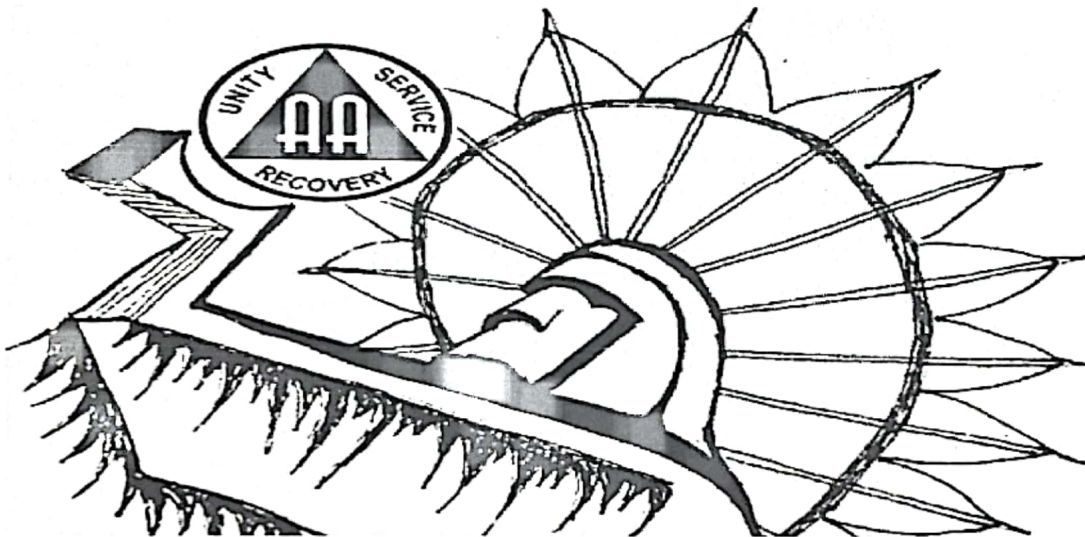


The 23 Informer

<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 DCM



The G.S.R. represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the conference. The first 2 duties listed in the service manual for qualifications of a G.S.R. stated 1) G.S.R.'s attend district meetings, and 2) They also attend area assemblies. There are various other duties listed in the service manual.

One of the first statements my sponsor made to me after informing her that I was to become the G.S.R. for my homegroup was, "You know you need to attend the district meetings, and area assemblies." I cannot stress how important that is! This enables your homegroup to be informed on all aspects of what is happening in A.A. and have their voices heard. I was recently told by a group in our district that their G.S.R.'s report is "No report", and that was just fine with them.

There are many changes coming in A.A. in the near future, and without an informed report from your G.S.R., you may not have a voice in the decision making and the results. Please, please, please, consider this as A.A. moves forward.

Our Area 60 delegate will be sending out an email of the Advisory Actions of the recent Conference in the near future. There are many changes in literature happening. If you do not receive a copy of this, and wish to have one e-mailed to you, please let me know. I will be happy to help in any way I can with explanations or questions you may have.

Highlights from Area 60 Post Conference Assembly 6-27-2021:

Continuation of monthly rap sessions for all coordinators in the districts on zoom (are our coordinators attending? It's only 1 hour a month of your time.)

Record breaking contributions to GSO during our covid shutdown, especially from individual contributions.

New service manual coming soon. I hope to get copies at the upcoming Quarterly Assembly in August.

The General Service Conference voted to develop a Fifth Addition of the Big Book

There are many Alternate Coordinator positions open in Area 60. Pass this on to your homegroup in case someone may be interested.

Recent language change in the Twelve Traditions and Twelve Steps literature.

Upcoming events in District 23:

July 10: H&I meeting. 10:30. Positions still available to be filled.

August 15, 2021: Area 60 3rd Quarterly Assembly (IN PERSON) and hybrid on zoom.

August 21, 2021: H&I Gratitude Picnic

*In Love and Service,
Marcia W., DCM*

A Letter from Your Alternate DCM



Alcoholics Anonymous Tradition 5- *Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.*

Bill W. called this a "tremendous responsibility" and referred to it as an "obligation so great that it amounts to a sacred trust." He goes on to remind us during the time a newcomer appears in a meeting, "to not be diverted by other tasks, not be diverted from this primary one." What is the message we carry? Simple. That A.A. works. That there is a solution. That you can go one day without drinking, if you keep coming back. When I arrived in A.A. I related to the people in the rooms that carried the message. They never told me what to do, they didn't talk at me. They gave me their experience, strength, and hope. These A.A. members told me their stories of hopelessness and then gave me a clear image of the person they were today. Hope. I hung onto hope. The first several meetings I went to brought up the first step as a topic. I could not have understood anything bigger than that. They gave me phone numbers, they gave me meeting lists, they shook my hand, they hugged me, they embraced me, they made me feel loved when I hated myself. It was suggested to me that no matter what happens, come to A.A. and put my butt in a chair. I was too afraid not to listen. After some time, A.A. made me feel safe and welcome. I kept coming back. Tradition 5 is the "sacred trust" that our groups are there for the newcomer, to show him or her the way out of suffering.

