



G.S.R.

Training book
(Group Service Representative)

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Why is training needed?



How to become an efficient GSR? ☆

What is an efficient GSR? ☆

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These 2 questions do not have a precise answer. This training will not instantly transform us into experts.

So, remember, easy does it!

For many among us, our first approach to service is at the GSR level. ☆

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Therefore, training is essential.



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Our common purpose



This training's purpose is to present a general overview of NA's service structure to facilitate the GSR's task. As a fellowship, our primary purpose:
carry the message of recovery to the addict who still suffers.

The groups have shared their resources to create this structure, to help them achieve their goals. Ideally, all our service efforts should be directed toward this purpose. No matter what our service position is in the fellowship, we should ask ourselves one question: are we willing to work together toward our purpose?





Our service tools

Narcotics Anonymous defines itself as a program which includes;

- The Twelve Steps detail our program for personal recovery.
- The Twelve Traditions relate experience that can help NA groups maintain their unity. The traditions empower the groups to create a service structure, directly responsible to them. They also offer fundamental ideals to guide all our collective efforts. They were never intended to provide our service structure with the specific direction it needs to serve by.
- The Twelve Concepts for NA Service were created to provide our service structure with the specific direction it needs to serve by.



Twelve Concepts for NA Service, "Introduction"

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Our service tools (continued)

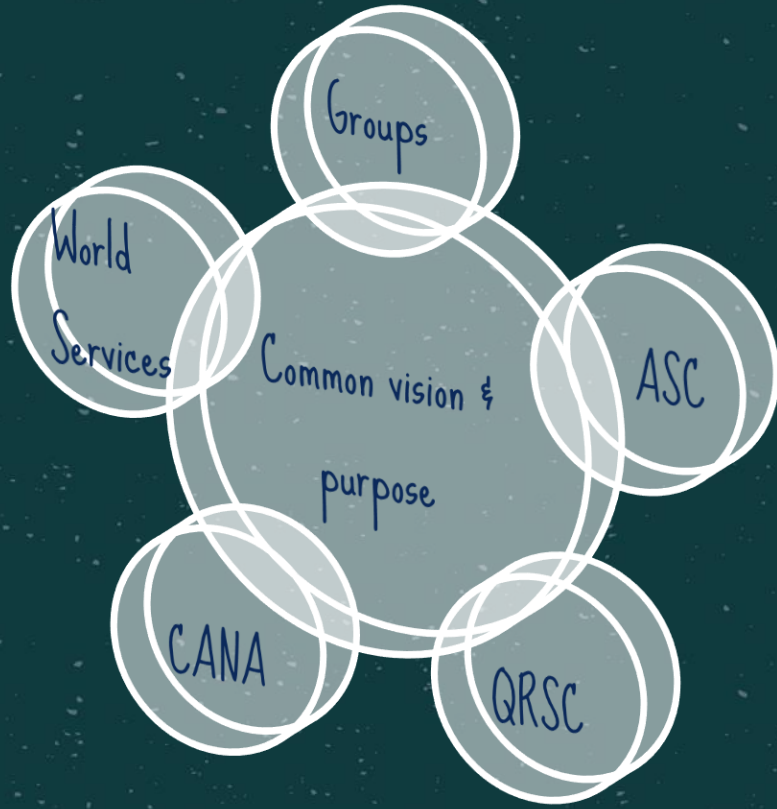
1. The Twelve Traditions of NA are not negotiable. They are the guidelines that keep our Fellowship alive and free. They are there to bring us back to our main purpose as a group.
2. The Twelve concepts of NA service are the principles we apply when we serve in the service structure. Yes, we serve the Fellowship with the spiritual principles that allow us to remain clean in our own recovery.
3. The greatest and most important contribution to our fellowship is the group conscience, through which a power greater than all of us combined manifests itself.
4. The guidelines of the different service body have been put in place to facilitate our meetings. In addition, they determine clear mandates and define precise tasks.





Let's keep things clear and simple: the GSR have great responsibilities. This is what we will try to discover together during this training.





