

Sober Ruts

Usually when I find myself in a sober rut, it is because my "forgetter" is in full effect, and I've fallen out of practice on the things I know will keep me in a place of humility and gratitude. My sponsor always told me there was no neutrality in sobriety, that I was either moving forward or backward. Based on my experience in sobriety, when a sober rut hits me, it is a reminder for me to take action. Pick up an extra meeting, contact another man in the program, make sure I am asking my higher power for help, volunteer for service...pretty much do anything that will get me out of "self". It helps right size me and propel me forward versus the alternative of staying wrapped up in me (which I love to do) and staying in a rut.

Dan K.

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Concept Eleven

While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

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Because We Can and Because We Must

Tradition five states: *"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."*

The Long form states: *"Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers."*

The Fifth Tradition is known as the Alcoholic Anonymous' "singleness of purpose" tradition. We as alcoholics singularly or together have but one purpose, which is to carry the message of recovery. As Bill stated in the 12 and 12 page 150, "Shoemaker, stick to your last. Better do one thing supremely well than many badly." A *last* is a mechanical device in the shape of a foot that is used to build shoes by shoemakers. What is being encouraged of us is to stick with the one thing we do well which is carrying the message of our experience, strength and hope, the message of our sobriety. We should never try to be all things to all people, because ultimately we will fail. But we need to concentrate on carrying the message. Why? Because we can and because we must. The 12 and 12 on pages 150-151 describe beautifully these two reasons.

The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon learning, eloquence or any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates AA's all around the globe.

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away.....For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission – to carry the A.A. message to those who don't know there's a way out.

We must always remember that recovery begins when one alcoholic speaks to another. Many people carried the message to me when I tried to sober up over a five-year period. But I truly wasn't ready to receive the message at the time they carried it to me. I would drink, stop and then drink again. Rather it was a day, a month or even a year, I knew that I would drink again. But this time with a sobriety date of May 7, 1999 the message was carried to me by someone who had one day more sobriety than I did.

I met Jodie in an outpatient treatment program and immediately resented that he sobered up on May 6, 1999 one day before I did. We eventually became friends but the resentment over that one-day never really faded. It wasn't that I thought I could be sober for any extended period of time but the one day more of sobriety was an irritant that shined a light on my excuse that it was impossible to escape from sobriety, I concluded that for Jodie to drink and then for me to way I could effectively deal with my re- no way I could stay sober all with one time passed, Jodie didn't drink. Months lost his job and Jodie didn't drink. His He had financial difficulties and Jodie was he found a home group, he found a steps and he found a power greater acceptance and become comfortable in hand was dry and extremely brittle and bitter. After four months, there were only three people that were still sober from the group of fifteen people that started the outpatient treatment program with us. Both Jodie and the other person that was sober had sponsors, home groups and were involved in the fellowship of AA. While all I had was my resentment. This made Jodie really concerned about the state of my sobriety. He took me aside and delivered a message that still resonates to this day. He said "Ron you need to shit or get off the pot. Look either you're going to do this or you're not. Stop playing. You need to go to meetings, find a sponsor and work the steps. If you don't you will drink again. And if you drink again you will die, so get busy."

I realized he was right. That I needed to start doing what Jodie was doing and stop waiting for Jodie to drink. That if I ever hoped to find long-term sobriety, it lay within the rooms, the fellowship and the program of Alcoholic Anonymous. I proceeded to get busy. I found a home group, found a sponsor and found a power to keep me sober. I became a part of the fellowship and carried the message to others. So today 17 and a half years later I am still sober and Jodie, he still doesn't drink. Every year in May, Jodie and I celebrate our AA birthdays together and I thank him for delivering the message to me in a way only a person with one more day of sobriety could have.



stay sober. So, as I was plotting my the only way to do this was to wait drink exactly one day after him. That sentiment and prove that there was drink. The only problem was that as went by and Jodie didn't drink. He fiancé left him and Jodie didn't drink. But what Jodie did do sponsor, he started working the than himself. I watched him grow in being sober while I on the other

Ron C.

