

Al-Anon Service Meeting Agenda/Minutes

October 12th ,2024

10 am-ELECTRONIC ONLY

Electronic sign in on AIS website

1. Opening: Pat Serenity Prayer

2. Reading of:

- 12 Traditions: Harriet
- 12 Concepts of Service: Loron
- Warranties: Ann S
- Expanded Concept of the Month: Concept 10 Ellen read from *Reaching for Personal Freedom*

3. Roll Call First Names Only

- See excel spreadsheet: 16 in attendance

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.

- A big thank you to Terry for organizing our move to our new office at 2507 Browncroft Blvd., Suite 101, Rochester, NY 14525. Thank you to everyone that participated in our move, we couldn't have done it without you. Our new office is kitty-corner from the old office, behind Advantage Bank. **Please let your group treasurer know of the new address.**
- These positions are opening at the end of this year. We will be voting at our next meeting on November 9th.
 - Vice - Chairperson - Open
 - Treasurer - It looks like we might have someone interested.
 - Web Committee Chairperson - Ellen V. - staying on
 - Newsletter Chairperson - Teresa W. - staying on
 - Public Outreach Chairperson - Dennis C. - staying on

- Simple Beginnings AFG has decided to disband. Since there are two zoom accounts available through Rochester AIS our monthly AIS meeting will be using the account that Simple Beginnings was using. Therefore we will have more time if we need it. New meeting ID and Passcode is on our website.

B. Vice Chair: Open

C. Secretary: Maggie

- Review of last month's meeting minutes
- Motion to accept minutes: Carol G
- Seconded by: Ann S
- Minutes passed as written: Yes

D. Treasurer: Diane

All Documents saved at end of Report

- Motion to approve: Terry D
- Seconded: Jean
- Passed? Yes

E. Finance: Kathy M

Group reviewed the 2025 proposed budget

F. Book Depot: Cassandra P

p-95 *Healing in Alcoholic Relationships* is in stock!

G. Intergroup Rep: Loron O

Information on the fall assembly from those who attended, thank you for covering for me.

Reminders to check the NYN calendar for regular meetings including

- D12 book study on Tuesdays of the CAL Discovering Choices-electronic
- Spring convention planning meetings
- Service manual study most Wednesdays from 4-5-electronic

See WSO Website for lists of what CAL is available as e books, and what are free downloads

"70 Years of forum". This was started by Ruth San Francisco family club Cornicle" In 1051 by request this was mailed to many groups and was a way of spreading information nationwide and around the world. In 1953 Ruth wrote Lois "now is the time for a paper published by one individual to fade from the scene" She gifted Lois the title of the "family forum". In 1954 the Family Group forum newsletter was published. In 1978 it became the magazine "the Forum". Please subscribe to this magazine or consider it gift to members in your groups. One group collected change and when it got to \$12 drew names of group members to gift them a subscription.

This writer has been to 4 new meetings (for me as intergroup) to share information about AIS, and ask if they have an ISR or GR or consider a contact person. I am sharing the document showing the structure of Al-Anon and handing out outreach flyers.

H. Newsletter: Teresa

- Newsletter articles due by October 16th

I. Public Outreach: Dennis C

Loron updated group with the following information:

- Restarting outreach at the Jennifer House
- Outreach attended URMC health fair in Sept
- All other projects continue
- Always looking for members to join the outreach efforts-see Dennis or Loron for info

J. Office Coordinator: Terry D

As of 10/1/24 the AIS office has moved to 2507 Browncroft Blvd, Ste. #101, Rochester, NY. The physical move went as scheduled with many volunteers coming to pack, clean and physically move our books, furniture and all office supplies.

- 9/27/24 - Packing and moving preparation
- 9/28/24 - Packing and moving preparation
- 9/29/24 - Moved out of 2480 Browncroft Blvd.
- 10/1/24 - Moved into 2507 Browncroft Blvd.

