

Character Defects:

Which ones do you continue to struggle with and what actions do you take to move away from them and closer to God?

**My
Will**

Liabilities Watch for	DAILY MORAL INVENTORY	Assets Strive for
Self Pity.....		Self-Forgetfulness
Self Justification		Humility
Self Importance		Modesty
Self Condemnation		Self Valuation
Dishonesty.....		Honesty
Impatience		Patience
Hate		LOVE
Resentment		Forgiveness
False Pride		Simplicity
Jealousy		Trust
Envy		Generosity
Laziness		Activity
Procrastination		Promptness
Insincerity.....		Straightforwardness
Negative Thinking		Positive Thinking
Vulgar, Immoral, Trashy Thinking		High-Minded, Spiritual, CLEAN Thinking
Criticizing		Look for the GOOD
Eliminate the Negative		Accentuate the Positive

**God's
Will**

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept Six

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

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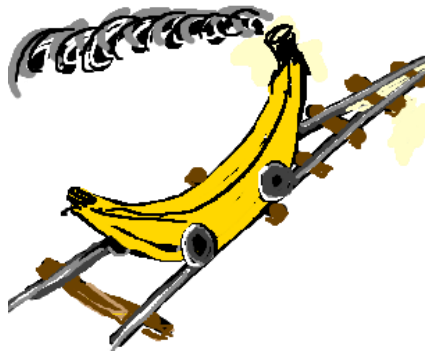
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Bananas

There was a man in a far off land who drove a train for a living. He loved his job. Driving a train had been his dream ever since he was a child. He loved to make the train go as fast as possible. Unfortunately, one day he was a little too reckless and caused a crash. He made it out, but a single person died. Well, needless to say, he went to court over this incident. He was found guilty, and was sentenced to death by electrocution.

When the day of the execution came, he requested a single banana as his last meal. After eating the banana, he was strapped into the electric chair. The switch was thrown, sparks flew and smoke filled the air-but nothing happened. The man was perfectly fine, so the man was allowed to go free.

Somehow, he managed to get his old job back driving the train. Having not learned his lesson at all, he went right back to driving the train with reckless abandon. Once again, he caused a train to crash, this time killing two people. The trial went much the same as the first, resulting in a sentence of execution.



For his final meal, the man requested two bananas. After eating the bananas, he was strapped into the electric chair. The switch was thrown, sparks flew, smoke filled the room- and the man was once again unharmed.

Well, this of course meant that he was free to go.

Once again, he somehow manages to get his old job back. Soon he crashed yet another train and kills three people. So again he finds himself being sentenced to death. On the day of his execution, he requested his final meal-three bananas.

"You know what? No," said the executioner. "I've had it with you and your stupid bananas and walking out of here unharmed. I'm not giving you a thing to eat; we're strapping you in and doing this now." Well, it was against protocol, but the man was strapped into the electric chair without a last meal. The switch was pulled, sparks flew, smoke filled the room- and the man was still unharmed. The executioner was speechless.

The man looked at the executioner and said, "Oh, the bananas had nothing to do with it. I'm just a bad conductor."



Resentment; the #1 offender.

For me, other defects can be spiritually guided to benefit myself & others; right-sized fear can keep me coming back to meetings. Anger can give me strength to get a job & better my financial situation. Sadness can make me appreciate the sunny days and even jealousy can get my big butt to the gym. However, I have surrendered to the fact that I cannot use resentment for anything good. It's a loaded gun and will always be a loaded gun. Either I'm aiming outside to others, or aiming it inside to me. Step ten, especially the word "promptly" helps me greatly in keeping anger from turning into resentment. Just like a hot coal on my cloths, if I brush it off quickly, the burn hole is minimized, but if I don't, I'm going to be butt naked in a short amount of time....and I do not like doing step 9 when I show my ass.

Cindy M.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

April 12, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition IV/Concept IV: reading and summation by David N. and Betsy K.

Volunteers for next month: Tradition V/Concept V will be Darren F. and Catfish.

