



District 6 Newsletter

Fall 2015

Vol.28, No. 4

District Meeting

October 17, 2015

Host Groups

Steps to Freedom AFG,
Anderson Mill AFG, Faith AFG

District Meeting Location

Unity Church of the Hills
9905 Anderson Mill Rd.
Austin, TX 78750

Contact

Jan B. (512) 496-1322

Agenda

Registration/Breakfast.....8:00 A.M.
Workshop.....9:30 A.M.
Business Meeting.....10:30 A.M.
Potluck Lunch.....11:30 A.M.
Adjourn.....2:00 P.M.

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**WINTER NEWSLETTER INPUTS DUE
NOVEMBER 16, 2015**

Anna's Story

My husband's drinking really progressed after he retired. He had a lot of time on his hands and a lot of resentment, which the alcohol numbed. It was also killing him. When he woke up one day and couldn't walk, he decided on his own that it was time to do something. I was out of town, and in a day, our daughter had helped him get into a detox facility. By the time I got back, he was ready to go into in-patient treatment. My sponsor once said to me, "Isn't it amazing what happens when we step aside and let our Higher Power drive?" It was true. I had nagged my husband for months to do something, and it all happened when I wasn't even here.

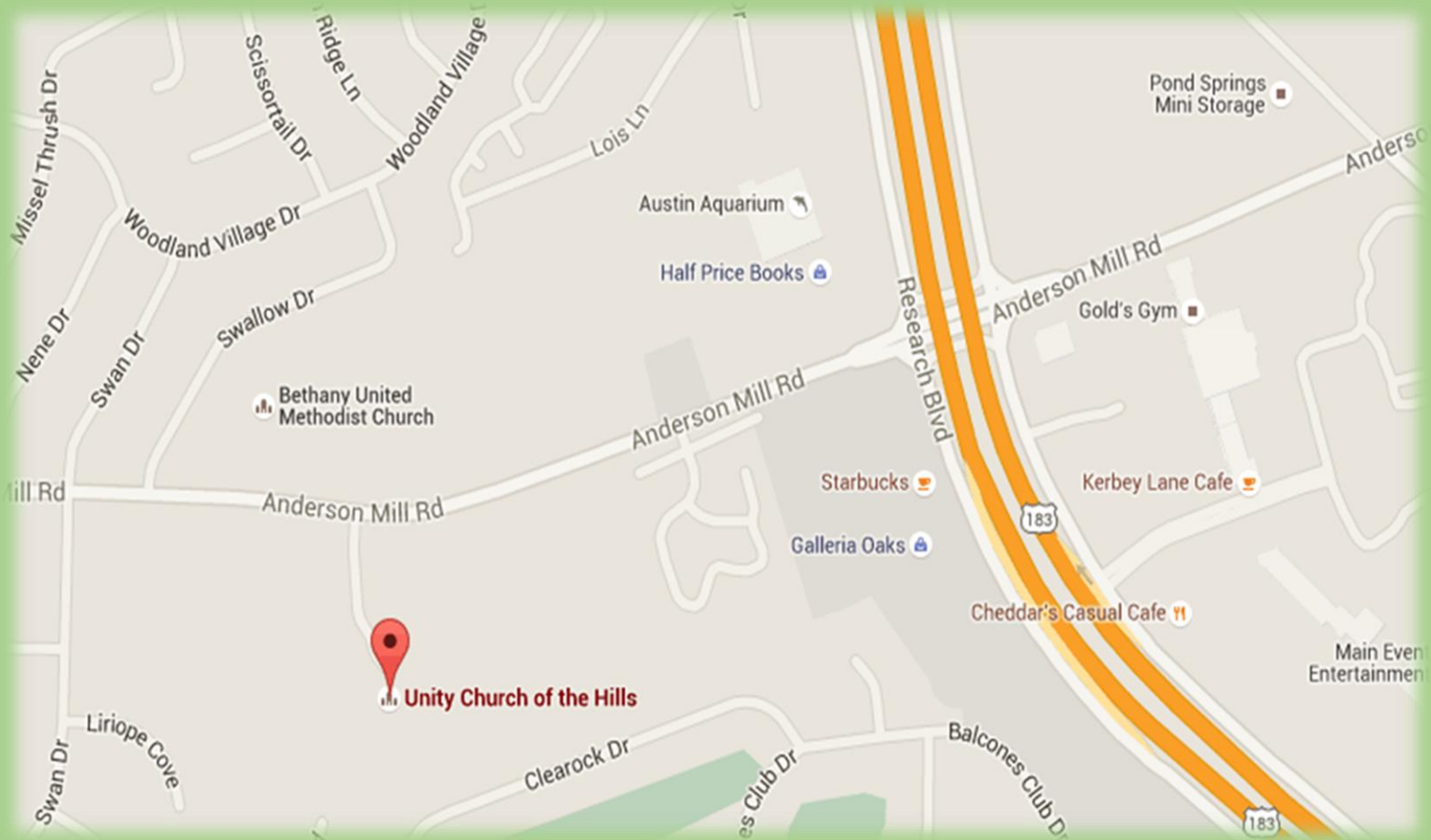
My husband went into in-patient treatment and was doing well. I went to visit him on a weekend, and visitors were told that if we wanted to stay for dinner, we would have to attend the Al-Anon meeting while the clients went to their AA meeting. Since the burritos they were serving that night sounded tasty, I decided to stay. I went to the meeting and thought, "What am I doing here?" They're talking about God (I hadn't been a practicing Catholic for years), trying to sell me books (sounded like propaganda), and not handing out the instruction manual on how to get my husband to stop drinking. I was even willing to take the abridged version ("How to Get My Husband to Not Drink Again") since the treatment center had been successful in getting him to stop. I left the meeting, had my burrito, and came home. I didn't give Al-Anon a second thought.

I was back the next weekend to visit, and it was déjà vu. If I wanted to stay for dinner, I had to go to the Al-Anon meeting while he attended the AA meeting. Thank goodness this place had good food. Italian cuisine was on the menu this week, so to indulge my LOVE of pasta, I went to the Al-Anon meeting. I was sitting there thinking about what groceries I needed when they handed out the list of *Al-Anon Dos and Don'ts*. It was my saving grace - the first time I had the thought that maybe I had issues, too. Before then, I blamed my husband for everything. He had the problem; he was causing all my problems; and he needed all the help. That list is what made me come back. Now, I have so many more reasons to keep me coming back, like this wonderful fellowship, the literature (that I so resisted at first), the opportunities to serve, and the life tools to get me through each day because even without active alcoholism, every day can be a challenge.

(Cont'd on Page 3)



Directions: District Meeting - October 17, 2015
Unity Church of the Hills, 9905 Anderson Mill Rd., Austin, TX 78750
Contact: Jan B. (512) 496-1322



Traveling north:

- From US-183N, take the exit for Anderson Mill Rd.
- Turn left onto Anderson Mill Rd.
- At the first light, turn left. You'll see the Unity Church arch.

Traveling south:

- From US-183S, take the exit for Anderson Mill Rd.
- Turn right onto Anderson Mill Rd.
- At the first light, turn left. You'll see the Unity Church arch.



Please remember that the lunch is potluck, so bring your favorite dish. GRs should bring their service manuals for use during the meeting and are also encouraged to bring a written group report to be included in the next newsletter.

Future Events

Oct. 17	District 6 Meeting, Unity Church of the Hills (Austin, TX)
Nov. 6-8	East Texas Area Al-Anon Assembly (San Antonio, TX)
Nov. 16	Austin Information Ctr. Board Mtg. (Austin Al-Anon Information Center)
Jan. 16	District 6 Meeting, Grace Presbyterian Church (Round Rock, TX)
Feb. 19-21	37 th All Texas Al-Anon Alateen Conference (Irving, TX)

District 6 Newsletter Subscriptions

The District 6 Al-Anon/Alateen Newsletter is published quarterly. Groups receive the newsletter at no charge. Suggested individual contributions are \$11/year for a subscription, which helps cover publishing costs.

District 6 Newsletter Subscription Form

Name:
Address:
E-mail:
Telephone:
Home Group:

Send form and any check(s) to:
Doon R.
P.O. Box 342194
Lakeway, TX 78734

Anna's Story (cont'd)

We've been very fortunate. My husband has been sober for over four years, and I've been much more sane. I constantly struggle with letting go of things and trying to fix situations, but now, I CAN let go and DON'T have to fix everything. I just need to remember how good it feels to accept the things I cannot change,

change the things I can, and know the difference. I'm not perfect, never will be, and that's *perfectly* alright. It just means that I'll be in the program for a long, long, long time, and that's perfectly alright, too.

In gratitude,
Anna A.

Officer Reports

District Representative

Hi, all! I hope you are all enjoying your summer and hopefully, have taken a vacation or are planning one soon. Here is the latest news to report to you.

I attended the area assembly meeting in June in Franklin, Texas where District 7 was the host group, and their theme was "Where to Turn." I attended the DR interchange meeting and the topics discussed were:

- 1) assembly guidelines for putting on an assembly;
- 2) groups changing districts; and
- 3) updating the Area 53 map.

Joyce Y., our delegate, gave her report from her attendance at the World Service Conference where the theme was "Living Our Spiritual Principles – Expanding Our Vision." On the proposed agenda was the extension of the Alateen recertification process for AMIAS to three years. It was discussed, and later voted on by simple majority, and was passed. The breakdown was: 75 yes, 4 no, 2 abstaining, and 1 left. There were Ask It Basket questions,

which will be in *The Beacon*. Coordinator reports were given. Area Chair Kay C. asked the DRs to share one good thing happening in our districts and one challenge. For District 6, I shared that we are asking at the district meetings for members to share what is working in their groups to help keep the focus on the solution. A challenge, in our new roles as officers and coordinators, is learning to work together and to communicate better. After the business meeting concluded, I did some "down time." I tend to get a bit overwhelmed, and I hope to work on that in the future.

District 6 also hosted the AWSC meeting on September 19 in Smithville. It was such a treat to welcome AWSC members to our district. Good food and great fellowship were enjoyed by all, in addition to a very productive business meeting. I will pass on any breaking news from the business discussions at the October district meeting.

In service,
Lori L.

(Cont'd on Page 4)

Officer Reports (cont'd)

Secretary's Report- Meeting Minutes July 18, 2015

Hosted by Georgetown West AFG, Georgetown, TX

Lori L., district representative, opened the meeting at 9:04 A.M. Colleen T. and Jerry H. welcomed everyone to Georgetown West AFG.

Lori L. passed two signup sheets: 1) for volunteers to help District 6 host the AWSC meeting being held in Smithville on September 19, 2015; 2) for groups to volunteer to donate baskets to be raffled at the ETAA Assembly in San Antonio on November 6-8, 2015.

The meeting continued with a moment of silence followed by the Serenity Prayer and the reading of the Three Legacies. The attending GRs introduced themselves. Lori L. passed the Ask It Basket.

Joyce Y., area delegate, reported on the WSC in Virginia Beach. (See Page 7)

Everyone enjoyed the skit, "District Six Drama Queens," narrated by Joyce Y. and performed by Lynn P., Judy W., Lori L., Paula H., Hannah J., Tina C., and Peggy H.

Joyce Y. asked groups to fill out and return forms on "what are our area's dreams?". She also had handouts for "A Healthy Thriving Group."

We broke at 10:30 A.M. and resumed the business meeting at 10:52 A.M. Reports were given by the officers and coordinators. (See Page 3 for officer reports and Page 10 for coordinator reports)

Alice M. asked if there were any corrections to the April 18, 2015 minutes as printed in the *District 6 Newsletter*. The minutes were approved as printed.

Doon R. presented the Revised 2015 District 6 Operation Statement.

Anna A. announced the newsletter submittal deadline as August 17.

The Ask It Basket questions were answered (See Page 8). The group broke for lunch at 11:40 A.M.

The business meeting resumed at 12:40 P.M. Lori L. passed the donation basket. Ninety dollars (\$90) were collected in the donation basket.

Alice M. called roll for voting group representatives. Twenty-two were present.

Old Business –

- Spanish Coordinator – Lori L. stated that the position is still open and anyone who is interested should get in touch with her.
- Follow-up on poster guidelines from schools – Judy W. reported that she needed volunteers to help with the guidelines and distribution of the posters in the schools. Sharyl K. and Peggy H. volunteered.
- Update from Unallocated Funds Thought Force – Lori L. tabled the update. A recommendation will be made at the October meeting.

New Business – No new business was discussed.

Group Updates – Reports were given (See Page 12).

Lori L. and all thanked the host group, Georgetown West AFG, for their hospitality and hard work.

Important Dates –

- August 18, 2015 – AIS Board Meeting, Northland AFG
- September 19, 2015 – AWSC Meeting, Smithville, TX
- November 6-8, 2015 – ETAAA, San Antonio, TX

Future District Meetings –

October 17, 2015 – Hosted by Steps to Freedom AFG, Faith AFG, and Anderson Mill AFG at Unity Church of the Hills in Austin, TX

Joyce Y. invited everyone to attend "A Day in Al-Anon" at the Alvin Taylor St. Club in Alvin, TX on July 25, 2015.

The meeting ended at 1:00 P.M. with the Al-Anon/Alateen Declaration.

Respectfully submitted in gratitude,
Alice M., District 6 Secretary

Officer Reports (cont'd)

2015 District 6 Operating Statement (2nd Quarter)

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
D6 Basket Collection	\$500.00	\$134.25	\$145.00			\$279.25	
Total Group Donations including newsletter subscriptions	\$6,000.00	\$3,799.58	\$980.88			\$4,780.46	
Bank Interest	\$0.00	\$2.62	\$2.76			\$5.38	
Collection for Delegate	\$0.00	\$0.00	\$90.00			\$90.00	
Misc.	\$0.00	\$0.00	\$0.00			\$0.00	
Contribution from Unallocated Funds to cover proposed expenses	\$3,175.00	\$0.00	\$0.00			\$0.00	
Total Income	\$9,675.00	\$3,936.45	\$1,218.64	\$0.00	\$0.00	\$5,155.09	
Expenses	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
Alateen Coord.	\$1,500.00	\$171.32	\$0.00			\$171.32	
Alateen Liaison Coord.	\$0.00	\$0.00	\$0.00			\$0.00	
Archives	\$75.00	\$0.00	\$0.00			\$0.00	
Rent/District Meeting	\$1,000.00	\$0.00	\$300.00			\$300.00	\$150.00 Advance for July District Mtg.
DR Int'l Convention	\$0.00	\$0.00	\$0.00			\$0.00	
DR Expenses	\$1,200.00	\$137.57	\$98.70			\$236.27	
Alt. DR Expenses	\$500.00	\$0.00	\$9.50			\$9.50	
Secretary Expenses	\$250.00	\$23.76	\$37.29			\$61.05	
Treasurer Expenses	\$200.00	\$0.00	\$0.00			\$0.00	
Newsletter Editor	\$150.00	\$0.00	\$0.00			\$0.00	
Forum/Literature	\$150.00	\$0.00	\$11.00			\$11.00	
AMIAS	\$50.00	\$0.00	\$0.00			\$0.00	
Newsletter	\$2,400.00	\$539.01	\$540.35			\$1,079.36	
Public Outreach North	\$500.00	\$0.00	\$61.50			\$61.50	
Public Outreach South	\$1,000.00	\$0.00	\$5.50			\$5.50	
Spanish Coordinator	\$0.00	\$0.00	\$0.00			\$0.00	
P.O.S.S.E. Scholarship	\$200.00	\$187.50	\$0.00			\$187.50	
Donation to TEAAC	\$500.00	\$0.00	\$0.00			\$0.00	
Bank Charges	\$0.00	\$0.00	\$0.00			\$0.00	
Gift to Delegate	\$0.00	\$0.00	\$90.00			\$90.00	
Misc.	\$0.00	\$0.00	\$33.13			\$33.13	April District Mtg. Supplies
Total Expenses	\$9,675.00	\$1,059.16	\$1,186.97	\$0.00	\$0.00	\$2,246.13	

(Cont'd on Page 6)

Officer Reports (cont'd)

2015 District 6 Operating Statement (2nd Quarter) - cont'd

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
Reserves							
Int'l Reserve	\$1,801.43	\$1,801.43	\$1,801.43				
T.E.A.M.	\$171.51	\$171.51	\$171.51				
Assembly Funds	\$2,000.00	\$2,000.00	\$2,000.00				
Prudent Reserve	\$4,850.00	\$4,850.00	\$4,850.00				
Kristy Fund	\$1,280.08	\$1,115.88	\$1,115.88				
Total Reserves	\$10,103.02	\$9,938.82	\$9,938.82				
Reserves	\$10,103.02	\$9,938.82	\$9,938.82				
Allocated Funds			\$1,075.00				Excess Funds from 2014 for PI Use
Allocated Funds			\$3,175.00				Anticipated to Cover 2015 Expenses
Allocated Funds			\$3,000.00				Excess Funds-Use TBD
Unallocated Funds	\$9,231.28	\$12,108.57	\$4,890.24				
Bank Balance	\$19,334.30	\$22,047.39	\$22,079.06				
Bank Balance	on 12/31/14	on 3/31/15	on 6/30/15				

Delegate Report

Thank you, District 6, for allowing me the privilege and honor to serve as your delegate at the World Service Conference, the largest group conscience. Your love and support with cards, letters, texts, phone calls, prayers and gifts was amazing. Thank you for handmade love gifts and candy for sharing with other delegates to carry back to show this is a worldwide fellowship of gratitude.

“Living Our Spiritual Principles – Expanding our Vision.” This theme of the 2015 World Service Conference (WSC) encouraged us to dream expansively while being guided by our spiritual principles. There were many discussions and decisions that were balanced by what is best for Al-Anon Family Groups worldwide – now and in the future – that demonstrated compassion, generosity, and understanding.

The Board’s big question to Conference members was “How do we envision responsible service leadership in Al-Anon — a vision that inspires today’s members to be tomorrow’s leaders who are motivated by spiritual principles?” What is your area doing to prepare our leaders of tomorrow?”

A Thought Force presented strategies to Spiritual Connection of being a registered group – **Unity, Accountability, Responsibility, Participation.**

The Finance presentation asked us to dream and then presented a process to help areas build a plan to make their dreams come true. As the Conference dreamed about the future needs of the fellowship and services provided by the World Service Office, a deficit budget was approved with trust in Spiritual Abundance. Average cost of services by WSO per group is \$285.67. Average US/Canada group contribution was \$118.01. By groups contributing only \$5.50 more a year, the \$52,000 deficit could be covered. For only \$20 more a year, the entire budget would be covered, and \$25/year more (**that is \$.50 per week**) would cover the entire budget plus extra for carrying the message. Big Dream – Abundant and Grateful Giving.

The Conference affirmed by consensus for the WSO Policy Committee to draft language for a proposed policy change to allow family members to make a one-time memorial contribution in memory of a deceased Al-Anon member with safeguards as a spiritual gesture of love and gratitude, not a monetary contribution intended primarily as financial support.

“Meet the Board,” currently in a three-year trial basis from 2013-2016, is an opportunity for local Al-Anon members to meet and interact with the 19 trustees and three Executive Committee members. Area 53 will be submitting a request for October 2016 on or before the deadline of September 15, 2015. If accepted, further details will be shared as they become available.

Conference members approved the following description of family recovery to be used in outreach to professionals: Family recovery is a process of healing and growth for family members affected by someone’s drinking. This process helps these individuals make healthier life choices and develop relationships that are more positive and supportive.

During the conference and open board meeting, there were conversations about the current model of Alateen and whether this is the best model for the future of both Al-Anon and Alateen. The focus was on finding ways to encourage more attendance and participation by teens to ensure the future of Alateen. An overview of the home page for the Alateen web site was also presented. Check it out at <http://al-anon.org/members/alateen>. Did you know Alateens can now chat live with other teens and Alateen group sponsors? Details can be found on this link.

AFG Connects was announced during the WSC. This communication system will replace e-Communities and is more user-friendly. The Conference gave approval to allow Al-Anon members to sign up to receive general announcements when it is feasible.

A more comprehensive report of the WSC can be found in the 2015 World Service Conference Summary when it comes out in late August or September. It will be available in hard copy or can be viewed and/or

(Cont’d on Page 8)

Delegate Report (cont'd)

downloaded from the WSO Members' Web site at www.al-anon.org/members.

Following the conference, I had the opportunity to visit Stepping Stones in Bedford Hills, New York. Stepping Stones was the home of the Wilsons: Bill (cofounder of Alcoholics Anonymous – 1935) and Lois (cofounder of Al-Anon Family Groups – 1951). What an awesome opportunity to view our early beginnings and growth. "...It is so important to keep Al-Anon alive and to keep past growth as well as future growth." Lois W., Al-Anon cofounder.

SERVICE VOLUNTEERS AT WSO LEVEL

As part of the twice yearly solicitation for service volunteers at the WSO level, a reminder was received. Potential candidates' résumés must be postmarked, faxed, or e-mailed to the WSO on or before **August 15, 2015**. A letter with more details (including specific requirements, qualifications, and the specific résumé form that must be used for submission) has been distributed to the Area World Service Committee. You may contact me, the area chair, or your district representative for further details.

RETIREMENT AT WSO

With both joy and sadness, the WSO has announced that Barbara Older, director of Member Services, is retiring at the end of this year and transitioning into the next phase of her life! After 13 years at the WSO, she will surely be missed, and we wish her happiness in her retirement.

JOB OPPORTUNITIES AT WSO

(See Members' Web site in the "WSO" navigation tab on the "Inside the WSO" page for description.)

- **Director of Member Services** – Ten years active Al-Anon membership and Al-Anon area leadership experience are required.
- **Associate Director of Member Services – Groups**
- **Event/Project Manager**
- **Requests for Proposals** by Al-Anon members who are experienced, professional, freelance writers/editors to work on two new pieces of literature in development: **INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title)** and **PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title)**

One of my responsibilities to the area as delegate is to give the Conference report to the Area World Service Committee and GRs to carry back to their groups. "As often as possible, he makes his report in person at group or district meetings; nothing is more impressive than an eyewitness account." (Al-Anon Alateen Service Manual [P-24/27], Page 161) Thank you for this opportunity to visit your district. This gives me the opportunity to gain a better viewpoint of the districts/area and act as a bridge between the Texas East groups and WSO.

Service – Gratitude in Action
Joyce Yoder
Texas East Delegate, Panel 55

Concept 4 – Participation is the key to harmony.

Ask It Basket July 18, 2015

1. Can our group have two GRs, meaning co-GRs? Joint GRs?

Answer: Please see Page 146 in the service manual, "Election of a GR and an Alternate."

2. How long must an individual be a member of Al-Anon to qualify for a GR position?

Answer: The answer is not really found in our service

manual; however, on Page 133, general information can be found under "Group Representative." A member does not have to be in Al-Anon any length of time, only willing to serve as their group's GR and not be a member of AA, "subject to the dual member policy."

3. What are examples of great things

groups have done or are doing?

Answer: Public outreach can occur at all levels – working with the district coordinator, doing whatever the group wants to do, or taking individual initiative. Health fairs, delivering literature, etc. all count as carrying the message. One group used Craigslist to announce their group's location. See GR reports for more information.

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Ask It Basket (cont'd)

4. What kinds/types of announcements shall I make to the group as group representative?

Answer: 1) Additions to phone and e-mail lists; 2) news about members (i.e., health updates); 3) news from district and area meetings, announcement of upcoming meetings, public outreach activity, and distribution of *The Forum*, newsletters, etc.; and 4) occasional reports on group finances (e.g., need to contribute to WSO).

5. What is the best way to conduct a group inventory and do you find it helpful?

Answer: Please see the service manual, Pages 53-55, especially Pages 54-55. Useful information on Page 54 (first three paragraphs) and Page 55 (second and third paragraphs). *Taking a Group Inventory* (Guidelines 8a & 8b) can be found on the Members' Web site. Can allocate 10-15 minutes per meeting over course of several weeks.

6. We are discussing how much of a prudent reserve to have. What guidelines would be helpful?

Answer: See the service manual, Pages 271-276, "Concept Twelve" and "Warranty One." G-41 is available on the Al-Anon Member's Web site.

7. Can an Al-Anon group put an ad in its local newspaper for its meeting?

Answer: Yes. See the service manual, Page 112, "Paid Advertisements" and "Publicizing Meeting

Locations." Also read Page 109 on attraction vs. promotion and cooperation vs. affiliation. Most newspapers allow for free community service announcements.

8. Is there a definition for crosstalk?

Answer: Crosstalk is a professional or treatment center term. It's not addressed in the service manual. However, there have been several WSO publications like *The Forum*, *Inside Al-Anon*, and conference summaries. Two familiar examples are: 1) A member shares, and others in the group comment on the sharing; and 2) During a meeting, there are other conversations among members, which are very distracting. It is up to each group to define crosstalk for the group.

