

Al-Anon Service Meeting Minutes 3/11/2023

10 am-ELECTRONIC ONLY

Electronic sign in on AIS website

Chair: Pat-opened meeting with the Serenity Prayer

Read: 12 Traditions- Ellen, 12 Concepts of Service -John B. , Warranties - Maggie, Expanded Concept 3-Laura

Roll Call first names and AIS roles: Pat H. Chair, Ellen V. Web Committee chair, John B. finance contact for 2 meetings, Maggie, Intergroup, Robin, Serenity on Saturday ISR, Erin-Book depot chair and ISR Monday 8pm Webster meeting, Laura, Simple Beginnings meeting, Teresa Newsletter chair, Loron O, AIS secretary and contact for Hamlin Sunday Nighters.

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. If you did not get these materials, please let me know so I can keep the contact list accurate.

Please review the attached contact list. **Would someone take minutes for the 4/8 meeting I will be out of town? Thank you, Maggie!**

<http://www.aisrochester.org/minutes.html> . Approve:Robin , second, Laura minutes accepted w/o correction. **Loron will add roles of meeting members to the attendance list going forward.**

Treasurer: John B for Diane - reports on website and attached:

<http://aisrochester.org/pdf/treasurer-report.pdf> Motion to approve: Loron second: Robin . Reports approved w/o correction.

Discussion of how PayPal works and how to track if payments are received. Ellen shared that payments are made to our bank account daily, and this deposit may include multiple

payments by different folks. We will know more about how book sales and donations at FCFC were collected with next month's treasurer report. Erin reported that the app seemed easy to use.

Chair Report - Pat H. -coordination efforts in reports below.

Vice-Chair: open position

Activities report: read by Loron

- I. Checked with Brenda L., District Rep for D25, about the possibility of simultaneously holding an AIS Activity directed at attracting and educating members to become AMIASes, to help with Alateen, during District 25's Day of Sharing. Brenda let me know the alternative spaces are too crowded with the church's stored accumulation to allow the necessary room for another event or breakout from the fellowship and Outreach speakers they are planning.

I will check with other Districts to see if they are planning a Day of Sharing and see if we could dovetail a session directed at attracting AMIASes with their event.

- II. **Met with members of Serenity on Saturday about the possibility of their group hosting an AIS Activity/Event. We plan to hold "An evening of Fun and Fellowship" on Saturday March 25th from 4pm-7pm at the Immanuel Baptist Church on Park Ave in Rochester.**

This evening of Fun and Fellowship will be a Potluck dinner with Karaoke and Open Mic for singing, poetry, stories, jokes, etc. This will be held in the recently renovated all-purpose room in the church basement.

We are planning to have two or three masked people serving the potluck offerings that members bring. The food will be served starting at 5 pm. We have on the flyer, in the blurb for the FaceBook post, and if it makes the NYN March newsletter article, something letting those people who are uncomfortable sharing food know that they are welcome to bring their own private meal. Also states members are welcome to mask if desired.

The suggested donation is \$5-10 dollars and the money raised above and beyond the costs associated with the event will go to AIS Rochester.

This event is already listed on the AIS Rochester Events & Activities page. I sent an article to Dave N for the Northern HiLights newsletter. When I reached out, he told me he hadn't yet published the March newsletter, and if I sent something he would try

to include it. I also emailed Ellen V and asked her to put in on the Events calendar on the NYNAFG.com website and post a blurb on the My AFG Friends FaceBook page.

Thank you for allowing me to be of service.

Yours in gratitude,

Cathleen B

AIS Rochester Activities Chair

Group thanks Cathleen for her ideas and plans! Information on AIS website

Alateen report: Robin B.

March 1st is our group's 1st Anniversary! How we are going to celebrate is still undecided.

- Our attendance is strong (4-6) and we continue to get newcomers.
- Four of our teens attended the FCFC (Flower City Fellowship Convention) and enjoyed the experience.
- I am now the treasurer of the "Free To Be Me Alateen" group. We received \$100 from district 29 and money was received from the "Simple Beginnings" group and we were told that they were holding onto money from the defunct Sat. Alateen group from years ago. We also received \$100 from Rochester AIS. Literature was purchased for our group and we are grateful for your help.
- 2023 NYNAC (New York North Alateen Conference) is questionable. The NYNAC Coordinator, Leslie, will be getting in touch with group sponsors with costs and available dates to see if enough teens are committed to attending the event. This event is usually held in October

Discussion-need for AMIAS who can start new Alateen groups. We are planning an event to explain this training. We are pleased that the Alateens went to the FCFC!

Book Depot – Newest Service Manual in print and available at AIS. Some books on back order and out of print. Including Reaching for Personal Freedom, Blueprint for Progress, spiral not condensed version, Pathways to Recovery out of stock at WSO. If a group has an overabundance of these titles and want to sell back to AIS let Erin know. There will be Al-Anon literature available at the Conference of the Lakes in April. **For new business: covering expenses of book depot travel and registration when attending conferences and providing literature. Will discuss in April. We asked Erin to order more AFA's for outreach as we are low, she will do so.**

Finance-John-see treasurer updates attached and website-looking for Auditor to inspect reports/books for 2022. Please see John if interested, we may have someone, Erin will let us know.

