



# District 6 Newsletter

## District Meeting

April 21, 2012

Hosted by:

Temple New Group AFG  
Christ Episcopal Church  
300 North Main Street  
Temple, TX 76501

Contact: Tally R.

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

### Directions/Map on page 9

*Lunch is potluck - bring your favorite dish! GRs please bring your Service Manual to use during the district meeting and a printed group report for the next issue of the Newsletter.*

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One Day at a Time

## Remembering a Dear Friend

This issue of our newsletter is dedicated to the memory of Mike from Wimberley / San Marcos.



“Mike was an awesome guy, he jumped right into service! He was very involved - always had a smile on his face and a positive attitude. We’ll miss him deeply; he was a really special person.”

“Mike was a very special friend to me. I saw him last on Tuesday night, December 20. He was up, smiling, telling his usual stories and talking about maybe going home for Christmas. He also said the doctor had told him he didn't have long. He would be home a little and back in the hospital often. He hinted that he wasn't too thrilled with that prospect. Yet he continued to tell stories and enjoy life.”

**“Although we have our unique qualities, all hearts beat the same under the skin. Your heart reaches out to mine as you share your story and your faith. I know that the part of myself which I share with you is taken to your heart. Today I will cherish our collective strength.”**

*from Courage to Change ~ pg 278*

### Future Events

April 16	Austin Information Center Board Meeting
April 21	District 6 Meeting, Temple, TX
May 18-20	East Texas AI-Anon Alateen Assembly, Marshall TX
June 18	Austin Information Center Board Meeting
August 17-19	TEAM, Round Rock, TX

**SUPPORT your Austin AI-Anon Information Center -- order directly!**  
Stop by Mon. - Fri., from 10:00 a.m. to 2:00 p.m. (call first)  
512-441-8591 \* 1307-G Treadwell St.. Austin. TX 78704

# SERVICE COMMITTEE REPORTS

## Officer Reports

### District Representative

I would like to express my sincere gratitude for allowing me to be your trusted servant as DR. Thank goodness that this is a program of progress, not perfection; my Higher Power offers me grace and forgiveness for the mistakes I make along the way. I thank you for your kind words of encouragement and support. The Traditions and Concepts have meant a great deal to me as I am preparing for my service journey for the next three years, especially Traditions One and Two; Concepts Four, Nine, Ten, and Warranty Two.

At the Fall, 2011, East Texas Area Al-Anon/Alateen Assembly in Port Arthur, Texas, new Area Officers and Coordinators were elected. There are two people from District 6 serving from 2012-2014 at the Area level: Shelly S. is our Area Treasurer, and Kay C. is our Area Group Records' Coordinator. A complete list of Area Officers and Coordinators can be found in the Beacon, the ETAAA Newsletter, along with reports from Area Officers, Coordinators, and Districts. If you would like a subscription to the Beacon or if your group would like to make a contribution to the East Texas Area, a form for the Beacon can be found on the Texas Al-Anon website: [www.texas-al-anon.org](http://www.texas-al-anon.org).

Nancy M., our East Texas Area Al-Anon/Alateen Delegate, will be attending the annual World Service Conference, April 15-19, 2012. If your group would like to send a card, letter, or love gift to Nancy, send it to the Austin Information Center.

District 6 is blessed with many wonderful meetings and groups. As DR, one of the fun things I get to do is visit the groups; I have enjoyed meeting new friends and attending great meetings that are full of rich experience, strength, and hope. There are some brand new meetings in District 6. In Austin, Choices in Recovery AFG, 1500 N. Capitol of Texas Highway, meets on Friday at 12:45 P. M. at St. Michael's Episcopal in the Parish Room. Williams Drive AFG, 4945 Williams Drive in Georgetown meets on Monday at 3 P. M. at Scott and White Healthcare in Room 103. Please let me know if you would like for me to visit your group, and please feel free to contact me with any questions or concerns. Groups are the most important links in our links of service, and I am glad to assist you in any way I can.

On January 27 and 28, 2012, I attended the Area World Service Committee meeting in Nacogdoches, TX. I will give a report about the AWSC meeting at the District Meeting on April 21.

Last but not least, a huge thank you again to Georgetown West and the other Georgetown groups for hosting the January 21 District 6 Meeting! The decorations were beautiful, and the food was delicious! The sponsorship workshop was very beneficial and informative; I know it will help me a great deal in my recovery. And thank you to all who attended the January 21 District Meeting! It was great to see so many people, and I was especially excited to see the Alateens!

I hope to see everyone at the next District Meeting on April 21. All Al-Anon/Alateen members are welcome to attend!

Love in Al-Anon Service,  
Paula H.  
District 6 Representative

**Secretary**  
**DISTRICT 6 MEETING MINUTES**  
**Jan. 21, 2012**  
**Hosted by Georgetown West AFG**

Paula H. opened the meeting at 9:07 with a moment of silence followed by the Serenity Prayer. We went around the room and read the Preamble and the Three Legacies. Housekeeping announcements were made. Paula welcomed all new Group Representatives and those there for their first district meeting. Claire said a word about Mike J. who had passed away and a card was passed around for all to sign. The Ask-It-Basket and the donation basket were passed. A workshop was held on Sponsorship. During this time, an Alateen Sponsor Meeting was also held. After these, the Alateens present were recognized. They were Israel from Northland Alateen, Jakob from Westlake Alateen, and Katy and Nick from Georgetown Alateen. Paula announced that \$139.45 was collected in the donation basket and that there were 55 present at the meeting.

