How to Survive an Assembly

• **Before** you arrive, read the service manual and bring it with you.
• **Introduce** yourself to others. Fellowship is an important part of Assembly.
• **Take** notes. Your group needs to be informed of NCWSA business.
• **Be** considerate. If you need to talk to your neighbor, write a note.
• **Be** engaged. Ask questions about the topic of discussion or use the “Ask It Basket” form for any other questions.
• **Listen** to others. Please don’t repeat a comment already said at the microphone.
• **Be** respectful. Whether you agree or not, **don’t applaud or make noises** after someone has spoken at the microphone.
• **Represent** your group’s conscience, but “Keep an Open Mind” as additional information may change your vote. Our Higher Power is in charge and is expressed through our “informed” group conscience.
• **Practice** “How Important Is It?” Sometimes we make mistakes, and we can recognize them and change our mind later.
• **Help** keep Assembly safe for everyone. We are all doing our best for the common good, but may have different approaches on how to achieve those goals.
• **Recognize** when your buttons are pushed. “Principles Above Personalities” means instead of reacting to the personality, you objectively listen to what principles are being discussed.
• **Respond** to what someone else has said with courtesy and love. Your participation in the discussion is highly encouraged!
• **Practice** self-care. Breathe. Hydrate. Take a break. Stand up and stretch. Bring something to do like knitting or coloring that allows you to pay attention, yet helps pass the time.
• **Fill out** an evaluation survey online at [www.ncwsa.org](http://www.ncwsa.org) so Assembly will be even better next year.
• **Congratulate** yourself! You are Al-Anon in action!