



GSR WORKSHOP



Welcome to the
GSR Workshop
hosted by
C.A. 12 Steps For Life
in conjunction with the
Online Service Area
Delegates



GSR WORKSHOP



Preamble

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organisation, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.



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The Twelve Traditions of Cocaine Anonymous

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



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Disclaimer

Due to the technologies being used for this meeting, a participant's anonymity, or the anonymity of others mentioned, could be compromised at a public level. The individual participants and our group as a whole have the responsibility to consider the potential implications, and our level of participation in this meeting. Our group conscience reminds us that Anonymity is the Spiritual Foundation of all our Traditions. Additionally, in the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organisation or institution and as such does not endorse and is not affiliated with any of the specific technology providers utilised to facilitate this meeting.



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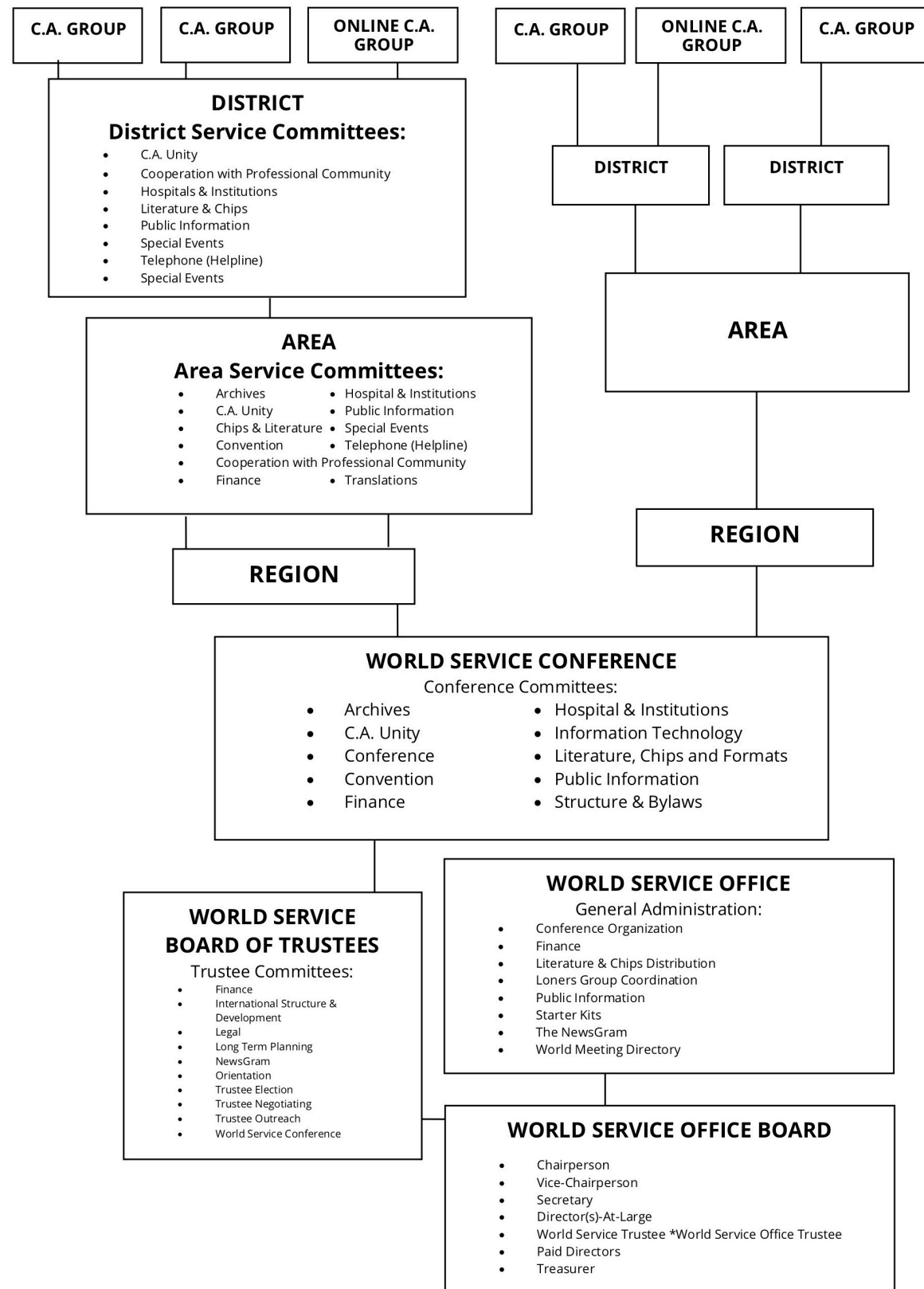
Tradition Nine

C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

<https://caservicesponsorship.org/tradition-nine-creating-service-boards-or-committees/>



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Formal organization is kept to a minimum at the local Group level. The Group may have a limited number of “officers” whose responsibilities include, but are not limited to, arranging meetings, providing refreshments, handling the Group's budget, and maintaining contact with the local service organization.