Introduction of Attendees: 28 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** – Tom B.
 - No update.
- b. **Coffee Committee** – Betsy K – Need coffee cups, Corrie to bring some to the next meeting.
- c. **Correctional Facilities Committee** – CFC – Cindy M.
 - Getting Grapevine Subscriptions, the chaplain is called to ask if it is ok to have the Grapevines sent to them directly. This is a good way for the groups to contribute.
 - There has been a decline in Blue Can donations. Please help if you can, if you need a can let me know.
 - Orientation this weekend at Intergroup, flyers are posted.
- d. **Grapevine** – OPEN
 - Please help support the Grapevine through subscriptions & submitting articles. The Area Grapevine Committee meets monthly on the 3rd Thursday at 7:30 pm., Delta Club. Harold C., the chairperson can be contacted at the SETA website for any further information or questions.
- e. **Intergroup** – Roger B.
 - Please check the Intergroup website for all upcoming events, The Link & monthly updates. If your group has an event coming up you can request Intergroup to post the flyer on their events calendar.
- f. **Information Technology** – IT – Richard B.
 - SETA IT Committee Meeting held March 26, 2016
 - Open positions for SETA include Alternate Postmaster, Secretary and Alternate Secretary.
 - The Area Budget report is pending. All items presented by the IT Committee were approved.
 - I updated laptop computer from SETA CFC Chair with Windows 10 and Office 2013.
 - SETA IT had table and support for SETA Assembly April 9 and 10 – I was not able to attend.
 - The Scrubbed March District 40 Newsletter has been sent to SETA webmaster for review.
- g. **Literature** – OPEN
 - The Area Literature Committee meets at the quarterly Assemblies & hosts a monthly book club, please contact Kathleen T., the chairperson at the SETA webpage for more information.
- h. **Multilingual** – OPEN
- i. **Newsletter** – Deborah G.
 - Thank you for the flood of articles this month! Some awesome shares about 4th Step experiences! Check out the two reports from our DCM on this past weekend's area assembly; great adaptations of the practical and spiritual sides of our assembly process! Featured this month is a PI/CPC challenge issued by the committee chairperson. Learn some stuff and win a prize!
 - May's topic is inspired by a line from "The Keys of the Kingdom" in the Big Book, page 270 of the 4th edition. "But how does one get a prescription for a miracle?"
 - I look forward to sharing all your experiences in next month's newsletter!

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

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

- The committee met on March 28th at 6:30 pm at Woods Road Club
- Learned about the Adopt-A-Rack program. Any group or person can sponsor a 4 section rack and keep it filled. 2 AA pamphlets in English; 2 in Spanish
- Discussed delegate recommendation for Actors in PSA. Should faces be shown? Only if unanimous decision reached.
- Membership drive with prizes given for trivia quiz in this month's newsletter. Take the quiz and return answers at April or May meeting. GSRs take the quiz back to your groups and challenge bleeding deacons and elder statements alike.
- Next committee meeting will be April 25th at 6:30 PM at the Woods Road Club, 2119 Woods Road, Brookshire, TX.

b. Treatment Facilities Committee – TFC– Pam F.

- I attended the PI/CPC workshop on 3-19-16 to learn how to give informative presentations and how to cooperate with professionals more effectively. It was great. What I learned will help me with TFC Committee outreach work.
- The TFC committee held its quarterly meeting Saturday, April 9 at 4:30 pm, at the SETA assembly. We elected a new secretary Meeka T. We are still looking for an Alt chair. We are working on updating our treatment facility list for the area. The TFC committee set-up our display at the Gratitude Dinner (11-8-15), the SETA convention in January and at the PI/CPC workshop (3-19-16). Our next meeting is Saturday, July 9th at 4:30 pm at the SETA assembly in the Rivera room. We welcome anyone interested in service work or to see what the TFC committee does, to join us.

Current Items:

1. Concepts Dinner Follow-up – Michelle H.
 - Katy 164 reported back that it is a lot of work and is this really needed with everything else that is going on (i.e. Gratitude, Traditions, etc.) Suggestion: To

alternate years with traditions and concepts.

- MNMSS group – all said it would be one big missed meeting.
- Some feedback from district – Many liked the idea however there is miscommunication on what the concepts are.
- 17 voted to try something
 - i. Minority Opinion:
 1. A lot of the problem is that a lot of people do not know what the concepts are.
 2. Consider limiting the workshops to a shorter span vs. a full 4-hour event.
 3. Try to do it at a group level to see how much they would participate/show interest.

2. Traditions Dinner Update – Corrie H.

- June 18th – Either at St. Christopher's or COTHA, still pending verification.
- Need by next month's meeting – ideas for food, sign up sheet will be available, and volunteers from the group.
- Flyers to be sent out prior to next month's meeting.

3. April Assembly Report – Michelle H./Corrie H.

- Report is in the newsletter – check it out.

Group News:

- a. A request for SETA treasurer numbers or a clear understanding of the financial report from SETA.

“

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

Mahatma Gandhi

”



The Principle of Rotation

Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed.

To step out of an A.A. office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity.

Among other things, anonymity in the Fellowship means that we forgo personal prestige for any A.A. work we do to help alcoholics. And, in the spirit of Tradition Twelve, it ever reminds us “to place principles before personalities.”

Many outgoing service position holders find it rewarding to take time to share their experience with the incoming person. Rotation helps to bring us spiritual rewards far more enduring than any fame. With no A.A. “status” at stake, we needn't compete for titles or praise—we have complete freedom to serve as we are needed.

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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

DISTRICT SERVANTS

DCM
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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
Roger B.

Newsletter Editor
Deborah G.

Multi-Lingual Chair
OPEN

Coffee Chair
Betsy K.

Archives Chair
Tom B.

