



Welcome to Panel 65s first hybrid Assembly

Thanks to Tech Team. Many volunteer hours, please let them know how much you appreciate them and offer them some grace if there are any glitches!

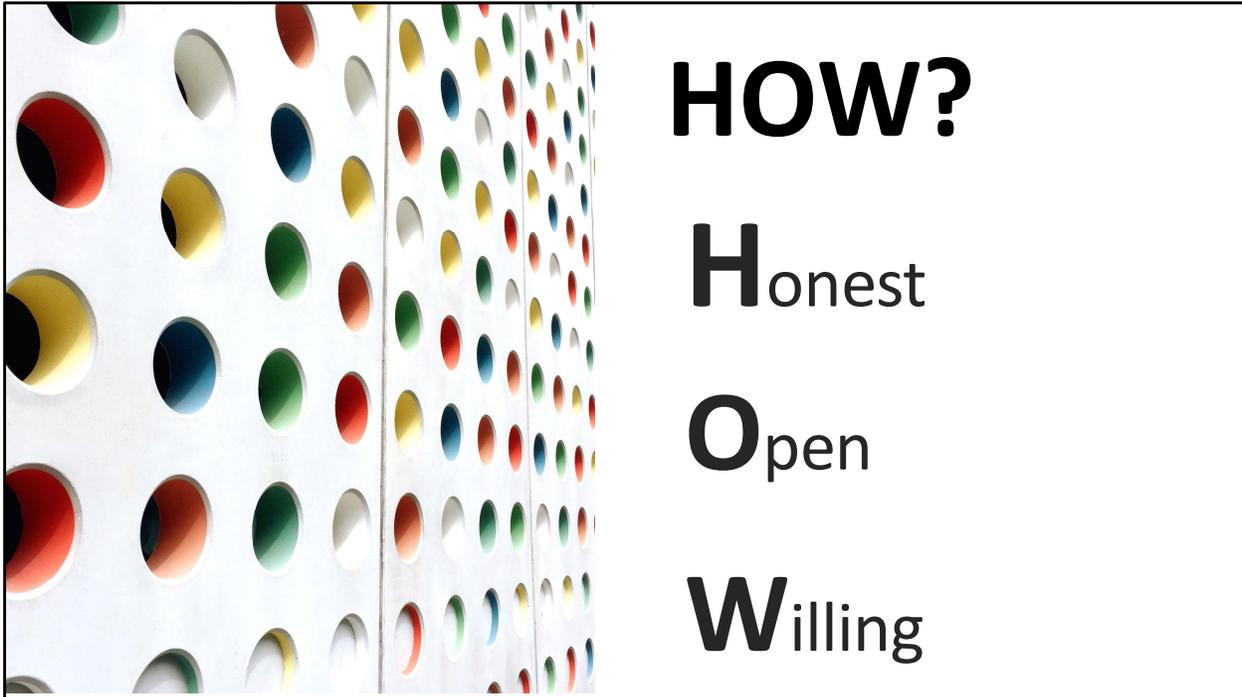
My name is Deb and I am serving as your VA Area Alt Delegate. Glad to see you.

Open with the Serenity Prayer

Before we go further, please have your Assembly Agenda open or with you. Available on the vaalanon.org website. The GR session agenda is helpful if you have it on a device you can open the links in the document.

Each Panel creates a theme, kind of mission statement, to show our vision and hope for the next 3 years.

Panel 65: Connections and Growth Through Service: Investing in Each Other to Preserve Our Legacy



I'm always stretching my service muscles by being Honest, Open and Willing.

Having new experiences, being open to other points of view, taking risks, failing and learning opens space for my HP to guide me.

Just having the willingness to be of service, like all of you, helps me grow in my recovery.

We are all trusted servants, we do not govern.

I'm hoping that all of us will take another step this weekend towards seeing what a rewarding part of recovery service can be!

