

To Be Inspired

When I started my rotation as newsletter editor two years ago, the first thing that came to mind upon reflection was inspiration. As I sit here with my laptop and coffee on New Year's Day 2017, the same word comes to mind.

Over the past two years, I was inspired by all the experience, strength and hope that was shared from many members. I got to laugh, to cry, I was encouraged and I saw love and service. I was also inspired by my own creativity. I challenged myself to find exciting and knowledgeable yet fun and interesting articles, quotes and graphics to put in the newsletter. My goal was always to make it so appealing that every member would be encouraged to share their own "words of wisdom." It has been a true pleasure to work as the newsletter editor. I'm excited to see how the new editor adds his own twist, what he will add for entertainment and encouragement. As with all things when they end, there is a bit of sadness. I have enjoyed doing the newsletter so much and part of me wants to continue. But understanding Spirit of Rotation makes me know that God has other things in mind for me and it's someone else's turn.

The best part about service is that I don't rotate out, I rotate on. I'm so honored to be able to serve my district as the incoming DCM. And what I'm "bringing to the table" is the same that I did as newsletter editor... Inspiration. I'm inspired and encouraged by the legacy our past DCM and Alt. DCM are leaving behind. They have shown me what it means to be unified, humbled, blessed and loved. Armed with those qualities how can I not be inspired? This legacy one that only God could have created. I want to continue to be a part of that. I want to continue to unite District 40. I want to continue to be creative, to be humbled, to share blessings and to feel them and most importantly, to be loved and to love in return. That's the legacy I was shown. That's the legacy I wish to be a part of!

In service,
Deborah G.
D40 DCM

Step One

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept One

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

Inside This Issue

- 1 *To Be Inspired*
- 1 Step, Tradition, Concept
- 2 *Re-Fry King*
- 3 *Life Hacks!*
- 4 Flow Chart for AA Pamphlet
- 5 Treasurer's Report
- 6 *District Servants*
- 7 Upcoming Events & District Map
- 8 SETA Committee Meeting Schedule

Re-Fry King

I came to AA at a very early age through an adolescence program. After a couple years of sobriety, I figured that drinking wasn't really my problem, it was the "other stuff".

I was very cautious when I went back out, utilizing what I had learned in the program to keep myself "in check" so to speak. After about five years removed from the rooms of Alcoholics Anonymous, I was doing well, in college and working on a bachelor's degree. I finally let my guard down, because I seemed to be doing well, acting quite "Un-alcoholic-ly".

I spent the next five years in a downward spiral, to say the least. I ran from geographical location to geographical location, seeking escape. Unfortunately, wherever I went, there I was. I even made several attempts to sober up again, I think at one point I may have achieved thirty days or so, but nothing would stick.

I knew so much of the Big Book of Alcoholics Anonymous. Humorously, I quoted the 3rd step prayer every morning when I was out for those ten years. It has taken me some time in sobriety to be able to not *bristle with antagonism* when a sponsor would instruct me to read it.

About 6 years ago, when I was at that jumping off point that the book refers to, I tried to give The Program a go with all I had. I would share in meetings when the topic was step 7, or 12, or whatever really...I was honestly trying, and I just couldn't stay sober. I couldn't figure out what I was doing wrong. I actually put together close to 2 years, but went out just shy of two years, a bender lasting nearly a year.

In retrospect, I now see several issues that were impeding my process of growth and becoming comfortable, sober. One was something a wise sponsor said to me early into my seemingly 100th try at sobriety. "Son, I believe you are the real deal. Thus, when you read the book, you need to take everything they say in there literally from here on out." Now, when I hear the preamble read aloud in the beginning of the meeting, "...a life which demands rigorous honesty."(pg. 70 1st ed.), I say to myself, "Self, if you are not rigorously honest today, you may drink." If I drink, I die, or at the least live, and wish for death. If the book suggests that we cease fighting everything and everyone, including alcohol, then I say to myself, "Self, you cannot fight with anyone or anything, say because such and such made you look bad, or hurt your feelings, etc., or you may drink, and if you drink, you will die."

The other thing that seemed to help me tremendously was a conversation I had with a friend in the fellowship when I had about thirty days sober. I had "escaped" yet another rehabilitation facility (I could have just left really), and my depression and anxiousness and alcoholism were intense, as usual, from the moment I woke up to the second I tried to sleep.

I explained that I had been told by many members to ask God to keep me sober in the morning when I prayed. I had been doing that every day and wound up drunk, every day. I had been told when I explained how unhappy and crazy I was, to ask God to remove it. I tried that every day, and every day I was unhappy and crazy.

"What am I doing wrong?" I asked my old friend. "I didn't want to bring this up in a meeting for fear of offending those it has worked for, and I don't doubt the power of God, but I'm dying over here."

