

PRAASA 2019 – Irvine, CA – Area 09
Round Table Notes Saturday Night GSR/Alt. GSR
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The format of the GSR/Alt. GSR Roundtable (which was decided by the members present) was to have topics and break into groups to discuss. The following are the notes from the discussion:

Getting Agenda Topics to the Groups

- Get agenda topics from DCM in February... bring in copies and put at literature table...
- Highlight when it says consider or decide... GSR picked out 5... highly discussed... informed group to review with service sponsor... picked out 2
- Find out what group is passionate about
- 1x per month GSR speaks for 30 minutes for 1 GSR
- Make it fun/interesting
- Educate self on topic; then give example with a light joke; then get participation; keep it simple
- make yourself available to get information if your group needs more
- Helping newcomers understand why it is important and how AA works
- Announce that you need to represent group and ask for time to discuss
- Our main objective is to vote
- You guys have the opportunity to participate in the most important/powerful part of AA
- Your job is to help make decisions at your assembly

Best Practices for Technology in General Service

- We have a pamphlet – understanding anonymity, speaking at non-AA meetings
- Whether or not YouTube page is effective
- AA world services
- If there is a picture it will break anonymity
- AA is not anonymous in general, it is us that keeps anonymity and we need to be cautious in groups and social media
- YouTube page is PSAs and concerns are with the unknown information on that is in AA public information workbook
- Groups have Facebook page and public facing website doing digital 12 step work
- Fear of unknown should be turned into helping drunk get sober
- Meeting guide app is example
- Groups have power to facilitate change
- We are trying to promote message not the individual
- Example given grapevine YouTube channel
- Social media tools work well for young people, we just need to use it without breaking anonymity
- Cartoons are a great way to reach people; i.e., on grapevine site www.aagrapevine.org
- Issues with emails being sent without permission prior to including pictures. Protect anonymity by utilizing Bcc.

Service Sponsorship importance

- No one walks by himself/herself
- Meet 2x's per month
- Read service manual
- You can have an unofficial service sponsor
- Encourage someone to get into service
- Regular sponsor may not be involved in service
- Encourage someone to get into H and I committee work
- Encourage to volunteer at central office
- Recommended to GSR
- Alt GSR 2 years
- Former GSR and others are a support
- Orientation at assembly learned about GSR position
- Have a service sponsor
- I have 28 meetings so I have to get help from the group
- The Area told me about what GSR was about... Do different committee work... Service sponsor guides the new GSR
- You gain confidence and get to know the district service positions; learn difference between intergroup, GSR
- Step-by-step; right time to become GSR
- Learn with DCM
- Ask if you don't understand
- Ask for suggestions about service
- Do service not to drink, GSR one day at a time
- How do other groups choose GSRs? Same way- take progressively higher service positions
- If you have a frustrating question it helps to have a teacher. Could do it alone, by reading, but this is not an alone program
- Home group service oriented; 3 months = literature, 9 months = secretary, 2 years = GSR. Several months after elected
- I was an alternate GSR previously and this year as a GSR I have a better idea of what I am doing.
- Start to look for the next GSR
- To find a service sponsor go to the area
- read GSR sponsor and find out what responsibilities are
- Go to assemblies before becoming a GSR so you know what you are getting yourself into
- Loop in his sponsor who has a sponsor
- GSR knew what service was about and got a sponsor
- Important to have someone you trust

How to take a group inventory?

- Get another group to facilitate then give them your guidelines
- Recommended to do it once per year
- Heard there is a guideline to how to do group inventories
- Group has done inventory and has invited DCM or Delegate to facilitate and used the La Vina guidelines... each member is asked to submit a paper with concerns
- Use the AA group pamphlet page 32 has guidelines; for example, what is the basic purpose?
- As far as how to run the meeting it is up to the autonomy of the meeting

