



DISTRICT 6 NEWSLETTER

Spring, 2020

Volume 33, No. 2

DISTRICT MEETING

Saturday, April 18, 2020
8:00am - 3:00pm

Host Group

Let It Begin With Me AFG

LOCATION

Dripping Springs Presbyterian
Church
26650 Ranch Rd 12
Dripping Springs, TX 78620

CONTACT

Betty

See Directions on page 2.

NEWSLETTER HIGHLIGHTS

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Summer Newsletter Inputs Due
June 5, 2020

My Story

by Shannon S.

Growing up, we were the family who lived in the biggest house on the block with a nice swimming pool. The neatly manicured lawns and mirrored windows gave an illusion of normalcy, but on the inside we lived in fear of my father's wrath. My father was a workaholic, as well as an alcoholic. Sometimes he would work seventy hours a week, and when he wasn't working, he was at home drinking.

There were early memories of my dad when he was happy. I remember the parties my parents hosted where everyone would play pool, dance and drink. I can recall the scent of Jean Nate perfume and aftershave, as my parents headed out for a night of dancing and drinking while we stayed with the sitter. These seemed like good times from a child's perspective. I took pride in being able to make an acceptable vodka tonic. However, as the years progressed, the disease got the best of my dad. He became bitter, resentful, and angry. We all did the best we could to survive.

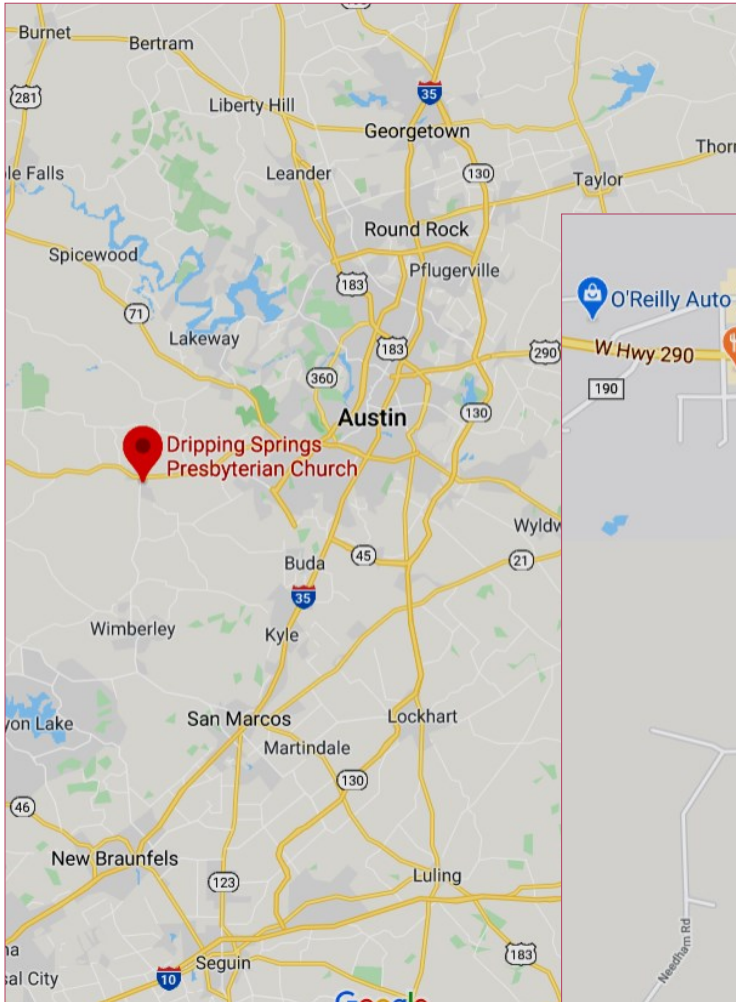
My dad saw the importance of an education and planned for us all to go to college. I went off to school damaged. I had trouble trusting and building healthy relationships. I dabbled in drugs, always searching for peace and acceptance. I practiced paganism, Christianity, metaphysics and Buddhism. Still I searched...I even attended a few AA meetings in college but figured they weren't for me. I felt a deep void inside as if something were missing.

It wasn't my dad who drove me to Al-Anon. After raising three kids as a single mom, I reunited with an old friend from high school. We fell in love and got married. Nine months later we had a son. I knew that he had struggled with alcohol, but at the time, I didn't realize that it would be an ongoing struggle and that it was incurable. Our family became a bad reality show. We yelled and screamed in the front yard. I stalked the parking lot of the local honky tonk bar for his car. One time I broke my hand punching my husband in the head and another time, knocked him out cold with a frying pan. I left him

