



DISTRICT 6 NEWSLETTER

Winter, 2021

Volume 34, No. 1



District Meeting

Saturday, January 16, 2021

We'll be meeting online!

The information to join the meeting will be provided via email. If you are not sure if you are on the district email distribution lists, please contact Anna A. (District Representative) at etx.district6@gmail.com.

“Without detachment, I was imprisoned while my boyfriend was in jail.”

I came to Al-Anon when my boyfriend was sent to jail. For the first time in my life I could not maintain the illusion of control. It was devastating to me. I crawled on my knees into the rooms of Al-Anon. Looking back, I'm grateful that I came in that way. I grabbed the Al-Anon program and clung to it like a life raft. Doing so saved my life.

When my boyfriend (whom I eventually married) was in jail, I put my life on hold as if I were in jail, too. I spent hours, months, and years waiting: waiting to get in to see him, waiting for him to call, waiting for him to get out so that my life could begin again, waiting for him to get sober so that we could make plans I could count on— waiting for the life I expected to finally appear.

Finally, I had an epiphany. I am addicted to problems—especially his. I always thought I was addicted to alcoholics, but it turns out that I am drawn to alcoholics because they are a reliable source of problems—problems with jobs, money, people, the law, or their health.

I don't believe that being attracted to problems is a bad thing in itself. I enjoy puzzles, mysteries, and conundrums. If there is a dilemma to be resolved, I'm happy to be a sounding board. But like any character trait, taking that attraction to the extreme quickly reveals its dark side. Put a problem in front of me and I might as well be an alcoholic in a dark bar with a fresh shot glowing up at

NEWSLETTER HIGHLIGHTS

Cover Story	1
Officer Reports.....	3
Meetings Notice	3
Ask-It Basket	8
Coordinator Reports	9
Group Reports	9
Information Center Report ..	11
Service Arms and District 6 Service Committees	14

Spring Newsletter Submissions Due
March 12, 2021

him. I have a really hard time not picking it up and letting the problem consume me.



That insight gave me a new awareness of how the First Step could work in my life. I am powerless over other people's problems. As soon as I pick them up, my life is unmanageable. Based on that new understanding, I had a vision about how my addiction to problems actually works in my life.

In my vision, I see my husband standing in the center of a pair of train tracks. In the distance, a train is approaching. As the train gets closer, I become more agitated. I start with quiet warnings, "Look, honey, a train." That soon gives way to loud and increasingly insistent repetition until I am hysterically screaming at him, "A train, a train!" But he remains unconcerned, looking away, smiling as if at some private joke. Finally, the train is upon him. I can't stand it anymore, and in desperation, I throw myself in front of the train. I get flattened, and he saunters away untouched—again.

"This time, I let the train rush on by. As it passed me, I felt the wind on my face, felt it blow back my hair, and knew that I was where I was supposed to be—on the platform with my Higher Power, giving my loved one the dignity of dealing with his own train."

For years, I threw myself in front of that train, because I couldn't stand not to do it. I didn't know that I didn't have to do that. Finally, with Al-Anon's help, it became clear to me that I needed to step back and let the train hit him. After all, it is his train; I have trains of my own to deal with.

Last year, as a result of his disease, my husband had a major meltdown, broke the law, and ended up back in jail. This time, it was different. This time, I let the train rush on by. As it passed me, I felt the wind on my face, felt it blow back my hair, and knew that I was where I was supposed to be—on the platform with my Higher Power, giving my loved one the dignity of dealing with his own train.

It was very painful to watch that train take him down. But this time, I did not go to jail with my husband. I focused on my own life and found my own joy while he was exploring what I hope was his bottom. When I was tempted to intervene, to try and make things easier for him, or to try and experience his imprisonment for him or with him, I reminded myself that his choices brought him to jail—not mine.

Today, my husband has 15 months of sobriety in A.A. Was it because I finally found the strength and understanding to keep off his tracks? Who knows? What I do know is that without that crisis, and the opportunity it gave me to practice responding in a new way, I would not have learned this important lesson in detaching with love—enough love for myself, to keep me from jumping in front of other people's trains.

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By Lisa W., Pennsylvania
The Forum, April 2010



Officer Reports



District Representative,

Anna A.

