



District 6 Newsletter “The E-News”



Church of Christ

1525 W University Ave
Georgetown, TX 78628

District Meeting

Saturday, October 15, 2022

We will be meeting IN PERSON AND ONLINE

The information to join the meeting online 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.

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It’s FALL, Y’all! Well, at least on the calendar..., but change is coming! The changing of the seasons brings to my mind the changes we see in our lives as a result of working our program. While all the Steps are important, for the sake of brevity, we will focus on Step 5.

“When we take Step 5, we demonstrate a willingness to change.” (*In All Our Affairs*) Now that we are willing to change, “I continually need to let go of Old ideas when they no longer work for me. If I don’t get too attached to any one way to approach life, I adjust to change with a lot less stress and strain.” (*Courage to Change*, May 26)

And so... “Today I can accept the changes occurring in my life and live more comfortably with them. I will trust in the God of my understanding, and my fears will diminish. I relax in this knowledge, knowing that I am always taken care of when I listen to my inner voice.” (Today’s Reminder – *Courage to Change* September 21)

District 6 Meeting Minutes

July 16, 2022 (Saturday)

Minutes by Norma B, Secretary

Welcome; Serenity Prayer; Traditions, Concepts, & Warranties; Introductions: New & Returning Group Representatives (GRs), Group's City; Ask It Basket; 7th Tradition

District Representative Anna A. opened the meeting welcoming everyone and greeted the 6 new GRs. She thanked the host group, Lakeway 3Cs. Anna also thanked Pat E for her continued service as Alateen Coordinator until the end of this term.

Cat introduced her host committee and thanked them for their assistance.

Anna formally opened the meeting with a moment of silence and led the Serenity prayer. The Traditions, Concepts, and Warranties were read.

Norma did roll call.

Business Meeting

a) District Rep (DR) Announcements

Ask It Basket: Anna passed the Ask It Basket and announced that questions can also be texted or emailed (ext.district6@gmail.com) to her. Responses will be posted in the next newsletter. Our newsletter is sent to the GRs electronically and is available on the Austin Al-Anon Information Center (AAIC) Website under the Resources tab.

7th Tradition: The basket was passed for the 7th Tradition contributions. Contributions can also be sent to the District treasurer at the address in the mailout of the printed Service Arms page which was mailed to the group Current Mailing Addresses (CMAs) in November 2021. Contributions will be noted in the next newsletter.

The DR report was given and is also included in the District newsletter.

District 6 is hosting the Spring 2023 Assembly. It is scheduled for May 19 – 21 at the Wingate by Wyndham in Round Rock. The Assembly's theme is "Bloom and Grow – Recovery." Tom C., the Associate Director for Literature will be the WSO speaker. Several more positions need to be filled including the Alateen, Entertainment, and Literature Chairpersons as well as the AA Liaison. The duties for each position can be found in the ETAA Assembly Guidelines for Area Host Committee located on the Texas East website.

Electronic meetings – Al-Anon Family Groups Which Meet Electronically (AFGWMEs): A vote will likely take place at the November Assembly to determine whether AFGWMEs can remain part of the Texas East Area service structure. Please read the summary in the last edition of the newsletter to prepare for the vote.

Reminder: If a group is meeting only electronically (no in-person component to the meeting), the group must register as an AFGWME. Groups must make a decision if they will remain an electronic only meeting and if so, register with the WSO as an AFGWME. Anna can be contacted for questions. Questions regarding registration should be sent to Cathy M, District 6 Group Records Coordinator (etx6grouprecords@gmail.com).

Anna sent a survey to the GRs asking about how best to reach rural groups. The GRs have been requested to answer the survey by July 31st. They are also welcome to send the survey to their groups for input.

Anna and Lynn have started scheduling in person visits to the newest groups in our District. There are 75 groups in District 6. Let Anna know if your group would like her and Lynn to attend your meeting.

b) Distributed Report Questions – Secretary (Approve April Minutes), Treasurer, Forum/Literature, Newsletter

Following the Knowledge Based Decision Making (KBDM) system, the reports were sent to everyone for review prior to today's meeting.

Minutes: No amendments were submitted. The April Minutes were approved as printed in the Summer 2022 District Newsletter by consensus.

Treasurer Report: No amendments or questions were submitted. The Treasurer's report is printed in the Summer 2022 District Newsletter.

The Forum/Literature and Public Outreach reports were given.

Anna: If you need it in your service position, please ask for help. Anna will put you in contact with someone to help.

c) Other Updates

Austin Al-Anon Information Center (AAIC) - Jessica P: A Board Chair for the Information Center is needed. They must have attended Information Center meetings. The Information Center is open and looking for volunteers. The landlord has decided to not sell the building, so we have a new 3-year lease. There will be a \$15 increase per year for the next 3 years. Talk to Janie H. or Jessica P. if you have questions.

Lynn P.: The Information Center has decided to do their board meetings electronically. Each group is allowed to have a voting member on the AAIC Board. Contact Jessica P. if your group is interested in sending a member. The meetings are held on the third Monday in February, May, August, and November. The next meeting is August 15th at 6:30PM. Steve B. asked if the meeting information can be posted on the AAIC Website. Anna will get with Terry to see where the most appropriate place is to post it. Anna will send Jessica's report when she receives it.

Al-Anon Birthday Celebrations

Pat E's 50th birthday was celebrated at the Area Assembly.

Service is the icing on the cake because it gets you out of the meeting and into the fellowship.

Bill and Betty celebrated 40 and 40+ years in the program.

Betty: If you have come to your first District meeting, please don't make it your last as it is a world of recovery.

Bill: Alateen is one of the easiest positions because all you have to do is let the Alateens have their meeting and watch other people's lives change.

Charlotte celebrates 40 years on Oct 31st.

One of my biggest growth spurts was getting in the car with other Al-Anons and going to conferences.

Anna congratulated Pat, Bill, Betty, and Charlotte on their anniversaries. She thanked everyone for their service.

Area Delegate Report/Workshop – Area Delegate Mattie T.

Anna welcomed our special guest, Mattie T.

