



Participation is the key to harmony

How to Contact AIS

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Book Depot: Rebecca
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Send anniversary/event flyers to:
website@aisrochester.org
and
newsletter suggestions to:
newsletter@aisrochester.org

We are better together!

Greater Rochester Area

AI-Anon Information Service Center

April 2018 Newsletter

Date	Events and Anniversaries
April 18, 2018 7:30 pm	Hope for Today 13 th Anniversary – AA/AI-Anon Speakers/Refreshments 117 Main Street/across from the park, Bloomfield, NY
April 20 8:30am Speakers at 9am	Hope for Today 19 th Anniversary Waring Baptist Church (lower level) 1921 Norton St. (white church/corner of Norton & Waring) Rochester, NY
April 21, 2018 9:30am - 2 pm	District #2 Day of Sharing “Unexpected Blessings” Chili First Presbyterian Church 3600 Chili Avenue, Chili AI-Anon/AA speakers/Small discussion Groups/Literature table Bring a dish to pass ~~~~~ 50/50 & Basket raffles Suggested donation: \$3.00 Flyer available at aisrochester.org (Activities drop-down box)
April 27-29 2018	32nd Annual Conference of the Lakes Canandaigua, NY “Archway to Freedom” Flyer available at aisrochester.org (Activities drop-down box)
May 4-6 2018	NYN AFG Spring Assembly/Convention High Peaks Resort 2384 Saranac Ave, Lake Placid, NY Hosted by District 5 & 26 Flyer/registration available at aisrochester.org (Activities drop-down box)
May 15, 2018	Faith and Hope AFG 38th Anniversary Celebration Lunch & AA & AI-Anon Speakers St. Anne’s Church, 1600 Mt. Hope Ave, Rochester, NY Flyer available at aisrochester.org (Activities drop-down box)
May 20, 2018 7:30pm Snacks at 7	Hamlin Sunday Nighters 35 th Anniversary United Methodist Church, 1742 Lake Ave., Hamlin, NY AI-Anon/AA Speakers
Next AIS meeting on June 2, 2018 No May AIS Meeting	Next AIS Meeting Faith Lutheran Church (see map-aisrochester.org) 2576 Browncroft Blvd, Rochester Faith Lutheran is only ½ mile east of our AIS Office. Park in back. With this new meeting place we will be able to accommodate more people. Come see what’s going on!! We would love to have you join us – “We are here to aid you in the common purpose of carrying the AI-Anon message to the families & friends of alcoholics.” Service Manual p. 71 Let us know how we can help. The AIS Office/Book Depot location remains at the same location: (2480 Browncroft Blvd Suite 140), and will continue to be open according to the posted office hours and following the monthly AIS meeting (approximately noon).
There will be an abbreviated May Newsletter ~ Stay updated on all events and anniversaries/flyers at aisrochester.org ~Activities drop-down	

Bulletin Board

Kudos Go Out To:

- Debi (Tureen Supper Chairperson) for coordinating a very successful 2018 Tureen Supper (see her report)

Request:

- For a Tureen Supper Co-chairperson for 2019 Tureen Supper

April is 'Alcohol Awareness Month'

Any member can participate in some form of Outreach. Some suggestions are—pick up the free Outreach bookmarks from the AIS Book Depot 'What can you do when someone drinks too much?' M-76, and leave them in doctor's offices, libraries, health care facilities, etc. Any member is free to make an announcement in his or her meeting regarding Alcohol Awareness Month and distribute the bookmarks to a meeting. Our combined efforts make a difference!

3 AIS Positions Open

Please contact AIS if interested. This is a wonderful opportunity to meet new people, do service, and have fun!

- Secretary
- Finance
- Activities

AIS Rochester Office

585-288-0540
Current Office Hours

Monday	9am-11am
Wednesday	1pm-3pm & 3pm-5pm
Thursday	9am-Noon
Friday	1pm-3pm

Please call ahead 288 - 0540

There is always a need for coverage in the AIS office. Anyone who can give two hours of service, please contact our coordinator at: volunteers@aisrochester.org

INVITATION

To: All AI-Anon District Representatives
From: AI-Anon Information Service(AIS)
Where: AIS Meetings
When: Usually the first Saturday of each mo.
(noted on aisrochester.org)
Why: We are eager to let you know how we can support you in supporting your District.

