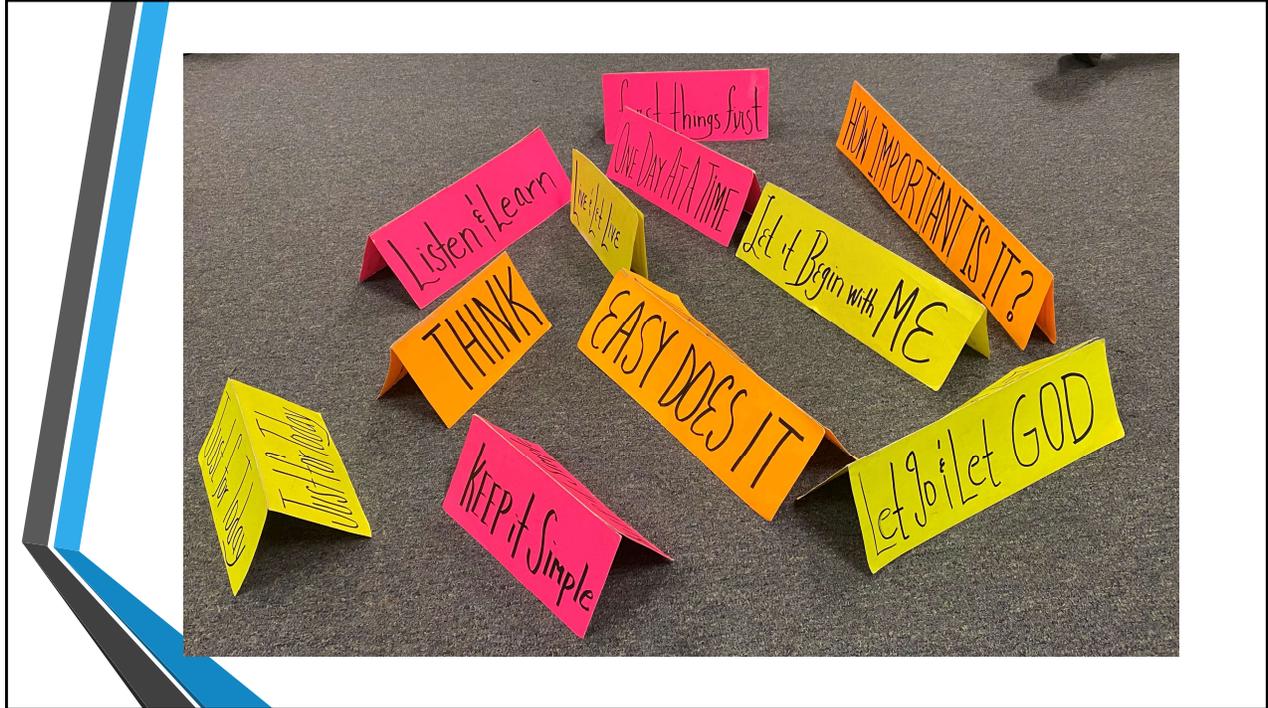




Welcome! Welcome! Welcome! It is wonderful to be in a place we BELONG!

My name is Deb Teer and I am your Alternate Delegate

Please help me open this session with a moment of silence followed by the serenity prayer.



Our simple slogans can be used in our service work, just like in our personal recovery work. Actually all of our Al-Anon work provides personal growth. We are here because our lives and therefor our personalities have been affected by someone else's drinking, but I have discovered tools, choices and healthy responses that improve the quality of my life and the lives of those I love. This is where the magic happens. A place where I am seen, heard, and understood. We are not a community of judgmental people but a fellowship of open minds and open hearts.

“Connections and Growth Through Service: Investing in Each Other to Preserve Our Legacy”



Panel 65 adopted the theme “Connections and Growth Through Service: Investing in each Other to Preserve our Legacy”

Because we care about the Al-Anon program and all its gifts, we are investing in each other to preserve our legacy.

As we accept each new challenge, we grow ourselves and together.

