Western Pennsylvania Area 60 Newsletter



SEEDS OF SERVICE



VOL. XXX, Issue 3 Summer 2016

Seeds of Service

The WPA Area 60 newsletter is published quarterly by the Area Committee. It is for AA members only. The opinions expressed are those of the contributors and not necessarily that of the Area Committee or Alcoholics Anonymous as a whole

We hope Seeds of Service will be a useful reference for GSR reports.

Distribution

Paper copies are distributed to DCMs at each quarterly meeting for redistribution to AA groups through their GSRs. A PDF copy of the newsletter is available at www.wpaarea60.org. It can also be sent electronically to DCMs and GSRs, if the Area Registrar has a correct email address.

Submission Guidelines

Suggested length is 150 to 350 words. Material should be generally relevant to the theme, and may be edited for clarity and length. All material submitted on time is reviewed, selected by topic, and may appear, based on available space. The newsletter does not publish song lyrics, tributes to individuals, prayers, plays, or anything unrelated to AA or that violates the principles of AA.

Please include your first name and last initial, home group, name and district.

Submissions may be emailed to newsletter@wpaarea60.org.

Write for SoS

The 2016 theme for the General Service Conference is "Our Spiritual Way of Life: Steps, Traditions, and Concepts."

Fall 2016, "Conscious Contact with Our Higher Power(s)" (deadline 11/14)

CONNECTING TO AA AS A WHOLE

I Never Had Time

Brad B, Thursday Night Trudgers Group, District 14

Since first coming to PA in 2009, I've always tried working the program my way. I was never big on prayer and service work. I thought going to meetings and working Steps was enough.

I relapsed over and over, in and out of AA. For some time now, I never felt like I was in the inner circle – nobody could remember my name. No wonder I'd get there right before the meeting started and leave as soon as it was



over. No fellowship. No "Meeting Before the Meeting." None of that stuff.

I had no time.

Now that I have a service position as chairperson of TNT, I show up early to set-up tables, chairs, signs; I help with the coffee and put out donuts; and then I chair the meeting. I finally feel connected. I've established a great "We." People remember my name. Now I have arrived. I even suggested a way for switching up the meeting format about a month ago, and the group conscience went with it. It feels great to have that sense of belonging and accountability now in AA.

Lastly, today – I pray. I never had time to before. I used to think "my Higher Power will see what I'm doing, that I'm living right." Now, I pray morning and night every day. (If you don't ask, you won't get it.) I have a conscious contact with my Higher Power today that's out of this world... and I love it.

So, I'm connected to AA as a whole today. I go to meetings, I have a sponsor, I work Steps, help somebody if I can, do service work, and PRAY *PRAY PRAY*. My life is good today. I owe it to my Higher Power and AA, but it was only until I was willing to do a little work that I could get into the middle... and I think I'll stay.

I love AA.

Connecting Scenes in an AA Montage

Chad U, Area 60 Newsletter Editor

The night of Memorial Day: The local recovery club's doors are locked, and the evening meeting doesn't seem to be happening. There is no sign on the door; there had been no announcement in any other meetings or at district about a change in schedule. A busy holiday with lots of other events, after all. Nobody is showing up to AA.

Well, not to open the club, at least. Around meeting time, two AAs (not part of that home group) show up. That's lucky for the two complete newcomers, the guy who moved back into town over the weekend, and the other guy coming back after a slip. So, a six-person meeting is held on the porch of a dark building.

The June district meeting: The problem of the dark meeting on Memorial Day is brought up; a number of GSRs take the news back to their groups. The following Monday, several long-timers visit the evening meeting, discovering disarray and confusion due to a lack of meeting materials (readings, books, information) and experienced AAs participating. They lend a hand — as the Responsibility Pledge says, "When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that, I am responsible." Over the next month, the evening meeting gets back on track, with new materials, good information, and an experienced GSR temporarily serving double-duty with the group to share with them what AA is as a whole.

The July Area Assembly: The district sends the largest delegation of coordinators and GSRs to the assembly. They share this story of the dark meeting with a few DCMs and GSRs from other districts – interestingly, there's a vote on the assembly floor regarding whole districts in Western PA that are dark, and what is to be done. The discussion is lively.