Come Join Us

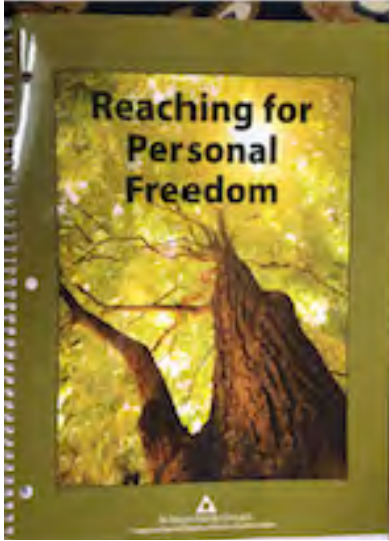
Webster Step Meeting 7:30pm ~ Monday
~~ followed by 8pm meeting ~~
Immanuel Evangelical Lutheran
131 West Main Street, Webster, NY

Book Depot Announcement

Rebecca B. would like all to know that she is available to fill orders at the last minute, even if the office is closed. She can also deliver. Her numbers are 585-323-2231 and 472-6393.

Only cash or checks are acceptable at this time.

Literature Review



It is my pleasure to announce that there has been some interest expressed in submitting Al-Anon literature reviews. Please feel free to submit your literature review to me at newsletter@aisrochester.org.

Reaching for Personal Freedom.

A comforting and challenging workbook

I liked workbooks in school; the themes and riddles seemed to build on each other till I mastered a new skill or body of knowledge. I see a parallel with this workbook, Reaching for Personal Freedom. It incorporates stories and explanations of the steps, traditions and concepts, and "questions for review or discussion" to put the narrative into action.

The concepts and traditions are sometimes a challenge to work into our daily practice. This workbook adds to my understanding, and the readings and questions prompt meaningful discussion when shared at an Al-Anon meeting. Available at the book depot or in meetings!

Thank you all for your service and support in Al-Anon. **Loron O.**

Our Al-Anon Slogans

HALT(S): Hungry –Angry - Lonely – Tired... I've added an "S" for **Stressed** because that's also a factor for me. Remembering these as touch points in my program has been very helpful for me. When I'm feeling these things, particularly when I'm feeling two or more then I really get stressed. After becoming stressed, then I become cantankerous and short with people as well as myself. After I've done that, I start really not liking myself because of the way I acted. So I start beating myself up.

What I need to do when this all happens is first of all STOP doing what I'm doing. Just stop, become quiet and try to become aware of what's going on. I get in touch with my Higher Power to help me sort that out. I'll pray, I'll call my sponsor, do readings and maybe go to a meeting.

After I do this, at some point, I do become aware of what's going on inside of me. I calm down and then I'm able to work on whatever issues are going on. It might be that I've made a mistake or I've failed to do something I was supposed to do, have a concern about what somebody else is doing. Any of these things might be what's really bothering me. The presence of **HALT(S)** makes me unable to deal with the issue in a healthy way.

When I finally get to an understanding of what's going on, then I can figure out how to respond to it, whatever it is. If I need to take some action in a situation, I will do it. If I need to make amends, I will plan on doing that as well. Once I've used the process of the **HALT(S)** awareness as a starting point, then I return to my normal level of serenity. **Kathy S.**

Let us know what your favorite slogan is – send your contribution to newsletter@aisrochester.org
We would love to hear from you! Feel free to submit 1-6 paragraphs! We love it when members share their experience, strength, and hope!!!!!!

Reports

Chairperson: Sheila SF

"Keep it Simple"

Book Depot: Rebecca

As Mike H. often said, "We are buying books and selling books." I would add that we have access to such wonderful literature for our program, and I am delighted to meet members excited to start another book or workbook, or those members who do service for their Al-Anon groups and arrange to purchase and supply books for their groups.

I am still meeting members who have found it more convenient to order CAL thru Amazon, usually with free delivery. We still need to get the message back to our groups that AIS Rochester makes money on the sale of literature. Every small percentage we keep from every sale adds up and helps AIS support our established groups and new groups, old-timers and new-comers both, in all our districts. Please pass the word I am available to fill last minute orders, meet people at the office when it is not open, and in most cases, will be able to deliver an order if it is too difficult for someone to get to the office, and the need is time sensitive. My phone numbers are 585-323-2231, and 585-472-6393.

Again, I want to thank John B. for being responsible for the Tureen Supper book table and for the coming District 2 Day of Sharing book table. I appreciate his guidance and help while learning some of the little and big details of organizing these sales.

