

AREA SERVICE COMMITTEE AGENDA FOR May 11, 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 04-20-01-To Purchase Microsoft Office 365 for \$99.99 for use by LMHANA trusted servants of ASC** for Required documentation of area minutes, guidelines, reporting etc.
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: June 15, 2024**
13. **Close ASC with the “We Version” of the Serenity Prayer.**

Minutes from April 20 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 April 2024

1. **Call to Order:** 04/20/24 at 01:00 P.M.
2. **Open Meeting with Serenity Prayer.**
3. **Reading of the 12 – 12 – 12**
 - i. 12 Steps – Damien M. 12 Traditions – Freddy S. 12 Concepts – John F.
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. – Absent/Excused
 - viii. **Pyramid:** Aaron P. – Present
 - ix. **SCI Somerset:** Vacant
 - x. **Somerset County Jail:** Vacant
 - xi. **Spirit Life:** Sam R. – Present
 - xii. **St. Joes:** Vacant
 - xiii. **Twin Lakes:** Vacant
5. **H&I Panel Coordinator Reports:**
 - i. **Allegiance – Kevin W.– Present**

- i. Different speaker every other Monday. The commitment needs another panel leader. Point of contact for the facility changes about every 2 weeks due to the high turnover rate with employees. Not sure who the current P.O.C. is, but will call and find out next week.

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 first and third Wednesdays of the month, and women's meetings are held on the fourth Wednesday of every month. The commitment needs a panel coordinator. Inmates have asked about sponsorship behind the walls.

ii. Cambria County Prison – Vacant

- i. Heather provided the report and is the facility's point of contact. The facility is currently looking for a panel coordinator. Some scheduling conflicts between panel leaders have prevented the meeting from being held a few times. We are still looking for more volunteers on the men's side.

iii. Cove Forge – Christian S.– Present

- ii. Currently, the men's and women's meetings are held once a month on the 2nd Sunday of every month. Christian is resigning from the commitment due to a conflict of interests. Another member is willing to step up to take the commitment.

iv. Dickenson – Vacant

- i. No report given.

v. Indiana County Jail – Gabe S. – Present

- i. There has been a continued lack of interest from the inmates, both men and women.

vi. Jefferson County Jail – Chandler N. – Absent/Excused

- i. The women's side has been going in every second and fourth Saturday. They still need support and members to volunteer. We placed 6 Basic Texts in the library. Six were also put in the allowed blocks (one for each block), which gives each block a total of 2 shared books. The rest of the books are being used for meeting purposes, so we don't have to pass around one book.

vii. Pyramid – Aaron P.– Present

- i. Commitment is going on the third and fourth Sundays of the month. The men's meeting starts at 6:30 P.M., and the women's starts at 6:45 P.M. The commitment is still new, but so far everything is going well.

viii. SCI Somerset – Vacant

- ii. Larry P. is the point of contact for the facility. We have two more panel leaders approved. Three men in the facility have asked to have a sponsor on outside. Inmates in the facility have started an institutional group named We Do Recover. There are two more NA Institutional Meetings being held every other Tuesday & Thursday from 4:30 P.M. to 5:30 P.M. The members are very appreciative of everything that the Area has done to help them and provide them with literature.

ix. Somerset County Jail – Vacant

- i. Joseph H. is the facility's point of contact. The commitment is on the 2nd and 4th Mondays of the month. They are still looking for a panel coordinator and more panel leaders. Only two men are

approved to go into the facility, so scheduling conflicts have prevented them from taking the meeting in.

x. **Spirit Life – Sam R. – Present**

- i. The speaker meeting is held every first and third Thursday of the month. The facility is flexible, so if the commitment is unable to make it, they can come in the following week. The meeting start time was also changed to begin at 7:00 P.M. Clients are requesting Basic Texts and more IPs due to running out prior to the next area. Requesting 3 Basic Texts from the stockpile along with more IPs.

xi. **St. Joes – Vacant**

- i. No report given.

xii. **Twin Lakes – Vacant**

- i. Heather W. is the facility's point of contact. Commitment goes in on the first and third Sunday of the month. There is a rumor that the facility could potentially become an all-male facility. Another NA member is interested in becoming the panel coordinator. We still in need of support for more panel leaders.

