

Greater Rochester Area AIS Service Center September 2019

Events

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

AIS Monthly Meeting 2019 10AM

Faith Lutheran Church
2576 Browncroft Blvd, Rochester, NY
Upcoming Meetings
October 12
November 9
December 14

Sept. 28

**District 2 Day of Sharing
Chili First Presbyterian Day of Sharing
3600 Chili Ave.**

Oct. 3

**Stepping into Recovery 4th Anniversary
St. Anne's church
1600 Mt. Hope Ave.**

Oct. 5

**12th Annual Women's Wellness Fair
9am-1pm
Greece Ridge Center**

Oct. 12

AIS Meeting 10:00am

Oct 12

**District 25 Day of Sharing
Fairport United Methodist Church
31 W. Church St.**

Oct. 15

**Homeless Connect
8:30am-3 pm Blue Cross Arena**

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

Newsletter Deadline: Oct 15

My goal is not to be better than anyone else but to be better than I used to be.

■ Dr. Wayne W. Dyer

Office Hours:

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

Please call first: 585-288-054

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

Al-Anon Information Service of Greater Rochester NY Meeting Minutes – September 14, 2019 10AM—12PM

Present: Loron O; Lisa M; Russell M; Mel Y; Mike H; Rebecca B; Pat H; Sheila S.; Mike W.; Dennis; Debbi G; Kathleen H; John B; Jen. Loron opened the meeting with the Serenity Prayer.

Mike read the 12 Traditions; Rebecca read the 12 Concepts; Debbi read the Warranties; Loron read the Expanded Version of Concept 9.

Loron asked for feedback on how these meetings flow. She also asked the members who is not receiving the Newsletter by email. The email list may need to be updated. Minutes from July 13 were approved.

Reports:

Chair: From the WSO (World Service Office) yearly gathering, WSO asks Al-Anon not to add addiction help to our outreach literature. At last month's AWSC meeting for NY North, we discussed at length that Al-Anon programs focus is on alcoholism and its affects. If someone benefits from our program, whose loved ones have another addiction, who are we to judge or turn away folks who are getting help? Focus is on alcohol. Pat thanked Loron for this extra work. Thanks to all who have worked diligently on the Alateen guidelines. Mike W. urged the group to all review the Alateen guidelines, and to make sure

questions about these are answered to protect our young people. He noted that they had been tabled at the Spring assembly to get answers to groups questions. Mike H asked why the guidelines aren't made nationally by WSO. Mel noted that the process of qualifying AMIAS's needed to be vetted by a professional, and that NYN didn't follow through. Pat stressed the importance of attending the assembly in order to be fully informed about Alateen. The Alateen guidelines have been reviewed and ok'd by WSO and family law attorneys and suggestions by members are being added. Sheila will put the link to the guidelines document in the upcoming newsletter, even if it comes out after the assembly, so that all can read it. Loron asked that all read entire document to appreciate the focus on the young people.

ALATEEN GUIDELINES 2019 -rev 8/11/2019

> http://nynafg.com/pdf/2019/Final_Alateen_Guidelines-081119.pdf <http://nynafg.com/pdf/2019/Final_Alateen_Guidelines-081119.pdf>

Open/Closed Meetings: the new designations of "Families, Friends and Observers Welcome"/"Families and Friends Only" was discussed. Russell M noted that the difference had not been mentioned in the Penfield Chapel AFG for the three years he has attended it. Kathleen described a situation where a professional (nursing student) who wished to visit a meeting was not able to do so because it was "closed". This can affect our outreach. Mel noted that even if a group is closed, there can be a quick group conscience if a visitor unexpectedly comes.

ACTION ITEM: add the new designations to

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the meeting list, so that it is clear to potential visitors which meetings may be a problem to attend.

Treasurer's Report: received and approved (Mel/Mike seconded)

John noted that we are selling more literature at meetings than in the past. He proposed looking into CDs for better interest for our savings account. John asked Russell to join him and Mel on Thursday of the coming week to review the budget proposal for 2020.

Book Depot: Rebecca noted that there has been a greater interest in literature in Spanish. She requested funds to purchase an easel to display the poster that Brian made, at outreach events. This was approved by the group (exact amount not specified) Rebecca also noted that the condensed version of the Al-Anon Service Manual, called "Groups at Work", had some copies that had been defectively printed. All thanked Rebecca for her diligent service! We are now keeping track of literature used for outreach, this expense will be reflected in budget review.

