

Our Table

Happy New Year District 40! I am so excited for this journey we all will be experiencing together. 2015 holds so many new opportunities for us all as well as the comforts of the solid, stable paths that have already been laid down for us to follow.



I have been asked *what I hope to bring to the table* through my new position this rotation. Such a simple question & after quite a bit of prayer, meditation, examination & reflection; simply put I hope to bring **Unity** to our table. There will be chairs at our District table that will be filled with veteran servants, chairs filled with brand new GSRs, chairs filled with

confusion, excitement, uncertainty, willingness, seriousness, humor, experience, potential, personalities, principles & there will be some empty chairs. What I hope to bring to the table through my chair is that feeling of no matter where we sit at the table we are all equals as we serve & equally important to fulfilling the roles He has assigned to us. Our voices lead us to decisions which whenever possible, will be made by substantial unanimity, one of our best ways of creating a feeling of unity within the district as we then turn our decisions into actions.

I look forward to greeting you all & hearing your voice as we gather at our table...come pull up a chair there is plenty of room!

In Service,
Michelle H.

Step One

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal recovery depends upon A. A. unity.

Concept One

Final responsibility and ultimate authority for A. A. world services should always reside in the collective conscience of our whole Fellowship.

Inside This Issue

- 1 Article: *Our Table*
- 1 Step, Tradition, Concept
- 2 More Articles
- 3 Even More Articles
- 4 & 5 Secretary's Report
- 6 Treasurer's Report
- 7 Upcoming Events
- 7 Trusted Servants' Directory
- 7 District Map
- 8 SETA Committee Meeting Schedule

“Modem-to-modem or face-to-face...”

Since I first got sober I have been amazed how AA as a fellowship works, I knew there had to be some people keeping the wheels oiled locally and internationally. I heard at meetings the GSR reports being read at Group Conscience but never paid too much attention to it and the work regular AA members give to service. I have travelled quite a lot in my job from Texas to 22 different states within the US and as far a field as Hawaii, Canada, Dublin, Ireland, Munich, Germany, Port Harcourt, Nigeria, Cameroon, West Africa and Equatorial Guinea, West Africa to mention a few. I have always taken for the granted the service capabilities of a computer. Type in google.com and ask it anything you want. I never appreciated the value of sitting at a computer and keying in either a zip code, country code, or even the letters AA into a web browser and all this amazing information popping up that not only can save my life but the lives of every person who seeks a meeting anywhere in the world, at any time in 280 countries. It has saved my sobriety, serenity and peace on many, many an occasion. I love the fact that I can browse a phone, an iPad or a computer at anytime and get information on recovery instantly. I believe in service to AA, and try to stay in gratitude for what AA has freely given me, it's the very, very least I can give back to the program. I love sobriety as it saved me from a life and a path that was going nowhere and has given me a new focus and plan for living, I have quite a few days now thanks to other peoples service work, it's now my time and I love what I am doing.

“Life is not about waiting for the storm to pass, its about learning how to dance in the rain.” *Anonymous*

Padraig Mc.
D40 IT Rep



NO LONGER BEHIND BARS

It is estimated that as much as 80% of the population behind bars has an alcohol problem. AA has a long track record of success behind the walls and the outside. Warden Clinton Duffy first invited AA to start a group at San Quentin, CA in 1942 and watched the recidivism rate of 80% drop to 20% for members of the AA group (source NIA, Area 20).

Sobering up in jail, I had my first spiritual awakening (more of a slap to my face!). In that moment I saw the truth and was wide open to a new belief. I want to be there to share how AA has given me a new way of life, new hope and beliefs. It truly is the easier, softer way of living. I know the “language of the heart” is spoken everywhere.

There, but for the grace of God, go I.

Cindy M.
Incoming CFC Rep

Inspired!

Inspiration is what comes to mind as the New Year begins. I've been inspired multiple times over the course of my sobriety... inspired to change my attitude, my spiritual life, even inspired in the way I approach my service commitments. As the incoming newsletter editor, I'm even more inspired. I have creative ideas running through my head non-stop about what I hope to contribute and include in the next 24 issues of District 40's newsletter. I take a lot of that inspiration from AA's very own *Grapevine*. It's so filled with stories of experience, strength, and hope, not to mention, service, gratitude, tears, laughter and spirituality. The history, quotes and even the cartoons that the magazine offers are such an amazing way to entertain, yet also encourage. The greatest part about the *Grapevine* and our newsletter is that every one of our members is allowed to be a part of it. I encourage all of District 40 to share their stories, their knowledge, and their humor. I look forward to serving in a creative, fun and inspiring way!

