



## Greater Rochester Area AIS Service Center NOVEMBER 2020

### EVENTS

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

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

Zoom Meeting

#### **Upcoming Meetings:**

December 12

### **Welcome New Officers/Committee Members and a Big Thank you to Outgoing Volunteers!**

Pat H. - Vice Chair

Diane S. - Treasurer

Dennis C and Debi B. - Activities

Karen R. - Newsletter

Sue C. - Web Committee

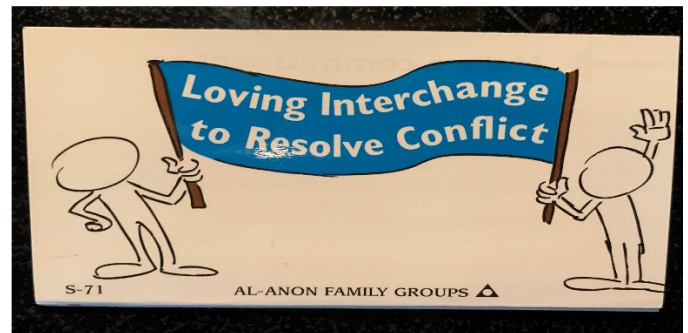
Beth S. - Alateen

Loron O. - Interim Secretary until 12/2021

Thank you to outgoing treasurer John B., and Web Committee Pat H., Loron O. - Vice Chair. All these positions help our personal Al-Anon Journey and give AIS the gift of our time and talent. Thanks All and welcome to our new Volunteers. Rotation of leadership helps us grow!

What will these folks be doing? Check the website for bylaws and job descriptions. We all report our activities monthly at the AIS online meeting, come check us out. The Al-Anon Service Manual is a great resource and available to all new volunteers. Some

new officers will have an AIS Rochester email and new ISR's will be added to meeting lists. Agendas will be sent out monthly. The outgoing person will spend time with the new volunteer to learn how meetings work, how to contact and answer questions about the work of the position. It is our goal to listen to all, be available, share opinions safely and to avoid dominating meetings.



### **Conflict Resolution**

Conflict gives me stomach aches and chest pain. I do not speak up about the feelings that lead to these symptoms.

In October, members asked AIS Rochester to look at program guidelines. We had a challenging meeting in September. We were asked to improve, and this yielded two group inventories. We know we will benefit from this through better programs personally and be better in sharing our program through attraction. Two of the guidelines are below:

Concept 3 state that the right of decision makes effective leadership possible.

In "Service Through the Concepts, Al-Anon's Best-Kept Secret," page 57, it says, "Being allowed to make appropriate decisions; to act freely without being hassled or second-guessed, gives dignity to the person who is doing the job. Giving that freedom, bestowing



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that confidence, is a measure of maturity on the part of the other people involved.”

“In Al-Anon there is no such thing as individual authority. All group decisions are arrived at through majority agreement. Our leaders are those who are willing to be servants; those who devote their time, work, and love to the fellowship. They have dedicated themselves to serving, not directing or controlling.”  
(from Al-Anon’s Twelve Steps & Twelve Traditions).

We have a group at AIS who cares a lot, so passions can lead to conflict. What tools does the program have?

We can look in our daily readers for conflict readings and look at the Al-Anon Manual sections on group inventory, group problems and solutions. Also, “The Conflict Resolution Wallet Card”, “Conflict Resolution Using our 12 Traditions”, and “Talk to Each Other - Resolving Conflict” are available at AIS Rochester (S-71, S-72, S-73).

This writer was proud to be part of a group that asked difficult questions and was able to complete the inventory with fresh ideas and enthusiasm for our program and the strength and hope it gives us.

See the minutes of “group inventory” November 14<sup>th</sup> 2020 for specific comments and plans. The links to the minutes of the meeting and the group inventory are provided below:

<http://aisrochester.org/pdf/11142020iinventory.pdf>.  
<http://aisrochester.org/pdf/11142020minutes.pdf>.

Other reports from our Officers:

<http://aisrochester.org/treasurer.html>.  
<http://aisrochester.org/public-outreach.html>.

