



District 6 Newsletter

Fall 2016

Vol.29, No. 4

District Meeting

October 15, 2016

Host Groups

Just for Today AFG

District Meeting Location

First United Methodist Church
216 West 3rd Street
Elgin, TX 78621

Contact

Ann M. (512) 619-4939

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.

(Cont'd on Pages 2-3)

Newsletter Highlights

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**WINTER NEWSLETTER INPUTS DUE
NOVEMBER 28, 2016**

My Story

I grew up in a volatile alcoholic household with lots of secrets. It was safer to be invisible, and I can do that very well. I used to be so ashamed and embarrassed that I don't remember very much, but now, I consider that a simple blessing.

I got married young to an alcoholic. That's what we often do. I've read that spouses of alcoholics tend to be either overly responsible or irresponsible - either solving the alcoholic's problems or expecting the alcoholic to solve ours. I did both to avoid examining my own behavior. My marriage was short and awful. I was a victim before but can now understand and admit my role in the relationship. As it ended, I was crushed at my failure and terrified to be on my own.

After a time, I fell in love and married again. My husband was an alcoholic in recovery, and I thought all would be well. He did not stay in AA. Our marriage didn't work. He was not sober, and I was not sane. I continued to try to fix, and control, and fail. Although I loved him, we could not remain together, and I left to raise our two sons alone.

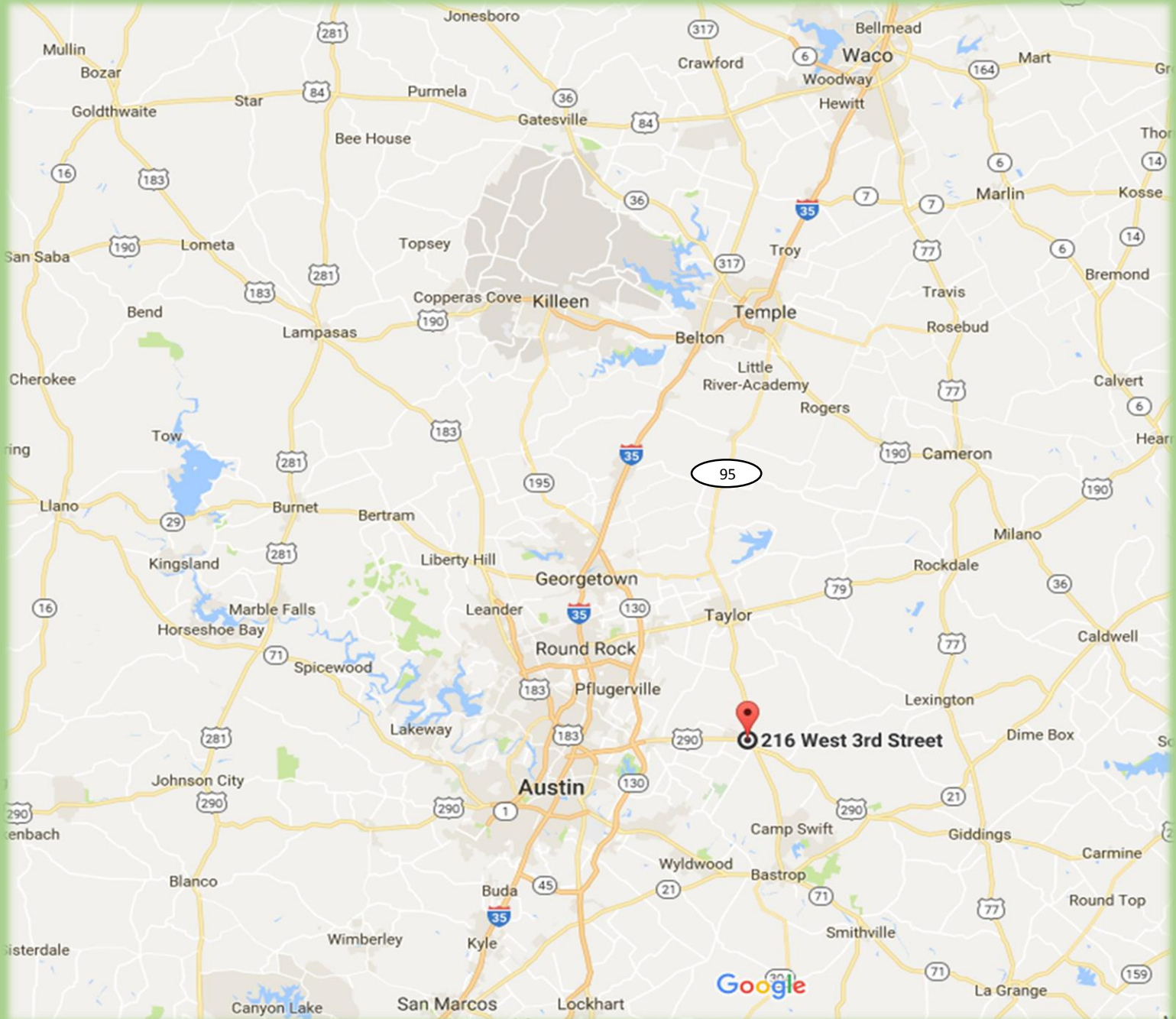
For as long as I could remember, I'd wanted more than anything to be a mom - of six. That wasn't meant to be, and when I lost babies, I felt a pain so deep I was sure I couldn't survive. I used to believe that grief was wrong and somehow diminished me. I know now that I can feel many different emotions at the same time, and none of those feelings are wrong. They're just part of what makes me a whole individual, and I have the beautiful gift of four little angels. They're fond of sitting on our shoulders and have often done so. Somewhere along the line, during those raising-the-kids-alone years, I came to accept that God truly didn't give me more than I could handle.

