

DISTRICT #40 NEWSLETTER

UNITY - RECOVERY - SERVICE

Tradition Four

Jackie S, District 40 DCM

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount. Page 563 Big Book



COVID started affecting my home group about a year ago.

Because of this, the members in my home group have had to continuously work at adjusting to A.A. life on Zoom. It seems like every group conscience meeting we've had has included one or more adjustments that needed to be decided on. Such as; a change in the amount of rent we pay, another A.A. group merging in with ours, going from complete shutdown of face to face meetings to partial opening of face to face meetings, hybrid group conscience meetings, adapting the preamble to fit our Zoom meetings, 7th tradition issues

and more. It hasn't been easy. Not everybody agreed on every outcome. But for the most part, we have stuck together anyway. Now we have new adjustments to make as the Covid vaccine becomes more available and as a result, our meeting location landlord is reopening the

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting others groups or AA as a

Concept 4

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

SETA Area 67 Quarterly Assembly
April 10th, 2021 - April 11th, 2021

Will be held on Zoom

facility full time face to face in early April. A lot of the regular attendees at our Zoom meeting are accessibility challenged and like the Zoom meeting better than face to face. We can't just stop doing Zoom meetings. So going forward we are now faced with more decisions... Are your groups facing similar situations?

CFC is looking for issues of Grapevines to send to local jails due to them being unable to have meetings brought into them.

What's the Difference Between Clubs and AA Groups?