Loron O., Secretary

### **Al-Anon of Greater Rochester Meeting List**

Our meeting list has been updated. It is printable and is attached to this Newsletter, and may be accessed at

<http://aisrochester.org/pdf/meetinglist-zoom.pdf>.

All meetings are listed on the website for each day of the week, with Zoom links, face-to-face meetings, and if not currently meeting. There’s

also a spreadsheet of the meetings on our website:

[https://docs.google.com/spreadsheets/d/1T2Tq037\\_kjGUFW-rMZEMwafgxy-DbuWcZ8xEYQJ5As/edit#gid=0](https://docs.google.com/spreadsheets/d/1T2Tq037_kjGUFW-rMZEMwafgxy-DbuWcZ8xEYQJ5As/edit#gid=0)

### **The Fundraiser Calendar is here!**

The Fundraiser Calendar is beautiful, and is still available on our website at

<http://www.aisrochester.org/calendar.html>.

It would make a great holiday gift, or a wonderful inspirational reminder for yourself. Many thanks to Ellen V. and all the talented local artists for their work on this!

### **From the Book Depot**

Lois Remembers is one of my favorite Al-Anon books. (But I am not honestly sure I could rate them!)

Published in 1979, Lois tells us this book was 3 years in the making. Therefore, she was 85 years old when she started this project. She admits it is not as polished a work as it could have been, had she used a professional writer. But she wanted to share a direct, honest recounting of her experience in her own words, which is the way it is done in Al-Anon and AA. This book reflects “experience, strength, and hope” in such a powerful, wonderful way, and the detailed development of AA, and 17 years later, Al-Anon, is really fascinating. Yet underlying the historical pieces is a love story of two



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human beings whose commitment to, and support of, each other was central to the foundation of our programs. Lois writes, "The big lesson I have learned is that we cannot change another human being---only ourselves. By living our own lives to the best of our ability, by loving deeply and not trying to mold another to our wishes, we can help not only ourselves but that other also."

If you have not yet read this book, do so. It will enrich your program in unexpected ways.

And if you wonder how to access our books and other literature during these challenging times, please call me directly at (585-472-6393) and leave a voice message or text. If you are comfortable using a computer or smart phone, go to [aisrochester.org](http://aisrochester.org). Our website is excellent and has the WSO catalog on it, so you can browse all the literature we have available. You can also send me an email at [bookdepot@aisrochester.org](mailto:bookdepot@aisrochester.org). I am happy to do contactless delivery in the Rochester area, if you can send a check to AIS for payment. We cannot presently take credit cards for literature. It is a good time for many of us to take this opportunity to read or delve into a workbook!

Happy to serve,

Rebecca B.

# 2020 Meeting List November

## AL-ANON FAMILY GROUP OF GREATER ROCHESTER AREA

### DISTRICTS 2, 14, 19, 20, 25, 27, & 29

Al-Anon is a fellowship of friends and relatives of alcoholics, who realize that by banding together they can solve their common problems.

Membership in Al-Anon is anonymous, there are no dues or fees.

For more information write:

**AIS Office: 2480 Browncroft Blvd., Suite 140**  
**Rochester, NY 14625**

**<http://www.aisrochester.org>**

**585-288-0540**

**For meeting status please visit the website.**

## SUNDAY

**Morning Breakfast Group D-29** 8:30AM  
**Audio Only 9789905000 access code 495131**  
 Council on Alcoholism Building  
 620 West Washington St Geneva

**Clifton Springs D29** 9:30AM  
**NOT MEETING AT THIS TIME**  
 Clifton Springs Hospital\*  
 East Main St. Clifton Springs

**Spiritual Awakening D19** 11:00AM  
**ZOOM Meeting ID: 6145077862 / PC: 121212**  
 Blessed Sacrament School 2nd Floor  
 Oxford & Monroe Avenue Rochester

**Newark AFG D25** 7:00pm  
**ZOOM Meeting ID: 546286009 / PC: 364875**  
 Park Presbyterian Church  
 110 Maple Court Newark

