

AREA SERVICE COMMITTEE AGENDA FOR September 21, 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: Regional Motion 01-6-8-24- NPASCA-** To align Clean time of event speakers with workshop speakers changing the cleantime for event speakers from 5 years to 3 years. Intent: for a better selection of speakers
9. **Nominations/Elections:** Damien M for BOD rep- **Nominated by Drew N Seconded by Gabe S**
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
 - **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:** 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: October 19, 2024**
13. **Close ASC with the “We Version” of the Serenity Prayer.**

Minutes from August 172024, 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 (Heather W) and 12 Concepts (Drew N)
4. Review of Minutes: Motion to Accept by Chandler S. second by Gabe S.
5. Trusted Servants Roll Call:
Area Chair(P) , Area Vice Chair(A), Secretary(P), Area Treasurer(P), Regional Committee Member(P), H&I Chair(P), Public Relations/Web Chair(P), Literature Chair(P), Activities Chair(A), 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- Nothing to report
 - Area Vice Chair: Christian S. – Absent
 - Secretary: Tracy G. – Nothing to report

H&I Report August 2024

1. **Call to Order:** 08/17/24 at 01:00 P.M.
2. **Open Meeting with Serenity Prayer.**
3. **Reading of the 12 – 12 – 12**
 - i. 12 Steps – Gabe S. 12 Traditions – Katie A. 12 Concepts – Chandler N.
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. **Bedford County Jail:** Vacant
 - ii. **Cambria County Prison:** Vacant
 - iii. **Cove Forge:** Drew N. – Present
 - iv. **Indiana County Jail:** Gabe S. - Present
 - v. **Jefferson County Jail:** Chandler N. – Present
 - vi. **Pyramid:** Aaron P. – Present
 - vii. **SCI Somerset:** Vacant
 - viii. **Somerset County Jail:** Vacant
 - ix. **SpiritLife:** Sam R. – Absent/Excused
 - x. **St. Joes:** Christian S. – Absent/Excused
 - 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 the P.O.C. Attended the last three commitments. Time issue with the facility. Liz M. sent an email to our P.O.C. for clarification.

- iii. **Cove Forge – Drew N.– Present**
 - 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. In need of more literature funds designated due to the large number of clients at the facility.
- 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. The approved applications will be getting PREA trained soon.
- v. **Jefferson County Jail – Chandler N. – Present**
 - i. More panel leaders are needed and we are currently in the works of getting more. Did not go in this month due to scheduling conflicts.
- 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. In need of female panel leaders.
- vii. **SCI Somerset – Vacant**
 - i. P.O.C absent; Lance S. confirmed that the commitment went in during the month of July. Looking for more volunteers.
- viii. **Somerset County Jail – Vacant**
 - i. P.O.C absent; no report.
- ix. **Spirit Life – Sam R. – Absent/Excused**
 - i. The speaker meeting is held every 1st and 3rd Thursday of the month. It needs support and a new panel leader. Missed the last two scheduled meetings due to cancelations, but were able to go in on the 5th Thursday for August. A speaker is already lined up for the 4th Thursday.
- x. **St. Joes – Christian S. – Absent/Excused**
 - 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:** Holding off on updating panel coordinator report forms due to it not being necessary at this time. The H&I workshop at the Unity Retreat will be help Saturday from 12 p.m. – 1 p.m. in Faith Hall.
- 7. **Nominations/Elections:**
 - i. None.
- 8. **New Business:** Discussed potentially having the panel coordinator reports go first instead of at the end of the meeting so time is not rushed.
- 9. **Next H&I Sub-Committee: 09/21/2024 at 1:00 P.M.**
- 10. **Close with the Serenity Prayer at 1:40 P.M.**

Public Relations Committee Minutes

- Date: 8/17/24
- Attendance: 5
- Call to order @ 1PM
 - 12 Steps – Scott N.
 - 12 Traditions – Kevin W.
 - 12 Concepts – Joe H.
- Financial/Expenditures:
 - None
- Old Business:
 - Recovery in the Valley – 9/28/24 from 11-3PM at Central Park in Johnstown
 - Breaking Down the Borders – 9/14/24 from 10:30AM-? at Seward Ballfield
 - Savage Sisters – 9/27/24 from 8:30AM-? in Indiana
- New Business:
 - Copies Plus is still the cheapest option for printing meeting lists, currently \$100.70 for 500 copies.
 - Regional PR chair confirmed for the workshop being held at the Unity Retreat.
 - Not able to attend the event in Somerset due to lack of available members.
 - This year’s required workshop will be held at the Unity Retreat from 12-1PM.
- Closed w/ Serenity Prayer

LMHANA Website Report and Usage Data = 8-17-2024

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 whats 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 lmhana 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 lmhana. Add lmhana’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.

Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	kB F	Visits	Pages	Files	Hits
Aug 2024	1040	432	801	167	1558	2475959	2676	12816	6917	16650
Jul 2024	954	467	708	146	3142	11974372	4531	21969	14487	29601
Jun 2024	1352	544	1081	165	3177	9479970	4963	32443	16333	40567
May 2024	1181	532	872	167	3464	10876580	5202	27058	16516	36636
Apr 2024	1378	638	1017	169	3784	7370367	5085	30538	19146	41364

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

LMHANA Activities Committee 8/17/2024

No meeting this month

Policy & Administration for Aug 17, 2024

- The meeting was called to order at 11:15 AM
- Trusted Servants Attendance:
 - Chair – Present
 - Vice Chair – Not 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 –
- Old Business:
 - Further discussed the purchase of Microsoft for use of trusted servants.
- New Business:
 - Microsoft has been purchased and will be set up for use and dispersed accordingly to the trusted servants in the following weeks.
 - All ASC Guidelines will be updated as needed per the passing of any motions.
- Motion to Close – Tracy G
- Concluded at 11: 35 pm

Unity Retreat Minutes August 17, 2024

- Open with Serenity Prayer at 12:06pm
- Reading of 12/12/12
 - 12 Steps – Jeremy O.
 - 12 Traditions – Erica P.
 - 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 – Nikie W.- Absent (Excused)
 - Merchandise – Lance S - Present
 - Fire Ring – Aaron P - Present

- Recording – Erica P – Present
- Trusted Servants Reports
 - Chair – Liz M., - Banners are out of the closet as well as the signs, be at the camp at 10am to get set up and ready to go, zip ties will be purchased to hang the banners, packages of hope will be announced at ASC if there are any homegroups that need one, registration bags are packed.
 - Vice Chair – Drew N., - Everything for the raffle has been loaded up in the car, it will be taken to activities chair, plans on being out at the camp around 9-9:30am, walkie talkies will be charged and ready for the retreat.
 - Secretary – Jeremy O., - Will not be able to be at the camp until 5pm due to a work training.
 - Treasurer – Jason S. - There is a discrepancy, there is a 40.00 surplus in the account. 5690.83 is the balance in the account after all expenses and receipt of checks included in that balance.
 - Programming – Jason R., - the layout of the speakers, raffle, etc. Was discussed. Reviewing the guidelines in K. will be reviewed after the retreat to clarify, etc.
 - Activities – Nikie W.– Nothing to report.
 - Registration – Tracy G., - There are 3 cabins that are full, most of the registrations received today were for Harmony House. Trailblazer 1, 2, 4, 5, and Founders 2-4 are available. The committee will be in Founders 1.
 - Merchandise – Lance S., - Pre-order is in, there is approximately 140 items going into the event, the second re-order was 776.00
 - Fire Ring – Aaron P. – the torch will be purchased today.
 - Recording – Erica P. - lanyards are here. Recorders will be given to recording chair today.
- Old Business
 - There is no old business.
- Nominations & Elections
 - The committee is full, no vacant positions available.
- New Business
 - Programming guideline section K. will be reviewed after the retreat, pertaining to the covering of cost for speakers accommodations at the retreat.
 - More specific for the amount of change needed for merchandise and registration will be discussed after the retreat, guidelines say 50.00 but as history has proved, this needs to be increased.
- Motion to Close by Jeremy O., Second by Erica P.
- Close with Serenity Prayer at 12:54pm.

Outreach Committee - August 2024 Minutes

1. Call to Order: 8/17/2024 at 12:00pm
2. Opened meeting with Serenity Prayer
3. Reading of the 12,12,12:
 - 12steps- Gabe
 - 12traditions- Heather
 - 12concepts- Gabe
4. Trusted Servants Roll Call:
 - Chair- Gabe- present
 - Vice Chair- Christian-absent
 - Secretary- Heather- present
5. Old Business:
 - Secretary forgot to bring her laptop with this month to work on a flyer. Will do this next area.
6. .New Business:
 - Filled our literature allotment this month
 - Will be integrating with PR about upcoming events we could possibly join them at to further Outreach services
 - Checking list sent around at last ASC for struggling groups
 - Chair spoke to some members at a Punxy meeting at a local event recently. They seemed to just need some member guidance rather than Outreach support. Gabe will plan to possibly go in the future to follow up
 -
7. Next Outreach Committee meeting is 9/21/2024 at 12:00 pm
8. Closed meeting with Serenity Prayer at 12:49pm

