

Al-Anon Service Meeting Minutes

September 14th, 2024

10 am-ELECTRONIC ONLY

Electronic sign in on AIS website

1. Opening: Pat Serenity Prayer

2. Reading of:

- 12 Traditions: Diane
- 12 Concepts of Service: Ellen
- Warranties: Elissa
- Expanded Concept of the Month: Juanita

Read from *The Concepts, Al-Anon's Best Kept Secret?* (P-57), Concept 9

Pat also referred us to an essay on Leadership written by Bill W. on page 200 of the 2022-2025 Service Manual

3. Roll Call First Names Only

- See excel spreadsheet: 26 present.

4. Welcome: Pat Welcome all to the AIS Rochester monthly meeting.

We hope you will find in this fellowship:

- Growth in your program and understanding of how AIS works.
- A welcoming environment where members feel safe and can express opinions and ideas freely, w/o interruption or criticism.
- Discussion and actions that benefit the Al-Anon groups in the Rochester area and beyond. (We welcome feedback, especially ideas for improvement).
- 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.

5. Reports from Officers and Coordinators

A. Chair: Pat H.

1. Discuss the 2-year positions that are opening at the end of this year.
 - Vice- Chairperson
 - Treasurer
 - Web Committee Chairperson - Ellen V.
 - Newsletter Chairperson - Teresa W.
 - Public Outreach Chairperson - Dennis C.

Ellen V, Teresa W and Dennis C have all agreed to serve another term.

Please spread the word that Vice chair and Treasurer remain open and need to be filled.

2. Moving the AIS office - defer to Terry.

B. Vice Chair: Vacant

C. Secretary: Maggie

- Review of last month's meeting minutes
- Motion to approve minutes: Elissa.
- Seconded by: Marissa.
- Minutes passed as written: YES.

D. Treasurer: Diane

All Documents saved at end of Report.

- **Motion to approve:** Terry.
- **Seconded:** Bernie
- **Passed?** YES

E. Finance: Kathy M-see attached 2025 Budget proposal

In addition to the discussion on the proposed budget for 2025, the decision has been made to hold off on the purchase of QuickBooks this time.

The purchase will be revisited when all the moving pieces have settled.

Kathy noted that certain budget items were decreased from previous year to balance the budget that includes new expenditures.

Budget will be posted in the Newsletter and voted on at the November AIS meeting.

F. Book Depot: Cassandra P

A new 48-page booklet called **Healing within Our Alcoholic Relationships** (P-95) will be available on the WSO website on Sep 16, 2024. We are submitting an order for inventory.

Current Literature out of stock at WSO:

- A Guide for the Family of the Alcoholic (P-7)
- Alcoholism, a Merry-Go-Round Named Denial (P-3)
- Conflict Resolution Using Our Twelve Traditions (S-72)
- Lois Remembers (B-7)
- Men's Newcomer Packet (K-23)
- Parents' Newcomer Packet (K-24)
- Understanding Ourselves & Alcoholism (P-48)
- Using Al-Anon Principles to Resolve Conflicts Kit (K-70)

G. Intergroup Rep: Loron O

Upcoming events:

- Fall Assembly-Sept 28th-29th, flyer on AIS and NYN website. All are welcome. AIS Rochester report has been submitted.
- NYN has open positions, Secretary, Alateen coordinator and Public Outreach.
- The NYN Newsletter is a great resource for All things Al-Anon with thoughtful articles about how to practice our program. Here is the link: <https://nynafg.com/pdf/2024/0924-Newsletter.pdf>

- Review of this month's "Loop" the WSO newsletter- *See the complete list of books available in digital formats by visiting the [Digital Products](#) page on Al-Anon's Online Bookstore. Audiobooks can be easily identified by the headphone icon.*
- As intergroup rep-I am the connection between AIS, NYN and groups. One way I want to amplify these connections is to continue to visit all meetings in our Area. Next month I will share the groups I have visited and what literature I share and questions that are shared.

