



# District 6 Newsletter

Summer 2015

Vol.28, No. 3

## District Meeting

July 18, 2015

### Host Group

Georgetown West AFG

### District Meeting Location

Church of Christ  
1525 West University Ave.  
Georgetown, TX 78628

### Contact

Jery H. (512) 619-1381

### 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.

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## Newsletter Highlights

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FALL NEWSLETTER INPUTS DUE  
AUGUST 17, 2015

## Dave's Story

At our first Al-Anon meeting, I heard something I desperately needed: the Three Cs. My wife and I learned we had not Caused our son's alcoholism, that we could not Control it, and that we could not Cure it. I learned much more during those first five or six Al-Anon meetings, but the Three Cs, right off the bat, helped relieve the great sense of guilt and shame that I felt, the feeling that if I had just been a better father, none of this would have happened.

My wife had just gotten home from work when our daughter called. Our son's landlady had gone to his apartment to evict him but found him unconscious on the floor, surrounded by soiled clothes and bottles of alcohol all over his apartment, down in a city on the border with Mexico. We learned that our son was in the intensive care unit of the medical center, that he had tried to end his life with sleeping pills, and that he was expected to live. As we made the five-hour drive through the dark to the border, my own blame game started. "If only I hadn't ignored all the signs!" "If only I had been a better father!" If only I had visited his city, I told myself, I would have learned he had been fired from his job and had holed up for a year, drinking in his apartment, living on his credit card – if you can call a diet of liquor and fast food really living.

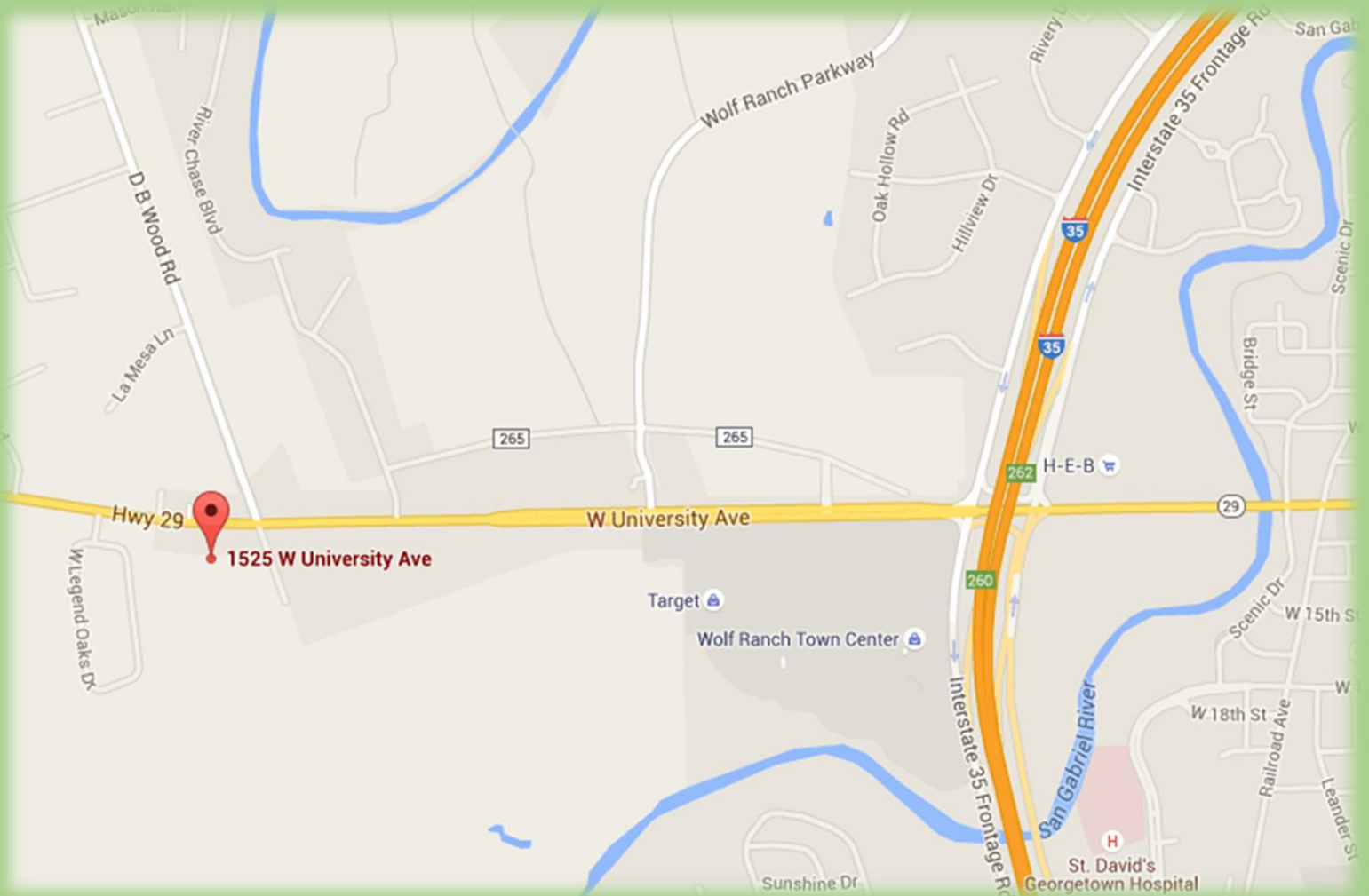
We knew for about a decade that our 29-year-old son would drink when he faced a crisis in his life, that he was depressed and reclusive. But somehow, we thought that if he could only get a good job, things would turn around. Little did we know that alcoholism is a progressive disease and that finally getting a decent job was not going to stop that downward spiral. We were so fortunate to get so much help from people who understand this disease. At the hospital, we met an addiction nurse who explained that our son would be taken under police guard to a nearby psychiatric hospital because of his suicide attempt. She later recommended a 30-day treatment program.

