

Alagram

FALL 2001

The Newsletter of the New Jersey Assembly

ASSEMBLY HIGHLIGHT

**Dear Treasurer
Don't forget your
regular contribution
to Assembly. Use the
group contribution
coupon on Page 7.**

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, see page 7 for details.

**November 3, 2001
Assembly will be
held at the New
Dover Methodist
Church, 687 New
Dover Road, Edison
NJ. It will begin at
10:00 with 'coffee
and' beginning at
9:30 AM**

The assembly has put in place a new method of counting the GR's and DR's for voting. There is a registration/sign-in table and it is indicated what position you hold, the count is taken off of that sheet. We then did perform a few additional counts prior to votes to make sure that all were still present. It worked pretty well and the process can only get better, come and see it in action!

- The assembly has purchased the new sound system and it sounds great. The treasurer is going to submit an article to let everyone know what information is needed when donations are made. In the meantime, please make sure that your group name, meeting time and place are clearly written on the check. This is to make sure your group is counted.
- Our delegate gave her 2001 conference report and shared some of the love gifts that she has received from other areas. The literature chair let us know that groups have already started to purchase books and put them in the libraries. Keep up the good work on spreading the word.
- WSO has contacted our archives chair and requested early editions of books for their archives. If you have an early edition of any Al-Anon literature and want to share that with World Service, please contact our archives chair.
- Our Russian coordinator has reported that out of the three groups we support we only hear from one regularly, one only once and the third he has not heard from at all. He will bring a proposal to the AWSC to discuss the 2001 gift. He has asked that any group or individual may write an experience strength and hope letter (program related) and send it to him. He will then have it translated and sent to Russia – he is asking for your help!

Institutions coordinator has reported that he and several Al-Anons have gone to some institutions to speak with the patients. They also attended the Continental Airlines employee health fair to reach out to their 1500 employees (I am also told they had fun). They need your help; please contact the Institutions chair and donate time to bring a meeting to an institution.

The Internet coordinator reported that we are getting a lot of people accessing our site. He also wants to remind us that the information that is on the home page is only as good as the information that he receives. Information

• **Services:**

North Jersey reported that the May 17th talent show had plenty of acts and raised money to help support the office. There will also be a Fall Workshop on November 10th in Fairfield.

South Jersey reported that the heart to heart campaign that is held every February has brought in money to help support their office.

Both offices still need volunteers to help answer the phones and have openings on their steering committees. Please call and volunteer.

Assembly dates for 2002 were voted on and approved as: 3/2/02, 6/8/02, and 11/2/02.



CHAIRMAN'S CORNER

As I sit once again to pen my thoughts for you I feel mixed emotions. On one hand I am uplifted by the renewed spirit of volunteerism spurred by the tragic events in NYC and Washington, D.C., and am hopeful that the spillover of this spirit will find its way into our Fellowship. On the other, I am troubled by the necessity of a tragedy to spur us to action. I understand the necessity of one's "hitting their personal bottom" before becoming willing to make the changes needed to find emotional, spiritual, and physical recovery. I lived that, it is a part of my experience. What I don't understand is the complacency felt by many who have faced the devastation of living with alcoholism, found recovery, and yet either feel no compulsion or willingness to help others still in need, or lack the motivation to find direction in doing so. Might it be that the tragedy of alcoholism and its effects is a secret one. Not blared from the headlines of local or national newspapers, but lived daily in the privacy of millions of homes throughout our State and the world. And thus out of sight, out of mind, except for the regular or sporadic meeting one might attend. Or might it be that having found a level of comfort and serenity we lack the courage to step further outside of our known worlds and take on the additional risks and responsibilities that doing so might bring. It may be all of these things. It may be none of them. I have no answers. What I do know is what our literature and our Steps tell me. They tell me that the responsibility for our Fellowship lies personally with each member. Step 12 tells us to carry the message of hope to others. The literature tells us to do this through attending meetings and giving help and understanding to the newcomer, and by giving back what we have so freely received by being of service at the group level and above. Tradition Seven tells us to be fully self supporting. It also tells us that this means more than contributing financially, it means contributing your time and your talents to insure that the Fellowship continues to fulfill its mandate to offer comfort, support, and hope for the families and friends of alcoholics. Tradition Four discusses the autonomy of our groups and individuals. Within that discussion it states "As in life, freedom in Al-Anon carries with it responsibility.

