

# District 40 News

Volume 28.4

April 2015



## Full of Hot Air

A man in a hot air balloon realized that he was lost. He reduced altitude and spotted another man below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man below replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be a sponsor," said the balloonist.

"I am," replied the man, "how did you know?"

"Well," answered the balloonists, "everything you told me is, technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The man below responded, "You must be a sponsee."

"I am," replied the balloonist, "but how did you know?"

"Well," said the man, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect other people to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's all my fault."

*Comedy By Ron C.—Area 67 Alt. Delegate*

### **Step Four**

Made a searching a fearless moral inventory of ourselves.

### **Tradition Four**

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

### **Concept Four**

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

### *Inside This Issue*

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## RESENTMENT: BITTER ANGER OR ANNOYANCE AT HAVING BEEN TREATED UNFAIRLY?

I have realized that I do not resent others as much as I resent myself for who I was and became in my demoralizing existence with alcohol. The mistreatment I did to others out ways the mistreatment that was done to me. With that being said, it remains a struggle to forgive myself for the harm I did to the people I love the most....yes, I'm working on it.

I don't "forget my past nor do I wish to shut the door on it" because with time it's easy to forget how bad I really was.

Letting go and letting my higher power orchestrate my behaviors and relationships today is a pretty amazing experience that many folks will never understand or appreciate. Today if I am feeling resentful towards someone or something it's probably because I'm not being honest with myself or others.

This life is a gift and there is no room for hate, only Love.

Clark F.

*The moral inventory is a cool examination of the damages that occurred to us during life and a sincere effort to look at them in true perspective. This has the effect of taking the ground glass out of us, the emotional substance that still cuts and inhibits.*

AS BILL SEES IT, p. 140



When we harbored grudges and planned revenge for defeats, we were really beating ourselves within the club of anger we had intended to us on others. We learned that if we were seriously disturbed, our very first need was to quiet that disturbance, regardless of who or what we thought caused it.

TWELVE AND TWELVE, p. 47

### Those Other People

"Just like you, I have often thought myself the victim of what other people say and do. Yet every time I confessed the sins of such people, especially those whose sins did not correspond exactly with my own, I found that I only increased the total damage. My own resentment, my self-pity would often render me well-nigh useless to anybody.

"So, nowadays, if anyone talks of me so as to hurt, I first ask myself if there is any truth at all in what they say. If there is none, I try to remember that I too have had my periods of speaking bitterly of others; that hurtful gossip is but a symptom of our remaining emotional illness; and consequently that I must never be angry at the unreasonableness of sick people.

"Under very trying conditions I have had, again and again, to forgive others—also myself. Have you recently tried this?"

Letter, 1946

AS BILL SEES IT, P. 268

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

ALCOHOLICS ANONYMOUS, p. 64

## ALL ABOUT THE FOURS!

Have you ever attended your home group's conscience or business meetings & watched members participate & vote when you know they are not active members of that group? How did it make you feel? How did the other group members respond? Or react? I have & I reacted right along with everyone else that felt the same way as me. I was wrong not the intruder. I could not sleep peacefully that night & the next morning I had such regret, I was embarrassed. This forced me to search for a spiritual solution. It came by way of the fours. Step Four, Tradition Four, Concept Four. Step Four's spiritual principle of courage was necessary for me to even begin to take a look in the mirror so that I could own, turn over & amend my part. Tradition Four's spiritual principle of freedom of choice was necessary for me to learn that I do not own my home group, I choose it & if I don't take myself too seriously then I don't have to take you so seriously either. Concept Four's spiritual principle of participation was necessary for me to feel like I belonged to my group, my district, my area, something way bigger than us all & grow into my role as a trusted servant, to unify into a fellowship where no one was superior, but all were needed & wanted. Through this process of working the Fours I learned that no matter what, all we have is our spiritual voice shaky or strong & one equal vote. They cannot be bought, stolen or forced, but they can become powerful through my actions & willingness to invite the *Ultimate Authority* in.

Michelle H.  
D40 DCM

A circular graphic with a black background and white text that reads "got resentments?". The text is in a lowercase, sans-serif font. The circle has a white border and a slight drop shadow.

## Holding On vs. Letting Go!

This evening I had an opportunity to practice the 10<sup>th</sup> step. I left a group conscience meeting furious. The group was meeting to discuss the General Service Conference Agenda Items to provide input to our Delegate. The group's GSR was very optimistic as they had selected about ten or more items for the group to discuss. We discussed and voted on the first item. All seemed to be going well. Then as we got to the third item, the chairs started getting too hard and the time started getting to be too late for some members.

