

Road Trip: You and Your Board Connect – Denver, CO

Leadership breakout:

Share about the leadership characteristics that members aspire to and how those characteristics of leadership help advance for the Area's vision of a robust and vibrant future for Al-Anon/Alateen.

- 1) What do you see as some traits of Leadership you and/or your home Group members already have?
 - Flexible but guiding
 - Open to possibilities and creative solutions
 - Those that share their ESH
 - People who are responsible
 - To be patient and know about Al-Anon
 - To be willing to learn from others

- 2) What they have as leader – Do you know of people from your home Group who is a leader?
 - Enthusiastic about their experiences and willing to share
 - Willing to take the ball and run with it. You hear in Al-Anon that you have to drop the ball so that someone else can pick it up.
 - You have to be motivated and engage the process and start conversations. Not taking charge but facilitating. If you sit around the table and no one talks. You engage in participation.
 - Someone needs to be vulnerable and allows others to be vulnerable.
 - Be familiar in legacies and share in their own personal recovery.

- 3) Trying to be a leader, what traits will help me. What would you need to be a better leader What do we need to share to get our Group to go forward?
 - Never thought of leadership in the context of Al-Anon. Outside people must say we have decent leadership qualities, but within the fellowship they can identify with my leadership.
 - My self esteem. I can relay abundance of this to newcomers. Lead and serve by example such as setting up water for tea before the meeting.
 - Serve with enthusiasm and all other good qualities
 - Need to know how to facilitate Conflict Resolution. How did you get there. By doing it the wrong way a couple of times. Just put yourself out there.
 - We don't need to be afraid of leaders. We are not political or religious or controlling.
 - I can be a humble leader.

- Can be a mentor of up and coming members to help them become leaders. Self motivating. You will be recognized as a leader in your Group.
- Have these traits: Presume good will, keep my mind open and respect others. All learned in Service.
- What I can do to become a better leader – my willingness to commit. Be a sponsor and work with each other. Ask yourself, how do I inspire others to commit.
- Be willing and surpass your fears. You will receive more than you give.

4) How can you take Al-Anon into the future? Can you envision the future?

- Do you have newcomers in your Group.
- There has to be an announcement that there are Al-Anon meetings.
- Willingness to share, topics pertinent to their lives. Traditions and Concepts discussions is something newcomers will not be able to relate to those at first. As a leader you have to change that. Make sure your Group stays healthy by periodically doing a Group conscience. Stay on track to make it vibrant Group.
- Talk about Traditions – Loving interaction – Keeps me coming back. Relay how it affects us personally. Learn to connect more on a personal level.
- Try to make my sharing useful and relevant. Apply sharings to my life. Our Group has a Task Force on “How We Share with One Another”. We realized we were not a vibrant Group with our sharings and we will try to sort that out. Goes back to awareness.
- Enthusiastic/Vibrant/Flexible. Going through Paths to Recovery, members are just hurting and they may not understand the Steps and Traditions. Give it back to the fellowship and ask that they share.
- Become willing to overcome my fears and trust my HP. Do we use this in our leadership role?
- Our Group Conscience starts with the Serenity Prayer before we discuss a problem and channel through our Higher Power
- Fears in Leadership – Feelings of I’m not good enough. Just saying am I willing and step up and say I can do it.
- When you see a need, and no one else is willing. Helps us to step up and do the Service work.
- Fears of being criticized to hear of previous leaders and afraid of criticism.
- Prepare myself with literature when I make a commitment, reach out to my HP for guidance. Need to know how to ask for help.
- Overcome your fear – You come to realize that what you are giving to the newcomer and value the fact that you are not alone and can find your solutions by identifying the problems.
- Encourage members to move forward and know the leader is behind you and not in front of you. They will benefit from their learning curve.
- There are natural leaders – those people will stand out as a resource.

Road Trip, 2017 Notes

Question: How does your Group, District/Area help members learn to apply our three legacies into personal recovery as well as their service experience? Why is this important?

