

# DISTRICT#40

UNITY | SERVICE | RECOVERY

## Step 5

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

## Tradition 5

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

## Concept 5

"Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."

### **Open Positions for District #40**

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

[http://aa-seta.org/GSR/en\\_bm-31.pdf](http://aa-seta.org/GSR/en_bm-31.pdf)



## Tradition Eight -

### **Fellowship (Non-Professional)**

Reino F, DCM

The definition of Fellowship is "Community of interest, activity, feeling, or experience; A company of equals or friends; Companionship, Association, Friendliness, Comradeship". The definition of NON-Professional is "not, reverse of, absence of; participating for gain or livelihood in an activity or field of endeavor often engaged in by amateurs; engaged in by persons receiving financial return". The words defined in the 12 x12 Dictionary are: Fellowship "Sharing similar interests, ideals, or experiences/friendship/the companionship or close association of people in a friendly setting, on equal terms, and sharing similar interests or aims/association/organization/society"; Non-professional is "Having the occupation of counseling alcoholics for fees or hire and Twelfth Step is never to be paid for or sold for money". Tradition Eight says that "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers".

The Long Form of the Tradition says that “Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may well be recompensed. But our usual AA Twelfth Step work is never to be paid for.”

I reviewing this tradition I found the following comments other have shared about it. “The fact that this Society was nonprofessional was reassuring. Titles and degrees became trivial. I felt a new sense of responsibility to myself and to others. It made me aware of pride and ambition as defects, so I could commence to learn my true identity before God.” “The 12-Step program is free. There is a saying in the rooms, in order to keep it, you must give it away, with the key word give.” “We give freely what has been given freely to us.”

I sought help after I had my moment of truth that I was not living the way my mother and father had tried to raise me. I went to a treatment center. I am surely grateful that the facility told me that this was a place to break the cycle of living that I had gotten used to over my life. The center was in business to help treat people for their addictions. The center would help start the process of changing my path in life. But, the real place for me to keep the sobriety that I was getting was going to be through the fellowship of Alcoholics Anonymous. AA was to be my life line if I wanted to stay sober.

The treatment center has an AA group that met there on Sunday evenings and we attended that group’s meeting. The introduction to AA had begun there. Then I went to a men’s halfway house for three months. The halfway house required that we attend AA meetings two to three times each week. I eventually got a home group. All along the way I was never asked for any reimbursement for anything that was given to me in the rooms of AA or in the fellowship and activities after the meetings. After the first four months, to the hospital and halfway house only, I never had to pay anyone for what the members in AA were giving me. That impressed me, fellow human beings just wanted to help another suffering alcoholic. To try and help them in their suffering to stay sober and more importantly to completely change their way of thinking, acting, and living. What a stressful process that has been at times.

My two sponsors are exceptional men. They just want to give back to the fellowship that saved their asses and more importantly their lives. All my home groups, over the years, gave freely of their services and asked for nothing in return unless I voluntarily gave it on my own. I have figured out by their example that I need to give back to other suffering alcoholics what has been given to me. When I do, my thinking and behavior are in much better motives. My ego gets set aside to help other suffering people in the world.

Shoot, me study to be a professional to help people?, what an oxymoron, I quit college in my senior year studying to be an accountant. That was during my quitting phase, when I destroyed the good things that God’s grace was putting in my life’s path, and that I would not accept them. By just giving back freely to the fellowship that has helped me change my life, I am in much better shape than if I were to continue scamming life for what I could get out of it.

As for the special services that people get paid for doing the work, they were hired, for I believe that it is a necessity for those people to get paid what would be normally paid for those services, in order to help the still suffering drunk. Doing a job is different than helping a suffering drunk and charging them for that help.

The price that I paid to be an alcoholic allows me all the credentials that I need to help another suffering drunk or another one of God’s kids. Then to give to them all that I have and want nothing for it, what a freeing motive my higher power God has given me. I am grateful to just being another drunk.

