

DISTRICT #40 NEWSLETTER

UNITY - RECOVERY - SERVICE

ADOPT - A - RACK

Jackie S., District 40 DCM

At last month's District 40 meeting, our PI Rep, Theresa S presented the opportunity of providing an Adopt a Rack. Since there were (10) members who were interested, I thought I would share my past experience with an Adopt a Rack. Please know that I did not have this all planned out ahead of time; it just played out one bit at a time. Your experience could be totally different when you try.

It was a few years ago, while I was at my Doctor's office getting an annual physical. I was filling out paperwork in the waiting room and was thoroughly amused at one of the forms. This form was asking all kinds of questions about how much alcohol I drank each month, week, day and other alcohol related questions as well. I was gratefully sober and answered the questions honestly with a big zero all the way down the page. But this got me to thinking; so when I turned this form into the doctor, I asked her if she would be interested in having pamphlets on Alcoholics Anonymous displayed out on the coffee table in her waiting room. She said yes and thought they could be helpful.

Later, I brought the Adopt a Rack with pamphlets and decided to count how many pamphlets were in the four different slots and keep a little record on a post it note in my purse. Every month or so, I would stop into check on the condition of the pamphlets in the rack. I always had to straighten them up nice and neat, but I would also count each of the four sections to find out if anyone had taken one, if people were interested. Yes, people were interested, there was usually some pamphlets missing.

At the next Group Conscience meeting at my Home Group, I announced what I had done, that I had got it from the PI Committee and that it was like a miracle that I found a place that agreed to let me put an Adopt a Rack in their place of business. And that if the group wanted to support this 12th Step

STEP 12

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

ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES ABOVE PERSONALITIES, PRESS, RADIO AND FILM

CONCEPT 12

GENERAL WARRANTIES OF THE CONFERENCE: IN ALL ITS PROCEEDINGS, THE GENERAL SERVICE CONFERENCE SHALL OBSERVE THE SPIRIT OF THE A.A. TRADITION, TAKING GREAT CARE THAT THE CONFERENCE NEVER BECOMES THE SEAT OF PERILOUS WEALTH OR POWER, THAT SUFFICIENT OPERATING FUNDS, PLUS AN AMPLE RESERVE, BE ITS PRUDENT FINANCIAL PRINCIPLE, THAT NONE OF THE CONFERENCE MEMBERS SHALL EVER BE PLACED IN A POSITION OF UNQUALIFIED AUTHORITY OVER ANY OF THE OTHERS; THAT ALL IMPORTANT DECISIONS BE REACHED BY DISCUSSION, VOTE, AND WHENEVER POSSIBLE, BY SUBSTANTIAL UNANIMITY; THAT NO CONFERENCE ACTION EVER BE PERSONALLY PUNITIVE OR AN INCITEMENT TO PUBLIC CONTROVERSY, THAT THOUGH THE CONFERENCE MAY ACT FOR THE SERVICE OF ALCOHOLICS ANONYMOUS, IT SHALL NEVER PERFORM ANY ACTS OF GOVERNMENT, AND THAT, LIKE THE SOCIETY OF ALCOHOLICS ANONYMOUS WHICH IT SERVES, THE CONFERENCE ITSELF WILL ALWAYS REMAIN DEMOCRATIC IN THOUGHT AND ACTION.

UPCOMING EVENTS

SETA Convention 2022 - January 21-23

Houston Intergroup Holiday Gathering - December 11

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work effort, would they please consider using group contributions to pay for the replacement pamphlets. I had researched the cost and it was very

minimal. They voted to not only pay for the replacement pamphlets, but the group literature person offered to pick them up for me when he went to get chips each month from Houston Intergroup. Now, not only did our group have an inexpensive way of doing 12th work, but now everybody in that meeting has now heard about the Adopt a Rack idea and can possibly come up with more locations to place one.

I left the Adopt a Rack at that Doctor's office for about 3 years, until I changed doctors. Then it wasn't so convenient and I stopped by and picked it up and returned to the PI Committee so they could give it to someone else for a while. Yes, I have fond memories of this experience because each step of the way, it caused me to grow by stepping out of my comfort zone and speaking up for the sake of 12th step work.

WHERE DID THE TIME GO?

