



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](mailto:website@aisrochester.org)  
and  
newsletter suggestions to:  
[newsletter@aisrochester.org](mailto:newsletter@aisrochester.org)

***We are better together!***

**Greater Rochester Area**  
**Al-Anon Information Service Center**  
**February 2018 Newsletter**

Date	Events and Anniversaries
<p>Sunday February 25 11 am</p>	<p><b>Spiritual Awakenings/39<sup>th</sup> Anniversary</b> Blessed Sacrament School 259 Rutgers St., Rochester, NY 2<sup>nd</sup> floor AA/Al-Anon Speakers Food and Fellowship to follow Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities drop-down box)</p>
<p>Please join us for our next AIS meeting on <b>March 3, 2018</b></p>	<p><b>Next AIS Meeting</b> <b>Faith Lutheran Church (see map-aisrochester.org)</b> 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!!</p> <p>We would love to have you join us – “We are here to aid you in the common purpose of carrying the Al-Anon message to the families &amp; friends of alcoholics.” Service Manual p. 71 Let us know how we can help.</p> <p>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).</p>
<p><b>SAVE THE DATE</b> March 2-4, 2018</p>	<p><b>37<sup>th</sup> Annual Flower City Fellowship Convention</b> “Surrender to Win” Radisson Hotel, 120 East Main St., Rochester AA/Al-Anon Fellowship Convention Register online: <a href="http://www.rochester-ny-aa.org">http://www.rochester-ny-aa.org</a></p>
<p><b>SAVE THE DATE</b> Sunday March 25, 2018 12 – 5 PM</p>	<p><b>38<sup>th</sup> Annual AIS Tureen Supper 2018</b> “Keep it Simple” ~ Al-Anon &amp; AA speakers ~ Dish to pass St. Anne Church, 1600 Mt. Hope Ave., Rochester Volunteers needed: Contact <a href="mailto:Debi@debibear123@gmail.com">Debi@debibear123@gmail.com</a> Free will offering (\$5.00 suggested donation) Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities drop-down box)</p>
<p><b>SAVE THE DATE</b> April 10, 2018 7:30</p>	<p><b>Penfield Chapel Anniversary</b> 1957 Five Mile Line Rd., Penfield Stay tuned for more information</p>
<p><b>SAVE THE DATE</b> April 20, 2018 7:30</p>	<p><b>Hope for Today</b> 117 Main St., Bloomfield (across from park) Anniversary Stay tuned for more information</p>
<p><b>SAVE THE DATE</b> April 27-29, 2018</p>	<p><b>32<sup>nd</sup> Annual Conference of the Lakes</b> <b>Canandaigua, NY</b> “Archway to Freedom” Flyer available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities drop-down box)</p>
<p><b>SAVE THE DATE</b> May 4-6, 2018</p>	<p><b>NYN AFG Spring Assembly/Convention</b> High Peaks Resort 2384 Saranac Ave, Lake Placid, NY Hosted by District 5 &amp; 26 Flyer/registration available at <a href="http://aisrochester.org">aisrochester.org</a> (Activities drop-down box)</p>

# Bulletin Board

**“In with the New”  
Congratulations & Welcome!!!!**

**AIS Chair - Sheila S.  
Public Outreach – Kathleen H.  
Intergroup Rep - Megan  
Book Depot - Rebecca**

These following positions need to be filled:  
**Secretary**

**Finance Chair**

**Activities**

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

*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)

## January 10 – February 27

*The World Service Office conducts an Al-Anon Conference approved survey every 3 years. This survey “helps raise awareness of Al-Anon Family Groups among professionals by providing evidence-based data that shows the effectiveness of our program. This helps doctors, therapists and other professionals refer their patients and clients to Al-Anon. Their referrals help more families of alcoholics to start attending Al-Anon.”*

*This study is conducted on an anonymous basis. You can participate in this survey by visiting:*

[al-anon.org/18membersurvey](http://al-anon.org/18membersurvey)

**THANK YOU** to all who attended our first AIS meeting of the year in its new location: **Faith Lutheran**. Many attended and there was room for all and many more.

Everyone is always welcome –  
Come see what’s going on!!!!

## AIS Rochester Office

585-288-0540

Current Office Hours

Monday	9am-11am & 2-4pm
Tuesday	
Wednesday	
Thursday	9am-Noon & 3-5:30pm
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, leave your name and number at AIS - 288-0540.

**COME ONE, COME ALL to AIS’s largest  
fund-raiser!!**



**Sunday, March 25th (12-5pm) Tureen Supper**

**Join in service, fun, and fellowship**

**Please talk with your groups about how you would like to serve**

**We need volunteers to help set-up and clean-up**

**Questions/Concerns - contact Supper Chair:**

**Deb - [debibear123@gmail.com](mailto:debibear123@gmail.com)**

**See front page and flyer for more info.**

## **COMING Celebrations**

**March 4: Lois W.’s Birthday**



**April: “Alcohol Awareness Month”**

## Our Al-Anon Slogans

### Let go let God

As I work my way through the twelve steps and become more aware of my character defects I see how much I mothered, monitored, tried to manage and manipulate situations. God shows me that he cannot fix what I am still holding on to. I use the slogan "let go and let God" to loosen my grip on people and situations .

Recently, I found myself resenting a person's actions. I am grateful to be able to recognize this in myself. This is another opportunity to use the slogan let go and let God which helps me to release my resentment.

