



The Light



1st Quarter 2019

District 4 - Texas East Area 53

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District Officers/ Coordinators

- **District Representative**
- Carol B
- etxd4.districtrep@gmail.com

- **Alt District Representative**
- Sue D
- alanonsudy@gmail.com

- **Secretary**
- Renee G
- prolawmail@yahoo.com

- **Treasurer**
- Linda F
- dfiegener1@comcast.net

- **Public Outreach**
- Pam J
- pilgrims4@hotmail.com

- **Archives**
- Carla G.
- cgurley@smequipment.com

- **Spanish Coordinator**
- Rosario C
- rosariocarothers@outlook.com

District Representative Report

I hope everyone is off to a fresh start in the New Year. I'm ready for Spring and looking forward to the many upcoming recovery fellowship opportunities.

I attended the Area World Service Committee (AWSC) meeting in January, hosted by our very own District 4. I want to thank all of you for participating, whether in service or in spirit as it was very successful with lots of help and food to welcome our Area members from other areas of the state. We decided to accelerate publishing the Beacon, in order to get the publication to groups earlier, so they have time to discuss the agenda for the upcoming Assembly. Mattie, our Alternate Delegate, has challenged us all to increase GR attendance at the Spring Assembly and will present an award to the District with the highest % of GR's at the Spring, 2019 Assembly. I know we can increase our GR attendance, particularly if we all work together to carpool, share rooms and encourage all the GR's to attend. Let's see if we can win that award!

We also had a recommendation to update our voting procedures with a flowchart, providing more transparency to how voting at the assemblies work. A taskforce will be established to complete this task. I think this will be helpful for all of us and I look forward to sharing it as soon as it's available.

Our District 4 is the support District for the upcoming Fall Assembly in Victoria. I will be attending planning meetings on both February 16 (in Victoria) and April 13 (in Yoakum). If you are interested in attending, I'd be happy to have you ride with me. District 3 has asked us to help them with the following: provide an Alateen Chair, GR registration at the Assembly, a workshop, raffle baskets and a skit for Friday night. Please consider volunteering for 1 or more of these activities. We'll discuss them in more detail at our next District meeting, March 9.

The 2019 World Service Conference is April 13-17. The conference theme is "Action is Attraction – There is No Growth in the Comfort Zone!". In the past we have made "love gifts" to show our love and thanks to our Delegates for participating in the conference and representing our Area. If we'd like to send small gifts this year, we'll need to send them so they arrive after April 10.

I'm looking forward to seeing each of you at our 1st District meeting of 2019 on March 9, at 9am, at Parkway UMC, 5801 New Territory, Sugar Land, TX.

Love in Service,
Carol B

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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 SERVICE
 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 COORDINATOR
 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
 WSC – WORLD SERVICE CONFERENCE
 WSO – WORLD SERVICE OFFICE

Articles for **The Light**
 Please submit articles to:
Laura Bowen
 laurabafg1972@gmail.com
 By
May 4, 2019

District 4 Minutes

District 4 Meeting Minutes

4th Quarter – December 8th, 2018

Meeting Began at 9:35 a.m.

(17) Attendees; (8) of which were GRs & (2) Alt GRs

Meeting was opened with the Serenity Prayer followed by the reading of the Traditions, Concepts and Warranties.

Carol B. (DR) asked each to go around the table and introduce themselves, providing the name of their Home Group and any position held. She took a moment to thank Surfside AFG and The Let It Begin with Me AFG for Hosting the meeting.

Secretary – Renee G. asked if everyone had read the minutes and if there were any corrections. None were noted. Renee also mentioned that she and Carol had discussed the meeting minutes being distributed within a month of the meeting being held so all would be aware of any required action items. The minutes will continue to be included in *The Light* as well. Linda F. motioned to accept the minutes as presented, Margaret F. second and motion passed.

Treasurer - Linda F. went over the numbers for budget and expenses. Much discussion ensued regarding possible corrections. Amendments were noted. Margaret F. motioned to accept the treasurer report as amended, Laura B. second it, motion passed. Linda will provide corrected copies.

Alternate GR – Sheri B. was absent; however, she sent a report read by Carol B. The report indicated that Sheri is resigning as the Alternate GR effective as of December 31st, 2018. She thanked the District for the opportunity to be of service and noted that she plans to continue service at other levels.

Alateen Coordinator – Carol B. thanked Josh J. for his service as Alateen Coordinator and mentioned that the position is open and someone will be needed to fill the next two years of the three-year term. Josh mentioned the upcoming Alateen Training planned for December 15th in Austin, TX.

Archivist – Absent

Public Outreach- Pam J. reported that there are two coalitions needing representation, one for Fort Bend County and the other for Brazoria County. She stated she can be the representation for Fort Bend County, however, would like volunteers to assist with Brazoria County due to distance. Linda F. and Margaret F. volunteered to be those persons.

