

# WELCOME TO THE CIRCUS

### Step Eight

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

### Tradition Eight

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

### Concept Eight

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.

- 1 Step, Tradition, Concept
- 2 *10 Types of People*
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# 10 Types of People You'll Meet at 12-Step Meetings

## Do You Recognize Any of These Types?

1. **The 13<sup>th</sup>-stepper** – This man makes a sport of exclusively dating women who are in their first 60 days of sobriety. Not unlike the older man/younger woman paradigm, vulnerable ladies new to recovery are much easier to impress with smooth talk and after-meeting “coffee dates” than an old-timer who can see through a 13<sup>th</sup>-stepper’s game. Recognize these guys by their perfect hair and multi-chip key chains.
2. **The Book Thumper** – These folks recite passages by rote from *The Big Book*, often dropping them into casual conversation. “I was headed for a case of road rage and then I remembered, it says in the *Book*, ‘And acceptance is the answer to all my problems today,’ page 417, fourth edition.” The Book Thumper is known for her ability to quote a *Big Book* phrase on any theme. Also fluent in “12 & 12” and “*As Bill Sees It*.”
3. **The Meeting Hound** – There are 48 recovery meetings a week in your area and somehow this member is present at all of them. AA, NA, DA, CMA, SLA – the Meeting Hound is a permanent fixture at all. Recognize him by his coffee breath and fondness for the greeting, “Haven’t seen you at a meeting in a while!”
4. **The Forever-on-Four** – This guy is always in the middle of his fourth step. He’ll tell you how the fourth is kicking his ass and how difficult it is to “get honest.” He’s always searching for a new sponsor he can trust, who really “gets” him. Know him by his willingness to start the steps over every few months, while still never getting to five.
5. **The Catchphraser** – This “Friend of Bill W’s” tosses out recovery slogans as if she penned them herself. She likes to remind others to “suit up and show up” and “live and let live.” She lives life “one day at a time” and is known to “expect a miracle.” She “keeps it simple” and “it works for her, if she works it.” Recognizable by her affection for sobriety circle-triangle jewelry and her Ford Fiesta’s “Easy Does It” bumper sticker.
6. **The Day Counter** – This addict has a sobriety calculator app on her iPhone and can’t wait to introduce herself by her name, her addiction and the number of days sober she has. She will congratulate those celebrating a recovery anniversary with a shout out of “Three years? That’s 1,095 days! Woot!” Related: The Minute Counter.
7. **The Pink Cloud** – This guy has 42 days and he’s feeling fantastic! Sobriety has helped him get his life together! He’s learning so much about himself! The obsession to use has been lifted! He has found a higher power and meetings are the greatest! Things have really, never, ever, been better! You will know him as the enthusiastic greeter at the door who doesn’t have a sponsor yet.
8. **The Texter** – Often a newcomer, you know the top of this woman’s head well, since her face is always directed down towards her phone. She taps furiously before meetings and during the break to appear busy and avoid making direct eye contact or meeting new people. Find her at [IfIDontLookAtYouThenIAmInvisible.com](#), #Scared, #EarlyDays and #DontTalkToMePleaseTalkToMe.
9. **The Crier** – She will cry and nod through the reading of “[How it Works](#).” She will sob during the speaker’s pitch. Her nose is red and running through the shares and anniversaries. They might be tears of joy or tears of sadness, but they are tears and she has an endless supply. Find The Crier by following the trail of wadded up tissues leading to the doughnuts.
10. **The Old-Timer** – He has more years sober than Dr. Bob was alive. He’s seen know-it-all kids like you before and suggests that you “take a seat in the front, shut up and listen.” He’s the guy who is happy to “Call you on your BS.” If it’s your first meeting, he tells you, “Congratulations, if you stick around and do what you’re told, maybe you won’t die.” His motto is “You’re new ‘til you’re 10.” You will recognize him as the guy you used to be afraid of until he saved your life.



