



WESTERN PENNSYLVANIA AREA 60 NEWSLETTER

SEEDS OF SERVICE



VOL. XXXIII4, Issue 1
Winter 2023

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 2023 theme for the General Service Conference is
“A.A.’s Three Legacies— Our Common Solution”

- ◆ Winter Topic: **“General Service – Our Mighty Purpose and Rhythm”**
- ◆ Spring Topic: **“Our Common Perils and Common Solution**
(deadline 4/15/2022)
- ◆ Summer Topic: **“Using A.A.’s Literature in Carrying the Message”**
(deadline 6/15/2022)
- ◆ Fall Topic: **“Fostering a Thriving Three Legacy Culture”**
(deadline 8/15/2022)

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:

“GENERAL SERVICE— OUR MIGHTY PURPOSE & RHYTHM ”

**“Buy the Whole Package”**

Heidi S., Grove City Welcome Home Group

To go to any lengths, I must buy the entire package of Alcoholics Anonymous. It incorporates all three sides of the triangle: recovery, unity, and service.

The steps helped me to recover from a seemingly hopeless state of mind and body. I observed in my life how I did not have the power to control and enjoy my drinking, nor could I stay stopped for any length of time. My life, drunk or sober, was absolutely unmanageable and needed a new Manager. I had to believe and decide to turn my will and life over to a power greater than myself. Connecting with that power meant discovering, uncovering, and discarding everything blocking me from it. I made all my amends, recreating a relationship with the people in my life and even my finances. Continually watching for anything misaligning me with the power, consciously seeking to connect with God, and giving the power I find away to others keeps me sober and living this design for living. If I do not go to any lengths to continue to work the steps in my life, I will slowly return to hopelessness and be unfit to help another alcoholic.

Unity comes from the fellowship of the meetings. On the days that I am tired and do not want to attend a meeting, I still get into my car and go. When I am having a bad day, I need a meeting; when I am having a good day, the meeting needs me. At the meetings, I learn unity through the traditions, agreeing that what is best for the group is better than what is best for just me. If I do not go to any length to ensure unity in AA, the rooms will not be available to future generations who desperately need help. Service work got me out of myself and helped me connect to others. There are many opportunities for service work, from making coffee at a meeting to welcoming people as they come through the door. No one governs AA; trusted servants carry out the group’s decisions, so I must be willing to step into open positions for the message to be carried to the still suffering alcoholic worldwide. Service is taking meetings in jails and institutions to bring a new way of life and prospects for a new beginning. Without service, there would be no meeting places, no new prints of the Big Book, nor the message of hope carried to those who need it most.

AA is a way of life, and I must continue to strive to go to any length for a deeper recovery, greater unity, and meaningful service. Recovery gives me wisdom, unity gives me a sense of belonging, and service lets me contribute. Being all in ensures I will be happy, joyous, and free and that I will get to trudge with others doing the same.

“Letting Go with Service”

Meagan C, Area 60 Newsletter Editor

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

Big Book, Pg 77

The Big Book promises that “We will be amazed before we are halfway through,” as we take the Steps and begin to see evidence of change in our lives. If you had told me years ago I would be dedicating my time and efforts to sharing how I stay sober a day at a time, and helping others to achieve sobriety, I would not have believed you.

2023 has gotten off to a challenging and turbulent start. A very close friend who I got sober with died as a direct result of this disease in early January. She left behind two little girls, who are like family to me. To say her death rocked my world is an understatement.

My sponsor directs (and challenges) me to name my feelings. To say it out loud. Right now, I am feeling grief, loss, sadness and pain because I lost a best friend.

I don’t have decades of sobriety. I can’t recite the Big Book by page number or quote paragraph lines. I honestly don’t know much, but here’s what I know for sure– the suggestions I received early in my journey still keep me sober and serene today, especially through turbulent times. Service.. has kept me sober this month.

