

WELCOME TO THE CIRCUS

Step Seven

Humbly asked Him to remove our shortcomings

Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept Seven

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies on tradition and the A.A. purse for final effectiveness.

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Monthly Pamphlet Challenge

A Member's Eye View of Alcoholics Anonymous

The author of this pamphlet was an A.A. member just like you and me. This pamphlet was re-printed from a prepared speech to a class on alcoholism counseling at a large university. The first thing I noticed is that the author has a GREAT sense of humor. The second thing I noticed was that the author has a LARGER VOCABULARY than I do. But because the humor was so entertaining, I gladly looked up all the words that I did not have a clear understanding of, adding another whole level of humor. I worked really hard today in the kitchen and sitting down tonight and reading this pamphlet was the highlight of my day. I have read a lot of A.A. pamphlets over the past 4 years and this one is the most entertaining. I hope you enjoy it as much as I do.

Jackie S.

District 40 Literature Rep

True Independence

It's 4th of July, I'm sitting in my office typing this article as the rain pours down outside. As I reflect on what independence means to me, I realize that it is synonymous with freedom. The word freedom is mentioned five times in the first 164 pages of the Big Book. In the 2nd Forward it says, "...join us on the high road to a new freedom." In Chapter 5 it says, "...the keystone of the new and triumphant arch through which we passed to freedom." In Chapter 6, it says, "We are going to know a new freedom and a new happiness," and "We ask especially for freedom from self-will...." And lastly, it's mentioned in Chapter 11, "Many a man...has stepped over the threshold of that home into freedom." Every one of these passages has given me a new sense of liberation from alcohol. As I worked through my Steps and the Big Book, I have learned what it truly means to have that independence. I'm no longer weighed down by the bottle or my character defects. I've learned how to be free from my past and how to no longer be a victim of my circumstances. On this soggy July 4th, I can honestly say that I have true independence and freedom!