Before we begin, it is important to remember that the service structure is entirely accountable toward the groups and that the groups hold the responsibility to provide all necessary human and financial resources to help the service structure fulfill its mandate.

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Spiritual resources: The most important resource contributed to the service structure by an NA group is almost exclusively spiritual: its ideas and its conscience. Without the voice of the groups, the service structure may not know what kinds of services are needed, or whether the services it provides are ones the groups want. The groups provide the ideas and direction needed to guide the service structure in fulfilling its responsibilities. By voicing their needs and concerns, the groups also exercise their authority for the service structure they have created.



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Financial resources: Money is necessary to operate NA services. Without money, our NA phone line and website would not be funded, meeting lists or publications could not be published or edited, our hospital and institutions meetings would not offer free pamphlets and our trusted servants of PR could not introduce nor help grow our fellowship. Groups created a service structure to accomplish certain missions, they are also responsible to finance it.

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Human resources: The people who give their time to service work are a vital resource, without them, our service boards and committees would not exist, much less be able to serve. The group's responsibility to the service structure is to elect a group service representative who will serve the best interests of the group and the entire NA Fellowship. By carefully selecting its GSR, then providing that person with regular support and guidance, the group exercises its ability to impact NA services, both directly and indirectly. In choosing a qualified GSR, then sending him or her out to serve on the group's behalf, the group fulfills a large part of both its responsibility and authority for NA services.



The GSR's mandate

The GSR at the weekly meeting

And now, our GSR has the floor! We are in front of the group and we have a lot of information to pass on. How to begin? The GSR should convey to the members attending the meeting the desire to serve the fellowship. As GSR, we are the base of service. What image do we give of service? Each GSR gives, consciously or not, a portrait of service.

When we speak as a GSR, we are not just there as a member, we are, in addition, a servant in the group, we speak in an official way. What do we say to the newcomer to welcome him to the fellowship? What message are we sending right now through our intervention?

Our role is very important and often we are unaware of this. Our responsibilities are great, for it is through our service that the fellowship as a whole expresses its needs.

All servant members of the group share responsibilities. Ours, as GSRs go far beyond delivering the news. We are the link between the group and the structure worldwide. We must make sure our group respects traditions and concepts.



We must help our group's conscience in respecting its responsibilities, the GSR can't fill all the service needs. We begin to understand that the GSR's mandate goes beyond the weekly announcements.



Yes, as a group we are autonomous, we are free to decide where our meeting will be held, the day, the time or the format. We are free to give our group a personality of its own that stands out from other groups.

We do not seek uniformity through the spirit of the group, but rather through our primary purpose: to carry the message to the addict who still suffers.

Our message: "that an addict, any addict can stop using drugs, lose the desire to use and find a new way to live."



The GSR must make sure that:



- 1) The group asks itself if it has enough attraction so new members will want to join it;
- 2) The group takes care of the newcomers and of its trusted servants;
- 3) The group respects the traditions, the concepts, the guidelines, etc.;
- 4) The group's purpose is not altered and that the NA message is clear, that it respects the NA program (and not that of other fellowships' programs or fashionable topics).



THE GSR HAS THE FLOOR

During our weekly intervention, we must inform our members of the needs of the fellowship as a whole. This is a considerable task and, since it is likely we will not hold the attendee's attention for more than 5 minutes, we must cleverly dispatch our information. Each GSR finds a personal way to convey the information's but it is vital that our fellowship's information and needs be properly transmitted.

Here is a guide for the GSR'S weekly information during a 5 weeks' period, to be distributed according to the dates and the current week.

You can use a calendar or a template, the information should be written down, in case you're absent. It must be transmitted in order to nourish the "WE" worldwide.



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First week: Review after the ASC



Talk about your ASC, of the decisions taken, of changes, open positions, etc.

Talk about the groups that need support, about the changes and upcoming anniversaries, if applicable.

