

# THE 23 INFORMER

## NOVEMBER 2015 - Issue #212



PA AREA 60, District 23

P.O. Box 1698 Greensburg, PA 15601

[www.aa-swestpa-dist23.org](http://www.aa-swestpa-dist23.org)

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

# COMMITTEE REPORTS

## **DCM REPORT**

Greetings District 23 AA's!

It is good to be back. I missed seeing all of you in October. As we move into November, traditionally in Western Pennsylvania, we often refer to the month as Gratitude Month. During Gratitude Month many of our home groups make a special contribution to the Pittsburgh Central Office that enables them to continue publishing the Western PA Meeting list both online and in print, host the 24 hour Christmas Party, and maintain the hotline.

Also during November many of us take stock of our sobriety and check our own gratitude lists.

In reviewing my list, I am so grateful to have the opportunity to serve as your DCM. It is both humbling and exhilarating, and I have learned so much both about service and about myself (some things good and some things not so good). It's amazing how God always finds work for me!

During October I attended the Fall Assembly at the Penn Hills Meeting Place. At the meeting, there was much discussion about the proposal of moving the Quarterly meetings. Just to be clear, the Area Quarterly meetings (there are 4 per year) will be moved to various locations in Area 60 beginning in 2017. (As per the map that was distributed—a meeting will be held in each of the four locations {i.e. northeast portion of area 60, northwest portion of area 60, southeast portion of area 60, southwest portion of area 60} annually.) In accordance with the GSR vote at the last meeting, we did not put in a bid to host the Southeast meeting in 2017. If no bid is made from a district, for any of the quarterly meetings, the meeting will revert to being held at the Comfort Inn in Penn Hills.

Also, at the meeting we received the Final Report from the 2015 General Service Conference. There are enough copies for each home group to have one. Unless your meeting is a Closed AA Meeting, please DO NOT display the Conference Report with your meeting literature. It is a confidential document that contains names, and financial information. Also, I would suggest that as a GSR you familiarize yourself with the report. There is good information that you could use, during your 2 minute GSR reports at your home group meetings, and there is also good information for discussion at your group consciences. Should you have a question for New York, please feel free to bring it to a district meeting. We can work together on the question format, and give it to our Delegate for submission to New York.

Lastly, don't forget your Grapevine Calendars and Planners. They make great holiday gifts, especially for all the AA's in your life.

In Love and Service,  
Margie S.  
DCM

## **ALT DCM REPORT**

Another amazing blessed month down ... the workshops for this year are now in the rear view mirror and the holidays are ahead. Beginning with November ... gratitude month!! I have so many blessing's, too many to count. I have been blessed with a wonderful planning committee, who despite my control issues, have still allowed me to chair the workshops. Thank you Thank you Thank you, each and every one of you is why these workshops work well. A special note of gratitude to those who take time on a Saturday morning to attend, it is appreciated. If you have suggestions for future workshops or subjects of interest, please contact myself or Margie. Truly blessed to be surrounded by a great fellowship.

During our October Area 60 Fall Assembly, a few business items to note. The proposal to have the quarterly area meeting moved beginning in 2017 was passed. The position of area alternate Chairperson is still open. We are also in need of an area Corrections Coordinator and their alternate. A new Parliamentarian (keeper of the rules of conduct) was voted in ... Congratulations to our very own Margie.

Blessed to be of service,

Leslie (Alt DCM)



# COMMITTEE REPORTS cont'd

## H & I

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  
Westmoreland County Prison - Service would once a month

Torrance State Hospital - We are looking for Home Groups to take meetings in for the following months of March, June and December. They are Monday Night meetings at 8:00 PM

Alternate Coordinate Members - We are looking for the following to do service in H&I  
Behavioral Health  
Bridging The Gap  
Westmoreland County Juvenile Center  
Pink Treasurer

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

Our next meeting is November 14th, at Christ United Church  
100 Lincoln Avenue, Youngwood at 10:30 AM

If you have an questions, please feel free to contact me .

Thanks for all your continued support of H&I

Steve B



## 22<sup>TH</sup> LIGONIER MIDWINTER SPIRITUAL ROUNDUP



FRIDAY 8:00 P.M. MEGAN K. MT. LEBANON, PA.  
SATURDAY 10:A.M. ALLAN F. BEAVER, P.A.  
SATURDAY 8:00 P.M. ROBBIE W. WILDWOOD, N.J.  
SUNDAY 9:15 A.M. KELLY M. CASTLE SHANNON, P.A.

