

# DISTRICT 40 NEWS

Volume 26.11

November 2013

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking. Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

10

Box 4-S-9, Winter 2013

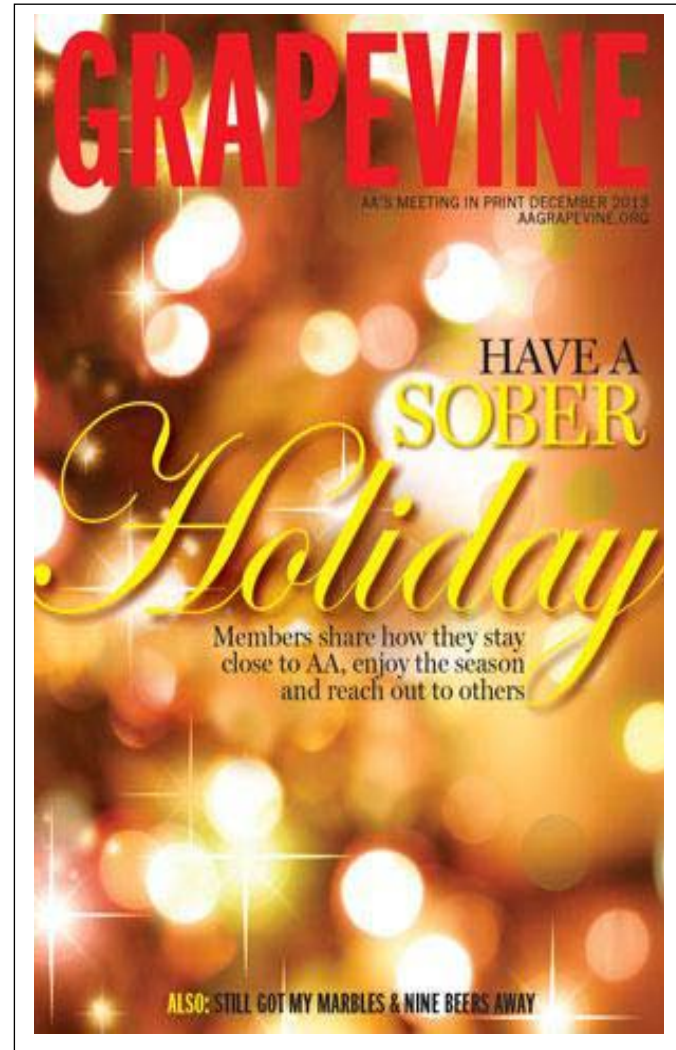
## 12 Traditions & 12 Concepts Reading and Summation

November 2013  
Tradition 11/  
Concept 11  
Corrie H./Trent P.

December 2013  
Tradition 12/  
Concept 12  
Trent P. / Jackie V.

**Tradition Eleven:** Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

**Concept Eleven:** While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.



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# DISTRICT SERVANTS

DCM  
Jes K.  
dcm-40@aa-seta.org

Alternate DCM  
Michelle H.  
dcm-40-alt@aa-seta.org

Secretary  
Wendy A.

Alt Secretary  
Deborah G

Treasurer  
Cheryl B.

Alt Treasurer  
Wendy M.

Literature Chair  
Taylor K.

Treatment Facilities Chair  
Trent P.

PI/CPC Committee  
Kate E.

CFC Chair  
Paul W.

Intergroup Liaison  
Peter C.

Grapevine Rep.  
OPEN

Newsletter Editor  
Corrie H.

Coffee Chair  
Nancy R.

Archives Chair  
OPEN

IT Liaison  
Jackie V.

