



**District Meeting
July 19th**

**Hosted by:
Anderson Mill AFG
Bethany United
Methodist Church
10010 Anderson Mill Rd
Austin, Texas
Contact: Randy M. @
(512) 250-8122**

Directions:

From South: Go north on Hwy 183 from IH-35. Exit at Anderson Mill Road. Turn left under Hwy 183 onto Anderson Mill Road. The church is on the right 1/2 mile down. Go past the church, and turn right at the next street, Swallow Dr, then immediately turn right into the church parking lot. The meeting will be upstairs in Rooms 202-203. Please do not park at the first entrance to the church; there will be a wedding taking place at the other end of the building.

From North: Go west on RR 620 from IH-35 to Hwy 183. Be careful not to get onto Hwy 45. Turn left (south) onto Hwy 183 and turn right at second or third traffic light after 620 onto Anderson Mill Road. Proceed as directed above.

Please See Page 8 for further information! Thank you!

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JAYNE'S STORY.....

My name is Jayne G. I am a grateful member of the Just For Today AFG in Elgin and an Alateen sponsor of the Ride To Sanity Alateen Group in Bastrop. I like to say I am a member of the Al-Anon program because I choose to practice the principals of the fifth tradition. I work the twelve steps of AA for myself, I extend compassion and understanding to the alcoholics in my life and I reach out and welcome family members who come to our meetings in search of comfort.

I came to Al-Anon back in the stone ages (1985), as the result of thinking there was only two options left in life, Kill myself or kill him. But by the grace of my Greater Power, I had been seeded with the idea of Al-Anon back when I was in college.

In college I had been dating a young man whose drinking was what I thought as excessive. He also became very abusive physically. I was frightened. But as I had grown up in a physically abusive family, I did not concern myself with the abuse part, it was the drinking that bothered me.

My housemate took me to my first Al-Anon meeting and I heard them tell me I had choices. My choice was to terminate my relationship with the young man and I didn't need Al-Anon after that.

What I didn't understand was that I needed to change who I was. The choices I had to make were about making a decision about how I wanted to live my life. Since I didn't change, nothing changed. And I chose to have a relationship with the same kind of person. Later I married the same kind of person. And I became an over managing, mothering, martyr. And as time progressed and we became ever more entrenched in our disease, I lost what little self there was and I attempted to kill myself.

Greater Power had other plans as I ended up in the hospital, had my stomach pumped, and spent two weeks in a room with bars embedded in the glass. Somewhere in the fog was the remembrance of Al-Anon.

The Yellow Pages gave me a phone number that promised someone would call back within twenty-four hours. I got lucky; I got a call in two. I was directed to an Al-Anon meeting down the street from our house and started going. I was told to make six meetings and if I didn't think Al-Anon had anything to offer they would refund my misery.

I went to six meetings. I got a sponsor almost immediately. I was desperate. She said if I wanted what she had, I had to do what she did. I worked the steps. I was a "Get in the car" sponsoree. I went and shared in prison meetings. I went to district meetings. I went to Assembly meetings. And when I got busy, I started feeling better.

Jayne's Story is Continued on Page 8

Future Events

July 4-6, 2008	Al-Anon International Convention, Pittsburg, Pennsylvania
July 19, 2008	District 6 Meeting Hosted by Anderson Mill AFG in Austin, Texas
August 18, 2008	Austin Information Center Board Meeting, 6:30 p.m.
October 18, 2008	District 6 Meeting Hosted by ?? - ELECTIONS!!
October 20, 2008	Austin Information Center Board Meeting, 6:30 p.m.
November __, 2008	Texas East Fall Assembly in ?? (No information posted to date on www.texas-al-anon.org)

Officer Reports

District Representative

DR Report for May, 2008

Greetings to Everyone,

Thanks to Courage to Change AFG in Austin for hosting our last District Meeting and for the workshop on how our personal growth is good for Al-Anon. We were in three discussion groups: gain to the person, gain to the group, and gain to Al-Anon as a whole, and had some short articles to read to get us started. Here are some one-liners I heard that I'd like to remember:

- Service is the rent we pay for recovery.
- It's not "Practice makes perfect," but "Practice makes progress."
- I don't have to show up for every fight I'm invited to.
- Service doesn't have to be perfect to be beneficial.
- To try is to risk failure, but not to try is to guarantee it.
- Taking a service position does not mean taking control.

With our district elections coming up at the October District Meeting, the current district officers and coordinators will be writing a "job description" of what they do in their position. Many will have the duties written in the literature, but I am hopeful that we will also learn what is done that is not written down, so we can get a better picture of what the position actually entails. See later in this newsletter and the next edition for specifics about district positions.

In the meantime, see the last two issues of The Beacon, our Area Newsletter, for job descriptions at the Area level. Anyone interested in volunteering for one of those positions can see me for a blank resume form.

