



SEEDS OF SERVICE



VOL. XXXIII, Issue 1
Winter 2024

“RESPONSIBILITY IN SERVICE: WHEN AND HOW TO GIVE”

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:



GRAPEVINE Daily Quote

January 16, 2024

“My drinking career was all about running away. I could pack up and vanish in a flash. Now ... I’m taking the risk to stick around, to just show up and see what happens.”

New York, N.Y., May 1997, From: “At Home in a Home Group”, Beginner’s Book

“... We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our group activities, and for AA as a whole.

- Anonymous

◆ Step 1

We admitted we were powerless over alcohol — that our lives had become unmanageable.

(Honesty)

◆ Tradition 1

Our common welfare should come first, personal recovery depends upon AA unity.

(Unity)

◆ Concept 1

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



(Responsibility)

Burning for Service, or Burning Out?

Meagan C. Area 60 Newsletter Editor



Upon arrival in AA, I was catapulted into my initial service commitment by my first sponsor. I was voted into my homegroup as the coffee maker. I accepted, a little perplexed. I wasn't real good at making coffee. There were some nights the only reason I showed up to the meeting was because of my loyalty to that coffee pot. Plus, I wanted you to like me. If I left the group with no coffee, I'd surely get a bad rap! I know AA's and their coffee. The feeling of responsibility and accountability kept me connected to the Fellowship. As my service positions have shifted throughout the years, secretary for my homegroup, District, Area 60 newsletter, and GSR for my current homegroup, I have learned that service not only keeps me in the center of AA, but it keeps me learning and growing. Yet, it's not always sunshine and roses.

Over the past six months, I experienced a lot of life changes and started questioning my ability to serve. My beloved grandfather passed away in September 2023. Life was upon us and the changes in my family structure were paramount. Sometimes, the grief was so heavy I could barely make it through a work day, let alone show up for a Day of Sharing or Area meeting. I wanted to quit several times. When my suffering was great I kept thinking, **"Our very lives as ex-problem drinkers depend upon our constant thought of others and how we may help meet their needs."** AA service and my "We" taught me how to show up for my grandfather in his last days. You showed me through your example how to be there for my family through their time of need.

When things get tough in AA, I know today I don't have to quit. Sometimes, I just need to rest. Time takes time and this too shall pass. In the beginning, I accepted commitments because of ego. It felt good to be chosen. It felt great to be a part of something bigger than me. Today, I choose service because I don't want to stop practicing gratitude through action and giving back to the fellowship that saved my life. There will always be a suffering person waiting for a solution. Seasons come and go in our lives, but I continue to love being of service to AA. Sometimes, we can serve even without a smile.

Love in AA

Raymond V., GSR, Vandergrift Thursday Night 12 & 12

What is Love? Some might remember the old game show called "Love Connection." Its host, Chuck Woolery, would arrange dates for the contestants. The studio audience would vote for their choice on who they should go on a date with. The contestants would tell us how the date unfolded. To little surprise, the dates went as you would imagine a semi-scripted TV attempt at Love would go. While it was very entertaining, and often funny, it was rarely successful at actual Love. I am not sure Love can be manufactured, and I think its exhausting to constantly be looking for it. It doesn't seem to work that way.

My experience with Love (I am by no means an expert) has taught me that Love is best when it finds me.

When I do the "Next Right Thing" and work the program to the best of my ability, true Love enters my life. So many members of AA have shown me what quality Love looks and feels like.

I have been a witness to Love at many different meetings, but it always feels the same no matter the venue.

Love is giving someone a ride to a meeting.
Love is actively listening while another member is sharing.
Love is working the Steps inside and outside of the meeting.
These are just a few examples that come to mind when I reflect back on time spent in AA.



Love is unique to us all. I remember feeling loved when friends from AA showed up to my mom's funeral. I'd been sober for a year. Many of my "long-time friends" I partied with didn't show up. I learned a lot about Love that day because Love found me.

John Lennon once said, "It matters not who you Love, where you Love, why you Love, when you Love or how you Love, it matters only that you Love." This quote helps with the question of "When to Love" and "How to Love". The beauty of Love is that you do not have to know how or when because it is engraved in our souls.

Love connections are an incredibly special emotional experience, so if you find yourself in one, I suggest you run with it, explore it and make the most of it. And if you are struggling to find Love Connections look for the reruns on TV until Love finds you. It was a funny show, if nothing else.

