



DISTRICT 6 NEWSLETTER

Fall, 2020

Volume 33, No. 4



District Meeting

Saturday, October 17, 2020

We'll be meeting online!

The information to join the meeting will be provided via email. If you are not sure if you are on the district email distribution lists, please contact Anna A. (District Representative) at etx.district6@gmail.com.



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It's Election Time! Please Step Up!

We'll be electing new District 6 officers and coordinators at the District Meeting on October 17, 2020. Step 12 encourages us to carry the message to others. Being of service to our meetings and to AI-Anon as a whole helps to carry the message. Many of us have found that service work enhances and supports our own recovery. We encourage all members to "pay it forward" with service within your group, within the local district, and outwards.

Descriptions of the district positions are given on page 18. Other than the District Representative and Alternate District Representative, you do not need any prior experience. Your willingness to serve is all it takes!

Winter Newsletter Submissions Due
December 12, 2020

Officer Reports

District Representative,

Anna A.



Hello, District 6. Well, we've made it through July and August; we're half-way through September; and we've already experienced our

first cool front. The year is flying by, and fall is now upon us. This year, fall brings with it our District elections. I encourage everyone to search your hearts and consider standing for a District 6 service position. The service position duties can be found in this newsletter. If you have any questions, please contact me at etx.district6@gmail.com. I'll do my best to answer your questions and/or place you in touch with the current officer or coordinator. Here are some other issues I'd like to make you aware of.

GROUP RECORDS

To make updates to the COVID-19 spreadsheet containing face-to-face meeting cancellations and virtual meeting information for many of the groups listed, please contact me at the email shown above. This list can be found on the Austin Al-Anon/Alateen Information Center (AAIC) website at <https://austinalanon.org/meetings.htm>. Once on the Meetings page, click on the *COVID-19-related Meeting Changes* hyperlink to access the spreadsheet.

For other group changes, please contact our District Group Records Coordinator Cathy M. at etx6grouprecords@gmail.com. She will work with you to get the changes made as quickly as possible.

HIGHLIGHTS FROM THE AREA WORLD SERVICE COMMITTEE (AWSC) MEETING HELD VIRTUALLY ON SEPTEMBER 12

The AWSC reached a consensus that the Fall 2020 East Texas Al-Anon/Alateen Assembly will be held virtually on November 6-8, 2020. More details will be forthcoming. Remember, this is an election Assembly where GRs will be electing a new Area Delegate, Alternate Delegate, Officers, and Coordinators, so please attend if your schedule allows.

The Area Alateen Coordinator notified everyone that the state of Texas has changed the legal smoking age to 21 years or older, so the *East Texas Area Al-Anon/Alateen Guidelines and Behavioral Agreement* will be updated to reflect this change. The World Service Office (WSO) is still operating at a projected deficit of \$420,000 despite contributions being at an all-time high, so the need for group and individual contributions remains.

Votes to be held at the Fall Assembly:

- Since the World Service Conference (WSC) was held virtually in April, WSO made a decision concerning the refund of the Delegate's equalized expense. However, our Delegate Kay C. has a flight credit of \$590.20 that cannot be used for WSO business. WSO has asked the Area to determine how to use the flight credit. Therefore, the GRs will vote to decide whether it should be used in service to Al-Anon in the Area or to invite the Area Delegate to use it for her personal use as a thank you.
- The Area has a Pro Zoom account, which is being funded through the Delegate's budget.

The GRs will decide if the Area would like to continue to have a virtual account for Area use and if so, how it should be funded by the Area (budget line item) since it should not be funded by a service position.

Al-Anon's First Official Mobile App has been released. It's a social app for members to connect with one another to share experience, strength, and hope; a new platform for electronic meetings; a way to connect with the Al-Anon family in private chats; a place to create and update a digital Al-Anon journal, a place to stay informed on the latest WSO information; and a place to purchase additional content such as daily member sharing. It is not a face-to-face meeting list. For more information, visit al-anon.org/mobileapp.

In an effort to enhance the affordability of literature for members due to COVID-19, the flat rate shipping cost of \$10 has been reduced to \$5 for individual orders under \$50 in the US, Puerto Rico, and Bermuda. Shipping costs for orders in Canada will be reduced to \$10 for individual orders under \$50. This special shipping rate will be available for a limited time.

Thank you to everyone for pulling together to get us through to this point. Take care of yourselves, be safe, and stay healthy.

Secretary, Doon R.

Meeting Minutes Secretary, Doon R. July 18, 2020 Virtual meeting held online via Zoom



DR Anna A. reviewed basic protocols for our first virtual Business Meeting. Delegate Kay C. and Myrthala C. supported Anna A. in facilitating.



Voting would be conducted by raised hand, Yes/No options, or through the chat feature. For those on audio-only and/or are unable to text, cell numbers and email contact information for Anna A. and Kay C. were provided.

A separate virtual room was set up for our Spanish-speaking members. Myrthala C. acted as our interpreter.

BUSINESS MEETING BEGINS

Anna A. called the meeting to order at 9:51am, thanked everyone for attending, and welcomed new GRs.

The Business Meeting began with the Serenity Prayer and the reading of The Twelve Traditions, Twelve Concepts of Service, and General Warranties of the Conference.

DR Announcements

After the GRs introduced themselves, Anna A. announced the Zoom chat feature would be used for Ask It Basket questions, or GRs could email Anna A. their questions after the meeting. Answers would be provided in the next edition of the newsletter. Seventh Tradition contributions can be sent to Treasurer Robert G. (via the address as published in the newsletter and provided in the group chat). Any donations resulting from this meeting will be reported in the next newsletter.

The Information Office has requested that checks and money orders be signed and filled out correctly because our bank will refuse the deposit if the written portion does not match the numerical portion. Please include the WSO group number, which can be found on the meeting list on the AAIC website. For any group chang-

es, please contact District Group Records Coordinator Cathy M.

Anna A. expressed appreciation for the groups' support and cooperation as we deal with alternate methods to conduct our meetings. For information on the availability of virtual meetings, go to the website. Go to Find a Meeting, then COVID-19-related Meeting Changes. Open the spreadsheet. When you look to the far right you will see some Zoom information for some groups. When you see Only Meeting Virtually you will need to contact the Information Center to find out how to go to that meeting. Some groups did not want their links listed. They were concerned about people coming into their meetings intending harm. If you would like your group's information added to that page, or changed, please email Anna A.

