



The Light



District 4 - Texas East Area 53

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District Representative Report

I hope everyone is off to a good new year. I know I'm ready for spring weather.

We had a great district meeting in December. I really appreciate Surfside AFG hosting the meeting. Please read the meeting notes contained here in the Light. You'll learn what we're doing to address our abundant funds, how we're adding ways to participate in our quarterly district meetings and what we agreed to on holding a Day in Al-Anon in 2020. We also set our meetings for the year.

I attended our area's quarterly AWSC meeting the 1st weekend in February, in Longview, TX. We had a workshop on service, discussing how we're preparing our districts for the upcoming Group, District, and Area elections. Many groups have their group elections prior to our September District meeting. We typically have our District 4 elections at our September district meeting, in preparation for the Area elections at our Area Fall Assembly. It's a good idea to start discussing positions and encouraging group members to consider getting more involved in service. This could even be a topic at one of your group meetings. When we get busy, we get better!

I am so proud of our District 4 participation and service at this year's ATAAC. Mattie T was chair for the 2nd year and recruited many District 4 members to help with the event. It was a great program with lots of recovery and renewed friendships. Thank you to everyone who helped and participated.

As a reminder, the next 2 Area Assemblies, both Spring and Fall 2020, will be in northwest Houston, in relatively close proximity so hopefully more of our Group Representatives will be able to attend. We share rooms and carpool to keep the costs down. Let me know if you need help coordinating a shared room or ride. Please encourage your groups to participate and invite a friend to join you.

I look forward to seeing everyone at our next District meeting, 9am, March 14 at Grace Episcopal Church.

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

District 4 Minutes

District 4 Meeting Minutes

4th Quarter – December 14th, 2019

Meeting Began: 1:33 p.m.

Attendees totaled 11; 7 of which were GRs

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

Secretary: Renee G. presented the minutes from the last quarterly meeting. Diane S. made a motion to accept the minutes as submitted, Sue second. Motion passed.

Treasurer- The group welcomed Kim R. as Treasurer. Kim introduced herself stating she held the District Treasurer position 19 years ago. She let the group know she's been added to the bank account. Pam J. mentioned she had mailed her expenses to Linda F. Kim will check with her. Carol stated she has expenses to turn in and will email Kim. **District 4 mailing address will change to: 112 Sunflower Ln, Lake Jackson, TX, 77566.** Carol emphasized the importance of getting out the new contact and email address.

Alateen Coordinator – Absent. Carol mentioned getting with Linda F. and Kim R. on reimbursement for approved literature expenditure for the new Alateen Group in Bay Area. There is a new Alateen meeting on Tuesdays at 6:30 p.m. at the Bay Area Club.

Alt DR: Sue talked about attending a meeting where CAL was not used and encouraged that CAL be used in meetings.

Public Outreach – Pam J. mentioned the SETA AA Convention with Al-Anon participation. Pam will be providing literature for the conference. She will have some free handouts and will be using the Square for sales.

Spanish Outreach: Rosario C.

Newsletter – Laura B. encouraged groups to send info to print in *The Light* about their groups. Carol mentioned providing info that works for their groups that they may share. *The Light* reports for next quarter are due February

District 4 Minutes Continued

Old Business-

Technology Use: Carol mentioned the use of a Facebook secret group for District 4 communication. Diane S. spoke of her experience with such groups and feels comfortable and safe. After further discussion it was decided to table. Pam J. mentioned bringing to the groups. Carol mentioned having someone do a presentation of using the web site as an overview. Carol spoke regarding the use of technology for those that can't make a meeting. There are free services that can be used for the conference call. There are districts currently using this method and purchased a conference type speaker. Joyce Y. spoke of her experience doing meetings via conferencing and stated she finds it works well, however in person attendance should be encouraged. Renee G. made a motion to spend a cap of \$250.00 for a speaker to conduct future District meetings, Laura B. second. Motion passed.

Abundant Funds: Carol opened the floor to discussion for ideas for spending extra funds the District currently has. Sue B. suggested translation equipment and stated she was happy to research the expense. Further discussion brought up possible issues with updating software, overall expense and sharing with other functions. It was also questioned if the expense would be warranted for the number of uses and adding that a person for translation would still be required.

