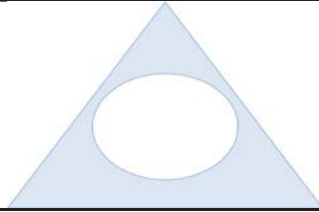


District 6



Newsletter

Spring, 2013
Vol. 26 ~ #2

District Meeting Schedule

Breakfast/Fellowship	8-9 am
Call to Order	9 am
District Workshop	9:30 am
Business Meeting	11:00 am
LUNCH	NOON
Business Meeting	1:00 pm
Continues	



In This Issue. . .

- 2.....District Mtg Directions
- 3.....Letters to the Editor
- 3.....AFG Announcements
- 4.....Officer Reports
- 7.....Coordinator Reports
- 10....District Workshop
- 12....AFG Reports
- 14....AIS Centers
- 16....Ask-It-Basket
- 20....Events

Next District



Meeting

APRIL 20, 2013

**FIRST METHODIST CHURCH
216 WEST 3RD STREET
ELGIN, TX 78621**

Hosted by Wimberley AFG

A Journey of Self-Awareness...

“The stories of my brothers and sisters in the fellowship let me know that I am not alone, that I never was alone. The rooms are filled with a safety and unconditional love I did not know as a child. Our program has taught me about the family disease of alcoholism and given me the gift of forgiveness as I come to see that my parents parented as they were parented and were incapable of giving me what they did not have to give. I can love them in a way I never thought possible. I can begin to see them as God sees them, as God sees all of us, human and fragile and worthy of amazing love and forgiveness.

One of the most wonderful gifts of the Alanon program has been the dawning self awareness I am experiencing. I am 52 years old and have been in the program for 2 ½ years. I grew up in a home dominated by alcoholism. I learned to keep secrets, deny reality and be seen and not heard. Healthy communication was nonexistent so I learned to anticipate and predict the moods of those around me through facial expressions, body language or how a door was shut or a pot was banged. At a young age my head was already working overtime...”

continue on page 11

IMPORTANT DATES

<u>May 17-19</u>	<u>ETAAA, Victoria, TX</u>
<u>May 31-June 2</u>	<u>TEAAC, Gonzales, TX</u>
<u>July 5-7</u>	<u>AI-Anon/Alateen International Convention</u>
	<u>Vancouver, B. C., Canada</u>
<u>July 20</u>	<u>District 6 - Pflugerville, TX</u>
<u>October 20</u>	<u>District 6 - TBA</u>
<u>November 1-3, S. Padre Island, TX - ETAAA</u>	



DISTRICT MEETING DIRECTIONS

WIMBERLEY PRESBYTERIAN CHURCH
956 FM 2325
WIMBERLEY, TX

Hosted by Wimberley AFG



From Interstate 35 - Take Exit 202 W, Ranch Road 12 to Wimberley. Note from I35 to Hunter Road, RR 12 is also "Wonderworld Drive." Stay on RR 12 for 16 miles, turn left on FM 2325 (third stoplight). Go almost a mile and the church is on your right. From Oak Hill - Take 290 W to Dripping Springs. Turn left on Ranch Road 12. Go 15 miles, turn right on FM 2325. Go a mile and the church is on your right.

Officers

Paula H
DISTRICT REP

Sissy S
ALTERNATE DR

Cindy C
SECRETARY

Michelle K
TREASURER

Coordinators

Jayne G
ALATEEN

Rebecca M
ARCHIVIST

Jackie B
FORUM / LITERATURE

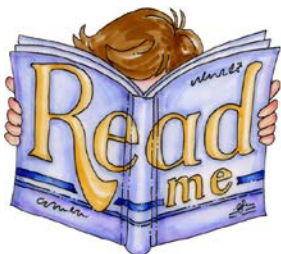
Paulette R
NEWSLETTER

Judy W
PUBLIC OUTREACH SOUTH

Steve J
PUBLIC OUTREACH NORTH

Maria H
SPANISH COORDINATOR

DISTRICT 6 SERVICE
COMMITTEE



DISTRICT 6 NEWSLETTER SUBSCRIPTION

"Every group ought to be fully self-supporting, declining outside contributions."

