

Intergroup Representatives (IR) Meeting Minutes

Thursday February 1, 2024

The meeting was held via Zoom commencing at 7:00 PM and chaired by Blake R., Board President. Other Board members present were: Gene M, Vice President and Public Outreach Liaison, Barb BS, Secretary, Linda W. Board Member and AIS Office Liaison, and Diana B., prospective Board Member and Treasurer.

- 1) **Opening:** Blake opened the meeting with a cleansing breath/moment of silence, followed by the Serenity Prayer and a reading of Tradition 2 .
- 2) **Attendance:** There were 28 members present including 4 board members, 1 prospective board member, 1 Office Staff member (Susan C), and 22 IR's, including 1 new IR.
- 3) **January 2024 IR Meeting Minutes -**
The minutes from the January IR Meeting were sent out to the IR's via email prior to the meeting and were unanimously approved.
- 4) **Treasurer's Report:** The following report was submitted via email to the IR's for review prior to the meeting:

TREASURER'S REPORT – AFG OF STL

As of December 31, 2023

Submitted by Blake R, President

For the February, 2024 IR Meeting

February 2024 - IR Meeting

Treasurer's Report

Status as of December 31, 2023

End of Month/Year Summary:

1. Overall, the month of December 2023 produced Total Revenue of \$6,587 versus the 2023 budgeted average of \$5,693. Net Operating surplus was \$548 for the month. Overall, for 2023 we ended with a \$4,732 surplus.
2. On a cash flow basis, Literature Sales were \$2,315 [versus 2023 budgeted average of \$1,833].
3. Group Contributions were \$1,336 [versus the 2023 budgeted average at \$2,108]. Miscellaneous Contributions of \$2,468 were a fair amount higher

than our 2023 monthly expectations of \$1,108.

4. Monthly Expenses, at \$6,039, were above the 2023 budgeted average of \$5,688.

5. Literature costs of \$1,661 were slightly above the 2023 budgeted average of \$1,417.

6. Our end of year surplus of \$4,732 for 2023 compared to our end of year deficit of \$3,573 in 2022 is great news.

7. Total cash in checking was \$5,334. Total Cash and Reserves were \$58,178.

8. The previously approved drawdown of \$5,000 still has \$2,000 left undrawn.

9. Based on where we landed at the end of the year 2023, with a \$4,732 surplus, we plan to replenish \$3,000 of the used drawdown, putting us back at a \$0 drawdown on the \$5,000 approved amount. We will leave the remaining \$1,732 of 2023 surplus as a buffer for 2024.

Respectfully submitted,

Blake Rundell

Jane M (an IR) asked for clarification regarding what the Reserves were and Blake explained including that they were invested in some conservative return investments. Blake asked that the IR's go back their groups and express the AIS office's gratitude for their contributions.

The Treasurer's Report was unanimously approved.

5) **Public Outreach** - Gene reported as follows:

- Had a meeting on 1/8 with about 12 in attendance including Joy, the Area PO person. She attends all the meetings. She talked about adding more names to the Professional Packet distribution.
- Al-Anon members continue to go to Bridgeway and Harris House. The PO Committee has also contacted CenterPointe to try to get a meeting going there. The committee also visits the Hyland Center.
- The budget remains the same. A table was purchased for outreach activities.
- Susan C has distributed some of the professional packets to the IR's at a recent workshop.
- Business cards were attached to some of the packets. Cathy W, PO chair, has plenty of the cards and will distribute them
- The committee has tablecloths which are being embroidered.

- Joy discussed creating packets specifically geared to Alateen. Cathy W and Gene are discussing what should be included in these and where they should be distributed.
- There has been work in Jefferson County to get the resource guides to include Al-Anon in the Resource guides at the Health Dept.
- Al-Anon materials were shared at a recent DART meeting in Jefferson County.
- There are new members weekly at the Alateen meeting in Jefferson County.
- Discussion took place about the possibility of leaving Al-Anon materials at doctors' offices.
- They are unable to send unsolicited materials to schools.
- There are two new billboards on I-70 sponsored by an individual who lost a child to an overdose.
- Overall, lots of good work being done by the committee.

Gene talked about why Al-Anon would go to a rehab facility. They are trying to address the needs of family members and friends there.

6) After Hours and Office Reports -

AIS IR Office Report February 2024

"A Little Time for Myself"

Cost: \$17.00

Acquire by:

- Picking Up at the Office- Monday-Friday 9 am-5 pm; 14 Sunnen Drive, Suite144, St. Louis, MO 63143
(Holds for pre-paid orders only (4% processing fee applied to all Credit Cards))
- Ship with Prepayment. (shipping and handling fees apply).
- Call the Office to order 314-645-1572
- Order via Website "Online Store": www.stl-al-anon.org

We love to post Al-Anon events!!

Please email the flyer(s) to the Office at aisoffice@stl-al-anon.org

All flyers need to be in a PDF

Answering Service Report (After Hours)

Only one call and the member had a question for the office (the Answering Service volunteer left the message for the Office to take care of on Monday).

AIS Office Website Report

January Web Activity:

5 orders.

December Total Sales

108 sales & contributions.

Sincerely Al-Anon

Please ask your group members to sign-up for our newsletter at www.stl-al-anon.org.

Newcomer Packets

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.

17 emails were sent to Newcomers for the month of January. 4 Newcomer packets were given out in-person or mailed.

Two meeting lists were printed for walk-in Newcomers.

Meeting Updates

Please let the office know of any change to your meetings by emailing the new 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.

"My Journey" Journals

These make great gifts for the holidays and are easy to mail. Journals are \$12.00 each.

Public Outreach Report

The Public Outreach packets have been given out to all the districts. Send the AIS Office your experiences of your PO events. We will publish them in the Sincerely Al-Anon.

For 2024

***July the 4th is on the first Thursday. The Office will be closed due to the federal holiday.
The IR meeting will be on July 11th at 7 pm***

In Service, Susan C.

Susa said to get events to the office a week and a half before the end of the month to get them in the Sincerely Al-Anon. Even at the last minute she will try to get them in.

7) New Business:

-Blake discussed the proposed 2024 budget and the differences between last year and this year. Both group contributions and literature sales were increased to reflect actuals from last year. Literature purchases were not increased as much as might have been reflected from this year's sales because we don't anticipate that the sales of the new reader will be as much. Staff was given \$1.00 an hour raise so that is reflected in personnel expenses. The Board will report on how the budget is going month to month.

- Blake discussed Diana B, candidate for Board Member/Treasurer. She was the former IR for Blake's home group. Diana introduced herself to the IR's. She is recently retired. She's been in Al-Anon for about 8 years. She has experience doing service and job experience that will help her in this role. Diana was unanimously approved and will officially join the Board. Blake congratulated Diana on her approval.

8) Open Sharing:

- Susan reported that District 15 on March 16th is having a sponsorship workshop at Concordia Lutheran Church in Kirkwood from 10-12 - it is only in person. Coffee and bagels will be served and no registration is required. They are having their annual picnic on June 1st. Flyers for both will be posted shortly.
- District 2 will have a potluck on April 27th at St. Paul's - flyer will come out shortly - it's from 5:30-8:30.
- Discussion took place on how to pull up meetings on the Al-Anon App.

Blake closed the meeting with the Serenity Prayer and the Al-Anon Declaration.

Next Meeting is Thursday March 7, 2024 at 7 PM via Zoom

Respectfully submitted,

Barb BS, Board Secretary