

# LAST CALL

SETA District 70 Newsletter

Volume 3 Issue 11

November 2023

Baytown – Channelview – Clear Lake – Deer Park – La Porte – Pasadena – Seabrook – Part of Webster

District 70 meets at 7:00 pm  
on the 2<sup>nd</sup> Wednesday of each month at:

Kelly's Country Cooking  
7011 Spencer Hwy  
Pasadena, Texas 77505

Come at 6:00 for food and fellowship!  
Come at 6:30 for GSR training.

Any AA member is welcome to attend!

**Thank you to all of our District 70 officers and committees!**  
If you would like to serve on a committee, please contact the committee chair. If there is no chair, come to the District 70 meeting (details above). Service work keeps us sober!

## District 70 Officers

DCM	Kevin W.	<a href="mailto:Kevin.w@aa-seta.org">Kevin.w@aa-seta.org</a>
Alt DCM	Sara B.	<a href="mailto:Sara.b@aa-seta.org">Sara.b@aa-seta.org</a>
Secretary	Hope B.	<a href="mailto:Hope.b@aa-seta.org">Hope.b@aa-seta.org</a>
Alt Secretary	Rose K.	<a href="mailto:Kaylei.r@aa-seta.org">Kaylei.r@aa-seta.org</a>
Registrar	Melissa P.	<a href="mailto:melissa.p@aa-seta.org">melissa.p@aa-seta.org</a>
Alt Registrar	Barbie R.	
Treasurer	Rene H.	<a href="mailto:Rene.h@aa-seta.org">Rene.h@aa-seta.org</a>
Alt Treasurer	<b>OPEN</b>	

## District 70 Committee Chairs

Archives	<b>OPEN</b>	
Correctional Fac	Michael M.	
Finance & Budget	Lanier Y.	<a href="mailto:Lanier.y@aa-seta.org">Lanier.y@aa-seta.org</a>
Grapevine	Thad D.	<a href="mailto:Thaddeus.d@aa-seta.org">Thaddeus.d@aa-seta.org</a>
Intergroup Liaison	<b>OPEN</b>	
IT Liaison	<b>OPEN</b>	
Literature	Bri L.	<a href="mailto:Bri.l@aa-seta.org">Bri.l@aa-seta.org</a>
Newsletter	Tina L.	<a href="mailto:Tina.l@aa-seta.org">Tina.l@aa-seta.org</a>
Professional Com	Lesley H.	<a href="mailto:Lesley.h@aa-seta.org">Lesley.h@aa-seta.org</a>
Public Info	<b>OPEN</b>	
Treatment Fac	Nicholas F.	



Send your group's contribution to:  
**District 70**  
**P. O. Box 1502**  
**Deer Park, TX 77536**

Groups may adopt a contribution plan through the group conscious. Financial support from groups is vital to AA.



## Upcoming Events

- Nov 5**  
1:30 pm  
**Workshop – AA in Treatment Facilities**  
Speakers: Jay D, Danny G, Zac S  
2111 Webster Street  
League City, TX 77573
- Nov 10 – 12**  
**Alvin Step Sisters Women's Retreat**  
All AA women welcome!  
Camp Mohawk County Park, Alvin TX  
To register, text: 832-724-7109 or  
Email: [pandora.freestone@att.net](mailto:pandora.freestone@att.net)
- Nov 19**  
1 – 5 pm  
**AA Traditions Mini-Conference**  
Design for Living – U.S. & Canada  
Zoom ID: 679 550 2724  
Passcode: 999356
- Jan 19 – 20**  
**61<sup>st</sup> Annual SETA Convention**  
Moody Gardens Convention Center  
Galveston, TX 77554  
Register: [2024setaconvention.org](http://2024setaconvention.org)

## Thanksgiving Day Feasts

- Nov 23**  
Noon – 3pm  
**AA Meeting & Thanksgiving Potluck**  
Noon @ the Creek – Miracle Meal  
1310 5<sup>th</sup> St.  
Seabrook, TX 77586
- Nov 23**  
11:30 – 2:30  
**AA Meeting & Thanksgiving Potluck**  
Serenity Group  
2111 Webster St.  
League City, TX 77573
- Nov 23**  
Noon – 3pm  
**AA Meeting & Thanksgiving Potluck**  
Texas City Group/6<sup>th</sup> Street Group  
518 6<sup>th</sup> Avenue North  
Texas City, TX 77590

Check out all area events at [aa-seta.org](http://aa-seta.org)  
Email upcoming events to [tina.l@aa-seta.org](mailto:tina.l@aa-seta.org)

# The power of gratitude

By Tina L.

Moans and groans can be heard in AA meetings throughout the month of November each time the topic of gratitude is announced *again*. Old timers smile at the newcomers who simply are not feeling the love. Yet.

The word Thanksgiving invokes two feelings that are unnatural to the newly sober alcoholic: *thanks* and *giving*. After all, we come into the program as grouchy, self-centered drunks. And that's exactly why this month-long discussion on gratitude is needed. It helps transform us from a negative mindset to a positive one.

Bill Wilson once wrote: "When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

Love. The one thing alcoholics want more than anything—to be loved. Alcohol gave us that euphoric feeling of love for many years, until it turned on us and destroyed our lives. Since then, the need to be loved has been our primary source of unhappiness. We don't understand why we are not loved, and we take pity upon ourselves for it.

But once we make our way through the steps and begin sponsoring newcomers, we catch ourselves smiling when we least expect it. The unconditional love we now feel is a fine emotion indeed. We find ourselves brimming with gratitude for this new and beautiful connection we are making with others. This unfamiliar feeling? Happiness.

I was once one of those who moaned and groaned in November. If I had to sit through one more

gratitude meeting, I was going to scream. But now that I understand the power of gratitude, I'm excited to hear how our negative attitudes are transformed into positive ones by simply noticing the many things for which we are grateful, large and small. I am always humbled by gratitude.

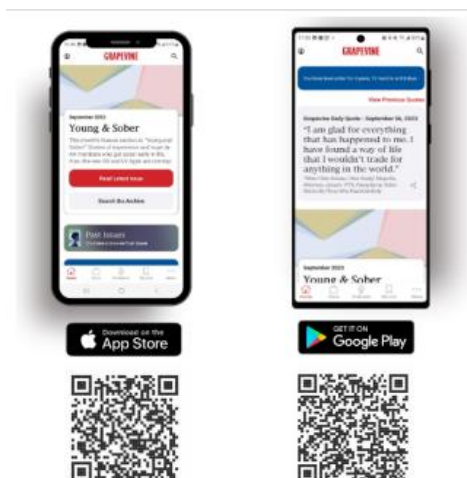
So this month, let the newcomers moan and groan about the topic of gratitude, and when the meeting is over, go give them a hug.



Our whole attitude and outlook upon life will change. —BB page 84 (From the Promises)

## The Grapevine app is here!

Download the apps for free from the Apple Store for iPhone, or from Google Play for Android. To learn more visit [www.aagrapevine.org/apps](http://www.aagrapevine.org/apps)



### AA Grapevine, Inc: Digital Publications

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**Podcast:**  
AA Grapevine

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November 1 to December 31.

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