Intergroup -Maggie G

- **AWSC meeting March 18th. 9-1 this is a virtual meeting only. Thanks, you Pat for attending for Maggie's and AIS Rochester. Report was submitted by Maggie to the assembly listing work of AIS Rochester in last 6 months.**
- **NYN Spring Assembly May 19-21, see NYN website for more information (nynafg.com). At this meeting we will be discussing how our programs are being affected by the re-opening of rooms, integrating hybrid and electronic meetings into the WSO structure. Newsletter: Teresa-please have articles by 3/15/23.**

Outreach-Dennis

Since the beginning of the year, 12 newcomer packets have been mailed.

The Outreach committee is well represented with enthusiastic members. At the last meeting (1-18-2023) several members agreed to take on tasks in their communities to increase Al-Anon awareness, (literature at post offices, libraries and recreation centers. The next Outreach Committee meeting is scheduled for 3-15-23 at 6pm. This is a Zoom meeting.

The Outreach Chair was contacted by a representative of the Monroe County Department of Mental Health. This department has received a grant with the goal of increasing awareness of self-help groups (Al-Anon and Nar-Anon) within Monroe County. There is a particular focus to increase awareness of self-help groups in the Rochester area. Decrease in overdose and death from Opioid use is the primary goal. Awareness of self-help groups will be increased by having informational forums where discussions will take place and literature will be made available. The first event took place on February 25, 2023 at ROCovery Fitness. Subsequent events are planned as follows; Ryan R Center, 530 Webster Ave, 4:30-6pm, 3/9/23; Carter Street R Center, 500 Carter Street, 4:30-6pm, 3/16/23 and Arnett Library, [310 Arnett Blvd](#), 10-12pm, 3/25/23.

District 25 will hold an Outreach event that will have a dual purpose; (1) fellowship with Al-Anon members, (2) Outreach to newcomers. This event will take place on April 15, 2023 from 9:00-11:30am. The event will be held at the Fairport United Methodist Church located at [31 W. Church St, Fairport, NY](#)

Volunteer coordinator/office, Mel: , please call before visiting, check the website for contact information. Office is needing coverage Monday-Wednesday for a few hours. Please call the office if interested. 585-288-0540. Thanks to Mel, John B., Erin and Sandi for their service.

Website Report- Ellen

We continue to make changes to the website - please contact me with any ideas/comments/suggestions.

Would anyone work with Ellen to review the content/look of the website, be a sounding board, and would like more voices. Loron will suggest someone and she will contact Ellen if interested.

2 - We now have a paypal button where people can donate by paypal or credit card

- It has the option of selection what the donation is for
- There is a button to click so that the “customer” pays the paypal fees

3 - Please continue to send your events and committee meetings so I can put them on the events list

4 - For now I don't know how to get the traffic information (how many visitors we get) per page. Is that something that is important to track? What are your thoughts? -discussion, if this is possible we would like this report to help understand website use. Ellen will follow up.

Group Announcements or concerns:

211 information has been updated; this is what lifeline operators share with folks who need information about us.

Can dual members be considered for auditing help for AIS Rochester-yes

Unfinished Business:

- Paths to Recovery - can we incorporate when talking about a concept for better understanding-yes a good idea.
- Feedback FCFC -well attended AI-Anon events-thanks to Angela -Chair 2023 and Ellen, upcoming chair 2024 for their work! The group was glad that AI-Anon was announced before every panel and speaker as having a birthday party for Lois on Saturday, Speakers and panels well attended.

New Business: none

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

- **Saturday March 25 4-7 Fun and Fellowship in person at Immanuel Baptist Church, flyer at www.aisrochester.org**
- **Donations to AIS Rochester appreciated see website for how to donate**
- **Literature available at AIS Rochester. Newest service manual print version has arrived. Some literature on backorder. Call or see website for how to order**
- **Conference of the Lakes April 28-30 in Penn Yan, see website AA with AI-Anon participation**

- Finance committee looking for a member to audit last year's work at AIS. This will be a small amount of time at the office working with the Finance committee, call 585-288-0540 for information.
- Volunteers needed for the AIS Rochester office on Browncroft blvd. This is in person to help with stocking, answering the phone and odd jobs. Time can work around your schedule, Monday through Wednesday available.
- Alateen group in Rochester and looking for sponsors. See website for training.
- NYNorth, AWSC meeting (Al-Anon World Service Committee) is electronic see NyNorth website for information.
- NYNAFG spring assembly May 19-21, in person and electronic. See NyNorth website to registrar.

Adjourn with Declaration and Serenity Prayer- Pat approx. 11:05

Loron O. AIS Secretary-**Maggie G. is notetaker for the April meeting. thank you!**