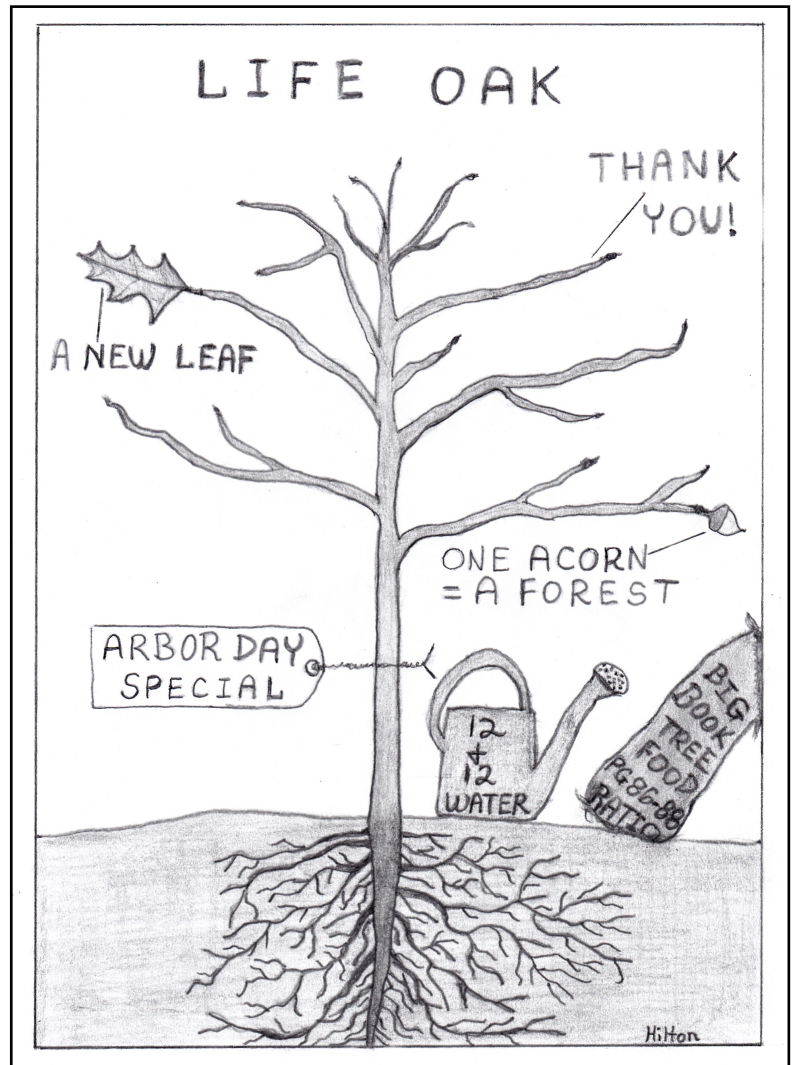
Doug D, District 40 Alt - DCM

I have been coming across this question for the past few months from many different people from different groups and districts. I know a lot of groups do not hold their meetings in a club owned property and don't see where this might be a problem, but those that do, can run into the blurred lines that separate them. This article will not go into great detail, but be more of basic understanding. Below is a part of the [AA Guidelines – Relationship between AA and Clubs](#).

The A.A. group: The importance of each group maintaining its autonomy and identity separate from the club in which it meets cannot be emphasized too strongly. The group's responsibility is to the suffering alcoholic and to the Fellowship as a whole, rather than to the club. In order to fulfill this primary purpose: The group uses a name different from that of the club. The group is self-supporting through its own contributions. This includes paying a fair rent for use of the facilities, maintaining a separate treasury, and making its own contributions directly to the local central/intergroup office, the district, the area general service committee, and to G.S.O. Remember, an A.A. group is available to any alcoholic, as the only requirement for group membership is a desire to stop drinking. Even though the group meets in a club that may be composed exclusively of A.A. members, and many members of the group may be club members too, the relationship of the A.A. group itself to the club should be the same as it would be to a church, hospital, school, or other facility in which it might rent space for its meetings.

It states the Groups responsibility is to the suffering alcoholic and the AA fellowship as a whole. So we can live up to Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. Out of the AA Pamphlet [AA Group – where it all begins](#) “The primary purpose of any A.A. group is to carry the A.A. message to alcoholics. Experience with alcohol is one thing all A.A. members have in common. It is misleading to hint or give the impression that A.A. solves other problems or knows what to do about drug addiction.” This would sum up our purpose, but with all the traditions we have an outline that has keep this going. What were the last words Dr. Bob said to Bill? “Let's keep it simple”. That

is truly the structure that I was introduced to when I became a member of AA and started to learn the traditions. It was the first one that showed me I had to look after AA like all those that came before me. The second taught me to think of AA's needs, and not my own, and also that great line, "good is the enemy of the best". The third was where I learned acceptance and tolerance of all, and again another little saying to remember, "what would the master do?". That is a great way of looking at a situation and ask, "how would God handle this?". Four gives us the right to be wrong and learn from our mistakes like AA did in the beginning. The fifth has already been explained in this article, and the sixth warns us from professionalizing the AA program. Seven is one of my favorites. It states we need to be self-supporting, but we don't own property, war chest money above our prudent reserve, and do not take contributions from any outside source. We have to remember whose money we have and spend it wisely and/or frugal. Eight is where you don't take advantage of an AA member and expect a discount or free services, if you were going to hire a nonalcoholic to do the same job, they should get the same pay. Nine showed me what Service was about, doing what is needed to be done, and not just what I want to do. To serve my home group, District or Area is a privilege to give back to a program that gave me so much and lets me insure it will be around for the next person that needs to walk into a meeting of AA. Ten simply put, is everything except alcoholism is an outside issue a lesson learned from the Washingtonians. We need to focus on the one thing we all know and suffer from, alcoholism. Eleven tells us our public policy is attraction rather than promotion. Twelve is just what you need to live by, "principles before personalities". This is a simple program and as my sponsor keeps telling me the only person that can make is difficult is ME, by over thinking.



A club is a location where Groups can hold meetings, but it is separate from AA. I will pull again from the [AA Guidelines - Relationship between AA and Clubs](#) "The relationship between a club and an A.A. group is mutually beneficial when all involved respect the autonomy of the group.