SATURDAY AFTERNOON – SHARING SESSION ON SPIRITUALITY  
**FEBRUARY 12, 13, 14 2016**

THE WEEKEND IS LOCATED AT **ANTIOCHIAN VILLAGE** ON ROUTE 711 SEVEN MILES NORTH OF THE LIGONIER DIAMOND. FIRST CLASS LODGING, FOUR MEALS, AND REGISTRATION IS A PART OF THE WEEKEND PACKAGE.

\* SINGLE OCCUPANCY \$229.00  
\* DOUBLE OCCUPANCY \$159.00 EACH  
\* TRIPLE OCCUPANCY \$134.00 EACH

\*COMMUTERS DESIRING MEALS / REGISTRATION BUT NO LODGING \$95.00  
\*SATURDAY ONLY- MEALS & REGISTRATION \$55.00  
SATURDAY AFTER-NOON/ EVENING DINNER AND REGISTRATION \$30.00  
DROP-IN REGISTRATION \$5 A MEETING WITHOUT MEALS

FOR ADDITIONAL INFORMATION OR REGISTRATION FORMS CALL/ EMAIL  
ED J. @ 724-459-5461, E-MAIL [TANNERYED@HUGHES.NET](mailto:TANNERYED@HUGHES.NET)  
DAVE T. @ 412-400-6753,

E-MAIL [TOWNLEY@VERIZON.NET](mailto:TOWNLEY@VERIZON.NET)  
E MAIL ADDRESS LIGONIER MIDWINTER SPIRITUAL ROUNDUP L.M.S.R. [L.M.S.R.@HUGHES.NET](mailto:L.M.S.R.@HUGHES.NET)  
SATURDAY EVENING MASS 7:00 PM  
SATURDAY EVENING MASS 7:00 PM  
To guarantee meals please register by Feb 3, 2016

REGISTRATION FORM  
LIGONIER MIDWINTER SPIRITUAL ROUNDUP: FEBRUARY 14, 15, 16, 2014

DATE \_\_\_\_\_ E MAIL \_\_\_\_\_ AREA CODE&TELE # \_\_\_\_\_

NAME \_\_\_\_\_  
FIRST NAME SPOUSE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

NAME OF YOUR HOME GROUP \_\_\_\_\_  
\_\_\_\_\_ @ \$229.00 (SINGLE) \_\_\_\_\_ @ \$134.00 (TRIPLE) A FEW AVAIL.  
\_\_\_\_\_ @ \$159.00 (DOUBLE) \_\_\_\_\_ SOME ROOMS THREE BEDS  
\_\_\_\_\_ @ \$ 95.00 (COMMUTER) 4 MEALS +REGIS \_\_\_\_\_ @ \$ 30.00 SAT URDAY/ DINNER&  
REGIST.

EARLY ARRIVALS MAY ENJOY AN ADDITIONAL DINNER ON FRIDAY AT 5:00 PM \_\_\_\_\_ @ \$ 20.00

CHECK # \_\_\_\_\_ TOTAL AMOUNT \$ \_\_\_\_\_ CHECK HERE FOR HANDICAP ACCESSIBLE ROOM \_\_\_\_\_

MAIL THIS REGISTRATION WITH PAYMENT TO:  
**L.M.S.R.**

MAKE CHECKS PAYABLE TO: MID WINTER SPIRITUAL ROUNDUP **P. O. BOX 25**

**BLAIRSVILLE PA. 15717**

**THIS IS A SMOKE FREE FACILITY** TOURS OF THE ANCIENT EASTERN ORTHODX MUSEUM AVAILABLE  
**EARLY REGISTRATION WILL BE APPRECIATED**

*Sponsored by the Ligonier Wednesday Night Closed Discussion Group*

## SERVICE WORK SHOUT-OUT

(ON BEHALF OF DISTRICT 23)

On October 15, 2015, Daniel D. was recognized for his service work at The Westmoreland County Prison. He was presented with The 2015 Volunteer of the Year Award. Dan has dedicated his time giving back by taking meetings into the prison for the last four years.

**Thank you for your service work and commitment to Alcoholics Anonymous DANIEL!**



# Friends of Bill W. 28th Annual

## New Year's Eve Celebration Year 2015

Location : St. Vincent College---- Latrobe , Pa.  
SPONSORED BY, **BIG BOOK WAY TO LIFE GROUP**, LATROBE

### Cost of Tickets:

\$20.00 per person

December 25th cut-off date  
for ticket sales

Table reservations will be taken.

### Tickets and Information:

Ed J.

Mary B.

Sam H.

Jim V.

Rick M.

Lisa J.

### PROGRAM

6:00-6:45 Coffee & Appetizers

7:00-8:00 Dinner

8:30-9:30 Speakers Rick & Cheryl S.

