

## Sober 2 More Years!

I just want to express how much I have enjoyed attending the district 40 meetings over the past two years. Not knowing exactly what to expect, I have been pleasantly surprised! I get that the purpose is to encourage service work and carry the message on a new level. After watching everyone it doesn't look so scary. Well maybe less scary. I am going to miss this terms leaders, but also, I am excited about the newly elected ones. I am sober 2 more years because of it and had a lot of fun in new ways! I pray that we all will continue experiencing the joy that comes with participating no matter what other hardships we are going through. A big thank you to all who made my GSR term so enjoyable!

Jackie S.



### Step Twelve

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs.

### Tradition Twelve

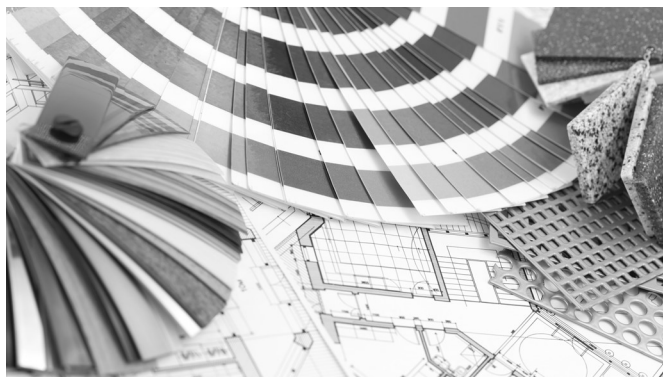
Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

### Concept Twelve

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personal punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

### Inside This Issue

- 1 *Sober 2 More Years!*
- 1 Step, Tradition, Concept
- 2 *A Design For Living*
- 3 12 Tips for Keeping Your Holiday Sober
- 4 *Service For My Soul*
- 5 & 6 Secretary's Report
- 7 Treasurer's Report
- 8 Holiday Gift Set Flyer
- 9 Pamphlet Excerpt: "A.A. Tradition How It Developed by Bill W."
- 9 Trusted Servants
- 10 Upcoming Events
- 10 District Map
- 11 SETA Committee Meeting Schedule



## A Design for Living

I've written lots of newsletter articles over the last 10, 12 years of my sobriety sharing about all the ways service positions, opportunities, concepts, traditions, steps, 3 legacies, home groups, sponsors, sponsees & God have impacted all the different aspects of my life, my family, myself & my relationship with God. I am not one of those people that can eloquently summarize a simple

question or topic into a neat little paragraph. It's all too big for me. My experience since I got sober has been HUGE on any given day of the week & when I try to fit it into a simple margin, I fall short every single time.

So, having said that, I don't know that I have any *methods* that keep me in service, but more of a design for living, an attitude & a spiritual checklist that help keep me balanced in service.

I am a result person, I'm big on my feelings & the impact my choices have on those people that are closest to me. I will say that there has never been a problem, situation or new circumstance in my life that has not been solved by Trusting God, Cleaning House & Helping Others. Recover, Unity, Service. Working with others & service have never been optional for me, rather mandatory. Working with others saved my life, my children's life & my marriage. So, serving that which saved a whole family does not seem like work at all & it is a debt that I can never fully repay, but I can try, some days a little & some days a lot. I GET to serve, that which I love. This is an attitude that has served me & my family well over the years, because the result is that I stay sober & with sobriety comes life.

Nothing in AA service has ever been hard. We are not reinventing the wheel here. What it is, is a commitment & depending on what one's personal definition of commitment is will a lot of times determine whether something feels hard or not. I can always find something that fits my life, I can always find someone to help me learn & I can always find God with a grateful heart. Organization, deadlines, principles & vision, these can sometimes feel hard to find or accomplish, but if I am really honest, inspiration & hope are always around me, I only have to open my eyes through my heart.

When I take the time to honestly reflect on the serving sizes on my plate of commitments & the impact they are having on my physical, mental, emotional & spiritual health then it becomes easier to see the impact they are having on my family, home, work, future & I can adjust where I need to. I did not start out doing everything that I do today. God built it one step at a time in me. I do not feel like I am in a hurry to experience everything real fast, I'm not planning on going anywhere & that affords me the luxury of taking it one day at a time. It allows for me to stand 3<sup>rd</sup> legacy, to truly put God in charge. I am very interested in a quality life, where the definition of commitment serves me to become the woman God intends me to be.

