



# ALAGRAM ~ Winter 2015

Your Area Assembly Newsletter

**New Jersey Assembly Meeting Saturday, March 7, 2015**

10 AM to 3 PM

Middlesex County Fire Academy

1001 Fire Academy Drive

Sayreville, NJ 08872

*All Group Representatives (GRs), District Representatives (DRs), Officers, Coordinators and Service Arms Liaisons are asked to please attend and all Al-Anon members are welcome.*

Buffet at 9:30 by District #25-Camden Co. /Northwestern Gloucester Co.  
New Group Reps (GRs) Meet at 9:AM  
All Members Please Bring Your Own  
Brown Bag Lunch

TO STAY INFORMED, PLEASE READ OUR  
*ALAGRAM* AT YOUR GROUP'S WEEKLY  
MEETING OR BUSINESS MEETING. YOU  
MAY ALSO VIEW IT AT OUR WEBSITE:  
[www.nj-al-anon.org](http://www.nj-al-anon.org)

## November Assembly Highlights

**Chairperson:** Paul G. Three thought forces came out of the last Assembly. As Al-Anon's Calendar sales are down there is now a new thought force on fundraising. A "thought force is a group that meets for a limited amount of time with a goal. A thought force comes before a task force.

**Delegate:** Rich M. sent the AWSC members a copy of the 2014 World Service Conference (WSC) Summary. The hotel hosting the 2015 World Service Conference will not be accepting packages before April 20<sup>th</sup>. Packages should be addressed as follows: Rich's full name, Hold for WSC April 20<sup>th</sup>-23<sup>rd</sup>, 2015, Wyndham Virginia Beach Ocean Front, 5700 Atlantic Ave, Virginia Beach, VA 23451. The theme for the 2015 WSC is *Living Our Spiritual Principles-Expanding Our Vision*. WSC previously

discussed the need to define "family recovery". New Jersey Assembly voted 35 to 5 by substantial unanimity for Rich to choose the following definition: Family recovery is a process of healing and growth for family members affected by someone's drinking. This process helps these individuals make healthier life choices and develop relationships that are more positive and supportive.  
**Alternate Delegate:** Ann Z. Since calendar sales were down for 2014 there were fewer Al-Anon calendars printed for 2015. Each group is asked to purchase three calendars (1<sup>st</sup>) for the Group itself (2<sup>nd</sup>) for its Group Representative (GR) and (3<sup>rd</sup>) for its Informational Service Representative (ISR). The new *e-Forum* is available in annual and monthly subscriptions on the Nook, an app.

**Treasurer:** Angela V.

The recent Balance Sheet for Assembly is:

Open Checkbook Balance 1-1-14	\$6,292.28
Income	13,316.12
Expenses	-12,308.84
End Check Balance 10-20-2014	\$ 7,299.56

Open Savings Balance 1-1-14	\$16,565.29
Interest Earned	6.20
End Savings Balance 10-20-2014	\$16,571.49

**TOTAL \$23,871.05**

**Recording Secretary:** Katie O. The minutes from the June Assembly were posted to the Al-Anon World Service Committee (AWSC) website in September.

**Corresponding Secretary:** Millie H. There are ten groups on the "No Mail Status" list. There are six groups on the "Bounced E-Mail Status" list. It's a

new list. All guidelines are on the World Service Office (WSO) website, [al-anon.alateen.org](http://al-anon.alateen.org) and the guidelines are available for download by members. Members can simply type in their group's name or their group's WSO number followed by the letters afg.

### **COORDINATORS REPORTS**

**Alagram:** Katie O. All groups should be receiving a hard copy of Assembly's newsletter the *Alagram*. The current autumn edition of the *Alagram* is posted to Assembly's website, [nj-al-anon.org](http://nj-al-anon.org) where all members and potential members have access.

**Alateen:** Sandy B. AMIAS is an acronym for Al-Anon Member In Alateen Service. Members must go through a background check, be trained and certified to be an AMIAS. A training session was held in Basking Ridge recently. Generally eight to ten Al-Anon members are required to hold a training session. Al-Anon members can attract Alateen members by bringing them to an Al-Anon meeting. Four New Jersey high schools now have Alateen meetings. Al-Anon has had calls from other New Jersey high schools wanting to set up Alateen meetings.

**Archives:** Christina M. There are four new displays. They were put up at Jal-Con, AA Area 44 Service Convention and at the Pompton Plains Day of Sharing. A future project may be on the history of Al-Anon in New Jersey.

**Literature:** Susan H. The World Service Office (WSO) still needs written sharings for its Parents/Grandparents pamphlet. WSO has only received five written sharings for its new daily reader project. The task force "When I Got Busy I Got Better" is still in the organizational phase and needs two more volunteers. The task force will meet Sunday afternoons in Ocean County. Members can phone in to attend the task force.

**Public Outreach:** Karen T. Forty Al-Anon posters will be placed at NJ train stations. The member groups have been giving money for the train poster project. An Al-Anon meeting was brought to a Flemington shut-in. Public Outreach will participate at the New Jersey Education Association (NJEA) convention again this year. Carole M. requested an Al-Anon meeting to be started at the rehabilitation center in Branchburg.