**Old Business**

Officer reports were given.

Paula H., our District Representative, announced that our Texas East Delegate to World Service, Nancy Mate, will be attending the World Service Conference in April. It will be held in Stamford, Connecticut. She also provided Nancy's address (see above).

Pat E. asked that we all encourage our groups to pay for a subscription to The Beacon, which is the Texas East Newsletter. She said this is the biggest communication tool in our area (Texas East) but also a big cost to the area. Pat also talked about the TEAM (Together Empowering Al-Anon Members) Event to be held Aug. 17-19, 2012 at the Wingate Hotel in Round Rock, Tx. It is still in the planning stage. Pat is the Chairperson. Publicity and Secretary positions are still available for this event. Shelly is the Co-Chair and Treasurer. Jackie volunteered for Registration and Nancy for Hospitality. Registration is \$15.00, lunch Saturday is on your own, and there is no banquet Saturday night. Names for the event being considered are "TEXAS TEAM" or "TEAM TEXAS". This event is put on by WSO and workshops are service oriented. It is being hosted by District 6 and Texas East Representative. It serves the South Central Region of Al-Anon. It starts on Friday night and ends Saturday night. A flyer will be sent out via e-mail.

The morning session stopped for lunch at 12:03.

The afternoon session started at 1:03.

(During morning breaks, a scavenger hunt was held. The results were given at this time).

Coordinator and GR reports were given.

It was announced that it is time to order the second printing of the Al-Anon Professional Forum. It will be out in September.

**Future District Meetings:**

April 21, 2012-Temple New Group

July 21, 2012-possibly the New Beginnings AFG, Round Rock

October 20, 2012-open

**New Business:**

The next item discussed under New Business was the 2012 Budget. At our last District Meeting Kay C. (our previous Treasurer) had mentioned that we have a surplus of \$4000.00 over the Prudent Reserve. Paula again stressed this point. She asked that everyone bring ideas on how to use some of this surplus to the next district meeting. A few ideas were mentioned: budget \$200.00 for a group to host a district meeting, money for the Alternate DR to accompany the DR to the AWSC meeting, increase the Public Outreach budget. Lorelei made a budget motion and Jayne seconded it. It read:

## Officer's Reports (continued from page 3)

"I move that this Open Draft Budget be accepted until such time as a Budget Sub-Committee can form and make recommendations to the District for voting approval." The motion was voted on and it passed 26 for, 0 against, and 0 abstaining. A Finance Committee was formed. The members are Tennie, Shelly, Jayne (Chair), Adrian, Judi, And Michelle.

Paula asked if our district has done a District Inventory recently. She said it would make a great workshop. It was announced that the Chisholm Trail AA Convention will be held March 2-4, 2012 in the park in Georgetown. It is AA with Al-Anon participation. Al-Anon will be doing lunch on Saturday.

The meeting ended at 3:26 with the Al-Anon/Alateen Declaration.  
Respectfully submitted, Cindy C., Secretary

### Treasurer's Report

Hi District 6! Please forgive my 'learning curve' Treasurer's Report for this, my first published financial statement. As I take on the Treasurer Role, I'm certain it will change as well.

#### Basic Income and Expenses for 1st Quarter Income

Basket Collection at Jan District Meeting: 134.65  
Group Donations / Newsletter Subscriptions: \$1920.58

(If you would like to check status on your group's donation, please contact me with check number and amount and I will confirm receipt: [makkrier@yahoo.com](mailto:makkrier@yahoo.com).)

**Total Income:** \$2055.23

### Expenses

District Rep - AWSC event & 1st Qrt District Meeting: \$272.60  
  
January District Meeting Church Rental : \$200  
  
P.O.S.S.E Registration.: \$125  
  
Public Outreach (North) Advance: \$250

**Total Expenses:** 847.60

Kristy Fund 1,450.08  
Int'l Reserve 2,793.40  
TEAM Reserve 1443.20  
Prudent Reserve 10,983.66

The Kristie Fund / Int'l Reserve / TEAM Reserve/ Prudent Reserve have not been altered.

Thank you!  
Yours in Service,  
Michelle K.

### **BEACON SUBSCRIPTION \$6.00**

**Annual Subscription Covers Period Jan. 1 – Dec. 31  
Published Quarterly: Jan., April, July, October**



[www.texas-al-anon.org](http://www.texas-al-anon.org)

## Coordinator Reports

### **ALATEEN**

First I would like to thank you for electing me for District Alateen Coordinator in my absence back in November.

In the area of Alateen sponsorship opportunities, we have POSSE coming up in March. For those who are unfamiliar with POSSE, the acronym stands for Program of Sponsors Sharing Everything. This originally was a time for any and all Alateen sponsors to get together for a weekend to learn about how to be a sponsor and to share their experiences with those who might be interested in sponsoring an Alateen group.

With the advent of certification requirements for sponsoring an Alateen group, this weekend became a venue to make training available, along with sponsors sharing experience, strength and hope. It's a great way to find out how other sponsors are doing and get ideas for your group, as

And for current sponsors, if you are in the window of the three-year training period and you have fulfilled all other requirements, you can start sending your recertification papers in now. You can find all the forms on the Texas Al-Anon website at: Texas-Al-Anon.org. Just follow the Alateen side link and look for the Texas East Alateen Certification block.

