

LAST CALL

SETA District 70 Newsletter

Volume 4 Issue 1

January 2024

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

District 70 meets at 7:00 pm
on the 2nd 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!



Every Friday
Noon

AA Grapevine Meeting

This Side of the Lake Group @ Up the Street Club
17400 El Camino Real, Suite 800
Webster, TX 77058

Jan 19 – 21



2024 SETA Convention

SETA = Southeast Texas Area Convention
Moody Gardens Convention Center
7 Hope Boulevard
Galveston, TX 77554
Register: 2024setaconvention.org

June 21 – 23

77th Texas State Convention

Celebrating Founders Day!
The Westin DFW
4545 W John Carpenter Fwy
Irving, TX 75063
Register: txaaconvention.org

Oct 11 – 13

2024 SWRAASA Convention

SWRAASA = Southwest Regional AA Service Assembly
Renaissance Dallas Richardson Hotel
900 E Lookout Drive
Richardson, TX 75082
Register: www.swraasa2024.org

Check out all area events at aa-seta.org

Want your AA group's event in the newsletter?

Please email all of the following info to Tina L tina.l@aa-seta.org
at least one month prior to the event:

- AA Group Name
- Event
- Purpose of Event*
- Address
- Date
- Time

* We cannot promote fundraisers for clubhouses, however, we can promote your AA group's role in the event (AA meeting, food, fellowship, etc.) If you have a flyer, email it and we will sort out the info that can be posted.

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.	Kevin.w@aa-seta.org
Alt DCM	Sara B.	Sara.b@aa-seta.org
Secretary	Hope B.	Hope.b@aa-seta.org
Alt Secretary	Rose K.	Kaylei.r@aa-seta.org
Registrar	Melissa P.	melissa.p@aa-seta.org
Alt Registrar	Barbie R.	
Treasurer	Rene H.	Rene.h@aa-seta.org
Alt Treasurer	OPEN	

District 70 Committee Chairs

Archives	OPEN	
Correctional Fac	Michael M.	
Finance & Budget	Lanier Y.	Lanier.y@aa-seta.org
Grapevine	OPEN	
Intergroup Liaison	Lesley H.	Lesley.h@aa-seta.org
IT Liaison	Thad D.	Thaddeus.d@aa-seta.org
Literature	OPEN	
Newsletter	Tina L.	Tina.l@aa-seta.org
Professional Com	OPEN	
Public Info	OPEN	
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 conscience. Financial support from groups is vital to AA.

Why we don't make New Year's resolutions

By Tina L.

Freedom from those pesky New Year's resolutions is but one of the many gifts of sobriety. In a 1954 letter, AA Cofounder Bill Wilson wrote, "Emotionally speaking, we must not live in yesterday, nor in tomorrow." Hence the AA phrase "Just for today" was born.

AA member Steve K. researched the origin of "Just for today" and discovered that in 1921, Dr. Frank Crane, a columnist for the Boston Globe, wrote a series of affirmations, each beginning with "Just for today," which became quite popular. The phrase "Just for today" is still alive and well in the hearts and minds of AA members, along with its subsequent sister phrase, "One day at a time."

I believe the most highly evolved thing we can do spiritually is to live not only in the day, but in the present moment. To be present when someone is speaking to us. To stop thinking of ourselves, or how



we will respond, or how everything they are saying is about us too. To get out of our *I, me, me* mode and truly listen.

The mere fact that anyone wants to connect with us is a gift. When I came into the program, many folks wished I would never contact them again since everything I said and did was rooted in extreme self-centeredness. Now I've learned that the process of becoming less self-centered includes being present,

making eye contact, and listening. Just for today, I can do that.

On New Year's Day, many non-AAs made New Year's resolutions, measurable goals to accomplish by the end of the year. But what works for me is our simple, yet difficult program that suggests I do the small things like suit up and show up, and rather than act on my resentments, reflect on things I'm grateful for. Not as goals with measurable results by year's end, but as suggestions to consider just for today. After all, the results are not up to me. By doing these simple things, then letting go and letting God, things have turned out far better than any New Year's resolution I could have made.

That is why I still pull on my pants, enjoy my coffee, and feel grateful I don't have to make any New Year's resolutions. Oh, and I try to remember that stabbing people is wrong. Just for today.

SETA Convention Updates

LODGING UPDATE

The Moody Gardens Hotel is sold out, but the Inn at the Waterpark has also been contracted to provide a discount rate for SETA.

INN AT THE WATERPARK

Phone: (409) 740-1155

Address: 2525 Jones Dr,
Galveston, TX 77554

www.innatthewaterpark.com

CONVENTION UPDATES

- ✓ Saturday Night Banquet with dinner & two skits
- ✓ Saturday Night Dance with band and DJ
- ✓ Ride Share Request Form

www.2024setaconvention.org

District 70 is hosting **BREAKFAST** in the Hospitality Suite on Saturday morning from 6 – 9 am.

Please let your GSR know if your group can provide volunteers and/or breakfast items.



FRIDAY

5:00p Registration opens
7:30p AA - Shane S., Chattanooga, TN
10:00p YPAA - Kara B., Austin, TX

SATURDAY

9:00a Assembly
9:00a GSO - James H., New York, NY
10:45a Alateen - David B., Location
11:00a Al-Anon - Nancy J., Santa Fe, TX
12:00p Box Lunch
1:30p AA - CFC Chuck M., Houston, TX
4:00p AA Spanish Speaker - Francisco C., San Miguel, El Salvador
6:45p Banquet & Skit
7:30p AA - Peter M., Boca Raton, FL
9:00p Dance

DIGITAL PROGRAM



WWW.2024SETACONVENTION.ORG

MAP



"KEEP COMING BACK"

2 SKITS FOR OUR DINNER
ENTERTAINMENT



Saturday, January 20, 2023
Dinnertime Break

A skit presented by Mid-County Group
Nederland, TX