

THE 23 INFORMER

Issue #225 -2

December 2016

(revised)



PA, AREA 60, District 23

P.O. Box 1698 Greensburg, PA 15601

www.aa-swestpa-dist23.org

DISTRICT 23 SERVICE CONTACTS

<u>DCM</u> – Edward S.	dcm@aa-swestpa-dist23.org
<u>Alt. DCM</u>	altdcm@aa-swestpa-dist23.org
<u>Secretary</u> – Colleen Z.....	sec@aa-swestpa-dist23.org
<u>Treasurer</u> – Cliff F.....	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> – Colleen Z.....	webmaster@aa-swestpa-dist23.org
<u>Literature</u> – Andrew H.	lit@aa-swestpa-dist23.org
<u>Special Needs</u> ..Deb H	needs@aa-swestpadist23.org
<u>Bridging the Gap</u> – John H.....	bridg@aa-swestpa-dist23.org
<u>Public Info/CPC</u> –	picpc@aa-swestpa-dist23.org
<u>Answering Svc</u> –Rob P.	answer@aa-swestpa-dist23.org
<u>23 Informer</u> –Erin D. –.....	editor@aa-swestpa-dist23.org

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

COMMITTEE REPORTS

DCM REPORT

Hello District 23,

I like to thank you for the challenge as your newly elected DCM. As we are all new to our positions, remember we have help from our outgoing officers and coordinators.

As the holiday season is upon us, i hope that this finds us sober , happy , joyous and free from ourselves. Remember in this holiday season to remember to help the newcomers from 24 hrs old and to those who are newly trying to live sober through their first holidays with out alcohol.

As we finish our elections and get familiar with district business , we all still have work to do , to continue to help the next sick and suffering alcoholic.

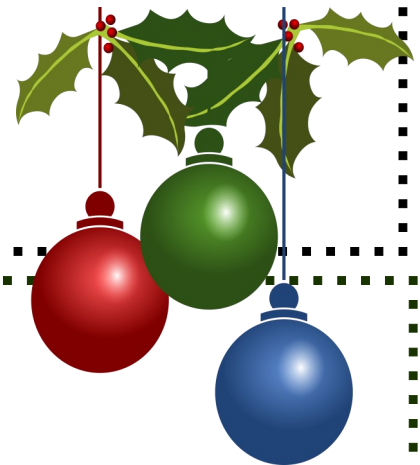
Since being elected I to thank all of the home groups that I made to so far and to those that I plan on seeing in the near future, for the warm greetings you gave me and to those that are still to come.

I hope all of you got your tickets for the New Years Eve celebration as I would like to see you there. If not, please be safe in what you do and leave yourself an out should you need it.

And yes, last but not least. We all have a lot of work ahead of us to keep this district running. If I don't have an answer for you, give me time to go and seek an answer. I look forward to working with all of you for the next couple years.

In love and service,

Ed S., Your DCM



H & I REPORT

Dear AA Friends,

The H&I Committee meeting will be held on December 10, 2016 at Christ United Church, 100 Lincoln Avenue, Youngwood at 10:30 AM.

Meetings are open to all AA members. Volunteers and coordinators still needed. It's a great way to do service work.

Also, a **special thank you** to all for donations to H & I in 2016. We have reached the \$10,000 goal!!!

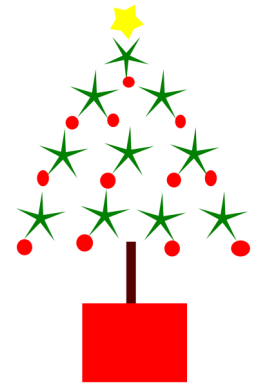
Thank you to all the coordinators who have given their volunteer time and welcome to all the new incoming coordinators. THANKS AGAIN.

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

Thanks for all your continued support of H&I

Bernie S.
H & I Chairperson

SOBER TIPS FOR THE HOLIDAYS



1 Plan each and every day of your holiday season: Plan to spend the majority of your time with friends and family who are supportive of your recovery.

2 Find a meeting in your area: Many groups have special meetings during the holidays to share their experience, strength and hope. Check the local papers for a meeting in your area.

3 Ask for support from family and friends: Those who are truly supportive of your recovery will be happy to help you throughout the holidays.

4 Have a list of ten people you can call: Make a list and check it twice. Carry your cell phone and list of names at all times.

5 Don't forget about regular exercise: Regular exercise is an essential component of any balanced recovery program.

6 Stay away from slippery places: There is absolutely no reason to ever check out your former favorite establishments.

7 Create new traditions to replace your old using patterns: Buy a new board game or take the family on a sleigh ride. Use your imagination, be creative, & have fun.

8 Write out a daily gratitude list: The quickest cure to get you out of the holiday blues is by counting your blessings and being grateful for what you have every morning.

9 Volunteer your services to a charitable organization: There are many people in your community who are less fortunate than you. You will be helping not only the needy but yourself!

10 Write a letter to yourself – “How I stayed sober over the holidays:” The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy, happy, and sober holiday season.

11 Avoid H.A.L.T. (Hungry, Angry, Lonely, Tired): If you are hungry, get something to eat. If you are angry, talk to somebody about it. If you are lonely, go to a meeting or call a friend. If you are tired, get a good night's sleep.

12 Live one day at a time and enjoy your sobriety: Stay in the moment and live one day at a time. Never mind about what happened or what could happen. Enjoy today. Live today

Celebrate SOBRIETY!

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)

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

SAVE THE DATE



FRIENDS OF BILL W. **29TH ANNUAL** **NEW YEARS EVE** **CELEBRATION**

St. Vincent College, Latrobe PA

Cost: \$20/person

Tickets and information:

Ed J.	724-459-5461 412-289-7670
Mary B.	724-989-1773
Ed S.	724-691-6356
Sam H.	724-840-8036
Jim V.	724-837-9483
Rick M.	724-516-0878

Begins at :

6:00pm -Appetizers and Coffee

7:00 Dinner

8:30 Speakers

(Kevin and Kimberly J)

9:30- 1am Dancing

(DJ Gary Hay)

*Hot dogs and kraut after lead

COOKIES AND SNACKS WELCOME!!
VEGETARIAN DINNER AVAILABLE