

# Group Representatives Opening Session Agenda

## Back to Basics: Looking Forward to Working Together!

### Saturday, May 13, 2023

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Free Downloadable Service Manual Link: <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

#### I. Review of Spring 2023 Opening Session – Business Meetings

1. Welcome New and Returning Group Representatives
2. See the [VA Area Website](#) for what we covered in previous assemblies.
  - Opening Sessions [One](#) and [Two](#)
  - [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 i.e. 59->61)
4. Business Meetings and Group Conscience, SM pages 51 – 53.
5. Prepare for TONIGHT! Email questions throughout the day with any hot topics to discuss.

#### II. Group Inventory

1. Understanding the purpose, [Service Manual](#), page 49.
2. WSO Guideline: [Taking a Group Inventory, G-8a.](#)
3. WSO Guideline: [Taking a Group Inventory, Methods and Reflections, G-8b.](#)
4. Additional Methods:
  - *Wildly Successful Groups*
  - *Alateen’s Courage to Be Me, (B-23), ‘Workshop on Meeting Format.’*
5. Discussion: Breakout Groups
  - Previous participation in Group Inventory
  - How will I introduce my group to the group Inventory?
  - How will my group manage a group inventory?

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 \_\_\_\_\_

b. 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 Nansmond
- 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

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

Written Assignment: Get contact information from two of your fellow GRs.

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

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

Set a time to connect at least twice between now and the October 2023 Assembly.

Read Group Inventory information. Bring the concept to Group Conscience to determine if, when and how.

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 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.

## 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 Alt GR
- 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

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?

Questions and Answers if time allows.

Closing and AI-Anon Declaration

**Tonight 8:30 to 9:30 – GR Chat Room (Hybrid)  
Let's talk about group challenges and solutions.**

*Three Topics for discussion: (20/20/20)*

1. Meetings - In-person/Electronic/Hybrid
2. Group/District/Area Participation
3. To be determined by emailed questions and topics. [efetterly@cox.net](mailto:efetterly@cox.net)