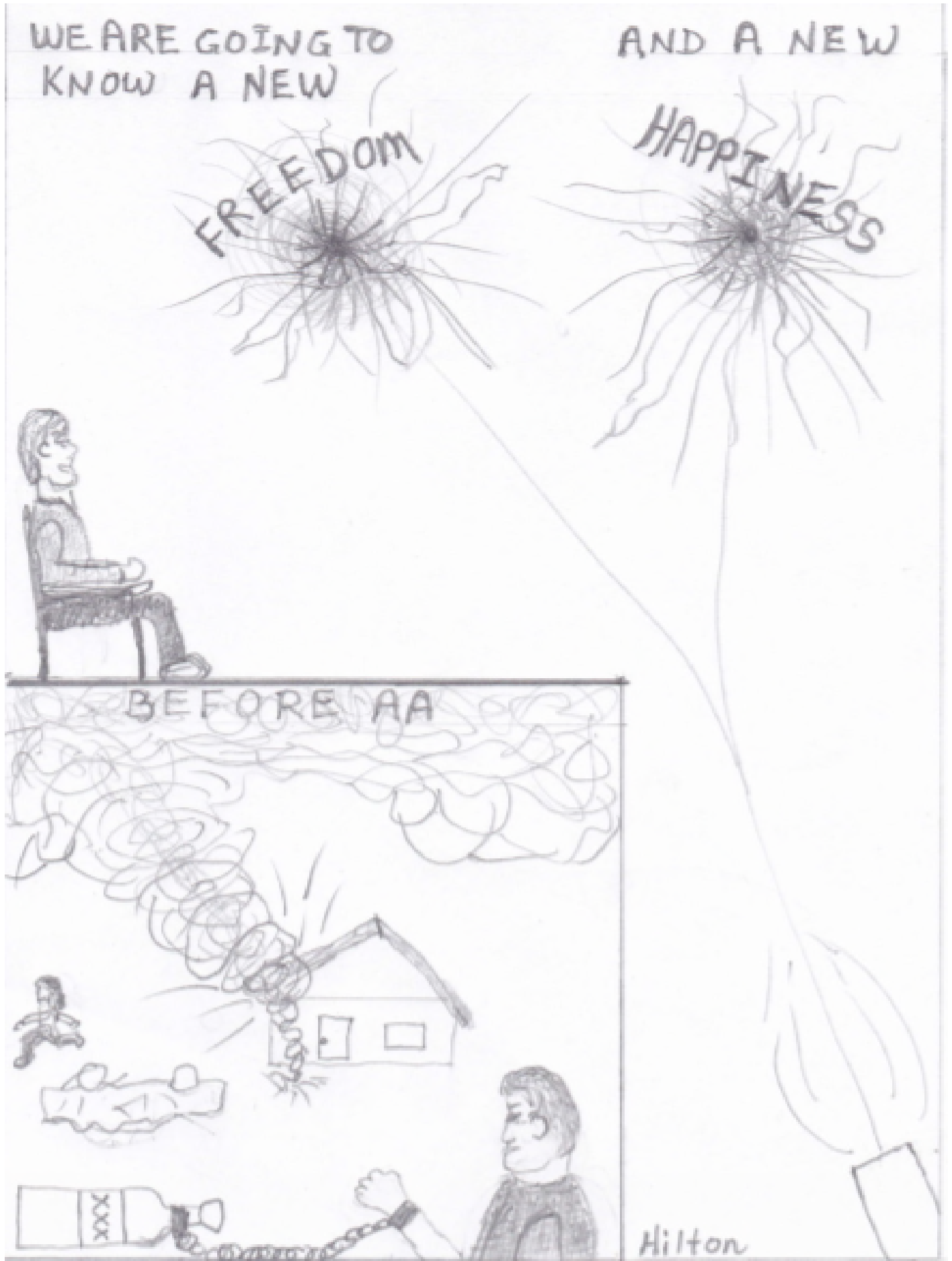
In Service,
Deborah G
D40 DCM

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Passing the basket at meetings is our way of meeting our responsibility for the work of AA. Our own contributions support the group, GSO and all AA activities. We do have to be practical. A group can hardly hold its regular meetings on a street corner, and an empty basket won't fill a coffee urn. As soon as we become active in a group, we learn how many expenses are involved in making its meetings effective. Then our horizons broaden. What about that intergroup or central office so many of us called to ask for help? Beyond our own locality, we learn about the A.A. General Service Office and the work it does for groups everywhere. A.A. activity is self-supporting at all levels, and in every case the responsibility comes right back to us, the individual members, for we are A.A. Perhaps, especially when we are very new, our contributions clink, rather than rustle. The first members were in the same fix, and it seemed to them that A.A. would need more outside help than the modest gifts then coming in. Their plans required grand-scale philanthropy. (Tradition Six hadn't evolved yet; Bill W. recalled a scheme for "a chain of hospitals.") But John D. Rockefeller Jr., an early friend said, "I am afraid that money will spoil this thing." A few A.A.'s had already reached the same conclusion; gradually, this minority became a majority as experience showed that members themselves could provide enough to finance A.A.'s proper aim.

For us, simply avoid having the hand out asking nonmembers for money. Money may pose a different problem if a group treasury grows too fat, beyond a prudent reserve. Squabbling over uses for the spare cash, groups have lost their unity and strayed from their purpose. But there's one simple solution that strengthens our unity and advances our purpose: Give the excess to A.A. activities and services....



June Newsletter Article

Topic: Your experience with INDEPENDENCE from the hopeless state of mind and Body. How did you achieve it? How was it before? How are you now?

True Independence

“The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as A.A. practices it is really a means of gaining true independence of the spirit.”

