

WELCOME TO THE CIRCUS

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 to those they serve.

Concept Nine

Good service leadership at all levels is indispensable for our future functioning and safety.

Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees

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Sober Fun!

When I first came into AA, the only friends and fun I had involved alcohol. I figured my social life was completely over. I learned that I needed to change my people and my places so, I quickly found a sober friend to hang out with. She and I attended meetings together and always made it an adventure. We would go eat before or after. We sometimes went to the movies or shopping. Almost every meeting we attended that first year was together. We even got involved in service and attended the district meetings as a duo. This was how I learned to have sober fun in the beginning. **I didn't do it alone!**

Over the years I have learned other ways to have fun. Watching my kids play sports, family movie nights, swimming with my nieces and nephews, going to conventions, etc. Today, having fun in sobriety is mostly just about finding the joy in any activity I'm doing. I don't need alcohol for it to be fun. It's fun because my higher power and AA showed me a better way of life with a better attitude.

After seven years, my sober friend and I are still meeting for coffee, brunch, meetings, movies, etc. We are still very much a part of each other's lives and sobriety!

In service,
Deborah G.
District 40 DCM

Adopt-a-Rack Experience

Since placing an Adopt-a-Rack at my family physicians office in January of this year, seven English pamphlets have been taken. I try to check the status every month so I can give a report at my group conscience meeting. My group has agreed to pay for replenishing the pamphlets. It was quite easy to place the Adopt-a-Rack at this location. Every January, this particular doctor asks all of her patients to answer a twelve question survey on alcohol consumption. You know, the ones we use to spend several minutes contemplating how we should answer each question so that it would not draw attention to our alcohol abuse. So while the subject of alcohol abuse had already been brought up, I just came right out and asked if I could put some A.A. Literature in her waiting room. She thought it would be helpful and she said yes. The Adopt-a-Rack is easier to take care of than a plant or a pet. And if I get busy and forget to check one month, it's okay.

Jackie S.

District 40 Literature Rep

POWERLESS, BUT NOT HELPLESS

Harvey the horrible was yet another example of things in the world that are way more powerful than me. However, it showed me there is power in my program that really works.

We live on a lake connected to the Buffalo Bayou. We spent sleepless nights, watching the water creep up to our house. The simple Serenity prayer helped me so much.

God, Grant Me the Serenity to Accept the Things I Cannot Change;

I prayed for calmness. It truly felt I was in the eye of the storm. That helped me from acting on my emotion (fear) rather than intellect (taking the next step below).

Courage to Change the Things I Can;

That first day in fear was way more exhausting than a week of work in action. One of my favorite authors' quote sums it up for me.

"Being terrified but going ahead and doing what must be done—that's courage. The one who feels no fear is a fool, and the one who lets fear rule him is a coward". — Piers Anthony

And the Wisdom to Know the Difference;

I could listen to the news and benefit from others' wisdom. Being a midwestern girl, I had no experience and no wisdom with hurricanes. The only wisdom I could lay claim to was that knew I needed to listen to my sponsor, the weathermen, the government and yes, even my hubby! Action was called for...good, old elbow grease.

I didn't need to see a rainbow to get the pot of gold from this disaster.

A) I saw how my family put each other before themselves. I have to admit, at first my mental pain made me self-centered, but my "program" kicked in and straightened out the thinking.

B) The fellowship that exists in the world outside of AA. What arrogance I once had thinking everyone needed the 12 steps to act right. Just 'cuz I need specific instruction and practice to become a part of world's fellowship doesn't mean everyone else does.


C) Sobriety just gives me a chance to be better prepared for anything life throws at me. It doesn't protect ME from harm, but it does enable me from not harming OTHERS.

We are ALL just human, and no one gets by in life without struggles. God speed in Texas and everyone's recovery!

Cindy M.

D40 Alt-DCM

RULE 62 SECTION



Don't be so hard on yourself for not having it together all the time, for not knowing all the answers. You don't always have to be sure of who you are, otherwise there' be nothing left to discover.

You don't have to know where you're headed or have a clear vision of the bigger picture. Sometimes taking one tiny step at a time is more than enough. Sometimes slowing down just to feel the wind blow against you is the beauty of life right there. Wander, be unsure when it is natural to be. Let yourself breathe. We're all rushing for no reason anyway.

~S.C Lourie

Staying Dry No Matter How Wet It Gets

It warmed my heart to see numerous Houstonians helping their neighbors and fellow Houstonians during the catastrophic flooding that Hurricane Harvey brought to our area. I'm sure a few of these people are not in our program, but yet they gave a helping hand where needed because they understood that **we faced a common peril**.

If we learn anything about human compassion and connection from this event, I believe it drives home the need for **fellowship**. How many of us were held close by our fellowship when we first got sober? I remember getting names of sober contacts early on, but even more important going to my meetings and connecting with sober people who had gone before me. These connections my first year of sobriety kept me working the program. These connections held me accountable. And today, these connections are some of my dearest friendships.

I am a member of an organization where I can "tell it like it is," with blatant honesty, and still be accepted and understood by my fellows. In fact, I'm encouraged that honesty is necessary for my recovery. I don't ever remember being able to do that with such acceptance until I became a member of Alcoholics Anonymous. Today, I am grateful for my fellowship. I'm grateful for those who went before me, and left a light on to shine the way for me. And I'm grateful for a fellowship that brought me to a greater understanding of my Higher Power.

