



# 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?

*Your Source for Inspiration, News,  
and Connection in Recovery*

Greetings Area 50!

Panel 74 was productive in its efforts to find new ways of carrying the message of AA to the still sick and suffering. With the new year, we have a new panel of trusted servants who will continue to fulfill the goals curated in A Vision From You: Area 50's plan to help Alcoholics Anonymous thrive in WNY.

In December 2025, the Northeast Regional Forum (NERF) was hosted in Providence, Rhode Island. In 2027, NERF will be hosted by Area 50! It will be an incredible opportunity to connect with trustees and staff from our General Service Office. Stay near the general service arena to learn more about what to expect and how to help make it happen.

We remember during this transition from Panel 74 to Panel 76, that when GSRs connect their home group to AA as a whole, through events like NERF, we ALL experience the spiritual blessings that can ripple out to those needing it most.

Thank you for trudging with us,  
Amanda B and Emma K  
GSR Orientation Committee

## Coming Up:

Area 50

General Service Assembly

January 24, 2026

9:30a - 2p

Hosted by District 4  
coffee & lunch provided

**KICKOFF**

**PANEL 76**

Church of Nativity

1530 Colvin Blvd, Tonawanda, NY 14223

Recovery ✨ Unity ✨ Service



online info at  
[www.area50wny.org](http://www.area50wny.org)

**Next GSR Coffee Hour**

January 8<sup>th</sup>, 2026

Mtg ID: 893 0573 5161

Passcode: 356695

## GSR Notes from Panel 74 to Panel 76:



Hey, incoming GSRs! Welcome to a new chapter. If you feel overwhelmed by the jargon and acronyms, don't worry. You're surrounded by General Service members who've been in your shoes and are here to help you out, and to offer a fresh perspective. I had no idea what I was doing when I first started, but with time, everything began making sense. It was an incredibly rewarding experience in my sobriety and you're well on your way to experiencing it, too! -Ryan F

Panel 74 for me was a learning experience for sure. I was kind of thrown into a GSR commitment and didn't know much about General Service. I was able to make connections with other Area 50 members, which gave me the confidence I needed for exploring different aspects of service. Now I feel like I have the resources I need to serve as GSR Orientation chair and I look forward to Panel 76! -Emma K

I was humbled and honored to serve as GSR for the Derby Group and benefitted from a deeper understanding of all 3 legacies and how they work together in AA and in my life! -Dave G

The attitude of fellowship, and everyone's willingness to teach and to learn, from delegate to each member, made me want to continue contributing to the service structure. -Greg G

Being a GSR opened me up to a level of service that I never knew existed. Through help from others, I was able to navigate and appreciate service in a new way that keeps me sober. -Lex L

Panel 74 meant new beginnings to me. It was the first service position that I have held outside of my home group and it introduced me to my fellow "AA nerds" who are some of the most passionate and selfless service warriors that I have ever met. Going through the service manual with my service sponsor has also opened my eyes to how Alcoholics Anonymous continues to operate in this crazy world, while avoiding any major controversy. I am eternally grateful to God for leading me to AA and to AA for leading me to Him. -Andrew K

### *Former Delegate Note*

*GSR's, welcome to Panel 76 and a heartfelt thanks for your service to your groups, districts and area 50.*

*You'll hear people say how important your position is to our service structure. A little inside baseball, everything in A.A. is service, from the moment we put down the drink, to taking the steps (recovery) is service to ourselves and those closest to us; Unity is service to our group and the newcomer looking to get what we have; Service, our third legacy, is service to society, both inside and outside of the rooms. Always placing principles before personalities.*

*Communicate to your group to the best of your abilities and know that you are capable and your efforts will make A.A. better.*

*God bless, and remain fearless!-Steve J, Panel 74*

#### **General Service Representative Info**

[www.aa.org/the-aa-group](http://www.aa.org/the-aa-group)  
[www.aa.org/gsr-general-service-representative/](http://www.aa.org/gsr-general-service-representative/)