**Website:** Kalpana K. Traffic on Assembly's website, [nj-al-anon.org](http://nj-al-anon.org) has been going up. There are seventy-one Beginner Meetings. Flyers sent to Assembly's website should not have personal information on them. They should have a generic email address. From Assembly's website members can add an event to their Google calendar or iCalendar. One feature on Assembly's website to locate meetings is the Table View: (1) go to Search (2) type in the member's town (3) the meetings should appear. If a meeting is not found then go to the Meeting Map: (1) type in the member's town (2) type in the miles the member is willing to travel (3) the meetings near the member's town will appear (4) if an exact address does not show up, it's because the meeting is at an intersection.

### **SERVICE ARMS LIAISONS REPORTS**

**Jal-Con:** Lois G. The New Jersey Al-Anon convention (Jal-Con) 2014 was nice and successful. The 2015 convention, July 24-26, 2015 will be the 40<sup>th</sup> anniversary of an Al-Anon convention in New Jersey. Member volunteers and participation is needed and is a great way to do service. The Jal-Con number is 1-888-796-6999. Members can leave a message. Pre-convention meetings are the 2<sup>nd</sup> Saturday of the month from October to July at Our Redeemer Lutheran Church in Fords, NJ.

**North Jersey Information Services (NJIS):** Mike G. is the new chairperson. At the Informational Service Representatives (ISR) meeting, a decision was made to eliminate the one part-time special worker position but to retain the one full-time special worker position. NJIS sold a little amount of literature at the AA convention in September and at the AA Day of Sharing in October.

**South Jersey Informational Services (SJIS):** Sheila B.'s term has ended and Marie B. is the new liaison. The Informational Service Representatives (ISRs) unanimously support the decision to recruit and appoint a South Jersey Alateen Coordinator. The trend has been that Alateen meetings are in decline. SJIS's website, [southjerseyal-anon.org](http://southjerseyal-anon.org) has been mainly used to find meetings.

### **OLD BUSINESS**

**Picnic:** Stacey P. The picnic was awesome. There were seventy-five attendees. Hopefully, next year the picnic will have six speakers.

**Policy Manual Revision:** Kathy B. will send something out to New Jersey Area Al-Anon

members by the end of November. The new Policy Manual should be ready in February.

## NEW BUSINESS

**2015 New Jersey Area Assembly Budget:** Angela V. presented the 2015 budget and it was voted on and approved by the members present.

**Election Corresponding Secretary:** The election of the Corresponding Secretary was tabled until after the next AWSC meeting. The new bylaws state the Corresponding Secretary shall be elected for a two year term but the bylaws should state a three year term.

**Ask It Basket:** Question #1: Can we have a data base of Group Representatives (GRs) so we can reach them with information from WSO? Answer: Yes. There is a need to decide who will manage the database. Question #2: Does a GR have to be highly skilled with the use of a computer to be successful and informed? Answer: No. The GR doesn't have to be computer skilled but s/he or another member who can help him or her should know how to use email. Comment: As a GR, all s/he has to do is show up and do what s/he can. Question #3: Can Assembly officially encourage the establishment of Alternate Coordinators to promote continuity? Answer: It will be discussed at AWSC. Comment: The Chairperson appoints coordinators and if there was an alternate it would take authority away from the chairperson. Question #4: Is just the Delegate going to Stepping Stones in April? Answer: The members from the World Service Conference 2015 are making the trip in April. Rich M. will be going as he is NJ Assembly's Delegate to the Conference. Question #5: How does a slogan get approved? Answer: It would have to go through the WSO and procedures. Comment: The procedures are in Conference Approved Literature (CAL). If there is a suggested slogan send an email to the Delegate to bring to Conference. Comment: Slogans are listed in the indexes of the daily readers. Recent daily readers have newer slogans. Comment: See Many Voices One Journey. It addresses these issues. Question #6: How is a New Beginners Meeting different than a regular meeting's format? Answer: There is a description in the Service Manual pages 37-45. Comment: Google "Al-Anon meetings Beginners" and a pdf. File will come up. Comment: Princeton House has a four week beginner meetings series. Comment: St. Clare's has a beginners meeting that is just for beginners. Comment: One

group does readings from How Al-Anon Works. Comment: Beginner meetings are posted on Assembly's website on the Meetings pages. Comment: Freehold has a six week beginners meeting that is not just for beginners. Comment: One group does a 4<sup>th</sup> Step meeting before a regular meeting. Comment: Some groups run a questions and answers session after their regular meeting.

Katie O., *Alagram*, Editor

A Al-Anon  
M Member  
I Involved in  
A Alateen  
S Service

\*All AMIAS applicants must attend at least one Al-Anon meeting per week, must be at least 25 years of age, have at least two continuous years of Al-Anon program. Have not been convicted of a felony and never been charged with and / or convicted of child abuse or any offense involving sexual misconduct or physical violence against children or adults. Have not demonstrated emotional problems, which could result in harm to Alateen members.

For more details about Alateen visit [www.nj-al-anon.org](http://www.nj-al-anon.org) and click on the Alateen heading or contact the Alateen Coordinator via email: [njalateen@nj-al-anon.org](mailto:njalateen@nj-al-anon.org)