



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.

What's Roasting?

Happy March Area 50! Hope everyone has been happy, joyous, and free regardless of winter deciding to return as we were beginning to embrace the spring season.

In the meantime, Pre-Conference season has been coming along wonderfully, with lots of participation and involvement from all of you throughout the Area...so a big **Thank You!** is in order for that! We truly appreciate each and every one of you who are taking the time with your home groups to fill out the Delegate's Questionnaire, attend the supplemental events such as the Delegate's Coffee Hour and Agenda Week, and sending back feedback to our Delegate on the Literacy Survey.

For this edition of the Coffee Hour News, I would like to share some of the feedback from a couple of our GSRs and those in service who attended NERAASA 2024. There was an incredible turnout of Area 50 folks this year, and I believe it is important to hear the experience, strength, and hope from those in attendance!

One last mention - if there is anyone who is struggling with the Delegate's Questionnaire, has any questions about the process, or just any questions in general, please feel free to email p74gsrorientation@area50wny.org with any requests. We will do our absolute best to try and provide you with whatever you need to succeed!

Thank you again for your service, and Happy Easter to everyone! **-CONTRIBUTED BY JEN W.**

Coming Up:

Next Coffee Hour:

Thursday April 4th, 7pm
507 924 3980

Passcode: area50gsr

Agenda Week!

March 25th-29th

Pre-Conference G.S.A.

April 6th, 10am-2pm
3766 Abbott Rd, Orchard Park

Delegate's Coffee Hour

Tuesday April 8th
(same login as Agenda Week)

NERAASA 2024 Recaps

I had no idea what to expect going into NERAASA as a new GSR. But I was immediately blown away by the whole event. First of all, over 1300 alcoholics were there and everything somehow worked perfectly. The fellowship was positive and uplifting, but also serious about AA business. It also helped the mood that the local Hershey laws must have mandated that everything smell like chocolate.

One of my biggest takeaways was hearing the experiences of hundreds of AAs from outside our Area. It expanded my understanding of how this thing works and how big it really is. It was also great to see so many familiar Area 50 members on panels and at the microphones!

During breakout sessions, I attended the GSR roundtable, where we discussed Service sponsors, the process for gathering group conscience on Agenda Items, and went over common GSR problems. It really helped to put the GSR role into a much larger perspective, with a former AA trustee serving as our guide.

But my main highlight was just sitting and listening to the panel presentations, especially the reactions from the general body attendees afterwards. I loved that it was a space for all spectrums of opinion, where everybody was coming to the microphone with a love of AA in mind. Here's a small taste of what I learned:

- Zoom is here to stay, but it's not yet clear how virtual groups fit into our service structure. There is a push for a Zoom-specific Area for representation in the GSC, but it has a long way to go.
- The annual operating budget of GSO has increased so there is a continuing need for contributions. Only 1/3 of groups regularly send money to GSO, so make sure your group is contributing!

This event was one of the most valuable AA experiences I've had in sobriety so far. I'm looking forward to doing it again!

-CONTRIBUTED BY RYAN F, GSR THE GATEHOUSE



Happy Sober March, Area 50 Family! What an exciting time as we hunker down with our homegroups to review the Delegate's Questionnaire and be the connective conduit of our groups to the rest of AA!

What was also incredibly exciting was my first ever experience at NERAASA! What a BEAUTIFUL sense of unity that swaddled everyone like a warm fuzzy blanket in the air! With 1300 alcoholics gathered in unity, recovery, service, and LOVE for each other and this program in one sweet space full of amazing buffet food, with to-die-for desserts! The only thing I'll do differently next time is practice self care and take time off of work the day after I come home to decompress from so much magic!

It was such a beautiful feeling, to experience being so safe and protected with my tribe who have my back! At one point I had lost my favorite pink donut cup, and I had only told 2 Area 50 folks about it (neither of them were my service sponsor). After looking here and there for an hour, I gave up and gave it to God. A couple hours rolled past and my service sponsor got a message from a woman I never even met telling her the EXACT location of my cup!!! Talk about unity!