While in treatment, our son's counselor recommended two Austin sober houses and suggested that he live in one for a year while attending A.A. meetings and working. At the Al-Anon meetings at the treatment center, we learned that other parents there had much tougher challenges than we did. We were not alone.

(Cont'd on Page 3)



Directions: District Meeting - July 18, 2015  
Church of Christ, 1525 West University Ave., Georgetown, TX 78628  
Contact: Jery H. (512) 619-1381



Traveling north on I-35:

- Exit 261 and turn left onto W. University Ave/Texas 29 West.
- Pass DB Wood Rd., and Georgetown Church of Christ will be on your left.

Traveling south on I-35:

- Exit 261 and turn right onto W. University Ave/Texas 29 West.
- Pass DB Wood Rd., and Georgetown Church of Christ will be on your left.

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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.

## Future Events

July 18	District 6 Meeting, Georgetown Church of Christ (Georgetown, TX)
Aug. 18	Austin Information Ctr. Board Mtg. (Northland AFG)
Sep. 19	AWSC Meeting (Smithville, TX)
Oct. 17	District 6 Meeting, Unity Church of the Hills (Austin, TX)
Nov. 6-8	East Texas Area Al- Anon Assembly (San Antonio, TX)
Nov.16	Austin Information Ctr. Board Mtg. (Austin Al-Anon Information Center)

## 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

## Dave's Story (cont'd)

On our drives to and from the treatment center, my wife and I talked about the Al-Anon meetings, about what we could and could not do to support ourselves and our son. We both decided not to drink alcohol ourselves, feeling that it would be hypocritical to expect our son to not drink while we continued to do so. Mostly, we prayed that our son would be receptive to A.A, that he would go

to meetings and work the A.A. program. And somehow, we realized that we had to work our own Al-Anon programs if we were to recover from the shame and guilt we felt. We started to focus on the solutions and not the problems. A year later, thanks to y'all, we are still coming back. And it is working.

By Dave L.

## Officer Reports

### District Representative

Hi all! I am trying something different with my report to "Keep It Simple." I will do bullet points for a quick summary:

- In January, I visited with Hope for Today AFG in Georgetown. Luckily, I had that day off and was able to attend their 3:00 meeting. Great meeting!
- Attended the AWSC meeting in February in Alvin, Texas at Camp Mohawk. This was a transition meeting for the outgoing and incoming officers. A great time was had!
- Attended POSSE in March in Gonzales, Texas for my recertification process as an Alateen sponsor. I always enjoy going.
- I have only had one problem call on a group issue to which I referred to my service manual for assistance. I am in hopes that it helped.
- I have plans with Judy, your Alternate DR, to visit with groups in District 6 to encourage them to attend district meetings where they have a voice and a vote.

