

## Regional Experience

I had the privilege of attending the 2015 Reginal Forum in St. Louis, MO. It was such an amazing and educational experience. I'm very grateful for the opportunity that was allotted to me by my district. Just when I thought I had started to really get to know the service structure of AA, I get thrown a curve ball. I got to meet staff members from G.S.O., Trustees and many more. Learning about the different types of Trustees was very fascinating. I now know that the Class A Trustees are known as amateurs, i.e. non-alcoholics and Class B Trustees are known as boozers, i.e. alcoholics. The most amazing part about the two differences to me is the Class A Trustees do this because they love alcoholics and our program. They do this entirely out of love. Class B Trustees and any other alcoholic in service does this out of necessity. We are of service because it's just one more way that we stay sober and alive. I heard several Class A Trustees speak and was in awe of their devotion to AA. I was even more in awe that they choose to do this just because; they choose to hang around a bunch of drunks voluntarily.

I attended two workshops that peaked my interest from the titles but also where I thought the information I would gain could be beneficial to my district and area. The first one was called "Connecting Our Members and Groups to A.A. as a Whole." The overall feel of the workshop is that getting and keeping our members connected is through good sponsorship. I was taught that service was part of how I stay sober and that came through my sponsor and several other members in my home group. Encouraging sponsees to get involved as soon as possible is the key to linking members to A.A. as a whole.

### Step Eleven

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

### Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

### 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 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.



*Continued on page 8*

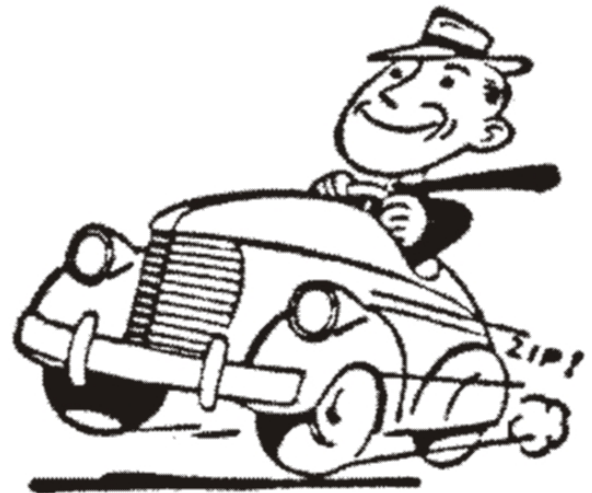
### Inside This Issue

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# From Behind the Prison Walls

## MY FIRST CAR

There have been many incidents where Alcoholism has caused me to lose or damage things in my life. When I think back, one of the first memories that always comes to mind is of my first car. I was 18 years old when I got my first car. It was a 1992 Park Avenue. I paid \$1,200.00 down and was supposed to pay \$100.00 a month for 3 months to pay it off. I was real [prod of my car; as soon as I got it, I put a new stereo system in it and some light tint on the windows. Boy, I thought I was the stuff! For the next 5 days, I went out every night to local parties and clubs to drink and show my car off, or I just drove around drinking, showing my car off. One day about 6 days after I purchased the car, I was sitting in it in some apartments, drinking. Someone came up to me and told me he had seen my license plate light was out when I drove into the complex. I was so wasted, I paid him no mind. Well, later on a friend of mine came around to see if I could drive him up the highway to get some beer. I agreed and when we were almost at the beer store, the sheriff pulled me over for a busted license plate light. When he began to question me, he could tell I was intoxicated and placed me under arrest for D.U.I. after refusing a breathalyzer. My so called friend was told he had to find a new way home, but not before he stashed some "other" substances in my ride. They found the "other" substances and put some kind of lean on my car because of them. I didn't know how to fight the seizing of my first car and I lost it; all over trying to get some alcohol.



