

**AREA SERVICE COMMITTEE AGENDA FOR May 20, 2023**

1. **Orientation** of any new GSR and or Groups by Area Vice Chair at 1:15 PM.
2. **CALL TO ORDER at 2:00 PM** at Ebensburg Presbyterian Church, 200 N. Center St., Ebensburg, PA 15931.
3. **Open Meeting with the Serenity Prayer.**
4. **Reading of the 12 Steps, 12 Traditions, & 12 Concepts.**
5. **Reviewing of Minutes:**
6. **Trusted Servants Roll Call:**  
Area Chair, Area Vice Chair, Secretary, Area Treasurer, Regional Committee Member, Public Relations/Helpline/Website Chair, H&I Chair, Fundraiser Activities Chair, Unity Retreat Chair, Unity Retreat Vice Chair, Literature Chair, B.O.D. Rep., P&A Chair, Outreach Chair
- 6a. **Make it known to all trusted servants:**  
As per **Motion 1-8:** That all trusted servants stay at the area meeting until over or report that they are leaving (no sneaking out). ***Intent:*** In case questions are asked of them so we do not have to wait a month for an answer.
7. **Trusted Servants Reports:**

1. Area Chair	8. Unity Retreat Vice Chair
2. Vice Chair	9. B.O.D. Rep
3. Secretary	10. Hospitals & Institutions
4. Public Relations/Helpline/Website	11. Policy & Administrations
5. Regional Committee Member	12. Outreach
6. Fundraiser Activities	13. Literature
7. Unity Retreat	14. Treasurer
8. **Old Business:** Motion 04-15-02 (brought by Lit committed and seconded by Seth S) - in the Literature Committee guidelines Section C in "Function of the Subcommittee" currently states : "upon request the subcommittee will distribute a welcome package to new groups donated by LMHANA, consisting of a set of group readings, and \$15 of their choice of Ips." This motion is to change it to state "upon request the subcommittee will distribute a group starter kit, donated by LMHANA"
9. **Nominations/Elections:**
10. **New Business:**
11. **Group Reports:**
  - **Altoona:** Spiritual Not Religious, Monday Nite NA Basic Text, Just For Today, Hope Not Dope, By Any Means Necessary, Restored to Sanity, Wake Up & Live
  - **Bedford:** NA Way
  - **Hollidaysburg:** Willingness, Trust, and Faith
  - **Ebensburg:** Point of Freedom
  - **Hollsopple:** A Thousand is Never Enough
  - **Indiana:** Sunday Survivors, Restoration to Sanity, 24 Principles for 24 Hours, Turning Point, Subject to Revision, Why Die, Thank God it's Friday, Clean and Serene, Saturday Staying Alive, Living Clean
  - **Johnstown:** Free Yourself, High Hopes, K.I.S.S, Primary Purpose
  - **Homer City:** No Matter What
  - **Somerset:** Hugs Not Drugs, Simplicity is Key, Attitude of Gratitude, Principles Before Personalities, Promise is Freedom, Hug Life
  - **Punxsutawney:** 2<sup>nd</sup> Chance Survivors
  - **Reynoldsville:** Broken Yet Accepted, Step Sistas
12. **Next L.M.H.A.N.A Area Service Committee: June 17, 2023**
13. **Close ASC with the "We Version" of the Serenity Prayer.**

Minutes from April 15, 2023, Area Service

1. CALL TO ORDER: at 2:00 PM at Ebensburg Presbyterian Church, 200 N. Center St., Ebensburg, PA 15931
2. Open Meeting with The Serenity Prayer
3. Reading of the 12 Steps (Scott N), 12 Traditions Timmy L) and 12 Concepts (Cody C)
4. Review of Minutes: Motion to accept minutes by Chandler, 2<sup>nd</sup> by Dillon D.
5. Trusted Servants Roll Call:  
Area Chair(A) , Area Vice Chair(P), Secretary(P), Area Treasurer(P), Regional Committee Member(A/E), H&I Chair(P), Public Relations/Web Chair(P), Literature Chair(P), Activities Chair(P), Unity Retreat Chair(P), Unity Retreat Vice Chair(P), B.O.D Rep(V), Policy & Administration (P), Outreach Chair(P)
6. Trusted Servants Reports:
  - Area Chair: Drew N- ABSENT
  - Area Vice Chair: Jeremy O. –PRESENT- No report
  - Secretary: Tracy G. – PRESENT; Passed around Trusted Servants List to be updated with any changes
  - Regional Committee Member: Sam R.- Present

### **H&I Subcommittee April 2023**

#### **H and I**

Opened at 1:03 with serenity prayer  
Steps chandler  
Trad Erin  
Chris concepts

Twin lakes Dillon- all is well. Solid group going in. Facility is happy and would have us in weekly if we were able.

