Newcomers Brochure

Welcome to
LA AFG
Area
Assembly

This is a brief explanation of
Louisiana AFG Area Assembly.

2015-2016
Welcome to the Louisiana AFG Area Assembly, Inc. The purpose of the Assembly is exactly the same as that of our groups – carry the message of hope to families and friends of alcoholics. However the atmosphere is quite different and you may notice many different activities taking place throughout the weekend. At my first Assembly I found all these activities at times overbearing and confusing. I also found them to be exciting and intriguing. I was quickly hooked and have been coming to the Assembly ever since. That was more than four years ago. About that same time, we started the newcomers meeting to assist new comers.

We want you to feel that you are part of a bigger family and understand what goes on at the Assembly. Here we foster participation in service as well as interest in the Steps, Traditions and Concepts. We provide opportunities for groups to associate with other groups. We inform about the activities and services in our region and we maintain representation to and from the World Service Conference. You will meet members of our fellowship from around the state who come here for the same purpose.

Here you will observe the business side of Al-Anon fellowship. Serving as volunteers we try our best to address concerns of Al-Anon and Alateen groups and also look into the future to see how we can contribute to make our Fellowship the best that it can be in helping the friends and families of Alcoholics.

ASSEMBLY SURVIVAL TIPS

*Bring your service manual.
*Bring some paper and a pen for notes.
*Bring an open mind, your Higher Power and your sense of humor.
*Be ready to ask questions and give feedback on issues. If you’re uncomfortable, ask a friend to stand with you when you’re speaking.
*Be aware that when addressing the Assembly, you’ll be asked to speak into a microphone….don’t worry, it doesn’t bite. Experience has shown this to be essential so that everyone in the large main meeting room can hear you.
*Assemblies can get a bit noisy from time to time. If you have a hearing problem, you may want to sit up front or closer to the loudspeaker.
*When voting, always ask your Higher Power for guidance. No clapping. Respect the value of dissenting and minority opinions, before and after votes are taken. Be willing to express them, and be open to hearing them. Minority opinion has been known to alter people’s perspectives.
*Remember that an Assembly isn’t just about taking care of business; it’s more about learning HOW to take care of business by respecting others and getting along with them.
*Dress comfortable… it can be a long day.
*Dress in layers – Summer Assemblies can get hot (or cold if the A/C is on) and the Winder Assemblies can get chilly (or hot if the heater is on).
*Fanny fatigue can be a problem for some, so bring something soft to sit on.
*Be ready to make new friends from around the Area.
*Remember…. no one has all the answers.
GROUP CONSCIENCE DECISIONS
FOR MEETING FORMAT

The format for the group meetings is suggested, the group may take a group conscience on any or all of the following:

☐ To read all of the Steps, Traditions, and Concepts of Service
☐ How long the meeting will last
☐ When the Seventh Tradition basket will be passed and how it will be announced
☐ How newcomers will be welcomed
  o Newcomer packet
  o Greeters
  o What will be said when newcomers introduce themselves
☐ Closing see Suggested Closing

Ideas to include in your group’s conscience:

☐ Turn cell phones off or to vibrate during the meeting
☐ Refrain from side conversations
☐ Limit your sharing so that everyone will have an opportunity to speak
☐ See Group Business Meetings on page 10

Or the group could use the following sample statement:

Our meetings last for approximately one hour. During this hour we come together for mutual help. We come to learn how to live the Al-Anon program. This group conscience requests that all present refrain from gossip, dominance, and discussion of religion, treatment centers, self-help programs, counseling and the use or mention of material other than our Al-Anon Conference Approved Literature. Please remember that in Al-Anon we keep the focus on us and not on the problem drinker. We thank you for your cooperation in our group effort to stick to Al-Anon principles.

Remember:

☐ Use only Conference Approved Literature
☐ Keep the focus on us and not on the alcoholic
☐ The three obstacles to success are discussion of religion, gossip, and dominance (See Alcoholism the Family Disease (P-4), pages 23-24, and Al-Anon’s Twelve Steps and Twelve Traditions (P-17), page 23.)
☐ Keep a record of group conscience decisions.

Group conscience taken: Date______
What are Assemblies All About?
- OR -
What Am I Doing Here?