Looking forward to getting to do that soon.

- District 6 will be hosting the AWSC meeting on September 19 in Smithville. I need volunteers to set up for refreshments in the morning, set up lunch, and clean up afterwards. We can either do a potluck lunch or get Subway lunch boxes sine there is a Subway in Smithville. I will be passing around a sign-up sheet. For those of you not familiar, in addition to the two area assembly meetings in the spring and fall, AWSC meetings are held, so officers and coordinators can meet to conduct other business before the assembly meetings.
- You may have noticed some changes on the April district meeting agenda. At the January district meeting, we heard you about shortening the district meetings, and so far, this is what we have come up with. We hope that you find it a pleasant change.

In Service, Lori L.

(Cont'd on Page 4)

## Officer Reports (cont'd)

### Secretary's Report- Meeting Minutes

**April 18, 2015**

**Hosted by Bridge to Shore AFG, Austin, TX**

Lori L., district representative, opened the meeting at 9:02 A.M. Lori L. passed a thank you card for all to sign. It will be sent with the District 6 love gift to Joyce Y., our area delegate, in appreciation for her attendance at the WSC. Lori L. also announced that the AWSC meeting on Sept. 19, 2015 will be hosted by District 6 in Smithville. She passed a sign-up sheet for volunteers. Paula H. asked for help in getting information on how a group can start making babysitting available for their members. Colleen T. announced that Georgetown AFG will host the July 18 district meeting.

The meeting continued with a moment of silence followed by The Serenity Prayer, reading of the Three Legacies, and member introductions. Lori L. passed the donation basket, the love gift donation basket, and the Ask It Basket. One hundred forty five dollars (\$145) was collected in the donation basket for District 6. Ninety dollars (\$90) was collected for the love gift for Joyce Y. See Page 5 for Ask It Basket questions and answers.

Everyone enjoyed a skit, "The Responsibilities of a Group Representative in Service," narrated by Lori L. and performed by Tina C., Kate K., Jennifer M., Paula H., and Rosemary C.

The Business Meeting began at 9:30 A. M. Reports were given by the officers and coordinators. Alice M. asked if there were any corrections or additions to the minutes from the January 31, 2015 district meeting. There were no corrections or additions. Jan B. motioned, and Debra R. seconded, that the minutes be approved as printed in the spring 2015 newsletter. The motion passed unanimously.

Roll was called for voting group representatives. There were 27 present.

Doon R. presented the 2015 corrected budget. After a discussion, Lena W. motioned, and Debra R.

seconded, that the 2015 corrected budget be approved. The motion passed unanimously. Doon R. presented the 2015 District 6 Operating Statement (1st Quarter).

Judy W. updated members on the Phase 1 outreach program. She reported that in 2014, a budget of \$5,100 was approved for Phase 1 of the proposed public outreach program for producing one billboard and posters for schools. To date, \$850 has been spent on images and \$3,175 has been spent on the billboard. The balance of \$1,075 will be used to print and distribute school posters in the fall. Judi W. asked GRs for confirmation of the poster sizes schools will accept before the poster art is finalized and printed. Laura F. and Sheila Q. volunteered to work with the schools on size confirmation. Judi W. also reported that the District 6 images were so well liked that they are posted on the Al-Anon Texas website as a guide for other districts.

The GRs gave their reports (found on Page 12). The group broke for lunch at 11:33 A.M.

The business meeting resumed at 12:30 P.M. with the continuation of the GR reports.

Judy P. held the drawing for "The Forum" subscription, which was won by Maria S.

Jennifer M. gave the report for The Prudent Reserve Task Force composed of Doon R., Judy P., Jennifer M., and Tom B. She presented the process and recommendation for revising the prudent reserve. After a discussion, Jennifer M. made two motions:

1) Move that District 6 define Prudent Reserve as "Funds equal to approximately half our annual budget, set aside to ensure our continued operation," and that the prudent reserve amount for 2015 be \$4,850. Karl B. seconded the motion. The motion was approved unanimously.