TOOLS



RESOURCES



MEETINGS



LITERATURE



SERVICE



RESOURCES

1. Virginia Area – www.vaaanon.org
2. WSO – www.al-anon.org
3. Northern Virginia Service Center – www.alanonva.com
4. Al-Anon Service Center of Tidewater –
<http://www.tidewaterasc.org/>
5. [G-11](#), *Al-Anon Guidelines*
6. [2022-2025 Service Manual](#) *Group Representative* page
59, GR Suggested Duties



MEETINGS

1. GR oversees [Group Records](#) for the group!
2. Business Meetings, Group Conscience
3. District Meetings
4. Assemblies

Your primary responsibilities to your group is to make sure your group record information is up-to-date; hold regular business meetings and group conscience when needed; attend District Meetings and Assemblies.

Keep your group informed!

What is the difference between a business meeting and group conscience? How many have held business meeting and/or a group conscience?



LITERATURE

1. GRs and the pamphlet [Why Conference Approved Literature](#)
2. GRs serve as local representatives of [The Forum](#)
3. Help to ensure your group has literature available.
4. Bring new literature to your group.
5. Encourage the use of all CAL in your meetings.

Tell story about how I resented that in Roanoke we always read literature in meetings. Now I see that doing this has given me a greater appreciation of CAL and I've read entire books I wouldn't have otherwise.



SERVICE

1. *2022-2025 Service Manual*, pages 144, GR Assembly Duties
2. *Concepts: “The Steps show me how to love myself, the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.”—Paths to Recovery*
3. Taking Assembly information back to your group

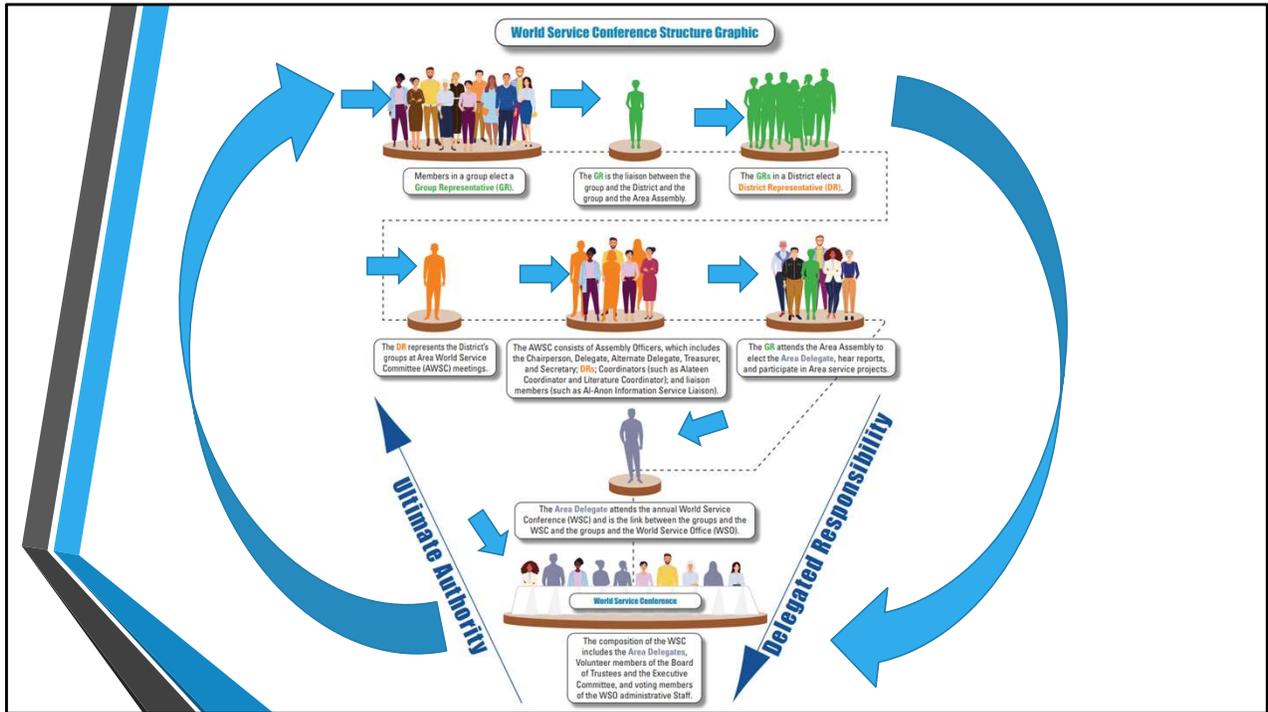
Pg 144 breaks down your duties between you and links of service, literature, and special interests i.e., public outreach and quarterly appeal.

