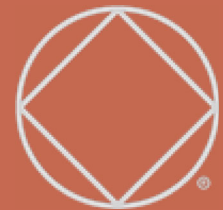


Multi Zonal Service Symposium
GSR BASICS

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GSR BASICS

INTRODUCTIONS

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INTRODUCTIONS



Getting to know **YOU**:

- What has been your most rewarding service position to this point & why?
- Why do you serve Narcotics Anonymous?



What is a GSR?



The GSR is an active member of an NA group and its representative at local service meetings.

The Second Concept states that NA groups have “final responsibility and authority” for the service bodies they create. An active and prepared GSR makes it possible for this principle to be a reality.



Why be a GSR?



A Vision for NA Service reminds us that our commitments should offer “spiritual growth and fulfillment.”

A GSR commitment is where many of us first begin to learn how NA services are structured outside of our groups.



Spiritual growth and fulfillment



As with all NA service positions, a wide range of spiritual principles can be applied when serving as a GSR.



Spiritual growth and fulfillment



Humility—Knowing who we are, when to ask questions, and that we do not have all the answers can help us to stay “rightsized” when serving as a GSR. This principle supports our ability to remain patient and teachable, and encourages active listening when working with others.

Commitment—The GSR is a critical connection between a group and the rest of NA. Without a GSR’s commitment to participate fully in both the group’s business meetings and the local service body, this connection is broken.



Spiritual growth and fulfillment



Accountability—Trusted servants in NA are accountable to the groups we all serve. One way to practice accountability is to communicate fully with our group, and share our group’s experience and concerns in service meetings. The Third Concept essay advises that the authority delegated to service boards and committees “...is not a blank check...the groups still bear final authority.”

Anonymity—Placing principles before personalities allows us to create a solid spiritual foundation for NA service. Anonymity also guides us to serve selflessly rather than by our own opinions, and without expectation of a reward.



Who can be a GSR?



It is common practice to have a cleantime requirement for the GSR position.

A second thing to consider is consistent participation in your group.

- Do the nominees attend your group's recovery meetings regularly?
- Do they take an active part in your group's business meetings?
- Have they lived up to previous service commitments they've made?



What does a GSR need to know?



These are some questions that new GSRs are encouraged to ask about their local service body:

- When and where is it, how long does it last, and what do I need to bring? Who are the trusted servants at the local service body, and what do they do?
- What subcommittees or workgroups are there at the local service body? Where can local guidelines and resources be found?
- What decision-making and discussion procedures does the local service body use?
- How are Seventh Tradition contributions and literature orders handled?



What does the GSR do?



The Group Booklet tells us, the role of the GSR is far more than a “mere group messenger,” and the responsibilities are more than just attending committee meetings.

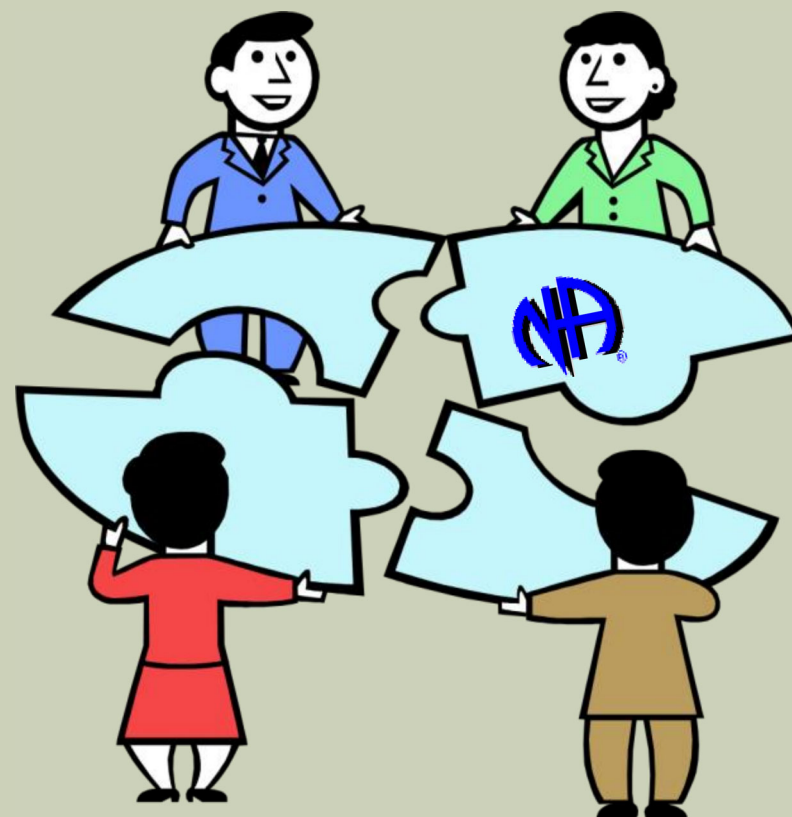
In the Eighth Concept, we are reminded that “Our service structure depends on the integrity and effectiveness of our communications.”