12 Steps and 12 Traditions Pg. 36

I came out of the womb wired with a stubborn relentless “independence” about me. That’s what my mom always says anyway. I didn’t want to be rocked to sleep. I wanted to be dumped in the crib and left alone. I didn’t want to be walked in on the first day of kindergarten. From a very young age I was an “I’m fine” girl. No matter how anxious and afraid I was feeling I would tell you “I’m fine!” No matter if I was upset, sad, angry, hurt or embarrassed, I was always just fine. I was uncomfortable in my skin 24/7 and I was convinced that that meant I was less than everybody else. I compared my insides to their outsides and to me they always looked like they were just fine, so I thought I had to pretend I was too.

That job got harder and harder as I got older. My skin would break out into hives. I would worry myself sick to my stomach. At least once a week I would become violently ill starting around the 5th grade. My parents took me to skin and stomach specialists but they never could find the problem. To me that was just further confirmation that I was different, weird, weak, less than. It also meant they didn’t have any cure for someone like me, but I found one around my freshman year of high school. Alcohol was my solution. Before alcohol I would let all my restlessness, irritability and discontentment build to the point of explosion. The littlest thing could set me off at that point, and, no matter where I was, I couldn’t hold back the waterworks. When I drank, it was like I opened the pressure valve and released all those feelings I’d been hiding. Alcohol changed the feelings I labeled as negative to temporary excitement and optimism followed by a sober numbness the next day. It worked for me in the beginning. Of course, we all know how that changes. It didn’t take long until the physical and emotional hangover that hit me when I came to was intolerable. The Big Book calls it “pitiful and incomprehensible demoralization.” Or “the four horsemen”. The book describes that progression better than I ever could in A Vision for You.

“The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt - and one more failure. The less people tolerated us, the more we withdrew from society, from life itself. As we became subjects of King Alcohol, shivering denizens of his mad realm, the chilling vapor that is loneliness settled down. It thickened, ever becoming blacker. Some of us sought out sordid places, hoping to find understanding companionship and approval. Momentarily we did - then would come oblivion and the awful awakening to face the hideous Four Horsemen - Terror, Bewilderment, Frustration, Despair. Unhappy drinkers who read this page will understand!”

Alcoholics Anonymous Pg. 151

That was me to a T. Ms. Independence quickly became totally and completely dependent on King Alcohol, my tyrannous master, though I refused to believe it.

Finally, after “countless vain attempts to prove we (I) could drink like other people” (pg 30), I was beaten into a state of willingness. Though I fought it at first, I was able to switch my dependence upon alcohol to dependence upon the program of Alcoholics Anonymous and eventually to a God of my understanding. For the first time in my life I was desperate enough to

Treasurer's Report

SETA District 40 Monthly Financial Report -- May 2018

EXPENSES	Initial Budget	Approved Budget Changes	Approved Budget	Expense This Month	Year to Date	% This Month	% Year to Date
DCM	\$ 1,000		\$1,000	\$182.67	\$619.35	18%	62%
Alt. DCM	\$ 800		\$800	\$371.05	\$371.05	46%	46%
Secretary / Copying	\$ 250		\$250	\$6.24	\$46.20	2%	18%
Treasurer	\$ 150		\$150	\$0.00	\$17.79		12%
Newsletter	\$ 500		\$500	\$51.64	\$231.23	10%	46%
Rent/Coffee Donation	\$ 400		\$400	\$30.00	\$120.00	8%	30%
Coffee	\$ 100		\$100	\$0.00	\$0.00		
PO Box	\$ 120		\$120	\$0.00	\$0.00		
Literature Committee	\$ 380		\$380	\$42.78	\$91.98	11%	24%
PI/CPC no longer a committee	\$ -		\$0	\$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 Representative	\$ 100		\$100	\$0.00	\$0.00		
Miscellaneous	\$ 100		\$100	\$500.00	\$0.00	500%	
Gratitude Dinner - Donation	\$ 300		\$300	\$0.00	\$0.00		
Gratitude Dinner - Food	\$ 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	\$ 300		\$300	\$0.00	\$0.00		
SWRAASA (Even Years)	\$ 2,500		\$2,500	\$0.00	\$0.00		
The Forum (Odd Years) See Note	\$ -		\$0	\$0.00	\$0.00		
Delegate Report Meeting	\$ 215		\$215	\$0.00	\$0.00		
State Convention Hospitality Suit	\$ -		\$0	\$0.00	\$0.00		
SETA Assembly Host District	\$ -		\$0	\$0.00	\$0.00		
SETA - 2015 Hospitality Suite	\$ 300		\$300	\$0.00	\$0.00		
	\$10,315	\$0	\$10,315	\$1,184	\$1,498	11%	15%

