

## Intergroup Representatives (IR) Meeting Minutes

January 5, 2023

The meeting was held via Zoom at 7PM and chaired by Blake R. - Board President. Other Board members present were: John Y - VP, Barry R.-Treasurer, Linda W. AIS Office Liaison, Barb BS - Secretary, and Christine M.R.. Susan C., AIS office staff, and Mary R., MO Area AIS Liaison were also in attendance.

- 1) **Opening:** Blake opened the meeting with a cleansing breath/moment of silence, followed by the Serenity Prayer and a short reading of Tradition 1.
- 2) **Introductions:** Guests and New members only - There were 33 members present including six board members, 3 new IR's and one substitute IR. Board members present also introduced themselves as did Susan C who works in the AIS office on Tuesdays and Thursdays.
- 3) **Secretary Report-** Minutes from December, 2022 IR Meeting were provided in the email sent to the IR's before the meeting and were unanimously approved.
- 4) **Treasurer Report** - The following treasurer report was provided to the IR's in an email sent before the meeting.

### **TREASURER'S REPORT – AFG OF STL As of November 30, 2022 Submitted by Barry Russell, Treasurer For January 5, 2022 IR Meeting**

1. Overall, the month of November delivered a Net Operating Deficit of [\$2,106]. YTD was a Deficit of \$[2,903].
2. On a cash flow basis, Literature Sales were \$1,659 [versus budgeted average of \$1,416]. Group Contributions were \$868 versus the average at \$2,041. Miscellaneous Contributions of \$1,551 exceeded our average monthly expectations of \$750. Fundraising Revenue and the Sustaining Support Campaign were below what has been budgeted on average.
3. Total Revenue was \$4,573 versus a budgeted average of \$5,325.
4. Monthly Expenses, at \$6,679, were \$1,182 above the budgeted average of \$5,497. Literature expenditures of \$1,684 were above the budgeted average of \$917. We are still getting out of the era of distorted supply and demand issues surrounding literature ordering and sales.
5. Total cash in checking was \$1,815. Total Cash and Reserves were \$59,833.

6. The previously approved drawdown of \$5,000 is still only half drawn.  
Respectfully submitted,  
M. Barry Russell Treasurer

Barry thanked our accountant Annette for all her assistance. In response to a question about contributions, Barry said that our recent push for contributions has increased individual and miscellaneous contributions, but that group contributions were still down.

The Treasurer's report was unanimously approved.

5) **Public Outreach** - John reported that committee held its first meeting of the new year on 1/2. Committee has sent out 90 Back-To-School informational packets and has also set up a tracker to keep track of where and to whom they have gone to. They have also started to set up meetings. Committee has also reached out to four treatment centers. Committee is getting a lot of requests for folks to show up at events - they take a literature suitcase available at the AIS office, but need more folks to help volunteer for these events and take the suitcase as they don't have enough people on the committee. District 14 had a fundraiser which was successful, and is sponsoring a billboard for Al-Anon which will appear in February. They were also able to coordinate getting funds from the state. No way to really track effectiveness of billboard unless someone tells us they found out about Al-Anon or Alateen via the billboard. Committee is also working with the board on how to grow Alateen meetings and motivate more members to go through certification to work with Alateen. Carol asked if the committee/the AIS office could use old Forums that the groups in her district in north county have saved to hand out or include in the suitcase. John and Susan C said yes so she will bring them to the office.

6) **After Hours and Office Reports** - These were sent out with email to IR's before the meeting as follows:

## **AIS IR Office Report January 2023**

### **Newest Volunteer to AIS**

On behalf of the St. Louis AIS Office and AFG-STL Board of Directors, I am pleased to inform you that Mary R., the Panel 60 District 15 DR, has volunteered to be the Missouri Area AIS Liaison-St. Louis effective immediately.

Welcome Mary!

Year's Eve.

### **My Journey Journals**

Journals are \$12.00 each. These make great presents and are easy to mail.

### **Meeting Updates**

Please let the office know of any change to your meetings by emailing the new information to [asioffice@stl-Al-Anon.org](mailto:asioffice@stl-Al-Anon.org)

### **Sincerely Al-Anon**

If members would like to write an article or include an event in the Sincerely Al-Anon please send to the AIS Office by the 20<sup>th</sup> of each month. Please ask your group members to sign-up for our newsletter at [www.stl-al-anon.org](http://www.stl-al-anon.org).

