



Greater Rochester Area Al-Anon Information Service Newsletter February 2026

EVENTS

AIS Monthly Meetings 2025; 10 am Upcoming Meetings:

March 14	August 8
April 11	September 12
May 9	October 10
June 13	November 14
	December 12

Meetings are held online
Electronic sign-in on website

Link to AIS Rochester meeting minutes:
<http://aisrochester.org/minutes.html>

Link to upcoming Events and Activities:
<https://www.aisrochester.org/events-activities/>

- We voted to take one month to think about this and vote on it next month. Thank you Stevan for the idea & addressing this,

Book Depot:

- The new service manual is available online for download. John will order a case for office.

ISR:

- Brenda will host a Service workshop @ AIS office to share services AIS does on 3/21 at the AIS office. Attendees would be invited to share where they need help. ISRs and AIS Committee members are encouraged to attend.

AIS Office:

- Terry worked with Ellen on some info Google searches turned up that weren't correct. If you see anything incorrect about AIS in your searches let her know.
- She asked ISR's to publicize upcoming service workshop & service opportunities.

Bullet Points from February AIS meeting

Housekeeping:

- 2 open positions, Vice Chair & Activities
- Only ISRs vote at this meeting
- We use Knowledge Based Decision making rather than Robert's Rules of Order

Finance:

- Proposal for prudent reserve. Stevan and Kathy recommend putting aside one year's worth of "catastrophic expenses" (insurance, phone, rent, zoom, supplies) for a total of \$8,800
- Next steps include closing our account at Citizens Bank, which is not yielding interest and opening an account at ESL.

Outreach:

- Dennis is working with the Public Outreach Coordinator for NYN on changing tear-offs on flyers to QR codes on flyers.
- 3 men will hold the first Al-Anon meeting at the Monroe County Jail soon. Women are sought to participate.
- Dennis is willing to mentor anyone interested in taking over the Public



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Outreach position once his term ends in December.

- The next Outreach meeting is March 18, 2026, at 6:00pm.

Announcements:

- Districts that are active can get a Zoom time from AIS Rochester at a very low price
- D2 Day of Sharing will be held on 4/18 from 1-3 pm at the Lawson Road Church of Christ in Rochester. The theme is Fellowship & Recovery. It will include Al-Anon & AA speakers.
- Conference of the Lakes (AA with Al-Anon participation) is 4/24-4/26. Volunteers are needed for literature table and greeters. Contact Jess if you are interested.
- Those interested in volunteering at Flower City should contact Tierney.

We invite you to join us at the AIS Rochester office on **Saturday, March 21 from 10:30 to 12:30**. This will be an opportunity to “network” with a few of our AIS Officers, Coordinators, ISRs, and other volunteers. We’ll also conduct a couple interactive presentations in the small conference room upstairs from the office.

And don't forget that visiting the AIS office always provides the opportunity for fellowship with at least one other member and for browsing and purchasing Conference Approved Literature for yourself and your groups(s).

Please distribute the flyer at the end of this newsletter. We'd love to see you there!

Brenda L.
AIS Rochester Intergroup Representative

Make some new friends AND get your service questions answered!

Are you wondering... What do all these acronyms mean? What's the difference between an Al-Anon Information Service and New York North? Why would I want to consider serving as an Information Service Representative (ISR) or a Group Representative (GR)? What the heck is a District?

As Lois W. wrote, “It takes only one person to start something, but many others to carry it out.”



Treasurer's Report – January 2026



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1 BANKING SUMMARY - LAST MONTH - Last month

1/1/2026 through 1/31/2026 (Cash Basis)

Category	1/1/2026- 1/31/2026	OVERALL TOTAL
INCOME		
Uncategorized	240.00	240.00
Book Depot Income	440.00	440.00
Group Donations	463.80	463.80
TOTAL INCOME	1,143.80	1,143.80
EXPENSES		
AIS Office		
Phone	55.00	55.00
Rent	580.00	580.00
TOTAL AIS Office	635.00	635.00
Book Depot Expense		
WSO	720.70	720.70
TOTAL Book Depot Expense	720.70	720.70
Zoom Communications	-36.00	-36.00
TOTAL EXPENSES	1,319.70	1,319.70
OVERALL TOTAL	-175.90	-175.90