He explained to me that he had had a similar experience while trying to get sober. "When I would go to an 8 o'clock meeting, I would stop at the liquor store and buy a bottle of vodka. My hope was that I would hear something ultra-spiritual, jump in my truck after and pour the bottle out. Later I would find myself sitting on my couch, shot poured in front of me, praying to God to give me the strength to *not*." He continued, "Needless to say I always wound up drunk. What had finally changed was when I realized that the Big Book doesn't really say to *not*. The Program of AA was created for just that reason...not for people who can't drink, but really for those who *can't* not. What the Book does illustrate is a lot of *do's*, more than *do not's*, *like to* be honest, open-minded, and willing, which are described as being indispensable. I think the only one who isn't aware they can't not drink is you."

I hit my knees right after that conversation and told God I would be willing to do whatever he suggested if he would help me feel better. Anything.

My sobriety has been extremely more comfortable this time. I also find that when I am spiritually distressed, an honest 10th step usually reveals a lack of willingness in comparison to the willingness I had at 30 days sober. That Power has seemed to protect me, and helps me not, as long as I am willing to ask, "What do you want me to do today?" ...and do it.

-Anonymous

LIFE HACK SECTION!

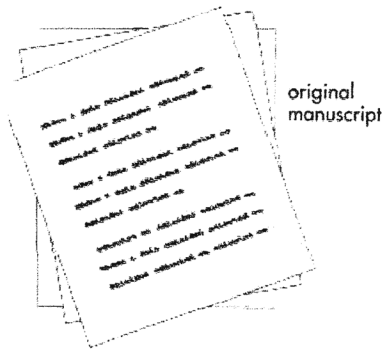
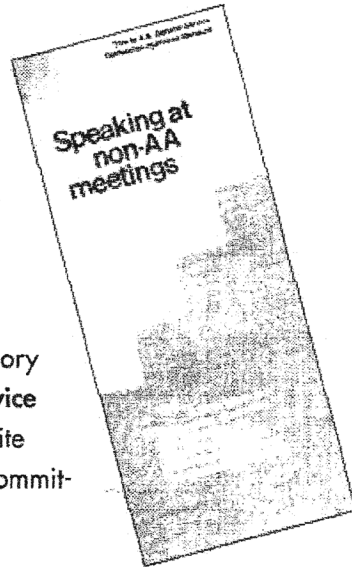
**A NEW STUDY LINKS
DRINKING MORE COFFEE
TO A LONGER LIFESPAN.**



**AWESOME.
I'M GONNA BE IMMORTAL.**

FLOW CHART FOR DEVELOPMENT OF AN A.A. PAMPHLET

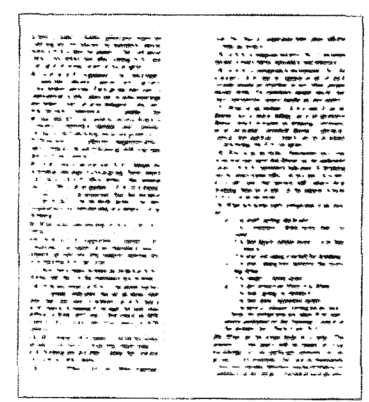
An idea, suggestion or subject comes from A.A. members and sometimes friends outside A.A., and is first discussed by G.S.O. staff or A.A.W.S. and then forwarded to **appropriate trustees committees** (1. If concept is accepted a writer is assigned; 2. manuscript is reviewed). The matter is then referred to **appropriate Conference committee** which meets during General Service Conference week and makes a recommendation that goes in the committee report to the **General Service Conference** which, if approved after full floor discussion, becomes a Conference Advisory Action that becomes binding when approved to the **General Service Board**. Unedited manuscript goes to editor to copy edit and rewrite where necessary, implementing changes made by the staff and committee, then to production.



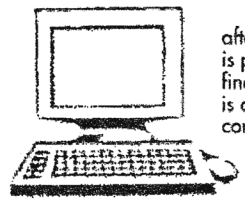
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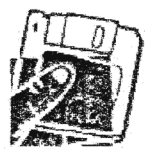
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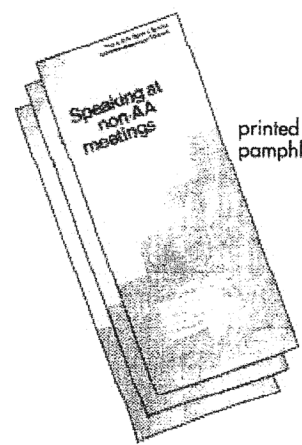
text is edited and type specified



after copy is proofed, final layout is created on computer



electronic file, on disk or repro is sent to printer; printer supplies blueprint for final check



printed pamphlets

Provided by GSO

55th Annual SETA Convention

January 20-22, 2017

The Spiritual Life is not A Theory...

