
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 are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”

Open Positions for District #40

Archives & Internet Technologies (IT)
for job descriptions please go to:

http://aa-seta.org/GSR/en_bm-31.pdf



Tradition Seven

(A Message from G. Gregory Tobin,

GSO General Manager)

Dear A.A. friends,

We in A.A. – here at G.S.O., along with the rest of the world – continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally. For many of us, the most prominent example is that, for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings. While we have found creative ways to allow for the vital interaction between one alcoholic and another, and welcoming newcomers daily, it is clear that the health crisis has other far-reaching consequences.

As we all adapt to the present reality of digital meetings, the question now is, “How do we responsibly practice self-support, our Seventh Tradition?” As we can no longer pass a physical basket, we are working to find ways to support the Fellowship at all levels, from our groups to Intergroups and Central Offices, from our Districts and Areas to the General Service Office itself.

The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate during this crisis, which underscores the importance of practicing the Seventh Tradition. Through this crisis, however, we have witnessed the many ways in which the entire A.A. Fellowship has come together to provide ongoing support. Among them:

- Many home groups are still paying rent even though their meetings cannot convene. They are also providing online meetings on platforms that may have associated costs.
- Intergroup/Central Offices are still stocking needed literature and fielding Twelfth Step calls, redirecting A.A. members and those looking for recovery to online meetings.
- Area-level committees are working to keep channels open between the Fellowship and the delegates and board members that make up our General Service Conference, as well as to do public information, corrections and other service.
- G.S.O. in New York is continuing to support all levels of service. Literature still needs to be published and distributed, calls need to be answered, online platforms still need to be updated, and support operations sustained.

In an effort to keep the membership informed during this challenging time we would like to share a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) treasurer of our General Service Board.

[\[https://vimeo.com/430834698\]](https://vimeo.com/430834698)

Please feel free to pass this information along to members and groups in your Area to watch on their own time or to play before their online meetings.

We are so grateful for your time and attention, your dedicated service and – always – your generous support.