Many of us, if not most, now have access to e-mail and electronic media, but it is easy to forget that not everyone does. I've seen the term "e-buddy" used to describe someone who has e-mail access who volunteers to relay and

convey information for an Al-Anon member who does not. Regular mail through the U.S. Postal Service takes much longer to be delivered, and is more expensive. If you don't have e-mail access, ask a friend if they would mind serving as your "e-buddy" to receive and send e-mail on your behalf. You could then list their e-mail address as a way for you to be contacted. For those of us who already have e-mail, see if you know someone who does not and consider volunteering to be their "e-buddy." It would be a friendly thing to do.

One way this could be immediately put to use is by checking out the latest issue of "Area Highlights." To see this go to the WSO Web site for members at <http://www.al-anon.alateen.org/members>. Enter the name of your group, plus "afg" (no space after the group name is needed). Select "Publications", then "Newsletters", and click on "Area Highlights" for the most recent issue. It doesn't take as long to get there as it does to describe the process.

In the latest issue there is an article by our Area Alateen Coordinator, Brigitte B., on page 3, as well as descriptions of new departments in our monthly magazine, *The Forum*, and a quiz on page 4 to see how healthy your group is. In addition, there is a report on the theme of this year's World Service Conference, several Public Outreach ideas from other Areas, and more. One of the parts of this newsletter that helps me remember the international character of Al-Anon is that the last page is printed in French, and the next-to-last page is in Spanish.

Recently, Lizz S., our District Alateen Coordinator, and I approved applications for scholarships from the Kristi Fund to help two Alateens attend the Texas East Area 53 Alateen Conference in June. I'm sure we will all look forward to a report at our next District Meeting.

In the meantime, I hope to see many of you at the May Area Assembly in College Station.

Hugs in Service,
Randy M
District Representative

Secretary

District 6 Quarterly Meeting

April 19, 2008

Hosted by

Courage to Change AFG

Austin, Texas

Thank you to the Courage to Change AFG for hosting the district meeting.

9:00 **Serenity Prayer, Welcome, 12 Steps, 12 Traditions, Concepts and Warranties were read.** The "Ask It Basket" was passed among the group.

9:20 **General Workshop and Alateen Sponsors Workshop**

The General Workshop Topic was Service and was coordinated by Kathleen and Barbara. The Alateen Sponsors Workshop was facilitated by Steve and Cindy.

10:40 **Trusted Servant Reports: See the individual reports for more details** District Representative Randy M., gave his report.

Alternate District Representative: Kay gave her report.

Secretary Millie F. reported that the minutes were published in the Spring 2008 District 6 Newsletter. Cris made a motion to approve the January 19 minutes as published in the Spring 2008 District 6 Newsletter. Michelle seconded the motion. Motion passed.

Treasurer: Shelly S. gave her report.

Coordinator Reports: See the individual Coordinator reports for more details.

Alateen Coordinator: Cindy reported for Lizz S.

Archives Coordinator: Linda M. asked for group histories

Alateen Liaison Coordinator – no report.

Forum/Literature Coordinator: Steve S. reported on ECAL (Electronic Conference Approved Literature) and the Concepts Blog on the WSO website.

TO BE CONT. ON PG 4



Treasurer's Report

District 6				
Treasurer's Report				
	2007 Totals	2008 Budget	1st Q 2008	2008 YTD
Operating Account:				
Beginning Balance	453.58		916.74	916.74
Anonymous Cash	510.20		85.00	85.00
Group Donations	5,329.73		1,055.11	1,055.11
Other	-			-
Subtotal Income	6,293.51	6,400.00	2,056.85	2,056.85
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	85.00
DR Expenses	564.95	600.00	-	-
DR RSS Expenses	-	-	-	-
Forum/Literature Coordinator	-	25.00	-	-
Miscellaneous (1)	180.00	350.00	45.00	45.00
Newsletter	2,113.61	2,000.00	510.90	510.90
Public Outreach Coordinator - North	400.00	500.00	-	-
Public Outreach Coordinator - South	1,000.00	1,000.00	-	-
Accrue Reserves	615.00		100.00	100.00
Release Reserves	-			-
Subtotal Expenses	5,376.77	5,500.00	865.90	865.90
Ending Balance	916.74	900.00	1,190.95	1,190.95
Reserve Accounts:				
Kristy Fund				
Beginning Balance	514.50		-	514.50
Donations	-	N/A	514.50	514.50
Payment	-			-
Ending Balance	514.50	-	514.50	514.50
Int'l Reserve				
Beginning Balance			1,838.17	
Accrual	200.00	200.00	50.00	50.00
Payment	-			-
Ending Balance	1,838.17	200.00	1,888.17	1,888.17
RSS Reserve				
Beginning Balance			793.20	
Accrual	200.00	200.00	50.00	50.00
Payment	-			-
Ending Balance	793.20	200.00	843.20	843.20
Prudent Reserve				
Beginning Balance	2,000.00		2,000.00	2,000.00
Accrual	285.00	N/A		-
Payment	(285.00)			-
Ending Balance	2,000.00	-	2,000.00	2,000.00
Total Bank Account Balance		500.00	6,436.82	





Officer's Reports Cont.