August 14, 2018

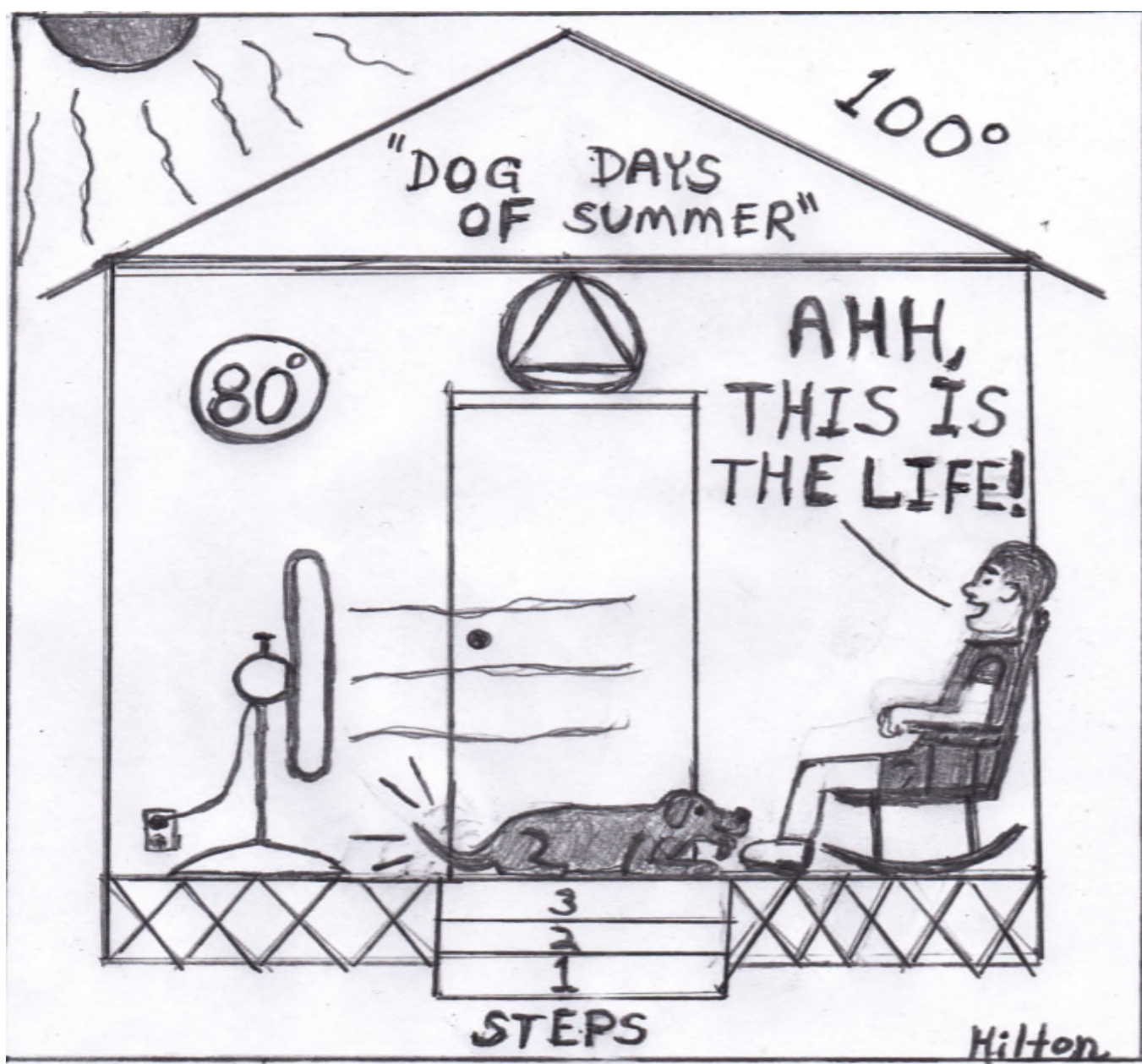
Pamphlet Challenge: A.A.'s Legacy of Service, By Bill W.

