

Al-Anon Service Meeting Minutes 1/14/2023

10 am-ELECTRONIC ONLY

Electronic sign in on AIS website

Chair: Pat-open meeting with the Serenity Prayer

Read: 12 Traditions- John B., 12 Concepts of Service-Kelly, Warranties-Diane.
Expanded concept 1-Kelly

Roll Call first names and AIS roles: Kelly, Angela, Maria, Pat H. Loron O, Dennis C. John B., Elissa, Ellen V. Meg M , Teresa W., Brenda , Deb G, Angela, Rose, Kathleen, Erin.

From Pat: Welcome all to the AIS Rochester monthly meeting. We hope you will find in this fellowship:

1. Growth in your program and understanding of how AIS works.
 2. A welcoming environment where members feel safe and can express opinions and ideas freely, w/o interruption or criticism.
 3. Discussion and actions that benefit the Al-Anon groups in the Rochester area and beyond. (We welcome feedback, especially ideas for improvement).
 4. Contact information for Officers and AIS members, and an orientation for new members.
- Thank you for your service; rotation of service is important for our group's health.

Reports Below:

Secretary: Last month's minutes on website and attached
Please review attached contact list-Pat has sent updates to Loron
<http://www.aisrochester.org/minutes-treasurer-bylaws/> . Approve: -Elissa, second Pat, Minutes accepted.

Treasurer: -reports on website and attached: <http://aisrochester.org/pdf/treasurer-report.pdf> from John B and Diane-Donations for 2022 met budget projections! We will have new expenses in 2023 as we update website. Group thanks John and his team for being careful with expenses. We ask groups to continue to contribute to AIS Rochester. John will be covering for Diane for the next 1-2 months. Sales of the Al-Anon calendar have met budget projections, this will help fund Al-Anon presence at the Flower City Fellowship Convention in March. Finance committee looking for members -call or Email Finance Chair if interested.

Motion to approve: Rose second: Deb G, minutes accepted.

Chair Report - Pat H. Welcome and Happy New Year Everyone.

- Our new website should be up and running by our next meeting which is February 11th. Leah, our new webtech person, will be with us at that meeting to show us the new site. Meanwhile, Mel will continue to update our current website. Thank you, Mel, for your continued support.
- Mel and I are working on updating our bylaws.
- Districts 14, 19, 20, 27 have no DR's (District Representatives.) Please consider stepping up to help lead the groups in these districts. The guideline, G-37, <https://al-anon.org/pdf//G37.pdf> is helpful.
- To the groups that are using the AIS zoom accounts: when making your donation to AIS for your zoom account, please designate what months the donation is for.
- Thank you- **Pat H**

Vice-Chair: open position

Activities report: Kathleen- Visits remote meetings to discuss activities and AIS.

Alateen report: Maureen- 4-6 Alateens attending Tuesday meeting. Maureen asks folks to volunteer to be an Alateen group sponsors. This involves AMIAS training, which is available on line through the AIS website and The WSO website. Young people are traveling long distances to attend, it would be great to have more options.

Book Depot –Erin-out of stock items “as we understood” at WSO and AIS. Low stock- “Reaching for Personal Freedom” at AIS and out of stock at WSO. New service manual printing is delayed. The Manual is available on line. Erin will keep us posted and we do have stock of other literature. Books will be sold at the Flower City Fellowship Conference March 3-5. Conference coordinators Ellen and Angela will work with book depot on this project.

Finance-John-see treasurer update

Intergroup -Maggie G- Pat shared: AWSC meeting 3/18/2023. This is an on-line meeting with representation from groups in the NY North area, which includes all of NYS above NY city starting in lower Hudson valley. We discuss WSO policies, changes and NYNorth support for AI-Anon. Look for sign up at AIS website or NYnorth.

Newsletter: Theresa-please have articles by **1/15/23**. **Reach Teresa via the AIS website for newsletter or her email at taw08@hotmail.com**

Outreach-2 reports, 2022 summary From Rose and 1/23 report from Dennis, incoming outreach Chair

From Rose: 2022 Chair

Having had a Spiritual Awakening, we tried to carry this message to others...

I like the principle of Carrying this Message about a spiritual awakening. I never heard the word Al-Anon until I was in my 50s and it would have changed my life much earlier than it did. Outreach for Al-Anon to me means to offer healing and hope to everyone affected by Alcoholism. Therefore, I jumped into Outreach as soon as I heard the word.

This time my experience with Outreach has been, not alone but with others – a committee. We can do more with more people. With one person it can be only what one person can do, as far as one person can reach. Is this what the program means to me? Carrying in two hands only what I can carry? Do not think so. Like the new calendar says TOGETHER WE RECOVER. AND help others recover.

Service – carrying the message – is 1/3 of our program. Yet, some believe that we are supposed to “take care of ourselves”, don’t ask for help. But the truth is that no one must do it alone. Recover alone. Al-Anon is a team effort. Self-esteem increases because of our experience in service. Confidence increases and we become better partners in all our relationships. We learn better interpersonal skills. Our recovery gets a shot in the arm when we work together. Just remember one thing. We all will be sure you succeed when you are carrying the Al-Anon message of hope. We do this together.

What are we doing?

- 1) A group goes **every other Monday to** Norris Clinic, a recovery center, to bring an Al-Anon meeting to the residents. They rotate so no one goes too often.
- 2) A group goes to Jennifer House, a half-way home for women starting a new life, once a month.
- 3) We started a Beginner meeting on Saturday for those who have problems attending meetings during the week. The success is listening to the one-year attendees talk about Al-Anon like they had been in the program for years.
- 4) One of our members has talked to Pre-trial folks about Al-Anon on a regular basis.
- 5) We have discussed Al-Anon with groups of Social Workers, city workers, Recovery meetings and AA meetings.
- 6) During the Pandemic we donated Al-Anon literature to food banks to be put into food baskets.
- 7) Donated books to libraries in the county.