Happiest of holidays to one and all! I know everyone is busy preparing for the holiday season, so let's jump right in.

Open District Officer and Coordinator Service Positions

District 6 still needs a Treasurer, Alateen Coordinator, Newsletter Coordinator, and Spanish Coordinator. I encourage everyone to search your hearts and consider standing for one of these positions. If you have any questions, please contact me at etx.district6@gmail.com. I'll do my best to answer your questions and/or place you in touch with the current officer or coordinator. We do have someone standing for Spanish Coordinator, but more than one person can stand for a position. Therefore, the position remains open for anyone interested.

Group Records

To make updates to the COVID-19 spreadsheet containing face-to-face meeting cancellations and virtual meeting information for many of the groups listed, please contact me at the email shown above. This list can be found on the Austin Al-Anon/Alateen Information Center (AAIC) website at <https://austinalanon.org/meetings.htm>. Once on the Meetings page, click on the COVID-19-related Meeting Changes hyperlink to access the spreadsheet.

Update: I sent an email to the District on December 3 requesting updates from the groups to ensure the list is current; the list will also go through some significant formatting changes to make it easier to navigate. The updates and formatting changes are expected to be completed by December 31.

For other group changes, please contact our District Group Records Coordinator Cathy M. at etx6grouprecords@gmail.com. She will work with you to get the changes made as quickly as possible.

Highlights from the East Texas Area Al-Anon/Alateen Fall 2020 Assembly Held on November 7

This was the first Assembly for Area 53 to be held virtually. Elections were held, and the newly elected Delegate, Alternate Delegate, and other Area Officers and Coordinators will consist of:

Mattie T. (Delegate)
 Lynn S. (Alternate Delegate)
 Paula H. (Area Chair)
 Jennifer S. (Secretary)
 Myrthala C. (Treasurer)
 Ileen F. (Area Alateen Process Person)
 Lynn B. (Archivist)
 Peggy T. (Group Records Coordinator)
 Cyndie C. (Newsletter Coordinator)
 Everica R. (Spanish Coordinator)
 Natanya A. (Website Coordinator).

Two service positions remain open – Alateen Coordinator and Public Outreach

Meetings Notice

Get updated information about meetings by:

1. Going to the AAIC website at <https://austinalanon.org>
2. Click on the **Meetings** tab
3. Click on **COVID-19-related Meeting Changes**





January 16, 2020

Sharing of Service Workshop

Via Zoom

<https://texas-al-anon.org/event/sharing-of-service-workshop-2021/>

February 19-21, 2021

ATAAC 2021

Fort Worth, TX

<https://texas-al-anon.org/event/ataac-2021-fort-worth-tx/>

March 26-28, 2021

POSSE 27th Round-Up

Gonzales, TX

<https://texas-al-anon.org/event/p-o-s-s-e-27th-round-up-weekend-2021/>

Coordinator. If you are interested in either of these positions, please let me know, and I'll get you in touch with appropriate person from the Area.

The 2021 first quarter edition of *The Beacon* at <https://texas-al-anon.org/archived-beacon-editions/> will contain more information.

World Service Office (WSO) News

Al-Anon's First Official Mobile App will be going through some changes. The next iteration will provide even more features. Highlights include:

- ◆ Simplified registration – Mobile number and date of birth are no longer needed.
- ◆ Dedicated Alateen meetings – Alateen Chat in the mobile app.
- ◆ In-app Group Chat – Private conversations with a group of friends.
- ◆ News Feed enhancements – More room to explore friends' posts.
- ◆ Interactive Timeline – Respond with emoticons or comment on friends' posts.

For more information, visit al-anon.org/mobileapp.

Starting December 7, 2020, members calling the WSO main number at (757) 563-1600 will be greeted with a more efficient, direct dial experience. You will now be able to reach the team you need directly. More information can be found under the Meetings tab on the WSO website.

Thank you to everyone for your service. I'm looking forward to the new term beginning January 1 and how we can all make our District work for everyone. Take care of yourselves, be safe, and stay healthy.



Secretary, Doon R.

Meeting Minutes

Secretary, Doon R.

