



DISTRICT 6 NEWSLETTER

Spring, 2019

Volume 32, No. 2

DISTRICT MEETING

**Saturday, April 27, 2019
8:00am - 3:00pm**

HOST GROUP

Central Texas Serenity Seeker's,
AFG

LOCATION

Trinity Baptist Church
403 Farm to Market 2410
Harker Heights, TX 76548

CONTACT

Myra C.

See Directions on page 2.

NEWSLETTER HIGHLIGHTS

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**Summer Newsletter Inputs Due
May 20, 2019**

MY STORY

(Mary M.)

I grew up the fifth of eight children with an highly functional alcoholic father and a mother who was an untreated Al-Anon. Love in my family was based on being competent, which really meant being perfect (I remember being reprimanded for getting an A- instead of an A). Looking back, I realize I felt like I was wearing a blindfold in an alligator pond. I quickly learned skills to cope, most importantly, pleasing anyone in my sphere, using sarcastic wit to let people know not to mess with me, and being as perfect as possible because to be less than that was to be unlovable.

I knew for years there were issues interfering with my living a happy life; I just thought they were other people's issues. I knew if I could control people, places, and things well enough, all would work out. I was a mess. I was raging at my kids, raging at my employees, and still trying to please anyone else by becoming whatever it was I thought they wanted.

I'm sure now my Higher Power was giving me signs along the way to guide me. I just ignored them. At age 38, he gave me a sign I couldn't miss. I was working full-time and taking care of our four-year old and two-year old sons with my husband who traveled extensively for work, when my husband was diagnosed with Lou Gehrig's disease (amyotrophic lateral sclerosis). I finally decided it might make sense to seek help.

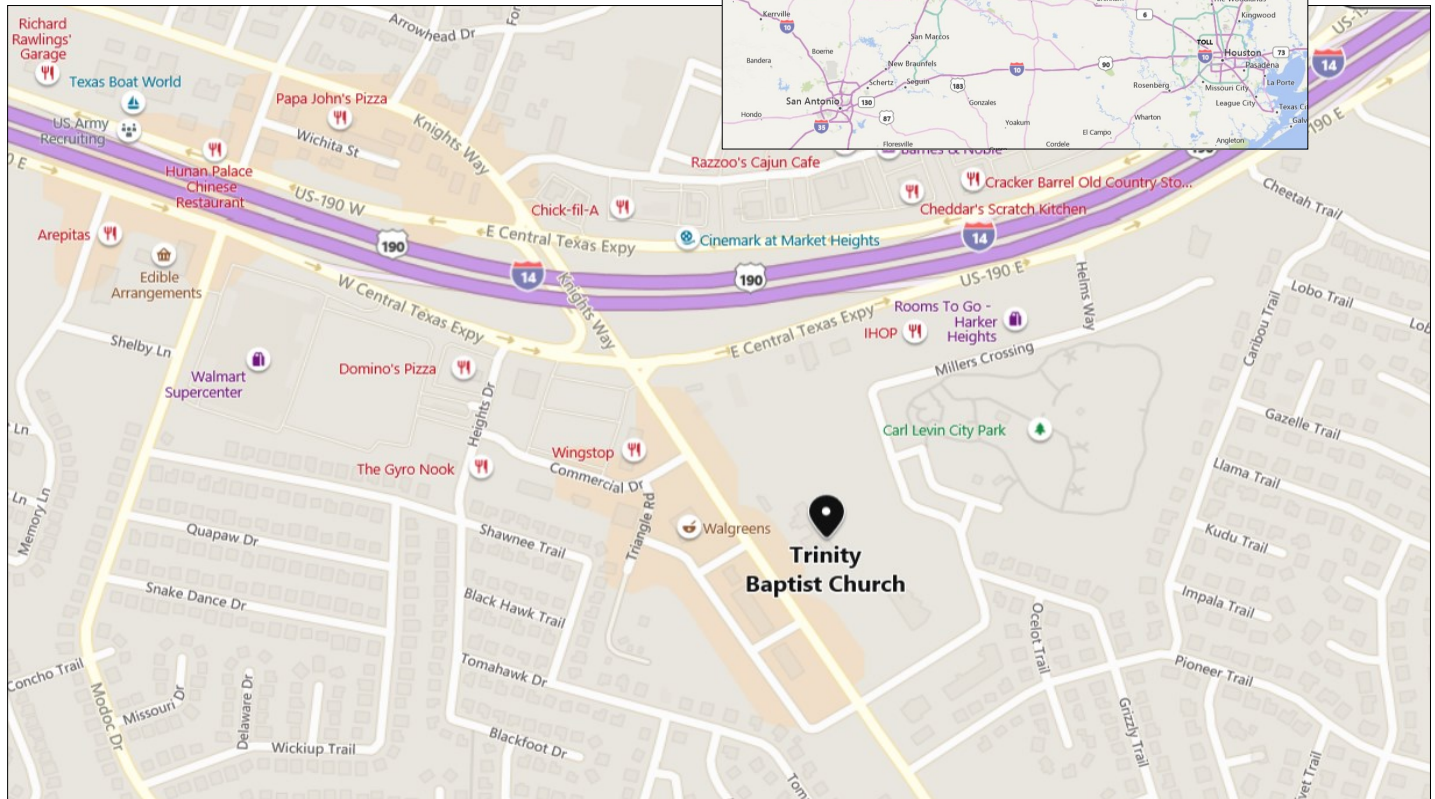
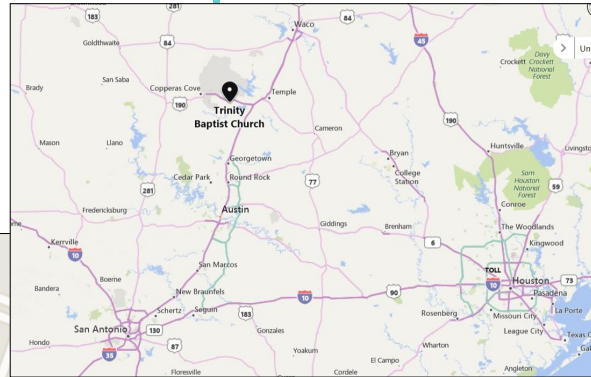
I didn't get to Al-Anon immediately, but there's no doubt that's where my HP was leading me. My first Al-Anon meeting was for adult children of alcoholics and after the list of problems was read during the opening, I was overwhelmed with the sense that I had found my people. I started attending meetings regularly and got a sponsor with whom I worked the steps. My life got better. During this time, my husband and I were told that he had been misdiagnosed and did not have ALS (it had possibly been a virus).