Also, before I go to sleep sometimes my mind will run me through every tense situation possible. Instead of continuing in those negative thoughts and getting worked up and sleepless, I replace them with "let go and let God" and soon fall asleep.  
Candice

**Let us know what your favorite slogan is – send your contribution to [newsletter@aisrochester.org](mailto: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

### **Book Depot: Rebecca**

Happy 2018 to all! I am very excited to be in service in this role (Book Depot) and know I stand on Mike H.'s big shoulders! I am grateful for Mike's help indeed, and everybody else I have encountered in the rooms and the AIS office

I would like to pass on a couple of things: The new **2018-2021 Service Manual** is finally available and on its way. Groups need to know that the manuals are no longer "free of charge," but are available through AIS for a nominal cost. Our World Service Organization (WSO) has decided that new pricing on our literature will not go in effect until July of this year. Be sure to stock up prior to then! Another item to communicate: there are large "realtor type" outdoor signs available for district "Days of Sharing" to place outside of your venue. Please know I would love to be aware of any District Days of Sharing, area conventions, or any other celebrations, where I will happily "man" a book table.



### There are also a number of **Al-Anon Faces Alcoholism 2016** and **Al-Anon Faces**

**Alcoholism 2017** left over. AIS has covered the dates with stickers identifying our AIS Contact information. Rather than put them in recycle bins, they are free for the taking, but of course any donation to AIS would be greatly appreciated. They usually sell for 35 cents.

We have so much valuable literature to share and grow from! My sponsor recently introduced me to From **Survival to Recovery** and it honestly is hard to put down. I just bought my own copy because I need to highlight so many passages and thoughts. Check it out for yourself!

**Banking Summary 12/1/17- 12/31/17****Income**Total Book Depot \$ **994.30****Groups Donations**

## Donations

Evening Serenity 30.00

Good Ol Gang 20.00

Henrietta AFG 30.00

Penfield Chapel 36.00

Scottsville AFG 162.00

Searching for Serenity 20.00

Sunday Simple Beginnings AFG 20.00

Webster Monday 37.00

**Total Donations: 368.00****Insurance Certificate Payments**

Faith &amp; Hope 25.00

Stepping into Recovery 25.00

Saturday Nit Men AFG 50.00

**Total Income \$ 1462.30****Expenses**

## AIS Office

Phone 125.66

Supplies &amp; Postage 56.67

Total AIS Office 182.33

Book Depot Expense/WSO 377.77

**Total Book Depot Expense \$ 377.77****WSO Donation 100.00****Total Expenses \$ 660.10****OVERALL TOTAL \$ 802.20****Savings Account Balance \$ 8040.85****Banking Summary 1/1/18- 1/31/18****Income**Total Book Depot \$ **713.86****Groups Donations**

Canandaigua Mon Noon AFG 50.00

Faith &amp; Hope 150.00

Hamlin Sunday Niters 20.00

Hope for Today 140.00

Sundays in Newark 2.00

Webster Monday Night 42.00

Woman's 12 &amp; 12 160.80

**Total Donations: 380.00**

## Insurance Certificate

Experience, Strength &amp; Hope 50.00

**Total Income \$ 1093.86****Expenses**

Uncategorized 95.88

AIS Office 20.00

Rent 707.00

Supplies &amp; Postage 14.03

Total AIS Office 741.03

Book Depot WSO Expense 2141.61

Tureen Supper 125.00

**Total Expenses 3103.52****OVERALL TOTAL \$ -2009.66****Savings Account Balance \$ 8040.92****Website:**

January 2018 AIS web traffic:

- 573 visitors viewing 1044 pages
- 73% new and 27% returning visitors
- 47% mobile and 53% desktop viewing devices
- The top pages visited:

- Meeting List Page
- Home Page
- Literature
- About Al-Anon
- Anniversaries

Geographical locations

- Rochester area
- Various other locations in NY

**Alateen: Diane M.**

Alateen is still chugging along. We are getting some new teens pretty regularly right now. With the one or two "regulars" it makes it more welcoming for the new teens to "keep coming back." We did have one teen at the NYN 2017 NYNAC weekend event. We also had one AMIAS attend for one day. Here's what she said: *"I attended my first New York North Alateen Conference (NYNAC) and it was filled with courage, strength, and hope. The teens (and AMIAS') were in meetings and structured activities from the time of arrival on Friday evening until departing Sunday afternoon. The theme was "Lost & Found" so meetings revolved around how the teens lost themselves in the alcoholic family, and what they found when they came into Alateen. Evenings provided opportunity for fun with a bonfire one night, and a Halloween party the other. Teens participated in a favorite tradition of signing t-shirts. I was very impressed at how the teens arrived with open hearts and how quickly friendships were formed. Personally, I benefitted greatly from working side-by-side with the seasoned sponsors. Saturday morning included a business meeting for the AMIAS's with brief discussions about outreach (attracting and retaining teens), finances, and doing a better job of planning ahead for NYAC 2018. I want to thank all Rochester Al-Anon groups who sent monetary donations and every member of the fellowship who provided moral support to make this conference happen."*

*With gratitude,**Robin B.**AMIAS & Group Sponsor**"Irondequoit Saturday Morning Alateen"*

Additionally, I presented a small plug for Alateen at the 50th AA-Al-Anon Anniversary Meeting on November 20th. There were about 100 people at the meeting so the message of Alateen got a lot of exposure that night. We were asked to have a teen to speak but at this point we don't have any teens up to the task yet. Soon!! I've also reached out to an area High School offering to bring an Alateen meeting to the school. My inquiry is working its way through their channels.

Keeping things "One Step at a Time" in Alateen part of our Al-Anon Family Groups.