

THE LIGHT



1st Quarter 2018

District Officers/

*	District Representativ
	Carol B
	burchfieldc@gmail.com

Alt District Representative Sheri B luvmyjoey2004@yahoo.com

Secretary

- Renee G
- * prolawnmail@yahoo.com

Treasurer

- * linda F
- dfiegenerf@comcast.net

* Public Outreach

* Pam J pilgrims4@hotmail.com

* Archives

Carla G. cgurley@smequipment.com

* Alateen Coordinator

- * Josh J
- * jjustelien@yahoo.com
- * Intergroup D4 Liaiso
- × Barbara H
- bebhaden@gmail.com

Spanish Coordinato

- * Rosario C
- * rosariocarothers@outlook.com

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District 4 - Texas East Area 53

District Representative Report

Happy New Year to everyone! I am excited to be your new District Representative for Texas East District 4. The year started out with an ETAAA AWSC (Area World Service Committee) transition meeting between the outgoing and incoming members, including all our area DR's, officers and coordinators. The weekend was a great educational experience for me where I made contact with other DR's and learned more about my new role so I can better assist you and your groups.

Even though the Redistricting Committee was ended, I was assigned to work with DRs from Districts 4,5 and 7 to contact and work with the Groups that would like to move Districts. As you recall, the Bay Area Club Groups are interested in moving from District 5 to our District 4. I will continue to coordinate with the Bay Area Club Groups.

The Al-Anon Family Group Headquarters, Inc. Board of Trustees Chairperson of the Board Letter has been posted on our website in the Delegates Corner. See http://texas-al-anon.org/texaseast/. The password is anonymity. The most exciting part of the letter is that Texas East is hosting "ROAD TRIP! You and Your Board Connect!" 2018 Event, October 20, 2018, at Houston Marriott South at Hobby Airport.

The "Road Trip! You and Your Board Connect" event is an opportunity for Al-Anon members to meet and interact with the 19 Trustees and the 3 Executive Committee members in October to discuss items of importance to the fellowship and to the organization of Al-Anon Family Groups. The World Service Office will be in charge of the event and we will be the hosting Area. Stay tuned for more information!

In addition to the above letter on our website, there is lots of good information posted so try looking around and sharing what you find with have a few groups without GRs. I'd love to see all the groups assign a GR. Let me know if you have any additional changes to contact information so we can communicate effectively.

At our next District meeting we'll be discussing ideas around a 2018 Day in Al-Anon. We'd love to have your input and participation.

I'm looking forward to seeing each of you at our 1st District meeting of 2018 on March 10. After the meeting we will be assembling Love Gifts to send to the Spring 2018 World Service Conference. Please join us for the meeting, lunch and fun with the Love Gifts. Love in Service, Carol B

District 4 Meeting Saturday— March 10th

9:00 Fellowship 9:30 Business 12-4:00 Lunch/Love Gifts

Grace Episcopal Social Hall 200 W. Lang Alvin, TX 77511



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AL-ANON/ALATEEN WORD HELP FREQUENTLY USED ACRONYMS

AA - ALCOHOLIC ANONYMOUS AFG - AL-ANON FAMILY GROUP AAPP - AREA ALATEEN PROCESS PERSON AIS - AL-ANON INFORMATION SERVICE (AKA INTERGROUP) AMIAS – AL-ANON MEMBER INVOLVED IN ALATEEN SERVIĆE AT - ALATEEN ATAAC – ALL TEXAS AL-ANON/ALATEEN CONFERENCE AWSC-AREA WORLD SERVICE COMMITTEE (TEXAS EAST AREA 53) **CAL – CONFERENCE APPROVED LITERATURE** CMA - CURRENT MAILING ADDRESS D4 - DISTRICT 4 (ALL OF FORT BEND, MATAGORIA, BRAZORIA, **GALVESTON, WHARTON COUNTIES)** DAC - DISTRICT ALATEEN COORDINTOR DR - DISTRICT REPRESENTATIVE ETAAA - EAST TEXAS AREA AL-ANON/ALATEEN ASSEMBLY **GR - GROUP REPRESENTATIVE ISR - INFORMATION SERVICE REPRESENTATIVE** LDC - LITERATURE DISTRIBUTION CENTER PO - PUBLIC OUTREACH P.O.S.S.E. - PROGRAM OF SPONSORS SHARING EVERYTHING TEA AC - TEXAS EST AREA ALATEEN CONFERENCE

Articles for **The Light Please submit articles to: Laura Bowen**laurabafg1972@gmail.com

By **May 26, 2018**

District Meeting Minutes—December 9, 2017

WSC – WORLD SERVICE CONFERENCE WSO – WORLD SERVICE OFFICE

District 4 Meeting Minutes December 9, 2017

Hosted by Pearland AFG and held at St Andrews Episcopal Church

Mattie Thomas, District Representative opened the meeting with a moment of silence followed by the serenity prayer. Traditions, Concepts and Warranties were read. Mattie asked everyone to introduce themselves. Announced "Ask it Basket" and added Alateen & Spanish Coordinator open positions to the agenda.

Minutes – Carol B, minutes were emailed before the meeting therefore they were not read. Bev L made a motion to accept minutes as presented with corrections. Marsha 2nd, motion passed

Treasurer – Margaret F presented treasurer report. 2018 budget to be developed in 1st quarter. New Treasurer's address as of Jan 1, 2018 Linda F made a motion to accept Treasurer's report as presented with corrections. Barbara H 2nd and report was approved.

ISR/Alternate District Representative – Sheri Bogna shared the deadline on Al-Anon Faces Alcoholism is Feb 7. Member survey is out so we should encourage everyone to participate. New ISR's should register with inter group. Next ISR meeting April 30.

Alateen Coordinator – Judy R is handling family commitments in lowa.

Archives – Renee coordinated a meeting Oct 20 where they sorted the materials and were able to downsize the amount of materials we'll keep long-term. Eliminated area information and focused on retaining district information Public Outreach – Pam J announced our District's participation in the Alvin Community College Health Fair in the Nolan Ryan Center Jan 27, with setup at 7 and the fair 9-2 Spanish Coordinator – No updates

District 4 ISR – Sheri Bogna- reported the bookstore has temporary Saturday hours from 9-12, but call before you go to confirm they're open. New ISRs can get on email distribution (see website). Next Face to Face intergroup annual fundraiser Oct 21. Next speaker meeting 11/11 at Spring Branch with Mattie as speaker.

News Letter - The Light- Sheri Bogna

District Representative – Mattie Thomas published her report in the Light. Ask our GR's to complete a GR-1 form for their group. She provided an up date on the Realignment of District 5. BAC groups would like to move to District 4. Recommendations will be made at the AWSC & Spring Assembly.

Area Delegate – Joyce Y gave an update.

Old Business- 2 open positions to be filled: Alateen Coordinator and Spanish Coordinator.

Spanish Coordinator - Barbara H motioned to elect Rosario as Spanish Coordinator and Linda 2nd and the motion was approved

Alateen Coordinator – Barbara H motioned to elect Josh as Alateen Coordinator and Barb 2nd and the motion was approved

New Business

2018 District Meetings set (2nd Sat of 3rd month in Qt March 10 hosted by Alvin Al-Anon works at Grace Episc pal Church. June 9 hosted by Pearland AFG at New Life fLutheranChurch September 8 hosted by Courage to Change in Missouri City December 8 hosted by Surfside-Love Gifts for Delegate Convention – We brainstormed

several ideas and agreed to put together prescription

Treasurer Report

measurer vehorr				<u>'</u>		1	
					2 age 3	Proposed	Proposed
Date: 01/01/18 -	1st QTR	2nd QTR	3rd QTR	4th QTR	2017	2017	2018
12/31/2018	Jan-Mar	April -June	July -Sept	Oct - Dec	Actual	budget	Budget
		Income					
Contributions Income	\$131.00				\$1,370.35	\$1,475.00	
District Meeting Donations					\$79.13	\$175.00	
Silent Auction						\$390.00	
District Fundraiser-Day in Al-Anon					\$1,824.89	\$200.00	
Total Ordinary Income	\$131.00	\$0.00	\$0.00		\$3,274.37	\$2,240.00	
		ravel Expenses	•			. ,	
Alateen Coordinator						\$200.00	
Alt. District Representative						\$50.00	
Archivist						\$100.00	
District Representative	\$28.10					\$400.00	
Public Outreach Coor.	·				\$481.73		
Secretary					•	\$400.00	
Treasurer						\$50.00	
Service Arms						\$200.00	
Delegates Expense						\$40.00	
Total Travel/Expenses	\$28.10				\$481.73	\$2,240.00	
	0	ther Expenses	S				
P.O.S.S.E.		·			\$125.00		
Day in Al-Anon - ATSC					\$0.00		
Miscellaneous Expenses	\$105.23				\$28.60		
PO Box Rent	-\$6.00				-\$6.00		
District 4 Day in Al-Anon					\$100.00		
Total Misc. Expenses	\$99.23	\$0.00			\$247.60		
			Bank Balance	as of 1/1/2018	\$5,421.35		
			Prudent	Reserve	-\$1,000.00		
			Bala	ance	\$4,421.25		
Actual bank balance as of							

CONTRIBUTIONS TO DISTRICT 4— (Please attach this form to your ch				
Group Name:		Group #		
City:		ST:	Zip:	
Amount:	CK/MO #:			
Sent by:				
Send Self Addressed Stamped Enve				
Make checks payable to: District 4 Al	-G. Please do	not send	cash by mail.	
Mail to: District 4 Treasurer 504 Ho	llyhock St., R	ichwood,	TX 77531	

Minutes (cont.)

District Intergroup Liaison (cont.)

bottles with Al-Anon slogans and quotes. Joyce will order bottles. Groups to make sets of 30 messages to be inserted in the bottles. We'll assemble the love gifts after lunch that follows the next District meeting on March 10.

Passed the basket and closed the meeting with Al-Anon Declaration in both English and Spanish. Meeting adjourned at approximately noon. Respectfully Submitted Carol Burchfield District 4, Past Secretary

Al-Anon Declaration

Let it begin with me.
When anyone, anywhere reaches out for help,
let the hand of Al-Anon and Alateen always be there and
Let It Begin with Me.

Declaración de Al-Anon Que Empiece por Mi

Cuando alguien, dondequiere que sea, pida ayu-da, que nunca falte allí la mano de Al-Anon y Alateen, y **Que Empiece por Mi**

Intergroup Liaison Report

Sunday, January 28th, 2018 Learned so much from my 1st Houston Al-Anon Intergroup Service Meeting as ISR of District 4.

- 1. Houston Al-Anon Intergroup Service (HAIS): located at 9800 Northwest Frwy, Suite #201, Houston, TX 77092. Their office will be moving to another space in the same building. New Suite # TBA. This will help cut their office expenses.
- 2. The Intergroup website, www.houstonalanon.org, is our main source of information for meetings, events, and literature. Check out the website's Newsletter, Al-Anews, for more detailed information.

3. If your AFG has a new Intergroup Service Representative, (ISR), they need to contact Ellen at the Intergroup Office by email, alanon@houstonalanon.org or by phone 713-683-7227 If your AFG does not have an ISR, consider holding a group conscience to elect someone to this service position.