District 40 Financial Report Period ending 11/12/13	Current Month	Budget*	Year to Date	Current %	YTD %
<b>***INCOME***</b>					
Traditions Dinner Donations		\$175.00	\$175.20		
Service Workshop Donations					
State Conv - Hospitality Suite			\$205.30		
SETA -Hospitality Suite					
Fellowship Fest (Ice Cream Social)			\$18.00		
<b>Group Donations</b>	<b>\$767.28</b>	<b>\$7,200.00</b>	<b>\$5,981.65</b>	<b>10.7%</b>	<b>83.1%</b>
Another Chance Group	-\$129.00				
Sisters of Serenity	\$6.60				
Tuesday Night Step Study	\$11.10				
Rosewood Thursday Night Group	\$15.30				
Katy 12 & 12	\$53.00				
Memorial Going Home Group	\$54.67				
GOD Meeting Group	\$94.91				
Rule 62 Group	\$108.60				
First Light Group	\$115.00				
Katy Crossroads Group	\$137.10				
Spring Shadows Group	\$300.00				
<b>Total Income</b>	<b>\$767.28</b>	<b>\$7,375.00</b>	<b>\$6,380.15</b>	<b>10.4%</b>	<b>86.5%</b>
<b>*** EXPENSES ***</b>					
DCM		\$500.00	\$234.92	0.0%	47.0%
Alt. DCM		\$500.00	\$196.11	0.0%	39.2%
Secretary / Copying		\$100.00	\$0.00	0.0%	0.0%
Treasurer		\$75.00	\$0.00	0.0%	0.0%
Newsletter		\$221.00	\$0.00	0.0%	0.0%
Rent/Coffee Donation		\$180.00	\$0.00	0.0%	0.0%
Coffee		\$25.00	\$0.00	0.0%	0.0%
PO Box		\$70.00	\$0.00	0.0%	0.0%
Literature Committee		\$100.00	\$36.97	0.0%	37.0%
PI/CPC	\$1,680.00	\$1,880.00	\$1,737.42	89.4%	92.4%
Grapevine		\$80.00	\$0.00	0.0%	0.0%
CFC		\$250.00	\$0.00	0.0%	0.0%
TFC		\$0.00	\$0.00	0.0%	0.0%
Archives Committee		\$100.00	\$0.00	0.0%	0.0%
Intergroup Liaison		\$0.00	\$0.00	0.0%	0.0%
IT Committee		\$100.00	\$0.00	0.0%	0.0%
Miscellaneous	\$40.00	\$100.00	\$65.00	40.0%	65.0%
***Gratitude Dinner		\$300.00	\$0.00	0.0%	0.0%
*** Fellowship Fest		\$250.00	\$132.73	0.0%	53.1%
*** Traditions Dinner		\$600.00	\$378.83	0.0%	63.1%
*** Service Workshop		\$0.00	\$0.00	0.0%	0.0%
***SWRAASA (Even Years)		\$0.00	\$0.00	0.0%	0.0%
*** The Forum (Odd Years)	\$1,280.55	\$1,400.00	\$196.30	91.5%	14.0%
*** State Convention Hospitality Ste		\$1,000.00	\$1,000.00	0.0%	100.0%
***SETA Assembly Host District		\$0.00	\$0.00	0.0%	0.0%
*** SETA - 2013 Hospitality Suite ***		\$1,000.00	\$1,141.79	0.0%	114.2%
<b>Total Expenses</b>	<b>\$3,000.55</b>	<b>\$7,951.00</b>	<b>\$5,120.07</b>	<b>37.7%</b>	<b>64.4%</b>
<b>*Budget Amended as of 10/8/13</b>					
<i>Beginning Bank Balance</i>	<b>\$7,333.86</b>				
<i>Total Expenses</i>	<b>\$3,000.55</b>				
<i>Total Income</i>	<b>\$767.28</b>				
<i>Prudent Reserve (0.25xBudget)</i>	<b>\$1,987.75</b>				
<i>Unrestricted Funds</i>	<b>\$3,112.84</b>				
<b>Ending Balance / Total Funds</b>	<b>\$5,100.59</b>				
<i>Unspent Portion of Budget</i>	<b>\$2,830.93</b>				

Deposit	
Check #	Amount
CA	\$11.10
5996505	\$115.00
1060	\$54.67
1049	\$108.60
1805	\$300.00
2404	\$137.10
MO	\$6.60
3207	\$53.00
1054	\$58.33
1050	\$36.58
10013	\$15.30
	<b>\$896.28</b>