My name is Raymond, and I am an Alcoholic and with that I will pass.

Thoughts on the Preamble...

Anonymous



At a recent Area 60 Quarterly meeting and in other forums some AA members have expressed concerns about changes to longstanding AA literature, alluding to potential influences such as "wokeness" contributing to the changes. I believe all of us are genuinely committed to maintaining the integrity of the program so we may carry the message to the next suffering alcoholic. So why was the change made and was it made based on outside issues? What influenced it?

When reviewing this with fellow AAs, it was first discovered that if honestly considered, they agreed that if the Preamble had initially stated "people" instead of "men and women", there would have been no objections to it. Considered solely from this perspective, the revision is therefore not inconsistent with any existing AA tradition.

But AA's usually want to look further. To understand why the change was made, Tradition 3 comes into view. This tradition suggests in the long form that "Our membership ought to include all who suffer from alcoholism. Hence we may exclude none who wish to recover." While most of us don't understand why, it is a fact that some alcoholics now identify themselves as "non-binary", meaning as neither a man nor a woman. So the purpose of the change was to allow these *alcoholics* to consider themselves as members of Alcoholics Anonymous. ***We know that not identifying with AA can be fatal.***

The question seems academic until it reaches a personal level. What if you had an alcoholic son, daughter, wife, niece or nephew who identified as non-binary? If they hear in their first meeting that "AA is a Fellowship of men and women..." would they head right for the door? Maybe, maybe not, but what Bill W. would most likely respond is: "The good is the enemy of the best."

So for my part I accept the Preamble change and accept that society has changed around our Fellowship. Even if I may not agree with societal changes, I can agree that we want to give every alcoholic a full chance of recovery (p.141 of the 12 and 12) through the broad inclusion provided in Tradition 3.

God bless the AA Traditions!



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/>.



What is NERAASA?

Northeast Regional A.A. Service Assembly 2024

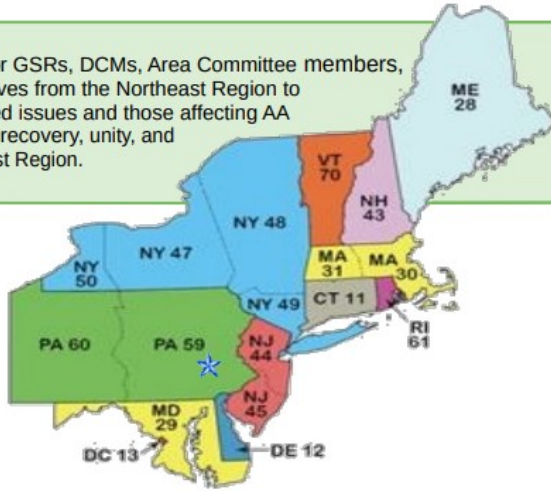


PURPOSE The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference-related issues and those affecting AA as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.

**February
22–25, 2024**

Hershey Lodge
325 University Dr.
Hershey, PA 17033

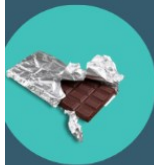
Deadline for registration by mail:
February 14, 2024



ROUNDTABLES: Area Chairpersons • Archives • Accessibilities • Corrections • Cooperation with the Professional Community (CPC) • Delegates / Alternates • DCMs / DCMCs / Alternate DCMs • Grapevine / La Viña • GSRs / Alternate GSRs • Intergroups / Central Offices • Literature • Newsletters • Public Information (PI) • Registrars • Secretaries • Technology • Treasurers • Treatment & Bridging the Gap (BTG) • Young People in A.A. (YPAA)

February 22nd–25th, 2024

Hershey Lodge
325 University Dr
Hershey, PA 17033



**Northeast Regional Alcoholics
Anonymous Service Assembly**

Register Here

www.neraasa.org





**32nd Annual Area 60
Pre-Conference Assembly Weekend
March 15 & 16, 2024**

ON LINE REGISTRATION: area60pcaw.org

2024: “Connecting with Love, Unity and Service”

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

DoubleTree Pittsburgh Cranberry
910 Sheraton Drive
Mars, Pa. 16046 Phone # 1-855-610-8733

Room Rates

\$129 T/Q + taxes
Includes: Use of indoor pool, exercise facility, Wi-Fi.

