



VOL. XXX, Issue 4
Fall 2016

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 2017 theme for the General Service Conference is "Supporting Our Future."

Winter 2017 (deadline 1/4)
"Fellowship vs. Membership"

Spring 2017 (deadline 4/20)
"Attraction, Not Promotion"

Summer 2017 (deadline 7/20)
"I Am Responsible..."

Fall 2017 (deadline 11/18)
"Self-Support & the Future of AA"

Submission Guidelines

Suggested length is **150 to 350 words**. 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, home group, name and district.

Submissions may be emailed to newsletter@wpaarea60.org.

CONNECTING TO OUR HIGHER POWER(S)

The Three Jewels

Donnie M, District 14

The Higher Power that I've come to believe in is not the Judeo-Christian God, Allah, or any other "being" that is outside of myself. Instead, I followed the path that I found in my heart, which was influenced by some great Beatnik authors of the late 1950's. Tibetan Buddhism has not only provided refuge for my alcoholism, but it has helped to make me a better person in all aspects of my life.

In Buddhism, one takes refuge in the "**Triple Gem**": the *Buddha*, *Dharma*, and *Sangha*.

The *Buddha* is not a god, instead he represents an obtainable state of living which is free from suffering. He is simply the teacher of the path to freedom through his own example. The *Dharma* are the teachings, literature, and truth found in Buddhist philosophy and throughout life, free of our internal perceptions and insane thinking. The *Sangha* is the order of Monks and Nuns, as well as fellow practitioners of Buddhism.

Throughout my day I maintain constant contact with these Three Jewels by including them in my program. The Buddha is similar to my sponsor, who regularly teaches me a better way to live through his advice and example. The AA literature and stepwork are comparable to the Dharma. (Denial and ignorance are powerful tricks of the mind that affect all beings, not just us alcoholics.) Finally, the Sangha is represented by the fellowship and community of alcoholics, meetings, and my personal "we" – the people that I interact with daily to maintain my recovery, provide entertainment and meaning to my life, and point out the truths that I do not see in myself.

Simply put, I maintain conscious contact with my Higher Power by being present in the moment and using the tools given to me.

***All I have to do is be mindful of what I'm doing,
and the right decisions will come naturally through
this wonderful "Triple Gem."***

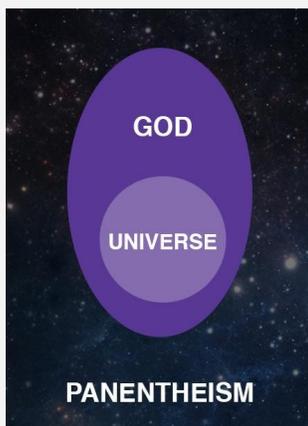


Monkeyshines

Chad U, Area 60 Newsletter Editor

Here's the current journey of this drunken monkey wearing shoes, on a blue marble orbiting a third-rate star, trying to approach an understanding of the Supreme Intelligence/Spirit of the Universe...

- He's sure he still believes in God, but suspects that God doesn't believe in him. – 12&12, "Step Two," p.32
- Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. (...) We found the Great Reality deep down within us. In the last analysis, it is only there that He may be found. It was so with us. – *Alcoholics Anonymous*, "We Agnostics," p.55
- But he had found God – and in finding God had found himself. – *Alcoholics Anonymous*, "A Vision for You," p.158
- "I am he as you are he as you are me / And we are all together" – "I Am the Walrus," the Beatles
- **Panentheism** is a belief system which posits that God *exists* and *interpenetrates* every part of nature, and timelessly extends beyond as well. (Panentheism is distinguished from pantheism, which holds that God is synonymous with the material universe.).



On My Bookshelf...

Jean M, Past Delegate Area 60 Panel 61

My home group, the Murrysville Grapevine Study Group, was started 25 years ago. Needless to say, over a quarter of a century, documents get lost or damaged.

My group decided to get a new copy of *The Group Handbook* from GSO. It's a loose-leaf book that contains key pamphlets and other useful information for group use, particularly valuable for GSRs and other group officers – the *Guideline on Finance* (MG-15) is especially helpful when you want to know about spending those group funds. It has copies of the Steps, Traditions, and Concepts; Suggested Topics for Discussion Meetings; and how to research AA Group History. There is a definition of "Conference Approved Literature" and a list of AA Service Material. There is a list of the staff at GSO, pages for keeping your group records, and a GSR Kit.