Lakeeta asked her group regarding ideas for abundant funds. Some of the ideas included supporting Alateen groups and AMIAS in the District to attend POSSE and also some type of "advertisement" to get the word out for Al-Anon.

Pam J. spoke of scholarships for struggling groups or new groups. Concerns were brought up as to who would approve, and it was noted that boundaries would be required. Joyce Y. mentioned groups doing fund raisers. She is aware of some groups holding garage sales.

It was decided that a Task Force Group was needed for the idea of Group Scholarships. Lakeeta, Sue, and Pam volunteered to make up this group and will bring info and updates to the next quarterly meeting.

Pam brought up the need for a tri-fold pamphlet for all the meetings in the District. Joyce volunteered to assist with making these. She believes she already has a templet. Carol will send a spreadsheet to Pam of current groups.

New Business

It was agreed that the District would have another A Day In Al-Anon 2020. Following are the volunteered chairs:

- Chair – Sue B. and Nora F.
- Literature – Pam J.
- Registration – Kim R.
- Food – Renee G.
- Bake Sale – Volunteer Still Needed
- Silent Auction – Volunteer Still Needed
- Program – Volunteer Still Needed
- Set-Up & Clean Up – Volunteers Still Needed

District Meetings 2020

- March 14th – Al-Anon Works AFG, Grace Episcopal Church, 200 W. Lang St. Alvin @ 9:00 a.m.
- June 13th – Surfside AFG @ 1:00 p.m.
- Sept. 12th – Lamplighters, Missouri City, Time TBD
- Dec. 12th – Spring in Your Step, Pearland, Time TBD

Diane S. made a motion to provide the basket funds to the hosting group. Renee second, motion passed.

	2019 Actual	1st QTR Jan -Mar	2nd QTR Apr- Jun	3rd QTR Jul -Sep	4th QTR Oct- Dec	2020 Actual	Budget for 2020
Income							
Contributions	\$ 1,955.61	\$ 305.40				\$ 305.40	\$ 2,000.00
A Day In Al-Anon	\$ 2,652.84					\$ -	\$ 200.00
Literature Sales at SETA		\$ 499.41				\$ 499.41	
Silent Auction						\$ -	\$ 275.00
TOTAL INCOME	\$ 4,608.45	\$ 804.81	\$ -	\$ -	\$ -	\$ 804.81	\$ 2,475.00
Travel Expenses							
Alateen Coordinator						\$ -	\$ 100.00
Alt. District Representative						\$ -	\$ 50.00
Archivist						\$ -	\$ 50.00
Delegate's Expense						\$ -	\$ 200.00
District Representative	\$ 523.91					\$ -	\$ 600.00
Public Outreach Coord.						\$ -	\$ 1,000.00
Secretary						\$ -	\$ 100.00
Treasurer						\$ -	\$ 225.00
TOTAL TRAVEL EXPENSES	\$ 523.91	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 2,325.00
Other Expenses							
Alateen Training	\$ 58.80					\$ -	
Conference Call Service						\$ -	\$ 250.00
A Day in Al-Anon	\$ 962.77					\$ -	\$ 100.00
Literature Purchases	\$ 395.07	\$ 587.90				\$ 587.90	
Miscellaneous (Love Gifts)						\$ -	\$ 100.00
P.O.S.S.E.						\$ -	\$ 125.00
Service Arms	\$ 750.00					\$ -	\$ 600.00
TOTAL OTHER EXPENSES	\$ 2,166.64	\$ 587.90	\$ -	\$ -	\$ -	\$ 587.90	\$ 1,175.00
TOTAL EXPENSES	\$ 2,690.55	\$ 587.90	\$ -	\$ -	\$ -	\$ 587.90	\$ 3,500.00
Total Net	\$ 1,917.90	\$ 216.91	\$ -	\$ -	\$ -	\$ 216.91	
Bank Balance as of 1/21/20							\$ 9,196.82
Less Prudent Reserve							\$ 1,000.00
Working Balance							\$ 8,196.82

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, [112 Sunflower Ln., Lake Jackson, TX 77566](#)**Alt District Representative Report**

A reminder "The Forum" is always wanting to receive articles for publication. I was published last December from an article I wrote two years ago. They hold your articles until they have need and room for them. Those Forum articles touch peoples lives. Please contribute.

