



# Greater Rochester Area AIS Service Center

## NOVEMBER 2022

### EVENTS

#### **AIS Monthly Meetings 2022, 10:00 a.m.**

#### **Upcoming Meetings:**

December 10

Meetings are hybrid and are held at the AIS Office,  
2480 Browncroft Blvd.

Electronic Sign-in on website

Link to AIS Rochester meeting minutes:

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

Link to upcoming Anniversary meetings:

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

#### **Chairperson's Report**

Hi everyone,

At our last AIS meeting we voted in a new slate of coordinators, they will begin their service positions in January 2023.

Please help me welcome:

- Cathleen B., Activities Coordinator
- Dennis C., Outreach Coordinator
- Ellen V., Web Committee Chair
- Leah, Web Tech Coordinator
- Maureen L., Alateen - reelected for another term.

The following positions are still open:

- AIS Vice Chair
- Newsletter Editor

Thank you all for your service and wishing you and your families a Happy Thanksgiving.

Pat H., AIS Rochester Chair

#### **Book Depot Update**

Hello Al-Anon family and happy fall!

I am excited to share some new updates from the book depot that the WSO recently announced! In 2021 the WSO approved new introductions for the "One Day at a Time in Al-Anon" daily reader and "The Dilemma of the Alcoholic Marriage" book. The new introductions will be found in the latest printings and available for purchase. The purpose of this change is to help readers understand the books from the historical perspective from which the books were written. To view the new introductions go to:

<http://al-anon.org/memberresources> and look under literature.

A new daily reader is coming out next summer!! Al-Anon's next daily reader, A Little Time for Myself—A Collection of Al-Anon Personal Experiences (B-34), will be debuted around June 29-July 2, 2023! Just as our earlier daily readers reflected

the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today. Stay tuned for more details next spring.

#### **Living in the Solution Meeting**

The Wednesday 6 pm meeting for Living in the Solution will not have a meeting on Wednesday, November 23rd.

#### **The Appeal of In-person Meetings for This Member**

"Al-Anon is a simple program that is hard to work". In May 2020, I worked with members to learn the Zoom platform so we could continue to meet. This knowledge allows me/us to see the worldwide program of Al-Anon in action, from South Africa to Australia! Our shut-ins and locked-down members benefited.

As time has passed, the Zoom platform allowed me to hide, withdraw, observe, and be less focused on my recovery as I listened while doing housework.

My default setting, despite my years of program, is to withdraw in the face of pain, others' anger and my own discomfort with feelings. I push my feelings away and do not focus on the "what do I want". The "works hard" part of my program nudges me to something more challenging. Getting in the car to go to a face-to-face meeting! This is a more vulnerable platform for me. Not just because I must get dressed and comb my hair. My long-time friends in program know when I am uncomfortable and will reach out. I can see others' pain/concern/joys and that fills the air of the physical space and spurs me to work my program. The hugs, trading phone numbers and lunch dates, what blessings! And to our newcomers that show up in person, we can offer 1:1 support and feedback.

Our home group conscience decided to do one face to face/hybrid monthly and the rest zoom. This has been a great compromise and allowed us to look at service that benefits the whole group. I encourage you to share your experiences in navigating the "new world" of Al-Anon meetings and share with Rochester AIS.

Loron O, AIS secretary

#### **Meeting Bullet Points**

- The Flower City Fellowship Conference will be held on March 3-5, 2023. Also, there will be a calendar fundraiser through FCFC. See AIS website for links for more information.
- Dual program members of Al-Anon and AA may now serve as Secretary and Treasurer of AIS Rochester.
- Please let AIS Rochester know if you have changes to your meeting schedule due to holidays. This will insure the most accurate information on our website.
- All groups should check the WSO website to assure this information is accurate.

**\*See Next Page for 2023 Budget Information**



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**WSO ROAD TRIP! OCT 29, 2022**  
**Prepared. Punctual. Professional**

I heard a speaker say - that one of the ways she recovered was to “get in the middle of Al-Anon”. I started to picture in my head what that would look like for me. For my personal recovery I envisioned meetings, talking to my sponsor, fellowship phone calls and reading CAL.

Two days later I found myself at the WSO Road Trip! YOU and YOUR Board Connect. It was an eight hour Board of Trustees meeting in Cleveland Ohio, Saturday Oct 29th, 2022. The day was filled with a fellowship icebreaker, interactive workshops, committee report presentations, Q&A’s and my favorite, personal sharings. I was truly in the middle of the “How It Works” of Al-Anon.

I learned about the 4 areas of leadership in Al-Anon - Board of Trustees, Executive Committee, WSO Staff, and Delegates/Fellowship. As the duties and obligations of each section are clear, there are many reviews and approvals that cross over between the areas. Someone said we are in a circle, not on a ladder. I felt this to be true. I felt the strong and consistent presence of many spiritual principles including: mutual respect, balance, courtesy, kindness, accountability, responsibility, equality, abundant thinking, honesty, trust and unanimity.

I learned that the Trustees operate with 7 - 21 members. 19 spots are trustees at large, sustaining trustees and regional trustees and can be filled by current members. 2 spots are considered lifetime for Lois and Ann (our founders). I felt the presence of Lois and Ann throughout the day. I saw the trustees working hard to be the voice of the members always using care and consideration. I heard that Trustees are just people who hide their wings...

We talked about the difference between a work group, a thought force, and a task force. A work group is a unit of people to meet an ongoing need, and can be permanent. A thought force is temporary, it is the thinkers, they brainstorm ideas. They lay the foundation for the task force, their task is not to provide answers or solutions. A task force is a temporary unit, and they are the doers. Their objective is to complete a task, to present it to the originating body to move forward.

I learned that the answers to most Al-Anon questions have already been addressed and can be found in our policies, guidelines, service manual, steps, traditions, concepts, CAL or on the website. I just need to look for them. For me, I learn by listening and doing, which is what happened at the road trip.

At the end of the day - I felt more “a part of Al-Anon” than ever. The experience showed me that you are never alone in service and that service is God centered. The welcoming, loving compassion that was in the room was infectious and I hope to carry that back to my fellow Al-Anon members.

Respectfully submitted, Ellen V

**AIS proposed Budget for 2023**

Please look over the proposed budget for AIS for 2023. If you have any feedback, please contact AIS. The budget will be voted on at our next meeting on December 10, 2022.

Income	Budget
Book Depot	10,850.00
Donations	\$ 7,650.00
Fundraisers	\$ 1,000.00
<b>Total Income</b>	<b>19,500.00</b>
<b>Expense</b>	
Chairperson/Inter Group Rep	\$ 300.00
<b>AIS Office</b>	
Insurance	\$ 550.00
Phone	\$ 800.00
Office and meeting room rent	\$ 4,400.00
Supplies & Postage	\$ 500.00
Website	\$ 1,700.00
Fundraising costs (Zoom,Tureen Supper??)	\$ 500.00
Alateen	\$ 200.00
WSO	\$ 250.00
Book Depot	\$ 10,000.00
Public Information /Outreach	\$ 300.00
<b>Total Expenses</b>	<b>\$ 19,500.00</b>