

The Light



District 4 - Texas East Area 53

District Officers/ Coordinators	
District Representative Margaret F mmfodat79@yahoo.com	
Alt District Representative Paulette N Pnemoc.ffe@gmail.com	
Secretary Samantha A samgr108@yahoo.com	
Treasurer Kim R kreber@comcast.net	
Public Outreach Sheri D sheridenton@gmail.com	
Alateen Coordinator Renee G prolawnmail@yahoo.com	
Archivist Joyce Y jyodat@aol.com	
Spanish Coordinator Nora F norafirma822@gmail.com	
Spanish Translation Rosario C rosariocarothers@outlook.com	
ISR Liaison Sharon E sehrenkranz@stlaurence.org	
Newsletter Laura B laurabafg1972@gmail.com	

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District Representative Report

Hello District 4 AFGs,
 Hope you are enjoying this Spring with the wet weather that is happening. Lots of things happening around my house. Keeping me pretty busy.

Would like to thank all the Group Representatives that tuned in for the Assembly on Saturday, May 15th. Service is alive and well in Texas East Area - District 4. The assembly went well and ended much quicker than any other before.

From the email I sent regarding the face-to-face meeting for the District Group Representative meeting, all the ones that replied requested an in-person meeting. I will be hosting this meeting at my house at 6105 County Road 203, Liverpool, 77577 on Saturday, June 12th starting with fellowship at 8:45am. Meeting will start at 9:00am. Can facilitate with Zoom if someone is unable to attend any other way. Contact me for the login and password. Would like to see a large turnout. Brunch foods will be served. Mask and social distancing are optional. Please read the minutes, agenda, and reports in this newsletter. Bring copies to the meeting.

Congratulations to Pam J., former Public Outreach Coordinator for District 4. She was elected as the Area Public Outreach coordinator on May 15th at the Assembly. Carolyn F. from District 7 was elected to the Area Alateen Coordinator position. Both were appointed by the Area Chair at the last Area World Service Committee (AWSC) meeting in January. They are a great addition to the AWSC and will serve the area well.

Mattie T., Area Delegate, (also from District 4) gave a great report telling us that several new things are coming up. Stay tuned for some new literature.

Will save other news for the District meeting. Hope you have an inquisitive mind.

Respectfully your trusted servant,
 Margaret Ferguson

District 4 Minutes

District 4 Meeting
March 13, 2021

The Zoom meeting opened at 9:45am led by Paulette N., Alternate District Representative and Margaret F., Secretary with the Serenity Prayer. The Traditions, Concepts and Warranties were read. Five Group Representative attended, and six others participated.

Minutes of the previous meeting were presented. Motion by Lisa K. and second by Delia B. Minutes were approved as presented

The Treasurers report was approved as presented in the Light.

Joyce Y., Archivist reported on the birthday of Lois W. the history can be found in "Many Voices, One Journey" (B31) pg. 262. Some information to collect from the group and send to Joyce for archives: How has your group handled meetings during the pandemic? (Hybrid/ Zoom, face to face). Group histories would be appreciated and would be featured in The Light Newsletter.

Delia B. reported that although the All Texas Al-Anon/Alateen Conference (ATAAC) was cancelled in February, there were registrations from 17 countries and 39 states.

Sheri D., Public Outreach Coordinator, has received materials from the past coordinator and is organizing them. Literature from Sweeny AFG was added. She will be attending in April with the Recovery Oriented Systems of Care (ROSC). This is a coalition of local resources of judges, lawyers, rehab center and other officials.

Spanish Coordinator Nora F. sent a report. Nuevos Senderos AFG has changed their meeting schedule. Live (face to face) meetings are held at 630 Murphy Rd, Suite 106, Stafford, TX 77477. The new schedule is Tuesdays 6:30 to 8:30pm (regular meeting), Thursday 6:30 – 8:30pm (step study meeting with other group participation) and Sunday 9:00 – 11:00am (regular meeting).

Laura B., Newsletter Editor stated the deadline for the next newsletter is May 22, 2021.

Please send any events or group reports for publication. (laurabafg1972@gmail.com).

Please share the Newsletter with everyone in your group when you receive it.

Intergroup news – please use the website (www.houstonalanon.org) for events and meeting information.

