



Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

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January 2017 Area Assembly Report

- Updated Policy & Procedure Manual can be found on the Alt. Chairperson's page, it is a printer friendly version
- Area Group Contributions will be provided at the District meeting
- Delegate/Alt. Delegate Report Highlights-
 - o Theme for 67th General Service Conference is "Supporting Our Future"
 - o Presentation/Discussion topics will include: (feel free to use these topics for workshops, sharing sessions or presentations in the Area, Districts or Groups).
 - § Growth
 - Diversity – Outreach
 - Safety – An Important Consideration
 - Communication – Today and Tomorrow
 - § Participation:
 - Fellowship vs. Membership
 - Leadership: "I am Responsible..."
 - Is Your Voice Heard?
 - § Contributions
 - Spirituality and Money
 - Fully Self-Supporting Our Obligations
 - Apathy and Power of the Purse
 - o Final agenda items should be received by February and will be distributed to all Area DCMs and MCDs
 - o Our Delegate, Ron C. will be on the Conference Committee on Trustees
 - o GSO Revenue Result:
 - § 2016 literature sales through 9/30/16 was \$6,741,093. Gross profit was \$153,400 more than budgeted
 - § Total 2016 Revenue (gross profit in literature, contributions and interest earned on cash flow) was \$12,209,312.
 - § With respect to the 12.8% increase in 7th Tradition contributions, nearly \$400,000 was due to 1,550 more groups contributions in 2016.
 - § Area 67 group contributions to GSO were also up from 35.17% to 37.34%. there are currently 691 groups listed in Area 67 and total contributions were \$71,224.86.
 - o The 2016 Gratitude Dinner was well attended with just under 300 people
 - o 71st Annual Texas State Convention will be held June 9 – 11th at the Omni at the Colonnade in San Antonio, TX
 - o Southwest Regional Forum will be held October 20 – 22nd at the San Antonio Marriot
- Edwin C. was voted in as the new area Public Information (PI) Committee Chair
- Amy E. was voted in as the new area Literature Committee Chair
- The following positions are still open at the area: Newsletter Chair, Brazos Valley Intergroup Liaison, Oficina Intergrupa Hispana (D63, 64 & 65) and Intergrupa Hispano Del SW (D66 & 67)
- Past Delegate Paul M. will be chairing the Ad Hoc Committee to do an Area Inventory
- District 40 will be hosting the April Assembly
- The April Assembly will be back at the JFK Sheraton on April 9-10, 2016. Book your rooms now under the SETA event name to ensure availability & special rates.

In Service,
Deborah G.

If you are happy and you know it...

I am so happy in my new District 40 Literature Rep position! We now have an Area Literature Chairperson, Amy! I have seen Amy at the SETA assemblies in the past and I got to know her even better at SWRAASA last October. She is a fun person. I also received my Literature Rep package from GSO and it has some interesting items in it. It seems there is always more to learn. My trifold Literature display is in the works. I have found that since I got sober, I am a pretty good student as long as I don't try to do too much at one time.

Jackie S.

“Living Amends”- A Dangerous Façade

Recon I'll just go ahead and get this out on the table. The term “living amends” which is thrown around our rooms with reckless abandon; I'm not a fan. As my first sponsor, Steve M., was fond of telling me, “read the black part.” Many old timers believe, and will usually express the sentiment, that our Big Book is divinely inspired. That's the camp I'm in. On the surface this term, “living amends,” appears to be harmless as a church mouse and with our pension for guilt, it seems to be the perfect lifelong self-flogging in order for a guy like me. After all the damage I've done, my debt can never be repaid and I deserve the pain. So I'm going to spend the rest of my life doing the right thing or treating others with patience, tolerance, and love because I feel guilty... Right? Sorry, not going to happen. This concept should never been allowed to raise its pointy little head in the program of Alcoholics Anonymous, and has nothing to do with the 12 steps. The term “living amends” is not in the Big Book of Alcoholics Anonymous at all nor should it be.