Doug D., District 40 ALT-DCM

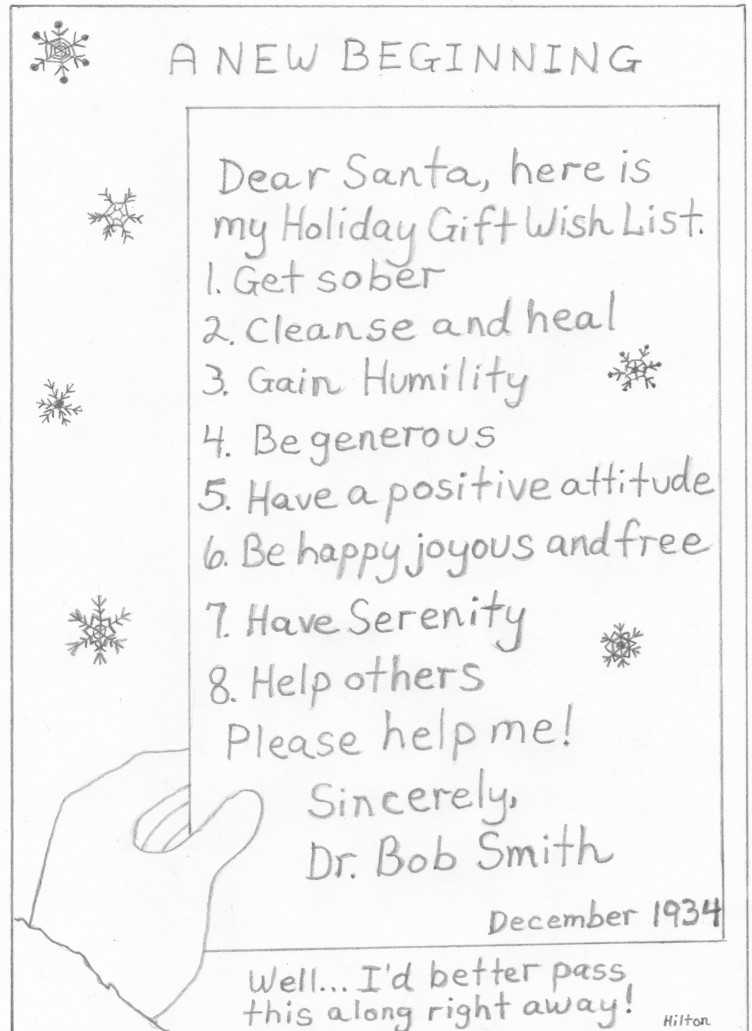
Here we are, just about halfway through our service commitment. It feels just like yesterday that we had elections. Maybe that's why we have sobriety requirements on service positions. To make sure the member has a firm foundation to grow from in their new position. Because sometimes when you look at the job descriptions they seem daunting. I guess that is how my mindset has changed on how I look at service now, compared to when I started. I was not confident if I could do the job as alt GSR. Once I started I found out if I focus on the job and not the time, everything worked out. It's funny that way, before coming into this program I needed to make sure I had everything figured out before starting. Like if I was going to build a house I would make sure I had the plans, lumber, tools, and everything else. I would even check it again but now I just show up at 6 am, grab a 2x4 and go nail it in. Then go grab another one and do it again. So I found out service is like that, just focus on the task at hand and complete and move on to the next. I feel now standing for a service position is what I need to do to give back to the program and also for me to advance in my growth personally.

I don't fear the work that will pop up on this journey, I kind of look forward to it now. Getting out of my comfort zone is where I found real opportunities to practice the principles of this program. The spirit of rotation and the spirit of participation will always give us the chance to take on any new service positions. I hope you find it a bit exciting when you start and a little sad when it is over but feel appreciative to have had the chance to be part of this society.


How time flies when you're having fun and growing in this program. I remember looking at the steps hanging on the wall and wondering if I would ever finish them in this lifetime. once I got

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started and focused on them I found out if you do them in a row, one to twelve, and not take shortcuts, I started to see some order come into my life. I needed that order and now I need the structure, so I'll keep showing up and jumping into service when needed, not for the good I can do but to honor the One that truly got me sober.



Pamphlet of the Month -
November
A Brief Guide to A.A.
Scan the QR code or [click here](#)



Virtual Ask It Basket Questions for November

How does one get a SETA G Suite account?

First, use this QR code on the right to be sent to the webpage where it explains the details of how to register and all the steps. You will then click on the link that says "Registration for SETA G Suite" that is in the dark blue box.

