

TAKING OUT THE TRASH

IN A NUTSHELL THE FEELINGS I HAD BEFORE I DID MY 4TH STEP COULD ONLY BE EXPLAINED AS DAUNTING, TREPIDATIOUS & DREAD @ BEST, WITH A SENSE OF DOOM. I DIDN'T HAVE A PROBLEM LOOKING INTO MY PAST, BUT WHAT I DID HAVE A PROBLEM WITH WAS FACING AND RELIVING THE PAIN I CAUSED AND THE SHAME THAT CAME WITH IT. DID I FORGET TO MENTION GUILT AND THE URGE TO LEAVE THE COUNTRY?

TO DESCRIBE HOW I FELT AFTER MY 4TH STEP? ACCOMPLISHED, SETTLED AND YES, ANXIOUS. ANXIOUS TO SPILL MY GUTS AND TAKE THE STINKING TRASH OUT!!! NOW THAT I FACED THIS I WANTED TO BE RID OF IT. I WANTED TO TELL IT BEFORE I LOST MY NERVE. I DOVE RIGHT IN & NEVER LOOKED BACK. I KNEW HEALING WAS TAKING PLACE. IT WAS AS IF I HAD TO RIP THE SCAB OFF SO I COULD HEAL MY SICK MIND AND HEART.

I HAD THE CURIOUS FEELING THAT MY DRINK PROBLEM WAS BEING RELIEVED IN THAT PROCESS, TO QUOTE THE BIG BOOK. AS IT PROVED TO BE!!!!

LISA B.



Step Four

Made a searching a fearless moral inventory of ourselves.

Tradition Four

Each group should be autonomous except in matters affection other groups or A.A. as a whole.

Concept Four

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

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A Spiritual Assembly

Hello Friends,

One of the things that I love about the Assembly weekend is the ride home; it's a 45 minute trip, which feels more like 15 minutes, because my husband & I start to absorb all that we saw, heard, felt, learned & did over the weekend. We are completely saturated with AA & it feels so good! My Saturday ran from 8:30am to 9:30pm, Sunday was 7:00am to 11:30am. The only time slot I did not have a commitment this Assembly was for lunch on Saturday & I have to tell you I was completely inspired & invigorated...it was shockingly awesome; my mind was blown several times, IN ONE WEEKEND, which is freaking awesome & I've been reflecting back over why. A lot of it has to do with the fact that we are in the second year of our rotation, the Area Committee members have become more than just friends as we have served shoulder to shoulder with each other for many years now & started to develop a harmony & unity that is magical in its own right. I love it when our little D40 group gathers together in the front right section. I love it when all of the new GSRs are asked to stand & introduce themselves & then right after that all of the Past Delegates stand & introduce themselves. There is no better place in the service structure to be than right in the middle of your tribe & in the middle of the power of those two levels of servants. Only God can choreograph something like that! There was some new ideas brought into the agenda which naturally needed some tweaking, but the successful result of these changes was

the support given not only to the Area Chair, but as a whole committee. I have not laughed as much or as hard as I did this weekend in several Assemblies. All I can say more about that is if you were not there, you totally missed it. Of course, the Roundtables always give me the same feeling as a good cup of coffee. The traditional motion from the immediate past Delegate to send our current Delegate to the GSC informed but not instructed will bring tears to your eyes, even if you are at your very first Assembly. The 3 workshops we had on the agenda were completely different topic wise, but Man! Did they all deliver spiritually! There was good discussion around the motions, no fighting or politics, voices were heard from all aspects & votes were cast, sick friends were prayed for & brand new GSRs were "adopted" for the weekend. I know that I am probably leaving way too many things out, there's no way I can ever complete a list of this nature. My heart is almost too full to find words (almost☺), my head is brimming with ideas presented to me & my calendar is marked with opportunity. Opportunity, my friends, for my mind to be blown. Opportunity for me to be inspired, invigorated, united, empowered & saturated. Being saturated with tequila or being saturated with spiritual experiences...not a hard choice for me today, but a choice I get to make on a daily basis because through God's power I get to serve that which saved my life & healed my family.