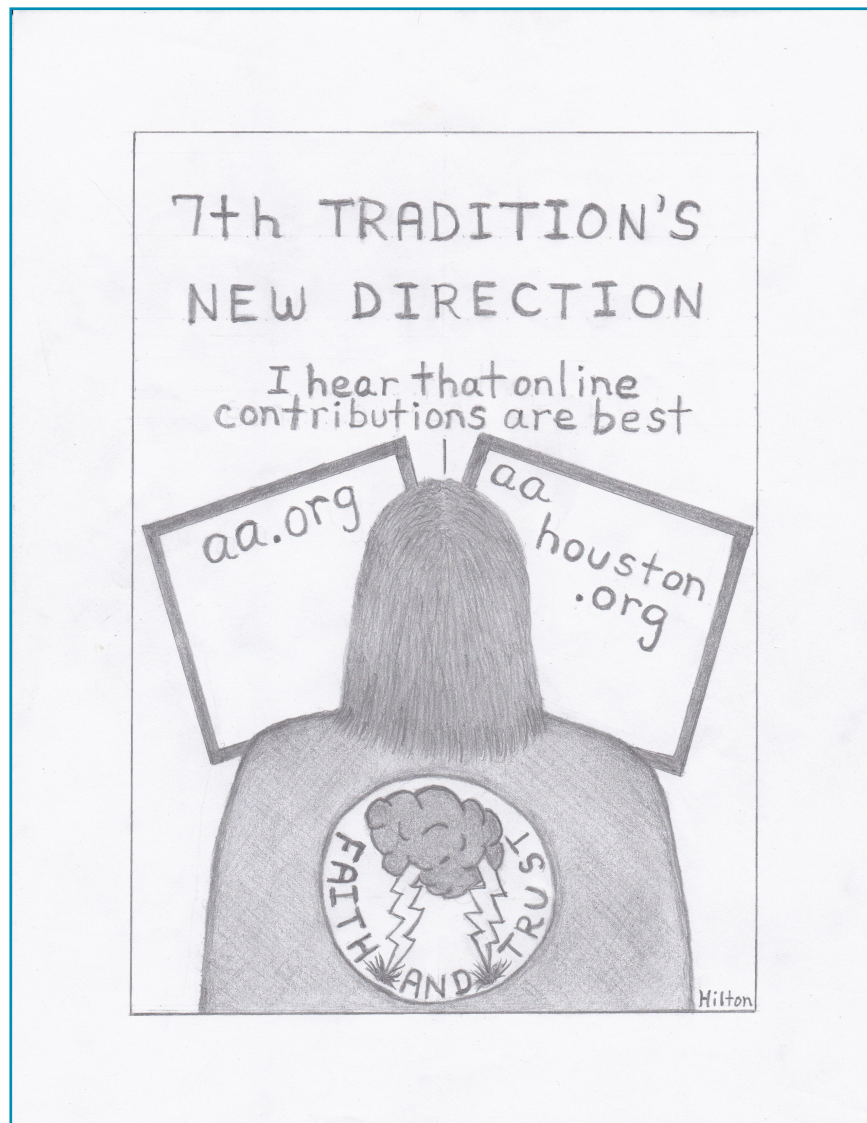
Yours sincerely, in fellowship,

G. Gregory Tobin, General Manager

A Message from Jimmy D., our SW Regional Trustee

Please pass on to each of your areas that the 'Please & Thank You' committee aka AAWS Self-Support Subcommittee which I chair is AMAZED at the level of 7th Tradition support for the AA work being done at our General Service Office. At the beginning of the Covid crisis in the month of April, 2020 contributions were \$358,000.00 which was about \$400,000.00 less than the average of the first two months of the year (and literature sales went down 71% in April as well). After we began efforts to discuss 7th Tradition within the Fellowship (and borrowed \$3 million from the Prudent Reserve to keep going) May, 2020 contributions shot up to \$838,000.00 and June, 2020 contributions were \$898,000.00!!!

Literature sales are still well below normal levels so your efforts on behalf of the ongoing services provided by GSO are truly keeping the wheels turning. We will review a mid-year budget adjustment for GSO this weekend with several hundred thousand dollars in reduced expenses so AAWS and AAGV are doing their part to pare down spending.



DISTRICT 40 OFFICIAL MINUTES
OF THE JUNE 9, 2020 MEETING

Meeting Location: 2nd Tue. 7:15 – 9:00 pm
Spring Branch Memorial Club
1200 Blalock Rd. Bldg. # 378, Room C
Houston, Texas 77055

dcm-40@aa-seta.org (Reino F.)
dcm-40-alt@aa-seta.org (Doug D.)

Mailing Address:
District 40
PO Box 19085
Houston, Texas 77024-9085

DATE: June 9, 2020

LOCATION: ZOOM

Moment of Silence, Preamble & Unity Declaration; Read by Dan K.

Attendees; 24 people

Secretary's Report – Jackie S. – Accepted as Presented

Treasurer's Report – Mike W. – Accepted as Presented

DCM Report – Reino F. –

- SWRAASA is not cancelled.
- There is no Area assembly in July; hopefully it will take place in August.
- Please note the 7th Tradition letter from Corbin at the GSO.
- Notice Troy's emails regarding the General Service Conference were sent out on SETA Announce.
- Troy will be at the next meeting for Delegates Report.
- When doing Zoom and face to face at the same time, the JBLflip4 \$79.00 works well.

OLD BUSINESS

Traditions Dinner – Doug and Reino are working with COTHA to hold a Saturday in September for us

Open Positions – Archives & IT

NEW BUSINESS

- Be mindful of the COVID 19 requirements for each facility when AA face to face meetings resume.

DISTRICT COMMITTEE REPRESENTATIVE REPORTS

- **Archives Rep; OPEN**
- **CFC (Correctional Facilities Committee); Paul K.**
- All locations are locked down. No visitors. No literature. Continue saving the Grapevines.
- **CPC (Cooperation with Professional Community); Bill A.**
- The NASW Exhibit in Galveston Oct. 8th-10th has gone virtual.
- Our Mock Presentation has been rescheduled till next assembly.
- Our Employees Assistance Exhibit (EAPA) for Oct 27th-29th is still on as far as we know.
- Thank You Bill A
- **Grapevine; Rachel P. - Absent**
- During this continued time of quarantine, when many of us can't attend in-person meetings, Grapevine and La Viña are extending the offer of free access to all 2020 issues through July 1. To access, go to aagrapevine.org and click the link that says "Grapevine and La Viña Are Here to Help." Please pass this information on to your groups and help us spread the word!
- The Carry the Message project encourages members and groups to give/donate subscriptions of Grapevine and La Viña to sponsees, newcomers, prisons, detoxes, doctors' offices, and alcoholics in need. If you don't have a specific recipient in mind, you can ask Grapevine to select an alcoholic in need from the requests they have received. For more information, go to aagrapevine.org/carry-the-message.