October 17, 2020

Virtual meeting held online via Zoom

District Representative Anna A. called the meeting to order at 9:02am, thanked everyone for attending, and welcomed eight new GRs. After introductions, the group said the Serenity Prayer, and members read The Twelve Traditions, Twelve Concepts of Service, and General Warranties of the Conference.

DR Announcements

Anna A. reviewed basic protocols. Voting will be conducted by raised hand, Yes/No options, or through the chat feature. For those on audio-only and/or were unable to text, cell numbers and email contact information was provided.

The Zoom chat feature will be used for Ask It Basket questions. Answers will be published in the next edition of the newsletter.



Seventh Tradition contributions can be sent to Treasurer Robert G. Any donations resulting from this meeting will be reported in the next newsletter.

Contact Anna A. for changes or additions to the COVID-19 virtual meeting list. District Group Records Coordinator Cathy M. will make any other group changes.

Fall Assembly on November 7, 2020 is an Elections Meeting and will be held virtually. Anna A. encouraged members to attend.

Please see Anna A.'s full report in the *Fall 2020 District 6 Newsletter*.

Distributed Report Questions

Secretary Doon R. presented the July 18, 2020 Minutes as printed in the *Fall 2020 District 6 Newsletter* and provided to the GRs electronically prior to the Business Meeting. There were no corrections or additions. The Minutes were approved.

Treasurer Robert G. presented the 2020 District 6 Third Quarter Operating Statement.

Alateen Coordinator Pat E. distributed her report electronically prior to the meeting. She read aloud from part of her report, asking Al-Anon and AA members to share our recovery with our children, to announce Alateen meetings, and when we can meet face-to-face again, encourage parents to bring the teens to meetings.

AAIC Liaison Kathy J. provided information that those wishing to purchase literature can email AAICemployee@gmail.com and arrange to pick-up on Saturdays. The Al-Anon office accepts checks; they are in the process of setting-up a Venmo account.

Newsletter Coordinator Mary M. had an addendum to her distributed report. Four copies of the *Newsletter* were returned as undeliverable. So far three have been resolved.

Coordinator Hispanohablante Pat I. noted that he was the only member of a Spanish-language AFG in attendance. He feels the challenge for next year is to better reach out to the Hispanic community. He encourages members who speak some Spanish to attend Spanish-language and bilingual meetings and says that more regular translation of district reports and simultaneous interpretation at meetings will help. It was suggested by a GR that groups read pamphlet [S-68, Al-Anon Welcomes All People of Color](#).

Upcoming Events & Volunteer Opportunities /Al-Anon Related Announcements

Delegate Kay C. encouraged all to attend the Delegate's Chat on November 14, 2020 from 1:00-3:00pm. The topic is Service Sponsorship.

District 6 ATAAC Representative Paula H. announced she will be succeeded by Cat A. beginning



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January 1, 2021. The All Texas Al-Anon/Alateen Conference will be coming to Austin in 2023 and 2024. Cat A. will chair this event. A representative from Texas East is needed to attend ATAAC in Houston on February 19-20, 2021. Paula H. is available to answer questions. Please contact Cat A. after December 31, 2020.

The group took a break from 10:20am until 10:26am.

NEW BUSINESS

Roll Call, Voting Procedure Agreement & Elections

The roll was called by Doon R. There were 30 voting GRs. A simple majority was 16 votes. A 2/3 majority was 21. Each group gets one vote. The GRs would use a simple majority for usual business matters and a 2/3 majority for election purposes.

Attendees were asked to stay through the elections so the number of voting members remained constant. All voting positions were open for the 2021-2023 term.

Voting Results

One candidate stood for each of the following positions and was elected unanimously:

- District Representative – Anna A.
- Alternate District Representative – Lynn P.
- Secretary – Mimi C.*
- District Group Records Coordinator – Cathy M.
- Public Outreach-North – Gail H.
- Forum/Literature Coordinator – Peggy D.

The following positions were not filled at this time and can be appointed by Anna A.:

- Treasurer
- Alateen Coordinator
- Archivist
- Newsletter Coordinator

- Public Outreach-South Coordinator
- Coordinator Hispanohablante/ Spanish Coordinator

* Because Mimi C. was facilitating and could not go to the waiting room she was elected by Motion.

