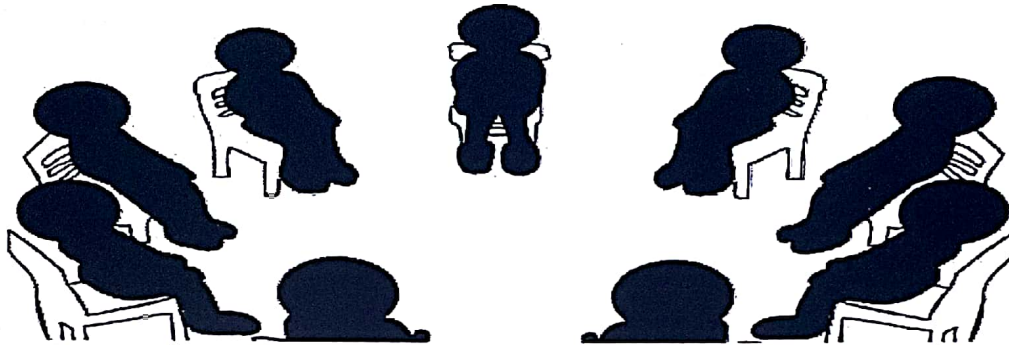


THE 23 INFORMER

<http://aa-swestpa-dist23.org>

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Need to talk someone?

Toll Free 24-Hour Hotline 1-866-851-8459

A Letter from Your Alternate DCM

Tradition 10- "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

I've recently sat in several meetings where outside issues were spoken about at length. In two of those meetings, there were brand new AA members who had never been to a meeting before. In experiences like that, I am full of immediate fear that we will scare these new members away for good. Tradition ten long form states that "no A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion.

The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever. " This tradition is in a way an amplification of Tradition Five that states AA's primary purpose. Our primary purpose is to carry the message to the alcoholic who still suffers. We can't carry a clear message to the alcoholic who is suffering if AA members are commenting on all sorts of topics that are completely unrelated. This means that AA should never have an opinion on national politics, elections, the question of whether marijuana should be legalized, and the relative merits of Buddhism, Christianity, Catholicism, the Bible, etc. while sharing in an AA meeting. We do not share our opinions, we share our experience, strength, and hope. One of my sponsees asked me shortly after joining AA if she would be forced to join a religious denomination because of all the religious talk in meetings. I had to assure her multiple times that AA is a spiritual program. Luckily, she wasn't scared away. What I have learned from these experiences is that I have a responsibility to keep my opinions to myself while attending an AA meeting. Those opinions may drive others away from the program.

Yours In Service,
Jullian U.

A letter from your DCM

The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere.

A.A. Comes of Age, p 109

A.A. groups exist to help alcoholics achieve sobriety. Large or small, firmly established or brand-new, speaker, discussion or study, each group has but one reason for being: to carry the message to the still-suffering alcoholic.

Daily Reflection, p. 218

This is something I recently heard at a meeting from an "old timer": Don't walk ahead of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and together we can do this.

Remember please, If you thing of a friend in the rooms, call them. Please reach out to others. You may be saving their life, and helping save your own,

The A.A. Preamble has changed starting in the June Grapevine: Instead of, Alcoholics Anonymous is a fellowship of men and women, It will now be: Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope,,,

Up coming Area 60 Events:

Post Conference Assembly June 27th, 9 AM Workshop, 10:15 Call to Order

In Love, Service, and Gratitude,

Marcia W., DCM

Emotional Sobriety

As far back as I can remember, I have struggled with what I now know to be emotional sobriety. I used to blame my alcoholism, addiction, and neurosis on my parents and upbringing. Through recovery, I learned that while my childhood experiences were out of my control, my reaction to them and the long list of maladaptive coping behaviors I used are my responsibility.

Even after entering recovery, there were times when I felt like I was playing character defect "whack-a-mole" and was disappointed to learn that I am powerless over far more than alcohol and drugs. I wondered why, despite working the program to the best of my ability - I felt depressed and was often full of self-pity and self-hate. I was relieved to discover that I was not alone in this struggle. Even our co-founder, Bill Wilson, and other old-timers struggled with these feelings.

Symptoms of Untreated Alcoholism

The Bedevilments (Big Book, Page 52) and Four Horsemen (Big Book, Page 151) provide a clear picture of where most of us were at the end of our drinking and signs of untreated alcoholism. Bill later explains in the Twelve Steps and Twelve Traditions that we can experience sober "emotional hangovers," which are the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like (12&12, Page 88).

What is Emotional Sobriety?

In The Next Frontier: Emotional Sobriety, a letter to other old-timers in the program, Bill discusses how his depression, having no rational cause at all, almost "took him to the cleaners." In this letter, he wrote: 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.

Like Bill, I needed constant reassurance and based my self-worth on my accomplishments. I rarely felt like I was "enough."

Emotional Sobriety is the development and implementation of tools to manage negative emotions, remain teachable, and try to live a life of integrity. In his Emotional Sobriety workshop, Tom B. said that being emotionally sober means that while the opinions of others may affect me, they do not determine how I feel about myself.

A Spiritual Toolkit

I am grateful for my sponsor and the people in my WE for reminding me that we strive for progress, not perfection and that a perfectionist is, by definition, a failure. They told me, "If we were perfect, we wouldn't need each other, AA, or a Higher Power." Taking the following suggestions has helped me in my pursuit of emotional sobriety:

1. Accountability to others in recovery for my unhealthy behaviors has helped break the shame cycle.
2. Accurate Self Appraisal: Doing a balance of debits and credits by reflecting on opportunities for growth and what I did well. Journaling has helped me track progress.
3. Prayer and meditation at the beginning, throughout, and at the end of the day.
4. Practice humility by doing something nice and not getting caught. I also reflect on my own behavior when disturbed by others. "Spot it; you got it."
5. Don't be afraid to seek outside help. Whether through therapy,

Emotional Sobriety

medication, or other twelve-step programs.