Please email me for our current Area Alateen Process Person. Since I have taken this position I have received notice from San Marcos and the Temple area of an interest in starting Alateen meetings. I welcome you to the wonderful adventure of Alateen sponsorship! Please feel free to call or email me for more information. Please keep in mind you must be certified before you can begin a meeting.

We have a new Area Alateen Coordinator and I hope to work out a training schedule for those who are unable to attend POSSE.

Also, I would like to encourage anyone who is interested in helping the Georgetown Alateen sponsor, as he has been doing the meeting by himself for over a year. I always thought if every Alateen group had three or four sponsors, someone could always be available for backup. Think about that - you don't have to do it alone!  
In Service, Jayne

### **ARCHIVES**

I sure have enjoyed looking back over the years as I remember them. I hope that you will feel free to look through the materials that will be brought to District meetings. If you have something you'd like to donate to the archives, please bring it or mail it to my home address. Hopefully you've read the article in the last newsletter on the history of Al-Anon and Alateen. In 1990, I was privileged to see Lois at a breakfast in New Orleans.

If anyone has pictures that you are willing to share, I will make a photo album. Please bring them to the district meeting.  
Love Tally  
Archivist

***Al-Anon / Alateen Archives \* Our History Lives ON!***



Tally's Archival Display ~ District 6 Meeting, January, 2012

## ***PUBLIC OUTREACH SOUTH***

In Early January, I met with previous PO South Coordinator to collect information on current activities, best practices, and opportunities to improve. Jane A will stay involved with PO as a resource and a backup, if needed. We also discussed pages in the service manual pertaining to PO (pgs 48/107) and the need to refresh the speaker's commitment and availability list. Our district meeting will be an opportunity to confirm existing speaker's willingness and find new volunteers.

As the new PO Coordinator, I will reach out to centers we currently support (Development Counsel Center, Austin Recovery Lodge, Travis Co Drug Court), to ensure they have the support they need, whether it is literature or speakers. Face-to-face meetings are being setup with their representatives.

I welcome a phone call to my published cell (512-567-6994) or my email ([imjudi@hotmail.com](mailto:imjudi@hotmail.com)).

The information I collect on my volunteers are:

- a) First Name & Last Initial
- b) What they are willing to do to support public outreach
- c) Preferred phone number
- d) Available Time to attend events  
Love in Service, Judy W.

## ***PUBLIC OUTREACH NORTH***

Greetings to all from the Northern part of the District (Kileen, Temple, Belton, Waco, etc.)

Since this is my first report, not much has taken place as of yet. I do have some good news though: we were contacted by one of the Probation Officers from the Juvenile Drug Court Team in Waco.

They wanted to know if we could bring Al-Anon meetings to their facility for the family members of those teens, (ages 13-17), who are in their probation program.

Cindy and I met with one of the Probation Officers and agreed to conduct Al-Anon meetings twice a

month for the families. Our first meeting began on Monday, February 6. First, we have to meet their Background Check requirements, which I began yesterday. Not only is this an opportunity to reach some troubled families, but it will also lead us to some more Alateens for the Waco Alateen Group.

I hope to get with all the Al-Anon groups in the Northern part of the District soon, to assist them in getting the Al-Anon word out. Mail outs, calls to professionals, and possibly having an occasional Public Outreach Meeting as outlined on pg 43 of the Service Manual, are some of the things we can do to make a difference in the communities we live in.

Thank you for letting me serve in this vital service position.

Sincerely, Steve J.

## ***NEWSLETTER***

When I was "encouraged" to serve as newsletter editor, I thought, "The district must be crazy to trust someone with only three months of Al-Anon membership!" But after reading the Service Manual and getting my first service sponsor, I knew my Higher Power had my back, so to speak.

I've been working closely with Kay, Paula, John and Kitty to compile an updated list of AFGs, because it's important that every group receive at least one copy of our District newsletter. Please contact me directly if your group wishes to be added to the Distribution List.

Each issue relies on submissions from YOU - to bring our publication into tangible form. I welcome your feedback, ideas, stories, and clip art to me.

Serenity in Service,  
Paulette

## **District Meeting Directions**



Directions: I-35N to Central Ave. Take a right and go to the 4th light. Turn left on Main Street, go through light (which crosses Adams) and continue for three blocks. The church is on the left. Go to the far side (Down St) and enter side door. There is parking across the street behind the Bank (A).

## Al Anon District 6 SPONSORSHIP Workshop - January 21, 2012

### “Everything You Wanted to Know about Sponsorship...But Were Afraid to Ask”

Workshop Facilitator : Debra

#### Topic Questions:

- A. How do I find a sponsor?
- B. How do I know I'm ready to be a sponsor?
- C. What are the commitments of both the sponsor and sponsee?
- D. What if I need to change or end the sponsor/sponsee relationship?

#### Helpful suggestions from Lois W., at the 1967 Conference.

“The practice of sponsorship has been greatly neglected in Al-Anon. Its importance in the approach to newcomers should not be overlooked by us. When an older member takes a newcomer under their wing...the new member can respond to the program more quickly and many a doubtful prospect can be encouraged to continue in Al-Anon who otherwise might go away disheartened.”

“...To make sure that all newcomers are well-received, the group appoints a special committee...”