Area 67 Alt. Delegate

SWRAASA Report 2016

By Jackie S.

I am very grateful that I was able to attend SWRAASA this year with our new incoming DCM, Deborah G. Thank you District 40! SWRAASA was a well-planned event that I recommend to all who are interested in learning more about the AA service positions and other Hot AA Topics. On Saturday, there were six workshop time slots with six different workshops being held simultaneously. I chose to attend **"Technology Pro/Con"** during the first time slot. The presenter spoke for a few minutes and opened it up for all the attendees like myself to share their experience with the topic. Some of the Pros and Cons shared were;

Pros:

- Useful tool for service and to research AA history
- Suggested to post agenda items for Conference
- AA Chatroom
- Area Websites
- Newcomers can find AA on the internet

Cons:

- Doesn't replace 'face to face' effectively
- Too much talk prior to Conference
- Not all Delegates are tech savvy and feel left out
- Too many pictures are posted; some people need an 'Internet Sponsor'.
- Anonymity breaks if not careful

Suggestions:

- Create specific Gmail addresses for service positions without using a member's name and then pass it to the next incoming member.
- Older members responsibility to explain to new comers about anonymity and why.
- GSO provides help in the Guidelines MG-18 Internet.
- Spend more time studying 12 Traditions than we are already spending studying technology.
- Hold more IT gatherings to gather a Geek fest to protect public face on internet.
- Young people in AA naturally know how to be responsible regarding anonymity on social media.

A Delegate's Information:

At the last Annual Conference one full 14 hour day was spent discussing technology;

- A Google + account was considered and it costs \$20,000.00 I think for the Conference
- GSO informs Delegates about anonymity breaks in their Area so they can contact the AA member responsible for it. Usually when the Delegate contacts the AA member, they are told to go F___ themselves and unfriend them.
- There are just as many non-geeks as geeks at the Conference and 14 hours is too long to spend discussing technology.
- AA moves slow, technology moves fast. We need a medium ground.
- Some people hate AA. There are some ugly and scary YouTube videos about AA.
- Twitter is the hot topic in New York. According to the Conference, Twitter meets more needs.

I also attended workshops at the next five time slots. Harold P from our own Area 67 presented the workshop called **"Whatever happened to the 12 Step call"**. Kathleen T from our Area 67 presented **"Literature"**.

I got a lot of good information from the workshop called **"Workshops"**. Some interesting things I took notes on were;

- Follow the tradition, no personal photos or full names when advertising your workshop on the internet
- A workshop is different than a presentation, which a presenter speaks the whole hour.
- Workshops are meant to be helpful.
- Workshops meet to learn about topics and encourage group participation.
- Have a facilitator who will;
 - o create a gathering and discussion,
 - o Not necessary for the facilitator to be an expert.
 - o Lead by example
 - o Narrow discussion down to specific topic with focus
 - o Or break up into groups
 - Sharing experience
 - Problem solving
 - Improvement
 - Or just plain 'feel good'



Workshops can cause an effective group conscience. It is an environment where you can hash it out. It is beneficial to put workshop information out before the date so people can prepare. Make sure to provide supplies, use good time management. It may be necessary to have two workshops. Include breathing time. The facilitator should be neutral, no opinion. There should be follow up, reporting the results back to the body. And acknowledge credibility.

Workshops are attended by special people, givers who care and want to do better. One day of workshops about service can be disguised as "fun in fellowship". Workshops are used because of a need. There is a lot of good information on workshops you can find on the internet.

Currently, it is difficult to get AA members to workshops presented by districts. Evans from Area 67 shared his experience with workshops. He attended or helped with a "Mock Conference" workshop that is held annually. It is a cooperative effort hosted by several districts. They advertised BBQ Lunch and 150 people showed up. He said, they chose a good topic, fed the attendees, followed previous success stories from other districts and areas.

