



SEEDS OF SERVICE



VOL. XXXIII, Issue 4
Fall 2019

TOMORROW'S WORLD - COURAGE TO BE VIGILANT

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 2020 theme for the 70th General Service Conference is "2020: A Clear Vision for You"

Winter 2020 (deadline 1/4)
"Recovery – Who Is Missing in Our Rooms?"

Spring 2020 (deadline 3/5)
"Unity – Practicing Our Principles"

Summer 2020 (deadline 6/5)
"Service – Keeping AA Relevant"

Fall 2020 (deadline TBD)
"Attraction Through Action"

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

Vigilance Today

Yvette N, Area 60 Past Delegate Panel 63

Recently Margie S, our Panel 69 Delegate, sent out a communication asking for suggestions of themes and workshops for the 2020 General Service Conference. A few things have been on my mind of late so I actually submitted a suggestion, and I thought I'd share it with you.

We've all seen it... anonymity breaks, disregard for our singleness of purpose, and distribution and use of non-conference approved literature. It happens so often that I sometimes think I'll never find a home group that adheres to our Traditions. I even find myself questioning whether I'm making too big of a deal out of it.

Well, I'm not! It is my firm belief that the Principles that have helped make our program of recovery available to countless millions *yesterday* must be vigilantly practiced *today* in order to keep our doors open *tomorrow*.

But what can I **do**? Let's face it, I'm afraid to say anything. I'm afraid people will get mad, won't like me, or – worst of all – that I'll be seen as the dreaded "Bleeding Deacon!" [See *12&12*, "Tradition Two," p. 135. – Ed.]

Just as I walked through the doors of AA frightened and alone, took a good hard look at myself in my inventory, and made those difficult amends (in other words, practiced the Principles), I must be willing to stand for *all* the Principles **today**.

I can say something. I can bring it up as a meeting topic. I can talk to a fellow alcoholic in private. I can participate in the group conscience.



The Page of Swords card from the Rider-Waite-Smith tarot deck.

"...He is alert and lithe, looking this way and that, as if an expected enemy might appear at any moment. *Divinatory Meanings*: Authority, overseeing, secret service, vigilance, spying, examination, and the qualities thereto belonging."

– *The Pictorial Key to the Tarot*, by A.E. Waite

<http://meanings-tarot.com/card-meanings/minor-arcana/swords/pageofswords.aspx>

Fear be damned, I'm gonna talk about it!

Manifesting the 10th Step

Chad U, Area 60 Newsletter Editor

After taking this issue's theme into prayer and meditation, I recalled that "vigilance" is a spiritual principle often associated with our Tenth Step. The specific part that came to mind was this:

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. (AA, p. 84)

Then I thought of the *Traditions Checklist* (SMF-131) and the *Concepts Checklist* (SMF-91) – both of which can be downloaded as PDFs from aa.org. These service pieces take our principles on group relationships and service operations to a closer, more personal level. I've found that an interesting and fruitful exercise, translating the external to the internal.

Can that process work in the opposite way for our Steps, making the internal something external?

While the context of the above Big Book quote is that we are looking inside ourselves, what if we notice selfishness, dishonesty, resentment, and fear in the world around us? Can we do a sort of "spot-check inventory" on the world using the method of *Watch, Ask, Discuss, Amend, and Turn* noted above) to help guide our actions? I think we can.

Say someone I know is afraid of something, like losing their job because they cannot afford to repair their car, and it's threatening their serenity. How can I help?

- I already noticed this fear, because I've been **watching**.
- I can **ask** my Higher Power to remove their fear of losing their job because of transportation problems.
- I can **discuss** this person's job worries with them, or with someone else, to get ideas on how to help my fearful friend.
- I can make **amends** (make better; improve; repair; put right), or otherwise do some form of *tikkun olam* (a concept from Judaism often interpreted as "repairing the world"). I think about what I could reasonably do about this problem directly. In this example, am I able to help them solve their transportation problem?
- Then, I **turn** my thoughts to how I can help this someone-like offering to give them rides to work, if I can.

Lastly, I recalled that the word "vigilance" comes from *vigilantia*, the Latin word for "wakefulness."

If I have really had a spiritual awakening as the result of the 12 Steps, this method seems to be another way to practice these principles in all my affairs.

What Can I Do I to Help?

Maresa S, Area 60 CPC/PI Coordinator

Many times you will hear people ask, I have a "friend of a friend" or "a family member" who could use help with alcohol abuse?