I became very self-critical as I started to see my part in the poor decisions I'd made. I never regretted having my sons, but I wished that I had waited, finished college, grown-up, healed-up, and learned how to be so much better and so much more. When I was 28, I learned I couldn't have waited to become a mother after all. I came away even more grateful to have my boys and with some understanding of "God's time."

(Cont'd on Page 4)



Directions: District Meeting – October 15, 2016
First United Methodist Church, 216 West 3rd Street, Elgin, TX 78621
Contact: Ann M. (512) 619-4939

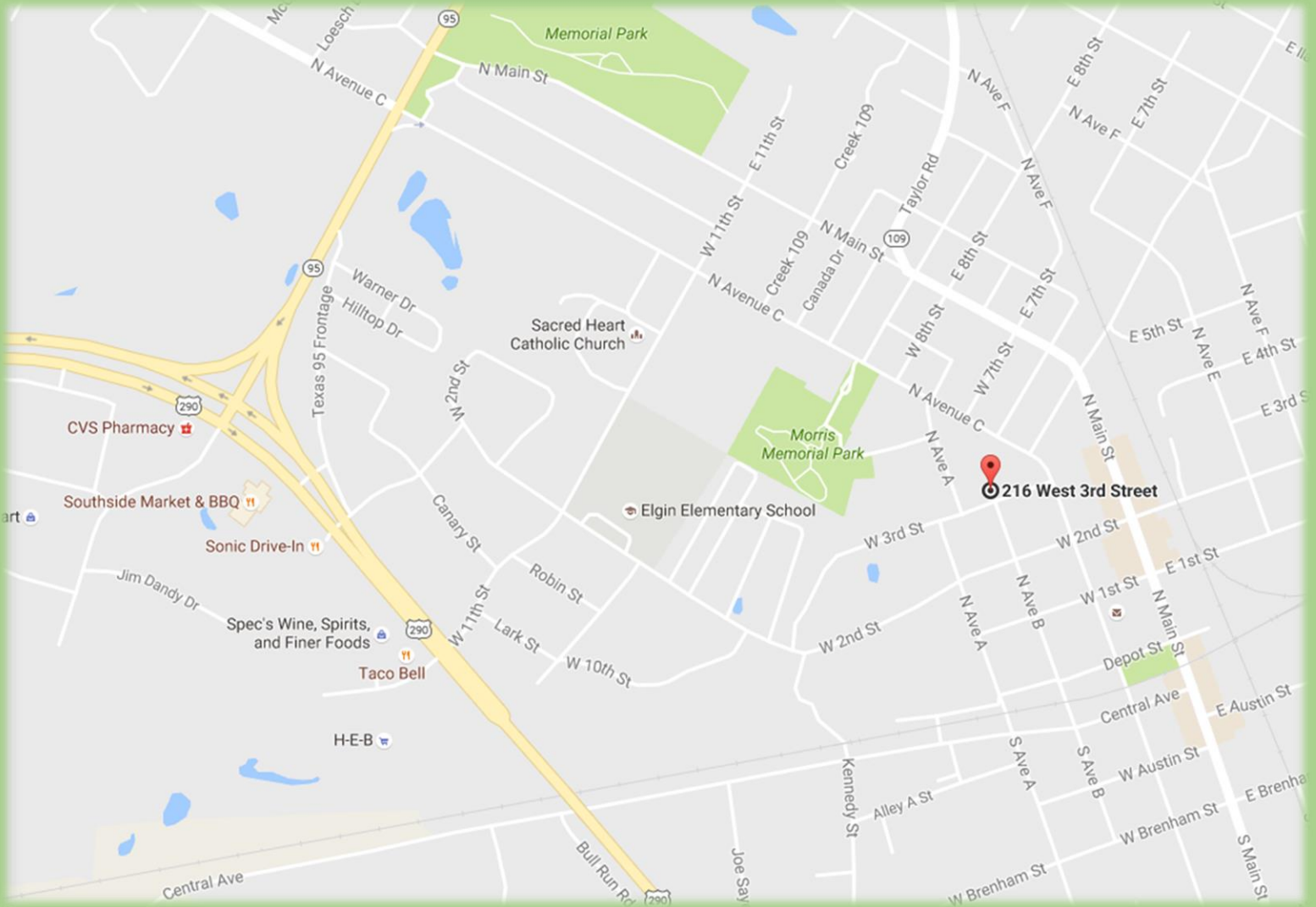


If traveling on I-35, exit US-290E to Elgin.