Someone else shared that the Area Chair can provide workshops for districts and groups and can provide food. The new hot workshop topic is Safety and Respect in AA to discuss how to deal with sexual, financial and religious predators. Tweak your workshop so it can be backed up with AA literature.

The 5 P's – Proper Preparation Prevents Poor Performance - Give a month or two notice to speakers.

Become very comfortable and enthusiastic when speaking at a workshop and last no longer than 20 minutes. And referring to AA literature.

Timid members will participate in break out groups.

Include skits, do role play with different scenarios.

Pass "ask it basket" for the reluctant members to ask questions.

Announce workshops for a couple of months ahead of time. After the host has a good reputation of providing good food and good info, members will be knocking your door down to attend.

Don't time the workshop as the same time as other big events, including sports events.

Don't let topics become repetitive. Address a need. Find needs from home group inventories.

Chose a topic that is different and interesting. I.e.: mock assembly workshop.

And next to last, I attended the "**Group Inventory**" workshop. My notes include;

- Asking for an outside facilitator
- Use pamphlet "The Group". Compare your group to the traditions using the check list. Use traditions check list or concepts check list. Have structure, issue questions ahead of time so group has time to think and pray about them. Share the results.

Another person shared; they do a group inventory once a year on a Saturday with a pot luck and outside facilitator who is not partial to the results. Sometimes it gets heated and sometimes not. Real issues bubble up. They make no decisions at group inventory. But they list action items to be discussed as new business during the following group conscience meetings. It might take the rest of the year. This method slows down the craziness.

Another person shared that the GSR coordinates it with the DCM or past delegate to facilitate. And to gain interest they provide food.

Another shared that they had a negative experience when they voted on each topic during the group inventory. It was not productive and they worked up into froth. Some people got kicked out. They had to stop before they finished all the questions.

Another shared that ice cream is the best thing to serve at group inventories. When there are sensitive issues, to work slowly. Discourage make formal motions at group inventory. Encourage a solution when problems are brought up.

Another shared they experienced a lively group inventory. The process sucked but the results were amazing. The questions in "The Group" pamphlet are excellent. Choose a facilitator familiar with the traditions.

Another shared that they served Lasagna. The facilitator set some ground rules and listened as if they had no opinion. They made no decisions at group inventory unless it was to post pone to gather more information. Made time for cooling down. Problem had brewing for 3 years...no decision made in 5 minutes.

Another shared that the facilitator cannot be the DCM at their own home group. So they asked a past delegate.

Another shared that they also served lasagna. People came and were happy. They used questions from the Grapevine. The book Language of the Heart was mentioned. They invited opposing opinions. And no one person gets to make speeches.

Lastly, I attended the workshop called "**The Alternate**". According to the service manual, the alternate assists and stands in. If you don't want it, don't stand for it. A 2 year alternate position could turn into a 4 year position.

To keep balance in my life, I set a timer so I would not spend too much time writing this report. The timer is going off now. I am willing to discuss the trip further at a later time if you are interested. Thank you again for the opportunity to attend SWRAASA.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

September 13, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition IX/Concept IX: reading and summation by Melissa M. and Corrie H.

Volunteers for next month: Tradition X by Sunshine P. /Concept X will be Pam F. Before proceeding with the meeting, Alternate DCM, Corrie H. shared a little bit of her current situation with her health and her intentions regarding continued service to District 40.

Introduction of Attendees: 31 Attendees for our Business Meeting

Normal Business:

1. **Secretary's Report** – Accepted as submitted.
2. **Treasurer's Report** –No treasurer's report this month, Mike W., D40 Treasurer is out of the country on business and will present 2 treasurer's reports and the 2017 proposed budget at the October meeting. All expenses can be submitted via email to him and he will mail a reimbursement check as soon as he is back home.

Committee Reports: *All committee reports were made available in hard copy, verbal reporting was postponed in order to allow for enough time for elections*

Archives –*OPEN*

- 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 for all contact & meeting information.

