

FALL, 2008

THE ALAGRAM

News From Your Area Delegate:

NEW LOCATION:

**New Jersey
Assembly
Saturday,
November 1,
2008**

**1st Presbyterian
Church,
1295 Oak Tree
Road,
Iselin, NJ 08830**

**Coffee, Tea and
Fellowship begins
9:30 a.m.**

**MEETING STARTS
AT 10:00 A.M.**

**All Group
Representatives,
District
Representatives
and group officers
are encouraged to
attend.**

I enjoyed 4th International Al-Anon Convention, in Pittsburgh, PA, on the July 4th weekend. I saw a lot of familiar faces and a lot of new ones as I was “**Connecting with People from Around the World**”. Al-Anon Family Groups exist in 130 countries throughout the world. I was one of the speakers in a workshop on Sponsorship. I was so nervous, but glad it was one of the first scheduled on Friday, so at the end, I was ‘free’ to enjoy all the other speakers the rest of the weekend.

The WSO (Al-Anon’s World Service Office) has created a ‘Blog’ on the Member’s website: www.al-anon.org/members/2008InternationalConventionBlog/ for all those who attended the Convention to be able to share about their experiences and for those unable to attend those sharings. Our newest publication on Relationships, *Discovering Choices* made its debut there.

I hope your group was able to send someone to Assembly in June where I gave my report from the annual World Service Conference. Lots of ‘stuff’ was reported on, like the financial report and changes to the policies. I showed the new PSA’s (Public Service Announcements), Sketches 2008 and played the new Public Outreach Podcast “*Why Did We Come to Al-Anon*”. Since then, the WSO has added 2 more podcasts, and there is another ‘First Steps to Al-Anon Recovery’ out on iTunes. (Search for ‘Al-Anon Family Groups’ on iTunes.) Have you seen “Sketches,” our Public Service Announcement on TV? In eleven months, it has generated 31,601 airplays. In July, “Sketches” appeared in the top 8% of the Nielsen ratings. The PSA’s & Podcasts can be found on the Public Outreach site: <http://www.al-anon.alateen.org/english.html>

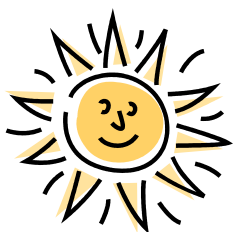
A motion regarding the Procedure for administering the Excess Bequest Funds is being returned to the Committee for further discussion. Delegates have been asked to discuss Process for Managing Excess Bequest Funds within their Areas and to send ideas and thoughts to the Policy Committee by December 15th for consideration as the policy is developed. Background information on this item is in my full report to Assembly which can be found on the Assembly Web site. Please think about it in your groups and come back to me with your ideas.

The Quarterly Appeal letter is out. I hope you all were told about the skit we had at Assembly, reminding us that this Appeal is for individual contribution, not group contributions. The skit reminded us about the 7th Tradition, “We are self-supporting through OUR own contributions”. So when that envelope goes around, please think about what you can give. I plan on skipping my usual Latte before the meeting and use that money for WSO work.

The WSO is inviting members to serve on the Literature Committee as At-Large members in a trial structure which will give more people the opportunity to serve. At-Large members will no longer be required to travel to Virginia Beach, but instead, will communicate via conference calls, emails and the Internet. Committee terms run from the first of May until the end of April the following year. Resume forms are available through me. Committee work involves discussing ways to encourage the use of existing literature among members, evaluating suggestions from the membership for new literature or changes to existing material, and providing guidance in the development of pieces given conceptual approval by the World Service Conference. The value of the Committee members is not based on their awareness of the correct use of the English language, but on their knowledge of the Al-Anon program.

The theme for the 2009 World Service Conference is **Embrace the Legacies: Our Spiritual Bridges to Expand the Future**. I plan on using this theme in my personal and service activities.

Yours in Service, Fran M



JAL-CON 2008

With the theme "On the Road to Recovery" Jal-Con 2008 took place July 25th through July 27th at the Crown Plaza Hotel in Somerset. Diane C. and her Convention Committee did a fantastic job organizing and running a convention with more than 450 registrants!

