

**TRADITION 4. “Each group should be autonomous except in matters affecting other groups [ or Al-Anon] as a whole.”**

Each group may decide the format and procedures for their meeting. No authority has jurisdiction over the customs, rituals, practices and/or agenda of the group, but healthy groups usually are the ones which adhere to the principles of all the Traditions. All groups must abide by the House Rules of the Dakota Alano Society as stated in Section 1.2 of this guide.

The meeting agenda (Section 1.3) is only a sample agenda. You can add to it, delete parts of it, or create a different one; it is determined by the group conscience. Your group decides whether to have step, topic, speaker meetings, or various combinations.

Some groups use a roster as a source of information for that group only. Rosters are used as a resource to keep current membership updated and as calling lists. They can list full names, first names and last initials or first names only. Sometimes an asterisk (\*) is placed near the names of those members who are available to sponsor others or to be temporary sponsors/contacts.

Groups usually appoint/elect a service group consisting of a group leader, secretary, treasurer and/or others. Sometimes one person acts in all positions. Terms might be 3 or 6 months. Usually the treasurer has at least one year of sobriety/recovery.

It is suggested that the group leader have 3 months of continuous sobriety.