One of the greatest gifts the program has given me is the belief that I am not supposed to control anything but myself, and to do that according to my HP's will for me. It was such an incredible relief when I realized I am not supposed to control other people's thoughts, feelings, and behavior. When I try do that, I am getting in their HP's way. Learning to stay on my side of the street changed my life. I became more compassionate, less judgmental, more tolerant. I slowed down. I didn't try to please everyone.

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DIRECTIONS TO APRIL 27, 2019 DISTRICT MEETING

Trinity Baptist Church
403 Farm to Market 2410
Harker Heights, TX 76548



- ⇒ **Take I-35 N / US-290 E**
- ⇒ **At exit 286**, take ramp right for N Stagecoach Rd / I-35 N toward Hollow Lake / Stillhouse
- ⇒ Turn **left onto FM-2484**
- ⇒ Turn **right onto FM-3481** / Stillhouse Lake Rd
- ⇒ Turn **left onto FM-2410** / Knights Way
- ⇒ The church will be on the left coming from the north (I-14/TX Hwy 190/E Central Texas Expy) (you'll pass a Starbucks and Canes Chicken on the left, as well). When you arrive head straight into the parking lot and you'll want to park on the left, as we will have signs directing everyone to the Fellowship Hall (left side of building).



Please remember that 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 report to be included in the next newsletter.



OFFICER REPORTS

District Representative

Greetings District 6:

Our district is very busy and doing great things to carry the message to those still affected by the disease of alcoholism as well as creative workshops to provide growth opportunities for our members.

At our last January District meeting, we approved our 2019 budget and received a readout from the Workshop (Format) which is seeking ways to document the previous hosting group's workshops/skits. This committee also agreed to list other district processes and procedures that could also be stored for central access and used on our District 6 tab; found under the Austin Information Center's website.

Our January hosting group's workshop consisted of running three parallel activities on meditation, creating God boxes, and playing charade slogans.

After lunch, the GRs voted on top hot topics and chose to split into four groups to share their experience, strength and hope. The four hot topics discussed were:

- Possible Uses for Unallocated District Funds
- Newsletter Distribution Cost, Content, and Processes
- Spanish Website Tab Use
- District & Group Safety Guidelines

Love in Service,
Judy W.

Secretary

(Pat I., substituting)

Meeting Minutes

January 19, 2019

Hosted by: Bee Caves AFG

Westlake United Methodist Church

1460 Redbud Trail

West Lake Hills, TX 78746

Judy W., District Representative, called the meeting to order at 9am and thanked the host group. Kathy L., with Bee Caves AFG, welcomed everyone.

A moment of silence was observed, followed by the Serenity Prayer and the reading of The Twelve Traditions, Twelve Concepts of Service, and General Warranties of the Conference. Judy W. welcomed four new GRs. After introductions the Ask It Basket was passed. The Seventh Tradition basket was passed as well. The donation totaled \$ 179.

BEGIN BUSINESS MEETING

The business meeting began at 9:20am with questions regarding those reports distributed electronically prior to the meeting, which are noted below.

Judy W. reviewed Knowledge Based Decision Making (KBDM) format, which GR's voted to use at the last meeting. Forty percent of officers and coordinators provided advance reports to support this process.

Secretary Doon R. was absent due to illness. Pat I. agreed to take minutes. Judy W. asked if there were any corrections or additions to the October 20, 2018 Minutes as printed in the *Winter 2019 District 6 Newsletter* and provided to GRs electronically prior to the Business Meeting. There were no corrections. The Minutes were approved.



April 6

[FWAIS Birthday Celebration](#)

North Richland Hills, TX

April 26–28

[Hand in Hand AA & Al-Anon Women's Conference](#)

Ardmore, OK

May 3 - 5

[East Texas Area Al-Anon/Alateen Spring Assembly](#)

McAllen, TX

May 17 -19

[West Texas Spring Assembly](#)

Abilene, TX

May 23–26

[33rd Annual Gathering of Eagles](#)

Richardson, TX

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OFFICER AND COORDINATOR REPORTS

Alateen Coordinator Bill W. submitted a report ahead of time. There were no questions or corrections.

In the absence of an Austin Information Center Liaison, Judy W. announced that the next meeting of the AIC Board is February 19 at Northland. We need someone to fill this open position.

Anna A. added later in the meeting that:

- The Information Center's hours on Wednesdays have changed from 10-7pm to 10-6pm.
- Janie requests volunteers to staff the AIC from 10am to 2pm on the first Thursday of each month. One person could work all four hours or two people could split the hours.
- Full minutes of Nov. 12 Board Meeting are available on the Information Center website.
- Anna as Alternate DR has been attending the Information Center Board Meetings as the bridge to the district since the liaison was not able to make the district meetings. The person in this position need not make every board, district and area meeting. This is a "we" program so you can get help.
- Paula H. (previous liaison) added that the liaison position includes membership in Area World Service Committee (AWSC) with voice and vote at AWSC meetings. It is a stipended position. The stipend provides enough for travel and hotel expenses if you carpool and share rooms.

Public Outreach North Coordinator Susan T. submitted a report ahead of time. She was not present. No questions were asked regarding her report.

Public Outreach South Coordinator Dave L. submitted a report ahead of time. No questions were

asked regarding his report.

District Rep. Judy W. summarized the January 2019 AWSC meeting in a report submitted ahead of time. She reminded us that the deadline to order copies of *Al-Anon faces Alcoholism* is Feb. 8 at 5pm EST. There were no questions.

