



District 6 Newsletter

Winter 2014

Vol. 27 No. 1

District Meeting

January 11, 2014

Host Group

Heart of Texas AFG

District Meeting Location

Praise Temple
1201 North IH - 35,
Bellmead, TX

Contact

Steve:

Cindy:

Agenda

Registration/Breakfast	8:00 am
Workshop	9:00 am
Business meeting	11:00 am
Potluck Lunch	12:00 pm
Adjourn	3:00 pm

Directions and map on page 12.

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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Alateen Sponsor Workshop

November 9, 2013, it's a Saturday. When a lot of people like to sleep in or get caught up with chores and tasks around the house. But for 10 members of District 6, it was time to learn more about becoming an Alateen Group Sponsor.

With the assistance of Lynn S., District 12 Alateen Coordinator, an Alateen Group Sponsor Training Workshop was held in Cedar Park. We started with getting to know each other. Why were we here? Four attendees were there for their second training session, recommitting for another year to their registered Alateen Groups. The others were curious. For that I am grateful.

Six of our attendees were there for their first time ever at an Alateen sponsor training event. They sat in amazement as we discussed how we, as citizens of this state, are not above the law, and as group sponsors, there are laws with which we must abide. They learned about Permission Forms and Medical Forms, and how they have to be notarized. They learned a few new acronyms and who their trusted servants are.

Yes, it isn't as easy as it was back in the "old days" to become an Alateen Group Sponsor. But there are those who feel that the rewards for becoming an Alateen Group Sponsor far outweigh the requirements. The rewards can come when we least expect it, and my heart is filled with gratitude.

For the 10 people who elected to spend a Saturday learning about becoming an Al-Anon Member Involved in Alateen Service (AMIAS), I hope that they have at least increased awareness of our needs. I hope that they are willing to do public outreach within their own communities to publicize the need for group sponsors and for Al-Anon members to bring their teens to meetings.

And reminder to those current group sponsors. If you haven't completed your annual recertification requirement for attending a district meeting and a district group sponsor meeting, you have two more chances to get that requirement fulfilled - this coming January and then April. Hope to see you.

In service, Jayne G.

Future Events

January 11	District 6 Meeting, Waco
January 27	Austin Information Center Board Meeting, Austin (Note date change)
January 25	ETAAA Area World Service Committee Meeting, Austin
February 7-9	All Texas Al-Anon Alateen Conference, Austin
March 14-16	20 th Annual P.O.S.S.E., Gonzales
March 17	Austin Information Center Board Meeting, Austin
April 4-6	TEAAC, Gonzales
April 26	District 6 Meeting, San Marcos
May 30-June 1	ETAAA Spring Assembly, Humble

NEWSLETTER INPUTS DUE FEBRUARY 21 2014





Officer Reports

District Representative

News flash!!! – The new Al-Anon/Alateen Service Manual 2014-2017 is now available online at www.al-anon.org/members! Click on the icon at the bottom left of the page to read the new version, as there have been several important changes in the areas of anonymity, public outreach, and Alateen. The changes in anonymity are on pp. 41-43, 91-94; public outreach changes are on 109-116; Alateen group sponsor changes are on p. 49. A hard copy of the new manual will be mailed to groups in early 2014. Please make sure your mailing addresses are current with Area Group Records in order to receive the manual and other mailings from WSO. (Group record change forms are on the Texas website, www.texas-al-anon.org under TX East. Password is “anonymity.” OR contact Kay C., Area Group Records Coordinator.

Also new on the Member Website are two publications that were previously only available to certain audiences via snail mail. They are “Area Highlights” and “Alateen Talk.” Two District 6 members, Jayne and Steve, have published articles in the “Area Highlights”. On the Member Website, click “Publications” and “Newsletters.” Jayne’s article about Alateen is on p. 6 of the Summer, 2013 edition, and Steve’s article about District 6 North Public Outreach is on p. 7 of the Fall, 2013 edition.

Does your group have a copy of the World Service Conference Summary 2013? If not, a hard copy can be ordered from the Member Website, OR it is available electronically on the Member Website. Is your group

interested in how to retain newcomers (p. 35), conflict resolution (p. 56), the importance of using CAL in meetings (p. 69), or how to involve dual members in service (p. 65)?

Is your group receiving the monthly e-newsletters from WSO? If not, please contact me, and I will send you the information.

AWSC – What is it and why? It stands for Area World Service Committee, and its purpose is found on p. 72 of the new manual. Question: Why do I need to know this? Answer: District 6 is hosting the AWSC Meeting on January 25, 2014, at the La Quinta Inn and Suites, 11901 N. Mopac Expressway, from 11 am to 4 pm. We are responsible for providing the venue and the luncheon for the committee. Please announce this to your groups. We need set-up and clean-up help, salads, entrees, vegetables, and desserts. Kay C. has graciously volunteered to recruit help. Thank you, Kay!!!! Please contact her to help.

