



Winter 2012
Volume 25 Issue 1



District 6 Newsletter

District Meeting

January 21, 2012

Hosted by:
Georgetown West AFG
Georgetown
Church of Christ
1525 W. University Avenue
Georgetown, TX

Contact: Tasia A.

- 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 9

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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Danni’s Story

My name is Danni. When I sat down to write this, I thought of how the disease of addiction has touched so many generations of my family.

I met my husband in 1970 and we were married in 1974. Our life was good; we enjoyed being together, we worked, were able to travel, and when he finished graduate school, we moved to Austin.

After a few years, we were ready to start a family. We had our first son in 1981. In 1985 our second son was born, and in 1987, the birth of our third son made our family complete. I was fortunate to be a stay at home mom.

We were married for fifteen years before I realized my husband had a drinking problem and was also a workaholic. I began to be resentful of all the time he spent away from the family. I would nag and complain that he was not making me happy, and this became a constant theme in our marriage. I thought I could fix him, and that if he loved me, he would quit drinking. As the years passed and the boys got older, my behavior worsened. I had a lot of anger and no coping tools.

When our oldest son, at the age of twelve, started experimenting with drugs, my focus was off my husband as I became obsessed with trying to control my son. I became very codependent, never realizing the harm I was doing to myself and to my family. Fear takes on many forms and in me, it was mostly anger and trying to control. In 2002, I started going to Al-Anon meetings.

I can relate the experience of my first painting class to my first Al-anon meeting; I was out of my comfort zone in a class with some very talented artists. I kept going though, listened to the instructor, and worked at home practicing and painting. Over time, I began to understand what I was **(continued on page 9)**

Future Events

February 17-19	All-Texas Al-Anon Alateen Convention (ATAAC)
February 20	Austin Information Center Board Meeting
March 16-18	POSSE, Gonzales, TX
April 16	Austin Information Center Board Meeting
May 18-20	East Texas Al-Anon Alateen Assembly, Marshall, TX

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

Wow! I can't believe that three years could go so fast! Thank you very much for the opportunity to serve in this position. It has been an amazing ride! I have truly enjoyed every minute of all the many wonderful meetings and events I have been blessed to attend. Meeting so many different people from all over the District and Area has enriched my growth enormously.

Since the last District Meeting, I attended the AWSC meeting in Tyler with Shelly and Pat and many friends from the Area. One of the most interesting things I learned was that Al-Anon is now on Facebook and Twitter! What wonderful outreach tools!

I have learned so much over the last three years as a result of being in this service position. I know I have made many mistakes, and I am so appreciative of the unconditional love and support you have given to me in spite of all my character defects. I know I will definitely keep coming to District Meetings and Area Assemblies, even if I no longer have a position in the District. I was encouraged to just get in the car when I started in service, and I hope I can encourage others to just get in the car and be as supportive to others as you have been to me.

Love in Al-Anon service,
Paula H.

Secretary DISTRICT 6 MEETING MINUTES October 22, 2011 Hosted by Suburban Friends AFG

The meeting was opened at 9:01 by Shelly S. with a moment of silence followed by the Serenity Prayer. Announcements were made. Annette T., founder and GR of Been There AFG recently passed away. Pat E. announced that the next POSSE (Program of Sponsors Sharing Everything) will be March 16, 17, and 18, 2012. Steve J. announced that LaVern W. who has fifty-two years in Al-Anon and is a long-time member of the TNT (Tuesday and Thursday) AFG in Waco recently had a stroke. She is now living with her daughter in Corsicana. We then went around the room reading the Preamble, Steps, Traditions, Concepts and General Warranties. Introductions were made by all. There were many present for their first district meeting. Two Alateens were present. A workshop was held. The topic was a discussion of the duties of officers and coordinators that will be up for election today. During the workshop, an Alateen Sponsor meeting was held.

The business meeting began at 11:05. Kay C., District Treasurer, said our district is very wealthy and that our district should consider making a donation of some form. She said we have a surplus of \$4000.00 over the Prudent Reserve. Officer and Coordinator reports were given. Shelly announced that WSO is seeking sharings from members for a new piece of literature being written, Intimacy in Alcoholic Relationships. Members may submit these sharings at

the WSO member web site, www.al-anon.org/members. The password is your group name followed by "AFG". She also announced that there will be a 25th Anniversary celebration of the Austin Al-Anon Information Service (AIS) on Dec. 3 from 2:00 to 4:00pm. It will be held at the Living Faith AA Clubhouse at 617 Clifford in Austin. Other announcements were that the World Service Conference Summary is now available from WSO for \$3.00 and that the May East Texas Al-Anon/Alateen Assembly will be May 18, 19, and 20, 2012 in Marshall at the LaQuinta Inn. The Fall Assembly will be in San Antonio. The TEAM (Together Empowering Al-Anon Members) event will be in August, 2012. Pat E. is the chair and Shelly S. is the Co-Chair. This event is hosted by our own District 6. The morning session paused for lunch at 12:08.

