



The Light



4th Quarter 2019

District 4 - Texas East Area 53

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District Representative Report

I hope everyone is enjoying the cooler weather. The Holidays are here and we'll have plenty of opportunities to practice our program!

I'd like to thank everyone who attended the Fall Assembly in Victoria, TX and for all the participation by District 4 to support the host District 3. They had a great turnout with 170 registered. Our District wrote and performed a skit customized to fit the Kernel of Gratitude theme for the Assembly. It was a big hit and I appreciate the actors, director and playwright's efforts. The baskets our district provided were also a big hit so thank your groups for their generosity. We also coordinated the GR voting registration and contributed food for the hospitality table. Even though the focus of Assemblies is the business meeting, the time spent with other Al-Anon members is so rewarding and fun. The next 2 Assemblies will be in NW Houston, so plan to join us and bring others from your group (May 15-17, 2020 and Nov 6-8, 2020). And don't forget ATAAC, Feb 7-9, 2020, at Houston Marriott Westchase Hotel.

Our Delegate, Kay C, gave an update and reported that WSO's expenses are exceeding group contributions and other revenue sources. WSO is asking groups to participate in the quarterly appeal and consider making an extra contribution or increasing your contribution to help them meet their budget needs in 2019. I'd also like to remind folks that you can make an individual contribution to WSO online with electronic payment, either 1-time or recurring. It's an easy way to make a contribution.

At the DR exchange, 1 of our Assembly meetings, I became aware of District 5's new scholarship program for GR's to attend Assembly. I will forward this information onto our GR's and we can discuss it at our next District meeting, Dec 14, at Surfside AFG. Also, please note the meeting time has moved to 1pm, due to a scheduling conflict. We include an ornament exchange after our business meeting. The host district has asked members to bring a dessert to share and whatever you wish to drink.

We have some interesting items on our agenda for our next District meeting including, but not limited to, abundant funds, 2020 Day in Al-Anon and conference call options for District meeting. Let me know what other items you'd like on the agenda. As a reminder, we've asked the GR's to get input from their groups on suggestions on how to spend District 4's abundant funds.

I'd encourage everyone to continue to forward to Laura B, our Beacon editor, any Al-Anon event flyers to be included in our quarterly Light. This continues to be a great communication tool and is useful for making announcements at your group meetings.

See you on December 14, at our next District meeting!

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

District 4 Minutes

District 4 Meeting Minutes
 3rd Quarter – September 21, 2019

Meeting Began: 9:30 a.m.
 Attendees totaled 16; 13 of which were GRs

Carol B, DR, attended via teleconference. Sue D., Alt DR, chaired the meeting.

Meeting opened with the Serenity Prayer followed by the reading of the Traditions, Concepts of Service and Warranties. Sue asked they we go around the room introducing ourselves.

Secretary: Renee G. presented the minutes from the last quarterly meeting. A motion to accept minutes as provided was made by Cindy F., second by Kelly R; motion passed.

Treasurer- Linda F. presented that the current bank balance as of September was \$9,158.52. This did not match the balance sheet provided for the light as the September statement was not available at that time. She also stated that using the Square during A Day In Al-Anon was a big benefit as there was an increase in sales for the silent auction and literature sales. The Square fee of \$12.63 more than paid for itself. Better silent auction items may have contributed to the increase in sales as well. Overall there was almost \$700 increase from last year. Cindy F. motioned that the treasurer's report be accepted as presented, Lakeeta H. second; motion passed.

Alt DR: Nothing to report.

Public Outreach – Pam J. stated Delia B. helped with an opportunity that Pam could not attend and asked Delia to share. Delia stated attending an outreach health fair with Joyce Y. at United Methodist Church in Pearland. Delia felt it could have been better advertised, however still a great opportunity to reach out and was happy to express that just helping one person is a success.

Spanish Outreach: Rosario C. announced that Intergroup is having an Anniversary Spanish fund raiser on October 27th and English translation will be available. She encouraged others to attend. Details may be found in the current edition of *The Light*. She also mentioned that the Spanish group, Nuevos Sernderos, is struggling to pay rent and asked if there was any way that the District could help. It was asked how much the group is paying in rent and Rosario stated it is \$350 a month. The group has been having garage sales to make up the difference. The District expressed a need to possibly find a place less expensive and a willingness to help, however more discussion would be needed on what help may be provided that stays within the boundaries of Traditions.