Mattie came to Al-Anon in 1992. She shared her service story.

"When I make a commitment, I have to keep that commitment. Just need to ask and people show up."

Mattie led the Al-Anon History Game. References for the game are 'Lois Remembers' and 'Many Voices, One Journey.'

International Al-Anon Convention: June 29–July 2, 2023. Registration opens November 2022. The conference is in Albuquerque, NM. A new daily reader – A Little Time for Myself – will be introduced. It will be available for purchase at the conference.

New Business

a) Roll Call & Voting Procedure Agreement (majority vs 2/3 approval) – Secretary Norma B.

Total number of voting GRs = 22

2/3rd = 15

Simple majority = 12

A simple majority is used for all voting except for elections.

b) Possible Vote for District Spanish Coordinator – Anna A.

Anna reviewed duties. We have volunteers to help with translating. Anna asked if anyone is willing to stand for District Spanish Coordinator. The previous coordinator will help with the transition as well as past coordinators willing to help. There were no volunteers. Anna asked the GRs to announce the position to their groups. Put any possible volunteers in contact with Anna. There is no prerequisite. Just a willingness to serve.

c) Possible Vote for District Alateen Coordinator – Anna A.

Anna asked if we have a currently certified Al-Anon Member Involved in Alateen Service (AMIAS) willing to stand for Alateen Coordinator. Alateen Coordinators must be a certified AMIAS. Anna reviewed duties. There were no volunteers. We have 16 AMIAS in our District. If we have anyone interested in serving in the future, please contact Pat E. We currently have 3 active Alateen groups. Please ask your groups if anyone is interested in serving.

d) Future District Meetings – Anna A.

Anna asked if everyone is okay with continuing with the current trend for District Meetings unless there is a change in COVID status. Please let Anna know today if your group is interested in hosting and she will pass the supplies to you. The guidelines are in the last newsletter.

Jessica P's group is willing to host but does not have a venue. Lydia M will ask her group to co-host with Jessica's group. She will consult with her group. The District will reimburse \$300.

e) District Document Repository Demonstration – Chair Jessica P.

At the April meeting the task force chair presented a final report making recommendations for a repository for storing District documents as well as a new District service position to maintain and oversee the repository. The task force recommended using Microsoft One Drive. It was requested for Jessica to give a demonstration.

Jessica: We will tag off the current Austin Information Center website using the District 6 link. The repository will hold meeting minutes, flyers, anything that is of interest to the District. It was recommended to have a new District service position to set up and maintain the folders. Jessica P will help with this at the beginning. Emails would include a link to the document and/or folder.

One Drive advantages are:

One Drive account is not needed.

We are under the not-for-profit umbrella so Microsoft would give us a certain amount of free storage space. Over that and we would need to pay a fee which would probably be a minimal cost.

The security would be opened as read only for anyone who has the link to the document. Only certain people would have the ability to post. Anything posted on the website does not have personal information.

Jessica demonstrated Microsoft One Drive.

Discussion followed:

New service Position: The first person holding the new service position would be responsible for gathering the information and posting it. The duties for the service position are available in the Summer 2022 edition of the District 6 Newsletter. The first person should probably be a technical person. Future trusted servants will not need to be as technically inclined. The term for the new service position would be the same as other positions – 3 years. If they started in Oct 2022 they would serve through Dec 2023. There is no prerequisite for the position.

Natanya A. suggested putting together information to train people how to use the repository. Kay C. said that we can also digitalize the archived/documents we now have and include them.

A motion was made by Karen C, GR for Lake Travis AFG, for District 6 to accept the task force recommendation and approve the use of Microsoft One Drive for a District document repository. Seconded by Shirley M. The motion passed.

Simple majority vote:

For: 21

Opposed: 0

Abstained: 0

A motion was made by Cat A, to accept the recommendation by the task force for the new service position for the One Drive repository, titled 'District 6 Cloud Based Coordinator'. Seconded by Natanya A. The motion passed.

Simple majority vote:

For: 21

Opposed: 0

Abstained: 0

Anna asked if anyone would stand for the District 6 Cloud Based Coordinator. Kay C volunteered to stand for the position. Kay was elected.

2/3 vote:

For: 20

Opposed: 0

Abstained: 0

f) October District Meeting Hybrid Component – Anna A.

At the April meeting the GRs voted to include an electronic component. It was decided to create a workgroup to work out the details. This is not something that can be done by one person or at the last minute. So far, the work group consists of Anna A and Jessica P. One to two additional people are needed. It was asked if anyone was interested in being part of the workgroup. Kay C suggested GRs ask their groups.

Anna stated that if we do not have a work group, we will not have an electronic component at the October meeting. The workgroup needs to be set by July 31st or Anna will cancel the electronic component. The workgroup will discuss how to do the set up (equipment, etc.) and approving the money to do it.

Natanya said to think of it as an audio/visual production and what are you doing to create unity. Expect to need 4 or 5 people in the room to help with the technical part. Cat A volunteered to be part of the work group.

Discussion continued.

Anna will chair the workgroup. She asked everyone to take it back to your groups to see if anyone is willing to participate.

Lynn P will chair the meeting as Anna will just be returning from a vacation. Also, Norma B. will be traveling, so we need a secretary for the October meeting. Natanya A volunteered to take the minutes for October.

Announcements:

Cat A, 2023/2024 All Texas Al-Anon/Alateen Conference (ATAAC) Chair: The ATAAC Committee is looking for volunteers particularly an AMIAS for Alateen. Online registration is now live at ATAACTX.com. Cat's email is ATXATAAC2023.chair@gmail.com.

Pat E: Requested that the District make a contribution to the WSO. Debbie P, Treasurer said the District has about \$8,000 in unallocated funds.

Pat E. made the motion to send a \$2,000 contribution to the WSO. Jessica P seconded. The motion passed.

For: 21

Opposed: 0

Abstained: 0

Closing: Al-Anon Declaration

Anna closed the meeting with the Al-Anon Declaration.

