

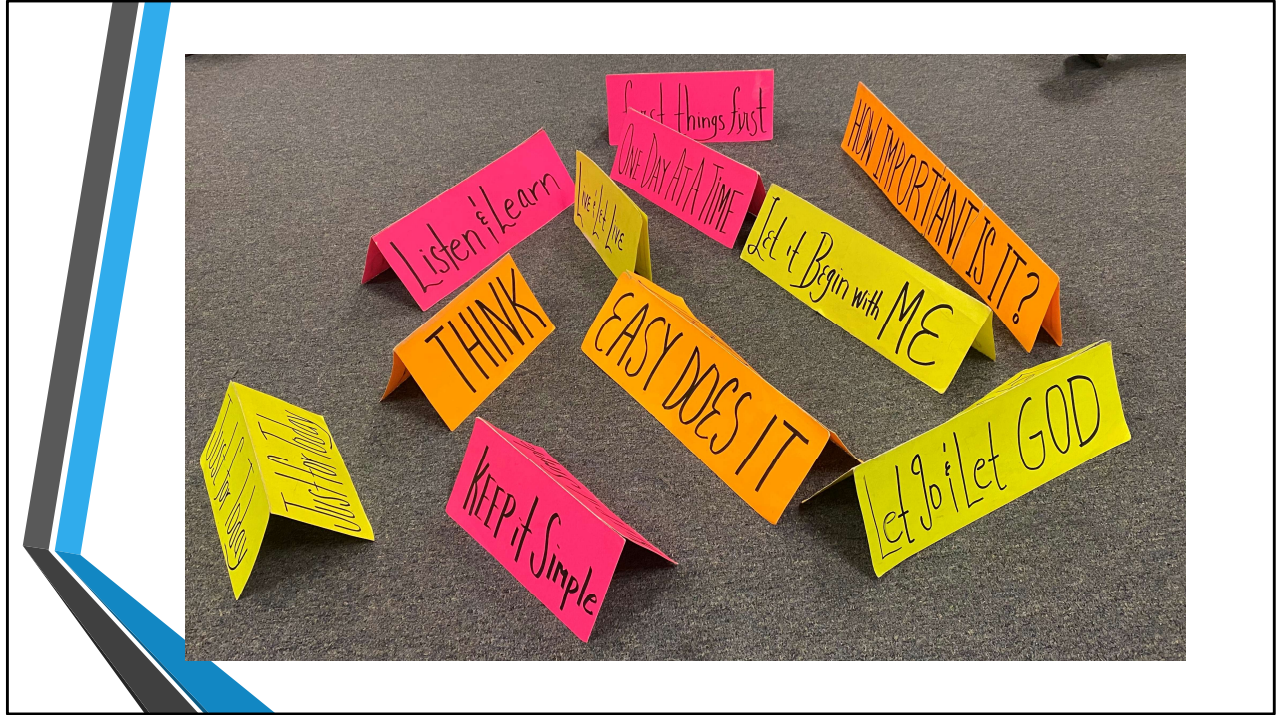
Welcome to 2026 Spring Assembly GR Opening Session

**Hosted by
Deb Teer
Alternate Delegate**

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.



We made it to year 2!

How many of us have already seen personal growth through service?

Using the Legacies in service has improved 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 a community, 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 through our service to preserve our legacy.

As we accept each new challenge, whether we succeed or fail, we grow ourselves and together.



Not only are we not alone on this journey, Al-Anon gives us many tools to help us on our journey.