The discussion turned from attempting to provide our group's conscience on the agenda items to why we are talking about these items at all. Some members shared that some of the agenda items did not seem to matter and seemed to them unimportant. Others threatened that they would only stay to discuss one more item and not all the one's the GSR had planned to review.

I shared that this was our opportunity to be members of the fellowship and let our voice be heard. That it is a privilege and unlike most organizations. I did not say much else or try to make any one feel bad for feeling the way they felt. But, inside I was disappointed in the group members. Pure judgment for sure! Once I got home and vented a little, I realized that we really voted on three solid items. I finally heard what one member had shared during the group conscience which was if you want to provide more input, you can attend the Area Assembly roundtable workshop this weekend.

That is all true, but, my hope is to continue to inspire other members to get excited about the unique process opportunity that we have to help make changes in the fellowship that saved our lives. This is our current process to insight any changes. I love the fact that our organization is unique in its structure and that we can have a voice. One thing is for sure, I will not inspire with a red angry face and shouting!!

I know that I could reply to the Delegate all by myself on the response forms provided, but, I would rather the information she receives come from an informed group conscience vote and discussion of my home, or other meeting I attend, group members. That it is not just my thoughts alone.

So, instead of brewing the pot and holding on to anger that could easily turn into a resentment, I chose to let go, using Step 10, and slept well!

Patrick C.

## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

February 10, 2015

**Call to Order:** Serenity Prayer, Preamble and Unity Declaration

**Tradition I/Concept I:** reading and summation by Mark W. and Amanda S.

**Volunteers for next month:** Tradition II/Concept II will be Kaylee S. and Jackie S.

### **Introduction of Attendees: (31)**

**Amanda S.** (GSR, Post Oak Group); **Ana D.** (D40 Secretary, Area 67 Newsletter Chair, Katy Big Book Group); **Betsy G.** (*Past D40 DCM, Past Area 67 Delegate*, God Meeting Group); **Cindy M.** (D40 Correctional Facilities Chair, Area 67 CFC Secretary, Katy Big Book); **Clark F.** (GSR, Houston Young People); **Corrie H.** (D40 Alt DCM, Katy Big Book Group); **Deborah G.** (D40 Newsletter Chair, Rule 62 Group); **Desiree B.** (GSR, God Meeting Group); **Jackie S.** (GSR, Bear Creek Fellowship); **Kaylee S.** (GSR, Broad Highway); Kevin B. (GSR, Another Chance Group); Marianne O. (GSR, Katy 12 & 12 Group); **Mark W.** (GSR, Journey Group); **Mary Lou R.** (GSR, Memorial Going Home); **Michelle H.** (D40 DCM, Rule 62 Group); **Pam F.** (D40 Treatment Facilities Chair, Katy Big Book); **Patty D.** (GSR, Katy 164); **Richard B.** (GSR, First Light Group); **Scott S.** (D40 Coffee Committee Chair, GSR, Memorial Going Home Group); **Wendy A.** (Katy Crossroads)

### **Normal Business:**

1. **Secretary's Report** – Motion to Accept as circulated.
2. **Treasurer's Report** – Accepted as corrected.
3. **Group News:**
  - a. How does West Houston Group become registered? A new group form was provided.
  - b. What is the role of the GSR in group conscience? This can be found in the Service Manual.
  - c. What does the GSR report back to the group? The minutes from the District meeting and the group's contributions. Other suggestions: Announcements from the District Level, Requests for Donations or Volunteers.
  - d. How would you handle dealing with a treasurer who may be spending group funds? Suggestion on making a motion to provide monthly contributions to the service entities; having a bank account opened for the group; make a suggestion to assist the treasurer with their duties and request monthly finance reports.
  - e. Facebook account was created and derogatory comments were put on the wall. What should be done with this account? Suggestions: A report to be provided monthly

and a position be created for the administration also, there is an option to audit all post before it can be seen.