Newsletter- *The Light* reports need to be into Laura B by November 16th. Carol B. encouraged groups to provide news to provide in *The Light*, such as speaker meetings, anniversaries and the like.

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District 4 Minutes Continued

Old Business-

Alateen Coordinator: Jay P. has volunteered to be the Alateen Coordinator for the District; however, he is not currently an AMIAS. Jay expressed his intentions for getting his certification and mentioned being the current GR for his homegroup. He is resigning this role to put focus on the role of District Alateen Coordinator. A vote was held to accept Jay for the position and the vote passed by acclamation. Linda F., current District Treasurer, made the announcement that she will be resigning her position to focus on her personal needs. Her resignation will be effective January 1st of the new year. She mentioned already speaking with Kim R. who has been in Al-Anon for over 20 years and has done service work for the District in the past including District Treasurer. Although Kim was unable to attend the meeting, she has expressed to Linda that she is willing to volunteer to take the position. Cindy F. motioned to accept Kim R. for the position; Delia B. second; motion passed.

Volunteers for the Spring Assembly are needed in the following areas and noted are those that volunteered:

Skit – Sheri B. and Teresa

GR Registration – Linda F.

A friendly reminder was made in reference to groups bringing baskets and it was asked to please be sure to bring it to the groups. Carol B. stated she is speaking with someone more on the possibilities of using website presentations and conference calling as a means of attending meetings in the future.

Linda F. stated there is an excess in funds for the District for 501 non-profit status and that the District needs to consider ways to get the funds under \$5,000. Pam J. commented that the books for the libraries have been purchased and distributed, although she has not yet turned in the expense to the Treasurer. She estimates the expense to be less than \$500.00. Linda suggested a focus group bring ideas to the next meeting and another suggestion was made to bring it to individual groups for ideas. Carol and Sue will get with Joyce Y. for guidelines to be sure the District stays within Traditions.

Renee G. made a motion to provide literature to the new Bay Area Alateen Group in the amount of \$300. The motion was amended by Linda F. to state provide literature up to the amount of \$300.00. The motion was second by Kelly R., motion passed.

Prior to closing Renee G. of Surfside AFG, the hosting group for the next District meeting, told the group that if they wish to hold the meeting in the a.m. the location would need to be changed as it would interfere with an AA morning meeting. She asked if holding the meeting in the afternoon works for everyone. The group decided the afternoon would be acceptable, therefore the next meeting will be held at the Surfside AA building at 1:00 pm. on December 14th. There will be a gift exchange if you wish to participate. Please bring a desert to share and whatever you wish to drink.

Meeting adjourned at 11:16 a.m.

Spanish Coordinator Report

It's been a busy month with the Houston Spanish Intergroup. They recently celebrated their 8th Anniversary on October 27, 2019. Food, Music, and Recovery were the ingredients of the day's fun activities. The Spanish Outreach group invited me to participate in a radio station interview at KHCB Radio in Houston. I was able to briefly share my experience, strength, that was broadcast in November. I've been working with Grupo Nuevos Senderos by leading Step Study meetings once a month for them. As a result of all this activity I have been invited to and attended several other events.

If you would like to join in, more information is available by calling Nora at 832-641-3720 or Jovita at 713-550-3484

Rosario C

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.

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	\$ 315.35	\$ 542.01	\$ 273.74	\$ 381.70	\$ 1,512.80	\$ 2,000.00
District Meeting Donations	\$ 196.00					\$ -	\$ 175.00
Day In Al-Anon	\$ 5,728.97			\$ 2,652.84		\$ 2,652.84	\$ 200.00
P.O. Box Refund	\$ 6.00					\$ -	
Silent Auction	\$ -					\$ -	\$ 275.00
TOTAL INCOME	\$ 8,172.59	\$ 315.35	\$ 542.01	\$ 2,926.58	\$ 381.70	\$ 4,165.64	\$ 2,750.00
Other 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	\$ 691.02	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 2,225.00
Other Expenses							
P.O.S.S.E.						\$ -	\$ 125.00
Alateen Training				\$ 58.80		\$ 58.80	
Service Arms	\$ 900.00			\$ 300.00	\$ 450.00	\$ 750.00	\$ 600.00
Miscellaneous Expenses (Love Gifts)	\$ 166.25					\$ -	\$ 100.00
District 4 Day in Al-Anon	\$ 3,964.41			\$ 962.77		\$ 962.77	\$ 100.00
TOTAL OTHER EXPENSES	\$ 5,030.66	\$ -	\$ -	\$ 1,321.57	\$ 450.00	\$ 1,771.57	\$ 2,750.00
TOTAL EXPENSES	\$ 5,721.68			\$ 1,321.57	\$ 450.00	\$ 1,771.57	
Total Net end of 2018	\$ 2,450.91			\$ 1,605.01	\$ 450.00	\$ 2,394.07	