The process of moving included notifying outside parties of our new location ie:

- US Post office (Terry D & Kathy M.)
- Spectrum, (Terry D)
- State Farm Insurance (Kathy M)

Settling into our new space is a work in progress.

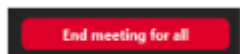
The office is in need of volunteers

Possible Open House Sat Nov 16th 10a-2p

K. Website: Ellen V

Hello Fellow AIS members,

1 - I would like to remind you to please be sure to press the end meeting for all button when the last person leaves a zoom meeting - if you don't close out, no one else can use the zoom account!



2 - I will be sending out notices/invoice to the meetings using our zoom accounts.

3 - If you have a problem with zoom and would like immediate attention or action, feel free to call me - I won't post my number publicly - but you can save it in a safe place to use if you need

to.
Thank you-
Respectfully submitted, Ellen V

L. Alateen : Maureen

M. Activities : Juanita S.

- The Bingo event planned for September was unfortunately cancelled due to spike in Covid in our community

6. Group Announcements

7. Unfinished Business

8. New Business: Topic of Safety at Meetings was brought forth by Loron.

Loron will be heading a group of volunteers to develop guidelines for when/if meetings/events should be cancelled/postponed due to a rise in the prevalence of community based illness.

- See attachment: Respiratory Virus Guidance from CDC

Summary Report from NYN Assembly held October 28th and 29th in Syracuse

The Assembly was a hybrid event with approximately 60 participants total, 30 in person and 30 virtual.

At the Assembly, decisions are made via substantial unanimity voting by the GRs. Unfortunately, many groups did not have any representation at the Assembly.

Here is a brief summary on the items discussed and voting outcomes.

1. Voted in members in the following coordinator positions:

- Maria S - Web Coordinator
- Molly C - Secretary
- Jenna E - Public Outreach
- Alateen Coordinator remains vacant

2. Other Key Decisions made

- Passed the 2025 budget
- Accepted Electronic meetings into our service structure. Electronic groups can now choose to be in the NYN area or in the GEA (Global Electronic Area)
- created a **policy task force** - to review, update and organize the policies together and possibly change them for better understanding and alignment with WSO.

3. Our Delegate Carol's presentation included a workshop survey for the 2025 Spring Convention

NYN would like to know what kind of workshops you would be interested in attending.

You can provide ideas for workshops you'd like to be offered: [click here](#).

4. NYN is looking for members to be on the 2026 Fall Election Assembly and Convention committee.

It seems far away - but if you start planning now, it won't be so overwhelming later! AND you have the opportunity to shadow the current 2025 Spring Assembly and Convention committee!

If interested, please contact Ellen V.

5. Hoping to share some of the slides from the Delegates report once they are available, possibly at next month's meeting.

Banking Summary - Last month

9/1/2024 through 9/30/2024

Category	9/1/2024- 9/30/2024
INCOME	
Bank Interest	0.14
Book Depot Income	44.75
Courage To Change - Fairport	111.20
Healing Hearts Begnner Mtg. AFG	70.00
Monday Sunshine	9.10
Serenity On Saturday	98.00
Serenity Seekers	127.00
Spiritual Awakening AFG # 27134	50.75
Webster Monday	79.50
TOTAL Book Depot Income	590.30
Fundraiser	
Simple Beginnings Zoom Apr-Dec 2024	27.00
Unity Group # 502491 Zoom	40.00
TOTAL Fundraiser	67.00
Group Donations	
Canandaigua Monday Noon AFG	50.00
Healing Hearts AFG	75.00
Member's 7th Tradition	30.00
Member's PayPal 7th Tradition	100.00
Memory Of Jim & Dottie T	100.00
Simple Beginnings AFG	100.00
Sunday Serenity AFG	30.00
Virtual Evening Serenity	10.00
Virtual Focus On Me	10.00
TOTAL Group Donations	505.00
TOTAL INCOME	1,162.44
EXPENSES	
AIS Office	
Fundraiser	415.67
Insurance	428.25
Phone	65.32
Rent	1,150.00
Supplies and postage	2.20
TOTAL AIS Office	2,061.44

