

SOME THINGS TO THINK ABOUT / FALL ELECTION ASSEMBLY 2014

Have you considered stepping up to service at the Area level? Before you know it, we will be electing a new panel (5) Delegate, Alternate Delegate, Officers and Coordinators for New York North. Elizabeth S., Past Delegate from New York South, attended an RSS in Mexico recently. She shared about key themes that every speaker shared. I would like to pass them on to you.

- + Personal sponsorship & service sponsorship is key in doing service.
- + I do service with love. (and it showed)
- + Service is recovery and recovery is service.
- + Your Service Manual is your key tool.
- + Invite someone along on the journey of service, but make sure they have a personal sponsor and a service sponsor.

“The feeling of unity, love, “Joy” and fun was evident in the room all weekend long. Everyone smiled, everyone welcomed, everyone was glad to be there and to be serving. It was clear that they served from the heart.”

Here are some questions to ask yourself... Take some time to think about your responses. Talk to others who have held the position. Come to the Assembly with an open mind. Know that a Higher Power is in the planning, too.

- What position am I considering? Have I read the Service Manual and the Area Guidelines to know the requirements for the position?

Delegate	Convention Coordinator
Alt. Delegate/Forum Coordinator	Group Records Coordinator
Chairperson	Website Coordinator
Secretary	Newsletter Editor Coordinator
Treasurer	Public Outreach Coordinator
Spanish Contact	NYNAC Coordinator
Alateen Coordinator	Archives Coordinator

- How long have I been in Al-Anon?
- Do I have a Home Group? Do I practice the 7th Step in support of the group? (not just financial support)
- What type of service have I done? At the group level; district level; area level.
- Do I have specific experience which would help me to serve in certain positions?

Sometimes we are encouraged by others to step up for a position. Service is a learning experience. It helps us grow in many ways. Consider taking the time to write out your Al-Anon experiences. It may surprise you either how much or how little you have been involved. Knowing how our links of service work is important. We learn to ask for help and try to improve our communication skills. Taking a position because no one else wants it is an unhealthy choice. Question your motives and “serve from the heart.”