From Page 2, SECRETARY's Report

Austin Information Center Coordinator: Kitty gave her report. She also thanked everyone for your prayers, cards, and support.

Waco Al-Anon Information Center and Public Outreach (North): Cindy gave her report.

Newsletter Coordinator: Lori gave her report.

Public Outreach (South) Coordinator: Sissy reported for Carolyn G.

Old Business:

Checklist for Hosting a District 6 Meeting was discussed.

Love Gifts for International Conference: Sissy reported that a group met to make Texas-themed kitchen magnets. Pat E. is making Love Gifts, too.

11:50 – 12:50 **Pot Luck Lunchyummy!**

12:50 **New Business**

“Ask It Basket” question will be answered in the upcoming District 6 Newsletter.

Group Representatives and Alternate Group Representatives gave their reports. Hilltoppers GR requested correspondence sponsors for the Lockhart Women's Prison meeting. Watch for the upcoming link on the hilltoppers.com website to volunteer. Oak Hill Hope for Today AFG was formed and meets Thursday at noon at Convict Hill Library.

WSO is seeking Media Placement Thought Force members and Web Marketers. Contact WSO Public Outreach if interested in contributing.

District Officer Elections: Elections will be held at the October District Meeting. GRs who attend Assembly in November will elect the new Area Officers.

July district meeting: We need a group to sponsor the next District Meeting. Six GRs will talk to their groups about hosting and will let Randy know.

1:45 **Closed with the Al-Anon Declaration**

In Service,
Millie F.

ALTERNATE DR

Randy has been healthy so I have not had to do much this quarter. I have started looking through past minutes of District meetings and compiling a list of motions that we have passed as a district. I hope to have this done by the October meeting.

Love in Service,
Kay C.
Alternate DR

ARCHIVIST

It has been quiet on the Archival front. If you have the story of how your group was formed or would like to tell your group's story, please submit to me and I will place it in the District Archives.

Respectfully submitted,
Linda M.
District 6 Archivist

ALATEEN COORDINATOR'S REPORT/SPONSOR'S CORNER

Greetings All!

P.O.S.S.E. (Program of Sponsors Sharing Everything) was held the last weekend in March and was well-attended by D. 06! A good time was had by ALL! (raise your hand if YOU were there!)

Al-Anon Districts 6 & 12 will sponsor an Alateen Sponsor training Workshop and Sponsor Meeting on May 31st from 9:30 to 3:30 at the Wimberley Presbyterian Church. See flyer for directions or call Lizz at 512/567-6817 for information. Anyone interested in the Alateen program or in working with Alateens is welcome. No fees to attend and a Lite lunch provided; Please

bring a chip/dip or a can of vegetables for sponsor soup! You will be able to earn credit for Alateen Sponsor Training and also attend an Alateen Sponsor Meeting! Alateen sponsor training workshops and sponsor meetings are required on an annual basis for re-certification as a sponsor.

In case you need sponsor training to re-certify and cannot attend our local training scheduled on May 31st, here is an alternative on Saturday May 3rd. Training will be held at the Church of Christ - Student Center at 1018 East Virginia Street Beaumont, TX 77705. Please RSVP with Mary at 409-724-2170. The time is 9:30 am to 3:30 pm. Again, a light lunch will be provided.

The annual conference for Alateens is TEA AC and is scheduled June 6, 7 & 8, 2008! This conference is held at the same facility in Gonzales as the Alateen Sponsor training, and it's a great place for the kids. Scholarships are available through the Kristy fund and no teens have applied yet (to my knowledge.) Teens must be 13 to attend and accompanied by a sponsor. No Kristy scholarships were awarded last year, but perhaps there will be more interest this time. Suggested deadline to submit scholarship requests is at least 2 weeks prior to TEA AC registration deadline. See Lizz S. or Randy for details. Interested teens should communicate with their sponsors to request.

The AWSC (Area World Service Committee) forwarded a recommendation to change the recertification requirements for experienced sponsors by: reducing the frequency of training required for experienced Alateen sponsors from annually to every 3 years-- and deleting the requirement for Alateen meetings for **experienced**



Coordinator Reports

ALATEEN'S COORDINATOR REPORT/ SPONSOR'S CORNER CONTINUED:

sponsors only. This should be printed in The Beacon for a vote at the Spring Assembly. Please attend so your group will have a voice!

