



**Welcome to
GR 101**

**Provided by
VA Area 57
Panel 65**

Serenity prayer

Intro self

Housekeeping

We have time for questions built in throughout the presentation so please hold your questions until those times

Use your raise hand feature. *3 to Raise/Lower on the phone.

Stay muted until called on. Mute/Unmute is *6

You may individually increase/decrease the size of the presentation by clicking the +/- button at the top of the presentation.

We will only be able to see the phone number for those who dial in. We will be asking for your name/location whenever we can.

GR101

Panel 65



Delegate

Officers

Coordinators/Liaisons

Introduce all who are at the session.

GR 101



BUSINESS MEETINGS CAN BE A CATALYST FOR PROFOUND RECOVERY. TOGETHER, GUIDED BY OUR HIGHER POWER, WE MAY FIND SOLUTIONS THAT WE WOULD NEVER HAVE IMAGINED AS INDIVIDUALS.

A Little Time for Myself, April 22

Why are we here?

- Concept 4, Participation is the key to harmony
- We care about the primary purpose and continuation of Al-Anon using our 3 Legacies
- Today will, for some, be the beginning of an adventure in service, learning how Al-Anon works and spreading that knowledge to your groups.
- Hopefully others will get the service bug.

GR 101

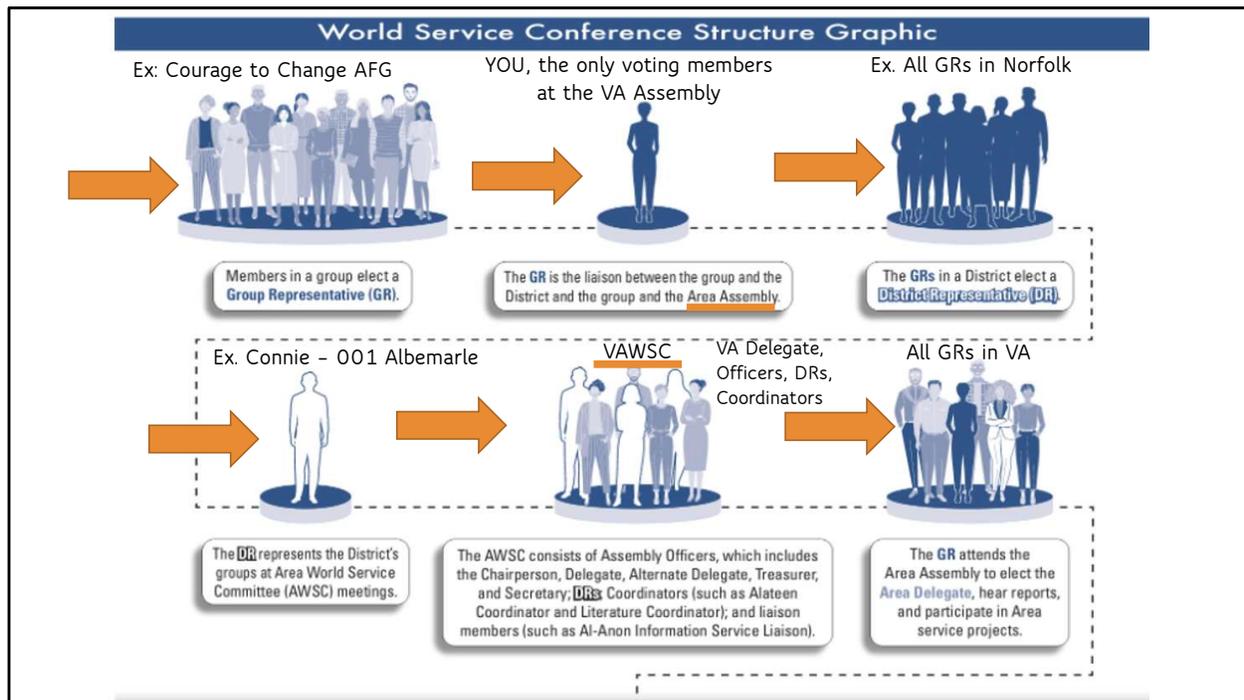


STRUCTURE

LINKS OF SERVICE

CHART AND TERMS

- Al-Anon Service Manual pages 137-178 explains how Al-Anon is structured.
- Called the Links of Service (pg 143) describe each link. We are encouraged to use our links of service for getting answers to our questions and spreading information.
- Any time a link is broken the flow of information is obstructed.
- Terms used in Al-Anon begin on page 140
- GR Guide to Assembly has a list of commonly used acronyms, including those used in the Area.
- It can be confusing not knowing acronyms like WSO, WSC, VAWSC, but by the end of your terms they'll be rolling off your tongues.



