



Greater Rochester Area AIS Service Center

July/August 2019

Events

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

AIS Monthly Meeting 2019 10AM

Faith Lutheran Church

Upcoming Meetings

September 14

October 12

November 9

December 14

August 10 NO MEETING

August 12 Canandaigua 36th Anniversary

United Church of Canandaigua

Monday noon

August 30th-September 1st

Empire State Convention of Young People in

Alcoholics Anonymous

Rochester Riverside Hotel

120 E. Main Street

Rochester, NY 14604

Sept. 13-15

NYNAC New York North Alateen Conference

Casowasco Moravia, NY

Sept. 14

AIS Meeting 10am

Faith Lutheran Church

Sept. 20-22

NYN AFG Fall Assembly

Hosted by Districts 21 & 4

Comfort Inn & Suites, Syracuse, NY

Sign up on line for the newsletter at

<http://aisrochester.org>

DEADLINE FOR September Newsletter 9/15

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: 585-288-0540

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?
- Make new friends.
- Renew old friendships.

For further information call 585-288-0540



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Al-Anon Information Service of Greater Rochester NY Meeting Minutes – July 13th, 2019 10am Faith Lutheran Church 2576 Browncroft Blvd.

Opened the meeting with a moment of silence followed by the Serenity Prayer

Read: 12 Traditions-John B., 12 Concepts by service-Lisa, Warranties-Pat. H and Expanded Version of Concept 7-Loron.

Rollcall first names: Present: Carol C., John B, Lisa M, Mel Y, Pat H., Rebecca B., Rose B., Loron O., Deb G., Cecilia alternate ISR for Spiritual Awakening.

Reports:

Secretary: Minutes reviewed and approved by Mel, seconded by John B.

Chair, Loron O: Kathy KP and Cathleen B. will attend Al-Anon activities at Flower City AA convention March 2019. Kathleen H. is aware. Loron will continue personal outreach to meetings and Follow up with Kathleen H. Outreach chair about committee forming to support AIS outreach. Loron will attend AWSC (area world service committee) meeting August 13th.

Treasurer: John B: Report reviewed and approved Mel made motion, Rose Second. We are a bit behind in AIS donations compared with last year. Book Depot sales strong. Thanks to groups for donations.

Book Depot: Rebecca-We have more AFA (Al-Anon faces Alcoholism), we may order through the year. WSO has determined that publications Gay and Lesbian Welcome and If your parents drink too much are no

longer appropriate and should not be distributed. Please remove from your literature stock. FALL ASSEMBLY 9/20-9/22 in Syracuse. Flyers distributed and on websites.

Tureen Supper: Debbi. Note that in our reports the 2018 tureen supper was attached, not the 2019 report. This will be corrected. We have Ed and Beth who are working on 2020 event and they will be meeting soon with Debbi. We will use St. Anne's church for this event. Ed and Beth are not ISR's and do not attend AIS meetings, we will need to discuss communication with these folks. ACTION- at September meeting will discuss. Should they be considered Activities committee chairs? (Suggestion from Debbi).

Public Outreach: See report. We need for coverage for Robach Women's Health Fair at Greece Ridge Mall Saturday, 10/5/19 from 9-1pm. Empire State Convention for young people in Alcoholics Anonymous will be in Rochester Labor Day weekend. Theresa from this group has asked for an Alateen panel. Loron and Diane have talked with Theresa. We cannot supply panel but can have literature table. ACTION-Loron to confirm with Theresa and reach out to volunteers-resolution Theresa will not need our assistance with presenters, she has found speakers and invites us to come to the convention. Loron will contact Theresa about literature table. Please sign up for State Fair. Sign up through New York North or from AIS website. See new business for discussion of outreach support committee.



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Newsletter: Deadline for July is 7/15. Rose is taking items to be included in the newsletter suggested from this meeting and will send to Shelia. August newsletter items are due 8/15.

Finance and Activities-no chairpersons

Intergroup rep: no report, AND group encourages Lisa M. to consider this position. Lisa has done a great job with reports to the conventions and representing AIS. She will talk to Pat. H about the position as well as description in by-laws and let us know. Thank you, Lisa, for this and taking meeting notes!

Web Committee: See report-please direct your groups to the website for "Let's talk about Safety in Al-Anon Meetings". Group agrees that the website for AIS has up to date information about regional activities and WSO updates.

Volunteers: staffed Monday-Friday, can use more help here. Group asked about Saturday/Sunday coverage, this could be done on Saturdays, Sundays building is closed. Encouraged folks to volunteer for after work hours, Rebecca is there Friday early evenings.

Alateen: no chair-Diane M. thanks their sponsor group, Simple Beginnings for opening a bank account. Contributions for New York North Alateen conference will be deposited to this account. This group will distribute NYNAC fundraising letter to our contacts. Carol and Diane went to a Monroe county Meeting that discussed services for teens. They learned a lot AND still agree that getting teens to meetings is the barrier to getting teens programs. Carol will be attending a meeting discussing social media and Al-Anon/Alateen on 7/15 and will report to the group.

Unfinished Business: Safety in Al-Anon meetings is being reviewed at the group level. Please send or bring back to AIS information about safety plans and for September meeting.

New Business:

Outreach Support: We agree a committee for outreach is best to spread the word and avoid burnout of volunteers. Kathleen-outreach chair agrees this is needed. Carol, Rose, Rebecca and Loron will meet with Kathleen before September meeting. Goals for the group would be present and future outreach. Suggest contacting Brian, last outreach chair to review his work. (Who will do this?) Rose noted at one time we had a person for firehouses, libraries, and rehab center outreach. Can groups each have an outreach project? ACTION: Loron to email group to set up times to meet. Current outreach includes- Carol to Pretrial Services, Kathleen to Westfall. Rose to Jennifer house.

