



## The Fine Print

Pharmaceutical commercials have very long disclaimers, But alcoholic beverage ads just say: "Please drink responsibly." If alcohol ads had to follow the same guidelines as pharmaceutical ads, this might be their disclaimer:

*Caution: Drinking alcohol may result in vomiting, nausea, indigestion, slurred speech, frequent urination (with pants up or down), memory loss, brain damage, impaired vision, headaches, delusions of grandeur, lying, divorce, unemployment, evictions, bankruptcy, black eyes, broken bones, concussions, bleeding ulcers, cirrhosis of the liver or death! Do not consume if you are allergic to alcohol. If these symptoms persist, call the AA hotline immediately!*

ANONYMOUS

Grapevine, January 2016, pg. 61

"Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice."

### 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.

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## The Growth Surrounding Me

As I reflect on 2015, I realize there has been lots of growth surrounding me. My kids have grown so much in many ways. The oldest seems to have gone from a big boy to a young man overnight. The youngest has lost some of his little kid innocence and gained some pre-teen attitude. It's been a blessing to witness these two make a beginning towards the men they will someday be. I've watched my boyfriend try to balance work, being a father, a good provider and a giving partner in such a positive way; all the while he's still maintained his own sanity and sobriety. Someone he managed to do it with so much more dignity and grace than I feel I ever could.

The biggest growth I saw this year was in all my sponsees. Watching them grow and embrace the sober life has been a most miraculous journey. One that I'm so blessed to be a part of. I watched two of my girls get very involved in service work and become passionate about it. Observing them in a group conscience meeting when they were avidly working for the betterment of AA as a whole, was overwhelming. I



felt astonished and encouraged! I watched my youngest sponsee morph from a broken down young lady into a grown woman in four months. She was so determined to have a life beyond the sick alcoholic one that she poured herself into her steps. She's achieved so much in such a little amount

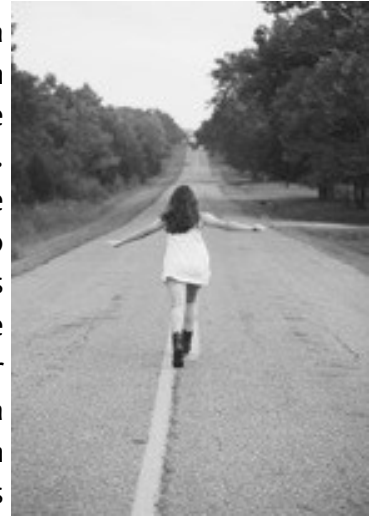
of time. Makes me wonder why it took me so long! The last of my girls was a woman that I had met a couple of years ago that I thought had it all together and was in a good place. Turns out, she was the just like the actor mentioned in the Big Book. When she was beaten down and broken enough to surrender this time, she gave up everything to seek treatment. In the few months that I've been honored to work with her, I've watched the light start to come back in her eyes.

These women give me the hope and encouragement to continue to be a part of AA. To continue to work with other women. To continue to be of service at the Group, District, Area, etc. levels in any ways I able. They have taught me that no matter what, this program has worked and is working. For them, for me, and for so many others. I'm very blessed to have so much and so many in my life!

Deborah G.

## But For the Grace of God

The year 2015 has been a year that I have gotten to trudge through on the Road of Happy Destiny. If it weren't for the program and fellowship of Alcoholics Anonymous an article about me might read: "In the year 2015 Hurricane Melissa destroys everything in her path. Nothing is spared." Instead my



story is one of progress, so far from perfection I cannot even see it on the horizon... but progress nonetheless. First of all, I did not take a drink this year. That is a miracle. A long-term relationship I was in came to an end, but the women of this program helped me walk through that with a little bit of dignity and grace. Not only did I show up for work sober, I did an honest day's work for an honest day's pay. *Honest*: A word that was not in my vocabulary before this program. As I reflect over this year I realize I have been reasonably happy overall and every time I wasn't it's because I was in my head and thinking about myself. When I couldn't see that someone from the program lovingly pointed it out to me. They lovingly said something like, "get your lazy butt to a meeting and help another alcoholic before it falls off!" Ha-ha. I sure do love this program and I am forever indebted to it. My sponsor, along with the book of Alcoholics Anonymous and the women and men in the rooms has introduced me to a God of my own understanding. It was the beginning of the most beautiful relationship I've ever known. And I thank God that this is a relationship that will never end. What a beautiful thing!