To answer the question presented in this month's topic into a simple margin...*Besides working with others in a sponsor/sponsee relationship, what are some of the other methods that help keep you in service?* The fail proof methods that I use are these... stay in gratitude, gratitude is an action word & the way I can show my gratitude is to serve. Also, I look at my children & ask myself this one thing. Are they going to benefit spiritually from this through me?

Michelle H.  
D40 DCM

# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations

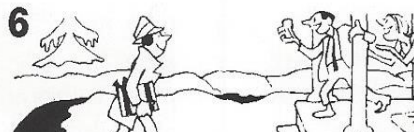
given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

# Service For My Soul

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”  
*Alcoholics Anonymous, pg. 77*

Over the years, I have had many occasions to be of service either in or out of the rooms of AA. I can't say that I've loved every opportunity, but I have loved the results. With each one, I've enriched my spiritual life in some way. When I am of service to AA, my family, friends, etc., I am serving God and his people. I'm out of self; the most important person in my life is NOT me. Service is a chance for my ego to go head-to-head with my humility which comes from God. When I put it that way, it's me vs. God. And somehow, I never win!



I have had the pleasure of being sponsored by several women over the course of my sobriety and each one has taught me that service to others in *all my affairs* is a vital necessity in my life. Sometimes I said yes ma'am when it was "suggested" I do something and sometimes I fought tooth and nail while grumbling under my breath. But each occasion gave me a sense of fulfillment and encouragement to continue in this program, to continue in life.

I have also been blessed to sponsor several women. In so many ways, they have been inspirational and guiding. While working with them, I have seen where my ego is running the show and I have seen when my humility shines through. I get the continued blessings of having God reveal Himself through all the ladies I have had the pleasure to carry the message with.

Positions I have held in service throughout AA, have been anywhere from coffee maker, greeter, meeting leader/chairperson, GSR, secretary, newsletter editor and starting in January I get the honor of serving my district as DCM. What an amazing opportunity! Some of my favorite non-title service jobs have been decorations committee for the Traditions dinner, ad hoc committees for various events and of course "Flyer Girl!" In these opportunities, I have been able to use the creativity that God blessed me with. I've grown with each one which in turn has been life and soul changing.

The most important thing I can do to be of service is to take care of my family. Doing the laundry, grocery shopping, cooking, waiting in the carpool line, doctor appointments, etc. I GET to be of service to the most amazing people in my life that I love beyond words. My Higher Power, the AA program and all the service opportunities I have experienced give me the privilege of being there for my family, friends and anyone else that reaches out a hand.

In service,  
Deborah G.

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

October 11, 2016

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

**Tradition X/Concept X:** reading and summation by Sunshine P. and Pam F.

**Volunteers for next month:** Tradition XI/Concept XI will be Deborah G. and Betsy K.

**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.**

- The new Area Archive Committee Chairperson is MaryKay F.
- The committee is working on reorganizing the repository for a more functional work space.
- Group History forms are available if your group is interested in submitting one to the Area Archives Committee
- If you would like to know more about what type of documents/items can be submitted to Archives, please contact the Committee Chairperson or attend a Committee Meeting.
- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

#### **b. Coffee Committee** – Betsy K – No report provided since we are meeting at Spring Branch Club

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

- The new Area CFC Chairperson is Chris D.
- The remaining committee elections will be held at the November meeting at the Delta Club.
- A New CFC DVD "A New Freedom" (dv-18) just came out.
- The Sept. Conference was informative. We had great speakers, workshops and it was well supported with over 200 attendees. During the orientation, a TDCJ employee said volunteers could wear shorts. We were informed, this was incorrect, and we have a strict dress code that's outlined in the handbook.
- Looking for women and men for 12-step work in the pre-release program. The pre-release program takes newly released inmates to

meetings, introduces them to other members to help with the transition into the community. We currently have a woman in need in the Houston zip code 77083 area, Hwy 6 and Westheimer area. Please help pass along the need & my contact information

- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

#### **d. Grapevine – OPEN**

- The new Area Grapevine Committee Chairperson is Melanie G.
- You can support Grapevine through subscriptions as well as submitting an audible/written article.
- Check out the Grapevine App at [www.aagrapevine.org](http://www.aagrapevine.org)
- Area Grapevine Committee monthly meetings are on the 3rd Thursday at 7:30 PM, Delta Club, 6400 Westpark Dr., Houston, TX, 77057.
- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

#### **e. Intergroup – Roger B.**

- The new Area Houston Intergroup Liaison is Kathleen T.
- Workshop "How To Chair A Meeting" October 15<sup>th</sup> 10:00-2:00, \$10, register online, limited seating
- At the next Delegates Meeting, 10.20.16, 8:00 pm, elections will be held for the appointment of 4 new Trustees. An application form and a description of the position are available and will be posted.
- Local stories are being solicited for the Link.
- Intergroup supports your group's efforts to carry the message! We continue to rely upon the group's support to continue to carry out this mission.
- Visit [www.aahouston.org](http://www.aahouston.org) for more information & to subscribe to The Link

#### **f. Information Technology – IT** – Richard B.

- SETA IT Committee met on September 24th and had an informal meeting on October 1st at the Assembly.
- SETA IT provided support during the Area Assembly October 1-2, which included electronic voting tally Sunday.
- Kyna D. was elected as the new SETA IT chair for 2017-2018.
- IT Committee meets the 4th Saturday 10:00 am -12:00pm at the SBMC
- Please come and visit us, if you cannot be there in person please join us via Go-To-Meeting.



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

### a. Literature – OPEN

- The Area Book Club will meet on Saturday, November 5<sup>th</sup>, 4:00 pm, Houston Intergroup.
- Current Book-"Experience, Strength and Hope" – "A Teenagers Decision" through "A Flower of the South" - pages 301-330.
- Current Pamphlet-"Do You Think You Are Different" P-13
- The Area Literature Committee Chairperson position is open
- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

### b. Multilingual – OPEN

- The new Area Multi-Lingual Committee Chairperson is Arnaldo G.
- If your group or a member has a request/need for any translations (written/verbal) whether it is a document, piece of literature or a special group event, please contact the Area Multi-Lingual Committee to make arrangements.
- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

### c. Newsletter – Deborah G.

- I'm happy to report that the incoming Newsletter Editor, Matt D. has already contacted me and we have met. He's eager to learn more about his upcoming position as well as offer any assistance in the meantime. I have great faith that the District 40 Newsletter will be in good hands and will continue to prosper and serve the district.
- Next month's topic will be "What do you do when you get stuck in a 'sober rut'?" How do you find the gratitude?

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

- The committee will meet on October 17<sup>th</sup>, 6:30 pm, Woods Road Club
- This year's PSA contract will be discussed
- The new Area PI Committee Chairperson is open
- The new Area CPC Committee Chairperson is Vern P.
- Area PI & CPC Committees meet monthly, please visit [www.aa-seta.org](http://www.aa-seta.org) for contact & meeting information.

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

- The new Area TFC Chairperson is Pam F.
- The TFC was able to provide our display at the CFC workshop convention on September 10th in Houston.
- The TFC was asked to come and give a presentation at Peace Community Church. I had the opportunity to give that presentation after their noon meeting, Wednesday September 21st.

There we very receptive. They asked questions about how they could get involved. I told them that supporting a meeting at a treatment facility or other treatment settings in their area is a great way to be involved.

- Our Area meeting was held on October 1st during SETA. We had seven in attendance. We talked about the area elections. We started reading and discussing our treatment committee workbook as an on-going continuing education for the committee. We talked about "other treatment settings", and how they can vary and be expanded.
- We want to start go-to meetings the 2nd Monday of the month starting in January (1-9-17) and to continue these meetings on the 2nd Monday of non-assembly months. This would give the TFC committee monthly meetings to meet the needs in our area.
- We continue to compile our treatment facility list for each district – a work in progress!
- If your group needs more information or would like a presentation. Please let me know.
- Thank you for the opportunity to serve.
- Area TFC Committee Meeting is Saturday, April 08, 2017, 4:30 am in the Rivera Room during Area Assembly.
- Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact & meeting information.

