



Seeds of Service

Service is the Secret

Yvette N., Area 60, Panel 63 Delegate

At a past NERAASA—Northeast Regional Alcoholics Anonymous Service Assembly—I was given a button with that little slogan, "Service Is The Secret." For me that simple sentiment—powerful in its simplicity—has rung true. It was given to me and I have since given it away. Hmm, where have I heard that before?

I had the incredible opportunity to be in New York City during the 58th Annual General Service Conference as the guest of our WPA Panel 57 Delegate. The feeling in the air was electric for me, just to be around "those people" who have selflessly dedicated themselves to us made the universal electrons swirl for me and I

was energized. The sense of belonging to a much greater whole gives me a deeper sense of humility—something I will need to continually work for—and helps to keep me right-sized.

We hear many talk about setting an example and I take their example seriously and gratefully. I witnessed firsthand the level of love, passion and dedication for you, me and the fellowship of Alcoholics Anonymous. Meeting the Delegates from other areas and watching them gather together for our common welfare affirmed my faith in the power of God's authority as it is expressed in the group's conscience. I witnessed firsthand the number of hours spent in

(Continued on page 3)

Service Makes 12th Step Work Possible

Box 459, August/September 1982

When the subject of AA service comes up, you sometimes hear a member say, "I don't care about that stuff. It's just business and politics. All I need is my own recovery in my home group."

What this member doesn't realize that he has been dependent on AA service, not just from the time he called AA, but...before that. How did he know there was an AA to call? Or how did his wife or doctor or pastor know about AA to tell him? Because a basic part of the service effort (PI) has worked for years to tell people what AA is and how to reach it.

How did AA's number get into the telephone directory? Why was a concerned AA at the other end of the phone when he called for help? AA service put them there. He received

AA literature. How did that literature get written and printed and distributed so it would be there for him when he needed it? The member who dismisses service as having no relation to his own recovery has missed the point. He is sober today because service made it possible.

The local group is where service begins...in the form of coffee-making, ashtray-emptying, serving as group officer...when a group elects a GSR, it gains a voice in worldwide AA...

Selfishness and self-centeredness—this very basic problem can prevent us from placing AA principles over our own personalities. If service has not enhanced your sobriety, (could it be that) your true motive is still somewhat selfish? Our primary purpose is to stay sober and help others to achieve

Our Third Legacy in A.A. is "Service."

Excerpted from "A.A.'s Legacy of Service By Bill W. 1951

www.aa.org

While the term "service" in Alcoholics Anonymous can refer to everything ranging from making a twelfth step call to sponsorship to chairing meetings or making coffee, the Twelve Concepts deal more specifically with our General Service Structure and AA's World Services provided by GSO and our two Corporate Boards.

What is General Service? The Twelve Traditions make clear the principle that A.A., as such, should never be organized, that there are no bosses and no government in A.A. Yet at the same time, the Traditions recognize the need for some kind of organization to carry the message in ways that are impossible for the local groups — such as publication of a uniform literature and public information resources, helping new groups get started, publishing an international magazine, and carrying the message in other languages into other countries. The U.S./Canada Conference structure is the framework in which these "general services" are carried out.

What is the GSO? The GSO stands for the General Service Office of Alcoholics Anonymous. It is located in New York City and serves the US and Canada in matters relating to Alcoholics Anonymous.

What is AAWS? AAWS stands for Alcoholics Anonymous World Services. This is essentially the business

(Continued on page 2)



Finding Opportunities to Carry the Message

Jean M., Past Delegate, Panel 61

At a meeting recently, we were discussing the Eleventh Tradition and the concept of “attraction rather than promotion.” I shared that one of the ways that I can carry the message is by supplying my doctors with information on Alcoholics Anonymous. When I go to my primary care physician, I take to her the local District meeting list and pamphlets about our Fellowship. Some pamphlets that I have found useful for this are:

- P-42 A Brief Guide to Alcoholics Anonymous
- P-41 A Member’s Eye View of Alcoholics Anonymous
- P-48 A.A. Membership Survey

My local District meeting list not only has a list of our local meetings, but the 24/7 phone number for the Central Office, and the Web Site addresses for the Central Office, Area 60, GSO and the AA Grapevine.

Many of our meetings are held in Church social rooms. My home group has provided a copy of the Big Book for our host church library, and we have provided pamphlets to the pastor.

They are called upon for help with alcoholism, as well, particularly if church members know that there is a meeting at their location. P-25, Members of the Clergy Ask About Alcoholics Anonymous, is a pamphlet that introduces our Fellowship to members of the clergy.

Does your community have a library, police station or bus depot? Would they like to have your local or Central Office meeting list? Does your library have a copy of the Big Book?

I hear about people leaving copies of the Grapevine magazine in their doctor’s office. It is helpful to put the local phone number for 12-step calls on it. And if you want to send a subscription to the Grapevine to a library or a District Justice Office, first ask the intended recipient if it is okay to do that.

And finally, if I am that “*only Big Book that someone reads*,” what will their perception of that book be? A comedy or tragedy, a history or biography?

Thank you for giving me the opportunity to “*carry the message*.”