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BEING OF SERVICE: AREA STANDING COMMITTEES:

HELPLINE: Provision of information and assistance to individuals seeking aid by email, and with the communication of messages received for other committees.

HOSPITALS AND INSTITUTIONS: Coordination of and participation in Twelve Step work within hospitals and institutions.

PUBLIC INFORMATION: Distribution of literature and information to the public. (Social Media: Facebook, What's App, TikTok, youtube, etc.)

ARCHIVES: Collection, organization, categorization, copying, preserving, and electronically storing all of Cocaine Anonymous' historically valued documentation and memorabilia. Most importantly curating the history back to our fellowship for the posterity of C.A.

UNITY COMMITTEE: Communication and outreach among the diverse elements within the Fellowship at all levels, sponsoring annual workshops and other forums to promote C.A. unity.

INFORMATION TECHNOLOGY COMMITTEE: The IT Committee, on an ongoing basis, works on adapting available technologies to better carry the message of C.A., while always keeping in mind the Twelve Traditions and Twelve Concepts of C.A., C.A. policies, privacy, and security."

MEETING SERVICES: The Online Service Area Meeting Services committee encourages and supports new and existing online meetings and fosters their growth within the OSA and C.A. as a whole.

FUNDRAISING & SPECIAL EVENTS: The purpose of the OSA Fundraising & Special Events Committee is to plan and implement fundraising activities and engage in contacting Conventions and other C.A. Special Event Committees about including the Online Service Area in their planning and programming.

STRUCTURE & BYLAWS: Creation of Bylaws and Structural Guidelines for the Online Service Area. Also we will be involved in any updates to the current OSA Bylaws, Structure and New Verbiage.



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GETTING INVOLVED IN THE SERVICE STRUCTURE:

In addition to finding a spiritual way of life, recovery is about changing negative aspects of our personalities into positive ones. We came into the program with big egos but little or no self-esteem. We thought we were better than other people yet, at the same time, felt “less than.” We were people who took from others and abused friendships all of our lives. We had no concept of doing anything for anyone without the thought of some kind of reward. By the sheer grace of our Higher Powers, we have found several ways of unlearning such behavior in the program. One way is to be of service to the Fellowship of Cocaine Anonymous. We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the “attitude of service.” We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

Why Be of Service?

- To give back what was so freely given to us;
- To Take on a commitment as a symbolic way of making amends;
- To Meet other recovering addicts;
- Learn How to be part of a team;
- Learn Humility by doing something selfless for someone else;
- Learn Skills or teach others what we know;
- Learn responsibility.

Being of Service



Cocaine Anonymous World Services, Inc.
P.O. Box 492000
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(310) 559-5833 FAX (310) 559-2554
www.ca.org



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Concept Nine

Good service leaders, together with sound and appropriate methods of choosing them are at all levels indispensable for our future functioning and safety.

<https://caservicesponsorship.org/concept-nine-good-leadership/>



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Welcome to the service community of Cocaine Anonymous! Many of our members have found fulfillment and serenity by allowing their Higher Power to work through them in service to our Fellowship.

Most of our trusted servants began their journey at the Group level by doing things like greeting members at the door, making coffee, setting up chairs, or cleaning up after the meeting. Through these commitments, we began to see the value of service and how our actions can benefit others. We also experienced a new source of humility, joy, and unity, often making lifelong friends in the process. Over time, we demonstrated our trustworthiness and increasingly selfless commitment to our fellows and our Home Group. We then became ready for a new level of trusted service to the Fellowship.

One of the most important service positions to which a member can be elected is the Group Service Representative, or GSR. The majority of our future trusted servants at the District, Area, and even World Service levels will have served as GSRs. Groups should take great care with GSR selection, as the quality of the District/Area service bodies and ultimately World Services can only be as good as the choices the individual Groups make.