### Newcomer Packets

The Office has now a Welcome to Al-Anon Email. When New Commers call we first offer to send them The New Commers Email. A few New Commers wanted to have the packet sent to them through the mail. Which we were happy to do for them. Please let your groups know of our new guidelines.

In Service,  
Susan C.

### AIS Office December Sales and Website Report.

#### **Web Activity**

1. 2,326 views from 1,192 people
2. Page Views: Meetings 905 and 671 events.
3. \$315.55 web sales from 12 orders

#### **Total AIS Sales**

1. 77 Total Orders \$4,891
2. Top Book Sales: 31 How Al-Anon Works, 31 Paths to Recovery.
3. 76 Newcomer Packets, 54 Detachment, 26 Just for Today
4. December: \$311.00 Sustaining Support, \$2,163 Group Contributions.

In Service  
Joe Ogier  
AIS Staff Member

### Answering Service Report

We had one call this month, 12/30, a woman looking for a therapist who was familiar with 12 step. The volunteer provided a community resource suggestion and offered our meetings for support.

And that closes out the year for the Answering Service Volunteers!  
Peggy B.

Susan C added that Monday Meeters, a new group that meets in Pacific on Mondays at 6:30 PM, needs support.

#### **6) Old Business:**

- **Police Precinct Update** - Ordered business cards are in, but Blake hasn't had a chance to pick them up yet. Blake reported that another police department has requested cards and education on Al-Anon so Blake will work with them and board on how best to do that. Susan C said there may be a pamphlet to address this. Blake said that there is confusion as to difference between AA and Al-Anon. Christine said that a physician she has worked with said that there was nothing in medical school about AA or Al-Anon so that may be an opportunity.
- **Family Court Crisis Update** - Christine reported that family court police representative would like information as would crisis intervention teams on Al-Anon. She's started going to consult

police station by police station. She's working on getting an overall program in place as outreach.

- **St. Louis Al-Anon - Goals and Objectives for 2023** - Blake asked IR's for ideas. Carol suggested that IR's and groups help them with their educational efforts more in the coming year. John reiterated that additional assistance is necessary and would be great. Blake suggested IR's giving information to their groups about upcoming opportunities so they can volunteer. Ann emphasized that information be expanded to include all those suffering with not just Alcohol issues but all SUD. Barry wanted a focus to be how we are going to raise more money from the field so we can at least break even in 2023. Linda would like to see us try to do things to encourage more attendance as this is related to having fewer funds.

#### 7) **New Business:**

- **Poll - Venmo Usage at Meetings** - Of all the IR's in attendance, a little over a third utilize Venmo at their meetings. Discussion took place with input from several attendees about how Venmo is used and how it can increase contributions. Only individuals can have Venmo though, not businesses so the office can't utilize it.
- **Electronic New Member Packets** - per information provided in office report.
- **Alateen Informational Opportunity** - District 2 will provide information on this at their business meeting on January 18th at 7 PM in person at St. Paul's United Church of Christ or via Zoom. There is detailed information on this on the AIS website on the Calendar under "Events".
- **Fundraiser Event - 2023** - Blake asked IR's for ideas: Various IR's and board members had the following suggestions: Online auction or live auction, Recovery Comedy, 50/50 event, trivia night. Discussion took place as to whether members would attend an event in person due to Covid concerns. Board would not be able to do this on its own - would need a committee of volunteers. IR's would have to help with event or help recruit others to assist. Blake mentioned that having a live event would be great to help get members together in person and also serve as a fund-raiser. Blake asked that IR's think about this and bring back ideas to the next meeting. Susan C said that she would talk to Donna, former Board president during prior trivia event.

#### 8) **Open Sharing:**

- George inquired if AIS office could have Venmo but Venmo can only be used by an individual.
- John mentioned that in Group Conscience meetings we emphasize that AIS office be supported with contributions.
- Barry thanked IR's who have encouraged people in their groups to contribute to the AIS office.

9) **Close** - cleansing breath, Serenity Prayer and Al-Anon declaration.

- **Next meeting is February 2, 2023 at 7:00 PM on Zoom**