Literature Report - August 2024

★ Homegroups: \$606.00

★ H&I: \$59.50

LMHANA Treasurer Report - August 2024

Description		Debit	Credit	Balance
STARTING AREA BALANCE				\$2,300.00
EXPENSES				
Regional Donation (add chk #396 \$12.43)		\$12.43		
Reimburse (Tracy G - printer ink Walmart \$61.48 and chk # 393)		\$61.48		
Reimburse (Scott N. Microsoft 365 - \$105.99 chk # 394)		\$105.99		
Check to Literature chk#395 for H&I (\$59.50)		\$59.50		
Presby Church Donation (\$ 26.60 chk# 392)		\$26.60		
TOTAL EXPENSES		\$266.00	\$0.00	\$2,034.00
CHECKS WAITING TO CLEAR				
Regional Donation (Chk#391 \$1,363.23)		\$1,363.23		
TOTAL NOT CLEARED		\$1,363.23	<small>Bank Balance</small>	\$3,663.23
GROUP DONATIONS				
		Group Count		
Altoona	By Any Means Necessary			
Altoona	Hope Not Dope			
Altoona	Just For Today	1	\$18.00	
Altoona	NA Basic Text			
Altoona	Not Today - No Matter What			
Altoona	Restored to Sanity			
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	1	\$30.00	
Homer City	No Matter What			
Indiana	24 Principles for 24 Hours	1	\$5.00	
Indiana	Clean And Serene			
Indiana	Living Clean			
Indiana	Restoration to Sanity	1	\$30.00	
Indiana	Saturday Staying Alive	1	\$0.00	
Indiana	Subject To Revision	1	\$23.00	
Indiana	Sunday Survivors			
Indiana	Thank God It's Friday			
Indiana	Turning Point			
Indiana	Why Die	1	\$50.00	
Johnstown	Common Welfare Group of NA			
Johnstown	Free Yourself	1	\$0.00	
Johnstown	High Hopes			
Johnstown	K.I.S.S			
Johnstown	Primary Purpose			
Johnstown	Saturday Night Jive			
Johnstown	Simple Solution			
Punxsutawney	2nd Chance Survivors			
Reynoldsville	Broken Yet Accepted	1	\$50.00	
Reynoldsville	Step Sistas Group of NA	1	\$10.00	
Somerset	Attitude of Gratitude	1	\$50.00	
Somerset	Hugs Not Drugs			
Somerset	Principles Before Personalities			
Somerset	Promise is Freedom			
Somerset	Simplicity is the Key	1	\$0.00	
Somerset	The Basics			
TOTAL GROUP DONATIONS			\$266.00	\$2,300.00
Other Donations:				
Transfer from Literature				
Unity Retreat - Amount over Prudent Reserve				
Total Bank Deposit			\$266.00	
AREA SUB BALANCE WITH SUB COMMITTEE RESERVES				\$2,300.00
Subcommittee Expenses:				
Activities Fundraiser = \$300.00 (3 events per year)			\$ 300.00	\$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				\$3,663.23
LMHANA Prudent Reserve:			\$2,300.00	\$1,363.23
Suggested Regional Donation (if number is bracketed it's below reserve)				\$0.00
Total Number of Groups Donating this month				13
Percentage of Groups Donating				33.33%
Percentage of Area Expenses the Groups Donations are covering?				100.00%

LMHANA Literature Financial Report - August 2024

Description	Debit	Credit	Total
Starting Literature Balance			\$2,000.00
Debits			
NAWS Literature Purchase - Sales Order #0042079 - Chk #433 \$1,739.21	\$1,739.21		
Miscellaneous: Checks			
Credits			
Literature Sales		\$606.00	
H&I Donation			
Transfers from Area Account			
New Mtg Lit			
H&I Literature		\$59.50	
PR Literature			
Bank Deposit Error			
Sub Total Balance	\$1,739.21	\$665.50	\$926.29
Ending Literature Balance			\$926.29
<i>Literature Prudent Reserve: if over 2000 move to Main Account (bracketed number under PR)</i>	\$2,000.00		(\$1,073.71)

9. Old Business- Motion- 7-20-01 Passed 8-0-1

10. Nominations/ Elections: Damien M nominated for BOD rep by Drew N seconded by Gabe S.

11. New Business: Regional Motion 01-6-8-24 -NPASCA- To align Cleantime of event speakers with workshop speakers changing the cleantime for event speakers from 5 years to 3 years. Intent: for a better selection of speakers

12. 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- Drew N.- GSR- discussing possible event
 - Just For Today- Karl O- GSR-
- Indiana:
 - Why Die- Gabe S – GSR-
 - Subject to Revision- Kelly T – GSR-Need Active Home Group members
 - Restoration to Sanity-Blue K – Other
 - Staying Alive- Dave- GSR
 - No Matter What (Homer City) – Hunter W- GSR
 - 24 Principles for 24 Hours Troy M- Other
- Reynoldsville
 - Broken yet Accepted- Nicholas D- GSR
 - Step Sistas-Eryn N GSR-Need Support Down to 1 Meeting per month

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

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