

ALAGRAM

Investing in Each Other to Preserve Our Legacy • Invertir los unos en los otros para preservar nuestro legado • S'investir mutuellement pour préserver notre héritage

The N.J. Assembly will be held as a virtual meeting:
Saturday, March 1, 2025, 10AM- 3PM EST
 All Al-Anon members are welcome!

Zoom Link: <https://us02web.zoom.us/j/87169568340?pwd=emC6heqM9faTdwhzShY2vRNSRVdDMLI>

Zoom Meeting ID: 871 6956 8340, **Password:** 368597

Once logged into the Assembly meeting, change your name (Rename feature) to: Service voting position, district number, first name, last name initial, any additional service positions (no commas). For example: GR 6 Mike L. Public Outreach. NOTE: Separate session for new GR Orientation 9:15AM–9:55AM. Join the breakout room once you enter the meeting. Instructions to return will be provided.

HIGHLIGHTS FROM THE NOVEMBER 2024 ASSEMBLY

Officers

Chairperson, Donna S.: Attended and chaired the Officers/Trustee meeting on September 4, 2024. Topics included a financial update, the 2025 budget, Policy Handbook review, approval of a new laptop for the Corresponding Secretary, and Task Force presentations on Excess funds and Tech Coordinator Position. Donna also fielded phone calls, emails, and approved flyers for posting on the area website.

Delegate, Katie O.: Attended the Archives and Public Outreach Coordinator meetings via Al-Anon Family Groups (AFG) Connects. She continues to meet with her assigned 2025 World Service Conference (WSC) Thought Force. There were not any applications for North East Regional Trustee. Interested candidates should submit their resume to the NJ Assembly Chairperson Panel prior to March 15, 2025. Other attended meetings include Chairperson of the Board Letter presentation, Budget Committee and Officers meeting for NJ Al-Anon Assembly, Inc. (NJAA), and the AA Area 44 Convention.

Alternate Delegate, Liz K.: Attended North Jersey Information Service Representative (ISR) and Trustees meetings. She completed a Policy Handbook revision, worked with the budget committee on the 2025 budget, assisted Spanish Al-Anon Groups, and continued with service sponsorship. Liz spoke at the District 7 Rodeo, District 8 Anniversary, and AA District 6 picnic. She also presented a Forum Writing Workshop at the Area 44 Convention.

Treasurer, Mary K.: Deposited checks and paid bills for July, through September 2024, and reported a net loss of \$8,049.75 as of October 22, 2024. Mary reported that the Assembly did not receive enough donations to cover expenses as of October as only one third of groups donated. Mary encouraged Group Representatives (GRs) to discuss this with their groups.

Recording Secretary, Mary F.: Presented amendments to the draft minutes from June Assembly which were accepted with substantial unanimity.

Group Records/Corresponding Secretary (GRC), Carrie H.: There are 268 Active Al-Anon and Alateen Groups, with a total of 289 active meetings. There are 19 groups that do not have a Current Mailing Address (CMA) email address on record. Carrie attended the Officers Meeting on September 4, and the World Service Office (WSO) Group Records Coordinator (GRC) Teams meeting September 28. She sent CMA labels for the Alagram and Calendar, worked with District Representatives (DRs) to resolve meeting and mail statuses, and sent packets to districts.

Coordinators

Alagram, Christina McG.: Received CMA and Area return address labels from the GRC. Received approval for Fall 2024 edition. Printed, stuffed, stamped, and mailed the Fall 2024 edition to 265 CMAs. Emailed Alagram to all CMA emails, including Webmaster for posting on Area website. Submitted expense report to Treasurer.

Alateen, Lori-jo J.: The area is currently maintaining the same number of Al-Anon Member(s) Involved in Alateen Service (AMIAS). Recertification will be required for all AMIAS in 2025.

Archives, Mike L.: Attended the Area 44 Convention in September and reported there was a lot of traffic looking at the NJ Archives display. The display included hard copies of the group history and long-time member forms and were available to members to take back to their groups.

Forum, Liz K.: Provided details of 70th Anniversary of The Forum. Liz encouraged members to celebrate by giving subscriptions to The Forum as gifts. There were 301 copies mailed to groups and individuals in September. A free commemorative poster is available to download on the WSO website.

Literature, Angela R.: New Conference Approved Literature (CAL) is available. Healing within Our Alcoholic Relationships-A Collection of Insights from Our Shared Journey is a 48-page booklet that captures the essence of the Al-Anon program and is perfect for newcomers. A new piece of CAL on Personal and Service Sponsorship was approved at the 2023 WSC; sharings are welcome. The 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v4 is available electronically. Replacement pages for those who have a printed copy of version 2 are also available. Calendars have been mailed to all CMAs and Area World Service Conference (AWSC) members.

Public Outreach (Open, Karen P. filling in): Attended Hope Sheds Light Walk, and AA Convention in September. October events included tables at the NJSAC, and Faulty Outreach Day at Wall High School. November and December events include tables at the AA Waves in Atlantic City and Prevention Awareness Day at Jackson High School.

Website, AnnaMarie T.: Website traffic has increased. The most frequently visited page is the "Meetings" page, followed by the "Calendar" page. Most people find our website using google. The website security plug-in has been renewed for another year and expires September 2025.

Gentle Reminder: Please include your Group Number on the check when you donate. Thank you!