2) Move that District 6 establish a separate reserve for Assembly Reserve Funds in the amount of \$2,000 to help defray up-front costs (such as hotel and conference room reservations) until such time as

(Cont'd on Page 5)

## Officer Reports (cont'd)

### April 18, 2015 Meeting Minutes (cont'd)

Assembly-related income is realized. Hannah J. seconded the motion. The motion was approved unanimously.

Doon R. will move the \$1,075 approved in 2014 for the posters from unallocated funds and show it as carry over from 2014 in income and expenses on the operating statement.

A discussion followed on the remaining unallocated funds. Bill H. moved to set up a Thought Force to determine how to spend the unallocated funds of up to \$3,000 in District 6. Karl B. seconded the motion. The motion passed: 23 for, 2 against, 2 abstaining. Lori L. appointed Harold E., Anna A., Debra R., and Doon R. to the Thought Force. Doon R. will facilitate the first meeting. The Thought Force will make a recommendation at the July 18 meeting.

#### Important Dates:

April 24-26, 2015 – TEA AC, Gonzales, TX

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

September 19, 2015 – District 6 hosting AWSC meeting, Smithville, TX

November 6-8, 2015 – ETAA Assembly, San Antonio, TX

#### Future District Meetings:

July 18, 2015 – Hosted by Georgetown West AFG (area delegate visit and report), Georgetown, TX

October 17, 2015 – Hosted by Steps to Freedom AFG, Austin, TX

Deadline for submission of reports to the newsletter is May 18, 2015.

The meeting closed at 1:19 P.M. 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 first quarter of 2015 (Page 6) and the revised 2015 budget (Page 7).

## Ask It Basket April 18, 2015 District Meeting

1. What are the advantages of having a group checking account versus not having one? Is it hard to get a tax exempt status?

**Answer:** Advantages of having a bank account:

- No cash laying around
- Can require at least two signatures
- Helps to reduce temptation of theft
- Ease of access if treasurer is out sick, on vacation, etc.
- More professional process

For a tax exempt status, apply on the IRS website. Instructions are there, too.

2. What is an appropriate "ample reserve" for an individual group?

**Answer:** Besides rent, GR expenses and literature (which is usually a wash since we get that money back when we sell the literature).

3. What offices can be filled by double winners?

**Answer:** Double winners can be coordinators but not officers or GRs as these are voting positions.

4. Should all Al-Anon groups have a GR and connections beyond the group level?

**Answer:** You don't have to, due to group autonomy. However, your GR is your voice and vote. See Page 155 in the service manual for GR duties. Lastly, a member of your group can attend a district meeting and be your voice and vote.

5. Any ideas on how to get into county jails to have meetings?

**Answer:** Necessary to speak directly with the "County Jail" coordinator. Requires a lot of special paper work, passing a background check, etc. for each jail. They prefer at least two volunteers to get started.

(Cont'd on Page 8)



