



Seeds of Service

DCMs & GSRs
Please share this
newsletter with your
group! Thanks!

Recovery, Unity, Service ... Anonymity

Yvette N.- Area 60, Panel 63 Delegate

There has been much talk recently about the vital nature and threatened condition of our anonymity at the public level. A Past General Service Trustee remarked at the 2013 Northeast Regional Forum that disregard for the principle of anonymity is the biggest threat to Alcoholics Anonymous today.

I find it sad that the very thing that has allowed this thing to flourish and save millions of lives, is the thing that could ultimately destroy us. I've often heard that if A.A. fails it will be from within, and naturally this brilliant insight was attributed to Bill W., our Co-founder.

In seeking this quote I came upon the actual source (*on the internet by the way*) part of the closing talk by previous G.S.O. General Manager Bob H. at the 1977 General Service Conference:

“... all of us are a part of the continuum of A.A. history. To some small degree,

then, each of us is responsible for A.A.'s future. Some of us, sometimes, are fearful of that future. We fear lest this development, or that problem, may destroy us all. Fear not, my friends. If this Fellowship ever falters, it won't be because of 'two-hatters,' of professionals in the field. Nor will it be caused by future 'Rand-type' reports, or by members with 'other' problems. No, it won't be because of any of these things about which we seem to worry so much.

If we ever fail, it will be simply because of us. It will be because we can't control our own egos, nor get along well enough with each other. It will be because we're just not wise enough nor good enough to hold this thing together. It will be because we think too much about our 'rights,' and too little about our obligations and responsibilities. But I don't think we're going to fall apart. I think we are going to stick together and keep A.A. strong and growing.”

On more than one occasion I have mentioned the 11th Tradition to a friend or fellow on Facebook, when I observed a blatant disregard for our sacred principle (*I like Facebook, it is not the problem*). The comments met with debate about an individual's right to break their own anonymity, the fact that they obtained permission from others in posted photos (*that identified members by name and face*), the idea that somehow these admissions would attract members who might not know how to find us, etc.



What many do not realize is that Anonymity “*is often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth.*” There has been concern at the General Service level that the growth of

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In it to Win!!

Michelle H., DCM District 14

I was in a meeting just the other day, where one of the fellows attending proudly shared that he had 47 years of Sobriety!! Imagine that... I think I will be lucky to live 47 years!

Now this is a man that I have admired since I first began my journey near about nine years ago. I didn't know it then, but have certainly come to learn, that he had just exactly what I wanted; and more importantly, he was graciously willing to share, any time I asked.

“The key,” he said “*was to not drink, go to meetings and get involved.*” He shared that even at 47 years, he had to stay right smack dab in the middle of this wondrous program, if he wanted to continue to live the sober life that he had been so freely given. I take this

advice very seriously, as you see, I value my sober life today more than anything ever given me, and I am willing to go to any length to keep it.



At three years sober I was not drinking and was doing the best I could to get to meetings and work the steps. However, I was not growing and kept wondering “*Is this all there is? Really?*” Meetings were same old, same old and I was losing interest fast. I had a great sponsor, who in her infinite witness, handed me a flyer on a Thursday evening. It said something like “This sounds like it is right up your alley. Call.” And I did.

They were looking for a Corrections Coordinator for the district and were having difficulty getting the local correctional facilities to allow AA meetings. So I jumped in feet first, rolled up my sleeves, made calls, made personal visits and more calls; showed up at the Area 60 Get-Away Weekend, asked questions, then more questions; took my answers back to the District, made more calls and wrote a letter or two; and low and behold, in no time at all (*well it did take about eight months*), we were back in the first correctional facility, bringing in a meeting to the women each Wednesday and two meetings every Wednesday to the men.

With some persistence, we were invited back to the other county facility. To this day, these meetings continue there on a

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ON MY BOOKSHELF

Jean M., Past Delegate, Panel 61 Area 60 WPA

It was one of those books that I was going to read again, “When I get around to it”. I first read “Alcoholics Anonymous Comes Of Age” when I was very new to the program and wanted to know “how this works”. It had been a little while.

“Comes Of Age” was written by Bill W. to present a picture of the historic 1955 St. Louis Convention at which the Fellowship of Alcoholics Anonymous assumed full responsibility for all its affairs.

The term “Comes Of Age” is used to convey that we have arrived at the time when adult responsibilities have to be faced and dealt with. Perhaps it is laying the foundation for the theme “We Are Responsible” at the Toronto



Convention ten years later. The first part of the book presents a sketch of the Convention; the second part includes Bill W.’s three talks on the history of our Three Legacies, Recovery, Unity and Service; the third part is devoted to addresses given by a number of friends of the Fellowship, including Dr. Tiebout, Father Dowling, Father Sam Shoemaker and Mr. Bernard Smith, as

well as Lois Wilson. I particularly enjoyed reading about the growth of the Fellowship, both at home and abroad. It also introduces the use of the circle & triangle to represent A.A., and tells the origin of the symbol.

I am so grateful that I took the opportunity to take a second look at this book and it’s history of Alcoholics Anonymous. I was reminded of some facts that had slipped my mind, and saw some others in a totally new light.

“Alcoholics Anonymous Comes Of Age” is available in several formats; stop by the literature display at Area 60 events to find out more. ▲

A.A.’s Legacy of Service

From A.A. Pamphlet P-44 written by Bill W.

