



# ALAGRAM ~ Fall 2020

## NJ Area Assembly Newsletter

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

**Saturday, November 7, 2020 10AM-2PM EST**

Meeting ID: **853 7128 3087** Password: **159236**

*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 June 2020 Assembly

**Chairperson:** Ann Marie Z. updated the group most of her efforts since last AWSC/Assembly was around temporary virtual meetings for the website.

**Delegate:** Donna S. reported about her attendance in the abbreviated virtual 60<sup>th</sup> World Service Conference. The theme this year was “Dreaming Big with 20/20 Vision”. [Entire Annual Report can be found here](#). 2021 World Service Conference will be held 4/12-4/16 in Tarrytown, NY. Also, Al-Anon’s 70<sup>th</sup> Anniversary celebration will be celebrated in April 2021. Lastly, Al-Anon 7<sup>th</sup> International Convention will be in 6/29-7/2 2023 in Albuquerque, New Mexico. She also informed the group about

severe impact of COVID-19 on WSO finances and encouraged the NJ groups to consider donating to WSO.

**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).

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

Total Income	\$5,155.43
- Group donations (budgeted \$12,405)	\$ 4,436.08
- Other Income	\$ 587.85
Expenses	\$7,263.72
Net Income (as of 4/30/20)	-\$2,108.29

**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 as of 5/22 NJ Group Records show 294 active groups with 332 active meetings, 16 Alateen meetings, 18 Spanish groups & 3 Polish groups. However, due to COVID-19, 140 groups (161 meetings) are reported as suspended while 84 groups were meeting electronically.

## COORDINATOR REPORTS

**Alagram:** Kalpana K. reported that the 2020 Spring Alagram was mailed to 302 area family groups on 5/18. It is also posted on the [Assembly website](#) for downloading & printing.

**Alateen:** The trainings in March and May were cancelled due to COVID-19. WSO has extended recertification date to 8/1/20 & may possibly be extended further. AWSC has approved recertification for all previously certified AMIAS provided they complete requisite paperwork & pass background checks.

**Archives:** Mike reported that he has started digitizing paper archives. 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 reported Hope For Today book is available electronically. Having Had A Spiritual Awakening & several other books are available electronically as well as audio books..

**Public Outreach:** Karen P. reported on how due to COVID-19 public outreach events have been cancelled. However, the hotline has been very busy including calls from professionals.

**Website:** Martha L reported that she has been updating the temporary meeting list with Angela R's help. She has been renewing various subscriptions needed for website maintenance. She has been shoring up security on the website.

## NJ AREA DISTRICTS HIGHLIGHTS

**District 2:** Has had electronic district meetings. The district has set an ample reserve aside & established a donation structure to all 3 arms of service. AFA 2020 donation on hold. Moving ahead with Business card reordering.

**District 3:** Has met electronically. Distribution of AFA 2020 going well. Just For Tonight bookmark distributed to all groups.

**District 4:** All District 4 meetings except one have gone virtual. All public outreach on hold.

**District 11 & 14:** District meeting held virtually in May. We discussed meeting safety & best practices for 7<sup>th</sup> tradition basket. Most active groups have settled into virtual meetings.

**District 20/21:** Representation is growing. Most meetings virtual. Public outreach is on hold. Invited to participate in virtual Mental Health Fair at South Brunswick High School. Thought Force for Public Outreach will brainstorm ideas & present at May meeting.

**District 22:** Most meetings virtual using District's Zoom account.

**District 23:** District meeting held on Zoom. Most groups meeting virtually. Treasury well stocked to be used for Day of Sharing.

**20/20 VISION**

*Save the Date*

**45<sup>TH</sup> Annual New Jersey  
Al-Anon Virtual Convention with  
Alateen and A.A. Participation  
Saturday, October 17, 2020  
1:00-5:00pm**

**Go to: [Jal-Con.org](http://Jal-Con.org) website  
to register today!!**

Jal-Con is FREE this year and open to all, however registration is required. Seventh Tradition donations can be made on the Registration website through Paypal.

Or by check:  
Mail to:  
Jal-Con, Inc.  
518 Old Post Road, PMB 356,  
Edison, NJ 08817

NOTE: Annual Business Meeting for JR's  
Saturday, October 24, 2020 1:00pm-2:00pm

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