

## Intergroup Representatives (IR) Meeting Minutes

Thursday, May 2, 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 and Gene M, Vice President and Public Outreach Liaison. Beth 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 5.
- 2) **Attendance:** There were 24 total members present including 5 board members, 1 Office Staff member, and 18 IR's.
- 3) **April IR Meeting Minutes -**  
The minutes from the April, 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 March 31, 2024**

#### **March 2024 Summary:**

1. For the month of March 2024, Total Revenue of \$5,420 is just below the 2024 monthly budgeted average of \$6,203.
2. Net Operating surplus was a deficit of \$2,673 for the month. YTD 2024 we have a deficit of \$930.
3. On a cash flow basis, Literature Sales were \$2,869 versus 2024 monthly budgeted average of \$2,291.
4. Group Contributions were \$1,723, just below the 2024 monthly budgeted average of \$2,333. Miscellaneous Contributions of \$603 were lower than the 2024 monthly budgeted average of \$1,083.

5. Monthly Expenses of \$8,094, were above the 2024 monthly budgeted average of \$6,261.
6. Literature costs of \$3,768 were above the 2024 monthly budgeted average of \$1,666.
7. Total cash in checking was \$3,604. Total Cash and Reserves is \$57,125.

Respectfully submitted,

Diana Butler, Secretary

Discussion took place regarding the deficit year to date for this month as we had a year to date surplus at the end of last month. It was likely due to lower group and miscellaneous contributions and a higher rate of spending for literature to replenish things that were low in stock. We will continue to monitor the budget in the next few months to see if it normalizes.

The Treasurer's Report was unanimously approved.

#### 5) **Public Outreach** -

Gene M, committee liaison, summarized the committee's activity as follows:

Gene reported the following:

- They had their monthly meeting on 4/1 with a good turnout.
- Bridgeway and Harris House meetings are continuing - they are also going to the Aviary. They are following up with another Aviary location in Kirkwood.
- One member spoke to the men at Bridgeway in their inpatient program about Al-Anon.
- They've only spent \$36 so far of their \$1000 budget.
- Only 3 DR's have picked up their Alateen packets. Reaching out to others to get them to pick them up.
- April 12 - a Teen Summit took place in St. Charles. Focused on Fentanyl and Heroin but we had an Al-Anon table handing out literature.
- A Senior Activity Day took place at the Foundry Art Center in St. Charles handing out Al-Anon literature. There was another one at the Veterans Resource fair at the same location - Al-Anon information was handed out at a booth.
- There was Al-Anon participation at a senior health fair in Florissant called Aging My Way on 4/9.

- Cathy W spoke to masters candidates in social work/counseling at UMSL about Al-Anon.
- One member visited a birth center in Warren County to deliver Al-Anon literature.
- Committee discussed getting Al-Anon literature in domestic violence shelters such as Lydia's House. Also possible contacts at ALIVE and at a seminar in the Grove called Diamond Divas.
- Discussion took place how to get more Al-Anon information to people of color.
- Joy plans on having a statewide meeting in June.
- One committee member has a contact at MOBAP school of nursing and is trying to get literature there.
- Another possible idea - getting Alateen information in school library boxes called The Little School Library Boxes.

Gene emphasized the hard work of the committee and how they are getting out a lot of good information on. Al-Anon. Gene mentioned that there is a lot of work to be done and that they could use some help.

#### 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 May 2024\***

**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.**

**Ice Cream Social & Jewelry Sale August 18<sup>th</sup> 2024**

**We need volunteers! Call Susan C. on Tuesday or Thursday at the Office.**

**We love to post Al-Anon events!!**

Please email your PDF Flyers to [aisoffice@stl-al-anon.org](mailto: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 for the month of March.

### AIS Office Website & Top Literature Report

#### **April Web Activity:**

9 web orders; 98 total sales and contributions  
144 newcomer packets. 63 How Al-Anon Works, 25 A Little Time....

#### Sincerely Al-Anon

Please ask your group members to sign-up for our newsletter at [www.stl-al-anon.org](http://www.stl-al-anon.org).

#### 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.

14 emails sent to newcomers four referrals from relatives in AA/AFG; 3 from our website.

#### Meeting Updates

Please let the office know of any change to your meetings by emailing the new information to [aisoffice@stl-al-anon.org](mailto: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.

#### Public Outreach Report

The PO committee next campaign is Alateen packets to give out to all who work with students. We will be looking to the district on ways to distribute the Alateen packets. AIS Office PO Committee is always looking for new ideas to spread the word about Al-Anon. Email or call the office with your ideas.

#### **Replacement Pages**

#### [Replacement Pages for Service Manual](#)

#### For 2024

*July the 4<sup>th</sup> is on the first Thursday. The Office will be closed due to the federal holiday.*

*The IR meeting will be on July 11<sup>th</sup> at 7 pm*

*Susan C.*

Beth, in Susan C's absence, pointed out that Public Outreach Zoom gathering will be 6/25 at 7 PM There was a flyer attached to the IR email and it will also be on the website. She reminded the IR's that Susan C is seeking costume jewelry, intact or not, to be delivered to the office to have as a sale for a fundraiser benefitting the AIS office at the ice cream social in August.

Discussion took place on the welcome email that the office sends out to newcomers. Groups just need to let the office know the email address of the newcomer and they will send it out. The office and send the email out to a group and the group can send it out on their own if they wish. The email doesn't replace the newcomer packets that are handed out at groups with phone numbers of members willing to be called. Both should be used with newcomers.

7) **Old Business: None**

## **8) New Business -**

Blake discussed that we voted at the last IR meeting to continue to have the meetings on Zoom. At the Board meeting we thought we'd try to have one IR meeting a year in person at the office so we could all meet and get together. We decided that the October meeting would be the best, but we may have to have it at a different time and/or on a different day because there is now an AA meeting at our normal IR meeting time.

Linda, Office Liaison wanted Blake to mention that the AIS Office loves to have visitors and encourages all members to visit, especially if they never have. Hours are 9-5, Monday-Friday.

## **9) Open Sharing -**

Doris mentioned that the library boxes outside schools that the PO committee mentioned have been very successful - she recommended that if we put literature in them, we wrap it in plastic so it doesn't get wet if it rains.

Lorraine wanted to remind members that her meeting Grateful Every Day on Friday nights at 7:00 PM offers babysitting. She said that they haven't been getting many children there for babysitting.

Another member whose home group is North County Parents mentioned that 7:00 PM may not be the best time, even with Zoom, because mothers of young children are trying to get their kids to bed at that time. Jan McD mentioned that her group Recovery in Relationships has an 8 PM Zoom meeting. She said the later time allows parents to get their young children in bed before jumping on the meeting.

Blake closed the meeting at approximately 7:35 with the Serenity Prayer and the Al-Anon Declaration.

The next IR meeting is Thursday, June 6 at 7 PM via Zoom. Due to the 4th of July Holiday on the first Thursday this year, we will have the July IR meeting the next Thursday on July 11th.

Respectfully submitted,

Barb S  
Board Secretary