H. Newsletter: Teresa: Articles due by September 18th

I. Public Outreach: Dennis

- Committee members continue to follow through with individual projects, Libraries, Post Offices, Community Centers, Health Centers and Coffee Shops. Follow up and restocking of materials as needed.
- John L. Norris Clinic informational meeting continues to meet bi-weekly. There are four Al-anon members who have maintained this meeting for the last three years. Active recruiting to increase the number of Al-anon members to support this effort is now in progress.
- Beginner's meetings in the Rochester area continue to meet regularly, Wednesday at 11:00am and Saturday at 11:30am.
- Dennis continues to mail Newcomer packets as requests come into AIS. Since the beginning of the year, 69 Newcomer packets have been mailed, in comparison to this time frame last year, 50 Newcomer packets were mailed out.
- Dennis is actively recruiting for more members of the Public Outreach Committee.
- Dennis purchased six-foot folding table to be used at events Ai-anon is invited to participate in.
- Public Outreach (Al-anon) participated in the Scotty B. Overdose Awareness event on August 29, 2024. News of this event was announced at meetings leading up to this event and members were encouraged to attend and perhaps spend time behind the table. Loron took the lead on this event, many thanks to her. Many Al-anon members did attend the event and some spent time at the table.
- In an effort to maintain better management of the flow of literature out of the AIS office for use in Public Outreach event, Dennis and Cassandra, are asking all Outreach committee members to use the Office Book Order Form when taking literature from the office.
- Next meeting of the Outreach Committee is scheduled for November 20, 2024, at 6:00pm. Access to this meeting may be gained through aisrochester.org website.

J. Office Coordinator: Terry D

- Volunteer opportunities are available to those interested in covering office hours.
- We have discontinued our Wednesday early evening hours at this time.
- The office move to 2507 Browncroft Blvd. is set to go forward with a move in date of 10/1/24. Volunteers are needed.

Terry shared specific dates related to packing and moving the office.

- Sept 27th: packing 4p-6p
- Sept 28th: packing 10a-2p
- Sept 29th: moving 11a
- Sept 30th: office will be closed.

- Oct 1st: Moving In 10a.
- Oct 3rd: Opening New Office

The NEW office location is in the back of a strip mall, with entrance from both Blossom Rd, and Browncroft Blvd.

Volunteers are needed throughout the moving days, especially for the physical moving of books, furniture, and cupboards. Help will be appreciated, even if only for an hour.

Terry can be reached at Office@aisrochester.org or 585-727-6986.

K. Website: Ellen V: Reports are attached at end of document

L. Activities: Juanita S.

- The Activities committee held their very first meeting on July 5th to discuss our vision for future events/fundraisers.
- We hope to plan roughly 6 events per year, plus the Tureen Supper/Lunch - with half of the events focused on FUN and JOY and the other half on recovery.
- Our first fundraiser will be “Early Bird Blissful Bingo” being held at Rochester Reformed Presbyterian Church at 115 East Ave. in East Rochester on Saturday, September 21st from 3pm - 5pm. A beautiful colorful flyer was created, sent to the NYN newsletter, the AIS website and is being distributed by committee members to their home groups and any other meetings they attend. The flyer includes a QR code for ease of sign up and to help the Activities committee gauge attendance in advance. If members use the QR code, this will help enormously with the budgeting, efficiency and organization of fundraisers.
- The committee members continue to ask home groups, and other meetings attended, to consider donations for EB Blissful Bingo when they have their next group conscience meeting. We are having success in this area!
- We have several volunteers doing service for Bingo, and we are all excited and very grateful. We welcome anyone who would like to join the Activities planning committee! We are having a blast.
- An agenda and action items were created for our next meeting scheduled for July 24th.
- EB Blissful Bingo was almost fully planned by our July 24th meeting. We then brainstormed for 2 hours for October and December events. An Action Plan was created for these events.
- Our next meeting was held on August 23rd. This meeting focused on the final details for EB Blissful Bingo. We discussed the next fundraiser, which will be “Board Games and S’mores Spectacular” set for Sunday, October 20th at the East Lodge in Mendon Ponds Park. Final edits are being made to another eye-catching flyer. Plans for our December event, “Holiday Merriment Party - The Gift of Sponsorship” will be free to attend and include speakers, refreshments and a voluntary gift exchange.
- Budgeting for this fundraising arm of AIS Rochester is in flux, as Activities has been dormant for several years. The committee continues to work with Board Members to find a viable and sustainable system around this issue.
- The date for our next meeting TBD.

