

# 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.

- 1 Step, Tradition, Concept
- 2 *Relapse Prevention Plan*
- 3 *Artist's Corner!*
- 4 *Gratitude Dinne/Concept Study*
- 5 *Treasurer's Report*
- 6 District Servants
- 7 Upcoming Events and A Map!
- 8 Committee Meeting Times
- 9 District 40 Minutes

# My Relapse Prevention Plan

“What sort of thinking dominates an alcoholic who repeats time after time the desperate experiment of the first drink?” Two days in a row, while working with others, I have read these words in *More About Alcoholism*. The stories of Jim, the jaywalker and Fred float through my head as I sit here typing this article.

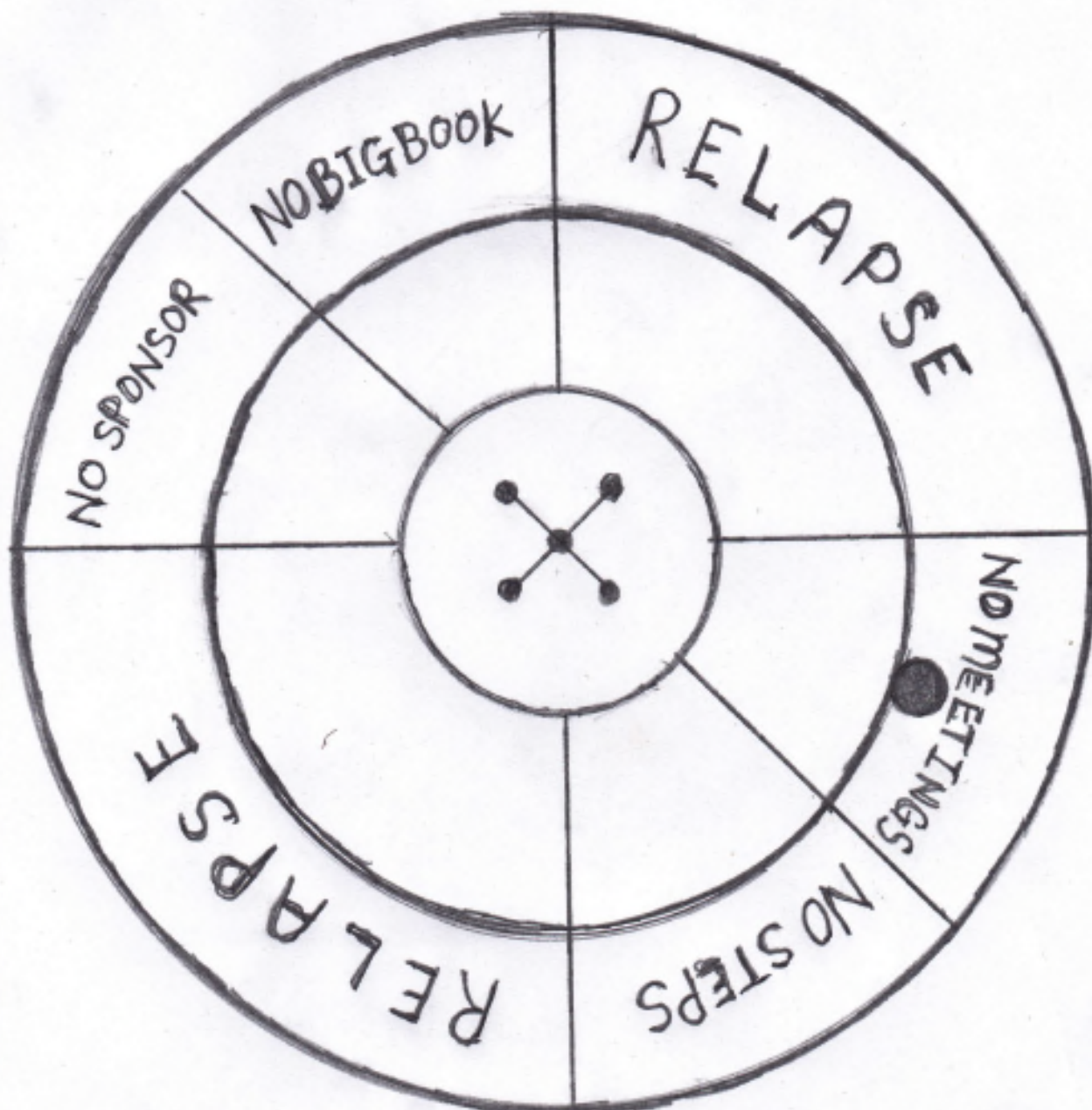
What is my experience with relapse? I've yet to do it. Relapse is not a requirement in A.A. to have lasting sobriety. The stories in the book, the experiences of those I've seen going in and out of the rooms, the tales of “it didn't get any better” and the deaths of those that never made it back, that is my experience with relapse.