INCOME

Group Name	Receipts This
Everything is "Alright Already"	\$10.00
Friends of Bill W. (Post Oak)	\$25.00
Katy Primary Purpose Group	\$36.00
Men's Supper/Step Study Group	\$20.00
Peek Road Group	\$37.50
Rosewood Thursday Night Group	\$26.34
Rule 62 Group	\$36.25
Tuesday Night Step Study	\$23.19

Beginning Bank Balance	\$5,075.72
Total Expenses this Month	\$1,184.38
Total Income this Month	\$214.28
Prudent Reserve (0.25 x Budget)	\$2,578.75
Unrestricted Funds	\$1,526.87
Ending Balance / Total Funds	\$4,105.62
Unspent Portion of Budget	\$8,817.40

NOTES:

1) Ending balance shown above agrees with bank statement after deposit of this month's receipts.

Event Donations

Traditions Dinner Donations	
Gratitude Dinner Donations	
State Conv - Hospitality Suite	
SETA - Hospitality Suite	
Delegate Report Contribution	
Fellowship Fest	
TOTAL INCOME THIS MONTH:	\$214.28



DISTRICT SERVANTS

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

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

Secretary
Sara A.

Alt. Secretary
OPEN

Treasurer
Reino F.

Alt. Treasurer
Deanna F.

Literature Chair
Jackie S.

IT Representative
Joel G.

Treatment Facilities Chair
OPEN

PI Rep
OPEN

Correctional Facilities Chair
OPEN

Grapevine Rep.
Patti B.

Newsletter Editor
Matthew D.

Intergroup Rep
Dan K.

Barista
Elizabeth G.

Archives Chair
OPEN

CPC Rep
Jenn P.

