

Ever Get That
“Deer in the
Headlights”
Feeling?



Prepared for Spring Assembly
“GSR and DCM Workshop”
By Lynn M. Panel 74 Registrar

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Registrar@maineaa.org*

“The AA groups today hold ultimate responsibility and final authority for our world service:

Only when a GSR keeps the group **informed and **communicates** the group conscience can the Conference truly act for A.A. as a whole.”**

- Bill W.: Concept I, AA Service Manual

“Informed group conscience”

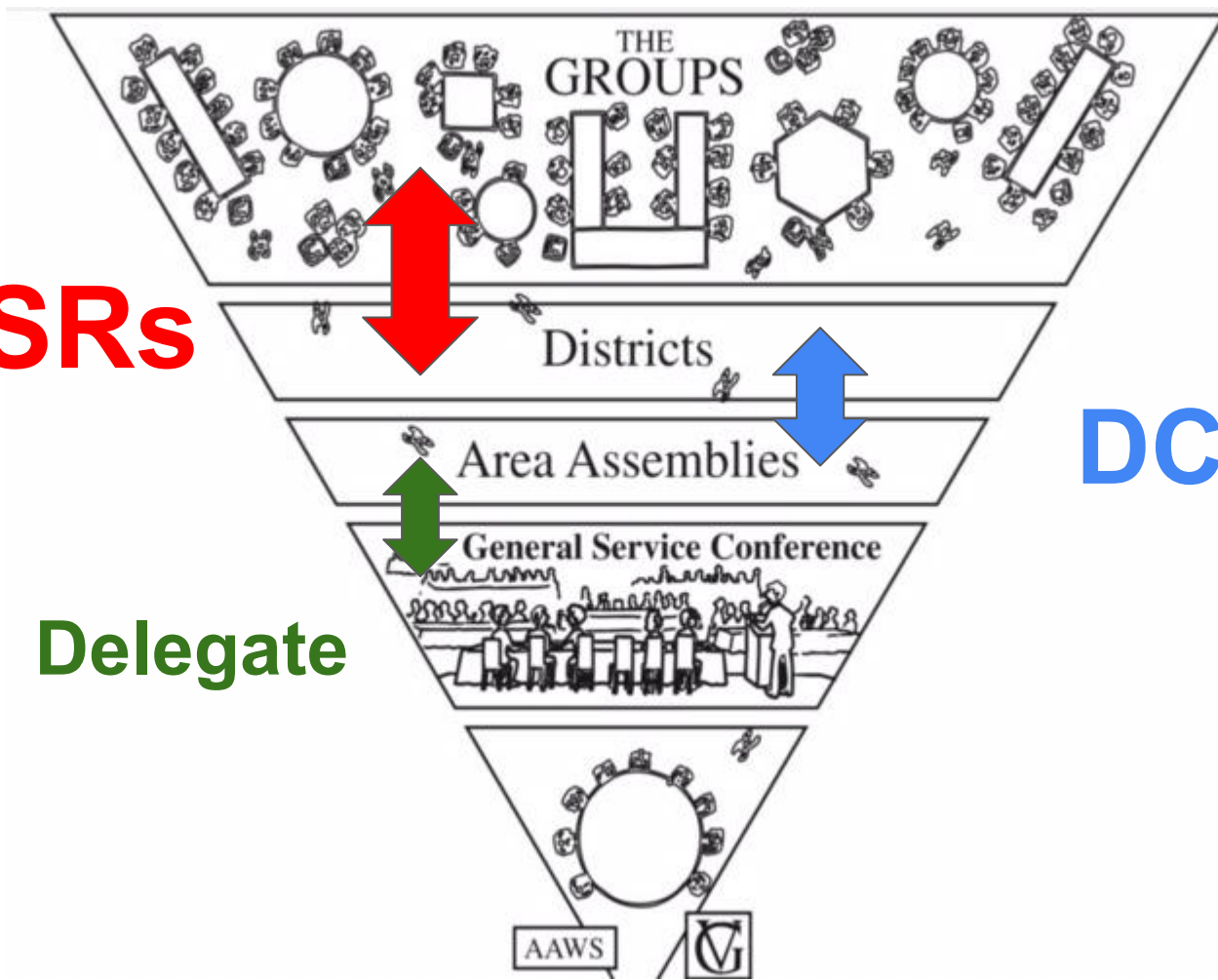
“All parts of our Fellowship — group meetings, committees, offices, Conferences, and group jobs — share one common purpose: **to help the alcoholic who still suffers.”**

-The Group Service Representative Pamphlet

GSRs

Delegate

DCMs



Suggested Qualifications?