She asked that everyone think about our elections which will be held on October 17th, 2020 at the District Meeting, and consider standing for a service position.

All of the reports listed on the agenda were submitted early and sent out to the district along with the agenda. Following the KBDM system, the majority of the reports were handled in a questions-only manner.

Distributed Report Questions

Secretary Doon R. presented the January 18, 2020 Minutes as published in the *Spring 2020 District 6 Newsletter* and provided to GRs electronically prior to the Business Meeting. These were the most current minutes as the April 18, 2020 meeting was canceled due to COVID-19. There were no additions or corrections. The minutes were approved.

Treasurer Robert G. presented the *2020 District 6 2nd Quarter Operat-*



Meetings Notice

Get updated information about meetings by clicking on the following link:

https://austinalanon.org/meetings/COVID-19_GroupMeetingChanges_NoEmails.xlsx

ing Statement. WSO expressed their gratitude for our February 2020 contribution of \$4,000.00. A discussion about making another donation was held later in the meeting.

Kathy J. had an update to her report. Due to the spike in COVID-19 cases, AAIC Office Manager Janie H. will not, for an indefinite time, be able to meet members at AAIC to provide literature. Members should go directly to the WSO website to place an order.

Alateen Coordinator Pat E. announced P.O.S.S.E. was still on and would be held the last weekend of July.

Kathy J. announced the next meeting of the AAIC Board would be on August 18, 2020.

There was a discussion regarding P.O.S.S.E. funds. On January 18, 2020, a motion was made regarding AMIAS P.O.S.S.E. scholarships.



The motion to increase the budget to a total of \$1,750 (an additional \$1,500 added to the existing budget of \$250) for P.O.S.S.E. to cover 100% of 14 registrations passed. What happens to the people who choose to do online training to be certified, or recertified, for Alateen instead of attending? Is that money being returned to the District? What if they've already used the \$125? Only five, perhaps six, people took advantage of that. So we would have paid \$625 in scholarships. To the best of Pat E. and Robert G.'s knowledge that money was going to stay in the P.O.S.S.E. fund. If the camp has a refund policy it will return the money to the registrants. If it does not, the fund will have to pay for the people who didn't attend. Robert G. will check on that.

The other District 6 Coordinators distributed their reports electronically before the meeting and had no additional reports at this time. There were no further questions.

Since Robert G. would have to leave the meeting early, he described his Treasurer position in preparation for the October elections. Job descriptions for all positions were previously published in the newsletter. He offered to assist the incoming Treasurer with the software and format already in use and answer any questions.

Kay C. announced the Delegate chat session on Zoom scheduled for Saturday, July 25th beginning at 1:00pm.

Paula H. presented information about ATAAC 2021 and the Greater Austin Area Board Representative position. The 2020-2021 Conference will be in Fort Worth. The 2023-2024 Conference will be in Austin.

The group took a break from 10:40am to 10:45am.

New Business

(GRs Propose any District Motions, etc.)

Roll Call & Voting Procedure Agreement

Roll was called by Doon R. There were 36 voting GRs present. A simple majority was 19 votes. A 2/3 majority was 22. Each group gets one vote.

The GRs would use a simple majority for usual business matters. A 2/3 majority is used for election purposes. There would be no elections.

Blocked DR Emails

Anna A. discussed a new email domain for the DR. Beginning in January she started having issues with her DR Gmail account. She started having mass emails blocked and kicked back. Anna A. and former DR Judy W. used to be able to put all the contacts from the distribution list into one email and send one message to everyone. Now Anna A. must break up the contacts on the distribution list and send emails separately. Some GRs receive multiple emails from her because they're on more than one distribution list. To alleviate the problem Anna A. purchased a new Outlook domain with a new email address. She also purchased a Mailchimp account to send mass emails and not worry about attachments. Before the next District Meeting, Anna A. plans on sending a test email to see if everything works. If so, she will switch over to the new system with a new email address. The old account is already set up to forward to the new account so nothing should be missed.

Anna A. incurred expenses in making the changes. The Outlook domain had an initial \$225 set up fee. It also comes with a \$5 monthly fee for the cloud and other services. She also



November 6-8, 2020

ETAAA Fall Assembly

*Current plans are to hold this event virtually.
Additional information will be forthcoming.*

purchased a Mailchimp account for \$10.55 a month. The paid subscription was the only way to delete the Mailchimp logo. Anna A. invited anyone who has a better way to handle this to please let her know.

Anna A. would like to be reimbursed for what she has already paid and if we continue this system she would like to be reimbursed for the additional expenses incurred in August, October, and November. Per Robert G., the money is available in the DR's budget and is already approved to cover the initial set-up fees and recurring costs for the rest of the year. Since the 2020 District 6 Budget was approved in January no vote is necessary. Anna A. wanted to let the GRs know how she would like to use the DR budget. She is not using it to travel to District Meetings, Area World Service Meetings, or Area Assemblies.

The cost for the Zoom meeting used for this District Meeting was \$176.69. That was to access the language interpretation feature. She plans to downgrade the account after this meeting so it won't be a recurring monthly cost. If the meeting is using Zoom in October that will be a similar expense, but it will not be a



monthly expense between now and then. Per Robert G., the money for that is also readily available in the DR budget.

Discussion followed. GRs gave several recommendations for Mailchimp. Anna A. requested that anyone contact her if they had suggestions for a different platform and she would look into it.

The next District Meeting is scheduled for October 17, 2020. There are challenges with anonymity and needing paper ballots to assure the privacy of those who are voting, especially if we have multiple candidates standing for one position.

We may use a platform other than Zoom. Anna A. will need time to set it up. If we meet online, that will take time. If we meet in person we'll need to hurry to secure a venue and host group. There is also the possibility that due COVID-19 the venue may become unavailable to us.

Discussion from the floor and through the chat feature followed. If we take

votes by email we cannot take volunteers from the floor. We would also have to determine nominations today. The issue of complete anonymity was presented in reply to the suggestion of one possible solution in which one member would know how others voted. A suggestion was made about members educating others with the technology of virtual meetings. WSO has a guideline for how to set up virtual meetings which might be a good way to start. Kay C. will send the information to Anna A. to distribute. Anna A. suggested the possibility of having virtual workshops to help non-tech savvy people test it out and get familiar with it between now and October. A GR suggested a new service position or committee facilitate that. Since we're so late in the term of the current officers, Anna A. suggested we might wait with that until the next term. Also, the current guidelines for COVID-19 are in effect until November 15, 2020. Unless the order is rescinded, people will not be meeting in groups of more than ten.

