



# District 6 Newsletter

Spring 2015

Vol.28, No. 2

## District Meeting

April 18, 2015

### Host Group

Bridge to Shore AFG

### District Meeting Location

Highland Park Baptist Church  
5206 Balcones Dr.  
Austin, TX 78731

### Contact

Jennifer M. (512) 632-2255

### Agenda

Registration/ Breakfast.....8:00 A.M.  
Workshop.....9:00 A.M.  
Business Meeting.....11:00 A.M.  
Potluck Lunch.....12:00 P.M.  
Adjourn.....3:00 P.M.

(Cont'd on Page 2)

## Newsletter Highlights

Officer Reports.....Page 4  
Minutes.....Page 5  
Ask It Basket.....Page 6  
Treasurer's Report.....Page 8  
AIS Reports.....Page 10  
Coordinator Reports.....Page 11  
Group Reports.....Page 12  
Service Representatives.....Page 14  
Meeting Schedules.....Page 15

## Lori's Story

Hi all, my name is Lori, and I am a very grateful member of the Al-Anon and Alateen Family Groups. Anna asked me to share a little bit about myself and what I hope to accomplish in District 6 over the next three years, so here goes. Growing up, my parents were social drinkers, and I had a pretty normal childhood. When I met and married my first husband, I discovered a little too late that his mom was really bothered by my former father-in-law's drinking. She was extremely controlling and manipulative. Well, after about a year and a half of marriage, I had to walk away. I knew something was not right, much less normal. It began to affect me physically. I had sores in my scalp the size of quarters. I had headaches every day, and to top it off, I had been diagnosed (by her doctor no doubt) with a spastic stomach; if I did not watch it, I would end up with an ulcer. Unbeknownst to me, this was all due to the stress of being affected by the family disease of alcoholism.

Eventually, I made the geographic change and moved to Austin in October of 1989. I loved Austin and was dying to get out of Houston, so away I went, much to my mother's surprise, to a city where I really did not know anyone except for my former college roommate and her husband. I lived with them for a while then got my own apartment. I worked for Capitol Beverage, which is a Coors distributorship. I had worked for a beer distributorship in Houston before I moved to Austin, so it felt comfortable to me. I was at work one day talking with some of the guys that were coming in, and I just happened to be in between boyfriends. In fact, I had just ended an engagement to a guy that I dated when I first moved to Austin because it just did not "feel" right. He drank a little too much for me, which was about a six-pack a night. Anyway, I knew one of the guys had a younger brother, so I asked him, "David, what about your brother?" The other guys knew Doug and started to snicker a bit. David said, shaking his head and looking down at the ground, "Lori, I don't know; he is a good kid, but I just don't know." I thought, well, okay. Well, I ended up meeting Doug at David's wedding, to which I did not want to go because I am directionally challenged. It was way outside of Austin, near Paleface Park if memory serves me correctly. I begged our keg guy to please let me take care of his baby, so he and his wife could go. He said, "No, Curly, you are going!" He called me Curly, and I called him Dad. I ended up going by following someone else out there. I did get to meet Doug, and we hit it off right away. Almost a year later, we got married.

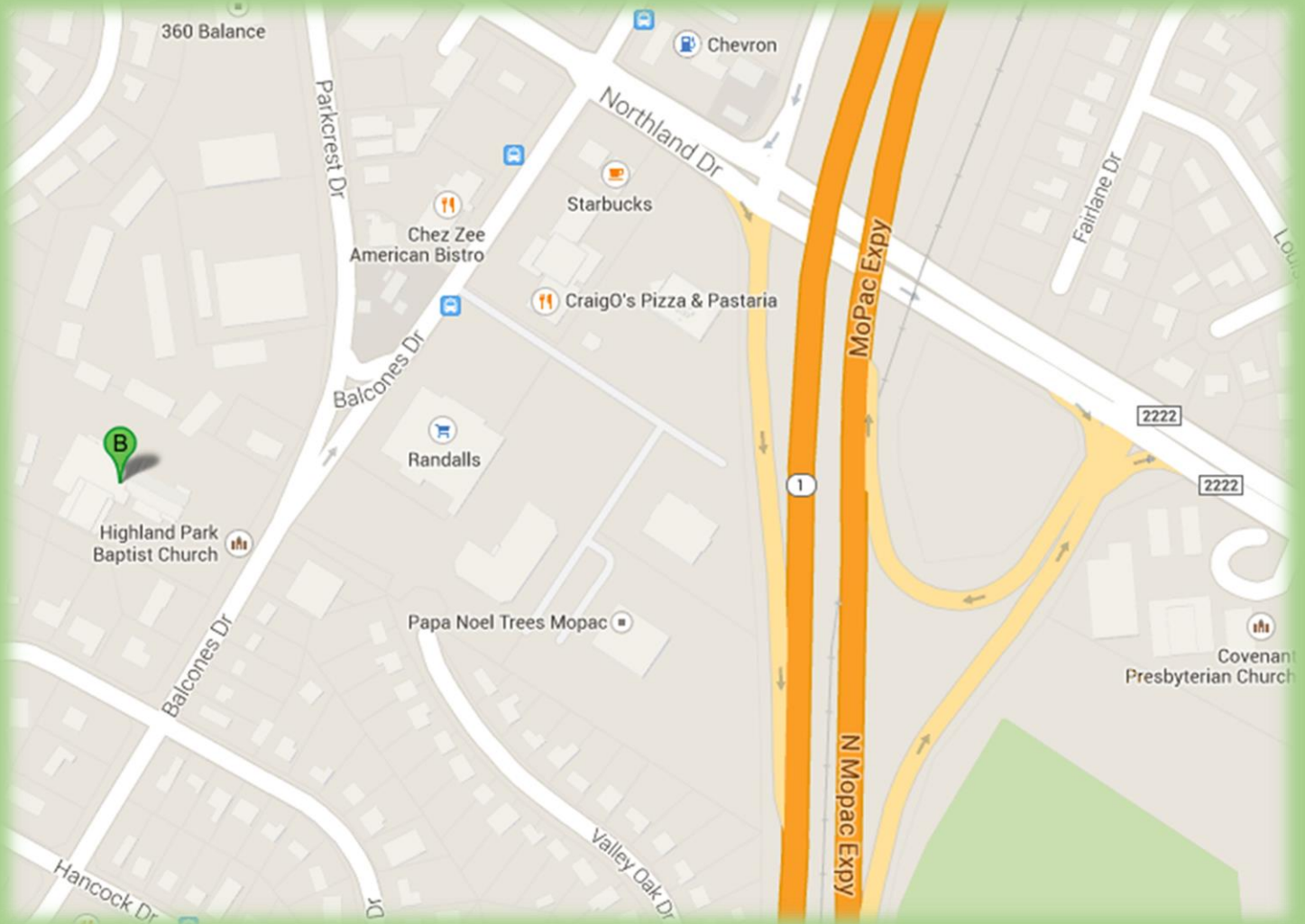
(Cont'd on Page 3)