From the minutes of the Post-Conference Assembly: Jodie M (DCM-D22), spoke on the work her district is doing in institutions, and that groups who are within unrepresented D20 have asked to participate. She requests this merge, and Area 60 asks that the district be called D20/22, so that if D20 is relit in the future (thus providing more opportunities for service), they can be easily separated. Motion made (Jodie M) to allow these two districts to merge; seconded (Bonnie S); unanimous approval from the body.

We are *already* connected, holistically and holographically – any separation between us is an illusion. AA is a lens that allows alcoholics like us to see that fact more clearly than we would otherwise.

A district is like a meeting is like a drunk – without action, we become isolated; isolated, we become ignorant; ignorant, we get lost in the dark.



My New Plan

Scott A, SCI Fayette

My thoughts on the way to my first meeting in county jail were "how can these people help me control my drinking? I hope they can, because I sure can't control myself." That was almost seven years ago. I was afraid of what was behind those doors, but I was also afraid I'd have to share about my life.

I found that I may be different, but share similar experiences, defects, stories. Most importantly, I shared being sick of wasting my time as a drunk. I wanted to stop, I needed help. I found caring people who share the common bond of a desire to stop drinking and help others do the same. We give each other the strength to do so. So I kept coming back.

I had to change many things (my thoughts, actions, and behaviors) from my old life to keep living this new life. Living sober and clear-headed isn't easy, but it's worth making the changes. I feel great about my new life. I'm building a foundation in prison to take with me when I leave here.

I needed a new plan, and found it in AA.

Meeting Topics

SoS welcomes ideas for topics that GSRs and DCMs can take back to their meetings for thought and discussion. Please submit your topic ideas to newsletter@wpaarea60.org in the form of a question (one-word topics are bogus).

- When's the last time I read the Big Book or other AA literature? Did my sponsor make me do it, or did I choose to do it on my own? Did I get anything from it?
- Do I talk more than I listen in a meeting? Listen more than I talk? Can I listen without talking, or talk without listening? Should I?
- Am I afraid to try new things, do I dismiss new things out of hand (contempt prior to investigation), or am I just lazy? Do I seek out new experiences? Have I discovered any completely new things I enjoy doing today?
- What's the last strange intuition I had that worked out for me or others, or weird coincidence that happened in my life?

Enough is Enough

Yvette N, Area 60 Panel 63 Delegate

There has been much talk about a bequest that has been made to the AA General Service Office and Area 60 on behalf of a deceased member by his estate. What a fantastic opportunity to take a look at our **12**th **Concept**!

"The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government,



and that, like the Society it serves, it will always remain democratic in thought and action."

Whether at GSO, Area 60, our Districts, or our Home Groups, the spiritual significance of self-support is far more valuable than the amount of money in our checking account. The word *sufficient* is key. While avoiding large gifts, "We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid." [pamphlet F-3, *Self-Support*]

"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessings and evidence that we are eager to share." [Language of the Heart, p. 221]

"No great excess of group contributions over legitimate operating expenses is ever likely to be seen [AA Service Manual, p. 62]," so I need to remember that "I Am Responsible" for ensuring that there is enough... enough to effectively carry the message of hope and recovery to the suffering alcoholic among us.

Pittsburgh Recovery Walk

EDITOR'S NOTE: While Area 60 does not endorse this event per AA's Sixth Tradition, it has been suggested that this local event could be a good opportunity for cooperation with the professional community and public information service.

From http://pghrecoverywalk.org/:

The **Pittsburgh Recovery** Walk is an event that aims to dispel the negative stigma associated with recovery from addiction, and instead celebrate the many roads to recovery and all those who have traveled them.

The 2016 Recovery Walk is part of **PGH200** (http://www.pgh200.com/), which commemorates Pittsburgh's bicentennial anniversary. It takes place in September as part of **National Recovery Month** (http://www.recoverymonth.gov/).

- When? The Pittsburgh Recovery Walk will take place on September 10, 2016 from 10am 3pm.
- **Who?** The Pittsburgh Recovery Walk is free and open to the public. Everyone whose life has been touched by addiction or recovery is invited to join our city-wide celebration.
- Where? The Pittsburgh Recovery Walk begins at 11th and Liberty and proceeds down Liberty Avenue, followed by a Recovery Expo in Market Square.
- Why? Addiction affects everyone but so does recovery.
- How can you take part? Join us! This event is completely free!

