

SPONSORSHIP

Two old-timers and one newcomer are in a row boat fishing out on a lake. They had been there a couple of hours when the first old-timer says, "I need to go to the rest room." He proceeded to step out of the boat and walk on the water to shore. He comes back ten minutes later the same way. A little while later the second old-timer says, "I need to go to the restroom too." He steps out of the boat walks on the water to shore. He comes back five minutes later, walking on the water back to the boat. The newcomer is amazed by what he has just seen. He figures his faith and spiritual condition are just as strong as the two old-timers and that he can walk on water too, so he announces that he is going to use the restroom also. He steps out of the boat and immediately makes a big splash in the water and starts to sink. The two old-timers look at each other as they are fishing the newcomer out of the lake. The first old-timer says to the second old-timer, "I suppose we should have told him where the rocks were."

Comedy By Ron C.—Area 67 Alt. Delegate

Step Three

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Tradition Three

The only requirement for A.A. membership is a desire to stop drinking.

Concept Three

As a traditional means of creating and maintaining a dearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

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SECRET SERVICE SECTION

Hello SETA Friends!

I am hoping that each of you are doing well and looking forward to seeing you soon and sharing in our journey of love and service. I thought that I would take some time to tell you about a service event that I was privileged to participate in this past September. We have such great areas in Texas and one in particular hosts an annual conference devoted specifically to Public Information (PI) and Cooperation with the Professional Community (CPC) service work. Yes, a whole day and a half of learning, training, laughing and interacting with AA members and members from the local community. The area I am talking about is the Southwest Texas Area (68).

This area has a strong lineage of performing service with these two service activities. I was privileged to be asked to attend and participate in the two-day event. They even asked if I would share my experience, strength and hope on Friday evening. Their annual event begins on Friday with a luncheon at a local restaurant. Members of the community were invited and attended that represented many professionals that CPC committees typically try to visit. I sat at a table with the local District Attorney and members of his staff. Other professions represented were; Probation Officers, Doctors, Dentists, Teachers, Ministers to name a few. The local CPC members put on an informative presentation and then allowed for a solid question and answer session. I was impressed with the turn out!

There was a break and then the event moved to a local church hall where the remainder of the weekend events took place. After the Friday evening speaker we all had great fellowship and retired for the evening. Saturday was a day packed with presentations, PSAs viewings, games, and most importantly reporting on specific service activities that were being acted out in the various districts across the area. This was the most exciting part of the weekend.

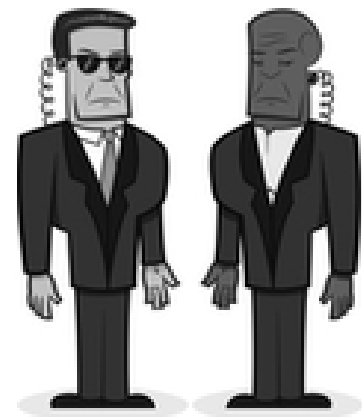
The first speaker shared her personal experience that even as a one women committee; she could take actions that had far reaching results. She literally stood from her doorstep and reached out to her local doctor, librarian, school and dentist. This really hit home with me that sometimes we are always looking for a strong full committee to do many activities, when the reality is the work can start small and still be impactful. While I am waiting for the committee to build, what am I doing to perform the service I want others to help me with? It is a good idea to have experience to share with the folks you are trying to inspire to walk with you in service.

Later that day another part of Area 68 had gone to the other extreme and had put together a comprehensive "Adopt a Rack" program. The committee had created Plexiglas racks that had labels on the inside for when the pamphlets ran out. The instructions shared who to contact for a refill on the pamphlets. The committee had a strong inventory of all the racks, where they were placed and who was responsible for refilling them. In addition, they had implemented a QR code on information pamphlets that when scanned with a smartphone took a person to the area's Public Information Website to obtain all kinds of information about Alcoholics Anonymous. Pretty cool I thought!

I was able to participate in a workshop session with another Past Delegate from Area 68. The focus of our discussion related to being assigned to the General Service Conference Committees for Public Information and Cooperation with the Professional Community and the service we performed on those committees as delegates. We took our local SETA PI Committee's "Truth or Dare" game and had a lively and fun question and answer session using the questions that were created by our Area members. An Area 68 member wrote to me after the weekend and shared that he wanted to use the game and actually add DARES for people to take if they did not want to answer the question or got the answer incorrect. He challenged me to come up with several dares that he could use during his game. One dare idea was to have a person running around the room three times shouting as many things you are grateful for as you can. Another was to stand on a chair and say the Serenity Prayer to the tune of a favorite song (i.e., Happy Birthday). I thought this a great example of one person coming up with a great idea, the original game itself, and someone else building on that idea and taking it to a new level.

