

AREA SERVICE COMMITTEE AGENDA FOR March 16, 2024

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
 2. Vice Chair
 3. Secretary
 4. Public Relations/Helpline/Website
 5. Regional Committee Member
 6. Fundraiser Activities
 7. Unity Retreat
 8. Unity Retreat Vice Chair
 9. B.O.D. Rep
 10. Hospitals & Institutions
 11. Policy & Administrations
 12. Outreach
 13. Literature
 14. Treasurer
8. **Old Business:**
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, Willingness, Trust, and Faith
 - **Bedford:** NA Way
 - **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, Primary Purpose, Common Welfare, Saturday Night Jive
 - **Homer City:** No Matter What
 - **Somerset:** The Basics, Simplicity is Key, Attitude of Gratitude
 - **Punxsutawney:** 2nd Chance Survivors
 - **Reynoldsville:** Broken Yet Accepted, Step Sistas
12. **Next L.M.H.A.N.A Area Service Committee: April 20, 2024**
13. **Close ASC with the "We Version" of the Serenity Prayer.**

Minutes from February 17 2024, 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 (Kayleigh P), 12 Traditions (Bill C) and 12 Concepts (Tosha)
4. Review of Minutes: Motion to Accept by Lance S. second by Tim L.
5. Trusted Servants Roll Call:
Area Chair(P) , Area Vice Chair(P), Secretary(P), Area Treasurer(P), Regional Committee Member(A), H&I Chair(P), Public Relations/Web Chair(A), 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: Jeremy O- Thanks to Everyone for showing up. It shows how healthy our area is
 - Area Vice Chair: Christian S. – Please encourage area attendance at your homegroup level.
 - Secretary: Tracy G. – Nothing to report

LMHANA Area RCM Report

Regional Service Committee Meeting held Feb 10,2024

Attended Virtually

12 RCMs in attendance at beginning of the meeting

Nominations:

- PR – Toni B was nominated for Regional PR Chair by her Area (PASNA) but not elected due to a non-majority vote. PR Chair position remains open.
- BOD – BOD commitments run 2 years and re-elect in February.
 - Sherri B – current BOD Member and BOD Treasurer – up for re-election – Elected Unanimously and will serve for another 2 years
 - Paula K – current BOD Member and BOD Chair – up for re-election – Elected unanimously and will serve for another 2 years
 - BOD has 5 “Member At Large” positions still available.
- Lots of open service positions. If anyone has the willingness to serve, Region needs help.

Start to Live (Convention Updates)

- Closing STL 40 report given by last years Chair.
- STL 41 report given by incoming Chair. No huge news. Will keep updates coming as sub-committees and events are organized.

Hospitals & Institutions

- Only 2 reports from the Areas were received by Frank L. He’s asking that we send our report monthly so he can create a master sheet of H&I Commitments and also know the statistics of how many facilities we serve and what type they are (Rehab, Jail, etc).
- Waiting on the vote about Sponsorship Behind the Walls (report given before voting)

PR

- Position vacant. No report.

P&A

- Newly elected Vice Chair (Dan T) and Chair (Rich M) starting to work together and discuss where they can best serve the Areas.

BOD

- Cleaning up bills and some outstanding banking issues. Overall Region is doing well financially. Sherri B being voted back in creates continuity within Treasurer position. She does a very good job at keeping things straight.
- One of the PO Boxes that was not utilized was terminated.
- Billing issues reported in December were straightened out and bills were paid.

Web Site

- Mike O (Vice Chair) gave updates. Working on Meeting Update tool. Doesn’t always work.
 - Discussed BMLT as well. Try to utilize it for meeting info. Please check your HG info and make sure it is correct!

General Update:

Meeting lasted a long time. Hard to hear over Zoom with lots of static noise and side conversations. I will be attending in person in April. Some old bills that no one was sure what they were for were sorted out. One was for the new service for the Help Line. There was a random “Go Daddy” bill for web hosting, however our website is hosted by another company so it was not paid.

Lots of positions still available at the Regional Level. Please let LMHANA know if you are interested in serving. Typically you need the

vote of your Area to be elected at the Regional level.

In January I attended MARLCNA. In March I will present a full MARLCNA Report. I feel like it's something I need to be there to present so I can answer questions and provide materials that I accumulated while I was there. If anyone has any questions about it in the meantime, please contact me.

Thanks for letting me serve and I look forward to hugging everyone in March.