Current Inmate in TDCJ

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

**September 09, 2015**

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

**Tradition IX/Concept IX:** reading and summation by Deborah G. and Pam F.

**Volunteers for next month:** Tradition X/Concept X will be Sunshine . and Pam F.

**Introduction of Attendees:**

**Ana D.** (D40 Secretary, Area 67 Newsletter Chair); **Betsy G.** (Past D40 DCM, Past Area 67 Delegate, God Meeting Group); **Betsy K.** (GSR, Katy Big Book); **Beverly H.** (Alt. GSR, Bear Creek Fellowship); **Bill A.** (Alt. GSR, Breaking the Chains); **Chanse D.** (Houston Bid for WACYCAA); **Cheryl B.** (Katy Crossroads Group); **Cindy M.** (D40 Correctional Facilities Chair, Area 67 CFC Secretary, Katy Big Book); **Cletus B.** (GSR, Rule 62 Group); **Corrie H.** (D40 Alt DCM, Katy Big Book Group); **Deborah G.** (D40 Newsletter Chair, Katy 164); **Jackie S.** (GSR, Bear Creek Fellowship); **Jeff S.** (Alt. GSR, Post Oak Group); **Jeffrey L.** (GSR, MNMSS); **Karen N.** (Alt. GSR, Katy Primary Purpose Group); **Kate L.** (Alt. GSR, Broad Highway); **Kaylee S.** (GSR, Broad Highway); **Kelly S.** (GSR, West Houston Group); **Marianne O.** (GSR, Katy 12 & 12); **Melissa M.** (Alt. GSR, Memorial Going Home Group); **Michelle H.** (D40 DCM, Katy Big Book Group); **Mike W.** (D40 Treasurer, God Meeting Group); **Pam F.** (D40 Treatment Facilities Chair, Katy Big Book); **Richard B.** (GSR, First Light Group); **Robin K.** (GSR, Simply AA); **Sunshine P.** (GSR, Spring Shadows Group); **Tom B.** (Alt. GSR, D40 Archives Chair, West Houston Group)

**Normal Business:**

1. **Secretary's Report** – Accepted as written.
2. **Treasurer's Report** – To be reviewed at the next meeting

**Committee Reports:**

- a. **Archives** –Nothing to report

- b. **Coffee Committee** – All is good in the world of coffee. Coffee is good.

- c. **Correctional Facilities Committee – CFC** – Cindy M.

- GSO is overwhelmed with men writing in for pen pal/sponsors. We need more men willing to write. Some people have been using Jpay (electronic email) and find it more convenient, but it does cost. – SETA CFC received 31 letters this month.
- All minutes and financials are up to date and posted on the SETA website.
- CPC has requested to setup a table at the conference. We took a quick vote and it was passed to let other committees to display at the conference as there is usually space available in the main room.
- Grapevine subscriptions are much appreciated. There are people segregated that cannot go to AA meetings and the grapevine is very much needed.
- Roundup rose over \$5,000. Citywide group has asked for a CFC speaker and would like a workshop to get more involved. Post Oak workshop was stupendous and has generated a lot of inquiries about getting involved.
- Upcoming Events: September 11 – 13 is the annual CFC Conference/Orientation. October 17<sup>th</sup> is the Walls 69<sup>th</sup> Anniversary. Email the CFC chair if you want to go.

- 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** – OPEN – Trustees meeting is next Thursday. Open Meeting, next month is a delegate meeting. Each group is entitled to 2 votes. Next month is elections for the trustees to be on the board. The Home Group Workshop – Nov 7<sup>th</sup> at 9 am at Intergroup, \$5 registration.

b. **Information Technology – IT** – Richard B.

- SETA IT Committee Meeting held August 22nd, 2015
- Open positions for SETA include Alternate Postmaster and Secretary
- District 40 TFC Rep Pam requested at August District Meeting that the Bridge the Gap Sign Up form and Information Document be posted on SETA Website – this has been completed and is included at the TFC link page
- The Scrubbed August District 40 Newsletter has also been posted to the SETA District 40 Committee Meeting Minutes Webpage at: <http://www.aa-seta.org/dcms/40/minutes/index.htm>
- The 2016 SETA convention webpage has been updated and is located at: <http://www.setaconvention.org/2016-registration.html>

c. **Literature** – Sharon S. – No report

d. **Multilingual** – Meagan V. – No report

e. **Newsletter** – Deborah G.