“...Keep it simple” really relates to the program, reminding us not to “fancy it up”, but does not refer to the service structure as it is sometimes interpreted...A service structure is necessary if there is to be any order or efficiency in “carrying the message”. It does not complicate but simplifies the whole fabric of the fellowship, doing so particularly in relation to one of Al-Anon’s most important responsibilities, the practice of the Twelfth Step all over the world.”

#### A. How do I find a sponsor?

- \* Go to meetings and listen to members sharing their experience, strength, and hope.
- \* Read the Conference Approved Literature, especially on Sponsorship.
- \* Listen to your Higher Power during prayer and meditation.
- \* Ask someone who already has a sponsor about the process.
- \* Make personal contact with people in the program through your home group, etc.

#### **Look for someone**

- \*With a similar situation
- \*The same gender
- \*Willing to work the steps with you
- \*Who has worked the Twelve Steps
- \*Who appears to be a positive role model
- \*Who has the necessary time to commit to sponsoring you

#### **Don't be**

- \*Discouraged if someone is not able to sponsor you - seek another!
- \*Afraid to say “yes” to sponsorship

#### **Understand that**

\*The sponsor-sponsee relationship doesn't have to be a life-time commitment, it's part of the process for the sponsee to outgrow the sponsor.

\*It's helpful to have one sponsor in the beginning; otherwise the sponsee may receive mixed messages. Once the sponsee engages in service work, a “service sponsor” is a valuable asset.

\*The sponsor is a special friend, who engages in a mutual relationship of trust, honesty, and clear boundaries, for the purpose of helping you to “work the program”.

*(Continued on page 8)*

**B. How do I know I'm ready to be a sponsor?**

**You should already**

- \*Personally have completed the Twelve Steps with a sponsor.
- \*Practicing the program by doing service work, such as chairing meetings.
- \*Be familiar with some CAL literature.

**You are**

- \*Comfortable with your own issues.
- \*Able to ask for help if you don't have an answer ("I'll get back to you.")
- \*Ready to share your experience, strength, and hope without directing or giving advice.
- \*Pro-active in working the steps.
- \*Willing to trust being in a close friendship.
- \*Prepared to invest the time to be available.
- \*Recognize that clear boundaries that are healthy and appropriate for both.

**You can**

- \*Listen without judging or trying to "fix" the problem.
- \*Practice loving detachment for your sponsee's personal growth and development.
- \*Let members without sponsors know you're available.

**Understand that**

- \*It's a relationship based on mutual trust and honesty.
- \*The focus is on the sponsee's recovery.
- \*Be realistic about how many people you can sponsor at any given time.
- "It's our secrets that keep us sick - so be honest!"
- "Love people with your hand open."

**C. What are the commitments of both the sponsor and sponsee?**

**The SPONSOR should be:**

- \*A trusted servant, willing to guide - not govern.
- \*Open to differences.
- \*Able to respect diversity and anonymity.
- \*Patient and positive.
- \*Willing to listen without judging or giving advice.
- \*Ready to share their experience, strength, and hope.
- \*Realistic when creating a flexible plan to work the Twelve Steps.
- \*Able to set realistic boundaries with regard to time and contact.

**The SPONSEE should be:**

- \*Willing to work the program.
- \*Responsible to contact their sponsor on a regular basis.
- \*Become familiar with the CAL literature through regular study.
- \*Open to differences.
- \*Able to respect diversity.
- \*Respect anonymity.
- \*Considerate of the boundaries that have been mutually agreed upon.

Consider service work when ready to "get busy, get better".

Understand that having a sponsor is not a substitute for attending meetings.



**D. What if I need to change or end the sponsor/sponsee relationship?**

Keep it real by being honest.

Be aware that the sponsorship experience is not set in stone - be flexible and ready to make a change when necessary.

Let sponsee know from the beginning that changing sponsors is a part of the growing experience.

Ask your Higher Power through prayer and meditation for guidance. Express gratitude for the chance to experience the sponsor-sponsee relationship.

**Resources:**

Courage to Change, Pages 52 and 226 / Handouts  
AI-Anon/Alateen Service Manual

Serenity in Service, Paulette



## GROUP REPORTS

***Anderson Mill AFG***

We meet every Tuesday 7:30pm at Unity Church of the Hills, Anderson Mill Rd., Austin, TX. We have a healthy group comprised of 15-20 regular members of all ages. We average at least one newcomer each week, presenting a Newcomer's packet and a copy of How AI-Anon Works as our gift to them. At least one member volunteers to talk with newcomers after the meeting. Some decide to stay, others move on with the AI-Anon seed firmly planted.

The first week of the month we discuss a Step, Tradition or Concept. The second week is Open Discussion; third week is a Literature meeting. The fourth week we celebrate any AI-Anon Birthdays or a Speaker shares their experience, strength and hope.

If there is a fifth meeting in the month, we discuss a topic selected by the Chair, with a Steering Committee meeting immediately following. Our Group Conscience meeting is held two weeks later on the second Tuesday of the month.

Officer elections were recently held, with the position of Alternate Group Representative remaining open. Come join us to share in the laughter or shed your tears. Jennifer, GR

***Belton Steps and Traditions AFG***

Our group meets on Sunday evenings at 8:00 pm.m. We are doing a step per month at our meeting, January was Step One. Other weeks we are reading from How AI-Anon Works. This has opened up a lot of deep discussions and healthy conversations.

