



Fall 2011
Volume 24 Issue 4



District 6 Newsletter

District Meeting

October 22, 2011

Hosted by:
Suburban Friends AFG
St. Mark's
Methodist Church
Lawshae Building
601 W. Braker Lane
Austin, TX
Contact: Lorelei L.

Registration/Breakfast 8:00 am
Workshop 9:00 am
Business Meeting 11:00 am
Potluck Lunch 12:00 m
Adjourn 3:00 pm
Directions/Map on page 8

Please remember that the lunch is potluck – bring your favorite dish. GRs should bring their Service Manual for use during the district meeting and are also encouraged to bring a written group report to be included in the Newsletter.

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Traducción al español

Para más información, póngase en contacto Rosa, (512) 217-8912

**DISTRICT 6 ELECTIONS IN OCTOBER
WE NEED YOU!**

Sissy S. Story

I have been in Al-Anon since 1991. My birthday will be this coming September. I have been telling my story since I was the Public Outreach Coordinator. I found that my story is too long to tell at any one time. So this time, I will talk about growing up with alcoholism. I have spent many years in therapy and once I said to a therapist "You must think I am crazy", and she said "You are the sanest person I know, but I cannot figure out why". I finally figured it out. My first five years were pristine and THEN came the alcoholism. The first five years of a person's life are the most important and will determine a lot of their future life.

When I was five, my grandmother was hit by a truck. We went to another state to care for her for three months, and left my dad at home alone. When we came back, my dad was different.

By the time I was six, my life was upside down because my dad was drinking and my 12 year old brother was drinking. Things happened that I couldn't understand. Things got worse as the years went by, and by the time I was 10, things were really bad. I started going to church and soon was raped there. I have since found out that the kids from dysfunctional families are targeted. Watch your children; they are vulnerable and it is your job to keep them safe. It is far more important than caring for the alcoholic. I was a good victim because I never said anything. I knew my dad would kill someone and my mom would fall apart. I was in my 40s before I told anyone, even myself. That event caused me to make bad choices for many years to come.

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Future Events

September 24	East Texas Area World Service Committee
October 17	Austin Information Center Board Meeting
October 22	District 6 Meeting - ELECTIONS
November 4 - 6	ETAAA, Port Arthur Texas
December 19	Austin Information Center Board Meeting
February 17-19	All-Texas Al-Anon Alateen Convention (ATAAC)

Al Anon Web Sites

Austin Al-Anon: www.austinalanon.org
Texas State Al-Anon: www.texas-al-anon.org
World Service Office: www.al-anon.org/members
(password is group name followed by "AFG")





Officer Reports

District Representative

The good news is that Al-Anon has shown me that I have choices. The bad news is that sometimes I have to make choices. Our grandkids are visiting us, yea. I have to miss the district meeting, bummer.

What an awesome spring Assembly we had in May. Having it so close to home in Round Rock made attending easy and the host committee made the weekend fun. Unbelievable as it may be, using knowledge based decision making, we had a unanimous vote. Isn't that great? Thanks to the hard work of the task force, we now have a guideline that allows more people to serve on the Area World Service Committee (AWSC). The finance committee gave a report and we got many great ideas for next year's budget. Dianne appointed an audit committee chairperson. But . . . a report on the Assembly wouldn't be complete without the mention of our impromptu pajama party. The fire alarm went off in the middle of the night and many sleepy eyed, pajama clad folks found themselves in the parking lot. Once I realized that the danger wasn't serious and no one was hurt, I thought it was kind of fun and it most certainly made our weekend memorable. The fall Assembly will be November 4-6 in Port Arthur. You can find a flier on the Texas website.

Speaking of the website, our electronic group records change form is up and running. I have been getting email notifications from Melissa, so I know the changes are getting done. Let me know if you find that you are having trouble getting changes complete.

Now I have some exciting news. But first, did everyone have fun at the May Assembly? Good, because I have volunteered our district to host a TEAM event in 2012. TEAM stands for Together Empowering Al-Anon

Members. A TEAM event is a service oriented event presented by the World Service Office and sponsored by the Area. Our district will work with the facility, prepare and distribute fliers (there is a template for this), handle registration, and make arrangements for feeding people. None of our district funds are needed for this event; it will be self supporting. The Event Request Form is fairly simple to fill out. It asks for information about the facility. With our success at the Wingate Hotel in Round Rock, we feel comfortable using the same place for a TEAM event. The form asks for a requested date and an alternate date; my idea was to do it between July and September, 2012, which is halfway between the spring and fall assemblies. The form also asks for five topics of interest. Drop me an email if you have ideas for topics. Finally, we will need a Committee Chairperson. We will have time to talk about the details after the Area and World Service Office accept our request form. I am available to anyone who has questions or would like to volunteer to help with this project.

