

Regional GSR Workshops

Beginning the assembly of a G.S.R. workshop materialized as brainstorming sessions and sketch notes come to form. Focusing on the ultimate goal of having such a workshop, visualizing the end product gave us a road and a direction to travel.

In the spirit of Outreach, guided by HP in the giving, sharing and strength of UNITY within, the committee was what Outreach would give to the workshops – this sense of uniting, coming together, working together – some for the first time, some that would have never worked together because of differences in the past. Given a common “Purpose” to meet to put together a workshop, those “differences” will be left aside and the spirit of the Fellowship will begin to flourish.

A suggestion would be to let the GSR’s do the workshop. Outreach would be the instrument used to gather, setup and organize the locations. GSRs need to relate to other GSRs for strength, hope, and experience and the end goal of Outreach, the uniting, would happen if familiar groundwork were done.

On the main topics selecting two GSRs per workshop to share on responsibilities and what their position has meant to them works well. On the topic “Home Group”, individuals that are a part of a home group may be selected to share. The GSR and Home Group emphasis would be the main focus of the workshop. The volunteers selected may be from other Areas than the Area in which the workshop is held, giving a “variety” of experience and message of sharing. Diversity of speakers could be an “attracting factor” for attendance.

As we grow in the fellowship, it may be a good suggestion trying to capture some history along the way. Choosing a volunteer from the Area who can relate to the fellowship on the “History” of that Area not only entertains the “how we got here” but most importantly Captures this history to be achieved with Region.

This brings up a point about taping workshops. If workshops are taped, be sure it is voted on by the Outreach committee to do so and make available a “tape session release form” for speakers to sign. If your Region chooses to forward the “taped” workshops to World or other areas, any copy/return policies should be included.

Materials such as printed media may need to be approved by your Region before disbursed in workshops. It is important to remember all handouts must be described as “not being conference approved” or stated as such at the beginning of the workshop. An Outreach committee may choose to have the statement, This is not NA Conference Approved Material – for Workshop Use Only,” printed on the documents. If all document are picked up after the workshop, they can be used for the next workshop and also this would be a safeguard against non-conference material being copied throughout the fellowship and save on expense to the committee.

The number of workshops depends on the resources available in your Region. Five workshops: one held in the North, South, East, West, and Central areas of the Region may be considered as a maximum number of workshops. The Regional Activities Committee may be helpful to work with. Regional Activities are scheduled throughout the year and a workshop could be included with the scheduled function. It has worked well to have “Unity” days with Public Information, Outreach GSR Workshop and Hospital and Institutions hosting the day or a possible “Learning Day”.

The following pages outline a GSR Workshop and are based on approximately the following number of volunteer’s per/workshop:

- (2) GSRs
- (2) Home Group Members
- (1) For History
- (1) ASR
- (1) Regional Speaker
- (1) Outreach Speaker

Estimated length of Workshop: 2 ½ hours

Outreach must be stone in acknowledging and emulating the principles of Narcotics Anonymous in all of its interaction with the fellowship thereby “strengthen the ties that bind”.

Planning a G.S.R. Workshop

Planning a Workshop will bring about an assortment of ideas from many perspectives. The key to planning a workshop is in the simplicity of the groundwork. From this can be formed very basic assignments and a workable format.

The Purpose of a GSR Workshop

One of the functions of the Outreach Committee is promoting unity within the Fellowship and filling the need to let the NA member know that they are never “alone” in their efforts to “carry the message”. Sharing our strength, hope and experience at the Group level will further strengthen support to it’s members.

How Do We Start the Planning?

In the Planning, the following topics may be discussed:

❖ Is there a need for the Workshop?

Some Groups/Areas may be functioning within means and may not need a workshop, but the need for a “Workshop” may be initiating the support of the need to “Talk-Shop”. We unite when we have a common purpose. Bringing together Groups/Areas in this common purpose creates an atmosphere of working together, sharing experiences, excluding personalities and strengthening principles for the common good of the Fellowship in which Groups/Areas grow together.

On the other hand, if there are groups that are struggling and so not have a Group Service Representative, that do not attend Area Business meetings regularly, that have members willing, who do not know about how to serve in the group environment, then there will probably be a need for a workshop.

❖ What are the areas that need to be reviewed?

1. How many Workshops will be planned?

Depending on the small amount of Groups/Areas within your Region, select a geographical location(s) accessible to all. It may benefit your Region to have up to 5 workshops through the year. If groups or members are not able to attend one particular workshop, they may attend the next scheduled time/location.

2. Contact Area Service Representatives / Regional Activities Chairperson:

The ASR and the RSC Activities Chair may know of a function (Learning Day), Unity Day, etc.) that is planned and that a section of the program may be set-aside for a GSR Workshop. The ASR may also be helpful in soliciting volunteers or speakers for the Workshop.

3. Flyers/Announcements:

When the Time and Place has been decided, a flyer should be routed throughout the Region to allow members sufficient time to plan for

attending the function. Encourage Groups & Members to bring their meeting list to exchange at the function.

