



# The E-News

## District 6 Newsletter

### District Meeting

We will be meeting IN PERSON and Online

**Saturday, April 20, 2024**

**Cedar Park Recreation Center  
1435 Main St., Brazos Room  
Cedar Park, TX 78613**

**Join us on Zoom  
Meeting ID: 865 4446 2740  
Passcode: 631154**

The information to join the meeting will also be provided via email. If you are not sure if you are on the District email distribution lists, please contact Lynn P. (District Representative) at [etx.district6@gmail.com](mailto:etx.district6@gmail.com).

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#### Happy Spring!

Service work has been an important part of my recovery since joining the program and I am excited to serve as the District 6 Newsletter Coordinator! I was lucky enough to attend my first meeting at the age of 16. My older sister was seeing a counselor who told her to go to an Al-Anon meeting and to take me to an Alateen meeting. She did, and in doing so gave me one of the best gifts of my life.

Before my two wonderful kids came along, I served in a few different positions within my groups, worked on conference committees, and served a term as District Secretary. When I became a mom, I shifted my focus to raising my two little people and scaled back on my service work. Now my kids are growing up and I have more time for myself and interests. It’s important to me to give my time and energy back to the Al-Anon program through service work. This is why I stood for newsletter coordinator and group representative for my home group.

The people in Al-Anon have become my family and have taught me what it means to be able to count on someone else and to never have to go through difficult times alone. It’s important that I contribute to the well-being of my family.

Thank you for allowing me to serve! I look forward to getting to know and work with you over the next three years.

With love and gratitude,  
Nichole S.



## DISTRICT 6 HYBRID MEETING MINUTES

**DISTRICT 6 HYBRID MEETING MINUTES****January 20, 2024 (Saturday)**

Contact: Lynn P (District Representative) etx.district6@gmail.com

Minutes by Cat A., Secretary

**Action Items**

- The newly formed Task Force will meet and formulate a plan to involve more registered Al-Anon groups at the district level. They will provide a proposal at the District meeting on April 20.
- GRs have been asked to go back to their groups and ask if they can volunteer to host or co-host an district meeting. Those interested can contact Lynn P at ext.district6@gmail.com
- For the positions of Treasurer, Literature/Forum Coordinator and Archivist. GRs have been asked to share these service opportunities. Those interested can contact Lynn P. at the email noted above.
- Ilene F, Alateen District Coordinator, will clarify who is to be included in the POSSEE scholarship and other related questions as noted in "d) 2024 Proposed Budget Discussion." She will report back to the group at the April 20 District meeting

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

- Lynn P welcomed everyone to meeting.
- Lynn P. thanked all co-hosts and officers for getting the meeting together.
- Lynn P. thanked the co-hosts, Northland AFG and Freedom to Recover AFG for the room set-up and all the snacks.
- Housekeeping announcements: Natanya A reminded Paula H that she has literature waiting at the literature table.
- Lynn P led Serenity Prayer. The Traditions Concepts and Warranties were read.
- Lynn P passed around Ask It Basket and Tradition 7 Basket.
- Introductions: GR's provided information about their groups and any successes they have had – started with online group
- . Had some trouble online so took 5-minute break while fixing that. Then continued introductions.

**Business Meeting****A. District Rep (DR) Announcements**

- a. Lynn P gave announcements of how the agenda will go. Announced The Beacon will be online and electronic only. Natanya A gave instructions on where to find it on website
- b. Lynn P discussed donations to Area 53 and let everyone know to send to Joyce Y. Lynn P will send info through email on where to send donations.
- c. Lynn P: Zoom link. Going to be using the same link for all 4 district meetings for the year. She will make sure she emails before each meeting all the information as well as have it on agenda.

- e. Lynn P: on registration form there is a question of whether people would be service sponsor and asked people to stand in room and raise hand online so GR's can see who they can talk to you.
- B. Distributed Report Questions: Knowledge Based Decision Making (KDBM). In Newsletter. Asked**
  - a. for any question – no questions
- C. Other Updates (AAIC, etc.):**
  - i. Austin Al-Anon Alateen Information Center (AAIC): Lynda B announced they elected officers and
  - ii. got every position filled. Reviewed bylaws and will be discussing edits at February meeting. Selling
  - iii. literature at All Texas Al-Anon Alateen Conference – will take pre-orders to deliver at conference.
  - iv. AAIC board increased literature amount to near pre-pandemic levels.
  - v. All Texas Al-Anon Alateen Conference (ATAAC): Cat A. announced registration and website
  - vi. online and that today is the last day to reserve room at group rate. Announced what to expect.
  - vii. Natanya A announced that online registration will close on February 1 and it will increase by \$5 at the door for walk ins. Lynn P announced that flyer is in newsletter.
  - viii. Paula H – Announced personal announcement of Pat E. She is in the hospital and nursing care. She has been diagnosed with lung cancer and AFIB. Please pray for family. Paula has a card for people to sign from the district.
- D. Approve October 18, 2023, minutes: Simple majority of voting members. 13 in room and 9 online**
  - a. voted yes. Passed.

