

Al-Anon Information Service of Greater Rochester NY  
Meeting Minutes – January 11th 10am  
Faith Lutheran Church 2576 Browncroft Blvd.

Attended: John B, Lisa M, Mel Y, Pat H, Rebecca B, Rose B, Russell M, Loron O, Deb G, Dennis C, Mary L, Mike G

Opened the meeting with a moment of silence followed by the Serenity Prayer.

Read: 12 Traditions (John), 12 Concepts of Services (Russell), Warranties (Rose) and Expanded Version of Concept #1 (Loron)

Roll call was taken, first name only.

### Reports

**NOTE:** Only ISRs can vote at the monthly AIS meeting. This needs to be clarified.

### Secretary:

Amendments:

- Amend the Date to say December 14th instead of 12th.
- Some versions say there is .07c left in the savings. That is inaccurate .07 is the interest we made.
- Under New Business: Where it says in Alanon/Alateen member who is also a member of Alanon, it should be explicit that those positions don't get a vote. This is explicitly stated on page 87 in the Service Manual.

Motion by Pat to approve the minutes as amended. Rose 2nd. Approved unanimously.

**Chair (Mel):** He has been going to different Al-Anon meetings as far out as Newark. When the weather gets better, he will attend evening meetings. He's visited about 9 meetings and intends to get to all the Rochester meetings.

Loron asked if there was anything he's learning. Mel stated he learned a lot. Noticed that opening and closings are all different. Loron made some signs that say "Al-Anon meeting here" which she will drop off at meetings she visits.

### Treasurers Report (John)

Checking account and savings account have both just over \$8k. Over the whole year we have \$1400 more than we spent. Both book sales & expenditures exceeded our expectations, which we credit to Rebecca's hard work. At the end of the year, we were \$600 under what we hoped for in donations. Tureen supper expenditures were double what we expected because they asked for the following year's allotment ahead. So we won't have to pay that this year. Most of the big expenditures came out in 2019. We'll be signing a new lease for the office soon. Our meeting room at Faith Church has been approved for another year. We have obtained a certificate of insurance to meet at Faith Church. The treasurer will ask for a certificate of insurance for the Tureen supper. He will forward directly to St. Ann's church.

John's term ends at the end of this year. If anyone wants to be treasurer or finance chair, give nominations to Loron as the Vice Chair.

Motion: Mike, 2nd: Russell, Approved: Unanimously.

### **Vice-Chair (Loron)**

Vice Chair Report January 2020

This month I have been working new literature into my program, including workbooks. I encourage all to become sponsors, it was terrifying to me at first. I had promise to try any service offered – including sponsorship. And I was terrified- what will be the drain on my emotional gas tank? I practice setting boundaries with love. Learn to listen without interrupting (a skill I will apply at ais meetings), and repeat “this is where I am supposed to be” when I am straying to thoughts of the future. I do not have to solve problems, just strive be available and accepting the best way I can. Thank you, Al-Anon program and Rochester AIS family.

Since our last meeting, The Outreach Committee has met and compared successful outreach in our history and where to go in the future. We will be meeting regularly. Look information at the Flower City Fellowship conference in March. There will be a Tureen Supper in late March with speakers. This is the fundraising event for Al-Anon Information Service of Greater Rochester. See our website for more information.

Our WSO approved calendars are beautiful, helpful and another way to help AIS Rochester fund the mission of outreach, experience, Faith and Hope of the Al-Anon program. Thanks to our member, Ellen for designing and inventing in this first calendar project.

### **Book Depot (Rebecca):**

- AFAs, new version of service manuals and new outreach bookmarks will be here 1/14.
- There is a new AFA presentation toolkit available which contains videos etc. She can send link to it if interested. This is not for sale, WSO has made this available. John asked can we order 20? Rebecca will check into this. Seems to be a combination of online and physical resources.
- WSO is posting on FB, Twitter and Instagram. The first video interview of an Al-Anon member is posted on these social media sites. If our members choose to share this video it must be “WITHOUT identifying themselves as an Al-Anon member in a comment.” (this came from WSO and it is very important we follow their guidance)
- Last chance to share for the newest daily reader. Link to submission website. <https://al-anon.org/blog/last-chance-to-share-for-the-new-daily-reader> Deadline is June 1st 2020 Topics include: Abuse, Abundance, Finance/Money, Warranties, Sex, Shame, Spirituality
- Flower City Fellowship Convention and NY North Conventions are upcoming and will have flyers available.

