

# Al-Anon Guidelines

The Shared Experience of Al-Anon and Alateen Members.

## District Meetings

G-15

A District is a geographical segment containing a number of groups, located relatively close to one another. The District is the link in the service chain that connects the groups within a geographical boundary with worldwide Al-Anon.

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.

Each group in the District is represented by a Group Representative (GR) at District meetings. The GRs are the communication link between their group and the District. The District Representative (DR) is the trusted servant who calls and chairs the District meeting.

### What Happens at a District Meeting?

District meetings are held for the purposes of:

- Uniting groups within the District.
- Informing groups of news from the Area World Service Committee (AWSC), Area Assembly, and the World Service Office (WSO).
- Encouraging members to become involved in service.
- Planning program-related events for fun, fellowship, and sometimes fundraising.
- Coordinating service and public outreach projects.

### How Often are District Meetings Held?

- Regular meetings may be held monthly, bimonthly, or quarterly—this is up to the autonomy of the District.
- Some Districts hold special meetings to plan or celebrate special events or new service projects.
- Committees, thought forces, or task forces can meet as needed to address specific needs or projects.

### Ideas to Increase Attendance at District Meetings

- Rotate the District meeting among the groups in the District, meeting an hour or two before the regular group meets.
- Send meeting reminders in advance to GRs via email, text messages, or phone calls.
- Request input from the GRs for the meeting agenda.
- Provide the meeting agenda to the GRs several days prior to the meeting to inform them of the various topics of discussion.
- Acknowledge new GRs who attend their first District meeting.
- Provide an orientation to new GRs to welcome them and help them understand the service structure and their role as GR.

- Provide refreshments for the GRs 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.
- Suggest carpooling to transport members to and from meetings.
- Participation is the key to harmony—involve GRs in the meeting.



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

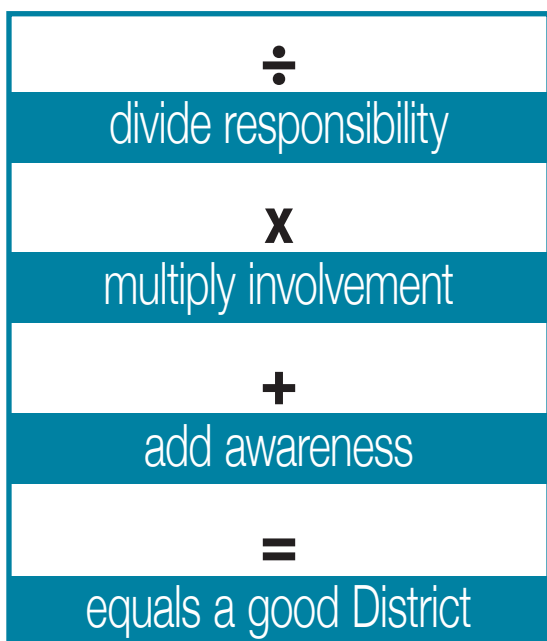


### Reminders

- 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 and WSO procedures to forward this information to your Area Group Records Coordinator, Al-Anon Information Service, and the WSO.
- Discuss the Seventh Tradition as it relates to financial support of the District, Area, Al-Anon Information Service (AIS/Intergroup), and WSO.
- Encourage groups to participate in service activities.
- Send an article to your Area newsletter telling what the groups in your District are doing for public outreach, Alateen, literature, etc.
- Discuss issues pending before the Area Assembly.

## Sample District Meeting Agenda

- Open with the Serenity Prayer
- Introductions by name and group
- Read the Twelve Traditions and the Twelve Concepts of Service from the *Al-Anon/Alateen Service Manual*
- Secretary's report: Minutes of last meeting
- Treasurer's report
- Group Representatives' reports (group news, problems, and successes)
- District Representative report from AWSC
- Committee reports:
  - Public Outreach
  - Alateen
  - Literature
- Service topic discussion



## Suggested Discussion Topics for District Meetings

Suggested discussion topics may be added to agenda on a rotating basis.

- Briefly discuss a Tradition or Concept of Service (one Tradition/Concept each meeting).
- Two or three people prepare a five-ten minute presentation on a piece of literature. This helps to make members aware of CAL.
- Group business—select a topic from the “Al-Anon and Alateen Groups at Work” section of the *Service Manual*
- Al-Anon/Alateen policies—select a topic from the “Digest of Al-Anon and Alateen Policies” section of the *Service Manual*.
- Discuss contents of Area newsletter, *In the Loop*, or *The Forum*.
- Delegate's report.
- Links of service—select a topic from the “World Service Handbook” section of the *Service Manual*.
- Review the *Group Representatives* guideline (G-11).
- World Service Conference discussions and decisions—see *World Service Conference Summary* (P-46) on the website [al-anon.org](http://al-anon.org).
- Group and member questions.
- Taking a group inventory—see *Taking a Group Inventory* guideline (G-8a & G-8b). Districts can adapt the G-8a to address District issues.
- Sponsorship/Service Sponsors—see *Sponsorship, What It's All About* (P-31) and *Sponsorship—Working Together to Recover* (M-78).

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 (DR).” See also the *District Representative* guideline (G-37).

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# Links of Service

Member + Member = **Group**

**Group** + **Group** = **District**

**District** + **District** = **Assembly**

**Assembly** + **Assembly** = **Conference**

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