



My calendar for September through December looks very different than from May through August. I cannot ignore this & in that respect I find myself looking at the 'B' word...Balance. I can get so caught up in the routine of my daily tasks that I forget to look at the deeper point of it all. Quality. I am so grateful that I was taught early in my sobriety the phrase "Find what works for you". What works for me as my calendar turns into another season is to sit down & take inventory. I reflect on the different aspects of my life. Family, home, recovery, service, me. I ask myself a set of questions regarding each aspect, I look at what is working well, what isn't, what goals

I've met, what goals I haven't, what I desire, what I'm afraid to even put down on the list & then finally I ask myself if I am being the very best, strongest version of me. Then the real work begins, I look at the 'C' word...Change. Then my calendar turns to January & it's time to do it all over again. So the routine in itself has been serving me very well over the past several years, the feeling that I should be doing more is becoming less in certain aspects & the certainty that God is in charge no matter what page in my calendar I am on is what works for me!

Michelle H.  
D40 DCM

### Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

### Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible for those they serve.

### Concept Nine

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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I submitted this article during my rotation as Alternate DCM & whenever this month rolls around on the calendar I always think about this lesson; in particular I learned. I use the guidance of what it was like, what happened & what it is like now as a sort of spiritual measuring stick in my life. Not just with this particular lesson, month or concept, but throughout my daily sober living. I wanted to resubmit it this month simply because it was very strong on my heart. No other reason. The only thing that has changed is that my son is a big, strong, handsome 17 year old!

## ~Concept IX For Supper~



When I first got my service sponsor I remember being excited about a lot of things, but I can't recall being really *excited* about studying the concepts. So of course, the first thing she had me do was study the concepts. I remember thinking it would be ok because I didn't know anything about the steps when I got here & my sponsor walked me through those. Same thing with the traditions. Maybe the concepts wouldn't be so terrible either. Then she shared with me a little story of her own & gave me a solution that from that day to this still works. She said "Just read it one sentence at a time" By reading the concepts one sentence at a time & sharing back & forth with my service sponsor what the readings mean; an understanding of the concepts have of course changed my perspective, my behaviors, my attitudes & my feelings. *Again*, my life changed! Today it is with great excitement that I can feel secure in all 36 principles that come alive through the steps, traditions & concepts.

Concept IX in the AA Service Manual on page 36 states, "No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure. But weak leadership can hardly function at all, even in the best of structures."

As many of you know my children have taught me many a great lesson in this journey we call life, love & family. About the time I was studying this concept; my son gave me a deeper understanding of the above passage. One day I was out & about running errands when the famous question of "What's for supper?" was asked. My daughter & I proceeded to have a full conversation about what our options & cravings were. When I *finally* asked my son what he wanted, I never expected to hear what came out of his mouth, or rather from his heart. He told us in the smallest, little boy voice that it didn't matter what he wanted because we never listened to him anyway & that I always made the decisions. Now, maybe he was playing me, maybe he wasn't. Maybe it was just because the concept reading was fresh on my mind & I made a coincidence out of it, but I really don't care what the motive was, the result has been life changing. As I reread the passage in Concept IX on Leadership In AA: Ever The Vital Need; the words "Good Leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source." As a mother, we chose to be leaders to our children...I had discounted my son's opinions, feelings & right of participation (which is another concept). The small voice in the back seat was showing me the truth, I was driving by mandate.

I know that this may seem completely irrelevant when we generally speak of the concepts; but for me I learned that if I cannot apply these concepts to my own personal, everyday life how can I apply them to my life in service, to my participation in Alcoholics Anonymous. How could I ever hope to be a trusted servant! The steps rebuilt me, the traditions showed us how to build a strong, safe structure for our family, and this concept taught me that none of that matters if I am not willing to try my best to lead by example. Try my best to live the 36 principles in **all** of my affairs.

Just today, my son, who is now 14, shared with me his strong voice, his feelings, his fears & his idea of how we could compromise. We worked together & found a solution.

He is also in the kitchen cooking supper!