M. Alateen: Robin provided update.

- Addition of 3rd AMIAS: extremely helpful in providing coverage for the meetings over the summer
- 3 core members went away to college this fall.
- Invited to participate in upcoming local conventions, no interested Alateen members at this point.

6. Group Announcements

Pat reminded us about the information for the Fall Assembly

- Saturday, September 28th 9-4 hybrid-must register on NYN website: nynafg.com.
- Sunday, September 29th at 9am on zoom only, Spiritual Panel with AA and AI-Anon speakers.
 - **No registration required for Spiritual Panel.**
 - **Zoom Meeting Information:**
Meeting ID: 696 234 3724
Passcode: NYN

7. Unfinished Business

8. New Business:

- Ellen raised the suggestion to change start time of meeting to 9:30 to allow adequate time for all agenda items.
- Will be added to next month's agenda.

Treasurer Documents

AIS Treasurer Report 2024

September 5, 2024

AIS Treasurer Report August 2024

Attached reports:

1. Banking Summary
2. Transaction Report
3. 2024 AIS Budget

Summary:

• Checking Account Balance	10,863.19
• Savings Account Balance	17,251.91
• Book Depot Income:	1,082.00
• Fundraiser (zoom donation)	90.00
• Bank Interest on Savings	.14
• <u>Donations:</u>	<u>1,142.47</u>
• Total Income:	\$2,314.61
• Rent office and mtg. room	365.00
• Phone	
• Book Depot	1,031.15
• Website/Electronic Meetings	
• <u>Supplies & Postage (includes computer)</u>	<u>159.99</u>
• Total Expenses	\$1,556.14
• Overall Cash Flow through 7/31/2024	\$758.47

Stay well....

Respectfully Submitted
Diane S.

Transaction - Last month

8/1/2024 through 8/31/2024

9/5/2024

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Date	Account	Num	Description	Memo	Category	Tag	Clr	Amount
8/1/2024	Checking	ATM	Ldd Group Inc Inv.		AIS Office:S...		R	-159.99
8/8/2024	Checking				--Split--	--Split--	R	708.32
8/15/2024	Checking	1707	Rich Sam Pr... September ...		AIS Office:R...		R	-365.00
8/15/2024	Checking	1708	AI-Anon Fam...Inv609518,...		Book Depot ...		R	-1,031.15
8/22/2024	Checking				--Split--	--Split--	R	767.92
8/29/2024	Checking				--Split--	--Split--	R	519.50
8/8/2024	Savings				Group Donat...		R	25.00
8/19/2024	Savings				Group Donat...		R	100.00
8/29/2024	Savings				Group Donat...		R	193.73
8/30/2024	Savings				Bank Interest		R	0.14
8/1/2024 - 8/31/2024								758.47
TOTAL INFLOWS								2,314.61
TOTAL OUTFLOWS								<b style="color: red;">-1,556.14
NET TOTAL								758.47