**SUMMER NEWSLETTER INPUTS DUE  
MAY 18, 2015**

Directions: District Meeting - April 18, 2015

Highland Park Baptist Church, 5206 Balcones Dr., Austin, TX 78731

Contact: Jennifer M. (512) 632-2255



Traveling north on Mopac (Loop 1):

- Exit 2222/Northland Drive and turn left onto Northland Drive (may or may not also be labeled 2222).
- Turn left on Balcones Dr. Highland Park Baptist Church will be on your right.

Traveling south on Mopac (Loop 1):

- Exit 2222/Northland Drive and turn right onto Northland Drive (may or may not also be labeled 2222).
- Turn left on Balcones Dr. Highland Park Baptist Church will be on your right.

The room we will be in is called Sapp Hall.

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Please remember that the lunch is potluck, so bring your favorite dish. GRs should bring their service manuals for use during the meeting and are also encouraged to bring a written group report to be included in the next newsletter.

## Lori's Story (cont'd)

That first day, I thought Doug drank a little too much, but, based on my experience with the guy that I had broken the engagement with, I chalked it up to an Austin thing, a culture.

After three years of marriage, DJ came along. We moved to Smithville January 1, 1995, and DJ was born April 21<sup>st</sup>. I thought for sure Doug would ease up or slow down when we started a family. Nope. I was always the bartender in the car. I remember a specific time going somewhere; we were just outside of Smithville, and DJ was in the backseat. Doug was asking for another beer, plus he had just had one. I said, "Please, pace yourself, or drink some water in between!" Doug is 6'5". I am only 5'3", and I am not going to tell you my weight; however, it could be a bit challenging for me when he drank. He said these very words to me, "I will stop drinking someday, just not right now." I really hoped and prayed it was soon because I was not sure how much longer I could hang on. He finally hit his bottom in December of 2001. He came in our room and said that he just could not live like this any longer (the drinking) and what should he do. The only thing I could say was to call his dad, as his dad already had 20+ years in the program. My first thought was that within 24 hours, we would be right back to where we started-"I am okay, I am okay," and he would continue to drink. The next thought I had was that I would never have to worry about him taking another drink again. By the grace of God, he has been sober for 13 years.

I share this much with you about my husband as he was the reason I sought out Al-Anon, but Al-Anon quickly taught me to keep the focus on myself and not on my alcoholic, much less anyone else since that always gets me into trouble. After a year of watching Doug in recovery, he was very much a program of recovery for me, and I wanted what he had. So, late December of '02, I went crawling into an Al-Anon meeting in Bastrop.

There were six women in the room that night. I could feel the peace and serenity that they had, and I wanted it, too. I heard two things that night: go to six meetings as close together as I could to see if Al-Anon was for me and to keep coming back, and that is what I did. I have to admit after a few years in Al-Anon, I thought, "I have got this. I don't need to go to any more Al-Anon meetings." Wrong....!! I quickly returned to my meetings.

Moving on to my introduction to service work, I was Jayne G.'s "Get in the car!" I will never forget my first district meeting or maybe it was an Assembly. I'm not really sure, but it was crazy. I looked over at her, thinking to myself and pretty sure it was evident on my face, "What on earth did you bring me to, Woman?". Anyway, I became my home group's GR, then the newsletter editor, then later, an Alateen sponsor, which I remain today as well as being your new DR. I am very grateful to Jayne for introducing me to service work as it has helped me to continue to keep my focus on myself and helping others. Thank you, Jayne! I love you.

I believe our vision and hope for District 6 over the next three years is to get more groups involved in service work, be it hosting a district meeting, volunteering in September in Smithville when District 6 hosts the AWSC meeting, or going for the different officer and coordinator positions. I have found that when I get busy in service work, I am not focusing on what my problem(s) may be at that time in my life. I have met a lot of new friends that I cherish, and I am very grateful for that. I hope those of you who are new GRs will continue to seek out different positions to see what joys they will bring you.

Thank you, Anna, for asking me to share my story and what our vision is for District 6. I have learned to Keep It Simple, and this is what I came up with.

In Service,  
Lori L.

### One of Your Newsletter Editor's Favorites From CAL

"What I can't do, my Higher Power can. When I let go and let God, I am free to take risks and to make mistakes. I know that I am powerless over many things. Today I can take comfort in knowing that I don't have the power to ruin God's plans."

*Courage to Change, Page 293*

### Future Events

April 18	District 6 Meeting, Highland Park Baptist Church (Austin, TX)
April 24-26	Texas East Area Alateen Conference (Gonzales, TX)
May 18	Austin Information Ctr. Board Mtg. (Austin Al-Anon Information Center)
June 5-7	East Texas Area Al-Anon Assembly (Franklin, TX)
July 18	District 6 Meeting
Oct. 17	District 6 Meeting

### District 6 Newsletter Subscriptions

The District 6 Al-Anon/Alateen Newsletter is published quarterly. Groups receive the newsletter at no charge. Suggested individual contributions are \$11/year for a subscription, which helps cover publishing costs.