If traveling on TX-95, turn onto US-290 to Elgin.

(Cont'd on Page 3)

Directions: District Meeting – October 15, 2016
First United Methodist Church, 216 West 3rd Street, Elgin, TX 78621
Contact: Ann M. (512) 619-4939



- From US-290, turn left onto West 11th Street
- Turn right onto West 2nd Street
- Turn left onto North Avenue B
- The church is at the intersection of North Avenue B and West 3rd Street



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. 15	District 6 Mtg., First United Methodist Church (Elgin, TX)
Nov. 4-6	East Texas Area Al- Anon/Alateen Assembly (Corpus Christi, TX)
Nov. 14	Austin Information Ctr. Board Mtg. – Elections
Jan. 28	District 6 Mtg., (Harker Heights, 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:
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Home Group:

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

My Story (cont'd)

I'm still struggling to find my place in the world, and I get frustrated when physical limitations slow me down. Some days, I'm not capable of doing a lot. Sometimes, it takes all I've got to be patient and kind and giving to my own family - just to attend to everyday things. Often, I fail even at that. Those days, I have to remember to simply do the best I can.

Our pantry is always full, to assure me that we are indeed provided for. I am still frightened of angry people and overly sensitive to personal criticism. I fight my tendencies to isolate, and it took me a long time to get accustomed to being greeted with hugs.

My husband and I spent years apart before he came back into our lives. It took many more hard loving years, both apart and together, to work out this relationship. We remarried on his fifth AA anniversary, almost 20 years ago, and it's been very healing for our sons to see us love and forgive one another. It isn't always easy, but I've

pretty much recovered from my childhood, personal losses, and financial insecurity to emerge with sons who have gratitude and compassion. These struggles may always be with me to some extent, but there has been a lot of healing. I'm happy. I'm playful. Most of the time, I feel peaceful, as if I've led a life very different from my own. Today, my life is filled with miracles, gratitude, hope, and a desire to share them all.

Before Al-Anon, happiness was a blessing I doubted I deserved and never believed I would receive. I'm grateful - more than I can tell you - for a relationship with my Higher Power, for my family, my friends, our program, our home, and every bit of my past and present.

And...I am truly grateful for you. There are so many ways alcoholism has affected each of us. We bring our brokenness, and because we're in community with each other, we continue to heal and recover.

- Anonymous

Officer Reports

District Representative

The AWSC meeting to plan for the fall Assembly was held on Saturday, August 8, in Houston, TX. Highlights from the meeting include:

- District 2 (Corpus Christi area) is continuing to prepare for the fall Assembly, scheduled for November 4-6. The theme is *A Sea of Miracles*. Volunteers to lead a bilingual workshop are being requested.

- Flyers for the All Texas Al-Anon/Alateen Conference (ATAAC) were handed out and are available on the Texas Web site. Dates are February 17-19.
- District 4 (southeast of Houston) is preparing for the spring 2017 Assembly. Registration before May 9 will be \$30 and \$35 after. Since 2017 is an election year, a job fair is planned for this Assembly.

(Cont'd on Page 5)

Officer Reports

District Representative (cont'd)

- District 6 gave an update on our current plans for the fall 2017 Assembly, which will have a theme of *Elect to Serve* since this will be the election Assembly closing out the Area officers' and Area coordinators' terms at the end of 2017.
- The Al-Anon Alateen International Conference (2023) is looking for locations on where to hold this event. Both San Antonio (District 12) and Houston (District 5) gave updates on their preparation to submit bids by the September deadline.
- Be sure to read your *Beacon* newsletter before the fall 2016 Assembly because there will be several items to vote on by the GRs. Among the voting topics will be: Moving some counties between the districts to better balance the districts and spending surplus Area funds among the East Texas districts via the Public Outreach sub-teams' recommendations. Judy will give more of an update on the public outreach activities at the District 6 October 2016 meeting.

Love in service,
Judy W. (filled in at AWSC for Lori L., DR)

Secretary's Report- Meeting Minutes

July 16, 2016

Hosted by Spiritual Awakenings AFG, Hope for Today AFG, and Serenity Seekers AFG

Lori L., district representative, called the meeting to order at 9:05 A.M. and thanked the host groups.

Marilyn C. welcomed everyone.

A moment of silence was observed, followed by the Serenity Prayer and the reading of the Three Legacies. The Ask It Basket and donation basket were passed, with \$111.00 collected.

After introductions, Marilyn C. presented the video *Lois W. and the Pioneers*. A discussion led by Genise H. followed, with members sharing their thoughts and impressions of the video, their experiences in service, the joy of service, and why they continue to be of service.

At 10:31 A.M., a break was taken until 10:50 A.M., when the business meeting began with the officers' reports (Page 4).