Stick with me this is going somewhere (opportunity to practice patience and tolerance). Our core group of about 12 has a pretty set schedule of visiting each other's home groups on particular nights of the week. Some of us have different home groups, but it's the same people going to meetings together. That's how I was raised in AA. The group I got sober with even adopted a name, “Some Are Sicker Than Others,” which was obvious with us. We had tons of fun but were deadly serious about our program. We had invaded a restaurant for dinner after a meeting one night and were having such a great time, a couple next to us said we'll have what they're having when their waiter asked for drink orders. Between laughs we challenged each other in our spiritual growth and as a newcomer I was never asked if I wanted to go to a meeting, conference, or retreat. I was told, “The meeting is at such & such and starts at 8, be there at 7:30 to set up chairs,” or, “Pick you up Friday at 5 bring clothes to stay till Sunday.” The current group seems to be developing in the same manner with a strong leaning towards spiritual growth. In an effort to continue the challenge, several months ago we dubbed Thursday night as our meeting “float” night. In the process of hopping meetings once a week, we stumbled upon a group that that has no use for the usual banter, treatment center rhetoric, plain nonsense, and AA political correctness. In this meeting you may hear a guy with 30 years (happy in his sobriety) say, “Throw out the damn book,” then explain why. He'll have others that know better thinking he has a good point. With the hair on the back of my neck standing straight up, I immediately found my back against the wall trying to defend what I thought I knew. Eventually, in sheer amazement, I began opening up to ideas that initially seemed outrageous. We stuck with this meeting for about 8 months, sometimes happy with fresh perspectives, and sometimes a little concerned about the defense of our beliefs. As a result we are paying attention again, getting deep in the book, revisiting AA literature, studying some non AA materials (as our book suggests), having challenging discussion, and seriously focusing on our approach to meetings. A friend of mine says if you always feel better leaving a meeting than when you went in... “Man you need to go to some better meetings!

Meanwhile back at the ranch. Guess I went a long way to say spiritual growth is in the seeking. Let's take a peek at that “Divinely inspired black part.” Hey, we all heard when we got here, “We FEEL guilty because we ARE guilty.” Turns out that guilt, shame and remorse, that we refuse to set free, wreaks havoc on our spiritual growth. Insert “Drop the Rock” here. Better yet, take the steps. Our 12 steps, particularly 4-9, contain conventional actions that rid us of our conventional guilt. “We made DIRECT amends...” Good news brothers and sisters, once we've made our amends, we are at that very moment free from guilt shame and remorse. “We are going to know a new freedom and a new happiness...”

Has your sponsor or mentor ever suggested you “stay in the present?” When we sheepishly agree to “living amends,” we have “baaaaaacked” into the past. We do the right thing in the present because our behavior has changed. “Having had a spiritual awakening as the result of these steps....practice these principles in ALL our affairs.” Do you celebrate your AA “Birthday?” When we're “practicing,” we're living a new way of life. In fact, we are no longer the same person we were in the past (Happy Birthday).

Let's shine the light on the most subtly TOXIC characteristic of “living amends.” That “easier softer way” we've all read about... this isn't it. This idea gives an alcoholic “of our type” a little window of an excuse to avoid the uncomfortable pain of direct amends. That's all I need for one side of my brain to remind the other side of my brain the principles may not apply to me. Maybe I can skirt this one and get by. I'll just share that I'm making “living amends” and avoid this whole thing about right sizing my ego. I need my ego! What happens is I end up selling myself short and don't truly experience that freedom and happiness to an extent that causes the psychic change that we agreed to go to any lengths for. Luke warm, not drinking, boring programs are rampant in our rooms. If I want “happy, joyous, and free, I'm going to have to earn it.

All that being said, if you've been sober a while and what you're doing is working for you, stick with it. When someone tells you you're doing it wrong, a mentor of mine is fond of saying, “Take a spiritual approach, tell them to go” (You get the idea). However, it serves me well to keep in mind the story “Keys to The Kingdom.” It reminds an alcoholic like me that I can never out live or outgrow what this program has to offer. So the question becomes, “Why would I settle for less?” Unreasonable happiness is my goal and more often than not, that is exactly where I am. Talk to someone in this program that you trust will tell you the truth. After all, we're all on different pages, but we're all in the same book.

LIFE HACK SECTION!

WHEN LIFE SHUTS A DOOR...

OPEN IT AGAIN.

IT'S A DOOR.