Michelle H.  
D40 DCM

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

July 12, 2016

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

**Tradition VII/Concept VII:** reading and summation by Jackie S. and Ana D.

**Volunteers for next month:** Tradition VIII/Concept VIII will be Mary Kay F. and Reino F.

**Introduction of Attendees:** 33 Attendees for our Business Meeting

### Normal Business:

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

### Committee Reports:

- a. **Archives** –OPEN.
- b. **Coffee Committee** – Betsy K – Need coffee cups, Corrie to bring some to the next meeting we hold at Bear Creek.
- c. **Correctional Facilities Committee** – CFC – Cindy M.
  - 18th Annual Convention is September 9th – 11th, 2016 at the Omni Hotel at Westside. 13210 Katy Freeway, Houston, TX 77079. The flyer is posted on the aa-seta.org website. Please print out and pass the word.
  - The planning meeting is held the last Thursday of each month through August at the 8373 Club, 8373 Westview, Houston, TX. We still need volunteers.
  - Richard, SETA CFC Chair, is meeting with GSO for a possible national CFC conference.
- d. **Grapevine** – OPEN
  - Monthly meetings are on the 3rd Thursday at 7:30 PM, Delta Club, 6400 Westpark Dr., Houston, TX, 77057
- e. **Intergroup** – Roger B.
  - Summer Open House Event previously scheduled for June 4 has been postponed until July 16th. If your group would like to get involved please contact intergroup. Attendees can pre-register for a \$10 donation it will be \$12 at the door. Anyone can attend the festivities; the donation is to offset the food. If your group would like to help provide sponsorship, contact Intergroup.
  - Bi-Monthly Delegates meeting – interesting discussion in renewing the CFC's direction. More

information on the discussion can be found on the minutes from Intergroup.

- Financials are available for review. Intergroup is funded by your support, here is how – (a.) Donations from the groups (b.) Donations from Individuals (c.) Very small margins on Literature sales to cover operating expenses (d.) Donations for Workshops and Events to cover expenses. Intergroup's prudent reserve is currently less than 2 months of operating expenses. Group donations have been declining for the past 2 years. Your help is greatly appreciated!

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

- Last SETA IT Committee Meeting held June 25, 2016
- SETA IT had a table and support for SETA Assembly July 9 and 10.
- IT Committee Report can be found in the SETA Assembly minutes as well as on their website

### g. **Literature** – OPEN

- The AA Book Club meets at Houston Intergroup the first Saturday of each month from 4:00 PM to 5:30 PM

### h. **Multilingual** – OPEN

### i. **Newsletter** – Deborah G.

- Thank you to all of those that sent in articles this month
- Next month's topic is: Which story or stories in the Big Book is your favorite? Why?
- If you don't have any of the first 3 editions, buy the book "Experience, Strength and Hope" from either GSO or Intergroup. This book contains all stories from the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> editions of the Big Book. This is an excellent way to expand your library! I look forward to passing along your shares in next month's newsletter.

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

- The committee met on June 27 6:30 PM at Woods Road Club
- Only 2 members were present so no business was conducted
- Area 67 PI and CPC committees met at July assembly. PI committee finalized labeling Adopt a Rack displays and CPC committee discussed reaching aging population alcoholics through literature. They also discussed reaching parole boards and probation officers.

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

- Next committee meeting will be July 25th at 6:30 PM at the Woods Road Club, 2119 Woods Road, Brookshire, TX. We need GSR and group member's active participation if we plan for service elections in upcoming months.
- a. Treatment Facilities Committee – TFC– Pam F.**
- Our area TFC meeting was July 9<sup>th</sup> during SETA. We elected an Alternate Chair, Matt R., from District 90. Our Area Delegate Melissa R. came and spoke about the Treatment Facility/Accessibilities name change and what that could mean for our committee.
  - We are still compiling our treatment facility list for the area.
  - Our next meeting is Saturday, October 1<sup>st</sup> at 4:30 p.m. in the Rivera Room at SETA. We encourage anyone interested in service work to see what the committee is doing to attend.

2. Delegate's Report Update – Michelle H.
  - The meeting will be July 30<sup>th</sup> and it will be held at the new Twin Cities facility from 1 – 3 p.m.
3. July Area Assembly Report – Michelle H. /Corrie H.
  - In this month's newsletter.
4. Job Description Review and Approval – All
  - All changes have been approved except Alternate DCM
  - Alternate DCM to be voted through email once they are written.