Coffee Committee – Betsy K.

- Nothing to report, until we meet back at Bear Creek Community Center again. This will be taken off of the report & agenda until such time.

Correctional Facilities Committee (CFC) – Cindy M.

- Financial- Gave out 9 Blue Cans. Every month we are getting new groups contributing. A couple of them were significant and we are so humbled by the groups' support.
- CR Reps- Remember that your group can elect & send a Correctional Representative (CR) to the monthly Area Committee. This is a good way to get information on service opportunities.
- This fall, committee elections will be held. The term is 2 years of monthly meetings & various activities throughout the year.

- A couple of "firsts" in Correctional are in the works-
 - National Correction Conference
 - The 1st National Correction Conference will be held in November 2017. The state of Missouri is hosting. The conference will be rotating & our Area is looking forward to our turn to host.
 - All four AA Area CFC Chairs in Texas will be meeting with TDCJ Director of Volunteer Services, Clint Morris in Huntsville, TX. This will be the first ever meeting like this and is scheduled for 10/252016.

- Visit www.aa-seta.org for all contact & meeting information.

Grapevine – *OPEN*

- You can support Grapevine through subscriptions as well as submitting an audible/written article.
- Check out the Grapevine App at 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 for all contact & meeting information.

Intergroup – Roger B.

- Workshop "How To Chair A Meeting" October 15th 10:00-2:00, \$10, register online, limited seating
- At the next Delegates Meeting, 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.
- A group is needed to volunteer for the night watch duty for September 30 & October 1-2.
- 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 for more information & to subscribe to The Link

Information Technology (IT) – Richard B.

- SETA IT Committee met on August 27th.
- The committee has a new Webmaster, Dan P. & Alternate Chair, Kyna D.
- Kyna will stand for IT Committee Chair at the October elections for 2017-2018.
- D40 August newsletter was scrubbed & posted on the D40 webpage, previous newsletters were not posted for unknown reasons & this has been corrected as of August 9th.

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- IT Committee meets the 4th Saturday 10:00am - 12:00pm at the SBMC
- Please come and visit us, if you cannot be there in person please join us via Go-To-Meeting.
- Visit www.aa-seta.org for all contact & meeting information.

Literature – OPEN

- The Area Literature Book Club meets at Houston Intergroup on the first Saturday of each month from 4:00 PM to 5:30 PM.
- Current Book "Experience, Strength and Hope" – pg. 286-300
- Current Pamphlet "Brief Guide to A.A."
- Please note that next month, October, due to time conflicts with our Area Assembly & Service Committee meetings (including the Literature Committee) there will be no Book Club meeting.
- Area Literature Committee Meeting will be on Saturday, October 1st at 10:00 am at the Area Assembly in the Sheraton Ballroom.
- Visit www.aa-seta.org for all contact & meeting information.

Multilingual – OPEN

- 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 for all contact & meeting information.

Newsletter – Deborah G.

- Thank you for the articles this month. Jackie wrote a great one about her experience with the SETA assemblies. Very inspiring and encouraging!
- October's topic is based on Elections! Since both district and area elections will fall before our next meeting write about the experience as a whole and what it means to you. It's an amazing spiritual process and one that shouldn't be missed. I encourage you all to be there for SETA elections!

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

- Committee met on Monday, August 22, 6:30 pm at the Woods Road Club, with 4 committee members in attendance.
- The 'Adopt-A-Rack' program through the Area PI Committee was explained & discussed, with 1 member adopting a rack personally to be placed in the Brookshire area & reported back to the Area PI Chair, Kate E.

- Spirit of rotation, elections, involvement at the Area level committees & committee commitment were discussed at length, resulting in a formal recommendation for a 2017-2018 D40 PI/CPC Chairperson that will be presented to the District at the September meeting. The committee fully supports Deborah G. standing for said position.
- A conference call will be organized with the movie theater contact to discuss the possibility of running a PSA for this year. This will deplete our remaining budget.
- A proposed budget will be submitted to the D40 Treasurer prior to the October meeting to help assist in the preparations.
- The remaining months will be combined into a new meeting schedule for the rest of the year & will be as follows-
 - Monday, 10.17.16
 - Monday, 11.28.16
- Both meetings will be held at the Woods Road Club at 6:30 pm
- Area PI & CPC Committees meet monthly, please visit www.aa-seta.org for contact & meeting information.