What is the basic A.A. service? This pamphlet provides all the answers to your questions about A.A. Included are the Fellowship's responsibility and the beginning of group and world services. Also included are the origin of the Twelve Traditions and the birth of the General Service Conference. This pamphlet is a reprint from "The A.A. Service Manual".

Thanks,

Jackie S.

D40 Literature Rep



# **Sayings and Suggestions...**

## **Are these helpful or harmful?**

	<b>Yes</b>	<b>No</b>
<b>Live and Let Live</b>	_____	_____
<b>Easy Does It</b>	_____	_____
<b>But for the Grace of God</b>	_____	_____
<b>Think... Think... Think</b>	_____	_____
<b>First Things First</b>	_____	_____
<b>Let Go and Let God</b>	_____	_____
<b>One Day at a Time</b>	_____	_____
<b>Keep Coming Back</b>	_____	_____
<b>Don't Drink and Go to Meetings</b>	_____	_____
<b>Meeting Makers Make It</b>	_____	_____
<b>90 Meetings in 90 Days</b>	_____	_____
<b>Don't Share for the First 30 Days</b>	_____	_____
<b>Don't Date in the First Year</b>	_____	_____
<b>Don't Make Any Major Decisions in the First Year</b>	_____	_____
<b>Call Your Sponsor</b>	_____	_____
<b>Call 3 Other Alcoholics Daily</b>	_____	_____
<b>Men Stick with Men; Women Stick with Women</b>	_____	_____

We hear these little tidbits floating around our meeting rooms; some would say they are BS while others claim they are helpful. What works for some, may not work for others.

In service,  
Deborah G.  
D40 DCM

# DISTRICT 40 ELECTIONS



## WHEN

**Tues., Sept. 11, 2018  
7:15pm – 9pm**

## WHERE

**Spring Branch  
Memorial Club**

**1200 Blalock Rd. #378, Houston, TX 77055**

**FOR MORE INFORMATION CONTACT  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)**

**READY TO BE  
OF SERVICE  
AT THE  
DISTRICT  
LEVEL?**

**GET  
INVOLVED  
AND GIVE  
BACK TO AA!**

**OPEN TO ALL  
MEMBERS**

**NOT  
INTERESTED  
IN SERVING?  
Come be a part  
of the process!!!**





## How Accessible is your Group?

We all feel that our meeting rooms are wonderful and inviting places for new comers and old comers alike to come and join in the AA program of recovery, but how accessible are they to those who may have physical challenges?

When is the last time your group checked the parking lot for an adequate number of accessible parking spaces? Or checked to see if the chairs are set up with adequate aisle space for wheelchairs to maneuver freely? These are just a few questions we don't think about on a regular basis.

There is an Accessibilities Checklist (SMF-208) available at the AA website [www.aa.org](http://www.aa.org). It is great activity to do at your group conscience. It only takes a few minutes and reminds us all that we need to be more aware of accessibility issues.

While many meetings are held in churches and privately-owned buildings, the check list brings up issues that may be considered by all meeting spaces. If your group meets at a club, this checklist is vital.

While everything on the accessibilities checklist does not affect every group, the awareness it brings to group is invaluable.

So, take a field trip with your group and check out your meeting rooms, bathrooms, common areas and parking lots. See what may be needed to make the environment accessible and safe for all who attend.

We would love to hear how your accessibilities checklist outing went. If your group has any concerns or stories they want to share, please contact the treatment and accessibilities committee at [tfc-chair@aa-seta.org](mailto:tfc-chair@aa-seta.org). This information would be helpful to other groups in our area. When we share, everyone benefits.