Sometimes we complete a whole chapter, other times only a page or two.

We can have as few as five and as many as 15 people in our meetings. We are all bonding well as a group. In our group, it is neat that we can agree or disagree with out having issues among our group members. We share our different opinions and open up new lines of conversation that gives all of us things to think about and discuss. Jennie S., GR

***Bridge to Shore AFG***

We meet Sunday evenings at 5:45 at River Ben Church. Our Sunday evening meetings average between 30 and 40 attendees. Our meetings are usually discussion meetings, with bi-monthly speaker meetings. Babysitting available at this meeting and new comers are always welcome! Otto., GR

**THE WORLD SERVICE website** for members is [www.al-anon.org/members](http://www.al-anon.org/members). The password is your group name, followed by "AFG" (Ex: faithafg). On the WSO member website, "Group Services" has many helpful links, including Group Guidelines, Group Change Forms and an online 2010-2013 AI-Anon/Alateen Service Manual. report any group change, please complete a Group Change Form.

The link to the editable Group Change Form: [http://www.texas-al-anon.org/Group\\_Services.html](http://www.texas-al-anon.org/Group_Services.html)

### ***Came to Believe AFG***

We welcome you to the Came to Believe AFG, which meets every Tuesday at 6:15 p.m. We are located at 120-B Commercial Parkway in Cedar Park, Texas. The third Tuesday of each month is a Tradition meeting. We celebrate Al-Anon birthdays at our regular meeting time at the end of each quarter throughout the year. All other meetings are Discussion Meetings with the chair choosing the topic. There is an open AA meeting in our same building at 6:00 p.m., so it's a great opportunity for partners to work on their recovery at the same time. We have approximately 20 active members. Please come visit, we would love to see you.

Joan G., GR

### ***Georgetown AFG***

The Georgetown Al-Anon Group meets every Monday night at the White House on the corner of University and College streets. We meet at 8:00 p.m. for an hour-long discussion meeting. We have an average of 20-25 members in attendance, with 2-3 newcomers per meeting.

Rebekah R., GR

### ***Georgetown WEST AFG***

Georgetown West meets at the Church of Christ. Meetings are 7 pm Thursday and 11 am Saturday. The first Saturday of each month is a step meeting. All members of have grown together and supported each other and our group by 100% participation of the many tasks involved when hosting this meeting. We also appreciated the help and support from the Williams Drive Al-Anon in hosting the District 6 Meeting on January 21. Hosting the meeting has promoted harmony, love, unity, and we've discovered that it has promoted all

of the principles of the twelve steps, traditions and concepts. Thank you for this opportunity to serve Al-Anon,  
Tasie A. GR

### ***Hope for Today AFG***

Hope for Today meets on Tuesdays at noon (4800 Convict Hill Rd, St Catherine Catholic Church). We keep growing - both in number, experience, strength, and HOPE! Visit us any Tuesday and maybe join us for lunch after the meeting, where we continue our sharing. The 1st & 3rd Tuesdays of each month are step meetings; the 2nd & 4th (if not the last) are discussions. The last Tuesday of each month is a Birthday/Gratitude meeting. A quote by one of our members: "There is a difference between giving up and letting go."

### ***Independence AFG***

Independence AFG meets at 7pm Friday nights at, 4425 Red River, at the Red River Church. We have a good mix of old comers and new comers as well as diverse ages, genders, races, and sexual orientations represented. We take turns around the circle with everyone getting a chance to speak. First Fridays are step meetings and Third Fridays are tradition meetings. We are an open meeting. We have good fellowship and sometimes go out together afterward to continue the conversation. Stop by and visit us; we'd love to welcome you! Thanks,  
Adrian,GR

### ***Just for Today AFG***

Our group had our first quarterly business meeting for 2012 and elected the new officers and the new area rep. Our new GR is Jayne G from Bastrop and our new ALT GR is Kate M from Bastrop.

At our last meeting in October our group voted to change our meeting format. As we have had many newcomers, it was decided that we wanted more open discussion meetings. We've changed our speaker meetings to twice a year, on the last Tuesday of January and July. Birthdays will be celebrated quarterly, starting in March for our January, February, and March members. We will continue to do Step meetings on the first Tuesday and a tradition and concept meeting on the third Tuesday. We have more "open topic" meetings, which we hope will be more newcomer-friendly.

We also discovered that we've been giving out the wrong PO box number, maybe we can now get mail from WSO and be reactivated! Our group keeps getting stronger, with an average of 15 members showing up weekly. If you're in Elgin on a Tuesday evening - join us at our 6:30 meeting place!

In Service,  
Jayne G., GR

### ***Live and Let Live AFG***

Our WSO number is now corrected and the group conscience has moved forward with establishing our business structure, such as establishing bank accounts, approving funds, dedicated to purchasing literature and determining the amount of contributions we can make to the District and WSO.

We have Al-Anon meetings at 8pm on Wednesday and Thursday. Our Thursday meeting is a Beginners' meeting. Our group conscience approved the introduction of a Speaker Meeting on the first Wednesday of each month. The first two Speaker meetings were very well received. We continue to have a full selection of literature for sale at our meetings.

The literature representative ensures that literature is restocked as necessary. Our attendance averages about nine attendees per meeting. This represents an increase in attendance after changing the Monday evening meeting to a Thursday Newcomers meeting.

