

DISTRICT#40

UNITY | SERVICE | RECOVERY

Step 9

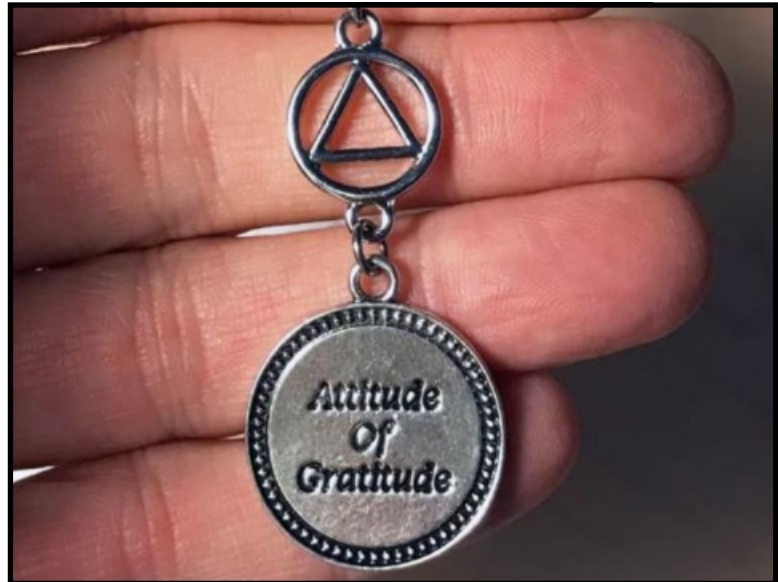
"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Concept 9

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."



Heartfelt Gratitude

Reino F, DCM

When I had the moment of clarity that so many fellow members have spoken about, I was only thinking about how my life was not going very well (down the wrong path) and what had happened to get me here. I have been told that God's grace was intervening and that I was given the gift of desperation. I only knew that I was not living the way my mom and dad had tried to raise me.

I came to the rooms with a very bad attitude, "stinking thinking", a much skewed perception and low self-worth. Positive thinking and feeling was not too prevalent in my life at that time. I was into the negative aspects of self and self-centeredness. I had very little appreciation for anything, anybody and any place. My whole outlook was pretty pitiful.

Wondering what to do with your old Grapevines?

We can assist
you with
redistributing
them to other
AA members.

Email
District40Newsletter@gmail.com

And we will
make
arrangements to
come and collect
them from you
THANK YOU!

I was told that the drinking was not the problem, it was only a symptom. The real problem was centered in my mind, my thinking. I felt pretty screwed at that point. I was told that total abstinence was the key and that I had to change everything. I started to get the sucky feeling that I had over shot the mark on this help deal. Then they said just worry about it one day at a time or in smaller time increments, if needed, during the day.

I still had very little appreciation for the help that was being shown me. I had to want this deal. It could not be given to me. I was told that his disease is a progressive illness and that I'd start from where I left off if I went back out. They said my long term alternatives were live miserable, get a wet brain, be institutionalized, go to prison, or death. I figured that my negative attitude might not be that bad and that those options were not a very positive outlook for the future. So I stayed to check out the help being given to me.

Through sponsorship, having a home group, studying the literature, working the 12 steps and being of service, my attitude, thinking, perception and self-worth have been transformed. As a result of steps and getting in contact with my Higher Power, God, my thinking and perceptions are on a more positive plane. Being of service has changed a lot of my perception of life.

I can appreciate people, places & things in my life on a more positive and deeper level as time passes. As a result I am more grateful for the place I find myself and my life now. I have more of an attitude of gratitude. This attitude has been given to me over time and by applying the principles that have been shown to me through the program of action.

I have been known to criticize, judge, give my opinion and take other people's inventories. This is not the way to live the principles of the program. When I got discouraged, I was told to write down the things that I was grateful for at that moment. What good would that do, I thought? It pays very helpful and worthy dividends. As time goes on I have found myself now grateful for people, places and things that I had previously put on my resentment list. Over time the attitude and perception changes. I guess that I have



acted my way into an attitude of gratitude. I could not have thought my way into that attitude.