This year, along with Alateen and AA meetings, there were more than 45 Al-Anon meetings with a wide range of topics and double sessions of the more popular topics. The two-panel discussions on Service and Sponsorship were in a question and answer format so attendees had the benefit of directing the discussions to areas in which they sought guidance. The feedback from all the meetings has been positive and encouraging of the wide variety of meeting topics available at JAL-CON. (Topics you may not encounter at your regular meetings.)

The Keynote Al-Anon speaker on Friday night was Mirta S, whose sharing included humor, as well as inspiration, and who kicked off a wonderful journey on the road to recovery. The speakers on Saturday evening included Ric B., the Executive Director from Al-Anon World Service, whose story included the value of service in aiding his recovery, Robbie W., from NJ AA Area 45, whose sharing took all those listening on a motivational journey to recovery, and Kayla K., an Alateen from Massachusetts, whose honesty and wisdom in sharing gave all who listened a glimpse of the wonderful road to recovery available to those in the Alateen fellowship. On Sunday morning, our spiritual speaker Tim S, moved us with his own journey to spirituality and recovery in Al-Anon. It was a powerful weekend taking all who attended on the wonderful road to recovery Al-Anon, Alateen and AA fellowships offer.

Ward S, this year's Co-Chair and the 2009 Convention Chairperson, is already at work setting up his Committee for JAL-CON 2009. Ward has had a wealth of Jal-Con experience having served on past committees, as well as on the Board of Trustees. There are still Committee positions to be filled. If you are interested in twelfth step recovery beyond the group level that is both different and rewarding, please contact Ward at (732)693-6133 or serenityskit@yahoo.com. The first meeting of the Convention Committee will take place on Saturday, November 17, 2008 at Our Redeemer Lutheran Church in Fords, NJ when the theme of the convention will be chosen by the Committee. The Committee meets one Saturday a month from November until the Convention in July, excluding December.

The Jal-Con Board of Trustees, the business arm of Jal-Con, will have the final meeting of Jal-Con 2008 and the first meeting of Jal-Con 2009 starting at 10 am on Saturday October 11, 2008 at Our Redeemer Lutheran Church in Fords. Due to extenuating circumstances which occurred after the Annual meeting in April, 2008, when Trustee members are usually elected, the Trustees are in desperate need of two additional Trustee members, who would be serving a one-year term and a two-year term respectively, rather than the usual three year term. Trustees generally meet on the second Saturday of the month at 12:30 pm, but there are no meetings in either December or February. Serving as a Trustee is a way to make your voice heard and a rewarding way to work your Twelfth Step. Anyone interested in serving as a Jal-Con Trustee, you may e-mail Lois G at lgregory@msn.com or (732)449-3403.

Want to grow your recovery and program network?

Gratitude is an action word - Put your gratitude into action! The 2009 Jal-Con Convention Committee needs YOU. Without YOU there will be no convention. Without YOU there is no fellowship. Come find out why being a Jal-Con committee Chairperson is "A little bit of service for a whole lot of fellowship!" We meet one Saturday a month near Woodbridge, NJ, starting in November. Please contact Ward S., the 2009 Jal-Con Chair at 732-693-6133 or serenityskit@yahoo.com.

ASSEMBLY SUMMARYJune 7, 2008

Chairperson – Kathy B. –The March Assembly allowed us to work with a company that will help us obtain our 501(3) c non-profit status. I have been working with them on a regular basis and look forward to closure. Audit of the 2007 books will be scheduled.

Alternate Delegate – Paul G. – participated in a conference call to see how the Forum is being used in meetings. Paul took a poll of how many individuals receive it and explained what the Forum is for those that did not know. Paul spoke to people who use the Forum for meeting topics during the break.

Treasurer – Donna G. – Balance Sheet – The cash receipts amount is \$5,738.55. The cash disbursements amount is \$3,470.99. The net income is \$2,267.56. The total of the Checking & Money Market Balances is \$17,245.31. Calendar sales for 2008 are \$662.

