

# SYRACUSE AIS NEWS & EVENTS

*A Newsletter Serving Al-Anon/Alateen Groups in Districts 3,  
15, 18, 21, 28*

Syracuse Al-Anon  
Information Service  
112 Lancaster Place  
Syracuse, NY 13210  
315-471-0191  
www.syracuseais.org

## Service Center Hours

*Mon: 1:00 - 4:30*

*Tues: 10:30 - 4:30*

*Wed: 4:30- 6:30 the  
1<sup>st</sup> four Weds. of the  
month*

*Thurs: 1:30 -4:30*

*Friday:10:00- Noon*

The Service  
Center is manned  
by volunteers.  
Please call prior to  
your visit to  
ensure that  
someone will be  
there to assist  
you. Thanks!

Use the side door  
& ring bell

## Growth in Service

My first service in Al-Anon was making coffee and setting up literature for the meeting at my home group. The beauty of this small job was that I had a purpose and felt more a part of the group. It was just the beginning of many positives to come in my life since. I never stopped attending meetings and doing service. From chairing a meeting, being a group rep, district rep, and now secretary of AIS. I have had the opportunity to learn a lot about how Al-Anon works. I have also had many opportunities to practice my program all to the best of my ability. I have made friends along the way and been well supported by those who went before me in every step. My relationships have improved where formerly there were rough spots. Everything is not perfect in my life but I do feel my life is better than I could have ever imagined and I am sure service has enhanced my program over and over again. In the beginning of my recovery, I remember people saying you have to "give it to keep it". By comparison, I have given so little and received so much. ***It makes me sad that so few choose to do service in Al-anon.....come on, join in, the benefits are great!***

***Arlene K.***

## AIS Participates in Health Fair

As Syracuse AIS Public Outreach Coordinator I was asked to attend the Pepsi Wellness Fair. It was my first official duty and an Al-Anon friend asked me if we had touched at least one person. I replied "Yes, me!"

Pamphlets, bookmarks, and schedules were handed out but one never knows if someone has been touched. I, on the other hand, realized many ways in which I learned about myself that day.

An emergency arose. I practiced patience, listening, standing back and not getting caught up in the drama ( detachment ), saying what I mean and meaning what I say, compassion and understanding, trusting my gut and saying what needed to be said, then letting go.

Thanks to my Higher Power, Al-Anon, and my program I was my best self!

*Joy in service*

*Carla K. Public Outreach Coordinator (District 3)*

*Xoxo*

Syracuse AIS Officers  
& Coordinators

Chairperson: Kathi D.

[chair@syracuseais.org](mailto:chair@syracuseais.org)

Alt. Chair: Vacant

Secretary: Arlene K.

[secretary@syracuseais.org](mailto:secretary@syracuseais.org)

Treasurer: Nancy P.

[treasurer@syracuseais.org](mailto:treasurer@syracuseais.org)

Archives: Jim M.

Alateen: Walt S.

[alateen@syracuseais.org](mailto:alateen@syracuseais.org)

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Service Center: Ruth S

[service@syracuseais.org](mailto:service@syracuseais.org)

Website: Kathy M.

[contact@syracuseais.org](mailto:contact@syracuseais.org)

Next AIS meeting: 6:30

pm May 11<sup>th</sup> 2015 @

Faith United Church 12

Mark Fitzgibbons Dr.

Oswego, NY

AIS expenses include:  
rent, phone, website,  
newsletter, supplies and  
public outreach materials.  
What can you as  
members and groups do  
to support the AIS?

**Make regular monthly  
or quarterly financial  
contributions to keep  
the AIS functioning.**

Volunteer to work in the  
office or participate in a  
Public Outreach activity.

## ALATEEN Pancake Breakfast

Fund-raiser for "There's Always  
Tomorrow" Alateen Group

Saturday April 18, 2015

St Michaels Lutheran Church

West Genesee St & Hinsdale Rd

Camillus, NY

Breakfast served 9:30 AM – 10:30 AM

Alateen, Al-Anon & AA speakers at 10:45 AM

\$5.00 for Adults/ \$3.00 Children & Seniors .

## DISTRICT 3 DAY of Sharing

**Blooming in Al-Anon,  
Progress not Perfection**

Saturday April 25<sup>th</sup> 9 – 3:30

**NSEA Bldg.**

210 South Main Street

North Syracuse, NY 13212

## Group Donations to AIS

Jan 2014

- ✓ Chittenango AFG
- ✓ Morning Sherrill AFG
- ✓ One in Thirty One AFG
- ✓ Thursday Evening  
Serenity AFG

Feb 2015

- ✓ No donations were  
received.

## Calling all Groups 2015 NYN Spring Assembly/Convention

**"Return to Serenity Island"** May 29-31, 2015  
Owego Treadway, Owego, NY 13827

The purpose of the NYN "Spring Assembly/Convention" is to provide a forum for the Group Representatives to hear the Delegate's report and to conduct Area business at the Assembly meeting and to provide an Al-Anon program for the rest of the participants. At the Spring Assembly meeting, Diane C. the New York North Area Delegate will report on the activities of the World Service Conference that's held in April. Each Al-Anon/Alateen Family Group is encouraged to send a representative to the Assembly, where every group in the Area has a voice and a vote in Area business through their representative. Sending your Group Representatives (GRs) to the Assembly is your group's direct link and connection to the Al-Anon Worldwide Fellowship. A group that fails to have a Group Representative denies the members a voice and causes a break in the link of communications.

More info about the Assembly/Convention: <http://www.nynafg.com/calendar.html>