****The following pages include important flyers for upcoming events. Please take a look!****



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44th Annual Flower City Fellowship Convention

ROCKETED

INTO A 4TH DIMENSION

With Al-Anon Participation

save the date
MARCH 6-8, 2026

Wyndham Hotel • Downtown Rochester, NY
FOR UPDATES VISIT: ROCHESTERAA.ORG

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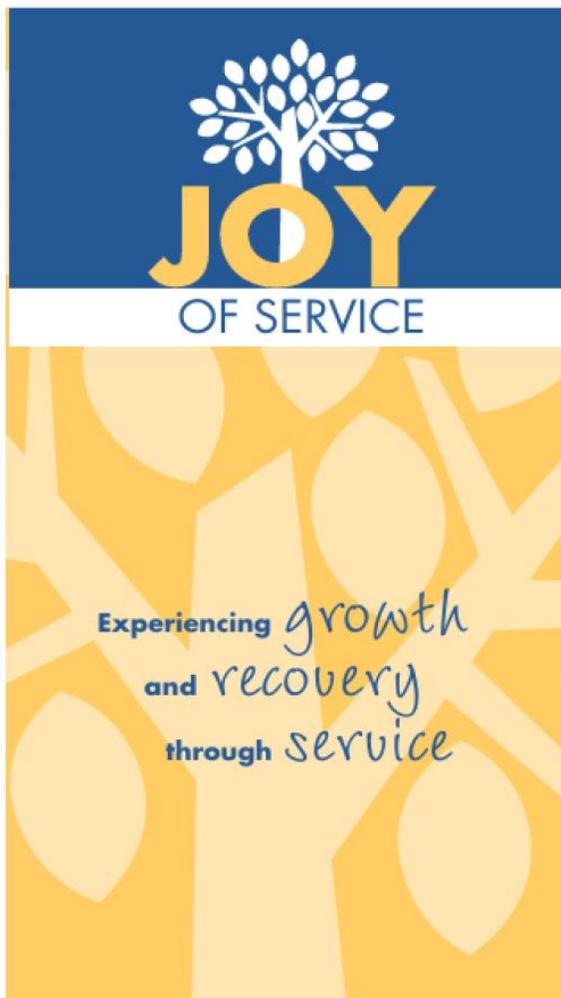


Join us for an informal Service Workshop!

Saturday, March 21 10:30 AM - 12:30 PM

Rochester Al-Anon Information Service (AIS) office

2507 Browncroft Blvd, Suite 101, Rochester NY 14625
<https://www.aisrochester.org/>



- See the office
- Meet some of our AIS Officers, Coordinators, ISRs & other volunteers
- Hear about the services we provide to the Rochester area
- Hear about a variety of service opportunities
- Learn about the Information Service Representative position
- Learn about the links of service & the Group Representative position
- Purchase some literature for yourself or your group(s)

For more information:

Email Brenda L. at
InterGroupRep@aisrochester.org
or call the office at 585-288-0540



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38th Annual Conference of the Lakes

“SHORE OF FAITH” April 24 - 26, 2026

Use one registration form for each registrant.
Register early – banquet seating is limited.

Friday Night Buffet

- Baby artisan lettuce salad
- Salmon florentine
- Garlic roasted pot roast w/pan gravy
- Rigatoni w/marinara
- Ratatouille
- Oven roasted red bliss potatoes
- Apple strudel

Saturday Banquet Buffet

- Antipasto salad
- Beef tenderloin tips
- New England style haddock & shrimp
- Cheese ravioli
- Garlic mashed Yukon gold potatoes
- Maple butternut squash
- Italian lemon cake

For more info and to register online visit www.conferenceofthelakes.org

HAMPTON INN • 110 MACE STREET • PENN YAN, NY 14527 • 800-426-7866 OR 315-536-8202

Contact hotel directly by phone only for room rates (must mention Conference of the Lakes when making reservation)

Name _____
 Address _____
 City _____ Zip _____ Phone _____
 Email _____

ADULT: Please check AA or Al-Anon
 \$35.00 Registration* & Entertainment
 YOUTH (19 & under): Please check AA or Alateen
 \$15.00 Registration* & Entertainment
 Prepaid Friday Night Buffet: \$51
 Saturday Banquet** Buffet: \$51
 Buffet price includes beverage, dessert, taxes and gratuity.
 For those who want to sit at the same table please register together.