GSRs

- **Be willing to serve**
- **Be elected by *home group***
- **Have 2 yrs continuous sobriety**
- **Served *in home group***
- **Be available to attend home group, district, ACMs, and assemblies**
- ***Group* may pay expenses**

DCMs

- **Be willing to serve**
- **Be elected by your *district***
- **Have 3-5 yrs continuous sobriety**
- **Served as *GSR***
- **Be available to attend home group, district, ACMs, and assemblies**
- ***District* may pay expenses**

What else?

GSRs

- **Attend training/workshops**
- **Listen for the voice of your home group**
- **Be available to attend home group, district, ACMs, and assemblies**
- **Report to your home group and district**

DCMs

- **Hold trainings/workshops for GSRs**
- **Listen for the voice of the district**
- **Be available to attend home group, district, ACMs, and assemblies**
- **Report to your district and Area**

Furthermore:

GSRs

- YOU ARE THE MAIN LINK BETWEEN YOUR GROUP AND A.A. AS A WHOLE
- WITHOUT YOUR VOICE, YOUR GROUP HAS NO VOICE
- Have an Alternate GSR

DCMs

- Inspire and encourage GSRs
- Lead by example and serve with humility
- Visit & communicate with groups (even those without GSRs)
- Have an Alternate DCM

G.S.R.

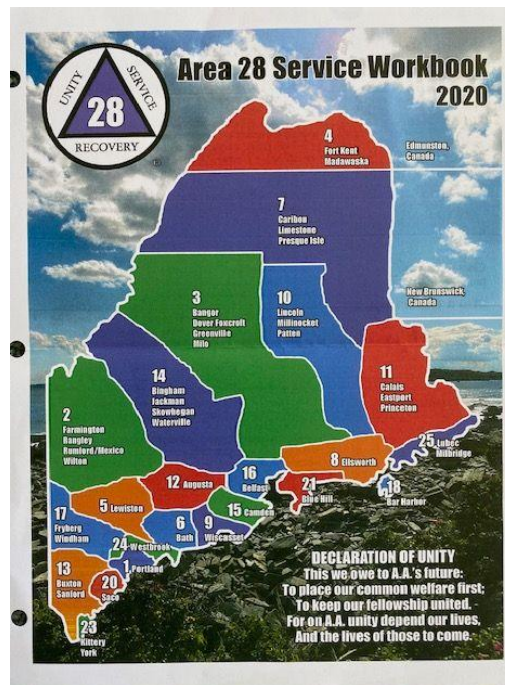
General Service
Representative

Your group's link
to A.A. as a whole

This is A.A. General Service Conference-approved literature.

INFORMATION

- Service Sponsor
- Kit from GSO



This is A.A. General Service Conference-approved literature

Your D.C.M.

District
Committee
Member

What is a D.C.M.?

The heart of A.A. is the group, which elects a general service representative (G.S.R.). The G.S.R. attends district meetings that are made up of the groups in that district. The G.S.R.s elect a district committee member (D.C.M.). Thus, the D.C.M. is the vital link between the group's G.S.R., and the area service structure, including the area's delegate to the General Service Conference.

Where does the D.C.M. come from?

G.S.R.s in each district usually elect their D.C.M.s. The qualifications for a good district committee member are not complicated: background in A.A. service work that

Circles of Love and Service

*How A.A.s work together to help
the alcoholic who still suffers*

This is A.A. General Service Conference-approved literature.

Also peruse...

box
459

News and Notes from the General Service Office of A.A.[®]

www.aa.org

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■ Meet Four New Class B General Service Board Trustees

Following their election in April at the 73rd General Service Conference, four new Class B (alcoholic) trustees joined the General Service Board (GSB) of A.A.:

Teresa J., of Albuquerque, New Mexico, Southwest regional trustee;
Robert L., of Québec, Canada, trustee-at-large/Canada;
David S., of East Chatham, New York, general service trustee; and
Ken T., of Pepperell, Massachusetts, Northeast regional trustee

These new trustees all bring extensive service experience, long-term sobriety, and invaluable regional and professional perspectives to the deliberations of the General Service Board.