Our Third Legacy

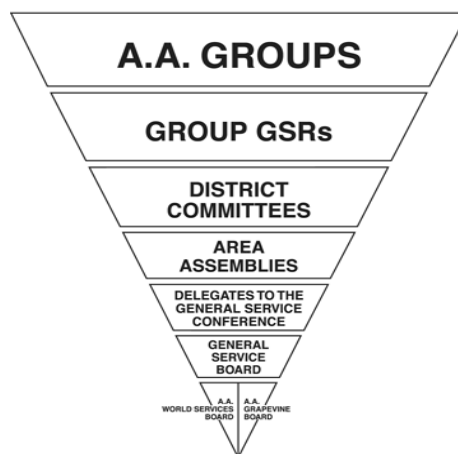
(Continued from page 1)

side of AA in that the printing and sale of AA publications falls under its purview.

What are districts, areas and regions?

The U.S. and Canada are split up into eight geographic regions. There are 93 Delegate areas. Areas are divided into districts which consist of several cities. See page S91 in The AA Service Manual. (There are 45 districts and 844 groups in Area 60, Western PA)

What are service meetings? There are several different types of service meetings – group, district, and area. A group business meeting discusses the affairs of the home



group. A district business meeting discusses the collective matters affecting all the groups within that district. At area committee meetings and area assemblies, the collective business of the area is discussed, which includes the groups, districts, and area.

Who serves on the Area Committee?

The committee consists of GSRs (*General Service Representative*) and DCMs (*District Committee Members*) of each of the participating districts in the area, the elected area officers and committee chairpersons, the delegate and alternate delegate, committee chairpersons.

Who attends these service meetings?

Anybody is welcome to attend these meetings. Attendees are AAs serving in the General Service structure. Each type of service meeting applies to different levels of the structure. In fact, interested AAs are encouraged to attend to see the third legacy at work.

To learn more about the service structure of the A. A. fellowship visit www.aa.org.



James, New Zealand. Winner of the Grapevine 2011 Cartoon Contest.

"Isn't wearing women's clothing taking anonymity a bit far, Bert?"



Service is the Secret *(Continued from page 1)*

Yvette N., Area 60, Panel 63 Delegate

committees and in sessions, not only by our Delegates but by our non-alcoholic Trustees. I witnessed firsthand the concern for each and every agenda item, issue and topic brought to the floor even while on a much needed and deserved break. And I believe I can assure you, that AA is in good hands.

So there I am, let loose in NYC

with a map and a bus pass I where did I go? I went to visit our General Service Office, on a day when very few staff was there, by myself, separate and apart from the guests who would be visiting as a group at another time.

There was a young man there who for me symbolized the ideal of service at every level in AA. His name is Christiam and he was obviously newly hired. He gave me a tour, reading carefully from his information sheet, and although I was just one, I was given the same amount of time and attention as if I was part of a larger group. Isn't that the way AA works in our home groups, the individual member, a new member, the most important one?

Well, I visited again on Friday for the regular 11:00 GSO AA meeting and there was Christiam, at the reception desk answering the phone and greeting people. On the surface this might appear to be a relatively insignificant task. Not to me. What I saw was the hand of A.A. reaching out to the newcomer who may be a little intimidated and unsure, being welcomed to their home, a place of comfort and security. What I saw was the spirit of rotation and teamwork, no job being any more or less important than another. What I saw was a person trying to do the best job that he could do with pride, respect and self-respect.

The examples of service didn't stop there. A woman greeted me who was a

retired staff member after serving for some twenty-something years. Sounds like a very important person and yet, ironically, I can't even remember her name. She was lending a hand in the office while current staff members were attending the conference. Service is the action required for true humility and I was surrounded by shining examples of that principle. These folks showed me that service is not a

burden, it is an opportunity. It is not prideful, it is

responsible. Through service I gain so much more than I could ever possibly give. I gain freedom, freedom from the obsession to drink.

Freedom to be the best person I can be.

So, what has service done for me?

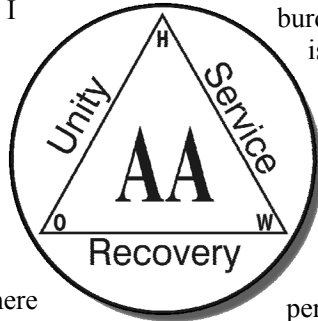
In the practical sense, I have gained an understanding of the traditions and the concepts and how they can be applied in all my affairs. I have learned a little more humility—an area I continue to work on—through the election process. Standing again and again, and allowing God's authority in the group conscience to decide where I might best be used. I am incredibly grateful to now serve as the current Panel 63 Delegate. I do not take this obligation lightly, nor do I take this journey alone. Each and every member of Area 60 travels with me, through your voices as expressed in your groups' conscience, to the General Service Conference in April.

To receive much I must give much. Through involvement in service to AA I have learned that by doing my best for AA, I discover what's best for me.

Thank you for that opportunity.

Yours in love and service,

Yvette N.



Recovery, Unity & Service

Ted G., Area 60 Grapevine Coordinator

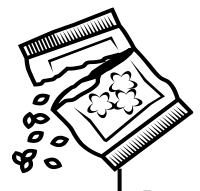
By the grace of God and Alcoholics Anonymous I am nine years sober today, the 15th of January 2013. This journey started on the 8th of January 2004 when I showed up at the North Borough's group drunk. But I knew I needed a sponsor and a home group, because I had been at A. A. meetings before. So I joined the North Borough's group and asked the first guy who shook my hand, Ron F., to sponsor me. Even though I drank for another week, wanting to quit every day and not being able to, I was truly humbled when I surrendered on the 15th. My sponsor gave me the Big Book and started me on the steps of A.A. right away. Getting to know my home group members gave me a sense of "it works — it really does."

