



AI-Anon Information Services

Westchester and Putnam Counties of New York
Districts 24, 25, 26 and 27

June 2016

Volume 1, Number 1

*"Participation
is the key to
harmony"*

AI-Anon
Information
Services

info@westchesterputnamalanon.org

http://www.westchesterputnamalanon.org/

(914) 946-1748

Staying in Touch with Our Groups

"Each group should be autonomous, except in matters affecting another group or AI-Anon or AA as a whole." We treasure the autonomy of each of our groups. As we tell newcomers in our welcomes, they are encouraged to attend several different meetings in order to experience the variety of meeting types, formats and "flavors" that AI-Anon offers.

But, we also know that our **"AI-Anon Twelfth Step work should remain forever nonprofessional,"** so those resources we all rely on have to come from cooperation beyond the group level. We can all learn from each other and share the many ways each of our groups helps AI-Anon members to work the program.

We would love to see your representation at our district, area and AIS meetings to help us serve you with resources and programs that assist your efforts. See the meeting calendars below and see if someone from your group can make it. Remember that we are always happy to have you as a guest even if you don't have anyone currently able to make a commitment as a group rep (GR) or an alternate group rep (AGR).

This newsletter is our attempt to communicate even to all our groups without reps.

Please write articles or send letters that share AI-Anon ideas and approaches that might be interesting for the other groups in our districts or any of our AI-Anon members. Artwork and photos are also welcome – try to send us something that brings you serenity.

Contact us at: info@westchesterputnamalanon.org or (914) 946-1748
And check out the web site and meeting lists at:
<http://www.westchesterputnamalanon.org/>

News From AIS

Ellen M, AIS Chair

When you don't know where to turn...
because someone drinks too much...

AI-Anon Family Groups can help.
Learn more by attending a confidential meeting in your community.

Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

www.al-anon.alateen.org

914-946-1748
WWW.WESTCHESTERPUTNAMALANON.ORG

2015 Public Outreach Program just keeps ticking:

AI-Anon Bus Posters

Beginning April of 2015 the Westchester and Putnam AI-Anon Information Service launched a special outreach program which involved mounting interior posters on 100 Westchester and Putnam County Bee-Line Buses to increase public awareness of the support available to family and friends of alcoholics. Other AIS groups have used local bus posters in this way, and WSO approved this effort and supplied the artwork. While the program was contracted to run for one month the advertising agency has not found new clients to use that space. **So AI-Anon continues to get free coverage, one year later!**

We would like to acknowledge that this project was initiated by the Public Outreach

coordinator of the District 25 and brought to AIS for funding and final development. This is a great example of how a single district can get their idea funded by AIS as long as it benefits all of our districts.

Copies of these very large posters [Actual size is 11" by 46"] are available for future outreach events, please contact info@westchesterputnamalanon.org if you would like to use one.

What is Public Outreach?

Is this a question that you have asked at your group when you heard it mentioned? I know that I did!

"Public outreach informs the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to **attract** to our program those whose lives are or have been affected by someone else's drinking so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource." G-38 Area Public Outreach Coordinator
If you are reading this newsletter, it is very likely that you have found hope and help in AI-Anon! Wouldn't it be great to bring that information to others that need it!

You may have heard about AI-Anon from a counselor at school, from a therapist, at a health fair or at church or maybe it was through a friend. Each of those groups of people may have heard about AI-Anon from a service outreach project. Aren't you glad they passed on that information to you? I know that I am!

AIS – AI-Anon Information Service – of Westchester and Putnam counties, your local information service, which publishes the local meeting list among other things, has been working on an outreach project – delivering 25 copies of **AI-Anon Faces Alcoholism 2016** to each group on the meeting list. In this way, we would like each member to participate in carrying the message of AI-Anon, thereby reaching an individual that may need the help AI-Anon offers. You can leave your copy at your church, library, doctor's office, etc. and in that way you too are carrying the message – that is Public Outreach!!! Please be willing to take a copy and pass it on.

It is so powerful that each of us can do something to be of help to another. I look forward to working with many of you in the future on another Public Outreach Project. If you have a suggestion about some project that you would like AIS to consider for Public Outreach, send an email to AIS and it will be forwarded on to me. I hope to hear from you soon!

Cathy M.

AIS Public Outreach Coordinator

What Has Service Meant To My Recovery

The obvious short answer – a boost to my self-esteem and better sense of belonging.

When I was new to the program, still too shy to share my personal story in a meeting, I was asked to speak on a topic. I gathered up my courage and diligently read up from several CAL sources [*Conference Approved Literature*] and with the help of my HP [*Higher Power*] (didn't know it at the time) delivered my interpretation to what has been written before. That was the beginning of my journey to recovery.

Soon I was attending several meetings and volunteered to be a treasurer in a couple groups, program chair in another and chair the meetings in yet another. I discovered that I was acting in my disease, overdoing. Asking myself what my motivation is, I realized I was trying to please others, wanting to be liked.

