

**Participation is the key to
harmony**

How to contact AIS

Office:

2480 Browncroft Blvd Suite 140
Rochester, NY 14625
585-288-0540
office@aisrochester.org

AIS Chair: Sheila S.

chairperson@aisrochester.org

Vice Chair

vicechair@aisrochester.org

Secretary: Ancelin Q.

secretary@aisrochester.org

Treasurer: John B.

treasurer@aisrochester.org

Public Outreach: Brian O.

publicoutreach@aisrochester.org

Volunteer /Service Center: Mel

volunteers@aisrochester.org

Newsletter: Connie T.

newsletter@aisrochester.org

Website: Joni H.

website@aisrochester.org

Send anniversary/event flyers to:

website@aisrochester.org

and

story suggestions for the newsletter

to:

newsletter@aisrochester.org

Greater Rochester Area

Al-Anon Information Service Center

August 2017 Newsletter

Date	Events and Anniversaries
<p>Aug. 14 12 Noon</p>	<p>Canandaigua Monday Noon AFG 34th Anniversary United Church of Canandaigua (corner of Gibson & Main) Al-Anon & AA Speakers/Finger Foods & Beverages Flyer available at aisrochester.org (Activities-drop-down box)</p>
<p>Aug. 21 8 PM</p>	<p>St. Louis Monday Night AFG 35th Anniversary St. Paul's Lutheran Church/Handicap Accessible 28 Lincoln Ave., Pittsford/Speakers & Refreshments Flyer available at aisrochester.org (Activities-drop-down box)</p>
<p>Aug. 23 thru Sept. 4</p>	<p>New York State Fair Outreach/Fun/Service Volunteer to help by going to nynafg.com</p>
<p>Sept. 9 10 AM</p>	<p>Next AIS Monthly Meeting 2480 Browncroft Blvd Suite 140, Rochester Come join us – see what it's all about!</p>
<p>Sept. 22-24</p>	<p>2017 NYN Fall Election Assembly Celebrating 50 years of New York North Area Hosted by Districts 3 and 18 Comfort Inn and Suites 6701 Buckley Rd North Syracuse, NY 13212 August 31 Deadline to reserve Hotel Room Registration & Program flyer available at aisrochester.org (Activities drop-down box)</p>
<p>Sept 26 8 PM (7:30) Refreshments</p>	<p>Spencerport 12 & 12 40th Anniversary White Church, 65 Church St., Spencerport Al-Anon & AA Speakers Flyer available at aisrochester.org (Activities-drop-down box)</p>
<p>Oct. 12 12 Noon 11:30 Food/ Fellowship</p>	<p>Stepping into Recovery 2nd Anniversary St. Anne Church, 1600 Mt. Hope Ave., Rochester 1st Floor Solarium ~ Al-Anon/AA Speakers Flyer available at aisrochester.org (Activities-drop-down box)</p>



Bulletin Board



New York State Fair
Al-Anon's largest annual Outreach Venue
August 23 – September 4

Volunteers needed
Please consider a 3 hr. shift

Join us for outreach/fun/fellowship
Volunteer to help by going to nynafg.com

AIS Elections coming up in November for 2018

- Chair
- Secretary
- Book Depot
- Service Center/Volunteer
- Finance
- Intergroup
- Activities

To view the descriptions of the above positions, refer to aisrochester.org (click on Information/minutes/bylaws box)

*****IMMEDIATE OPENINGS*****

Vice Chair

1. Serves in the absence of the Chairperson and/or Secretary.
2. Can appoint a temporary secretary.
3. May act as welcoming liaison for new ISRs.
4. Chairs the Nominating Committee.

Activities

Coordinates special activities for AIS such as the traditional spring Tureen Supper.

We would love to have fresh ideas as you thoughtfully consider your need to give back to Al-Anon!

Please send your nominations by October to: chairperson@aisrochester.org

~ Catch our amazing out-going officers' "Collective Service Stories" on the following page~

AIS Rochester Office

585-288-0540

Current Office Hours

2 pm – 4 pm	Monday
2:30 pm - 5 pm	Tuesday
10 am - 2 pm	Wednesday
10 am - Noon	Thursday
1pm - 3pm	Friday

First Saturday every month
Please call ahead

The office can always use volunteers. If you have some time available please contact Mel at volunteers@aisrochester.org

Kudos go out to:
~Deb G.~
for stepping up as Chair of
Al-Anon's Annual 2018 Tureen
Supper
Thank you Deb!!!!

