

**Task Force: Identify, Gather and Present Practices
that Demonstrate a Healthy, Thriving Group
2015 World Service Conference**

Practices that Demonstrate a Healthy, Thriving Group

Define a healthy, thriving group and gather and present the material, in a format for groups to use, on the practices that those groups may use to be healthy and thriving.

A Thriving Al-Anon/Alateen Group

“Thriving” as defined by merriam-webster.com: Characterized by success or prosperity <a *thriving business*>. Synonyms are: flourishing, going, prosperous, triumphant.

Members join local groups, which have a welcoming atmosphere, where the Al-Anon/Alateen program is shared and where members participate in group service. Al-Anon and Alateen members usually consider one group as their “home group.” By regular attendance, friendships are established, and growth is acknowledged. In a home group, members and newcomers find a place where they feel accepted, no matter what. There may be time before the meeting where all members and newcomers are greeted as the room is being set up; refreshments and beverages may be available; and time after the meeting for more conversation and sharing on a one-to-one basis. Tradition Five ensures the group will be safe, friendly, welcoming, and non-judgemental. And always, our Higher Power is present in all meetings.

- Characteristics of members:
 - Show up early and/or stay late.
 - Commit to weekly attendance.
 - Encourage all members, including newcomers and long-timers, to return.
 - Encourage the use of Sponsors.
 - Willing to be available to newcomers.
 - Avoid outside issues.

- Meeting Protocol or Practices:
 - Has a structured weekly group format.
 - Use the Preamble, Opening, and Closing from the “Al-Anon Alateen Groups at Work” (P-24).
 - Remember that “Al-Anon is spoken here” – members of other Twelve Step programs leave those programs at the door.
 - Maintain the anonymity of group members at all times.
 - Encourage enthusiastically service work and is self- supporting though members’ voluntary contributions in order to cover rent, purchase of literature, support of trusted servants and Al-Anon’s service arms, and rotates the service positions on a regular basis.
 - Has regular business meetings at times chosen by the group.
 - Practice Tradition Four; “Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole”.
 - Has literature available for a variety of group members.
 - Is mindful of the use of acronyms, especially when talking with newcomers or members who are fairly new. (Ex. *One Day at a Time*, instead of ODAT.)
 - Use the wealth of Conference Approved Literature and service materials available.

- Member Participation
 - Share their experience, strength, and hope about recovering from the effects of loving and living with alcoholics.
 - Keep their sharings focused on their recovery in the meeting, and may share details with their Sponsors or others on a one-on-one basis.
 - Support Alateen members transitioning into Al-Anon groups.
 - Listen actively and attentively during member sharings without other distractions.

- Group Problem-solving
 - Use the group conscience process to make group decisions.
 - Conduct group inventories at regular intervals.
 - Use available Conference Approved Literature, i.e. (K-70)
 - Review the “Three Obstacles to Success in Al-Anon.”
 - Practice principles above personalities.

What do you see in your Areas that demonstrate Thriving Groups? Is there information you would like to see added?