

DISTRICT #40 NEWSLETTER

UNITY - RECOVERY - SERVICE

Third Step Prayer

Jackie S, District 40 DCM

We Were Reborn.

...“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that

victory over them bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do thy will always!”

Page 63 Alcoholics Anonymous

There are several prayers within the third step prayer. After saying it every morning year after year, I found that I can focus on each sentence separately; causing me to meditate on a deeper meaning than

I originally took from the prayer. This

has helped with acceptance in my life and deepened my trust in God. I guess what I am trying to say is, instead of getting bored with saying the same thing every morning; I have looked for ways for it to expand my prayers.



Hard Truths

Doug D, District 40 Alt - DCM

All alcoholics' stops drinking, the only question is: Do you want to be alive when it happens?

I still remember the first time I heard that in a meeting. I thought it a bit harsh in the beginning of my recovery but you know what? It stuck with me! Now I think we need to be a lot

Step 3

Made a decision to turn our will and live over to the care of God as we understood him.

Tradition 3

The only requirement for A.A membership is a desire to stop drinking.

Concept 3

As a traditional means of creating and maintaining a clearly defined working relation between the groups, conference, the A.A. General Service Board and its several corporations, staffs, committees, and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of the elements of world service with a traditional “Right of Decision”.

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

more direct with new comers or retreats.

I know I had to hit bottom so I would seek a solution. That is what brought me to the front door of an AA meeting. Once

inside I had to hear the truth and realized that I was an alcoholic. So don't try to be their friend, just tell the truth and they will respect that and rely on it. We are all trying to be liked in the real world and see how that goes on social media. This program has put my focus on doing the right thing. If that is being direct with a newcomer and making them look honestly within, then I can live with that and hopefully they can too. Sometimes ripping the bandage off fast will hurt but the healing will start faster too.



Bridge The Gap

Wendy F, District 40 TFC Representative

God's purpose for me is to be of service and to work with others, to help them navigate through the program in Alcoholics Anonymous. The "Bridge the Gap" program offered is an excellent way to share your experience, strength and hope in according to His will.

The program enables us to make contact with the newcomer while they are still in treatment. To review with them the forms of the AA meetings (open or closed), introduce them to the literature, explain how important it is to have a home group and a sponsor. It is also important to explain our fellowships principle of anonymity. This hopefully will let them know that what they are bring with them and the things that they share with us will remain confidential. Let them know that our members individual anonymity is our fellowships cherished possession and principle.



What we do is register to be in the Bridge the Gap database. To do this logon to SETA Area Assembly website www.aa-seat.org and then go to the TFC Committee listed in the left-hand side of the page, click on it, on the TFC webpage there is a phrase **Signup highlighted in blue**, click on that and it will bring you to the registration. Then, follow the instructions to register to be on the list of volunteers for the program.

After you are registered, then the committee will take your name and phone number to the outgoing patient that is going to be in your area. We find out their release date for your

information. Then, you will be contacted and you will be available to answer the newcomer's questions, introduce them to meetings and just be there for them in starting their new journey.

Before you do this, you should know what AA is and what AA isn't. We are there to carry the message. We are not a bank, an uber or taxi driver, or a source of housing for the newcomer. We are to be a temporary contact to help the alcoholic leaving the treatment facility transition into the AA program.

Again, letting the newcomer know about our anonymity and confidentiality maybe of utmost importance in this process.

So, if you are interested in doing service work, check out the "Bridge the Gap" program.

The Willingness to Take Action

David M

Step 3 is the turning point of my journey where I made a conscious decision, followed by actions that would align with the character of an individual living under Spiritual Principles, to have a life of Peace and Joy that can only come from a Power greater than myself. I am no longer doing things; praying, fellowshipping, serving my community or another person, for the sake of a self-seeking "what I think a person needs to do mindset", but for the obedience in accordance with a personal relationship I have with my Higher Power. Step 3 has taken all the self-willed thoughts and actions I used to wrestle throughout life, and turned them into a "not mine, but Thy will be done" perspective. Willingness and humility is the foundation in asking for help and the right thoughts and actions from my Higher Power that keep me on the right path.