The Group Handbook is sent at no charge when a New Group Registration Form is sent to GSO. Or, if your group has been around for a while, you can purchase a new one for \$11 from your district or area Literature Coordinator, or directly from GSO. .

Connecting to a Higher Power through Tradition 2

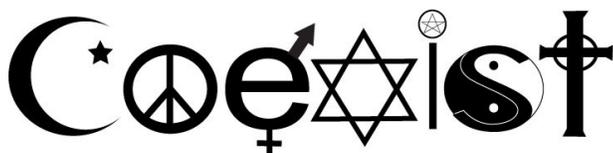
"So spoke the group conscience. The group was right and I was wrong; the voice on the subway was not the voice of God. Here was the true voice, welling up out of my friends. I listened, and – thank God – I obeyed." – 12&12, "Tradition Two," p.138



Meeting Topics

SoS welcomes ideas for topics that GSRs and DCMs can take back to their meetings for thought and discussion. Please submit your topic ideas to newsletter@wpaarea60.org in the form of a question (one-word topics are *bogus*).

- Most people raise the level of their behavior to match the level of their values. Alcoholics lower the level of their values to match the level of their behavior. (Charlie P)
- Don't listen to my mouth; watch my feet. (Charlie P)
- You say you're a people-pleaser... But how many people have you actually *pleased*? You're really just an **approval-sucker**, aren't you? (Katie P)



What Worked for Me

Betty M, District unknown

I grew up Catholic and have always believed in God but I don't think I ever had complete faith and trust in God until after I came into the rooms of AA.

Long before I found the rooms, my father (whom I loved dearly and who was my hero growing up) died unexpectedly at the age of 49. I was 20 at the time and on vacation 2,000 miles away from home. I never had the chance to say goodbye to him. At that time, I was not drinking, but looking back on what I now know, I blamed God for the death. I began drinking shortly after his death, and it took a few years, but eventually I became a daily drinker, dependent upon alcohol to make it through the day. Every day or night after dad passed, glass in hand, I talked to him about things that were going on in my life—the good, but mostly the bad. How I was always the victim of some unfair happening and that everything that went wrong in my life was God or someone else's fault.

When I came to AA, I asked a woman to sponsor me: one of the first questions she asked was “Do you believe in a God”? I thought at first that it was a trick question, and that there was only one right answer. Should I tell her how I really felt? And for the first time in a long time, I was honest and told this complete stranger that I believed in God but I had somehow I completely lost any faith and trust I had in God. Her response: “no problem.”

While working Step 1 and attending meetings, I began reading and hearing how others spoke of their initial struggles with trust in a Higher Power, so I did not feel alone in my thoughts. I began hearing that this was a program of spirituality and not a program of any specific organized religion.

Since I talked to dad every day anyway, and because I trusted him and I knew he loved me unconditionally, with my sponsor's blessing I decided to make my deceased father my Higher Power.

I talked every night to dad, my way of “praying”, largely seeking his help and guidance in keeping me from picking up that first drink. But then something happened when I got to Step 4. I started to see that I blamed God and others for all of my misfortunes and suffering, when in fact I played a role in those situations. I blamed myself for not being with my dad when he passed, and felt guilty because I was having fun on vacation.

I learned gradually that God cannot shield me from suffering or disasters, just like he does not grant me everything I want. But He teaches me to cope with suffering and to have a good and peaceful life. I now call God my Higher Power, and talk to him instead. So, sorry dad: I had to demote you from the Higher Power position, but...

I love you just as much as I love God, and can't wait to see you in heaven.

The Bondage of Addiction & Self

Gary L, SCI Fayette

Faith in my Higher Power relieves my bondage of self, because I can't do this (staying sober) on my own. There is a Power greater than myself and that Power is *God*.

Having faith and trust in God helps me to know what my priorities in life should be. My God instills in me a better way of life: being a good family man, obeying the law, staying sober, working hard, making an honest living, having patience love and tolerance, having humility, being open-minded.

Understanding that each day He gives me is a special gift not to be squandered on drugs and alcohol. Being happy, joyous, and above all free, not struggling with the bondage of addiction, not having resentments, being willing to take advice and criticism, realizing that there is always room for improvement in my life, to constantly grow spiritually and emotionally.

