



SEEDS OF SERVICE



VOL. XXXIV, Issue 1
Winter 2020

RECOVERY –

WHO IS MISSING IN OUR ROOMS?

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"

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

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

Fall 2020 (deadline 10/5)
"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

Who is Missing from Alcoholics Anonymous?

Edward S, Area 60 CPC/PI Coordinator



Who is missing from AA in Area 60? Of course, the answer is "the alcoholic who still suffers." Yet I wish it were that simple.

Since speaking on diversity at NERAASA 2019, and now stepping-up as CPC/PI for Area 60, I was asked to write an article on these topics from those perspectives.

While I received a fair amount of praise for speaking up on this thing (who's not in our rooms?), there were those that simply wouldn't believe that bigotry and racism could exist within our fellowship. I didn't want to believe this myself, but as I traveled throughout Western PA, I'll simply say that from what I've seen and heard, they do still exist, and they are a reason some suffering alcoholics are missing from our rooms.

Remember: AA began with Bill W and Dr. Bob, one drunk talking and working with another, and then they talked and worked with a few more, and so on. Our Big Book outlines this program within 164 pages. In those pages, it describes our fellowship as a diverse group of "people who would not normally mix" (AA, p. 17) in other circumstances. I believe what the "first 100" is telling us here is that no matter the differences that exist among us, we should be a united front, standing shoulder-to-shoulder against one common enemy: **alcoholism**.

Somehow, personalities and other influences have pervaded our fellowship in such a way that our differences threaten to splinter us from within, rather than make us more able to reach more of the sick and suffering. I personally do not believe that God, who gave us this program of Alcoholics Anonymous, would want us quarrelling about bigotry and racism. Instead, I believe that we should be developing more ways of attracting all who want this new way of life, no matter who they are.

What can we do to keep harmony within this massive fellowship, while continuing to help suffering alcoholics from all walks of life?

Singleness of Pizza

Chad U, Area 60 Newsletter Editor

Welcome to **Pizza Club**! We're glad you're all here.

Pizza Club is a place where people who really like pizza talk about pizza.

We'll talk about different styles (like New York slice versus Chicago deep dish), different sauces (which is better, marinara or white?), and – of course! – different toppings (do you prefer pepperoni, sausage, or both?). We may even have the great debate of Pizza Club across the world about Hawaiian Pizza: *threat or menace?*

As you can see, we focus on pizza in great detail. We try to *only* talk about pizza, because our love for pizza is what we all share, no matter where we come from. Wherever we grew up, whatever we look like, where (or if!) we go to some kind of church, who we like to have sex with, how much money we have, whatever job we do... the thing we have in common is our **love of pizza**.

Why would we come to Pizza Club to talk about spaghetti? (Yes, while pizza and pasta are both Italian foods, our **singleness of pizza** means we're going to talk about pizza here.)

However, you should know that many of us *also* like spaghetti... but we don't really talk about spaghetti or other pastas here. Why would we come to Pizza Club to talk about spaghetti? (That's for Spaghetti Club. We can go there later!)

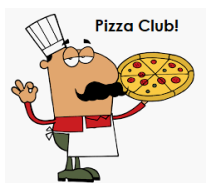
Maybe we had pizza **and** spaghetti at the same time sometimes, and that's fine and interesting, but the sign on the door says, "Pizza Club," so that's what we try to stick to talking about.

Pizza is really the only thing we can all talk about equally; loving pizza is what we all share. It's the thing we all agree we're going to talk about by coming to a time and a place called "Pizza Club."

We feel that coming to Pizza Club and insisting we talk about spaghetti is kind of missing the point and more than a little *selfish*. And frankly, many of us won't be able to have a good, helpful conversation with pasta-lovers regarding spaghetti, because we were *all about pizza*.

Importantly, though, if someone comes to Pizza Club because they have nowhere else to go to talk about spaghetti, we feel it's our responsibility to point them towards where the closest meeting of Spaghetti Club is. Maybe, if we are also a fan of pasta, we can have conversations about that before or after our Pizza Club meeting, or offer to go to Spaghetti Club with them.

***Part of Pizza Club is being helpful to all...
but during our meetings, we focus on
pizza and pizza-lovers.***



The Meeting After the Meeting (an Important 12th-Step Opportunity!)