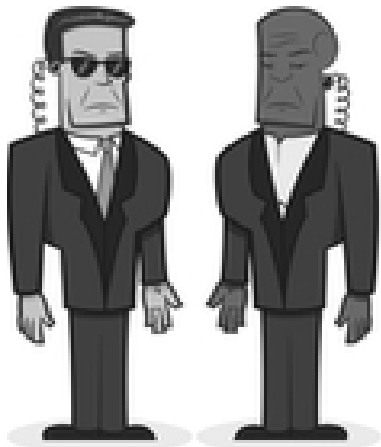


Michelle H.
D40 DCM

SECRET SERVICE SECTION

APRIL AREA ASSEMBLY REPORT

- GSR Workshop- new format introduced
- Concept Workshop-plain language presentation on how all of these concepts are intertwined not just in the legacy of service but our own personal lives as AA members, one way to learn about concepts is to learn what they are not
- 9 Roundtables- discussions & results were completed & provided to Delegate
- Feasibility Workshops-increasing revenues without losing our spirituality
- Area Committee Meeting- had a new time on the agenda & was formatted in a way that was more fulfilling to its purpose
- 2016 Final Convention Report- \$2,645.59 loss
- 2017 Convention Update- moving forward in planning, ideas from the international convention will be introduced to this convention's program & history is being made by bring Beaumont to Houston
- Alternate Secretary Position-open
- 9th District Intergroup Liaison Position- open
- La Vina Committee Chair-filled (Name?)
- Additional funding for Multi-Lingual & IT Committee members to attend & participate in the Additional Forum this June was approved by Assembly, reports will be provided
- 2016 Gratitude Dinner Report- venue will be secured this week then flyers with all information will be available, we as a District will make commitments at July Assembly
- Financial Reports- Year End
 - Total Contributions- \$7,154,156 higher than projected
 - Publishing Sales- \$12,489,433 less than projected
 - AA Grapevine- \$245,204 net income
 - La Vina - \$63,160 gross profit
 - Reserve Fund- \$14,584,000 representing 9.5 months
 - 2015 International Convention- \$210,431 net loss
 - 75th Anniversary Big Book- \$3,911 additional net loss



I am Responsible . . .

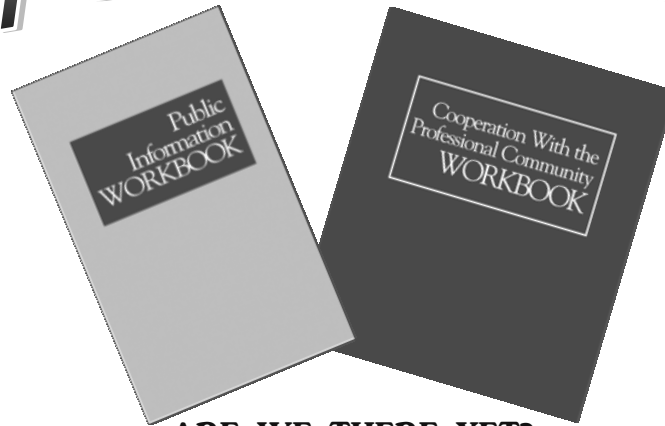
When anyone, anywhere
reaches out for help

I want the hand of AA to be there,

And for that,

. . . I Am Responsible

PI/CPC Challenge



ARE WE THERE YET?

Our destination on trips was always explained as “just over the next hill” and our parents’ would occupy our anxious minds with games. “I see something green” or we would play trivia until we got over that hill. My journey in AA has been somewhat like that. I think I know all there is to get to the destination but truly, what I know would not fill a shot glass. Something that provided me with a learning opportunity and helps keep me sober is my service work through the Public Information and Cooperation the Professional Committee. These committees provide various avenues of information and are a working part of Twelve Step Work.

So try your skill, luck or knowledge on the below questions and submit the quiz answers at the 6:30pm, May 23, 2016 PI/CPC meeting at the Woods Road Club. Prizes will be awarded for all correct or mostly correct submissions. So here we go:

1. *True or False?* The principal aim of the CPC committee is to provide meeting space for AA members engaged in professional careers?
2. *True or False?* While AA was founded in the 1930’s, the CPC committee was not founded until the 70’s?
3. *True or False?* The CPC committee hopes to meet the sick alcoholic where AA is not normally present?
4. According to the CPC manual which of the following are not professionals approached by the committee: alcoholism counselors, probation officers, parole officers, prostitutes, nurses, doctors, athletic coaches, public health officials, judges, defense attorneys, crossing guards, and union officials. *Circle all that do not apply.*
5. *True or False?* President Nixon was given the millionth copy of Big Book of Alcoholic Anonymous?
6. What is the basis of our spiritual foundation: Sobriety, Serenity Sensitivity, or, Anonymity?
7. *True or False?* The PI Committee gets in touch with the alcoholic via the media?
8. Is sacrifice or sobriety the spiritual substance of anonymity?
9. *True or False?* The PI committee allows their meetings to be videotaped?
10. *True or False?* In all public relations, A.A.’s sole objective is to help the still suffering Alcoholic?

Hope you enjoyed the quiz. Please submit your answers to Jim B and come to the next committee meeting to claim your prize and keep coming back. WE NEED YOU on this journey.

Jim B.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

February 09, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition II/Concept II: reading and summation by Jim B. and Clark H. (Due to his absence, it will be put into the Newsletter)

Volunteers for next month: Tradition III/Concept III will be Patty D. and Pam F.

Introduction of Attendees: 24 Attendees for our Business Meeting

Normal Business:

1. **Secretary's Report** – Accepted as submitted.
2. **Treasurer's Report** – Postponed until next month.

Committee Reports:

- a. Archives** – Tom B.
 - Archive update report will be 2 weeks behind this month, as they have moved our business meeting to the 3rd week of this month.
- b. Coffee Committee** – Betsy K – All is good
- c. Correctional Facilities Committee – CFC** – Cindy M.
 - All is going well with CFC.
- d. Grapevine** – OPEN
- e. Intergroup** – OPEN
 - Betsy's last day in office was at the last meeting and it was a sad day for Intergroup. Elections were held; look online for the results of the elections.
 - Intergroup can use some help financially so please ask your groups if they are able to help.
 - A sponsorship workshop will be held on March 5th from 10 to 1:30, lunch will be provided. Entrance is \$10.00
 - Meeting is held on the 3rd Thursday every 2 months at 8pm starting Feb.
- f. Information Technology – IT** – Richard B.
 - Last SETA IT Committee Meeting held January 23rd, 2016 10am at Spring Branch Club – Discussion items included:
 - i. Review of SETA Convention
 1. Successful IT Table Display and presentation
 2. Assisted with Video Projector and Laptop for Saturday evening presentation on *La Vina*
 - I am currently working on the CFC Committee Chair Laptop doing a clean install of Windows 10.
 - Open positions for SETA include Secretary, Alternate Secretary and Alternate Postmaster.

- District 40 Scrubbed January Newsletter has been sent in for posting.

g. Literature – OPEN

h. Multilingual – OPEN – A motion was made to go back to the groups and see if we still need this position at the district.

i. Newsletter – Deborah G.

- Thank you for all the articles this month. Don't miss the secret service section! Next month's topic will be The principle behind Tradition 3 of Equality.

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

- The committee met on January 30, 2016 via conference call at which time 2 members tendered their resignations. The remaining 3 members decided to re-dedicate efforts at growing the committee and decided to hold a special meeting.
- Special Meeting was held February 5, 2016 at Woods Road Club. Meetings will now be held at Woods Road Club on the 4th Monday of each month at 6:30 p.m. The committee will be rebuilt but will take time.
- GSRs are encouraged to take the message back to their groups. The committee will come and attend group conscious and explain the nature and purpose of the committee.
- Next committee meeting will be February 22, 2016 at 6:30 p.m. at the Woods Road Club, 2119 Woods Road, Brookshire, TX.

k. Treatment Facilities Committee – TFC – Pam F.

- Currently working on updating the treatment facility list of District 40.

Current Items:

1. Job Descriptions
 - Some descriptions were received, if you have one and have yet to return it back, please turn them into Corrie H.
2. Multi-District Event
 - There have been great discussions on this event that will not be called a Service Workshop. More information to be made available as it progresses
3. Assembly Report
 - This is in the Newsletter
4. Concept Dinner
 - It has been agreed by the District to possibly have this in January or February and to include games!

Group News:

- a. Jeff L – The Monday Night's Men's Step Study is holding their 19th Annual Gratitude Dinner. March 31st @ the PaRC @ 6:15. Flyers will be available at the next meeting.