## Officer Reports (cont'd)

2015 District 6 Operating Statement (1<sup>st</sup> Quarter)

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
D6 Basket Collection	\$500.00	\$134.25				\$134.25	
Total Group Donations including newsletter subscriptions	\$6,000.00	\$3,799.58				\$3,799.58	
Bank Interest	\$0.00	\$2.62				\$2.62	
Misc.	\$0.00	\$0.00				\$0.00	
Contribution from Unallocated Funds to cover proposed expenses	\$3,175.00	\$0.00				\$0.00	
<b>Total Income</b>	<b>\$9,675.00</b>	<b>\$3,936.45</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$3,936.45</b>	
Expenses	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	
Alateen Coord.	\$1,500.00	\$171.32				\$171.32	\$46.32 from 4th Qtr. 2014
Alateen Liaison Coord.	\$0.00	\$0.00				\$0.00	
Archives	\$75.00	\$0.00				\$0.00	
Rent/District Meeting	\$1,000.00	\$0.00				\$0.00	\$100.00 from 4th Qtr. 2014
DR Int'l Convention	\$0.00	\$0.00				\$0.00	
DR Expenses	\$1,200.00	\$137.57				\$137.57	
Alt. DR Expenses	\$500.00	\$0.00				\$0.00	
Secretary Expenses	\$250.00	\$23.76				\$23.76	
Treasurer Expenses	\$200.00	\$0.00				\$0.00	
Newsletter Editor	\$150.00	\$0.00				\$0.00	
Forum/Literature	\$150.00	\$0.00				\$0.00	
AMIAS	\$50.00	\$0.00				\$0.00	
Newsletter	\$2,400.00	\$539.01				\$539.01	\$539.01 from 4th Qtr. 2014
Public Outreach North	\$500.00	\$0.00				\$0.00	
Public Outreach South	\$1,000.00	\$0.00				\$0.00	
Spanish Coordinator	\$0.00	\$0.00				\$0.00	
P.O.S.S.E. Scholarship	\$200.00	\$187.50				\$187.50	
Donation to TEA AC	\$500.00	\$0.00				\$0.00	
Bank Charges	\$0.00	\$0.00				\$0.00	
Misc.	\$0.00	\$0.00				\$0.00	
<b>Total Expenses</b>	<b>\$9,675.00</b>	<b>\$1,059.16</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$1,059.16</b>	
Reserves							
Int'l Reserve	\$1,801.43	\$1,801.43					
T.E.A.M.	\$171.51	\$171.51					
Assembly Funds	\$2,000.00	\$2,000.00					
Prudent Reserve	\$4,850.00	\$4,850.00					
Kristy Fund	\$1,280.08	\$1,115.88					+\$15.80 donation, -\$180.00 scholarships
<b>Total Reserves</b>	<b>\$10,103.02</b>	<b>\$9,938.82</b>					
<b>Reserves</b>	<b>\$10,103.02</b>	<b>\$9,938.82</b>					
<b>Unallocated Funds</b>	<b>\$9,231.28</b>	<b>\$12,108.57</b>					
<b>Bank Balance (1/1/15)</b>	<b>\$19,334.30</b>	<b>\$22,047.39</b>					

Officer Reports (cont'd)

District 6 2015 Budget (REVISED)

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual
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	\$3,175.00					\$0.00
<b>Total Income</b>	<b>\$9,675.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
Expenses	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual
Alateen Coord.	\$1,500.00					\$0.00
Alateen Liaison Coord.	\$0.00					\$0.00
Archives	\$75.00					\$0.00
Rent/District Meeting	\$1,000.00					\$0.00
DR Int'l 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
Donation to TEA AC	\$500.00					\$0.00
Bank Charges	\$0.00					\$0.00
Misc.	\$0.00					\$0.00
<b>Total Expenses</b>	<b>\$9,675.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
Reserves						
Int'l Reserve	\$1,801.43					
T.E.A.M.	\$171.51					
Assembly Funds	\$2,000.00					
Prudent Reserve	\$4,850.00					
Kristy Fund	\$1,280.08					
<b>Total Reserves</b>	<b>\$10,103.02</b>					
<b>Reserves</b>	<b>\$10,103.02</b>					
<b>Unallocated Funds</b>	<b>\$9,231.28</b>					
<b>Bank Balance</b>	<b>\$19,334.30</b>					

## Ask It Basket (cont'd)

6. What cannot be shared in a GR report to the group about the district meeting?  
**Answer:** See the service manual, Pages 11 and 91-94 about anonymity.
7. What literature should be given to newcomers?  
**Answer:** Any CAL. Many groups give a complimentary copy of "How-Al-Anon Works" to newcomers. The newcomers packet is also beneficial, and you can add other CAL as necessary (i.e., Alateen pamphlets).
8. According to the skit, DRs represent groups at the assembly. I thought GRs still represent groups at the assembly? Right?  
**Answer:** DRs represent the groups at the AWSC. See Page 63 of the service manual.
9. What is the relationship between "outreach" and "attraction not promotion"? Where's the line?  
**Answer:** See Pages 109-110 of the service manual.
10. We, Westlake Group Conscience, are concerned about the lack of efficiency and effectiveness at the East Texas area assemblies and, to a lesser extent, at the District 6 meetings. We think that by greater use of electronic media, and greater focus on the content of the agendas, meetings can be simplified and duration reduced. We believe that area meetings can be reduced from three to two days.  
**Answer:** For District 6 meetings, Lori L. has heard the suggestions and is incorporating some changes to make the meetings more efficient. For ETAAA, e-mail your suggestions to the area chair at [etaaa.panel55.chair@gmail.com](mailto:etaaa.panel55.chair@gmail.com).
11. Parents' meeting—ideas on how to start one?  
**Answer:** Discuss the idea with other Al-Anon members, get a commitment from at least one other member to help, find a meeting place, and announce it at meetings (including District). Flyers are optional. Register the group with WSO and AIS; contact other parent meetings for ideas.

