

CENTRAL OFFICE DELEGATE

Group representation at Central Office:

The Central Office Delegate provides an essential service to the A.A. community, linking the individual group conscience with the Denver Area Central Committee (Intergroup) and the Central Office. This vital communication is a two-way process. The Central Office Delegate presents to the Intergroup and to Central Office the individual group need to help the still suffering alcoholic, and taking back to the group the assistance and suggestions that comes from the interaction. Communication is the key to helping the still suffering alcoholic.

This communication takes place during the regular scheduled monthly meeting at 2290 S. Clayton in the church basement at 6:30pm on the first Tuesday of each month. It is during these meetings that COD's get to share their experience and ideas with other COD's.

What do Central Office Delegates do?

The duties of the Central Office Delegate include, but are not limited to the following:

- Attend the monthly delegates meeting. Attendance at meetings is important so that each group has a voice in reviewing the activities of all the committees and approving actions. The meeting is also attended by officers and committee chairpersons however, **COD's or their alternates can make motions, second motions and vote. Each group has only one vote.**
- Report the results of these meetings to your home groups. Arrange with your group secretary for a few minutes at each group business meeting to keep members informed about what is happening at Intergroup and Central Office.
- Informing the Central Office staff of home group meeting times, places, and days to keep the published meeting directory up-to-date.
- Urging home group participation in the 12 Step List, Night Watch, Bridge the Gap, Last Drop newsletter, Longtimers luncheon, and other activities. All of these activities require volunteers. Most AA members need only be reminded their services are needed.
- Encourages the home group to observe the 12 Traditions.

Know the bylaws

Knowledge of the Central Office guidelines will make your job much easier and will answer many of the questions you may have. A copy of the guidelines is provided in this packet.

On becoming a Central Office Delegate;

Their home group elects each Central Office Delegate. The standard rotation for serving as a COD is one year. The Central Office Delegate should have a minimum of one year of sobriety. It is also helpful if the COD has done service work at the group level. These however, are only suggested guidelines. The groups conscience is the final authority. Any recovering alcoholic who wishes to enhance his sobriety and serve this fellowship is welcome. Report your information to the Central Office so that you can receive the monthly newsletter "The Last Drop" and notification of upcoming meetings.

Ask Questions !

Alcoholics Anonymous is now making the greatest strides in its history in membership growth, service to the community and the respect of professionals and the public. **Each group and every representative has a vital role to play in this process.**

Help Keep AA Self-Supporting

One of the ways a Central Office Delegate can serve is to encourage his/her group to be consistent in making contributions to the Denver Central Committee, the district, the Area and The General Service Office. Keep members aware that, on every level, AA is self supporting through our own contributions.

The Central Office was established in 1966, by the AA groups in the area, to perform services which would be difficult for individual groups to perform alone. Then, as now, *the groups came first; the Central Office serves the groups.* In a sense, our Central Office operation is an *extension* of each individual group in the Metro Denver Area.

Being a Central Office Delegate or Committee member brings you face-to-face with AA's overall activities. Encourage home group members to assist in our mission of "carrying the message".