Future District Meetings

- October 15, 2022 – Hosted by _____ (3rd Sat)
- January 21, 2023 – Hosted by _____ (3rd Sat)
- April 15, 2023 – Hosted by _____ (3rd Sat)
- July 15, 2023 – Hosted by _____ (3rd Sat)

Other Important Dates:

- August 15, 2022 – Austin Information Center Board Meeting (Virtual)
- November 4-6, 2022 – East Texas Area AI-Anon/Alateen Fall Assembly (Lake Jackson, TX)

Newsletter Deadline For: District Officers, Coordinators, GRs, & Thought/Task Force/ Committee Team Reports – **DUE BY: September 24, 2022**



Ask It Basket Questions

Question 1: Can you advertise Al-Anon in local papers regarding what it is and other information?

Answer: Based on the *2022-2025 Al-Anon/Alateen Service Manual (v2)*: “Many groups participate in public outreach activities coordinated by their District, Area, and/or local Al-Anon Information Service (AIS). Local media outreach (TV, radio, print media, posters/other printed materials, and the internet) is handled by the District, Area, or AIS. Additional ideas for outreach projects are posted under the Members menu at al-anon.org. Al-Anon and Alateen members can also share postings from the World Service Office (WSO) social media pages, being certain when doing so that they do not add personal information to the share that would reveal their membership in the program.” (Page 44)

As referenced in the Service Manual, current public outreach information can be found at <https://al-anon.org/members/public-outreach/materials-post-online/>, where the WSO grants permission for specific materials to be posted on service arm websites, along with required copyright and trademark information.

More information can also be found under *Public Outreach* in the Service Manual (Pages 119-128), and other public outreach guidelines that may be helpful to groups include [Public Outreach Service \(G-10\)](#) and [Public Outreach to Professionals \(G-29\)](#).

Question 2: At our group, members have the impression that crosstalk is OK on birthday meetings [i.e., giving feedback to the birthday person (by name) directly during the meeting]. Would like comments please based on our literature. Should there be “crosstalk” during Al-Anon meetings after members share their story?

Answer: This is an issue most likely resolved through a group conscience decision or perhaps through a group inventory if one hasn’t been conducted in a while. The guideline Taking a Group Inventory ([G-8a](#) and [G-8b](#)) is a useful tool, which can be used in this process.

Information on how to conduct a group conscience meeting can be found in the *2022-2025 Al-Anon/Alateen Service Manual (v2)*, under Group Business (Pages 46-57) and the following sections:

- Group Business Meetings and Group Conscience
 - Group Business Meetings
 - Discussion of the topic(s)
 - Group Conscience
- Group Inventory
- Group Problems and Solutions

As a possible consideration in a group conscience on this topic, the September 2007 edition of *The Forum* contains a sharing entitled “Crosstalk – or loving interchange?” by Martha C. from Virginia. This sharing presents the perspective of “since we don’t give advice, the loving interchange is one of the most significant gifts we can give each other.”

Question 3: What is the proper way to ask a member not to come back to our meeting? We have a member who called the Chair a terrible name at a meeting in front of all members. She continues to come back even though we addressed the situation in a group conscience meeting.

Answer: If it is determined through the group conscience that a member will be asked to leave, the decision should be placed in writing and delivered to the member. Ideally, the letter should state what Al-Anon principle(s)/Tradition(s)

are being broken, that the behavior is unacceptable, and provide an opportunity for the member to appropriately adjust the behavior. The letter should be clear that if the behavior is not adjusted as stated in the letter, the member will be asked to permanently leave the meeting/group. The draft letter may be sent to the District Representative for comment prior to being delivered to the member.

If the member refuses to appropriately adjust the behavior and/or leave the meeting, the group conscience should decide how to handle the situation. Safety of all group members is of the utmost importance, and a useful tool to help with this is the *Let's Talk about Safety in Al-Anon Meetings* guideline, which can be found at <https://al-anon.org/pdf/Safety-in-Al-Anon-meetings.pdf>. The cards *Conflict Resolution using our Twelve Traditions (S-72)* may also prove helpful by bringing the focus back to our basic Al-Anon principles as found in the Twelve Traditions. The cards are available through the [Austin Al-Anon Information Center](#) or the [WSO Online Bookstore](#).

Al-Anon/Alateen 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
PO	Public Outreach
PSA	Public Service Announcement
TEAAC ...	Texas East Area Alateen Conference
TEAM.....	Together Empowering Al-Anon Members
WSC	World Service Conference
WSO	World Service Office
A.A.....	Alcoholics Anonymous

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District Representative Report

Pumpkins have taken over the grocery stores, the nurseries, and the wall socket in my kitchen to give off some seasonal aromas. As fall moves into its next month, please come join us in person **OR** online at our October District Meeting. Yes, we're excited to bring you our first District meeting with an electronic component (otherwise known as a "hybrid").

The District is also involved in several upcoming events and issues. Read on for more information.

Events

- District Meeting on October 15 – The meeting will be held at the Georgetown Church of Christ, 1525 West University, Georgetown TX 78628. Our two hosting groups are Georgetown West and Anderson Mill AFGs. Please invite and bring others from your groups. All are welcome. The Zoom connection information will be provided via email a couple of weeks prior to the meeting.

I will be in Hawaii at the beginning of October. While I'm away, our Alternate DR Lynn P. will be monitoring my DR email account at etx.district6@gmail.com. I plan to be at the District meeting, but Lynn will be facilitating the meeting just in case something unexpected happens. My sincerest appreciation to Lynn for her support and service.

- East Texas Al-Anon/Alateen (ETAA) Fall 2022 Assembly – This event will be held in person November 4-6 at the Civic Center in Lake Jackson, TX. Please see the flyer in this newsletter for more information.
- ETAAA Spring 2023 Host Committee – District 6 will be the host district for the 2023 ETAA Spring Assembly. The event will be held May 19-21, 2023, at the Wingate by Wyndham in Round Rock. The theme will be *Bloom and Grow: Recovery*. Jackie D., from One Day at a Time AFG, has volunteered to be our Literature Coordinator. Yay! Welcome, Jackie. We still need to fill more committee positions, including Alateen Chairperson, Entertainment Chairperson, and AA Liaison. The duties of each committee position can be found on Pages 6-11 of the *East Texas Area Al-Anon/Alateen Assembly Guidelines for Area Host District Committee and Support District Committee* at <https://texas-al-anon.org/wp-content/uploads/2022/01/ETAAA-Host-Committe-Guidelines-Approved-21-11.pdf> (password: anonymity). Please consider volunteering and/or let your groups know about this 12th Step opportunity.

