



Winter 2011
Volume 24 Issue 1



District 6 Newsletter

District Meeting

January 22

Hosted by:

Elgin Just for Today AFG

216 W 3rd St.

Elgin, Texas

First United Methodist Church

Fellowship Hall

Contact: Nancy K.

Registration/Breakfast 8:00 am

Workshop 9:00 am

Business Meeting 11:00 am

Potluck Lunch 12:00 pm

Adjourn 3:00 pm

Directions/Map on page 5

Please remember that the lunch is potluck – bring your favorite dish. GRs should bring their Service Manual for use during the district meeting and are also encouraged to bring a written group report to be included in the Newsletter.

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Traducción al español

Para más información, póngase en contacto Rosa.

ROSEMARY'S STORY

I was not brought up in an alcoholic home but I married an alcoholic. However, it took many years to realise this. By that time the situation in our home had become unbearable. During these years I had made myself ill with exhaustion, trying to control my husband's drinking and dealing with the verbal abuse which came with it. I had no conception of how crazy my behaviour had become from all the arguments, or how much my self worth had suffered from constant put-downs. All emotional feelings slowly ebbed away and were replaced by indifference or hatred, depending on the circumstances. After every pointless argument, I used to say to myself - "Another nail in the coffin of our marriage." I thought that it was my duty to respond to every put-down. It never occurred to me to walk away and ignore the comments.

I attended my first Al-Anon meeting on the same evening that I decided to leave home and take my son and daughter to a rented apartment. As it was such a traumatic period, I don't remember much about the meeting except for the comment of one person there. She mentioned that it looked as if I had made my decision about leaving home but, whatever I decided, it should be what was right for me. If I hoped to use the situation to get my husband to stop drinking, I was doomed to disappointment. It was my first lesson that we cannot control the behaviour of another person, including his drinking. My decision on that occasion was entirely for myself as I had reached the end of the road and could not take any more.

After I had left home, I cannot say that I learned a great deal from Al-Anon, but I continued to attend at least once a week. I realise now that the group that I mainly attended did not have a great deal of growth itself at that time, but there must have been enough there to bring me back week after week.

After a couple of months of my living in a rented apartment, my husband went into rehab. Financial constraints forced me to return to our home. Ten weeks later he returned home, and the following 18 months were almost as bad as the

(continued on page 7)

Future Events

January 22	District 6 Meeting, Elgin, TX
February 14	Austin AIS Board Meeting
February 18-20	All Texas Al-Anon Alateen Conference, Fort Worth
March 18-20	POSSE, Gonzales, TX
April 16	District 6 Meeting
May 20-22	ETAAA, Round Rock

Al Anon Web Sites

Austin Al-Anon: www.austinalanon.org
 Texas State Al-Anon: www.texas-al-anon.org
 World Service Office: www.al-anon.org/members
 (password is group name followed by "AFG")





Officer Reports

Alternate District Representative

Hopefully, before the next district meeting, I can resume visiting groups. Due to circumstances beyond my control, I wasn't able to visit any groups this past quarter. I really enjoy meeting new friends at the different meetings. There are some new meetings on the meeting list. Please do not hesitate to contact me if you have questions or would like for me to visit your group. I would like to encourage anyone from any group to attend our district meetings and area assemblies. It is fun to meet folks from around our district and area.

If someone would like to form a group in the Pflugerville area, St. Paul's Episcopal on 507 Pflugerville Parkway has offered Al-Anon a meeting space for Thursday, Friday, or Saturday. If you are interested in forming a meeting in Pflugerville, please contact me, and I will give you the information.

The Texas Al-Anon website has wonderful information with many useful links. For instance, there are links to the WSO Member's website; links to group change forms; information about our East Texas Area; information about TEAM and Property Ownership; Alateen forms; links to the Forum; links to podcasts; links to CAL projects. The CAL projects are useful for groups wanting to present workshops and skits; the workshop and skit content is on the website. In my opinion, this would be especially helpful if a group wants to host A Day in Al-Anon or present a workshop or skit at a district meeting.

Bennie P., our Area Public Outreach Coordinator, is encouraging all groups to make contact with schools,

counselors, and social agencies regarding Al-Anon.