We wish to preserve the principles of the Fellowship that have served us well and have helped us recover. Each member of every Group is responsible for helping to accomplish that end."

Our World Service Office through its Conference and Delegate Members offers many opportunities for carrying the message to others through Public Information, Institution, and Outreach projects, Literature distribution and awareness projects, and many other projects which they filter to Area Assemblies. They are dependent on Area level participation for implementation of these projects. Our Area is sorely lacking in the volunteers necessary to adequately participate in many of these projects effectively. Currently thirteen of twenty-seven Districts within the Area are not represented at the Area level. Five other Districts have limited participation. At the Group level roughly 85 % of the Area Groups are not represented or participating in any service outside of themselves. As Chairman of the Area Assembly this troubles me. I often wonder whether this is caused by a lack of leadership on the parts of those in service within the Area. Yet I know both the current group of Trusted Servants, and those who have served previously, to be people who are dynamic, dedicated, and committed both to their programs of recovery and to carrying the message of hope. Knowing this leaves me to wonder if the non participating Groups and Districts understand how vitally important they are to Al-Anon's present and future well being in our Area. If you don't know let me make it perfectly clear, we need your help, support, time, and talents. We need them now. Before our Assembly and other Service Arms can no longer function because of the lack of volunteers. That would indeed be a tragedy.

Yours in Service

Tim S



Greetings from Public Outreach!

Earlier this year you approved the creation of the New Jersey Public Outreach service through New Jersey Area Assembly. Public Outreach is a relatively new service arm in Al-Anon, established in 1996 by WSO to unify Al-Anon's message to the public while developing service committees to meet the needs of important constituencies such as the media and public; the professional community; and institutions. New Jersey Public Outreach is responsible to facilitate Public Outreach efforts for the state, including the traditional PI, CPC, and Institutions service arms.

New Jersey Public Outreach would like to invite you to assist in carrying the message to others. We are seeking a New Jersey Area Public Information (PI) Coordinator and Cooperating with the Professional Community (CPC) Coordinator to help meet the needs of the state's media and professional communities. Len F serves ably as our Institutions Coordinator. Since Public Outreach is a relatively new service, you join us in the "start-up" phase. We're looking for people with energy and ideas who are willing to share their ESH with a constant stream of "newcomers."

We are also asking District Representatives to seek District Public Outreach volunteers. District PO volunteers assist the area Public Outreach service in responding to local requests, such as those that may come from specific institutions, radio or television stations, doctors, or counselors.

Those interested in joining the PO start-up can contact Public Outreach through NJ-Al-Anon.org



NJIS FALL WORKSHOP

Nov. 10, 2001

Registration starts at 8:30 AM

Bring a lunch and something to share with others.

Meetings Workshops

St. Thomas More Church
Hollywood Ave
Fairfield, NJ

**For more information
Call (973) 744-8686**

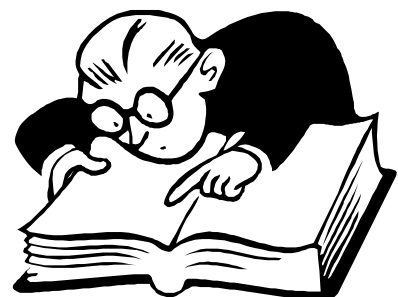
LIVING TODAY IN ALATEEN

IT'S HERE!

IT'S HERE!

Hot off the press. Order your copy today from your Information Service.

"I feel like the Alateen books were planned with my life in mind. When I read a daily page, it sort of describes the problems I'm having that day, and I think that is totally cool. If I don't read that page, I miss out on directions from Alateen and I don't know where I'm going." page 17 of Living Today in Alateen, (B-26)



**MISSION IMPOSSIBLE?
AL-ANON LITERATURE IN EVERY LIBRARY
IN NJ!**

World Service has asked us to try to place Al-Anon literature in every library so the public can be more informed of our existence. After 50 years, people may forget that we are still around, so we have to gently do our 12th Step and drop gentle reminders wherever people go to read about alcoholism and it's effect on them. If your group has some extra money, try purchasing one of the books below to donate to your local library.

First, go to your local library and ask them where the literature is on alcoholism and look to see if they have any Al-Anon literature. If they don't, ask if they would accept a donation from the local group and if you could place a sticker with a toll free number to call, or a hand written number. Then, someone could contact World Service or the local literature depot, which would provide a number to call for a meeting in their area.