Judy W. called the roll. The total number of attendees was not announced. Twenty-seven groups were represented with one vote each as of 9:30am, with simple majority being fourteen votes. At the October 20, 2018 District Meeting it was agreed by consensus that we would continue to use a simple majority for routine voting matters and a two-thirds majority for election purposes. No one objected to using a simple majority for votes today.

Treasurer Robert G. presented the *2018 District 6 Fourth Quarter Operating Statement*.

There were two corrections from the version emailed out ahead of time.

Treasurer Robert G. also presented *2018 Operating Costs and Recommended 2019 Budget*.

Important points:

- Increased budgets for Public Outreach North and Coordinator hispanohablante/Spanish Language Coordinator.
- Increased budget for expected group donations because we have been receiving over \$8,000 a year for the last two years.
- Mail group donations to District 6 Texas AFG, PO Box 342194, Lakeway, TX 78734.
- Some funds have been transferred to a Savings Account to earn us some interest.
- Budget principle: WITTB: Whatever It Takes To Balance.

Q&A:

- How many signatories? Judy, Anna, Doon, Robert – two signatures are required on a check.
- The amount in Savings includes

allocated and unallocated funds. Our Ample Reserve (half of amount budgeted) is kept in the same accounts as allocated funds.

- Expenses are running well under the amount budgeted over the last three years. We closed out 2018 with more than \$8,000 in unallocated funds.

More expense money may eventually be budgeted for social media or other electronic outreach.

- What's the difference between international reserve and prudent reserve? Judy explained that the International happens once every five years, and the district has agreed to send the current DR to the International. This is setting aside money for those travel expenses.

Kathy M. made this motion, seconded by Kelly T: "I move to accept the 2019 Budget as presented." The motion passed unanimously. See page 8.

THOUGHT / TASK FORCE UPDATES / STATUS AND PLANS FOR NEXT STEP

In the future, Judy W. asks GRs to propose agenda items ahead of the meeting. That way all of us can be informed ahead of time. This supports KBDM.

Judy W. introduced an additional topic to be discussed: Unallocated Funds.

Judy W. and the task/thought force members made brief reports. The District Workshop Committee made a longer report followed by more discussion.

Alateen School Posters

Lorelei, leader of this Task Force, was not in attendance due to illness. (See the October meeting's minutes for a list of Task Force members.) Lorelei has agreed to document the history of this effort and continue distribution. We have identified additional school districts to do outreach to. Next steps are still to be decided on. Question posed at last meeting was whether to use current posters or to design a new



image pending WSO approval. This work group has not met since last meeting.

Spanish Website Tab

The District's GRs voted two meetings ago to help the Info Center pay for its website. The Center agreed to add a Spanish Tab to the website. This Thought Force, created at the October District Meeting to identify what should appear on the tab, has not yet met. Spanish Language Coordinator Pat I. said he hopes to get help from the group in matching outreach efforts to web page use.

Newsletter Distribution Costs

Newsletter Coordinator and Thought Force leader Jessica P. was not in attendance. The original question was: Who is receiving a hard copy newsletter? Judy W. posed new questions: Do we need a hardcopy newsletter? What information is critical--what needs to be in the newsletter? Also of concern: Some past newsletters currently published online will have to be taken down, corrected, and reposted because last name anonymity was not observed. A double check is needed to ensure last names are removed from the print version before an online version is posted. This check was not always done in the past.

District / Group Safety

New WSO guidelines on Safety were distributed ahead of the meeting. (Please contact Judy if you did not get one.) Based on the principle of autonomy, each group and the district will decide if more action is needed.

Safety concerns include:

- Safely arriving and leaving meeting? Someone taking basket contents?
- If someone asks someone to go out with them, when is that harassment?
- Some members have been stalked.
- What can or should we do for safety at our district meeting? We should take the principle of anonymity into account in any discussion.

Unallocated Funds

It is not healthy for us to have a significant amount of funds unallocated. Could this be a Thought Force?

DISTRICT WORKSHOP (FORMAT) COMMITTEE

Josie R. introduced members of the committee: Josie. R., Peggy D., Kathy L., Barbara M., Betty B., Mimi C., Brooke D., and Teresa S.

A handout was made available that explains the work planned and work done so far.

Josie R. spoke about hosting groups (old and new) coming together to define processes to document both past workshop activities and ideas for future workshops. She said her team does not have the technical support needed to make this a usable "database". That "database" may eventually be converted into electronic form that could be accessed from a district website.

A request was made for a member that can provide that technical help.

For this to be useful, it will have to be updated on an ongoing basis.

Pat I. suggested using a Google group or other online resource as a district online bulletin board and file cabinet. He is willing to be a resource to someone else who takes responsibility for this. Call him and pick his brain.

Judy W. pointed out that this is the District Workshop Committee's "How" question. She suggested the Committee focus on "What," where it has made great progress.

Judy W. suggested we look at how other districts are doing this. We need an idea of what a technology coordinator position would need to do and what their time commitment would be before adding a position.

Pat E. asked if we are reinventing the wheel on workshop resources?

Josie R. responded that we are trying to make our history and existing resources more easily available so we don't reinvent what we can re-use.

Anna A. requested the handout be distributed electronically to the District's GRs and coordinators.

At 10:38am we took a break before the workshops.

The single *Ask It Basket* question, on meditation as part of an AFG meeting, was answered.

Then we broke for 40 minutes for workshops.

WORKSHOPS

Everyone enjoyed workshops led by Julia H., Diane S., and Josie R. of the hosting group and the Workshop Committee.

There were three choices of workshops:

- Hands on crafts tied to the 12 Steps.
- Role Play and Charades using the Slogans. (We have done this at past district meetings.)
- A meditation room, with a guided meditation followed by a discussion.

After about 20 minutes, members could switch workshops.

After the workshops, there was brief further discussion of the open Information Center Liaison position.

The members broke for lunch at 11:42am and then resumed the Business Meeting at 12:45pm.