**Came to Believe AFG D2** 7:30 PM  
**ZOOM Meeting ID: 84573817607 / PC: 023305**  
 St Pius Xth School - Teacher's Lounge\*  
 3000 Chili Ave Chili

**Hamlin Sunday Niters D2** 7:30PM  
**Face to Face Meeting**  
 United Methodist Church  
 1742 Lake Ave Hamlin Hamlin

**Victor Parents D29** 7:30PM  
**ZOOM Meeting ID: 880-1419-9011**  
 Presbyterian Church\*  
 70 Main Street Victor

## MONDAY

**Canandaigua AFG D29** NOON  
**ZOOM Meeting ID: 871 642 2878 / PC: 12**  
 United Church of Christ  
 11 Gibson Street Canandaigua

**Monday Sunshine AFG D25** 1:00PM  
**NOT MEETING AT THIS TIME**  
 1ST Baptist Church  
 119 W. Elm Street East Rochester

**Geneseo AFG D20** 5:45PM  
**ZOOM Meeting ID: 958096373 / PC: 861940**  
 Livingston Cty Council on Alcohol & Substance Abuse  
 4612 Millennium Dr Geneseo

**Brighton D19** 7:00PM  
**NOT MEETING AT THIS TIME**  
 Plymouth Spiritual CH - Back Entrance  
 29 Vick Park A Rochester

## MONDAY

**Greece D2** 7:30PM  
**ZOOM Meeting ID: 897147744 / PC: In Link**  
 Aldersgate United Methodist Church \*  
 4115 Dewey Ave. Greece

**St. Louis D14** 8:00PM  
**ZOOM Meeting ID: 173059069 / PC: 843771**  
**Audio call in number 646-558-8656 PC: 843771**  
 St Paul's Lutheran Church  
 28 Lincoln Ave Pittsford

**Webster D25** 8:00PM  
**ZOOM Meeting ID: 304213322 / PC: 511145**  
 Immanuel Evangelical Lutheran \*  
 131 West Main Street Webster

**Henrietta AFG D14** 7:30PM  
**ZOOM Meeting ID: 882161571 / PC: 036129**  
 Guardian Angels Church  
 12061 East Henrietta Road Henrietta

## TUESDAY

**Genesee CC - Closed** NOON  
**NOT MEETING AT THIS TIME**  
 Main Entrance 2nd floor RM C204  
 1 College Rd. Batavia

**Faith & Hope D14** NOON  
**ZOOM Meeting ID: 2484838202 / PC: 852098**  
 St. Anne's Church  
 1600 Mt. Hope Ave Rochester

**Courage For Serenity D2** 12:15PM  
**ZOOM Meeting ID: 873 1051 3969 /PC: 246810**  
 St Charles Borromeo School Room 10  
 3003 Dewey Ave. Greece

**Penn Yan AFG D29** 7:00PM  
**ZOOM Meeting ID: 871 642 2878 / PC: 12**  
 St. Paul's Lutheran Church  
 135 Hamilton St. Penn Yan

**Survival to Revival - Adult Children D14** 7:00PM  
**NOT MEETING AT THIS TIME**  
 First Baptist Church  
 175 Allens Creek Road Rochester

**Experience, Strength & Hope D19** 7:30PM  
**NOT MEETING AT THIS TIME**  
 St Cecilia's School \*  
 2732 Culver Road Irondequoit

**Just for Tonight AFG** 7:30PM  
**ZOOM ID: 92192395966 / PC: JFTAAG**

## TUESDAY

**Penfield Chapel D25** 7:30PM  
**NOT MEETING AT THIS TIME**  
 Church of the Incarnation  
 1957 Five Mile Line Road Penfield

**Spencerport 12 & 12 D2** 8:00PM  
**NOT MEETING AT THIS TIME**  
 First Congregational United White Church  
 65 Church Street Spencerport

**Scottsville D2** 8:00PM  
**ZOOM Meeting ID: 821897771 / PC: 876716**  
 Union Presbyterian Church  
 Browns Ave Scottsville

