



THE 23 INFORMER

Issue #231

June 2017

PA, AREA 60, District 23

P.O. Box 1698 Greensburg, PA 15601

DISTRICT 23 SERVICE CONTACTS

<u>DCM</u> – Edward S.dcm@aa-swestpa-dist23.org
<u>Alt. DCM</u> Bob H.altdcm@aa-swestpa-dist23.org
<u>Secretary</u> – Colleen Z.sec@aa-swestpa-dist23.org
<u>Treasurer</u> – Al S.treas@aa-swestpa-dist23.org
<u>Grapevine Rep</u> – Stacy B.grape@aa-swestpa-dist23.org
<u>Archivist</u> – Ralph D.arch@aa-swestpa-dist23.org
<u>H & I Coordinator</u> – Pam H.h_i@aa-swestpa-dist23.org
<u>Webmaster</u> – Megan R.webmaster@aa-swestpa-dist23.org
<u>Literature</u> – Andrew H.lit@aa-swestpa-dist23.org
<u>Treatment and Accessibilities</u> .Christy R.needs@aa-swestpadist23.org
<u>Bridging the Gap</u> – John H.bridg@aa-swestpa-dist23.org
<u>Public Info/CPC</u> – – Bill K.picpc@aa-swestpa-dist23.org
<u>Answering Svc</u> –Rob P.answer@aa-swestpa-dist23.org
<u>23 Informer</u> – Monica C editor@aa-swestpa-dist23.org

Toll-Free 24-Hour Hotline: 866-851-8459



COMMITTEE REPORTS

DCM REPORT

Once Again, Hello District 23,

There's much to report, so I won't waste too much time on a message just yet.

Yet let us reflect on the loss of one of our officers, Alt. Gsr., Lisa L from the woman's Group K.I.S.S. For only after coming back from the Second Quarterly Meeting held in Warren, Pa did I and two others that were there learn of her passing. As a DCM, it was not easy for me to go into the group information sheets and remove her name from the group. Yet A.A. must continue onward. So K.I.S.S., when your ready please elect another Alt GSR, and have come to the district meeting or contact me or bob h., to be put on the group information sheet and to be registered with area and New York. One last thing here, Lisa l's going home service was filled with sorrow and mild laughter and reflective moments. Now onward we go.

Here's what I learned from the Second Quarterly meeting in Warren, Pa. A workshop was held on A.A. Service Structure by alt chairperson Jon C. and Area seeds of service editor chad. Explaining the structure of responsibilities of service structure, the homegroup being the 2nd most important and the most important is the A.A. member itself. All are responsible for carrying the message to the drunk and future A.A. member.

While there I was asked to sit in on 2017 Budget committee. This meeting is important, there I was introduced into the mechanics of setting up a budget for the year, as well as allocating money monies for the areas various committees and how to plan on setting on up for district use as well. A budget is monies made available, yet doesn't always have to be spent! Just come up with a budget "a set amount" to be used every year or discussed by an Ad Hoc Committee. Then it is brought before the voting body for approval. Figuratively, the money is there, yet you need permission to use it.

At this meeting, we only had 3 people attend. This was almost expected given the area it was held in, yet I make no excuses for anyone not attending it.

The alt. delegate, John K. gave us a small report of his experience at the General Service Conference held in Rye, New York. There are printed copies of this here on the table. Please keep this to your group conscience only for it has his full name attached to it. The report on how the votes went at the conference will be later this month on the 25th in Penn Hills, Pa. In which I'll bring back for the district should anyone not attend this post conference assembly. As far as I know there is no voting needed to be done there.

The Area 60 newsletter is looking for articles on "I am Responsible" topic for the summer newsletter. I submitted a copy of the speech I gave at the Getaway weekend.

The grapevine has a new book out called "Making Amends" if you want a copy of this please contact the area Grapevine Rep., Jordon W.

While at this meeting district 23 vote to yes, for a flat fee of \$125.00 to send the remaining coordinators and no alternates to the NERF weekend.

A second vote, in which district 23 voted yes, for fully supporting program chair to attend NERF, plus meals.

Continued next page.....

COMMITTEE REPORTS CON'T

DCM REPORT continued....

Special needs is now changed to “treatment and accessibilities” and needs to be updated on the district web site and our district informer.

There are still bids open for the 2019 quarterly meeting to be held again in our district if we so want to host this after it is here this year. All that is needed is a committee to go and get a copy of the contract for such an event from the area website or the GSO website. Then let me know so I can get it on the agenda for the next meeting in August or later this year. This contract must be handed in one year in advance for it to be considered.

Now on to the North East Regional Forum. The opening night at this event was nothing short of being fantastic. There was an orientation for first time attendees and an open session where you can go to the microphone and ask anything you wanted to ask.