Read A Little Time for Myself, March 26

Assembly Protocols (see GR Guide to Assembly)

Online

- Raise your virtual hand to join the queue
- Stay muted until called on

In-person

- Come to the microphone with comments/questions when the floor has been opened

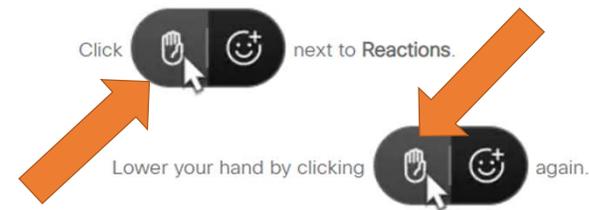
Both

- Don't repeat questions/comments that have already been shared
- Avoid side conversations

To be mindful of each other and our time here, I ask that:

- if online you stay muted so not everyone hears whats happening at your location
- During the general session, the tech team will mute and unmute you when its your turn to speak
- If in-person, you come to the mike to speak so that all can hear you
- If someone has asked your question or shared your comments, don't repeat it unless you need clarification.

Spring 2025 Assembly GR Session



VIRTUAL ATTENDEES RAISE / LOWER YOUR HAND

IN-PERSON - STAND



We'll do a quick exercise to practice.

Virtual attendees raise/lowe your virtual hand during Q & A. Those in-person can stand. Voting in the virtual room is done with Slido, in-person will be asked to stand (in favor, opposed or abstained).

I'll ask some questions, raise your virtual hand or stand until the question no longer applies to you. If it no longer applies to you lower your virtual hand or sit down.

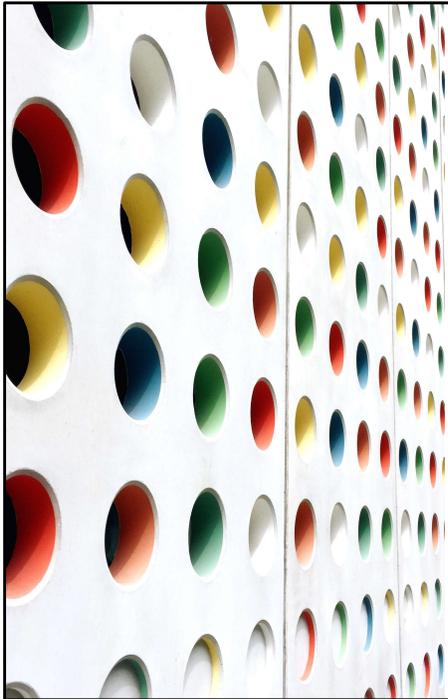
I am a member of Al-Anon

I am a GR

I have been in service for less than 5 years

I have been in service for less than 3 years

I have been in service for less than 1 year



Introductions

Share your Name, Group, and District

Pick a

- **car**
- **color**
- **food**

that describes you and why

While anonymity is important to our fellowship, we don't want to be anonymous to each other.

Please break into groups of ???, those online will be 1 group

Introduce yourselves by sharing your name, group and District and choose a car, color and cuisine that describes you and why.