My first assignment I practiced for step 3 was a prayer assignment given to me by my sponsor. He suggested I, "pray for 10 members in the fellowship twice a day". Faith without works is dead and this action began me on a journey of talking with God daily and seeing the results from those prayers often. I didn't want to pray 20 times a day, but in doing the action, my

thinking followed. I was acting my way into right thinking. Whenever I didn't feel the willingness, people suggested that I "pray for willingness". More action, more interaction with God. I would pray for individuals I hadn't seen in weeks or months. Then they would pop up in a meeting the next day or two. This happened over and over. I was having spiritual experiences, personal interaction with my Higher

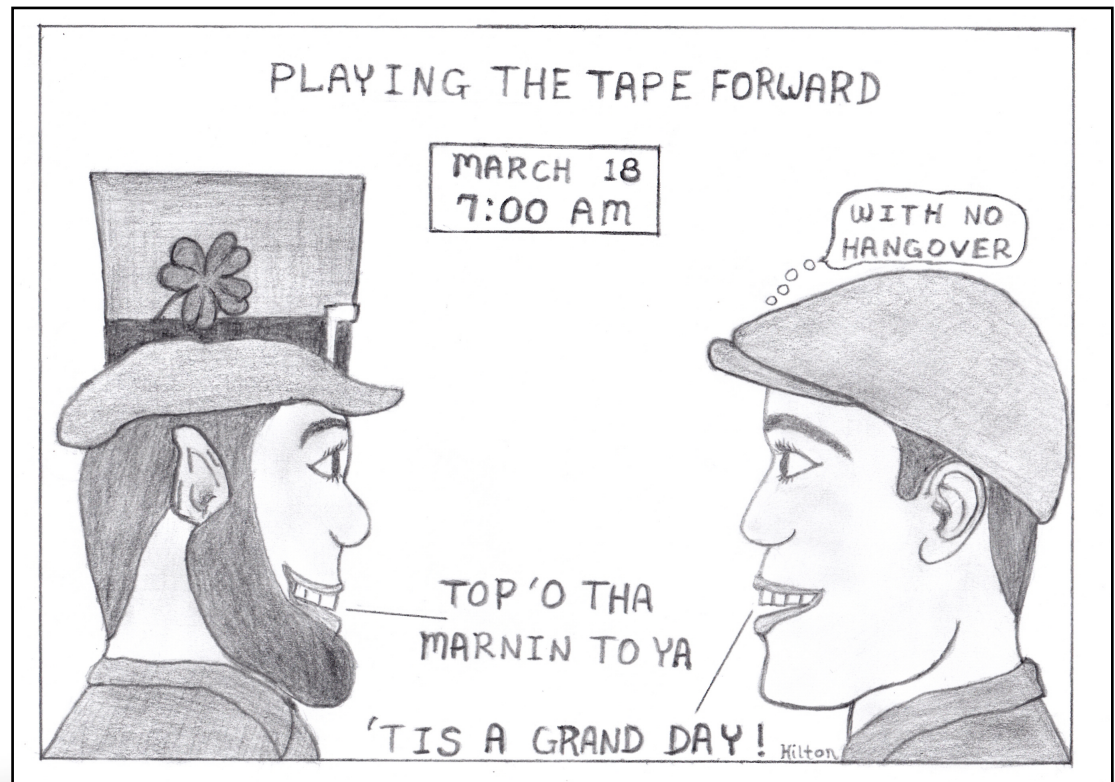
Power, and my faith grew and matured the more I brought God into my daily affairs.



The "Twelve Steps and Twelve Traditions" states how our first experience of turning our will over is when we trusted A.A. to the care of our problem with alcohol. I was emotionally broken, spiritually bankrupt, and my physical health wasn't any better, and A.A. was able to give me hope long enough to heal as I dived into the step work. Now having gone through the steps,

I learn how to give God my life daily, sometimes moment to moment, as needed, and He gives it back to me better than I could have imagined. Though my self-will wants to take control of things throughout the day, it will just leave me restless and irritable. I now pause and ask for a new thought or direction to handle stressful situations, and feel the calming sense of Peace overcome me, but I must be willing to take the action.

I have learned a life ran on self-will only bring long term pain and heart ache, but I still find myself taking control back time after time. I know I “will not be inspired at all times” when prayers and matters don’t go my way, but I must be willing to accept the outcome. I heard in an 11th step meeting, “I make my plan, I work my plan, I accept the outcome”. Self-will constantly gets in the way of God’s plan and I remind myself saying, “Thy will be done”. These four words can usually change my self-will-run-riot attitude into a perspective of understanding, gratitude, and acceptance.