I will never forget how powerful it was to see a blind woman give a presentation about accessibilities in AA! To watch God work so powerfully through someone was truly an honor and a privilege! Not only that, it was amazing to see the interpreter's station relay back and translate, word for word everything the presenters discussed, while also translating for folks at the Q&A mics! What true MVP's they are, keeping non-English speaking AA's connected through the triangle!

Although there were a lot of contrast opinions expressed, I experienced a sense of love and unity through their differences! People may have felt passionately and differently on so many topics, however the group still had one goal in mind with all of the love in everyone's hearts-how to best carry the message to the sick and suffering alcoholic!

Experiencing the GSR Round Table with Billy N was truly an educational gift that broadened my horizons as a GSR. It fulfilled me with spiritual empowerment and a sense of purpose, which has allowed me to walk in God's courage by really pushing myself out of my comfort zone to act as a responsible hand of AA for the District and Area I serve!

Most of all, I loved the Fellowship! It was my first sober road-trip! The food was amazing, there were new friends that I made, and it was wonderful to see the Area 50 family members that I got to hug as we all "drank from the fire hose" of spiritual wealth of knowledge together! What a blessed opportunity and experience!

-CONTRIBUTED BY TRACY D.

"By saying yes to NERAASA and General Service, I am saying "yes" to being held accountable for my part in the legacy of this amazing program."

Imagine walking into the happy, joyous, and free sounds of eager alcoholics and the sweet scent of chocolate in a lobby of a stunning and welcoming hotel. Immediately, it was clear that the planning committee and the hotel staff were taking this event to heart by providing the best possible, efficient experience. Every guest received a full size Hershey Chocolate Bar upon check-in. If this is a perk of diving two feet into General Service, I'm in it for the long haul! Huge kudos to the hosting committee from Area 59 for showing us all in the Northeast Region how it's done! As a first timer at NERAASA, the bar was set high, knowing I was about to undergo another service-driven spiritual experience.

I had the pleasure of enjoying the weekend with so many people who I look up to and see as superheroes for how they serve and represent Area 50 and AA as a whole. Thank you to those who were brave enough and knowledgeable enough to visit the microphone, and to those who served as speakers and timekeepers for the panels. Area 50 was PRESENT and I was geeked out every time I saw the Area 50 family fully engaged in the discussions with friends of Bill from all corners of the Northeast Region of the US. It's clear to me that we are doing a lot of things really well and are doing our part for AA!

The reason I attended NERAASA is the same as the reasons I participate in any General Service event. It deepens my connection and understanding of AA, my Higher Power and myself. When I first got sober and was taught by some old timers that all I had to change was everything, I took that seriously. New people, new places, new things. Then my first sponsor told me that I don't have to have fear of the unknown, I just have to show up and be open to having a new experience. Being immersed within a room of 1300 people from the Northeast Region who are also super pumped about General Service, was absolutely a new experience. Being a part of a group conscience that size was remarkable to me. The inspiration is unmatched. I'm still amazed that I'm attracted to things that are healthy for me.

By saying yes to NERAASA and General Service, I am saying "yes" to being held accountable for my part in the legacy of this amazing program. It seems like the only thing I can do to show my gratitude is to learn all there is to know about all three sides of our triangle and share it with others. The people at NERAASA were generous in their sharing of their experience, strength, and hope. Even though the amount of information is comparable to drinking from a fire hose, anyone I turned to was willing to help me understand or find the answers to my questions. As someone who never wants to be the most educated person in the room, I NEED events like NERAASA in my life of recovery. As long as I'm humble to the truth that I don't know everything, I'll be seeking and growing. After all, the point is that we grow along spiritual lines - the people at NERAASA showed me how they do it, and it seems to be working! Sign me up for NERAASA 2025!

-CONTRIBUTED BY AMANDA B.