Turn to pages 176-177 in your Service Manual

Click 1: Your group elected you as their GR

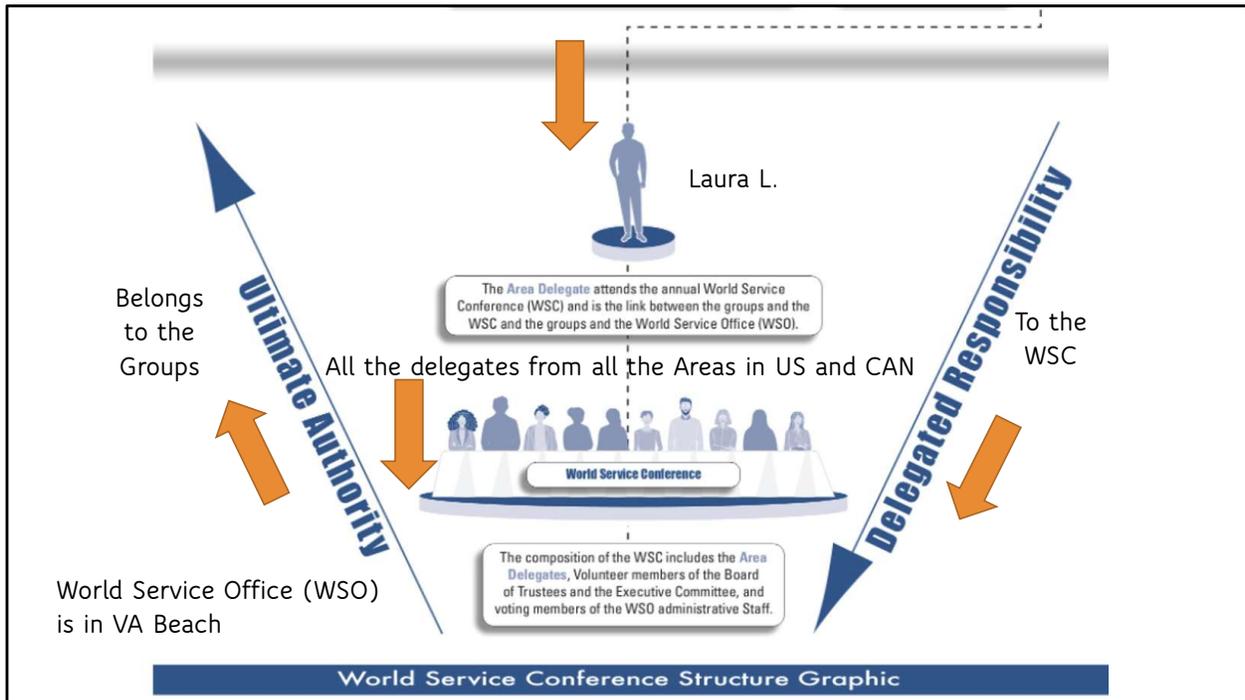
Click 2-3: You become a member of the Area Assembly

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.

GR101 - Elections

Group Representative (GR)

- Elected by group members.
- Term: 3 years.
- Demonstrates willingness to represent the group at District meeting and Area Assemblies.
- Have an understanding of the Traditions.
- Cannot be a member of A.A.

The term of office for a Group Representative is recommended to be three years but life happens.

GRs are elected whenever a vacancy occurs and uses whatever process the group chooses- autonomy.

GRs may be re-elected.

Each group has a WSO #, and is assigned to a District. ([vaalanon.org/members/Area Information/WSO#andregistration date](http://vaalanon.org/members/Area%20Information/WSO#andregistration%20date))

Service is a vital part of recovery, and it benefits both the Group Representative and the group if a full three-year term is served.

You are a trusted servant.

