



# Greater Rochester Area AIS Service Center

April 2019

## Events

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

### **AIS Monthly Meeting**

May 11, 2021  
Faith Lutheran Church

### **Hope for Today 25<sup>th</sup> Anniversary**

April 26<sup>th</sup> 8:30am  
Waring Baptist Church

### **34th Annual Conference of the Lakes**

Apr 26th-28<sup>th</sup>  
Woodcliff Hotel and Spa

### **NYN AFG Spring Assembly/convention "Room to Bloom"**

May 17-19, 2019  
RIT Inn & Conference Center  
5257 W. Henrietta Rd. 14602

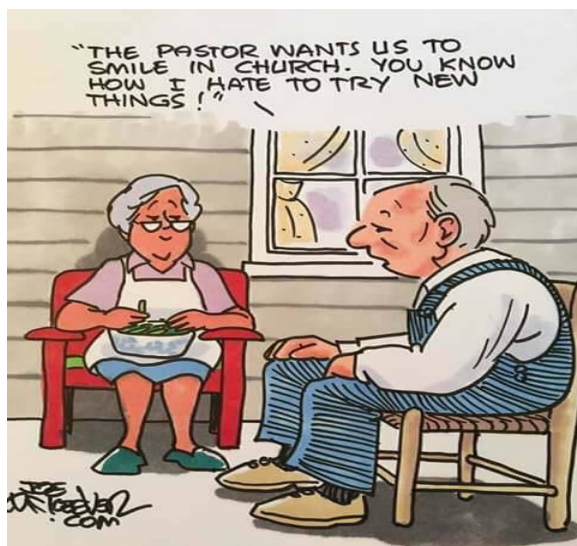
## Office Hours:

- Monday 2:00pm to 4:00pm
- Tuesday 12:30pm to 2:30pm
- Wednesday 2:30pm to 4:30pm
- Thursday 9:00am to Noon
- Thursday 2:00pm to 3:30pm
- Friday 4:00pm to 6:00pm

Please call first: 585-288-0540

**DEADLINE** FOR May NEWSLETTER: May 15, 2019

Sign up on line for the newsletter at  
<http://aisrochester.org>



## Try something new: Service help needed

### Can you:

- Give 2-3 hours of service a week at the AIS Office
- Share your experience, strength and hope with callers?
- Prepare literature orders?
- Be available for literature pickup?
- Answer the phone and email?

For further information call 585-288-0540



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## Rochester AIS Web Committee Report

April 2019

### **Updates to our Activities Calendar**

- NYNAC (New York North Alateen Conference)  
September 13th, 14th, & 15th  
Casowasco  
Moravia, N.Y.
- NYN Fall Assembly  
September 20th-22nd, 2019  
Comfort Inn & Suites-6701 Buckley Rd., N. Syracuse, N.Y.
- **New Meeting**  
Geneseo AFG-Monday's @ 5:45 p.m.  
Livingston County Council on Alcohol & Substance Abuse  
Millennium Dr., Geneseo, N.Y.

### **AIS Traffic**

- ✓ 932 visitors viewing 3124 pages
- ✓ 74% new and 26% returning visitors
- ✓ 53% mobile and 47% desktop viewing devices

#### ✓ **The top pages visited**

- ✓ Meeting List
- ✓ Home Page
- ✓ Literature
- ✓ About AI-Anon
- ✓ Newsletter
- ✓ Conventions

#### ✓ **Geographical locations**

- ✓ Rochester
- ✓ NY and 26 other states



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## **AWSC meeting-March 30th, 2019**

All reports for the Officers and Coordinators for NYN (New York North) are on the website: [nynafg.com](http://nynafg.com)  
Click on NYN NewsFlash, then click on Coordinator and Officers Reports.

## **NYN Delegate Report**

Upcoming Events - Pioneer Day - a day to honor the Founders of Al-Anon will be held on Sunday May 5th at the Wilson House in East Dorset, VT. Flyer is available on the NYN website for more information.

**TEAM** - Together Empowering Al-Anon Members is a very special event organized in Partnership with the World Service Office staff (WSO), World Service Conference Trustees (WSC) and members of an Al-Anon Area. Two are scheduled in 2019 in the North East Region.