#### **New Business (GRs Propose District Motions)**

- a) Roll Call & Voting Procedure Agreement (majority vs 2/3 approval) – Cat A. took roll of voting GR's – 24 total voting members – simple majority: 13 – 2/3: 16
- b) District 6 Services Opportunities (Site Visits and Hosting)  
Three opportunities to identify hosts or cohosts for room set up, registration set up, snacks, etc. Natanya discussed what needs to be done and how it worked for the day, where supplies are, how registration works, etc. Arrive at 10:30 and only need 3-4 people.
  - Martha P storing kitchen supplies at her home as she lives close. Is willing to continue to set up kitchen and signs.
  - Jenny C volunteered to help set up and possibly make new signs.
  - Gail volunteered for registration

Break – 10 minutes

- c) **District Elections** Lynn P– Asked if anyone would be willing to stand for the open positions of Archivist, Public Outreach North, Forum/Literature Coordinator and Treasurer. Asked passed coordinators to give brief run-down of what the position entails. Descriptions on page 13 in Newsletter. No one stood for treasurer, archivist, or literature. Can contact Lynn P regarding positions. Lynn reminded that coordinators can ask for help.
- d) **Site Visits:** Lynn P. - 75 groups. We are largest district in the Area. Lynn explained how the number of GR's started dwindling at District meetings during the pandemic and hasn't really recovered. Only 10 GRs showed up to past assembly. Really wanting to figure out how we can bring in more GR's. Asked for

motion to develop task force to bring more GR's in. What is our message? How are we going to make District meetings appealing to people so they will want to participate. – “A motion to form a task force to develop and implement a plan to increase visitation by District representatives at registered Al-Anon groups.” We need more than DR and ALT DR visiting groups. Anna A (Delegate and passed DR): Found out that it is hard to get to groups and keep them engaged. Partly because of pandemic, however there are too many groups to realistically engage with meaningfully. Identify which groups don't come to District Meetings and start there. It's a District issue so District needs to be involved. Lynda B – Very willing to go visit groups within her area.

- Motion made by Tina B and seconded by Martha P – “I, Tina B, make a motion to form a Task Force to develop and implement a plan to increase visitation by District Representatives at registered Al-Anon meetings”. Voting- 12 in room yes, 9 online yes, 1 abstention, 0 opposed. Passed

- Volunteers do not have to be a GR, zoom meetings (3-4 meetings to report back in April), Lynn P volunteered to Chair Task Force

- Paula H – Issuing a charge may help Task Force run smoother

- Cat A, Jenny C, Sheri C (scfree2016@gmail.com) and Carmen W volunteered for Task Force

**e) 2024 Proposed Budget Discussion – Debbie P– Went over year-end report. Proposed 2024 Budget: See Budget attached:**

Discussion: Paula H – Host Group reimbursement seems high at \$1200. POSSE scholarship: no training during the weekend anymore because certification can be done online. Not necessary to go to weekend anymore. Will be discussed at AWSC meeting in February. Ilene F (Alateen District Coordinator) – will be at POSSE this year but will be going back to original purpose with members sharing experience for a day and ideas. Where did this number come from? Does this include District Alateen Coordinator? Anna – might have to go back and look at District motions about this item. Ilene will reach out to other AMAIS and see if we need the scholarship for them to go to POSSE. Anna A suggested looking back at old POSSE and seeing if it included the District Alateen Coordinator.

Martha – Reimbursement: Cost is very small for supplies. Just supplying what needs to be refilled, for right now there is no need for \$1200. Jenny will work on signs and be reimbursed. Anna A – We left it originally at \$300 which included the rental fee for where host groups had meeting as well as any donations to host group. This was 4 times a year. Now we have separate line item for rental at the new place.

Public Outreach Budget: Past coordinator, Mary explained the difference between Public Outreach North and South, Toll Roads make this budget necessary. We have no Spanish Materials and this needs to be updated as well as signs. Suggested an increase of \$100-150. Lynn P – Can we make amendments here and pass it? Anna A – Can amend then ask for motion to accept budget as amended.