4. What are the Topics for the GSR Workshop?

In reviewing Appendix “A”, you may choose to use the agenda or create your own from the one provided.

5. Participants in the Workshop:

Anyone willing to share their strength, hope and experience. A Narrator may be chose to introduce readers/speakers. One of the attractions of the belonging to the Outreach Committee is that there is not clean time requirement to serve. You may choose someone with very little clean time to participate in the readings, help with setting up at the workshop, making coffee, distributing handouts, etc. it is suggested that those sharing about GSR responsibilities and other areas of service have the experience about the topics they are to speak on so that the fellowship may be able to benefit from their experience.

Depending on the number of workshops, a volunteer’s list (see Appendix “B”) can be available at the first workshop to get volunteers for future workshops.

6. Length of workshops:

Based on the Agenda in appendix “A”, approximately 3 hours.

7. Handouts / Materials Displayed:

It would be appropriate at a GSR Workshop to have a table for displaying literature such as:

- NA Pamphlets
- Group Booklet
- Group Treasurer’s Workbook
- Group Registration Forms
- Starter Kit
- Temporary Working Guide to Service
- NA Way Magazine
- Public Information Handbook
- Hospital and Institutions Handbook
- Twelve Concepts
- Regional / Area Outreach Guidelines
- Regional Phone List
- Outreach Volunteer List
- World Service Office Order Forms

As Groups/Areas come together to participate in the workshop, displaying a variety of NA literature may generate discussions and/or interest in becoming involved in the different levels of service.

GSR Workshop Agenda

- **Welcome:**

The _____ Outreach Committee would like to welcome everyone to the GSR Workshop here in _____ (city)_____.

- **Opening Prayer:** Serenity Prayer

- **Traditions Reading**

- **We hope you will find this workshop informative. The next schedule GSR workshop will be on:**

Date: _____

Time: _____

Place: _____

City: _____

Flyers are available.

- **History of the Region/Area:**

Speaker: _____

Reader: _____

- **What are the responsibilities of an NA Group?**

The first and most important responsibility of any NA Group is its primary Purpose", according to the Fifth Tradition - is "to carry the message to the addict who still suffers". And the single most important thing a Group can do to fulfill that promise is to conduct meetings that provide an atmosphere in which NA recovery can be effectively shared between addicts. Groups conduct the details of their meetings in different ways, but all of them seek the same end: To make recovery from addiction available to any addict in the community who seeks it.

- **What is a Home Group?**

In some NA communities, it has become customary for members of the fellowship to make a personal commitment to support one particular group - their "Home Group". Though this custom is not universal, many believe its practice can benefit the individual member as well as the Group. For the individual member, it can provide a stable recovery base - a place to call "Home", a place to know and be known by other recovering addicts. For the Group, it insures the support of a core of regular, committed members. A strong Home Group can also foster a spirit of camaraderie among its members that makes the group both more attractive and more supportive of newcomers. The home group members can enhance their own recovery as well as insure that the same opportunity exists for others. While the Home Group concept is the accepted norm in some NA communities, it's unheard of in others. There are many, many ways of talking and thinking about the bond established among addicts in their Groups. Do what seems most suitable in your own NA community.

Home Group Speakers: _____ and _____.

▪ **What is a “Group Business Meeting?”**

The purpose of the Group Business Meeting is fairly self-explanatory: To Conduct the business of the Group in such a way that the Group remains effective in carrying the recovery message. Some of the questions a typical Group Business Meeting addresses are:

- Is the Group effective in carrying the NA message?
- Are newcomers being made welcome?
- Do solutions for problems at recent meetings need to be sought?
- Is the Meeting format providing sufficient direction?
- Is attendance steady, or growing?
- Are their good relations between the Group and the facility in which the meeting is held? Between the Group and the Community?
- Are the group funds being used wisely?
- Is there enough money being donated at meetings to meet the Group’s needs and also provide for contributions to rest of their service structure?
- Are literature and refreshments supplies holding up?
- Has the Area, the Region or the WSC asked the Group for advice or support?

Group Business meetings - sometimes called steering committee meetings - are usually held before or after a regular recovery meeting, so that the recovery meeting remains focused on its primary purpose. The group selects someone to lead the business meeting. Group officers give reports on their area of responsibility, and subjects of importance to the Group are raised for discussion. Some groups hold business meetings on a regular basis; others only call them when something specific comes up that needs the group’s attention. All group members are welcome - even encouraged - to attend, raise questions related to the group’s work, and take part in discussions.

Reader: _____

▪ **Where Does The Money Go?**

Our 7TH tradition states that every group ought to be fully self-supporting declining outside contributions, this makes sure we are free to seek recovery our way instead of someone else’s. In NA we learn about self-support and become responsible for our Fellowship and ourselves.

The money collected in the basket pays for rent, literature and refreshments. It also helps carry the message of NA recovery in our area and around the world. When we need help, NA groups and services are there. The way that we financially support these services is by putting money in the basket.

