

“RECOVERY: Extreme Makeover!”

Jal-Con 2010 Welcome

The position of Chair for Jal-Con 2010 has gifted me the opportunities to not only see, but to experience a true metamorphosis of lives—my own included. Observing the transformation of the committee from unsure novice members to confident leaders encouraged me to fully release my energies and gifts to this convention. In December of 2009, I embarked on another year of service as the 2010 Co-Chair and immediately stepped up to Chair when our current Chair resigned in April. I embraced my new role uncertain that I was prepared for this endeavor. In my opinion, I could have waited until next year; however, my Higher Power possessed the blueprint for the reconstruction project of me. My Higher Power started a remodeling project that is still under construction.

I’ve learned that when I place my hand in my Higher Power’s hand, I can accomplish things I never dreamed were possible. My experience on the 2010 committee has been life transforming! I feel empowered having grown into my role. **“With the help of Al-Anon, my sponsor, and my Higher Power, change need not be so scary. If I don’t at least make an effort, I may never know how much I can accomplish.”** Thought for the Day-My Higher Power may be inviting me to walk down my spiritual path by giving me a desire for change. Today I take a risk understanding that God loves and guides me through the process.” -Hope for Today, page 278.

I would like to express my sincere thanks to my Higher Power, my sponsor, the awesome and hardworking Jal-Con 2010 committee, Patty D, my friend and mentor who started as the 2010 chair, the Trustee President, the Trustees, the Delegate, the Alternate Delegate, and those who assisted our committee.

I hope that you find this weekend filled with peace, serenity, fun and fellowship.

May we together work toward leading others out of the cocoons of the past and into the freedom to soar on new wings into a purposeful future that brings about hope and wholeness through divine change. May your Higher Power guide your every step and may you embrace the design for change that is outlined for you.

In service and gratitude,

Leslie H., Jal-Con 2010 Committee Chair

Jal-Con 2010 Trustees

Trustee President: John S., Trustees: Karen P., Susan V.,
Lois G., John W., and Martha Y.

Jal-Con 2010 Registration - Ballroom Foyer

Friday 6:00pm to 8:00pm
Saturday 8:00am to 4:00pm

The Jal-Con 2010 Committee

Chair	Leslie H.
Secretary	Debby
Treasurer	Grace K.
Pre-Registration	Gail M. & Mike R.
Registration	Yvonne H.
Communications	Nicole H.
Banquet Chair	Gail M. & Mike R.
Decorations	Linda S.
Hotel Liaison	Patti M.
Merchandise	Martin C. & Laura G.
Program	Gen K.
Souvenirs	Karen C.
Alateen	Grace K.
Speakers	Josephine M.
Area Delegate	Paul G.
Alternate Delegate	Rich M.
AA Liaison Area 44	Phil M.
AA Liaison Area 45	Joe M.

We Thank

Patty D., who started out as Committee Chair, for your experience, strength, hope and love. Gregg M., for our logo design. Martha D., Eleanor W., Yvonne H., Nicole H., Patti M., Michele C., Presna M., Sonia D., Tom K., Michael J., John W., Christine S. and a Special Thanks to: Eddie M. and Dana M.

Hospitality (Sit 'n Chat) - Room 533

Friday - 6:00pm to 2:00am
Saturday - 7:00am to 2:00am
Sunday - 7:00am to 12noon

Jal-Con 2010 Information

ALATEENS

Alateens are cherished members of our Al-Anon Family. For their safety, ALL Alateens must present a Consent Form and be supervised by an adult at all times unless attending an AMIAS Supervised Alateen Meeting.

BADGES

Badges are your conference identification. Please wear your badge at all times. NO ONE WILL BE ADMITTED TO ANY JAL-CON EVENT WITHOUT AN IDENTIFICATION BADGE.

LOST & FOUND

Located in Hospitality Suite, Room 533 (Sit and Chat) or at the hotel registration desk.

MESSAGE BOARD

Located in Hospitality Suite, Room 533 (Sit and Chat).

Merchandise

Visit our merchandise table in the Ballroom Foyer.

VOLUNTEER / SUGGESTION FORM / QUESTIONNAIRE

Located in the registration packages and/or at the Jal-Con Registration table in the ballroom foyer. You are strongly encouraged to fill out the Jal-Con 2010 Volunteer/Suggestion Forms. Please volunteer for the 2010 Jal-Con committee if you would like to see your suggestions in action. Please fill out the forms & place them in the boxes provided in the Ballroom Foyer. The convention occurs because members volunteer to be on the committee. *"When I Got Busy I Got Better."*

HOSPITALITY SUITE (SIT 'N CHAT) / FRESH COFFEE

The Hospitality Suite in Room 533 will have information on the hotel's recreation facilities and hours of operation, as well as information on local restaurants & houses of worship. Please feel free to make a Seventh Tradition donation for our coffee expenses.

CELL PHONES

Please remember to turn cell phones off or on "vibrate" mode while at the convention and when in meetings.

ALATEEN MEETINGS - Those marked "open" mean that ANYONE registered for the convention may attend. Those marked "closed" mean that only Alateens and assigned AMIAS may attend.