In Loving Service,

Scott N

H&I Report February 2024

- 1. Call to Order:** 02/17/24 at 01:00 P.M.
- 2. Open Meeting with Serenity Prayer.**
- 3. Reading of the 12 – 12 – 12**
 - i. 12 Steps – Aaron P. 12 Traditions – Kayleigh P. 12 Concepts – Christian S.
- 4. Roll Call:**
 - i. **H&I Chair:** Heather W. - Present
 - ii. **Vice Chair:** Jason S. - Present
 - iii. **Secretary:** Katie A. - Present
 - iv. **Panel Coordinators:**
 - i. **Allegiance:** Kevin W. – Absent
 - ii. **Bedford County Jail:** Vacant
 - iii. **Cambria County Prison:** Vacant
 - iv. **Cove Forge:** Christian S. – Present
 - v. **Dickenson:** Vacant
 - vi. **Indiana County Jail:** Gabe S. - Present
 - vii. **Jefferson County Jail:** Chandler – Absent
 - viii. **Pyramid:** Aaron – Present
 - ix. **SCI Somerset:** Vacant
 - x. **Somerset County Jail:** Vacant
 - xi. **Spirit Life:** Sam – Absent
 - xii. **St. Joes:** Vacant
 - xiii. **Twin Lakes:** Vacant
- 5. Review of the Previous Minutes:**
- 6. Trusted Servants Reports:**
 - i. **Chair:** An updated flyer with information on current commitments that need volunteers to speak or become panel leaders was handed out. Please distribute to home groups and make announcements at meetings that H&I is still looking for anyone willing to get involved.
 - ii. **Vice Chair:** Nothing to report.

- iii. **Secretary:** Please continue to fill out the H&I Report Form so the secretary can provide more information to the H&I Chair and Area.

7. H&I Panel Coordinator Reports:

- i. **Allegiance – Kevin W.– Absent**
 - i. No report given.
- i. **Bedford County Jail – Vacant**
 - i. Lance provided the report and is the point of contact for the facility. The meeting has 4-6 inmates in attendance and is a literature discussion. Men’s meetings are held on the 1st and 3rd Wednesdays of the month. The women’s meeting is on the 4th Wednesday of every month. Recently moved to a bigger room. The commitment needs women volunteers.
- ii. **Cambria County Prison – Vacant**
 - i. Heather provided the report and is the point of contact for the facility. Everything is still going smoothly. More applicants were approved and ready to volunteer. Katie A. and Aaron P. both attended orientation and were available to start going into the facility.
- iii. **Cove Forge – Christian S.– Present**
 - ii. Currently going in once a month on the 2nd Sunday of every month. An estimated 100 clients on both the women’s and men’s side. Did not take in a meeting this past Sunday due to the Super Bowl. Clients were given the option to either watch the game or have H&I come in and the clients chose to watch the game. Because of the high number of clients at the facility, the commitment is grateful that H&I has a stockpile that provides them with more literature to hand out to the clients.
- iv. **Dickenson – Vacant**
 - i. No report given.
- v. **Indiana County Jail – Gabe S. – Present**
 - i. Anywhere from 1-10 inmates attend the meeting. It is a literature/topic discussion. The commitment is going in every week. The men’s side missed 1-2 weeks due to scheduling conflicts. Women continue to take a meeting every week. In the last 2 weeks, there were no meetings due to no inmates in attendance.
- vi. **Jefferson County Jail – Chandler – Absent**
 - i. Women’s side have been going in every 2nd and 4th Saturday. They have some healthy discussions, and there have been 3-4 females in attendance. The male's side has not been going in due to not having two NA members to take the meeting in. Also, will grab the Basic Texts next month that donated from ECCNA to use for this commitment.
- vii. **Pyramid – Aaron P.– Present**
 - i. The commitment will go in for the first time this week. The men’s side will have a meeting taken in on the 1st and 3rd Sundays of the month. The women’s side will have a meeting taken in only on the 4th Sunday for now until another panel member is available. There was a delay in starting the commitment due to communication and schedule issues.
- viii. **SCI Somerset – Vacant**

- ii. Larry P. is the point of contact for the facility. Another member has been approved to get involved with the facility.

ix. Somerset County Jail – Vacant

- i. Joseph H. is the point of contact for the facility and provided the report. The commitment is on the 2nd and 4th Mondays of the month. Joe is picking up another application to submit for approval. Women inmates are asking for H&I meetings but there currently are no applications or women approved at this time. The point of contact for the facility has been making the inmates aware of when the meeting takes place so they can attend. Looking for more panel members to get involved.

x. Spirit Life – Sam R. – Absent

- i. All is well.

xi. St. Joes – Vacant

- i. No report given.

xii. Twin Lakes – Vacant

- i. No report given.

