



DISTRICT 40 NEWSLETTER



UNITY - RECOVERY - SERVICE

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

<<<<< YOUR HOME GROUP INVENTORY >>>>>

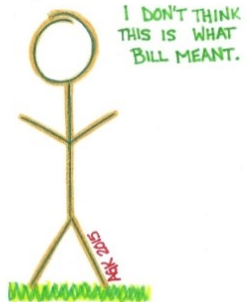
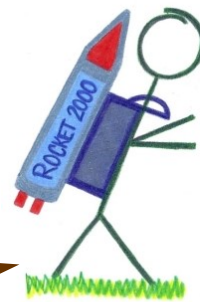
When was the last time your Home Group had a Group Inventory? I know my home group is doing one right now. We do them about every 4 to 5 years. The bigger the group the more time it takes to get through them but they will always bear fruit. It is a great way to see what is working and look at what is not working in the group. It is our responsibility to carry the message and to keep AA alive for the next suffering alcoholic. As Bernard B. Smith said in 1954 ***"We need it to ensure the recovery of a child being born tonight, destined for alcoholism."***

What comes after a group inventory? That is where the real work starts. Like we did this year in District 40, getting an AD-Hoc committee together, representing a range of your members to go through the findings and present them to the group. Remember, sometimes the newest eyes on a situation might have a different perspective that the group might not have seen before. AA service has taught me to listen to all the ideals and then see which one will get us to the solution faster, easier, or even cheaper. I do have to remember that in service, I am not working with MY money but with what was put into the basket by an alcoholic to help AA as a whole.

Now what? We did that, do we wait for 4 or 5 years to look at issues again? NO, just like doing your nightly review of your day. Think about what your Home Group is doing and what more it can do. We are all members of AA, that is the Unity we talk about. Your Home Group is where you get to be part of the whole structure. That is where YOU are at the TOP of the pyramid. Your Home Group is where Your Voice is Heard. We are confident that we can rely upon **Tradition Two, our group conscience**, and it's trusted servants to keep AA growing.

Yours In Service,
Doug D—DCM District 40

SETA ASSEMBLY—OCTOBER 14 & 15
Sheraton North Houston Intercontinental Airport
15700 John F Kennedy Blvd, Houston, TX 77573
CLICK HERE FOR: [Hotel Reservations!](#)

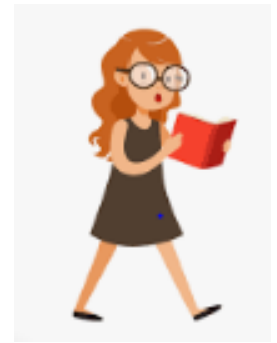


ROCKETING INTO THE 4TH DIMENSION

AA GRAPEVINE

GET THE APP

Android



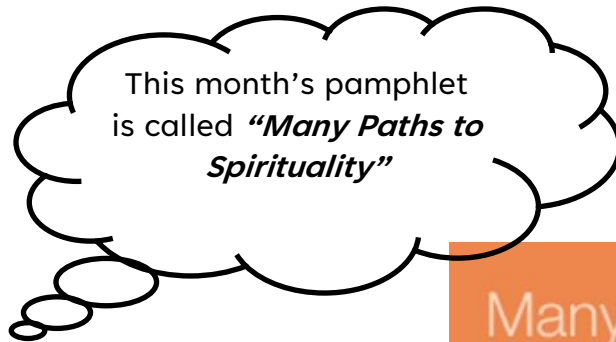
Alcoholics Anonymous®

Literature

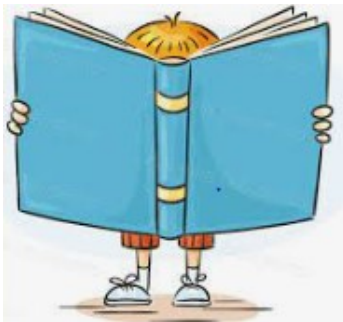
AA GRAPEVINE

GET THE APP

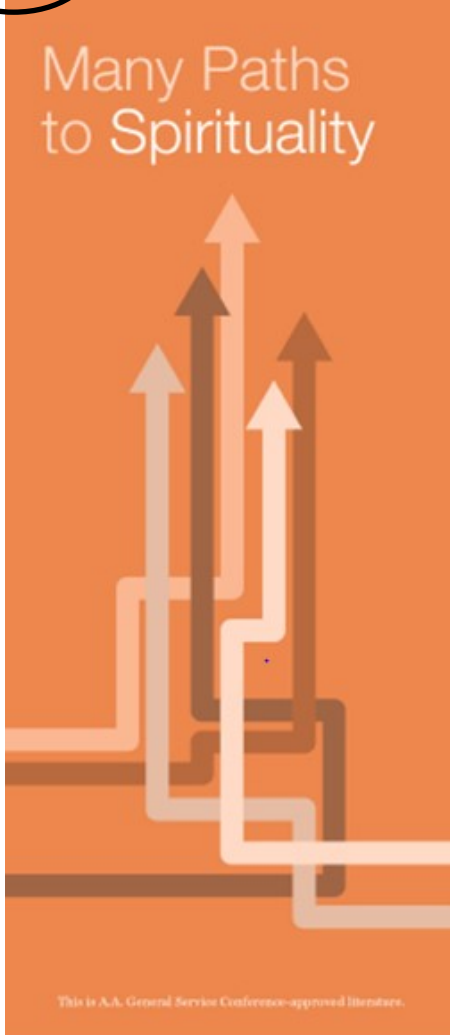
iOS



This month's pamphlet is called *"Many Paths to Spirituality"*



Many people come into Alcoholics Anonymous desperate for help with the drinking problem but very prickly about the "God thing." Because they often find meetings in church and hear prayers at the beginning and ending of meetings, new members may believe that AA is a religious organization, but it is not. This month's pamphlet, "Many Paths to Spirituality," very clearly explains that from the very beginning, AA has never been affiliated with any organized religion. It is NOT a Christian organization as many people still believe. I like to think that the program condenses and defines the principles found across all religious and spiritual boundaries. Members can be of any religious faith or of none and they are still, and always, welcome in AA.