Treatment Facilities Committee (TFC) – Pam F.

- Continuing to work on the Treatment Facilities list for other Districts to help get a complete list for the Area.
- We will have Don Brown our Area 67 Bridge the Gap (BTG) coordinator giving a BTG presentation along with a Q&A session.
- If anyone is interested in learning more about the TFC committee or has questions about BTG, please come and join us.
- Area TFC Committee Meeting is Saturday, October 1st, 10:00 am in the Rivera Room during Area Assembly.
- Visit www.aa-seta.org for all contact & meeting information.



"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

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

New Business:

1. Area October Assembly documents were provided for all members. Michelle encouraged everyone to make their hotels reservations now, take the motions back to their group conscience meetings for member feedback and to plan on attending the Assembly. Another email reminder will be sent out prior to the Assembly.
2. Michelle offered to place a 2017-2018 Service Manual order for District 40 members once they are available through GSO or Houston Intergroup.
3. Elections were facilitated by Past District 40 DCMs, Betsy G., Brad H., Kris H. Under Concept Three and being that there is no official P & P Manual in place for District 40, a motion was made by Sunshine and seconded by Reino to allow the current DCM and Alternate voting privileges. The Past DCMs suspended their votes while facilitating and the current GSRs made personal decisions as to whether or not they wanted to pass their voting rights on to their Alternates. Voting member qualifications were explained, all voting members were identified, counted off resulting in 23 members and elections proceeded.
4. 2017-2018 District 40 Election Results are as follows-
 - a. DCM-Deborah G.
 - b. Alternate DCM- Cindy M.
 - c. Secretary- Sunshine P.
 - i. Alternate Secretary- open
 - d. Treasurer- Reino F.
 - i. Alternate Treasurer- open
 - e. Archives Rep- Mary Kay F.
 - f. Barista- remains open until next year's meeting location is decided by District, SBMC has a coffee bar, Bear Creek Community Center, does not
 - g. CFC Rep- Veronica C.
 - h. Grapevine Rep- Cheryl D.
 - i. Intergroup Liaison- Joe P.
 - j. IT Rep- open
 - k. Literature Rep- Jackie S.
 - l. Multi-Lingual Rep- Ashley F.
 - m. Newsletter Editor- Matthew D.
 - n. PI/CPC Chair- open
 - o. TFC Rep- open

Group News:

1. Bear Creek Fellowship will be starting a Tuesday Newcomer Meeting. Corrie will scan the flyer and distribute to all members.



30 days
of gratitude

#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

WELCOME 2017-2018 DISTRICT 40 COMMITTEE

Treasurer's Report

SETA District 40 Monthly Financial Report -- September 2016

EXPENSES	Initial Budget	Approved Budget Changes	Approved Budget	Expense This Month	Year to Date	% This Month	% Year to Date
DCM	\$600		\$600	\$205.78	\$704.39	34%	117%
Alt. DCM	\$600		\$600	\$0.00	\$187.03		31%
Secretary / Copying	\$100		\$100	\$0.00	\$115.05		115%
Treasurer	\$75		\$75	\$0.00	\$0.00		
Newsletter	\$500		\$500	\$0.00	\$292.85		59%
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	\$0.00	\$302.06		12%
Grapevine	\$0		\$0	\$0.00	\$0.00		
CFC	\$250	900	\$1,150	\$0.00	\$1,400.00		122%
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	\$75.00	15%	75%
				\$0	\$0.00		
Gratitude Dinner	\$300		\$300	\$0.00	\$0.00		
Fellowship Fest	\$250		\$250	\$0.00	\$0.00		
Traditions Dinner	\$1,100		\$1,100	\$0.00	\$1,336.26		121%
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	\$0.00	\$90.00		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	\$900	\$10,675	\$221	\$4,502.64	2%	42%