Please remember that Alateens ARE Al-Anon members, and are welcome to attend ALL Al-Anon meetings.

Jal-Con 2010 Guidelines

- ❖ Alcohol, drugs or disruptive behavior will not be permitted at Jal-Con 2010. Violators will be asked to leave the premises.
- ❖ This is a family program. Try to introduce an Al-Anon, Alateen or AA member to another program's meeting and attend one of theirs. This does help to build communication and offer perspective. All meetings are open unless otherwise indicated on the schedule.
- ❖ Please be courteous. Turn your cell phone ringer off. Utilize the Hospitality Suite for one-on-one sharing or for "telling your story" to other members. Keep the hallways quiet during meetings.
- ❖ If you are underage, your parent or guardian for the weekend is responsible for you. DO NOT LEAVE THE HOTEL.
- ❖ During meetings please keep your sharing on the topic, and remember that part of sharing is sharing time. Keep your sharing brief so that others may have a chance to share as well.

Enjoy the Jal-Con 2010
Experience!

2010 Jal-Con Meeting Schedule

Friday July 16, 2010

Time/Group	Activity	Room
6:00 pm - 8:00 pm	JAL-CON Welcome & Registration	Ballroom Foyer
7:00 pm - 8:30 pm	"Meet & Greet"	Salon C
8:30 pm - 9:00 pm	Welcome/Opening	Salon C
9:00 pm - 9:40 pm	Keynote Speaker -- Gina R. - Newington, CT	Salon C
10:00 pm - 11:15 pm	Candlelight Meeting	Salon C
11:30 pm - 12:30 am	Night Owl Meetings	
AI-Anon	Fun: Decorating Life	Brunswick B
AI-Anon	Step 11 Meditation Meeting - Conscious Contact	Brunswick C
AA	Passing the Tools (Newcomers)	Brunswick A
12:30 pm - 1:30 am	Rooms Available to Rap	
AI-Anon	Open Discussion	Brunswick B
AA	Open Discussion	Brunswick A

Saturday July 17, 2010

Time/Group	Activity	Room
8:00 am - 4:00 pm	Welcome and Registration	Ballroom Foyer
7:40 am - 8:40 am		
AI-Anon	ODAT/CTC/HFT Daily Reading Meeting -	Boardroom 2

Saturday July 17, 2010 (cont.)

AI-Anon	Rise and Shine - <i>Getting Ready</i>	Brunswick C
Alateen	Daily Reading (open) First Job of the Day	Brunswick B
AA	Open Discussion	Brunswick A
9:00 am - 10:00 am	Topic Meetings	
AI-Anon	Feelings: I Have Mine, You Have Yours	Salon A
	Steps 1-3: Tools and Toolbox	Salon B
	Sex: Making a Connection	Salon C
	Faith, Spirituality and Hope Building a Solid Foundation	Brunswick C
	Spanish Speaking Meeting	Piscataway
	Living In The Moment: Be Here Now	Woodbridge
	Patience: Waiting For The Glue To Dry	Boardroom 2
Alateen	Team work: Together We Can Make It (closed)	Brunswick B
AA	Using the BB with a Sponsor	Brunswick A
10:20 am - 11:20 am	Topic Meetings	
AI-Anon	Self Esteem - Seeing Your Beauty	Salon A
	Steps 4-6: Tools and Toolbox	Salon B
	Adult Children: Finding Your Place	Salon C
	Alcoholism: A Family Disease	Brunswick C
	Beginners: Apprenticeship	Piscataway
	Humor: You Want How Much!?	Woodbridge
	Boundaries: Good Fences	Boardroom 2
Alateen	Forgiveness - Accepting the Job (closed)	Brunswick B
AA	Came to Believe - Steps 1,2,3	Brunswick A
11:40 am - 12:40 pm	Topic Meetings	
AI-Anon	Anger: Wrecking Ball	Salon A
	Steps 7, 8 & 9: Tools & Toolbox	Salon B
	Money: Self Worth vs. Net Worth	Salon C
	LGBTI: Equal Opportunity	Brunswick C
	Gratitude: Job Well Done	Piscataway
	Higher Power: Reaching High	Woodbridge
	Slogans: Tricks of The trade	Boardroom 2
Alateen	Keeping the Focus on Yourself - Working Independently (closed)	Brunswick B
AA	Change - Steps 6&7	Brunswick A

Saturday July 17, 2010 (cont.)

1:00 pm - 2:00 pm Topic Meetings

Al-Anon	Fear: Sink Hole	Salon A
	Steps 10 - 12: Tools & Toolbox	Salon B
	Divorce & Breakups	Salon C
	Slips & Triggers: Wet Pavement	Brunswick C
	Change: Redesign	Piscataway
	Love: Opening Your Heart	Woodbridge
	Serenity: Work In Progress	Boardroom 2
Alateen	Step Ladder: Putting Our Tools	
	To Work (open)	Brunswick B
AA	Forgiveness through Acceptance	
	(Growth)	Brunswick A

2:15 pm - 3:30 pm Panel - Service

Panelists:	John S.	Salon C
	Paul G.	

