
DISTRICT#40

UNITY | SERVICE | RECOVERY

Step 10

"Continued to take personal inventory and when we were wrong promptly admitted it"

Tradition 10

"Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy"

Concept 10

"Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate chapters and bylaws"

Open Position for District #40

Internet Technologies (IT) for the job description please go to:

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



Just for Today - In the NOW

Reino F, District 40 DCM

The definition of **today** is "the present day, time or age". The definition of **present** is "now existing or in progress; relating to or expressive of present time". The definition of **now** is "the present time or moment". In the Big Book of Alcoholics Anonymous it relates numerous times, 253 to be exact, to the word **now**. This was a very foreign concept to me when I joined the fellowship.

I was always looking back at what I had done, or what had been happening TO me and this thinking led me into regret, shame, remorse and fear of what others might think. How did I look? Or, I was thinking about tomorrow. All the what if's I could accomplish, what new plan I could conjure up, how I could use you to get me what I wanted. Just stinking thinking was a part of my daily life. It got progressively worse too.

So, I pretty much lived in fear of had happened and how I'd be found out, or in the future and what a mess I would make of it. I was very seldom in the present. If I got there, usually the alcohol would then blot out the peace and serenity I may have had at that time. I never knew that taking care of the present would lessen the fear.

I then found y'all here in the Fellowship of AA. My life was going down the road of poor living choices and I wanted out and help. I was told that I was the problem. That my thinking was a big portion of the problems that I was having in my life. And, it was suggested that I change everything completely. Sheesh, what a pain in the rear.

The journey started with selecting a home group, then getting a sponsor. The program of action – the Twelve Steps were suggested to be worked in my life. So, he showed me how he was led through working the steps. Then, things started to happen. I found out that I was living as buddies with the Four Horsemen: *Terror, Bewilderment, Frustration* and *Despair*. I never knew what was wrong with me. I found out it was my thinking and actions on those thoughts. Those four deals were my constant thought choices during the day.

