

AFG - District 19  
District Meeting on Zoom  
Saturday, July 9, 2022  
1:00pm - 3:00pm



- 1) Open with the Serenity Prayer (1 min)
- 2) Read Steps, Traditions, and Concepts in English and Spanish If applicable (10 min)
- 3) Volunteer to be timekeeper (1 min)
- 4) Tradition 7 and open ESH (15 min) 3 minute shares
- 5) Roll call of voting GR'S (4 Min)
- 6) Standing for District Positions (10 min)
- 7) Archives " We are Tomorrow's Pioneers....Saving Our District 19 Legacy"  
Carlotta and Zen (10 min)

**SELF CARE BREAK** (12 min)

**Service Manual Workshop**

- 8) Some things to think about Mary O (5 minutes)
  - 9) Breakout Room Discussions (30 minutes)
  - 10) Shares from Breakout Rooms (15 minutes)
  - 11) Announcements (10 min)
- Close with Al-Anon Declaration

Please have your 2018-2021 Service Manual handy or you can access the New Service Manual online at [al-anon.org](http://al-anon.org)

Reminder GR's vote all have a voice. All members are welcome to attend.

Zoom Meeting ID: 923 6005 7391

Passcode: 582487

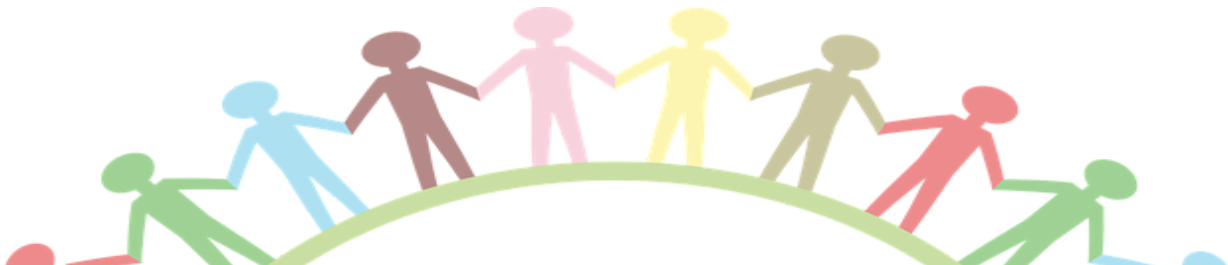
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\*\*\*\*\*Any suggestions/ comments/ ideas/ please: please contact your District Rep at:  
[Rep@southvalleyalanon.org](mailto:Rep@southvalleyalanon.org)

**Thank You everyone and see you on the 9th for some virtual hugs!**  
**In Humble, Grateful, Loving Service Mary O District 19 Rep**



**Want to be part of our Dist. 19 T.E.A.M. (Together Empowering Al-Anon Members) at a Dist. level and a Link of Service?**

**We are looking to fill the following positions:**

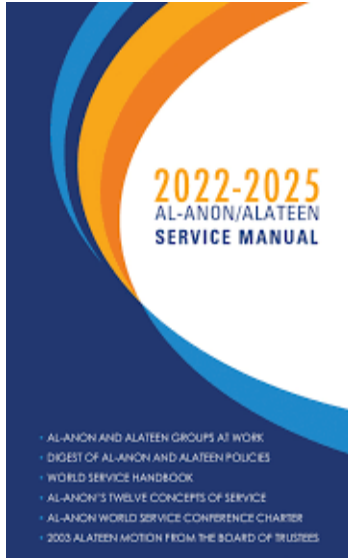
**Treasurer  
Outreach Coordinator  
Institutions Coordinator  
Special Events Coordinator  
Web Coordinator**

**Alternate Positions:**

**Treasurer  
Web  
Diversity  
Outreach  
Institutions  
Special Events**

**For a description of these positions please find them on our members tab at ([South Valley Al-Anon.org](http://SouthValleyAlAnon.org)) Web page using the navigation bar. Titled D 19 Guidelines-Handbook. And as Always we don't have to do it alone.**

**In Service  
Mary O  
Dist 19 Rep**



## The Answer Is in the “Service Manual”

Growing up in the family disease of alcoholism affected how I communicated my needs and wants. In Al-Anon, I’ve learned to talk to other members and reason things out with them. What a novel idea! But how do I do this? How can I participate?

Participation in Al-Anon group business meetings gives me the chance to practice the principle of engaging in a “loving interchange among members”—a discussion. As a member, I have resources at my fingertips to answer almost any Al-Anon group-related question that begins with “how,” “what,” “where,” “when,” or “why.” The answer can almost always be found in the *Al-Anon/Alateen Service Manual* (P-24/27)!

The current [2022-2025 Al-Anon/Alateen Service Manual \(P-24/27\)](#) is available on [al-anon.org](#) as a free download! While there, use the search feature to find what you’re looking for. Be informed! Have fun using Al-Anon tools!

*By Sue P., Associate Director—Group Services*