It was decided by consensus to have a virtual District Meeting in October.

Anna A. will check into alternative virtual options that will allow the groups to vote while still practicing the principles of the program.

Request for Volunteers to help with Translation Between English and Spanish

Coordinator Hispanohablante Pat I. described the need for volunteers to help with translations of emails, agendas, reports, and the newsletter between English and Spanish. He suggested methods for making interpretation possible. Several group members offered to help with written communication but expressed an inability to translate simultaneously due to its difficulty. He encouraged members to make sure our Spanish-speaking members are made to feel welcome and extend an invitation to contact him.

Anna A. would like to hear from those who can read Spanish aloud to incorporate the reading of the Twelve Steps, the Twelve Traditions, the Concepts, and General Warranties into meetings.

Survey – Al-Anon Awareness to Help with Use of Unallocated Funds /Public Outreach

Anna A. reported that Jenny D. had suggested a survey for an email push to the district. The questions are meant to get an idea of how members found Al-Anon and what methods they used to find a meeting. The information will be used to help focus resources when it comes to Public Outreach and potential use of district unallocated funds. It is not going to be used to dictate how resources will be spent but as a tool to help them be efficient in their efforts. Anna A. plans to distribute

Our Al-Anon Declaration

Let It Begin With Me

When anyone, anywhere, reaches out for help
let the hand of Al-Anon and Alateen
always be there, and—Let it Begin With Me.



that survey in an online form before the next District Meeting in October.

District Workshop Format Committee – Status Update

For the status update, Josie R. reported she's waiting to hear back from our webmaster. The committee's request is for the scanned workshop presentation to be posted on the Al-Anon Texas website (texas-al-anon.org) under the Workshop tab.

Spanish Language Webpage – Status Update

Pat I. reported that further work on a separate Spanish language web page on the Information Center Website has been postponed until January 2021. More urgent work came first: last fall and winter local meeting information was updated and corrected; this spring, online and telephone meeting information was added.

The purpose of the planned web page is to reach out to Spanish speakers seeking Al-Anon and Alateen, provide access to program resources in Spanish, and serve the needs of our district's Spanish and bilingual family groups.

Unallocated Funds Task Force – Status Update

The Unallocated Funds Task Force status update was presented by Public Outreach (South) Coordinator Dave L. Dave L. recapped previous use of unallocated funds. We currently have \$8,700 in Excess Funds.

Some GRs recommended supporting WSO but had suggestions for remaining Unallocated Funds: A GR suggested we increase our prudent reserve because we are currently in such abnormal times. A GR encouraged the use of some of the remaining unallocated funds to be spent doing outreach or to do workshops in technical train-

ing for other groups. And because some of our groups may not be able to afford Zoom accounts, could we possibly provide the accounts to help them get online? A GR informed the members that some Spanish-speaking members are paying out of pocket to provide literature to their groups, and that some groups are meeting in parks. Her suggestion was to also support those groups that are reaching financially.

After more discussion and suggestions from the floor Brooke P. made a Motion: To Send \$4,000 to WSO. The Motion was seconded by Berne M. Voting was determined by either the Yes/No feature in chat or by text message. Thirty-four voting GRs were still in attendance. The results were 32 For, two Against, 0 Abstentions. The Motion passed. We will send \$4,000 from our Unallocated Funds to WSO. Anna A. will notify Robert G.

Alateen School Poster Distribution Task Force - Status Update

Alateen Coordinator Pat E. gave the status report. Commenting on how COVID-19 is affecting the project, Pat said that due to school closures physical posters are not needed right now. Anna A. has been in contact with Lorelei L., Chair for the task force, and Lorelei L. believes this is the best option for the poster project and the Alateen meetings. Both of these are contingent upon the state of the virus.

Some comments followed. A GR suggested that because classes are meeting online, perhaps we can provide virtual posters so they can collect the information on their computers. Per Anna A., at this point everything we have is associated with physical placement of posters in the schools and they haven't dis-



cussed doing anything virtually. She asked that anyone who has information or interest contact her. We have two Alateen meetings in District 6 that have continued to meet virtually.

Anna A. will get in touch with Pat E. and Lorelei L. and have a general discussion about this. She asked that anyone else who is interested in providing input, to please send her your contact information so she can put you on a call or Zoom meeting to discuss this. A GR is aware of a virtual poster that has already been created so she can help provide information about that.

By consensus, it was decided by raised hand or comments in the chat to place the physical part of the project on hold until we have more definition regarding school closings and the Alateen meetings.

Delegate's Report

Area Delegate Kay C. thanked District 6 for all the support she has received over the past three years and said it has been a pleasure. She welcomed any questions at her Delegate's chat taking place Saturday, July 25, 2020. Since the World Service Conference (WSC) was held virtually in April, Kay C. donated her gift money (from District 6) to the WSO. She believes the Fall Assembly will probably be virtual. It will be a voting Assembly so the GRs' presence will be very important.

She gave an update on the status at World Service. She had not received any financials other than what was provided in the May Appeal Letter. WSO receives approximately half of its income from literature sales and sales are very low. Contributions can be made directly to World Service through PayPal or by credit card. Kay C. thanked the District for all the sup-

port it has sent to WSO in the form of money. She will have another update at the end of July which she will give to Anna A.

Anna A. and the members expressed gratitude to Kay C. for her service as our Delegate.

Question: The East Texas Area also has a lot of excess funds. Has anyone initiated a contribution to World Service from that fund? The Area cannot distribute any money unless the GRs approve. A GR may make a motion at the Area Assembly or ask their DR to bring it to the AWSC meeting in September to be put on the agenda for voting in November. Kay C. will request that it be put on the agenda and let the Chair know. Rather than purchasing used literature that is available, Kay C. encouraged members to buy new literature through the World Service Office or Amazon so WSO will receive income from that sale. You're not supporting your service arm when you purchase second-hand books.

Question: Regarding the Area Assembly online, will there be break-out meetings like there were usually? Kay C. will bring the suggestion to the Area Chair.

