WESTERN PENNSYLVANIA AREA 60 NEWSLETTER



SEEDS OF SERVICE



VOL. XXXIII, Issue 4 Fall 2021

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.

Write for SoS

The 2022 theme for the General Service Conference is: "AA Comes of Age 2.0: Unified in Love and Service."

- Winter Topic: How do A.A.'s go to Any lengths to Recover, Unify, and Serve
- Spring Topic: Going Beyond Fear
- Summer Topic: How to Reach Anyone, Anywhere
- ♦ Fall Topic: To be determined

Submission Guidelines

Suggested text length is 150 to 300 words. Artwork should be b&w, less than half a page (3"x5"), and 300 dpi. 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, district, and home group.

Submissions may be emailed to:

newsletter@wpaarea60.org

"SERVICE IN A CHANGING WORLD"



"Resuscitating Service"

Terry B., District 40, DCM

"Resuscitation - the act or an instance of restoring someone or something to an active or flourishing state (Merriam-Webster Dictionary)"

As of Fall 2019, District 40 was not active. We needed a new DCM. There was no communication happening between the groups, Area 60, or with the General Service Office (GSO). The question that came to mind was "How are we carrying the message?" I heard the responsibility statement and knew that I wanted the hand of AA always to be there, and for that I am responsible. How was this going to happen?

By actively working the Eleventh Step, I sought through prayer and meditation to improve my conscious contact with God as I understood him. I prayed for the knowledge of his will for me as DCM, (and the power to carry that out.) Having had a spiritual awakening as the result of using the steps, I came to believe that my higher power, who I choose to call God, put this opportunity in front of me for a reason. So, I said yes, I will be of service.

Tradition One states that our common welfare, AA unity, enables personal recovery. The groups are once again linked through the District. As DCM, I am only a trusted servant, enabling communication between the groups, Area 60, and the GSO. Tradition Four, autonomy, except when affecting other groups or AA as a whole, is understanding when that is, or is not, an issue and can now be resolved. The District Committee is directly responsible to the groups in the District, to ensure the hand of AA is always there. Through practicing attraction rather than promotion, our actions in sobriety, individually and collectively, lead others by example, and maybe, prospective members of the fellowship will want what we have. By living Tradition Twelve, and placing principles before personalities, I am able to recognize that we are all different, and yet, we are all the same, one day at a time.

"For another 24-hours, we are united in our Primary Purpose, staying sober and helping other alcoholics to achieve sobriety."

Service with a (Virtual) Smile

Meagan C., Area 60 Newsletter Editor

In December 2019 I had just arrived back to A.A, shipwrecked after a two-year bender in which alcohol was the great victor. The irony of it all was I truly believed, and portrayed, my life to be something desirable and glamorous. In reality, the isolation, chaos, and despair had enclosed upon me on all sides. The Great Lie had collapsed. In a brief moment of clarity, prompted by the arrival of a gorgeous camel-colored Chanel satchel at my door, (that's a story for another day), I asked myself "what am I doing?" The very next day, I found myself in the very place you all asked me to keep coming back to.

At three months sober, I was hitting two to three meetings per day when face-to-face meetings shut down overnight due to COVID-19. Internally, I was terrified. How was I going to stay sober alone? Quickly, our Fellowship began to navigate the tumultuous waves of staying sober through a world-wide pandemic. Zoom meetings began popping up by the hundreds, tiny islands of refuge and connection on a horizon of uncertainty. One Friday evening, I found myself led to an online meeting appropriately titled "Into Action." A week later, I was an active homegroup member and serving in a role as "Virtual Greeter." I took that job seriously, as if my life depended on it. I believe it probably did. I learned through this experience that clarity comes from doing, not thinking about doing.

What our group began to notice is that when we had three virtual greeters serving each meeting, welcoming everyone who entered the room with a chat, a virtual smile, and a "hello," our 'return rate' was 80% higher the next day than when we had only one greeter "working the door." This simple act of connection was perhaps the lifeline that was bringing people back. In the "zoom baby" age, it might have been the difference between someone feeling welcomed, recognized, and seen, or heading out for their next drink.