- "Where do I go?"
- "Who do I ask?"
- "I need help but I don't know where to turn."
- "I can't tell anyone, so how do I get information?"
- "I'm embarrassed."

You can't make a person get sober... but we can help! Area 60 CPC/PI was invited to share their information with the public at the Pittsburgh Recovery Walk, held downtown on September 14, 2019. This was the fourth year CPC/PI was able to share this information to the "family or friend" who still struggle, as well as professionals, at this event.

CPC/PI was able to anonymously provide pamphlets those who may have had questions. There was literature available to the public and professionals as well.

It had a wonderful turnout. Anonymity was maintained for the duration. Many passersby picked up whatever information they felt they could use for that "family or friend" as well as clergy, civil employees, and doctors' offices. Some stopped by to tell us their concerns or their stories. No questions were asked. If any pamphlets were depleted, they were quickly restored so that no one left empty-handed.

This was a wonderful opportunity to help the family and friends of the "still struggling alcoholic." Information cards were available if anyone needed to reach out for more information.

If you know of anyone who is struggling or a family member who would like information, please give them the following email: pi@wpaarea60.org. We will reach out to them anonymously to get the information to them. Please know that we do not supply meeting lists, but we will send them the appropriate contact information.

If you, your home group, or your district are interested in this kind of outreach, please use the email above to contact your Area 60 CPC/PI Coordinator.

How to Be an Effective GSR

Laura D, District 28 Alternate Secretary, Murrysville
Saturday Morning Sanskrit Proverb Group

(abridged from a workshop given at the Area 60 3Q2019 meeting)

A GSR is the link between the individual AA in the local group and the district, area, and the General Service Office (GSO) in New York. They are responsible for the flow of information up and down AA's inverted triangle of service. They are the voice of their group conscience and the guardians of the Traditions, and a vital part of how AA works.

A GSR serves for a two-year commitment. It's recommended that they have two to three years of sobriety before standing for the position... but often, they may have less time than that.

Here are some things I learned on how to be an effective GSR from our literature, our service pieces, and my personal experience:

- Attend my district's monthly district meetings.
 - Carry information about what's happening in my group to my district, and what's happening in my district to my group (picnics, anniversaries, meeting closures, requests for opinions on agenda items, service commitment needs, etc.).
 - Coordinate with my district officers and other GSRs to help fill our Treatment & Accessibility, Corrections, CPC/PI, and other service commitments, usually by letting my home group know of the need.
 - Assist in preparing for and attending district-sponsored events like workshops, Days of Sharing, picnics, bus trips, et cetera, and letting meeting attendees know of such events.
- Give a **detailed** report at each group conscience/business meeting of my home group.
- Give a **brief** report at each regular meeting of my home group.
- Attend Area 60's four quarterly meetings and three assemblies each year.
 - Remember that GSRs can vote at assemblies (including election assemblies), but cannot vote at quarterly meetings. However, much interesting information is presented at quarterly meetings, so it's still good to attend!
- Especially try to attend the **Pre-Conference Assembly Weekend (PCAW)** each spring, to help our Delegate get the group conscience of the entire area on what they'll be voting on at the General Service Conference (GSC).
 - See if my home group can help support my registration, food, and lodging for PCAW (see below).
 - Be willing to speak or participate in workshops, panels, roundtables, Committee Meetings, the hospitality room, as a greeter, and so forth.

- Especially try to attend the Post-Conference Assembly to hear the Delegate's report, and find out what happened at the GSC.
- Get a **service sponsor** to help with learning about general service, as well as a trusted source of guidance in my service activities.
- Read the pamphlet *GSR – General Service Representative – Your group's link to AA as a whole* (P-19).
 - Available at:
https://www.aa.org/assets/en_US/p-19_gsr.pdf
- Improve my knowledge of the 12 Traditions.
- Become familiar with the *AA Service Manual*.
- Start learning about the 12 Concepts.

It is imperative to understand that being a GSR is a volunteer position, and no one should feel as if they have to finance their service activities on their own. A GSR's budget should be supported by their group, and if that is not possible, there are other means available for those that need assistance.

***My time as a GSR enriched my sobriety,
and turned me into a real "service nerd"!***

Sanskrit Proverb

Kalidasa, Indian Poet & Playwright

(appears in *Twenty-Four Hours a Day*, by Richmond W)

Look to this day,
For it is life,
The very life of life.
In its brief course lie all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power—

For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.