Motion to elect Mimi C. as incoming Secretary passed unanimously.

The group took a lunch break from 11:53am to 12:16pm.

CONTINUE NEW BUSINESS

Roll Call, Voting Procedure Agreement & Elections, Continued

A second roll call was taken. There were 31 voting GRs. A simple majority was 16 votes; a 2/3 majority was 21. The GRs would continue to use a simple majority for usual business matters and a 2/3 majority for election purposes.

Voting Results

One candidate stood for each of the following positions and was elected unanimously:

- Archivist – Barbara Marr
- Public Outreach-South Coordinator – Mary Raley

Anna A. encouraged members to call her or current Officers and Coordinators for more information on open positions.

January District Meeting Format

Motion that the District Meeting be held virtually. The Motion passed unanimously.

Budget Line Item for District Zoom Account

Anna A. proposed the District add a Budget line item to have funds for the Zoom Plan (specifically their Business Plan to retain all features). The cost would be approximately

\$225 per quarter or about \$900 per year.

Motion to put \$1,000 in next year's Budget for the Zoom account. The Motion passed unanimously.

Continued Printing of Newsletter

Anna A. asked for volunteers for a Thought Force to address continuing to print the *Newsletter* at the January 16, 2021 District Meeting. Mary M. , Danielle A., Tom B., Bill H., Denise F., and Jackie D. agreed to serve on the Thought Force. Mary M. will chair.

Virtual Alateen Posters and Schools

Anna A. asked for volunteers for a Thought Force to discuss how to deal with virtual Alateen posters as well as printed posters in schools at the January 16, 2021 District Meeting. Myra C., Ilene F., and Teresa S. agreed to serve on the Thought Force. Myra will chair.

District Newsletter /Spanish Translations

Mary M. and Anna A. discussed the need to have ongoing, effective means to support all kinds of communication with our Hispanic community.

Anna A. asked for volunteers for a committee to investigate methods to involve more members. Although Paula H. and Pat I. offered to be of service there was no additional volunteer to form a committee. Anna A. will obtain more feedback from the Area's discussion.

Unallocated Funds Task Force

Public Outreach-South Coordinator Dave L. (chair) recommended we take no further action until the COVID-19 situation is more resolved. No action was taken.

The group took a break from 1:45 pm until 1:55pm.



CONTINUE NEW BUSINESS

Austin Al-Anon /Alateen Information Center Financial Status

Anna A. summarized a financial report provided by AAIC Treasurer Celeste T. and encouraged GRs to volunteer to serve on their Board.

Motion to give \$1,000 to the Information Center from Unallocated Funds. Twenty-three voting GRs remained. The Motion passed with 13 votes for, 10 against, zero abstentions.

Survey Results: Al-Anon Awareness

Anna A. stated that she would leave the Public Outreach Survey open until the end of October to allow more people to respond. She will compile and send the survey results out to the District before the next district meeting.

District Workshop Format Committee Status

Anna A. reported on behalf of Committee Chair Josie R. Josie R. asked Area Website Coordinator Dorie J. to update the website with additional workshop information.

GRs Shared Successes and Challenges

Some groups have either returned to or are testing the waters with a temporary return to face-to-face (FTF) meetings with strict guidelines in place. They're meeting at parks and their regular meeting places. Several GRs reported very good virtual participation but relatively few members attending in person. One group is offering hybrid (a combination of both virtual and in-person) meetings. Two reasons mentioned for meeting FTF were the importance of being there for newcomers and people who are technically challenged and to accommodate our members who do not want to meet virtually. For one group an issue of liability coverage prohibits them from meeting FTF at their facili-

ty.

Members who have moved away and other members from out-of-state, even some from other countries, are joining our virtual meetings. The two GRs who mentioned this expressed concern about losing those connections if they return to FTF meetings only. One of those groups has decided to continue their online meetings after the COVID-19 issues are resolved.

One group has been creating an online newsletter to keep members up to date. Another is keeping their meeting list on WhatsApp so whenever they need to change something they can easily send a message. They frequently send out slogans as well. Similarly, a group is using an app called GroupMe as a sustainable location for members to get all their group information.

