



SEEDS OF SERVICE



Issue 3
Summer 2024

“1728 SPONSORSHIP”

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 “Connecting with Love, Unity & Service”

- ◆ Winter Topic: “Responsibility in Service: When and How to Give”
- ◆ Spring/Summer Topic: “Safety Throughout the Structure in our Fellowship” (deadline 4/17/2024)
- ◆ Fall Topic: “1728 Sponsorship” (deadline 7/31/2024)
- ◆ Winter Topic: “Overcoming the Barriers to Participation” (deadline 11/20/2024)

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:



1728 SPONSORSHIP IN ACTION

<https://the12traditions.com/1519/1728-sponsorship-a-comprehensive-approach-to-guiding-recovery/#:~:text=1728%20Sponsorship%20is%20a%20structured,term%20sobriety%20and%20personality%20growth.>

“The 1728 Sponsorship concept within Alcoholics Anonymous (AA) integrates the principles of the 12 Steps, 12 Traditions, and 12 Concepts of World Service to provide a comprehensive framework for guiding recovery. This approach emphasizes a holistic and balanced application of AA’s foundational elements, ensuring thorough support for individuals seeking sobriety.

◆ Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

(Love)

◆ Tradition 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

(Non-Professional)

◆ Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities. This would apply to secretary and treasurer positions among others.

(Consistency)



1728- Layers of Recovery Cake

Meagan C. Area 60, Newsletter Editor



I used to make flat cakes. I liked to do things my way. Follow my own recipe. Left out the sugar because I forgot to grocery shop. Eyeballed the flour. Ignored the need for two eggs. My results were lumpy, uneven and hard to swallow. ***I wondered why my cakes didn't look as good as the person next to me.*** As I began following the recovery recipe more precisely, including all the prescribed list of ingredients for growth, my cakes (and my life) began to take on a new dimension of transformation. I was outgrowing some old ideas with the incorporation of a new set of beliefs.

I can get by with a spiritual experience as a result of taking all 12 steps in my life. For me, this was the first requirement. The Steps. My life really started to transform and blossom abundantly when I began seeking out ways to learn about the Traditions and Concepts so I could pass them on to others.

1728 Sponsorship is the practice of taking sponsees through all 12 Steps, 12 Traditions, and 12 Concepts of the AA triangle. This practice teaches us the principles behind Recovery, Service & Unity. 12x12x12= 1728
"This is not an overnight matter. It should continue for our lifetime." (pg. 84, Alcoholics Anonymous)
 There is no limited time frame. As I grew, my willingness grew. Around my 2nd & 3rd years of sobriety I got thirsty to learn. I started chasing my recovery like I did my drink. A Concepts workshop on Zoom. Regional forums to watch the Traditions in action during live service events. My sponsor always advises me not to have "zip-code sobriety" and for that I am grateful. I traveled to Area 60 meetings and got in the center watching and learning from people practicing these principles in all their affairs. ***My recovery cake is starting to look fluffy and full of life today, after some practice.***

Someone once told me ***"If you're bored in Alcoholics Anonymous it's because your boring"*** They weren't wrong. Some of the principles that have been most beneficial in my own life are the 7th Tradition, so I am not dependent, Concepts 4 & 5 which help me be a servant leader professionally, and Concept 9 which guides me as a parent. If you don't know the particulars behind these principles, what better time than now to learn?
How free do you want to be?

We're reaching out because **we need your help!** 8/25 @ 7 pm!
 Before we begin putting together the next **Pre-Conference Assembly Weekend (PCAW)** we need feedback on your experience of past PCAW events. We want to know:

- How can we improve the PCAW program/event schedule?
- What would make you more likely to attend all or some of the weekend's events?
- What do you like about PCAW?
- What aspects of the weekend are unfavorable?
- What questions do you have about A.A. service?

Are you interested in being of service to the next PCAW event?

Join us August 25th at 7pm on zoom to share your experience, strength and hope, and to hear about all the service opportunities available that will help make this annual event a success. We'll spend the hour together envisioning new and innovative ways to attract the Area 60 fellowship to this important service conference.



First Things First

T.K., DCM, District 61

The more I learn what is meant by 1728 Sponsorship, the more I understand the integrity behind it. Sponsoring someone through the steps as they are outlined in our text “Alcoholics Anonymous” (first 103 pages,) has become a passion of mine for the last 3 of my 4 decades of sobriety. My sponsorship of the Traditions and Concepts would surely have something to be desired.