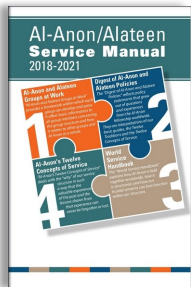
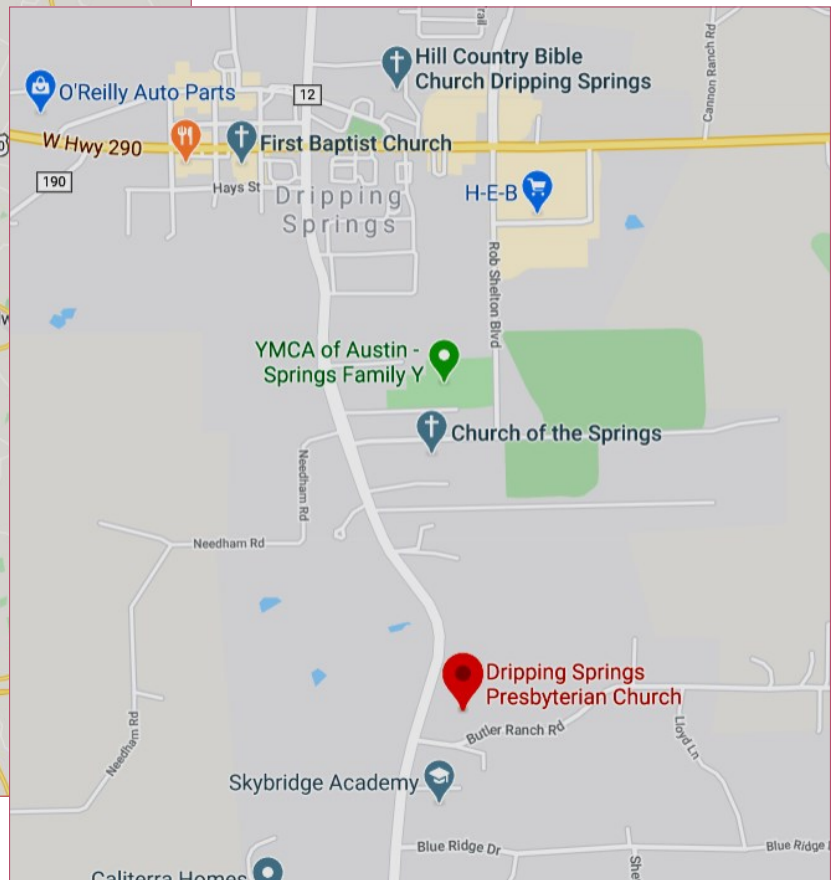
(Continued on page 11)

Directions to April 18, 2020 District Meeting

Dripping Springs Presbyterian Church
26650 Ranch Rd 12, Dripping Springs, TX 78620



- ⇒ Navigate to Dripping Springs
- ⇒ At the intersection of **US-290 and Ranch Road 12, turn south**
- ⇒ Proceed **.9 miles**
- ⇒ Church is on the **left**



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.



Please remember that lunch is potluck so bring your favorite dish!



OFFICER REPORTS

District Representative



ETAA Spring Assembly

Here we are on the verge of spring and getting ready to go to Assembly May 15-17. I encourage all GRs to attend to ensure your group has a voice and a vote. To get ready for the festivities, please:

- Register by mail or online by May 8;
- Make your hotel reservation by April 30 to take advantage of the group rate; and
- See the flyer in this newsletter for complete hotel and registration information.

District 6 is also the Support District for the Spring Assembly. We will need to provide volunteers to help with GR sign-in. If you think you may be able to help with this, please let me know at etx.district6@gmail.com. I'll have more details about times/shifts at the April district meeting, but I want to get an idea of how many people can help.

The Assembly Host Committee (District 5) is also looking for groups to donate baskets or items for the Assembly fund raiser. If you or your group would like to donate, the deadline is April 30. Please call Corrin at 713-392-7134 or email forfamiliesandfriends@gmail.com.

New Group

In other news, District 6 has a new Spanish group. Please welcome Senderos de Recuperacion. The group began meeting on February 15 at 300 E. New Hope Dr. (Cielos Abiertos Church), Suite 105, in Cedar Park. They meet at 10:30am on Saturdays. Thrilled to have

them in the District!

Hosting Groups Needed

We also need hosting groups for the July and October district meetings. Please consider being a host group, and remember, you don't have to do this alone. We often have multiple groups combine forces to co-host a district meeting. If your group is interested, please see the hosting guidelines at <https://texas-al-anon.org/wp-content/uploads/2019/09/061519-District-6-Meeting-Group-Hosting-Checklist.pdf> and contact me at etx.district6@gmail.com.

Thank you all for your service, and I look forward to seeing you at the next district meeting.

Yours in service,
Anna A., DR

Secretary

Meeting Minutes Secretary, Doon R.
January 18, 2020
Hilltoppers AFG
Hillcrest Baptist Church
3838 Steck Ave.
Austin, TX 78759



DR Judy W. called the meeting to order at 9:00am and thanked the host groups, The Glass House AFG and One Day at a Time AFG. Lauren P. provided logistics.

BUSINESS MEETING BEGINS

The Business Meeting began with the Serenity Prayer and the reading of The Twelve Traditions, Twelve Concepts of Service, and General Warranties of the Conference.

