



Winter 2010  
Volume 23 Issue 1



# District 6 Newsletter

**District Meeting  
January 16th  
Hosted by:  
Killeen AFG  
St. Christopher  
Episcopal Church  
Fellowship Hall  
2800 S. Trimmier Rd  
Killeen, TX  
Contact: Jennie W.**

## Directions:

### From Austin:

Take I-35 North to Route 195 Killeen/Florence exit to the right. Turn left at the signal to Route 195 toward Killeen. Route 195 will change to Fort Hood Street. Turn right on Elm Street (first signal). St Christopher Church will be on your right.

### From Waco:

Take I-35 South to Route 190 toward Killeen/Fort Hood. Take the Trimmier exit and turn left on Trimmier. St. Christopher Church will be on your left.

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## CINDY'S STORY

I came to Al-Anon, as many do, with the belief that I would be told how to fix my marriage and how to fix the alcoholic - my husband. I soon found out, however, (in my first meeting) that I was there to fix me, to look at my part in what was going on, and to focus on me. I thought - How selfish to focus on me. I also thought - MY part - what did they mean, MY part? Were they trying to tell me (as the alcoholic was) that this was my fault? I thought - this is NOT what I want to hear! I knew I had done everything in my power to make the alcoholic happy. I also knew, however, that he was not happy. I had made his life my life. I had given up family and friends for him. I had made him my world. I walked on eggshells and on tiptoes to keep things peaceful for him. So far, none of this had worked and I was desperate. There must be something I hadn't done or said. I wanted the magic cure. But then these people at the meeting told me the Three C's - I didn't cause it, I couldn't control it, and I couldn't cure it. They said I needed to detach with love. How do I do that, I thought? They said the alcoholic had to suffer the consequences of his actions. I thought, NO. I have to help him, to protect him. They even had the nerve to tell me my marriage might not work out. I was horrified. Then they said if I worked the program and KEPT COMING BACK that I would be okay. I thought - okay? I'd never been okay. All my life I had tried to be okay. I had tried to fit in, to make everyone like me so they'd be my friend, but nothing had ever worked. I was never good enough, smart enough, skinny enough, pretty enough. I kept listening to them though (Listen and Learn) and, by the end of the meeting, I realized that, since my way had never worked, maybe these people had something. I decided I'd come back.

I went to four meetings a week. I even participated in a health fair with other Al-Anons. At first, it just gave me something to do with my time. The alcoholic was never at home anymore except to sleep, and I didn't know what to do with myself. Then one long-timer offered to hold a step study at her house one night a week. This gave me something to do on another night. This is when I really started my journey. Within my first six months in Al-Anon, I went to my first district meeting (where Randy Mott asked me to speak as a newcomer), my first assembly (where I accepted a position as recorder of a committee), and my first ATAAC (All Texas Al-Anon/Alateen Conference). I had fun (life had not been fun for a long time) at all of these, and I felt loved like never before. I started feeling alive again. I was making friends and having fun with my friends. I was still married, but the alcoholic was home less and less. He told me he didn't know if he still  
**(continued on page 9)**

## Future Events

December 7	Austin Information Center Board meeting
Jan 16, 2010	District Meeting, Killeen AFG
Feb 5-7, 2010	2010 All Texas Al-Anon/Alateen Conference, Houston
Feb 15, 2010	Austin Information Center Board Meeting
Mar 19-21, 2010	POSSE, Gonzales
April 16, 2010	District 6 Meeting
May 21-23	ETAAA, Inn Place Hotel, Victoria
July 1-4	AA International, San Antonio

**REMINDER:** With the advent of the new year, it is time to renew your subscriptions to the newsletter. The suggested donation is \$10 per year (see the form on page 10).





# Officer Reports

## Alternate District Representative

It doesn't seem like much time has passed since I wrote my last report. I have continued to work with the Spanish groups since the last District Meeting. There is a new Spanish meeting on Thursdays at 7:00 P. M., Vive y Deja Vivir. The group meets in the Apache Shores area (just across Mansfield Dam) at 14919 General Williamson Dr., #3. I have worked with my Task Force Committee and the Houston Spanish District Coordinator in composing a job description for a Spanish District 6 Coordinator.