### Group News:

- a. Breaking the Chains Group – requested \$900 for literature (2 cases) Big Books, (2 cases) 12 & 12s, and (1 case) Daily Meditations
  - i. Motion Made: Due to Breaking the Chains Group is unable to be financially self-supporting, the district will provide \$900 to the group for (2 cases) Big Books, (2 cases) 12 & 12s, and (1 case) Daily Meditations for distribution to the inmates that come through the end of the year.
  - ii. Motion was passed.

### Current Items:

1. Traditions Dinner Update – Corrie H.

\$1,100.00	<i>Budget</i>
-\$1,268.73	<i>Expenses</i>
\$264.12	<i>7th Tradition Income</i>
<b>\$95.39</b>	<b><i>Total Traditions Dinner Income</i></b>

- The Traditions Dinner was fun! Jon came prepared with lots of information, personal stories and a PowerPoint presentation full of AA history. Thank you to all the volunteers who participated. You did an excellent job transforming the space into a fun venue. We had around 70 people in attendance. I have listed the budget, expenses and income breakdown above. The church was clean, accessible and an easy space for setup and clean-up. Polly with COTHA was very helpful. The only issue we ran into was with the microphone and I will provide the church with that feedback for their future use. Deborah created a new theme with only a few new pieces. We now have a fabulous inventory of items for use on decorations for years to come. We are thankful to Jon for his willingness and preparation and to our past delegates for stepping in as pinch hitters after the 7th inning stretch.



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

**Mahatma Gandhi**



**Let's Be Friendly With  
Our Friends:  
Friends on the Alcoholism Front**



by Bill W.  
We ARE told there are 4,500,000 alcoholics in America. Up to now, A.A. has suffered up perhaps 250,000 of them. That's about one in 20, or five percent of the total. This is a brave beginning, full of significance and hope for those who still suffer. Yet these figures show that we have made only a hair-sized dent on this vast world health problem. Millions are still sick and other millions soon will be.  
These facts of alcoholism should give us good reasons to think, and to be humble. Surely, we can be grateful for every agency or method that tries to solve the problem of alcoholism — whether of medicine, religion, education, or research. We can be open-minded toward all such efforts, and we can be sympathetic when the ill-advised ones fail. We can remember that A.A. itself ran for years on trial-and-error. As individual A.A.'s, we can and should work with those that promise success — even a little success.  
Nor ought we allow our special convictions or prejudices to overcome our good sense and goodwill. For example, members of us think that alcoholism is mainly a spiritual problem. Therefore, we have little time for biologists who would like us to believe that drunkards drink mostly because they are bedeviled by bad metabolisms. Likewise, we are apt to get red-hot when psychiatrists waste aside all issues of right  
Fictionists on last page  
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**Friendly Service**

Excellent piece of service literature which I believe based on both my experience as a committee member & in my opinion as a member of AA. I personally encourage members whether in service or not to read this for a bit of insight into what exactly being friendly with our friends means & how we can use our 12 Traditions to guide us in fulfilling this aspect of our organization.

The first couple of pages talks well about what I call the problem which the pamphlet refers to as our sins of AA. It points out the prejudice, close mindedness & ego that can & has come with our members at some point in time & then it very nicely rolls into the solution part by stating "We are glad of any kind of education that accurately informs the public & changes its age-old attitude toward the drunk. More & more, we regard all who labor in the total field of alcoholism as our companions on a march from darkness into light. We see that we can accomplish together what we could never accomplish in separation & in rivalry."

I also appreciate how this pamphlet supports other service committees & their work. I don't think we can encourage enough the concept of being friendly with our friends inside the service structure of AA. This pamphlet states "Sound education on alcoholism, & far more of it at all levels, will clearly pay off." It teaches us all to educate the public & make AA known & available to the suffering drunk.

Several history facts were included in this piece & I believe it gives us some credibility in the professional & public eye as the organization that we are. Most importantly at the end it delivers the powerful message to us members reminding us that we are in a position to deliver hope & for an alcoholic, their families, friends & community that can be the one thing they are out of.