Many Paths to Spirituality

SCAN QR FOR PAMPHLET



For more info: See Carol F, D40 Literature Rep.



Say Aloha to Emotional Sobriety Y'all

Aloha Y'all!

I'm getting into the Aloha spirit as I am about to leave on a business trip to Honolulu. This will be my second time to the island, as I went back in 2017. My week spent with the fellowship back in 2017 was incredible, and I am looking forward to plugging back in once I am there. I wanted to take a minute and reflect on the last trip before I head out on the future one. Prior to making the trip, I called a friend on the big island and asked if he had any contacts in Honolulu. He of course did, and I was connected with Bob H., who was plugged into the fellowship and service structure in Oahu. I spent the week with Bob. We drove all over going to different meetings and even a District 17 Workshop on, you guessed it, Emotional Sobriety. Did I mention the workshop was on the beach, on a Saturday morning in Pokai Bay? Not too bad of a setting for a workshop on Emotional Sobriety; or any topic for that matter. I didn't realize at the time, but Bob was writing up something for his Area newsletter about the workshop, and made mention of his "friend from Texas". One of the quotes he put in his submission was from Bill Wilson. Bob wrote and quoted:

For those who don't know, Emotional Sobriety is a topic that Bill W. discussed in 1958 letter to a friend. You can find it in the online A.A. Grapevine archives as well as reprinted in the book, Language of the Heart entitled, The Next Frontier--Emotional Sobriety. Bill suffered terribly from depression, even after years of sobriety, and reached a clarity about the issue that it's worth repeating:

"I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer. . . "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work? Suddenly I realized what the matter was. My basic flaw had always been dependence--almost absolute dependence--on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away."

With a quote like that, not too hard to imagine how good the rest of his submission was. I will be sure to bring the Texas love from District 40/Area 67, as I was filled with Aloha on my last trip.

Honolulu is a part of Area 17, and their Area newsletter is "Mynah Bird". If anyone would like a digital copy of the newsletter referenced above, let me know and I will email it to you.

District Inventory Update

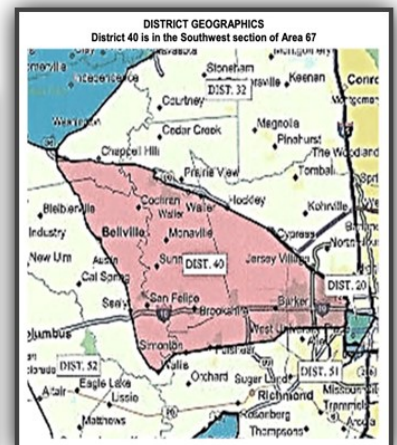
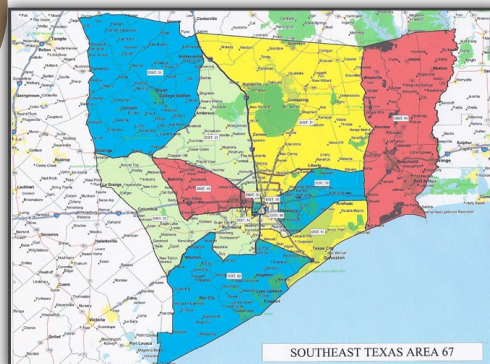
The AdHoc Committee has made amazing progress on the considerations that were given at our District Inventory back in February. We're finding that a lot of the considerations given have already been acted on or have a plan in place for action. Our DCM, Doug, has done an incredible job in making most of the changes before we even had our first AdHoc meeting. To date we have worked through 11 of the 15 questions. Already so many great changes have been implemented, and we're excited about the ones to come!

As always, please let me know how I can be of service to your group in better carrying out our primary purpose!

Love through service,
Mike

Area #67 and District #40 Maps

GOOGLE MAP LINK: <https://goo.gl/maps/YBAHRRB7D7jt3WSNA>

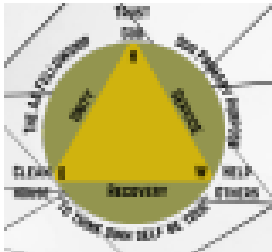


**Next District 40 meeting
NOW HYBRID!!!
Tuesday November 14, 2023
7-9 pm
Link Here: Google Meet
Or in person at:
Church of the Holy Apostles
1225 W Grand Pkwy S, Katy, TX
77494**



61ST ANNUAL

S.E.T.A. CONVENTION



WHAT SHAPE IS YOUR TRIANGLE?

JANUARY 19-21, 2024

FRIDAY

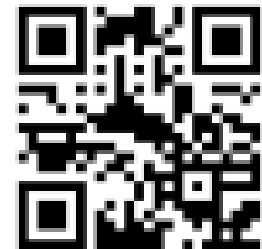
7:30P AA - SHANE S., CHATTANOOGA, TN
10:00P YPAA - KARA B., AUSTIN, TX

MOODY GARDENS CONVENTION CENTER
7 HOPE BLVD, GALVESTON, TX, 77554

SATURDAY

9:00A GSO - JAMES H., NEW YORK, NY
10:45A ALATEEN - SPEAKER TBA
11:00A AL-ANON - NANCY J., SANTA FE, TX
1:30P AA - CFC CHUCK M., HOUSTON, TX
4:00P AA SPANISH SPEAKER - FERNANDO L.,
CHIAPAS, MX
7:30P AA - PETER M., BOCA RATON, FL