Melissa S.

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

**November 10, 2015**

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

**Tradition XI/Concept XI:** reading and summation by Deborah G. and Cindy M.

**Volunteers for next month:** Tradition XII/Concept XII will be Bill A. and Cletus B.

**Introduction of Attendees:**

**Ana D.** (D40 Secretary, Area 67 Newsletter Chair, Katy Big Book); **Betsy G.** (Past D40 DCM, Past Area 67 Delegate, God Meeting Group); **Betsy K.** (GSR, Katy Big Book); **Bill A.** (Alt. GSR, Breaking the Chains); **Cathy B.** (Katy 164); **Cindy M.** (D40 Correctional Facilities Chair, Area 67 CFC Secretary, Katy Big Book); **Corrie H.** (D40 Alt DCM, Katy Big Book Group); **David N.** (Alt. GSR, Taking Care of Business); **Deborah G.** (D40 Newsletter Chair, Katy 164); **Gene H.** (Alt. GSR, God Meeting Group); **Jackie S.** (GSR, Bear Creek Fellowship); **Jeffrey L.** (GSR, MNMSS); **Jim B.** (Rule 62 Group, D40 PI/CPC Chair); **Kate E.** (Area 67 PI Chair, Memorial Going Home Group); **Kate L.** (Alt. GSR, Broad Highway); **Kaylee S.** (GSR, Broad Highway); **Kelly S.** (GSR, West Houston Group); **Mark T.** (GSR, Fry Rd. Group); **Mary Lou R.** (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); **Scott B.** (Alt. GSR, Fry Road Group)

**Normal Business:**

1. **Secretary's Report** – Accepted as written.
2. **Treasurer's Report** – Accepted as circulated.

**Committee Reports:**

**a. Archives** –Tom B.

- Project one - Working with Dick P and Intergroup on history of Houston AA, to include but not limited to Groups, Clubs and districts. Of course my main focus will be how District 40 came about, but we need to discover the history of how we

got here. I am hoping to have a time line completed for the BIG SETA CONVENTION in Galveston!

- Project two - Working with Sara D. and SETA team to find a missing link in History, the 60's!

**b. Coffee Committee** – Betsy K – All is good

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

- No report was given since CFC provided this month's presentation.

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

**e. Gratitude Dinner** – Cheryl B.

- The Gratitude Dinner was held this past Sunday, November 9th at the VFW Hall in Katy and it was (in my opinion) a HUGE success.
- The event was well attended, the food was great and the program was timely. Very special thank you to Pam and her kitchen crew for getting the buffet lines set up, getting everyone fed so quickly and cleaning up afterward. Also a shout out to Deborah for getting the room set up and for all of the signs.
- We collected \$684 in the 7th tradition basket which went directly to the gratitude dinner fund at SETA level for next year. I will do a full accounting for the December district meeting for the \$1200 received from district. At this time I believe we came in under budget for the money spent on meat and other hosting related costs.

**f. Intergroup** – OPEN

- Intergroup is currently starting to plan for 2016 workshops. We do not wish to step on any District who might be doing similar programs next year. If you have any ideas of what your District might be coming up

"To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action."

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

with for 2016, we'd appreciate knowing about it to avoid any issues. If only that "we might do something in April..." that would help us as well. Please let us know if there are any topics that you'd like for us to cover in workshops too. Contact: [intergroup@aahouston.org](mailto:intergroup@aahouston.org)

### a. Information Technology – IT – Richard B.

- SETA IT Committee Meeting held October 31, 2015 – because of severe weather meeting was held via GoToMeeting
- Open positions for SETA include Alternate Postmaster and Secretary
- The October District 40 Newsletter has been sent to SETA webmaster and awaiting posting.
- SETA IT Committee meetings for November and December are combined to one meeting and is to be held on Saturday, December 4, 2015 at 10 am at Spring Branch.