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May 15-17

East Texas Area Al-Anon/Alateen Spring Assembly

Houston, TX

<https://texas-al-anon.org/event/etaaa-spring-assembly-2020/>

May 21-24

34th Annual Gathering of Eagles

Richardson, TX

<https://texas-al-anon.org/event/34th-annual-gathering-of-eagles/>



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Judy W. recognized four new Group Reps and welcomed everyone. After introductions, the Ask It Basket was passed. Treasurer Robert G. asked that group contributions be given to him. The Seventh Tradition donation was \$188.00.

DR Announcements

Judy W. announced the host of the District Meeting on April 18, 2020 will be Let it Begin with Me AFG in Dripping Springs. She requested hosts for July 18, 2020, and October 17, 2020. For guidelines see the hosting checklist on the TX website under District 6. She also invited the contribution of love gifts for our Delegate Kay C. for her trip to the World Service Conference in April to represent our Area (Texas East Area 53).

Distributed Report Questions

For Secretary Doon R., Judy presented the October 2019 Minutes as printed in the *Winter 2019 District 6 Newsletter* and provided to GRs electronically prior to the Business Meeting. There were no additions or corrections. The Minutes were approved.

Treasurer Robert G. presented the *2019 District 6 4th Quarter Operating Statement*. A discussion about making a donation to WSO was held later in the meeting. Since TEA AC (Texas East Area Alateen Conference) has been discontinued, that line item will be removed from the Budget. Robert needed to see those requiring reimbursement before the close of the meeting.

Newsletter Coordinator Mary M. distributed her report electronically prior to the meeting and had no report at this time. There were no questions.

Upcoming Events & Volunteer Opportunities / Al-Anon Related Announcements

Alateen Coordinator Pat E. spoke on P.O.S.S.E (Program of Sponsors Sharing Everything) for current sponsors and those interested in becoming sponsors, who can be certified there. The event will be held on March 27-29, 2020. The cost will be \$125.00. Some one-half scholarships will be available at a cost of \$62.50.

District 6 ATAAC Representative Paula H. provided information on ATAAC, the All Texas Al-Anon/Alateen Conference in Houston, February 7-9, 2020 to be held at the Marriott Westchase, Houston. To register, go to www.ataactx.com.

ATAAC 2021/2022 will be in Fort Worth.

ATAAC will be coming to Austin in 2023 and 2024. An Austin Rep is needed to chair this event. A resume form is available for those who are interested in running for the position. In order to understand the position, anyone interested is encouraged to attend an ATAAC prior to hosting.

Public Outreach Coordinator (South), Dave L. received a letter from Austin Recovery inviting the participation of

Al-Anon speaking panels. Austin Men in Recovery will have a group conscience about overseeing the panels. Dave L. brought a sign-up sheet for volunteers.

AAIC Liaison Kathy J. reminded group members to attend the next AAIC Board Meeting at Northland on February 18, 2020, at 6:30 pm.

NEW BUSINESS (GRs Propose any District Motions, etc.)

Roll Call & Voting Procedure Agreement

Roll was called by Doon R. There were 33 voting GRs, a simple majority being 17 votes, a 2/3 majority being 22. Each group gets one vote. The GRs would use a simple majority for usual business matters and a 2/3 majority for election purposes.

Approve 2020 Budget

Robert G. presented the 2020 Budget. Several points of discussion followed, some of which were: Should we add a line item for donations for WSO? To Area? How can we do more outreach with the money we have?

We have 80 groups (not meetings). Some have a lot of funds, some are just making it. A GR expressed a preference for not adding additional line items, so we would not be limited to a certain donation amount, but rather to address an issue we choose by vote, perhaps quarterly. If the GRs need more information than we have available today, we will resume the discussion in April.

Questions and suggestions followed. Several points were brought up. Less than 20% of groups are supporting the District. We should take care of the District first. In previous discussions regarding excess funds,



it was determined that excess funds we do not use will be donated to WSO. Do we want to put money into P.O.S.S.E. scholarships or one-half scholarships? We should use what funds we have already designated first, then add to that as desired. Currently, we have four unused one-half scholarships. Full scholarships should be available because trusted servants' costs should be covered. Scholarships are intended to cover part of the costs, not full expenses. The discussion would resume later during the Unallocated Funds presentation.

A motion was made to accept the 2020 Budget with TEA AC discontinued. The Motion passed unanimously.

Elections

ELECT DISTRICT GROUP RECORDS COORDINATOR

Judy W. discussed the importance of a District Group Records Coordinator (DGRC) to encourage GR contacts. This person coordinates with the AAIC and Area. Connection to WSO and their records is vital. The Alternate DR will support the new DGRC to learn the position. The elected DGRC will not serve a full 3-year term. They will complete the current term through December 2020. Cathy M. from Keep it Simple AFG /Buda stood for the position. Because there was only one candidate, ballots were not required. Cathy M. was elected DGRC unanimously.