8. Old Business:

- ii. No old business.

9. Nominations/Elections:

- i. P.C. Pyramid – Aaron P. – pass.

10. New Business:

- i. Heather W., Jason S., and Kevin W. held a P.R./H.&I. meeting with SCI Loretto. The facility really would like for H&I meetings to be held at the facility. There are specific requirements and training that need to take place prior to going into the facility. The lieutenant is willing to be lenient on the requirements, but it will be on a case-by-case basis. The committee decided to table the decision to vote on whether to proceed forward with this commitment to see if anyone is willing/able to take on the commitment. Starting this month and moving forward, the committee will be reserving the last 15 minutes of the meeting (when applicable) to thoroughly go through the guidelines and make any changes with the intent to improve clarification and confidence when making group conscious decisions. Guideline XII, line 84-87 subsection 2-3 was reviewed.

11. Next H&I Sub-Committee: 03/16/24 at 1:00 P.M.

12. Close with the Serenity Prayer at 2:00 P.M.

LMHANA PUBLIC RELATIONS / WEBSITE COMMITTEE REPORT

Date: 02/17/24

Attendance- 3

Trusted Servants: Chair: Kevin W. – Absent, Vice Chair Joe H. – Present, Secretary: Logan S. Present

Web Chair: Lance S. – Present, **Task Force Coordinator:** Vacant, **Vice Web Chair:** Vacant

Called to order: @ 1: 05

- 12 Steps: Joe. H • 12 traditions: Logan. S • 12 concepts: Lance. S

Financial Expenditures

\$0.00

New Business

- Website Report - New website is up
- New meeting list
- Proof read guidelines to bring for a vote for in February ASC - Go over next month

Old Business

- H+I FCI Loretta + PR presentation
- Combing website + PR guidelines

Close 1:16

LMHANA Website Report and Usage Data = 2-17-2024

The New Web Site is up and running. <http://lmhana.com> check it out and use it . . .
 The Meeting list, and About NA, NA Events pages are good to go.
 We still have to add speaker files and other documents to NA Speagers, H&I, PR NA Group Docs etc.
 This is due to the file sizes and we had to keep the total sites size down for the new website transfer.
 The site should be completed to the original content over the next few weeks.
 Pay attention to the Website Usages – VISITS are actual use by someone on our site. Hits are when a search engine adds our site to someone searching for recovery or something related to that.
 If you want to get involved in the website call me at 814-442-1497 (leave message) or see me in person.

Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
Feb 2024	1277	488	796	148	1817	4110491	2528	13534	8305	21719
Jan 2024	1136	321	634	138	2876	12713727	4296	19681	9962	35231

In Loving Service

lance S – lmhana website chair – <http://lmhana.com>

Activities Minutes February 17, 2024

- Meeting called to order at 1:03 pm
- Present: Tim L, Liz M, Tori S, Dakota H, Nikie W

Read the 12 , 12 and 12, Liz- steps, Tori- principles, Dakota- concepts

- Roll Call- Chair, Tim L -present
- Secretary- Nikie W -present
- Treasurer- Blue K – Absent (vote excused)

Old Business

- Money to date \$271.00 – \$10.80 for sponsorship book for raffle.
- Discussed plans and needs for sponsorship brunch
- Made shopping list
- Planning for 75

New Business

- Nikie W nominated Tori S for concessions chair
- Liz 2nd
- All voted yes

Motion to close Liz M, 2nd Tim, closed at 1:34 with the serenity prayer

Unity Retreat Minutes February 17, 2024

- Open with Serenity Prayer at 12:02 pm
- Reading of 12/12/12
 - 12 Steps – Jason S.
 - 12 Traditions – Tracy G.
 - 12 Concepts – Tash T.
- Roll Call
 - Chair – Liz M. - Present
 - Vice Chair – Drew N – Present
 - Secretary – Jeremy O - Present
 - Treasurer – Jason S – Present
 - Programming – Jason R- Present
 - Registration – Tracy G - Present
 - Activities – Natasha T - Present
 - Merchandise – Lance S - Present
 - Fire Ring – Aaron P - Present
 - Recording – Erica P – Present
- Trusted Servants Reports
 - Chair – Liz M., - We are going to be voting on the logo, this will be completed in new business, the contract from the camp has been received with the waivers, will need to get copy of insurance information with the camps name on it.
 - Vice Chair – Drew N., - Needs to read the contract, if any members need assistance with anything let him know, discussion about being vigilant with children so an incident like last year does not happen again, waivers, etc.
 - Treasurer – Jason S., - There is 5,000.00 in the account.
 - Secretary – Jeremy O., - Nothing to report.
 - Programming – Jason R., - Discussed the layout of the retreat, potential speakers were discussed,
 - Activities – Natasha T. – Events are being worked on, more will be revealed.
 - Registration – Tracy G., - Nothing to report.
 - Merchandise – Lance S., - Pricing has not been discussed with pricing American Eagle, when the logo is voted on there are certain things that need to be considered to keep the price of merchandise affordable, etc.
 - Fire Ring – Aaron P. – Nothing to report.
 - Recording – Erica P., - Nothing to report.
- Old Business

