



ALAGRAM ~ Spring 2021

NJ Area Assembly Newsletter

Due to COVID-19, June 2021 Assembly will be held virtually via ZOOM

Saturday, June 5, 2021 10AM-2PM EST

Meeting ID: **890 9559 7895** Password: **776916** Direct Link: [Click here](#)

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 AI-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. You may also use “Raise Hand” feature.
 - 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:

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

Video (continued):

- Stop your video if you are moving or eating.

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:

- Change your name to First name, Last name Initial, position in Assembly. If multiple positions, **list GR first.**
- 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 phone for audio only, then either:
 - Text moderator at 973-248-7101

Highlights from the March 2021 Assembly

Chairperson: Ann Marie Z. updated the group that she attended Texas East “Delegates Chat – Service Sponsorship” & WSO Town Hall. Based on the review at the Officer/Board Trustee Meeting on 12/3/21, the Assembly Trustees decided to rectify conflicts in past & current practices by 1. meeting on a regular schedule on 1st Thursday before AWSC; and 2. reinstate client onboarding process of ProBono Partnership. The Trustees met again on 1/7/21 where they approved LinkedIn campaign & approved max budget of \$5,000. The ProBono Partnership informed that they had begun the search for volunteer lawyer(s).

Delegate: Donna S. reported that she volunteered to be liaison on the LinkedIn core team. She also worked with her assigned Thought Force “Dreaming Big with 20/20 Vision” on their presentation that was approved by the Board of Trustees. The theme of 2021 virtual WSC (4/12-

4/16) is “Moving Forward with Unity, Courage & Perseverance”. She clarified Hybrid meetings & announced an opening position of WSO Director of Operations.

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.

Treasurer’s Report: Audrey reported:

Total Income	\$ 1,737.27
- Group donations	\$ 1,692.27
- Other Income	\$ 45.00
Expenses	\$ 779.89
Net Income (as of 2/25/21)	\$ 957.38

Looking for electronic meetings during COVID-19 quarantine. Visit nj-al-anon.org/al-anon-meetings/ for a list of NJ Groups that are meeting electronically.

Corresponding Secretary: Jennifer B. reported that as of 2/24 NJ Group Records show total of 303 total NJ groups with 291 active meetings, 12 Alateen meetings, 18 Spanish groups & 3 Polish groups. However, due to COVID-19, 70 meetings are reported as suspended while 131 groups are meeting electronically. She asked all GRs to check if their group's CMA addresses are up to date & if they are receiving mail.

COORDINATOR REPORTS

Alagram: Kalpana K. reported that the 2021 Winter Alagram was mailed to 301 area family groups on 2/15. In addition, due to COVID-19, it was emailed to available CMA addresses. It is also posted on the [Assembly website](#) for downloading & printing.

Archives: Mike reported that he continues digitizing paper archives. He asked members to send him longtime member & group histories. These will be added to NJ Archives. He can be contacted via the website for requests to display archives at anniversaries & special Al-Anon events.

Alateen: Two virtual AMIAS training sessions available 3/27 & 4/17. Currently, there are 2 Alateen meetings in Wayne & Phillipsburg.

Literature: Lori-Jo informed the group that calendars were mailed out free of cost to every group. She asked everyone to send in pictures for 2022 calendar. She informed about electronic version of the Newcomers' Packet becoming available on the website & the new daily reader becoming available in 2023. She encouraged everyone to send in submissions for CAL Corner & the Members Blog. She also reported about a Writing Workshop she is hosting every Wednesday at 6:30PM for 6 weeks.

Public Outreach: Karen P. reported that due to COVID-19 public outreach has been very slow. She shared some ideas from the WSO PO meeting to do public outreach during COVID. Al-Anon & Alateen posters will be available on the site for download. The 888 number has been busy.

Website: Martha L. reported that she has been updating the temporary meeting list. She reported on her efforts to get G-Suite for Non-Profits account for our Area.

JALCON: 2021 JALCON was held virtually on 10/16 8:30AM-5:00PM. More details at njalacon.org. The theme is "Courage in a Changing World".

NJ AREA DISTRICTS HIGHLIGHTS

District 2: Designed a QR Code Sticker to be placed on AFA that will be distributed as public outreach.

District 3: Purchased 100 copies of AFA to be distributed to treatment centers. Virtual Day of Fellowship will be on 4/17.

District 4: PO supply bags for COVID elves had to be put on hold due to weather.

District 11 & 14: 3 new in-person meetings. First District 11 & 14 Day of Unity on May 16.

District 19: All Zoom meetings are well attended. Meeting lists sent to newcomers reaching out.

District 20 & 21: Many newcomers attending meetings. Cranbury Stepping Stones Meeting celebrated 53rd anniversary.

District 23: Day of Sharing "Your 2021 Toolbox" held on 2/27 with great participation.

HIGHLIGHTS FROM THOUGHT FORCE ON REDISTRICTING

Redistricting will result in fewer district allowing more cohesiveness in active districts. Virtual district meetings have increased more GR participation and getting the message to more groups. Fewer districts will improve public outreach. It will bring DRs closer & will encourage service.

HIGHLIGHTS FROM TASK FORCE FOR IMPLEMENTING LINKEDIN CAMPAIGN

Goal of the campaign is to increase awareness and generate engagement with NJ mental health professionals so they would refer their clients to Al-Anon. Core team will be collaborating with WSO digital team to run a joint campaign.



SNEAK PEEK AT JUNE ASSEMBLY

Our June Assembly Agenda is packed with exciting information about the Area, including updates from the Redistricting Thought Force, the LinkedIn campaign, and information about obtaining insurance for groups. In addition, hear what is happening at the WSO as our Delegate shares information from the 61st World Service Conference (WSC), including changes to the Alateen Preamble, a new *Just for Tonight* bookmark for Alateen, as well as other literature and policy discussions. There will also be discussion regarding Electronic Meetings and incorporating them into an Area structure as Al-Anon Family Groups.

This is one Assembly you won't want to miss.

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