As social animals, the need to belong is one of the main forces that drives us as individuals, perhaps even more so as alcoholics. The most impactful service role I have held since getting sober was that of "Virtual Greeter" in a pandemic. While I can't be certain it prevented anyone else from taking the first drink — it kept me sober, sane, and connected for a few more 24's.

DISTRICT22

VIRTUAL WORKSHOP SERIES

SATURDAYS 10AM-12PM

WORKSHOP SCHEDULE

MAY 22: Answering the Call - Sponsorship

JUNE 26: Our Founders - AA's Origins

JULY 17: There is a Solution - Steps 1, 2 and 3.

AUGUST 28: Into Action - Steps 4 and 5.

SEPTEMBER 25: Humility - Steps 6 and 7.

OCTOBER 23: Amends - Steps 8, 9 and 10.

NOVEMBER 20: Conscious Contact - Step 11.

DECEMBER 18: Carrying the Message - Step 12.

Come for fellowship. Stay for the solution!

ZOOM ROOM:

Meeting ID: 415 959 3016 Passcode:

district22

Questions: dcmdistrict22pgh@gmail.com

Area 60 Virtual Rap Sessions

Rap Sessions are for Area 60 & District Coordinators to get together and share experience, strength, & hope with each other about what you do in your districts- what works and what doesn't. You can bring up questions, concerns, and get to know others who hold the same positions as you throughout Area 60.

If you just want to learn about service positions feel free to join in.

ALL ARE WELCOME!

GSR's will be on the 15th of each month at 5:30-6:30pm **DCM's** will be on the 20th of each month at 7:00-8:00pm **CPC/PI** will be on the 25th of each month at 7:30-8:30pm Secretaries will be on the 5th of each month at 7:00-8:00pm Literature Will be on the 19th of each month at 7:30-8:30pm More to come.

Contact Walter G. if you are interested.

chairperson@wpaarea60.org

A GSR Shares Her Experience

Victoria D., District 27, Saturday Night Live, GSR

Do you mind sharing your sobriety date? My sobriety date is August 16th, 2018.

How long have you been serving in your role as GSR? Just after celebrating my 3rd year in sobriety, I became GSR, so I'm relatively new to this position.

What inspired you to step up and serve? I felt moved in my heart to act as GSR because my home group did not have a voice.

What are some of the benefits you've experienced in your home group, if any, going from not having an active GSR, to now? The immediate benefit is the information passed to our home group that I get from attending the District 27 GSR meeting, that we otherwise wouldn't have. We become an informed group.

In your own words, what do you get out of being a part of AA General Service? Has it benefited you on a personal level, or in your sobriety? Personally, I have felt a boost in my self-esteem by giving back to my AA home group. In my sobriety I feel more a part of AA, being that my sponsor directed me to study the traditions and concepts. It's a feeling of being "in the middle" for me.

Final question- what was your experience like attending the Area 60 Post-Conference Assembly for the first time in August 2021? I wasn't expecting it to be so long, but it was well worth it! It was very informative and beautiful to see AA in action through service. I gathered a lot of information that I was excited to bring back to my group. It has prompted people to come up to me asking me questions, for which I dig into my notes for more answers as needed.

Have you experienced any service-related "bloopers" yet? No bloopers *yet*. Although, I think it has taken me out of myself since I don't turn red talking anymore. (At least I don't think I do)!

