

Winter 2009  
Volume 22 Issue 1

# District 6 Newsletter

**District Meeting  
January 17th**

**Hosted by: Unity AFG  
617 Clifford Street,  
Living Faith AA Club  
Contact: Judy W.**

**SPECIAL REQUEST:**

A meeting will be "in progress" until 8:15am, which is why our start time is 8:30am! Please enter the club house quietly during sign in to be courteous to the meeting. They are going to announce we will be using the facility promptly at 8:30am

**Directions:**

**From South (via I-35):**

Take IH35 north to Ben White (Hwy 290), Exit 230 onto the access road. Go left on Ben White, under freeway. Pass Congress, exit South First Street. Go left on South First. Pass the first light, Radam, look for the next right street, Clifford. Turn right and follow small paved road around to left to the Living Faith AA Club.

**From North (via I-35):**

Take IH35 south to Woodward, exit 232A. Stay on access road, go right on East Ben White. Stay on East Ben White access road to South First Street. Go left on South First. Pass the first light, Radam, look for the next right street, Clifford. Turn right and follow small paved road around to left to the Living Faith AA Club

**From Mopac North:**

Heading south on Mopac, exit Loop 360 and go left. Continue on 360 which becomes Hwy 290 (aka Ben White) to South First Street exit. Go right on South First. Pass the first light, Radam, look for the next right street, Clifford. Turn right and follow small paved road around to left to the Living Faith AA Club

**Food Storage:**

While this facility does have a kitchen, stove & microwave, we may only have limited access to the frig. Please bring ice chests.

**Newsletter Highlights:**

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## PAULA'S STORY....

When I was asked to tell my story for the newsletter, I felt honored to be asked and yet humble. I didn't feel I was worthy of sharing my story and feared it wouldn't be good enough. But having grown in Al-Anon through service, I know to say "yes" when someone asks me to tell my experience, strength, and hope. So I thank you for this opportunity for growth.

Through my Al-Anon journey, I discovered that I qualified for these rooms long before I got here, but I have heard that each person comes to the program when it is meant for him/her to get there. I did not realize until working the Steps that many of the character defects I have were formed early in my life. While no alcohol from the liquor store was ever present in my home, my father daily consumed an entire bottle of Vicks 44 cough syrup, which contained 44% alcohol. I always just thought my father was moody, violent, volatile, and felt that he always demanded perfection from me in my school work. I was terrified of bringing home a B! Later, my father ceased to notice or care about anyone or anything. His disease made him increasingly irrational and violent so I learned to be uncommunicative for fear of upsetting him. When I upset him, he would physically abuse me so I learned to stuff my opinions and feelings. I learned techniques to escape, and I became a caretaker for my physically handicapped mother. Because my father was so absent physically, mentally, and emotionally from the family, I developed an overwhelming sense of responsibility early in life.

In college, my fear of failure increased, not only regarding my course work, but also

with each relationship I had with men. I was always "looking for love in all the wrong places," and each time a relationship failed, naturally, I assumed it was my fault and would lose a little more of my self-esteem. Even though I did some really bad and stupid things when I dated, my Higher Power was with me through all the bad times, loving me in spite of my mistakes.

Long after college, I met my future husband. I knew that he drank a lot, but I didn't think about it too much. Throughout the years, his drinking increased, and I became that person who is described on pp. 27-28 of the Al-Anon/Alateen Service Manual 2006-2009. I reacted, controlled, was ashamed, took on his responsibilities, became increasingly guilty and physically ill. I counted drinks, worried, covered up, "fixed", lied, punished, and even worse, I drank too. I thought if he could see that I could stop after a couple of drinks, maybe he would get the hint and stop. But all I did was worry that I might qualify for another Twelve Step program.

By the summer of 2004, I realized our entire family was in crisis. My husband's disease had progressed to the point where I could no longer "control" anything that was happening in our family. Now I can see that God took care of my entire family on July 31, 2004, but at the time, I was convinced that I was headed for divorce and emotional and financial ruin and that my two children, my husband, and I would never be together again. By the grace of God, my husband realized he had a problem and agreed to seek recovery. **(continued page 7)**

## Future Events

|               |  |
|---------------|--|
| January 23-25 | All Texas An-Anon / Alateen Conference, Houston  |
| February 16   | Austin Information Center Board Meeting, 6:30 p.m.   |
| April 18      | District 6 Meeting Hosted by Elgin Just for Today AFG  |
| May 29-31     | Texas East Spring Assembly in Diboll, Texas (near Lufkin); not on <a href="http://www.texas-al-anon.org">www.texas-al-anon.org</a> to date |



# Officer Reports

## District Representative

### DR Report for November, 2008

Greetings,

I'd been sitting around thinking I'd finished all my DR tasks except turning the paperwork over to Shelly, our incoming DR, when I received an e-mail message from the brand- new newsletter editor asking me where my report was. I forgot the first rule of organizations: the job's not over until the paperwork's done.

But here it is, my final report to you as your District Representative. Since the last newsletter we've had a district meeting and elections of new district officers and coordinators for the 2009-2011 term. My congratulations to those who were elected, and indeed, to everyone who indicated a willingness to serve. It is true that our fellowship needs new members to grow, but it is also true that we need the willingness of members to accept service positions in order for us all to stay informed and connected. I am proud that District Six has so many members who are willing.

