



# The Light



2nd Quarter 2019

District 4 - Texas East Area 53

Page 1

### District Officers/ Coordinators

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## District Representative Report

Spring forward and enjoy all the service opportunities in our District and Area. I attended the Area World Service Committee (AWSC) Leadership meeting in March, where we had workshops and identified topics that need further attention by our Area. I was able to work with our Area website coordinator and update the District 4 page on our Area 53 Texas East website.

May 3-5, I attended our Spring Assembly in McAllen, TX. We had 7 GRs from our District attend. I appreciated attendance by several GRs from groups that have not been active at our Assemblies in the past. The Area approved a memorial contribution to the WSO for a past Delegate, Bidge B. We also approved Diane B to be nominated as a South-Central Regional Trustee. A thought force was established to get input from the groups and districts for identifying options on how to spend the excess funds in our Area. We had 3 separate workshops Sunday morning on Alateen, Technology and Public Outreach. I attended the technology workshop and will be exploring how we can better use technology within our district. I will be looking into conferencing and webinar options to offer more access to our District meetings.

We are finalizing details for District 4's Day in Al-Anon, scheduled for Saturday, July 27, 2019 at Taylor Street Club in Alvin. We've circulated a "Save the Date" notice and a flyer will be circulated and posted on the internet as soon as it's approved by the event's committee.

Our District 4 is the support District for the upcoming Fall Assembly in Victoria. The next planning meetings are scheduled for July 27 and September 7 at 10am. Let me know if you'd like to attend and we can plan to ride together. So far, we've agreed to help District 3 with GR voting registration at the Assembly, raffle baskets and a skit for Friday night. Please encourage your groups to bring a basket or 2 to the Assembly to assist with fundraising to offset Assembly costs.

I'm looking forward to seeing each of you at our District meeting on June 9, 2019, at 2pm, at Bay Area Club, 2111 Webster Street, League City, TX.

Love in Service,  
Carol B

### Special Note for our Day In Al-Anon, July 27 2019:

Our Area Delegate will be leading our workshop. This is an excellent opportunity to meet her and hear about her experience in service. As always, our Day in Al-Anon is a wonderful opportunity for fellowship and continued growth in the program. Please forward to your groups and plan to bring a friend. Don't forget silent auction items and baked goods for the bake sale are welcomed.

### INSIDE THIS ISSUE

DR Report	1
Public Outreach Report	2
Minutes	3
Treasurer Report	4
Intergroup Liaison Report	5
Calendar of Events	6
Day in Al-Anon	7
Courage to Change Flyer	8
Save the Date Flyer	9
November Assembly Flyer	10
Speaker Meeting Flyer	11

**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 COORDINTOR**  
**DR – DISTRICT REPRESENTATIVE**  
**ETAAA - EAST TEXAS AREA AL-ANON/ALATEEN ASSEMBLY**  
**GR - GROUP REPRESENTATIVE**  
**ISR – INFORMATION SERVICE REPRESENTATIVE**

## **Alt District Representative Report**

The literature report is taken straight from the Beacon, written by Mattie T, Alt. Delegate

A printed copy of Safety in Al-Anon Meetings document will be mailed to all registered Al-Anon meetings in the World Service Conference Structure in English in December. The Spanish and French translations will be mailed to meetings with these as their primary language as soon as possible. VOLUME 51 ISSUE 2 Page 3 THE BEACON Page 4 in as they are being translated. Please distribute to your groups. Hopefully this tool will promote an environment of safety and unity throughout the groups in your District so they may focus on their primary purpose –to help families and friends of alcoholics. Please note, this document applies to Al-Anon meetings, groups, events, and members:

For Alateen safety, please refer to your Area Alateen Safety and Behavioral Requirements. This document should not be posted on any district or information service websites at this time. Any questions should be directed to me as your link of service to WSO. Sharing needed for “CAL Corner”: We always need more sharing about how CAL has helped members with their recovery. Please urge members to send sharing. We’d love to hear members’ thoughts about To Parents of Alcoholics (P-16) and Hope & Understanding for Parents & Grandparents (P-94).