71st General Service Conference Items (Virtual)

Due to the coronavirus pandemic, the GSC was held virtually April 17-April 25, 2021

Committee Recommendations that pass the whole Conference with a 2/3 vote become ADVISORY ACTIONS

Data on Delegates:

Average Age: 59

Oldest: 74

Youngest: 34

Average Sobriety: 27

Longest-45

Shortest – 8

Average Service: 24

Longest: 42

Shortest: 6



The Agenda Committee

The theme for the for the 2022 General Service Conference will be: "AA Comes of Age 2.0: Unified in Love and Service." Supporting Topics: How do A.A.'s go to Any lengths to Recover, Unify, and Serve, Going Beyond Fear, and How to Reach Anyone, Anywhere.

The Workshop topic for the 2022 Conference will be "The Warranties—Our Promise to the Fellowship and to the World." **PASSED: All became Advisory Actions**

Archives Committee

No Advisory Actions

The Committee Considered a workbook and suggested ways to conduct ASL interviews to offer greater diversity of sharing. They **TOOK NO ACTION** on a proposal for an A.A. History book from 1955 to Present, because one volume may not be enough and there were concerns around world-wide diversity and ethnicity, perhaps unintentionally leaving out "some portions of the Fellowship that are today unreported."

Cooperation with the Professional Community

The Committee advised that an A.A.W.S. LinkedIn page be implemented by G.S.O. to provide current and relevant content about A.A. to professionals.

Recommended that the Trustees' CPC/ Treatment & Accessibilities Committee develop a pamphlet directed to mental health professionals and that a progress report be brought to the 2022 Conference Committee on CPC, the updated draft pamphlet "Members of the Clergy Ask About Alcoholics Anonymous" be approved and retitled "Faith Leaders Ask About Alcoholics Anonymous" PASSED: All became Advisory Actions

Corrections

That revisions be made to A.A.W.S. literature directed to members behind the walls and that the terms "inmate" and "offender" be replaced with "person in custody" **PASSED: became an Advisory Action.**

The committee recommended that the Trustees update language used in Corrections materials for Professionals and the need for developing language to refer to "persons in custody"

Furthermore, the Committee requested the Trustees develop service pieces that will explain digital distribution terminology to those carrying the message behind the walls, as many state corrections facilities are moving away from printed libraries to digital platforms.

Finance

A watermark with the word "SAMPLE" be added to the 2nd and 3rd pie charts on p. 13 of the pamphlet "Self-Support: Where Money and Spirituality Mix" **PASSED: became an Advisory Action**

Additional language be added to the pamphlet: "Self-Support: Where Money and Spirituality Mix"

- On p. 7 the section "A.A's General Service Office"- "Please note that not all areas, districts, intergroups, and central offices follow these divisions of service for institutions work, cooperation with the professional community public information, etc. Therefore, prior to making contributions in your area, please find out which entity is providing these services and allocate your contributions accordingly.
- On p. 13 after the pie chart examples, "Duties of the entities notated above are described on page 7 of this pamphlet. Performance of these service duties vary from area to area. Please be sure to inquire which services those entities provide for YOUR area and contribute accordingly." The Committee made suggested that any updates made to the pie charts in the pamphlet "Where Money and Spirituality Mix" be reflected on similar Service Materials.

Grapevine and La Vina

The Committee reviewed a progress report on the development of an Instagram account. They voted that the Grape-vine Board implement the account and report back next year on how it's going. **PASSED: became an Advisory Action**

The Committee also reviewed a heavily revised draft version of the Grapevine Workbook and submitted a list of suggestions. They considered gender-neutral language options for the A.A. Preamble, and a list of suggested Grapevine book topics for 2022 or later. They **TOOK NO ACTION** but forwarded the suggestions that the following titles be approved as Grapevine books- "A. A's Twelve Concepts" and "The Home Group II."

International Conventions/ Regional Forums

No Advisory Actions.

The committee considered options other than the Lord's Prayer to close the Big Meetings at the International Conventions, including the Third Step Pray, the Seventh Step Prayer, and A.A.'s Declaration of Unity. Additionally, they reviewed ways to encourage interest in Regional Forums and attract first-time attendees.

*It is interesting to note that of the 1044 people registered for the NERF (Northeast Regional Forum) at the beginning of the month, 577 were first timers! Area 60 was well-represented at this Forum.