My first bit of service was cleaning the coffee pot I took it on because I overheard a home group member with 45 years sober point over at another guy, who had 20 plus years, who was cleaning the pot and say "that's how you stay sober." So wanting to stay sober, I took on that responsibility at the next meeting. As with a lot of service positions, I have come to find out there wasn't a lot of competition for it. I held on to this job for many years, and only gave it up reluctantly.

My involvement outside my home group began at three months of sobriety, when Alvin S. offered to take me along to a recovery meeting he was bringing into a hospital. We did this for a few years. Another opportunity opened up when my second home group, Rigorous Honesty, needed a General Service Representative (G.S.R.) After that I became the District Committee Member (D.C.M.) for District 3.

My involvement in Area 60 led me to an interest in the A.A. archives. In 2009, I was asked to be the alternate Archives Coordinator by Teresa K. Regretfully, I had to step down because my wife patty had some

(Continued on page 9)



The Rewards of Service

Barbara R., Mount Pleasant Tuesday Night Big Book Study

I began my journey into service work when my Sponsor relocated and asked me to succeed her as the Grapevine Representative for our Home Group. Approximately 4 years sober, I reluctantly agreed. I spent about 6 months holding an issue, explain that it was written by alcoholics for alcoholics, a meeting in print, and give the subscription rate. Sometimes including that it made a great gift. Easy enough and uncomplicated.

The Chairperson then called for the GSR report. Our GSR had vacated the position and no one seemed interested in standing for it. I don't recall the date and/or time, but all I could reason was why not me? I can normally talk myself out of doing service in any number of ways;

however, that still, soft voice I heard guided me well. I quietly expressed an interest to a trusted member.

I attended my first District meeting on June 4, 2010 with 2 Friends of Bill

who convinced me to observe before making my intentions known. I enjoyed the interaction, had the required continuous sobriety, and the desire to try something new. At our next Home Group meeting, I was unanimously voted in and registered at the Area 60 meeting on July 11, 2010.

Little did I know what was in store as I embarked on a new adventure. I had only served 6 months when District 23 voted to make positions a 2-year commitment at their December 2010 meeting. Shy at first, I began to view the GSR role with curiosity and enthusiasm. I love to



learn and this certainly offered a great opportunity to do just that. I listened more attentively, took lots of notes, reviewed minutes and reports, and fell asleep reading AA related material such as the Service Manual.

I became acquainted with many new people some of whom were newcomers too. I was introduced to those with longer sobriety and service years that were willing to explain, clarify and help. In no time, I was inundated with more information and learned to disregard complacency. I was in knee-deep and loving it! Before writing this article, I researched the terms in my American Collegiate Dictionary and Roget's Thesaurus which were gifts from my Father; **the person who inspired this curious mind to learn more.**

Rewards – something given or received in return for service, merit, or hardship. Synonymous with a prize – something concrete offered as a reward of merit given to the winner. *American Collegiate Dictionary*

Rewards – something given or received in return for service, merit, or hardship. Synonymous with a prize – something concrete offered as a reward of merit given

to the winner.

Service – helpful acts; performance of duties for another/others; to be useful.

To be useful, the ultimate reward for me. In the 2 1/2 years I served as GSR, I felt compelled to acquire knowledge helpful to the Home Group and the AA fellowship. I looked to my peers for their insight and how they presented their reports. I became engrossed in finding out as much information about the different service areas such as Corrections, Answering Service, H & I, Grapevine and Literature. Knowing my limitations, I carefully steered away from Finance/Treasury since I'm unable to keep my personal

finances in check! I admire the trusted servants who excel where money is concerned.

I acquired a deeper conviction for keeping the Traditions as the strong hold of service. I will continue to learn more about Twelfth Step service in order to maintain my sobriety by helping others. Ultimately, I came to admire those persons who unselfishly give their time toward service work in any capacity. These dedicated individuals exhibit qualities that are the foundation of the Fellowship.

Page S26 of the 2009-2010 Edition of the Service Manual defines GSR qualifications: "have the confidence of the Group and an ability to listen to all points of view". I trust that I have humbly earned that description.

I encourage everyone who hears that same still, soft voice to heed it and get involved. The rewards will exceed your expectations and truly make you grateful. You will receive more than you give.



HEARD AT MEETINGS

HUMOR	SLIPS
Wanted in two states. Not wanted in 48.	Thoroughly have we seen a person fail who has rarely followed our path.
INSIGHTS	THOUGHTS
Fear knocked on my door... I opened it and there was nobody there.	The secret to long-term sobriety: Don't drink, don't die.

ARCHIVES CORNER
On the Origins of the A.A. Preamble
Excerpted from "Markings" Your Archives Interchange
Vol. 28 • No. 2 — Summer 2008

*The "Archives Corner" will feature different aspects of Alcoholics Anonymous history.
You are welcome to send suggestions to newsletter@wpaarea60.org.*

Question. Who wrote A.A.'s Preamble? And when was the word "honest" dropped from it (*i.e.* "honest desire to stop drinking"), and why?

Answer. The Preamble first appeared in the Grapevine in June 1947, and was written by Tom Y., the Grapevine editor at that time. The aim was to offer a concise definition of A.A. Shortly thereafter, the Preamble began appearing in each monthly issue of the Grapevine, and later on in much of our A.A. Conference-approved literature.