- There was a scarcity on articles this month. Only one on the topic of the month, the AA Slogans. There is a letter to the district from Padraig Mc., our past IT Representative and another letter from an inmate currently serving in TDJC. Be sure to check out Ron's joke this month. It's really funny! The topic for October is the lowercase a's: acceptance and awareness. I look forward to all of your shares.

f. **Public Information/Cooperation with Professional Community – PI/CPC** – Jim B.

- District PI/CPC Committee meeting was held August 29 at 1 pm at the Spring Branch Club. An alternate chair – Cletus B was elected. Also discussed was the area new program “Adopt a High School.”
- If any groups would like a presentation regarding the nature of PI and CPC committee please contact me and we will be happy to present and schedule something for after the first of the year.
- Next meeting will be held September 26 at 1 pm at Cracker Barrel at Barker Cypress and I10.

g. **Treatment Facilities Committee – TFC** – Pam F.

- I have contacted Melanie as to how best distribute our Grapevine subscriptions. I am still collecting “contact form” information sheets.

**Current Items:**

1. Gratitude Dinner Report – Deborah G.

- The committee met on August 20th at 6:30pm at the SBMC. Flyers were distributed in both English and Spanish.
- Parking – it was confirmed that we will be able to use the parking lot at a nearby medical facility called Hug Away Health Care
- Registration - Discussed items required for the registration tables. Michelle and Ron will check available supplies from D40 and SETA. Supplies needed include name tags, sharpies/pens, sign-up sheet, tear tickets for door prizes and coloring supplies to occupy children.

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

- A/V Equipment - Victor R. w/D66 brought an A/V vendor that is a friend of the program. After discussing equipment needs and the venue layout we were quoted \$200 for 4 hours of Service. A written estimate will be provided to the committee at a later date.
- Flyers - The flyers were completed without a start and end time in error. Cheryl B. asked D66 to please make corrections and post to both Intergropu and SETA's websites. Please make note that the official event times are from 2-5pm.
- District commitments - there are four districts that have not yet committed to providing supplies or service. Ron will have all districts confirmed by the end of the October assembly.
- Speaker Information - As previously reported the bilingual speaker, Ms. Yolanda F. Regional Trustee from San Antonio is confirmed. The recommendation is for Yolanda to do one 20 speak in English (using translation equipment). Ron and Cheryl will confirm with the co-host district at the next committee meeting.
- Next Committee Meeting: Thursday, September 17th at 6:30 pm at the Spring Branch Memorial Club, Rm. C

1. Alternate Job Descriptions – Corrie H. – Moved to Next Month’s Agenda
2. Open Alternate Positions – Michelle H. – Moved to Next Month’s Agenda
3. October Area Assembly – Michelle H. – 1<sup>st</sup> weekend of the month.

**Group News:**

1. Katy 164 – Update – Crosstalk, an Ad-Hoc committee was formed to look at the meeting format. Presentation on new format will be presented at the next group conscience

**Announcements:**

- **CFC Conference:** September 11<sup>th</sup> – 13<sup>th</sup>, Crown Plaza, 9090 Southwest Freeway, Houston, TX 77074
- **D52 Anonymity at level of Press, Radio, Film & Internet Workshop:** September 19<sup>th</sup>, 2 – 4 pm at Lamplighter’s Club, 2425 FM 1092 (Murphy Road), Missouri City, TX 77589
- **D40 PI/CPC Meeting:** September 26<sup>th</sup>, 1 – 3pm, SBMC
- **D81 Grapevine Story Writing Workshop:** September 26<sup>th</sup>, 2 – 4 pm, 1823 33<sup>rd</sup> Street at Ave P, Galveston, TX 77550
- **D10 Monthly Service Manual Study:** September 29<sup>th</sup>, 7 pm, First Unitarian Universalist Church, 5200 Fannin St. Houston, TX