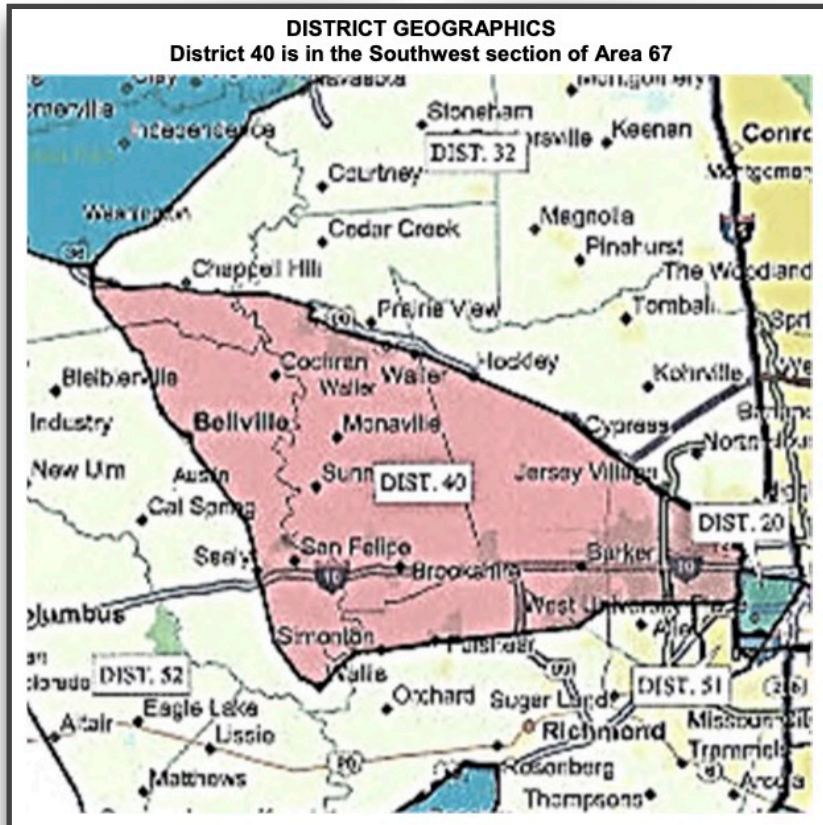


Can anyone register for a SETA G Suite account?



If you are a member of Alcoholics Anonymous in Area 67, then yes you can register for an account. It is used for people who want to get involved with in their District or Area, as a better way of integration and communication.

If you have further questions please submit your questions to my email at fernando.b@aa-seta.org or scan the code to the left



DISTRICT 40 OFFICIAL MEETING MINUTES

Meeting Location:

ZOOM

jackie.s@aa-seta.org DCM

Mailing Address:

District 40

Meeting ID: 824 4810 5482

Passcode: 072830

doug.d@aa-seta.org Alt. DCM

natalie.a@aa-seta.org Secretary

PO Box 19085

Houston, Tx. 77024-9085

Scott.b@aa-seta.org Treasurer

Date: October 12, 2021

Time: 7:00 – 9:00 PM

Attendees: 23

Call to Order – 7:01, Jackie S. – Serenity Prayer

PRE-AMBLE – Gary S.

UNITY DECLARATION - Carolyn H.

INTRODUCTIONS – Name/Home Group/Service Position

Stephen B. and Marti B. new to group

GUEST SPEAKERS –

SETA 2022 Hospitality Chair

Looking for contributions of individually wrapped snacks, fruit as well as groups or districts to host meals. Meals must be handed out outside of hotel, but may be brought in to eat. (Liability issue). Flyer will be on SETA Announce soon.

Contact Veronica by text @ 409-996-3099 or veronica.m@aa-seta.org

TRADITION/CONCEPT – Tradition – Mike B/Concept – Marcus S.

Next month – Tradition – Fernando/Concept – Doug D.

District Inventory Question 11 – “Are district officers picked with care and consideration?” Answered by Scott B.

DISTRICT OFFICER REPORTS

D40 DCM Report October 2021

As you all know, D40 presented the GSR workshop at the October SETA assembly. Doug D., Natalie A. and Peter C. all presented in person and Dan K presented from Zoom. Not only was it a hybrid assembly, but it was a hybrid GSR workshop! All the presenters were great! We were so happy to see several D40 GSRs at the workshop! Gary S and Peter H came to the mic and asked questions! Thank you for doing that! I found out the next day that Kevin B. was actually present at the workshop as well. I did not recognize him; I had not met him in person before that.

The motion to suspend the Area P & P (policies and procedures manual) failed. But there was quite a bit of discussion some of it falling under the category of drama. So much that Melissa R, a past Delegate, had to “Call the Question”. Which means in Roberts Rules of Order that discussion is paused, and then a vote takes place to determine if discussion will continue or not and then go ahead and vote on the motion. We voted to stop discussion and vote on the motion. And the motion failed. But a lot of people had a chance to express their feelings. I had my turn the night before during the Area Committee Meeting. I wasn’t as passionate as the others on this topic

It was back to back weekends for A.A. business. The Virtual Southwest Regional forum took place this past weekend. I took 21 pages of notes and downloaded the General Service Board Treasurer’s Report called ‘Around the Picnic

Table'. It goes into quite a bit of detail; it took the treasurer about an hour to present. I emailed a copy of it out to the District 40 roster earlier today.