### **Committee Reports:**

- a. **Archives** – OPEN.
- b. **Coffee Committee** – Scott has stated that all is going good.
- c. **Correctional Facilities Committee – CFC** – Cindy M. reported at the Assembly, it is traditional to pass the Blue Cans (literature for prisons & jails) after the Correction Speaker. Tammy did an awesome job and the Can funds were doubled from the previous year. We collected over \$870.00! There will be a TDCJ Spring Orientation (details forthcoming) & we are exploring Spanish translation possibilities. There will be a Region 1 Wardens' meeting in late March at the Holliday Unit in Huntsville. The Chair voiced it would be preferable to have CPC involvement to help dispel negative/false information regarding AA. Region 1 includes the prisons units; Byrd, Ellis, Estelle, Holliday, Wynne, & Goree (in Huntsville), Eastham Unit (Lovely), Ferguson (Midway), Lewis (Woodville) & Polunsky (Livingston). There were 3 volunteers to be a part of the meeting. The SETA CFC Annual Conference is scheduled for 9/11/2015 at the Crowne Plaza in Houston. Individual room prices will be going up \$10.00, all other pricing is remaining the same. The next meeting will be 2/18 at the Delta Club
- d. **Grapevine** – OPEN
- e. **Intergroup** – There is a 4<sup>th</sup> step workshop being held on Saturday, February 21, 2015 from 9 – 12p.m. You must register to get on the waiting list.
- f. **Information Technology – IT** – No report provided.
- g. **Literature** – OPEN;
- h. **Newsletter** – Deborah G. reported that she has received good articles for this month and looks forward to the following months.
- i. **Public Information/Cooperation with Professional Community – PI/CPC** – At our January meeting we discussed contacting Emergency Clinics to obtain names of clinic managers and correct addresses for future mail-outs. Discussion about a Dental Office mail out once we confirm the list we have completed. We still have an open position for Alternate Chair. Our next District 40 PI/CPC committee meeting will be held on February 26<sup>th</sup> from 1pm to 3pm at the Spring Branch Club.
- j. **Treatment Facilities Committee – TFC** – Pam F. reported that she attended the SETA Convention

## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- a. completed. We still have an open position for Alternate Chair. Our next District 40 PI/CPC committee meeting will be held on February 26<sup>th</sup> from 1pm to 3pm at the Spring Branch Club.
- b. **Treatment Facilities Committee – TFC**– Pam F. reported that she attended the SETA Convention January 16 – 18, 2015 in Galveston. It was great. District 40 was well represented. It was nice knowing which area we would be seated near so we could sit together if we liked. I also attended the GSR Workshop at the Spring Branch Club on January 24<sup>th</sup> 2015. I had the TFC display there along with handouts for anyone needing information on the TF Committee (yes, I got the display finished).

### Current Items:

1. District Hospitality Suite for SETA 2014 Convention – Wendy A
  - a. Financial report was provided by Wendy. The remaining budget was \$502.99
  - b. More will be discussed at next meeting.
2. GSR Workshop – Betsy G.
  - a. The 2015 GSR 101 Beginners Workshop was held on Saturday, January 24, 2015 at Spring Branch Memorial Club and was co-hosted by Districts 32 and 40. Wow! What an enthusiastic group of trusted servants, both presenters and GSRs.
  - b. Deborah G. was not able to attend, but worked behind the scenes from the beginning preparing our flyer and agenda. Kelly C. and Clark F. were in charge of set-up. Desiree B. and Ginny M., District 32 DCM, sat at the registration table. Brad H. was our Master of Ceremonies. Kate E. reviewed the packet of pamphlets and other handouts given to the GSRs. Corrie H. and Brad H. tag-teamed a power-point presentation on what it means to be a GSR. Brian B., District 32 Alt. DCM, provided a presentation of his experiences while serving as a GSR. Betsy G. provided information on the service structure of the General Service Conference (upside-down triangle) and the SETA Area Assembly. Marshall W. and Jeff H., our Area Information Technology Committee

chairperson and webmaster, demonstrated how to navigate through our SETA website. Throughout all the presentations, there were many, many wonderful, thought-provoking questions. We had planned to have two sessions of a game that was back by popular demand, Truth or Dare, but only had time to have one session. During the game, we were all impressed with several GSRs' ability to convince us they were telling the truth, when in fact, they were lying. Throughout the event, the host districts DCMs and Alt. DCMs served as greeters and assisted wherever needed.

- c. Close to 30 GSRs from Districts 32 and 40 were present. Thank you to Districts 32 and 40 for allowing me to chair the wonderful committee who helped make this event such a great success!

### 3. Delegate's Report

- a. DCM have a meeting with the delegates – they provide discussion between the DCMs and Delegates. The Area Delegates will be at our next meeting to discuss the handouts provided on discussion topics for April Assembly.

