



ALAGRAM ~ Winter 2020

NJ Area Assembly Newsletter

Next NJ Assembly Meeting on Saturday, March 7, 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 by
District 20/21.*

*Attending Members - Bring Your Own Brown Bag
Lunch*

**How will you and your groups
utilize the 2020 theme for
World Service Conference?**

**"DREAMING BIG WITH
20/20 VISION"**

**Email your thoughts to
imjstme609@gmail.com**

Call for Service

JALCON is calling for volunteers for the 2020 convention. Join the Jalcon Transition & Trustee Committee on second Saturdays every month at 9:30AM at Our Redeemer Lutehran Church, 28 South 4th St., Fords, NJ 08863

Highlights from the November 2019 Assembly

Chairperson: Ann Marie Z. reminded us about Tradition 2: "For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." She attended the 2019 Road Trip in Seattle, WA on 10/19 and heard the stories of Trustees & how they are Al-Anon members first.

Delegate: Donna S. worked with the Policy Handbook Committee Taskforce & participated in Budget Committee conference call. She encouraged everyone to review the Chairperson of the Board (COB) letter. It announced the theme of 2020 WSC – "Dreaming Big with 20/20 Vision" to be held 4/20-24. The 2019 WSC Summary is available for download at www.al-anon.org.

Alternate Delegate: Katie O provided an analysis of The Forum subscriptions in NJ. She encouraged everyone to subscribe to "The Forum" available as a hardcopy as well as electronic version at www.al-anon.org. 2020 Assembly calendars are available for \$6. She thanked District 4 for providing refreshments for November Assembly.

Treasurer's Report: Audrey reported:

Total Income	\$14,078.76
- Group donations (budgeted \$12,405)	\$ 9,407.40
- Other Income	\$ 4,671.36
Expenses	\$11,477.03
Net Income (as of 8/31/2019)	\$ 2,601.73

Recording Secretary: Mary F informed everyone of her new email recordingsecarea36@gmail.com.

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

Corresponding Secretary: Angela reported that she has reviewed and confirmed NJ Group Records that show 294 active groups with 335 active meetings as well as 16 Alateen meetings, 31 Spanish groups & 3 Polish groups. She also reported improvements in the Group Records form including “Meeting Type” replaced with “Meeting Attendees” and new terminology for “open” & “closed” meetings.

COORDINATOR REPORTS

Alagram: Kalpana K. reported that the 2019 Summer Alagram was mailed to 298 area family groups. It is also posted on the Assembly website for downloading & printing.

Alateen: Tim S. reported that currently there are 16 active Alateen meetings and 54 certified AMIAS. He conducted AMIAS training on 10/27 in Toms River & led 2 Alateen workshops at JALCON. He announced that there will be another training on 11/23 in Clinton area.

Archivist: Mike reported that Al-Anon archives were displayed at Area 44 AA Convention in Sep & at JALCON. He asked for members to send him old literature they intend to be thrown away.

Literature: Lori Jo encouraged visiting the Al-Anon Member Blog and sending in sharings for upcoming new literature. She also mentioned that the 2020 Al-Anon Faces Alcoholism will be out in Jan/Feb 2020.

Public Outreach: Karen P. reported that the NJ Al-Anon toll free number (1-888-944-5678) is receiving a steady stream of newcomers asking for meeting locations & professionals looking for meetings for their clients. September was Recovery Month. She attended the following events and distributed a lot of literature as well as spread the message of Al-Anon to many professionals:

- Literature table for Hope Shed Light Walk in Seaside on 9/7
- Spoke for public outreach in Old Bridge at a Serenity Club
- Literature table at PEER RECOVERY SUPPORT event at St. Luke’s Church in Toms River.

She informed that Wednesday Night Iselin group has agreed for speaker meeting commitment or families of alcoholics.

She asked for volunteers for 2 outreach commitments & said she would be setting up literature table on

11/19 at Annual Empowerment event for ENOUGH in Stafford Township Arts Center.

Website: Martha L reported that she had renewed multiple website subscriptions. She has been posting 3 FORUM articles regularly on the website resulting in a spike in visitors soon after they are posted and a steady increase in traffic month to month. She is working with Angela to investigate G Suite for Nonprofits for free email boxes for @nj-al-anon.org email addresses.

NJ AREA DISTRICTS HIGHLIGHTS

District 2: Has 11 groups, 13 meetings & 9 GRs. They held their 1st Day of Sharing on 6/8 with 70-75 attendees & had press coverage. They plan to reach out to WDHA, WMTR & college radio stations for running PSAs.

District 3: Mailed and hand delivered Al-Anon Faces Alcoholism to 22 entities. They are encouraging groups subscribe to FORUM. CMAs have been encouraged to create group email addresses. CMAs asked to print “In The Loop” for group clipboards. Distributed “Just for Tonight” bookmark to groups.

District 4: Ringwood meeting officially closed. District has a healthy current balance in treasury.

District 11-15: Covers Middlesex, Union & Somerset counties. They hold monthly meetings and are learning finer points of being DR & GR. Considering Writing Workshop in Spring 2020.

District 20/21: Supports 2 monthly outreach programs for families at Footprints for Recovery (behavioral health care center) and Princeton House Behavioral Center, Hamilton NJ. 4th Unity Fellowship Day held on 9/7 – theme was “Letting Go... What’s holding me back” with 43 attendees. New updated business cards distributed to 21 meetings at the event.

District 22: Has compiled a speaker list & continues to distribute meeting list cards. Working with Dist 25 as they get set up.

District 23: Had its 1st workshop on 6/22 with 68 attendees. New Beginners meeting opened on Mondays 10AM at St. Luke’s Church in Toms River.

District 27: Had 15 attendees at annual potluck dinner on 10/19 with theme “Changing Seasons, Changing Attitudes”. District is spreading the word about Alateen in district high schools.