

AREA SERVICE COMMITTEE AGENDA FOR April 20, 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: Motion 03-16-01**
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: May 20, 2024**
13. **Close ASC with the "We Version" of the Serenity Prayer.**

Minutes from March 16 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 (Blue K), 12 Traditions (Scott N) and 12 Concepts (Justin)
4. Review of Minutes: Motion to Accept by Lance S. second by Brandon R.
5. Trusted Servants Roll Call:
Area Chair(P) , Area Vice Chair(P), Secretary(P), Area Treasurer(P), Regional Committee Member(P), H&I Chair(P), Public Relations/Web Chair(P), Literature Chair(P), Activities Chair(P), Unity Retreat Chair(A), Unity Retreat Vice Chair(P), B.O.D Rep(V), Policy & Administration (P), Outreach Chair(P)
6. Trusted Servants Reports:
 - Area Chair: Jeremy O- Read Service Prayer
 - Area Vice Chair: Christian S. – Nothing to report
 - Secretary: Tracy G. – Nothing to report

H&I Report March 2024

1. **Call to Order:** 03/16/24 at 01:00 P.M.
2. **Open Meeting with Serenity Prayer.**
3. **Reading of the 12 – 12 – 12**
 - i. 12 Steps – Jason S. 12 Traditions – Aaron P. 12 Concepts – Gabe 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. – Present
 - 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 N. – Present
 - viii. **Pyramid:** Aaron P. – Present
 - ix. **SCI Somerset:** Vacant
 - x. **Somerset County Jail:** Vacant
 - xi. **Spirit Life:** Sam – Absent
 - xii. **St. Joes:** Vacant
 - xiii. **Twin Lakes:** Vacant
5. **H&I Panel Coordinator Reports:**
 - i. **Allegiance – Kevin W.– Present**
 - i. The commitment is still co-ed. The facility has a new point of contact (Ange) because the previous point of contact no longer works there.
 - i. **Bedford County Jail – Vacant**

- i. Lance provided the report and is the facility's point of contact. The meeting 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. The commitment needs women volunteers.
 - ii. **Cambria County Prison – Vacant**
 - i. Heather provided the report and is the facility's point of contact. Currently looking for a panel coordinator for the facility. There have been some scheduling conflicts on the men's side due to the majority of volunteers' home group being on the same day as the H&I meeting.
 - iii. **Cove Forge – Christian S.– Present**
 - ii. Currently, the men's and women's meetings are once a month on the 2nd Sunday of every month. There are no problems or concerns.
 - iv. **Dickenson – Vacant**
 - i. No report given.
 - v. **Indiana County Jail – Gabe S. – Present**
 - i. Women have been holding a meeting almost every week. There has been a lack of interest on the men's side for the past month. The facility was on lockdown for 1-2 weeks, so they were unable to have the meeting. Will be contacting the counselor of the facility regarding getting applications approved.
 - vi. **Jefferson County Jail – Chandler N. – Present**
 - i. Women's side have been going in every 2nd and 4th Saturday. They are still in need of support and members to volunteer. The inmates are not allowed to have IPs inside the facility.
 - vii. **Pyramid – Aaron P.– Present**
 - i. Brandon is a new panel leader. He will begin taking commitments to get acclimated. Commitments have only gone in twice, but all is going well.
 - viii. **SCI Somerset – Vacant**
 - ii. Larry P. is the point of contact for the facility. Victor C. application was approved and can begin taking in the commitment with Larry P.
 - ix. **Somerset County Jail – Vacant**
 - i. Joseph H. is the facility's point of contact and provided the report. The commitment is on the 2nd and 4th Mondays of the month. They are still looking for a panel coordinator.
 - x. **Spirit Life – Sam R. – Absent**
 - i. No report given.
 - xi. **St. Joes – Vacant**
 - i. No report given.
 - xii. **Twin Lakes – Vacant**
 - i. No report given.
- 6. Old Business:**
- ii. SCI Loretto. The facility really would like H&I meetings to be held there. Specific requirements and training need to be completed prior to entering the facility. The lieutenant is willing to be lenient on the requirements, but it will be on a case-by-case basis. 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 to improve clarification and confidence when making group conscious decisions. Guideline XII, lines 84-87, subsection 2-3 was reviewed.
- 7. Nominations/Elections:**
- i. No nominations or elections.