- ◆ **Help someone else. It gets me out of myself long enough to see past my own nose. This can come in many forms. Often, it’s simple, call another alcoholic and ask how they are doing. Take a cup of coffee to a newcomer at the table. Greet someone with a hug as they enter the door. Participate in a home group. Show up to a homegroup.**
- ◆ **Get a service position. It holds me accountable to my recovery. I get to show up today.**
- ◆ **Being a sober member of Alcoholics Anonymous and attending meetings “is” a service position.**
- ◆ **As a good friend of mine likes to say, “We can’t help anyone from our couch.”**
- ◆ **Get in the Middle (so you don’t fall off the edge).**

“A.A. is no success story in the ordinary sense of the word. It is a story of suffering transmuted, under grace, into spiritual progress.

- Bill W.

◆ **Step 1**

“We admitted we were powerless over alcohol– that our lives had become unmanageable.”

◆ **Tradition 1**

“Our common welfare should come first; personal recovery depends on A.A. unity.

◆ **Concept 1**

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of the whole Fellowship”



31st Annual Pre-Conference Assembly Weekend

Fri. & Sat, March 17 & 18, 2023

Get in the Middle!

Contact Walter G.

Alternate Delegate

altdelegate@wpaarea60.org

“Life or Death– 90’ n’ 90”

Patrick B., D27, G.S.R., Friday Night Beginner’s Group

My name is Patrick. I am an alcoholic. My sobriety date is 8/8/22. I write this short story to share my experience, strength and hope of the first 90 days in recovery. My hope is that someone starting their journey will see there is light at the end of the tunnel, or, that a “Recovery OG” can use my story as a reminder of why we never take the first one.

There is a difference between not drinking and recovery. From 2018-2021, with years of abstinence, I was attending meetings, working the first three steps, but not changing. This is where my relapse began, years before the first drink. This disease is cunning, baffling, and powerful. While I worked on “playing house,” getting the dream job and feeding my ego, my addiction was working out a master plan on how to get be back into the bars. I neglected what *always* should come first in my life—the program. The disease lied to me, told me I could be a part-time drinker, that I could control it, and this time, it would be different. It took nine months of fighting demons before hitting bottom and begging to surrender.

In August 2022, I found myself on a dirty, roach infested floor of a “friend” from the bar’s trap house. Alcohol, drugs, and woman were prevalent. I asked myself, “Why am I here? How did I fall so far down so fast and when do the bars open for my next drink?” That is the alcoholic sickness. One is too many and a thousand is just the mean to jails, institutions, or death. I have never enjoyed controlling my drinking. When I do enjoy my drinking, I don’t have the ability to control it. I came home that morning and found the woman that “loved” me gone, my home a mess and my dog eagerly wagging his tail for food. I had two options, take the loaded pistol and end it for good, or jump with both feet into the 12 steps of Alcoholics Anonymous.

This disease attacks my ego, insecurities and thought patterns. The alcohol, drug or “other” is just the

means to “briefly” escape the torment that is myself. It was not until I developed love for self that I could love others, and it wasn’t until I completely accepted that God loved me every second of every day that I came to believe I am enough. I am worthy of love.

My suggestion for the newcomer is to stick with the same sex. Give yourself a fighting chance for at least 90 days. Let’s be fair, there is little that I can offer a woman in this program with 24 hours of sobriety.

I work this program with both feet in! Why would I go to the gym and just stare at the weights? This is a 12-step program. Grab a sponsor that has what you want and get your weight up!

Finally, for me, there is a huge difference between admitting and accepting. It is so much easier when I accept that I am a pickle and there is no going back to cucumber land. SMASH THE IDEA that you can use or drink successfully.

Abstinence plus change equals recovery. God willing, see YINZ at “6 months”.



GRAPEVINE Daily Quote

January 26, 2023

“Nowhere in the AA literature does it say this is a selfish program. It does, however, talk about becoming selfless.”