Look well, therefore, to this day.

AA Customs vs Traditions

Bob S, Area 23 (Richmond, IN)

AA meetings have often different customs such as having the whole group chant the Preamble or chant the Chapter Five readings (*No peeking!*); some announce the readers' names, but some simply say: "I have asked a friend to read" (*How distant!*); some *impolitely* mock the readings; most rotate GSRs, Secretaries, Chairpersons, Treasurers... *but some do not*; etc. These rituals are up to each group's conscience. They do not adversely affect other groups or "AA as a whole," so said customs do not stand in conflict with Tradition Four.

However, I believe it is important for me to recognize the difference between AA Customs and AA Traditions. For example, I recently attended a group where a non-AA member was chairing the meeting. This practice violates Tradition One (divides group unity); Tradition Five (how can a non-alcoholic share their recovery from alcoholism if they *do not have alcoholism?*); Tradition Ten (as an AA group we have no opinion on overeating, drug addiction, sex addiction, etc., or whatever addiction the non-alcoholic chairperson may have). I believe Tradition Four is violated when it conflicts with any of the other of the Twelve Traditions.

I believe Tradition violations need be explained privately after the meeting. A newcomer who was celebrating his first year said he was looking forward for AA to change its name to "Addictions Anonymous." I spoke to him softly after the meeting, albeit to deaf ears, but perhaps what I said may sink in later. Rather than explain what I personally think about the Twelve Traditions, I find it better to suggest reading about them in the *12&12* and in *AA Comes of Age*.

What **not** to do: A two-year sober member—who seemed to be hanging on by the skin of his teeth—was shouted at publicly during the meeting for mentioning another member's last name. This mild-mannered older man didn't come back the next week or month, but he did return some months later to take a new beginner's token... but again disappeared. His body was found in a room surrounded by whisky bottles shortly thereafter.

Instead of cowardly avoiding a meeting where our Traditions are being violated, I believe it is important to stand up for them — but much tact is needed when doing so.



Vigilant attention and careful tending
can keep a fire burning for hours...



...but neglect or forget it for too long,
and it burns out into ashes.

Am I tending to the fires of my recovery, unity, & service?

I Heard an Awesome GSR Report!

Lori G, Area 60 Recording Secretary

One Saturday evening, I attended the Parkway West Group and was impressed with Jason W's GSR Report. He agreed to share a summary of his format for the newsletter:

Hi, my name is Jason W and I'm an alcoholic. I'm the GSR for the Parkway West Group. Each AA group has a GSR who represents them at their district meeting. The Parkway West Group is in District 11. Our district meetings are the second Thursday of every month at the Bethany Presbyterian Church in Bridgeville where the 79 South Group meets. You don't need to be a GSR or have a district position to come to the monthly meeting.

Each district has a DCM who represents them at area meetings. We are in Area 60, which is this half of the state of Pennsylvania. The next Area 60 meeting is (date) at (location).

Each Area has a delegate who represents their members and groups at the General Service Conference.

If your group doesn't have a GSR, I would suggest looking into getting one - no experience necessary! There should not be any dark districts. All it takes is willingness to step up and get involved in district and area service.

Additional announcements included upcoming District & Area events.

Thank you, Jason, for sharing your report outline! I feel it will be helpful to others.

**I hope this encourages all groups to have a
GSR who can use their report
to educate others on AA's structure.**



Pamphlet P-19, *General Service Representative: Your group's link to AA as a whole*, available for download at:
https://www.aa.org/assets/en_US/p-19_gsr.pdf

Meeting Move

Ed J, District 23, Ligonier Wednesday Night Open Discussion

Ligonier Wednesday Night Open Discussion in District 23 meeting is moving its meeting location temporarily for 6 to 8 months while renovations are being made to our current meeting place. The new location is **Calvary Methodist Church, 201 North St. Clare Street, Ligonier, PA**. It's two blocks from our current location at Heritage Methodist Church on the Diamond, and the meeting time is still 8 p.m.

Enter through the red door.

69th General Service Conference Highlights

Margie S, Area 60 Delegate

(Highlights of full report delivered to the body of Area 60 at the Post Conference Assembly, June 23, 2019)

CONFERENCE BUDDY

- Each Panel 69 Delegate is buddied with a Panel 68 Delegate
- My Buddy was Noni M. from Area 80, Manitoba Province, Canada
 - Noni was chair of the Report and Charter Committee
- It was a pleasure to meet with Noni, and to know that she was available if I needed her.