I spoke with many of our district members and our past, past everything long timer before volunteering our district for this event. Our district is strong and active, the members are kind and generous, and I feel confident that we can do this together.

Finally, I want to remind everyone that our next district meeting in October will be our district elections. Our district officers and coordinators will be elected then, and the new people will take their positions in January. I'd like to encourage everyone to consider serving in one of these positions. Serving at the district level has enhanced my recovery in many ways. It has truly been my experience that when I got busy, I got better.

Give each other extra hugs from me today, and I'll give those grandkids

extra hugs from you. I'm going to miss seeing all of you today, and I look forward to the October meeting. On, I almost forgot, since ya'll are used to hearing me say this . . . we need a group to host the October district meeting. Think about it over lunch break and then raise your hand when Paula asks for a volunteer.

Love ya bunches
Shelly S, DR

Alternate District Representative

Thank you is not enough to express my sincere gratitude to all the members of the ETAAA Spring Assembly planning committee and my gratitude to all involved in volunteering and participating in the assembly! You are so awesome, and I hope you all had as much fun as I did. I have heard many beautiful compliments on all aspects of the assembly. So THANK YOU to all the committees and volunteers who made our 60th birthday bash such a success!

We were honored to have Rosie M., our East Texas Area Delegate, as our guest at the District Meeting. She shared her report from her attendance at the 2011 World Service Conference in Virginia Beach, VA. A copy of her report is in the 3rd quarter issue of the Beacon. Rosie gave a special gift to District 6 for her appreciation of our support; it is a lovely collage of photos of our Area Officers and photos of Rosie at this year's World Service Conference. It will be placed in the District Archives.

Rosie also shared a skit with us, "Facing the Ghosts of Our Past," that the District 6 thespians performed with gusto. If you would like copies of the skit, e-mail Paula.

Continued next page





Alternate District Representative (cont.)

Since a complete report of the district meeting will be in the District Secretary's report, I won't take up too much more space. However, I want to encourage everyone to attend the October 22 District Meeting hosted by Suburban Friends. This is our election meeting for District Officers and District Coordinators. If you are interested in a position, please see the artful job descriptions Tom posted in the last District Newsletter, or contact the current officer or coordinator. For further information, check the Service Manual and/or www.al-anon.org/ members. On the left under "Group Services" are some guidelines that may be helpful: Public Outreach , Group Representative , Newsletter , and District Representative .

Thank you to the folks who volunteered to be on the TEAM planning committee, the ATAAC committee, and the Kristy Fund Thought Force committee. THANK YOU, Killeen, for hosting this meeting; we sincerely appreciated your warm hospitality, smiles, and kindness.

Lovingly submitted in Al-Anon service, Paula H.

**Secretary
DISTRICT 6 MEETING
MINUTES
July 16, 2011
Hosted by Killeen AFG**

The meeting was opened at 9:10 by Paula H., our Alternate District Representative, (in Shelley's absence) with a moment of silence followed by the Serenity Prayer. The Steps, Traditions, and Concepts were read. We all introduced ourselves. There were four Al-Anons present for their first district meeting. The Ask-It-Basket was passed. The Donation Basket was passed (amount collected was \$128.00). Housekeeping announcements were made. A skit titled "Facing the Ghosts of Our Past"

was presented. It was about an Al-Anon group having elections at their monthly business meeting. No one wanted to accept a position because they felt they weren't good enough, smart enough, didn't have enough time for the position, afraid of failure, etc. The point of the skit was to face your fears and step up to the plate. This referred to our upcoming District 6 elections in October.

In place of our usual workshop, our Delegate, Rosie M., gave her report from the annual World Service Conference she attended in April in Virginia Beach, VA. Rosie's report will be in The Beacon.

The Business Meeting began at 10:30. Paula gave Shelley's District Representative report and her Alt. Dist. Rep. report. The other officers and coordinators gave their reports. Group Representatives. gave their reports. We dismissed for lunch at 12:06. There was a District Alateen Sponsors meeting held during lunch. The Business Meeting resumed at 1:07. A report was given on the May Assembly held in Round Rock. With the \$2000.00 seed money and the raffle money, \$3,981.30 was returned to the Area.

Jenny from the Killeen AFG made up a very helpful booklet for "Hosting a District Meeting". She organized all things necessary for putting together our meetings. Thank-you, Jenny.

Our next district meeting will be October 22 at St. Mark's United Methodist Church in Austin hosted by either Suburban Friends AFG and New Beginnings AFG or Georgetown West. **DISTRICT ELECTIONS WILL BE HELD. PLEASE PLAN TO ATTEND.** The following district meeting is tentatively set for Jan. 21st hosted by Suburban Friends AFG, New Beginnings AFG, or Georgetown West. If Georgetown hosts, it will be held at the Church of Christ on Highway 29 West. The January. date is subject to change based on the date of the January AWSC meeting.