Recovery, Unity, Service—these are the Three Legacies given to the whole membership of A.A. by its founders and their fellow old-timers. When this heritage was announced, at the St. Louis Convention in 1955, celebrating A.A.’s 20th birthday, Doctor Bob was already gone. But Bill W. spoke for him and the other pioneers, as well as for himself, in turning over to all of us the

responsibility for A.A.’s continuation and growth. “The A.A. Service Manual,” current version of the handbook first known as “The Third Legacy Manual,” may seem to be simply a guide to organization and procedure, and its approach is indeed practical. At the same time, it is based firmly upon spiritual principles, as Bill explains in his introduction to the manual, reprinted



here to recall the development of our Third Legacy.

Our Twelfth Step—carrying the message—is the basic service that the A.A.

Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we

ourselves can wither and those who haven’t been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.’s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship. ▲



Grapevine Cartoon Contest Winner
May 2011—DLW, Bartlett, Tenn.

“Is This anyone’s first A.A. meeting?”

Responsibility to our Legacies: Recovery, Unity, & Service

Jan H., Past Delegate, Panel 57. Area 60

Responsibility like this may seem like a daunting task. **Recovery** begins with asking for help and following instructions from those that have gone before us. That approach kept it simple for me. I knew lots about drinking; I did it well or so I thought! I knew nothing about this recovery thing and, by the time my Higher Power brought me to AA, I wanted it.

Looking around me then, it seemed that the AA folks had it all together. The more I listened, the more I began to understand. Recovery offered me a new beginning. By following the path along the twelve steps as instructed, I began to learn about me and look at life with hope and serenity—a whole different perspective.

The first word in the first step is “we” which probably gives a hint of what the legacy of **Unity** is all about. In *AA Comes of Age*, Bill says that the 12 Traditions as a whole are the protectors of our third legacy of unity—a clue as to its importance. “Is unity simply something we ‘do’, something we ‘have’ or a commitment?” (from Jan. 2010 newsletter of the Central Committee of Western New York and the Niagara Frontier). Hmm—interesting question!! The answer may be all of those. I learned about unity by be-



coming a member of a home group and abiding by group conscience decisions. As a District and Area officer and then as a Delegate, I also embraced those decisions as my own. “I do not get to participate in further retaliation and argument.” I could see the importance of commitment to our singleness of purpose—to reach out to the still suffering alcoholic.

Tradition One states: “Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.” Love and tolerance are guiding principles toward the practice of unity.

On to our third legacy: **Service**. To me, service means an opportunity to give back to AA what has been given so freely to me. I really do owe my life to AA. Looking

back, I can see that I was on a certain path of self-destruction. AA gave me purpose, a true “belonging” to something, a new way of life, and a pathway through the twelve steps toward serenity and peace of mind. Service has given me gifts beyond words starting with my home group and on to the Conference. I am still at awe seeing the lives that are changed in our beautiful fellowship.

The Circle and Triangle symbol was a help to me in the beginning. I read the three legacy words (recovery, unity, and service) on my first meeting coin many times having no idea what they were all about!

In *Alcoholics Anonymous Comes of Age*, Bill W.’s 1955 speech talks about the symbol: “...The circle stands for the whole world of A.A., and the triangle stands for A.A.’s three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession....The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off the spirits of evil, and A.A.’s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more.” (p. 139) ▲

Open to Suggestions

Barb M., Saturday Morning Coffee Break Group, District 3

Although my sponsor might disagree, I like to take suggestions or, at least, entertain them for a bit. So, when I was asked to write something about the legacy of “Unity, Service, and Recovery” it was suggested that I just Google the words to get some ideas. Little did I realize just how many ideas that suggestion would generate.

First entry I clicked on is ‘Justin’ who has apparently stumbled across an old, worn recovery coin. Describing it in great detail he asks, “Does anyone know what this coin is and what it is worth?” Answers : 1) You have an AA medal or token. Lots of them have been made and the value is low, 2) Less than 5 bucks, and, 3) Sounds like a Mason’s recovery coin, just out after WWI worth about \$5



if it’s in good shape...

So. It sounds like the Legacy of Unity, Service and Recovery, passed on to us from our AA ancestors, is worth about \$5 if it’s “in good shape.” So many made, so little value. All in the eye of the beholder, I guess.

Anyway, all those high falutin’ words—Legacy, Unity, Service and Recovery—have changed meaning for me since getting sober. By letting go of my written-in-stone ideas about like, everything, one day at a time, I’m learning and understanding things a little better. So, I Googled “legacy” because

that was, for me, a negative word that meant “entitlement” and “birth right”. Which, it does but it also means a “gift” whether deserved or not. Cool. I can live with that.

Googling along, I got some better ideas of what Unity, Service and Recovery means to me, just for today. The words embrace the side of the triangle, a sign used in math and logic as shorthand for “change” or “transform” (*imagine that!*). I can’t imagine change without an equal dose of unity, service and recovery.

Unity in fellowship — keeping our singleness of purpose while being open to others’ experiences and opinions and making a commitment to be a “part of.”

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There's More to AA Than Just the Steps

Teresa K., Area 60 Registrar — We Are Responsible Women's Literature Study — District 20

We see it everywhere — it's on the back of coins, in meetings, on plaques and on AA literature; but what do the words and symbols really mean?

When I first came into the rooms of Alcoholics Anonymous, I had no clue what these things meant... I was just holding onto my rear-end to get through that day. After I stopped shaking apart and my head started to clear I could hear what folks were saying, and started to absorb the ideals initially set out by Dr. Bob and Bill W.

First it was the Big Book, doing my best to read and understand it. On one of the first pages it says "*This is our basic text*" To me a text book was something to study over and over again. I had a sponsor that said to start from the beginning and she meant from the first page that had printing on it. Wow what a concept. So I did, I read the forwards to each

edition and the prefaces. I found a wealth of information in it. I found the Steps, the Traditions and a bunch of history about how AA started. It gave me the start I needed.

