

Definition of a Healthy Group

From the 6/6/15 Area Assembly

Healthy Groups:

- 1) Have a strong core group of regularly attending members who:
 - a. Actively practice the principles of recovery in their own lives.
 - b. Are at varying levels of recovery.
 - c. Participate in sponsorship – they have sponsors and sponsor others.
 - d. Treat each other respectfully and with an open mind.
 - e. Are cohesive and do not fall into cliques.
 - f. Gently interrupt or correct members who are sharing too long or inappropriately.
 - g. Are involved in service beyond the group level.
- 2) Have healthy meetings where:
 - a. Members can share freely without fear of unwanted feedback or discussion (no cross talk).
 - b. Members share on the meeting's topic.
 - c. Newcomers are welcomed and offered an optional, separate newcomers meeting – led by one or two respected seasoned members – where:
 - i. The tone is safe, compassionate and welcoming
 - ii. The newcomer will have ample opportunity to share and be heard or to ask questions and simply listen to our stories as they wish.
 - iii. The newcomer is given some general information, a newcomer's packet and a phone list.
 - d. The 12 steps are studied regularly.
 - e. AA members and members of other 12 step fellowships are welcomed. If warranted, these members are gently reminded to keep an Al-Anon focus during the meeting.
 - f. The meetings regularly start and end on time.
- 3) Follow the Steps, Traditions, Concepts, Guidelines and AFG Service Manual but in the spirit of gentle guidance not rigid harshness.
- 4) Have a regularly scheduled, well attended, business meeting every month or two where group decisions are made via Group Conscience.
- 5) Use Group Inventories to examine the functioning of their group and to resolve conflicts. The group willing makes any indicated adjustments.
- 6) Encourage service: the group's service positions are filled & rotated regularly as scheduled.
- 7) Use CAL and have an ample supply on hand for sale or to lend out during meetings.
- 8) Have an ample collection of complimentary CAL pamphlets on hand.
- 9) Encourages use of the Forum.
- 10) Have a treasury capable of covering their expenses and regular donations to the WSO and the local area.
- 11) Recognizes group and member's anniversaries.

How You Can Encourage and Promote Health in Your Group:

From the 6/6/15 Area Assembly

You Can:

- 1) Lead by example: Practice true humility while actively modeling the principles of recovery.
- 2) Model and promote healthy meeting practices:
 - a. Actively participate in your group's meetings.
 - b. When leading a meeting, select helpful topics that aren't frequently discussed at your meeting.
 - c. Gently and with lenience, interrupt or correct members who are sharing too long or inappropriately.
 - d. Attend the meetings of other groups.
- 3) Actively promote and participate in group business meetings.
- 4) When situations arise, refer the group to the Steps, Traditions, Concepts, Guidelines, AFG Service Manual or meeting customs as appropriate. Do this with the spirit of gentle guidance not rigid harshness.
- 5) Encourage your group to interactively communicate with your District and Area.
- 6) Participate in service and stress the importance and personal benefits of service at the group and Area level.
- 7) Gently encourage & educate others as opportunity presents but remember to practice true humility.
- 8) Promote our singleness of purpose and the exclusive use of CAL including the Forum.
- 9) Consider having your group put on a presentation of The Traditions Play at a District or Area event.