



Like the majority of newcomers that I have talked with over the years, I found it extremely difficult to sleep during early sobriety, especially during the “witching hours.” Those quiet, dark hours from 1:00-4:00 am when everyone else is sleeping peacefully, but the beast is screaming in your ears & the sounds of your “bottom” are crashing through your mind. What is one to do? How do you just not drink or go insane during those times? I was told, pick up the Big Book & read a story, it’s the best sleep aid you will find. Of course, I was skeptical because my situation was worse than yours & there was no way reading a stupid story in a book was going to help! I can honestly say that I had well over 6 months sober before I read a whole story without falling asleep in the middle of it. Who would have thought...sober members of Alcoholics Anonymous that have traveled this path before me didn’t have to think, they knew, they passed it on, they equipped me with spiritual tools for living sober under all conditions & situations.

I have picked up my Big Book, read the preamble, had a moment of silence, prayed the Serenity Prayer, read the corresponding Tradition, read a story in its entirety, prayed the Lord’s Prayer & had a complete meeting from beginning to end many times over the years. It has carried me through when I sat in the probation office, waiting my turn, sat in freezing cold hospitals & doctor’s offices supporting a friend, was paralyzed with heartbreak by my grandmother’s deathbed & couldn’t pick up the phone, waiting to hear from one of my kids while they were away & sitting in the middle of the country with no service.

I don’t have a favorite story in the Big Book, but the stories have become a favorite spiritual tool for me to use myself & to pass on to sponsees, friends & newcomers because of the power they hold for the alcoholic that is suffering & for the alcoholic that is enjoying sober life. It’s always a good day when we are able to identify with one of our fellows!

Michelle H.
D40 DCM

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept Eight

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs.

(b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and custodial oversight which they exercise through their ability to elect all directors of these entities.

Inside This Issue

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ESTIMATED WORLDWIDE A.A. INDIVIDUAL AND GROUP MEMBERSHIP

YEAR	ACTIVE MEMBERSHIP	GROUPS
1935	2	0
1940	1,400	50
1945	12,986	556
1950	96,475	3,527
1955	135,905	6,249
1960	162,037	8,615
1965	232,105	12,444
1970	311,450	16,459
1975	533,590	26,456
1976	574,318	29,352
1977	612,876	31,587
1978	627,456	33,241
1979	868,171	39,964
1980	907,575	42,105
1981	937,705	47,797
1982	1,065,299	53,576
1983	1,191,946	58,576
1984	1,351,793	62,860
1985	1,445,999	67,019
1986	1,556,316	73,192
1987	1,617,296	76,184
1988	1,734,734	85,270
1989	1,793,834	87,696
1990	2,047,469	93,914
1991	2,148,757	96,500
1992	2,489,541	89,215
1993	2,062,380	90,155
1994	1,790,528	89,239
1995	1,726,341	86,449
1996	1,959,829	96,997
1997	1,967,433	97,568
1998	1,989,124	98,710
1999	1,995,804	99,020
2000	2,160,013	100,766

YEAR	ACTIVE MEMBERSHIP	GROUPS
2001	2,215,293	100,131
2002	2,092,460	103,768
2003	2,066,851	104,589
2004	2,082,980	105,294
2005	1,867,212	106,202
2006	1,996,935	106,477
2007	2,044,655	113,168
2008	2,085,125	116,773
2009	2,103,033	115,773
2010	2,057,672	107,976
2011	2,133,842	114,070
2012	2,131,549	114,642
2013	2,138,421	115,358
2014	2,040,629	115,326



Because A.A. has never attempted to keep formal membership lists, it is extremely difficult to obtain completely accurate figures on total membership at any given time. The information shown here is based on reports given by groups listed with general service offices (G.S.O.s) around the world and does not represent an actual count of those who consider themselves A.A. members. We are aware of A.A. activity in approximately 175 countries, including 61 autonomous G.S.O.s in other lands.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

June 14, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition VI/Concept VI: reading and summation by Sunshine P. and Cindy M.

Volunteers for next month: Tradition VII/Concept VII will be Jackie S. and Ana D.