Regarding group change forms, at the Area Assembly on November 12-14, in Pearland, discussion will take place about electronic group change forms via website. Three districts in the Houston area have piloted this with success. A presentation will be made at the assembly.

The new Al-Anon/Alateen Service Manual is now online. Groups should be receiving their copies in November, and Kitty will have them at the Austin Information Center.

At the district meeting in July, we decided to include a new addition to the District Archives. I donated a picture of Randy M., our past District Representative, and I wrote a brief memorial.

Future Al-Anon events:

DISTRICT 6 MEETING—January 22, 2011, in Elgin, TX, hosted by the Just for Today group. Check the next district newsletter for directions.

ATAAC, February 18-20, 2011, in Fort Worth. Flyers are on the Austin Al-Anon website:

www.austinalanon.org

and on the Texas website.

www.texas-al-anon.org

P.O.S.S.E. (Program of Sponsors Sharing Everything) – For current and future Alateen sponsors – March 18, 19, 20, 2011 in Gonzales, TX.

***ETAAA, May 20, 21, 22, 2011, Wingate Hotel and Conference Center, Round Rock, TX!!!! Flyers will be available on the Austin and Texas websites soon.

***We will have “furry” entertainment Saturday night and a play workshop on Friday. PLEASE make plans to attend, as District 6 is hosting this assembly. The theme is

“Celebrating 60 Al-Anon Years!” At the assembly, we will have an Al-Anon speaker from WSO, and we will have Al-Anon and Alateen speakers from our district and area, and an AA speaker from the Austin area. We need lots of support and help from all groups in District 6. Please plan to attend the next district meeting on January 22 to see how you can participate. There are several committees that need help.

Yours in Al-Anon love and service,
Paula H.

Secretary

DISTRICT 6 MEETING MINUTES

October 17, 2010

Hosted by San Marcos AFG

The meeting opened at 9:04 with a moment of silence followed by the Serenity Prayer. Our three Legacies were read, and housekeeping announcements were made. Everyone introduced themselves. Several people were recognized for attending their first district meeting. A workshop was held from 9:20 to 10:55. The workshop was on topics that can distract from our primary Al-Anon purpose such as individual dominance, religion, jobs, AA and personal experiences. An Alateen sponsor meeting was held during the workshop.

The Business Meeting began at 11:05. Officer and Coordinator reports were given. A short discussion was held about the World Service Office upcoming decision concerning the end of the fifteen year trial period of owning the Virginia Beach property. The choices are to end the trial period and keep the current property, end and sell the property, or to keep and extend the ownership for another period of years.

Continued next page





District 6 Meeting Minutes (continued)

Tom B. announced that the deadline for the Spring 2011 newsletter is 3/4/11.

Lunch was held from 12:10 to 1:20.

Shelley began the afternoon session by thanking our hosts. She then gave her District Representative report. The deadline for suggested World Service Conference agenda items being held next Spring is 12/19/10. Male volunteers are needed for Al-Anon prison inmate correspondence. Sharings are needed for a new workbook called Legacies. It is a website sharing book. The sharings can be put on the World Service Office website. The address is www.al-anon.alateen.org/members. Put in your password (your group's name followed by AFG) and click on the blog link. One Hundred and Forty Nine people attended the Spring Assembly in May. The Spring 2010 Conference Summary is now available online for free or one can order the summary through WSO. There have been 937,000 copies of Al-Anon Faces Alcoholism ordered since 2006.

Group reports were given. Future district meetings: Jan 22, 2011- Sissy will ask her group-Independence AFG in Austin. The Just For Today AFG in Elgin also volunteered. For the April 16, 2011 meeting the Living Gratitude AFG in Austin volunteered.

New Business:

Ask-It-Basket questions were answered:

1. *Question:* I am learning to not say names when I am talking about something, not only in Al-Anon but in regular life. I really appreciate it when others do not say names. I prefer not to know who is sponsoring who. It helps me feel safe. Your thoughts?

