



District 6 Newsletter

District Meeting

April 19th

Hosted by:

Courage to Change AFG
St. Mark's
Episcopal Church
2128 Barton Hills Dr.
Austin, Texas
Contact: Jeff B. @
(512) 919-6656

Directions:

From South: Take I-35 N to Oltorf St. Turn left on Oltorf. Turn left on Lamar and go about .8 miles on S. Lamar. At Barton Skyway turn left. The church is at the end of Barton Skyway at Barton Hills Dr.

From North: Take I-35 S to Oltorf St. Turn right on Oltorf. Turn left on Lamar and go about .8 miles on S. Lamar. At Barton Skyway turn left. The church is at the end of Barton Skway at Barton Hills Dr. A stove, microwave and refrigeration are available.

8:00 am Registration
9:00 am Opening
9:30 am Workshop
11:00 am Business Meeting
12:00 pm Pot Luck Lunch
1:00 pm Business Meeting
3:30 pm Adjournment

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The Steve and Tom Story...A Tale of Two Buddies (or How I Learned to Stop Worrying and Love Al-Anon.)

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair.”

This is a story of how a nice Jewish boy from New York and a Dutchman from Michigan got together in Austin.

Tom: As you may have surmised, I was born and raised in southwestern Michigan in an area dominated by people of Dutch descent. Mine was a relatively uneventful childhood. I was given all the basic freedom that I wanted, which was pretty consistent with what my parents desired.

Steve: Yeah...never met a Dutchman growing up.... As a matter of fact, growing up on a small island south of Long Island, I thought the majority of the world was Jewish... with a small contingent of Catholics. When my Dad made me attend school on Jewish holidays because “we weren’t religious and we weren’t hypocrites,” it was the 2 Catholic kids and me out of a class of 30.

Tom: Alcohol was not really an issue – alcoholics only existed in the movies. As I reached legal age (in college), my peers used alcohol as the drug of choice to have a good time. Upon graduation from college and entry into the Air Force, alcohol remained a big part of social life – both at the Officer’s Club and other gatherings. But, I remained blithely oblivious to alcoholism.

Steve: For me--- Growing up--- Alcoholism was everywhere... but I thought it was normal. People held jobs, (mostly) but many nights you would hear yelling from the windows (which were open in these days before air conditioning) from homes that appeared happy (including mine.) Experimentation among my peers included marijuana and LSD, but for us, alcohol was not so common... that was for the older folks.

The Steve and Tom Story is CONTINUED on Page 8

Future Events

| | |
|--------------------------|---|
| March 28-30, 2008 | POSSE, Alateen Sponsor Training Seminar, Gonzales, Texas |
| April 19, 2008 | District 6 Meeting Hosted by Courage to Change AFG in Austin, Texas |
| April 21, 2008 | Austin Information Center Board Meeting, 6:30 p.m. |
| May 16-18, 2008 | Spring Assembly, College Station, Texas |
| June 6-8, 2008 | TEAC 53 Alateen Conference, Gonzales, Texas |
| July 4-6, 2008 | Al-Anon International Convention, Pittsburg, Pennsylvania |

Officer Reports

District Representative

District 6 Meeting, January 19, 2008

Greetings to all,

Thanks to the Smithville and Bastrop groups for hosting our District Meeting on January 19th. While the Alateen sponsors met, Jane G. led a workshop for the rest of us on the many ways service work can be done. What a good reminder it was that service is much more than holding an office or an elected position in Al-Anon; any time we do anything to help to carry the message, we are being a "trusted servant."

I made a number of short announcements, which are worth repeating:

- I have a list of contributions made to the area from each group in the district, so GRs can check with me if you want to make sure that your group's contributions are credited. Any time a group makes a contribution to the district, area, WSO, or Information Center, it's a good idea to include the group's name and WSO Group ID Number. Contact me anytime if you need your group's ID number.
- We need someone to complete the term of Public Outreach Coordinator (South). Thanks to Carolon G. for all her past efforts in this role. The term for this position, as for all other district officers and coordinators, goes through the end of the calendar year. We will have elections at the October District Meeting for the next three-year terms.
- Thanks are due to Steve S. for finishing the district position of Literature/Forum Coordinator, and to Millie F. for finishing the term as Secretary. Thanks also to Linda M. for being, if not "Queen for a Day," at least "Secretary for a Day," and taking the notes for this meeting.

Since that district meeting in January, GRs should have received an e-mail report through me from Claudia, the Chairperson of the Area World Service Committee, on the items to be voted on at the May Assembly. It's too detailed to repeat entirely, so contact me if you need another copy to share with your groups, but they concern:

- Whether experienced Alateen sponsors should continue to be required to attend six Alateen meetings a year for continued certification,
- Whether the currently required annual Alateen sponsor training might be less often, and
- A redefinition of the duties and responsibilities of the Alateen Liaison position on the Area World Service Committee.