Introduction of Attendees: 24 Attendees for our Business Meeting

Normal Business:

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

Committee Reports:

- a. **Archives** – OPEN.
- b. **Coffee Committee** – Betsy K – Need coffee cups, Corrie to bring some to the next meeting we hold at Bear Creek.
- c. **Correctional Facilities Committee** – CFC – Cindy M.
 - 18th Annual Convention is September 9th – 11th, 2016 at the Omni Hotel at Westside. 13210 Katy Freeway, Houston, TX 77079. The flyer is posted on the aa-seta.org website. Please print out and pass the word.
 - The planning meeting is held the last Thursday of each month through August at the 8373 Club, 8373 Westview, Houston, TX. We still need volunteers.
 - C.C.S. Update: There's a waiting list for Outside AA Women volunteers to receive letters. There is still a need for more Outside AA Men Volunteers.
- d. **Grapevine** – OPEN
 - Monthly meetings are on the 3rd Thursday at 7:30 PM, Delta Club, 6400 Westpark Dr., Houston, TX, 77057
- e. **Intergroup** – Roger B.
 - Summer Open House Event previously scheduled for June 4 has been postponed until July 16th. If your group would like to get involved please contact intergroup.
 - Important Intergroup Board of Trustees Action: The Board of Trustees of Intergroup have completed its initial effort to have Intergroup focus on delivery of its core mission. As a result, the Board voted to transition

Intergroup non-core service activities and committees to the appropriate AA Service Organization – SETA. The Board will facilitate migration of CFC and Archives related “committees” and efforts to SETA (Area) committee structure.

- Financials are available for review. Intergroup is funded by your support, here is how – (a.) Donations from the groups (b.) Donations from Individuals (c.) Very small margins on Literature sales to cover operating expenses (d.) Donations for Workshops and Events to cover expenses. Intergroup's prudent reserve is currently less than 2 months of operating expenses. Group donations have been declining for the past 2 years. Your help is greatly appreciated!
- f. **Information Technology** – IT – Richard B.
 - Last SETA IT Committee Meeting held May 27, 2016 10am at Spring Branch Club – I was not able to attend
 - Open positions for SETA include Alternate Secretary, Alternate Support and Alternate Postmaster
 - May District 40 Newsletter has been sent to the SETA Webmaster for posting
 - A Day in the Country with Our Delegate” Flyer was sent to SETA Webmaster for posting
 - g. **Literature** – OPEN
 - The AA Book Club meets at Houston Intergroup the first Saturday of each month from 4:00 PM to 5:30 PM
 - Current Book “Experience, Strength and Hope” - Stories 24 through 26 – “The Professor and the Paradox” through “New Vision for the Sculptor” - pages 147 through 178



*The best way to find
yourself is to lose
yourself in the
service of others*

Mahatma Gandhi



District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- Current Pamphlet “General Service Representative” P-19
- The next Literature Committee Meeting will be on Saturday, July 9 at 4:30 pm at the SETA Assembly in the Sheraton Ballroom.

h. **Multilingual – OPEN**

i. **Newsletter – Deborah G.**

- Thank you to all of those that sent in articles this month
- Next month’s topic will be the Traditions: How have you applied the Traditions to various areas of your life; Family, work, etc.
- For a better understanding of the Traditions or for some inspiration be sure to attend the District 40 30th Annual Traditions Dinner on June 18th! I look forward to seeing you all on Saturday!

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

- The committee met on May 23 6:30 PM at Woods Road Club
- Membership drive resulted in no new members. Quiz was fun but no submitted answers and no prizes given out.
- Committee authorized new display board geared to the AA member. See it the traditions dinner this Saturday
- Area CPC and PI committees are active in updating data bases for Elderly Citizens, reaching out to Law Enforcement agencies and distribution of Adopt a Rack Program.
- GRS’s note to groups. We have opportunities for service work especially with elections coming in a few months.
- Next committee meeting will be June 27th at 6:30 PM at the Woods Road Club, 2119 Woods Road, Brookshire, TX.

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

- There is a new meeting in Houston. The “Lackpower” group meets on Monday at 7:04 p.m. at Camp Hope. The facility is run by the PTSD Foundation of America is for Veterans. It is an open meeting for men and women. They have a need for men sponsors. The address is 9724 Derrington Rd., Houston, TX 77064 (Beltway 8 and Fallbrook Dr. exit). It is a wonderful meeting! Please let your group (or anyone) know about it. They would love to see you there.
- Our next meeting is Saturday, July 9th at 4:30 p.m. at SETA.