The **Steps** (Experience) are the recovery program, the experiences of all of those that came before me.

The **Traditions** (Strength) are the strength of the program for Unity it is what keeps us all together and one for the common good of AA.

The **Concepts** (Hope) are the program of service to AA, hope that it will last for generations to come. To keep our doors open for the next alcoholic that needs our help.

Then I was instructed to start reading the 12 & 12. Well what did I do? I looked at that book as a text book too. So I started doing the same things I did in the beginning...highlight, underline

and make notes in the column so I could find it again when I needed it. I am not that smart to be able to remember where things are in the books.

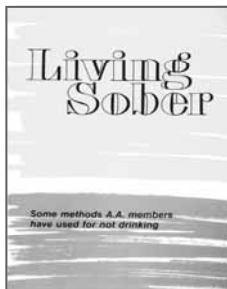
When I became a GSR I received my first Service Manual, GSO sends them out for free with your GSR kit. That is all in thanks to the donations of the groups in AA that give GSO the ability to provide this service. This was another text book in my arsenal of recovery. I also found that I needed the help of someone else who understood the Concepts; so I got myself a "service sponsor," just like an AA sponsor but it's totally about the concepts and warranties of AA. As a GSR it was my job to be watchful of the Traditions in my home group, I wanted to do the best job that I could... and didn't want to let my home group down.

Steps, Traditions and Concepts. The Steps (*Experience*) are my Recovery

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FROM THE ARCHIVES ... ABOUT THE BOOK LIVING SOBER

The book "Living Sober" was written by New York member Barry L, published in 1975 and had a bit of a tortuous history. Around 1968, there were discussions of the need for a pamphlet for sober old-timers, and the need to point out "traps" or "danger signals."



Members of the Literature Committee and others were asked to submit their ideas. Out of this grew a specific proposal for a piece of literature to be developed around the topic, "How We Stay Sober." It was in outline form by October 1969, and assigned to a professional writer on the staff of a prestigious national magazine.

After nearly two years of work, he submitted a complete draft which was rejected. The sense that it needed such drastic revision led to it being started again from scratch by a new author. Barry L, a seasoned, skillful freelance writer/consultant for GSO was given the task.

Barry negotiated a flat fee for the project. After 4 1/2 years of organizing material and writing, he came up with a simple and practical manual on how to enjoy a happy, productive life without drinking. It was not meant to be spiritual and contained nothing about getting sober; but focused on the kind of advice and

suggestions a newcomer might get from a sponsor. "Living Sober" was written in a style unlike other AA literature: breezy, impertinent, colloquial and informal. It proved to be hugely popular.

About the author.

After the book had sold nearly a million copies, Barry L. felt he should have been compensated more generously and should receive some sort of royalty. He sent a letter to all past Trustees and GSO staff members with whom he was acquainted, to advance his claim. AAWS and the General Service Board considered his case but declined to take action. He perhaps realized the weakness of his case, and never followed through.

Barry was one of the first homosexual members of the Fellowship. He is mentioned in the book "Pass It On" (pgs 317-318) in regard to a 1945 incident that occurred at the 41st Street Clubhouse in NYC. Bill W. was called from the clubhouse by Barry to alert him of the arrival of "a black man who was an ex-convict with bleach-blond hair, wearing women's clothing and makeup." He also admitted to being a "dope fiend." When asked what to do about it, Bill posed the question, "*did you say he was a drunk?*" When Barry answered "*yes*" Bill replied "*well I think that's all we can ask.*"

Anecdotal accounts often erroneously say that this individual went on to "become one of the best 12th Steppers in NY." It's not true. The book "Pass It On" (pg 318) states that "although he soon disappeared, (repeat "soon disappeared") his presence created a precedent for the Third Tradition." Barry also wrote the pamphlet "Do You Think You're Different? 1977. ▲

Source: Arthur LDP Editor, www.aabibliography.com



Third Legacy of Service Opportunity... YOUR AREA 60 NEEDS A SECRETARY!

What is that? Did you say: "Oh, I can't do that?" Now, wait a minute—have you tried it? First of all, let's go through the suggested **qualifications**. According to the Area Guidelines, they are:

Four or more years of sobriety with experience as a GSR and some service at the District level along with the time and availability to attend area meetings and events.

That is pretty simple! Years of sobriety; experience in service; time for meetings (*quarterly, assemblies, and officer/coordinator*). I'm also going to add: **computer skills**; however, the data base and files (*agendas; mailing list; and minutes*) are set up computer ready. Now for the duties:

1. Maintain a current mailing list with phone numbers of all voting members and alternates. (Members give them to you or your recording secretary and you add them to the data base.)
2. Mail agendas well in advance of quarterly meetings (*two weeks*). The agenda format is already set up;

corrections to dates and items to be discussed are changed on the format and you are done! Majority of agendas are emailed which really cuts down the amount you have to print, fold, stuff. [

3. Record the minutes. Attendance is documented by roll call on the roll call sheet. A few notes will back up the recording. The main task here is plugging information from the recording and your notes into meeting the format to create minutes.
4. Mail or email the printed minutes to all area committee members: DCMs, Officer/Coordinators, and Past Delegates (*present or not*) in a timely fashion (*three weeks*). Assemblies are a bit different as the mailing will include GSRs the names and addresses of whom the Registrar keeps.