In Service to Serve,

Pam F  
TFC Chair Area 67

# Treasurer's Report

SETA District 40 Monthly Financial Report -- June 2018							
EXPENSES	Initial Budget	Approved Budget Changes	Approved Budget	Expense This Month	Year to Date	% This Month	% Year to Date
DCM	\$ 1,000		\$1,000	\$43.57	\$862.92	4%	68%
Alt. DCM	\$ 800		\$800	\$0.00	\$371.05		46%
Secretary / Copying	\$ 250		\$250	\$6.24	\$52.44	2%	21%
Treasurer	\$ 150		\$150	\$0.00	\$17.79		12%
Newsletter	\$ 500		\$500	\$43.84	\$275.07	9%	55%
Rent/Coffee Donation	\$ 400		\$400	\$30.00	\$120.00	8%	30%
Coffee	\$ 100		\$100	\$0.00	\$0.00		
PO Box	\$ 120		\$120	\$0.00	\$0.00		
Literature Committee	\$ 380		\$380	\$0.00	\$91.98		24%
PI/CPC no longer a committee	\$ -		\$0	\$0.00	\$0.00		
Grapevine	\$ 250		\$250	\$0.00	\$0.00		
CFC	\$ 700		\$700	\$0.00	\$0.00		
TFC	\$ 100		\$100	\$0.00	\$0.00		
Archives Committee	\$ 100		\$100	\$0.00	\$0.00		
Intergroup Liaison	\$ -		\$0	\$0.00	\$0.00		
IT Representative	\$ 100		\$100	\$0.00	\$0.00		
Miscellaneous	\$ 100		\$100	\$0.00	\$500.00		500%
Gratitude Dinner - Donation	\$ 300		\$300	\$0.00	\$0.00		
Gratitude Dinner - Food	\$ 300		\$300	\$0.00	\$0.00		
Fellowship Fest	\$ 250		\$250	\$0.00	\$0.00		
Traditions Dinner	\$ 1,100		\$1,100	\$818.14	\$818.14	74%	74%
Service Workshop	\$ 300		\$300	\$0.00	\$0.00		
SWRAASA (Even Years)	\$ 2,500		\$2,500	\$0.00	\$0.00		
The Forum (Odd Years) See Note	\$ -		\$0	\$0.00	\$0.00		
Delegate Report Meeting	\$ 215		\$215	\$0.00	\$0.00		
State Convention Hospitality Suite	\$ -		\$0	\$0.00	\$0.00		
SETA Assembly Host District	\$ -		\$0	\$0.00	\$0.00		
SETA - 2015 Hospitality Suite	\$ 300		\$300	\$0.00	\$0.00		
	\$10,315	\$0	\$10,315	\$941.79	\$2,909.39	9%	28%

INCOME	
Group Name	Receipts This Month
Daily Reflections Group	18.19
Friends of Bill W. (Post Oak)	25.00
Katy 12 & 12	200.00
New Beginnings Group	41.00
Rosewood Thursday Night Group	14.50
Rule 62 Group	37.56
Saturday Solutions Group	\$39.35
<b>Event Donations</b>	
Traditions Dinner Donations	249.30
Gratitude Dinner Donations	
State Conv - Hospitality Suite	
SETA -Hospitality Suite	
Delegate Report Contribution	
Fellowship Fest	
<b>TOTAL INCOME THIS MONTH:</b>	<b>\$624.90</b>

<b>Beginning Bank Balance</b>	\$4,105.62
<b>Total Expenses this Month</b>	\$941.79
<b>Total Income this Month</b>	\$624.90
<b>Prudent Reserve (0.25 x Budget)</b>	\$2,578.75
<b>Unrestricted Funds</b>	\$1,209.98
<b>Ending Balance / Total Funds</b>	<b>\$3,788.73</b>
<b>Unspent Portion of Budget</b>	\$7,405.61

NOTES:	
1) Ending balance shown above agrees with bank statement after deposit of this month's receipts.	
2) Balance to date for the Traditions Dinner is expenses \$818.14 less donations \$249.30 = \$568.84	