Current Items:

1. Traditions Dinner Update – Corrie H.

- Kathleen T. with the Area Literature Committee will hold a literature giveaway throughout the evening.
- Speaker gift has been ordered and the District inventory is being completed in my garage as we speak.
- Flyers have been printed and reminder emails have been sent.
- I am currently looking for volunteers for setup, clean-up, greeters, registration, kitchen duty, etc. I will arrive around 1 pm. To turn on the lights and AC and begin setting up.
- Updated sign-up sheets will be sent out on Wednesday and Friday for reminders.
- Food will be ordered on Wednesday night along with a final shipping trip for any items needed not located in my garage.
- I look forward to seeing all of you Saturday!

2. Job Description Update – Corrie H.

- Deadline to have all updates completed is by the end of June or prior to our next meeting.
- Updated job descriptions will be made available at the July meeting for all to review in preparation for elections that will be held in September.

3. Delegate’s Report Update – Michelle H.

- The meeting will be July 30th and it will be held at the new Twin Cities facility from 1 – 3 p.m. We have only had to pay for our portion of the rent. District 52 is still working on the details of the food and will keep us informed on what else is needed for this event.

4. July Area Assembly Preparation – Michelle H.

- Agenda and motions were attached in the email that was sent out so everyone can review prior to assembly and be well informed.
- July 9th is the assembly, make sure to contact the hotel to reserve your room if you are staying the night on Saturday.

Group News:

- a. Just the Black Print Group is a new group that has just registered with GSO. Come out and visit. The meetings are Saturday at 6 (Big Book Study) and Thursday at 7 (12 & 12 Study) at the Holy Covenant Church in Katy.
- b. Please keep an eye out that we may meet at Spring Branch due to flooding problems at Bear Creek Community Center.

Treasurer's Report

SETA District 40 Monthly Financial Report -- June 2016

EXPENSES	Initial Budget	Approved Budget Changes	Approved Budget	Expense This Month	Year to Date	% This Month	% Year to Date
DCM	\$600		\$600	\$0.00	\$376.42		63%
Alt. DCM	\$600		\$600	\$0.00	\$187.03		31%
Secretary / Copying	\$100		\$100	\$115.05	\$115.05	115%	115%
Treasurer	\$75		\$75	\$0.00	\$0.00		
Newsletter	\$500		\$500	\$0.00	\$195.06		39%
Rent/Coffee Donation	\$180		\$180	\$0.00	\$0.00		
Coffee	\$25		\$25	\$0.00	\$0.00		
PO Box	\$70		\$70	\$0.00	\$0.00		
Literature Committee	\$0		\$0	\$0.00	\$0.00		
PI/CPC	\$2,575		\$2,575	\$253.99	\$302.06	10%	12%
Grapevine	\$0		\$0	\$0.00	\$0.00		
CFC	\$250		\$250	\$0.00	\$0.00		
TFC	\$100		\$100	\$0.00	\$0.00		
Archives Committee	\$100		\$100	\$0.00	\$0.00		
Intergroup Liaison	\$0		\$0	\$0.00	\$0.00		
IT Committee	\$0		\$0	\$0.00	\$0.00		
Miscellaneous	\$100		\$100	\$15.00	\$30.00	15%	30%
			\$0	\$0.00	\$0.00		
Gratitude Dinner	\$300		\$300	\$0.00	\$0.00		
Fellowship Fest	\$250		\$250	\$0.00	\$0.00		
Traditions Dinner	\$1,100		\$1,100	\$548.24	\$1,148.24	50%	104%
Service Workshop	\$250		\$250	\$0.00	\$0.00		
SWRAASA (Even Years)	\$2,500		\$2,500	\$0.00	\$0.00		
The Forum (Odd Years) See Note	\$0		\$0	\$0.00	\$0.00		
Delegate Report Meeting	\$100		\$100	\$90.00	\$90.00	90%	90%
State Convention Hospitality Suite	\$0		\$0	\$0.00	\$0.00		
SETA Assembly Host District	\$0		\$0	\$0.00	\$0.00		
SETA - 2015 Hospitality Suite	\$0		\$0	\$0.00	\$0.00		
	\$9,775	\$0	\$9,775	\$1,022	\$2,443.86	10%	25%