Then, the next time your group places a literature order, get an extra book to place in the library, or you could take a special collection to purchase some books. This is the group's choice as to how to finance. This can be done at the local public library; middle and high school, or if you have a college in your town, ask there also. The books that World Service suggested are:

Elementary, middle or high school:

- Alateen: Hope for Children of Alcoholics (B-3) \$5.50
- Alateen-A Day At A Time (B-10) \$7.00
- Courage to Be Me-Living with Alcoholism (B-23) \$9.00

Church Library:

- As We Understood (B-11) \$8.50
- Having Had a Spiritual Awakening (B-25) \$10.00

College, University or Medical Library:

- How Al-Anon Works for Families & Friends of Alcoholics (B-22) \$11.00
- Paths to Recovery-Al-Anon's Steps, Traditions and Concepts (B-24) \$15.00
- From Survival to Recovery: Growing Up in an Alcoholic Home (B-21) \$13.00
- In All Our Affairs: Making Crises Work for You (B-15) \$10.00
- Courage To Be Me- Living with Alcoholism (B-23) \$9.00

Public Library- Any of the books listed above. My suggestion would be at least one book from each category.

So, that is the mission as World Service has asked us to do.

Should you feel free to participate in this program, please drop me a line know how you did. (www.nj-al-anon.org)

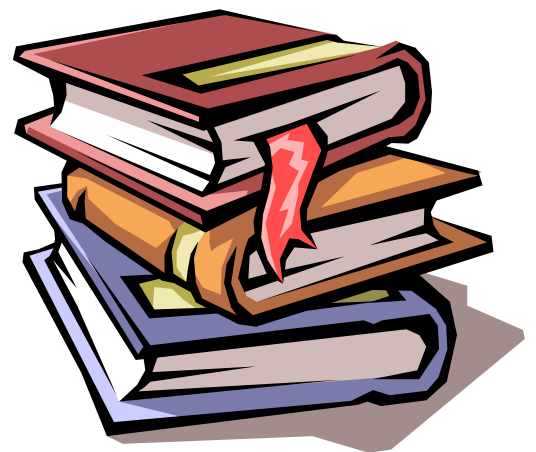
Better yet come to the next assembly meeting

(send your GR) and talk to Anne P, the NJ Literature Coordinator.

For literature orders contact:

South Jersey Information Service at (856) 547-0855

North Jersey Information Service at (973) 744-8686



Russia/Ukraine

We received a letter from our adopted group in Duminichy, Russia where the problem of alcoholism seems to be getting even worse. The economy is such that the people cannot afford to buy vodka, so they are making a home brewed version that is much more potent and sometimes lethal.