I'd especially like to acknowledge those who were elected to district service positions in 2005, and honored their commitment to serve the entire three-year term, from 2006-2008: Shelly S., Lizz S., Linda M., Lori L., Cindy C., and Carolon G. In addition, I appreciate those who came forward and filled the remainder of the terms of those who had to step down: Kay C., Millie F., and Steve S.

I am encouraged as well by the number of people willing to stand for service positions at our Fall Area Assembly in Tyler. District Six will continue to be well-represented on the Area World Service Committee, with Shelly S. as our District Representative, Pat E. and Bill H. as past delegates, and Kay C. as the new Area Web Site Coordinator. You may have heard something about recent difficulties with the Texas State Web Site, but after working with Kay this past year, I am confident those issues will be resolved.

Look for the list all of the new area officers and coordinators in the next edition of the area newsletter, The Beacon.

I decided not to stand for another service position at this time, primarily so that I may honor an earlier commitment I made. So I'll be working on a special project that is recovery program-related, though not Conference-Approved. I had accepted this responsibility, but discovered that when I held a service position, I did not have as much time available as I wanted. In addition, I will continue to work on the AWSC committee to examine the guidelines for conducting and hosting an area assembly.

I leave this position believing that our district is in great shape and that our greatest strength is you, our members. I ask that you give the incoming district officers and coordinators the same love and support that you have shown me. Thank you for the honor and privilege of serving you as DR.

Hugs in Service,  
Randy M.

## Secretary

**DISTRICT 6 MEETING MINUTES**  
**October 18, 2008**  
**Hosted by Westlake AFG**  
**(at the Unity Church of the Hills**  
**On Anderson Mill Rd.)**  
**Austin, Texas**

Thank you to the Westlake AFG for hosting the district meeting.

The meeting was opened with a moment of silence followed by the Serenity Prayer. The Welcome, 12 Steps, 12 Traditions, 12 Concepts and Warranties were read. The "Ask It Basket" was passed amount the members present.

Kay C. was Secretary pro tem  
Minutes were approved as printed in the District Newsletter.

Reports: Officers reports, Coordinator reports and Group reports: See individual reports.

Elections: Sissy motioned that the voting be by simple majority. The motion was seconded. The motion passed (one opposition).

Kay C. called roll.

The new officers and coordinators elected by the GR are as follows:

- District Representative: Shelly S.
- Alt. District Representative: Paula H.
- Secretary: Cindy C.
- Treasurer: Kay C.
- Archivist: Dolores F.
- Literature/Forum: Rosa A.
- Newsletter Editor: Tom B.
- Public Outreach Coordinator
- North: Coy C.
- South: Jane A.
- Alateen Liaison Coordinator: Steve J.

New Business:

Steve J. brought to the group's attention that the meeting schedule on the Texas website is incorrect. He has contacted the webmaster to see if the most current schedule may be posted.

Steve J. also reported that Tricare (military health care) has recognized the benefit of AA and Al-Anon in their military newsletter.

Do Not Use the Old Group Forms. Use the new ones available on the internet.

Reimbursement to Groups for the District Meeting. The District pays up to \$50.00 for a meeting site, sundry items needed for the meeting, coffee and tea.

Spanish Translation of the Newsletter. Discussion was held about translating certain parts of the Newsletter for the Spanish Groups. Tom and Paula will handle this item.

Subscriptions for the Newsletter: Pay whatever you group can afford (suggested amount is \$6.00 for the year).

**Continued Next Page**





# Group Reports

## SECRETARY'S REPORT (cont)

Ask it Basket:

Questions: Why does a group need a GR? Can a group function just as well without a GR? Is supporting a GR financially to attend district meetings and area assemblies a higher priority than donating to the Al-Anon Information Service, the District, the Area, and/or WSO?

Answer: The GR is a link to the outside world. Read more about the links of service in the service manual. Without a GR the group is missing a communication link. In the second item of priority on guidelines for group finances it states that the group should take care of group responsibilities first.

Next District Meeting:

Unity AFG-Clifford Street  
Registration and Get acquainted will start after 8:30 due to an early meeting at the clubhouse.

The meeting was closed with the Al-Anon Declaration.

Respectfully submitted

Kay C.  
Secretary pro tem

## ALTERNATE DR

No report at this time

## TREASURER'S REPORT

See next page.

## Independence AFG

We had a group conscience meeting to elect officers. I agreed to be the GR again if others took other offices and did the work of those offices. It took three meetings and several people stepped up to the challenge and now we have several officers. We decided to have refreshments and a get together at the last meeting of the month. The first of these will be October 31. We meet on Friday nights at 7:00 p.m. at Red River Church located at Red River and 45<sup>th</sup> Street in Austin.  
Sissy S.

## HOT AFG

Attendance on Monday at the 7:00 p.m. meeting is up. A more in depth study of the steps using "Paths to Recovery" takes place on at least two Mondays each month. Attendance at the Saturday 9:00 a.m. meeting is low. At our last business meeting, all service positions were filled.  
Steve J.