Answer: Several things seem to apply here. Step 12, principles above personalities, should guide all our actions. Traditions 11 and 12 stress the importance of anonymity-both for

ourselves and others. Finally, remember that our closing tells us we can take what we like and leave the rest. It also stresses that there should be no gossip or criticism of one another. Finally, pages 83 and 84 of the Service Manual discuss anonymity, stressing that individual members may choose their own degree of anonymity and never compromise the anonymity of others.

2. *Question:* Crosstalk, when group conscience doesn't want it addressed in the opening.

Answer: "The loving interchange of help among members", talk individually to someone, or look for a new group.

3. *Question:* At the bottom of the agenda it states: "GR's-please have your reports written and email them to the District Newsletter Editor". I'm a brand new GR that has only been in the program 1½ years. What does this mean? Where can I learn more about what my responsibilities are?

Answer: The Group Representative is a vital link in the continuing function and unity of world-wide Al-Anon. Form G11, the Al-Anon Guidelines for the Group Representative, presents requirements, and explains the terms and duties of a GR. Also on the guidelines are dates to remember and tips of what a GR can report back to your group. In the service manual in the section on pages 133-134, it explains the process of electing a GR and what the GR's responsibilities to the group are and what the group's responsibilities to the GR are. Also in the World Service Handbook, pages 141-143, are "Duties of Assembly Members". As a GR, you are an assembly member. One responsibility states "He should also make himself thoroughly familiar with the Al-Anon/Alateen Service Manual. One way to do that is to own a copy and bring it to district and assembly meetings to help familiarize oneself with where to find answers to questions that may arise. The purpose

of having reports from each group furthers our Al-Anon purpose of helping families of alcoholics (Tradition 5) by sharing with other members and other groups that are interested in helping and give a bird's eye view of opportunities for service for all members.

4. *Question:* There are several groups in our district who are chairing Al-Anon meeting from AA's Big Book, other AA literature and other non-conference approved literature (CAL). I expressed my concern about using AA literature and shared what the Service Manual says about CAL. I was told that each group was autonomous and that if I didn't like it, I didn't need to come back to that particular group. Paths To Recovery, pgs. 162-166, addresses this and say on pg. 164-"No one individual or group can exclude another because the of the individual's or group's autonomy". I have a real concern about how using AA literature would affect a newcomer and how it dilutes the Al-Anon program! What suggestions do you have for groups who insist on using AA literature?

Answer: Our closing says "Take what you like and leave the rest". If you prefer not to include material from the Big Book of AA, then attend meetings where it is not used. The Service Manual, pg. 38, says "Once a decision is made, the entire group abides by the decision". If you feel like you can not abide by the group conscience, then attend meetings that meet with your beliefs.

5. *Question:* My group feels that donating to the Assembly sponsored by District 6 is not honoring the 7th Tradition about being self-supporting. Is there a way to explain to the group why groups donate?

Answer: Refer to pages 133 and 134 in the Service Manual.

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

Respectfully submitted,
Cindy C., Secretary





Coordinator Reports

ALATEEN COORDINATOR'S REPORT

Have you marked your calendars for the Spring 2011 Assembly, being held in Round Rock, May 20-22, 2011? We, District 6, are the host District for the Assembly. I hope you are looking forward to the Assembly being in our own backyard. This will give us the opportunity to serve on the Assembly, rather than just go to one. Remember, we have the privilege of asking our Alateens to share their experience, strength and hope, as speakers before the Al-Anon and AA speakers give their stories at the three scheduled speaker meetings. Please encourage your Alateens to take advantage of this great opportunity.

As always, we are always in need of more Alateen Group Sponsors and Driver/Helper/Chaperones. If you are interested in getting involved with this most rewarding service to the fellowship, please give me a call. I would be happy to help you move in that direction.

Please give me a call or e-mail me if you have any Alateen Sponsor questions or concerns.

Steve J.

PUBLIC OUTREACH SOUTH

On October 16 at Faith United Methodist Church, there was a fair from 10:00 am to 2:00 pm. We had two shifts with four Al-Anons that shared experience strength and hope.

On October 4, Kitty shared at a meeting of Families of Texas Inmates at the Sun Rise Community Church.

The Developmental Counseling Center requests participation by Al-Anons during family week, every six months. Five Al-anons shared during the June family week.