Lynn P – Can we change Host Group Reimbursement to \$250 for supplies? Amending to \$250

Linda B – Concern about donations not being put into cost of budget. Asking the coordinators to declare their costs so future coordinators can know what to expect. Lynn P said we do have other areas we can take from if needed.

Lynn P – Increasing Public Outreach South to \$500

Ilene F – Would outreach for Alateen come out of Alateen budget? Tom pointed out that Alateen School Posters has its own budget on operating statement.

Leaving POSSE scholarship at \$1800 which can be adjusted later. Debbie P – Budget can be adjusted throughout the year with a motion.

Motion: “I, Mikala S., motion to accept the amended budget for 2024”. Seconded by Amy S

VOTE ON BUDGET AS AMENDED (\$15,135): 13 in room, 9 online = 22 voted yes, 0 opposed, 0 no.  
Passed.

Lynn P – Anyone willing to stand for Archivist, Public Outreach North or Treasurer?

Linda B – suggested that Public Outreach North can do a lot online and with phone calls. Really depends on individual if they want to do information fairs, etc.

Lynn P – reminded that coordinators can ask for help

- Mikala stood for Public Outreach North – Shared that she has been in Al-Anon for 3 years, has been GR for 2 years. Helped start a group. Has Marketing degree that would be put to good use. Had Mikala step outside.

- VOTE: acclimation by raised hands. 8 online, 10 in room 18 yes. Passed.

### **Closing: Al-Anon Declaration**

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**

- **April 20, 2024 – Hosted by \_\_\_\_\_ (3rd Sat)**
- **July 20, 2024 – Hosted by \_\_\_\_\_ (3rd Sat)**
- **October 19, 2024 – Hosted by \_\_\_\_\_ (3rd Sat)**

### **Other Important Dates:**

- **February 9-11, 2024 – All Texas Al-Anon/Alateen Conference (Pflugerville, TX)**
- **February 19, 2024 – Austin Al-Anon Information Center Board Meeting (Virtual)**
- **May 17-19, 2024 – East Texas Area Al-Anon/Alateen Spring Assembly (Longview, TX)**

**Newsletter Deadline For: District Officers, Coordinators, GRs, & Thought/Task Force/ Committee Team Reports – DUE BY: March 20, 2024**

# Treasurer's Report

Approved

DISTRICT 6 AL ANON BUDGET for 2024 / BUDGET TO ACTUAL SUMMARY for 2021 - 2023								
Income	2021 Budget	2021 Actual	2022 Budget	2022 Actual	Proposed 2023 Budget	2023 Actual	2024 Budget	
D6 Basket Collection	250.00	5.00	200.00	292.00	600.00	386.00	600.00	
Total Group Donations including newsletter subscriptions	5,000.00	4,180.00	3,975.00	4,916.21	6,650.00	6,164.32	6,650.00	
Bank Interest	10.00	7.52	10.00	11.03	10.00	11.60	10.00	
Contribution from Unallocated to cover proposed expenses	4,545.00	0.00	4,300.00	0.00	6,075.00	0.00	7,875.00	
<b>Total Income</b>	<b>9,805.00</b>	<b>4,192.52</b>	<b>8,485.00</b>	<b>5,219.24</b>	<b>13,335.00</b>	<b>6,561.92</b>	<b>15,135.00</b>	
Expenses	2021 Budget	2021 Actual	2022 Budget	2022 Actual	2023 Budget	2023 Actual	2024 Budget	
Alateen Coordinator Expense	300.00	0.00	200.00	0.00	200.00	0.00	200.00	
Alateen Liason Coord. Expense	225.00	0.00	225.00	0.00	225.00	0.00	225.00	
Alt' DR Expense	300.00	0.00	200.00	0.00	200.00	166.43	2,000.00	
AMIAS / Background Checks	50.00	0.00	50.00	0.00	150.00	140.61	0.00	
Archivist Expense	125.00	0.00	100.00	0.00	100.00	36.47	100.00	
Austin Al Anon Information Ctr (repository)	0.00	0.00	200.00	100.00	100.00	100.00	100.00	
Bank Charges	5.00	0.00	10.00	0.00	10.00	0.00	10.00	
Cloud Based Coordinator Expense	0.00	0.00	0.00	0.00	100.00	0.00	100.00	
Contributions to Service Arms	0.00	0.00	0.00	0.00	0.00	0.00	2,500.00	
Delegate Expense	0.00	0.00	0.00	0.00	150.00	0.00	150.00	
Delegate gift	150.00	0.00	150.00	150.00	150.00	150.00	150.00	
District Group Records Coor Exp	100.00	0.00	100.00	0.00	100.00	0.00	100.00	
District Meeting / facility rent	300.00	0.00	300.00	597.50	1,200.00	1,045.00	1,200.00	
District Meeting Host Group Reimb	0.00	0.00	0.00	0.00	1,200.00	0.00	250.00	
DR Expense	750.00	0.00	800.00	1,769.34	2,000.00	1,145.74	2,000.00	
DR Int'l Convention	0.00	0.00	0.00	0.00	2,100.00	1,434.76	0.00	
Forum/Literature Coordinator Exp	250.00	0.00	250.00	0.00	250.00	0.00	250.00	
Miscellaneous	200.00	100.00	350.00	2,340.88	350.00	0.00	350.00	