Being friendly to our friends.

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A Crowd of People

Darwin W, SCI Fayette

I am currently housed at SCI Fayette. On Sunday morning, I attend the AA meeting. Connecting with the other members at the meeting lets me know that I am not alone in my endeavor to live a sober lifestyle. If I need assistance emotionally or otherwise, I have a crowd of people ready to help. It's great to have their support.



AA as a Whole Connecting with Me

Jody K, Area 60 Secretary

Through much of my first year of sobriety, I stuck close to my sponsor and home group. By the time I was a few months in, my head had cleared enough to remember the names and background of most of the folks I sat with. Sometime after that first year, I was handed a pamphlet on "The Home Group" and instructed to go to the *District Meeting* and tell them I was the *GSR (General Service Representative)* for the River Rats, and I said okay. Sounded like some kind of AA promotion to me.

When I got there, I learned that a woman I had met a few times was the *DCM (District Committee Member)*, and that must have been a few steps above my position because she had a three-inch-thick binder that looked awfully important, and all I had was a pamphlet. I raised my hand to join the *Day of Sharing* committee, because I heard you were never supposed to say no in AA. (I had to ask someone after the meeting to explain to me what a Day of Sharing was.) This guy, George, also volunteered, and we spent a lot of time after meetings planning that event and getting to know each other.

By the time George and I started traveling together, I had not only been to a lot more District Meetings, but a few *Area Meetings* as well. I even went to a *Getaway Weekend*, though it wasn't really what it sounded like. Some get-away! I worked when I was there! I took notes and prepared reports to give to my home group and district when I returned.

I started to get the feeling that this whole AA thing wasn't just something in my home town that would help me get and stay sober, but some sort of huge sober club that I could find almost anywhere I went. On Cape Hatteras and on George and my honeymoon in New England, though the accents and atmosphere might change, the same Big Book was read; the same 12 Steps, the same 12 Traditions, and the same Spiritual Principles were discussed and applied; and the same sort of sorry drunks were getting sober as a result.

The Unity of our Program makes it possible, and I thank my Higher Power that I've been able to communicate with others on the road, at NERAASA and NERF, with a pen-pal in Beirut, and – of course – in my own home group.

Without AA as a whole, I have nothing to share with another, and my sponsor would have had nothing to share with me.

My connection to AA as a whole came from AA as a whole reaching out and connecting with me.

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Feeling the Positive Energy

Shannon J, SCI Fayette

If you are an alcoholic that's seeking help, I think getting connected to AA is an important step to begin the process of recovery. AA meetings are a place for alcoholics to come share their experiences with alcohol, and the problems that come with it. Meetings also provide valuable and truthful information to make the recovery process a little easier. I connect with AA in the way that I know I'm not alone in recovery. Everyone is going through similar situations, or has been through worse.

If you are an alcoholic seeking help? Take that first step and come to a meeting.



At AA, you aren't judged, looked down upon, or distanced. You are helped, congratulated for taking that first step, and given sound advice. I connect with AA as a whole for these reasons. The fellowship at the AA meeting, along with the positive energy I get from the other members from open, honest, and emotional discussions, makes me want to come back.

Connect with AA in your own personal way.

Hispanics as Part of State Population 20 to 34% ■ 10 to 19%





El Espejo Más Grande

Anónimo, Area 60

Bill W said that the Grapevine is "the largest mirror we have of up-to-date AA thought, feeling, and activity." Like the Grapevine, LaViña helps carry the AA message to everyone interested in alcoholism, reflecting the experience, strength, and hope of AA members (and friends) on topics related to recovery, unity, and service.

LaViña reflects an ongoing expressed need of Hispanic alcoholics recovering in AA. Accounting for 17% of the population, Hispanics are the nation's biggest, youngest, and fastest growing minority group. The 2011 AA Membership Survey estimates that Hispanics make up 5% of our Fellowship... and that was five years ago. Alcoholism is alive in Hispanic communities, and they need help from the wider AA community.