RESOURCES

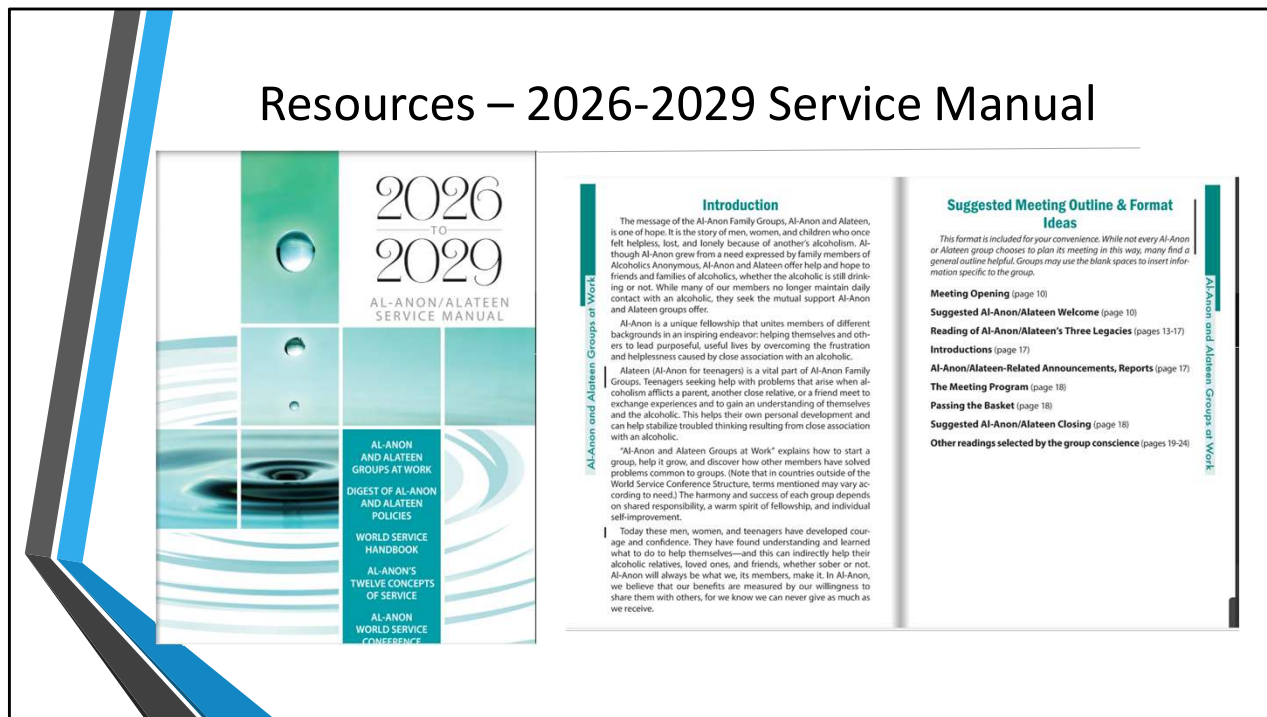
1. Virginia Area – www.vaalanon.org
2. WSO – www.al-anon.org
3. Northern Virginia Service Center – www.alanonva.com
4. Al-Anon Service Center of Tidewater–
<http://www.tidewaterasc.org/>
5. G-11, Al-Anon Guidelines
6. 2026-2029 Service Manual

I hope many of you have used the resources available to you.

How many use any of these resources?

Is there a resource you find most useful?

Resources – 2026-2029 Service Manual



Online and printed versions of Service Manual are available.

Remember that vertical lines in the margins indicate where changes were made.

The online version is updated in real time. Its worth becoming familiar with using it.

Printed version is \$11.

Groups at Work are available for \$1. How many use the Groups at Work?



MEETINGS

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

How many of you have had to make changes to your group record? Was it easy/hard?

How many have held a business meeting and a group conscience? Do you remember the difference in these meetings? Pg 46 Group Business and Health. Holding business meetings bring information to your groups that may result in having a group conscience. The group conscience is the will of the group when deciding how the group will operate.

Share about group conscience.

Are you attending District Meetings and Assemblies and giving your members a report?

Keep your group informed!