## DISTRICT SERVANTS

**DCM**  
Deborah G.  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

**Alternate DCM**  
Cindy M.  
[dcm-40-alt@aa-seta.org](mailto:dcm-40-alt@aa-seta.org)

**Secretary**  
Sara A.

**Alt. Secretary**  
OPEN

**Treasurer**  
Reino F.

**Alt. Treasurer**  
Deanna F.

**Literature Chair**  
Jackie S.

**IT Representative**  
Joel G.

**Treatment Facilities Chair**  
OPEN

**PI Rep**  
OPEN

**Correctional Facilities Chair**  
OPEN

**Grapevine Rep.**  
Patti B.

**Newsletter Editor**  
Matthew D.

**Intergroup Rep**  
Dan K.

**Barista**  
Elizabeth G.

**Archives Chair**  
OPEN

**CPC Rep**  
Jenn P.



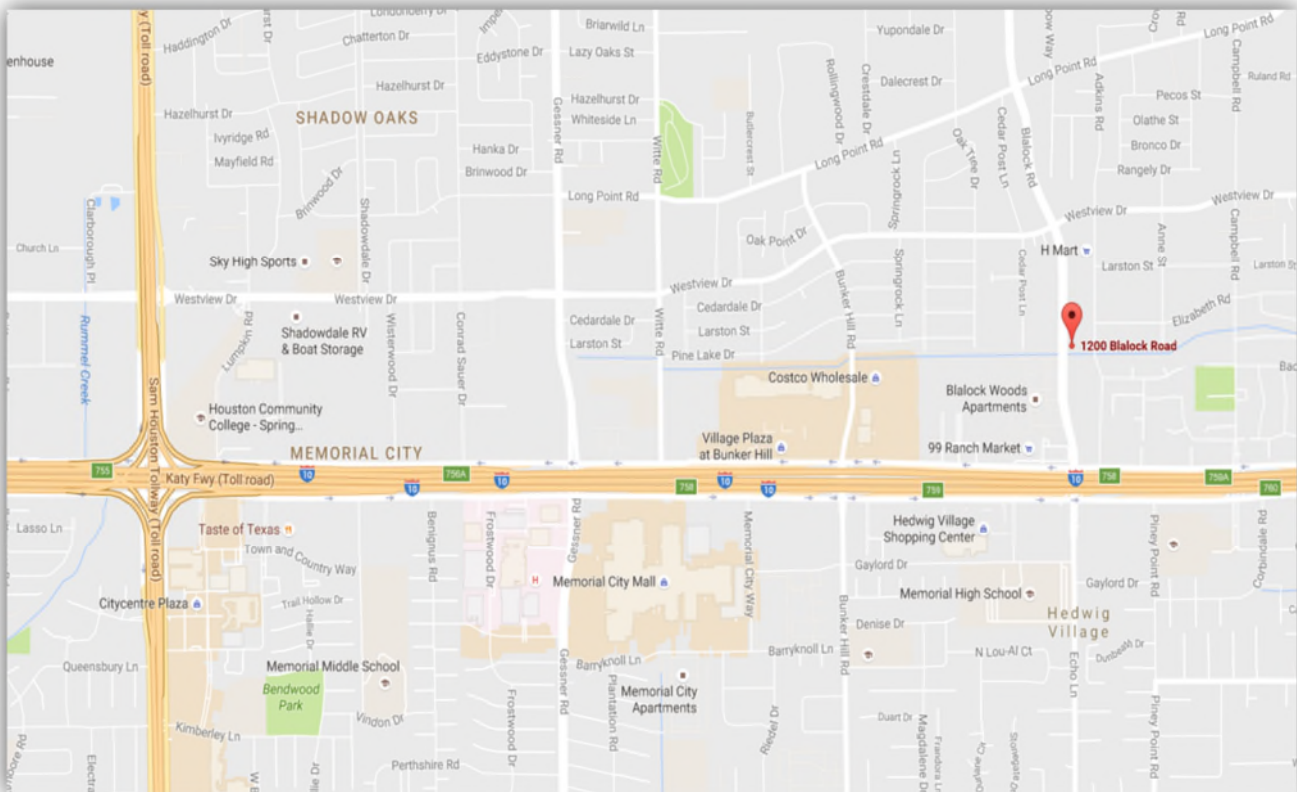
# Upcoming Events

District 40 Elections  
Tuesday, September 11, 2018  
7:15pm-9pm  
Spring Branch Memorial Club