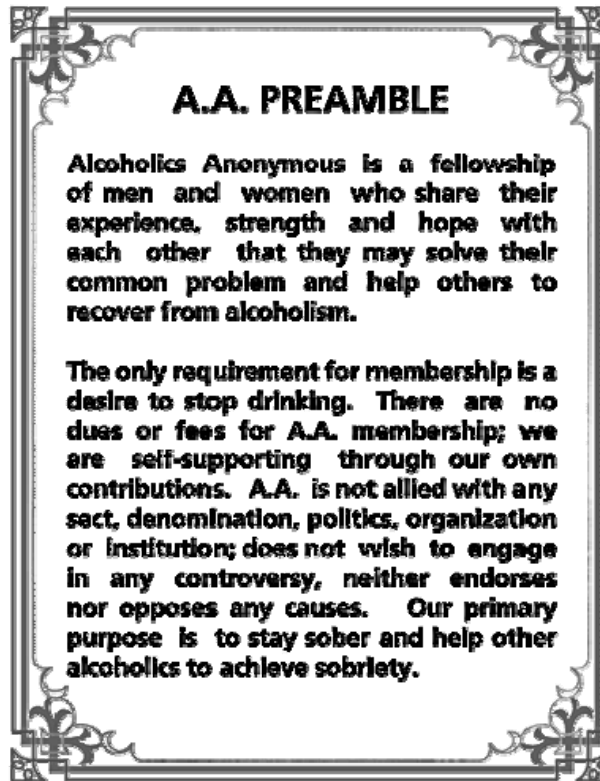
It came to be called the preamble because it is so often read at the opening of A.A. meetings.

The original version of the Preamble contained the wording, "an honest desire to stop drinking." However, since the adoption of the short form of the Traditions in 1950, the Third Tradition has always read, "The only requirement for A.A. membership is a desire to stop drinking" and this form was used by Bill in writing the book, Twelve Steps and Twelve Traditions.

In 1958 the expression "honest desire" was discussed at great length at the General Service Conference. It was felt that it was impossible to determine what constitutes an "honest" desire to stop drinking, thus the word was dropped. The version of the Preamble without the word "honest" first appeared in the September 1958 issue of the Grapevine.

There have been other versions of the Preamble, written by A.A. members for their local groups' use, which were then circulated around A.A.; for example: the "Texas Preamble," the "Wilmington Preamble," etc. Many A.A. members

Answer. No. A rumor has persisted for years that Bill wished he could have changed "rarely" to "never." But we know through Bill's own words that is not the case. In a letter to Les V., dated May 25, 1961 Bill W. wrote:



Above copyright © by the A.A. Grapevine, Inc.;
reprinted without permission.

find these interesting, though they have never been adopted by the Fellowship as a whole.

Question. I've heard it said that Bill always wished he could change the beginning of "How It Works" to read "Never have we seen a person fail who has thoroughly followed our path" (rather than "Rarely have we seen..."). Is this true?

"...Concerning your comment about the use of the word 'rarely' in Chapter Five of the Big Book. My recollection is that we did give it considerable thought at the time of writing. I think the main reason for the use of 'rarely' was to avoid anything that would look like a claim for a 100% result. Assuming of course that an alcoholic is willing enough and sane enough, there can be a perfect score on such character. But since willingness and sanity are such illusive and fluctuating values, we simply didn't like to be too positive. The medical profession could jump right down our throats...I do remember thinking about it a lot."

In addition, the following question and response were made at the 1970 General Service Conference, as part of the "Ask-It" Basket questions. Bill was, of course, still living at this time and was able to respond:

Has Bill ever said, "If there was any change he would make in the Big Book, it would be to change the word 'rarely' to 'never' at the start of Chapter Five"?

"No, Bill said he had never considered this" (1970 General Service Conference



Learning to Give Back—The Rewards of Service

Lamar F. SCI — Greene

In the summer of 2010, While being housed at Alikiski Pavilion in Arnold, Pennsylvania, I volunteered to do community service at a nonprofit organization called "Help the Needy Not the Greedy." Soon after, I decided to participate full time at the request of the founder and CEO, Mr. Hank Commadore. Service work can be very rewarding, both inside and outside of the rooms of A.A.

The organization was very interesting and meaningful. We'd go to low income communities and interview single parent households with kids. Many of these families had no furniture and the kids were sleeping on the floor, with no kitchen tables to eat off, etc. These mothers were very depressed, some of them were on drugs. After the intake process, we'd furnish their homes, living room, bed room and kitchen, all for free. We'd return weeks later and find a

new wholesome atmosphere. In some cases, the mother would have found work and was attending church, etc., It was heart warming and brought tears to our eyes. I remember the Arnold Police Chief calling the volunteers in to commend us for our work. He said that they've noticed a change in the community and honored us with a Certificate of Appreciation.

Every other weekend we organize events at the parks for the children, grilling hamburgers and hot dogs. We'd also hand out games, and raffle off prizes. Seeing these kids laughing, gave me a sense of dignity and self-respect. My heart was filled with love and a feeling of redemption.

After all the bad I've done, staying sober, and learning to give back is giving me many rewards. I never knew I could feel so good about myself, and so appreciated by others and most of all by GOD.

Rewards of Service — Close to My Heart

Larry L. SCI — Fayette

Hello again fellow AA's. Four years sober now, being sponsored, as well as a sponsor. I never thought I would see the day I could say that! As my recovery progresses in the fellowship one of the aspects of my recovery is being of service today. I get rewarded when I see someone receive an anniversary token remembering when that person was a newcomer and to see how well sponsorship affects their recovery, as well as my own.