Ellie will help facilitate this ice breaker online

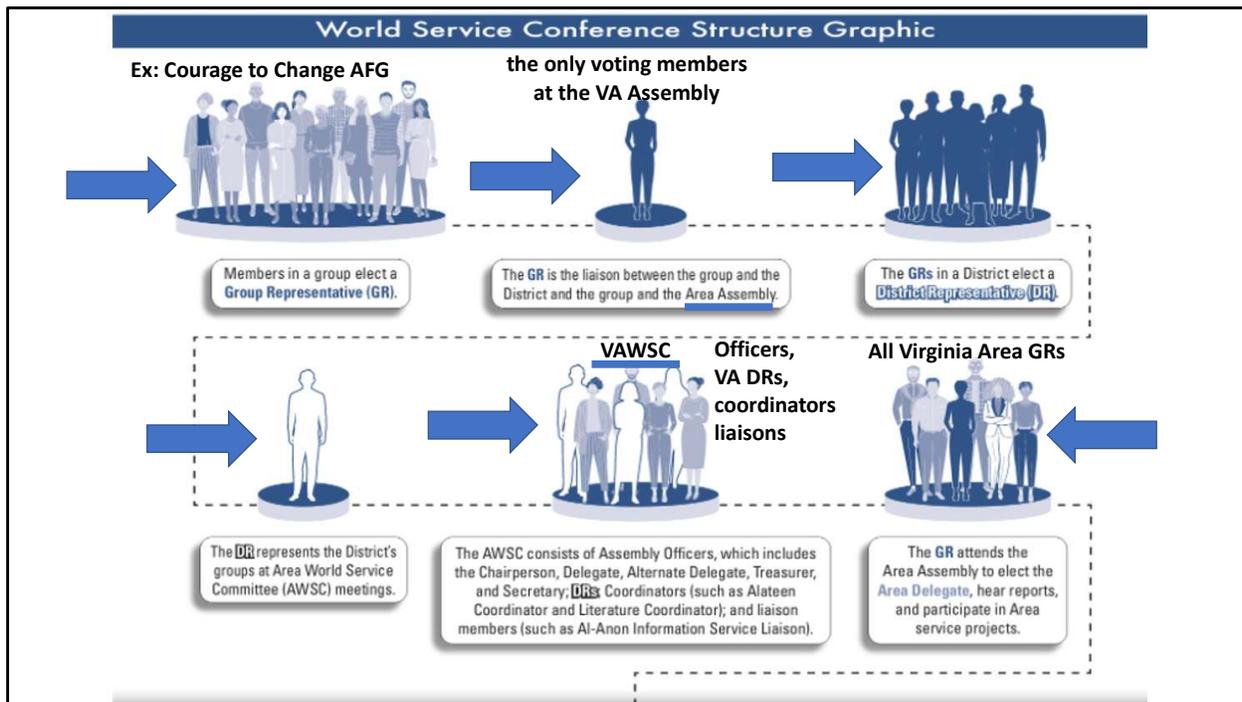
Spring 2025 Assembly GR Session



AL-ANON STRUCTURE

From a blog on the WSO website:

Many links of service together make a strong chain—not a chain of command, not a chain that tethers, but a chain that connects each of us. The links of service start with me, as a member, contributing to my group. I show up, I help set up, I share, and I serve. As a Group Representative (GR), I am part of my District, exchanging information with my District and my Group. My District participates with my Area, sharing information with my Area and my District. My Area helps my voice be heard in the worldwide fellowship of Al-Anon Family Groups at the annual World Service Conference. We continue to pioneer Al-Anon’s and Alateen’s future in the light of the Legacies.



This Chart is in your Service Manual on pgs 176-177

Click 1: Your group elected you as their GR

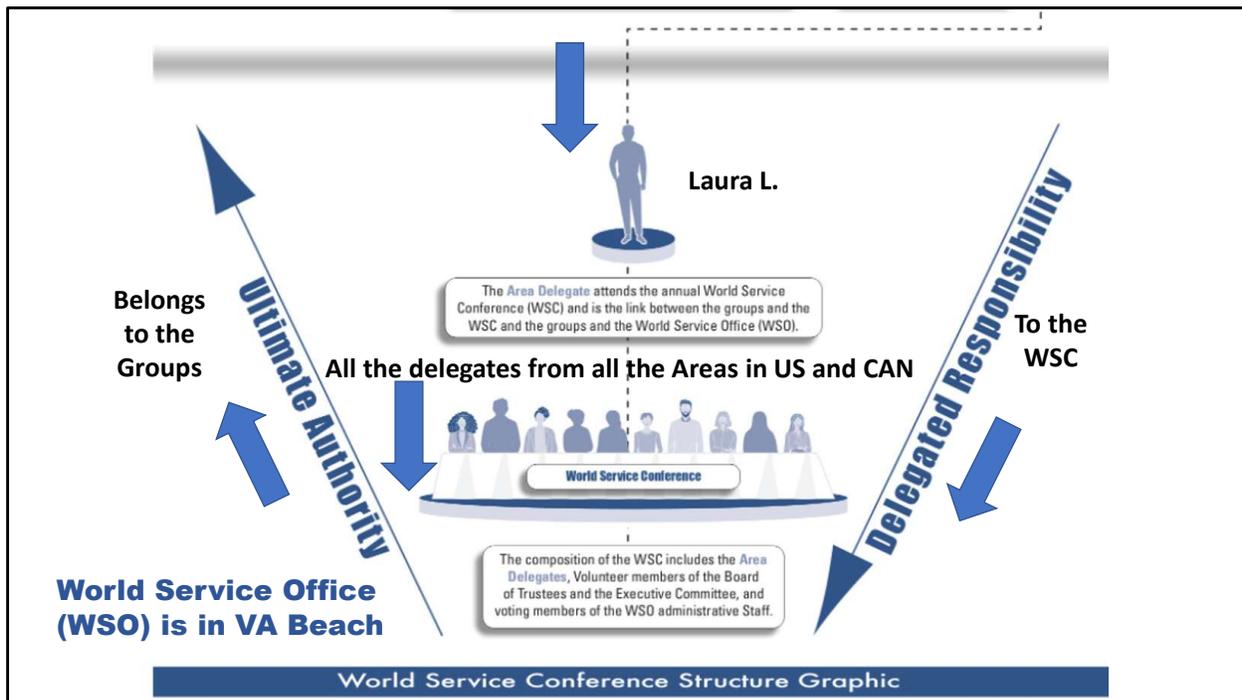
Click 2-3: You become a member of the Area Assembly

Click 4: All GRs in a District elect a DR. VA has 27 Districts.