Judy B., Katy Primary Purpose Group

A.A. Pamphlet of the Month

Sept 2017

Do You Think You're Different? P-13

Was there a time when you thought A.A. would not work for you? This pamphlet is a collection of short stories submitted by A.A. members who once thought that A.A. would not work for them because they were “different” and how they overcame that way of thinking. The more I think about this, it becomes clear that historically, anybody who was not a middle aged white male, like our founders, were possibly going to have such thoughts. Also, read and find out which type of A.A. meetings is to bring us the happiest and healthiest recoveries.

Jackie S.

District 40 Literature Rep

DISTRICT SERVANTS

DCM

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

Alternate DCM

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

Secretary

OPEN

Alt. Secretary

OPEN

Treasurer

Reino F.

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IT Representative

OPEN

Treatment Facilities Chair

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Archives Chair

Mary Kaye F

CPC Rep

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Upcoming Events

Delegate's Final Report

Saturday, 9/16/17 1-3pm
Spring Branch Memorial Club

56th SETA Convention

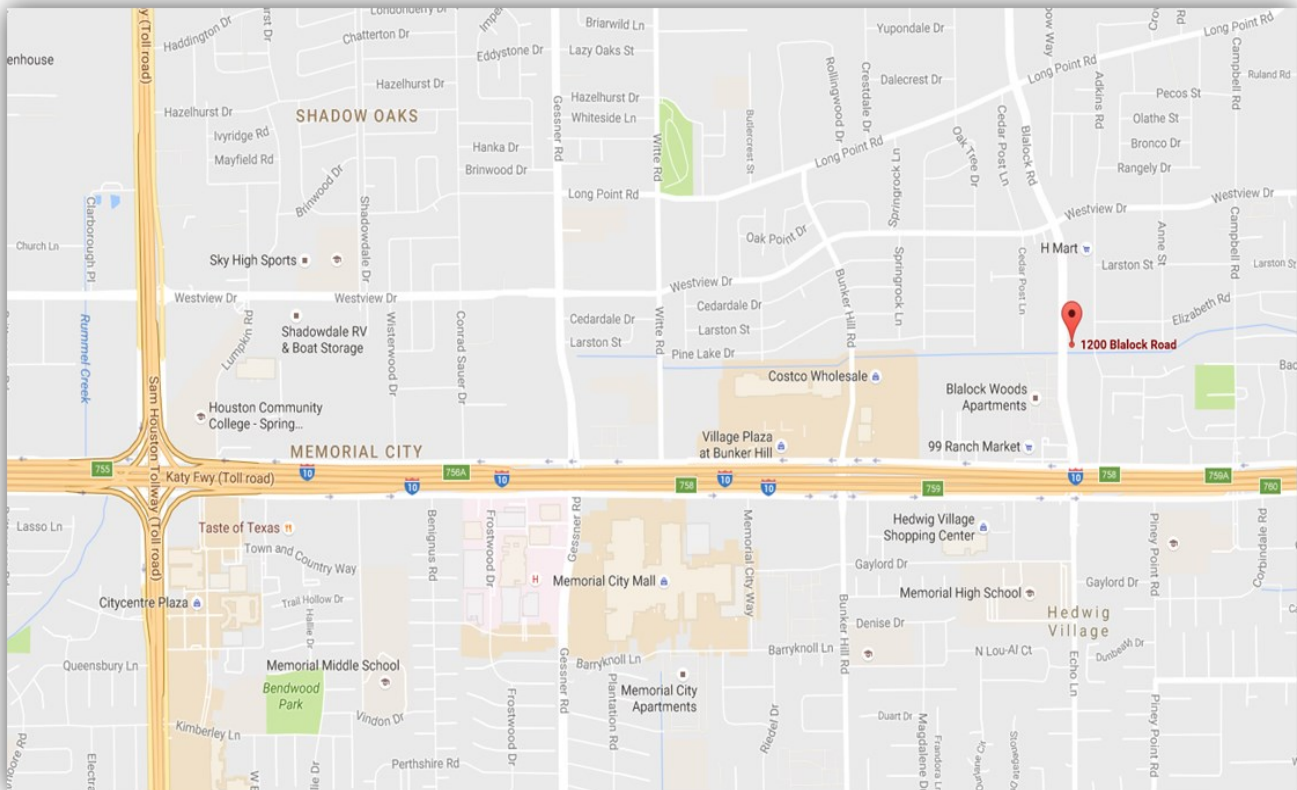
January 19-21, 2018
Holiday Inn (Walden Rd)
Beaumont, TX

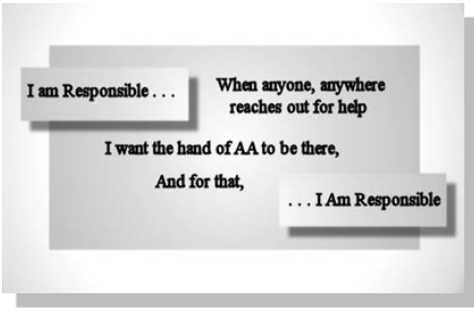
For more events visit:

aahouston.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

OCTOBER 10, 2017

@ 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 Rd. #378
Houston, TX 77055

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 7:00pm	Spring Branch Memorial Club 1200 Blalock, Suite 378
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 (Except on Assembly months)	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007

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