Ottawa, Ontario, August 1994, “Selfless, Not Selfish”, AA Grapevine



**31th Annual Area 60
Pre-Conference Assembly Weekend
March 17 & 18, 2023**
ONLINE REGISTRATION: <https://wpaarea60.org>

2023: “A.A.’s Three Legacies—Our Common Solution”

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

On-Site Registration & Hospitality Room

Opens 3 p.m. Friday, March 17
Program begins @ 4 p.m. Friday, March 17

Contact Information

Any questions please contact: Walter G. 814/327-4462
or
Email: altdelegate@wpaarea60.org
treasurer@wpaarea60.org
Accessibility questions; treatment@wpaarea60.org

Location

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

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.

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

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



PLEASE PRINT CLEARLY (or use address label)

Register by mail no later than March 6 or online at <https://wpaarea60.org> by March 15
(March 10 if you want meals)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

PHONE: _____

EMAIL _____

_____ Registration \$25

_____ Friday Dinner \$40

_____ Saturday Lunch \$18

_____ Saturday Banquet \$48

***Meal orders must be received by March 10th

Total Enclosed: _____

Your District _____

Your Service Position _____

- I would like to volunteer
- I require accessibility accommodations

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

PLEASE MAKE CHECK PAYABLE TO:
Area 60 Treasurer, P.O. Box 386 Canonsburg, Pa. 15317
(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!

Our Third Legacy in A.A. is “Service”

Excerpted from “A.A.’s Legacy of Service

By Bill W. 1951, www.aa.org

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

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

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

What is AAWS? AAWS stands for Alcoholics Anonymous World Services. This is essentially the business side of AA in that the printing and sale of AA publications falls under its purview.

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

What are service meetings? There are several different types of service meetings – group, district, and area. A group business meeting discusses the affairs of the home group. A district business meeting discusses the collective matters affecting all the groups within that district. At area committee meetings and area assemblies, the collective business of the area is discussed, which includes the groups, districts, and area.

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



delegate, committee chairpersons.

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

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



“When by devoted service to family, friends, business or community we attract widespread affection and are sometimes singled out for posts of greater responsibility and trust, we try to be humbly grateful and exert ourselves the more in a spirit of love and service.” 12 & 12, Step Twelve, p. 124

Virtual Ask-It Basket Questions

Q1. I recently heard a speaker at a large Zoom meeting who, when I introduced myself to him after the meeting, told me he had been invited to speak at a big even this summer (2023) in Pittsburgh. He couldn't remember the name of it but he thought Woodstock was part of the name. Can You provide any information on this event This person was an excellent speaker. In my 28 years, I have rarely heard such a compelling and truly meaningful way for one person to tell his story. His name is Michael D.

Meagan C. Area 60 Newsletter Editor responds:

There is an event coming up the weekend of March 3-5, 2023 called "Steel City Woodstock." This is a weekend journey through the 12 steps. It is in no way affiliated with Alcoholics Anonymous as a whole. I have linked the information below for further details. There is a speaker scheduled for Saturday, March 4 at 8 pm by the name of Michael D.

Please see external link for further details.

<https://www.steelcitywoodstock.com/>

Steel City Woodstock
A Weekend Journey through the 12 Steps

March 3rd - 5th, 2023
Pittsburgh Airport Marriott

Friday
3pm | Registration Opens
7pm | Early Lead (Mark B.)
8:30pm | Lead (Peter M.)

Saturday
8am | Steps 1, 2, 3 (Peter M.)
11am | Steps 4, 5 (Marion M.)
(Break for Lunch on your own)
2:30pm | Steps 6, 7 (Dab H.)
4pm | Steps 8, 9 (Christina C.)
(Break for Dinner on your own)
8pm | Lead (Michael D.)

Sunday
8am | Steps 10, 11 (Michael D.)
10:30am | Step 12 (Debbie N.)

Registration \$35
Register Online & Get More Info @
SteelCityWoodstock.com
or call Nancy P. (724) 866-5432



Service Makes 12th Step Work Possible

Box 459, August/September 1982

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

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

How did AA's number get into the telephone directory? Why was a concerned AA at the other end of the phone when he called for help? AA service put them there. He received AA literature. How did that literature get written and printed and distributed so it would be there for him when he needed it? The member who dismisses service as having no relation to his own recovery has missed the point. He is sober today because service made it possible.