Yo soy responsable. Cuando cualquiera, dondequiera, extienda su mano pidiendo ayuda, quiero que la mano de AA siempre esté allí. Y por esto: Yo soy responsable.

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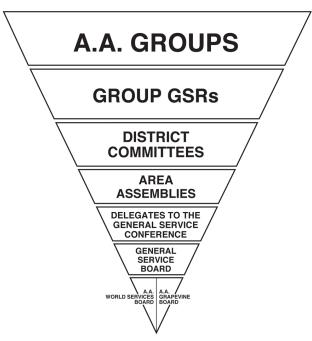
You Can Pretend to Care, But You Can't Pretend to Show Up

George K, Area 60 Panel 65 Delegate

(Edited selections of full report delivered to the body of Area 60 at the Post Conference Assembly, June 26, 2016)

My second and final report gives you all of the important facts from the Conference. It is difficult to condense a full week of activities into an article, so many details have been omitted. But the first thing I want to do is express my gratitude and honor for being entrusted with this position.

STRUCTURE OF THE CONFERENCE (U.S. and Canada)



This is our upside-down triangle. It is not just a picture; it is an important representation of our service structure. *Everything* starts at the top, the Home Group. The ideas, topics, and suggestions at every Conference start with the groups, and they flow through GSRs, DCMs, and the Delegate to GSO and the Trustees, and possibly through to the Conference. This year's background material ran over 800 pages. Many of these were communications regarding the ideas and concerns of AA members to the Conference. This can only work if we all participate.

I believe the 66th General Service Conference did a lot of good work. Several pamphlets (*Young People and AA, The Twelve Traditions Illustrated, AA for the Woman,* and *AA and the Gay/Lesbian Alcoholic*) are moving toward revision and updates. We are moving our presence forward on the internet and using technology for improved information flow. A wonderful new Corrections video (*A New Freedom*) is ready for release. Strides toward improved communication and transparency between GSO and the delegates have been made. Very importantly, translation efforts (into French and Spanish) to establish true equality of all members continues forward.

From the Finance Committee, the only item brought to the floor was a recommendation to increase the maximum annual contributions limit from \$3,000 to \$5,000. I spoke in favor of the motion, pointing out that in AA, no one can tell an alcoholic what to do, *except* here – when we say, "No, you can't give AA more money." My point was obviously unpersuasive, as the measure failed 75 against to 49 for.

(As a side note, that action is worthy of consideration in light of the decision Area 60 is facing with regard to a sizeable potential gift. Almost 2/3 of the Conference said an emphatic **NO** to taking a large gift. Just food for thought.)

The part of Conference that I feel the best about involved no votes or actions or resolutions. It involved the exchange of ideas regarding the Feasibility Study.

We were given a lot of scary sounding information. Membership has plateaued, contributions are stagnant, and costs are up. Member contributions only pay for 74.3% of services provided by GSO. Also, only 40% of the groups are carrying the ball. Our other source of income, Literature publishing and Grapevine sales, are leveling off. Budget shortfalls are predicted for this year, and every year following.

Despite all of this, I never heard a negative word or sensed a negative emotion. What I heard and felt was a sense that if we do the work, we will find a solution... but work we must.

Sound familiar? It does to me. When I first walked through the doors of AA, I had a sense of dread and no hope for the future. Those around me, *you people*, showed me that if I did the work, I would find a solution.

But it was driven home to me that once a solution was found, I had to be vigilant. Should I ever become

complacent, my sobriety, my spiritual fitness could be lost. Now I wonder, when it comes to Service, have we become complacent?

Think about this: when we see a member with forty years, we are filled with joy and gratitude for AA. But the General Service Conference was over a quarter century old when *she* got sober. Think of everything that has occurred and changed since then. The Internet, Spanish speaking members, openly LGBT members, members on psychiatric meds. The list goes on but our message remained the same with the growth of AA across the world. Our Twelve Steps got people sober. Why? Because members like *us* performed Service and passed along information from the Fellowship on how to maintain our Unity.



Are we now taking this necessary Service for granted? Do we sponsor our new members into Service, or are we taking our Unity for granted?

This Service work is just as important as the Recovery work that is done in our home groups. Look at our triangle. We need our General Service Office, our Grapevine, our AA World Services.