Click 5-6-7: The DR becomes a member of the VAWSC. VAWSC – Virginia Area World Service Conference – made. up of 1 Delegate; 7 Officers; 9 Coordinators; 2 Service Centers; 1 Standing Committee

Each Area has an Area World Service Conference (AWSC) Maryland, Pennsylvania, etc.

Click 8: All GRs make up the Assembly and at Assembly elect a Delegate and Area Officers. They also vote on items that facilitate the affairs of the Area. (Policy, Boundary Changes



Click 1: The Delegate attends the World Service Conference (WSC), which consists of 1 Delegate from all Areas.

Click 2: The WSC has the responsibility to provide guidance to the WSO on matters that are brought to its attention by you and other links of service for the good of Al-Anon. The Delegate learns about the worldwide fellowship and gains a vision of Al-Anon at large.

Click 3: You have the ultimate authority in Al-Anon.

Click 4: WSC has delegated responsibility as a service body.

WSC is a vehicle by which Al-Anon can express its views on policy and note deviations from Traditions.

No changes can be made to the Legacies without written consent of $\frac{3}{4}$ of AFGs.

Links of Service

÷

divide responsibility

x

multiply involvement

+

add awareness

=

equals a good group

Member + Member = **Group**

Group + **Group** = **District**

District + **District** = **Assembly**

Assembly + **Assembly** =
World Service Conference

Links of service helps to keep our groups, Districts, Areas and Al-Anon as a whole healthy

RESOURCES

- **Websites:**

- WSO: www.al-anon.org
- Virginia Area: www.vaalanon.org
- Northern Virginia Service Center: www.alanonva.com
- Tidewater Al-Anon Service Center: www.tidewaterasc.org

- **[The 2022-2025 Al-Anon/Alateen Service Manual](#)**

- **Your District Representative and District Officers, Area Officers, Coordinators and Liaisons (listed on page 8 of the [GR Guide to Assembly](#))**
- **Your Service Sponsor (SM p. 45)**
- **Your fellow GRs**

There's so much information at our fingertips and Al-anon is no exception!

Service Manual -

Group Business, page 46

Duties of Assembly Members – Group Representative, pages 59 & 144

The GR Guide to Assembly is written specifically to help you with understanding this weekend.

My Group Number:

[6.3.24 Area website list.pdf](#)

VIRGINIA - AREA 057 ACTIVE GROUPS AS OF 6/3/2024 GROUPS: WSO #s & Registration Dates

District Number	Group Name	WSO#	Meeting City	Registration Date*
1	Bound To Improve AFG	502073	Charlottesville	2/3/2005
1	Buckingham AFG	13784	Dillwyn	2/1/1983
1	Dillwyn AFG	30775294	Dillwyn	11/17/2021
1	Ivy AFG	30802950	Charlottesville	1/11/2023
1	Keep It Simple AFG	30578533	Charlottesville	4/27/2011
1	Monday Night AFG	13823	Charlottesville	3/1/1965
1	Newcomers Meeting AFG	501378	Charlottesville	7/12/2004
1	Rockfish Gap AFG	30648896	Charlottesville	1/29/2015
1	Saturday Morning Step AFG	30596458	Charlottesville	3/28/2012
1	Tuesday Evening AFG	13822	Charlottesville	3/1/1978

You can find your group number and registration date on the VA Area website.

If you'd like to celebrate your groups anniversary, you can find your start date here.

Al-Anon **guidelines**

The Shared Experience of Al-Anon and Alateen Members.

Group Representatives

G-11

The Group Representative (GR) is a vital link in the continuing function, growth, and unity of worldwide Al-Anon. GRs should be members with experience, stability, and an understanding of the Traditions and how they work as applied in the *Al-Anon/Alateen Service Manual* (P-24/27).