Getting Ready for Elections – District Service Positions Q & A

At the October District Meeting, the GRs will elect the new Officers and Coordinators who will begin their positions. They will serve from January 1, 2021, through December 31, 2023. Current Officers and Coordinators described their duties and answered any questions. Job Descriptions can be found in this volume of the newsletter.

Anna A. told the group that, due to COVID-19, the DR now has some additional tasks including becoming

familiar with virtual platforms. Fortunately, facilitators will be available to help with that. Although the ultimate responsibility for maintaining the group records and keeping the distribution lists updated belongs to the DR, the new position of District Group Records Coordinator has freed up this obligation considerably. During the next term, District 6 will also host the 2023 Spring Assembly, and the DR will be the Host Committee Chair. Work on the Assembly usually begins two years before the Assembly. Anna A. feels one can make the job their own.

Alternate DR Lynn P. described her position. In addition to supporting the DR, she is the Information Center Representative for the District. She attends board meetings and answers any questions they may have. If Lynn P. doesn't know the answer she finds an answer and then relays it back to the group. Because our meetings are virtual now Lynn P. feels it's an excellent time for her to connect with members. As with Anna A., Lynn P. expressed the ability to make her job one's own.

The District Representative and Alternate District Representative must be an incoming, outgoing, or active past GR, who is not a member of AA, with a basic knowledge of the Traditions and Concepts and how to apply them in the links of service.

Doon R. talked about her role as Secretary and later summarized in chat. Anna A. has been amazing. Help is always available. It's wonderful to have the other Officers' input on the draft minutes before sending them off to the Newsletter Coordinator. It's not necessary to have been a Secretary before. She does not type so the task she spends



the most time on is typing the minutes. Doon R. uses Microsoft Word. Any word processing program someone likes will be fine. Doon R. feels if you treat this position like a job it will feel like work; if you treat it as being of service to our program it'll be a joy.

Pat I. shared his experience of being Coordinator Hispanohablante. He has learned a lot in the last 2 ½ years while being the District Coordinator for outreach to Spanish-speaking Al-Anons and has also found his job to be a joy. He described his role as consisting of answering questions, informing Spanish speakers about how the district could use their help and help them, helping Spanish-speaking members connect, and sharing fellowship. He offered his assistance and thanked the members for the opportunity to serve. His goal is to have a native speaker in this position next time it's filled.

Pat E. said her position as Alateen Coordinator is about patience and compassion. Due to COVID-19, it was necessary to cancel certification meetings which were all set up. Most of them were done virtually in Zoom meetings which really helped. Area Alateen Coordinator Jayne G. and Peter from Houston Area worked together to come up with the Zoom training and it worked out very well. There were five different trainings on Zoom. An additional member was to be trained the following day. District 6 had 27 people to be certified. Pat E. had trained six of those people and Brenda, the Area Alateen Process Person, has trained many of them since.

You need to be a certified sponsor to hold the position. If you were not certified you wouldn't be able to attend Alateen meetings and work with the

teens. It consists of coordinating the Alateen sponsors for certification, which has been the most challenging part of her job because we didn't have the face-to-face meetings in District 6. The coordinator supports the AMI-AS and sponsors in our meetings, attends Alateen trainings and P.O.S.S.E., which is usually held in March. This year it had to be moved to the last weekend in July.

The coordinator also works with the Area Alateen Coordinator and Area Alateen Process Person and encourages teens to attend Alateen meetings and functions. We used to have a lot of Alateens attending District Meetings but that has dwindled off, apparently because there are so many other activities on Saturday mornings.

Pat E. has found it very rewarding because she can offer support to fellow Alateen sponsors. She feels it is necessary to have a personal sponsor and if they are not familiar with Alateen you need to have an Alateen sponsor's sponsor, someone that knows what's going on in Alateen in case you have some issues you need to talk with somebody about. Because it is so rewarding, Pat E. hopes we will have some Alateen sponsors stand for the position.

Newsletter Coordinator Mary M. wanted those interested in her position to know they can use whatever software they want. She uses Publisher but anything will work.

Public Outreach (North) Coordinator Susan T. spoke about her job description. She does not have particularly good organizational and communication skills, but she does have a passion. One of the first things she did was to do some networking by trying to visit every meeting in her area. She likes networking, the one-on-one,

getting out making connections, and meeting people with good ideas. This is something you do not have to do on your own. She went to some of the rehabs and to police stations; AA was a great place to go. Even making tear-off tags on flyers is an effective form of public outreach. Susan T. would be happy to walk alongside and share whatever information she has with the new Public Outreach (North) Coordinator.

Public Outreach (South) Coordinator Dave L. mentioned doing some of the things Susan T. just said, adding passing-out literature, going to health fairs, responding to calls about speaker opportunities, going to treatment centers to set up meetings for family days, and using public service announcements. It's a job someone could work quite diligently if they want to. Also, it's a job where a person can expand their skills.

Anna A. will do her best to get summaries from those Officers and Coordinators who weren't able to be at the District Meeting and get those out before the October meeting.

Questions and Comments

An opportunity for questions and comments was offered. Pat I. commented that these positions can be done by different people very differently and all be done well.

Maria S. had a question. The Public Outreach (North) and Public Outreach (South) Coordinator position descriptions are, each with their area, to reach out. The job description for the Coordinator Hispanohablante is also to reach out. Eventually, will there be a Public Outreach (Hispanic) Coordinator? Is the



District ever going to have Public Outreach for the Hispanic Community? That would be a lot for one person to handle. Pat I. said he thinks of the position as Public Outreach – in Spanish. He doesn't know why the two sets of duties got listed differently. He's said he's been nurturing tiny groups and he feels that Dave L. does more reaching out to people who need groups, because we have lots of English groups. He thinks the level of where the groups are may make a difference. He agrees that it might be a two-person job. And if someone came along and said, "The two of us want to do this together," he thinks it would be wonderful. With the numerous duties involved Maria S. sees it as either a two-person job or with one person doing full and the other doing part-time translation work. And delegating is part of the job.

Pat E. announced that if anyone is interested or knows of someone interested in becoming an Alateen sponsor they need to get ahold of her so they can set up some training, possibly in October. Please give them Pat E.'s contact information.