Also, I am continuing to visit English-speaking groups in the District. When I visit groups, I do so in a spirit of love for Al-Anon. I am not the Al-Anon police, nor am I the Al-Anon spy. Parts of the September 7 reading from Courage to Change, and the September 27 reading from Hope for Today embody the philosophy that I embrace in Al-Anon service. The September 7th reading says: "I believe that as we nurture our groups, we nurture and empower ourselves. We can make a contribution; we can make choices that help us to allow healing in ourselves and others. ... Continuity of service is important to our common welfare. ... I give my time and moral support to help make sure ours the kind of group I want to belong to." The September 27th reading says: "Service expands our world and brings new friends into our lives. It presents us with new experiences and helps us grow immeasurably. ... Each of us has something unique that we bring to the program. ... Participation is not only the key to harmony, it is the key to growth and recovery."

The quote, "Continuity of service is important to our common welfare," prompted me to do some research prior to this meeting. I requested a current Group Records' list from our Area Group Records' Coordinator. Here are the results: Out of 81 groups, 41 groups have a Group Representative, but some of the information may not be current or accurate. I found at least 2 groups that changed Group Representatives in January 2009, but their names are not on the Group Records' list. Three groups are not on the meeting list, but Group Records show that they are active groups. Two groups are showing a suspended status in Group Records. One group is on the meeting list, but Group Records is showing it in the archives. One group has had a name change and has submitted it to Group Records, but the name change is not on the meeting list. And 31 groups were on the Group Records list but showed no Group Representative! According to our Guidelines (G-11) from the World Service Office, Group Representatives "are the first link in the chain that leads to the World Service Conference." Members of Al-Anon all have an equal voice, but if there is no one from the group to represent that voice, the continuity of service is disrupted. If no one from your group is willing to be a Group Representative, I encourage you, the individual member, to enable your group to stay connected to the World Service Conference. You don't have to be a Group Representative to attend a District or Area meeting or to make sure your group is receiving the District Newsletter or Area Newsletter (the Beacon). All you have to do is be willing!

In Al-Anon love and service,

Paula H.

## Secretary

### DISTRICT 6 MEETING MINUTES

October 17, 2009

Hosted by Living Gratitude AFG  
Held at Unity Church of Austin

The meeting opened at 9:20 by Shelley S. with a moment of silence followed by the Serenity Prayer. The Preamble, 12 Steps, 12 Traditions, 12 Concepts and Warranties were read. Introductions were made. Shelley welcomed our honored guests, Jan W. and LaVern W., who each have fifty years in Al-Anon. Sissy S. then introduced Jan W.. Jan gave her story. Cindy C. introduced LaVern W. and LaVern gave her story. They both then answered questions from members. (See page 5.) A writing workshop was held after this. It was on our own history in Al-Anon - what it was like when we first came in and what changes we have seen since then. We were also asked to write how changes have affected our recovery and spiritual growth.

Shelley gave her DR report and also a report on the AWSC committee. She announced that the AA International Convention will be held July 1-4, 2010 in San Antonio. Our area is hosting the Al-Anon portion of the meeting for workshops and speakers. Rich M. and Pat E. are chairing the committee for this.

The minutes were accepted as written. Reports were then given by the other officers and coordinators. The morning session closed for lunch.

The afternoon session began at 1:15 with Old Business. Group reports were given. Future district meetings were discussed. The Killeen group

**Continued Next Page**





**Secretary's Report (continued)**

may still hold the January 16 meeting. If they cannot, Courage to Change AFG in Austin is an alternate. For the April 17 meeting, two groups - Wimberly and Just For Today in Austin - offered to host.

New Business began with Ask-It-Basket questions being answered.

**Ask-It-Basket Questions:**

1. Should my group pay for my service manual since I am a GR? What else should the GR's group pay for?

Answer: Each registered group is sent a service manual by WSO each time it is revised and published. This is the group's copy and can be used by the GR and anyone in the group. Pages 134 and 135 in the service manual refer to GR expenses. It can be up to group autonomy. Some groups can't afford to pay the entire expense. In that case, a GR could pay half and the group pay half. These matters can be decided by a group conscience meeting. The group can also have a fundraiser (pot luck suppers and sell plates of food, auctions, garage sales). The GR can also share a ride and/or a room with another member.

2. Will there be a new service manual available in 2010?

Answer: We don't have that information as of now. Kitty can let us know when she finds out.

