

AREA SERVICE COMMITTEE AGENDA FOR August 17, 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 7-20-01- to Donate a box of basic texts to UR Committee to give away during clean time countdown
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: September 21, 2024**
13. **Close ASC with the "We Version" of the Serenity Prayer.**

Minutes from July 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 Gabe S. second by Kevin W.
5. Trusted Servants Roll Call:
Area Chair(A) , Area Vice Chair(P), Secretary(P), Area Treasurer(P), Regional Committee Member(P), H&I Chair(A), Public Relations/Web Chair(P), Literature Chair(P), Activities Chair(A), Unity Retreat Chair(A), Unity Retreat Vice Chair(A), B.O.D Rep(V), Policy & Administration (P), Outreach Chair(P)
6. Trusted Servants Reports:
 - Area Chair: Jeremy O- Absent
 - Area Vice Chair: Christian S. – Nothing to report
 - Secretary: Tracy G. – Nothing to report

H&I Report July 2024

1. **Call to Order:** 07/20/24 at 01:00 P.M.
2. **Open Meeting with Serenity Prayer.**
3. **Reading of the 12 – 12 – 12**
 - i. 12 Steps – Christian S. 12 Traditions – Sam R. 12 Concepts – Katie A.
4. **Roll Call:**
 - i. **H&I Chair:** Heather W. – Absent/Excused
 - ii. **Vice Chair:** Jason S. - Present
 - iii. **Secretary:** Katie A. - Present
 - iv. **Panel Coordinators:**
 - i. **Bedford County Jail:** Vacant
 - ii. **Cambria County Prison:** Vacant
 - iii. **Cove Forge:** Drew N. – Absent/Excused
 - iv. **Indiana County Jail:** Gabe S. - Present
 - v. **Jefferson County Jail:** Chandler N. – Present
 - vi. **Pyramid:** Aaron P. – Absent/Excused
 - vii. **SCI Somerset:** Vacant
 - viii. **Somerset County Jail:** Vacant
 - ix. **SpiritLife:** Sam R. – Present
 - x. **St. Joes:** Christian S. – Present
 - xi. **Twin Lakes:** Vacant
5. **H&I Panel Coordinator Reports:**
 - i. **Bedford County Jail – Vacant**
 - i. Lance S. is the P.O.C. Men go in the 3rd Wednesday of every month. Women go in the 4th Wednesday of every month. Commitment needs women panel leaders.

- ii. **Cambria County Prison – Vacant**
 - i. Katie A. and Liz M. are now the P.O.C for the facility. Women go in on the 2nd and 4th Sunday of every month. Great attendance this past Sunday. Missed the last 3 commitments due to schedule conflicts.
- iii. **Cove Forge – Drew N.– Absent/Excused**
 - ii. The commitment is the men's side on the 2nd Sunday of the month and the women's side on the 4th Sunday of every month. We are currently taking in the men's and women's meetings until a female panel leader is found.
- iv. **Indiana County Jail – Gabe S. – Present**
 - i. The women's side goes in every week, and the men's side goes in every other week. Scheduling problems are still present. Two applications were accepted, and two applications were denied. We will be resubmitting the applications, and if denied again, the P.O.C. of the facility will appeal the decision with the warden.
- v. **Jefferson County Jail – Chandler N. – Present**
 - i. Females have gone in, but no inmates participated. We are thinking of discussing with the P.O.C. about going in at a different time to see if it brings a better turnout.
- vi. **Pyramid – Aaron P.– Absent/Excused**
 - i. Commitment is going on the third and fourth Sundays of the month. The men's meeting starts at 6:30 p.m. Currently, the women's side needs panel leaders.
- vii. **SCI Somerset – Vacant**
 - ii. P.O.C absent; no report.
- viii. **Somerset County Jail – Vacant**
 - i. P.O.C absent; no report.
- ix. **Spirit Life – Sam R. – Present**
 - i. The speaker meeting is held every 1st and 3rd Thursday of the month. It needs support and a new panel leader. Interested in the possibility of increasing the allowance for literature to accommodate both men and women in the facility.
- x. **St. Joes – Christian S. – Present**
 - i. The meeting is held on the 2nd and 4th Tuesdays of the month at 7 p.m. Everything is going well.
- xi. **Twin Lakes – Vacant**
 - i. No report.

