

Hi District 40,

I was going to write an article about two months ago when our newsletter editor first requested something for the newsletter, I had second thoughts for a couple of reasons. I couldn't express in words the comradeship, love and fellowship that we are blessed with in Katy and the surrounding areas. I have made Texas my home for almost 21 years now and have been around the rooms for 15 years of that time. I picked up a 13 year chip in June and I say this not as a boast but with the pride I have for my Texas sobriety roots. Although as we all know sobriety is sobriety in any state, any town, any city and anywhere we go in the world. I travel a fair bit with my job and throughout the years I always end up back home in Katy. I have never in my travels come across sobriety quite like Texas. The place oozes of spirituality, strong big book sobriety, strong 12x12 step program and most of all our brothers and sisters in sobriety. I miss Texas sobriety and most days more than others. I am going to two to three meetings a week in a small town in Tennessee. Now I love Tennessee but not as much as I have had throughout the years in Houston and Katy. You see the meetings are different, the people are different, sharing is more on the program and love and tolerance and in some cases either I am a bad listener or it just isn't shared in the meetings I go to. Well one might say, find different meetings to go to, I would have to make a 100 mile trip daily to find regular meetings. The demographics are not too different but there is something just different that I have not grasped. Katy and surrounding areas firstly offer a lot of meetings and secondly a lot of excellent Big Book and Step meetings. I have yet to come across one of either yet. I am eternally grateful to God and the fellowship everyday and I am eternally grateful that I have had the chance to start my early sobriety amongst some wonderful people in Texas. I have been asked by lots of people in this city "What country are you from?" I tell them Texas!



Love and miss you guys,
Padraig McD.

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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LIVE EASY BUT THINK FIRST

Did you know that there is a correct order to put the slogans in??? Neither did I until I overheard someone walk into a meeting room & say “They did it wrong.” So from that day to this I always looks at the slogans to see what order they are in, most places do it all the same... the right way. ☺ If you take the first word of each slogan it should read “Live Easy But Think First” and this has proved to be the most

Live
and Let
Live..

helpful to me from the beginning of my sobriety to now. It just makes sense to this alcoholic. I cannot remember a

Easy.
Does
...It...

situation or problem that this will not fix,

But for
the
Grace
of God.

will not guide me, because when I am living easy, I'm not running the show, God

Think ...
Think
... Think

is. When I'm thinking first,

I'm not acting

on my feelings, which is always a positive for me &

most definitely good for you. My family

recently lost a very important, unique & special member suddenly & the next morning with her physical presence overwhelmingly absent I found myself

First
Things
First.

uncertain of what to do next right in the middle of a circumstance. “Live easy But Think First” was not only a solution for me that week, but I realized as I prepared to write this article, that by all rights my Mother-in-Law, Marjie lived by this AA slogan without ever knowing it. I think I will continue to rely on the simplicity of what the right order brings to my life & my family's.

In Service,
Michelle H.
D40 DCM

From Behind the Prison Walls

Slowly Drifting

Lying here on my bunk thinking thoughts of my past, I cannot believe that I wasted so many years seeking comfort from a bottle. Drinking myself into some sort of a daze not even living life, just existing numb.

Thinking back, I have come to the realization that a small child once gave me the answer to what I needed. I was just too caught up in a bottle to listen!

Some months prior to my incarceration, a little girl came up to me and said, "Mike, I want you to take me fishing," "Sure" I said thinking to myself 'Great, another excuse to drink cold beer!'



While at Walmart purchasing fishing licenses, Keri convinced me that we needed this \$150 raft so that we could get to where the "Big Fish" are. Once we got to the lake and I spent an hour blowing this thing up. We got in and I began to row us out into the water, after a while I said "is this far enough?" "Nope a little farther" she says. So we continued on until she was satisfied. I baited our hooks and we casted off. Keri begins to tell me why the fish keep the water muddy. "So that we can't see what they are doing," she tells

me about the sky and the clouds, as she is filling me in with information we are slowly drifting back to where we began, and I would have to row us back out where she would tell me about the dragonflies and the birds. As we slowly drifted back! After the third or fourth time of this repetitiveness, Keri looked at me and said, "Mike, you know what we need?" "What?" I said. "An anchor! So we can stop drifting back to where we started," she answered.