Mark your calendars for ATAAC, February 7-9, 2014!!!! It’s going to be great! Flyers are available under the “Event” section at www.austinalanon.org. I can’t wait! Many, many thanks to Kay C. and the ATAAC committee for all their hard work on bringing this wonderful conference to Austin again this year.

The theme of the 2013 World Service Conference was “Our Legacies: The Spiritual Journey of Changing “Me” to “We.” I would like to extend my deepest gratitude to all of you in District 6 for continually demonstrating your commitment to Al-Anon service. District 6 has consistently been one of the most

well represented Districts for the past 6 years at the Area Assemblies. At the Area Assembly in South Padre Island, November 1-3, we had 25 members from District 6 in attendance. You truly embody Al-Anon’s legacy of changing the “me” to “we.” I love you all and am extremely appreciative of your support.

Hugs in Al-Anon Service,
Paula H.

Treasurer’s Report


See District 6 2013 Treasury on page 5

Secretary’s Report

See meeting minutes from October 19 District Meeting starting on page 3.

See meeting minutes from July 20 District Meeting starting on page 4.

See Ask It Basket questions and responses from both meetings on page 9.



**Al-Anon
Alateen
Service Manual 2014-2017**

Al-Anon and Alateen Groups at Work
Digest of Al-Anon/Alateen Policies
World Service Handbook
Al-Anon World Service Conference Charter
Al-Anon’s Twelve Concepts of Service

**New Service Manual
Look for this on-line
Can download now (I did)
Print version available in early 2014**





**DISTRICT 6 MEETING MINUTES
October 19, 2013**

Hosted by Taylor Al-Anon Family Group, Taylor, TX

Paula H., our District Representative (DR), opened the meeting at 9:14 by thanking our host group and having host announcements. We then had a moment of silence followed by the Serenity Prayer. We went around the room saying the 12 Steps, Traditions, and Concepts and Warranties, followed by introducing ourselves. Paula announced that there would be a raffle today of a God Box, a Forum Subscription, and three Serenity Calendars. Paula also announced that our district has eleven new Group Representatives (GR) since July and that several are here today. Kitty announced that the Austin Information Service/Literature Distribution Center (AIS/LDC) has a new volunteer. Her name is Beth. After this, a workshop was held. At the same time, an Alateen Sponsor meeting was held. At 10:57, we all met back together and the baskets (Ask-It-Basket and Donation Basket) were passed. The amount collected in the Donation Basket for District 6 was \$134.50. Paula gave her DR report. This was followed by the other officers, coordinators, Austin and Waco Information Centers and GR reports.

Jakob D. Newsletter Editor, announced in his report that he would like to continue as Newsletter Editor "with help". Tom B. has been helping him as well as Paula, DR, and Michelle, Treasurer.

Cindy J., Chair for the Waco AIS, shared in her report that funds are still very low because only two of the four Waco groups donate to help support the AIS. Harold suggested the district pass a donation basket to help the Waco AIS financially. This was done. Thank you, Harold. The total will be reported in the afternoon session.

We paused for lunch at 12:06

The Business Meeting was resumed at 1:07.

The raffle was held. The Ask It Basket questions were answered. (see page 9 for Ask It Basket questions).

A discussion was held on the 2014 Budget. Motions were made.

Motion 1:

Subject: 2014 Budget Adjustment
Motion Text: Motion to increase projected Secretary expenses budget to \$250.00 for 2014. Submitted by: Rebecca M. Seconded by: Pat E.
For: 22 Against: 1 Abstaining: 1 Motion passed.

Motion 2:

Subject: Excess Funds
Motion Text: I make a motion to divide the excess income at the end of the year 2013 in the following way:

Raise the Prudent Reserve Fund to equal the current year expenses, then divide the remaining funds between:

- International Reserve Team
- WSO

It will be the treasurer's decision on how to divide the money.

Submitted by: Sissy S., Seconded by: Adrian C.
For: 14 Against: 3 Abstaining: 4 Motion passed.

Motion 3:

Subject: 2014 Budget
Motion Text: To accept the 2014 projected budget as amended.

Amendments: Add \$100.00 to Secretary expense. Reduce expense income to \$8275.00 in order to balance with expenses.

Submitted by: Becky M. Seconded by: Jayne
For: 20 Motion passed.

Tom B. volunteered for Co-Newsletter Editor as well as Anna. This passed with a vote of 20 for.

The next Area World Service Committee (AWSC) meeting is Jan. 25, 2014. Volunteers are needed to bring food to feed thirty people, set up and clean up, and set up the lobby area.