Having faith in God means accepting life on life's terms: nothing more, nothing less. Realizing that there will be hard times, but they will come and they will go. Faith in God means living and working the 12 Steps of AA, seeing the goodness in other people, reaching out and helping my fellow man – especially those struggling with addiction.

***I've turned my life and my will over to the power of God
and I'm never taking it back.***



AA Works Anyway

Mark V, District 14, Sunday Morning Early Birds

When I came to AA, I did not have the power to control my drinking. My alcohol-warped brain determined when, what, and how much I would drink, and what might happen then was beyond my control altogether. But I was told, “One day at a time, don’t take the first drink, and keep coming back.” That sounded like a reasonable response to Step One and gave me the chance to get a grip on Step Two. As I kept coming back, you shared your experience, strength, and the hope that it was possible for me too. I sensed the power in the rooms of AA, and I interpreted it as the principle that “the whole is greater than the sum of its parts.” And there it was: *We* are a power greater than *me*, and it seemed to make all the difference. As an AA friend of mine says, “*I* can’t stay sober, but ***we*** can.”

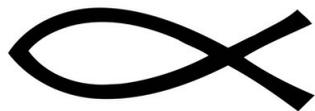
But that’s where it got scary. Starting with Step Three, there seemed to be an inordinate stress laid on the concept of God or a Higher Power. I have never believed in gods and goddesses, angels and demons. I’ve had no experience of the supernatural – nothing “higher” than what I experience in my everyday life. (I wonder if I’m missing the “spirituality” gene.) But I *needed* this AA stuff: my experience was that if I stuck with AA, I could stay sober; when I walked away, I got drunk. Twice before, I had showed up at AA, and hung around for a while, convinced that if I didn’t get the God thing, I wouldn’t get the recovery thing either. That seemed to be what the people in my local AA groups were telling me. ***And twice I ended up taking their word for it and going back out.***

But I made it back. Today, I find more answers in AA literature than I can scare up at meetings. Bill W wrote that a *willingness* to believe was all it took to begin, that AA had no desire to tell me *what* to believe. I kept coming back, listening, and reading to demonstrate my willingness (and save my life). Along the way I “dropped out of the debating society” and I have ceased fighting anyone or anything – even the Bible-thumpers. The longer I keep trying to work the Steps, to the best of my ability one day at a time, the longer I stay sober.

I’ve read about atheist AA members with decades of sobriety. I’ve observed the unimaginable variety of things AA’s profess to believe. I’ve concluded that the answer lies not in *what* I believe, but in *that* I believe. AA has convinced me to believe in *belief*.

In this latest eight years of my sobriety, much has been revealed. I remain open to new revelations, though so far, invisible worlds and imaginary friends are not among them. *God as I understand him* does not exist, but you know what?

AA works anyway, and for that I am grateful.



Touched by the Hand of God

Diane H, District 14, Canonsburg Group

My relationship with my Higher Power has always been physical. As a child in the 50s, I went to Sunday School every week. I loved to climb, climb up Sunshine Mountain. I knew Jesus loved me because the Bible told me so. And if I closed my eyes and concentrated hard enough, I felt safe in my Heavenly Father’s arms.

As a teenager in the 60s, it was natural to rebel; religion was one of the things I rebelled against. I turned my face away from God, but He continued to watch over me.

As I lost my soul to alcohol in the 70s, I rarely prayed. Well, except for the times that I was sitting on a cold floor, heaving and hugging the toilet, I would bargain with God. *Dear Lord: help me feel better and I’ll never drink again.* (You know that prayer, right?)

I didn’t make it into the rooms until 2005. I sought my Higher Power working the Steps. Hitting my knees and praying – really praying. I felt a gentle tap on my shoulder. I knew who It was.

He said “Remember me? I was with you when your husband beat you to a pulp. I was with you during that alcohol-related, near-fatal auto accident. I was with you when you swallowed an entire bottle of pills and tried to end your own life. And I am with you now.”

If I close my eyes and concentrate hard enough, I feel safe in my Heavenly Father’s arms again.

