



Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A name ought never be drawn into public controversy.

Concept Ten

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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We are going to know
a new freedom and a
new happiness.

Big Book

Election Results Are In!!!

Congratulations to all the trusted servants!

DCM – **Cindy M.**

Alt. DCM – **Reino F.**

Secretary – **Jackie S.**

Alt. Secretary – **Hilton L.**

Treasurer –

Alt. Treasurer -

CFC Representative – **Paul K.**

Grapevine Representative – **Cynthia R.**

Intergroup Representative – **Dan K.**

Literature Representative – **Elizabeth G.**

TFC Representative – **Lindy S.**

Newsletter Editor – **Chrysa W.**

I can't wait to see what these ladies and gentlemen do in the 2019-2020 term!

In Service,
Deborah B.
D40 DCM

THE BELOW POSITIONS ARE STILL OPEN!

Alternate Treasurer

IT Representative

CPC Representative

PI Representative



How to have a Sober and Spooky Halloween!



1. **Organize a scary movie marathon:**
 - Search scary movies for streaming to make this a budget friendly evening!
2. **Have a pumpkin carving competition:**
 - There are lots of free templates online to use!
3. **Get spooked at a haunted house!**
4. **Find a Halloween themed 5K!**
 - Search online for Halloween themed 5ks in Houston!
5. **Bake spooky and sober Halloween treats:** This idea works for those of all ages!
6. **Halloween Bingo at 8373 on October 27, 2018: 8pm-10pm; cards are \$5 each!**



The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self seeking will slip away.

Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not.

They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

From 'Alcoholics Anonymous' - 4th Edition - Page 83 - 84
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That's not iced tea!

STEP THREE: Made a decision to turn our will and our lives over to the care of God as we understood Him.

You have to believe in something greater than yourself," my sponsor would exclaim. "You are not God!" The patience, tolerance and love that our sponsors give us can't be borrowed, earned or bought because it comes from a place that is rooted in grace. Grace is freely given and freely spread.

I always had to do everything my way when I drank, so why would it be any different in sobriety? Believe in a power I couldn't see? My whole life was stapled to the concrete, the visible and the touchable, except when it came to poetry. There I could express my alcoholic angst in cloaked words. I believed the solution for the cause and consequences my alcoholism gave me could only be found in the material world.

When I was new in sobriety, I didn't know how to live sober, so I did what was familiar. The people in AA seemed really old—in their 30s, 40s and 50s. They didn't understand my need to dance! So I found a pack of young women in the area—there were not a lot of us in those days—and we went to meetings together. We were very spiritual until we left the meetings and headed straight for the bars. When we got into the bars, we had a total personality change. It was every man for her. It was a hunting ground and there was nothing spiritual about it. The acquisition of clothes, sex partners, excitement, danger, jewelry and money fueled by booze that drove me while drunk still drove me while "sober."

One night, when I was seven months sober, I was out with this pack of gals on Halloween, dressed in my black leather S & M costume (which was only a costume and not a preference). It was 2:00 a.m. I had been dancing all night and was thoroughly parched and needed a drink. I said this out loud and one of the guys handed me a glass. He said it was iced tea. As I put the glass up to my lips an angel intervened. There was something wrong with this picture. I was given another moment of clarity and grace, a moment that was one of the major crossroads of my life. The thought came to me that I had never, ever seen a bartender make iced tea in any bar I had ever been in. I gave the glass back to the man without drinking it. The second thought came as a question: Why was I putting my life in this man's hands? I left the bar immediately and went home with God. I was claimed out of the lost-and-found once again.

The next morning, as I sat in my kitchen with my coffee, I made the decision that even if I had to sit there all by myself for the rest of my life in my grey flannel shirt and never have any friends, then so be it. I was going to put my will and my life in God's hands, whatever that meant. I had truly embraced the Third Step in my soul with a God that I did not understand. If I could put my life in the hands of someone in a bar whose intentions for me were not good, why wouldn't I put my life in the hands of this AA God whose intentions for me were nothing but good?