I accept turning my will over to God as I understand Him will be a lifelong process. Life will always have adversities to overcome. We’re either in a storm, approaching a storm, or coming out of a storm, but I don’t have to face it alone. I have faith in a Higher Power that can grant me the serenity, courage, and wisdom to get through anything this life throws my way. I choose to remain willing to do the work, stay humble to ask for help from others and God, and seek to serve others in need. Taking these actions is the proper use of my will, and aligns with God’s will, resulting in a life capable to overcome any hardship with peace, serenity, and grace, while staying sober through it all.

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)

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

Mailing Address:

District 40
 PO Box 19085
 Houston, Tx. 77024-9085

Date: January 12, 2021

Time: 7-9pm

Meeting Opened: 7:03 DCM Jackie S.
 Moment of Silence/Serenity Prayer

Preamble
Unity Declaration

Attendees (29): Introductions/positions, home groups, level WELCOME

Tradition 1 - Long Form (BB pg. 563)
Concept 1 – Short Form (BB pg. 574)

District Officer Reports:

Secretary’s Minutes: Natalie A. - 12/8/2020 – ACCEPTED
 Treasurer’s Report: Scott B.

- Please have group treasurer designate group NAME, not # on contributions
- Discussion regarding extra funds, Jackie S. informs groups this issue has already been discussed and voted on, with x amount going to Intergroup and GSO
- Report accepted

DCM Report: Jackie S.

- US/Canada Forum December 19, 2020/1600 Registrants with 957 participants logging on
 - Virtual meeting
 - Hospitality Room Chit-Chat/two past Delegates were discussing meeting Bill W, and how he was not a dynamic speaker. Bill’s Story in the BB used to be called the bedtime story.
 - GSO archives video was presented, and details/highlights were great!
 - GSO General Manager discussed the greatest challenges for 20 Pandemic
 - a. Having to reforecast the 2020 budget
 - b. Voluntary retirement opportunities
 - c. And, working from home
 - Organized the first virtual World Service Conference
 - Cancelled the live Regional Forums and International Convention
 - Reimbursed \$3 Million to registrants for International Convention
 - Greg T. – GSO General Manager, announces resignation in February, 2021
- Q & A Session
 1. How can local groups help with strain on GSO?
 Additional volunteers and contributions to intergroups
 (when a group/individual contributes, re-affirms want their services to continue)

Good News – GSO has all the money it needs to provide services

Bad News – It's in YOUR pockets!

2. Is the Quebec International Convention 2025 a go?
Yes, the Vancouver International Convention was planned 10 to 12 years ago.
3. Are the Grapevine and AAWS offices combined?
No, that decision would have to be voted on at the GSC.
4. May we request a single copy of an old Grapevine magazine?
Yes, for example, for someone's Birthday.
5. What is the current monthly cost of GSO?
(sorry I missed this answer)

Alt. DCM Report: Doug D. (Upcoming Area Assembly)

- Area Assembly, Saturday, January 16, 2021
- Three Sections available – Break-out Work Shops
 - New GSR
 - Advanced GSR
 - Spanish Speaking GSR

Old Business:

- 2021 Elections – Alt. District Secretary – Open Position
 - Ed. S stands for position/voted and accepted

New Business:

- District 40 Job Descriptions locations demo
 - <http://-seta.org/doms/40/D4> Policy&ProceduresManual-042018.pdf
- SETA Name based service email accounts: <https://pro.aa-seta.org/register>
- Group Change forms available
 - Instructions discussed
- SETA-ANNOUNCE link to receive emails regarding Area 67
 - ANY emails will come to email on file
 - MUST REPLY to confirmation email to be enrolled

District Committee Reports:

- Archives – Marcus S
 - Committee met 1 mth ago
 - Moved to new location (Not disclosed)
 - Will continue to set-up this weekend
- CFC – Paul K. – NR
- CPC – Bill A. – NR
- Grapevine – Candice D. – NR
- IT – Edie B.
 - December 26th – District GSuite rollout
 - Currently taking inventory of Hardware & Protection
 - Looking at Software subscriptions
- Houston Intergroup Liaison – Mitch A. - NR
- Literature – Dan K.
 - GSR pamphlet of the month
 - Discussed 'upside-down' triangle (Group/District/GSO)
 - GSR kit available with Group Change Form

