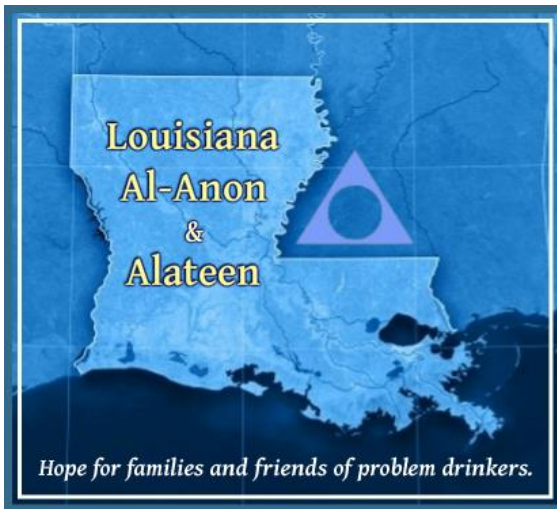


Welcome to **LA AFG** Area Assembly



This is a brief explanation of
Louisiana AFG Area Assembly.
Who, What, When, Where and Why.

Welcome to the **Louisiana AFG Area Assembly, Inc.**

The purpose of the Assembly is 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 time 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 newcomers.

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 bussiness side of Al-Anon fellowship. Serving as volunteers, we try our best to address concerns of Al-Anon and Alateen groups and 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.

I am pleased to welcome you and I am willing to assist you in addressing your questions and concerns. You may reach me at

newcomers@la-al-anon.org

The information provided is to give you a brief overview and some basic information about the Assembly. You may also visit our WSO and Louisiana State websites for additional information

The WSO website is www.alanon.org/members For the password, **enter the name of your home group without any spaces followed by afa**

The LA State Website is www.la-al-anon.org To enter the Members section, click on “Members” link and enter the password: **serenity**

At this site, you may find additional information such as flyers for Al-Anon and Alateen events, our newsletter, the Duties and Qualifications Digest (describing who is who and what they do) along with other pertinent information.

Please let me know if you have any questions regarding the Area Assembly. If I don't know the answer, we will find out together.

Jane S

Newcomers Coordinator

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 Representative (GR) to express a voice and vote on behalf of their group. Also in attendance are District Representatives (DR), 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 conducting 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 A-Anon as a whole. As a GR, you are the most important member at the Assembly; you and the other GR’s 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 Word 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), DR's and GR's. Its purpose is to encourage the use of Conference Approved Literature (CAL) and The Forum; to encourage member response to need for 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) DR's and GR's. 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.

Membership Outreach:

This Action Committee consists of the Budget and Finance and Convention Coordinators, Assembly Alternate Delegate, Assembly Alternate Chair, Past Delegate(s), DR's and GR's. Its purpose is to find ways to communicate within the fellowship about Al-Anon and Alateen activities, to plan cooperation and information sharing for Al-Anon and Alateen participation in Area Conventions and workshops, and to reach out to members to invite unity and participation.

Group Services:

Consists of the Group Records, Archives and Alateen Coordinators, Assembly Treasurer, Past Delegate(s), DR's and GR's. Its purpose is to strengthen connection between Assembly and existing groups, to encourage each group to have a GR attend the Assembly, to reach out to newly registered groups to invite participation, keep mailing (and email) lists current and record history of the group.

How are the Action Committees formed?

Certain Coordinators are assigned to different Action Committees. Then different Districts are assigned to different Action Committees. Members from these Districts attend their assigned Action Committee meeting when they come to Assembly. These assignments are made by the Assembly Officers and are rotated (or can be) every three years.

How do the Action Committees work with the Assembly?

Each committee as a budget, meets in a 60 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 to be added to the Agenda may contact the Assembly Chair at the Assembly or by 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 on Saturday. Check the Agenda for details. You will be given more resources and have an opportunity to network with others.