What is an Assembly?
An Area Assembly is the business meeting where groups send their Group Representatives (GRs) to express a voice and vote on behalf of their group. Also in attendance are District Representative (DRs), Officers, Coordinators, our current Delegate and Past Delegates, trusted servants and any interested Al-Anon members. We meet four times a year to discuss local and World Service issues. In the main sessions, we take care of the business of the fellowship following the links of service to reach a Group Conscience. We hear reports from our Action Committees, as well as from our officers, Delegate, coordinators and other committees. It is a venue for conduction business, announcing Area as well as District projects and practicing how Al-Anon works in “all our affairs.” Not all business is conducted in one large group. We roll up our sleeves in smaller groups called Action Committees to concentrate on specific topics.

Why is it important that I attend an Assembly as my group’s GR?
As the GR for your group and its members, you carry information from your group to the Assembly and back from the Assembly to your group. You vote on important issues that affect your group, your District, the Area, and Al-Anon as a whole. As a GR, you are the most important member at the Assembly; you and the other GRs are the only ones that can vote on issues before the Assembly.
What is an Action Committee?
Action Committees are focus groups made up of GRs and Area World Service Committee members that work together to assist the Area Coordinators in their roles. They work on projects referred to them by the Assembly.
While our Area may change the make-up of each committee when it deems it appropriate, Louisiana currently has four Action Committees. The makeup of each Action Committee and its general purpose are listed below.

Fellowship Communication:
This Action Committee consists of our Newsletter, Forum, and Literature Coordinators, Assembly Chair, Past Delegate(s), DRs and GRs. Its purpose is to encourage the use of Conference Approved Literature (CAL) and The Forum; to encourage member response to new literature, and to provide guidance on the use of CAL and The Forum in group meetings and all Al-Anon functions.

Public Outreach:
This Action Committee consists of our Public Outreach, Assistant Public Outreach, and Website Coordinators, Assembly Secretary, Past Delegate(s), DRs and GRs. Its purpose is to carry out our primary purpose through outreach to the public and professional community, to help reach the goal that every person will know that Al-Anon and Alateen are the best source of help for families and friends of alcoholics, and to make getting in touch with Al-Anon and Alateen easier in Louisiana.
After the workshop, the Action Committees meet. After the Action Committee meeting, the DRs and GRs meet again, separately in the main room for the final meeting of the day. DRs decide who will host which events for the next assembly.

Saturday Night
Some members get together to go out for dinner followed by an Al-Anon Speaker and a Night Owl Meeting in the main meeting room. Or you might just want to visit quietly and get to bed early. It’s been a long day of service.

Sunday Morning
The goal is to finish all agenda items and dismiss before lunchtime. Some members have a long drive home. We hear a short report from each Action Committee on what they did Saturday.

As the Sunday morning session gets close to the end, a basket is passed around and the meeting is adjourned usually with a closing prayer and the Al-Anon Declaration together, holding hands in a great circle of fellowship.

The winners of the Silent Auction collect and pay for their prizes.
General Information About What Happens this Weekend

Friday Night
Attendance is optional, some members are still traveling or not here yet.

Saturday Morning
Do your very best to be on time for all sessions; time is a precious commodity.

Registration is from 9:00 am to 1:00 pm and again on Sunday morning.

There is a Silent Auction in the back of the main room and literature for sale.

The Area Chair Opens the Assembly, roll call is taken, previous minutes are approved, and brief housekeeping announcements are made. Much of what we do is interactive, so be prepared to participate! Remember “Silent and Listen” have the same letters. If you have questions during the proceedings, please write notes to a neighbor who seems to know what is going on. In fact, you will find notepaper on the tables for just that! When the business of the Assembly starts, we hear reports from Coordinators and our Delegate.

Lunch is served in the hospitality suite. After lunch, the Assembly continues in the main meeting room with a workshop. A basket is passed around for donations.

How do the Action Committees work with the Assembly?
Each committee has a budget, meets in a 90-minute breakout session and reports at each assembly on its progress. None of the Action Committees is a decision-making body.

The Agenda:
The Agenda is drafted by the Assembly Chair through meetings with the Area World Service Committee (AWSC) in the months prior to each Assembly. Members wishing to propose a topic for discussion item be added to the Agenda may contact the Assembly Chair at the Assembly or by mail/email. Typically, items can be added to the Agenda at the first available opportunity. If the agenda is full for the assembly, the topic for discussion item will be added to the next Assembly Agenda.