Policy/Admissions

It was recommended that Krishna M.V., Chair of the General Service Board of A.A. India, be admitted to the 71st GSC as an observer (approved via polling process), that a process be developed for polling GSC between annual meetings using virtual technologies, and that an "Equitable Distribution of Workload Process" be implemented for the 72nd GSC on a three-year trial basis. It was also decided that US/Canada General Service Structure will recognize online groups and encourage their participation in the US/Canada Service Structure. **PASSED: All became Advisory Actions.**

The Committee also considered information regarding preferences for the 2025 GSC, requested a process for approving observers without an Advisory Action, recommended that the full budget amount be used for translating background material earlier for non-English speaking Delegates, and finally, requested that the Trustees continue to explore a process for a Conference Committee to review, discuss, and act on proposed agenda items.

Public Information

The Committee approved the videos "Party" and "Wall" as well as one to two PSA's to be centrally distributed to broadcast media, a feasibility study on paid placement of PSA videos on streaming platforms, and the production of podcasts containing sharing within the Fellowship & information about A.A. to the public.

Additionally, the committee recommended to revise the pamphlet "Speaking at Non-A.A. Meetings" to better reflect carrying the A.A. message to diverse public audiences in non A.A. settings, and the pamphlet "A Message to Teenagers" to better reflect carrying the A.A. message to young people. **PASSED: all became Advisory Actions**

The committee considered a wealth of other information but **TOOK NO ACTION,** including Google Ads for P.I., surveys, a "Comprehensive Media Plan", and editorial updates to "Understanding Anonymity" publications that reflect current technologies.

Treatment and Accessibilities

That audio interviews with A.A. members who are in the Armed Forces be approved and posted on the G.S. O.'s A.A. website. **PASSED: became an Advisory Action**

Trustees

The Committee approved a slate of officers to be elected at the annual meeting of the GSB, approved a slate of directors to serve on the A.A.W.S. Corporate Board, and approved a slate of directors to serve on the AA Grapevine Corporate Board. **PASSED: all became Advisory Actions.**

Literature

This Committee had an unprecedented agenda, resulting in 14 Advisory Actions-

- "A.A.W.S Policy on Conversion of Written Conference-Approved Literature and Service Material into Video Format" be approved.
- "A.A. for the Black and African-American" be updated.
- The Long Form of each Tradition be included at the end of the corresponding essays in the Twelve & Twelve.
- The draft pamphlet for Spanish-Speaking women in A.A. be approved.
- A Fourth edition of the book *Alcoholicos Anonimos* be developed.
- ◆ A Fifth Edition of the Big Book be developed, with new forward, updated preface, and updates to expand the existing ideas in Appendices III and V be included.
- ◆ A draft update of the pamphlet "The Twelve Traditions Illustrated" be approved with a working title "Experience Has Taught Us: Our Twelve Traditions Illustrated"
- Existing version of the pamphlet "The Twelve Traditions Illustrated" **not** be retired.
- Revision of the pamphlet "Frequently Asked Questions about A.A." regarding updated language surrounding meeting expenses.
- Text changes to the pamphlet "Questions and Answers on Sponsorship.
- ◆ A revision to page 117 in the Twelve and Twelve regarding "opposite sex" updated to "find a partner"
- ◆ The sentence on page 66 of the Twelve and Twelve reading "No one wants to be angry enough to murder, lustful enough to rape, gluttonous enough to ruin his health" be revised to "No one wants to commit the deadly sins of anger, lust, or gluttony"
- ◆ A draft version of the Alcoholics Anonymous book, 4th edition be translated into plain and simple language and developed to be more accessible to as wide an audience as possible. A draft is requested to be brought back to the 2022 Conference Committee on Literature.
- ♦ Proposed Agenda Item for 2022 GSC

That the translation of the Big Book into plain, simple and inclusive language be produced as a "Side-by-Side"

Floor Actions

Resulting In Advisory Actions:

- ◆ Pamphlet "A.A. for the Native North American" be updated to include language and stores that are respective and inclusive of all indigenous people and the draft be brought to the 2022 Conference Committee on Literature
- ◆ The first sentence of the A.A. Preamble be revised with gender-neutral language by relaced the words "Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope..." to "Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope..."