Thank you for this opportunity,
Deborah G.
Newsletter Editor

A message from your Panel 63 Delegate...

Good Evening All and Happy New Year's Eve 2014!

I am sitting here tonight and thinking about the opportunities of love and service that you all have given me as your Panel 63 Delegate. There have been so many blessings that I would have missed had I not learned the lesson you all have taught me, which is to say yes to AA service and other requests.

Ronald C. has asked me over and over "what would you have differently had you known what you know now after two years of experience?" When I think about this question tonight, the answers are my usual defects. I wish I would not have procrastinated when writing my delegate reports, newsletters, expense reports etc. I am sorry that Trae, my sweet life partner, had to be the one who usually felt the brunt of me running around during these times when I was in a panic because of my moments of falling short.

But the truth is that I feel that I did the best job I could have done. What a gift for this man who on June 8, 1992 was living a life filled with regrets. You have taught me to show up, to be prepared, to be informed, to ask questions and I pray that I made a small difference and helped you all along the journey. I especially am grateful to have experienced our wonderful General Service Conference process in action and to be a small part of the legacy of those who have gone before me and those who will follow behind me.

I did none of this alone. I did none of this by myself. My Higher Power and each of YOU were there every step of the way with your encouragement, your questions, your interest, your service and especially your love.

I do want to say a special thank you to Melissa R. The service you have performed already as an Alternate Delegate has shown Area 67 SETA that we are in good hands for the next two years. Ron, make sure that you keep her in your prayers and stick close so you will be prepared and ready if needed!!

To make sure that I stay connected to service, I have taken the coffee service commitment for the month of January at my home group meeting, Monday Night Heights Survivors Group. We meet at 8pm to 9pm at the Heights Presbyterian Church.

Happy New Year to all and especially our new incoming panel of trusted servants. The legacy continues...

Love and Service,
Patrick C.
Panel 63 Delegate



**"...so freely
given away..."**

I am excited for the opportunity to learn and serve as the PI/CPC Committee Chair. I have had the privilege to be a part of the committee with wonderful members. They have so freely given away what they have learned and I am looking forward to doing the same.

In Service,
Jennifer C.
D40 PI/CPC Committee
Chair



"CLARK? YOU?... Y-YOU'RE A SUPERDELEGATE?!"

© United Feature Syndicate, Inc.

Our journey has begun...

The New Year has already begun and we are kicking it off with a bang. I am looking forward to the next two years and the opportunities along the way. With each year, I meet new people, gain new experience, and increase the love I have for Alcoholics Anonymous.

When asked what I hope to bring to the table in my new position this rotation, the word **Opportunity** comes to mind. Many people have blessed me with the opportunity to learn, grow and serve in Alcoholics Anonymous. For a few years in early sobriety, I had no idea about the service structure, the traditions, the history of AA and the importance of our positions at any level. God put a few messengers in my life that are willing to guide me through this journey. The more knowledge I gain through that experience, the more meaning the Responsibility Statement has for me. "When anyone anywhere reaches out for help, I want the hand of AA always to be there, and for that I am Responsible." I hope to bring opportunity to newcomers, members of the fellowship and future trusted servants a doorway to join the path with us by showing up, leading by example, providing tools and information and encouraging participation through my passion for Service.

When my life depended on it most, the only requirement for membership was a desire to stop drinking. In my recovery and hope for continued sobriety, opportunities given to me by others, allow me to live a life of purpose, joy, involvement and keep me in the rooms of AA and in the middle of this program and for that I owe my life.

In Love & Service,
Corrie H.
District 40 Alternate DCM

District 40 GSR Official Meeting Minutes
Southeast Area Alcoholics Anonymous

November 11, 2014

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition XI/Concept XI: reading and summation by Albert C. and Corrie H.