Pam also mentioned the need for a volunteer in Texas City area to replenish literature for the Gulf Coast Center. The WSO provided literature initially.

Spanish Coordinator – Rosario announced a Spanish speaking AA event that could use a Spanish speaking Al-Anon to represent Al-Anon. Sandra tentatively volunteered and will get with Rosario on the details.

Newsletter- Laura B. stated she would send out an email regarding the deadline for submission of reports to be printed in the next quarterly edition of *The Light*. She made a request that reports be submitted in a Word document format.

Extra -

On a side note, Mattie T. made mention of a challenge for the 2019 Spring Assembly which is to have the District with the largest percentage of GR participation present. The winning District will receive the Spirit Stick. She encouraged everyone to talk to their groups and get others involved.

Treasurer Report

Date: 1/1/2019 - 12/31/2019	2018 Actual	1st QTR Jan-Mar	2nd QTR April -June	3rd QTR July -Sept	4th QTR Oct - Dec	2019 Actual	Budget for 2019
Income							
Contributions Income	\$ 2,241.62	\$					\$ 2,000.00
District Meeting Donations	\$ 196.00						\$ 175.00
Day In Al-Anon	\$ 5,728.97						\$ 200.00
P.O. Box Refund	\$ 6.00						
Silent Auction	\$ -						\$ 275.00
TOTAL INCOME	\$ 8,172.59	\$					\$2,650.00
Expenses							
Alateen Coordinator							\$ 100.00
Alt. District Representative							\$ 50.00
Archivist							\$ 50.00
District Representative	\$ 273.40						\$ 600.00
Public Outreach Coord.	\$ 299.50						\$ 1,000.00
Secretary							\$ 100.00
Treasurer	\$ 146.82						\$ 225.00
Delegates Expense	\$ 70.00						\$ 200.00
TOTAL TRAVEL EXPENSES	\$789.72						\$2,325.00
Other Expenses							
P.O.S.S.E.							\$ 125.00
Service Arms	\$900.00						\$ 600.00
Miscellaneous Expenses (Love Gifts)	\$166.25						\$ 100.00
District 4 Day in Al-Anon	\$3,964.41						\$ 100.00
TOTAL OTHER EXPENSES	\$5,030.66						\$ 925.00
TOTAL EXPENSES	\$5,820.35						\$ 3,250.00
Total Net end of 2018	\$2,352.21	\$ 315.35					

Bank Balance as of 2/7/2019 \$ 7,068.57

Less Prudent Reserve \$ 1,000.00

Working Balance \$ 6,068.57

CONTRIBUTIONS TO DISTRICT 4—EAST TEXAS AREA 53**(Please attach this form to your check or money order) PRINT ALL INFORMATION**

Group Name: _____ Group # _____

City: _____ ST: _____ Zip: _____

Amount: _____ CK/MO #: _____

Sent by: _____

Send Self Addressed Stamped Envelope (SASE) or Email Address for receipt: _____

Make checks payable to: District 4 AFG. ***Please do not send cash by mail.*****Mail to: District 4 Treasurer 504 Hollyhock St., Richwood, TX 77531****District 4 Minutes Continued****Old Business**

Carol B. spoke of the AWSC Meeting planned for January 12, 2019, from 10 a.m. – 4 p.m. to be held at the New Life Lutheran Church in Pearland. District 4 will be providing lunch and Bay Area Club, now part of District 4, volunteered to bring desserts.

The Dream Big Team talked about providing books to libraries. Pam mentioned there are 36 libraries in our District. Linda F. talked about groups not being aware of Al-Anon literature and the possibility of a mailer to active groups with a literature flyer and a copy of the Al-Anon Faces Alcoholism. Discussion questioned if this would be considered outreach.

Margaret made a motion to double the order from last year for the upcoming 2019 Al-Anon Faces Alcoholism.

Linda F. second, motion passed.

It was discussed that a budget is needed for the Dream Big Team. Pam will come to next meeting with proposed budget.

New Business - Carol B. mentioned there were three chair positions open, Alternate DR, District ISR, and Alateen Coordinator and asked for any volunteers for any of the open positions. Sue volunteered for the position of Alternate DR. Margaret made a motion to accept Sue by acclamation, Pam second, motion passed.

Laura B. volunteered to be the District ISR. Lakeeta motioned to accept her as the District ISR, Sue second, motion passed.

There were no volunteers for the Alateen Coordinator. There was discussion regarding what the qualifications are to do the position and it was decided that the topic would be tabled until the next meeting.

Discussion for the upcoming year budget was discussed. Changes were made. Linda F. will provide the updated budget at the next quarterly meeting.

