# DISTRICT#40

## UNITY | SERVICE | RECOVERY

## Step 4

"Made a searching and fearless moral inventory of ourselves."

## **Tradition 4**

"Each group should be autonomous except in matters affecting other groups or AA as a whole."

## Concept 4

"At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

#### **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 -Responsibility (Self-Support)

Reino F, DCM

The definition of *Responsibility* is "The quality or state of being responsible: as moral, legal or mental accountability; Reliability, Trustworthiness. Responsible is to be able to answer to one's conduct and obligations". The definition of *Self-Support* is "Independent support of oneself or itself". The words defined in the 12 N 12 Dictionary are: Responsibility "obligation, commitment, duty, demands of position, custom, law, religion". Tradition Seven says that "Every AA group ought to be fully selfsupporting, declining outside contributions".

The Long Form of the Tradition says that "The AA groups themselves ought to be fully selfsupported by the voluntary contributions of their members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies: that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those AA treasuries which continue, beyond prudent reserves, to accumulate funds for no stated AA purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."

So, Tradition Seven is or has another spiritual principle which I can use to help me change my way of thinking, acting and the use of finances in my life, so I can reverse the self- centeredness and self-sufficiency that I brought with me into AA. Boy, what a change this was going to take! I had spent money very irresponsibly in the years leading to me being a member of Alcoholics Anonymous. Honestly, it does not change completely over the years in the fellowship, it takes a lifelong and daily commitment to reverse the process. I do know how to spend money and deal with finances like a teenager even as an adult trying to live to a spiritual purpose.

This tradition helps me be accountable to myself, my family, my friends, my job and to my group and the fellowship of Alcoholics Anonymous. I had to learn how to not spend more than I take in or make. I had a lot of work to do with my sponsor on this deal. I did numerous inventories that had all or a portion of this spiritual principle included in it. I was very upset that a credit card company was calling me (I thought hounding me!) and it pissed me off (ok, upset me, sheesh!). I discussed with my sponsor and then we were dealing with ALL my finances. He said they did not want my money that they only wanted THEIR money that I had used. I guess that I missed that concept.

I had been using institutions, family, friends, work, etc. all my life just to get what I wanted when I wanted it. I had no thought or concern for others unless I was getting something out of it. So, coming into AA helped break the cycle of this consistent behavior. Some days being responsible does really suck but it does beat the merry-go-round that it was before. I was like a dog always chasing its tail. I lived check to check and always in a chaotic and in the moment type life. It was very seldom a peaceful existence.

AA has really helped me be able to change my thinking and way of living with this new principle of responsibility. I have learned to look at what I want and ask if it is really needed or wanted. To slow down and sleep on it before I pull the trigger on getting it. To look at the pros and cons of the deal for myself or for my family. It has gotten me and my family to work with a budget for our collective stuff. To discuss what we need or want to spend money on now. To be a team in the deal of living life. As a result, we discuss more stuff about ourselves now.

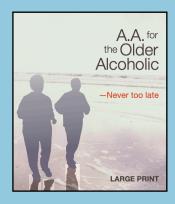
I have seen groups in AA deal with the finances, the spending of them, using prudent reserves, making budgets, being accountable with financial reports. The process the groups follow has shown me that this can apply to individuals as well. My thinking started to change as a result. Holding various service positions has also shown me the degree of the use of this tradition's principle for the good of AA as a whole and for helping the newcomers coming into the fellowship.

The reaching out to and thinking of others is the best way for me to live the spiritual principles of the AA fellowship on a daily basis. Because if I am living by the principle of being responsible then I can be an example of what a newcomer may want for themselves as they change their lives to become happy, useful and whole.