Volunteers for next month: Tradition XII/Concept XII will be Deborah G. and Betsy G.

Introduction of Attendees: (30)

Albert C. (GSR, First Light Group); **Amanda S.** (GSR, Post Oak Group); **Ana D.** (Rule 62 Group); **Betsy G.** (Past D40 DCM, Past Area 67 Delegate, God Meeting Group); **Betsy K.** (Katy Big Book); **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); **Jackie V.** (D40 IT Rep., GSR, God Meeting Group); **Jes K.** (D40 DCM, First Light Group); **Kate E.** (D40 PI/CPC Chair, Memorial Going Home Group); **Kate H.** (GSR, Simply AA); **Kaylee S.** (GSR, Broad Highway); **Kelly C.** (GSR, Taking Care of Business Group); **Kevin B.** (GSR, Another Chance); **Marianna O.** (GSR, Katy 12 & 12 Group); **Mark W.** (GSR, Journey Group); **Matt T.** (GSR, Taking Care of Business Group); **Michelle H.** (D40 Alt. DCM, Rule 62 Group); **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); **Rochelle B.** (GSR, Bear Creek Women's Group); **Scott S.** (D40 Coffee Committee, GSR, Memorial Going Home Group); **Wendy A.** (D40 Secretary, Katy Crossroads)

Normal Business:

1. **Secretary's Report** – Motion to Accept as corrected.
2. **Treasurer's Report** – Accepted as submitted. October report period ending 11/11/14. Opening balance was \$7,561.33. Group Contributions received this month totaled \$1,026.93. The expenses this month totaled \$15.00. The closing balance is \$8,573.26.
3. **Group News:**

Committee Reports:

- a. **Archives** – Chris C. was not present; No report.
- b. **Coffee** – Scott S. advised all is well.

b. **Public Information/Cooperation with Professional Community – PI/CPC** – Kate E. reported the committee voted to pay for the AA PSA to run at the theaters during the Christmas Holidays. The PSA will be run in the Memorial City mall, The Grand Parkway Cinemark 19 and the Katy Mills Mall Theaters from 12/19/14 to 1/15/15. Arrive 30 minutes before the movie to preview and give us some feedback. The committee had a request for more of the information about AA cards from one of the emergency clinics we contacted earlier this fall. Both the Area CPC and the Area PI Committees will have a display at the Gratitude Dinner this Sunday. We would love to have you visit our displays. No D40 PI/CPC Meeting in November our next meeting will be December 20th 1-3 at Spring Branch Memorial Club and we will have a practice presentation. Come by and see how we inform Professionals what AA is and what AA isn't.

d. **Correctional Facilities Committee – CFC** – Incoming chair Cindy M. reported that a recent parolee is now a Grapevine Representative.

e. **Grapevine** – OPEN.

f. **Intergroup** – Peter C. reported Delegates met on October 16th and I was one of four people elected to the board. SETA Grapevine will celebrate the Grapevine's 70th anniversary with a Whoopie Party on Saturday December 6th from 1:00-5:00 PM at the Intergroup Office. They will be serving whoopie pies and ice cream floats. There will be writing workshops, audio recordings and other workshops on AA related topics. The third Meditation Workshop was a success with 110 participants. Bookstore had a very successful day with profits of \$1200. Intergroup Open House will be on Saturday, December 13th, from 10:00-5:00 pm. Lots of food and tax free sales.

g. **Information Technology – IT** – Jackie V. reported Positions Open: Alt. Chair, Alt. Postmaster, Alt. Support, Alt. Webmaster, Secretary, and Alt. Secretary. With year-end coming to a close soon, the committee reviewed available monies for the remainder of the year and discussed what items they would like or need to purchase by year-end. At our next meeting, 4th Saturday of November, the committee should have an estimate of each item so as to determine which items can be purchased by year-end and which ones will need to be purchased in 2015.

h. **Literature** – OPEN.



District 40 GSR Official Meeting Minutes
Southeast Area Alcoholics Anonymous

- i. **Treatment Facilities Committee – TFC**– Incoming chair Pam F. reported she is working on tri-fold display board to be able to have by the 2015 SETA Convention.
- j. **Newsletter** – Corrie H. is requesting articles from all outgoing position members to submit for December’s issue.

