

District 40 News

Volume 28.2

February 2015

... our Creator show us the way of
patience, tolerance, kindness and love.

**It was impossible
to say we had
no capacity for
faith, or love,
or worship.**



*Love thy
neighbor as thyself.*

*...periods of crankiness,
depression, or apathy,
which will disappear when
there is tolerance, love and
spiritual understanding.*

*When they
talked of a
God personal
to me, who
was love...*

Step Two

Came to believe that a power greater than
our—selves could restore us to sanity.

Tradition Two

For our group purpose there is but one ulti-
mate authority — a loving God as He may
express Himself in our group conscience. Our
leaders are but trusted servants; they do not
govern.

Concept Two

The General Service Conference of A.A. has
become, for nearly every practical purpose,
the active voice and the effective conscience of
our whole Society in its world affairs.

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He stood in the Presence of Infinite Power and Love.

A.A. Style Love

Editor's Pick of the month "What A.A. has taught me about love"... well there is no way to fit into this small section of our newsletter all that it has taught me collectively over the years so I had the thought to pull from our Concept II what can be one of the guiding influences in all aspects of my life.

Therefore the General Service Conference of A.A.-plus any later formed sections- has become for nearly every practical purpose the active voice and the effective conscience of our whole society in its world affairs. In making this momentous transfer, we old-timers deeply hope that we have avoided those pitfalls into which societies have so often fallen because their originators have failed, during their lifetimes, to properly delegate and distribute their own authority, responsibility and leadership.

The A.A. Service Manual pg.12

Dr. Bob and Bill gave us their baby, their life's work, their passion, their trust, their love! I appreciate how Concept II is interwoven with Tradition II. How can we meet the needs of our right here, right now and have the vision for our future without putting God in charge through a true reliance on Him to lead us, protect us, guide us and love us? When I can open my mind and soften my heart towards my fellow members whether it be in a Group Conscience, District Meeting, Area Assembly, Regional Forum, Workshop or just working one on one with another alcoholic in recovery and service, then I am honoring Tradition II and moving closer to fulfilling Concept II. Being willing to serve that which saved my life and healed my family is one thing (a huge thing). Recognizing just how and when the needed action is mine to take is another. When I read our history like above it teaches me how to be in the middle without being in the way. To properly delegate and distribute shows me that we are all equals and therefore responsible in our own individual ways. It teaches me that being a part of a legacy instead of trying to build an empire is imperative. It shows me that I will fall in love many times in many different ways throughout my life and that assures me that I cannot keep it unless I give it away, just as our founders did all of those years ago...properly

In Service,
Michelle H.
D40 DCM

For Love of Service

Before recovery, my thoughts & resulting actions came from a place of "Not Enough"; (money, recognition, love, etc. and of course-booze!) A big black hole that could never be filled.

In recovery, truth has proven I had it backwards. When I give it away, it almost always comes back multiplied.

For example, people doing service work. Because of selfless love of their fellow sisters & brothers, I have been shown what I need to remain focused on to grow.

Then, I'm less likely to grow resentments and discontentment. I guess that explains why I'm so active in service!!!

Anonymous

What AA has taught me about love.. first and foremost is to **love myself.** Therefore I can love others the way God intended me to . Today I do not look at the bad in people, I always remain positive and try to be uplifting in every situation I encounter . I am truly blessed that God did for me what I could not do for my self .

Sincerely,
Marianne O.



What has AA taught me about love? Well over the last 16 years AA has taught me that love is an action more than a feeling. It takes action to show your love and when you do things for other people "for free and for fun" without any expectations in return it blossoms and grows. When you have expectations on the things you do for other people it turns sour and loses its luster. *Love is a many splendid thing*, the song says but only when it is

given freely. The

"I am a lovable person"

other thing that AA has taught me about love is to know I am a loveable person and am worthy of love. If someone treats me poorly I don't have to put up with bad behavior and can separate myself from that situation. No reason to stay where one is not really wanted. AA is awesome when we "seek His will for us" and not worry about what others will do for them.