3. We have a Lone Member in our district. What do we do for that person?

Answer: Help the member start a new meeting, be a Lone Member-contact (a member who attends regularly and will share our program with the lone member through phone, in person, or through written correspondence), use the electronic meeting link on the WSO website, order the Lone Member a Forum, or contact WSO for more ideas.

Paula H. gave a report from the task force for Spanish Coordinator.

What the task force found was that the Spanish groups are isolated-like little islands in Austin. There is also no communication between the Spanish groups and the groups are small.

Sissy S. made a motion that as a district, we should have a Spanish Coordinator. The motion was seconded by Kim. The motion passed and Rosa A., current Forum and Literature Coordinator accepted. The

vote for her was unanimous.

Tom B., newsletter editor, will add the position in the newsletter.

A question was asked whether or not the district should purchase translating equipment. This would come under Durable Goods.

A RSS task force was formed. Kay C., Pat E., and Tom B. will be on it.

The meeting closed with the Al-Anon Declaration.

Respectfully submitted,  
Cindy C., Secretary

**TREASURER'S REPORT**

The published financial statement is through November 22, 2009. A preliminary budget for 2010 is shown at the far right column of the report. We not received all the expenses for the year and the budget may change slightly before the January meeting. A full financial statement and budget will be presented at the January meeting. We will have a surplus of money at the end of the year so please be thinking how we should use that surplus.

**See next page**

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

- Belton Steps & Traditions AFG**, 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**, Austin 7:30 p.m.
- Just For Today AFG**, Elgin, 6:30 p.m.
- Northland AFG** in Austin, 8:00 p.m.
- Freedom to Recover AFG**, Round Rock, 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!**





# Treasurer's Report – 2009/2010 Budget

District 6								
Treasurer's Report								
	2009 Budget	1st Qtr.	2nd Qtr.	3rd Qtr.	as of 11/21/09	2009 YTD	delta	2010 budget
<b>Operating Account:</b>								
Beginning Balance	3,391.58	3,391.58	4,088.40	5,083.77	5,797.02	3,391.58	-	4,000.00
District Meeting		147.75	219.00	111.00	76.00	553.75	553.75	
Group Donations	5,000.00	1,521.94	1,820.31	247.23	92.00	3,681.48	(1,318.52)	2,000.00
Other		204.62	60.36			264.98	264.98	
Newspaper subscription		26.00	20.00		10.00	56.00	56.00	50
Subtotal Income	6,400.00	5,291.89	6,188.07	5,442.00	5,965.02	7,891.79	1,491.79	6,050.00
Alateen Coordinator	500.00	-	105.60	-	-	105.60	(394.40)	(500.00)
Alateen Liason Coordinator	100.00	-	-	-	-	-	(100.00)	(100.00)
Archives	25.00	-	-	-	-	-	(25.00)	(25.00)
District Meeting	400.00	122.25	86.95	117.68	127.68	454.56	54.56	(500.00)
DR Expenses	600.00	-	15.59	162.05	10.00	187.64	(412.36)	(600.00)
DR RSS Expenses		-	-	-	-	-	-	-
Forum/Literature Coordinator	25.00	-	-	-	-	-	(25.00)	(25.00)
Miscellaneous (1)	350.00	15.00	120.00	13.00		148.00	(202.00)	(350.00)
Newsletter	2,000.00	536.30	506.26	500.71		1,543.27	(456.73)	(2,100.00)
Public Outreach Coordinator - North	500.00	250.00				250.00	(250.00)	(500.00)
Public Outreach Coordinator - South	1,000.00	184.52	169.90	49.60	-	404.02	(595.98)	(1,000.00)
Accrue Reserves	400.00	100.00	100.00	50.00	50.00	300.00	(100.00)	(100.00)
Release Reserves								
Subtotal Expenses	5,900.00	1,208.07	1,104.30	893.04	187.68	3,393.09	(2,506.91)	(5,800.00)
Ending Balance	500.00	4,083.82	5,083.77	4,548.96	5,777.34	4,498.70	3,998.70	250.00
<b>Reserve Accounts:</b>								
Kristy Fund	N/A							N/A
Beginning Balance		344.50	544.50	332.00	332.00	344.50	344.50	
Donations		200.00	-	-	-	200.00	200.00	
Payment			(212.50)			(212.50)	(212.50)	
Ending Balance		544.50	332.00	332.00	332.00	332.00	332.00	
Int'l Reserve								
Beginning Balance		996.95	1,046.95	2,143.90	2,193.90	996.95	996.95	
Accrual	200.00	50.00	50.00	50.00	50.00	200.00	200.00	100.00
Payment								
Ending Balance	200.00	1,046.95	2,143.90	2,193.90	2,243.90	1,196.95	(200.00)	100.00
TEAM (formerly RSS) Reserve								
Beginning Balance		993.20	1,043.20	1,093.20	1,093.20	993.20	993.20	
Accrual	200.00	50.00	50.00			100.00	(100.00)	0
Payment								
Ending Balance	200.00	1,043.20	2,136.40	1,093.20	1,093.20	1,093.20	(100.00)	0
Prudent Reserve								
Beginning Balance	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	-	2,000.00
Accrual	215.00					-	(215.00)	0
Payment	(215.00)					-	215.00	
Ending Balance	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	2,000.00	-	2,000.00
<b>Total Account Balances</b>	<b>(115.00)</b>	<b>8,718.47</b>	<b>11,696.07</b>	<b>10,168.06</b>	<b>11,446.44</b>	<b>9,120.85</b>		<b>150.00</b>
<b>Notes:</b>								
(1) Bank fees, postage stamps, copying costs, bonding fees, etc., delegate expenses								
(2) Although there was no "cash" expense, amounts of \$50 each quarter were transferred to RSS and International Funds								
(3) Kristy Fund expenses are not included in the annual budget.								
(4) Other refund from Ginny's and the Post office								
(5) RSS has now become TEAM. Saving for a TEAM event has been suspended until we learn more about the events								