I've sponsored many women over the years who have danced with relapses; some have made it back and sobered up, some are continuously going in and out, in and out, trying to find the easier softer way and two months ago one of my girls didn't make it back to the rooms. After 5 years of in and out, this disease finally won. She was an amazing woman, a talent in her career trade, and a loving mother, none of which could keep her sober. Alcoholism does not discriminate.

All these examples add up to the reason why I keep my nose in the book, my butt in the chairs, my prayers to God and the bottle far, far away! I don't need another “countless vain attempt to prove I can drink like other people.” I am an alcoholic! To remain sober, I need God and the fellowship of Alcoholics Anonymous.

In service,  
Deborah B.  
D40 DCM

# AA ROULETTE



SPIN IT AGAIN  
I FEEL LUCKY!

Hilton





## District 40 Presents: *The 12 Concepts Book Study*

**Presented by Betsy G. – Past Delegate**

**Location: SBMC**

**1200 Blalock Rd #378, Houston, TX 77055 Room C**

**Saturdays: Sep 8 & Oct 20 -9:30-11:30 am**

**Nov 17, Dec 8, Jan 12, Feb 9, Mar 16 10a-12p**

***All are welcome to come & learn!***

*The*  
**A.A. SERVICE MANUAL**  
*Combined With*  
**TWELVE CONCEPTS**  
*for* **WORLD SERVICE**  
*by Bill W.*

*2016-2018 Edition*  
REFLECTING ACTIONS OF THE  
2016 GENERAL SERVICE CONFERENCE



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*remembering to*

**Keep  
It  
Simple**

**Hosted by Districts 70 & 82**

**Co-hosted by Districts 32 & 40**

## SETA GRATITUDE DINNER

**November 11, 2018  
2:00 PM to 5:00 PM**

**Jimmy Burke Activity  
Center  
500 West 13<sup>th</sup> Street  
Deer Park, Texas 77536**

# Treasurer's Report

SETA District 40 Monthly Financial Report -- July 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	\$252.49	\$915.41	25%	92%
Alt. DCM	\$ 800		\$800	\$0.00	\$371.05		46%
Secretary / Copying	\$ 250		\$250	\$6.24	\$58.68	2%	23%
Treasurer	\$ 150		\$150	\$0.00	\$17.79		12%
Newsletter	\$ 500		\$500	\$0.00	\$275.07		55%
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	\$0.00	\$91.98		24%
PI/CPC no longer a committee	\$ -		\$0	\$0.00	\$0.00		
Grapevine	\$ 250		\$250	\$22.45	\$22.45	9%	9%
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	\$0.00	\$500.00		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	\$110.08	\$928.22	10%	84%
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 Suite	\$ -		\$0	\$0.00	\$0.00		
SETA Assembly Host District	\$ -		\$0	\$0.00	\$0.00		
SETA - 2015 Hospitality Suite	\$ 300		\$300	\$0.00	\$0.00		
	\$10,315.00	\$0.00	\$10,315.00	\$421.26	\$3,300.65	4%	32%
INCOME							
Group Name	Receipts This Month						
Broad Highway Group	11.10						
Chapelwood Tues 8pm	89.00						
Energy Corridor Group	150.00						
Everything is "Alright Already"	10.00						
Fry Road Group	84.00						
Friends of Bill W. (Post Oak)	50.00						
Hockley Group	40.00						
Katy 184 Group	2.78						
Katy Big Book	25.00						
Katy Crossroads Group	129.89						
Living Now Group	\$120.00						
Memorial Going Home Group	\$27.02						
Rule 62 Group	\$39.24						
Spring Shadows Group	\$270.00						
Wild West Group	\$10.19						
Event Donations							
Traditions Dinner Donations							
Gratitude Dinner Donations							
State Conv - Hospitality Suite							
SETA -Hospitality Suite							
Delegate Report Contribution							
Fellowship Fest							
TOTAL INCOME THIS MONTH:	\$1,058.22						

Beginning Bank Balance	\$3,788.73
Total Expenses this Month	\$421.26
Total Income this Month	\$1,058.22
Prudent Reserve (0.25 x Budget)	\$2,578.75
Unrestricted Funds	\$1,846.94
Ending Balance / Total Funds	\$4,425.69
Unspent Portion of Budget	\$7,014.35

NOTES:	
1) Ending balance shown above agrees with bank statement after deposit of this month's receipts.	2) changed the group contributions for Spring Shadows Group from Spring Branch Memorial Club, error caught at the districty meeting in August.