In other news from the AWSC meeting on January 26th:

- Love gifts to our Delegate, Bennie, should be sent to her home by the end of March, or to her hotel to arrive after April 9th. See the area newsletter, *The Beacon*, for addresses and format.
- Spanish and French editions of the new Service Manual are expected at any time. Groups are encouraged to use the meeting format in the Service Manual and the smaller "Al-Anon and Alateen Groups at Work," which repeats pages 1-72 of the Service Manual because of common typos in many typed versions used by groups. One of the most notable examples is "... sought through prayer and medication..."
- At the time of the AWSC meeting we were down to 22 Alateen groups in the area, with three more having to close due to lack of attendance, but the area has 81 Al-Anon members involved in Alateen service (AMIAS); forty-four of those serve as sponsors.
- The Fall Area Assembly in Tyler will have special t-shirts available as a fund-raiser. Look for them at the Spring Area Assembly in College Station.

Back to the issue of service before I close, this is a good time to start thinking about whether, and which, of the service positions at the district or area level you might consider for elections this fall. The Service Manual has many descriptions, of course, and *The Beacon* is printing job

descriptions *as they've actually been done* by people in those positions for the last two years. We may do that in the district newsletter as well, but we will certainly be talking about them. Ask people in those positions if you have questions, and please talk to your sponsor and your Higher Power. This is just one more way in which our program is self-supporting; if no one steps forward, it doesn't get done. One of my big lessons has been that I don't have to do anything alone.

Hope to see you at our district meeting in April.

Love in service,
Randy M.

Secretary

**District 6 Quarterly Meeting
January 19, 2008
Hosted by Smithville AFG
Smithville, Texas**

Thank you to Smithville AFG, Friday Night AFG (Bastrop) and Just for Today AFG (Elgin) that helped in hosting the meeting.

AWSC Meeting

Items to be discussed by the AWSC to determine what the GR's might vote on during the Spring Assembly include:

1. Alateen Sponsor Requirements
2. Alateen Liaison duties and expenses
3. What reports will be going into the newsletter

In October will be electing new officers for the District and Area. Randy asked those currently serving to write up a job description to help people decide if a position is right for them.

Cont. on Page 4



Treasurer's Report

| District 6 | | | | | | |
|-------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------|
| Treasurer's Report | | | | | | |
| | 2007 Budget | 1st Q 2007 | 2nd Q 2007 | 3rd Q 2007 | 4th Q 2007 | 2007 YTD |
| Operating Account: | | | | | | |
| Beginning Balance | | 453.58 | 871.67 | 1,370.06 | 1,205.83 | 453.58 |
| Anonymous Cash | | 157.00 | 116.20 | 133.00 | 104.00 | 510.20 |
| Group Donations | | 1,396.10 | 1,204.32 | 733.00 | 1,996.31 | 5,329.73 |
| Other | | | | | | - |
| Subtotal Income | 6,400.00 | 2,006.68 | 2,192.19 | 2,236.06 | 3,306.14 | 6,293.51 |
| Alateen Coordinator | 500.00 | 181.01 | 32.20 | - | - | 213.21 |
| Archives | 25.00 | - | - | - | - | - |
| District Meeting | 400.00 | 50.00 | 50.00 | 140.00 | 50.00 | 290.00 |
| DR Expenses | 600.00 | - | - | 284.07 | 280.88 | 564.95 |
| DR RSS Expenses | - | - | - | - | - | - |
| Forum/Literature Coordinator | 25.00 | - | - | - | - | - |
| Miscellaneous (1) | 350.00 | 45.00 | 45.00 | 45.00 | 45.00 | 180.00 |
| Newsletter | 3,000.00 | 759.00 | 444.93 | 461.16 | 448.52 | 2,113.61 |
| Public Outreach Coordinator - North | 500.00 | - | - | - | 400.00 | 400.00 |
| Public Outreach Coordinator - South | 1,000.00 | - | 150.00 | - | 850.00 | 1,000.00 |
| Accrue Reserves | | 100.00 | 100.00 | 100.00 | 315.00 | 615.00 |
| Release Reserves | | | | | | - |
| Subtotal Expenses | 6,400.00 | 1,135.01 | 822.13 | 1,030.23 | 2,389.40 | 5,376.77 |
| Ending Balance | - | 871.67 | 1,370.06 | 1,205.83 | 916.74 | 916.74 |
| Reserve Accounts: | | | | | | |
| Kristy Fund | | | | | | |
| Beginning Balance | | 514.50 | 514.50 | 514.50 | 514.50 | 514.50 |
| Accrual | N/A | - | - | | | - |
| Payment | | - | | | | - |
| Ending Balance | - | 514.50 | 514.50 | 514.50 | 514.50 | 514.50 |
| Int'l Reserve | | | | | | |
| Beginning Balance | | 1,638.17 | 1,688.17 | 1,738.17 | 1,788.17 | |
| Accrual | 200.00 | 50.00 | 50.00 | 50.00 | 50.00 | 200.00 |
| Payment | | - | | | | - |
| Ending Balance | 200.00 | 1,688.17 | 1,738.17 | 1,788.17 | 1,838.17 | 1,838.17 |
| RSS Reserve | | | | | | |
| Beginning Balance | | 593.20 | 643.20 | 693.20 | 743.20 | |
| Accrual | 200.00 | 50.00 | 50.00 | 50.00 | 50.00 | 200.00 |
| Payment | | | | | | - |
| Ending Balance | 200.00 | 643.20 | 693.20 | 743.20 | 793.20 | 793.20 |
| Prudent Reserve | | | | | | |
| Beginning Balance | | 2,000.00 | 2,000.00 | 2,000.00 | 1,525.00 | 2,000.00 |
| Accrual | N/A | - | | 25.00 | 260.00 | 285.00 |
| Payment | | - | | (500.00) | 215.00 | (285.00) |
| Ending Balance | - | 2,000.00 | 2,000.00 | 1,525.00 | 2,000.00 | 2,000.00 |
| Total Bank Account Balance | (400.00) | 5,717.54 | 6,315.93 | 5,776.70 | 6,062.61 | |





