



# District 6 Newsletter

Winter 2016

Vol.29, No. 1

## District Meeting

January 23, 2016

### Host Groups

Seekers of Serenity

### District Meeting Location

Grace Presbyterian Church  
1705 Gattis School Road  
Round Rock, TX 78664

### Contact

Kerry P. (512) 497-2226

### Agenda

Registration/Breakfast.....8:00 A.M.  
Workshop.....9:30 A.M.  
Business Meeting.....10:30 A.M.  
Potluck Lunch.....11:30 A.M.  
Adjourn.....2:00 P.M.

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## Newsletter Highlights

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**SPRING NEWSLETTER INPUTS DUE  
FEBRUARY 16, 2016**

## Public Outreach: Opportunities for Service

When we “try to carry this message to others,” we invariably run into the fact that public outreach is somewhat complex, requiring many different talents. We live in a “big” district, with dozens of treatment programs, hundreds of media outlets, and thousands of counselors, clergy, judges, and others who regularly work with the families of alcoholics. That represents many opportunities for public outreach service in our district.

### Health Fairs in District 6 North

In the northern part of District 6, the mental health fairs near Ft. Hood and the nearby Veterans Administration hospital in Temple have proven valuable. Representatives from treatment centers in the Austin area often set up tables at these mental health fairs, alongside the Al-Anon tables.

“We give the counselors information to pass on to their clients. That has worked well,” said Debra W., District 6 North’s Public Outreach Coordinator. “We have to continually do public outreach because people in our area are so transient, especially in the towns near Ft. Hood. We had four members in our group leave within six weeks,” she said.

Several AFGs in District 6 North have purchased referral pads – which look like a doctor’s prescription pad – from WSO, distributing them to health care professionals. Local contact information is stamped in, allowing health care professionals to hand a “prescription” to clients who might benefit from Al-Anon. A custom stamp can be had for less than ten dollars at office supply stores. (The recent Al-Anon membership survey indicates that over half of Al-Anon and 22 percent of Alateen members attended their first meeting on the recommendation of a counselor or other type of professional.)

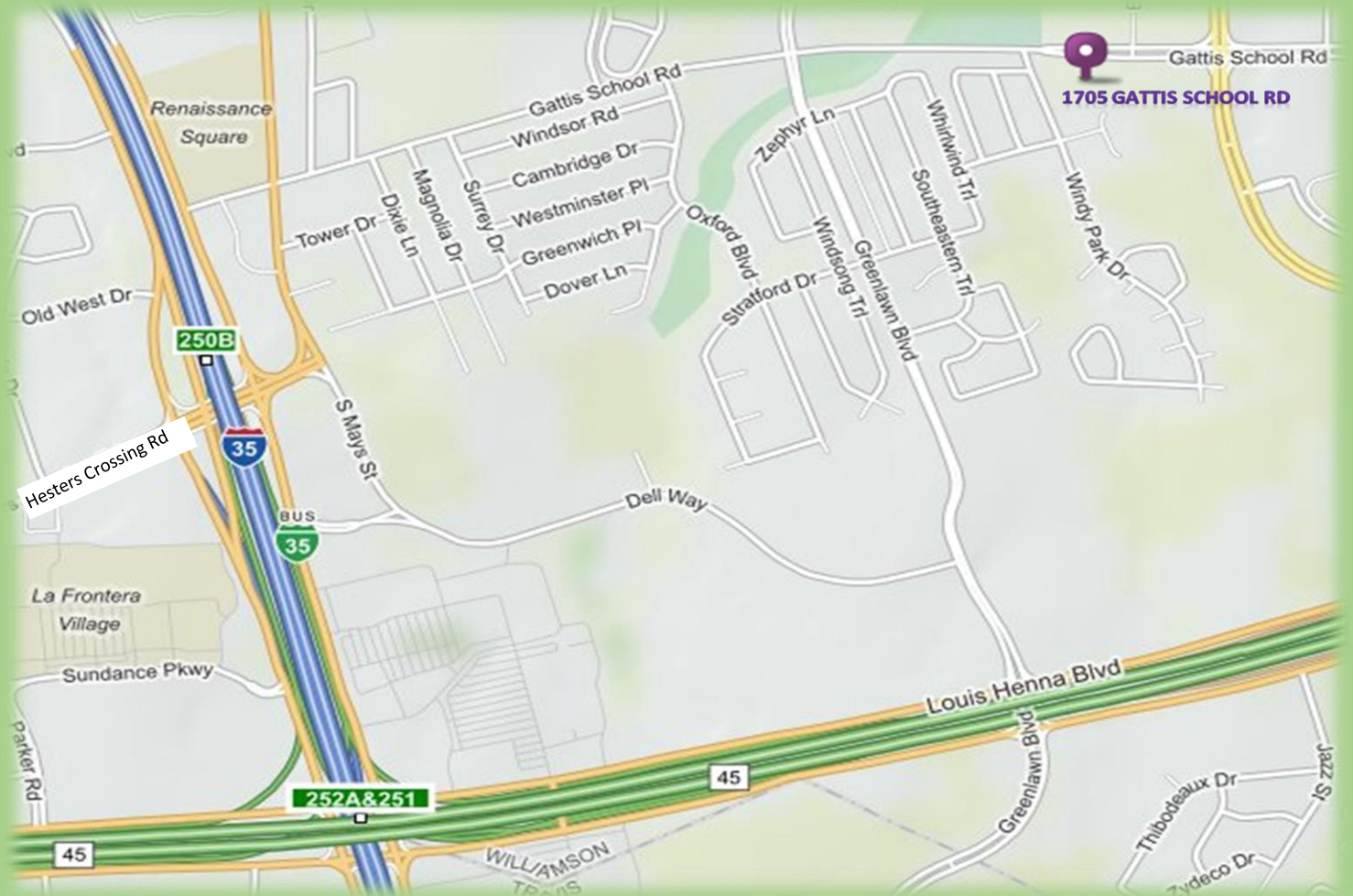
She added that “our groups have accumulated a great many of *The Forum* magazines. They don’t go out of date, and we place them in therapy offices and doctors’ waiting rooms.”