Step Four: Vigorous and Painstaking Effort

My first thoughts about my 4th step experience ran the gamut from “Great! I’m moving forward on my steps...progress!” To “Crap...I know where this is heading. I’m going to have to be thorough and completely honest and I’ve heard all about the fifth step. I’m gonna have to share with another person the truth about some stuff I’m not very proud of.” But somewhere in-between was the thought that I had committed to being willing to go to any lengths, as if my life depended on it, and that scores of alcoholics just like me had done a 4th step and it didn’t kill them. In fact they said it saved them. So, onward I trudged pencil in hand, armed with strength from lots of prayer and encouragement from my sponsor to recount the most unpleasant moments of my life one by one. I truly started the fourth step thinking I had all of my past neatly compiled in my brain ready to jot down on paper with ease. Wrong! When it came to writing it all down, one memory jogged another memory and suddenly I had more pages than I’d imagined possible. It was worse than I’d thought! Apparently I had buffered my shame and embarrassment with loads of denial and forgotten a few things along the way.

Sometimes when writing I was all fired up to be able to list all the things people had done to me to deserve my resent-very difficult time writing towards others I loved and fear, unleashing character defects...rationalization which set down my pencil, coffee, get a better ask myself do I really need to do all this writing to stay sober?? More prayer! Only the grace of my God could save me from this crazy thinking.



ment. Other times I had a down resentments I had deeply. I felt annoyance some of my biggest procrastination and looked something like this: make another cup of pencil, check emails, and

Looking at the progress I was making line-by-line and focusing on the promises in the BB also helped me keep going. Reading Step Four in the BB and 12&12 reminded me why I was doing this. I absolutely needed to come to an understanding of my part in past failures. How could I do that if I didn’t have a clear picture of what those failures were? Finally, after 2 weeks and a thorough review, I was done. My thoughts were now ones of total relief and hopefulness. Relief that the painstaking process of remembering and writing were over. Hopefulness that once I shared this inventory with someone else I could finally let go of the bitterness, shame and feelings of powerlessness that had driven me to the dark side of drinking. I was one step closer to those demons being replaced with love, tolerance, and usefulness to others.

For me, willingness, prayer, and encouragement from my sponsor were essential to completing this step. And for all of that - I am grateful.

Anonymous



READY TO BE RELIEVED

The relief and excitement I felt was overwhelming. I was so ready to start writing and facing my mistakes. Step Four was the start of all this for me, or so I thought. In the beginning I was ready to face my alcoholic past and admit all my wrong doings. I was ready to be relieved of all the stress and guilt I had taken on alone.

Little did I know that relief was not what I was going to feel. At least not to the extent I was looking for. I was more relieved it was done. I wasn't feeling too fearless. I was ready to talk to my sponsor about everything I was feeling. I was ready to move on to Step Five.

Anonymous

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
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
OPEN

Coffee Chair
Betsy K.

Archives Chair
Tom B.



F. E. A. R.

When presented with Step 4 - taking an honest and thorough look at my inventory, my immediate reaction was fear. Fear that I wouldn't do it right. Then it was fear that sharing it with my H.P and another human being would not release me of these fears and resentments.

Afterwards, for about a week or two; I felt every emotion under the sun. Immediate relief turned into sheer emotion. I felt as though I'd been stripped of all of my previously known defense mechanisms. This again; turned to fear. What do I do next? The willingness to trust in my God; to move forward.

Face Everything And Recover is what I chose.

Anonymous

Upcoming Events

Spring Fling

April 15th-16th
Spring Branch Memorial Club
1200 Blalock, Suite 378
Houston, TX 77055

