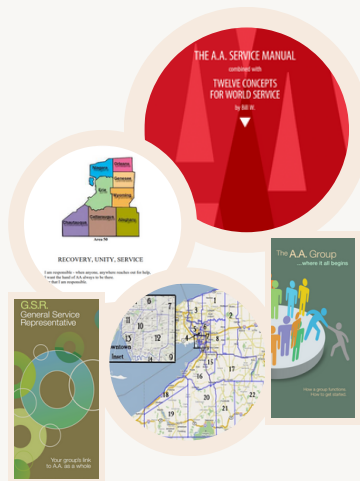




GSR News Coffee Hour Recap

I am responsible. When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there. And for that: I am responsible.



Committee Meeting Information

Accessibility	Corrections	Treatment	GSC/IC
Third Monday each month 7pm - 8pm Next Meeting: 2/19 Meeting ID: 924 701 5237 Passcode: 924 502	Second Thursday each month 8am - 9pm Next Meeting: 2/8 Meeting ID: 838 427 4414 Passcode: 500 849	Third Thursday each month 8pm - 9pm Next Meeting: 2/25 Meeting ID: 873 543 8260 Passcode: Treatment	Last Tuesday each month 8pm - 9pm Next Meeting: 2/27 Meeting ID: 949 421 400 Passcode: 04
Archives	Finance	WebTech	Area Committee Meeting
Fourth Wed. each month 8pm Next Meeting: 2/28 181 Crocker St. Susan NY Meeting ID: 338 412 2122 Passcode: Area50	Last Friday each month 8pm - 7pm Next Meeting: 2/23 If interested, contact Sue B. at p74financial@neraasa.org for information	First Wed. each month 7pm - 8pm Next Meeting: 2/7 Meeting ID: 825 5427 7785 Passcode: 4198203	Changes Monthly Next Meeting: 2/28 8pm Meeting ID: 993 4272 4284 Passcode: 024624 ALL are welcome to attend!

What's Roasting?

Happy February Area 50! I hope you all have been enjoying the bits of sunshine these past few weeks! I would love to start off by saying Thank You!! to all of you in attendance at the last Coffee Hour on February 1st. It is absolutely amazing to see so many of you joining us to learn, ask questions, and become informed! It is truly a treat!

We covered a lot of great material at the last Coffee Hour - such as the importance of the GSR role itself, where to find guidance/resources, the impact of Tradition 5/Step 12 in carrying the message, when all of the Area committees meet, how to help inform home group members, tips on creating reports for business meetings, and finally, the Pre-Conference timeline! In case you missed it, all of that information is available on the Area website under the GSR Resources section (area50wny.org > Area 50 Resources tab > GSR Resources link). Click the school bus to access the GSR School page, where all of the slides will be available for download to be used as a resource or tool later, whether for personal use or to help create your report for your group's business meeting!

In other news...we are swiftly approaching that time of year known throughout General Service as "Pre-Conference". If you are a new GSR and/or have no idea what that means, we strongly encourage you attend the next GSR Coffee Hour on March 7th! There we will be covering all things Pre-Conference - such as the Agenda Items, the Delegate's Questionnaire, the Literacy Survey, what the heck the difference is between all those things, and then some! It is a very exciting time of year! Also at the next Coffee Hour, with NERAASA around the corner, we would love to hear some experience, strength, and hope from any GSRs that attend! Any GSR present will have an opportunity to share and participate. We look forward to seeing you there and I hope everyone has a BLAST at NERAASA!!

-CONTRIBUTED BY JEN W.

Coming Up:

Next Coffee Hour:
March 7th, 7pm
507 924 3980
Passcode: area50gr

NERAASA
February 23rd-25th
Hershey, PA
<https://www.neraasa.org/register/>

Agenda Week!
March 25th-29th

Pre-Conference G.S.A.
April 6th, 10am-2pm
3766 Abbott Rd, Orchard Park

Committees and Service Go Hand in Hand...

Thank you to all of the fellows who suited up and showed up to our sweet second coffee hour and a huge WELCOME to our 14 new attendees! And to any members who weren't able to attend the Coffee Hour, your presence was missed and we hope that the recap email from Jen W. found you well, along with this handy dandy newsletter!

During our first GSA of 2024 - and of Panel 74 - on January 6th, there was an *outstanding* General Service Committee Fair which showcased the various service committees of Area 50. We hope it encouraged GSRs and *all* fellowship members who are attracted to General Service to participate in the growth of their recovery through General Service—as Amanda B. outlined in our previous Coffee Hour—and to carry that message in Step 12 and uphold that Tradition 5!

Half of the battle with committee participation is knowing when, how, and where to get connected, and who to get connected with! In the email attached with this newsletter, you will find the service committee meeting information to capitalize on both for yourself and your home group!

The beauty of being a GSR is that it truly is the privilege of being the 2-way oxygen mask between the home group and the rest of the upside-down triangle! GSR's can be that living representation of Step 12 and Tradition 5 to *all* of the facets of the upside down triangle; by carrying the message and informing home group members of the committee meetings within the Area, District, and Intergroup offices. That then plants the mustard seed of service within the home group by members becoming committee liaisons as outlined on pages 25-27 of the Conference Approved Literature Pamphlet called the *AA Group*. Being involved with a committee is an excellent way to expand growth within one's recovery journey, and to be a direct living manifestation of the beacon of hope that ensures connecting newcomers to the solution outlined in our program of action.

Thank you so much to the beautiful souls whose mesmerizing eyes read this newsletter! I pray that this has been a mustard seed of attraction for the empowerment that lies within the potent passion of service commitment opportunities, not only for yourself as a GSR, but to the members of your home group!

-CONTRIBUTED BY TRACY D.

A Lesson from the Longtimers:

“The answer to getting out of your care, boredom, and worry is more A.A.! Do something more, do something new, and get busy!

God, I am now ready that you have all of me - good and bad!”

-Brain B.

So we've attended the General Service Assembly...what do we do with all that information and inspiration? Besides joining a committee and being an active GSR in general service, we must find a way to share our experience with our fellow home group members.

As GSR's, we are bridges of information with two-way traffic. The report we give at the home group business meeting is the primary platform a GSR has to communicate to their group the ongoings of AA, therefore being a fairly important component of the GSR role. Receiving feedback to take back to the district/area levels is as important. Knowing the preferred communication styles of your home group will help you determine how much information is likely to be relevant or digestible when you give your GSR report. Keeping a group informed without overwhelming people can be a challenge until everyone gets more comfortable with the conversation around general service.

Once you have notes and handouts from attending the district meeting, area assembly, or other event, you possess tools which you can use to build your reports. **Our Service Manual has some suggestions on pgs 10-11.** Effective methods of reporting information during a business meeting might include verbally announcing three main highlights/takeaways and also providing a fuller, more thorough report, in a written form that can be read during their own time. Whether a full report is emailed to the home group members or put in a Service Folder, information is then made available without taking up more time than necessary during group conscience meetings.

Having a tangible tool that is available to home group members can be helpful to boosting and sustaining interest about general service. Perhaps announcing at the beginning of your regular meetings that the 'Service Folder' is available on the literature table or will be passed around during the meeting is a way to provide the information within it.

Many GSR's already have a similar structure in place and we all got to start somewhere. This folder being presented is just one way to shift the conversation to provide each home group member with the opportunity to get involved in a deeper level of their recovery through general service.

-CONTRIBUTED BY AMANDA B.

“Keeping a group informed without overwhelming people can be a challenge until everyone gets more comfortable with the conversation around General Service”