Ask-It-Basket:

1. *Question:* Is there a good reference for the Fourth Step that is comprehensive but not too complicated?

Answer: Your sponsor is your best reference, but if you're looking for reading material, Paths to Recovery is great. Blueprint for Progress is also good, but a little more complicated. Tally commented that her group has used the Blueprint for Progress for a meeting. They copy the questions, put them in a basket, and pass them out.

2. *Question:* What can we do to encourage people to keep coming back?

Answer: Here are some things that I have found helpful: When there is a newcomer, read the Newcomer's Welcome, then have one or two people in the group give a short discussion on why they started coming along with their experience, strength, and hope. Another is to give them a copy of a daily reader or the new soft back of How Al-Anon Works with a Newcomer's Packet. You might also want to have some people volunteer to greet others at the meeting or have someone volunteer to talk with a newcomer after the meeting. Also, let the newcomer know that people will hang around to talk after the meeting. Once you know why a newcomer is there you can introduce them to a member who might have experience to share. Some groups have temporary sponsors. Some groups socialize after some meetings, e.g., breakfast once a month or luncheons. If needed, babysitting may be arranged. Ask people to perform specific functions within the group in order to get them involved. Suggest that people read When I Got Busy I Got Better. Do a Group Inventory.

3. *Question:* How do I know when to surrender? When do I stop doing the footwork?

Answer: I surrender when my way (forcing a solution) is not working. I am trying to do it my way. I say the

Continued next page





District 6 Meeting Minutes (continued)

first three Steps to myself and turn over the problem to my Higher Power. My footwork is doing my part-thinking before I speak is a big one for me. When I get a peaceful feeling, I know I have done all I can do.

4. *Question:* How can we stop someone from dominating a meeting politely?

Answer: Make a sign requesting a time limit. One group has a bell they ring. The chairperson may kindly inform the person that there needs to be time for everyone to speak. A Group Conscience can be called for. If all agree, that person could be talked to. Unity of the group comes first so boundaries can be set. Tally commented that her group sets aside a ten minute discussion time at the end of the meeting for Newcomers.

5. *Question:* How do you handle difficult people or situations?

Answer: Personally? Use the acrostic STOP in a meeting: Sorry you feel that way, That could be, Oh!, and Perhaps! or Perhaps you're right. Tradition One: "Our common welfare should come first; personal progress for the greatest number depends upon unity." Tradition Two: "For our group purpose there is but one authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants-they do not govern." In a meeting, any disruption if serious, may be handled initially by a very low-key reminder that we are here for a "loving interchange of help among members"(Svc. Man. Pg. 11). "All Al-Anon discussions should be constructive, helpful, loving, and understanding"(Svc. Man. Pg. 24). The Suggested Meeting Format readings allow for insertion of "specific routine for calling on members". A Group Conscience can be held to determine a few words of reminder. I've attended groups with varying reminders such as: "Our group conscience requests that we

keep our sharing brief, that we do not give advice, that we do not judge others, interrupt, question, or comment on their sharing." Another experience I have had is that a group held a Group Conscience to decide what to say to an individual who was bringing into Al-Anon various political and religious ideas that were offending people. From the Service Manual: WSO or GSO can only offer suggestions by relating the shared experiences of other groups or by providing the appropriate references in existing Service Manuals (pg. 79). A healthy level of non-aggressive, kindly assertiveness is helpful if it becomes necessary to remonstrate an individual with offensive behavior.

6. *Question:* How did you work your 8th and 9th Step?

Answer: In my opinion, this is a question that could better be addressed by talking to fellow Al-Anon members and/or one's Sponsor. Paths to Recovery is an excellent piece of literature that might help. Perhaps attending meeting that focus on the Steps would help.

7. *Question:* Someone shared "12 Promises of Al-Anon" at one of our meetings. Are these World Service approved?

Answer: In Al-Anon, there are no promises. Read From Survival to Recovery pgs. 265-270 and the new Al-Anon book - Many Voices, One Journey. Paula reiterated that there are no promises in Al-Anon. We are already accustomed to promises being broken. Pat also confirmed that there are no promises in Al-Anon.

8. *Question:* Is there such a thing as Al-Anon chips?

Answer: Not officially. Check various gift shops or the internet. Also EBay and woodenurecover.com. Google: recovery chips. Refer to pg. 94 in the Service Manual. Pat said that Al-Anon doesn't sell stuff.

9. *Question:* How to get more participation in groups?