6. Be kind to yourself and those around you.

I often reflect on a lead from Sandy B, where he tells a story about the statue of David. When asked how he created the statue, Michelangelo responded, "...I chipped away everything that was not David." Today, I believe that God provides me with opportunities to chip away at my character defects and be molded into the best version of myself. With the help of God, my WE, and other outside help, I can continue to grow and become happy, joyous, and free.

~ Jordan J. (1/26/17)

Pittsburgh, PA

IN-PERSON MEETING LIST

SUNDAY

- Scottdale Sunday Night CC 7:00PM/OS Last Sunday of month Calvin United Church 311 Mulberry St, Scottdale
- Greensburg Sunday Night 12&12 7:00PM Church of the Brethren 544 Stanton St, Greensburg

MONDAY

- Reading for Recovery BB Study Noon YWCA 424 N Main St Greensburg
- Monday Night Under the Bridge OD 7:30PM Presbyterian Church 108 W 3rd St, Derry
- Big Book Study OD 7:30PM Church of the Brethren 544 Stanton St, Greensburg

TUESDAY

- NewFlorenceTuesdayNoonerGroup OD-B NoonNewFlorence Methodist Church 196 9th St, New Florence
- Dinner with Bill as Bill Sees It OD 6:00PM Norwin Christian Church 9610 Barnes Lake Rd N Huntingdon
- Tuesday Beginners Group B 7:30PM/OS Last Tues of month First Presbyterian Church 300 S Main St, Greensburg

WEDNESDAY

- GreensburgWednesdayNoonDiscussion OD NOON/2nd Wed of month OS 1st Pres. Church 300 Main St, Greensburg
- This Is the Way SDY 7:00PM Methodist Church (enter 2nd floor) 310 Oak St, Irwin
- Latrobe OD NOON/OS LAST WEDNESDAY Trinity Lutheran Church 331 Weldon St, Latrobe
- Ligonier Discussion Group CD 8:00PM Heritage United Methodist Church 107 Main St, Lig.
- Greensburg Wed Night Discussion OD 7:30PM First Presbyterian Church 300 S Main St, Gbg

THURSDAY

- St. Bruno OD Noon Last Thurs Speaker St. Bruno Church 11707 S Poplar St Greensburg
- Thurs Twin Lakes 6:30PM OD Pavillion 7 219 Twin Lakes Rd Latrobe
- KISS Women's Group OD 7:30PM online also YWCA 424 N Main St Greensburg
- Hope in Sobriety OD 8:00PM Christ United Church 1100 Lincoln Ave, Youngwood
- Latrobe Thurs. Night Big Book Study CD 7:30PM Trinity Lutheran Church 331 Weldon St, Latrobe
- Scottdale New and Old Timers OD 7:30PM 3rd Thurs OS Calvin U.P. Church 311 Mulberry St, Scottdale
- Hope In Sobriety OD 8:00PM Christ United Church 1100 Lincoln Ave Youngwood

FRIDAY

- This is H.O.W. OD 6:00PM 12&12 Study Group BrushcreekEvangelical Lutheran Church 177 Brush Creek Rd, Irwin
- Acme Donegal Friday Nite OD 8:00PM Acme United Methodist Church 3016 Rte. 31, Acme
- Jeanette Friday Night CC 8:00PM First Presbyterian Church 4th & Bullitt Ave, Jeannette
- Ligonier Friday Night OD 8PM Heritage United Methodist Church 107 S. Market St Ligonier

SATURDAY

- Twin Lakes Group OD 10:30AM The Pavilion at Donohue Center 216 Donahue Rd Greensburg
- Lincoln Highway Group OD/B 8:00PM Circleville U.M. Church 11600 Fairway Dr, N. Huntingdon
- Rector Saturday Night OD/OS last Sat of month 7:00PM St. Michael's of the Valley 2533 Rte 381 Rector

ZOOM ONLINE MEETING LIST

Mon thru Friday at Noon: Greensburg OD ID: 814 7326 3715 PW: 417

Mon thru Friday at 2:30PM: The hand of AA will always be there ID:819 600 165 PW: billw

Saturday Night Rector at 7PM ID: 806 124 6959 PW: 252711

Saturday 12 & 12 Deep Dive at 8:30AM ID: 714 150 815 19 PW: serenity

Sunday Serenity at 10:30AM ID: 851 248 567 11

Sunday Night 12&12 at 7:00PM ID: 393 138 139

Mon, Wed, Fri AA Sunrise Serenity at 6:30AM ID: 632 505 540 PW: 365891

Thursday at 7:30PM: Irwin Back to Basics BB Call in only: 351-999-4241

Thursday at 7:30PM: KISS Women's Meeting ID: 640 102 861

Friday Night Ligonier at 8:00PM OD ID: 695 122 165

First Friday of the Month GSR at 6:30PM ID: 927 4628 4099 PW: 158891

******LOOKING TO BE OF SERVICE IN WESTMORELAND COUNTY PRISONS TO CARRY THE MESSAGE TO OUR FELLOW AAs?**

There will be a PREA training mandatory for all volunteers to take the message into the county prison! The training is on 06/26/2021 at 9:00AM. *This training is necessary for this service opportunity!*

Contact Chuck H for further information: treas@aa-swpa-dist23.org****