Requirements

Any Al-Anon or Alateen member with a willingness to represent the group at the district meeting and Area Assembly in order to carry the message of Al-Anon's/Alateen's group conscience, and who is not also a member of A.A., is eligible to serve as GR. A GR should have a basic knowledge of Al-Anon and Alateen Traditions and Concepts of Service and how they are applied in our groups.

Term of office

GRs are elected by the group, generally for a three-year term.

As a Group Representative

- You are the first link in the chain that leads to our World Service Conference.
- You elect a District Representative from among all the Group Representatives in your district.
- You elect a new Area Delegate to our World Service Conference at the Area Assembly from among the District Representatives and eligible officers once every three years.

Guidelines can be found on the WSO website under Members. Take some time to read it.

**You don't have to have
all the answers,**
but you can help the group look at
**the Traditions, the Concepts
of Service, and the *Al-Anon/
Alateen Service Manual***
for guidance.

Ask for help!!

Spring 2025 Assembly, GR Session



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

Segway into the agenda and voting items

Open Assembly Agenda. Briefly review

You will hear reports from the Delegate, Officers, Coordinators, Liaisons and DRs

And vote on several items. Some that are standard for each Assembly and some that are needed to further the business of the Area

From the GR Guide to Assembly:

VI. Decisions

- a. The Virginia Area Assembly uses an Informed Group Conscience Process (see Making Decisions in Al-Anon on vaalanon.org/members) to make decisions.
- First, background information on an issue is presented to the Assembly.
 - Next, members ask questions to be sure all aspects of the issue are clear and needed information is known.
 - When there are no more questions, then members may express their opinions without judgment.
 - The Informed Group Conscience Process reflects the principles of:
 - o Talk to each other. (Equality)
 - o Reason things out. (Patience)
 - o Participate in discussions. (Honesty and generosity)
 - o Be open minded. (Understanding and compassion) o Show respect. (Acceptance and trust)
 - Once the Assembly has enough information to make a decision (usually determined by taking a consensus), the motion is ready for a vote to be taken.

Informed Group Conscience process

Issue will be presented to you on Saturday

The floor will be opened for questions/comments. You may hear something to help you decide your vote.

You will be asked if you have enough information to move the motion to a vote.

All voting GRs wear a green lanyard.

Roll call is taken on Saturday to make any adjustments/corrections in registration, i.e. substitutes.

Roll call is taken again on Sunday to determine the number present and the required 2/3 majority.

Voting Items

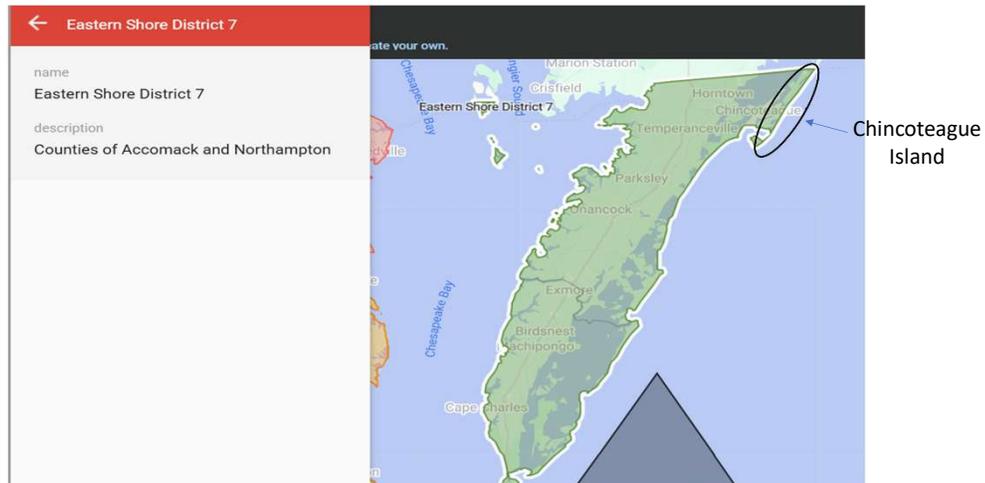
- Approval of the 2024 Fall Assembly Minutes
 - Approval of the Treasurer's Report
 - Approval of Alt Secretary
 - Eastern Shore Boundary Change
-
- Either a simple majority or 2/3 majority is needed for approval
 - Virtual vote by Slido
 - In-person vote by standing

The approval of the Minutes and Treasurer's reports will be done on Saturday by simple majority. These votes happen at every Assembly.

