

**S-ANON**  
International



Family Groups

## SERVING AS AN S-ANON REGIONAL TRUSTEE

### INTRODUCTION

A Regional Trustee (RT) is a trusted servant who serves the S-Anon fellowship and the members in their Region as a member of the Board of Trustees (BOT), a key component of the Legal S-Anon/S-Ateen service structure. RT service positions allow each of the six Regions in North America to be represented, and provide a Regional perspective at BOT meetings. The RT also supports trusted servants at all levels in the Region and works to ensure that information from the World Service Office (WSO) and BOT is distributed to Delegates, Intergroups, Groups and in many cases, Lone Members in their Region.

### TERM OF OFFICE

An RT is selected for one three-year term and may serve one additional consecutive term of three years. There is a six consecutive year maximum to serve as RT. If the RT's service begins during the predecessor's uncompleted term, the RT serves until that term of service is completed and has the option to serve a full term following the partial term. Note that concurrent service as a Traditional trusted servant (Area Delegate) and a Legal trusted servant (Trustee) is a conflict of interest. For example, if an Area Delegate is approved to fill a Trustee position, the individual must resign their Area Delegate position.

### QUALIFICATIONS FOR SERVICE

It is suggested an RT be a member of S-Anon for at least five years, attend S-Anon meetings regularly, have a sponsor, and work the Twelve Steps. Service experience above the Group level is helpful, as is familiarity with the S-Anon/S-Ateen Service Manual and the willingness to learn about and apply the S-Anon Twelve Traditions and the S-Anon Twelve Concepts of service. Energy, enthusiasm and a strong desire to be of service at the international level is essential. Members interested in serving as RTs are encouraged to learn as much as possible about the responsibilities and time commitment required to serve in the role.

### REGIONAL DIVISIONS

North America (U.S. and Canada) is divided into six Regions:

- *Midwest:* Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin
- *Northeast:* Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia. In Canada: New Brunswick, New-

foundland, Nova Scotia, Ontario, Prince Edward Island and Quebec

- *Northwest:* Alaska, Idaho, Montana, Oregon, Washington, Wyoming. In Canada: Alberta, British Columbia, Manitoba, Northwest Territories, Nunavut and Saskatchewan
- *Southeast:* Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee
- *Southwest:* Arizona, Colorado, Kansas, New Mexico, Oklahoma, Texas and Utah
- *West:* California, Hawaii and Nevada

### SELECTION PROCESS

An RT must be voted in either by the groups in the Region in which he/she would serve or by a vote of the BOT, if the Region is not sufficiently organized to conduct an election process. If an RT is elected by the Region, the RT is seated on the BOT without further qualification or election by the BOT. If a member volunteers to serve as RT and the Region does not have an election process in place, the BOT requests a service resume and application from the candidate who is then confirmed by a majority vote from the BOT. For more information about the election process, please refer to "The Process for Electing a Regional Trustee," found on the Area Structure page of the S-Anon website at <http://sanon.org/ElectRegionalTrustee.pdf>.

### OBJECTIVES OF THE RT ROLE

The RT's primary goal is to grow and strengthen the S-Anon fellowship in his/her Region, and to provide a voice for Areas in the Region that have not elected their own Area Delegates. The RT accomplishes these objectives by working with the Area Delegates and Alternate Delegates in their Region, participating in monthly BOT meetings (including the annual face-to-face BOT meeting), and participating with a voice and a vote in the annual World Service Conference (WSC).

### SUGGESTIONS FOR SERVICE AT THE RT LEVEL

What does an RT do? Responsibilities will vary depending upon on the needs of the S-Anon fellowship in the Region the RT is representing. The suggestions offered below represent tasks that current and past RTs have found to be effective. Each RT has the freedom to choose what works best for the Region.