Alice M. asked if there were any corrections or additions to the April 16, 2016 minutes as printed in the "Summer 2016" *District 6 Newsletter*. There were no corrections or additions. The minutes were approved as printed.

Lori L. advised that the Spanish Coordinator and Alateen Coordinator service positions are still open. Kay C. shared that being a coordinator does not require a lot of time, and Jayne G. shared on the benefits of being an Alateen coordinator. Pat E. was recognized for her 22 years of service as an Alateen sponsor.

The coordinators' reports followed (Page 10). Anna A. announced that the newsletter submittal deadline is August 15. The meeting broke for lunch at 11:30 A.M.

The business meeting resumed at 12:38 P.M. Alice M. called the roll. There were 49 attendees, with 26 voting GRs.

The Ask It Basket questions were answered (Page 6).

Old Business: Peggy H. advised that approximately 300 Alateen posters have been distributed to middle schools and high schools, including posters being displayed in Cedar Park and Bastrop at the beginning of the school year. Nancy B. volunteered to distribute posters to Taylor and Copeland schools. A volunteer is needed to distribute the posters to Georgetown and Leander schools. Peggy H. asked for a volunteer to coordinate the completion of this project as she is unable to do so.

(Cont'd on Page 6)

Officer Reports (cont'd)

July 16, 2016 Meeting Minutes (cont'd)

Lori L. announced that the Host Speaker Chairperson position on the 2017 Fall Assembly District 6 Host Committee is still open.

Kay C. asked for input on how the 2017 fall Assembly bank account should be set up. After a discussion, the group agreed a special social club Employer Identification Number (EIN) and a separate bank account should be opened. Kay C. will make the motion to the 2017 Fall Assembly District 6 Host Committee for approval.

New Business: Lori L. conducted a brainstorming session on theme ideas for the 2017 fall Assembly. Several suggestions were made. Lori L. will present these for consideration to the 2017 Fall Assembly District 6 Host Committee.

Lori L. advised that she had received a suggestion that the skit/workshop portion of the district meeting be eliminated to shorten the district meetings. A lengthy discussion followed on the pros and cons of the suggestion. The consensus was to keep the fun skit/workshop part of the district meetings.

The GRs reported on their group updates (Page 12).

Important Dates:

- November 4-6, 2016 – ETAAA, Corpus Christi, TX
- November 14, 2016 – Austin Information Center Board meeting, 6:30 P.M. (election meeting)

Future District Meetings:

- October 15, 2016 – Hosted by Just for Today AFG, Elgin, TX
- January 28, 2017 – Hosted by Central Texas Serenity Seekers, Harker Heights, TX – to be confirmed
- April 15, 2017 – Host to be announced
- July 15, 2017 – Host to be announced
- October 21, 2017 – Host to be announced

The meeting closed at 2:10 P.M. with the Al-Anon Declaration.

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

Update:

The 2017 Fall Assembly Host Speaker Chairperson position has been filled. Thank you to Lynn P. for volunteering!!

Ask It Basket July 16, 2016

1. Is it against Al-Anon principles or other rules governing registered Al-Anon groups to use materials other than CAL or the Big Book of AA during Al-Anon meetings, either reading material or other things (“props” used by chairperson to demonstrate a point)? If not, is there something that can be voted on by the group in a group conscience (i.e., to approve or disapprove use of other material)?

Answer: See Pages 102-104 of the *Al-Anon Alateen Service Manual* (Page 102 – “What It Is”;

Page 104 – “Use of Material at Al-Anon Meetings”; Tradition One – for group unity, common vocabulary brings unity).

2. Can an Alateen sponsor be a dual member (both AA and Al-Anon)?

Answer: Yes, as long as the person meets the following qualifications: active for two years in Al-Anon, passes a background check, and completes Alateen training.

3. Concerning crosstalk – where in the literature is there information?

Answer: Crosstalk is not an Al-Anon term. It comes from treatment centers. There is an article in *The Forum* addressing “Loving Interchange” in Al-Anon, which is the preferred practice.

4. Our group is considering replacing photocopied Twelve Steps/Twelve Traditions with *Al-Anon Alateen Groups at Work*. How did (or didn't) this work for your group?

Answer: A lot of input from various groups on how to introduce the small booklet, P-24, instead of the binder.

Officer Reports (cont'd)