- There is no old business to address currently.
- Nominations & Elections
 - All positions are filled currently.
- New Business
 - Theme has been called “A Simple Way...” and the t-shirt will be a combination of 2 logo submissions (bonsai & spiritual not religious.) The breast of the shirt will have the spiritual not religious logo on it and the back of the shirt will be the bonsai tree. The voting for this variation was unanimously approved by the committee.
- Motion to Close by Erica P and 2nd by Jeremy O.
- Close with Serenity Prayer at 12:54 pm.

Outreach Committee – February 17, 2024

1. Call to Order:

- 1/20/2024 at 12:01pm

2. Opened meeting with Serenity Prayer

3. Reading of the 12,12,12:

- 12 steps - Cody
- 12 traditions - Heather
- 12 concepts - Christian

4. Trusted Servants Roll Call:

- Chair - Gabe - present
- Vice Chair - present
- Secretary- present

5. Old Business:

Waiting for motion to pass regarding change to guidelines, of reading the 12,12,12

6. Nominations & Elections:

- Christian / Vice Chair - nominated by Heather, 2nd by Gabe - passed
- Heather / Secretary - nominated by Christian, 2nd by Gabe - passed

7. New Business:

- Gabe suggested that we review our stockpile & take inventory. Cody informed the committee of monthly allotment for Outreach. Reviewed guidelines - \$25 monthly allotment. Non-accruing/non-recurring funds. **ns:**
- Talked about using monthly funds to order 1 basic text & IPS & booklets to add into stockpile for future need.
- Discussed possible table events for this year, working together with the PR committee & Unity Retreat committee.
- Discussed creating a flyer for details about what Outreach is and contact info for the committee.

8. Next Outreach Committee meeting is 2/17/2024 at 12:00pm

9. Closed meeting with Serenity Prayer at 12:51 pm

Policy & Administration for February 17th , 2024

- The meeting was called to order at 11:00 AM
- Trusted Servants Attendance:
 - Chair – Present
 - Vice Chair – Present
 - Treasurer – Not Present
 - RCM – Not Present
 - Secretary – Present
 - BOD – Vacant
- 12 Steps / 12 Traditions / 12 Concepts
 - 12 Steps – Tracy G
 - 12 Traditions – Christian S
 - 12 Concepts – Cody
- Old Business: ○ None
- New Business: Pending the motion made by Outreach those guidelines will reflect accordingly if the motion passes today. H&I subcommittee will be submitting motions in the near future pertaining to their guidelines as well.
- Motion to Close – Jeremy O
- Concluded at 11:19a

February 2024 Literature Report

- H&I: \$98.80
- Public Relations: \$0.00
- Outreach: \$24.85
- Home Groups: \$428.00

7. Old Business- Motion 01-20-02- 14-0-02- PASSED

8. Nominations/ Elections: N/A

9. New Business:

10. Group Roll Call & Reports:

- Johnstown-
 - Free yourself – Jamie K- GSR
 - Primary Purpose- Peter R- GSR
 - Common Welfare- Freddie C GSR
 - Saturday Night Jive-
- Altoona:
 - Spiritual Not Religious- Kaileigh P.- GSR
 - Just For Today- Jasmine S- GSR
 - Wake up and Live- Stephen J- GSR
 - WTF- Timmy L- GSR
- Indiana:
 - Why Die- Gabe S – GSR
 - Subject to Revision- Kelly T - GSR
 - Restoration to Sanity-Blue K – Other
 - Turning Point- Tony M- GSR
 - Sunday Survivors- Nikie W
 - The Basics- Joe H – GSR
 - TGIF- Gary R- GSR
 - 24 for 24- Dave R- GSR
 - Staying Alive- Doug T- Other
- Reynoldsville
 - Broken yet accepted- Allison M- GSR
 - Step Sistas- Allison M- Other- NEW MEETING

11. Next Area Service will be held: March 16, 2023

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