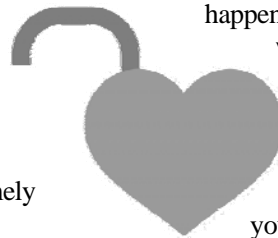
It may seem like a lot but really, it is not. Once you do one quarterly and one assembly, the next ones are much easier. You wonder why I am writing this

article? I served as Recording Secretary and Secretary for the Area and can write from experience that you can do this. The rewards were wonderful, and I met so many people putting faces to names. Back then the computer was not available as such a neat communication device as it is now. We did not use email, so I folded, stuffed, addressed, and pulled hundreds of envelope sealing strips. Once the data bases are set up in your computer, you are home free, so to speak.

The Area Secretary is the hub of Area communication to let people know what happened at the business meetings and what is going on at the next. And you all know that good communication is the key to success.

So I am asking you all to search your hearts and ask those residing in your home for their blessing for you to choose this way to fulfill the service legacy of your triangle. Or talk to one of your sponsees who may have these kind of talents and encourage them to serve. Thank you! Thank you!! Thank you!! ▲

Jan H., Past Delegate, Panel 57, Area 60



AREA 60 CLASSIFIEDS

Area Committee members and DCMs are welcome to submit items to highlight service opportunities throughout Area 60. If interested in any of these positions contact John K. at chairperson@wpaarea60.org

<p>■ Secretary. Works closely with the Recording Secretary. Should have four or more years of sobriety, experience as a GSR and time to attend area meetings/events. Responsible for maintaining current mailing list of voting members; taking minutes at all quarterly meetings and assemblies.</p>	<p>■ Recording Secretary. Works closely with the Secretary. Responsible for name tags, registration, taking roll call, and ensuring that minutes and agendas are either mailed or emailed to members for all Area meetings and Assemblies. They also help keep the DCM list updated, and may stand in to take minutes at Area meetings.</p>	<p>■ Treatment Coordinator & Alternate. Assists District Committees, groups and inter-groups in the formation of new meetings in treatment facilities. They also coordinate a "Bridging the Gap" program making information about AA available. They may work closely with the Corrections Committee to provide a temporary contact upon release.</p>
<p>■ Corrections Coordinator & Alt. Recruits AA contacts to bridge the gap between inside and outside meetings by introducing newly-released alcoholics to local meetings; encourages AA members to participate in AA's Correctional Correspondence Program; and offers assistance in the work of those members who carry the message through AA meetings in correctional facilities.</p>	<p>■ CPC/PI Coordinator & Alternate. Staffs AA exhibits at professional conferences, when asked. Assists district committees, groups and inter-groups with informing the professional community such about AA and what it does, and does not do. Responds to requests from GSO, and sets up display at Area-60 sponsored events, Days of Sharing, and group activities when asked.</p>	<p>■ Alternate Registrar. The Alternate Registrar must have good computer skills and to serve and learn the software provided by GSO, as well as fill in for the Registrar on Days of Sharing when they are unable to attend. The Alternate will rotate into the position when the Registrar's term is completed. A minimum of two years sobriety is suggested.</p>

program, the Traditions (*Strength*) are my program for Unity and the Concepts (*Hope*) are for my program in Service to AA. I look at it like this, if I don't work the Steps I can't be happy in life, if I don't work the Traditions I don't play well with others, and if I don't work the Concepts, I can't give back what has been so freely giving to me.

I can never forget where I came from, and I cannot forget what people in AA have done for me, simple things like shaking my hand when I walked into AA for the first time in 12 years or Lou remembering my name when I came back the following week. Or Marilyn and Eileen freely giving me their phone numbers and really meant it when they said to call at any time.

Why is recovery, unity and service vital to my recovery?

Without these three principles I cannot have what others before me have had. I want the peace of mind and the acceptance of others. I want to give back to a program that saved my life, I got cocky once before and it almost killed me. Today I have a service position in the Area and I am grateful to be asked to do anything in AA. Sometimes what I do is a little over my head so to speak, but I now have the ability to ask questions and I can trust the folks I work with to steer me in the right direction.

Out of the Ashes

Anonymous. SCI Fayette County

Out of the ashes, comes the fire
to accomplish all our heart's desire.
We will stay diligent and keep on track.
We will always have each other's back.
We are here to help others out.
Of this goal we have no doubt.
As one thing comes to an end.
There is always hope around the bend.

Out of the ashes comes something new.
A way to help both me and you.
This comes a new way of thinking.
A way to keep all our ships from sinking.
We make a promise to each other
to lift us all up just like a brother.

Out of the ashes we will appear.
To walk along this journey with no fear.
Helping each other out through the year.
Like a beacon in the sky, we shall instill
hope, courage, and provide new light
To help guide us all throughout the night.

Out of the ashes a new man appears.
The journey he is on removes all fears.
I am who I am today for the
fire has burned the old man away.

Out of the ashes I will always be.
Recovery has finally set me free.



When I accepted the job as Registrar, I was a bit scared over it all. There was a lot of detail and I didn't want to let the "whole of AA" down in the Area ... that means *you*, who are reading this article.

What happens to me if I don't practice these principles?

Bottom line, I get drunk and I die. To go further with that idea, I keep repeating the same mistakes, I become ungrateful for everything around me and I don't make any effort to change. I then become one of the members that are in the "shoe box" of AA, the Slippers, Sneakers and Loafers. They are the ones that talk during meetings, come late, leave early, sit by the back door for a quick escape. They are also the ones that say "I have enough time I don't have to do anything in my home group", or "let someone else do I'm too busy." I heard a saying once — you grow or you go... frankly I'd rather stay and have a better life than where I came from. There is more to AA than just the steps ... ▲

June 27, 2013

"Our Traditions are set down on paper. But they were written first in our hearts. For each of us knows, instinctively I think, that AA is not ours to do with as we please. We are but caretakers to preserve the spiritual quality of our Fellowship; keep it whole for those who will come after us and have need of what has so generously been given to us."