9. Any ideas on how to boost attendance? Our group has few people coming in the summer.

Answer: Twelve Step calls, contact between meetings; share chair; rotate meetings on Steps, Traditions, discussion, and speakers; and invite attendees for fellowship after the meeting.

10. Our group meetings are large. Even though it is recommended to keep sharing at two to three minutes, we're having long shares. Recommendations on keeping shares to the requested time? Timers?

Answer: Either use a timer or if possible, split the large meeting into two group meetings.

Information Service Centers

Austin AIS

The Austin Al-Anon Information Center is doing well financially. We are in the process of defining our ample reserve, and more work may be needed on the by-laws regarding this topic. More information will be discussed at the August 18 board meeting. Currently, the information center has \$2,000 more revenue than a year ago.

To make the center information more accessible to groups, documents from the board meetings can be posted on the Austin Al-Anon Information Center Web site at www.austinalanon.org. Minutes are currently posted.

A policy regarding Al-Anon literature sales to AA conferences with Al-Anon participation was voted on at the May 18 information center meeting. Literature can either be purchased by the AA conference, or if the information center employee knows the Al-Anon liaison to the conference, literature may be distributed to that person with a signed agreement.

The rent at the current location is being raised. At the August board meeting, discussion will take place on either to approve the new rent or to look for another location for the information center.

Also at the August board meeting, the possibility of obtaining Internet for the information center will be

(Cont'd on Page 10)

Al-Anon/Alateen Related Acronyms

- AAPP - Area Alateen Process Person
- AIS - Al-Anon Information Service
- AMIAS - Al-Anon Member Involved in Alateen Service
- AWSC - Area World Service Committee
- CAL - Conference Approved Literature
- CMA - Current Mailing Address
- DAC - District Alateen Coordinator
- DR - District Representative
- EIN - Employer Identification Number (tax ID number)
- ETAA - East Texas Area Al-Anon/Alateen
- ETAAA - East Texas Area Al-Anon/Alateen Assembly
- GR - Group Representative
- ISR - Information Service Representative
- LDC - Literature Distribution Center
- P.O.S.S.E. - Program of Sponsors Sharing Everything
- PO - Public Outreach
- PSA - Public Service Agreement
- TEA AC - Texas East Area Alateen Conference
- TEAM - Together Empowering Al-Anon Members
- WSC - World Service Conference
- WSO - World Service Office
- (AA - Alcoholics Anonymous)

Information Service Centers (cont'd)

Austin AIS (cont'd)

discussed. Currently we have only a phone, an answering machine, and a fax machine. Kitty G., our information center employee, does a fantastic job of keeping the center running efficiently.

Our next board meeting is scheduled for November 16 at the Austin Al-Anon Information Center, 6301 Manchaca Rd., Suite F, Austin, TX 78745 at 6:30 P.M.

In appreciation for Al-Anon service,
Paula H.

Waco AIS

The Waco AIS is not an LDC. We work with the Public Outreach when doing health fairs, open houses, etc. We pay the bills for the Yellow Pages ad, the P.O. Box, and the pager. The Waco AIS receives approximately eight calls per week on the pager. All of our income is through donations from individual groups, and we appreciate these donations very much.

With gratitude through service,
Cindy Jones

Coordinator Reports

Alateen

How to start an Alateen group:

1. Alateen serves teenagers whose lives have been affected by someone else's drinking. They can be started by Al-Anons, teens, or at the suggestion of an AA member. AA members who are also members of Al-Anon may be group sponsors because of their Al-Anon membership.
2. Alateen groups need at least one certified sponsor. I can help you get certified.
3. Sponsors can reach out to Norma W. at (281) 850-5964 or Bennie P. at (956) 975-7303 for a group registration form.
4. Please see Page 35 of the service manual for naming guidelines.

5. Have fun! You are awesome!

In Service,
Adrian C.

Forum/Literature

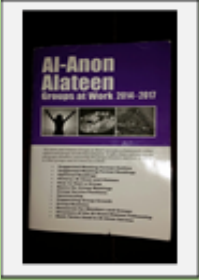
Is your Al-Anon Family Group in need of literature? If so, I can think of no better place to visit than your local Al-Anon Information Service (AIS) in Austin. If a visit to the office is not convenient, you can call (512) 441-8591 and place an order for your group representative, or any member of your group, to pick up at the next district meeting on October 17. Please place your orders by October 2, so they can be pulled and ready for me to pick up the next week for delivery at the district meeting. No order is too large or too small!

This quarter, I will be highlighting the booklet, *Groups at Work* (P-24).

(Cont'd on Page 11)

Coordinator Reports (cont'd)

Forum/Literature (cont'd)



This is the only booklet you need at a meeting as it has all the latest wording for the various readings each group has adopted. It can be a great substitute for that outdated notebook many groups are still using. If you are reading the opening, the Steps and Traditions, and/or the closing from something someone typed up or copied a while ago, your group may not have the correct or current wording. It is also important for members to know that copying our literature may be in violation of the copyrights Al-Anon Family Groups hold on our literature, *The Forum*, and service materials/tools (see the current *Al-Anon Alateen Service Manual*, Page 106, for the exceptions to this policy).