Austin Al-Anon Information Center (AAIC)

The inquiry email for the AAIC has been changed to aaicinquiry@gmail.com. Messages sent to this email address are answered by an AAIC volunteer.

Electronic Meetings Update

It looks like a vote by the GRs remains likely to take place on whether Al-Anon Family Groups Which Meet Electronically (AFGWMEs) will be part of the Texas East Area service structure at the November Assembly in Lake Jackson. In preparation for this important vote, please read the summary and proposed policy included in this newsletter.

Just a reminder that if you are a group with multiple meetings, and some are electronic only (e.g., face to face on Saturday and exclusively electronic on Tuesday evening), the electronic meeting must either add a face-to-face component or register with WSO as an AFGWME. Groups in this situation should make a decision and take the appropriate action as soon as possible. Please remember that any group records changes should be sent to our District Group Records Coordinator Cathy M. at etx6grouprecords@gmail.com. I'll also be happy to answer any questions.

Thank you all for your service, and I look forward to seeing everyone in Georgetown.

In grateful service – Anna A., DR

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Treasurer's Report

2022 D6 Operating Statement 2nd Quarter						
Income	2022 Budget	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Actual
D6 Basket Collection	200.00	0.00	0.00	156.00	0.00	156.00
Total Group Donations including newsletter subscriptions	3,975.00	1,225.37	1429.16	1117.37	0.00	3,771.90
Bank Interest	10.00	2.69	2.81	0.00	0.00	5.50
Misc	0.00	0.00	0.00	0.00	0.00	0.00
Contribution from Unallocated to cover propped expenses	4,300.00	0.00	0.00	0.00	0.00	0.00
Total Income	8,485.00	\$1,228.06	\$1,431.97	\$1,273.37	\$0.00	3,933.40
Expenses	Budget	Actual	Actual	Actual	Actual	
Alateen Coordinator	200.00	0.00	0.00	0.00	0.00	0.00
Alateen Liaison Coordinator	225.00	0.00	0.00	0.00	0.00	0.00
Austin AI-Anon Information Center	200.00	0.00	0.00	0.00	0.00	0.00
Archives	100.00	0.00	0.00	0.00	0.00	0.00
Rent / District Meeting	300.00	0.00	0.00	0.00	0.00	0.00
DR Int'l Convention	0.00	0.00	0.00	0.00	0.00	0.00
DR Expenses	800.00	213.22	513.44	643.34	0.00	1370.00
Alt' DR Expenses	200.00	0.00	0.00	0.00	0.00	0.00
Software for Virtual Meetings	1,375.00	15.98	15.98	0.00	0.00	31.96
District Group Records Coordinator	100.00	0.00	0.00	0.00	0.00	0.00
Secretary Expenses	150.00	0.00	0.00	0.00	0.00	0.00
Treasurer Expenses	400.00	0.00	0.00	0.00	0.00	0.00
Newsletter Editor	200.00	0.00	0.00	0.00	0.00	0.00
Forum/Literature	250.00	0.00	0.00	0.00	0.00	0.00
AMIAS / Background Checks	50.00	0.00	0.00	0.00	0.00	0.00
Public Outreach No.	525.00	0.00	0.00	0.00	0.00	0.00
Public Outreach So.	400.00	0.00	0.00	0.00	0.00	0.00
Spanish Language Coordinator	700.00	0.00	0.00	0.00	0.00	0.00
P.O.S.S.E. Scholarship	1,800.00	0.00	0.00	0.00	0.00	0.00
Gift to Delegate	150.00	150.00	0.00	0.00	0.00	150.00
Bank Charges	10.00	0.00	0.00	0.00	0.00	0.00
Misc.	350.00	0.00	0.00	240.00	0.00	240.00
Total Expenses	\$8,485.00	\$379.20	\$529.42	\$883.34	\$0.00	\$1,791.96
Reserves						
International Reserve	1,500.00	1,500.00	1,500.00	1,500.00	1,500.00	
T.E.A.M.	171.51	171.51	171.51	171.51	171.51	
Prudent Reserve	4,904.37	4,904.37	4,904.37	4,904.37	4,904.37	
Kristy Fund	900.00	900.00	900.00	900.00	900.00	
Allocated Posters for Schools	1,500.00	1,500.00	1,500.00	1,500.00	1,500.00	
Allocated to Cover 2022 Expenses	4,300.00	4,300.00	4,300.00	4,300.00	4,300.00	
Unallocated Funds	7,357.08	7,806.73	8,655.59	8,138.76		
Net Income	449.65	848.86	902.55	390.03		
Total Liabilities & Capital (Bank Statement Balance)	\$21,082.61	\$21,931.47	\$22,834.02	\$21,804.67	\$0.00	
Bank Balance	on 12/31/21	on 3/31/22	on 6/30/22	on 9/18/22	on 12/31/22	

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Coordinator Reports

Forum/Literature

Literature will be available for individuals to purchase at the Oct. 15th meeting. If available, "When I Got Busy, I Got Better" (P-78) introduced by Area Delegate Mattie T., at our last District meeting, will be included.

For groups purchasing literature to be picked up at the District meeting, please call or email Janie H. at the Austin Al-Anon Information Center at (512) 441-8591 or aaicemployee@gmail.com by Thursday, October 13th.

The group literature orders will be ready for you at the District literature table.

In Service,
Peggy D.

District Group Records

How to Update and Change Information About Your Meetings:

Making changes is easy. Email Cathy, the District 6 Records Coordinator, at etx6grouprecords@gmail.com and tell her what you want changed. She can usually make changes in twenty-four hours directly to the list the public sees. After she has made the changes, she will email you a copy of what she did for your review.