Members of a group may also be "club members" and pay dues to enjoy the privileges of the club. However, there are no dues or fees for membership in an A.A. group. It also states that a club should stick carefully to the AA 12 Traditions. Since the club will be incorporated as a nonprofit business organization under the rules of the state or province in which it will function, this will involve a lot more administrative tasks and legal advice, let alone overseeing the property while it is open. Some clubs have coffee bars, snacks, apparel, and many other ways to generate money while they are open to offset these costs.

Now a little from the AA pamphlet [-A.A. Tradition How It Developed](#) “ At times club enthusiasts will act as though they really believed we could handle our alcoholic problems by club life alone. They are apt to depend upon clubs rather than upon the A.A. program” This is where is see the blurred line between these two entities and that is why they need to stay separate. I know in my home group we are a self-supporting, not for profit organization that rents from a club that was started by some of our members so they could secure the property that the group had been renting for over a decade before it came up for sale. When the Club was formed as a 501c3 corporation they setup the bylaws that are the governing rules by which it would operate.

So I hope this helps anyone out that did not know or did not have any dealings with this topic. I remember my first SETA convention when I was new and mentioned the club I was with and not the group. I got a quick lesson that I really appreciate to this day. Alcoholics Anonymous is a worldwide fellowship and when I became a member by my own admission, I was part of it. Not just my Home Group but the Organization. AA is the only true democracy in the world where everyone has a equal voice.

Staying Active

David M, Katy 12 & 12

It is imperative to stay active in the suggested program of recovery of Alcoholics Anonymous if an individual wants to remain sober, healthy, and free. The process of taking the 12 steps is not a one and done phase.

Attending meetings regularly to make “frequent contact with newcomers and with each other” (page 89) is a spiritual tool that cannot be over-utilized. It is in these meetings and the picnic table meetings afterwards, when

iron sharpens iron helping each other to grow. An alcoholic must be willing to continue growing, so as not to “fail to perfect and enlarge his/her spiritual life through work and self-sacrifice for others” as it clearly states in our literature (page 14-15). Half measures will avail nothing (page 59).



Completing the previous nine steps and remaining active in steps 10, 11, and 12, the likelihood of a life of permanent sobriety and peace will be maintained. I listen to the experiences of those that have gone before me, and I choose to follow the suggestions and stay active in the solution. If I continue to practice what has been given to me to the best of my ability, my hope is that I will never want to drink again and be able to give to another what has been freely given to me.

I entered into the rooms of A.A. on December 26, 2018 looking for something. What? I was not sure. That day I heard people talking about going through the steps with a sponsor. So, at the end of the meeting a man approached me, and I asked him to be my sponsor. It was then when I began getting active as he took me through the 12 steps. He gave me reading and writing assignments to complete between meetings. My sponsor and I would meet up regularly and discuss the step work and the illness of alcoholism. This was the beginning of the step work journey that would come to be a lifestyle that is to be practiced for the rest of my days, one day at a time. Having taken the first 9 steps, I now carry the message to others in the same giving-manner as he had done with me. Whether I am taking a newcomer through the steps, going through them with a group of men, or reworking the steps with my sponsor again, active participation in step work will be a process I hope to practice forever.

A library of books has been written on how one can grow spiritually and serve others, but in keeping it basic, I pray, and I am willing to help someone today. In the morning I get on my knees and thank the God of my understanding for waking me up another day, sober. I say the third and seventh step prayers, some days I throw in the eleventh step prayer, and ask God how I can be of service to my fellow man. This starts the day off out of self in the best way I can. As on awakening suggests on pages 86-88, I meditate on the prayers that are to be said throughout the day. Some days I will use a guided meditation to help free my mind of distractions. Keeping my focus on my Higher Power keeps me focused on helping others. Faith without works is dead, so I must keep my priorities on being available to help another, should the opportunity arise. Serving and helping others in my community and in A.A. gives me the opportunity to practice these principles in all my affairs, get out of self, and exercise spiritual growth. The big book states that one must enlarge their spiritual life and be of service to others, or they will not be able to “survive certain trials and low spots” in life. This may be the best statement of action to remain active in one’s recovery.