**Treasurer's Report -**  
November report period ending 11/12/13. Opening balance was \$7,333.86. Expenses for the month of November totaled \$3,000.55; \$400.00 in Misc. for rent to SBMVC for hosting the D40 Inventory, \$1,280.55 in expenses for The forum for both the DCM and Alt. DCM and finally, \$1,680.00 was paid to the PI/CPC committee to run a public service announcement at the movie theatres during the holiday season. Group Contributions received this month totaled \$896.28 but had to offset a returned money order and bank fees totaling \$129.00 therefore only showing \$767.28 as total income for the month. The closing balance is \$5,100.59.

### History Corner

**Nelson Newcomer:** I have frequently heard about “service sponsors” lately. I already have a sponsor. Why do I need a service sponsor? What is a service sponsor and how do I get one?

**Angela Archivist:** From the very beginning of Bill’s time in AA, he considered Ebby his sponsor, his spiritual advisor, and his close friend. He credited Ebby with bringing the opportunity for recovery to him in 1934. In the Grapevine article Bill wrote commemorating Ebby’s death, he said “Ebby had been enabled to bring me the gift of grace because he could reach me at depth through the *language of the heart*.”

While the majority of Bill’s writings about “spiritual leaders” and “sponsors” relates mainly to our legacy of recovery, there are writings that refer to or talk about the importance of “spiritual leaders” and “elder statesmen.” Bill leaned on many of the “Friends of AA,” those individuals who, while not alcoholic, helped to mold and shape our fellowship as we know it today, to guide him in formatting the service structure.

One of those individuals was Bernard Smith, a lawyer, a close personal friend, and one of the principal architects of the General Service Conference. At Bern’s death, Bill wrote “His death is a personal loss to me, for I have leaned heavily upon him for many years.” Although he did not officially call Bern his “service sponsor,” he was one of Bill’s closest confidants. And, although not alcoholic, Bill believed that Bern understood better than most the spiritual basis and the principle of unity so vitally important to our service structure.

There were also many, many other individuals that Bill and Dr. Bob called upon because those individuals had the “experience, strength and hope” to guide them in a new endeavor in which they were inexperienced. People such as Fr. Ed Dowling, Dr. Harry Tiebout, Sister Ignatia, and Dr. Sam Shoemaker.

What did Bill consider to be service? “...an AA service is *anything whatever* that helps us to reach a fellow sufferer – ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to AA’s General Service Headquarters for national and international action. The sum total of *all* those services is our Third Legacy.” To Bill, they were all equally important, and thus deserved the same concern and effort in seeing that we fulfilled our responsibilities at each level. Thus, all deserved the same level of guidance from elder statesmen.

So what is a “service sponsor?” Our Service manual says “our leaders do not drive by mandate, they lead by example.” A leader in AA service is therefore a man or woman who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. We “want what he has” on the level of general service.

In April 1959, Bill wrote a great article on leadership in AA. He said that no society can function well without able leadership in all its levels, and AA can be no exception. One funny thing that he wrote is that “we are apt to warp the traditional idea of ‘principles before personalities’ around to such a point that there would be no ‘personality’ in leadership whatever. This would imply rather faceless automatons trying to please everybody, regardless.” He closes the article by saying that “Every sponsor is necessarily a leader” and “Thank God that AA is blessed with so much leadership in each and all of its great affairs.”

And, finally, one of the most important things that Bill wrote about service was directed toward the subject of good leadership. “...but in new and important matters, a good leader will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.”

Please stay tuned for next month’s edition. If you have a suggestion for a topic, please contact the Newsletter editor.  
Betsy G.

### Tis The Season To Be...Sober?

The idea of being sober on a daily basis was a difficult concept for me to grasp in the beginning of my journey. Being sober through *all* holidays was absolutely impossible! Holidays were always a time for me to sidestep the excuse making process & celebrate guilt-free; after all it’s the holidays we’re supposed to celebrate. Everyone’s doing it! Unfortunately for my family, this was when a lot of painful damage was done & heartbreak was created. The holidays were always very painful, never happy or festive. How then do we stay sober when there are literally signs everywhere telling us to *Eat, Drink & Be Merry!* Happy Holidays was code for oblivion & it was my primary purpose.

