

Below is a list of survival tips that have been handed down from a past DCM and GSR. They are merely their observations on how to have the best weekend possible. As always, take what you can use, and leave the rest.

Area Assembly Survival Tips from a past DCM

- The most important thing is to have your higher power with you. I know this sounds obvious, but sometimes we forget in the heat of the moment that we are forming a group conscience.
- Dress comfortably and in layers. The room in which the Assembly is held is invariably quite large and tends to be cool in the morning, then heat up as the number of people in the room increases and as we stay in the room over the course of the day.
- Drink plenty of water and eat well. Particularly avoid lots of caffeine and sugar, as these tend to backfire on you later in the day, when you become tired and cranky if you have had too much. (This one I learned from sad, personal experience!)
- Sleep well the night before. Nothing makes tempers short faster than a lack of sleep.
- Commit yourself to the idea that you will be at the Assembly from noon Friday until noon Sunday, you are giving your whole self over to AA. It's only one weekend a year. Please remember that Assembly business starts at 8:30 AM on Saturday, and nearly always goes until 10 or 11 PM. In some years (usually election years) it has gone as late as 1 AM. Please be patient and maintain an open mind. Impatience and intolerance only make the experience more difficult for you and everyone else.
- Please don't come with the mindset that voting on the motions is all we are there for, and everything else is a waste of time to be gotten through as quickly as possible. All of what goes on at the Assembly is the legitimate business of the Area, and is very important.
- Please ask questions. Your DCM is a great resource, and there are many other trusted servants who can help. Please make use of the Past Delegates; that's what they are there for! Also remember that if you are confused, it is likely that other GSRs are, too.
- Get up and walk around during the Assembly. The room is large enough that you can stretch your legs while still paying attention to what is going on.
- Bring something to do that won't take your full attention. If you knit or do needlework, this is the perfect type of activity. Crossword puzzles, drawing, anything to keep you somewhat engaged is very valuable. But whatever it is, you must still be able to pay attention to the business going on at the Assembly itself.
- Bring a seat cushion. The chairs will probably not be padded and it's a long day.
- Above all, remember that this is YOUR Assembly. HAVE FUN!

Area Assembly Survival Guide by a GSR

- The most important thing to remember is that "there is one ultimate authority, a loving God, who expresses Him/Her/Itself in our group conscience." We are serving Alcoholics Anonymous.
- Take Care of Yourself!
 - Drink plenty of water and eat well. Particularly avoid lots of caffeine and sugar, as these tend to backfire on you later in the day, when you become tired and cranky if you have had too much (this one I learned from a sad, personal experience!)
 - Sleep well the night before. It's a long day and being tired can impact your participation. I find I am more loving and tolerant when I am get good sleep!
- Don't be afraid to ask questions! If you are confused it is likely that at least 100 other GSRs are too. Don't hesitated to reach out to your elected, appointed or Past Delegates. During breaks you can go visit them at the back table OR use the Chat feature in Zoom to message them. Past Delegates are exceptionally experienced and really want to tell you how it's done!!
- Don't think that voting on motions is the only reason you are at the Assembly. All of what goes on at the Assembly is the business of the Area and is important to you as a servant of Alcoholics Anonymous.
- Get up and walk around during the Assembly. You may be at home or onsite, remember that moving around is important. Just please keep side conversations to a minimum and/or turn off your camera at that time.
- Please give presenters your full attention. The information they are presenting demonstrates how our Area is carrying the message to the still suffering alcoholic. Also, they are giving you a great summary of the work going on throughout the entire year.
- Keep in touch with your DCM and district members! If you are not onsite, some districts are creating chat groups (slack, WhatsApp, Teams, etc.). You can also use the chat feature during breaks, lunch and dinnertime. You aren't in this alone!
- Commit yourself to the idea that you will be at the Assembly all three days. Take the mindset that the Assembly runs from noon Friday until noon Sunday, you are giving your whole self over to AA. It's only one weekend a year.
- Bring something to do that won't take your full attention like knitting, needlework, coloring books, fidget spinners - anything to keep you somewhat engaged but able to listen to the business going on at the Assembly itself.
- Bring an open mind!
- leave agenda at home
- leave debating skills at home, bring love and tolerance, everyone is coming to do what's best for AA
- This is a spiritual experience, our job is to be happy, joyous and free
- Don't come with a mindset that voting on motions is only business we do.