The approval of the Alt Secretary and Eastern Shore Boundary change need explanation and maybe discussion. The vote will be done on Sunday.

If a 2/3 majority is required, Slido will calculate the number of votes, in-person will count off for each response (approved, opposed, abstained)

Boundary Policy



The Boundary Policy is found on vaalanon.org. Share the Policy

Approved May 5, 2024, this is the first use of this policy.

Applicable sections are E. Groups Changing Districts and F. Changing VA Area Boundary. The Policy could not be written to foresee every possible situation, and do not neatly address the situation here. The meetings have held group consciences and the Eastern Shore District has agreed to this change, therefore the VAWSC believes this request should move to the Assembly for a vote.



GRS RESPONSIBILITY AT ASSEMBLY

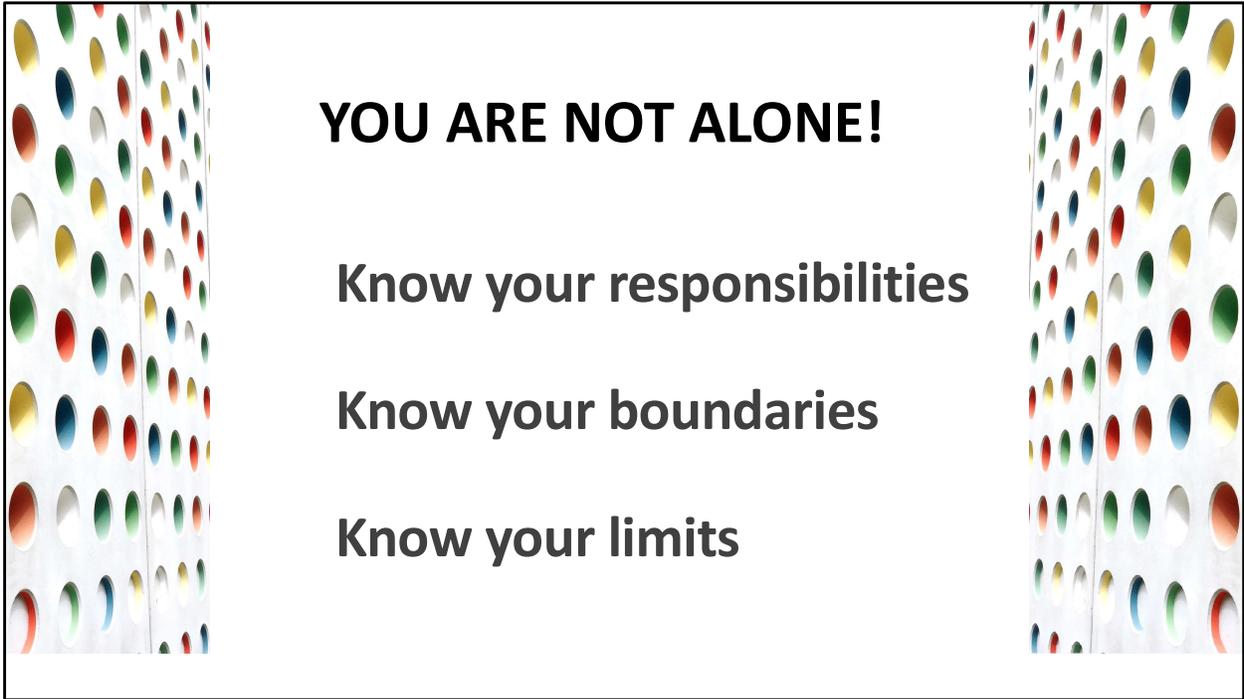
BE PREPARED!

READ THE [DOCUMENTS!](#)

Be Present for discussion and votes!!!!

What do I take back to my group after Assembly?

- Review all that you have learned and experienced here this weekend.
- Prepare a short report of no more than 2 minutes, 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.



Questions?????

GR Chat Exercise

- Grab an index card or piece of paper
- Write your name, date, group name and District
- Answer the following:
 - Why did I accept this service position?
 - To do this job, what do I need to know that I don't know now?
 - I need more information on _____ that was discussed today.
 - I'd like to hear from other GRs on _____.
- Bring this to the GR Chat this evening

Participation is the
Key to Harmony



We Are All in
This Together

Thank you!!!!

Thank you for coming. When you see me, please let me know if this was helpful and what I can do to improve.

Close with declaration