Steps 10, 11, and 12 are commonly referred to as the “maintenance steps”. It was in steps 1 through 9 where I learned the self-searching, the leveling of my pride, and the honest confession of shortcomings (page 25). I have to stay active in the maintenance of my recovery if I am going to be of service to an alcoholic in need of help. I must continue to watch for defects that would cause me to act in any unlovingness or intolerance. I must stay active in prayer with the God of my understanding to request these be removed at once, so I am not hindered in my usefulness to God’s plan or a fellow. Steps 10, 11 and 12 practiced daily keep me in check on steps 1 through 9.

In summation, step 10 practiced is steps 4 through 9, step 11 is steps 1 through 3, and step 12, in itself, is having had the spiritual awakening as a result of the previous steps to carry this message of recovery to the man/woman who is still sick.

There are many ways to participate in recovery and stay in the solution. Bottomline, it is work. However, the labor of the work is nothing compared to the fruits of that work. The steps taught me how to act, think, live and most importantly how to trust God and help others. The triangle symbol of Alcoholics Anonymous is just that; three parts: service, recovery, and unity, with the circle standing for wholeness or oneness. I learned all this in the program from someone that went before me and chose to work hard and remain active in these areas. Because of that, I do not have to drink today.

Acronym for Alcoholics Anonymous:

A Life Centered On Helping Others Lives In Complete Sobriety.

(Alcoholics)

Action Not Our Names Yield Maintenance Of Uninterrupted Sobriety

(Anonymous)

SETA 67 Electronic Contributions

As many of you know this current pandemic has motivated our Area to spread our wings in many different virtual/online ways!

There have been multiple requests by Area 67 members and groups to set up an online contribution option. After doing extensive research last year's Treasurer had set up a separate checking account that is ready to receive contributions through Zelle.

Here is all of the information you will need in order to make a successful online contribution:

1. You can click on this link for the Zelle homepage or enter it in your browser, here you can access step by step instructions on how to use it, it is free through most banks.

<https://www.zellepay.com>

2. The email address you will use every single time to make a contribution will not change:

treasurer@aa-seta.org

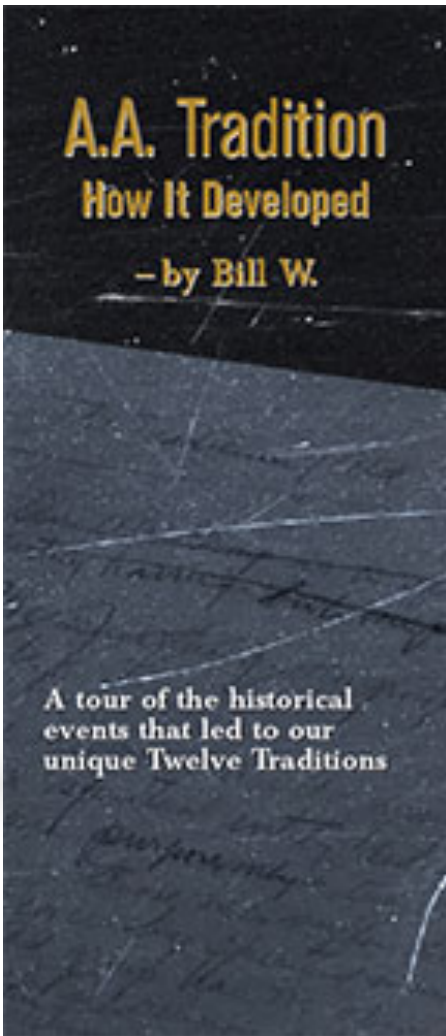
3. Group Name

4. Group Service Number

5. District Number

The above information is REQUIRED for me to be able to process your group's contribution. If you do not know your group service number, you can contact me, the Area Registrar or GSO at www.aa.org directly and we will provide that information to you.

If you have any further questions, please do not hesitate to contact me.