The next East Texas Al-Anon Alateen Assembly (ETAAA) is May 30th-June 1st, 2014 in Humble, TX. District 5 is the Host District, We are the support district. How should we help-Registration, a workshop? It was mentioned that Sue D. is already doing a workshop.

Cindy J., Chair, Waco AIS, announced that the amount collected in the donation basket to help the financially struggling AIS is \$122.75. She wanted all present to know how much this was appreciated and how much it will help them out. Bill H. commented that this is what we are here for-to help each other. There are many ways to help each other but we have to make those needs known. Thank you Bill.

Nancy M., our East Texas Delegate, met with the West Texas Delegate concerning the restructuring of the East and West Texas Al-Anon boundaries. So far, they have not come up with anything different.

(continued on page 4)





(continued from page 3)

Kay C., Website Coordinator for Texas East, has been corresponding with the Texas West Website Coordinator about putting the BEACON (ETAAA Newsletter) on a statewide website. The Pro's and Con's will be discussed at the All Texas Al-Anon Alateen Conference (ATAAC) which will be held in Austin on February 7-9, 2014.

Steve J., Co-Alateen Coordinator for the ATAAC in February, needs Alateen speakers for that meeting.

Rosemary and Nancy said "Thanks" to their volunteers for ATAAC this year and would love to have more volunteers to help with food in February, 2014 also.

Texas East Area 53 Alateen Conference (TEAAC) will be held April 4-6, 2014 in Gonzales, TX.

The 20th Annual Program Of Sponsors Sharing Everything (POSSE) will be held March 14-16, 2014 in Gonzales, TX. Scholarships will be available to those needing financial help with registration. The scholarships pay for half of the registration.

Future District Meetings:

January 11, 2014-Waco, TX

April 26, 2014-San Marcos, TX

July 19, 2014-

October 18, 2014-Wimberley, TX

The meeting closed at 3:05 with the Al-Anon/Alateen Declaration.

Submitted in gratitude,
Cindy J.
District 6 Secretary

**District 6 Meeting Minutes
July 20, 2013**

**Hosted by Pflugerville Paths to Serenity AFG
Held at Grace Lutheran Church, Round Rock TX**

Our District Representative, Paula H., opened at 9:10 with a moment of silence followed by the Serenity Prayer. Reed made announcements for the host group. He said that Serenity Trails AFG was helping in the kitchen with breakfast and lunch. We went around the room reading the Twelve Steps, Traditions and Concepts with the General Warranties. There were two Alateens present, Wednesday and Jakob. The Ask It Basket and Donation

Baskets were passed. Paula announced that our guests today were our Texas East Delegate, Nancy M., and her husband, Rich M., also a member of the worldwide fellowship of Al-Anon and Alateen. Nancy gave her report of the World Service Conference she had attended in April at the World Service Office at Virginia Beach, Virginia. She also held a workshop on conflict resolution. Officer, Coordinator, and some GR reports were given. Paula announced that she is holding a drawing to give away a new piece of literature, *Reaching for Personal Freedom*, after lunch. There was \$164.00 given in the donation basket. We paused for lunch at 12:13. The afternoon session began at 1:21 with continued GR reports. The drawing was held for the new piece of literature. It was won by Steve J. of HOT AFG of Waco. Congratulations Steve!

New Business:

A discussion was held on transportation to South Padre Island for the November East Texas Al-Anon Alateen Assembly (ETAAA), November 1-3, 2013. Because of the distance, should we look into rental cars, a rental van, a bus? This will be looked into and reported later.

District 6 is also the Supporting District for the May Assembly. This will be held May 30-June 1, 2014 in Houston. Should we hold a workshop or a skit on Friday night? We can also help with Registration. There will be more discussion at a later date.

District 6 is hosting the January 25, 2014 Area World Service Committee (AWSC) in Austin. Lunch will be provided for about thirty people. The location is the LaQuinta Austin Inn and Suites, 11901 North Mopac Expressway (Burnet Rd. exit). Ten rooms are available. Adrian said a flyer is forthcoming. There will be more discussion at a later date.

Ask-It-Basket Questions were answered (see page 10).

The next District Meeting will be held on October 19th, 2013 at the 1st United Methodist Church, 907 W. Lake Dr. in Taylor, TX.

The meeting closed at 2:54 with the Al-Anon/Alateen Declaration.