ELECT DISTRICT REPRESENTATIVE

On January 14, 2020, Judy W. notified the District of her decision to resign as DR at the conclusion of the January 18 district meeting. Her resignation made it necessary for the District to elect a new DR. The elected DR will not serve a full 3-year term. The person will complete the current term through

December 2020. Anna A., current Alternate DR volunteered to serve in this capacity. Because Anna ran unopposed ballots were not required. Anna A. was elected DR unanimously.

ELECT ALTERNATE DISTRICT REPRESENTATIVE

With Anna A. being elected DR, it was necessary for the District to elect a new Alternate DR. The elected Alternate DR will not serve a full 3-year term. They will complete the current term through December 2020. It is necessary to be or have been a GR in order to bring experience to the position. Lynn P. from Faith AFG volunteered for the position. Because there was only one candidate, ballots were not required. Lynn P. was elected Alternate DR unanimously.

Identify Free District Newsletter Recipients

Newsletter Coordinator Mary M. requested stories for the *District 6 Newsletter*. The GRs expressed a desire to continue free newsletters to past delegates if they choose. Comments followed. A question to be discussed at a later time: Do we need to include some of the things we currently include in the hardcopy when we could use the space for other things? The newsletter is available online at <http://austinalanon.org>, under the District 6 tab. But, to protect anonymity, the online version does not include Officers' and Coordinators' contact information.

A Motion was made to send a free copy of the *District 6 Newsletter* to past delegates. Due diligence will be taken to ensure past delegates wish to receive them before sending. The Motion passed unanimously.

Survey – Al-Anon Awareness to Help with Use of Unallocated Funds/Public Outreach

Judy W. reported that Jenny D. is preparing three or four survey questions for an email push to the District. The questions are meant to get an idea of how members found Al-Anon to help focus resources when it comes to Public Outreach and potential use of district unallocated funds.

District Workshop Format Committee – Status Update

For the status update, Josie R. reported they have created a chart to allow access to a variety of workshops and related material. On the Texas Al-Anon website (texas-alanon.org), go to Members and scroll all the way down to the bottom to find the workshop option. She encouraged members to submit presentations.

Unallocated Funds /Day in Al-Anon Thought Force - Status Update

The Unallocated Funds /Day in Al-Anon Thought Force status update will be presented by Mary R. following the afternoon Workshop.

Spanish Website Tab – Status Update

Pat I. introduced Maria S. and Leandra M. from Nueva Vision AFG who reported on the fellowship enjoyed and success of the Fifth Statewide Hispanic Al-Anon / Alateen Convention (Quinta Convención Al-Anon/Alateen Estatal Hispana de Texas). On behalf of the Hispanic Al-Anon / Alateen Family Groups, they thanked all the other District 6 Al-Anon /Alateen groups for their moral support, service, and donations. Special thanks to those who contributed basket items, which were raffled and proved to be a

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WSD

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



significant help in funding the Convention. It was also reported that the \$3,000 allocated to the Convention from the District to cover any losses was not needed.

Alateen School Poster Distribution Task Force - Status Update

Judy W. and Anna A. gave an update to the group. Lorelei L. has the posters and last information they gave her. They've been in contact with the printer. They're ahead of the curve, and the project will continue.

Domain Thought Force – Status Update

Judy W. spoke on behalf of the Thought Force. At one time, the District was considering setting up its own domain. However, the Texas East Al-Anon website has proven to be effective in storing district information. Some information has already been posted to the Texas East Al-Anon website, such as the hosting procedure for District Meetings and workshop information. We have more space available. As you come into the Texas East Al-Anon website, search for "District 6" to find the District's web page. With the availability of the space on the Texas East Al-Anon website, the Thought Force is dissolved at this time.

A musical Al-Anon skit, "Powerless over Pickles" was presented by Hilltoppers and Bridge to Shore AFG. Participating members were Joe M., Max, Lauren K., and Judy M.

The group broke for lunch from 12:15pm until 1:17pm.

BUSINESS MEETING CONTINUES

A second roll call was taken. There were 25 voting GRs, a simple majority being 13 votes, a 2/3 majority being 17. Each group gets one vote. The GRs would continue to

use a simple majority for usual business matters and a 2/3 majority for election purposes.

Parallel Work Sessions Begin

The GRs chose the subject that was of most interest to them and broke into two subgroups. They discussed additional ideas to take forward and made suggestions about what can be done next. Readouts would be given after completion.

The meeting took a break at 2:00pm and resumed at 2:05pm.

Josie R. reported on behalf of the District Workshop Format Committee. She shared that she continues to be grateful to serve.

Workshop Committee Members last met at the January 18, 2020, District 6 Meeting. As committee lead, she shared their progress during the business meeting, and their group participated in a break-out session to continue the work of honoring and preserving the workshop activities of District 6 members.

Available committee members met the weekend before the District Meeting to discuss how best to scan, save, and send the collected workshop/skit presentations to the Texas Al-Anon website. Josie expressed much gratitude to committee member Deanna M., who volunteered to scan all the hard copies received, and to everyone who continues to support their work.