The District 6 Al-Anon/Alateen Newsletter is published quarterly. Groups receive this newsletter free. Suggested individual contributions are \$11.00 per year for a subscription, which help cover publishing costs.

District 6 Newsletter Subscription Form

Name _____ Home Group _____ Email _____
Address _____ Telephone _____
Send your check/form to: Michelle Krier 12807 Turkey Run Austin, TX 78727 Attn: Newsletter

Please email the District 6 Newsletter Editor, to confirm your subscription at: p.reynolds@live.com



Letters to the Editor

...from our Al-Anon/Alateen Members

Dear District 6,

Thank you! thank you! thank you! for all the support that was given to the All Texas Al-Anon Alateen Conference (ATAAC). We had great speakers, food, raffle items, hospitality and fellowship all because of your hard work and participation. We had over 500 registered!!!

On a personal note, I was moved and spiritually inspired by all the speakers. They all touched my heart in different ways.

Love in Service,
Kay C.
ATAAC Chair

Hello District 6,

I recently attended ATAAC as an Alateen Chaperone. What a privilege to sit with these young people and listen to them speak their truth. Watching them acknowledge and affirm each other's feelings knowing they are safe to share and they are not alone. What really struck me was how self aware they are. They are aware of what motivates their reactions at a level I hope to reach someday in my recovery. They are such an inspiration and I am blessed to able to play a part in breaking the generational dysfunction that so many of us are a part of. I am also humbled to know my recovery will benefit simply by being of service to them.

Terry, AMIAS, Hope Alateen



AFG ANNOUNCEMENTS

New Groups:

Highlanders AFG	Highland Park Baptist Church 5206 Balcones Drive	M/W/F 12:30 p.m. Austin, TX
Hope Alateen	The Yellow House 120 B Commercial Parkway	Sundays 1:00 p.m. Cedar Park, TX
Let It Begin with Me AFG	United Methodist Church 650 Royal Street	Sundays 6:00 p.m. Salado, TX
Main Street AFG	Eastwood Baptist Church 2518 East Main Street	Tuesdays 6:00 p.m. Gatesville, TX
Wimberley Alateen	Wimberley Presbyterian Church 956 FM 2325	Thursdays 5:30 p.m. Wimberley, TX

Discontinued:

Courage to Change

Briggs, TX

Correction:

Hornsby Bend Serenity Seekers in Austin is active! The Winter issue misprinted that it was "discontinued".

DISTRICT 6 SERVICE COMMITTEE REPORTS

Officer Reports

DISTRICT REPRESENTATIVE REPORT

Thank you, Just for Today, for hosting the January 26 District Meeting! Great fellowship and fun! I am grateful that so many folks attended, and I was thrilled to see so many new faces. I hope everyone will be able to join us April 20 in Wimberley for the next meeting.

In November, 2012, I attended the East Texas Area Al-Anon/Alateen Assembly in San Antonio, TX. More than 25 people from District 6 attended the Assembly; we had 21 voting GR's present. From 2009-2012, with the exception of only 2 Assemblies, District 6 has had the most attendees at all the East Texas Area Al-Anon/Alateen Assemblies. Kudos to District 6 for being so passionate about service! The passion for service is contagious because at the November Assembly, Sarah E. of Ride to Sanity Alateen in Bastrop, was elected as our new Area Alateen Liaison to Area 53! Thank you, Sarah, for stepping up to this position and for being willing to serve. (Sarah attended her first Area World Service Committee meeting in Alvin, TX, on January 19, 2013.) Linda B. from San Marcos was chosen to be on the literature committee. This committee reviews submissions for new Al-Anon literature. Thank you, Linda!

At the November Assembly, District Representatives from the 13 Districts met to discuss some common issues. Two main concerns arose from that discussion: the importance of service for connectivity and communication and issues with people in service positions who are not fulfilling their responsibilities. Some ideas that were generated regarding these concerns were that districts could host "A Day in Al-Anon" with speakers and workshops to get people excited about service. Ideas generated about people not fulfilling their service responsibilities were to hold group conscience discussions, to consult the 2009 and 2012 World Service Conference Summaries, and to set policies for attendance at meetings.

Bill H. from District 6 volunteered to chair a committee on Area restructuring. The committee has met and will be meeting in the future. Thank you, Bill!