Corresponding Secretary – Lori M – Overview: Primary responsibility to have an accurate list of the meetings in Area 36, the state of NJ. **Key web addresses to know:** Nj-al-anon.org, Al-anon.org, Al-anon.org/members. We purchased a Dell Inspiron 1520 to replace the laptop purchased in 2003. In an effort to save on postage and to “go green,” the WSO has set up a File Exchange site through which they are now delivering most correspondence to the Group Records Coordinators. If your group received the Alagram, then your address is correct with Area 36.

Delegate – Fran - I participated in my second World Service Conference (WSC). I was given comfort from those districts, groups and members that sent me cards of support while I was in Connecticut. I received ‘Love Gifts’ from Jal-Con, South Jersey Information Service (SJIS), and District 27 to share with the other Delegates at Conference. Our theme was “Build Bridges – Energizing our Spiritual Quest”. There were 93 voting members, made up of Delegates, Trustees, Executive Committee, and World Service Office (WSO) Directors & Assistant Directors. We heard the Finance and then the Audit Reports, overall, finances look good, assets increased, contributions were down, and literature up. The total contributions from New Jersey were \$15,007 with 55% of the groups contributing (down from \$15,625 from 2006). Of the total 15,344 groups in the US & Canada, 8,661 contributed (56%) an average of \$98.14. The estimated cost of providing services to the groups is an average of \$228.33 per group. Since 1960, the %’age of group contributions has only increased by 1.5%.

There were 3 changes to the US and Canada By-Laws that were approved by the Board of Trustees regarding Conflict of Interest and removal of a Trustee. They were presented to the Conference. The Conference’s role is only to recall amendments, if warranted. The Board would review any Conference disagreements to the amendments and present them next Conference. None were voiced.

We attended Big Ideas workshops, “How can we, as WSC members, expand, renew, and strengthen our connection to the fellowship?” and “Considering today’s technology and imagination for the future, how can we more effectively use the skills and talents of our WSC members to energize their spiritual growth?”

We discussed the 2008 International Al-Anon Convention to be held in Pittsburgh, PA. There are over 3,000 registrations so far, from all over the world.

On Tuesday morning, we began with a trip to Stepping Stones.

We gave affirmations to the newly elected Board of Trustee officers, Mary Ann Reid as Chairperson, Doreen Devore as Co-Chair, and Frank Reed as Treasurer. We affirmed Linda Berntgen as Chairperson of the Executive Committee for Real Property Management (ECRPM), Mary Ann Reid as Trustee at Large, and the Regional Trustees, Doris Ward in the South Central Region, Victoria Leach in the South East, and Penny Ridderbusch in the North West.

Al-Anon Faces Alcoholism 2008 had a total of 260,000 copies purchased by the groups for distribution in their areas. “Discovering Choices” is the new book on Relationships which is debuting at the International Convention in Pittsburgh in July.

We viewed the new PSA “Sketches”, *Dinner, Grandkids, and Meetings*.

The WSO has created Podcasts. Podcasts are audio recordings on a subject that can be downloaded to be played again. They are available on the Public Outreach website, <http://www.al-anon.alateen.org>. The first in the series, “*Why Did We Come to Al-Anon*” is now available. It is not CAL (Conference Approved Literature), but an outreach tool.

The next World Service Conference will be April 18-23, 2009 at the Wyndham Hotel in Virginia Beach.

Alateen - Rich M. – Criminal Background checks passed at the Assembly and will begin shortly. We submitted a **successful** bid for the **NE Regional Alateen Advisory Committee Meeting** to be held on November 1, 2008 in Edison concurrent with and contiguous to the Assembly meeting. **We need volunteers** to be on the committee. 2 Alateens. 2 AMIAS. One former Alateen Coordinator. One professional that works with teens or children. Up to 8 members. Must submit Resume to WSO by 8/1/08. We need new AMIAAS and the old ones must recertify every year. **The next training sessions are: Sat 6/21/08 @ 1pm in Edison, Sat 9/13/08 @ 1pm in Short Hills**

Literature – Carol D. - Requested that needed information be sent to her ASAP, in order that it may be included on the 2009 calendar which I am currently working on.