Mention activities and/or conventions occurring in the coming week:

Conventions:

- Open positions:
- Next meeting:

Public Relations (of ASC and QRSC):

- Project:
- Open positions:
- Next meeting:

Translation subcommittee (QRSC): Talk about the documents being reviewed and translated:

- Open positions:
- Next meeting:



Second week:



Talk about your home group.

Present a portion of the Regional Newsletter.

Mention upcoming activities and/or conventions occurring in the coming week.

H&I:

- Open positions: (+ Sponsor, co-sponsor, speaker, etc.)

- Next meeting:

NA Help line: We're always in need of serving members within the sub-committee as well as trusted servants to answer calls. The training las about 1h30, calls are transferred on your cell or home phone.

- Next training:

IMPORTANT: The ASC Admin needs (List available position)



Third week:



Talk about your group, other groups and upcoming anniversaries.

Share your personal experience towards the spiritual growth and fulfillment that you find through service.

Mention upcoming activities and/or conventions occurring in the coming week.

Youth Convention of NA (YCNA) - Meetings are held every second week.

- Open positions:
- Next meeting:
- Activities:

Literature supply subcommittee (ASC): Please send your order via internet.

- Open positions:
- Next meeting:

QRSC:

- Open positions:
- Next regional assembly: on _____; at the regional office: 5496 rue Notre-Dame EST, Montreal or online @: _____.

IMPORTANT: (free topics according to needs)



Fourth week:

Important week - Group business meetings



It's the week of group business meeting. Remind everyone of the value of serving our fellowship.



Mention activities, camping, conventions, and other.

Mention open positions at the ASC and Admin:

Mention the gratitude you feel for serving our fellowship.

Mention the needs of our sub-committees in order to accomplish our primary purpose.

The next ASC meeting will be on _____ at __h (videoconference ID number)

The Regional convention (QRCNA) will take place on _____.

Quebec Regional Literature supply subcommittee:

- Open position:
- Next meeting:



Fifth week:

If applicable, otherwise discuss in week 4



Talk about Regional project and workshop.

Talk about upcoming subcommittees meetings (area & regional).



Little Tips:

Visit the subcommittees, the QRSC or any other service instances to be comfortable when you talk about them and their needs.

Use each service instances' report to explain the structure needs.

It is suggested to be well prepared in order to give an efficient and interesting intervention.

Your presence at the QRSC's Annual General Assembly is important.



☆ The GSR at the business meeting:

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First, this meeting allows the group to present its monthly report: the 7th tradition, the expenses, the attendance, etc. We plan the next month's budget and sometimes we discuss how our group is doing. This is where we find out if our group is healthy. The group will then be able to use their surplus funds to provide funding for our services. The group could send a contribution to the 3 levels of services: the ASC (50%), the QRSC (25%) and the World Service Committee (25%).

Reference:

☆ https://www.na.org/admin/include/spaw2/uploads/pdf/itfiles/us_english/IP/EN3124.pdf



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This is where it all begins for us, it is here we have been elected by a group conscience. This is where we have been given the mandate to represent a group and this is where we are held accountable.
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Our first responsibility as GSRs is to foster communication in our group. For this communication to be effective, the group must be well informed.

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It's now time for the GSR'S report.
We're at our business meeting.
What do we say?

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This is our opportunity to talk about service needs. This is when we inform the group members of what's going on in the subcommittees, at the region (QRSC) and at WSO. This is the moment to ask the group conscience to take decisions, if needed.

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As GSR, we must bring the group conscience to talk about service.

Tips for your report during the business meeting

(carefully disclose the information)

Rely on the latest ASC's minutes, the reports provided by different subcommittees and the report of the RCM: you should have them with you and either read them or prepare a summary.

Describe your ASC's experience. Did you attend till the end? How many members/groups were there? Say enough to tease the curiosity of the members. The questions will come.

Talk about upcoming discussion topics. Present your position to your group and ask them what it thinks. Ask them what position, if any, you should take at the ASC. Fill the surveys and/or questions asked by the service structure, if applicable. This favors NA unity as a whole and gives a voice to your group members.

You can also mention the issues the service structure is facing, your group conscience may offer suggestions.