Not Resulting in Advisory Actions:

- ◆ The original "Ad Hoc Committee Progress Report on Google Grants and the 7th Tradition be released to the 71st GSC. **CONFERENCE DECLINED TO CONSIDER**
- ◆ Edits to the chapters "To the Wives" "The Family Afterward" and 'To Employers" in the Big Book will be allowed, but the Preface, the Forewards, "The Doctor's Opinion" "Dr. Bob's Nightmare" and the Appendices remain as is. **WITHDRAWN**



A note from our 71st GSC Delegate, Jody K.

I survived the 71st Virtual General Service Conference. It was a bugger, it was a ton of work, and I am still incredibly humbled that you all trusted me to do this service for Area 60. I would do it all again in a heartbeat. Thank you for allowing me to serve.



RUSTy Bunch Acceptance Tips

* RUSTy Bunch has found Stoicism to be foundational principles of The Oxford Groups and Alcoholics Anonymous. (Marcus Aurelius, Seneca, Epictetus)

- 1. Remember, you are a dumbass! Your perception is flawed
- 2. Do the next right thing.
- 3. Do more service work.
 - A) Work with newcomers
 - B) Take a service commitment
 - C) Call other Alcoholics
 - D) Start a meeting
 - E) Take someone through the Big Book
 - F) Look for opportunities to help others.
- 4. Make as many meetings as possible.
- 5. Accept the fact that people can be knuckleheads.
- 6. Maintain your sober contacts. Don't isolate.
- 7. Clean up your side of the street.
 - A) Take your own inventory, not anybody else's
 - B) Admit when you are wrong
 - C) Make amends when appropriate
- 8. Review your day. (The Big Book, pg.86)
- 9. Work an active program of recovery.
 - A) Daily prayer and meditation
 - B) Work the steps with your sponsor
 - C) Do steps 10 & 11 each day.
 - D) Work with others
 - E) Do service work
 - F) Make a meeting
- 10. Pause and listen. Don't just react.
- 11. Establish healthy routines.
- 12. Remember You are an alcoholic
- 13. Write a daily Gratitude list
- 14. Get back to basics.
- 15. Read AA literature
 - A) Read AA Big Book 15 minutes/day.
 - B) Read 417 and the end of 420 in the 4th edition of the Big Book.

- E) Listen to AA speakers on YouTube.
- 16. Develop gallows humor/dark humor
- 17. Stay away from negative people.
- 18. Remember Rule 62. (12 & 12, pg. 149, 4th Tradition)
- 19. Thank God for how things are.
 - A) Love your fate. Amor Fati*
 - B) Memento Mori *- you could die at any moment, make the most of today.
 - C) Accept reality as it is and act appropriately.
- 20. Meditate on the promises. (Pgs. 83, 84 Big Book)
- 21. Remember Hannibal Pick your battles.
- 22. Reclaim your humanity.
- 23. Check your expectations.
- 24. Establish the practice of Journaling
- 25. Live in the moment, not in the future.
- 26. Find a God. (B.B., Chap 4 We Agnostics pgs. 44 57: B.B. Appendix II, Spiritual Experience pgs.567, 568)
- 27. Let go and let God
- 28. Turn it over to your Higher Power
- 29. Pray
 - A) Make a prayer out of uncomfortable situations/circumstances.
 - B) Pray for those that upset you.
 - C) Pray for acceptance.
 - D) Pray the long version of the Serenity Prayer
 - E) Other prayers you like
- 30. Remember The hope of "Trudging That Happy Road to Destiny" (BB pg. 164)





Get to Know Area 60!