Bob S, Area 23 (Richmond, IN)

Bill W wrote in an AA pamphlet: "Sobriety—freedom from alcohol through the teaching and practice of the Twelve Steps—is the sole purpose of an AA group." I believe this means my home group has further purposes than simply presenting its regular weekly meetings. One of these must be the **Meeting after the Meeting**. What better time might there be to discuss the Twelve Steps with a newcomer or a more seasoned member?

Many years ago, a certain new person mentioned to me that he was unable to go ahead with the Steps because of his negative spiritual beliefs. After the meeting, we had a rather long talk which resulted in him taking a more fruitful view of a Higher Power. Soon thereafter, we went through the AA Steps. He later finished a college degree and became an enthusiastic and well-liked alcoholic counselor, directing countless alcoholics toward the blessings of Alcoholics Anonymous. This took place nearly forty years ago, but what if "motel time" (AA slang around here for "We're closing, right now! Get out!") would have been announced before that crucial conversation?

Local Indiana AA history: Oldtimers have said that during the early years of AA, donuts were a "must" at a certain meeting. However, these tempting goodies were not served until **after** the meeting. This was to intercept the newcomer from directly marching out the door after the Lord's Prayer, as newbies are wont to do. One member of that group would hang around the clubhouse until the bars closed, and then go to a nearby hamburger joint where all the late-night drunks would hang out and talk AA to drunks. Meeting after the Meeting, indeed!

Many of the 90-minute meetings in the Los Angeles area had short mid-meeting breaks in order to greet the newcomer; perhaps to invite them out for coffee later. Also, after the meeting is a good time to introduce newcomers to AA literature—they can be introduced to the most appropriate book or pamphlet for their situation. Of course, this could erupt into exchanging phone numbers, invitations to other AA meetings, or even sponsorship!

I say, let us leave "motel time" to the bars!

“What Would the Master Do?”

12 & 12, “Tradition Three,” p. 141-142

A newcomer appeared at one of these groups, knocked on the door and asked to be let in. He talked frankly with that group’s oldest member. He soon proved that his was a desperate case, and that above all he wanted to get well. “But,” he asked, “will you let me join your group? Since I am the victim of another addiction even worse stigmatized than alcoholism, you may not want me among you. Or will you?”

There was the dilemma. What should the group do? The oldest member summoned two others, and in confidence laid the explosive facts in their laps. Said he, “Well, what about it? If we turn this man away, he’ll soon die. If we allow him in, only God knows what trouble he’ll brew. What shall the answer be – yes or no?”

At first the elders could look only at the objections. “We deal,” they said, “with alcoholics only. Shouldn’t we sacrifice this one for the sake of the many?” So went the discussion while the newcomer’s fate hung in the balance. Then one of the three spoke in a very different voice. “What we are really afraid of,” he said, “is our reputation. We are much more afraid of what people might say than the trouble this strange alcoholic might bring. As we’ve been talking, five short words have been running through my mind. Something keeps repeating to me, ‘What would the Master do?’” Not another word was said. What more indeed *could* be said?

Overjoyed, the newcomer plunged into Twelfth Step work. Tirelessly he laid AA’s message before scores of people. Since this was a very early group, those scores have since multiplied themselves into thousands. Never did he trouble anyone with his other difficulty.

AA had taken its first step in the formation of Tradition Three.

Meetings – An Important Part of the Solution

Meredith D, District 22/23, Welcome Home Group

Sometimes, I find the challenges and frustrations of everyday life draw me away from things I have learned in recovery. In the past, this caused me to drink. Today, since I have chosen the journey of recovery in Alcoholics Anonymous, I have learned new tools to change my behavior.

But there are times I am tired, haven’t eaten, or just had a bad day, and my recovery tools slip to a back burner. Life gets hard. My tank feels like it’s headed toward empty. There come times when the changes I have learned from working the Twelve Steps seem to go right out the window, and the ugliness of past times seems to come right in the front door. I don’t want to drink and I don’t want to return to my old ways.

Something stops me. A still, small voice inside taps me on the shoulder, reminding me there is another way. I know there is a solution – even an *immediate* solution.

Meetings! I can probably get to a meeting real soon. I’m a little early, and am still angry and frustrated. But when I walk into the meeting room, the room is warm and friendly. They don’t know about my anger or frustration yet, and I may get a chance to share it. However, suddenly that doesn’t matter so much, because I am in a place of peace. I am with people who share a common goal with me. They too want to stay sober, in spite of sometimes feeling angry and frustrated. They are trying to live in the solution, just as I am. This is where I belong.

