# Issue#255

## **June 2019**

PA, Area 60, District 23

P.O. Box 1698

Greensburg, PA 15601

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

# **pcm Report**

#### INTRO

The follwing are excerpts from the published letter entitled "Emotional Sobriety" written by Bill Wilson.

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA -- the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God."

« Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! .....still finding ourselves unable to get off the emotional merry-go-round. »

« Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. »

« Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. »

« Then only, could I be free to love as St.Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life. »

« Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me. »

# ALTERNATE DCM REPORT

#### **Greetings All!**

At the last area meeting there was a discussion about GSO purchasing Public Service Announcements from Australia. If you wish to see these you can check them out on at

https://www.youtube.com/watch?v=tc5fKb\_E3ak . They were vey informative. Keep in mind that they are not advertisements, just PSA's.

Also don't forget we are hosting NERAAASA in 2021.

July 2-5,2020 will be the International AA Convention in Detroit which is now available on the 2020 International Convention page at aa.org.

AA has published it's first new book in 30 years: Our Great Responsibility: A Selection of Bill W's General Service Conference Talks. 1951-1970, and is now available for purchase.

District 8 Picnic is Saturday June 22nd, 10am-5pm at Renzie Park Blue Top Pavilion.

Thank you for allowing me to report area happenings. The next area meeting is Sunday June 23 in Penn Hills at the Comfort Inn, registration at 8:30 am. GSR's, I encourage you to come and see what is taking place in the Area and report back to your home groups. Remember, in AA we all have a voice!

In love and service,

Marcia

#### **Our Common Welfare**

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

— Tradition One (Long Form)

It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

40M - 6/17 (GP)

F-211

#### **SAFETY CARD FOR A.A. GROUPS**

#### Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.



#### Do you want to help the Alcoholic who can't go to A meeting? H&I is looking for volunteers for the new Clear Day detox and rehab center!

If you are interested please email or call Dee S to see how you can help. Check the front page under H & I Coordinator for her contact info.

The meetings are held Thursday nights at 7pm.

#### H&I is looking for volunteers for Torrance State Hospital On the Community Side!

We would like to thank Denny M. for his years of Service as the coordinator! Larry M. has taken over And is looking for people willing to serve!

Meetings are 8pm to 9pm every Monday night. Please call Larry if you are willing to serve. His number is on the front of the informer under Literature coordinator.

#### District 23

#### **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.

#### \*\*PLEASE NOTE : THE AREA 60 TREASURER ADDRESS HAS CHANGED Area 60 Treasurer P.O, Box 1496 Washington PA, 15301 (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

#### 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, if you would be willing to share your experience, strength and hope with District 23. (can be anonymous) Thank you,

Frank F

Exciting news!!

# NERASSA

Northeast Regional **Alcoholics** Anonymous Service Assembly IS **COMING TO PITTSBURGH IN** 

2021