Pgs 46-49, Groups tab / Group Business and pg 145, Handbook tab / Duties of Assembly Members give guidance on ways to take information back to your groups.

We can get what we need from the available resources. Meetings are where we connect with others with shared experiences whether or not we share circumstances.

Literature is always at hand. I usually find exactly what I need.

Service is where we learn that in giving, we receive, and this is where the self-esteem and self-confidence of being truly self-supporting comes from.



This graphic of our Links of Service is a visual reminder that we are not alone and that it starts with us.

HEALTHY GROUPS



Commonalities of Wildly Successful Groups

What do you think makes a successful group?

In the online materials is a document titled *Commonalities of Wildly Successful Groups*. Your homework is to download this document and find the pages in your service manual that talk about each item or practice.



GRS ARE THE ONLY VOTING MEMBERS AT
ASSEMBLY – YOU ARE IMPORTANT!

How many of you read the GR Guide to Assembly? Did you find it helpful?

If it wasn't for you attending our Assemblies, our Area would be like a boat without oars.

You provide the Area with direction, helping us to make decisions for the good of Al-Anon in VA.



GRs Responsibility at Assembly

Be Prepared!

Read the documents!

Be Present for discussion and votes!!!!

Review the Agenda

Voting Items:

Saturday

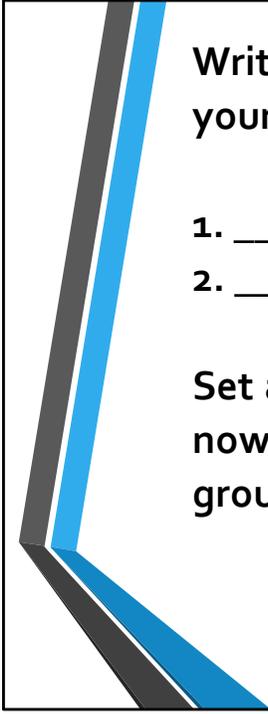
Approval of Spring 2025 Assembly Minutes (voting)

Approval of 2nd Quarter Treasurer's Report (voting)

Sunday

Voting Alt Treasurer

Voting for Budget 2026



Written Assignment: Get contact information from 2 of your fellow GRs.

1. _____

2. _____

Set a time to connect one to one at least twice between now and the next Spring Assembly to discuss your group's experiences and practices.

I encourage you to network this weekend. Sit at a table with those you haven't met.

Get contact information and reach out after Assembly

GR Questions/Concerns

As you go through today, jot down questions/concerns that come up that you'd like to discuss with your fellow GRs or get answers from an Officer/Coordinator. If you are more comfortable, place your questions/concerns in the "Ask It Basket". If using the "Ask It Basket", write your name, date, your group name and district along with your question/concern.

I need more information on _____ that was discussed today.

I'd like to hear from other GRs on _____.

What part of my position as GR do I find most challenging.

Bring your notes with you to this evening's Chat Room.



Concept 9

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

Whether we consider ourselves leaders or not, we can all embody leadership qualities in our actions.

I will close with this. Service has taught me to be responsible and dependable, to the best of my ability,

And to the best of my ability:

- to be kind and compassionate
- to have an open mind
- to pitch in when I can and to say No when I can't

The good news is that the best of my ability grows and expands as I engage in service!

I hope when you take the information from this assembly back to your group, you'll also take the excitement of and commitment to Service that you see here.

Let the peace of the program grow in you one day at a time!



When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there. And let it begin with me!