

Kindr Handbook

The ***Kindr Handbook*** outlines the principles and criteria for **Kindr** Group membership. Whether you are new or seeking to understand the structure, this handbook breaks down the essential aspects for a clearer understanding. The ***Kindr*** Group is a supportive community focused on sobriety and recovery, understanding and adhering to the principles outlined in this handbook contribute to the collective well-being and success of the fellowship.

What is the Primary Goal of the Kindr Group?

Our primary purpose is to stay sober from our addictions, addictive behaviours and to help others recover through the Twelve Steps framework.

Kindr Membership Criteria

Kindr is a group of LGBTQ+ identifying men who come together in twelve step fellowship to achieve a sober and clean life. Membership is open to any LGBTQ+ identifying men with a desire to stop gambling, drinking alcohol, using drugs, acting out in sex and love or any form of addictive behaviour.

How is Kindr Funded?

Our ***Kindr*** group is self-supporting, funded by member contributions without external affiliations. As with other fellowships, ***Kindr*** has no affiliations with external organisations, and expresses no opinions on outside matters.

Where does Kindr meet?

We run regular online and in-person meetings. In addition the group regularly meets up for social activities, which the group believes is an integral part of building connections which helps to achieve and maintain sobriety.

How does the Group Function?

In line with other 12 step fellowships, the collective voice of members guides decisions affecting the Group, which happens through regular ***Group Conscience*** monthly meetings.

Group Conscience is where members are elected to the ***Steering Committee***. The Steering Committee consists of a number of roles, which are filled for a fixed duration depending on role type and are eligible to any member who fulfils the criteria for sobriety. The Steering Committee is responsible for the day-to-day operations of the Group. The table below outlines the roles and responsibilities, elected term and length of sobriety needed in order to be nominated for a role.

Rotation of roles prevents power imbalances and promotes equal sharing of responsibilities. No member is allowed to hold any position for more than two years. Traditionally, members move on to different roles after one term to avoid personality-based problems.

Steering Committee Roles			
Role	Main Responsibilities	Elected Term	Sobriety Criteria
Group Secretary	Maintains relations, ensures rent is paid or pays it, and leads Group Conscience meetings.	2 Years	2 Years
Meetings Secretary	Organises rotation and training of Meeting Secretaries and can act in-lieu of the Group Secretary whenever the Group Secretary is unavailable. Manage documents published by Kindr.	1 Year	1 Year
Treasurer	Manages finances, provides reports, and maintains a prudent reserve.	2 Years	2 Years
Liaison Officer	Maintain good relations with our in-person meeting providers.	1 Year	1 Year
Meeting Secretary	Organises meetings, makes announcements, and ensures newcomers feel welcome.	3 Months (Can be extended for an additional three months with agreement of GC)	90 days for in person meetings 60 days for online meetings

Group and Individual Responsibility to Kindr

Each member is responsible for the continuing survival and welfare of Kindr. Group Conscience is vital for making responsible decisions in the interest of the fellowship. Individual freedom is crucial, but it comes with the responsibility of carrying the Kindr message. Sobriety through the Twelve Steps is the sole purpose, and anonymity should be preserved.

What Types of Meetings does Kindr Run?

Whilst not all types of meetings are currently in operation, it is envisaged that **Kindr** will run the following types of meetings in time.

Ordinary **Kindr** Meetings (Closed): Members share experiences, strengths, and hopes.

Step and Tradition Meetings (Closed): Devoted to understanding Steps and Traditions in rotation.

Group Conscience Meetings (Closed): Decisions affecting the Group are made collectively.

Open **Kindr** Meetings: Open to all, where members share experiences and recovery. Open Kindr meetings may include Al-Anon speakers and professionals.

Group Inventory Meetings: Periodic discussions of Group strengths and weaknesses to ensure effective functioning.

Important points about meetings; there is no exclusion based on identity, meetings are open to all GBTQ+ identifying men who want to get clean and sober.

Does Kindr produce Communications?

No literature is produced without consent from the **Kindr Group conscience**. The official Kindr website is www.Kindr.ie.

What Kindr Does Not Do

Solicit Membership.

Does not persuade anyone to join **Kindr** who does not want to.

Does not keep membership records or case histories.

Does not engage in or sponsor research.

Does not join counselling or social agencies but may cooperate with them.

Does not make medical or psychological diagnoses.

Does not provide medical or psychiatric treatment, hospitalisation, drugs, or nursing services.

Does not engage in education or propaganda about alcohol.

Does not provide housing, clothes, food, jobs, money, or other welfare services.

Does not provide/suggest counselling services.

Does not accept payment for its services or funding from non-Kindr sources.