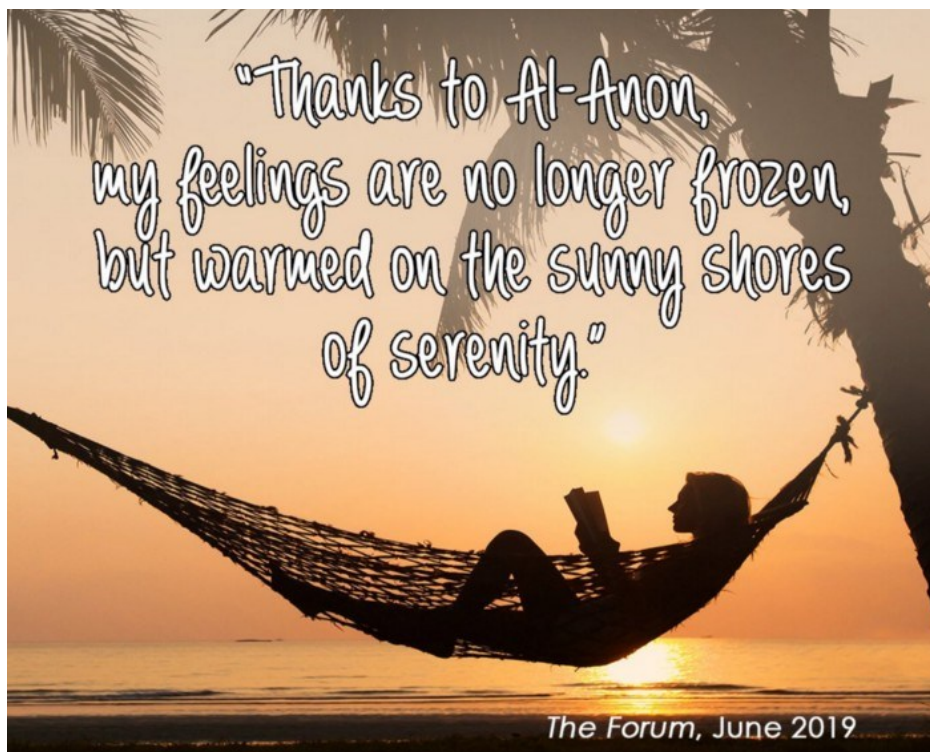
A couple more questions followed. One member wanted to know if we can share the district's Zoom Pro account with a group that can't afford the cost. Per Kay C., the groups are self-supporting, so she suggested Anna A. form a Thought Force to address this issue. You can downgrade the Zoom account from the Pro account. We got the Pro account to have unlimited time usage. The Business account was purchased so we could have the Spanish translation. Kay C. suggested that if we want to have the district share in the cost of Zoom accounts we need to discuss it with the GRs and have a

motion made. There were no volunteers to participate in a thought force.

Are these positions all three-year terms? Yes. Kay C. described it as a one-year term with the ability to do it for three years. Per Anna A., yes it is a three-year term, but people do what they can. You have seen resignations, but we hope that people would stand for the position with the intent to be there for the three years. But life happens and things come up and if it isn't something you can do, just work with the DR and we'll figure it out. But yes, officially they are three-year

Do all or most of the GR positions turn over after the last meeting? It depends on your group. Each group has autonomy. Most groups stay with the three-year term for the GRs as well so it matches the district and area. But we've had the same situation where the GRs have to move on. You would work that out in your group through group conscience.

A member sent a comment through chat that where they used to live the district provided five Zoom accounts and coordinated their use by any groups in the district.



terms.

Are the DR and Alternate DR positions the only ones where you cannot be a member of another program? You can be an Alateen sponsor if you are also a member of AA because you are a sponsor under your Al-Anon participation. So a Coordinator could be a dual member, but they have to be a certified sponsor for the Alateen Coordinator position.

Kay C.'s comment about service is that it's not work. It's not a job. And it's the third leg of the triangle. It is also a great way to learn how to use the Traditions and the Concepts in a setting outside of your group. It provides a lot of growth and even if you don't think you're qualified, if you're willing, people will try to teach you. Some positions do require more ability than others, but there is a position



*The Serenity Prayer
calmed my racing heart,
and it gave me a comfort
I had not found anywhere else.
I learned to pause & consider
what was truly mine
to control or change.*



out the best voting method were two. Also, Kay recommended there be three facilitators instead of two: one for the chat, one for the hand-raising, and one to help the Spanish interpretation to get started. Area Secretary Paula H. asked the

experience in using Zoom and its cost-effectiveness. Another mentioned something they had learned due to the switch to online meetings. Having members' email addresses on the phone list would have made it easier to contact them through a group email rather than having to call them individually to keep them apprised. Some group members have been able to access their meeting places to retrieve literature. They can then arrange to meet anyone who wants to purchase it, thus continuing to support our service office. A GR described very strong Zoom attendance and how their Zoom coordinator created an email newsletter to keep everyone informed. That meeting is also meeting face to face in a socially distant manner. They have welcomed a few newcomers and a lot of visitors. Several long-timers attend to support that meeting. Personal Freedom moved to a different church last year. Their information can be found on our website. They are communicating most often with a group text. A couple of the Spanish groups use WhatsApp the same way. It makes it possible to communicate a change 10 minutes before the Zoom meeting. A GR's small group is still meeting face to face. She is concerned for her health and the continued availability of their meeting place. She asked for suggestions on how to encourage her group members to attend other Zoom meetings. They are reluctant because they don't want to venture outside of the group; they don't know anyone there. Some ideas were to go with a friend or go to a friend's house. They could go to a Zoom meeting that way if they like. We're powerless over what other people want to do. A benefit mentioned was the ability to connect with group members who had moved out of town.

of service for everyone at the group, district, and area levels. The more involved you get, your recovery will just skyrocket.

Per Anna A. regarding the Zoom accounts, since we do not have a request for a Thought Force right now we'll take it case by case. GRs that have already figured out how to do it in their groups are encouraged to reach out to other groups. Those GRs can take the information to their group conscience to determine what to do and how to pay for it.