### Announcements:

- **Intergroup 4<sup>th</sup> Step Workshop**, February 21, 2015, 9:00 am – Noon
- **D33 Unity Conference**: March 6 – 8, 2015.



# Treasurer's Report

District 40 Financial Report Period Ending 2/10/15	Current Month	Budget*	Year to Date	Current %	YTD %
<b>***INCOME***</b>					
Traditions Dinner Donations		\$250.00			
Service Workshop Donations					
State Conv - Hospitality Suite					
SETA -Hospitality Suite	\$315.00		\$365.00		
Fellow ship Fest					
<b>Group Donations</b>	<b>\$1,047.41</b>	<b>\$9,644.00</b>	<b>\$365.00</b>		<b>3.8%</b>
Hockley Group	\$25.00				
Katy 12 & 12	\$117.07				
Houston Young People Group	\$243.45				
Spring Shadow s Group	\$240.00				
Fulshear Group	\$110.26				
Rosewood Thursday Night	\$28.63				
Sober in Brookshire Group	\$220.00				
Sonshine Men's Group	\$13.00				
Post Oak Group	\$50.00				
<b>Total Income</b>	<b>\$1,362.41</b>	<b>\$9,894.00</b>	<b>\$1,388.04</b>	<b>13.8%</b>	<b>14.0%</b>
<b>*** EXPENSES ***</b>					
DCM		\$600.00	\$148.46	0.0%	24.7%
Alt. DCM		\$600.00		0.0%	0.0%
Secretary / Copying		\$100.00		0.0%	0.0%
Treasurer		\$75.00		0.0%	0.0%
New sletter	\$71.43	\$220.00	\$71.43	32.5%	32.5%
Rent/Coffee Donation		\$180.00		0.0%	0.0%
Coffee		\$25.00		0.0%	0.0%
PO Box		\$70.00		0.0%	0.0%
Literature Committee		\$100.00		0.0%	0.0%
PI/CPC		\$2,500.00	\$180.00	0.0%	7.2%
Grapevine		\$80.00		0.0%	0.0%
CFC		\$250.00		0.0%	0.0%
TFC		\$100.00		0.0%	0.0%
Archives Committee		\$100.00		0.0%	0.0%
Intergroup Liaison		\$0.00		0.0%	0.0%
IT Committee		\$100.00		0.0%	0.0%
Miscellaneous		\$100.00		0.0%	0.0%
***Gratitude Dinner		\$300.00		0.0%	0.0%
*** Fellow ship Fest		\$250.00		0.0%	0.0%
*** Traditions Dinner		\$800.00		0.0%	0.0%
*** Service Workshop		\$250.00	\$184.19	0.0%	73.7%
***SWRAASA (Even Years)		\$0.00			
*** The Forum (Odd Years)		\$1,500.00		0.0%	0.0%
*** State Convention Hospitality Ste		\$0.00			
***SETA Assembly Host District		\$0.00			
*** SETA - 2015 Hospitality Suite ***	\$1,703.39	\$1,800.00	\$1,762.01	94.6%	97.9%
<b>Total Expenses</b>	<b>\$1,774.82</b>	<b>\$10,100.00</b>	<b>\$2,346.09</b>	<b>17.6%</b>	<b>23.2%</b>
<b>*Budget Approved as of 11/09/14</b>					
<i>Beginning Bank Balance</i>	<b>\$7,777.75</b>				
<i>Total Expenses</i>	<b>\$1,774.82</b>				
<i>Total Income</i>	<b>\$1,362.41</b>				
<i>Prudent Reserve (0.25xBudget)</i>	<b>\$2,525.00</b>				
<i>Unrestricted Funds</i>	<b>\$4,840.34</b>				
<b>Ending Balance / Total Funds</b>	<b>\$7,365.34</b>				
<i>Unspent Portion of Budget</i>	<b>\$7,753.91</b>				

<b>Deposit 3/10/15</b>	
<b>Check #</b>	<b>Amount</b>
1515	\$25.00
3540	\$75.07
3533	\$42.00
MO 5021	\$243.45
1843	\$240.00
549	\$110.26
96456408	\$28.63
MO 2835	\$220.00
1530	\$13.00
13600	\$50.00
<hr/>	
<b>\$1,047.41</b>	

**Treasurer's Report -**  
February's report period ending 3/10/15. Opening balance was \$7,777.75. Group Contributions received this month totaled \$1,047.41 plus \$315 collected from the SETA hosp. suite. The expenses this month totaled \$1,774.82. This was for the SETA Hospitality Suite for the month of January and printing expenses for the newsletter editor in February. The closing balance is \$7,365.34.



“Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

*A.A. Comes of Age, pp. 141*



## DISTRICT SERVANTS

### DCM

Michelle H.

[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

### Alternate DCM

Corrie H. – 713-854-7552

[dcm-40-alt@aa-seta.org](mailto:dcm-40-alt@aa-seta.org)

### Secretary

Ana D.

[adyasmin@gmail.com](mailto:adyasmin@gmail.com)

### Alt. Secretary

OPEN

### Treasurer

Mike W.

### Alt. Treasurer

OPEN

### Literature Chair

OPEN

### Treatment Facilities Chair

Pam F.

### PI/CPC Committee Chair

Jennifer C.

### Correctional Facilities Chair

Cindy M.

### Intergroup Liaison

Cole D.

### Grapevine Chair

OPEN

### Newsletter Editor

Deborah G.

### Coffee Chair

Scott S.

### Archives Chair

OPEN

### IT Representative

OPEN

## WHY DO WE NEED A CONFERENCE?

*The late Bernard B. Smith, nonalcoholic, then chairperson of the board of trustees, and one of the architects of the Conference structure, answered that question superbly in his opening talk at the 1954 meeting:*

“We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of the child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life.”

“We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade A.A. We need it to ensure A.A. against government, while insulating it against anarchy; we need it to protect A.A. against disintegration while preventing over integration. We need it so that Alcoholics Anonymous and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.”

“We need it to ensure that changes within A.A. come only as a response to the needs and the wants of all A.A. and not of any few. We need it to ensure that the doors of the halls of A.A. never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks anyone who needs us what his or her race is, what his or her creed is, what his or her social position is.”

The A.A. Service Manual- page S20

# Upcoming Events

## D51 12 Step Sponsorship Workshop

April 18th, 12:00—3:00 PM,  
The Delta Club, 400 Westpark, Ste. 355, Houston, TX 77057

## D20 GV Spring Workshop

April 26, 1:00—4:00 PM  
Council on Alcohol and Drugs Houston,  
303 Jackson Hill Street, Houston, TX 77007