Today, I am going to express to you, what I thought, heard, and felt at the 69th General Service Conference.

While October through December saw limited communications for me, when I opened my email on New Year's Day, there was a lot of information from the Conference Coordinator. By January 4, I was getting daily emails from GSO, Northeast Regional Delegates, and all of you... and that continues up to today!

Each Delegate is assigned a "Conference Buddy." My Conference Buddy, Noni M, lives in Area 80 (Winnipeg, Manitoba). Manitoba is big: over 250,000 square miles, but they are so remote and sparsely populated that Noni's area could not afford to get

her PowerPoint for her presentation at Conference.

I also met the delegate from Area 84 (Northwestern Ontario), Lorraine P. She is the **only** woman AA in her community near the Hudson Bay, and has to be sponsored long-distance. When we sat down before roll call, she was crying because she was so touched by being able to see and talk to so many women AAs. She said it gave her such great hope. My heart went out to her, and we have become friends.

Because of the experiences these two women related to me, the remote communities meeting was a real eye-opener. Not only because of the distance, language, and cultural and geographic barriers some of our members encounter, but because of some new perspectives I received from the meeting.

This year, there was a long discussion on our senior communities. Area 44 (Northern New Jersey) submitted an article to the *Remote Communicator Newsletter* on outreach to the elderly, those in nursing homes, personal care homes, and shut-ins. They listed some of the beginning steps they have taken to overcome these barriers.

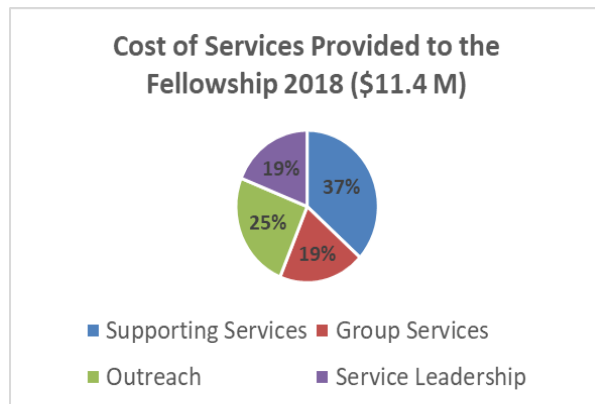
Southwestern PA has the largest aging population in the US, next to Orange County, FL, so many of our districts in Area 60 face this same challenge. I know in my own homegroup we have a long-timer in a personal care facility. It took a while for us to even consider that we could bring her a meeting... Personally, this has been on my heart, as I watch people have surgery, or a health event, and end up in a rehab or nursing facility – and we never see them again.

On Monday, my Committee, Finance, reviewed the scope and composition of the committee, set some ground rules, and looked at our agenda. Then, we started reviewing information and discussing the meat of our agenda items. Here are some key financial highlights from our 2018 operating results:

- 7th Tradition of self-support contributions were \$8,385,009, down 0.3% from 2017.
- Cost of services provided to the Fellowship were \$11,426,835, up \$1,204,185, or 11.8%, from 2017.
- Shortfall between our 7th Tradition and cost of services provided was \$3,041,826, or 73.4%, compared to \$1,813,178, or 82.3%, in 2017.
- AAWS publishing profit of \$3,436,507 covered this shortfall between our 7th Tradition and cost of services, resulting in a profit of \$394,681.

The graphic **Cost of Services Provided to the Fellowship** breaks down 2018 total costs of services provided (\$11,426,835) into its functional service activities in an understandable way. The amounts shown above are the direct costs, principally people costs, of each of the major service activities performed by GSO: *Supporting Services, Group Services, Outreach, and Service Leadership*.

Supporting Services	Admin, Finance, HR, IT	\$4.189 M
Group Services	7 th Tradition Processing, Records & Files, Service Material (Guidelines, Box 4-5-9), Quarterly Bulletin, Staff Coordinators for Committees	\$2.235 M
Outreach	CPC/PI, Treatment, Corrections, Loners, Regional Forums, Archives	\$2.837 M
Service Leadership	General Service Conference, Trustee Director Activities, World Service Meeting	\$2.164 M



I only have detailed info on the committee on which I serve and how I voted, but you can view all of the reports and presentations in the *Final Conference Report*.

