

## **A Workshop? Why? What is a workshop anyhow?**

A few years ago, just prior to the pandemic, I was trying to get District 24 active. My Home Group is in District 24. I asked for help and advice from the Delegate at the time, Nancy F., Panel 70. She immediately suggested, "Have your District sponsor a workshop." My reply was, "A workshop? Why? What is a workshop anyhow?" Well, before I got much further, Covid spread like crazy, everything shut down and so did my efforts to get my District functioning again.

Fast forward to August of this year. As your Delegate, I was privileged to attend several workshops, and panels and presentations, first at the 69<sup>th</sup> Annual Ohio State Convention, and then at the East Central Regional Forum. What makes a workshop different from a presentation or a panel? Well, a presentation is delivered by one individual about an item of interest, and it usually does not take time for questions from the audience. A panel is different in that it consists of a few individuals, perhaps three or four with a moderator to introduce each panel member. Each person on the panel either shares their individual experience about the subject, or each member may focus on a different facet of the main topic under discussion. A panel may allow questions from the audience with the moderator guiding the inquiries.

A workshop is different. A workshop encourages, no, it requires audience participation. A workshop has a moderator who defines the topic under review. This person will have prepared, thought through, and researched remarks on a particular theme or question. The moderator then asks some leading or open-ended questions to start the conversation with everyone in the room and is responsible for guiding the remarks so that the exchanges stay on topic. Another person acting as scribe, or notetaker, helps to clarify and summarize comments that are made. When attendees have thoughts and ideas about the topic to be discussed, and are ready to share and ask questions, then every participant comes away with an improved understanding of the subject matter that was reviewed.

What ideas or questions do you have that would benefit from a workshop? What annoys you about Alcoholics Anonymous? A.A. is 90 years old; how did it survive so long? What can we do now to make sure A.A. survives long into the future? What is the 'Upside-Down Triangle' ...what does it mean? ...how did it come about? Here are a couple of more questions: What are A.A.'s 36 principles? What is '1728 Sponsorship'? Is general service political? What is the 'Spirit of Rotation' and why is it important?

Do you want to have a workshop? Let me know; we can do one!

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