8) Put Al-Anon information about Zoom meetings in Church bulletins where meetings are held.

In the future we plan to involve city pastors to encourage their congregations to attend Al-Anon meetings, meet with city leaders and local organizations to explain Al-Anon and encourage participation.

Now that the pandemic has eased a little, we can put literature in libraries, buses, Dr. offices and wherever people congregate. We are willing to talk to any professional recovery centers, or offices, including school, about Al-Anon or Alateen. The ideas are only limited by your imaginations.

As you can see, we can only do this with the help of everyone in Al-Anon meetings, not just a few on the committee. We can go to Health Fairs, talk to recovery centers, and start more meetings where they are needed and wanted. So, let your groups know what is needed and how they can help. You ISR representatives, please be the point person where people can say they want to help and how they want to help and you give us the information so we can follow up. Thank you for carrying the message.

Rose reviewed this report and reminded us we can spread the word and each of us has the skills to do so. The group thanks Rose for the impact she has had in spreading the word.

From Dennis:

The committee did not meet in December. The committee is scheduled to meet this month, January 18, 2023 at 6:00pm. The committee continues to work hard to increase awareness of Al-Anon in the larger Rochester and surrounding communities. I hope to build a relationship with the New York North Outreach Coordinator to ensure our efforts are in line with those throughout the State. The committee will work with local districts to gain insight and direction. The committee will take on the responsibility of mailing newcomer packets to people new to the Al-Anon community. As I attend Al-Anon meetings myself, I let members know that I am the Outreach Chair and ask members to volunteer for service with the committee. The committee meets bi-monthly, the third Wednesday of the month at 6:00pm. Our scheduled for 2023 is as follows:

1-18-23; 3-15-23; 5-17-23; 7-19-23; 9-20-23; 11-15-23

Maria has set up meetings with city officials and treatment providers, posts about Al-Anon are in city community centers. We look for outreach opportunities in outlying areas, district 14 has had some outreach activities. When the new website for AIS Rochester is functioning, Dennis and the outreach committee will be sending out newcomer packets. Thank you to Mel for his commitment to service.

Volunteer coordinator/office, Mel:

AIS Office 2022 yearend report

The AIS Office currently has three volunteers: John, Erin and Sandy.

The office hours are posted on the website as'

- Thursday 9 to 11 am
- Friday 9 to noon
- Friday 1 to 3 pm
- There is also a note to call for appointment

No one has volunteered in the past year. **Please call or email the AIS office if interested.**

When there is no one in the office the phone is checked 3 to 4 times a day. Over the past year there have been 100+ phone messages. Each call is returned as soon as it is picked up.

Since 2020 there have been 279+ phone messages and returned.

The phone is checked through the internet and when there is a message the pages is printed, dated, message summarized, and the call is returned.

Website Report-Sue C.: report given by Ellen V. Note that some meetings switching to in person only, check the AIS website and please have your group notify nynorth and ais if your group changes.

December 2022 - AIS Traffic

- 3,120 visitors viewing 12,570 pages
- 67% new and 33% returning visitors
- 56% mobile and 44% desktop viewing devices

Top 10 pages visited for December:

1.	Home Page	2258
2.	Meeting List	511
3.	Sunday	423
4.	Saturday	299
5.	Wednesday	270
6.	Tuesday	266
7.	Friday	258
8.	Thursday	186
9.	Monday	172
10.	Contact Us	93

Group Announcements or concerns:

From Angela-Hope for Today, 9am Fridays, will begin in person only in April.

Finger Lakes Fellowship Convention-March 3-5, 30\$ to register. There is a link on the AIS website to register.

Pat-Women's 12@12 is in person only as of 1/4/23, Anniversary meeting 1/25/23

From Brenda-DR district 25- low attendance to GR meetings, 2 GR for the 8 active meetings in this district. This has made it difficult to organize a day of sharing. They will be working on a "Fellowship Event," for members date to be announced. The goal is to celebrate the fellowship offered by in person events and reach out to members who may have stopped going to meetings. The group applauded the ideas, outreach committee ready to help if need and Brenda has contacts for Dennis, outreach chair.

Unfinished Business: none

New Business: none

Bullet points for groups from meeting: List and Forward to Newsletter

- 2022 Budget goals met-please contribute to AIS Rochester as we build our new website and to facilitate outreach and support of members
- Calendars available from AIS website, great program illustrations and quotes, proceeds to Al-Anon programs at the Flower City Fellowship Conference March 3-5.
- AIS Rochester Website-New website to be ready by 2/11/23. The present website is up to date and available till then.
- Alateen-our local group meets- 7:30 pm Tuesdays at Irondequoit United Church of Christ. We are looking for more volunteers to sponsor groups in other areas. Call AIS Rochester for more information.
- AWSO-Area WSO meeting 3/18/23, electronic. See the NY north website or the AIS website to register. This is attended by the NY north groups, a great time for networking and spreading successes in our groups.
- Local outreach-looking for committee members as well as volunteers to spread the word about Al-Anon, see the website for our committee meeting times, next is 1/18/23 at 6pm. Zoom address at the AIS website
- Meetings are opening in person! See the AIS website. Women's 12 @12 Wednesday is in person only.
- AIS office open see website for hours. We could use some volunteers for an hour or two a month. Call AIS office if interested.

Adjourn with Declaration and Serenity Prayer-Pat and Group

Respectfully Submitted

Loron O. AIS Secretary

