



SEEDS OF SERVICE



VOL. XXXII, Issue 2
Spring 2018

PARTICIPATION IN ALL OF AA – IS MY TRIANGLE BALANCED?

Seeds of Service

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

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

Distribution

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

Write for SoS

The 2018 theme for the General Service Conference is "AA – A Solution for All Generations."

Summer 2018 (deadline 6/6)

"AA Technology:
Where Innovation Meets the Traditions"

Fall 2018 (deadline 9/20)

"Group Conscience: The Guiding Force"

Submission Guidelines

Suggested text length is 150 to 300 words. Artwork should be b&w, less than half a page (3"x5"), and 300 dpi. Material should be generally relevant to the theme, and may be edited for clarity and length. All material submitted on time is reviewed, selected by topic, and may appear, based on available space. The newsletter does not publish song lyrics, tributes to individuals, prayers, plays, or anything unrelated to AA or that violates the principles of AA.

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

Submissions may be emailed to:

newsletter@wpaarea60.org

Walking with Balance

Art C, District 24, Walking the Red Road Group

The three equal sides of the triangle represent balance. Each side is significant, but must be balanced in my program.

- ◆ **RECOVERY** is the mind, my individual step work, and learning how to find and work with a Power greater than myself that can help me in all areas of my powerlessness.
- ◆ **UNITY** is the body. Being part of AA, getting into the middle of the group. Allowing myself to interact with others, sharing common feelings and solutions. To begin to move from self-centeredness and isolation into being part-of, caring and feeling for others in my circle.
- ◆ **SERVICE** is sharing my spirituality with others. Iron sharpens iron. Sharing what the God of my understanding has accomplished through me is the greatest way to reach others who may need to hear the message of hope.

As I walk in my recovery, I follow the path that lies before me, which has been well-traveled by others. I keep the path open, clearing away obstacles for those who travel behind me.

***I want to leave the path as I have found it
for others to experience.***



Circle & Triangle Check-In

G.O.D. Stepwork Guide, District 14, Good Orderly Direction Group

Here's a tool sponsors can use with sponsees (and for themselves!), to get a good read on a person's current level of participation in the AA program, using the AA circle & triangle logo as a yardstick.

Is the person proportionally involved in each of the three sides of the circle & triangle?

Ask them:

- ◆ Where are you specifically in your **program** of Recovery (Steps), which is clearing the blocks between yourself and your Higher Power (stepwork)?
- ◆ Where are you in Unity (Fellowship), which is **interacting with other AAs** (Traditions)?
- ◆ Where are you in Service, which is **giving back and contributing, inside or outside of AA** (Concepts)?

***The answers will show the areas where someone could put in more action
to become happy, joyous, and free.***

Ask-It Basket Questions

From the Virtual Ask-It Basket, online at:

<https://www.wpaarea60.org/newsletters/>



Q1. Why would a person, with knowledge of the disease, after years of sobriety, and still routinely attending AA meetings, relapse?

Walter G (Area 60 Registrar) shares:

With thirteen years of "being sober," I went back out. After much thought and reflection, it's simple why: I'm an alcoholic.

I first came into to AA for the wrong reasons. I had custody of my child and did not want to lose her. But in the back of my head I had a reservation: when I no

longer had the responsibility for another human being, I'd be able to go out and enjoy the night-life in the clubs, having a few drinks like normal people.

As the years went by, I got complacent. Remarried, work and family became more important to me than meetings. AA took the back seat: I slacked off on meetings, wasn't calling my sponsor, and got away from my AA friends. I'd go to whatever meetings, get there at the last minute (or later), sit in the back, and leave quickly to avoid questions. After I moved from Rhode Island to Pennsylvania, I went to a few meetings and found that they were not the same, which gave me a "good" reason not to go back.

Besides, I had a good job, nice home, beautiful family – all the things that make people happy. I felt great, and life was great (or so I thought).

Because I wasn't talking to my sponsor or anyone that could have called me on my behavior, and I wasn't going to meetings or working Steps, I was a bomb waiting to go off. Somewhere along the line, I started occasionally picking up a drink, and my sick thinking returned. I forgot what got me to AA in the first place – how the pain had brought me to my knees.

One day, the bottom fell out. I came home from work and was told that I didn't live there anymore. When the police asked me to leave, I felt like a new man. My daughter was grown and not living at home. No more wife to answer to. No bills to deal with. That old reservation in the back of my head jumped right out in front: "I no longer have responsibility for another human being, so I won't hurt anyone. Now I can drink the way I want!" That drunk lasted seven years, bringing me as low (if not lower!) than the first bottom.

Like I said: the bottom line is I am an alcoholic, and I wanted to drink!

Q2. Is AA a cult?

A2a. Chad U (Newsletter Editor) responds pedantically:

Yes *and* no... depending upon how you're defining the word.

Using the technical definition of "cult" from sociology, **yes**: AA would indeed be "a social group defined by its religious, spiritual, or philosophical beliefs, or its common interest in a particular personality, object, or goal" (per Wikipedia).

However, AA is **not** "a group that tends to manipulate, exploit, and control its members [...by using...] manipulative and authoritarian mind control [...], communal and totalistic organization, aggressive proselytizing, systematic programs of indoctrination" [...or...] "kidnapping, brainwashing, psychological abuse, sexual abuse and other criminal activity, and mass suicide" (again, per Wikipedia) or "a religion or sect considered to be false, unorthodox, or extremist, with members often living outside of conventional society under the direction of a charismatic leader" (per Dictionary.com).