Next Steps: Continue to ask for and collect workshop/skit presentations. Send collected and scanned workshop/skit presentations to our Texas East Area 53 Website Coordinator. Request time for committee members to work in a break-out session at the next district meeting.

Mary R. reported on the Unallocated Funds /A Day in Al-Anon Thought Force work session. There are two



areas of recommendation for excess funds: 1) to support Alateen in whatever way possible. This would include money for training AMIASes as well as supporting Alateen groups with literature; and 2) to support Al-Anon groups in providing education and information to communities as well as providing training for Al-Anon groups. Each instance of support would need to be studied to assure compliance with the Three Legacies of Al-Anon.

A Motion was made regarding AMIAS P.O.S.S.E. scholarships: Motion to increase the Budget to a total of \$1,750 (addition of \$1,500 added to the existing Budget of \$250) for P.O.S.S.E. to cover 100% of 14 registrations. The Motion passed unanimously.

A Motion was made to give \$7,000 dollars to WSO from unallocated funds as a one-time donation. The Motion failed.

A Motion was made to give \$4,000 dollars to WSO from unallocated funds as a one-time donation and to have another review of surplus funds once 2019 numbers come in to support WSO. The Motion passed with 20 votes for, two against, two abstentions.

The Unallocated Funds Thought Force is now dissolved. Judy asked for volunteers for a Task Force for Unallocated Funds to polish-up a form and create a process /guidelines to request any remaining surplus funds. Josie R., Dave L., and Robert G. agreed to serve. Dave L. will head it.

Announcements

Pat E. has a form to fill out to register for P.O.S.S.E. She offered to get it to the GRs if they give her their email address. She has an article in the "Winter 2020" edition of the *District 6 Newsletter*. She shared that we have sponsors for Alateen groups that don't

have any kids and asked members to spread the word at Al-Anon and AA meetings. Michele P. offered to email the flyer she made to increase Alateen's attendance. In addition, Pat announced there will be a P.O.S.S.E. training at the AAIC on a Saturday, probably in April.

In honor of Bill W., Bill H. is carrying on the project Bill W. had underway. He is working with Austin Independent School District to have Alateen meetings in the schools. His contacts have been very cooperative but often difficult to reach. More Alateen members' participation is needed.

A drawing was conducted, and the winner of a subscription to *The Forum* was Michael H.

GRs shared their successes and challenges. A GR asked whether it would be appropriate to provide baskets for ATAAC. The Conference is not like an Assembly. It is independent of the District and Area. Baskets from individuals would be welcome, but they should not be contributed by groups.

Ask It Basket questions and answers will be addressed in the context of the *Service Manual* and will be published in the next *District 6 Newsletter*.

On behalf of herself and the District, Anna A. expressed her gratitude for Judy W.'s service and fantastic ability to facilitate, saying she had learned so much. Anna A. also thanked Judy W. on a personal level for her help in alleviating Anna A.'s stress during her service positions. She is grateful for a strong, healthy District and will do her best as our DR. She expressed confidence in Judy W.'s decision but is sad to see her leave.

Judy W. reminded the group that Al-Anon is a "we" program. "We" is

the first word of the First Step. And life gets easier when it's a "we" program. Stepping down was not an easy decision. She expressed gratitude for some of the things she heard in the skit today and is very, very grateful for the support of the members. She shared that stepping down feels right today based on all the information she has about what's going on in her life. And if she finds out later that it wasn't the right decision she can always make a different one. That's something our program has taught her. She concluded by thanking the group for letting her be of service and for all the interactions she's had with the members, each of whom has touched her life in some way.

CLOSING

The Meeting closed at 2:55pm with the Al-Anon /Alateen Declaration in English and Spanish.

Let It Begin With Me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.

¡Que empiece por mí! Cuando alguien, dondequiera que sea, pida ayuda, que nunca falte allí la mano de Al-Anon y Alateen, y ¡Que empiece por mí!

(Continued on page 8)



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FUTURE DISTRICT MEETINGS

Hosting Groups Needed for July & October 2020!

April 18, 2020 – Hosted by *Let It Begin With Me AFG* (3rd Sat – Dripping Springs)

July 18, 2020 – Hosted by _____ (3rd Sat)

October 17, 2020 – Hosted by _____ (3rd Sat) *** *Elections*

January 16, 2021 – Hosted by _____ (3rd Sat)

OTHER IMPORTANT DATES

Feb 7-9, 2020 – All Texas Al-Anon Alateen Conference (ATAAC) Houston, TX

Feb 18, 2020 – AAIC Board Meeting - 6:30 pm (Northland AFG, 2809 Northland Dr.)

May 15-17, 2020 – ETAAA Spring Assembly, Houston, TX

May 18, 2020 – AAIC Board Meeting - 6:30 pm (Info. Center, 6301 Manchaca, Suite F).

Treasurer

The District 6 2020 Budget, balance sheet, and income statement are included on the following pages.