The Austin Recovery Lodge requests that Al-Anons share every month on the last Saturday. Phyllis shared in September and October.

Travis County Drug Court has asked for Al-Anons to be there for family and friends. The Drug court meets every Thursday.

Love in Al-Anon, Jane A.

ARCHIVIST

District Archivist received a beautifully framed photograph of long time Al-anon member who passed away in 2009 along with a written notation from the District 6 Alternate Representative as well as copy of this dear long time member's obituary. These items will be included in the archives. The notation was read during the District 6 meeting on October 16, 2010 in San Marcos, Texas.

The District Archivist collects Al-anon related conference approved literature that are in print anymore as well as put together any Al-anon group's history. Please feel free to contact me through your group representatives.

I will see you in Elgin.

In service,

Maria Delores F.

PUBLIC OUTREACH NORTH

Public Outreach North received an advance of \$200 to help cover expenses. Waco ordered literature from the Austin Information Service Center in the amount of \$128.11 for which Kitty sent the bill to me. I paid that amount, leaving \$71.89 remaining in balance.

Waco Al-Anon conducted a health fair at Providence Hospital for the employees. Cindy said that she and Steve talk with about 75 people and handed out literature as requested. That health fair was on Friday, October 1.

Coy C.

Coordinator, Public Outreach North

NEWSLETTER COORDINATOR

Statistics for the spring issue of the newsletter are:

115 printed

104 mailed

Total cost: \$507.23

2 returned undeliverable

Deadline for submission to the winter issue is December 3 and March 4, 2011 for the spring 2011 issue. Since the printer has provided many extra copies, I have been bringing some to the Information Center for people to take. If anyone has any ideas for other items or topics to be included in the newsletter, please let me know.

Yours in service,

Tom B.

Group Reports

Anderson Mill AFG

Anderson Mill AFG meets every Tuesday at 7:30 pm at Unity Church of the Hills on Anderson Mill. Our meeting format is as follows: 1st Tuesday of the month - Step, Tradition, or Concept; 2nd Tuesday -

Discussion; 3rd Tuesday - Conference Approved Literature; 4th Tuesday - Birthday meeting; 5th Tuesday - Speaker. We have an active group of 15-20 members. We recently elected a co-treasurer, Louise. We have chosen to continue giving a daily reader to

newcomers along with the newcomers packet. We are now displaying our library of tapes along with the literature and members are using this tool regularly. Please join us on Tuesdays.

Alice M.





Just for Today AFG Elgin

We have an active group of approximately 10-12 regular attendees at each of our weekly meetings. We are planning a "Day in Al-Anon". We have donated a subscription of the Forum to 3 local libraries. We invited an AA guest speaker to our last meeting and our group enjoyed it. We meet at the Methodist Church Fellowship Hall overflow room from 6:30-7:45 on Tuesday. Love, Nancy K.

Killeen AFG

A special thanks to Paula for coming out to Killeen to speak to the Tuesday night group on October 26. Thank you for sharing your experience, strength, and hope. The group enjoyed your talk. Jennie, GR

Serenity Trail AFG, Round Rock

We meet at 8:00 pm, Friday nights at the Grace House next to Grace Lutheran Church in Round Rock. Our meetings are generally attended by 6-12 people and are led by a volunteer chair who chooses the topic. Traditionally, we follow a schedule of a Step meeting the first Friday of the

month, a Tradition meeting the second, another Step meeting the third, and a Topic meeting on the fourth Friday. We try to invite a speaker for the months that have a fifth Friday. We have begun to have group conscience meetings on the Friday following the regular Information Center meetings. We welcome newcomers and visitors. Ann J.

New Beginnings AFG, Round Rock

The New Beginnings AFG meets each Tuesday at noon. We meet in the Willow Walk Office Complex Life Steps Office at 2111 N. Mays. Our meeting lasts an hour to an hour and fifteen minutes. It is an open discussion meeting and our meetings average 8-10 people. We have a volunteer chairperson each week who chooses the discussion topic. The group continues to grow. We welcome newcomers and need a few more people with more time in the program to help "carry the message". We have two men who come on a regular basis and we encourage other men to join our group. We invite you all to come grow with us. We are trying to get our meeting back on the

internet list. Our meeting got taken off and is still not listed. So please know that we indeed do meet at noon on Tuesdays even if you can't find us on the meeting list.