Officer's Reports Cont.

From Page 2, SECRETARY's Report

Reports:

- Treasurer Shelly reported that there were 2000.00 in donations during the 4th quarter.
- A question was raised about the Laptop computer. The District needed to give \$500 for its replacement. There had been \$285 donated by various groups. A motion was made by G.R. Tom to take \$215 from General Fund to add to the \$285 to pay for the Laptop. Motion passed.
- District Liaison Coordinator position was left off the budget and treasurer report. Shelly will amend to include in the 2008 budget. Motion was made to accept the budget as amended. Motion passed.

Coordinators Reports:

Lizz S., Alateen Coord. - Reported that a change will be considered for the recertification of existing Alateen Sponsors from training every year to every 3 years. This will have to be discussed by AWSC and voted on at Assembly in the spring. P.O.S.S.E. will be held in Gonzales March 28-30, 2008.

Linda M., Arhives - Nothing new to report.

Steve S., Forum/Literature – One of our Al-Anon members, Cindy from Waco, has a sharing published in the new book *Opening Our Hearts, Transforming Our Losses*. It is on page 87. Steve also noted that WSO has a new bookmark on Sponsorship.

Alateen Liaison Coordinator - No report.

Austin Information Center - No report.

Cindy C., Waco Information Center - The board decided to meet once a year if needed. This is an information (only) center.

Lori L., Newsletter Editor - The newsletter on-line is going great. Reports for the next newsletter deadline is February 29, 2008.

Public Outreach South Coordinator - No report. There is a need for a new coordinator for Public Outreach South.

GRs gave their reports.

New Business:

There is a group making some "love" gifts for the International Conference. Tally is making bookmarks, and a group in Austin is making Texas magnets. A basket was passed for donations, and \$25.43 was donated for materials for this project.

Area Archives Project:

Information is wanted from people who have been in Al-Anon 20 years or more. There are questionnaires you may get from Randy M our District Rep. or Bonnie the Area Archives Coordinator and fill out. These will be on display at the Assembly archives.

There are two positions at the District Level that need to be filled from now to October. First, there is a need for a Public Outreach Coordinator South from Georgetown to San Marcos. This position is still open. The second position is the District Secretary. Mille F. from Round Rock has taken the position till October. Thank you Millie.

WSO has flags on their records that show some groups as "newcomer" groups. They have asked for a clarification as to what that may mean to the groups. For example: Does the group have a 15 or 30 minutes orientation before a regular meeting for newcomers? Do you follow the six meeting recommended newcomer format?

Do you do something special in your meeting such as a particular reading? John M. will be contacting groups listed as newcomer groups on the website to get some of this information for WSO.

Ask it Basket Question:

Q: I have a list of group contributions to the Area but not to the District, World, or Information Center. How do groups verify the contributions amounts to these 3?

A: WSO does not track contributions. District 6 does not track by groups. The Information Center Treasurer could provide your group's contribution to them. You may contact Kitty at the Information Center.

Respectfully submitted,
Linda M.

ARCHIVIST

There is no report at this time.
Thank you.

Respectfully submitted,
Linda M.
District 6 Archivist

ALATEEN COORDINATOR'S REPORT/SPONSOR'S CORNER

Greetings All!

The biggest and best Alateen Sponsor training is coming up- P.O.S.S.E. (Program of Sponsors Sharing Everything) will be held 3/28/08-3/30/08 in Gonzales, so please take



Coordinator Reports

ALATEEN'S COORDINATOR REPORT/ SPONSOR'S CORNER CONTINUED:

advantage of this training! G/Rs- please announce this important sponsor training at any group you attend, and pick up a flyer to take back to your groups! Training is OPEN to all interested Al-Anons whether you are currently working with Alateens or not! POSSE is highly recommended for new sponsors, especially, since it is the most intensive Alateen sponsor training. Ask your group to support your attendance at POSSE and come on down to Gonzales!

