

GRs and DRs Receive:

- Self-confidence and self-esteem.
- A greater understanding of how to apply Al-Anon's spiritual principles.
- Fellowship and fun times.
- Opportunities for other service experiences.
- More information about worldwide Al-Anon.

"My predecessor handed the Al-Anon/Alateen Service Manual to me and said, 'Here. Read this. It will help you!' Did it ever!"



Service activity connects you with people who have experienced recovery at another level:

- Your Service Sponsor
- Area Delegate
- Area Chairperson

Meeting Dates to Remember:

- Group business meeting
- District meeting
- Area Assembly
- Area World Service Committee meeting

Resources:

World Service Handbook

"Terms Used in Al-Anon"

- Group Representative
- District Representative

Group Representative guideline (G-11)

District Meetings guideline (G-15)

District Representatives guideline (G-37)



Experiencing growth
and recovery
through service

Compiled and distributed by
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Members' Web site: al-anon.org/members
e-mail: wso@al-anon.org

Group Representative (GR)

District Representative (DR)

Group Representative (GR)

A Group Representative (GR) is a member, who is not also a member of Alcoholics Anonymous (A.A.), preferably with a basic understanding of the Al-Anon program, who is elected for a three-year term by his/her group (Al-Anon or Alateen). He/she attends Assembly and district meetings and acts as a contact between the group and the District Representative, and between the group and the Assembly.

“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.”

Group Representative guideline (G-11)

District Representative (DR)

A District Representative (DR) is an incoming, outgoing, or active past GR who attends meetings or has a home group in the district and is elected by the other GRs in his/her district. He/she assists the Delegate in passing on information about World Service Office activities and Conference decisions to the GRs in his/her district. He/she is a member of the Area World Service Committee.

“Serving as a District Representative can be a rewarding and challenging experience, as your circle of recovery expands outside of your own district! Remember, you are not alone — your Area World Service Committee and your groups are there to support you.”

District Representatives guideline (G-37), page 3

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*.

GRs Give by:

- Attending district meetings and Area Assemblies with others in their district. Their expenses are paid by their group.
- Communicating their groups’ viewpoint on any situation or problem concerning Al-Anon to the DR.
- Taking notes at district and Assembly meetings and reporting back to their group.
- Cooperating with the group member who serves as the Current Mailing Address (CMA) to be sure the group is getting its mail in all formats.
- Encouraging members to visit the Members’ Web site, al-anon.org/members, which includes many resources for members and groups, including the *Al-Anon/Alateen Service Manual (P-24/27)*, Al-Anon guidelines, and Group Services podcasts.
- Sharing their enthusiasm for Al-Anon service.

DRs Give by:

- Holding regular meetings with GRs in their district.
- Keeping in touch with the GRs in their district in between meetings.
- Visiting groups in their district.
- Encouraging members in their district to participate in service.
- Becoming familiar with the WSO Online Group Records (available to DRs as “read only” and regularly providing groups with group detail reports to verify accuracy.