

August 2022

DISTRICT #40 NEWSLETTER

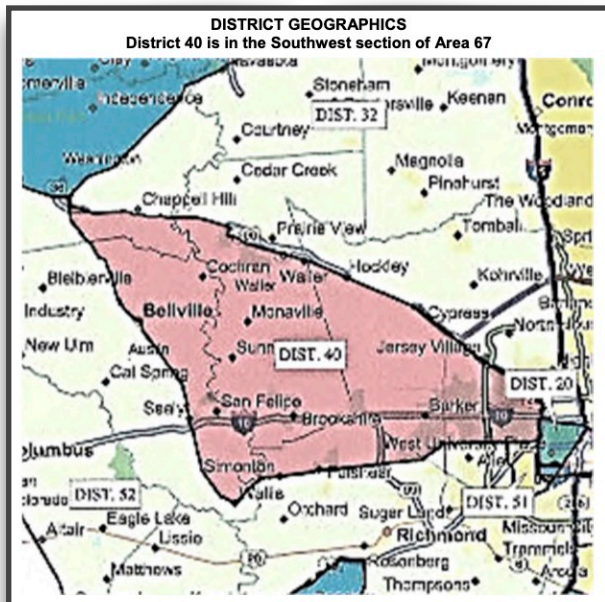
UNITY - RECOVERY - SERVICE

Let Go and Let God

Doug D., District 40 Alt-DCM

This is a difficult concept to grasp when you are an untreated control freak. I never thought of myself as that but others seemed to see in me. Don't know if that sees in me what they need to work on in their life but that's on their side of the street and not mine. I have been looking at it for the past few years and thought I was just a lot more detail-oriented than others but when it does turn to micro-managing I need to step back and address what I am looking to get accomplished. Looking back at the businesses I owned and ran for others, I had to see where those seeds were planted. Now, working in this program, I need to look at my conduct throughout the day and see if maybe I am focused on the wrong goals.

I came to find out that I would take control of a situation and usually finish it because it was easier than describing what I was wanting for others. That made me realize that I was not taking the time to teach others what I wanted out of them. Not letting them learn, grow and become an integral part of the organization. This



Step 8

Made a list of all persons we had harmed, and became willings to make amends to them all.

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Next District Meetings (Zoom)

Tuesday September 13th 7 - 9 PM

Meeting ID - 824 4810 5482

Passcode - 072830

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was a difficult lesson to learn but I needed it, to see where I am selfish in my day. As a service sponsor told me one day "it's NOT all about you Doug!" That was on a little topic of chairing or leading meetings. I had the time since I was not working then but I would jump up and chair or lead a meeting that did not have anyone on the board. This touches on the Spirit of Rotation and allows the chair to stay open for others to step up. Over the years I have needed many different ways for me to get more involved in this program form as little as seeing an opening that needs to be filled, voluntold, or pushed. I am more grateful for being pushed most of the time because I needed it to get me out of myself and experience new things. I used to dread writing these articles, and still procrastinate a lot but I am sitting here finishing it.

When I was planning the traditions dinner I was looking at each part and wanted it to be great. So, when I was sitting and making up the plans it came to me that this is a district 40 event. Not my party, so rely on those that stepped up to help and let them. I would do the broad strokes and let everyone handle their committees. Let Go and Let God, life is better and easier when God is in charge and not me. July 2022 Assembly Recap

July Area Assembly Update

Jackie S., District 40 DCM

The July 2022 SETA Assembly was hybrid but I chose to attend in person. The current agenda can always be found on the Area Chair page of the aa-seta.org website.

The following are a list of things I found interesting to share with you.

- District 31 presented the GSR workshop in a separate room
- I attended the Area Committee Meeting
 - o Open positions are:
 - § La Vina Committee Chair
 - § Intergrupa Hispano Del SW (66&67)
 - § Grapevine Chair - Darryl Stood and was elected!
- Area Inventory Workshop presented by Troy B-D (I enjoyed this exercise a lot!)
 - o We answered on a small piece of paper, "How can the Area be more efficient in carrying the message to the still suffering alcoholic?"
 - o We all stood and created a large circle.
 - o Half of us walked in one direction and the other half, the opposite.
 - o Trading papers as often as possible (and greeting each other with smiles and hellos) each time writing a score of 1 – 5 reflecting how effective we thought of the idea.
 - o After quite a while, we returned to our seats and added up all the scores on our paper.