I loved this weekend service event and encourage others to attend next year in September 2016.

Love and Service,
Patrick C.
Past Delegate, Panel 63, Area 67



Visiting “Stepping Stones”

I visited the home of Bill and Lois Wilson almost 3 months ago and it is still a vivid and memorable experience. It is a visit I had to plan ahead. The home is nestled in the woods in a small neighborhood, so they only allow a few people to take the tour at a time. So even though there is no cost (donations appreciated) you have to make a reservation for the tour. It was about a 2 hour drive from where I was staying in CT but it was on beautiful back roads that made the drive very enjoyable and peaceful.

I have always been very interested in AA History so I had long known of the place where Bill and Lois lived out their lives, starting about about 6 years into Bill's sobriety. The place has been preserved just as it was when they lived there. When you enter the kitchen in this quaint house you have the opportunity not only to see the table where Ebby brought Bill the

message, but you can actually sit there. I was overwhelmed with God's presence in our program as I sat at that table and thought about how that moment occurred. First, Roland really wanted to go see Sigmund Freud about his drinking problem but Freud was too busy. Instead, he went to see Carl Jung. I am not sure that Freud would have suggested he seek a spiritual solution to his problem as Carl Jung suggested. As a result, Roland found sobriety with the Oxford Group and shared that with Ebby who ultimately sat at that table and told Bill there was a solution. It was another spiritual awakening for me that

I won't soon forget, nor the feelings I had at that moment.

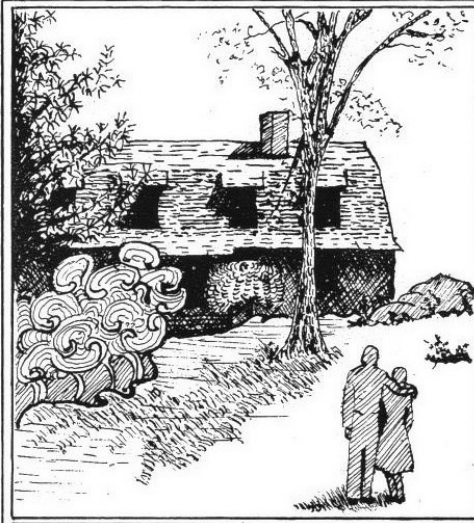
Upstairs is where Lois preserved a lot of the history of events she and Bill were a part of. There are pictures with small notes on them and articles about places they went and spoke. It is also where Lois had her desk and did much of her writing and work on the Al-Anon program. There is even the story of the shoe she threw at Bill, which convinced her that she needed a program of recovery herself.

I enjoyed the short walk to “Wits End”, the writing studio Bill had built for himself. It was just far enough away to make you feel like you were in a different place.

When I sat at the desk where Bill wrote the Twelve and Twelve and the 12 Concepts for World Service and many Grapevine articles, I recognized what a dedicated writer he was. I appreciated all the hours he must have spent in this rather small space with only a fireplace for warmth in the winter, to share his ideas

for the future of our fellowship. Once again, I knew God's presence in our program with Bill as a gift to our society. I have to admit that I did place my hands on the desk and asked Bill to enlighten me as to the meaning of the 12 Concepts. I didn't have any flashes of wisdom, so I guess I will have to persevere in what I am doing with the steps and the traditions. Specifically, that is studying and praying.

I hope that anyone who gets remotely close to this amazing place will take the opportunity to visit. It is well worth the effort!



Kate E.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

January 11, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition I/Concept I: reading and summation by Betsy G. and Jackie S.

Volunteers for next month: Tradition II/Concept II will be Cletus B. and Clark H.

Introduction of Attendees: 31 Attendees for our Christmas Potluck/Business Meeting

Normal Business:

1. **Secretary's Report** – Accepted as submitted.
2. **Treasurer's Report** – Accepted as submitted
 - a. December report was also accepted as submitted.

Committee Reports:

a. Archives –Tom B.