Speaking of Conference presentations, there was a very informative workshop called **Clarity of Purpose—Addressing the Needs of Our Meetings**. I learned that we all have the same concerns about our meetings: staying true to our Traditions, making sure our Primary Purpose and our Singleness of Purpose are both understood and adhered to, doing the best we can for people that come to our meetings who are searching and not sure where they belong, and also appropriately helping the influx of opioid-dependent people (who may or may not have an alcohol problem).

In addition to those issues, other topics included making sure we were accessible to everyone, that our *Grapevine* continued to be supported, and that members understand the spirituality of the 7th Tradition. This next story shows how that spirituality was demonstrated to me at our General Service Office.

I had never had the pleasure of visiting GSO until the Conference. It was quite an experience. We were made very welcome and all the staff, non-alcoholic and alcoholic, were willing to spend time telling us what their usual workday is like. One part of that workday is processing contributions from all our members and home groups.

All contributions to GSO are treated in the same spiritual manner, from the smallest to the largest. GSO employees are humbled by the sacrifice when it is obvious that groups are sending what they can. All these contributions are processed by hand. This takes a lot of work, and has to go through several people. (Online contributions at www.aa.org are processed much quicker.)

BOX OF CONTRIBUTIONS READY TO BE PROCESSED



I cannot express my overwhelming gratitude to all of you for allowing me to represent Western PA at the Conference. It was an extremely spiritual experience for me – right up there with realizing that I didn’t have to take a drink anymore. It was humbling and overwhelming to be with 135 people whose most cherished considerations throughout the entire conference were “How does this help us reach the still sick and suffering alcoholic?” and “How does this help the newcomer?”

Jay B from Area 77 (Puerto Rico) shared that when he arrived home after the 68th Conference, he had had this wonderful spiritual experience... and no one to share it with.

I am filled with gratitude for Area 60... our past delegates were available when I got home to share with me. It was so needed.

(If you have any questions or want more details on the 2019 General Service Conference, please contact Margie by email or phone. A fully detailed presentation is available; she could come to your district to discuss it.)

Ask-It Basket Questions

Send your questions to our **Virtual Ask-It Basket** at newsletter@wpaarea60.org or from the Area 60 website Newsletter page at <https://www.wpaarea60.org/newsletters/>.

Origin of the Ask-It-Basket

When the 2nd General Service Conference was preparing for a Question & Answer Session, Dennis Manders, GSO's nonalcoholic bookkeeper at the time, was sent out to find a "box with a slit in the top."

Dennis, who would eventually serve as GSO controller for many years, came back with a fishing creel he had spied in the window of Abercrombie & Fitch.

Thus, it became known as the "Ask-It-Basket" and was used at many future Conferences.

– 2010 *Final Report of the 60th General Service Conference*, p. 19



Q1. If a predator (sexual or emotional) is in a home group (and attends the group conscience), what can be done?

Margie S, Area 60 Delegate, shares:

Something of a similar nature was discussed at the General Service Conference in May this year. Sexual predation is illegal (and inappropriate), and emotional predation is inappropriate (but not illegal). While both are sometimes hard to define with words, generally it is a "I know it when I see it, or when my gut feels it" situation.

In either instance, the General Service Office provides us with literature and service material to be a source of help and understanding. See *Safety and AA: Our Common Welfare* (SMF-209) quoted below to find some guidance and references from our common experiences in AA regarding safety issues

These situations are the times when a group conscience should **act** (we are a program of action!). Sometimes difficult issues **must** be discussed at the group level, even when some members don't want to hear it. The pamphlet the *AA Group* (P-16) can be invaluable for group life during such difficult situations.

Jody K, Alternate Delegate, adds:

First, know what you're talking about. Are there facts, or is this a matter of "personalities before principles"?

Second, if the offender is part of the home group, that means to me that that person is "immediate family." Healthy family members talk to each other. Talk to the offender. It is possible that they are unaware that their behaviors are potentially harmful.

Third, as a last resort, you can ask the offender to not attend the meeting, or even leave the home group... but in doing so, you're only shifting the issue to another group (if this person chooses to remain a member of AA).

Please see the service piece *Safety and AA: Our Common Welfare* (SMF-209), quoted below and downloadable from: https://www.aa.org/assets/en_US/smf-209_en.pdf

Group Safety and Unity

Situations that groups have addressed through their group conscience include, sexual harassment or stalking; threats of violence; bullying; financial coercion; racial intolerance; sexual orientation or gender identification intolerance; pressuring AA members into a particular point of view or belief relating to medical treatments and/or medications, politics, religion, or other outside issues. In addition, there may be other behaviors that go on outside of typical meeting times that may affect whether someone feels safe to return to the group.