Upcoming Events

2018 Quarterly Assembly

July 14-15th

Sheraton N. Houston Hotel

15700 JFK Blvd

SWRAASA

October 5-7th

Branson Hilton Hotel

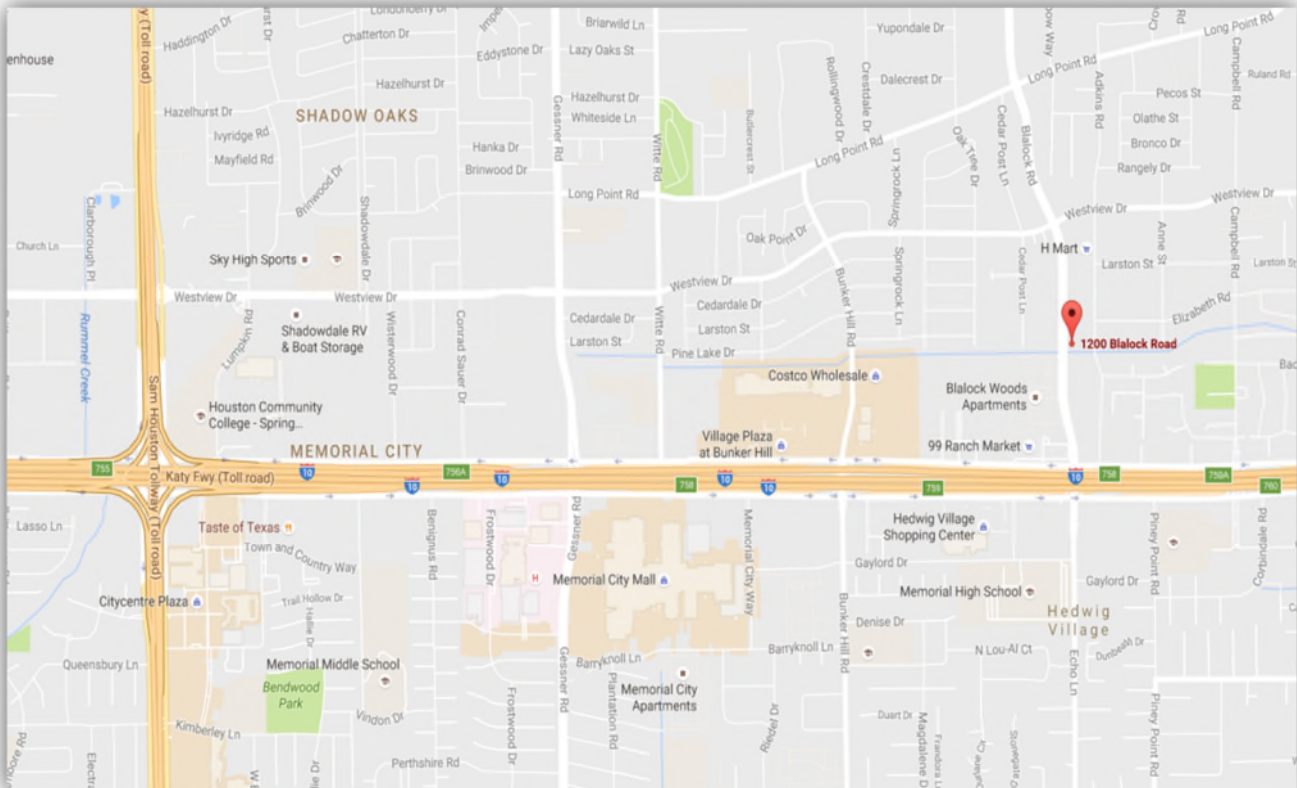
Branson, MO

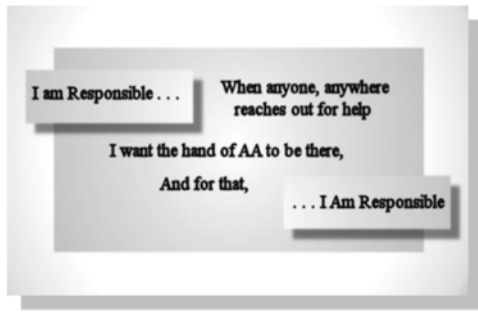
For more events visit:

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

AUGUST 14TH, 2018

@ 7:15 PM

District 40 meets on the
2nd Tuesday
of every month from
7:15PM—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 6401 Southwest Freeway, Suite 110 Houston, TX 77057
Grapevine	3rd Thursday of the month at 7:30 PM	The Delta Club 6401 Southwest Freeway, Suite 110 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

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.

May 8, 2018

Call to Order: Deborah G., Serenity Prayer, Preamble and Unity Declaration

Tradition V / Concept V: Reading and Summation by Deborah G., Betsy G. & Jackie S. respectively

Volunteers for next month: Tradition VI – Teri O.; Concept VI – Deanna F.

Introduction of Attendees: 28 Attendees for our Business Meeting

Normal Business:

Secretary's Report – Accepted as submitted with corrections

Treasurer's Report – Accepted as submitted

GSR/General Sharing Session:

Group History – Rick N. Next Month Volunteer – Billy S.

Feedback, News, Concerns, Questions from Groups – GSR's

God Meeting Group – 15 year anniversary party Sunday June 24. Meeting at 10:30 am brunch to follow. All are welcome to celebrate with brunch and a Quincenara/Prom theme. 725 Bateswood, Houston, TX 77079

Concept Study Group: Jackie S. proposed we start a monthly group, 6 were interested, looking for locations, Sunday afternoon proposed, tabled for next month, see Jackie S. if you are interested

Continued Business:

2018 Traditions Dinner: Cindy M.

We had our first rehearsal on 5/6. It went great. The actors all got into their parts and it was funny and informative.