## Jan and LaVern – 50 Years In Al-Anon!!

Jan and LaVern came to our last district meeting and shared about their 50 years in Al-Anon. Here is a summary of what they shared with us.

Jan related that she came into Al-Anon in San Diego. While she did not remember a lot about her first meeting, she did remember the outfit that she wore. She recalls that she "came in on a broom" like Ruth C. said in an article in the Forum. They had no literature, but did have a book for the Alcoholics Anonymous Auxiliary (AAA). They used "Just for Today", 2 chapters from the big book, and Emmet Fox's "Lords Prayer". She soon came to learn that she was there to fix herself. They did not have Traditions at the time. Her first entry into service was at an Al-Anon panel at an AA state convention. (Jan shared that did not know then that you could say "No" to a sponsor.) Jan then moved to Waco and there were no active Al-Anon groups. She found a book titled "Living with an Alcoholic" and used that. She and her husband divorced, and then remarried 3 years later. The remarriage was a result of going to an AA convention with Al-Anon participation at Lake Whitney. By then, she was attending the Triangle Group in Waco, where she was the secretary and handled the literature. She then became a GR and then a DR. At that time, district meetings were really a big deal. Jan then moved to Austin and found out that real service work was talking to newcomers at meetings. Sponsors had always told her that she needed to keep coming back and that she needed to take care of herself. Early in 2002, she was diagnosed with cancer. As she had learned in the program, she did what she was told to do, taking it one step at a time. Her oncologist attributed her recovery to her attitude, which came from Al-Anon. It was in a cancer support group that she bonded with other 12 steppers (they could tell that they had a common bond). Al-Anon has helped in every possible area of life. Jan met LaVern at an All Texas conference in 2003 where they were the last two standing in a countdown. They have stayed in contact since. Jan's husband died about one month ago. He had said he was going to live to be 100 – but he lied (Jan shared that she had never stopped believing the alcoholic). Jan said she received a lot of program comfort, laughter, joy, and stories. "This is what AL-Anon has done for me" she said to close.

LaVern shared that she started when her husband was in a sanitarium, where he was told that he might be an alcoholic and should check out AA. He asked LaVern to check it out for him. She went to a meeting and saw another couple who asked her if she was AA or Al-Anon. She decided that, since she had never had a drink, that she must be that other thing and went to her first Al-Anon meeting. She and her husband divorced and she met her second husband at a mall. LaVern started going to Al-Anon in Oklahoma City. When she started, there was no literature except "Just for Today". Then they moved to Clarendon. Her husband's AA group had only 5 members, and if one drank, then they were all drinking together and would not have a meeting. If there was no AA meeting, then they were not able to have an Al-Anon meeting either. LaVern noted that, because it was a small town, there was nothing anonymous in Clarendon. "One Day at a Time" was the first Al-Anon book that LaVern read. She attended her first District meeting in Waco. The importance of Al-Anon in LaVern's life was shown when Al-Anon was the first place that LaVern went after getting out of a hospital with a broken back.