# The Spiritual Life is Not a Theory

The spiritual life is not a theory. What does that mean to you? To me, it is the adoption and practicing the principles learned from the process of taking the twelve steps. Each step has taught us a principle, or principles, however many you believe were revealed in your step work, by which we live by and apply in our daily life. Regardless of the ideology and conception one places their faith in, "the main object of the big book is to find a Power greater than yourself which will solve your problem" (page 45 Big Book of Alcoholics Anonymous). Faith in this Higher Power's guidance will result in a design for living down the Road of Happy Destiny.

Spiritual principles are introduced by doing step work. The step work gives us a starting point on how to exercise these principles in situations. Principles such as these; honesty, hope, faith, courage, integrity, willingness, humility, justice, forgiveness, acceptance, awareness, love, service, open-mindedness, perseverance, to name a few. As I continue in my step work, I learn to implement these principles in practical daily experiences. Experiences like telling the truth if I was in the wrong and know the truth can set me back financially, the ability to set my ideas aside and listen to another's perspective on an issue without forcing my own, having no control over something that is negatively affecting my life, and being able to love someone and forgive them even when I don't like them or want to. Each example listed can have several of these principles labeled to them, and it was by taking precisely twelve steps, where I was able to adopt and apply them in my daily life.

Spiritual principles learned through step work are intended to be practiced forever. Honesty is the main principle behind taking Step 1, but in my experience, I also learned about perseverance. I was describing my early weeks in A.A. to a friend when this principle was pointed out. At that time, I only could be honest that my life had become unmanageable, which was obvious to any person that knew me, but I did not understand, nor know much about, the illness of alcoholism. However, I persevered in doing what was suggested and learned about alcoholism and became fully convinced in the realization that I have this allergy. I now get to treat it. It is also like the perseverance at a job where there is no promotion in sight, yet doing the best I can every day, should one open up, and be a possible candidate. Or more emotionally relative, having two children I have not seen in eight years because of the damage I caused in my active drinking. I get to accept that this is where I am today, and have hope that in God's timing, a family between children and father can be restored. In keeping this short, I am not going to list every personal experience with each steps' principle I have learned, but those are a couple that others may relate to. These spiritual principles are practiced in my daily life and as long as I practice them to best of my ability, I get to remain sober, happy, and at peace.

One of the most fascinating concepts to me about the program of Alcoholics Anonymous, which I believe is Divinely written, is that each person can find their own conception of God. Whether it be a figure from a religious denomination, group of drunks, or just good orderly direction, we must place our faith in that idea's moral compass. An individual's belief system should not deter them from living a life of kindness, honesty, love, and tolerance. I have found relying upon this Perfect Idea will guide me, when called upon, to take the right action and work towards living a better life. It is imperative that the God of your understanding be able to sustain you and keep you sober and at peace with whatever life throws at you.

Faith is the substance of things hoped for, evidence of things not seen, and a spiritual life is built on a foundation of principles. I have to live this thing with the hope of better things to come. I get to choose today whether or not I want to arrest my disease. Attending meetings, speaking with mentors, one-on-ones with my sponsor, all who share their experience, strength and hope with each other is how we/I learn. I trust my God to guide me in the acts of being kind, loving, and tolerant towards all things. Though these things are not seen, the outcomes are. At times, I can feel the rewards with every fiber of my soul. I do the work and in return I become enlightened, at peace, able to be of service, kind and loving to achieve a life worth living.

David M

April 26, 2020

*"I am not unique. Everything I have has been given to me.*

*I'm just a drunk passing along what another drunk has passed on to me"*

*- Anonymous*



**DISTRICT 40 OFFICIAL MINUTES**  
**OF THE MARCH 10, 2020 MEETING**

Meeting Location: 2<sup>nd</sup> 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](mailto:dcm-40@aa-seta.org) (Reino F.)  
[dcm-40-alt@aa-seta.org](mailto:dcm-40-alt@aa-seta.org) (Doug D.)

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

**DATE:** 03/10/2020

**CALL TO ORDER;** DCM Reino F. opened the meeting with a Moment of Silence & Preamble. Unity Declaration Read by Doug D.