8. New Business:

- i. The subcommittee voted on starting the commitment with SCI Loretto. The vote resulted in being opposed to taking on this commitment right now due to not having members who are able to fulfill it. Heather W. will reach out to the facility to inform them of the committee's decision and offer information regarding our Regional Area Service to see if they are able to take on the commitment.
- ii. Torrance Psychiatric Hospital reached out asking for an H&I commitment to be taken to their facility. Previously was a commitment of the WE Area. Requirements for the commitment are currently unknown. Tabling the decision to allow GSR's to take the information back to their homegroups to see if anyone is willing to take on the commitment.
- iii. Heather W. will be reaching out to the facilities that currently have commitments but have not been present at area/provided a report to determine if they are still being taken into the facilities.

9. Next H&I Sub-Committee: 04/20/24 at 1:00 P.M.

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

LMHANA PUBLIC RELATIONS COMMITTEE REPORT

11. Date: 3/16/24

12.

13. Attendance- 5

14. Trusted Servants: Chair: Kevin W. - Present Vice Chair Joe H. – Present

15. Secretary: Logan S. Present Web Chair: Lance S. – Present

16. A Task Force Coordinator: Vacant

17. Vice Web Chair: Vacant

18. Called to order: @ 1: 10

19. • 12 Steps: Joe. H, • 12 traditions: Logan. S, • 12 concepts: Lance. S

20. Financial Expenditures = \$0

21. New Business

22. • Merging website/PR Guidelines 5-0-0. Add website chair to agenda/Servent roll call

23. • Send guidelines with report to HGs for motion to vote.

24. Old Business

25. • Loretto presentations

26. Close 1:41

LMHANA Website Report Summary by Month – 3-16-2024										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
Mar 2024	1443	542	1196	183	2175	2879375	3112	20347	9216	24539
Feb 2024	2000	1056	1534	171	3134	7969202	4984	44504	30627	58008
Jan 2024	1136	321	634	138	2876	12713727	4296	19681	9962	35231
Dec 2023	2015	1010	1278	141	2586	8352854	4384	39634	31337	62477
Nov 2023	1503	596	1011	144	2901	2865138	4331	30338	17909	45100
Oct 2023	650	167	357	139	2762	10367996	4321	11078	5196	20167
Sep 2023	590	92	311	124	2739	9575566	3736	9347	2777	17720
Aug 2023	594	82	302	149	3204	4863943	4628	9372	2555	18421
Jul 2023	564	76	292	131	3009	3758273	4067	9052	2365	17484
Jun 2023	563	90	267	151	3144	4776064	4534	8035	2712	16899
May 2023	585	81	280	151	2982	6389230	4694	8695	2522	18147
Apr 2023	542	65	286	163	2683	2955151	4900	8601	1976	16284
Totals						77466519	51987	218684	119154	350477

ILS – Lance S Web Chair

L.M.H.A.N.A Activities Committee Minutes

March 16, 2024

Meeting called to order at 1:12

Present: Tim L., Nikie W., Tori S., Scott N., Tasha T

Read the 12 steps- Scott N, 12 traditions- Tasha T., 12 concepts- Tim L.

Roll Call- Chair- Tim L present, Secretary- Nikie W present, Concessions Chair- Tori S present and Treasurer Blue K stepped down.

Vacant Positions- Vice Chair, Treasurer, entertainment

Old News

Reviewed first event. Event was successful bringing in a total of 1,063.09. We spent 274.00 on expenses for event and gave the church 100.00.

New Business

Scott suggests reviewing the guidelines and they need to be updated. They have a few contradictions.

Article II Subsection B8 and B9- supposed to have chair and trusted servant go over money and deposit immediately. 689.00 to be deposited today.

Writing a motion to keep 300.00

Article IX Section 3 number 3 line 641. Prudent reserve to be held by area treasurer.

Brainstormed ideas for the next activity. TBD. But possibly volleyball in Somerset. Probably the end of July. Voted on that Nikie Motion Tori 2nd.

