



ALAGRAM ~ Spring 2016

Your NJ Area Assembly Newsletter

New Jersey Assembly Meeting Saturday, March 5, 2016

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.

Refreshments at 9:30 by District #4

Passaic and North Morris

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

November Assembly Highlights

Chairperson: Paul G. thanked Assembly for allowing him to serve as Chairperson.

Delegate: Rich M. spoke and said what an honor and pleasure it has been for him to serve Assembly and what a busy 3 years it's been. Rich also referenced the letter from the Chairman of the Board of Trustees of Al-Anon Family Group Headquarters.

Alternate Delegate: Ann Z. thanked District #20/#21 Mercer County East & West for bringing the buffet. The Alternate Delegate position requires attending meetings throughout New Jersey. Ann was able to split attendance with Rich M. The Alternate Delegate is responsible for scheduling AWSC meetings and the Assembly meetings at the Fire Academy. The Alternate Delegate is also the

World Service Office (WSO) coordinator for the Forum subscriptions.

Treasurer: Angela V reported

Assembly's Balance Sheet is as follows:

Open Checkbook Balance 1-1-15	\$ 6,686.42
Income	\$ 10,718.77
Expenses	\$ 13,070.68

End Check Balance 10-24-2015 \$ 4,334.51

Open Savings Balance 1-1-15 \$ 16,573.58

Interest Earned \$ 6.19

End Savings Balance 10-24-2015 \$ 16,579.77

Recording Secretary: Katie O thanked the Assembly for allowing her to serve. She posted the minutes from the June Assembly to the AWSC website in August.

Corresponding Secretary/Group Records

Coordinator: Millie H. described the duties of the position she has held for the prior 3 years. There are *Conflict of Interest* forms available for all officers and coordinators who have not already signed one.

DISTRICT CAUCUSING: Members were asked to join the other present members from their district to (1) elect a District Representative (DR) if their district did not already have one or (2) allow members of a local group to decide to join an active district if their local group was an inactive district.

COORDINATORS REPORTS;

Website: Kalpana K. asked members to promote Assembly's website, www.nj-al-anon.org, at their home groups. Assembly's website is now available for view on cell phones. Assembly's new responsive website was rolled out in October. The next Website Coordinator will be appointed by the

incoming Assembly Chairperson and all members may apply for the web position.

Alagram: Katie O. sent hard copies of the autumn issue about 4 weeks ago and each group should have received a copy via its Contact Mailing List. Enclosed in the Alagram was a letter from Paul G. detailing the rewording of the bylaw, Article V Trustees; Section 3 Tenure.

Alateen: Sandy B. said it's been three years since she asked the Chairperson for the Alateen Coordinator position. Thank you to Lynn M. who was the Area Alateen Processing Person and *very helpful*.

Archives: Christina M. thanked Assembly for letting her serve. The Archives were displayed at Jal-Con and the AA Conventions of Area #44 and #45. Christina received a letter from a Toms River member who started a group in Russia but lost all of his literature in Hurricane Sandy. The member's contact information is available for any members who want to help him.

Literature: Susan H. said her service has been a great experience and given her a more spiritual program of recovery. Many Voices One Journey together with the Al-Anon Alateen Service Manual are the most important books for Group Representatives (GR's)

Public Outreach: Karen T. reported Assembly members worked "spreading the message" at five NJ conventions in 2015 so far. Karen's learned a lot from the conventions on how to get Al-Anon's name out there. World Service reported that no radio or TV stations have played any public service announcements (PSA) in the NJ area in 2014. Karen's written report contains tables (1) listing radio stations that are willing to play the PSA and (2) radio stations that received the PSA but did not play it. The NJ Broadcasters Assoc. wants \$10,000 from Assembly to purchase \$100,000 worth of airtime to play the PSA. Another idea is to put Al-Anon's message on movie theaters' screens.

DISTRICT REPORTS

District #2 Morris County: Pam C., District rep was present.

District #4 Passaic & North Morris: Lynn M. Alternate District Rep was present.

District #16 Monmouth Northwest: Diane S., District Rep was present and reported there are 7 meetings in her district but only 4 meetings have GRs.