The business meeting resumed at 1:07. Because of elections, Roll Call was taken. Elections began. (Group reports were given during counting). Results of elections were as follows:

- District Representative – Paula Haschke
- Alternate District Representative – Sissy Shugrue
- Secretary - Cindy Cahak
- Treasurer - Michelle Krier
- Alateen Coordinator – Jayne Gorup
- Archives - Tally Roth
- Forum/Literature - Jackie Bussey
- Newsletter - Paulette Reynolds
- Public Outreach Coordinator North - Steve Jones
- Public Outreach Coordinator South - Judy Wallace
- Spanish Coordinator – Maria Hernandez

Continued next page



Secretary's Report (continued)

Future District Meetings:

Jan. 21, 2012 - Georgetown West AFG, Georgetown

April 21, 2012 - Step Forward AFG, Austin

July 21, 2012 - New Beginnings AFG, Round Rock

Ask-It-Basket:

1. *Question:* One of our local groups has an e-mail group that announces things that are going on (not just Al-Anon related). One of them wants me and the other Alateen Sponsor to get involved in this to announce anything that might be going on with Alateen, etc. (including Health Fairs we are participating in for Alateen/Al-Anon). Is this in compliance with WSO guidelines for Al-Anon and Alateen (since they announce non-Al-Anon/Alateen happenings)?

Answer: Page 108 Service Manual. "A group may pay for an ad in a newspaper or magazine to make the community aware of Al-Anon and Alateen."

2. *Question:* Al-Anon groups that meet on Thursday, should they meet on holidays (Thanksgiving)? Is that to be decided by the group or the district?

Answer: It is up to group autonomy. If someone wants to be responsible to be there and have the meeting open. It is always good to be there in case a newcomer should show up.

3. *Question:* Our group does not provide babysitting, but a lady with three children under five started bringing her children to the meeting. The children are very disruptive. Do we ask her to find a meeting with babysitting or tell her she can't bring her children to the meeting?

Answer: Ask her to find a meeting with babysitting. One member could offer to take the children to another room or sit out in the hall with them. On page 96 in the Service Manual, it states, "Using group funds or taking a special collection to pay for a babysitter at the meetings is within a group's autonomy". Page 68 in the Service Manual - suggest the Lone Member meeting to the person to use in her home on the computer. Pages 36 and 37 in the Service Manual and page 80 discuss electronic meetings. Suggest she get a sponsor to talk to on a one-to-one basis.

4. *Question:* If it is a conflict of interest for an AA member to hold office, why is it not a conflict of interest for an OA member, etc., to hold office? Telling me to read the book is not an answer. Telling me/us that you are here to make us feel welcome, then treat a double winner like a step-child is definitely a contradiction. It sounds like Why/Because/Next?, anyone else have a question? When asked who decided this, I was told Lois. So - is this Lois Al-Anon?

Answer: Pages 78 and 79 of the Service Manual addresses dual membership. "The need to focus on the Al-Anon program and the possibility of a conflict of interest led the World Service Conference to its decision".

5. *Question:* Since the door is firmly closed to anyone else (except for Al-Anons) to sponsor an Alateen group meeting, is there anyone here today who is willing to establish an Alateen meeting in South Austin?

Answer: See page 78 of the Service Manual, first paragraph on "Dual Membership"; page 35 of the Service Manual, "How to Start an Alateen Group" section; and page 84 of the Service Manual, "Starting an Alateen Group" section.

A Thought Force Report on the Kristy Fund was given by Pat E. and Steve J. with input given for Jayne G. in her absence.

Nancy made a motion for our district to support the Al-Anon International to be in 2018 in Central Texas. Lorelei seconded the motion. The vote was unanimous.