- First, I would like to share that District 40 is the only District that has a presence at the SETA Archive committee meetings. That is just a little FYI!
- There are currently 5 service openings for the SETA Archive Committee, Alternate Chair, Secretary, Alternate Secretary, Treasure and alternate Treasure. If anyone is interested in more or new service work please have them contact me or Charles Hamel.
- SETA Archive is currently working on their Website and with this website will include all of the following but not limited to - Digital Records of groups, functions, media, interviews of AA members, "the Message" and other SETA related history. The projected "live" date is in the month of April. The goal is also to have a link on the SETA home page.
- Currently, members of the SETA Archive committee is conducting interviews with long term AA Members, i.e... 30+ years. These interviews will go onto their webpage.
- Currently working on "The Message". The Message is unique historical information gathered and shared with all SETA District Groups via email and the SETA Archive Website. i.e....
 - i. Message 1. In the spring of 1940 Larry Jewell came to Houston from Cleveland with only a Big Book and a Spiritual Experience resulting from having taken the Steps while hospitalized. His Sponsors were Dr. Bob Smith & Clarence Snyder. He had not attended an A.A. meeting before coming to Houston. Larry's first 2 members were Roy Yeargan and Ed Husdon.
 - ii. Message 2. The First AA Pamphlet were derived from Articles in the Houston Press. Written and published by, the one and only Larry Jewel.
- I have been tasked to gather group history information. This information will go into the Archives Website. I have attached the Group

History Form. If you could send it out to all the GSR's so they can complete it for their groups and return to me, it would save A LOT of gas money for me!

- I have also been tasked to complete a map of all SETA AA group meetings in Houston and the surrounding areas. This will be similar to our District 40 Map of active groups.

b. Coffee Committee – Betsy K – All is good

c. Correctional Facilities Committee – CFC – Cindy M.

- Our December meeting traditionally is brief with food.
- 1/6; We gave a slide presentation to the Spanish folks at D63. The attendance was light, as it was scheduled the same night as their Area meeting. Ana did an awesome job translating our power point presentation to Spanish, which we gave them a copy to use. She also attended and was a great help as the CFC members did not speak much Spanish. Thank you Ana!
- CFC needs volunteers for all kinds of service work, (like the example above). You don't have to go to jail/prison meetings, you don't have to have a history in law breaking, you just have to be sober & willing to donate some time & effort to make possible our work in carrying the message. Come to the monthly meeting, bring a friend. The next committee meeting is Jan 20th at the Delta club at 7:30.
- In the coming year, the Alt Chair will be scheduling visits to the various districts for a short CFC presentation. GSR's, if you would like a visit, email the Alt Chair; Chris at aa-seta.org.
- Thank you so much for the issues of Grapevine & Blue can donations. This past year, we've collected over \$10k more than the previous year for literature. The inmates are always hungry for AA literature and our area groups have really come through for them. The Area CFC committee is in awe how awesome the groups have contributed. We are so grateful to have such an active AA community.

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.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

a. Information Technology – IT – Richard B.

- Last SETA IT Committee Meeting held December 5th, 2015 10am at Spring Branch Club – Discussion items included:
 - i. Committee is currently working towards having all who have district laptop to fill out a Computer Equipment Custody Agreement.
- Open positions for SETA include Secretary, Alternate Secretary and Alternate Postmaster.
- District 40 Scrubbed December Newsletter has been sent in for posting.

b. Literature – OPEN

c. Multilingual – Meagan V. – No report

d. Newsletter – Deborah G.

- Thank you to those that sent in articles. Some great shares on this month's topic about Reflections. Next month's topic will be: How has Tradition 2 impacted your life? Looking forward to sharing everyone's experience, strength and hope with the fellowship!

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

- The PI-CPC committee did not meet in December. Our next meeting is scheduled for Jan 30th at 9 am at the Spring Branch Club. Even though we did not meet, we hope we helped with our primary committee goals. District 40 had a 30 second PSA message air during the holidays at 3 area cinemas. I saw it before Star Wars. I was in full storm trooper mode so am sure my anonymity was not breached. Hope others had a chance to see it.

f. Treatment Facilities Committee – TFC– Pam F.

- The TFC committee was able to gift in 2015 a Grapevine and La Vina subscription to great Oaks Recovery Center in Fulshear Texas as well as the House of Hope in Madisonville Texas. Oh, nothing new to report.
- I went to a BTG meeting at the PARC Wed. Dec. 23rd where I met Don Brown who heads BTG for Area 67. After the meeting we talked about the need for more volunteers for the BTG phone team. He is sending me the information to review. We will talk again about how we will present this information to Dist. 40 so they can get back to their groups. This is a great way for stay at home moms, people with limited transportation, people who need to be closer to home or for those who don't find opportunities for service work near them (or anyone) to get involved.

- As many know I am also the Area 67 TFC Chair. As some of my responsibilities overlap from Dist. to Area, I am confident that this will only increase my knowledge and experience for Dist. 40.

Current Items:

1. Open Positions

- D82, D40 and D52 have discussed and thrown around ideas of holding a workshop in regards to open positions at the district/group levels. This is based on a reoccurring question of How Can We Get More People Involved? An idea for names...."Gifts of Service"
- All were in favor of our DCM to move forward with the discussion of having a workshop sometime in the spring with D82 and D52.