Some groups have their own guidelines or procedures to help keep the meeting safe. AA members can speak to those who are acting inappropriately. Situations can be discussed at business meetings to come to a group conscience about how to handle a situation. As a last resort, the disruptive member may be asked to stop attending the meeting for a specific period of time. Groups that take this drastic action do it in order to preserve the common welfare of the group and to maintain AA unity.

In any situation, if a person's safety is in jeopardy, or the situation breaches the law, the individuals involved can take appropriate action to ensure their safety. Calling the proper authorities does not go against any AA Traditions. *Anonymity is not a cloak protecting criminal or inappropriate behavior.*

Inappropriate or predatory behavior, such as unwanted sexual attention or targeting vulnerable members can be especially

troublesome. These behaviors may go on outside of typical meeting times. While AA members can be caring and supportive to those affected, we are not professionals trained to handle such situations. Law enforcement or other professional help may be necessary.

Victims of inappropriate behavior, harassment or predators can let the group know about such situations, often through a sponsor or trusted friend. This way the group is informed, and members can help address the situation and curtail further problems. Group discussion should be focused on creating an environment where all alcoholics can find and maintain sobriety.

Your group may also want to read the *Safety Card for AA Groups* (F-211) at every meeting, and it can be downloaded from: https://www.aa.org/assets/en_US/f-211_SafetyCardforAAGroups.pdf or ordered through Literature.

Q2. At our District meeting, one of the GSRs asked if they could bring flyers for PENNSYPAA and ICYPAA to be distributed to the groups in our district, to display on their literature tables. There have also been many instances in meetings of representatives from these two groups standing up and offering tickets for one of their many fundraisers to secure a bid to host a convention. Should this be supported by the groups?

Jon C, Area 60 Chair, responds:

Ultimately, this is a group decision as each group is autonomous. At the group I belong to, we treat it the same as any other AA function. Does your group/district allow flyers, announcements, and ticket sales from other AA activities such as district picnics, anniversaries, Days of Sharing, or the AA banquet (hosted by the Pittsburgh Central Office)?

From my personal experience, I had to recover because it was this or death. But I didn't want to recover until I saw people my own age doing it and having fun. YPAA has a unique manner in carrying this message that can be very appealing to some (and not appealing to others). I treat it as one more way we can reach the still suffering alcoholic.

Q3. New members of our district believe that supporting our Central Office is more important than supporting Area 60 and GSO, and want to send a large percentage of their group contributions to the Central Office. I thought the Central Office was their own entity and they should not require funds from the district to maintain.

Chad U, Newsletter Editor, answers:

Here is some guidance from the *AA Guideline on Finance* (MG-15), downloadable from https://www.aa.org/assets/en_US/mg-15_finance.pdf:

To help support AA's essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the basic group expenses have been taken care of (rent, refreshments, AA literature, local meeting lists), and a "prudent reserve" has been set aside to cover unexpected expenses, the group may decide to further carry the message by sending money to the following AA service entities: [...]

The local intergroup or central office, which may provide phone service for the Twelfth Step calls and other inquiries; coordination of group activities; AA literature sales; institutions work; public information and cooperation with the professional community activities.

Individual groups and districts need to determine what their own group conscience feels about contributing to their local Central Office. From my experience, most of the groups in my district (District 14) have felt we are too far away from downtown Pittsburgh to have Steering Committee Representatives from the Pittsburgh Central Office in our groups, though some do still send contributions there (especially during Gratitude Month each November). As a district, we did – and from what I can tell, still do – take advantage of the 24-Hour hotline and some literature services (especially for Corrections work), and therefore we contribute annually to the Central Office *as a district*.



Save the Date!

Pre-Conference Assembly Weekend (PCAW)

Friday, March 20 & Saturday, March 21, 2020

Pre-Conference Assembly

Sunday, March 22, 2020

A Letter to My Disease, Alcohol: Courage & Vigilance

Mark E, District 45 DCM, Belle Vernon Newcomers Big Book Study

(written in outpatient rehab with 2 months sobriety on February 10, 2015)

A is for *acceptance*. Acceptance in the belief of my Higher Power, to be more powerful, impassioned, and devoted to the cause of permanently removing you from my life. I also wish you death!!!

L is for *longing*. A longing to laugh instead of crying, to touch and feel the beauty around me instead of the numbness you provided, to feel happiness instead of loneliness, and to know my true friends are there for me and will comfort me in any time of need.

