

WELCOME TO THE CIRCUS

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept Five

Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of

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The Flying Bowl of Beans

After my sponsor & I read through & discussed Step Ten she gave me the customary assignment to go along with it. Write out the directions for Step Ten on a dozen index cards & tape them all around my daily life spaces. She said "You are undisciplined" just like the book & that this was an effort to become disciplined through daily awareness & a willingness to try my best to practice the principle behind this step. It was after all a new way to start living immediately after making those amends, it was my guidance & my dustpan for when my side got a little dirty. Amends means to change. This was my opportunity to let God help me change. I was to do this for one month.

At this point in my sobriety I had also decided that I was going to be the best AA ever! I was going to practice these principles in all of my affairs, I was going to be way better at it than my husband who had 91 more days sober than me. I was going to be amazing.

A month passed & I could not wait to take down all of those index cards. I threw all of them away except for one, I placed it in my book on page 84 just like my sponsor had in her book, I was ready! I got this! I can do this! It was day one after the assignment had been completed & on I went living life, taking care of kids, cleaning the house, cooking supper, living the spiritual life...or so I thought.

I do not remember what he said, I do not remember what he did, I do not remember if I prayed that morning, I do not remember much in that space between filling my husband's bowl full of beans & throwing it at him from across the kitchen like a frisbee. I do not remember why I took my wedding rings off & chunked them at his forehead screaming divorce. I do not remember why I acted exactly like the drunk Michelle, I just remember what happened next.

My husband got up & said I am going to a meeting. That was it. He didn't even scream, he calmly walked out as I screamed even louder & slammed the doors even harder. HE was practicing Step Ten. He didn't even make index cards. He was doing it better. Three days later I called my sponsor & said "you won't believe what he did to me". She stopped me right there & said, no what did you do? Then she asked me when this happened. I immediately got taught the definition of the words 'At Once', 'Immediately', 'Quickly'. They do not mean three days later!

Today I can remember this story with laughter because it held such powerful lessons for me that I continue to apply to this day. First & foremost, I have no laurels to rest on. All of the work I did for those 30 days, meant nothing on the 31st day. I have to work for my sobriety & my spiritual condition every single day. All I get is a reprieve. I am undisciplined even with the best intentions, I have to work with God, I have to change the I to we. I learned in the saddest way again, that amends means to change. Old behavior does not become old behavior until I stop doing it. I had to cease fighting, even myself. So, the principle of Step Ten & all of it's meaning in my life today serves up lovely with a bowl of yummy beans & cornbread.

Michelle H.

Area Alt. Chair

Direct from The CPC: Yea, You Know Me

CPC Committee Purpose – *“Members of C.P.C. committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating.”* – reprinted from *Cooperation with the Professional Community Workbook*, page 5, with permission from A.A. World Services, Inc.

Some of the professionals we reach out to include:

alcoholism or other counselor; armed forces officer; athletic coach; corrections officer; court official; educator; employers or employee assistance professionals; health care professional (doctor, nurse, psychiatrist, psychologist, etc.); clergyperson; judge; juvenile services professional; law enforcement officer; lawyer (prosecutor, defense attorney); probation or parole professional; professional student; public health official; senior services professional; social worker; union official – pretty much anyone that deals with alcoholics regularly...

Some of the things the committee has done include:

Gave formal AA presentations and provided literature to churches, DWI program participants, civic groups, TDCJ wardens, etc.

Staffed display tables at professional events and conferences, sometimes at GSO's request

Sent mailings to professionals offering presentations, literature and to meet with them one on one; in the last two years to probation officers, and adult home health care professionals

We have plans to:

Reach out to Districts without active CPC committees or representatives and ask to give presentations on how CPC service can carry the message to the still suffering alcoholic

Working with the PI Committee, start hosting an Open Informational AA panel style meetings during the quarterly assemblies for the general public and professionals to educate them about AA

Contact local professional schools that train future healthcare, legal/correctional, human resources/employment professionals and offer A.A. presentations

Follow-up on leads for presentations and meetings with other professionals & groups of professionals

Staff displays/exhibits at professional meetings and conferences where invited

But we need your help:

The possibilities to carry the message by reaching out to professionals is nearly limitless. But we need people, lots of people. We need Districts, and Groups to form CPC committees, and Individuals to attend and participate in their District, Group, or Area CPC committees, and on those committees, learn how to carry the message by being “Friendly with our Friends” as Bill liked to call it.