3 years will fly by

GR101 – Elections

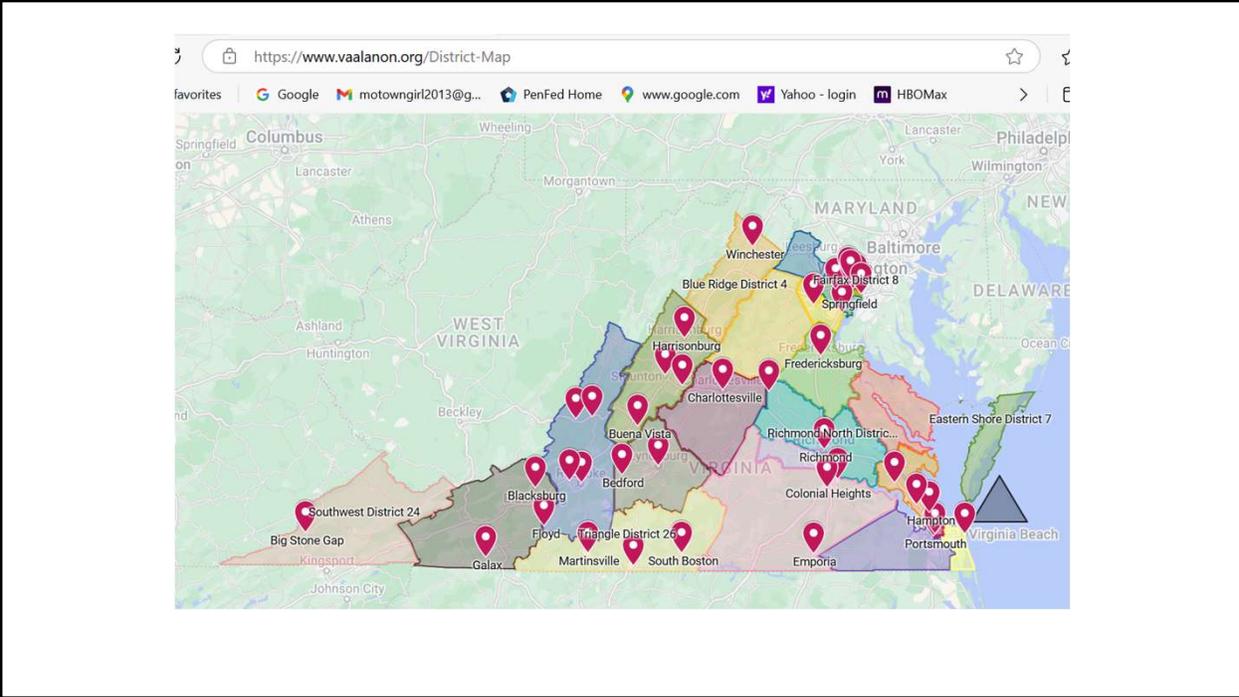
District Representative (DR)

- The DR and Alternate DR are elected from among the incoming, outgoing, or active Past GRs (none of whom are members of A.A.).
- Elections take place in the fall before election of Area Delegate and Officers.
- Elected by GRs in the District.
- Term: 3 years.