### ***Living Gratitude AFG***

We generally have 15-30 people attending each meeting, with 2-3 newcomers per meeting. Our group passes out bookmarks that serve as phone lists for the newcomers. Our meeting has recently added the position of secretary and has retired and made clear the service positions available and criteria requirements necessary to volunteer in each position.

Chelsea L., GR

### ***New Beginnings AFG***

New Beginnings AFG is happy to be in our new location at Resurrection Covenant Church located at 1150 Mc Neil Rd. in Round Rock. We meet at 12:00 noon on Tuesdays. The 1<sup>st</sup> meeting of each month is a Step Meeting. The rest of the month the chairperson decides on the topic to be discussed. We also celebrate anniversaries on the last Tuesday of the month. We average 15-20 attendees. We are a growing group that would love to share out experience, strength and hope with you. . If you are looking for a noon meeting in the Round Rock area this is a great one. If you work in the area feel free to bring your lunch and join us.

The first Thursday of February we started a Newcomers meeting at the same location. We meet each Thursday at 7:00 p.m. The first thirty minutes consists of an

orientation for the Newcomers and at 7:30 p.m., followed by book study for the next hour where attendees have a chance to share. We are reading *How Al-Anon Works*. We have had a great turnout so far and hope any "Newcomers" looking for a Newcomers Meeting will join us.

Jackie B., GR

### ***Northland AFG***

The holidays are over and the number attending our regular meetings are back to normal. It always drops off some with people traveling out of town. Then we hear the rewards of the program when people in the meetings share how much better they handled their visit with their relatives. We have recently made it a point in our Monday night meeting Newcomer meeting (which is always well-attended), to point out that the first Wednesday of every month we have a speaker meeting. The first Wednesday of March, June, September and December, is our birthday meetings. We are hoping this will promote regular attendance at these meetings and will encourage our newcomers to show up and be inspired by the speakers and by those celebrating their birthdays in Al-Anon.

Sue Skaggs, GR

### ***Path to Serenity AFG***

Our groups meet on Tuesday evenings. Parking is available across the street at the Heritage Park parking lot. Each tues the newcomers time begins at 7:30 pm and the regular meeting begins at 8 pm. On the first Tuesday we discuss a step. On the second Tuesday the discussion may be on any Al-Anon topic. On the third Tuesday we discuss a tradition, on the fourth we allow time for the person/persons celebrating a birthday to share their personal story.

When there is a fifth Tuesday, we try to bring in a speaker to share experience, strength and hope. Some of us also meet informally on a separate evening for a book study of the Al-Anon book *Paths to Recovery*.

Jeanne D., GR

### ***River of Hope AFG***

River of Hope AFG meets Thursdays at 12:10 in the yellow portable building at Gateway Community Church. This is an open meeting, all are welcome to attend.

The first Thursday of the month we discuss a step. The third Thursday of the month we discuss a tradition. The second and fourth Thursdays are discussion meetings with the topic chosen by the chairperson.

Karen N., GR

### ***Round Rock AFG***

RRAFG meets Mondays and Fridays at 8pm at Stony point AA on Dawson Road. We rotate between step studies, open discussions and tradition studies on Mondays. On Fridays we rotate between open discussions and a book study. We just finished *Discovering Choices* and are now reading *How Al-Anon Works*. We typically have between 6-10 regular members and welcome newcomers with open arms.

Becky M., GR

### ***Steps to Freedom AFG***

Steps to Freedom AFG meets Saturdays at 9:00 am at Unity Church of The Hills on Anderson Mill Road. We are a step study group using *Paths to Recovery*, beginning with Step One in July. If we complete the designated step study before the end of the month, we study a tradition or concept for the remainder of the month.

We have twelve regular members and often have newcomers. The group conscience recently voted to ask a member to volunteer to speak with a newcomer after the meeting and to give them their telephone number. This has been extremely rewarding that that the newcomer seems to feel more at home and we have an opportunity for service. We also gift the newcomer with their choice of one of Al-Anon's daily readers. We recently elected new trusted servants and all positions are filled. In December we switched our bank account to a credit unit to avoid paying a newly instituted checking account fee.  
Alice M., GR

### ***Suburban Friends AFG***

This is our first report since 2008, and we're very excited about the growth of our seasoned family group. We have a new GR and ALT GR, and are now offering a Lending Library at our Friday and Saturday meetings. Our Friday meetings take each month to study a step, tradition, concept, and a Forum topic. On Saturdays we offer open discussion around our Al-Anon readers.

Members sign up to lead the meetings, which are well-attended.

We now have monthly business meetings, a newcomers committee (to guide us towards better serving our newcomers), and are planning a speaker meeting on Sponsorship in 2012. We still meet at St. Mark's Church on Breaker and Lamar, in the rear recreation building. A suggestion box helps to inform us as to what members would like us to focus on or add - such as posting event and monthly calendars, providing extra informational flyers, and emailing the business agenda and minutes to our members. Stop on by for some sharing, strength, hope, and laughter!  
Lorelei, GR

### ***Temple New Group AFG***

The Temple New Group meets on Thursday at 7:00 at Christ Episcopal Church. We are averaging about ten or more. We are still reading *Opening Our Hearts, Transforming Our Losses*. There is a lot of interest and discussion, which seems to be helping us to look at where we are today.