Sharing is still needed for our new daily reader! This book will be a collection of meditations to help us throughout our day. Focus on a single insight that you found helpful in your personal growth and recovery. Apply an Al-Anon principle— a slogan, a Step, Tradition, or Concept; the Serenity Prayer; or other Al-Anon tool—to a real-life problem or challenge. If printed, your sharing will remain anonymous, but please include your name and postal or e-mail address with your sharing so that we can acknowledge receipt. Please mail, fax, or e-mail your completed sharing to: Al-Anon Family Group Headquarters, Inc. 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617 Attn: New Daily Reader Fax: 757-563-1656 e-mail: [wso@al-anon.org](mailto:wso@al-anon.org)  
(Please put “New Daily Reader” in the subject line)

Thanks,  
Sue D

## District 4 Minutes

March 9, 2019

### Opening

The regular meeting of the District 4 Meeting Minutes was called to order at 9:35am on March 9, 2019 by Carol B. Meeting was opened with the Serenity Prayer followed by the reading of the Traditions, Concepts, and Warranties.

### Present

Carol B; Laura B; Mattie T; Pam J; Kimmy M; Sue D; Maricela; Kelly R; Cindy F; Vanessa W; Paulette N; Linda F

### Approval of Agenda

The agenda was unanimously approved as distributed.

### Approval of Minutes

The minutes of the previous meeting were unanimously approved as distributed.

### Open Issues

**Treasurer** – Linda F went over the numbers for budget and expenses. Some new groups are sending donations to District 4 which has caused our income to jump. Cindy F made a motion to accept the treasurer report and Kelly R seconded, motion passed.

**Alateen Coordinator** – We still need an Alateen Coordinator for the District. Agreed to table until we have someone willing to fill this position.

**Public Outreach** – Pam J reported that Linda F attended the Brazoria County Coalition Meeting. Linda stated they were very happy to have Al-anon present. Kim attended the Galveston ROSC (Recover Oriented Systems of Care) coalition. There will be a 2019 Fort Bend Drug Symposium, 7:30-12:00, more information to follow. The libraries have been very responsive to our donations and Pam will deliver the books soon. A motion by Linda F and seconded by Sue D was made to purchase hardback How Al-anon Works and Discovering Choices be purchased up to \$500 and pamphlets to be placed in the libraries as well; motion passed.

**Newsletter** – Laura B stated it was good to have The Light come out a little sooner than usual and everyone seemed to agree it worked better to have the minutes ahead of the District Meeting for review,

**Extra** – Carol B suggested the Group Representatives send information to The Light regarding anything special going on with their groups. It is a good way to share information and encourage members to use the websites for information.

### New Business

Carol B brought up the idea of A Day in Al-anon for 2019. A motion was brought to have a Day in Al-anon for 2019 if the volunteer positions can be filled by 3/31/2018 by Sue D and seconded by Linda F; motion passed. The positions were filed for Sue D, Chair, Pam D, Literature, Carol B, Workshops/Speakers, Linda F, Registration, Kelly R and Cindy F, Silent Auction. It will be held July 25, 2019. Linda F will contact Margaret to see if the Alvin Taylor St will be available. Sue D to summarize and forward to Carol B for distribution to GRs, requesting volunteers for open positions.

District 4 will be supporting District 3 for the 2019 Fall Assembly in Victoria, TX. Group Representatives will be asking for basket donations for the raffle, workshop help, and GR sign-in sheet. District 3 has also asked us to provide an Alateen Coordinator for the Fall Assembly. Carol B suggested we take District 3 up on their offer to make a request or the Assembly Alateen Coordinator at the upcoming POSSE meeting. Carol B will follow up with Sheri B on helping coordinate a skit.

Mattie T explained the Spirit Challenge for the 2019 Spring Assembly in McAllen, Tx. The goals will be to have the highest percentage of GRs attending based on the size of the District being represented to win the challenge.

Love gifts for our Delegate will be led by Paulette N. Considering post-its in the shape of Texas with our District printed on them. Paulette N and Carol B will be researching for final decision. Linda F made a motion to set a budget of \$200 for love gifts, seconded by Pam D, motion passed

### Adjournment

Meeting was adjourned at 12:30pm by Carol B.

The next District meeting will be held June 9, 2019, Bay Area Club, League City, TX.

