoholic husband](#),
[parents alcoholism](#), [partner alcoholism](#), [What is Al-Anon](#)

Group E-Letter: <http://al-anon.org/members/groups/group-resources/item/41-group-e-news>

Facebook page: <https://www.facebook.com/AlAnonFamilyGroupsWSO/>

Forum Magazine: <http://al-anon.org/members/groups/group-resources/item/364-the-forum>

Butterfly newsletter: Published 3 times a year prior to each assembly.

Al-Anon Registration/Group Records Change

The recommended protocol for managing Group registration/change:

- Go to the Colorado Al-anon/Alateen website.
- In the blue tab column on the left side, click on “*Member Home*”.
- In the green area of the new page is a *Group Records Change Form* link.
- Click on it and the inter-active form will pop up.
- Enter all the required data, then ‘submit’ the form.
- The area coordinator will vet the info and send it on to WSO.

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DISCUSSION ITEMS FOR FUTURE ASSEMBLIES

Please prioritize your top 3 choices (1, 2, 3)
for discussion at a future Assembly

- Leading a business meeting
- Leading an informed group conscience
- Having a discussion about dominance in a group
- How to talk to my group about finances
- Spiritual principles of Knowledge Based Decision Making (KBDM)
- Encouraging Public Outreach efforts in my group
- Leading a Group Inventory

If you have discussion ideas that are not listed above, please list them below:
