

Intergroup Representatives (IR) Meeting Minutes

Thursday, August 1, 2024

The meeting (on Zoom) commenced at 7:02 PM and chaired by Blake R., President. Other Board members present were Diana B, Treasurer, Gene M, Vice President and Public Outreach Liaison and Linda W, Office Liaison. Susan C, office staff, also attended.

- 1) **Opening:** Blake welcomed all to the meeting and opened the meeting with a cleansing breath/moment of silence, followed by the Serenity Prayer and a reading of Tradition 8.
- 2) **Attendance:** There were 17 total members present including 4 board members, 1 Office Staff member, and 12 IR's.
- 3) **July IR Meeting Minutes -**
The minutes from the July 2024 IR Meeting were emailed to the IRs prior to the meeting. The minutes were unanimously approved.
- 4) **Treasurer's Report:** The following July 25 AIS Board report was emailed to the IRs for review prior to the meeting - Diana B, Treasurer, presented the report.

July 25, 2024, AIS Board Meeting Treasurer's Report

Status as of June 30, 2024

June 2024 Summary:

1. For the month of June 2024, Total Revenue of \$4,182 is below the 2024 monthly budgeted average of \$6,203.
2. Net Operating surplus is at a deficit of \$2,565 for the month.
3. On a cash flow basis, Literature Sales were \$2,293 is almost equal to the 2024 monthly budgeted average of \$2,291.
4. Group Contributions were \$1,392, below the 2024 monthly budgeted average of \$2,333. Miscellaneous Contributions of \$205 was lower than the 2024 monthly budgeted average of \$1,083.

5. Monthly Expenses of \$6,748, was slightly above the 2024 monthly budgeted average of \$6,261.
6. Literature costs of \$2,259 was above the 2024 monthly budgeted average of \$1,666.
7. Total cash in checking was \$2,429. Total Cash and Reserves is \$56,436.

Diana provided the Treasurer's report both in a written summary format (as above) and in a spreadsheet format as well. At the conclusion of her report, Diana asked if members preferred the written or spreadsheet format. One IR indicated they liked the spreadsheet format. It was recommended that Diana provide both the written summary AND spreadsheet format.

The Treasurer's Report was unanimously approved.

5) Public Outreach -

Gene M, public outreach liaison, shared the following:

- 1) There was an immersion scholar fair in Franklin County where Al-Anon was represented and attended by Joy, the area PO representative and handed out literature.
- 2) Joy also held a PO meeting for her area and is hoping to host one each quarter.
- 3) There was an Outreach event in Creve Coeur sponsored by the Kaufman fund which networks with Veterans.
- 4) There was a mental health awareness event at Mid Rivers mall on Saturday, July 27. Gene attended and worked the table at this event. There were several people extremely interested in the Al-Anon program.
- 5) There will be a Veteran's fair and workshop on August 14. A group in district 10 is managing this event.
- 6) There is also a Veterans mental health event at Carpenter's Hall in District 14.
- 7) There is a back-to-school event at Liberty Hall in Lake St. Louis where there will be Al-Ateen literature distributed.
- 8) In South County there will be sobriety walk sponsored by a local church in August.
- 9) There has been a lot of PO activities focused on veterans this past month.
- 10) The AIS office has sent out 21 newcomer packets this past month and there are also Al-Ateen posters (in color) that are available. 75 purchased for \$50.
- 11) The PO leader term was up in July, and she now stepped down. Anyone interested is leading or assisting with the PO Outreach should join the 5:00 PM Zoom meeting held the first Monday of each month. NOTE: There will be NO Public Outreach meeting in August. The next meeting will be on September 5.

6) After Hours and Office Reports -

AIS IR Office Report August 2024

Ice Cream Social & Jewelry Sale August 18th, 2024.

We need volunteers! Call Susan C. on Tuesday or Thursday at the Office or email her at aisoffice@stl-al-anon.org

NEW MEETING

Parents Courage to Change

Wednesday at 7pm

Salem United Methodist

1200 S. Lindbergh-63131

Started June 5th.

Corrections - Meeting List

Friday 10 am Stepping Out missing a #- Correct PW 120651

Monday 7pm There is a Solution new ID 867-504-68650 No PW

District 15 is looking for volunteers for two events in Kirkwood.

Overdose Awareness Walk August 31st &

STL Recovery Fest September 22nd

Contact Jenny K. at modist15dr@gmail.com

PO Chair Needed

We are still in need for a Public Outreach Chair for the AIS Office

Please call the office for more information 314-645-1572

We love to post Al-Anon events!!

Please email your PDF Flyers to aisoffice@stl-al-anon.org.

If you author an article we will publish it in Sincerely Al-Anon with a link to your flyer.

All flyers need to be in PDF form.

Answering Service Report (After Hours)

Two calls both looking for information on Al-Anon

AIS Office Website & Top Literature Report

42 How Al-Anon Works-116 Newcomer packets-8 Web Orders

Newcomer Emails

The Office now has a Welcome to Al-Anon Email. Please let your groups (especially our Zoom meetings) know that this exists. If your group would like to have this for newcomers, please contact the office.

20 emails sent to newcomers five referrals from relatives in AA/AFG; 6 from our website, 1 from a Church & 2 Medical Prof.

Meeting Updates

Please let the office know of any change to your meetings by emailing the added information to aisoffice@stl-al-anon.org.
To get the meeting changes in the weekly updates it is best to get the information to the office by Monday 9am.

We Want You!!!!
THE AIS OFFICE IS LOOKING FOR VOLUNTEERS FOR OUR SPEAKERS BUREAU.
PLEASE CALL THE OFFICE OR FILL OUT AN VOLUNTEER FORM ON OUR
WEBSITE, then email to the office.

Respectfully submitted,
Susan C.

7) Old Business:

- Blake discussed the in-person IR meeting scheduled for October and that it will not be on the same day as our usual October meeting since the meeting room at the AIS office is not available that night. More details to come.
- Blake reinforced the need for additional board members and for any IRs or group members who are interested in learning more about the board can join a future meeting and observe. In addition, Blake has an article in the August Sincerely Al-Anon newsletter.

8) New Business -

There were no new business items.

9) Open Sharing -

- Blake provided a quick update on what is going on with our AIS office lease renewal/extension that needs to approval in September. The effective date of the renewal is not until 2025 though. Blake shared information on the big-ticket CAM charges for 2023 and 2024 and shared that before approving the renewal he wants to understand the details behind the 10-20-fold cost increase to determine if this is something we need to plan for in our budget going forward or if these past 2 years were just exceptions.

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Blake closed the meeting at approximately 7:32 PM with the Serenity Prayer and the Al-Anon Declaration.

The next IR meeting is Thursday, September 5th at 7 PM via Zoom.

Respectfully submitted,

Blake R.

Board Secretary