



# Summer 2010



# AL-ANOTES

## N. Jersey Information Services Quarterly Newsletter

Published by North Jersey Al-Anon Information Services (NJAIS)  
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## CALENDAR OF EVENTS

### JULY

- 6 - Steering Committee Meeting (7:30)
- 13 - ISR meeting - Central Presb. Church, 46 Park St., Montclair - 7:30
- 16-18 - JAL-CON - Hilton Hotel, E. Brunswick, NJ

### AUGUST

- No steering committee meeting.
- 29 - Assembly Picnic in Holmdel(12-sunset)

### SEPTEMBER

- 7 - Steering Committee Meeting (7:30)
- 24-26-AA NJ Area 44 Convention with Al-Anon participation

### OCTOBER

- 2 - AWSC Meeting
- 5 - Steering Committee Meeting (7:30)
- 12 - ISR meeting - St. Cecelia Church, 45 Wilus Way, Iselin, NJ - 7:30

**ISR REP ---** Be sure your group is represented at the **ISR MEETING!!!!**

\*AMIAS=Al-Anon member involved in Alateen Service

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, LET THE HAND OF AL-ANON AND ALATEEN ALWAYS BE THERE AND ... LET IT BEGIN WITH ME.

## JAL-CON

Jul 16-18  
Hilton Hotel - E. Brunswick  
Colors: Green & gold.  
**THEME: Recovery: Extreme Makeover!**  
Jal-Con is New Jersey's annual Al-Anon convention with Alateen and A.A. participation

## ANNIVERSARIES:

*Come and celebrate!!!*

- ⇒ Thur., Oct. 14th - Frenchtown - 7:30 PM - Refreshments Frenchtown Presbyterian Church, 16 Third Street
- ⇒ Wed., Oct. 20th - Flemington - Noon to 1:30 PM - Speakers & Refreshments Son Rise Bible Church, 262 South Main Street

**THANK YOU!!** Several people have stepped forward to assume positions on the Steering Committee. BUT, there are still some vacancies. This is rewarding service -- call the office for more information!!!

Please make extra copies of this newsletter to distribute to members of your group. A copy of this newsletter can be downloaded from [www.northjerseyal-anon.org](http://www.northjerseyal-anon.org) or [www.nj-al-anon.org](http://www.nj-al-anon.org)

# Thank You

## FOR YOUR SUPPORT

The NJAIS Office operates solely through the generous contributions of the NJ groups and individual members.

The Steering Committee sends a sincere **"THANK YOU!"** to the following meetings for their donations for the first quarter 2010 (Jan-Mar):

- Basking Ridge - Wed.
- Berkeley Heights - Mon.
- Bernardsville - Sun.
- Boonton - Wed. A.M.
- Carteret - Fri.
- Cedar Knolls - Thurs.
- Clark - Sat.
- Clifton - Tue.
- Closter - Tue.
- Edison - Mon.
- Edison - Tue. Parents
- Elizabeth - Fri.
- Englewood - Mon.
- Flemington - Wed. aft.
- Flemington - Wed.
- Fort Lee - Sat. AM AC
- Freehold - Mon.
- Frenchtown - Thurs.
- Glen Gardner - Wed. AM
- Hackensack - Fri.
- Helmetta - Thurs. aft.
- Hillsdale - Sun.
- Ho-Ho-Kus - Sat. A.M.
- Hoboken - Wed. Step
- Iselin - Wed.
- Kearny - Sat. A.M.
- Leonia - Wed.
- Livingston - Tue. Aft.
- Lyndhurst - Tue. A.M.
- Manasquan - T. & F.Men
- Manasquan - Thurs.
- Matawan - Wed. A.M.
- Middlesex - Thurs.
- Midland Park - Mon.
- Milltown - Thurs.
- Montclair - Sun.
- Montclair - Mon. aft.
- Montclair - Mon.
- Montclair - Tue.
- Montclair - Th. Bk Stdy
- Montclair - Sat. A.M.
- Montclair - Sat. Step
- New Brunswick - Sun. A.M. Step
- New Brunswick - Sat. A.M.
- Newton - Tue.
- North Bergen - Fri.
- Norwood - Wed. A.M.
- Nutley - Fri.
- Oakhurst - Thurs. A.M.
- Piscataway - Wed.
- Point Pleasant - Tue. Aft.
- Pompton Lakes - Mon. aft.
- Pompton Plains - Fri.
- Rahway - Sun.
- Rahway - Mon.
- Red Bank - Sun.
- Red Bank - Mon. Women
- Red Bank - Wed.
- Ridgewood - Wed.
- Ridgewood - Fri.
- River Edge - Mon. aft.
- Scotch Plains - Thurs. aft.
- Short Hills - Mon. A.M. Step
- Somerville - Mon.
- Somerville - Fri.
- Sparta - Fri. A.M.
- Stanhope - Fri.
- Summit - Sun. A.M. Discussion
- Summit - Fri.
- Teaneck - Tue.
- Union - Mon.
- Upper Montclair - Thurs. Men
- Verona - Tue. Adult Children
- Verona - Fri. aft.
- Washington - Fri.
- Wayne - Tue. Adult Children
- West Milford - Wed.
- Westfield - Wed. Parents
- Whitehouse Station - Sun.

## SERVICE OPPORTUNITY VOLUNTEER

As you all know, a big part of our recovery includes service.

Well, here is a unique opportunity for service! The Montclair Office is in need of volunteers to assist with a variety of office related work. The primary need is for people to answer the phone when people call in seeking help with meetings or just a need to talk.

Do you have a couple of hours a month or week that you can do this much needed service? It doesn't have to be on a regular basis, even a couple of hours a month will help!!

**\*\*\* CALL THE OFFICE \*\*\***



**24/12**

*What is this??*  
 How to sign up???

**Just give a call to the office (973) 744-8686**

--Donation of \$2/mo or just \$1/mo would help immensely toward the expenses of the NJ Information Services.

--Just sign up and get a *friendly reminder* when your donation is due.

--Of course, your donation is tax deductible.

--Feel that you can give more? That would be much appreciated!

Just a for a donation to **NJIS & it!!**

Our Treasurer would like you to know .... The presentation to the April ISR meeting contained a serious error, which unfortunately I did not notice at the time. It was reported that "Over 80% of our budget goes toward office staff, benefits and rent." The total for the office expense was less than 50%. We are making every attempt to reduce spending in these areas in order to provide more services.

## **54TH ANNUAL AREA 44 AA CONVENTION**

**September 24, 25, & 26, 2010**  
Doubletree Hotel, Somerset, N.J.

- ❖ Alanon Speaker
- ❖ Alanon & ALATEEN Meetings
- ❖ Banquet, Dances
- ❖ Closed Meetings
- ❖ Don't miss a great opportunity to enhance your recovery.

**WANT TO ANNOUNCE SOMETHING IN AL-ANOTES?**  
WRITE TO: [swoffice@verizon.net](mailto:swoffice@verizon.net)  
DEADLINE for Fall: Sep. 1, 2010