We have decided to do the Step of the month on the third Thursday and it gives us a little break from the book. Three groups share our mailbox. The Statement of Purpose was released 1981, and our Al-Anon answering service is paid for by four groups.  
Love in Al-Anon,  
Tally R., GR

### ***Temple One Day At a Time AFG***

TODAAT is alive and well! Our attendance has increased; we've been using *Courage to Change and How Al-Anon Works* for our discussion meetings. We meet on Tuesday at 8 pm At St. Luke's Catholic Church.

Our long-time leader of around 26 years recently relocated, so we've been busy with Group Conscience meetings that included the election of a GR, Secretary, and Treasurer.

Once again our group was blessed with yet another young person. We realized the need for an Alateen meeting in the Temple\*Belton Killeen area. We're beginning the process of starting an Alateen group in our area.  
Love in Al-Anon  
Gertrude S., GR

## **Courage to Change, Part One**

"Having grown up in an alcoholic home (my father) and with a mother who was physically abusive, I had lived most all of my life behind a wall of my own building ---, a wall that was keeping me prisoner to intense pain and holding me hostage to shame, anger, guilt, loneliness and mistrust, as well as to lies and untruths about myself.

Coming out from behind that wall took courage.  
Slowing starting to feel all the things I had stuffed took courage.  
Sharing and allowing others to see and hear my pain took courage.



The continual process of discovering who I am takes courage! Al Anon not only saved my life but gave me life - for that I will be forever grateful. Courage to change is letting the walls crumble, trusting in my higher power and allowing myself to discover who I truly am. K. N."

# Information Service Centers

## *AUSTIN AIS*

February 20, 2012 ~ Meeting Minutes

There were 21 people in attendance, and 12 representative voting members from the following AFGroups:

**Bee Cave, Courage to Change, Faith, Independence, Serenity Seekers, Serenity Trails, Suburban Friends, New Beginnings, Lakeway Tues. Noon, Hilltoppers, Westlake, and Northland.**

### Election of 2012 Chair.

Forrest volunteered to server as Secretary for 2012. Rosemary C. read the duties and eligibility of the Chair. Bill H. made a motion to waive the By-Laws

requirement of 2 years in the AI Anon program for Information Center officers. The motion was seconded and approved. Bill H. nominated Forrest for Secretary. Forrest was elected by 13 to 0 vote.

Paulette R. nominated Lorelei L. as Chair. Lorelei was elected by a 13 to 0 vote.

### Bylaws Revisions - Board Vote.

Sissy S. made a motion that the Bylaws not be voted on until they are finished. The motion was seconded and passed by a vote of 12. Liz N. made the motion to form a Bylaws Committee for 2012. The motion was seconded and passed by a vote of 14 yes. Current members of this Open Committee are Bill H., Judy W., and Kay C. Additional volunteers are welcome.

### Information Center Report.

Kitty reviewed literature sales and donations from December 5, 2011 -

February 20, 2012. Total literature sales and donations were \$14,129.19. Literature purchases totaled \$8,388.77.

Forrest, Secretary

## *WACO AIS*

Waco AIS is doing great. Our finances are strong. The HOT AFG is still hosting the New Beginnings AFG meeting on Thursday night at the DePaul Center from 7:30-8:30. Our attendance is small but the meetings are good. We are still getting help from some of the groups in Waco with the bills for the Yellow Pages ad, the pager, and P.O. Box. We still receive occasional donations from other groups in the district for which we are very grateful. We are still receiving many calls on the pager for information on meetings.

In Gratitude, Cindy C., Chair

## **Courage to Change, Part Two**

### **You Might Be Right - I Need to be in Service!**

"I need someone to attend the Information Center meetings for me, I can't do everything." Said my Group Representative. DANG, thought I, it's an imposition but its only one night every other month. How hard can it be? "OK," I replied, "I think I can do that, it doesn't sound like much. I can commit to that little bit." I attended my first Information Center meeting and was late as well as lost. The group was discussing concepts and issues that left me absolutely fogged. On the other hand, none of them were condescending or domineering so I left my first IC meeting with a warm feeling of accomplishment, a noble sense of having served, and a willingness to return.

"I can't make the District Meeting and we don't have an Alternate GR. Is anyone willing to do it?" DANG. Not again! But the Info Center wasn't so bad, I might as well volunteer. "OK, I'll do it." I nobly inquired. My preferred memory is that I smiled gently and calmly asked what needed to be done. Rigorous honesty and a deep desire to recover demands that I note the growling, sighing, rolling of eyes and other signs of martyrdom that accompanied my acceptance. Once again, I was called upon to save the world. At least I had experience.

My GR would not be able to go with me but she assured me that the folks I would meet would be most helpful. She was right, the other GRs took me under their collective wing and gently guided me through the district area process, helping me understand the next challenge; hosting a district meeting.