Many groups are finding it difficult to attract and sustain newcomers. The comment was made that having in-person meetings seems to encourage more newcomers. The GRs were asked to direct newcomers to the Austin Information Center website austinalanon.org. Under the

Meetings tab, there is information on COVID-19 meetings.

Anna A. requested feedback on the meeting and expressed her desire to make our virtual experience the best it can be for all of us.

CLOSING

The Meeting closed at 3:08pm with the Al-Anon /Alateen Declaration in both Spanish and English.

Let It Begin With Me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and ***Let it Begin with Me.***

¡Que empiece por mí! Cuando alguien, dondequiera que sea, pida ayuda, que nunca falte allí la mano de Al-Anon y Alateen, y — ***¡Que empiece por mí!***

Future District Meetings *Hosting Groups Needed for 2021!*

January 16, 2021 – Online (3rd Sat)

April 17, 2021 – Host To Be Determined (3rd Sat)

Other Important Dates:

November 7, 2020 – ETAA Fall Assembly, Online
Elections



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AI-Anon/Alateen



AAPP - Area Alateen Process Person

AIS - AI-Anon Information Service

AMIAS - AI-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 AI-Anon/Alateen

ETAAA - East Texas Area AI-Anon/Alateen Assembly

GR - Group Representative

ISR - Information Service Representative

LDC - Literature Distribution Center

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

PO - Public Outreach

PSA - Public Service Announcement

TEA AC - Texas East Area Alateen Conference

TEAM - Together Empowering AI-Anon Members

WSC - World Service Conference

WSO - World Service Office

(A.A. - Alcoholics Anonymous)



How can we do outreach to towns and counties without AI-Anon meetings in our district under conditions that require socially distanced or online meetings? What forms of local personal outreach or advertising might we use to bring newcomers from areas without AI-Anon or Alateen to our current virtual meetings, or to help locals get their own meeting going!

This is an endeavor with many moving parts that requires cooperation and collaboration, so the short answer is that a Thought Force is probably the best way to begin thinking through available options. The most effective Thought Force is one made up of members with varying degrees of experience within the program, members from both our English and Spanish groups, and most importantly, members who are excited and passionate about this issue. What a wonderful 12th Step Opportunity.

Current outreach efforts can be found on the East Texas Area AI-Anon/Alateen website at <https://texas-al-anon.org/members/> and on the WSO website at <https://al-anon.org/for-members/public-outreach/public-outreach-groups/>. These involve the use of posters, public service announcements, pamphlets, etc.



New officers and coordinators were elected at the last District Meeting. Many thanks to all of those who served in those positions for the previous three years. And thank you to all of those people who have answered the call to serve in the coming term. Your service enriches us all!



Coordinator Reports



Newsletter, Mary M.

For the "Fall 2020" issue of the newsletter, we mailed 97 copies and had three returned as undeliverable. Total cost for the issue was \$417.60.

A Thought Force was created to address the following items:

- ◆ What is the purpose of the newsletter?
- ◆ Who is the audience for the newsletter?
- ◆ Is both an online and print version needed?

See the "Thought Force Reports" section of this newsletter for an update.



Group Records, Cathy M.

It is easy to make changes to the information WSO, the Area, and the District has for your group. To download a print form or to make online changes, go to AI-anon.org, click on "Member Resources" and look for the tab "Group Records."

Or, you can contact Cathy M., the District 6 Group Records Coordinator at etx6grouprecords@gmail.com, tell her what changes you want made, and she will make them for you. You can also contact her with any of your group records questions.

Group Reports

Bellmead AFG

(Bellmead, Texas) *Susan C., GR*

The Bellmead AI-Anon Family Group is moving from St. Joseph's Church to St. Paul's Lutheran Church January 1, 2021. The new location is 1301 Logan Lane, Bellmead, TX 76705. Use Entrance A on the parking lot side.

Meetings will continue to be held Monday and Thursday evenings at 7:00pm to 8:00pm

Central Texas Serenity Seekers AFG

(Harker Heights, Texas) *Myra C., GR*

Our regular meetings have remained virtual. Since our meeting location has been shut down due to COVID-19, we added one temporary face-to-face meeting after coming to a vote at our Group Conscience in October of 2020. Over all, we are healthy and have been remaining virtual mostly. We also held elections for 2021. Please help me welcome Donna M., GR for 2021 (our former GR Alternate) and our other members that are willing to be of service starting 2021.