The AIS Survey Results are in !!

See the last 3 pages of this
newsletter



Reminder:

Please send your
anniversaries/events flyers to:
website@aisrochester.org

Newsletter: Connie T.

As noted on the Bulletin Board, AIS will need to fill the positions listed for terms beginning January, 2018. Some of our AIS out-going officers have contributed accounts of their "recovery through service." Please read-on . . .

FYI: October: Nominations November: Election January: New term/office begins
Please send your nominations by October to: chairperson@aisrochester.org

Our AI-Anon Service Stories



AIS Chair: Sheila S.

It has been my pleasure to serve as Chair of AIS for 2016-2017. To begin with, I never wanted to talk to more than two people at one time. I was raised to be a teacher. I froze when I had to speak before a group. When I was a senior in college I decided to become a librarian, a good job for my introverted self. I learned in these rooms to grow and move beyond my fear. Through the love and support of AIS members I have learned so much. It has not always been easy but eventually humor won over. At our meeting this month many members thanked me and said that this is fun.

Here are the responsibilities for Chair as stated in our manual:

- a. Conducts all AIS meetings.*
- b. Sets the agenda.*
- c. Coordinates with the Vice-Chairperson and AIS Officers to call special meetings when necessary.*
- d. Is the Alternate Intergroup Representative.*
- e. Coordinates the Service Workshop with Vice-Chairperson.*
- f. Attends AWSC meetings or finds substitute.*

Please consider volunteering for an AIS position. Many thanks to all for your love and understanding.

AIS Public Outreach Coordinator: Brian O.

Almost two years ago I began my time in the service position of Public Outreach Coordinator. In the beginning, I really didn't know what to expect but with all new experiences in AI-Anon, I trusted that my Higher Power and the wisdom of other members would be a guide and support. There have been so many incredible gifts that I have been given by carrying a message of experience, strength, and hope to those who were once like myself, desperate for a solution. I learned a deeper understanding of our 6th Tradition, reminding me of my and AI-Anon's primary spiritual aim. Furthermore, our 11th Tradition of attraction rather than promotion, is an essential principal when doing Outreach and in all of my affairs. Aside from these amazing gifts, I cannot say enough about fellowship and getting to know other members more deeply through this wonderful 12th Step work. As my time in this service position comes to a close at the end of 2017, I would like to thank all who have been a guide, a mentor, and have done service. When bringing a meeting into a treatment center or recovery house, we never know what the outcome will be and how the message will be received. After all, that is not something I can control, however, I have learned personal responsibility to show up, be prepared, and most importantly to Let Go and Let God. If you are considering filling this position and have any questions, please do not hesitate to reach out to me through the AIS email: publicoutreach@aisrochester.org

AIS Secretary: Ancelin Q.

Stepping up to do service work at the AIS office has helped me grow in patience and leadership in my recovery. As AIS Secretary, I did not think initially these would be the assets that would grow. I was not nervous for the position itself, I do administrative work professionally, but the position opened my eyes to the inner workings of the office, what is effective conflict resolution, and finding a different tone to my 'voice'. There is a lot of opinions and personalities that can come into play during AI-Anon service work so having patience helps! I learned to be more tolerant of views that might not have necessarily been my own; to really listen to hear not listen to respond. There were some difficulties that came with this role

and it propelled me to read more of the service manual and learn the tools that the WSO has given the groups to resolve conflict. Finding that inner voice that was appropriate and not charged with just emotion, but with knowledge has been a tremendous value. For me that is leadership quality. I've met many members whom I normally do not see at meetings I attend and have developed resources within the program. I encourage anyone with good listening skills, or who may want to develop those skills to take this position. It's really not too hard or scary and there is help along the way of where to find things, what to do, and the descriptions in our By-Laws. I would humbly suggest always having at least 2 pens on you in case one runs out of ink in the middle of a meeting!

Book Depot: Mike H.

My Book Depot term ends in January and the glowing recruitment article went DOA at the AI-Anon Information Service meeting. The job is not quantum physics; it easy, fun and interesting.

My guideline for service is simple. Do I like to do it? I probably won't be AIS treasurer or DR. So far I have been ashtray cleaner [honestly], coffee maker, a group treasurer, Alateen coordinator, shared, chaired, set-up, clean-up, etc. What I have done, I hope helps AI-Anon. The point is, service helps ME. I meet people I wouldn't meet otherwise who are working the entire program (Recovery-Unity-Service). If you are looking for stability, don't try a two legged stool.