I had been given a brand new life and didn't think I should live it exactly the same way I had just lived the last one. Change was not easy to implement, but I used the tools. I made the decision to stay away from the pack for 90 days. It was a cold-turkey experience and I found it extremely hard to answer the phone and say, "Not tonight." To disconnect myself from the friends who "loved me" who were still out "having fun" took using every tool I could find in our program. I had to do it one night at a time, pray, go to meetings, talk to my sponsor and start working with new girls. I had to tell myself it was only a temporary commitment or I would have gone crazy thinking my life was completely over when I was still so young. You can do anything for 90 days one day at a time. Just see what happens, I kept telling myself. I made the decision on my knees anew every morning and eventually the pain subsided, the commitment brought peace and I moved on to the rest of the Steps and a flourishing life.

Of those 10 to 12 women I knew in my pack, I am the only one still alive and sober and still very active in AA these 40 years later. I went to my daughter's wedding last weekend in the Bahamas. I toasted her amazing life with a diet soda surrounded by some of my precious sponsees. I continue to stay safe in the arms of a God who loves me one day at a time and who always knows where to find me.

—Snow P., Lake Worth, Fla

Treasurer's Report

SETA District 40 Monthly Financial Report -- September 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 | \$16.37 | \$969.02 | 2% | 97% |
| Alt. DCM | \$ 800 | | \$800 | \$0.00 | \$371.05 | | 46% |
| Secretary / Copying | \$ 250 | | \$250 | \$9.48 | \$80.08 | 4% | 32% |
| Treasurer | \$ 150 | | \$150 | \$38.32 | \$56.11 | 26% | 37% |
| Newsletter | \$ 500 | | \$500 | \$0.00 | \$275.07 | | 55% |
| Rent/Coffee Donation | \$ 400 | | \$400 | \$30.00 | \$270.00 | 8% | 68% |
| Coffee | \$ 100 | | \$100 | \$0.00 | \$0.00 | | |
| PO Box | \$ 120 | | \$120 | \$0.00 | \$0.00 | | |
| Literature Committee | \$ 380 | | \$380 | \$0.00 | \$106.48 | | 28% |
| PI/CPC no longer a committee | \$ - | | \$0 | \$0.00 | \$0.00 | | |
| Grapevine | \$ 250 | | \$250 | \$0.00 | \$74.59 | | 30% |
| CFC | \$ 700 | | \$700 | \$0.00 | \$250.00 | | 36% |
| 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 | \$0.00 | \$928.22 | | 84% |
| Service Workshop | \$ 300 | | \$300 | \$70.93 | \$70.93 | 24% | 24% |
| SWRAASA (Even Years) | \$ 2,500 | | \$2,500 | \$900.00 | \$900.00 | 36% | 36% |
| The Forum (Odd Years) | \$ - | | \$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 | \$0 | \$10,315 | \$1,065 | \$4,851.55 | 10% | 47% |

INCOME

| Group Name | Receipts This Month |
|---------------------------------|---------------------|
| Hockley Group | \$40.00 |
| Saturday Solutions | \$53.81 |
| Wild West | \$58.33 |
| God Meeting | \$77.26 |
| Peek Road | \$35.40 |
| Stepping Stones | \$30.00 |
| Daily Reflections | \$14.20 |
| New Beginnings | \$35.00 |
| Journey Group | \$9.20 |
| Memorial West | \$120.60 |
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| Event Donations | |
| Traditions Dinner Donations | |
| Gratitude Dinner Donations | |
| State Conv - Hospitality Suite | |
| SETA -Hospitality Suite | |
| Delegate Report Contribution | |
| Fellowship Fest | |
| TOTAL INCOME THIS MONTH: | \$473.80 |

| | |
|-------------------------------------|-------------------|
| Beginning Bank Balance | \$5,133.22 |
| Total Expenses this Month | \$1,065.10 |
| Total Income this Month | \$473.80 |
| Prudent Reserve (0.25 x Budget) | \$2,578.75 |
| Unrestricted Funds | \$1,963.17 |
| Ending Balance / Total Funds | \$4,541.92 |
| Unspent Portion of Budget | \$5,463.45 |

NOTES:

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

District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

August 14, 2018

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

Tradition VIII / Concept VIII: Reading and Summation by Frederick M. and Elizabeth G.