### b. Literature – OPEN

### c. Multilingual – Meagan V. – No report

### d. Newsletter – Deborah G.

- The newsletter is a bit scarce this month due to lack of participation. There is one article from an inmate currently in TDCJ. December's topic will be Holiday Stories! Share on your experiences during the holidays in relation to being sober!.

### e. Public Information/Cooperation with Professional Community – PI/CPC – Jim B.

- No meeting was held.

### f. Treatment Facilities Committee – TFC– Pam F.

- Took the TFC display to the gratitude dinner. Most efforts this month was coordinating food for Gratitude dinner.

### Current Items:

1. Area CFC Presentation – Richard D./Roy E.
2. 2016 Proposed Budget – Mike W.
  - The line item for SETA 2016 Hospitality Suite has been cut out of the budget since we have decided not to host a suite.
  - Increased the budget for the Newsletter by an additional \$50.
  - Total Expenses came to be \$9,775
3. December Area Archives Presentations
4. December Potluck – Michelle H. – Tuesday, December 8<sup>th</sup> at 6:30.

### Group News:

1. Kate – Broad Highway – Paperwork and money were found from an old meeting in Houston "Crossroads." Looking to see who to return this to. Corrie will check with the Area Registrar and Mike (Treasurer) to find out any information.
2. Corrie – Katy Big Book – We have had low participation. Looking for ideas on how to get more participation. – **Ideas:** A suggestion was made that it is the life of the meeting and to keep showing up.

### Announcements:

- **D70, Bay City 48<sup>th</sup> Anniversary:** November 14<sup>th</sup>, 3:00 pm, 2105 Ave M. Bay City, TX
- **D70 Shoemaker Group 7<sup>th</sup> Anniversary:** November 14<sup>th</sup>, 12:15 pm, 1300 13<sup>th</sup> St. Deer Park, TX 77536



# Treasurer's Report

## District 40-SETA November 2015 Financial Report

District 40 Financial Report Period Ending 12/09/2015	Current Month	Budget	Year to Date	Current %	YTD %
<b>***INCOME***</b>					
Group Donations to Date			\$6,817.63		
Traditions Dinner Donations		\$250.00	\$153.34		
Gratitude Dinner Donations			\$381.00		
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>		
Another Chance Group	1145	\$10.00			
Chapelwood Tues 8pm	744980	\$127.00			
Alright Already	322	\$10.00			
Friends of Bill W.	14070	\$25.00			
Katy 12 & 12	5069	\$42.52			
Living Now Group	1109	\$125.00			
Memorial West Group	4804011	\$55.86			
Outpost Group (Men's)	1041	\$200.00			
Reflections Group	17306255239	\$84.90			
Unknown/Misc	1006	\$96.23			
<b>Total Income</b>		<b>\$776.51</b>	<b>\$9,894.00</b>	<b>7.8%</b>	<b>78.9%</b>
<b>*** EXPENSES ***</b>					
DCM		\$18.18	\$600.00	\$524.27	3.0% 87.4%
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		\$36.04	\$220.00	\$421.21	16.4% 191.5%
Rent/Coffee Donation			\$180.00		0.0% 0.0%
Coffee			\$25.00		0.0% 0.0%
PO Box			\$70.00		0.0% 0.0%
Literature Committee			\$100.00		0.0% 0.0%
PI/CPC		\$1,850.00	\$2,500.00	\$2,030.00	74.0% 81.2%
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 (NOTE 1)		(\$237.55)	\$1,200.00	\$962.45	-19.8% 80.2%
*** 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) See Note			\$2,025.24	\$2,025.24	0.0% 100.0%
*** 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>\$1,666.67</b>	<b>\$12,225.24</b>	<b>\$10,053.71</b>	<b>13.6% 82.2%</b>
Budget Approved as of 11 / 09 / 14					
<b>Beginning Bank Balance</b>		<b>\$4,872.16</b>			
<b>Total Expenses</b>		<b>\$1,666.67</b>			
<b>Total Income</b>		<b>\$776.51</b>			
<b>Prudent Reserve (0.25xBudget)</b>		<b>\$3,056.31</b>			
<b>Unrestricted Funds</b>		<b>\$925.69</b>			
<b>Ending Balance / Total Funds</b>		<b>\$3,982.00</b>			
<b>Unspent Portion of Budget</b>		<b>\$2,171.53</b>			