Thank you for allowing me to service as your District Representative.

With gratitude in Al-Anon service,
Paula H.

SECRETARY REPORT

DISTRICT 6 MEETING MINUTES January 26, 2013

Hosted by Just for Today AFG ~ Elgin

The meeting was opened at 9:10 by our District Representative, Paula H., with the Serenity Prayer and our Three Legacies. Paula and Jayne G. made some announcements. There were seven new attendees, three of whom are new Group Representatives. Introductions were made. The donation basket and Ask-It-Basket was passed.

Business Meeting:

Officer and Coordinator reports were given. There was a discussion on Newsletter Guidelines concerning copyrights, the Internet, and reprints. This information can be found on pages 103 and 104 in our 2010-2013 Al-Anon/Alateen Service Manual. Bill H. gave an update on Area Restructuring. The District Inventory discussion was concluded. It was announced that the donation basket contained \$184.00. Discussion was asked for on the 2013 Treasury Budget. It was decided that the Alateen Liaison Coordinator position would be left as a line item on the budget but the dollar amount would be zeroed out. The 2013 Treasury Budget was voted on and passed unanimously. Paula then announced that Michelle K., our District Treasurer, was considering stepping down due to personal issues. More discussion will be held after lunch.

Discussion was asked for on the District Newsletter subscription issue. Paulette R., District 6 Newsletter Editor stated that the previous quarter the cost for 107 subscriptions plus 40 extra that the printing company printed came to \$550.00. Some members can't get the newsletter by e mail. It was suggested that it could be read at a group meeting, left at the meeting to share with those not present, or members could take it home and read it. It was also mentioned that since it is on the computer, members could go to the Public Library and read it on the library's computer. Discussion will continue after lunch. We stopped for lunch at 12:15.

The afternoon session began at 1:10. Paula talked about the sheet of acronyms she had provided for everyone. She held a raffle and gave away two Al-Anon books. Cindy C. won Many Voices, One Journey, and another Cindy won How Al-Anon Works.

Discussion was resumed on the Newsletter issue. A motion was made by Joan G. and seconded by Sheila G. It stated: I move that our policy concerning the distribution of the newsletter be as it is currently stated in the most recent copy of our newsletter. Each group gets one copy free. Individuals may subscribe. The motion was voted on. It passed with 24 For, 1 Against, and 0 Abstaining.

The District Treasurer issue was resumed. Michelle K. decided that she would continue until further notice. Thank you, Michelle, for your service.

Group reports and updates were given. Shelley and Rosemary gave updates on the upcoming All Texas Al-Anon/Alateen Conference (ATAAC). A workshop on Alateen was presented by Jayne G., our District Alateen Coordinator. She is also a member of our host group, Just for Today AFG. Future district meetings were discussed. Our next meeting on April 20, 2013 will be in Wimberley hosted by Wimberley AFG. The summer meeting will be held July 20, 2013 in Pflugerville hosted by Paths to Serenity AFG.

The meeting closed at 3:15 with the Al-Anon Declaration.

Respectfully submitted, Cindy C. Secretary

Treasurer's Report

2013 D6 Treasury

<u>INCOME</u>	<u>PLAN</u>	<u>1ST QUARTER</u>
<u>D6 Basket Collection</u>	<u>600</u>	<u>184</u>
<u>Group Donations</u>	<u>6775</u>	<u>2286</u>
<u>Newsletter Subscriptions</u>	<u>100</u>	<u>54</u>
<u>Misc / Other (Kristi Fund)</u>	<u>50</u>	<u>0</u>
<u>Total Income</u>	<u>7525</u>	<u>2524</u>