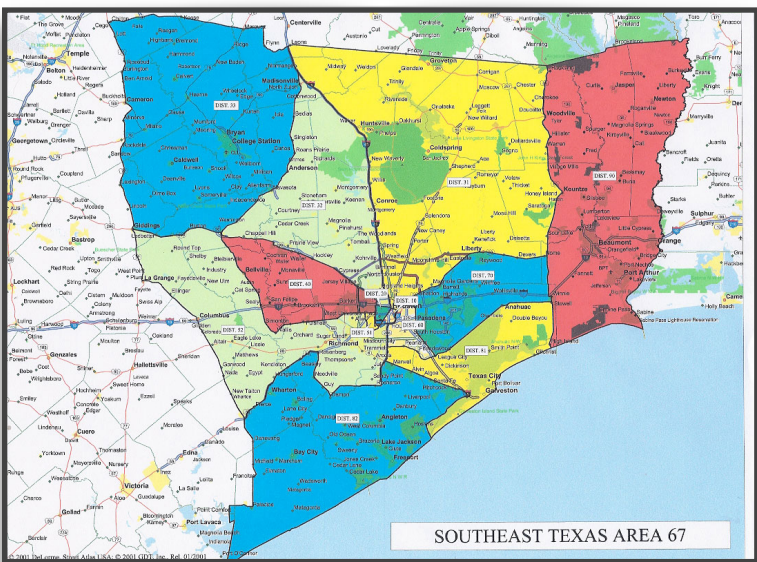
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- o Whoever had a score of 25 or 24 had their idea written on the extra-large sticky papers.
- o We then divided up into groups and met in different rooms to discuss further how we could accomplish the idea given to us.
- o Then all the ideas were reported back to the assembly.
- Doug presented Concept 7
- Kris H presented the Delegate Report Out
 - o GSO to return the \$4Mil to prudent reserve slowly. Waiting until all supply chain issues are resolved.
 - o Showed gratitude to all the groups who contributed to GSO during pandemic.
 - o Always enough Delegates to make up 2/3 of voters at conference.
 - o Preamble Impact on fellowship? Pole other Delegates with in region... (Just a change in the Grapevine, each group autonomous.)
 - o 34 advisory actions came out of 93 submitted agenda items.
 - o There were 9 floor actions (2 went to advisory action)
 - o It is expected to have a full book, rough draft to present to the Literature Committee next year at the GSC.
 - o 12 Step Illustrated new pamphlet; Recommended to proceed ahead with edits.
 - § Everyone thought it needed more work. A floor action voted to send it back to the Trustees because the new pictures are worse than the old ones!
 - o The call for stories for the 5th edition is due October 31st. Only 20 stories have been submitted so far!
 - o The Rye location used in the past for the GSC got bulldozed down due to COVID.
 - o Art, DCM D81 asked Kris to reveal the round table results for the Plain Language BB. Kris said he does not have them anymore. Kris heard nothing compelling enough to vote against it.
 - o Kris's PowerPoint presentation will be available to everyone with the picture of people's faces.
- I gave my DCM report along with all the other DCMs.
- Then we broke out for SETA Service Committee meetings in person for the first time in a long time! I chose to attend the PI Committee meeting. Theresa S is the secretary in this committee.
- Doug and I ate lunch and dinner with a large group. This is one of our favorite parts of attending Area Assembly!
- After Dinner, we heard the Service Committee reports.
- Finally, the evening closed with the Area Committee Job Fair with several job presentations! I learned that even a group can ask for a presentation from the Archives Committee.

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- **The motion: PPM language change for election procedure Passed!**
- **The 2023 SETA Budge Passed!**
- **The DCM / Delegate sharing session were on Sunday morning at 7 am. Doug and I attended.**
 - o **How to get people to participate in service?**
 - o **Fellowship Festival – enthusiasm is contagious-make it fun and interesting- have an events and activities coordinator.**
 - o **Kris heard this at the GSC – “Blessed are those who have nothing to say and the courage not to say it.”**
- **Melissa R, Past Delegate – Reported that a few people with a mix of service positions are to start helping the Area Chair to write the Area Assembly Agenda.**
- **Annette C gave the 2023 SETA Convention Update**
- **Pam F gave her Job Description AdHoc report.**
- **Floor action #1 – Kendyl-TFC Chair- Asking if the area will support the Bridge the Gap 2023 Convention. Bridge the Gap pays, and we would provide the hospitality and speaker. Some asked if this would be breaking a tradition. The sense was that the Area would support it.**
- **Floor action #2-Taylor-Multi Language Committee-Asking to consider paying approximately \$900 for Area Translator Vests. I don't think we voted?**
- **Floor action #3- Farah-So Far So Good group in D40-Presented a Proposed Agenda Item. The sense was that the Area would support it.**