Glasshouse AFG

(Temple, Texas) Jackie D., GR

This year our group has also discovered the joys and sorrows of meeting online. Luckily, one of our members had a membership to Zoom, so we were able to meet uninterrupted for the full hour and even longer some weeks during the spring and summer. We decided to start meeting in person at our normal meeting place, First United Methodist Church of Temple, when that church allowed us to go inside in late August. Some members still met online.

The church administration allowed us to meet inside BEFORE the church membership was allowed to meet inside. We were told that the church administration believes our meetings are VERY important! We followed the prescribed rules of cleaning the tables before and after meetings and wearing masks upon entering the building. We also continue to share our meetings with one member online.

We have gained some new members, but we lost more members when the pandemic began. We are hoping that the church remains open as we believe recovery works better in person! We want to wish all the groups in our district and our generous leadership officers a heartfelt "Merry Christmas" and a much happier 2021!

Serenity Seekers AFG

(Austin, Texas) Joyce H., GR

Serenity Seekers Austin continues to meet virtually on Fridays at 6pm. If you'd like to join us, our Zoom information is on the Austin Al-Anon website. We're a newcomer's meeting, so the first part of our meeting is dedicated to newcomers, but everyone is welcome. We study the steps, topics, and have a birthday/gratitude meeting on the last Friday of the month. We're grateful we've been able to keep this meeting going since the Unity Church closed its meeting rooms in March.

Taylor AFG

(Taylor, Texas) Nancy B., GR

The Taylor AFG normally meets at the First United Methodist Church located at 907 W Lake Dr. in Taylor on Thursdays at 6:30pm. However, we are not currently meeting due to COVID-19. A few members have been going to Zoom meetings in Elgin and Bastrop.

Wimberley AFG

(Wimberley, Texas) Brian M., GR

Wimberley AFG continues to meet virtually on Zoom. Our meeting location, Wimberley Presbyterian Church, has authorized us to meet in person, as long as we meet safety guidelines, but we feel it best to continue meeting online for now. We will have a group conscience in January to see how members feel about meeting in person. We continue to have new members show up regularly. Our meetings continue to be well attended with loving experience, hope, and strength from all members. I am very grateful to be a member of this group and to represent them as their GR. We wish all a Happy, Healthy Merry Christmas and New Year.

Website



WSD

www.al-anon.org/members

(log in using your group name followed by "AFG")

Texas

www.texas-al-anon.org/

(password: anonymity)

Austin

www.austinalanon.org



Information Center Report

The Austin Al-Anon/Alateen Information Center (AAIC) Board met on November 16, 2020 at 6:30pm via Zoom. There were enough voting members present to represent a quorum.

- COVID-19 meeting list on Info Center website needs to be reformatted and updated. This should be done within a month but is getting updated regularly without reformatting.
- Treasurer Report – The AAIC got another third party check from a Facebook fundraiser. Terry F. returned the check with a note. She will write a letter to be removed from FB list of organizations for fundraising.
- Info Center Employee's report – Literature sales are currently being processed on a weekly basis. There was a total of five orders in last quarter. The inquiry line is getting calls per week. Patrice O. will be given a list of the COVID-19 meetings so she can direct people to online meetings.
- Inventory – Don C. said he plans to do an inventory at the end of 2020.
- Finance – Terry F. said we have tabled the issue to get set up to accept payments via Venmo. There have been no requests per Janie. We will revisit if we get requests.
- Volunteers – We have all Saturdays covered. This is the only day we need because that is the day we ship orders. The service center is closed for regular walk-in business.
- Webmaster – There seems to be a hold up on updating the website due to inability to contact our current webmaster. We will get some bids by next quarter and report back at the next meeting.
- Elections were held. The following positions were elected:
 - Chairperson – Sam Z.
 - Treasurer - Kathy J.
 - Liaison – Position is open
 - Meeting List Coordinator – Position is open
 - Finance Chair – Terry F. will remain in this position
 - Literature – Don C. will remain in this position
 - Secretary -Susan L. will remain in this position

The next AAIC Board meeting will be on February 15, 2021 via Zoom as decided by consensus.

