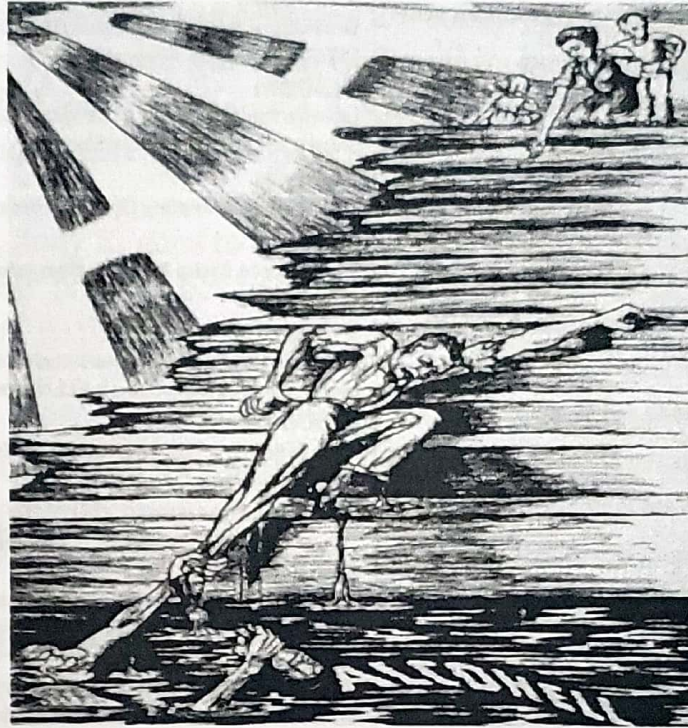


The 23 Informer

<http://aa-swestpa-dist23.org> April 2022 Edition 276



"The Resilience of Alcoholics Anonymous" Image by Bill White

DISTRICT CONTACTS

District Committee Member, Marcia Wdcn@aa-swestpa-dist23.org
Alternate DCM, Julian Ualtdcm@aa-swestpa-dist23.org
Secretary, Roberta W.sec@aa-swestpa-dist23.org
Treasurer, Chuck H.treas@aa-swestpa-dist23.org
Grapevine Representative, Dale M.grape@aa-swestpa-dist23.org
The 23 Informer Editor, Kari F.editor@aa-swestpa-dist23.org
Archivist, Ralph D.arch@aa-swestpa-dist23.org
H&I Coordinator, Chuck H.h_i@aa-swestpa-dist23.org
Bridging the Gap, Rob.bridg@aa-swestpa-dist23.org
Treatment & Accessibilities, Dave H.needs@aa-swestpa-dist23.org
Public Info/CPC, open.picpc@aa-swestpa-dist23.org
Literature/Meeting Lists, Chris J.lit@aa-swestpa-dist23.org
Answering Service, Rob P.answer@aa-swestpa-dist23.org
Webmaster, Adam B.webmaster@aa-swestpa-dist23.org

Need to talk someone?

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

☆☆☆ DCM REPORT ☆☆☆

A Great Paradox

These legacies of suffering and recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.

Twelve Steps and Twelve Traditions p.151

As our delegate, Jody K, goes to the annual Service Conference in New York this month, please pray for her to continue to help all of us to make a difference in A.A. so that it may continue to be here to continue to carry the message.

I had the pleasure to be a part of the Tuesday Night Group (Beginner's Meeting) for their 74th anniversary. It just amazes me that A.A. has been around for the sick and suffering alcoholic in our district for many years. I often think about the two men who started this and how they never gave up. It reminds me to try to continue to do my best and never give up, and that with the help of many people in the program, we can make a difference!

In Love and Service,

Marcia W., DCM

Upcoming Events:

- April 23rd, H & I Spaghetti Dinner, St. Vincent Grove, doors open at 10:30

A big high-five to all who attended PCAW. Thank you for your interest in our future of A.A. From what I saw, District 23 had the best turnout in Area 60! I'm sure I don't say this enough, but I am very proud of all of you and your service work and commitment!!!

What outside researchers in psychiatry are concluding about AA: a change in their perspective

Alcoholics Anonymous most effective path to alcohol abstinence

A Stanford researcher and two collaborators conducted an extensive review of Alcoholics Anonymous studies and found that the fellowship helps more people achieve

sobriety than therapy does. By Mandy Erickson

The Alcoholics Anonymous model — open to all and free — has spread around the globe, and AA now boasts over 2 million members in 180 nations and more than 118,000 groups.