Join us:

We meet the first Monday of each month at 7:30pm at the Spring Branch Memorial Club, 1200 Blalock Rd, Suite #378, Houston, 77055; or you can join via GoToMeeting: <https://www.gotomeeting.com/meeting/join-meeting>, meeting ID: 444 - 753 - 277

For more information or to help, please contact us at cpc-chair@aa-seta.org

In Service,

Vern P. – SETA Area 67, Cooperation with Professional Community (CPC) Committee Chairperson

Life hack: everyday is leg day if you run from all your problems



From Step 4 to Step 10

When first confronted with having to do Step 4, I was apprehensive. So many horror stories about all the writing and facing of defects; it didn't seem like a road I wanted to go down. However, in order to stay sober, both physically and emotionally, I knew it was an important step to complete. I still continued to procrastinate. It wasn't until my sponsor pointed out that the first three columns are all about what I think others may or may not have done to me. She said here is where you get to be selfish in your interpretation of the events. That registered with me. I was going to finally be able to write and eventually voice what everyone else had done *to me*. Once it was explained to me like that, the words just flowed across the pages. For so long I had blamed others for my problems and I was given the freedom to express those blames. Step 4 ceased to be a frightening step after this explanation.

Arriving at the 4th column of Step 4, I could no longer ignore my part in things. It wasn't that the others didn't have a part, it was that I did too. My feelings, behaviors, etc. weren't discredited they were just misdirected. My sponsor never made me feel less than for what I wrote or how I felt but more importantly, she didn't make me face "my part" alone. She walked through that 4th column with me. She understood and guided me to see where I had been selfish, self-seeking, frightened and dishonest. I didn't necessarily like being shown my part and my shortcomings but I know that if I had never looked at them, I would most likely still not be in the rooms. I couldn't change until someone showed me what and how I needed to change.

Having done a thorough inventory in Step 4, it helped me to appreciate the daily inventory of Step 10. Throughout any given day, I am constantly seeing where my thoughts, actions and faults lie. I don't always have a part in controversy today, but when I do, I know what action to take in cleaning up "my side of the street." I'm no longer afraid to admit when I have been selfish, self-seeking, frightened and dishonest. Because I'm not a big fan of making amends, Step 10 helps to regulate me. The character defects appear less and all the positive behaviors I possess show up more.

In love and service,

Deborah G.

D40 DCM

April 2017 Area Assembly Report

- ◆ District 40 hosted the April Assembly and did an amazing job!
- The GSR workshop was informative and well presented by one of District 40's past GSRs and the current Alt. DCM; several other current GSRs helped out with recording and readings
- SETA's PI and CPC committees joined together to do a presentation and Fact or Fiction game to the entire assembly. It was quite informative and a lot of fun!
- 2018 SETA Convention is looking for districts to host a time slot in the hospitality suites.
- 9 Roundtables were held to discuss various items for the upcoming 2017 General Service Conference to be held on April 22-29 in Ryebrook, NY; our Delegate will be well informed with all the forms from the roundtable discussions; Past Delegate Melissa R. made a motion for the assembly to send our Delegate Ron C. off to the GSC, well informed and with our love and support; the motion was voted on with a unanimous YES!
- Several of the SETA positions are still open; Newsletter Chair and Oficina Intergrupa Hispana (D63, 64 & 65)
- Brazos Valley Intergroup Liaison and Intergrupa Hispano Del SW were filled
- 2017 Gratitude Dinner Committee has met and are looking at two different venues at this time; the theme will be "Our Three Legacies: Recovery, Unity and Service"
- Area Inventory Ad-Hoc committee has met and will be developing a questionnaire that should be available at the July Assembly
- Still no report from the Young People in AA Ad-Hoc Committee
- An update to the P & P Manual in the Finance Section – Bank Account Signatories to include the area secretary (if needed)
- \$100 donation to GSO was voted on in memoriam of Past Delegate Marvin W.
- Group Contributions for SETA as of the 1st Quarter - \$9,315.24; A list of all group contributions per district were given to the current DCMs.
- The July Assembly will be at the JFK Sheraton on July 7-9, 2016. Book your rooms now under the SETA event name to ensure availability & special rates.