6. Old Business:

- i. There will be an H&I workshop at the Unity Retreat Pincic on Saturday, June 22, 2024. It will be held between the two speakers. There will also be a workshop at the Unity Retreat in August. Time and date TBA. Scott N. provided the committee with white booklets from the Regional H&I chair. The booklets were placed in the stockpile.

7. Nominations/Elections:

- i. None.

8. **New Business:** The H&I workshop at the Unity Retreat will be held on Saturday. The exact time is uncertain, but it could potentially be between 12:00 and 3:00p.m. We discussed simplifying the H&I Report Form to free up more time to discuss other matters. This can potentially prevent the committee from running over time and causing Area Service to start late.
9. **Next H&I Sub-Committee: 08/17/2024 at 1:00 P.M.**
10. **Close with the Serenity Prayer at 1:40 P.M.**

LMHANA Public Relations Minutes 7/20/2024

- Call to order at 1:00 PM
- Open with Serenity Prayer
- Reading of 12/12/12
 - 12 Steps – Kevin W.
 - 12 Traditions – Joe H.
 - 12 Concepts – Liz M.
- Financial / Expenditures
 - \$100.70 reimbursed to Kevin W. for meeting lists
- Old Business
 - Somerset Recovery Walk on 8/17/24 at Somerset HS athletic field
 - Recovery in the Valley 9/28/24 from 11-5P at Central Park in Johnstown
 - Breaking down the Borders on 9/14/24 at Seward Ballfield from 10:30-?
 - Savage Sisters on 9/27/24 in Indiana from 8:30A-?
- New Business
 - Meeting list printing prices went up to .20 per copy, going to do due diligence and price shop to ensure we are still getting the best deal
 - Spoke with regional PR chair to have a workshop at the LMHANA Unity Retreat at 12PM Saturday, 8/24/24
- Closed w/ Serenity Prayer at 1:20 PM

LMHANA Website Report and Usage Data = 7-20-2024

Web Vice Chair Brandon R and I had a web committee meeting 6-23-2024 and went over the in's and out's of the LMHANA website, email assignments, ISPBizland & Imhana google groups email. Brandon brings much website knowledge to Imhana web committee.

- **Any LMHANA** Group Meeting List updates or LMHANA Group Event Flyers should be emailed to: lmhana@lmhana.com
- **It is each NA groups** responsibility to update any group meeting info on the Tri-State Regional Web Site. <https://tristate-na.org/> then "MEETINGS" then "GROUP UPDATE FORM"

- This helps us immensely both in time and what's on the Regional list is automatically updated on the NAWS website

- The website meeting list and website meeting list pdf was updated 6-15-2024.
- You can print the Imhana meeting list from any page on the web site. Look for **“Click Here to Download and Print – Latest LMHANA Meeting List in PDF format”**
- Please refresh your phone or delete cookies if you see a meeting list dated before – 6-15-2024.
- Please check your spam or junk mail if you find you are not receiving email; from Imhana. Add Imhana’s email to your contact list and it will not be considered spam.
- To get on the LMHANA email list just email your request to lmhana@lmhana.com
- 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.

LMHANA Website Useage Report										
6-14-2024										
Summary by Month										
Month	Daily Avg					Monthly Totals				
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
Jun 2024	1086	543	797	165	1712	1218221	2478	11961	8145	16292
May 2024	1181	532	872	167	3464	10876580	5202	27058	16516	36636
Apr 2024	1378	638	1017	169	3784	7370367	5085	30538	19146	41364
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
Totals						84808942	53060	280124	164956	415666

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If you want to get involved in the website call me at 814-442-1497 (leave message) or see me in person. To get on the LMHANA email list just email your request to lmhana@lmhana.com