Can we put virtual support on the next meeting Agenda? Someone volunteered before. At the last District Meeting Kay C. took down several names of those interested in talking about virtual support for individuals with Anna A. Kay C. recommends that if practice sessions are offered everyone should attend at least one session. A Zoom business meeting is very different than a regular Al-Anon or work meeting on Zoom. A lot was gained from the practice session that was held. Learning how to enter and exit the Spanish group and figuring

GRs to attend practice sessions because of the challenging aspects of the Area Assembly, particularly for the Area Secretary. In addition, the GRs' proficiency with the process will cut down on the length of the meeting. Per Kay C., the other advantage of the sessions is they help the tech people and facilitators practice managing when there are a lot of people on the screen. There were 52 people in attendance at this Business Meeting. We still had 39 people online which is more than we've ever held past lunch.

Anna A. asked members to please consider standing for a service position, which she has found to be incredibly rewarding.

GRs Share Successes and Challenges

One group has been suffering from low attendance. Their GR expressed gratitude to have the online Service Manual and the ability to share that resource at her group's group conscience. A member offered her expe-



A GR asked for suggestions on how to handle Seventh Tradition contributions so they aren't tied to one person's account. Groups that have bank accounts have set up Venmo. They would be tied to an individual's account. The treasurer can give out their address and take checks quarterly with checks to send on to WSO, the area, the district, AAIC, and now the group. Or donate just to WSO through their online contributions. If the treasurer is uncomfortable giving out their home address, they can have a mail buddy, or the group can rent a PO Box. The member can use PayPal and give out their email address rather than using their home address. If your group has a bank account, you can create a new group email with Venmo tied to the group's bank account so there's no individual account involved. It can be a new service position. Once a week they can go in and sweep the money into the bank account. That way it's still in your treasurer's records.

Anna A. thanked the facilitators and participants and asked for emails of any feedback, thoughts, or suggestions on how to improve. She recognized she will need to allow for more time for certain actions in future virtual District Meetings. She is looking forward to the time when we can meet face to face again. She would like to make this virtual experience the best it can be and any feedback would be appreciated.

CLOSING

The Meeting closed at 1:45pm with the Al-Anon /Alateen Declaration in both Spanish and English.

Que Empiece Por Mi! Cuando alguien, dondequiera que sea, pida ayuda, que nunca falte allí' la mano de Al-Anon y Alateen, y **Que Empiece Por Mi!**

Let It Begin With Me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and **Let It Begin With Me.**

Future District Meetings [Hosting Groups Needed for 2021!](#)

October 17, 2020 – Online, (3rd Sat) *** **Elections**

January 16, 2021 – Host To Be Determined (3rd Sat)

April 18, 2021 – Host To Be Determined (3rd Sat)

Other Important Dates:

November 6-8, 2020 – Fall Assembly, Online – Hosted by District 7

November 16, 2020 – AAIC Board Meeting - 6:30 pm (Info. Center, 6301 Manchaca, Suite F).

Newsletter Deadline For District Officer, Coordinator, GR and Thought /Task Force Group Reports - **DUE BY December 12, 2020**




**Treasurer,***Robert G.*

The District 6 2020 balance sheet and statement of revenue and expenses are included on this and the following page.

	Current Quarter	Current Quarter	Current Quarter	Year to Date	Year to Date	Year to Date
	Actual	Budget	Variance	Actual	Budget	Variance
Revenues						
District 6 Basket Collection	\$ 0.00	\$ 137.50	(137.50)	\$ 188.00	\$ 412.50	(224.50)
Group Donations	370.11	1,500.00	(1,129.89)	3,668.03	6,000.00	(2,331.97)
Interest Income	0.05	2.50	(2.45)	6.25	10.00	(3.75)
Contribution From Unallocated	0.00	403.32	(403.32)	0.00	3,313.28	(3,313.28)
Total Revenues	370.16	2,043.32	(1,673.16)	3,862.28	9,735.78	(5,873.50)
Expenses						
Alateen Coordinator	0.00	125.00	125.00	125.00	500.00	375.00
Alateen Liason Coordinator	0.00	83.34	83.34	0.00	333.36	333.36
Archives	0.00	41.66	41.66	0.00	166.64	166.64
Rent / District Meeting	0.00	187.50	187.50	300.00	562.50	262.50
DR Expenses	352.68	179.16	(173.52)	376.34	716.64	340.30
District Group Records Coord	0.00	58.34	58.34	0.00	233.36	233.36
Alternate DR Expenses	0.00	133.34	133.34	0.00	533.32	533.32
Secretary Expenses	0.00	83.34	83.34	0.00	333.32	333.32
Treasurer Expenses	0.00	83.34	83.34	106.00	333.32	227.32
Newsletter Editor	0.00	66.67	66.67	0.00	266.68	266.68
Forum / Literature	0.00	83.33	83.33	57.20	333.32	276.12
AMIAS / Background Checks	0.00	8.32	8.32	0.00	33.34	33.34
Newsletter Printing	429.80	416.68	(13.12)	827.40	1,666.66	839.26
Public Outreach North	0.00	183.32	183.32	0.00	733.34	733.34
Public Outreach South	0.00	125.00	125.00	50.50	500.00	449.50
Spanish Coordinator	0.00	125.00	125.00	0.00	500.00	500.00
P.O.S.S.E. Scholarship	0.00	0.00	0.00	750.00	1,750.00	1,000.00
Gift to Delegate	0.00	25.00	25.00	150.00	100.00	(50.00)
Bank Charges	0.00	1.66	1.66	0.00	6.64	6.64
Miscellaneous Expense	0.00	33.32	33.32	197.88	133.34	(64.54)
Total Expenses	782.48	2,043.32	1,260.84	2,940.32	9,735.78	6,795.46
Net Income	(\$ 412.32)	\$ 0.00	(412.32)	\$ 921.96	\$ 0.00	921.96



ASSETS		
Current Assets		
Cash Checking -GTFCU	\$ 880.77	
Cash-GTFCU Savings	19,683.90	
Total Current Assets		20,564.67
Property and Equipment		
Total Property and Equipment		0.00
Other Assets		
Total Other Assets		0.00
Total Assets	\$ 20,564.67	
LIABILITIES AND EQUITY		
Current Liabilities		
Total Current Liabilities		0.00
Long-Term Liabilities		
Total Long-Term Liabilities		0.00
Total Liabilities		0.00
Equity		
Unallocated Funds	\$ 4,720.32	
International Reserve	1,500.00	
T.E.A.M.	171.51	
Prudent Reserve	6,817.50	
Kristy Fund	863.38	
Allocated Posters For Schools	1,500.00	
Allocated To Cover 2019 Expens	4,070.00	
Net Income	921.96	
Total Equity		20,564.67
Total Liabilities & Equity	\$ 20,564.67	



WSD

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



Coordinator Reports



Newsletter, Mary M.