Don't forget these important dates:

May 16-18, 2008 Spring Assembly, College Station, Texas

July 4-6, 2008 Al-Anon International Convention, Pittsburg, Pennsylvania
"GONNA BE GREAT IN 2008!"

LOVE in service,
Lizz S.

District Alateen Coordinator

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

NEWSLETTER EDITOR

From the last mail out we had the following:

Returns: 0

Change of Address: 2

Additions: 6 (From attendance at April's District Mtg)

Deletions: 0

I know that I asked for an early deadline this last time and I have had many things going on as of late so I apologize for the delay! Thank you Stephen for your email and thank you to everyone in the District for your patience!

The on-line publication of the newsletter is still going very well, I believe. If you have any suggestions or comments, please voice them at the upcoming District Meeting on July 19th.

Love in Service,
Lori L.

FORUM/LITERATURE COOD.'S REPORT

Here are recent highlights of the Al-Anon World Service Office Literature News:

An "e-CAL Contest" is being held through May 31st. The most notable e-CAL presentations will be on display at the International Convention in Pittsburgh this July. See the Contest flyer posted and the e-CAL page of the Members' site, www.alanon.org/members (log on using the name of your meeting followed by "afg") for details.

The Forum (otherwise known to some as a "Meeting in Your Pocket") now has a new feature, "CAL Corner," in which members review Conference Approved Literature.

A sampling of meeting topics and questions submitted by groups and members for the Sample Chapter Literature Project will be posted on the Members site "Sample Chapter page" from April through June. Some will also appear in upcoming issues of *The Forum*.

If you have any questions regarding CAL (Conference Approved Literature) please feel free to contact Tom Coffey, Associate Director of Communications—Literature at the World Service Office anytime you have questions about the development of literature.

There is a concepts blog at the member website. The link is-- <http://www.alanon.org/members/TheConcepts> Once there, you can sign on and get a verifying email. Alanon's Executive Director, Ric starts off the discussion and then many

people share. Each concept has its own path (hmmm-that has a double meaning.)

The special Forum edition: "Al-Anon Faces Alcoholism 2009" is a way to communicate about Alanon to the general public. English, Spanish, and French copies of the first 2009 printing of Al-Anon's Public Outreach magazine in bulk quantities of 25, 50, 100, and 400 can now be ordered until Tuesday, 5 pm ET, July 8, 2008. First printing orders will be shipped before September 1, 2008. www.al-non.org/pdf/AFA2009order.pdf is the link to download the order form or they can be ordered online by going to the members website: www.al-anon.org/members/, and looking for "Al-Anon Faces Alcoholism 2009" on the front page. 50 copies cost \$22.00.

In Service,

Stephen S.

PUBLIC OUTREACH SOUTH

Carolyn G. asked me to report to you. She has hurt her back and is unable to attend.

She sent out a call for volunteers at the State Hospital and is working with Lisa R. on that.

She is back as the Public Outreach South Coordinator. However, she will only coordinate!

Sissy S. for Carolyn G.

FOR PUBLIC OUTREACH NORTH, SEE PAGE 7 UNDER GROUP REPORTS – LIMITED ROOM!

Group Reports

Hilltoppers AFG

Our institutional outreach at the local women's prison is flourishing. The Al-Anon meeting is consistently well attended by the women, 2 Al-Anon members from Hilltoppers (Kathie F. and Janet R.) and well stocked with CAL. The members are asking for sponsors for now.

Sponsorship will be by mail. For more information, go to www.HilltoppersAFG.org where there is a page describing the situation and process.

When anyone, anywhere, reaches out for help, let the hand of Al-Anon [and Alateen] always be there and let it begin with me!

Susan P.
GR

Wimberley AFG

Wimberley AFG continues to grow in love and recovery. We have been asked to bring meetings to a new treatment facility in Wimberly every Saturday at 1 pm. We can commit to 1 Saturday a month and are hoping that other groups near Wimberly will "step up" and commit to bring one meeting a month to this facility. Please see me or email lpc303@aol.com if your group is willing.

Marie V. from Austin (Spiritual Awakenings) will share her story at our Eatin' Meetin' on January 31st at 7 pm. Bring a covered dish and share some fellowship with us. Linda B. from Austin is scheduled to share with us in May 2008 – gonna be great! TJ S. from San Marcos spoke in November and did a fine job – Thank you TJ! We will not leave our toasters plugged in ever again!

The Tuesday night meeting at 7:30 pm is literature-focused and we are about halfway through the new Al-Anon book, *Opening Our Hearts – Transforming Our Losses*. This has been very powerful for us as it helps deal with feelings concerning the loss of a dream in alcoholic relationships, dealing with our own adult children and their feelings, as well as the loss of loved ones and pets... Attendance at Monday meetings (noon) and Thursdays at 8 pm continues to be strong. All Wimberley AFG meetings are at the Presbyterian Church.