Or, if you would like to see a copy of your record, reach out to Cathy and she will email it to you.

You can use the form on the <https://al-anon.org/for-members/group-resources/group-records> website. It goes to the WSO. The WSO then sends it to the Area Records Coordinator who will then forward records for our District to Cathy. Of course, this means there is a delay to making your change and the District will be the last to know . . . but it all happens. The choice is yours.

Finally, please take a moment to see how your group presents itself on the <https://al-anon.org> page. Click on "Meetings." You may want to make changes to meeting instructions or discover the info is wrong about your meeting. Shoot me an email and I will happily make updates and changes.

Cathy M., District Group Records Coordinator

Newsletter

See front page. Direct any questions/comments to Donna M. at etx6.newsletter.com.

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Group Reports

Came to Believe AFG, Cedar Park

The Came to Believe group is seeing an increase in meeting attendance and welcoming new members. For the past few months, we have been conducting a weekly group inventory by using the time allocated in our meetings where we would normally go around the room and read all 12 Steps and Traditions, to instead have a discussion on one topic from the Al-Anon Group Inventory worksheet. These discussions are bringing some new insights to the group and ensuring an honest discussion towards maintaining group harmony.

We are also excited to be one big step closer to calling a new community recovery center home in 2024, which has started construction nearby in Leander. In the meantime, our temporary meeting location will move in October to 150 S. Bell Blvd (former Horizon Bank facility) in Cedar Park.

Finally, we have appointed new Co-Treasurers who are ensuring the financial health of the group and were able to recover some rent costs associated with an older lease agreement. Through a combination of a group approved donation as well as open member contributions, we offered financial support to assist the local Alateen Chapter with resuming their in-person programming.

Submitted in service,
Joel F., GR

Central Texas Serenity Seekers

Our group has had to suspend our ZOOM component, due to technical difficulties. We will be looking at reinstating in November at our next Group Conscience. Otherwise, we continue to meet F2F and have welcomed a few new faces to our group. Progress, not perfection.

Donna M., GR

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Hybrid District Meeting Workgroup Report

1. Project Charge

Group created to;

- a. Determine whether having a hybrid option available for October District Meeting, as well as future District Meetings, is feasible.
- b. To review technological needs and make recommendations to the Group Representatives at the October District Meeting.

2. Focus Group Members: Anna A. (Chair), Cat A., and Jessica P.

3. Research

Anna contacted Peggy T, DR for District 5, regarding their use of hybrid meetings, and this is the information that was received:

- a. District 5 has a standing Technology Workgroup which handles registrations (so they know how many will be online), and hosting the electronic portion of the meeting
- b. People in person come up to main laptop, which has a mounted camera, to speak
- c. There is a second laptop with another mounted camera facing the room
- d. All District Meetings are held at the same venue each time since it has all the infrastructure needed (WI-FI, technology support, etc.)

4. Determinations

After having several meetings, it was determined that we do have the capability to hold the October District Meeting as a hybrid meeting. We have several laptops and iPad available (on loan) for our technology needs. In addition, Jessica researched the venue (Georgetown Church of Christ) and determined that the WIFI is more than adequate to cover the District Meeting needs. The Focus Group tested these connections with several devices on Saturday, September 24, 2022, and found this will work smoothly. We will have a stationary laptop at the front desk with the officers, we will have 2 iPads mounted in the room for people to come up to speak at as well.

We will need volunteers to help with the technology aspect such as greeting online members, running the polls, muting people when necessary, troubleshooting, etc.

5. Recommendations

We are recommending further research into finding a stationary venue, creating a service position for a District Technology Lead and possible consideration into buying permanent equipment (Laptop, iPads) that can be transferred when service positions are up.

[RETURN TO T.O.C.](#)

Service Manual Update

Please see the message below from our Area Delegate Mattie T. It looks like the new service manual (2022-2025) has gone through some edits, and a new Version 2 (v2) is now available online at <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>. Once you're on this page, you can view and also have the option to download the latest version.

The printed version is expected to be available by the end of the year.

In service,

Anna A.

From: **MATTIE Thomas** <mjttxepanel61@gmail.com>

Date: Tue, Aug 16, 2022 at 8:21 PM

Subject: 2022-2025 Service Manual (P-24/27) v.2

Dear AWSC Members,

I am excited to announce that the *2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v2* is available on the website in English, French, and Spanish, and we invite you to replace your v1 electronic copy with v2!

V2 includes the changes that the 2022 World Service Conference approved. V2 is at the printer, and we anticipate it will be available in print before the end of the year.

Please share this news with the members in your District.

Love in Service

Mattie T

Delegate Panel 61

Texas East Area 53

2021 Moving Forward with Unity, Courage, and Perseverance

Avancemos con unidad, valor y perseverancia

Allons de l'avant avec unité, courage et persévérance

[RETURN TO T.O.C.](#)

SERVICE ARMS and DISTRICT 6 SERVICE COMMITTEES

Tradition 7 Contributions

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

DISTRICT 6

Debbie P

EAST TEXAS AREA (ETAA)

Treasurer – ETAA
P.O. Box 450675
Laredo, TX 78045

AL-ANON INFORMATION CENTER

6301 Manchaca Road, Ste. F
Austin, Texas 78745
(512) 441-8591

District 6 Service Committee

OFFICERS

District Representative

Anna A.
etx.district6@gmail.com

Alternate DR

Lynn P.

Secretary

Norma B.

Treasurer

Debbie P.

COORDINATORS

Alateen

Pat E. (Interim)

Archivist

Barbara M.

Forum/Literature

Peggy D.

Newsletter

Donna M.
etx6.newsletter@gmail.com

Public Outreach (South)

Mary R.

Public Outreach (North)

Gail H.

Coordinator/ Hispanohablante

Open

District Group Records

Cathy M.
etx6grouprecords@gmail.com

Cloud Based Storage

Kay C.