Volunteers for next month: Tradition IX – Cynthia R.; Concept IX – Paul K.

Introduction of Attendees: 34 Attendees for our Business Meeting

Normal Business:

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

ISR/General Sharing Session:

1. Group History – Mike S. Next Month Volunteer – Teri O.
2. Feedback, News, Concerns, Questions from Groups – GSR's
 - a. Question regarding AA group donation allocations
 - i. Decided by the individual group conscience and rent by the building owner
 - ii. Suggest reading the pamphlet: "Self-Support Where Money & Spirituality Mix"

Continued Business:

1. D40 Website – Everyone taking back to the individual groups for more feedback.
2. 2018 Gratitude Dinner: Troy B., D40 majority voted to Co-host this year. This means we will also co-host "Host" next year.
3. Concept Study – Jackie S. has an email reminder list if you are interested in receiving prior to the date. First date is September 8, 930-1130 am at SBMC room #3
4. Open positions: *Alt. Secretary, PI, TFC, Archives*

New Business:

1. Third Legacy Procedure – Troy B. presented this electoral procedure & opened up for questions.

Committee Reports:

1. Archives – Open;
 - a. 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
2. Correctional Facilities Committee (CFC) – Paul K.
 - a. The Conference is September 21st –23rd, 2018 at the Omni Westside in Houston. Located at I10 and Eldridge. There will be free food, great Speakers, beautiful people and displays. If you are interested in going

into the joint (either Federal institutions or local jails) there will be training. You have to fill out the necessary paperwork and complete the training, that lasts about 3 hours, to be allowed to bring your service, strength, and hope to the women and men that are behind bars. The training is free. Your time is valuable, so is your program. Would you consider sharing both?

3. Cooperation with the Professional Community (CPC) – Jenn P.
4. Question posed for feedback to D40: was that it was addressed in the CPC area meeting; we don't have a lot of people volunteering for this service position in other districts. Vern is going to research how CFC seems to get more response for reps volunteering for that particular position and maybe we can take some suggestions and try to take those actions to fill the CPC roles in other districts.
5. UPCOMING EVENTS:
6. Professional Presentation – FT Bend Office of Emergency Management, Sept 20th, 130-3pm, 307 Fort Street, Richmond, TX 77469. Peter C. from Intergroup's Emergency Response Committee and Vern P. will be doing the presentation
7. Exhibit Request – Rock Prairie Recovery Expo, Sept 20th 12-1pm, College Station, need two people, more info to follow
8. Group Presentation – Sept 29th, 1-2pm, 1502 Group, 2030 FM 2854 Conroe, TX 77304, PI & CPC Presentation – Edwin & Vern
9. GSO Exhibit request:
 - a. NAADAC: Association for Addiction Professionals, Oct 5-9, 2018, Westin Galleria 5060 W. Alabama, Houston, TX 77056, see Jenn for more details
 - b. CPC meets the 1st Monday each month at 7:30pm at SBMC