AIS Treasurer Report 2024

October 8, 2024

AIS Treasurer Report September 2024

Attached reports:

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

Summary:

• Checking Account Balance	9,864.05
• Savings Account Balance	17,352.05
• Book Depot Income:	590.30
• Fundraiser (zoom donation)	67.00
• Bank Interest on Savings	.14
• <u>Donations:</u>	<u>505.00</u>
• Total Income:	\$1,162.44
• Rent office and mtg. room	1,150.00
• Phone	65.32
• Fundraising	415.67
• Insurance	428.25
• Book Depot	
• Website/Electronic Meetings	
• <u>Supplies & Postage (includes computer)</u>	<u>2.20</u>
• Total Expenses	\$2,061.44
• Overall Cash Flow through 9/30/2024	(\$899.00)

Stay well....

Respectfully Submitted
Diane S.

Transaction - Last month

9/1/2024 through 9/30/2024

Date	Account	Num	Description	Memo	Category	Tag	Clr	Amount
BALANCE 8/31/2024								28,115.10
9/3/2024	Checking	1709	Rich Sam Pro...	Security Dep...	AIS Office:Rent		R	-575.00
9/5/2024	Checking	S			--Split--	--Split--	R	526.05
9/6/2024	Checking	1710	Jessica Prich...	Security Dep...	AIS Office:Fu...		R	-183.00
9/9/2024	Checking	1711	Juanita Scott	Fundraising ...	AIS Office:Fu...		R	-232.67
9/9/2024	Checking	ATM	Charter One ...	August 2024...	AIS Office:Ph...		R	-65.32
9/12/2024	Checking	1712	Rich Sam Pro...	October 202...	AIS Office:Rent		R	-575.00
9/26/2024	Checking	S			--Split--	--Split--	R	536.25
9/27/2024	Checking	1715	State Farm Ins.	office insura...	AIS Office:Ins...		R	-428.25
9/27/2024	Checking	ATM	USPS	Literature m...	AIS Office:Su...		R	-2.20
9/18/2024	Savings				Group Donati...		R	100.00
9/30/2024	Savings				Bank Interest		R	0.14
9/1/2024 - 9/30/2024								-899.00
BALANCE 9/30/2024								27,216.10
TOTAL INFLOWS								1,162.44
TOTAL OUTFLOWS								-2,061.44
NET TOTAL								-899.00

2024 AIS Budget												Total	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	To Date Year End
Income													
Budget													
Checking Account	\$ 10,518.87	\$ 10,446.45	\$ 11,115.37	\$ 11,327.57	\$ 9,894.50	\$ 10,365.13	\$ 10,423.59	\$ 10,863.19	\$ 9,864.05				
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	\$ 17,352.05				
Book Depot	\$ 743.35	\$ 1,569.75	\$ 1,599.76	\$ 1,367.13	\$ 1,143.54	\$ 783.20	\$ 685.95	\$ 1,082.00	\$ 590.30				\$ 9,564.98
Bank Interest	\$ 0.14	\$ 0.13	\$ 0.14	\$ 0.13	\$ 0.15	\$ 0.14	\$ 0.14	\$ 0.14	\$ 0.14				\$ 1.25
Donations	\$ 381.00	\$ 983.55	\$ 225.00	\$ 590.00	\$ 364.00	\$ 221.25	\$ 1,264.25	\$ 1,142.47	\$ 505.00				\$ 5,676.52
Fundraisers	\$ 1,000.00	\$ 6.00	\$ 27.00	\$ 96.00	\$ 36.00	\$ 36.00	\$ 36.00	\$ 90.00	\$ 67.00				\$ 358.00
Total Income	\$ 22,950.00	\$ 1,124.49	\$ 2,559.43	\$ 1,851.90	\$ 1,543.69	\$ 1,004.59	\$ 1,986.34	\$ 2,314.61	\$ 1,162.44	\$ -	\$ -	\$ -	\$ 15,600.75
Expense													
Chairperson/inter Group Rep	\$ 300.00												\$ -
AIS Office													
Insurance	\$ 550.00												\$ 428.25
Phone	\$ 800.00	\$ 65.42	\$ 65.42	\$ 70.42	\$ 70.03	\$ 70.03	\$ 130.06		\$ 65.32				\$ 607.12
Rent Office \$350/month	\$ 4,400.00	\$ 360.00	\$ 360.00	\$ 360.00	\$ 365.00	\$ 365.00	\$ 365.00	\$ 365.00	\$ 1,150.00				\$ 4,060.00
Supplies & Postage	\$ 500.00	\$ 28.10		\$ 7.14	\$ 1,141.19		\$ 498.85	\$ 159.99	\$ 2.20				\$ 1,837.47
Fundraising Costs (Zoom, Tureen Supper)	\$ 500.00								\$ 415.67				\$ 415.67
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	\$ 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	\$ 533.82	\$ 1,802.74	\$ 1,556.14	\$ 2,061.44	\$ -	\$ -	\$ -	\$ 15,648.28
Income (Loss)		\$ (365.86)	\$ (72.29)	\$ 908.37	\$ 401.33	\$ 1,432.92	\$ 470.77	\$ 183.60	\$ (899.00)	\$ -	\$ -	\$ -	\$ (47.53)
Prepared 10-8-2024													