Jackie B.

Independence AFG

We have gone down in attendance, but it will come back up. Last week we had a UT student visit us as part of his classes at UT. At the end of the meeting, he said: "Well, I am an AA, but was told to come to an Al-Anon meeting by my professor. I am shocked because I thought you would be talking about the AA's. That's not what you did. I got so much out of the meeting, I'm think about coming back with my wife."

We have had a lot of UT students who become permanent members. Recently, two of them have gotten married and another is having a baby. They have gone elsewhere, but keep us informed.

We meet Friday nights at 7:00 pm at Red River Church on the corner of Red River and 45th street.

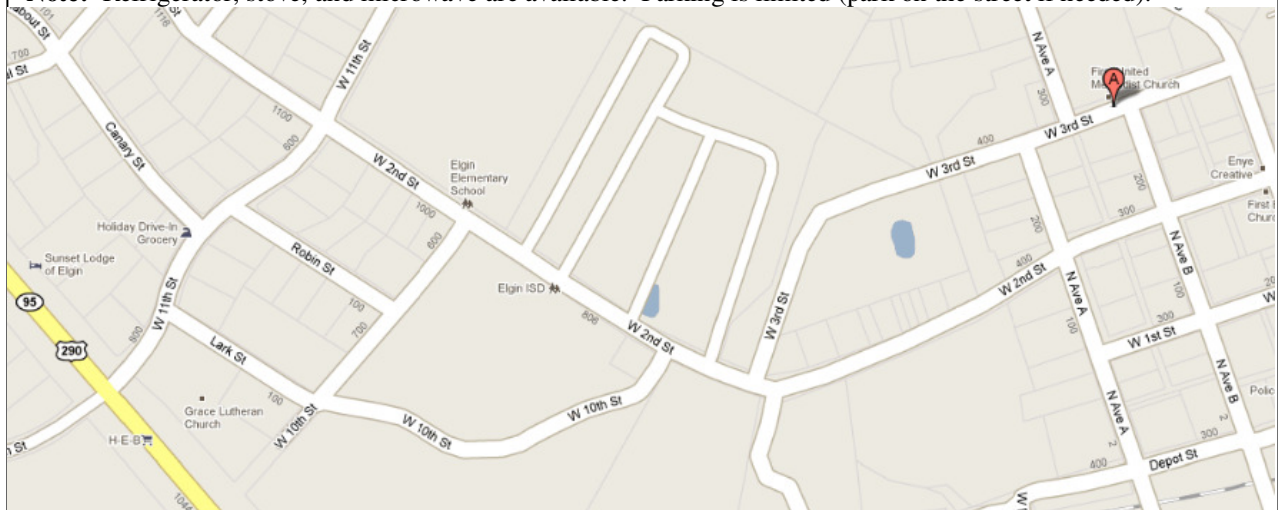
Sissy, GR

District Meeting Directions

Via I-35: Take IH35 to US-290 East. Take 290 East to Elgin. Turn Left at W11 St. (stoplight across from HEB). At the first stop sign turn right at W 2nd St. Turn left at N Ave A. Turn right at W 3 St. The First United Methodist Church will be on the left. The meeting is in the fellowship hall behind the church.

Via Hwy 95: Take Hwy 95 to US-290 to Elgin. Turn into Elgin at W11 St. (stoplight across from HEB). At first stop sign turn right at W 2nd St. Turn left at N Ave A. Turn right at W 3 St. The First United Methodist Church will be on the left. The meeting is in the fellowship hall behind the church.

Note: Refrigerator, stove, and microwave are available. Parking is limited (park on the street if needed).





