

# DISTRICT#40

UNITY | SERVICE | RECOVERY

## Step 6

"Were entirely ready to have God remove all these defects of character"

## Tradition 6

"An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose"

## Concept 6

"On behalf of AA as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous"



## In AA or Around AA - Reino F, DCM

When I came to wanting help I went to a treatment facility. There in the first week I was introduced to AA. After, treatment I went to a halfway house and continued to attend various AA meetings. When I got out of the 3 month halfway house two other guys and I rented a house. After approximately 9 months of sobriety I got a home group. Through these early months I had mentors, old timers and elder statesmen showed me by example and suggested things to do and ways to live so I could learn to live in sobriety.

I was told that I came into AA and I know how to drink but I do not know how to stay sober or I wouldn't be here. They led by example how to live sober and gave me ways to do that and to help change my thinking. Somedays they even hurt my feelings.



## District 40 Contact Information

**DCM:** Reino F

[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

**Alternate DCM:** Deanna F

[dcm-40-alt@aa-seta.org](mailto:dcm-40-alt@aa-seta.org)

Secretary: [Jackie S](#)

Alternate Secretary: [Hilton L](#)

Treasurer: [Rick](#)

Literature Chair: [Elizabeth G.](#)

IT Representative: [Heather](#)

Treatment Facilities Chair: **OPEN**

PI Representative: **OPEN**

Correctional Facilities Chair: [Paul K](#)

Grapevine Representative: [Rachel](#)

Newsletter Chair: [Kari B](#)

Intergroup Representative: [Dan K](#)

Archives Chair: **OPEN**

CPC Representative: [Bill](#)

At 15 months sober I moved from Minneapolis to Raleigh, NC. Then when I was 18 months sober I asked a man to be my sponsor. He asked me if "I wanted sobriety and to stay sober more than anything on God's green earth?" I said, "Yes." Then he asked me if "I was willing to go to any length to get sober?" I answered "Yes", not knowing what this REALLY meant.

I followed this man like I was in his back pocket. He kept saying there were certain things he needed to do to stay in AA.

It was *suggested* that I get a home group, get a sponsor, get a network of AA members, work the steps of the program in AA, study the Big Book, get a Power greater than myself, learn to reach out to the still suffering alcoholics in and out of AA, be of service and someday just 'hang on'. It was *suggested* that I be honest, open minded & willing. These things would keep me grounded in the program and fellowship of Alcoholics Anonymous.

Over the days, months and years I have found this still to be true for me. I need to be in the program of AA and not around it. If I'm only around it I am most likely still trying to be in too much control of the very stuff that brought me to seeking help in the first place. I cannot afford to tip toe thru the tulips with this thing called my life.

The time I did this, at 17 years sobriety, I went way off the path of a positive direction in daily living that I was given in AA. I did not drink but I was not living life on life terms as I was taught. I was helping to take care of my family due to some dark non-sober living that happened to my spouse. I did not get away completely but I did those suggested things I needed a whole lot less than I was normally used to doing. I slowed down on attending meetings, contacting my sponsor and just stayed at a distance from the fellowship.



As a result of that behavior I got a letter in the mail box from my sponsor. It said that when I need it that the home group is still meeting on the same two nights at the same location and they would really like to see me and hear what I had to share. When I turned the letter over there was a map showing how I could get from my house to my home group. What a thing to do to one of the backbones of the group, eh?

So, I got back on track doing the things that were suggested and now they needed

to be done so I would get back in and hopefully stay in the program of Alcoholics Anonymous. I have been doing these things ever since. I now do not want to be around the AA program. It does not help me with daily living, dealing with life on life's terms and staying out of my own head and potentially running the show called my life.

It has been a whole lot easier trudge than the other way. Now the program of Alcoholics Anonymous is the easier softer way. I now do these things because I want to do them not because I feel I have to do them.

I heard my sponsor say in a meeting, when he was 30 years sober, that “he needed AA more now than when he first started” and I, at 5 years, did not understand that comment. At 33 years sober I now do understand that statement and appreciate it.

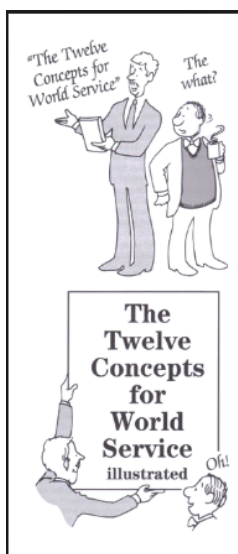
If I stay surrendered, seek contact with my higher power daily, seek my sponsor and my network to review what I am doing so they help keep me in line, my motives centered around spiritual principles, get to my home group when it meets ,and be of service to others, then things seem to go much better daily for me.