Upcoming Events

**DON'T BE UPSET
BY THE RESULTS
YOU DIDN'T GET
WITH THE WORK
YOU DIDN'T DO.**

**District 40's
30th Annual
Traditions Dinner**
Saturday, June 17, 2016
4:00—8:00 PM
Church of the Holy Apostles
1225 West Grand Pkwy South
Katy, TX 77494

**70th Annual Texas
State Convention**
June 24—26, 2016
Double Tree Hotel
6505 N. Interstate 35
Austin, TX

PI/CPC Committee Meeting

June 27th at 6:30 PM
Woods Road Club
2119 Woods Rd.,
Brookshire, TX 77423

Aloha! Summer Open House

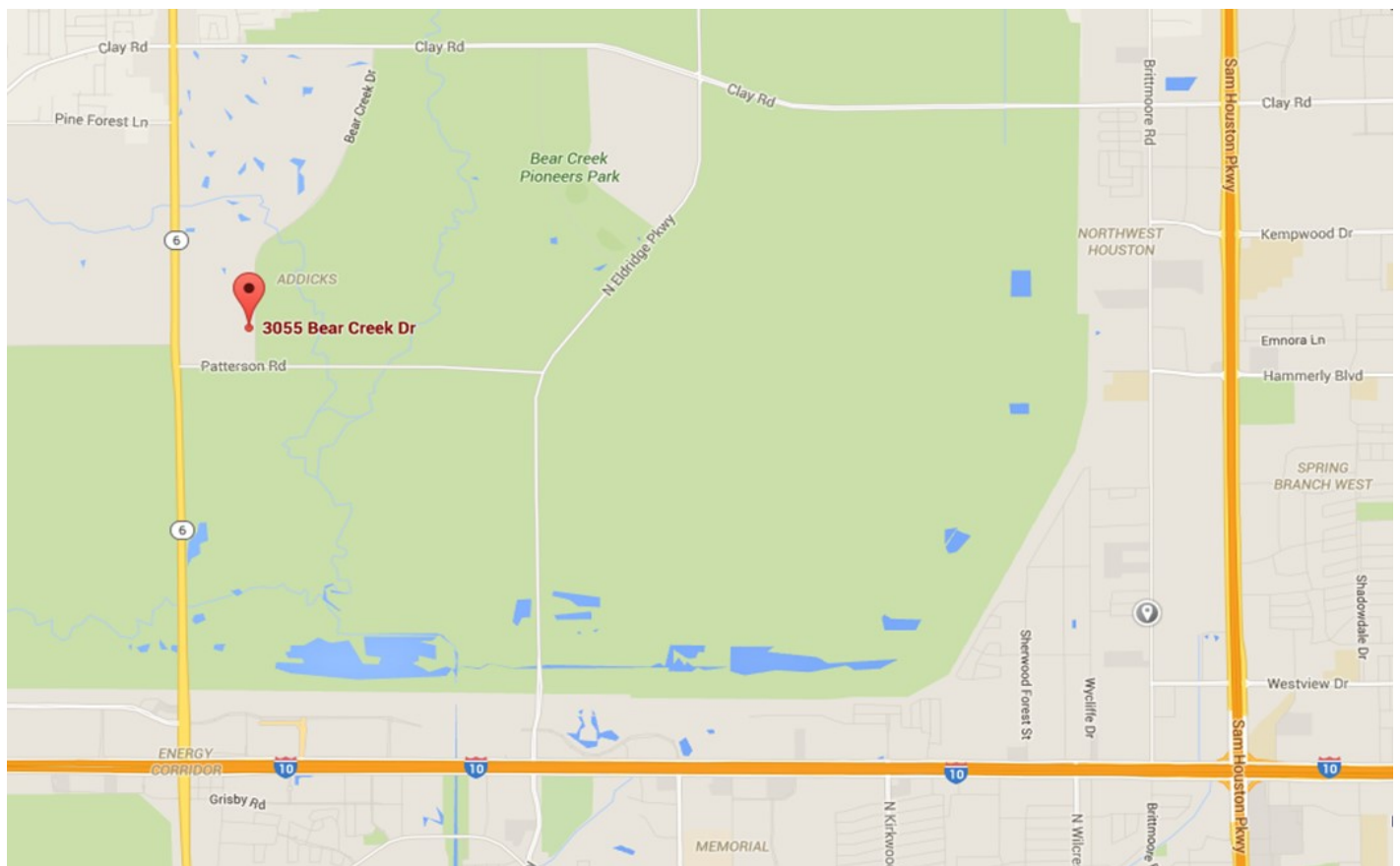
Saturday, July 16, 2016
11:00 AM—3:00 PM
Houston Intergroup
4140 Directors Row
Houston, Texas, 77092

For more events visit:

aahouston.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

THE NEXT DISTRICT MEETING IS
JULY 12, 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,

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.	

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.