Respectfully submitted,
Cindy Cahak
Secretary

SAVE THE DATE

**THE ALL TEXAS AL-ANON ALATEEN CONFERENCE
(ATAAC) IS COMING TO AUSTIN**

FEBRUARY 8 – 10, 2013

WATCH FOR MORE INFORMATION SOON





Treasurer's Report

District 6							
Treasurer's Report							
	2011 Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	2011YTD	Budget delta
Operating Account:							
Beginning Balance Carried Over	3,000.00	3,000.00	3,161.85	5,285.15	5,805.79	3,000.00	
District Meeting		190.00	95.00	128.00	155.37	568.37	568.37
Group Donations	3,200.00	1,065.44	3,000.42	1,717.23	3,428.66	9,211.75	6,011.75
Other							
Newspaper subscription		10.00	-	30.00	-	40.00	40.00
Subtotal Income	6,200.00	4,265.44	6,257.27	7,160.38	9,389.82	12,820.12	6,620.12
Expenses							
Alateen Coordinator	(500.00)	-	143.94			143.94	(356.06)
Alateen Liason Coordinator	(100.00)	-				-	(100.00)
Archives	(100.00)	-				-	(100.00)
District Meeting	(500.00)	50.00	94.87	60.10	275.00	479.97	(20.03)
DR Expenses	(850.00)	419.06	45.00	147.52	201.09	812.67	(37.33)
Forum/Literature Coordinator	(100.00)		16.80			16.80	(83.20)
Miscellaneous (1)	(350.00)			247.47		247.47	(102.53)
Newsletter	(2,100.00)	500.03	504.01	504.01	505.89	2,013.94	(86.06)
Public Outreach Coordinator - North	(500.00)			295.49	88.19	383.68	(116.32)
Public Outreach Coordinator - South	(500.00)	34.50	49.50			84.00	(416.00)
Spanish Coordinanto	(200.00)		18.00		27.30	45.30	(154.70)
Subtotal Actual Operating Expenses	(5,800.00)	1,003.59	872.12	1,254.59	1,097.47	4,227.77	(1,572.23)
Targeted Savings							
Accrue Reserves	(400.00)	100.00	100.00	100.00	100.00	400.00	-
Release Reserves							-
Subtotal Expenses	(6,200.00)	1,103.59	972.12	1,354.59	1,197.47	4,627.77	(1,572.23)
Ending Balance		3,161.85	5,285.15	5,805.79	8,192.35	8,192.35	
Reserve Accounts:							
Kristy Fund							
Beginning Balance	N/A	296.40	515.53	975.53	1,450.08	296.40	
Donations		219.13	460.00	474.55		1,153.68	
Payment						-	
Ending Balance		515.53	975.53	1,450.08	1,450.08	1,450.08	
Int'l Reserve							
Beginning Balance	2,393.90	2,393.40	2,443.40	2,493.40	2,543.40	2,393.40	
Accrual	200.00	50.00	50.00	50.00	50.00	200.00	
Payment	-					-	
Ending Balance	2,593.90	2,443.40	2,493.40	2,543.40	2,593.40	2,593.40	
TEAM Reserve							
Beginning Balance	1,243.20	1,243.20	1,293.20	1,343.20	1,393.20	1,243.20	
Accrual	200.00	50.00	50.00	50.00	50.00	200.00	
Payment	-					-	
Ending Balance	-	1,293.20	1,343.20	1,393.20	1,443.20	1,443.20	
Prudent Reserve							
Beginning Balance	2,000.00	2,000.00	6,633.66	6,633.66	6,633.66	2,000.00	
Accrual	4,633.66	4,633.66	-	-	-	4,633.66	
Payment	-					-	
Ending Balance	6,633.66	6,633.66	6,633.66	6,633.66	6,633.66	6,633.66	
Total Account Balances		14,047.64	16,730.94	17,826.13	20,312.69	20,312.69	
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 TEAM and International Funds							
(3) Kristy Fund expenses are not included in the annual budget.							
(4) Although there was no "cash" expense, \$4,633.66 was transferred to the Prudent Reserve							





District 6 2012 Budget

For the 2012 Budget we have added the following expenses:				
Alternate DR, Treasurer and Secretary expenses of \$100 each. This should cover mileage and incidental expenses for the meeting (e.g., copies)				
Background checks for Al-Anon Members involved in Alateen service (AIMIAS) of \$100.00				
Questions about the budget can be sent to Kay C. at kacdoc@austin.rr.com				
DISTRICT 6 2012 BUDGET				
	2011YTD	2011 Budget	Delta	2012 Budget
Operating Account:				
Beginning Balance	3,000.00	3,000.00		8,200.00
District Meeting	568.37			
Group Donations	9,211.75	3,200.00		3,000.00
Other	-			
Newspaper subscription	40.00			
Subtotal Income	12,820.12	6,200.00	6,620.12	11,200.00
Expenses				
Alateen Coordinator	143.94	(500.00)	(356.03)	(500.00)
Alateen Liason Coordinator	-	(100.00)	(100.00)	(100.00)
Archives	-	(100.00)	(100.00)	(100.00)
District Meeting	479.97	(500.00)	(20.03)	(600.00)
DR Expenses	812.67	(850.00)	(37.33)	(1,000.00)
Alt. DR Expenses	-			(100.00)
Secretary Expenses				(100.00)
Treasurer Expenses				(100.00)
Forum/Literature Coordinator	16.80	(100.00)	(83.20)	(100.00)
Miscellaneous (1)	247.47	(350.00)	(102.53)	(350.00)
AMAIAS Background checks (\$6.50)	-			(100.00)
Newsletter	2,013.94	(2,100.00)	(86.06)	(2,100.00)
Public Outreach Coordinator - North	383.68	(500.00)	(116.32)	(500.00)
Public Outreach Coordinator - South	84.00	(500.00)	(416.00)	(500.00)
Spanish Coordinantor	45.30	(200.00)	(154.70)	(200.00)
Subtotal Actual Operating Expenses	4,227.77	(5,800.00)	(1,572.23)	(6,450.00)
Targeted Savings				
Accrue Reserves (TEAM, In'tl, Prudent)	400.00	(400.00)	-	(4,750.00)
Release Reserves				
Subtotal Expenses	4,627.77	4,627.77	(1,572.23)	(11,200.00)
Ending Balance	8,192.35	8,192.35		-
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 are transferred to TEAM and International Funds				
(3) Kristy Fund expenses are not included in the annual budget.				
(4) Although no "cash" expense \$4,350 will be transferred to the Prudent Reserve				