BUSINESS MEETING CONTINUES

A door prize of a *Forum* subscription was awarded to Kathy G. from Central Texas Serenity Seekers, AFG.

Harker Heights will host the next meeting on the 4th Saturday in April. Anna A., our Alternate DR, will be working on meeting prep. Judy W. will be out of the country.

The District needs groups to volunteer to host our meetings on the 3rd Saturdays in July and October.

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We discussed our plan for the afternoon. We could not spin off the Alateen posters as a parallel workgroup because the leader was not in attendance. Spanish Tab, Newsletter, Safety, and Unallocated Funds were potential topics for discussion.

First question to GRs: Stay together in single group, or split up into parallel work groups?

Consensus was to split up in groups on the Spanish Tab on the District Website (led by Pat I.), on the Newsletter (led by Anna A.), on Safety (led by Judy W.) and on Unallocated Funds (led by Robert G.). We planned to spend 45 minutes in separate groups. During the remaining 45 minutes, groups were to report on what was discussed, using these KBDM questions: What did you discover? What is unknown? What are the next steps? After these summaries and short discussion we would close out the meeting.

KBDM TOPIC SUMMARIES

Safety (Judy W.)

Went around the room and heard about a lot that was going on. Many examples and experiences.

Goal is to raise awareness, be proactive, not reactive.

Solutions discussed:

Set up and tear down procedure: lock door behind you if you are first to arrive or last to leave. Open to recognized member.

As you come up with things to do in your group, share your ideas with others.

Don't leave one person behind to lock up by themselves. What if someone is left behind and they fall?

During a meeting, if there is a situation where you think you are dealing with someone with a mental issue that is threatening group safety, maybe you have a phone number to call.

Read the Safety document distributed to every GR.

Balance not scaring off the newcomer with protecting group safety.

Next steps:

Safety is a great meeting topic. Safety in our meetings. Safety in our families. Identifying an unsafe or safe environment.

Write down some thoughts, take that to your group, possibly hold a group conscience.

Share what you learn with Judy W. in a format she can share with all the other GRs.

Unallocated Funds (Robert I. led, Mary R. kept notes and reported)

Have about \$10K in unallocated funds.

Ideas:

Thought about doing more with Public Service Announcements (PSAs).

Thought about doing a "Day in Al-Anon" in different areas, perhaps with meal and literature, perhaps with recovery centers in each county in district.

Perhaps hire someone to write, store, maintain information on these workshops.

Establish a presence on social media to reach young people. Might get good content from WSO, pick apps, etc. that youth actually use.

Might be more cost-effective to use existing resources like district website for repository of district documents.

Next steps:

Being very clear about what is needed (job descriptions).

Not duplicate WSO efforts.

Keep local emphasis.

Think about how to interface with WSO materials.

When get to the point of hiring, try and find an Al-Anon.

Newsletter (Anna A.)

Thought Force created at last district meeting to review hardcopy recipients, process, and contents.

Ideas:

Purpose of newsletter is main communication from the district to groups within the district.

We continue to need a hardcopy because Current Mailing Addresses (CMAs) do not necessarily have internet access.

Cutting the newsletter down – it has to be printed in multiples of four pages, that is how this printer works. Reducing newsletter by four pages will not reduce price by much (\$20 three years ago). If made one or two pages, then cost would go down, would eliminate personal stories.

Important that newsletter be timely. If coordinator cannot meet deadlines, they should resign and someone who can meet deadlines should step up.

There are accessibility issues for the online version: members with visual disabilities may not be able to read a screen as well as they can read a hard copy.

Members learn that they are part of a district when they see the newsletter.

Is it time to re-vote on whether to include the meeting list? Last vote was three years ago. List is always outdated because it is submitted to printer weeks before the newsletter is sent out.

Different distribution lists: DR email list, subscription list.

Keeps GRs who cannot make district meeting in the loop.

All district's news in one place.

Electronic distribution requires eliminating last names and addresses.

Can we make digital versions work for us, getting recipients to distribute it to email lists of their own?

Should circulation manager be another service position?

Perhaps we have seen that this ain't broke, so don't fix it.

Spanish Tab (Pat I. led. Kate H. took notes and reported most of what follows.)

This group's members present today include Pat I., Josie R., Paula H., Kate



H., and Dani M. Volunteers for this group not present today: Jessica P. and Juanita R.

Pat I. sees the website tab as one tool to help with a bigger challenge for coordinating outreach to Spanish-speaking groups. His goal, with the help of other AFG volunteers, is to attend every Spanish-speaking or bilingual Spanish-English AFG in the district twice a year, first of all to participate, second to work through a very short checklist with each one, asking each group:

- Has the group submitted a GR1? Is it up-to-date?
- What help does the group need from other Al-Anons, other AFGs, especially other Spanish-speaking AFGs, the AAIC, the District, or the Area? (Contact information is also available for Spanish-speaking AFGs and resources elsewhere in Texas.)
- If the group is new, how did its founders discover Al-Anon?
- How do newcomers find your group? Do you advertise? Where and how?
- What suggestions do you have for other AFGs and for other parts of Al-Anon?
- Can you help us locate any Spanish-language/bilingual meetings not on the district list?

Pat I. is also taking some literature to each group, including service manuals.

He hopes to find or help build a network of Spanish-speaking AFG members in the district.

Some groups' meeting places and/or current mailing address change frequently.

The AAIC has a separate phone number for Spanish voice mails; volunteers who speak Spanish return those calls. We need to connect to those volunteers.

Pat I. is tracking outreach and contacts with Spanish-speaking groups in a spreadsheet; it can be shared online if committee helps with

contacting each meeting across our large district.

What we know:

There are about 12 Spanish-speaking groups in District 6.

Pat I. visited two of them in 2018.

Suggestions:

Face-to-face contact is the most important first step. This follows contact by phone or text message, seldom by email.

Could we go as a committee to meet with the groups?

If Pat I. can buddy up with a committee member for some of the long drives that will help.

Could we have a central meeting of the group representatives? Perhaps before the fall district meeting after all groups have been visited at least once?