- NY Area South had the honor of being selected to host TEAM, as 1 of only 9 such events held annually in the United States. Come join us in celebrating and demystifying Al-Anon service. June 2, 2019 8:00 am - 4:30 pm includes light breakfast & registration. Location: Westchester Marriott, 670 White Plains Rd., Tarrytown NY 10591. Register online at [www.nysaafg.org](http://www.nysaafg.org) - click on Events and scroll down to "TEAM EVENT".
- Pennsylvania also has a TEAM event scheduled for Saturday, September 28th, 2019 - 9 am - 4 pm at the Church on the Mall, 500 West Germantown Pike, #1900, Plymouth Meeting, PA 19462. More details by May 15 at <https://pa-al-anon.org>. For questions, contact: [PATeam-Event@pa-al-anon.org](mailto:PATeam-Event@pa-al-anon.org)

The World Service Conference is coming up April 13th - 17th, 2019 in Virginia Beach. Delegates always appreciate hearing from the fellowship throughout the WSC. To assist members who wish to send a card, the address is Sheraton Virginia Beach Oceanfront, 3501 Atlantic Ave, Virginia Beach, Virginia 23451. Please include in the address the delegates name (Molly Collin) and address in the return address section of the envelope in the event that mail delivery is delayed. **Please plan to have mail arrive after April 10th.**

A **Safety in Al-Anon Meetings** document drafted by WSO to aid groups in discussing and creating workable solutions to safety issues was mailed to all registered groups in December 2018. The purpose of this document is to help groups maintain Tradition One, with the understanding that our groups are not impervious to the same difficulties that affect the world around us, by discussing in advance how to address situations should they arise.

WSO sent an alert to all registered groups on the importance of discussing and creating safety guidelines. We trust the Safety in Al-Anon Meetings document will aid you in that process. We hope this tool will promote an environment of safety and unity throughout the groups your Area, so they may focus on their primary purpose—to help families and friends of alcoholics.

Please note, this document applies to Al-Anon meetings, groups, events, and members: For Alateen safety, please refer to your Area Alateen Safety and Behavioral Requirements.



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The WSO is currently evaluating whether to post the Safety in Al-Anon Meetings document on al-anon.org and requests that Areas not post it on their websites. Feel free to distribute print or electronic copies within the fellowship and encourage Al-Anon Family Groups in your Area to discuss safety.

Please feel free to email me with any questions or concern you have at [delegate@nynafg.com](mailto:delegate@nynafg.com). The issues addressed by the WSC (World Service Conference) each year comes from our members.

The mailing address for donations is:

NYN Area Assembly  
P.O. Box 2183  
Syracuse, NY 13212

## **NYN Alateen Coordinator**

Our newest Alateen group is in Corning and meets on Tuesday evenings-district 11. There are 17 "active" Alateen groups. There are 11 groups that have teens and 6 with no teens.

The updated Alateen guidelines are on the NYN website - please review before the Spring Assembly/Convention, they will be voted on.

## **AAPP - Area Alateen Process Person**

This position is currently vacant. This person certifies new AMIASs (Al-Anon Member(s) Involved in Alateen Service) via the WSO process upon receiving all the required Area Forms set forth in the NYN Area Alateen Guidelines.

Files and retains all AMIAS paper work upon completion of registration.

Re-certifies all current AMIASs each year based on the NYN Area Guideline requirements, per the WSO recertification process.

For more information go to [nynafg.com](http://nynafg.com)

## **Conventions**

Spring 2019 - hosted by districts 14, 25, 29 @ RIT Inn and Conference Center - May 17th-19th Rochester, NY

Fall 2019 - hosted by districts 4 & 21 - @ Comfort Inn & Suites - 6701 Buckley Rd., North Syracuse - September 20th-22nd.

## **Group Records**

Does your group receive mail from WSO?

Does your group receive email from WSO?

AIS Service Center  
585-288-0540

2480 Browncroft Blvd

Rochester, NY 14625  
[www.aisrochester.org](http://www.aisrochester.org) p.4



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If your answer to either of these questions is “no” then chances are that the contact information listed with WSO is incorrect.

Your DR can look up the groups's information for you to verify or you can contact me (records@nynafg.com) and I can check for you. To correct or update any information go to al-anon.org, then member, then group resources, then group records. There you can complete an update form that will come directly to me.

### **NYNAC** (New York North Alateen Conference)

NYNAC this year is September 13th, 14th, 15th at Casowasco Moravia, NY.

A thought force (p. 71 in our Service Manual 2018-2021). A temporary unit of people established to brainstorm ideas and to develop strategies on a single defined task or activity. This is a new committee being formed and if interested please contact our Chairperson, Ruth, at [chairperson@nynafg.com](mailto:chairperson@nynafg.com)

Gratefully,  
Pat H.

### **AIS chair report April, 2019**

Where does our treasure go?

We are self-supporting in Al-Anon. Our discussion at the last AIS meeting included how best to keep track and access funds for groups. Some meetings have bank accounts, others do not. Page 57 of Service Manual suggests a group conscience to decide if and how to set up a bank account. We asked two members to look into the process and report back. More to come!

Small steps in Al-Anon

I attended an anniversary meeting tonight, 55 years of the meeting at Aldersgate Church in Greece. The speakers and fellowship were thoughtful. There was time to ask questions at the end of the AA and Al-Anon presentations. A new member asked about high functioning alcoholics and the impact on the folks they love. We had great feedback on the journey to finding a sponsor, and how a marriage was enriched by dual programs. I enjoy the anniversary meetings. I meet people, I can observe, absorb and relax into the peace of the program. The Conference of the lakes has a strong Al-Anon presence. Please look at the program, there are AA and AL-Anon speakers all 3 days, I will be there learning about our program, please join me. The conference schedule can be viewed with this link:<http://www.conferenceofthelakes.org/pdf/schedule.pdf>

Alcoholism awareness month-April

How can we spread the word about our program? Is there a sign outside your meeting to direct newcomers? If you meet in a church, is the Al-Anon meeting on the church calendar? Does the library



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you frequent have copies of "Al-Anon faces Alcoholism 2019?" These are small steps that help welcome people to our program. Call the AIS Rochester office for more information.

Secretary report:

Please see last month's notes, is this an ok format? May goal will be for the January and Feb minutes to be forwarded to the website. Jeff and Loron are working together to get the minutes to the website by the Wednesday after the AIS meeting.

Alateen information

We continue to need volunteers for our young people. How can people designate funds for Alateen or NYNAC? We will discuss options at April Meeting.

<b>Subject:</b>	Fwd: Link to apply for Federal EIN
	Fwd: Link to apply for Federal EIN
<b>From:</b>	Diane M < <a href="mailto:dianem.afg@gmail.com">dianem.afg@gmail.com</a> > ( <a href="#">Add as Preferred Sender</a> )
<b>Date:</b>	Tue, Apr 23, 2019 7:40 am
<b>To:</b>	<a href="mailto:newsletter@aisrochester.org">newsletter@aisrochester.org</a>

Hello again,

I'm attaching the digital version of the WSO "Suggested Guidelines for Group Treasurer" and also WSO "Dollars and Sense: A look at group finances" for everyone to have.

Thanks to Pat H. for providing these at AIS ROC meeting recently and for additionally mailing them separately to me. Thought it would be a good idea for people to have the digital version.

Here's the link again for on-line filing for obtaining the Federal EIN (Employer Identification Number) which is necessary in order to set up a bank account for your meeting. (I view EINs as being like a Social Security number for businesses. It's how the Federal Gov't can keep track of activities of the business entity).

<<https://www.irs.gov/businesses/small-businesses-self-employed/apply-for-an-employer-identification-number-ein-online>>

You can also download a paper application form from the same website.

Please view the following email in this thread for instructions on how to set up the checking account once at the bank.

Good luck!  
Diane



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After the hardy discussion at AISROC monthly meeting for Alanon meetings getting their own separate bank account in the name of the meeting, here are some helpful things to easily bring that to fruition.

Here is the link to apply for EIN on-line. <<https://www.irs.gov/businesses/small-businesses-self-employed/apply-for-an-employer-identification-number-ein-online>>

Once this is completed on-line, the EIN designation is almost instantaneous.

**For the application:** The type of entity our meeting is goes under: "Other" and is described as "weekly support meeting".