*In Love and Service,
Julian U., Alt DCM*

. . . YOUR PAGE . . .

Rule #62

Don't take yourself too damn seriously

Today as I understood writing this article, I realized after ripping up the first copy, that I take myself too damn seriously!

A few decades ago I attended my first AA meeting after getting the 'nudge from the judge'. As I walked into the meeting, dipping and dodging like the police were looking for me, I was full of fear. Fear that someone I knew from the drinking and drugging community might spot me walking toward or even worse, entering a church. I believed they would know I was going to an AA meeting instead of a bar. As if I was such an important representative for every person who drank and I was letting them down as a turncoat. I was also fearful of being judged by AA members because I was new. I didn't know what to expect.

How could I have land here? Why did I have to listen to people say they stopped drinking and were happy? Alcohol was my Lifeblood...giving it up seemed obscene and giving up what I loved seemed absurd. It's funny how God works...from that meeting one of the first seeds was planted within me. An older gentleman shared that people should not take themselves so seriously. I thought to myself, "Yeah, he's right." I remember thinking that this did not describe me. He definitely wasn't talking to or about me. I hoped others were listening who needed to hear that. As the Big Book states, I "could not tell the true from the false". It had never dawned on me that I was the epitome of someone who takes themselves too seriously.

In the past, in almost every problem, I made it seem like the biggest problem on the earth. Like a true alcoholic, I can make mountains out of mole hills. These problems are mine. I am struggling with mental anxiety and all these *feelings*. Everything seems magnified. I may overreact or become impulsive. These are my big hints that I am taking myself too damn seriously. I am breaking the unspoken Rule #62.

No wonder I have reacted this way. I practiced the wrong way to deal with my problems or I didn't practice anything at all. I would bury my guilt and shame inside of myself. I saw it immature to be an adult male and to not solve my own problems. This shame and guilt grew into anger. It was easier to blame others and sit in my self-pity. The amazing thing about the program of Alcoholics Anonymous: this is not the case today. I was self-centered, selfish and self-absorbed. No wonder I took myself so damn seriously! "I'm not much but I'm all that I think about".

Now that I've been sober since 12/14/15, I appreciate life more. I am grateful for what I have. I hit my knees and pray and I keep things simple. I work the steps, I call my sponsor, I help someone else and I think of others more. A friend of mine who has passed on to that great meeting in the sky said two things every time I saw him. Serenity Sam would say "it's a great day to be sober and don't take yourself too damn seriously". Those words echo in my mind daily. Thank you Serenity Sam and thank you AA.

Jeff P.

Tuesday Night Beginners' Meeting Homegroup

In-person Meeting List *Due to meeting fluctuations*

post-covid, please notify me via email at editor@aa-swestpa-dist23.org if changes are needed so I can notify Area 60. Any assistance is appreciated.

SUNDAY

-Scottdale Sunday Night CC 7:00PM/OS Last Sunday of month Calvin United Church 311 Mulberry St, Scottdale

-Greensburg Sunday Night 12&12 7:30PM Church of the Brethren 544 Stanton St, Greensburg

MONDAY

424 N. Main St.

-Greensburg Noon OD YWCA ~~221 S. Maple Ave~~, 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

-New Florence Tuesday Nooner Group OD-B Noon New Florence 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 B7:30PM/OS Last Tues of month First Presbyterian Church 300 S Main St, Greensburg

WEDNESDAY *7:30pm OD 1st Presby Church Greensburg*

-Greensburg Wednesday Noon Discussion OD NOON/2nd Wed of month OS First 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

THURSDAY

-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

-KISS Women's Meeting 7:30PM YWCA ~~221 S. Maple Ave~~, Greensburg

-Irwin Back to Basics *7:30pm 1st Presby Church 617 Main St. Irwin*

-Scottdale New and Old Timers OD 7:30PM 3rd Thurs OS Calvin U.P. Church 311 Mulberry St

-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 Brushcreek Evangelical 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, Jeanette

-Ligonier Friday Night OD 8:00PM Heritage United Methodist Church 107 Main 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, North Huntingdon

-Rector Saturday Night OD/OS last Sat of month 7:00PM St. Michael's of the Valley 2533 Rte 381 Rector

For Zoom Meeting Info please visit www.aa-swestpa-dist23.org/index and be aware that meetings online are fluctuating as we reopen in-person meetings as well.