2016 District 6 Operating Statement (2nd Quarter)

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
D6 Basket Collection	\$500.00	\$143.00	\$82.00			\$225.00	
Total Group Donations including newsletter subscriptions	\$6,000.00	\$2,264.77	\$1,122.29			\$3,387.06	
Bank Interest	\$10.00	\$2.72	\$2.48			\$5.20	
Collection for Delegate	\$0.00	\$0.00	\$0.00			\$0.00	
Misc.	\$0.00	\$0.00	\$0.00			\$0.00	
Contribution from Unallocated Funds to cover proposed expenses	\$2,765.00	\$0.00	\$0.00			\$0.00	
Total Income	\$9,275.00	\$2,410.49	\$1,206.77	\$0.00	\$0.00	\$3,617.26	
Expenses	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	
Alateen Coord.	\$1,000.00	\$175.22	\$0.00			\$175.22	
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	\$100.00	\$0.00			\$100.00	One time at no cost
DR Int'l Convention	\$0.00	\$0.00	\$0.00			\$0.00	
DR Expenses	\$1,200.00	\$176.00	\$340.17			\$516.17	
Alt. DR Expenses	\$500.00	\$0.00	\$73.92			\$73.92	
Secretary Expenses	\$200.00	\$17.49	\$43.82			\$61.31	
Treasurer Expenses	\$200.00	\$0.00	\$0.00			\$0.00	
Newsletter Editor	\$100.00	\$0.00	\$0.00			\$0.00	
Forum/Literature	\$150.00	\$11.00	\$0.00			\$11.00	
AMIAS	\$50.00	\$0.00	\$0.00			\$0.00	
Newsletter	\$2,400.00	\$560.03	\$580.99			\$1,141.02	
Public Outreach North	\$500.00	\$75.00	\$0.00			\$75.00	
Public Outreach South	\$1,000.00	\$0.00	\$0.00			\$0.00	
Spanish Coord.	\$200.00	\$0.00	\$0.00			\$0.00	
P.O.S.S.E. Scholarship	\$200.00	\$62.50	\$62.50			\$125.00	Judy Wallis, 1/2 P.O.S.S.E. scholarship
Donation to TEA AC	\$500.00	\$0.00	\$0.00			\$0.00	
Delegate to Assembly	\$0.00	\$0.00	\$0.00			\$0.00	
Gift to Delegate	\$0.00	\$0.00	\$0.00			\$0.00	
Bank Charges	\$0.00	\$10.00	\$0.00			\$10.00	
Misc.	\$0.00	\$40.00	\$22.48			\$62.48	April district meeting expenses
Total Expenses	\$9,275.00	\$1,227.24	\$1,123.88	\$0.00	\$0.00	\$2,351.12	

(Cont'd on Page 8)

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				For DR's attendance
T.E.A.M.	\$171.51	\$171.51	\$171.51				One-day seminar on service
Assembly Funds	\$2,000.00	\$1,500.00	\$1,500.00				For deposits, etc.
Prudent Reserve	\$4,637.50	\$4,637.50	\$4,637.50				Approx. 1/2 annual budget
Kristy Fund	\$1,133.38	\$1,043.38	\$1,043.38				1/2 scholarships for TEA AC
Total Reserves	\$9,743.82	\$9,153.82	\$9,153.82				
Reserves	\$9,743.82	\$9,153.82	\$9,153.82				
Allocated Funds	\$923.45	\$547.00	\$547.00				Posters for schools
Allocated Funds	\$2,765.00	\$2,765.00	\$2,765.00				Anticipated to cover 2016 expenses
Allocated Funds	\$2,645.25	\$65.50	\$65.50				CAP Metro project
Unallocated Funds	\$5,956.50	\$7,139.75	\$7,222.64				
Bank Balance (1/1/16)	\$22,034.02	\$19,671.07	\$19,753.96				
Bank Balance	on 12/31/15	on 3/31/16	on 6/30/16				

Al-Anon Information Service (AIS) Centers

Austin AIS

The Austin Al-Anon/Alateen Information Center (AAIC) Board Meeting was held on August 30, 2016 at 2809 Northland Dr. in Austin at 6:30 P.M. Twelve voting members were present as well as several non-voting members. The minutes from the May board meeting, submitted by Secretary Charlotte T., were approved as amended.

Joyce L., AAIC chair, reported that she and Peggie F., AAIC treasurer, opened a savings account, as authorized by the Board. A new phone system was purchased since there were problems with the old system. There is now a capability for people to leave messages on the new answering machines so that their calls can be returned. The phone bill for the information center is over \$90 per month, and there is a possibility that it can be renegotiated to a lower price in January. Joyce also completed revisions to the information center office manager guide and gave it to the AAIC office employee and her assistant to review.

Peggie F., AAIC treasurer, reported that the information center's current operating finances are adequate. However, there is not a sufficient ample reserve. A motion was made and passed to put a portion of the embezzlement repayment into the ample reserve. The amount that was voted on to put into the ample reserve was \$3,860. To date, the amount repaid from the 2012 embezzlement is \$36,630; the balance owed is \$19,497.94. Repayments are being made monthly.

Kitty, the AAIC employee, gave a report on literature sales, donations, walk-ins, and calls from the last 71-day period. Literature sales and donations are slightly lower than the previous period, but out-of-town sales and sales from walk-ins have slightly increased. A literature inventory was conducted, and the total from that inventory was \$8,694.21. Here is a complete breakdown of calls and walk-ins to the information center in the past 71 days: May – 33 calls and 27 walk-ins; June – 67 calls and 35 walk-ins; July – 88 calls and 49 walk-ins; and August – 76 calls and 35 walk-ins.