# Coordinator Reports

## **PUBLIC OUTREACH SOUTH**

2010 Forums (Al-Anon Faces Alcoholism) are available at the District Meeting for all GRs to take back to their groups. Many people are needed to speak at the Lockhart prison; Christie spoke in July. Judy can share how to be a speaker.

A Hispanic event happened on September 13 at the Expo Center; Benita was there with literature.

Literature is still being provided at the waiting room of St. David's Emergency Room by Henrich from Independence AFG. The treatment center in Elgin is being supplied with Al-Anon literature by the Al-Anon group in Elgin.

Professional Education in Addictive Medicine was held on September 25 at the Sheraton Hotel in Austin. Al-Anon had a table there with literature; Kitty and I were there.

Paula can share how her group uses the 2010 Forums as outreach.

Coming up on Saturday, November 14, there will be a service provider or health care provider at the Homeless Resource Fair from 9:00 am to 3:00 pm at the Central Pan American Recreation Center in Austin. Also, on November 13 at the Wingate Inn in Round Rock, there will be a peer assistance program for nurses and they have requested an Al-Anon table.

Love in Al-Anon  
Jane

## **PUBLIC OUTREACH NORTH**

On August 22, 2009, I wrote a check for \$35 to the Waco Health Fair at Cindy's request. Then, on September 23, Providence Health Center in Waco had an employee's health Fair. Cindy and Steve worked an Al-Anon/Alateen table and gave out many pamphlets and schedules. They had done this last year also. Participation and interest

were increased this year from last year. It was from 7:00 am to 5:00 pm.

Most recently, on Saturday, October 3, a Health Fair was conducted outside at Indian Springs Park. It was from 9:00 am until 2:00 pm. Cindy and Steve worked hard providing many schedules, much information, and answers to numerous questions. Coy drove up from Killeen to participate. Many people had heard of Alcoholics Anonymous, but were unaware of the benefits of Al-Anon and Alateen.

Coy C., Coordinator

## **NEWSLETTER COORDINATOR**

Statistics for the fall issue of the newsletter are:

- 115 printed
- 98 mailed (none returned)
- Total cost: \$500.71

Deadline for submission to the winter issue is December 4 and for the spring issue is March 5, 2010.

Thanks for your inputs and please encourage your groups to provide a report. This is your newsletter and it is a primary means for sharing information.

Yours in service,  
Tom B.

## **ALATEEN COORDINATOR'S REPORT**

### **IMPORTANT DATES**

- NEXT DISTRICT MEETING - JANUARY 16, 2010
- P.O.S.S.E. - MARCH 19-21, 2010
- NEXT ASSEMBLY - MAY 21-23, 2010
- ANNUAL ALATEEN GROUP SPONSOR RECERTIFICATION - JUNE 15, 2010

Part of the certification process means attending at least one District Meeting and one District Alateen Sponsor Meeting per year. These both can be fulfilled at the same District Meeting. There will be a District Sponsor Meeting at the January 2010 District Meeting. If you are also in need of the six hour training workshop prior to the June 15 date, please let me know. Ideally, you will be able to attend P.O.S.S.E. in March. If not, we can make plans to host our own workshop prior to the June deadline date.

At the Fall Area Assembly, the term "Experienced Sponsor" was not defined. Perhaps we will come up with the solution at the May 2010 Assembly. Hopefully, if you are an Alateen Sponsor, you have been talking to your Al-Anon Group Representative about the importance of this subject. And, if you are also an Al-Anon Group Representative, you will attend the Assembly to exercise your responsibility, having a voice and vote.

We have received many Alateen related calls this past three month period from interested Al-Anon members and from the public at large. Many thanks to those of you who have responded to these calls. Most of the calls have come from the Austin area. Hopefully, as a result of the interest, there will be even more Alateen groups in the greater Austin area.

Thank you again for your service to the Al-Anon program, especially those who are able to be part of the Alateen service structure.

Steve J.





# Group Reports

## Independence AFG

We are doing fine with good attendance. We go out to eat after our regular meetings at Jason's Deli. Please come join us. We meet at Red River Church at Red River and 45th. Come in the back entrance. We meet at 7:00 pm to 8:00 pm on Friday. Sissy

## Anderson Mill AFG

We discovered after several months that somehow, our information hasn't been updated, but that will be taken care of today. Our room has been transformed by the church into their boardroom. We now have very nice swivel chairs, so come out and check them out on Tuesday nights,

7:30 pm, at Unity Church of the Hills. Jason D.