## **Pamphlet of the Month: March**

Each month our Literature Chair, Elizabeth G., shares an AA pamphlet with us. In March she shared: "AA for the Older Alcoholic" Please click on the link below for a digital copy. You may view this online or make a single print copy.

https://www.aa.org/assets/en\_US/p-22\_AAfortheOlderAA.pdf



## We Don't Stand Alone in Sobriety

Doug D

We are experiencing a whole new way of life with the Stay Home, Work Safe Order in place. This has given our tech-savvy members the opportunity to come up with new ways to keep everyone connected.

We all know this is a trying time in everyone's life and even more for us alcoholics, especially those new to recovery. We all know how we need the connection to AA to stay sober.

I know, in my group we had 41 meetings a week and we had to come up with a way that everyone could stay connected. We opted for the Zoom meetings and have setup 18 so far and will work on more.

We also have to look at the reoccurring bills that are coming in for our group. Our club, which we rent from, still has the mortgage and all their expenses also we cannot forget the contributions to GSO, District, Area and Intergroup. We did setup a way to accept electronic funds using the Zelle App, which we put up as a link during our online meetings so we can still try to keep the 7<sup>th</sup> Tradition going.

We don't know how long this Stay Home, Work Safe Order will stay in place but we are still trying to live up to the AA responsibility statement: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Texts, emails, social media, Skype and Zoom are coming in to our everyday lives to stay connected during the recommended social distancing. We will get past this.

Remember in the Twelve & Twelve, under Step 3, where it talks about when WWII broke out and was the first major test of this spiritual principle? Those AA's were scatted all over the world, and would they be able to be disciplined and stand up to all the heartaches of war? Well, it did! Their dependence upon a Higher Power worked.

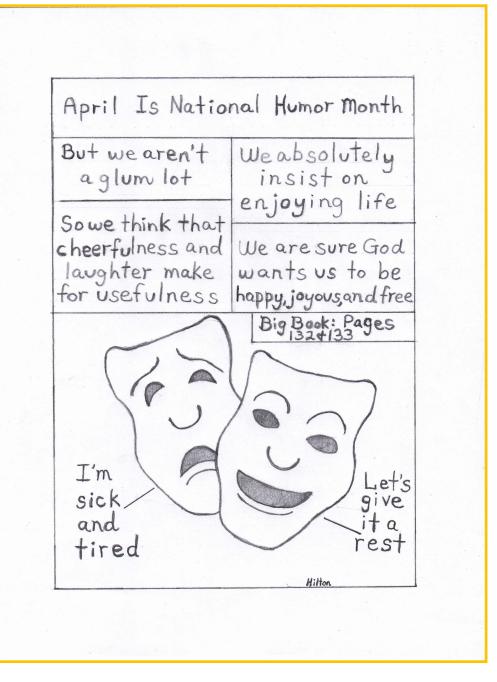
So, I am sure that we all will endure this chapter of our lives and add this into our stories for the future newcomer. We don't stand alone in sobriety.

Here is what Katy 12 & 12 put in their 7th Tradition basket for your group to use as an example, should you want it:

## The 7<sup>Th</sup> Tradition

The Katy 12&12 now accepts electronic funds transfer using the App Zelle. You may download Zelle or most major Bank Apps have it built in.

Send to KATY1212CC@Gmail.com



## Anonymity... It's Mine or Is it? David M

In Alcoholics Anonymous we learn principles like love, tolerance, service, unity, humility, gratitude, sobriety and living in the present. All which we can generally agree without too much indifference. But what about anonymity? Some say, "100%, I do not break it no matter what!" Others say, "Well if I trust the individual..." and then there's some that say, "I don't care who knows. I'm proud to be in AA and I don't care what anyone thinks!" All have their right to their amount of discretion and each one's preference is to be respected to the fullest.

Anonymity is mine. One of the beautiful things I get from AA is an understanding of what and who I am. Breaking my anonymity is like living out any one of the many principles I practice throughout my daily life.

If a situation arises where the question of "Where are you going?" or "What do you think about (insert a number of situations where spirituality and morality is the topic)?", and when I begin to think about the answer, that is when I get to choose if anonymity needs to be concealed or revealed.