***This is the serenity and place of unity and hope I sought all my life –
here in the rooms of Alcoholics Anonymous.***

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. My group struggles to pay our weekly rent of \$20. Our meeting gets like 50-60 people, but when we pass the basket, we end up with less than \$10. That barely covers the coffee and cups! How can we get more people to put money in the basket?

Margie S, Area 60 Delegate, responds:

Has your home group discussed their 7th Tradition responsibilities in a group conscience? Are homegroup members making their fair share? (Please be cognizant that everyone's financial situation is different.) After one's sponsor, the group conscience is the first place to talk about the spiritual significance of helping the alcoholic who still suffers, and how we support our own ongoing efforts through the 7th Tradition.

During the announcement phase of the meeting, perhaps your GSR could say something like "The Preamble and our 7th Tradition guide us to be self-supporting through our own contributions, but this meeting is not currently self-supporting. Because of a lack of contributions, we are no longer able to serve coffee or snacks. We also cannot make our rent, and soon we will no longer be able to meet here."

There are different ways that people follow Tradition Seven. Like most issues in AA, there is more than one way to solve a problem. For example, I put more in the basket at my home group than I do at other meetings. Some people only donate at their home group.

Jon C, Area 60 Chair, responds:

I have heard meetings give a spiel about the price of inflation: how a dollar in the basket isn't what it once was, and if they are able, to maybe contribute \$2.

Another thing I like is transparency. Instead of saying "We are passing the basket in accordance with our 7th Tradition...", something along the lines of "We pass the basket in accordance with our 7th Tradition. Our rent is \$20 a week. Money also buys coffee and cups. Any surplus funds are donated to various service entities such as X, Y, and Z."

A bad experience I had with this struggle was at a meeting I enjoyed. One meeting, out of nowhere, they announced that they were closing. They were unable to be financially solvent with their basket contributions. Had I known beforehand, I would have gladly regularly kicked in an extra buck or two more to keep the meeting going. But they didn't say anything until the last meeting, when it was too late.

Q2. I've been having an issue of people wearing political attire (shirts, hats, etc.) to meetings, even the chairperson at times. I have pointed out Tradition Ten, and have been told that I only feel that way because it differs from my political beliefs. While they are right about it differing from my views, it is my understanding that this stuff has no place in the rooms of AA, regardless of political beliefs. Am I correct in thinking that this would be a 10th Tradition violation?

Margie S, Area 60 Delegate, responds:

I personally do not like the idea of commenting on someone's personal attire. At many meetings I have attended there are people dressing themselves from thrift and charity stores, because that is the only way they can get clothing. When I got sober, a lot of the men I got sober with wore only bar t-shirts and hats because that was all they could afford. We have no opinion on drinking as an institution either, but no one commented on that attire. As time went on, and the member continued to get sober, that attire disappeared.

Politically, this is a difficult time, but that is an outside issue. In the Tradition Eleven essay in the *12&12*, Bill W writes:

Nor does it mean that members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see right upon issues of our time. But when it comes to AA as a whole, that's quite a different matter.

I think that sentence sums up the entire tradition for us. Personally, we have the freedom to do whatever we like as citizens of the world and hold any individual opinion we choose, as long as I don't push it on you. We must never argue our point in a meeting, or speak as if AA as a whole had an opinion on an outside issue. Hopefully, if I leave my outside issues at the door, maybe others in the meeting are leaving their outside issues at the door too.

Dani M, Area 60 Corrections Coordinator, responds:

My friend Ben says he can see how it could be intimidating when people flaunt their views at a meeting. An extreme example would be someone who shows a concealed weapon in a meeting to express a strong political view against those who want gun control. Ben thinks it's the *motive* behind the attire that is the concern. If someone is wearing something to intimidate others, then that needs to be addressed with that individual.

My opinion is: *Keep It Simple*. If I wear a "God Bless America" sweatshirt to an AA meeting, am I violating a tradition because someone else's Higher Power is a doorknob? What about the vets that wear hats showing their service post in a room with someone who is a pacifist? Or a shirt that says, "I'm with stupid"? The list can go on and on. What's next? If I don't like your bumper sticker, you can't park your car in the lot designated for the AA meeting?

