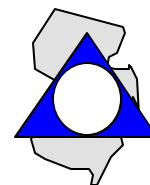


A l a g r a m
N E W S L E T T E R
N E W J E R S E Y A S S E M B L Y
S P R I N G , 2 0 0 7



Ramblings from Your Area Delegate :

It's nice to see nature coming out of hibernation from the long winter months. Crocuses and daffodils blooming, with new buds emerging on the trees. I'm grateful that my program has allowed me to appreciate these things, even as my time has become a precious commodity of late.

I have been traveling around the state to numerous service meetings these past few months. I attended the AA Area 45 South Jersey Convention with Al-Anon participation at the end of March and enjoyed the 2 skits on recovery put on by both AA and Al-Anon. That's another thing I'm grateful my program has given me, the ability to laugh and have fun. I'm so looking forward to this year's Ja-Con Conference and it's skit.

I attended NERD (the North East Regional Delegates Conference) in March. I received plenty of support from Delegates past and present. I came away with the humility that I forgot about the first weeks of this year. It seems my fear of not properly representing the members of Al-Anon in New Jersey clouded my humility. I was reminded of my powerlessness and how important it is to stay grounded and in contact with my Higher Power. I don't have all the answers, but as long as I do the footwork and leave the rest in the hands of HP, I'll be a good Delegate.

I have spent more time on the computer than I ever have. And that's saying a lot, since I work in a Data Processing profession! I communicate via the Internet to WSO (the World Service Office), our own Area World Service Committee, the AFG Delegates, and individual members. WSO uses their website and a File Exchange system to get information out. The online Delegates' group is a great vehicle for different Areas to communicate with each other through their Delegates. The power of the Internet allows us to keep in touch between meetings.

Some bits of information from WSO to pass on to you –

The sharings on Grief and Loss that have been in the works for some time now is being published into a book, which is now available at your local LCDs. It is titled "Opening Our Hearts, Transforming Our Losses".

The Executive Director of WSO, Rick B., has been reporting on his Outreach trip to Asia in a 'Blog' that you can get to through the Members web site: <http://www.al-anon.org/members>

I am looking forward to reporting to you on the 2007 World Service Conference, "New Thinking – New Energy – Abundant Outlook". Please come to the Assembly in June at the New Dover Methodist Church in Edison and hear what's new in the Worldwide Fellowship of Al-Anon Family Groups.

Yours in Service, Fran M

**New Jersey Assembly will meet on Saturday, June 2, 2007 at New Dover
Methodist Church, 587 New Dover Road, Iselin, New Jersey
Coffee, Tea and More at 9:30 a.m.**

**Meeting starts promptly at 10:00 a.m. All Group Representatives, District
Representatives and group officers are encouraged to attend.**

PLEASE BRING YOUR OWN LUNCH.

Treasurers Report

Hello everyone! My name is Sue O. and I would like to say "Thank you" for allowing me to serve as your Treasurer for the next 3 years. I believe that when I get busy, I get better, so busy I will be.

Just a few suggestions on how you can make sure that your group, personal or appeal contribution is recorded properly. On the last page of the Alagram, you will find a Group Contribution Coupon.

Using this coupon will ensure that any contribution you are sending will be recorded correctly.

Groups will not receive a written receipt for contributions received by the Treasurer, however a hardy thank you is always said when I open each envelope I receive. The love notes some of you enclose in your contributions are also welcomed, they put a smile on my face and warm my heart.

Should you have a question, or need to contact me, please do so via the www.nj-al-anon.org



Most mailings are received by the group secretary. The Alagram is intended for your entire group to read. Scan the Alagram. During your report, highlight any articles of interest. Consider using some as a topic for a service meeting.

Finally, pass this copy around the room for three consecutive meetings so everyone can read it. Then leave it on the literature table so it can be read at any time.

You can now get your own copy of the Alagram, look to the right for ordering information.

Archives Vista:

Hey everyone, I am the new Archivist for NJ Assembly. Being new at this - please give me time to get organized and we can do great things together. At the last Assembly Meeting, I brought a display about our Founder Lois W. We also had fun celebrating her birthday by signing a card. I hope to do this annually and make it a tradition within NJ Assembly. I hope to be at each Assembly Meeting with a display to aid us all in recovery by knowing and learning about our past.

I am offering the archives services to any group, district, etc. that may have a function i.e. anniversary, workshop, seminar, etc. that would like a display of any information that I might have available in the archives (given time to put something together) – just email me through the NJ Assembly Web site with your date & theme or the information at you would like to have. One other little thing – if you have any items that you believe should be in our Archives please touch base with me through the NJ Assembly Web Site www.nj-al-anon.org.

Yours in Service OMAT,
Judy S.

PS – Are you creative and like working with archive stuff please touch base with me!! I appreciate any and all help!!!!!!