Answer: Avoid discussions of religion. Avoid gossip and dominance. Discuss

how to apply the Traditions and Concepts to one's personal life. LET IT BEGIN WITH ME. Courage to speak up. Use literature for experience, strength and hope solutions. Have specific topics such as a Step for each month or a Tradition. Use the "go around the room method" versus the "speak up method".

10. *Question:* My group is finding it difficult to get to the local service center to obtain literature such as newcomer packets. I know they can be ordered from WSO for mail delivery, but in the interest of supporting our local service center by obtaining literature there, what options are available for obtaining literature locally?

Answer: Call Kitty: 512-441-8591. Kay suggested have the Representative pick it up.

Pat E. commented that when an Alateen graduates into Al-Anon, it is nice to give them a copy of our Al-Anon book How Al-Anon Works. She had seen this done.

New Business:

Kay C. announced that the ATAAC (All Texas Al-Anon Alateen Conference) would be held in Austin in 2013 and 2014 at the Holiday Inn on Middle Fiskville Rd. by the old Highland Mall. Kay C. is the Chair. Carolyn K. is the Co-Chair and Shelley S. is the Secretary.

District 6 will be hosting a TEAM (Together Empowering Al-Anon Members) event in 2012. Input for topics of interest is needed from groups by September 1. The date of the event is between July and September, 2012 at the Wingate Hotel in Round Rock.

A Thought Force was formed regarding the use of Kristi Fund scholarships for attendance to TEAC. The Thought Force members are Steve J., Pat E., Chelsea, and Jayne G.

The meeting adjourned at 2:18.

Respectfully submitted,

Cindy C.



Treasurer's Report

District 6						
Treasurer's Report						
	2011 Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	2011YTD	Budget delta
Operating Account:						
Beginning Balance Carried Over	3,000.00	3,000.00	3,161.85	5,285.15	3,000.00	
District Meeting		190.00	95.00	128.00	413.00	413.00
Group Donations	3,200.00	1,065.44	3,000.42	974.69	5,040.55	1,840.55
Other					-	-
Newspaper subscription		10.00	-	35.00	35.00	35.00
Subtotal actual income	6200.00	1,265.44	3,095.42	1,137.69	5,498.55	
Expenses						
Alateen Coordinator	(500.00)	-	143.94		143.94	(356.06)
Alateen Liason Coordinator	(100.00)	-			-	-
Archives	(100.00)	-			-	(100.00)
District Meeting	(500.00)	50.00	94.87	60.10	204.97	(295.03)
DR Expenses	(850.00)	419.06	45.00	7.00	471.06	(378.94)
Forum/Literature Coordinator	(100.00)		16.80		-	(100.00)
Miscellaneous (1)	(350.00)			247.47	247.47	(102.53)
Newsletter	(2,100.00)	500.03	504.01	504.01	1,508.05	(591.95)
Public Outreach Coordinator - North	(500.00)			295.49	295.49	(204.51)
Public Outreach Coordinator - South	(500.00)	34.50	49.50			(500.00)
Spanish Coordinantor	(200.00)		18.00		18.00	(182.00)
Subtotal Actual Operating Expenses	(5,800.00)	1,003.59	872.12	1,114.07	2,989.78	(2,811.02)
Targeted Savings						
Accrue Reserves	(400.00)	100.00	100.00	100.00	300.00	(100.00)
Release Reserves						-
Subtotal Expenses	(6,200.00)	1,103.59	972.12	1,214.07	3,289.78	(2,910.22)
Ending Balance	(6,200.00)	3,161.85	5,285.15	5,208.77	5,208.77	
Reserve Accounts:						
Kristy Fund	N/A					
Beginning Balance		296.40	515.53	975.53	296.40	
Donations		219.13	460.00	474.55	1,153.68	
Payment					-	
Ending Balance		515.53	975.53	1,450.08	1,450.08	
Int'l Reserve						
Beginning Balance	2,393.90	2,393.40	2,443.40	2,493.40	2,393.40	
Accrual	200.00	50.00	50.00	50.00	150.00	
Payment	-				-	
Ending Balance	2,593.90	2,443.40	2,493.40	2,543.40	2,543.40	
TEAM Reserve						
Beginning Balance	1,243.20	1,243.20	1,293.20	1,343.20	1,243.20	
Accrual	200.00	50.00	50.00	50.00	150.00	
Payment	-				-	
Ending Balance	-	1,293.20	1,343.20	1,393.20	1,393.20	
Prudent Reserve						
Beginning Balance	2,000.00	2,000.00	6,633.66	6,633.66	2,000.00	
Accrual	4,633.66	4,633.66	-	-	4,633.66	
Payment	-				-	
Ending Balance	6,633.66	6,633.66	6,633.66	6,633.66	6,633.66	
Total Account Balances		14,047.64	16,730.94	17,229.11	17,229.11	
Notes:						
(1) Bank fees, postage stamps, copying costs, bonding fees, etc., delegate expenses						
(2) Although there was no "cash" expense, amounts of \$50 each quarter were transferred to RSS and International Funds						
(3) Kristy Fund expenses are not included in the annual budget.						