NA services have helped all of us. Many of the first heard of Narcotics Anonymous in hospitals or institutions when members brought literature and shared their stories with us. Others hear about NA through TV or radio announcement. We called a helpline to get directions to our first NA meeting. If those services had not been there, many of us would not have found our way to recovery, NA services helped all of us find a new life.

As we kept coming back, we got help from others living and staying clean. We found out that there was life after drugs. We took home pamphlets, books, and magazines written and produced by our own Fellowship and bought by our NA group. That literature gave us access to the best of NA recovery in print. We got phone numbers of other members and we used those contact every day to stay clean and sane. All in all, the NA meeting gave us the support we needed for a new life.

The basket represents the paradox of NA recovery - in giving to others we help ourselves. Putting money in the basket is our privilege and our responsibility.

A group should not hold onto large amounts of money. When we do so, we compromise our spiritual principles letting money; property and prestige divert us from our primary purpose. This works against the spiritual focus of our program and certainly does not help us in creating an atmosphere of recovery. It is important to understand the spiritual principles on which all of our Twelve Steps and Twelve Traditions are based. When we sincerely try to practice these principles, we find that living is not only a privilege; it helps us immensely in our recovery and our spiritual growth. To give is to receive and the more we give, the more we get back - spiritually, mentally and physically. This is true for the group and well as the individual.

An Area Service Committee (ASC) works for our primary purpose in ways an individual group can't. Group contributions are vital to an ASC to pay for meeting lists, public announcements, mailings, helplines, literature for members in hospitals and institutions, copying expenses and literature for public information. The spirit of our 7th Tradition is also carried on in our regional and world services. Passing the basket becomes an expression of Narcotics Anonymous unity. As our First Tradition tells us "Our common welfare should come first, personal recovery depends on NA unity.

G.S.R. Speakers: _____ and _____.

▪ **What is a Group Service Representative?**

A Group Service Representative is the link between the Group and the NA Service Structure. The GSR is the voice of the group at the Area.

▪ **What does the GSR Do?**

The GSR brings Group input and suggestions to the ASC for discussion. The GSR takes notes of relevant matters that come from the Area to Region so that they may carry the information back to the Groups. This is so that the Groups can be aware of Area and Regional business.

▪ **Who is a G.S. R.?**

A. GSR is a member elected by the Group to represent them. The member should have a willingness to serve, and it is suggested to have one year of continuous clean time.

▪ **Why is it important for a group to have a GSR and GSR-Alternate?**

Without representation at the ASC, the Group can be cut off from the service structure. These Groups are generally uniformed regarding Area NA Regional activities and business. It is important for a Group to have a GSR-Alt in the event that the GSR cannot attend. The position also serves as a learning experiences for the next potential G.S.R. it is recommended that the GSR-Alt have six months continuous clean time.

▪ **What are the G.S.R. responsibilities?**

- o Show up 15 minutes early to sign-in.
- o Collect flyers and handouts to be brought back to Groups.
- o Purchase literature for your Group.
- o Bring Group donations to Area. Be sure that monies are in an envelope with the day, time Group name and your name. Change may be rolled.
- o Take notes.
- o Participate in discussions.
- o Vote and carry your Group's conscience.
- o Make a GSR report to form your Group.

Area Service Committee Speaker: _____

▪ **What is the ASC?**

The ASC is a body of people who meet for the propose of conducting Area business. This is the part of service that is in-between the Groups and the Region; this making this body the receiving end of the Group input.

▪ **What does the ADC DO?**

The ASC handles all of the Area's meeting problems. It is here that all donations above and beyond the Group uses are collected. A working budget is maintained so that the Area and the Committees it back are fully self-supporting. Monies above and beyond the Budget are forwarded to the Region to help produce flyers and schedule as well as carry the message.

▪ **What makes up the ASC?**

There are three types of people at most ASC meetings. The first and most important are the Group GSRs with whom, there would not be an Area Service Committee. Second, are the elected officers, who are elected every year. They can speak at the meeting, but do not have a vote unlike the GSRs who have a voice and vote. The elected officers do not have the power to vote.

▪ **Why is it important that you attend?**

The most important thing at the ASC is that the Groups throughout the Area have a voice and vote. This is because without the GSR, there would be "no" communication between the groups and the Area and the Region

▪ **What is the responsibility of the ASC to you?**

- The ability to keep the Group as well as the member of Narcotics Anonymous informed.
- To provide a place for the Groups to express their ideas freely and have them acted upon and discussed.
- To maintain Unity throughout the fellowship and NA as related to their Area.

▪ **Functions Of The Region: Speaker:** _____

▪ **Group Registration Form: Speaker:** _____

- **Group Survery:** _____ Groups are registered with the World Service Office
_____ Meetings in N.A.
_____ Stand alone Groups

▪ **OPEN Forum: Questions And Answers**

▪ **Regional Outreach Committee: Speaker:** _____

(Presentation on the Regional Outreach Committee purpose and functions).

▪ **Close**