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# DISTRICT#40

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UNITY | SERVICE | RECOVERY

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## Step 12

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"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

## Tradition 12

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"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

## Concept 12

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"The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action."



## Getting Out of Ourselves

**Reino F, District 40 DCM**

### Getting Out of Ourselves

It is amazing that the thinking process I had developed over the years while drinking had become my normal way of living and believing. So, when I sought help for the way my life sucked, or I perceived it was going, I had no clue how that journey was going to go. I had no clue what was expected of me and could not assume what would be done. That is the best thing that could have happened for my way of thinking got me to wanting help.

I have come to find out that I had been thinking of myself way too much over the years. I just believed I had a good topic to think about. I did not spend very much time thinking of what others may need, or want. If it did not fall in my selfish thoughts then I just

did not worry with it. Usually if you asked me to help you I would do it if there was something in it for me. This thinking had to be changed completely, the good old boys said to me.

I was told that my perception of life was really skewed and deranged. I was told to take the cotton out of my ears and put in my mouth, or one actually just told me to shut the hell up! Everything that I carried into treatment and AA had to be removed and changed. To what? Well, to 'others,' dummy. "Where did thinking of yourself get you?" Learn to be of service to others. "Oh, really? Why?", I asked.

As we worked the steps, I found out that if I would call some other AA members that I would not be thinking of myself so much during that time. My 'victim' attitude became less and less. Look what was done to me! That thinking gradually was being changed. Instead, it was becoming how can I be of service. But it was a slow, gradual process. Just when I thought that I was making good progress then, I would have a selfish thought set back.

The process really took off after a couple years in the fellowship. I told my sponsor that I did not really like other people too much and I became the group greeter before the start of two weekly meetings. I griped about how the meeting was set up and became the coffee maker. I had to get there an hour before to make the coffee and set up the room. Then, I became the Alternate GSR, then the GSR. I found out that I was the conduit between the group and the fellowship. I had a vote, but my opinion was not needed. Politicking for some topic, or for what you want or want to be, was not good for me.

In the fellowship, selfish thinking had to be removed, at best, or set aside. I now had to develop some humility. Learning who and what I am and what I want to become. Doing something for someone and do not tell another person. That, my sponsor told me, was a version of humility that he was taught.

I have a character defect of listening to another person or persons talk and not hearing them because I am always waiting for them to take a break so that I can interrupt them to get my thought or point across. My way, or thoughts, were always better than yours. To cure me of this, my Higher Power got me to be the DCM for my district. I was to have to listen to your whole thought and not give my opinion. I was to be a facilitator of information between groups and individuals only. I was told to not give my opinion in order to sway the process in any way. So, my motives were in play now too.

So, Bill and Dr. Bob figured out that working with another alcoholic was the best cure to not thinking about yourself. When this thinking starts to come, then at least, reach out to another AA member or members. During these calls or discussions, you are not thinking of yourself and wasting your time on that topic. I found that I am not all as important as I believe that I am. I just want to be of service. That is all that I want for myself as much as I can have it. It does take constant work. I keep trying.