“Be Sober”

Troy B, SCI Fayette

Be sober, be vigilant; because your adversary the Devil, as a roaring lion, walketh about, seeking whom he may devour. (1 Peter 5:8; KJV)

For the first two words of this scripture to say “Be sober,” it must have great importance. If I don’t stay focused and sober, my adversary (my addiction) seeks to destroy my life.

I was a very ugly and mean person inside and out before I found the grace and mercy of Jesus Christ. He is the *cornerstone* of my sobriety, my Higher Power. Before giving my “will” to my Higher Power, I was an unbeliever about AA and the people who attended these meetings. Yet now through the eyes of grace and mercy, I am made whole – a true child of God. Now I’m able to see the light in others and the light and life in myself that my Higher Power has given me back.

Without my Higher Power’s help, I would never be able to defeat “the Enemy of Addiction.”

See, in order to become something of greater value, I have to *start* believing in something greater than myself. Honestly, this is the bigger picture for me. "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11; NIV).

As long as I hold fast to my Higher Power’s hand I will have hope and a prosperous future without the use of drugs and alcohol.

2016 Convention Report

Chad U, District 14, Good Orderly Direction

I attended the 23rd Annual Pennsylvania State Convention, “Our Primary Purpose”, from August 5-7, 2016, at the Red Lion Hotel Harrisburg East. It was my first AA convention, and it was a blast!

From listening to the leads of the guest speakers, to the discussion with the Delegates from Areas 59 and 60, the “Second Surrender” and “Doing the Deal” workshops (from Katie P and Charlie P from Austin, TX), to the other meetings (on Commitment, Sponsorship, Unity, Growing Spiritually, Our Primary Purpose, and God As I Understand Him, plus a whole AI-Anon track of programming!), and the Alka-thon, the entire weekend was educational, moving, and absolutely fun!

There were 122 pre-registered attendants and 80 walk-ins from PA and several states surrounding us. (Also, several rehabs brought in clients from a 50 miles radius around Harrisburg, which influenced the Saturday night sobriety countdown: 39 years down to 2 days.) Around 49 registration surveys were turned in, and overwhelmingly people heard about this convention through word-of-mouth; newsletter articles and flyers were a very distant second.

Since it started as an “East-meets-West” convention, the planning committee is looking towards possibly moving the future festivities further west, possibly to State College in 2018. This means closer to us, but we need to get more of us in Area 60 – individuals and groups – involved. (And, since a principle I’ve learned to follow in AA is to “walk my talk,” I’ve joined the planning committee myself.)

In March 2017, the new website will go live. Open planning committee positions and their job descriptions will be posted (there are plenty!) and scheduled events will be updated as received. Consider if you’d like to get involved in a over 23 year PA AA tradition, and check it out at:

www.aapastateconvention.com



Connecting to My Higher Power was Not My Doing

Jan H, Past Delegate, Area 60 Panel 57

Looking back at how I found AA, I realize that my Higher Power had me on His radar long before I knew it. I was in desperate trouble with my drinking.

We had moved out of PA to the wonderful city of Chattanooga, TN, due to my husband's work. We found a home that had the most beautiful white columns in the front, and I thought, *I have arrived!* You see, it was ***all about me and how things looked on the outside!*** The inside of the house was a mess and needed totally redone. My insides were a mess too (the drinking was escalating in secret). Three weeks after the house closing, my husband came home with the news that we were transferred to Mt. Vernon, IN! Well, there went my world... and that was a wonderful cause for a major drunk!

Off we go to Mt. Vernon, where my Higher Power began His "Gotchas"! In particular, two people I met absolutely were my HP's doing. First, there was Audrey who had a Bible study every Thursday morning. (Mornings were horrible for me, but I had to *look good*, you see.) She said a simple thing to me: "I am here, Jan, if you want to talk about it." What was she talking about?

Then there was my neighbor, Angela, who I fought to get a bottle away from to save her from herself. When her husband called, he said that she had been sober 5 years, but had stopped going to meetings. He saw the signs that she was drinking again. Hmmm!

After our return to PA, while standing out on our front porch (drink in hand), I said: "God, what am I doing here?" A red cross lit up on a church steeple! Under that cross was the pastor I called for help the next day. I was picked up for my first AA meeting that night.

Thank God for AA and His "Gotchas"!