## Elgin Just For Today AFG

We are enjoying active attendance of 8 to 12 each Tuesday at 6:30 pm. Our location is in the overflow room at the First United Methodist Church, Elgin. Our speaker meetings are the fifth Tuesday. Please visit us at any time. In service, Ruth P., Alternate GR

## San Marcos AFG

We meet 4 times each week at the First Lutheran Church in San Marcos (see the schedule). We are a healthy group that alternates open discussion with step and

tradition or concept study at each meeting time. Birthdays are celebrated quarterly with pot luck and a meeting.

## Killeen AFG

Our DR Shelley came to our meeting on Nov. 10. Those in attendance enjoyed hearing her story. We opened up on Thanksgiving for our usual meeting. To our surprise we had an out of town visitor plus four other members. We also had a good size group on a rainy night. It has been good that our attendance is up. We are also making plans for the district meeting on Saturday, January 16, 2010. We hope to see you here in Killeen. Jennie, GR

# Information Service Centers

## AUSTIN AIS

Austin AI-Anon/Alateen Information, Inc.  
1307-G Treadwell  
Austin, TX 78704  
512/441-8591

### Literature Sales

Alateen	107.80
Bee Caves	170.25
Bridge to Shore	183.85
Courage to Change	15.00
Esperanza	29.35
Faith	229.45
Great Hills	236.00
Help for Today 1	42.00
Hilltoppers	1,045.90
Lakeway Tuesday	42.00
Lambda	285.20
Learning and Recovery	19.65
New Beginnings	166.00
Northland	722.95
Public Outreach	53.60
River to Hope	57.70
Serinidad	139.95
Serenity and Salvation	93.85
Serenity Seekers	14.00
Step Forward	21.85
Steps to Freedom	145.50
Unity	780.75
Westlake	780.85
Total	4,702.60
Prev. Total	4,743.60

### Out of Town Literature Sales

Bastrop	193.75
Georgetown	28.00
Georgetown Alateen	8.00
Just for Today (Elgin)	43.30
Lockhart Prison	406.30
Giddings	96.90
Round Rock	100.00
New Beginnings (Round Rock)	166.00
Smithville	36.60
Temple New Group	403.90
Waco (TECAM)	28.00
San Marcos	295.10
Wimberly	67.70
Total	2001.23
Previous Total	2517.85

### Walkin Sales

Total	684.90
Previous Total	901.00

### Donations

Allandale	296.73
Courage to Change	112.00
Freedom to Recover	6.00
GLBT (San Marcos)	5.00
Hope for Today (Oak Hill)	137.63
Independence	25.00
Lakeway Tuesday	50.00
Learning and Recovery	20.36
Live and Let Live	100.00
Northland	460.00
Private donation	100.00
Spiritual Awakenings	73.00

Suburban	50.00
Unity	150.00
Three Cs	46.00
Westlake	170.00
Wimberly	60.00
Total	1,181.71
Previous Total	2,153.23

### Total Income

Literature Sales	4,702.60
Out of Town Sales	2,001.23
Walkin Sales	684.90
Donations	1,861.71
Grand Total	9,250.44
Previous total	10,315.68

Literature Purchases 4,077.14

Net Income (Loss) 5,173.30

## WACO AIS

The Waco AIS is doing well. We are receiving regular donations from three of the Waco groups - AFG (Heart of Texas), TECAM AFG (Tuesday Night Clean Air Meeting), and TNT AFG (Tuesday and Thursday). We are very grateful for these. TECAM AFG and TNT AFG have also shown renewed interest in carrying the pager. The New Beginnings AFG, supported by the AIS, has been having great meetings each week. These meetings are mainly for newcomers and are chaired by the HOT AFG. We are selling literature at this meeting. We are still an AIS only and not a LDC. In Gratitude, Cindy C., Chair





# TRADUCCIONES AL ESPANOL

## REPORTAJE DE LA SECRETARIA (MINUTOS)

### La Reunión de Distrito 6

el 16 de enero

Killeen AFG

Iglesia St. Christopher Episcopal

Fellowship Hall

2800 S. Trimmier Rd.

Killeen, TX

Llame: Jennie W.