Like many others, my knowledge of the Traditions & Concepts has been “on the job training!” (That’s not always a good thing). Though the Service part of the triangle is paramount for the continued success of AA, it is essential not to confuse it with the “Recovery” part of our triangle. (Though they do inevitably overlap.)

I’ve seen many people get involved in service before going through the Steps (particularly the 4th step inventories, Resentment, Fear & Sex) then bring the resentment factories (between our ears) to service meetings and “Oh boy does it get colorful!”

....Resentments still are the #1 offender and the main reason why alcoholics relapse.

Remember all you need is a resentment and a coffee pot to start a meeting, (hence the rapid growth of early AA.) Putting the Steps, Traditions and the Concepts on the same level of urgency may need to be reconsidered. I don’t know of anyone who has relapsed because they didn’t master the 4th Concept! Once we have experienced the Psychic Change from our efforts following the blueprint in our Big Book, we then have a chance to bring the intended AA “message” to our Service meetings instead of the “mess.”

I speak from experience; I brought the mess with me for years. I understand and applaud the intention behind 1728 Sponsorship but I also recommend First things First.

A Vision For You...
Alcoholics Anonymous Pg. 152

“Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship and so will you.



Send your AA 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/>.





Reinvent The Wheel?

Eric M., Saturday Night Special, District 1

As a grateful member of AA, I've experienced this program working firsthand. I've also been fortunate enough to have the privilege of guiding others through the program and witnessing transformation in their lives. This process involves step work, practicing the traditions, and service work on multiple levels.

I have faith in this program. Knowing from experience that it works, I don't reinvent the wheel. My way doesn't work! I proved that to myself, beating my head against the wall for years. I don't need to tweak the program, I need to "shut up and color." KISS! First Things First! The first 103 pages of the Big Book are ***THE*** instructions on how to work the steps. In Chapter 7, "Working With Others", it instructs me exactly what my first suggestion as a sponsor should be. On page 95 it says "...ask him to read this book..." I recommend that he reads the Doctor's Opinion on his own, then we go over it together the next day. We do the same with Bill's Story, and so on, until we have covered the first 103 pages (8 days). Now he knows precisely what working the steps entails.

The next instruction for the sponsor is on page 96. ***"He has read this volume and says he is prepared to go through with the Twelve Steps. Having had the experience yourself, you can give him much practical advice."*** We proceed to work the Steps precisely how the book outlines. Having had the experience himself, he can now help others work steps. In my community, I commonly hear suggestions that contradict the book. For example, to wait until you have one year sober before sponsoring others. Would this program that saved our lives even exist if Bill W. waited that long? KISS! What does the book say? I encourage these men to grab the bull by the horns and start working with others immediately. This includes sharing at speaker meetings, if the Home Group permits. The Forward to the First Edition tells us "We shall be interested to hear from those who are getting results from this book." The 12th Step says "Having had a spiritual awakening as a result of these steps, we tried to carry the message to alcoholics."

The instruction manual that has worked for so many people has no qualifier regarding time, only results. Quality over quantity.

During the process of reading and working steps, we attend meetings together regularly. We discuss AA etiquette, (hats, cross-talk, side bars, phones, etc.) ***We share our experience only, no opinion or theories.*** I suggest that he gets involved in a Home Group. I encourage him to get numbers from men with quality sobriety.

After following the recipe in the Big Book, we go through the Traditions together in the 12 And 12. He gets to see them in action during the Group Conscience at his Home Group and District Meeting. After some time, I introduce the Concepts and some situations where they apply. I encourage working through the Steps and applying them in daily life. Also, practicing the Traditions and putting the group and AA as a whole before ourselves. I recommend getting in the middle by getting involved in service work. This approach builds the foundation for a life of sobriety, and continued growth as a person.