**SWRAASA**  
October 5-7th  
Branson Hilton Hotel  
Branson, MO

For more events visit:

[aahouston.org](http://aahouston.org)   [aa.org](http://aa.org)   [aa-seta.org](http://aa-seta.org)





**If you have a story, quote, cartoon, or image you would like to see published in the District 40 News, please send it to [Dcm-40@aa-seta.org](mailto:Dcm-40@aa-seta.org)**

Committee	Meeting Time	Location
Archives	1st Saturday of the month at 10:00 AM	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060
Cooperation with the Professional Community (CPC)	1st Monday of the month at 7:00pm	Spring Branch Memorial Club 1200 Blalock, Suite 378
Correctional Facilities (CFC)	3rd Wednesday of every month from 7:30-9:00 PM	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, TX 77057
Grapevine	3rd Thursday of the month at 7:30 PM	The Delta Club 6401 Southwest Freeway, Suite 110 Houston, TX 77057
Intergroup	3rd Thursday of every other month at 8:00 PM	4140 Directors Row, Suites D & E, Houston, Texas, 77092
Internet Technologies (IT)	4th Saturday of the month from 10:00 AM – 12:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C
Literature	-	-
Mult-Lingual	1st Thursday of the month at 7:30 PM	District 63 4800 West 34th St. Suite B-8 Houston, TX 77092
Public Information (PI)	3rd Monday of the month at 7:15 PM (Except on Assembly months)	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007

THE NEXT DISTRICT MEETING IS

**SEPTEMBER 11TH, 2018**

**@ 7:15 PM**

District 40 meets on the  
2nd Tuesday  
of every month from  
7:15PM—9:00 PM at the  
Spring Branch Memorial Club  
1200 Blalock Rd. #378  
Houston, TX 77055

Just Starting a group in District 40 and wish to add it to this newsletter?

Send group information, location and meeting times to [SETA-40@aa-seta.org](mailto:SETA-40@aa-seta.org) and [intergroup@aahouston.org](mailto:intergroup@aahouston.org). You may also contact Intergroup at 713-686-6300.



# District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

June 12, 2018

Call to Order: Deborah G., Serenity Prayer, Preamble and Unity Declaration

Tradition VI / Concept VI: Reading and Summation by Terri O. and Deanna F.

Volunteers for next month: Tradition VII – David R.; Concept VII – Rick N.

Introduction of Attendees: 30 Attendees for our Business Meeting

## Normal Business:

1. Secretary's Report – Accepted as submitted with corrections
2. Treasurer's Report – Accepted as submitted

## GSR/General Sharing Session:

1. Group History – Billy S. presented by Deborah G. Next Month Volunteer – Reed B.
2. Feedback, News, Concerns, Questions from Groups – GSR's
  - a. Group Anonymity – Judy B. asked about the groups stand on cameras in a facility by owner
  - b. The Post Oak Club has changed their move date from 6/1 to 10/1/18. The new facility will be at Longpoint & Silber.

## Continued Business:

1. 2018 Traditions Dinner: Cindy M.
  - a. Over 100 people attended & the play was a huge success. Final report will be presented next month.
  - b. We had our first rehearsal on 5/6. It went great. The actors all got into their parts and it was funny
2. Open positions: *Alt. Secretary, PI, TFC, Archives*

## New Business:

1. Concept Study Group: Jackie S. & Betsy G.
  - a) Saturday meeting to study the concepts presented by Betsy G. will begin in September once per month.
  - b) D40 voted unanimously to fund the event.