Treasurer's Report

District 6 Treasurer's Report								Proposed
	2010 Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	2010YTD	Budget delta	2011 Budget
Operating Account:								
Beginning Balance Carried Over	3,347.16	3,347.16	4,368.17	5,856.43	5,723.49	3,347.17		3,000.00
District Meeting	-	117.08	167.00	123.00	97.00	504.08	504.08	
Group Donations	2,602.84	1,799.43	2,294.15	1,184.25	1,784.06	7,061.89	4,459.05	3,200.00
Other								
Newspaper subscription	50	30.00	20.00	10.00	20.00	80.00	30.00	
Subtotal actual income		1,946.51	2,481.15	1,317.25	1,901.06	7,645.97		6200.00
Expenses								
Alateen Coordinator	(500.00)	-	127.10			127.10	(372.90)	(500.00)
Alateen Liason Coordinator	(100.00)	-				-	-	(100.00)
Archives	(25.00)	-				-	(25.00)	(100.00)
District Meeting	(500.00)	60.05	60.00	72.31	61.00	253.36	(246.64)	(500.00)
DR Expenses	(600.00)	202.36	-	312.29		514.65	(85.35)	(850.00)
Forum/Literature Coordinator	(25.00)	-		46.62	16.85	63.47	38.47	(100.00)
Miscellaneous (1)	(350.00)		124.00	159.19		283.19	(66.81)	(350.00)
Newsletter	(2,100.00)	504.36	506.79	507.23	507.23	2,025.61	(74.39)	(2,100.00)
Public Outreach Coordinator - North	(500.00)			200.00		200.00	(300.00)	(500.00)
Public Outreach Coordinator - South	(1,000.00)	22.00	75.00			97.00	(903.00)	(500.00)
Spanish Coordinantor	(200.00)	86.73		52.55		139.28	(60.72)	(200.00)
Subtotal Actual Operating Expenses	(5,900.00)	875.50	892.89	1,350.19	585.08	3,703.66	(2,096.34)	
Targeted Savings								
Accrue Reserves	(100.00)	50.00	100.00	100.00	100.00	350.00	250.00	(400.00)
Release Reserves							-	
Subtotal Expenses	(6,000.00)	925.50	992.89	1,450.19	685.08	3,368.58	(2,631.42)	(6,200.00)
Ending Balance	-	4,368.17	5,856.43	5,723.49	6,939.47	7,624.56		-
Reserve Accounts:								
Kristy Fund								
Beginning Balance	N/A	332.00	332.00	189.94	281.60	332.00		
Donations			112.94	91.66	14.80	219.40		
Payment			(255.00)			(255.00)		
Ending Balance		332.00	189.94	281.60	296.40	296.40		
Int'l Reserve								
Beginning Balance	2,243.90	2,243.90	2,293.90	2,343.90	2,393.90	2,243.90		
Accrual	200.00	50.00	50.00	50.00	50.00	200.00		
Payment	-					-		
Ending Balance	2,443.90	2,293.90	2,343.90	2,393.90	2,443.90	2,443.90		
TEAM Reserve								
Beginning Balance	1,093.20	1,093.20	1,093.20	1,143.20	1,193.20	1,093.20		
Accrual	-		50.00	50.00	50.00	150.00		
Payment	-					-		
Ending Balance	-	1,093.20	1,143.20	1,193.20	1,243.20	1,243.20		
Prudent Reserve								
Beginning Balance	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00		
Accrual	-					-		
Payment	-					-		
Ending Balance	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00		
Total Account Balances		10,087.27	11,533.47	11,592.19	10,479.07	13,608.06		
Notes:								
(1) Bank fees, postage stamps, copying costs, bonding fees, etc., delegate expenses								
(2) Although there was no "cash" expense, amounts of \$50 each quarter were transferred to RSS and Intemational Funds								
(3) Kristy Fund expenses are not included in the annual budget.								
(4) Other refund from Ginny's and the Post office								





Rosemary's Story (continued from Page 1)

previous 18 years of drinking. The cork was in the bottle but little else had changed. I was treading on eggshells and gradually became as crazy as I had been previously. Only, by this time, enough Al-Anon had kicked in to make me aware of my behaviour. I knew this time that I could not go back to the way I had lived before and made a decision to leave home. But, despite wanting to leave, I still did nothing about it. I was desperately unhappy but did not have the courage to take the decision to move out a second time. I just endured.

In the end, my husband did me a favour. When he was aware that I wanted to go, he went off and formed a relationship with another alcoholic he had met in AA. Our separation was an extremely painful period, but the decision had been made for me. Amazingly I did get through it, despite having been told by my husband that I would not last two minutes on my own.