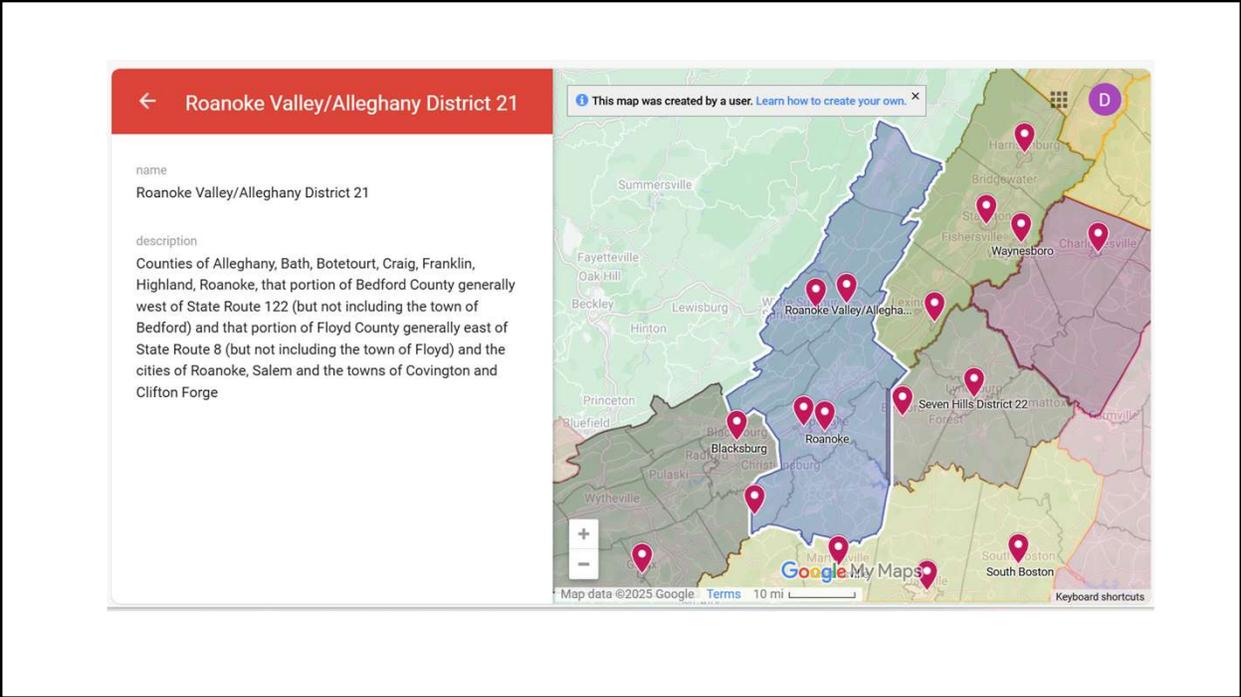
A DRs term coincides with those of the Area Delegate and Officers. (Panel 65, 2025-2027)

A District needs a DR, ADR, Treasurer & Secretary.

Does anyone remember how many Districts VA has? 27



This map is found on the Area website [District Map | Virginia Al-Anon/Alateen](https://www.vaalanon.org/District-Map). It is a new interactive map



You can zoom in on your District, select whether or not to add major cities as shown here, add counties if you want. Play around with it.

GR101 - Elections

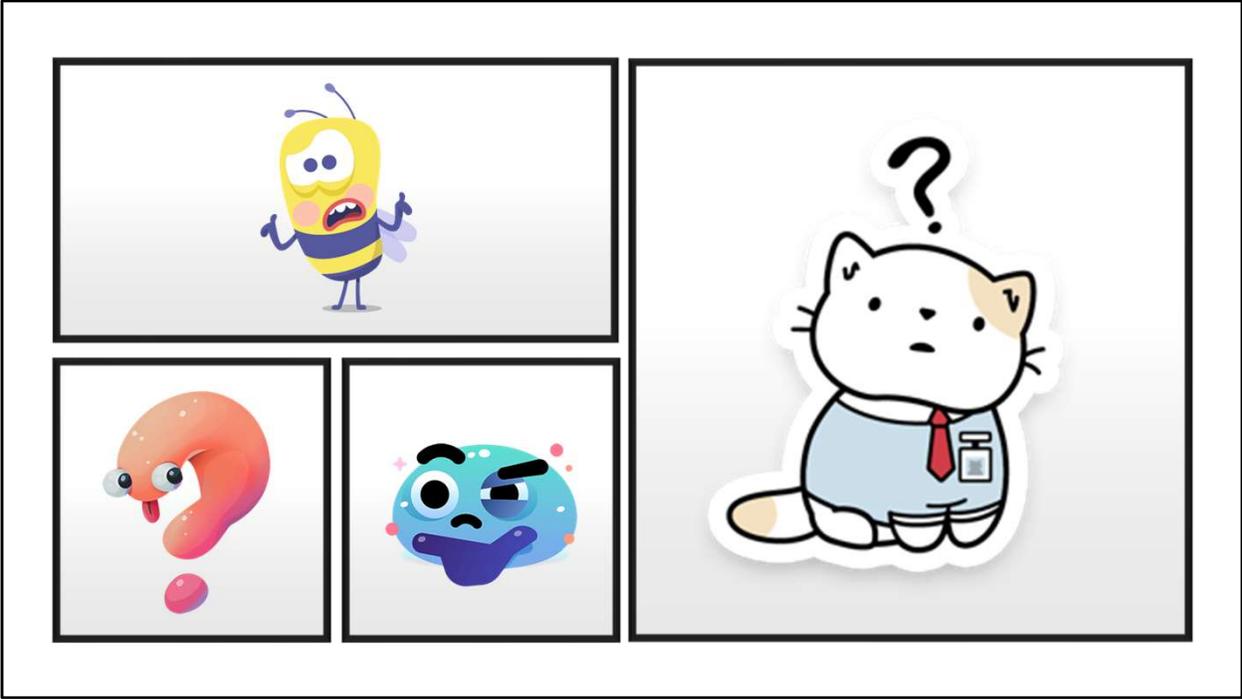
Candidates for Delegate, Officers and Coordinators come from incoming, outgoing, or active past DRs.