Who's to say what is offensive? For me, it's only a problem if the AA tries to make an outside issue the "official" view of Alcoholics Anonymous. And if we're not discussing the outside issues during the meeting, why the hell worry about what anyone has on, or if even they are wearing anything at all? (I, myself, could be interested in an AA meeting on a nude beach!)

Recovery

Lamont B, SCI Greene

As I understand it, "recovery" is an active change in our ideas and attitudes, not some abstemious concept. Recovery requires work. The constant practicing of placing priority over personality, priority before principle, and priority over self-pity, fear, dishonesty, and close-mindedness. I constantly had to ask the question: how could I expect this program of recovery to work for me if my mind and body are still clouded by the desire to drink?

I had to stop using before I could actually benefit for my recovery efforts. Not long after I conceded to my innermost self that I was powerless over my addiction, I realized I had entered into a phase beginning a new life in "recovery." My need for alcohol had been lifted from both my mind and body.

As a direct result, I've been living in recovery without alcohol, and the mind that was associated with alcohol, for 32 years and counting.

I took the 12 Steps suggested to me by Alcoholics Anonymous!

Did You Know This?

Rockey, District 14, Sunday Morning Early Birds

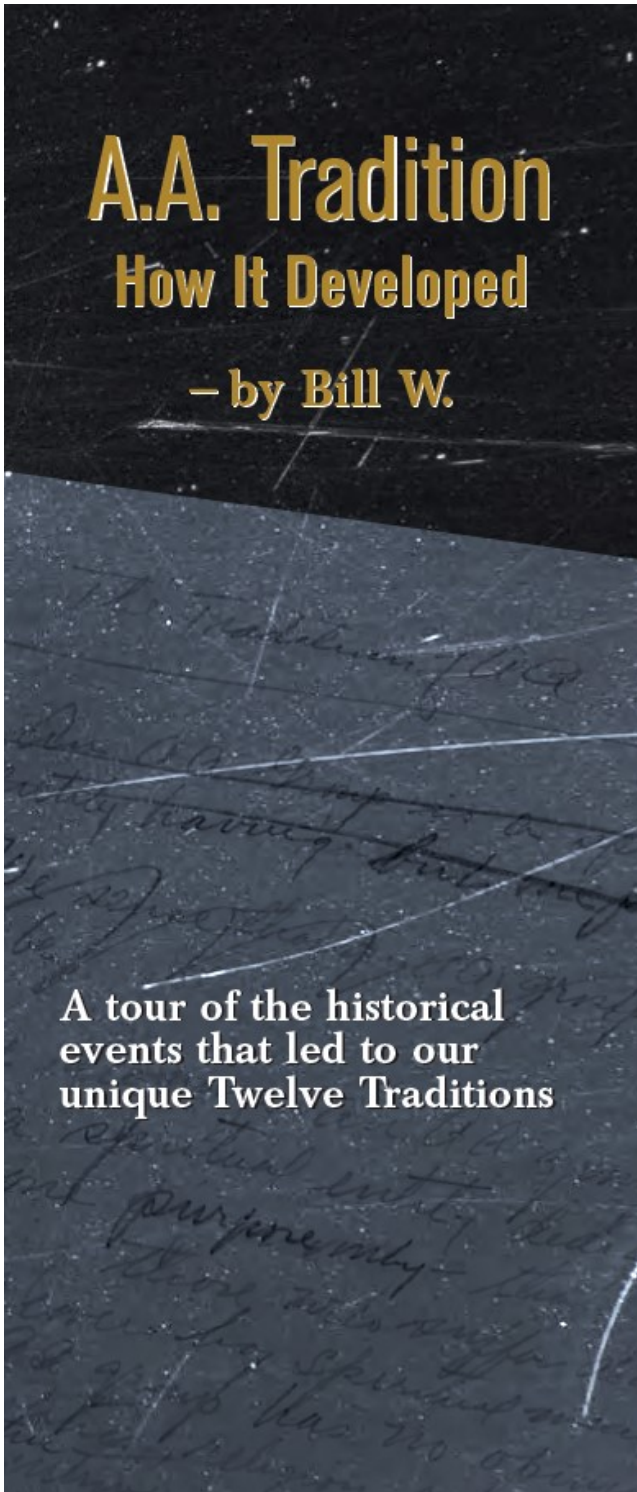
After I stopped drinking, there were lots of changes my body went through. I started getting dizzy, lightheaded, tired, weird little twinges throughout my body, and a general feeling of *blah*. Then the anxiety attacks started: tightness in my chest, and I felt like I couldn't catch my breath.

