

What does 'being of service' mean in NA?

Often times NA members discuss 'being of service' when they share in our regular meetings. When we are new, we may wonder what, exactly, that means.

Though some Narcotics Anonymous service centers (such as the Regional or World Service offices) do have special workers who are paid, the majority of tasks completed for NA are completed by individual members who volunteer their time.

Therefore, 'being of service' in NA simply means volunteering your time for NA.

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 meeting you would most like to give back to. A lot of members will call this their 'home group'. Some of the ways NA members will be of service to their home group are:

- Showing up early to help set up
- Greeting members as they arrive
- Making coffee
- Volunteering to chair the meeting
- Staying after to help clean up
- Filling an elected position such as: Group Secretary, Treasurer, or Group Service Representative (GSR).

What is a group conscience or business meeting?

Most NA groups hold a meeting that is called a group conscience meeting. Some groups also call this their business meeting. Some groups hold this meeting once a month after the regular meeting. Others may use the last few minutes of each meeting to address any pending business.

Discussions during group conscience usually include simple items such 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 that need to be addressed, and which group members will be taking on specific tasks.

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 Northern Lights Area of NA. Following is a description of the Area and some of its duties.

What is an NA Area?

The Northern Lights Area of Narcotics Anonymous (NLANA) is one of thousands of NA areas throughout our worldwide fellowship.

The Area covers a vast geographical territory. Throughout this territory, there are many individual NA groups. Those individual groups come together to form what is called the Area.

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 themselves without taking away from the time and resources they need to focus on carrying the message of recovery to the addict who still suffers. For instance, the Area prints a meeting list for NA groups to distribute at their meetings. The Area buys and organizes the distribution of NA

literature to the public so people seeking help for a drug problem can find out about NA. This is a big task that could take away from the time and resources of one NA group.

It is also important to know that the Area is accountable to the groups when it comes to all of the services it provides. Following is more in-depth information about the Area and how it works.

What does the Area 'look' like?

The Area looks like many other volunteer committees. You may be familiar with the term "officers" when it comes to elected members of committees, in NA these members are called "trusted servants".

The NA member elected by your home group to represent the group at the Area Service Committee (ASC) meeting is the Group Service Representative (GSR). GSR's carry their home groups' will and conscience to each ASC. They are also responsible for reporting the business conducted at the Area and announcing upcoming activities to the members of their home group.

The Northern Lights Area has divided the work of the Area into three sections: The Executive Committee, the Administrative Committee, and the Vermilion Committee.

The NLA Executive Committee

The Executive Committee of the NLA conducts the regular business meeting of the ASC and is made up of seven elected trusted servants: Chair, Vice-Chair, Secretary, Treasurer, Regional Committee Member (RCM), RCM Alternate (RCMA), and Vermilion Chair.

The Executive Committee members along with the Administrative Committee members, the GSRs from each group, and any Northern Lights NA member who would like to attend, make up the Area Service Committee. See the NLANA Guidelines for detailed information about the duties and responsibilities of the Executive Committee members.

The NLA Administrative Committee

The Administrative Committee is the workhorse of the Area. The Administrative Committee meeting is open to all NA members and consists of the following elected participants: Administrative Committee Facilitator - fulfilled by the NLASC Vice-Chair, Activities Coordinator & Assistant, Admin Secretary, Welcome Desk & New GSR Coordinator, Outreach Coordinator & Assistant, Meeting List & Newspaper Ad Coordinator, H&I Panel Leader(s), and the Carry the Message Coordinator & Assistant.

The details of the work being carried out and any problems encountered are discussed and resolved at the Administrative Committee meeting.

The NLA Vermilion Committee

The Vermilion Committee organizes an annual 3-day camping retreat held the 2nd weekend of September at Camp Vermilion in Cook, MN that is open to all addicts and their families and friends.

The campout includes NA speakers, workshops, a dance, games & crafts for kids, games for adults, talent night, raffle, auction and opportunity to meet addicts from other parts of the 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 that he/she is encouraging and may have some additional suggestions for our involvement.

We also encourage you to attend the Area Service Committee meeting of the Northern Lights Area as soon as you can to discover what is most interesting to you. Unity is the principle of our First Tradition, and we welcome you to experience the unity of Narcotics Anonymous through service!

When & Where

The Northern Lights Area Service Committees meet on the 3rd Saturday of the month, on the even months of the year (Feb, Apr, Jun, Aug, Oct, & Dec).

The Area Secretary will post the address of the meeting location on the www.naminnnesota.org, *Calendar/Committee Meetings*.

11:00 to 12:00 the Vermilion Committee meets on the same schedule at the same location as the Area Service Committee meeting.

12:15 to 1:45 the Administrative Committee meets on the same schedule at the same location as the Area Service Committee meeting.

2:00 to 5:00 the main Area Service Committee meets with all members of the Executive, Administrative, and Vermilion Committee members along with the GSRs and all other NA members who would like to attend.

Join Us

No matter how long you have been clean, you are welcome and encouraged to get involved. We try to car pool to events, so don't hesitate to ask to ride along. Traveling together gives us an opportunity to get to know each better, developing deep and lasting bonds of friendship.



Being of Service

In the

Northern Lights Area of

Narcotics Anonymous

*Striving for an atmosphere of
love, mutual respect and frank
open discussion within the
area meeting.*



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

Distributed by:
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