

Group Representatives Opening Session Agenda “Recovery through Service”

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Virginia Area Website: www.vaalanon.org

WSO Website: www.al-anon.org

I. Resources:

1. Welcome New and Returning Group Representatives!

2. See the Area Website for what we covered in our first 3 Opening Sessions; the “GR Guide to Assembly;” the agendas for previous GR Opening Sessions, and the WSO Guideline sheet “Group Representatives,” G-11, and the “Informed Group Conscience.”

3. See also your Service Manual (SM): pages 47 - 48 for GR duties, and pages 155 – 157 for GR duties as Assembly members.

II. Review of Spring 2017 Opening Session

1. Group Inventory: SM p. 53.

- WSO Guidelines G-8a and G-8b.
- Alateen’s *Courage to Be Me*, (B-23), ‘Workshop on Meeting Format,’ p. 25
- Brook S.’s “Characteristics of Wildly Successful Groups,” attached to Fall 2016 GR Opening Session Agenda, available on Area website.

2. **Round Table Discussion:** Last time your assignment was to connect with 2 other GRs from Districts other than your own and discuss your group’s experience and practice of Group Inventory. At your table, discuss the following questions.

- What worked with my group?
- What challenges did we experience?
- What did my group learn about itself?

- What follow-up did my group carry out as a result of conducting its Group Inventory?

Share with the room the highlights of your discussions.

III. Breathing and Stretching with Bonnie.

IV. Group Problems and Solutions

1. Types of Group Problems, (SM p. 54-55).

3 Obstacles to Success, SM, p. 24

Other Group Problems:

Money problems

Service positions left vacant

2. Possible Solutions, (SM p. 55)

Seek the experience, strength and hope of other Al-Anons (SM, p. 83)

3. The Conflict Resolution packet (S-73)

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

1. _____

2. _____

Set a time to connect at least twice between now and the Spring 2018 Assembly to discuss your group's problems and solutions that have worked. Or brainstorm to find some new possible solutions.

Next time: For the Spring 2018 Assembly, we will be looking at moving on in service. Please read the "GR Guide to Assembly," p.2-3, Section III on Roles and Responsibilities, an outline of service positions in our Virginia Area. Also please read p. 5, Section VII on Election Assemblies and p. 6, the question on qualifications for an Officer position.

Tonight 8:15 to 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, what we discussed this morning, the Assembly, your group, the voting issues, or any other matter that comes up today. Our panel will address your question.

Happies and Crappies: Let's borrow an Alateen practice that the kids enjoy and adapt it our discussion of Group Problems and Solutions. Come prepared tonight to share 1 Happy and 1 Crappy about your home group.

See you then!