Narcotics Anonymous®

Get Involved!

(What Can I Do?)

Compiled by:
Members of the
Mid-Coast Area
of Narcotics Anonymous

The purpose of this information pamphlet is to give a brief description of different areas of service in which you may participate on your road to recovery. Clean time requirements vary within the different subcommittees. Contact someone who is involved in the area in which you are interested and "Get Involved"!

AREA SERVICE COMMITTEE (ASC)

The Area Service Committee (ASC) is a group of trusted servants that meets monthly with the express purpose of fulfilling the specific needs of its member groups. The ASC is comprised of three types of service positions: the Administrative Committee, The Sub-Committee Chairpeople, and the Group Service Representatives (GSRs). Any group with an issue it cannot handle on its own may come to the ASC and ask for help. The principle, "We can do together what I cannot do alone," applies not only to our individual members but to our groups as well. The ASC promotes unity through the free expression of ideas and mutual aide. (For information about GSR's please refer to I.P. #2, "The Group.")

ADMINISTRATIVE COMMITTEE

To coordinate the activities of the ASC we have a group of trusted servants, elected annually, known as the Administrative Committee. The Admin Committee is comprised of the Chair, Vice-Chair, Treasurer, Secretary, Alternate Secretary, Area Service Representative (ASR), and Alternate Area Service Representative (Alt-ASR).

CHAIR AND VICE CHAIR

The primary responsibility of the Chairperson is to ensure that the ASC meeting runs smoothly and efficiently. The Chairperson conducts the monthly meeting in line with the Area's format, maintaining order and applying the principles of our Twelve Traditions.

In addition to assuming the Chairperson's duties in the Chair's absence, the Vice Chair acts as liaison among the sub-committees. The Vice Chairperson provides an excellent opportunity for learning in service. Upon completion of the term the Vice Chair may receive a vote of acclamation and advance to the Chairperson position.

SECRETARY AND ALTERNATE SECRETARY

The position of Secretary is important because it would be impossible to run the Area Service Committee without the services this position provides. The Secretary is the vital communications link between the Area Service Committee, its sub-committees and its member groups.

In addition to willingness, the Secretary should have strong organizational skills and some typing experience. The Secretary is a member of the Administrative Committee, attends Area on a monthly basis, and compiles minutes. The minutes are disbursed to the attendees of the Area Service as soon as they are complete, preferably within two weeks. The Alternate Secretary assists the Secretary, fills in if the Secretary is absent, and is responsible for upkeep of the Area Policy Guidelines. The Alternate Secretary position provides an excellent opportunity of learning in service. Upon completion of the term the Alternate Secretary may receive a vote of acclamation and advance to the Secretarial position.

AREA SERVICE REPRESENTATIVE (ASR) AND ALTERNATE ASR

The Area Service Representative is the vital link between the Area and the Regional levels of service in our fellowship. The Region supports its member Areas. The ASR represents the Area in the same way that the GSR represents the group. In addition, the ASR bears the responsibility of filling in for absent sub-committee chairpersons at regional meetings. The Alternate ASR shares these responsibilities and is expected to attend all Area and Regional meetings. The ASR - Alternate ASR positions entail a two year commitment - the first year is generally served in training as the alternate with the second year served as ASR, dependent on a vote of acclamation.

SUB-COMMITTEES

Sub-Committees are formed to provide services to the fellowship that fall outside of what groups can provide for themselves. They are designed to help us in our recovery and to further the primary purpose of our groups. In the Mid-Coast Area, the following sub-committees exist to serve the fellowship: Activities, Helpline, Hospitals and Institutions, Literature Distribution, Literature Review, and Public Information.

ACTIVITIES

Recovery in N.A. is more than life without drugs. The Activities sub-committee organizes a variety of functions in which addicts can find fun and fellowship with others in recovery. The Activities Chairperson oversees the weekly sub-committee meetings and coordinates its functions. Activities provides a popular introduction into N.A. service as there are no stringent clean time requirements and its structure is informal.

HELPLINE

Helpline provides an opportunity for one addict to help another addict on a personal, one-to-one basis. By maintaining a 24 hour a day phone service, Narcotics Anonymous is always

available to those in need. This service connects the experience, strength and hope of the fellowship with the still suffering addicts. Other information which Helpline provides includes meeting times and locations, activities information and referrals.

The rewards for helping a newcomer are without measure. Many Helpline members point to gratitude and awareness as major rewards for their involvement.

HOSPITALS AND INSTITUTIONS

The Hospitals and Institutions sub-committee carries the message of recovery to addicts who might not be able to attend regular meetings. Some places H&I takes meetings include hospitals, detox centers, and jails. Encountering addicts in these settings can help provide us a more realistic perspective, keeping our memory "green", and intensifying our gratitude. Sharing through H&I is a direct, personal form of service which reinforces both our commitment and our understanding of the program.

H&I also offers the opportunity to be a part of a network of people committed to recovery and to extend our experience of the fellowship far beyond our local home groups.

LITERATURE DISTRIBUTION

Personal recovery depends on N.A. Unity. One way we insure a unified message is through our use of fellowship approved literature. The Literature Distribution Chairperson insures that an ample supply of the texts, information pamphlets, and posters that express our message are always available to the groups.

The selfless service of this position builds a feeling of belonging and fulfilling this vital job is proof of becoming a responsible and productive member of our society.

LITERATURE REVIEW

One vital way of carrying the message of recovery is through the written word. The Literature Review sub-committee provides a forum for the creation of new literature and the review of literature currently in progress. The Literature Review sub-committee is an invaluable link in the approval of fellowship literature. In addition, being a member of the Literature Review sub-committee can help the addict expand his/her personal knowledge and understanding of the message of recovery.

PUBLIC INFORMATION

N.A.'s primary purpose is to carry the message of recovery. The purpose of the Public Information sub-committee is to insure that clear and accurate information about N.A. is available to the public. Since no one member speaks for our fellowship, we place the responsibility in the hands of a committee directly responsible to those it serves. This helps insure an accurate perspective of recovery in N.A. and avoid self-promotion and personal grandiosity.

The public needs to know that N.A. exists and that we offer the possibility of recovery. P.I. achieves this by placing public service announcements, informing those in contact with still suffering addicts, and making presentations to various civic and community groups.

Involvement in P.I. provides an excellent opportunity to learn our principles and help extend awareness of our fellowship. Every N.A. member has a place in P.I. and every member's input is valued. Carrying the message insures the growth of our members and the health of our fellowship.