

## Is There a Manual I Can Refer to?

Absolutely! Most groups buy the 2018-2021 Al-Anon/Alateen Service Manual. for their GRs out of their Tradition Seven collections (soft copy available at:

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual>

This Manual provides information not only about GRs but also gives you information on the rest of the AFG positions, right up to the World Service Office.

## Please Join Us at A District Meeting!

It would be a pleasure to have you join us at a monthly District 8 meeting to see how it works. Feel free to ask questions and participate in the meeting. All are welcome, so feel free to bring an Al-Anon buddy, too.

### Location for Monthly District 8 Meetings:

**Capital District Recovery Ctr**

**45 Colvin Ave, 2nd Floor**

**Albany, NY 12206**

**Time: 3:00 PM – 4:30 PM**

**Day: Third (3<sup>rd</sup>) Sunday of the month**

If you cannot attend the meeting in person, you may call in to be on the Conference Call: (712) 770-4340; Access Code 799474.

## *Serenity Prayer*

*God,*

*Grant me the*

*Serenity to accept the  
things I cannot change*

*Courage to change the  
things I can and*

*Wisdom to know the  
difference.*

*- Reinhold Niebuhr*

**THANK YOU FOR YOUR  
SERVICE!**



Thinking  
About  
Becoming  
a GR?

... “You can’t keep it if you don’t give it away.” We find that, when we serve each other and the fellowship, we can only give away those aspects of recovery we learn to practice in our own lives. As we serve, we contribute to the unity of our group, our own recovery expands and we have more and more to give away. When we serve we are not alone.

[AFG Paths to Recovery, p. 339]

If you are considering becoming a Group Representative (GR) for your Al-Anon Group, this pamphlet gives you some general information to help you make this decision with the help of your Higher Power.

## What Does a GR Do?

Each group has its own needs, wishes, opinions and concerns. In Al-Anon, our Traditions teach us that each group has its say. As a GR, you:

1. *Bring forth* your group’s “say” by attending:
  - District meetings
  - Area meetings
2. *Bring back to* your group information that you receive at these meetings.
3. May provide help in areas, e.g.: public outreach, Alateen, publicizing Al-Anon’s The Forum magazine.

## What Are the Benefits to Becoming a GR?

Becoming a GR can be a growth opportunity, since service is a key part of recovery. By committing to being a GR, you are not only helping your group, but yourself as well.

As a GR, you meet others involved in service and learn about the Al-Anon organization as a whole. You can make new friends who share similar situations and experiences and strengthen your own recovery.

By providing service as a GR, you are giving back to Al-Anon the organization, which has already given to you.

*While becoming a GR may seem overwhelming, you will find that when you attend our meetings and events, you will meet current/former GRs who are happy to assist and guide you. In addition to them (and your Higher Power), the current [Al-Anon Alateen Service Manual](#) provides answers to many common questions. This pamphlet, written by trusted District 8 GRs, will help you, also. My service started as a GR, and I never looked back. Welcome and thank you!*

*-Kevin M, 2015-2018*

*New York State District 8  
District Representative*

## What If I Have a Lot on My Plate Already?

Only you and your Higher Power can ultimately decide if the GR position will fit into your life. However, consider this:

- Some groups have Co-GRs—they share the tasks--between the two of them, their group’s voice is heard.
- Some groups have an Alternate GR—someone who can step in for you during the times when “life intervenes”.
- As we said before (and will keep saying), you are not alone. Never be afraid to ask for help.

*Keep it Simple*

*Progress not Perfection*

*Love, Learn and Grow*

*Principles Above  
Personalities*

*Easy Does It*