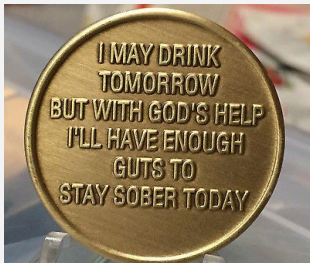
Crossing Rivers, Vol. 3

Dan K., DCM, District 6,

Parkway West, 7 pm, Saturday night

Over Fort Pitt Bridge and through the tunnels we go for the 7 pm Saturday night meeting. This is also the homegroup for my new sponsor. The meeting is held at the Union Presbyterian Church, 6165 Steubenville Pike, Robinson, PA. This location sits on top of the hill where you can see it from both directions on the Steubenville Pike. The parking lot for the meeting is behind the church which is located at the end of a winding driveway. You will enter the meeting through the basement level of the building. The first thing you notice about the meeting room is a big box of goodies (yum)!!!

Next, is the warm welcome you receive from the home group members and the big pot of coffee is available on the counter. The meeting gets crowded quickly, so come a little early so you can find a seat. There will be coins offered before the meeting for those who have reached milestones of sobriety (1 day to 100 years). It is a lead meeting so enjoy the speaker. If you have not made it to this meeting, I recommend you try it !



GRAPEVINE Daily Quote

August 2, 2024

“Forgiveness seems to depend more on the love of the one who does the forgiving than on the lovability of the one being forgiven.”

“The Fire Has Gone Out, ” West Henrietta, New York, September 1997, AA Grapevine

On Character Defects.....

PROCRASTINATION IS LIKE A CREDIT CARD: IT'S A LOT OF FUN UNTIL YOU GET THE BILL

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen

GSC (2024) Items

The 74th General Service Conference (GSC)

“Connecting with Love, Unity, and Service”



Committee Recommendations that pass the whole Conference with a 2/3 vote become **ADVISORY ACTIONS**.

93 Delegates Total

Data on Delegates

Average Age: 58 (57)

Oldest: 76 (76)

Youngest: 28 (35)

Average Sobriety: 23 (22)

Newest: 9 (7)

Most: 49 (49)

Average Age of Delegate from Pennsylvania – 37



74th General Service Conference:
Connecting with Love,
Unity, and Service

- Area 60 Delegate Report Back
 - Jon C. – Panel 73
June 25th, 2023

In AA we are supposed to be bound together in the kinship of a universal suffering. Therefore the full liberty to practice any creed or principle or therapy should be a first consideration. Hence let us not pressure anyone with individual or even collective views. Let us instead accord to each other the respect that is due to every human being as he tries to make his way towards the light. Let us always try to be inclusive rather than exclusive. Let us remember that each alcoholic among us is a member of AA, so long as he or she so declares. - Bill W.

74th General Service Conference Advisory Actions

Agenda

- 2025 Conference Theme – “Working Together, Increasing Trust.”
- 2025 Presentation and Discussion Topics – Delegating: It is OK to ask for help, Closing the Gap: How do we make the voice of every group count, and Our financial responsibility in Carrying the Message.
- 2025 Workshop Topics – How do we address the new financial reality facing our spiritual movement?
- Conference inventory plan be approved, and an inventory summary of not more than 8 pages be included in Final Conference Report.
- A comprehensive inventory summary be made available in electronic version only.

Corrections

- The Singleness of Purpose description in “A Message to Correctional Professionals” be updated.
- Video “Carrying the Message Behind the Walls” be discontinued.
- A pamphlet on the transgender alcoholic be developed.

Finance

- Language in the pamphlet “Self-Support: Where Money and Spirituality Mix” be updated.
- Maximum annual contributions for individuals be increased from \$5,000 to \$7,500.

Grapevine

- A 5 Year financial plan be developed for La Vina with the goal to reduce shortfalls and increase revenue.

Literature

- “It happened to Alice” and “What happened to Joe” be retired.
- Draft of “Black in A.A.: Experience, Strength and Hope” be approved.

- The draft manuscript Plain Language Big Book: A tool for Reading Alcoholics Anonymous be approved.
- The “Too Young?” video adaptation be permanently suspended.
- The word donation be used for outside entities and the word contribution be used for 7th Tradition contributions in AAWS literature.

Policy and Admissions

- The Equitable Distribution of Workload (EDW) be implemented.
- The Proposed Agenda Item submission deadline be no earlier than 9/30/24 for the 2025 GSC.