Two Types of Area Meetings

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

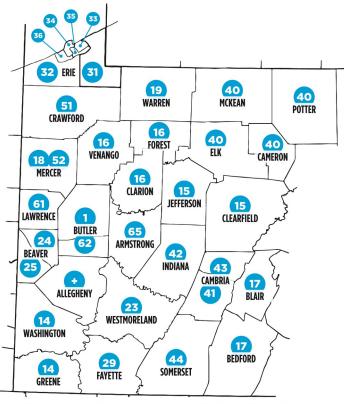
- To ensure that all voices that wish to be heard are heard.
- ♦ To ensure that no one voice dominates all others.
- ♦ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ♦ To ensure that everyone understands the content of the vote.
- To ensure that it is clear what actions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

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

Area 60 Web Calendar

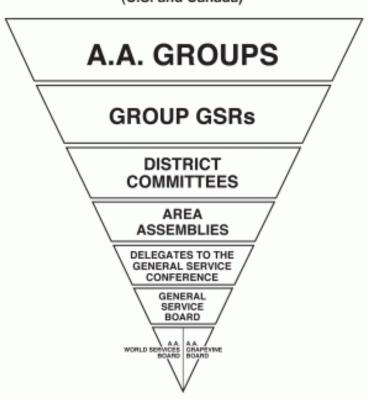
https://www.wpaarea60.org/calendar/

Our website has an updated online calendar, which lists service events (Pre-Conference Assembly Weekend, the General Service Conference, assemblies, etc.) in green; Area 60-sponsored events (quarterly meetings, Days of Sharing, etc.) in blue, and other events of interest to AAs (district-level events, recovery community events, etc.) in red.



* Allegheny County: 2, 3, 4, 5, 6, 7, 8, IO, II, I2, 20, 21, 22, 27, 28, 70, 7I

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



2021 Calendar of Events

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

DATE	TIME	EVENT
Sunday, June 27	8:30 am Registration 9 am Workshop 10:15 am Meeting	Post-Conference Assembly (Zoom)
Sunday, Oct 17	8:30 am Registration 9 am Workshop 10:15 am Meeting	Fall Assembly (Grand Ballroom)
Sunday, Nov 7	9 am (Zoom)	Officers/Coordinators Meeting PCAW Planning Meeting (Zoom)
Sunday, Dec 5	8:30 am Registration 9 am Workshop 10:15 am Meeting	4 th Quarterly Meeting (Grand Ballroom)
Sunday, Dec 12	9 am (Zoom)	Officers/Coordinators Meeting PCAW Planning Meeting (Grand Ballroom West)
Jan. 30, 2022	8:30 am Registration 9 am Workshop 10:15 am Meeting	1st Quarterly Meeting (Grand Ballroom)
Feb. 13, 2022	9 am (Zoom)	Officers/Coordinators Meeting PCAW Planning Meeting (Zoom)
Feb. 24-27th	All Weekend	NERAASA
March 6 2022	9 am Room 226	PCAW Planning Meeting

Save the Dates!

NERAASA Feb. 24-27 2022

North East Region of Alcoholics Anonymous Service Assembly (That's a mouthful, so we just call it NERAASA)

Area 60 is Hosting!!!

if you are interested in helping out- We need you!

Contact Yvette N. vette1105@gmail.com

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate: Jody K delegate@wpaarea60.org

Alt Delegate: Jon C altdelegate@wpaarea60.org

Chairperson: Walter G chairperson@wpaarea60.org

Alt Chair: Dani M altchairperson@wpaarea60.org

Secretary: Sherri Lynn D. secretary@wpaarea60.org

Treasurer: Jane R treasurer@wpaarea60.org

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AREA 60 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.

DONATIONS TO AREA 60

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

Area 60 Treasurer P.O. Box 3314 McKeesport, PA 15134

See Those ____s Above?

Volunteer and learn about Area service!