Coordinator Reports

ALATEEN COORDINATOR'S REPORT

As your outgoing Alateen Coordinator, it has been a privilege and honor to serve these past three years. Please welcome with open arms, Jayne, who will take over the Alateen Coordinator duties at the beginning of the year. She has far more Alateen Sponsor experience than I, and I look forward to continuing my Alateen Sponsor journey under her leadership and example.

Although there are fewer Alateen Sponsors in the District than there were three years ago, there is an renewed interest in Alateens, which is very encouraging. At the last District meeting, three or four Al-Anon members expressed an interest in our teens.

I plan to continue my journey as an Alateen Sponsor, but at the same time I am looking forward to the Outreach Coordinator (North) position that I will

begin the first part of January 2012. Hopefully we can make an even bigger influence on our communities, getting the word out about Al-Anon and Alateen.

Love in service,
Steve

PUBLIC OUTREACH SOUTH

The Developmental Counseling Center continues to have an Al-Anon speaker every 6 months. Austin Recovery Lodge continues to have an Al-Anon speaker on the last Saturday of every month. Travis County Drug Court has a member of Al-Anon present once a month. Al-Anon members are still volunteering at the prison in Lockhart.

Love in Al-Anon, Jane A.

PUBLIC OUTREACH NORTH

I purchased literature for Waco (Cindy and Steve) to use in a Health Fair. They were going to direct the Health Fair and did not need my help.

Also Kay C., District treasurer, wrote a check to WSO for literature which has not been cashed. But I haven't received the literature either. Perhaps it will be here by the next meeting time in January 2012.

Coy C. Coordinator

NEWSLETTER COORDINATOR

Statistics for the fall issue of the newsletter are:

120 printed / 100 mailed

Total cost: \$505.89

3 returned undeliverable

Deadline for submission to the winter, 2012 issue is November 30, 2011. We still need someone to volunteer to do their story for that edition. I have really enjoyed being able to serve as newsletter editor for these past 3 years. By the time the next District meeting rolls around, I should be retired from full-time gainful employment. As always, if anyone has any ideas for other items or topics to be included in the newsletter, please let the editor know.

Yours in service, Tom B.

Kristi Fund Thought Force

The Kristi Fund Thought Force met in a face-to-face meeting in Austin on October 1 for discussion of the Thought Force Charge. We have been working on this "charge" through emails.

No details were found on how the Kristi Fund requirements and distribution of funds were to be handled. We researched past sponsors and district Alateen coordinators plus District 6 newsletters. Also, we reviewed District 6 minutes and no motions or votes were found regarding requirements or distribution of funds. The fund was set up for Alateens only and not to help pay for sponsors to attend the Alateen conference.

The committee would like to recommend the following:

- A. Leave the half scholarships available in order to get support from Al-Anon groups as well as Alateen members.
- B. The District Alateen Coordinator will get a written request from sponsors listing the numbers of Alateens requesting scholarships.
- C. The Alateen sponsor would determine if, for some reason, a full scholarship would be needed.
- D. There will not be any limit to the number of times to request scholarships. This is due to ample funds available at this time, and the shortage of Alateens attending the conference.

Steve J., District 6 Alateen Coordinator

Jayne G.

Pat E.

(Chelsea L. was unable to attend in person or by speaker phone due to a prior commitment.)



Group Reports

Georgetown West AFG

Georgetown West AFG meets at the Church of Christ on Highway 29 in Georgetown. Meeting time is 7:00 pm every Thursday and every Saturday at 11:00 am. The first Saturday of each month is the Step for the month. For all other meetings, the chair person selects the topic.