I cannot take people, places and things for granted and need to live in an Attitude of Gratitude on a constant basis then I will stay in AA.

### *Nothing Changes if Nothing Changes*

Despite being one of the more commonly repeated AA slogans, this one might confuse you at first. It sounds simple, yet its meaning can elude those who hear it for the first time. Like many AA slogans, this refers to how we work the principles of the program. Do we sit around and wait for things to get better? Or do we transform into the person we wish to become by rolling up our sleeves and working at it? We can stop drinking and doing drugs. But if we continue living essentially the same lifestyle, we can't expect to make much progress as human beings. We usually hear this one when complaining about our lives. People say this not to blow us off, but to tell us that we possess a choice. We can either let go and hope for the best, or we can make some necessary changes in our lives that may better our circumstances. Most of our problems are of our own making and change will only rectify them.

<https://www.amethystrecovery.org/10-aa-slogans-deeper-meanings/>



### **Pamphlet of the Month: May**

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Each month the Literature Chair, Elizabeth G, provides us with a AA pamphlet. For the month of April the pamphlet was “The Twelve Concepts Illustrated”. For your digital copy please go to the link below and click on the picture of the pamphlet, this will open a digital copy of the pamphlet which you may view online or make a single print.

[https://www.aa.org/assets/en\\_US/p-8\\_thetwelveconetps.pdf](https://www.aa.org/assets/en_US/p-8_thetwelveconetps.pdf)

# District 40 GSR Meeting Minutes

**DATE:** 04/09/2019

**CALL TO ORDER;** DCM Reino F. opened the meeting with the Serenity Prayer, Preamble & Unity Declaration.

Reino announced that Cindy M. resigned from the DCM position. And that he is willing to stand for DCM. Reino asked, and no one else was willing to stand for DCM. Betsy made a motion that we elect Reino as DCM. The motion passed, Reino is now DCM for District 40.

Reino asked who is willing to stand for Alt DCM. Deanna F. stood for Alt DCM. Peter made a motion that we elect Deanna for Alt DCM. The motion passed and Deanna is now Alt DCM for District 40.

Deanna asked to wait until next month to elect a new Treasurer because that is when the Alt Treasurer would be present and available to stand for Treasurer Position.

**Texas State Convention** – Cynthia B. – Hospitality Chair - asked for volunteers to bring snacks, fruit and soft drinks, and to make coffee. She is going to send Reino a complete list of needs for him to email out.

**INTRODUCTION OF ATTENDEES;** 21 Attended our business meeting.

**TRADITION IV /CONCEPT IV PRESENTATION;** Bill A. and Reino F.

**VOLUNTEERS FOR NEXT MONTH;** Tradition V – Kathy F., Concept V– David R.

## **DISTRICT OFFICER REPORTS**

- Secretary's Report; Jackie S. - Accepted as corrected
- Treasurer's Report; Deanna F. - Accepted as presented

Paul made a motion to contribute \$300 to the Texas State Convention Hospitality Committee. Mitch seconded it. It passed.

## **GROUP HISTORY REPORT**

- Current; Mitch A.                      Group - Bear Creek Fellowship Group
- Next Month; Mitch A.                      Group - Bear Creek Fellowship Group

## DCM REPORT

- Reino attended the Delegate sharing session on March 17<sup>th</sup>. The highlights were;
  - Round Tables
  - Committee stuff for April assembly
  - 2020 International Convention
  - Release of “Greater Responsibility”
  - Past Delegate assembly for new Delegates

## OLD BUSINESS;

- Open Positions - Archives, CPC, PI

## NEW BUSINESS;

- Assembly discussion – Gratitude Dinner motion – Groups Sense
  - Betsy’s group unanimous to continue gratitude dinner.
  - Mitch’s group 6 to 8 people attended last year.