Respiratory Virus Guidance Snapshot

CORE STRATEGIES

Core Prevention Strategies

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread*

ADDITIONAL STRATEGIES

Additional Prevention Strategies

- Masks
- Distancing
- Tests

***Stay home and away from others until,**

and

Your symptoms are getting better **and** You are fever-free (without meds) **for 24 hrs**

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

CDC

Overview Report

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Last 30 days: September 12 - October 11, 2024

Sessions

Pageviews



Site Stats

New vs. Returning Visitors



● New 84%
● Returning 16%

Device Breakdown



● Desktop 42%
● Tablet 2%
● Mobile 56%

Top 10 Countries

Rank	Country	Visitors
1	United States	1,090
2	China	13
3	Ireland	3
4	Australia	2
5	Canada	2
6	Brazil	1
7	India	1
8	Germany	0
9	Netherlands	0
10	Pakistan	0

View Countries Report

Top 10 Referrals

Rank	Referral Source	Visitors
1	m.facebook.com	3
2	conferenceofthelakes.org	2
3	127.0.0.1:5500	1
4	cylinder-mango-xcsk.squarespace.com	1
5	facebook.com	1
6	onereach.com	1
7	ca.search.yahoo.com	0
8	docs.google.com	0
9	search.brave.com	0
10	trafficguide.shop	0

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3	Events & Activities - Greater Rochester Al-Anon	224
4	Welcome Newcomer! We are glad you are here - Greater Rochester Al-Anon	75
5	Contact AIS - Greater Rochester Al-Anon	69
6	Districts - Greater Rochester Al-Anon	32
7	About Al-Anon - Greater Rochester Al-Anon	31
8	AIS Rochester Committee Meeting Minutes, Treasurer Corner & Bylaws - Greater Rochester Al-Anon	30
9	Al-Anon Literature - Greater Rochester Al-Anon	29
10	AIS Rochester Newsletter - Greater Rochester Al-Anon	20

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Total Page Views	78,156
Total Sessions	33,637
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Number of Comments	0

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Top days

Thu 23.73% of Views	Wed 21.79% of Views	Sat 14.14% of Views
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Top hours

4 PM 10.64% of Views	8 AM 8.03% of Views	3 PM 7.4% of Views
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1,714 ↓ 17% vs. Previous 30 Days

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2,672 ↓ 51% vs. Previous 30 Days

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45s ↓ 0% vs. Previous 30 Days

Bounce Rate

44% ↓ 10% vs. Previous 30 Days