Groups

Reaching for Personal Freedom, Daily Readers, Forum, How Al-Anon Works, Paths to Recovery and Workbook are books that people can really relate to the personal sharing. Groups help members learn the by using the three legacies as meeting topics. Groups can use the Service Manual as a tool at meetings. The GR can help the Groups understand the Legacies. Using *Transforming our Losses* can be used for one hour to work on one Legacy. *Reaching for Personal Freedom* is a good book to use when working on Traditions as it relates to the outside world. An example of using the 1st Tradition was shared. The example was about changing the time of the meeting. The group used KBDM and took a group inventory and based on this they decided to not change the meeting time. The suggestion was made to try this at home. What you don't know and what you would like to know can really move you in a different direction sometimes. Also, the WSO conflict materials can help with the KBDM process. The materials are very solution based. What kind of input do we need? How should we go about it?

District

Suggestion is to read from the Service Manual at teach meeting. Learn how to apply the Service Manual while working with issues around money. Read one Concept at teach meeting. Read a Step, Tradition or Concept to start the District meeting.

Area Level

When issues come up older members shared they try not to give the answer, but to teach others where to find the answers. They also talked about suggesting to people to study the Legacies at meetings. They felt that it was the job of long time members to lead others to do this. They suggested taking a whole weekend to study the Legacies with a workshop. Members shared that we should all continue to look for the spiritual principles in every situation. Looking at what is the intent of the speaker. Sometimes the Legacies are used as a hammer so it is important to use the spiritual principles in these tough conversations instead of looking for why people are wrong. We need to pay attention to what others say and know that others can be right.

Personal Life

Ways to use the Legacies:

- Use with children
- Legacies are useful to put check on my own behavior
- The Traditions provide a way to talk without so much emotion.
- Provides a safe way to be honest
- The Traditions help to let other people just be who they are
- Study the Legacies with a sponsor
- What are the principles involved?
- Some times not saying something is better
- Provides a framework to question why are we doing the things we are doing
- Helpful in dealing with the problem
- Treating people with respect because we don't know where they are coming from

Strategic/Spiritual Breakouts

Consider ways to reach out to rural and unattached groups:

- ✚ Invite them to visit a bigger group or a group in a bigger center
- ✚ Have members visit the isolated groups
- ✚ Use district to invite members to speak from out of the district from a “connected” group
 - Make it a big deal!
- ✚ Technology “*Reddit*” has Al-Anon users and are anonymous – many younger people are looking for help
- ✚ Have or offer virtual speaker guests
- ✚ Visit groups when you travel – they really appreciate the input from someone else
- ✚ Conventions can be hosted by the isolated “overlay” district. (Language district)
- ✚ Bring literature and get contact info – keep the group informed (newsletters etc)
- ✚ Ask group to do public outreach
- ✚ Inform isolated members/small groups about on-line groups
- ✚ Pack the car to make visits (can be done by a district, group or individual)
- ✚ District reaches out because some groups don’t know they are isolated
- ✚ Share how much service and travel has helped you grow
- ✚ Let others do things their own way
- ✚ Reach out at other events esp. fellowship events
- ✚ Be sure groups are on web-based lists
- ✚ Use web lists when traveling
- ✚ Bring flyers and explain District’s function and benefits
- ✚ Use money for PO Groups adopt treatment facilities with AFA -ask unattached groups to participate
- ✚ Presentation to Law Enforcement students on Al-Anon /AA
- ✚ Supply packets to Police
- ✚ Let groups know about Traditions and esp. anonymity
- ✚ Let Isolated groups listen or participate via conference call (district...etc)
- ✚ If lack of funds is barrier for travel, let group know they can fund raise