Congrats to our new Public Information Representative Theresa S.

Pamphlet of the Month - March
“A.A. Tradition, How it Developed”
Scan the QR code to get direct access to the pamphlet



DISTRICT GEOGRAPHICS
District 40 is in the Southwest section of Area 67



DISTRICT 40 OFFICIAL MEETING MINUTES**Meeting Location:**

ZOOM
Meeting ID: 824 4810 5482
Passcode: 072830

jackie.s@aa-seta.org DCM
doug.d@aa-seta.org Alt. DCM
natalie.a@aa-seta.org Secretary
Scott.b@aa-seta.org Treasurer

Mailing Address:

District 40
PO Box 19085
Houston, Tx 77024-9085

Date: Tuesday, February 8, 2021
Time: 7:00-9:00pm

Meeting Opened: 7:12 DCM Jackie S.

Moment of Silence followed by Serenity Prayer

Preamble**Unity Declaration**

Attendees (31), stated home group, level, WELCOME by Jackie S.

Tradition II Long Form – Marcus. S.

Concept II Short Form – Scott B.

District Officer Reports:

Secretary's Report – Natalie A., approved

Treasurer's Report – Scott B., accepted

Doug D**Feb Alt-DCM report**

Talked about the Traditions Dinner/Workshop.

It will be in June this year

Asked for volunteers to help plan it, email me at doug.d@aa-seta.org

DCM Report – Jackie S

DCM Report 2-9-21

January SETA Assembly - Abbreviated

This assembly took place on Zoom and I noticed 109 participants first thing Saturday morning. Then GSRs went to break out rooms. Meanwhile, the Area Committee meeting took place.

- Around 10 am we were brought back together and the secretary minutes and treasurers report were presented and approved.
- Kris H gave his Delegates report; informing us that he has been assigned to the Grapevine/LaVina GSC Committee. He was excited to tell us the Agenda Items being considered and much more....
- Rick M gave his alternate delegates report; including to be patient with each other, because there is a steep learning curve for all of us in new positions. Announced the dates of the upcoming State Convention and SW Regional Forum.

- Debi F gave an update on the 2021 SETA Convention noting that they rescheduled today's convention to next year due to the Hotel – 50% capacity rule and how it would not have enough income to cover costs. They have completed refunding all the 2021 registrants. If you did not get your refund contact her at debi.f@aa-seta.org.
- Kathleen T took Roll-Call for VOTING. I plan to talk about voting further along in the Agenda.
- Elections were held for the remaining open positions, some were filled and some were not.
- The Motion for voting on Agenda Topics on Saturday was presented by Catherine G. and it failed. The discussion consisted of many thoughts such as;
 - If you're a GSR and cannot make it to assembly on Sunday that is more of a group issue.
 - Also let's make a note about the importance of an Alt GSR.
 - Some groups pay for GSRs to stay overnight at the hotel.
 - Some groups even pass a separate basket asking for financial help for the GSR to stay overnight. One night costs around \$93. Or the Hotel next door costs half of that amount and is easily within walking distance.
 - Some talk was discussed about keeping the entire assembly to just the one day. A lot of people chimed in pointing out the value of a 2 day assembly because of all the committee workshops, committee meetings, GSR workshops, Delegate workshops and 3rd legacy elections, Committee Reports, DCM Reports. What are you going to give up?
- Bella L concluded with the announcements of all of the upcoming events. And she encouraged everyone to get a G Suite Email account.

Old Business:

New GSR/Group Change Form – email to registrar@aa-seta.org

http://aa-seta.org/officers/registrar/Group_Change_Form_SETA_EN_2019-01-Fillable.pdf

--Do not send to Jackie S.--

- * 10 Days to send out GSR packet
- * Gsuite/ follow instructions

New Business:

SETA Positions and Voting Rights

District Positions and Voting Rights

Both of the above are listed on Job Descriptions on the SETA website

District Committee Reports:

Archives Rep. – Marcus D

The **Archives Report** is as follows:

- We met December 9 to set up more shelving and reorganize the new Archives location
- Need to decide if existing desks will be kept or removed, due to space constraints
- Marcus broke a box
- Next meeting upcoming January 16

Please let me know if you have any questions.