INCOME

Group Name	Receipts This Month
Chapelwood Tues 8pm	\$116.08
Friends of Bill W. (Post Oak)	\$25.00
Friends of Bill W. (West Houston CC)	\$243.00
God Meeting Group	\$26.23
High Hopes	\$130.96
Hockley Group	\$60.00
Kingsland Group	\$124.25
Daily Reflections Group	\$159.00
Sober in Brookshire	\$17.00
Tuesday Night Step Study	\$28.45
Wild West Group	\$70.00
Event Donations	
Traditions Dinner Donations	
Gratitude Dinner Donations	
State Conv - Hospitality Suite	
SETA -Hospitality Suite	
Delegate Report Contribution	
Fellowship Fest	
TOTAL INCOME THIS MONTH:	\$999.97

Beginning Bank Balance	\$7,090.92
Total Expenses this Month	\$1,022.28
Total Income this Month	\$999.97
Prudent Reserve (0.25 x Budget)	\$2,443.75
Unrestricted Funds	\$4,624.86
Ending Balance / Total Funds	\$7,068.61
Unspent Portion of Budget	\$7,331.14

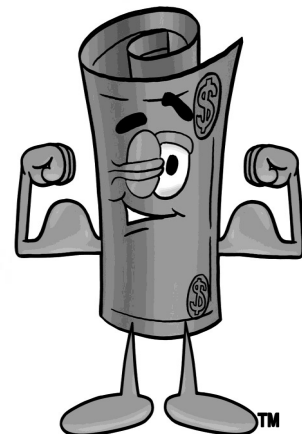
NOTES:

1) Ending balance shown above agrees with bank statement after deposit of this month's receipts.

2)

7/10/16

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THE CO-FOUNDERS OF
ALCOHOLICS
ANONYMOUS

This is A.A. General Service Conference approved literature.

BIOGRAPHICAL SKETCHES
THEIR LAST MAJOR TALKS

service

**Robert Holbrook Smith, M.D.
1879-1950**

He held three concepts in particularly high regard. One was simplicity — in his own life-style and in practicing the A.A. way of life. Second, he believed in tolerance of other people's ideas, in speaking out "with kindness and consideration for others." and in "guarding that erring member, the tongue." Third, he believed that one's job in A.A. was to "get sober and stay sober" and "never to be so complacent that we're not willing to extend that help to our less fortunate brothers."

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**William Griffith Wilson
1895-1971**

Bill's service to A.A. spanned 36 years, during which, with the help of other old-timers, he formulated A.A.'s recovery program, codified into a set of Traditions the first ten years of its group experience, wrote four books for the movement, and contributed numerous articles about A.A. to internal and outside publications. He often spoke before medical, psychiatric, and religious societies, and testified (in closed sessions) before various state and Federal legislative committee hearings on alcoholism. During his lifetime, he declined all public honors, setting an example for the whole Fellowship.

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Reprint from "Your AA General Service Office" pamphlet. This can also be found on www.aa.org, with permission of A. A. World Services

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

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

Roger B.

Newsletter Editor

Deborah G.

Multi-Lingual Chair

OPEN

Coffee Chair

Betsy K.

Archives Chair

Tom B.

Upcoming Events

The Hot Dog Days of Summer

Friday, August 26, 2016
7:00—9:00 PM
Church of the Holy Apostles
1225 West Grand Parkway
South
Katy, TX 77494

35th Annual D90 Conference

August 19-21, 2016
Holiday Inn and Suites,
Beaumont Plaza
3950 I-10 South
Beaumont, TX 77705

18th Annual SETA CFC Conference

September 9-11, 2016
Omni Hotel Houston at
Westside
13210 Katy Freeway
Houston, TX 77079

D40 PI/CPC Meeting

Monday, August 22, 2016
6:30 PM
The Woods Road Club
2119 Woods Rd.
Brookshire, TX 77423