At this time, I need to amend my April 2016 report regarding the information center walk-ins and calls. I reported that

calls and walk-ins might have increased due to the Al-Anon/Alateen posters that were placed on Capital Metro buses. However, in looking at the data from June 2015 to June 2016, it appears that the calls and walk-ins were around average for January 2016 to April 2016. Therefore, it cannot be specifically determined that the calls and walk-ins were directly due to the Capital Metro bus posters.

A motion was made and passed for the treasurer to conduct a comparison of literature sales from the last five years and to give a report at the next board meeting. A Chair is still needed for the Volunteer Committee. Full documentation regarding the Austin Al-Anon/Alateen Web site is available at the information center if another web site coordinator is needed in the future.

There was quite a bit of discussion regarding the use of technology at the information center. Two computers and supporting equipment have been donated; however, at this time, the center does not have Internet access. Therefore, a technology committee was formed to research the feasibility of having a computer and Internet access available in the future. Group input is wanted regarding this issue, so groups can send their input to the committee; committee members are Joyce L., Gail, and Julie.

Several items were tabled until the November board meeting. Discussion on how to promote literature sales, extending information center office hours, and how to determine the underlying issues regarding group participation in the information center were all tabled. Also tabled were sending out another appeal letter and record retention for items such as sales tickets.

IMPORTANT!!!! OFFICER ELECTIONS FOR CHAIR, TREASURER, AND SECRETARY will be held on November 14, 6:30 P.M., at the Austin Al-Anon/Alateen Information Center at 6301 Manchaca Rd. All groups are encouraged to attend this very important meeting and to share the information that follows with your groups.

(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
- PQ - Public Outreach
- PSA - Public Service Announcement
- TEA AC - Texas East Area Alateen Conference
- TEAM - Together Empowering Al-Anon Members
- WSC - World Service Conference
- WSO - World Service Office

- (AA - Alcoholics Anonymous)

AIS Centers (cont'd)

Austin AIS (cont'd)

The terms for the Chair, Treasurer, and Secretary are from January 1 to December 31. Currently, the terms are for one year, with the possibility of extending the term to two years. A motion was made to consider changing the by-laws to extend the term to possibly three years. A printed motion regarding this possible change in the by-laws will be distributed at the meeting on November 14 at 6:30 P.M., prior to the regular business meeting. Board members will vote on the motion during the regular business meeting.

REQUIREMENTS for officers, per the *Austin Al-Anon/Alateen Information Center By-Laws*:

1. Must be 18 years or older.
2. Must have attended Al-Anon/Alateen meetings regularly for two years.
3. Cannot be a member of Alcoholics Anonymous.
4. Must be either a current board member OR must have attended at least two board meetings in the past.

Duties for the Chair, Treasurer, and Secretary can be found at www.austinalanon.org under the

“AAIC Board” tab. Click the “Information Center By-Laws (revised Nov 2015)” hyperlink. Duties for Chair are in Section 7.7, for Secretary in Section 7.8, and for Treasurer in Section 7.9. The current officers have done an outstanding job, and their service is greatly appreciated.

With joy and gratitude in Al-Anon service,
Paula H.

Waco AIS

Waco information Service is not a LDC. We pay the bills for the pager (\$19.24 per month), the post office box (\$33.00 biannually), and the Yellow Pages paper and online ads (\$317.52 annually). Our current balance is \$146.25. We receive contributions from local groups and occasionally from outside groups. This is what we use to pay our bills, and the contributions are very much appreciated.

We cooperate with the Public Outreach in the northern part of our district when having health fairs, etc.

In grateful service,
Cindy J.

Coordinator Reports

Alateen-COORDINATOR NEEDED

If you are interested, please see the WSO Area Alateen Coordinator description, which District 6 has determined to be effective for the District Alateen Coordinator (DAC). The description (G-24) can be found at www.al-anon.org/members/pdf/guidelines/G24.pdf.

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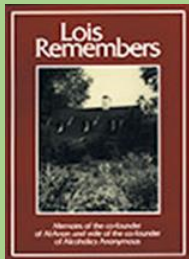
Coordinator Reports (cont'd)

**Literature/Forum
(by Judy P.)**

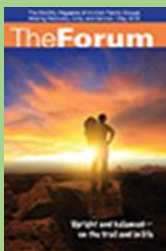
Does your Group have a good display and supply of Al-Anon literature? If not, how do you get our books and pamphlets? Perhaps this needs to be a topic for your next group business meeting.

To place your literature order, it is very easy. Simply call the Austin Al-Anon/Alateen Information Center at (512) 441-8591. The hours are Monday thru Friday, 10:00 A.M.-2:00 P.M. Once your order is received, someone can either pick it up or have it mailed.

RECOMMENDED BOOK OF THE QUARTER:



Lois Remembers, B7, is an autobiography written by our co-founder, Lois W. Lois was quite adventurous, and after she and Bill were married, the adventures did not end. Lois did not really want to do anything except work in her flower gardens and make a home for Bill and herself. She was sixty-five when she finally succumbed to Bill asking her to do something for the families of alcoholics. The book has a lot of information about her love, the home Bill and Lois called Bil-Lo's Break and later known as Stepping Stones. She also tells of the early days of Family Groups meeting and coming to be known as Al-Anon Family Groups.