### Current Items:

1. D40 PI/CPC Committee Update – Michelle H./Jim B.
  - A motion was made to dissolve the PI/CPC Committee and make it 2 representative positions. Budget to be adjusted for the split. – **PASSED**
  - The representative would attend the Area meetings and put displays together for events held by the district.
2. Open Positions – Michelle H.
  - PI Representative – Hannah E.
  - All other positions remain open.
3. 2017 Proposed Budget – Mike W.
  - Budget was reviewed, changes made, and to be presented.



*"This ability to laugh at yourselves and 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 likable and lovable whether alcoholic or not. What little I have been able to absorb has made life much simpler for me I know. "*

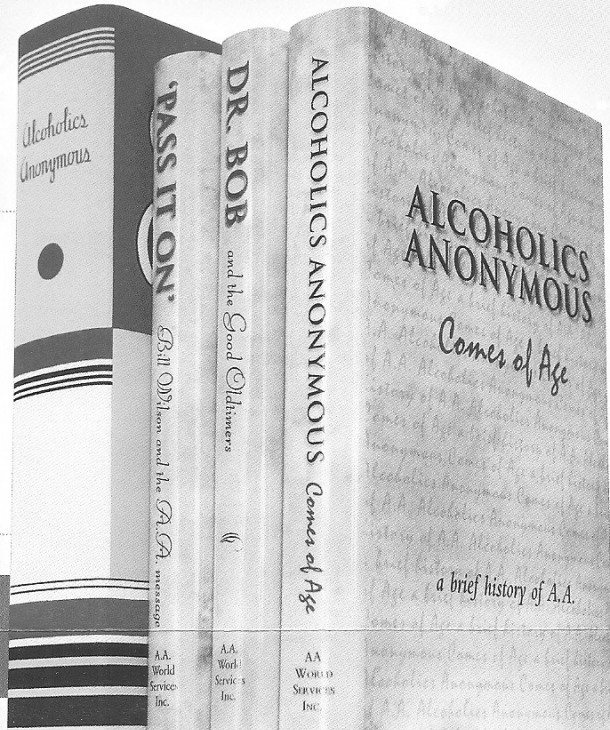
**Ruth Hock—A.A.'s 1st Secretary**



# Holiday Gift Set

## A.A. HISTORY SHELF - 4 VOLUMES

In celebration of A.A. history, we are offering this attractive gift set for the holidays.



**Alcoholics Anonymous:** ..... \$12.00 (B-0)  
Commemorative facsimile of the First Edition, 1939

**'Pass It On':** ..... \$11.00 (B-9)  
The Story of Bill Wilson and how the A. A. message reached the world

**Dr. Bob and the Good Oldtimers:** ..... \$10.50 (B-8)  
A biography, with recollections of early A.A. in the Midwest

**Alcoholics Anonymous Comes of Age:** ..... \$9.50 (B-3)  
A Brief History of A.A.

Available as a set for a limited time  
**OCTOBER 1, 2016 - JANUARY 31, 2017**

### SHIPPING INFORMATION *(Please print)*

Name \_\_\_\_\_  
Address\* \_\_\_\_\_  
City \_\_\_\_\_ State/Prov. \_\_\_\_\_  
Zip Code \_\_\_\_\_ Country \_\_\_\_\_  
Daytime phone ( ) \_\_\_\_\_  
\*\*Email \_\_\_\_\_

Name of Group \_\_\_\_\_  
Group location, City \_\_\_\_\_  
State/Prov. \_\_\_\_\_ Group Service No. \_\_\_\_\_  
Ordered by \_\_\_\_\_

### BILLING ADDRESS *(only if different than shipping address)*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State/Prov. \_\_\_\_\_  
Zip Code \_\_\_\_\_ Country \_\_\_\_\_  
Daytime phone ( ) \_\_\_\_\_

### SPECIAL OFFER PRICE:

UNIT QUANTITY: ... Four-book set  
UNIT PRICE: ..... \$30.00 (B-33)

**FREE SHIPPING**

Total Number of Sets Ordered .....

