NOTES

WHY ATTEND ASSEMBLY?

Your voice and vote are important. Attending all parts of the weekend available to you will enhance your Assembly experience and ensure that your group is represented.

You will also get a lot of information that you will take back to your group to keep them informed and allow them to have a voice. Be sure to share it as soon as possible while the information is still fresh in your mind.

At first you may feel total confusion—that people are speaking a foreign language. You may feel anger and resentment at those who don't share your opinions on issues. You are not alone—most of us have felt this way. It is part of the learning and growing process.

Come prepared to take notes, ask questions and get as much information as possible. This information will be taken back to your group to keep them informed.

CONTACT INFORMATION

In addition to the tools mentioned in this pamphlet, please obtain the contact information of the Area 33 Officers, Coordinators, DRs and Past Delegates. Many of us have been in your same position and are happy to share our experience, strength and knowledge. Do not be afraid to ask for help.

All Assembly and Area meetings close with the Al-Anon Declaration.
(Groups continue to have autonomy in how they close their meetings.)

AL-ANON DECLARATION

LET IT BEGIN WITH ME.
When anyone, anywhere,
reaches out for help, let the hand of
Al-Anon and Alateen always be there,
and – LET IT BEGIN WITH ME.

MORE INFORMATION AND RESOURCES

P-24/27 ***Al-Anon/Alateen Service Manual*** is an "Essential reference sourcebook. Contains "Al-Anon and Alateen Groups at Work," "Digest of Al-Anon and Alateen Policies," "World Service Handbook," and descriptive text explaining "Al-Anon's Twelve Concepts of Service." Current edition. Indexed, Spiral bound.

Al-Anon guidelines
The Shared Experience of Al-Anon and Alateen Members.
Group Representatives G-11

S-57 ***Joy of Service*** "describes the growth and recovery that can occur through service." Six pages. Revised 2016.

S-28 ***Links of Service*** gives "a clear and simple depiction of Al-Anon's service structure." Six pages. Revised 2016.

Nebraska Area 33 Guidelines
Download from Nebraska website:
nebr-al-anon-alateen.org

P-88 ***Service Sponsorship: Working Smarter Not Harder*** explains "Benefits of not doing it alone by having or being a Service Sponsor." Includes tips for effective service experiences." Eight pages.

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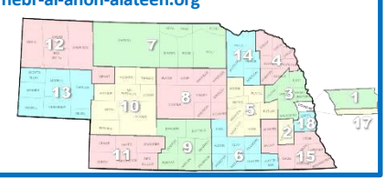
nebr-al-anon-alateen.org



THE MOST IMPORTANT THING TO REMEMBER:

KEEP COMING BACK

Revised: 04/2026
Owner: Area Secretary

Welcome to Area 33 Assembly

NEBRASKA AREA 33
AL-ANON FAMILY GROUPS

GROUP & DISTRICT REPRESENTATIVE (GR & DR) Newcomer Information

INTRODUCTION

The Area 33 Assembly weekend is a business weekend held three times (April, June and October) a year. The purpose of the meeting is to relay information from the World Service Office to the Al- Anon/Alateen groups and vice versa. The Area Delegate is our voice at the World Service Conference, and the Group Representatives are our voices at the Assembly. It is their duty to voice the concerns of their group and keep their group informed of events and changes from the District, Area and World Service Office.

There is also a Reunion weekend held in the summer. It's a great weekend with speakers, a raffle and auction, and many other fun activities—no business meetings, just food, fellowship, and fun!

WHAT YOU WILL NEED

The following items may be needed throughout the weekend:

- *Service Manual*
- Area 33 Guidelines
- Agenda*
- Assembly Minutes*
- AWSC Minutes*
- Treasurer's Report*
- AWSC Recommendations*
- Notepad

*May be obtained from your DR, Area Chairperson

Your previous GR should be able to help you locate these items, if you need help. If your previous GR is not available, reach out to your DR or another GR or DR.

EXPENSES

No expenses are reimbursed by the Area for GRs. If your group does not provide funds for your attendance at Assembly, encourage them to do so, if they are able.

Budget for gas, hotel (if staying overnight), meals, CAL from the Literature Coordinator (currently accepts cash, check and credit), and the 7th Tradition collections that help cover the cost of the weekend for the Area.

DRIVING

You may want to check with others in your area to find someone to carpool with. This may even encourage others to attend Assembly.