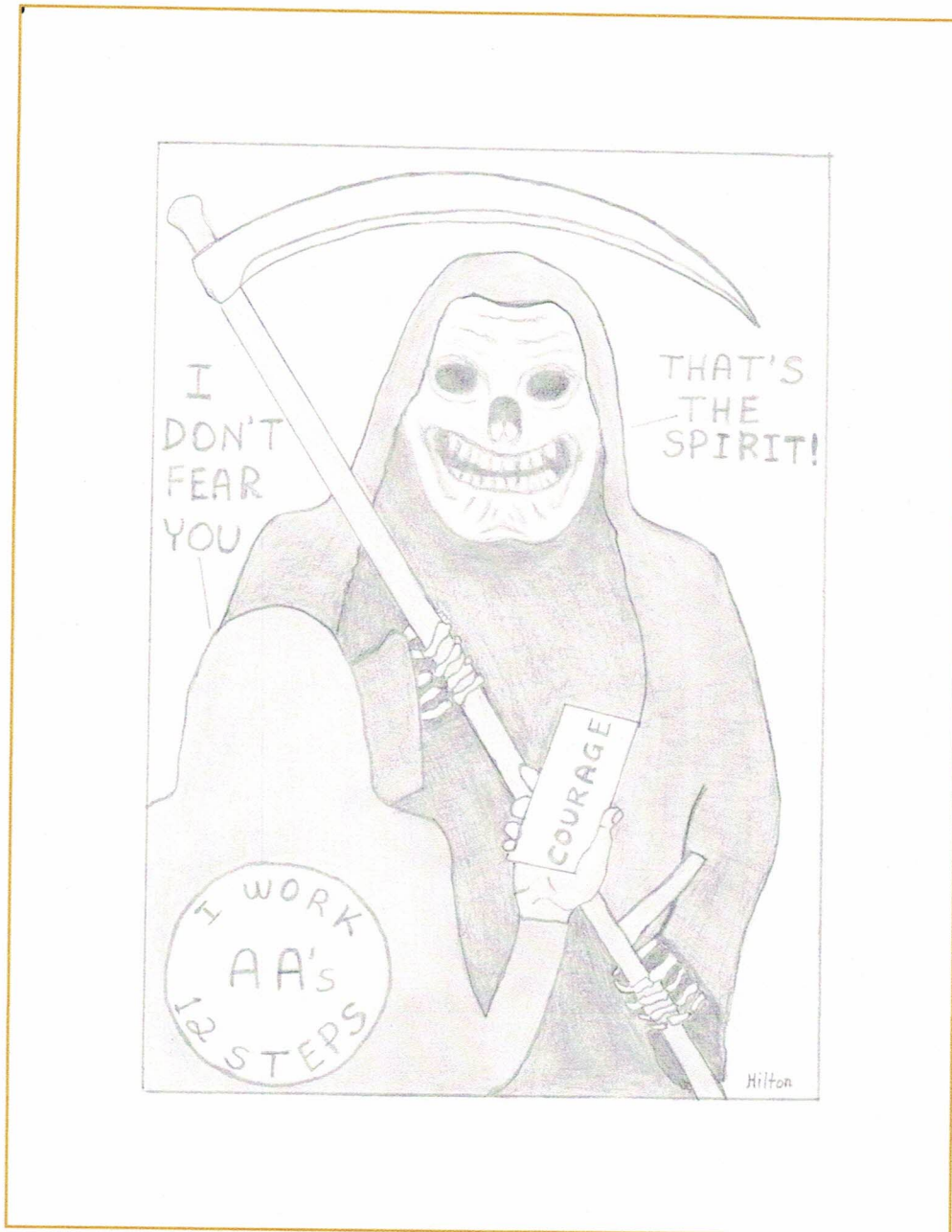
The living in the now concept was cleared up for me in a therapy session. My wife and I went to see a marriage counselor while I had 19 years of sobriety. We got married when I was 13 years sober. And the guy helped us immensely. Then I went to a therapist on my own for 6 – 8 sessions. The last one that I went to she said the Big Book says to live for today in a bunch of places. I listened and then she asked me how long I was sober. She then asked if I had not read the book regularly? I was shocked. My home group for 17 years was a Big Book study. I missed it. She said that the books says to live in the now or just for today. I never went back to her.

My sponsor and I worked on living just for today. It was very hard to do that as a way of life. I had to quit looking back in the past on what was and thinking of what could and should have been. On what went wrong and just living in remorse and shame. I also had to quit projecting what would happen in the future and worrying about things that I could not control. It was a real exercise.

But I have found out that asking God in the morning to help me, my thinking and actions for that day really has helped me and my daily living. Then, thank him for my sobriety and what happened to me during that day helped to give me real peace of mind. I have not had to run the show since. It has gotten better. I have been taught how to get out of my own way each day.

I learned how to treat people better, act as a better person and live each day as a child of God. I have been shown how to have compassion, empathy and be concerned for other people. I just take each day and situation by themselves and live in them. Live for today. It is really a much simpler and easier way to go through life. I am no longer in charge.

Now the Serenity Prayer, – “God grant me the serenity, to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference,” has new meaning for this alcoholic. It is a road map for daily living. Living the spiritual principles is a design for living that really works. My life is much better when I “Let go and let God”. Living just for today and in the now is the easier and softer way for me.



DISTRICT 40 OFFICIAL MINUTES
OF THE AUGUST 11, 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: August 11, 2020

LOCATION: ZOOM

Moment of Silence, Preamble & Unity Declaration;

Attendees; 21 people

Alt Secretary's Report – Hilton L. – Accepted as Presented

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

- **DCM Report** – Reino F. DCM Report
- The AA International Convention Virtual on line forum is still in operation thru www.aa.org
- The 7th Traditions contributions as of May and June were up over \$800,000.00 for each month from the March and April amount previously released.
- AAWS the Big Book sales are still down. Deals have been given for the Big Book and Literature.
- The SWRAASA (Southwest Regional AA Service Assembly) in Amarillo for October was cancelled.
- SETA Assembly is Saturday August 15th starting at 8:00pm. There will be an email link sent to pre-register for it. Please pre-register so on Saturday morning you can link to the zoom meeting easier.
- The 2021 Proposed Area Budget was modified for changes, no SWRAASA, Regional Forums in 2021 were cancelled, and other things changed since April. See the revised budget proposal sent out Sunday 8/9 from the Finance Chair.