- 4. The BOD positions of President, by Lisa H and Vice President, by Katy E have ended their term of service. These two positions are open to be filled. These are critical positions for the Intergroup. These opportunities are for those who are grateful for what has freely been given us in Al-Anon. If you are interested please call the Intergroup phone 713-683-7227 for more information.
- 5. There are many Service Volunteer Positions within the HAIS. Intergroup maintains a 24/7 phone line to be a lifeline to people affected by the family disease of alcoholism. Choose from: Phone Volunteer, Intergroup Service Volunteer, Speaker Volunteer, and Office Volunteer. Simply go to www.houstonalanon.org/service-opportunities.html to find an Al-Anon/ Alateen Form, fill it out and return it to the Intergroup Office.
- 6. Intergroup Fundraisers: 1st: Quarterly Speaker Meetings. The first Speaker Meeting was given by Nancy J with 32 years in Al-Anon, Sat. February 10, 2018 at 2pm held at the Spring Branch Club at 1200 Blalock Suite 378 H, TX 77055. Free admission, registration not necessary, but donations are accepted. These donations benefit the existence of the Intergroup. Last year's donations for the 4 Speaker Meetings was \$2,289.21. 2nd: Annual Penny Drive held in the fall. All AFG's collect pennies from their group members during a 4-6 week period. Last year's Penny Drive brought in \$1,890.75. 3rd: 'Face To Face,' an all-day event that has a Theme, a Speaker, and Workshops with lunch included. Last year's F2F raised \$3,570.60. The total from Fund Raisers was \$7,750.56.
- 7. Treasurer Report: For 2014-2016 Intergroup was in the Red, but 2017 ended in the Black with \$782.57. Fundraisers, contributions, and literature sales resulted in a Gross Profit of \$55.847.11.

ISR meeting days & times are on the website. Meetings are located in the Learning Center Building, Rm. LC 211 at Chapelwood United Methodist Church, 11140 Greenbay St., Houston, TX 77024.

NEXT MEETING SUNDAY, APRIL 29, 2018 AT 4:00PM.

Respectfully submitted, Barbara H

	CONTRIBUTIONS TO - EAST TEXAS AREA 53 (Please attach this form to your check or money	order) F	PRINT ALL INFORMA	TION
* (Group Name:	Group) #	
I (City:S	Г:	Zip:	
, A	Amount: CK/MO #:			
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_{II} S	Send Self Addressed Stamped envelope (SASE) o	or		
	Email Address for receipt:			_
N	Make checks payable to: ETAAA. Please do not	t send ca	sh by mail.	
" N	Mail to: ETAAA - Treasurer, P.O. Box 1324 Silsbee,	Tx 77656		

Alateen Coordinator Report

Dear Al-Anon Family and Friends,

Hello this is your new district Alateen Coordinator. I am still learning this position every day. I sent all the Alateen sponsors the P.O.S.S.E flyers thru email. I even talked to the former district coordinator a few weeks ago.

Joshua J





Calendar of Events

March 10 **District 4 Meeting**

Grace Episcopal Church

Alvin, TX

Assemble Love Gifts after meeting

Mar 23-25 P.O.S.S.E.

Gonzales, TX

ETAAA—Beaumont May 4-6

Clifton Event Complex

May 18-20 MOB Conference

Lake Jackson Civic Center

June 9 District 4 Meeting

New Life Lutheran Church

July 6-8 Al-Anon 6th International

Convention—Baltimore, MD

Sep 8 **District 4 Meeting**

Lamplighter Club

ETAAA—Longview Nov 2-4

Hilton Garden Inn

Dec 8 **District 4 Meeting**

Surfside, TX

Alternate District Rep. Report

Hi Everybody! The thing we've all been waiting for is finally here,,, and we've gone digital! What is it? It's the 2018-2021 Al-Anon/Alateen Service Manual (p24-27). Here are some reasons you should get one.

- 1. It's portable! It can be downloaded on a mobile device (phone, tablet, laptop) for easy access. No need to print pages.
- 2. It's interactive! The topics listed in each section's Table of Contents topics link to their respective pages with just one click!
- 3. It's spiritual! Topics in all four sections are connected to our spiritual principles to explain why we do what we do in Al-Anon and Alateen, not just what to do.
- 4. It's up-to-date! Revisions to all four books of the Service Manual approved by the World Service Conference since 2014 are incorporated.
- 5. It's FREE!!! Everyone can have their own copy on any device. (2018, Vol. 50-1 Beacon)

Check out the updated WSO website (al-anon.org) to find a larger selection of monthly featured publications and Bestsellers where you can read a free sample chapter. A new search by categories makes it easy to find just what you're looking for. Don't forget to send in your sharings for the Forum!