Upcoming Events



Southwest Regional Alcoholics Anonymous Service Assembly
SWRAASA 2022
Hosted by Area 57

Oct 7-8-9
Tulsa OK
Renaissance Hotel

the gathering
In the Heartland of Service

Visit us at
www.SWRAASA2022.org

\$15 REGISTRATION
Do you have any questions?
SWRAASA2022@GMAIL.COM

Mail to: SWRAASA 2022 PO Box 702641 Tulsa OK 74170

Name: _____
Address: _____
City, State, Zip: _____
Email: _____

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Pamphlet of the Month - July
A Newcomer Asks

Scan the QR code or [click here](#)



June Treasurer's Report for District 40

Group Contributions 2022

SETA DISTRICT 40 -- GROUP CONTRIBUTIONS FOR 2022														YEAR
District 40 Groups	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	YEAR	
Another Chance Group													\$ -	
Bear Creek Fellowship													\$ -	
Regiment Group													\$ -	
Broad Highway Group													\$ -	
Bunkerhill Tuesday A.A. Group			\$ 147.00										\$ 147.00	
Chapelwood Tues 8pm		\$ 90.45											\$ 90.45	
Colors of Change Group			\$ 55.50										\$ 55.50	
Copperfield Willingness Group		\$ 147.00											\$ 147.00	
Daily Reflections Group													\$ -	
Drifter's Group (000608304)													\$ -	
Everything is "Alright Already"													\$ -	
First Light Group													\$ -	
Four Homebarn Group		\$ 58.00		\$ 17.38									\$ 75.38	
Fourth Promise Group													\$ -	
Fry Road Group		\$ 80.00			\$ 100.00								\$ 180.00	
Friends of Bill W. (Post Oak)	\$ 50.00	\$ 100.00	\$ 50.00		\$ 150.00								\$ 350.00	
Friends of Bill W. (West Houston CC)													\$ -	
Fulphear Group													\$ -	
God Meeting Group						\$ 72.00							\$ 72.00	
Good Morning Open Book Study Group													\$ -	
High Hopes													\$ -	
Hockley Group	\$ 45.00												\$ 45.00	
Houston Young People													\$ -	
Journey Group		\$ 14.24	\$ 12.89										\$ 27.13	
Just For Today	\$ 120.80												\$ 120.80	
Just The Black Print Group													\$ -	
Katy 12 & 12	\$ 134.31	\$ 52.19		\$ 141.90									\$ 328.40	
Katy 164 Group													\$ -	
Katy Big Book													\$ -	
Katy Crossroads Group	\$ 25.80		\$ 40.20			\$ 40.00							\$ 106.00	
Katy Primary Purpose Group													\$ -	
Kingsland Group													\$ -	
Living Now Group													\$ -	
Memorial Going Home Group	\$ 43.35			\$ 77.40									\$ 120.75	
Memorial West Group													\$ -	
Men's Support/Step Study Group													\$ -	
Monaville Group													\$ -	
New Beginnings group													\$ -	
New Oxford Group													\$ -	
Our Common Journey Group													\$ -	
Outpost Group (Men's)				\$ 125.00									\$ 125.00	
Peek Road Group													\$ -	
Rooted in Love Group													\$ -	
Rosewood Thursday Night Group													\$ -	
Rule 62 Group	\$ 49.00			\$ 46.38									\$ 95.38	
Sage-Piney Point													\$ -	
Sage-Piney Point Noon Tuesday		\$ 8.78		\$ 118.04									\$ 126.82	
Saturday Solutions Group		\$ 35.00	\$ 19.60										\$ 54.60	
Simply AA													\$ -	
Sisters in Serenity	\$ 25.00												\$ 25.00	
Sobers in Brotherhood													\$ -	
Spring Shadows Group													\$ -	
Spring Branch Memorial Club													\$ -	
Spring Shadows Group													\$ -	
Stepping Stones in Recovery Katy													\$ -	
Steps in Sobriety													\$ -	
Talking Care of Business													\$ -	
Tuesday Night Step Study					\$ 68.25								\$ 68.25	
There is a Solution Group													\$ -	
36 Principles Group													\$ -	
Wednesday Reflections													\$ -	
West Memorial													\$ -	
Wild West Group	\$ 22.87			\$ 83.49									\$ 106.36	
Working With Others		\$ 200.00											\$ 200.00	
White Oak													\$ -	
Unknown/Misc			\$ 10.00										\$ 10.00	
TOTAL:	\$ 516.13	\$ 785.64	\$ 335.19	\$ 609.59	\$ 318.25	\$ 112.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 2,676.52	