2:20 pm - 3:20 pm Topic Meetings

Al-Anon	Trust:	
	Take A Step Without Looking	Salon A
	Control: Puppet Master	Salon B
	Depression/Isolation:	
	Working Alone	Brunswick C
	Sponsorship: Using A Contractor	Piscataway
	Concepts: Blocks & Mortar	Woodbridge
	Money	Boardroom 2
Alateen	The Three C's -	
	Blueprints (open)	Brunswick B
AA	Having God in My life	
	Steps 3 & 11	Brunswick A

3:40 pm - 4:40 pm Topic Meetings

Al-Anon	Grief/Death & Dying:	
	Saying Goodbye	Salon A
	Expectations:	
	Cracks In The Foundation	Salon B
	Relationships: Co-Workers	Salon C
	Guilt/Shame: Heavy load	Brunswick C
	Sex: Making A Connection	Piscataway
	Cultural & Ethnic Minorities:	
	Colorful Palette	Woodbridge

Saturday July 17, 2010 (cont.)

	Three C's: Not My Job	Boardroom 2
Alateen	Living with Active Alcoholism:	
	Full Time Job (closed)	Brunswick B
AA	Living in the Moment	
	(Fear and Joy)	Brunswick A

5:00 pm - 6:00 pm Topic Meetings

Al-Anon	Detachment: Cut The Rope	Salon A
	Making Decisions: Using The Blueprints	Salon B
	Living With Sobriety: Changing Gears	Brunswick C
	Three A's: Move That Bus	Piscataway
	Traditions: Foundation	Woodbridge
	Honesty: The Best Policy	Boardroom 2
Alateen	Hope: Solid Foundation (closed)	Brunswick B
AA	Where would I be without this	
	Makeover (Higher Powered)	Brunswick A

6:00 pm - 8:00 pm Rooms Available to Rap

Al-Anon	Open Discussion	Woodbridge
AA	Open Discussion	Brunswick A

6:30 pm - 8:30 pm Banquet and Introductions

	Speakers - Alateen/AA/Al-Anon	Salon C
	Alateen - Lauren M. - Moorestown, NJ	
	AA - Faye B. - Deal, NJ	
	Al-Anon - Phyllis U. - West Allenhurst, NJ	Salon C

10:00 pm - 1:00 am Dance

		Salon C
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10:15 pm - 11:15 pm Topic Meetings

Al-Anon	Resentments: Leaks In The Bucket	Woodbridge
	Spanish Speaking Meeting	Piscataway
	Open Discussion	Boardroom 2
	Focusing On Ourselves/Self Care:	
	Look In The Mirror	Brunswick C
Alateen	Self Esteem: Looking in the	
	Mirror (closed)	Brunswick B
AA	The Traditions - Keeping the Formation	Brunswick A

Saturday July 17, 2010 (cont.)

11:30 pm - 12:30 am Topic Meetings		
AI-Anon	HALT: Break Time	Woodbridge
AI-Anon	Abandonment: Walking Out On The Job or Leaving Me Behind	Piscataway Boardroom 2
AI-Anon	Open Discussion	Boardroom 2
Alateen	Relationships: Between You and Me (closed)	Brunswick B
AA	The Concepts - Staying United	Brunswick A
12:30 am - 1:30 am Rooms Available to Rap		
AI-Anon	Open Discussion	Boardroom 2
AA	Open Discussion	Brunswick A

Sunday July 18, 2010

Time/Group	Activity	Room
Hospitality Suite/Sit 'n Chat (Room 533) is Open until 1:00 pm		
7:30 am - 8:00 am		
AA	Open Discussions	Brunswick A
8:00 am - 9:00 am		
	ODAT/CTC/HFT - Daily Reading Meeting	Brunswick B
AI-Anon	Rise and Shine Again	Brunswick B
9:00 am - 10:00 am Topic Meetings		
AI-Anon	Communication: Walkie Talkie Forgiveness - Clearing The Wreckage	Salon C Brunswick B
AA	Regaining my Life through AA	Brunswick A
10:20 am - 11:20 am	Spiritual Speaker	Salon C
11:20 am - 12:00 pm	Farewell Shares and Closing	Salon C
12:00 pm - 1:00 pm	Hotel Checkout	

Put map here

The Al-Anon Declaration

"Let it Begin with Me - When anyone,
anywhere reaches out for help, let
the hand of Al-Anon and Alateen always
be there and - Let It Begin with Me."

IMPORTANT CONTACT INFORMATION:

New Jersey Al-Anon Assembly:
www.nj-al-anon.org

NJIS (North Jersey Information Service):
www.northjerseyal-anon.org
973-744-8686

SJIS (South Jersey Information Service):
www.southjerseyal-anon.org
856-547-0855

Spanish Intergroup:
www.nj-al-anon.org/espanol

WSO (World Service Organization):
www.al-anon.org

Jal-Con: 888-796-6999

Jal-Con 2010



July 16, 17 & 18, 2010

35th Annual
New Jersey
Al-Anon
Convention