

### **What does “being of service” mean in NA?**

Often NA members will share about “being of service” in our regular meetings. When we are new, it’s easy to wonder what, exactly, that means.

Though some NA service centers (such as the World Service Office) do have special workers who are paid, the majority of tasks completed for NA are completed by individual members who volunteer their time. Meetings don’t just happen; we have to make them happen.

### **Why should I get involved in NA service?**

Another thing you’ve probably heard NA members share about being involved in service is that they feel good about it.

One of the things we learn in our recovery is that the core of our disease is self-centeredness. Another thing we learn is that providing selfless service to NA is one of the ways to combat the disease of addiction. Therefore, we often hear members share about the positive feelings they have as a result of volunteering their time to be of service to NA.

Ultimately, being of service to NA is one way many of our members choose to demonstrate their gratitude for all that NA has given to them.

### **Getting started with a Home Group**

One of the best ways to get started in NA service is to decide which group you would most like to give back to. A lot of members will call this their “home group.” This is a meeting you plan to attend regularly where you get to know some of the people and let them get to know you. Choosing a home group is very important if you want to stay clean. We strongly suggest you choose a home group early on.

Some of the ways NA members will be of service to their home group are:

- Showing up early to help set up the meeting
- Greeting members as they arrive to the meeting

- Making coffee
- Volunteering to chair the meeting
- Staying after the meeting to help clean up
- It is also suggested that you attend your home group’s group conscience meeting.

### **What is a “Group Conscience” meeting?**

Most NA groups have a monthly meeting that is called a group conscience meeting. Some groups also call this their business meeting. This monthly meeting is a time for home group members to discuss anything that is important for being able to fulfill the primary purpose of any NA group...”to carry the message of recovery to the addict who still suffers.”

Discussions during group conscience may include such things as making sure there is a good supply of NA books and other literature on hand for regular meetings. It is also a time for groups to discuss how well their home group is carrying the message of recovery to the still suffering addict. This may include discussion of the group’s meeting format, any regular distractions/problems that need to be addressed, which group members will be taking on specific tasks, and what needs to be done with the money we collected.

It is suggested that each group elects people for certain service positions, such as Group Service Representative (GSR), who represents the group at the Area meeting and who may also chair the group conscience meeting; Secretary, who records what happens at the group conscience meeting and who may also keep track of supplies and literature; Treasurer, who keeps track of all of the group’s money and gives a report at the group conscience meeting and who may also make sure the group has supplies and literature. Each of these positions has a co-position to help out and learn the position. Group conscience is also where group members decide who will chair the meetings, are the 12 Traditions of NA being followed, and if there is anything our Area needs to do for our group?

Since NA groups are the final authority on all issues relating to NA, this is also a time when members discuss the actions and activities of the Northwestern Michigan Area Service Committee of NA. Following is a description of the Area and some of its duties.

### **What is an NA Area?**

The Northwestern Michigan Area of Narcotics Anonymous is one of thousands of NA Areas throughout our worldwide fellowship. This Area covers the groups in Traverse City and the surrounding areas including Benzie, Kalkaska, Cadillac, Leelanau, and Manistee.

This Area is also part of the Michigan Region of Narcotics Anonymous, which is most of Michigan except the Detroit Region and part of the western part of the Upper Peninsula. We are also part of the Worldwide Fellowship of NA.

### **What is the Area all about?**

The purpose of the Area is to provide services for the groups that it would be difficult for those groups to provide without taking away from the time and resources they need to focus on carrying the message of recovery to the addict who still suffers.

The Area also has several subcommittees that have specific tasks. Each subcommittee has a Chair that is elected by the members in attendance at the Area meetings when elections take place. The Following is a brief description of each subcommittee:

**Public Relations** – Shares information with the public, professionals and schools about NA. Maintains and distributes meeting schedules and oversees the phone line. Also carries NA meetings into institutions such as treatment centers, jails, prisons and hospitals.

**Activities** - Manages fun recovery events such as picnics, dances, game nights, canoe trips, etc.

**Retreat** - Manages the annual campout that is held each year in the Northwestern Mi. Area.

**Literature** - Reviews new NA literature that is being proposed. Also makes Fellowship approved books & literature available to the groups of the Northwestern Mi. Area of NA.

All of these sub-committees meet separately on a monthly basis. If you would like to help with any of these, it is suggested you attend the sub-committee's monthly meeting. You could also attend the monthly Area Service Committee meeting. Any addict may attend the Area meeting or any of the sub-committee meetings. It is also important to know that the Area and sub-committees are accountable to the groups of this Area.

#### **What does the Area look like?**

The Area Service Committee (ASC) looks like a group conscience meeting. The elected members of the ASC are called "Trusted Servants" in NA. They have a Facilitator, Secretary, Treasurer, Web-Servant and ideally co-chairpersons for each of these positions.

One trusted servant position you will become familiar with as soon as you get a home group is Group Service Representative (GSR). This is the NA member that your home group will have elected to represent you at the monthly ASC meeting. GSR's carry the will and conscience of their home group at the ASC. They are also responsible for reporting the actions and activities of the ASC back to the members of their home group at their monthly group conscience meeting. Area is also a place for groups to share any of their issues or concerns. In addition, all the sub-committee chairpersons are asked to attend and report how each sub-committee is doing.

All Area service positions, except the GSR's, are elected once a year or on an as needed basis. Area also has a Regional Committee Member (RCM) and an alternate (RCMA) who represent our Area at the Michigan Regional Meeting held every other month at different locations in the Michigan Region.

#### **Should I get involved?**

**Absolutely!** We encourage you to choose a home group and become involved immediately. Many of us have found that our home group is the beginning of our path of service to NA. Many of us have also discussed being of service with our Sponsor and found they are encouraging and may have some additional suggestions for our involvement.

Being involved in NA service helps us to really feel like a part of something greater than ourselves. Most addicts with multiple years clean will tell you that they are or have been involved in service to NA in one form or another. Unity is the principle of our First Tradition, and we welcome you to experience the unity of NA through service.

#### **When & Where**

The Northwestern Michigan Area Service Committee of NA meets on the 3<sup>rd</sup> Sunday of each month at 4:00 p.m. at Jacobs Well 1121 E. Front St. Traverse City Mi. 49686

All of the subcommittees are currently meeting at:

Jacobs Well  
1121 E. Front St.  
Traverse City, MI. 49686

- \*First Sunday- Public Relations Subcommittee
- \*Second Sunday- Activities Subcommittee
- \*Third Sunday- Literature Subcommittee- meets one hour prior to the Area Service Committee Business Meeting
- \*Fourth Sunday- Retreat Subcommittee

\*For the most up to date times for subcommittee meetings please scan the QR code below or visit our Northwestern Michigan Area website at ***www.UpNorthNA.org***



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This is Northwestern Michigan Area of Narcotics Anonymous approved literature

## ***Being of Service***



***In the  
Northwestern Michigan  
Area of  
Narcotics Anonymous***



***www.UpNorthNA.org***

***"Service...where the steps meet the traditions on the road of recovery"***