I do a shift a week at the AIS office. I check mail, internet, phones, help with literature (stamp and fill orders). Three cabinets of literature provide plenty of reading material. You get walk-ins, and now and then you get a real 12th step call that may change someone's life, perhaps forever.

Greeter; now there is a real racket. You stand outside door and hug people, and then get thanked for it! It is an important job. You will be the first AI-Anon face a newcomer sees. I do service for ME and get thanked for that too. Find a job you think you will like, mess it up, they'll say keep coming back, and if you do a good job they give it to you for 3 months. When someone "suggests" you do a service job, take it. They may see something in you that you don't.

Alateen: Diane M. (not an out-going position, but a welcome "recovery through service" story)

AI-Anon service has been a very important part of my overall recovery. I started out really small...just standing with a bowl of candy at the bottom (or top) of the elevators at the Flower City Fellowship Convention. And my service has grown from there over the years. I've been very blessed in recovery to be able to continue doing service. I actually think that simply going to AI-Anon meetings is a good way of doing service. I want to give back to the meetings that have given so much to me. Sharing the experience, strength and hope that I've gained (better: borrowed) from others who've gone before me. These many 24 hrs of AI-Anon Recovery have really helped me grow in my own awareness of self and others thus allowing me to put the spiritual principles of this marvelous way of life into daily practice. It works if we work it; so work it. We're worth it! Thanks for all.

Volunteer/Service Coordinator: Mel

The following is a description of what I did as a volunteer coordinator.

I scheduled volunteers and kept a current list of volunteers, using a spreadsheet. I also monitored the volunteer email account on a daily basis and responded to their phone calls. I provided office training, and filled book orders as needed. The following is also what how I was of service **but is not required** of a being a Volunteer Coordinator. Because I am interested in the technology part of service, I provided computer training and tech services; i.e. tech support, updated software, installed and purchased software, and serviced the printer. I also contacted the landlord of the building and provided keys as needed.

CAL Corner Quote

When we serve we are not alone. We have all three of AI-Anon's legacies: the Steps, Traditions, and Concepts to guide us and each of them connects us to our own recovery and spirituality.

Paths to Recovery – p. 339

REPORTS

Banking Summary 6/1/17- 6/30/17

Income

Total Book Depot \$ **1344.31**

Groups Donations

Donations

Courage for Serenity 100.00

Focus on Me 20.00

Hamlin Sunday Niters 25.00

Penfield Chapel 30.00

Serenity Seekers 30.00

Simple Beginnings 30.00

Webster Monday Night 25.00

Total Donations: 260.00

Insurance Certificate

Faith & Hope 50.00

Stepping into Recovery 50.00

Total Income \$ 1704.31

Expenses

AIS Office

Rent \$ 353.50

Phone 125.40

Total AIS Office 478.90

Book Depot Orders 813.81

Chairperson 50.00

Total Expenses \$ 1242.71

OVERALL TOTAL \$ 461.60

Savings Account Balance \$ 8040.44

Banking Summary 7/1/17- 7/31/17

Income

Total Book Depot \$ **515.80**

Groups Donations

Donations \$ 105.00

Canandaigua Mon Noon 50.00

Clifton Springs 50.00

Focus on Me 20.00

Penn Yan AFG 105.00

Searching for Serenity 25.00

Serenity on Saturday 150.00

Spiritual Awakening 160.00

Stepping into Recovery 10.00

Webster Monday Night 25.00

Total Donations: 700.00

Insurance Certificate

Experience, Strength & Hope 50.00

Total Income \$ 1265.80

Expenses

AIS Office

Phone \$ 62.66

Total AIS Office 62.66

Total Expenses 62.66

OVERALL TOTAL \$ 1203.14

Savings Account Balance \$ 8040.51

Public Outreach: Brian O.

- Rose B., AncelinQ., and CarolC. brought the July bi-monthly meeting to Jennife House, a recovery house for women. The topic was the First Step.
- Sheila S-F. gave the bi-monthly presentation at Pre-Trail Services in the end of June. Sheila reported back to me that there were approximately 25 people in attendance and she spoke with several who were interested in Al-Anon.
- I contacted Highland Family Medicine to inquire if there was any interest in Al-Anon coming in to do a presentation. I have not gotten a reply but I will make a follow up call.
- It was decided at the May AIS meeting that the planned film/outreach event for September would be better served as an email/electronic outreach to professionals. I have begun to design the format by incorporating our local Rochester website as well as resources from WSO. I plan on having it available prior to the Fall Assembly so that any interested professionals can consider attending.
- NYS-Fair. Al-Anon will once again have an info booth at the New York State Fair, Aug. 23- Sept.4th. Please visit the NYN website at www.nynafa.com for more info and to register a time slot. Thank you to all the members who have done service in Outreach! Public Outreach is a wonderful way to deepen our experience with the 11th Tradition and the 12th Step.