## Treasurer Report

		1st QTR Jan-Mar	2nd QTR April -June	3rd QTR July -Sept	4th QTR Oct - Dec	2019 Actual	Budget for 2019
Date: 1/1/2019 - 12/31/2019	2018 Actual						
<b>Income</b>							
Contributions Income	\$ 2,241.62	\$ 315.35	\$ 542.01			\$ 857.36	\$ 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
<b>TOTAL INCOME</b>	<b>\$ 8,172.59</b>	<b>\$ 315.35</b>	<b>\$ 542.01</b>			<b>\$ 857.36</b>	<b>\$ 2,750.00</b>
<b>Other Expenses</b>							
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
<b>TOTAL TRAVEL EXPENSES</b>	<b>\$ 691.02</b>						<b>\$ 2,225.00</b>
<b>Other Expenses</b>							
P.O.S.S.E.							\$ 125.00
Service Arms	\$900.00		\$300.00			\$300.00	\$ 600.00
Miscellaneous Expenses (Love Gifts)	\$166.25						\$ 100.00
District 4 Day in Al-Anon	\$3,964.41						\$ 100.00
<b>TOTAL OTHER EXPENSES</b>	<b>\$5,030.66</b>						<b>\$ 2,750.00</b>
<b>TOTAL EXPENSES</b>	<b>\$5,721.68</b>		<b>\$ 300.00</b>			<b>\$557.36</b>	
<b>Total Net end of 2018</b>	<b>\$2,450.91</b>	<b>\$ 315.35</b>	<b>\$ 242.01</b>			<b>\$557.36</b>	

Bank Balance as of 2/7/2019	as of 4/17/2019	\$ 7,379.03
Less Prudent Reserve		\$ 1,000.00
Working Balance		\$ 6,379.03

**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****Intergroup District 4 Liaison**

The ISR meeting was held April 28, 2019. Dana B has completed her term as President and the board will announce our next President at the next meeting. We have an At Large officer that is new to the board, Deanna. Gretchen is our AIS Liaison and she talked about a link in the WSO website that will keep all the meeting lists up-to-date. The Intergroup website will discontinue the meeting list. We should use the GR1 forms online to report changes for our group. The Face to Face committee has met and is planning the October 19, 2019 Face to Face with the theme Gardens of Al-Anon.

Laura B.

**Public Outreach Coordinator Report**

Hi everyone,

The past couple of months have been full of District 4 outreach opportunities.

Several libraries expressed interest in Al-Anon's CAL, How Al-Anon Works, for their nonfiction inventory. They were very grateful we thought of them to make donations. After finding enough hardback copies to fill all the requests, we will now have a copy in libraries in all the counties within District 4. That means it is now available in Fort Bend, Brazoria, Matagorda, Wharton, and Galveston counties! To keep these books in circulation I am asking for help from all District 4 Al-Anon members who are library patrons. Please take the time to check out the copy from your library. This is what keeps books in circulation. We also sent several copies of the outreach magazine, "Al-Anon Faces Alcoholism 2019", and several Al-Anon bookmarks to each library.

The other outreach opportunity was the annual Fort Bend Drug Symposium in April. This event brings together over 300 professionals involved in organizations addressing substance abuse in youth and young adults. The attendees were from the school district, law enforcement, courts, rehab facilities, counseling, and child advocacy. Interested general public were also welcome. They gave us a prominent booth for our Al-Anon table. We made available Al-Anon pamphlets, brochures, the outreach magazine AFA 2019, bookmarks, Al-Anon "prescription forms", and examples of CAL. So many came to visit our Al-Anon table that I couldn't keep count. I heard everything from "I didn't know Al-Anon existed" to "Al-Anon works the 12 Steps too?". It was a great day of sharing what Al-Anon is and that Al-Anon offers hope to those affected by someone's drinking. A bonus was that I got to hear some incredible speakers. I am already making plans to attend again in April 2020. I hope to see some of you there!

Update: The "2019 Al-Anon Faces Alcoholism" outreach magazine is being made available for purchase beyond the original order due date. They will continue to take orders until they run out. This magazine is one of the very best outreach tools we have available to us. Its perfect for leaving in a doctor's office (with permission), giving to school counselors, handing to a therapist, offering to a rehab center, or donating to a church. You can order it by going to [al-anon.org](http://al-anon.org).

Thank you for the opportunity to be of service,

Pam J

Jun 9 District 4 Meeting  
 Bay Area Club  
 2111 Webster St  
 League City, TX 77573  
 2pm-5pm

Jun 15 Courage to Change AFG  
 10th Anniversary Party  
 Lamplighters  
 2425 FM 1092  
 Missouri City TX 77459  
 2-6 pm

Jul 27 Day in Al-Anon  
 204 S Taylor  
 Alvin, TX 77577  
 9am-3pm

Sep 21 District 4 Meeting  
 Margaret's House  
 6105 County Rd 203  
 Alvin, TX 77577  
 9:30am-12:30pm

Oct 19 Face to Face  
 Council on Recovery  
 303 Jackson Hill St  
 Houston, TX 77007  
 9am-3:30pm

Nov 1-3 November Assembly  
 Victoria, TX

Dec 14 District 4 Meeting  
 Surfside AFG  
 818 Angel Wing  
 Surfside, TX 77541  
 9:30am-12:30pm