One Austin area group buys quantities of the *Al-Anon Faces Alcoholism (AFA)* pamphlet for distribution. Fifty copies can be purchased for \$25 from the WSO website, for example, with February 3 as the deadline for the next order. Al-Anon contact information is stamped on the AFA pamphlets. Kitty, at the Austin AIS center, also recommends putting meeting notices in the Impact newspapers, which are distributed free of charge in the area. Church newsletters are another opportunity.

(Cont'd on Page 3)



Directions: District Meeting – January 23, 2016  
Grace Presbyterian Church, 1705 Gattis School Road, Round Rock, TX 78664  
Contact: Kerry P. (512) 497-2226



Traveling north:

- From IH-35N, take Exit 251-252A toward McNeil Rd.
- Turn right onto Hesters Crossing Rd.
- Turn left onto S. Mays St.
- Turn right onto Gattis School Rd. The church is on the right.

Traveling south:

- From IH-35S, take Exit 251-250A toward Hesters Crossing Rd.
- Turn left onto Hesters Crossing Rd.
- Turn left onto S. Mays St.
- Turn right onto Gattis School Rd. The church is on the right.

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Please remember that the lunch is potluck, so bring your favorite dish. GRs should bring their service manuals for use during the meeting and are also encouraged to bring a written group report to be included in the next newsletter.

### Future Events

Feb. 16	Austin Information Ctr. Board Mtg. (Northland AFG)
Feb. 19-21	37 <sup>th</sup> All Texas Al-Anon Alateen Conference (Irving, TX)
Mar. 18-20	P.O.S.S.E (Gonzales, TX)
Apr. 16	District 6 Mtg. (Location TBD)
Apr. 29-May 1	TEA AC (Gonzales, TX)
May 13-15	East Texas Area Al-Anon/Alateen Assembly (Kerrville, TX)

### District 6 Newsletter Subscriptions

The *District 6 Al-Anon/Alateen Newsletter* is published quarterly. Groups receive the newsletter at no charge. Suggested individual contributions are \$11/year for a subscription, which helps cover publishing costs.

#### District 6 Newsletter Subscription Form

Name:  
 Address:  
 E-mail:  
 Telephone:  
 Home Group:

Send form and any check(s) to:  
 Doon R.  
 P.O. Box 342194  
 Lakeway, TX 78734

### Public Outreach (cont'd)

#### Public Service Announcements

TV and radio stations have a government-mandated quota, requiring them to air a certain number of public service announcements (PSAs). All it takes is to call the station and ask who handles PSAs at the various media outlets, and then to ask WSO to send an Al-Anon PSA in the correct digital format. Even movie theaters are starting to show PSAs on their screens.

The efforts to put Al-Anon posters in area schools, and placards in some Cap Metro buses, are moving forward. A member of the Hilltoppers AFG is taking the lead on working with the Austin school district on the best methods to put the posters in the schools. Many school districts have a Student Health Advisory Council, or SHAC, which provides a central point of contact for the health professionals in the schools, said Judy W., Area Public Outreach Coordinator.

#### Volunteers Needed

Treatment centers represent an important service opportunity. Promises, a treatment center in west Austin, has agreed to host an Al-Anon meeting for family members. Early plans call for a speaker-type meeting every few weeks, said District 6 South Public Outreach Coordinator Jim C.

The Del Valle Transition Center provides substance abuse counseling to people about to be released from jail sentences and represents another service opportunity. Staff changes caused a suspension of the Al-Anon program there.

Al-Anon is forging new relationships at Phoenix House, a treatment center located south of downtown Austin. Until last July, Phoenix House hosted Al-Anon meetings for family members on the weekends.

The Great Hills AFG parents meeting was a source of many volunteers for the Phoenix House meetings, said Ali K., who coordinated the volunteer schedule for several years. "We had a great group of volunteers. They were very dedicated to being there, and many of them would come back to do the volunteer work again," Ali said.