- Lance S - Imhana web chair
- lmhana@lmhana.com

No meeting this month

Policy & Administration for July 20, 2024

- The meeting was called to order at 11:00 AM
- Trusted Servants Attendance:
 - Chair – Not Present
 - Vice Chair – Present
 - Treasurer – Not Present
 - RCM – Present
 - Secretary – Present
 - BOD – Vacant
- 12 Steps / 12 Traditions / 12 Concepts
 - 12 Steps – Christian S.
 - 12 Traditions – Tracy G
 - 12 Concepts – Scott N
- Old Business:
- All ASC guidelines and Subcommittee guidelines are current to date to the best of P&A chairs knowledge
- Pending the vote on current motions for Outreach additional updates will reflect accordingly.
- Purchase of Microsoft Office passed and will need to be made.
-
- New Business: Updates to all guidelines will be made accordingly pending outcome of today's votes.
-
- Motion to Close – Christian S
- Second- Tracy G
- Concluded at 11:15 am

Unity Retreat Minutes 7/20/2024

- Open w/ Serenity Prayer at 12:03 PM
- Reading of 12/12/12
 - 12 Steps – Erica P.
 - 12 Traditions – Tracy G.
 - 12 Concepts – Lance S.
- Roll Call
 - Chair – Present
 - Secretary – A/E
 - Treasurer – Present
 - Programming – Present
 - Registration – Present
 - Activities – VACANT
 - Merchandise – Present
 - Fire Ring – A/UE
 - Recording – Present
- Trusted Servants Reports

- Chair – Liz M., discussed registration packages of hope, discussed waivers for the camp. Banners in closet and signs, will grab next month. Generating enthusiasm within committees and making sure everyone has substantial help for the event. Finalizing details for event. 4 weeks to go!
- Vice Chair – Drew N., A/E, nothing to report. If anyone needs anything give me a holler.
- Secretary – Jeremy O., A/E, nothing to report. Sent minutes and agenda.
- Treasurer – Jason S., Bank is \$1.10 over, reconciled in book.
- Programming – Jason R., moving H&I and PR workshops to noon, voting on Chuck D as possible main speaker. Had a hard time getting out of town speakers, but filling slots.
- Registration – Tracy G., the registration package treats are ordered, should be arriving within two weeks. Planning bag and tag party for some time in the first two weeks in August.
- Activities – VACANT
- Merchandise – Passed out updated merch paper, we have 101 items left. Forgot about \$150 in merchandise money from picnic, so picnic actually made \$346 in merch. Going to place second order which includes preorders. 70 mugs on hand.
- Fire Ring – Aaron, absent, no report sent.
- Recording – Erica P., got lanyards for recorders.
- Old Business
 - Committee cabin was discussed amongst the group.
- Nominations & Elections
 - Activities Chair position is open
 - Nikki W. nominated by Erica P., 2nd by Lance S. PASSED 6-0-0
- New Business
 - All previously discussed in reports
- Motion to Close by Jason S., 2nd by Lance S.
- Close with Serenity Prayer at 12:54 PM.

Outreach Committee - July 2024 Minutes

NO MEETING THIS MONTH

Literature Report – July 2024

- Homegroups: \$1228.00
 - H&I: \$113.60

LMHANA Treasurer Report - July 2024

Description	Debit	Credit
STARTING AREA BALANCE		
EXPENSES		
Regional Donation (Chk#391 \$1,363.23)	\$1,363.23	
Reimburse (Kevin W. Chk # 387 - \$100.70 - Copies Plus)	\$100.70	
Reimburse (Lance S, Chk #388 \$255.46 - BIZLAND)	\$255.46	
Reimburse (Literature Chk# 389 \$113.60)	\$113.60	
Presby Church Donation (Rent - 10% if >\$10)(\$54.60 CHK# 382)	\$54.60	
TOTAL EXPENSES	\$1,887.59	\$0.00

CHECKS WAITING TO CLEAR		
Regional Donation (add chk #386 - \$165.58)	\$165.58	
TOTAL NOT CLEARED	\$165.58	<small>Bank Balance</small>