District 6 Approved Budget for 2020		
Account ID	Account Description	YTD Total
4025	Miscellaneous Income	0.00
4030	Interest Income	15.00
4050	Contribution From Unallocated	4,070.00
5000	Alateen Coordinator	750.00
5005	Alateen AMIS Training	0.00
5010	Alateen Liason Coordinator	500.00
5015	Archives	250.00
5020	Rent / District Meeting	750.00
5025	DR International Convention	0.00
5030	DR Expenses	1,075.00
5031	District Group Records Coord	350.00
5035	Alternate DR Expenses	800.00
5040	Secretary Expenses	500.00
5045	Treasurer Expenses	500.00
5047	Newsletter Editor	400.00
5050	Forum / Literature	500.00
5055	AMIAS / Background Checks	50.00
5060	Newsletter Printing	2,500.00
5065	Public Outreach North	1,100.00
5070	Public Outreach South	750.00
5075	Spanish Coordinator	750.00
5080	P.O.S.S.E. Scholarship	1,750.00
5090	Delegate To Asembly	0.00
5095	Gift to Delegate	150.00
6000	Bank Charges	10.00
6005	Miscellaneous Expense	200.00
	Revenue	13,635.00
	- Expenses	-13,635.00
	Net Income	0.00



Statement of Assets and Liabilities		
ASSETS		
Current Assets		
Cash Checking -GTFCU	\$ 1,217.21	
Cash-GTFCU Savings	22,849.01	
Total Current Assets		24,066.22
Property and Equipment		
Total Property and Equipment		0.00
Other Assets		
Total Other Assets		0.00
Total Assets		\$ 24,066.22
LIABILITIES AND EQUITY		
Current Liabilities		
Total Current Liabilities		0.00
Total Long-Term Liabilities		0.00
Total Liabilities		0.00
Equity		
Unallocated Funds	\$ 8,720.32	
International Reserve	1,500.00	
T.E.A.M.	171.51	
Prudent Reserve	6,817.50	
Kristy Fund	863.38	
Allocated Posters For Schools	1,500.00	
Allocated To Cover 2019 Expens	4,070.00	
Net Income	423.51	
Total Equity		24,066.22
Total Liabilities & Equity		\$ 24,066.22



Statement of Revenue and Expenses February 22, 2020

	Current Quarter	Current Quarter	Current Quarter	Year to Date	Year to Date	Year to Date
Revenues						
District 6 Basket Collection	\$ 188.00	\$ 137.50	50.50	\$ 188.00	\$ 137.50	50.50
Group Donations	2,203.97	1,500.00	703.97	1,564.22	1,500.00	64.22
Interest Income	3.42	2.50	0.92	0.03	2.50	(2.47)
Contribution From Unallocated	0.00	1,569.96	(1,569.96)	0.00	1,569.96	(1,569.96)
Total Revenues	2,395.39	3,209.96	(814.57)	1,752.25	3,209.96	(1,457.71)
Expenses						
Alateen Coordinator	125.00	125.00	0.00	125.00	125.00	0.00
Alateen Liason Coordinator	0.00	83.34	83.34	0.00	83.34	83.34
Archives	0.00	41.66	41.66	0.00	41.66	41.66
Rent / District Meeting	300.00	187.50	(112.50)	300.00	187.50	(112.50)
DR Expenses	23.66	179.16	155.50	23.66	179.16	155.50
District Group Records Coord	0.00	58.34	58.34	0.00	58.34	58.34
Alternate DR Expenses	0.00	133.32	133.32	0.00	133.32	133.32
Secretary Expenses	0.00	83.32	83.32	0.00	83.32	83.32
Treasurer Expenses	0.00	83.32	83.32	0.00	83.32	83.32
Newsletter Editor	0.00	66.66	66.66	0.00	66.66	66.66
Forum / Literature	57.20	83.34	26.14	57.20	83.34	26.14
AMIAS / Background Checks	0.00	8.34	8.34	0.00	8.34	8.34
Newsletter Printing	394.30	416.66	22.36	0.00	416.66	416.66
Public Outreach North	0.00	183.34	183.34	0.00	183.34	183.34
Public Outreach South	0.00	125.00	125.00	0.00	125.00	125.00
Spanish Coordinator	0.00	125.00	125.00	0.00	125.00	125.00
P.O.S.S.E. Scholarship	625.00	1,166.66	541.66	625.00	1,166.66	541.66
Gift to Delegate	0.00	25.00	25.00	0.00	25.00	25.00
Bank Charges	0.00	1.66	1.66	0.00	1.66	1.66
Miscellaneous Expense	197.88	33.34	(164.54)	197.88	33.34	(164.54)
Total Expenses	1,723.04	3,209.96	1,486.92	1,328.74	3,209.96	1,881.22
Net Income	\$ 672.35	\$ 0.00	672.35	\$ 423.51	\$ 0.00	423.51



(Continued from page 1)

stranded in New Orleans in the middle of the night, banned him to the trailer outside the house, and contemplated calling the authorities on him numerous times. The disease had affected me. I struggled with depression and had suicidal thoughts. I endured physical, emotional and mental abuse. Not only was I broken, but worse, I was paralyzed.