**INTRODUCTION OF ATTENDEES;** 25 Attended our business meeting.

**TRADITION III /CONCEPT III PRESENTATION;** Dave R. and Terri O.

**VOLUNTEERS FOR NEXT MONTH;** Tradition IV – Natalie A. Concept IV – Elizabeth G.

**DISTRICT OFFICER REPORTS**

- Alt Secretary's Roster; *Hilton L.* – *Absent* – Presented by Jackie S.
- Secretary's Report; Jackie S. - Accepted as presented
- Treasurer's Report; Alt Mike W. – Accepted as corrected
- **DCM Report;** Reino F.
  - On the aa.org website, notice the coronavirus link.
  - Included in my email attachment is the April Assembly Round Tables Form. One item per form. You can do it with your home group. The 70<sup>th</sup> Final Agenda Items.
  - The second attachment is the Area Assembly Motion and Proposed Area Budget.
    - i. Terri O. noticed two distinct GSR Workshops. New and Advanced.

**OLD BUSINESS;**

- Reino F. read the job description for DCM and Alt DCM. Doug D. stood for Alt DCM and was elected.
- Traditions Dinner to be held in September!
- Open Positions – Archives & IT.

**NEW BUSINESS;**

- **Reino F.** - CPC Committee – 12 Step Hospital Program – To date; A presentation has been made at the Methodist Hospital in our district. We needed 2 coordinators, we got 4! An email address was given to the hospital. We will respond within 4 hours. A presentation example will be given at the next CPC meeting. There will be a special meeting for the coordinators. CPC will give a presentation at the April Assembly.

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

- **Archives Rep;** **OPEN** No Report
- **CFC (Correctional Facilities Committee);** **Paul K.**
  - Thank you for your Blue Can contributions. Without those contributions the women and men in Orange and white would not have Approved AA Literature. This literature gives them the opportunity to read and meditate on the solution to their problems with drugs and alcohol, that more often than not promoted their problems with the law, and put them in this situation. Most of the offenders like and ask for the Grapevines, they need their Grapevine fix. Thank you to Elizabeth and Mitch for their donations of old issue Grapevines that I've taken into the joints. If you and your Group Members would consider going to training to be approved volunteers to be allowed to go into county jails and state prisons. Training for TDCJ is March 14<sup>th</sup> here in Houston. You can go on line and see the training opportunities all over Texas. 100% of your

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Blue Can contributions goes to buy literature for them. Volunteers are needed, please consider being a Volunteer. You will not regret it. Thank you.

- Respectfully, Paul
- **CPC (Cooperation with Professional Community); Bill A.** Absent – Read by Reino F.
  - The CPC Committee meets on the first Monday of the month at 7:30pm at the Spring Branch Memorial Club 1200 Blalock Rd Houston, TX 7705. There are committee positions available if you would like to do some service work.
  - On February 25th the CPC Committee gave a 12-Step Hospital presentation to the Methodist West Hospital. It had 10 – 15 staff in attendance. The presentation went very well and was well received. As a result, the first 12-Step Program is being set up at the hospital. The hospital is located at I-10 and Greenhouse Rd. This facility is in our district which is District 40.
  - We have had 4 volunteers sign up to be the coordinators for the program at the hospital. The coordinators will receive an email from the hospital when they have a patient that is interested in meeting a member of AA. The coordinator will respond to the hospital that the request was received. The coordinators then will look for an AA member to make the twelve-step call with another member (always 2 AA members are advised). Hopefully, they call the volunteers on the call list and when one accepts then they can bring the other member with them or the coordinator will try to find the 2nd member as well. Then, the coordinator will let the hospital e mail an approximate time for the AA members to arrive at the hospital for the meeting with the patient.
  - If you would like to be added to the 12-step call list you can contact Bill A the District40 CPC Rep or the District 40 DCM Reino F at [dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org) or call 919-413-9947.
  - At the April Assembly the CPC committee will be giving a mock Hospital Presentation like ones to be given to a hospital staff. This will be at the CPC Committee meeting when it is held over the weekend.
  - On October 27 – 29th the CPC Committee will host a booth at the Employee Assistance Professional Association (EAPA) Fair.
- **Grapevine; Rachel P.** - Absent
  - There will be a Grapevine Story Writing Workshop this Saturday, March 14 from 12-3pm at the Spring Club (24307 Aldine Westfield Rd, Suite O, Spring, TX 77373). We'll share some insights on how to write and format your story for Grapevine, then we'll roll up our sleeves and do some writing. There's no charge to attend, and lunch will be provided. Please share with your groups and join us! (flyer attached)
  - Area 67 is having a Grapevine subscription contest: The district that gets the most subscriptions between now and June 30 will win a complimentary hotel room for the July assembly. Just send me copies of receipts from your group at [rachparker@live.com](mailto:rachparker@live.com) and I'll add them to the District 40 tally.
  - Throughout 2020, Grapevine is promoting its "Carry the Message" campaign encouraging members to donate subscriptions to reach alcoholics who may not be able to attend meetings, such as those in prisons, hospitals, nursing homes, or remote areas. Getting involved is easy - you just purchase a gift certificate at [aagrapevine.org](http://aagrapevine.org), then forward the confirmation email to a coordinator who will redeem it for someone who has requested a subscription but can't afford it. GSRs, please take this information to your groups and encourage them to participate. For