District Representative Sue D. has resigned. Paulette N. wishes to remain Alternate District representative.

New Business:

Margaret Ferguson volunteered to step down as Secretary to be the District 4 Representative. Paulette N. motion to accept Margaret and Kimmy M. seconded the motion. Motion passed.

Samantha A. volunteered to act as Secretary. Delia B. motioned that Samantha be District 4 Secretary and Paulette N. seconded. Motion passed.

Discussion regarding a face to face versus Zoom for A Day in Al-Anon this year. Margaret will send an email to groups for consensus.

There was a motion by Delia B. to reimburse registration (\$125.00) for 2 people from our district that will attend POSSE. Seconded by Barbara M. Motion passed Please send your registration information to the District Treasurer.

Yours in service,
Margaret Ferguson
Secretary

Alateen Coordinator Corner

May 23, 2021

Unbelievably we are soon heading into the 3rd quarter of the, not so new, year. I am thankful to see that things are picking up speed and getting back to our very active fellowship of Al-anon and Alateen with face-to-face meetings, workshops and future conferences.

That said, I am happy to report that District 4 recently hosted an in-person workshop for those interested in new certification training to become a certified Alateen Members in Alateen Service (AMIAS). This workshop also served as the required recertification workshop for those that needed to maintain their current certification. I consider the workshop a success with six members, including myself, in attendance. In the six, there were three members looking to start their adventure in Alateen service and three needing recertification. I truly enjoyed getting to know some other members and sharing my experience with Alateen and looking forward to seeing continued growth in this much needed branch of Al-anon.

Currently there are two Alateen groups in District 4 listed with the WSO. The SOS-Students of Serenity Alateen, with the Bay Area Club, is currently having face-to-face meetings on Tuesdays at 6:30 p.m. The Serenity Seekers Alateen of Lake Jackson has been suspended since the beginning of the COVID-19 pandemic. The group is looking to relocate in the coming months and resume meetings soon.

Please assist in outreach opportunities involving Alateen with mentioning the above meetings and/or directing them to the help that may be found electronically. Most are not aware that Alateen can be found on Facebook, Twitter, Instagram, YouTube and the new Al-Anon/Alateen App; <https://al-anon.org/for-members/members-resources/mobile-app/>. There is also an abundant amount of information on the Texas Al-Anon website; <https://texas-al-anon.org> and the WSO website; <https://al-anon.org>

Look forward to seeing each of you in the upcoming district meeting. Please do not hesitate to reach out or to provide my contact info to anyone looking for information on Alateen.

In Loving Service,

Renee G.

Area 53, District 4 Alateen Coordinator

Literature Report

District Literature Report

Literature news was announced by our delegate Mattie T. and also in the literature report from our alternate delegate Lynn S. at the ETAAA online meeting. Print and electronic media both have updates in process.

For electronic media, upcoming digital *Al-Anon Newcomer Packet* (K-10) is in development with no projected release date announced. However, WSO created a URL which electronic meetings can provide to newcomers to sign up to receive an email with information: Al-Anon.org/welcome. Online bookstore has a number of Al-Anon/Alateen publications available in digital format from various sites, most available in tri-lingual options. Reminders were stated that subscriptions to *The Beacon*, *The Forum* and *In the Loop* are also available online. Updates to the current service manual -2018/2021 can be as the new version for 2022/2025 will be released shortly.

And in the new 2022/2025 Service Manual changes were announced for the Alateen Preamble. Also, for Alateen, an adapted version of the Alanon bookmark *Just for Tonight* is forthcoming.

Historical perspective updates for two classic Al-Anon books, *One Day at a Time* and *The Dilemma of the Alcoholic Marriage* were announced. A new book is available, *Intimacy in Alcoholic Relationships*, and most publications are now trilingual-English, French, Spanish.