Tasie A. GR

RoundRock AFG

Round Rock AFG meets on Mondays and Fridays, 8:00 pm, at Stoney Point AA located at 31 Dawson Road, across from Old Settlers baseball fields. We usually have between 7-11 regular members and our meeting are always welcoming to newcomers. On the 1st and 3rd Mondays, we have a step meeting. On the 2nd and 4th Mondays, we have open discussion., Fridays are book study meetings. If there is a 5th Monday or Friday, it is an open discussion meeting. Birthday night is the last Monday of each month.

Becky M, GR

The 3 Cs AFG, Lakeway

This meeting is held from 8:00 - 9:00 pm on Wednesdays at the Lakeway Church on Lakeway Blvd. We give chips in recognition of birthdays on the first Wednesday of the month and we keep a good supply of literature on hand. Our group attendance fluctuates from time to time but is currently pretty steady. There is a men's AA meeting at the same time, so it is a great opportunity for significant others to come! It has been a great experience serving as the Group Representative for the past 3 years. We are looking for someone to take over this position. This group is not just for people in Lakeway - it is close to Hudson Bend, Steiner Ranch, Apache Shores and other lake neighborhoods. Please come check it out!

Yours in service,

Stephanie M.

Temple New Group AFG

Temple New Group meets on Thursday at 7:00 pm at Christ Episcopal Church located at the corner of Down and Main Streets (which is almost across from the Post Office). Our attendance has really gone up and, as a result, we are now reading Opening Our Hearts, Transforming Our Losses. This book has really touched a lot of our lives. It helped me to work on some issues that I hadn't thought about and couldn't figure out what to do. I suggested this book to the group and we tried it for a month. Now we'll continue to see some amazing results. It's amazing what it has done to the group. Our group reads the "Do's and Don'ts" and it reminds us to continue to work on some of our character defects. Come and join us if you are in the area.

Love in Al-Anon,

Tally R. GR

Been There AFG

Been There AFG meets on Thursdays, 7:30 pm, at the Zion Resource Center, 2951 E. 14th Street (at the corner of Harvey and E. 14th). We are continuing to grow and we love to have new faces join us. We have recently mourned the passing of the group's founder, Ms. Annette T. She was an inspiration to all of us to keep working on our recovery and to provide service to Al-Anon. Many of us are fairly new to Al-Anon and are still working on the 12 steps for the first time. We have recently had the honor of having several members who have more experience in the program join us and that is of great benefit to all of us. We would love to have you join us on Thursday night.

Rest In Peace, Ms. Annette

Laura K., GR

Path to Serenity AFG

Path to Serenity AFG meets Tuesday evenings at 902 Old Austin Hutto Road in Pflugerville, Texas. Parking is available across the street in a paved, lighted parking lot neat the Heritage Park and the Scott Mentzer Pool. This AFG meeting has been growing and attendance recently has been in the twenties. The meeting keeps a supply of literature available for purchase. Each Tuesday, the newcomers are greeted at 7:30 pm while the regular discussion meeting is from 8:00 to 9:00 pm. The first meeting of each month is devoted to the discussion of a Step. The second is a topic from Al-Anon literature. The third meeting is for the discussion of a Tradition. The fourth meeting may be a topic, or the personal story of a person or persons celebrating their Al-Anon "birthday" in that month. When there is a fifth meeting, we usually invite in an Al-Anon speaker. Some of our members have also been getting together informally on a separate, unofficial weeknight for an hour or two of group study using the Al-Anon book Paths to Recovery.

Independence AFG

Our group has gone through a summer slump. This happens every summer. We are by UT, so we will be back. Please come to a meeting. We are at 45th and Red River, meeting in Red River Church. The parking lot is off 45th in back of the church. Go in the doorr next to 45th Street. The first meeting of the month is a Step Study, and the third is a Tradition meeting. The others are discussion meetings. We meet on Fridays at 7:00 pm. We will have a new GR in January, please meet Adrian.

Sissy S.

Continued next page



Group Reports (Cont)

Sunday Steps and Traditions AFG

Sunday Steps and Traditions AFG is located at Beal and 22nd Street in Belton. We meet at 8:00 pm as does AA. Our attendance is up! We are reading How Al-Anon Works and the group is really increasing. We have had some people come back that have been gone for quite a while. We are sharing what we read and they keep coming back. It's been a long time since the meeting has grown.

Love in Al-Anon
Jennie S.

