



GREATER ROCHESTER AREA  
AIS SERVICE CENTER  
May 2020

### Events

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

#### AIS Monthly Meeting 2020 10AM

Faith Lutheran Church  
2576 Browncroft Blvd, Rochester, NY

#### Upcoming Meetings

June 13  
July 11  
August 8  
September 12  
October 10  
November 14  
December 12



Newsletter deadline: June 15

#### 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: 585-288-054

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

### Discussion Items

- AIS discussed the various possibilities for payment of materials (Pay Pal, credit cards, checks, etc.) ordered through the Book Depot. This will be discussed at future meetings
- The Tureen Supper has been cancelled for 2020. Thanks to all who are working on this. Discussion centered on having a Zoom Session with speakers to bring us together in fellowship. More to come.
- You can purchase Al-Anon literature at the AIS office? This along with donations pay our expenses. **Remember—when you buy from your local Literature Distribution Center, you support your local services.** A variety of folks are willing to help with distribution: Delivery, attending AIS meetings, personal contact, etc.

### HELP

Looking for 12 Creative people! We would love your help designing next year's fundraiser calendar. Please contact Ellen V at [ellenvzsemail@gmail.com](mailto:ellenvzsemail@gmail.com) or 585-402-1275 for more information!

### How to end your day on a positive note:

The *Just for Tonight* Bookmark (M-81) offers thoughtful reflections on Al-Anon principles to help prepare for a peaceful, restful night. It serves as a perfect companion piece to Al-Anon's classic *Just for Today* Bookmark.

"The best thing about the future is that it comes one day at a time."

— [Abraham Lincoln](#)



GREATER ROCHESTER AREA  
AIS SERVICE CENTER  
May 2020

## Electronic Meetings

We have 32 meetings on our AIS Rochester list! Thank you to everyone who is stepping up to help out in the Zoom meetings. A quick reminder that WSO has approved these Zoom meetings to temporarily replace face to face meetings.

As we think about transitioning back to face to face meetings, WSO has stated that it will be up to each individual meeting to keep safety in mind. Being aware of the size of your meeting space, the number of people who normally attend your meeting, social distancing and wearing masks are some of the issues that come to mind. We will be able to make a gradual transition, holding both the Zoom and face to face meetings at the same time. (This would actually have to be 2 separate meetings). There are many unknowns at this point and we are being given many chances to work our program.

I'm grateful to be a member of Al-Anon, a program that teaches me patience, understanding and gratitude. If you have any questions, please feel free to reach out to me, Ellen V at [zoom@aisrochester.org](mailto:zoom@aisrochester.org)

## COMPUTER BUDDY NEEDED-

Looking for folks who have computer skills and would like to help someone needing computer access as well as folks who need assistance, please contact Sheila at (748)-9051 or [Newsletter@aisrochester.org](mailto:Newsletter@aisrochester.org). Also,

Please contact Sheila if you would like assistance accessing AIS on the Web.



KeepInspiring.me

"Before you judge a man, walk a mile in his shoes. After that who cares?...He's a mile away and you've got his shoes!"

-Billy Connolly

"A woman is like a tea bag- you can't tell how strong she is until you put her in hot water."

-Eleanor Roosevelt

**AIS open positions:** The following AIS positions are open: Finance, Activities and Intergroup Rep. The [AIS Bylaws](#) outlines the positions including

- Responsibilities
- Term of service
- Eligibility