And where was Al-Anon for me at this time? Although I was slowly absorbing the principles of Al-Anon, I remained obsessed by the alcoholic in my life and my resentment towards him. The resentment was eating me up but the alcoholic neither knew nor cared. I was the only one suffering from it. It took an Al-Anon to whack me up beside the head by asking what I was going to do about my situation. For the first time, I seriously addressed the issues and even sought legal advice. A lot of the resentment had come from financial issues when we separated. After looking at the facts I came to the conclusion that I did not want to pursue matters further as it would be too painful to go through the circumstances of our separation all over again. This drew a line and, as a result, an amazing thing happened. I started to move on with my life. Prior to this I had been living the life of a hermit, but now I started to get in touch with old friends and enjoy life again.

In moving on and leaving resentment behind I also started to take in the principles of Al-Anon. The Steps started to mean something to my whole life, not just in my dealings with the alcoholic in my life. It had taken a very long time to reach Al-Anon, so it was hardly surprising that it took a long time for me to start to absorb the principles of the Steps. I am definitely a slow learner!

Life has a way of working out in ways that we least expect. I am now happily remarried, which I never anticipated. Nor could I have imagined during my desolate years that my future lifestyle would be so dramatically different.

I still have difficulty coping with verbal abuse or put-downs, which affected me so badly during the drinking years. I am getting better but continue to find it difficult to know where and how to set boundaries when the behavior of others becomes unacceptable to me. Asking my Higher Power for guidance helps me to work through these situations. I find the Serenity Prayer extremely useful in getting things into perspective.

I have two children from my earlier marriage. Both have their problems from growing up in an alcoholic home. I try to give them support but the difficult part is setting boundaries for their attitude towards me when they display some of the behaviors that they learned in childhood. It is an ongoing matter for me to try to build a more adult relationship with them. I have to remember that we have all been affected by the dreadful disease of alcoholism. I don't expect to waive a magic wand and all will be well. Today I am content with working slowly, one day at a time.

Rosemary C.

A HEALING SPIRIT IN PROGRESS

When the spirit speaks I hear a voice
Calling me in the misty daylight hours

I see past the ordinary events of the day
I envision the magic tomorrow may bring
Dreaming you'll be there, my son

My happiest memories of you, Sean, I will
Cherish and I will embrace all of my joy
From those times in their purest form

I notice what is before me in its
Mystery and Goodness
Times eternal strength does not
Allow us the choice to linger in the
Rays of our past.

The whispers of the past will not
Dominate my future, I will let my
"Healing Spirit" be present and be renewed.

I am letting go of my "Wounded Spirit" and
My new spirit shall soar day by day and
Forever be in the progress of healing.

To all my Al-Anon Family Group, I thank
You and my "Higher Power" for I now feel your
Presence near me and the beauty of life
Surrounds me.

Written By:
Nancy C.
On my First Year AFG Anniversary
September 28, 2010





Information Service Centers

AUSTIN AIS

Austin Al-Anon/Alateen
Information, Inc.
1307-G Treadwell
Austin, TX 78704
512/441-8591

August 16 – October 18, 2010

Literature Sales

Bee Caves	142.10
Bridge to Shore	166.85
Esperanza	27.80
Faith	602.80
Great Hills	158.80
Help for Today	160.95
Hilltoppers	1,484.10
Independence	187.26
Just for Today	208.80
Live and Let Live	87.80
Northland	532.00
Shoal Creek	114.95
Step Forward	127.40
Three Cs	54.10
Unidad	77.60
Unity	56.80
Westlake	1,387.30
Total	5,577.40
Previous Total	4,406.85

Out of Town Sales

Bastrop Freedom Finders	54.60
Belton Steps and Traditons	49.95
Cedar Park Came to Believe	39.30
Georgetown Alateen	40.10

Lockhart Prison	100.00
Round Rock	82.40
San Marcos	7.50
Temple New Group	84.60
Waco AIS	123.00
Waco HOT	142.60
Waco New Beginnings	135.60
Waco Te Cam	2.10
Total	899.15
Previous Total	2,701.81