One person is the applicant and their SS# needs to be on record. No taxes need to be filed. It doesn't matter if the person of record (applicant) changes from year to year.

**For the bank account,** the name of the meeting and the WSO number for the meeting should appear on the checks. No address need be printed on the checks. This will make it really easy when donations are made. And also preclude getting new checks each time a new mailing address is instituted. The meeting name and number will be right on the check so no further searching needs to be done by the recipient (to whom the donation is made; i.e., District, AISROC, NYN, WSO, etc.

Good luck!

Love in AFG Service,

Diane

Al  
58

**In the LOOP**

<https://signup.e2ma.net/signup/1855605/1799701/>

0 Browncroft Blvd

Rochester, NY 14625  
[www.aisrochester.org](http://www.aisrochester.org) p.7



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*In the Loop* is automatically sent to all Al-Anon groups' Current Mailing Address (CMAs) of record, just like *Group eNews*, the WSO newsletter that preceded it, used to be. New CMAs are added as they are identified; however, since *In the Loop* is also for individual members, outgoing CMAs are not removed from the distribution list unless they ask to be removed or if their email bounces back.

All members are encouraged to register to receive *In the Loop* at [al-anon.org/emailme](http://al-anon.org/emailme).





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### CHUCKLES says:

I am powerless not hopeless. The difference is in the steps.

One day, the supportive wife of an alcoholic gets up early and wants to please her hubby. She makes him a nice breakfast, with two scrambled eggs. He comes downstairs, grouchy as ever, and complains about his breakfast, saying only that he wanted sunny side up. She walks away, disappointed again.

The next day, the supportive wife gets up early and wants to please her hubby again, so she makes him a nice breakfast, with two eggs sunny side up. She waits for him to come down, anticipating a better response than the day before. He comes downstairs, grouchy as ever, and complains about his breakfast, saying only that today, I wanted scrambled. She walks away, disappointed yet again.

On the third day, the supportive wife gets a great idea, and one that she is SURE will please her hubby. She gets up early, and makes him a nice breakfast with two eggs one scrambled and one sunny side up. She waits for him, quite proud of herself, and 100% sure that he will now be pleased. He comes downstairs, grouchy as ever, and complains (yet again) about his breakfast. She asks, incredulously how can you possibly be unhappy this time? I made you one of each!!!!. To which, hubby simply replied you scrambled the wrong egg!

For any of us who have lived with an alcoholic, there is some irony and truth to this joke.