In grateful service,

Sheri B

LINKS OF SERVICE CONTRIBUTIONS

District 4

Check Payable to: District 4 Treasurer Mail to: District 4 Treasurer—504 Hollyhock, Richwood, TX 77531

East Texas Area Assembly—Area 53

Check Pavable to: ETAAA

Mail to: Treasurer ETAAA—P O Box 1324

Silsbee, TX 77656

Al-Anon World Service Office

Check Payable to: AFG, Inc.

Mail to: 1600 Corporate Landing Parkway Virginia Beach, VA 23454

Al-Anon Family Group Services (Intergroup)

Check Payable to: AFGS

Mail to: 9800 Northwest Freeway. Ste 201

Houston, TX 77092

Spanish Coordinator Report

Hello, my name is Rosario C. and I would like to thank you for selecting me as your Spanish Coordinator Representative. I am excited for the opportunity to work with all of you during the coming years as we expand our outreach to our Spanish speaking Al-Anon members. As our groups grow and our needs change, we will be working hard to evaluate those needs and provide support that will help all of us achieve our goals. Again, thank you for choosing me to be your representative. Feel free to contact me by email at rosariocaroth-ers@outlook.com if you have any questions, recommendations, or concerns.

Hola, mi nombre es Rosario C. y me gustaría darle las gracias por seleccionarme como su representante y Coordinador de español. Estoy feliz por la oportunidad de trabajar con todos ustedes durante los próximos años a medida que ampliamos nuestro alcance a los miembros hispanos de Al-Anon. Como nuestros grupos crecen y necesidades cambian, también trabajaremos arduamente para evaluar esas necesidades y brindar apoyo a todos para lograr nuestros objetivos. Nuevamente, gracias por elegirme como su representante. No dude en ponerse en contacto conmigo por correo electrónico a rosariocarothers@outlook.com si tiene alguna pregunta, recomendación o inquietud.





Public Outreach Coordinator Report

Hello everyone,

As I type this report, the sun is out and the birds are singing. Sure signs that spring is well on its way. I don't know about you but I'm more than ready to get outside and enjoy our March weather.

The highlight for District 4 Public Outreach this past quarter was the Alvin Community College Fitness Fair on January 27. Thank you, Margaret F. for making this connection. With the help of Sheri B, Renee G., and Sheri D., this became an opportunity to share our experience, strength, and hope with health fair participants; to fellowship with one another; and to share what Al-Anon is to people outside of the fellowship. Several people stopped by to chat, one was even waiting for us to arrive at 7:30, well before the Health Fair started. Participants took meeting information and pamphlets. A member of the Alvin CC board asked if we'd like to participate in future events. Our answer was an enthusiastic, "Yes!" What a privilege it was to shine the light of Al-Anon into the lives of those seeking hope and healing.

According to Al-Anon Guidelines, "Public Outreach includes Outreach to the Public/Media, Outreach to Professionals, and Outreach to Institutions" "Who can do Public Outreach? A willing and active Al-Anon/Alateen member with an understanding of the Twelve Steps and Twelve Traditions." (Publication G -9, G-10, G-29). Keep this in mind as Public Outreach opportunities come our way. Your service will be most welcome.

If anyone hears of an upcoming event or knows of an institution that might be interested in Al-Anon's participation, please contact me. All I need is contact information to get the ball rolling.

Grateful for this service opportunity,

Pam J.
District 4 Public Outreach Coordinator



Serenity Prayer T-shirt Fundraiser for Al-Anon, District 8

<u>Deadline: Ordering will be open at least until enough shirts are ordered</u> for a profit. SHARE, SHARE!