Cove- Christian all is well 2 ppl going in both sides have good attendance. Once a month 2nd Sunday.

Indiana county jail: gabe attendance smaller but things are going well. Point of contact has been transitioned.

Bedford county: Lance all is well meet 1st and 3rd weds at 6 pm 3-10 guys. Men and women are signing up prior.

Spirit life: Timmy 1st and 3rd Thursday bah bah bah no problems things going well.

St joes: Aaron p 2 and 4 Tuesday attendance down but quality of meetings good.

Somerset county jail: joe h some scheduling problems happened but all is worked out. Need more involvement. ESP women.

Cambria county prison: need male apps approved  
No problems no changes.

Jefferson county jail. Chandler no one has gone in this month need more male involvement women on Covid lockdown.

Allegiance: Kevin it's busy season for work looking for some help.

Old business: pyramid still trying to get stuff figured out.

New business: planning workshops with unity retreat for events and retreat. Updated flyers being put together.

Eryn N nominated for jej chandler motioned 2nd by joe.

Pros and cons

Voted in

# **LMHANA PUBLIC RELATIONS** **COMMITTEE**

**Date:** 04/15/2023

**Attendance-** 6

## **Trusted Servants:**

**Chair: Scott N. – Present Vice Chair Kevin W. – Present Secretary: Tracy G.- Present Web Vice Chair: Lance Z. – Absent  
Task Force Coordinator: Sam R. – Present Web Chair: Vacant**

Called to order: @ 1: 02

- 12 Steps: Kevin W
- 12 traditions: Tracy G
- 12 concepts: Vic M

Read Guiding Principles Pg. 197

## **Financial Expenditures**

\$84.50- Meeting Lists

\$50 allotment- \$0

## **New Business**

- Returned letters (7)- action item- look into correct addresses
- Working with Melvin (Altoona) to start a new meeting in Tyrone- more will be revealed
- Event?- need 2 workshops
- Workshop at retreat?
- Sprit Life- presentation

## **Old Business**

- Poster- Bedford- posted around town

## Summary by Month

Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
<a href="#">Apr 2023</a>	499	62	256	158	1564	1023808	2541	4102	999	7984
<a href="#">Mar 2023</a>	567	73	287	173	2970	5164910	5377	8898	2293	17579
<a href="#">Feb 2023</a>	570	78	291	178	2621	10563027	4984	8154	2195	15980
<a href="#">Jan 2023</a>	754	117	332	155	2884	16950091	4814	10297	3641	23387
<a href="#">Dec 2022</a>	542	65	300	163	2862	2501743	5056	9329	2043	16803
<a href="#">Nov 2022</a>	633	65	358	157	2770	5489669	4728	10741	1963	18994
<a href="#">Oct 2022</a>	867	63	546	169	2517	3848007	5262	16946	1953	26883
<a href="#">Sep 2022</a>	639	63	322	167	2488	6753386	5018	9685	1904	19190
<a href="#">Aug 2022</a>	591	62	286	168	2781	1856286	5228	8873	1928	18337
<a href="#">Jul 2022</a>	580	68	266	146	2665	4287022	4553	8262	2127	17990
<a href="#">Jun 2022</a>	547	63	236	137	2545	1699016	4112	7094	1919	16437
<a href="#">May 2022</a>	524	72	245	143	2631	2482916	4443	7607	2256	16253
<b>Totals</b>						<b>62619881</b>	<b>56116</b>	<b>109988</b>	<b>25221</b>	<b>215817</b>

### Activities Meeting 4-15-23

Meeting was not conducted due to no committee members being present

Role Call:

Chair: Vacant

Vice-Chair: Vacant

Entertainment: Absent

Secretary: Vacant

Treasurer: Absent

Concessions: Absent

Nominations/Elections: None

Old Business: Looking to find some events that will interest members of LMHANA. Passed around a sheet during ASC to get some ideas from members for future events. Discussed a possible event in July at Laurel Hill State Park with a possible kickball or volleyball tournament. Will look at the idea and figure out a more concrete plan for next ASC (4/15/23).