Happy Valentine's Day!
Kent A.

**Patience, tolerance, understanding
and love are the watchwords.**

District 40 GSR Official Meeting Minutes
Southeast Area Alcoholics Anonymous

December 9, 2014

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition XII/Concept XII: reading and summation by Deborah G. and Betsy G.

Volunteers for next month: Tradition I/Concept I will be Corrie H. and Brad H.

Introduction of Attendees: (31)

Amanda S. (GSR, Post Oak Group); **Ana D.** (Rule 62 Group); **Betsy G.** (Past D40 DCM, Past Area 67 Delegate, God Meeting Group); **Beverly H.** (Alt. GSR, Bear Creek Fellowship); **Brad H.** (Past D40 DCM, Area 67 Newsletter Chair, Journey Group); **Cindy M.** (Incoming D40 Correctional Facilities Chair, Incoming Area 67 CFC Secretary, Katy Big Book); **Cole D.** (GSR, Men's Supper Step Study); **Corrie H.** (D40 Newsletter Editor, Alt. Area 67 Secretary, God Meeting Group); **Deborah G.** (D40 Alt. Secretary, GSR, Rule 62 Group); **Desiree B** (GSR, God Meeting Group); **Gail B.** (GSR, Katy Crossroads Group); **Jackie S.** (GSR, Bear Creek Fellowship); **Jackie V.** (D40 IT Rep., GSR, God Meeting Group); **Jes K.** (D40 DCM, First Light Group); **Jon S.** (Katy Big Book); **Julz D.** (Rule 62 Group); **Kris H.** (Past D40 DCM, Area 67 Treasurer, Rule 62 Group); **Marianna O.** (GSR, Katy 12 & 12 Group); **Mark W.** (GSR, Journey Group); **Michelle H.** (D40 Alt. DCM, Rule 62 Group); **Mike J.** (GSR, Katy Big Book); **Padraig Mc.** (Incoming D40 IT Rep, Katy Big Book); **Pam F.** (Incoming D40 Treatment Facilities Chair, Katy Big Book); **Peter C.** (D40 Intergroup Liaison, GSR, Journey Group); **Richard B.** (GSR, First Light Group); **Rochelle B.** (GSR, Bear Creek Women's Group); **Wendy A.** (D40 Secretary, Katy Crossroads)

Normal Business:

1. **Secretary's Report** – Motion to Accept as corrected.
2. **Treasurer's Report** – Accepted as corrected. November report period ending 12/9/14. Opening balance was \$8,573.26. Group Contributions received this month totaled \$528.64. The expenses this month totaled \$1,551.00. The closing balance is \$7,550.90.
3. **Group News:**

Committee Reports:

- a. **Archives** – Chris C. will be stepping down; Position is now OPEN.
- b. **Public Information/Cooperation with Professional Community – PI/CPC** – Kate E. was absent but reported via email, Come to our last meeting of the year on 12/20 1-3 at the Spring Branch Club. It will be very exciting. We will be doing a practice presentation and holding elections for unfilled positions on the committee. Head out early to the Memorial City Mall

and the Cinematic 19 theaters starting this Friday December 12th and continuing thru January 19th to see the PSA we will be running before the movie. Please let the committee know what you think. I am sorry I am not here personally to thank you for this opportunity to serve. I have grown and learned from this experience. I am looking forward to continuing to serve the area as PI chair.