Women's Fit Purple, Unisex Black, Tropical Blue and Pink from Youth to 3X and Long Sleeve Magenta
T-shirts \$20, Long sleeve \$25

All funds raised will be paid directly to District 8 for Spring Assembly.

Go to Booster.com/district8assembly to order yours today!

We are selling t-shirts via Booster.com to raise money for our Spring Assembly 2018. We are doing online orders with various styles/colors. More orders means deeper discounts and more profit for our Assembly. If you are able to purchase a shirt, please consider doing so. Please share in your Al-Anon meetings, and online or through emails with Al-Anon members. Thank you for your support in District 81

Jennifer S. District Representative

EAST TEXAS AREA ALANON/ALATEEN ASSEMBLY May 4 - 6, 2018

Come Go With Me



3950 I-10 South

(409) 842-5995

Beaumont, TX 77705

Ask for ETAAA Rate

\$107 for Double/King

Designated Hotel Information

Cut off date - April 4th, 2018

Holiday Inn Beaumont Plaza

(and bring a friend!)

ETAAA – All Meetings

Clifton Event Complex

8727 Highway 124

Beaumont, Texas 77720

Meals will be provided and fun activities are planned! We are heading back to the 50s -

Saturday

GRs please attend for Area information and business.

District 8 would also like you to join us for food, fellowship

and fun the entire weekend!

Bring your poodle skirt



and saddle shoes!



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4	

Breakfast Included up to 4 per room		•
GR DR AMIAS F	TRST ASSEM	BLY (Y/N) OTHER
Name	_ Name on Ba	dge
Address	City/State/2	Zip
Group Name	District #_	# of Years in Program
Phone #	Email	
Doors and Registration Open	at 2:00 p.m o	n Friday May 4 th
\$20 Al-Anon Early Registration	Make Check	rs Payable to District 8
\$25 Al-Anon Registration (after 4/1/18)	Mail to:	District 8
\$20 AA Registration		ETAAA Registration 975 Roosevelt Dr., Silsbee, TX 77656
\$5 Alateen Registration		,,,,,,,
Need Info? Email Jennifer at 2018etaaa	aspringassem	bly@gmail.com or Call at 641-521-9349

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

THE LIGHT

Celebrating One Day at a Time

Al-Anon's International Convention 2018

REGISTRATION

Al-Anon's 2018 International Convention July 6-8, 2018, Baltimore, Maryland

You are encouraged to copy this form and distribute to friends.

Instructions (Please print)

Complete name and address for each person.

If you would like the badges to mailed to one person, place an x in the \square in front of that person's name.

Name on badge: your name will appear as first name and last initial, unless otherwise indicated.



Baltimore, MD - July 6-8, 2018

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Name			
Address			
City	St/P	rav	Zip/Postal code
Country (if other the	n U.S. or Canada)		
Phone:	Fax:		
E-mail:			
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Translation:			
Spanish Spreno	h 🗆 American Si	gn Language 👊 O	ther
Years of Member			
☐ less than 1 year	4-10	□ 21-30	Q 41-50
☐ 1-3	☐ 11-20	□ 31-40	□ 0ver 90
Age:		_	
12-19	□ 26-39	☐ 56-65	□ 0var75
□ 20-25	□ 40-55	□ 66-75	hers at this meetin
Al-Anon A.A.	badge :	—only members ago and children ages 9 closed Alateen me	
☐ Friend/Spouse of Name on badge, in		if desired	
Registration Fee \$130,00 US must b \$165,00 US between	e received by 12/3		00 US after 5/31/18
Pioneer Lunchee	n Tickets at \$65	.00 US - Po	altry 🗆 Vegetaria
Register for the "Day Baltimore Conventio \$40.00 US by 5/31	n Center on Thurs	separate event to day, July 5, 2018. US after 5/31/18	be held at the Total: \$
Make checks payabl		A Committee of the Comm	y credit card: iscover
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Card Holder's Name	Day	time phone number	
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