Total Price .....

**Orders on Account:**  
Add 6% Handling Charge .....

**Canadian Orders:**  
Add 5% GST/HST if applicable .....

NY State Sales Tax add 8.875%  
(NY State residents only) .....

**GRAND TOTAL** .....

### PAYMENT INFORMATION

**CHECK** / Make check payable to: **A.A. WORLD SERVICES INC.**  
 **ORDERS ON ACCOUNT** / Note: \$30 minimum; 6% handling fee for all orders on account.  
Please pay by check or credit card to avoid this extra fee.

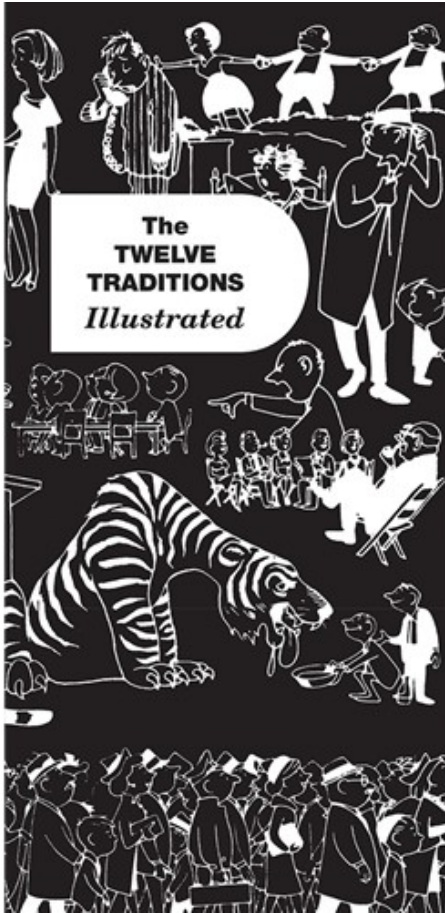
**CREDIT CARD**  Visa  Mastercard  Amex  Discover

Card # \_\_\_\_\_

Exp. date \_\_\_\_\_ / \_\_\_\_\_ Signature \_\_\_\_\_

**MAIL TO: A.A. WORLD SERVICES, INC., P.O. Box 459, Grand Central Station, New York, N.Y. 10163**





Your mission if you chose to accept:

**This passage is from which Tradition?**

*The problem faced by this Tradition isn't just past A.A. history. It keeps coming up—for instance, when a group debates whether to exclude alcoholics who have problems other than alcohol or have differing lifestyles. The Tradition mentions no such additional requirements, no demand that prospective members must not have a history of drug abuse, a certain lifestyle, or an institutional background. All alcoholics are welcome.*

Image reprint from "A.A. Tradition: How It Developed by Bill W." pamphlet. This can also be found on [www.aa.org](http://www.aa.org), with permission of A. A. World Services

## 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**  
OPEN

**Coffee Chair**  
Betsy K.

**Archives Chair**  
Tom B.

## Upcoming Events

### **Katy Big Book**

#### **New Year's Celebration**

Saturday, December 31, 2016

7:00—9:00 PM

Church of the Holy Apostles  
1225 West Grand Pkwy. South  
Katy, TX 77494

### **55th SETA Convention**

January 20-22, 2017

Houston Hilton North  
12400 Greenspoint Dr.  
Houston, TX 77064

For more events visit:

[aahouston.org](http://aahouston.org)

[aa.org](http://aa.org)

[aa-seta.org](http://aa-seta.org)



AS WE  
LOSE OURSELVES  
IN THE  
*services*  
OF OTHERS  
WE DISCOVER  
*our own lives*  
AND OUR  
OWN  
*happiness*  
—Dieter F. Uchtdorf—

If you have a story, quote,  
cartoon, or  
image you would like to  
see published in the Dis-  
trict 40 News, please  
send it to  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

THE NEXT DISTRICT MEETING IS

**JANUARY 10, 2017**  
**@ 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 Dr.  
Houston, TX 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	-
Information 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

\*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.