Tim L motion to close 2nd Tori S closed with the serenity prayer at 1:35

Unity Retreat Minutes March 16, 2024

- Open with Serenity Prayer at 12:05 pm
- Reading of 12/12/12
 - 12 Steps – Jason S.
 - 12 Traditions – Aaron P.
 - 12 Concepts – Christian S.
- Roll Call
 - Chair – Liz M. - Present
 - Vice Chair – Drew N – Present
 - Secretary – Jeremy O - Present
 - Treasurer – Jason S – Present
 - Programming – Jason R - Absent (Excused)
 - 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., - Went to Camp Harmony on Monday, things are being renovated at the Camp, Deb is retiring from the camp but she did book the retreat for the next 5 years, the contract has been signed, prices are the same as the previous year from the camp. There will be one more cabin (possibly 2-3) available for the retreat. The pool is being renovated and will be available during the retreat for approximately 3 hours. The menu was provided and passed around to the committee. Merchandise will be figured out today.
 - Vice Chair – Drew N., - Nothing to report.
 - Treasurer – Jason S., - There is \$5,000 in the account.
 - Secretary – Jeremy O., - Nothing to report.
 - Programming – Jason R., - There are 5 speakers that are booked so far. (report sent in due to absence)
 - Activities – Natasha T. – Canoe Creek was looked into, there needs to be a date chosen, clarification was given on how booking should be completed. There were tentative dates discussed among the committee for the 2 events that will be conducted, end of April & early July 2024.
 - Registration – Tracy G., - Nothing to report.
 - Merchandise – Lance S., - Price sheets are being passed out amongst the group for merchandise. Some previous documents were also presented to the group.
 - Fire Ring – Aaron P. – Nothing to report.
 - Recording – Erica P. - Nothing to report.
- Old 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.
- Nominations & Elections
 - All positions are filled currently.
- New Business
 - The t-shirt colors have been voted on, olive green shirt, orange/yellow logo. 5 members voted yes to this shirt and 3 voted yes for the gray shirt.
- Motion to Close by Jeremy and 2nd by Jason S.

- Close with Serenity Prayer at 12:52pm

Outreach Committee - March 2024 Minutes

1. Call to Order:

- 3/16/2024 at 12:12pm

2. Opened meeting with Serenity Prayer

3. Reading of the 12,12,12:

- 12 steps - Heather
- 12 traditions - Gabe
- 12 concepts - Heather

4. Trusted Servants Roll Call:

- Chair - Gabe - present
- Vice Chair - Christian - (in another committee meeting)
- Secretary- Heather - present

5. Old Business:

- Talked more about Outreach flyer to be made

6. New Business:

- Discussed coordinating with P&A Chair to review and update guidelines
- Passed around paper for struggling homegroups to be listed for us to reach out to
- Filling monthly \$25 literature allotment this month to stock up for future Outreach events this summer

7. Next Outreach Committee meeting is 4/20/2024 at 12:00 pm

8. Closed meeting with Serenity Prayer at 12:40pm

Policy & Administration for March 16th, 2024

- The meeting was called to order at 11:25 AM
- Trusted Servants Attendance:
 - Chair – Present
 - Vice Chair – Present
 - Treasurer – Present
 - RCM – Present
 - Secretary – Present
 - BOD – Vacant
- 12 Steps / 12 Traditions / 12 Concepts
 - 12 Steps – Christian S
 - 12 Traditions – Scott N
 - 12 Concepts – Lance S
- Old Business:
 - Per the Outreach motion the subcommittee guidelines were updated to reflect and forwarded to the Website Chair.
- New Business:
 - Meet with Activities subcommittee to discuss their outdated guidelines.
 - Treasurer is going to gather information on the potential cost of a Microsoft Office subscription to be potentially utilized by LMHANA Trusted Servants.
 - ASC Guidelines Secretary & Treasurer “requirements” the wording may need to be more clearly defined when it addresses “resources necessary to conduct the business of LMHANA” to ensure that any financial contributions be reimbursed or clearly define the expectations of the position.