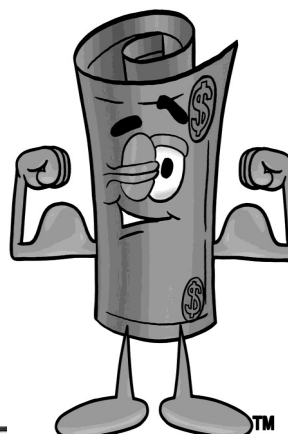
INCOME

Group Name	Receipts This Month
Bear Creek Fellowship	\$50.00
Friends of Bill W. (Post Oak)	\$25.00
Just For Today	\$15.96
Katy 12 & 12	\$32.46
Simply AA	\$17.12
Event Donations	
Traditions Dinner Donations	
Gratitude Dinner Donations	
State Conv - Hospitality Suite	
SETA - Hospitality Suite	
Delegate Report Contribution	
Fellowship Fest	
TOTAL INCOME THIS MONTH:	\$140.54

Beginning Bank Balance	\$6,062.16
Total Expenses this Month	\$220.78
Total Income this Month	\$140.54
Prudent Reserve (0.25 x Budget)	\$2,668.75
Unrestricted Funds	\$3,313.17
Ending Balance / Total Funds	\$5,981.92
Unspent Portion of Budget	\$5,272.36

NOTES:

1)



**A.A.
TRADITION
HOW IT DEVELOPED
BY BILL W.**

The 1st A.A. General Service Conference approved Version.

A TOUR OF THE
HISTORICAL EVENTS
THAT LED TO OUR UNIQUE
TWELVE TRADITIONS

unity

“That is why we all judge the newcomer less and less. If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our A.A. door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say-so. Nowadays, in most groups, he doesn't even have to admit he is an alcoholic. He can join A.A. on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady.”

Pg. 12

*Image reprint from "A.A. Tradition: How It Developed by Bill W." 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

Grapevine Chair

Cheryl D.

Literature Chair

Jackie S.

IT Representative

Richard B.

Treatment Facilities Chair

Pam F.

PI Representative

Hannah E.

CPC Representative

Patty D.

Correctional Facilities Chair

Cindy M.

Intergroup Liaison

Roger B.

Newsletter Editor

Deborah G.

Multi-Lingual Chair

Ashley F.

Coffee Chair

Betsy K.

Archives Chair

MaryKaye F.

Yes!

Two years ago I was attending one of the workshops at SWRAASA and the presenter was sharing his experience regarding this very topic. He shared the power of one little word...“YES”. He simply started to say yes to everything, whether it was work, family, friend, or anything AA. He just said yes & the power of God started to reveal itself in his life, heart & attitude. The negative became the positive, the burden became the honor the rut became opportunity. So, for the last 2 years this is something that I have found myself applying whenever I feel the rut. I just say yes. It usually does not take long to start to see my part in things, whether it be my unwillingness, ungratefulness, negativity, complacency or just plain old stubbornness. The power of yes puts me back in a place that I have come to appreciate throughout my sobriety. A place where I remember that I was taught not to quit 5 minutes before the miracle & don't quit 5 minutes after the miracle either. When I continue to work for my sobriety & all that comes with that on a daily basis it doesn't seem like work at all. It's hard to be hateful when you are grateful & when I'm grateful in my heart & attitude then gratitude becomes an action word & the miracle that happens is that the rut doesn't come as often as it used too & the power of “YES” becomes more of a way of living than just a fall back on solution.