Resources for new participants:
Members who have been active in Service and your current Al-Anon/Alateen Service Manual are valuable sources of help and information.
If this is your first time attending an Assembly as a GR, you will be invited to a breakout orientation session early Saturday morning. Check the Agenda for details. You will be give more resources and have an opportunity to network with others.
### Louisiana AFG Area Assembly, Inc.

**Structure**

- Delegate - Angela A.
- Alternate Delegate - Carmen O.

**Area Assembly Officers**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>GW (Greg W.)</td>
<td><a href="mailto:chair@la-al-anon.org">chair@la-al-anon.org</a></td>
</tr>
<tr>
<td>Alternate Chairperson</td>
<td>Kay B.</td>
<td><a href="mailto:altchairman@la-al-anon.org">altchairman@la-al-anon.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jan V.</td>
<td><a href="mailto:treasurer@la-al-anon.org">treasurer@la-al-anon.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Bob H.</td>
<td><a href="mailto:secretary@la-al-anon.org">secretary@la-al-anon.org</a></td>
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**District Representatives**

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<tr>
<th>District</th>
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<tr>
<td>1</td>
<td>Steve B.</td>
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<td>2</td>
<td>Sher M.</td>
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<td>Bob H.</td>
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</table>

**Area Coordinators**

- Alateen Coordinator - Linda W.
- Archives Coordinator - Claire D.
- Budget and Finance Coordinator - Erica F.
- Convention Coordinator - Erica F.
- Public Outreach Coordinator - Sandra P.
- Forum Coordinator - Patti V.
- Group Records Coordinator - Kathleen F.
- Literature Coordinator - Pamela M.
- Newsletter Coordinator - Dave K.
- Website Coordinator - Todd B.
- Newcomers Coordinator - Cindy D.
- GR Orientation Coordinator - Jay P.
- Assoc. P.O. Coordinator - Elizabeth T.

**Special Committees**

- Newcomers Meeting - Cindy D.
- Duties & Qualification Digest - Marsha R.
- GR Orientation - Jay P.

**AIS / Intergroup Liaisons**

- Baton Rouge AIS - Bill J.
- Lafayette AIS -
- New Orleans Intergroup -

**Active Past Delegates**

<table>
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<tr>
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<th>Panel</th>
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<tbody>
<tr>
<td>Gail F.</td>
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<tr>
<td>Clara E.</td>
<td>45</td>
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<tr>
<td>Sylvia G.</td>
<td>51</td>
</tr>
<tr>
<td>Jay P.</td>
<td>42</td>
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<tr>
<td>Cliff B.</td>
<td>48</td>
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</tbody>
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**Group Representatives**

- Group Members, Visitors

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### Louisiana Area Assembly Pertinent emails

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<thead>
<tr>
<th>Position</th>
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<tbody>
<tr>
<td>Delegate</td>
<td>Angela A.</td>
<td><a href="mailto:delegate@la-al-anon.org">delegate@la-al-anon.org</a></td>
</tr>
<tr>
<td>Alternate Delegate</td>
<td>Carmen O.</td>
<td><a href="mailto:altdelegate@la-al-anon.org">altdelegate@la-al-anon.org</a></td>
</tr>
<tr>
<td>Chairperson</td>
<td>GW</td>
<td><a href="mailto:chair@la-al-anon.org">chair@la-al-anon.org</a></td>
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- Website Coordinator - Todd B.
- Newcomers Coordinator - Cindy D.
- GR Orientation Coordinator - Jay P.

**Pertinent Websites**

- [www.al-anon.org](http://www.al-anon.org)
- [www.worldserviceoffice.org](http://www.worldserviceoffice.org)
- [www.la-al-anon.org](http://www.la-al-anon.org)
- [www.louisianastateal-anon.org](http://www.louisianastateal-anon.org)
- [www.neworleansafg.org](http://www.neworleansafg.org)
- [www.neworleansareaal-anon.org](http://www.neworleansareaal-anon.org)
- [www.acadianaafg.org](http://www.acadianaafg.org)
- [www.lafayetteareaal-anon.org](http://www.lafayetteareaal-anon.org)
- [www.lakecharlesal-anon.org](http://www.lakecharlesal-anon.org)
- [www.batongroupal-anon.org](http://www.batongroupal-anon.org)
- [www.lakecharlesareaal-anon.org](http://www.lakecharlesareaal-anon.org)