Jalcon – Lois G. – The Annual Meeting of Jal-Con, Inc took place on Saturday April 19, 2008. Despite the mailing of Announcements and a cover letter to all registered groups and to all former JRs whose terms had not expired weeks in advance of the meeting, only 12 JRs were present. The JRs elected the Jal-Con Committee Chairperson for the convention year 2009. By a unanimous vote, Ward S, who currently is serving as co-chair of the Jal-Con 2008 Committee, was elected to the position. In addition, two new Trustees were elected for three year terms: John S and Christine S. The JRs also voted to change the Jal-Con, Inc by-Laws to include a definition of what is meant by “dissolution” as contained within the By-Laws and also changed the provision of what is to be done in the event of dissolution of Jal-Con, Inc. We are happy to report that the convention did see a profit over the amount budgeted. The theme of Jal-Con 2008 is “The Road to Recovery” and it will take place at the Crowne Plaza Hotel, (formerly the Somerset Marriott), 110 Davison Ave, Somerset, NJ 08873, from Friday evening July 25 through Sunday morning July 27, 2008. There will be more than 45 interesting and thought provoking meeting topics and two exciting panel discussions that will also feature a question and answer forum. We had expected to have permission from the State of NJ for a license to have a raffle at Jal-Con 2007 as well as at Jal-con 29008. The process has proved more complicated than expected and did not come to pass in time for 2007 and may not come to pass in 2008 as well.

Continued on Page 4

Public Outreach – Sandy B. – On May 3rd the Public Outreach Advisory Committee met to discuss the possibility of forming an Al-Anon Public Outreach action committee for Area 36 and arrive at some new goals and direction for New Jersey Public Outreach. In attendance were: Fran M. delegate, Kathy B. assembly chair, Mirta S., Carole M. and Tim S. former delegates and Sandy B. current Area 36 Public Outreach coordinator. The first PO Action Committee projects decided upon were a church bulletin and local newspaper initiative. District 4 has launched a Student Assistance Professional contact program. They have created a letter directed to middle- and high-school SAP's to educate them about Alateen accompanied by selected Alateen literature.

NJIS – Len F. - A trip to Stepping Stones is planned for a Saturday in September. To get on the list call the office at 973-744-8686 or northjerseyais@verizon.net. Our Public Outreach Chairperson Kathy P. needs more help. Our Alateen Chairperson Christine S is getting the word out about the new Alateen meeting in Chatham (Thursday 7:30 PM). Tell your Groups in that area to send their teens. Our next ISR meeting is Tuesday July 15th at 7:30 PM in Montclair at 1st Presbyterian on Park St. LDC Literature Distribution Center reports a sales gain for May. Our AA Convention Liaison Jenna G has obtained the registration flyers and we will distribute them to the groups. The AA Convention is on Sept 25, 26 & 27. "Rocktober" the Hope Coffee House is back by popular demand. This is our Fall Fund Raiser. Al-Anotes editor Sally points out that our newsletter can be printed from our website. Vacancies on the Steering Committee are waiting for you. 24/12-A-Year Chairperson Larry B has introduced a new sign up sheet.

SJIS – Monica (Keith presented report) – Recent events – participation in AA Area 45 convention. More Al-Anon meetings than previous years. Alateen panel with three Alateen members. Sold > \$500 of literature. Kathy H from Cincinnati, OH was the speaker. Annual Spring workshop – in Mt. Holly – the Serenity Spa – meeting topics related to various spa treatments – about 50 participants. SJIS has the literature commitment for JalCon. Group donations are down but literature sales are up – have had to dip into reserve. Next SJIS ISR meeting is in Mt. Holly on 7/19

October – annual luncheon – same place 10/25 – tickets should be out soon ~ same price.

Ad hoc committee of Delegates to review election policies and Delegate job description – Carole M – Past delegates are meeting with current delegate to determine "job description". Motion will be presented to AWSC in October to be presented to GRs in November. Meeting in September to begin discussing election policies. Also looking into going forward with a Delegate Advisory Committee – to be presented to the AWSC and then Assembly in the future.

Motion: The AWSC recommend to the Assembly that NJ Al-Anon Assembly acknowledges and collaborates with the Spanish Inter-group while they obtain their registration with WSO. This includes and does not limit adding them to the AWSC and Assembly Agendas and any Internet inclusion that is allowed to the existing Information Service Offices.