The annual conference for Alateens is TEA AC and is scheduled June 6,7 & 8, 2008! This conference is held at the same facility in Gonzales as the Alateen Sponsor training, and it's a great place for the kids. Lynn S. reports that the TEA AC registration packets will be given to the D/Rs.

Brigitte B., our Area Alateen Coordinator, reports that many Alateens groups are folding do to lack of Alateen participation. WSO is asking that we do some public outreach to change that. Brigitte says in Texas East we have willing Sponsors that do not mind to "Go the Extra Mile" to be in compliance with the Area Requirements. Attendance of Alateens is still low. Brigitte asks "What can this Area do to increase the attendance of Alateens?" At the assembly in Houston, a flyer was passed out to distribute at schools to encourage teachers to refer students to Alateen. (My note: In District 6, we still have several schools asking for Alateen sponsors... some for several years now.) (I brought a WSO flyer on Alateen and Your Al-Anon Group to share with the G/Rs)

Brigitte asks that we encourage sponsors to bring Alateens whenever possible to the Assemblies so they will have the opportunity to participate in service positions such as the Alateen Liaison like former (Bekka J., Franziska B., Dillon Z.) who have served or are still serving on the Alateen Advisory Committee. Our own Dillon Z. is applying again for the second time around. Brigitte continues with... The Area Alateen Liaison gets voted in by the Alateens,so it is very important that Alateens attend Assembly, especially, the Fall Assembly when every Year a new or the former Alateen Liaison gets voted in by the present Alateens on Friday night at the night-owl meeting.

Brigitte also mentioned that Area 53 has again been recognized for a new sharing from Texas East Alateen in Alateen Talk. Her full report is in the Beacon, and she mentioned that the job description for the position of the Area Alateen Coordinator is also going to be published.

Lynn S. also wanted to share some historical information... the first Alateen from Texas East to serve on the WSO Alateen Advisory Board was from the Windcrest Alateen group, Shana G. She was attending the assembly in McAllen and Evalynn N., Associate Director Group Services - Alateen, from WSO was our speaker. She talked to Shana about the committee and gave her a resume. Shana filled it out and returned it to Evalynn that weekend. Lynn knew nothing of this until Evalynn notified her that they had selected Shana for the committee. According to Lynn, it was a great experience for her and our area never acknowledged her accomplishment. Lynn also continued with... We think Texas East Area has over the years had the most members on the WSO Alateen Advisory Committee than any other Area. This includes adults, too. Ninette E. served as an Al-Anon member past sponsor.

And in Local News? Kristy fund scholarships will be available in District 6 for teens to attend TEA AC. Teens must be 13 to attend and accompanied by a sponsor. No Kristy scholarships were awarded last year, but perhaps there will be more interest this time. Suggested deadline to submit scholarship requests is at least 2 weeks prior to TEA AC registration deadline. See me or Randy for details. Interested teens should communicate with their sponsors to request.

In our District Sponsor Meeting today, we discussed possible reasons why Alateen groups are folding. It was suggested that while this is a program of "attraction rather than promotion" we may need to ask the Alateens that remain why they think attendance is poor. Many Al-Anons still seem reluctant to "get involved" and complete the requirements for certification as a sponsor.

The AWSC (Area World Service Committee) will be meeting January 26th and discussing our recommendation to change the recertification requirements for experienced sponsors by: reducing the frequency of training required for experienced Alateen sponsors and deleting the requirement as to a specific number of Alateen meetings for experienced sponsors as well. Our D/R will be reporting back and this information will be passed along... If the AWSC votes to put this item on th agenda, it will be printed in The Beacon as well; look for it!

Don't forget these important dates:

- **May 16-18, 2008** Spring Assembly, College Station, Texas
- **July 4-6, 2008** Al-Anon International Convention, Pittsburg, Pennsylvania

LOVE in service,
Lizz S.

Group Reports

Hilltoppers AFG

We are called Hilltoppers because our host facility sits atop a beautiful hill in the wilds of northwest Austin.

A group inventory was taken in June last summer via our website. We used a tailored version of the WSO approved, 3 part presentation. A committee analyzed the comments and published recommendations. At our recent group conscious meeting we began to proceed dealing with each issue.

Our institutional outreach is now 1 ½ years old. The two people who started the Al-Anon meeting at the women's prison in Lockhart report that attendance is stable and growing. Last year \$600 worth of conference approved literature was donated.

Susan P.
GR

Wimberley AFG

Wimberley AFG continues to grow in love and recovery. We have been asked to bring meetings to a new treatment facility in Wimberly every Saturday at 1 pm. We can commit to 1 Saturday a month and are hoping that other groups near Wimberly will "step up" and commit to bring one meeting a month to this facility. Please see me or email lpc303@aol.com if your group is willing.

Marie V. from Austin (Spiritual Awakenings) will share her story at our Eatin' Meetin' on January 31st at 7 pm. Bring a covered dish and share some fellowship with us. Linda B. from Austin is scheduled to share with us in May 2008 – gonna be great! TJ S. from San Marcos spoke in November and did a fine job – Thank you TJ! We will not leave our toasters plugged in ever again!