Groups at Work (P-24) is sent to each new group anywhere in the world that registers with the World Service Office (WSO). This booklet is available in many languages and is often carried by our members when they visit a new area or country where Al-Anon does not have a presence. Just think, every meeting, every day, around the world opens the same; we read the same Steps and Traditions, and we use the same closing, even though our closing thoughts or prayers may differ. In the opening format, there is a time for optional readings, which are all included in this booklet and can be wonderful topics for discussion. They include "Anonymity," "Three Obstacles to

Success in Al-Anon," "Four Primary Ideas", and my favorites, "Understanding Alcoholism" and "Understanding Ourselves" from *Understanding Ourselves and Alcoholism* (P-48). You might be surprised at what is not recommended that meetings often use.

This booklet sells for \$1.10. I encourage each group to purchase enough for every member to use to follow at meetings, as well as a few extras for members to purchase. I have sold out of this piece at the last two district meetings, so I suggest that any interested group call the AIS office and reserve the copies you want me to deliver to you in October. This booklet is also available for print or download in PDF to your electronic device – both are free. To download or print this booklet, (copyright laws are waived for these items), log on to the Members' Web site, www.al-anon.alateen.org/members. The Members' password is your home group name followed by AFG. Once on the site, click on the "Individuals" tab and then on "Member Resources." Click on the P-24 publication icon to select either the print or download icon. You will see other items for download or print, including, but not limited to, the entire service manual and the WSO guidelines.

Every district meeting attendee has an opportunity to win a free one-year subscription of *The Forum*. Just attend the district meeting for your chance to win. Hope to see you there!

-Judy P.

Newsletter Coordinator

For the "Summer 2015" issue of the newsletter, we mailed 113 copies and had four returned as undeliverable. Total cost for this issue was \$542.70. The input due date for the "Winter 2015" edition is November 16, 2015. Let me know if you'd like to contribute a story or anything else.

If you did not change your mailing address and did not receive the latest edition of the newsletter, please let me know. Remember, you can always find the on-line version at <http://austinalanon.org/>, under the "District 6" tab.

In Service,
Anna A.

Public Outreach (South)

We continue to support the Del Valle Austin Transitional Center every four weeks. The meetings have become more interactive with two speakers and more time for sharing with the group, which has helped with audience participation.

The Phoenix House Juvenile Center commitment (weekly closed Parents Meeting, Saturday at 1:00 P.M.) has been postponed as of July, while we assess the new rules at the Phoenix House. We are meeting with volunteers and the Phoenix House to ensure everyone is committed since the format has changed and could present challenges to our volunteers.

We are also serving monthly at The Developmental Counseling Center, Inc., sending two panel speakers to share with outpatient clients.

-Jim C.

Group Reports

Bee Caves Road AFG

We attend our thriving and friendly group at noon on Fridays. We enjoy fellowship after the meeting at lunch. Stop by and say hello. ☺

Love in Service,
Adrian C.

Choices in Recovery AFG

We are a growing, grateful group of Al-Anon members, now four years young. On average, six to eight people attend regularly as a service to the group. Our meetings are held in the main building at St. Michael's Episcopal Church located up on the rise on Loop 360. Located inside the chapel itself, in the southwest corner in the "Cry Room," our meeting space is sandwiched between the sanctuary and a beautiful, big window overlooking the greenbelt. Our meetings are always very powerful. Please come by for a visit; you will be warmly welcomed.

Yours Truly,
Amy M.
(512) 903-4971

Faith AFG

Our group meets at 7:30 P.M. on Thursday nights at the Unity Church of the Hills [9905 Anderson Mill Rd. (Rm. 131)] in northwest Austin. We're winding our way through summer, still working on implementing several ideas from our group inventory last year and also gearing up for our annual election in September. We're hoping to inspire folks to

stand for the positions of alternate GR, secretary, and treasurer. We're also excited and looking forward to co-hosting the October district meeting with the other two groups who also meet at the Unity Church on Tuesdays and Saturdays.

We are a newcomers meeting but welcome anyone who wishes to share their experience, strength, and hope. If you're ever in the neighborhood on a Thursday night, please stop by and enjoy some fellowship, hope, and laughter.

Peace and Serenity to All,
Anna A., GR

Georgetown Alateen

The Georgetown Alateen Group meets at 1019 College Ave. in Georgetown, every Monday at 8:00 P.M. Our meetings are open discussion, chairperson's choice, during which we use CAL. Attendance varies between two to four teens per meeting. Newcomers are welcomed with open arms always.

If there are any teens in the area, we'd love to share our experience, strength, and hope and give teens a safe place to express themselves.

Thanks,
Jessica P.