E-mail accounts for groups-Lisa explained a group e-mail could serve as contact for a group, and the person attached to this email group i.e. serenity on Saturday @ yahoo or Gmail could be changes w/o changing email address. ACTION: Lisa will set up a test account.

Contacts for officers and speakers to be posted in AIS office. Rebecca's item. This would be resource for people trying to contact others involved with AIS and speakers if needed. Agreed that these members would have to agree to have this information posted in a secure place. ACTION: Members will check off if willing to have contacts posted at AIS. By checking their name off on today's sign in, today's members agree contact. ACTION-September agenda item. Meeting Closed with Serenity prayer and Al-Anon declaration **Next meeting September 14th.** Faith Lutheran Church 10am. Respectfully submitted, Loron O.



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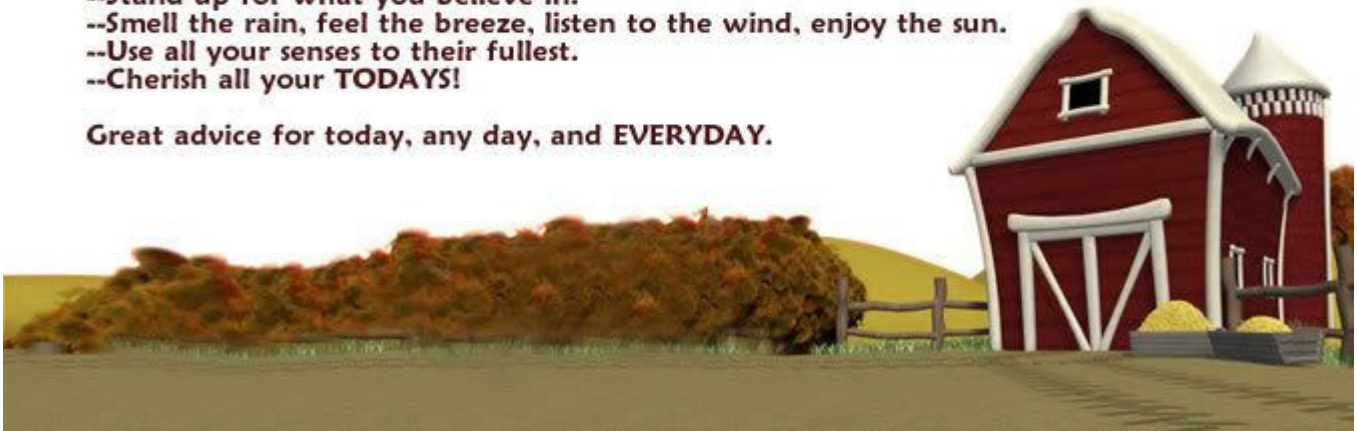
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Reports were recorded in the minutes and appear here as well as on our website.

Just For Today...

- Smile at a stranger.
- Listen to someone's heart.
- Drop a coin where a child can find it.
- Learn something new, then teach it to someone else.
- Tell someone you're thinking of them.
- Hug a loved one.
- Don't hold a grudge.
- Don't be afraid to say "I'm sorry."
- Look a child in the eye and tell them how great they are.
- Don't kill that spider in your house, he's just lost, so show him the way out.
- Look beyond the face of a person into their heart.
- Make a promise, and keep it.
- Call someone, for no other reason than to just say "Hi."
- Show kindness to an animal.
- Stand up for what you believe in.
- Smell the rain, feel the breeze, listen to the wind, enjoy the sun.
- Use all your senses to their fullest.
- Cherish all your **TODAYS!**

Great advice for today, any day, and EVERYDAY.



If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.

Theodore Roosevelt



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NY State Fair - Wednesday, August 21 - Monday, September 2, 2019

NYN has been accepted as an exhibitor for the New York State Fair 2019. This is a great public outreach project for NYN. The Fair runs for 12 days, from August 21st through September 2nd. Approximately, 1,000,000 people attend the Fair each year.

This is an opportunity to reach out to those still suffering in silence with the family disease of alcoholism. Think of how many people will we be able to touch through talking about Al-Anon/Alateen and the affects of living with alcoholism? What better way can we reach out and have some fun at the same time!

We will have literature and schedules available to hand out.

- Fair will run 12 days, August 21nd through September 2rd.
- Booth will be manned from 10:00 AM – 10:00 PM.
- There will be 4 shifts per day, 10:00-1:00, 1:00-4:00, 4:00-7:00 and 7:00-10:00.
- There will be 2 people working per shift.
- We will be located in Science and Industry Building.
- NYN will provide an entrance ticket to the Fair for all volunteers.
- If you would like to volunteer please click on link for SignUp.com and pick your day and time.
- Fill out name, address and phone number
- We will need people to volunteer to sub, sometimes at the last minute. If you can do this please email ipd@nynafg.com your name and phone number. You will be reimbursed if you need to buy a ticket.
- [2019 Centro Park and Ride Information](#) - note drop off locations have changed



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I am grateful to each of you as I prepare this Newsletter. I am glad to see July end and August begin. Mike had three stents installed in July. Modern medicine—I drove him to the hospital at 6:30am and was escorted to his room at 11:30am where he was eating his lunch. Mission accomplished. Meanwhile, earlier in the month, I fell and cracked my knee (ouch). It is getting better. So much for getting on my knees. Additionally, I had scheduled 2 weeks at Chautauqua. It was a successful vacation. Thank you for your support.

I have spoken to someone who is interested in editing the Newsletter at the end of my term. YAHOO.

Sheila



**Always remember that you
are absolutely unique. Just
like everyone else.**

Margaret Mead