**Open Positions in
 District 40 - IT Rep
 Grapevine Area
 Committee -
 Grapevine
 Representatives are
 needed from our
 local groups! Please
 ask your GSR or
 email Gary S.**

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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: June 14, 2022

Time: 7:00 – 9:00 PM

Attendees: 29

Call to Order – 7:00pm, Jackie S. – Serenity Prayer

PRE-AMBLE – Eugenie C.

UNITY DECLARATION - Kimberly G.

INTRODUCTIONS – Name/Home Group/Service Position

SPECIAL GUESTS: Rick M./ SWARZA Report Kris H. GSC Report

TRADITION/CONCEPT – Tradition III– Matthew G. / Concept III– Mike B. Thank you both!

Next month – Tradition IV – Theresa S./Concept IV Ed S.

District Inventory Question – No time

DISTRICT OFFICER REPORTS – as follows/not reported orally

Secretary's Report – Natalie A., (Alt. Ed S.) accepted with corrections

Treasurer's Report – Scott B, (Alt. Ronnie H.) accepted

D40 DCM Report - Jackie S.

Alt DCM report – Doug D.

This is my 3 min report.

All reps, you received an email from me about setting up a display at the tradition's dinner

Tradition's committee reps, I need updates on your progress.

Remind everyone about the traditions dinner and use the QR code to sign up to bring a side dish

DISTRICT COMMITTEE REPORTS:

Archives Rep – Mike B.

Meeting opened with discussion about

Presentation planned for June 11th at the 1502 Conroe Club.

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- Bob, a potential contact for the Area's Oral Histories, with some fifty-six years of sobriety and a member of District 31 may be there.
 - Leta, District 31's Archives Representative, is planning a Founders Day to celebrate the history of AA and will include the Area Archives. Date has not been set yet.
 - Leta, who will not be able to attend the National AA Service Workshop (NAAAWS), shared her disappointment at the meeting. In response Mike D spoke next and shared about the Archives Committee members' experiences at several of the NAAAWS workshops and the benefit from what the members were able to share with others from them. He added the Founders Day event might be of benefit in contacting groups in District 31 new to the Area Archives
-
- The meeting closed in the usual manner
-
- **CFC Rep** – Marcus S
 - The CFC Committee met on May 18th
 - Two Units were on lockdown this past month
 - Wynn Unit has it anniversary meeting on June 18th
 - Hamilton Unit is full for volunteers on it's Thursday night meetings but is in need of volunteers for it is Saturday meeting
 - Darrington Unit is in need of volunteers
 - Plain state and Henley Units are no longer accepting AA visits
 - We have Blue Cans for groups who need it; if your group wants a new (or first time) Blue Can, please let me know
 - SETA CFC Website is updated but Google map for prison meetings is outdated
 - We received 15 Correspondence letters from incarcerated persons
 - CFC Conference will have its upcoming conference September 9th through 11th, we have \$400 dollars for coffee and will have TDCJ in-person training (necessary for taking meetings into state prisons) - See attached flyer!
 - Received \$3,630.47 in Blue Can contributions for February
 - Approved \$1,739.85 in Literature order
-
- **CPC Rep** – Bill A.
 - Discussed and made plans to set up CPC display at Traditions Dinner.
 - Discussed to make annual review of CPC workbook Don P is in charge.
 - Committee contacted Fort Bend DWI Coordinator and are setting up a date and time to give a CPC Presentation.
 - CPC meets at the July Assembly in place of our normal first Monday of the month 7:00 on zoom
-
- **Grapevine Rep** – Gary S.
Meeting was held on May 19th. Former delegate Ron C gave a history of grapevine and la vina to the committee. Tasks for preparing area/district presentations were assigned. District 40 is targeted as our 1st presentation. Next meeting is 16 June at 7pm
-
- **IT Rep** – open
 - **Houston Intergroup Liaison** – Mitch A.
-
- **Literature Rep** – Dan K.