Public Information

- 30 and 60 second versions of the PSA “Since Getting Sober I Have Hope” be discontinued.
- 15 second version of “We Know How You Feel” be discontinued.
- 2 PSAs be distributed and tracked at a cost not exceeding \$65k.
- 18 Interviews for the Young People’s Video Project be approved and distributed.
- “A.A. at a Glance” be approved.
- “Speaking at Meetings Outside of A.A.” be approved.
- A Message to Teenagers be retired.

Report and Charter

- Text be added to “The Area Assembly” to address readability for color blind members.
- The portion of the Service manual entitled “The Board’s Operating Corporations” be updated.
- Reorganization of chapters 8 – 12 in the Service Manual.
- Add a footnote in the Conference Charter for polling between annual meetings.
- Update the heading in the Final Conference Report for items that receive a simple majority.

Treatment and Accessibilities

- Draft Pamphlet “Bridging the Gap” be approved.

74th General Service Conference Advisory Actions

- Flyer "Where Do I Go from here?" be updated.

Trustees

- Approve Slate of Trustees for GSB
- Approve Officers for GSB
- Approve Slate of directors for AAWS
- Approve Slate of directors for AAGV

International Conventions / Regional Forums

- An anonymity protected photo of the flag ceremony be taken.
- An anonymity protected video of the flag ceremony be made.
- Provide 6 options for closing the Big Meetings at the International Convention: Serenity Prayer, Responsibility Statement, Declaration of Unity, 3rd Step Prayer, 7th Step Prayer, and a Moment of Silence.
- A highlight video be made of the 2025 international convention.
- That a delayed anonymity protected digital offering of the three Big Meetings be created.

Floor Actions

- A Pamphlet on the Asian American alcoholic in A.A. be developed.

Items from PCAW not listed above:

- The pamphlet for the unhoused alcoholic did not pass.
- No current proposed changes to our founder's writing. No new separate policy to address future changes either.
- AAWS Instagram was not adopted.
- Video "Hope" was retained as is.

Calls for Stories and Shared Experience Forthcoming:

- What grapevine servi effective are they – In Podcast?

- Shared Experience on taking meetings into VA hospitals and active military bases.
- Shared Experience on members with neurodivergence and how to reach these members.
- How do Young People like to be communicated with?

Non-Conference Related Items:

International Convention

- The event will be July 3rd – 6th in Vancouver British Columbia.
- Area 60 will host a hospitality room in coordination with Area 59. We will be looking for volunteers.
- Registration and housing will open in September. Pre-registration will be \$165.
- Looking for 21 non-AA speakers to speak at the international Convention. Deadline to apply is May 15th.
- Digital Options will be available for both the Big Meetings (delayed) and one streaming breakout room for those unable to travel to Canada that still want to attend.

Literature

- 10% off all Big Books in all formats and in all languages from May 1st – July 31st
- Alcoholics Anonymous Facsimile First Printing of the First Edition only \$3.00 during that time.
- Pamphlet Prices are increasing May 1st.

Grapevine

- Increasing Subscription prices to:
 - \$36 per year print
 - \$48 per year for complete (print and app)
 - \$30 per year for app



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?"

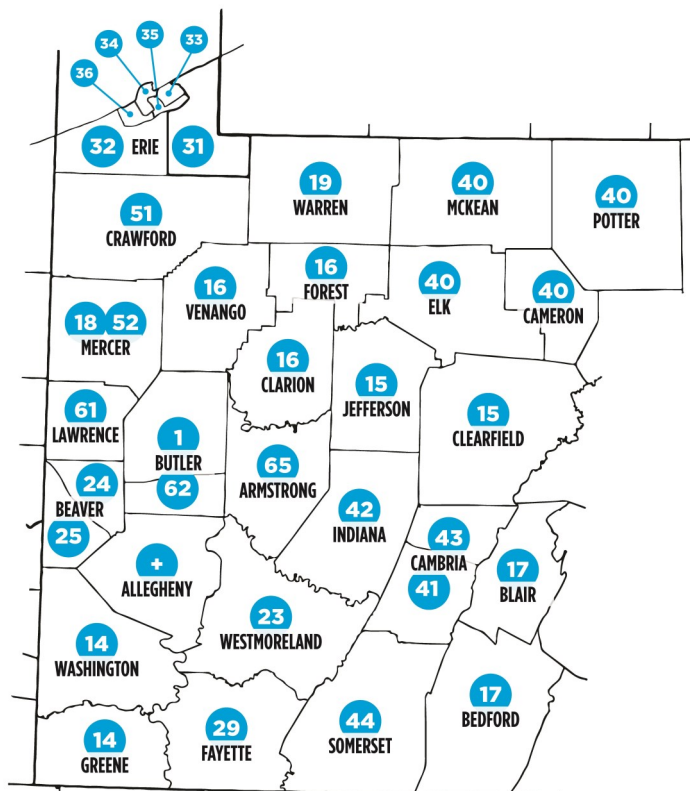
- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ◆ To ensure that everyone understands the content of the vote.
- ◆ To ensure that it is clear what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