Carol mentioned that there is a request from the 2019 Fall Assembly committee to provide support for a Friday night skit and an Alateen Coordinator.

Following are the dates and locations of 2019 quarterly District Meetings.

March 9th @ 9:30 a.m. – Sugar Land or Taylor Street Club

June 9th @ 2:00 p.m. – Bay Area Club

September 21st @ 9:30 a.m.- Margaret's Home (6105 County Rd 203, Liverpool, TX 77577)

December 14th @ 9:30 a.m. – Surfside AFG

It was decided for the ease of hosting the District Meetings, we would make lunches pot luck with the hosting group providing drinks.

Meeting Adjourned at 1:30 p.m.

Delegate Report

Our Delegate, Kay, shared her experience with her first WSO meeting this past April. She expressed that the love gifts provided by the District were well received and appreciated. She also shared that "Texas" themed love gifts for future WSO meetings would be a big hit.

She also mentioned an agenda item at the WSO level regarding Group Guidelines for Safety of its Members (Safety Policy).

ISR COORDINATOR

The ISR Meeting was on January 27, 2019 at Chapelwood United Methodist Church.

This is a list of needs to help the Intergroup Office:

A committee is being formed to plan future Face to Face events, volunteers needed.

Looking for phrases that meant something to your growth in the program that you are willing to share in the Intergroup newsletter, Al-anon News.

Looking for new board members, if interested please complete an application that is online or call the Intergroup office with questions.

Part-time help is needed in the bookstore. It is a paid position; if interested send a resume to the Intergroup Office.

Laura B

Calendar of Events

- Mar 9** **District 4 Meeting**
Parkway UMC
5801 New Territory
Sugar Land, TX
- May 3-5** **East Texas Assembly**
McAllen, TX
- Jun 9** **District 4 Meeting**
Bay Area Club
League City TX
- Sep 21** **District 4 Meeting**
Margaret's House
6105 County Rd 203
Alvin, TX 77577
- Nov 1-3** **November Assembly 2019**
Victoria, TX
- Dec 14** **District 4 Meeting**
Surfside AFG
818 Angel Wing
Surfside, TX 88652

**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 Payable 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

WANTED



PARTICIPANTS

Program Of Sponsors Sharing Everything

**TEXAS EAST AREA TWENTY-FIFTH ROUND-UP WEEKEND FOR
ALATEEN SPONSORS, ADULTS INTERESTED IN SPONSORING
AN ALATEEN GROUP, AND DISTRICT ALATEEN COORDINATORS**

WHEN: MARCH 22, 23, 24, 2019

WHERE: DISCIPLES CONFERENCE CENTER, GONZALES, TX

**WHAT: WORKSHOPS ON: SETTING BOUNDARIES, ATTENDING
CONFERENCES, SPONSOR RESPONSIBILITIES, STARTING NEW GROUPS,
PROGRAM IDEAS, AVOIDING BURNOUT**

**COST: \$125.00 PER PERSON - Included in the cost is two nights lodging, Saturday
meals, Sunday brunch & registration.**

REGISTRATION MUST BE POSTMARKED BY FEB 22, 2019

Chairman: Bennie P.

Registrar: Lynn L. etxposse@yahoo.com

AL-ANON FAMILY GROUPS
East Texas Area Al-Anon /Alateen
Spring Assembly
May 3-5, 2019

“Celebrating One Day at a Time”

Al-Anon Speaker: Judy P., Georgetown, TX.

Casa de Palmas Renaissance Hotel **\$89.00 Standard Room**
101 N. Main Street **Includes Breakfast**
McAllen, TX 78501 **Last Date to book rate: 04/3/19 For Reservations call: 956-**
631-1101 **ETAAA District 1 OR:**

Click on this link below to make your reservation. A method of payment will be required. Once the reservation is made, you will receive a confirmation email.

LINK: [Book your group rate for East Texas AAA District One](#)



GR ___ DR ___ AMIAS ___ FIRST ASSEMBLY (Y / N) ___ # of Yrs. in Program

Name _____ Name on Badge _____
Address _____ City/State/Zip _____
Group Name _____ District # _____
Phone # _____ Email _____

Registration fee [] Al-Anon \$35 [] Alateen \$5 [] AA \$30
Al-Anon *Discount Registration Fee if paid by December 31, 2018* [] \$30 Banquet [] \$20
Cut off date April 20.

If you wish to attend the day trip to Nuevo Progreso, Mexico on Friday
Please let us know. Yes ___ No ___ Note: you must have passport or passport card

Make checks payable: ETAAA District 1

Mail to: ETAAA District 1
49 Pizarro Avenue
Rancho Viejo, TX 78575

Please email any questions to: arosastourigny@gmail.com

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