AA Co-Founder, Bill W., Nov. 1950
"AA Is Not Big Business"
The Language of the Heart

July 8, 2013

"Once the miracle of sobriety has been received ... Providence expects all of us to work and to grow -- to do our part in maintaining our blessings in full force. A perpetual miracle -- with no effort or responsibility on our part -- simply isn't in the cards. We all understand that the price of both personal and group survival is willingness and sacrifice, vigilance and work."

AA Co-Founder, Bill W., April 1958
"Guardian of AA: Our General Service Conference"

Area 60 Archives

Denis M. Area 60 Archives Coordinator

According to A.A. Comes of Age, the Twelve Traditions of AA were first formulated and published in 1946. Alcoholics Anonymous continued to grow in the Pittsburgh vicinity (*Carnegie, Chartiers Valley and Hilltop groups*) as well as in McKeesport. The first group to mention a woman as one of its founders and group secretary is Altoona, started in 1946. Brookline, Crafton, Dormont and Clairton (*called "The Last Chance Group" when there is no where else to go, they went there.*)

Pittsburgh welcomed its Young Peoples group, as well as groups in Wilkinsburg, Squirrel Hill, Lawrenceville, Oakland, Highland Park, Shadyside, and Sheridan in 1948. In December 1948, to prove that good times can be had without alcohol, the Crafton group had a New Years Eve party with dancing, cards, bingo, door prizes and, of course, plenty of good AA coffee. ▲



**22nd ANNUAL
AREA 60 GET AWAY WEEKEND
MINI CONFERENCE ~ APRIL 4 – 6, 2014**

“COMUNICATING OUR LEGACIES – VITAL IN A CHANGING WORLD”

Purpose:

The purpose of the Area 60 Get Away Weekend is for GSRs, DCMs, Area Officers and Coordinators and A.A. members 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

- Committee Workshops & Presentations
- Panel Presentations
- Saturday Night Banquet & Speaker Meeting
- Red Ball Alkathon Meetings
- Guest Speaker: J. Gary L., NE Regional Trustee

Onsite Registration & Hospitality Room

Opens @ 3:00PM Friday, April 4, 2014

Kickoff

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

Contact Information:

George K. 814-427-2006
 Teresa K. 412-279-1844
 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, 2014
(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.*



PLEASE PRINT CLEARLY (or use address label), and RETURN BY MARCH 31, 2014

Name _____	___ Registration \$20.00	District _____
Address _____	___ Friday Dinner \$18.00	_____
City _____	___ Saturday Lunch \$10.00	Service Position _____
State, Zip _____	___ Saturday Banquet \$25.00	_____
Phone: _____	Total Enclosed: \$ _____	
Email _____	___ I would like to volunteer	

REGISTRATION AND MEALS ARE TRANSFERABLE BUT NOT REFUNDABLE

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

Contributions to the Hospitality Room will be greatly appreciated!

SCHEDULE OF EVENTS SUMMARY

Registration

Friday, April 4.....3:00PM – 8:30PM
Saturday, April 58:00AM – 12:00PM

Hospitality (Room 126)

Friday, April 4 – 3:00PM through Sunday, April 6 9:00AM

Alkathons

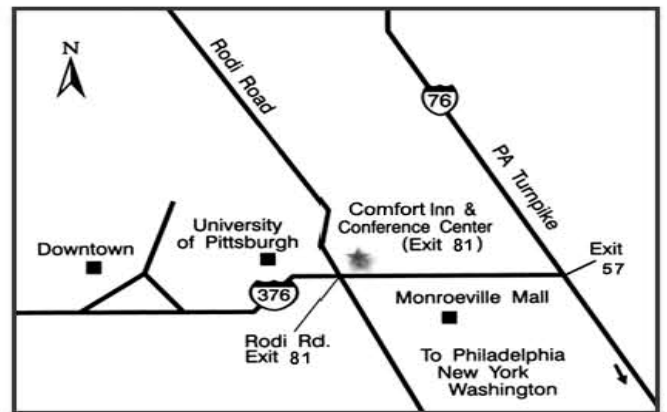
Hourly from midnight – 5:00AM on Friday and Saturday nights

Programs

Friday, April 4.....4:00PM – 5:00PM
7:00PM – 10:00PM
Saturday, April 59:00AM – 12:00PM
1:30PM – 4:30PM
7:30PM – 10:00PM
Sunday, April 6.....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)



REFLECTIONS FROM AREA 60 MEMBERS ON THEIR FIRST GET AWAY WEEKEND...

Jean M. ~ Mary Margaret took me to my first Get Away Weekend in 2003. I wasn't sure what a Get Away Weekend was, but Mary Margaret said I would like it. She was instrumental in my involvement in Service. We drove to the Holiday Inn in DuBois in that blue van that she used to have. I don't think that I have missed one since. It has been one of the many opportunities for service that I have enjoyed over the years.

Teresa K. ~ My first experience at a Get-Away Weekend was fun, I sat in on a literature workshop discussing a new pamphlet. The discussion was "lively" to say the least. But very informative. It was an exercise on how the group conscience works. Since then I have been active in service in anyway possible. I encourage all AA members to try a Get-Away Weekend at least once. You'll not be sorry.

Jody K. ~ My first Get-Away Weekend was in 2005. I was about two and a half years sober and GSR for my home group. I didn't quite know what to expect. I had heard it was a "service" weekend, and I had also heard a number of stories about people cutting up and staying awake all night long. Which was it? Well, it was both -- I learned a lot about service (and my place in it), and I didn't get much sleep, what with late nights in the hospitality room and Alkathon meetings until the wee hours. In the years since (and I haven't missed one!), I've become a little more reasonable about human limitations and the need for sleep! I've also enjoyed weekends full of fellowship, considered important topics in our AA-as-a-whole discussions, and recharged my spiritual batteries. Of all the weekend-long AA functions

we attend, GAW is the one I most look forward to!