### **Public Outreach (Loron & Rose)**

#### **AIS outreach Committee minutes from January 8th 2020**

- Present, Rose b. Loron O. Kathleen H., Rebecca B. and Beth via speaker phone. Mike H. present in spirit
- Began with Serenity prayer and review of agenda.
- Review of outreach summary from Kathleen -outgoing outreach chair- which includes health fairs we expect to be invited to as well as community organizations we present to.

- Beth has been nominated and has agreed to be outreach chair with our committee's support, vote will be this Saturday 1/11/2020.
- Review of outreach plan
  - We will use the contact list from the local prescriber directory to call and offer information about Al-Anon. We will use the script Rose created (in last month's ais report) as a starting point and follow up with in person or mailed information tailored to the organization's/individual's needs.
  - Rebecca will review literature to see that might be most helpful to the organizations, see what is online and printed. Agree all literature needs our AIS labels. Be mindful of costs.
  - Rebecca shared WSO printed information on professional outreach and letters to different professionals or community organizations which we will use when needed.

#### Implementation

- Starting 1/22/2020, Kathleen will be at the AIS office bi-weekly, to work on outreach. Other members of the committee are filling the other weeks. Volunteer coordinator will be contacted about this. (done) We will use this time for professional outreach and return calls about outreach. Beth is creating a spreadsheet to record progress with contacts.
- Mike H. will be our contact person for health fairs and will respond and coordinate presentations and volunteers at health fairs. Not willing to do all of them, but will coordinate them.
- At our next Outreach Meeting, 2/5/2020 at the ais office ?5:30-confirm time. Will work on presentations at March events and success of calls.
- Beth is willing to meet face to face with any professionals about Al-Anon. Other committee members as able.

#### Speakers

- See list in Kathleen's report for active speakers -agree we can use more.
- Agreed we need more speakers. How to contact them and keep current, will ask at the AIS meeting.
- Will ask for speakers and outreach help at the Tureens Supper and recruit folks we see at the FCFC.
- If you know someone who wants to speak, refer to Loron at the aisrochester.org address
- Alateen -Beth is meeting with Diane to see if we can direct more teens to the meeting Saturday am and how else to support Alateen.

#### **The Long View of Outreach**

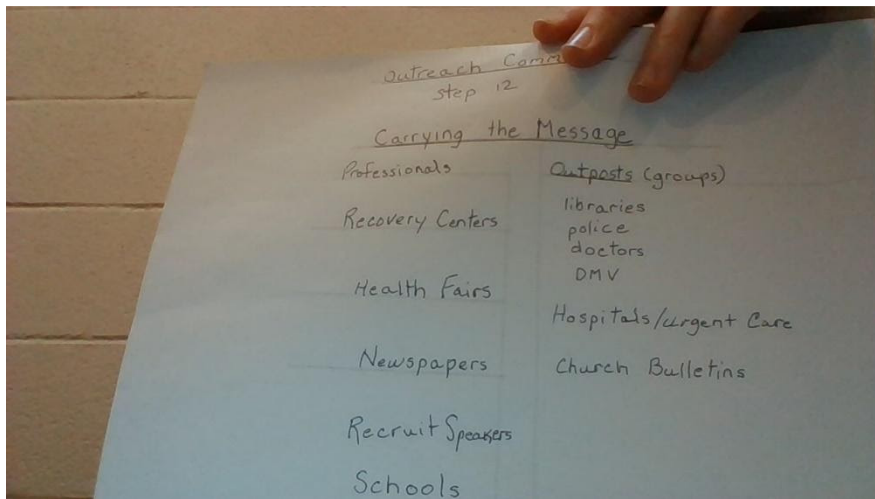
Rose's experience with outreach is invaluable and we all want to use our committee with goals in mind. We will carry the message (step 12) to professionals, Recovery centers, health fairs, newspapers, Schools. We will ask our groups to maintain "outposts" of Al-Anon information in libraries, police, Health office, DMV, village offices, hospitals/urgent cares and Church Bulletins. May we start by making sure there is Al-Anon sign outside meetings we attend?

The group agreed this is a robust and wonderful plan. We will start with the professional and recovery centers and work our way through the list, including GR's and the AIS outreach organization as our plans evolve.

Next meeting 2/5/2020 at ais office.

- If there are volunteers who would be willing to take part in calling professionals, See Rose.