Members are encouraged to subscribe to their own copy of *The Forum*, either in print or on-line (computers and/or mobile devices).

The Forum can be ordered from the Al-Anon Members' Web site. Simply enter <http://www.al-anon.alateen.org/members/>. For the password, enter your home group name followed by

"afg" (without the quotes). From the front page, click on the "Order Literature" tab, which will take you to the next page where you will see "Forum" in the upper right corner. When you press on that, you will get the order form. If you are looking for an individual electronic copy of *The Forum*, the service is now available on Amazon, Kobo, Apple iTunes, and Barnes & Noble. An annual electronic subscription is only available from Barnes & Noble. Search under "Al-Anon Family Groups."

**Newsletter
(by Anna A.)**

For the "Summer 2016" issue of the newsletter, we mailed 118 copies and had two returned as undeliverable. Total cost for this issue was \$551.93. If you have suggestions for additional information to be included in the newsletter or would like to contribute a story, please let me know. The input due date for the "Winter 2017" edition is November 28, 2016.

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.

**Public Outreach (South)
(by Jim C.)**

In June, we served in the role of public outreach at the Josephine Houston Elementary School Health Fair. We held a booth at the wellness fair and talked to several families about the disease of alcoholism and the program of Al-Anon. We handed out a great deal of our literature in Spanish as well as meeting schedules.

We continue to develop our relationship with Promises Austin, an in-patient treatment center located in Spicewood, TX. We are currently hosting a family night on the third Wednesday of every month from 7:00 P.M.–8:00 P.M. Many of the families and patients are from the Austin area.

We also continue to facilitate Al-Anon speakers for Al-Anon speaker meetings for groups in the Austin area.

(Cont'd on Page 12)

Coordinator Reports (cont'd)

If you or your group would like to get more involved in public outreach, please contact Judy W. at (512) 567-6994 for ideas.

Spanish – COORDINATOR NEEDED

If you're interested, please see previous newsletters from 2015 at <http://austinalanon.org/>, under the "District 6" tab, for the District 6 Spanish Coordinator description.

Group Reports

Courage to Change AFG (by Phyllis G.)

Our group continues to meet on Mondays, 6:45 P.M.-8:00 P.M., at 2128 Barton Hills Dr., St Mark's Episcopal Church. We will be celebrating our 39th anniversary on August 15 with a special program and refreshments.

Faith AFG (by Anna A.)

We meet 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've had very good attendance, even through the summer months. We held our elections in September and filled the positions of Group Representative, Alternate Group Representative, and Secretary. The Treasurer and Information Center Representative service positions are still open and ready for folks to step into them. I can't wait to see who steps up to partake of this most effective healing power known as SERVICE. My term as GR has come to an end, and it has been a wonderful experience and opportunity for growth. Through it, I've seen the true foundation of the Al-Anon program - the fellowship. My prayer for the next GR is to also see the fellowship, embrace it, and hold on to it.

We are primarily a newcomers meeting but love to see and hear from all those who wish 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.

Georgetown West AFG (by Colleen T.)

Our group meets on Saturdays at 11:00 A.M. at the Church of Christ at 1525 W. University Avenue in Georgetown. Our attendance from both newcomers and regulars has been very good. We are currently averaging around 30 members per meeting. On Saturday, July 30, 2016, Alternate DR and Area Public Outreach Coordinator Judy W. came and shared her experience, strength, and hope with us. We were so glad to have Judy as our guest speaker.

Please feel free to stop by any Saturday you are in the Georgetown area.

Hope for Today AFG (by Cathy C.)

We meet every Monday at 3:30 P.M. in the large conference room at Scott & White Clinic on Williams Drive. The clinic is a comfortable and safe space to meet. On August 1, 2016, we celebrated our fifth anniversary with a birthday party – cake and punch were included!

On the Mondays that fall on national holidays, when the clinic will be closed, we are meeting at the New White House at 2409 Dawn Drive in Georgetown.

Our 30+ members will welcome you with open arms. This Family Group is just that – a family whose 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 Traditions and the third Monday to the

(Cont'd on Page 13)

Group Reports (cont'd)

Steps. We are so grateful to have each other and the teachings of Al-Anon to guide us to recovery. Please come and let our love and strength flow through you.

"We cannot climb up a rope that is attached only to our own belt."

- William Ernest Hocking

Paths to Recovery AFG (by Kathy C.)

Our Family Group meets at St. Thomas More off RR 620 at noon on Mondays in northwest Austin.

We meet in the Parish Activity Center (PAC). We would like to welcome all who are searching for a safe and convenient location for an Al-Anon meeting where you can share your story and where you will hear the Al-Anon message of HOPE.

In a group conscience meeting, it was decided that after we read The Twelve Steps, our group would focus on one Tradition. To accomplish this, the person who is chairing the meeting reads from the pamphlet, *Al-Anon's Twelve Traditions Illustrated*, about the Tradition that corresponds with the month.

