



NOON AT THE CREEK
2nd SATURDAY EAT & SPEAK

December 10, 2022
Meatloaf Dinner @ 6:30pm
(side dishes & desserts welcomed)
Speaker Wally M. 52 yrs @ 7:00pm
Clear Creek Club
1310 5th Street, Seabrook



The holidays come with unique stressors and for alcoholics in recovery this can be challenging enough. Add in events where drinking will occur and it can be especially difficult.

A few tips to safeguard your sobriety and serenity while attending holiday celebrations:

Before You Go – Write down a quick gratitude list. Even a brief reflection on the life we get to live sober helps remind us we're not missing out on anything. Take your own drink. Walking in with something already in hand ensures you don't have to worry about locating non-alcoholic options.

On The Way – Find your peace and get your head in a good space before you arrive. Call a sober friend, use a meditation app, check for HALT.

Before You Go In – Know your exit strategy. Park where you can leave easily. Pray.

At The Event – Concentrate on what you can bring to the gathering and don't expect trouble. We often find what we're looking for in social situations.

Toward The End – At whatever point you are ready to leave, a simple "I need to get going" is all you need to say. There is no need for self-conscious explanations and you never have to apologize for being one who leaves early.

For Work Events – Realize these parties don't need to be fun and it's ok if you don't look forward to them. It's called a "work event" for a reason. You can arrive late and leave early and most people will not notice.

With Family or Friends – Understand not everyone is going to "get it". It doesn't matter if people don't understand why you aren't drinking. You don't owe anyone an explanation. If someone says "one won't hurt you" a good response is "and not having one won't hurt me either, but thanks."

Offer to help with the dishes or kids if you need to distance yourself from certain people or situations.

All Season – Focus on the positives and remember you are not alone. Stay connected to your recovery support and talk about any anxieties you have about holiday events.

*Remember:
NOTHING is worth risking your sobriety.*



- Dec 10** *Intergroup Holiday Open House*
5151b Mitchelldale Ste B10, Houston
11:00am-3:00pm
- Jan 13-15** *60th SETA Convention*
MCM Elegante Hotel, Beaumont
www.setaconvention.org
- Feb 3-5** *AA Men's Retreat*
Holy Name Passionist Retreat Center
<https://holynameretreatcenter.com>
- Feb 16-19** *59th International Women's Conference*
Dallas, TX
<https://internationalwomensconference.org>
- Feb 17-19** *AA Women's Retreat*
Holy Name Passionist Retreat Center
<https://holynameretreatcenter.com>
- Feb 24-25** *District 33 Unity Conference*
Kurten Community Center
13055 State Hwy 21E, Kurten, TX

Look back
and be grateful,
look ahead and be
hopeful, look around
and be helpful.

LAST CALL

District 70 Newsletter

Volume 2 Issue 12 December 2022

District 70 meets at 7:00 pm on the
2nd Wednesday of each month at
Kelley's Country Cooking
7011 Spencer Hwy in Pasadena, TX

Any AA member is welcome to attend and
your help is needed to ensure service needs
in our district are met.

Come at 6:00pm for food & fellowship!

*Everyone who attends the District 70 meeting
will be entered in a drawing
for a Grapevine subscription for their group.*

LET'S MAKE A DIFFERENCE
TOGETHER

OPEN SERVICE OPPORTUNITIES

District Officers

Alt Secretary
Alt Treasurer
Alt Registrar

Committee Chairs

Archives
Finance & Budget
IT Liaison
Public Information

District 70 includes

*Baytown, Channelview, Clear Lake, Deer Park,
La Porte, Pasadena, Seabrook, and part of Webster*

7th
TRADITION
CONTRIBUTION

Financial support from groups is vital to ensure the AA service structure functions at full strength, providing essential services to make more and better 12th step work possible. Groups are encouraged to adopt a specific contribution plan, through an informed group conscience, for each of the AA service entities. No contribution toward carrying the message is too small.

SEND DONATIONS FOR DISTRICT 70 TO
P.O. BOX 1502
DEER PARK, TX 77536

November Group Contributions
NOON AT THE CREEK
SET UP STEP OUT
SUNSET GROUP
WORKING WITH OTHERS



*THANK YOU
FOR YOUR
SUPPORT*



"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know."

Happy
HOLIDAYS