- Final New York Conference Report
- Bill W. Quote
- Newsletter Editor – Fernando B.
 - Implementing a virtual ‘ask-it’ basket
- PI – Terri O – Nr
- TFC – Wendy F.
 - Off to good start/ excited about 2021 goals
 - Updating database of treatment facilities in district
 - Getting volunteers for “Bridge the Gap” program Please register to volunteer
 - Wendy F. elected Alt Chair for TFC

GSR/General Sharing

- Fill out Group Change form/send to Jackie.S@aa-seta.org / she will forward to Area Registrar
- Peter H. (Safe crackers Group) has questions about District and Area Commitments for Virtual Groups

Attendance – final call

Calendar of Events

- SETA, 1-16-2021 8:30 – 11:30 am
<http://www.aa-seta.org/agenda/index.shtml>
- Next District Meeting, 2-9-21, 7 – 9 pm
 - ID: 824 4810 5482
 - PC: 072830

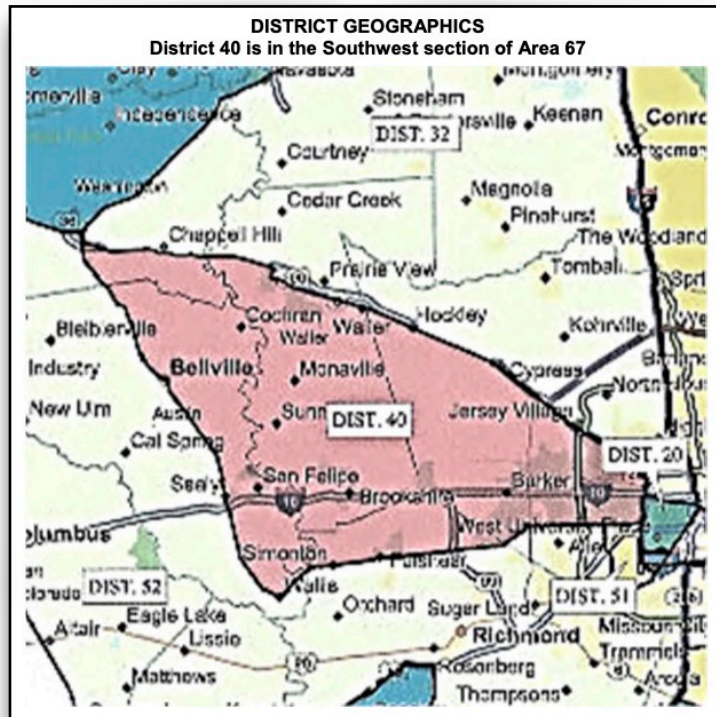
Meeting Adjourned: 8:22 pm with Responsibility Statement in Unison



Pamphlet of the Month - February
"The A.A. Group..... where it all begins"

Click on the link for digital copy of pamphlet

https://www.aa.org/assets/en_US/p-16_theaagroup.pdf



Virtual Ask It Basket Questions for March

Can anyone submit an article to the District 40 Newsletter?

Yes anyone from any group in the district can write an article for the newsletter. You can submit them to the email provided below and it will be published in an upcoming newsletter.

Can anyone come to the Monthly District 40 Meeting?

Yes, the monthly district meetings are open to anyone who is in Alcoholics Anonymous, it provides an opportunity for better representation from the district.

Please email additional questions to
district40newsletter@gmail.com

District 40 Committee Meetings

Committee	Meeting Date and Time	Location
Archives	1 st Saturday of the Month, 10:00 am	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060
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
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	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, TX 77057
Intergroup	3 rd Thursday of every other Month, 8:00 pm	4140 Directors Row Suites D & E, Houston, TX 77092
Internet Technologies (IT)	4 th Saturday of the Month, 10:00 am	Spring Branch Memorial Club 1200 Blalock Suite 378 Houston, TX 77057
Literature	3 rd Tuesday of the Month, 7:30 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 34th St. Suite B-8 Houston, TX 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 Houston, TX 77055
Treatment Facility Committee (TFC)	2 nd Monday of the Month, 7:00 pm At Area Assembly, Saturday 4:30 pm	GoToMeetings (except Assembly Months)

Grapevine is looking for stories written by anyone who has participated
in any kind of CPC service.

Articles due April 15th, 2021

www.aagrapevine.org/share

District 40 Officers and Committee Representatives

MARCH 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.	district40newsletter@gmail.com
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	Terri O.	
TFC	Wendy F.	wendy.f@aa-seta.org

March 2021 Grapevine Issue Making Amends!

AA members share stories about their experiences
making Ninth Step Amends

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