The Tuesday night meeting at 7:30 pm is literature-focused and we are about halfway through the new Al-Anon book, *Opening Our Hearts – Transforming Our Losses*. This has been very powerful for us as it helps deal with feelings concerning the loss of a dream in alcoholic relationships, dealing with our own adult children and their feelings, as well as the loss of loved ones and pets... Attendance at Monday meetings (noon) and Thursdays at 8 pm continues to be strong. All Wimberley AFG meetings are at the Presbyterian Church.

A New Beginning Alateen has closed due to non-attendance. Three sponsors have dropped out with one remaining as a certified Alateen sponsor in Wimberley.

Lizz S.
Alt. GR

Belton Steps and Traditions

We continue to meet on Sunday's at 8:00 p.m. at St. Lukes Episcopal Church located at Downing and Beal. We seem to be having the same problem of a decline in members. We continue to encourage people to get involved in Service and keep encouraging them to attend a District Meeting.

Love in Al-Anon,
Tally R.
Group Representative

Anderson Mill AFG

Meets Tuesday at 7:30 p.m. at Bethany United Methodist Church on Anderson Mill Road in room D203. Our speaker meetings are the 3rd Tuesday of each month. Birthday meetings are on the 4th Tuesday and we have treats so please join us! All are welcome!

Paula H.
GR

Just For Today AFG (Elgin)

This Elgin group is 7 months old and doing well. We meet every Tuesday at 6:30 p.m. at the First United Methodist Church. We are enjoying frequent visitors as well as an attendance of 8-10 weekly.

Gratefully involved,
Ruth P.
Altermate GR

Killeen AFG

Killeen AFG has experienced a surge of new attendees who learned of our meeting times and place over the internet. We had 9 in attendance last Tuesday. Also they have bought much literature.

Submitted by,
Coy C.,
GR

Group Reports

Freedom to Recover AFG

Freedom to Recover AFG meets on Wednesday's at 8:00 pm at Round Rock Presbyterian Church in the Children's Education Building (east of the chapel). The church is at 4010 Sam Bass Road (on FM 3406 three miles west of IH-35). The monthly meeting format is: a step the 1st Wednesday; a topic the 2nd week; a tradition the 3rd week; and another topic the 4th week. If there is a 5th Wednesday in the month we will have a speaker. We will have a speaker on April 30, July 30, Oct. 29, and Dec. 31.

A special thank you goes out to Dillon for sharing his story with the group on Jan. 30. I feel honored that I can learn from an Alateen willing to share his story. Love you Dillon!

Please come join us to share your experience, strength and hope.

In gratitude and service,

Millie F.

GR

Friday Nite AFG

We are still located at 1006 Alley A at the Episcopal Church in Bastrop and still meeting at 8 p.m. If you are ever out our way on a Friday night, drop in and see us!

Grateful in service ,

Lori L.

GR

Serenity Trail AFG

Meets on Friday's at 8:00 pm at Grace Lutheran in Round Rock. We are down to between 6 and 10 in attendance. Our format is to study the steps the 1st and 3rd Friday, Traditions the 2nd Friday, and Topic the 3rd Friday. If we have a 5th Friday in a month we have Birthday night. The Chair may share their story or choose a topic. All are welcome. Come see us.

Mike C.

GR

Independence AFG

At the last District meeting I asked for input into the new opening our group had adopted. We discussed it and decided that reading a lot of "rules" in the opening was not as welcoming as we want to be. So we have decided to stick to the suggested opening in the Service Manual. It seems friendlier. Thank you for all of your input.

Sissy S.

GR

Smithville AFG

We meet on Monday nights at 8 and on Saturday nights at 6. We had a group conscious meeting to vote to change our format to that of what is in the new Service Manual, to read the Traditions at each meeting, Saturday's is Step Study and to have a speaker on the last Saturday of the month. Come see us!

Shirley O.

GR

Looking for a Speaker Meeting?

1st Wednesday of each month

2nd Saturday of each month

3rd Tuesday of each month

5th Monday of each month

5th Sunday of each month

5th Wednesday of each month

5th Thursday of each month

Northland AFG in Austin, 8 p.m.

Georgetown AFG, 8 p.m. Al-anon & AA speaker. Potluck dinner is at 7 p.m.

Anderson Mill AFG, 7:30 p.m.

Courage to Change AFG, Austin, 6:45 p.m.

Belton Steps & Traditions AFG, in Belton, 8:00 p.m.

Freedom to Recover AFG in Round Rock, 8:00 p.m.

Wimberley AFG in Wimberley; eating starts at 7:00 p.m. & speaker meeting starts at 8:00 p.m.

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

Just a Little Extra to Share!!