- **Delegate and Officers**
 - Elected by GRs at Assembly.
 - Term: 3 years.
- **Coordinators**
 - Appointed by the Area Chairperson.
 - Term: 3 years.

Delegate and Officers are elected; Coordinators are appointed.

We had an election at the 2024 Fall Assembly to elect the current Delegate and Officers, Panel 65.

Next election will be 2027 Fall Assembly.



GR 101



BREAKOUT GROUPS

Cheryl will randomly assign you to a breakout group. Click the Join Now button to move into your breakout group. After 20 minutes or so you will see that the breakout is ending in 60 seconds. You will click Return to Main Meeting.

GR 101

New GR, what encouraged you to become GR?

Done this before, why do you continue to be a GR?

Service Manual hunt:

1. Where does it talk about group reports? What publications does it say have items of interest?
2. What do the lines in the margins indicate? (Hint pg. 4)
3. Where does it talk about the group conscience? What are the guiding principles?

The discussion and service manual hunt questions are in the agenda and are typed in the chat. You will not see them once you move to your breakout, but if you would go there now and copy the questions, when you enter the breakout you can go to chat and paste them for your group to see. Have someone from your group give a 2 minute report on your discussion.

Those who've dialed in, please stay on the line. You will be considered a group and I'll help facilitate the discussion.

1. Pg 51
2. Indicates where changes were made
3. Pg. 48-49

GR 101



GROUP REPRESENTATIVE ROLES AND RESPONSIBILITIES

Let's talk about what are your roles and responsibilities

Most important make this position your own

Find out what works for you and your group

same as before

try something new (i.e., changed business meeting to information meeting)

GR101 Roles and Responsibilities

- Acts as liaison between the group and the District, and between the group and the Area Assembly.
- Becomes familiar with the Al-Anon/Alateen Service Manual (P-24/27) and encourages its use among group members.
- Facilitate group consciences.
- Share Al-Anon related information (announcements).
- Help with public outreach projects within the group or District.
- Informs the group of needed Alateen support.
- Bring attention to other Al-Anon resources, like The Forum and In The Loop.
- Encourage participation in service.

You are your groups voice

Do you subscribe to The Forum or In The Loop?

Have you checked out AFG Connects?

What is the difference between a business (information) meeting and a group conscience?

Can create your own PO: adopt a doc, literature in libraries, include Alateen literature.

Does your Districts Alateens need donations, AMIAS's and other kind of support.