A Light in the Darkness

Molly C, District 14



I developed a connection my Higher Power several years before I entered the fellowship of AA. I got very into Yoga and meditation, and through this practice I found what I identify as the God of my understanding. Unfortunately, through the progression of my alcoholism, I ultimately abandoned Yoga and this spiritual practice. I became so uncomfortable in my own skin and so afraid of the darkness that I thought was in me that I could not be alone with myself or my thoughts. I was physically incapable of meditation.

A couple years later, by the grace of this Higher Power, I found myself in the rooms of AA. I re-connected spiritually and slowly began to find my way back to myself.

Prayer and meditation are two very powerful tools in this program, but I think meditation gets the short end of the stick. It is easy for me to talk to God, but it is much more difficult to sit in silent contemplation waiting for God to talk to me. I still catch myself feeling afraid of what I will find inside. But when I take the time and effort, when I move through the fear and discomfort, God repeatedly shows me that my core is goodness and light. The Big Book calls it the "sunlight of the spirit" and gives us exact instructions on how to access it. I feel so blessed to be an alcoholic and to have the program of Alcoholics Anonymous.

Without it, I would still be in the dark.



25th Annual Area 60 Get Away Weekend Mini-Conference March 31-April 2, 2017

“SUPPORTING OUR FUTURE”

Statement of Purpose:

The purpose of the Get Away 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.

Highlights

- Committee Workshops & Presentations
- Panel Presentations
- Saturday Night Banquet & Speaker Meeting
- Red Ball Alkathon Meetings

On-Site Registration & Hospitality Room

Opens 3 p.m. Friday, March 31, 2017
Program begins @ 4 p.m. Friday, March 31, 2017

Contact Information

Any questions please contact:
Margie S. 724-244-7304 or Shelly S. 724-833-1496
Email: atldelagate@wpaarea60.org

Location

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

Room Rates

\$79.00 + 11.06 tax=\$90.06 per night
Includes: Complimentary Breakfast Buffet, use of Indoor Pool, hot tub, exercise facility, and Wi-Fi.

Please make reservations directly with the hotel by March 6, 2017 (**Mention Area 60 Get Away Weekend**)

Please note that restaurants are available locally if you prefer not to purchase your meals through the conference.



PLEASE PRINT CLEARLY (or use address label) and RETURN BY MARCH 6, 2017

NAME: _____

___Registration \$20

ADDRESS: _____

___Friday Dinner \$28

CITY: _____ STATE: _____ ZIP _____

___Saturday Lunch \$13.00

___Saturday Banquet \$32

PHONE: _____

Total Enclosed: _____

EMAIL: _____

Your District _____

Your Service Position _____

I would like to volunteer: ___yes ___no

PLEASE MAKE CHECK PAYABLE TO:
Area 60 Treasurer, P.O. Box 1496, Washington, PA 15301
(Write **GAW** on the memo line of the check)

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

WHAT IS NERAASA?

Margie S, DCM District 23

NERAASA (the Northeast Regional AA Service Assembly) is held annually the last full weekend of February, somewhere in the Northeast region of AA. NERAASA consists of panels and roundtables that address the upcoming agenda items for the Annual Meeting of the General Service Conference*. It gives a great understanding of what happens at the conference and what is happening at GSO.

During my tenure as DCM and Alternate, I had the opportunity to attend two of these service assemblies, and I can only say I was awed and totally overwhelmed.

The first NERAASA I attended was in Lancaster, PA, in 2013. What knocked me over was my first panel of the weekend. We walked in a bit early and grabbed a seat, and then the room started to fill up. Having never been to an international convention, I had never had the opportunity to be in a room with so many alcoholics at one time! (There were close to 1,000 members in attendance.) It was humbling to see all the people of different genders, races, and creeds coming together in action for one purpose. During this first venture, I was so overwhelmed that I never uttered a word (and those of you who know me know how *unusual* that is!).

At my second NERAASA, I was the scribe for the Treasurers Roundtable (each evening from 10 to 11:30 p.m.). However, I didn't know that when I agreed to be the scribe, I had to make a report to the entire body! It worked out fine.

I encourage DCMs (and any other members of AA) to make an effort to get to one NERAASA during your term.