OLD BUSINESS;

- We discussed further the Traditions Dinner. And determined it is too late to do it now. Because it would replicate Intergroup's October Traditions Workshop. A motion was made to cancel 2020 Traditions Dinner. The motion passed.

Open Positions – Archives & IT

NEW BUSINESS -

- We discussed how to use funds now available because of Traditions Dinner cancellation. It was suggested to contribute to AA entities. The discussion was tabled to get more information to reach an informed decision.
- Marcus S. stood for Archives Rep. Position and was voted in.

ALT DCM Report – No report

Disaster Response Committee Co-Chair Report; Peter C

- Red Cross has given permission to have AA meetings at any of their shelters. Supplies are available. Shelters are matched to Area Districts. Can do volunteer training at the shelter.

District40Newsletter@gmail.com

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DISTRICT COMMITTEE REPRESENTATIVE REPORTS

- **Archives Rep;**- Marcus S. Voted in this month
- **CFC (Correctional Facilities Committee); Paul K.** - Absent
-
- **CPC (Cooperation with Professional Community); Bill A.**
- The EAPA Employee Assistance Program fair we were going to attend in October has been postponed.
- After hearing probation officers said it was ok to take pictures of zoom meetings as proof of attendance we contacted and reached out to them and informed them of our anonymity policy and they said they knew about the policy and did not know who was asking people to do this.
- Hospital program is on hold until hospitals return to normal due to Covid19.
- We will have our mock presentation for presenters for our hospital program at the next live assembly.
- **Grapevine; Rachel P.** - Absent
- Grapevine is looking for stories for the February 2021 issue, on the theme of Sponsorship. If you've had a memorable experience with sponsoring others -- or being sponsored -- we'd love to hear your story. For more information and editorial guidelines, visit aagrapevine.org/contribute.
- **IT (Information Technology); OPEN**
- **Intergroup Liaison; Dan K.**

District 40 Intergroup Liaison Report

- Upcoming events:
 - Summer Open House canceled
 - 9/12/20- Anonymity Workshop
 - 10/15/20- Board of Trustees Elections
 - 10/24/20- 12 Traditions Workshop
 - 12/12/20- Winter Holiday Open House
- 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.

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- 2020 Printed Meeting Directories put on hold.

Next Delegates meeting August 20, 2020 @ 8:00PM

Sign up for the Link on aahouston.org

- **Literature; Elizabeth G.**
 - Hello to everyone at District 40! May this month find you enjoying the fun filled days of summer with your families & children. I feel profoundly grateful to have received the beautiful gift of spending time with children who know how to have fun, enjoy life in the moment and be at one with themselves & others. It is truly a gift from God to be able to be a part of this fellowship that has shown me the way to live with sense and ease without alcohol a day at a time. With that said, this month's pamphlet challenge is "Young People in A.A." This pamphlet describes the many challenges being young in the everyday world facing peer pressure, stressful relationships with parents, and parties being a way of life. Please look forward to this pamphlet & trivial quiz. Here are the next scheduled events.
 - GSO has a "Big Book Special Summer Offer." Beginning July 1 - Sept 30, all orders of the basic text, Alcoholics Anonymous, can be purchased in any format and any language at an additional 10% off as a way to continue sharing the message of the Big Book through this difficult time,
 - 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.
 - The 59th Annual Southeast Texas Area Convention, Jan 15-17, 2020 at Houston City Place Marriot, 1200 Lake Plaza Dr., Spring, TX 77389. The Literature Committee meets at the quarterly Area Assembly at 4:30 pm.
- **Newsletter Editor; Kari B. Absent**
 - 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

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have taken.... all would be most appreciated and welcomed
at District40Newsletter@gmail.com.