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

### a. **Archives Rep; OPEN** No Report

### b. **CFC** (*Correctional Facilities Committee*); Paul K.

- Thank you for delivering this report to the District Meeting tonight.
- Since our last meeting, the CFC asked for nearly nine thousand dollars from the Blue Can Fund to be used for literature.
- I received nearly a thousand dollars of that money for Big Books, 12 N 12s, Daily Reflections, and pamphlets.
- I gave a case of Big Books, a case of 12 N 12s, and a case of Daily Reflections, pamphlets, La Vinas and Grapevines to Jester 1 in Richmond, Texas. Big Books, 12 N 12s, Daily Reflections, pamphlets, La Vinas and Grapevines to The Walls Unit in Huntsville and the Wallis/Pack Unit in Navasota. We also delivered Big Books, Daily Reflections, and pamphlets to 1200 Baker, Harris County Jail.
- A sincere thank you from them and me to you for your monies and Grapevines, they are greatly appreciated.
- Please pass the word regarding the National CFC Convention in Houston, this November 1,2 & 3rd up at Intercontinental Airport.
- Let me know if I can help out with Blue Cans, literature, books or correspondence with those in the joint. As always, your old Grapevines and La Vinas are greatly appreciated.
- Thank you Rick and Jackie for getting the word.
- Respectfully, your humble servant,

### a. **CPC** (*Cooperation with Professional Community*); **OPEN** No Report

### b. **Grapevine**; Rachel P. Absent – Read by Jackie S.

- The Area 67 *Grapevine* Committee has been approached by the Chair of the Houston Area Disaster Committee for help with providing issues of *Grapevine* to be placed in Disaster Relief supplies. The *Grapevine* Committee is inquiring how many issues are being requested and will discuss further at our next meeting.

- The National Corrections 2019 Convention will be held in Houston this fall. As requested by the Corrections Conference Planning Committee, the Area 67 *Grapevine* Committee will participate by providing a Grapevine Display and a giveaway during the conference.
- a. **IT (Information Technology);** Heather M. Absent. – Read by Reino F.
- b. **SETA IT Committee Meeting Summary**
- c. The IT Chair attended the 2020 budget meeting.
- d. IT's budget is \$3,040 of which \$1,500 is allocated for laptops.
- e. The Postmaster has updated the IT Committee mailing list.
- f. The Webmaster continues to work on the new website and a cloud hosting package has been purchased.
- g. IT Support indicated that an Archive laptop is missing and he will be meeting with Area officers/chairs at April's Assembly.
- h. Next meeting will be April 20th at 10 am.
- i. **Intergroup Liaison;** Dan K.
- j. Next delegates meeting Thursday, April 18th @ 8:00pm.
- k. Looking to give back?
- l. Opportunities at Intergroup:
- m. Newsletter Editor- Publish newsletter every other month.
- n. Evening Night watch- Looking for “backup” members for evening nightwatch program.
- o. Weekend Night watch- Looking for groups to take the phones over the weekend.  
Several slots available. Friday 5pm to Monday 7am
- p. Daytime phone volunteers- Answer phones at Intergroup during business hours. All are welcome to volunteer regardless of length of sobriety.
- q. Coming soon! 2019 Printed Meeting Directories!
- r. Please join us for the 8th Annual Open House for food, fun and fellowship. Saturday June 22, 2019 from 11:00am-4:00PM - Pre-registration is now open to reserve your BBQ lunch plate at a discounted price of \$12.50 (\$15 if you don't pre-register). We look forward to this Annual Event every year to fellowship with our friends. This is Intergroup's big event of the year. We're dedicated to making this one the biggest and best ever. If you would like to be of service for this event, please contact Intergroup.
- s. **Literature;** Elizabeth G.
- t. Greetings to all at District 40. This month finds the Literature Committee getting ready for the round table discussions, April 13th & 14th, at the SETA Assembly.
- u.\* Please come join and participate at the round tables, as Jackie S will be leading one of the break out groups & Kim B. as the recorder, to prepare our Delegate for the General Service Conference.
- v.\* GSO added the “Mini Catalog of New and Forthcoming Items of A.A. Literature from A.A.W.S., Inc. This is the digital publication of a handy reference to help people find out what is new and revised in A.A. literature and other items. There is three convenient ways on “How to Order,” the A.A. literature including: Contact the local A.A. Central Office/Intergroup, Order on line via the webstore or contact GSO by phone or email address. For more information see [aa.org](http://aa.org)
- w.\* The next Area Literature Committee will be on Saturday, April 13th at the SETA Assembly - Sheraton  
North Houston, 15700 John F. Kennedy Blvd., Houston, TX 77032 (281)-442-5100
- x.\* This month will feature the pamphlet, “The Twelve Steps Illustrated.”

y. Newsletter Editor; Kari B.

z. Discussed future contents and shared the newsletter email address.

aa. **PI (Public Information); OPEN No Report**

bb. **TFC (Treatment Facilities Committee);** *Lindy S. Absent. There is no report yet. April meeting meets at the assembly.*

### GSR/GENERAL SHARING SESSION (Feedback, News, Concerns, Questions)

It was discussed using a KIOSK to make contributions to group.