Africa Studio Alcoholics Anonymous, the worldwide fellowship of sobriety seekers, is the most effective path to abstinence, according to a comprehensive analysis conducted by a Stanford School of Medicine researcher and his collaborators.

After evaluating 35 studies — involving the work of 145 scientists and the outcomes of 10,080 participants — Keith Humphreys, PhD, professor of psychiatry and behavioral sciences, and his fellow investigators determined that AA was nearly always found to be more effective than psychotherapy in achieving abstinence. In addition, most studies showed that AA participation lowered health care costs.

AA works because it's based on social interaction, Humphreys said, noting that members give one another emotional support as well as practical tips to refrain from drinking. "If you want to change your behavior, find some other people who are trying to make the same change," he said. The review was published March 11 in *Cochrane Database of Systematic Review*. *Cochrane* requires its authors to undertake a rigorous process that ensures the studies represented in its summaries are high-quality and the review of evidence is unbiased.

"*Cochrane Reviews* are the gold standard in medicine for integration of all the research about a particular intervention," Humphreys said. "We wanted to do this work through *Cochrane* because of its rigor and reputation."

The other co-authors are a researcher from Harvard Medical School and a researcher from the European Monitoring Center for Drugs and Drug Addiction.

Though well-known, AA faces skepticism

Although AA is well-known and used by millions around the world, mental health professionals are sometimes skeptical of its effectiveness, Humphreys said. Psychologists and psychiatrists, trained to provide cognitive behavioral therapy and motivational enhancement therapy to treat patients with alcohol-use disorder, can have a hard time admitting that the lay people who run AA groups do a better job of keeping people on the wagon.

Early in his career, Humphreys said, he dismissed AA, thinking, "How dare these people do things that I have all these degrees to do?"

Humphreys noted that counseling can be designed to facilitate engagement with AA — what he described as "an extended, warm handoff into the fellowship."

For the review article, Humphreys and his colleagues evaluated both AA and 12-step facilitation counseling.

Keith Humphreys, a co-author of the review, said that although AA is well-known and used by millions around the world, mental health professionals are sometimes skeptical of its effectiveness.

Paul Sakuma

AA began in 1935 when two men in Akron, Ohio, were searching for a way to stay sober; they found it by forming a support group. They later developed the 12 steps, the first being accepting one's inability to control drinking; the last, helping others sustain sobriety by becoming a sponsor of a new member. The AA model — open to all and free — has spread around the globe, and AA now boasts over 2 million members in 180 nations and more than 118,000 groups.

Though the fellowship has been around for more than eight decades, researchers have only recently developed good methods to measure its effectiveness, Humphreys said.

For the Cochrane review, the researchers found 57 studies on AA; of those, 35 passed their rigorous criteria for quality. The studies used various methods to measure AA's effectiveness on alcohol use disorder; the length of time participants abstained from alcohol; the amount they reduced their drinking, if they continued drinking; the consequences of their drinking; and health care costs.

AA shines

Most of the studies that measured abstinence found AA was significantly better than other interventions or no intervention. In one study, it was found to be 60% more effective. None of the studies found AA to be less effective.

In the studies that measured outcomes other than complete abstinence, AA was found to be at least as effective. For the studies that considered costs, most showed significant savings associated with AA participation: One found that AA and 12-step facilitation counseling reduced mental health costs by \$10,000 per person.

The researchers looked only at studies of AA; they excluded Narcotics Anonymous and organizations focused on addiction to other substances. While it was beyond the scope of their study, Humphreys said the AA review is "certainly suggestive that these methods work for people who use heroin or cocaine." Humphreys noted that the findings were consistent whether the study participants were young, elderly, male, female, veterans or civilians; the studies in the review were also conducted in five different countries. "It absolutely does work," he said of AA's method. He added that he feels validated in giving advice to so many patients to try AA: "That was really good advice, and that continues to be good advice," he said.

It works, it really does.

