

DISTRICT#40

UNITY | SERVICE | RECOVERY

Step 8

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Tradition 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Concept 8

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”



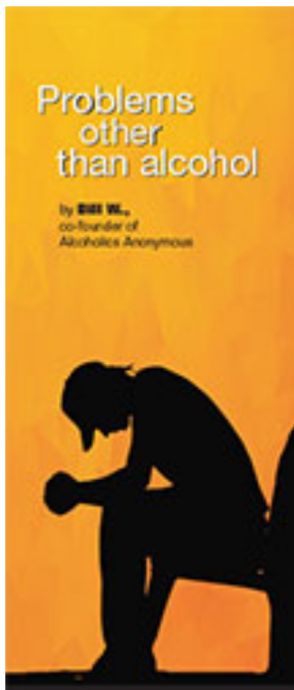
Spiritual Principles

Reino F, DCM

In the Fellowship of AA we hear and read about the spiritual principles. It is suggested that we apply the spiritual principles in our daily lives. We can get these principles from working the AA program of action, the Twelve Steps. Also, it is suggested that we take the Twelve Steps with a sponsor or spiritual adviser.

What are these spiritual principles? The statement “AA’s Twelve Steps are a group of principles, spiritual in nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.” Also, the statement “AA’s Twelve Traditions apply to the life of the Fellowship itself. They outline the

Each month the Literature Chair, Elizabeth G, provides us with a AA pamphlet. For the month of August the pamphlet was Problems other than alcohol. For your digital copy please go to the link below and click on the link, 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/

means by which AA maintains its unity and relates itself to the world about it, the way it lives and grows.” These are the principles by which AA members recover and by which the Society functions.

So if I work the Twelve Steps to the best of my ability and try to encompass the Twelve Traditions in my daily life then I believe that I am living the spiritual principles.

Here is a list of the principles (identifying words) that I have seen to describe each step and tradition:

Twelve Steps:

- 1.Honesty
- 2.Hope
- 3.Faith
- 4.Courage
- 5.Dignity, Self-Respect, Integrity Message
- 6.Willingness
- 7.Humility
- 8.Forgiveness, Justice, Brotherly Love
- 9.Justice, Good Judgement, Self-Discipline
- 10.Perseverance
- 11.Spiritual Awareness, Belief
- 12.Love, Service

Twelve Traditions:

1. Unity
2. Trust, Leadership
3. Identify, Identity, Eligibility
4. Autonomy
5. Purpose, Primary Purpose, Carry the Message
6. Solidarity
7. Responsibility, Outside Enterprises
8. Fellowship, Giving It Away
9. Structure, Organization
10. Neutrality, Outside Opinions
11. Anonymity, Public Relations
12. Spirituality, Anonymity

The Twelve Concepts are an interpretation of AA’s world service structure. They aim to record the “why” of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten. They also have twelve principles.

Twelve Concepts:

1. Unity
2. Conscience
3. Trust
4. Equality
5. Consideration
6. Responsibility
7. Balance
8. Delegation
9. Ability
10. Clarity
11. Humility
12. a. Selflessness
 - b. Realism
 - c. Representation
 - d. Dialogue
 - e. Compassion
 - f. Respect

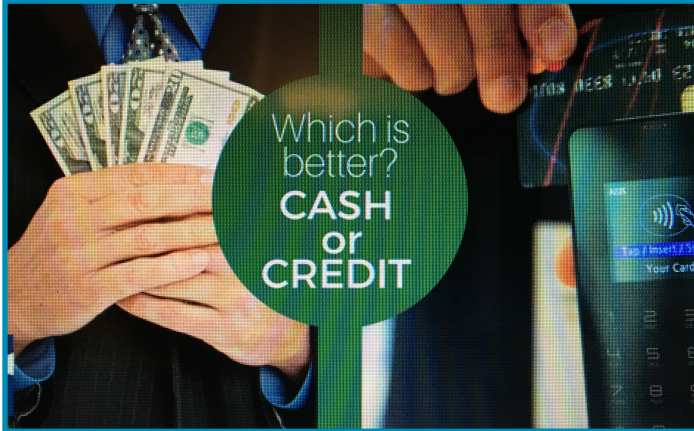


I am not sure where these principles (identifying words) for each step, tradition and concept came from for any historical background? I noticed that there are some that have the same word to identify them. So my take is that the listed principles are quite different from the set of principles that I carried into the program. The spiritual principles for me are the results I get from applying the program of action in my life on a daily basis to the best of my ability. This will help create the psychic change that is said I need in order to live happily and whole.

I find that trying to live these principles on a daily basis has helped to change my ideas, emotions and attitudes. And a new set of conceptions and motives have taken over for a better way of life for this alcoholic.