WEBSITE - REGISTRATION - HOTEL



SUNDAY

11:00A AA - JUDITH R., BISMARCK, ND

PRE-REGISTRATION FEE IS \$20 FOR AA/AL-ANON -BY 11/30

HOTEL RATE - \$129 SINGLE/\$149 DOUBLE - BOOK BY 12/29

SETA CONVENTION, 2951 MARINA BAY DR., SUITE 130 BOX 273, LEAGUE CITY, TX., 77573



Full Name: _____
 Badge Name: _____
Circle one: AA Al-Anon Alateen

Home Group: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 Email: _____

| Quantity/Type | Cost |
|------------------------------|---------------|
| ___ AA Pre-registration | \$20 ___ |
| ___ Al-Anon Pre-registration | \$20 ___ |
| ___ Alateen/Child | Free ___ |
| ___ Coffee Badge | \$10 ___ |
| ___ Box Lunch - Saturday | \$20 ___ |
| ___ Banquet - Saturday Night | \$50 ___ |
| ___ Scholarship Donation | \$20 ___ |
| Total Due | \$ ___ |

www.2024setaconvention.org

August Treasurer's Report 2023 Pg

| SETA District 40 Monthly Financial Report -- August 2023 | | | | | | | |
|--|-------------------------|-------------------------|-------------------------|--------------------|-----------------------|--------------|----------------|
| EXPENSES | Initial Approved Budget | Approved Budget Changes | Revised Approved Budget | Expense This Month | Year to Date Expenses | % This Month | % Year to Date |
| DCM | \$ 925 | | \$ 925 | \$ 30.00 | \$ 615.96 | 3% | 67% |
| Alt. DCM | \$ 900 | | \$ 900 | \$ - | \$ 524.40 | | 58% |
| Secretary / Copying | \$ 150 | | \$ 150 | \$ - | \$ - | | |
| Treasurer | \$ 75 | | \$ 75 | \$ - | \$ - | | |
| Newsletter | \$ 100 | | \$ 100 | \$ - | \$ - | | |
| PO Box | \$ 160 | | \$ 160 | \$ - | \$ 166.00 | | 104% |
| Literature Committee | \$ 175 | | \$ 175 | \$ - | \$ - | | |
| PI | \$ 560 | | \$ 560 | \$ - | \$ - | | |
| Grapevine | \$ 50 | | \$ 50 | \$ - | \$ - | | |
| CFC | \$ 50 | | \$ 50 | \$ - | \$ - | | |
| TFC | \$ 75 | | \$ 75 | \$ - | \$ - | | |
| Archives Committee | \$ 50 | | \$ 50 | \$ - | \$ - | | |
| GSO 2022 Contribution | \$ 732 | | \$ 732 | \$ - | \$ 731.98 | | 100% |
| Intergroup 2022 Contribution | \$ 366 | | \$ 366 | \$ - | \$ 365.99 | | 100% |
| SETA 2022 Contribution | \$ 366 | | \$ 366 | \$ - | \$ 365.99 | | 100% |
| IT Committee | \$ 50 | | \$ 50 | \$ - | \$ - | | |
| Miscellaneous | \$ 300 | | \$ 300 | \$ 31.00 | \$ 210.00 | 10% | 70% |
| Gratitude Dinner - Food | \$ - | | \$ - | \$ - | \$ - | | |
| Fellowship Fest | \$ - | | \$ - | \$ - | \$ - | | |
| Traditions Dinner | \$ 1,300 | | \$ 1,300 | \$ - | \$ 2,048.58 | | 158% |
| Service Workshop | \$ 300 | | \$ 300 | \$ - | \$ - | | |
| SWRAASA (Even Years) | \$ - | | \$ - | \$ - | \$ - | | |
| The Forum (Odd Years) See Note | \$ 1,900 | | \$ 1,900 | \$ 652.01 | \$ 1,258.62 | 34% | 66% |
| Delegate Report Meeting | \$ - | | \$ - | \$ - | \$ - | | |
| State Convention Hospitality Suite | \$ - | | \$ - | \$ - | \$ - | | |
| SETA Hospitality - District 40 | \$ 300 | | \$ 300 | \$ - | \$ 400.00 | | 133% |
| TOTAL | \$ 8,884 | \$ - | \$ 8,883.96 | \$ 713.01 | \$ 6,687.52 | 8% | 75% |

| INCOME | |
|--------------------------------|--------------------|
| Group Name | Amount (\$) |
| Copperfield Willingness Group | \$ 131.20 |
| Drifter's Group | \$ 126.00 |
| Friends of Bill W. (Post Oak) | \$ 100.00 |
| Fry Road Group | \$ 96.00 |
| Hay Una Solucion | \$ 25.00 |
| Journey Group | \$ 8.60 |
| Katy 12 & 12 | \$ 76.79 |
| Katy Keystone Group | \$ 376.00 |
| Rosewood Thursday Night Group | \$ 75.00 |
| Sisters in Serenity | \$ 3.60 |
| Tuesday Night Step Study | 53.00 |
| Westchase Nooners | 60.00 |
| | |
| | |
| | |
| Event Donations | |
| Traditions Dinner Donations | |
| Gratitude Dinner Donations | |
| State Conv - Hospitality Suite | |
| SETA -Hospitality Suite | |
| Delegate Report Contribution | |
| Fellowship Fest | |
| Total Income this Month | \$ 1,131.19 |

| | |
|---------------------------------|-------------|
| Beginning Bank Balance | \$ 2,532.88 |
| Total Expenses this Month | \$ 713.01 |
| Total Income this Month | \$ 1,131.19 |
| Prudent Reserve (0.25 x Budget) | \$ 1,855.00 |
| Held for SETA Hospitality | \$ - |
| Unrestricted Funds | \$ 1,096.06 |
| Ending Balance / Total Funds | \$ 2,951.06 |
| Unspent Portion of Budget | \$ 2,196.44 |
| Notes: | |
| | |