New Business: Chair of this committee met with Vice Chair of ASC to relieve herself of the position due to lack of support. This position is now vacant.

Motion to close: N/A

## Unity Retreat Minutes April 15, 2023

- Open with Serenity Prayer at 12:00pm
- Reading of 12/12/12
  - 12 Steps – Jason S.
  - 12 Traditions – Dillon D.
  - 12 Concepts – Seth S.
- Roll Call
  - Chair – Bob N. – Present
  - Vice Chair – Liz M. – Present
  - Secretary – Jeremy O - Present
  - Treasurer – Lance S – Present
  - Programming – Drew N - Excused Absence
  - Registration – Erica P - Present
  - Activities – Seth S - Present
  - Merchandise – Dillon D - Present
  - Fire Ring – Jonathon - Excused Absence
  - Recording – Jason S - Present
- Trusted Servants Reports –
  - Chair – Bob N., - received email from Camp, they have the contract at the camp finalized and ready to sign, if anyone wants to tour the camp before the contract is signed, reach out to Bob N., it would be beneficial to see the set-up of the camp and the changes the committee has proposed at the Tabernacle, etc. Signing of the contract will either be April 17-18<sup>th</sup>, 2023 between 12p-1p, depending on the availability of interested committee members.
  - Vice Chair – Liz M., - Check signers have been updated at the bank 4/15/23 at 10:30am.
  - Treasurer – Lance S., - A spreadsheet was presented to the committee, merchandise spreadsheet was presented to the committee with merchandise ordered this year, pricing, and totals. The committee alone ordered \$650.00 worth of merchandise. The bill from American Eagle was presented and a check will need to be written out for merchandise in the amount of \$1,687.00 that will be reflected on next month's ledger/report. There's \$5,000 in the Unity Retreat Ledger.
  - Secretary – Jeremy O., - Nothing to report.
  - Programming – Drew N., - A lot of speakers have been signed up so far, discussed chairs of the workshops and clarification on that, there are chair sign-up sheets that can be given to the homegroups and allow the homegroups to get involved. (Discussion amongst committee took place) This report was given by Timmy L on behalf of Drew N.
  - Registration – Erica P., - Clarification on times and locations of concessions before forms can be printed, discussed putting “Cash Only” on the registration flyer how to pay at the Unity Retreat at the registration table, went to the committee for a vote (unanimously passed with voting members of the committee present)
  - Activities – Seth S., - There will be raffling at the events, members of Narcotics Anonymous have been in contact with him, speakers have been secured for the event on April 29, 2023, in Indiana. The literature order form will be filled out and a check will be cut for purchasing items for the event/s in the amount of \$28.15.
  - Merchandise - Dillon., - Shirts are in, turned out well. There was a discount applied to the order for (1.00) on each shirt, the order cost decreased. Today from the committee there was \$433 received for orders which were transferred to the Treasurer. There are two committee members who still need to pay and will not receive their items until the money is received. Merchandise will only be sold at the upcoming events and at the Unity Retreat. Discussion amongst the committee on ordering larger sweatshirts, more will be revealed.
  - Fire Ring - Jonathon., - Nothing to report, has a lighter. (Excused Absence)
  - Recording – Jason S., - Nothing to report, may not make the event, will be in New York, may need someone to record at the upcoming event on April 29<sup>th</sup>, 2023, Vice-Chair (Liz M.) will complete this task if necessary.
- Old Business –
  - Voting on logo was completed by voting members. The logo that was voted on was “Fanning the Flames of Desire.” The logo will be sent to digitalize the logo for printing.
- Nominations & Elections
  - There are currently no vacant positions within the Unity Retreat
- New Business – Discussed anything that may be needed for the upcoming event on April 29, 2023. Discussed having an H&I workshop at the event as requested by H&I Chair (Heather W.). This will be completed at the upcoming event. Discussion amongst the committee about utilization of the Tabernacle for all the main speakers, more will be revealed and discussed with the Programming Chair and will be voted on at the next committee meeting to finalize. Coffee cup pricing will be explored, see if it makes sense to order before the Unity Retreat.
- Motion to Close – Jason S. and 2<sup>nd</sup> by Dillon D.
- Close with Serenity Prayer at 12:55pm.