Imagine if that alcoholic in Poland could not get a Big Book in Polish. Imagine no Big Books at all, no pamphlets, no guidelines. If any of us goes to a meeting in Atlanta or Phoenix or Saskatoon, AA's message will be the same. This occurs because of our Unity, which is preserved by our Service.

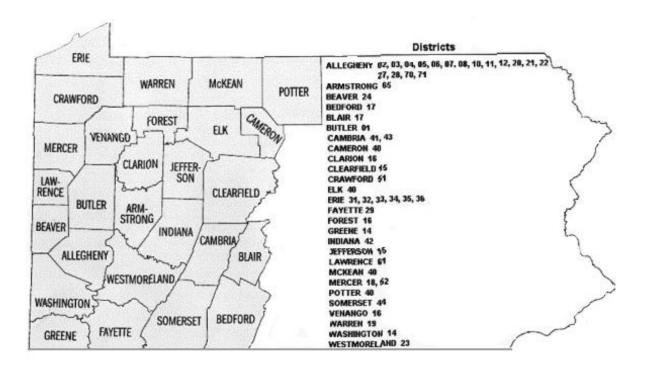
And this message of Unity and Service must be passed along by you, by me, by all of us. If we do this, if all of us continue to **show up**, continue to care and continue to work, our beloved Fellowship will be preserved, for us and for that sick drunk who just came to and thought, "I need help. Will someone please help me?"

I'll paraphrase Bill W: Our fellowship will continue to thrive as long as God has a use for us. But we must lovingly do the work. "Faith without works is dead."

If you have any questions or want more details on the 2016 General Service Conference, please contact me by email or phone. A fully detailed written report and presentation is available. Also, I could come to your district.

God bless my fellow delegates, God bless you all, and God bless Alcoholics Anonymous.

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Practicing Principles on a Larger Platform

Debbie E, Renewal Group, District 14

My experience with connecting to the whole of AA started by attending the district and area meetings, representing my home group as the GSR. From this, I am practicing the principles on a much larger platform.

When the results of these meeting weren't exactly what I wanted, I have been able to develop a better sense of tolerance, patience, and grace thanks to my Higher Power. So, by connecting to AA as a whole, I have discovered I am also connecting more with myself.

Connecting with the broader scope of AA has also led me to stand in awe of those who put a tremendous amount of personal time and effort, in an unselfish spirit, to help AA reach the still-suffering alcoholic. This is the living energy of AA. I feel very fortunate to have found the Fellowship and made the connections that I have.

How AA Worked with Me

McCoy, SCI Greene

My journey started long before I knew I had a problem. I drank anytime I had issues, and drank when I didn't.

Today, I accept I'm an alcoholic, but admitting that did not come easy. It took me losing everything and everyone I love to hit my bottom. That's when they recommended I try AA.

At first, I was scared and doubtful I could be helped. Little did I know that I could relate to most of, if not all, of what I was hearing. After grasping how it works, the Group as a whole has impacted me greatly and spawned in me a desire to learn and work the Steps and the Traditions. Just as in the Promises, I've come to know a new freedom and happiness. As I'm just taking things slow, I'm okay one day at a time. It can be complex if I let it, but as long as I go with the flow, my bad days will be okay, just like my good days.

I am very thankful for the program as a whole.

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AREA 60 DAYS OF SHARING

Days of Sharing are programs organized by Districts and held throughout the year. An Area 60 sponsored Day of Sharing program usually incorporates themes from our Three Legacies (Recovery, Unity, Service), and offers members an opportunity to see and learn about Area services available. As an Area sponsored Day of Sharing, it appears on the Area Calendar and Area 60 Officers & Coordinators attend.

Look for DoS flyers at your Area Meetings!

