

# AL-ANON guidelines

The Shared Experience Of Al-Anon and Alateen Members.

## District Meetings

G-15

*The district representative (DR) is the link in the service chain that connects the groups within a geographical boundary. One of the primary means of communication from group to group is the district meeting. Good district meetings can improve the health of the groups within its boundaries and lead to the growth of Al-Anon and Alateen as a whole.*

### WHAT HAPPENS AT A DISTRICT MEETING?

District meetings are held for the purposes of:

- uniting groups within the district;
- encouraging members to become involved in service;
- planning social events for fun and fellowship;
- coordinating service projects;
- conducting fund raising events.

### HOW OFTEN ARE THEY HELD?

Regular meetings may be held monthly, bimonthly or quarterly — this is up to the autonomy of the district. In addition, some districts hold special meetings or workshops to either celebrate special events or to meet new service needs.

### IDEAS TO INCREASE ATTENDANCE

- Rotate the district meeting among the groups in the district, meeting an hour or two before the regular group meets.
- Send postcards a week in advance reminding group representatives (GRs) of the meeting and asking for input on questions that will be discussed.
- Call GRs a few days before the meeting.
- Acknowledge new GRs who attend their first district meeting.
- Provide an orientation to new GRs to help them understand the service structure.
- Serve refreshments and ask for donations to help defray expenses.
- Invite Al-Anon and Alateen members to attend a district meeting in their birthday month to introduce them to service.
- Go out to lunch or dinner after the meeting for fellowship.
- Use carpools to transport members to and from meetings.
- Have the DR write a letter to GRs asking a question and inviting them to the meeting.

**Keep it fun!  
Make it interesting!**

### REMINDERS

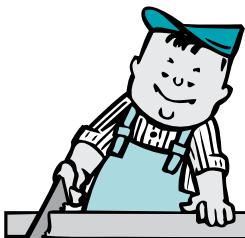
- Have the *Al-Anon/Alateen Service Manual* (P-24/27) and other Al-Anon Conference Approved Literature (CAL) available.
- Use the meeting as an opportunity to update the list of Al-Anon and Alateen groups in the district. Follow area procedures to forward this information to your Al-Anon information service, area group records coordinator, and the World Service Office.
- Explain suggested times and uses of contributions made to the district, area and World Service Office.
- Send an article to your area newsletter telling what the groups in your district are doing for Public outreach (PI, CPC, and institutions), Alateen, literature, etc.
- Discuss issues pending before the area assembly.

### LINKS OF SERVICE

Member + Member = Group  
Group + Group = District  
District + District = Assembly  
Assembly + Assembly = Conference

- ÷ divide responsibility
- × multiply involvement
- + add awareness
- = equals a good district





## \*SUGGESTED WORKSHOP TOPICS

- **Links of service**  
see *Al-Anon/Alateen Service Manual*, Part II.
- **Group representatives (GRs)**  
see Guidelines for Group Representatives (G-11) and other WSO handouts.
- **Group information**  
see *Al-Anon/Alateen Service Manual*, Part II.
- **Al-Anon/Alateen policies**  
see *Al-Anon/Alateen Service Manual*, Part III.
- **Delegate's report**

- **Twelve Concepts of Service**  
discuss regularly - see *Al-Anon/Alateen Service Manual*, Part IV; and *Paths To Recovery* (B-24).
- **Discussions and decisions**  
see *Conference Summary* (P-46).
- **Ask-It Basket questions**  
see Conference Summaries or create your own.
- **Taking a group inventory**  
see Guidelines for a Group Inventory (G-8).
- **Sponsorship/service sponsors**  
see *Sponsorship, What It's All About* (P-31).

## SAMPLE MEETING AGENDA

### MORNING SESSION

- ① Open with Serenity Prayer.
- ② Everyone introduces themselves by name and group
- ③ Read the Twelve Traditions and the Concepts of Service from the *Al-Anon/Alateen Service Manual*.
- ④ Conduct workshops (\*see Suggested Topics)

### AFTERNOON SESSION

- ① Minutes of last meeting
- ② Treasurers report
- ③ Reports: Group representatives reports
- ④ Committee chairperson reports
  - ✓ Public outreach
  - ✓ Institutions
  - ✓ Alateen
  - ✓ Literature
    - Two or three people prepare a 5-10 minute presentation on a piece of literature. This helps to make members aware of CAL.
  - ✓ Cooperating with the professional community
- ⑤ The hosting group asks one member to briefly discuss a Tradition (one Tradition each meeting for 12 meetings).

Discuss contents of area newsletter, *Area Highlights*, *Inside Al-Anon Xtra* or *The Forum*



*Note: Various types of meetings may be held within a district to unite and inform local groups. See the World Service Handbook section of the Al-Anon/Alateen Service Manual for a description of district meetings and a list of the duties of the district representative.*