#### District 6 Newsletter Subscription Form

Name:  
 Address:  
 E-mail:  
 Telephone:  
 Home Group:

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

### Officer Reports

#### District Representative

Hi all! Welcome to a new year and a new term for the 2015-2017 District 6 Officers and Coordinators. I am excited to begin as your trusted servant in the District Representative position as well as being nervous. In advance, thank you for your support and patience with me as I get started.

To the Groups of District 6....I have learned in my first week that having your current mailing addresses and/or GR's mailing/e-mail address is very important. If there is a change in your group's meeting time, or you have a new GR, etc., it is helpful for me and Area 53's Group Records person, Candy N., and Kitty, our Information Service Center employee, to have updated information on your group. We appreciate in advance your getting in your Al-Anon Registration/Group Records Change Form (GR-1) to Candy.

Do you know if your GR or CMA is currently receiving the E News via e-mail? It is a great tool to have. If not and if you would like to receive E News, you can contact Al-Anon Family Group Head Quarters Inc. by calling (757) 563-1600 or at [www.al-anon.org](http://www.al-anon.org) or [www.al-anon.org/members](http://www.al-anon.org/members). I hope you find this information helpful to your groups.

I will be attending the AWSC meeting February 6-8 in Alvin, Texas. I know that it will be a very informative meeting for me and a lot of fun, too! I am looking forward to meeting new people and others in their new service positions, where we can share our experience, strength, and hope.

I recently received the 2015 Al-Anon Membership Survey that is open for participation from January 9 – February 22<sup>nd</sup>. This survey is done once every three years. I have made extra copies for you to take back to your groups. Please encourage them to participate.

I would really like to make an effort at visiting your groups, and if you would like for me to do so, please let me know. I do reside in Smithville, which is about an hour southeast of Austin, so I may not get to visit everyone; however, I will do my best. If I can't attend due to distance, but you have some concerns or just want to visit with me, please feel free to contact me any time. I look forward to meeting as many of you as I can, either in person, on the phone, or via e-mail.

I would like your input on what you would like to see take place at our district meetings to make them more informative or more enjoyable. I know that the district meeting is not always fun since it is a business meeting. However, that does not mean that we can't find a way to have a little fun. I welcome any suggestions that you may have.

In closing, I would like to say thank you for giving me the opportunity to serve as your DR. You have my word that I will do my best.

In service,  
 Lori L.

## Officer Reports

### Secretary's Report- Meeting Minutes

January 31, 2015

Hosted by Courage to Change AFG, Austin, TX

Lori L., District Representative, opened the meeting at 9:03 A.M. Lori thanked Courage to Change AFG for hosting the meeting, welcomed the new members, and asked the new Group Representatives to introduce themselves. Kay, of the host group, made housekeeping announcements. Lori L. reported there were flyers for the 2015 Al-Anon Membership Survey, which can be completed on-line until Feb. 22nd. Paula H. reported that Shelley S. is in good spirits, is continuing to miraculously recover, and may be able to go home in the next few weeks. Bill reported that Shelley's home group has brought meetings to her in the rehab facility. Lori L. reported Lynn B., District Representative for District 5, passed away.

The meeting continued with the Serenity Prayer followed by the Three Legacies and Warranties. Lori L. passed the donation basket and the Ask-It-Basket.

Josie led a workshop on gifts we would like to receive from Al-Anon in 2015. There were four exercises: lose weight by creating a God Box; lose weight by creating your own tool box; get fit through spiritual conditioning; and gain wealth in Al-Anon.

The workshop ended at 11:00 A.M. The Business Meeting began and reports were given by the Officers and Coordinators. Alice M. read the revised minutes from the October 18, 2014 District Meeting (found on Page 7). There were no corrections or additions. Doon R. presented the 2014 District 6 Spending Plan and the 2015 District 6 Proposed Budget. Approval of the budget was tabled until after lunch. The donation basket held \$134.25. Adrian C. announced there would be an Alateen sponsor meeting during lunch. We broke for lunch at noon.

The Business Meeting resumed at 1:04 P.M. Roll was called for voting Group Representatives. There were 29 present. A 2/3 majority was 19. Judy W. handed out copies of Officers' and Coordinators' contact information and advised this information is also listed in the printed version of the Newsletter.

Judy W. suggested everyone read the guidelines on dual-membership on Page 82 of the Al-Anon/Alateen Service Manual. Judy W. then proposed a motion to open non-voting coordinator positions to dual members in District 6. Nancy moved and Charlotte seconded. The motion passed: 26 for, 2 abstaining, and 0 against.

Elections were held for open Coordinator positions with 29 voting GRs by 2/3 majority method. The results were:

Forum/Literature Coordinator	Judy P.
Public Outreach Coordinator North	Debra W.
Public Outreach Coordinator South	Jim C.
Spanish Groups Coordinator	Open
(Paula H. offered to help whoever fills the position)	

Ask-It-Basket questions were answered (found on Page 6).

Doon R. presented the 2015 Budget for approval. After a discussion on the amounts of prudent reserve and other reserves, the group requested that Doon R. reconcile the budget to the bank account and report at the next meeting on April 18th. Judy W. will also provide updated costs for the billboard and posters at that time. Tom B. moved to increase the prudent reserve. After the discussion, Tom B. withdrew his motion. Lori L. appointed a Thought Force to propose a prudent reserve for the District. Thought Force members are Tom B., Judy P., Doon R., and Jennifer M. They will make a recommendation at the April 18th meeting. Pat E. moved to accept the amended budget as presented. Jan B. seconded. The motion passed: 24 for, 1 abstaining, 0 against. The amendments to the budget were: correct spelling to AMIAS, delete 2015 Love Gift for Area Delegate, delete 2015 Donation to TEAAC, and delete 2015 Billboard.