Part of the application process was to have a phone number and mailing address. They are trying to resolve this problem. In the meantime – they are doing the work of Al-Anon in the Spanish community. Passed unanimously.

The AWSC recommends to the Assembly that they sponsor a picnic in 2009 and that a district/or several districts be asked to host it. Kathy gave some background. Sandy B. asked if we should see who would sponsor it before approving. District 16 might be willing to handle. Approved 24 with 2 abstentions.

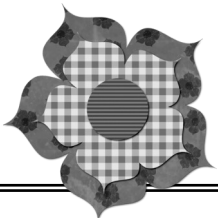
The AWSC recommends to the Assembly an amendment to the 2008 approved Assembly Budget to include a \$400.00 line item under Assembly Expenses to cover the Past Delegates Advisory committee's expenses.

Covering rent, travel, printing, etc. Approved unanimously

The AWSC recommends to the Assembly to increase the budget line for Refreshments for the AWSC and Assembly meetings not to exceed \$65 per meeting. Approved 24 with 2 abstentions.

**"Working a Program
Means Taking One
Of The Tools-A
Slogan, A Step, The
Serenity Prayer, The
Phone List, My
Sponsor-And Using
It In My Life"**

**From Survival to
Recovery, p. 107
©1994**



INFORMATION SERVICES IS A VERY IMPORTANT SERVICE ARM IN AL-ANON. When you first call seeking help, your call is directed to the Information Service answering bureau. For most of us, that's the first friendly voice we hear in Al-Anon.

In New Jersey, we have two information services:

North Jersey

NJIS

73 South Fullerton Avenue

2nd Floor

Montclair, NJ 07042

973-744-8686

www.NorthJerseyAl-Anon.org

NorthJerseyAIS@verizon.net

South Jersey

SJIS

116 White Horse Pike

Suite 1 B

Haddon Heights, NJ 08035

856-547-0855

sjis@verizon.net

Alateen New and Updates

We need new AMIAAS certified and the old ones must recertify every year.
Interested In Serving Alateen as an AMIAS
The next training session is as follows:

St Rose of Lima Church in Millburn.
The training will be 1-5:00pm on Saturday 9/13/08 in Ryan Hall:
St Rose of Lima-50 Short Hills Ave-Millburn, NJ 07078

The directions can be found at:
<http://stroseshorthills.org/Directions.html>

All forms are on the website www.nj-al-anon.com

Upcoming Training Sessions are as follows:

Sunday, 2/15/09, 1 p.m. to 5 p.m., South Jersey
Sunday 4/26/09, 1 p.m. to 5 p.m., Mt. Holly

The WSO Alateen Advisory committee will be meeting at the Assembly on Nov. 1, 2008. This is a closed meeting and members from NJ have been selected to participate and give ideas to WSO on how to improve Alateen. NJ was selected out of the whole NE Area.

Start an Alateen Meeting:
In South Jersey contact Rich M. (609-560-3438)
In North Jersey contact Christine S (973-694-1649)

SPREAD THE WORD New Alateen Meetings

Teaneck, Bergen County. Check it out at the web site. www.nj-al-anon.org.
Wednesday, 8:00 p.m. St. Cecelia's School, 45 Wilus Way, Iselan
Thursday, 7:30 p.m. Presbyterian Church of Chatham Township, 240 Southern Blvd., Chatham
Starting 9/14/08 in Netcong NJ. 07857. 6:30 to 7:30 Grace Church on the Mount. Highway 46 E.
Contact Shawn or Arial at 973-265-4175.

NEWS & VIEWS FROM AREA 36 PUBLIC OUTREACH "Rollin', rollin', rollin', keep Public Outreach rollin' . . ."

The Public Outreach *Meeting on Wheels* is coming soon to a location near you!
All we need is for 2-3 Districts to get together, find a mutually convenient space for a couple of hours on a Saturday or Sunday and round up any and all interested members for a Public Outreach brainstorming session.

Our 12th Step exhorts us to "carry the message." We want to let Al-Anon's light shine - let's learn from each other. As the saying goes, none of us is as smart as all of us.