<u>Expenses</u>	<u>Plan</u>	
<u>Alateen Coordinator</u>	<u>500</u>	<u>166.57</u>
<u>Alateen Liason Coordinator</u>	<u>0</u>	<u>0.00</u>
<u>Archives</u>	<u>75</u>	<u>0.00</u>
<u>Rent</u>	<u>1000</u>	<u>?</u>
<u>DR Expenses</u>	<u>1000</u>	<u>211.94</u>
<u>Alt. DR Expenses</u>	<u>500</u>	<u>0.00</u>
<u>Secretary Expenses</u>	<u>50</u>	<u>0.00</u>
<u>Treasurer Expenses</u>	<u>50</u>	<u>5.00</u>
<u>Newsletter Editor</u>	<u>50</u>	<u>0.00</u>
<u>Forum/Literature</u>	<u>50</u>	<u>0.00</u>
<u>AMAIAS</u>	<u>50</u>	<u>0.00</u>
<u>Newsletter</u>	<u>2400</u>	<u>569.13</u>
<u>Public Outreach North</u>	<u>500</u>	<u>422.44</u>
<u>Public Outreach - South</u>	<u>1000</u>	<u>0.00</u>
<u>Spanish Coordiantor</u>	<u>0</u>	<u>0.00</u>
<u>P.O.S.S.E. Scholarship</u>	<u>200</u>	<u>0.00</u>
<u>Miscellaneous</u>	<u>100</u>	<u>0.00</u>
<u>Total Expenses</u>	<u>7525</u>	<u>1,375.08</u>

RESERVES

<u>Int'l Reserve</u>	<u>2793.4</u>
<u>T.E.A.M.</u>	<u>171.51</u>
<u>Prudent Reserve</u>	<u>7633.66</u>
<u>Kristy Fund</u>	<u>1550.08</u>

THE BEACON

Our Area's quarterly
newsletter - \$6.00

www.texas-al-anon.org



Coordinator Reports

ALATEEN

For this past quarter has seen some exciting work! We have been able to have more meetings in our district. In October, members of Cedarpark, Westgate, Elgin and Wimberly received their AMIAS status and attended a training session held in November. These new a.m. IAS have been working on their next certification step of going to six Alateen meetings.

I discussed with an area Alateen Coordinator a technique she uses to successfully get group sponsors certified and Alateen meetings started quickly. I'm working out the details with Cedarpark and Wimberly members.

Our next training workshop will be held in March, POS SE, held in Gonzalez, Texas. The area Alateen committee is still at work we are currently looking at certification process and hope to come to some consensus regarding a few of the current requirements.

In-service, Jayne

ARCHIVES

Thank you all for trusting me with your history! I am looking forward to exploring District 6's past experience, strength and hope for the future.

From this point forward in lieu of reporting activity, when there is none to report, I will share a tidbit of information from the AI-Anon historical timeline or a quote or sharing I feel is significant in some small way to the history of AI-Anon. The following is one of my favorite quotes from our beloved co-founder Lois W. Thank you for affording me the opportunity to serve.

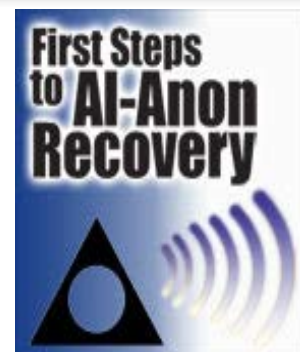
"I believe that people are good if you give them half a chance and that good is more powerful than evil. The world seems to me excruciatingly, almost painfully beautiful at times, and the goodness and kindness of people often exceeds that which even I expect." -Lois W.

Rebecca M.



Inspirational

Annual Subscription \$11.00
Austinalanon.org



Informational

PODCASTS...PODCASTS
www.al-anon.alateen.org

PUBLIC OUTREACH SOUTH

A BIG Thank You to all that supported the following Accomplishments during the last three months! Without you, Public Outreach would not be possible. If you are interested in getting involved, please contact Judy W.

“WE” Accomplishments:

- 1) The Saturday Closed Parent's Meeting at the Phoenix Academy Juvenile Center continues to meet weekly with Al- Anon volunteers. This facility houses children coping with drug/alcohol addictions. The Great Hills group has been donating literature and packets. The Center has agreed to help buy Alanon materials.
- 2) Conducted two visits to Phoenix Academy Juvenile Center to support their Outpatient clients.
- 3) Held 2 three-panel member speaking events for monthly family support day at the Austin Transitional Center Family Day in Del Valle.
- 4) Two Alanon male members names were shared with the Hilltopper Lockhart Men's Prison focal point. Additional male members are needed to attend one Wednesday meeting/month at the Lockhart Prison facility.
- 5) Two Alanon members supported visits to the Texas Civil Correction Drug Court.
- 6) Provided support for speaker meeting for the Pflugerville Paths to Serenity Group.
- 7) Met with north Austin Recovery Center focal point facilities to learn more about this location's needs.
- 8) Upcoming events include preparation for the Annual Women's Resource Fair on Saturday, 3/23. Eleven members have committed to attend one of two shifts including five bi-lingual members.