A service opportunity exists for someone willing to coordinate the volunteer schedule for a two-year period before turning it over to the next volunteer, Judy W. said. Ali K. said the schedule coordination work involves sending out an e-mail two weeks before each meeting, listing the volunteers who will staff the meetings at Phoenix House.

The clinical director at Phoenix House said parents will be required to attend the Phoenix House Al-Anon meetings if they wish to visit their family member. That is important, as attendance dropped off when the meetings became optional.

"When they stopped requiring attendance, attendance went down really quickly. We got into a bind, because with no parents to talk to, it became a waste of volunteer time," Ali K. said, adding that "we had many parents who told the volunteers how grateful they were for the introduction to Al-Anon. We've had parents say, 'this meeting has saved my life.'"

## Officer Reports

### District Representative

No report at this time.

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### Secretary's Report- Meeting Minutes

October 17, 2015

Hosted by Steps to Freedom AFG

Co-Hosted by Anderson Mill AFG and Faith AFG

Lori L., District Representative, called the meeting to order at 9:01 A.M. and thanked the hosting groups. Jan B. from Steps to Freedom AFG welcomed everyone. Lori announced that there were materials for new GRs and for all GRs to take; among the materials were agendas and items pertaining to the ETAA Fall Assembly on November 6-8, 2015 in San Antonio, TX. Lori L. asked each person to write five gratitude items and/or one success/challenge each group was having.

At 9:06 A.M., a moment of silence was observed, followed by the Serenity Prayer, the Traditions, the Concepts, Warranties, and introductions. The donation basket and the Ask-It-Basket were passed.

After the introductions, a brief skit was presented by Jan B. from Steps to Freedom AFG. The purpose of the skit was to understand the difference between debate and discussion by applying the spiritual principles of Tradition Two, Tradition Nine, and the conflict resolution in our group conscience meetings. Participants in the skit were Jan B., Kerry, Jennifer, Lynn, and Judy.

The business meeting started at 9:30 A.M., and the first roll call was done. There were 27 voting GRs and 41 people present. A second roll call was done after lunch, and at that time, there were 25 voting GRs and 39 people present.

Reports were given by the officers (See Page 4) and coordinators (See Page 9). Lori L. asked participants to refer to the current district newsletter for her DR report. Paula H. was acting Secretary for Alice M., and the minutes from the current newsletter were approved as read. Doon R. presented an updated

treasurer's report and advised that the district's income exceeds its expenses. Lori L. announced the need for a District Alateen Coordinator, as Adrian C. resigned her position. Former DAC Jayne G. will work with the incoming DAC and provide materials.

**Old Business:** The district is still in need of a Spanish Coordinator. Lori L. has the position description and asked that GRs take the request to their groups. The DAC position requirements were shared by Pat E. They are as follows: 1) The DAC has to be a certified Alateen sponsor for two years; 2) The DAC is responsible for getting new Alateen groups started and for encouraging Al-Anon members to become Alateen sponsors; 3) The DAC maintains a roster of the Alateen sponsors and groups and ensures that each Alateen meeting has at least two certified sponsors at each meeting; and 4) The DAC can become a certified Alateen sponsor trainer and/or can find trainers and schedule training for Al-Anon members who want to become Alateen sponsors. Requirements for being an Alateen sponsor are listed on the Texas East portion of the Texas Al-Anon website, [www.texas-al-anon.org](http://www.texas-al-anon.org). Anyone wanting to be an Alateen sponsor must have two years in Al-Anon, complete a background check, attend a one-day training session provided by either Norma W. (Area Alateen Coordinator) or Jayne G. (former DAC), and submit forms to Area Alateen Process Person Bennie P.

Peggy H. provided an updated report on the outreach efforts for Alateen posters in schools. Two hundred twenty five (225) Alateen posters are ready to print. Peggy H. volunteered to chair a task force regarding printing the posters and what to do with the posters when they are printed. Task force members are Peggy H., Sheryl K., and Bill H.

Doon R. gave an update on the Unallocated Funds Thought Force. After a lengthy discussion on Phase Two of the ongoing public outreach initiative, which is to put Al-Anon posters inside Capital Metro buses, it was decided that Anna A., a member of the thought force, will call Capital Metro with more questions before putting the posters on the buses.

(Cont'd on Page 5)



## Officer Reports (cont'd)

### October 17, 2015 Meeting Minutes (cont'd)

As a result of the discussion, a motion was made. The motion was made by Sheryl K. and seconded by Margaret L. to use the \$3,000 of allocated funds for purchase of bus advertising as discussed (above), pending outcome of non-profit pricing at discretion of Financial Thought Force. The motion passed with 21 for, three against, and one abstention.

Kay C., East Texas Al-Anon/Alateen Area Chairperson, polled the GRs regarding their preference for roll call at the upcoming November assembly. The choices were to have each DR call roll for the GRs in the individual districts and give that count to the Area Secretary or to have a voice roll call. Input was given, but no preference was given by the group.

