

## Intergroup Representatives (IR) Meeting Minutes

**Thursday, September 5, 2024**

The meeting was held via Zoom commencing at 7:01 PM and chaired by Gene M, Vice President and Public Outreach Liaison, in Blake R's absence . Other Board members present were: Barb S, Secretary, Diana B, Treasurer and Linda W., Office Liaison. Susan C, office staff, also attended.

- 1) **Opening:** Gene 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 9.
- 2) **Attendance:** There were 22 total members present including 4 board members and 1 prospective board member, 1 Office Staff member, and 16 IR's including one new IR. Mary K, prospective board member, introduced herself to the group. She has been in Alanon 8 years. Her home group is Women in Recovery on Saturdays. She has done service work for her group and wanted to get involved in service outside her group and be part of the bigger picture. She attended the last board meeting and is interested in serving on the board. One other new IR from Living Hope introduced herself as she was attending her first IR meeting.
- 3) **August IR Meeting Minutes -**  
The minutes from the August 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.

### **August 29, 2024 AIS Board Meeting**

#### **Treasurer's Report**

**Status as of July 31, 2024**

#### **July 2024 Summary:**

1. For the month of July 2024, Total Revenue of \$7,428 is above the 2024 monthly budgeted average of \$6,203.
2. Net Operating surplus is at \$1,411 for the month.
3. On a cash flow basis, Literature Sales were \$2,551 is above the 2024 monthly budgeted average of \$2,292.

4. Group Contributions were \$3,965, above the 2024 monthly budgeted average of \$2,333. Miscellaneous Contributions of \$378 was lower than the 2024 monthly budgeted average of \$1,083.
5. Monthly Expenses of \$6,017, was slightly below the 2024 monthly budgeted average of \$6,261.
6. Literature costs of \$1,014 was below the 2024 monthly budgeted average of \$1,667.
7. Total cash in checking was \$3,701. Total Cash and Reserves is \$58,317.

Respectfully submitted,  
Diana Butler

The Treasurer's Report was unanimously approved.

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

Gene M, public outreach liaison, shared the following:

- Next Wed there is in a mental health conference for veterans at Carpenters Hall (9/11)
- 9/21 in Florissant from 9-1 there will be a health and wellness fair at Atonement Lutheran Church. Gene and Susan will be there on behalf of Al-Anon
- 9/22 - STL Recovery Fest will take place in Kirkwood Park - all the STL recovery community participates - from noon-6 PM. There will be bands and food.
- Public Outreach committee meets via Zoom on the first Monday of the month from 5-6. Last Monday was Labor Day so next meeting is this Monday the 9th. Interested parties can contact the office for the Zoom link.
- Gene commented on what a good job the AIS employees do.
- Susan asked that anyone who does a public service event send a summary to the office so it can be published online and in the Sincerely Al-Anon.

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

### **\*AIS IR Office Report September 2024\***

**NEW MEETING**  
**Parents Courage to Change**  
Wednesday at 7pm  
Salem United Methodist

1200 S. Lindbergh-63131

Started June 5<sup>th</sup>

**Volunteers Needed**

**AIS Office is participating in a Public Outreach Event  
September 21<sup>st</sup> at Atonement Lutheran church in Florissant MO  
Please call the office to volunteer**

**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](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 August

**AIS Office Website & Top Literature Report**

46 How Al-Anon Works

65 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](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.

**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.**

Asking for an Al Anon member to be of service.

Lisa D. 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](mailto:lisadalmare@gmail.com) The Spring is April 25-27, 2025

Respectfully Submitted, Susan C.

Linda reported that things in the office are going smoothly. Susan gave a summary of the Ice Cream Social. About \$600 was made on the jewelry sale. About 80 attendees. Good feedback. Susan said that there will likely be a joint AA/Al-Anon pot luck in February. She thinks it will be the Saturday before the Super Bowl. There is a lot of jewelry left so we may sell it there as well. Susan said that the new Al-Anon book "Healing Within Our Alcoholic Relationships" will be available to order after 9/16. It's only about 45 pages and paperback. Susan didn't know exactly how much it was but she thinks about \$4.50. Notice will be sent out when the office has copies for purchase.

**7) Old Business:** The October IR meeting will take place on Tuesday 10/1 at the AIS office in the large meeting room at 7 PM. It will be a hybrid meeting so we will also have Zoom. This is a one time event to give everyone the opportunity to meet in person. We had to change the date because there was a meeting in the large meeting room at our normal Thursday time.

**8) New Business -** Approval of Mary K as a Board Member. Gene asked if there was any discussion. Lisa from Everyday Grace asked how many Board members there were. Barb answered and gave details of how many board members we currently have and how many we can have as well as details regarding terms. A motion to approve Mary K was made and it was seconded. All voted in favor. Mary K had left the meeting for the discussion and vote and then rejoined.

Linda W reminded everyone that she and Blake will be rotating off the Board the end of the year and that we are still in need of new Board members. Mary R is still interested and will attend the next board meeting the end of September to see what it's like. Linda asked Mary R if she might be interested in being the office liaison. Mary R and Linda will discuss what this entails.

**9) Open Sharing -** One IR thanked Susan C and the office staff and complimented them and the Board on the great job they do. Susan C commented on how it was a two way street and that the staff feels very supported by the Board. Gene also thanked the IR's for their service and time commitment. Diana mentioned that the Pearls of Wisdom calendars are now out and you can order them. She said to order early because they go fast - if you want them as Christmas gifts, over by October. Questions were asked about how to order them, how to pick them up and the cost. Cost is \$10 if you pick them up - \$12 if they have to be shipped out of state. The office doesn't sell them so you have to order them from the District or a representative from your group. There will be a flyer in Sincerely Al-Anon on how to order. Susan said that they need articles for Sincerely Al-Anon and that the office can provide a proofreader if necessary.

Gene closed the meeting at approximately 7:45 PM with the Serenity Prayer and the Al-Anon Declaration.

**The next IR meeting is Tuesday, October 1st, both in person at the AIS office in the large meeting room and via Zoom at 7 PM.** Susan said the office will send out several reminders since it is on a different date. This is a one time thing.

Respectfully submitted,

Barb S  
Board Secretary