## Northland AFG

Our Monday night newcomer's meeting at 8:00 PM is filled to the brim with old-timers and newcomers - a great combination! Our group recently made a donation of new literature, including an assortment of books and pamphlets, to the Al-Anon group in Surfside. They lost everything from their meeting place to their collection basket during hurricane Ike. This group is truly starting again from scratch and we are grateful we were able to make such a donation.  
In gratitude and service,  
Elaine D. GR

## Killeen AFG

Recently we have had a number of newcomers who have chosen to return more than to one meeting. Also, we have been selling a great deal of literature. Our old meeting schedule of Tuesday and Friday meetings did not meet the needs of our group, so we had a group conscience meeting and changed to Tuesday and Thursday at 7:00 p.m. Also, we have already had our election for he next term beginning in January 2009.  
Coy C. GR

## Just for Today AFG – Elgin

We continue to be a strong group with steady attendance. We meet Thursday nights from 6:45 – 8:00 p.m. in the Fellowship Hall overflow room at the First United Methodist Church, 216 West 3<sup>rd</sup> in Elgin. Child care is available. We'd love to have you join us.  
Marilyn H. GR

## Anderson Mill AFG

We have moved! Anderson Mill AFG now meets at Unity Church of the Hills, 9905 Anderson Mill Rd., on Tuesdays at 7:30 P.M. We usually meet in room 129, but when you join us, please check the dry erase board in the lobby of the church for the specific meeting room. On the first Tuesday of the month, we have a meeting on a Step/Tradition/Concept. Second Tuesdays are open discussion. At the present time, the third Tuesday is a speaker meeting, but that may change in the future. Join us on the fourth Tuesday for Al-Anon birthdays! (Unfortunately, we no longer have babysitting services at our meeting at the present time.) Please join us!  
In service,  
Paula GR



# Treasurer's Report

| <b>District 6</b>                   |                 |                 |                 |                 |                 |                 |
|-------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b>Treasurer's Report</b>           |                 |                 |                 |                 |                 |                 |
|                                     | 2007 Totals     | 2008 Budget     | 1st Q 2008      | 2nd Q 2008      | 3rd Q 2008      | 2008 YTD        |
| <b>Operating Account:</b>           |                 |                 |                 |                 |                 |                 |
| Beginning Balance                   | 453.58          |                 | 916.74          | 1,190.95        | 1,284.70        | 916.74          |
| Anonymous Cash                      | 510.20          |                 | 85.00           | 182.00          | -               | 267.00          |
| Group Donations                     | 5,329.73        |                 | 1,055.11        | 966.40          | 2,603.93        | 4,625.44        |
| Other                               | -               |                 |                 |                 |                 | -               |
| <b>Subtotal Income</b>              | <b>6,293.51</b> | <b>6,400.00</b> | <b>2,056.85</b> | <b>2,339.35</b> | <b>3,888.63</b> | <b>5,809.18</b> |
| Alateen Coordinator                 | 213.21          | 500.00          | 125.00          | -               | -               | 125.00          |
| Alateen Liason Coordinator          | -               | 100.00          | -               | -               | -               | -               |
| Archives                            | -               | 25.00           | -               | -               | -               | -               |
| District Meeting                    | 290.00          | 400.00          | 85.00           | 67.44           | 87.17           | 239.61          |
| DR Expenses                         | 564.95          | 600.00          | -               | 317.15          | -               | 317.15          |
| DR RSS Expenses                     | -               | -               | -               | -               | -               | -               |
| Forum/Literature Coordinator        | -               | 25.00           | -               | -               | -               | -               |
| Miscellaneous (1)                   | 180.00          | 350.00          | 45.00           | 45.00           | 45.00           | 135.00          |
| Newsletter                          | 2,113.61        | 2,000.00        | 510.90          | 525.06          | 517.70          | 1,553.66        |
| Public Outreach Coordinator - North | 400.00          | 500.00          | -               | -               | 110.40          | 110.40          |
| Public Outreach Coordinator - South | 1,000.00        | 1,000.00        | -               | -               | -               | -               |
| Accrue Reserves                     | 615.00          |                 | 100.00          | 100.00          | 100.00          | 300.00          |
| Release Reserves                    | -               |                 |                 |                 |                 | -               |
| <b>Subtotal Expenses</b>            | <b>5,376.77</b> | <b>5,500.00</b> | <b>865.90</b>   | <b>1,054.65</b> | <b>860.27</b>   | <b>2,780.82</b> |
| <b>Ending Balance</b>               | <b>916.74</b>   | <b>900.00</b>   | <b>1,190.95</b> | <b>1,284.70</b> | <b>3,028.36</b> | <b>3,028.36</b> |
| <b>Reserve Accounts:</b>            |                 |                 |                 |                 |                 |                 |
| <b>Kristy Fund</b>                  |                 |                 |                 |                 |                 |                 |
| Beginning Balance                   | 514.50          |                 | 514.50          | 514.50          | 344.50          | 344.50          |
| Donations                           | -               | N/A             |                 |                 |                 | -               |
| Payment                             | -               |                 |                 | (170.00)        |                 | (170.00)        |
| <b>Ending Balance</b>               | <b>514.50</b>   | <b>-</b>        | <b>514.50</b>   | <b>344.50</b>   | <b>344.50</b>   | <b>174.50</b>   |
| <b>Int'l Reserve</b>                |                 |                 |                 |                 |                 |                 |
| Beginning Balance                   |                 |                 | 1,838.17        | 1,888.17        | 896.95          |                 |
| Accrual                             | 200.00          | 200.00          | 50.00           | 50.00           | 50.00           | 150.00          |
| Payment                             | -               |                 |                 | (1,041.22)      |                 | (1,041.22)      |
| <b>Ending Balance</b>               | <b>1,838.17</b> | <b>200.00</b>   | <b>1,888.17</b> | <b>896.95</b>   | <b>946.95</b>   | <b>946.95</b>   |
| <b>RSS Reserve</b>                  |                 |                 |                 |                 |                 |                 |
| Beginning Balance                   |                 |                 | 793.20          | 843.20          | 893.20          |                 |
| Accrual                             | 200.00          | 200.00          | 50.00           | 50.00           | 50.00           | 150.00          |
| Payment                             | -               |                 |                 |                 |                 | -               |
| <b>Ending Balance</b>               | <b>793.20</b>   | <b>200.00</b>   | <b>843.20</b>   | <b>893.20</b>   | <b>943.20</b>   | <b>943.20</b>   |
| <b>Prudent Reserve</b>              |                 |                 |                 |                 |                 |                 |
| Beginning Balance                   | 2,000.00        |                 | 2,000.00        | 2,000.00        | 2,000.00        | 2,000.00        |
| Accrual                             | 285.00          | N/A             |                 |                 |                 | -               |
| Payment                             | (285.00)        |                 |                 |                 |                 | -               |
| <b>Ending Balance</b>               | <b>2,000.00</b> | <b>-</b>        | <b>2,000.00</b> | <b>2,000.00</b> | <b>2,000.00</b> | <b>2,000.00</b> |
| <b>Total Bank Account Balance</b>   |                 | <b>500.00</b>   | <b>6,436.82</b> | <b>5,419.35</b> | <b>7,263.01</b> |                 |