A New Beginning Alateen has closed due to non-attendance. Three sponsors have dropped out with one remaining as a certified Alateen sponsor in Wimberley.

Lizz S.
Alt. GR

Anderson Mill AFG

Meets Tuesday at 7:30 p.m. at Bethany United Methodist Church on Anderson Mill Road in room D203. Our speaker meetings are the 3rd Tuesday of each month. Birthday meetings are on the 4th Tuesday and we have treats so please join us! All are welcome!

Paula H.
GR

Just For Today AFG (Elgin)

The Just for Today AFG Elgin celebrated their first birthday on March 25, 2008! The group meets on Tuesday's from 6:45-7:45 pm at the First United Methodist Church, 216 W. 3rd St. Childcare is provided. Come see us!

Marilyn H.
GR

Killeen AFG

We are experiencing a Renaissance in the Killeen AFG. Many people have reported on seeing our ad in the local paper or finding our meetings on the internet. Las Tuesday we had 11 people present, and many of them are returning.

Also in the January 2008 *Forum* on pg 9, I am the "Anonymous" in the middle articles. That was written over 3 years ago and was just now being included. I chose to be called "Anonymous" because "Coy" is just not very anonymous.

Submitted by,
Coy C.,
GR

Group Reports

Freedom to Recover AFG

Freedom to Recover AFG meets on Wednesday's at 8:00 pm at Round Rock Presbyterian Church in the Children's Education Building (east of the chapel). The church is at 4010 Sam Bass Road (on FM 3406 three miles west of IH-35). The monthly meeting format is: a step the 1st Wednesday; a topic the 2nd week; a tradition the 3rd week; and another topic the 4th week. If there is a 5th Wednesday in the month we will have a speaker. We plan to have a speaker on July 30, Oct. 29, and Dec. 31.

I want to send out a big thank you to Elaine R. for sharing her story on April 30. I can certainly learn from her 28 years of Al-Anon recovery. The group will remember to "Keep Coming Back".

Thanks again Elaine, we love you!

Please come share your experience, strength and hope in a safe place.

In gratitude and service,

Millie F.

Group Representative

Independence AFG

We are doing fine at Independence AFG. We have newcomers a lot so we did the survey sent out by WSO and handed out 2 surveys to newcomers. We get UT students a lot.

We also discussed how we felt when we first came to the group.

Friday night at 7 pm at Red River Church at 45th St. and Red River [is where we meet].

Sissy S.

GR

HOT AFG

Attendance is up at both Monday evening and Saturday morning meetings, averaging 6 to 8 members. New members frequently attend both meetings.

Steve J.

Serenity Trail AFG

Meets on Friday's at 8:00 pm at Grace Lutheran in Round Rock. We are down to between 6 and 10 in attendance. Our format is to study the steps the 1st and 3rd Friday, Traditions the 2nd Friday, and Topic the 3rd Friday. If we have a 5th Friday in a month we have Birthday night. The Chair may share their story or choose a topic. All are welcome. Come see us.

Mike C.

GR

San Marcos AFG

The San Marcos AFG meets Tuesdays at 8:00pm and Saturdays at 11:00am. We alternate between Step, Tradition/Concept, and open discussion meetings. We also have Newcomers' Beginner meetings every Sunday at 6:30pm - of course, those with years of recovery are welcome (and appreciated) as well! All three meetings have regular attendance, and it's truly a joy to see people "keep coming back." Tuesday April 29th we had "Birthday Night," celebrating all of those who had an Al-Anon birthday in February, March, and April. Celebrants shared how they got to Al-Anon and why they keep coming back. It was an amazing evening.

Some of our members have set up a public outreach display at the San Marcos Public Library. It's wonderful! I hope you can stop by and see it - it will be up for the entire month of May.

We meet at the First Lutheran Church on Holland Street in San Marcos, and we'd love to have you visit us.

In Service,

T.J.

GR

Waco Alateen

Attendance at our Tuesday 6:00 pm meeting is about the same, 2 to 4 in attendance.

Recently 2 teens have been coming from Groesbeck, nearly 60 miles from Waco. It is nice to be supported by two of the Waco Al-Anon groups.

Cindy C. & Steve J.,

Alateen Sponsors

PUBLIC OUTREACH NORTH REPORT CONT. FROM PAGE 5

I recently completed a mailing to all Waco and Waco area AA groups concerning Alateen. I included an Alateen meeting notice and a letter asking the group to read the meeting notice during their meeting, if possible. I also asked that the notice be posted on a bulleting board in the meeting room, if possible.