Had I had an anchor, I wouldn't have kept drifting back to the bottle. Had I known God would comfort me, I wouldn't have continued to seek happiness out of a bottle. Today Alcoholics Anonymous is my anchor and God is my refuge, my comfort.

I encourage you to use AA as an anchor, ground yourself, seek God, live life; don't drift back to the bottle. Or worse end up behind these walls, behind a bottle.

Mike J.
Current Inmate in TDCJ

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

July 14, 2015

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition VII/Concept VII: reading and summation by

Volunteers for next month: Tradition VIII/Concept VIII will

Introduction of Attendees:

Betsy G. (*Past D40 DCM, Past Area 67 Delegate, God Meeting Group*); **Betsy K.** (GSR, Katy Big Book); **Clark F.** (GSR, Houston Young People); **Cindy M.** (D40 Correctional Facilities Chair, Area 67 CFC Secretary, Katy Big Book); **Corrie H.** (D40 Alt DCM, Katy Big Book Group); **Deborah G.** (D40 Newsletter Chair, Katy 164); **Jackie S.** (GSR, Bear Creek Fellowship); **Jeff** (Alt. GSR, Houston Young People); **Jon S.** (*Past Area Delegate, Another Chance*); **Kate E.** (Area 67 PI Chair, Memorial Going Home Group); **Kate L.** (Alt. GSR, Broad Highway); **Kaylee S.** (GSR, Broad Highway); **Marianne O.** (GSR, Katy 12 & 12); **Marilyn M.** (GSR, Katy Primary Purpose Group); **Michelle H.** (D40 DCM, Katy Big Book Group); **Pam F.** (D40 Treatment Facilities Chair, Katy Big Book); **Sunshine P.** (GSR, Spring Shadows Group); **Meagan V.** (GSR, God Meeting Group); **Mel K.** (GSR, Another Chance Group); **Jeffrey L.** (GSR, MNMSSS); **Robin K.** (GSR, Simply AA); **Cletus B.** (GSR, Rule 62 Group)

Normal Business:

1. **Secretary's Report** – Accepted as corrected.
2. **Treasurer's Report** – Accepted as submitted.

Committee Reports:

- a. **Archives** – Representative absent. No report.
- b. **Coffee Committee** – Scott S. has stepped down. Betsy K. stood for the position and was voted in unanimously. Corrie H. will bring supplies to restock.

c. Correctional Facilities Committee – CFC –

- Chuck M. (long-term volunteer) spoke at the International. There were about 15 of us & I am so grateful to be a part of this super dedicated group.
- Upcoming Events:
 - i. Darrington Unit Orientation; Sat. July 18, 2015 8:30 – 12pm Hosted by Word of Restoration, 7620 FM 521, Rosharon, TX
 - ii. CFC Round Up; Sat. August 1st at 10:30 – 3:30 pm at Intergroup,
 - iii. CCS (Corrections Correspondence Service) & Prerelease workshop; Sat, August 8th at 10:00 am at Post Oak Club. (Flyers on table)
 - iv. The next SETA CFC meeting will be 8/19 at the Delta Club @ 7pm.
 - v. Annual CFC Conference; Sept. 11, 12 & 13 Crowne Plaza Hotel, Houston, TX. Early registration is encouraged. We have a Spanish speaker now.

• SPECIAL NOTE

- i. The August Conference planning meeting will be held at the Post Oak Club, 900 Hempstead, #306 Houston TX around noon after the CCS workshop.
- ii. Groups & individuals are donating Grapevine issues and the inmates love them.
- iii. CFC extra minutes & flyers on table.
- iv. Also our chip cards the inmates are receiving from us and they carry them around in their pocket. They love them!

- d. **Grapevine** – OPEN – A subscription challenge is going on right now. Look at flyers for more information. Writing articles is a part of helping!!!