THAT'S HOW THEY WORK



THE META PICTURE

FAMILY “TRADITIONS”

The most important relationships in my life are with my family. Before AA the only family I had were parents, siblings, cousins, etc. I didn't have a husband, kids or even a dog of my own. While working this program, and staying sober, God has blessed me with an amazing boyfriend, two fantastic stepsons and the sweetest chocolate lab on the planet. The only way I can maintain these relationships is by applying the principles of the Steps and Traditions to them. The principles of the Steps help to keep me sane while the principles of the Traditions teach me how to be part of a family unit.

To maintain unity, the common welfare of my family must come first! If I work with *all* my boys, then our household is a place of harmony, peace and love that we can all thrive in.

God is always first in anything I do. Although I am one of the parents, I don't govern my children. They are free to speak their minds, voicing any concerns they have. And when they or my boyfriend speak, I listen with an open mind and heart the way God does. Everyone has a voice!

I am *not* the only member of this family. I was not born into this family nor am I blood related; however, God gave me a place here and I choose to stay because of the love I give and receive. All my guys accept me for who I am without any expectations and rules.

I am free to do and say what I need or want to if it doesn't negatively affect another person in my family. When there is something I have been invited to for fun or an AA service event/commitment arises that I need/want to attend, I look at what is going on with the rest of my family. Does my boyfriend have a work commitment? Do the kids have any kind of sporting/social event that they need to get to? These are the things I look at before making any plans that might affect the other members.

My primary purpose in our house is to take care of our home, which includes cooking, cleaning, laundry, grocery shopping, carpool, office paperwork, etc. If I'm doing my part, the rest of my family is able to function in their primary purposes. For my kids, it's school, for my boyfriend its work and providing for all of us. When I do my part, they can do theirs.

I cannot be all things to all people at all times, especially outside of my home. If I'm more worried about outside issues, I can't give the attention I need to my family, thus prohibiting me from my primary purpose. The same goes for my kids and my boyfriend. We have to give and take together.

I must carry my weight around this joint! I may not contribute financially but I contribute emotionally, physically and spiritually to everyone. It can be from the simplest thing of making a sandwich for my boyfriend as he flies home on his lunch break, bringing a glass of water and a cough drop to a kid that has a sore throat or throwing the tennis ball for my dog.

I am dependent on my family the same way they are dependent on me. We need each other to be successful and thrive in our own individual lives. I also have to remember to keep my expectations to a minimum. They can't read my mind and I can't read theirs.

I don't consider myself an organized person but there is always some semblance of order around here for us to function. Sometimes the simplest thing of having an on-going grocery list that anyone can write on is the easiest way to keep things organized. There are set nights when I make a home-cooked meal and others where we go out to a restaurant. The beauty of it is that we have the flexibility to change at any time.

My opinions on how everyone in my house should do things is just an opinion; I am not God. To try and impose them on the other members here would create a huge tornado of chaos that never works out well. I've tested this theory before. It brings about anger, resentment and disharmony. My opinions are important but NOT when they are going to cause controversy.

