

- **2. How can we support each other**
- **-DR comes to meeting**
- **-Service Manual has answers**
- **-Mentoring at District level**
- **-Ask for help -Use e-mail**
- **-Bring someone to meetings**
- **-Phone/e-mail list for questions and support**
- **-Car pooling to meetings**
- **-Do something fun for lunch or after meeting**
- **-Service sponsoring -identify who in your District has done GR/DR, Alternate GR and other service.**
- **-GR phone lists (district) and e-mail addresses**
- **-District meetings**
- **-Service sponsor**
- **-Enthusiasm /attitude**
- **-Cookouts**
- **-Carpools -meeting in the car**
- **-Intra district activity**
- **-Share knowledge of what's happening, how to resolve issues and how service helps.**
- **-Meeting people personally during assemblies**
- **-Introduce yourself to others**
- **-Call District Rep.**
- **-Area help GRs get a DR and other service**
- **-Local level support**
- **-Encourage service sponsorship**
- **-DR visit groups**
- **-WSO mails information**
- **-Area mails information**
- **-District mails information**
- **-Business meeting**
- **-Copy information -share information**
- **-Having friends who are doing it, so we have fellowship with it.**
- **-Working the Traditions and Concepts**
- **-Past GRs attending with new GRs, and communicating with new GRs, working through Service Manual -Reaching out to past GRs**
- **-GRs lean on Alternate GR**
- **-Highlight info from Area info Service so they get to know structure above group level**
- **-Carrying the message**
- **-Encourage GRs to do the best they can**
- **-Support new GRs if others are dominating meetings**
- **-Having Service Sponsors**
- **-Asking for help**
- **-Communicate on problems**
- **-Get phone numbers**
- **-Get copies Assembly materials**

- **-Get with longer term members**
- **-Go to other local meetings to see how they work**
  - how other GRs handle their group (keep district connected)
- **-Offer to carpool to assemblies and to district meetings.**
- **-Breakfast before/dinner after assembly meeting - social time to process**
- **-Reading Concepts in "Pathways to Recovery"**
- **-Phone numbers of other GRs, keep in touch - contact information -USE IT!**
- **-Social!!!**
- **-Train our replacement**
- **-Ask questions**
- **-Study Service Manual**
- **-Offer to be a service sponsor to those less experienced**
- **-Rotation of leadership -limit GR term -invite new people into service**
  - make rotation attractive
- **-Share rides to Assembly**
- **-DR can help inform and coordinate**
- **-Support from Area officers/coordinators (invite them to your District meeting)**
- **-Long time meeting members can offer Support**
- **-Use web and phone numbers to build our Area network**
- **-Asking for help and being willing to help**
- **-Create a GR helpline (AIS?)**
- **-Be a mentor (service sponsor) within your District**
- **-Be nice if each person leaving here today had a Service sponsor**