- c. **Correctional Facilities Committee – CFC** – Cindy M. (incoming CFC) reported that the CPC committee came to visit the CFC at the last area meeting and brought some information. There are also plenty of Blue Cans available if any group needs any, please ask.
- d. **Grapevine** – OPEN
- e. **Intergroup** – Peter C. reported the Intergroup Open House and Tax Free Day would be this Saturday, December 13th from 10 am- 4 pm. Cole D. was voted in as the incoming Intergroup Representative for 2015-2016.
- f. **Information Technology – IT** – Jackie V. reported Positions Open: Alt. Chair, Alt. Postmaster, Alt. Webmaster, Secretary, and Alt. Secretary; Note: We are in dire need of a secretary. If you or if you know of anyone that would be interested, please contact Marshall W./Chair at it-chair@aa-seta.org. Padraig M., incoming D-40 IT Rep, attended the meeting and with his knowledge of email postings and webmaster, he offered his services to be used for either/or and at the next meeting in December will get with the current Webmaster and Postmaster to determine where his expertise can best be utilized. Marshall W., Chair, by the next meeting will have purchased some, if not all, the equipment various SETA Chairs have requested along with items needed by the IT Committee.
- g. **Literature** – OPEN; Michelle H. reported on an AA Book Club starting **January 3, 2015** and will be meeting every **first Saturday of the month at 4:30 in the afternoon at Houston Intergroup**. The first meeting will mostly be a time to get acquainted with each other and discuss how the club meetings will function. The first book we will be reading and discussing will be - "Pass It On", which Houston Intergroup sells for \$12.75. The first pamphlet will be discussing is "Many Paths to Spirituality" priced at \$.35. Please let me know, by 12/24, if you would like to purchase the book and/or pamphlet at the book club meeting. This will enable me to arrange with Intergroup to have a sufficient supply ready. *Kathleen T., Incoming Area 67 Literature Committee Chair* [713-502-8151](tel:713-502-8151)

District 40 GSR Official Meeting Minutes
Southeast Area Alcoholics Anonymous

- h. Treatment Facilities Committee – TFC**– Pam F. (incoming chairperson) reported that she has been in contact with GSO about information for a tri-fold board display to have at the D40 GSR Workshop in January.
- i. Newsletter** – Corrie H. was pleased with this month’s newsletter and all of the articles that were sent in. She thanks the district for allowing her the opportunity to serve in this position and looks forward to the next two years serving in a new position.

- 3. 2014 Gratitude Dinner Final Report – Michelle H.
 - a. Turnout was fairly good.
 - b. Food was slow getting out but was wonderful.
 - c. Minor glitches with seating issues.
 - d. Gave District 40 an idea of what might need improvement before we host the 2015 Gratitude Dinner.
- 4. Attendance Award – Michelle H.
 - a. Betsy G.
 - b. Peter C.

Current Items:

- 1. District Hospitality Suite for SETA 2014 Convention – Wendy A
 - a. Still some time slots available for groups to volunteer
 - b. Food will consist of muffins, etc. in morning, sandwiches for lunch and possibly meatballs for dinner.
 - c. District approved for her to buy 2 new Mr. Coffee’s and a crockpot.
- 2. GSR Workshop – Betsy G.
 - a. Held at SBMC on 1-24-14 from 1-4 pm.
 - b. District 40 and District 32 will be co-hosting the workshop
 - c. What to expect at the workshop:
 - i. Power Point Presentation
 - ii. Experience from a past GSR
 - iii. Materials handed out
 - iv. Snacks and Fellowship

Announcements:

- **District 40 PI/CPC Committee Meeting:** December 20, 2014, 1:00-3:00 pm, SBMC
- **53rd Annual SETA Convention:** January 16-18, 2015, Moody Gardens, Galveston
- **GSR Workshop:** January 24, 2015, 2:00 to 6:00 PM, SBMC

“This ability to laugh at yourselves to accept the puncturing of your own self importance is one of the basic steps in A.A. I believe — of course it makes every individual more livable and lovable whether alcoholic or not. What little I have been able to absorb made life much simpler for me, I know.”