## Committee Reports:

1. Archives – Open;
  - Archives meets on the 1<sup>st</sup> Saturday of every month at 10am at 521 North Sam Houston Parkway East, Suite 215, Houston, TX 77060; Visit [www.aa-seata.org](http://www.aa-seata.org) for all contact and meeting information
1. Correctional Facilities Committee (CFC) – Paul K.
  - The Conference is September 21<sup>st</sup> –23<sup>rd</sup>, 2018 at the Omni Westside in Houston.
2. Cooperation with the Professional Community (CPC) – Jenn P.
  - No report.
  - CPC meets the 1<sup>st</sup> Monday each month at 7:30pm at SBMC
3. Grapevine – Patti B.
  - No Report
  - Check out the Grapevine App at [www.aagrapevine.org](http://www.aagrapevine.org)
  - Consider donating your Grapevines to the CFC committee to take into prisons or TFC committee to take into Treatment facilities.
4. Information Technology (IT) – Joel G.
  - No report.
5. Intergroup – Dan K.
  - Convention 2018
  - Friday, June 15 – Sunday, June 17

Intergroup invites you to a weekend to remember as we celebrate 55 years of miracles at the beautiful Westin Oaks (newly remodeled) Hotel in the Houston Galleria area.

In March 1963, Intergroup Association began carrying the message to this area and thousands of alcoholics have

## District 40 GSR Official Meeting Minutes Southeast Area Alcoholics Anonymous

come to the fellowship through these efforts. To help us celebrate, we have invited fantastic speakers from around the country to come and share their stories of hope and recovery.

- A few notes:
- Hotel Registration after June 1, 2018: Contact Desiree Brown at 713-585-4673 or by email [desiree.brown@westin.com](mailto:desiree.brown@westin.com) to reserve your room for the convention and to obtain the special rate.
- Pre-Registration closed Sunday June 9, 2018 at midnight. On-site Registration will open at 4:00 pm on Friday June 15. Registration is on the 2nd Floor
- Specials in the Bookstore
- Hospitality Suite
- Workshops
- Speakers
- Printed Schedules and Room Locations will be provided at Registration.
- Call Intergroup's office at 713-686-6300 with any questions.

### 6. Literature – Jackie S.

- I received a Literature Activity Update email from the General Service Office.
- Some of the highlights are;
- General Service Conference - Advisory Actions.
- The title of the pamphlet "G.S.R. General Service Representative: May Be the Most Important Job in A.A." is getting renamed.
- The pamphlet "The God Word" which was discussed at the round table group I attended last April at the SETA Assembly will be adopted by A.A.W.S., Inc.
- A pamphlet based on A.A.'s Three Legacies, and another pamphlet based on Spanish-speaking women alcoholics to be developed. See the attached "Call for Stories" request letter for each new pamphlet. Stories are due this November.
- What's New?
- Navajo Big Book, Alcoholics Anonymous will be going on sale at [aa.org](http://aa.org) online stores June 1, 2018.
- Anonymity in the Digital Age: A poster for groups and meetings highlighting the importance of anonymity and how easy it is to break it is available on [www.aa.org](http://www.aa.org). It is listed under, "Other Service Items". The poster says, "Anonymity is so FRAGILE, you can break it with one finger!"
- The next Literature Committee meeting is scheduled for the July SETA Assembly on Saturday at 4:30 PM.
- All of the District 40 GSRs are invited to attend.
- Pamphlet Challenge: *"Let's Be Friendly with Our Friends: Friends on the Alcoholism Front"*

### 7. Newsletter – Matthew D.

- Thank you for all the article submissions! We could still use more participation. Please email me ANY submissions to [matthew1082@sbcglobal.net](mailto:matthew1082@sbcglobal.net). July's topic will be celebrating your independence from the alcoholic state of mind and body.

### 8. Public Information (PI) – OPEN

- No report.
- PI meets the 3<sup>rd</sup> Monday of each month at 7:30pm at SBMC

### 9. Treatment Facilities Committee (TFC) – OPEN

- No report

### Announcements:

- See Flyers for Upcoming Events