So, I charged right on in and asked, “Is anything allowed to ask and discussed this weekend?” And of course, the answer was, “yes”. So, I trudged on and asked these next three questions. “Who dreamed up the topic, why aren’t there more African Americans in the rooms?” “Why the sudden interest to this group of Alcoholics?” “And what does AAWS plan to do, to help increase the number of African Americans in the rooms?” , I was given a variety of answers. Some of which were helpful and some of which I didn’t care for. Yet many, at the start were willing to discuss this and near the of the weekend, this elephant in the room topic, was just as dead as some words on paper. Yet I did find out the origin this topic, and I was none too pleased of how the answer was given and where it originated. So, where some other people, the General Manager of AAWS pulled me aside the next day and stated he as well didn’t like the response I was given and would I be willing to talk with him. And so, we did talk. Lastly on this, in the workshop of “Bridging Differences to Carry AA’s Message”, this topic was brought up again and only one other topic made easier to swallow was brought up. The topic was, “How to reach out to diverse communities?”

The other topics of that workshop were, “How can we carry the AA message where traditional methods don’t work?” And the last topic, “How to integrate the younger and older generations?” This last topic I heard an answer that I just must repeat. “Ideally, we say”, “anyone who has a problem with drinking is a member.” Yet the younger generation has electronics and doesn’t want to do the physical work of past AA members or be taught some of the old way of how to do things. Then the older generation who has been brought up in a different set of standards like having it and like to stick those methods that work for them” Obviously you can see the clash of swords here. Yet this workshop was informative as all were. I’d continue with everything I learned, then this report would too extensive for group consciences.

Thank you District 23 for giving me the opportunity to attend this event and more will be forth coming of what happened in other workshops that happened at NERF.

In Love and Service,
Edward S.
DCM

DISTRICT 23 H&I COMMITTEE

20^H ANNUAL GRATITUDE PICNIC



SATURDAY AUGUST 19, 2017
THE GROVE @ ST VINCENT
COLLEGE
12 NOON – 5 PM (SPEAKER @ 4 PM)



BINGO

50/30/10/10



Raffles



Burgers, Dogs, Corn and Drinks provided



Covered dishes



and desserts



welcome

FUN, FOOD & FELLOWSHIP!!!!!!
OUTDOOR ACTIVITIES, FUN FOR ALL!!!
COME JOIN US!!

For more info, contact Debbie H 724-832-1024 or
your GSR, H&I rep, or come to the H&I meeting

***DONATIONS ACCEPTED**
PLEASE*

Saturday Red Barn Summer Picnic Meeting

July 15th, 2017

- ◇ 10:30am Meeting
- ◇ 11:30am food and fellowship

(covered dishes & desserts welcomed as always)

@ the pavilion next to the Barn



Let This be Your Best Summer Yet!

Summer doesn't have to be a non-stop barrage of temptations and obstacles. Sober living doesn't have to be harder once the weather gets warm.

Once you have a solid plan, including escape strategies, supportive friends, and coping methods in place, you'll be on track to have one of the best summers of your life. There's no need to feel like you're missing out.

Make Your Own Fun

Once you opt out of several summer events to avoid temptation and make healthy choices, you might feel like you're missing out. There's an easy solution to that problem-- make your own fun.

Plan a barbecue, game night, or pool party with your sober friends and/or AA group. You can even invite your friends who still drink, just be upfront with them about the kind of event you're planning. This kind of event is also a great opportunity for your recovering friends to meet your non-recovering friends, which will only strengthen the group of supportive people surrounding you.

Plan at least a few of these events so you have a few guaranteed fun and safe occasions to look forward to throughout the summer. You *can* make your own sober living summer plan.

SUPPLEMENTAL TECHNIQUES

Sober living can be tough in the summer months, with events you won't want to miss, despite alcohol being involved. Our guide helps you plan, cope & escape temptation

- **Have an ally** - If you're headed to a friend's wedding or a loved one's barbecue and you know there will be temptation, bring another sober or recovering friend with you. Better yet, plan to meet several of those friends at the event. These friends will help you stay strong and, if need be, leave the situation.

- **Set summer goals** - Setting summer goals can help ease that "missing out" feeling. Whether it's exercise, reading a book, meditation, journaling, or cooking new food, you'll be able to focus on improving yourself and enriching your life instead of focusing on some of those potentially hazardous summer events.

- **Stay Accountable** - Reach out to "safe," trustworthy friends who will hold you accountable for your actions. Be honest, be vulnerable, be humble, open up, and share yourself with them. And, of course, provide that same service for others.

Summer
SUN

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

Interested in a service position?

H & I service positions available.

The H & I meetings are held at Christ United Church

100 Lincoln Avenue, Youngwood at 10:30 AM on the 2nd Saturday of the month.

Also there open coordinator positions at our District..

The GSR meeting is held on the first Friday of the month in Jeannette at The First Presbyterian Church, 314 Bullitt Ave. Jeannette at 6:30pm.

GRAPEVINE Quote of the Day

June 13, 2017

"The compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink, or to misbehave. Literally, we must 'do or die.' So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety."

AA Co-Founder, Bill W., May 1960

"What Is Freedom in AA?," The Language of the Heart

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.

Personal stories are welcome also, is you would be willing to share your experience , strength and hope with District 23. (can be anonymous)

Thank you,
Monica