

**Connecticut Area World Service Committee**  
**Delegate's Report**  
**January 6, 2006**

Dear Friends,

As I face the new year 2006 and reflect on where I am traveling on my personal journey, I am also looking at where Connecticut Al-Anon seems to be headed, as well as world-wide Al-Anon after 55 years. I keep thinking about the question, "What can we do as Al-Anon members, individually and collectively, to maintain healthy groups, allowing each member to grow in relationship with his/her Higher Power and attract newcomers who want to stay because they see and want what we have received in Al-Anon"?

Over the years I have had wonderful opportunities to attend meetings from Hawaii to Germany. When I look for a healthy group where my personal recovery can be enhanced and grow, a number of things stand out for me:

- ❖ Members of healthy groups share their experience, strength and hope about how they are recovering from the effects and behaviors and attitudes and thinking and coping skills acquired as a result of loving and living with alcoholics.
- ❖ Members of healthy groups do not whine, complain or lament about others (especially the alcoholic). Members keep the sharing focused on their own recovery and share details with sponsors or others on a one-on-one basis,
- ❖ A healthy group intentionally studies the Traditions and Concepts, making sure that they are discussed and understood as well as possible by the group members.
- ❖ A healthy group provides unity by taking a group conscience when necessary and adhering to what is the greatest good for the greatest number of people. (Tradition One)
- ❖ Healthy groups conduct group inventories whenever issues arise, or from time to time in order not to become complacent
- ❖ Healthy group members avoid the "Three Obstacles to Success in Al-Anon" – gossip, dominance and discussion of religion. (*See Alcoholism: The Family Disease*).
- ❖ A healthy group remembers that "Al-Anon is spoken here" – members of other Twelve Step programs leave those programs at the door. We seem to have enough difficulty keeping things simple, following our own simple program for complicated people!
- ❖ Members of healthy groups maintain the anonymity of other group members at all times.
- ❖ A healthy group does not permit cross-talk; does not allow one member to dominate any discussion or share longer than reasonable.
- ❖ Healthy groups have active Group Representatives (and alternates) and members listen respectfully to what is shared from the District, Area and World-wide fellowship.
- ❖ Healthy group members enthusiastically encourage undertaking service responsibilities.
- ❖ Healthy groups rotate service responsibilities on a regular basis.
- ❖ See the Al-Anon/Alateen Service Manual 2005-2006 pp. 47-52 for more!.

I hope each of you is recovering in a wonderful, stimulating, growth-producing, healthy group!