August Treasurer’s Report 2023 Pg

| SETA DISTRICT 40 -- EXPENSE BY MONTH & TOTAL FOR 2023 | | | | | | | | | | | | | | | |
|---|----------|-------------|----------|----------|-----------|-----------|-----------|-------------|-----------|----------|------|------|------|-------------|--|
| | Budget | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Total YTD | |
| DCM | \$ 925 | \$ 227.70 | \$ 30.00 | | | \$ 134.13 | \$ 30.00 | \$ 30.00 | | | | | | \$ 615.96 | |
| Ait. DCM | \$ 900 | \$ 227.70 | | | | | | \$ 296.70 | \$ 30.00 | | | | | \$ 524.40 | |
| Secretary / Copying | \$ 150 | | | | | | | | | | | | | \$ - | |
| Treasurer | \$ 75 | | | | | | | | | | | | | \$ - | |
| Newsletter | \$ 100 | | | | | | | | | | | | | \$ - | |
| PO Box | \$ 160 | | | | | \$ 166.00 | | | | | | | | \$ 166.00 | |
| Literature Committee | \$ 175 | | | | | | | | | | | | | \$ - | |
| PI | \$ 560 | | | | | | | | | | | | | \$ - | |
| Grapevine | \$ 50 | | | | | | | | | | | | | \$ - | |
| CFC | \$ 50 | | | | | | | | | | | | | \$ - | |
| TFC | \$ 75 | | | | | | | | | | | | | \$ - | |
| Archives Committee | \$ 50 | | | | | | | | | | | | | \$ - | |
| GSO 2022 Contribution | \$ 732 | \$ 731.98 | | | | | | | | | | | | \$ 731.98 | |
| Intergroup 2022 Contribution | \$ 366 | \$ 365.99 | | | | | | | | | | | | \$ 365.99 | |
| SETA 2022 Contribution | \$ 366 | \$ 365.99 | | | | | | | | | | | | \$ 365.99 | |
| IT Committee | \$ 50 | | | | | | | | | | | | | \$ - | |
| Miscellaneous | \$ 300 | \$ 31.00 | \$ 25.00 | \$ 15.00 | \$ 15.00 | \$ 31.00 | \$ 31.00 | \$ 31.00 | \$ 31.00 | \$ 31.00 | | | | \$ 241.00 | |
| Gratitude Dinner - Food | \$ - | | | | | | | | | | | | | \$ - | |
| Fellowship Feast | \$ - | | | | | | | | | | | | | \$ - | |
| Traditions Dinner | \$ 1,300 | | | | | \$ 300.00 | | \$ 1,748.58 | | | | | | \$ 2,048.58 | |
| Service Workshop | \$ 300 | | | | | | | | | | | | | \$ - | |
| SWRAASA (Even Years) | \$ - | | | | | | | | | | | | | \$ - | |
| The Forum (Odd Years) | \$ 1,900 | | | | | | \$ 606.61 | | \$ 652.01 | | | | | \$ 1,258.62 | |
| Delegate Report Meeting | \$ - | | | | | | | | | | | | | \$ - | |
| State Convention Hospitality Suite | \$ - | | | | | | | | | | | | | \$ - | |
| SETA 2023 Hospitality Suite - District 40 | \$ 300 | \$ 400.00 | | | | | | | | | | | | \$ 400.00 | |
| TOTAL | \$ 8,884 | \$ 2,350.36 | \$ 55.00 | \$ 15.00 | \$ 149.13 | \$ 527.00 | \$ 667.61 | \$ 2,210.41 | \$ 713.01 | \$ 31.00 | \$ - | \$ - | \$ - | \$ 6,718.52 | |

