



Greater Rochester Area AIS Service Center OCTOBER 2020

EVENTS

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

AIS Monthly Meetings 2020, 10:00 a.m.

Zoom Meeting

Upcoming Meetings:

November 14: 10-10:30 - Regular Meeting
10:30 - Group Inventory for ISR's
December 12

Electronic Meeting Report

We are still zooming! As time goes on, I keep learning more about how Al-Anon works. Group conscience is the way things are decided. It's great to have a voice! The WSO website has many tools to share what has to be decided for the program of Al-Anon. I go to the service manual and the guidelines for answers to my many program-related questions. Both can be found for free on the WSO website, <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/>. Guideline G-39 is for Electronic meetings. I refer to this often so I know I am keeping within the principles of our program. I'm grateful for electronic meetings and the ability to keep connection with fellow members!

OUTREACH – Carrying our Message

This month, the westside news has information about Al-Anon in their community calendar; this will appear two times a month. If members have contact with eastside community newspapers, please contact the outreach committee.

Outreach materials are available to professionals and can be delivered. AFA, Al-Anon Faces Alcoholism, is a great publication we can distribute. Halfway houses and recovery centers have not opened for in-person Al-Anon outreach. These groups will contact us when ready. Food banks will receive inserts about our program to distribute with food baskets.

Questions about outreach? Do you have a group who would like a zoom speaker about outreach? Please call the AIS office or 485-0396.

The Book Depot is Still Available Now!

Many of our groups have not been able to return to our physical locations, and thus access to each group's supply of literature. Also, during this COVID period many of our volunteers are unable to come to the AIS office. Still, CAL is available and in most cases is easily delivered to you, with no unnecessary physical contact required. Please contact Rebecca at (585)472-6393. Leave a message or text regarding your needs. In addition, you can email me at bookdepot@aisrochester.org. If you need to come to the AIS office to examine our CAL supply, I will meet you there. We cannot take credit cards for literature at this time, but you can use an old-fashioned check, sent to the office after delivery if you wish.

Remember, our AIS Rochester Website is a fountain of information, including the 2020 WSO Literature Catalog, located at the bottom of the home page. We have so much valuable literature, and now is a good time to read a new book or dive into a new workbook.



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AIS Service Opportunities

We continue to meet via Zoom, and NEED the talents of our members. We will orient you to the work, and look forward to new ideas on how to support Al-Anon groups in Rochester. This slate of candidates will be voted on in November to start terms in January of 2021.

OPEN POSITIONS AS OF 10/16/2020:

Vice Chair – Pat H., candidate

Secretary – Loron O., candidate for remainder of term

Treasurer – Diane S.

Activities – Dennis C. and Debi G. willing to co-chair

Web Tech – has someone who is interested

Website Committee – no candidate

Intergroup Rep – no candidate

Finance Committee – needs members

Alateen Chair – no candidate

Please see the bylaws for descriptions of these opportunities. Thanks to all who work and serve AIS Rochester and thanks to our outgoing volunteers. Additionally, does anyone have or know folks that have proofreading skills, computer skills to critique websites, or an ability to read and evaluate spreadsheets? The present AIS board members will help all new volunteers.

The CAL “when I got busy, I got better” is a great book discussing the fears, growth and rewards of service. You will meet friendly and helpful program

members and learn more about Al-Anon and about yourself.

AIS Group Inventory

Hi Everyone,

Officers and Coordinators of Rochester AIS met via zoom on Wednesday, October 14th, 2020 to do a group inventory using the guideline G-8a. Some of the topics included:

- Rotation of service.
- Creating a more welcoming environment.
- Welcoming new people to service by creating a welcome statement in our opening
- Sticking to the agenda.
- Meeting etiquette: raising one’s hand to speak, not interrupting the current speaker
- Practicing the behaviors at the meeting we seek to foster, and signaling when there is behavior we do not support.

On November 14th, our next AIS business meeting, via zoom, will go for a half an hour, 10 am - 10:30 am. At 10:30 am we will be having a group inventory, using the guideline G-8a, for all ISR’s, (Information Service Reps). Zoom meeting ID and passcode is listed on our homepage, aisrochester.org

Our goal is to share in what is working and to work at what needs changing.

Together We Can Make It,
Pat H., Web Committee Chair



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mobile Al-Anon App is launched in 3 languages. It is still in the development stage and the more people who use it and the more meetings scheduled the better it will function. It does not replace the WSO website. The app is available for android and apple devices.

- The 2020 World Service Conference Summary is available on line for download for free at <https://al-anon.org/pdf/P46-2020-web.pdf> or purchase \$5.00 per copy.

- Hope for Today is now available in eBook format in English, French, and Spanish.

- For a complete report of all Officers and Coordinators, please visit nynafg.com, click on NYN NewsFlash/Meeting Information and click on Coordinator and Officers Reports.

Together We Can Make It,

Pat H., Rochester AIS Website Committee Chair

Web Committee Update

We continue to update meeting information on our website.

September 2020 – AIS Traffic

- 3912 visitors viewing 16,477 pages
- 66% new and 34% returning visitors
- 45% mobile and 55% desktop viewing devices

The top 5 pages visited:

- Home Page
- Meeting List
- Newcomer
- Contact
- Literature

NYN Fall Assembly 9/26/2020 Report

- Our Fall Assembly was held virtually with the help of Ellen V. and her tech team. Ellen V. was voted in as our NYN Electronic Meeting Coordinator for the rest of 2020.
- Other Officers and Coordinators voted in from our Rochester area with three year terms beginning January 2020 are: Carol C., District 14 - Chairperson Cathleen B., district 19 - Literature coordinator John O., District 2 - Treasurer - (a reminder that the P.O. Box for donations going to NYN will be changing in January. Info will be in Northern Hi Lights.) Beth S., District 19 - Newsletter editor Ellen V., District 19 - Web Coordinator. Congratulations to all!
- NYN voted not to continue to participate in the New York State Fair due to the extended number of days and the lack of participation.
- NYN voted to donate \$5,000 to WSO.
- Our Delegate, Molly, reported that the AFG



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