

# Group Representatives Opening Session Agenda

## “Enhancing Our Recovery through Abundance, Unity, and Understanding”

Saturday, May 14, 2022

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### I. Welcome

1. Informal Poll
2. Introductions
  - a. Breakout Groups – Introductions
  - b. Questions
3. Read *Hope for Today*, March 26
4. [Service Manual](#), page 176, World Service Conference Chart

### II. Group Representatives’ Resources

1. [G-11, Al-Anon Guidelines: Group Representative](#)
2. [GR Guide to the Virginia Area Assembly](#)
3. [Al-Anon/Alateen Service Manual 2022 – 2025](#) GR
  - a. [SM] Group Level Business p. 46
  - b. GR Duties, p. District Level P. 64
  - c. GR Duties, p. Area Level p. 67

### III. Why are we here?

1. Area Business – READ DOCUMENTS!
  - a. Vote This Assembly – [Motion](#) to Approve the [Policy](#) prepared by the Transforming Electronic Groups to AFGs Task Force Policy
  - b. Hear reports from the **Delegate**, Area Officers, Coordinators and Liaisons
2. GRs are the only voting members at Assembly – you are important!

### RESOURCES

3. Websites:
  - d. WSO: [www.al-anon.org](http://www.al-anon.org)
  - e. Virginia Area: [www.vaaanon.org](http://www.vaaanon.org)
  - f. Northern Virginia Service Center: [www.alanonva.com](http://www.alanonva.com)
  - g. Tidewater Al-Anon Service Center: [www.tidewaterasc.org](http://www.tidewaterasc.org)
4. Your District Representative and District Officers, Area Officers, Coordinators and Liaisons (listed on page 8 of the [GR Guide to Assembly](#))
5. Your Service Sponsor (SM p. 45)
6. Your fellow GRs

*Written Assignment: Get contact information from two of your fellow GRs. You can include one from your own district.*

1. \_\_\_\_\_

2. \_\_\_\_\_

*Set a time to connect at least twice between now and the October 2022 Assembly.*

#### **IV. What I need to know now**

1. My District Representative and how to contact him/her: \_\_\_\_\_

2. Date and location of my next District meeting: \_\_\_\_\_

3. What are *those* numbers?

a. Area Number: Virginia Area #57

My District Number: \_\_\_\_\_

- District 01 Albemarle
- District 02 Springfield / Annandale
- District 03 Arlington
- District 04 Blue Ridge
- District 05 Bull Run
- District 06 Central Valley
- District 08 Fairfax
- District 09 Falls Church / Vienna
- District 10 Loudoun
- District 12 Nansemond
- District 13 New River
- District 14 Norfolk
- District 15 Northern Neck
- District 16 Peninsula
- District 17 Piedmont
- District 18 Alexandria
- District 19 Rappahanock
- District 20 Richmond North
- District 21 Roanoke / Allegany
- District 22 Seven Hills
- District 23 Southside
- District 24 Southwest
- District 26 Triangle
- District 27 Virginia Beach
- District 29 James River South

b. My [Group Number](#): \_\_\_\_\_

4. What do I take back to my group after Assembly?
  - a. Review all that you have learned and experienced here this weekend.
  - b. Prepare a short report of no more than 2 minutes, to report back to your group over several meetings. Break up the information into manageable bits that do not overwhelm members' attention spans or patience. You have until the next Assembly to cover all that you want to share.

#### **IV. GR Self-Care**

1. What do I do with all these reports?
  - a. Develop a system for managing all this incoming information
    - i. Reports from Assembly
    - ii. Reports from District
    - iii. Reports from your Service Center
    - iv. Fliers of your local area's events
    - v. Group e-news
  - b. Set up a notebook or E-folder and include whatever helps you do your job. Keep it current and discard outdated info regularly.
2. You are not alone.
  - a. You and your AGR
  - b. Your DR and District Officers
  - c. Your personal recovery Sponsor (see [P-31](#))
  - d. Your Service Sponsor (see [P-88](#) and [M-78](#))
3. Know your responsibilities; know your boundaries; know your limits

#### **V. By the end of Assembly (or maybe the beginning), I can answer these questions:**

1. What's the difference between Assembly and Convention?
2. What the heck does VAWSC stand for?
3. Who's my Delegate? What does she actually do?
4. What is an Alateen Sponsor?
5. What's *The Forum*? Where do I get it?
6. When and where is the next Assembly?

#### **VI. Questions and Answers if time allows**

#### **VII. Closing and Al-Anon Declaration**