Current Items:

- 1. **2014 Gratitude Dinner – Michelle H.**
 - a. **Registration**- Please stop at registration when you first arrive & sign in. We are trying to get as accurate of a head count as possible for future planning. If you have any food to drop off registration can help direct you to the correct area.
 - b. **Decorations**- D52 has created all decorations. The podium decorations will be gifted to each speaker to express our gratitude for their willingness to serve. Please stay until the end of the event, D52 has planned a surprise drawing for attendees.
 - c. **Site Committee**- A final copy of the room layout has been finalized & distributed to all workers. A copy will be placed in the binder for future reference.
 - d. **Entertainment**-A mariachi band will be hired to play from 2:45-3:45 in an effort to liven up the event.
 - e. **Delegate’s Report**- All district commitments have been confirmed & a detailed list of responsibilities as well as the timeline for arrival has been emailed to all DCMs. The agenda is being finalized for a smooth flow with little down time. Speaker gifts have been approved by committee. Melissa is in the process of securing extra tables from D90, hiring a sound man to set up microphone & speakers for the hall. She is also in the process of gathering information for the gratitude dinner binder for next year’s committee.

- f. **Kitchen Coordinator**- The coordinators are prepared to be there at noon to start setting the stations up & will be working with the committee to make sure the food is ready to serve at 2:00pm.
- g. **There will be a wrap-up meeting held sometime in January & the dinner officially passed on to D40 for 2015. Cheryl Blake is our chairperson for that committee; please feel free to contact her if you are interested in serving your district & area at this event.**

- 2. SWRAASA 2014 Reports – Michelle H and Corrie H.
 - a. See Newsletter for detailed reports
 - b. Both had great experiences to report on
 - c. Both are going to use the things they learned in serving District 40 well!
- 3. District Hospitality Suite for SETA 2014 Convention – Wendy A
 - a. Time slots still available be for groups to volunteer and fill
 - b. Food will consist of muffins, etc. in morning, sandwiches for lunch and possibly meatballs for dinner.
 - c. New coffee pots will be ordered.
- 4. GSR Workshop – Betsy G.
 - a. Held at SBMC on 1-24-14 from 1-4 pm.
 - b. Trying to get District 32 to co-host with District 40.
 - 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:** NO NOV Meeting, next meeting is December 20, 2014, 1:00-3:00 pm, SBMC
- **SETA Gratitude Dinner:** November 16, 2014, 2:00-6:00pm, VFW Hall, 1560 Foley, Houston, TX 77055

“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

Treasurer's Report

District 40 Financial Report Period Ending 12/09/14	Current Month	Budget*	Year to Date	Current %	YTD %
INCOME					
Traditions Dinner Donations		\$140.00	\$253.00		
Service Workshop Donations					
State Conv - Hospitality Suite			\$100.00		
SETA -Hospitality Suite					
Fellow ship Fest (Ice Cream Social)					
Group Donations	\$528.64	\$7,095.00	\$353.00		5.0%
Monday Night Men's Supper/Step S	\$48.40				
Reflelions Group	\$84.00				
Journey Group	\$2.05				
Rule 62 Group	\$129.05				
Four Horseman Group	\$14.92				
Katy 12 & 12 Group	\$130.31				
Memorial West Group	\$37.71				
Broad Highw ay Group	\$60.00				
Rosew ood Thursday Night Group	\$22.20				
Total Income	\$528.64	\$7,235.00	\$8,212.24	7.3%	113.5%
*** 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		\$25.00		0.0%	0.0%
PO Box		\$70.00		0.0%	0.0%
Literature Committee		\$100.00		0.0%	0.0%
PI/CPC	\$1,551.00	\$2,380.00	\$1,957.73	65.2%	82.3%
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		\$100.00		0.0%	0.0%
***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	\$1,551.00	\$7,881.00	\$5,374.99	19.7%	68.2%
*Budget Approved as of 10/8/13					
<i>Beginning Bank Balance</i>	\$8,573.26				
<i>Total Expenses</i>	\$1,551.00				
<i>Total Income</i>	\$528.64				
<i>Prudent Reserve (0.25xBudget)</i>	\$1,970.25				
<i>Unrestricted Funds</i>	\$5,580.65				
Ending Balance / Total Funds	\$7,550.90				
<i>Unspent Portion of Budget</i>	\$2,506.01				