Your Check Total: \$ _____

*** Note: There is no option for purchasing banquet ticket without registering.

Send Check and Registration To:
CONFERENCE OF THE LAKES: P.O. Box 982 • Canandaigua, NY 14424

Deaf / HOH

* All attending MUST register.
** Meal ticket is required for banquet. Fire safety regulations require that only meal ticket holders be allowed in the grand ballroom during the banquet and evening speaker event.

SPECIAL NEEDS _____

Name _____
 Address _____
 City _____ Zip _____ Phone _____
 Email _____

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SPECIAL NEEDS _____



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Schedule for Conference of the Lakes...

Friday - April 24, 2026

Registration 1:00 p.m. - 7:00 p.m.

- 4:00 p.m. Al-Anon Kick Off Speaker *
Sue L., Philadelphia, PA
- 5:00 p.m. - 6:00 p.m.Friday Night Buffet
- 7:00 p.m.....Opening of Conference *
A.A. Opening Speaker
Ali H., Toronto, CA
- 8:30 p.m. - 11:00 p.m.....Entertainment
- 10:00 p.m. - 11:00 p.m.Al-Anon/A.A. Joint Meeting

Saturday - April 25, 2026

Registration 8:00 a.m. - 5:30 p.m.

- 9:00 a.m. - 12:30 p.m.A.A., Al-Anon, Alateen Panels **
- 1:00 p.m.....A.A. Speaker *
Marion M., Ft. Lauderdale, FL
- 2:30 p.m.....Al-Anon Speaker *
Stephanie B., Granite Shoals, TX
- 5:30 p.m.....Banquet
- 6:45 p.m.....A.A. Banquet Speaker *
Peter M., Ft. Lauderdale, FL
- 8:00 p.m. - 11:00 p.m. Entertainment
- 10:00 p.m. - 11:00 p.m.Al-Anon/A.A. Joint Meeting

Sunday - April 26, 2026

- 9:00 a.m.Spiritual Panel *
A.A. and Al-Anon
- 11:15 a.m.....A.A. Closing Speaker *
Bob D., Las Vegas, NV
Closing of Conference

For more information and to register online visit www.conferenceofthelakes.org

Please feel free to call Linda C. at (585) 455-0907 or Andy S. at (585) 230-5282
with any questions or concerns regarding registrations.

** Interpreted for deaf / hard-of-hearing ** Limited Interpretation*

If you wish to have a written confirmation of your registration, please enclose a self-addressed stamped envelope.



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NYN AFG

Fall Election Assembly & Convention

with AA participation

Learning from the Past

75
Years

Contributing to the Future

September 18-20, 2026

Holiday Inn Binghamton Downtown
2-8 Hawley Street Binghamton, NY 13901

Questions? Interested in volunteering?
presentation@nynafg.com

1/9/26



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 **NYN AFG**
**Fall Election Assembly
& Convention**
with AA participation

*Interested in volunteering?
Become a part of our celebration!*

Your skills and service are needed for a few hours to make our event a success!

Help is needed in the following areas:

- Hospitality Room
- Greeters
- Registration
- Basket Raffle
- Literature

To volunteer or for more information contact alateen@nynafg.com

September 18-20, 2026
Holiday Inn Binghamton Downtown
2-8 Hawley Street Binghamton, NY 13901

01/10/26



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▲ NYN AFG
Fall Election Assembly & Convention
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*Interested in volunteering?
Help is needed in the following areas:*

Lunch/Banquet Liaison

- Facilitate communication between the registration, hospitality, and decorating committees and the hotel catering manager regarding the meals provided by the hotel.

Program Committee Members

- Meet virtually or in person with the Program Chair to create a schedule of meetings, speakers, or panels.
- Find speakers and choose topics for meetings and panels.
- Design a printed program.

To volunteer or for more information about the responsibilities of these positions contact:
alateen@nynafg.com or presentation@nynafg.com

September 18-20, 2026
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2-8 Hawley Street Binghamton, NY 13901

01/10/26