District 40 GSR Official Meeting Minutes

March 14, 2017

Call to Order: Serenity Prayer, Preamble and Unity Declaration

Tradition III/Concept III: reading and summation by Jackie S. and Lindy S.

Volunteers for next month: Tradition IV - Libby S. / Concept IV - Elizabeth G.

Introduction of Attendees: 23 Attendees for our Business Meeting

Normal Business:

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

Committee Reports:

Archives – Mary Kaye F.

- No Report
- Meets on the 1st Saturday of the month at 10:00 a.m. 521 North Sam Houston Parkway East Suite 215, Houston, TX 77060
- Visit www.aa-seta.org for all contact and meeting information

Barista – Brittney S.

- No Report

Correctional Facilities Committee (CFC) – OPEN

- No Report
- CFC meets on the 3rd Wednesday of every month 7:30-9:00 P.M. at Delta Club 6400 Westpark Dr., Suite 355, Houston, TX 77057
- Visit www.aa-seta.org for all contact and meeting information

Cooperation with the Professional Community (CPC) – OPEN

- No Report
- CPC meets the 1st Monday each month at 7:30 P.M. at Spring Branch Memorial Club, 1200 Blalock, Ste 378, Houston, TX 77055
- Visit www.aa-seta.org for all contact and meeting information

Grapevine – Cheryl D.

- committee continues to work on regaining footing after the passing of our previous chair
- have located the inventory, budget info, etc. and our chair, Melanie M., is working on securing this
- all open positions have been filled
- we were able to have a presence at the January SETA convention and continue to work towards maintaining a presence at all future area events

- 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 and meeting information
- Consider donating your used copies of the Grapevine to the CFC committee to take into prisons or to the TFC committee to take into their facilities

Information Technology (IT) - OPEN

- IT Committee meets the 4th Saturday from 10:00 am – 12:00 pm at SBMC
- Meeting also available in the Go-To Meeting format
- Visit www.aa-seta.org for all contact and meeting information

Intergroup – Joe P.

- No Report
- Visit www.aa-houston.org for more information

Literature – Jackie S.

- This month's Pamphlet Challenge is "Inside A.A. Understanding the Fellowship and Its Service Agencies" An easy to read pamphlet with pictures. I love the picture of the GSR!
- There was a workshop at the SETA Convention about "Safety and A.A." It was very interesting and I learned a lot from it. Now, I have been informed that the most recent service material, "Safety and A.A." Our Common Welfare" (SMF-209) is available for download in English, French and Spanish at www.aa.org website. http://www.aa.org/assets/en_US/smf-209_en.pdf

Multi-Lingual – Ashley F.

- 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, contact either Ashley F. or the Area Multi-Lingual Committee
- First Wednesday of the month @7:30 PM at District 66, 5645 Hillcroft Suite 410, Houston TX 77036
- Visit www.aa-seta.org for all contact and meeting information

Newsletter – Matthew D.

- A big thank you to everyone who submitted an article for the newsletter.
- Please, please, please submit something. It will be published! I can omit your name if you'd like.
- April's Topic: Self-forgiving or self-forgetting? Hint: Read the black part of our literature.

Public Information (PI) – Hannah E.

- Rooms-To-Go Health Fair on Friday March 18th from 8:00 am – 5:00 pm
 - Held a display with CPC and 3 Adopt-a-racks were given away. Pamphlets can be ordered from GSO when they run out in the rack.

District 40 GSR Official Meeting Minutes

- Open PI Meeting: Sunday, February 26th AA open Hispanic meeting at Golden Nugget Hall 3601 Telephone Rd, Houston, TX 77033 for PI members to see how it works. I personally did not attend so unfortunately, I cannot report on that subject.
- PI Committee holding workshop at April Assembly and considering doing a presentation on anonymity due to the recent anonymity break in Katy, TX. The AA member who broke their anonymity has been contacted in a respectful manner and provided AA literature on anonymity. Discussed with the Area and decided the PI committee did not need to reach out. Area chair is sending a template letter provided by GSO to the Houston Chronicle. PI committee plans to reach out to the Chronicle later in the year. Will revisit the subject in 3-4 months.
- DUI presentation in Jasper County went well and was well attended.
- Jasper county does not have enough money for books and has trouble getting Jasper AA groups to help contribute. PI member to email DUI counselor the online information and online Big Book.
- Next PI Committee meeting will be March 20, 2017 at 7:30 PM at Spring Branch Memorial Club (1200 Blalock Road, Houston, TX)
- SETA Convention and Assembly April 8-9 and PI committee will be holding a workshop.