Could we ask one or more members of Spanish-speaking/bilingual groups to join our committee?

Include all Spanish-Language meeting info on tab?

Include a Spanish Ask-It Basket feature on the tab?

Borrow Spanish language information/content from other areas? (WSO? Houston?)

Or simply link to some of those resources?

What we need to know:

How can we keep the information on the website tab up-to-date?

Who can add things to the website tab? [Kate H. will follow up.]

Where and when do the AFGs meet and what is their contact info? We are working from the district's list, which Judy W. and others worked to update in 2018. We expect to find meetings not yet registered.

Should we include the AAIC Phone number for Spanish calls/voice mail message on the Spanish Tab? [Kate H. will follow up.]

Contact info for Spanish liaison Esperanza L. from Houston? [Paula will follow-up]

When will the committee meet by phone before next district meeting? [Pat will follow up to schedule this in February or early March.]

FOLLOW Ups

Safety GRs please get back to Judy with ideas and practices your groups come up with.

District Workshops This committee is working on "What." They will reach out to people with technology ideas for help with "How" of maintaining resources, possibly online.

Unallocated Funds The groups decided to keep working on this. More than 14 GRs voted to do so. Josie R., Mary R., Barbra H., Dave L., and Robert G. volunteered to work on this thought force. Mary R. will organize first meeting.

Newsletter Judy W. asked: Are you happy with the way things are going today? Pat I. moved to table this discussion to the next district meeting, Brian M. seconded. There was discussion. Question: Can any member be newsletter coordinator? (A dual member of Al-Anon and AA cannot; The district did vote in the past that outreach coordinators can be dual members.) Question: Should this be a paid position? (One response: none of our trusted servants are paid.) The Motion to table passed with 21 votes for, none against, no abstentions. (Some representative had left already.)

Spanish Tab on District website

We will answer the "What we need to know" questions from our KBDM summary, and then meet together by phone at least once before the next District Meeting to take next outreach steps including, if possible, drafting the first version of a Spanish Tab. Our broader goal is to bring GRs of Spanish-language meetings together a few weeks before the Fall District meeting to connect, share ideas, help each other, and discuss common needs and goals including any that might involve the district or beyond—including the Spanish Tab and other District outreach.

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FUTURE DISTRICT MEETINGS

April 27, 2019 – Hosted by Central TX Serenity Seekers, Harker Heights (4th Sat.)

July 20, 2019 – Hosted by (TBA) (3rd Sat.)

October 19, 2019 – Hosted by (TBA) (3rd Sat.)

January 18, 2020 – Hosted by (TBA) (3rd Sat.)

OTHER IMPORTANT DATES

May 3-5, 2019 – ETAAA Spring Assembly, McAllen, TX

November 1-3, 2019 – ETAAA Fall Assembly, Victoria, TX

The meeting closed at 2:30pm with the Al-Anon Declaration in English and Spanish.

Treasurer

See the following reports:

- 2019 Budget on page 8
- 2018 District 6 Income Statement on page 9
- 2018 Balance Sheet on page 10.

Coordinador hispanohablante / Spanish Language Coordinator

El grupo de trabajo sobre inclusión de hispanohablantes y diseño de la tab del idioma español para el sitio web del distrito 6 se reunirá por teléfono antes del próximo reunión del distrito. Si su grupo de Al-Anon quiere participar o si Ud. está dispuesto a ayudarnos, por favor, contáctenos Pat I.

Our working group on the Spanish website tab and Spanish-language outreach is meeting by phone ahead of the next district meeting. If your group would like to participate or if

APPROVED BUDGET for 2019

2019

Income	Budget	Actual
D6 Basket Collection	500.00	
Total Group Donations including newsletter subscriptions	8,000.00	
Bank Interest	15.00	
Collection for Delegate / Gift	0.00	
Misc	0.00	
Contribution from Unallocated to cover propped expenses	2,600.00	
Total Income	11,115.00	-

Expenses	Budget	Actual
Alateen Coordinator	1,000.00	
Alateen Liason Coord.	500.00	
Archives	250.00	
Rent / District Meeting	750.00	
DR Int'l Convention	0.00	
DR Expenses	1,055.00	
Alt. DR Expenses	500.00	
Secretary Expenses	250.00	
Treasurer Expenses	300.00	
Newsletter Editor	100.00	
Forum/Literature	350.00	
AMIAS / Background Checks	50.00	
Newsletter	2,500.00	
Public Outreach No.	1,000.00	
Public Outreach So.	750.00	
Spanish Language Coordinantor	1,000.00	
P.O.S.S.E. Scholarship	250.00	
Donation to TEAAC	0.00	
Delegate to Assembly	0.00	
Gift to Delegate	150.00	
Bank Charges	10.00	
Misc.	350.00	
Total Expenses	11,115.00	0.00

you want to help us out, please contact Pat I.

meeting will be held in mid-March to begin drafting a proposal to be presented at the April District Meeting.

Unallocated Funds Committee

All of the members of the committee met in February to discuss and refine input from the District Meeting and members themselves, and to consider next steps. A second

District 6 AFG
Statement of Revenues and Expenses - Cash Basis
Compared with Budget
For the Current Quarter and Year To Date Ending December 31, 2018