Michelle H.  
D40 DCM

Image reprint from "Your AA General Service Office" pamphlet. This can also be found on [www.aa.org](http://www.aa.org), with permission of A. A. World Services

**DISTRICT SERVANTS**

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**Alternate DCM**  
Corrie H.  
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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.

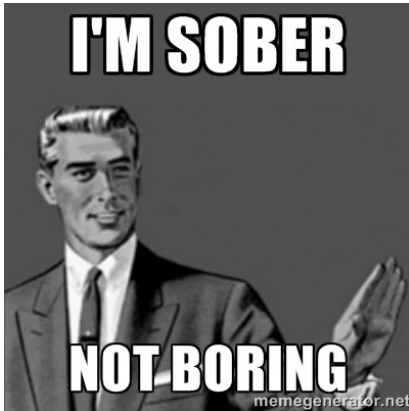
**Newsletter Editor**  
Deborah G.

**Multi-Lingual Chair**  
OPEN

**Coffee Chair**  
Betsy K.

**Archives Chair**  
Tom B.

# Upcoming Events



## 18th Annual SETA CFC Conference

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

## SETA ELECTIONS

SETA October Assembly  
October 1-2, 2016  
Sheraton North Houston  
15700 John F. Kennedy  
Blvd, Houston, TX 77032

## How to Chair a Meeting

*An Intergroup Workshop*  
Saturday, October 15, 2016  
10:00 AM—2:00 PM  
Intergroup  
Conference Center  
4140 Director's Row  
Houston, TX 77092

## D40 PI/CPC Meeting

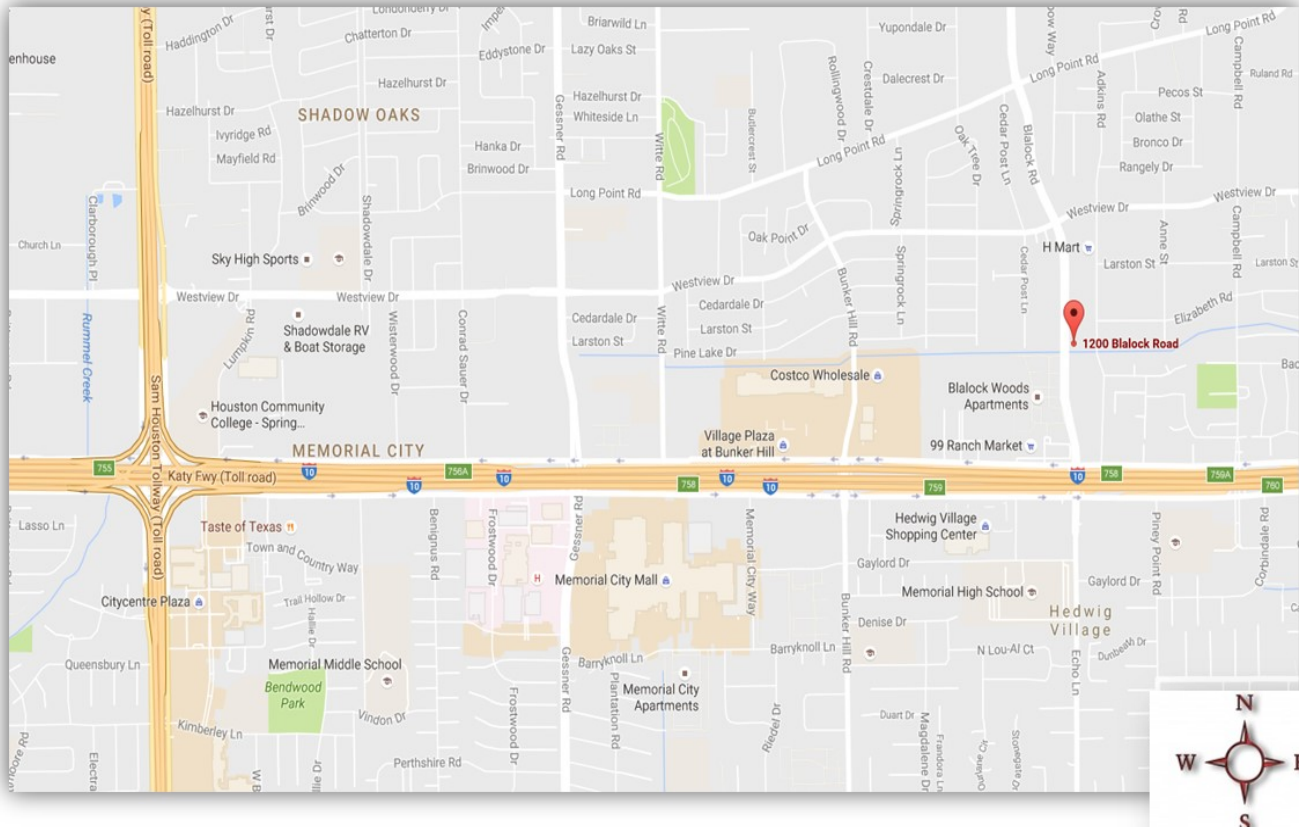
Monday, October 17, 2016  
6:30 PM  
The Woods Road Club  
2119 Woods Rd.  
Brookshire, TX 77423