Area 36 - New Jersey Al-Anon Assembly, Inc.
March 3, 2007 Highlights

Delegate – Fran M. has started traveling across the state, to North Jersey and South Jersey Information Service Steering Committee meetings, their quarterly ISR meetings, Jal-Con's Committee meeting, a few District meetings, and the Alateen Ad-Hoc Committee meeting and the first Alateen Training session of the year.

The World Service Conference theme is, "New Thinking-New Energy-Abundant Outlook". The dates are April 22nd to 26th in Virginia Beach. If you'd like to send her a note, it should be addressed to:

Fran Mulligan
AFG World Service Conference – April 22-26, 2007
Ramada Plaza Resort Hotel (attn: Linda Marks)
5700 Atlantic Avenue
Virginia Beach, VA 23451-2236

Alternate Delegate – Paul G. is helping the Area form districts and has attended District meetings at the following District 2, 7, 5, 1, 6, 17, 4, 14, 11, 16 and 19.

Treasurer – Sue O'M. stated that the Net Income for 2007 year to date is a negative 196.80.

Donations since last assembly meeting are \$5,166.21. 2007 Calendar Sales are \$609 since July 2006, while expenses were \$286.20 for a net of \$322.80. Cash Receipts for year ending 12/31/06 were \$12,843.99. Cash disbursements were -\$9,392.16 for a Net Income of \$3,451.83.

Corresponding Secretary – Lori C. for meeting changes complete the Al-Anon Registration/Group Records Change Form and submit it to me. Also send a copy to the WSO (the address is on the back of the form) and to your local Information Services. If you have any questions about how to complete the form, please ask me.

Alateen - Rich M. we went from about 40 AMIAS to over 90 AMIAS in 2006. Welcome Larry A. as the new coordinator for SJIS. His experience and public speaking ability will be a great asset in getting the word out about Alateen.

Archives – Judy S. should be contacted via the website (or her personal email address) if you have any information to donate.

Literature – Carol D. is currently working on the 2008 calendar.

Jalcon – John S. (chairperson) The theme is "Recovery...Crisis" at the Somerset Marriott from July 27 – 29th. Saturday May 19th – annual Jalcon business meeting in Ford's, NJ.

NJIS – Holly The Spring Workshop is April 28th at St. Thomas Moore in Fairfield begins at 9 AM. Open positions – Secretary, LDC chairperson, Alateen chairperson and Assistant Secretary.

SJIS – Audrey October 27th SJIS Annual Fall Luncheon at the La Bove Grande Restaurant in Lakehurst. Theme is "Peel an onion – find a rose".

There was a breakout session conducted by Karen P who spoke about growth in service, what a District meeting is, what a DR is, what they do and where they participate. Spoke about the links of service from the groups to WSO via the districts.

Sandy presented Tenth anniversary of Unity Day to be held on September 15, 2007. The concept was to bring NJ Al-Anon closer together by having multiple locations throughout the state (12 locations) to hold the same meetings at the same time. NJ Al-Anon is one entity. Need locations and groups to sponsor local events. Sandy's email is SandraLee3330@verizon.net or call 732-855-6872.

UNITY DAY – REVISITED

The dictionary defines *unity* as, “constancy or continuity of purpose.”

According to our 5th Tradition, “Each Al-Anon Family Group has but one purpose: to help families of alcoholics.” For Al-Anon to continue to help families of alcoholics in New Jersey, we need a strong program of recovery reflected in vital groups and thriving meetings in active Districts in Area 36.

Celebrating Unity Day will allow us to come together for fun, fellowship and funds. We’ll share our experience, strength and hope while supporting New Jersey Al-Anon and contributing to revitalizing the 27 Districts that make up Area 36.

Unity Day reminds us that by working together we can grow a stronger Al-Anon in New Jersey that will allow us to reach more families of alcoholics; as Al-Anon’s First Tradition states, “... progress for the greatest number depends upon unity.”

**New Jersey Al-Anon
Unity Day
September 15, 2007**

**Fun – Fellowship – Friends – Funds!
Coming to a location near you!**

Happy 50th Anniversary



JAL-CON 2007, with the theme “Recovery...Priceless”, is scheduled for Friday evening July 27 through Sunday morning July 29, 2007. Once again the convention will take place at the Somerset Marriott, 110 Davison Ave, Somerset, NJ 08873.

This year’s committee has added some new and exciting meeting topics as well as a panel discussion on Sponsorship, a panel discussion called “Get A Life!,” and a Spanish language meeting! Our Al-Anon Banquet Speaker is Marsha W. from World Service in VA and we hope to present a sequel to last year’s skit called “Serenity Skit 2: Oscar’s Bottom.”