Yours in service,
Kathy J., AAIC Liaison

The Austin Information Center Liaison service position is open!

The person holding this position is the primary bridge between the AIC and the District and Area, so attending district meetings, area assemblies, and Area World Service Committee meetings is key.

If you are interested in standing for the Liaison position, please contact the AIC Board Chair Samantha Z. at aaicchairperson@gmail.com.



Thought Force Reports

District 6 Newsletter Thought Force

Mary M., Lead

The Thought Force evaluating the *District 6 Newsletter* has met several times via Zoom. Members include Anna A., Bill H., Danielle A., Denise F., Jackie D., Mary M., and Tom B. The Thought Force developed a poll to gain input from current Group Representatives. **Thank you to everyone who participated!** We also queried the other districts about their newsletters.

The results from the poll of GRs and discussion with other districts showed:

- The current sections of the newsletter are each used by at least 55% of the respondents and up to 89% of the respondents, which tells us those sections are useful.
- Only 60% of the respondents knew about and could find the digital version of the newsletter.
- Two-thirds of the respondents preferred the digital version over the hardcopy.
- Out of 10 other districts in our area, one has an online newsletter and one has a hardcopy newsletter; the other districts don't distribute a newsletter at all.

This information informed our discussion and answers to the KBDM questions as follows.

What do we know about our members' (and prospective members') needs, wants and preferences that relate to this issue?

The purpose of the newsletter is:

- To provide information to the GRs for use at the District Meeting
- To provide all groups with a connection to the district
- To make members aware of the Al-Anon structure
- To make members aware of service opportunities
- To make members aware of district/area/WSO needs
- To document the district meetings
- To provide the contact info for officers, coordinators, and GRs
- To announce upcoming events

Before examining changes to the content of the newsletter, the Thought Force spent a majority of its time discussing whether both a digital and hardcopy version are required. This is because the content of the newsletter is currently constrained by its distribution method.

The difference between the digital and hardcopy newsletter is the online newsletter does not contain personal contact information to guard anonymity, nor does it contain the Al-Anon meeting lists (there is a link to the lists). Due to the time required to print and distribute the hardcopy, the newsletter does not contain all of the information for the District Meeting. Instead, the DR has to make a separate mailing before the DM. Thus, there are multiple sources of information to use at the DM.

grant me the
GOD SERENITY
 to accept the
 things I cannot change
COURAGE
 to change the things I can
 and the
WISDOM
 to know the
DIFFERENCE



What do we know about the resources and our vision for Al-Anon and our meetings that are relevant to this issue?

- We have an annual budget that covers four issues of 20 pages
- The hardcopy is mailed to each CMA and the digital version is emailed to each GR
- The DR has a program that would easily provide for creation and distribution of a digital version
- We want to reach as many people as possible with district information to attract interest in service positions within the district and engender community

What do we know about our “culture” and “environment” that is relevant to this discussion?

- We have a large and active district
- Current distribution relies on the GRs to distribute the newsletter to members
- We need to guard anonymity

What are the ethical implications of our choices? Would we be practicing our “principles in all our affairs”?

We used the *Al-Anon/Alateen Service Manual 2018-2021* and if we have question of legality we will run it by WSO.

What do we wish we knew, but don't?

We used the GR poll and query to other districts to answer outstanding questions.