Information Conduit

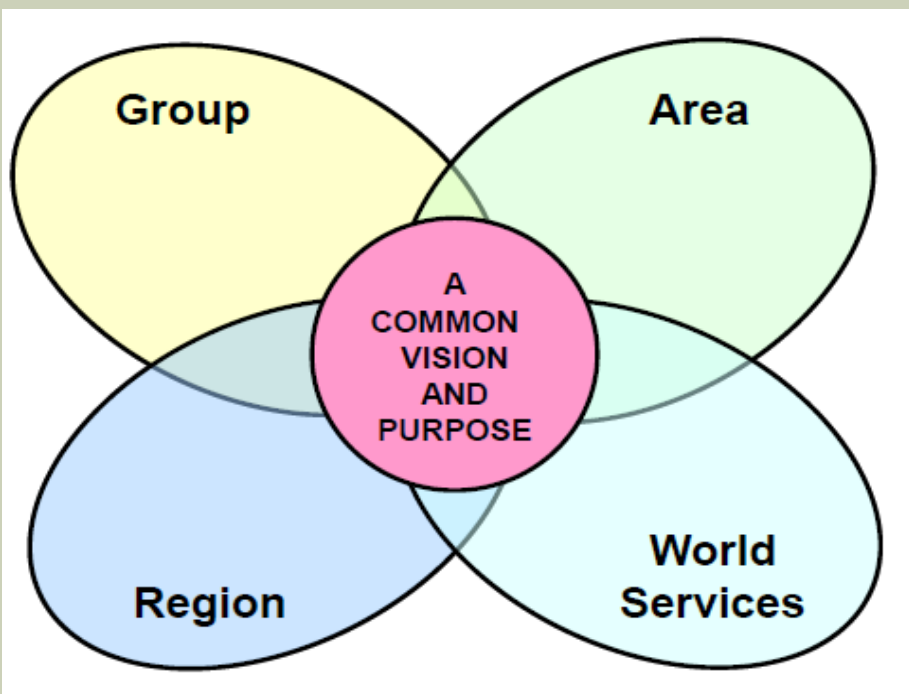


Groups and their members rely on their GSRs to stay connected with other groups in an NA community and to the rest of NA.





Information Conduit



Responsibilities of the Information Conduit

- Bring information *forward* from other service bodies
- Bring information *back* to other service bodies
- Provide informed input and guidance to other service bodies
- Support productive dialog within your service body



Preparing an Effective Report



To be an effective conduit of information, leaders...

- Must have a clear understanding of the roles and functions of the service bodies they are communication with. (know what information is important to the audience)
- Must know what information is most important to deliver to these service bodies



Preparing an Effective Report



The GSR also usually provides a written or verbal report on the activities of the local service body during the group's recovery or business meeting.

Many GSRs create a short list of bullet points to capture the highlights from service meetings they attend to help with this



Preparing an Effective Report



Orally...

- Stress the benefit of the information to the audience early on in the report to encourage active listening
- Provide a handout with greater detail so you can focus more on the key points in your presentation
- Pause at the end of each segment to field questions before changing topics
- Prioritize the information based on what the audience most needs to hear in case you run out of time or want to take more questions



Preparing an Effective Report



Written...

- Clearly state the purpose of the report at the top
- Organize the information, using subtitles, etc., so that the reader can get the main points by scanning the report
- Highlight items where discussion or feedback is desired
- Be sensitive to how the reader will use the information in their role
- Use bullet points and plenty of white space so that the report is easy to read



GSR as Information Conduit



Brainstorm...

- What are some examples of information that should flow between the different service bodies within the service system (back and forth)?
 - Group to Area
 - Area to Group



Other Common GSR Tasks



- Delivering the group's financial contribution
- Purchasing literature at the service meeting on behalf of the group
- Collecting event flyers and meeting directories
- Ensuring the group's meeting information is up to date on the local meeting list or website
- Providing a report about the group to the area
- Participating in local subcommittees and workgroups according to their skills and interests



HELPFUL HINTS



- Ask for help from the group.
- Seeking support and direction from the group can increase the resources available to a GSR.
- Many service bodies offer a new GSR orientation session prior to the meeting. Attending this to better understand the procedures at a local service body is highly recommended.
- Don't expect to understand everything at your first meeting.
- Begin where you are and don't be afraid to ask questions.



*Thank You for Choosing to do
Service as a GSR.*