District #20 Mercer East & West: Katie O., District Rep reported teens have been coming to Al-Anon meetings because the district has been losing AMIAs so there aren't enough Alateen meetings.

District 322 Burlington: Paula E., District Rep was present.

District #25 Camden&Northwest Gloucester: Chichi F., District Rep was present and reported there hasn't been a district meeting in a while. Chichi is going to group meetings.

District #27 Atlantic & Cape May: Donna S., District Rep reported the district resumed monthly meetings in September. The GRs reported their groups are doing well. Donna's term is coming to an end and she is hoping one of the GR's will volunteer to be the new DR.

ELECTIONS

Election Procedures: Election procedures were discussed and the "Proposed Change to the Bylaw, Article V Trustees; Section 3 Tenure" was discussed and passed. For full details, please see the minutes to the New Jersey Assembly Meeting – November 7, 2015.

ELECTION PANEL 56 ASSEMBLY

OFFICERS:

Terms begin January 1, 2016

Delegate: Ann Z. elected

Chairperson: Rich M elected

Alt. Delegate: Donna S. elected

Treasurer: Stacey P. elected

Recording Secretary: Barb C. elected

Corresponding Secretary: No eligible candidate stood for the position.

NEW BUSINESS

Minutes of Assembly June 6, 2015: Paula E. made motion to approve and Sue H. seconded. Vote: In Favor=40 Opposed=0 Abstain=0

LIAISONS

Jal-Con: Sue H. reported that she is the new Chairperson for 2016. The first planning meeting will be November 14, 2015. The Convention will be July 22nd – July 24th, 2016.

North Jersey Information Services (NJIS) Mike G. reported the 3rd quarter of 2015 was good financially. Literature was sold at Jal-Con and at the are AA Area 44 Convention and at the Assembly. There was a good turnout for the Fall Workshop.

South Jersey Information Services (SJIS): Marie B. reported she will no longer be the liaison to Assembly. Liz M. is the new liaison. The Fall Luncheon was very successful. SJIS will be going back to just two Informational Service Representative (ISR) meetings. The meetings will be utilizing phone conference calls.

Intergruppal Espanol: Mira S. was thankful for her service to Assembly. Another local group has started in Passaic.

OLD BUSINESS

Annual Picnic: Stacey P. reported it was a great picnic. Members loved having more speakers. There was a recommendation for next year that there should be a topic and speakers be limited to 15 minutes.

Group Liability Insurance: Paul G. stated it needs to be resolved whether Assembly as a body can purchase liability insurance covering the local groups.

Ask It Basket: Question #1: It needs to be determined what “one meeting one vote is”?

Answer: It means when a member is a GR for more than one group meeting, the GR only has one vote in Assembly. The vote does not go by meeting, it goes by GR. Question #2: Define a regularly meeting group? Answer: The group members should reach a consensus to define it. See the Al-Anon Alateen Service Manual. Ask the members who regularly attend the meeting to have a group conscience and vote to define what is “regular”.

Question #3: Are there plans to redistrict the group meetings so they are aligned? Answer: It was brought up at the AWSC meeting and there wasn't much interest in redistricting the group meetings.

Question #4: How can we use *When I Got Busy I Got Better*? Answer: Some groups have a service meeting when there is a fifth meeting in the month.

Question #5: One member's young adult son feels out of place at the regular Al-Anon meetings. May he start a group for young adults? Answer: He may start the group but he needs to be careful of what the group calls itself because Al-Anon will not allow members to exclude other members.

Examples of meetings that cater to certain members

are Al-Anon for Men meetings and Al-Anon for Gays meetings.

Contact Information & Appointment of

Coordinators: Members please send Rich M. your contact information for your new service position. Any member interested in one of the Coordinator Positions (Alagram, Alateen, Archives, Literature, Public Outreach or Webmaster) please send Rich your resume.

Barbara C. , Editor *Alagram*

Please remember the Coordinator Positions are still available:

Alagram

Alateen

Archives

Literature

Public Outreach

Webmaster

If you are interested, please send your resume to Rich M.

Also the position of Corresponding Secretary/Group Records Coordinator is still open.

***Congratulations to all elected to Panel 56
Assembly Officers!***

Thanks for your Service!