Experiencing the holidays sober has been a process that each year I grow a little more into. I had to change my primary purpose & Alcoholics Anonymous gave me that gift. As I worked the steps & started to find the freedom from the beast, peace of mind from the painful past & the healing power of God through willingness I also started to discover ways to apply the spiritual tools handed to me by my sponsor, my home group & the opportunities of service. In Alcoholics Anonymous we have a primary purpose...*to stay sober & help other alcoholics to achieve sobriety*”. I have come to find that this concept can be universal & applied wherever I go with whoever I’m around. I discovered that when I served my home group to pass by the hours I had something of value to bring back into my home & my family. It was difficult not to remember holidays of the past; it was even more difficult to trudge through holidays of the present. As I reflect back over these experiences I remember the moments when I realized when I felt my happiest. It was & still is when I focus on my purpose...to help others! I can participate in AA & receive the promises of a new life; I can participate in my family holidays with spiritual principles & live that new life. If I ask God to help me bring happiness, harmony, healthy memories & love to others then try my very best to do that then I have fulfilled my primary purpose one day at a time, one holiday at a time. The Twelve Steps deliver sobriety, the Twelve Traditions deliver the hope that my family will not have to suffer from my alcoholism, my Primary Purpose delivers the promise that when fulfilled we can Tis The Season To Be Anything We Want...even sober!

Michelle H.  
D40 Alt. DCM

The following Committees meet at:

The Delta Club  
6400 Westpark, Suite 355, Houston, TX 77057  
Telephone (713) 972-0034

Grapevine Committee

3rd Thursday of the month - 6:30 pm to 8:30 pm

Correctional Facilities Committee

3rd Wednesday of the month - 7:30 pm to 9:00 pm

\*Public Information Committee

4th Saturday of every month at Noon (Except for Assembly Months)

IT Committee

Meets every 4th Saturday from 10:15 am to Noon at:  
Post Oak Club -- Moved to Northwest Mall  
9600 Hempstead Road, Suite 306  
Houston, TX. 77092 Telephone: 713-956-5061

Literature Committee

Bay Area Club located on Webster Ave., Webster, TX at Noon  
on the 2nd Saturday of the month

The following Committee meets at:

The Council on Alcohol and Drugs Houston  
303 Jackson Hill, Houston, TX 77007  
Telephone (713) 942-4100

Cooperation with the Professional Community

1st Monday of the month at 7:15 pm

\*Archives Committee

Meets quarterly (or as needed)  
at the Area Assembly at 4:30 pm  
Contact Lee G. for more information

\*Treatment Facilities Committee

Meets quarterly at the Area Assembly at 4:30 pm

District 40 PI/CPC Monthly Committee Meeting

Last Saturday of the month from 1-3 p.m.  
At the Spring Branch Memorial Club

\*All committees meet at the Area Assembly in the months of April, July and October at 4:30 PM  
Sheraton North Houston - 15700 John F. Kennedy Blvd. Houston, TX 77032  
During the remaining months, the committees meet at the above locations and times.

THE NEXT DISTRICT MEETING IS  
DECEMBER 10, 2013 AT 6:30 PM  
Just starting a group in District 40 and wish to add it to this newsletter? Send group information, location and meeting times to [SETA-40@aa-seta.org](mailto:SETA-40@aa-seta.org) and [intergroup@aahouston.org](mailto:intergroup@aahouston.org). You can also call Intergroup at 713-686-6300.

District 40 of the Southeast Texas Area is a territory bounded on the North by US HWY 290; on the South by Westheimer Rd.; on the East by Loop 610 and on the West by State HWY 36. If your group falls within these boundaries, please contact us [SETA-40@aa-seta.org](mailto:SETA-40@aa-seta.org) and attend the monthly District meeting at the Bear Creek Community Center. HWY 6 at Patterson Rd.