How to Use Plastic Instead of Paper

Doug D



I have had a lot of members of my club ask if we had another way to pay in “Pass the Basket”. My group currently has 41 meetings a week so we have members coming to a meeting at all times of the day - from the Gym, Office, and Home. Most of them don’t need cash on hand in their daily lives. So when they are at a meeting and the basket is passed they would like to donate but cannot. This makes it an extra step in everyone’s busy schedule to run but the bank or cash machine to

have cash. I have been asked multiple times if there would be a way to utilize any current technology to enhance the “Pass the Basket”. So I figured I would start to look around and was told about “Parishpay” someone was using at their church. That got me started to look around more and figured I would bring it up at the District meeting. I was told a group was using Venmo but did not get any more information beyond that. The next Area Assembly we had I asked around also and no one was using anything in their group just a few had anything setup for their club. Then I was told I should shoot a message over to the GSO and see if they had any info on this and they sent me back a Box 459 article, Vol.63, No 4 Winter 2017. This article starts off with a treasurer of a group in Manhattan dealing with 15 meetings a week and was looking to streamline the process. A few other groups followed down the same path and you can read all about them in the Box 459 article but what it boils down to is that we, as a society, are moving away from the dollar bill and sliding into a pure digital world. I think it is time to start setting up those avenues sooner than later. Now the smaller groups will come into a cost issue on monthly reoccurring charges on fixed devices but apps like Venmo seem to be working for many groups, as of the Box 459 article. You should contact your bank and let them tell you what apps they prefer to work with is my suggestion. I am working on a device based solution for my group due to us having so many meetings a week we can justify a monthly reoccurring fee to cover extra options like monthly reoccurring billing, single point sale and keyed in transactions. I hope this information enlightens you and helps you in your journey on upgrading the way we keep Tradition 7 alive.

Doug D

District 40 GSR Meeting Minutes

DATE: 06/11/2019

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

SETA CONVENTION – HOSPITALITY SUITE HOST INVITATION – Pam F. Hospitality Committee

Pam F. invited District 40 and or Groups to consider hosting a hospitality suite at the SETA Convention in January 2020 at Moody Gardens in Galveston. Currently, Friday Dinner (1/24) and Saturday Lunch and Dinner (1/25) is available. Financial support as well as providing and serving a meal is appreciated. Pam Fraser – Hospitality Committee
919-624-1234 pam.fraser@rocketmail.com

INTRODUCTION OF ATTENDEES; 28 Attended our business meeting.

TRADITION VI /CONCEPT VI PRESENTATION; Pat M. and Reed B.

VOLUNTEERS FOR NEXT MONTH; Tradition VII – Lindsey P. Concept VII – Mike E.

DISTRICT OFFICER REPORTS

- Secretary's Report; Jackie S. - Accepted as corrected
- Treasurer's Report; Rick N. - Accepted as corrected
 - Remove the budget lines for Gratitude Dinner Donation \$300 and Gratitude Dinner Food \$300. Looking at options.
 - Mike W. stood for Alt Treasurer and was elected.

GROUP HISTORY REPORT

- Current; Group -
- Next Month; Scott B.Group - MNMSSS

DCM REPORT

- The Texas State Convention was a good time. There were a lot of District 40 people there. The schedule was moving OK. **Deanna** Speakers were awesome, it was nice seeing people. It was well attended and well organized.
- Please return the New GSR Forms. You can scan and email or hand them in to me. Please make sure to include your mailing address so you can receive your GSR kit.
- Review the SETA 2020 Budget. We will be voting on it at the next SETA Assembly.

ALT DCM REPORT

- Traditions Dinner – GSR contacts will receive an email. We will need assistance from your home groups for; kitchen setup, setting tables, microphone, registration and flyer. ***Let us practice the traditions while planning the Traditions Dinner.*** Location; COTHA 1 PM to 7 PM. September 21st. Please take this request back to your group conscience.

OLD BUSINESS;

- Open Positions - Archives, PI, TFC

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

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

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

•As the District CFC Rep I have attended every Area 67 CFC Meeting. We meet the third Thursday of every month. If you would like to attend we would love to have you. Please let me know. This year so far, I have taken over \$2000.00 of books and literature into Harris County Jail and various prisons. Every month, the Area 67 CFC Reps, have taken over \$7000.00 worth of books and literature into jails and prisons. Please thank your groups for their Blue Can Contributions. Thank you to Mitch for giving the inmates his old Grapevines. I would encourage you to follow his lead. Lord willing, I will be going to Angola Prison, Angola, LA, if you are interested in going, let me know.

Respectfully,

Paul

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

b. The CPC Committee meets at SBMC the 1st Monday of each month at 7:30 PM.

c. We are working a new hospital program – see flyer for June 29th at Serenity Group; 1st hour explains the program. 2nd hour explains how to do a 12th step call. A volunteer will explain the process to the hospitals. For example, the Heights Hospital has 20 beds for detox. We are touring the medical facilities.

d. The Disaster Relief program is part of CPC now. Recently we flooded and Red Cross called us per their instructions. This time there were only 6 people at the shelter.

e. Melissa is the new secretary

f. **Grapevine; Rachel P.**

g. The Grapevine committee hosted a table at last weekend's state convention, where we raffled off subscriptions and books. We will have a table at the Corrections National 2019 Convention in Houston in November and the SETA Convention 2020.