The Steve and Tom Story Continued from Page 1

Tom: So, when alcoholism entered my life in a way that I could no longer ignore, I had no clue what to do. My first Al-Anon meeting only reinforced that Al-Anon had nothing to offer me. I was suffering from “terminal uniqueness”; no one else was facing a situation quite like mine. Then I entered an extended period of feeling depressed, angry, and confused. When a crisis whacked me up-side the head again, I at least had sense enough to pull out the newcomer’s packet I had been given. I read “Understanding Ourselves” and it was my life. I was “overburdened with responsibilities, unwanted, unloved, and alone” – or so I thought.

Steve: *My reaction to my first few meetings was mixed. On the one hand, there were people who were dealing with the same problems as I was, and yet they looked happy. On the other hand, no one was telling me how to fix my alcoholic. What was the point? But, the self confidence of the people who described their reactions to life with alcoholism, made a distinct impression on me. So much that I began to attend about 5 meetings a week at first. I went to many types of meetings in many parts of town.*

Tom: On a Sunday night, I went to a small Al-Anon meeting where the topic was the 3 Cs. I really need to hear that, because I had always been pretty sure that I could control everything in my life.

Steve: *After I attended my first Al-Anon meeting, a friend at work noticed that I was looking rather emotionally used up, and asked if I had heard of Al-Anon. Amazingly, she was a “double-winner” who had participated in Al-Anon and A.A. for over 20 years. When I responded that I had just attended my first meeting, she said, “Let me see your “One Day At A Time.” She wrote out the three C’s, and the five G’s, and pointed out that the book had loads of pages about detachment, and I would be wise to read them all (a lot.) The 5 G’s you might ask? And I reply, “Get off his back, Get out of his way, Give him to God, Go to a meeting, and Get on with your life.”*

Tom: On Tuesday night, I went to Anderson Mill AFG and met a man who had been in Al-Anon for 29 years. That meeting was encouraging both because there were men, and because the long-timer offered a tangible example of hope. Then, I went to the Faith AFG on Thursday night and immediately felt at home. I heard Vanessa as Group Representative, Laura B. enthusiastically declare she was poster girl for Al-Anon, Gary talk about changing our attitudes, Cynthia tell how Al-Anon saved her life, and Robert share pain that was similar to mine. After years of isolating and subordinating my needs, I knew that I had found a home because I could remember the names of the others.

Steve: *I felt the same way about Faith AFG. This is a “newcomers meeting” although many newcomers like me stay and, it becomes their home group. This is where I learned that first impressions are not lasting impressions. That if you listen to people carefully, lovingly, and with an open heart and mind, the meeting is ALWAYS a good meeting.*

Tom: Al-Anon has offered me a place to share things that I could not share anywhere else without fear of any judgment. Al-Anon literature and sharings at meetings have shown me that I am not alone. Speakers at conferences and assemblies give me insights in humorous and inspiring ways. Service opportunities have given me a chance to grow outside myself and to attempt challenging new things. One of the best things about service is the realization that I do not have to do it all myself.

Steve: *Over time, I have gotten to perform a number of service options (Treasurer, Group Rep, and now—District Literature guy). The nice thing about service in Al-Anon is that you can take what you like and leave the rest.*

The Steve and Tom Story Continued on Page 13



Information Service Centers

Austin

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

**MINUTES OF THE December 17 , 2007
MEETING OF
THE BOARD OF DIRECTORS**



Service Commitments
Donna E.-H., Delegate
Missouri Round Robin, April 2006

When a member of our program takes on a service position, that member is making a commitment. A commitment is a pledge or promise to do something along with the dedication to a long-term course of action. This does not mean I only show up when I have free time, have an opening on my calendar, or want a free rip out of town. Nor does it mean that I can leave before the work is done. A commitment requires involvement and time. Commitment is acknowledging the responsibility service members have to our groups, districts, and Area. If you are a member whose group, district, or Area pays your way to attend the Assembly, you have a responsibility to be present for the full Assembly.

Used with permission from *Al-Anon Area Highlights*, Fall 2006/Volume 38, No. 3.

**GROUPS THAT NEED YOUR
SUPPORT & ATTENDANCE**

Serenity Trails AFG
Friday's @ 8 pm

Smithville AFG
Sat @ 6 pm
Mon @ 8 pm

Killeen AFG
Tues & Fri @ 7 pm

Friday Nite AFG
Bastrop
Friday @ 8 pm

HOT AFG Waco
Mon @ 7 pm
Sat at 9 am

Georgetown Alateen
Mon @ 8 pm

Georgetown AFG
Tues @ noon
Thurs @ 8 pm

Temple New AFG
Thurs @ 7 pm

Belton Steps & Traditions
Sun @ 8 pm

Taylor AFG
Thurs @ pm



Service Arms Representatives

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

| | | | | |
|---|--|---|---|--|
| AL-ANON INFORMATION CENTER 1030-G S. LAMAR AUSTIN, TX 78704 (512) 441-8591 | AIS WACO AREA PO BOX 8374 WACO, TX 76714 (254) 808-4757 | DISTRICT 6 900 Broken Feather #113 Pflugerville, TX 78660 (512) 517-1072 | EAST TEXAS AREA P.O. Box 7590 Beaumont, TX 77726-7590 (409) 834-2986 | WORLD SERVICE OFFICE AFG, INC. 1600 CORPORATE LANDING PKWY VIRGINIA BEACH, VA 23454-5617 (1-800 -344-2666) www.al-anon.alateen.org |
|---|--|---|---|--|

District 6 Service Committee

Officers

DISTRICT REPRESENTATIVE

ALTERNATE D.R.

