

Intergroup Representatives (IR) Meeting Minutes

Thursday, June 6, 2024

The meeting was held via Zoom commencing at 7:02 PM and chaired by Blake R., President. Other Board members present were: Barb S, Secretary, Jan McD, board member, 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 opened the meeting with a cleansing breath/moment of silence, followed by the Serenity Prayer and a reading of Tradition 6.
- 2) **Attendance:** There were 27 total members present including 6 board members, 1 Office Staff member, 18, IR's, 1 visitor from District 8 in Columbia MO and the AIS Public Outreach Committee Chairperson, Cathy W.
- 3) **May IR Meeting Minutes -**
The minutes from the May, 2024 IR Meeting were sent out to the IR's via email prior to the meeting. The minutes were unanimously approved.
- 4) **Treasurer's Report:** The following report was submitted via email to the IR's for review prior to the meeting - Diana B, Treasurer, presented the report.

Treasurer's Report Status as of April 30, 2024 April 2024 Summary:

1. For the month of April 2024, Total Revenue of \$8,409 is above the 2024 monthly budgeted average of \$6,203.
2. Net Operating surplus was \$297 for the month. For 2024 we have a deficit of \$633.
3. On a cash flow basis, Literature Sales were \$3,155 is above the 2024 monthly budgeted average of \$2,291.
4. Group Contributions were \$4,306, above the 2024 monthly budgeted average of \$2,333. Miscellaneous Contributions of \$342 was lower than the 2024 monthly budgeted average of \$1,083. There was also a Birthday Contribution of \$380.00. This was a very generous donation!
5. Monthly Expenses of \$8,112, were above the 2024 monthly budgeted

average of \$6,261.

6. Literature costs of \$4,105 was above the 2024 monthly budgeted average of \$1,666.
7. Total cash in checking was \$3,887. Total Cash and Reserves is \$56,640.

Respectfully submitted,

Diana B, Treasurer

Blake commented that contributions were good; however, literature costs were up because we had to restock certain categories of literature. Barb S asked whether the birthday contribution was separate from the miscellaneous contributions and Diana verified that it was separate.

The Treasurer's Report was unanimously approved.

5) **Public Outreach -**

Cathy W, District Public Outreach Chairperson, spoke to the group and here are her main points:

- 1) There are about 20 PO Committee members on their roster. Each month about 12 show up. Meetings are the first Monday of the month via Zoom from 5-6.
- 2) Cathy will be stepping down as chairperson as of the end of August and is looking for someone to take on her role. She has been in the role for 2 years. She explained her role and said that she was mainly a "gatherer" of the information. She will remain on the committee. If anyone is interested, they can let her or the office know.
- 3) Blake, Barb, Susan and the Board thanked Cathy and the committee for all their hard work.

6) **After Hours and Office Reports -**

The following report was sent out to the IR's via email for review prior to the meeting:

AIS IR Office Report June 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

Public Outreach Zoom Gathering

Tuesday June 25th at 7:00 pm
Meeting ID 317 580 9235 PW 349402
MO Area PO Coordinator Joy

We love to post Al-Anon events!!

Please email your PDF Flyers to aisoffice@stl-al-anon.org.
If you write an article we will publish it in the Sincerely Al-Anon with a link to your flyer.
All flyers need to be in a PDF form.

Answering Service Report (After Hours)

No calls in the month of May
AIS Office Website & Top Literature Report
8 Web orders
40 Haw, 24 A Little Time, 77 Newcomer packets.

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 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.

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.**

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

Susan C.

7) Old Business: None

8) New Business -

- Blake mentioned that the AIS Office's Tax Exempt Letter is only for use by the AIS Office Staff and the Board Members. It is not to be used by individual groups or districts. If others want a tax exempt letter, they need to apply for their own.
- Blake shared that both he (President) and Linda W (Office Liaison) will be rotating off the Board in December. We will be looking for new persons to fill those positions and also new board members. If anyone has any questions, they can contact any board member or the AIS Office.
- July IR Meeting will take place on 7/11 due to the 4th of July Holiday.

9) Open Sharing -

- District 8 would like to use the AIS Office's phone number on their website (www.midmissouri-al-anon.org) because they are discontinuing their answering service. They receive very few calls (11 calls in 2023 and 5 so far in 2024) and would like to just refer anyone who is looking for a contact to call in person to an actual phone number. Discussion took place and we decided that including the phone number was fine and that they could also include the AIS office website link. District 8 will provide the AIS office with phone numbers in their district so if someone calls looking for meetings or other services in District 8, the AIS office contact could call someone there and let them know. There are 8 Al-Anon meetings in District 8 - their list is updated every other month. The AIS Office updates its meeting list every Monday. Susan C requested that District 8 send its updated meeting list every time it is updated.
- Susan C mentioned our Welcome to Al-Anon email and said she would send it out to District 8 for their use. It could be sent out to new members along with their meeting list. It can be mailed if the person prefers that.
- Lynn from District 14 asked whether her district could be provided the entire list of speakers from the speakers' bureau instead of just 3 speakers. She said it is difficult sometimes to find someone with a list just of three. Discussion took place and it was decided that a list of 5 speakers would be given out. The speakers list changes frequently and for that and a number of reasons, the office doesn't want to give out the entire list. Discussion took place on the best ways to get someone to speak at a meeting - often someone calls with too little notice. Susan C said it's best to call as much in advance as possible - up to a month in advance is good. Call all the speakers given at the same time and allow the one who calls back first who can do it be the speaker.
- Cathy brought up having Al-Anon groups at treatment centers. Often there speakers bring up things that shouldn't be discussed in an Al-Anon meeting. She recommended that speakers be given "Speakers Do's and Don't's to help. She also recommended that this article be shared with the districts. There are sections in the Service Manual dealing with this.
- Jan McD mentioned that she will need to be stepping down from the Board so we will also need to replace her.

Blake closed the meeting at approximately 7:51 PM with the Serenity Prayer and the Al-Anon Declaration.

The next IR meeting is Thursday, July 11 at 7 PM via Zoom.

Respectfully submitted,

Barb S
Board Secretary