

HEALTHY DISTRICTS IN RHODE ISLAND
From the 12/5/15 Area Assembly

A. What are the benefits of an active/vibrant District?

1. Provides ongoing communication to the groups and their members.
2. Connections to something bigger than the group.
3. Allows efficient two way flow of information.
4. Creates and sustains links of service.
5. Provides for a better service experience for members.
6. Makes possible Al-Anon service opportunities and public outreach beyond the group level.
7. Helps strengthen sense of community and fellowship.
8. Offers support for groups and individuals. Confidence building.
9. Provides training for new members in service, and educates members as to greater knowledge of the tools and principles of the program.
10. Active and vibrant districts insure that Al-Anon is here in the future for those seeking recovery.
11. Promotes understanding of Steps, Traditions, and Concepts and helps resolve problems when traditions are disregarded.
12. Offers a means for groups to be educated as to the 'best practices' of other groups in the district.

B. What could you do to make these benefits happen?

1. Volunteer to be a DR or GR, or deputy to the person in these positions.
2. Attend Area and/or District meetings, and encourage group members to attend area and district meetings as an introduction to service at those levels.
3. Support and encourage your district to have meetings, and do your part to make them Fun and meaningful. Offer supportive and creative suggestions for activities.
4. Attend group business meetings and introduce the benefits of group and district service.
5. Offer support to those nervous to commit, and simplify the position responsibilities and terms. Demystify the service position. Okay to just try it.
6. During announcements at your group, bring news of district activities and meetings, and service opportunities at district or area level.
7. Act as a conduit between district meetings and your group.
8. Carry the message that doing service is working your recovery.
9. Take a map of meetings to meetings.
10. Utilize out of the box thinking as to ways to develop fellowship and socialization with the group or with other groups in your district.
11. Make a personal commitment on self-service, and a commitment to having a healthy group to attend.
12. Fight insularity. Support the other groups in your district.