

HOW TO ENCOURAGE PARTICIPATION AND SERVICE IN YOUR GROUP MEETINGS

Have a meeting about Service, about Gratitude, about giving back to the Program that has given so much to us.

List how folks can help:

Start with sharing at meetings. They may feel they are too 'new' to share. Remind them out of the mouths of babes comes great wisdom.

Encourage service by starting in small ways. Such as putting readings out on the tables.

Setting out chairs.

Making coffee.

Paying attention in meetings and actively listening.

Not whispering to their seat mate or interrupting at the meeting.

Attending group business meetings.

Stepping up into a service position!

As time draws near to changing service positions, email the group position descriptions attached to your members.

*Have the members IN the positions currently speak at your meetings. In the weeks leading up to that change, have each service member chair and talk about what the position is, and how they have grown from being in service.

Explain the service time commitment. Let folks know if they can't hold a position for that long, it's not the end of the world. Someone will step in.

Make sure group members know that help is always available if they don't know what to do. Sometimes it's the fear of the unknown that makes people NOT do service. Make it approachable. Always stress no one is alone. Folks are accessible to train, to help, to answer questions on their Service journey. This builds confidence and unity. We're all only a phone call away.

Suggest sponsees step into Service.

You may have to reach out and ASK. *Oh, my goodness, yes, ask someone to step into service.* Some folks are scared to raise their hand. Raised with alcoholism, most of us didn't learn to speak up. Married to alcoholism, maybe we get ridiculed for speaking our minds or voicing an opinion, so we learn to just shrink and be quiet.

But when someone says they believe in us, that changes everything. We stand a little taller. We put our shoulders back in our mind, our head goes up. Our heart swells a bit with pride.

Invite everyone to come to a District meeting. See the bigger picture.

*I think of service as a privilege which allows me to grow while I do something that's worth doing, something that will help others as well as myself. **How Al-Anon Works, p. 354.***

*In helping others, we drop any pretense that I alone am in charge of my separate recovery. We acknowledge the common bond that unites us in the program, and we take steps (however halting and uneven) to align ourselves with the guidance of a Higher Power. By passing on the guidance we have received, we learn a new humility. **When I Got Busy, I Got Better, p. 1.***