"Al-Anon is a fellowship of families & friends of alcoholics."

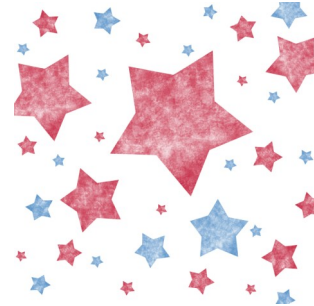
World Service has announced that *Dear Abby* will once again offer Al-Anon the opportunity to respond to readers requesting copies of *Al-Anon Faces Alcoholism 2009*. The date of publication is yet to be announced, but WSO is inquiring whether each area is willing to respond to local requests with a copy of *Al-Anon Faces Alcoholism 2009* and a local meeting list. Required supplies would be large mailing envelopes, local meeting lists and postage. And commitment and willingness. Are you up to the challenge?

Are you wired for sound?

World Services has introduced the second in their podcast series, "First Steps to Recovery in Al-Anon." The series is available by free subscription as a public service. It's a safe and private introduction to Al-Anon recovery.

"The podcast focuses on a question so many people worry about, but are afraid to ask." To listen to the podcast, look on the Al-Anon home page at www.Al-AnonFamilyGroups.org, under First Steps to Recovery in Al-Anon." Al-Anon podcasts are available free of charge.

Be A Star In A Teen's Life



NEW LOCATION:

New Jersey
Assembly, Saturday
November 1, 2008

*1st Presbyterian
Church*

*1295 Oak Tree
Road*

Iselin, NJ 08830

*Meeting starts at
10:00*



**CALLING ALL GROUP
REPRESENTATIVES,
ALTERNATE GRS &
GROUP MEMBERS:**

All are welcome and encouraged to attend the next Assembly meeting on November 1, 2008. If your group does not have a Group Representative (GR), ELECT ONE, or ask a group member to be a trusted servant for the day. This connects your group to Al-Anon worldwide as described in Concept One. This link provides a continuous chain of communication for the flow of information between the groups, districts, Assemblies, World Service Conference and the World Service Office. Bring a carload of Al-Anon members. See what the New Jersey Assembly is all about. Each group is entitled to a vote. Your group's voice and vote are very important.

ADDRESS CHANGE & GROUP CONTRIBUTION COUPON



Your donations
to Assembly
help fund
service
projects like
this
newsletter.

Please send contributions and address changes to: New Jersey Area Assembly
518-7 Old Post Road #355
Edison, NJ 08817-4683

Group Name: _____

Meeting Place & Time: _____

Mailing Address: _____

Contribution: \$ _____ WSO-ID # _____

Individual subscriptions to the Alagram are now available as follows:
 _____ Individual: one copy, 3 times a year for one year, \$3.00
 _____ 5 copies of each issue to one address, 3 times a year for one year, \$10.00

Name: _____

Address: _____

AMOUNT ENCLOSED: _____

Attention Groups

Please review your meeting information. This may include meeting time, location, current mailing address (CMA), contact person, etc. Group Registration/Group Records Change Forms are available at the Al-Anon Members website www.al-anon.alateen.org/members (The password is your group followed by AFG), or through the NJIS or SJIS

offices.
Please send updated information to:

1. *Al-Anon Family Group World Service office* through grprecs@al-anon.org
2. *NJ Al-Anon Assembly* through the contacts link on the web page www.nj-al-anon.org

(Corresponding Secretary & Internet Coordinator)
3. *North Jersey Information Services* at northjerseyais@verizon.net
OR
South Jersey Information Services at sjis@verizon.net

HELP WANTED
Area 36

NEEDED: THOSE WILLING TO GROW BY BEING IN SERVICE. THERE ARE OPENINGS FOR COORDINATORS FOR AREA ASSEMBLY POSITIONS. ANYONE INTERESTED, SHOULD CONTACT KATHY B, CHAIRPERSON, FOR DETAILS.



God Grant Me The Serenity to Accept the Things I Cannot Change, Courage to Change The Things I Can and Wisdom To Know The Difference.

NJ Assembly
518-7 Old Post Road #355
Edison, NJ 08817-4683