**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



# A DAY IN AL-ANON

## Spiritual Awakening Through The 3 Legacies

District 4 Fundraiser

**Special Guest:**

**Kay C.**

**Area 53 Delegate  
Horseshoe Bay, TX**

**Saturday July 27, 2019**

**8:45AM – 3:00PM**

**Alvin Taylor St. Club  
204 So. Taylor  
Alvin, Texas 77511**

\$15.00 Pre-register

Deadline- must be postmarked on or before July 20, 2019

\$20.00 at the door

Lunch will be provided

**Workshop, Fun, Food  
and Fellowship**

**Silent Auction and Bake Sale**

Silent auction and baked sale items welcomed!

**Bring CAL: How Al-Anon Works, Paths to Recovery,**

**Discovering Choices, As We Understood**

(Also available for sale)

\*All Alateens when registering must turn in to the registration desk a completed East Texas Area 53 Behavioral Guidelines Form and be accompanied by a responsible registered adult. Notarized Permission and Medical Forms are to be kept by responsible registered adult. Forms can be obtained from an Alateen Sponsor, Alateen Coordinator or at <https://texas-al-anon.org/wp-content/uploads/2019/01/ETAAA-Guidelines-May2006.pdf>



**COME CELEBRATE WITH US  
10th YEAR ANNIVERSARY**

**COURAGE TO CHANGE  
Al-Anon Family Group**

**Camplighters' Club  
2425 J.M. 1092 Missouri City, TX**

**June 15, 2019**

**2:00 pm - 6:00pm**

**2:30pm-3:15 Dual Member Speaker  
Joanne J  
Tri Cities Group  
Missouri City, TX**

**Cake Auctions  
Auctioneer: Bernie J**

**50/50 Raffles**

**Lots of Food, Fun and Fellowship**

**3:30pm-4:15 AA Speaker  
M.s. Olga J  
Welcome Home Group at the Recenter  
Houston, TX**

**4:30-5:15 Al-Anon Speaker  
Lisa H  
Miracles In Recovery  
Houston, TX**

**SEE YOU THERE - LET'S HAVE FUN IN RECOVERY**



# SAVE THE DATE!!!

## Al-Anon/Alateen DAY IN RECOVERY

Saturday, October 19, 2019  
9am-3:30pm



Want to join in the planning?  
Contact the Intergroup Office to let us know  
you are interested.

### Face 2 Face Houston Intergroup Fundraiser

at

Council on Recovery  
303 Jackson Hill Street  
Houston, TX, 77007

-  **LUNCH**
-  **ALATEEN PROGRAM**
-  **SPEAKERS**
-  **WORKSHOPS**
-  **ICE CREAM SOCIAL**



### A Kernel of Gratitude Changes Your Attitude



East Texas Area Al-Anon/Alateen Assembly  
Fall Assembly 2019  
November 1 - 3, 2019

Hilton Garden Inn, 123 Huvar Street, Victoria, Texas 77904 (361) 573-0303  
Ask for ETAAA rates: Double \$129 (breakfast not included)  
Hotel Reservation CUTOFF DATE: October 4, 2019

Doors and Registration open on Friday at 4:00 PM

Need additional info? Call or text Susan J. at (361) 676-7477

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 AMIAS or Alateen Coordinator.

GR\_\_\_\_ DR\_\_\_\_ AMIAS\_\_\_\_ First Assembly?(Y/N)\_\_\_\_ No. of years in the Program\_\_\_\_

Name: \_\_\_\_\_ Name on Badge: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

District # \_\_\_\_\_ Group Name: \_\_\_\_\_

**REGISTRATION: make checks payable to District #3 – ETAAA**  
**Registration Deadline: October 4, 2019**  
**After October, registration at event \$35**

Mail registration to: **Jocelyn B., 3805 County Rd 419, Yoakum, TX 77995**

\_\_\_\_\$30 Al-Anon \_\_\_\_\$30 AA \_\_\_\_\$5 Alateen \_\_\_\_\$16 Saturday Luncheon

Happy Destiny AFG  
5<sup>th</sup> Week Speaker Meeting



Join us

**June 29<sup>th</sup> @ 4:45 pm**

In Room A of the Bay Area Club

2111 Webster St, League City, TX 77573  
281-332-1057

To hear

**Jay P.**

with 34 years of experience,  
strength, & hope

For more information follow us on fb @happydestiny  
<https://www.facebook.com/Happy-Destiny-Al-Anon-Big-Book-Friendly-Study-1135144523228183/>

or online

<https://www.bigbookalanon.com/>