## LMHANA OUTREACH COMMITTEE

**Date:** 04/15/2023

1. Opened with Serenity Prayer: @ 12:02
2. Reading of the 12 step, traditions, and concepts
3. Roll Call
  - Chair- Present
  - Vice Chair- Vacant
  - Secretary- Vacant
4. Nominations/Elections- Voted in Aaron P for Secretary
5. Old Business- Making Flyer
6. New Business – Coming up with slogan for flyer
7. Close with Serenity Prayer – 1:13 PM

### Policy & Administration for April 15, 2023

- The meeting was called to order at 11:00 AM
- Trusted Servants Attendance:
  - Chair – Not Present
  - Vice Chair – Present
  - Treasurer – Present
  - RCM – Present
  - Secretary – Present
  - BOD – Vacant
- 12 Steps / 12 Traditions / 12 Concepts
  - 12 Steps – Jeremy
  - 12 Traditions – Sam
  - 12 Concepts – Tracy
- Old Business:
  - The service prayer has yet to be added to the front of the Area Guidelines, the revise date has not been updated recently when there have been guidelines updated/added. The service prayer has been added and sent to Lance S. so that the ASC Guidelines can be updated, as well as the revised date to reflect the changes.
- New Business: None
- Motion to Close – Jeremy & 2<sup>nd</sup> by Sierria
- Concluded at 11:19am

## LMHANA Treasurer Report - April 2023

Description		Debit	Credit	Balance
<b>STARTING AREA BALANCE</b>				<b>\$2,000.00</b>
<b>EXPENSES</b>				
Reimburse (Sam R - RCM Hotel Expense (from Jan) chk 323)		\$279.00		
Reimburse (Scott N - Meeting List Copies and chk 325)		\$84.80		
Presby Church Donation (Rent - 10% if >\$10)(add chk 324)		\$31.50		
<b>TOTAL EXPENSES</b>		<b>\$395.30</b>	<b>\$0.00</b>	<b>\$1,604.70</b>
<b>CHECKS WAITING TO CLEAR</b>				<b>\$1,604.70</b>
Regional Donation (add chk 309)		\$134.18		
Regional Donation (add chk 321 - VOIDED to acct for over lit - chk 322)		\$591.84		
<b>TOTAL NOT CLEARED</b>		<b>\$726.02</b>	<b>Bank Balance</b>	<b>\$2,330.72</b>
<b>GROUP DONATIONS</b>		<b>Group Count</b>		
Altoona	Spiritual Not Religious	1	\$0.00	
Altoona	NA Basic Text	1	\$0.00	
Altoona	Just For Today	1	\$0.00	
Altoona	Hope Not Dope			
Altoona	By Any Means Necessary	1	\$25.00	
Altoona	Wake Up And Live			
Altoona	Restored To Sanity	1	\$5.00	
Bedford	NA Way	1	\$50.00	
Bolivar	Our Way Out			
Ebensburg	Point Of Freedom			
Hollidaysburg	Willingness, Trust & Faith			
Hollsopple	A Thousand Never Enough			
Homer City	No Matter What	1	\$15.00	
Indiana	Sunday Survivors			
Indiana	Restoration To Sanity			
Indiana	24 Principles for 24 Hours	1	\$30.00	
Indiana	Turning Point	1	\$0.00	
Indiana	Living Clean			
Indiana	Subject To Revision	1	\$40.00	
Indiana	Why Die	1	\$100.00	
Indiana	Thank God It's Friday	1	\$0.00	
Indiana	Clean And Serene	1	\$0.00	
Indiana	Saturday Staying Alive			
Johnstown	Free Yourself			
Johnstown	Simple Solution			
Johnstown	Primary Purpose			
Johnstown	High Hopes			
Johnstown	K.I.S.S			
Punxsutawney	2nd Chance Survivors			
Reynoldsville	Broken Yet Accepted	1	\$50.00	
Reynoldsville	Step Sistas	1	\$0.00	
Somerset	Hugs Not Drugs			
Somerset	Simplicity is the Key			
Somerset	Attitude Of Gratitude			
Somerset	Principles Before Personalities	1	\$0.00	
Somerset	Promise Is Freedom			
Somerset	Hug Life			
<b>TOTAL GROUP DONATIONS</b>			<b>\$315.00</b>	<b>\$1,919.70</b>