I went to the ER many times, because I thought I was having a heart attack. My doctor decided to treat me for generalized anxiety disorder. After confiding with people from the fellowship, I have found that this is completely normal for alcoholics in early sobriety. What I'm experiencing is *Post-Acute Withdrawal Syndrome (PAWS)*.

PAWS is thought to affect about 75% of people recovering from alcohol dependence. PAWS symptoms appear after the acute phase, and can last a long time. These symptoms can significantly affect someone in recovery who is uninformed or unprepared for them. It is very important that newcomers are aware that PAWS has been found to be a major cause for relapse in early sobriety. It feels like a rollercoaster of symptoms, often coming in waves, changing minute to minute and hour to hour. Later, they can disappear for a few weeks or months, only to return again. One day, you wake up feeling irritable and low energy, but if you hang on for just a few days, it will lift just as quickly as it started. "This too shall pass."

If you get any of these feelings, talk to your doctor and your sponsor. Focusing on your recovery and healing is first and foremost. Another thing that helps me: I got more active, physically and mentally, because I must **act** my way to right thinking, and **act** my way to right healing.

For a longer article about PAWS, you can email Rockey at scott.rockey@gmail.com



Tradition Three

Anonymous, Area 60

Short Form: The only requirement for AA membership is a desire to stop drinking.

Long Form: Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they no other affiliation.

Imagine the early days of AA. My guess is that Bill W, Dr. Bob, and eventually AA #3 (Bill D, a lawyer) related to each other not only about their inability to stop drinking, but I think they all had some things in common on the social level as well. I'll also speculate that Dr. Bob and Bill were both biased towards the Christian understanding of God, and – without thinking – probably assumed that belief in some form of this particular God was the way to recovery.

Some of the early AA gatherings were in private homes of non-alcoholics. Again, I'm speculating that there had to be *some* level of trust that the alcoholics gathering for the meeting were not thieves, so sick that they were going to bring in disease, or that they would trash the house in some manner. There had to be some level of expected behavior. This type of thinking may have been part of the reason Bill quotes a member in the Tradition Three chapter of the *12&12*:

We were resolved to admit nobody to AA but that hypothetical class of people we termed “pure alcoholics.” Except for their guzzling and unfortunate results thereof, they could have no other complications. So beggars, tramps, asylum inmates, prisoners, queers, plain crackpots, and fallen women were definitely out. Yes sir,

Pamphlet P-17, *AA Tradition: How It Developed*,
available for download at:

https://www.aa.org/assets/en_US/p-17_AATraditions.pdf



we'd cater only to pure and respectable alcoholics. Any others would surely destroy us. Besides, if we took in those odd ones, what would decent people say about us? We built a fine mesh fence right around AA.

The quote goes on say:

Well, we were frightened. Naturally, we began to act like most everyone does when afraid. After all, isn't fear the true basis of intolerance? Yes, we were intolerant.

Considering where AA is today, that was a very narrow minded (but honest!) account of our early days.

There's also a discussion about how in the early 1940s, the Alcoholic Foundation asked the groups to send in their lists of "protective requirements." What was funny was that if all the rules were combined and applied to each group, it is unlikely that **anyone** would qualify to be in AA.

In the pamphlet *AA Tradition: How it Developed* (P-17), Bill wrote about those rules:

In some cases we would have been too discouraged by the demands made upon us. Most of the early members of AA would have been thrown out because they slipped too much, because their morals were too bad, because they had mental as well as alcoholic difficulties. Or, believe it or not, because they did not come from the so-called better classes of society. We oldsters could have been excluded for our failure to read the book *Alcoholics Anonymous* or the refusal of our sponsor to vouch for us as a candidate. And so on ad infinitum. The way our "worthy" alcoholics have sometimes tried to judge the "less worthy" is, as we look back on it, rather comical. Imagine, if you can, one alcoholic judging another.

As a result, the AA membership policy has been simplified to: ***you are a member if you have a desire to quit drinking***. Period. No other qualifications.

Who are we to possibly prevent you from receiving the gift of sobriety because of some preconceived notion we may have about your ability to work the Steps or if you're worthy of the gift.

I read somewhere that there are two major wrongs that a person can do and those are to prevent someone else – or myself – from achieving sobriety.