With every new event and challenge, my long suffering family tolerated my moaning and groaning. Oh how put upon I was! Oh the travails! The suffering! Yet with every area meeting and event, my circle of family grew,

*(continued on page 14)*

# 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.

<b>AL-ANON INFORMATION CENTER</b>  1030-G S. LAMAR AUSTIN, TX 78704 (512) 441-8591	<b>AIS WACO AREA</b>  PO BOX 8374 WACO, TX 76714 (254) 808-4757	<b>DISTRICT 6</b>	<b>EAST TEXAS AREA ETAAA</b>  www.texas-al-anon.org	<b>WORLD SERVICE OFFICE AFG, INC.</b> 1600 Corporate Landing Pkwy VIRGINIA BEACH, VA 23454-5617 (1-800 -344-2666) www.al-anon.alateen.org
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## District 6 Service Committee

### Officers

**DISTRICT REPRESENTATIVE**  
Paula H.

**ALTERNATE D.R.**  
Stephanie S.

**SECRETARY**  
Cindy C.

**TREASURER**  
Michelle K.

### Coordinators

**ALATEEN**  
Jayne G.

**ARCHIVIST**  
Tally R.

**FORUM / LITERATURE**  
Jackie B.

**NEWSLETTER**  
Paulette R.

**PUBLIC OUTREACH (South)**  
Judy W.

**PUBLIC OUTREACH (North)**  
Steve J.

**SPANISH COORDINATOR**  
Martha H.

**Texas Website: [www.texas-al-anon.org](http://www.texas-al-anon.org)**

*(Courage to Change, Part Two, continued from page 13)*

my understanding of the program grew, and my love and acceptance of people grew. When I was asked to stand as the GR, I accepted. Why not? I would be at every meeting and event I could make, I might as well represent the group. My family sighed with relief. My willing acceptance was accompanied by a marked decrease in whining about my sainthood.

I came to Al Anon because when anyone disagreed with me, or worse, disrespected me, I became enraged. Rage is my worst character flaw and the part I most want healed. I fear conflict not because of what others do but because of my response. After several months of service work, I discovered a new behavior. I found myself identifying with the emotion of the person that disagrees with me. I find that I have received "detachment with love" as a free gift from a loving G-d. Ok, that rigorous honesty again. Not EVERY single time it occurs but enough for people to ask me, "What's happened to you?" "Al Anon." I say, grinning.

Many of us see service as our "last step," the thing we do once we are mature in the program. Not for me! I'm not in Service to give back. Service is how I grow, how I take. Service takes me out of myself and allows me to see how the program works. When a fellow Al Anon is voicing a strongly held opinion and questioning my motives, morals, and/or ancestry, I don't have to respond sarcastically or have a fight. I really can change! I can listen and let it go (OK, 75% of the time). Lorelei

# Ask-It-Basket Q&A

**Q: What is the Ask-It-Basket for?**

**Q: Who answers the questions?**

**A:** The Ask-It-Basket is passed around at District and Assembly meetings. It is intended to answer a question on or about Al-Anon. The only bad question is the one that is not asked. Then the basket of questions are passed out by the DR to individuals that are willing to or actually know the answer to help answer.

**Q: How long does one need to be a member to volunteer for sponsorship?**

**A:** This question was addressed in the workshop this morning. I really suggest that you read the answer to that question. Now: the answer varies. As our group discussed this morning, not all groups or small cities have people in the program for a long time so we suggested that the sponsor has worked the steps or at least the first three steps. We can work with each other being a sponsor to each other if others are not available.

**Q: Is it okay to "forward" the district e-newsletter to others in the group?**

**A:** Yes. Use the copy on the Texas Al Anon website: [www.texas-al-anon.org](http://www.texas-al-anon.org)

**Q: What is a service sponsor? Do I need one?**

**A:** Service Manual page 47, whole paragraph. Also reference to Publication: P-88 Service Sponsorship-Working Smarter Not Harder

**Q: Can an Alateen become a sponsor?**

**A:** According to page 46 of the Service Manual, "Sponsorship is mutual and confidential sharing between two Al-Anon or Alateen members." An Alateen cannot, however, become an Alateen Group Sponsor according to the requirements of Area 53. The second requirement (on page 2) is that the Al-Anon Member Involved in Alateen Service is at least 21 years of age.

**Q: What makes a meeting open or closed?**

**A:** Page 38 of the Service Manual.

Observers are asked to identify themselves, then within a group vote it determines if they can stay.

**Does your home group have an e-mail list? Is this a suggested thing to do? If so, how do we start one?**


**A:** Pg. 43-44 in the Service Manual. Suggests the Secretary keep an updated list of members and their telephone numbers. Creedmoor does keep a listing of telephone numbers and e-mail addresses. When a new member arrives we ask or invite them to share their phone number and e-mail address.

**Q: The DR mentioned many websites - Is there a list? If not, could such a list be compiled?**

**A:** These are listed in the District Newsletter. I will be happy to compile a list as well.



Cindy C., Secretary

<p><b>NEW! Al-Anon Faces Alcoholism 2013</b> -Al-Anon Faces 2013</p> <p>Order online Download form</p> 	<p><b>Sponsorship - Working Together to Recover</b> - speech by Lois W. Bill W's talk excerpt from the 1967 Conference Digest</p> <p><b>Sponsorship Bookmark (M-78)</b> Order online / Print order form</p>	<p><b>For Members &amp; Groups</b></p> 
<p>To Order: <a href="mailto:wso@al-anon.org">wso@al-anon.org</a> Al-Anon Podcasts: <a href="http://al-anonfamilygroups.org/Podcasts/FirstSteps">al-anonfamilygroups.org/Podcasts/FirstSteps</a></p>		

› *Just for today . . . I will focus on what I can control, not on the things I can't control. I will also realize that the only one I can truly control is myself.*

il.