I was so caught up in the chaos that at times saw death as the only way out. Desperate, I found a counselor who suggested that I attend Al-Anon. I sporadically attended meetings while we lived our lives in cycles. When my husband drank, our lives were like a cyclone, and then the winds would settle and life would become somewhat bearable. Yet, depression cast a dark cloud over me.

I started to attend Al-Anon meetings more often and began to like what I heard. I found people who could relate to my stories, for they had once played in their own bad reality shows. I listened at the meetings. I began to see a way out. I found people who accepted me despite all my flaws, and with each meeting, I grew stronger. In fact, when the next disaster struck, I had the strength and courage to take myself and my son to a safe place. There we stayed for three months while my husband went through rehab. Those months living with my in-laws allowed me to attend meetings, see my counselor, take horseback riding lessons and begin the slow process of healing because I was just as sick as my alcoholic or even more. We laughed and cried in the meetings. I found peace, acceptance, love and my Higher Power. I finally found what I had been searching for my whole life.

After getting a wonderful sponsor and working the program for two years, the deadly disease of alcoholism finally crippled my dad. I always say that alcoholism doesn't discriminate. Last August he was bedridden, dying from cirrhosis of the liver and kidney failure. My scary giant of a father was now feeble and weak. I took care of him. I fed him, administered his medicine, played his favorite oldies and told him stories. My dad gave me some of my greatest gifts, such as my staunch work ethic and my love for travel, literature and knowledge. These were the things that I was able to thank him for in the end. I was able to show my dad mercy, the same mercy that my Higher Power has shown me, and care for him with the tenderness and love that only comes from God. I know now that my dad did the best he could with what he had. I am forever grateful to Al-Anon for giving me the ability to mend my relationship with my dad, to pray over him in his final hours and to hold his hand in his final minutes.

I don't have to look for peace and acceptance anymore. It waits for me at an Al-Anon meeting. It is readily available in the literature. It's just a phone call away to my sponsor. I do the best I can with what I have, and I am grateful because now I have so much more.

DETACHMENT

doesn't mean not caring. It's taking care of yourself first and letting others take responsibility for their actions without trying to save or punish them.



COORDINATOR REPORTS

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 Outreach

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)

Newsletter, Mary M.



For the “Winter 2020” issue of the newsletter, we mailed 104 copies and had none returned as undeliverable. Total cost for the issue was \$394.30.

As of the vote at the recent District Meeting, a free copy of the District 6 Newsletter will be sent to those past delegates who want it.

Remember, you can always find the on-line version of the *District 6 Newsletter* at <http://austinalanon.org/> under the District 6 tab.

GROUP REPORTS

The Three C’s AFG

(Lakeway, TX) Kathrine M., GR

We meet Wednesday at 8pm in a classroom at the Lakeway Church preschool. Averaging around 20 attendees, we often welcome newcomers. Each week is a different topic—we do a step and a tradition each month, as well as altering between slogans and reading from the intimidating *Intimacy in Alcoholic Relationships* every other month.

Pick a Book, Any Book...



**Outcome of the Fifth Statewide Hispanic Al-Anon/Alateen Convention,
held in Austin on October 18 and 19, 2019**

WE DID IT!

The conference was a success! It was the first Spanish-speaking conference that was hosted in Austin. For us it was an experience requiring learning, hard work, and commitment. It revealed that we had very creative and talented people among our groups. It was a lot of work, but we pulled it together.

We had a full house. People traveled from different parts of the state of Texas. They came from Houston, McAllen, San Antonio, Fort Worth, Dallas, and the Austin area. We saw people enjoying the speakers, meeting new people while having a cup of coffee and pan dulce, mingling during lunch, and enjoying a delicious dinner. At the end of conference, we all sang and danced, and it felt like a true fellowship.

The Hispanic Al-Anon/Alateen Family Groups would like to thank all the other District 6 Al-Anon/Alateen groups for your moral support, service, and donations.

We are especially thankful to the groups that donated baskets for the raffle. It raised \$615.00, giving us a profit of \$77.00 in the final tally. The convention committees did a group conscience on how to allocate the \$77.00, and the majority voted to allocate the money to the district's funds.

In Service, Hispanic Al-Anon/Alateen Family Groups of District 6

* * *

**Resultado de la Vª Convención Al-Anon/Alateen Estatal Hispana de Texas,
celebrada en Austin los 18 y 19 de octubre**

¡LO LOGRAMOS!

¡La conferencia fue un éxito! Fue la primera conferencia en español en la ciudad de Austin. Para nosotros fue una experiencia de aprendizaje, trabajo duro y compromiso. También encontramos en nuestros grupos a personas creativas y con mucho talento. Fue mucho el trabajo, pero lo logramos.