Other than the cliché comment that an old timer may make like "I've spilled more whiskey on my tie than you ever drank" (implying that you really don't about drinking), I really haven't heard of anyone's membership being questioned unless our singleness of purpose is challenged...

...and that's another article.

I am Responsible... for What I Display to Others

Becky C, Area 60 Treasurer

When I first walked into the rooms of AA, I was very concerned because it seemed that most of you were wearing crosses or crucifixes. My thought was: "Do I have to wear one?" At that point in time, I wasn't too sure about the "God thing." After I established a relationship with my Higher Power, I began to wear a small one... But sometimes I've thought maybe I should not wear it.

When I walk through these doors, I am first and foremost *an alcoholic*. My positions on outside issues (and I have them, believe me!) do not belong here. I've decided I won't wear anything (a hat, a shirt, a piece of jewelry) into a meeting that professes any of those things, because though I might say something that could help someone, if something I'm wearing espouses a position contrary to what they believe, they might not pay attention to my message. We can't help but hold on to some of our old ideas.

We have a wonderful **Responsibility Statement** that is used to close the Area 60 meetings: *I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there... and for that, I am responsible.*

I don't care if you are male or female; prefer Coke, Pepsi, or Dr. Pepper; are conservative or liberal; gay, straight, or trans; feminist or misogynist; poker player or bridge player; kneel or stand; Agnostic, Atheist, Christian, Hindi, Jew, Muslim, Wiccan, or any other religion; black, brown, white, yellow, green, or purple*... what I truly care about is that you are seeking help. I must reach out and say, "Hi, I'm Becky... I'm an alcoholic, and you are welcome here."

*** But I do care if you are Black & Gold!**

For other perspectives on this issue, please see pages 4-5.

Gratitude

George, SCI Fayette

[sharing by inmate, given at annual volunteer event held at SCI Fayette]

Good evening ladies and gentlemen, my name is George and I am an alcoholic. First and foremost, I would like to express my heartfelt gratitude to all of our outside volunteers for what they do, both inside and outside these walls. I'd also like to take a brief moment to thank Mr. Benko for the privilege and honor of speaking here tonight. When he asked me to speak on the AA meeting, the volunteers, and what they mean to me, it scared me to death. How can you put something so meaningful and so powerful into words, when there are no words that can carry that much emotion?

On July 2, 2009, my recovery began and my life changed for the better. You see, I was blessed with a prison sentence that would one day lead me to meet such people as Miss Sue, Miss Alexis, Nate, Dave, Walter, Deb, Jim, and Rick, to name just a few. Due to these wonderful men and women sharing their life stories and experiences, they brought to me such hope for a real and promising future, simply by sitting in a room like this, listening. By hearing these men and women speak about themselves, I came to learn a lot about myself – things like that I am not unique, I am not special, and I am certainly not the only one who's experienced the difficulties addiction causes. I've learned through AA, and these brave men and women, that I'm not alone!

They show by example every day, what it means to work a great 12th Step! These esteemed men and women generously, graciously, compassionately, and lovingly give their personal time to help those who like themselves suffer from the disease of addiction.

So what does the Alcoholics Anonymous meeting and these wonderful volunteers mean to me?

Simply this...

They are the very foundation of my own recovery!



GSR Kits Online

Jon M, Area 60 Registrar

Since GSO is behind on sending out DCM and GSR kits, we have posted the digital contents of the kit on the Area 60 website. New DCMs and GSRs, please refer to this page:

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

PI Request Begins a New Group

Aim C, District 11, Lenguaje del Corazón

One day I got a call from Maresa S, our former Area 60 CPC/PI Coordinator, because a PI request (actually, a 12th Step call!) fell into her lap. On the North Side, about 7 blocks from where I live, there was a man in a shelter who admitted to having a problem with alcohol – but spoke no English. No one could understand him. He needed someone to carry the message to him. Maresa knew I lived close-by, and asked if I could help.

This simple commitment began a much bigger work, under God's divine plan. Even with the assistance of Google Translate, I could not speak his language fluently enough to talk about our Big Book and its contents. He needed another alcoholic who spoke his language (Spanish). He relapsed at 42 days in, but trying to help him kept me sober.