This is a reminder to use Conference Approved Literature in our meetings. A few months ago I attended a meeting in another city. Though the people were welcoming and warm, the presenter used her own literature about a walk around a lake....There were no principles that I could grab onto, take home and implement in my life. There was a new comer there also, in obvious need, and he received no Al-Anon literature during the meeting to help him. It is the Legacies that help us change our lives. Please be vigilant about using Conference Approved Literature.

Sue Decker

Public Outreach Coordinator Report

Happy almost-spring everybody. I look out my window today, and I'm so grateful for the sunshine, warm temp., and bright blue sky! I'm looking forward to the beautiful spring season to show up here in District 4, along with a bluebonnet or two.

So, what's been happening with public outreach in District 4? Thanks to our members Linda F. and Kim R., District 4 was invited to have an outreach literature booth at SETA 2020. This is an AA convention with enthusiastically welcomed Al-Anon participation. Our Al-Anon literature booth was a huge hit. So many questions and so many looking for help for their loved ones as well as themselves. The Alateen literature was especially popular, as were the brochures explaining our program and how we are affected by a loved ones alcoholism. Our CAL was so popular that we ran out of several titles. Of course, it didn't hurt that the Al-Anon speaker, Mattie T., mentioned several of our books as she shared her experience, strength, and hope. Thanks Mattie!

If you're not already aware, the 2020 edition of the "Al-Anon Faces Alcoholism" outreach booklet is now available. Groups and individuals can order by going to "al-anon.org" and clicking on "Al-Anon Store". You'll then see the Category, "Al-Anon Faces Alcoholism". Click on that and you're ready to order the number of copies you want. This is a great outreach tool to give to doctors, therapists, clergy, recovery professionals, shelters, libraries, I have already ordered and received the English version for District 4. The Spanish version was not yet available but I will be ordering it as soon as its ready.

As always, let me know if you hear of an Al-Anon outreach opportunity anywhere in our district. Most of our outreach events have been discovered by caring enthusiastic Al-Anon members. Let me know if you hear of something.

Pam J

Intergroup District 4 Liaison

The meeting was held at the Chapelwood United Methodist Church January 26, 2020.. The Board announced a laptop was donated and they are considering buying desktops for the office. Quickbooks is being used by the intergroup office

Laura B

Calendar of Events

- Mar 14** **District 4 Meeting**
200 W Lang
Alvin, TX
9:30 am
- Mar 28** **Concepts of Relationships**
St Andrew's Church
Austin, TX
- May 15-17** **Spring Assembly**
Springhill Suites
20303 Chasewood Park
Houston, TX
- May 22-24** **Gathering of Eagles**
Dallas, TX
- Jun 13** **District Meeting**
Surfside AFG
818 Angel Wing

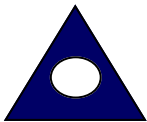
Links of Service Contributions

District 4
Check Payable to: District 4 Treasurer
Mail to: District 4 Treasurer, 1112 Sunflower Ln,
Lake Jackson, TX 77566
East Texas Area Assembly-Area 53
Check Payable to: ETAAA
Mail to: Treasurer ETAAA, PO 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

District 4 Meeting Saturday — Mar 14

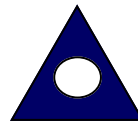
9:00 Fellowship
9:30 Business

Grace Episcopal Church
200 W Lang St
Alvin, TX 77511



Articles for The Light

Please submit articles to:
Laura Bowen
laurabafg1972@gmail.com
By
May 15, 2020



WANTED



PARTICIPANTS

Program Of Sponsors Sharing Everything

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

WHEN: MARCH 27, 28, 29, 2020

WHERE: DISCIPLE OAKS CAMP & RETREAT 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 breakfast & registration.