## WEDNESDAY

**Beginners Meeting D14\*\*\*** 11:00am  
**ZOOM Meeting ID: 9058874945 / PC: beginner45**  
 St Paul's Lutheran Church  
 28 Lincoln Ave Pittsford

**Canandaigua Step/Tradition Meeting D29** Noon  
**ZOOM Meeting ID: 89781890552 / PC: 221142**  
 Lutheran Church of the Good Shepherd  
 320 South Pearl Street Canandaigua

**Original Pittsford Al-Anon Group D14** Noon  
**NOT MEETING AT THIS TIME**  
 Speigel Community Center - Room 208  
 35 Lincoln Ave Pittsford

**Women's 12 @ 12 Step Meeting D14** Noon  
**ZOOM Meeting ID: 683676733 / PC: 530954**  
 St Paul's Lutheran Church  
 28 Lincoln Ave Pittsford

**Fresh Start AFG D25** Noon  
**NOT MEETING AT THIS TIME**  
 St. Mark's Episcopal Church\*  
 400 South Main St Newark

**Serenity Seekers D25** 1:00PM  
**Face to Face Meeting**  
 United Methodist Church  
 169 E Main St. at Curtice Park Webster

**Living in the Solution D25** 6:00PM  
**ZOOM Meeting ID: 571955785 / PC: 000286**  
 Church of the Incarnation  
 1957 Five Mile Line Road Penfield

**Joy is our Birthright AFG D14** 6:00PM  
**ZOOM Meeting ID: 86232535395 / PC: 277685**  
 Adult Children  
 First Baptist Church - Room 10  
 175 Allens Creek Road Rochester

\* AA at same time.

## WEDNESDAY

**New Beginnings D27** 7:00PM  
**Face to Face Meeting**  
 1st Baptist Church  
 306 East Main St Batavia

**Focus on Me D2** 7:30PM  
**ZOOM Meeting ID: 81062495887 / PC: 836000**  
 Gates Presbyterian Church  
 1049 Wegman Road Gates

**Hope For Today D29** 7:30PM  
**NOT MEETING AT THIS TIME**  
 117 Main Street  
 Across from Park Bloomfield

## THURSDAY

**Now Is The Time D27** Noon  
**Face to Face Meeting**  
 Batavia First United Methodist Church  
 8221 Lewiston Road Batavia

**Stepping into Recovery D14** Noon  
**ZOOM Meeting ID: 2760940009 / PC: 233787**  
 St. Anne's Church  
 1600 Mt. Hope Ave. Rochester

**Searching for Serenity - Adult Children** 5:30PM  
**NOT MEETING AT THIS TIME**  
 United Methodist Church - D2  
 92 Main Street Brockport

**Canandaigua AFG D29** 7:00PM  
**Face to Face Meeting**  
 Lutheran Church of the Good Shepherd\*  
 320 South Pearl St Canandaigua

**Good Old Gang - East Avon D20** 7:30PM  
**NOT MEETING AT THIS TIME**  
 Presbyterian Church\*  
 Corner Routes. 5/20 & Route 15 East Avon

**East Side D25** 7:30PM  
**ZOOM Meeting ID: 6145077862 / PC: 121212 &**  
**Face to Face Meeting**  
 Presbyterian Church  
 115 East Ave East Rochester

**Men's AFG D25 (open to all)** 8:00PM  
**ZOOM Meeting ID: 81955827593 / PC: 499142 &**  
**Face to Face Meeting**  
 Faith Lutheran Church  
 2576 Browncroft Blvd Penfield

## FRIDAY

**Hope for Today D19** 9:00AM  
**ZOOM Meeting ID: 6145077862 / PC: 121212 &**  
**Face to Face Meeting**  
 Waring Baptist Church  
 1921 Norton Street Rochester

**Serenity at Noon D25** Noon  
**NOT MEETING AT THIS TIME**  
 Perinton Presbyterian Church  
 White Bldg. Enter lower level in front  
 6511 Pittsford Palmyra Rd. - Rte 31 Fairport