**New Business:** Lori L. solicited input for the 2017 fall area assembly regarding location and hotels. The following suggestions were made: Holiday Inn on Middle Fiskville Road in Austin, Smithville Recreation Center with Bastrop hotels, and the Austin Convention Center website. Lori L. will give updates at a future district meeting.

Gratitude sharings and group reports were given (See Page 11).

Ask-It-Basket questions were answered (See Page 5).

A collection of \$95.50 was taken up in the donation basket.

Anna A. announced the newsletter submittal deadline is November 17 and requested that reports be e-mailed in an 11 point font to [apixie123@aol.com](mailto:apixie123@aol.com).

### Upcoming Important Dates:

- November 6-8, 2015 – ETAAA, San Antonio, TX
- November 16, 2015 – Austin Information Center Board Meeting, 6301 Manchaca Rd., 6:30 P.M.
- January 16, 2016 – District meeting hosted by Seekers of Serenity (This date may be moved to January 23 or 30 to not conflict with the MLK weekend. Please check the *District 6 Newsletter* for updates, and Lori L. will send an e-mail with any change.)

The meeting was closed at 1:47 P.M. with the Al-Anon/Alateen Declaration.

Respectfully submitted in gratitude,  
 Paula H., Acting Secretary and  
 Alice M., District 6 Secretary

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### Treasurer's Report

See the 2015 District 6 Operating Statement for the 3<sup>rd</sup> Quarter (Page 6).

## Ask It Basket October 17, 2015

1. What should be done when someone comes to an Al-Anon meeting with family drug addiction problems rather than alcohol? Privacy vs. Anonymity?

**Answer:** Please refer to Tradition Five, Pages 124-125 of the service manual, and the e-mail that Lori L. sent to GRs regarding this topic.

2. Who maintains the Austin website information and how

can it be changed?

**Answer:** The Austin Information Center owns the website, and suggestions can be made by calling the Austin Information Center. For posting of an event/question, the webmaster may be contacted at [web@austinalanon.org](mailto:web@austinalanon.org).

Any messages should be sent to [inquiry@austinalanon.org](mailto:inquiry@austinalanon.org).

3. Are there affiliated entities (Austin Information Center and ETAAA,

etc.) that need the excess funds we are struggling to allocate and spend?

**Answer:** Both the Austin Information Center and ETAAA are in good financial shape.

4. Explain attraction vs. promotion.

**Answer:** See Pages 113-114 of the service manual. Al-Anon is not anonymous but individual members are.

(Cont'd on Page 8)

## Officer Reports (cont'd)

2015 District 6 Operating Statement (3<sup>rd</sup> Quarter)

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
D6 Basket Collection	\$500.00	\$134.25	\$145.00	\$90.00		\$369.25	
Total Group Donations including newsletter subscriptions	\$6,000.00	\$3,799.58	\$980.88	\$2,750.77		\$7,531.23	
Bank Interest	\$0.00	\$2.62	\$2.76	\$2.94		\$8.32	
Collection for Delegate	\$0.00	\$0.00	\$90.00	\$0.00		\$90.00	
Misc.	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	
Contribution from Unallocated Funds to cover proposed expenses	\$3,175.00	\$0.00	\$0.00	\$0.00		\$0.00	
<b>Total Income</b>	<b>\$9,675.00</b>	<b>\$3,936.45</b>	<b>\$1,218.64</b>	<b>\$2,843.71</b>	<b>\$0.00</b>	<b>\$7,998.80</b>	
Expenses	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
Alateen Coord.	\$1,500.00	\$171.32	\$0.00	\$0.00		\$171.32	
Alateen Liaison Coord.	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	
Archives	\$75.00	\$0.00	\$0.00	\$0.00		\$0.00	
Rent /District Meeting	\$1,000.00	\$0.00	\$300.00	\$100.00		\$400.00	
DR Int'l Convention	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	
DR Expenses	\$1,200.00	\$137.57	\$98.70	\$297.42		\$533.69	
Alt. DR Expenses	\$500.00	\$0.00	\$9.50	\$0.00		\$9.50	
Secretary Expenses	\$250.00	\$23.76	\$37.29	\$17.80		\$78.85	
Treasurer Expenses	\$200.00	\$0.00	\$0.00	\$0.00		\$0.00	
Newsletter Editor	\$150.00	\$0.00	\$0.00	\$0.00		\$0.00	
Forum/Literature	\$150.00	\$0.00	\$11.00	\$0.00		\$11.00	
AMIAS	\$50.00	\$0.00	\$0.00	\$0.00		\$0.00	
Newsletter	\$2,400.00	\$539.01	\$540.35	\$542.70		\$1,622.06	
Public Outreach North	\$500.00	\$0.00	\$61.50	\$235.19		\$296.69	
Public Outreach South	\$1,000.00	\$0.00	\$5.50	\$0.00		\$5.50	
Spanish Coordinator	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	
P.O.S.S.E. Scholarship	\$200.00	\$187.50	\$0.00	\$0.00		\$187.50	
Donation to TEA AC	\$500.00	\$0.00	\$0.00	\$0.00		\$0.00	
Bank Charges	\$0.00	\$0.00	\$0.00	\$0.00		\$0.00	
Gift to Delegate	\$0.00	\$0.00	\$90.00	\$0.00		\$90.00	
Misc.	\$0.00	\$0.00	\$33.13	\$260.00		\$293.13	Hosted AWSC Mtg., Smithville
<b>Total Expenses</b>	<b>\$9,675.00</b>	<b>\$1,059.16</b>	<b>\$1,186.97</b>	<b>\$1,453.11</b>	<b>\$0.00</b>	<b>\$3,699.24</b>	

