



Seeds of Service

Western Pennsylvania Area 60 Newsletter



Issue 1,
Spring 2025

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 2025 theme for the General Service Conference is
Working Together, Increasing Trust

Summer 2025 (deadline 5/10)

Delegating: It is Okay to Ask for Help

Fall 2025 (deadline 7/19)

Closing the Gap: How Do We Make the Voice of Every Group Count

Winter 2025 (deadline 11/8)

Our Financial Responsibility in Carrying the Message

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



“WORKING TOGETHER, INCREASING TRUST”



“The Man On the Bed”. An oil painting created by Robert M. for the *AA Grapevine* and was reproduced as the center spread in the December, 1955 issue.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.”

Alcoholics Anonymous,
p. 89

“Trusting In Our ‘Design for Living’”

Julia I., Area 60 Newsletter Editor

When I look at a mosaic, I see a beautiful design relying on countless individual pieces. Each piece offers a unique shape, collaborating together to create one unified image. Each piece has the gift of purpose and achieves its fulfilled purpose when joining together with the others.

Similar to the design of a mosaic, I can view myself as one individual piece working towards *The Big Book's* "Design for Living"; a way of life encouraging recovery through the *Twelve Steps*, providing purpose, offering hope, and connecting us to our own Higher Power. “Our design for living is not a one-way street.” (*Alcoholics Anonymous*, p.81) It is a design which transforms us and requires us to work together while placing trust in one ultimate authority, “a loving God as He may express Himself” (*Tradition Two*).

I must always part with playing the designer, instead I must submit to being the medium in which my Creator can design with. In order to work with others and to continue increasing trust, I must examine my part and seek guidance from our one ultimate authority. When I trust in God's will and "Our Design for Living", I will always meet my fellows in the mutual understanding of our spiritual principles. When fear or distrust creeps into my mind, I remember to seek the comfort our AA design offers. When I continue to follow Good Orderly Direction, I then am able to maximize my usefulness to others. In order for myself to be trusted by others, I need to continue trusting in the will of a Higher power, the source which unites us.



I find it essential to routinely ask myself, am I continuing to place trust in "Our Design for Living"? Today, how have I constructively contributed to our design?

"We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life."

Alcoholics Anonymous, p. 63

2025 International Convention Vancouver, July 3-6

It is not too late to register for the 2025 International Convention, celebrating the 90th Anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935.

For those of you who plan to attend, consider supporting Area 60 as we will be co-hosting a hospitality room with Area 59.

For more information visit
<https://www.aa.org/international-convention>.

Register by **April 15th** for special early-bird pricing!

Technology Sharing Session

2025



Monthly on Last Tuesday

7pm-ET 6pm-CT 5pm-MT 4pm-PT

Meeting ID: 914 769 9066

Passcode: TSS2025



Please join each month where we discuss and share ideas about how we are using technology services to carry the A.A. message in our Area's, District's, and Group's, and beyond.



Join us on Slack
techsharingsessions.slack.com

Questions?
email us

techsharingsessions@gmail.com

“Fostering Trust Through Transparency: Lessons from the AA’s Group Conscience ”

Meagan C., Alt. DCM District 27, Area 60

Trust is the foundation of any strong relationship, whether in recovery, friendships, or the workplace. I have learned through time and AA principles that fear and dishonesty erode trust, while transparency and integrity build it. By speaking our truth openly, without fear of judgment or rejection we create an environment where others can rely on us to mean what we say and say what we mean. This principle is not just a cornerstone of individual recovery but also of the group conscience process that guides our fellowship.