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- Grapevine is always looking for stories, photographs, and illustrations, and through June 15 they are accepting stories for the December 2020 issue around the theme "Holiday Stories." Please visit aagrapevine.org/share to learn more about how you can participate.
- Hope you're well and staying safe!
- Rachel Parker
- **IT (Information Technology); OPEN**
- **Intergroup Liaison; Dan K.**
- Intergroup Presents Online "Service in A.A. Workshop", Saturday, June 20 from 10am-2:30pm. Registration includes electronic packet to be emailed.
 - a. Service Highlights- Panel Discussion
 - i. Home Group
 - ii. Intergroup
 - iii. District/Area
- Intergroup Bookstore is open! Monday-Friday from 10-4. Bookstore taking orders online and by phone, and will be processed on Mon/Wed/Fri morning for shipment. For pickup orders, please email intergroup@aahouston.org
- Intergroup is working hard to keep all meetings updated with online/zoom meeting info for groups as well as updates as meetings transition back to meeting in person.

Next Delegates meeting June 18th, 2020 @ 8:00PM:

Zoom Meeting ID 896 1389 7866 / Password 074751

Sign up for the Link on aahouston.org

- **Literature; Elizabeth G. -**
- Greetings to all at District 40. May this month find you enjoying the "Sunlight of the Spirt" as we move into the summer months and longer days. I'm truly grateful, for the past couple months whereas, I've been given the opportunity towards "carrying the A.A. message" in the AA Zoom rooms, on AA phone meetings around the globe & with sponsees. The beauty of this time of reflection is finding the best cure for being "home bound" is working with another suffering alcoholic. With that said, this month's pamphlet challenge is "A.A. in Treatment Settings." The emphasis of carrying A.A. in Treatment Settings is for A.A. members who want to strengthen their own sobriety or who want more A.A. joy in life can easily find it. It is in the hospital or other treatment facility nearest the member, where many suffering alcoholics are possibly hearing the A.A. message for the first time. Please look forward to this pamphlet & trivial quiz at next month's District 40 meeting. Here are the next scheduled events.

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- Southwest Regional Alcoholics Anonymous Service Assembly (SWRAASA), Oct 9 – 11, 2020 in Amarillo, Texas at the Embassy Suites Hotel.
- The 59th Annual Southeast Texas Area Convention, Jan 15 – 17, 2021 at Houston City Place Marriott, 1200 Lake Plaza Dr., Spring, TX 77389.
- 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.

• **Newsletter Editor; Kari B.**

- Thank you so much to our regular contributors Hilton, Jackie, Mike W, and Reino. If you find yourself with either some extra time on your hands or a yearning for connection with others or a way to help others please email me an article, joke, cartoon, link to something we could all benefit from, a piece of art you have done, or a photograph you have taken.... all would be most appreciated and welcomed at District40Newsletter@gmail.com.

• **PI (Public Information); Terri O.**

- The committee continued to work finalizing public service announcements for radio and print. This should be completed soon and members are asked to inquire within their own districts if anyone has a need for a copy of the PSA when available. Some members may have media contacts and that would be helpful. It was noted that some face to face meeting have started back up

• **TFC (Treatment Facilities Committee); Lucas D.**

GENERAL SHARRING;

Don't go to face to face meeting with a temperature.
 Can we continue meeting on Zoom or are we in a hurry to return to face to face?
 Some people need a Zoom alternative and won't return face to face until vaccine out.
 A.A. meetings have been meeting remotely for years.
 Camp Hope military program is meeting in person, it is half and half A.A. members.
 Send Reino an email if you have any concerns.

CALENDAR OF EVENTS (see no attached flyers).

- **Next District 40 meeting: 7/14/20 at 7:15pm** Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190 OR BY ZOOM IF NEEDED
- **SETA Area Assembly: July 11 – 12, 2020 at the Sheraton N Houston 15700 JFK Blvd Houston, TX 77032 room registration call 281-442-5100**
- **SWRAASA 2020: October 9-11, 2020 at Embassy Suites Hotel 550 S Buchanan St Amarillo, TX 79101 806-803-5500 rate \$135.00 per nite; Event Registration \$15.00 NWTAA66-Texas**
It is scheduled for October 9-11 at the Embassy Suites Hotel 550 S Buchanan St. Amarillo, TX 79101 806-803-5500 rate \$135.00; Event registration \$15.00 go to [nwtta66-texas](http://nwtta66-texas.com) website.