| SETA DISTRICT 40 -- GROUP CONTRIBUTIONS FOR 2023 | | | | | | | | | | | | | | |
|--|------------------|------------------|------------------|------------------|------------------|------------------|------------------|--------------------|-------------|-------------|-------------|-------------|--------------------|--|
| District 40 Groups | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | YEAR | |
| Another Chance Group | | \$ 150.00 | | | \$ 150.00 | | | | | | | | \$ 300.00 | |
| Bear Creek Fellowship | | | | | | | \$ 80.00 | | | | | | \$ 80.00 | |
| Beginners Group | | | | | | | | | | | | | \$ - | |
| Broad Highway Group | \$ 3.59 | | | \$ 37.32 | | | \$ 23.27 | | | | | | \$ 64.18 | |
| Bunkerhill Tuesday A.A. Group | | | | | | | | | | | | | \$ - | |
| Chapelwood Tues 8pm | | | | | | | | | | | | | \$ - | |
| Colors of Change Group | | | \$ 49.21 | | | | | | | | | | \$ 49.21 | |
| Copperfield Willingness Group | | | | | | | | \$ 131.20 | | | | | \$ 131.20 | |
| Daily Reflections Group | | | | | | | | | | | | | \$ - | |
| Drifter's Group | \$ 73.40 | | | | | | | \$ 126.00 | | | | | \$ 199.40 | |
| Everything is "Alright Already" | | | \$ 25.00 | | | | | | | | | | \$ 25.00 | |
| First Light Group | | | | | | | | | | | | | \$ - | |
| Four Horsemen Group | | | | \$ 40.00 | | | | | | | | | \$ 40.00 | |
| Fourth Promise Group | | | | | | | | | | | | | \$ - | |
| Friends of Bill W. (Post Oak) | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 50.00 | \$ 50.00 | | \$ 100.00 | | | | | \$ 400.00 | |
| Friends of Bill W. (West Houston CC) | | | | | | | | | | | | | \$ - | |
| Fry Road Group | | \$ 140.00 | | | \$ 96.00 | | | \$ 96.00 | | | | | \$ 332.00 | |
| Fulshear Group | | | | | | | | | | | | | \$ - | |
| God Meeting Group | | | | | | | | | | | | | \$ - | |
| Good Morning Open Book Study Group | | | | | | | | | | | | | \$ - | |
| Hay Una Solucion | | | | | | | | \$ 25.00 | | | | | \$ 25.00 | |
| High Hopes | | | | | | | | | | | | | \$ - | |
| Hockley Group | | | \$ 45.00 | | | | \$ 45.00 | | | | | | \$ 90.00 | |
| Houston Young People | | | | | | | | | | | | | \$ - | |
| Journey Group | | | \$ 24.58 | | | | | \$ 8.60 | | | | | \$ 33.18 | |
| Just For Today | | | | | | \$ 31.69 | | | | | | | \$ 31.69 | |
| Just The Black Print Group | | | | | | | | | | | | | \$ - | |
| Katy 12 & 12 | \$ 48.14 | \$ 47.32 | \$ 52.20 | \$ 39.63 | \$ 50.99 | \$ 49.02 | \$ 79.56 | \$ 76.79 | | | | | \$ 443.65 | |
| Katy 164 Group | | \$ 44.80 | | | | | | | | | | | \$ 44.80 | |
| Katy Big Book | | | | | | | | | | | | | \$ - | |
| Katy Crossroads Group | | | | | | | | | | | | | \$ - | |
| Katy Keystone Group | | | | | | | | \$ 376.00 | | | | | \$ 376.00 | |
| Katy Primary Purpose Group | | | | | | | | | | | | | \$ - | |
| Kingsland Group | | | | | | | | | | | | | \$ - | |
| Memorial Going Home Group | \$ 24.75 | | | \$ 37.20 | | | \$ 72.45 | | | | | | \$ 134.40 | |
| Memorial West Group | | | | | | | | | | | | | \$ - | |
| Monaville Group | | | | | | | | | | | | | \$ - | |
| Monday Night Men's Supper/Step Study | | | | | | | \$ 7.05 | | | | | | \$ 7.05 | |
| New Beginnings Group | | | | | | | | | | | | | \$ - | |
| New Oxford Group | | | | | | | | | | | | | \$ - | |
| Outpost Group (Men's) | | | \$ 219.00 | | | | | | | | | | \$ 219.00 | |
| Peak Road Group | | | | | | | | | | | | | \$ - | |
| Primary Purpose Group - SGS | | | | | | | | | | | | | \$ - | |
| Rooted in Love Group | | | | | | | | | | | | | \$ - | |
| Rosewood Thursday Night Group | \$ 184.00 | | \$ 60.80 | | | | | \$ 75.00 | | | | | \$ 319.80 | |
| Rule 62 Group | \$ 50.00 | | | \$ 45.25 | | | \$ 43.53 | | | | | | \$ 138.78 | |
| Sage-Piney Point | | | | | | | | | | | | | \$ - | |
| Sage-Piney Point Noon Tuesday | \$ 10.08 | | | \$ 16.01 | | | \$ 23.70 | | | | | | \$ 49.79 | |
| Saturday Solutions Group | \$ 37.50 | | | \$ 15.91 | | | \$ 28.80 | | | | | | \$ 82.21 | |
| Simply AA | | | | | | | | | | | | | \$ - | |
| Sisters in Serenity | | | | \$ 40.49 | | | | \$ 3.60 | | | | | \$ 44.09 | |
| Sisters in Sobriety Texas | | | | | | | \$ 129.09 | \$ 107.93 | | | | | \$ 237.02 | |
| Sober in Brookshire | | | | | | | | | | | | | \$ - | |
| So Far So Good Group | | | | | | | | | | | | | \$ - | |
| Spring Shadows Group | | | | | | | | | | | | | \$ - | |
| Spring Shadows Group | | | | | | | | | | | | | \$ - | |
| Stepping Stones in Recovery Katy | | | | | | | | | | | | | \$ - | |
| Steps in Sobriety | \$ 25.00 | | | | | | | | | | | | \$ 25.00 | |
| Taking Care of Business | | | | | | | | | | | | | \$ - | |
| Tuesday Night Step Study | | | | \$ 56.00 | | | | \$ 53.00 | | | | | \$ 109.00 | |
| There is a Solution Group | | \$ 92.00 | | | \$ 35.00 | | | | | | | | \$ 127.00 | |
| 36 Principles Group | | | | | | | | | | | | | \$ - | |
| Wednesday Reflections | | | | | | | | \$ 13.00 | | | | | \$ 13.00 | |
| Westchase Nooners | \$ 50.00 | \$ 50.00 | | \$ 60.00 | \$ 60.00 | | | \$ 60.00 | | | | | \$ 280.00 | |
| West Memorial | | | | | | | | | | | | | \$ - | |
| Wild West Group | \$ 113.50 | | | \$ 95.85 | | | \$ 81.00 | | | | | | \$ 270.35 | |
| Working With Others | | | | | | | | \$ 100.00 | | | | | \$ 100.00 | |
| White Oak | | | | | | | | | | | | | \$ - | |
| Unknown | | | | | | | | | | | | | \$ - | |
| TOTAL: | \$ 669.96 | \$ 574.12 | \$ 525.79 | \$ 533.66 | \$ 441.99 | \$ 269.80 | \$ 685.29 | \$ 1,131.19 | \$ - | \$ - | \$ - | \$ - | \$ 4,821.80 | |

August 2023—Meeting Minutes Pg 1

DISTRICT 40 OFFICIAL MEETING MINUTES

Meeting Location:

COTHA Church, 122W. Grand Parkway, Katy, Tx. Rm. 115

Google Meet

<https://meet.google.com/scf-xndv-uoe>

Mailing Address:

District 40

PO Box 79119

Houston, Tx. 77279-9119

doug.d@aa-seta.org DCM

mike.b@aa-seta.org Alt. DCM

theresa.s@aa-seta.org Secretary

ronnie.h@aa-seta.org Treasurer

Date: August 8, 2023

Time: 7:00 – 9:00 PM

Attendees: 26

Call to Order – 7:00 pm, Doug D.

SERENITY PRAYER- Doug D.

New GSR's

Jeff A. – Bunker Hill Men's Meeting at Holy Name Retreat

Shea L – Sister in Sobriety, Texas

SECRETARY'S REPORT – Theresa S., (Alt. OPEN) accepted with corrections.

TREASURER'S REPORT – Ronnie H, (Alt. open) accepted. Doug D. asked if we have enough money to cover the Forum expenses. Ronnie replied, "yes."

DCM Report

Process of change.

If you have noticed we are changing the meeting format each month. The Ad Hoc comes up with more things pulled from our Inventory every 2 weeks. I hope it is working and would always love your feedback, good or bad.

Doug D

D40 DCM

ALT. DCM Report

Traditions Dinner

Wow! Thank you so much District 40 for showing up and helping! You made it possible and a success!

A big thank you to Clean Meals on Wheels (Lisa) for catering the event. I had feedback from several attendees that the food was great. The left-over food went to two local recovery houses.

To all my volunteers, immense gratitude for all you did before, during and after.

To Billy, our speaker, WOW! Incredible talk and Q&A!

Most importantly, the attendees. Without you it wouldn't have been an event. By you spreading the word and bringing people including yourself, you made it a success. I am humbled. We had 81 sign in utilizing our QR code, and 30 manually sign in. For a total of 111 that signed in.

We also collected \$309 in 7th Tradition Contributions! Thank you for your generosity. This will help pay for last minute expenses for the dinner.