I had spent my life thinking that I wanted to do better, that my life was not going in a good direction but I never took any actions to change my behavior. The program in the AA fellowship has given me the way to act so that I have this attitude of gratitude and can feel it in my heart that this is the easier softer way to live my life. Hal M from Washington DC had promoted the attitude of gratitude that he found in the fellowship. If I am grateful for what God has given me, and accept who I am, then there is very little room for negative thinking to be in my keen alcoholic mind.

I hope that I will be forever grateful for AA helping me to have a change of perception and an "ATTITUDE of GRATITUDE" and feel that it can be with me if I continue to work for it.

District 40 GSR Meeting Minutes

DATE: 07/09/2019

CALL TO ORDER; DCM Reino F. opened the meeting with a Moment of Silence, Preamble & Unity Declaration.

INTRODUCTION OF ATTENDEES; 26 Attended our business meeting.

TRADITION VII /CONCEPT VII PRESENTATION; Lindsey P. and Mike E.

VOLUNTEERS FOR NEXT MONTH; Tradition VIII – Terri O. Concept VIII – Kathy F.

DISTRICT OFFICER REPORTS

- Secretary's Report; Jackie S. - Accepted as presented
- Treasurer's Report; Rick N. – Not Accepted – Wait until May and June are caught up.

GROUP HISTORY REPORT

- Current; Scott B Group - MNMSSS
- Next Month; No Volunteer Group -

ALT DCM REPORT – Deanna F.

- Traditions Dinner – Looking for volunteers and participation in several categories; deserts, Hors d'oeuvre, etc. Will email all the categories. Location; COTHA 1 PM to 7 PM. September 21st.
- Looking for new ideas for workshops.
- The SETA Assembly is this coming weekend!

NEW BUSINESS –

District 40 Roster – Add D40 Officers and Committee Reps contact info to the Newsletter.

Betsy G. made a motion to: Prepare a separate roster including Name, Position and Email Address to be circulated within the D40 Officers and Committee Reps only. Elizabeth G. 2nd the motion. The motion passed. Jackie S. expressed minority opinion to include the GSR positions as well. No one changed their vote.

Gratitude Dinner – Deanna F. made a motion to: Move \$300.00 from Gratitude Dinner 2019 Budget to Traditions Dinner 2019 Budget. The motion passed.

SETA Convention Hospitality Room – It was discussed to move the remaining \$300.00 from Gratitude Dinner 2019 Budget to SETA 2020 Convention Hospitality Room Budget. Conversation got tabled for this meeting.

OLD BUSINESS;

- SETA AREA 67 – Proposed Budget will be voted on at July Assembly.
- Open Positions - Archives, PI, TFC

DISTRICT COMMITTEE REPRESENTATIVE REPORTS *(Please submit report to Secretary)*

• **Archives Rep; OPEN** No Report

• **CFC (Correctional Facilities Committee);** Paul K. Absent – Read by Rick N.

- Thank you for your Blue Can contributions and your old Grapevines that I have taken into jails and prisons. Last month, in our June Area 67 meeting it was reported we purchased \$7649.68 from Intergroup for Big Books & 12 N 12s. And other literature to take into jails and prisons. Last Sunday, I brought a case of Big Books into the Walls Unit at Huntsville.
- The next SETA CFC Meeting will be at the Assembly this Saturday, July 13th, 2019, 4:30 PM CST, Double Tree Intercontinental, 15747 JFK Blvd, Derrick 1 Room, Houston, TX. All are welcome.
- The National Corrections Conference is November 1st, 2nd & 3rd, 2019 at the same Double Tree as previously mentioned. I attended the planning meeting last Saturday at Intergroup. If you are interested in helping me with Security for the National Conference in November please contact me at (281)413-8978. Scholarships are available. Please consider it.
- Lord willing, I am planning to go to Angola in a couple of months. If you are interested let me know.

Thank you.