On-Site Registration & Hospitality Room

Opens 3 p.m. Friday, March 15
Program begins @ 4 p.m. Friday, March 15

Please make reservations directly with the hotel by February 23, 2024 Call 1-855-610-8733 or use this link and code CDT91A

Pre-Conference Assembly-DoubleTree Cranberry

Contact Information

Any questions please contact: Walter G. 814/327-4462

or

Email: altdelegate@wpaarea60.org OR
treasurer@wpaarea60.org
Accessibility 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 1 or online at area60pcaw.org by March 6 (March 6 if you want meals)

NAME: _____ Registration _____

ADDRESS: _____ Friday Dinner \$37 _____

CITY: _____ STATE: _____ ZIP : _____ Saturday Lunch \$26 _____

PHONE: _____ Saturday Banquet \$68 _____

EMAIL _____ Total Enclosed _____

Your Service Position _____ Your District _____

CONTRIBUTIONS TO THE HOSPITALITY ROOM ARE APPRECIATED!

PLEASE MAKE CHECK PAYABLE TO: area 60 Treasurer, P.O. Box 639 Monroeville, Pa. 15146 (Write Pre-Conference Assembly Weekend on the memo line of the check). Meals are transferable but not refundable; We are unable to accommodate dietary needs but restaurants and store are nearby.



Meet a New DCM!

Interview w. Audrey B., DCM D65, *There Is a Solution*, Kittanning



How long have you been serving as DCM? I was elected in December 2023, so January is my first month beginning a two-year term. I am brand new.

Have you served in any other service positions prior to DCM? I started my service journey as GSR of my homegroup, then Secretary for District 65, and I also hold a commitment opening up my homegroup, "There Is a Solution" every Saturday night.

What inspired you to stand for DCM? I've been dedicated to service since I was six months sober and became GSR of my homegroup. The DCM role is a blessing that will allow me to be of service to the Fellowship and represent D65 at Area level.

What are you excited for in this service position? I am really excited to hear ideas and plan events with other members of the District. So far we have discussed have a picnic in late Spring and possibly a workshop in the Fall.

Final Question– What's your favorite AA One-Liners? I don't think I can pick just one! My favorites are, I'm exactly where I'm supposed to be, First Things First, and Let Go and Let God. *Thank you for sharing with us, Audrey. We wish you much joy on your new journey!*

The Promises of Alcoholism

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life will SUCK.
10. Fear of people, and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled amongst us every day--sometimes quickly, sometimes slowly. They will ALWAYS materialize if we continue to drink.

Check out a Grapevine Book!



BEGINNERS' BOOK

Getting and Staying Sober in AA

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?"

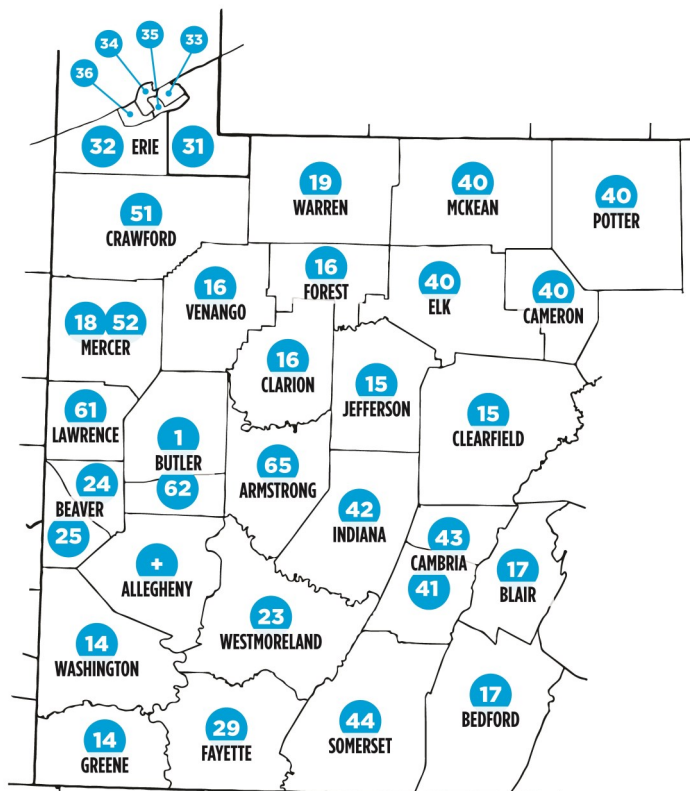
- ◆ To ensure that all voices that wish to be heard are heard.
- ◆ To ensure that no one voice dominates all others.
- ◆ To ensure that everyone gets to speak **once** before another speaks **twice**.
- ◆ To ensure that everyone understands the content of the vote.
- ◆ To ensure that it is clear what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