Ruth Hock

Alcoholics Anonymous’ 1st Secretary



**Love and tolerance
of others is our code.**

Treasurer's Report

District 40 Financial Report Period Ending 1/13/15	Current Month	Budget*	Year to Date	Current %	YTD %
INCOME					
Traditions Dinner Donations		\$140.00	\$253.00		
Service Workshop Donations					
State Conv - Hospitality Suite					
SETA -Hospitality Suite			\$100.00		
Fellow ship Fest (Ice Cream Social)					
Group Donations	\$744.49	\$7,095.00	\$353.00		5.0%
Katy Crossroads	\$152.10				
Chapelwood Tues 8pm	\$112.00				
Taking Care of Business	\$25.00				
Another Chance	\$5.00				
Saturday Solutions	\$20.00				
Memorial Going Home	\$67.89				
Alright Already	\$33.00				
High Hopes	\$20.00				
Bunkerhill Tuesday	\$50.00				
Rosewood Thursday Night	\$8.00				
Tuesday Night Step Study	\$24.50				
First Light	\$192.00				
Into Action	\$35.00				
Total Income	\$744.49	\$7,235.00	\$8,956.73	10.3%	123.8%
*** EXPENSES ***					
DCM		\$500.00	\$296.70	0.0%	59.3%
Alt. DCM		\$500.00	\$192.23	0.0%	38.4%
Secretary / Copying		\$100.00	\$19.65	0.0%	19.7%
Treasurer		\$75.00		0.0%	0.0%
New sletter		\$221.00		0.0%	0.0%
Rent/Coffee Donation		\$180.00		0.0%	0.0%
Coffee	\$20.00	\$25.00	\$20.00	80.0%	80.0%
PO Box	\$77.00	\$70.00	\$56.00	110.0%	80.0%
Literature Committee		\$100.00		0.0%	0.0%
PI/CPC	\$178.69	\$2,380.00	\$2,136.42	7.5%	89.8%
Grapevine		\$80.00		0.0%	0.0%
CFC		\$250.00		0.0%	0.0%
TFC		\$0.00		0.0%	0.0%
Archives Committee		\$100.00	\$61.64	0.0%	61.6%
Intergroup Liaison		\$0.00		0.0%	0.0%
IT Committee		\$100.00		0.0%	0.0%
Miscellaneous	\$61.31	\$100.00	\$61.31	61.3%	61.3%
***Gratitude Dinner		\$300.00	\$300.59	0.0%	100.2%
*** Fellow ship Fest		\$250.00		0.0%	0.0%
*** Traditions Dinner		\$800.00	\$899.31	0.0%	112.4%
*** Service Workshop		\$250.00	\$164.98	0.0%	66.0%
***SWRAASA (Even Years)		\$1,500.00	\$1,482.16	0.0%	98.8%
*** The Forum (Odd Years)					
*** State Convention Hospitality Ste					
***SETA Assembly Host District					
*** SETA - 2014 Hospitality Suite ***					
Total Expenses	\$337.00	\$7,881.00	\$5,690.99	4.3%	72.2%
*Budget Approved as of 10/8/13					
<i>Beginning Bank Balance</i>	\$7,550.90				
<i>Total Expenses</i>	\$337.00				
<i>Total Income</i>	\$744.49				
<i>Prudent Reserve (0.25xBudget)</i>	\$1,970.25				
<i>Unrestricted Funds</i>	\$5,988.14				
Ending Balance / Total Funds	\$7,958.39				
<i>Unspent Portion of Budget</i>	\$2,190.01				

Deposit 1/13/15	
Check #	Amount
2530	\$152.10
1150	\$35.00
90653655	\$112.00
1024	\$25.00
1081	\$5.00
6969	\$20.00
112	\$67.89
5983	\$33.00
1197	\$20.00
11482	\$50.00
46841190	\$8.00
1128	\$24.50
1047603439	\$192.00
	\$744.49

Treasurer's Report -
December's report period ending 1/13/15. Opening balance was \$7,550.90. Group Contributions received this month totaled \$744.49. The expenses this month totaled \$337.00 for the PI/CPC committee for literature, coffee, PO Box rent and purchase of coffee pots/crock pot for the district. The closing balance is \$7,958.39.