District 40 GSR Official Meeting Minutes

Southeast Area Alcoholics Anonymous

1. Grapevine – Patti B.
 - a. Suggestion to include the Grapevine in your group's newcomer packets. Add a copy. Also, suggested to read in your AA groups the joke of the week out of the Grapevine to encourage interest & increase subscriptions sales.
 - b. Check out the Grapevine App at www.aagrapevine.org
 - c. Consider donating your Grapevines to the CFC committee to take into prisons or TFC committee to take into Treatment facilities.
 2. Information Technology (IT) – Joel G.
 - a. No report.
 3. Intergroup – Dan K.
 4. Delegates Meeting
 - a. Mark your calendar for the next delegates meeting
 - b. Thursday, August 16, 2018, 8pm, Intergroup meeting room
 - c. Topics: Convention Final Report, Audit Report, Announcement of Trustee Positions. We will give the Delegates a packet for Trustee nominations to see if they have anyone in their group that would like to be interested. Each nominee fills out the form and gives a little introduction in October meeting. Delegates will vote for the new trustee in October.
 - d. Night-Watch Phone Volunteer: Looking for some service work? Holidays are a great time to help be the voice of AA for Houston Intergroup and answer the phones at night. Contact Intergroup for more info.
 - e. Time slots available:
 - i. Thanksgiving Holiday, November 21-26
 - ii. New Year's, December 28 - Jan 2
 - iii. Holiday weekend are dates available.
 5. Literature – Jackie S.
 - a. The literature committee last met at the July SETA Assembly even while experiencing a power outage. Several new Literature Committee Reps attended.
 - b. It was decided to start meeting monthly via online meeting on a Wednesday Evening.
 - c. One of the Districts, asked the Area Literature Committee to do a presentation.
 - d. We will not be using emaildodo.com anymore. We will start using the email address provided by the Area.
 - e. Amy volunteered to pay for pamphlets for Districts that don't have a literature rep budget.
 - f. One Literature Rep recently visited GSO Archives..."It felt like home". The most sold pamphlet at Intergroup and GSO is P-16 – The AA Group. And it has a new cover.
 - g. I will let you know when the first Literature Committee Online Meeting is set up in case you would like to join in.
 6. Newsletter – Matthew D.
 - a. Report: thank you for all the submissions! It is truly appreciated!
 - b. Next month's topic: Your experience with relapse and the journey back to the road of happy destiny. Thank you!
 7. Public Information (PI) – OPEN
 - a. No report.
 - b. PI meets the 3rd Monday of each month at 7:30pm at SBMC
 8. Treatment Facilities Committee (TFC) – OPEN
 - a. No report
- Announcements:**
- See Flyers for Upcoming Events
 - "Into Action" – 37th annual District 90 Convention – August 17-19th, MCM Elegante, Beaumont, TX
 - 2018 District Elections – September 11th at SBMC 7:15-9:00pm
 - SETA Correctional Facilities Conference – September 21-23, 2018, Omni Houston Hotel at Westside, 13210 Katy Freeway, Houston, TX 77079
 - SW Regional AA Service Assembly (SWRAASA) October 5-7th, Branson, Hilton Hotel & Convention center, Branson, MO



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

Paul K.

Grapevine Rep.

Patti B.

Newsletter Editor

Chrysa W.

Intergroup Rep

Dan K.

Archives Chair

OPEN

CPC Rep

Jenn P.