Our next rehearsal is Sunday 5/20 at 1pm at my house.

Please help in spreading the word and inviting members to the Traditions dinner.

Reps; bring your display boards and remember, all of us, as members of this District committee will be host to the guests. Introduce yourselves and give a warm welcome to all the attendee guests.

We still need volunteers, so see Cindy M., Deborah G. or Sara A. if you want to volunteer.

The menu this year is Brats, Pizza, Popcorn & Ice Cream. Sara A is the hospitality hostess this year

Policy & procedure manual: Deborah G.

Voted unanimously P&P manual is complete with no changes.

Open positions: *Alt. Secretary, PI, TFC, Archives, Paul K. elected as CFC rep.*

New Business:

No new business

Committee Reports:

Archives – Open; Archives meets on the 1st Saturday of every month at 10am at 521 North Sam Houston Parkway East, Suite 215, Houston, TX 77060; Visit www.aa-seta.org for all contact and meeting information

Correctional Facilities Committee (CFC) – OPEN

The Conference is September 21st –23rd, 2018 at the Omni Westside in Houston.

The planning meetings are the 1st Saturday of each month at 10:30. The location is Intergroup. If you'd like to volunteer, just show up and we'll put you to work!

Report by Cindy M.

Cooperation with the Professional Community (CPC) – Jenn P.

No report.

CPC meets the 1st Monday each month at 7:30pm at SBMC

Grapevine – Patti B.

No Report

Check out the Grapevine App at www.aagrapevine.org

Consider donating your Grapevines to the CFC committee to take into prisons or TFC committee to take into Treatment facilities.

Information Technology (IT) – Joel G.

No report.

Intergroup – Dan K.

Intergroup invites you to a weekend to remember as we celebrate 55 years of miracles at the beautiful Westin Oaks (newly remodeled) Hotel in the Houston Galleria area.

In March 1963, Intergroup Association began carrying the message to this area and thousands of alcoholics have come to the fellowship through these efforts. To help us celebrate, we have invited fantastic speakers from around the country to come and share their stories of hope and recovery.

Relevant workshops

Meet new friends

Come hang out with old friends

Shop or eat in the Galleria area after hours

Ice skate inside the Galleria mall

Special hotel pricing of \$124.00 per night for the convention.

We are “not a glum lot.” Extensive details about convention and hotel costs are online.

Visit link below to reserve your room: <https://www.starwoodmeeting.com/events/start.action?id=1704032187&key=17E4CD46>

Literature – Jackie S.

The Area Literature Committee met at the April SETA Assembly on Saturday at 4:30 PM.

Topics discussed were;

The beginning ideas of a Literature Committee workshop.

Pamphlet presentations

A.) Can be brief, only highlighting the main topics

B.) Anyone can present a pamphlet

while leading a meeting

while attending a group conscience meeting

While talking to a newcomer (can even write your phone number on the pamphlet for the newcomer.)

And of course while attending a district meeting.

The Alternate Chair position was open, so I decided to stand for that position and I got it.

The purpose of the Area Literature Committee is to educate on A.A. Literature.

The next Literature Committee meeting is scheduled for the July SETA Assembly on Saturday at 4:30 PM.

All of the District 40 GSRs are invited to attend.

Pamphlet Challenge: *“It sure beats sitting in a cell”*

Newsletter – Matthew D.

Thank you to all who submitted articles. June’s topic: Tell us what you do for fun outside of the rooms of AA! I believe the God has given us a second chance at life and we should live it to the fullest. How do you do this? What does it look like to you?

Public Information (PI) – OPEN

No report.

PI meets the 3rd Monday of each month at 7:30pm at SBMC

Treatment Facilities Committee (TFC) – OPEN

No report

Announcements:

See Flyers for Upcoming Events