Next Month's Topic: Spirit of Rotation; has anyone heard of it? What does it mean to you? Share your experience please.

## **DISTRICT SERVANTS**

**DCM**  
Deborah G.  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

**Alternate DCM**  
Cindy M.  
[dcm-40-alt@aa-seta.org](mailto: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

## **SWRAASA**

**October 5-7th**

**Branson Hilton Hotel**

**Branson, MO**

## **SETA Gratitude Dinner**

**November 11th, 2018**

**500 West 13th St**

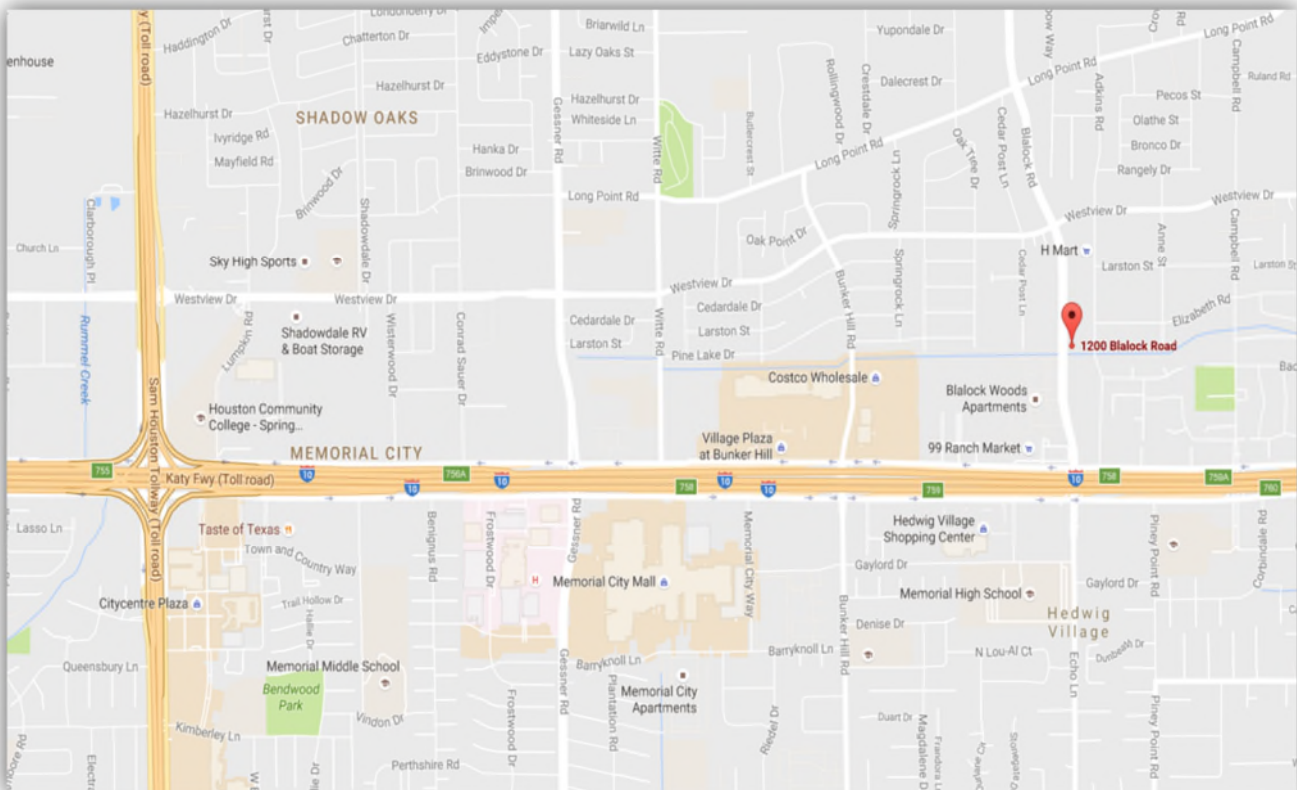
**Deer Park, TX 77536**

*For more events visit:*

[aahouston.org](http://aahouston.org)

[aa.org](http://aa.org)

[aa-seta.org](http://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](mailto:Dcm-40@aa-seta.org)**

THE NEXT DISTRICT MEETING IS

**OCTOBER 9TH, 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](mailto:SETA-40@aa-seta.org) and



## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

July 10, 2018

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

Tradition VII / Concept VII: Reading and Summation by Dan K. and Betsy G.