The rewards come to those who thoroughly work a step. The reason I have only four years sober since my year here, a year there – since 1985 at the Mt. Washington group is that I failed to write my step work and use my sponsor, letting pride get in the way of this deadly disease. A 10-30 year prison sentence finally woke me up enough to take my recovery seriously.



I've been rewarded over the years by serving as the chair-

person/secretary of my home group. I've been a greeter on the outside as well as the coffee guy, set up/clean up person, and now I sponsor a few fellows. No matter what step I may be on I keep the 12th step in mind and what Dr Bob says at the end of his story about the rewards of service on p 180-181 of the Big Book (*my wife lovingly calls it my "owner's manual"*)

Dr. Bob writes, "I spend a great deal of time passing on what I've learned to others who want and need it (recovery) badly and the four reasons I do it: (1) a sense of duty, (2) a sense of pleasure, (3) because in doing so I'm paying the debt to the man who took the time to pass it on to me, and (4) because every time I do it I take out a little more insurance against a possible slip".

Whatever role we play at the meetings or in our own personal affairs, I believe for myself what Dr. Bob says – that the rewards of service are close to my heart. Pass it on, be of service and God will reward you as it says in our promises.

The Reward of Service

Andrew S. SCI — Fayette

Greet the new guy, share a smile or set up chairs if that's your style.

Chair a meeting, take the lead, there's lot to do, always a need.

Pass out the readings, or the books, the rewards of service is this month's look.

Share your thoughts, listen as well, your secrets are safe, nobody will tell.

Offer guidance and wisdom, be a sponsor to others, carry the message to our still suffering brothers.

When the meeting is over, stick around for a while, show the new guy some love, and offer a smile.

By getting involved, we help ourselves make it, if recovery's the reward, the service...I'll take it.

GRAPEVINE Quote of the Day

January 13

"Unity seldom means that we all agree on everything. Nor is unity served by setting aside our concerns and conforming to the majority opinion (or the vocal minority) ... Unity is best achieved by a full hearing of all points of view ... time for all of those involved to step back from emotional responses ... as well as careful consideration and prayer for that which will best serve the group or AA as a whole."



FROM THE GRAPEVINE BOOK

"I AM RESPONSIBLE: The Hand of AA."



21st ANNUAL AREA 60 GET AWAY WEEKEND MINI CONFERENCE APRIL 5 – 7, 2013

“INVENTORY — OUR SOLUTION IN ACTION”

Purpose:

The purpose of the Get Away Weekend is for GSRs, DCMs, Area Officers and Coordinators and A.A. members of Area 60 Western Pennsylvania to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of Recovery, Unity, and Service.

Highlights

- Service Workshops & Presentations
- Panel Presentations
- Saturday Night Banquet & Speaker Meeting
- Red Ball Alkathon Meetings

Onsite Registration & Hospitality Room
Opens @ 3:00PM Friday, April 5, 2013

Kickoff

Begins @ 4:00PM Friday, April 5, 2013

Contact Information:

Any questions please contact...

George K. 814-427-2006

John K. 814-688-3219

Barb D. 724-494-2926

E-mail gaw@wpaarea60.org

Location

Comfort Inn & Conference Center
699 Rodi Road
Pittsburgh, PA 15235 412-244-1600

Please make reservations with the hotel directly
by **March 15th, 2013**
(Mention Area 60 Get Away Weekend)

Room Rates

\$75.00 + \$10.50 tax = \$85.50 per night
Includes: Complimentary Breakfast Buffet (limit two per room), use of indoor pool, hot tub and exercise facility.

*Restaurants are available locally if you prefer not to purchase your meals through the conference.

Name _____
Address _____
City: _____ State _____ Zip: _____
Phone: _____ E-mail: _____

___ Registration	\$20.00
___ Friday Dinner	\$18.00
___ Saturday Lunch	\$10.00
___ Saturday Banquet	\$25.00
Total Enclosed \$	_____

District: _____
Service Position: _____

MAKE CHECK PAYABLE TO:

Area 60 Treasurer, P.O. Box 152, Conway PA 15027 (*Write GAW on the memo line of check*)

RETURN BY MARCH 30, 2013 I would like to volunteer **Please feel free to make copies!**

**CONTRIBUTIONS TO THE HOSPITALITY ROOM
WILL BE GREATLY APPRECIATED!**



TENTATIVE SCHEDULE OF EVENTS SUMMARY

Registration

Friday, April 5 3:00PM - 8:30PM
Saturday, April 6 8:00AM - 1:00PM

Hospitality (Room 126)