(Cont'd on Page 7)

Officer Reports (cont'd)

2015 District 6 Operating Statement (3<sup>rd</sup> Quarter) - cont'd

Income	Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	Actual	Notes
<b>Reserves</b>							
Int'l Reserve	\$1,801.43	\$1,801.43	\$1,801.43	\$1,801.43			
T.E.A.M.	\$171.51	\$171.51	\$171.51	\$171.51			
Assembly Funds	\$2,000.00	\$2,000.00	\$2,000.00	\$2,000.00			
Prudent Reserve	\$4,850.00	\$4,850.00	\$4,850.00	\$4,850.00			
Kristy Fund	\$1,280.08	\$1,115.88	\$1,115.88	\$1,133.38			\$17.50 Donation for Alateen
<b>Total Reserves</b>	<b>\$10,103.02</b>	<b>\$9,938.82</b>	<b>\$9,938.82</b>	<b>\$9,956.32</b>			
<b>Reserves</b>	<b>\$10,103.02</b>	<b>\$9,938.82</b>	<b>\$9,938.82</b>	<b>\$9,956.32</b>			
<b>Allocated Funds</b>			<b>\$1,075.00</b>	<b>\$1,075.00</b>			Excess Funds 2014 for PI Use Posters
<b>Allocated Funds</b>			<b>\$3,175.00</b>	<b>\$3,175.00</b>			Anticipated to Cover 2015 Expenses
<b>Allocated Funds</b>			<b>\$3,000.00</b>	<b>\$3,000.00</b>			Excess Funds, Use TBD
<b>Unallocated Funds</b>	<b>\$9,231.28</b>	<b>\$12,108.57</b>	<b>\$4,890.24</b>	<b>\$6,280.84</b>			
<b>Bank Balance</b>	<b>\$19,334.30</b>	<b>\$22,047.39</b>	<b>\$22,079.06</b>	<b>\$23,487.16</b>			
Bank Balance	on 12/31/14	on 3/31/15	on 6/30/15	on 9/30/15			

## Ask It Basket (cont'd)

5. What is the recommended amount for a reserve for a group's financial reports?

**Answer:** Please consult [www.al-anon.org/members](http://www.al-anon.org/members). Click "Groups" then "Group Resources" then "Guidelines and other service tools." The *Reserve Fund Guideline* is G-41. Usually, a good reserve is one quarter of the group's operating expenses.

6. What are active Alateen groups?

**Answer:** See Page 88 of the service manual, specifically the paragraph on "Starting an Alateen Group."

Example: Our Alateen group does not always have teens every week, but we still feel our group is active.

## Information Service Centers

### Austin AIS

The Austin Information Center Board Meeting was held November 16, 2015, 6301 Manchaca Road at 6:30 P.M. Elections were held; motions were made and passed; committee reports were given; and several other business items were discussed. Eleven voting members were present as well as several non-voting members.

New officers for 2016-2017 are as follows:

Chair – Joyce L.

Secretary – Charlotte T.

Treasurer – Peggie F.

AIS Liaison – Paula H.

The Literature and Volunteer Committees still need chairpersons, but Chair of the Finance Committee is Julie K., and Chair of the Meeting List Committee is Carolyn K. The Finance Committee is working on a manual for office procedures, and it will be presented for approval at the next board meeting. Job duties for positions related to financial matters will be outlined.

The following motions were voted upon and were approved:

1. Motion for Chair Joyce L. to send out an appeal letter to all groups requesting donations for the Austin Information Center by December 1 was approved.
2. Motion to approve the 2016 budget was accepted as amended.
3. Motion for a change in wording of the By-Laws, Section 9.7, was approved. The wording changed from "prudent reserve" to "excess funds."
4. A motion was made to give the Austin Information Center employee a Christmas bonus by December 1.
5. District 6 has a massive public outreach project to place Al-Anon public service announcements on

Capital Metro buses. The district wanted to know if it could make a donation to the Austin Information Center and have the information center make a payment to Capital Metro using its 501(c)(3) status, thereby, receiving a discount on the posters. WSO approved these posters, and WSO was contacted regarding this question. WSO said that it would be legal to use this procedure. After much discussion, the motion to have District 6 donate the money to the Austin Information Center for purchase of these advertisements was approved.