In the first few months after beginning a term as RT:

- *Contact the WSO.* An important first step involves gathering information about the Region that is maintained

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- by the WSO, including contact information for Area Delegates as well as Group and Intergroup contact lists.
- *Contact members in the Region.* Introductions are always a good first step for incoming RTs, who are encouraged to send a letter or email to all S-Anon groups and lone members in the Region. An introduction letter or email can also explain what trusted servants can expect from the new RT.
  - *Get a Service Sponsor.* Experience has shown that working with a mentor or service sponsor is a critical element in healthy service at the RT level. Contact the BOT Chair or WSO for assistance identifying a mentor and/or service sponsor.
  - *Review Orientation Materials.* A new RT receives links to a number of documents about the legal responsibilities of Trustees, information about how the BOT operates, and the RT's role in the BOT process. Reading these documents as soon as possible will speed the RT's orientation. The BOT chair and WSO Executive Director are available to answer any questions.
  - *Reach out to the former RT.* In addition to smoothing the transition, reaching out to the outgoing RT (if available) will pave the way for a smoother transition by giving the incoming RT information, materials and the former RT's experience, strength and hope.
  - *Save the Dates.* BOT service includes a number of standing meetings, including the monthly BOT conference call, the annual face-to-face BOT meeting and the WSC. The RTs also meet monthly via conference call. It is suggested that new RTs put these events on their calendar as soon as possible after stepping into the RT role.

## THROUGHOUT THE RT'S TERM OF SERVICE

- *Participate in RT Calls.* Monthly calls with other RTs provide a forum for discussion among peers. Topics of discussion include WSC motions, BOT business, and issues raised by Area Delegates or groups from any Region.
- *Establish Regular Communication with Trusted Servants in the Region.* Conducting monthly/quarterly calls (Regional Assembly Meetings) with Area Delegates and Lone Member Coordinators opens the lines of communication, provides a forum for the discussion of local issues, and serves as a reminder to Area Delegates that support is available.
- *Learn about the Region.* Incoming RTs are advised to find out as much as possible about the Region. Which Areas make up the Region? Which Areas have no meetings? Which Areas have meetings but no Area Delegate? Where are the Intergroups? Where are the Lone Members? Are there any upcoming events?
- *Serve as a Liaison.* RTs can play a key role in opening the lines of communication between the BOT and states/provinces that do not have an Area Delegate.
- *Encourage growth of S-Anon in the Region.* RTs support growth by helping Areas fill Area Delegate vacancies,

recruit candidates for RT vacancies, assist with and promote events in their Regions, forward communications from Groups to Area Delegates, the WSC and BOT and vice versa, help to increase the knowledge of trusted servants at all levels, and increase communication among the Delegates in the Region.

## BENEFITS OF RT SERVICE

A growing network of recovery friends, exposure to new situations and different ideas, the satisfaction of nurturing the growth of the S-Anon program, and enhanced personal recovery are just a few of the many benefits of service at the RT level. By serving as a conduit for the mutual exchange of ideas between members, Groups and Areas in his/her Region, the RT gets to experience the power of the larger group conscience process in action. Service at this level also reinforces the "we" nature of the S-Anon program as RTs rely on the experience, strength and hope of others to support and sustain their efforts.

*"Through doing service, I have gained a deeper level of acceptance and trust that a higher power is looking after the fellowship. We are but 'Trusted Servants' in every sense of the word."*

— (From *Working the S-Anon Program*, page 106)

## ADDITIONAL RESOURCES

Learn more about the RT position in the following resources available at [www.sanon.org](http://www.sanon.org):

- *S-Anon/S-Ateen Service Manual*
- The S-Anon Service Structure at [http://sanon.org/Service\\_Structure\\_Diagram.jpg](http://sanon.org/Service_Structure_Diagram.jpg)
- Process for Electing a Regional Trustee at <http://sanon.org/ElectRegionalTrustee.pdf>

If you are interested in serving as a RT and wish to speak to a member serving in one of those roles, please contact the World Service Office.



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Family Groups, Inc. 2014  
World Service Office (WSO)  
P.O. Box 17294  
Nashville, TN 37217  
615-833-3152 or 800-210-8141  
email: [sanon@sanon.org](mailto:sanon@sanon.org)  
Website: [www.sanon.org](http://www.sanon.org)

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