Respectfully submitted,
Cindy J.
Secretary





Treasurer's Report

2013 D6 Treasury

Income		1st Qrt	2nd Qrt	3rd Qrt	4th Qrt	Actual	{+/-}
D6 Basket Collection	\$600.00	\$184.00	\$116.00	\$164.00		\$464.00	-\$136.00
Group Donations	\$6,775.00	\$2,286.00	\$1,594.41	\$2,840.55		\$6,720.96	-\$54.04
Newsletter Subscriptions	\$100.00	\$54.00	\$0.00	\$0.00		\$54.00	-\$46.00
Misc / transfer from Intl Reserve	\$50.00	\$0.00	\$0.94	\$991.97		\$992.91	\$942.91
Total Income	\$7,525.00	\$2,524.00	\$1,711.35	\$3,996.52		\$8,231.87	\$706.87
Expenses	Plan	1st Qrt	2nd Qrt	3rd Qrt	4th Qrt	Actual	{+/-}
Alateen Coordinator	\$500.00	\$295.11				\$295.11	-\$204.89
Alateen Liason Coordinator	\$0.00	\$0.00				\$0.00	
Archives	\$75.00	\$0.00	\$33.35			\$33.35	\$41.65
Rent / District Meeting	\$1,000.00	\$0.00	\$200.00			\$200.00	\$800.00
DR Internation Convention	\$0.00			\$991.97		\$991.97	\$8.03
DR Expenses	\$1,000.00	211.94*	\$188.68	\$33.20		\$221.88	\$778.12
Alt. DR Expenses	\$500.00	\$0.00	\$18.00	\$210.39		\$228.39	\$271.61
Secretary Expenses	\$50.00	\$0.00				\$0.00	\$50.00
Treasurer Expenses	\$50.00	\$5.00	\$9.60			\$14.60	\$35.40
Newsletter Editor	\$50.00	\$0.00				\$0.00	\$50.00
Forum/Literature	\$50.00	\$0.00				\$0.00	\$50.00
AMAIAS	\$50.00	\$0.00				\$0.00	\$50.00
Newsletter	\$2,400.00	\$569.13	\$573.61			\$1,142.74	\$1,257.26
Public Outreach North	\$500.00	\$448.48				\$448.48	\$51.52
Public Outreach - South	\$1,000.00	\$0.00				\$0.00	\$1,000.00
Spanish Coordiantor	\$0.00	\$0.00				\$0.00	
P.O.S.S.E. Scholarship	\$200.00	\$0.00				\$0.00	\$200.00
Misc	\$100.00	\$471.69		\$54.98		\$526.67	-\$426.67
Total Expenses	\$7,525.00	\$1,789.41	\$1,023.24	\$1,290.54		\$4,103.19	\$3,421.81

Reserves

Int'l Reserve	\$2,793.40
Withdrawn from Int'l Reserve for 2013 convention	\$991.97
New Int'l Reserve Fund	\$1,801.43
T.E.A.M.	\$171.51
Prudent Reserve	\$7,633.66
Kristy Fund (used for scholarship for Alateen Conference)	\$1,550.08
Request 4/27 approved by Alateen Co-ord-RETURNED	-\$45.00
Request 5/2 approved by Alateen Co-ord	\$135.00
New Kristy Fund Total	\$1,460.08

Amount in Bank as of 10/18 \$25,030.14

Notes

- *Alateen Co-ord \$128.54 spent in 2012
- * Public Outreach North 66.04 spent in 2012 Advanced \$250 in 2013
- * DR - \$30.82 spent in 2012

\$471.69 check written in Jan to Area Treasurer per Oct 2012 dist meeting vote.
\$35 Area Delegate, returned check \$10 fee \$9.98 check.

Austin AI-Anon Information Service

Summary of activity from 9/16/13 – 11/18/13:

Austin Literature Sales	\$5009.90
(25 groups purchased literature)	
Out of Town Literature Sales	\$2511.03
(16 groups purchased literature)	
Walk In Literature Sales	\$693.50
Group Donations (10 groups donated)	<u>\$1240.57</u>
TOYAL INCOME	\$9455.00
Total Literature Purchases	\$2803.19

At the November 18 Board Meeting, new officers for 2014 were elected.

- Chair: Kay C.
- Secretary:
- Treasurer: Danielle

AIS Liaison: Judi

There is still a need for a Secretary for next year.

Waco AI-Anon Information Service

We are an Information Service only. We cooperate with the Public Outreach Coordinator for the Northern part of District in doing Health Fairs, Open Houses, etc. Our finances have been very low for the last year. The Waco AIS pays the bill for the Yellow Pages Ad (\$411.60/yrly), PO Box (\$30.00 twice a yr), and pager (\$19.39/month). Presently, only two of the four Waco AI-Anon groups donate to the AIS-one donating \$15.00/mo. and the other \$50.00/qtr. At the October District Meeting, members there took up a collection to help up financially. The donation was for \$122.75. This is very much appreciated.

In grateful service, Cindy J., Chair





Coordinator Reports

Alateen Coordinator

This past quarter seemingly was quiet, but I've been busy getting ready for an Alateen Sponsor Workshop in Cedar Park. It was requested that a workshop be held more north, and I was able to find a place to accommodate us.