Tuvimos buena asistencia, gente viajó de diferentes partes del estado de Tejas, vinieron de las ciudades de Houston, McAllen, Fort Worth, Dallas, y alrededor de Austin. Vimos a gente disfrutando la presentación de los oradores, platicando con gente mientras se tomaban una taza de café con pan dulce, juntarse durante el almuerzo y disfrutar una exquisita cena. Al final de la conferencia, cantamos y bailamos, se sintió como una verdadera hermandad.

Los Grupos de Familia Hispanos de Al-Anon/Alateen deseamos darles las gracias a los otros grupos de familia de Al-Anon/Alateen del distrito 6 por su apoyo moral y donaciones.

Nuestro agradecimiento a los representantes de grupos del distrito 6 por la donación de canastas para la rifa, lo cual recaudó \$615.00, que nos dio un balance favorable de \$77.00 al final del reporte. Los comités de la convención hicieron un conciencia de grupo, y la mayoría votó que se adjudicaran los \$77.00 al fondo del distrito 6.

En Servicio, Los Grupos de Familia Al-Anon/Alateen Hispanos del distrito 6





All *Service Manual* references are from the updated version (Version 2).

1. Someone at a meeting said their GR unilaterally decided to limit the group's group conscience meetings to one hour. This doesn't seem to follow Tradition 2. How should the situation of determining the length of group conscience meetings be handled?

The length of the group conscience meeting is autonomous. Page 51 of the *Service Manual*: "The group conscience is the will of the group. The guiding principles for the group conscience are always the Twelve Traditions and the Twelve Concepts of Service.....Some simple group decisions may be decided quickly; however, others take time. It is by taking the time necessary to hear from all members who want to participate that a group conscience evolves." See Page 51 for additional information.

2. How can the district assist with starting groups in small towns? How are we as a district able to help groups start in towns and counties with no Al-Anon/Alateen meetings? Tradition 11 should guide this.

Those interested in starting the group should work out the details of how the meeting will be conducted and review the guideline *Starting an Al-Anon Meeting* (G-12). They should then contact the District Representative or District Group Records Coordinator for information on how to register.

The district can help them follow the proper procedures to register with the WSO. Once the registration is complete, the GR or group contact can work with the district to get on the Austin Al-Anon Information Center meeting list and work with the district's Public Outreach Coordinators to further get the word out about the meeting(s). Additional information can be found on Pages 33-36, 46-47, and 118-126 of the *Service Manual*.

3. Where can I find the suggested group contribution amounts/percentages to outside organizations (i.e., WSO, District, etc.)?

Although an Al-Anon group supports Al-Anon/Alateen financially at all levels of service by contributing to the District, Al-Anon Information Services (AIS)/Intergroup, Area, and WSO, Al-Anon/Alateen groups are autonomous in their financial matters. Additional information regarding group finances can be found on Pages 56-57 of the *Service Manual* and in the *Reserve Fund Guideline* (G-41).

Page 103 of the *Service Manual*: "In any calendar year, an Al-Anon member may contribute in gratitude to the WSO any amount up to one percent of the total revenue of the WSO General Fund as identified in the previous year's audit. When giving locally to our groups, Districts, AIS/Literature Distribution Centers, Areas, or General Service Offices, we make our gifts in a similar proportion to the revenue and expenses of these service arms... Our contributions express our individual abundance, so no one donation, regardless of amount, is more important than another." Additional contributions to WSO can also be made through birthday plans, memorial contributions, quarterly appeal, workplace combined giving campaigns, and bequests. See Pages 103-105 of the *Service Manual* for additional information.

4. Have any groups had issues around safety? If so, specifically how were the issues addressed.

See *Let's Talk about Safety in Al-Anon Meetings!* which can be accessed at <https://al-anon.org/for-members/group-resources/> and then selecting the "Safety in Al-Anon Meetings" button.

This document addresses problems found in the outside world that can make their way into the rooms of Al-Anon, including (in part) dealing with disruptions, group safety and unity, Al-Anon and the law, emergencies, and what groups and members can do. Be aware that the document applies only to Al-Anon meetings, groups, and members. For Alateen, refer to *Alateen Safety and Behavioral Requirements*.

If district members would like to have a discussion about safety in Al-Anon meetings, they are encouraged to email the District Representative at etx.district6@gmail.com for potential inclusion at a future district meeting.

5. Would it be possible to use District extra funds, or unmarked funds, to host an event that would help group members connect to a sponsor?

We are developing a form to request funds from the District. When submitting the request and in any subsequent discussion of the request, consideration should be given to the event objectives, date and length, venue, hosting volunteers needed, and any other pertinent information. This will help the GRs in their voting decisions. The use of unallocated funds will require a vote from the GRs present at the district meeting in which the request is presented.



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 aaicemployee@gmail.com</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 1324 Silsbee, TX 77656</p>	<p>WORLD SERVICE OFFICE AFG, INC. 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 (800) 344-2666 www.al-anon.alateen.org</p>	



District 6 Service Committee

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PUBLIC OUTREACH (NORTH)

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COORDINADOR HISPANOABLANTE

Pat I.

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For Austin area meeting lists, click on the following link:

[Austin Area Meetings](#)