Being a GSR



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Being a GSR (continued)

The main purpose of the GSR is to provide two-way communication between the Group and the District or Area, depending upon the local service structure. The GSR should also be trusted with the Group's vote. Although a GSR does not require Group approval to vote on matters affecting the Group or C.A. as a whole, it is the responsibility of the GSR to vote being mindful of the group conscience:

Concept Three: As a traditional means of creating and maintaining a clearly defined working relation between the Groups, the Conference, the World Service Board of Trustees and its service corporation, staffs, and committees, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of World Service with a traditional "Right of Decision."

<https://caservicesponsorship.org/concept-three-the-right-of-decision/>

There are some important considerations prior to accepting a nomination to the GSR position or any other service commitment. It is suggested to first consult with one's sponsor, seeking an objective and honest appraisal of one's readiness and qualifications. A nominee should have **a working knowledge of the Twelve Steps and the Twelve Traditions**. It is also suggested to become **familiar with the C.A. World Service Manual**,* particularly the Twelve Concepts of World Service and Robert's Rules of Order as well as any local service guidelines. A nominee should also be fully **aware of and consider the level of commitment and sacrifice of time** involved.



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GROUP SERVICE REPRESENTATIVE (GSR)

Suggested Sobriety Time: 1 year | Term: 1 year

The GSR position is a very important service position for which a member can be elected. Great care should be taken with this choice; the quality of the District/Area Services and ultimately World Services can only be as good as those choices the individual Groups make. As with the Secretaries, GSR candidates should only accept positions for those Groups that they regularly attend. Regular attendance is to be defined by the groups. They are the ones who will carry the information back to the Group as to what is going on in our Fellowship on a District/ Area level as well as the World level.

It should be understood that a GSR does not require Group approval to vote on matters affecting the Group or C.A. as a whole, although it is the GSR responsibility to vote mindful of the group conscience. (See Concept 3). A good GSR is familiar with the C.A. World Service Manual and the Twelve Concepts of World Services. If the GSR cannot attend, an Alternate should attend. The person elected GSR should be trusted with the Group vote. Before accepting a nomination for GSR, the nominee must consider the level of commitment as well as the sacrifice of time involved.

Duties and Responsibilities:

1. Sees that the Traditions are followed within the Group.
2. Attends all appropriate business meetings.
3. Conducts communication between the Group, District and Area.
4. Reads/reviews communications from the District, Area and World Service.



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Robert's Rules of Order

The purpose of parliamentary procedure is "...to permit a majority to accomplish its ultimate purpose within a reasonable period of time but only after allowing the minority reasonable opportunity to express its views on the question at issue."

<https://caservicesponsorship.org/wsc-parliamentary-procedure-guidelines-adapted-from-roberts-rules-of-order/>



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Tradition Seven: Every C.A. group ought to be self-supporting, declining outside contributions.

You can make either a **one-time donation** or set up a **monthly contribution**. You can make your donation with a credit, debit/prepaid card, or via Paypal. Please be sure to mention the meeting you are contributing on behalf of.

<https://www.ca-online.org/7th-tradition/>

Your generous 7th donation helps cover the expenses for hosting the **CAOSA website**, printing and distributing Public Information materials, purchasing fundraising items, supporting Conference participation for our World Service Delegates, and whenever possible, supporting the C.A. World Service Office.

<https://caservicesponsorship.org/tradition-seven-were-self-supporting/>

**The 7th
Tradition
(Where Does
the Money Go?)**



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Presented by

C.A. 12 STEPS FOR LIFE

Sunday November 12th 2023

11AM PST • 2PM EST • 7PM UK

"In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution."

ZOOM ID: 834 3464 9495

Password: 124life



OSA Monthly Business Meeting

Topic: Online Service Area

1st Sunday of the month

Time: 12:30pm eastern US / 5:30pm UK

Join Zoom Meeting

[https://us02web.zoom.us/j/87216899644?](https://us02web.zoom.us/j/87216899644?pwd=S05oRDZjNXV1cVpEcU1JaktSa29GQT09)

[pwd=S05oRDZjNXV1cVpEcU1JaktSa29GQT09](https://us02web.zoom.us/j/87216899644?pwd=S05oRDZjNXV1cVpEcU1JaktSa29GQT09)

Meeting ID: 872 1689 9644

Passcode: OSA

Thanks for attending! See you at our next

OSA Monthly Business Meeting

Sunday, December 3, 2023