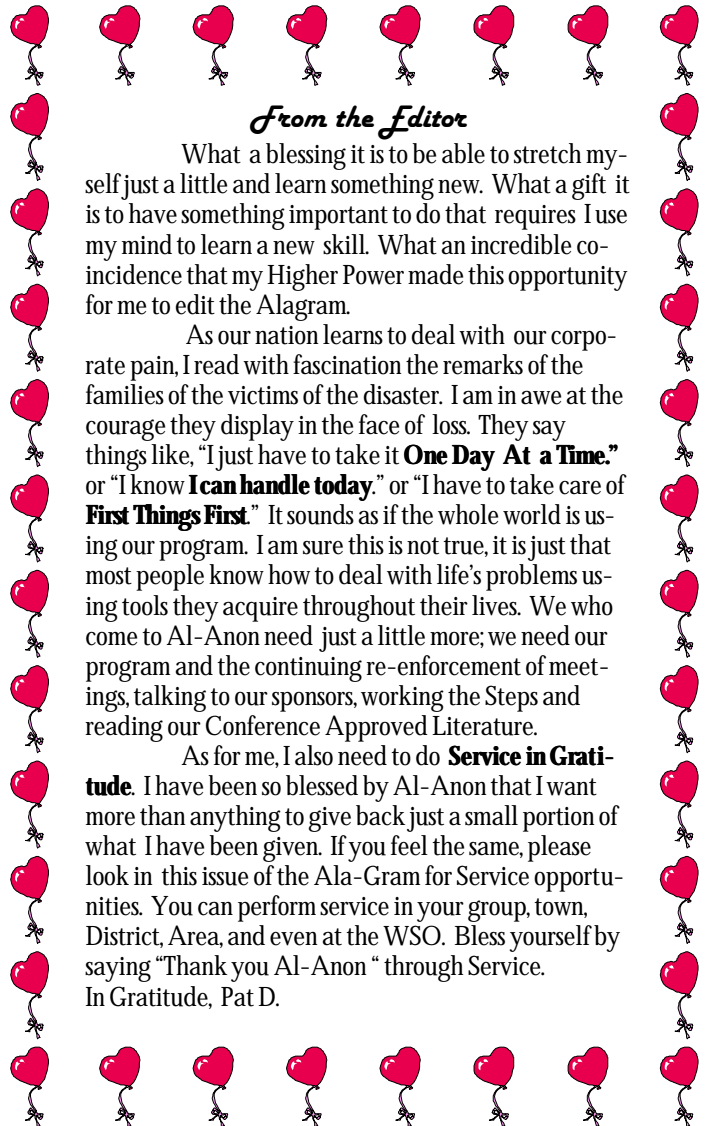
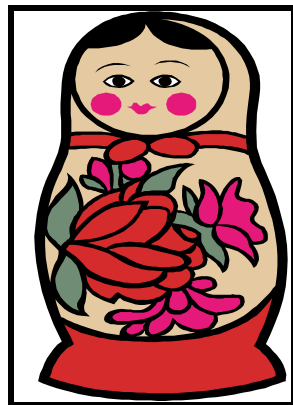
Our support, through the literature we send and through our letters, is very much appreciated, giving them hope and a path toward a more serene way of living. We will be sending them another package timed to arrive sometime just before Christmas.

We are looking also at the possibility of sending small holiday gift packages of literature including copies of ODAT to two additional groups, possibly one in Russia and one in Ukraine.

I received from one of our members a note of hope and support for our adopted

groups. I had the note translated and sent a copy in both Russian and English to each of the groups. We all know how important it is to know we are not alone with the problems of the disease. Share your support. Keep those notes coming and I'll keep getting them translated and sending them.

George K
Russian Group Coordinator



From the Editor

What a blessing it is to be able to stretch myself just a little and learn something new. What a gift it is to have something important to do that requires I use my mind to learn a new skill. What an incredible coincidence that my Higher Power made this opportunity for me to edit the Alagram.

As our nation learns to deal with our corporate pain, I read with fascination the remarks of the families of the victims of the disaster. I am in awe at the courage they display in the face of loss. They say things like, "I just have to take it **One Day At a Time.**" or "I know **I can handle today.**" or "I have to take care of **First Things First.**" It sounds as if the whole world is using our program. I am sure this is not true, it is just that most people know how to deal with life's problems using tools they acquire throughout their lives. We who come to Al-Anon need just a little more; we need our program and the continuing re-enforcement of meetings, talking to our sponsors, working the Steps and reading our Conference Approved Literature.

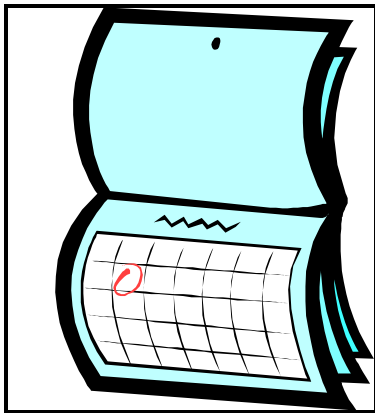
As for me, I also need to do **Service in Gratitude.** I have been so blessed by Al-Anon that I want more than anything to give back just a small portion of what I have been given. If you feel the same, please look in this issue of the Ala-Gram for Service opportunities. You can perform service in your group, town, District, Area, and even at the WSO. Bless yourself by saying "Thank you Al-Anon" through Service. In Gratitude, Pat D.

THANK YOU FROM THE PICNIC CHAIRPERSON

This is Anne P. the chairperson of the picnic committee wishing you a big **Thank You** to all who came to our picnic celebrating Al-Anon's 50th anniversary! Of all the people that made it to the front registration desk, we had a minimum of 209 people in attendance. I know we had some who did not get their name tags so we had more than 215 people. I believe we all had a good time, but the next time I want to come and be a guest, and let someone else have the joy of setting this up. I had a great time greeting many of you and I am sure Tom enjoyed his time at the registration desk. Sorry about losing the water balloons, but Joan did a great job of improvising at the last minute! Thank you Joan. I hope you all enjoyed yourselves and will spread the word the next time you hear that we are having a picnic. Our higher power was with us that day, as the sun did come out and we were able to get all our activities in. The most enjoyment I had was when I brought the first paddle boat over, and am sorry no one told me sooner that we needed more. We did have some more at the last minute and for that I am grateful. I also want to thank our two speakers, Roger and Karen P. who did a wonderful job.