For the “Summer 2020” issue of the newsletter, we mailed 104 copies and had none returned as undeliverable. Total cost for the issue was \$397.60, which was lower than usual because the issue was only 12 pages rather than the usual 16.

I suggest we take a district group conscience or create a thought force to address the following items:

- ◆ What is the purpose of the newsletter?
- ◆ Who is the audience for the newsletter?
- ◆ Is both an online and print version needed?

Information Center Report

The Austin Al-Anon/Alateen Information Center (AAIC) Board met on August 18, 2020 at 6:30pm via Zoom. There were enough voting members present to represent a quorum.

- Patrice O. is the new person handling all the phone and email inquiries that come into the Info Center. Most inquiries are about Zoom meetings.
- The Chairperson position will be up for election at the November meeting due to current chairperson, Samantha Z., moving out of the country.
- The Treasurer position will be up for election at the November meeting. Celeste T. has served a full 3-year term.
- The Info Center will be able to pay obligations through the end of 2020 despite minimal income in the past several months.
- The Info Center Board is investigating setting up a Venmo account for groups to pay for their literature orders and for donations. We may decide this at the next board meeting.
- The Board discussed how important it is for the groups and members to be able to purchase literature from the AAIC. We are currently working on some options and should be able to inform the groups about this soon.
- AAIC has sufficient literature inventory to last at least until the end of the year.
- The Meeting List Chairperson position is still open. This person would facilitate updating the website and meeting list and working with the webmaster. Ability to work on the website is not required.
- Next AAIC Board meeting will be on November 16, 2020 at Info Center (as now scheduled).

Yours in service,
Kathy J, AAIC Liaison



Group Reports

Allandale Happy Hour AFG

(Austin, TX) *Kelly T., GR*

We are sustaining steady attendance of 15-20 over our Zoom meeting, mostly comprised of regulars, virtual-visitors from New Braunfels, and the occasional newcomer.

Salado Solutions AFG

(Austin, TX) *Doug N., GR*

In “normal” times, the Salado Solutions AFG meets in the First United Methodist Church in Salado Sunday nights at 6:00pm. With the help of Michelle P., we have continued to meet on Zoom. Our format has been altered so that the volunteer chairperson selects the topic, and we read and talk from Al-Anon literature. Zoom attendance has generally been strong, with a low of four and a high of 13. Like many other groups, in-person meetings will begin as the church permits. We can't wait!

Serenity Seekers AFG

(Austin, TX) *Joyce H., GR*

Serenity Seekers is continuing to gather virtually on Fridays at 6 pm. Our in-person meeting was held at the Unity Church in Southwest Austin. We are a newcomers meeting. Meetings rotate between studying the 12 Steps, topic discussions, and celebrating birthdays and gratitude. All are welcome to join. Look for the link on the Austin Al-Anon website.

Wimberley AFG

(Wimberley, TX) *Brian M., GR*

Our meeting location, Wimberley Presbyterian Church, has not reopened up at this time. They had their first in person meeting in their parking lot, I'm told it went well. We are continuing with Zoom meetings. Sunday at 3:00pm, Monday and Friday at noon, and Thursday at 7:30pm. Last week we approached the Pastor about an in-person meeting in the parking lot, adhering to current safety guidelines, and were given the okay to meet Saturday morning. I have scheduled a Group Conscience to talk it out and vote on. We continue bringing in new comers weekly so at our last Group Conscience we added a new service position, a New Comer Welcome person. This person is sent the new comers information by the meeting host and they are sent our new comers welcome packet which includes How Al-Anon Works, our phone/email list, and a few pamphlets. It has been well received. I have just completed my second year as GR. I continue to learn and grow as a person and leader. I'm very grateful for the Experience, Strength, Hope, and Mentoring I receive.





1. What is being done for outreach during COVID-19?

- To aid in keeping groups connected and available to newcomers, District 6 is keeping a list of electronic meetings being held. This list can be found at <https://austinalanon.org/meetings.htm>. Once on the Meetings page, click on the COVID-19-related Meeting Changes hyperlink to access the spreadsheet listing meeting changes, cancellations, and electronic meetings for specific groups. In addition, electronic meetings registered with WSO can be found at <https://al-anon.org/al-anon-meetings/electronic-meetings/>.
- Additional public outreach efforts within District 6 can be found in the District 6 Newsletter on the Austin Al-Anon/Alateen Information Center website at <https://austinalanon.org/district.htm> (under Past Newsletters, click on Summer 2020, go to Public Outreach North report on page 5).
- Ongoing public outreach efforts can be found on the WSO website at <https://al-anon.org/for-members/public-outreach/> and on the Texas East website in The Beacon Newsletter at <https://texas-al-anon.org/archived-beacon-editions/> (click on 2020 Third Quarter, go to Public Outreach Coordinator report on page 6).
- Public Service Announcements (PSAs) are also provided by WSO and can be found at <https://al-anon.org/for-members/public-outreach/outreach-to-the-publicmedia/>. These are available to television and radio stations by request and by completing the request form, and there should be no cost to a “group” or to the receiving station.

2. Has anyone done or reached out through social media platform (e.g., Facebook) to create a Forum for their group? How has that worked for their group? Pertaining to anonymity in AFG/ Service Guidelines/ Policies/ Principles. Since the pandemic, our group's members are coming up with new ways for our members to reach out to one another virtually. We are always open to other ideas, as well.

A group can create a private Facebook group to communicate with group members, as determined through a group conscience. To create such a group, those interested in being part of a private Facebook group must have or create their own Facebook account. Regardless of a group conscience decision, each member must decide for himself/herself if they are comfortable being part of a social media group, even with the privacy settings.

WSO also has a non-profit Facebook business page, which members can like, comment, or follow.

A simple email distribution list made up of those group members that specify they want to receive email notifications has typically worked well for groups and has been successful in maintaining anonymity.