One of the most powerful aspects of AA is the home group conscience. In these meetings, my home group members come together to discuss group matters, solve issues, and ensure that the group remains aligned with AA’s primary purpose. Each member can bring concerns to the table, knowing they will be heard. This process requires trust that our words will be received with respect, that decisions will be made collectively, and that the group operates with integrity. However, as human beings, we all have a natural tendency to want to be heard. Too often, we listen only to respond rather than to understand. This has led to misunderstandings, frustrations, and a breakdown of trust in some of my own relationships, as well as in our group consciousness at times. **One effective way to ensure that everyone is truly heard is by using a spirit stick or spirit heart, an object passed around to signify who has the floor.** When one person holds the heart, they are the only one speaking, while the rest of the group listens with intention to understand. This practice helps shift our focus from preparing a rebuttal to genuinely absorbing what is being said. It fosters respect, patience, and ultimately, trust among group members and in all our unique relationships.

Prior to having a spiritual solution, all I could consider was how I was feeling. Listening to another’s perspective was a challenging task. It has taken practice for me to overcome my need to be heard rather than to hear. In my home group, in my relationships, and particularly with my own family. This applies to every relationship in my life. True trust is built through consistent honesty and transparency. When I speak openly, even when it is uncomfortable, and when I listen with the intent to understand rather than to reply, I create an environment where trust flourishes. The wisdom of AA reminds me that fear should never prevent me from speaking truthfully. In the words of the Prayer of Saint Francis of Assisi:

*Divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love.*

By embracing this prayer’s wisdom, I can shift my focus from demanding to be heard to seeking to understand others. Through honesty, transparency, and active listening, I can create a foundation of trust. One that strengthens our groups, our recovery, and our relationships beyond AA.



“Working With Others Begins by Extending Ourselves”

Anonymous Member, Area 60

We begin the process of *Working With Others* when we walk into our very first AA meeting. We each reach out from a place of extreme loneliness and in our desperation we begin to connect with our brothers and sisters who have found a solution.

Truly we ask as we open our meetings, “Is there anyone new or coming back? We want to welcome you!” What is one way we, as experienced AA members, can repay the debt we owe to AA? We can try to remember the names of the newcomers that our Higher Power leads into those groups we attend regularly. We, who have had a spiritual awakening as the result of these steps should be more interested in extending ourselves towards the newcomers. It is suboptimal to expect one who has been wandering along lost in an alcoholic haze for weeks, months or years to decide who best to sponsor them. One of the great benefits of a regular home group, or any AA group attendance is that the newcomers, whether they are visiting or local folks just beginning their AA journey, really stand out. Anyone, at any point in their sobriety can be a greeter at the door of an AA meeting. Anyone can say, “I don’t believe I’ve seen you here before. Welcome to our meeting!”

I was helped along in my AA journey by being involved in setting up committees. Those “long timers” taught me things, such as, “these meetings don’t set up themselves!” Their “encouragement” to put some effort into setting up meetings had a great effect on me. When we work the 4th step we see that in many cases our self esteem was battered. I began to rebuild some self esteem by performing selfless acts. On those nights when I made it to the pillow with a prayer of gratitude that would conclude my day, I looked back on the day and I was grateful for a day of sobriety and I felt better about myself because I was contributing some effort in the set up. In short I began to feel “a part of” through actions. I was taught that *we do not think our way to better acting, we act our way to better thinking.*

“The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.”

Alcoholics Anonymous, p. 17

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Step Twelve



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/> to have your questions answered in the next issue.



“Trusting the Group As a Whole”

Drew M., District 14, Area 60

Near the end of my time at my first home group, I became to some extent, a “bleeding deacon”. When a newcomer set up the literature, I stood behind him waiting to reorganize the display the “right way”. When I thought the coffee was made too strong, or too weak, I complained. When the meeting would end and everyone contributed to cleaning up, I found myself upset with seeing others do what I had perceived to be the “wrong way”. As my frustration grew, I ultimately transitioned to a new home group, one with less members, which made it easier for me to have “my way”.

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Tradition Two

As time progressed and as the *Twelves Steps of Recovery* remade my heart and transformed my attitudes, I recognized that my idea of the ‘right way’ was not the way of AA. I soon felt gratitude for those who set the literature up, made coffee, and put chairs away. I learned to be a part of and recognized the necessity of integrating myself into the group. I had to abandon playing the director and trying to control the show and began sharing the group. After all, it is our group not “my group”.