I now 'pace myself' and take service for the right reasons. I feel a greater sense of progress in my recovery when I'm more involved, and feel it's a small way I pay it forward. Today I am an AGR [*Alternate Group Rep*] a service position I don't feel completely comfortable with yet, but know I will grow through this experience as well.



Backyard
Rainbow
Yorktown

For gosh sake, writing is definitely not my forte, yet look at me submitting an article to the AIS newsletter. :o) !!!
Maggie – Alt. Group Rep for AM Soundview in Yorktown Heights.

AIS Email

Hello from Ann Marie, your AIS email coordinator. I want to share with you some of what I do.

When someone emails us at AIS I answer. Some emails I receive are asking where they can find a meeting. I respond by sending them the link for a current meeting list. I also answer any questions they may have about what to expect at a meeting. Another question often asked is if they should attend a beginner meeting or a regular meeting. Even though these questions can be answered by looking at our website my feeling is that they just need a human connection. Other emails I get ask about AI-ateen. If I can't answer I refer them to someone who can, either another AIS member or one of our District Reps.

Other emails are from AI-anon members who have something to post. In those cases, I forward the email to Bill, our website coordinator who then posts what was sent on the website.

I get emails from WSO which I forward to Ellen, the AIS Chair, and I get the occasional spam which of course gets deleted.

Overall, I love this job. It's nice to share my experience, strength and hope. The job is not difficult. I try to check the emails every day. It takes very little time. I hope some of you can join us at our next AIS meeting to find out what we're all about.



Backyard
Butterfly
Yorktown Hts

News From The Districts

District 24 – Southern Westchester

Greetings to all! District 24 is going strong and your Group Representatives (GRs) are working hard for you! There is a consistent number of GRs who regularly attend District meetings. Many of our GRs represent groups who have continuously participated at the District level but we also have GRs from new groups who have not had representation at the District level in quite a while. Plus our District added two fairly new meetings who are already active at the District level and have GRs who attend meetings regularly. All this participation can mean only one thing – there is a lot of harmony in District 24! Congratulations to all!

Presently, we are busy making plans to bring our enthusiasm to you in the form of a Fall program. Watch for date, time and location to be announced. We also have a number of District level positions open including Secretary, Alateen Coordinator and Public Outreach Coordinator. Won't you consider serving? Our next District meeting is Tues. Sept. 13th at St. Vincent's Hospital at 7:30 p.m. The miracle of service could be yours, too!

District 26 – Northern Westchester, West

In 2015, District 26 experimented with quarterly workshops with a lunch meeting for a break during the workshops. These have been well received with attendees not only from the district 26, but from as far south as the Bronx and as far north as Putnam. They ran programs on service, conflict resolution and most recently Tradition 5 and Welcoming Newcomers. There are 2 more sessions planned for 2016

2016 Planned Programs: All 10:15 AM to 2:00 PM at the Counseling Center – Suite 101, 2000 Maple Hill St., Yorktown Heights, NY 10598

Date	Program
Sunday, September 25	Why CAL – Conference Approved Literature
Saturday, November 12	Love and Forgiveness

News From The Area

Save the Dates: July 8-10

Discovery Convention is Back

The Hilton Westchester Rye Brook NY

For more information and registration forms go to

al-anonny.org

Service Meeting Schedules

Westchester-Putnam AIS (Al-Anon Information Service Meetings):

For AGRs (Alternate Group Representatives)

Monday evenings, 7:30 PM to 9:15 PM as below – all Al-Anon members are welcome

Date	Location
September 12	Emanuel Lutheran Church, 197 Manville Drive, Pleasantville, NY, 10570 [park in church lot, enter at street level to Pearson Hall]
December 5	

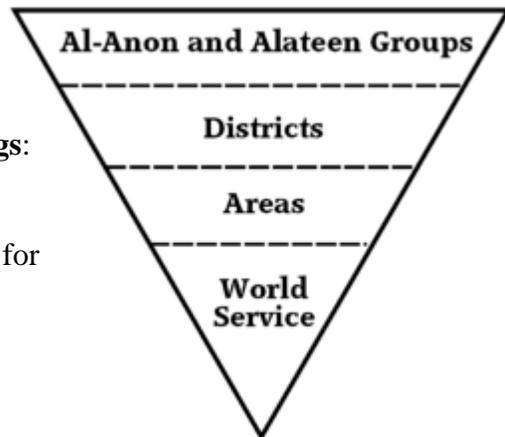


Redwing
Blackbird
Florida

New York South Area Assembly Meetings:

For GRs (Group Representatives) – all Al-Anon members are welcome

Saturdays or Sundays as below: 11:00 AM for GRs, 12:00 PM to 4:00 PM for all others



Date	Location
June 11	Maryknoll, 55 Ryder Road, Ossining, NY
October 22	



Al-Anon Declaration

Let It Begin With Me

When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen
always be there, and *Let it Begin with Me.*