“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

They need the
counsel and love...



"What do you mean you're not willing to pay the price for that drink?"

There could be no love in
such persons, we thought.

TRUE LOVE

Demands made upon other people for too much attention, protection, and love... (Twelve Steps and Twelve Traditions, pp.44) was exactly how I viewed the rest of the world before I came to AA. I loved my parents, my siblings, friends and boyfriends. What I didn't understand was the selfish type of love I was giving and receiving. I would only give when I wanted and take more than could or would be given to me. I always needed more attention, more love, more approval and more acceptance. What everyone gave me wasn't enough. When I was broken enough, I found out that there was one person I hadn't been showing love to. ..Me. I stopped believing in myself, stopped thinking I was worthy of anything and I was living a life of fear masked by ego. With God's help, I know that I only have to be good enough for me. The only person that has to accept me is the one staring back at me in the mirror. I still want love and attention from others, but today I don't NEED it. I love the me I am becoming each day. And as the saying goes... "Progress not perfection!"

Happy Heart Day!
Deborah G.

DISTRICT SERVANTS

DCM

Michelle H.
dcm-40@aa-seta.org

Alternate DCM

Corrie H.
dcm-40-alt@aa-seta.org

Secretary

Ana D.

Alt. Secretary

OPEN

Treasurer

Cheryl B.

Alt. Treasurer

OPEN

Literature Chair

OPEN

Treatment Facilities Chair

Pam F.

Correctional Facilities Chair

Cindy M.

Intergroup Liaison

Cole D.

Grapevine Chair

OPEN

Newsletter Editor

Deborah G.

Coffee Chair

Scott S. – 713-539-7261

Archives Chair

OPEN

IT Representative

Padraig Mc.

Upcoming Events

Intergroup 4th Step Workshop

February 21, 2015, 9:00 am—12:00 pm

D33 Unity Conference

March 6-8, 2015

...those I would help of Thy Power,
Thy Love, and Thy Way of life....



SIGN UP ON THE
WEBSITE
WWW.AAHOUSTON.ORG
OR STOP BY THE
BOOKSTORE

FINISH THE
PROGRAM AND GET
ON WITH POWER

\$5.00
REGISTRATION
INCLUDES TAKE HOME
MATERIALS

9:00AM-NOON
MORNING SNACKS AND
DRINKS PROVIDED

*"ONCE I FINISHED IT,
I COULDN'T BELIEVE
HOW EASY IT WAS"*

A MEMBER OF THE FELLOWSHIP

FEBRUARY 21ST HOW TO FINISH AA'S 4TH STEP

Your Fourth Step Made Easy...

Struggling with that 4th Step? Afraid to start? Scared? Come join us and walk through the simple and easy procedure as shown in the Big Book of Alcoholics Anonymous. No workbooks needed – Just a willing heart and an open mind.



Intergroup Association, Inc.