Submitted by Paulette Nemeć

District 4 Alternate DR

Hope for Today AFG Galveston, GR

Treasurer Report

District 4 Financial Report 2nd Quarter 2021

Date: 1/1/2021 - 12/31/2021	2020 Actual	1st QTR Jan-Mar	2nd QTR April-June	3rd QTR July-Sept	4th QTR Oct-Dec	2021 Actual	Budget for 2021
Income							
Contributions	\$ 965.20	\$ 106.35	\$ 477.50			\$ 583.85	\$ 2,000.00
A Day In Al-Anon	\$ -					\$ -	\$ 200.00
Literature Sales at SETA	\$ 499.41					\$ -	\$ -
Silent Auction	\$ -					\$ -	\$ 275.00
TOTAL INCOME	\$ 1,464.61	\$ 106.35	\$ 477.50	\$ -	\$ -	\$ 583.85	\$ 2,475.00
Travel Expenses							
Alateen Coordinator	\$ -					\$ -	\$ 250.00
Alt. District Representative	\$ -					\$ -	\$ 50.00
Archivist	\$ -					\$ -	\$ 50.00
Delegate's Expense	\$ -					\$ -	\$ 200.00
District Representative	\$ 98.84					\$ -	\$ 800.00
Public Outreach Coord.	\$ -					\$ -	\$ 1,500.00
Secretary	\$ -					\$ -	\$ 100.00
Treasurer	\$ -					\$ -	\$ 225.00
TOTAL TRAVEL EXPENSES	\$ 98.84	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 3,175.00
Other Expenses							
Alateen Training	\$ 7.80					\$ -	\$ -
Conference Call Service	\$ 295.37					\$ -	\$ 250.00
A Day in Al-Anon	\$ -					\$ -	\$ 100.00
Literature Purchases	\$ 387.90					\$ -	\$ -
Miscellaneous (Love Gifts)	\$ 77.94					\$ -	\$ 100.00
Service Arms	\$ 4,700.00	\$ 300.00	\$ 300.00			\$ 600.00	\$ 1,200.00
TOTAL OTHER EXPENSES	\$ 5,669.01	\$ 300.00	\$ 300.00	\$ -	\$ -	\$ 600.00	\$ 1,650.00
TOTAL EXPENSES	\$ 5,767.85	\$ 300.00	\$ 300.00	\$ -	\$ -	\$ 600.00	\$ 4,825.00
Total Net	\$ (4,303.24)	\$ (193.65)	\$ 177.50	\$ -	\$ -	\$ (16.15)	
Bank Balance as of 5/20/21							\$ 4,579.04
Less Prudent Reserve							\$ 1,000.00
Working Balance							<u>\$ 3,579.04</u>
Prepared by Kim R. 5/20/21							

**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

ZOOM OR PHONE MEETINGS

Meeting Name	Day	Time	Meeting Location	Meeting Platform	Meeting ID / Access Code	Phone #	Pass-word (if any)	Group Contact
West Isle AFG	Monday	7:00 PM	Moody Methodist Church, Galveston	Zoom	807 744 799	N/A	N/A	Paulette N
Pearland AFG	Monday	8:00 PM	New Life Lutheran Church, Pearland	Zoom	678 051 2057		3LJz3h	Teresa D
Butterfly Group	Monday	6:30 PM	4215 Ave H, Rosenberg	In-person	N/A	N/A	N/A	Cynthia S
Progress in Session	Mon-Thurs	6:30 PM	Bay Area Club	Hybrid - Zoom/In-person (Mon-Wed, Thurs Zoom)	611 905 519	N/A	N/A	Lolly H
A Better Way	Mon, Thurs	6:30 PM	Calvary Baptist Church, Bay City	Hybrid - Zoom/In-person	423 748 2478	N/A	580707	Velda K
Spring in Your Step	Tues, Thurs	12 noon	First United Methodist Church, Pearland	Zoom	640 178 376	N/A	NOON	Connie W
New Leaf AFG	Tuesday	12:15 PM	Rosenberg Library, Galveston, TX	Hybrid - Zoom/In-person	714 220 773	N/A	N/A	Sally G
Al-Anon Works	Tuesday	7:30 PM	Grace Episcopal's parlor room, Alvin	Zoom	885 045 448	N/A	034918	Bev L
Let It Begin With Me	Tuesday	7:30 PM	Chapelwood United Methodist Church, Lake Jackson	In-person	N/A	N/A	N/A	Linda F
Alvin Family Group	Thursday	7:30 PM	Taylor Street Club, Alvin	Zoom	852 9404 3278	N/A	463250	Delia B
Kemah AFG	Thursday	7:15 PM	Kemah Palms Recovery	Zoom	860 5922 2589	N/A	recovery	Kelly R
Acceptance is the Answer AFG	Friday	7:30 PM	Up the Street Club, Webster	Zoom	611 851 406	346-248-7799	606742	Lisa K
Turning Point	Friday	7:00 PM	925 TX 10 Spur, Rosenberg	In-person	N/A	N/A	N/A	Dorothy B
Parents of Alcoholics	Friday	7:00 PM	Parkway United Methodist Church, Sugar Land	Hybrid - Zoom/In-person	870 2404 9929	N/A	766485	Pam J
Hope for Today	Saturday	10:00 AM	Galveston Clubhouse, Galveston	Zoom	876 5590 4425	346-248-7799	588205	Paulette N
Happy Destiny AFG	Saturday	5:00 PM	Bay Area Club	Zoom	409 012 077	346-248-7799	028734	Lisa K