If you or your group is also doing something for Public Outreach, please share! We love to hear those stories, get your ideas, and are also here to support you if you need help.

Love in Service,
Judy W.



SERVICE ARMS REPRESENTATIVES

**AL-ANON INFORMATION CENTER
AIS WACO AREA
DISTRICT 6 -
EAST TEXAS AREA (ETAAA)
WORLD SERVICE OFFICE (WSO)**

6301 Manchaca Rd / Austin, TX 78745 - 512-441-8591
P. O. Box 8374 / Waco, TX 76714 - 254-808-4757
c/o Michelle Krier (see "Officers - Treasurer")
www.texas-al-anon.org
www.al-anon.alateen.org - 1-800-344-2666

These service arms rely on donations from groups and individuals. Please remember to indicate your group number, so group contributions can be acknowledged. Personal contributions are also gratefully accepted, please contact the corresponding service arm to make your donations.

PUBLIC OUTREACH NORTH

Greetings from the north part of the district, mostly bell and McClennan counties. We continue to meet most first and third Mondays of the juvenile detention center, in Waco, with the parents and guardians of trouble teens.

Two weeks ago we had a very successful mail out to professionals in the greater temple/Belton area. Thanks again to the members of the one day at a time AFG, in Temple, for coming. Thank you too for bringing the delicious breakfast snacks and preparing some 90 packets! Hopefully this mail out has informed many clergy, school counselors, law enforcement officers, attorneys, all that we are here to help those who been affected by someone else's drinking. As of a few days ago, only two packets were returned undeliverable.

Waco is planning a mail out, since it is been some 4 to 5 years since we last had one. Thank you again for letting me Serve in this capacity.

Steve

FORUM / LITERATURE

The world Service center still needs you to share your experience for the new book, intimacy and alcoholic relationships.

Al-Anon's newest publication, the legacy workbook (in English, Spanish, and French) will be available at the Al-Anon Alateen international convention in Vancouver in July.

Short stories for the forum always needed. The forum is a monthly publication that is the voice of Al-Anon. Your group should receive a free copy each month or you can subscribe and have your own personal copy for just \$11 a year.

Jackie B.

NEWSLETTER

From January's District 6 Meeting:

"Discussion was resumed on the Newsletter issue. A motion was made by Joan G. and seconded by Sheila G. It stated:

I move that our policy concerning the distribution of the newsletter be as it is currently stated in the most recent copy of our newsletter. Each group gets one copy free. Individuals may subscribe. The motion was voted on. It passed with 24 For, 1 Against, and 0 Abstaining."

I hope this answers the many thoughtful questions the membership may have - for now...grin.

Serenity in Service,
:) Paulette

AL-ANON DISTRICT 6 WORKSHOP

ALATEEN ~ Facilitated by Jayne

Public Outreach : the challenge of attracting teens to the group

- Getting the word out about Alateen is an ongoing challenge.
- Work with area Alateen coordinator, District/AIS Alateen, and Public Outreach contacts and committee.
- Plan public outreach to:
 - Al-Anon groups
 - AA groups
 - Schools
 - Community
 - Local events such as health fairs etc.
- Participate in local / area service meetings. Demonstrate that Alateen is part of Al-Anon.
- Encourage Alateens to attend local fellowship events, in compliance with area Alateen safety and behavioral requirements.
- Work with your local District / AIS public outreach committee to help get the word out to schools, professionals, and the community.

Did you know...

Every Al-Anon member involved with Alateen service must:

- a. Be an Al-Anon member regularly attending Al-Anon meetings.
- b. Be at least 21 years old.
- c. Have at least two years and Al-Anon, in addition to any time spent in Alateen.
- d. Not have been convicted of a felony, not of been charged with child abuse or any other inappropriate sexual behavior; and not have demonstrated emotional problems which could result in harm to Alateen members.
- e. There must be at least one Alateen sponsor at every Alateen meeting.
- f. The area requirements must prohibit overt or covert sexual interaction between any adult and Alateen member.
- g. The area requirements must prohibit conduct contrary to applicable laws.
- h. The area requirements must contain procedures for parental permission and medical care when applicable.
- i. The area requirements must be reviewed by local counsel.