Treatment Facilities Committee (TFC) – OPEN

- 2nd Monday of the month at 7:00 PM via GoToMeetings, (except Assembly months)
- At Area Assembly, Saturday Afternoon 4:30 - 6:00 PM
- Visit www.aa-seta.org for all contact and meeting information

Current Items:

1. Teri M. voted in as Alt. Secretary. (corrected)

Group News:

1. See Flyers for Upcoming Events
2. April Assembly Hosting Update-Cheryl B. spoke about the volunteer list and circulated for anyone to sign up.
3. 2017 GSR Agenda Items-Discussion of various Agenda Items.
4. Committee Reports-We did not have time to go over Committee Reports during this meeting.
5. Most of the meeting was a discussion of the 2017 General Service Conference Agenda Items.

Treasurer's Report

SETA District 40 Monthly Financial Report -- March 2017

EXPENSES	Initial Budget	Approved Budget Changes	Approved Budget	Expense This Month	Year to Date	% This Month	% Year to Date
DCM	\$ 800		\$800	\$118.81	\$436.39	15%	55%
Alt. DCM	\$ 800		\$800	\$0.00	\$0.00		
Secretary / Copying	\$ 350		\$350	\$16.90	\$42.66	5%	12%
Treasurer	\$ 150		\$150	\$0.00	\$0.00		
Newsletter	\$ 800		\$800	\$43.84	\$127.63	5%	16%
Rent/Coffee Donation	\$ 800		\$800	\$0.00	\$180.00		23%
Coffee	\$ 350		\$350	\$0.00	\$49.26		14%
PO Box	\$ 150		\$150	\$0.00	\$0.00		
Literature Committee	\$ 665		\$665	\$11.25	\$236.45	2%	36%
PI/CPC	\$ 100		\$100	\$0.00	\$0.00		
Grapevine	\$ 250		\$250	\$0.00	\$0.00		
CFC	\$ 700		\$700	\$0.00	\$0.00		
TFC	\$ 100		\$100	\$0.00	\$0.00		
Archives Committee	\$ 100		\$100	\$0.00	\$0.00		
Intergroup Liaison	\$ -		\$0	\$0.00	\$0.00		
IT Committee	\$ -		\$0	\$0.00	\$0.00		
Miscellaneous	\$ 100		\$100	\$0.00	\$0.00		
Multi-Lingual Representative	\$ 50		\$50	\$0.00	\$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	\$0.00		
Service Workshop	\$ 250		\$250	\$0.00	\$0.00		
SWRAASA (Even Years)	\$ -		\$0	\$0.00	\$0.00		
The Forum (Odd Years) See Note	\$ 1,500		\$1,500	\$0.00	\$0.00		
Delegate Report Meeting	\$ 215		\$215	\$0.00	\$0.00		
State Convention Hospitality Suite	\$ -		\$0	\$0.00	\$0.00		
SETA Assembly Host District	\$ 500		\$500	\$689.35	\$689.35	138%	138%
SETA - 2015 Hospitality Suite	\$ -		\$0	\$0.00	\$0.00		
	\$10,380	\$0	\$10,380	\$880	\$1,762	8%	17%

INCOME

Group Name	Receipts This Month		
Friends of Bill W. (Post Oak)	25.00	Beginning Bank Balance	\$3,647.36
Hockley Group	45.00	Total Expenses this Month	\$880.15
Katy Primary Purpose Group	15.00	Total Income this Month	\$438.63
Living Now Group	125.00	Prudent Reserve (0.25 x Budget)	\$2,595.00
Rule 62 Group	135.35	Unrestricted Funds	\$610.84
Sage-Piney Point Noon Tuesday	23.93	Ending Balance / Total Funds	\$3,205.84
		Unspent Portion of Budget	\$8,618.26

NOTES:

1) SETA Hospitality Suite (Group Contributions are \$219.35) with The God Meeting \$39.35, Katy 164 \$5.00, Just The Black Print Group \$25.00 and last month Katy 12 x 12 \$150.00