One of our Al-Anon members took some Alateen information and pamphlets to a Health Fair held at one of the local high schools.

I restocked Al-Anon and Alateen pamphlets and meeting schedules for the Director of Dependency Programs at the DePaul Treatment Center. She works with the families of the inpatients at the center.

Cindy C.

**Public Outreach North
Coordinator**

Just a Little Extra to Share!!

Jayne's Story Continued from Page 1

As life takes its twists and turns, my first marriage ended in divorce, after he tried AA and decided he didn't have a drinking problem and physical abuse returned to the house. I married a second time and this one was short, as he became ill and passed away barely a year after we were married. Hopefully, this third shot will be a keeper. Not because he's a Prince Charming, but because I have a better grasp of the principles of minding my own business and serenity to accept that changing him isn't for me to do.

I have stayed busy in the program. It is in service work I have learned to say "No." I have also learned to what level I can say, "Yes." I have served as Institutions Coordinator at the district and Area level. I have been an Alateen sponsor for three separate Alateen meetings. I have a sponsor and I actively sponsor others. I take phone calls as referral for AlAnon meetings in the Bastrop area. I have sat in the Information Center and stamped price tags and books for sale.

I have learned that if I want to keep what I have I have to give it away. What better way to give it away than to suit up and show up. Show up to meetings. Show up to district meetings. Show up to answer the phones. It is in showing up that I have learned who I am and for that, I am forever grateful for the fellowship of Al-Anon Family Groups.

CONTINUED FROM PAGE 1 – DISTRICT 6 MEETING ON JULY 19, 2008

IMPORTANT: No refrigerator or microwave will be available. Bring coolers for cold food, crock pots for hot food. Cleanup facilities are in the bathroom, so disposable dishes/utensils may be best. Also, we will be meeting in the Disciple Bldg., Rooms 203-204. Thank you!!

Looking for a Speaker Meeting?

1 st Wednesday of each month	Northland AFG in Austin, 8 p.m.
2 nd Saturday of each month	Georgetown AFG , 8 p.m. Al-anon & AA speaker. Potluck dinner is at 7 p.m.
3 rd Tuesday of each month	Anderson Mill AFG , 7:30 p.m.
5 th Monday of each month	Courage to Change AFG , Austin, 6:45 p.m.
5 th Sunday of each month	Belton Steps & Traditions AFG , in Belton, 8:00 p.m.
5 th Wednesday of each month	Freedom to Recover AFG in Round Rock, 8:00 p.m.
5 th Thursday of each month	Wimberley AFG in Wimberley; eating starts at 7:00 p.m. & speaker meeting starts at 8:00 p.m.

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



Information Service Centers

Austin

Austin Al-Anon/Alateen Information,
Inc.

A Texas Nonprofit Corporation
1307-G Treadwell
Austin, TX 78704
512-441-8591

on the web at <http://austinalanon.org>



AUSTIN AIS

In the past 42 days between board meetings, the center averaged 6 calls and 3 walk-ins per day.

The center spent \$6,981.55 in literature purchases. The center sold \$8,171.79 in literature sales. We received \$1,905.00 in donations.

My deepest thanks and gratitude to the volunteers who stepped in for me while I was “under the weather,” and many thanks for all the well wishes and prayers from different groups.

Love in Our Program!

Kitty G.

Office Employee

WACO AIS

The Waco AIS is still alive. We recently voted to have business meetings only when there is a request for one or a special need. We restocked our CAL supply for the AIS-sponsored New Beginnings Al-Anon meeting on Thursday nights held at the DePaul Treatment Center. We also typed up a meeting format specifically for that meeting and voted to have it laminated for use. We continue to receive financial support from three Waco Al-Anon groups. Two of the groups had not contributed for awhile, but came through with good checks after recognizing the need. This greatly helped.

The newest Al-Anon meeting in Waco is now an official Al-Anon Family Group. The newly registered group is the Bellmead group. It meets at St. Joseph’s Catholic Church on Monday nights at 8pm.

We are also working hand-in-hand with Public Outreach in spreading the word about Al-Anon and Alateen.

With gratitude,

Cindy C

Waco AIS Chair



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	EAST TEXAS AREA	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 *names removed from web version*

Officers

DISTRICT REPRESENTATIVE	ALTERNATE D.R.	SECRETARY	TREASURER
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Coordinators

ALATEEN	NEWSLETTER	FORUM/LITERATURE	ARCHIVIST
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PUBLIC OUTREACH (South)	PUBLIC OUTREACH (North)
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Texas Website: 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: _____



SERVICE JOB DESCRIPTIONS FOR UPCOMING OCTOBER ELECTIONS!!!