LITERATURE

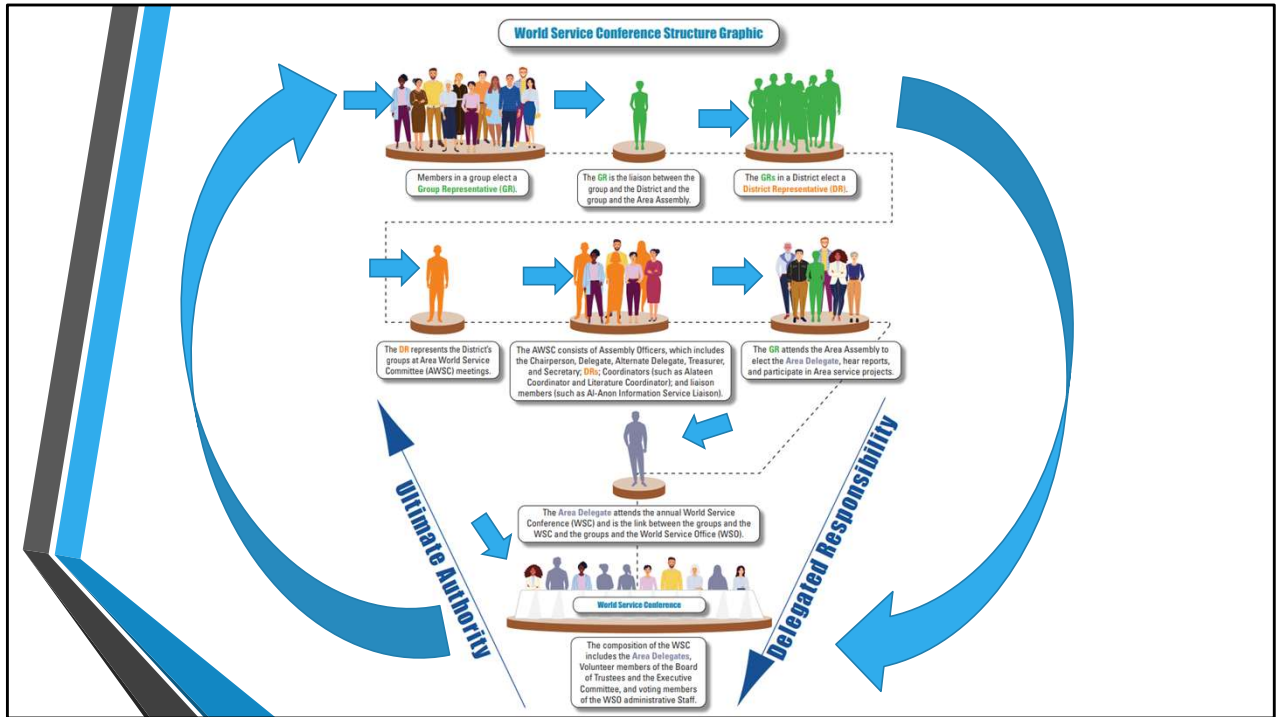
1. GRs serve as local representatives of [*The Forum*](#)
2. Help to ensure your group has literature available.
3. Bring new literature to your group.
4. Encourage the use of all CAL in your meetings.

[*Why Conference Approved Literature*](#)

Is everyone liking the new “A Little Time for Myself”? Tell how when I started reading it.....Traditions.....

How many use literature during meetings? Tell my story again about using literature.

P35 provides info on what CAL is and why we only use it in our meeting.



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

It is important to follow links of service so your District and Area know what your groups are discussing and how they feel about it.

HEALTHY GROUPS



Commonalities of Wildly Successful Groups Group Inventory

What do you think makes a successful group?

Online is a document titled [Commonalities of Wildly Successful Groups](#) (this slide includes a link). Use this document in your meetings, at workshops to have a conversation about what makes a successful group.

Group Inventories are especially helpful in keeping groups healthy. There are many ways to do a group inventory. This slide contains a link to the [WSO Guidelines](#), & a&b talk about a group inventory.

How many have done an inventory?

Talk about my experience.



**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?

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

We need you here to inform us of what VA's membership thinks and wants. You are your groups trusted servant to bring thoughts from the group and take back information and decisions so your groups can stay informed.

By attending this Assembly, you are a part of our continued growth by being part of electronic voting for all.



GRs Responsibility at Assembly

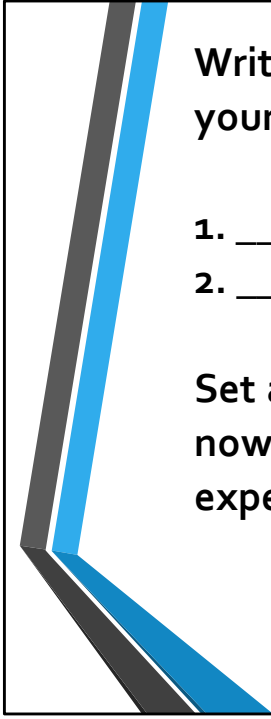
Be Prepared!

Read the documents!

Be Present for discussion and votes!!!!

Review the Agenda [SHOW AGENDA](#)

Did you know the VAWSC meets for most of a day putting this agenda together?



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 Fall 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.



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

I will close with this. Service has taught me to be responsible and dependable, 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!