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](#)

Calendar of Events

June 12	District Meeting 9:00 AM
July 10	70th Anni Celebration Virginia Beach, VA
September 11	District Meeting 9:00 AM
October 23	Road Trip Cleveland, OH
November 12-13	Fall Assembly San Marcos, TX
December 11	District Meeting 9 :00 AM
June 29-July 2, 2023	Alanon Int Conv Albuquerque, NM

**LINKS OF SERVICE
CONTRIBUTIONS**

District 4 Check Payable to:
District 4 Treasure
Mail to: District 4 Treasure
112 Sunflower Ln,
Lake Jackson, TX 77566,
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

District Meeting Zoom Info:
ID 482 366 1091
Password Dist4DR

Please submit reports or articles to:
Laura Bowen
laurabafg1972@gmail.com
By
August 24, 2021



GROUP REPORTS

Our Group is the AI Anon Family Group for Parents of Alcoholics in Parkway United Methodist Church in Sugar Land. Our Group meets every Friday Evening both in person and via ZOOM (details are available online if someone were searching for an AI Anon meeting).

Just recently the church relaxed its mask requirements and the Group voted to allow attendees to choose whether they want to wear masks or not.

In general, our meeting has about 10 regular attendees, most of them come in person. After the meeting we go for dinner at various restaurants in the area.

I can find our Group Number if you need it for the report.

Sincerely

James McCoy

Group Report
Submitted by Paulette Nemec
GR Hope for Today AFG, Galveston
May 21, 2021

Our regular meeting on Saturday morning, at 10 AM continues in Zoom format, but several months ago we also went hybrid. The in-person meeting is held at the Rosenberg Library 2310 Sealy Avenue, Galveston TX 77550. The Randall Room, ground floor entrance on Sealy is our meeting space, except for the 2nd Saturday of the month when we meet on the main floor meeting space, McCollough Room. Parking is plentiful and newcomers and observers are welcome. A small amount of literature is for sale at the library.

Each Group Conscience Business meeting we address the possibility of returning to face-to-face meetings only at the 33rd St. Clubhouse. We will address this again on June 19. Our group email is: hopefortodaygtx@gmail.com. Our Zoom information is on the Texas AI Anon site, District 4 Meeting Schedule. We welcome your smiling face!

Hello everyone,

I'm happy to report that we continue to have a very healthy group. We have 3 meetings each week on Zoom and they are usually very well attended. Our group also has monthly speaker meetings since there are always either 5 Sunday's or 5 Wednesday's each month. We also have obtained a small following of members from Canada that come regularly to our meetings each week. What a great blessing from having Zoom!

Our group had a group conscience on May 19 to discuss the possibility of going back face to face. The consensus was that we will continue Zoom for the most part right now but will have 1 meeting a week hybrid. We decided to ease our way back into face to face.

Our group is also very fortunate to have our very own member, Mattie T., serving as Delegate. She brings a wealth of experience, strength & hope to our group. Looking forward with excitement for what's ahead!