When I was in my drinking days, I would have a drink anywhere, in front of anyone, and didn't care what they might or might not think about it. I'd walk down the main street with beer in hand, not a care for the family driving by or the potential individual I may encounter later on in life, that may think negatively of my actions. So, when I am asked the questions, "Why don't you drink?", "When did you quit?", "Why do you think such and such?", I cannot help but recant my old ways and give credit to where the credit is due. I credit the program of Alcoholics Anonymous for where I am at today, Hell, my old ways didn't have anything of substance to give, so when someone is asking about how I ended a hellish lifestyle, how

can I not explain the steps taken to be free from the bottle? I will break my anonymity 99 out of 100 times, with keeping in mind adherence to the 11<sup>th</sup> Tradition, I find it hard to think of the one reason why I would not. That's just my opinion on it. I was a low bottom drunk, destined for a bitter end, that lived only to drink to change the way I felt and perceived reality, and now, getting to live without an obsession to change any of that, just makes it really easy for me.

Anonymity is yours. Breaking anonymity is all fine for me, but what do I do if I run into a member at the grocery store, shopping mall, an event outside of AA, church...? Then, I am just another man passing by. I may not even wave to them. I have no idea if they are with someone from their job, someone from their family, or with someone that just might ask "How do you know that guy?" or "Where do you know him from?" I must be considerate to the fact that they may not be as open about being in recovery as I am. They may be struggling in their recovery, for all I know, and my openness could ignite a situation that causes harm to them for their lack in working their program. I must think of the other member's anonymity first. The same respect ought to be returned as well, that no one would break another member's or my anonymity. It is up to the individual AA's discretion.

Anonymity is easy to discuss in the rooms of AA, but this principle is really tested outside of the rooms. In just a little over fifteen months I have learned to respect myself, and more importantly, others. I am no longer that careless drunk on the main street downtown without regard for anyone. I must practice these principles in all my affairs and respecting a fellow members' anonymity is the spiritual foundation of all our traditions, ever reminding me to place others before myself. Whether you agree with one side or the other on breaking anonymity, keep in mind that God gave us two ears to hear and one mouth to speak, so it may be best to be discreet on the matter altogether.

## **Preventing Zoom Boomers**

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Meetings	Schedule a Meeting					
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Recordings	Description (Optional)	Enter your meeting description				
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<ul> <li>&gt; User Management</li> <li>&gt; Room Management</li> </ul>	Duration	1 ~ hr 0 ~ min				
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> Advanced		Recurring meeting			Q	Help

This with the recommendations on this page: <u>https://baltimoreaa.org/managing-disruptive-participants-during-zoom-meetings/</u> will help a meeting registration to be shared widely, with limited exposure to Zoom bombers.

#### DISTRICT 40 OFFICIAL MINUTES OF THE FEBRUARY 11, 2020 MEETING

Meeting Location: 2<sup>rd</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 (Reino F.) dcm-40-alt@aa-seta.org (Deanna F.) Mailing Address: District 40 PO Box 19085 Houston, Texas 77024-9085

DATE: 02/11/2020 CALL TO ORDER; DCM Reino F. opened the meeting with a Moment of Silence & Preamble. Unity Declaration Read by Dan K. INTRODUCTION OF ATTENDEES; 30 Attended our business meeting.

TRADITION I /CONCEPT I PRESENTATION; Ashley C. and Reed B. VOLUNTEERS FOR NEXT MONTH; Tradition II – Dave R. Concept II – Terri O.