Also this past quarter, our Area Alateen Coordinator sent out a survey to all Group Sponsors to find out why we seem to be lacking participation at the Alateen Conference. If you have not completed the survey, please take the time to complete it. In this questionnaire, she also requested input regarding an Alateen Chat Room. This query came from the World Service Office (WSO). If you have questions regarding the "how" and "what", please feel free to contact me by email or phone.

Recently there have been some changes in a few Guidelines from WSO, including Al-Anon/Alateen Participation in an AA Convention and Alateen Safety Guidelines. Please go to the WSO website: www.al-anon.org/members and get the new, revised guidelines.

A reminder to Alateen Group Sponsors, the Texas East Area Alateen Conference this coming year will be the first weekend of April. Please remember that our District is generous and provides half scholarships for all Alateens who wish to attend. Contact me for a scholarship form if you have teens who are interested. The flier for this event will most likely be coming out at the beginning of the New Year (2014).

Please remember that the Alateen Group Sponsor Workshop is open to any and all who are interested in learning more about service to

Alateens. Feel free to come and learn, share and grow, on November 9.

Thank you.
In service,
Jayne G.

Forum/Literature Coordinator Report

Having Had A Spiritual Awakening is available as an e-book from your electronic book provider. The cost is \$9.99. This book features member sharings, photographs, and artwork from around the globe, reflecting the diversity of Al-Anon members' spiritual experiences. So far, 1596 e-book copies have been sold.

How Al-Anon Works is now available as an audio book of audible.com, amazon.com, and hopefully, will be available in mp3 format on Apple iTunes soon. Sales of the soft cover version of *How Al-Anon Works* have totaled 49,211 copies, while hard cover sales are 6,246 copies.

As of September, WSO has received about 900 sharings for *Intimacy In Alcoholic Relationships*. More sharings are still needed if this piece is to express the diversity of our fellowship. So far, 65% of the sharings have been from men.

Al-Anon's newest publication, *Reaching for Personal Freedom*, is selling like hotcakes. Since July, sales have totaled 20,000 copies in English, 178 copies in Spanish, and 947 copies in French. It is a workbook to be used with the Steps, Traditions, and Concepts. There are a few copies on the literature table and Kitty has plenty at the book store.

Sharings are needed for the new pamphlet "For Parents and Grandparents of Young Problem Drinkers". Members are encouraged

to write on this topic. Of particular need is how parents and grandparents apply each of the Twelve Steps. If there are aspects of their situation that make a particular Step difficult, how have they worked through those challenges? Sharing sheets are available on the member website:

www.al-anon.org/members

How are you making the Forum more visible? The Forum is a monthly publication that is the voice of Al-Anon. If you are a GR, please make sure your group knows about the Forum and gets a chance to read the free copy that your group gets every month. Al-Anon members can have their own copy for a subscription fee of \$11 per year. What a deal! As December approaches, remember that a Forum subscription or any CAL would be a great Christmas gift.

2013 World Service Conference Summary hard copies may be purchased from WSO, or they are also available in PDF format on the members' website:

www.al-anon.org/members.

Jackie B.

Forum/Literature Coordinator

Archivist Report

Hail from the past! I am excited to be working on an inventory of our District 6 Archives. This is a great opportunity for me to delve into our District's past, and I am loving it. We have a lot of literature and pictures, so many memories of time gone by, and I want to expand the selection. I am issuing a challenge to every group in our District to submit an item personal to your group for our District Archives. It could be a picture, a group history report, a funny anecdote or story, a member
(continued on page 7)





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profile or share – anything your group would like to share for future generations. You can email it to me, contact me to make arrangements to pick it up or drop it off, or pass it to me at our next meeting. Thank you in advance for your support in preserving our history for future generations.

Becky M.

Public Outreach South

A BIG Thank You to all that supported the following Accomplishments during the last 3 months! Without you, Public Outreach would not be possible. If you are interested in getting involved, please contact Judy W to express your interest.

“WE” Accomplishments:

- 1) The Saturday Closed Parent’s Meeting at the Phoenix Academy Juvenile Center continues to meet weekly. This facility houses children 11 to 17 that are coping with drug/alcohol addictions. Recently, the District Representative sent a request to all groups for additional volunteers. We have increased our subs and will be rotating new volunteers into the weekly closed Parent’s meetings. We are also having a Spanish interpreter (that has no affiliation with the counselors) sit in on our Saturday meeting to assist the Spanish speaking only parents. We have printed the 12 Steps in Spanish and are using the interpreter to help these parents share their input at of our meetings.
- 2) Held 4 three-panel member speaking events for monthly family support day at the Austin Transitional Center Family Day in Del Valle. This location is a low security

halfway housing center for clients that are learning about community support systems and expected to be released in the upcoming 90 days.