(Cont'd on Page 6)

## Officer Reports

### January 31, 2015 Meeting Minutes (cont'd)

The GRs gave their reports (found on Page 12). Lori L. announced Kathie F. needs female volunteers for Lockhart prison service. Her contact number is 512-705-8850.

Lori L. read a submitted suggestion: I suggest we reverse the meeting order and have the business meeting first. The group attendees would then have the choice of staying for lunch and the workshop. This would provide flexibility for the attendees – if they want to stay, they can; if not, they can leave. Puts the emphasis on the Business portion of the meeting. After a discussion, the group decided to keep the meeting agenda in its present order.

#### Important Dates:

February 6-8, 2015 – AWSC Meeting, Camp Mohawk, Alvin, TX

February 20-22, 2015 –ATAAC, Irving, TX

March 20-22, 2015 – P.O.S.S.E., Gonzales, TX

April 24-26, 2015 – TEAAC, Gonzales, TX

June 5-7, 2015 – ETAAA Assembly, Franklin, TX

#### Future District Meetings:

April 18, 2015

July 18, 2015

October 17, 2015

Lori L. requested group volunteers for hosting future 2015 District meetings. Lori L. endorsed Josie’s suggestion that possibly one group could host the meeting and another group put on the workshop. There were no volunteers for hosting the meetings. Lori L. asked the GRs to discuss hosting a meeting with their groups and call her as soon as possible but no later than Feb. 21st if they will host the April 18th meeting.

The meeting adjourned with the Al-Anon/Alateen Declaration.

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

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### Treasurer’s Report

See District 6 Treasurer’s Report as of the fourth quarter of 2014 and the 2015 Budget on Page 8.

## Ask It Basket January 31, 2015 District Meeting

1. I need an update on name and address, so our group can send in donations to District.

**Answer:** Information is in the District 6 Newsletter.

2. What is the most important role of a GR, in particular a new GR?

**Answer:** The most important role of a GR is to represent their group at district meetings and Area Assemblies, so their group has a voice, vote, and is heard. A GR should also bring information back to the group. This can be in small increments, such as announcements at different times to not take up a lot of meeting time.

3. How can we better embody the phrases “principles above personalities” and “say what you mean, mean what you say, and don’t say it mean,” while voting on finances?

**Answer:** Remember to modulate your voice. Everyone has an opinion so try not to say “you are wrong.” Say, “I have a different opinion.”

4. For newcomers’ meetings and smaller groups that don’t have a lot of retention of long-time members, any suggestions on how to inspire/motivate more attendees to stay or to get involved in service positions?

**Answer:** Share experience, strength, and hope – service kicks a program into high gear. Encourage sponsorship in meetings (maybe offer to be a temporary sponsor rather than wait for newcomers to ask). Emphasize benefits of service and the fact that no special qualifications are needed. Tailor service positions to meet the needs of your group (e.g., may not need Alt. GR, combine secretary and treasurer). Read Concept 9, especially Bill W.’s essay on Leadership.

## Officer Reports

### Secretary's Report (cont'd from Page 5)- Revised Meeting Minutes (For Record) October 18, 2014

Hosted by Bee Caves Road AFG, Austin, TX

The meeting started at 9:01. Housekeeping announcements were made by Adrian C. She also introduced her group. Jayne G. announced there would be an Alateen sponsor meeting during lunch. Paula H. announced that Shelley S. is in Cornerstone Rehab in room ICU 9 and is in good spirits. Pat E. gave an update on herself and her broken kneecap. The meeting then formally opened with the Serenity Prayer followed by the Three Legacies. Everyone then introduced themselves. Paula passed the donation basket and the Ask-It-Basket. A workshop was then held on Three Activities: Nurturing Serenity-for the Newcomer-\*Inspiration\*, Gathering Courage-next step in recovery-\*not working steps yet\*, and Sharing Wisdom-\*actively working steps\*. The workshop ended at 11:07. Reports were given by Officers and Coordinators. The donation basket held \$112.00. We broke for lunch at 12:20.

We returned for the afternoon session at 1:15. Ask-It-Basket questions were answered.

1. Does WSO still send a free manual to new groups and also a binder with the "basics"? Answer: WSO sends a "Groups at Work" and a Service Manual only to groups and GRs. It takes several months for groups to receive their manuals.
2. How do I handle when, during a meeting, someone is making excessive noises during someone else's share? Example-Eating, opening crinkly containers. Answer: We put in an extra paragraph in the opening specifically stating what would be considered "distraction." We also try to talk to the person after the meeting.
3. Do group officers with three year terms get elected on the same schedule as the district or does it/can it overlap? Thanks! Answer: Tradition 3 says-Each group should be autonomous. If a group finds they have elections between district and area cycles, and

they wish to only do three years, it is in their right to do so. Just remember to send in Group Records Form with the new GR info.

4. What should a GR do if they only want to commit to one year, not the three year commitment? Answer: GR who resigns would be replaced by Alternate GR to finish out their term. If one person is willing to run for three years, and another only wants one year, the one year person should not run. But if the one year person is the only one who wants the position, one year is better than no GR and gives the group another year to find someone for a three year period the next year.

New Business:

Elections took place with 25 voting GRs by 2/3 majority method. Results were:

- New District Representative-Lori L. (replaces Paula H.)
- New Alternate District Representative-Judy W. (replaces Lori L.)
- New Secretary-Alice M. (replaces Cindy J.)
- New Treasurer-Doon R. (replaces Michelle K.)
- New Alateen Coordinator-Adrian C.
- New Archivist-Barbara H.
- New Forum/Literature Coordinator-OPEN
- New Newsletter Editor-Anna A.
- New Public Outreach Coordinator North-OPEN
- New Public Outreach Coordinator South-OPEN
- New Spanish Groups Coordinator-OPEN

The members who need to be removed from the bank account are Paula H., Cindy J., and Michelle K. The members who need to be added to the bank account are Lori L., Judy W., Alice M., and Doon R.