Today I know, to be a bleeding deacon is to diminish the group’s growth as it becomes parasitic to a group’s purpose and to its unity. When someone new comes along, I’m sure to embrace them. When the group wants to change I can’t be the one to hold it back. “My way” brought me into the room’s of AA and it will surely take me back out. Today I find it vital to my recovery to embrace the AA way and to trust in the group.

What is AA Group Inventory?

Group Inventories may routinely be put into practice during a group conscience to ensure the group is fulfilling its primary purpose: “to carry its message to the alcoholic who still suffers” (*Tradition Five*). Taking a group inventory is an effective way of working together to strengthen accountability and trust within a group. As the entire structure of AA relies on the conscience of its individual groups, a group inventory may be valuable as each group does have a ripple effect, spreading across all of AA. A group inventory may be performed by group members through creating their own questions or may also be done by examining our *Twelve Traditions*, reflecting on how our group lives up to these principles. Here are some examples of questions one might use for group inventory:

- ◇ What more can our group do to carry the message?
- ◇ Do we emphasize the importance of sponsorship? How can we do it better?
- ◇ Are we doing all we can to provide a safe, attractive and accessible meeting place?
- ◇ How is our group fulfilling its responsibility to the Seventh Tradition?



Poem by

Nico P., District 11, Area 60

There is no moment in time,
that God is not aware.
He made everything around us,
to me, he was always there.
No place is so hidden,
no old county road or trench so deep.
Nor any action I make,
is made without him watching, even while I sleep.
Mistakes, I've made plenty,
and I know I have some flaws.
There sure were some bad times,
which led me to break some laws.
God knows everything I've done,
and I've been judged in this life.
I ask him for forgiveness,
I'm ready to pay the price.
Desperate, scared, and broken,
God found me when I fell.
I cried out to him for help,
To rescue me from Hell.
In these rooms, you're all my family
I found hope, acceptance, and love.
And I know there's always angels
smiling from above.

“Made a decision to
turn our will and our
lives over to the care of
God as we understood
Him.”

Step Three

“The central fact of our lives today is the
absolute certainty that our Creator has entered
into our hearts and lives in a way which is indeed
miraculous. He has commenced to accomplish
those things for us which we could never do by
ourselves.”

Alcoholics Anonymous, p. 25

Bridging the Gap

SLIPPERY SLOPE REMOVAL!

We are now offering Bridging the Gap services to anyone who wants the support of a temporary contact when getting released from an institution. We will join them at their first few meetings and introduce them to some of AA's newcomer resources before they find a sponsor. If you know of anyone who could benefit from Bridging the Gap, or if you would like to support someone being released from a rehab, treatment center, halfway house or correctional facility, please contact us. We can be reached at



mia.oddsandends@gmail.com

2025 SOBER JAM!

SUNDAY, APRIL, 27TH

12:00 PM—6:00 PM

AA Speaker at 3:00 PM

Castle Shannon Firehall

3600 Library Road

Pittsburgh, PA



*Sponsored by Alcoholics Ingram AA
Group and Night Owls Onala AA Group.*



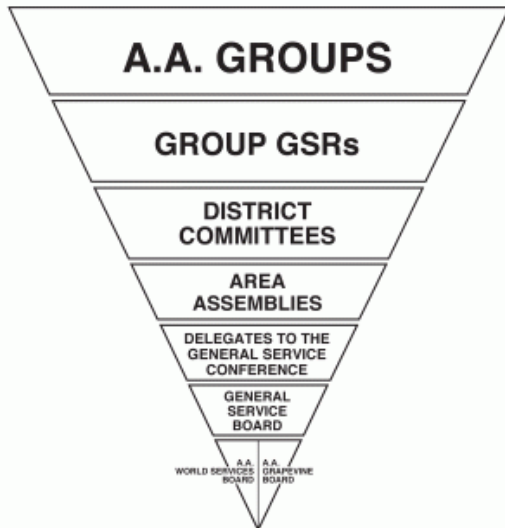
Get to Know Area 60!