Louisiana AFG Area Assembly. Inc. Structure

Assembly Officers																			
Delegate	AltDelegate																		
Carmen O	Greg W																		
	Chair	AltChairman	Treasurer	Secretary															
	Tammy M	Cindy D	Eric N	Rachel B															
Assembly Coordinators																			
Alateen Coordinator	Alateen Area Process Person	Archives Chair	Budget & Finance Chair	Convention Chair															
Danielle H	Randy W	Vicky D	Dave K	Kay B															
	Public Outreach Chair	Associate Public Outreach	Spanish Public Outreach																
	Angelique L	Mary F	Vacant																
Forum	Group Records Chair	Literature Chair	LA Treasure Chest	Webmaster															
Jeanine G	Heidi H	Pam S	Duke H	David M															
Special Committee Chairs		AIS / Intergroup Liaisons																	
Newcomers Chair	GR Orientation Chair	Baton Rouge AIS	Acadiana AIS	New Orleans Intergroup															
Jane S	Angela A	Pebble B	Preston B	Vacant															
District Representatives																			
District 1	District 2	District 3	District 4	District 5															
Alyson M	Sher M	Vacant	Vacant	Angelique L															
District 6	District 7	District 8	District 9	District 10															
Tom D	Pati K	Tammy M	Vacant	Rachel B															
District 11	District 12	District 13	District 14	District 15															
Vacant	Hope L	Vacant	Allan L	Lucy W															
District 16	District 17	District 18	District 19																
Brad D	Vacant	Vacant	Jane S																
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Louisiana AFG Area Assembly Contact Info

Assembly Officers		Assembly Coordinators (Cont.)	
Delegate@la-al-anon.org	Carmen O	Forum@la-al-anon.org	Jeanine G
AltDelegate@la-al-anon.org	Greg W	GroupRecords@la-al-anon.org	Heidi H
Chair@la-al-anon.org	Tammy M	Literature@la-al-anon.org	Pam S
AltChairman@la-al-anon.org	Cindy D	latreasurechest@la-al-anon.org	Duke H
Treasurer@la-al-anon.org	Eric N	webmaster@la-al-anon.org	David M
Secretary@la-al-anon.org	Rachel B		
Assembly Coordinators		Special Committee Chairs	
alateencoordinator@la-al-anon.org	Alateen Coordinator Danielle H	Newcomers@la-al-anon.org	Jane S
aapp@la-al-anon.org	Alateen Area Process Person Randy W	GROrientation@la-al-anon.org	Angela A
Archives@la-al-anon.org	Vicky D	Websites	
BudgetandFinance@la-al-anon.org	Dave K	www.al-anon.org	World Service Office
Convention@la-al-anon.org	Kay B	www.la-al-anon.org	Louisiana State Al-Anon
PublicOutreach@la-al-anon.org	Angelique L	www.batonrougealanon.org	Baton Rouge Area Al-Anon
assocpublicoutreach@la-al-anon.org	Associate Public Outreach Mary F	www.acadianaafg.org	Lafayette Area Al-Anon
alanonespanol@la-al-anon.org	Spanish Public Outreach Vacant	www.lakecharesalanon.org	Lake Charles Area Al-Anon
		www.neworleansafg.org	New Orleans Area Al-Anon

General Information About What Happens This Weekend

Saturday

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

Registration is from 9:30 am to 1:00 pm and again on Sunday morning.

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 a commons area (free).

After lunch, the Assembly continues in the main meeting room with a workshop.

After the workshop, the Action Committees meet. After the Action Committee meeting, the DR's and GR's meet attain, separately in the main room, for the final meeting of the day. DR's decide who will host which events or 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 shot 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.

**Assemblies are at the
Baymont by Wyndham
2301 N. MacArthur Dr.
Alexandria, LA**

2019

Jan 19-20

April 6-7

August 17-18

Nov 2-3

2020

Jan 18-19

April 4-5

August 15-16

Nov 7-8

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 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
- ❖ Newcomer packet
- ❖ Greeters
- ❖ 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

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 (Alcoholism the Family Disease (P-4), and Al-Anon's Twelve Steps and Twelve Traditions (P-17)). This information is also in the Service Manual.
- ❖ Keep a record of group conscience decisions.

Assembly Tips

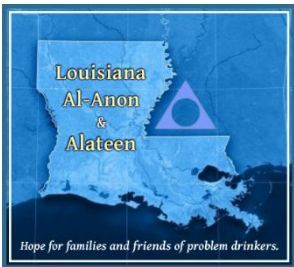
- ❖ Bring your service manual.
- ❖ Bring some paper and a pen for notes
- ❖ Bring an open mind, your Higher Power and your sense of humor.
- ❖ Be ready to ask questions and give feedback on issues. If you're uncomfortable, ask a friend to stand with you when you're speaking.
- ❖ Be aware that when addressing the Assembly, you will 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 Winter 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.

Notes:

Notes:

Notes:



2019 Newcomers Brochure