



Greater Rochester Area  
AIS Service Center  
April 2020

Dear Friends in AI-Anon,

I hold you in my heart and prayers.

The most current information on our zoom meetings is available on the AIS website: <http://aisrochester.org>. Prior to using Zoom please check the Website.

**Zoom Meeting Together We Can Make It!**

The most updated list is on the home page of our website: <http://www.aisrochester.org>

**Join a zoom meeting using a regular phone:**

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

**Join a Zoom Meeting online:**

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

If you have any question's, please contact Ellen V by email at: [zoom@aisrochester.org](mailto:zoom@aisrochester.org).

**We can Create Continuity of Connection!**

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

We can't control it.

Keep Coming Back!

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

**Maya Angelou**

God probably wants spiritual fruit not religious nuts.

"Success is not final; failure is not fatal: it is the courage to continue that counts".

--Winston Churchill





## Greater Rochester Area AIS Service Center April 2020

### **PEARLS:**

The April 11, 2020 minutes are posted on the Website, please review them to learn about what we are doing and any areas you may want to get involved in. The third leg of growth is service. The following positions at all levels are available - meeting level: chairperson, treasurer, greeter, district: GR, ISR, DR; AIS: representatives, officers; New York North

### **Tools of the program From AIS Vice-Chair.**

Thank you for all our members navigating the Zoom or phone meetings to share experience, strength, and hope. Your Vice-Chair Loron is home more and working some. Initially I fought the directive to stay close to home, gingerly sitting grandkids and parents. My family has chosen to practice more distancing; I am left to myself. What a gift that is! Sitting with my feelings and fewer distractions. This has left me to explore discomfort and conflict. I have used the wallet size flyer, "Loving interchange to resolve Conflict" to navigate our COVID-life. I summarize below:

#### **Conflict is part of every relationship**

- do I share my opinion even though it may not be received well?
- how do I deal with conflict? Avoidance? Confrontation? Problem solving?
- Am I willing to participate in an informed discussion? What do we or do not know? What would I/we like /need to know? Can we reach a decision that is consistent with principles?
- Discussion time-am I willing to participate, listen to everyone's opinions, presume goodwill? Am I being honest with myself about wanting to resolve the conflict or do I want things my way?
- During the discussion, am I hanging onto resentments?

- Are we sticking to the subject, are we being kind and do our voices convey goodwill? Are we listening and acting interested?
- Are we listening for what we agree on? Acknowledge feelings? Seek to understand rather than being understood?
- Do I accept responsibility for words and actions, admit my mistakes and allow others to do so?
- Finally, do I reach out to others and appreciate their part in resolving this conflict?

With close quarters - whether in my own head or folks in my house, these directions help me practice the program. Look for the wallet flyer S-71 for more information.

Yours in zoom or calls, Loron O.

### **BOOK DEPOT - ORDERS:**

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. If you have a need for outreach literature, call AIS Rochester 288-0540. Loron, Rose, Beth or an outreach committee person will follow up. We can bring literature for outreach to you - maintaining distance.

### **From the Treasurer's desk:**

Important reminder to all members of AI-Anon, in these crazy times due to COVID 19 – please remember we will get through this crisis - the need for AI-Anon is still great. Per our service manual (Pg.56): "The AI-Anon Family groups support AI-Anon financially at all levels of service by contributing to: THE District, AIS, and service area (New York North) that service the group. The World Service Office, which serves all groups" "AIS Rochester" donations still accepted – please note donation + AFG# / group name on check & mail to: AIS Rochester, 2480 Browncroft Blvd. Suite 140, Rochester, NY 14625. Thanks for your support

# Al-Anon's Tradition Seven

*"Every group ought to be fully self-supporting, declining outside contributions"*

## DONATION LIST

**Your Meeting – See Group Representative or Treasurer**

### **Your District:**

Visit [www.aisrochester.org](http://www.aisrochester.org)

Click on the "**Districts**" in the top menu for address of District Treasurer

### **Al-Anon Information Service**

Makes the check payable to "**AI**S" **ONLY!**

Please include groups registered name and what the check is for.

Mail to:

AI

S Rochester

Suite 140

2480 Browncroft Blvd

Rochester NY 14625

### **New York North**

Make checks/money order payable to **NYN Area Assembly**.

Please include Groups registered name and ID number

Mail to:

NYN Assembly

PO Box 2183

Syracuse, NY 13220

### **WSO**

Contributions to WSO by going to:

<https://al-anon.org/contributions/member/>

or

Sending a check/money order payable to Al-Anon Family Groups

Please include Groups registered name and ID number

Al-Anon Family Groups

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