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.

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



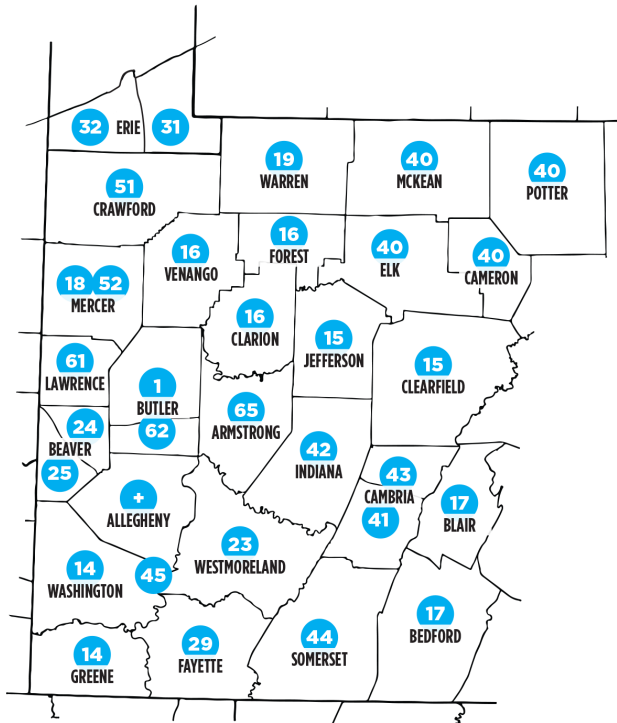
What's the "Point" of Order?

- 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.

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.

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.

2025 Calendar of Events

DATE	EVENT	LOCATION
April 27 9:00 AM	Officer and Coordinator Meeting	TBD
April 27-May 3	General Service Conference	New York
June 1 Room Opens at 8:30 AM Workshop at 9:00 AM	Post-Conference Assembly	Greater Pittsburgh Masonic Center 3579 Masonic Way, Pittsburgh, PA 15237
June 8 9:00 AM	Officer and Coordinator Meeting	TBD
June 22 Room Opens at 8:30 AM Workshop at 9:00 AM	Second Quarterly Meeting	Greater Pittsburgh Masonic Center 3579 Masonic Way, Pittsburgh, PA 15237
July 3-6	International Convention	Vancouver, Canada
July 20 9:00 AM	TBD	Officer and Coordinator Meeting
August 17 Room Opens at 8:30 AM Workshop at 9:00 AM	Third Quarterly Meeting	Greater Pittsburgh Masonic Center 3579 Masonic Way, Pittsburgh, PA 15237
September 14 9:00 AM	Officer and Coordinator Meeting	TBD
October 5 Room Opens at 8:30 AM Workshop at 9:00 AM	Fall Assembly	Greater Pittsburgh Masonic Center 3579 Masonic Way, Pittsburgh, PA 15237
November 16 9:00 AM	Officer and Coordinator Meeting	TBD
December 7 Room Opens at 8:30 AM Workshop at 9:00 AM	Fourth Quarterly Meeting	Greater Pittsburgh Masonic Center 3579 Masonic Way, Pittsburgh, PA 15237

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 & 12, *Step Twelve*, p. 124

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate	Mario D.	delegate@wpaarea60.org
Alt. Delegate	Tami D.	altdelegate@wpaarea60.org
Chairperson	Sherri Lynn D.	chairperson@wpaarea60.org
Alt. Chair	————	altchairperson@wpaarea60.org
Officer-At-Large	Marcia W.	officeratlarge@wpaarea60.org
Registrar	Dani M.	registrar@wpaarea60.org
Secretary	Scott S.	secretary@wpaarea60.org
Treasurer	Scott M.	treasurer@wpaarea60.org

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Meeting Technology	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 General Service of Western PA, Inc
Scott M.
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Greenville, PA 16125