MONTHLY SUMMARY	
Opening Balance:	\$4,872.16
Contributions:	\$776.51
Expenses:	\$1,666.67
Closing Balance:	\$3,982.00

Notes:  
1- This amount for the Gratitude Dinner was returned to the treasury, unspent.

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

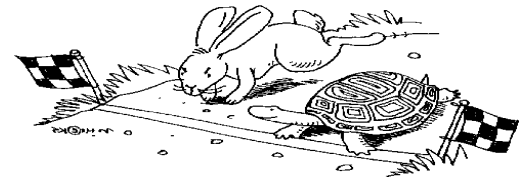
A.A. Comes of Age, pp. 141

# Slow & Steady

When my kids were younger they would go stay with their grandparents & then when we'd go pick them up I was always amazed at how big they had grown. I didn't notice the changes when I saw them every day but with fresh eyes it was obvious. Slow, steady growth each & every day. I think that's how most of us grow in sobriety, a little bit each day. Slow & steady. It's not until we step back & look at it with fresh eyes that we see exactly how much we have grown & how big the power of God has become in our daily lives.

2015 held a little bit of everything for me. Happiness, sadness, fear, faith, constants, change, steps forward & backwards, loved ones returning & loved ones gone. New meetings, new sponsees, new commitments, new exciting news, new adventures & experiences, new ideas, new friends. When I look back over the year I don't see any big growth spurts, but there were a few big life-changing events that happened. Maybe the slow, steady, daily growth prepared me for them in such a way that taking a drink did not become an option on the table or even a fleeting thought. I know in the core of my being that the 3 Legacies of AA & the way God equips me to fulfill them personally is the only way that I can grow on a daily basis, thus living the quality of life that I can not only be at peace with but be grateful for.

I believe for me that seeing the growth in others is way more valuable & effective than seeing the growth in myself. The power of God runs very deep when I am focused on encouraging others & serving Him. God lets me know the truths about myself when I am ready to see, hear & know them. He sends me His message when I am not even looking for it in the most powerful ways. I had a friend tell me when I celebrated 1 year of sobriety that if I could see the light I was standing in I would be arrogant. I have never forgotten that message & so for me when I look back over 2015 I see the sunlight of the spirit shining all around me from my husband, kids, sponsor, friends, family, sponsees, fellowship, strangers & even my sweet little dog. I GET to absorb it, take it all in. God is very big in my heart & life. This is the encouragement & support that nourishes me on a daily basis, so that slow & steady growth can take place & maybe, just maybe the sunlight of the spirit can shine around me for someone else to absorb during 2016!