# Coordinator Reports

## ARCHIVIST

As I complete my term of service as District Archivist, I look back and see how quickly the time has passed. Our program encourages service and emphasizes its importance, both to us and to our overall fellowship. For me, encouragement to serve came first from my group, and especially my GR. Then I read about service in our literature, and heard speakers share how it had changed their outlooks and their lives. When I finally linked arms and then started meeting with my sponsor, I often heard "the Al-Anon program teaches us to become willing to serve."

With the help of my Higher Power, the God of my understanding, I learned to "become willing to serve" first as a GR for my home group. That got me started attending district meetings, assemblies, and even the All-Texas Conference. I then "became willing to serve" as District 6 Archivist, and have found that this service position has instilled in me a deeper understanding of the history of Al-Anon.

I also have more appreciation for the great gift and legacy handed down to our generation by those wonderful women and men who defined both AA and Al-Anon, wrote our wonderful literature, and served at all of the various links of service that binds this great fellowship together in love and unity. Serving has helped me to move beyond the bounds of my own self. It has helped me to grow as a person, and it has made me more sensitive to those around me who share my joys and struggles. Thank you for letting me serve as your District Archivist.

For those who may be considering this service position, let me say that it is not difficult. The Archivist is concerned with preserving and organizing historical Al-Anon and Alateen material so that it is available to the membership and potential researchers. You just need a little space in your home for the materials and a way to bring any items you wish to the District meetings for display.

Yours in service,  
Linda M. District 6 Archivist

## PUBLIC OUTREACH - NORTH

Steve and I did the annual Hooray for Health Kids' Health Fair in July. It was well attended and we handed out a lot of schedules, Alateen notices, and pamphlets. A Spanish speaking member joined us again and was a great asset. The pamphlets I had left over, I gave to the family abuse shelter again, along with a rack to keep them on.

Steve and I will have an Al-Anon/Alateen table at the Providence Health Center annual employee Health Fair. It will be at the end of October on Thursday, October 30 from 8:00 a.m. to 5:00 p.m. I received a shipment of the Outreach Forum and will have them available at the Health Fair. I will also be distributing them in the Waco area.

In loving service,  
Cindy

## PUBLIC OUTREACH - SOUTH

No report at this time.

## ALATEEN COORDINATOR'S REPORT/SPONSOR'S CORNER

10/18/08

Greetings All!

When was the last time you read an issue of ALATEEN TALKS? It's about time you read one! ALATEEN TALKS is almost like the Alateen version of The Forum magazine. Every registered Alateen group gets a copy of ALATEEN TALKS. There are puzzles, sharings, and pictures, too. Ask an Alateen to show you one! Sometimes, they are available at the Literature tables- or ask an Alateen. Check it out!

Alateens and sometimes Alateen sponsors make contributions of sharings and they are published in ALATEEN TALKS. Thanks to Kent M. for his recent submission that was published in the latest edition of ALATEEN TALKS. Kent shares why he became an Alateen sponsor- inspiring!

Local Alateen groups must be registered with WSO in order to call themselves an Alateen group, just like Al-Anon groups are registered. The difference is that Alateen groups must have a certified sponsor in place before the group can meet. Have you thought about becoming a certified Alateen chaperone- or sponsor?!? It's an incredible adventure! Just talk to any Alateen sponsor, your District Alateen Coordinator, or your District representative for more information. FYI-Alateen groups use a special change form to register as a group and make changes- not the regular Al-Anon change form.

Today, in our District Sponsor meeting, we talked about Alateen service to teens in institutions and treatment facilities, basically the need for Alateen meetings in facilities such as this. However, we need more Al-Anons willing to "step up to service" to be certified as chaperones, and then take the training needed to become sponsors. I believe that District 6 has more Alateen sponsors and chaperones than any other district in our area- but we need MORE to serve all the Alateens in our district.