6. Old Business:

- ii. Heather W. reached out to Dickenson's facility regarding the commitment status due to a lack of contact with the previous panel leader/coordinator. The facility confirmed that the commitment had not been taken in for a while.

VOTE: Close the Dickensons commitment—Passed.

Heather W. will be sending the closing letter for the facility.

Torrance State Hospital was interested in having H&I meetings at their facility.

VOTE: Not to commit. – Passed.

Heather W. will contact the facility to explain that, due to a lack of available members, the Area is unable to fulfill the commitment at this time.

7. Nominations/Elections:

- i. Drew N. – Cove Forge Panel Coordinator – Passed
- ii. Christian S. – St. Joe's Panel Coordinator – Passed
- iii. Freddy S. – Twin Lakes Panel Coordinator - Passed

8. New Business:

- i. The subcommittee received a thank you card from SCI Somerset. They are grateful for all of the help and support they have received from the Subcommittee.

9. Next H&I Sub-Committee: 05/11/2024 at 1:00 P.M.

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

4/20/2024

1. Call to order 1:05 PM
 - a. 12 Steps – Scott N.
 - b. 12 Traditions – Scott N.
 - c. 12 Concepts –
2. Financial/Expenditures:
 - a. Kevin W. reimbursed \$74.20 for meeting lists (Staples)
3. New Business:
 - a. Fixing Friday and Saturday night meeting names in Johnstown.
 - b. Updating access to website & passwords.
 - c. Talked with UR committee about a time slot for PR presentation at the retreat, also talked with regional PR about new regional workshop.
 - d. Talked about UPMC flyer and possibly giving a PR presentation to UPMC behavioral health.
 - e. Bizland payment (web domain) upcoming, probably next month. \$233.00 for the year plus an additional \$20.00 for the domain name.
4. Old Business:
 - a. Merging guidelines for PR/website (voting today)
5. Closed at 1:30 PM.

Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	LB F	Visits	Pages	Files	Hits
Apr 2024	1241	521	941	154	2425	4215615	3099	18831	10424	24826
Mar 2024	1508	594	1211	178	3492	4877075	5548	37561	18421	46766
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
Totals						80724683	52622	246128	136807	38124

L.M.H.A.N.A Activities Committee Minutes April 2024

No meeting was held this month due to family emergency for the committee chair.

Unity Retreat Minutes April 20, 2024

- Open with Serenity Prayer at 12:03 pm
- Reading of 12/12/12
 - 12 Steps – Jason R.
 - 12 Traditions – Jason S.
 - 12 Concepts – Aaron P.
- 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., - There is nothing to report.
 - Vice Chair – Drew N., - There is nothing to report.
 - Treasurer – Jason S., - The bank account ledger reads at \$5,000.00, an invoice from American Eagle for \$1,905 was presented and will be sent out today. Another bill for Canoe Creek State Park was presented for \$92.50 and will be cut today.
 - Secretary – Jeremy O., - Nothing to report.
 - Programming – Jason R., - Went to Ocean City to obtain some speakers, waiting on a return phone call for a speaker for the Unity Retreat. Continuing to be proactive looking for speakers. There will be a workshop conducted for PR with the first 30 minutes being conducted by LMHANA PR and the second half being conducted by PR Regional Workshop pertaining to starting new home groups.
 - Activities – Natasha T. – The upcoming Spaghetti Dinner Event on April 27, 2024, will begin at 4pm with dinner being served at 6pm. June 22nd is the event at Canoe Creek State Park, a flyer will be created and posted on the LMHANA website. It will be held at Pavilion #1 for the whole day, the event will take place from 12p-dusk. More will be revealed when the flyer is published to LMHANA website. There will be a book raffle at the dinner, a SPAD & Special Edition of the White Book.
 - Registration – Tracy G., - The registration form has been presented to the group. Disclaimers for supervision of children being placed on the flyer have been addressed to the committee. Supervision of children will be added to all the workshop readings and children must be supervised by their parent or guardian at all times during the event. There will be a sign at the registration table as well. Final copy will be submitted to the group before the first UR Event on 4/27/24.
 - Merchandise – Lance S., - Merchandise Order Spreadsheet was presented to the group, there will be merchandise for the first event. \$570.00 was given to treasurer for the committees orders. Mugs will also be ordered, “basic mugs” colored in basic text blue.
 - Fire Ring – Aaron P. – Nothing to report.
 - Recording – Erica P. - Recording for the speaker at the UR Spaghetti Event will need to be obtained, needs to be shown how to work the recorders, if there are extra lanyards they need to be obtained for the recorders.
- Old 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.
- Nominations & Elections
 - All positions are filled currently.
- New Business
 - There is no business to address that was not already addressed in the reports above.
- Motion to Close by Jeremy O, 2nd by Aaron P.
- Close with Serenity Prayer at 12:53pm