Other items discussed were the lease for the current location of the Austin Information Center, a computer for the office, Yellow Pages advertisements, a section on the Austin Al-Anon website for policies, and literature sales and donations. The new lease for the Austin Information Center is effective from September 1, 2015 through August 31, 2021. Research is continuing for a computer, a router, and Internet access for the information center. The Austin Al-Anon Yellow Pages advertisement has been canceled, and the board will need to vote to reinstate the advertisement if wanted. A section for information center policies to be added to the Austin Al-Anon website was discussed. The webmaster can make the adjustments, but the Board needs to approve any changes to the website. Literature sales and donations to the center have decreased the last quarter.

The next Austin Information Center Board Meeting is February 16, 2016, at 6:30 P.M. at Northland AFG.

In Al-Anon service and love,  
Paula H.

(Cont'd on Page 9)



## Al-Anon/Alateen Related Acronyms

AAPP - Area Alateen Process Person

AIS - Al-Anon Information Service

AMIAS - Al-Anon Member Involved in Alateen Service

AWSC - Area World Service Committee

CAL - Conference Approved Literature

CMA - Current Mailing Address

DAC - District Alateen Coordinator

DR - District Representative

EIN - Employer Identification Number (tax ID number)

ETAA - East Texas Area Al-Anon/Alateen

ETAAA - East Texas Area Al-Anon/Alateen Assembly

GR - Group Representative

ISR - Information Service Representative

LDC - Literature Distribution Center

P.O.S.S.E. - Program of Sponsors Sharing Everything

PQ - Public Outreach

PSA - Public Service Announcement

TEA AC - Texas East Area Alateen Conference

TEAM - Together Empowering Al-Anon Members

WSC - World Service Conference

WSO - World Service Office

AA - Alcoholics Anonymous

## Information Service Centers (cont'd)

### Waco AIS

We are an information service only, not a literature distribution center. We are responsible for paying the bills for the Yellow Pages ad (phone book and on-line), the P.O. Box, and the paging system. We get about ten calls per week on the

pager. Our current balance is \$282.05. All of our income comes from donations from groups, and we appreciate these very much.

In Service,  
Cindy J., AIS Chair

## Coordinator Reports

### **Alateen-COORDINATOR NEEDED (by Jayne G.)**

There really is no official job description for the District Alateen Coordinator (DAC), so in our Area, we have modified the WSO description for the Area Alateen Coordinator (AAC) to be effective for the DAC. See G-24.

It isn't a requirement to be a certified AMIAS, but it sure helps since the DAC's first responsibility is to the Alateens. Being able to visit Alateen groups when they meet goes a long way toward letting them be comfortable with talking about problems if they can put a face to the name. The DAC can encourage Alateen groups to have a GR and attend district meetings and area assemblies. Communicate.

The second responsibility is to the group sponsors. They must be kept informed of their certification or recertification requirements. This will require coordination with the Area Alateen Process Person (AAPP) regarding the status of all AMIAS in our district. Facilitate.

Any news from the AAC or WSO usually goes to the DAC, who passes the information to group sponsors. It would be nice to offer group sponsor meetings at the district meetings, so they can share problems and solutions with each other. The 2012-2014 DAC asked for money in the budget to reimburse travel expenses for group sponsors who are not GRs of a home group or who are not traveling with an Alateen GR. Coordinate.

Another responsibility is to coordinate with an area trainer to offer AMIAS workshops once or twice a year to encourage more certified sponsors, who in turn may be available to substitute for existing Alateen groups or start an entirely new Alateen group. Educate.

Remember, you do not have to do this alone. Past DACs are probably more than willing to help, and the AAC and AAPP are additional resources.

(Cont'd on Page 10)

Coordinator Reports (cont'd)

**Forum/Literature**  
**(by Judy P.)**



In 1997, AFG Headquarters Inc. published *Paths To Recovery: Al-Anon's Steps, Traditions, and Concepts*, a wonderful

guide for the study of our Three Legacies. This book shares the experience, strength, and hope of Al-Anon members worldwide for each Step, Tradition, and Concept, and each one is followed with questions that stimulate thought and discussion. It took an Al-Anon team, which included WSC members, a writer, two editors, a designer, and an indexer to produce, review, and revise the manuscript for this text. The final book has been available for 18 years and still going strong. In addition to being available in English, it is also available in Spanish and French.

Many members have asked why the book was published with such wide margins. This was all part of the original plan to give members a space to write their comments as they go through the book.

Groups and members have used this book as a guide for their study of the Legacies and as a resource, especially when searching for answers to service, group, and even personal problems. It has been used by many members when called upon to discuss a Step, Tradition, and/or Concept, and the questions that follow each one of the individual legacies are often used as a springboard for a meeting topic.

*Paths To Recovery* is available at the Austin Information Service Center and offered for sale at district meetings. Groups are encouraged to include this publication in their collection of Al-Anon literature offered for sale to members.

**The Forum** – Every registered group with the WSO receives a free copy of *The Forum* every month. *The Forum* contains recovery stories from our members worldwide, articles for and about Al-Anon Family Groups, highlights a piece of literature, and includes an instant meeting on the Step as well as an article for the Tradition and Concept for each month.