Motions requiring substantial unanimity of the meeting require a two-thirds 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

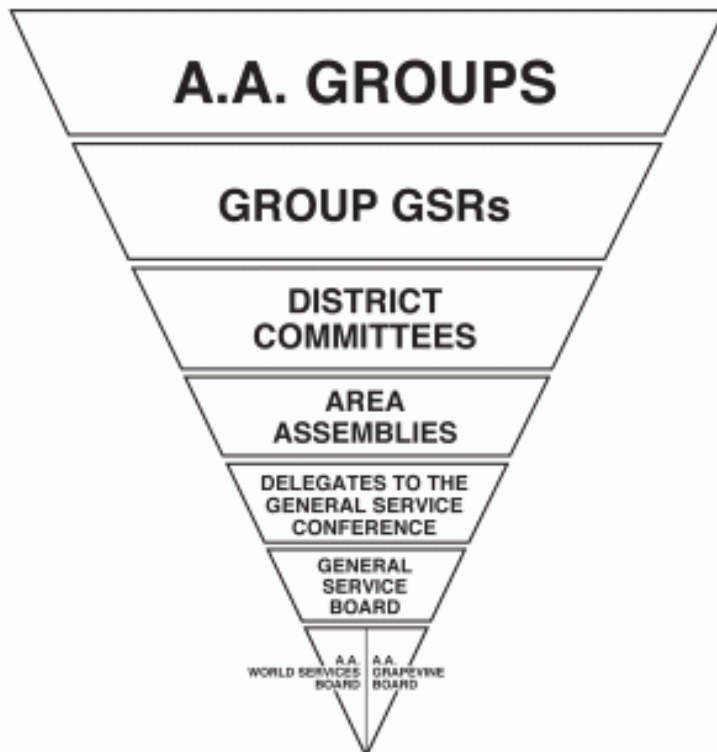
<https://www.wpaarea60.org/calendar/>

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)



2024 Calendar of Events

Area 60 meetings are held at: Greater Pittsburgh Masonic Center,
3579 Masonic Way, Pittsburgh, PA 15237

DATE	TIME	EVENT
August 18, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	3rd Quarterly Meeting
September 115, 20242	9 am Zoom	Officer/Coordinators Meeting
September 28, 2024	D19 Jefferson Defrees Family Center 207 2nd Street Warren, PA 15365	Day of Sharing– D19
October 6, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	Fall Assembly Elections PCAW Guidelines Configuration
November 9, 2024	Brentwood Presbyterian Church 3725 Brownsville Rd. Pittsburgh, PA 15227	Archive Workshop Lunch and a Movie!
November 10, 2024	9 am Zoom	Officers/Coordinators Meeting
December 1, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	4th Quarterly Meeting
December 8, 2024	9 am To Be Determined...	Officers/Coordinators Meeting Panels 71 & 73
January 19, 2025	8:30 am Registration 9 am Workshop 10:15 am Meeting	1st Quarterly Meeting Finance Committee
February 8, 2025	D 65 Center Hill Fellow- ship Hall Armstrong County, PA	Day Of Sharing– D65

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: Mario D. treasurer@wpaarea60.org

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 Alt. Newsletter Editor: _____ altnewsletter@wpaarea60.org
 Finance Committee
 Chair: Ben P. financecommitteechair@wpaarea60.org

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 Alt. Literature: Don F. literature@wpaarea60.org
 Treatment/SN: Maurice C. treatment@wpaarea60.org
 Alt. Treatment/SN: _____ treatment@wpaarea60.org
 Website: YOU! website@wpaarea60.org
 Tech Coordinator: Adam G. tech@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
 PO Box 639
 Monroeville, PA 15146

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. – 12&12 Step Twelve, p.124