Road Trip-You and Your Board Connect

Strategic/Spiritual Breakouts

Consider ways to reach out to rural and unattached groups

1. You are a D.R. of a district composed of a few groups from the rural area. What would you do if some groups never came to district meetings or to general Assembly?
 - Visit unattached groups and participate
 - Offer to bring the district meeting to the rural group to let them observe and learn about larger Al-Anon
 - Help them understand the service structure and the Concepts
 - Help them understand the benefits of the service structure and what Al-Anon can be-HP also needs to help
 - What lengths are members willing to go to?
 - Attach to newer people, develop personal rapport and graciously understand their right not to be involved
 - Members in rural meetings may feel they know other members too well

2. As a D.R. in your district you encounter a group that refuses to register at WSO. What would you do?
 - Inform, not enforce
 - Invite the D.R. or a regular member to share about the benefits of a group being registered
 - Help them to participate so they won't feel isolated
 - Let them know that groups are the most important as shown in the Concepts
 - Ask them what their resistance is to being a registered group
 - Do a workshop on "what is a healthy group"
 - Share short versions of your stories when visiting
 - Letting other groups know the group needs support

3. As a D.R. you have groups in the rural area where members find it difficult to go to meetings on a weekly basis. What would you do?
 - Start an electronic meeting
 - Lone member service
 - Rotate the location of the meeting
 - It may be ok not to meet weekly
 - Phone meeting
 - Airline Industry is getting started with telephic meetings
 - Email meeting and skype meeting
 - Try them yourself in order to advise others
 - Help drive members to other meetings
 - Weather and terrain impede getting to meetings further away

4. As an Area officer you acknowledge the fact that there is a difficulty for G.R.s of rural groups to come to the general Assembly or AWSC meetings. What could you do?
 - Sponsorship of rural groups-“Is it enabling” was asked
 - Same strategies can be tried with other populations as well
 - “Are they being self-supporting” was asked
 - Know why they aren’t coming
 - Telephone conferences, Webcam, skype
 - Have fundraiser(s)
 - Carry the message to them

5. You are a member that belongs to an unattached group and also you find it difficult to attend weekly meetings. What could you do?
 - Started a group with the help of HP and the Legacies
 - Recognized the need for telephonic meetings
 - Responsibility of the D.R. to reach out because the members don’t know what they are missing

Road Trip! YOU and YOUR BOARD CONNECT
Saturday, October 21, 2017

Strategic/Spiritual Breakout Topic Notes:

Share ways in which Al-Anon can attract new members and retain current members, while maintaining our spiritual principles, in a changing world.

How to find meetings: A better way would be to have it on the internet. Put in your zip and find a meeting. You do this from the WSO website and the area website.

How to find a meeting at a specific address: Is there a door hanger still available? Contact WSO to see if they are still available.

How we retain current members while maintaining our spiritual principles: Connect personally with people who attend. Give everyone a newcomer packet. Give a copy of *The Forum*.

Put change and your name in a jar to receive an annual subscription to *The Forum*. *The Forum* comes every month to remind newcomers to keep coming back. Send a note to people who used to come to help them remember someone in Al-Anon cares about them.

Social activities after the meeting are helpful. Give newcomers a warm brownie and a cup of coffee to help them see they are welcome. The newcomer is then invited to make the coffee the next week. (The same person in this group makes the brownies every week.) The last Wednesday of the month is a speaker meeting and birthday celebration. Treats and food keep people coming. It is a way of showing others that we care.

Inventory your group to see if it is a healthy group. Are we doing what we need to be doing to keep people coming back? The inventory can be broken into parts because it is quite long.

Changing world: Does your group include everyone? Some groups are seeing members who are also members of AA coming into Al-Anon. They want to do service that comes with membership. Even though they do not bring the other program into our meeting, how do we keep them? How do we use the experience of AA members to keep them coming back? Go to AA meetings to learn more about the disease.

How to keep Al-Anon in the meeting: Gently suggest that we keep the focus on CAL and Al-Anon. "We do *Reaching for Personal Freedom*. We do one step a week."