We ADJOURNED WITH RESPONSIBILITY STATEMENT

SETA DISTRICT 40 --- EXPENSE BY MONTH & TOTAL FOR YEAR													
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total YTD
DCM													\$0.00
Alt. DCM	\$316.48												\$316.48
Secretary / Copying	\$18.72	\$8.46											\$27.18
Treasurer	2	2	\$34.99	\$2.00	\$2.00	\$2.00							\$44.99
Newsletter		\$71.74											\$71.74
Rent/Coffee Donation	\$30.00	\$30.00	\$30.00										\$90.00
Coffee													\$0.00
PO Box													\$0.00
Literature Committee		\$55.60											\$55.60
PI/CPC													\$0.00
Grapevine													\$0.00
CFC													\$0.00
TFC													\$0.00
Archives Committee													\$0.00
Intergroup Liaison													\$0.00
IT Committee													\$0.00
Miscellaneous													\$0.00
Gratitude Dinner - Donation													\$0.00
Gratitude Dinner - Food													\$0.00
Fellowship Fest													\$0.00
Traditions Dinner													\$0.00
Service Workshop													\$0.00
SWRAASA (Even Years)													\$0.00
The Forum (Odd Years) See Note													\$0.00
Delegate Report Meeting													\$0.00
State Convention Hospitality Suite													\$0.00
SETA Assembly Host District													\$0.00
SETA - 2020 Hospitality Suite		\$453.62											\$453.62
Total for MONTH	\$367.20	\$621.42	\$64.99	\$2.00	\$2.00	\$2.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,059.61
Unrestricted Funds Allocated to Intergroup, SETA 67, GSO Expense Total													\$0.00

SETA DISTRICT 40 -- GROUP CONTRIBUTIONS FOR 2020

District 40 Groups	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	YEAR
Another Chance Group													0.00
Bear Creek Fellowship			50.00										50.00
Broad Highway Group			5.70										5.70
Bunkerhill Tuesday A.A. Group				71.33									71.33
Chapelwood Tues 8pm		332.17											332.17
Daily Reflections Group													0.00
Everything Is "Alright Already"													0.00
First Light Group													0.00
Four Horsemen Group													0.00
Fourth Promise Group													0.00
Fry Road Group		70.00											70.00
Friends of Bill W. (Post Oak)		50.00											50.00
Friends of Bill W. (West Houston CC)		112.42											112.42
Fulshear Group			170.99			26.90							197.89
God Meeting Group													0.00
High Hopes													0.00
Hockley Group			45.00										45.00
Houston Young People													0.00
Journey Group		10.80											10.80
Just For Today		74.80											74.80
Just The Black Print Group			77.55										77.55
Katy 12 & 12		77.53	35.36	20.25	7.39	12.75							153.28
Katy 164 Group		6.61	19.00	14.95									40.56
Katy Big Book			150.00										150.00
Katy Crossroads Group		36.62											36.62
Katy Primary Purpose Group													0.00
Kingsland Group													0.00
Living Now Group													0.00
Memorial Going Home Group		40.42											40.42
Memorial West Group													0.00
Men's Supper/Step Study Group				34.30									34.30
Monaville Group													0.00
New Beginnings group		23.00											23.00
New Oxford Group													0.00
Our Common Journey Group													0.00
Outpost Group (Men's)				137.52									137.52
Peek Road Group													0.00
Rosewood Thursday Night Group		122.00											122.00
Rule 62 Group													0.00
Sage-Pinesy Point													0.00
Sage-Pinesy Point Noon Tuesday		23.40											23.40
Saturday Solutions Group		38.06				28.40							66.46
Simply AA													0.00
Slaves In Serenity		39.70											39.70
Sober In Brookshire													0.00
Spring Branch Memorial Club													0.00
Spring Shadows Group		240.00			150.00								390.00
Stepping Stones In Recovery Katy			30.00										30.00
Steps In Sobriety													0.00
Talking Care of Business													0.00
Tuesday Night Step Study		25.48		33.60									59.08
36 Principles Group													0.00
Wednesday Reflections		16.20											16.20
West Memorial													0.00
Wild West Group		45.33											45.33
Working With Others													0.00
Unknown/Misc					50.00								50.00
TOTAL:	0.00	1384.54	583.60	159.48	359.86	68.05	0.00	0.00	0.00	0.00	0.00	0.00	2555.53

July

Young People and AA

https://www.aa.org/assets/en_US/p-4_youngpeopleandaa.pdf



New Service Manual Study Meeting

Mondays, 6:30pm - 7:30pm on Zoom

Meeting ID: 840 1440 4079

Password: 805306

Thank you to Brad H and David V for initiating this meeting.