Michelle H.
D40 DCM

Upcoming Events

SETA Gratitude Dinner

Sun., November 13, 2016

2:00—4:00 PM

Brenda's Reception Hall

13900 Beechnut Street, Ste. C

Houston, TX 77083

55th SETA Convention

January 20-22, 2017

Houston Hilton North

12400 Greenspoint Dr.

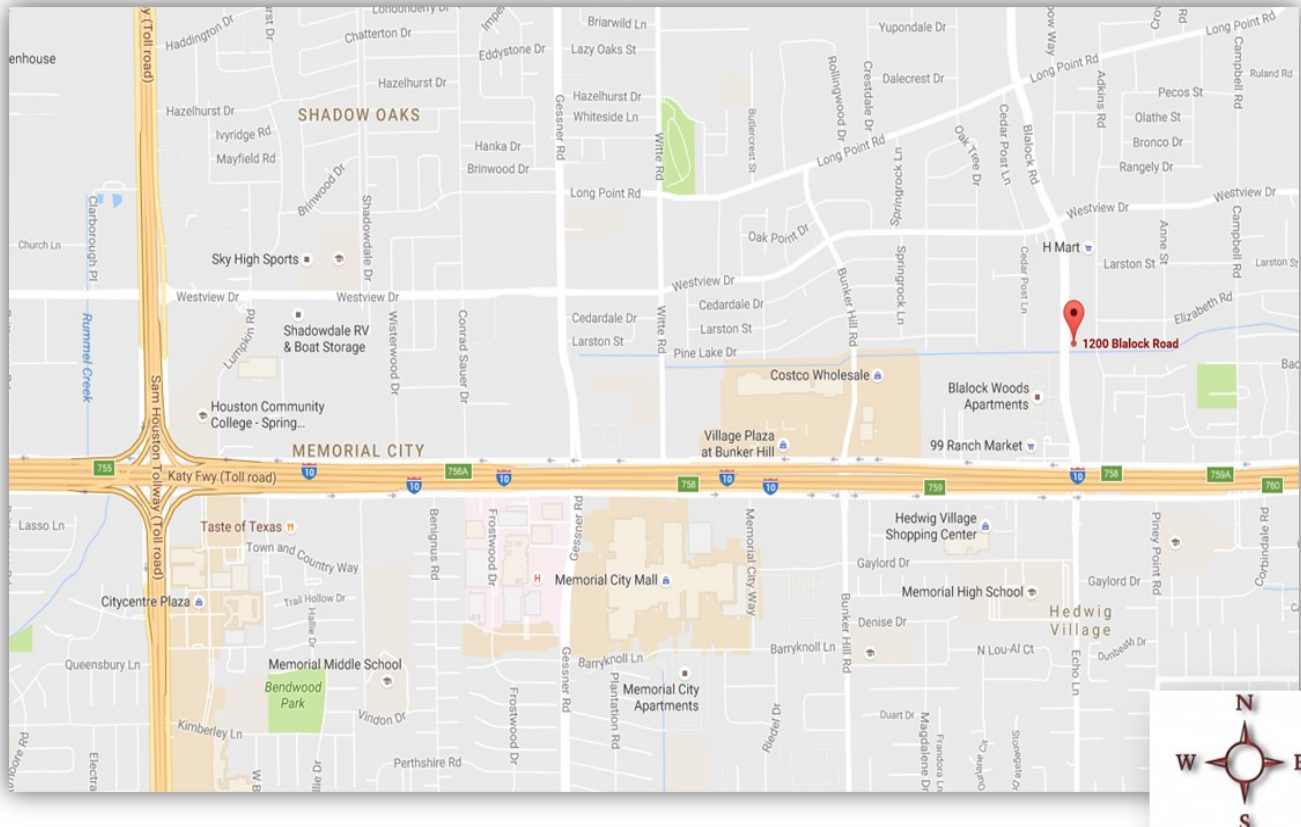
Houston, TX 77064

For more events visit:

aa-houston.org

aa.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 dcm-40@aa-seta.org

THE NEXT DISTRICT MEETING IS

**DECEMBER 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	-
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 and intergroup@aahouston.org. You may also contact Intergroup at 713-686-6300.