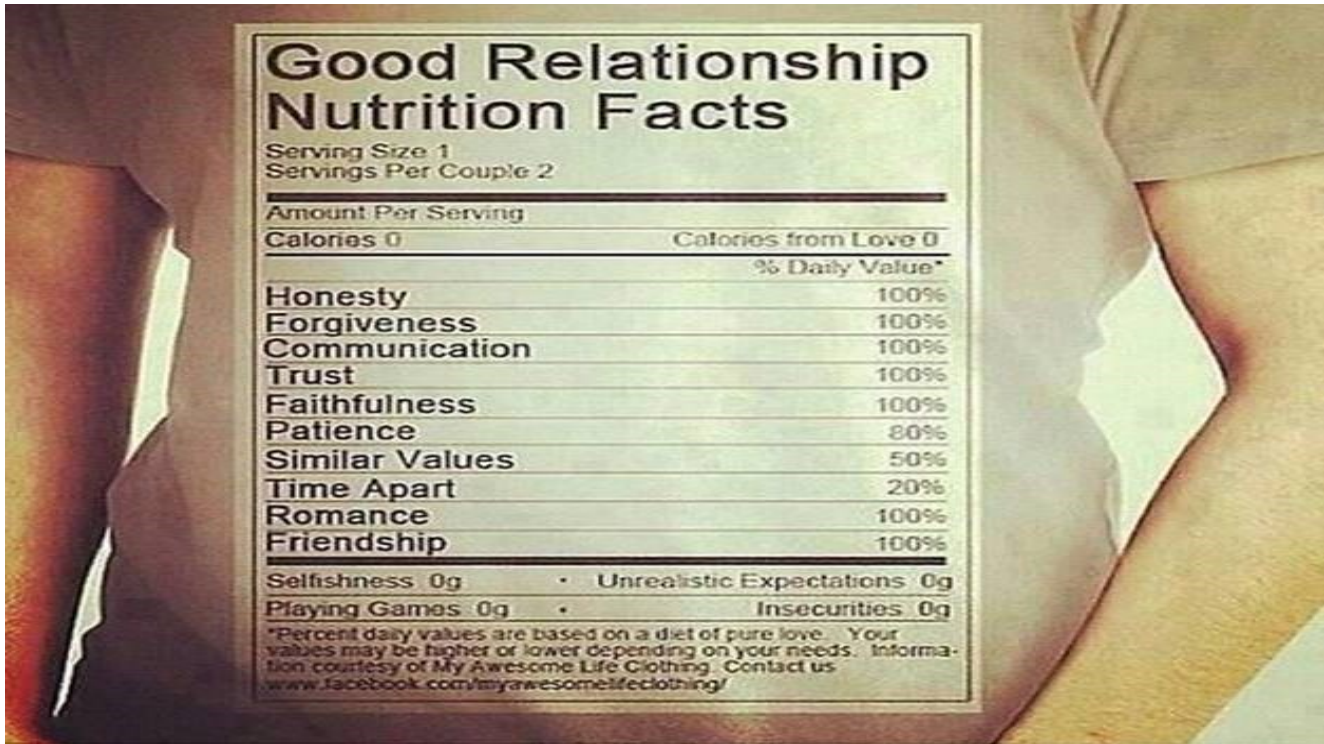
If I want all my boys to act with integrity, to be loving and spiritual, I MUST do the same. I can't emphasize to them to be choir boys while I run around like a psycho witch! By me acting right, I'm making it attractive for my family to do the same.

Again, it's not about just me. To practice true humility, I remain anonymous about what I do on a daily basis. I don't need praise because I washed the clothes or fed the dog. My praise comes when my family is happy, healthy and flourishing in their lives. Any personal ambitions I have cannot come before the common good of my family. I am one part of a whole. All the principles of the Steps and the Traditions are alive in me. If I trust in them and God, how can my family and myself not succeed!?!?

In Service,

Deborah G.

D40 DCM



DISTRICT SERVANTS

DCM
Deborah G.
dcm-40@aa-seta.org

Alternate DCM
Cindy M.
dcm-40-alt@aa-seta.org

Secretary
Sunshine P.

Alt. Secretary
OPEN

Treasurer
Reino F.

Alt. Treasurer
OPEN

Grapevine Chair
Cheryl D.

Literature Chair
Jackie S.

IT Representative
OPEN

Treatment Facilities Chair
OPEN

PI Rep
Hannah E.

Correctional Facilities Chair
Veronica C.

Newsletter Editor
Matthew D.

Multi-Lingual Chair
Ashley F.

Coffee Chair
OPEN

Archives Chair
Mary Kaye F.

CPC Rep
Patty D.

Upcoming Events

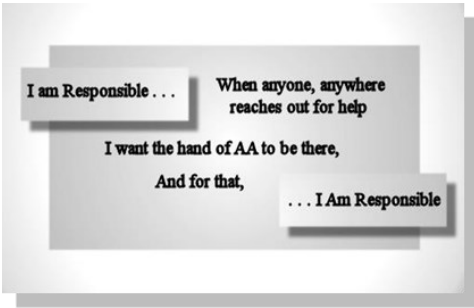
**District 40 will be hosting the
April Area Assembly,
April 7-9. More details to
come!**

For more events visit:

aahouston.org aa.org 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

Committee	Meeting Time	Location
Archives	1st Saturday of the month at 10:00 AM	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060
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
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
Grapevine	3rd Thursday of the month at 7:30 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057
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
Literature	-	-
Mult-Lingual	1st Thursday of the month at 7:30 PM	District 63 4800 West 34th St. Suite B-8 Houston, TX 77092
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

THE NEXT DISTRICT MEETING IS

MARCH 14, 2017

@ 7:00 PM

District 40 meets on the 2nd Tuesday of every month from 7:00 PM—9:00 PM at the Bear Creek Community Center 3055 Bear Creek Drive Houston, Texas 77084

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.