The Georgetown Alateen group is serving as the host group for the next TEAC Alateen conference to be held in June 2009. More information will be released soon. Did you know that the Alateens plan their own conference? Good luck to the Georgetown Alateens and thank you for your service!

About the time you read this, Steve J. will be assuming his new service position as District Alateen Coordinator. Thank you, Steve, for your willingness to serve the District 6 Alateens and their sponsors and chaperones! Steve can be reached at 254/744-7776, and will take over in January 2008. What an incredible three years it has been for me! I have received many, many gifts from the wonderful AMIAS (Al-Anon Members Involved in Alateen Service) and from all of the active District 6 members- Thank you ALL for your love and support!

Don't forget these important dates:  
January 23-25, 2009 All Texas Al-Anon Alateen conference, Houston TX.

LOVE in service,  
Lizz S.

Working Together  
Let's keep Alateen going, growing, and glowing.  
Alateen and Al-Anon;  
Together We Can Make It fun, healthy, and safe.  
from Alateen Safety Guidelines, G-34





# Just a Little Extra to Share!!

## Looking for a Speaker Meeting?

- 5<sup>th</sup> Sunday of each month
- 5<sup>th</sup> Monday of each month
- 5<sup>th</sup> Monday of each month
- 5<sup>th</sup> Tuesday of each month
- 1<sup>st</sup> Wednesday of each month
- 5<sup>th</sup> Wednesday of each month
- 5<sup>th</sup> Thursday of each month
  
- 2<sup>nd</sup> Saturday of each month

- Belton Steps & Traditions AFG**, in Belton, 8:00 p.m.
- Courage to Change AFG**, Austin, 6:45 p.m.
- Allandale Happy Hour AFG**, Austin, 5:30 p.m.
- Anderson Mill AFG**, 7:30 p.m.
- Northland AFG** in Austin, 8 p.m.
- Freedom to Recover AFG** in Round Rock, 8:00 p.m.
- Wimberley AFG** in Wimberley; eating starts at 7:00 p.m. & speaker meeting starts at 8:00 p.m.
- Georgetown AFG**, 8 p.m. Al-anon & AA speaker. Potluck dinner is at 7 p.m.

**Editor's Note: If I don't have your days & times correct, please let me know! Thank you!**

## District 6 Memories

I had been a regular at the Harmony Hills Al-Anon group for three years. Our Group Representative, Dean M., asked me, several weeks in a row, to go to the next district meeting. In the past, when Dean had announced to the group that they were invited to the district meeting, it did not even occur to me that I should go. But when she one-on-one asked me to go, I responded positively.

I showed up on Saturday at an old house on a church property near the center of Westlake. I recall that there were 12 to 15 people at the district meeting. I knew two of them, Dean and a member of the Westlake group (she was Blanche D. at that time and later became Blanche M.), who had occasionally been at Harmony Hills meetings. That was in early 1984.

During the meeting the District Representative, Pat E., announced that she had brought a prize (a needle work piece) "for the lady who had brought the most members of her group to the district meeting." From the way the comment was phrased, I wondered if I was the first male to attend a district meeting!

Eight or nine months later it was time to select a new Group Representative. Dean, Rita M. (a long time member of the group) and several others cajoled me into agreeing to be their new Group Representative. Much later I learned that this was a classic way to begin Al-Anon service.

They knew I had agreed to do it when I asked, "What would I need to do?" In that reluctant tone I was beginning the most rewarding personal growth period of my Al-Anon journey.

Soon thereafter I went to my second district meeting, as a new GR, in the AA room at Northland. Pat E. chaired the meeting as the outgoing District Representative. At one point all of us new GRs gathered around a table in the corner of the room to elect one of us as the new DR. There were six or eight of us sitting at the table trying to determine who would serve as DR. All of us seemed unwilling or felt unprepared to be a DR. When I was asked, I protested, "This is only my second district meeting." Finally Marilyn V. of Killeen agreed to be DR. It wasn't really an election, in the formal sense. It was very similar to the way I was selected to be my group's GR. Everyone was just urging her to do it.

A few weeks later I was at my first area assembly, at a motel in Victoria. It was time to elect new area officers. I sat with people I knew from the district. Watching the business meeting and the election process amazed me. In my career I had been to numerous meetings of various types, but I had never experienced anything even remotely like this before. These people were having fun, not getting up-tight (most of them, anyway). I was hooked, and still am today.

The next district meeting was a few months later, in a church meeting room in Taylor. There were less than ten people there, including our past DR, Pat E. and Betty B. who was Taylor GR. Marilyn V., our new DR, presented a new idea for the district. Prior to that, the DR was the only district officer. Marilyn proposed that there be other district officers, following the example of the area assembly. To fill all of her proposed positions, nearly every person there would need to go home with a district responsibility.

So Marilyn went through the positions seeking one of us to agree to fill each one. I claimed too little experience for one or two positions. When she got to the position of district treasurer, I believe it was Betty B. who said, "Bill, you can do that!" I responded with that classic Al-Anon acceptance, "What's involved?" I was told all I had to do was keep the money bag and bring it to the next district meeting. I was handed a zippered bank bag containing, as I remember, \$187. For the next three years I was GR as well as district treasurer. I brought the bag of cash to each district meeting.

Those next three years hooked me on the personal recovery and fun available to me at district and area meetings. Twenty five years later, I still go when I can.

