

# Group Representatives Opening Session Agenda

## “Back to Basics”

### Saturday, Oct. 14, 2023

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Virginia Area Website: [www.vaalanon.org](http://www.vaalanon.org)

WSO Website: [www.al-anon.org](http://www.al-anon.org)

#### I. Resources:

1. Welcome New and Returning Group Representatives!
2. See the agendas on [VA Area Website](http://www.vaalanon.org) for what we covered in previous assemblies.
  - Opening GR Sessions [One](#), [Two](#) and [Three](#)
  - [GR Guide to Assembly](#)
  - [WSO Guideline sheet “Group Representatives,” G-11.](#)
3. See also your Service Manual (SM): page 59 for GR duties, and pages 144 – 146 for GR duties as Assembly members. (Add 2 pages if searching the digital copy [SM](#) i.e. 59->61)
4. Business Meetings and Group Conscience, SM pages 51 – 53.
5. Prepare for TONIGHT! Get your questions ready. Throughout the day, write down any hot topics to be discussed.

#### II. Review of Spring 2023 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,”](#)
2. **Breakouts / 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. Group Problems and Solutions – Round Table/Breakouts**

**1. Types of Group Problems, (SM p. 49-51).**

- 3 Obstacles to Success, SM, p. 21
- Reading on Anonymity SM, p. 19

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**Other Group Problems:**

- Money problems
- Service positions left vacant

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**2. Possible Solutions, (SM p. 50, starting at para.3)**

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**3. The Conflict Resolution Kit (S-70) Kit (S-71, S-72, 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 2024 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 2024 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:** You can write down or enter in chat, 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. We will have Round Table / Breakout Group discussions and rely on the experience, strength and hope and collective wisdom of our fellow members.

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

You can utilize the [Ask-It-Basket](#) by clicking this link if you would like to send a question to the officers to be addressed tomorrow.