**See the footnote for the Get Away Weekend article on page 10.*

WHAT IS NERD?

from <http://www.delawareaa.org/nerd.html>

Each year, normally the second full weekend in March (Friday, Saturday and Sunday), the Northeast Regional Delegates' Reunion (NERD) is attended by current Trustees and Directors, past Trustees and Directors, current Delegates, past Delegates and guests (guests include spouses, "significant others", and current Northeast Regional alternate delegates; past Delegates from other Delegate Service Areas, who are now residing in the Northeast Region, may also attend).

The primary purpose of NERD is to prepare the current seated Delegates for the up-coming General Service Conference. Newly elected Delegates share their Area highlights; and speakers share their service experience at meetings after the weekend's two dinners and two breakfasts.

Area Election Results (Panel 67)

Delegate: John K – D19, *Tues Night Main* (Warren)

Alt Delegate: Margie S – D23, *Saturday Night Sober* (Greensburg)

Area 60 Chair: Jody K – D15, *World-famous Punxsutawney Groundhog Group*

Alt Area Chair: John C – D14, *Canonsburg As Bill Sees It*

Secretary: Jane R – D7, *Glassport Early Risers*

Treasurer: Shelley S – D14, *Washington Discussion Group ("Grumpy Old Men")*

Area 60 Nominee for Trustee-at-Large: Yvette N – D5, *Mustard Seed Group*



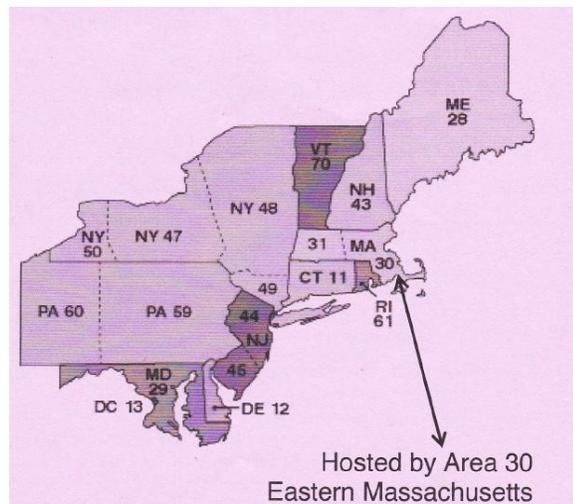
**26TH ANNUAL
NORTHEAST REGIONAL AA
SERVICE ASSEMBLY (NERAASA)**

FEBRUARY 24-26, 2017 - FRAMINGHAM, MA

All AA members are welcome!

Registration

- Online registration opens September 15, 2016 at <http://www.neraasa2017.org>
- Kickoff "Red ball" Meeting on Thursday, February 23, 2017 at 8:00 pm
- Onsite registration begins at 12:00 noon, Friday, February 24, 2017
- Panel 1 begins on Friday at 3:00 pm



NERAASA 2017 Contacts

- *Chair:* Ken T. (978-433-6772)
- *Registrar:* Kevin D. (508-952-2066)
- *Pre-registration deadline:* January 27, 2017

NORTH EAST REGIONAL FORUM (NERF)

Save the Date: June 2-4, 2017

SPEAKERS, WORKSHOPS, & DISPLAYS

Doubletree by Hilton Pittsburgh - Cranberry
910 Sheraton Drive
Mars, PA 16046



This is as close as it gets in the Northeast Region to where it all started...

Dr. Bob's House in Akron, OH, is just 1.5 hours away!

Sponsored by: Alcoholics Anonymous World Services, Inc.

Hosted by: Area 60 of Western Pennsylvania General Service, Inc.



Traducción en Español Disponible



Getaway Weekend

An annual service workshop held in the spring to discuss General Service Conference-related issues and concerns affecting AA as a whole, as well as pertinent aspects of our **Three Legacies (Recovery, Unity, Service)**.

The Get Away Weekend (GAW): We “Get Away” to Conduct the Annual Business of AA

Margie S, Alt-Delegate-Elect Panel 67

Over the years, at the district and home group level I have heard various comments about our Get Away Weekend (GAW), such as “All I ever hear is everyone had a heck of a good time,” or “Why should we pay to send our GSR to a hotel to hang out at the pool?”

While we do have a good time, and sometimes manage to get to the pool if time allows, GAW is about GSRs, DCMs, Area Officers and Coordinators, and any interested AA members sequestering themselves for a weekend (away from home and loved ones) to concentrate on the annual business of Alcoholics Anonymous.