Group reports were given.

The next district meeting will be on January 31, 2015 hosted by Courage to Change at St. Mark's Episcopal Church, 2128 Barton Hills Dr., Austin, 78704. The meeting closed with the AI-Anon/Alateen Declaration.

In Service,  
Cindy J., District Secretary

Officer Reports

2014 District 6 Treasurer's Report (through 4<sup>th</sup> Quarter 2014)

2014 D6 Spending Plan						
Income	Plan	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Actual
D6 Basket Collection	\$600.00	\$153.22	\$127.00	\$79.00	\$112.00	\$471.22
Total Group Donations	\$9,075.00	\$1,963.55	\$2,008.73	\$1,316.41	\$678.48	\$5,967.17
Newsletter Sub	\$0.00				\$11.00	\$11.00
Misc/Love Gift for Nancy	\$0.00	\$2.87	\$74.00	\$0.94	\$0.00	\$77.81
<b>Total Income</b>	<b>\$9,675.00</b>	<b>\$2,119.64</b>	<b>\$2,209.73</b>	<b>\$1,396.35</b>	<b>\$801.48</b>	<b>\$6,527.20</b>
Expenses	Plan	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Actual
Alateen Coordinator	\$1,500.00	\$500.00	\$23.00	\$77.66	\$35.07	\$635.73
Alateen Liaison Coordinator	\$0.00					\$0.00
Archives	\$75.00					\$0.00
Rent/District Meeting	\$1,000.00	\$200.00	\$154.96	\$210.00	\$100.00	\$664.96
DR International Convention	\$0.00					\$0.00
DR Expenses	\$1,200.00	\$130.79	\$229.81	\$315.88	\$346.93	\$1,023.41
Alt. DR Expenses	\$500.00	\$38.27	\$0.00	\$0.00		\$38.27
Secretary Expenses	\$250.00			\$114.18	\$65.00	\$179.18
Treasurer Expenses	\$200.00	\$34.50		\$43.00	\$50.65	\$128.15
Newsletter Editor	\$150.00					\$0.00
Forum/Literature	\$150.00					\$0.00
AMIAS	\$50.00					\$0.00
Newsletter	\$2,400.00	\$441.53	\$546.21	\$548.28		\$1,536.02
Public Outreach North	\$500.00	\$449.54			\$257.24	\$706.78
Public Outreach - South	\$1,000.00		\$49.55	\$190.45	\$193.57	\$433.57
Spanish Coordinator	\$0.00					\$0.00
P.O.S.S.E. Scholarship	\$200.00	\$187.50				\$187.50
Misc/Love Gift for Nancy	\$500.00	\$544.01	\$214.00	\$0.00		\$758.01
Donation to TEAAC	\$500.00			\$500.00		\$500.00
Billboard	\$4,250.00				\$3,175.00	\$3,175.00
PA-MP3-Mic	\$400.00				\$261.38	\$261.38
Graphic Services	\$850.00			\$850.00		\$850.00
<b>Total Expenses</b>	<b>\$15,675.00</b>	<b>\$2,526.14</b>	<b>\$1,217.53</b>	<b>\$2,849.45</b>	<b>\$4,484.84</b>	<b>\$11,077.96</b>

Reserves		Notes	
Int'l Reserve	\$1,801.43	Misc/Love Gift for Nancy	Bank interest, collection for love gift, bank interest
T.E.A.M.	\$171.51	<b>Total Income</b>	Difference in plan and actual is \$3,147.80
Prudent Reserve	\$7,633.66	Rent/District Meeting	Please note that 4th QRT \$100 is down payment for Jan 2015 district meeting at St Mark's, per Kay
Kristy Fund	\$1,460.08	DR Expenses	Waco/D6, AWSC, mailings to new GRs, ETAAA
	\$180.00	Alt. DR Expenses	Mileage
New Kristy Fund Total	\$1,280.08	Treasurer Expenses	Copies, mileage
<b>Total</b>	<b>\$10,886.68</b>	Public Outreach North	\$199.54 was from last year - this year's total is \$507.24
		Misc/Love Gift for Nancy	AWSC luncheon, \$60 return check /fee/AWSC hotel fee-\$400, Love gift for Nancy \$174; reimbursement for costume for skit \$40/hotel for Nancy in Killeen
<b>Bank Balance as of 10/1</b>	<b>\$22,609.09</b>	Donation to TEAAC	Pd to Pat
		Billboard	Billboard
		PA-MP3-Mic	Check sent to Lorelei on 12/16
		<b>Total Expenses</b>	Difference in plan and actual is \$4,597.04



Officer Reports

District 6 2015 Budget

<b>Income</b>	<b>Budget</b>	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	<b>Actual</b>
D6 Basket Collection	\$500.00					\$0.00
Total Group Donations including newsletter subscriptions	\$6,000.00					\$0.00
Bank Interest	\$0.00					\$0.00
Misc	\$0.00					\$0.00
Contribution from Unallocated Funds to cover proposed expenses	\$2,675.00					\$0.00
<b>Total Income</b>	<b>\$9,175.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Expenses</b>	<b>Budget</b>	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	<b>Actual</b>
Alateen Coordinator	\$1,500.00					\$0.00
Alateen Liaison Coordinator	\$0.00					\$0.00
Archives	\$75.00					\$0.00
Rent/District Meeting	\$1,000.00					\$0.00
DR International Convention	\$0.00					\$0.00
DR Expenses	\$1,200.00					\$0.00
Alt. DR Expenses	\$500.00					\$0.00
Secretary Expenses	\$250.00					\$0.00
Treasurer Expenses	\$200.00					\$0.00
Newsletter Editor	\$150.00					\$0.00
Forum/Literature	\$150.00					\$0.00
AMIAS	\$50.00					\$0.00
Newsletter	\$2,400.00					\$0.00
Public Outreach North	\$500.00					\$0.00
Public Outreach South	\$1,000.00					\$0.00
Spanish Coordinator	\$0.00					\$0.00
P.O.S.S.E. Scholarship	\$200.00					\$0.00
Bank Charges	\$0.00					\$0.00
Misc	\$0.00					\$0.00
<b>Total Expenses</b>	<b>\$9,175.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Reserves</b>						
Int'l Reserve	\$1,801.43					
T.E.A.M.	\$171.51					
Prudent Reserve	\$7,633.66					
Kristy Fund	\$1,280.08					
<b>Total Reserves</b>	<b>\$10,886.68</b>					
<b>Reserves</b>	<b>\$10,886.68</b>					
<b>Unallocated Funds</b>	<b>\$8,547.62</b>					
<b>Bank Balance (1/1/15)</b>	<b>\$19,434.30</b>					