Respectfully,

Paul

• **CPC (Cooperation with Professional Community);** Bill A.

- Hospital is going well are workshop at Serenity Group in Woodlands produced volunteers and 7 coordinators for the Hospital Program. Next workshop is July 20th at the Alvin Group from NOON to 2pm. At the assembly this weekend we will be giving a workshop in front of the assembly. Also at the committee meeting at 4:30pm we will be giving a mock presentation to give to Hospital Staff. We have a possible hospital at the new MD Anderson at Hwy 6 and I10. Getting signatures from Groups in that area. We have about 30 which is enough.
- We did a tour of Heights Hospital and that went well. We explained to the Hospital Coordinator what our program is about and it look very promising at that location.
- We are working on Houston Coordinator and Volunteer and Hospital E-mails are going to work best.
- Our new Disaster Program is going well. We are getting boxes to groups who will be bringing meeting to shelters with A.A. literature and Grapevines and Lavinias.

• **Grapevine;** Rachel P.

- As I mentioned in my report last month, every group is encouraged to choose a Grapevine representative to make members aware of Grapevine resources and to serve as a source of information. The Area 67 Grapevine Chair is visiting the area's districts to do a 10-15 minute presentation about Grapevine's importance to the AA

organization and the role of the group representative. If there is interest in having her present at an upcoming District 40 meeting, I can propose it to the Area committee.

- Grapevine has recently published Take Me to Your Sponsor, a collection of the best jokes and cartoons from AA Grapevine. The Committee brought several copies to the state convention and they sold out almost immediately. They can be ordered at aagrapevine.org.
- Grapevine is currently accepting stories for the January 2020 edition, whose theme is Spiritual Awakening. More information is available at aagrapevine.org/contribute.
- IT (Information Technology); Heather M. Absent (read by Reino)**
 - Postmaster is in the process of creating mail list for Finance Committee.
 - The updated custody agreement was reviewed and approved.
 - The old website has been updated to be current with items while the new one is still in progress.
 - The Webmaster is working on new Web Guidelines and well as way to track requests coming into the IT Committee.
 - The IT Chair is working on creation of a bookmark to distribute to at the next Assembly meeting that makes it easier for people to know ow to contact the IT Committee.
 - A workshop will be scheduled for the October Assembly to demonstrate the new website.
 - Next meeting will be July 27th.

Heather M

•**Intergroup Liaison; Dan K.**

- Bookstore Info – New Arrivals - Our Great Responsibility and Take Me To Your Sponsor (Grapevine) are now in stock.
- Group Donations – 2nd Quarter Donations with YTD will be published in the August edition of the Link.
- Nightwatch / Volunteering – Following weekend slots are available.
 - a.September 6th (Friday 5pm) – 9th (Monday 7am)
 - b.December 27th (Friday 5pm) – 30th (Monday 7am)
 - c.December 31st (Tue 5pm) – Jan 2nd or 3rd (Friday 7am)
- d.Please contact Libby if your group would like to sign up at 713-686-6300 or email at adminasst@aahouston.org
- e.You can also volunteer to help with phones and light office duties during the week, 9am – 1pm or 1pm – 5pm. Contact Libby as well for info on that.

f.Next delegates meeting August 15, 2019 @ 8:00PM

g.**Literature;** Elizabeth G.

h.Greetings to all at District 40. May this month find you having a spectacular Independence Day celebration with your loved ones. “Freedom” is what comes to mind about this time of the year. This is a great time to reflect on the topic of freedom especially, when perusing this month’s pamphlet challenge.

i.With that said, July’s pamphlet is “Problems other than alcohol.” by Bill W. Bill W. states, “Sobriety - freedom from alcohol – through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make

nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone." May you take this pamphlet back to your groups and reflect on carrying the A.A. message to all whom suffer from alcoholism.