## Information Service Center

### Austin AIS

The Austin Information Center continues to provide valuable services to the Austin area and surrounding communities. Kitty, our information center employee, is an integral part of the success of the center. During a 43-day cycle, almost \$6,000 of literature has been sold. Donations have totaled over \$3,300. The center averages three to five calls per day and one to two walk-ins.

The center currently has some needs. The speaker list needs updating, and more volunteers are needed. If you are interested in sharing your experience, strength, and hope at speaker meetings, please sign your name, phone number, and e-mail address on the sign-up list at the district meeting or call Kitty at 512-441-8591. Volunteers are needed Monday through Friday, and possibly Saturday, at the information center. If you can spare some time from 2:00-4:00 P.M. Monday through Friday, please sign the volunteer list at the district meeting and/or call Kitty to volunteer.

The last Austin Information Center board meeting was held on May 18, 2015, at 6:30 P. M. at the information center, which is located at 6301 Manchaca Rd., Suite F, Austin, TX 78745. Since the board meeting in January, there have been two committees working on some issues. One committee has addressed developing a policy on selling Al-Anon literature at AA conventions with Al-Anon participation. The committee had two proposals to submit for a vote at the board meeting in May. Another committee has been studying issues regarding a prudent reserve for the information center operations and also presented its findings and recommendations at the May meeting.

Dates of future board meetings are August 18, 2015 and November 16, 2015. The meeting in August will be held at Northland AFG, and the meeting in November will be held at the Austin Information Center. By rotating locations of board meetings, the hope is that more members from different parts of the area will be able to attend.

In Al-Anon service,  
 Paula H., Austin AIS Liaison



## 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

My name is Adrian. I'm nice! Please contact me if you want to talk about Alateen. Also, "little known" fact: Alateen literature is at the information center and is a great way to explore childhood issues for people who grew up in alcoholic homes. I just did the fourth step workbook. It's awesome.

We have some new Alateen sponsors. Welcome, welcome! If you or someone you know needs a substitute sponsor at your Alateen meeting, call me. I will help you.

Have a great summer!  
Love in Service,  
Adrian C.

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### Forum/Literature

It was great to have so many members buying literature from the literature table at the last district meeting. I will be having a supply of books, including the service manual and "Groups at Work" as well as newcomer packets for sale at future district meetings. The easiest way to get what your group wants or needs is to call the Austin AIS ten days prior to the district meeting and specify that it is for pickup at the district meeting. I will have it there for you. All you need to do is bring a check or cash for the amount of the order.

Have you checked to see where your group's free subscription of "The Forum" is going? If your group is not getting it, be sure to have your GR check the CMA on file at the World Service Office (WSO) – that is where

"The Forum" is going. You don't want to miss all the latest Al-Anon news as well as the personal recovery stories and Instant Meeting topics in "The Forum" each month. Members are also encouraged to have a personal subscription, which is available via an on-line subscription or paper copy.

This month, I would like to hi-lite a kit, K-70, "Using Al-Anon Principles to Resolve Conflicts."



The kit contains a set of flip cards entitled "Conflict Resolution using our Twelve Traditions" (S-72), a wallet card entitled "Loving Interchange to Resolve Conflict" (S-71), and the booklet "Talk to Each Other, Resolving Conflicts within Al-Anon." The booklet outlines resolving conflict at all levels of Al-Anon, from the group to the area. It also contains information about group conscience, personal things to consider when you are involved in a conflict, and a "Guide for Holding a Discussion to Resolve Conflict." To order the kit, check K-70 on the Literature Order Form for a cost of \$9.00 plus shipping/mailling.

Did you know.....The current "Al-Anon Alateen Service Manual," with all updates as soon as they are passed by the World Service Conference, is

(Cont'd on Page 10)

### Coordinator Reports (cont'd)

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

available for download from the Members website – for free? While you are on the Members website, look around. There are many service tools and a lot of information, all of which are very useful for members, groups, and service entities. The guidelines, public outreach tools, and a few pieces of literature are all available free to download and print.