Live and Let Live AFG

The Live and Let Live AFG, formerly group number 52581, has been in existence for 25+ years. We recently learned that our number had mistakenly been inactivated and archived. This was not from lack of meeting attendance, but apparently from lack of a service structure to correspond with the national office. The necessary steps have been taken to reestablish ourselves with the WSO in Virginia Beach. We will be issued a new group number in the near future. In September of this year, we held the first elections in our history to select a

Chair, a Secretary, a Treasurer, an IGR, and a Literature Representative. We have Al-Anon meetings at 8:00 pm on Wednesdays and Thursdays. Our Thursday meeting is a Beginners' meeting. We try to derive a topic for that meeting from the "Newcomer's Packet". Many of us realized that we had not read the pamphlets when we were handed the packet at our first Al-Anon meeting. There has also been some interest in adding a speaker meeting. We will discuss that at our next Group Conscience. In short, our group is healthy. The AFG is here for all of us.

River of Hope AFG

River of Hope AFG meets in the yellow portable building behind Gateway Community Church, 7104 McNeil Drive, Austin, TX. We have been experiencing attendance of around a dozen people. We nearly always discuss a step on the first Thursday of the month and a tradition on the third Thursday of the month. We have tried this year to have a group conscience once every second month. It does seem to promote an understanding and greater sense of the fellowship and unity of Al-Anon. We welcome people even if they need to

go to lunch after our meeting, since our meeting time is from 12:10 pm to 1:10 pm every Thursday except when Thursday falls on a major holiday or on Thanksgiving Day. This informal fellowship after the meeting is open to any attendees willing and able to come with us, and we find it a valuable way to make our group's friendships and personal relationships even more supportive.

Just for Today AFG. Elgin

We have 10 to 15 members. We also have 2 to 3 newcomers coming. We meet every Tuesday at the Methodist Church in Elgin from 6:30 pm to 7:30 pm. At our last Group Conscience meeting, we decided to change the 4th meeting from Birthday to another discussion and celebrate Birthdays once a quarter. Our format is to have a Step meeting on the 1st Tuesday, a discussion meeting on the 2nd and 4th Tuesdays, a Concept or Tradition meeting on the 3rd Tuesday, and a speaker on any 5th Tuesday. After 6 meetings, we give a copy of How Al-Anon Works to newcomers. If they have already purchased it, we give them credit toward another piece of literature.





(continued from page 1)

being taught and was able to apply the techniques when I painted. It was the same with Al-Anon. I went to meetings, listened to others speak, and learned about the disease of addiction and the part I played in my dysfunctional family. I saw how the steps work for those that work them. I had gone in desperation and stayed because of inspiration.

At the meetings, there were people who understood what I was going through. No one judged my family and many shared openly about their own problems. I realized others were going through many of the same struggles I was facing and could see that I was not alone. In meetings, I saw faith, strength, courage, hope and joy. These were all building blocks that helped me build a strong, deep spiritual foundation.

Many years of ups and downs, going back to old behavior and starting over at Step One brought me to the year of 2005. I began to see how powerful addiction was, the reality being that the addict in my life would either get sober, go to jail, or die. I reached a point where I knew I had to let go and trust God, that as much as I loved my son, God loved him more. I began to trust that whatever happened, our family would be all right.

I remember the words someone said to me early on, that Al-Anon and its members would always be there when I needed encouragement or help. The years of going to Al-Anon helped prepare me for the call no parent ever wants to receive. On July 8, 2007, I learned my 25-year-old son had died from an overdose. He had struggled with addiction for over half of his life.

That day changed our family forever; to love deeply is to grieve deeply. We have walked through the sadness of missing his lopsided grin, his hugs and laughter, his presence in our life. I take comfort in the good relationship we had, knowing he knew how much our family loved him. With the help of God and Al-Anon, I do my best to honor my son's life by walking in faith and helping others touched by this disease.

My boys are finding their own path; my husband and I are still together after 37 years. We have our son's dog that reminds me so much of him; he is big and strong, sweet and loving, my constant companion.

Al-Anon has kept me in a healthy relationship with my boys and my husband. I learned to love them where they are, and in the process, they have taught me much. My family is healing. There is laughter and love in our home, memories to hold onto and new ones being made, and my son lives forever in my heart.