3PM on Friday, April 5 through 10AM on Sunday, April 7

Alkathons

Hourly from midnight -5:00 AM on Friday and Saturday

Presentations/Workshops

Friday, April 5 4:00PM - 5:00PM
 7:00PM - 10:00PM

Saturday, April 6 9:00AM - 12:00 noon
 1:30PM - 5:00PM
 7:30PM - 10:00PM

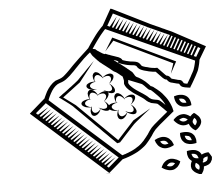
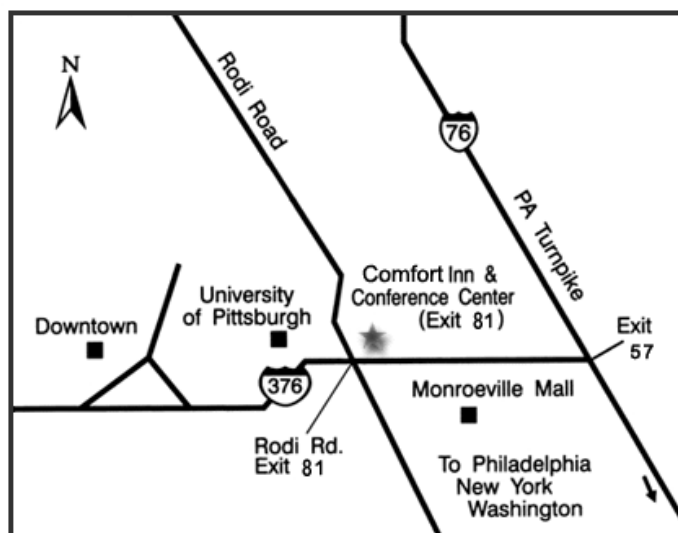
Sunday, April 7 8:00AM - 8:45AM

Directions to the Comfort Inn, 699 Rodi Road, Pittsburgh, PA 15235

From PA Turnpike, take exit 57 and follow I-376 West to exit 81. Hotel on right Follow signs to hotel on top of hill.

From U.S. Route 22, follow I-376 Exit 81.

From Business 22 West to 791 North (Rodi Road)



Service Becomes it's Own Reward

Will W. SCI — Greene

Today I'd like to share why I believe it's important as human beings to be responsible for each other. Throughout my life I conformed to a mode of thinking that simply suggested that I'm not responsible for the actions of another, I'm only responsible for me and what I do. Well I've been going to AA meetings a few months now; thankfully my thinking has changed for what I believe is the better.

Thanks and praise to God first. Secondly I'm thankful for the 12 Steps of AA – more specifically, Steps 2, 8, and 9. Step 2 tells us that we came to believe that a Power greater than ourselves could restore us to sanity. Step 8 is very important because it allows me to envision myself serving those I've hurt with my selfish ways, in a sane and sober manner. It's much better to mend and build bridges, than to destroy them. Step 9 speaks volumes to me, because it asks that I make direct amends. Wow! I know there's hope for forgiveness, that there's hope to forgive, and that there's more than one avenue I can seek in this process.

Being responsible for others is a task; however, I don't think that anyone

should be held accountable for what someone else does. I'm not speaking in legal terms, but in terms of being my brothers' keeper. Do unto others what you'd have them do unto you, and love thy neighbor.

So why shouldn't I/we reach out a hand to those in need? Why does it take a tragedy such as hurricane Katrina, Sandy, or massive earthquakes and 9/11 for us to lend a sincere helping hand? Why can we see homeless, hungry and addicted people in obvious need and keep on walking?

I have a strong desire to see clearly, and do more than the minimum. I see in A.A. more than the minimum. It's special because it's full of people with a burning desire to help others. To me the A.A. ways are the true, faithful rewards of service. I do not seek to be rewarded for the service I give, but to reward others with my service. Any rewards I may receive, help me to continue my service. Lastly it seems to me that anyone in service must be sincere about their service. For a long time I've been an actor – it's time to stop acting and be a true person of service. In doing so, I'm able to say "I am responsible!"

Recovery, Unity & Service

Ted G. (Continued from page 3)

some serious medical problems that year and I needed to be there for her. But I was able to take on a position closer to home as Steering Committee Representative (SCR) for the North Borough group.

From that position, I was nominated to be on the Inner Group for the Pittsburgh Central Office. Just yesterday, I was asked if I would be interested in being the Grapevine Coordinator for Area 60, which I gratefully accepted.

God called my Patty home to heaven on the 29th of December 2009, and I didn't need to drink to deal with it. I didn't drink because I was in the center of A. A., not on the edge. I have heard in the rooms of A. A. that "a grateful heart will not drink" and that "gratitude is an action word." Is your gratitude showing?

In service, Ted G.

P.S. *I still clean that coffee pot, when I get a chance.*

Spaghetti Dinner

SATURDAY FEBRUARY 2ND

East Liberty Presbyterian Church
116 S. Highland Avenue Pittsburgh, PA 15206



\$10-12 AT THE DOOR! **DINNER @ 6:00**
LEAD @ 8:00
DANCE @ 9:30-12:00

FOR TICKETS CONTACT

Lenny 412.224.9863 — ljbilski@gmail.com
Jess 724.713.1926 — jharbison85@gmail.com

All Proceeds Benefit PENNSCYPAA



Needed for the
21st Annual Area 60
GET AWAY WEEKEND
Friday & Saturday April 5-6

Get in the middle!

Contact George K.
Alternate Delegate
altdelegate@wpaarea60.org



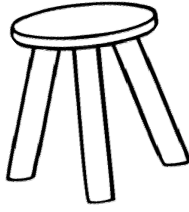
Finding a Sense of Duty in Service

Teresa K. Area 60, Panel 63 Registrar

I was told early on to “Be of Service.”

Not knowing what that truly meant, it was explained to me that AA was like a three legged stool, “service” being one of it’s legs. This stool cannot stand on just two legs, recovery and unity being the other legs. So I started watching and learning from others. I saw folks picking up coffee cups, ashtrays (when you could smoke in meetings), pushing in chairs and volunteering for positions in groups. It didn’t matter if it was their home group or not. As I watched my sponsor go around the room and shake hands with everyone in the room; I started that tradition as well and attempted to pass on what I have learned to my sponsees. The lesson I learned from shaking the hands of another alcoholic especially a newcomer is that I care and I am present in the room. I know what it meant to me going to those first meetings and someone wanting to shake my hand. It helped me to keep coming back.

