

AREA 8, DISTRICT 11

APRIL, 2014 NEWSLETTER



OVER THE BRIDGE GROUP STEPS AND TRADITIONS WORKSHOP--SPECIAL SATURDAY WORKSHOP SPONSORED BY DISTRICT 11

On Saturday April 26th from 8:30 am – 11:30 am please join us for a workshop sponsored by District 11 and the Thursday night Over the Bridge Group. The workshop will feature two main speakers speaking on both the steps and the traditions. There will be a question and answer forum after each speaker. Home group members will also share how the 8pm Thursday night meeting has enhanced their sobriety. Please join us at 8 am for a continental breakfast. The location of this workshop is 8350 Lake Murray Blvd at St. Andrews Church.

WHAT BEING A GSR MEANS TO ME – CAROL V.

I had the pleasure of going to PRAASA this year, my first time as a GSR. There were so many interesting things to learn about. Being new to my position as a GSR (Group Service Representative) I decided to attend the Round Table discussions that were held that evening. There were so many GSRs in attendance, and such a large group.

We started first with asking questions as a large group. Some of the questions were: Is it important for a GSR (General Service Representative) to get a sense of the group? How does a GSR go about doing this? How to turn “dark” groups into “light” groups? Good ways to report to really large meetings? Tips on ways to “pass it on” to long-timers. How to take notes and create a good report? How to ask a DCM (District Committee Member) a question without giving offense? How to unseat or replace a DCM? What is a GSR? And How to encourage a group inventory? There were so many questions we broke down into smaller groups for discussion.

Many of the questions seemed to be centered on what exactly is a GSR? The most helpful answer seemed to be referring to the pamphlet, “What is a GSR?” Some answered with “A GSR attends Assemblies and monthly meetings and shares what the group will tolerate. A GSR must be cautious and give enough notice to the group members (two weeks was suggested) before holding a meeting to inform the group of topics to be discussed that require a group conscience” or “The GSR is the voice and conscience of the group and speaks for the group. The GSR reports back to the group. Sometimes there is a problem connecting with the group – especially when many members are just grappling with getting sober. General Service is like the “Congress of A.A.” and is a challenging job.” Bill W. said that GSR may be the most important job in A.A. We were also referred to the A.A. Service Manual for a description of the GSR job.

Another topic that was discussed was “How to encourage a group inventory?” Much of the solution discussed was use the pamphlet “The A.A. Group”. It helps the group focus on what’s important. If the group had answered all the suggested questions, then the inventory had been taken. One suggestion I found useful was to suggest that we let the group know that this was a way in which we could understand if our group was meeting its primary purpose.

The last discussion was close to the end and it involved changing “dark” groups to “light” groups. The best solution seemed to be to visit these “dark” groups and let them know about things that are happening within the district and or area. See if they have a GSR and invite them to participate! One of the most interesting solution was to ask if anyone in the group uses the “Daily Reflections” book and let them know that that book came out of a group’s suggestion moving through the service structure to the conference level and being approved for creation and use by A.A. members. All in all I learned a lot, makes me grateful to be of service.

A SHORT NOTE FROM YOUR EDITOR—WENDI H.

Thank you for reading and supporting our new district newsletter. Input from our members is what makes this possible. We love to publish events in the district, birthdays and articles featuring members as well as groups. Please send any relevant submission to ghighlan@nmsu.edu. Thank you for letting me be of service.

STEP, TRADITION, AND CONCEPT OF THE MONTH

STEP 4: *Made a searching a fearless moral inventory of ourselves.*

Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

¹ *The Big Book of Alcoholics Anonymous Page 64*

TRADITION 4: *Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*

“In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, “Would this break any Tradition?” Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all A.A. groups...”

² *The Twelve Traditions Illustrated*

CONCEPT 4: *At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.*

“Finally there is a spiritual reason for the “Right of Participation.” All of us desire to belong. In AA no members are “second class.” The right of participation therefore reinforces tradition two, that no member is placed in “ultimate authority” over another. We perform our tasks better “when we are sure we belong-when our “participation” assures us we are truly the “trusted servants” described in tradition two.”

³ *The Twelve Concepts Illustrated*

A Joke

Successfully taken from the London AA Website:

Proof That a Dog Is Man's best Friend.....

The dog is truly a man's best friend. If you don't believe it, just try this experiment.

Put your dog and your wife in the trunk of the car for an hour. When you open the trunk, who is really happy to see you?

CALENDAR OF EVENTS

April 5th Pre-Conference Assembly Lions Recreation Center- 225 “A” St Brawley, Ca

April 17th – 20th San Diego Spring Round-Up Town and Country Resort- Mission Valley

April 25th – 27th So Cal H&I Conference Holiday Inn Hotel- 14299 Firestone Blvd. La Mirada, Ca.

April 26th -- 12 Steps & 12 Traditions Workshop St. Andrews Church- 8350 Lake Murray Blvd, SD 92119

CHILI COOK OFF REGISTRATION – UNITY DAY CELEBRATION

We will celebrate A.A.'s 79th birthday, Unity Day, on Saturday, June 7, 2014 in Admiral Baker Park, Gazebo 4. Part of this year's completely revised program includes a *Chili Cook-off*. *There will be prizes!*

Sign-ups are on a first-come, first-served basis. Entries will be closed once all the spaces are filled.

All entries must arrive to the picnic area already prepared.

If your group is interested and wants to secure a spot in the competition, please notify Jane G. at jmga@cox.net.