During GAW, DCMs and GSRs participate in panels and workshops to prepare for the Pre-Conference Assembly on Sunday. There, we instruct our duly-elected Delegate on how we would like he/she to vote on the agenda items at the Annual Meeting of the General Service Conference* in New York in April.

All AAs are invited to attend this weekend and the Pre-conference Assembly. Although only GSRs and DCMs (as well as area Officers and Coordinators) vote, members have the opportunity of advising their GSR and DCM on what they learned during the panels and workshops.

The home group is the top of the service structure in AA, and GAW is a wonderful way to see our fellowship in action. Please consider attending this year’s: Friday, March 31, and Saturday, April 1, 2017. Registration forms are available to be downloaded from the Area 60 website at website@wpaarea60.org.

**Annually, the 93 Delegates in the United States and Canada meet for one week in New York to conduct business with the GSO. Some tasks include review and approval of budget information and finances; review and discussion on books, pamphlets, and videos to be produced; and discussion on the future of AA, with an emphasis on how it can be assured.*

How I Connect to My Higher Power

Scott A, SCI Fayette

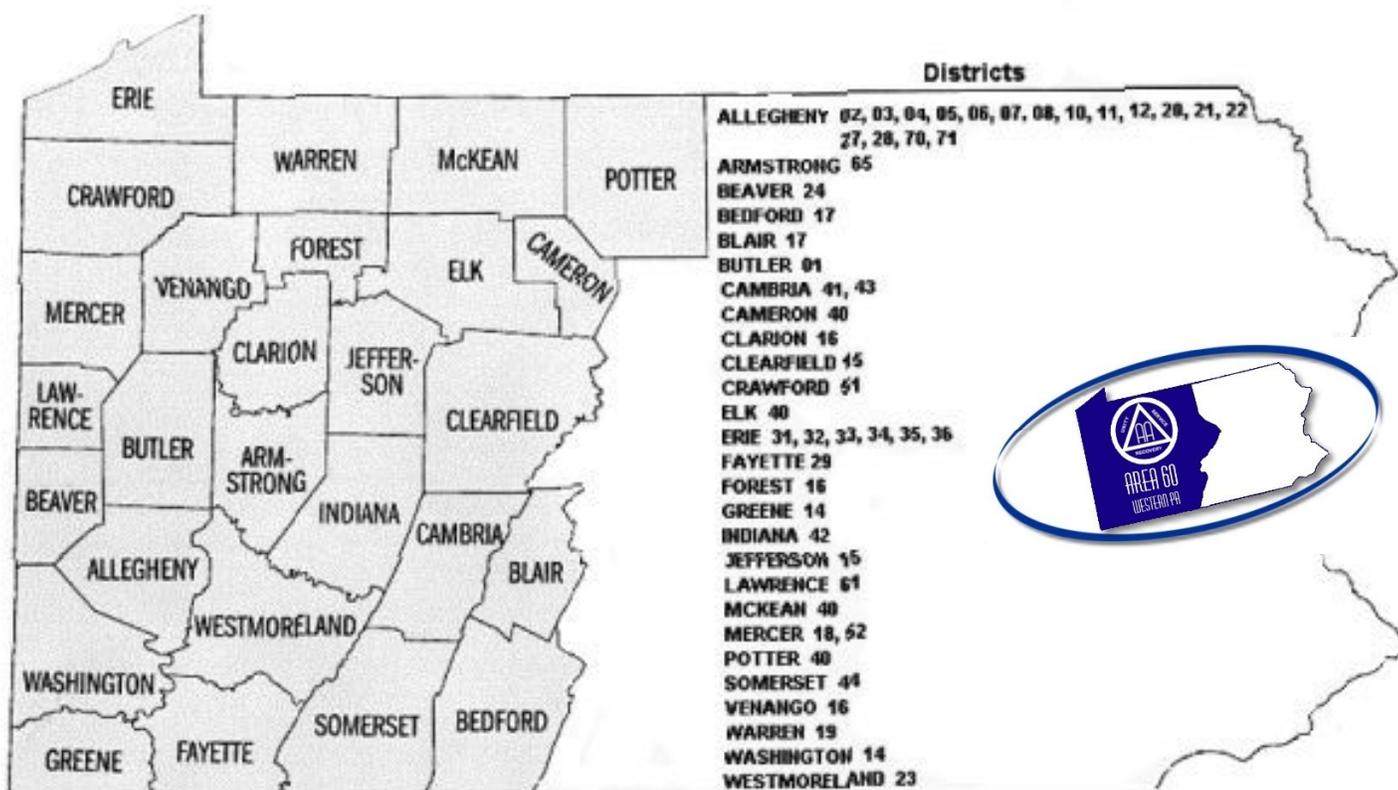
Once I tried to live life my way. I did what I wanted, when I wanted to. That lasted 30+ years, and eventually landed me in jail. I found out I can’t do it alone. I now realize I needed help: God’s help.