SECRETARY

TREASURER

Coordinators

ALATEEN

NEWSLETTER

FORUM/LITERATURE

ARCHIVIST

PUBLIC OUTREACH (South)

PUBLIC OUTREACH (North)

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

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

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

Newsletter: AFG DISTRICT 6, EAST TX

900 Broken Feather #113
Pflugerville, TX 78660

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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





CONT. OF COORDINATOR REPORTS

NEWSLETTER EDITOR

From the last mail out we had the following:

Returns: 0

Change of Address: 1

Additions: 12 (10 were from the last District meeting)

Deletions: 0

Temporarily Away: 1

I feel the on-line publication of the newsletter is still going very well. I had a request from a member to send a Winter issue to another member and provided me with an address and name. I don't have any extras as I take them to the District meeting and pass them out. Members can always go on line at www.austinalanon.org and click on District 6 and it will bring you right to the newsletters. Thank you for your request and I apologize that I could not fulfill the request.

In Service,

Lori L.

Newsletter Editor

FORUM/LITERATURE

This is the Official District Literature Report from Steve S who received most of the information from Rosie M, the Area literature gal, who received it from the World Service Office (WSO).

The WRITERS REACHING OUT PROJECT, AL-ANON FACES ALCOHOLISM 2009 needs articles which can be from 100-400 words. Points to cover:

- 1) Who or what:
 - a) made you aware that you needed help because of someone else's drinking?
 - b) motivated you to contact Al-Anon and to attend your first meeting?
- 2) What Al-Anon recovery tools helped you the most when you first started attending Al-Anon?
- 3) Why do you continue to attend Al-Anon meetings?

Submit your article to the WSO Communication Section by e-mail at wso@al-anon.org or fax 757-563-1655.

eCAL - or Electronic Conference Approved Literature is going Multi-media! WSO is having an eCAL Multimedia contest: The best submissions will be shown at the Alanon International Conference in Pittsburgh this July. May 31st is the deadline to submit entries. The eCal website states:

Your work could be best-in-class in one of five categories:

- Best audio (audio sharing, prose, poetry, or original song-- someone else's song with original lyrics could violate copyrights.)
- Best use of image (still or video)
- Best public outreach message
- Best e-Cal concept
- Best use of multi-media technology



One of the nice things about eCal is it is free. Check it out at <http://www.al-anon.org/members/> ? When you get to this site you must login using the **top secret** code of the name of your Alanon home group followed by afg. Click on the e-CAL logo. Also at this website are free audio downloads of Lois W, Bill W, and the historic 1967 Conference Digest. who explains the early beginnings of Al-Anon.

The new 2006-2009 Alanon/Alateen World Service Manual is now available. The print version is quite handsome with a spiral binding, and there is also a free web version, which can be found at the WSO site referenced above.

The WSO is very happy with the "From Survival to Recovery Literature Project." They received over 70 sets of topics, quotations, and questions from members and groups throughout the Conference structure! And believe it or not, there were no duplicate topics! As a result, in April, the our CAL Sample Chapter page on our Members' Web site (www.al-anon.org/members) will contain some of these entries for groups to use as a resource for meeting topics.

The WSO hopes to continue the Literature Project with another book that will be included as a quarterly CAL Sample Chapter. If you have any Literature related questions you would like relayed to the Area Literature Coordinator Conference call through Rosie, please email them to me, Steve S at stephenschoen@sbcglobal.net

Steve S.

NO REPORTS FROM PUBLIC OUTREACH NORTH OR SOUTH AT THIS TIME

The Steve and Tom Story Continued from Page 8

Tom: But one of my favorite things about Al-Anon is the serenity I get to experience in meetings. No matter how wild and hectic my world is, I can find an Al-Anon meeting and get away from that world into a zone of stillness, acceptance, and love.

Steve: I'm the kind of person who likes to find the one big answer. And the one big answer from Al-Anon for me is in the slogan "One Day at a Time." This saying is so clichéd it was even the title of a sitcom in the 70's (or was it 80's). But that doesn't stop it from being supremely important. Al-Anon is a place where one begins to realize that all of life: from dealing with raging screaming alcoholics, to demanding bosses, to loving spouses, to all the people who can't seem to learn how to drive properly, is an opportunity to breathe in, accept what is, and find beauty. As this lesson gets applied to every aspect of my life, the change is remarkable. Almost like the beautiful Technicolor of Oz as compared to the black and white of Kansas--- (no offense to any Kansans who are reading this.)