Newsletter Editor (1 mailout)	100.00	0.00	200.00	0.00	100.00	80.00	100.00
P.O.S.S.E. Scholarship	1,750.00	0.00	1,800.00	0.00	1,800.00	0.00	1,800.00
Public Outreach No.	500.00	0.00	525.00	0.00	500.00	0.00	500.00
Public Outreach So.	375.00	0.00	400.00	0.00	300.00	0.00	500.00
Secretary Expense	250.00	0.00	150.00	0.00	150.00	0.00	150.00
Software for Virtual Mtg (Zoom)	1,000.00	0.00	1,375.00	47.94	1,200.00	34.08	1,200.00
Spanish Language Coord Exp	675.00	0.00	700.00	0.00	500.00	102.65	500.00
Technical Support Coord Expense	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Technical Support Equipment	0.00	0.00	0.00	0.00	0.00	75.76	500.00
Treasurer Expense	400.00	0.00	400.00	56.41	100.00	0.00	100.00
<b>Total Expenses</b>	<b>7,805.00</b>	<b>100.00</b>	<b>8,485.00</b>	<b>5,062.07</b>	<b>13,335.00</b>	<b>4,511.50</b>	<b>15,135.00</b>



# 2024 Budget (Proposed)

DISTRICT 6 AL ANON PROPOSED BUDGET for 2024 / BUDGET TO ACTUAL SUMMARY for 2021 - 2023							
Income	2021 Budget	2021 Actual	2022 Budget	2022 Actual	Proposed 2023 Budget	2023 Actual	Proposed 2024 Budget
D6 Basket Collection	250.00	5.00	200.00	292.00	600.00	386.00	600.00
Total Group Donations including newsletter subscriptions	5,000.00	4,180.00	3,975.00	4,916.21	6,650.00	6,164.32	6,650.00
Bank Interest	10.00	7.52	10.00	11.03	10.00	11.60	10.00
Contribution from Unallocated to cover proposed expenses	4,545.00	0.00	4,300.00	0.00	6,075.00	0.00	8,625.00
<b>Total Income</b>	<b>9,805.00</b>	<b>4,192.52</b>	<b>8,485.00</b>	<b>5,219.24</b>	<b>13,335.00</b>	<b>6,561.92</b>	<b>15,885.00</b>
Expenses	2021 Budget	2021 Actual	2022 Budget	2022 Actual	2023 Budget	2023 Actual	Proposed 2024 Budget
Alateen Coordinator Expense	300.00	0.00	200.00	0.00	200.00	0.00	200.00
Alateen Liason Coord. Expense	225.00	0.00	225.00	0.00	225.00	0.00	225.00
Alt' DR Expense	300.00	0.00	200.00	0.00	200.00	166.43	2,000.00
AMIAS / Background Checks	50.00	0.00	50.00	0.00	150.00	140.61	0.00
Archivist Expense	125.00	0.00	100.00	0.00	100.00	36.47	100.00
Austin Al Anon Information Ctr (repository)	0.00	0.00	200.00	100.00	100.00	100.00	100.00
Bank Charges	5.00	0.00	10.00	0.00	10.00	0.00	10.00
Cloud Based Coordinator Expense	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Contributions to Service Arms	0.00	0.00	0.00	0.00	0.00	0.00	2,500.00
Delegate Expense	0.00	0.00	0.00	0.00	150.00	0.00	150.00
Delegate gift	150.00	0.00	150.00	150.00	150.00	150.00	150.00
District Group Records Coord Exp	100.00	0.00	100.00	0.00	100.00	0.00	100.00
District Meeting / facility rent	300.00	0.00	300.00	597.50	1,200.00	1,045.00	1,200.00
District Meeting Host Group Reimb	0.00	0.00	0.00	0.00	1,200.00	0.00	1,200.00
DR Expense	750.00	0.00	800.00	1,769.34	2,000.00	1,145.74	2,000.00
DR Int'l Convention	0.00	0.00	0.00	0.00	2,100.00	1,434.76	0.00
Forum/Literature Coordinator Exp	250.00	0.00	250.00	0.00	250.00	0.00	250.00
Miscellaneous	200.00	100.00	350.00	2,340.88	350.00	0.00	350.00
Newsletter Editor (1 mailout)	100.00	0.00	200.00	0.00	100.00	80.00	100.00
P.O.S.S.E. Scholarship	1,750.00	0.00	1,800.00	0.00	1,800.00	0.00	1,800.00
Public Outreach No.	500.00	0.00	525.00	0.00	500.00	0.00	500.00
Public Outreach So.	375.00	0.00	400.00	0.00	300.00	0.00	300.00
Secretary Expense	250.00	0.00	150.00	0.00	150.00	0.00	150.00
Software for Virtual Mtg (Zoom)	1,000.00	0.00	1,375.00	47.94	1,200.00	34.08	1,200.00
Spanish Language Coord Exp	675.00	0.00	700.00	0.00	500.00	102.65	500.00
Technical Support Coord Expense	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Technical Support Equipment	0.00	0.00	0.00	0.00	0.00	0.00	500.00
Treasurer Expense	400.00	0.00	400.00	56.41	100.00	0.00	100.00
<b>Total Expenses</b>	<b>7,805.00</b>	<b>100.00</b>	<b>8,485.00</b>	<b>5,062.07</b>	<b>13,335.00</b>	<b>4,435.74</b>	<b>15,885.00</b>

<b>2024 District 6 Operating Statement</b>	<b>Jan' 24 Approved 2024 Budget</b>	<b>Apr' 24 Proposed 2024 Budget</b>	<b>Change in Budget</b>
<b>INCOME</b>			
D6 Basket Collection	600.00	600.00	-
Group Donations	6,650.00	6,650.00	-
Bank Interest	10.00	10.00	-
Contribution from Unallocated to cover proposed expenses *	7,875.00	-	(7,875.00)
<b>TOTAL INCOME</b>	<b>\$ 15,135.00</b>	<b>\$ 7,260.00</b>	<b>\$ (7,875.00)</b>
<b>EXPENSES</b>			
<b>Alateen related expenses:</b>			
Alateen Coordinator Expenses	200.00	200.00	-
Alateen Liason Coordinator Expenses	225.00	-	(225.00)
P.O.S.S.E. "AMIAS" Scholarship	1,800.00	-	(1,800.00)
Posters for Schools *	-	1,500.00	1,500.00
<b>Total Alateen Related Expenses</b>	<b>\$ 2,225.00</b>	<b>\$ 1,700.00</b>	<b>\$ (525.00)</b>
<b>Coordinator Expenses: i.e. mileage, travel, etc.</b>			
Cloud Based Coordinator Expenses	100.00	100.00	-
Group Records Coordinator Expenses	100.00	100.00	-
Forum/Literature Coordinator Expenses	250.00	150.00	(100.00)
Spanish Language Coordinator Expenses	500.00	100.00	(400.00)
Technical Support Coordinator Expenses	100.00	100.00	-
Delegate Expenses	150.00	100.00	(50.00)
Archivist Expenses	100.00	50.00	(50.00)
<b>Total Coordinator Expenses</b>	<b>\$ 1,300.00</b>	<b>\$ 700.00</b>	<b>\$ (600.00)</b>
<b>Officer Expenses: i.e. mileage, travel, registration, etc.</b>			
District Representative Expenses	2,000.00	1,500.00	(500.00)
Alt' District Representative Expenses	2,000.00	1,500.00	(500.00)
District Representative Int'l Convention	-	-	-
Secretary Expenses	150.00	100.00	(50.00)
Treasurer Expenses	100.00	100.00	-
<b>Total Officer Expenses</b>	<b>\$ 4,250.00</b>	<b>\$ 3,200.00</b>	<b>\$ (1,050.00)</b>
<b>Supplies &amp; Other Expenses:</b>			
Bank Charges	10.00	-	(10.00)
Contributions to Service Arms - <b>NEW 2024</b>	2,500.00	-	(2,500.00)
World Service Office AFG, Inc (WSO)	-	362.50	362.50
East Texas Area (ETAA)	-	362.50	362.50
Al-Anon Information Center	-	362.50	362.50