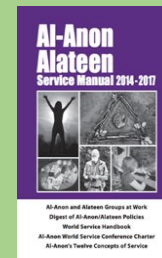
Serenity Seekers Buda AFG (by Terry F.)

Greetings from Buda-ful Buda! Our group meets on Saturday mornings at 10:30 in the portable building at St. Elizabeth Episcopal Church on FM 967 in Buda. Our group has been steadily growing and has many regular attendees who joyfully greet a newcomer or two that join us almost weekly. Buda currently has AA meetings almost daily at various churches in town, so I believe this group has served a vital service to family and friends of alcoholics in this area.

Serenity Trail AFG (by David L.)

We are still in need of more participants on Friday nights at the Grace House, located at 710 Bluff Dr. in Round Rock, next to the Grace Lutheran Church. We welcome newcomers almost every Friday, partly because Serenity Trail is now the only Friday meeting in the area.

We had a lively group conscience meeting in July on the subjects of dominance, gossip, and crosstalk, which injected new energy into our meetings.



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

Group Records Change Form Instructions

If you need to register your group, change existing information about your group, or change your group's Current Mailing Address (CMA), you'll need to fill out the *Al-Anon Registration/Group Records Change Form (GR-1)*. To accomplish this:

1. Go to the Texas Al-Anon Web site at www.texas-al-anon.org.
2. Click on the "Members" tab.
3. On the "Members" page, type in "anonymity" (without the quotes) for the password.
4. On the next page, scroll down and click on the "Access Area 53 (Texas East)" hyperlink, just above the state of Texas image.
5. On the Texas East page, scroll down to the "Group Representative (GR) Information" section and click on the hyperlink in the "Texas East Al-Anon Registration/Group Change Forms" bullet. This will take you to the change form, and at the bottom, you will see Candy N.'s contact information. You must turn the form in to her to ensure your records are up-to-date with WSO. This should also ensure that your group receives a printed copy of the *District 6 Newsletter* and the Area newsletter, *The Beacon*.

A copy of the current GR-1 can be found on the next page for reference.

AI-Anon Registration/Group Records Change Form (GR-1)

Please send this form through your Area Process or the WSO

1. Group Record

WSO I.D. Number _____
 District Number _____
 Area Name (Abbreviation) _____

2. Status

- New
- Change
- Inactive
- Not Sure If Registered

3. Changes (Check all that apply)

- Group Name
- Current Mailing Address (CMA)
- Mtg Place
- Mtg Day
- GR
- Mtg Time
- Contact

4. Group/Registration Overview

Group Name _____ Mailing Language _____

Reflects AI-Anon principles and is inviting to all. See Instructions to fill out the GR-1 Form. Please note that group names not in compliance with the AI-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.

Location: Meeting Place _____

Meeting Address _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Group e-mail _____

Contact First Name _____ Phone Number _____

Contact First Name _____ Phone Number _____

5. Meeting Details

Day _____ Time _____ AM PM

Type: Open Closed

Spoken Language _____ Member Count _____

Beginners* Introductory** Limited Access***

Handicap Access Babysitting Fragrance Free

Smoking Permitted Sign Language

Location Instructions _____

Additional Meeting

Day _____ Time _____ AM PM

Type: Open Closed

Spoken Language _____ Member Count _____

Beginners* Introductory** Limited Access***

Handicap Access Babysitting Fragrance Free

Smoking Permitted Sign Language

Location Instructions _____

* Held in conjunction with a regular AI-Anon group meeting; not considered an AI-Anon group. Provide newcomers a simple introduction to AI-Anon.

** Attendance changes frequently; not considered an AI-Anon group. Attendees are invited to go to regular AI-Anon meetings.

*** Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.

6. Current Mailing Address (WSO mail for the group is sent to the CMA postal and e-mail addresses)

First Name _____ Last Name _____

Street/PO Box _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Phone Number _____ E-mail _____

CMA e-mail address is entered here. Please enter Group e-mail address in section #4 (See Instructions for more information)

7. For Area Use

Group Rep Other _____

First Name _____ Last Name _____

Street/PO Box _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Phone Number _____ E-mail _____

The WSO will register any group designating itself as an AI-Anon Family Group with the understanding that it will abide by the Traditions and that meeting will be open to any AI-Anon members. AI-Anon/Alateen Service Manual (P-24/27), "Digest of AI-Anon and Alateen Policies"

Submitted by: _____ Date: _____ Phone: _____ E-mail: _____

email: candyn07@icloud.com

or mail to ETA 53 GRC, c/o Candy N. 15005 Saint Hedwig Rd., Saint Hedwig, TX 78152

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 (ETAA) Treasurer-ETAA 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 OPEN	ARCHIVIST Barbara H.	FORUM / LITERATURE Judy P.	NEWSLETTER Anna A.
PUBLIC OUTREACH (South) Jim C.	PUBLIC OUTREACH (North) Robin C.	SPANISH COORDINATOR OPEN	

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/>