December 13, 2016

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition XII/Concept XII: reading and summation by Ashley F. and Elizabeth.

Volunteers for next month: Tradition I/Concept I

Introduction of Attendees: 31 Attendees for our Business Meeting

Normal Business:

- 1. Secretary's Report** – Not submitted
- 2. Treasurer's Report** – Accepted as circulated

Committee Reports:

Archives –MaryKaye F.

- No New Report
- 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.

Correctional Facilities Committee (CFC) – Cindy M.

- No New Report
- Visit www.aa-seta.org for all contact & meeting information.

Cooperation with the Professional Community (CPC) - Patty D.

- Districts 31-32-81 are organizing their incoming servants & meeting locations as well as recruiting new committee members
- Successful presentation to Northwoods Church
- Upcoming presentation to the Jasper County Probation Class in January
- Creating a power point presentation for the committee to use in 2017
- Several potential contacts within the Lone Star School System, Cypress Creek Hospital, WIRES event are being addressed
- Area CPC Alt. Chair position open for 2017-2018

- Members identified credible resources to set goals for the committee to focus on beginning in January
- We as a committee are very grateful for the dedicated & passionate service Rick brought to us as outgoing chair. He will remain an active member of the committee
- We are excited to support Vern as our incoming chair
- Visit www.aa-seta.org for all contact & meeting information.

Grapevine – Cheryl D.

- No New Report
- You can support Grapevine through subscriptions as well as submitting an audible/written article.
- Check out the Grapevine App at www.aagrapevine.org
- Visit www.aa-seta.org for all contact & meeting information.

Intergroup – Roger B.

- No New Report
- Holiday Open House, December 16, 2016, 11:00am-3:00pm, tax free day in the bookstore
- Visit www.aahouston.org for more information & to subscribe to The Link

Information Technology (IT) – Richard B.

- No New Report
- 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 – Jackie S.

- This month, A.A. World Services is offering a 4 Book - Holiday Gift Set consisting of-
 - o The Commemorative First Edition, 1939
 - o 'Pass It On'
 - o Dr. Bob and the Good Old-timers
 - o Alcoholics Anonymous Comes of Age
- Also included is "A Brief History of the Big Book" that is being shipped with all orders. And shipping is free. This set of books is worth more than \$40.00 but it is on sale for \$30.00 even. I asked for the order form with all the details to be included in the December Newsletter. I took advantage of this offer and ordered it for our District 40 Literature Display.
- The Area Literature Committee Chairperson position is open
- Visit www.aa-seta.org for all contact & meeting information.

Multilingual – Ashley F.

- No New Report

- 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 that came in this month and thank you for the opportunity to serve as your Newsletter Editor for the past two years. It has been fabulous! I've gotten to be creative, have fun and have enjoyed all the articles of experience, strength and hope that have been shared.
- Next month's topic will be "Looking back upon the last two years of your rotation, what kind of insight/perspective have you gained? Looking ahead to the incoming rotation, what do you hope to bring to the table?"
- Be sure to check the Pamphlet section... our new incoming Newsletter Editor, Matt offered up a bit of a challenge for everyone.
- I wish everyone a safe, sober and blessed Holiday Season!

Public Information (PI) – Hannah E.

- No New Report
- This year's D40 PSA will be running in the Palladium, Memorial City Mall & Cinemark-Katy starting on December 16, 2016-January 12, 2017
- Visit www.aa-seta.org for contact & meeting information.

Treatment Facilities Committee (TFC) – Pam F.

- No New report
- Visit www.aa-seta.org for all contact & meeting information.

Current Items:

1. D40 Roster needs to be emailed out to all members for clean up.
2. Chris H. requested D40 to consider being the host district for Area Assembly mostly focusing on hospitality suite, couple of people for registration and a couple of presenters for traditions and concepts

Group News:

1. December 16, 2016 - Intergroup Open House 11:00am - 3:00pm