April 20, 2024 - LMHANA Unity Retreat - The Journey Continues XXVIII - Treasure Report

Date	Ck #	Tranaction Description	Debit	rec	Credit	CK book balance
4/20/2024		Openiiing Balance				\$5,000.00
4/20/2024	530	American Eagle Order	\$1,905.00			\$3,095.00
4/20/2024	531	Canoe Creek Check to Tasha	\$92.50			\$3,002.50
4/20/2024	532	LMNHANA LIT books for Spag dinner raffle	\$32.50			\$2,970.00
4/20/2024	dept	Deposit from Committee order			\$570.00	\$3,540.00
		Ending Balance April Area ASC				\$3,540.00

P & A Committee Meeting April 2024

- ❖ The meeting was called to order at 11:00 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 – Tracy G
 - 12 Traditions – Scott N
 - 12 Concepts – Jeremy O
- ❖ Old Business:
 - Treasure to gather information on cost of Microsoft Office to be utilized by LMHANA trusted servants.
 - Meet with Activities subcommittee to discuss their outdated guidelines.
- ❖ New Business:
 - Motion was made to purchase Microsoft Office to be utilized by LMHANA trusted servants to conduct the business of LMHANA ASC.
 - None of the Activities subcommittee was present at ASC to meet with per old business.
 - Meet with Outreach subcommittee next ASC to discuss their guidelines.
- ❖ Motion to close
 - Sott N
 - Seconded by Lance S

❖ Concluded at 11:45a

Outreach Committee - April 2024 Minutes

1. **Call to Order:**
 - 4/20/2024 at 12:00pm
2. **Opened meeting with Serenity Prayer**
3. **Reading of the 12,12,12:**
 - 12 steps - Christian
 - 12 traditions - Gabe
 - 12 concepts - Christian
4. **Trusted Servants Roll Call:**
 - Chair - Gabe - present
 - Vice Chair - Christian - present
 - Secretary- Heather - absent
5. **Old Business:**
 - Talked more about Outreach flyer to be made
 - Discussed meeting with P&A to review and update guidelines
6. **New Business:**
 - Will be meeting with P&A Chair at 11:00am next month before our committee meeting starts, to go through guidelines and update. Will then schedule future dates to continue if needed
 - Discussed potential struggling homegroups and ways that Outreach can best serve them
7. **Next Outreach Committee meeting is 5/11/2024 at 12:00 pm**
8. **Closed meeting with Serenity Prayer at 1:00pm**