Bill H





# Information Service Centers

## AUSTIN AIS

Austin Al-Anon/Alateen Information, Inc.  
 A Texas Nonprofit Corporation  
 1307-G Treadwell  
 Austin, TX 78704  
 512/441-8591

### Activity from August 18 – October 16, 2008

|                          |                 |
|--------------------------|-----------------|
| Group Donations          |                 |
| Anderson Mill AFG        | 220.95          |
| Bee Caves AFG            | 352.60          |
| Bridge to Shore AFG      | 86.70           |
| Faith AFG                | 136.20          |
| Gateway AFG              | 14.00           |
| Great Hills AFG          | 308.20          |
| Hilltoppers AFG          | 1,304.95        |
| Hope for Today AFG       | 12.80           |
| Just for Today AFG       | 259.95          |
| Lakeway Tuesday AFG      | 242.05          |
| Live and Let Live AFG    | 14.45           |
| Living Gratitude AFG     | 14.00           |
| Northland AFG            | 681.95          |
| One Step At A Time AFG   | 59.05           |
| Serenity Seekers AFG     | 53.00           |
| Shoal Creek AFG          | 45.00           |
| Spiritual Awakenings AFG | 194.90          |
| Steps to Freedom AFG     | 267.20          |
| Westlake AFG             | 414.25          |
| Unity AFG                | <u>81.90</u>    |
|                          | <b>2,764.10</b> |

|                           |                 |
|---------------------------|-----------------|
| Other Donations           |                 |
| Allandale                 | 293.97          |
| Anonymous                 | 200.00          |
| Bee Caves                 | 600.00          |
| Faith                     | 6.56            |
| Independence              | 50.00           |
| Just For Today            | 68.78           |
| Northland                 | 200.00          |
| San Marcos – Welcome Home | 35.00           |
| Suburban                  | 150.00          |
| Three Cs                  | 62.00           |
| Westlake                  | 192.40          |
| Unity                     | <u>200.00</u>   |
|                           | <b>2,068.71</b> |

|                              |        |
|------------------------------|--------|
| Out of Town Literature Sales |        |
| Alpine                       | 99.25  |
| Bastrop-Cedar Creek          | 38.50  |
| Cedar Park:                  |        |
| Came to Believe              | 82.50  |
| Hope                         | 79.80  |
| Georgetown-New Point of View | 162.00 |
| Giddings                     | 60.00  |
| Killeen                      | 199.80 |
| Marble Falls                 | 654.80 |
| Round Rock:                  |        |
| Freedom to Recover           | 98.10  |
| Serenity Trails              | 75.00  |

### Out of Town Literature Sales (cont)

|  |                 |
|--|-----------------|
| Alpine                                 | 99.25           |
| Bastrop-Cedar Creek                    | 38.50           |
| Cedar Park:                            |                 |
| Came to Believe                        | 82.50           |
| Hope                                   | 79.80           |
| Georgetown-New Point of View           | 162.00          |
| Giddings                               | 60.00           |
| Killeen                                | 199.80          |
| Marble Falls                           | 654.80          |
| Round Rock:                            |                 |
| Freedom to Recover                     | 98.10           |
| Serenity Trails                        | 75.00           |
| San Marcos                             | 852.60          |
| Temple-Glass House                     | 30.00           |
| Waco:                                  |                 |
| Central TX Intergroup                  | 444.80          |
| L.D.C                                  | 84.00           |
| TECAM                                  | 634.20          |
| Wimberly                               | <u>201.05</u>   |
|  | <b>3,796.40</b> |
| Walk In Sales                          | 948.53          |
| Total Sales                            | 9,509.16        |
| Literature Purchases                   | 4,876.45        |
| Total Sales minus Literature Purchases | 4,632.71        |

The center is averaging 5 calls a day and two walk-ins a day during this 42 day period.  
 Kitty G.

## WACO AIS

Our information service is doing well. We still have three Waco groups that support us financially. One group has dropped out of the rotation for hosting the New Beginnings meeting and probably carrying the pager. But the other groups, HOT and TECAM, are still helping financially and otherwise. But hey are tenuous as well because TECAM is currently deciding if they will continue to host New Beginnings and HOT said they would not, understandably, be interested in doing it alone. Hopefully, we will know something for sure by the end of the year. Attendance at that New Beginnings meeting has been up and we are still selling literature. Hopefully, service will continue so that the New Beginnings group does not disband. We are currently getting one to two calls a day on the pager. Most newcomers are finding Al-Anon and Alateen through the pager, the AA Intergroup, and the website.

Cindy C  
 Waco AIS Chair

## Paula's Story (cont)

Although I was grateful that he was in recovery, I was still full of worry, self-pity, sadness, and extreme anger. When we attended a family weekend at the recovery center, it was suggested to me that I attend Al-Anon, and I was certain Al-Anon would fix my entire family!

When I came into the rooms of Al-Anon, you welcomed me sincerely, you smiled, you hugged me, and you told me that you loved me and to keep coming back because I was worth it. Even though I thought you were crazy to say that you could love someone without knowing them, I knew I had finally found a safe place of unconditional love and support. You accepted me exactly as I was without any expectations or conditions. You had faith in me when I had no faith in myself. You encouraged me to do service in Al-Anon, and because of your love and support, I have had tremendous opportunities for growth.