Reprinted from:

<https://med.stanford.edu/news/all-news/2020/03/alcoholics-anonymous-most-effective-path-to-alcohol-abstinence.html>

Alcoholics Anonymous

PA Area 60, District 23

PO Box 1698 Greensburg, PA 15601

www.aa-swestpa-dist23.org

24 Hour Hotline (866) 851-8459

Current Live Meeting List as of 3/27/22

Sunday

10:30am

Sunday Serenity Open Discussion Sage's Army 6044 Lincoln Highway, Suite 400, Greensburg

7:00pm

Scottdale Sunday Night Chair Choice/Open Speaker Last Sunday of Month Calvin United Church 311 Mulberry St, Scottdale

7:30pm

Greensburg Sunday Night 12&12 Church of the Brethren 554 Stanton St, Greensburg

Monday

12:00pm

Reading for Recovery Greensburg Noon Open Discussion YWCA 424 N. Main St. Greensburg

7:00pm

Monday Night Rector Open Beginners Alt 12&12 and Big Book St. Michael's of the Valley 2533 Rt 381 Rector

7:30pm

Monday Night Under the Bridge Open Discussion Presbyterian Church 108 W 3rd St. Derry

7:30pm

Big Book Study Open Discussion Trinity United Church 139 N. Main St. Greensburg

Tuesday

12:00pm

New Florence Noon Group Open Discussion-Beginner New Florence Methodist Church 196 9th St. New Florence

6:00pm

Dinner with Bill as Bill Sees It Open Discussion Norwin Christian Church 9610 Barnes Lake Rd. North Huntingdon

7:00pm

Mt. Pleasant Tuesday Big Book Study Closed Discussion New Hope Community Church, 482 Bridgeport Rd. Mt. Pleasant

7:30pm

Tuesday Beginners Group Beginner/Open Speaker Last Tue of Month, First Presbyterian Church, 300 S. Main St. Greensburg

Wednesday

12:00pm

Greensburg Wednesday Noon Discussion Open Discussion/Open Speaker 2nd Wed of Month. First Presbyterian Church, 300 S. Main St. Greensburg

12:00pm

Latrobe Open Discussion Noon/Open Speaker Last Wed of Month Trinity Lutheran Church 331 Weldon St. Latrobe

7:00pm

This is the Way, Study, Methodist Church (enter 2nd floor) 310 Oak St. Irwin

7:30pm

Gbg Wednesday Night Open Discussion Trinity United Church 139 N. Main St. Greensburg

8:00pm

Ligonier Discussion Group Closed Discussion Heritage United Methodist Church 107 Main St.

Alcoholics Anonymous

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Current Live Meeting List as of 3/27/22

Thursday

12:00pm

Greensburg Noon Open Discussion/Speaker last Thurs. St. Bruno Church 11707 S. Poplar St. Greensburg

7:30pm

Latrobe Thurs Night Big Book Study Closed Discussion Trinity Lutheran Church 331 Weldon St. Latrobe

7:30pm

KISS Women's Meeting Open Discussion YWCA 424 N. Main St. Greensburg

7:30pm

Irwin Back to Basics Big Book Discussion 1st Presbyterian Church 617 Main St. Irwin

7:30pm

Scottdale New and Old Timers Open Discussion/Open Speaker 3rd Thurs of Month Calvin United Church 311 Mulberry St. Scottdale

8:00pm

Hope in Sobriety Open Discussion Christ United Church 100 Lincoln Ave, Youngwood

Friday

12:00pm

Latrobe 12 & 12 Noon Beginner's Group Open Discussion Trinity Lutheran Church, 331 Weldon St. Latrobe, PA

6:00pm

This is H.O.W. Open Discussion 12&12 Study Group Brushcreek Evangelical Lutheran Church 177 Brush Creek Rd. Irwin

7:00pm

Friday Night Gratitude Open Discussion Greengate Commons (Sage's Army) 6044 Lincoln Highway, Suite 400, Greensburg

8:00pm

Acme Donegal Friday Night Open Discussion Acme United Methodist Church 3016 Rt 31, Acme

8:00pm

Jeanette Friday Night Chairs Choice First Presbyterian Church, 4th and Bullitt Ave, Jeanette

8:00pm

Ligonier Friday Night Open Discussion Heritage United Methodist 107 Main St. Ligonier

Saturday

10:30am

Twin Lakes Group Open Discussion Red Barn at Donahue Center, 216 Donahue Road, Greensburg

7:00pm

Rector Sat Night Open Discussion/Open Speaker last Sat of Month St. Michael's of the Valley 2533 Rt 381 Rector

7:30pm

Saturday Night Sober Open Discussion Sage's Army 6044 Lincoln Highway, Suite 400, Greensburg

8:00pm

Lincoln Highway Group Open Discussion/Beginner Circleville United Methodist Church 11600 Fairway Dr. North Huntingdon

Meetings are subject to change.