



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](mailto:office@aisrochester.org)

**AIS Chair: Sheila S.**  
[chairperson@aisrochester.org](mailto:chairperson@aisrochester.org)

**Vice Chair**  
[vicechair@aisrochester.org](mailto:vicechair@aisrochester.org)

**Secretary: Ancelin Q.**  
[secretary@aisrochester.org](mailto:secretary@aisrochester.org)

**Treasurer: John B.**  
[treasurer@aisrochester.org](mailto:treasurer@aisrochester.org)

**Public Outreach: Brian O.**  
[publicoutreach@aisrochester.org](mailto:publicoutreach@aisrochester.org)

**Volunteer /Service Center: Mel**  
[volunteers@aisrochester.org](mailto:volunteers@aisrochester.org)

**Newsletter: Connie T.**  
[newsletter@aisrochester.org](mailto:newsletter@aisrochester.org)

**Website: Joni H.**  
[website@aisrochester.org](mailto:website@aisrochester.org)

Send anniversary/event flyers to:

[website@aisrochester.org](mailto:website@aisrochester.org)

and  
newsletter suggestions  
to:

[newsletter@aisrochester.org](mailto:newsletter@aisrochester.org)

**Greater Rochester Area**  
**Al-Anon Information Service Center**  
**October 2017 Newsletter**

Date	Events and Anniversaries
<p><b>Oct. 12</b> <b>12 Noon</b> 11:30 Food/ Fellowship</p>	<p><b>Stepping into Recovery</b> <b>2<sup>nd</sup> Anniversary</b> St. Anne Church, 1600 Mt. Hope Ave., Rochester 1<sup>st</sup> Floor Solarium ~ Al-Anon/AA Speakers Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>
<p><b>Oct. 14</b> <b>10 AM- 4 PM</b></p>	<p><b>District 25 Day of Sharing</b> "Humor and Fun in Al-Anon" Fairport United Methodist Church Basement 31 W. Church Street, Fairport, NY 14450 Al-Anon/AA Speakers ~ Raffles ~ Literature ~ Lunch Soup/Salad/Bread/Beverages (bring dessert to share if you wish) Suggested Donation: \$5 Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>
<p><b>~ Cancelled ~</b> <b>Sat/Oct 21</b></p>	<p><b>~ Cancelled ~</b> <b>District 29 "Day of Sharing"/ Victor</b></p>
<p><b>Oct. 29</b> <b>7:30 PM</b> 7 Refreshments</p>	<p><b>Came to Believe AFG</b> <b>25<sup>th</sup> Anniversary</b> Food/Fun/Fellowship/AA, Al-Anon Speakers St. Pius Tenth School Cafeteria 3010 Chili Avenue, Chili /enter Chestnut Ridge Road Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>
<p><b>New Meeting</b> <b>Al-Anon Mtg</b> Beginning <b>Oct. 25 ~ 6 PM</b> Wednesdays</p>	<p><b>Living in the Solution</b> Church of the Incarnation (corner of 5 Mile Rd &amp; Whalen Rd)  Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>
<p><b>New Meeting</b> <b>Adult Children</b> of Alcholics Beginning <b>Oct. 25 ~ 6 PM</b> Wednesdays</p>	<p><b>Joy is our Birthright</b> Adult Children of Alcoholics Downtown United Presbyterian Church Hallock Lounge, 1<sup>st</sup> Floor 121 N. Fitzhugh St., Rochester Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>
<p><b>Oct 27</b> <b>Thru</b> <b>Oct 29</b></p>	<p><b>New York North Alateen Convention( 2017 NYNAC)</b> "Lost and Found"(named by Syracuse Alateens) Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Alateen-drop-down box)</p>
<p><b>November 4</b> <b>10 AM</b></p>	<p><b>Next AIS Meeting</b> 2480 Browncroft Blvd Suite 140 Rochester, NY</p>
<p><b>Nov. 20</b> <b>8:30 PM</b> 8 ~ Refreshments</p>	<p><b>Al-Anon &amp; AA Henrietta Group</b> <b>50<sup>th</sup> Anniversary Meeting</b> Guardian Angels Church 2061 E. Henrietta Rd., Rochester Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities-drop-down box)</p>



# Bulletin Board



We are excited to announce the following nominations for our AIS Office positions below. There will be a vote in November and they will begin their terms in January 2018. There remain 6 "open positions." Please give thoughtful prayer and consideration to this "recovery through service" opportunity. And you never have to do it alone!!!