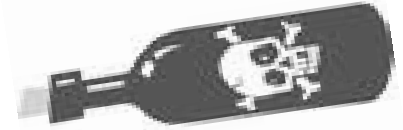
## PPG Alcothon

April 24th—25th , Friday 5:30 PM—Saturday 9:30 PM,  
1203 W. 34th Street

## D40 PI/CPC Committee Meeting

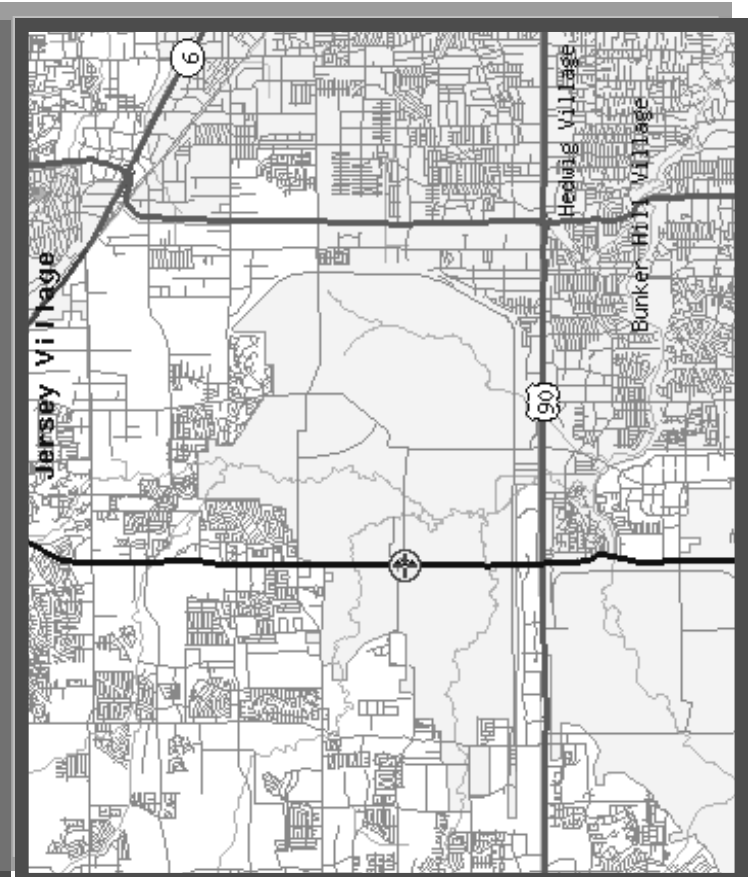
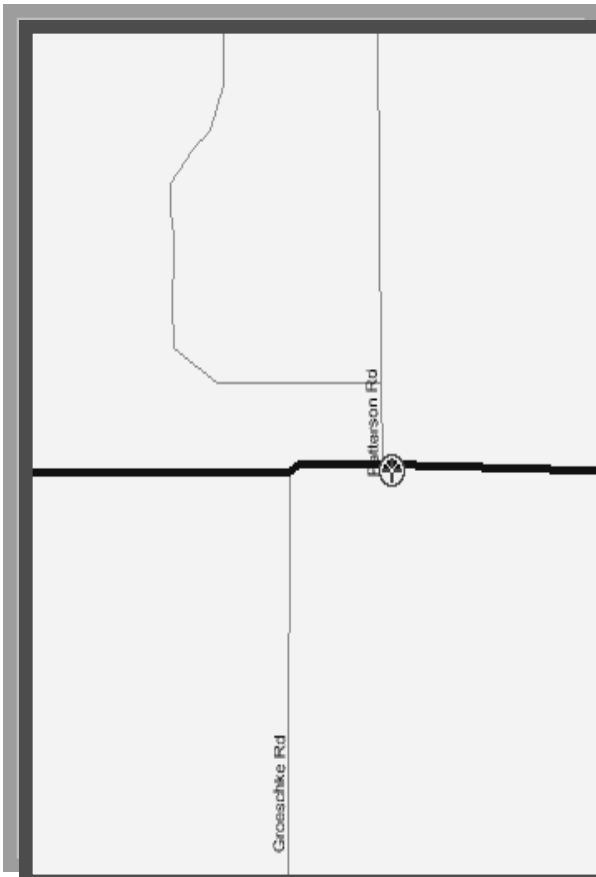
April 25th, 1:00—3:00 PM, SBMC

*\*See flyers on SETA/Intergroup Websites*



Resentment is  
like drinking  
poison and  
waiting for the  
other person to  
die.

- Carrie Fisher





If you have a story, quote, cartoon, or image you would like to see published in the District 40 News, please send it to [dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

Committee	Meeting Time	Location	Area Assembly*
Archives	2 <sup>nd</sup> Saturday of the month at 10:00 AM	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060	Saturday, 4:30 PM to 6:00 PM
Cooperation with the Professional Community (CPC)	1st Monday of the month at 7:15 P.M.	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007	Saturday, 4:30 PM to 6:00 PM
Correctional Facilities (CFC)	3rd Wednesday of every month from 7:30-9:00 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057	Saturday, 4:30 PM to 6:00 PM
Grapevine	3 <sup>rd</sup> Thursday of the month at 7:30 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057	Saturday, 4:30 PM to 6:00 PM
Internet Technologies (IT)	4 <sup>th</sup> Saturday of the month from 10:00 AM – 12:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C	Saturday, 4:45 PM to 6:00 PM
Literature	2 <sup>nd</sup> Saturday of the month at 12:00 PM	Bay Area Club 2111 Webster St., League City, TX	Saturday, 4:30 PM to 6:00 PM
Public Information (PI)	3 <sup>rd</sup> Monday of the month at 7:15 PM	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007	Saturday, 4:30 PM to 6:00 PM
Treatment Facilities (TFC)	–	–	Saturday, 4:30 PM to 6:00 PM
District 40 PI/CPC Committee	Last Saturday of the month from 1:00-3:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C	–

\*Area Assembly meets in the months of April, July and October at Sheraton North Houston 15700 John F. Kennedy Blvd., Houston, TX 77032; January Assembly meets at the SETA

THE NEXT DISTRICT MEETING IS  
**MAY 12, 2015 AT 7:00 PM**

District 40 meets on the 2nd Tuesday  
of every month from 7:00 PM—9:00 PM at the  
Bear Creek Community Center

**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 may also contact Intergroup at 713-686-6300.