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- a. **Intergroup** – Clark F. stood for the position and was voted in unanimously.
- b. **Information Technology – IT** – Richard B. stood for the position and was voted in unanimously.
- c. **Literature** – Sharon S. was absent but will be able to give a report next month. Reminder of the Book Club Meeting, check SETA website for more posts regarding the book club.
- d. **Newsletter** – Thank you to all the people who wrote in this month. I was very inspired by the experiences with Tradition 7. I was able to include another letter from an inmate again under the heading "Behind the Prison Walls." Be sure to read the article about the Texas State Convention history as we get ready for the convention next month. August's topic will be on anyone's experiences at District 40's Traditions Dinner and/or the International Convention in Atlanta. If it was your first experience, please share with us!
- e. **Public Information/Cooperation with Professional Community – PI/CPC** – that there was no meeting due to the SBMC Alcahthon & that the next meeting will be on August 22, 2015 1:00-3:00 om a SBMC.
- f. **Treatment Facilities Committee – TFC** – set up TFC display at Traditions Dinner June 13th and at the Delegate Tea June 27th. Met with Dan Aranda, CEO at Westpark Springs treatment facility June 30th to review my meeting with Wendy. They are exciting for AA meetings to start at their facility. While at the International Convention in Atlanta I attended at meeting (Sat. 7-4 at 1:30pm) called "Bridging the Gap from treatment to A.A.". It had a three person panel from all over the US. I learned a great deal about how BTG is viewed and carried out. Our TFC quarterly meeting was at the SETA assembly Sat. July 11, at 4:30pm. Monthly "go phone" meetings are still in the works. Mondays are looking best for the group, time still to be worked out. Melonie (Area TFC) has been in touch with Don B [REDACTED] that heads our BTG network. They are redoing the data base and are asking that TFC's in their district get the word out to GSR's. I have blank list available. Let everyone

know that if they have signed up for BTG before, to please put their name on the new list as well. Our area delegate Melissa and alt. delegate Ron came in and shared about the need for the TFC committee to also be focus on the "Special Needs and Accessibilities" which is also a part of the TFC. The gave examples of people in assisted living, the hearing impaired, the blind, VA persons, mental health persons (and more) that might need assistance in getting the AA message either in meetings or in getting meetings to them. They asked that we remain aware and see where there are needs in our districts.

Current Items:

1. July Area Assembly Report – Michelle H. & Corrie H.
 - a. The new Delegate's Report Format – Highlights Pamphlet; the Delegates would like feedback
 - b. GSC booklets will most likely be available at the next assembly
 - c. Information regarding Trustee A's; it's getting harder to fill these positions; take it back to your group and/or see if you know someone who could be considered for this position.
 - d. Delegates provided different topics for workshops to all the DCM's at the DCM sharing session; we are asking our district members for topic ideas
 - e. Copies of all assembly papers are available for us to email or they may be found on the SETA website
 - f. Open Area Positions: SCAP; Alt. Treasurer, Alt. Secretary
 - g. Would like us to consider District 40 being greeters at the October Area Assembly
2. Traditions Dinner – Corrie H.

The Traditions Dinner was fabulous. Patrick gave a wonderful presentation and made it fun for all of us. Thank you to all the volunteers who participated. You did an excellent job transforming the space into a fun venue. We had lots of yummy food and around 75 people in attendance. I have listed the budget, expenses and income breakdown above. The church has

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2. Gratitude Dinner Report – Deborah G.

- a. District 66 has completed the Save the Date cards and will be designing flyers.
- b. Pam F. was voted in as Kitchen Coordinator
- c. Deborah G. voted in as Site Coordinator
- d. Open Positions: Secretary, Parking Coordinator, Registration Coordinator
- e. A theme was decided on - "Faith Without Works is Dead"

- f. Main Course will be traditional Thanksgiving style Turkey and Ham
- g. District 66 will work on flyers
- h. Next meeting is Thursday, July 16, 2015 at 6:30pm at SBMC Rm. C

3. Delegate's Report (Tea Time with Melissa) – Michelle H.

- a. Great Report given by Melissa
- b. Lots of food, fun and information.
- c. Good questions and answers
- d. Approximately 26 people in attendance
- e. District 52 will host next year

4. Grapevine Challenge and Subscriptions – Michelle H.

- a. Would like to have District 40 purchase subscriptions to give away
- b. District voted on purchasing 16 Grapevines and 10 La Vinas which will budget out to \$456.

Group News:

1. Add Mult-Lingual Committee to District 40; Meagan V. stood for the position and was voted in unanimously; she reported that the current Area Multi-Lingual Chair is MIA.
2. Marilyn M. reported there was an incident in her home group where someone was videotaping meetings; the issue was resolved by looking at the tradition and history of the Anonymity statement.