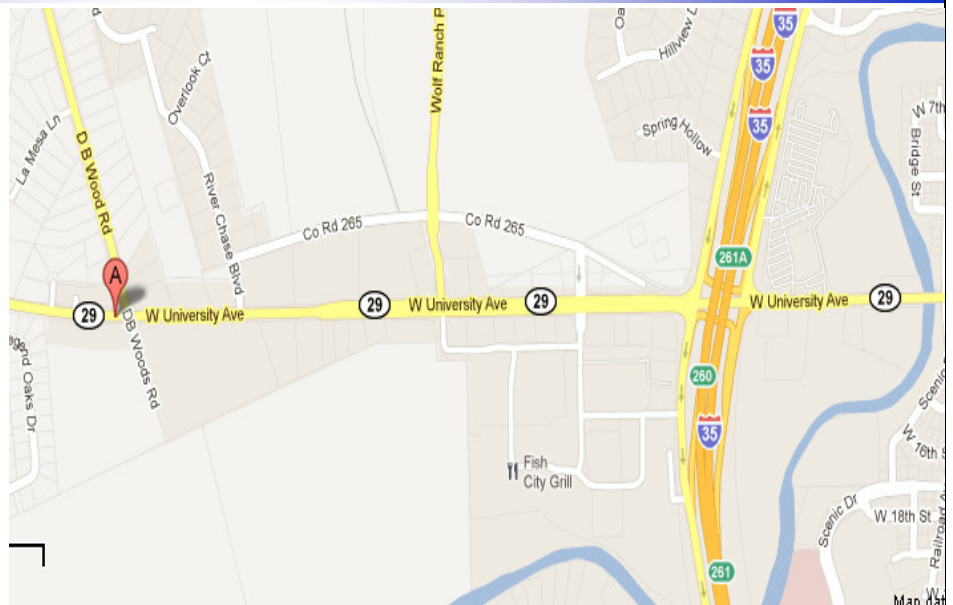
Danni S.

District Meeting Directions

From North or South:

Take I-35 to Georgetown. Get off at Exit 261, Texas Route 29, and go west (toward Burnet).

Proceed about one mile on Route 29. Just past the intersection of Route 29 and DB Woods Road, the Church of Christ will be on the left.



Information Service Centers

AUSTIN AIS

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

Aug 15 - Oct14, 2011 (44 days)

Literature Sales

Anderson Mill	234.75
Bee Caves	94.30
Esperanza	60.10
Faith	191.65
Great Hills	239.50
Help for Today	181.50
Hilltoppers	2,319.50
Just for Today (Austin)	149.65
Lakeway Tuesday Noon	188.20
Live and Let Live	236.90
Monday Nite (Bridge to Shore)	51.20
Northland	493.60
Serenity and Solutions	192.15
Serenity Seekers	35.85
Spiritual Awakenings	104.20
Step Forward	83.35
Suburban	53.75
Unity	<u>244.70</u>
Total	5,154.85
Previous total	5,772.15

Out of Town Sales

Bastrop Freedom Finders	73.30
Belton Steps & Traditions	12.00
Cedar Park Came to Believe	48.50
Dripping Springs	83.20

Out of Town Sales (cont)

Elgin Just for Today	109.10
Georgetown West	326.90
Pflugerville Path to Serenity	352.40
Round Rock New Beginnings	135.55
San Marcos	179.31
San Marcos Welcome Home	24.00
Temple New Group	96.25
Waco Te Cam.	<u>103.10</u>
Total	1543.61
Previous Total	1,987.90

Donations

Bee Caves	300.00
Bridge to Shore	283.79
Came to Believe	86.65
Courage to Change	117.00
Georgetown AFG	200.00
Just for Today Austin	68.21
Living Gratitude	52.83
Northland	320.00
Path to Serenity	25.00
Private	10.00
Spiritual Awakenings	25.00
Step Forward	54.54
Steps to Freedom	13.50
Suburban	50.00
Three Cs	35.00
Unity	150.00
Westlake	800.00
Wimberley	<u>60.00</u>
Total	2651.52
Previous Total	1,549.11

Walk In Sales	578.80
Previous Total	670.05

Income Summary

Literature Sales	5,154.85
Out of Town Sales	1,543.61
Donations	2,651.52
Walk In Sales	<u>578.80</u>
Total	9,928.78
Previous total	9,309.16

WACO AIS

Waco AIS is doing great. Our finances are strong. The HOT AFG is still hosting the New Beginnings AFG meeting on Thursday night at the DePaul Center from 7:30-8:30. Our attendance is small but the meetings are good. Steve J. and I had an Al-Anon/Alateen table at the Providence Health Center Annual Employees Health Fair on Oct. 6th. We talked to about 100 employees and gave away many pamphlets and schedules of meetings in Central Texas. It was an encouraging and rewarding day. We are still receiving many calls on the pager for information on meetings. In Gratitude,
Cindy C., Chair

Just a Little Extra to Share!!

Looking for a Speaker Meeting?

5 th Monday of each month	Courage to Change AFG , Austin, 6:45 p.m.
5 th Monday of each month	Allandale Happy Hour AFG , Austin, 5:30 p.m.
5 th Tuesday of each month	Anderson Mill AFG , Austin 7:30 p.m.
5 th Tuesday of each month	Just For Today AFG , Elgin, 6:30 p.m.
1 st Wednesday of each month	Northland AFG in Austin, 8:00 p.m.
5 th Wednesday of each month	Freedom to Recover AFG , Round Rock, 8:00 p.m.
2 nd Saturday of each month	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	EAST TEXAS AREA ETAAA See Texas State Al-Anon Web site	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
Paula H.