Coordinator Reports

ALATEEN COORDINATOR'S REPORT

It's hard to believe that the elections are just around the corner. These past three years have truly been a blessing in so many ways. It has been an honor to serve the District as your Alateen Coordinator. My life has been enriched in many ways. Thanks to all of you who have been an encouragement to me, many of you have been an excellent example for me to follow, and most of all, I tip my hat to my fellow Alateen Sponsors. Many of you have served the fellowship for many years, taking care of our future, our Alateens.

Let me encourage all those reading this to consider serving the fellowship, by volunteering to become one of the District Coordinators or Officers. Just like the words we tell newcomers, "you are never alone", the same holds true when we step out of our comfort zone and volunteer to serve.

Please call or e-mail me if you are interested in getting involved in the Alateen program for it is the most rewarding work the program offers.

I look forward to seeing all of you at our October elections meeting.

Steve

PUBLIC OUTREACH SOUTH

The Development and Counseling Center and Austin Recovery Center continue to ask for speakers every 6 weeks and monthly.

At Travis County Drug Court, an Al-Anon goes to graduation monthly with family members.

An Al-Anon goes monthly to speak at ARC.

An Al-Anon who has experience with a relative who has been in jail has started to share at the Travis State jail.

Love in Al-Anon, Jane

PUBLIC OUTREACH NORTH

There is a Children's Health Fair at the Waco Convention Center in August and another Health Fair at Provident Hospital in October.

Coy, Coordinator

NEWSLETTER COORDINATOR

Statistics for the summer issue of the newsletter are:

115 printed / 98 mailed

Total cost: \$504.01

2 returned undeliverable

Deadline for submission to the fall issue is September 2, 2011. Wow, it has been nearly 3 years already. What a fun time. Of course, my OCD gets very frustrated when someone points out an error in the newsletter, so I just say I put in at least one error every time to make sure people are paying attentions. As always, if anyone has any ideas for other items or topics to be included in the newsletter, please let me know.

Yours in service, Tom B.

Group Reports

Anderson Mill AFG

Anderson Mill AFG meets every Tuesday at 7:30 pm at Unity Church of the Hills on Anderson Mill Road. Our group has a steady attendance of 12-15 members and often includes newcomers. The meeting format is as follows: 1st Tuesday of the month – Step, Tradition or Concept; 2nd Tuesday – Discussion; 3rd Tuesday- Conference Approved Literature; 4th Tuesday – Birthday meeting; 5th Tuesday – Speaker. Our group conscience decided to replace "One Day At A Time" with the paperback version of "How Al-Anon Works" as our gift to newcomers. We will be taking a group inventory in September. Alice, GR

Temple New Group AFG

Temple New Group is alive and well. Our attendance has gone down and recently it has begun to rise. The price of gas is affecting some of our members. We've been using all or our books for our meetings. We meet on Thursday at 7:00 at Christ Episcopal Church located at the corner of Down and Main Street (which is almost across from the Post Office).

Love in Al-Anon

Tally R.

Sunday Steps and Traditions AFG

Sunday Steps and Traditions AFG is located at Beal and 22nd Street in Belton. We meet at 8:00 as does AA. Our attendance has been up and down, and some nights there are only 2 of us. I keep going because there was

somebody to greet me when I came to Al-Anon. We've had a lot of newcomers and some are coming back.

Love in Al-Anon

Tally R.

Killeen AFG

A special thanks to the group for helping me host our second district meeting since I have been GR. I could not have done it without your help.

Our Thursday group has started using How Al-Anon Works. We have sold several of the soft covered books. Coming up on the first Tuesday in October, we will hold our elections for a new GR and other positions in the group.

In service, Jennie

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Group Reports (Cont)

New Beginnings AFG – Round Rock

Our group is on the move! LOL On August 1st the Life Steps Office we meet in moved two doors south to 2105 N. Mays. So our group had a new address...for one month. Because we are growing and the new space in the Life Steps Office presented some problems the group sought a new home. Effective September 1st our new home/address is at Resurrection Covenant Church at 1150 McNeil Rd. in Round Rock. We meet at 12:00 noon on Tuesdays. We are grateful for our time at Life Steps and we are looking forward to many years at the new address. We are hoping to expand to two or more meetings a week. The Church also has the facilities available for us to host a District Meeting. We are so excited! The 1st week of the month is a Step Meeting. The rest of the weeks each month the chairperson decides on the topic to be discussed. We also celebrate anniversaries on the last Tuesday of the month. We are a growing group that would love to share out experience, strength and hope with you. If you are looking for a noon meeting in the Round Rock area this is a great on. If you work in the area feel free to bring your lunch to our meeting. We invite you to join us anytime.