After a little over four years in the program, I have experienced much joy and recovery. I am content with the fact that I will never be perfect. I laugh more, and people tell me I look less stressed. I no longer beat myself up when I make mistakes. Although some of my old and newer character defects are still with me, I know that I can be more serene if I have faith in God and allow Him to control my life. I find solace through daily reading of Al-Anon literature, connecting with my Higher Power, and through the fellowship of the program

Our family has experienced much healing in the last four years, thanks to the miracle of the Al-Anon and A.A. programs. We are together again, literally, under one roof, and our reunion would not have been possible without the love and peace of the program.

Paula H.





# TRADUCCIONES AL ESPANOL

ANUNCIO DE LA REUNION DE DISTRITO Y DIRRECCIONES  
REPORTAJES DEL REPRESENTANTE DE DISTRITO  
REPORTAJE DE LA SECRETARIA (MINUTOS)

## Reunión del distrito

El 17 de enero

Unity AFG

617 Clifford Street

Living Faith AA Club

Llame: Judy W.

### PETICION ESPECIAL:

Habrà una reunion ya en progreso hasta 8:15; por eso comenzamos a las ocho y media. Por favor, entre en silencio y firme el registro.

### DIRECCIONES

#### Del Sur (por I-35):

Siga I-35 hacia el norte hasta llegar a Ben White (Hwy. 290). Tome la salida 230 y doble a la izquierda en la calle Ben White, debajo de la carretera. Cruce Congress, y tome la salida South First Street. Doble a la izquierda en South First. Pase por el primer semàforo, Radam, y busque la siguiente calle a la derecha, Clifford. Doble a la derecha y siga el camino hacia la izquierda hasta llegar a Living Faith AA Club.

#### Del Norte (por I-35):

Siga I-35 al sur hasta llegar a Woodward, la salida 232A. Doble a la derecha en el Este Ben White. Siga el camino Este Ben White hasta llegar a South First Street. Doble a la izquierda en South First. Pase por el primer semàforo, Radam, y busque la siguiente calle a la derecha, Clifford. Doble a la derecha y siga el camino hacia la izquierda hasta llegar a Living Faith AA Club.

#### Del Norte de Mopac

Vaya al sur en Mopac, tome la salida Loop 360 y doble a la izquierda. Siga en 360, que se convierte en Hwy. 290 (Ben White), hasta llegar a la salida South First. Doble a la derecha en South First. Pase por el primer semàforo, Radam, y busque la siguiente calle a la derecha, Clifford. Doble a la derecha y siga el camino a la izquierda hasta llegar a Living Faith AA Club.

### Comida:

El club tiene una cocina, una estufa, un microondas, probablemente no podemos usar todo el refrigerador. Por favor, traiga algo para contener la comida fría.

## REPRESENTANTE DE DISTRITO

### Reportaje del Representante de Distrito - noviembre, 2008

Saludos,

Pensaba que había terminado todo mi trabajo como Representante de Distrito, con la excepción de entregar el papeleo a Shelley, la nueva Representante de Distrito, cuando recibí un correo electrónico del editor del boletín informativo pidiéndome donde estaba mi reportaje. Se me olvidó la primera regla de las organizaciones: el trabajo nunca termina hasta que termine el papeleo.

Pero aquí está, mi reportaje final como su Representante de Distrito. Después de la publicación del ultimo boletín informativo, tuvimos una reunion del distrito y elegimos nuevos oficiales del distrito y coordinadores para 2009-2011. Felicitaciones a todos los elegidos y a todos que decían que querían servir. Es verdad que Al-Anon necesita nuevos miembros para crecer, pero también es verdad que necesitamos gente que quieren servir para que todos nosotros recibamos información y para mantenernos unidos. Estoy orgulloso que el Distrito Seis tenga tantos miembros que quieren servir.

Me gustaría especialmente reconocer a los oficiales de 2006-2008: Shelley S., Lizz S., Linda M., Lori L., Cindy C., Carolon G., Kay C., Millie F., y Steve S.

Me alegra mucho también que muchas personas hayan dicho que quieren servir como oficiales y coordinadores en la asamblea del otoño en Tyler. El Distrito Seis tendrá muchos representantes en el Comité de Servicio Mundial de Zona, con Shelley S. como nuestra Representante del Distrito, Pat E. y Bill H., delegados anteriores, y Kay C. como la nueva Coordinadora del Web site. Es posible que Uds. hayan oído de unos dificultades recientes con el Web site de Texas, pero después de trabajar con Kay este año, estoy seguro que todos los problemas se resuelven.

Busque la lista de todos los oficiales y coordinadores en la siguiente edición del boletín informativo de la Zona, The Beacon.

Decidí que no aceptaría otro puesto de servicio ahora mismo porque tengo que honrar otras obligaciones. Voy a trabajar en un proyecto especial relacionado a un programa de recuperación, pero no es apoyado por la Conferencia. Trabajaré en el Comité de Servicio Mundial de Zona para examinar las guías para dirigir y presentar una Asamblea de Zona. Salgo de este puesto, creyendo que nuestro distrito es muy unido y que Uds. son nuestra fuerza, los miembros. Les pido que Uds. les den a los nuevos oficiales y coordinadores el mismo amor y apoyo que Uds. me han mostrado. Les agradezco por el honor y el privilegio de servirles como Representante del Distrito.

Abrazos en servicio, Randy M





**SECRETARIA  
REPORTAJE DE LA REUNION DE DISTRITO 6  
El 18 de octubre, 2008**

**Westlake AFG (reunion en Unity Church of the Hills, calle Anderson Mill) Austin, TX**

Les agradecemos a los miembros de Westlake AFG por presentar la reunión de distrito.