*The Forum* is mailed to the CMA for the group. If your group is not receiving its copy, have your GR check with the WSO to see who the registered CMA is. That member may no longer be attending that meeting or may not realize they are receiving *The Forum* that belongs to the group.

Members are also encouraged to have their own personal subscription. Subscriptions can be received either in hard copy print or digitally. A member recently shared with me that she loves receiving her subscription digitally; that way, she can always have it accessible. I hope you will think about subscribing also.

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**Newsletter**  
**(by Anna A.)**

For the "Fall 2015" issue of the newsletter, we mailed 110 copies

and had two returned as undeliverable. Total cost for this issue was \$555.90. The input due date for the "Spring 2016" edition is February 16, 2016.

If you did not change your mailing address and did not receive the latest edition of the newsletter, please let me know. Remember, you can always find the on-line version at <http://austinalanon.org/>, under the District 6 tab.

If you have any ideas for the next issue or want to share your own story, please contact me.

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**Public Outreach (North)**  
**(by Debra W.)**

I would like to report that there were three health and wellness fairs attended from Public Outreach North with great success. With several volunteers, we are also scheduled to deliver our copies of *The Forum* from this past year to doctors' offices, mental health facilities, and rehabilitation facilities while also distributing referral pads to individual counselors and other mental health facilities in the area.

I am looking forward to a new year and what promises it might hold for Public Outreach North and its volunteers.

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**Spanish Coordinator Needed**  
If you're interested, please see previous newsletters from 2015 at <http://austinalanon.org/>, under the District 6 tab, for the Spanish District 6 Coordinator job description.

Group Reports

**Came to Believe AFG  
(by Chelsea A.)**

We meet Tuesdays and Thursdays at 6:15 P.M. at 120 B Commercial Pkwy, Cedar Park. The topic on the first Thursday of the month is the Step of the month and the topic on the third Tuesday is the Tradition of the month. We celebrate birthdays quarterly. Our meetings continue to grow by leaps and bounds. We have a lot of folks coming with many years of recovery and have newcomers at almost every meeting. Our group is very friendly and a lot of folks show up early and stay late to talk. Come join us.

\*\*\*\*\*

**Faith AFG  
(by Anna A.)**

Our group 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. Cooler weather is here, and we're happy to welcome back some of our long-time members who were away on their summer adventures. We elected a new slate of trusted servants this fall and enjoyed co-hosting the October district meeting. Thank you to Steps to Freedom AFG and Anderson Mill AFG. We loved working with you!

We are primarily a newcomers meeting but love to see and hear from anyone wishing to share their experience, strength, and hope. If you're ever in the neighborhood on a Thursday night, stop in and enjoy some fellowship, hope, and laughter.

**Hope for Today AFG  
(by Cathy C.)**

Hope for Today meets every Monday at 3:30 P.M. in the conference room at Scott & White Clinic on Williams Drive in Georgetown. In spite of (or because of) the stress of the holidays, our 20+ members gather together to fill the room with hope and love. This Family Group is just that – a family whose fellowship is so precious to us all! We have many new members and welcome more. The first Monday of each month is dedicated to the Traditions and the third to the Steps. We are so grateful to have each other and the teachings of Al-Anon to guide us. Please come and let our love flow through you.

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**Parents in Recovery AFG**

This is a new group starting on Tuesday, December 8 at 7:00 P.M. As the name implies, the initial focus of the group is parents of alcoholics/addicts. The new group will meet at Grace Presbyterian Church, 1705 Gattis School Road in Round Rock. It would be appreciated if current Al-Anon members could attend as able to help support this group in its early stages. For more information, contact Donna C. at 512-751-9889.

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**Paths to Recovery AFG**

This discussion group meets in far northwest Austin at St. Thomas Moore off RR 620. Meeting time is Mondays at noon, and attendance typically averages about six people each week.

The meeting is held in a lovely house called the Chelsea House, which is situated toward the back of the church property. We post yellow meeting signs along the entry roads.

We recently purchased several copies of *How A-Anon Works* to hand out to our newcomers.

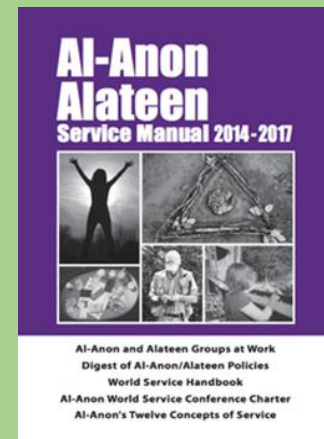
The first meeting of each month is a Step meeting. Additional meeting announcements have been placed in the weekly church bulletin.

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**Personal Freedom AFG  
(by Tina C.)**

Our group meets on Thursdays at 6:00 P.M. at The Faith Church on S. Lamar in Austin. Every first Thursday, we use our namesake workbook, *Reaching for Personal Freedom*. All other meetings are discussion-based from topics in Al-Anon CAL. Our two-year group anniversary is coming up in February so come join us in sharing our experience, strength, and hope.

