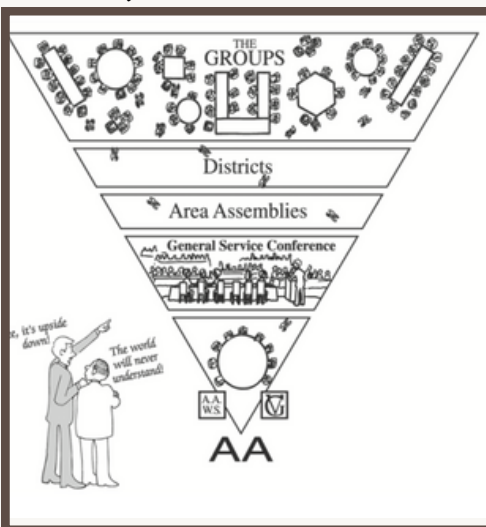
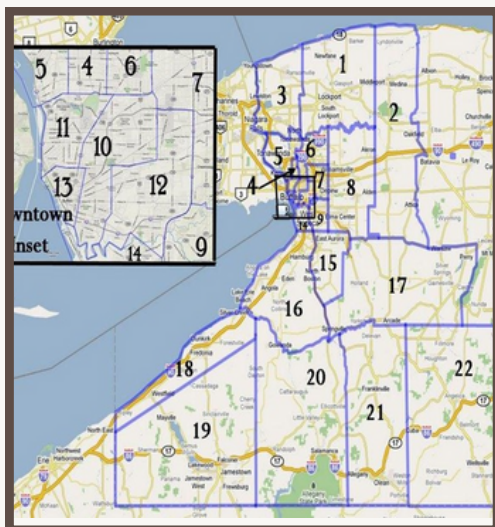




GSR News Coffee Hour Recap

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.



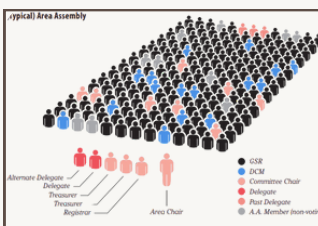
What's Roasting?



I would love to start off with a big ol' THANK YOU!! to each and every one of you who not only attended the first GSR Coffee Hour of 2024, but also the G.S.A.! The amazing turnout to both events was incredible to see, and just deepened my excitement for the upcoming "24 hours at a time" ahead. All of your passion's for service is palpable!

We kicked off the Coffee Hour by sharing the results of the "Taking a Pulse" survey that we sent out as a means to find out exactly what it is that YOU all want to learn more about through these Coffee Hours. The feedback from this survey will be the guiding force of how we format the various topics covered in the Coffee Hours throughout Panel 74. Along with the survey feedback, we will also be using the results of the Area Inventory, aptly named "A Vision From You", as a common thread to keep our efforts focused on exactly what YOU all want to know! It's through all of your involvement and participation that makes all of this stuff possible, so again, THANK YOU!

Our next Coffee Hour will be Thursday, February 1st @7pm. We will be discussing the primary purpose of the G.S.R. role, and how to go about being successful in that role (reporting, staying organized, where to find guidance, etc.). And since we are swiftly approaching Pre-Conference season, we will go over what that means, how to inform your home group of agenda topics, and fill out the Delegate's Questionnaire. So stay tuned, and we will see you all February 1st!



-CONTRIBUTED BY JEN W.

Coming Up:

Next Coffee Hour:

February 1st, 7pm
507 924 3980

Passcode: area50gsr

Grape Fest!

District 16's Day of Sharing

February 3rd, 11am-4pm
2063 South Creek Rd,
Eden, NY, 14057

NERAASA

February 23rd-25th
Hershey, PA

<https://www.neraasa.org/register/>

New Panel? What's that?

As already mentioned, thank you again to everyone who joined us in our kick off Coffee Hour on 1/4/24! It was an *informationally beautiful prelude of unity* that foreshadowed the brilliant buzzing beehive of the Spirit that was our G.S.A. on 1/6/24! For fellows who missed the Coffee Hour, some of the information points discussed was a run down of *what exactly is a Panel? What does it do? And how/when to get involved!*

The "Keep It Super Simple" definition of an A.A. Panel is the *Delegate and Area Chair, Committee Chairs, and Committee Members that are elected to serve for the designated term for the service commitments of the Area they're elected in.* The first Panel was in 1950, hence coming into Panel 74.

Spirit of rotation is **critical** for A.A. service structures because it keeps the needs of the Fellowship current as we evolve, as well as provides the opportunity for members to grow within their program. Area 50 has service elections for our Panels every *two* years on the odd year, so that members begin their service term on the even year (think even Area=even Panel). Panels are *every year*, however the term of service is for two years, and it's generally easier to truncate the two year terms with the Panel they start in.

Right now is a very opportune time to get involved in General Service, since everyone is new to their positions in this service journey together! We learn to synergize, build connections, and grow together while playing our parts within the Symphony of the Spirit to carry the message! G.S.R.s are highly encouraged to participate within other service committees to expand their recovery horizons, as well as to be involved on a more intimate level with the Area. Although this is ideally a great time to get involved, **anytime** is a great time to join in and participate with General Service and expand those spiritual horizons!

-CONTRIBUTED BY TRACY D.

A Lesson from the Longtimers:

"General Service and [the] literature is what keeps AA running and helping sick and suffering alcoholics **WORLDWIDE** because it's how we keep the language of the heart transcending to all of the sick and suffering who have earned their chairs and to those yet to claim theirs!"

-Maureen M.

For those of you who were able to attend our Inaugural G.S.R. Coffee Hour of 2024, THANK YOU! The turnout and participation was incredible. For those of you who could not be there, here's what you missed;

We talked about reasons to attend a General Service Assembly. Step 12, Tradition 5, and Concept 1 encourages each member, home group and district to be doing outreach within their communities. This happens through general service. Opportunities to get involved are presented and discussed at a general service assembly. There are as many resources as there are members of A.A. who are participating in general service.

Sharing information and needs among each other inevitably reveals how we can carry the message to those still sick and suffering. This collaborative approach combined with the formation of committees drives our three legacy program. Being a part of the service structure in a way that fulfills our primary purpose can deepen our sobriety and keeps us 'others-centered'. When a member of Alcoholics Anonymous hears an inspiring story and feels gratitude for how the program has made their own life better, we are united. This creates a strong desire to help another person and *A Vision From You* is a promise to us all that we'll have opportunities to do just that. The G.S.R. Coffee Hour touched on *A Vision From You* as a goal for Panel 74, and we hoped that our first general service assembly of 2024 in Area 50 would be a place to learn more.

On Jan 6th, there was an unprecedented amount of GSR's present for their first assembly, and a number of groups that registered with G.S.O. These groups will be well informed as a result of plugging into the service structure. A Grapevine subscription went to Sarah T., G.S.R. at Serenity on the Lake. She also received her own Service Manual (that red soft cover 8x11 book you may have seen around). One thing that was reiterated at the assembly was the good that can come from an inventory. It is important that groups, districts and areas are taking inventory on a regular basis to assure they are current within their group conscience and that current events in AA are discussed.

We look forward to seeing you all on Feb 1st to pick back up on the preparations happening within Area 50 before our pre-conference Assembly on April 6. The potential topics of discussion that will occur at the 74th General Service Conference will be presented at the upcoming coffee hours. We know you will not want to miss this! Our Panel 74 Delegate, Steve, is asking for your home group's voice so that he can represent Area50 effectively on April 21 in NYC.

-CONTRIBUTED BY AMANDA B.