Upcoming Events



SETA Gratitude Dinner

Sun., November 11, 2018

2:00—5:00 PM

Jimmy Burke Activi-
ty

Center

500 W. 13th Street

Deer Park, Texas

77536

District 40 12 Concepts Book Study

November 17, 2018

10:00 AM - 12:00 PM

SBMC, 1200 Blalock

#378

Room C

Houston, Texas 77055

57th Annual SETA Convention

January 18 –20, 2019

Moody Gardens Hotel

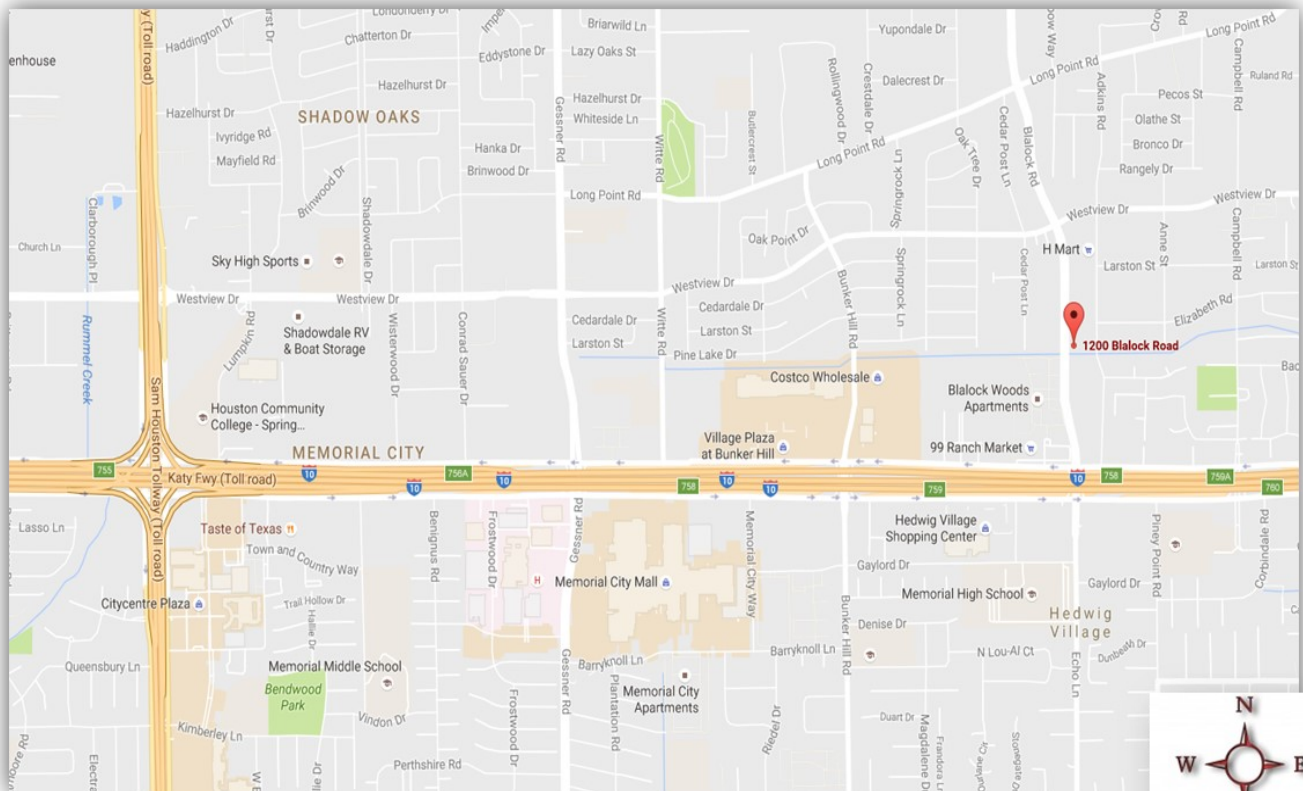
Galveston, Texas

For more events visit:

aa-houston.org

aa.org

aa-



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

NOVEMBER 14, 2018

@ 7:15 PM

District 40 meets on the
2nd Tuesday
of every month from
7:15 PM—9:00 PM at the
Spring Branch Memorial Club
1200 Blalock Road #378
Houston, TX 77055

| 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. | Spring Branch Memorial Club 1200 Blalock, Ste. 378, Room C | Saturday, 4:30 PM to 6:00 PM |
| Correctional Facilities (CFC) | 3rd Wednesday of every month from 7:30-9:00 PM | District 66 Office 5645 Hillcroft, Ste. 410 Houston, TX 77036 | Saturday, 4:30 PM to 6:00 PM |
| Grapevine | 3rd Thursday of the month at 7:30 PM | The Delta Club 6400 Westpark Dr, Ste. 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, Ste. 378, Room C | Saturday, 4:30 PM to 6:00 PM |
| Literature | — | — | Saturday, 4:30 PM to 6:00 PM |
| Public Information (PI) | 3rd Monday of the month at 7:15 PM (Except on Assembly months) | Spring Branch Memorial Club 1200 Blalock, Ste. 378, Room C | Saturday, 4:30 PM to 6:00 PM |
| Treatment Facilities (TFC) | 2nd Monday of the month at 7:00 PM | Via GoTo Meetings (except Assembly months) | Saturday, 4:30 PM to 6:00 PM |
| | | *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.