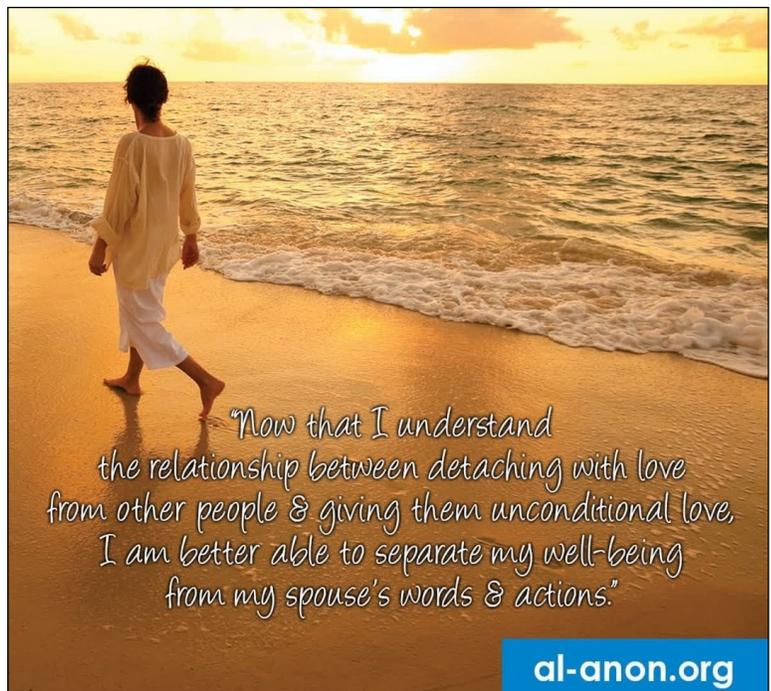
The Thought Force will meet in January to develop recommendations to be presented at the January District Meeting.

Virtual Alateen Posters Thought Force

Myra C., lead

Members of the Thought Force for Virtual Alateen Posters are Ilene F., Teresa S., and Myra C. We have been meeting weekly for the past two months. We made revisions and updated the Proof of Concept (POC) for the three physical posters that were made by District 6 years ago. The POCs were submitted to WSO on December 11, 2020. We are waiting to hear back by December 23, 2020 from WSO for their approval on the POCs.

Group Representatives please be on the lookout for an email in January sent out by Anna A. (DR). We would like feedback in response to our POCs.



Service Arms

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

WORLD SERVICE OFFICE AFG, INC.

1600 Corporate Landing Pkwy
 Virginia Beach, VA 23454-5617
 (800) 344-2666
 www.al-anon.alateen.org

DISTRICT 6

Robert G.

EAST TEXAS AREA (ETAA)

Treasurer — ETAA
 P.O. Box 1324
 Silsbee, TX 77656

AL-ANON INFORMATION CENTER

6301 Manchaca Road, Ste. F
 Austin, TX 78745
 (512) 441-8591
 aaicemployee@gmail.com



District 6 Service Committee

OFFICERS

DISTRICT REPRESENTATIVE

Anna A.
 etx.district6@gmail.com

ALTERNATE DR

Lynn P.

SECRETARY

Mimi C.

TREASURER (INTERIM)

Robert G.

COORDINATORS

ALATEEN

OPEN POSITION

ARCHIVIST

Barbara M.

FORUM/LITERATURE

Peggy D.

NEWSLETTER

OPEN POSITION
 etx6.newsletter@gmail.com

PUBLIC OUTREACH (NORTH)

Gail H.

PUBLIC OUTREACH (SOUTH)

Mary R.

COORDINADOR HISPANOHABLANTE

OPEN POSITION

DISTRICT GROUP RECORDS

Cathy M.
 etx6grouprecords@gmail.com



Sharing of Service

WORKSHOP

Saturday, January 16, 2021

Hours: 9 am - 3:30 pm (Pacific Time)

9:00 am - 12:30 pm

"Using the Concepts in Our Personal Lives" Concepts 1-6
Ric B., Fort Lauderdale, Florida (With Audience Participation)

12:00 pm - 12:30 pm LUNCH

12:30 pm - 1:15 pm *Speaker*

Jud L., Past Delegate, New Mexico/El Paso

1:30 pm - 3:30 pm

"Using the Concepts in Our Personal Lives" Concepts 7-12
Ric B., Fort Lauderdale, Florida (With Audience Participation)

FREE ZOOM EVENT!

English Speaking Information

Meeting ID: 928 2635 9560

Passcode: 219770

Para Audencia en Español

Codigo de Sesion: 930 6503 4920

Contraseña : 886041

Contact: Jayme C., Past Delegate

Cell: 714-349-5171

Email: jayme1127@aol.com

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Fort Worth, TX



www.ataactx.com

Feb 19-21



Recovery:
Looking for LOVE in all the RIGHT places

Volunteers Needed

Spanish & English speakers

Raffle Baskets

Celebrate Al-Anon's 70th birthday!

Contact Cheryl C for more information.
fwataacchair@gmail.com or call 817-994-6698