NOTE: Contact details for these individuals is not included here in order to protect anonymity and general release of personal information. Details are available from your Group Representative or District Representative.to

Electronic Meetings

Proposed Policy to Include Al-Anon Family Groups Which Meet Electronically in the Texas East Al-Anon/Alateen Area Service Structure (As of January 29, 2022)

Summary

- The proposed policy below addresses the participation of purely electronic meetings in our Texas East Area service structure. [These groups are now called Al-Anon Family Groups Which Meet Electronically (AFGWMEs).]
- The GRs at the Fall 2021 Area Assembly requested that the Electronic Meetings Work Group ("Work Group") come up with a proposed policy.
- The proposed policy was developed by the Work Group.
- The Work Group's original proposed policy was sent out in a survey to GRs and others last year.
- Based on the feedback received from GRs and other members in their survey responses, the Work Group revised the original proposed policy.
- The revised proposed policy is shown below and was discussed in detail at the Area World Service Committee (AWSC) Meeting in January 2022 and then again briefly at the AWSC the night before the Spring 2022 Area Assembly.
- The proposed policy was also discussed in detail with GRs and other members in attendance at the Spring 2022 Area Assembly. The GRs were not asked to vote on it due to a procedural issue, but it is expected to be discussed again and voted on at the Fall Area Assembly on November 5, 2022.
- The proposed policy is being circulated now in all the Districts in our Area. **GRs are requested to share the proposed policy with their groups.**
- Feedback is requested, especially from GRs who will be asked to vote in the fall and will want to be fully informed.

Proposed Policy for Consideration by Group Representatives (GRs):

Al-Anon Family Groups Which Meet Electronically (AFGWMEs) will automatically qualify to participate in the Texas East Al-Anon/Alateen Area (Texas East Area) service structure if they meet the following qualifications:

1. They have and will maintain a physical Current Mailing Address (CMA) in the Texas East Area AND;
2. They are willing to send a GR to the Texas East Assemblies and to the meetings of the District to which they are assigned.

District assignments for the AFGWMEs will follow the same procedure for newly registered geographical groups in our Area.

An AFGWME that is interested in participating in the Texas East Area service structure should reach out to the Texas East Area Group Records Coordinator to request the change from the virtual Area to our Area.

If the AFGWME does not have a CMA in the Texas East Area, their participation in the Texas East Area service structure will require explicit approval of the Texas East Area based on the group's specific circumstances. A District assignment will also be determined at that time. The group is willing to attend Texas East Area Assemblies and District meetings in person, until and if we ever offer an electronic component.

[RETURN TO T.O.C.](#)

Is Your Group Considering Hosting a District Meeting?

If so, please review the District 6 – Group Hosting Checklist (Revised: 4/22)

Service /Location Considerations:

- If you would like to host a District meeting, consider working with another small group close by.
- Groups have hosted and used other locations other than their meeting's location.
- Although District meetings have had kitchens in the past, it is possible to have a meeting location without a kitchen, but please make sure that the District Representative (DR) can communicate this limitation to attendees for the potluck participation.
- Tables & chairs to accommodate 35 to 50 attendees are needed.
- A District meeting runs from 8am to 3pm; 8 to 9am (breakfast social), 9am to 3pm (business & workshops). Meetings often finish earlier than 3pm. Setup & cleanup are not included in these times.
- The District always makes a donation to the location facility. Some facilities have a minimum donation requirement. Inform the DR / Treasurer if there is a minimum cost. Some facilities request a down payment upfront to hold the room and allow the District to pay the balance the day of the meeting.

Before District Meeting:

1. Collect the Supplies:

- a. The Group Representative (GR) or a group alternate representative needs to collect the traveling (rotating) hosting supply boxes from the previous District hosting group.
- b. There are 3 large plastic containers, 3 coffee pots, a small registration box, and 5 signs for posting outside for day of the meeting.
- c. Ideally, the GR for the following District meeting will be at the current District meeting so that the traveling supplies may be picked up at the end of the meeting. ***(Don't forget the coffee pot or the outside signs!)***

2. Set the Meeting Location:

- a. The GR delegates or works with the location contact to ensure location is available.
- b. If the meeting location facility needs the District to follow specific guidelines (early deposit, a set daily rental fee minimum, adjusted timeframe, etc.), that information is communicated back to the DR (etx.District6@gmail.com) so that the meeting needs can be adjusted and met, if possible.
- c. If early deposit is needed, District Treasurer can assist in cutting that check. (A budget for the year (2 in-person District meetings) has been set at \$300 but location daily rental may vary.)
- d. Notify the District Newsletter Coordinator (etx6.newsletter@gmail.com) of the meeting location and contact name (See 4ai).
- e. Contact the DR and District Newsletter Coordinator with meeting location and contact name that will be used in the newsletter and on the Austin Al-Anon Information Center website.

3. Review Supplies:

- a. Registration Box: Ensure there are approximately 40 to 50 blank name tags, markers, 2 to 3 sign-in clip boards, and blank registration forms (at least 6).
- b. Three Supply Boxes: Ensure there are enough paper & plastic eating supplies to cover 40 to 50 attendees. Use existing supplies first. Coffee, coffee supplies (creamer, sweetener), tea, water, paper plates, plastic silverware, napkins, etc. may also be purchased.
- c. Every three years, October District meetings need to have enough ballots and related materials for elections of all District positions.