Announcements:

- **D40 29th Annual Traditions Dinner:** June 13th, 4:00 – 7:00 p.m., St Christopher's Episcopal
- **Intergroup Delegate's meeting:** June 18th, 8:00 p.m., Intergroup
- **D40 PI/CPC Committee Meeting:** May 30, 1:00 – 3:00pm, SBMC
- **D40 Delegate's Report Tea Party:** June 27th, 2:00 – 4:00 p.m., COTHA





A.A. HEAVEN

Three members of AA die in a car crash and go to Heaven. St. Peter meets them at the pearly gates and says that all that they have to do is answer one question about AA history to be let into to Heaven. St. Peter asks the first alcoholic, “Who was one of the co-founders of Alcoholics Anonymous?” The first alcoholic says, “Bill W.” The gates of Heaven open with a roaring sound and the alcoholic walked in. St. Peter asks the second alcoholic, “Who was the other co-founder of Alcoholics Anonymous?” The second alcoholic answers, “Dr. Bob.” The gates of Heaven open with a roaring sound and the second alcoholic walked in. St. Peter asked the third alcoholic, “What were the first words that Dr. Bob said to Bill W.?” The third Alcoholic was not as dedicated to AA as the first two. He had recently relapsed. The first two alcoholics were twelve stepping him and taking him to a meeting at the time of the car crash. He had a pounding headache and a massive hangover before the crash and now at Heaven’s gate it seemed to have gotten worse. The question had stumped him and all he could think of was getting a drink. He looked at St. Peter and said, “Boy, I could use a drink.” The gates of Heaven opened with a roaring sound!

Comedy by Ron C.—Alt. Area 67 Delegate

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

Mike W.

Alt. Treasurer

OPEN

Grapevine Chair

OPEN

Literature Chair

Sharon S.

IT Representative

Richard B.

PI/CPC Committee Chair

Jim B.

Correctional Facilities Chair

Cindy M.

Intergroup Liaison

Clark F.

Newsletter Editor

Deborah G.

Multi-Lingual Chair

Meagan V.

Coffee Chair

Betsy K.

Archives Chair

Tom B.