So, NO.

A2b. Jon C (Area 60 Alt Chair) responds more pragmatically:

That's what I thought when I got here. But if it's a cult, it's not a very good one.

AA generally wants me to succeed and do better with my life. AAs help me and want nothing in return, except for me to help someone else. They don't demand money from me, other than what I can spare. And they encourage me to find my own beliefs from my own experience, not to blindly accept what other people tell me.

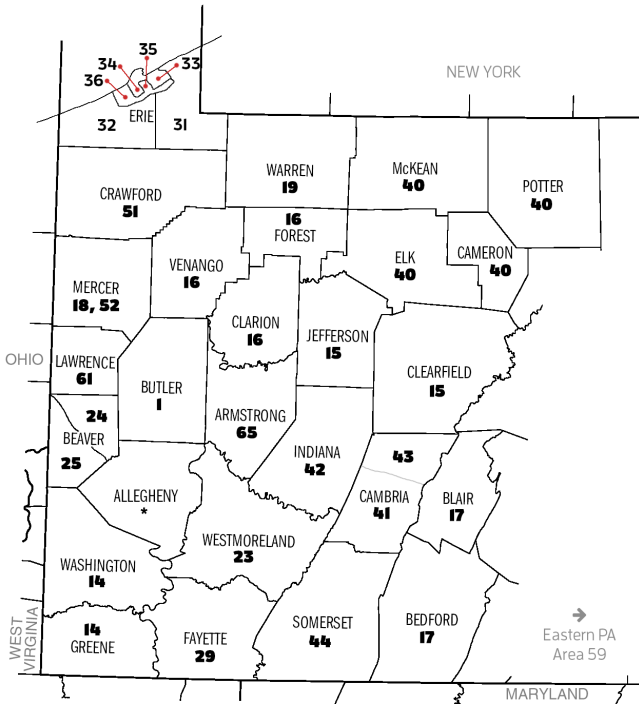
If that's a cult, it's the best thing I've ever found.



Pre-Conference Assembly Weekend

March 23-24, 2018

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



* Allegheny County: 2, 3, 4, 5, 6, 7, 8, 10, 11, 12, 20, 21, 22, 27, 28, 70, 71

Area 60 Web Calendar

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

Check it out at:

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



Two Types of Area Meetings

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

Rules of Order at Area 60 Meetings

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

What's the Point of Order?

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

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

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

2018 Calendar of Events

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

DATE	TIME	EVENT
March 23-24	FRI/SAT	PCAW
Sunday, Mar 25	8:30 am Registration 9 am Workshop 10:15 am Meeting	Pre-Conference Assembly
Sunday, Apr 8	9 am	Officers/Coordinators Meeting
Apr 22-28	All Week	General Service Conference
Sunday, May 6	8:30 am Registration 9 am Workshop 10:15 am Meeting	2nd Quarterly Meeting
Sunday, June 3	9 am	Officers/Coordinators Meeting PCAW Wrap-up
Sunday, June 24	8:30 am Registration 9 am Workshop 10:15 am Meeting	Post-Conference Assembly
Sunday, July 8	9 am	Officers/Coordinators Meeting
August 4-6	All Weekend	PA State Convention Harrisburg, PA
Saturday, Aug 18	8:30 am Registration 9 am Workshop 10:15 am Meeting	3rd Quarterly Meeting St. John's Lutheran Church 2216 Peach Street, Erie, PA
Sunday, Sept 16	9 am	Officers/Coordinators Meeting
Sunday, Oct 14	8:30 am Registration 9 am Workshop 10:15 am Meeting	Fall Assembly
Sunday, Nov 11	9 am	Officers/Coordinators Meeting PCAW Planning
Sunday, Dec 9	8:30 am Registration 9 am Workshop 10:15 am Meeting	4th Quarterly Meeting
Sunday, Dec 16	9 am	Officers/Coordinators Meeting PCAW Planning

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

<i>Delegate:</i> John K	delegate@wpaarea60.org
<i>Alt Delegate:</i> Margie S	altdelegate@wpaarea60.org
<i>Chairperson:</i> Jody K	chairperson@wpaarea60.org
<i>Alt Chair:</i> Jon C	altchairperson@wpaarea60.org
<i>Secretary:</i> Jane R	secretary@wpaarea60.org
<i>Treasurer:</i> Shelley S	treasurer@wpaarea60.org

APPOINTED OFFICERS:

<i>Alt. Treasurer:</i> Mario D'A	treasurer@wpaarea60.org
<i>Archivist:</i> Al C	archivist@wpaarea60.org
<i>Registrar:</i> Walter G	registrar@wpaarea60.org
<i>Recording Secretary:</i> Christa F	recsec@wpaarea60.org
<i>Newsletter Editor:</i> Chad U	newsletter@wpaarea60.org
<i>Alt. Newsletter:</i> _____	newsletter@wpaarea60.org

COORDINATORS:

<i>Archives:</i> Hubert H	archives@wpaarea60.org
<i>Corrections:</i> Wayne S	corrections@wpaarea60.org
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<i>Website:</i> Jon M	website@wpaarea60.org
<i>Alt. Website:</i> Brent E	website@wpaarea60.org

AREA 60 WEBSITE

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

DONATIONS TO AREA 60

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

Area 60 Treasurer
P.O. Box 1496
Washington, PA 15301

See Those _____s Above?

Volunteer to be an Alt, and learn about Area service!