DISTRICT REPRESENTATIVE:

The 2006-2009 Al-Anon Alateen Service Manual has the most comprehensive information about being a District Representative, with most information under District Representative (DR) in the index. Those who are eligible to stand for this position are described on page 134. The best description of duties is on page 144, but related information can be found under other headings, such as Area World Service Committee, Assembly, District meetings, and Elections. In addition, there are two relevant Guidelines: G-15, District Meetings, and G-37, District Representatives. Click on "Guidelines" under Group Services in the Members' part of the WSO Web site (<http://www.al-anon.alateen.org/members>).

You might think this would cover everything a DR needs to do, but not quite. I believe the basic function is to help pass information to the groups from the Area and the WSO, and to pass information from the groups to these other levels of service. There's a phrase on page 63 of the Service Manual that says the DR "...serves as a resource and a source of information for the groups." This is what is unpredictable, but a great source of learning about our program.

Two of the duties seem to have taken up the most time for me: the meetings and the reports. The District Representative attends at least eight meetings a year directly related to being a DR: four District Meetings and four Area World Service Committee meetings, two of which are at Area Assemblies.

District meetings require writing an agenda, preparing a verbal report to the district, and copying whatever handouts are needed for the Group Representatives and others attending those meetings.

Meetings of the AWSC also require some preparation, primarily preparing a verbal report on the district, though the Chairman of the AWSC sets the agenda. The Chairman may also ask members of that committee to serve on ad hoc committees, or work on other tasks. I was asked to serve on the committee that is reviewing the guidelines for hosting Area Assemblies. In addition, the DR is usually asked to give a verbal report to the Area during each Assembly.

Each of these eight meetings also requires a written report, four for the district newsletter and four for the area newsletter.

Other writing now includes preparing a "heads up," as I like to call it, of upcoming items for the Next District meeting. One helpful result of all this writing is that I am learning that expressing my thoughts and experience in this way helps me think.

Perhaps the biggest change since I was last DR, in 2001-2002, after I took over for Laura W., involves all the changes to protect Alateens. It was a new process for everyone, so all of us were learning how this was supposed to work. It required verification that prospective Alateen sponsors had attended at least one district meeting, at least one district Sponsor's meeting, and Alateen Sponsor training. This was time-consuming at first, until I was able to meet with those members I didn't know. Now I can at least recognize those I am certifying.

One part of my position was made much easier because John M., the Area Group Records Coordinator, is in our district. Otherwise, I would have been much more involved in keeping the Area, the WSO, and the Austin Information Center informed of group changes.

The last topic I want to mention is visiting the groups in the district. I didn't do very well at this, but I was welcomed by every group I did visit. If doing the rest of the work as DR took me an average of three to four hours per week, then visiting another group would probably add another two or three hours.

ALTERNATE DISTRICT REPRESENTATIVE:

The job description of the Alternate DR is found on page 134 of the service manual. The Alternate DR serves as DR when the DR is ill or resigns. The Alternate DR may also serve as Secretary, Treasurer, public outreach contact from the district to the Area, or as chairman of meetings on the service structure, Traditions, and Concepts. The Alternate DR may also be a GR of a group.

What I have been doing so that I will be prepared if Randy gets ill, is attending the Area World Service Committee meetings and the Assemblies. This attendance without vote allows me to be aware of what is happening at the Area level. If you are not a GR for your group, you will have to pay your own way to the Assembly and the district meetings. If you are a GR, the group will contribute towards your costs to attend the district and the Assembly meetings.



CONT. OF SERVICE JOB DESCRIPTIONS FOR UPCOMING OCTOBER ELECTIONS!!!

SECRETARY:

Attend quarterly district meetings. If the Secretary cannot attend, let the District Representative know. Try to find someone to take the minutes for that meeting.

During the district meeting take the minutes for the meeting. Always record motions made, who makes the motion, and who seconds the motion. Just a reminder: the officers and coordinators will submit their own report to the newsletter coordinator.

During the district meeting, give a report. Ask for any changes to the minutes printed in the previous newsletter. If no changes, ask for a motion to accept the minutes as submitted. Ask for a second.

After the district meeting, type up the minutes and email to the newsletter coordinator.

TREASURER:

The treasurer handles the collection and distribution of district funds approved by the district.

Make a quarterly written financial report to the district.

File for retention receipts of expenditures.

Prepare annual budget for approval by the district.

The current check register, treasurer's report and budget is kept using the software Microsoft Excel. It would be beneficial to have access to a computer with this software; however it isn't required.

ALATEEN COORDINATOR:

Primary goal?

COMMUNICATE! COMMUNICATE! COMMUNICATE!

Duties?

Keep District informed with reports to the newsletter;

Foster awareness that Alateen is part of Al-Anon and encourage Al-Anons to become involved as Al-Anon Members Involved in Alateen Service (AMIAS)!