Al-Anon/Alateen

- 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 Announcement
- TEA AC** - Texas East Area Alateen Conference
- TEAM** - Together Empowering Al-Anon Members
- WSC** - World Service Conference
- WSO** - World Service Office
- (A.A.)** - Alcoholics Anonymous



Service Arms

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

WORLD SERVICE OFFICE AFG, INC.

1600 Corporate Landing Pkwy
Virginia Beach, VA 23454-5617
(800) 344-2666
www.al-anon.alateen.org

DISTRICT 6

Robert G.

EAST TEXAS AREA (ETAA)

Treasurer — ETAA
P.O. Box 1324
Silsbee, TX 77656

AL-ANON INFORMATION CENTER

6301 Manchaca Road, Ste. F
Austin, TX 78745
(512) 441-8591
aaicemployee@gmail.com



District 6 Service Committee

OFFICERS

DISTRICT REPRESENTATIVE

Anna A.
etx.district6@gmail.com

ALTERNATE DR

Lynn P.

SECRETARY

Doon R.

TREASURER

Robert G.

COORDINATORS

ALATEEN

Pat E.
etx6alateen@gmail.com

ARCHIVIST

Barbra H.

FORUM/LITERATURE

Michele P.

NEWSLETTER

Mary M.
etx6.newsletter@gmail.com

PUBLIC OUTREACH (SOUTH)

Dave L.

PUBLIC OUTREACH (NORTH)

Susan T.

COORDINADOR HISPANOABLANTE

Pat I.

DISTRICT GROUP RECORDS

Cathy M.
etx6grouprecords@gmail.com





October 17, 2020

Officers

- District Representative
- Alternate District Representative
- Secretary
- Treasurer

Coordinators

- Alateen
- Archivist
- Forum/Literature
- Newsletter
- Public Outreach (South)
- Public Outreach (North)
- Coordinador Hispanohablante
- District Group Records

DISTRICT REPRESENTATIVE

A patient, dependable volunteer who will:

- Lead quarterly district meetings and prepare reports
- Attend quarterly AWSC meetings and area assemblies
- Be a liaison between the district and AWSC
- Visit group meetings in the district

Must be an incoming, outgoing, or active past GR, who is not a member of AA, with a basic knowledge of the Traditions and Concepts and how to apply them in the links of service.



ALTERNATE DISTRICT REPRESENTATIVE

Someone willing to:

- Complete the DR's term if/when the DR resigns
- Attend all service meetings the DR attends
- Assist in visiting the groups in the district
- Backup and help the DR when necessary

Must be an incoming, outgoing, or active past GR, who is not a member of AA, with a basic knowledge of the Traditions and Concepts and how to apply them in the links of service.



TREASURER

A trusted servant who is able to:

- Set up a bank account and obtain signatures
- Balance a checkbook
- Record and report district financial status
- Establish a budget
- Attend district meetings
- Write checks for various district expenses such as newsletter printing and mailing, rental space for district meetings, and purchase of district supplies



SECRETARY

A skilled recorder who will:

- Attend district meetings and take roll
- Take minutes with a recording for back-up
- Type up minutes, motions, and Ask-It-Basket Q&As
- Maintain binder for easy reference
- Send draft minutes to District Officers for additions /corrections
- Send corrected draft to Newsletter Coordinator
- Present minutes for approval at next District Meeting



ARCHIVIST

An organized person willing to:

- Preserve and organize Al-Anon and Alateen district history
- Bring materials to district meetings for display
- Make materials available to the membership and researchers
- Transport and house storage containers
- Attend district meetings



ALATEEN COORDINATOR

Someone with patience and compassion willing to:

- Coordinate Alateen sponsor certification in the district
- Support district AMIAS and sponsors
- Attend Alateen support training, like P.O.S.S.E.
- Work with the Area Alateen Coordinator and Area Alateen Process Person
- Encourage teens to attend Alateen meetings and functions
- Attend district meetings



COORDINADOR HISPANOHABLANTE

Someone with bilingual writing and speaking skills to foster Spanish speaking groups' growth by:

- Visiting Spanish-speaking groups and encouraging participation in district meetings, assemblies, and conferences
- Attending and sharing information from district and assembly meetings with Spanish speaking groups
- Reporting status/progress of groups to the district
- Seeking Spanish-speaking public outreach opportunities
- Translating newsletter articles in coordination with the district Newsletter Coordinator



FORUM/LITERATURE COORDINATOR

Someone interested in spreading the written word of Al-Anon who will:

- Promote the use of CAL and eCAL
- Recruit Al-Anon members to share their written stories of experience, strength, and hope for *The Forum* and other Al-Anon literature
- Coordinate with WSO, the area, and the district on literature matters
- Sell CAL at district meetings
- Promote subscriptions to *The Forum*



DISTRICT GROUP RECORDS COORDINATOR

A detail-oriented person with organizational and follow-through skills willing to:

- Maintain Excel spreadsheets of distribution data for Group Representatives (GRs)
- Provide data as requested to the Alateen Coordinator, Information Center Office Employee, Newsletter Coordinator, and Area Group Records Coordinator (AGRC)
- Assist GRs with GR-1s and other matters pertaining to group demographic information
- Work with Outreach, Spanish, Alateen, and Newsletter Coordinators to help verify group status
- Attend district meetings



PUBLIC OUTREACH (NORTH) COORDINATOR

Someone with good organizational and communication skills, with a passion to:

- Tell people who we are, what we do, and why/how we do it
- Seek opportunities to promote Al-Anon in the community by attraction and cooperation
- Recruit speakers and coordinate mailouts
- Attend district meetings



PUBLIC OUTREACH (SOUTH) COORDINATOR

A reliable person with good organizational and communication skills that can:

- Match Al-Anon speakers with treatment centers
- Find Al-Anon volunteers for health fairs
- Inform the public of who we are, what we do, and how we do it
- Make phone calls and follow through
- Attend district meetings



NEWSLETTER COORDINATOR

Someone with grammatical and some computer skills, willing to:

- Collect newsletter inputs from district officers, coordinators, and groups
- Compile inputs into newsletter master and perform Coordinate draft review of newsletter by district officers
- Coordinate newsletter publication and distribution with the printer
- Create an on-line version of the newsletter and provide that to the AAIC Web site coordinator
- Understand MS Word, PowerPoint, or equivalent publishing program
- editing
- Maintain a newsletter distribution list by working with the District Group Records Coordinator
- Attend district meetings