## Incoming Officers:

**DCM:** Jackie S

**Alt DCM:** Doug D

**Secretary:** Natalie A

**Treasurer:** Scott B

**Alt Treasurer:** Ronnie H

**Archives:** Marcus S

**Newsletter:** Fernando B

**Grapevine:** Candice D

**IT:** Edie

**Literature:** Dan K

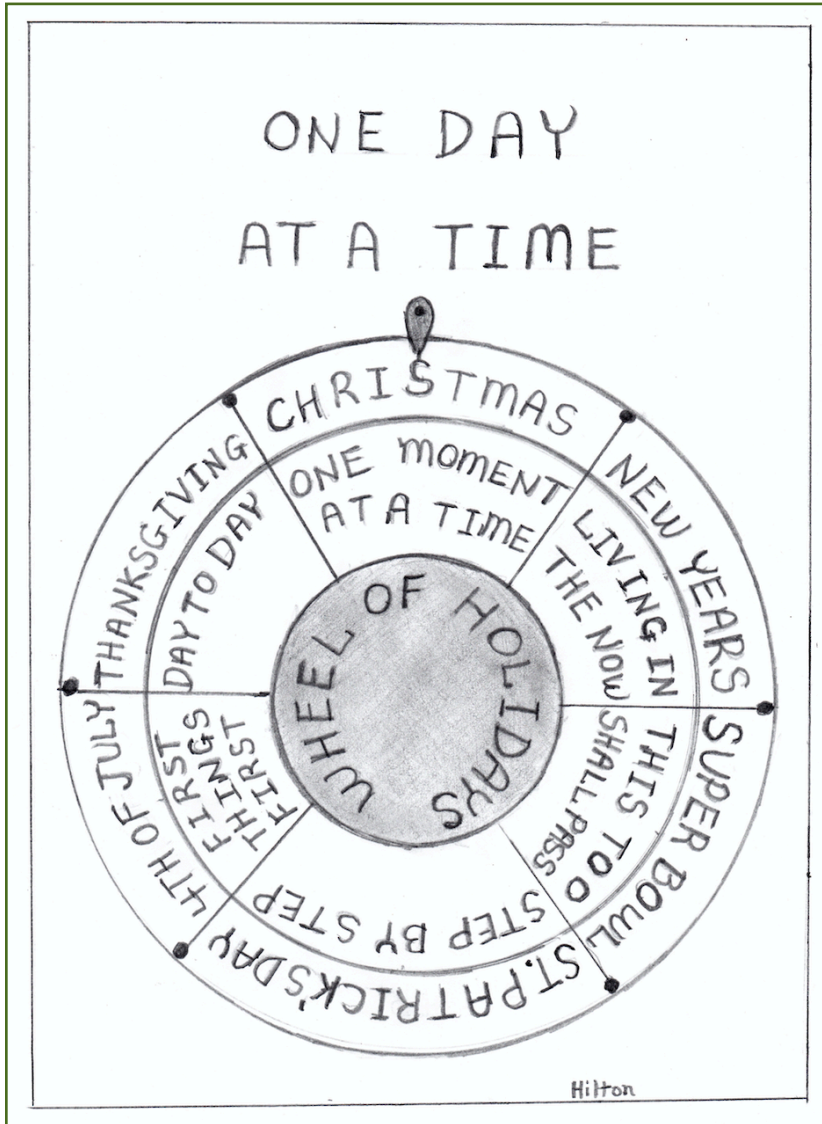
**CFC:** Paul K

**Intergroup:** Mitch A

**CPC:** Bill A

**PI:** Terri O

**TFC:** Lucas D



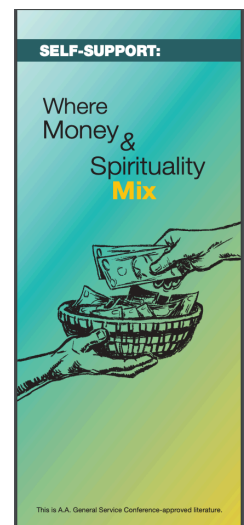
## November brochure of the month:

### Where Money & Spirituality Mix

*Click on the link for your online printable version of the brochure of the month.*

[https://www.aa.org/assets/en\\_US/f-3\\_selfsupport.pdf](https://www.aa.org/assets/en_US/f-3_selfsupport.pdf)

[District40Newsletter@gmail.com](mailto:District40Newsletter@gmail.com)



**DISTRICT 40 OFFICIAL MINUTES**  
**OF THE OCTOBER 13, 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: October 13, 2020**

**LOCATION: ZOOM**

**Moment of Silence, Preamble & (Unity Declaration; read by Elizabeth G.)**

**Attendees; 24 people**

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

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

- **DCM Report** – Reino F.

- Reino gave a report on the October Area Assembly and it included; GSR workshop, workshop on new website, G-suite, DCM reports, Committee reports, Motions that passed and that the elections were on Sunday.
  - **Alt DCM Report** – Doug D.
- Doug reported that the SETA convention will not be held at the hotel as usual, but that due to COVID, it will be a Virtual Convention. Remember to cancel your room.