Staying Active

It is imperative to stay active in the suggested program of recovery of Alcoholics Anonymous if an individual wants to remain sober, healthy, and free. The process of taking the 12 steps is not a one and done phase. Attending meetings regularly to make “frequent contact with newcomers and with each other” (page 89) is a spiritual tool that cannot be over-utilized. It is in these meetings and the picnic table meetings afterwards, when iron sharpens iron helping each other to grow. An alcoholic must be willing to continue growing, so as not to “fail to perfect and enlarge his/her spiritual life through work and self-sacrifice for others” as it clearly states in our literature (page 14-15). Half measures will avail nothing (page 59). Completing the previous nine steps and remaining active in steps 10, 11, and 12, the likelihood of a life of permanent sobriety and peace will be maintained. I listen to the experiences of those that have gone before me, and I choose to follow the suggestions and stay active in the solution. If I continue to practice what has been given to me to the best of my ability, my hope is that I will never want to drink again and be able to give to another what has been freely given to me.

I entered into the rooms of A.A. on December 26, 2018 looking for something. What? I was not sure. That day I heard people talking about going through the steps with a sponsor. So, at the end of the meeting a man approached me, and I asked him to be my sponsor. It was then when I began getting active as he took me through the 12 steps. He gave me reading and writing assignments to complete between meetings. My sponsor and I would meet up regularly and discuss the step work and the illness of alcoholism. This was the beginning of the step work journey that would come to be a lifestyle that is to be practiced for the rest of my days, one day at a time. Having taken the first 9 steps, I now carry the message to others in the same giving-manner as he had done with me. Whether I am taking a newcomer through the steps, going through them with a group of men, or reworking the steps with my sponsor again, active participation in step work will be a process I hope to practice forever.

A library of books have been written on how one can grow spiritually and serve others, but in keeping it basic, I pray, and I am willing to help someone today. In the morning I get on my knees and thank the God of my understanding for waking me up another day, sober. I say the third and seventh step prayers, some days I throw in the eleventh step prayer, and ask God how I can be of service to my fellow man. This starts the day off out of self in the best way I can. As on awakening suggests on pages 86-88, I meditate on the prayers that are to be said throughout the day. Some days I will use a guided meditation to help free my mind of distractions. Keeping my focus on my Higher Power keeps me focused on helping others. Faith without works is dead, so I must keep my priorities on being available to help another, should the opportunity arise. Serving and helping others in my community and in A.A. gives me the opportunity to practice these principles in all my affairs, get out of self, and exercise spiritual growth. The big book states that one must enlarge their spiritual life and be of service to others, or they will not be able to “survive certain trials and low spots” in life. This may be the best statement of action to remain active in one’s recovery.

Steps 10, 11, and 12 are commonly referred to as the “maintenance steps”. It was in steps 1 through 9 where I learned the self-searching, the leveling of my pride, and the honest confession of shortcomings (page 25). I have to stay active in the maintenance of my recovery if I am going to be of service to an alcoholic in need of help. I must continue to watch for defects that would cause me to act in any unlovingness or intolerance. I must stay active in prayer with the God of my understanding to request these be removed at once, so I am not hindered in my usefulness to God’s plan or a fellow. Steps 10, 11 and 12 practiced daily keep me in check on steps 1 through 9. In summation; step 10 practiced is steps 4 through 9, step 11 is steps 1 through 3, and step 12, in itself, is having had the spiritual awakening as a result of the previous steps to carry this message of recovery to the man/ woman who is still sick.

There are many ways to participate in recovery and stay in the solution. Bottomline, it is work. However, the labor of the work is nothing compared to the fruits of that work. The steps taught me how to act, think, live and most importantly how to trust God and help others. The triangle symbol of Alcoholics Anonymous is just that; three parts: service, recovery, and unity, with the circle standing for wholeness or oneness. I learned all this in the program from someone that went before me and chose to work hard and remain active in these areas. Because of that, I do not have to drink today.