The local group is where service begins...in the form of coffee-making, ashtray-emptying, serving as group officer...when a group elects a GSR, it gains a voice in worldwide AA... Selfishness and self-centeredness— this very basic problem can prevent us from placing AA principles over our own personalities. If service has not enhanced your sobriety, (could it be that) your true motive is still somewhat selfish? Our primary purpose is to stay sober and help others to achieve sobriety.



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/>.



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?"

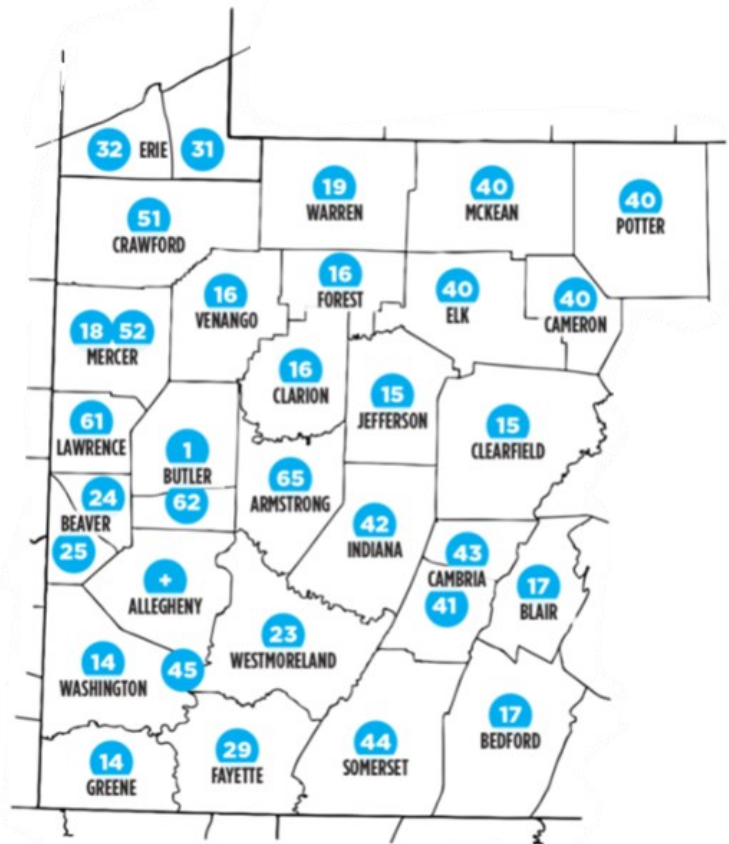
- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ◆ To ensure that everyone understands the content of the vote.
- ◆ To ensure that it is clear what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