C is for *courage*. I have to communicate and exchange ideas, feelings, set-backs, faults, and accomplishments by conveying my experiences with others at our AA fellowship meetings. It's funny how we sometimes can have instant gratification with positive long-term effects by having the courage to share. You are no longer able to destroy all the good things in my life.

O is for *obliteration*. I promise the total annihilation of your existence. You were right. You are a disease that is hated and I despise and loathe you. You are permanently uninvited from my life.

H is for *health*. I promise to take all of your side-effects seriously (the fool that I am), and abstain from your presence in order to eliminate the possibility of strokes, heart attacks, cirrhosis, and all serious and mental health issues.

O is for *optimism*. I am hopeful that I will be strong enough to outwit your cunning cleverness. I see that you are now becoming weak and cannot function to the full powerful level that you once did. I am slowly but effectively leaving you behind.

L is for *love*. I love how passionate I feel about living. I love the enthusiastic energy I have when I awake each morning. I love being alive and experiencing the sounds and sights that are around me that I never noticed before. I'm slowly achieving fulfillment.

If I am vigilant, without you, I will have finally chosen real comfort and peace of mind.

Now that we're in AA and sober, and winning back the esteem of our friends and business associates, we find that we still need to exercise special vigilance. As an insurance against "big-shot-ism" we can often check ourselves by remembering that we are today sober only by the grace of God and that any success we may be having is far more His success than ours.

– 12&12, "Step Ten," p.92

Get to Know Area 60!



Two Types of Area Meetings

1. **Quarterly Meeting:** Decides area business. DCMs, Area Officers and 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 and Coordinators, past Delegates vote.

ALL members of the Fellowship are welcome at meetings and assemblies. GSRs are especially encouraged to attend even when they do not have a vote.

Every GSR is potentially a future DCM.

Rules of Order at Area 60 Meetings

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

What's the "Point of Order?"

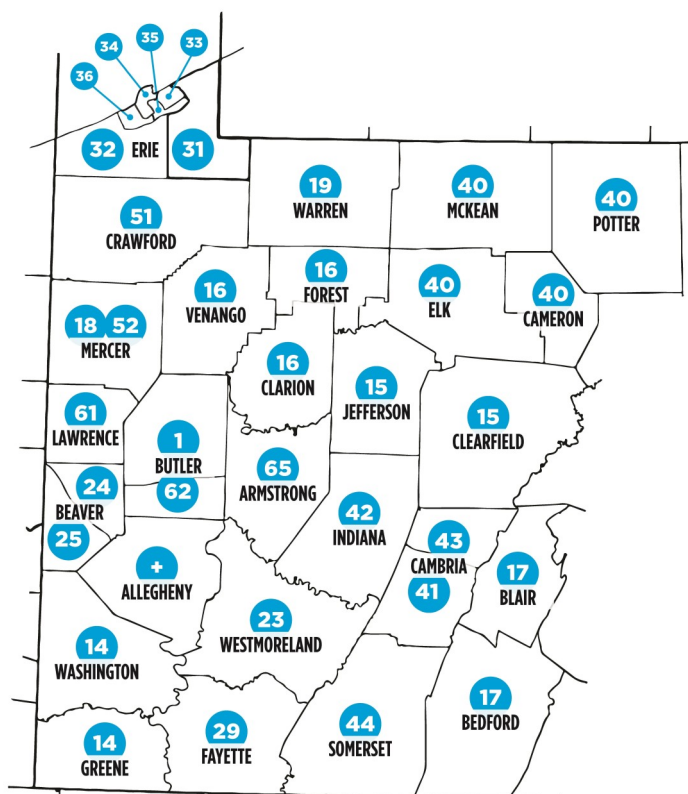
- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ◆ To ensure that everyone understands the content of the vote.
- ◆ To ensure that it is clear what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

Motions requiring substantial unanimity of the meeting require a 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.