j. Please note there is a change of hotel location for the July SETA Assembly:

k. * SETA Assembly Literature Committee meeting is July 13th, 4:30 pm, in the Seattle 1 & 2 room at the Double Tree by Hilton Hotel - Houston Intercontinental Airport: 15747 JFK Boulevard, Houston, TX 77032

l. * The Literature Committee meets the 3rd Tuesday of the month via video conference, "ZOOM". Please send the Literature Chair your email address if you are interested in attending. Then, you will receive an email with login instructions **on the day of the meeting.**

m. **Newsletter Editor**; Kari B. *Absent – Read by Reino*

- I will not be able to attend the July meeting, but I am planning on being at the August meeting. I would love to hear any suggestions for the newsletter and what else people would like to be included in the newsletter. Please can you ask people to email me via District40Newsletter@gmail.com.

- Please can you ask the Treasurer to send me a copy of their report to be included each month.

- If anyone does their Group History please ask them to email it to me so that it may be included in the newsletter.

- Reminder that all newsletter submissions should be emailed by the 1st of each month.

- Thank you to Hilton and Jackie for their continuous support and monthly contributions to the newsletter.

Yours in service,

Kari

- **PI** (*Public Information*); **OPEN** No Report

n. **TFC** (*Treatment Facilities Committee*); **Open** No Report

o. **GSR/GENERAL SHARING SESSION** (Feedback, News, Concerns, Questions)

p. GSO sent to the GSR's a nice Box 459 article regarding using credit cards in basket that is passed during regular A.A. meetings. It was suggested to put this info in the D40 newsletter.

Reino read the Calendar of Events

ADJOURNED; Closed with the Responsibility Statement

District 40 Officers and Committee Representatives

| <u>Position</u> | <u>Name</u> | <u>Email</u> |
|------------------------|--------------------|--|
| DCM | Reino F | dcm-40@aa-seta.org |
| Alt DCM | Deanna F | dcm-40-alt@aa-seta.org |
| Secretary | Jackie S | d40sec@yahoo.com |
| Alt Secretary | Hilton L | d40altsec@gmail.com |
| Treasurer | Rick N | treasurer-40@aa-seta.org |
| Alt Treasurer | Mike W | treasurer-40-alt@aa-seta.org |
| Newsletter Editor | Kari B | district40newsletter@gmail.com |
| Grapevine Rep | Rachel P | |
| IT Rep | Heather M | |
| Literature Rep | Elizabeth G | |
| CFC Rep | Paul K | <hr/> |
| Intergroup Rep | Dan K | |
| CPC Rep | Bill A | |

| Committee | Meeting Time | Location |
|---|---|---|
| Archives | 1 st Saturday of the month, 10:00 AM | 521 N. Sam Houston Pkwy East, Suite 215 Houston, Texas 77060 |
| Cooperation with the Professional Community (CPC) | 1 st Monday of the month, 7:00 PM | Spring Branch Memorial Club 1200 Blalock, Suite 378 |
| Correctional Facilities (CFC) | 3 rd Wednesday of the month, 7:30 PM – 9:00 PM | The Delta Club 6401 Southwest Freeway, Suite 110 Houston, Texas 77057 |
| Grapevine | 3 rd Thursday of every other month, 7:30 PM | The Delta Club 6401 Southwest Freeway, Suite 110 Houston, Texas 77057 |
| Intergroup | 3 rd Thursday of every other month, 8:00 PM | 4140 Directors Row Suites D & E Houston, Texas 77092 |
| Internet Technologies (IT) | 4 th Saturday of the month, 10:00 AM – 12:00 PM | Spring Branch Memorial Club 1200 Blalock, Suite 378 |
| Literature | 3 rd Tuesday of the month, 8:30 PM – 9:30 PM | Zoom Send Login requests to: Literature-Chair@aa-seta.org |
| Multi-Lingual | 1 st Thursday of the month, 7:30 PM | District 63 4800 West 34 th Street Suite B-8 Houston, Texas 77092 |
| Public Information (PI) | 3 rd Monday of the month, 7:15 PM (Except on Assembly Months) | Houston Council on Alcohol & Drugs 303 Jackson Hill Houston, Texas 77007 |