### Direcciones:

#### De Austin:

Vaya al norte por la carretera 35 hasta llegar a la carretera 195 (la salida Killeen/Florence) y tome esa salida a la derecha. En el semáforo, doble a la izquierda en 195 hacia Killeen. 195 se convierte en la calle Fort Hood. Doble a la derecha en la calle Elm, el primer semáforo. La iglesia St. Christopher queda a la derecha.

#### De Waco:

Vaya al sur por la carretera 35 hasta llegar a la carretera 190 hacia Killeen/Fort Hood. Tome la salida Trimmier y doble a la izquierda en Trimmier. La iglesia St. Christopher queda a la izquierda.

#### También:

<http://maps.google.com>

### SECRETARIA

#### MINUTOS DE LA REUNIÓN DE DISTRITO 6

El 17 de octubre, Unity Church of Austin

La reunión empezó a las 9:20; Shelly S. abrió la reunión con un Momento de Silencio y la Oración de la Serenidad. Se leyeron el Preámbulo, los Doce Pasos, las Doce Tradiciones, los Doce Conceptos, y las Garantías. Se presentaron los Representantes de Distrito, la Secretaria, la Tesorera, y los Coordinadores. Shelly les dio la bienvenida a las invitadas de honor, Jan W. y LaVern W., las cuales celebraban sus 50 años en Al-Anon. Sissy S. presentó a Jan W., y Jan compartió su historia. Cindy C. presentó a LaVern W., y LaVern compartió su historia. Las dos contestaron preguntas de los miembros. Luego todos que estaban presentes participaron en un proyecto de escritura. Escribieron sobre su experiencia con Al-Anon: cómo era en el principio para ellos y cómo se habían cambiado. También escribieron algo de su recuperación y su crecimiento espiritual.

Shelly dio su informe y también dio un informe del comité de la Conferencia de Servicio Mundial de la Zona. Anunció que la Convención Internacional de AA tomará lugar el 1-4 de julio, 2010, en San Antonio. Nuestra zona será la sede de las reuniones y los oradores de Al-Anon. Rich M. y Pat E. están en el comité que planea nuestra participación.

Se aceptaron los minutos de la última reunión y los representantes y otros coordinadores dieron sus informes. Se cerró la sesión de la mañana para el almuerzo.

La sesión de la tarde empezó a la 1:15 con los asuntos del pasado. Se dieron los informes de los Grupos. Se discutieron las reuniones del futuro. El Grupo de Killeen quizás tenga la reunión en enero. Si ellos no pueden, Courage to Change en Austin tendrá la reunión. Para la reunión del 17 de abril, dos Grupos, Wimberly y Just for Today ofrecieron tener la reunión.

Contestaron las preguntas en la Cesta de Preguntas.

1. Como soy Representante del Grupo, ¿debe pagar mi Grupo por mi Manual de Servicio? ¿Qué más debe pagar mi Grupo?

Respuesta: Cada Grupo registrado recibe un Manual de Servicio de la Oficina de Servicio Mundial cada vez que se modifica y que se publica. Ésta es la copia del Grupo y se puede usar el Representante del Grupo o cualquiera otra persona en el Grupo. Las páginas 134 y 135 en el Manual de Servicio hablan de los gastos del Representante del Grupo. El Grupo puede decidir; unos Grupos no pueden pagar todos los gastos. Un Representante de Grupo puede pagar la mitad de los gastos y el Grupo puede pagar la otra mitad. Se puede decidir estos asuntos en una Junta de Trabajo del Grupo. El Grupo puede recaudar fondos (comidas, venta de platos de comida, subastas, venta de objetos usados). El Representante de Grupo puede compartir la ida y vuelta a las reuniones y/o el cuarto de hotel con otro miembro.





2. ¿Habrá un nuevo Manual de Servicio en 2010?

Respuesta: No sabemos; Kitty nos dice cuando se entere.

3. Tenemos un Miembro Aislado en el Distrito. ¿Qué hacemos para aquella persona?

Respuesta: Ayude al Miembro que abra una reunión; comuníquese con un Miembro que asista regularmente a las reuniones y que pueda compartir nuestro programa por teléfono, con contacto personal, por correspondencia escrita, o electrónicamente en el enlace de reuniones en el sitio del Servicio Mundial; dele un Forum, o comuníquese con la Oficina de Servicio Mundial para recibir otras ideas.