I stay connected to my Higher Power by daily prayer, sometimes multiple times a day. I also ask my God for the strength, self-control, and patience to battle my alcoholism.

I found AA seven years ago on a tip from a church friend. Here I found people who were just like me, we suffered from the same problems. After a while, I found that I belong in these rooms. I could count on the strength on this circle of people. People willing help me save what’s left of my life. Now, I pass on what was given to me. I say it’s the hope of a new life.

Today, I’m building a foundation of recovery, so when I am able to leave, I’ll be ready to battle my addiction. I’ll have the tools to survive. I’ll have people who I can call for help. The power of the rooms of AA is awesome.

With God and AA’s help, I’m on my way to living a clear-headed, sober life.



Two Types of Area Meetings

1. **Quarterly Meeting:** Decides area business. DCMs, Area Officers & 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 & Coordinators, past Delegates vote.

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 his or her 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.

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.**

2017 Calendar of Events

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

DATE	TIME	EVENT
Sunday, Jan 22	8:30 am Registration 9 am Workshop 10:15 am Meeting	Area 60 1st Quarterly Meeting
Feb 24-26	All Weekend	NERASASA (see p. 8)
Mar 10-12	All Weekend	NERD (see p. 8)
Mar 31-Apr 1	Fri-Sat	Get Away Weekend (see p. 10)
Sunday, Apr 2	8:30 am Registration 9 am Workshop 10:15 am Meeting	Pre-Conference Assembly
Apr 23-29	All Week	General Service Conference
Sunday, May 14	8:30 am Registration 9 am Workshop 10:15 am Meeting	Area 60 2nd Quarterly Meeting (Warren, PA)
Jun 2-4	All Weekend	NERF (see p. 9)
Sunday, Jun 25	8:30 am Registration 9 am Workshop 10:15 am Meeting	Post-Conference Assembly

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

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.

WESTERN PENNSYLVANIA AREA 60

ELECTED OFFICERS:

Delegate: George K delegate@wpaarea60.org
Alt Delegate: John K altdelegate@wpaarea60.org
Chairperson: John R chairperson@wpaarea60.org
Alt Chair: _____ altchairperson@wpaarea60.org
Secretary: Jody K secretary@wpaarea60.org
Treasurer: Mario D'A. treasurer@wpaarea60.org

APPOINTED OFFICERS:

Archivist: Al C archivist@wpaarea60.org
Alt. Treasurer: Barb D treasurer@wpaarea60.org
Registrar: Walter G registrar@wpaarea60.org
Alt. Registrar: _____ registrar@wpaarea60.org
Recording Secretary: Becky C recsec@wpaarea60.org
Newsletter Editor: Chad U newsletter@wpaarea60.org
Alt. Newsletter: _____ newsletter@wpaarea60.org

COORDINATORS:

Archives: Denis M archives@wpaarea60.org
Alt. Archives: _____ archives@wpaarea60.org
Corrections: _____ corrections@wpaarea60.org
Alt. Corrections: _____ corrections@wpaarea60.org
CPC/PI: _____ pi@wpaarea60.org
Alt. CPC/PI: Greg W pi@wpaarea60.org
Grapevine: _____ grapevine@wpaarea60.org
Alt. Grapevine: Pat B grapevine@wpaarea60.org
Literature: Rick O literature@wpaarea60.org
Alt. Literature: _____ literature@wpaarea60.org
Treatment/SN: Maresa S treatment@wpaarea60.org
Alt. Treatment/SN: _____ treatment@wpaarea60.org
Website: Hubert H 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 266
 Monroeville, PA 15146