A simple thought occurred to me, "Why don't you look for Spanish-speaking AA meetings in the area?" So I did, consulting every avenue: the Pittsburgh Central Office, GSO, and even our Confidential Directories. No Spanish-language meetings were currently in existence around here. How could we forget to carry the message to these people?*

I contacted a resource in Beechview, where there are many Spanish-speaking people. After a few months of coordinating (despite the setbacks of my mother's hospitalization and death), we got back on track and registered a group called **Lenguaje del Corazón**: "Language of the Heart" on Tuesday, November 19, 2019. We have two translators who assist us in meetings.

El Distrito 11 nos ha abrazado, y estamos agradecidos de ser parte de AA, por fin.
(District 11 has embraced us, and we are grateful to be a part of AA, at long last.)

* At times in the past, there *have* been Spanish-language meetings started in Area 60, especially around the City of Pittsburgh. However, they've tended to close from lack of regular attendance. – Editor

Save the Dates!

Pre-Conference Assembly Weekend (PCAW)

Friday, March 20 & Saturday, March 21, 2020

Pre-Conference Assembly

Sunday, March 22, 2020



International Convention of Alcoholics Anonymous

July 2-5, 2020. Detroit, MI. Area 60 is cohosting a hospitality room with Area 59.

Contact **Terri H** if you are interested in volunteering: terriheinrich58@gmail.com

North East Region of Alcoholics Anonymous Service Assembly (NERAASA)

Feb 21-23, 2020. Nashua, NH.

Feb 26-28, 2021. Pittsburgh, PA. We everyone in Area 60's support to host our first NERAASA in 20 years! Contact **Yvette N** if you are interested in helping out:

vette1105@gmail.com



28th Annual Area 60 Pre-Conference Assembly Weekend

Formerly known as Getaway Weekend
March 20 & 21, 2020

“2020: A Clear Vision for You”

Statement of Purpose:

The purpose of the Pre-Conference Assembly Weekend is for GSRs, DCMs, Area Officers and Coordinators, and A.A. Members of Area 60 Western Pennsylvania to discuss General Service Conference related issues and concerns affecting A.A. as a whole. (The Pre-Conference Assembly will open Sunday at 10:15 am; there is no fee to attend the Assembly only.)

Highlights

- Committee Workshops & Presentations
- Panel Presentations
- Saturday Night Banquet & Speaker Meeting
- Early Bird & Night Owl Meetings

Location

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

On-Site Registration & Hospitality Room

Opens 3 p.m. Friday, March 20
Program begins @ 4 p.m. Friday, March 20

Room Rates

\$79.99 + 11.20 tax=\$91.19 per night
Includes: Complimentary Breakfast Buffet, use of indoor pool, hot tub, exercise facility, and free Wi-Fi.

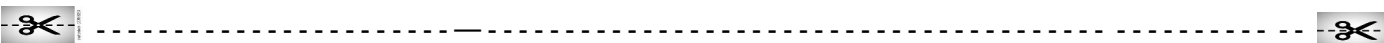
Contact Information

Any questions please contact:
Jody K., 814.427.2006 / altdelegate@wpaarea60.org or treasurer@wpaarea60.org

Please make reservations directly with the hotel by March 6
(Mention Area 60 Pre-Conference Assembly Weekend)

Accessibility issues, please contact Treatment Coordinator for help or information at treatment@wpaarea60.org

**Please note that restaurants are available locally if you prefer not to purchase your meals through the Conference, or have special dietary needs.



PLEASE PRINT CLEARLY (or use address label)

Register by mail no later than March 6 or online at wpaarea60.org by March 19 (March 13 if you want meals)

NAME: _____

_____ Registration \$20

ADDRESS: _____

_____ Friday Dinner \$29

CITY: _____ STATE: _____ ZIP: _____

_____ Saturday Lunch \$15

_____ Saturday Banquet \$32

***Meal orders must be received by March 13th

We are unable to accommodate dietary needs. There are, however, many restaurants in the area and a grocery store.

Total Enclosed: _____

PLEASE MAKE CHECK PAYABLE TO:

Area 60 Treasurer, P.O. Box 473 Apollo, PA 15613

(Write **Pre-Conference Assembly Weekend** on the memo line of the check)

**REGISTRATION AND MEALS ARE TRANSFERABLE BUT NOT REFUNDABLE
CONTRIBUTIONS TO THE HOSPITALITY ROOM ARE GREATLY APPRECIATED!**

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?"