One of my favorite parts of the evening was giving away a hard leather-bound 4th Edition of Alcoholics

Anonymous, by Myers R. from Big Book Fixer. This book was beautiful, and everyone was excited to have the

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chance to win it. None more excited than the winner. She came up and introduced herself as an Alanon, and she emotionally said that she was hoping to win it for her husband who was celebrating 30+ years sober! Amazing! Now, I have had several people reach out, asking if we recorded the event and if so, could they get the recording. Yes, I recorded it. I have already edited the audio. They're in two parts. The main talk and then the Q&A. I am working with SETA IT to figure out how best to share it out for everyone that wants it to get it. More to come!

Finally, plan to attend next year and bring people! I look forward to putting another one together, next year.

Yes, next year is good. 😊

As always, please let me know how I can be of service to your group in better carrying out our primary purpose!

Love through service,
Mike

GSR Section – Approx 40 minutes

New GSR – introductions, tell us about your home group

Training: Recap & Finish going over the GSR section from the current AA service manual

Mention some of the attachments in this month's agenda

- SERVICES PROVIDED BY G.S.O./A.A.W.S.
- Letter from GM July 2023
- How to conduct a sharing session
- Is your group linked to AA as a whole?
- Roberts-Rules-of-Order-AA-Edition_v2

Continuation of Reading from the General Service Manual - Doug

Let me back up a little and cover some of the information and literature available to newly elected GSRs.

The following is out of the AA service manual, the current (red book). This book may be referred to as the AA secret service manual in the future just because we are not a glum lot. Here we go:

CHAPTER 1

THE GROUP AND ITS GENERAL SERVICE REPRESENTATIVE (cont.)

TO THE NEWLY ELECTED GSR

There are often weeks between the election of a GSR and when the term begins. Using this time to become familiar with this manual will prove helpful.

GSRs are encouraged to read "A.A.'s Legacy of Service" by Bill W. It is reprinted in Appendix A of this manual.

Consider assembling the publications below — and start reading. Your term will likely have started before you get through all of these. Keep reading. And keep them handy.

Pamphlets, Leaflets

- "GSR General Service Representative...your group's link to A.A. as a whole"
- "The A.A. Group"
- "Self-Support: Where Money and Spirituality Mix"
- "A.A. Tradition — How It Developed"
- "Twelve Traditions Illustrated"
- "Twelve Concepts Illustrated"

Books

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- Twelve Steps and Twelve Traditions (second half on the Traditions)
- Twelve Concepts of World Service (second half of the Service Manual)
- Alcoholics Anonymous Comes of Age
- Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks 1951-1970
- The Language of the Heart: Bill W.'s Grapevine Writings

THE SERVICE SPONSOR

The same impulse that drives some new people to try to “do A.A.” alone drives some new GSRs to try to “do general service” alone. There’s no reason to. In fact, there’s every reason not to.

As rewarding and enjoyable as general service can be, you might find yourself feeling overwhelmed at times. A service sponsor can make the difference between struggling in your service position and feeling a sense of purpose and accomplishment (and having some fun along the way!).

A service sponsor is there to answer your questions about your responsibilities, the structure of general service, the Twelve Traditions and Twelve Concepts and how to apply them and making reports to your group. They can share experiences on managing time and expectations. Simply put, the service sponsor is there to help.

A service sponsor can be defined as one alcoholic who has made some progress in recovery and/or performance in service and who is willing to share this experience with another alcoholic who is just starting the journey.

Service sponsors often introduce newer members to the various aspects of service: setting up a meeting, working on committees, participating in conferences, etc. In this matter it is important for the service sponsor to help individuals understand the distinction between serving the needs of the Fellowship and meeting the personal needs of another group member.

The basis of all sponsorship is to lead by example. Service sponsors can impart to their sponsees the pleasure of involvement in the work of Alcoholics Anonymous. This is best done by stressing the spiritual nature of service work and by pointing out the usefulness of simple footwork and faith.

Co-founder Dr. Bob said, “I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty. 2. It is a pleasure. 3. Because in doing so I am paying my debt to the man who took time to pass it on to me. 4. Because every time I do it I take out a little more insurance for myself against a possible slip.”

When considering potential service sponsors, experience of the Fellowship suggests looking for an A.A. member who is:

- Knowledgeable in A.A. history and the service structure
- Well acquainted with the various service positions and the principles and concepts that guide general service
- Familiar with the Twelve Traditions
- Familiar with The A.A. Service Manual and Twelve Concepts

To find someone with this kind of experience and knowledge, you might consider some of the people you meet or hear at area assemblies and service workshops.

For additional information, there is a section on the service sponsor in the A.A. pamphlet “Questions & Answers on Sponsorship.”

MAKING REPORTS

GSRs are asked to regularly make reports to their groups to keep them informed about what’s going on in A.A. as a whole. In some instances, the GSR may be asked to get the group’s feedback on certain topics.

A group may have a customary format or time for when a GSR may give a report. Some groups ask the GSR to give a report during announcements in the regular A.A. meeting. Some prefer the report to be given during business meetings. Some welcome both. Most groups prefer the reports to be shorter rather than longer. A group may also decline to hear reports from a GSR at all.

Good sources of information for GSRs to create reports on include:

- G.S.O.’s quarterly newsletter, Box 4-5-9
- The delegate’s report to the area (given at area assemblies)

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- The DCM's report (given at district meetings)
- The "What's New" button on the aa.org website
- The annual General Service Conference Final Report
- The Quarterly Report of the General Service Board
- The meeting list or newsletters issued by your local intergroup/central office

General Sharing Session on Making Reports

Question from Kevin – What is the best source for Conference Material?

A. Rick's report – Area 67 Delegate, Rick M. gave a Conference Report to D40 during the June Meeting. He also gave that Report at the July Area Assembly. His Report is available on the Delegate's shared drive. In the next few months the complete Conference Report will be available in print for every GSR.

Joey- First Light Group – informs her group by "Announcements" through an email sent to members.

Hannah- Tuesday Step Study – her group has a Steering Committee that meets every quarter for a business meeting and she gives her report then.