Other points for the areas to think about in developing their requirements:

1. Required two Alateen sponsors at every Alateen meeting.
2. Conduct background checks.
3. Consider behavior before, during, and after any Alateen meeting or activity of Alateens and adults involved with Alateen service.

4. Connecting Alateen conferences to the area structure.
5. Conducting Alateen meeting that meet at the same time and place as the Al-Anon meeting.
6. Be gender conscious.
7. Avoid one-on-one interactions.
8. Have appropriate ratio of adults to Alateens at all times.
9. Transport teens to and from events.
10. Provide educational awareness and training programs.

Jane then reviewed the Alateen Service certification process, referring to the application and related forms.

(continue from page 1)

“My exposure to the concept of God was limited to being told by my parents that He created everything I could see and that He shows favor to little boys who mind their parents, and keeps track when you did not, and you didn’t want too many marks in the bad column. As the disease progressed and my father’s reaction to it intensified, it was obvious I was accruing more black marks and to me I seemed unable to do right. I was anxious and fearful and in my mind I was flawed and that pervasive sense of shame and fear followed me unseen, underpinning my reactions to people, places and situations into adulthood.

Distrusting and fearful I struggled to initiate and maintain relationships but found security in isolating myself and thinking; usually about an unknown unsafe future with time running out to accomplish what I felt I had to do in order to be validated.

For most of my adult life I never connected my anger and self-consciousness to my dysfunctional childhood. I honestly figured I was mentally ill and too self-sufficient to talk about it or try to address it. I did not realize I was trying to control all aspects of not only my life but yours if you came into my life. In my mind I was being loving and helpful, self sacrificing and giving. For years I self medicated with alcohol, food and work.

Alanon has given me a life. A life I could never imagine, freedom and happiness I could never conceive of. I love our slogans: “Progress not Perfection” and “Let Go and Let God” are two of my favorite slogans. Working the steps has brought me in touch with a Higher Power who loves me and encourages me beyond anything I could imagine. I feel his amazing grace safely envelope me as I turn to face him daily in prayer and meditation asking only for knowledge of his will and the power to carry it out.

God has put amazing people in my path. My sponsor has shown me it is safe and proper to ask for help and guidance. He is one of those beacons of light and has profoundly impacted my life. God has also brought opportunities I could never imagine to me as I recover and grow.

My home group is Hope AFG in Cedar Park just outside of Austin. Locally known as “The Yellow House”, this facility hosts another Al-Anon Group as well as many AA meetings. This March we are beginning a new Alateen meeting here. A friend from my home group and I became certified Alateen sponsors in February and Hope Alateen is now registered with WSO! We purposely scheduled our meetings for Sundays at 1:00 PM to coincide with an Al-Anon and an AA meeting, “Family Recovery for the Family Disease of Alcoholism.”

If you happen to find yourself in Cedar Park, north of Austin on a Sunday at 1:00 PM, stop by 120-B Industrial Parkway and the Yellow House. There is a meeting for everyone. My name is Terry and thank you for letting me share.”

Alateen Group Reports

Ride to Sanity Alateen BASTROP

Hi I'm Sarah and I'm a proud member of the ride to sanity family group of Bastrop, Texas. We have a lot of regulars, including me this past year we were blessed with some new comers we have a newcomer that I've known for about a year and she came to her first meeting last Monday! We have accomplished a lot over the past year, and I'm proud to be an Alateen. We are all thankful for our Alateen sponsors for being there through thick and thin, get a hand for Wayne and Laurie. Thank you for coming to our District 6 meeting. **Sarah, GR.**

AFG Reports

Georgetown AFG

Georgetown Al-Anon meets every Monday night at 8:00 p.m. at the White House on University Drive in Georgetown. We are a discussion group and average about 15 in attendance. We also meet at the same time and in the same building as Georgetown Alateen.

