



# Greater Rochester Area AIS Service Center

June 2019

## Events

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

### **AIS Monthly Meeting 2019**

Faith Lutheran Church

Upcoming Meetings

July 13

September 14

October 12

November 9

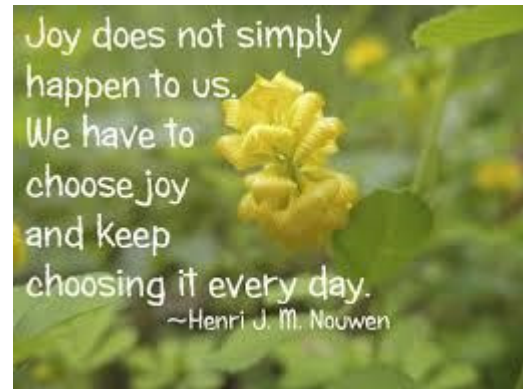
December 14

**August 10 NO MEETING**

### **Searching For Serenity**

23<sup>rd</sup> Anniversary June 27, 2019

United Methodist Church, Brockport



### **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 email [volunteers@aisrochester.org](mailto:volunteers@aisrochester.org)

I apologize for the errors in last month's Newsletter. Corrections are:

- August's AIS Meeting is cancelled
- Eastside's Anniversary is on (or was on, depending when you get this) June 13<sup>th</sup>.

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

#### **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 July Newsletter July 15, 2019



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**Reports were recorded in the minutes and appear here as well as on our website:**

## **AI-Anon Information Service of Greater Rochester NY Meeting Agenda – June 8, 2019 10am Faith Lutheran Church 2576 Browncroft Blvd.**

Open the meeting with a moment of silence followed by the Serenity Prayer.

Read: 12 Traditions, 12 Concepts of Services, Warranties and Expanded Version of Concept#

Rollcall first names.

### **Reports:**

**Secretary:** Approve/amend/accept

### **Chair:**

Chair report May/June 2019

I am fresh from a Anniversary Meeting of the Hamlin Sunday Nighters, 3 plus decades of AI-Anon!

I was *moved* by both the AA and AI-Anon speakers, thank them for their honesty in as they found voice for difficult stories and feelings. In my journey, loved ones come in and out of recovery and I bless this program. It has given me the tools to support and love without smothering them or forgetting myself.

In the chair person's mailbox a member asked for recommendations for groups who do not use the Lord's Prayer, she felt less willing to share with this focus on religion. I have learned that groups use a variety of opening and closing statements, some include prayer. I was able to direct her to some meetings to try and she was grateful.

I have also been contacted by a young person AA convention in September in Rochester, looking for program help from AI-Anon, more to learn!

Members, we have time sensitive opportunities for service,

- A volunteer to co-chair the Tureen Supper next year. We do have a chair but need a co-chair.
- Flower City Fellowship in March of 2020, needs an AI-Anon chair and co-chair. This is an AA conference with speakers and panels, including AI-Anon outreach.



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Both service opportunities involve some meetings, finding speakers and working with others to complete these important outreach and fundraising activities. You won't be alone and will learn much! Please Call the AIS office if interested.

## **My goals for the summer**

- Attending new meetings to me and anniversary meetings.
- Spending time talking about the organization of Al-Anon in greater Rochester.
- Learning what members need from Al-Anon Information Service and what help we can use.

## **Web Committee:**

### **Updates to our website include:**

- Alateen and Public Outreach pages now have a direct link to the WSO website for further information.
- The Fall Assembly, September 20th-22nd, is listed under Conventions & Activities and the registration form is posted. The Fall Assembly is always held in Syracuse.
- Upcoming anniversaries and flyers are posted.

## **June 1, 2019 - AIS Traffic**

- 895 visitors viewing 2619 pages
- 75% new and 25% returning visitors  
51% mobile and 49% desktop viewing devices

## **The top pages visited:**

- Meeting List
- Home Page
- Conventions
- About Al-Anon  
Newsletter
- **Geographical locations** - Rochester area, NY and 26 other states.

Together we can make it.

Mel & Pat

## **Volunteers:**

Office is covered from:

- Monday 2:00pm to 5:00pm
- Tuesday 12:30pm to 2:30pm
- Wednesday Noon to 2:00pm
- Wednesday 2:30pm to 4:30pm
- Thursday 9:00am to Noon
- Friday 4:00pm to 6:00pm



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**Alateen:** No chairperson

**Finance:** No chairperson

**Activities:** No chairperson- Debi said she will redo a report for our past Tureen Supper.

**Intergroup Rep:** Hello AIS, Happy June! In addition to attending the Spring Assembly on May 17-19, as alternate GR for Eastside AFG, I was honored to be able to represent Rochester AIS! Our Chair, Loran, wrote up a great report for us, which I presented during the assembly. Thanks Loran! A couple of takeaways from this year's Spring Assembly:

- "Let's Talk about Safety in Al-Anon Meetings!" Groups are being asked to incorporate this into their meetings. <https://al-anon.org/pdf/Safety-in-Al-Anonmeetings.pdf>
- Save the date! Fall Assembly is coming up soon...weekend of 9/20 -9/22.



Ellen V  
Spring 2019

The second time I came to Al Anon I hadn't been in very long and a woman asked me to speak on a panel at a conference. Wow, me? Someone thought that I might have something worthwhile to say? I was just figuring out that I was a worthy person. I said yes. I heard you are supposed to.

I had a month or two to think about what I was going to say so I wasn't worried. As the date grew closer I started to get more nervous. The big day came. I knew the other two speakers on the panel which was comforting. I was also happy to be the middle speaker, not first or last. Someone could "clean up" after me if needed.

I was supposed to talk for 20 minutes. I didn't plan ahead enough and only spoke for 10 minutes until I couldn't think of what more to say.

It was over! I did the best I could. But boy would I do it differently next time! I would prepare better, and jot down a few notes. Lo and behold my next opportunity came just a month later. I was approached by a moderator on a panel that one of his speakers couldn't make it and could I step up. After a brief shock I was excited to have a second chance at what I thought I messed up the last time.

This time I found a quiet place to gather my thoughts and write some notes. I had a friend look me in the eye and tell me "You got this, you're going to be fine". And it was!

After speaking I feel like I am understanding my story better and that I am starting to really understand that alcoholism is a baffling, cunning disease.

I am feeling more confident, stronger and happier these days. I am grateful to have had the opportunity to do service in Al Anon and grateful for how much it has helped me grow.



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*Zuips to lighten the spirit:*

I plan, HP laughs.

Our defects of character are the bars of a cage. Don't study the bars, get out of the cage.

My mind is like a dangerous place, I can't go there alone.

Let it go: If you don't like him or her, don't act like that person.

I am very grateful to all who helped pull this Newsletter together. Would you share briefly on an area of growth HP has gifted you with as a result of using the program? I would be glad to help you.

Speaking of help, I could use some. It would be very nice to have a backup editor. This would be an opportunity to develop or enhance your computer skills or at the very least learn as much as I know. Better yet you may teach me new tricks. I can be reached through email: [newsletter@aisrochester.org](mailto:newsletter@aisrochester.org)

Sheila