"As a little kid," says Teresa J., "I frequently tasted alcohol, sneaking sips and sampling from the liquor cabinets of my friend's parents. But I didn't feel the effects of alcohol until I was 15 — and I knew I had found my true calling! The only problem was that once I started drinking, I simply couldn't control how much I drank or how drunk I got." As her drinking progressed, Teresa knew she had trouble with alcohol but didn't think she was an alcoholic because she could quit drinking for periods of time — "that is," she says, "until the end."

Following an intervention organized by an old friend, Teresa found herself detoxing in a local psychiatric hospital. "My plan was to lay low in the hospital for a few days and then return to drinking as usual." A counselor there had been speaking about A.A. "But I wasn't listening," she says, until something began to seep in and, suddenly, she found herself with a spark of hope. "Maybe I could find a way, with the help of A.A. to get rid of the path from my past that made it necessary for me to drink."

Active in A.A. since 2000 when she got sober, Teresa has served the Fellowship in New Mexico in

many capacities. "I started being of service by cleaning ashtrays after the meeting; it was the first time I had felt useful in a very long time." Elected early in

her sobriety to be the intergroup representative for her group, she missed a few of the monthly service meetings and the reports she was supposed to be providing to the group. After missing a few more meetings, she discovered that she had been replaced. "I was shocked. I was embarrassed," she says, "but I learned that when I take on a service position it's my responsibility to fulfill the duties. It was a tough lesson, but I learned about responsibility and accountability through that very short-lived service opportunity."

Teresa has continued to serve in many different capacities, as area delegate, chairperson, treasurer, website meeting editor, group inventory facilitator, and office volunteer at the Albuquerque General Office. Over the years, she also has been actively engaged in sponsoring other A.A.s.

"When I got sober 23 years ago, I was awash in the bedevils — I could no longer earn a living and I was of no use to myself or anyone else. Today, I can't begin to express how grateful I am just to be sober, much less to have been given yet another opportunity to serve the Fellowship that saved my life."

As the incoming Southwest regional trustee, Teresa notes "I have been blessed to have owned my own business for nearly 30 years — and successfully so since getting sober. This fact has provided me a very flexible schedule and, thus, allowed me to do a lot of service work in A.A. Owning my own business has also given me a wide range of business skills and experiences I can bring to the General Service Board."

With extensive professional experience in graphic design, she is also a trained educator and experienced chemist and has utilized her analytical problem-solv-

THE A.A. SERVICE MANUAL

combined with

TWELVE CONCEPTS FOR WORLD SERVICE

by Bill W.

2021-2023 Edition
REVISED AND UPDATED

GSR: Responsibilities to Your Home Group

- Attend district meetings regularly
 - Assist in setting up
 - Some GSRs take group contributions to District Treasurer
- Report to district about your group; brief
- Share with other GSRs
- Keep Secretary's records of District & Assemblies

DCM: Responsibilities to Your District

Registrar

- Hold district meetings regularly
 - Inquire of GSRs for agenda items
 - Ensure GSRs (and you) are registered with General Service
- Be aware of new/updated Conference literature and technology applications
- Report to ACM & Assembly about your district; brief
- Bring Traditions issues to the attention of the Delegate
- Keep Secretary's records of ACMs and Assemblies

VOTING

GSRs

- Home group
- District

- Assemblies

DCMs

- Home Group
- District (maybe)
- Area Committee Meetings
(voting for agenda items)
- Assemblies

How:

- Listen to *all* points of view
 - Take notes
 - Follow up

- Balance is key: all 3 sides of recovery



Our 3 Legacies

- ***Step up***
- ***Stand up***
- ***Show up***
- ***Just do it...***

**“Service gives me
the opportunity to work on ME
and *my* character defects.”**



**“Service
saved my
life.”**



“RULE 62...”

Just when I've got this figured out.... Do I HAVE to step down after 2 years??