Website: Joni H.

July 2017 AIS web traffic:

- 780 visitors viewing 2392 pages
- 61% new and 39% returning visitors
- 63% mobile and 37% desktop viewing devices
- The top pages visited (besides the Home page):
 - Main Page
 - Meeting List
 - Monday
 - About Al-Anon
 - Literature
 - Geographical locations
 - Rochester area
 - Various other locations in NY

NYN Public Outreach: Pat H.

Hi Everyone,

Our biggest public outreach project is the New York State Fair, in Syracuse, and begins August 23rd through September 4th. This will be our 3rd year as an exhibitor. We will be located in the Science and Industry Building. This year we have a new banner and we will have our public outreach magazine, Al-Anon Faces Alcoholism 2017, available along with many different pamphlets. We need 104 volunteers to cover the 4 shifts per day. The shifts are 10-1, 1-4, 4-7, and 7-10. Each volunteer will receive an entrance ticket to the fair. So let's all work together by going to the nynafg.com website and sign up to help spread the word of AFG.

Alateen: Diane M.

Alateen is chugging along. We have one teen who has been showing up consistently every week or every other week for several months now.

We will have a change in AMIAS commitments coming up this Fall with people stepping away. The AMIAS meeting to discuss this is 8/12/17. More to be revealed.

AIS Summary of Survey Results

In the Spring of 2017, there was interest generated in finding out about AIS's viability and effectiveness: The question we wanted help with was: **Should AIS maintain an Office and Book Depot for the Rochester area?** A committee was formed and put together a survey to find the answer. The survey was posted on the AIS website from June 19 to July 14, 2017. It was also posted in the monthly newsletter. The survey was anonymous and participants answered only what they wanted.

There were 26 responses to the survey. In the summary below, number in the parentheses indicates the number of responses.

The following is a summary based on the results of the AIS survey:

Based on the answers to the survey questions and the baseline information, it has been decided to keep the **AIS office**. Most responses claimed that the **AIS office hours(26)** are convenient but suggested that there should be more evening and Saturday hours.

When asked if the current **AIS Office location** was convenient, there was a split response with 16 replying "Yes" and 9 responding "No." There were questions as to why this location was chosen. These questions are addressed on the last two pages of this newsletter where one can read the summary of the **AIS Office** search in 2016. There were suggestions recommending a more central area, and AIS possibly pairing with the AA office. The majority of responses favored keeping a **business office**, while 2 replied "No".

Questions regarding the **Book Depot** indicated that the majority of people (14) responded that they purchase literature from the Book Depot and others purchase literature from WSO(1), Amazon(3), and meetings (6). A majority of the responses(16) indicated that they would purchase literature if it were delivered to them.

The survey results also indicated that there is a clear awareness(23 people) of the **AIS Website** and 4 out of 26 responses reported that they receive the **AIS Newsletter**.

Questions regarding **Volunteering** revealed that there was some interest in volunteering at the office (7), while volunteering to fill book orders met with little interest (3). There was some interest in volunteering on a phone committee(9).

The general comments regarding **Volunteering** was that people are too busy.

The AIS Office Committee will continue to meet on a regular basis to best learn how to streamline the effectiveness of our Rochester AIS Office. Thank you everyone for taking the time to give your valuable feedback. "Participation is the key to harmony."

Tuesday, July 18, 2017H

2016 AIS Office Search

In early 2016 AIS was asked by Grace Church to leave the location.

An office committee was formed and the search began.

In Rochester there is a website LoopNet.com. This site offers the capability to search leasable office space in the Rochester Area.

This site was used to look for new office space.

