



# 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 almost summer, Area 50! With the warmer weather comes lots of fun and fellowshiping all throughout the Area. Between AA picnics and life in general, it's easy for our summer months get jammed packed with activities. Yet amongst the busy, there is still always service opportunities to be had!

Our next G.S.A., the Post-Conference Assembly, is coming up on Saturday June 1st. Not only will we get to hear first hand from our Delegate Steve J. about the happenings at the Conference, we will also be having an incredible guest joining us! Scott H., the current Chair of the General Service Board, will be present at our assembly, and will also be sharing his experience, strength, and hope at two speaker meetings that weekend - Lockport #1 at 8pm on Friday 5/31, and at the Chautauqua Lake Group Saturday 6/1 at 7pm. We are truly looking forward to meeting Scott and showing him what Area 50 is all about! And we hope that you, Area 50, will join us in a showing him exactly that!

Our next Coffee Hour will follow the excitement of the weekend on 6/6, where we will be hearing from some of our fellows on the foundations of "A Vision From You" - Step 12, Tradition 5, and Concept 1. It should be a very informative and heartfelt Coffee Hour, as these are topics near and dear to our hearts! We look forward to seeing you all at the events ahead! Til then, stay happy, joyous, and free Area 50! -CONTRIBUTED BY JEN W.

### Coming Up:

**Next Coffee Hour:**  
Thursday June 6th, 7pm  
507 924 3980  
Passcode: area50gsr

**Post-Conference G.S.A.**  
June 1st, 10am-2pm.  
First United Methodist  
65 Main St., North Tonawanda

**Chair of the General Service Board - Scott H.**  
Lockport #1 - 8pm Friday 5/31  
Chautauqua Lake Group  
7pm Saturday 6/1

### Service Sponsor? Do I need one of those?

**"AA Service is anything whatever that helps us reach a fellow sufferer-ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to AA's General Service Office for national and international action. The sum total of all of these services is our Third Legacy of Service." (1, Bill W)**

Service sponsorship as defined on pg 10 in the AA Service Manual reads "One alcoholic who has made some progress in recovery and/or performance in service and who is willing to share this experience with another alcoholic who is just starting their journey.". As the fledgling newcomer-to-service member is introduced to new language--GSR, DCM, area assembly, minority opinion, etc.--it is the Service Sponsor's duty to take them through the Traditions, Concepts and Warranties, as well as familiarize them with the AA Service Manual/Twelve Concepts of World Service, AA Comes of Age, and more helpful literature (25, P-15).

They can answer the plethora of questions a fledgling service member has in regards to roles, responsibilities, how to report to your group while also sharing experiences of time management and reasonable expectations for yourself and your role in service. Essentially, they are there to help! A service sponsor can be the difference between struggling in a service position versus having a helpful guide as a newcomer-in-service to help get you to the point of gaining a sense of purpose with accomplishment (9, AA Service Manual). I know personally, I felt very lost and confused about my role as a GSR and what it meant to be in General Service until my Higher Power guided me to the woman who is now my Service Sponsor!

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Leading by example, Service Sponsors often introduce members into various aspects of service by suggesting setting up a meeting, participating in a committee, attending assemblies as well as district meetings, and teaching folks the distinction between serving the needs of the fellowship and the personal needs of another group member. All while stressing the spiritual nature of service work, being a trusted SERVANT, pointing out the usefulness of simple footwork and faith (10, Service Manual)

Service sponsors also have to take into consideration the practicality of the fledgling service member in what service duties are realistic to their lifestyle situation and accessibilities (26, P-15). For example, I was given the GSR homework of putting up PIC pull tab flyers around places whenever I'm out and about, and it is beautiful to check a location and see all of the pull tabs taken from the flyer! My service sponsor also encourages me to have an open dialogue with her before enlisting myself in too many responsibilities of service because I WILL BURN MYSELF OUT stretching myself so thin!

You can find a service sponsor by simply reaching out to other alcoholics! You can ask your DCM, you can ask around your homegroup or at other meetings, at assemblies, or AA friends who know of anyone who is involved with "those committee things and stuff". If you don't know who your DCM is, you can reach out to Jen W, Amanda B, or Tracy D of the GSR orientation committee and we can gladly help point you towards the right direction and get you connected! Their emails are:

[p74gsrorientation@area50wny.org](mailto:p74gsrorientation@area50wny.org)

[abuffalobarry@gmail.com](mailto:abuffalobarry@gmail.com)

[tdudek2292@gmail.com](mailto:tdudek2292@gmail.com)

I met my service sponsor before she was my service sponsor by shaking her hand when I was making small talk at a meeting with her and our panel 72 Delegate, Denise. A couple months later a friend tagged us in a private Facebook post saying we should connect and I got to tell her I was a new GSR, we remembered who each other was, and it was a beautiful blossoming relationship from there! You just never know!

-CONTRIBUTED BY TRACY D.

*By being others centered,  
we find gratitude  
and humility,  
we find boundaries and  
purpose, and we find  
deeper sobriety.*

There are many levels at which we GSR's can be of service to Alcoholics Anonymous, starting with our home group. Back in January, we talked about the importance of being organized in our calendars and the benefit of having a service folder that contains several juicy service events. Depending on the attendance and the group conscience, there are many needs and plenty of hands that go into putting on a meeting of recovery. From greeting, seating, chairing, and of course, coffee, it is a powerful experience to work with our closest fellows to prepare for the newcomer or the suffering AA who may be yearning for the sense of 'Home' when they enter the room. Through regular business meetings, a GSR provides the opportunity to home group members so that each task is being tended to. Even if hosting is not your forte', being a welcoming and contributing member of AA can be.

On a monthly basis, the commitments of a GSR include attending District Meetings and possibly a Committee Meeting of choice. Since it takes a village to do anything in AA, a lot of action and many voices are essential to providing service to our communities. If not us, then who? If not now, then when? As we often say, 'I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that, I am responsible'. It is at the District Meetings and Committee Meetings that group consciences from the home groups become boots on the ground.

For those of us who want more, which is a nature of our disease, then perhaps the Area level events are attractive. Attending the monthly GSR Coffee Hours and the quarterly Assemblies will keep us informed so that we know the state of and the future of our greatest asset - the Fellowship. The need for willing and active AA members will always exist. A GSR gets to be the person to inspire other members towards a group conscience by sharing the experience of attending these Area events.

So, **how well do you want to be?**

If the point is that we grow along spiritual lines, then how do we do that? We do our steps, all the way through until we get to step 12, and then we do them again. Step 12 can be broken into 3 parts; 1) My relationship with my Creator (pg 13 of Bill's Story), 2) Sponsorship (pg 14) and 3) Carrying the message (pg 14). All of these can be developed through having a service commitment. By being others centered, we find gratitude and humility, we find boundaries and purpose, and we find deeper sobriety. A commitment to others may allow us to show up for someone other than ourselves, and with time, we may even come to enjoy the practice of being selfless...

-CONTRIBUTED BY AMANDA B.