



*"My predecessor handed the Al-Anon/Alateen Service Manual to me and said, 'Here. Read this. It will help you!' Did it ever!"*

Service activity connects you with people who have experienced recovery at another level.



**Phone List:**

Your alternate:

Your service sponsor:

Area delegate:

Area chairperson:

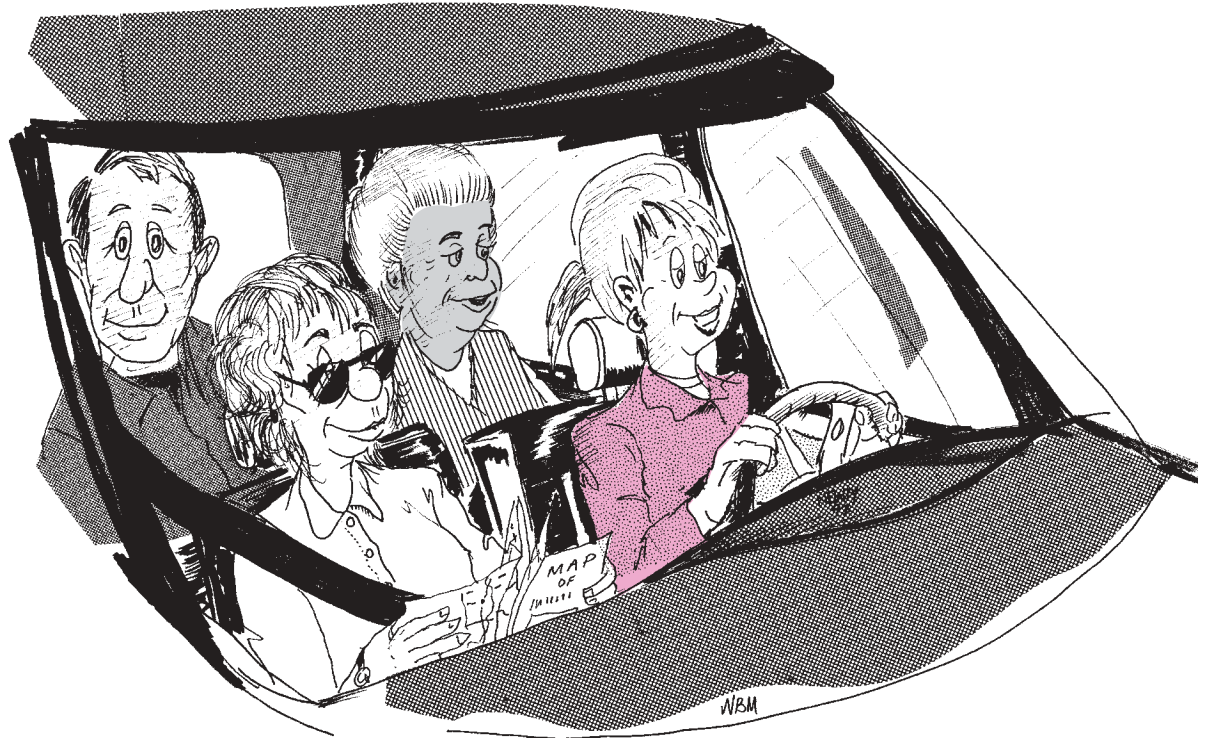
**Meeting Dates to Remember**

Group business meeting:

District meeting:

Area Assembly:

AWSC:



# Joy of service

Compiled and Distributed by  
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*Experiencing the miracles of growth  
and recovery through service.*

**Group Representative (GR)  
District Representative (DR)**



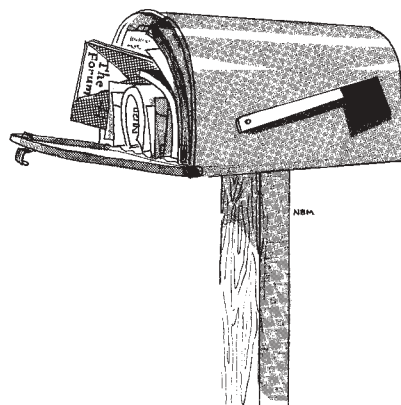
A group representative is an Al-Anon or Alateen member (who is not a member of AA) elected by the group for a three-year term.

Any Al-Anon or Alateen member may be elected as district representative from among the group representatives or former group representatives still active in the district.

You **Give** by:

Attending area assemblies with others in your district. Your expenses are paid.

- Keeping the mailing address up to date.
- Opening and sharing mail from the WSO.

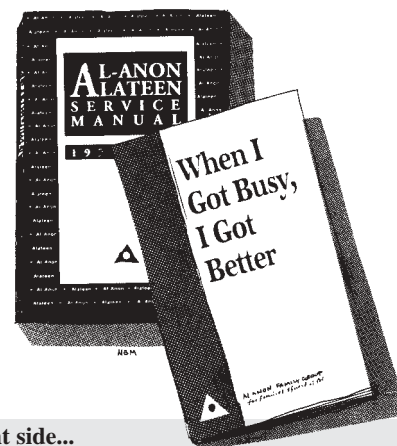


- Taking notes at district and assembly meetings.
- Being enthusiastic.
- Focusing on group needs.
- Requesting time from your group to briefly report on the most recent district meeting or assembly issues.

*“I was so grateful for my life, I said, ‘Yes,’ without knowing why or how to do it.”*



You **Receive**:

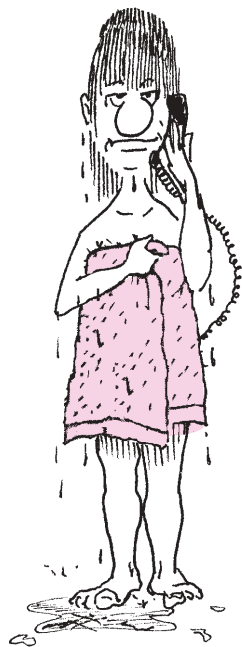


on the light side...

### One member's top twelve reasons for becoming a “Trusted Servant”

Counting down, starting with number...

- 12** Free admission to all district meetings.
  - 11** You don't have to do everything yourself.
  - 10** Learn what “principles above personalities really means.”
  - 9** Special name tag for area assemblies
  - 8** Free autographed copy of *Al-Anon/Alateen Service Manual*.
  - 7** Have fun without making excuses.
  - 6** Discover that Al-Anon members do have last names.
  - 5** Priority seating at area assemblies.
  - 4** Never have to ask, “Was there any mail today?”
  - 3** Expense-paid trips to exotic places like Anywhere, USA/Canada.
  - 2** “Salary” doubles after first year.
- And finally, the top reason for becoming a trusted servant:
- 1** After three years, you can say, “It's someone else's turn.”



*“You don't get ready to be a trusted servant, you get to be a trusted servant and then the Higher Power gets you ready.”*

Your fears will diminish, you will reap the benefits of giving to others and you will learn that by placing our common welfare first, you will *receive* much more than you *give*.