Jackie B. GR

Just for Today AFG Elgin

We meet every Tuesday from 6:30 to 7:45 pm. We are still growing; sometimes we have over 20 people at meetings. Our meetings are: 1st Tuesday is a Step; 2nd Tuesday is Discussion; 3rd Tuesday is a Tradition; 4th Tuesday is Birthday; and the 5th Tuesday is a Speaker. The group decided after a newcomer's 6th meeting, we give them a soft cover new book about Al-Anon.

Thank you,
Nancy K.

Living Gratitude AFG at St Catherine's

We meet in south Austin at 7:00 pm on Tuesday night. We currently have 15-30 attendees generally. We have lately had 1-2 newcomers per meeting. We use a literature steering committee to choose literature to read and study. Every 4th Tuesday, we have a call up meeting where we voluntarily go to the front of the room and share at that position. This practice is intended to allow members to become familiar with public speaking should they ever be asked to share their story. We have many double winners and, although we study Al-Anon CAL, we have taken a group conscience to allow discussion of the Big Book of AA.

River of Hope AFG

We meet Thursdays from 12:10 to 1:10 pm in a portable building behind

Gateway Community Church, 7104 McNeil Drive, Austin. We are only a few short blocks east of Route 183. Yes, we have air conditioning in the portable.

We welcome those who can come on their lunch break from work, even if they cannot attend for the whole hour. Our group has about 12 frequent attendees, but we have space for more. We discuss a step during the first meeting of each month, a tradition at the third meeting, and various Al-Anon topics or readings in our other meetings.

Some of us go out to lunch after each meeting, and we always invite meeting attendees to join us. This opportunity for building personal relationships has been a joy and privilege.

Jeanne D. GR

Faith AFG

We meet at Unity Church of the Hills on Anderson Mill Road in Austin. We are a newcomers meeting and meet at 7:30 pm on Thursday nights. We have around 8 regular, solid attendees and our group size fluctuates from 5 to 30. We read Understanding Alcoholism and Understanding Ourselves at each meeting, and then a topic of the chairperson's choice. We give our newcomers a choice of 3 daily readers, One Day At A Time, Courage to Change, and As We Understood.

Michelle K., GR

ELECTIONS

ELECTIONS

ELECTIONS

DISTRICT 6 NEEDS TO FILL THE FOLLOWING POSITIONS AT THE OCTOBER 22 MEETING. PLEASE CONSIDER HOW YOU CAN SERVE.

- DISTRICT REPRESENTATIVE**
- ALTERNATE DISTRICT REPRESENTATIVE**
- TREASURER**
- SECRETARY**
- LITERATURE COORDINATOR**
- ALATEEN COORDINATOR**

- PUBLIC OUTREACH COORDINATOR SOUTH**
- PUBLIC OUTREACH COORDINATOR NORTH**
- NEWSLETTER EDITOR**
- ARCHIVIST**
- SPANISH COORDINATOR**





(continued from page 1)

When I was 15, my dad got very sick and I spent the summer taking care of him. He was an angry man and very difficult. My brother came home for the summer. My brother took a 16 year old friend of mine and me out to a dance. He and my friend got drunk and I had to drive them home. It was 10 miles away from home on mountain roads (by Aspen, Colorado). I had never driven on a highway. I learned how that night. I was a care giver by then, so I tried to do most things really well.

That summer, my Aunt Dee tried to kill herself. She came to me and I got my parents. They called her doctor, and he said that we had to care for her because, if we took her to the hospital, everyone in our town would know. Mom had to go to work and dad was sick. My aunt had taken a whole bottle of Valium. I stayed up until about 5 am and kept her walking. She lived, and the next night we celebrated with a drinking party where she and my dad got drunk.

When I turned 16, I got a 23 year old boyfriend and a driver's license. I have pretty well been taking care of myself since then, except my mom was a strong person in my life and was always there for me.

My boyfriend was, of course, an alcoholic. We went out, he drank, we made out, and he passed out. Time, after time, after time. My family loved him and I loved him so much. We became engaged in my junior year of high school, and then he ran off a cliff (drunk) on New Year's Eve, wrecked his 1964 Mustang convertible, and lost his license. He went back to college and I stayed to finish high school. Short story – he married someone else and I fell apart.