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GRs: Don't forget to make the service manual part of your library.

(Cont'd on Page 12)

Group Reports (cont'd)

**Seekers of Serenity AFG**

**(by Kerry P.)**

We have two groups that meet during the week. One is Tuesdays at noon, and the other is on Thursdays at 7:00 P.M. We average between 10 to 15 folks at each meeting. All meetings are open discussion. Newcomers are welcome at both meetings. ***Our policy for having newcomer(s) meet with one of our members for the first fifteen minutes has changed. We no longer will separate newcomers from the main group as last reported.*** We still provide newcomers with a copy of *How Al-Anon Works* to introduce them to Al-Anon. These books are theirs to keep. If newcomers are in attendance, a more extended script is read for the meeting to explain the basics of Al-Anon. We meet at Grace Presbyterian Church on Gattis School Road in Round Rock in one of the portable buildings.

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**Serenity Trail AFG**

**(by Dave L.)**

This is a small meeting that meets in Round Rock, and we are trying to figure out how to attract new members. We ordered 50 copies of *Al-Anon Faces Alcoholism* for distribution to health professionals next year, but in the meantime, we seek fresh faces on Friday nights. The sofas are comfortable, and the sharing is awesome.

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**Spiritual Awakenings AFG**

**(by Marilyn C.)**

We meet at noon on Mondays at Bethany Lutheran Church on Slaughter Lane in southwest Austin. About two years ago, we changed our location and have since

grown two to three times our size in membership and are still growing. We are blessed with at least one newcomer each meeting, and many have returned on a regular basis, making our attendance now 18-20 on average.

The first Monday of each month is a birthday/gratitude meeting, when we celebrate our monthly Al-Anon birthdays, and the current birthday members are welcome to share their stories. The third Monday is a Step meeting corresponding with the month, and all other meetings are discussion meetings of the chairperson's choice.

We welcome all to come join us for good fellowship, tears and laughter, and of course, our experience, strength, and hope!

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**Wimberley AFG**

**(by Mimi C.)**

In the last quarter, we held a group inventory, and we're pleased to announce that all, newcomers and "old timers" alike, are pleased with the way we hold our meetings. We continue to welcome newcomers and folks that have been on hiatus from Al-Anon for years, and they keep coming back! Please feel free to drop by for any meeting. We'd love to support you and be supported by you! We have meetings Mondays at noon with lunch afterwards, Thursdays at 7:30 P.M., Fridays at noon with literature study, and Sundays at 4:30, all at Presbyterian Church, 956 FM 2325.

One of Your Newsletter Editor's Favorites From CAL

"I am discovering that I do play an important part in my own well being. I will celebrate my achievements and be grateful for all I have been given. I am not perfect, but I am excellent!

**Today's Reminder**

I'm grateful for the Al-Anon program and all that my Higher Power has given me. I look forward to an even brighter new year."

*Courage to Change, Page 366 (December 31)*

### Service Arms

There are five service arms that groups may choose to support after meeting their own expenses. These are listed below with their addresses. Please remember to indicate your group number, so group contributions can be acknowledged. Personal contributions are also gratefully accepted.

<p><b>AL-ANON INFORMATION CENTER</b> 6301 Manchaca Road, Ste. F Austin TX 78745 512-441-8591</p>	<p><b>AIS WACO AREA</b> PO Box 8374 Waco, TX 76714 254-808-4757</p>	<p><b>DISTRICT 6</b> Doon R. PO Box 342194 Lakeway, TX 78734 512-582-0463</p>
<p><b>EAST TEXAS AREA (ETAA)</b> Treasurer-ETAA P.O. Box 34102 San Antonio, TX 78265</p>	<p><b>WORLD SERVICE OFFICE AFG, INC.</b> 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617 800-344-2666 <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a></p>	

### District 6 Service Committee Officers

<b>DISTRICT REPRESENTATIVE</b> Lori L.	<b>ALTERNATE D.R.</b> Judy W.	<b>SECRETARY</b> Alice M.	<b>TREASURER</b> Doon R.
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### Coordinators

<b>ALATEEN</b> OPEN	<b>ARCHIVIST</b> Barbara H.	<b>FORUM / LITERATURE</b> Judy P.	<b>NEWSLETTER</b> Anna A.
<b>PUBLIC OUTREACH (South)</b> Jim C.	<b>PUBLIC OUTREACH (North)</b> Debra W.	<b>SPANISH COORDINATOR</b> OPEN	

### Websites

WSO	<a href="http://www.al-anon.org/members">www.al-anon.org/members</a> (log in using your group name followed by "AFG")
Texas	<a href="http://www.texas-al-anon.org/">www.texas-al-anon.org/</a> (password: anonymity)
Austin	<a href="http://www.austinalanon.org">www.austinalanon.org</a>



Central Texas Al-Anon/Alateen Meeting Lists can be found at:

<http://www.austinalanon.org/meetings.htm>

Information and Flyers for upcoming events can be found at:

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