“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-SETA SEPTEMBER 2015 Financial Report

| District 40 Financial Report Period<br>Ending 10/13/15 | Current<br>Month    | Budget*         | Year to<br>Date    | Current %         | YTD %             |
|--|---------------------|-----------------|--------------------|-------------------|-------------------|
| <b>***INCOME***</b>                                    |                     |                 |                    |                   |                   |
| Group Donations to Date                                |                     |                 | \$5,000.45         |                   |                   |
| Traditions Dinner Donations                            |                     | \$250.00        | \$153.34           |                   |                   |
| Gratitude Dinner Donations**                           | \$274.00            |                 | \$274.00           |                   |                   |
| State Conv - Hospitality Suite                         |                     |                 |                    |                   |                   |
| SETA -Hospitality Suite                                |                     |                 | \$365.00           |                   |                   |
| Delegate Report Contribution                           |                     |                 | \$92.50            |                   |                   |
| Fellowship Fest  |                     |                 |                    |                   |                   |
| <b>Group Donations</b>                                 | <b>Check Number</b> |                 | <b>\$9,644.00</b>  |                   |                   |
| Alright Already  | 273                 | \$10.00         |                    |                   |                   |
| Friends of Bill W.                                     | 13952               | \$25.00         |                    |                   |                   |
| Fulshear Group   | 639                 | \$30.96         |                    |                   |                   |
| Katy 12 & 12   | 5032                | \$59.82         |                    |                   |                   |
| Kingsland Group  | 1729                | \$26.22         |                    |                   |                   |
| Simply AA  | 17281163140         | \$20.42         |                    |                   |                   |
| Tuesday Night Step S                                   | 1181                | \$11.00         |                    |                   |                   |
|  |                     |                 |                    |                   |                   |
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|  |                     |                 |                    |                   |                   |
|  |                     |                 |                    |                   |                   |
| <b>Total Income</b>                                    |                     | <b>\$457.42</b> | <b>\$9,894.00</b>  | <b>\$5,885.29</b> | <b>4.6% 59.5%</b> |
| <b>*** EXPENSES ***</b>                                |                     |                 |                    |                   |                   |
| DCM  |                     | \$600.00        | \$407.04           | 0.0%              | 67.8%             |
| Alt. DCM   |                     | \$600.00        | \$195.59           | 0.0%              | 32.6%             |
| Secretary / Copying                                    |                     | \$100.00        |                    | 0.0%              | 0.0%              |
| Treasurer  |                     | \$75.00         |                    | 0.0%              | 0.0%              |
| Newsletter   |                     | \$220.00        | \$342.99           | 0.0%              | 155.9%            |
| 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         | \$260.70           | 0.0%              | 325.9%            |
| CFC  |                     | \$250.00        | \$250.00           | 0.0%              | 100.0%            |
| TFC  |                     | \$100.00        | \$40.13            | 0.0%              | 40.1%             |
| Archives Committee                                     |                     | \$100.00        |                    | 0.0%              | 0.0%              |
| Intergroup Liaison                                     |                     | \$0.00          |                    |                   |                   |
| IT Committee   |                     | \$100.00        |                    | 0.0%              | 0.0%              |
| Miscellaneous  |                     | \$100.00        |                    | 0.0%              | 0.0%              |
|  |                     |                 |                    |                   |                   |
| *** Gratitude Dinner                                   |                     | \$1,200.00      |                    | 0.0%              | 0.0%              |
| *** Fellowship Fest                                    |                     | \$250.00        |                    | 0.0%              | 0.0%              |
| *** Traditions Dinner                                  |                     | \$1,100.00      | \$1,182.92         | 0.0%              | 107.5%            |
| *** 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%              |
| *** Delegate Report Meeting                            |                     | \$400.00        | \$215.00           | 0.0%              | 53.8%             |
| *** State Convention Hospitality Ste                   |                     | \$0.00          |                    |                   |                   |
| *** SETA Assembly Host District                        |                     | \$0.00          |                    |                   |                   |
| *** SETA - 2015 Hospitality Suite ***                  |                     | \$1,800.00      | \$1,762.01         | 0.0%              | 97.9%             |
|  |                     |                 |                    |                   |                   |
| <b>Total Expenses</b>                                  |                     | <b>\$0.00</b>   | <b>\$11,700.00</b> | <b>\$5,020.57</b> | <b>0.0% 42.9%</b> |
| *Budget Approved as of 11 / 09 / 14                    |                     |                 |                    |                   |                   |
| <b>Beginning Bank Balance</b>                          | <b>\$6,687.76</b>   |                 |                    |                   |                   |
| <b>Total Expenses</b>                                  | <b>\$0.00</b>       |                 |                    |                   |                   |
| <b>Total Income</b>                                    | <b>\$457.42</b>     |                 |                    |                   |                   |
| <b>Prudent Reserve (0.25xBudget)</b>                   | <b>\$2,925.00</b>   |                 |                    |                   |                   |
| <b>Unrestricted Funds</b>                              | <b>\$4,220.18</b>   |                 |                    |                   |                   |
| <b>Ending Balance / Total Funds</b>                    | <b>\$7,145.18</b>   |                 |                    |                   |                   |
| <b>Unspent Portion of Budget</b>                       | <b>\$6,679.43</b>   |                 |                    |                   |                   |