	Current Quarter Actual	Current Quarter Budget	Current Quarter Variance	Year to Date Actual	Year to Date Budget	Year to Date Variance
Revenues						
District 6 Basket Collection	\$ 89.00	\$ 125.00	(\$36.00)	\$ 532.00	\$ 500.00	32.00
Group Donations	2,094.45	1,875.00	219.45	8,402.31	7,500.00	902.31
Newsletter Subscriptions	0.00	0.00	0.00	44.00	0.00	44.00
Miscellaneous Income	0.00	0.00	0.00	10.00	0.00	10.00
Interest Income	3.02	2.50	0.52	11.90	10.00	1.90
Contribution From Unallocated	0.00	837.50	(\$837.50)	0.00	3,750.00	(\$3,750.00)
Total Revenues	2,186.47	2,840.00	(\$653.53)	9,000.21	11,760.00	(2,759.79)
Expenses						
Alateen Coordinator	0.00	250.00	(250.00)	631.39	1,000.00	(368.61)
Alateen AMIS Training	0.00	125.00	(125.00)	277.11	500.00	(222.89)
Archives	0.00	62.50	(62.50)	0.00	250.00	(250.00)
Rent / District Meeting	200.00	187.50	12.50	500.00	750.00	(250.00)
DR International Convention	0.00	375.00	(375.00)	1,161.48	1,500.00	(338.52)
DR Expenses	474.18	275.00	199.18	856.89	1,100.00	(243.11)
Alternate DR Expenses	0.00	125.00	(125.00)	0.00	500.00	(500.00)
Secretary Expenses	7.92	62.50	(54.58)	114.99	250.00	(135.01)
Treasurer Expenses	0.00	125.00	(125.00)	120.00	500.00	(380.00)
Newsletter Editor	0.00	25.00	(25.00)	0.00	100.00	(100.00)
Forum / Literature	144.76	62.50	82.26	464.76	250.00	214.76
AMIAS / Background Checks	0.00	12.50	(12.50)	0.00	50.00	(50.00)
Newsletter Printing	470.40	625.00	(154.60)	1,523.90	2,500.00	(976.10)
Public Outreach North	0.00	125.00	(125.00)	581.82	500.00	81.82
Public Outreach South	184.62	187.50	(2.88)	184.62	750.00	(565.38)
Spanish Coordinator	61.10	125.00	(63.90)	61.10	500.00	(438.90)
P.O.S.E. Scholarship	0.00	0.00	0.00	125.00	250.00	(125.00)
Gift to Delegate	0.00	0.00	0.00	150.00	150.00	0.00
Bank Charges	0.00	2.50	(2.50)	0.00	10.00	(10.00)
Miscellaneous Expense	67.13	87.50	(20.37)	210.93	350.00	(139.07)
Total Expenses	1,610.11	2,840.00	(1,229.89)	6,963.99	11,760.00	(4,796.01)
Net Income	\$ 576.36	\$ 0.00	\$ 576.36	\$ 2,036.22	\$ 0.00	\$ 2,036.22



Website



WSO

www.al-anon.org/members

(log in using your group name followed by "AFG")

Texas

www.texas-al-anon.org/

(password: anonymity)

Austin

www.austinalanon.org

District 6 AFG
Statement of Assets, Liabilities, and Equity - Cash Basis
December 31, 2018

ASSETS		
Current Assets		
Cash Checking -GTFCU	\$ 18,578.75	
Cash-GTFCU Savings	5,080.12	
Total Current Assets		23,658.87
Property and Equipment		
Total Property and Equipment		0.00
Other Assets		
Total Other Assets		0.00
Total Assets	\$	23,658.87
LIABILITIES AND EQUITY		
Current Liabilities		
Total Current Liabilities		0.00
Long-Term Liabilities		
Total Long-Term Liabilities		0.00
Total Liabilities		0.00
Equity		
Unallocated Funds	\$ 8,614.93	
International Reserve	1,801.43	
T.E.A.M.	171.51	
Prudent Reserve	5,630.00	
Kristy Fund	863.38	
Allocated Posters For Schools	791.40	
Allocated To Cover 2019 Expens	3,750.00	
Net Income	2,036.22	
Total Equity		23,658.87
Total Liabilities & Equity	\$	23,658.87

COORDINATOR REPORTS

Alateen, Bill W.

The following people attended a certification workshop on the 15th of December.

- Angie B.
- Rosemary C.
- Amber H.
- Jan S.

Welcome aboard and thanks for stepping up.

We lost one group; The Wimberley Alateen. That leaves us with nine active and four inactive groups.

(Continued on page 11)



(Continued from page 10)

ACTIVE

Northland Alateen Austin
 South Austin Alateen Austin
 Ride To Sanity Alateen Bastrop
 Hope Alateen Cedar Park
 Finding Our Way AFG Alateen Dripping Springs
 Fort Hood Area Alateen Harker Heights
 Lake Travis Alateen Group Lakeway
 Thursday Alateen Group Round Rock
 Thursday Afternoon Alateen Group Cedar Ridge HS Round Rock

INACTIVE

Westlake Young Alateen Austin
 Georgetown Alateen Group Georgetown
 Waco Alateen Waco
 Wimberley Alateen Wimberley

If you would like to try to reactivate any of these groups please let me know and I will do whatever I can to assist.

Public Outreach, South, Dave L.

PUBLIC OUTREACH NEWS FROM NORMA A., KEEP IT SIMPLE AFG, BUDA

We have been going to the Nova Treatment Center monthly, and two or three of us go to share our experience briefly, share literature and resources, and answer questions to family members who have spouses or adult children in the treatment center, which is in Wimberly. There have been about 12 men and women we talk to, and several have responded favorably and want to attend Al-Anon. We have been providing *Forum* magazines so they have the information contained in them, and the Al-Anon website, so they can find Al-Anon where they live. It has been a VERY positive experience, and our Al-Anon group has been actively participating. Our main need is more Forum magazines.

VOLUNTEER OPPORTUNITIES FOR PUBLIC SERVICE ANNOUNCEMENTS (PSAs)

At a workshop on Public Outreach in Longview, TX, Lynn B., Area 53 Public Outreach Coordinator, recommended that we approach our area TV and radio stations for pre-recorded public service announcements (PSAs), which media are legally required to service. For District 6, taking advantage of this service opportunity would involve contacting one or more of the TV or radio stations and pitching the Al-Anon PSAs, which can be downloaded from the WSO Web site.

Below are some helpful facts.