Tom: Finally, the best friends that I have in Austin come from the Al-Anon rooms. Which was where I met a Jewish guy from New York when he wandered into a Thursday night Faith AFG meeting.

Steve: And where I met an engineer of Dutch ancestry, whose favorite line to quote from our Newcomer reading is, "Some of us are even arrogant, self righteous, and dominating." But who has demonstrated to me that we all share more than one common bond, that friendship is one of the most valuable gifts of the program, and that one's attitude towards one's own recovery counts much more than whether the alcoholic reaches sobriety. February marks my 8th birthday in the program. I feel sure I'm going to "get it" soon.

As you can see from the opening, even Charles Dickens rode the roller coaster of emotions that we feel. If there is hope for a couple of old dogs like Steve and Tom to learn new tricks, then there is hope for anybody. For us, the bottom line is that we are living proof that Al-Anon can help people from all walks of life with all kinds of life experiences.

The Forum Subscription Order Form

Al-Anon's monthly magazine features:

- Timeless sharings from members worldwide
- Meeting topics submitted by groups
- "Inside Al-Anon" information
- Step, Tradition, and Concept of Service sharings
- Special information for Al-Anon/Alateen groups
- "Talk to Each Other" for controversial or thought-provoking issues from members
- Humor
- Calendar of current events

And more . . .



Yes, I would like to join the largest Al-Anon/Alateen meeting in the world! (List names and addresses for additional subscriptions on a separate sheet of paper.)

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District 7 and ETAAA 2008 Spring Assembly

PRESENTS:

Finding Our Buried Treasures

Date: May 16th, 17th & 18th, 2008

The College Station Conference Center

1300 George Bush Drive

Bay of Confusion

College Station

Sea of Denial

Lodging:

The Comfort Suites Aggieland

2313 Texas Ave. South

College Station

979-680-9000

King: \$79.00

Double: \$84.0

For More Information Contact:

Chairperson: Rennie T. 936-436-9189

Co-Chair: Karen T. - 936-767-4600

Treasurer: Erin M. - 936-443-1937

Speakers:

Betty C. from Bay town

Bob S. from WSO

Alateen speaker to be announced

Rate includes hot breakfast in lobby
Must request ETAAA rate and book by
April 16th to be guaranteed group rate

Ocean of Doubt

Isle of Recovery



Important!

All Alateens must present completed Alateen permission forms and be accompanied by a registered responsible adult
Contact your Alateen sponsor or Coordinator for forms.

Note: Registration fees are non-refundable

Name: _____ GR: yes _____ no _____

Address: _____ City: _____ St. _____ Zip: _____

() Al-Anon: \$20.00 _____

() Alateen: \$5.00 _____

() AA: \$20.00 _____

Banquet Tickets: @ \$18.00

Must preregister
for banquet:
Hawaiian Chicken _____
or
Baked Fish _____

Checks payable to District 7 Spring Assembly

Mail to: District 7 ETAAA

PO Box 1382

Conroe, TX 77305



CONNECTING PEOPLE AROUND THE WORLD AL-ANON FAMILY GROUPS

2008 Al-Anon International Convention

Quick Answers

When and where will the International Convention be held?

July 4-6, 2008 in Pittsburgh, PA

How do I get Registration/Housing forms?

Registration and Housing forms will be mailed to all registered groups, Literature Distribution Centers, Al-Anon Information Services, and General Service Offices at the end of August or the beginning of September 2007. So ask in your group. [At the end of August or the beginning of September 2007]

Where else will Registration/Housing forms be available?

On the Members' Web site,
(www.al-anon.alateen.org/members).

How can I complete my Registration/Housing form?

The form can be submitted on-line, by surface mail, or by fax.

Will there be a number I can call for additional information?

Yes, the number will be listed on the Registration form. However, *you cannot register by phone.*

What is the registration fee?

- \$105.00 - By December 31, 2007
- \$125.00 - From January 1 - May 31, 2008
- \$150.00 - After May 31 or on-site

Why do I have to pay to attend? I thought Al-Anon was free.

There are Al-Anon meetings in the Pittsburgh area throughout the weekend that are open to everyone. However, the International Convention is a paid event. The registration fee helps to cover the expenses of the event, so that the convention will be self-supporting.

Is housing included in the registration fee?

No. You will need to register first in order to make your housing reservations.

Will I get a better deal by circumventing the housing process?

You may. However, we ask members not to do this. Receiving credit for the room block will lower overall costs and make Al-Anon Family Groups more credible for future international conventions. In order for Al-Anon Family Groups to receive credit toward the room block, we ask that you use the Housing Reservation section on the official form.

Will Alateen and A.A. activities be available for my family?

Yes, Alateen has scheduled a variety of daytime meetings and workshops on Friday and Saturday. A.A. will also have daytime meetings and workshops on Friday and Saturday.

Will there be any service-related events?

Plans are underway for a special series of service workshops on Thursday, July 3, before the Convention starts. *Space will be limited.*