2. Job Descriptions

- Descriptions were passed out to current committee to update the existing job descriptions.

3. SETA Convention/Assembly – This coming weekend.

Group News:

1. Catfish – Is there a way to put in the preamble a disclaimer for inappropriate behavior that may occur so that AA or the group is not held responsible?

- a. The group conscience can make a decision to put in the preamble a disclaimer or ban the person who is disruptive.
- b. Make sure the group conscience is well informed and if there are rules, make sure to post them where they can be seen by everyone.
- c. Encourage sponsors to talk to sponsees.
- d. Hold mini workshops
- e. Our DCM/Alt. DCM can speak at the group conscience if needed.
- f. Contact GSO for any previous experience with the same issues.



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

Alcoholics Anonymous, pg. 93

Greater than Alcohol but EQUAL IN AA

As a newcomer thrown into the foreign world of Alcoholics Anonymous; I couldn't help but imagine the worst case scenarios when exposed to the words found in the Steps, Traditions, Preambles & Prayers I commonly heard around meetings. As I look back on the alcoholic paranoia that consumed me in the early days of sobriety; I realize that it was that fear that opened my eyes, mind & heart to this new way of living.

I was terrified of you finding out the things that I had done in my drinking life. I was afraid to say I had no car, phone, money, friends or family. I was afraid if you sat next to me in a meeting you would hear the beast that was screaming loud in my ears, saying "DRINK". I was afraid to tell anyone I didn't know the Serenity or Lord's Prayers. I was afraid if I asked what something meant you would think I was stupid. I was afraid to tell you I did drugs too or that I had been arrested. I was afraid everyday that I wouldn't be allowed to come back even though I didn't want to be here. I was afraid to tell you I just wanted to die. The beast had destroyed all self worth & yet I still didn't want to stop drinking, I just wanted out of the pain.

The *only requirement for AA membership is a desire to stop drinking* meant absolutely nothing to me. I sat in meetings & said the words "I'm Michelle & I'm an alcoholic" & it felt surreal. I would listen to people talk openly about all of the demons that haunted me day & especially night. That led me to the next meeting, then the next & by week 3 of being led by the fellowship, God led me to a sponsor who led me to the prayers, to the Big Book, which led me to the steps that led me to the certainty that to drink is to die, which led me to the desire, the desire to live; that was 13 years ago. Not once in all of this time has my sponsor ever made me feel less than. I remember the day we did my 5th step, how she matched me story for story, emotion for emotion, fear for fear. She never looked down on me, away from or disgusted with me. She told me to lift my head up because from this day on I could walk with God through these spiritual principles to a true freedom, she continued to offer me a way out. What I know today is that as long as I was a slave to alcohol, I would never be enough, I could never measure up & I certainly would never be considered an equal to any of you. You

all appeared to be better than me because you were happy about being sober, you were enjoying life, and you had a desire.



I was sure that this AA thing was simply not going to work for me, I had done too many terrible things, and I didn't meet the requirement... sometimes it's good to be wrong!

Michelle H.
District 40 DCM

On Tradition Three

“The only requirement for A.A. membership is a desire to stop drinking.”

Editorial by Bill W.

“Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous *so long as he says so*. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.”

Excerpt from The A.A. Grapevine, February, 1948

DISTRICT SERVANTS

DCM
Michelle H.
dcm-40@aa-seta.org

Grapevine Chair
OPEN

Intergroup Liaison
OPEN

Alternate DCM
Corrie H.
dcm-40-alt@aa-seta.org

Literature Chair
OPEN

Newsletter Editor
Deborah G.

Secretary
Ana D.

IT Representative
Richard B.

Multi-Lingual Chair
OPEN

Alt. Secretary
OPEN

Treatment Facilities Chair
Pam F.

Coffee Chair
Betsy K.

Treasurer
Mike W.

PI/CPC Committee Chair
Jim B.

Archives Chair
Tom B.

Alt. Treasurer
OPEN

Correctional Facilities Chair
Cindy M.



District Workshop

Saturday, March 19
@Houston Council on Recovery
10:00 am 'til 2:00 pm

Have you heard of the Public Information Committee? Wondered what they do?

How about the Cooperation with the Professional Community Committee?
How does that work?

"I thought we weren't supposed to promote AA" "What about anonymity?"

Learn about AA history, hear the shared experience of long-time trusted servants, and consider how to be of service to alcoholics in your own AA district.

Unity ~ Service ~ Recovery

Come join your fellows from Districts 32, 20, & 40 for fun, food, and information about this vital AA service committee !