Michelle H.  
D40 DCM

## 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.

**Intergroup Liaison**  
OPEN

**Newsletter Editor**  
Deborah G.

**Multi-Lingual Chair**  
Meagan V.

**Coffee Chair**  
Betsy K.

**Archives Chair**  
Tom B.

## Upcoming Events



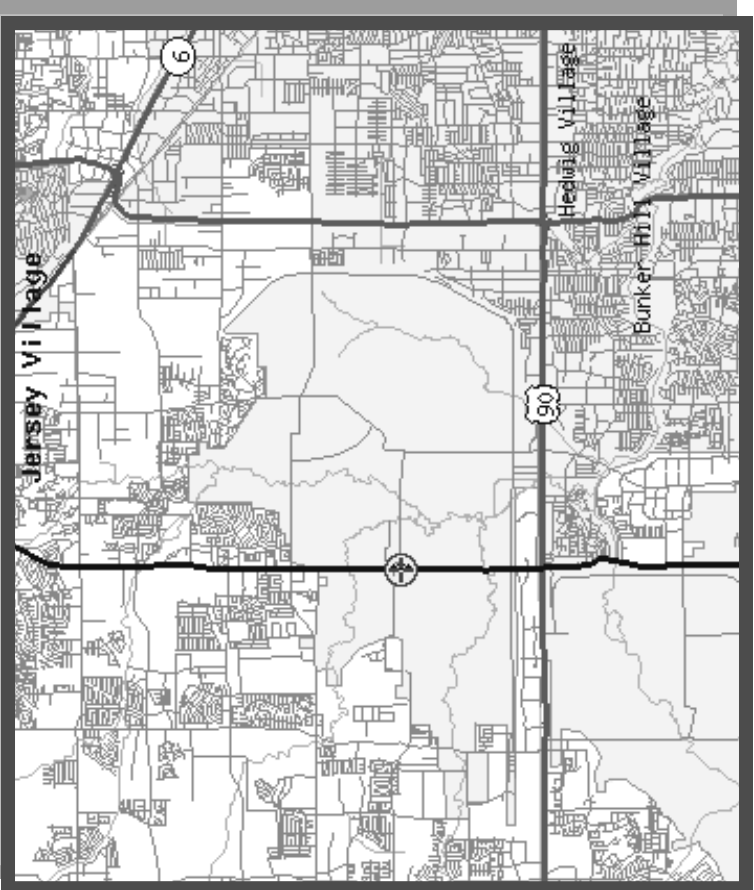
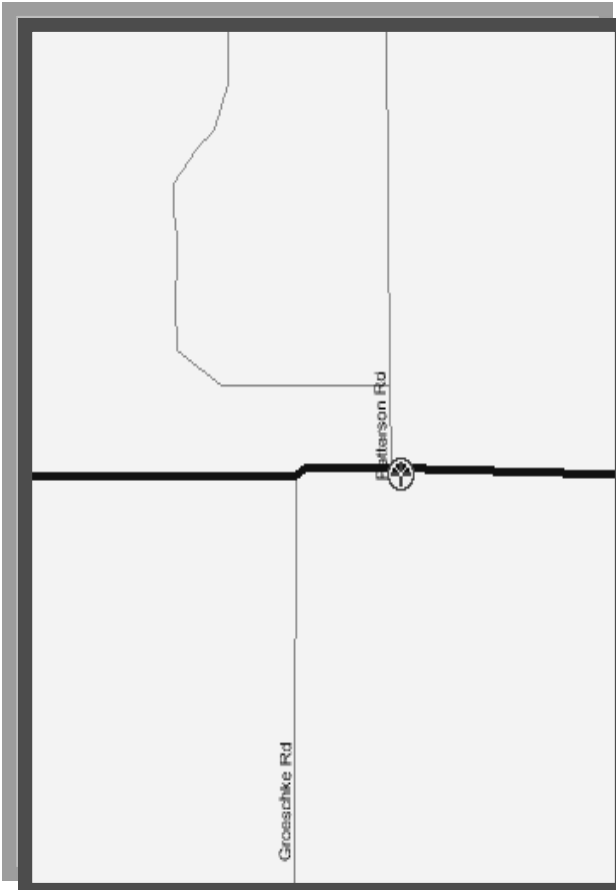
### **54th Annual SETA Convention**

January 15-17, 2016  
Moody Gardens Hotel  
Galveston, TX 77554

888-388-8484

[www.setaconvention.org](http://www.setaconvention.org)

*For more events visit:*  
[www.aahouston.org](http://www.aahouston.org)  
[www.aa-seta.org](http://www.aa-seta.org)  
[www.aa.org](http://www.aa.org)





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  
**FEBRUARY 16, 2016**  
**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.