We urge all members of Al-Anon to give Jal-Con a try. There are speakers and meetings on Friday night, numerous Al-Anon meetings every hour during the day on Saturday, as well as meetings for AAs and Alateers. On Saturday evening there is a banquet, a wonderful skit, Al-Anon, Alateen and AA speakers as well as a dance where you can always find a partner or dance by yourself “as if no one is watching. Sunday morning has meetings, a Spiritual speaker and a chance to share all your experience during the convention. The hotel has a pool if you want to take time to relax between meetings and a “sit and chat” room where you can sit with a cup of coffee or talk one on one with someone in recovery who you might not meet at the meetings you regularly attend.

Come for the weekend, or just for a day, or even just for the banquet, skit, speakers and the dance!

Just a reminder. We do ask that you arrange for overnight stays at the hotel through Jal-Con as opposed to contacting the hotel directly. Jal-Con is obligated for a certain number of hotel nights in return for the use of the facilities and, if you contact the hotel directly, as opposed to going through Jal-Con, we do not get the credit for your stay, and Jal-Con and the convention suffers as a result.

Meeting leaders and volunteers to man tables are always needed and welcomed. Why not work a 12th Step by volunteering at Jal-Con? For further information about volunteering, contact Ward S at serenityskit@yahoo.com or 732-693-6133. For information about Jal-Con as a whole, you can contact Lois G at gregoryloisj@yahoo.com or 732 449-3403. If you do e-mail, be sure to include Jal-Con in your heading so you don’t wind up as spam!

Recovery IS priceless and a weekend at Jal-Con will help to aid in your recovery! Come join us at Jal-Con 2007 to experience good fellowship, great meetings, and lots of fun as well.

Meeting Leaders needed for
Jal-Con 2007
July 27th-29th
Contact program chair Ward S.
Email:
Serenityskit@yahoo.com
or
Phone: 732-693-6133

Alateen News

Interest in Alateen continues to grow. Since January we have started two new High School Meetings in South Brunswick and Millville. I am currently speaking with a representative of Bridgeton High School who is interested in starting a meeting. I am also in contact with the director of Ocean's Harbor House, a home for children 10-21, which is interested in an Alateen meeting. I am also working on starting a meeting on the Cherry Hill or Moorestown Malls.

The next training sessions are:

April 29, 2007	10:00 am	Virtua Hospital Mount Holly NJ
June 23, 2007	10:00 am	Edison NJ
September 23, 2007	10:00am	Short Hills Area

We need more AMIAS (formerly called sponsors). We really need AMIAS who are available for schools, during school hours or immediately after.

I am frequently in touch with the Alateen Coordinators from Toronto and Pennsylvania. If any teen is interested in speaking in those areas please contact me. The State of Virginia is having an Alateen Conference on July 20, 21, 22 if anyone is interested.

ATTENTION!!! ATTENTION!!!!!!!

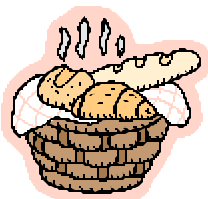
**MARK YOU CALENDARS AND SAVE THE DATE
SUNDAY AUGUST 19TH 2007
AL-ANON'S SUMMER PICNIC**

WHERE: TURKEY SWAMP PARK, FREEHOLD

TIME: 12 NOON TIL 6PM.

THEME: ALATEEN'S 50TH ANNIVERSARY

Check the webpage (www.nj-al-anon.org) and watch for flyers for more information.



Chairperson: Kathy B.

Peace and Serenity Through Participation..... This is a statement that is embossed on a bag that I carry and keeps me grounded in Concept 4, "*Participation is the key to Harmony*".

Participation, for me, is an action of gratitude. Al-Anon has given me the strength, courage, and desire to step outside of my comfort zone and become part of the solution. When I was new in recovery, I was drained of any care or respect for myself or others. People started to tell me, "if you don't like how something is going, step up and help out". But my fears and a long list of excuses usually kept me in the corner complaining.

As I grew in the principles of Al-Anon (Steps, Traditions, and Concepts), I realized that Al-Anon is the safest environment for me to try new skills. How else will I be able to know what I am capable of doing if I don't get the feedback from those I love and trust, my Al-Anon Family – YOU..

I thought my character defects were all defined from my previous step 4 work but I have been honored to learn that there have been other defects that have shown up and that I now have different work to do. I would have never moved to this phase of my recovery had I not been involved in service. It has answered the question "Do you want to know what your character defects are? Get involved in service" What a great gift.

With all of this, I ask you in NJ two questions:

Are you ready to grow in your recovery and continue your journey of self discovery?

Are you enjoying the harmony that Concept 4 discusses?

Come and participate with those who want NJ Al-Anon to grow and expand. Come to the June Assembly to hear what our Delegate has learned and will be eager to share with all of us.

In peace, love, and recovery

Kathy

ADDRESS CHANGE & GROUP CONTRIBUTION COUPON

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 (if known) _____

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 per year for one year, \$10.00 _____

Name: _____

Address: _____

Amount Enclosed \$ _____

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