



# ALAGRAM ~ Spring 2020

## NJ Area Assembly Newsletter

**Due to COVID-19, June 2020 Assembly will be held virtually via ZOOM**

**Saturday, June 6, 2020 10AM-2PM EST**

Meeting ID: **856 5095 1874** Password: **876125**

*GRs: Reach out to your District Rep to learn how to use Zoom for virtual meeting.*

### Online Meeting and Helpful Zoom Tips

#### **3 ways to participate:**

- Full computer/smartphone with video & audio
- Computer video with phone audio
- Phone audio only

#### **Etiquette for Virtual Assembly Meeting:**

- This is an Al-Anon meeting – please treat it that way.
- Mute your mic when not speaking.
- If you have a comment use the Chat window. Or if using only a computer/ smartphone – text moderator at 973-248-7101
- Wait for the moderator to call on you, unmute yourself and then comment. Maximum of 2 minutes.
- Inform moderator when you are done & mute your self.

#### **Video:**

- Stop your video if you are moving or eating.
- Depending on whether you are using a laptop, tablet or smartphone, you will see speaker view (only the speaker) or gallery view (all attendees).

#### **To Help with Audio:**

- Turn off TV and all other Wi-Fi devices while using Zoom
- Stop video, if needed
- If necessary, you can use a second device for your audio; once you log in/call in on your second device, click on “leave computer audio” to disable it.

#### **Individual choices:**

- Rename how you want your name displayed.
- Stop or play video
- Leave meeting - this will end your session

#### **Voting:**

- Question will be called by the Chairperson and poll taken live at the same time.
- If you are using computer and/or smartphone, use raise hand feature to indicate yes, no or abstention.
- If you are using phone for audio only, then either:
  - Text moderator at 973-248-7101
  - After all online votes have been tallied, provide your vote verbally.

## Highlights from the March 2020 Assembly

**Chairperson:** Ann Marie Z. updated the group about results of the Thought Force meetings on “Dreaming Big with 20/20 Vision” for NJ Assembly. She also informed about the differences in the 2 versions of 2018-2021 Al-Anon/Alateen Service Manual that is available for purchase (\$6) as well as download (free).

**Delegate:** Donna S. encourage the group to review the Chairperson of Board (COB) letter & committee updates available at [www.al-anon.org](http://www.al-anon.org) under Members>Board of Trustees. She also reported of her participation in the 2021 Conference Theme Task Force. Also, 2020 WSC will be held 4/20-4/24 in Virginia Beach. Theme is Dreaming Big with 20/20

Vision. She was preparing to attend NERD (North East Regional Delegates) meeting to prep for 2020 WSC.

**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](http://www.al-anon.org). 2020 Assembly calendars are sold out. She thanked District 4 for providing refreshments for November Assembly.

**Treasurer’s Report:** Audrey reported:

Total Income	\$19,281.33
- Group donations (budgeted \$12,405)	\$ 14,056.55
- Other Income	\$ 5,224.78
Expenses	\$13,222.58
Net Income (as of 12/31/2019)	\$ 6,058.75

**Looking for electronic meetings during COVID-19 quarantine. Visit [nj-al-anon.org/al-anon-meetings/](http://nj-al-anon.org/al-anon-meetings/) for a list of NJ Groups that are meeting electronically.**

**Corresponding Secretary:** Angela reported that NJ Group Records show 292 active groups with 333 active meetings, 16 Alateen meetings, 18 Spanish groups & 3 Polish groups. She reported new meetings in Rockaway (Thurs 7PM) & Phillipsburg (Tuesday 7:30PM)

## COORDINATOR REPORTS

**Alagram:** Kalpana K. reported that the 2020 Winter Alagram was mailed to 299 area family groups in week of 2/3. It is also posted on the Assembly website for downloading & printing.

**Alateen:** Tim conducted trainings on 11/23/19 in Clinton & on 2/22/20 in Mount Holly. Trainings are scheduled for 3/28 in Butler & 5/9 in Marmora. Frank reported as the AARP (Area Alateen Process Person) that there are 48 active AMIAS needing to be retrained by 6/15. He reported 2 new Alateen meetings in South Brunswick (Wed 8PM) & Route 22 Phillipsburg (Tues 7:30PM).

**Archivist:** Mike reported that he has been working to preserve physical archive items as well as try to convert them to digital form. He asked members to send him old literature they intend to be thrown away. He can be contacted via the website for requests to display archives at anniversaries & special Al-Anon events.

**Literature:** Lori Jo spoke about the pamphlets on “Al-Anon is for Men” & also for Indigenous people as well as People in Shelters. She asked members to send her photos & sharing about their favorite literature for the Calendar. She also provided information regarding “Use of materials at Al-Anon meetings” and use of “Why Conference Approved Literature” flyer.

**Public Outreach:** Karen P. reported about an outreach conducted in Stamford Township with help from Tuesday Manahawkin group. Events in next few months are:

- February – ASAP Conference
- April – NASW Social Worker event
- May – NJPN event

She encouraged anyone wanting to do outreach to contact her through the website.

**Website:** Martha L reported that she had added the search bar on all webpages and called for volunteers to test website update email alerts feature. She is still

researching G-suite email options.

## NJ AREA DISTRICTS HIGHLIGHTS

**District 2:** Has a new Women’s meeting in Rockaway on Thurs 7PM. Their PSA has been added to Fairleigh Dickinson Univ. radio station WDFU rotation. They have ordered business cards & Al-Anon Faces Alcoholism (AFA) 2020 for public outreach.

**District 3:** Will be sending magnets as love gifts for WSC 2020. Their Day of Fellowship is 4/25. They continue public outreach with AFA. CMAs have been asked to set up a group Gmail account.

**District 4:** Public Outreach using AFA continues. They will send Flower seed packets (Bee Attracting theme) as love gifts to WSC 2020. They will start working with Chilton Hospital as public outreach. Participating in Wayne Valley Wellness Day on 3/20.

**District 11 & 14:** New District with 20 groups had their first district meeting on 1/26 with good participation. First Fellowship event held on 2/22 to make origami butterflies as love gifts for WSC 2020 that was well attended. Public Outreach - 2 speaker commitments at recovery centers – High Focus, Cranford & Raritan Bay Recovery Center, South Amboy)

**District 12, 13 & 15:** District meeting focus to disseminate information & finding ways to provide outreach. Somerset meeting closed. New group in South Brunswick (Wed 8PM) with Alateen meeting.

**District 20/21:** Outreach programs for families at Footprints for Recovery and Princeton House IOP, Hamilton NJ. Participated in recovery service in Hamilton Square on 2/17.

**District 22:** Public Outreach at Rancocas Valley HS Student Wellness Fair on 3/12.

**District 23:** Al-Anon Day of Sharing event with AA participation “Your 2020 Toolbox” to be held on 4/25 in Toms River. Parents meeting in Brick on Sat closed.

**District 27:** Conducting Public Outreach by distributing AFA. Gave love gifts for WSC 2020. Traditional potluck event on 3/14 to celebrate Lois’s birthday at Sea Isle City UMC.

**NOTE: All events in the past months reported above have been cancelled due to Corona virus outbreak.**