Part of the disease process is emotional isolation. It's hard to try to invite people to come back. Literature helps to refocus what we are looking at. Have a member of AA who is attending Al-Anon share individually with other AA members. Every member of Al-Anon has the responsibility to be sure it is a healthy group. Problem was addressed generally in a group inventory to help members realize the importance of taking responsibility for their meeting. "I will be happy to talk with you further after the meeting." Don't be punitive. It would be kind to offer to stay after a meeting to discuss a specific issue—like bringing in an outside program. Be gentle. Do it with love.

Spiritual principles: Can be used to explain why we do what we do.

Attracting new members: We take a meeting to a recovery center and share our personal stories. Recovery center orders the newcomer packets and other literature.

Anyone can buy our literature. Try to encourage literature sales through the AIS. Direct purchase supports our area. Refer to literature order on WSO. There is a direct link online for eBooks.

Al-Anon is moving forward quickly. Be very careful with YouTube videos. Podcasts are on the WSO website. Go to the Al-Anon website, drop down to podcasts. One podcast shows an actual meeting. Members need to set an example of using literature on electronic devices in meetings.

How do we give hope: Al-Anon has guidelines that say we cooperate with AA, but AA does not have the same type of guidelines. In some areas there has been a benefit to meeting separately from AA. It is in the autonomy of areas to decide how to cooperate. We cooperate with AA at Internationals. There is AA participation at the 2018 in Baltimore. A discussion followed about areas cooperating with AA. Everything is evolving. We don't have to do it just because we've always done it that way.

Someone might decide to purchase a book for a newcomer. Softcover *How Al-Anon Works* was an outreach tool. You might consider buying a case and keeping them in the trunk of your car.

Question about expanding to substance problems: The discussion has come up. It has come to WSO to discuss how to deal with it. Addiction has always been there. There is a discussion that is happening on an ongoing basis right now. The individual can determine whether they belong in Al-Anon. "I can only address my experience in dealing with alcoholism. Keep coming and see what works for you." If we go from our primary spiritual aim to help families of alcoholics, it is the tools that make the difference. The tools are how to make changes in an individual's life. We get it when we need it.

We need to harness what is available electronically, but we need to remember anonymity and the spiritual principles in the program. An important spiritual principle is tolerance. Let's stay with what we know.

Nursing school has a joint panel with AA. It helps the students realize that they are affected by someone else's drinking.

SPIRITUAL BREAKOUT QUESTION

Describe the ways in which we (individuals, Groups and Areas) encourage personal and service sponsorship and participation in service within our fellowship.

“At the Colorado State Convention, I did Registration. I engaged a number of newer members in the value of service and became a service sponsor to one of them. I have a great service sponsor, who got me engaged in service from the very beginning.”

“At my third meeting, a long term member, asked me to go to coffee with her and other members after the meeting. Then she told me that after the Friday meeting she told me that several members of the group went to dinner. Shortly after that she became my sponsor. I thought I had asked her, but she chose me was a ‘God thing’. She got me involved in service right from the beginning and just became my service sponsor.”

“I heard about sponsorship at an early meeting. I had tried to work the Steps by myself. Did Steps 1-3 that way, but was stuck on Step 4. I asked a woman to sponsor me but was told that ‘we don’t do that in Al-Anon’, that I had to find a man that had what I wanted. There was only one other man in the group and I didn’t want what he had. God directed me to a men’s group and I found my sponsor there.”

“I was a GR and at the District meeting, the DR [JP’s wife, Jeannie] told me that I needed to do service at the Area level. She became my service sponsor.”

“I am currently the GR for my home group. I am in my last year and have advised the group that I will step down at the end of my term. My group is not into service. I have approached several members about stepping up to become GR. I have been told: ‘We don’t do that service thing. We’re into growth and recovery.’ I always explain how I have ‘grown in Love’ as the result of service. We’ll see if anyone steps up.”

“I work at an AIS and we’re always looking for people to volunteer. It seems like service is ‘out of vogue’. No one seems to have the time to do service. I just tell them that service work is a big part of my program.”