Banking Summary - Last month

8/1/2024 through 8/31/2024

Category	8/1/2024- 8/31/2024
INCOME	
Bank Interest	0.14
Book Depot Income	65.90
Canandaigua Noon	48.00
Courage To Change	101.50
Free To Be Alateen	58.00
Now Is The Time	114.50
Penn Yan	192.00
Saturday Serenity	14.00
Spencerport 12&12	81.00
St. Louis AFG	115.00
Stepping Stones	92.90
Victor Parents AFG	182.40
Webster Monday	16.80
TOTAL Book Depot Income	1,082.00
Fundraiser	
Dist 25 - Zoom Jan-Oct.2024	30.00
Evening Serenity Zoom Sep-Dec 2024	12.00
Focus On Me Zoom Sep-Dec 2024	12.00
Wed. Beginners Zoom	36.00
TOTAL Fundraiser	90.00
Group Donations	
AFG#501783	100.00
Beginners AFG	135.00
Canandaigua Monday Noon AFG	50.00
Eastside AFG	37.50
Hamlin Sunday Niters	100.00
Hamlin Sundry Niters	2.50
Member's 7th Tradition	203.73
Memory Of Jim & Dottie T	120.00
Mewmber's 7th Tradition	100.00
Serenity On Saturday	35.02
Spiritual Awakenings	65.00
Stepping Into Recovery	50.00
Thursday Hope for Today AFG # 66500	25.00
Webster Monday	100.00
Women's 12@12	18.72
TOTAL Group Donations	1,142.47
TOTAL INCOME	2,314.61
EXPENSES	
AIS Office	
Rent	365.00
Supplies and postage	159.99
TOTAL AIS Office	524.99
Book Depot Expense	
WSO	1,031.15
TOTAL Book Depot Expense	1,031.15
TOTAL EXPENSES	1,556.14
OVERALL TOTAL	758.47

2024 AIS Budget													
Income	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total To Date Year End
Budget													
Checking Account	\$ 10,518.87	\$ 10,446.45	\$ 11,115.37	\$ 11,327.57	\$ 9,094.50	\$ 10,365.13	\$ 10,423.59	\$ 10,863.19					
Savings Account (includes interest)	\$ 16,378.90	\$ 16,379.03	\$ 16,618.48	\$ 16,807.61	\$ 16,807.76	\$ 16,807.90	\$ 16,933.04	\$ 17,251.91					
Book Depot	\$ 743.35	\$ 1,569.75	\$ 1,599.76	\$ 1,367.13	\$ 1,143.54	\$ 783.20	\$ 685.95	\$ 1,082.00					\$ 8,974.68
Bank Interest	\$ 0.14	\$ 0.13	\$ 0.14	\$ 0.13	\$ 0.15	\$ 0.14	\$ 0.14	\$ 0.14					\$ 1.11
Donations	\$ 381.00	\$ 983.55	\$ 225.00	\$ 590.00	\$ 364.00	\$ 221.25	\$ 1,264.25	\$ 1,142.47					\$ 5,171.52
Fundraisers	\$	\$ 6.00	\$ 27.00	\$ 96.00	\$ 36.00	\$ 36.00	\$ 36.00	\$ 90.00					\$ 291.00
Total Income	\$ 22,950.00	\$ 1,124.49	\$ 2,559.43	\$ 1,851.90	\$ 2,033.26	\$ 1,543.69	\$ 1,986.34	\$ 2,314.61	\$ -	\$ -	\$ -	\$ -	\$ 14,438.31
Expense													
Chairperson/inter Group Rep	\$ 300.00												\$ -
AIS Office													
Insurance	\$ 550.00												\$ -
Phone	\$ 800.00	\$ 65.42	\$ 65.42	\$ 70.42	\$ 70.42	\$ 70.03	\$ 70.03	\$ 130.06					\$ 541.80
Rent Office \$350/month	\$ 4,400.00	\$ 360.00	\$ 360.00	\$ 370.00	\$ 365.00	\$ 365.00	\$ 365.00	\$ 365.00					\$ 2,910.00
Supplies & Postage	\$ 500.00	\$ 28.10		\$ 7.14	\$ 1,141.19		\$ 498.85	\$ 159.99					\$ 1,835.27
Fundraising Costs (Zoom, Tureen Supper)	\$ 500.00												\$ -
Website/Electronic meetings	\$ 700.00						\$ 319.80						\$ 319.80
Alateen	\$ 200.00												\$ -
Book Depot	\$ 14,000.00	\$ 1,036.83	\$ 2,206.30	\$ 513.11	\$ 1,204.37	\$ 1,400.39	\$ 98.79	\$ 489.03	\$ 1,031.15				\$ 7,979.97
WSO Donation	\$ 500.00												\$ -
Public Information /Coop PC	\$ 500.00												\$ -
Total Expenses	\$ 22,950.00	\$ 1,490.35	\$ 2,631.72	\$ 943.53	\$ 1,651.93	\$ 2,976.61	\$ 533.82	\$ 1,802.74	\$ 1,556.14	\$ -	\$ -	\$ -	\$ 13,586.84
Income (Loss)	\$ (365.86)	\$ (72.29)	\$ 908.37	\$ 401.33	\$ (1,432.92)	\$ 470.77	\$ 183.60	\$ 758.47	\$ -	\$ -	\$ -	\$ -	\$ 851.47
Prepared 9-5-2024													