Registration

Registration fees:
AA/Al-Anon Early \$15
On-site \$20
Alateen/Child Free
Coffee Tag \$5
Sat. Dance Only \$12
Dance included in registration fee
Early Registration:
Open through Dec.31, 2016
Onsight Registration
Opens 2pm on Friday

Friday

8:00 p.m. AA Speaker- Josh A. Beaumont, TX.
9:30 p.m. Ventriloquist/Comedian-Jack F. New York, NY

Saturday

9:00 a.m. AA Speaker- David B. - Austin, TX.
10:30 GSO Speaker- TBD
1:30 p.m. Al-Anon Speaker-Mandy S.-Austin, TX.
3:00 p.m. CFC Speaker-TBD
4:30 p.m. Spanish Speaker-TBD
7:30 p.m. AA Speaker- Shene' St S.
9:30 p.m. Dance

Sunday

11:00 a.m. AA Speaker-Sherry B. - Austin, TX.

Hotel convention room rate \$99 per night/Hotel cut-off date December 29th 2016
Contact hotel be sure to mention the convention Phone 281-875-2222
Hotel: Houston Hilton North 12400 Greenspoint Drive Houston, TX. 77064

Note: Most associations like to hold conferences/conventions. In AA, a conference/convention is an important opportunity to share the AA experience in a broad way. There are many AA conferences held around the world. One of the most common misconceptions of these gatherings is that they are AA meetings, and since there are no dues or fees for AA membership, people should be free to attend these conferences. Conventions and conferences are special events, not regular meetings. They require months of planning, preparation, and money to present. Since most events are in hotels/convention centers, the hotel/convention center will require that the group purchase coffee and food. Other expenses include travel and lodging for attendees, transportation, printing of flyers, programs and schedules, postage and supplies. A large event requires a substantial amount of money. Attendance at a convention/conference is voluntary. Furthermore attending as part of a group is optional, but as responsible AA members we must "pay our own way!"

Full Name _____
Home Group _____
Full Name _____
Home Group _____
Address _____
City/State/Zip _____

Badge Name _____
AA _____ Al-Anon _____ Alateen _____
Badge Name _____
AA _____ Al-Anon _____ Alateen _____
Phone _____
E-mail _____

| Quantity | Type | Price | Est. Cost |
|----------|--|----------|-----------|
| _____ | AA / Early Registration | \$ 15.00 | \$ _____ |
| _____ | Al-Anon / Early Registration | \$ 15.00 | \$ _____ |
| _____ | Alateen / Child (Please Indicate Quantity) | FREE | \$ _____ |
| _____ | Coffee Tag | \$ 5.00 | \$ _____ |
| _____ | Saturday Dance Only | \$ 12.00 | \$ _____ |
| _____ | Scholarship Donation | \$ _____ | \$ _____ |
| _____ | TOTAL DUE | \$ _____ | \$ _____ |

Alateens must have permission slips!
Please indicate special needs in space provided below.
Spanish translation will be provided

Check website for registration updates
on line registration not available at this time

Register by mail: Make checks payable to SETA Convention Treasure c/o 9th District Intergroup 6640 Eastex Freeway Suite 149A Beaumont TX 77708

DISTRICT SERVANTS

Grapevine Chair

Cheryl D.

Joe P.

DCM

Deborah G.

dcm-40@aa-seta.org

Newsletter Editor

Matthew D.

Literature Chair

Jackie S.

Alternate DCM

Cindy M.

dcm-40-alt@aa-seta.org

IT Representative

OPEN

Multi-Lingual Chair

Ashley F.

Secretary

Sunshine P.

Treatment Facilities Chair

OPEN

Coffee Chair

OPEN

Alt. Secretary

OPEN

PI Rep

Hannah E.

Archives Chair

Mary Kaye F.

Treasurer

Reino F.

Correctional Facilities Chair

Veronica C.

CPC Rep

Patty D.

Alt. Treasurer

OPEN

Upcoming Events

55th Annual SETA Convention

January 20-22

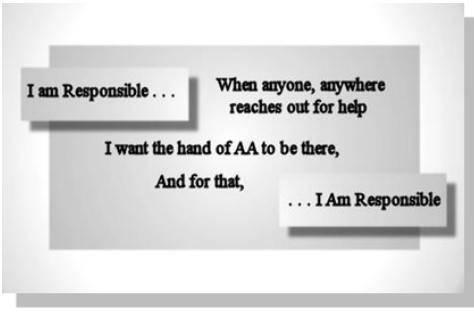
Houston Hilton North
12400 Greenspoint Dr.
Houston, TX 77064

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

THE NEXT DISTRICT MEETING IS

FEBRUARY 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

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