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# Tips for GRs as FORUM Representatives

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1. Announce at meetings that *The FORUM*, as a concept, is considered Conference-Approved Literature (CAL).
2. Suggest the use of Round Table Topics as meeting topics.
3. Encourage groups and individual members to subscribe (regular and gift subscriptions). Have *FORUM* envelopes and *FORUM* order blanks\* available for this.
4. Inform members that *The FORUM* provides:
  - "a meeting in my pocket"
  - WSO news at a glance
  - Alateen sharings and questions
  - Calendar of events in U.S. and Canada
  - Reflections for personal use and meeting topics
  - *FORUM* flap offering new material
5. Make *The FORUM* part of your groups' lending library.
6. Encourage use of Step stories at beginner's meetings.
7. Distribute writing guidelines at meetings and encourage members to submit their sharings to *The FORUM* (service and personal).
8. Remind members that *FORUM Favorites* Vols. 1-3 are made up of members' favorite articles.
9. Inform members that *The FORUM* is available in braille and large print. (Contact WSO for availability.)
10. Pass on *FORUMs* to professionals, libraries, etc. as part of P.I., CPC, and Institutions work.

# The Forum Needs You!

You, our readers, are the most vital part of *The Forum*—because you share your experience, strength, and hope with other Al-Anon members in the U.S., Canada, and around the world.

## Here's a reminder of some types of sharings that *The Forum* needs:

- **Humor**—share your funny recovery stories with us!
- **Our Three Legacies**—Steps, Traditions, Concepts (particularly the Concepts)—how do you apply them to your life?
- **CAL Corner**—let us know how a specific piece of literature or e-CAL has enhanced your recovery.
- **Alateen**—are you a member or a Group Sponsor? Tell us how Alateen has affected your recovery.
- **My Story**—tell us your recovery story, from the beginning.

To reflect the diversity of our membership, we're making a special request for sharings from men, Canada, and other countries.



## Here are some guidelines to help you get started:

- Share an experience from the heart, with the focus on yourself, not the alcoholic or others.
- Relate a particular experience based on a program principle, such as detachment, acceptance, a Step, Tradition, or Concept of Service, etc., and give an instance of how and where you used it.
- Use first person (I, me, we, and us). Just as at a meeting, don't give advice or direction; express your own experience, strength, and hope. Be careful about using the pronoun "you;" it could mean that you're giving advice.
- Avoid generalities, outside issues, treatment-center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including A.A., are asked to write only of their experience in the Al-Anon program.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

**We are striving to bring you the best *Forum* possible. Please help us achieve that goal. We can't do it without you!**