**Canandaigua Noon Serenity D29** Noon  
**ZOOM Meeting ID: 86866252863 / PC: 30081**  
 Good Shepherd Lutheran Church  
 320 South Pearl Street Canandaigua

## FRIDAY

**Dansville AFG D20** 7:00PM  
**NOT MEETING AT THIS TIME**  
 Nicholas Noyes Memorial Hospital\*  
 111 Clara Barton St Dansville

**East AFG - Adult Children D29** 6:30PM  
**ZOOM Meeting ID: 83916638025 / PC: 001357**  
 St. Patrick's Church  
 115 Maple Ave. Victor

**Stepping Stone D25** 7:00PM  
**NOT MEETING AT THIS TIME**  
 1st United Methodist Church Rear Door  
 570 Ridge Road West Webster

**Evening Serenity D2** 7:30PM  
**ZOOM Meeting ID: 82110363838 / PC: 777960**  
 Chill Presbyterian Church \*  
 3600 Chili Ave. Chili

**Parents and Family D2** 7:30PM  
**NOT MEETING AT THIS TIME**  
 Park Ridge Chemical Dependency  
 1565 Long Pond Road Greece

## SATURDAY

**Serenity on Saturday D19** 9:00AM  
**ZOOM Meeting ID: 2760940009 / PC: 233787**  
 Immanuel Baptist Church  
 815 Park Avenue Rochester

**Saturday Morning Al-Anon D29** 10:00AM  
**Audio only number: 978-990-5000 PC: 495131**  
 Presbyterian Church  
 24 Park Place Geneva

**Simple Beginnings D19** 11:30AM  
**ZOOM Meeting ID: 991534592 / PC: Al-Anon**  
 Transfiguration Lutheran Church  
 3760 Culver Rd Irondequoit

**Courage to Change AFG D25** Noon  
**ZOOM Meeting ID: 442286399 / PC: 720641 &**  
**Audio call number: 646-558-8656 PC: 720641**  
 Fairport United Methodist Church  
 31 W Church St Fairport

**Unity Through Recovery - Adult Children** 7:00 PM  
**ZOOM Meeting ID: 89154106459 / PC: 939886 &**  
**Audio call in number 929 436 2866**  
 St. Thomas Church (Highland Ave Enter) D14  
 2000 Highland Ave /S. Winton Rochester

**Oakfield Family Group D27** 7:30PM  
**Face to Face Meeting**  
 Methodist Church - Enter Webber Ave.  
 2 Main Street Oakfield

**Saturday Nite Table Talk D25** 7:30PM  
**NOT MEETING AT THIS TIME**  
 The First Baptist Church \*  
 4212 East Main Street Williamson

**Greece Saturday Night D2** 8:00PM  
**NOT MEETING AT THIS TIME**  
 Bethany Presbyterian Church \*  
 3000 Dewey Avenue Greece

**Nunda Al-Anon Night D20** 8:00PM  
**Face to Face Meeting**  
 Trinity Church  
 25 East St. Nunda

**LET IT BEGIN WITH ME**  
**When anyone, anywhere, reaches**  
**out for help let the hand of Al-Anon**  
**and Alateen always be there, and**  
**LET IT BEGIN WITH ME**

\*\*\*Beginners' Meetings  
 (First Step Meeting)

All are welcome to a series of six introductory meetings, which run continuously. The series can be started at any time.

Members introduce newcomers to the Al-Anon Program. Topics include anonymity, the effects of alcoholism, the first three steps, the slogans, the serenity prayer, sponsorship, Al-Anon literature, understanding ourselves, and home groups.

Beginners' meetings are noted on this meeting list.

## ALATEEN

**NOTE: Alateen meetings are closed meetings; ordinarily only Alateen members, prospective members, and the Area certified Alateen Group Sponsors affiliated with the group attend." (Digest of Al-Anon and Alateen policies, page 89.)**

**Maps to all meetings are available**  
**online at**  
**www.aisrochester.org.**

**Please send all changes for meetings,**  
**times, locations to**  
**website@aisrochester.org**

\* AA at same time.