Delegate gift for World Service Conference	150.00	150.00	-
Facility Rent for District Meeting	1,200.00	1,260.00	60.00
Group Hosting expenses for District Meeting - <b>NEW 2024</b>	250.00	250.00	-
Newsletter Editor (1 mailout)	100.00	100.00	-
Public Outreach (North)	500.00	500.00	-
Public Outreach (South)	500.00	500.00	-
Technical Support Equipment - Hardware	500.00	500.00	-
Technical Support Equipment - Software	1,200.00	150.00	(1,050.00)
Technical Support Equipment & Other Supplies - Spanish Translation	-	400.00	400.00
AMIAS / Background Checks	-	-	-
Austin AI Anon Information Center (repository)	100.00	100.00	-
Miscellaneous	350.00	100.00	(250.00)
<b>Total Supplies &amp; Other Expenses</b>	<b>\$ 7,360.00</b>	<b>\$ 5,097.50</b>	<b>\$ (2,262.50)</b>
<b>TOTAL EXPENSES</b>	<b>\$ 15,135.00</b>	<b>\$ 10,697.50</b>	<b>\$ (4,437.50)</b>
<b>NET INCOME</b>	<b>\$ -</b>	<b>\$ (3,437.50)</b>	<b>\$ (3,437.50)</b>
<b>RESERVES</b>			
International Reserve	1,500.00	-	(1,500.00)
T.E.A.M. Reserve	171.51	-	(171.51)
Kristy Memorial Fund	900.00	900.00	-
Allocated Posters for Schools *	1,500.00	-	(1,500.00)
Shortfall of Operating Statement Net Income	7,875.00	3,437.50	(4,437.50)
Prudent Reserve	7,567.50	10,697.50	3,130.00
Net Income	376.00	-	(376.00)
<b>TOTAL RESERVES</b>	<b>\$ 19,890.01</b>	<b>\$ 15,035.00</b>	<b>\$ (4,855.01)</b>
<b>BANK BALANCES</b>			
Bank Checking Register Balance (GFCU)	<b>\$ 4,366.91</b>		
Bank Savings Register Balance (GFCU)	<b>\$ 19,231.68</b>		
Total Bank Register Balance (GFCU)	<b>\$ 23,598.59</b>		
UNALLOCATED FUNDS	3,708.58		
	on 12/31/23		

## District Representative Report

Hello District 6. Since we last met, it has been a very productive time. The district officers and coordinators are becoming better acquainted by working together. They are a joy to work with.

As you know we have three vacant positions; Treasurer, Forum/Literature Coordinator and Archivist. I have appointed two members in the interim. They are Elena W., Treasurer and Norma A., Forum/Literature Coordinator. Both have hit the ground running and my hope is that you will elect them when they formally stand for these positions on April 20.

In this newsletter you will see that we are revisiting this year's approved budget. Yes, the one we approved in January. Elena, a CPA, asked if we might consider making some adjustments. With this in mind, relevant meetings ensued to clarify and create what is being presented here. Please take some time to review the proposal and prepare any questions you have for her. I will bring the proposal up for a vote at the upcoming district meeting.

The newly formed Task Force has met to brainstorm ideas on how to encourage more GR participation at district meetings. They have some great ideas, which we'll share on the 20th. For those GRs who read this newsletter but are not yet ready to commit to attending district meetings, please consider joining us and providing your input on this topic. I would very much like to represent our district well and this is best done by hearing from as many GRs as possible. "Participation is the key to harmony."

Lastly, at the last Al-Anon World Service Conference (AWSC), in Houston, I volunteered to participate on a task force to brainstorm ways to help new GRs become more familiar with their service positions. As a former "new GR" I recall swimming in acronyms and trying to remember a host of new things. (Don't worry, this will soon become familiar to you too.) New GRs, I'd love to get your input. What did you learn that you wished someone had told you sooner? What did you find helpful? What do you wish we could do better? Please send your thoughts my way. [etx.district6@gmail.com](mailto:etx.district6@gmail.com)

Well, that's all I have for now. I look forward to seeing each of you in person or on-line on April 20.

In grateful service,  
Lynn, DR  
District 6

## Ask-It Basket Question

No Ask-IT Basket questions were submitted.

## Coordinator Reports

### Newsletter

Please note there is a **new** email address for information for the newsletter [etxdist6newsletter@gmail.com](mailto:etxdist6newsletter@gmail.com). Direct any questions/comments to the District 6 Newsletter Coordinator Nichole S.

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## Forum/Literature Coordinator

Greetings, from Norma A., your newly-appointed District 6 Forum/Literature Coordinator!

Why is our literature important? I think it is because it contains our history, a guide to our Al-Anon way of life, and is a reflection of our growth as members and as a fellowship over time.