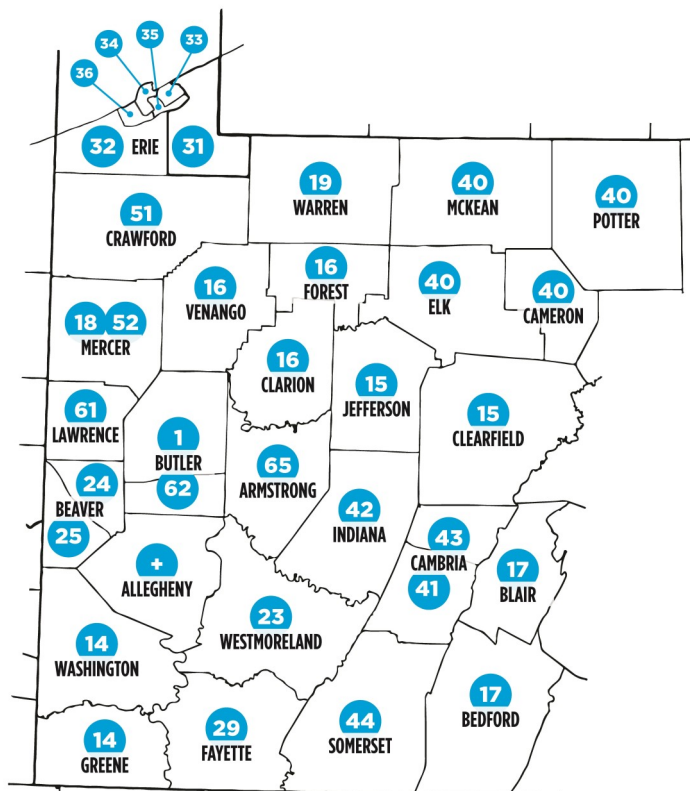
- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ◆ To ensure that everyone understands the content of the vote.
- ◆ To ensure that it is clear what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

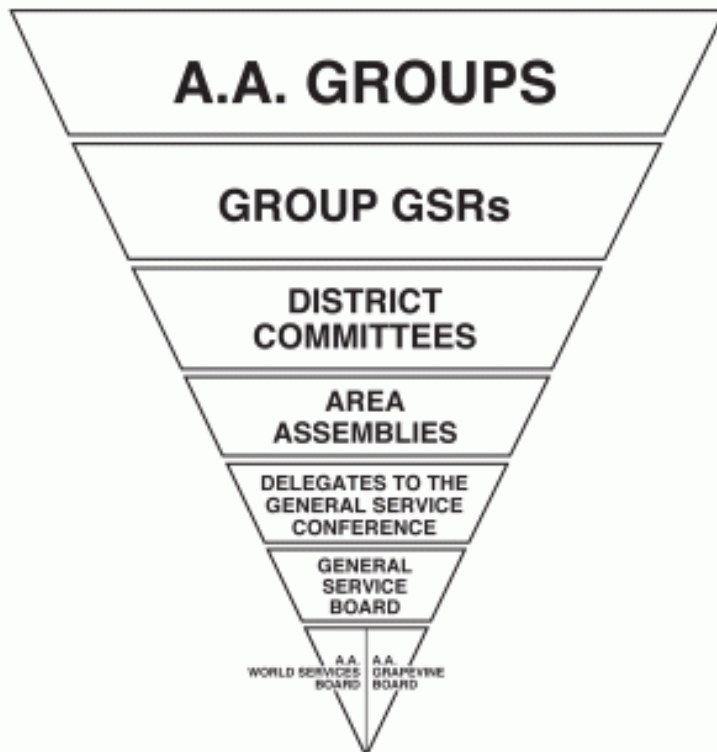
<https://www.wpaarea60.org/calendar/>

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)



2020 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, 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
Sunday, May 3	8:30 am Registration 9 am Workshop 10:15 am Meeting	2 nd Quarterly Meeting
Sunday, Jun 7	9 am	Officers/Coordinators Meeting PCAW Wrap-Up
Sunday, Jun 28	8:30 am Registration 9 am Workshop 10:15 am Meeting	Post-Conference Assembly
Sunday, Jul 12	9 am	Officers/Coordinators Meeting NERAASA Planning Meeting
Sunday, Aug 16	8:30 am Registration 9 am Workshop 10:15 am Meeting	3 rd Quarterly Meeting
Sunday, Sep 20	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: Sherri Lynn D 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: Ed S pi@wpaarea60.org
Alt. CPC/PI: Maresa 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!