

## **Greater NY Al-Anon Family Intergroup, Inc.**

**4 West 43rd Street, room 308**

**New York, NY 10036**

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### **Welcome to service as an Intergroup Representative!**

We are so happy that you've decided to do service with NYC Intergroup. Here's some information from our website to get you started.

**The mission of Greater New York Al-Anon Family Intergroup, Inc.,** is to provide the friends and families of alcoholics in New York City with vital links to recovery.

**Intergroup serves this community by:**

1. Being an online and phone resource for information about Al-Anon.
2. Maintaining a volunteer-staffed a 'Hotline' to take calls to support members and newcomers in distress.
3. Maintaining an up-to-date listing of all Al-Anon & Alateen meetings in New York City.
4. Selling Al-Anon & Alateen Conference Approved literature.
5. Facilitating dialogue and public outreach, and fostering a sense of community among meetings throughout the five boroughs of New

*Always within the spiritual guidelines of our Traditions & Concepts*

Our website has an "[Intergroup](#)" header with a dropdown page called "[About Intergroup](#)." It has information about the service structure of Al-Anon, contains links to IR Meeting Minutes, an IR "Intake" form, and lots of information about being an Intergroup Representative.

Please explore the page. There's an explanation of IR vs GR, WSO vs Intergroup—don't worry, lots of folks don't know the difference when they start. There's also a recording of our [2021 Seminar about Service Beyond the Group Level](#) where members share experience, strength, and hope about how service really boosts recovery; it also discusses the spiritual

aspect of service.

**The *AL-ANON/ALATEEN SERVICE MANUAL*** is [available on-line](#) for free. There's also a [free PDF](#). We suggest you get a [hard copy](#) however, which is inexpensive and much easier to use. We try to keep it in stock at NYC Intergroup. It's a great resource when questions arise in the group and beyond the group level.

**The Intergroup Representatives (IRs) meet quarterly** on the last Tuesday of January, April, July, and October. Meeting dates and times are posted on the "[Important Dates](#)" section of NYC Al-Anon Intergroup website. Any IR or any member, is welcome to attend Intergroup Board Meetings, which are generally held on the second Tuesday of the month (but check the website for exact dates).

### **What should I actually DO?**

1. *Attend quarterly IR meetings*—IRs serve for three years, so just show up and get your bearings.
2. *Make "[Al-Anon Related Announcements](#)" at your group's 7th Tradition break*—Make at least one "Al-Anon Related Announcement" at each meeting, to help your group connect to the community and NOT be isolated. At Business meetings you can make a longer report if you choose.
3. *Use this service for your own recovery*—as you get more familiar with Intergroup service, you'll learn about other areas that might interest you and where you could help out.

**Intergroup has committees** which any IR (or any member) can join. New committees and teams emerge as IRs come forward to participate in areas

that interest them and their groups. As long as there is support from the IRs and the Board, and the project reflects our mission, Intergroup is glad to support new initiatives. For instance we once had a Seminar/Town Hall group with a focus on education and keeping in touch.

We also communicate with the Districts and the New York South Area to avoid duplication of effort. We are all in Al-Anon together.

Here's the "[Get Involved](#)" page from our website. As an IR, you can tell your group about this page. If you have sponsees, remind them that service is the recovery tool hiding in plain sight. Let members know what Intergroup does—or strives to do. Some committees don't yet exist for lack of volunteers, but it's all great service.

- Finance
- Share-a-Day
- Website
- Service Pool (Tech co-host, graphics, office help, etc.)
- Outreach: getting the word out: Al-Anon exists!

**Below is a list of Conference Approved Literature** on the theme of Service, and a couple of links to information about service from other Al-Anon websites: we're a worldwide fellowship. None of it is required reading, but all of it can help inform you about the practical and spiritual aspects of doing service.

[P-78 When I Got Busy, I Got Better](#)

[P-31 Sponsorship, What It's All About](#)

[P-88 Service Sponsorship: Working Smarter, Not Harder](#)

[M-78 Sponsorship-Working Together to Recover \[bookmark\]](#)

[B-22 How Al-Anon Works for Families and Friends of Alcoholics](#)

[Minnesota South: Service Sponsorship Workshop 2010](#)

[Vermont "Green Mountain Sharings" 2013](#)

**We are happy to answer any questions** no matter how broad or how specific. Make sure you fill out the [IR Intake Form](#) so our office manager can get you on the mailing list. To get in touch with the Board, email [Board@nycalanon.org](mailto:Board@nycalanon.org).

Thanks for your service, and welcome. We're glad you're here.

**2024 the Board Members:**

Farah TC (Chair)	<a href="mailto:pocameeting@gmail.com">pocameeting@gmail.com</a>
Camille A (Vice-Chair)	<a href="mailto:joyousnew@gmail.com">joyousnew@gmail.com</a>
[open] (Treasurer)	[open]
Betsy B (Secretary)	<a href="mailto:betsybrady2000@yahoo.com">betsybrady2000@yahoo.com</a>
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