I went to college for three years and left to marry an alcoholic. I was married for seven years, had two kids, and then got divorced. Then I finished college at the University of Texas. This part of my story ends here. Except:

It took me a long time to realize how much my dad had taught me and done for me. He was not a daily drinker, so there were good times as well. He taught me that I was able to do anything. So today, I am a carpenter, electrician, and a businesswoman among other things. I watched many football games with my dad and learned to love the game. I am a fisherman and can camp as well as anyone. He taught me a lot about cars and how to do many things myself, which helped when I had no money.

He was my friend and my father who loved me. He was a very respectable man and had a very good character. I was always proud to be HIS daughter. I am lucky to have had him as a father.

My brother still drinks, and I still love him so much. He was always my big brother and no one could ever take his place. I still have to work at deciding when I should help him and when I need to get out of the way. But when he fell down and broke his neck (because he was drunk), I dropped everything and went to him as soon as I could get there. But when he got out of the hospital, I came home and let him get on with his drinking. I don't say anything about his drinking. I am proud to say that you taught me how to love him without taking his drinking personally. I now know that he loves me too. Thank you Al-Anon for that.

Sissy S.

District Meeting Directions

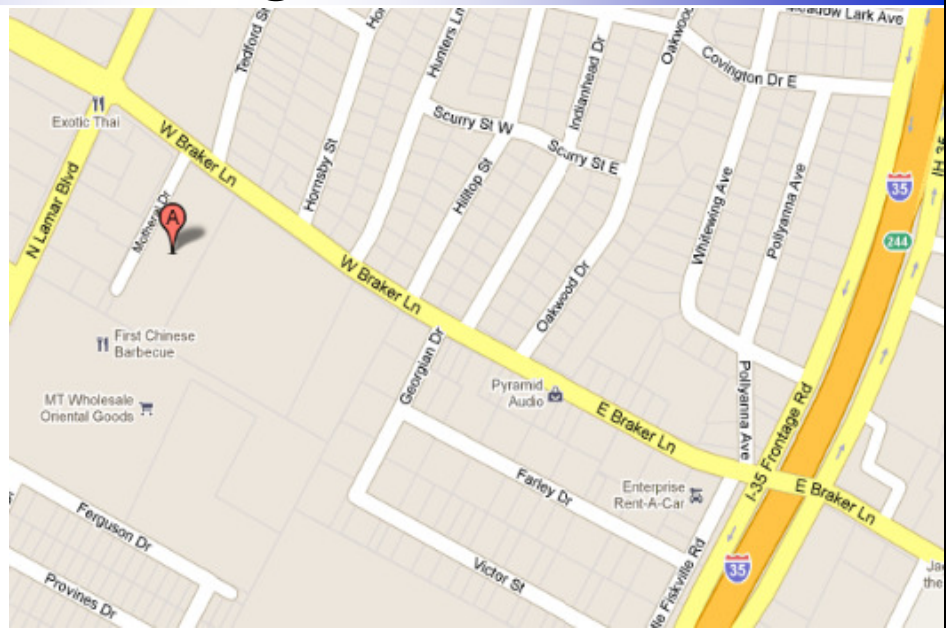
From North or South:

Take I-35 to the Braker Lane exit (exit 244). Go west on Braker Lane.

- Turn right if going south on I-35.
- Turn left if going north on I-35).

Proceed about one mile west on Braker Lane. St. Mark's will be on your left (it is before Lamar Boulevard).

The District Meeting will be in the Lawshae Building, which is a metal building behind the church.





Information Service Centers

AUSTIN AIS

Austin Al-Anon/Alateen
Information, Inc.
1307-G Treadwell
Austin, TX 78704
512/441-8591

June 20 – August 15, 2011 (39 days)

Literature Sales

Allandale	69.90
Anderson Mill	39.25
Bee Caves	70.35
Bridge to Shore	177.65
District	195.90
Great Hills	152.60
Hilltoppers	1,319.55
(Lockhart Prison)	278.45
Lakeway Tuesday Noon	151.50
Monday Nite (Bridge to Shore)	230.45
New Illusions	241.95
Northland	448.50
River of Hope	47.50
Serenidad	60.35
Serenity Seekers	162.10
Step Forward	116.75
Steps to Freedom	150.70
Suburban	177.90
Three Cs	92.70
2222	60.00
Unity	44.40
University	64.20
Westlake	1362.60
(Preteen)	<u>57.20</u>
Total	5,772.15
Previous total	6,421.35

Out of Town Sales

Belton Steps & Traditions	85.60
Elgin Just for Today	74.50
Georgetown White House	19.50
Georgetown West	416.50
Killeen	5.50
Lockhart Town & Country	131.85
Marble Falls AFG	237.45
Winners Circle	35.00
Pflugerville Path to Serenity	44.00
Round Rock Freedom To Recover	31.00
Round Rock New Beginnings	213.50
Round Rock Stoney Point	14.00
San Marcos	99.65
Temple New Group	97.50
Temple ODAT	167.40
Waco T.N.T.	168.80
Wimberley	<u>146.20</u>
Total	1,987.90
Previous Total	1,328.36