I found my self doing what they did. I felt more and more a part of AA. I feel that I am giving back to AA in some small way, because I could never give enough to show my appreciation to the program which has given me so much. The more that I do the better I



The lesson I learned from shaking the hands of another alcoholic, especially a newcomer is that I care and I am present in the room.

feel, and want to be a part of AA. It doesn’t matter what I do just as long as I do something to give back. I was taught not just to sit back and let someone else do it. I’m not that well yet - not to do work in AA. Where would AA be today if we all did that. If no one shook my hand when I came in or gave me their number, where would I be today? Dead or worse drunk, and living in the nightmare of the insanity.

I’ve also learned to be accountable to my fellow members in AA by serving my home group. I’ve learned humility by getting past my fears of making mistakes and by learning from those who have walked in front of me. Granted, I’ve made plenty of mistakes in the program, but I make the effort to learn from each

everyone of them. I try to follow through with a commitment even if I don’t want to, I do it anyway. To “suit up and show up” is a integral part to my sobriety today. I’ve learned that anything that I do in AA is not for the “pat on the back” or the notoriety of the position. It’s to learn, grow and to gain another promise of the program -- to have a sense of peace in my heart, to lay my head down at night and know that I did the best that I could for that day. Service has taught me to be responsible inside and outside the rooms. Today I have a sense of what gratitude really means. Dr. Bob I think put it best and simplest “*It is a sense of duty*” no other reason.

What Service Means to Me

John K. Area 60 Panel 63 Chairperson

As an active alcoholic, I did not understand the selfish nature of my disease. I did nice things for other people at times, but for the wrong motivation. I wanted you to like me. I cared what other people thought of me. I tried a few times to get sober, but wanted to do things my way, and as the Big Book points out the results were nil.

I was fortunate to chose as a sponsor, a man who participated actively in service work. He has served in various positions from home group to Area service. This time, I had a little willingness to do as was suggested. My first service position was door greeter. I eventually became the group secretary, GSR, etc. I found that I liked doing positive things and began to feel better about myself rather than feeling like the dwarf of my fears.

The more responsible I became, the more service work became the icing on the cake of my sobriety. In 2008, my son Erik came to me and said “Dad I can’t stop drinking.” He asked if I would help him. I knew what to do. I took him to my home group where he was treated with love and kindness. He has been sober for five years. I understand why we have a responsibility to keep A.A. functioning for our children, spouses, friends and neighbors.

As an active alcoholic, I used to dream of having a life with friends who loved and cared about me — for all that I am and am not. I have a life today full of love and contentment. Through A.A. service work, I have been brought in contact with countless fine people who think of others whom they may not yet have met. I live alone today, but never feel alone because I have my higher power and you. As I look back at my insanity, that’s all I ever really wanted.



Donations to Area 60 are always welcome and appreciated!

Make check payable to...

Area 60 Treasurer, P.O. Box 152, Conway, PA 15027



Practical Experience & The Rewards of Service

John Mc A. State Correctional Institution—Fayette

The rewards of service are many. Getting out of the SELF... reconnecting with the world, opening myself up to accept the love of others, the dissipation of fears and worries, peace of mind, gratitude, the warm embrace of humility. The feeling of being on the "Broad Highway," walking hand in hand with the Spirit of the Universe, sweet surrender! Not picking up that first drink!

Our book tells us that faith won't exist without some work blending in to the recipe. What A. A. has given me is the only thing that I have complete faith in and I was in desperate need, for many, many

years — something to cling on to, to believe in and I don't want to ever lose this. So I ask myself if I am willing to jealously guard it in the way that has been laid out to eloquently in the words and actions of so many other sober alcoholics who have served my sobriety throughout its' course.

Do I still have the desire? I may still be tortured, from time to time, by some of my defects of character, but,

do I want to forfeit all the gains that have been made through what this A.A. has taught me about how to life a life that has bought me so many moments of fulfillment, of peace and serenity, of at times overwhelming feelings of love, of true and lasting deepening friendships, of gratitude?

I fear that if I were to lose these things and go back to that drink I would die because of the knowledge of their sweetness and my forfeiture of that sweetness. Can I add that to the list of those past failures that were the embrace of my active alcoholic past? I don't believe that I wish to test this. So whatever I

may do to serve this A. A. I do with what is most certainly partial SELFISHNESS. Like I said, I might realize that the ultimate in the spiritual journey is to find complete release from the self but I don't kid myself into believing that I'll achieve that in this lifetime. Self preservation is still what this is about for me, so, serve I will and be gifted with continuing sobriety and its rewards I will be continually grateful for.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." *Alcoholics Anonymous*, Pg. 89.

Sleeping well...through Service

Kate L. We Are Responsible Women's Literature Study Group, District 11

"When I'm with you I'm not with me." I heard this in my first months and it taught me a lot about the program and about staying sober. The more I listened in the rooms, the more I heard others say that helping someone was the fastest way to get away from negative thinking or thoughts of a drink.