- Next meeting is 2/5 @ the AIS office.
- John will pass on to his meetings.
- Rebecca suggests the list of speakers be posted at the office because she gets questions for speaker contacts. In the past, John has referred them to the Outreach coordinator to triage their specific needs and be able to point the requester to the right speaker.
- Public Outreach has a webpage, but it doesn't have much on it. Mel will work together with Outreach team to bolster the content.
- Beth will be given an email address as Outreach Coordinator
- Rose suggests changing the word "service" to "Carrying the message"
- Rose has come up with the following structure:



### Newsletter (Sheila):

January 15th is the deadline for submissions

Loron will give Sheila the pearls for the newsletter the Monday after the meeting.

### Web Committee Report (Pat & Mel)

January 5, 2020 -AIS Traffic

- A Mapquest link for each meeting has been updated
- Beginners' Meeting description is posted on our meeting list. The meeting on Wed at 11 is our only Beginners' meeting.
- Information about the 2020 Calendars created by Ellen, as a fundraiser for Rochester AIS, is posted on our homepage. Cost for each calendar \$10 each. Sales from these calendars will go directly to AIS as the printing costs have been satisfied.
- Pat has 3 cases that will be taken to AIS office.
- John will give an order form to be able to keep track of sales.
- Anniversaries are posted as we receive them.
- NEW MEETING LOCATION: The Saturday Noon Fairport meeting, Courage to Change, is now meeting in the Fellowship Hall at the Fairport United Methodist Church. Enter back of Main Church on 31 W. Church St., Fairport

### December 2019 - AIS Traffic

- 2180 visitors viewing 7920 pages
- 77% new and 23% returning visitors
- 57% mobile and 43% desktop viewing devices

**The top pages visited:**

- Home Page
- Meeting List
- Anniversaries
- About Al-Anon
- Tuesday
- Contact Us

The meeting list was accessed 1943 times

**Volunteers (Mel Outgoing)** [volunteers@aisrochester.org](mailto:volunteers@aisrochester.org)

Rose & Kathleen will share afternoon meetings on Wednesday

Office Hours posted on the website (call first)

- Monday 2:00pm to 5:00pm
- Tuesday 12:30pm to 2:30pm
- Wednesday 2:30pm to 4:30pm
- Thursday 9:00am to Noon
- Thursday 1:00pm to 3:30pm
- Friday 4:00pm to 6:00pm

**Alateen:** Open

**Finance:** Open

- Question: What does the Finance Chair and Committee do? The Chair (open) would normally make a report on the finance committee. There are reports only when they meet, which is not monthly. Finance Committee reviews financial records of AIS, prepares and submits an annual finance reports, receives all chairperson's budget requests and prepares budget, manages submission of the 990 form to the IRS. The treasurer in contrast is only in charge of keeping track of our money.
- We will have a bylaws committee to review this committee's role and its deadlines

**Activities:** Open

**Intergroup Rep:** Open

**Unfinished Business:**

**Dual Member Service:**

- Service manual page 86/87 very clearly explains this topic. We mentioned last month the positions that might be available to Dual Members, should we decide to allow this. It's

important that they not hold a voting position that affects policy. We will explicitly state that any position held will have no vote.

- Pat asks: Did anyone go back to their groups? Russell will take to his Saturday in the group conscience in 2 weeks. Thursday night in the business portion it was mentioned. Pat thinks if we are going to make a change, we need to take it back to our groups by ISRs and find out how they feel. John brought to 2 of his groups and those at the business meeting and there were no objections. Dennis brought to Sunday meeting and he announced it, without discussion or objections. Suggested that this is really a group conscience decision. Agreed that those ISRs will take it back their group consciences.
- Actions: Mary will make an electronic copy of Pat's guidelines and send to ISRs. Loron will send summary to Sheila to put in the newsletter.

#### **Elections**

- Mike G was elected as Volunteer Coordinator unanimously
- Beth was elected for Outreach Coordinator unanimously

#### **Tureen Supper**

- Beth needs insurance certificate before meeting with the church to discuss open hours. Now that John will get the certificate, flyer should be out soon. Loron will follow up with Beth. Please spread the word to save the date of the AFTERNOON of March 29th
- Loron will ask Sheila to put in newsletter a request for volunteers for the Tureen Supper

#### **New Business:**

**Adjourn:** Motion: Loron 2nd: Rose, Adjourned @ 11:23am

**Next Meeting:** February 8, 2020 10 am