GROUP DONATIONS		Group Count	
Altoona	By Any Means Necessary	1	\$90.00
Altoona	Hope Not Dope		
Altoona	Just For Today	1	\$10.00
Altoona	NA Basic Text	1	\$0.00
Altoona	Not Today - No Matter What		
Altoona	Restored to Sanity	1	\$20.00
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	\$11.00
Indiana	24 Principles for 24 Hours	1	\$20.00
Indiana	Clean And Serene		
Indiana	Living Clean		
Indiana	Restoration to Sanity	1	\$40.00
Indiana	Saturday Staying Alive	1	\$10.00
Indiana	Subject To Revision	1	\$0.00
Indiana	Sunday Survivors	1	\$75.00

Indiana	Thank God It's Friday		
Indiana	Turning Point	1	\$0.00
Indiana	Why Die	1	\$100.00
Johnstown	Common Welfare Group of NA		
Johnstown	Free Yourself	1	\$0.00
Johnstown	High Hopes		
Johnstown	K.I.S.S		
Johnstown	Primary Purpose	1	\$0.00
Johnstown	Saturday Night Jive	1	\$20.00

Johnstown	Simple Solution		
Punxsutawney	2nd Chance Survivors		
Reynoldsville	Broken Yet Accepted	1	\$100.00
Reynoldsville	Step Sistas Group of NA		
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			\$546.00
Other Donations:			
Transfer from Literature			\$1,341.59
Unity Retreat - Amount over Prudent Reserve			
Total Bank Deposit			\$1,887.59
AREA SUB BALANCE WITH SUB COMMITTEE RESERVES			
Subcommittee Expenses:			
Activities Fundraiser = \$250.00 (3 events per year)			\$ 300.00
Hospitals & Institutions			
Public Relations = \$50.00 (per month)			
Policy and Administration			
New Groups			
Miscellaneous: H&I Copies			

ENDING AREA BALANCE				
ENDING BANK BALANCE				
LMHANA Prudent Reserve:			\$2,000.00	\$165.58
<i>Suggested Regional Donation (if number is bracketed it's below reserve)</i>				
Total Number of Groups Donating this month				
Percentage of Groups Donating				
Percentage of Area Expenses the Groups Donations are covering?				

LMHANA Literature Financial Report - July 2024		
Description	Debit	Credit
Starting Literature Balance		
Debits		
NAWS Literature Purchase - Sales Order # - Chk		
Transfer to Main Acct - over reserve - CHK#432 \$1,341.59)		
Credits		
Literature Sales		\$1,228.00
H&I Donation		
Transfers from Area Account		
New Mtg Lit		
H&I Literature		\$113.60
PR Literature		
Bank Deposit Error		
Sub Total Balance	\$0.00	\$1,341.60
Ending Literature Balance		
<i>Literature Prudent Reserve: if over 2000 move to Main Account (bracketed number under PR)</i>	\$2,000.00	

7. Old Business- Motion- 5-11-01 Passed 11-0-2
Motion 5-11-02 Passed 12-0-1
8. Nominations/ Elections:
9. New Business: Motion 07-20-01 Literature Committee- Seconded By Lance S- To Donate a case of Basic Texts to The Unity Retreat Committee to give away during clean time count down. Intent to fulfill our primary purpose to carry the message to addicts who still suffer .

10. Group Roll Call & Reports:

- Somerset-
 - Simplicity is key- Lance S – other
 - Attitude of Gratitude- Logan S- GSR

- Johnstown-
 - Free yourself – Marc S- Alt GSR -
 - Primary Purpose- Katie A GSR

- Altoona:
 - Spiritual Not Religious- Aaron P.- GSR
 - Just For Today- Brandon R- GSR-
 - Restored to Sanity- Mark S - GSR
 - NA basic Text- Jon F- GSR- in Need of Home Group Members

- Indiana:
 - Why Die- Gabe S – GSR-August 9 Meeting will be at Getty Heights Paark at 7 instead of 8 BYO Coffee and Chair
 - Subject to Revision- Kelly T – GSR-Need Active Home Group members
 - Restoration to Sanity-Scott H – Other
 - Staying Alive- Dave- GSR
 - No Matter What (Homer City) – Joe H- GSR

- Reynoldsville
 - Broken yet Accepted- Nicholas D- GSR

11. Next Area Service will be held: September, 21 2023

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