Event Donations	
Traditions Dinner Donations	
Gratitude Dinner Donations	
State Conv - Hospitality Suite	
SETA - Hospitality Suite	\$69.35
Delegate Report Contribution	
Fellowship Fest	
TOTAL INCOME THIS MONTH:	\$438.63

A.A. World Services, Inc.
“Alcoholics Anonymous” (Big Book)
Languages Available as of December 31, 2016

Printed by A.A.W.S.: 33

Language	Country
English	U.S./Canada
French	U.S./Canada
Spanish	U.S./Canada
American Sign Language	U.S./Canada
Amharic	Ethiopia
Arabic	Bahrain
Armenian	Armenia
Bulgarian	Bulgaria
Chinese - Simplified	Mainland China
Chinese - Traditional	Taiwan
Croatian	Croatia
Farsi - Persian	Iran
Greek	Greece
Hebrew	Israel
Indonesian	Indonesia
Khmer	Cambodia
Low German	United States
Maltese	Malta
Nepali	Nepal
Ojibway	U.S./Canada
Rarotongan	Cook Islands
Romanian	Romania
Saami	Lapland
Sinhala	Sri Lanka
Slovak	Slovakia
Swahili	South Africa
Tagalog	Philippines
Thai	Thailand
Tibetan	Tibet
Turkish	Turkey
Urdu	Pakistan
Vietnamese	Vietnam
Zulu	South Africa

Printed by Local Service Structures: 37

Language	Country
Afrikaans*	South Africa
Bengali	India
Danish*	Denmark
Czech*	Czech Republic
Dutch/Flemish*	Netherlands
Estonian	Estonia
Finnish*	Finland
German*	Germany
Gujarati	India
Hindi	India
Hungarian*	Hungary
Icelandic*	Iceland

Italian*	Italy
Japanese*	Japan
Kannada	India
Korean*	South Korea
Latvian*	Latvia
Lithuanian*	Lithuania
Luganda	Uganda
Malayalam	India
Marathi	India
Mizo*	India
Mongolian*	Mongolia
Norwegian*	Norway
Polish	Poland
Portuguese – Brazilian*	Brazil
Portuguese – European*	Portugal
Punjabi	India
Russian*	Russia
Slovene*	Slovenia
Swedish*	Sweden
Tamil	India
Telugu	India
Twi	Ghana
Ukrainian*	Ukraine
Welsh	United Kingdom
Xhosa	South Africa

Total Big Book Languages: 70*Items sold by A.A.W.S. and local structures.

A.A.W.S. Big Book Languages Pending: 21

Language	Country
Albanian	Kosovo
Aasamee	India
Bambara	Mali
Haitian Creole	Haiti
Hebrew (newly revised translation)	Israel
Indonesian (newly revised translation)	Indonesia
Konkani	Goa - India
K'iche' (Mayan)	Guatemala
Macedonian	Macedonia
Laotian	Lao
Navajo	USA
Polish (newly revised translation)	Poland
Purepecha	Mexico
Q'eqchi' (Mayan)	Guatemala/ Belize
Quechua (Inca)	Argentina, Bolivia, Chile, Colombia, Ecuador, Perú
Slovak (newly revised translation)	Slovakia
Serbian	Serbia
Swedish (newly revised translation)	Sweden
Tatar	Russia
Thai (newly revised translation)	Thailand
Vietnamese (newly revised translation)	USA

Explanation of A.A. World Services, Inc. Licensing Procedure - from U.S./Canada Conference Charter:

"In countries where a General Service Structure exists, the United States/Canada Conference will delegate sole right to publish our Conference-approved literature to the General Service Board of that structure."