David M

May 3, 2020

I heard this acronym for the words Alcoholics Anonymous from a speaker on YouTube. He said the program of A.A. can be summed up like this for any newcomer wondering what we’re about: “A Life Centered On Helping Others Lives In Complete Sobriety. Actions Not Our Names Yield Maintenance Of Uninterrupted Sobriety”

*Pages referenced from the big book Alcoholics Anonymous

Tradition Eleven – Anonymity

The definition of Anonymous is “Having or giving no name, of unknown or unnamed source or origin, lacking marked individuality or personality”. The definition of Anonymity is “The quality or state of being anonymous, one that is anonymous”. The word Anonymity defined in the Big Book dictionary is: “Namelessness, the practice of not disclosing or acknowledging AA members names or photographs in any form of media broadcast, film, or public print”. Tradition Eleven says that “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, & films.”.

The Long Form of the Tradition says that “Our relations with the general public should be characterized by personal anonymity. We think AA ought to avoid sensational advertising. Our names and pictures as AA members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.”

So, the paradoxes in the AA fellowship are pretty surprising, revealing, and a virtual ah ha moment at times. Before I got into AA, I was gradually disassociating myself from my family, friends, co-workers, and society in general as I kept drinking (I thought it was only parting, sheesh, missed that one, eh?). My self-esteem was anything but a positive thought. I was very negative in my thoughts about myself. But when I was with anyone, I was always trying to build myself up, being so knowledgeable on all the subjects being discussed and didn't know a damned thing about most of them, becoming the loudest and the center of attention, good or bad. I could not control when it would start nor the amount that I would get into it.

Over time I had friends come up to me and actually disassociate, kick me out, from their lives. My word, dropping the center of attention, what the heck? So, good riddance to them.

I had to learn in AA that personal ambition has no place in AA. There is never a need to praise ourselves. The old building up of myself so I look good to you had to be smashed or changed. I needed to learn to “walk like I talk”. If I could do that, I knew there would be a sufficient difference in my way of living and thinking to be noticeable by example, and there should be no necessity for me to blow my own horn. I didn't need to break my arm by patting myself on the back for staying sober, either. Millions of people have been doing that for centuries. Tradition Eleven reminded me not to take personal credit for anything that I might do; ego and personal ambition have no place in AA life.

So as an individual I needed to make drastic changes in my thinking and my self-sufficient way of living. I found that if I change my actions, sometimes just act as if, then my change in thinking will follow. This was an entirely new concept for me. It was eye opening to me that it worked. Like don't take the first drink and you won't get drunk, so simple. Or think of and help others to keep your sobriety. I never had it explained to me that way before, wow. This stuff works. But I had a great guide to show me this stuff, my sponsor. And a network of AA friends to help me with these life changes. It is a design for living that works.

So, as I work on my ego deflation at depth, gaining humility to not be the center of attention I can do things for people and society and not expect anything in return. This was a major change. And as I do this in my daily life then I can let the AA fellowship and program of action take the credit. Remember, be careful what you say and do, you may be the only copy of the Big Book that someone sees.

I then do not need to be a spokesperson for the fellowship. This will let the concept attraction rather than promotion work in my life. Oh no!!, a tradition is being applied! How did that happen? It is by working the spiritual principles of the program that the changes take place. So, I need to use anonymity in the media to protect myself, the individual and by doing that I am protecting the fellowship as a whole. It is AA's public relations policy to attract rather than promote.

Reino F

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)	4 th Tuesday of the month, 7:30 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C Can do Zoom
Treatment Facility Committee (TFC)	2 nd Monday of the month, 7:00 PM	GoToMeetings (except Assembly months) At Area Assembly, Saturday afternoon 4:30 PM – 6:00 PM

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	Doug D	dcm-40-alt@aa-seta.org
Secretary	Jackie S	d40sec@yahoo.com
Alt Secretary	Hilton L	d40altsec@gmail.com
Treasurer	Mike W	treasurer-40@aa-seta.org
Alt Treasurer	Scott B	treasurer-40-alt@aa-seta.org
Archives	OPEN	
Newsletter Editor	Kari B	district40newsletter@gmail.com
Grapevine Rep	Rachel P	
IT Rep	OPEN	
Literature Rep	Elizabeth G	
CFC Rep	Paul K	
Intergroup Rep	Dan K	
CPC Rep	Bill A	
PI	Terri	
TFC	Lucas D	