

GR Duties:

- (See also Al-Anon/Alateen Manual pg. 133-134)
- Attends district meetings and area assemblies.
 - Keeps members informed about information from the Area Delegate and the World Service Conference.
 - Encourages members to subscribe to and submit articles for The Forum, Al-Anon/Alateen's monthly magazine.
 - Suggests participation in Public Outreach (Public Information [PI], Cooperating with the Professional Community [CPC] and Institutions) and Alateen service projects.
 - Informs members of the need to become Alateen Sponsors.
 - Asks the Alternate GR to attend district meetings and assemblies.
 - Assists the Alternate GR in serving as the Area Information Service Representative (ISR).
 - Keeps the Alternate GR informed to insure the group is represented if unable to attend district and area assembly meetings.
 - Explains the need for self-support at the group, district, area and world service levels.
 - Consults with a Service Sponsor or trusted servants.
 - Uses **Alateen OR Al-Anon Registration / Group Records Change Form** to keep the group mailing address up to date; opens and shares mail from the World Service Office.

Need-to-Know Information:

Your group is in Virginia Area #57

District #	
District Name:	
The District Representative for your district is:	
Whose phone # is:	
Whose email is:	
You represent Group #	
Whose official name is:	
Alternate GR:	
District treasurer:	
Your service sponsor:	
Other GRs in your area include:	
Area Chair:	Beverly W. 1bev@cox.net
Area Secretary:	Annette M nettles1@hotmail.com
Area group records coordinator:	Kenney C. kenney.cobb@verizon.net
Area Treasurer:	Ted W. twhitford11@verizon.net
Treasurer's address	P.O. Box 2583 Midlothian, VA 23113
* Put group # on any donations sent to district or Area.	
Dates to remember	
Group business meeting:	
District Meeting	
Area Assembly	
Alateen Conference	

Stepping up in Service:

What it means to be a Group Representative

The benefits of becoming a GR:

Individuals who wish to gain self-confidence, spiritual growth, and improved self-esteem are encouraged to make themselves available to serve. Service activity connects you with people who have experienced recovery at another level. Your fears will diminish; you will reap the benefits of giving to others and you will learn that by placing our common welfare first, you will receive much more than you give.

** adapted from Alberta/NWT GR survival Kit*



Northern Virginia AL-Anon Service Center:

<http://www.alanonva.com/>

Phone: 1-703-764-0476 or
Call Toll free 1-877-339-8350

Tidewater Al-Anon Service Center:

<http://www.tidewaterasc.org/>

Phone: 1-757-499-1443

Welcome!

We welcome you with love to your new and exciting role in the Al-Anon/Alateen family. As a Group Representative, you will see how Al-Anon/Alateen works. Service exposes you to a new level of personal growth and fellowship. GRs are a most important link in the Al-Anon/Alateen chain of service. You are the one who keeps your group in the information loop, bringing them timely notice of upcoming events and answers to any group problems. You are your group's voice as you cast your vote on matters affecting the business of Al-Anon/Alateen at Virginia Area Assemblies (Spring and Fall).

REQUIREMENTS: Any Al-Anon or Alateen member who is willing to represent the group at the district and area assembly, and who is not also a member of AA, 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 work. (Institution groups that meet at hospitals, treatment centers, correctional and other residential facilities have transient memberships; there are no GRs.) In accordance with Tradition Eight, an Al-Anon/Alateen member who is gainfully employed in an Al-Anon/Alateen service can not serve as a volunteer in a policy-making position, such as Group Representative.

TERM: GRs are elected by their group for a three year term. No member may be GR of more than one group at a time.

REMINDERS: You are not "in charge" of your group and you are not alone. The Second Tradition tells us, "Our leaders are but trusted servants; they do not govern." You don't have to have all the answers but you can help the group look at the Traditions, the Concepts and the Al-Anon/Alateen Service Manual for guidance.

Structure of Al-Anon / Alateen

*(See pp. 55-59 and p.141 of the
Al-Anon/Alateen Service Manual)*

Each Al-Anon/Alateen Family Group elects a Group Representative. There is one District Representative (DR) in each district, which is a geographical segment containing a number of groups, located relatively close to one another. DRs are elected from past or current GRs.

An Area is made up of all the districts in a state or province. All the GRs and DRs in the Virginia Area attend Assemblies in the Spring and Fall (GR expenses are paid by the GR's home group.) Every three years, Assembly Officers (Chair, Secretary, Treasurer, etc.) are elected and special services Coordinators (such as Alateen, Archives, and Public Outreach) are appointed. A World Service Delegate is also elected every three years. This individual will represent his/her Area at the World Service Conference.

Links of Service: Links of Service:

Group + Group + Group = District
District + District + District = Area Assembly
Area + Area + Area = World Service Conference

To contact the World Service Office:

wso@al-anon.org

Al-Anon Family Group Headquarters, Inc.

1600 Corporate Landing Parkway Virginia Beach,
VA 23454-5617 Tel: (757) 563-1600

Fax: (757) 563-1655 **Virginia Area website:**

www.va-al-anon.org

For more information:

The **Al-Anon/Alateen Service Manual** (P-24/27) will be an invaluable resource for you. The index includes the following entries on Group Representative (GR):

- definition of - 44, 62, 79, 141-143
- duties of - 133-134, 141
- expenses of - 133-134
- one vote per group - 79
- qualifications - 79, 186-189
- reports - 44, 48, 141-143
- term of office - 44, 119

Helpful books and pamphlets:

- **When I Got Busy, I Got Better** (P-78)

Many of the following are downloadable from the Al-Anon/Alateen website, <http://www.al-anon.org/members/>

- **Joy of Service** (S-57)
- **Service Sponsorship** (P-88)

Al-Anon/Alateen Guidelines:

- **Group Representative** (G-11)

Guidelines for many areas of service work are available online.

- **Getting In Touch With Al-Anon/Alateen** (S-23)
for information about Al-Anon/Alateen worldwide.
- **Catalogue of Conference Approved Literature** (CAL)
- **Seventh Tradition Leaflet** (S-21)
- **Al-Anon Family Group Service Plan**