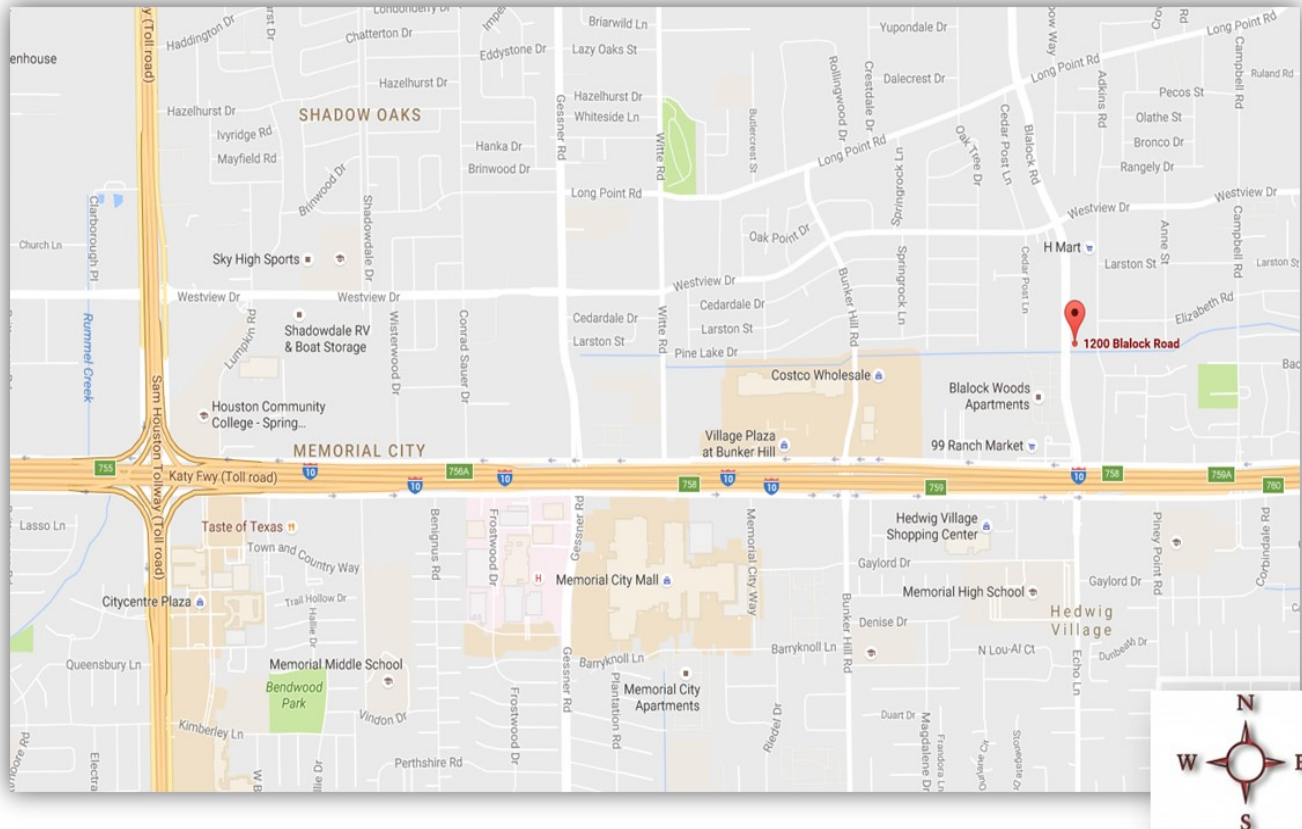
I LIKE PEOPLE
WHO I CAN
OCCASIONALLY
HAVE REALLY DEEP
CONVERSATIONS
WITH, AND AT THE
SAME TIME JOKE
AROUND WITH
THEM.

For more events visit:

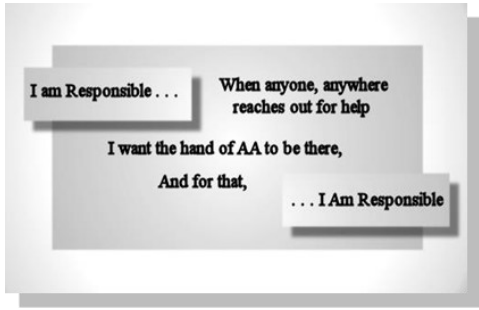
aahouston.org

aa.org

aa-seta.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

THE NEXT DISTRICT MEETING IS
SEPTEMBER 13, 2016
@ 7:00 PM

District 40 meets on the 2nd Tuesday of every month from 7:00 PM—9:00 PM at the Spring Branch Memorial Club 1200 Blalock Road #378 Houston, TX 77055

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
Multilingual	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 (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	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.	

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.