George K. ~ It was at my first Get-Away Weekend that the World Famous Punxsutawney Groundhog Group became "World Famous." I was newly sober, and my sponsor persuaded me to be the secretary for the GSR roundtable, and that meant, the following Sunday, I had to give a report on what transpired. While I was waiting for my turn to give my report, the two guys in front of me were bragging about who had the best home group. When it was my turn, I said, "Those two guys have nothing on my home group! My home group is THE 'World Famous' Groundhog Group." Several years later, it became official. ▲

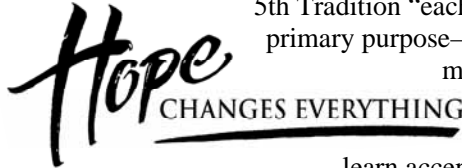
Recovery, Unity and Service ... Carrying the Message

Larry R. L. – SCI Fayette County

Hello again from SCI Fayette! Recovery, unity and service IS our responsibility. How well we carry the message of hope is how we live out our daily lives by example. When I was a newcomer several years ago, I saw and heard what the group called “winners.”

Winners are folks who not only carry the message of hope through their recovery, they actually “live” out the spiritual principles of the steps, as well as our traditions. Simply put, when I was a newcomer, I wanted what they had ... hope for a good live free from alcohol (or drugs) and to be loved by others.

Our first tradition says that “*our common welfare should come first; personal recovery depends upon AA unity.*” The unity I find in meetings from trusted servants, old timers as well as newcomers, shows me just how well the group carries the message, and who the real winners



are...all of us who live by the spiritual principles of AA, 12 steps and 12 traditions.

Recovery “IS” what happens when we share the “*real*” us in meetings. No matter how we fear our sharing will sound to others. As it says in the 5th Tradition “each group has but one primary purpose—to carry it’s

message to the alcoholic who still suffers.” We learn acceptance and tolerance, and give love to the person seeking recovery.

We are a great service to them as well as ourselves, when we share, listen, prayer, and give freely of ourselves. This is “IS” our responsibility—for we weren’t responsible for our disease, but we are responsible for our recovery.

We carry the message when two or more alcoholics (or addicts) gather to share, listen, and sometimes lend a smile to anyone who suffers. ▲

Keeping the Doors Open Recovery, Unity and Service

Barb G. Area 60 Newsletter Coordinator

For every edition of the Seeds of Service, I try to include excerpts from an array of writings and published A.A. literature related to that issues theme; in addition to the submissions sent in by members from around the Area. Hopefully, our members, home groups and districts find this variety useful in carrying the message of A.A.

The first thought that came to mind with this quarter’s focus on our three legacies was the importance of “*keeping the doors open.*” I know that GSO recommends a waiting period before registering a new meeting to make sure that it’s viable and can withstand the test of time. Once on the “books;” our home groups become beacons of light on the map—where alcoholics can begin their journey and return again and again over the years of their sobriety.

Meetings start for any number of reasons. It is a life-changing experience learning to be of service and carry the message, while being mindful of our traditions and concepts. Meetings also close for any number of reasons. Pondering that they close at all led me on a literature search at aa.org and on the digital

Grapevine site. I wasn’t finding much at all, and turned to a past delegate and our Northeast Regional Trustee for help. Because there is not a great deal in our literature about the closing of a home group, my conversations with these two members were helpful — and gave me a better understanding of this undoubtedly sad, but sometimes inevitable occurrence.

From J. Gary, Northeast Regional Trustee. “*I’m not surprised that you’re having trouble finding specific material. At the heart of it is the very basic question, “Why do we need AA at all?” And that’s a pretty broad topic. There was an article on one of the old Grapevine tapes (yes, tapes) that dealt with a fictitious situation in which the writer went away from his home town for a time, and came back to find all his familiar meetings closed because no one was willing to take the responsibility of providing the services necessary to keep a meeting going. (circa 1980’s).*”

While it is indeed sad to see a meeting close, the harsh reality is that sometimes it is time for that to happen. If the support isn’t there anymore - if the group is not meeting the needs of the local Fellowship - then perhaps it is indeed time to move on. Unfortunately, we sometimes seem to create this situation ourselves. One source of the lack of support for a group is that we may have too many meetings in a very limited geography. We joke that all you need for a meeting is a coffee pot and a resentment, but there’s some truth to that. And unless the number of recovering alcoholics grows along with the number of meetings, we spread ourselves more and more thinly and groups simply can’t survive with only three members.

HEARD AT MEETINGS



HUMOR	SLIPS
You can't become a car by sitting in a garage.	Insanity: doing the same thing over and over again and expecting different results.
INSIGHTS	THOUGHTS
Don't drink, be kind.	My mind will go to any lengths to separate me from you...

(Continued on Page 11)

Recovery, Unity, Service...Anonymity Yvette N. Area 60 Delegate

(Continued from Page 1)

our Fellowship has slowed to a standstill, and many speculate as to the cause. Though the social stigma of alcoholism has diminished over the years there are still plenty of newcomers who might not have the level of comfort and trust to admit their problem without the protection that anonymity provides. They might not come into the rooms, they simply might not recover.

As the stigma decreased in the early days some public figures felt they might help A.A. by going public with how this life-changing program worked for them, only to realize that this "could quickly jeopardize the Fellowship's hard-won reputation. And they saw that if one person was made an exception, other exceptions would inevitably follow. To assure the unity, effectiveness, and welfare of A.A., anonymity had to be universal. It was the guardian of all A.A. stood for."