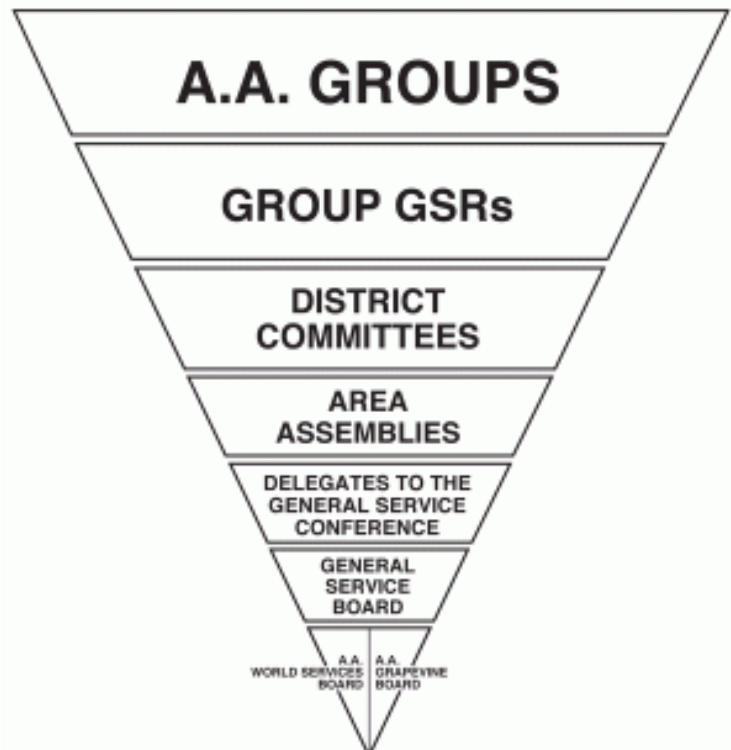
Area 60 Web Calendar

<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**.



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



2023 Calendar of Events

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

DATE	TIME	EVENT
January 29, 2023	8:30 am registration 9:00 am workshop 10:15 am meeting	1st Quarterly Meeting (Grand Ballroom)
February 18, 2023	9 am –12 pm Jefferson Duffries, Warren PA 16365	Traveling Workshop– District 19
February 19, 2023	9 am via Zoom	Officers/Coordinators Mtg. PCAW Planning Mtg.
February 24-26, 2023	All Weekend– Albany NY Area 48	NERAASA
March 5, 2023	9 am via Zoom	PCAW Planning Meeting
March 17-18, 2023	Friday/Saturday Grand Ballroom	PCAW Weekend
March 19, 2023	8:30 am registration 9:00 am workshop 10:15 am meeting	Pre-Conference Assembly
April 15, 2023 Saturday	9 am via Zoom	Officers/Coordinators Mtg.
April 23–29, 2023	All Week– New York	General Service Conference
May 7, 2023	8:30 am registration 9:00 am workshop 10:15 am meeting	2nd Quarterly Meeting (Grand Ballroom)

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate: Jon C. delegate@wpaarea60.org
 Alt Delegate: Walter G. altdelegate@wpaarea60.org
 Chairperson: Dani M. chairperson@wpaarea60.org
 Alt Chair: Sherri Lynn D. altchairperson@wpaarea60.org
 Secretary: Scott Mc. secretary@wpaarea60.org
 Treasurer: Greg K. treasurer@wpaarea60.org

APPOINTED OFFICERS:

Archivist: Nancy H. archivist@wpaarea60.org
 Registrar: Chad U. registrar@wpaarea60.org
 Recording Secretary: Natalie O. recsec@wpaarea60.org
 Newsletter Editor: Meagan C. newsletter@wpaarea60.org
 Alt. Newsletter: _____ newsletter@wpaarea60.org

COORDINATORS:

Archives: YOU!!! archives@wpaarea60.org
 Alt. Archives: _____ archives@wpaarea60.org
 Corrections: Tim D. corrections@wpaarea60.org
 Alt. Corrections: Bill B. corrections@wpaarea60.org
 CPC/PI: Tammi D. pi@wpaarea60.org
 Alt. CPC/PI: Jon A. pi@wpaarea60.org
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 Literature: Marcia W. literature@wpaarea60.org
 Alt. Literature: Don F. literature@wpaarea60.org
 Treatment: Natalie O. treatment@wpaarea60.org
 Alt. Treatment/SN: Tracy T. treatment@wpaarea60.org
 Website: Dave K. 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 386
 Canonsburg, PA. 15317

See All Those _____s to the Right?

Several service opportunities are available throughout Western PA Area 60.

When by devoted service to family, friends, business, or community we attract widespread affection and are sometimes singled out for posts of greater responsibility and trust, we try to be humbly grateful and exert ourselves the more in a spirit of love and service.

-- 12th Step Twelve, p.124

Area Committee members, DCMs, and GSRs are welcome to help **spread the word** to fill open, *needed* positions in our service structure, or to **volunteer** to serve themselves.

For more information on any open position, please feel free to contact secretary@wpaarea60.org or newsletter@wpaarea60.org.