October 2017: Nominations  
November 2017: Election  
January 2018: New term begins

## Slate of Candidates: 2018-2019 Election

- Chair – Open
- Vice Chair - Open
- Secretary - Open
- Book Depot – Rebecca B
- Service Ctr/Volunteer - Mel
- Finance Chair - Open
- Intergroup Rep - Open
- Activities – Open
- Public Outreach – Kathleen

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

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

*Please talk to fellow Al-Anon members and send your nominations/suggestions to: [chairperson@aisrochester.org](mailto:chairperson@aisrochester.org)*

~ Catch continued amazing "recovery through service" accounts on the following page~



## AIS Rochester Office

585-288-0540

### Current Office Hours

2:30 pm - 5 pm

2 pm – 4 pm

9 am - Noon

1pm - 3pm

First Saturday every month

Tuesday

Wednesday

Thursday

Friday

Please call ahead

The office can always use volunteers. If you have some time available please contact Mel at [volunteers@aisrochester.org](mailto:volunteers@aisrochester.org)

## 2 New Meetings beginning Oct 25




**New Meeting**



Living in the Solution

Please come join us at 6pm  
 On Wednesdays  
 At the Church of the Incarnation in Penfield  
 On the Corner of 5 Mile Line and Whalen Rds  
 Starting Oct 25

**New Meeting!**  
 Starting October 25th 2017



"Joy Is Our Birthright"

**Joy Is Our Birthright**  
 Al-Anon Family Groups  
 Adult Children of Alcoholics

Downtown United Presbyterian Church  
 121 N. Fitzhugh Street  
 Rochester, NY 14614  
 Wednesday 6:00-7:00 p.m.  
 Hallock Lounge, first floor

### The following 2 meetings are asking for your Support

**Parents Park Ridge Group (Friday - 7:30 pm)**  
 Rochester Regional Health (formerly Park Ridge Chemical Dependency)  
 1565 Long Pond Road, Greece

**Serenity at Noon (Friday ~ Noon) Handicap Accessible**  
 Perinton Presbyterian Church  
 White Bldg. Enter lower level in front 6511  
 Pittsford Palmyra Rd. - Rte 31 Fairport

Please send event/anniversary flyers to: [website@aisrochester.org](mailto: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. Three AI-Anon members have contributed accounts of their “recovery through service” below. Please read-on . . .**



Recovery through the Steps  
Unity Through the Traditions  
Service Through the Concepts

**Our AI-Anon Service Stories**

*Happy Fall Everyone,*

*When I think about service, love comes to mind. I returned to AI-Anon a number of years ago and the welcome and love that I have experienced is something I will never forget. It is because of this experience that I am able and willing to “pass it on.”*

*Was I scared, filled with doubt, and feeling insecure? Sure I was, and still sometimes I feel that way. But I’m not alone; there is the person who has preceded me to show me how it works, my service sponsor for questions, a call to the World Service Office for clarification on a topic, and of course our service manual!*

*Being involved with service has helped me through some tough times and helped me to keep the focus off the alcoholic and onto myself. Service lends purpose to my life. I can give back what I have received—I am capable.*

*With love,*

**Pat H.**

~~~~~  
*My name is Joni and I am the AIS group rep for the Simple Beginnings meeting. This group meets on Saturday at 11:30 AM at Transfiguration Lutheran Church 3780 Culver Rd. in Irondequoit. At one point I was the group representative for this group. Becoming the AIS rep expanded my knowledge of how AI-Anon works to support groups in our area as well as to operate a local book depot. This service position helped in my recovery because it added to my "AI-Anon tool box" Among the additions were more AI-Anon family members and an introduction to the 12 Concepts of service. The AIS meetings are another place to practice the steps, traditions and, as I am learning, the concepts. I am so often reminded how all the tools in my AI-Anon tool box help me in all my affairs. Service is one third of our recovery. There are many service opportunities available, many of which speak to individual likes, interests, and abilities. The AIS meetings are open. Please join me on the first Saturday of the month at 10 AM at the AIS office to sample a meeting!*

**Joni**