I want to thank everyone that helped serve on the committee-Pat D, Pat M, Mike G, Lillian T, Carole M and also helpers on that day to Tom, Joan, John S, Jerry G and all the cooks who did longer shifts than expected.

A few of you had such a good time that you left some items behind. If you are missing anything either come to the next assembly (November 3) **THANK YOU AGAIN SOOOO MUCH.** P.S. sorry the directions from 195 West were a wrong turn, but if you had seen the signs, you still found us.



2002 NJ CALENDARS 2002

Now available

What better way to keep track of group activities, who is chairing the meeting, and when the Area has meetings and activities than to have an official NJ Assembly Calendar?

Get one for your group, one for your Group Representative.

Calendars are available at all Assembly Meetings and from the North and South Jersey Information Services.

Cost: One for \$6.00
Two or more \$ 5.00 Each



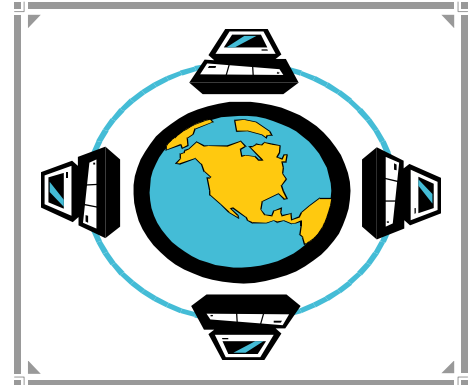
Let it begin with me!

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



Al-Anon Worldwide Group Records

	<u>1999</u>	<u>2000</u>	
Al-Anon Groups Worldwide	27,103	24,163	
Alateen Groups Worldwide	<u>2,696</u>	<u>2,334</u>	
TOTAL	29,799	26,497	
2000 BREAKDOWN	US	CANADA	OVERSEAS
Al-Anon	13,364	1,689	9,110
Alateen	1,371	121	842



We're More than Meeting Books Information Services

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 that we hear in Al-Anon.

In New Jersey, we have two information services and renting the office space, paying for the phone service and keeping staff on hand is a very expensive operation. Like the Assembly, information service is funded by donations from the groups, but unlike the Assembly, they also have another source of funding; the literature depots maintained by each information service. **So, remember, when you order literature, make sure that you place your order with your local LDC.** It's the same price as ordering from World Service, but it will go a long way to keeping your service arms in this state afloat.

Send your Literature order to one of the two following addresses:

NORTH JERSEY

NJIS Literature Depot
73 S. Fullerton Ave, 2nd. Flr.
Montclair, NJ 07042
(973) 744-8686

SOUTH JERSEY

SJIS Literature Depot
116 White Horse Pike, Suite 1B
Haddon Heights, NJ 08035
(856) 547-0855



*Please send all
correspondance
and articles to:*

*Editor, Alagram
518-7 Old Post
Rd #355
Edison, NJ
08817-4683
OR
E-Mail
through our
WEB page:
www.
nj-al-anon.org*

FROM THE TREASURER

ATTENTION: NEW MAILING ADDRESS FOR ASSEMBLY

N.J. AREA ASSEMBLY
518-7 OLD POST ROAD #355
EDISON, NJ 08817-4683

This new address will assure that your donation will be deposited within a 30 to 45 day window. The mail will be forwarded to myself (the Treasurer) once a month, and I will make the deposit as soon as I possibly can. Hope this helps somewhat with the checks being cleared sooner. Any questions, contact me through the WEB SITE at www.nj-al-anon.org/contacts.htm

In service,
Nancy



GROUP CONTRIBUTION COUPON

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

Group or Name: _____

Town: _____

Meeting Day: _____

WSO-ID (if known) _____

Contribution: \$ _____

Individual Subscriptions to the Alagram are now available as follows:

Individual: one copy, 3 time 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 \$ _____

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

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

Place
Stamp
Here