Area 60 Web Calendar

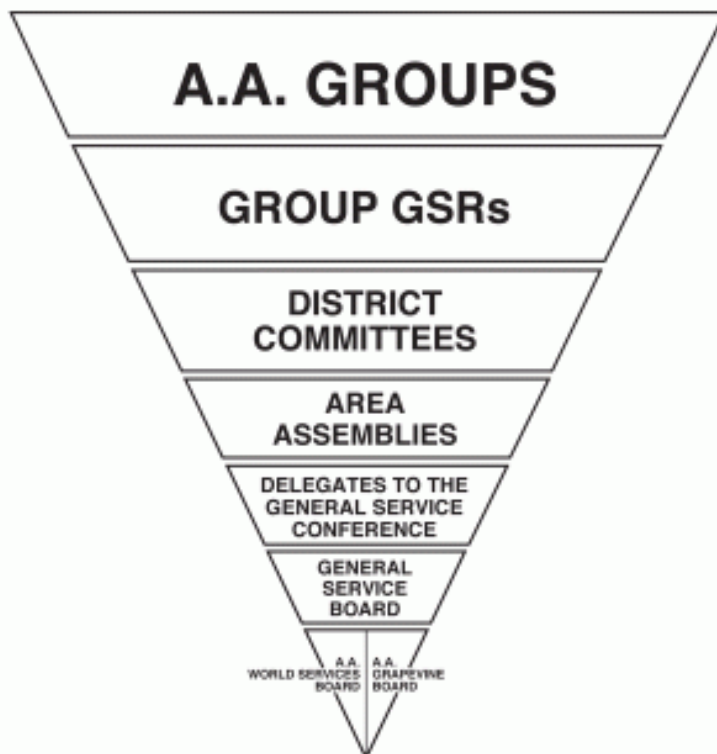
<https://www.wpaarea60.org/calendar/>

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



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

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



2019 Calendar of Events

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

DATE	TIME	EVENT
Sunday, Oct 13	8:30 am Registration 9 am Workshop 10:15 am Meeting	Fall Assembly
Saturday, Oct 19	9 am — 3 pm	Day of Sharing D15 Christ Lutheran Church 875 Sunflower Drive Dubois, PA 15801
Sunday, Nov 10	9 am	Officers/Coordinators Meeting PCAW Planning Meeting
Sunday, Dec 8	8:30 am Registration 9 am Workshop 10:15 am Meeting	4 th Quarterly Meeting
Sunday, Dec 15	9 am	Officers/Coordinators Meeting PCAW Planning Meeting
2020		
Sunday, Jan 19	8:30 am Registration 9 am Workshop 10:15 am Meeting	1 st Quarterly Meeting
Sunday, Feb 9	9 am	Officers/Coordinators Meeting PCAW Planning Meeting
Sunday, Mar 8	9 am	PCAW Planning Meeting NERAASA Planning Meeting
Mar 20-21	Fri/Sat	PCAW Weekend
Sunday, Mar 22	8:30 am Registration 9 am Workshop 10:15 am Meeting	Pre-Conference Assembly
Sunday, Apr 5	9 am	Officers/Coordinators Meeting NERAASA Planning Meeting

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate: Margie S delegate@wpaarea60.org
 Alt Delegate: Jody K altdelegate@wpaarea60.org
 Chairperson: Jon C chairperson@wpaarea60.org
 Alt Chair: Walter G altchairperson@wpaarea60.org
 Secretary: Christa F secretary@wpaarea60.org
 Treasurer: Becky C treasurer@wpaarea60.org

APPOINTED OFFICERS:

Alt. Treasurer: Jane R treasurer@wpaarea60.org
 Archivist: Al C archivist@wpaarea60.org
 Registrar: Jon M registrar@wpaarea60.org
 Recording Secretary: Lori G recsec@wpaarea60.org
 Newsletter Editor: Chad U newsletter@wpaarea60.org
 Alt. Newsletter Editor: _____ newsletter@wpaarea60.org

COORDINATORS:

Archives: Wayne S archives@wpaarea60.org
 Alt. Archives: John McC archives@wpaarea60.org
 Corrections: Dani M corrections@wpaarea60.org
 Alt. Corrections: _____ corrections@wpaarea60.org
 CPC/PI: Maresa S pi@wpaarea60.org
 Alt. CPC/PI: Ed S pi@wpaarea60.org
 Grapevine: Jodye H grapevine@wpaarea60.org
 Alt. Grapevine: _____ grapevine@wpaarea60.org
 Literature: Dave R literature@wpaarea60.org
 Alt. Literature: _____ literature@wpaarea60.org
 Treatment/SN: Nancy H treatment@wpaarea60.org
 Alt. Treatment/SN: _____ treatment@wpaarea60.org
 Website: Derrick S website@wpaarea60.org
 Alt. Website: _____ 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 473
 Apollo, PA 15613

See Those _____s Above?
Volunteer and learn about Area service!