### District Financial Task Force

The Financial Task Force completed Phase 1a (posting the billboard). Our service provider allowed the billboard to stay up two additional weeks from what the contract stated...woo hoo!



We will continue to measure the Information Center metrics to see if they are affected by this phase, so we can confirm next steps and be accountable for any future spending going forward once the prudent reserve is established (new Task Force setup last District Meeting). I am also happy to report that we shared our efforts at the Area Officer/Coordinator Transition Meeting in January; our District 6 images can now be found on the Texas Members website (<http://texas-al-anon.org/members/>, password: anonymity) so that

other districts may use our approved images for their district efforts.

For Phase 1b (hand carrying posters into schools), we have continued to collect names of Al-Anon members willing to hand carry these posters into the schools. If you want to contribute to this effort with the junior high and high schools in your area, please let me know. We are getting the poster count re-quoted (in two sizes), with the remaining funds approved from 2014 approved motions. At the last district meeting, we agreed to wait to hand carry the posters into the schools (not in March/April as originally planned) but when the school year begins (around September). This gives us extra time to confirm one other open action item - to validate with the school superintendents any poster size restrictions. ***If anyone has any connections or is willing to help with this open action item, please contact me, as I am not sure when I can get to this effort with my other activities.***

Love in service,  
Judy W.

### Information Service Centers

#### Austin AIS

A board meeting was held on January 20, 2015 at 6:30 P.M. in the Northland Al-Anon Room, 2809 Northland Dr., Austin, TX 78757. New Chairperson Joyce L. chaired the meeting. Other new officers are Charlotte-Secretary and Peggie-Treasurer. Also in attendance were Kitty, our Al-Anon Information Center employee, and representatives from other groups in the Austin area.

Business items included the decision to use Knowledge Based Decision Making in our discussions and more investigation by the treasurer regarding last year's budget. A financial committee will meet to discuss the prudent reserve and give a report at the next meeting. Although literature sales were lower this period, group donations to the center increased quite a bit. Kitty received a large number of inquiries in January.

Several AA conferences with Al-Anon participation have contacted Kitty regarding availability of Al-Anon literature at the conferences. After much discussion, a committee was formed to develop a policy on how to handle literature sales at these conferences and will present a recommendation at the next meeting.

The board voted to meet four times per year rather than seven times per year. The meeting location will rotate between North and South to allow more participation. The next meeting will be Monday, May 18, at 6:30 P.M. at the **Austin Al-Anon Information Center located at 6301 Manchaca Rd., Suite F, Austin, TX 78745. Office hours are Monday through Friday, 10 A.M. to 2 P.M. You can also call 512-441-8591 or toll free at 888-287-2115.**

Respectfully submitted by Paula H., Austin AIS Liaison

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#### Waco AIS

The Waco AIS is still managing to pay its bills through contributions from two groups in Waco and occasional contributions from other groups in District 6. We get about nine calls per week on the pager, which are referred to local groups in our district. Occasionally, we get calls that we refer to AA or Texas West. We still cooperate with Public Outreach-North by helping with health fairs, open houses, etc.

In grateful service,  
Cindy J., Chair

## Al-Anon/Alateen Related Acronyms

- AAPP - Area Alateen Process Person
- AIS - Al-Anon Information Service
- AMIAS - Al-Anon Member Involved in Alateen Service
- AWSC - Area World Service Committee
- CAL - Conference Approved Literature
- CMA - Current Mailing Address
- DAC - District Alateen Coordinator
- DR - District Representative
- EIN - Employer Identification Number (tax ID number)
- ETAA - East Texas Area Al-Anon/Alateen
- ETAAA - East Texas Area Al-Anon/Alateen Assembly
- GR - Group Representative
- ISR - Information Service Representative
- LDC - Literature Distribution Center
- P.O.S.S.E. - Program of Sponsors Sharing Everything
- PO - Public Outreach
- PSA - Public Service Agreement
- TEA AC - Texas East Area Alateen Conference
- TEAM - Together Empowering Al-Anon Members
- WSC - World Service Conference
- WSO - World Service Office
- (AA - Alcoholics Anonymous)

## Coordinator Reports

### Alateen

An AMIAS training was given on December 6, 2014. Six folks attended: two were there for recertification for the next certification cycle; one is hoping to start an Alateen meeting in South Austin; and three people were interested in becoming available substitute group sponsors.

P.O.S.S.E. is March 20-22, 2015 at the usual place in Gonzales, TX. A reminder that recertifying AMIAS have an opportunity to apply for half scholarships through our district funds.

TEA AC is coming up, and Chairperson Melissa H. will be sending out registration materials soon.

-Adrian C.

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### Forum/Literature

It is an honor to be able to do service here in East Texas as the Forum and Literature Coordinator for District 6. I love my job! Al-Anon literature and The Forum magazine are passions of mine. I believe as our Service Manual says, our literature is a principal means for facilitating Al-Anon growth, unity, and service. It covers every aspect of the Al-Anon program of recovery.