GR 101

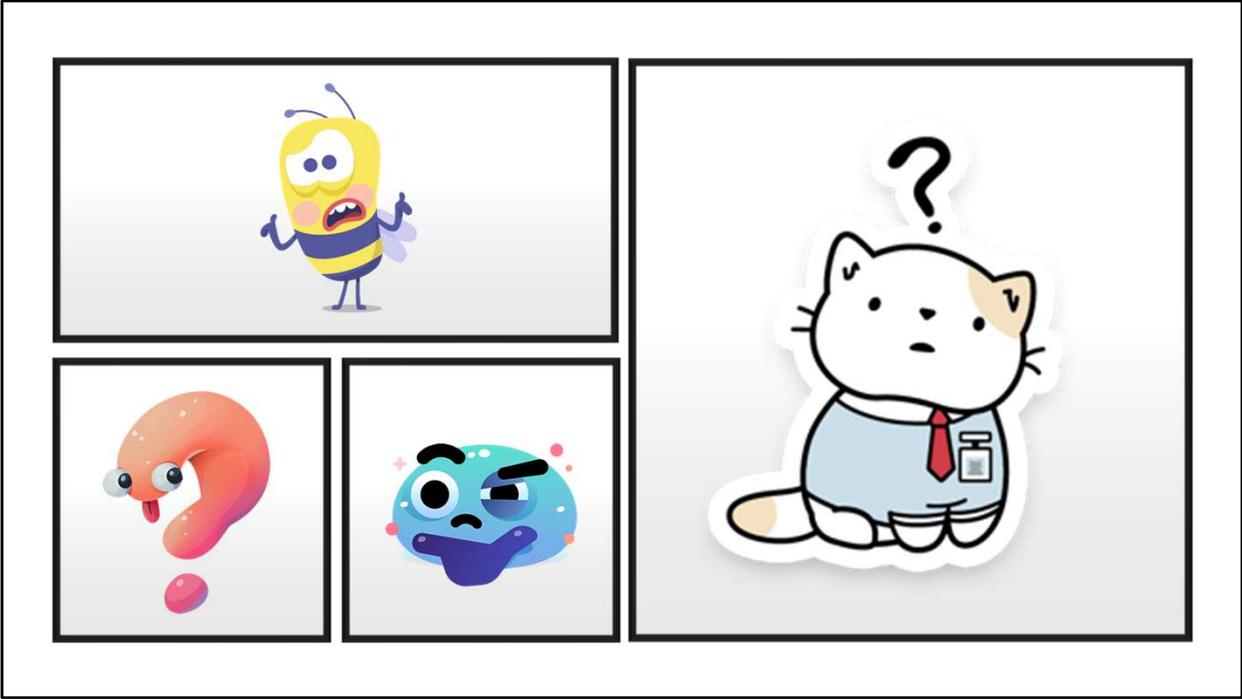


RESOURCES

Find and use your resources: manual, guidelines, VA and WSO websites, AFG Connects, fellow members.

Get a service sponsor

- WSO website [Al-Anon Family Groups](#): Downloadable Manual; Guidelines
- VA website Virginia Al-Anon/Alateen | Hope and help for families and friends of alcoholics: Area Information, Policies, Guide to Assembly, lots of info under the Members section
- Your DR
- How many have been to Vaalanon.org. Become familiar – must stop before Assembly.



GR 101

HYBRID ASSEMBLY
YOU ARE THE ASSEMBLY!
REGISTER!!!



Registration is open. In-Person April 9; Virtual May 9

The Officers vote whether to hold a hybrid Assembly

A hybrid Assembly is one that has in-person and virtual attendance

Assembly is held twice a year, Spring and Fall

Is 1.5 days long, Saturday and Sunday

Current cost is \$150 and is paid by your group (or you can request a scholarship from your District/Area)

You should have received an email from your DR with the registration link. If not, please send an email to assembly@vaalanon.org.

GR 101



GR RESPONSIBILITY AT ASSEMBLY

BE PREPARED!

READ THE DOCUMENTS!

Be Present for discussion and votes!!!!

Assembly documents are posted to the VA Area website at vaalanon.org/members/Assembly. There's 2 options for Assembly – General information and current.

2 weeks prior to Assembly the following will be posted:

- Agenda
- Voting Items
- Ask it Basket
- Notes Pages
- Reports

If there are voting issues, ask you group for their thoughts.

Your 1st one may feel overwhelming, confusing and scary. It was for me but I realized that Al-Anon was much bigger than my group or District. Many people are working behind the scenes for the good of Al-Anon and their love of the program.

Reading this material before Assembly helps to develop your questions which we hopefully can answer at the GR Session which is first on the Agenda. We'll meet and go over the Assembly, discuss your questions, and help you to be prepared for the rest of your time there.

GR 101

SELF-CARE while at Assembly

Keep the Agenda handy.

Take Notes. You can go back and review reports or minutes for more information/clarification.

Stretch, stay hydrated, take care of you!

Ask questions and ask for help.

You are not alone.

There will hopefully be notes pages on the Area Website for you to printout to help organize your notes. They'll be included with the other documents/reports needed for Assembly.

