

'Hints and Tips'

Some useful hints and tips from serving GSRs...

"Make sure your group has a copy of the AA Service and Structure handbooks - these are available for 1p each from the AA website shop. Here's the link <https://www.alcoholics-anonymous.org.uk/Shop/Categories/Products/AA-Unity-and-Service> or phone GSO on 01904 644026"

"It's so important to keep the 'Pink form' up to date. This lets GSo know where to send post for your group, and also means your group details (time, place, whether there's disabled access etc) are up to date. You can do this online at [https://www.alcoholics-anonymous.org.uk/AA-Meetings/Submit-Your-Meeting-Information-\(Pink-Form\)](https://www.alcoholics-anonymous.org.uk/AA-Meetings/Submit-Your-Meeting-Information-(Pink-Form)) or just phone GSO"

"The telephone service is more than a helpline: it is a lifeline. It is the point of entry into AA for many suffering alcoholics, who may be desperate and have nowhere else to turn. Keeping the 12 Step list up to date is the main means by which each group can fulfil its primary purpose - to carry the message to the alcoholic who still suffers. So please make sure your 12 step list is updated regularly and passed on to the 12 Step Co-ordinator"

"You may need to develop a thick skin! Some groups begrudge the time it takes to have a group conscience, and don't want to hear about Intergroup. Remember you've been elected by your group, and holding group conscience meetings and reporting from Intergroup are part of 'the job'. You are the main conduit between your group and Intergroup, and the communication goes both ways"

"Start to look for the next GSR as soon as you start the service - sponsoring others into service is one of the joys of recovery"

"Remember, we are no longer alone - it's ok to ask questions from more experienced members - this is how we grow in service in AA"