Rebecca, GR

Heart of Texas AFG - Waco

Recently, we decided to be a little more organized, sign-up to chair the meetings, rather than looking at each other to decide who was going to get us started. Typically, we discussed one of the character traits found in the Blueprint for Progress Step Four Workbook, Al-Anon's fourth step inventory, a couple of weeks a month. We have two or three faithful members who continue to host most of the New Beginnings meeting, held at one of the local treatment centers. If you're in Waco on a Monday evening, give us a call we would love to have you join us at one of our meetings. **Steve**

Just for Today AFG - Elgin

Wow, the holidays came through when we actually had members show up for meetings on Christmas Day and New Year's Day! Okay the meetings were tiny but we had great meetings! We had our annual group position elections at our last group conscious and now have a full slate. We wanted folks to be able to have more opportunities to do service, so we invented a new position - Newcomer Greeter! Their responsibilities are to call the newcomer after the meeting and express our gratitude that they came and we hope to see them again at the next meeting. One newcomer came and said it was a very nice gesture. This position will rotate every month. Otherwise, we're still here and were still getting and keeping newcomers. Come and visit!

In Service, Jayne

Living Gratitude AFG

We remain at a healthy participation level of 15 to 25 members per meeting. We had some issues of closure of our meeting facility during the holidays, but were able to meet at an alternate volunteer group members homes on these dates.

New Beginnings AFG – Round Rock

We have a regular attendance of 10 to 16 people. If you live in the Round Rock area and are looking for a noon meeting, we invite you to try our meeting. The Thursday meeting is for newcomers, each newcomer is given a copy of How Al-Anon Works. We will celebrate our one year Anniversary in February. We feel the first year was a great success and we're looking forward to the coming year. **Jackie B., GR**

Round Rock AFG

RRAFG meets on Mondays and Fridays at 8pm at Stoney Point AA, located at 31 Dawson Rd. Our meeting format rotates between Steps and Traditions on Monday nights and Book Studies and Open Discussions on Friday Nights. When there is a 5th Friday, we listen to a Speaker Tape. Birthday night is the 4th/last Friday of the month. Our facility does not have running water and the only restroom available is a port-a-potty. There is a near by convenience store as an alternative restroom. We are currently looking for an alternative meeting space as we have received notice our facility may be closed soon without notice. We normally have 8-10 regular members and welcome new comers with open arms.

Steps to Freedom AFG

Our group has a steady attendance of 15-20 members and often includes newcomers. The meeting is a book-study group studying a step, tradition or concept from Paths to Recovery-- beginning with Step One in July. When there is a fifth Saturday in the month the meeting is on boundaries. In January we filled all our service positions. The group conscience voted to give newcomers a copy of How Al-Anon Works paperback version, instead of their choice of a daily reader. On the first Saturday of the month we have a fellowship brunch at Rudy's.

Gratefully yours in Service, Alice M. GR

Suburban Friends AFG

Our newcomers meetings are seeing a lot of growth. There was lots of resistance to business meetings last year, so this year we reduced the meeting time to 30 minutes. We'll see if attendance increases, but it seems it already seems to be increasing! Our newcomers meetings have gone from six topics to a five topic cycle: Introduction to Al-Anon, Slogans, The Steps, Alateen, and Sponsorship. We will evaluate how effective this is at our April Newcomers Committee meeting. Our step study has now developed into using Paths to Recovery, the Forum Magazine, and selected passages from the many fine books that we have in our ever-growing lending library. **Lorelei, GR**

Temple One Day At A Time AFG

Our alternate GR (with the assistance of Public Outreach North) organized a successful outreach activity in January. We answered the call to send mailings to professionals in our community. Members participated in the January District 6 meeting in Elgin and the February ATAAC in Austin.

Love in Al-Anon, Gertrude S.