For more events visit:

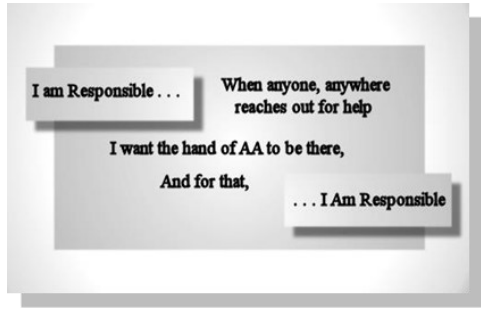
[aahouston.org](http://aahouston.org)

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

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



# SETA and Intergroup Committee Meeting Times



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

THE NEXT DISTRICT MEETING IS

**OCTOBER 11, 2016**  
**@ 7:00 PM**

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

Committee	Meeting Time	Location	Area Assembly*
Archives	1st Saturday of the month at 10:00 AM	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060	Saturday, 4:30 PM to 6:00 PM
Cooperation with the Professional Community (CPC)	1st Monday of the month at 7:30 P.M.	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007	Saturday, 4:30 PM to 6:00 PM
Correctional Facilities (CFC)	3rd Wednesday of every month from 7:30-9:00 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057	Saturday, 4:30 PM to 6:00 PM
Grapevine	3rd Thursday of the month at 7:30 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057	Saturday, 4:30 PM to 6:00 PM
Intergroup	3rd Thursday of every other month at 8:00 PM	4140 Directors Row, Suites D & E, Houston, Texas, 77092	-
Internet Technologies (IT)	4th Saturday of the month from 10:00 AM – 12:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C	Saturday, 4:30 PM to 6:00 PM
Literature	-	-	Saturday, 4:30 PM to 6:00 PM
Multilingual	1st Thursday of the month at 7:30 PM	District 63 4800 West 34th St. Suite B-8 Houston, TX 77092	Saturday, 4:30 PM to 6:00 PM
Public Information (PI)	3rd Monday of the month at 7:15 PM (Except on Assembly months)	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007	Saturday, 4:30 PM to 6:00 PM
Treatment Facilities (TFC)	-	-	Saturday, 4:30 PM to 6:00 PM
District 40 PI/CPC Committee	4th Monday of the month at 6:30 PM	The Woods Road Club 2119 Woods Road Brookshire, TX 77423	-
PI/CPC Phone # 713-834-3880		*Area Assembly meets in the months of April, July and October at Sheraton North Houston 15700 John F. Kennedy Blvd., Houston, TX 77032; January Assembly meets at the SETA Annual Convention. Location TBA.	

Just Starting a group in District 40 and wish to add it to this newsletter?



Send group information, location and meeting times to [SETA-40@aa-seta.org](mailto:SETA-40@aa-seta.org) and [intergroup@aahouston.org](mailto:intergroup@aahouston.org). You may also contact Intergroup at 713-686-6300.