I had several interesting experiences that I would like to share with you. I will probably turn some of them into D40 newsletter articles. And maybe I'll turn some into SETA newsletter articles. But to conclude my report tonight, I'll share what I learned to be the purpose of regional forums. In 1975, GSB Class A Trustee, Dr. Jack Norris, believed the GSB needed to visit the regions. The first was in the SE Region, Atlanta, GA in 1976. It was a weekend sharing session to help the 3 boards and staff stay in touch with the fellowship and vice versus. He said, "Our participation is vital". We then watched the Regional Forum Video. Do you want to know what they do in New York? Come to a forum and find out. With the forums being virtual this year, you can attend other regions as well. The upcoming dates are available on aa.org.

ALT. DCM REPORT – Doug D.

I have been hearing from here at District meeting and area assembly that new GSRs don't know what the Job is. Most of us that have been GSRs feel that at the end of our term we finally understand what the job entails and all the requirements.

The GSR workshop will be on what the GSRs Job Description, responsibilities and opportunities.

I will have a few presenters that will present each part and take questions.

Flier to be changed with the following:

1. Closed Workshop for the AA Fellowship will be added to the bottom of the flier
2. Remove "open Forum"

I will choose the presenters and the outline for the workshop

NEW BUSINESS:

D40 informal Holiday Gathering – anyone who wishes may come to the Intergroup Open House on Dec. 11th. Jackie S. will pass out the GSC report booklets.

District 49 meeting location for 2022 will be AOOM

OLD BUSINESS:

Open Positions – Archives is Mike B from PPG-SCS group

Theresa S. PI motion Tabled due to lack of time

Scott B. proposed budget - passed

DISTRICT COMMITTEE REPORTS – see following:

- Bill A CPC
Our CPC presentation for the American Association of Medical Assistance Sep 24th at the Weston Hotel went very well. Hundreds of people were there and many questions were asked at a booth we set up.

RESPONSIBILITY STATEMENT : Gary S.

ADJOURN : 8:59

District 40 Officers and Committee Representatives

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<u>Position</u>	<u>Name</u>	<u>Email</u>
DCM	Jackie S.	jackie.s@aa-seta.org
Alt DCM	Doug D.	doug.d@aa-seta.org
Secretary	Natalie A.	natalie.a@aa-seta.org
Alt Secretary	Ed S.	ed.s@aa-seta.org
Treasurer	Scott B.	treasurer-40@aa.seta.org
Alt Treasurer	Ronnie H.	ronnie.h@aa-seta.org
Archives	Mike B.	
Newsletter Editor	Fernando B.	fernando.b@aa-seta.org
Grapevine Rep	Boyd J.	
IT Rep	Bree C.	
Literature Rep	Dan K.	daniel.k@aa-seta.org
CFC Rep	Marcus S.	marcus.s@aa-seta.org
Intergroup Rep	Mitch A.	
CPC Rep	Bill A.	
PI Rep	Theresa S.	theresa.s@aa-seta.org
TFC	Matt G.	matt.g@aa-seta.org

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Area 67 Committee Meetings		
Committee	Meeting Date and Time	Location
Archives	1 st Saturday of the Month, 10:00 am	Zoom ID - 858 6157 6627 Passcode - 423970
Cooperation with the Professional Community (CPC)	1 st Monday of the Month, 7:00 pm	Spring Branch Memorial Club 1200 Blalock Suite 378 Houston, TX 77055 Zoom ID - 632 634 860 Passcode - 153379
Correctional Facilities (CFC)	3 rd Wednesday of the Month, 7:30 pm	Houston Intergroup 4140 Directors Row Houston, TX 77092 Conference Room
Grapevine	3 rd Thursday of every other Month, 7:30 pm	Zoom Password - 114 207 273 Passcode - 610793
Intergroup (Delegate's Meeting)	3 rd Thursday of every other Month, 8:00 pm	Currently on Zoom Call (713) 686-6300 for more info
Internet Technologies (IT)	4 th Saturday of the Month, 10:00 am	Google Meet ID - nqm-vypy-yso
Literature	3 rd Tuesday of the Month, 8:30 pm	Zoom ID - 257 198 925 Passcode - 443988
Multi-Lingual	1 st Thursday of the Month, 7:30 pm	District 66 4800 5645 Hillcroft Suite 410 Houston, TX 77036
Public Information (PI)	4 th Tuesday of the Month, 7:30 pm	Spring Branch Memorial Club 1200 Blalock Suite 378, Room C Houston, TX 77055 Zoom ID - 330 417 285 Passcode - 153379
Treatment Facility Committee (TFC)	2 nd Monday of the Month, 7:00 pm At Area Assembly, Saturday 4:30 pm	Zoom ID - 552 569 731 Passcode - 169753