| MONTHLY SUMMARY  |   |
|------------------|---|
| Opening Balance: | \$6,687.76  |
| Contributions:   | \$457.42  |
| Expenses:        | \$0.00  |
| Closing Balance: | \$7,145.18  |
| Notes:           | ** Gratitude Dinner Donations:<br>Katy Crossroads \$ 247.00 |

“Right then and there, Eby 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*

# Regional Experience

*Continued from page 1*

The second workshop I attended was on was called "Public Information Committees and Spreading the Message through Media Outlets." Having become involved with PI work just this year, I thought this would be a great resource for learning more that can be done to reach the still suffering alcoholic. An older gentleman stressed that it is important that we don't abandon "old" methods of publishing for newer technology; however, he thought that we can always be doing more work in all forms of media outlets. Fear is what seems to be holding us back from embracing the new technology (Facebook, Twitter, etc.). He stated that Bill W., Dr. Bob and many of the newer members faced these dilemmas back in the day with radio, television and publishing. Today, we have different means to reach people, but still the same fear!

I was so jazzed by the fact that I could contribute my own experiences to these workshops and that I could back it up with the knowledge I have learned over the years. I was also immensely proud of District 40 and Area 67. Having listened to other members from various districts and areas from all over the Southwest Region, I came to the conclusion that ours is the best! We continue to do so much work to reach the still suffering alcoholic and ensure our society continues to be available. All the way down from my delegate, to my DCM and Alt. DCM not to mention all the committee members, if there is ever anything that can or does need to be done, we do it!

I feel truly blessed to have been able to serve my district and area at the Regional Forum. I will continue to serve. The rewards of service are priceless!