Donations

Came to Believe	61.00
Courage to Change	120.00
Hilltoppers	2,136.50
Just for Today	127.00
Lakeway Tuesday	50.00
Live and Let Live	80.00
Northland	695.03
Oak Hill Hope for Today	103.62
Path to Serenity (Pflugerville)	50.00
Private	40.00
Serenity Seekers	60.00
Spiritual Awakenings	10.00
Suburban	150.00
Three Cs	20.00
Unity	125.00
Total	3,828.15
Previous Total	3,077.88

Walk In Sales	446.00
Previous Total	503.05

Income Summary

Literature Sales	5,577.40
Out of Town Sales	899.15
Donations	3,818.15
Walk In Sales	446.00
Interest from US Treasury	671.25
Total	11,421.95
Previous total	10,789.59

Literature Purchases	4,017.63
Income less Expenses	7,404.32

Kitty

WACO AIS

The Waco AIS is still very healthy. The New Beginnings AFG meeting, sponsored by the AIS, is doing very well. We are having 10-18 in attendance most Thursdays. We also sell a good amount of CAL at that meeting. The Health Fair held at Providence Health Center for employees was a success. We talked to about 75 employees and gave out a lot of pamphlets and schedules. Jane, Public Outreach-South, mailed me many of the 2010 Outreach Forums in English and Spanish. We gave out many of them at the Providence Health Fair also.

In Gratitude,
Cindy C.

Just a Little Extra to Share!!

Looking for a Speaker Meeting?

- 5th Monday of each month
- 5th Monday of each month
- 5th Tuesday of each month
- 5th Tuesday of each month
- 1st Wednesday of each month
- 5th Wednesday of each month
- 2nd Saturday of each month

- Courage to Change AFG**, Austin, 6:45 p.m.
- Allandale Happy Hour AFG**, Austin, 5:30 p.m.
- Anderson Mill AFG**, Austin 7:30 p.m.
- Just For Today AFG**, Elgin, 6:30 p.m.
- Northland AFG** in Austin, 8:00 p.m.
- Freedom to Recover AFG**, Round Rock, 8:00 p.m.
- Georgetown AFG**, 8 p.m. Al-anon & AA speaker. Potluck dinner is at 7 p.m.

Editor's Note: If I don't have your days & times correct, please let me know! Thank you!





Service Arms Representatives

There are four service arms which 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.

AL-ANON INFORMATION CENTER 1030-G S. LAMAR AUSTIN, TX 78704 (512) 441-8591	AIS WACO AREA PO BOX 8374 WACO, TX 76714 (254) 808-4757	DISTRICT 6 C/O Kay Colapret 2303 RR 620 S., Ste. 135, PMB 178 Austin, TX 78734 (512) 261-4632	EAST TEXAS AREA ETAAA PO Box 2626 Alvin, TX 77512	WORLD SERVICE OFFICE AFG, INC. 1600 CORPORATE LANDING PKWY VIRGINIA BEACH, VA 23454-5617 (1-800 -344-2666) www.al-anon.alateen.org
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District 6 Service Committee

Officers

DISTRICT REPRESENTATIVE

Shelley S.

ALTERNATE D.R.

Paula H.

SECRETARY

Cindy C.

TREASURER

Kay C.

Coordinators

ALATEEN

Steve J.

NEWSLETTER

Tom B.

FORUM/LITERATURE

Jayne G.

ARCHIVIST

Maria Delores F.

PUBLIC OUTREACH (South)

Jane A.

PUBLIC OUTREACH (North)

Coy C.

SPANISH COORDINATOR

Rosa A.

Texas Website: www.texas-al-anon.org

TRADITION 7 – EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS

The District 6 Al-Anon/Alateen Newsletter is published quarterly. No dues or fees are required to receive this newsletter, however; your individual contributions are gratefully appreciated (suggested donation is \$10 per year). If you would like to be added to the mailing list or would like to financially support District 6, please send your check and the form to:

Newsletter: AFG DISTRICT 6, EAST TX

C/O Kay Colapret

2303 RR 620 S., Ste. 135, PMB 178

Austin, TX 78734

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Group: _____ E-mail: _____ Telephone: _____