3) Held a three-panel member speaking event with an AA member on our panel at the Developmental Counseling Center, Inc (DCCI) in July.

4) One member supported three visits to the Texas Civil Correction Drug Court (TCCDC) to speak with families supporting clients required to appear by CPS.

5) The District Rep also helped send new volunteer information to the Public Outreach Chair for those interested in helping with the Travis County Sherriff’s office in Del Valle. Those volunteers are being contacted so we can determine what service level they are interested in.

6) CASA has reached out to Al-Anon to begin discussions about how we can work together in the future. Another meeting is planned to continue these discussions in the next quarter.

If you or your group is also doing something for Public Outreach, please share! We love to hear those stories, get your ideas, and are also here to support you if you need help.

Love in Service, Judy W.

Public Outreach North

Things have been picking up a little for the Northern part of the District. This past quarter we participated in the annual Children’s Health Fair that took place at the Waco Convention Center on August 10. Then we had our usual booth at the annual Providence Hospital Employee Health Fair that took place on October 3-4. Then, on October 21st, we participated in a local church’s daycare open house. A number of the adults, manning

other booths, came to our booth and shared how they have been affected by someone else’s drinking. The Waco Public Outreach mail out is still ongoing, but Killeen has scheduled November 7th for a mail out to Professionals, covering the Killeen, Harker Heights, and Copperas Cove areas. Additionally, Cedar Crest, a treatment center in Belton, has asked for volunteers to come share Al-Anon with the families, during their family weeks. If you would like to participate in this outreach event, please let me know.

Thanks again for letting me serve in this important service position.

Steve

Newsletter Coordinator

And now, for your late night reading enjoyment – heeeeere’s Tommy! As you might have guessed, I’m back for a stint with the newsletter. But, I need your help. First of all, let me know your ideas about what to include in our newsletter so that it provides the best possible service to our groups. Second, I need some volunteers to give me their stories or other input suitable for our lead story.

Since our transition was a little bumpy, I do not have any records of individuals who had paid subscriptions for 2013. Would anyone who paid a subscription please let me know so I can add that individual to the mailing list. Since the last two scheduled issues were not mailed out, I am going to recommend that paid subscriptions be extended for another year at no extra charge.

Finally, the due date for inputs to our next issue is February 21, 2014.

Tom B.





Group Reports

Round Rock AFG

Greetings! We are now meeting in our new location at Palm Valley Lutheran Church on Highway 79 in Round Rock. Our meetings are Monday and Friday at 8 p.m. Our format rotates between Steps and Traditions studies on Monday and book and CAL studies on Friday, with open discussion meeting every other Monday. The last Friday of the month is always Birthday night and includes cake. We are just finishing a book study on *How Al-Anon Works* and are starting a new book study on *Opening Our Hearts, Transforming Our Lives*. We are still averaging 7-10 regular members, but are expecting a growth spurt due to our new, improved location. Come and see us, we would love to have you.

Becky M.

New Beginnings AFG

We meet at The Exchange Church, 1601 South IH-35, Suite 305, Round Rock (behind What-a-Burger on I-35 frontage road). New Beginnings AFG meets on Tuesday and Thursday. The Tuesday meeting is at 12:00 noon and lasts about an hour to one hour and 15 minutes. The first Tuesday in each month, we study one of the Steps. The rest of the month, the topic is chosen by the Chairperson. We celebrate Al-Anon anniversaries on the last Tuesday of each month. If you live in the Round Rock area and are looking for a meeting, please come visit us.

The Thursday meeting is for newcomers. The meeting starts at 7:00 p.m. and goes to 8:30 p.m. We give each newcomer a copy of *How Al-Anon Works*. We cycle through the 6 suggested topics for newcomer meetings. The Chairperson shares information about the topic for that week and members who

have been in the program a while are asked to share their experience about the topic. Then there is an open discussion about Al-Anon where newcomers are encouraged to share why they are there and ask questions about Al-Anon. We read from *How Al-Anon Works* each week as time allows. We welcome seasoned members and newcomers to this meeting.

If you have questions or need directions, call Jackie.

Jackie B., GR

Just for Today AFG, Elgin

Greetings from Elgin. Our little town group is still up and meeting on Tuesday night at our usual location, 6:30 to 7:45 p.m. We've had more newcomers, and a number of them have become regular members. This is always a wonderful thing, and we are grateful that recovery is possible for those in need.

Recently we had our quarterly birthday meeting where we had one of our long time members share her story, covering 28 years in recovery. It is always inspiring to hear the rewards of working a program for a life plan. We also had a speaker meeting this past quarter. We had another long time member of 43 years come and share her story. Our group feels fortunate to have access to long time recovery to share experience, strength, and hope with our newcomers.