303 Jackson Hill, Houston, TX 77007

Upcoming Events

PI/CPC District Workshop

March 19th, 10:00 AM—2:00 PM,
Houston Council on Recovery
303 Jackson Hill, Houston, TX 77077

SETA April Assembly

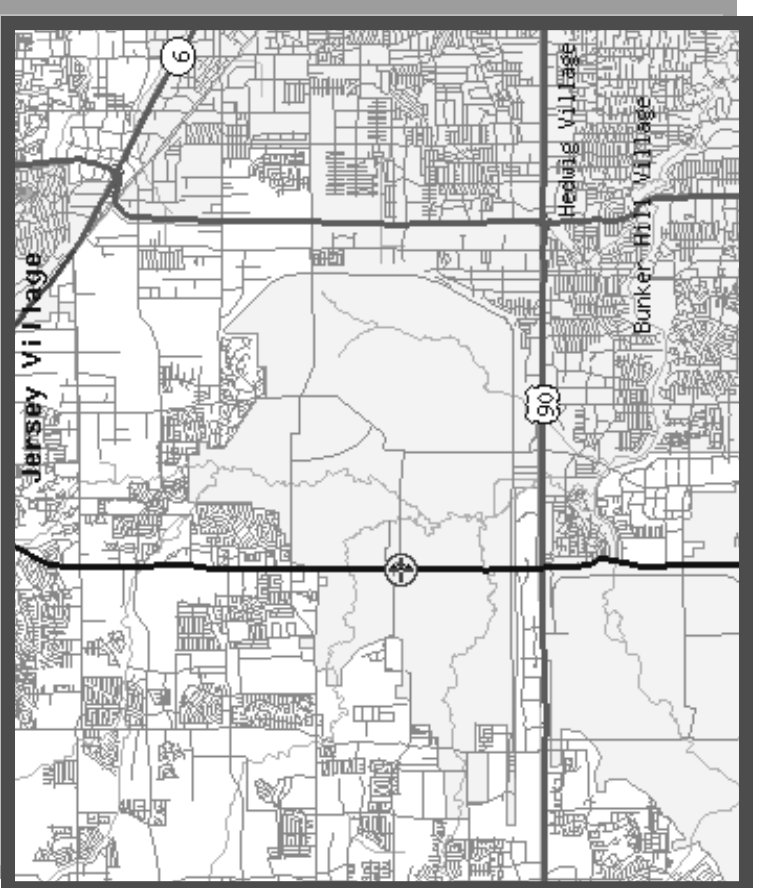
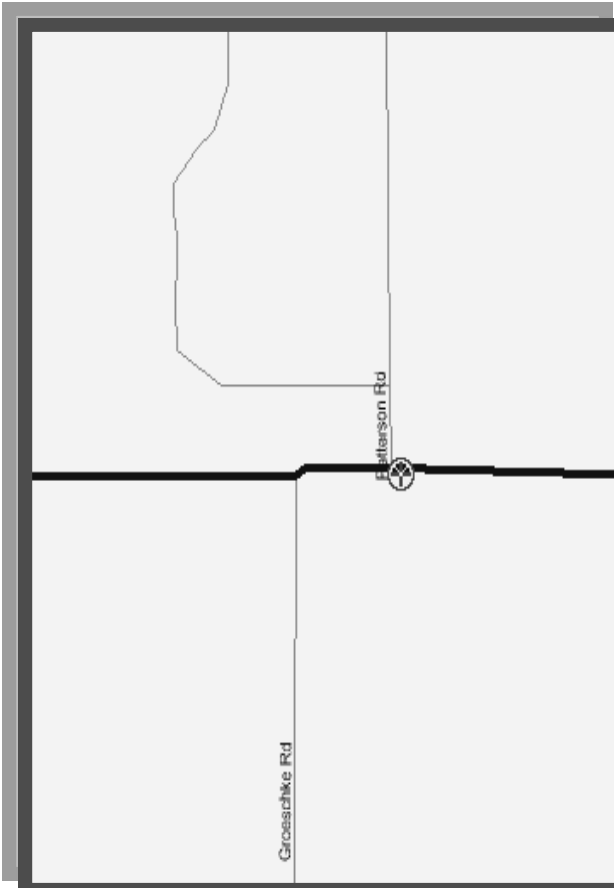
ROUND TABLES

April 9th—10th
Sheraton North Houston
15700 JFK Blvd., Houston, TX 77032

For more events visit:

aa-houston.org

aa-seta.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 dkg1226@icloud.com

THE NEXT DISTRICT MEETING IS

APRIL 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,

Houston, Texas 77084

SETA and Intergroup Committee Meeting Times

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 (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	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.