Upcoming Events

SETA 67 CFC Conference

Sept 11-13, 2015

Crown Plaza Suites Hotel, 9090 Southwest Fwy, Houston TX 77074

D52 Anonymity at Level of Press, Radio, Film & Internet Workshop

September 19th, 2:00—4:00 PM

Lamplighter's Club, 2425 FM 1092 (Murphy Road), Missouri City, TX 77589

D40 PI/CPC Meeting

September 26th, 1:00—3:00 PM

SBMC

D81 Grapevine Story Writing Workshop

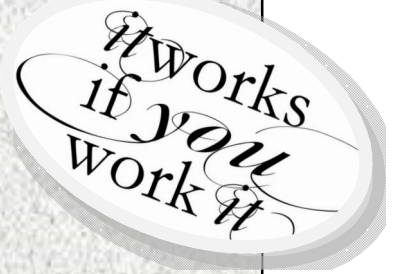
September 26th, 2:00—4:00 PM

1823 33rd Street at Avenue P., Galveston, TX 77550

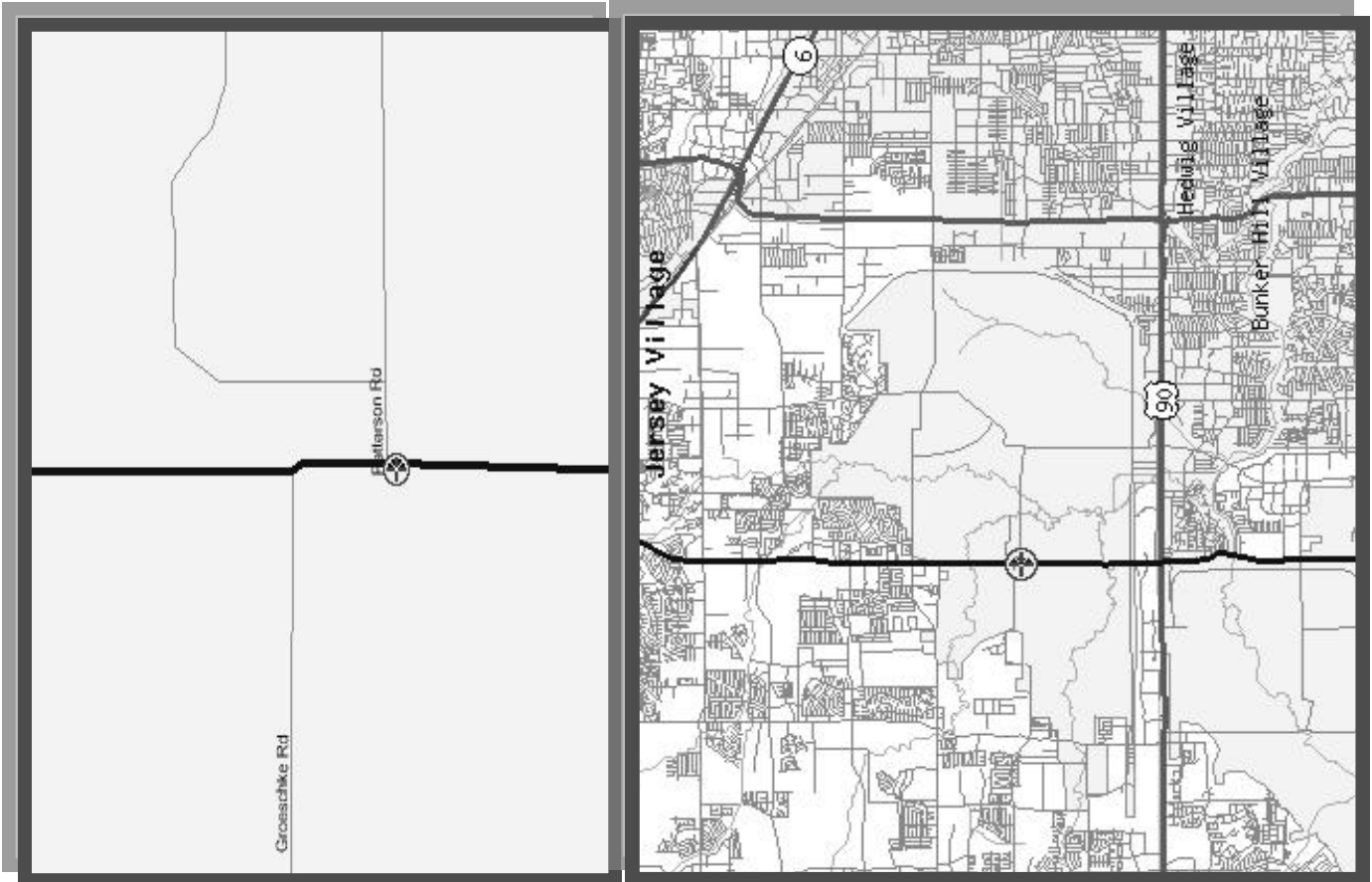
D10 Monthly Service Manual Study

September 29th, 7:00 PM

First Unitarian Universalist Church, 5200 Fannin St., Houston, TX



**See flyers on SETA/Intergroup Websites*





SETA and Intergroup Committee Meeting Times

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

THE NEXT DISTRICT MEETING IS
OCTOBER 13, 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

| Committee | Meeting Time | Location | Area Assembly* |
|---|--|---|------------------------------|
| Archives | 2nd 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 | 3rd 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 |
| Intergroup | 3rd Thursday of every other month at 8:00 PM | 4140 Directors Row, Suites D & E, Houston, Texas, 77092 | - |
| Internet Technologies (IT) | 4th Saturday of the month from 10:00 AM – 12:00 PM | Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C | Saturday, 4:30 PM to 6:00 PM |
| Literature | - | - | Saturday, 4:30 PM to 6:00 PM |
| Multilingual | 1st Wednesday of the month at 7:30 PM | District 66 5645 Hilcroft Suite 410 Houston, TX 77036 | Saturday, 4:30 PM to 6:00 PM |
| Public Information (PI) | 3rd Monday of the month at 7:15 PM (Except on Assembly months) | 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 | - |
| PI/CPC Phone # 713-834-3880 | | *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. | |

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.