Catlin- Sisters in Sobriety Texas – this online group uses the "What's Up" app to get information out to it's members.

Scott M.- PPG-SCS group has a Group Conscience Meeting every quarter.

Clifton-Deep Dive Group has a Group Conscience Meeting once a month.

Matt M.-Monday Night's Men Group has a Group Conscience Meeting when necessary.

Daniel A.-Post Oak Young People Group has a Group Conscience Meeting once a month

TRAVEL EXPENSES

Sometimes GSRs incur expenses traveling to and from service events. Weekend events may also incur expenses for accommodations and food. It is up to each group to decide whether it will reimburse its GSR for all or part of the travel expenses, but groups should keep in mind that an individual's finances should not be a barrier to service.

THE ALTERNATE GSR

The alternate GSR is elected by a group to serve on those occasions when the GSR is not available and is usually elected to the same two-year term as the GSR. This is especially important should the GSR, who has a vote, be unable to attend a district meeting or area assembly. The alternate might also be asked to step in to give reports to the group.

Some alternate GSRs are interested in more opportunities to serve. They might attend district meetings and area assemblies along with GSRs (although an alternate may vote only when the GSR is not present). Alternate GSRs may also get more involved in general service by attending and volunteering at workshops and other service events in the district and area.

FAQs

1. I'm not very experienced in General Service. What if I make a mistake or don't know how to answer a question from group members?

Generally speaking, there are many resources available to help those interested in general service gain insight and information regarding any questions that are asked. With a little patience and persistence, you can find the information by reading A.A. service literature or talking with other trusted servants to answer most concerns that arise at the group level.

2. How should I notify G.S.O. of my election, and what will I receive when I become a GSR?

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As soon as a GSR is elected, the group should provide the district and area committees, the local intergroup/central office, and G.S.O. with the following information: 1) group name and service number, 2) the new GSR's name, address, email and telephone number, and 3) the previous GSR's name (so it can be removed from the mailing list). When G.S.O. has been notified, the new GSR receives a kit containing a welcome letter, The A.A. Service Manual/Twelve Concepts for World Service, useful pamphlets and leaflets, an A.A.W.S. literature order form, and informational materials and order forms from Grapevine. This and all service kits are available for download on aa.org. The GSR will also be added to the mailing list for G.S.O.'s newsletter Box 4-5-9, which contains information of interest to groups.

3. If I can't make the next district meeting or area assembly, can I ask someone from my group to go in my place?

All A.A. members may attend district meetings and area assemblies. In most areas, only elected GSRs and alternates (when the GSR is absent) may vote.

4. A long-time member of my group keeps asking me what G.S.O. does with the money we contribute; how should I respond?

Chapter 10 of this manual concerns what G.S.O. does. Your DCM, delegate and service sponsor will also have information that may be helpful. A.A. service material on this subject is available from G.S.O. both online and in print: F-176 "Services Provided by G.S.O./A.A.W.S." and F-203 "Seventh Tradition Fact Sheet — Your Seventh Tradition Contributions."

5. If my group wants A.A. to suggest a theme for the annual General Service Conference, is there a way for me as their GSR to bring this to A.A.'s attention?

Most definitely. You might start by bringing this to your next district meeting or reaching out to the area delegate for guidance. Your service sponsor may also be of help. (For additional information on how an item becomes a Conference agenda item, see Appendix U.)

6. If no one in my group is interested in taking my place as GSR when my term is up, should I continue until they find someone, or even serve another two-year term?

The Traditions and Concepts encourage rotation of service, even when it appears the position will be left unfilled. Perhaps consider taking on a different role in general service; your interest and commitment is always needed. (See Appendix E for a more detailed discussion on the principle of rotation.)

General Sharing Session - tell us in 2 minutes or less about any issues your group might be facing. (3 min. each including feedback from others if requested)

- Feedback, News, Concerns, Questions, Etc.

Farah E. shared that discussions about meeting guide in print vs a QR code brought out a member's interest in Houston Intergroup. Our group elected our first ever Intergroup Representative.

I received an email from GSO CPC Coordinator replying to my inquiry as to why A.A.W.S. is using #addiction vs #alcoholism. I'll forward the email to Doug to request an agenda item for the next district meeting.

DISTRICT COMMITTEE REPORTS:

Archives Rep: Lilian K. – Absent

CFC Rep: Anne M – Corrections is busy planning our upcoming conference! September 15, 16, and 17! It is currently all we can talk about! We will be meeting next week for planning, so if anyone is interested in volunteering, please let me know. We have new Blue cans if anyone is in need of one. Blue cans are additional collections options for groups that goes to buy literature for those behind the walls.

CPC Rep: Open

Grapevine Rep: Wendy F – There will be a Writing Workshop on August 20 at the Lambda group, 1201 Clay St., Jennifer from D82 presented a Grapevine Newsletter to the Area Committee.

IT Rep: Peggy A – absent

Houston Intergroup Liaison: Fernando B- Vacation

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Literature Rep: Carol F. - the Literature Committee meets at 8:30 p.m. the third Tuesday of the month on Google Meets. All are welcome, especially group Literature representatives.

At the July meeting, discussion continued about the Literature workshop, tentatively named "Nobody Told Me!" A date for the workshop has not been finalized.

Members of the Literature committee are happy to attend any literature related event in the district or to discuss at a meeting or a group conscience any matters relating to AA literature.

For more information or to attend the Literature committee meeting, please contact Carol F at carol.f@aa-seta.org or call her at 214-601-0088.

Newsletter Editor: Sara A. - Please submit flyers to share group activities to me.

A great topic for September: back to school! Are you or your kids back to school? How does it effect your sobriety or program?

PI Public Information): OPEN

TFC Rep: Open

AD HOC COMMITTEE REPORT - Inventory

Mike B. on vacation, they discussed questions 5 and 6, no minutes yet.

NEW BUSINESS

- Ask for volunteers for D40 Outreach Committee
 - Come up with the packet and short introduction to each group
 - Work with volunteers to reach out to every group in D40

Need volunteers, looking for active and inactive groups, goal is to get groups registered.

Volunteers are David R. and Jeff A.

