

Intergroup Representatives (IR) Meeting Minutes

Tuesday, October 1, 2024

The meeting was held both in person at the AIS office and via Zoom commencing at 7:02 PM and chaired by Blake R., President. Other Board members present were Gene M, Vice President and Public Outreach Liaison, Barb S, Secretary, Diana B, Treasurer, Linda W., Office Liaison, John Y. And Mary K., Board Members. 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 10.
- 2) **Attendance:** There were 22 total members present including 7 board members, 1 prospective board member Mary R., (currently Area Liaison), 1 Office Staff member, and 13 IR's including one new IR from Solution Finders on Saturday mornings. Mary R., prospective board member, introduced herself to the group. She attended the last board meeting and is interested in serving on the board.
- 3) **September IR Meeting Minutes -**
The minutes from the September 2024 IR Meeting 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.

October 1, 2024 Report for IR Meeting Treasurer's Report

Status as of August 31, 2024

August 2024 Summary:

1. For the month of August 2024, Total Revenue of \$6,445 is above the 2024 monthly budgeted average of \$6,203.
2. Net Operating surplus is at \$357 for the month.
3. On a cash flow basis, Literature Sales were \$1,996 is below the 2024 monthly budgeted average of \$2,292.
4. Group Contributions were \$2,213, below the 2024 monthly budgeted average of \$2,333. Miscellaneous Contributions of \$1,291 was higher than the 2024 monthly budgeted average of \$1,083.

5. Monthly Expenses of \$6,088, was slightly below the 2024 monthly budgeted average of \$6,261.
6. Literature costs of \$1,790 was a slightly higher than the 2024 monthly budgeted average of \$1,667.
7. Total cash in checking was \$6,406. Total Cash and Reserves is \$61,620.

Respectfully submitted,
Diana Butler

Discussion took place that we are going very well year to date on the budget despite higher CAM costs from our sublease for the year. Our reserve is in line with the amount we have budgeted for.

The Treasurer's Report was unanimously approved.

5) Public Outreach -

Gene M, public outreach liaison, shared the following:

- Only three people attended the meeting in September probably because the date was different due to Labor Day.
- Next meeting is via Zoom on Monday 10/7 at 5 PM via Zoom - anyone interested is welcome to attend. Please ask your groups if anyone is interested in joining committee and/or serving as chair.
- Committee is still in need of a chairperson. No one has stepped up since Cathy W left.
- Gene attended an event at Atonement Lutheran Church with Susan C from the office recently. He also attended an event with Margaret at a mall in St. Charles.
- Upcoming events on 10/5 at the Electricians' Union hall there is a health fair they will participate in (in District 14).
- Wed. 10/9 from 10-2 there is a Bausch & Lomb event in District 15.
- Friday 10/11 there is another Bausch & Lomb event in Ballwin. The office suitcases will be used at both Bausch & Lomb events.
- October 11,12,13 in Collinsville IL the IL Al-Anon Convention will take place.
- Sat. 10/19 at 9 AM there is a domestic violence rally and walk in the Grove on South Vandeventer.
- Blake emphasized the importance of getting a chairperson and continuing the good work that the public outreach committee has been doing - the committee's work is so important in spreading the word about Al-Anon, what it is and what it can do.
- Blake asked if a list of all public outreach events could be sent out each month to all the IR's. Susan C said an email blast could be sent out.

- Susan will also send out an email to all DR's asking if they could make sure the office is aware of any of their public outreach events.
- Barb mentioned that Alano (AA) had a booth at the recent Pridefest, but that she saw nothing there for Al-Anon. Discussion took place about having a standing list of public outreach events we'd participate in every year.

6) After Hours and Office Reports -

AIS IR Office Report October 2024

Asking for an Al Anon member to be of service.

Lisa is looking for a Co-Chair for the Spring Fling which is an AA event with Al-Anon participation. It is fun to be of service and feel a part of. Please consider stepping up, only your Higher Power knows how much you will learn, the fun you will have and who you will get to meet.

Contact Lisa D. at lisadalmare@gmail.com The Spring is April 25-27, 2025

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*

NEW MEETING

Parents Courage to Change

*Wednesday at 7pm
Salem United Methodist
1200 S. Lindbergh-63131
Started June 5th*

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 for the month of September

AIS Office Website & Top Literature Report

6 web orders for the month of September
112 Healing Within Our Alcoholic Relationships (NEW Booklet)
38 How Al-Anon Works
99 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.

18 emails sent to newcomers six referrals from relatives in AA/AFG; 10 from 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.
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 a volunteer form on our website, then email to the office.

**Respectfully Submitted,
Susan C.**

7) Old Business:

Blake updated the group on the sublease for the office. He met earlier today at 5 PM with Tom, office manager for AA and the chair of the AA Board. The CAM will be higher because of the increase in overall costs. AA has real estate executives/attorneys on their board who are reviewing it the entire lease and the extension. The verbiage is unclear so they are going to try to get it cleaned up. Pricing is not bad for what we get. In about 10 days they will send back a proposal to the lessor. Blake feels more comfortable now that they are looking at it and we will likely do an extension. Our current sublease goes until May 2025. Lessor is planning on painting and putting in new flooring. The Lessor likes us as tenants because we are in and out which helps from a security perspective as opposed to other lessees who use the property as warehousing. We also don't store heavy equipment.

8) New Business -

- Need a PO Committee Chairperson. Spread the word.
- Mary R attended our last Board meeting and wants to be on the Board. She introduced herself. She's been in Al-Anon several years and has been a DR. She is currently the Area liaison and has also been a GR. She participates in many events and comes frequently to the office. Mary left the room and the IR's unanimously approved her being on the Board. She then returned to the meeting.

9) Open Sharing -

- All agreed that it was good to have one in person meeting a year.
- One IR asked about finding a new meeting because her group was going to have to move. She asked that IR's share their struggles/knowledge. Her group needs babysitting. Discussion took place on the best way to obtain insurance if it's needed by

the location. Members shared that the best way if the lessor requires insurance is to be added as a rider to their insurance - that's most cost effective.

Blake closed the meeting at approximately 7:48 PM with the Serenity Prayer and the Al-Anon Declaration

The next IR meeting is Thursday, November 7, 2024 via Zoom at 7 PM.

Respectfully submitted,
Barb S
Board Secretary