Donations

Allandale Happy Hour	250.80
Central Shoal Creek	100.00
Faith	12.00
Hope for Today (Oak Hill)	101.88
Just for Today Austin	38.78
Learning and Recovery	40.00
New Illusions	9.25
Northland	520.00
Private	20.00
San Marcos	50.00
Serenity Seekers	60.00
Serenity Trails (Round Rock)	20.00
Smithville	25.00

Spiritual Awakenings	29.00
Step Forward	22.40
Suburban	100.00
Three Cs	30.00
2222	60.00
Wimberley	<u>60.00</u>

Total	1,549.11
Previous Total	3,724.70

Walk In Sales	670.05
Previous Total	507.95

Income Summary

Literature Sales	5,772.15
Out of Town Sales	1,987.90
Donations	1,549.11
Walk In Sales	<u>670.05</u>

Total	9,309.16
Previous total	11,982.36

Literature Purchase	<u>2,282.97</u>
Net Gain	7,026.19

WACO AIS

We are doing great up in Waco. The attendance at our New Beginnings meeting has been down a little for the summer but hopefully will pick up this fall. Financially we are strong. The Heart of Texas AFG is still hosting the above mentioned meeting most Thursday nights. The Yellow Pages ad was renewed for another year. We are still regularly receiving calls on the Al-Anon pager.
In Gratitude, Cindy C., Chair

Just a Little Extra to Share!!

Looking for a Speaker Meeting?

- 5th Monday of each month
- 5th Monday of each month
- 5th Tuesday of each month
- 5th Tuesday of each month
- 1st Wednesday of each month
- 5th Wednesday of each month
- 2nd Saturday of each month

- Courage to Change AFG**, Austin, 6:45 p.m.
- Allandale Happy Hour AFG**, Austin, 5:30 p.m.
- Anderson Mill AFG**, Austin 7:30 p.m.
- Just For Today AFG**, Elgin, 6:30 p.m.
- Northland AFG** in Austin, 8:00 p.m.
- Freedom to Recover AFG**, Round Rock, 8:00 p.m.
- Georgetown AFG**, 8 p.m. Al-anon & AA speaker. Potluck dinner is at 7 p.m.

Editor's Note: If I don't have your days & times correct, please let me know! Thank you!





Service Arms Representatives

There are four service arms which groups may choose to support after meeting their own expenses. These are listed below with their addresses. Please remember to indicate your group number, so group contributions can be acknowledged. Personal contributions are also gratefully accepted.

AL-ANON INFORMATION CENTER 1030-G S. LAMAR AUSTIN, TX 78704 (512) 441-8591	AIS WACO AREA PO BOX 8374 WACO, TX 76714 (254) 808-4757	DISTRICT 6 C/O Kay Colapret 2303 RR 620 S., Ste. 135, PMB 178 Austin, TX 78734 (512) 261-4632	EAST TEXAS AREA ETAAA PO Box 2626 Alvin, TX 77512	WORLD SERVICE OFFICE AFG, INC. 1600 CORPORATE LANDING PKWY VIRGINIA BEACH, VA 23454-5617 (1-800 -344-2666) www.al-anon.alateen.org
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District 6 Service Committee

Officers

DISTRICT REPRESENTATIVE
Shelly S.

ALTERNATE D.R.
Paula H.

SECRETARY
Cindy C.

TREASURER
Kay Colapret
2303 RR 620 S., Ste. 135,
PMB 178
Austin, TX 78734
(512) 261-4632
kacdoc@austin.rr.com

Coordinators

ALATEEN
Steve J.

NEWSLETTER
Tom B.

FORUM/LITERATURE
Jayne G.

ARCHIVIST
Maria Delores F.

PUBLIC OUTREACH (South)
Jane A.

PUBLIC OUTREACH (North)
Coy C.

SPANISH COORDINATOR
Rosa A.

Texas Website: www.texas-al-anon.org

TRADITION 7 – EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS

The District 6 Al-Anon/Alateen Newsletter is published quarterly. No dues or fees are required to receive this newsletter, however; your individual contributions are gratefully appreciated (suggested donation is \$10 per year). If you would like to be added to the mailing list or would like to financially support District 6, please send your check and the form to:

Newsletter: AFG DISTRICT 6, EAST TX
C/O Kay Colapret
2303 RR 620 S., Ste. 135, PMB 178
Austin, TX 78734

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Group: _____ E-mail: _____ Telephone: _____