[Channel 7, KTBC, FOX, http://www.fox7austin.com/](http://www.fox7austin.com/)
[Channel 18, KLRU, PBS, eb Site: http://www.klru.org/](http://www.klru.org/)
[Channel 24, KVUE, ABC, http://www.kvue.com/](http://www.kvue.com/)
[Channel 36, KXAN, NBC, http://www.kxan.com/](http://www.kxan.com/)

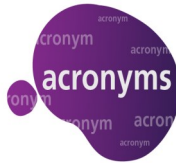
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Meditation in Group Meetings

On the principle of autonomy, the groups may choose to do what they feel works best for their group following a recommended group conscious where all members may offer their thoughts on the subject. Prayer and meditation (Step 11) is a part of our program. We need always consider the newcomer and how to best help them.



Al-Anon/Alateen

AAPP - Area Alateen Process
Person

AIS - Al-Anon Information Service

AMIAS - Al-Anon Member Involved in
Alateen Service

AWSC - Area World Service
Committee

CAL - Conference Approved Literature

CMA - Current Mailing Address

DAC - District Alateen Coordinator

DR - District Representative

EIN - Employer Identification Number
(tax ID number)

ETAA - East Texas Area Al-Anon/
Alateen

ETAAA - East Texas Area Al-Anon/
Alateen Assembly

GR - Group Representative

ISR - Information Service
Representative

LDC - Literature Distribution Center

P.O.S.S.E. - Program of Sponsors
Sharing Everything PO - Public Out-
reach

PSA - Public Service Announcement

TEA AC - Texas East Area Alateen
Conference

TEAM - Together Empowering Al-
Anon Members

WSC - World Service Conference

WSO - World Service Office

(A.A. - Alcoholics Anonymous)

[Channel 42, KEYE, CBS, http://www.keyetv.com/](http://www.keyetv.com/)

[Channel 54, KNVA, CW Austin, http://www.thecwaustin.com/](http://www.thecwaustin.com/)

Channel 62, KAKW, Univision in Killeen

There are far too many radio stations in our area to list here. The radio station locator, <http://radio-locator.com>, lists several dozen stations in our area.

Once you get to the proper contact person, introduce yourself (first and last name ok, does not violate Tradition 11.) Tell them you are a volunteer for Al-Anon Family Groups and explain a little about what Al-Anon is. Ask how we can submit Al-Anon PSA's for consideration. There are two types of PSAs, of different lengths. One, entitled "Jack," is about a father worried about his son's drinking, and the other, "Samantha," is about a teenager worried about her father's drinking. You can view them on-line at:

<https://al-anon.org/media-kit/public-service-announcements/>.

SAMPLE INTRODUCTION SCRIPT:

"Hi, my name is _____ and I am a volunteer for the Al-Anon Family Groups of (your area.) We are a non-profit, fully self-supporting organization. We are a 12-step Recovery support group for the friends and families of Alcoholics in our community. We offer FREE support group meetings and have (# of mtgs) in the _____ area. Would your station be willing to air our PSA's to provide hope and help for families suffering from the effects of a loved one's alcoholism and substance abuse?"

A sample letter to TV stations can be found at <http://al-anon.org/pdf/TheBestPublicOutreach.pdf>.

Please contact Dave L. in case you are interested in this service opportunity.

INFORMATION CENTER REPORT

The Austin Al-Anon/Alateen Information Center (AAIC) Board met on February 19, 2019 at 6:30pm in the Northland Al-Anon room. There were 14 voting members there, enough to represent a quorum.

The Treasurer (Terry F. for Celeste T.) presented the following reports:

- AAIC 2018 Year in Review summary
- 2018 budget vs. actual revenue and expenses
- 2018 Profit and Loss statement and balance sheet
- 2018 AAIC contributions by Group
- January, 2019: All of above reports

Terry presented the proposed budget for 2019 totaling \$63,739.00. The budget was adopted unanimously.

Janie H. presented a summary report of information center activity, top selling literature and noted the back room is available for meetings during office hours. Janie H. said volunteers are needed for first Thursday of the month from 10am-2pm and also some 'as needed' volunteers she can call when she

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needs some extra help. Please contact Janie H. at AAIC at (512) 441-8591.

There was some discussion about the process to add information to the Spanish information tab on the website. Carolyn K. (chair) said someone should prepare the Spanish page, and then email it to Carolyn K. or Janie H, who would then send it to the web master for posting on the AAIC website.

The position of AAIC Liaison is still open. The bylaws were read and Kathy J. stated she was willing to serve. She was nominated and elected for the one year term of AAIC Liaison.

Crowd sourcing checks: Carolyn K. brought up a situation that has recently come up. The AAIC has received two donation checks that were sent by an outside entity: one from Facebook and one from Great Nonprofits. We know that the Facebook donation was started by an Al-Anon member but don't know if all the donations were made by members. We do not know if the person who contributed to AAIC through Great Nonprofits is a member. The service manual states we can accept donations from: 1. Members; 2. As a bequest from a close family member of an Al-Anon member in the member's name. We discussed that we cannot accept these donations unless all the money has come from members. Carolyn K. said this may become more common in the future and asks that we take this back to our groups. We can ONLY accept donations from Al-Anon members.

The next meeting of the AAIC Board is May 20, 2019 at the Information Center, 6301 Manchaca Rd, Suite F, Austin, TX 78745 at 6:30pm.

Yours in service,
Kathy J.
AAIC Liaison

GROUP REPORTS

Allandale Happy Hour AFG

(Mondays 5:30pm, Austin, TX) *Kelly T., GR*

Our meeting has been averaging 15-20 attendees with a newcomer or new faces often.

We did a group conscience to discuss safety in meetings. It was good to discuss, if nothing else to increase our awareness on the topic. Our group concluded we would keep the topic open but overall there would be no changes. If anything, we may be discussing adding something into the opening about how we keep the meeting safe.

Central Texas Serenity Seeker's AFG

(Harker Heights, TX) *Myra C., GR*

On January 18, 2019 at our business meeting we elected our new GR Myra C. and Alternate GR Donna M. to finish out the three-year term. A new addition to our Thursday night meeting is the availability of childcare, as well as having

(Continued on page 14)

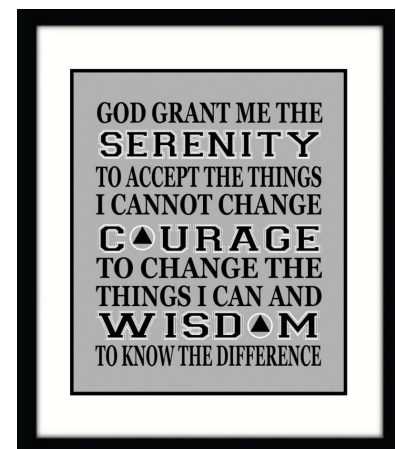
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I started setting boundaries (which is an entire story of its own!).