- d. All above items (3a, 3b, & 3c) are reimbursable by the District Treasurer.
 - e. One-off items / non-critical items include: Ziploc bags, apple cider, hot cholate, aluminum foil, additional serving utensils, etc. Additional powdered drinks, flavored teas, donuts, breakfast foods and lunch items are not District reimbursable, but can be donated. (Normally the hosting group(s) brings breakfast potluck items, and the rest of the attendees bring lunch potluck food items.)
4. Identify Volunteers:
1. **Approximately 4 to 6 weeks before the District meeting**, create volunteer list (name, email & phone number, & service role/team) to provide assistance. Volunteer roles/teams include:
 - i. Agenda District Meeting Contact (Person's first name, Last name initial, and phone number to be used on the District meeting agenda are provided to the District Newsletter Coordinator and DR.)
 - ii. Meeting Location Contact (Person that will open & close the meeting location the day of the meeting).
 - iii. Workshop Chair Contact (Depending on workshop type may vary on number of volunteers and their role needed to support the Workshop Chair).
 - iv. Breakfast Potluck Item Team (Hosting Group provides; not reimbursable by District. Ideas include but not required are fruit, donuts, juice, casseroles, etc.).
 - v. Room Setup Team (before 8am, slogan tents setup, sometimes candy spread on table). Tables for Officers, Registration, and Literature are setup separately from GRs.
 - vi. Lunch Team (setup/cleanup time between 11:30 to 1:30pm can vary).
 - vii. Room Cleanup Team (Restore meeting room to pre-setup state; picking up trash and relocating any needed tables, chairs, etc.).
5. Conduct Workshop / Skit:
- a. Hosting group either creates workshop or skit or uses the [Workshop Format Committee's \(WFC\) repository of skits and workshops](#) to brainstorm ideas for the day of the District meeting. **Note: A workshop or skit is typically not necessary for the July District Meeting since the District usually invites the Area Delegate to attend and give a report.**
 - b. Once the workshop is planned, notify the DR for estimated time needed to get the workshop time & title on the agenda. This needs to be turned in to DR approximately 3 weeks prior to the District meeting.
 - c. DR will estimate time for the Workshop volunteers to be available to conduct their workshop.
6. Contact District Spanish Coordinator to determine any special seating or language interpretation needs for day of the meeting.

District Meeting Day:

1. **Before Meeting:**

- a. Count and place District 6 signs to help members locate meeting location / building.
 - b. Setup Tables for 35 to 50 attendees, breakfast potluck, Officers, Literature, and Registration. This may include slogan tents placed out on tables, candy, etc.
 - c. Setup also involves setting out breakfast dishes or storing them for lunch time use as attendees start to arrive. Coffee (including decaf) is prepared. *(Feel free to use excess beverages (i.e., lemonade, hot chocolate, etc.) but these items do not need to be replaced.)*
 - d. Setup Registration table with at least 2 or 3 sign in sheets, name tag, & markers with a couple of volunteers to direct sign-in & picking up handouts. This can help prevent bottlenecks when many attendees arrive at one time. (If registration table cannot hold handouts, identify place for handouts, i.e., agenda, financial reports.
2. **Lunch:** Volunteers help prepare and heat items if possible, for serving. (Work with site focal point / DR to collaborate on best time to break for lunch time.) While kitchen is cleaned (restored to pre-lunch setup), these volunteers are **not** expected to clean dishes brought by the potluck attendees.

3. **Before Day Ends:** If next hosting District meeting representative is at the current meeting, work with them to transition supplies before the day ends. (*Don't forget coffee pots & outside signs!*)
4. **After Meeting:** Room tables and chairs are returned to original position as before meeting. Meeting location contact (4a)ii) may be contacted if questions exist.)

After District Meeting:

1. Group Representative or identified volunteers collect the outside posted signs.
2. If time, note needed paper & plastic supplies to replenish for the next meeting.

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East Texas Area Al-Anon/Alateen (ETAAA)



FALL ASSEMBLY 2022

November 4 - 6, 2022

LAKE JACKSON CIVIC CENTER

333 HIGHWAY 332 EAST

LAKE JACKSON, TX 77566

Registration Opens on Friday at 4:00PM

BEST WESTERN PLUS
702 Highway 332 East
Lake Jackson, TX 77566
Reservations: 979-529-2020

ETAAA ROOM RATE: \$109.00
REFERENCE RATE CODE: ETAAA
COMPLIMENTARY BREAKFAST INCLUDED
*ETAAA RATE ENDS: OCTOBER 4, 2022

COMFORT SUITES-LAKE JACKSON
296 Abner Jackson Pkwy
Lake Jackson, TX 77566
Reservations: 979-297-5545

ETAAA ROOM RATE: \$90.00
REFERENCE RATE CODE: ETAAA
COMPLIMENTARY BREAKFAST INCLUDED
*ETAAA RATE ENDS: NOVEMBER 1, 2022

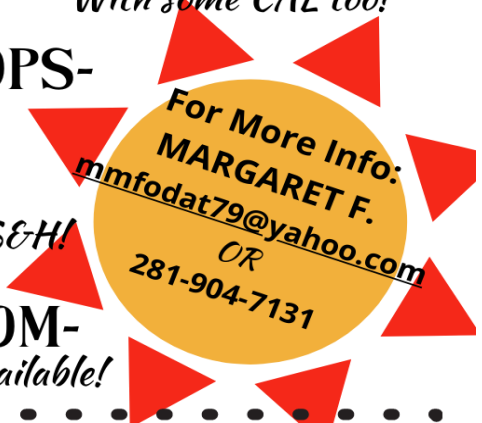
-LITERATURE-
CAL Of Course!

-RAFFLE-
With some CAL too!

-WORKSHOPS-
Let's recover together!

-SPEAKER-
Always love to hear ES&H!

-HOSPITALITY ROOM-
Snacks and Smiles Available!



• GR__ DR__ AMIAS__ First Assembly (Y/N)__ Years in Program__

• NAME_____ NAME ON BADGE_____

• GROUP NAME_____ DISTRICT # _____

• ADDRESS_____

• PHONE_____ EMAIL_____

REGISTRATION

• _____ \$30 AL-ANON

• _____ \$30 AA

• _____ \$5 ALATEEN

• _____ \$20 LUNCHEON

• \$ _____ TOTAL



Make Checks Payable To:
ETAAA - District 4
In Memo Put:
ETAAA FALL ASSEMBLY
Mail To:
ETAAA - DISTRICT 4
P.O. BOX 84971
PEARLAND, TX 77584-0005

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Zona del Este de Texas Al-Anon y Alateen (ZETAA)

Asamblea de Otoño de 2022

4-6 de Noviembre de 2022



Centro Cívico de Lake Jackson

333 HIGHWAY 332 Este

LAKE JACKSON, TX 77566

El registro abre el viernes a las 4:00PM

BEST WESTERN PLUS
702 Highway 332 Este
Lake Jackson, TX 77566

Reservaciones: 979-529-2020

Tarifa por habitación de ZETAA: \$109.00

Código de tarifa de referencia: ETAAA

DESAYUNO DE CORTESIA INCLUIDO

*La tarifa de ZETAA termina: 4 de Octubre de 2022

COMFORT SUITES-LAKE JACKSON

296 Abner Jackson Pkwy

Lake Jackson, TX 77566

Reservaciones: 979-297-5545

Tarifa por habitación de ZETAA: \$90.00

Código de tarifa de referencia: ETAAA

DESAYUNO DE CORTESIA INCLUIDO

*La tarifa de ZETAA termina: 1 de Noviembre de 2022

-LITERATURA-

LAC por supuesto!