When Al-Anon began, the only literature available was the Big Book of Alcoholics Anonymous. It contained the 12 steps, which we have adopted for our purposes. But there was no literature or stories of Al-Anon members! So, in the spirit of the 4th Tradition, Al-Anon decided to begin the development of our own stories and experiences.

<https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

One of our first pamphlets, titled "Alcoholism, the Family Disease", was originally a booklet developed by Harold Black, a non-member, with the participation of members of the Prestonsburg, Kentucky Al-Anon group in 1953. When first printed, it was titled, "Three Enemies of Al-Anon." The new version of "Alcoholism, the Family Disease" (P-4) combined new material developed by the Literature Committee and additional content from the *Triple A Family Groups* booklet from Arizona.

This pamphlet has Al-Anon stories, a section on our Slogans, the Do's and Don'ts, a "Questions Often Asked" section, Thoughts to Live By, and my favorite-the Maturity Checklist!

Many more pamphlets have been developed since then, and some of them are free! Did you know that we have downloadable pamphlets on detachment, on being affected or troubled by someone's drinking, information for professionals, outreach tools for Native Americans, People of Color, and Adult Children of Alcoholics? I discovered this information during the pandemic, when trying to share our literature on-line, so this is a great way to share our experience virtually! Here's the link for free, downloadable pamphlets:

<https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

Aside from Al-Anon Conferenced Approved Literature, another great source for our Al-Anon way of life is *The Forum*, our national magazine!

Here is an excerpt from ***The Forum***: "What Is the Process?"

*When I review submissions to [The Forum](#) each month, I think about the courage it takes to "voice" one's sharing in writing and send it in. I am grateful for every sharing received, and I honor the effort of the person who sent it. I understand that hitting the "Submit" button or dropping an envelope in the mail involves letting go and letting God determine the outcome. ***The Forum, March 2024*** - Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.*

What's next? In order to make Al-Anon's experience more available to new members, and to all groups, there will be a prize at our District 6 meeting in July for the Al-Anon group (and their members) that have the most subscriptions to the Forum! In one of our World Conference Summaries: *The Forum* is primarily a means of communication among many far-flung groups. It also should be an instrument of education and inspiration where any member or group can have his say if time is taken to write it."

The Forum is a great way to carry the message of the hope and help Al-Anon can give!

*In love and gratitude,*

*Norma A*

*District 6 Forum/Literature Coordinator*

### **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

## **Group Reports**

### **Taylor AFG (Nancy B., GR)**

Taylor AFG is doing well. We're small, but we're strong.

### **Spiritual Awakenings (Mary B., GR)**

We are back at Bethany Lutheran Church for our meetings at noon on Mondays. We are located in South Austin at 3701 W. Slaughter Lane. Our group is Spiritual Awakenings and we welcome all to join us. We are currently in room 107 a small chapel until our permanent room is completed. We have discussions on the second and fourth Mondays of the month. The first Monday is a birthday meeting corresponding to the month joining Al Anon. The third Monday is a step meeting and if there is a fifth Monday it will be a tradition meeting. If only four Mondays we would have a discussion meeting.



**Came to Believe AFG (Nichole S., GR)**

Our group is thriving. We meet in Cedar Park on Tuesday and Thursday nights at 6:15 p.m. We often have between 20-30 members at meetings and the recovery is amazing!

## Open District Service Positions

### Archivist

An organized person willing to:

- Preserve and organize Al-Anon and Alateen District history
- Bring materials to District meetings for display
- Make materials available to the membership and researchers
- Transport and house storage containers
- Attend District meetings



## District 6 – Group Hosting Checklist

### 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, potluck, Officers, Literature, Registration, and Technical Support. This may include slogan tents placed out on tables, candy, etc.
- c. Setup also involves setting out dishes or storing them 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 several attendees arrive at one time. (If registration table cannot hold handouts, identify place for handouts, i.e., agenda, financial reports.

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2. **Potluck:** Volunteers help set up potluck items. The kitchen is cleaned (restored to pre-potluck setup); however, these volunteers are ***not*** expected to clean dishes brought by the potluck attendees.
3. **Before the Day Ends:** Supplies should go back to the DR or other designated representative. ***(Don't forget coffee pots & outside signs!)***
4. **After Meeting:** Room tables and chairs are returned to their original positions as before meeting.