Bill W. wrote, "The word 'anonymous' has for us an immense spiritual significance. Subtly but powerfully, it reminds us that we are to place principles before personalities; that we have renounced personal glorification in public; that our movement not only preached but actually practices a true humility."

Today we have service committees whose work is dedicated to providing the



still suffering alcoholic information on what we do, how to find us, and that their secret is safe with us. Public Information, Cooperation with the Professional Community, Treatment/Special Needs Accessibility, Corrections, and even Grapevine and Literature help to carry the message about A.A. We have a Fellowship ready to receive the newcomer who makes his or

her way to our door. Our program of attraction can be readily accessed while protecting anonymity and practicing ALL these principles in ALL our affairs. If any feel that more can be done to attract the still sick and suffering alcoholic then perhaps work on one of these committees might offer an opportunity — at the group, district, or area level. "We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have." [12 & 12, p.187] In the infamous words of Dr. Bob, "let's not louse this thing up."

***Unless otherwise noted the quotes cited are from the pamphlet **Understanding Anonymity, P-47**. In it you will find a lot more information and some helpful Q & A. It can be accessed on the Alcoholics Anonymous website, www.aa.org, and can also be found in many meeting literature racks or at the literature display at the next Area 60 meeting. ▲*

A.A. ANONYMITY

Announcement for reading at meetings open to the public. There may be some here who are not familiar with our Tradition of personal anonymity at the public level:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films." Thus, we respectfully ask that A.A. speakers and A.A. members not be photographed, videotaped, or identified by full name on audiotapes and in published or broadcast reports of our meetings, including those reports on new media technologies such as the Internet. The assurance of anonymity is essential in our efforts to help other problem drinkers who may wish to share our recovery program with us. And our Tradition of anonymity reminds us that "A.A. principles come before personalities." F-20

Open to Suggestions Barb M.

(Continued from page 3)

Service to act our way into change by being open to being of help to your fellow alcoholic without reserve to help them become a "part of." And, **Recovery**, being open to the possibilities that come along with change and abstinence to become a "part of" a spiritual life.

The meanings are all in there in the Big Book, the 12 Steps and 12 Traditions, the 12 Concepts. By Googling, though, I can bridge my old and new understandings of things as long as I keep an open mind and be mindful of what comes across my path.

In the meantime, I hope the coin Justin found was valued by someone who practiced the three pillars of AA, who touched the words often as she carried it in her pocket and celebrated much more than the "V" on her coin. Something else I found was the following, "Every day sober is a miracle worthy of praise and gratitude." So true. ▲

In it to Win!!

Michelle H., DCM District 14

(Continued from Page 1)

regular weekly basis. With gracious giving through our 7th Tradition contributions and the Pittsburgh Central Office, we are able to provide the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions to the men and women housed in these facilities, and are given the privilege of planting the seed of Alcoholics Anonymous. I am no longer the coordinator, as I now have the privilege of serving as the Districts' DCM, but I continue the honor of taking the meeting into the jail, as often as I can. I beam with pride and awe at the miracles I have met and continue to meet in that facility; and even more so when I am approached at a meeting on the outside by a gal who remembers me from the "meeting" and who proudly announces her continuing sobriety.

Today, I continue to honor the Traditions, stay involved in service and do 12 step work on a daily basis. I know it is my responsibility to carry the message and to share what was so freely given to me. I have no doubt that my sobriety depends on it! ▲

1979 Conference to Review the Three Legacies

Excerpt From Box 459 Vol. 24, No. 2 April-May 1979

First Legacy. It was our late co-founder Bill W. who first pointed out that the Twelve Steps "suggested as a program of recovery" are a gift passed on to us by the original members who recorded their experience for the book "Alcoholics Anonymous." They agreed upon the Steps after long discussion, and the base line of the triangle stands for that First Legacy, Recovery, on which all the rest of A.A. is founded.

Second Legacy. By 1946, it was clear to farseeing A.A.'s that other principles in addition to those in the Steps were operating in A.A. such as anonymity, self-support, autonomy, the group conscience, and others. Bill wrote out a concise statement of these principles for helping A.A. to stay together and get along with the non-A.A. world — our Twelve Traditions. In 1950, at A.A.'s First Interna-

tional Convention, in Cleveland, Ohio, the Traditions were unanimously accepted as our Second Legacy from the founders. Unity, shown as the left line of the triangle.

Third Legacy. In 1955, at the Second International Convention, in St. Louis, Mo., the Fellowship accepted from its co-founders responsibility for A.A.'s world services, to be guided by the Conference in behalf of the entire membership. Service became the Third Legacy, symbolized by the third side of the triangle. So every time an alcoholic comes to A.A. to recover, the twelfth-stepper who speaks to the newcomer starts passing on, once again, the First Legacy, Recovery. Each time a group reaches a decision, it uses the Second, Unity. And everyone who helps serve coffee at a meeting, or serves on any A.A. committee or board, is making use of that third gift, Service. ▲

Keeping the Doors Open Barb G. Area 60 Newsletter Coordinator

(Continued from Page 9)

Another source of the decline in attendance might come from our saying that "if your home group is not the best in AA, then find another home group." This plants the seed that the first time that you don't like the direction your group is taking, that it is OK to flee. I have always felt that we should be saying that "if your home group is not the best in AA, then work to make it so." So there ya go. Worth every penny you paid for it. ☺

From Jean M. Past Delegate Panel 61.