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District 40 Literature Rep Report- June 14th, 2022

□ Purpose: The purpose of the literature committee is to raise the awareness for AA conference approved literature, audiovisual, and other special items.

□ The Area literature committee met on Tuesday, May 17th on zoom. I was unable to attend the meeting.

□ This month's pamphlet is A.A. for Alcoholics with Mental Health Issues

[https://www.aa.org/sites/default/files/literature/assets/p-](https://www.aa.org/sites/default/files/literature/assets/p-87_AAforAlcoholicswithMentalHealthIssues.pdf)

[87_AAforAlcoholicswithMentalHealthIssues.pdf](https://www.aa.org/sites/default/files/literature/assets/p-87_AAforAlcoholicswithMentalHealthIssues.pdf)

□ It can be difficult for many of us to admit and accept that we have a problem with alcohol.

Sometimes alcohol seems like the solution to our problems, the only thing making life bearable.

But if, when we look honestly at our lives, we see that problems seem to occur when we drink

— problems at home or on the job, problems with our health, with our emotional stability and

even with our social lives — it is more than likely that we have a drinking problem. Those of us

who have mental health issues can also find it hard to accept that drinking is causing us

problems. It's the "other issues" that are the problem, not the alcohol, we often think. Yet, we

learn in A.A. that anyone can suffer from the disease of alcoholism. We also learn that anyone

who wants to stop drinking can find help and recovery in Alcoholics Anonymous. The stories in

this pamphlet relates the experiences of 12 women and men — all of whom are alcoholics coping

with serious mental health issues — who have found sobriety and a new way of life in Alcoholics

Anonymous. These stories represent their experience, strength and hope. Also included in this

pamphlets are the perspectives of five A.A. members with long-term sobriety who have worked

closely as sponsors with alcoholics who have mental health issues, helping them to gain and

maintain sobriety in A.A. And at the end of this pamphlet is an Afterword, based on solid A.A.

and medical experience, aimed at helping A.A. members find the right balance regarding

prescribed medication and minimizing the risk of relapse.

□ Next Area Literature meeting on Zoom, June 21st, 2022 @ 8:30PM

- **Newsletter Editor:** Fernando B./ see attached newsletter
- **PI Rep** – Theresa S.
- **TFC Rep** – Matt G

OLD BUSINESS: IT rep open

NEW BUSINESS:

Eugenie C new Alt. Treasurer!!!

RESPONSIBILITY STATEMENT: Bill A.

ADJOURN: 9:00pm

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District 40 Officers and Committee Representatives

<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	Ronnie H.	ronnie.h@aa-seta.org
Alt Treasurer	Eugenie C.	
Archives	Mike B.	mike.b@aa-seta.org
Newsletter Editor	Fernando B.	fernando.b@aa-seta.org
Grapevine Rep	Gary S.	gary.s@aa-seta.org
IT Rep		OPEN
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	2nd Sunday of the Month 1:00 pm	Zoom ID - 858 6157 6627 Passcode - 423970 Houston Intergroup 5151 Mitchelldale St. Houston, Tx 77092 Conference Room
Cooperation with the Professional Community (CPC)	1st Monday of the Month 7:30 pm	Zoom ID - 632 634 860 Passcode - 153379
Correctional Facilities (CFC)	3rd Wednesday of the Month 7:30 pm	Houston Intergroup 5151 Mitchelldale St. Houston, Tx 77092 Conference Room Zoom ID - 477 254 9035 Passcode - heartbeat
Grapevine	3rd Thursday of every Month, 7:30 pm	Zoom Password - 114 207 273 Passcode - 610793
Intergroup (Delegate's Meeting)	3rd Thursday of every other Month, 8:00 pm	Currently on Zoom Call (713) 686-6300 for more info
Internet Technologies (IT)	4th Saturday of the Month 10:00 am	Google Meet ID - nqm-vypy-yso
Literature	3rd Tuesday of the Month 8:30 pm	Zoom ID - 257 198 925 Passcode - 443980
Multi-Lingual	1st Thursday of the Month 7:30 pm	District 66 4800 5645 Hillcroft Suite 410 Houston, TX 77036
Public Information (PI)	4th Tuesday of the Month 7:30 pm	Zoom ID - 330 417 285 Passcode - 153379
Treatment Facility Committee (TFC)	2nd Monday of the Month, 7:00 pm	Zoom ID - 552 569 731 Passcode - 169753