Provide practical support to the District 6 Alateen AMIAS- sponsors and chaperones;

Attend Alateen Sponsor Training* –POSSE;

Facilitate Alateen Sponsor meetings at District Meetings;

Coordinate Alateen Sponsor Training* in the District;

Maintain roster of all certified sponsors and chaperones;

Visit as many Alateen groups* as possible;

Approve scholarship applications for Kristy Fund and

Support Alateen conference by encouraging Alateens to attend!

*reasonable expenses paid by district

Adapted from the Al-Anon Guidelines for **Area Alateen Coordinator G-24**





CONT. OF SERVICE JOB DESCRIPTIONS FOR UPCOMING OCTOBER ELECTIONS!!!

NEWSLETTER EDITOR:

Set a deadline for reports to be submitted by Officers, Coordinators, Group Representative's, and those reporting for the Area Information Service centers.

Correct grammar, punctuation and spelling, including the correct spelling of "Al-Anon" and "Alateen".

Use an organized and consistent format for the readers

Update the mailing list as needed.

Redact any personal information from the newsletter, i.e., names, addresses, phone numbers and email addresses before submitting the newsletter to the website coordinator for posting on the Al-Anon website.

List any and all future events that are Al-Anon related.

Guidelines for Newsletters Editors, G-21

FORUM/LITERATURE COORDINATOR:

The District Literature coordinator promotes the use of Conference Approved Literature by:

- Sharing news about Conference Approved Literature (CAL) from the World Service Organization and Area with the District.
- Sharing news of Electronic Conference Approved Literature (ECAL) with District members.
- Communicating about opportunities for sharing our experience, strength and hope through sharing in the Forum, ECAL, and other Alanon Literature.
- Bringing a complete supply of CAL from the Austin Information Center to the Quarterly District meeting, and arranging for sale of this literature to groups during the Quarterly meeting.
- Staying in contact with the Area Literature Coordinator in order to insure up and down communication about Literature.
- Attending all district meetings, if possible, and giving a report for the previous Quarter.

LENGTH OF TERM?

Three years. Elected by GR's attending the District Meeting. Can be nominated or may volunteer.

WHO?

Knowledgeable and experienced Al-Anon members with a willingness to work and a desire to carry the Al-Anon/Alateen message.

ARCHIVIST:

The Archivist is concerned with preserving and organizing historical Al-Anon and Alateen material, making it available to the membership and researchers. A space in your closet for the tubs of materials and a way to bring the material to the District meetings for display.



CONT. OF SERVICE JOB DESCRIPTIONS FOR UPCOMING OCTOBER ELECTIONS!!!

PUBLIC OUTREACH SOUTH:

Coordinate opportunities for informing the public about Al-Anon/Alateen. Recruit volunteers to man booths at Health Fairs, be speakers, place pamphlets, table displays, posters, meeting notices and times in various public locations, do mail-outs to professionals, place Al-Anon/Alateen conference approved literature in libraries and schools, contact AA Intergroups, attend AA functions, etc. Attend all district meetings, if possible, and give a report for the previous quarter, work with the Information Service Liaison and the Area Public Outreach Coordinator.

LENGTH OF TERM? Three years. Elected by GR's attending the District Meeting. Can be nominated or may volunteer.

WHO? Knowledgeable and experienced Al-Anon members with a willingness to work and a desire to carry the Al-Anon/Alateen message.

WHERE? In local communities using various means at your disposal.

WHY? To inform the public of who we are, what we do, and how to find us.

WHAT? Inform communities of the existence and availability of Al-Anon/Alateen as a resource for families of alcoholics.

HOW? Establish a list of contacts through the phone book, the Chamber of Commerce, Visitor Centers, hospitals, schools, treatment centers, family courts, communicate with Area Public Outreach Coordinator, attend Assembly workshops, communicate with the Al-Anon/Alateen Information Service, GR's, DR's, social agencies, community and civic organizations, and utilize the media and WSO publications.

WHERE? In our district.

To me, the biggest challenge is finding volunteers to help. The benefits are greater than the challenges, though. I am doing 12th Step work, helping others, and recovering through service to Al-Anon/Alateen for which I am very grateful.

For current meeting listings please see
<http://austinalanon.org/meetings.htm>

The Forum Subscription Order Form

Al-Anon's monthly magazine features:

- Timeless sharings from members worldwide
- Meeting topics submitted by groups
- "Inside Al-Anon" information
- Step, Tradition, and Concept of Service sharings
- Special information for Al-Anon/Alateen groups
- "Talk to Each Other" for controversial or thought-provoking issues from members
- Humor
- Calendar of current events

And more . . .



Yes, I would like to join the largest Al-Anon/Alateen meeting in the world! (List names and addresses for additional subscriptions on a separate sheet of paper.)

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