Each month, our Forum magazine is sent to every registered Al-Anon Family Group. If your group is not receiving its copy, check with your District Representative or Area Group Records Coordinator to find what address is on file for your group. Your group may be missing out on all of your correspondence from the World Service Office.

Many members also receive a personal copy of The Forum at home. The Forum is available online thru subscription.

This month, I would like to highlight our wonderful workbook, "Reaching For Personal Freedom."



It is a great workbook that can be used in group discussion, to study with sponsors, and can be the subject of special Al-Anon workshops. "Reaching For Personal Freedom" provides insightful, personal examples and thought-provoking questions to help members apply each of Al-Anon's Twelve Steps, Traditions, and Concepts of Service to their personal lives. You can currently take a peek at the workbook at [www.al-anon.org/members](http://www.al-anon.org/members). Under the "Individuals" tab, select "Featured Publications." As a reminder, when asked for your password to log into the members web site, you can use any Al-Anon Group name but be sure to include the letters AFG at the end.

Shortly after this workbook came out, my home group agreed to use it in our meetings for one year. We started in January with Step One the first week, Tradition One the second week, and Concept One the third week. The fourth and fifth weeks were open discussion. We read the opening paragraph for the

(Cont'd on Page 12)

### Coordinator Reports

#### Forum/Literature (cont'd)

applicable Step, Tradition, or Concept. The volunteer leader selected which one of the following paragraphs and questions within that legacy to discuss at that meeting. I noticed that, since members knew what the topic was going to be, they would often come to the meeting with notes they had made in preparation for the meeting. A lot of focused and rich discussion was heard as each member shared their experience, strength, and hope on the topic.

This workbook is currently available for purchase at our Al-Anon Information Centers and at many Al-Anon groups.

-Judy P.

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#### Newsletter Coordinator

For the Winter 2014 issue of the newsletter, we mailed 115 copies, with six returned as undeliverable. Total cost for the issue was \$539.01. If anyone has suggestions for additional information to include in the newsletter, please let me know. I'd love to see an Alateen corner and

a Spanish corner. Please also consider sharing your own story for future issues. The due date for inputs for the Summer 2015 edition of the newsletter is May 18, 2015.

Tom has also created a District 6 News OneDrive account, which will be populated with previous issues of the newsletter that he has and all future issues, for a more complete electronic archive.

I'm looking forward to working with as many of you as possible over the next three years and to keeping our newsletter as great as our district.

-Anna A.

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#### Public Outreach (South)

I am happy to report that we have elected Jim C., who is excited about taking the reins for Public Outreach (South). Jim and I will work together to transition current activities and active member names who have supported our requests over the last three years. A big thank you to all the folks who provided time in service!

Activities for the last quarter included:

- Continued support of the Del Valle Austin Transition Center, monthly, and the Austin Recovery Center, quarterly, with three panel speakers.
- The Phoenix House Juvenile Center attendance commitment (closed Parents Meeting, Saturdays, 1 P.M.) fell short this past quarter since the Center stopped requiring parents to attend the closed Parents Al-Anon Meeting. Since we placed the Center on notice that we will likely pull out, they have reversed their decision regarding parent mandatory attendance. At the end of February, we will assess whether the Center's attendance commitment is worth our members' time and attending no show meetings. A large THANK YOU to Ali K., key in maintaining the volunteer coordination activities schedule over the last couple of years!
- The Developmental Counseling Center, Inc. (DCCI) asked we send speakers to share with out-patient clients later in February.

Love in service,  
Judy W.

### Group Reports

#### Bee Caves Road AFG

We'd love to see you at our meeting. We are a Step group that also focuses on the Traditions. We enjoy fellowship afterwards at lunch. We meet at noon on Fridays.

In service,  
Adrian C.

#### Came to Believe AFG

We have two meetings per week on Tuesdays and Thursdays at 6:15 P.M. and are located at 120-B Commercial Parkway, Cedar Park, TX. Tuesday's attendance has grown tremendously. Thursdays are also growing but are more intimate, so everyone usually gets a chance to share. We often hear from guests, "I heard good things about this group, so decided to try it out." We have a Step meeting

on the first Thursday and a Tradition meeting on the third Tuesday. All other meetings are open discussion. We are a friendly group that is very solution based, with members having lots of years of recovery along with many newcomers. We also have a quarterly Birthday night, where members receive chips for years in the program.

-Kathy K

## Group Reports

### Courage to Change AFG

We have six to eight regular members and have steady growth. Our meeting is held on Tuesdays at 7 P.M. at the Metroplex Medical Plaza, Room 122, 2301 S. Clear Creek Rd. in Killeen. We are a Step group that also focuses on the Traditions. We enjoy fellowship afterwards at lunch. We meet at noon on Fridays.

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### Faith AFG

Faith AFG meets at 7:30 P.M. on Thursdays at the Unity Church of the Hills [9905 Anderson Mill Rd. (Rm. 131)] in northwest Austin. Our group has now filled all service positions, which include GR, alternate GR, secretary, treasurer, and Austin Information Center representative. We finished our group inventory this December and are in the process of implementing several of the suggestions. One of the most interesting discussions was how to get more members involved in service work, especially since we are a relatively small group. Several ideas were tossed around, but we welcome any suggestions that other groups may have.

We are primarily a newcomers meeting but love to hear from all those who wish to share their experience, strength, and hope. If you're ever in the neighborhood on a Thursday night, please stop by and enjoy some fellowship, hope, and laughter.

Peace and serenity to all,  
Anna A., GR

### Georgetown AFG

Georgetown AFG meets Mondays at 8 P.M. at the White House. Attendance is regular with eight to ten members per week. Our meeting format is usually discussion on a reading or a topic. We provide newcomer packets when possible and always welcome visitors.