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details and a downloadable instruction sheet, visit <https://www.aagrapevine.org/carry-the-message>. Thank you! Rachel Parker

- **IT (Information Technology); OPEN**
- **Intergroup Liaison; Dan K.**

**District 40 Intergroup Liaison Report**

- Intergroup is collecting and has a list of speakers to share with you for “Group Speaker Nights”. If you would like to share your experience, strength and hope, please contact Intergroup at 713-686-6300 to get added to the list.
- Intergroup is working on the 2020 Meeting Directory soon. Please verify your group’s information is correct. Meeting schedules can be updated on the website at <http://aahouston.org/support-for-aa-groups/meeting-schedule>, by phone, or at Intergroup.
- Upcoming Workshop:
  - March 28<sup>th</sup> 10am-3pm
    - Service in AA- How Can I Be Of Service?
    - \$15 registration includes lunch and materials packet
    - Register online, by phone or in person

***Next delegates meeting April 16<sup>th</sup>, 2020 @ 8:00PM***

Sign up for the Link on [aahouston.org](http://aahouston.org)

- **Literature; Elizabeth G.**
  - Greetings to all at District 40. May this month find you “Springing forward,” enjoying spring breaks, fresh starts, and being Happy, Joyous and Free. With that said, this month’s pamphlet challenge is “A.A. – for the Older Alcoholic – Never too late.” As quoted from the pamphlet, “The way we help each other is by sharing our experience, strength and hope and by following a suggested program of recovery. Far from feeling that their lives are over, the men and women who have come to A.A. in their later years often express the opposite sentiment – that it is time to start living.” Lastly, how lucky are we to come into the rooms of A.A., at any age, and reap the joys of this beautiful program. This month’s happenings are as follows;
  - \*The Literature committee will meet at the SETA Assembly, Saturday April 4 – 5, 4:30 pm, Sheraton North Houston, 15700 John F. Kennedy Blvd, Houston, TX 77032, (281)-442-5100.
  - \*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. – Absent – Read by Reino F.**
  - Please email photos and articles to [district40newsletter@gmail.com](mailto:district40newsletter@gmail.com)

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- **PI (Public Information); Terri O.**
  - Current activities to carry the A.A. message to the public include:
    - (1) Placing literature in public spaces through the adopt a rack and adopt a bulletin board programs.
    - (2) Big books are being distributed to public libraries.
    - (3) Committee members will be participating in 2 upcoming health fairs at Lone Star College campuses, one in March and one in April.
  - A Public Information workshop is planned for Saturday May 2 at the Spring Branch Club from 1 – 3 pm. Participants will learn what is and what is not appropriate to say to the public about alcoholics anonymous, its message and its operations. Planning and preparations are taking place now.
  - At the upcoming April assembly meeting the PI committee members plan to listen to the CPC mock presentation in lieu of having our monthly meeting. This is the committee's effort to obtain accurate information about the new hospital program that CPC is rolling out. We will be sharing this new hospital program information with the public as well. Respectfully submitted.
- **TFC (Treatment Facilities Committee); Lucas D.-** Absent – no report
- **GSR/GENERAL SHARING SESSION (Feedback, News, Concerns, Questions)**
  - **Scott B. –** MNMSSS is having their 21<sup>st</sup> annual gratitude dinner on March 28<sup>th</sup>, 5 – 8 PM at the PaRC. Show up early!