Hope for Today AFG

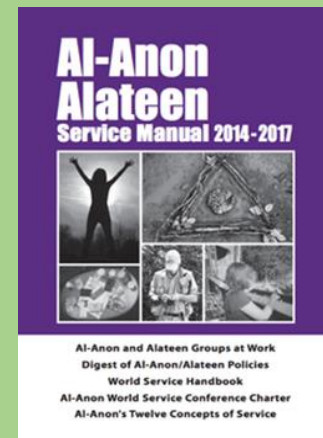
Hope for Today meets every Monday at 3:30 P.M. in the

conference room at Scott & White Clinic on Williams Drive in Georgetown. Our 18-22 members come week in and week out because the fellowship is so precious to us all! We have many new members and welcome more. The first Monday of each month is dedicated to the corresponding tradition and the third Monday to the corresponding step. We are so grateful for Al-Anon and hope you can join us when you are nearby.

In Service,
Cathy
(214) 674-7755

New Perspectives Adult Children of Alcoholics AFG

Our group is steady with three to four members. We are currently meeting at Metroplex Medical Plaza on the first and third Tuesday of every month at 5:30 P.M., but we are looking at changing the day and time.



GRs: Don't forget to make the service manual part of your library.

(Cont'd on Page 13)

Group Reports (cont'd)

Path to Serenity AFG

Shelly is back! That pretty much says it all. Getting out is hard for her at times, so we didn't know when we could expect to see her at the Tuesday night meeting. It was a great surprise that first night she showed up. When she introduced herself during the opening, she was met with a spontaneous outburst of applause. She was visibly moved, if not entirely pleased by this.

The newer members there had never met Shelly. They had heard tell of her, and we old timers might just conceivably be guilty of endowing Shelly with mythic powers in their minds by referring to her as the Al-Anon Jedi, the Al-Anon Ninja, St. Shelly of Hutto, and such. Shelly has since been to several meetings and a social event. Nobody seems to be the least bit disappointed in the reality behind the myth. Not surprising at all in my opinion. Shelly the Real is plenty good, and we are so glad to have her back.

In other, inevitably anticlimactic news, our meetings are well attended. The newcomers meeting continues to attract newcomers. It seems that more of them are coming back. That is a totally unscientific observation. I do think that having a dedicated newcomers meeting helps keep the group healthy.

We're located at 902 Old Austin Hutto Rd. in Pflugerville and meet on Tuesdays (newcomers meeting at 7:30 P.M. and discussion meeting at 8:00 P.M.).

-Bill W.

Personal Freedom AFG

The Personal Freedom AFG is now using its namesake workbook, *Reaching for Personal Freedom*, on the first

Thursday of each month. You do not have to own the workbook to participate.

Meetings are from 6:00 P.M. to 7:00 P.M. on Thursdays at the Faith Methodist Church on South Lamar in Austin.

-Tina

Seekers of Serenity AFG

We have two groups which meet during the week, Tuesday at noon and Thursday at 7:00 P.M. We average between 10-15 folks at each meeting. All meetings are open discussion. Newcomers are welcome at both meetings. The newcomer(s) will meet with one of our members for the first 15 minutes of the meeting to hear the basics before rejoining the main group. To introduce newcomers to Al-Anon, we provide them with a copy of *How Al-Anon Works*, which they can keep. We meet at Grace Presbyterian Church on Gattis School Road in Round Rock in one of the portable buildings.

-Kerry P.

Taylor AFG

We have made changes in our meeting time. We now meet from 6:00 P.M. to 7:15 P.M. on Thursdays.

We are still at the First United Methodist at 905 W. Lake Dr. in Taylor. We have five members that attend regularly. When you come to Taylor, please visit us.

Thanks,
Nancy K.

District 6 Still Needs a Spanish Coordinator

If you're interested, please see the previous two newsletters at <http://austinalanon.org/>, under the District 6 tab, for the Spanish District 6 Coordinator job description.

Service Arms

There are five service arms that 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 6301 Manchaca Road, Ste. F Austin TX 78745 512-441-8591	AIS WACO AREA PO Box 8374 Waco, TX 76714 254-808-4757	DISTRICT 6 Doon R. PO Box 342194 Lakeway, TX 78734 512-582-0463
EAST TEXAS AREA (ETAAA) Treasurer-ETAAA P.O. Box 34102 San Antonio, TX 78265	WORLD SERVICE OFFICE AFG, INC. 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 800-344-2666 www.al-anon.alateen.org	

District 6 Service Committee Officers

DISTRICT REPRESENTATIVE Lori L.	ALTERNATE D.R. Judy W.	SECRETARY Alice M.	TREASURER Doon R.
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Coordinators

ALATEEN Adrian C.	ARCHIVIST Barbara H.	FORUM / LITERATURE Judy P.	NEWSLETTER Anna A.
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PUBLIC OUTREACH (South) Jim C.	PUBLIC OUTREACH (North) Debra W.	SPANISH COORDINATOR OPEN
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Websites

WSO	www.al-anon.org/members (log in using your group name followed by "AFG")
Texas	www.texas-al-anon.org/ (password: anonymity)
Austin	www.austinalanon.org

Central Texas Al-Anon/Alateen Meeting Lists can be found at:

<http://www.austinalanon.org/meetings.htm>

Information and Flyers for upcoming events can be found at:

<http://texas-al-anon.org/events/>