~~~~~  
*It was something I knew I needed to do. After being my group’s treasurer, I became its ISR. I learned there were more ways to give back to AI-Anon by becoming a part of the AIS group. I grew because I learned more about giving of myself, especially after becoming the secretary for the group. I enjoyed it, and I was giving back to all the groups in the Rochester area by being of service for this group.*

*By helping others, I was growing and understanding more about the AI-Anon program, and how I fit into it.*

**Megan**

**Cal Corner Quote**

*If there is any one tool that helped me to overcome my obsession with other people, it was service work. I will always be grateful.*

*How AI-Anon Works for Families & Friends of Alcoholics -. 378*

## Reports

### Banking Summary 9/1/17- 9/30/17

<b>Income</b>	
Total Book Depot	\$ 907.45
<b>Groups Donations</b>	
Donations	100.00
Came to Believe	25.00
Evening Serenity	30.00
Good Old Gang	20.00
Hamlin Sunday Niters	30.00
Hope for Today	20.00
Simple Beginnings AFG	30.00
Sodus AFG	10.00
Spencerport 12 & 12	40.00
Webster Monday Night	25.00
Womens 12 & 12	25.00
<b>Total Group Donations:</b>	<b>350.00</b>
<b>Total Income</b>	<b>\$ 1257.45</b>
<b>Expenses</b>	
AIS Office	
Rent	\$ 477.97
Phone	125.09
Total AIS Office	603.06
Book Depot Expense	
WSO	1224.80
<b>Total Expenses</b>	<b>\$ 1827.86</b>
<b>OVERALL TOTAL</b>	<b>\$ - 570.41</b>
<b>Savings Account Balance</b>	<b>\$ 8040.65</b>

Chairperson: Sheila S.

I attended the Fall Assembly Sept 23. Included here are a few highlights as well as the link for the full reports:

([http://www.nynafg.com/awsc\\_minutes-170923.html](http://www.nynafg.com/awsc_minutes-170923.html))  
It was pleasant to watch and participate in the process using the Steps, Traditions and Concepts to reach conclusions on thorny items.

- The treasury is financially stable.
- Please take particular note of the groups with bounced email or no email addresses. Any help you can give is greatly appreciated.
- Take a look at the titles on sale in the Literature Coordinator's and Mike's reports. "Cal Corner" Forum is requesting more sharing articles. NYNAC finances are in the black.
- Discussion of an uncomfortable issue facing the Assembly using the Steps, Traditions and Concepts followed. It will be reconsidered at the next Assembly.
- Public Outreach reported that the Al-Anon Membership Survey will take place Jan10-Feb27, 2018. Watch "In the Loop"/The Forum for future info.
- The report from the NYN Web Coordinator is comprehensive.
- Elections were held.

### Public Outreach:

- Ancelin Q. and Mary S. brought the bi-monthly presentation to Pre-Trial Services in September.
- Brian O. spoke with the Health Office at RIT and answered some questions about Al-Anon and has begun a conversation about doing a presentation there for students and staff.
- Women's Health Fair: Brian O., Muffy L., Nancy M., Kathy S., Laura L., and John B. attended this health fair on 9/30 at Greece Ridge Mall. Al-Anon had an information table with CAL for sale, meeting lists and free pamphlets. Several professional organizations expressed interest in Al-Anon coming to give a presentation. Brian will follow up. Members reported that there was also interest from the public and many people took meeting lists.

Thank you all who are doing this valuable 12<sup>th</sup> Step service!

Gratefully,

Brian O.