2025 AIS Proposed Budget

Income		2025 Budget	2024 Budget
Book Depot	\$	12,000.00	\$ 15,000.00
Donations	\$	7,645.00	\$ 6,950.00
Fundraisers	\$	1,773.00	\$ 1,000.00
Total Income	\$	21,418.00	\$ 22,950.00
Expense			
Chairperson/Inter Group Rep	\$	300.00	\$ 300.00
AIS Office			
Insurance	\$	550.00	\$ 550.00
Phone	\$	800.00	\$ 800.00
Office and meeting room rent	\$	6,900.00	\$ 4,400.00
Computer/Misc Computer	\$	868.00	\$ -
Supplies & Postage	\$	500.00	\$ 500.00
Website/Electronic Meetings	\$	1,050.00	\$ 700.00
Fundraising costs (Activities)	\$	500.00	\$ 500.00
Alateen	\$	200.00	\$ 200.00
WSO	\$	250.00	\$ 500.00
Book Depot	\$	9,000.00	\$ 14,000.00
Public Information /Outreach	\$	500.00	\$ 500.00
Total Expenses	\$	21,418.00	\$ 22,950.00

**prepared 10-5-2023, reflects Outreach request for increase and subsequent increase in donations

Checking as of 8/31/24 \$10,863.19

Savings as of 8/31/24 (Reserve) \$17,251.91

Wed Site Reports

Overview Report

Export PDF Report

Last 30 days: August 12 - September 10, 2024



Sessions

Pageviews



[Site Notes](#)

Sessions

2,039

↓ 6%
vs. Previous 30 Days

Pageviews

5,356

↑ 63%
vs. Previous 30 Days

Avg. Session Duration

46s

↑ 50%
vs. Previous 30 Days

Bounce Rate

53.8%

↑ 4%
vs. Previous 30 Days

New vs. Returning Visitors



● New 85%
● Returning 15%

Device Breakdown



● Desktop 39%
● Tablet 2%
● Mobile 59%

Top 10 Countries

1. United States	2,020
2. China	7
3. Netherlands	4
4. Canada	3
5. France	1
6. India	1
7. Singapore	1
8. Iceland	0
9. South Korea	0
10. Poland	0

Top 10 Referrals

1. docs.google.com	2
2. onesearch.com	2
3. ca.search.yahoo.com	1
4. search.brave.com	1
5. trafficguide.shop	1
6. facebook.com	0
7. m.facebook.com	0
8. newbie SEO blog online	0
9. sestart.blog.shop	0

Top Posts/Pages



1.	(not set)	2,370
2.	Find A Meeting (scroll down for list) - Greater Rochester Al-Anon	1,518
3.	Al-Anon Information Service Rochester, NY 585-288-0540 - Greater Rochester Al-Anon	1,008
4.	Events & Activities - Greater Rochester Al-Anon	163
5.	Welcome Newcomer! We are glad you are here - Greater Rochester Al-Anon	92
6.	Contact AIS - Greater Rochester Al-Anon	39
7.	Districts - Greater Rochester Al-Anon	35
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10.	AIS Rochester Committee Meeting Minutes, Treasurer Corner & Bylaws - Greater Rochester Al-Anon	20