“I was a GR in a ‘dark district’. I started talking about service to all members and encouraged individuals to start meetings and then supported them. Once we had several meetings going, I became DR and got the district going again. I’d go to all the meetings, especially those without GRs and talk about the growth in service. I found that just telling people ‘we need a GR’ doesn’t work. I had to approach members individually and convince them that this is where they needed to be. Her homemade scones also helped attendance at district meetings.” [Feed them and they will come.]

“One Member was not seeing many groups where there was much sponsorship. Consequently, the message of service was not getting out there. In her district only 6 out of 25 groups even had GRs. She decided to do a meeting on Sponsorship and both sponsorship and service really increased in her group. She then became DR and took meetings on Sponsorship to the groups.”

"I was lucky. My third meeting they asked if anyone willing to sponsor and I found my sponsor. He quickly got me involved in service. He emphasized the importance of service in recovery. I have been GR, DR and Area Treasurer. I now sponsor 8-9 men. I tell them what I was told, the importance of all three Legacies. I believe we need more discussion about sponsorship, in the groups and at the Area level."

"I never heard of a service sponsor until today. I have always been told that in Al-Anon service, you never have to do it alone"

"Our symbol has three sides Recover (Steps); Unity (Traditions); and Service (Concepts). To get the fullest recovery one needs Guidance in all three. Just like regular sponsor is necessary to properly work the Steps, service sponsor is necessary to do service and fully understand the Traditions and Concepts."

"As my groups GR, I learned to make service fun. As AIS Coordinator, I gave a Service Manual Quiz, to the Assembly and gave out Dove Dark Chocolate for correct answers. Food is Fun."

"The way I have taken each service position is someone has approached me and said: 'Have you thought about standing for...'" The first person to say that was my DR, about standing for GR. That person became and remains my service sponsor."

"What I was told early on is always say 'Yes' to the Fellowship. It is OK to say 'No" outside of Al-Anon. I was told if I wanted to recover "Hang out with those who are growing (the winners)"

"I tapped some on the shoulder and suggested that they might be just the person for a certain service position. I explained what a service sponsor was and that I'd be willing to support them. I told them that they never do any service position alone. There was always someone else who had done that position before. This is how I got into service and got my first service sponsor."

The first thing my service sponsor told me was to read the Service Manual cover to cover. That's what I do with my service sponsees as well. I also tell them that it was service that kept me coming back."

"There needs to be more workshops done and presentations prepared for use at the Area, District and Group levels on the need for service and service sponsorship. These should highlight Spirituality in Service and "Presume Goodwill".

"Service is Gratitude in Action."

"When I do service, Al-Anon is doing me a favor."

"After working the Concepts in '*Reaching for Personal Freedom*', I believe they are Al-Anon's best kept secret."

"I think we need more meetings using '*Reaching for Personal Freedom*' and focusing on the Concepts. I first heard about the Concepts in the *Forum*."

“During the 1ST TEAM Event, I was speaking with then Executive Committee member Judy P. and she asked me about what my future service plans were. When I told her that I wasn’t sure if I was qualified for a position I was considering, she told me: ‘If you don’t stand, you don’t give God anything to work with. God knows if you’re ready and whether it’s your time.’ I always pas this on to service and regular sponsees and anyone else who will listen.”

“I tell people about growth in service. I always uncover new character defects with each new position. In fact service is like pouring Miracle Grow on my character defects. I need a service sponsor to help deal with these defects as they arise”