\*\*\*\*\*

### NYN Public Outreach: Pat H.

- The deadline to order the second printing of the 2018 Al-Anon Faces Alcoholism is February 7<sup>th</sup>, 2018, 5 pm ET.
- Mark your calendars. The 2018 Al-Anon Membership Survey will take place online from January 10<sup>th</sup> to February 27<sup>th</sup>, 2018. The purpose of the survey is to provide information to professionals about the effectiveness of our program and data that shows how members' physical, emotional, mental, and spiritual well-being improves by attending Al-Anon. The survey will be posted on the WSO website and therefore requires access to the internet on a computer, tablet, or mobilephone. Members without access to the internet are encouraged to plan ahead by asking a member to be your e-buddy or finding a public location with a computer so they can participate in the survey. Watch The Forum magazine, "In the Loop", for this announcement.
- NYN has completed its third year at the New York State Fair. As in the past it was a great public outreach project for NYN. We had a case (400) of Al-Anon Faces Alcoholism and ran out of them with a couple of days to go. Next year we will order another 100. We will also be ordering the pamphlet, S-25, "Did you grow up with a problem drinker? Al-Anon is for you!"

**Book Depot Report: Mike H.**

- *A spread sheet has been prepared showing order quantities for this year.*
- *Presently, (B-32) "How Al-Anon Works" is out of print and it is expected to be available mid-October.*
- *The new (K-10) Newcomer's pamphlet has been well received, and is less work for us. We still add (S-19) detachment, the beginner's meeting list and our stamp. One advantage is that people can't "Easter egg hunt" pamphlets from the old sleeves. You never knew if a K-10 sleeve was complete.*
- *In the next month I'm going to finalize procedures in the Book Depot.*
- *WSO has announced they are discounting the following books to \$5.99 until 31 Dec 17. They are: Discovering Choices(B-31), Many Voices, One Journey(B-30), The Al-Anon Family Groups – Classic Ed(B-5). This will be up to individuals and groups and they must be ordered direct from WSO. (They apparently can't move them either.) Perhaps we can(at Rochester AIS) discount them to \$8.00, with no wait, no shipping(Limited time only-until 12/31/17). This move doesn't help us, and their rule is WE can't sell things for less than they do.*

*I see no need to order "Al-Anon Faces Alcoholism 2018". We have about 1,000 from 2016 and 2017, value, \$350.00. I will be placing labels on them with our information, to cover up the dates.*

**Website: Joni H.**

**September 2017 AIS web traffic:**

- *711 visitors viewing 2716 pages*
- *45% new and 55% returning visitors*
- *58% mobile and 42% desktop viewing devices*

**The top pages visited (besides the Home page):**

- *Home Page*
- *Meeting List*
- *Monday*
- *About Al-Anon*
- *Anniversaries*

**Geographical locations**

- *Rochester area*
- *Various other locations in NY*

**Alateen: Diane M.**

*We continue to have one consistent teen, a 9th grade female. She is registered and will be attending NYNAC.*

*We've done some outreach to the larger Roc Al-Anon Community for much needed donations for 2017 NYNAC.*

*A new Rochester Area Alateen meeting is in the works. They're in the process of getting the meeting registered with WSO and getting certification for AMIASes. It's currently a strong Al-Anon meeting with an AA meeting in the building at the exact same time: Tuesdays @ 8:00 p.m., Scottsville. I was invited to speak about Alateen there last week so I met some of the interested members. I'll stay in touch with them to find out how things are progressing.*

*With Gratitude for Service to Alateen,  
Diane*

**Cal Corner Quote**

*Alateen has helped me understand that alcoholism is a sickness which cannot be overcome unless the alcoholic is willing to help himself.*

*The Forum, May 1960, p.2*

## 2018 AIS Proposed Budget

<b>Income</b>	<b>Budget</b>
Savings Account	
Bank Adjustment	
Book Depot	\$ 14,100.00
Donations	\$ 5,000.00
Ins. Certificates	\$ 100.00
Tureen Supper	\$ 800.00
<b>Total Income</b>	<b>\$ 20,000.00</b>
<b>Expense</b>	
Chairperson/Inter Group Rep	\$ 200.00
<b>AIS Office</b>	
Insurance	\$ 500.00
Phone	\$ 800.00
Rent	\$ 4,500.00
Supplies & Postage	\$ 200.00
Website	\$ 300.00
Alateen	\$ 200.00
WSO	\$ 100.00
Book Depot	\$ 12,700.00
Bank Service Charge	
Public Information /Coop PC	\$ 300.00
Tureen Supper/ fall fund raiser	\$ 200.00
<b>Total Expenses</b>	<b>\$ 20,000.00</b>

prepared 9-28-2017