- SETA hospitality 2024 – asking for donations and volunteers

SETA Convention is January 19-21 in Galveston at Moody Gardens. Please ask your groups if they would like to help out with the Hospitality Suites. There are also many other volunteer opportunities.

Email from Pam F.

This is Pam F. I am contacting your district on behalf of the hospitality committee for the SETA convention which will take place January 19-21, 2024, at Moody Garden in Galveston.

We are very excited to be returning to Moody Gardens. We want all to attend to have a memorable experience. While we have several hospitality suites in place (on hotel floors) and we are working on two more that will be located directly beside the convention hall. That is why I'm reaching out to ask for your district to help make this happen. With the limited traffic and seating in each hospitality suite (per hotel), these added hospitality suites will allow everyone to access one as they would care to.

We would like you to consider a couple options for your district to participate.

Option A- \$250 (Cover room/suite cost and food) contribution to the (2) Hospitality Suites - without contributing physical food, beverage etc.

Option B- \$100 (Cover room/suite cost) contribution to the (2) hospitality suites - with contributing physical food, beverages, napkins, utensils etc.

- suggested food includes fruit, cold cuts, cheese, bread, candy, snacks, cookies, cakes
- suggested drinks includes soda (can), juice (box or can) and bottled water.

All checks can be made out to the Seta Convention 2024 and mailed to 2951 Marina Bay Dr., Suite 130 Box 273, League City TX, 77573.

We also need districts to provide shifts for volunteers for either the Friday night dinner shift, breakfast shift, lunch shift or dinner shift Saturday, and breakfast shift on Sunday.

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We will coordinate these hospitality volunteers with the hospitality committee directly through me. Email me and let me know what shift your district would like to volunteer for.

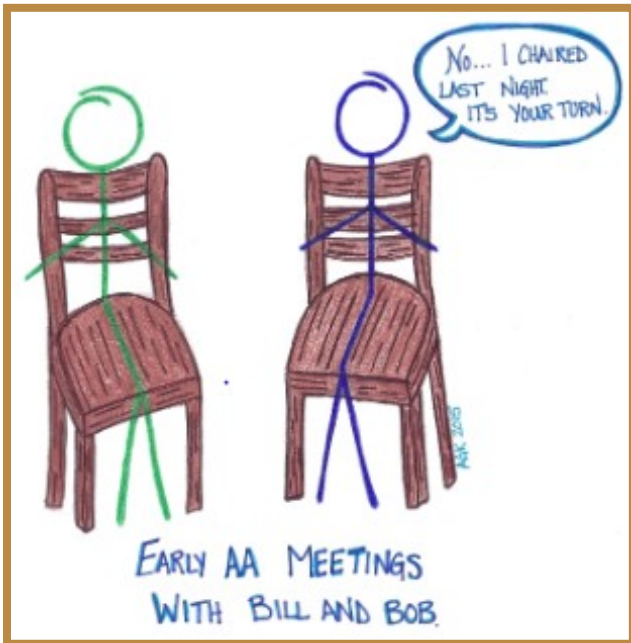
**All other volunteer opportunities as well as registration and information can be found on the SETA and convention websites.

OLD BUSINESS:

Open positions 2023 – Alt Treasurer, Alt Secretary, TFC Rep & PI Rep
Alt. Treasurer – Jeff A.

RESPONSIBILITY STATEMENT: All Together

ADJOURN : 8:57 pm



**2023 District 40
Officers and Committee Representatives**

| <u>Position</u> | <u>Name</u> | <u>Email</u> |
|-------------------|-------------|--|
| DCM | Doug D | Doug.d@aa-seta.org |
| Alt DCM | Mike B | Mike.b@aa-seta.org |
| Secretary | Theresa S | Theresa.s@aa-seta.org |
| Alt Secretary | OPEN | |
| Treasurer | Ronnie H | Ronnie.h@aa-seta.org |
| Alt Treasurer | Jeff A | |
| Archives | OPEN | |
| Newsletter Editor | Sara A | sara.a@aa-seta.org |
| Grapevine Rep | Wendy F | wendy.f@aa-seta.org |
| IT Rep | Peggy A | peggy.a@aa-seta.org |
| Literature Rep | Carol F | carol.f@aa-seta.org |
| CFC Rep | Anne M | anne.m@aa-seta.org |
| Intergroup Rep | Fernando B | Fernando.b@aa-seta.org |
| CPC Rep | Eric C | |
| PI Rep | OPEN | |
| TFC | OPEN | |

AREA 67 COMMITTEE MEETINGS

| Committee | Meeting Date & Time | Location |
|---|--|---|
| Archives | 2nd Monday of the Month 7pm | Google Meet Link: meet.google.com/uus-pbqk-xip Online Only |
| CPC - Cooperation with the Professional Community | 1st Monday of the Month 7:30p | Zoom ID: 632-634-860 Passcode: 153379 |
| CFC - Correctional Facilities | 3rd Wednesday of the Month 7:30p | Zoom ID: 4772549035 Passcode: heartbeat Houston Intergroup 5151 Mitcheldale St, HTX 77092 Conference Room |
| Grapevine | 3rd Thursday of the Month 7:30p | Zoom ID: 114 207 273 Passcode: 610793 |
| Intergroup (Delegate's Meeting) | 3rd Thursday Every Other Month 8p | Zoom Call (786)686-6300 for more info |
| IT - Internet Technologies | 4th Saturday of the Month 10am | Google Meet: ID: nqm-vypy-yao |
| Multi-Lingual | 1st Thursday of the Month 7:30p | District 66 4800 5645 Hillcroft Suite 410 HTX, 77036 |
| Literature | 3rd Tuesday of the Month 8:30p | Zoom ID: 257 198 925 Passcode: 443980 |
| PI - Public Information | 4th Tuesday of the Month 7:30p | Zoom ID: 330 417 285 Passcode: 153379 |
| TFC - Treatment Facility Committee | 15th Day of Every Month Month 7p <small>At times the 15th of the month can fall on a weekend or holiday. When that occurs, the TFC meeting will automatically be held <u>on the following business day</u>.</small> | Zoom ID: 552 569 731 Passcode: 169753 |