

# GSR News

## Coffee Hour Recap

November 2023

*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.*



### Panel 74 Area Service Committees

Congratulations to all of our new area Service Committee Chairs! Here are their names and contact information.

Please make sure to check the events calendar at Area50WNY.org in January 2024 to find out when the committees are meeting.

- ▶ **Accessibilities** Karen p74accessibilities@Area50WNY.org
- ▶ **Archives** Cindy p74archives@Area50WNY.org
- ▶ **(CPC) Cooperation with Professional Communities** Matthew p74cpc@Area50WNY.org
- ▶ **Corrections** Tony p74corrections@Area50WNY.org
- ▶ **Finance** Sue p74financechair@Area50WNY.org
- ▶ **Grapevine/ la Vina** Carolyn p74grapevine@Area50WNY.org
- ▶ **(PI)Public Information** Liz p74pic@Area50WNY.org
- ▶ **Treatment** Vanessa p74treatment@Area50WNY.org

### The Three-Sided Triangle

As the year is winding down and the spirit of rotation is in full swing, I'm grateful for the level of service AA and Area 50

have to offer us. I knew that General Service existed but for a while I was content with only serving within my home group. I figured I might dip my toe in the General Service pool at some point down the road but didn't expect to get involved in a very natural way. All my experiences with General Service so far have been because someone asked me "hey, could you help me with something?" or encouraged me by saying "there's a committee that's meeting and I think you can be a big help with what they're trying to do". Of course I said yes and slowly started to pick up pieces of information that filled the mysterious General Service void.

When I think about our three sided triangle (recovery, unity, service), each are the same size because they're equally important to our program. I keep the image of the AA triangle in mind whenever I'm doing a quick spot check to see if I'm being of maximum service. Sometimes I find myself spending too much time on one side and my triangle starts getting

**"With all that our Area has to offer, there's a level of service that fits everyone's skills."**

out of shape but God and good sponsorship help me get it back in line. When I first got sober and the drink had been put down, I kept asking myself "now what?". Service for me is the answer now. With all that our Area has to offer, there's a level of service that fits everyone's skills. Some are great at being a part of the planning, discussing, and organizing while others are more comfortable being the busy bodies at a convention, gathering, or event. Having a service component in our fellowship allows us to show newcomers that the miracle of this program can take them from feeling like a useless drunk to being a member in a fellowship that wants the best for each other while navigating this new spiritual life. We can find a real sense of purpose and direction within AA service and Area 50 has no shortage of opportunities.

*~Contributed by Patrick L.*

### Next Coffee Hour:

**Thursday Jan 4th 7 pm**

Please check the Area Calendar at Area50WNY.org

### Resources:

- Area50WNY.org
- AA.org
- Service Manual
- Buffalo Intergroup  
BuffaloAA.org
- Gen-Wyoming  
geneseewyomingcountyaa.org
- Niagara Falls Intergroup  
niagarafallsnyaameetings.com
- NY-PENN Intergroup  
nypennintergroup.org

### Next General Assembly:

**January 6th  
10 am- 2 pm**

Location TBD

## How Service Has Played a Part

When I first got involved in General Service a couple years ago, I kept hearing other fellows say how much Service had played a role in their growth and recoveries. Right from the get I felt myself give it the “yea sure, ok...” old-thinking thought. But not long after, once I actually attended my first Service event - the Pre-Conference Assembly - I immediately knew what they meant. Even though I had absolutely no idea what was going on, the feeling I got being there - seeing all these sober alcoholics come together to discuss topics with the intention of how can we best carry the message and help the next sick and suffering alcoholic - was indescribable. I left that assembly feeling electrified, and I'm pretty sure it was from that moment on that I knew that I would be involved in General Service in some capacity or another until I'm incapable of doing so.

**“Participation in General Service and practicing being a trusted servant has taught me how to play on the playground with my fellows better, and given me a touch of humility along the way.”**

Since that assembly I've attended district meetings, committee meetings, other assemblies, NERAASA, GSR Coffee Hours, you name it. And after every single one, that electric feeling comes back. And of course, just like with regular meetings, the occasional “do I really

need to go to that ::insert service commitment here::” thought comes from time to time. But every single time I continue to say “yes” to AA and these various commitments, I feel closer to my Higher Power, grounded in my recovery, and overall just so darn grateful to be a part of something as beautiful and as powerful as Alcoholics Anonymous.

Participation in General Service and practicing being a trusted servant has taught me how to play on the playground with my fellows better, and given me a touch of humility along the way. And not only has it given me the ability to be a better sponsor and fellow AAer, it has also enabled me to be a better supervisor at work, a better family member, a better friend, and overall just a better member of society in general (not perfect, just better). It is all these things, and then some, why I am so utterly grateful for and undoubtedly indebted to the General Service Structure within Alcoholics Anonymous. I am so excited to see what the next panel ahead has to offer, and look forward to serving as your next GSR Orientation Chair. Thank you all for being a part of the magic as well. I love you all ☐

~Contributed by Jenn W.

## Now is the time to sign up for the Northeast Regional Alcoholics Anonymous Service Assembly!!

Meet other A.A. members learning about General Service from all over the entire Northeast. Meet our regional trustee and find out more about what is happening in the General Service Office in New York City as well as A.A. as a whole.

[NERAASA.org](http://NERAASA.org)

February 22nd-25th, 2024

Hershey Lodge  
325 University Dr  
Hershey, PA 17033



**NERAASA**

Area 59 • 2024 • Hershey, PA

Northeast Regional Alcoholics  
Anonymous Service Assembly

Register Here

[www.neraasa.org](http://www.neraasa.org)



## It's all about the GSR!!

It has been a pleasure and my honor to serve as your GSR Orientation Chair for panel 72. It has been a challenging and exciting time watching our beloved fellowship weather the storm of COVID. Groups have closed up and some have begun. New members have become sober attending only virtual meetings and some are just beginning to attend their first in person meetings.

Our fellowship has survived and one of the constants that helped me through was my home group. I have served as my group's GSR and it can be a very confusing and intimidating role. But connecting to A.A. as a whole by attending District and Area events reminds us that we are part of something much larger and miraculous than our home group alone.

I would like to thank each one of you for your willingness to find out more about what you can do to serve Alcoholics Anonymous and the future member who doesn't yet know we exist.

~Contributed by Amy H.

**Contact your NEW Chair at:**

Jenn W. GSR Orientation Chair

[P74GSROrientation@Area50WNY.org](mailto:P74GSROrientation@Area50WNY.org)