REGISTRATION MUST BE POSTMARKED BY MAR 2, 2020

Chairman: Jayne Gorup
152 Zimmerman Ave
Bastrop, TX 78602
Jay_neyg@yahoo.com

Registrar: Nancy Pridgen
201 Suncliff Dr.
Universal City, TX 78148
etxposse@yahoo.com



Serenity Women's Al-Anon Weekend 2020

May 1-3, 2020

Topic: Experience, Strength, & Hope

Guest Speakers * Break-Out Groups * Relaxing Yoga

Location: CAMP ALLEN 18800 FM362 Navasota, TX 77868

REGISTER ONLINE: "campallen.org" or phone 936-825-7175

2 NIGHTS PLUS 6 MEALS

Total Cost for the Weekend- \$255.00 single/ \$195.00 double

Check-in: 3:00-5:00 pm Dinner is at 6:00pm

Contact: Patty E. 832-221-0818 or email: peldertx@hotmail.com for questions.

We hope you join us for the weekend of fellowship!

Bring extra dollars \$\$ for raffle prizes.

(To donate raffle items contact Bev at 936-588-0775)

East Texas Area Al-Anon/Alateen Assembly Spring 2020



May 15-17, 2020

Springhill Suites
 20303 Chasewood Park Dr,
 Houston, TX 77070
 (832) 953-2220

Ask for ETAAA rates: \$99+tax Includes breakfast

Group Rate until 04/30/2020

Book your group rate for ETAAA Spring Assembly District 5

Register Online thru 05/08/2020

<https://may2020etaaa.eventbrite.com>

Doors and Registration open on Friday at 3pm

<i>Local Speakers</i>	<i>WSO Speaker</i>	<i>Workshops</i>
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Alateen Notice: When registering, all Alateens must turn in a completed ETAAA 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 Al-Anon Family Groups District 5

Mail registration to: **Spring 2020 ETAAA PO Box 667188 Houston, TX 77266**

Registration Accepted at the Door

_____ \$35 Al-Anon _____ \$35 AA _____ \$5 Alateen _____ \$25 Dinner Buffet (optional)

I would like Spanish Translation: Y N

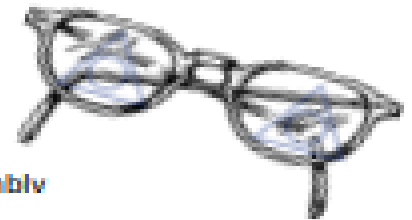
I would like a vegetarian option (lunch and/or dinner): Y N

A S P E C T A C U L A R E V E N T 2 0 2 0

East Texas Area Al-Anon/Alateen Assembly Fall 2020

20/20 Vision: Focusing on Recovery

Nov 6-8 2020
Registration opens at:
Friday, 11/6 4pm



-Register and Pay on line at:
<https://fall2020etaaa.ticketsoice.com/easttexas-al-anon-fall-2020-assembly>

-Or fill out the form below and mail to:

Al-Anon District 7
PO Box 3603
Conroe, TX 77305-3603

Events:

- Speaker: Joe T. Archivist for WSO
- Elections for Area officers
- Alateen Participation
- Luncheon
- Hospitality Suite
- Workshop (Sunday)
- Group Representative q&a
- *Credentialed members*

Marriott Springhill Suites
20303 Chasewood Park Dr.
Houston, TX 77070

- (832) 953-2220
- 89 for double or king (if reserved by 10/1/20)
- Includes Breakfast
- Hotel Registration Opens Soon

Name: _____
 Email Address: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____
 District # _____
 Home Group Name/City: _____
 Are you a...
 GR _____ Number of years in the Program _____
 DR _____ Is this your first Assembly? Y / N
 AMIAS _____ Would you like Spanish Translation, Y / N

Al-Anon AA Alateen Luncheon**
 _____ \$25 _____ \$25 _____ \$5 _____ \$20
 Vegetarian
 Gluten Free

*Alateen Notice: When registering, all Alateens must turn in a completed ETAAA 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.

** Dinner will be on your own.