-RIFA-

Con algo de LAC también!

-TALLERES-

Recuperémonos juntos!

-ORADOR-

Siempre me encanta escuchar EF&E!

(experiencia, fortaleza y esperanza)

-SALA DE HOSPITALIDAD-

Bocadillos y sonrisas disponibles!



•••••

• **GR_ DR_ AMIAS_ Primera Asamblea (Y/N)_ Años en el programa** _____ •

• **Nombre** _____ **Nombre en el distintivo** _____ •

• **Nombre del grupo** _____ **Distrito #** _____ •

• **Dirección** _____ •

• **Teléfono** _____ **Correo electrónico** _____ •

•••••

• **EL REGISTRO** _____ •

• **\$30 AL-ANON** _____ •

• **\$30 AA** _____ •

• **\$5 ALATEEN** _____ •

• **\$20 ALMUERZO** _____ •

• **\$ TOTAL** _____ •



• **Hacer cheques a nombre de:** _____ •

• **ETAAA - District 4** _____ •

• **En Memo:** _____ •

• **ETAAA FALL ASSEMBLY** _____ •

• **Enviar a:** _____ •

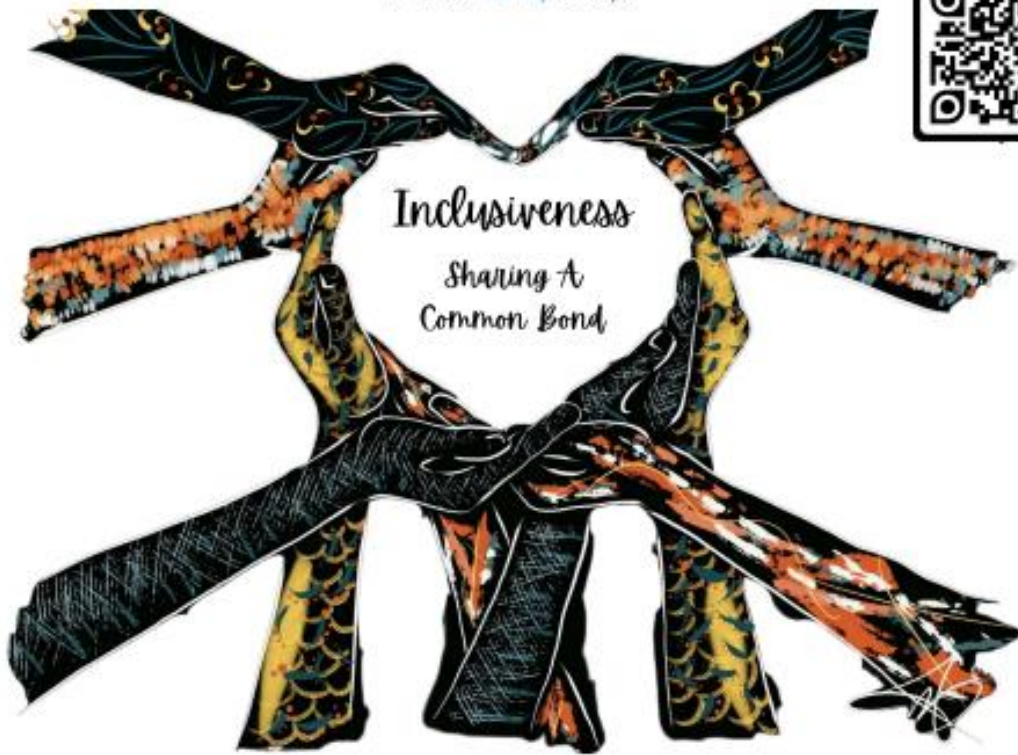
• **ETAAA - DISTRICT 4** _____ •

• **P.O. BOX 84971** _____ •

• **PEARLAND, TX 77584-0005** _____ •

•••••

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ATAAC 2023 - ALL TEXAS AL-ANON ALATEEN CONFERENCE
FEBRUARY 10 - 12, 2023

Www.ataactx.com

Registration

<http://www.ataactx.com/register.html>

Raffle Baskets, Silent Auction,
Luncheon, Banquet, Fun and Fellowship

Online registration deadline February 3,
2023

Speakers

- Juanita U. - New Mexico
- Lori G. - Oklahoma
- Mattie T. - Texas
- Corey S. - California
- Cliff G. - AA Oklahoma
- Ann A. - Texas

Location

Courtyard by Marriott -
Austin Pflugerville and Pflugerville
Conference Center
18100 IMPACT WAY,
PFLUGERVILLE, TEXAS, 78660

5119

[More Reservations](#)

Held in cooperation with Texas East and Texas West Areas

Name: _____

Membership: Al-Anon _____ Alateen _____ AA _____

Address: _____

Phone: _____

Name on Badge: _____

Adult with Alateen: _____

Registration \$40 (\$45 1/1-2/3) _____

Alateen \$10 _____

Luncheon \$35 _____

Banquet \$45 _____

Total: _____

Email: _____

MAKE CHECKS OUT TO "ATAAC" AND MAIL TO ...
PO BOX 933 ROUND ROCK, TEXAS 78680

Information
ataactx2023.chair@gmail.com

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