Public Outreach: Kathleen noted that at the Park Ridge Recovery Fair the previous day (9/13), her husband and our AIS team had a great day-good questions and literature was distributed. Upcoming events include the **Health Fair at the Greece Ridge Mall on Oct. 5th** and the **Rochester Homeless Connect-event at the Blue Cross Arena on Oct. 15th**. Mel will put these on the Public Outreach page of the AIS website. Kathleen noted that Rose continues her outreach at Jennifer House. Kathleen and her husband speak at Westfall every 4-6 weeks. Pre-trial outreach is done on Friday evenings and Carol has covered, Loron will help if needed. FLACRA has not contacted us for outreach. Report from Outreach Discussion 8/26/19 Kathleen, Rebecca, Loron and Rose

Rose proposed "Outreach Outposts" to get volunteer support for outreach events and use the groups wisdom to fill outreach needs small or large. It was noted that there are many members in both programs ("double winners") at our meetings, which can help with attraction to our program. Lisa M asked who we're looking to for outreach help? Can we use the newsletters and website to ask for help? This has been done in the past, will keep posting. The group also will meet with GR's to brainstorm "outpost" opportunities. Russell suggested that all ISRs mention this need in reports to home groups. Dennis noted that it's an age-old problem of not enough volunteers for service. Mel asked that someone send him electronic items about outreach to put on the website. Pat offered to meet with Kathleen after this meeting about specific outreach events to post.

Kathleen also mentioned the idea of asking the volunteers in the AIS office, to assist in the distribution of materials to local health professionals. Rebecca and Kathleen would make up this list. Pat noted that WSO has form letters available for contacting health professionals about Al-Anon. Mel felt that this will need to be a separate budget line for next year, for the postage needed.

Finally, the Flower City Fellowship Conference was mentioned as a need for collaboration (AA with Al-Anon participation)

ACTION ITEM: Rebecca and Kathleen will "dummy up" a list of professionals, and estimate the cost of postage.

Newsletter: Sheila reminded the group that the deadline for submission of materials is Sept. 15th (tomorrow!). It's ready to proof now, Mel and Pat will do that. Sheila has not gotten feedback about people having trouble receiving the newsletter.

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Unfinished Business items:

1. Tureen Supper: Beth has offered to co-chair the Tureen supper with Ed, Debi to meet with them for smooth handoff and how to report to AIS.
2. Addressed (review of Alateen guidelines)
3. Lisa M. set up an email acct for the Eastside AFG for which she is ISR-thank you!
4. Contact info for officers, to be kept in the office—Loron sent the sheet around for corrections
5. Outreach committee-Rose, Kathleen, Rebecca—addressed above.

New Business:

Review of election countdown for AIS officers for 2020; Nominations at Oct. 12th meeting, voting at Nov. meeting.

These are the volunteer open positions (9) to be filled:

- Chair
- Vice-Chair
- Secretary
- Intergroup Rep
- Outreach
- Book Depot
- Finance
- Activities
- Alateen
- Volunteer Coordinator

Notices in "Post" local newspapers: Mel noted that his Webster AFG by group conscience approved advertising their meeting in the Webster Post paper. There was discussion about how to maintain safety and anonymity

in advertising meetings, including time and place. It was noted that each family group has the autonomy to decide for themselves.

Jennifer suggested that a "public service announcement" for the Post, directing interested readers to the AIS website and our meeting list, would be a way to safely disseminate information.

No action item on this yet, the group was asked to think about this.

Mel reported a request from Samaritan House -(shelter that offers services for homeless) to start an Al-Anon meeting there. The request had come from a staff member there who didn't seem to know that our meetings are weekly, rather than once a month. Kathleen suggested that perhaps what was needed first was an outreach presentation at Samaritan House. The group agreed. Mel will ask the contact person from S. H. for more information about their expectations. John suggested that interested persons at SH go to an established Al-Anon meeting. Kathleen offered to help with this.

Meeting adjourned at 11:45AM; Loron read the Al-Anon Closing and thanked everyone for their service.

Next Meeting Saturday October 12th, 10-11:30 am. Nominations for officers will be on agenda, as well as outreach efforts.

Respectfully submitted
Russell M and Loron O.

The minutes published here are the minutes that will be reviewed and voted on at the next meeting. Once the minutes are reviewed, the additions and corrections will appear in October's Newsletter. Thus, you will have information as soon as possible.

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From the AIS Chairperson-Loron O. Sept 2019
What I learned from our Al-Anon program this month.

The State Fair is a lot of fun. People want to hear about Al-Anon and its connection to AA. And one may take the train to the Fair! Hugs from folks all over the state are healing! And the butter sculpture is a work of art!

I came to a meeting as it ended, in need of support but not able to approach anyone, not sure why, but I was determined to practice our program. I picked up the flyers "How can I help my Children", "To the Parents of Alcoholics" and "Sponsorship-what's it all about". Sitting in a quiet spot, absorbing these short, wise pamphlets, gave me what I needed to become calm in the face of crisis. Thanks for CAL literature and Park Ave Saturday meeting!

At the Empire State Conference for Young People in AA- The Al-Anon speaker was inspiring, and the young people reminded me that recovery is occurring around us continually, quietly and noisily. Please join me in service of Al-Anon Rochester. We are presently looking for monthly help for a few hours as secretary, and outreach help. Find more opportunities through the newsletter and website. Thank You! Loron O.

Thoughts from Ann O'nymity:

Starting tomorrow, whatever life throws at me I'm ducking so it hits someone else.

"I have decided that I no longer want to be an adult... If anyone needs me, I'll be in my blanket fort, coloring."

Every day may not be good but there is something good in everyday