Bank Balance as of
2/7/2019 as of 11/17/2017

\$9,072.22

Less Prudent Reserve

\$ 1,000.00

Working Balance

\$8,072.22

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 meeting was held at the Chapelwood United Methodist Church October 27, 2019. The Board announced there is still a need for volunteers for phone calls and the bookstore. They have hired another employee to allow cover for Jori when needed. The budget is in the black. The contributions and literature sales have been better than projected.

Laura B

Articles for
The Light

Please submit articles to:
Laura Bowen
laurabafg1972@gmail.com

By
February 15, 2020

Calendar of Events

- Nov 30 Speaker Meeting
Bay Area Club
2111 Webster St
League City, TX
4:45 pm
- Dec 14 District 4 Meeting
Surfside AFG
818 Angel Wing
Surfside, TX
1 pm
- Feb 7-9 ATAAC Conference 2020
Houston Marriot Westchase
Online Registration
www.ataactx.com
- Mar 28 Concepts of Relationships
St Andrew's Church
Austin, TX

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



Happy Destiny Al-Anon Family Group 5th Week Speaker Meeting



Join us !

November 30th @ 4:45 pm

Bay Area Club: 2111 Webster St. League City
Main Room

Lisa H.

12 years of experience, strength & hope

For more information follow us at

<https://www.facebook.com/Happy-Destiny-Al-Anon-Big-Book-Friendly-Study-1135144523228183/>
www.bigbookalanon.com



41st ANNUAL ALL TEXAS AL-ANON/ALATEEN CONFERENCE

February 7-9, 2020

Houston Marriott Westchase Hotel
2900 Briar Park Dr
Houston, TX 77042
(713) 978-7400

Room Rate: \$99 Single/Double each night
Includes:

2 breakfast coupons/room each morning

[Online Registration @ www.ataacts.com](http://www.ataacts.com)

Speakers:

Ellen C., Addison, TX
Ric Buchanan, Fort Lauderdale, FL
Betty B., Houston, TX

Angie P., Cincinnati, OH - AA
Kent K., Houston, TX

Alateen Program	Raffle Banquet & Luncheon	Al-Anon Discussion Meetings	Workshops	AA Discussion Meetings Silent Auction
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Return Registration to:

ATAAC
P.O. BOX 94, Alvin, TX 77512
Make Checks payable to ATAAC

For more information contact:

ataac2019@gmail.com

Pre-Registration for only \$25 and save \$5.00 (\$30 after Jan. 31, 2020)

Name: _____

Email Address: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Badge Name (print): _____ Al-Anon AA \$ _____

Additional Pre-Registrations:

Badge Name (print): _____ Al-Anon AA \$ _____

Badge Name (print): _____ Al-Anon AA \$ _____

Alateen Registration \$5.00 Badge Name (print): _____ \$ _____

NAME OF RESPONSIBLE ADULT FOR ALATEEN[®]: _____

Saturday Night Banquet[®] (Must be registered to attend) \$37.00 each Quantity: _____ \$ _____

Luncheon/Speaker[®] (Must be registered to attend) \$16.00 each Quantity: _____ \$ _____

Vegetarian OR Gluten Free Scholarship Fund / Need \$ _____

(Please make checks out to ATAAC) Total Amount Enclosed: \$ _____

*Alateens must be accompanied by a responsible adult and be age 13 or older.

[®] As Tradition 7 states "Every group ought to be fully self-supporting, declining outside contributions."

Attending the Luncheon and Banquet ensures that we meet our contract obligations and keeps registration costs down.

