

# Workshop: “Are You the Missing Link?”

March, 2025

## My Role as a Group Representative (GR): Keeping my Group informed

### 1. Why am I here at the Area Assembly?

- I’m a liaison between my group, District, and the Area Assembly.
- I have the “Right of Decision to vote on behalf of the group according to their conscience and the good of Al-Anon as a whole.” [Concept 3, *2022-2025 Al-Anon/Alateen Service Manual (SM)* pg.64]
- To express a voice and vote on behalf of my group. (Al-Anon GR Guidelines, G-11)
- To hear the Delegate’s report on the activities of the World Service Conference. (WSC)
- I hear reports: Officers, Coordinators, District Representatives (DR), Task and Thought forces.
- Bring information back to my group.
- GR is the first link in the chain that leads to the World Service Conference
- Voice: I can ask questions (there is never a dumb question) and weigh in on the topic being discussed.
- Vote – I vote on matters brought before the Assembly.
- I’m not sure, but I was told to come.

### 2. What information from the Assembly is important for me to report back to my group?

#### *What do you feel is the most important information to bring back to your group?*

- Area projects; Thought Force/Task Force reports; Area policy updates
- Area Financial/Budget information
- Information from the Delegates report
  - o regarding Conference Approved Literature
  - o World Service Office (WSO) Financial status and updates
  - o Policy matters; Matters under consideration by the Delegates
  - o Problems/Concerns as discussed at the WSC
- Positive experiences from the Assembly: being part of discussions, meeting new Al-Anon friends
- Any challenges during the Assembly, such as
  - o difficult conversations and how they were handled
  - o Agenda/time challenges
- I’ll pick what might interest the members of my group

### 3. Am I comfortable bringing up some of the topics discussed at the Assembly if I don’t fully understand them?

- Yes, I’ll...
  - o talk to the Officer, Coordinator, DR, or member that presented information first.
  - o ask questions first
  - o gather questions from my group then look for answers/ask questions of other Assembly members
- No, I’ll...
  - o gather questions from my group first, then look for answers/ask questions of other Assembly members, Officers, Coordinators.

#### **4. What are my resources when I have questions about the Assembly or when preparing my report?**

- If I have a question, chances are someone else has the same question. Never fear asking.
- Officers, Coordinators, District Representatives, Past Delegates, other Group Representatives
- I can ask my Service Sponsor [“Service Sponsorship, Working Smarter Not Harder, P-88]
- The Service Manual: [pages 64, 68, 74, 143-146; Download the Service Manual for easy searching on particular topics.  
<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/> to download Service Manual and Guidelines]
- Our literature [Al-Anon Guidelines: “Group Representatives” (G-11); “District Meetings” (G-15) “District Representative” (G-37) ]
- I can talk with others, reason things out
- Maybe I’ll have a discussion at my District level first, before delivering some information

#### **5. How do I approach my group if they don’t want to hear my report or give me time to deliver a report?**

- Don’t take it personally.
- I could ask why they don’t want to hear the report
- Provide a list of topics covered and ask what they would like me to talk about first
- Ask how they would like the information delivered
- Report on one item per week when announcements are called for ... keeping it brief
- Posing a question so that interest in a subject is sparked and the members want more information
- Share about how serving as a GR has enhanced my personal recovery. Spiritual principles in action.
- Remind them that they financially supported me to attend the Area Assembly and don’t they want to know what happened?
- Make a formal request to my group for a special business meeting to share information.
- Do a written summary of the Assembly and share it at my meeting.
- Email the summary then share the highlights verbally at my meeting.

#### **6. What leadership skills have we seen so far at this weekend’s Assembly? How can I use the skills that are demonstrated by Officers, Coordinators, District Representatives, other Group Representatives, and Past Delegates to be an effective leader as a Group Representative (GR)?**

- Concept 9 – Bill’s essay on leadership. (Service Manual pg. 200 )
- Tolerance, responsibility, flexibility
- Concept 4 – Participation. Inviting conversation.
- Concept 10- clearly defined service authority.
- Tradition 12- principles above personalities.
- Honest, open communication
- Humor: have fun
- Responding, not reacting.
- Being prepared. Not afraid to not know everything.
- Making dry topics sound interesting
- Keeping personal opinions out of their presentations.