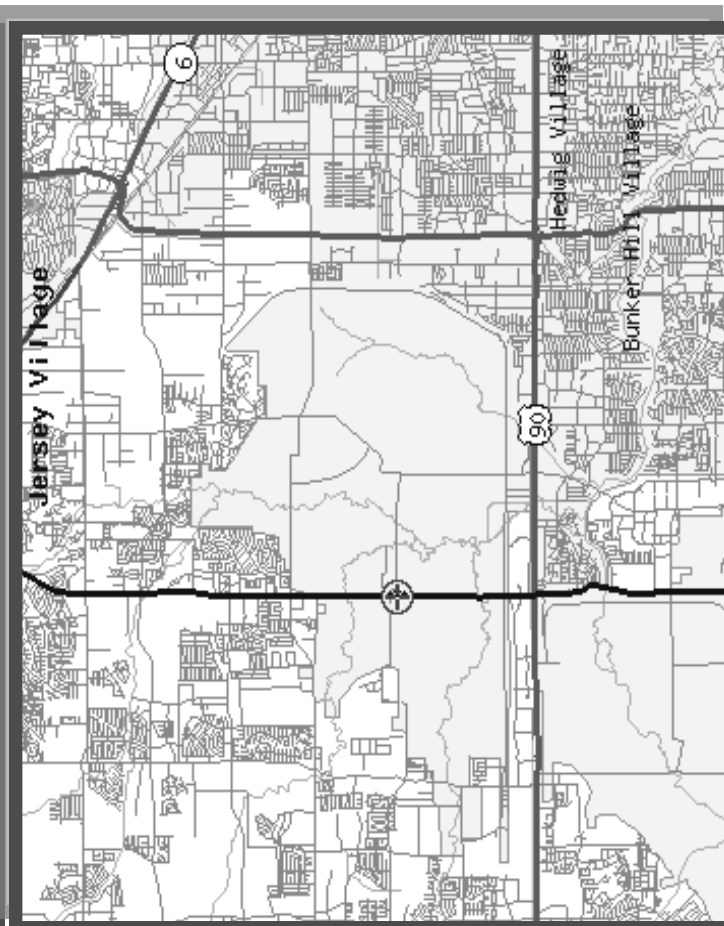
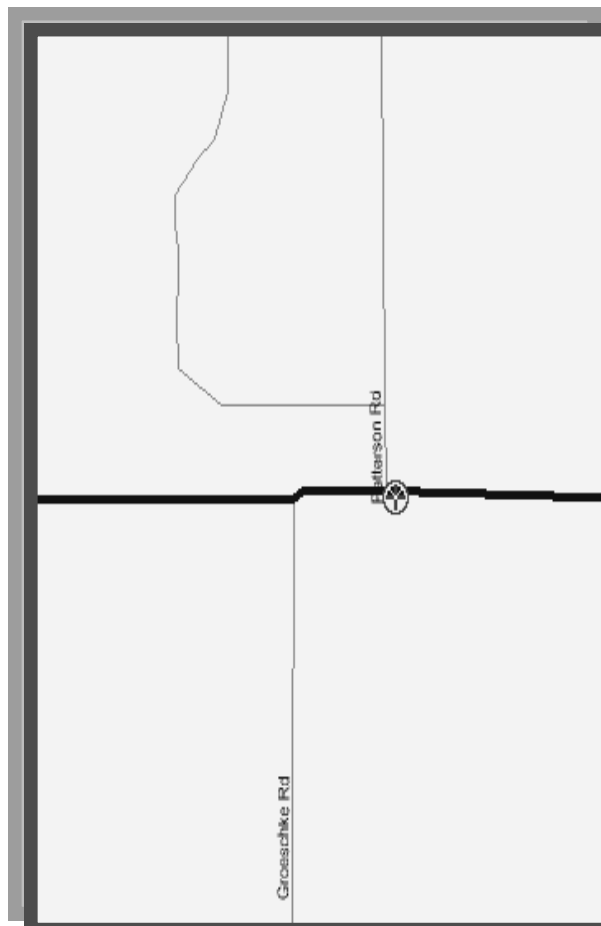
INTERGROUP ASSOCIATION

4340 Directors Row
Conference Center
Houston, TX 77092

713-686-6300

www.aahouston.org

**...resentment that love and
loyalty could not cure...**



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

Committee	Meeting Time	Location	Area Assembly*
Archives	2 nd 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 7:30 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 rd 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 th 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	–	–	Saturday, 4:30 PM to 6:00 PM
Public Information (PI)	3 rd 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 Annual Convention. Location TBA.

THE NEXT DISTRICT MEETING IS
MARCH 9, 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
3055 Bear Creek Drive, Houston, Texas 77084

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 and intergroup@aahouston.org. You may also contact Intergroup at 713-686-6300.