

Suggestions for getting more District Participation

Remember, as a DR, you are not alone. You have a team around you, ask for help. *Stay engaged. *Respond to texts, emails, and phone messages as promptly as possible. This allows that connection, trust, and unity to be built with your GRs. You are the 1st line of communication from the WSO and Area to your groups.

*It is important to have an agenda for your District meeting.

***Send out reminders of the District meeting a week before** to all GR's or CMA's.

*Have the agenda and the minutes attached to that reminder email so all can be informed of what is happening and what is going to be discussed. They can read over the minutes to vote at the next District meeting. Attached the location and zoom / Webex link each time.

**Also ask for any items GR's might want to discuss. This encourages more participation. We must encourage and invite a 'safe space' for GRs to share their concerns and their thoughts. This is how we help one another in Al-Anon.

If you get items to add to the agenda, amend your agenda and send out again the day before the meeting. If this seems like a lot, ask your board, or your Secretary for assistance. They are there to support you!

*During a District Meeting or a Group Business meeting, follow the agenda format. It keeps order and folks do not tend to jump ahead.

*Start your District meeting with Introductions. Ask each GR / CMA to state their name and meeting name, time, and day. You may be educating another GR about a meeting they did not know existed.

***DO AN ICE BREAKER to get to know folks. Here are some examples. Make it fun!**

What is your favorite slogan?

What would do in a talent show if you had to do it tomorrow?

What is the oldest thing in your refrigerator?

What is something new you would like to try?

If you could pick anyone, who would you be for a day?

Compliment yourself with a profoundly serious face.

***Do a Concept Study at each meeting.** *It can be a brief reading. "Reaching for Personal Freedom" has excellent explanations of the Concepts that bring them to everyday life. Pages 123-171.*

*Somewhere in any District meeting, it is suggested that each GR should be called upon to share one challenge and one success. This brings unity. This opens discussion on how to face challenges. Ask each GR to share a challenge and a success. This can inspire someone reluctant to speak as they see others share. It brings a sense of community and fellowship.

**If attendance is low at District Meetings, perhaps task a service committee to look at your Roster of meetings days and times. Is there a conflict for several meetings on the day you are meeting? We learn we have choices in Al-Anon. At the next District meeting, discuss these findings. Perhaps there is a better day and time that works for more people? Be fluid and open to change.*

*Reach out to GR's & CMA's not attending District meetings. Send a personalized email. It could be they are new, and reluctant. Make them feel welcome. Visit those meetings whenever possible. Especially new groups. Advise them that this is how information gets passed down to their groups. This builds fellowship and unity.

*As a DR, attend other District meetings. See how others are doing it. There are many hybrid meetings. Look it up on the Al Anon.org website. Reach out to your Chairperson if you are having trouble locating another District meeting. Just as with our personal recovery, attending different meetings at least every month or two keeps our outlook fresh.

*Make sure you have a service sponsor. Talk to folks who have been DR or GR. Seek them for guidance. We are faced with tough situations and our gut instincts may also carry our character defects as we are faced with adversity. Pause, use one of our neutral statements. "I'd like to think about that, may I get back with you?" You are not always expected to give an instant answer. Use your Service Manual. Perhaps use "Al-Anon Principles to Resolve Conflicts Kit K-70".

*As DRs and Group Representatives, we need be open to all voices, allowing each member to speak their minds. We can then make the decision if it needs to be brought to the membership at the next business meeting, or can it be resolved during a brief one on one discussion. It may lead to a group conscience decision.

Always remember Tradition 2: "For our group purpose there is but one authority – a loving God as He may express himself in our group conscience. Our leaders are but trust servants - they do not govern."