I am wondering if we might consider exploring plastic sales. Many people no longer have cash or checks with them routinely, and we turned a number of people away at the Tureen Supper because of this. There is book availability at the office, but I wonder how many "spontaneous" purchases might impact an individual's growth in the program in ways we may never know about. I am enjoying this service so much!

Public Outreach: Kathleen

DWI Pretrial services has a rotation of presentations (AA, NA, Al-Anon and conflict management): Ancelin is currently planning to attend this Friday evening commitment with another Al-Anon member for the 5 meetings in 2018. The next date is Friday, April 6th.

Jennifer House Prison Outreach has requested Al-Anon presentations once a month- Wednesday evening, every other month: Rose B has and is planning to continue to attend with other Al-Anon members for the remaining 5 meetings in 2018. I have confirmed the dates.

Westfall: Thursday, April 5th I and Scott H. are attending - presenting on Al Anon - how it works and sharing our experience, strength and hope. Continued support of this service is requested.

Nazareth College Wellness Fair: Tues., 3/27 10 a.m.-2 p.m. Otto S. Schultz Community Center. Rose, Michael and another person (I believe one other person) set up the Al-Anon table and spoke to attendees.

FLACRA: 3rd Thursday of the month at 6 p.m. Linda and John were the 2 volunteers to bring Al-Anon information and literature (AFAs) to FLACRA. They were asked back after the meeting and have agreed to present again in April.

FCFC March 2nd-4th: Al-Anon open forum on Friday night had a few interested people. Saturday's three panels were well attended, chairs needed to be added for 2/3. I hosted the Al-Anon speaker, Michele, at my house, as she was gracious enough to come a day early (storms in PA actually got very bad on Friday & many flights were cancelled). Her talk was very well attended and recordings of everything are available.

By this Saturday's meeting I hope to make follow-up contact regarding access to meeting for people who are Deaf/HH.

I want to express my appreciation for the volunteers who gave their time to service this month.

Website:

March 2018 AIS web traffic:

- 838 visitors viewing 1044 pages
- 72% new and 28% returning visitors
- 52% mobile and 48% desktop viewing devices
- **The top pages visited:**
 - Meeting List Page
 - Home Page
 - Anniversaries
 - Literature
 - About AI-Anon
- **Geographical Locations**
 - Rochester area
 - Various other locations in NY

Alateen: Diane M.

Alateen continues onward. I gave a mention about Alateen to the AIS Annual Tureen Supper attendees and left Alateen flyers on the tables. I asked people to please put a flyer on their meeting clipboards. We continue to spread the word.

Tureen Supper: Deb G.

Thank you to all who helped make the event a success, from Set-up straight through to Clean-up, to donations of food and baskets and support for me as I chaired this event for the first time.

Without you the event could not have happened. **THANK YOU ALL!!!**

The speakers were inspirational, and shared their experience, strength and hope. A special thank you to Sheila for reaching out and asking them to speak.

Attendance: We had 94 people in attendance.

Baskets: There were 29 baskets donated.

Spread the AIS Word

~Don't forget to spread the word about AI-Anon Information Service by placing an AIS table card on the table at your meetings. Access the tent card on the AIS website: aisrochester.org (front page "click here for the AIS Table Card)



Banking Summary - Last month

2/1/2018 through 2/28/2018

3/8/2018

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Category	2/1/2018- 2/28/2018
INCOME	
Book Depot Income	165.40
ACA	26.00
Canadaigua Noon	278.55
Courage For Serenity	89.00
Focus On Me	14.00
Greece Aldergate AFG	15.00
Hamlin Sunday AFG	18.00
Hope For Today	28.00
Men's AIAnon Group	75.00
Penfield Chapel	46.00
Serenity At Noon	72.00
Spiritual Awakening	201.50
St. Louis AFG	89.50
Stepping into Recovery	115.50
Womans 12 & 12	178.60
TOTAL Book Depot Income	1,412.05
Group Donations	
Came To Believe	30.00
Clifton Springs AFG	75.00
District 14	50.00
Hope For Today	10.00
Monday Sunshine	50.00
Serenity At Noon	25.00
St. Louis	50.00
Webster Monday	25.00
TOTAL Group Donations	315.00
TOTAL INCOME	1,727.05
EXPENSES	
AIS Office	20.00
Phone	62.83
Rent	353.50
TOTAL AIS Office	436.33
TOTAL EXPENSES	436.33
OVERALL TOTAL	1,290.72

Savings Account Balance: \$8040.99