- Motion to Close – Tracy G
- Concluded at 12:00pm

March 2024 Literature Report

- H&I: \$99.10
- Public Relations: \$0.00
- Outreach: \$25.00
- Home Groups: \$910.00

LMHANA Treasurer Report - March 2024			
Description	Debit	Credit	Balance
STARTING AREA BALANCE			\$1,943.63
EXPENSES			
Regional Donation (\$868.07 - \$300 from Activities chk #374)	\$568.07		
Treasurer Reimburse Christina O. chk # 371	\$38.26		
Reimburse (add name and chk #)			
Reimburse (add name and chk #)			
Presby Church Donation (Rent - \$44.20 - chk # 373)	\$44.20		
TOTAL EXPENSES	\$650.53	\$0.00	\$1,293.10
CHECKS WAITING TO CLEAR			
TOTAL NOT CLEARED	\$0.00		\$1,943.63
GROUP DONATIONS			
	Group Count		
Altoona By Any Means Necessary	1	\$50.00	
Altoona Hope Not Dope			
Altoona Just For Today	1	\$9.00	
Altoona NA Basic Text	1	\$44.00	
Altoona Not Today - No Matter What	1	\$0.00	
Altoona Restored to Sanity	1	\$15.00	
Altoona Spiritual Not Religious	1	\$0.00	
Altoona Wake Up & Live			
Altoona Willingness, Trust & Faith	1	\$50.00	
Bedford NA Way			
Bolivar Our Way Out			
Ebensburg Point of Freedom			
Homer City No Matter What	1	\$14.00	
Indiana 24 Principles for 24 Hours			
Indiana Clean And Serene			
Indiana Living Clean	1	\$0.00	
Indiana Restoration to Sanity	1	\$10.00	
Indiana Saturday Staying Alive			
Indiana Subject To Revision	1	\$0.00	
Indiana Sunday Survivors	1	\$0.00	
Indiana Thank God It's Friday	1	\$0.00	
Indiana Turning Point			
Indiana Why Die	1	\$0.00	
Johnstown Common Welfare Group of NA			
Johnstown Free Yourself			
Johnstown High Hopes			
Johnstown K.I.S.S			
Johnstown Primary Purpose	1	\$0.00	
Johnstown Saturday Night Jive			

Johnstown Simple Solution			
Punxsutawney 2nd Chance Survivors			
Reynoldsville Broken Yet Accepted	1	\$200.00	
Reynoldsville Step Sistas Group of NA	1	\$0.00	
Somerset Attitude of Gratitude	1	\$50.00	
Somerset Hugs Not Drugs			
Somerset Principles Before Personalities			
Somerset Promise is Freedom			
Somerset Simplicity is the Key			
Somerset The Basics			
TOTAL GROUP DONATIONS		\$442.00	\$1,735.10
Other Donations: Activities Committee		\$689.00	
Transfer from Literature			
Unity Retreat - Amount over Prudent Reserve			
Total Bank Deposit		\$1,131.00	
REA SUB BALANCE WITH SUB COMMITTEE RESERVES			\$2,424.10
Subcommittee Expenses:			
Activities Fundraiser = \$300.00 (3 events per year)			\$2,424.10
Hospitals & Institutions	\$99.10		\$2,325.00
Outreach	\$25.00		\$2,300.00
Combined Check to Literature #372 for H&I & Outreach (\$124.10)			\$2,300.00
New Groups			\$2,300.00
Miscellaneous: H&I Copies			\$2,300.00
ENDING AREA BALANCE			\$2,300.00
ENDING BANK BALANCE			\$2,300.00
LMHANA Prudent Reserve:	\$2,300.00	\$0.00	
Suggested Regional Donation (if number is bracketed it's below reserve)			\$0.00
Total Number of Groups Donating this month			18
Percentage of Groups Donating			46.15%
Percentage of Area Expenses the Groups Donations are covering?			57.06%

g			
Description	Debit	Credit	Total
Starting Literature Balance			\$66.21
Debits			
NAWS Literature Purchase - Sales Order # - Chk			
Miscellaneous: Checks			
Credits			
Literature Sales		\$910.00	
H&I Donation			
Transfers from Area Account			
New Mtg Lit			
H&I Literature		\$99.10	

Outreach Lit Literature		\$25.00	
Bank Deposit Error			
Sub Total Balance	\$0.00	\$1,034.10	\$1,100.31
Ending Literature Balance			\$1,100.31
Literature Prudent Reserve: if over 2000 move to Main Account (bracketed number under PR)	\$2,000.00		(\$899.69)

7. Old Business-

8. Nominations/ Elections: Sierria E. nominated for Regional BOD member at large- Katie A second by Joe H

9. New Business: Motion 03-16-01- Merger of PR and Website Guidelines

Intent: To have Group Conscience to combine both committees guidelines into one

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: May 18, 2023

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