Volunteers for next month: Tradition VIII – Frederick M.; Concept VIII – Elizabeth G.

Introduction of Attendees: 30 Attendees for our Business Meeting

### Normal Business:

1. Secretary's Report – Accepted as submitted
2. Treasurer's Report – Accepted as submitted

### GSR/General Sharing Session:

1. Group History – Reed B. Next Month Volunteer – Mike S.
2. Feedback, News, Concerns, Questions from Groups – GSR's
  - a. No new questions

### Continued Business:

1. D40 Website Ad Hoc Committee Report – Joel G.
  - o Determined we need to go back to our group gather feedback on interest for the website.
  - o The Ad-hock committee has compiled a list of Pros and Cons for developing and maintaining a District 40 web site. Additional costs and site descriptions will be submitted if the District is interested in pursuing the web site.

#### PROS

- o District 40 Overview - Postings
  - History of each group meeting, Map/List of the Groups in the District, Content editor for content control, Contact information for Intergroup, AA Hotline, SETA and District, Position/Job descriptions, Service opportunities within the District, Links/Lists to individual meeting
- o Calendar
  - Special events outreach, Current AA meeting schedule, address and contacts, Post SETA, Assembly, National, International etc. meeting schedules, Updates maintained weekly
- o Meeting Minutes
  - District Secretary and Committee Reports, Easily Accessible, Timely Available, Reduce Paper copies, Localized Archive and retrieval, Facilitate District Secretary in preparing/referencing minutes, Augments the District archives
- o Archives
  - Consistent with archive automation goals, Central and accessible District history

#### CONS

- o Committee members change - Information technology job description update to include web site responsibilities Training provided when committee members change.
- o Additional features the District requests may have additional costs. The District controls the features added and cost for changes.
- o Gather input and encourage participation – Send a weekly/monthly e-mail to local groups requesting input.

## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- Announce the site is available – Send each GSR an announcement and flyer to post. Ask to have the web address included on event announcements. Include a flyer at a registration/check-in/literature table. Have a committee representative give a brief presentation at Group Conscience meetings. Include PI in announcing the site. Include the web address on business cards.
- Cost
- Up-keep, having an individual on the committee able to maintain the site and archival responsibilities.

### Website and Features Comparison

- Costs - Comparisons of host-providers – Research competitive web platforms and select site that meets our needs at the most economical cost. IT committee members have significant expertise to perform the necessary updates.
- Godaddy.com - \$10.00 Domain - \$168.00 Website hosting per year
- Was popular a number of years ago but web-tools are not straight-forward to use
- Wix.com - \$129.00 Web-hosting - includes domain - Can get this 50% off = \$64.50 per-year
- Well used where little experience is need to maintain site and make changes
- Wordpress.com - \$98 Web-hosting + \$10.00 Domain = \$108.00 per year
- Very popular with the experienced webmasters. A lot more cumbersome, not for the novice user
- Some differences on services but all provide the basic services needed

### 2018 Traditions Dinner: Cindy M. – Final Report

- 100 people signed the Guest book; however, the seating was setup for 150 and we ran out of seats. There seemed to be an increase of Al-Anon/family attendees as well, however I don't have the exact count since many of them did not sign the Guest book.
- Everyone loved the play format. The "Players" did an outstanding job. The Delegate and Alternate Delegate were very entertaining as well as informative. The stimulated audiences' participation during and after the play was note worthy. It seemed more like a workshop with active participation and lots of laughs.
- **Incoming**
- 7<sup>th</sup> Tradition Donations                      \$249.30
- Budget    \$1,100.00 (district)
  - Total    \$1,349.30
- **Outgoing**
  - Food    \$ 818.14
  - Décor    \$ n/a
  - Location    \$150.00
  - PA system    \$ n/a
  - Literature Giveaways (from Lit budget) \$ n/a
  - Supplies, Printing    \$110.08
  - Left over    \$271.08
- The last two years, we have come in under budget. Since the Groups contribute all year long, as well as during the event, we might consider not passing the 7<sup>th</sup> Tradition basket.
- Everyone had so much fun and I am so honored to be in District 40, with such big hearted, dedicated, supportive people.