*In Service,  
Deborah G.  
D40 Newsletter*

## DISTRICT SERVANTS

**DCM**  
Michelle H.  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

**Alternate DCM**  
Corrie H.  
[dcm-40-alt@aa-seta.org](mailto:dcm-40-alt@aa-seta.org)

**Secretary**  
Ana D.

**Alt. Secretary**  
OPEN

**Treasurer**  
Mike W.

**Alt. Treasurer**  
OPEN

**Grapevine Chair**  
OPEN

**Literature Chair**  
OPEN

**IT Representative**  
Richard B.

**Treatment Facilities Chair**  
Pam F.

**PI/CPC Committee Chair**  
Jim B.

**Correctional Facilities Chair**  
Cindy M.

**Newsletter Editor**  
Deborah G.

**Multi-Lingual Chair**  
Meagan V.

**Coffee Chair**  
Betsy K.

**Archives Chair**  
Tom B.

## Upcoming

### **D70, Bay City 48th Anniversary**

November 14th, 3:00 pm  
2105 Ave M, Bay City, TX

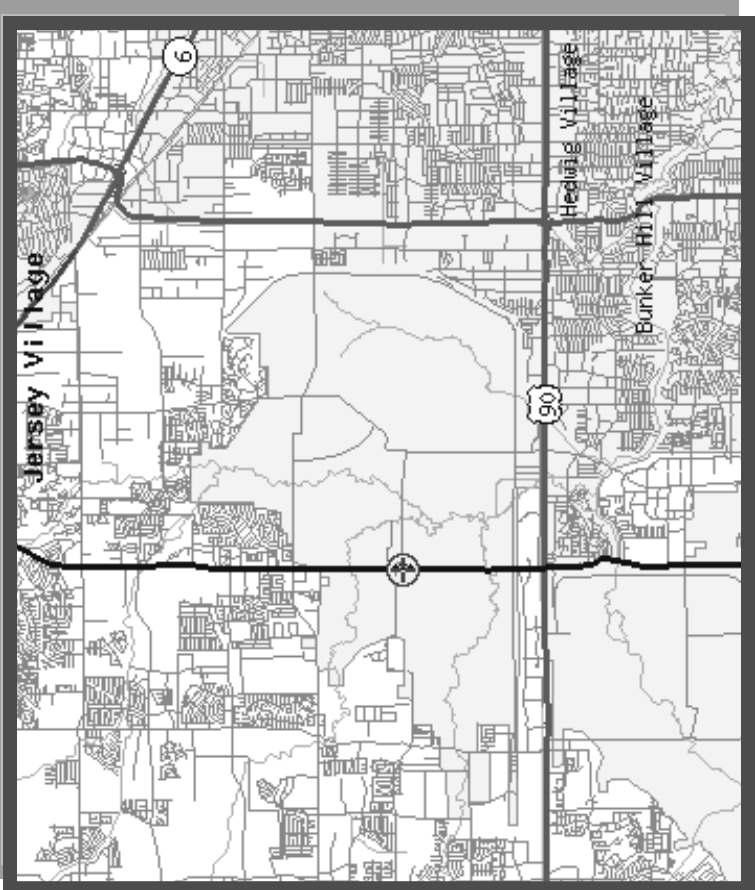
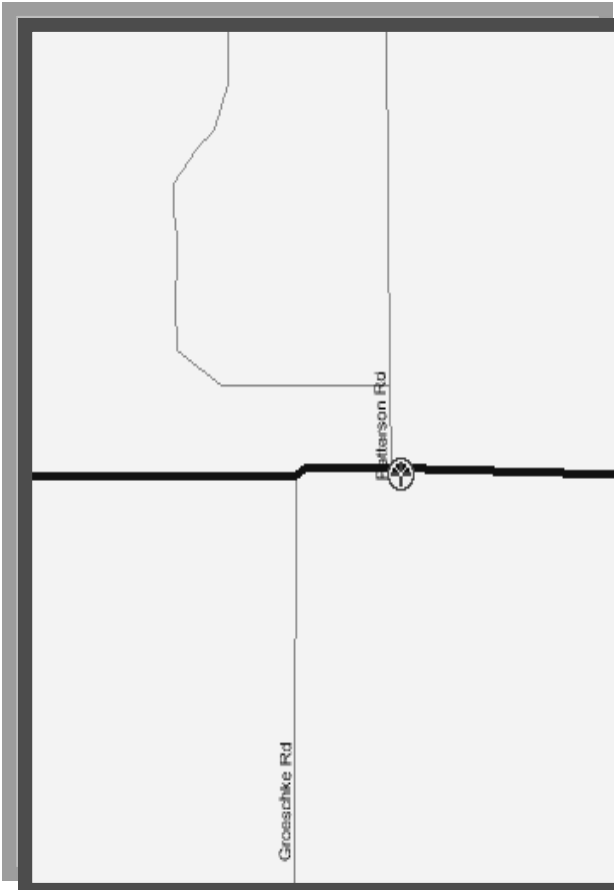
### **D70 Shoemaker Group 7th Anniversary**

November 14th, 12:15 PM  
1300 13th St.  
Deer Park, TX 77536

*\*See flyers on SETA/Intergroup Websites*



"You give him unrealistic expectations. I'll start working on tearing his ego apart."







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)

THE NEXT DISTRICT MEETING IS

**DECEMBER 8, 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  | 1st 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 |
| Mult-Lingual                                      | 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. |                              |

**SETA and Intergroup Committee Meeting Times**

**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.