HOTEL

When making room reservations with the hotel where Assembly will be held, be sure to inform them that you are with Al-Anon or Area 41 (AA) to get the group discount. Rooming with other attendees can help cut the cost of the weekend.

MEALS

No meals are provided by the Area. Breakfast is frequently provided by the hotel if you are a guest.

Encourage others to join you for lunch and dinner. These meals are a great time to get to know others and exchange information.

SCHEDULE

The day consists of business, sharing and committee meetings, presentations and other activities that are open to all members. The events scheduled for Saturday generally end by 5:00 p.m. There will also be a speaker's meeting at the end assembly business meeting.

The Area Chairperson sets the agenda. Contact them if you want to add something to the agenda.

Area Assembly is hybrid meeting(In Person and via Zoom)

Sample Schedule ***(Always consult current agenda)****:*

Saturday:

9:15 a.m.	Sharing Meeting
10:15 a.m.	Workshop
	Lunch on your own
12:30 p.m.	Assembly (usually ends by 4pm)
4:00 p.m.	Speakers

The hotel should have signs directing you to the room(s) that the Assembly will be held in.

SHARING MEETING AND GR WORKSHOP

The sharing meeting is coordinated by volunteer Districts. Those Districts will choose the format and topic.

The workshop topic is coordinated by Area Chairperson and assigned volunteers. The Workshop is designed to help GRs and Al-Anon members learn more about Area 33 and worldwide fellowship of Al-Anon as a whole.

COMMITTEE MEETINGS

Committee meetings (led by coordinators or committee chairs) vary depending on the current need, but may include Alateen, Public Outreach, Website, Reunion and Increase in Participation. These committee meetings will take place before the respective Assemblies and committee reports will be shared during the assembly business meeting. Generally, you can choose which committee to be part of, but it is currently a requirement that Alateen Sponsors attend at least one training session per year.

ASSEMBLY

All Al-Anon members are urged to attend Assembly. All members have a voice and may participate in any discussion. Voting is limited to GRs only. Alternate GRs may vote if they are representing their group in place of the GR.

GRs receive the AWSC's recommendations from either their DR or the Assembly agenda. This should happen prior to the Assembly in order to allow time for feedback from the group prior to the Assembly.

Other issues for discussion and possible vote may be brought up during Assembly.

AREA WORLD SERVICE COMMITTEE (AWSC)

AWSC meeting (online only) is held approximately six (6) weeks before assembly via Zoom. AWSC is composed of Area officers, Coordinators, DRs and Past Delegates. The AWSC meeting is open to all other members of Area 33 assembly with no voice, no vote. Voting is by all members of AWSC, but if both the DR and Alternate DR of a district are attending, only the DR has a voice and vote.

The purpose of the AWSC is to consider area matters and make recommendations to the assembly with the purpose of informing and unifying the groups in the area.

COMMUNICATIONS

As GRs, you will be communicating various information back to your group members. It is important that you use discretion in your communications. The following is only a general guide—more information can be found in the *Service Manual* referencing *Anonymity* to help understand the following recommendations.

- Do not use a work e-mail address
- Do not reference where you work
- Do not give any indication of your occupation
- Do not use an email address that includes your last name
- Do not reference Al-Anon or Alateen in the subject line, on a postal envelope or social media site
- Do not use any wording in subject line that relates directly back to Al-Anon/Alateen *(**AFG*** or ***AFG, Inc.** is acceptable, according to the WSO)*
- Enter all email addresses in the Blind Carbon Copy field (BCC) to keep personal information confidential

ANONYMITY

Understanding the various circumstances of Anonymity will help the underlying and powerful context of Anonymity in the entire program, thus ensuring safety and privacy for all members and in turn help ensure the future of Al-Anon/Alateen as a whole. To better understand the full context of Anonymity, it is suggested you read A*l-Anon/Alateen Service Manual(P-24/27)*, pages referenced in the index.

All references below are from the *Al-Anon/Alateen Service Manual*.

- *Anonymity and the General Public*
- *Anonymity and the Media*
- *Anonymity and Professionals*
- *Electronic Communications Outside of Al-Anon*
- *Anonymity in Service*
- *Confidential Mailing Lists*
- *Service Communication*
- *Anonymity in Al-Anon/Alateen Publications*
- *Anonymity in Our Personal Growth*