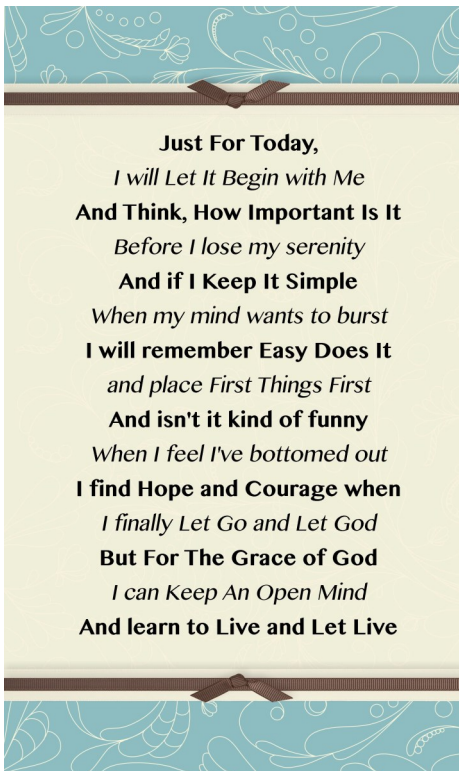
One night, several years after I started Al-Anon, I told my younger teenage son I was going to a meeting. When he asked why I went to the meetings, I told him they helped me be less angry. He asked me, "How often can you go?" Obviously, I still had work to do.

It was only a few years later, 12 years after I first started Al-Anon, that this same son was diagnosed with depression and substance use disorder. For the five years since then, he has been struggling with his alcoholism and our family has been struggling to support without enabling him.

I am so incredibly grateful my husband was diagnosed with ALS so that I finally followed my HP's guidance to get help. I am so incredibly grateful for the twelve years in Al-Anon before my son's disease manifested. I don't know what will happen, but I know my HP will take care of me just as my son's HP will take care of him. My part is to continue to work my program and take the next right step.



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Just For Today,
I will Let It Begin with Me
And Think, How Important Is It
Before I lose my serenity
And if I Keep It Simple
When my mind wants to burst
I will remember Easy Does It
and place First Things First
And isn't it kind of funny
When I feel I've bottomed out
I find Hope and Courage when
I finally Let Go and Let God
But For The Grace of God
I can Keep An Open Mind
And learn to Live and Let Live

a greeter at our meetings for welcoming newcomers. We make sure to partner up, as we know there is safety in numbers. Our group will be hosting the next District Meeting on April 27, 2019 at Trinity Baptist Church (403 Farm to Market 2410, Harker Heights, TX 76548) from 8a.m. to 3p.m. Please bring a pot-luck item for lunch, as breakfast will be provided. Overall, our group is growing and striving one day at a time to find serenity.

Courage to Change AFG

(Mondays, 6:45pm, Austin, TX) *Peggy D., GR*

A meeting topic was on "Let's Talk about Safety in Al-Anon Meetings!" issued by WSO in January 2019. There were four newcomers at the meeting. When the pamphlet was passed around to read, a newcomer responded that this was a heavy topic for a first meeting— the room erupted into the laughter that is heard at our meetings. Thank goodness for the newcomer, who broke the tension by saying the truth out loud!

Another suggestion made was to observe all the exit doors in the meeting room so an exit can be made from a different door than entrance door, if needed.

Hilltoppers AFG

(Austin, TX) *Barbara L., GR*

Hilltoppers AFG holds eight meetings a week at Hillcrest Baptist Church, 3838 Steck Avenue in Austin:

- every weekday at noon
- women's meeting Tuesday at 6 pm
- men's meeting Tuesday at 7:30 pm
- Saturday at 9 am, 10:30 am, and 12 noon

The Monday noon meeting is aimed at newcomers. Each newcomer receives a newcomer's packet plus the paperback *How Al-Anon Works*. We rotate through 6 topics:

- How Al-Anon works
- Slogans
- Step 1
- Step 2
- Step 3
- Sponsorship

The Wednesday noon meeting is aimed at adult children of alcoholics.

We help support a women's meeting at the Lockhart Prison by providing funds for Al-Anon literature.

At our most recent Group Conscience (Jan. 26), we introduced the bulletin "Let's Talk About Safety in Al-Anon Meetings." We are encouraging members to discuss safety at the next Group Conscience April 20.



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>AL-ANON INFORMATION CENTER 6301 Manchaca Road, Ste. F Austin TX 78745 (512) 441-8591</p>	<p>AIS WACO AREA Dissolved as of the end of April 2017</p>	<p>DISTRICT 6 Robert G</p>
<p>EAST TEXAS AREA (ETAA) Treasurer-ETAA P.O. Box 34102 San Antonio, TX 78265</p>	<p>WORLD SERVICE OFFICE AFG, INC. 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 (800) 344-2666</p>	



District 6 Service Committee

OFFICERS

DISTRICT REPRESENTATIVE

Judy W.

ALTERNATE DR

Anna A.

SECRETARY

Doon R.

TREASURER

Robert G.

COORDINATORS

ALATEEN

Bill W.

ARCHIVIST

Barbra H.

FORUM/LITERATURE

Michele P.

NEWSLETTER

PUBLIC OUTREACH (SOUTH)

Dave L.

PUBLIC OUTREACH (NORTH)

Susan T.

COORDINADOR HISPANOHABLANTE

Pat I.





Al-Anon / Alateen Family Groups

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

www.austinalanon.org/meetings.htm

Information and Flyers for upcoming events can be found at:

texas-al-anon.org/events/