I know for me that when meetings were hard to drag myself to that offering other AA's rides got me to more meetings and gave me sober

buddies in the bargain. I know that just by making a newcomer feel welcome that I help someone stay sober that day. I hear those newcomers talk about how a strange woman just said hello and started chatting with them at their first meeting and they felt better about being there, only because I was practicing service.

Saying "yes" to AA requests, greeting newcomers at the door and staying after, visiting AA's in the hospital, taking on a sponsee,



TO GROUP GV REPS:

After volunteering for this important service (*Group Grapevine Representative*), please register so we can send you all the materials and information you will need to fulfill your service commitment.

Contact information:

Fax: 800.631.6025 / 212.870.3301

Email: gvr@aagrapevine.org

Mail: GVR Coordinator
475 Riverside Dr., Suite 1264
New York, NY 10115

On-Line: Click on the Resources/GVR tab on www.aagrapevine.org, then click on the Victor E. box on the upper right for the form.

Some Grapevine Gift Ideas:

- Grapevine print subscriptions —\$28.97
Two for \$54.00
- Grapevine on-line subscription—\$34.97
- Grapevine complete subscription—49.97
- 2013 GV Calendar or Pocket Planner
- Newly reprinted facsimiles of the magazines honoring Dr. Bob & Bill

Grapevine eBooks Now Available:

- The Best of Bill
- Language of the Heart
- Best of Bill (also in Spanish)
- Step by Step
- Emotional Sobriety I
- Emotional Sobriety II
- Spiritual Awakenings
- Spiritual Awakenings II
- Young & Sober
- Into Action
- Happy, Joyous & Free

being secretary of my home group , helping set up or clean up a meeting, offering to have coffee with an AA who needs to talk, all these actions have taken away a little piece of the woman I didn't care about, and gave me a life that matters to others. And best of all, it has kept me sober. I do all this because the Program tells me it will keep me sober, and it does. I go to bed knowing that Service, no matter how big or how small, matters to another alcoholic. "We are not Saints," and neither am I, but every night I sleep better.



**Area 60 of Western PA
Officers & Coordinators**

- Delegate - Yvette N.
delegate@wpaarea60.org
- Alt Delegate - George K.
altdelegate@wpaarea60.org
- Chairperson - John K.
chairperson@wpaarea60.org
- Alt Chairperson - Diana G.
altchairperson@wpaarea60.org
- Secretary - Richard C.
area60secretary@wpaarea60.org
- Recording Secretary -
recsec@wpaarea60.org
- Treasurer - Barb D.
treasurer@wpaarea60.org
- Registrar - Teresa K.
registrar@wpaarea60.org
- Grapevine Coordinator - Ted G.
grapevine@wpaarea60.org
- Archives Coordinator – Dennis M.
archives@wpaarea60.org
- Corrections Coordinator - Eddie P.
corrections@wpaarea60.org
- Literature Coordinator - Otto S.
literature@wpaarea60.org
- CPC/PI Coordinator - Mack M.
pi@wpaarea60.org
- Newsletter Coordinator - Barb G.
newsletter@wpaarea60.org
- Treat/SN Coordinator Chris G.
treatment@wpaarea60.org
- Webmaster - Bill M.
webmaster@wpaarea60.org
- Website Coordinator - Mario D.
website@wpaarea60.org

2013 Calendar of Events

DATE	TIME	EVENT
Sunday January 27	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Area Assembly	Area 60 1st Quarterly Meeting
Sunday February 10	9:00 AM	Area 60 Officers & Coordinators GAW Planning
Friday/Saturday February 22 - 24		Northeast Regional AA Service Assembly (NERAASA) Area 59 Lancaster, PA
Friday-Sunday March 8 - 10		Northeast Regional Delegates Reunion (NERD) Baltimore, MD
Sunday March 17	9:00 AM	GAW Planning Meeting
Friday/Sunday April 5-7	Registration 3:00-8:30 PM Friday 8:00-1:00 PM Saturday	21st Annual Area 60 GET AWAY WEEKEND Comfort Inn, Rodi Road
Sunday April 7	9:00 AM Registration 10:15 AM Meeting	Pre-Conference Assembly
Sunday April 14	9:00 AM	Area 60 Officers & Coordinators
Sunday-Saturday April 21 - 27		General Service Conference GSO New York
Sunday May 19	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Area Assembly	Area 60 2nd Quarterly Meeting Post-Conference Assembly
Friday-Sunday June 7-9	9:00 AM	Northeast Regional Forum Area 11 (NERF) Cromwell, CT
Sunday June 23	9:00 AM	Area 60 Officers & Coordinators Meeting/GAW Wrap-up
Friday-Sunday August 2 - 4		PA State Convention Harrisburg, PA
Sunday August 18	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Area Assembly	Area 60 3rd Quarterly Meeting

Flyers for the Days of Sharing, the full calendar for 2013 and much more information (*including pamphlets, flyers and service documentation*) is available on the Area 60 website at www.wpaarea60.org



**Area 60 meetings are held at the
Comfort Inn, 699 Rodi Road
Penn Hills, PA 15235**

**THEME FOR THE SPRING 2013 EDITION:
“Our Solution In Action”**

Deadline for submission is Friday, May 3, 2013
Send articles to newsletter@wpaarea60.org

The WPA Area 60 newsletter, *Seeds of Service*, is published quarterly by the Area Committee. It is for A. A. members only and is distributed to DCM's for redistribution to A. A. groups through their GSR's. The opinions expressed are those of the contributors and not necessarily that of the Area to Committee or AA as a whole.

