

LAST CALL

District 70 Newsletter

Volume 2 Issue 3 March 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 may attend and we hope you will join us. 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.

District 70 includes

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



Service Opportunities

Open Officer Positions

Alt DCM

Alt Treasurer

Alt Secretary

Open Committee Chairs

Correctional Facilities

Cooperation with Professional Community

Finance & Budget

Intergroup Liaison

Literature

Treatment Facilities

For more information about any service positions please contact our DCM at deborah.t@aa-seta.org

Newsletter Committee meets 1st Sunday each month 3pm at The Camel Lodge 2211-B Spencer Hwy, Pasadena Contact sara.b@aa-seta.org

Public Information Committee meets 1st Thursday each month 6pm at Deer Park UMC, 1300 E 13th St, Deer Park Contact charlie.w@aa-seta.org

Group Headlines & Happenings



NOON AT THE CREEK

2nd SATURDAY EAT & SPEAK

March 12, 2022

Dinner @ 6:30pm: Chicken Sausage Gumbo
Speaker @ 7:00pm: Ronnie H., 13 years
Clear Creek Club
1310 5th Street, Seabrook, TX

Send your group news and special events to sara.b@aa-seta.org

UPCOMING EVENTS

- Apr 9-10** **SETA Assembly**
Doubletree Houston Intercontinental
- Apr 16** **District 70 Spring Workshop: AA-101**
2:00-4:00pm
Clear Creek Club
1310 5th Street, Seabrook, TX
Email sydney.m@aa-seta.org
- Apr 22-24** **Spirit of the Pines Conference**
Trinity, TX
www.spiritofthepines.org
- May 6-8** **Girlapaloozaa**
Dallas, TX
www.girlapaloozaadfw.com
- Jun 3-5** **Girlstock International**
Atlanta, GA
www.girlstockinternational.com
- Jun 9-12** **Spirit on the River**
New Braunfels, TX
Spirit On The River 2022 on Facebook
- Jun 17-19** **75th AA Texas State Convention**
Austin, TX
www.txaaconvention.org

Heard In A Meeting:

AA is the only place you can walk into a room full of strangers and reminisce.



RECOVERY TOOLKIT

H.A.L.T.

Am I Hungry, Angry, Lonely or Tired?

Anytime we recognize that we're becoming irritable, restless and discontent, we can do a quick spot check utilizing the acronym HALT.

When and what did we last eat? Most alcoholics paid little attention to nutrition and diet while drinking. We may be surprised to learn all we need to lift our mood is a sandwich. Sometimes an indulgent treat can raise our spirits and avoid temptation.

While we are likely to encounter situations that irritate us every day, how we respond is critical to our peace of mind. Pausing when agitated, restraining ourselves from speaking rashly, and learning to not stay focused on the irritants (the grouch and the brainstorm are not for us) can keep us from turning a bad few minutes into a bad day. Diffusing our anger is a high priority because we don't want to risk letting a moment of anger turn into a resentment.

Alcoholics often end up very isolated while drinking and learning to socialize can be a challenge. Sometimes we get so busy with activities in our new life we overlook the importance of taking the time to have a meal, coffee, or just a conversation with someone. Perhaps we need to increase our meeting attendance, or just pick up the "1000 lb phone". When was the last time we reached out to someone who wants us to succeed in sobriety?

Tiredness takes a toll on our body, mind, and spirit. When our days are filled with errands, meetings, and activities it is easy to ignore how tired we become. Running on low energy compromises our ability to think and our capacity to cope. Attending to the need for sleep, rest, and rejuvenation is critical to keeping healthy physically, emotionally, and spiritually.

HALT is a simple reminder to take care of our basic needs every day. It only takes a minute to ask ourselves "Am I hungry, angry, lonely or tired?" Doing so will make the everyday stress of life easier to handle and help us maintain sobriety.



Each time you put money in the basket at an AA meeting, you are giving crucial support to District 70, Area 67, Intergroup and AA World Services. "Each of these entities provides essential services to make more and better 12th step work possible. Financial support from groups is vital to ensure the service structure functions at full strength. Groups are encouraged to adopt a specific contribution plan, through an informed group conscience, for each of these entities. No contribution toward carrying the message is too small."

Self-Support: Where Money & Spirituality Mix



**THANK YOU
FOR YOUR
SUPPORT**

**February 2022
A-1 GROUP
STEP UP GROUP
SUNSET GROUP
WORKING WITH OTHERS**

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

much of the spiritual malady is
a false dependency on
self-esteem,
pocketbook,
ambitions,
personal relations,
and sex relations -
it is looking for all that is God
in all that is not God

Dr. Bob's Verse