District Representatives

District 1 (Hunterdon/Warren), Open! Chairperson **Donna S.:** Fielded emails from District 1 groups, highlighting the need for a District Representative.

District 2 (Morris/Sussex), Ken S.: The District has 27 total groups, of which 7 are inactive. They will continue to support Butler and Morristown Alateen groups. A Day of Sharing is planned for April 5, 2025.

District 3 (Bergen/Passaic), Debbie F.: The district has 31 total meetings. They participated with AA District 3 Day of Sharing, attended the AA Area 44 Convention, and Zoom meeting for Montclair Al-Anon Information Service (AIS) leadership elections. District 3 has the only Zoom meeting for Alateen. Debbie encouraged groups to reach out to her for confidential contact information.

District 4 (Essex/Hudson/Union), Angela O.: The district has 40 active meetings. The last district meeting included reports on the AWSC meeting, November Assembly, upcoming district elections and a North Jersey Information Service (NJIS) update. The annual picnic was a success.

District 5 (Mercer/Middlesex/Somerset), Peter M.: There are 42 active Al-Anon groups. They attended AA Area 44 convention, National Night Out, Harvest of Hope, and International Overdose Awareness Day (IOAD). Peter M. is working with the AA Area 44 Prison Chairperson to donate books to prisons. Unity Day planning is ongoing.

District 6 (Monmouth), Jess A.: District meeting discussions included filling open positions, the purpose of district meetings, strategies for encouraging unrepresented groups to send GRs to district meetings, upcoming Assembly topics to be voted on, and future district activities. Future plans include setting up writing workshops and a possible trip to Stepping Stones.

District 7 (Ocean), Karen P.: The district has five certified AMIAS. They closed an Alateen group due to lack of participation, however they are looking for a new meeting location. The district hosted a workshop themed "Al-Anon's Rodeo" which was a full fun day of recovery and fellowship.

District 8 (Burlington/Camden/Gloucester), Liz K.: Two new meetings have formed since last Assembly. The district now has 27 active groups. Alateen outreach is ongoing with the professional community and Student Assistance Counselors (SAC). A district inventory is being completed via anonymous return mailings.

District 9 (Atlantic/Cape May/Cumberland/Salem), Anne A.: The district has 18 meetings. There is one Alateen meeting which is struggling. They presented Alateen to a group of SAC in Atlantic County High Schools. They plan to participate in the AA Waves Round-up in Atlantic City.

District 10 (Electronic Group District/EG), Mark McP.: Ongoing discussions on adoption of proposed amendments to the NJ Area Policy Handbook, Task Force on Tech Coordinator, Excess funds, a proposed on-line event in spring, and the possibility of a District 10 website.

Liasons

North Jersey Information Services (NJIS), Mark McP.: The September 17 special meeting on electing officers was well attended. Newly elected officers include Mark McP., Chairperson; Linda S., Secretary; Jim M., Treasurer; and Doug L., At-Large. The NJIS newly created Steering Committee held their first regular meeting authorizing amendment to their constitution to expand their territory to include all of NJ (subject to ISR approval).

Al-Anon Chairperson to the 68th Area 44 Convention, Christina McG.: The convention was held in Somerset, NJ, September 20-22. All went well. Christina thanked the volunteers and convention participants.

Old Business

Policy Handbook Committee: Mary T. summarized the draft Policy Handbook. The goal was to make the handbook more user friendly. After brief discussion the revised handbook revisions were approved by substantial unanimity.

New Business

Mary F. presented the 2025 Budget which included 2023 Actuals, 2024 and 2025 budgets. Changes for 2025 include increased technology, convention outreach, and WSC equalized expenses. Following discussions, the 2025 Budget was approved by substantial unanimity.

Welcome Panel 65!

2025
2026
2027

Panel 65 Elected Officers:

Chairperson	Katie O.
Delegate	Peter M.
Alternate Delegate	Cathy B.
Treasurer	Ken S.
Recording Secretary	Kasey M.
Group Records	Carrie H.

Panel 65 Appointed Coordinators:

Alagram	AnnaMarie
Alateen	David A.
Archives	Jennifer F.
Forum	Cathy B.
Literature	Peter D.
Public Outreach	Mike L.
Technology	Cliff R.
Website	Jennifer B.

Is Your Group Record Current?

Make sure your meeting information is accurate on the website. Verify your information today by reaching out to your district representative or contact our group records secretary at njcorresponding@gmail.com.

Task Force Updates

Task Force for Technical Coordinator Position: The Task Force recommends Area 36 establish a Technical Coordinator position to assist with, and facilitate, Assembly and AWSC meetings.

Task Force on Excess Funds: Made several recommendations: Future considerations of area excess funds should be coordinated and aligned with the Area's auditing schedule • \$5,000 from current excess funds to reimburse the reserve account • Increase operating account to \$10,000 annually • Not advisable to fund a bus public outreach campaign • Allocate \$11,200 for technology needs. The task force recommended implementing these recommendations over a three-year period which is consistent with WSO practices. A motion to approve the recommendations passed with substantial unanimity.

Looking Ahead to March 2025 Assembly

Equalized Expense • Insurance Processing Position • Posting Zoom Meeting ID, Password, and Link on Area Website

Volunteers requested to conduct New GR Orientation prior to March 1, 2025 Assembly!