9:30-1:00 am Dancing

11:30 50/ 30 /10/10

Midnight Celebration

### MENU

Tossed Salad / Dressing

English Style Cod

Hand Carved Roast Pork Loin

Bow Tie W/ Fresh Mozz & Tomatoes

Whipped Sweet Potatoes

Broccoli, Carrots and Cauliflower

Ind Banana Fosters Cake

Dinner Rolls , Butter

### Music:

DJ GARY HAY

### Cookies, & Dessert, & Snacks Are Always Welcome

Hot dogs and Kraut after lead

### Handicapped Accessible

Our New Years Dance is self supporting. No group monies are used  
to pay for this event. The cost is paid through ticket sales and 50 / 50 tickets

**A vegetarian meal is available if necessary. Please call me direct  
with your ticket stub number and name Ed J.**



# TIPS TO STAYING SOBER OVER THE HOLIDAYS

- **Working the AA program.** We need to actively have a program in place, be going to meetings, working the steps, calling and meeting a sponsor, meeting with other alcoholics and being of service. Having other people around you that can recognize if you are becoming restless, irritable and discontent can save your life. If it means saying “no” to family gatherings with alcohol or toxic environment...by all means say NO.
- Its true that as we get more time sober, our lives fill up, we have new friends, new jobs, we spend more time with our loved ones, but **just be aware that the idea that we are ‘all better’ after we get a decent amount of sober time** is a LIE that our disease tells us. Our disease wants us dead, but it *will* settle for us being drunk.
- **Have your own transportation** or bus schedule so that you are not at the mercy of someone else for a ride home – that way you can leave whenever you want and not when your friends/family are ready. Take a sober friend with you.
- **Meetings, meetings, meetings.** Some AA groups have marathon meetings held over the holiday period and some are even open 24 hours. One meeting per day (or more if needed) during the holidays is a really good idea. You will be around people who understand what you are going through and you can share how you are feeling.
- **Keep it simple-** The holidays can be stressful, take things one day at a time. Try not to make everything too extravagant. Being sober is a gift. That is truly enough. Remember the reason for the season.

**Plan sober activities. Check out** all the fun stuff that goes on during the holidays in your town.

- **Go see a Christmas play** like The Nutcracker or A Christmas Carol at a local performing arts center. Lose yourself in the story for a couple of hours and enjoy the message.
- **Plan an afternoon sporting event**, weather permitting. Get some friends together for a game of softball, football or volleyball. It is great exercise and a chance to have some clean fun. Watch how much better you play now sober.
- **Go see a holiday concert or a Christmas chorale performance.** Nothing defines the joy of Christmas like beautiful music. Let it move your soul.
- **GIVE BACK** An important element of recovery is the concept of giving back, or offering your time to help others in need. What better venue to put this in action than at a local homeless shelter where you can help with the preparation or serving of the holiday meal. Organize a food drive and take the collected food to a local pantry too.
- **Local malls and downtown centers** usually have special embellishments during the holiday season, such as a trolley, horse-drawn carriages or carolers. Grab a friend and put yourselves in the midst of this festive environment. Watch children light up as they go see Santa, and maybe get some shopping done while you’re at it.
- **Plan a sober party.** If attending parties where alcohol will be plentiful, possibly sabotaging your recovery, is too risky, why not plan your own party with sober friends and family? Make it a potluck to keep costs down, find some festive holiday punch recipes and offer sparkling cider, put on some great music, play some board games and have a white elephant gift exchange.
- **If you live in a snowy region, bundle up, get outside and enjoy winter activities with friends.** Get out the sled, ski or ice skate.
- **REMAIN GRATEFUL AND EMBRACE THIS SOBER LIFE...HAPPY HOLIDAYS TO ALL**

# 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

## **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](mailto:editor@aa-swestpa-dist23.org))

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

••REMINDER. IF YOU HAVE AN EXPERIENCE OR STORY YOU WOULD LIKE TO SHARE.....SEND TO THE EDITOR....ANONYMOUSLY IF YOU WISH. IT WILL BE FEATURED IN THE "YOUR PAGE" COLUMN OF THE NEWSLETTER. ••

# SAVE THE DATES.....

THE GREENSBURG 12 & 12 GROUP  
INVITES YOU TO JOIN US FOR OUR

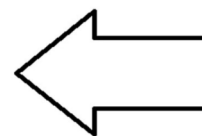
## **31st Anniversary** **Celebration**

**Sunday, November 22**

COFFEE AT 6:30

DINNER AT 7:00

SPEAKER AT 8:00



All are welcome!

Bring a friend, bring a newcomer,  
bring a covered dish!

Trinity United Church of Christ  
139 N. Main St., Greensburg

Ligonier Friday Night Anniversary

Friday, Nov. 20th

6PM Coffee

7PM Dinner

8PM Open Speaker

Desserts and covered dishes are  
welcome!