



Greater Rochester Area AIS Service Center

March 2020

Dear Friends in AI-Anon,

The format of this Newsletter is different like our daily lives. I have much to be grateful for, especially each one of you. I hold you in my heart and prayers.

Below is a piece from Ellen who along with Chuck have implemented a format to help us to live ODAT. Thanks to each of you and your zoom cohorts for this work. The most current information is available on the AIS website: <http://aisrochester.org>. Prior to using Zoom please check the Website.

Zoom Meeting Information Together We Can Make It!

We didn't cause it. We can't cure it.
We can't control it.

We can Create Continuity of Connection!

The latest technology - zoom - has created a platform where we can stay connected when we can't physically meet in our regular meeting locations. Problem is we have had to learn something new under stressful circumstances. And we are rocking it!! People are stepping up to help, we have been patient and kind while navigating a new reality. I am grateful for that!

We are trying to keep the AIS community informed as best we can while meetings are embracing this new technology. The most updated list is on the home page of our website: <http://www.aisrochester.org/> Keep Coming Back!

If you have any questions please contact me, Ellen V by email at: zoom@aisrochester.org or by text or phone at 585-402-1275.

Below are some helpful hints to make zoom meetings successful:

Join a Zoom Meeting using a regular phone

1. Dial the number. 646-876-9923
2. Enter the meeting ID - then the # symbol.
3. To mute and unmute your phone press *6

For Participants in Zoom Meetings:

- 1 - Mute, mute, mute - unless you are speaking
- 2 - It is possible to change your screen name (to keep anonymity) <https://support.zoom.us/hc/en-us/articles/201363203-Customizing-your-Profile>
- 3 - If you are going to physically move around - please turn off your video - it's easy to turn back on later
- 4 - Open the participant list and the chat during the meeting
- 5 - Join the meeting 5-10 min early to get settled in and stay on the call for a bit after for a "meeting after the meeting"
- 6 - If two of you are in the same room but on different devices - stay far apart so there is no feedback - thanks
- 7 - You can toggle between gallery view and speaker view (top right corner), gallery view shows everyone on the call in a grid format and highlights the person speaking
- 8 - Please stay muted except for the beginning and ending serenity prayer or when you are speaking

More meeting information can be found at:

<http://www.aisrochester.org/>

More Helpful Zoom tutorials: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

**Pearls for next newsletter
compiled 3/22/2020 by Loron**

Tureen Super has been postponed till June 7th, 2020, see website for details and flyer

Book Depot:

Please contact AIS Rochester for book orders if needed. RETURNED books -if you return books to AIS, we do not give refunds. We will keep these books to donate or help seed the literature of a new meeting.

Al-Anon Faces Alcoholism-new for 2020 with great information and welcoming cover page AIS ROCHESTER website-more important than ever for meeting closures and how to get program support when meetings are closed.

DISCUSSION of helping with Al-Anon Dual Members service:

See below and review with your meetings-another way to carry the message of Al-Anon through Service:

“Al-Anon/Alateen member who is also a member of Alcoholics Anonymous shall be eligible to serve in all elected or appointed positions other than the following: AIS Chair, Vice Chair, Secretary, Treasurer, Intergroup

rep, ISR (information service rep) They may hold these offices: Alateen Chair, Book Depot Chair Finance Chair Newsletter, Public Outreach Chair, Website Chair and Activities Chair.”

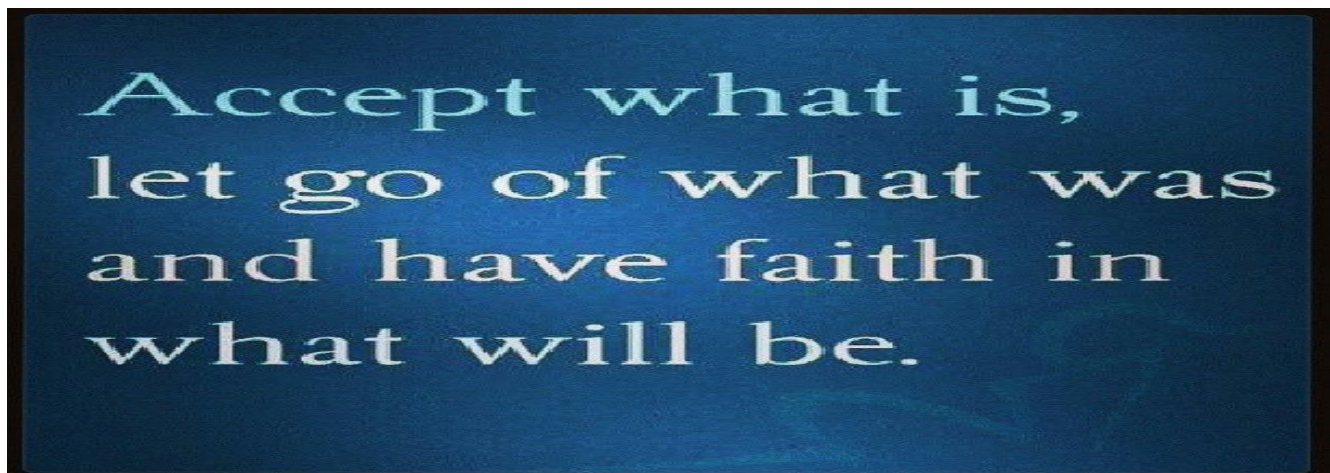
Mel has updates on how meetings can be held other than face to face.

OUTREACH information:

Al-Anon members spoke in February at Action for a Better Community recovery program. The information was well received. They have a great meeting space on St. Paul Blvd. with space for AA or Al-Anon groups and would welcome these services. We also spoke at a meeting of service agencies held at the office for mental health at Monroe county. We spoke about the program, and handed out literature. We were well received and counselors hope to get clients to visit our meetings.

Anniversaries and Birthdays remembrances keep in mind donations to AIS Rochester.

We need your donations to offer literature for outreach at little or no cost. Please consider honoring how the program has helped you by announcing at meetings a Birthday or Anniversary remembrance to AIS Rochester.



Al-Anon Without Borders

First World Wide Roundup

Zoom Link [HTTPS://ZOOM.US/J/787378014](https://zoom.us/j/787378014)

Meeting Id: 787 37 8014 Password 912936

Saturday March 28 & Sunday March 29, 2020

All meetings are **Pacific Time** Starting Saturday

PST 8am/MST 9am/CST 9am/EST 11am/Europe Sat 4pm/Sun 6pm

Saturday	Sunday
8:00a—9:00a STEP 1 Rick J—Toronto, Canada	9:00a—10:00a STEP 8 Cathy H—Cincinnati, Ohio
9:15a—10:15a STEP 2 Juanita U—Santa Fe, New Mexico	10:15a—11:15a STEP 9 Palmer G—Miami, Florida
10:30a—11:30a STEP 3 Tom W—Oakland, California	11:30a—12:30p STEP 10 Magdalena E—Seattle, Washington
11:45a—12:45p Sp Meeting “Living in Sobriety” MARY PEARL T—Little Rock, Arkansas	12:45p-1:45p Speaker Meeting CHUCK L from Superior, Wisconsin
1:00p—2:00p STEP 4 Stephanie B—Granite Shoals, Texas	2:00p—3:00p STEP 11 Cindy M—Tucson, Arizona
2:15p—3:15p STEP 5 Gordy B—Kent, Washington	3:15p—4:15p STEP 12 Judy K—Reno Nevada
3:30p—4:30p STEP 6/7 Ellen C—Addison, Texas	Join Al-Anon without Borders April 4 and 5 Same Schedule, Same ID New Topics, New Speakers