h. The committee provided 50 back issues of Grapevine to the Disaster Relief Committee to include with their materials for members of our fellowship impacted by disasters.

i. Every group is encouraged to nominate a Grapevine representative to serve as a source of information on subscribing and contributing to the publication. I encourage all GSRs to raise the issue at their meetings; any interested individuals can contact me for more information.

j. **IT (Information Technology); Heather M. Absent (read by Reino)**

k. Debbie has been setup/trained as Alternate.

l. The Webmaster and Alternate Webmaster are continuing to work on and learn the technology for the new website. They demoed the Announcement form that can be completed and will work on updating the Web Guidelines.

m. PI Committee has requested a laptop.

n. A speaker/microphone needs to be ordered for IT meeting as well as 2 new laptops.

o. Received reimbursement for room at Assembly, but still needs to send in a report.

- p. Betsy will update Equipment Custody form to include personal email/phone number.
- q. Next meeting date is scheduled for June 22nd, 10:00am at the Spring Branch Club.

r. Intergroup Liaison; Dan K.

- s. Please join us for the 8th Annual Open House for food, fun and fellowship.
Saturday June 22, 2019 from 11:00am-4:00PM, Tax Free Day, Dessert Auction 11:30 am
Lunch at noon, no registration needed, welcome to bring a dish to share! Speaker 1:00pm
Silent Auction at 2:30pm. If you would like to be of service for this event, please contact Intergroup. I will be there. Come hang out with me!

- a. What is Intergroup? What is Intergroup's primary purpose? Is Intergroup part of AA?
These are some of the questions that have been coming into the office as of late, specifically that Intergroup is not part of AA. Although not part of the “upside down triangle”, we are an AA Service Office (see A.A. Guidelines – Central or Intergroup Offices) that carries out functions common to all groups. Intergroup’s primary purpose is to help groups and individual members alike carry the Alcoholics Anonymous 12 Step Program of Recovery. We do that by providing a 24 hour hot line – which involves working with groups and individual members to make sure there is phone coverage. In many instances, Intergroup phone volunteers are the first point of contact that potential new AA members will experience. We direct them to your groups so that you can fulfill your primary purpose as stated in Tradition Five “Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.” (from the AA 12 & 12, page 150) Additionally, Intergroup maintains online and printed meeting directories. We also provide AA literature (the classics as well as the latest releases) for group and individual needs—drop by or order on-line! These are just a few examples of the services provided here at Houston Intergroup. This is YOUR local Intergroup office and we need your voice. Help us to help you carry the message. Did you know that your group can have two Intergroup Delegates (representatives)? Intergroup Delegates are the link of communication between groups and the local intergroup office. Below are links to informative pamphlets. You are always welcome to contact the office at 713-686-6300 or intergroup@aahouston.org with questions, for more information, or to get to know us better.

a. Next delegates meeting June 20th, 2019 @ 8:00PM

b. Literature; Elizabeth G.

- Greetings to all at District 40. May this month find your group reflecting on the 84th anniversary of Alcoholics Anonymous (Founder’s Day). This is where A.A. begins in 1935 at Akron, Ohio as the outcome of a meeting between Bill Wilson, and Dr. Bob Smith.
- On that note, this month’s pamphlet of the month is “The Jack Alexander Article About A.A.” – The Article that Marked a Milestone in the History of A.A. This is the Post story about A.A.’s development in a rather short period of time. In 1941, there were approximately 2,000 men and women successively working the A.A. program and changing their lives. In current times, the number exceeds 2, 000,000 and over 61,000

groups meet regularly throughout the United States & Canada in more than 180 countries. Today, our truly important task is the same awareness of our need to continue serving the suffering alcoholic with a spirit of helpfulness and humility.

•Please note the newest General Service Conference approved literature:

•* GSO released the book, "Our Great Responsibility:" A Selection of Bill W's General Service Conference Talks, 1951 – 1970 (270 pages, Item B-70). For more information, visit the A.A.W.S. Online Bookstore or call 212-870-3312.

•* The Literature Committee meets at the quarterly Area Assembly at 4:30 pm in the ballroom and 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.

•* The July Area Assembly location will be at the Double Tree by Hilton Hotel Houston Intercontinental Airport: 15747 JFK Boulevard, Houston, TX 77032

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

• For my report I was only going to ask all the GSRs if there is anything else they would like included and if there is a Group History if they could email it to me (email address on the bottom of the newsletters).

Thank you,
Kari

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

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

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

d. My name is Scott B. and this is my first GSR meeting. Reino will email the Group Change Form. There are GSR Workshops at the SETA Assemblies on Saturday mornings.

e. Mitch said 2 members volunteered for the CPC hospital program and 1 for the Traditions Dinner. That is a good cross section of sobriety for the CPC hospital program. If you are going this Saturday to the CPC Workshop, with would be good to read ahead Language of the Heart pages 51 – 56. An essay Bill W. wrote

f. John – Woodsrow Group is celebrating their 3 year anniversary on June 21st with Speakers.

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	alt-dcm-40@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	
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