Members attending business meetings often have a strong interest in service.

The most important factor is to be well prepared. As during our weekly intervention, time is of the essence. We must create a filing system for all the important documentation related to service. (about one year)



The GSR at the ASC



To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.

(1st concept for NA Service)

The ASC offers support to the groups and offers services to members and the population in general. In order to do so, it uses different subcommittees;

- **Literature supply subcommittee (QRSC):**

The regional literature subcommittee's mandate is to distribute NA publications to the province's local subcommittees, regional subcommittees, to the groups located in remote areas and to the institutions that request them.

- **Public Relations subcommittee (QRSC):**

The public relations mandate is to inform the population of the existence of NA and of the solution it offers toward active addiction. They also aim to support the service structure in its efforts towards the fellowship's growth.



The GSR at the ASC (continued)

- **Hospitals and Institutions subcommittee (QRSC):**

Carry the message to the addict who still suffers.

"We exist to serve the needs of our ASC, to reflect the twelve traditions and twelve concepts of service in all our functions and to encourage the NA fellowship's growth, whose goal is ... to bring recovery within reach of all addicts".

- **Conventions (QRSC):**

YCNA: Organize the annual NA youth convention, which is held mainly to unite members together in a celebration of recovery and secondly, as a funding activity to help us help addicts suffering from addiction. Meetings, workshops and activities are planned to encourage fellowship unity among our members and to foster the integration of our young members into the NA service structure.

QRCNA: The purpose is to coordinate the annual Quebec Regional Convention of Narcotics Anonymous. This convention is held to bring our members together in a celebration of recovery. Meetings, workshops and activities are planned to encourage our fellowship's unity among our members. It ensures that we fulfill our primary goal of bringing the message to addicts who are still suffering.

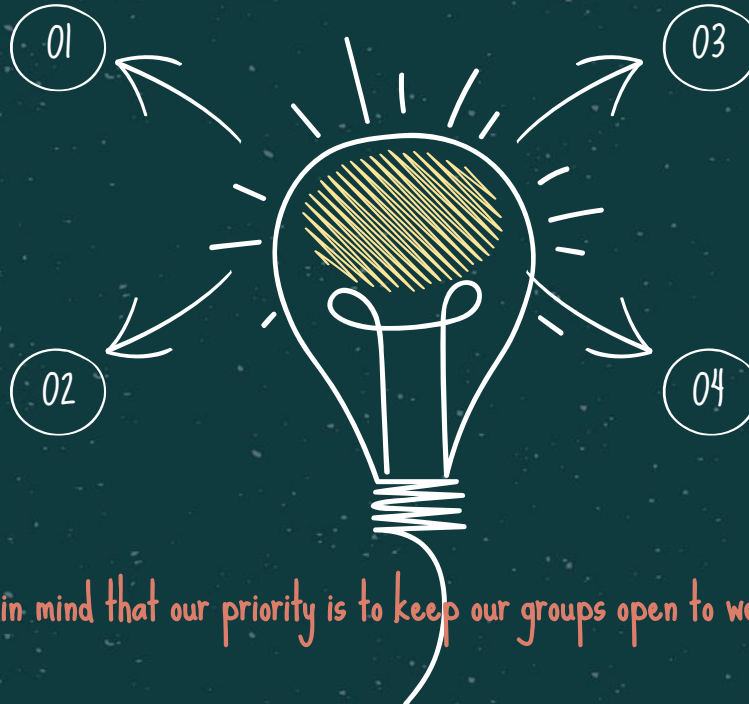




The GSR's responsibilities

As we have seen, the GSR's position is multifaceted because he is the spokesperson for his group and he participates in the decision-making process as delegated to him.

The GSR's responsibility at this meeting is to find out about all service activities. In other words, he becomes his group conscience's ears.



The GSR is the "ears" and "voice" of his group conscience.

The GSR reports the needs of his group to the fellowship as a whole. He reports on the status of his group

We must always keep in mind that our priority is to keep our groups open to welcome the newcomer.



Questions /
comments