**OLD BUSINESS –**

**Open Positions** – IT

**NEW BUSINESS -**

- The Treasurer position is now open because Mike W. is moving. The alternate Treasurer, Scott B. will now step up and fill in for Treasurer for the remaining of this year.
- And Scott B. also stood for the Treasurer's position for next term. By acclamation, Scott B. was voted in.
- The District 40 2021 Budget will be reviewed at the November District Meeting.
- Paul K. stood for CFC for next term and was voted in by acclamation.
- Natalie A. is considering the Secretary position.

**DISTRICT COMMITTEE REPRESENTATIVE REPORTS**

- **Archives Rep;- Marcus S.**
- 2020-09-13 Archives Meeting
  - The NAAAW workshop was held on September 26th.
  - The Area Repository was moved to the Intergroup facility and groups of 2 to 3 people will meet to assemble the Repository.
  - Discussion was held on the upcoming website layout.
  - The Archives Committee will begin putting a list together of past members of the Archives Committee.
- Please let me know if you have any questions.
- **CFC (Correctional Facilities Committee); Paul K.**
  - The jails and prisons are continuing to be locked down. No visitors. However, I can send Big Books, literature and Grapevines to them.
  - If you have any Grapevines you would like to give me, I will meet with you wherever to get them from you.
  - Thank you for your consideration, Paul King District 40 CFC Rep.
- **CPC (Cooperation with Professional Community); Bill A.**



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[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:**  
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PO Box 19085  
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- District 40 is strong in the Hospital Program!
- **Grapevine; Rachel P. – Absent**
  - No report
- **IT (Information Technology); OPEN**
- **Intergroup Liaison; Dan K.**
  - Upcoming events:
    - 10/15/20- Board of Trustees Elections
    - 10/24/20- 12 Traditions Workshop
    - 12/12/20- Winter Holiday Open House- 10am-3pm, including a play at 11:00am “What Killed the Home Group”?, speaker Dudley F. with 41 years sobriety at 1:00pm!
  - 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.
  - Intergroup fielded 1528 phone calls in September, 1415 in August, and 1431 in July!
  - Shout out to District 40 for their recent contribution in the October Link!

***Next Delegates meeting October 15th, 2020 @ 8:00PM***

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

- **Literature; Elizabeth G.**
  - Hello to Everyone at District 40! May this month find you enjoying the cooler weather and fall festivities with your families. This month’s pamphlet challenged is “A.A. for the Black and African American Alcoholic” and truly speaks of the Third Tradition: “The only requirement for A.A. membership is a desire to stop drinking.” One is a member if one says they are. As stated in the pamphlet, “In 1940, Bill W. invited two Black/African American alcoholics to attend meetings in the New York area. These members and several more found sobriety in the program. One of the originators of A.A.’s first Black/African American group, Jim S. wrote “Jim’s Story” from the Big Book editions 2nd, 3rd, and 4th. Since that time, despite the many obstacles sometimes faced by many people of color, thousands of Black/African American have found recovery in Alcoholics Anonymous. Here are the following upcoming events;
  - The SETA Literature Committee is pleased to invite you to a FUN A.A. Literature workshop with a focus on A.A. Pamphlets! Time and Place: Saturday, October 31, 2020 1:30-3:30 pm Presentations, Skits, Audience Participation, Giveaways Meeting ID# 257-198-925 Passcode: 443980









## 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	Scott B	<a href="mailto:treasurer-40@aa-seta.org">treasurer-40@aa-seta.org</a>
Alt Treasurer	Ronnie H	
Archives	Marcus	
Newsletter Editor	Kari B	<a href="mailto:district40newsletter@gmail.com">district40newsletter@gmail.com</a>
Grapevine Rep	Rachel P	
IT Rep	Edie B	
Literature Rep	Elizabeth G	
CFC Rep	Paul K	
Intergroup Rep	Dan K	
CPC Rep	Bill A	
PI	Terri	
TFC	Lucas D	

<b>Committee</b>	<b>Meeting Time</b>	<b>Location</b>
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