**GSR Basics – Outline June 2019**

The Twelve Traditions chapter in the Basic Text reminds us that it is “only through understanding and application” that the principles of the NA program work. GSR Basics is an orientation tool intended to help NA members with the first part of this process – understanding what the GSR commitment is – so that we can all be more successful in the second part – applying the principles and fully participating in the work of the local service body.

The group service representative (GSR) participates in service meetings on behalf of their group. At one time this only meant attending area service committee (ASC) meetings, but as NA has grown, the way services are provided in different communities has changed to suit the conditions in the community. GSR service may involve participation at an ASC, a local service conference (LSC), a group support forum (GSF), or a regional assembly. In newer communities the service structure may consist of just a regional service committee (RSC) and GSRs. Whatever the local structure consists of, the main roles and responsibilities of a GSR are the same. Just as the role is far more than a “mere group messenger”, so the responsibilities are more than just attending committee meetings.

Who can be a GSR?

* Some thoughts about cleantime…
* What personal qualities are needed?
* What skills are needed?

How will being a GSR benefit our personal recovery?

* Spiritual growth
* Personal growth and relationships
* Increased knowledge of NA outside of the group
* Increased knowledge of Traditions and Concepts

What spiritual principles help GSRs?

* Humility
* Commitment
* Patience and tolerance
* Integrity
* Accountability

What does the GSR do at the group?

* Communicates information from the local service meeting back to their group
* Participates in group conscience discussions in line with the guidance offered by the Second Tradition
* Gathers any concerns and questions for the local service body
* May chair the group’s business meeting
* May give reports during the group’s recovery meeting
* Recruits and trains an alternate

What does the GSR do at the local service meeting?

* Provides a communication link between the group and the rest of the NA service system
* Participates in discussion at the local service meeting and communicates the group’s conscience on local issues when needed
* Asks for help with group problems if needed
* In many communities the GSR delivers the group’s financial contribution and collects literature and flyers
* May also provide a report from their group
* Ensures the group’s meeting information is up to date on the local meeting list

What do I need to know about my local service body?

* The basics – when and where is it, how long does it last, what do I need to bring?
* Who’s who at the local service body and what do they do?
* What subcommittees are there at the local service body?
* What voting and discussion procedures does the local service body use?

How can I find out more about my local service body?

* Members with local service experience
* Local guidelines and policy
* Minutes and agendas from previous service meetings
* NA service material

Helpful hints

* Seek support and direction from the group
* Attend the new GSR orientation if available
* Serve in the GSR alternate position before becoming GSR and attend service meetings consistently
* Don’t expect to understand everything at your first meeting – begin where you are and don’t be afraid to ask questions

Helpful resources

* Personal recovery - stepwork, sponsorship, friends in recovery
* *The Group Booklet*
* Tradition essays from NA literature
* *Twelve Concepts for NA Service*
* Service material area at [www.na.org](http://www.na.org), including service pamphlets, handbooks, Basics, and bulletins
* Workshops, learning days, and other service events
* List of acronyms used locally and in NA as a whole