1. You are not alone.
 - a. You, your AGR and group members
 - b. Your DR and District Officers
 - c. Your personal recovery Sponsor (see P-31)
 - d. Your Service Sponsor (see P-88 and M-78)
2. Know your responsibilities; know your boundaries; know your limits
3. We have one authority a loving higher power
4. We are trusted servants – we do not govern
5. We remain non-professional
6. We are human beings doing the best we can. We cannot break AI-Anon.

GR 101

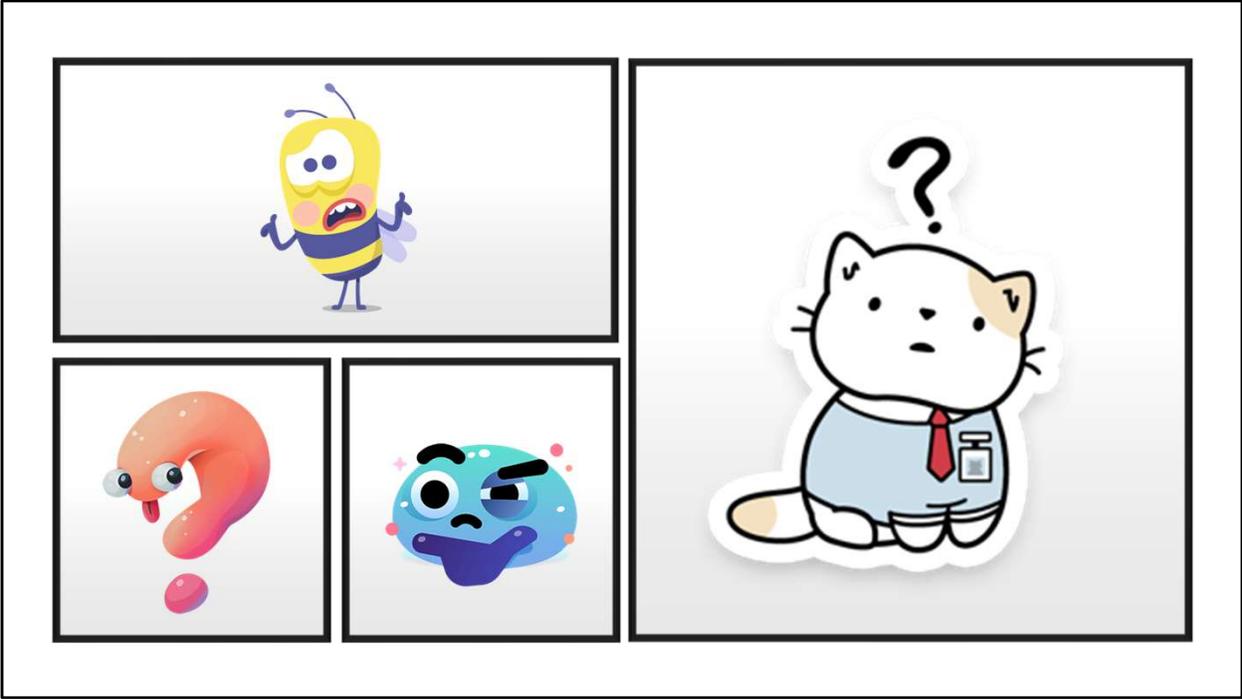
AFTER ASSEMBLY

Gather your notes, thoughts, information.

Clarify anything confusing.

Share what you learned with your group.

- Review all that you have learned and experienced here this weekend.
- Clarify with your DR anything you didn't understand or weren't sure of
- Prepare a report highlighting important or interesting information, to report back to your group (voting items, new literature, etc.)
- You may do this at one meeting or 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.
- Keep things current, discard any outdated material, whether you're into paper or electronic files.



GR 101

Please answer a few questions to help us help you!

Thank you!!!



The link for the evaluation will be posted in the chat. You can do it right away or save it in your browser. It will also be posted to the Area website under GR101. Its only a few questions. I appreciate your feedback. It will help create an informative presentation for the fall.

Is this your first time as a GR? Y/N If no, approximately how long have you served as GR?

Will this be your first Assembly? Y/N

How will you attend the Spring Assembly? In-Person/Virtual

Is this your first GR 101? Y/N

Was the information clear and pertinent? Y/N If no, what could be better?

Did the GR 101 meet your expectations?

What do you suggest for improvement or additions?