-Rebekah R., GR  
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### Let It Begin With Me AFG

This meeting, due to location in Salado, TX, seems to be very transit. No offices, other than GR, have been filled. Due to this meeting not being self supporting, it will be going inactive for the present time. I believe I can better serve with other opportunities in Al-Anon, which I have been offered.

-Debra W., GR  
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### Personal Freedom AFG

The group is a new Al-Anon meeting located in Austin and started in February 2014. The namesake for the group is from the Al-Anon workbook "Reaching for Personal Freedom." Meetings are held on Thursdays from 6-7 P.M. at the Faith Methodist Church located at 2701 South Lamar. This is an open discussion meeting using CAL, with a focus on solutions. We are a small but growing group with a combination of "old timers" and newcomers, many who have become regulars. Although working to build a financial reserve, we have been able to send a few donations to the WSO and purchase CAL, including newcomer packets. We hope for continued growth and

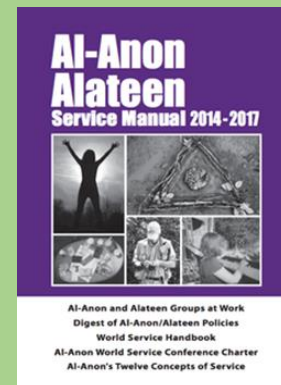
invite all Al-Anon members to join us in sharing our experience, strength, and hope.

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### Temple ODAT AFG

Temple ODAT meets on Tuesdays at 8 P.M. at St. Luke's Catholic Church, Temple, TX (2807 Oakdale, Ed. Bldg.). Our group elected new service members in December, and they all took their new positions in January 2015. We would like to thank Gertrude for her past three years as our GR. She did an excellent job representing our group, keeping us all informed, and in service work. Our group members faithfully attend weekly meetings and monthly group conscience meetings. Our membership is also increasing. We participate in district meetings and plan to attend Area Assemblies. Several members will attend the 36th annual All Texas Al-Anon/Alateen Conference in Irving in February 2015. We look forward to meeting new Al-Anon/Alateen friends. We are off to a great 2015! If you are in Temple on a Tuesday, please drop in and join us on our journey of hope.

Love in Al-Anon,  
Susan T., Alt GR  
\*\*\*\*\*



GRs: Don't forget to make the Service Manual part of your library.

### Service Arms

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

<p><b>AL-ANON INFORMATION CENTER</b> 6301 Manchaca Road, Ste. F Austin TX 78745 512-441-8591</p>	<p><b>AIS WACO AREA</b> PO Box 8374 Waco, TX 76714 254-808-4757</p>	<p><b>DISTRICT 6</b> Doon R. PO Box 342194 Lakeway, TX 78734 512-582-0463</p>
<p><b>EAST TEXAS AREA (ETAAA)</b> Treasurer-ETAAA P.O. Box 34102 San Antonio, TX 78265</p>	<p><b>WORLD SERVICE OFFICE AFG, INC.</b> 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 800 -344-2666 <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a></p>	

### District 6 Service Committee Officers

<b>DISTRICT REPRESENTATIVE</b> Lori L.	<b>ALTERNATE D.R.</b> Judy W.	<b>SECRETARY</b> Alice M.	<b>TREASURER</b> Doon R.
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### Coordinators

<b>ALATEEN</b> Adrian C.	<b>ARCHIVIST</b> Barbara H.	<b>FORUM / LITERATURE</b> Judy P.	<b>NEWSLETTER</b> Anna A.
<b>PUBLIC OUTREACH (South)</b> Jim C.	<b>PUBLIC OUTREACH (North)</b> Debra W.	<b>SPANISH COORDINATOR</b> OPEN	

### Websites

WSO	<a href="http://www.al-anon.org/members">www.al-anon.org/members</a> (log in using your group name followed by "AFG")
Texas	<a href="http://www.texas-al-anon.org/">www.texas-al-anon.org/</a> (password: anonymity)
Austin	<a href="http://www.austinalanon.org">www.austinalanon.org</a>

Central Texas Al-Anon/Alateen Meeting Lists can be found at:

<http://austinalanon.org/meetings.htm>

Information and Flyers for upcoming events can be found at:

<http://texas-al-anon.org/events/>

## District 6 Still Needs a Spanish Coordinator

**If you're interested, please see below for the Spanish District 6 Coordinator job description.**

- Attend Hispanic Group meetings on a regular basis
- Acts as liaison between District and Hispanic Groups in District 6
- Reports information from Hispanic Groups at District Meetings
- Coordinates/assists with public outreach activities; keeps Hispanic Groups informed about Hispanic events in the District/Area
- Translate parts of the District 6 Newsletter; submits Hispanic article to the Newsletter in Spanish and English before deadlines
- Coordinates/communicates with East Texas Area Spanish Coordinator
- Maintains list of Hispanic Groups within the District
- OPTIONAL: Attends East Texas Area Assemblies (two per year)

### **BUDGET - \$200.00**

\$140.00 Expenses for public outreach/travel/copying, etc.

\$60.00 Cell phone (Coordinator may opt to use personal phone)

### **Descripción**

- Asiste a las reuniones hispanas en el Distrito
- Actúa como puente entre la Zona y los Grupos Hispanos en el Distrito 6
- Da informes de los Grupos Hispanos en las reuniones del Distrito cuatro veces al año
- Coordina/ayuda con las actividades del alcance al público; informa a los Grupos Hispanos de eventos Hispanos en el Distrito/la Zona
- Traduce partes de la Carta Informativa del Distrito; presenta un informe en la Carta Informativa en español y inglés antes de la fecha
- Coordina/comunica con la Coordinadora Hispana de la Zona
- Mantiene lista de Grupos Hispanas dentro del Distrito
- OPCIONAL: Asiste a las Asambleas de la Zona dos veces por año

### **GASTOS**

\$140.00 Gastos para el alcance al público/viaje/copias, etc.

\$60.00 Teléfono celular (La Coordinadora puede usar un propio teléfono también)