We purchased 400 copies of "Al-Anon Faces Alcoholism" by mistake, but we voted to challenge ourselves to give them all away. We printed tags with our meeting location and time as well as the Information Center phone number, and put these tags on the front cover. We hope this will bring more newcomers in and, if they feel

uncomfortable about small town meetings, they have the information to find a meeting in Austin.

So, if you're ever in Elgin on a Tuesday night and need a meeting, we're here for you.

In service,
Jayne G.

Bee Caves Road AFG

Our group meets at noon on Friday. We are a Step meeting, and we enjoy fellowship afterward at lunch. Please stop by and experience our strength and hope.

Adrian, GR

Independence AFG

We still meet at 7:00 p.m. at Red River Church, located at Red River and 45th Street in Austin. Please go in the glass doors and follow the signs. We had dropped down in numbers this summer. Then attendance started to pick up, and last week, we had 12 people. The group is very alive and everyone is involved. What a pleasure.

Sissy S.

Killeen AFG

Our meeting has moved to a new location. We now meet in Harker Heights at the Trinity Baptist Church, 403 E. FM 2410 (Knights Way). Due to the change, our attendance is down, but we have a strong core group of 6-7 people. We plan to do public outreach this fall with the help of Steve. We will try having a speaker meeting on the 5th week of the month. You can contact me if you would like to be a speaker at our meeting.

In service,
Barbra, GR

Killeen ACOA AFG

Our Wednesday night meeting has been suspended due to lack of attendance. Debra, GR
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Ride to Sanity Alateen

Hello. I'm Sarah from Ride to Sanity in Bastrop. Our group has gone down to two members. A couple of weeks ago, we had a newcomer, and he's working fast. We have been working on the Twelve Steps. In our discussion about the Steps, we have others tell us what they would do. We talk about Alateen literature and how we can get through it. We are also the host group for the Alateen Conference (TEAC), and we have started planning.

Temple ODAT

Temple ODAT is still meeting on Tuesday at 8pm at St Luke's Catholic Church, Temple TX (2807 Oakdale, Ed Bldg)

We have had another wonderful year. Our members are active in attending weekly meetings and other Alanon events. We participated in District meetings quarterly and attended the Fall Assembly in South Padre Island. Our group celebrated 26 years in July. We also hosted a public outreach event. We celebrate birthdays on the last Tuesday of the month.

We're looking forward to another great year. Our membership is increasing. Please join us on the journey of hope.

Love in Alanon, Gertrude S.

Faith AFG

Faith AFG meets at 7:30 p.m. on Thursday nights at the Unity Church

of the Hills [9905 Anderson Mill Rd. (Rm. 131)] in northwest Austin. We are primarily a newcomers meeting but have several "regulars/old timers" who provide some of the best insight, experience, strength, and hope to ever be shared. Our latest news is that we've just elected a new treasurer (Erica) and we welcome her to Al-Anon service. In addition, our meetings lately have been significantly larger since some of our regulars have returned from their summer adventures and newcomers continue to find us. If you're ever in northwest Austin on a Thursday evening, stop by and join us for some support, fellowship, and laughter.

Peace and Serenity to All, Anna A., GR

Ask It Basket October 19 District Meeting

1. Texting in meeting-people feel disrespected versus meeting note taking.

Answer: From: "Conflict Resolution"

Tradition Two-"For our group purpose there is but one authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants-they do not govern".

"There is an intentional absence of personal power or authority, we presume goodwill. We are free to think and feel as we choose, but...we put aside our fears, anxieties, and agendas, and trust the process".

Tradition Four-"Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole".

"Conflict can arise when we force our personal agenda without considering how our decisions affect everyone concerned".

Tradition Five-"Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics".

"Using the Steps, we learn to put the focus on ourselves. As we grow, so does our kindness and compassion for others. We no longer feel it is our business to judge what

is or isn't appropriate for anyone else".

Tradition Nine-"Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve".

"In Al-Anon we share as equals. No one is empowered to resolve our conflicts by telling us what is right and wrong".

2. When I chair a meeting people often don't participate. "We are afraid of you".

Answer: Not really a question so rather than answer, we will comment-

- If someone has told me they're afraid of me, I would step back and self-examine to see what I am doing to warrant those feelings.
- It's okay to be silent. Learn to be comfortable in silence/quiet. Meditate/pray.
- Choose a longer reading-it may be that people are shy or aren't ready to share.
- Consider changing the format of meeting.
- Hold a group conscience to discuss the underlying issues.
- Ask 'old-timers' to attend and share to show the way of how we share ESH (experience, strength, and hope).
- Pass a daily reader around so people can read passages on a particular topic (use index).

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3. Is the District a 501(c). (Are we a registered non-profit?)

Answer: No, and we do not plan to be. There is no reason.

We are not a business. We are in the business of spreading the word of Al-Anon. We are a separate entity from the World Service Office and the East Texas Area.

