



## Greater Rochester Area AIS Service Center FEBRUARY 2021

### EVENTS

#### **AIS Monthly Meetings 2021, 10:00 a.m.**

Meetings will be virtual through April 2021

#### **Upcoming Meetings:**

March 13

April 10

Link to AIS Rochester meeting minutes:

<http://aisrochester.org/minutes.html>

Link to upcoming Anniversary meeting:

<http://aisrochester.org/anniversaries.html>

### Outreach Committee

Outreach, during a pandemic? Yes! Please check the AIS website and join our committee, which meets the third Wednesday of every month at 6 p.m. This is what we do!

Over 200 Al-Anon information packets to food cupboards in Rochester. Some are already asking for more. Thanks to our delivery team!

Churches which host Al-Anon meetings are being asked to include Al-Anon information in their bulletins to provide members with virtual information to access meetings.

Dennis C. is investigating possibilities of starting a second beginners' meeting for newcomers.

Loron has given Al-Anon contact and website information to the recovery program at Westfall; emailing other recovery programs with Al-Anon contacts during shutdowns.

Thanks to our delivery, purchasing, phone team and Rose, our Public Outreach Chairperson, for keeping our outreach reaching!

### By-Laws

Hi Everyone,

One of my responsibilities as Vice-Chair is to review the by-laws and recommend updates. We have a committee which formed last year, and we have been fine-tuning the responsibilities of each officer, committee member, and procedures for Rochester AIS. When the by-laws are ready to be posted on our website for all of the groups to look at, I will let you know.

Gratefully,  
Pat H., Vice Chair

### Summary from 2/13 AIS meeting

- AIS meeting members are creating a contact list to support each other and learn more about Al-Anon and AIS. Thank you, Loron, for your work on this.
- AIS Rochester website, please use links to find Safety information under WSO news. There are two articles there, and on the home page under zoom meetings there is a "toolkit for moderators". Please share with AIS your safety concerns and tips.
- AIS Rochester is responding to all 12-step calls, answering questions, and delivering literature including welcome packets.
- Meeting minutes via link in Newsletter and on the website.
- ASL sign language ongoing meeting; see link at the AIS Rochester website
- Anyone interested in creating a 2022 AIS Rochester calendar, call AIS Rochester to be connected with a service sponsor, Ellen V.



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### **Safety in our Meetings**

At our AIS business meeting on February 13<sup>th</sup>, we began a conversation about safety in our electronic meetings. The guidelines that we are looking at are on our website under "Information, News from WSO". They are:

- Let's Talk about Safety in Al-Anon Meetings
- G-39 Electronic Al-Anon Meeting Guideline
- S-60 Fact Sheet for Electronic Meetings

Some other considerations discussed were:

- If someone calls into a meeting that does not identify themselves in spite of many gentle cues, explain that people do not have to participate or ask them to just say hello or give a name. There are concerns this may leave out new folks or people who are not familiar with Zoom or call-in options for Zoom.
- Suggest reviewing how to unmute with call-in option when meeting starts (press \*6), explain rules for Zoom meeting and offer contacts for local AIS.
- Safety concerns are real, and groups have declined/removed callers who have not responded to multiple contacts
- Note anonymity issues; using earphones keeps conversations private and working in a room that will allow privacy or keep faces on screen private.
- We will continue this conversation, learning from group consciences and using WSO and NY North for resources as well.

### ***My Journey to Serenity***

When I attended my first Al-Anon meeting, I was in a state of desperation, looking for a way to "fix" my son, the alcoholic. I didn't know anyone at that meeting. Nevertheless, some members greeted me warmly, made sure I had a seat, and loaned me a book.

*"It was actually a relief to get permission to take care of my own recovery and leave my son's recovery to him."*

The group read a welcome message and then members shared their personal experience, strength, and hope. I can't begin to tell you how comforted I was by the stories they told about how they had broken free from the same tumultuous life I was caught in.

Although I had come thinking that alcoholism was my son's problem, I left with new respect for the power that alcoholism has over friends and families. It was actually a relief to get permission to take care of my own recovery and leave my son's recovery to him. Sure, I would always love him and want to help him - it wasn't easy to stop all my controlling, enabling behavior. But reading Al-Anon literature daily, talking to members, and most of all going to meetings, has kept me focused on my personal journey to serenity.

By Anonymous

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