Post Oak – Uses PayPal and VRNMO

### CALENDAR OF EVENTS

a. 5/14/2019: Next District 40 meeting 7:15 PM

Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190

a. 6/7-6/9/2019: Texas State Convention - Westin Galleria Hotel, 560 W. Alabama, Houston, TX Website; [txaacconvention.org](http://txaacconvention.org)

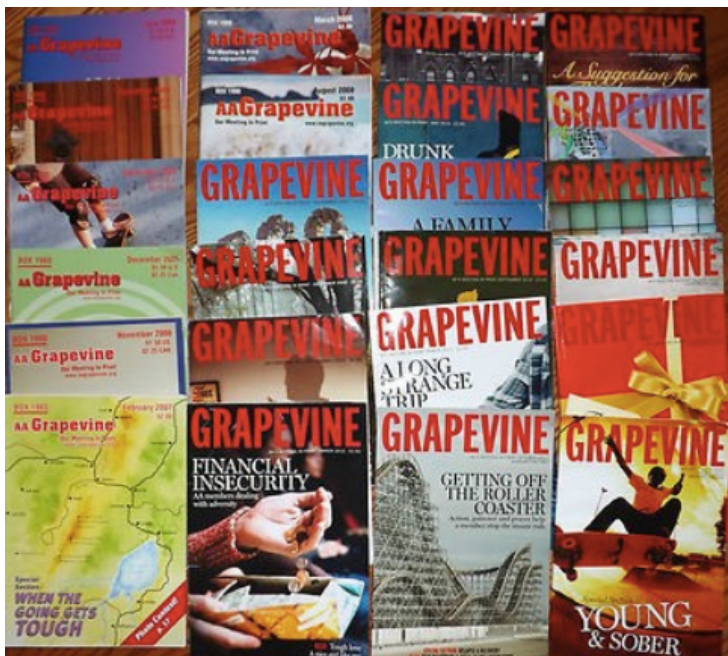
b. 5/4/2019 Next District 40 Concept Book Study

Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190

For further event lists:

AA headquarters: [www.aa.org](http://www.aa.org), Area 67/SETA Districts: [www.aa-seta.org](http://www.aa-seta.org), Intergroup: [www.aahouston.org](http://www.aahouston.org).

**ADJOURNED;** Closed with the Responsibility Statement



## GOT GRAPEVINES?

If you have one or more Grapevines that you no longer want, we would love to have them to pass on to others.

Email me at  
[District40Newsletter@gmail.com](mailto:District40Newsletter@gmail.com)  
and I will make arrangements with you to pick them up.

Thank you!



Committee	Meeting Time	Location
Archives	1 <sup>st</sup> 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 <sup>st</sup> Monday of the month, 7:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378
Correctional Facilities (CFC)	3 <sup>rd</sup> Wednesday of the month, 7:30 PM – 9:00 PM	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, Texas 77057
Grapevine	3 <sup>rd</sup> Thursday of every other month, 7:30 PM	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, Texas 77057
Intergroup	3 <sup>rd</sup> Thursday of every other month, 8:00 PM	4140 Directors Row Suites D & E Houston, Texas 77092
Internet Technologies (IT)	4 <sup>th</sup> Saturday of the month, 10:00 AM – 12:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378
Multi-Lingual	1 <sup>st</sup> Thursday of the month, 7:30 PM	District 63 4800 West 34 <sup>th</sup> Street Suite B-8 Houston, Texas 77092
Public Information (PI)	3 <sup>rd</sup> Monday of the month, 7:15 PM (Except on Assembly Months)	Houston Council on Alcohol & Drugs 303 Jackson Hill Houston, Texas 77007

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*District 40 Presents The 12 Concepts Book Study*

Presented by: Betsy G. - Past Delegate

Location: Spring Branch Memorial Club

Address: 1200 Blalock Road #378, Houston, Texas 77055 Room C

Time: 10:00 AM - 12:00 Noon

Saturdays: July 20, August 3, September 14, October 19