ALTERNATE D.R.
Stephanie (Sissy) S.

SECRETARY
Cindy C.

TREASURER
Michelle K.

Coordinators

ALATEEN
Jayne G.

NEWSLETTER
Paulette R.

FORUM/LITERATURE
Jackie B.

ARCHIVIST
Tally R.

PUBLIC OUTREACH (South)
Judy W.

PUBLIC OUTREACH (North)
Steve J.

SPANISH COORDINATOR
Martha H.

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 Michelle K.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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



History: Al-Anon and Alateen (Service Manual, pages 28-29)

How Al-Anon Family Groups Came to Be

The Family Group idea is nearly as old as Alcoholics Anonymous. In A.A.'s pioneering days from 1935 to 1941, close relatives of recovering alcoholics realized that to solve their personal problems they needed to apply the same principles that helped alcoholics with their recovery.

As early A.A. members and their wives visited A.A. groups throughout the country, the visiting wives told the mates of the newer A.A.s about the personal help received when they themselves tried to live by A.A.'s Twelve Steps, and how this helped to improve family relationships that often remained difficult even after the alcoholic had become sober.

Thus, mates and relatives of A.A. members began to hold meetings to discuss *their* common problems.

By 1948, numbers of Family Groups had applied to the A.A. General Service Office for listing in the A.A. Directory, and scores of relatives of alcoholics had asked them for help. But A.A. was designed to aid alcoholics only.

In 1951, two wives of A.A.s, Lois W. and Anne B., formed a Clearing House Committee to get in touch with these 87 inquirers and to coordinate, unify, and serve them; 56 groups responded. As a result of questionnaires, the name Al-Anon Family Groups was chosen. The Al-Anon name is simply a derivative of the first syllables of "Alcoholics Anonymous." The Twelve Steps of A.A., virtually unchanged, and later the Twelve Traditions were both adopted as guiding principles.

Soon the movement came to public attention. New groups and individuals here and abroad wrote to the Clearing House about their problems. By 1954, a small paid staff became necessary. The Clearing House was incorporated as a nonprofit organization under the name Al-Anon Family Group Headquarters, Inc.

In 1955, Al-Anon's first book, *The Al-Anon Family Groups, A Guide for the Families of Problem Drinkers*, was published. Since then many more books and pamphlets were added.

In 1961, Al-Anon initiated its annual World Service Conference of Delegates, WSO staff, and volunteers to act as the fellowship's overall conscience. In the quarter century from 1951 to 1976, over 12,000 groups in the United States, Canada, and many lands overseas were added to the original 56. In 2001, the WSO started registering on-line meetings, and in 2007, other electronic meetings.

By 2010 there were over 25,000 groups in 134 countries and over 80 electronic (Internet and telephone) meetings.

How Alateen Came to Be a Part of Al-Anon Family Groups

Teenage children in the families of alcoholics soon realized that their problems differed from those of adult members. In 1957, Alateen grew out of this need. A 17-year-old boy, whose father was in A.A. and mother in Al-Anon, had been fairly successful in trying to solve his problems by applying the A.A. Steps and slogans.

With his parents' encouragement, he asked five other teenagers with alcoholic parents to join him in forming a group to help other teenagers. The idea caught on, and the number of groups began to grow.

In response to articles distributed by the WSO, 10 new Alateen groups were registered, and by 1958, the Board of Directors announced 31 new Alateen groups, with 39 more proposed, and its decision to establish an Alateen Committee.

In 1957, *Youth and the Alcoholic Parent* was submitted by California Alateen groups for publication. Subsequently, several books and pamphlets were produced as well as a newsletter, *Alateen Talk*, and the video *Alateen Tells It like It Is* (no longer sold).

By the end of 1962, there were 203 registered groups, and the Alateen program was spreading to other countries. In April of 1964, a staff member was added to work for Alateen, to handle correspondence with members and groups, send free packets of literature to new groups, and respond to inquiries from concerned professionals.

In 2003, the Al-Anon Family Group Headquarters, Inc. Board of Trustees took action to assure the safety of Alateens and Al-Anon Members Involved in Alateen Service. The 2003 Alateen Motion from the Board of Trustees required that all Al-Anon Areas in the World Service Conference (WSC) Structure establish Area Alateen Safety and Behavioral Requirements, and have a process for certification of Al-Anon Members Involved in Alateen Service (AMIAS).

In 2010, there are numerous Alateen pamphlets, leaflets, and books; a quarterly newsletter, *Alateen Talk*; and service materials for Alateen Group Sponsors. There are over 1,700 Alateen groups worldwide.