## DISTRICT OFFICER REPORTS

- Alt Secretary's Roster; Hilton L.
- Secretary's Report; Jackie S. Accepted as presented
- Treasurer's Report; Alt Mike W. Accepted as corrected
- DCM Report; Reino F.
  - I was not at the SETA Convention or the Assembly.
- ALT DCM Report; Deanna F.
  - SETA Assembly; We should be getting \$300.00 back from cancelled Gratitude Dinner.
    - i. Delegate's report is available to view on his webpage.
    - ii. The Finance Committee added a line item to the Area budget.
    - iii. Looking at Double Tree for 2021 2022 SETA Assemblies.
    - iv. Good Speakers
    - v. A lot of new GSRs.
    - vi. There was an advanced GSR workshop
    - vii. Dan said, D40 was well represented at the hospitality suite.
  - Deanna is moving to Austin on February 17<sup>th</sup>. And resigning from DCM Alt. Is available for questions.

#### NEW BUSINESS;

- Will hold Alt DCM election next month. See job description on SETA website.
- Will move the Traditions Dinner discussion to next month.

## OLD BUSINESS;

- SETA Convention 2020 Mike W. In the hospitality suite, the sandwiches cleared out 10
  minutes before it closed. It is estimated that \$270.37 be saved for future hospitality suites.
  - Open Positions Archives, IT and TFC.
  - Lucas D. stood for TFC Rep and it passed.
- 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

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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 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.
  - CPC meet the first Monday of every Monday 7:30 at SBMC. We have good participation and there is positions avail. Also on Zoom. We will have a booth set up at the EAPA Employee Assistance Professional Association Fair on Oct 27 – 29 We will be asking for Volunteers to man 4 hr shifts with 2 people. Hospital presentation to West Methodist was postponed. We will present program soon.
  - We will have a Mock Presentation of Hospital Presentation at the Area Assembly in April.
- Grapevine; Rachel P.
  - 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, and 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 details and a downloadable instruction sheet,
    visit https://www.aagrapevine.org/carry-the-message.
- IT (Information Technology); OPEN Read by Betsy G. Postmaster of the email list.
  - There have been some recent glitches. Troy was told he was not a registered user. The home
    office in England fixed the problem. There will be a Webmaster presentation in April.
- Intergroup Liaison; Dan K.

District 40 Intergroup Liaison Report

February 11, 2020

- 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 <u>http://aahouston.org/support-for-aa-groups/meeting-schedule</u>, by phone, or at Intergroup.
- Upcoming Workshop:
  - March 28<sup>th</sup> 10am-3pm

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- 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 February 20<sup>th</sup>, 2020 @ 8:00PM

Sign up for the Link on aahouston.org

- Literature; Elizabeth G.
  - Greetings to all at District 40. May this month find you getting excited about Valentine's Day and theme, "Love and Service" is our code. This time of the year is a great opportunity for giving unconditional brotherly love to all our A.A. and family members. I am truly grateful to each of you in District 40 for giving me this opportunity to serve Alcoholics Anonymous, my family and my God. With that said, this month's pamphlet challenge is "A.A. Tradition How It Developed by Bill W." The subject of this pamphlet is "How shall we A.A.'s best preserve our unity," and tells the story of the emergence & development of the essential principles central to A.A. unity and survival. Here is an update from the General Service Office.
  - According to "Quarterly Report from G.S.O.," the Literature committee agreed to
    forward to the 2020 Conference Committee on Literature a request that the pamphlet
    "A.A. for the Black and African-American Alcoholic" be updated. This will be on the
    agenda for discussion at the 2020 General Service Conference. The committee also is
    working on update to the following pamphlets: the pamphlet for Spanish-speaking
    women in A.A., the pamphlet based on A.A.'s Three Legacies, the pamphlet "Twelve
    Traditions Illustrated", and the video "Your General Service Office, Grapevine and the
    General Service Structure.
  - \* 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.
  - Please email photos and articles to district40newsletter@gmail.com
- PI (Public Information); Terri O. No Report
- TFC (Treatment Facilities Committee); Open No Report
- GSR/GENERAL SHARING SESSION (Feedback, News, Concerns, Questions)

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 Mitch – Plans to get with the 2021 SETA Convention Chair to get a good room for the GSR Workshop.

CALENDAR OF EVENTS (see attached flyers).