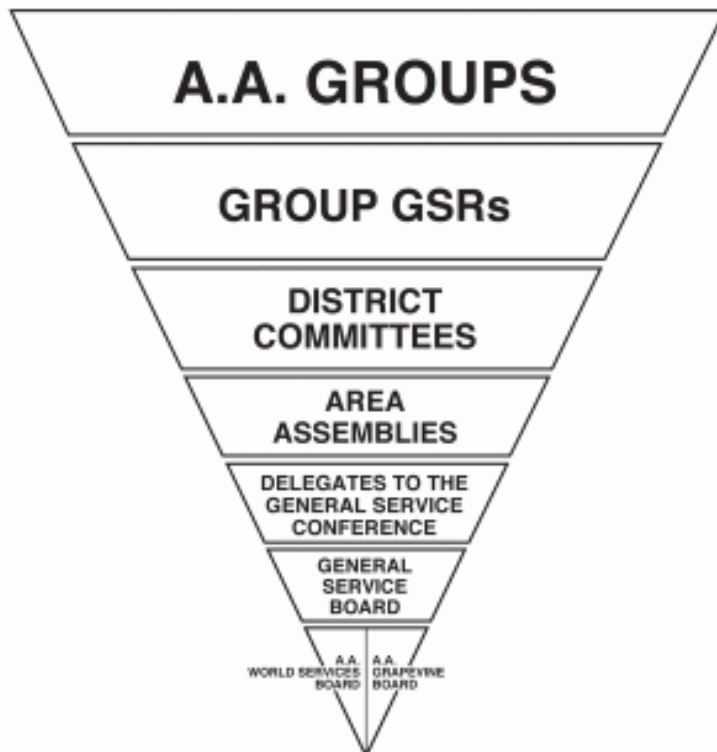
<https://www.wpaarea60.org/calendar/>

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
January 21, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	1st Quarterly Meeting
February 18, 2024	9 am Zoom	Officers/Coordinators Meeting
Feb. 22-25 2024	Hershey Lodge Hershey, PA	NERAASA (All Weekend)
March 3, 2024	9 am Zoom	PCAW Planning Meeting
March 15-16, 2024	Doubletree By Hilton Mars, PA	PCAW Weekend
April 14, 2024	9 am Location TBD	Officers/Coordinators Meeting PCAW Wrap Up
April 21-27 2024	New York, USA	General Service Conference
May 5, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	Post-Conference Assembly
June 9, 2024	9 am Zoom	Officers/Coordinators Meeting
June 23, 2024	8:30 am Registration 9 am Workshop 10:15 am Meeting	2nd Quarterly Meeting

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

APPOINTED OFFICERS:

Archivist: Nancy H. archivist@wpaarea60.org
 Registrar: Chad U. registrar@wpaarea60.org
 Recording Secretary: Desiree A. recsec@wpaarea60.org
 Newsletter Editor: Meagan C. newsletter@wpaarea60.org
 Alt. Newsletter Editor: _____ altnewsletter@wpaarea60.org
 Finance Committee
 Chair: Ben P. financecommitteechair@wpaarea60.org

COORDINATORS:

Archives: _____ archives@wpaarea60.org
 Alt. Archives: _____ archives@wpaarea60.org
 Corrections: Deanna K. corrections@wpaarea60.org
 Alt. Corrections: Leslie N. corrections@wpaarea60.org
 CPC/PI: Tami D. pi@wpaarea60.org
 Alt. CPC/PI: Jon A. pi@wpaarea60.org
 Grapevine: Linette R. grapevine@wpaarea60.org
 Alt. Grapevine: Becky C. grapevine@wpaarea60.org
 Literature: Marcia W. literature@wpaarea60.org
 Alt. Literature: Don F. literature@wpaarea60.org
 Treatment/SN: Deanna K. 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
 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