



THE 23 INFORMER

June 2016- Issue #219

PA AREA 60, District 23

P.O. Box 1698 Greensburg, PA 15601

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COMMITTEE REPORTS

DCM REPORT

Summer Greetings Fellow AA'S,

The warm weather is here, and picnic season is upon us. One thing about AA is, that it's never boring. There are always picnics and anniversaries to attend; especially during the summer months.

Our neighbors at District 8 are having a picnic at Renzie Park in McKeesport on June 25, and on July 31, the Kittanning Big Book Study is sponsoring a picnic at Crooked Creek Park. Both picnics, include food, fun, fellowship, and of course a speaker. Our own H&I Annual Summer Picnic will also be coming up in August. For information on more picnics, anniversaries, and events, check the *23 Informer* and the *Newsletter of the Pittsburgh Central Office*. Both are available on-line free of charge and are downloadable.

The Post Conference Assembly is on June 26 at the Comfort Inn in Penn Hills. Registration is at 8:30 a.m., workshop is at 9 a.m. and the assembly begins at 10:15 a.m. This is the assembly where our Delegate, George K. will report back to us on his experience in New York at the Annual Conference. Everyone is invited to attend and learn about the business of AA. Remember this is your fellowship—you make the decisions on the business of AA as a whole. "Our common welfare comes first. Personal recovery depends upon AA unity."

As this is an assembly, DCMs, and GSRs have both a voice and vote at this meeting. I hope to see as many of you there as possible.

Two things that effect our district are, number one, that members of the Friday Night Meeting are not going to be able to open us for us any longer here at the church. However, I have secured a key for the district. That being said, many of us cannot get here in time to make the coffee. We need to have a brief discussion under new business on how we want to handle this.

The second thing, is that I will be out of town for close to six weeks. I will be missing our July meeting, but know that Steve B. is capable of handling the district business. That being said, I look forward to seeing everyone at the August meeting!

In love and service,

Margie S.

District 23 Committee Member

YOUR PAGE....

Do you have a story or an experience that you would like to share? We would love to read it. Send it to the editor. It may be anonymous....if you wish.

H & I REPORT

Dear AA Friends,

The H&I Committee can always use volunteers. We are looking for volunteers for the following:

Westmoreland County Juvenile Detention Center - Service would one Sunday a month

Coordinate Members - We are looking for the following to do service in H&I
Torrance

Alternate Coordinate Members - We are looking for the following to do service in H&I

Bridging The Gap
Westmoreland County Juvenile Center
H & I Pink Treasurer
H & I Treasurer
Secretary

If you are interested in volunteering at any of our various meetings. Please contact me or any other H&I Committee member.

Finally, our H&I meeting are open to all that want to attend. We only ask that anyone with less than 6 months Sobriety cannot participate in the conversations of the meetings. If you feel like you need to discuss something, you can see one of the committee members after the meeting.

Our next meeting is June 12th, at Christ United Church
100 Lincoln Avenue, Youngwood at 10:30 AM

If you have an questions, please feel to contact me at
724-691-2334

Thanks for all your continued support of H&I

Steve B

SUMMER SOBER FUN

1. Solo Activities

Despite the social nature of summer, you don't have to always have someone glued to your side to appreciate summer. Being able to sit outside and enjoy a good book is one activity best done solo; whether you like the view of nature or people watching at a coffee shop, when the sun is out you can take a book anywhere. Also there is no faux pas in showing up to community recovery sponsored events solo, in fact it's a great way to meet others (don't worry if you feel a little awkward, everyone does!).

2.. Farmers markets, yard sales and fairs

Trolling around these venues is always entertaining even if you don't have much money to spend, there is plenty just to look at. Like the overabundance of garage and yard sales, you never know what you can find, and they are community focused, so there's plenty of smiling people and slushy frozen lemonade.

3. Get exercise! (And get outside!)

This is one area where there is almost no limit to what you can do. There's 5K's if you're interested in running (the mud run, the color run, the zombie run). Hiking, camping, bicycling, rock climbing (with a knowledgeable spotter please), skating, walking the dog (borrow the neighbors if you don't have your own) tai chi in the park, the list goes on.

4. Get in the water!

Rent a canoe or go paddle boarding, surf or swim in the ocean or jump in the pool- one way to beat the heat is to enjoy water activities. Water parks are another fun activity if you have some extra cash and are up for the adventure, but be prepared for waiting in lines closely followed by possible screaming and laughter.

District 23

info

IMPORTANT ADDRESSES

For Home groups mailing contributions:

District 23

PO Box 1698

Greensburg, PA 15601

For contributions to the district, please make checks payable to District 23 and put the group name on check.

Area 60 Treasurer

PO Box 266,

Monroeville, PA 15146.

(Make check payable to "Area 60 Treasurer.")

General Service Office (GSO)

P.O. Box 459

New York, NY 10163

(Make check payable to "AA World Services, Inc.")

District 23 Answering Svc

PO Box 1698

Greensburg, PA 15601

Please make checks payable to Answering Svc and put your group name on check

SAVE THE DATE!!!

ANNUAL H&I

FAMILY PICNIC

AUGUST 20, 2016

STAY TUNED FOR MORE INFO

SERVICE POSITIONS OPEN!!!!!!

FOR

District 23 and H & I

Many service positions to fill at the district currently and for 2017. If interested, come to the GSR meetings OR speak to your GSR for more information. GSR meetings are held the first Friday of the month in Jeannette. H & I meetings are held the 2nd Saturday of the month in Youngwood.

TO ALL HOME GROUPS:

If you wish to see your group's anniversary or other special event listed, please submit to the Editor no later than the first Monday of the month to have it appear in that month's Informer. My contact info is on the front of the newsletter.

(editor@aa-swestpa-dist23.org)

Also, if your group has any changes, please contact the Editor, and it will be listed in the Informer.