Ask It Basket July 20 District Meeting

1. Are these the correct addresses for Treasury distributions?

Answer:

Al-Anon Information Center
6301 Manchaca Rd. Suite F
Austin, TX. 78745
512-441-8591

Al-Anon District 6 Treasurer
c/o Michelle K.

ETAAA Treasurer
PO Box 408
Pflugerville, TX. 78691
World Service AFG., Inc.
1600 Corporate Landing Pkwy
Virginia Beach, VA 23454
888-425-2666 wso@al-anon.org

2. How come only ETAAA has a distribution slip we include with donations (form sent w/ distribution that includes group/treasurers contact info, etc.)?

Answer:

Pg. 139-Service Manual...The Area Treasurer sends the equalized expense amount to the WSO and reimburses the delegate and Area committee for expenses in the Area and for all Assembly overhead.

3. Please help with crosstalk at meeting (I have definition). But others say it's not an Al-Anon word or thing.

Answer:

Service manual, pg. 8, suggests that after the suggested welcome is read is a good time to share group guidelines and meeting format. This would be a good opportunity to ask that all present refrain from crosstalk with a short explanation of what crosstalk is. Another option is to ask for a group conscience to address the issue if there is a regular member continually talking over people,

4. How come only the Information Center sends receipts when they receive a donation? Not even ETAAA sends one, even though I include my email address on the distribution slip-where it states-if you would like a receipt include email address?

Answer:

Area Treasurer-"Too much work. Not necessary, you have your check. Why is the form that way? Probably just always done that way. It is an old form".

5. I am a new Group Representative. A. What should be in a group report? B. Who is the District Newsletter Coordinator? C. When is report due?

Answer:

- A. The name, place, time and structure/format of the meeting plus any news you want to share about your group.
- B. Jakob Dodd
- C. Usually a verbal report is given at each district meeting. The written report is due to the coordinator by the newsletter deadline.

6. What is the best way to have an organized and effective Group Conscience Meeting without a designated leader?

Answer:

The GR is the one to open the Group Conscience Meeting and records decisions, counts votes, and reports to the group the results at the next meeting. The GR gets three signatures to verify the minutes. Some groups have agreed to have a chairperson lead the group conscience. A printed agenda could be followed.

7. Looking for ideas to increase individual participation in service beyond speaking and sharing at meetings.

Answer:

Have the person chairing, or another member present, announce service opportunities. Have a meeting topic be service. Be more proactive in meetings in announcing district meetings and assemblies. Let members know that anyone can get a copy of the service manual.

8. How could we assist an attendee of District 6 meeting who must bring a small child?

Answer:

See pg. 96 in the service manual re: Baby-Sitters
Help one another in Al-Anon.

- A. Furnish child care or a volunteer to look after child during meeting.
- B. Talk to friend with teenager to share.
- C. For future district meeting include a line in budget for child care.





Service Arms

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.

<p>AL-ANON INFORMATION CENTER</p> <p>6301 Manchaca Road, Ste. F Austin TX 78745 (512) 441-8591</p>	<p>AIS WACO AREA</p> <p>PO BOX 8374 WACO, TX 76714 (254) 808-4757</p>	<p>DISTRICT 6 C/O Michelle K.</p>
<p>EAST TEXAS AREA (ETAAA)</p> <p>ETAAA Treasurer PO Box 408 Pflugerville, TX 78691</p>	<p>WORLD SERVICE OFFICE AFG, INC. 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 800 -344-2666 www.al-anon.alateen.org</p>	

District 6 Service Committee

Officers

DISTRICT REPRESENTATIVE
Paula H.

ALTERNATE D.R.
Stephanie (Sissy) S.

SECRETARY
Cindy J.

TREASURER
Michelle K.

Coordinators

ALATEEN
Jayne G.

ARCHIVIST
Rebecca M.

FORUM / LITERATURE
Jackie B.

NEWSLETTER
Tom B.

PUBLIC OUTREACH (South)
Judy W.

PUBLIC OUTREACH (North)
Steve J.

SPANISH COORDINATOR
Martha H.

Web Sites

WSO	www.al-anon.org/members (log in using your group name followed by "AFG")
Texas	www.texas-al-anon.org/
Austin	www.austinalanon.org





Directions: District Meeting January 11, 2014

Hosted by Heart of Texas AFG

Location: Praise Temple Assembly of God
1201 North I-35, Bellmead, Texas

Contacts: Steve
Cindy

Directions:

Going north on I-35 (Bellmead is just north of Waco).
Take exit 338A (Waco Drive/Bellmead Drive).
Proceed on the frontage road and go straight through the traffic light at Waco Drive/Bellmead Drive. After about one-half mile, the Praise Temple will be on your right.

