



ALAGRAM ~ Spring 2019

NJ Area Assembly Newsletter

Next NJ Assembly Meeting on Saturday, June 1, 2019

Where:

Middlesex County Fire Academy
1001 Fire Academy Drive
Sayreville, NJ 08872

When:

New Group Representatives - 9:00AM
New District Representatives – 9:00AM
Refreshments & Fellowship - 9:30AM
Assembly Meeting – 10:00AM - 3:00PM

Who:

All Group Representatives (GRs)
District Representatives (DRs), Officers
Coordinators and Service Arms' Liaisons

All Al-Anon members are welcome.

Morning refreshments will be provided.

*Attending Members - Bring Your Own Brown
Bag Lunch*

Action Is Attraction - There Is No Growth In The Comfort Zone

- ✓ **JALCON 2019** is looking for volunteers. Following positions are available: Co-Chair, Alateen Chair, Decorations, Raffles, Secretary, Souvenirs, Speakers, Venue Liaison & general volunteers. Contact njjalcon@nj-al-anon.org

Looking to do Al-Anon service? Email us through the Contact Us form (nj-al-anon.org/contact)

- ✓ **Public Outreach** - Help with formation of a meeting close to Lincoln Park and PennStation area. Contact Public Outreach Chairperson.

Highlights from the March 2019 Assembly

Chairperson: Ann Marie Z. reported that all officer and coordinator positions of Panel 59 had been filled with the exception of Archives Coordinator.

Delegate: Donna S. expressed her gratitude and humility for the opportunity to serve as NJ Assembly Panel 59 Delegate to WSC in April 2019. She attended the New Member Orientation and submitted her first Chosen Agenda Item for WSC – “If groups purchase their literature from Amazon, is that a violation of our traditions?”

- She will be attending NERD 3/8-3/10.
- She will also be attending WSC in Virginia Beach, VA 4/13-4/18. The theme of this year’s conference is “Action is Attraction – There is no growth in the comfort zone”.

Alternate Delegate: Katie O. reminded that the Forum is a great tool and encouraged all groups to subscribe to the Forum.

SAVE THE DATE

JALCON 2019

Saturday, October 26, 2019

*St. Luke’s Church, 1674 Old Freehold Road,
Toms River, NJ 08755*

SHARE YOUR EXPERIENCE, STRENGTH & HOPE

WSO is looking for writings for the “CAL Corner” in Forum about *Opening Our Hearts, Transforming Our Losses (B-29), Intimacy in Alcoholic Relationships (B-33), In All Our Affairs (B-15) & Alcoholism, a Merry-Go-Round Named Denial (P-3).*

Visit <https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>

COORDINATOR REPORTS

Alagram: Kalpana K. reminded Assembly that a copy is mailed to all groups with valid CMA. The Alagram is posted on the Assembly website for downloading & printing.

Public Outreach: Karen P. reported about participation in past & upcoming events:

- Medical student panel (200 participants) at Rowen College on 11/19/2018.
- 33rd Annual ASAP – NJ Conference (SAC & Guidance counselors) on 2/27-3/1 in Atlantic City
- 2019 NAWS-NJ Conference (Social Workers) 4/28-30 at Borgata in Atlantic City (1000+ attendees)
- 19th Annual Addiction Conference NJPN-NJ Prevention Network) on 5/10 in Atlantic City.

Alateen: Tim S. reported that

- AMIAS training session was held on 1/12/19
- Additional trainings will be held in March (Sayreville), April (Mount Holly) & May (Cape May)

Literature: Lori-Jo J. reminded that literature can be ordered online at <https://ecomm.al-anon.org/Icommerce/>. She is looking for photos for 2020 Calendar (Theme “My Higher Power”) as well as celebration dates & committee meetings. Call for contributions to New Daily Reader on Steps, Traditions and Concepts of Service.

Website: New website rolled out in February – easy to navigate, sleek, mobile friendly. 3 major changes - New section called Documents, new page for JALCON, updated Contact Us page.

HIGHLIGHTS FROM NJ AREA DISTRICTS

District 2: Outreach - Distribution of AFA; Save the date for 1st Day of Sharing on 6/8 at Notredame of Mt. Carmel, 75 Ridgedale Ave, Cedar Knolls, NJ.

District 4: Outreach - distributing “Are you troubled by someone’s drinking?”, Love Gifts for WSC 2019.

District 20/21: Outreach - speaking at 3 Behavioral Health Centers, distributing AFA, “Welcome Newcomers” & “Did You Grow Up With

Alcoholism” to rehabs.

District 23: 1000 updated meeting lists ordered for distribution to meetings. “Road to Recovery” Workshop on 6/22 8AM-3PM at St. Luke’s Parish Center, 1674 Old Freehold Rd, Toms River, NJ 08755 Fee; \$10.

AL-ANON ACRONYMS UNDECIPHERED

A.A.	Alcoholics Anonymous
APP	Alateen Process Person
AFA	Al-Anon Faces Alcoholism
AFG	Al-Anon Family Groups
AIS	Al-Anon Information Service
AMIAS	Al-Anon member Involved in Alateen Service
ASC	Alateen Sponsor Coordinator
AWSC	Area World Service Committee
CAL	Conference Approved Literature
CCT	Conference Committee of Trustees
CMA	Current Mailing Address (Contact info for group)
CPC	Cooperating with Professional Community
CTC	Courage To Change (Al-Anon Daily Reader)
DR	District Representative
GR	Group Representative
GSO	General Service Office
IAGSM	International Al-Anon General Service Meeting
ISR	Information Services Representative
KBDM	Knowledge Based Decision Making
LDC	Literature Distribution Center
NERD	North East Regional Delegates
NJIS	North Jersey Information Service
ODAT	One Day At a Time (Al-Anon Daily Reader)
PSAs	Public Service Announcements
SJIS	South Jersey Information Service (no longer in operation in NJ)
SOS	Sharing Of Service
TEAM	Together Empowering Al-Anon Members
WSC	World Service Conference
WSO	World Service Office

To stay informed, please read this ALAGRAM at your group’s weekly meeting or business meeting. You may also view it at our website nj-al-anon.org