- My group has inventory every 2 years. Our group is autonomous and I am the GSR. When I go to another meeting you can tell they use cross talk and that is not what AA is about.
- I have had many years in the group and we have never had a group inventory
- It is up to group autonomy as to how often
- What is the necessity for it? How often and why that often?
- It is important that we do an inventory because we can treat the newcomer badly and your left with old-timers and 7th tradition is needed to keep the meeting alive
- There are different groups where I come from, large and small, and some need inventory and others do not. It is important to keep the group focused on primary purpose. It is important to get a mutual person to run meetings.
It can take days or months.
- A group inventory helps determine the seriousness of a groups practice; for example, formal sponsorship and informal sponsorship at end of meeting a lot comes to light and you can invite other areas
- Group inventory is making meeting healthy. Its like a 4th step, you do it for yourself of your faults. I believe in it. The GSO recommends 2x per year. I believe it works and it matters a lot to bring out side person.
- If an inventory is approved to do by the group then it has to get done
- GSR is responsible to present inventory and even make food arrangements it may take longer.
- We had 2 inventories scheduled and everyone used papers to take questions about traditions and it was 1 day
- The important thing is use group conscience. One person cannot take ownership of meeting. The inventory has shown that the group gets healthy and even grows.
- Recommend Grapevine Traditions checklist or pamphlet for guidelines.
- We may use traditions but best thing is to be aware of not taking ownership. As an old timer we need to have good conduct and carry with us humility and learn and teach.
- A great way is when we should ask group simple questions to know if group has understanding if inventory is needed for better understanding of AA
- Does the autonomy change of group after inventory?
- Yes, when the inventory is done and motions are submitted then group conscience makes decisions to make changes
- I was at an inventory and people got upset and almost were in a physical conflict but at the end of the meeting we left hugging each other.
- The members, as people, takes the inventory with them to do personal change and that is what is most important
- GSRs informs but we are not going to force the group to do anything at the end if someone changes great if not at the end we are the ones who are kept sober.

Duties and Obligations of a GSR including informing ourselves

- Traditions workshop and sponsorship
- Service Sponsor
- Registration with district (area, GSO)
- GSR kit from GSO
- Long line of GSRs in home group
- DCM resource = read concepts 3 and 4
- Area DCM is a wealth of info

- monthly district meetings to connect with bigger AA
- DCM provides steering and how to communicate with groups
- Other GS experience members also share
- GSR pamphlet to keep simple and not overwhelm
- DCM, Area assembly – GSR school
- Get info back to meeting. Notes
- Highlights to group. Challenging
- Responsibility
- 30 year meeting 1st 25 years no GSR
- Business meetings, GSR, still not connected really
- Alternate GSR then GSR – 5 years
- Can talk to group members regarding items
- Brief meeting level announcements
 - Re: experiences and feelings
- Details at business meetings
- Conduit/Trusted Servants
- Attend meetings and district meetings
- Inform by getting a service sponsor
- Note and talk to AA sponsor
- Being at PRAASA raises comfort
- Lots of info
- Not worthy, great home groups
- Pushed out don't say no
- Uncomfortable
- Attend district meeting and assembly
- Take notes
- Learn lingo
- Here to learn
- Here to help the newcomer
- Get a service sponsor
- Use service manual, read it
- Study the 12 traditions, read them
- Review the GSR kit from GSO
- Group conscience
- Be grateful
- Attend the district and PRAASA
- Group interface
- Learn
- As an alternate GSR my role is to attend meetings and stick with the GSR
- Cover for GSR in group when needed
- Go to the Pre-conference and the post conference assemblies
- Go to lots of meetings to find out info and not drink
- Scared because group has always had a very strong GSR
- Not sure what is important
- Not sure what to do next
- Be the voice of the group at the district and the area

- Use the service manual
- Read concepts at district meeting every month
- Propose for district agenda
- Inform DCMs
- Strong traditions and steps
- Group conscience at meeting
- Group inventory
- Open conversation for next GSR
- GSR Survival document from Utah area and Nevada
- Just the facts and my take
- Gather group opinion and voice
- There is always something to put out and keep channel open to group members/next GSR
- NV survival guide is downloadable from site
- Use tools; for example the upside-down triangle and the area map
- There is support in the group
- Facebook group
- Like reading and service sponsor discussion
- utahaa.org and nvarea42.org for GSR survival guide
- How to relate info
- Use a GSR report template and DCM guides
- Have fun!
- Traditions!
- Rule 62!

How can a GSR's voice be heard in a district better?

- Preparation of GSR literature
- Gather group conscience topic
- Prepare workshop/panel at sub-district level
- Need to define topic to group-no group conscience
- How we over came "This is how we always done it"
- Learning to gain access to technology
- How to get my agenda on the agenda
- Get a service sponsor
- Get to district meeting early
- Have the DCM provide an agenda prior to meeting to approve of agenda
- Google drive agenda
- Have a pro-active DCM
- Slack – agenda online
- Seek solutions to problems from other GSR
- Find agenda topics workshop
- Find out what the district does
- Help to create order
- Be prepared for meetings
- Take your questions to your DCMs
- Ask DCM what you are supposed to know
- Believes DCMs don't respect GSRs?

- Good DCMs make GSRs better!
- Create a working relationship with DCM
- Register as a GSR with Area and/or District
- Get 6 months of district minutes and get up to speed
- Is my district's group conscience in alignment with my group level
- Be the channel
- Read the AA GSR pamphlet from aa.org
- Make it exciting
- How to get my voice heard?
- Group inventory pamphlet