- Next District 40 meeting: 3/10/20 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
- <u>AA International Convention will be held on July 2 5. 2020 in Detroit MI. Register at</u> 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 NWTA66-Texas

For further event lists:

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

ADJOURNED; Closed with the Responsibility Statement

SETA District 40	Monthly I	Financia	l Report	t Feb	oruary 20	)20		
	Approved	Approved	Approved	Expense	Year to	% This	% Year to	
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	\$925		\$925	\$0.00	\$0.00		250/	
Alt. DCM	\$900		\$900	\$0.00	\$316.48	400/	35%	
Secretary / Copying	\$150		\$150	\$8.46	\$27.18	18%	18%	
Treasurer	\$150		\$150	\$2.00	\$29.99	20%	20%	
	\$150		\$150	\$71.74	\$71.74	48%	48%	
Rent/Coffee Donation	\$360		\$360	\$30.00	\$60.00	17%	17%	
Coffee PO Box	\$0 \$90		\$0 \$90	\$0.00 \$0.00	\$0.00 \$0.00			
	\$90 \$175		\$90 \$175	-	\$0.00 \$55.60	32%	32%	
Literature Committee PI/CPC	\$175		-	\$55.60	•	32%	32%	
			\$50 \$50	\$0.00	\$0.00			
Grapevine	\$50			\$0.00	\$0.00			
CFC	\$300		\$300	\$0.00	\$0.00			
TFC	\$50		\$50	\$0.00	\$0.00			
Archives Committee	\$0		\$0	\$0.00	\$0.00			
Intergroup Liaison	\$0		\$0	\$0.00	\$0.00			
IT Committee	\$50		\$50	\$0.00	\$0.00			
Miscellaneous	\$0		\$0	\$0.00	\$0.00			
Gratitude Dinner - Donation	\$0		\$0	\$0.00	\$0.00			
Gratitude Dinner - Food	\$0		\$0	\$0.00	\$0.00			
Fellowship Fest	\$0		\$0	\$0.00	\$0.00			
Traditions Dinner	\$1,300		\$1,300	\$0.00	\$0.00			
Service Workshop	\$300		\$300	\$0.00	\$0.00			
SWRAASA (Even Years)	\$1,900		\$1,900	\$0.00	\$0.00			
The Forum (Odd Years) See Note	\$0		\$0	\$0.00	\$0.00			
Delegate Report Meeting	\$0		\$0	\$0.00	\$0.00			
State Convention Hospitality Suite	\$0		\$0	\$0.00	\$0.00			
SETA Assembly Host District	\$0	\$0.00	\$0	\$0.00	\$0.00			
SETA - Hospitality Suite	\$0		\$0	\$453.62	\$453.62	#DIV/0!	#DIV/0!	
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Group Name	Receipts							
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Friends of Bill W. (Post Oak)	50.00			nses this N			\$621.42	
Friends of Bill W. (West Houston CC)	112.42	∣┌──		ne this Mor			\$1,518.54	
Katy Crossroads Group	36.62		Outstandir	ng checks o	ashed this			
Memorial Going Home Group	40.42			serve (0.25 x			\$1,725.00	
New Beginnigns group	23.00			eta Hospital			\$0.00	
Saturday Solutions Group	38.06		Unrestricte		,		\$3,797.58	
Sisters in Serenity	39.70		Ending Ba	lance / Tota	\$5,522.58			
Tuesday Night Step Study	25.48		Unspent Portion of Budget \$5,88					
Wednesday Reflections	16.20		p		-		+-,	
Wild West Group	45.33		NOTES:					
Journey group	\$10.80			halance sho	wn above ag	rees with h	ank	
spring shadows group	\$240.00		•		of this mont	•		
Other groups	\$374.34							
ttl group donation	\$J74.54							
Event Donations	<u> </u>							
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## **District 40 Officers and Committee Representatives**

<b>Position</b>	<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	

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: <u>Literature-</u> <u>Chair@aa-seta.org</u>
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