-Judy P.

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#### Newsletter Coordinator

For the spring 2015 issue of the newsletter, we mailed 111 copies and had four returned as undeliverable. Total cost for this issue was \$540.35. If anyone has suggestions for additional information to be included in the newsletter, please let me know. I'm especially interested in trying to include stories and other information from our Alateens and Spanish-speaking members. The input due date for the fall 2015 edition of the newsletter is August 17, 2015.

Since anonymity is such an important part of our program, if you are submitting a report or story, please omit last names (last name first initial is fine). It helps with the on-line version, where last names must specifically be omitted.

If you have received the newsletter in the past, did not receive the last issue, and did not change your mailing address, please let me know. Remember, you can always find the on-line version at

<http://austinalanon.org/>, under the District 6 tab.

In Service,  
Anna A.

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#### Public Outreach (North)

In Waco, we are very grateful to Steve and Cindy for their continued service with the Juvenile Detention Center on Monday nights. They meet with the parents and grandparents of the teens in the center to offer support.

The health fair in Waco is scheduled for October (date TBA).

The VA Medical Center in the Killeen, Temple, Belton, and Salado area has a health fair scheduled for June 26. Please call (254) 833-4603 if you can volunteer.

Cedar Crest in Belton has asked for an Al-Anon meeting, which is in the process of taking form.

The distribution of CAL, through the service of one of our district members, is helping support a rehabilitation center.

We are also looking for volunteers to help distribute posters to schools in our area. Please contact Robin with Killeen AFG at (254) 238-6693 if you would like to help.

To volunteer or for more information, please contact me.

-Debra W.

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#### Public Outreach (South)

We are happy to report that we are continuing to support all ongoing

public outreach (South). Thanks, everyone!

Our activity at the Del Valley Austin Transition Center has picked up as a shortage of Del Valle counselors has allowed us to show up twice a month. Our activity at Del Valle consists of a panel of three speakers followed by some Q&A. This is a two-hour outreach from 9:00 - 11:00 on specific Saturday mornings. It looks like this will transition to a monthly meeting starting in July.

The Developmental Counseling Center, Inc. (DCCI) has also been an active outreach for us in the second quarter. We send two speakers for one hour to share their experience, strength, and hope with clients and their family members. This outreach has occurred approximately every three weeks.

Support for The Phoenix House Juvenile Center continues, thanks to all of the efforts of Ali K. With Ali transitioning out of that role, we need volunteers to commit on an ongoing basis to ensure adequate coverage for the meeting.

In May, we also served in the role of public outreach at the Josephine Houston Elementary School health fair. We had a booth at the school fair and talked to several families about the disease of alcoholism and the Al-Anon program. We handed out a great deal of our Spanish literature as well as our meeting schedules.

With Gratitude - Jim C.

## 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 Hispanos 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)

Group Reports

**Courage to Change, Killeen AFG**

This group continues to grow but is in transit due to location. We are just outside of the Fort Hood base. We have eight to ten regular members, and all members are very supportive of each other. Our location is Metroplex Medical Plaza at Metroplex Hospital on Clear Creek Rd., Rm 120.

-Debra W.

\*\*\*\*\*

**Faith AFG**

Our group meets at 7:30 P.M. on Thursdays at the Unity Church of the Hills [9905 Anderson Mill Rd. (Rm. 131)] in northwest Austin. We're in the process of implementing several ideas from our group inventory held in December 2014, one of which is to make our group more active regarding Alateen awareness. In our last group conscience meeting, we voted to look into co-hosting the October district meeting. I'm happy to report that after conversations with the other two groups who meet at the Unity Church, our three groups will be co-hosting the October district meeting.

We are a newcomers meeting but welcome anyone who wishes to share their experience, strength, and hope. If you're ever in the neighborhood on a Thursday night, please stop by for some fellowship, hope, and laughter.

Peace and serenity to all,  
Anna A., GR

\*\*\*\*\*

**Georgetown West AFG**

Georgetown West AFG has one meeting per week. We meet on Saturdays at 11:00 A.M. Our meeting is well attended and consists of both old timers and newcomers. We dedicate one meeting during the month to the step of the month and another meeting in that same month to the corresponding tradition of the month. In addition, we have a speaker meeting on the fifth Saturday of the month. We provide "How Al-Anon Works" to our newcomers as a gift.