Date	Start Time	Address	Notes	District(s)	Contact
SAT, Sept 17	9 am	Our Lady of Grace Church (Conroy Hall) 1734 Bower Hill Road, Pittsburgh, PA 15243	SOUTH HILLS Panel Q&As, Countdown Raffle, Service Displays, lunch included, \$5 donation suggested	7, 11, 14, 21, 70	Cyndi C, or any DCM/GSR from the districts
SAT, Oct 22	9 am	Mount Cavalry Lutheran Church 1000 Scalp Avenue, Johnstown, PA 15904	JOHNSTOWN Coffee and snacks provided; \$5 donation suggested	17, 41, 44	Natalie M (D-41), Steph P (D-17), or Brian (D-44)
SAT, Oct 29	9 am	St. Michael's Orthodox Church 1182 Ashland Street, Greensburg, PA 15601	GREENSBURG (Cedar St. Exit off Rt 30) Lunch provided; Ask-it Basket; \$5 donation suggested (scholarships available)	23, 29	Margie M (D-23), Tim C (D-29)





NORTH EAST REGIONAL FORUM (NERF)

Save the Date: June 2-4, 2017

SPEAKERS, WORKSHOPS, & DISPLAYS

Doubletree by Hilton Pittsburgh - Cranberry 910 Sheraton Drive Mars, PA 16046



This is as close as it gets in the Northeast Region to where it all started...

Dr. Bob's House in Akron, OH, is just 1.5 hours away!

Sponsored by: Alcoholics Anonymous World Services, Inc.

Hosted by: Area 60 of Western Pennsylvania General Service, Inc.



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AA is a Community

Anthony Y, SCI Greene

For me, connecting with AA as a whole means I am not alone on my quest towards sobriety. It means I have support, understanding, and a means through which I can reach out to someone whenever I may feel times are hard and life has become unmanageable. Moreover, I have found individuals who are (and have been) where I am, and are able to provide me with the necessary information to help me get by another day without alcohol.

My home group provides an environment where I feel comfortable in the knowledge that I can freely open up and share all of my story — to admit to myself I have a problem with alcohol, to take personal inventory on myself, to promptly admit my mistakes, to take responsibility for all those who have been wronged/harmed by me, and to make amends for all of my past misdeeds. I never feel judged or criticized; instead, I have found right guidance by choosing this path to recovery. I have found a welcoming place where everyone can relate with one another, and do offer good advice to each other whenever possible.

To me, AA is a community...

A family, outside my own, who are my brothers and sisters. We have common goals: to enjoy life, be happy, and remain addiction-free, just as a God of our understanding has intended for each and every one of us.

The Collective Conscience of AA

Yvette N, Area 60 Panel 63 Delegate

Concept I: The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.

[AA Service Manual, p. 4]

Ok, so what does that mean? It means that AA as a whole is dependent upon the participation of all of its members for direction, and that we have final say in its affairs. This happens through the structure known as the upside-down triangle, with the groups at the top. The group elects a *General Service Representative (GSR)* who represents the group at the District Meeting. *District Committee Members (DCMs)* represent the Districts at Area Meetings.

AA is shaped by the collective voice of its local groups and their representatives to the General Service Conference, which works toward unanimity on matters vital to the Fellowship. [...] This means that we function as a democracy, with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole.

[The A.A Group, p. 10)

We are a small part of a much larger whole: that larger whole is stronger and more cohesive through our participation. People say that the group must survive or the individual will not. Our participation is vital for its survival. By being a part of our group conscience at the Home Group, District, Area, or General Service Conference level through individual participation (or through the election of trusted servants), we are ensuring the survival of the still suffering alcoholic and AA as a whole.

For more information please see:

- The AA Group...Where It All Begins (pamphlet P-16)
- The AA Service Manual, p.S15-30

...or contact an Area 60 Officer.

We are here to help and inform!

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Two Types of Area Meetings

- Quarterly Meeting: Decides area business. DCMs, Area Officers & Coordinators, past Delegates vote.
- 2. **Area Assembly**: Elects officers, provides pre-Conference group conscience, hears the Delegate's post-Conference report. GSRs, DCMs, Area Officers & Coordinators, past Delegates vote.

ALL members of the Fellowship are welcome at meetings and assemblies. GSRs are especially encouraged to attend even when they do not have a vote. *Every GSR is potentially a future DCM*.

Rules of Order at Area 60 Meetings

- Items for consideration are put on the agenda.
- Items are posed to the meeting in the form of a motion.
- All motions require a second.
- Motions can be amended, tabled, or moved to a vote.
- A vote is taken and the results are announced. The minority vote is allowed to voice its opinion.
- If a member of the majority (those who "won") wishes to change his or her vote, a second vote is held on the motion.
- The result of the second vote stands and the meeting moves to the next item for consideration.