<b>Other Donations:</b>			
Transfer from Literature			
Unity Retreat - Amount over Prudent Reserve			
Total Bank Deposit		\$315.00	
<b>AREA SUB BALANCE WITH SUB COMMITTEE RESERVES</b>			<b>\$1,919.70</b>
<b>Subcommittee Expenses:</b>			
Activities Fundraiser = \$250.00 (3 events per year)			\$1,919.70
Hospitals & Institutions (chk 326)	\$170.60		\$1,749.10
Public Relations = \$50.00 (per month)			\$1,749.10
Policy and Administration			\$1,749.10
New Groups			\$1,749.10
Miscellaneous: H&I Copies			\$1,749.10
<b>ENDING AREA BALANCE</b>			<b>\$1,749.10</b>
<b>ENDING BANK BALANCE</b>			<b>\$2,475.12</b>
<b>LMHANA Prudent Reserve:</b>	<b>\$2,000.00</b>		
<b>Suggested Regional Donation (if number is bracketed it's below reserve)</b>			<b>(\$250.90)</b>
<b>Total Number of Groups Donating this month</b>			<b>16</b>
<b>Percentage of Groups Donating</b>			<b>61.54%</b>
<b>Percentage of Area Expenses the Groups Donations are covering?</b>			<b>55.66%</b>

## Summary of Area Account

**Starting Balance: \$2000.00**

Total Expenses: \$395.30

Reimburse RCM Hotel Expense - \$279.00

Reimburse Lit Order Forms - \$84.80

Monthly Rent Donation - \$31.50

Group Donations: \$315.00 (17 Groups)

Subcommittee Expenses: \$170.60 (H&I)

**Ending Area Balance: \$1749.10**

**Check Waiting to Clear Bank**


Waiting for January Regional Donation (chk 309) - \$134.18

Waiting for March Regional Donation (chk 322) - \$591.84

**Total waiting to clear \$726.02**

**Ending Area Bank Balance: \$2,475.12**

## April 2023 Literature Report

 H & I: \$170.60

 Outreach: \$0.00

 Public Relations: \$0.00

 Home Groups: \$629.15

7. Old Business-

8. Nominations/ Elections: Natasha voted in as P & A officially



9. New Business: Motion 04-15-02 (brought by Lit committed and seconded by Seth S) - in the Literature Committee guidelines Section C in “Function of the Subcommittee” currently states : “upon request the subcommittee will distribute a welcome package to new groups donated by LMHANA, consisting of a set of group readings, and \$15 of their choice of Ips.” This motion is to change it to state “upon request the subcommittee will distribute a group starter kit, donated by LMHANA”

Motion 04-15-02 (brought by Why Die and seconded by Dillon D)- to include a link to the Why Die media fire account on the area website. Vote- 16-0-0 PASSED

10. Group Roll Call & Reports:

- Johnstown-
  - Primary Purpose- Liz M- Other
- Hollsopple-
- Altoona:
  - By Any Means Necessary- Ben W- Other
  - Spiritual Not Religious- Seth S.- GSR
  - Just for Today- Karl O- Other
  - NA Basic Text – Ronald M- Other
  - Restored to Sanity-Bill C- GSR
- Hollidaysburg: Willingness, Trust, and Faith- Aaron P- GSR-
- Indiana:
  - Living Clean- Tiffany B- GSR-
  - Turning Point- - Kevin W GSR-
  - Why Die- Gabe S - GSR
  - 24 for 24- Dave R- GSR
  - TGIF- Gary R- GSR
  - Clean & Serene- Victor M-GSR
  - No Matter What- Allison B- GSR
  - Subject to Revision- Erica P- GSR
- Bedford
  - NA way -Cody C-Alt GSR
- Somerset:
  - Simplicity is Key Lance Z – Other
  - Principles Before Personalities- Dillon D- GSR  
Anniversary coming up in May
  - Hug Life- Peter R .-GSR-
- Reynoldsville
  - Broken yet accepted- Chandler N- GSR
  - Step Sistas- Eryn N- GSR- NEW MEETING

11. Next Area Service will be held: May 20, 2023

12. L.M.H.A.N.A Area Service Committee Closed with the “We Version” of the Serenity Prayer.