Love in service,

Kimmy M. / GR
Courage To Change - Missouri City

District 4 Agenda

District 4 Meeting Agenda
June 12, 2021

8:45 Fellowship Time

9:00 Open with a moment of silence followed by the Serenity Prayer
Review Zoom features/protocol (if needed) Loin:
Traditions, Concepts and Warranties from the Al-Anon/Alateen Service Manual
Welcome and Introductions
"Ask It" Basket passed
Minutes -Secretary – Samantha A.
Financial Report -Treasurer – Kim R
District Representative – Margaret F

9:30 Officers/Coordinators Report: (If not in The Light)

Alternate District Representative/Literature – Paulette N
Archives – Joyce Y
Public Outreach – Sheri D
Alateen Coordinator – Renee G
Spanish Speaking Coordinator – Nora F
Spanish Translation – Rosario C
Newsletter/ Intergroup – Laura B

Old Business:

New Business:

Birthday Basket
Retention of Financial records
November 2022 Assembly
Book/Bake sale for Intergroup
Next district meeting host – September 11th

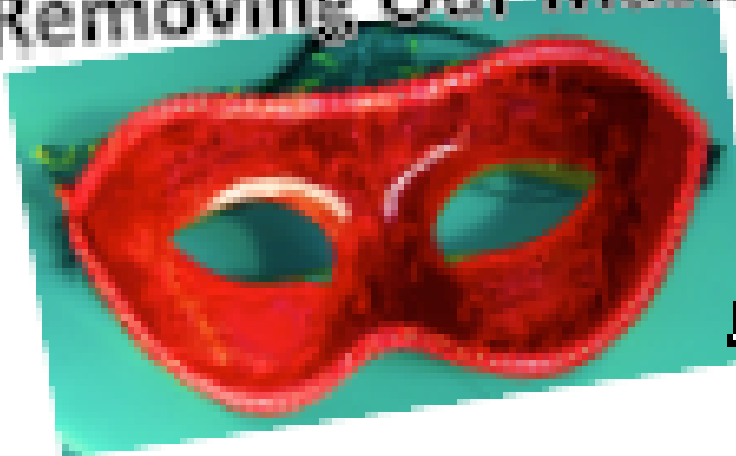
Group Representative Reports As time allows, please provide a written copy to Laura B (laurabafg1972@gmail.com)

In Keeping with the Seventh Tradition, Pass the Basket
Closing – Al-Anon Declaration

Upcoming Events:

Fall Assembly 2021– November 12-13, 2021 in San Marcos
May Assembly 2022 – May 13- 14, 2022 in Corpus Christi
July 10, 2021 – 70th Anniversary Celebration - Virginia Beach, VA
October 23, 2021 – Road Trip – Cleveland OH
June 29- July 2nd, 2023 – Al-Anon International Convention – Albuquerque, NM

Removing Our Masks



2021 ETAAA Fall Assembly
November 12th & 13th, 2021

Holiday Inn & Convention Center
of San Antonio
300 Alamo Drive
San Antonio, Texas, 78205
(214) 808-1000

Saturday night Speaker: Stephanie B., Granite Shoals, Tx.

- **Room Rates:** Ask for Block under #78 of 50150.com with subject, for either a King or two queen beds room
- **Cell-lunch w/Teag & Isabel can be purchased @ \$12.00 per person.**
- **Rooms are blocked for both Friday and Saturday night**

Hotel & Assembly Registration Deadline 11/01/21

Name: _____ Name on Badge: _____

Email Address: _____

Mailing Address: _____

City/State and Zip: _____

Home Group Name: _____ District #: _____

Check all that apply: DR _____ CR _____ AARP _____ First Assembly: Y / N Years in program: _____

At-Arrow (\$20) _____ Arrow (\$5) _____ A.A. / Special Guest (\$20) _____

Cell-lunch tickets @ \$12.00 _____

Total Registration \$: _____

Would you like Spanish Translation services? Y / N

Make check payable to District 12 ETAAA and mail 50150 form along with payment to:

District 12 ETAAA
 P.O. Box 242
 Bulverde, Texas 78148

For further information please contact: Lynn B. lynnb2003@earthlink.net
 Deb A. deba@earthlink.net

Always Better When registering, all visitors should have a completed ETAAA Behavioral Guidelines form and be accompanied by a registered adult. Behavioral Guidelines and Medical forms are to be kept by the responsible registered adult. Forms can be located on First Texas Website www.1sttx.com