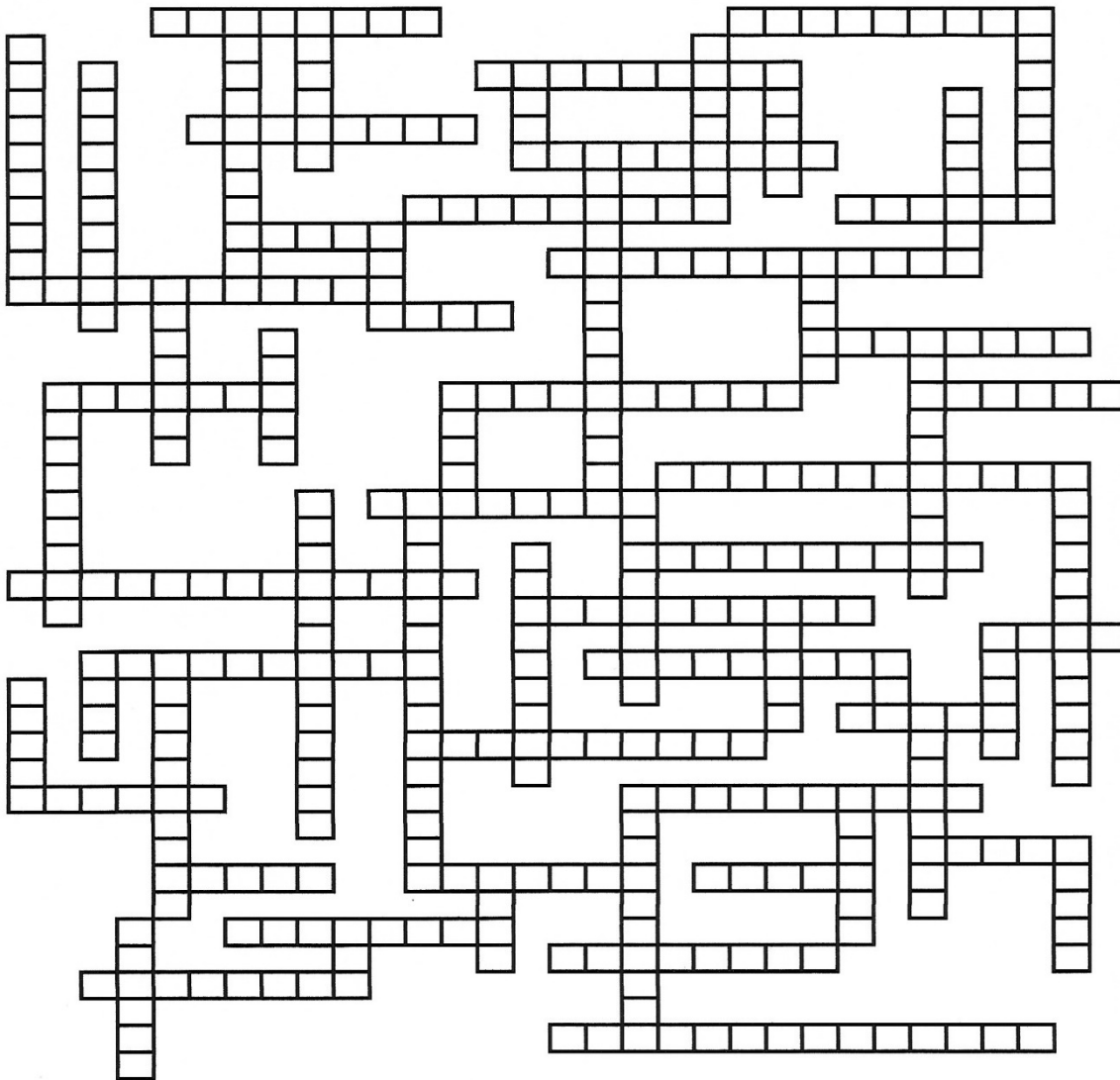
*"If you knew the answer to what you are worrying about, would it REALLY change anything?"*



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This isn't a cross word, as we shouldn't have cross words in Al-Anon. Al-Anon is a WE program and also a whee program. So have some fun with this. Hint; start with the longer phrases that can only go one or two places. After that it is one word at a time.





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## WORD LIST

### 3 Letters

AIS  
YOU

### 4 Letters

ENVY  
FEAR  
HOPE  
ODAT  
RAGE  
WHEE

### 5 Letters

ABUSE  
ANGER  
AWARE  
DOUBT  
FAITH  
GUILT  
HUMOR  
NEEDS  
PEACE  
READY  
STEPS  
TRUTH  
TRUST  
TOOLS

### 6 Letters

AMENDS  
CRISIS  
PRAYER  
SANITY  
SAFETY  
VALUES

### 7 Letters

BALANCE  
COURAGE  
HONESTY  
SARCASM  
SERVICE  
SLOGANS

### 8 Letters

ATTITUDE  
ENABLING  
INTIMACY  
MEETINGS  
MATURITY  
PROGRESS  
RECOVERY  
RELAXING  
STRENGTH  
SERENITY

### 9 Letters

ANONYMITY  
BOOKDEPOT  
DECISIONS  
FIRSTSTEP  
FIFTHSTEP  
GRATITUDE  
HOMEGROUP  
TOLERANCE

### 10 Letters

ACCEPTANCE  
DEPRESSION  
EXPERIENCE  
FELLOWSHIP  
LITERATURE  
LEADERSHIP  
LONELINESS  
MEDITATION  
RESENTMENT  
TRADITIONS  
WARRANTIES

### 11 Letters

COFFEEAFTER  
SPONSORSHIP

### 12 letters

EXPECTATIONS  
HOPEFORTODAY  
KEEPITSIMPLE

### 13 Letters

POWERLESSNESS

### 14 Letters

KEEPANOPENMIND  
LETGOANDLETGOD  
WHOSGOTTHEKEY

### 15 Letters

THISTOSHALLPASS

I want to thank the members who helped pull this Newsletter together. I am very grateful to all.

Sheila