If you are ever in the area, please come and join us. We welcome one and all.

We are looking forward to hosting the District 6 meeting on July 18, 2015.

In Service,  
Colleen T.

\*\*\*\*\*

**New Perspectives Adult Children of Alcoholics AFG**

This group is starting off slowly with two to three people per meeting. We meet on the first and third Tuesday of the month at 5:30 P.M. in Killeen at the Metroplex Medical Plaza, Rm. 120.

\*\*\*\*\*

**Personal Freedom AFG**

The Personal Freedom AFG celebrated its one year anniversary in February 2015. We have a consistent group of weekly attendees and continue to welcome newcomers on a regular basis. Our

meeting topics are taken from CAL with a focus on solution, and the first Thursday of the month, we use our namesake workbook, "Reaching for Personal Freedom." We have elected several service positions during our quarterly group conscience meetings, including a secretary, treasurer, literature chair, group representative (GR), and alternate GR. The meetings are held Thursdays from 6:00-7:00 P.M. at the Faith Methodist Church on South Lamar in Austin.

-Tina C.

\*\*\*\*\*

**Serenity Trails AFG**

The Serenity Trails group in Round Rock is going strong. Attendance dropped off last fall, but now, we have a nearly full house each Friday evening. We have a cozy room with comfortable sofas, several wise veterans, and a few newcomers, which adds up to good sharing. We very much welcome newcomers.

-Dave L.

\*\*\*\*\*

**Taylor AFG**

We have four to six members. Occasionally, we have a newcomer visit. We have also started a group inventory, which is going well.

We meet on Thursdays from 6:00-7:00 P.M. at the First United Methodist Church Fellowship Hall on Lake Dr. in Taylor. If you are ever in Taylor, come visit with us.

Thanks,  
Nancy K.

(Cont'd on Page 13)

Group Reports (cont'd)

**Temple New AFG**

Temple New AFG meets Thursdays at 7:00 P.M. at Christ Episcopal Church (Activity Center) located at 300 Main. Our meetings are open discussion, chairperson's choice, in which we use varied conference approved material. We have monthly group conscience meetings on the second Thursday of the month, following our regular meeting. We have a monthly step meeting on the third Thursday of the month.

Please stop in on a Thursday night and join us on our journey of hope.

\*\*\*\*\*

**Temple ODAT AFG**

Our group meets on Tuesdays at 8:00 P.M. at St. Luke's Catholic Church in Temple (2807 Oakdale, Ed. Bldg.). We have a diverse group, consisting of approximately 20 faithful members, whose time in the program ranges from one month to 38 years! A few are also dual members.

Our group is active in attending district and area meetings. Several of our members also attend Al-Anon and Alateen conferences whenever possible.

We have a monthly group conscience meeting on the second Tuesday of the month, following our regular

meeting. On the first Tuesday of the month, we have a step meeting. Our other meetings are open discussion, and the book we use is usually "Courage to Change." On the last Tuesday of the month, we have Birthday Night, where members receive chips for the number of years in the program.

If you are in Temple on a Tuesday night, please join us as we share our experience, strength, and hope.

Susan T., Alt. GR

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**Unity AFG**

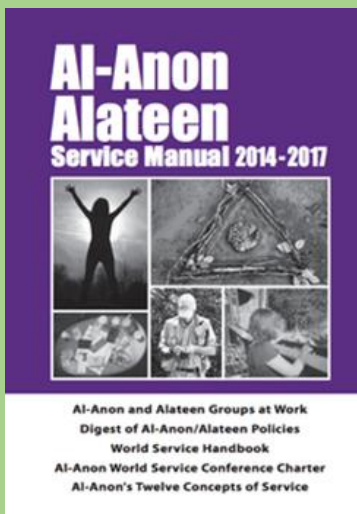
Our thriving group offers three meetings per week:

- Saturdays at 10:00 A.M.
- Sundays at 5:30 P.M.
- Wednesdays at 7:00 P.M.

We held a group conscience on May 3.

Our group welcomes newcomers and all others. Please stop by to say "hi" and be prepared for an awesome meeting.

Submitted by Katie K, 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://www.austinalanon.org/meetings.htm>

Information and Flyers for upcoming events can be found at:

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