Open positions: *Alt. Secretary, PI, TFC, Archives*



## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

### New Business:

1. 2018 Gratitude Dinner – Troy B. asked if D40 would be the co-host. This means the following year D40 would host.
  - a. Tabled for next month to get a sense of the groups interest in this commitment
2. 2018 GSC Report Out - Ron C.

### Committee Reports:

1. Archives – Open;
  - Archives meets on the 1<sup>st</sup> Saturday of every month at 10am at 521 North Sam Houston Parkway East, Suite 215, Houston, TX 77060; Visit [www.aa-seta.org](http://www.aa-seta.org) for all contact and meeting information
1. Correctional Facilities Committee (CFC) – Paul K.
  - The Conference is September 21<sup>st</sup> – 23<sup>rd</sup>, 2018 at the Omni Westside in Houston.
2. Cooperation with the Professional Community (CPC) – Jenn P.
  - No report.
  - CPC meets the 1<sup>st</sup> Monday each month at 7:30pm at SBMC
3. Grapevine – Patti B.
  - No Report
  - Check out the Grapevine App at [www.aagrapevine.org](http://www.aagrapevine.org)
  - Consider donating your Grapevines to the CFC committee to take into prisons or TFC committee to take into Treatment facilities.
4. Information Technology (IT) – Joel G.
  - No report.
5. Intergroup – Dan K.
  - Group Contributions for the month of April were \$7105.66 and personal \$83.05 for total of \$7188.7, which was under budget by \$511.29. May Group contributions were \$7919.35 and personal were \$1135 for a total of \$9054.35, over budget by \$1354.35.
  - Available dates for Night watch
    - November 21-26 (Thanksgiving)
    - December 14-17
    - December 28-Jan 2<sup>nd</sup> 2019 (New Year's Holiday/Inventory Day)

Please contact Kelli at Intergroup if your group would like to take any of the above weekends ([713-686-6300](tel:713-686-6300)/[kelli@aa-houstong.org](mailto:kelli@aa-houstong.org)). Intergroup would be happy to come to your group and give a Night watch training presentation.

  - Bookstore- For the first month this year bookstore sales were above budget. For the month of May, sales totaled \$33,286.35, which is up from budgeted amount by \$6286.45. Intergroup thanks the fellowship for their support.
  - New Intergroup website- Final touches are being put on website, coming soon!
6. Literature – Jackie S.
  - The General Service Office is preparing for a new pamphlet for Spanish-speaking Women in A.A. please encourage Spanish-speaking women members in your area to write their personal stories for possible inclusion in this new pamphlet.
  - The General Service Office is preparing for a new pamphlet based on A.A.'s Three Legacies, with emphasis on the history of the Three Legacies, how they work together and including personal stories of members' experiences with the Three Legacies. Please encourage members in your area to write their personal stories for possible inclusion in this new pamphlet. They are looking for current sharing from members in A.A. which reflect a broad range of experience and diversity with respect to the Three Legacies.



## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

- The Area Literature Committee meets at the SETA assemblies on Saturday at 4:30 PM.
- Pamphlet Challenge: *"A Member's Eye View of Alcoholics Anonymous"*

### 7. Newsletter – Matthew D.

- Thank you for all the submissions! I actually received more than usual! My life just may be turning around!
- Augusts' topic: Please share your favorite stories about the BS that circulates throughout A.A. Examples: you cannot date in your first year of sobriety; meeting makers make it; just don't drink and go to meetings; guys have to get guy sponsors, and women have to get women sponsors (none of this is in the Big Book of Alcoholics Anonymous).

### 8. Public Information (PI) – OPEN

- No report.
- PI meets the 3<sup>rd</sup> Monday of each month at 7:30pm at SBMC

### 9. Treatment Facilities Committee (TFC) – OPEN

- No report

### Announcements:

- See Flyers for Upcoming Events
- SETA July Assembly July 14-15<sup>th</sup>, Sheraton North Houston
- "Into Action" – 37<sup>th</sup> annual District 90 Convention – August 17-19<sup>th</sup>, MCM Elegante, Beaumont, TX
- 2018 District Elections – September 11<sup>th</sup> at SBMC 7:15-9:00pm
- SW Regional AA Service Assembly (SWRAASA) October 5-7<sup>th</sup>, Branson, Hilton Hotel & Convention center, Branson, MO