Take a ways from Road Trip 2017 Aurora Colorado

- I'm taking away with me a better understanding of the service structure at the WSO. Each role works together
- There are many very dedicated members in Al-Anon.
- Trustees are AFG members (and well qualified to be members).
- I was encouraged to see the ordinariness of our board members.
- Navigation of the WSO website
- A Sense of gratitude for the service work the Board and Executive Committee do for the World Wide Fellowship of Al-Anon.
- Spiritual Principals, practices & purpose in all my Al-Anon dealings
- Our trusted servants are trusted servants and should be trusted
- Enthusiasm for continued service
- Closer feel to WSO and our Board. They do not feel so remote.
- A more informed brain about the roles and functions of the WSO. Love and fellowship from Colorado-no matter where we go Al-Anon is there.
- So inspired. The trustees are real, approachable people. I am encouraged and enlighten re the Board work. They are the center and conduits of communication.
- To be a Trustee we need ten years in Al-Anon and submit and Al-Anon resume
- That the trustees are just ordinary people, we are a fellowship of equals and maybe I can do larger things.
- I want to live the Boards vision statement.
- Reminder-Alateen Chat Room is EST time
- I have a long way to go!
- Exciting time to reconnect with members. Grateful for you all.
- Gratitude for the trusted servants, who give from their hearts and souls to keep alive the miracle of Al-Anon.
- Good Fellowship from people I met 7 years ago at TEAM
- Importance of giving back through service for the program of Al-Anon that that through my God saved my life.
- More knowledge, fellowship, and love for this amazing organization
- I'd like to do a skit on good and bad examples of working the Concepts and Traditions
- My take away. The spirit of the day, the humility, the generosity, gratitude, love. I don't get this anywhere else.
- Taking away, we serve at the pleasure of the Area
- I did not know about service sponsorship before I came here.
- Inspiration to focus on service sponsorship at our area, we have wonderful leadership support, which supported our members.
- Website was updated and new literature coming
- The gift of fellowship and knowledge
- The spirit of service and how to encourage others
- Public Outreach, Steps, Traditions, Concepts. Great overview.
- The growth of Service at the WSO level is magnificent/visible and appreciated.
- With God All things are possible. Al-Anon is the miracle. Share what I learned with my Group and my District
- To serve of the pleasure of group, district and the world
- I loved the Leadership sharing at our table.
- I appreciate how the presenters willingly shared from the heart and interacted with us. I also appreciate sharing the vision of Al-Anon

Take a ways from Road Trip 2017 Aurora Colorado

- Spiritual principles in building policy. Thank you for coming to Colorado and sharing your experience, strength and hope. What a blessing you are.
- I had heard before, but was glad to be reminded: “Whatever I’m inclined to do, do the opposite” I took 15 pages of notes-what a blessing! Too many wonderful moments of inspiration, education and hope to even begin to share Thank you!
- The experience, strength and hope of our trusted servants. The utilization of CAL, written and electronic.
- The depth of Al-Anon and how it has lasted for 66 years through WSO
- Equality
- Need for time and patience for all the committees, staff, Board, Conference, groups/areas to have a voice and information to make decisions.
- The love and spiritual principles existed by Trustees, support of each other. Thank you!
- Routine attendance can aid us and give us solutions
- How our Al-Anon legacies work horizontally. Step 1 related to Tradition 1 related to Concept 1 throughout this meeting.
- Learned more than I expected. Lots of spiritual connection. Good people, everyone.
- Service is not ought to BUT get to.
- How personal and approachable all the trustees and board members are. A Day filled with laughter and good humor.
- The love of the fellowship is found in the great circle of the entire membership: we are all equals standing in a great circle.
- Attendance at International. Understanding of how WSO workers
- Re-inspired for service! A new appreciation for Al-Anon as a whole and the amount of people it takes to keep Al-Anon running.
- The warm fellowship of Al-Anon members and the helpful way we communicate with each other.
- “Gratitude turns what I have into enough”
- Great idea to have personal sharing before topics. Thank you.
- To keep the faith. Doing the next right thing. Keep growing in service.
- How gratitude changes my attitude. The three A’s with the thought, task force.
- Service.
- Service and the love of our program are amazing!
- I have a much deeper understanding of the Board and how much they lead thru the spiritual principles.
- Something happens, even when I can’t see that something happening. God at work, my job is to trust. Look for the similarities, not the differences.
- The HP that placed me at the exactly the table I needed to be at. The gratitude sharing that wrapped up beautifully the day.
- Realized Trustees are people just like me. It is so well organized throughout, all work together to keep Al-Anon strong and healthy.