Jean mentioned an article that she read in *Reggae*, the AA magazine from South Africa. It was about a young man who walked miles every evening to keep his meeting open until finally someone showed up. His life was in danger from lions and poisonous snakes. We're still looking for this citation. Jean also found two other great discussions. The first one can be found in the Digital Archives, Oct. 1987, and is entitled "**The Rise And Fall Of A Home Group.**" It can also be found in the Grapevine Book "The Home Group, Heartbeat Of AA." It begins "Once upon a time there was a home group of Alcoholics Anonymous. I say "once upon a time," because this group no longer exists." The writer describes the growth of the group,

how it learned to be of service, to elect officers, to practice the spirit of rotation and carry the message. Slowly over time the group's customs and practices began to erode, individual members did not abide by the group conscience. Old time members left for other meetings, and things changed some more.

The second one can also be found on the Digital Archive and is entitled "**Death of a Home Group,**" from PO Box 1980, January 1999, Vol. 55 No. 8. It begins with the writer stating, "*Last Monday night we closed the Bonn International meeting... The group lasted for 13 years and at its peak had twenty to twenty-five regulars at two meetings a week. For several years, it had been down to just two of us, though a couple of times we had a fairly long-term visitor. The last visitor was over a year ago, however...When I didn't make it for some reason, it was the other person who sat there alone...I got sober there and I think a lot of other people did too...I thank my Higher Power for the possibility, for the people I met there who taught me so much. But times change.*"

Both articles are good discussions of an important topic. My thanks goes to Jean M. and J. Gary for their thoughts and effort. ▲

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

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Print subscriptions\$28.97

Two for\$54.00

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Why go digital?

At the AA Digital Archive you can find every article, letter, editorial, special feature, joke, and cartoon published in the Grapevine magazine starting from our first issue in June 1944. The Archive is updated bi-annually. The first half of the preceding year is available in June and the second half of the preceding year is available at the end of December. You can browse by date or by topic, including:



- AA History - AA Conventions, Early Days, General Service Structure ...
- AA Is for Everyone - Armed Forces, Inmates, Minorities ...
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Newsletter Themes & Due Dates

*Next year's newsletters will follow the 2014 General Service Conference theme (GSC), "Communicating Our Legacies – Vital in a Changing World."
 Presentation topics follow the sub-theme "Living in the Heart of A.A."*

- **Jan 3.** Recovery, Unity & Service – Our Responsibility
- **Apr 25.** Passing It on Through Sponsorship
- **Jul 25.** Participating in Our Common Welfare through Contributions
- **Nov 14.** Inventory – A Guiding Tool to Our Future

Area 60 Website

The Seeds of Service, flyers for Days of Sharing, the Area 60 calendar and much more information (including pamphlets, flyers and service documentation) are available on the Area 60 website at **WWW.WPAAREA60.ORG**. You can direct questions or suggestions for the website to the Website Coordinator at website@wpaarea60.org



Donations to Area 60

are always welcome and appreciated!
 Make check payable to Area 60 Treasurer
 P.O. Box 152 Conway, PA 15027

2014 Calendar of Events

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

DATE	TIME	EVENT
Sunday, Jan. 26	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Meeting	1ST QUARTERLY MEETING Comfort Inn, Penn Hills
Sunday, Feb. 9	9:00 AM	Officer/Coordinator and GAW Meeting—Comfort Inn, Penn Hills
February, 21- 23		Northeast Regional AA Service Assembly (NERAASA) Area 61, Warwick, RI
March, 7- 9		Northeast Regional Delegates Reunion (NERD) Area 28, Freeport, ME
Fri/Sat, April 4-5	Registration 3:00-8:30 PM Friday 8:00-1:00 PM Saturday	22nd Annual Area 60 GET AWAY WEEKEND Comfort Inn, Rodi Road
Sunday, April 6	9:00 AM Registration 10:15 AM Meeting	Pre-Conference Assembly Comfort Inn, Penn Hills
Sunday, April 13	9:00 AM	Officer and Coordinator Meeting Comfort Inn, Penn Hills
Sunday-Saturday April 27 - May 3		General Service Conference (GSO) Rye, NY
Sunday, May 18th	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Meeting	2ND QUARTERLY MEETING/ Post-Conference Assembly Comfort Inn, Penn Hills
Friday-Sunday June 6-8	9:00 AM	Northeast Regional Forum (NERF) Baltimore, MD
Sunday, June 22	9:00 AM	Officer and Coordinator Meeting Comfort Inn, Penn Hills
Sunday, August 17	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Meeting	3RD QUARTERLY MEETING/ Comfort Inn, Penn Hills
Sunday, Sept. 14	9:00 AM	Officer and Coordinator Meeting Comfort Inn, Penn Hills
Sunday, Dec. 7	8:30 AM - Registration 9:00 AM - Workshop 10:15 AM - Meeting	4TH QUARTERLY MEETING/ Comfort Inn, Penn Hills
Sunday, Dec. 21	9:00 AM	Officer and Coordinator Meeting Comfort Inn, Penn Hills

Seeds of Service. The WPA Area 60 newsletter is published quarterly by the Area Committee. It is for A. A. members only. The opinions expressed are those of the contributors and not necessarily that of the Area Committee or AA as a whole. The newsletter is a useful reference for GSRs reports.

Newsletter Distribution. Paper copies are distributed to DCM's at each quarterly meeting for redistribution to A.A. groups through their GSRs. A digital copy (PDF) of the newsletter is available at www.wpaarea60.org; and *will also be sent to DCMs and GSRs, if the Registrar has a correct email address.*

Newsletter Submission Guidelines. Suggested length is 500 words or less. 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 appears on a space available basis. 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 first name/last initial, home group and district. Submissions may be emailed to newsletter@wpaarea60.org.