SETA—CFC TDCJ Orientation

April 16th, 9:00 AM
Houston Intergroup
4140 Directors Row, Houston, TX 77092

PI/CPC Committee Meeting

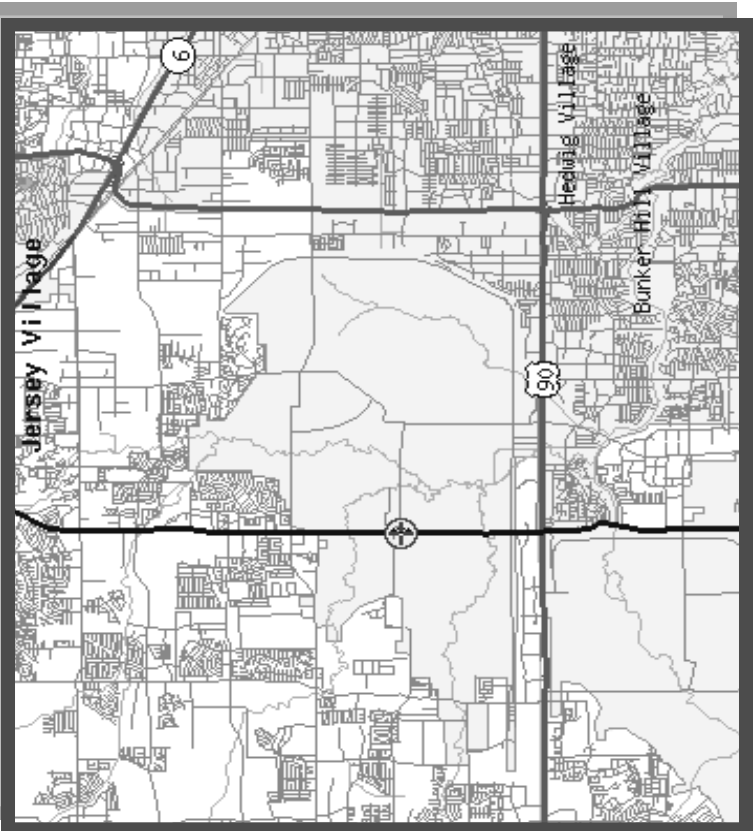
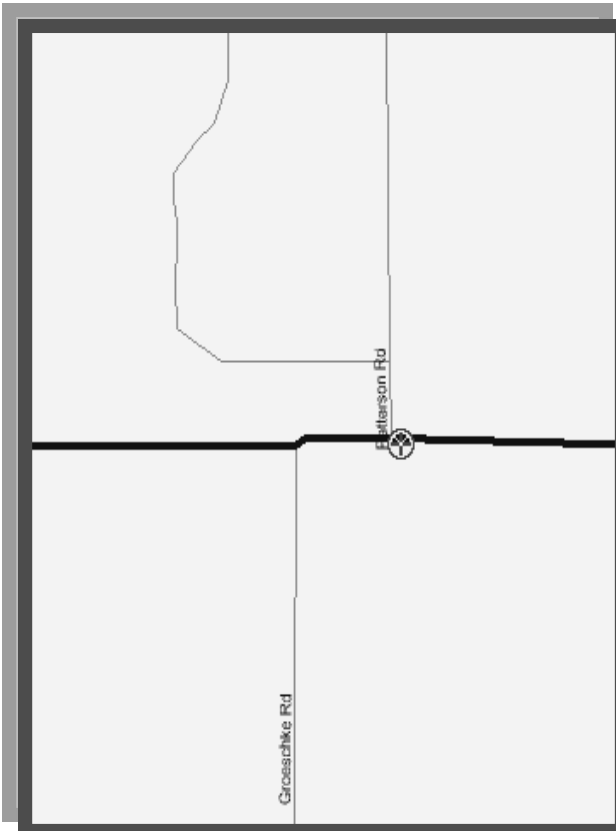
April 25th at 6:30 PM
Woods Road Club
2119 Woods Rd., Brookshire, TX 77423

For more events visit:

aa-houston.org

aa-seta.org

aa.org



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

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 Thursday of the month at 7:30 PM	District 63 4800 West 34th St. Suite B-8 Houston, TX 77092	Saturday, 4:30 PM to 6:00 PM
Public Information (PI)	3rd Monday of the month at 7:15 PM (Excpet 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	4th Monday of the month at 6:30 PM	The Woods Road Club 2119 Woods Road Brookshire, TX 77423	-
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.	

THE NEXT DISTRICT MEETING IS

MAY 10, 2016 @

7:00 PM

District 40 meets on the 2nd Tuesday

of every month from

7:00 PM—9:00 PM at the

Bear Creek Community Center

3055 Bear Creek Drive,

Houston, Texas 77084

Just Starting a group in District 40 and wish to add it to this newsletter?



Send group information, location and meeting times to SETA-40@aa-seta.org and intergroup@aahouston.org. You may also contact Intergroup at 713-686-6300.