Literature Report – April 2024

- Groups: \$725.00
- H&I: \$95.00
- Outreach: \$24.95

Unity Retreat: \$32.50

LMHANA Treasurer Report - April 2024

Description		Debit	Credit	Balance
STARTING AREA BALANCE				\$2,300.00
EXPENSES				
Regional Donation (chk # 378 \$87.55)		\$87.55		
Reimburse (Kevin W - Mtg lists - Staples chk # 375) \$74.20		\$74.20		
Combined Check to Literature #377 for H&I & Outreach (\$119.95)		\$119.95		
Reimburse (add name and chk #)				
Presby Church Donation (Rent - 10% if >\$10)(chk # 376 \$31.30)		\$31.30		
TOTAL EXPENSES		\$313.00	\$0.00	\$1,987.00
CHECKS WAITING TO CLEAR				
Regional Donation (\$868.07 - \$300 from Activities chk #374)		\$568.07		
TOTAL NOT CLEARED		\$568.07	Bank Balance	\$2,868.07
GROUP DONATIONS		Group Count		
Altoona	By Any Means Necessary			
Altoona	Hope Not Dope			
Altoona	Just For Today			
Altoona	NA Basic Text	1	\$6.00	
Altoona	Not Today - No Matter What			
Altoona	Restored to Sanity	1	\$21.00	
Altoona	Spiritual Not Religious	1	\$0.00	
Altoona	Wake Up & Live			
Altoona	Willingness, Trust & Faith			
Bedford	NA Way			
Bolivar	Our Way Out			
Ebensburg	Point of Freedom			
Homer City	No Matter What	1	\$46.00	
Indiana	24 Principles for 24 Hours			
Indiana	Clean And Serene			
Indiana	Living Clean	1		
Indiana	Restoration to Sanity	1	\$10.00	
Indiana	Saturday Staying Alive	1	\$10.00	
Indiana	Subject To Revision	1		
Indiana	Sunday Survivors			
Indiana	Thank God It's Friday			
Indiana	Turning Point	1		
Indiana	Why Die	1	\$200.00	
Johnstown	Common Welfare Group of NA			
Johnstown	Free Yourself			
Johnstown	High Hopes			
Johnstown	K.I.S.S			
Johnstown	Primary Purpose	1		
Johnstown	Saturday Night Jive			

Johnstown	Simple Solution			
Punxsutawney	2nd Chance Survivors			
Reynoldsville	Broken Yet Accepted			
Reynoldsville	Step Sistas Group of NA			
Somerset	Attitude of Gratitude	1	\$20.00	
Somerset	Hugs Not Drugs			
Somerset	Principles Before Personalities			
Somerset	Promise is Freedom			
Somerset	Simplicity is the Key			
Somerset	The Basics			
TOTAL GROUP DONATIONS			\$313.00	\$2,300.00
Other Donations:				
Transfer from Literature				
Unity Retreat - Amount over Prudent Reserve				
Total Bank Deposit			\$313.00	
AREA SUB BALANCE WITH SUB COMMITTEE RESERVES				\$2,300.00
Subcommittee Expenses:				
Activities Fundraiser = \$300.00 (3 events per year)				\$2,300.00
Hospitals & Institutions				\$2,300.00
Public Relations = \$50.00 (per month)				\$2,300.00
Policy and Administration				\$2,300.00
New Groups				\$2,300.00
Miscellaneous: H&I Copies				\$2,300.00
ENDING AREA BALANCE				\$2,300.00
ENDING BANK BALANCE				\$2,868.07
LMHANA Prudent Reserve:		\$2,300.00	\$568.07	
Suggested Regional Donation (if number is bracketed it's below reserve)				\$0.00
Total Number of Groups Donating this month				12
				30.77%
Percentage of Area Expenses the Groups Donations are covering?				100.00%

LMHANA Literature Financial Report - April 2024

Description	Debit	Credit	Total
Starting Literature Balance			\$1,100.31
Debits			
NAWS Literature Purchase - Sales Order # - Chk			
Miscellaneous: Checks			
Credits			
Literature Sales		\$757.50	
H&I Donation			
Transfers from Area Account			
New Mtg Lit			
H&I Literature		\$95.00	

Outreach Lit		\$24.95	
Bank Deposit Error			
Sub Total Balance	\$0.00	\$877.45	\$1,977.76
Ending Literature Balance			\$1,977.76
<i>Literature Prudent Reserve: if over 2000 move to Main Account (bracketed number under PR)</i>	\$2,000.00		(\$22.24)

7. Old Business-

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

9. New Business: Motion 04-20-01- P & A Committee-Seconded by Lance S

To Purchase Microsoft Office 365 for \$99.95 for use by LMHANA trusted servants for required documentation of area minutes, guidelines, reporting etc. Once approved P & A will address updating appropriate guidelines and submit for approval by the groups. Intent: to remain fully self supporting by the groups to accomplish required duties at the area level.

Motion 04-20-02- To Move Area One Week Ahead due to numerous trusted servants to be absent on 5/18/2024. Voted on at area and passed 12-0-1

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-

11. Next Area Service will be held: June 15, 2023

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