CFC Rep. –Paul K / Nothing to report due to covid

CPC Rep. – Bill A.

- New Chair – Don P.
- Hospitality program on hold
- Virtual 12 Step call?
- Association of Medical Assistants Conference – September 24-27th

Grapevine – Candice D. /No Report

IT – Edie B. /No Report

Guest Speaker – Kris H.

- Delegate Area 67
- Shares a bit of his story
- On the Grapevine /La Vina committee
- GSC will be virtual – \$ outweighs benefits of in-person conference
- Discussions:
 - 60% items new
 - Preamble gender neutral
 - Books from Grapevine Archives

Intergroup Liaison - Mitch A/No meetings/No Report

- Next meeting 2-18 @ 8pm

Literature Rep – Dan K.

District 40 Literature Rep Report

February 9th, 2021

- Area Literature Committee met Tuesday, January 19th at 8:30PM on Zoom:
 - Elected 2 positions: Willy S. as Secretary, Dan K. as Alt Chair
- Hello District 40! This month features “The A.A. Group.....where it all begins” pamphlet. This pamphlet is designed as a handy tool for your group, and a compliment to the A.A. service manual. It covers four main areas: what an A.A. group is; how a group functions; group relations with others in the community; and how the group fits into the structure of A.A. as a whole. It reminds us of Tradition Five: Each group has but one primary purpose- to carry its message to the alcoholic who still suffers. Regarding predictions that A.A. may become a spearhead for a spiritual awakening throughout the world, Bill W. said “Our Society, therefore, will prudently cleave to its single purpose: the carrying of the message to the alcoholic who still suffers. Let us resist the proud assumption that since God has enabled us to do well in one area we are destined to be a channel of saving grace for everybody.” The pamphlet also reminds us of the upside down triangle of A.A. and Concept I, “The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

Newsletter – Fernando B.

- Thank you's
- Report zoom links please

PI Report – Terri/ No Report

TFC – Wendy F.

District 40 TFC report

- Susan from IT came to show us how to set up our emails and where to find google support
- Tracy T was voted in as the committee secretary
- Susan is working on setting up training for Bridge the Gap program. The program is assisting new comers who get out of treatment and introduce them to AA
- We also talked about the Districts takes meetings into treatment facilities and the Area committee manages the treatment facilities data base for the ones in Area 67

We are also working on setting up training for the TFC reps on how to approach treatment facilities

GSR/General Sharing Session

- No questions
- Check email Changes

Events:

March 9th District 40 7-9pm

State Convention – June 11 – 13th IN PERSON

SWRF – October 8-10th VIRTUAL

SETA 2022 – January 21st – 23rd

8:42 Adjourn with Responsibility Statement

Virtual Ask It Basket Questions for April

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 a member of Alcoholics Anonymous in Area 67, then yes you can register for an account. It if 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



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
Correctional Facilities (CFC)	3 rd Wednesday of the Month, 7:30 pm	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, TX 77057
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
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

District 40 Officers and Committee Representatives

APRIL 2021

<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	Marcus S.	marcus.s@aa-seta.org
Newsletter Editor	Fernando B.	fernando.b@aa-seta.org
Grapevine Rep	Candice D.	
IT Rep	Edie B.	
Literature Rep	Dan K.	daniel.k@aa-seta.org
CFC Rep	Paul K.	
Intergroup Rep	Mitch A.	
CPC Rep	Bill A.	
PI Rep	Theresa S.	
TFC	Wendy F.	wendy.f@aa-seta.org

April 2021 Grapevine Issue

Fun in Sobriety

AA members share stories about diving in to life,
enjoying sobriety, and having some fun

Also included are powerful stories of hope by
members during the current COVID-19 crisis.