Paula H. dio un informe del comité que estudiaba la posición de Coordinador Hispano. Lo que descubrió el comité fue que los grupos hispanos están aislados, son pequeños, y casi no hay comunicación establecida entre los grupos. Sissy S. sugirió que el Distrito elija un Coordinador Hispano y Kim se puso de acuerdo. El Distrito votó y eligió a Rosa A., la Coordinadora de Literatura. Rosa aceptó la posición. Tom B. va a añadir la posición en la Carta Informativa. Alguien preguntó sobre la necesidad de comprar una máquina para traducir.

Como Al-Anon ya no tiene los Seminarios de Servicio Regional, se formó un comité para estudiar el nuevo concepto "TEAM". Kay C., Pat E., Tom B. van a participar en el comité.

Se cerró la reunión con la Declaración de Al-Anon.

Respetuosamente,

Cindy C., Secretaria

### Cindy's Story (continued)

loved me or wanted to be married to me anymore. I didn't want to get divorced. I was detaching with love, but more and more, we were becoming strangers to each other.

As I kept working the program, I became closer to my Higher Power, whom I call God. Al-Anon told me I was never alone - that He was always with me. These were principles I had grown up with but had misplaced along the way as I put my faith in other people instead of God. The closer I got to Him, the more I felt Him working in my life. I made the decision to LET GO AND LET GOD. When I did this, He started making His promises for my life more and more evident. I constantly prayed for the patience to let Him work out things in my life. One year after I came into the program, my husband left me. It was devastating, but I had faith that I would be okay (as they had told me at my first meeting). I had faith that God knew what was best for my life. With God's help and the courage Al-Anon had given me, I did the things I had to do to start my life over as a single woman with God as my Number One partner. My program tells me all I have to do is to be willing and to keep coming back. If I hadn't, my life wouldn't be what it is today and I wouldn't be who I am today.

Sometime into the program, I remembered that my maternal grandfather was an alcoholic. I now realized how my mother had been affected by the disease of alcoholism. Then about three years ago, I found out that my father was an alcoholic. Now I realized why, when I was married to the alcoholic, I felt like I was married to my father. They are both dry drunks - no program, angry, resentful, and verbally and emotionally abusive. I am still working on forgiving my father for things he said and did when I was growing up.

Last year, I had become very comfortable, almost complacent, in my program and with my life. Last December 29 (2008), I got a wake up call. My son and daughter-in-law came to live with me. My daughter-in-law is an addict. My son wanted to give her one more chance to get clean. It has been eleven months now and she is still clean. At first, I tried to change her and make her into the person I wanted her to be. It wasn't long until God and my program reminded me that the only person I can change is me, so I let it go. It's not easy living with the "isms" again, but when things get to the point where something needs to be said or done, God and Al-Anon give me the courage to say and do the right things in the right way. I have had to pray hard for patience again and God has granted it again. In this season of thanksgiving, I am thankful for the alcoholic (for I never would have found this program), Al-Anon (for giving me hope and the tools I need to live), and for God and His patience with me. God and Al-Anon have given me a life I never thought I'd have. Sometimes, we do get a second chance at life.





# 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 1030-G S. LAMAR AUSTIN, TX 78704 (512) 441-8591	AIS WACO AREA PO BOX 8374 WACO, TX 76714 (254) 808-4757	DISTRICT 6 C/O Kay Colapret 107 Picea Lakeway, TX 78734 (512) 261-4632	EAST TEXAS AREA ETAAA PO Box 592093 San Antonio, TX 78259	WORLD SERVICE OFFICE AFG, INC. 1600 CORPORATE LANDING PKWY VIRGINIA BEACH, VA 23454-5617 (1-800 -344-2666) www.al-anon.alateen.org
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## District 6 Service Committee

### Officers

**DISTRICT****REPRESENTATIVE**

Shelley S.

**ALTERNATE D.R.**

Paula H.

**SECRETARY**

Cindy C.

**TREASURER**

Kay Colapret  
107 Picea  
Lakeway, TX 78734  
(512) 261-4632  
kacdoc@austin.rr.com

### 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.

**SPANISH COORDINATOR**

Rosie A.

**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 (suggested donation is \$10 per year). 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  
C/O Kay Colapret  
107 Picea  
Lakeway, TX 78734

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

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

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

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