What's the Point of Order?

- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak once before another speaks twice.
- ◆ To ensure that everyone understands the content of the vote.
- ♦ To ensure that it is clear what actions were taken.
- ◆ To ensure a thorough record of the actions taken.

Motions requiring substantial unanimity of the meeting require a two-third majority for approval. In some cases, the minority opinion (the people who "lost" the vote) may be larger than 50% of the vote.

Getaway Weekend

An annual service workshop held in the spring to discuss General Service Conference-related Issues and concerns affecting AA as a whole, as well as pertinent aspects of our *Three Legacies* (Recovery, Unity, Service).



I'm Not Alone

John J, SCI Fayette

My connection with AA comes from a variety of things. There is fellowship, sitting and sharing, having discussions with others about our experiences with alcohol. I'm always able to hear some experience from someone that not only connects to my life, but helps me tremendously in the program.



I enjoy the unity it provides: we're able to share similarities, which encourages inclusiveness. This always lets me know I'm not alone in my struggles with alcohol. When a traumatic experience is shared, it heightens my desire to reveal my experiences.

The connection to AA I most identify with is that I'm not alone.

2016 Calendar of Events

Area 60 meetings are held at the Comfort Inn, 699 Rodi Road, Penn Hills, PA

DATE	TIME	EVENT	
Sunday, Aug 14	8:30 am Registration 9 am Workshop 10:15 am Meeting	Area 60 3 rd Quarterly Meeting	
Saturday, Sept 17	9 am to 3 pm	Day of Sharing, South Hills Districts 7, 11, 14, 21, & 70 (see p. 9)	
Sunday, Sept 18	9 am	Officer/Coordinator Meeting	
Sunday, Oct 16	8:30 am Registration 9 am Workshop 10:15 am Meeting	Fall Assembly – Elections	
Saturday, Oct 22	9 am Registration 9:30 am Start	Day of Sharing, Johnstown Districts 17, 41, & 44 (see p. 9)	
Saturday, Oct 29	9 am Registration 9:30 am Start	Day of Sharing, Greensburg Districts 23 & 29 (see p. 9)	
Sunday, Nov 6	9 am	Officer/Coordinator Meeting GAW Planning Meeting	
Sunday, Dec 4	8:30 am Registration 9 am Workshop 10:15 am Meeting	Area 60 4 th Quarterly Meeting	
Sunday, Dec 18	9 am	Officer/Coordinator Meeting GAW Planning Meeting	

See All Those ____s to the Right?

Several service opportunities are available throughout Western PA Area 60.

Even for survival, we had to carry the message and we had to function. In fact, that had become evident in the Twelve Steps themselves for the last one enjoins us to carry the message. But just how would we carry this message? How would we communicate, we few, with those myriads who still don't know? And how would this communication be handled? How could we do these things. How could we authorize these things in such a way that in this new, hot focus of effort and ego that we would not again be shattered by the forces that had once ruined our lives? — Bill W

Area Committee members, DCMs, and GSRs are welcome to help **spread the word** to fill open, **needed** positions in our service structure, or to **volunteer** to serve themselves.

For more information on any open position, please feel free to contact secretary@wpaarea60.org or newsletter@wpaarea60.org.

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate: George K delegate@wpaarea60.org

Alt Delegate: John K altdelegate@wpaarea60.org

Chairperson: John R chairperson@wpaarea60.org

Alt Chair: _____ altchairperson@wpaarea60.org

Secretary: Jody K secretary@wpaarea60.org

Treasurer: Mario D'A. treasurer@wpaarea60.org

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AREA 60 WEBSITE

Alt. Website:

There are many resources on the Area 60 website, including: back issues of the newsletter, flyers for Days of Sharing, the Area 60 calendar, Area 60 Guidelines, pamphlets, service documentation, and more. Direct questions or suggestions to the Website Coordinator at website@wpaarea60.org.

website@wpaarea60.org

DONATIONS TO AREA 60

Support from groups and individuals is always welcome and appreciated! Make checks payable to:

Area 60 Treasurer

P.O. Box 266 Monroeville, PA 15146