





Flow of Service


This flow of service shows how important it is for GRs to participate. Most changes are made from the ground up:


GRs give input to  **Districts** 7, 8, 22 and 24 & **Area Assembly**

Districts give input to  **AWSC** (Area World Service Committee)

AWSC gives input to  **Area Assembly** (Sets Agenda)

Area Assembly gives input to  **World Service Delegate** (through the GRs)

Delegate gives input to  **WSC** (World Service Conference)

WSC gives direction to  **WSO** (World Service Office)

However, the flow also goes in reverse! **WSO** sends information *down* through the **Delegate** and to **GRs** (through Conference summaries and newsletter). Delegates provide information at **Area Assembly**, and that information is provided to **Districts** and **GRs**.

Other Resources

Newcomer Packets

When we all came into Al-Anon, hopefully we received a Newcomer Packet. We recommend reading through this packet to familiarize yourself with the information that is provided to those entering the room for the first time.

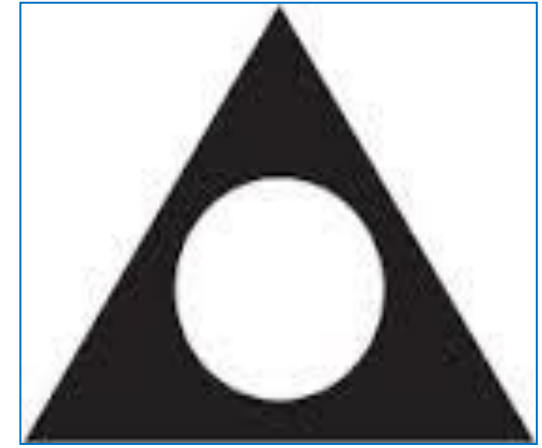
Former GRs

In your groups and at the District meeting, you will meet former GRs. Talk to them if you have questions or concerns...perhaps one could be a service mentor to you.

... "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]

THANK YOU FOR YOUR SERVICE!



**Welcome
New GR!**

First Things First

Congratulations + Thanks!

Congratulations for making the decision to become an Al-Anon Group Representative (GR) and enhancing your recovery! And thanks for being willing to serve!

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
District 8 Representative*

Keep it Simple



Progress not Perfection

Are There Websites I Can Go to For Information?

There is a wealth of information on the following three websites:

Greater Capital District Al-Anon and Alateen

<http://www.al-anon-8ny.org/>

This site offers a tremendous amount of local information, including the schedule of area Al-Anon meetings, upcoming events, anniversary meetings, speaker meetings, as well as links to the following broader parts of the Al-Anon organization.

New York North AFG

www.nynafg.com

This site includes the annual Area assembly and conference dates, as well as links to each Area Coordinator. These Coordinators serve as links between the WSO departments and GRs and other local trusted servants. Area Coordinators may include: Alateen, Archives, Public Outreach, Literature, Area Newsletter, Area Alateen Process Person, Forum, Web and Group Records. All Area officers and coordinators are important links in the chain of service, and a resource to the groups and districts in their Area.

Al-Anon World Service Office (WSO)

<http://al-anon.org/>

This site includes the Online Store, information about membership and the date of the International Conference (every 5 years).

Is There a Manual I Can Refer to?

Absolutely! Most groups buy the current [Anon/Alateen Service Manual](#) for their GRs out of their Tradition Seven collections (soft copy available at:

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

This Manual covers not only GR responsibilities but gives information on the rest of the AFG positions, right up to the World Service Office.

Where/When are the District 8 Meetings?

Attending your monthly District 8 meetings provides the opportunity to speak for your group, and also gather local, regional and Al-Anon World Service Office (WSO) communications to share with your group.

Location: Capital District Recovery Ctr
45 Colvin Ave, 2nd Floor
Albany, NY 12206

Time: 3:00 PM – 4:30 PM

Day: Third (3rd) Sunday

If you cannot attend the meeting in person, you may call in to be on the Conference Call:

(712) 770-4340; Access Code 799474