



ALAGRAM ~ Fall 2021

NJ Area Assembly Newsletter

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

Saturday, November 6, 2021 9AM-3PM EST

Meeting ID: **820 8352 7984** Password: **770131** Direct Link: [Click here](#)

NOTE: Separate sessions for new DR & GR Orientation 9:15 – 9:45AM

Once logged into the meeting, change your name (Rename feature) to **First Name Last Name Initial, Position in Assembly, District #**. If multiple positions, **list GR first**. Example: Jen B, GR D2, CorrSecGRC).

At 9:15AM, Chairperson will assign you to the appropriate breakout room. Instructions to return will also be provided.

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. 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

Video (continued):

speaker) or gallery view (all attendees).

- 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:

- 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 June 2021 Assembly

Chairperson: Ann Marie Z. updated the group that she attended Virtual NERD March, participated in AMIAS training on 3/27, Officer/Trustee Board meeting on 4/1 and discussed with volunteer pro bono attorney concerns/changes in Bylaws and Policy Handbook.

Delegate: Donna S. thanked everyone for the honor to have been NJ Area Panel 59 delegate & reported on various agenda items of the 61st World Service Conference (WSC) themed “Moving Forward with Unity, Courage & Perseverance” between 4/12 - 4/16. Topics included a brief message about the joys & pains of this service position and how this service has helped her grow, about the generous response by AFGs & individuals to the special appeal for donations by WSO in April 2020. She also provided summary of other agenda items including, 2021 WSO budget, growth in Electronic Meetings,

upgrades to online store, 2022 WSC in New York, new Public Outreach posters, success of the mobile app, growth in the Electronic meetings, electronic version of the “Welcome, Newcomer” packet, discussion on “Just for Tonight” for Alateen, revisions to “The Dilemma of the Alcoholic Marriage” and ODAT books, changes to the Alateen preamble, formation of the Policy Digest Interim Housekeeping Actions Task Force, question on bequests, updates & recommendations from the Electronic Meeting Work Group that would be transformational in equalizing electronic meetings with face-to-face meetings and many other important topics.

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.

Is Your Group Record Up To Date? Make sure your meeting information is accurate on the website. Verify your information today by reaching out to your DR or contact your Corr Secy/AGRC at [njarea36grc@gmail](mailto:njarea36grc@gmail.com)

Treasurer's Report: Audrey reported 2021 P&L 1/1 – 4/19:

Total Income	\$ 4,007.28
- Group donations	\$ 3,910.93
- Other Income	\$ 96.35
Expenses	\$ 2,422.16
Net Income (as of 2/25/21)	\$ 1,585.12

Corresponding Secretary: Jennifer B. reported that as of 5/25 NJ Group Records show total of 299 total NJ groups with 290 active meetings, 9 Alateen meetings. COVID-19 Status: 68 meetings are reported suspended, 127 meetings are electronic & 133 groups are face-to-face. Click here for [Temporary Meeting Change Form](#) to report changes to meeting.

COORDINATOR REPORTS

Alagram: Kalpana K. reported that the 2021 Spring Alagram was mailed to 301 area family groups on 5/15. It is also posted on the [Assembly website](#) for downloading & printing. In addition, due to COVID-19, it was emailed to available CMA addresses.

Archives: Mike reported that he continues digitizing paper archives. He reached out to WSO to inquire the best way to handle ODAT in Braille. He asked members to send him longtime member & group histories. These will be added to NJ Archives.

Alateen: 15 AMIAS are recertified. Frank rotating out of AAPP position end of 2021. Please communicate latest Alateen meeting info to Coordinator so information is accurate.

Literature: Lori-Jo shared a [Virtual Literature Table](#) courtesy from Literature coordinator of CT. Please use this to order literature from WSO directly. She informed that electronic version of the Newcomers' Packet will be available soon. At the time of printing, this is already available. She encouraged everyone to send in submissions for CAL Corner & the Members Blog.

Public Outreach: Karen P. reported that the 1-888 information line has been very busy asking for meetings in areas. She is attending a workshop in June in Ocean County with a Literature table. She was able to secure a speaker for Franklin Township High School students & attended it as well.

Website: Martha L. reported that she has been updating the temporary meeting list, her efforts to create emails for AWSC & housekeeping tasks for the website.

JALCON: 2021 JALCON will be held virtually on 10/16 8:30AM-5:00PM. They have a new website & a

Trustee for Tech. More details at njalacon.org. The theme is "Courage in a Changing World".

NJ AREA DISTRICTS HIGHLIGHTS

District 2: District elections in October. Mailings to 21 treatment/ family services centers.

District 3: Successful Day of Fellowship held on 4/17. Outreach project distributing AFAs.

District 4: Received very few responses to PO mailing. Discussed end of DR's term.

District 11 & 14: First District 11 & 14 Day of Unity successfully held on May 16.

District 19: All Zoom meetings are well attended. Many newcomers reach out.

District 20 & 21: Alateen meeting in St. Gregory the Great Academy is face-to-face. 25 copies of How Al-Anon Works donated to Books Through Bars program. New public outreach posters to be printed & distributed.

District 23: DR stepping down. Need new DR.

HIGHLIGHTS FROM THOUGHT FORCE ON REDISTRICTING

The Thought Force team recommended to redistrict to fewer districts along county line, if possible, striving to have an equitable number of meetings in each district.

HIGHLIGHTS FROM TASK FORCE FOR LINKEDIN CAMPAIGN

Goal of the campaign is to increase awareness for NJ mental health professionals so they would refer their clients to Al-Anon. Campaign pushed out to Sep 2021. Core team will be collaborating with WSO digital team to run a joint campaign.



ELECTIONS ARE HERE - NOV 6, 2021!

Following positions are open for elections of the new NJ Assembly Trustees: Chairperson, Delegate, Alt. Delegate, Treasurer & Recording Secretary. **"Participation is the key to harmony"**. GRs are encouraged to attend this important meeting to cast their vote and make their Group's voice heard.

All Coordinator positions will also be rotating out end of 2021. If you are interested in any position, please contact the new Chairperson since these are appointed positions.

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.