**CALENDAR OF EVENTS**

- **SETA Area Assembly: April 4 – 5, 2020** at the Sheraton N Houston 15700 JFK Blvd Houston, TX 77032 room registration call 281-442-5100
- **Next District 40 meeting: 4/14/20 at 7:15pm** Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190
- **Texas State Convention 74<sup>th</sup>: June 12 – 14, 2020** at the Hilton Fort Worth 817-870-2100 room rate \$139.00, to register [www.txaaconvention.org](http://www.txaaconvention.org)
- **AA International Convention will be held on July 2 – 5, 2020 in Detroit MI.** Register at [www.aa.org](http://www.aa.org)
- **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

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





**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													0.00
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										170.99
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										112.89
Katy 164 Group		6.61	19.00										25.61
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													0.00
New Beginnings group		23.00											23.00
New Oxford Group													0.00
Our Common Journey Group													0.00
Outpost Group (Men's)													0.00
Peek Road Group													0.00
Rosewood Thursday Night Group		122.00											122.00
Rufe 62 Group													0.00
Sage-Piney Point													0.00
Sage-Piney Point Noon Tuesday		23.40											23.40
Saturday Solutions Group		38.06											38.06
Simply AA													0.00
Sisters in Serenity		39.70											39.70
Sober in Brookshire													0.00
Spring Branch Memorial Club													0.00
Spring Shadows Group		240.00											240.00
Stepping Stones in Recovery Katy			30.00										30.00
Steps in Sobriety													0.00
Taking Care of Business													0.00
Tuesday Night Step Study		25.48											25.48
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
													0.00
Unknown/Misc													0.00
<b>TOTAL:</b>	<b>0.00</b>	<b>1384.54</b>	<b>583.60</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>1968.14</b>

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
Literature	3 <sup>rd</sup> Tuesday of the month, 8:30 PM – 9:30 PM	Zoom Send Login requests to: <a href="mailto:Literature-Chair@aa-seta.org">Literature-Chair@aa-seta.org</a>
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)	4 <sup>th</sup> 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 <sup>nd</sup> 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

<b><u>Position</u></b>	<b><u>Name</u></b>	<b><u>Email</u></b>
DCM	Reino F	<a href="mailto:dcm-40@aa-seta.org">dcm-40@aa-seta.org</a>
Alt DCM	Doug D	<a href="mailto:dcm-40-alt@aa-seta.org">dcm-40-alt@aa-seta.org</a>
Secretary	Jackie S	<a href="mailto:d40sec@yahoo.com">d40sec@yahoo.com</a>
Alt Secretary	Hilton L	<a href="mailto:d40altsec@gmail.com">d40altsec@gmail.com</a>
Treasurer	Mike W	<a href="mailto:treasurer-40@aa-seta.org">treasurer-40@aa-seta.org</a>
Alt Treasurer	Scott B	<a href="mailto:treasurer-40-alt@aa-seta.org">treasurer-40-alt@aa-seta.org</a>
<b>Archives</b>	<b>OPEN</b>	
Newsletter Editor	Kari B	<a href="mailto:district40newsletter@gmail.com">district40newsletter@gmail.com</a>
Grapevine Rep	Rachel P	
<b>IT Rep</b>	<b>OPEN</b>	
Literature Rep	Elizabeth G	
CFC Rep	Paul K	
Intergroup Rep	Dan K	
CPC Rep	Bill A	
PI	Terri	
TFC	Lucas D	