Traditions Dinner Donations
Service Workshop Donations
State Conv - Hospitality Suite
SETA -Hospitality Suite
Fellow ship Fest (Ice Cream Social)
Group Donations
Monday Night Men's Supper/Step S
Reflelions Group
Journey Group
Rule 62 Group
Four Horseman Group
Katy 12 & 12 Group
Memorial West Group
Broad Highw ay Group
Rosew ood Thursday Night Group
Total Income

Treasurer's Report -
November's report period ending 12/09/14. Opening balance was \$8,573.26. Group Contributions received this month totaled \$528.64. The expenses this month totaled \$1,551.00 for the PI/CPC committee for a public service announcement during the holidays at the movie theater and for rent . The closing balance is \$7,550.90.



When reflecting on these things, why should not each of us tell himself, "Yes, we A.A.s were once a burden on everybody. We were 'takers.' Now that we are sober, and by the Grace of God have become responsible citizens of the world, why shouldn't we now about face and become 'thankful givers'! Yes, it is high time we did!"

Bill W.
The AA Grapevine, June, 1948

Upcoming Events



53rd Annual SETA Convention

January 16-18, 2015, Moody Gardens, Galveston.

GSR Workshop

January 24, 2015, 2:00 to 6:00p.m., SBMC

District 40 PI/CPC Committee Meeting

January 31, 2015, 1:00-4:00 pm, SBMC

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.

PI/CPC Committee Chair

Jennifer C.

Correctional Facilities Chair

Cindy M.

Intergroup Liaison

Cole D.

Grapevine Chair

OPEN

Newsletter Editor

Deborah G

Coffee Chair

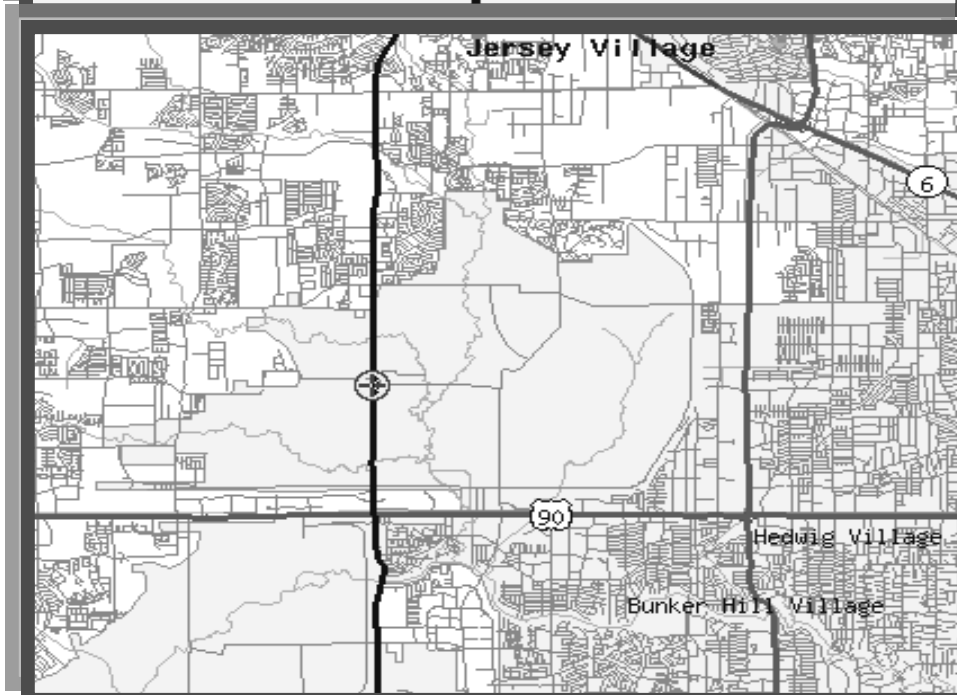
Scott S.

Archives Chair

OPEN

IT Representative

Padraig Mc.



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
FEBRUARY 10, 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 can also contact Intergroup at 713-686-6300.