**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.

Revised: 5/2023

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# 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 Pwky.  
Virginia Beach, VA 23454-5617  
(800) 344-2666

**DISTRICT 6**

Elena W. (Interim)

**EAST TEXAS AREA (ETAA) Treasurer – ETAA**

P.O. Box 450675  
Laredo, TX 78045

**AL-ANON INFORMATION CENTER**

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

## District 6 Service Committee

### Officers

**District Representative (DR)**

Lynn P.  
[etx.district6@gmail.com](mailto:etx.district6@gmail.com)

**Alternate DR**

Natanya A.  
[natanya@gmail.com](mailto:natanya@gmail.com)

**Secretary**

Cat A.  
[Etx.secretary.dist6@gmail.com](mailto:Etx.secretary.dist6@gmail.com)

**Treasurer**

Elena W. (Interim)  
[elenaw.1277@gmail.com](mailto:elenaw.1277@gmail.com)

### Coordinators

**Alateen**

Ilene F.  
[etx6alateencoord@outlook.com](mailto:etx6alateencoord@outlook.com)

**Archivist**

Open

**Forum/Literature**

Norma A.  
[aanorma@icloud.com](mailto:aanorma@icloud.com)

**Newsletter**

Nichole S.  
[Etxdist6newsletter@gmail.com](mailto:Etxdist6newsletter@gmail.com)

**Public Outreach (South)**

Mary R.  
[marymraley@gmail.com](mailto:marymraley@gmail.com)

**Public Outreach (North)**

Mikala S.  
[mqsmikal@yahoo.com](mailto:mqsmikal@yahoo.com)

**Coordinator\Hispanohablante**

Lydia F. M.  
[lydiafrancine@gmail.com](mailto:lydiafrancine@gmail.com)

**Group Records**

Carmen W.  
[carmwilli@gmail.com](mailto:carmwilli@gmail.com)

**Cloud-Based Storage**

Lauren B  
[laurenbrecovery@gmail.com](mailto:laurenbrecovery@gmail.com)

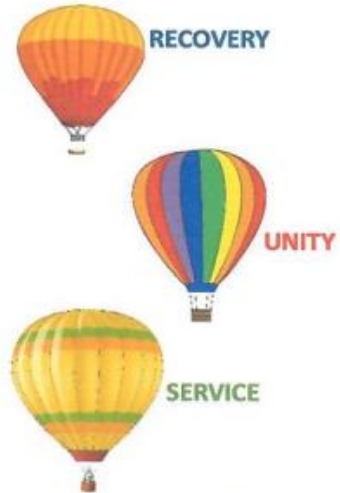
**Technical Support**

Tiana L.  
[etx6.tech@gmail.com](mailto:etx6.tech@gmail.com)

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

# Upcoming Events

## Up, Up and Away with ....



**TEXAS EAST AL-ANON/ALATEEN  
 AREA SPRING ASSEMBLY  
 MAY 17-19, 2024  
 LONGVIEW, TEXAS**

**Location**  
 Holiday Inn Express – Infinity Event Center  
 300 Tuttle Boulevard  
 Longview, Texas 75605  
 903-663-6464  
 Ask for ETAAA rates (\$109/night, double)  
 ETAAA rates include breakfast.

**Make checks payable to ETAAA-District 10  
 Mail to: District 10—ETAAA Registration  
 P.O. Box 3065, Longview, Texas 75601  
 Pay with Venmo: @ETAAA-May-2024  
 Please include the text, “  
 and the name you registered with in the  
 “What’s if For” box of your Venmo payment.**

GR \_\_\_\_\_ DR \_\_\_\_\_ AMIAS \_\_\_\_\_ FIRST ASSEMBLY (Y/N) \_\_\_\_\_ # of Years in the Program \_\_\_\_\_

Name \_\_\_\_\_ Name on Badge \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Group Name \_\_\_\_\_ District # \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_ \$ Al-Anon Registration \$35 (\$40 at the door)    \_\_\_ \$ Saturday Buffet \$35 (cutoff date May (6))  
 \_\_\_ \$ AA Registration \$35 (\$40 at the door)    \_\_\_ \$ Friday Light Supper \$12  
 \_\_\_ \$ Alateen Registration ~~\$10~~ \$5<sup>00</sup>    \_\_\_ \$ Saturday Lunch \$12

**Please remember that eating at the hotel helps the district fund the assembly.**

**NEED INFO? Email: [district10easttexas@gmail.com](mailto:district10easttexas@gmail.com) or call: 903-926-6360**

**Alateen Notice:** When registering, all Alateens must turn in a completed Behavioral Guidelines Form and be accompanied by a responsible registered adult. Notarized Permission and Medical Forms are to be kept by the responsible registered adult. Forms can be obtained from an Alateen sponsor or Alateen Coordinator.