- **PI (Public Information); Terri O. - Absent**
- **TFC (Treatment Facilities Committee); Lucas D.- Absent**
CALENDAR OF EVENTS (see no attached flyers).

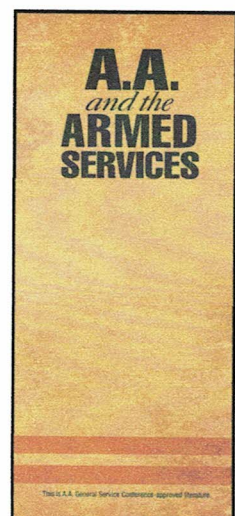
- **SETA Area Assembly: Aug 15, 2020 *it will be by ZOOM or a Virtual On Line Platform, more information will be sent as we get it!!! There will be preregistration before Saturday to make the login process go easier, better? on Saturday morning, info on it will be sent when received.***
- **Next District 40 meeting: 9/11/20 at 7:15pm** Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190 **OR BY ZOOM at 7:00PM IF NEEDED.**
- **SWRAASA 2020: HAS BEEN CANCELLED**
- **SETA Area Assembly: October 3 - 4, 2020** is at the Sheraton North Houston 15700 John F. Kennedy Blvd., Houston, TX 77032 Phone (281) 442-5100
- **SETA 2021 Convention: January 15 – 17, 2021** at the Houston City Place Marriott 1200 Lake Plaza Dr, Spring, TX 77389 # 281-350-4000 and registration is at www.setaconvention.org
- For further event lists:

AA headquarters: www.aa.org. Area 67/SETA Districts: www.aa-seta.org. Intergroup; www.aahouston.org.

We adjourned with the Responsibility Statement.

September brochure of the month:

https://www.aa.org/assets/en_US/p-50_AAandtheArmedServices.pdf



SETA DISTRICT 40 — EXPENSE BY MONTH & TOTAL FOR YEAR													
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total YTD
DCM								\$46.72					\$46.72
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	\$2.00	\$2.00					\$48.99
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													\$0.00
PI/CPC		\$55.60											\$55.60
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	\$2.00	\$48.72	\$0.00	\$0.00	\$0.00	\$0.00	\$1,110.33
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										18.76
Bunkerhill Tuesday A. A. Group				71.33				13.06					71.33
Chapelwood Tues 8pm		332.17					135.60						467.77
Daily Reflections Group							22.30						22.30
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						60.00					130.00
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								60.00					60.00
High Hopes							63.80						63.80
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				24.01						98.81
Katy 12 & 12		77.53	35.36	20.25	7.39	12.75		31.61					184.89
Katy 164 Group		6.61	19.00		14.95								40.56
Katy Big Book			150.00										150.00
Katy Crossroads Group		36.62						54.53					91.15
Katy Primary Purpose Group								75.00					75.00
Kingsland Group													0.00
Living Now Group													0.00
Memorial Going Home Group		40.42						192.32					232.74
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						184.00					306.00
Rule 62 Group							74.61						74.61
Sage-Piney Point													0.00
Sage-Piney Point Noon Tuesday		23.40					17.40						40.80
Saturday Solutions Group		38.06				28.40		43.00					109.46
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			150.00								390.00
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		33.60			3.30						62.38
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	341.02	713.52	0.00	0.00	0.00	0.00	3610.07
carter d craford						50							

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	Marcus S	
Newsletter Editor	Kari B	district40newsletter@gmail.com
Grapevine Rep	Rachel P	
IT	OPEN	
Literature Rep	Elizabeth G	
CFC Rep	Paul K	
Intergroup Rep	Dan K	
CPC Rep	Bill A	
PI	Terri O	
TFC	Lucas D	

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