**JUST FOR
TODAY**



AL-ANON INFORMATION CENTER - AUSTIN / WACO

Austin AIS

At our last Board Meeting, January 21, we approved the Information Center By-Laws and the 2013 budget. We also received both a Treasure and Literature report. We are in good standing. The Information Center takes on average 4 calls/day and sees 2 walk-ins. Our next IC Board meeting is scheduled for March 18th, 6:30pm. **Judy**

WACO AIS

Our Information Service in Waco is stable. We are still supporting the Thursday night New Beginnings AFG at the Providence DePaul Center. Our attendance has been small but consistent. Members of the HOT AFG in Waco are still hosting this meeting. We receive financial support from only two groups in Waco (out of four) and for this we are very grateful. We still receive donations from other groups in the district and we are very appreciative - It helps us to pay the bills for the Yellow Pages ad, the Post Office box, and the Pager. We still receive a fair number of calls on the pager, some of which are from the Spanish-speaking community. These calls are always referred to a member of the TECAM AFG who is Hispanic. Her name is Ludi, and she returns these calls and communicates with these people. We hope to have a Spanish-speaking group one of these days, if there is enough interest. The AIS and Public Outreach have provided her with Spanish language daily readers, pamphlets, etc., should the need arise. The AIS, being an Information Service only, cooperates with the Public Outreach Coordinator for our northern part of the district in whatever way we can.

In grateful service, Cindy C., Chair

IT

ASK



BASKET

Q: How can we “recruit” more Preteens and Alateens?

A: To get more Alateens to participate, pages 47 and 48 in the service manual offers valuable suggestions. You can start interacting with the parents and possibly talk to the teens, and add some fun activities. To get them to go to district meetings, you can encourage them to write or make something to show that they’re needed, because the simple truth is most Alateens don’t feel they’re needed.

Q: How long does a member have to attend meetings before they can serve as Group Representative? Or any office? Is a sponsor required? Is having worked the steps required? Also - we’re aware that a double winner cannot serve as GR, our group debates this constantly.

A: Please use the service manual as a guide for this group of related questions. And yes, members of Alcoholics Anonymous cannot serve as GR.



Q: What should/could I do about an “Al-Anon” group who is listed in our local newspaper with the other Al-Anon groups, but the group is not yet registered with Al-Anon?

A: You could visit the group and share your experience, strength, and hope with them. Take them a Group Change Form, encourage them to call you and/or the district representative, and offer to bring them to a district meeting. You could share the benefits of being part of the world-wide fellowship connection with other groups, district, and area. Stress joy of service and growth opportunities. Remind them that the Austin Information Center, doesn’t list unregistered meetings on the meeting list.

“Celebrating Worldwide Unity” with more than 4,500 Al-Anon, Alateen, and A.A. members and their guests will be a great experience to meet old friends and to make new ones! The WSO will hold a special day, celebrating service, on Thursday, July 4, before the Convention begins.

What a wonderful way to kick off the weekend!

Members who live outside of Canada will need to have a passport in order to enter Canada and are encouraged to allow enough time to process passport applications.



The Laundromat and My Weekly Al Anon Meetings

I took my clothes to the Laundromat on Saturday morning, right before I go to my Al Anon meeting. This last Saturday, I got to thinking about how similar those two activities really were.

First, I had to gather up all my dirty clothes, even the ones with old, untreated stains. I carried the heavy basket out to my car and packed everything I could find to make the trip to the Laundromat.

When I got to the Laundromat, I went right to the one front load washer I always use. I have tried others, but they were wrong: too big or got unbalanced easily. I crammed all my dirty clothes in together. I put my money in and pay for the pre-set amount of time, no more, no less. I poured in the detergent and hoped it would work its magic. I turned the handle and locked the door shut, there is no opening it now until it is over.

I stood and watched while the washer slowly started to turn. Most of the clothes were tumbling over each other in the same direction. But some pieces were not in sync yet. I watched as the water began to trickle down, and start getting them wet. The clothes started to tumble clockwise. Kind of slow at first and then most of them falling quickly in line. But, there was one piece that did not. It was treading water and seemed to stay about the rest. I watched it struggle to stay dry and I was secretly cheering for it to escape the water. But it did not. Soon the tide swept over all the clothes and they were rolling together, wet, in the same direction.

So I stood there watching all the different colors tumbling over and over each other. When the spinning started the colors started to blur together and soon I could not tell any of the clothes apart. They got all mixed up and intertwined. They all became one color, whirling in circles together.

Then suddenly the washer stopped and my time was up. The spinning stopped and the clothes slowly came to a stop, falling down, exhausted on each other. The door clicked and only then could I open the door and lift out my clothes. There they were, one big, clean mess, ready for another week.

Does this sound like an Al Anon meeting to you?

~ Diane ~