La reunión fue abierta con un momento de silencio y la Oración de la Serenidad. La Bienvenida, Los Doce Pasos, Las Doce Tradiciones, Los Doce Conceptos y Garantías fueron leídos. La "Cesta de Preguntas" fue distribuido a los miembros.

Kay C. sirvió temporalmente como Secretaria. Los minutos del boletín informativo del distrito fueron aprobados.

Reportajes: Reportajes de los Oficiales, Coordinadores, y Grupos: Vea los reportajes individuales.

Elecciones: Sissy introdujo una moción y hicimos un voto con una mayoría simple. La moción recibió un Segundo y la moción pasó con una oposición.

Kay C. pasó lista.

Los nuevos Oficiales y Coordinadores elegidos por los Representantes de Grupo son:

- Representante de Distrito: Shelly S.
- Alternativa Representante de Distrito: Paula H.  
(Si Ud. quiere información en español, por favor, comuníquese con ella.)
- Secretaria: Cindy C.
- Tesorera: Kay C.
- Archivos: Dolores F.
- Literatura/Forum: Rosa A.
- Editor del Boletín Informativo: Tom B.
- Coordinador de Alcance al Público:
  - Norte: Coy C.
  - Sur: Jane A.
- Coordinador de Alateen: Steve J.

**ASUNTOS NUEVOS:**

Steve J. dijo que el horario de reuniones en el Texas Web site no es correcto. El se comunicó con el Amo del web para ver si es posible mostrar el más reciente horario en el Web site.

Steve J. también nos informó que Tricare (compañía de aseguranza para el servicio militar) ha reconocido los beneficios de Alcohólicos Anónimos y Al-Anon en su boletín informativo militar.

No usen los registros viejos del Grupo. Por favor, usen los registros nuevos que están en la Red. (Web site de los miembros)

Reembolsos a los Grupos para la Reunión de Distrito. El Distrito paga \$50 para el lugar de la reunión, y cosas necesarias para la reunión, como café y té, etc.

Traducción al español del Boletín Informativo. Se discutieron la traducción de varias partes del Boletín Informativo para los grupos hispanohablantes. Tom y Paula trabajarán juntos con respecto a este asunto.

Suscripciones al Boletín Informativo: Pague lo que pueda pagar su grupo. La cantidad sugerida es \$6 cada año.

**La Cesta de Preguntas**

Preguntas: ¿Por qué necesita un grupo un Representante de Grupo? ¿Se puede funcionar un grupo sin Representante de Grupo? ¿Por qué es más importante usar los fondos del grupo para enviar a un Representante de Grupo a las Reuniones de Distrito y a las Asambleas en vez de mandar donaciones al AIS, el Distrito, la Zona, y/o La Conferencia de Servicio Mundial?

**Respuesta:**

El Representante de Grupo es el enlace al mundo externo. Lea más sobre los enlaces de servicio en el Manual de Servicio. Sin un Representante de Grupo, al grupo le hace falta el enlace de comunicación. También acerca de los fondos del grupo, las guías dicen que es preciso que el grupo se encargue de las responsabilidades del grupo primero. (p. 39-41, 84-89, 133-134,143 Manual de Servicio) \*

\*(En las reuniones de Distrito y de la Zona, hay varias personas que hablan español.)

La próxima Reunión de Distrito:

Unity AFG-Clifford Street  
Empecemos a las 8:30 porque hay una reunión que empieza más temprano en el club.

Se cerró la reunión con la Declaración de Al-Anon. ----  
Respetuosamente, Kay C.





# Service Arms Representatives

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

|   |  |            |                 |   |
|---|--|------------|-----------------|---|
| AL-ANON INFORMATION CENTER<br>1030-G S. LAMAR<br>AUSTIN, TX 78704<br>(512) 441-8591 | AIS WACO AREA<br>PO BOX 8374<br>WACO, TX 76714<br>(254) 808-4757 | DISTRICT 6 | EAST TEXAS AREA | WORLD SERVICE OFFICE AFG, INC.<br>1600 CORPORATE LANDING PKWY<br>VIRGINIA BEACH, VA 23454-5617<br>(1-800 -344-2666)<br><a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a> |
|---|--|------------|-----------------|---|

## District 6 Service Committee

### Officers

**DISTRICT REPRESENTATIVE**

Shelley S.

**ALTERNATE D.R.**

Paula H.

**SECRETARY**

Cindy C.

**TREASURER**

Kay C.

### Coordinators

**ALATEEN**

Steve J.

**NEWSLETTER**

Tom B.

**FORUM/LITERATURE**

Rosa A.

**ARCHIVIST**

Maria Delores F.

**PUBLIC OUTREACH**

(South)

Jane A.

**PUBLIC OUTREACH**

(North)

Coy C.

**Texas Website:** [www.texas-al-anon.org](http://www.texas-al-anon.org)

**TRADITION 7 – EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS**

The District 6 Al-Anon/Alateen Newsletter is published quarterly. No dues or fees are required to receive this newsletter, however; your individual contributions are gratefully appreciated. If you would like to be added to the mailing list or would like to financially support District 6, please send your check and the form to:

Newsletter: AFG DISTRICT 6, EAST TX

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Group: \_\_\_\_\_ E-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_