District 40

31st Traditions' Dinner



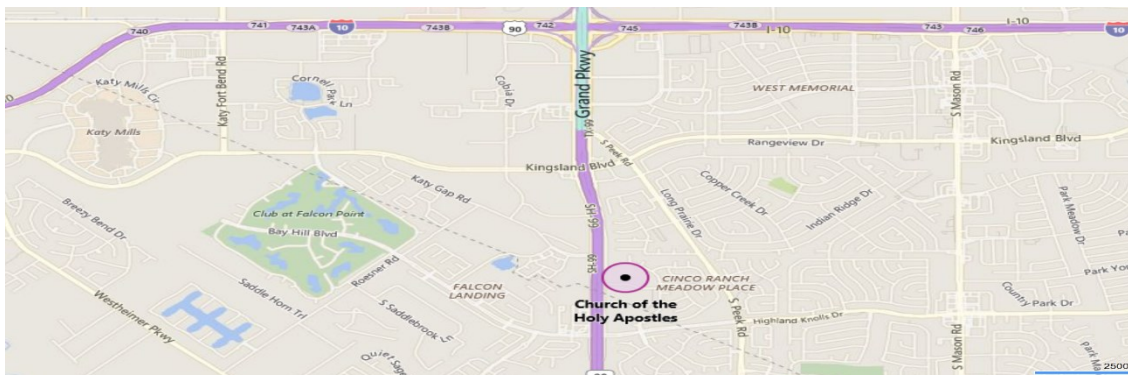
Save the Date

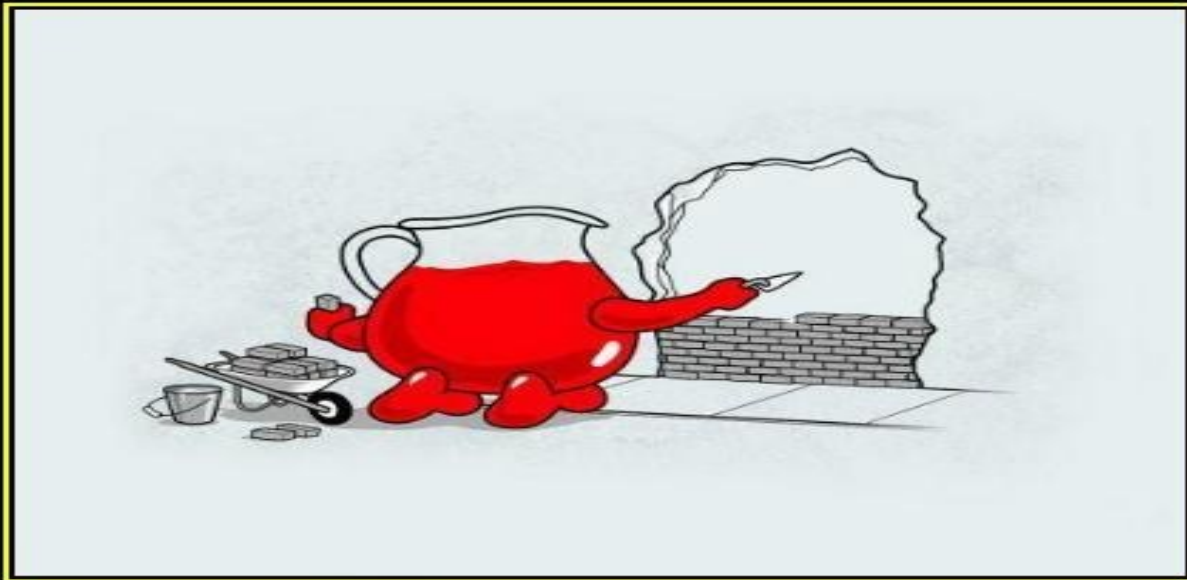
The Event will be June 17th, 2017

Church of the Holy Apostles (COTHA)

1225 West Grand Parkway South

WE NEED YOU TO HELP MAKE THIS A SUCCESS





MAKING AMENDS

part of the 12 Step Program

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

Lenny

Correctional Facilities Chair

Veronica C.

Newsletter Editor

Matthew D.

Multi-Lingual Chair

Open

Coffee Chair

OPEN

Archives Chair

Mary Kaye F.

CPC Rep

Patty D.

Upcoming Events

District 40 31st Traditions' Dinner

June 17th, 2017

Church of the Holy Apostles

71st Texas State Convention

June 9-11, 2017

Omni at the Colonnade

For more events visit:

aa-houston.org

aa.org

aa-seta.org



I am Responsible . . . When anyone, anywhere reaches out for help
 I want the hand of AA to be there,
 And for that, . . . I Am Responsible

**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

JUNE 13, 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

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 Wednesday 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 7:30 PM (Excpet on Assembly months)	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C
Treatment Facilities (TFC)	2nd Monday of the Month @ 7pm	Go To Meeting

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