There were over 100 locations that were reviewed for:

- Location
- Size
- Amenities
- Cost
- Elevator
- Parking
- HC Access
- Availability

As a result the following locations were visited to discuss the above items:

1. Office on Buell Road – neighborhood concerns
2. Al Sigl Center – 2 year waiting list
3. AA office at Al Sigl center – no room
4. Clinton Square at East Broad and Clinton – 50 sf and charge for parking
5. 1100 University Avenue – 3rd floor and no elevator
6. 2509 Browncroft Blvd – 2nd floor and no elevator
7. Kreag Road in Bushnell's Basin – lower level and no elevator
8. East Rochester on West Commercial St – No reply
9. 34 Canterbury Rd off Monroe Ave City Side near 490 – No reply or parking
10. 948 Monroe Ave just south of 490 – 2nd floor and no elevator
11. Current office location 2780 Browncroft Blvd.

In looking at various locations it was found that the same real estate company represented many of the locations searched. Each contact was asked if besides the location being shown, did they have any better locations. In each reply that was the best to fit AIS's needs.

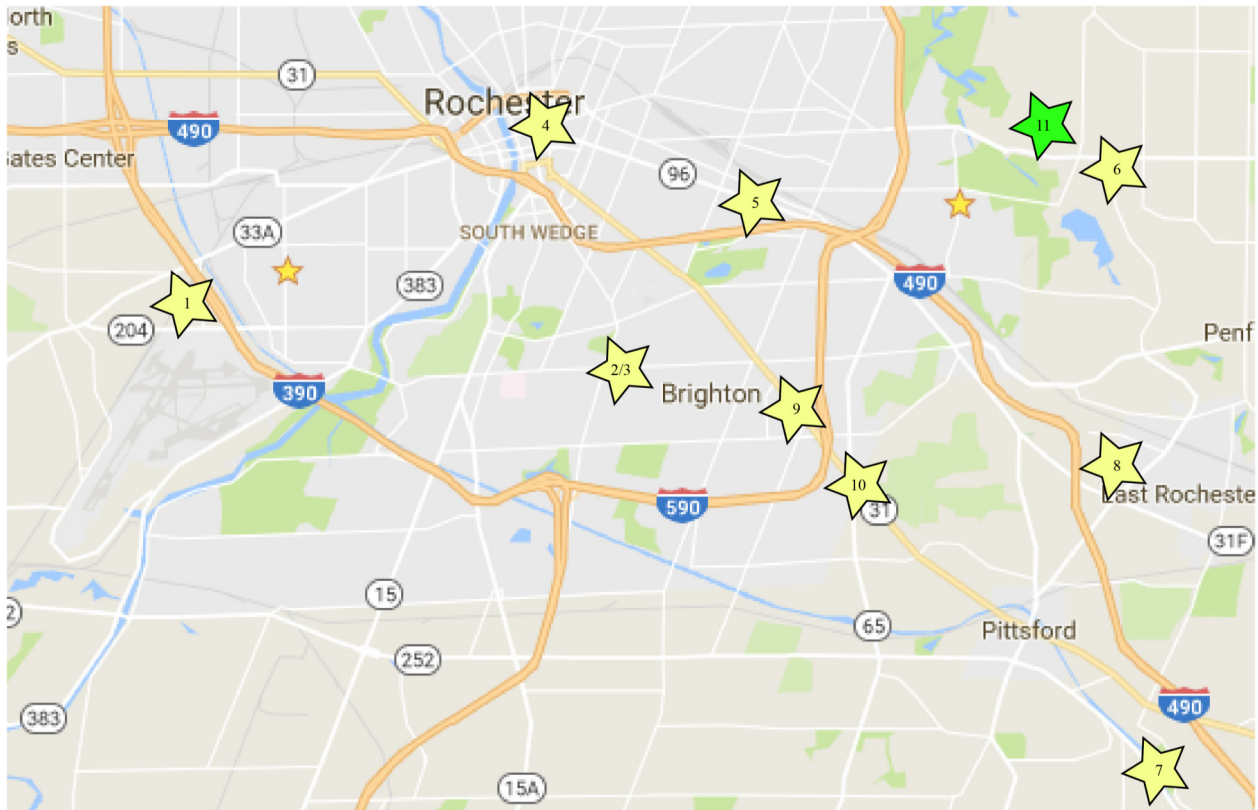
Several churches were considered, but the concern was location, neighborhoods, access and if AIS could be there long term.

While several of the locations looked attractive, they did not meet the requirements of:

- Size

- Cost
- Parking
- Elevator
- HC Access
- Availability

Below is a map of the various locations



The office location committee met several times to evaluate each location. After considering all the requirements. The Browncroft Blvd location (#11) provided the best location of all sites visited and researched.