

Alagram

FALL 2005/Spring 2006

Newsletter New Jersey Assembly

Area 36 Assembly Highlights-June 2005 Meeting

The Assembly meeting started at 10:00 a.m. on June 4th, 2005 with a moment of silence and the Serenity Prayer. Karen P., Area Chairperson, welcomed all the new GRs and thanked all groups for sending a representative to the meeting. There were over 29 people in attendance.

Our Area Delegate Kathy Boyd returned from the 45th World Service Conference with a vision for Al-Anon. The Board Mission statement is to anticipate the future and Al-Anon's place in it and ensure that the necessary resources are available. Throughout the World Service Conference there were votes that were taken, Outgoing Delegates presentations, The Annual Report and Approval of Auditor's Reports. There was also a discussion about the motions regarding Alateen and what was learned regarding all the areas involved. The Delegates visited Stepping Stones (the home of Lois and Bill W.) and became inspired. Literature was reviewed and Public Outreach was open for discussion. Kathy learned so much more and shared it with our Assembly in June.

Our Alternate Delegate, Fran M., has been busy as well. She visited the South Jersey Information Service meeting and was highly impressed by all that the groups do to support them. Fran is our advisor to the Forum. The Forum is looking for humor. The WSO will be giving away one complimentary Forum subscription per person to the first 12 members whose humorous sharings The Forum publishes in a new magazine department called "Time for a Laugh." She let us know that the WSO is looking for copies from 1955-1956. Anyone who knows of or has copies available please e-mail Fran to the Assembly website.

Ann Z. our Treasurer reported that our last appeal letter brought in donations in the amount of \$1,214.46. A big thank you to all the groups who supported the Assembly through the annual appeal. The 2004 Audit was completed and approved.

Marcy P. our Corresponding Secretary has been hard at work with Paul G. our Webmaster, updating the database of meetings as well as coordinating the online meeting information with that of North and South Jersey and the WSO. This is no the small task and they are doing a wonderful job.

The Alateen Ad-Hoc committee has been meeting regularly and will begin training all Al-Anon members involved in Alateen service this fall. Anyone interested can contact our Alateen Coordinator, Joan E., through the Assembly website or see her at the next Assembly meeting on November 5th at 10:00AM. All are welcome and encouraged to attend.

Nancy B. our literature coordinator has been keeping us informed on all the up and coming opportunities and decisions. The WSO is looking for sharings on "FACING GRIEF & LOSS WITH AL-ANON" (this is the working title). Sharing sheets are available from your District Representative, Literature Coordinator, Group Representative, or the World Service Office. The WSO is also looking for sharings on how Steps Six, Seven, Eleven, or Twelve have helped you with you relationships. They also want to know which Traditions and Concepts of Service have been used in the area of your relationships as well. Sharing sheets are available and can be E-mailed, faxed or mailed to the World Service Office, attention Fellowship Communications.

The meeting was closed with the Al-Anon Declaration.

Please note new meeting location.

New Jersey Assembly will meet on Saturday, March 18, 2006 at the First Presbyterian Church, 1295 Oak Tree Rd, Iselin, NJ.

Coffee 'and' at 9:30 AM.

The meeting starts promptly at 10:00 AM.

All Group Representatives & District Representatives and Area officers are encouraged to attend.

HELP WANTED

Area 36

Has openings for people who want to grow in their program and learn more about Al-Anon in the process.

See page 3 for details.

CHAIRMAN'S CORNER

Well it is that time of year again, the holidays over (I hope everyone had a good one) and it is time to get back to a regular routine. Kids are back to school, meeting attendance is increasing and there is much Al-Anon activity outside the group meeting going on. The Northeast Regional Service Seminar is being held in March right in our backyard in White Plains, NY and the JAL-CON Convention in July. These are just some of the things that will be discussed at the Assembly meeting March 18th.

I would just like to take a moment to share about service. I got involved in service above the group level I guess about my 5th year in Al-Anon. As most of us, our home group meeting has become an extended family to us; at least that is what has happened to me. The book "As I got busy, I got better" has really helped me in my recovery process. As I continued to step up to difference service commitments and positions, I realized that I now had a much larger Al-Anon family. I am never alone doing service. Someone is always there supporting me, riding with me to meetings or commitments, only a phone call away when I am not sure and just need to bounce idea or a thought off them.

As I continued to stay in Al-Anon and grow, things and life have changed. This year there has been, for me, a life altering change; Something that I did not plan on or expect to happen. I just would to thank all of my Extended Al-Anon family for being there for me with all your love and support.

In concluding I invite all Al-Anon members to attend the next Assembly meeting and be part of our New Jersey extended Al-Anon family.

Yours in service,
Karen P

Alateen Coordinator Thought;

Lois our Co-founder always said, "When people share in the fellowship we hear the language of the heart". Over the past 2 years We, New Jersey Al-Anon, have heard much of the language of the heart, through our change of direction regarding Alateen. Through prayer and meditation we sought our collective Higher Powers' guidance as we shared our experience, strength and hope about what we thought would be best to safe guard our teenagers in Alateen. Sometimes change and growth are brought about by challenges or difficult situations. As March 17th, page 77, in Courage to Change says "Difficult Situations often bring out qualities in us that otherwise might not have risen to the surface, such as courage, faith, and our need for one another . All of our experience can help us to grow" I feel that this challenge has helped us to grow closer as a State. I know it has helped me in my own personal growth journey. As I write this my husband and I will be closing on a house in Pennsylvania in a few days (God Willing) So after November assembly I will be stepping down as your Alateen Coordinator. It has been a great honor and privilege to serve New Jersey Al-Anon and Alateen and I have learned so much. As I Go I Take with me each of your experiences, strengths, and hopes that give me courage and faith for my journey, deep in the language of my heart.

Yours In Service, One Day, Hour, Moment, At A Time,
Joan Marie E

We welcome our New Alateen Coordinator—Roseanne S. from Mt. Arlington!

From the Desk of the Alternate Delegate:

I hope you all enjoyed the holidays! Our next Assembly is March 18th at the First Presbyterian Church. I'll have coffee ready at 9:30am & refreshments will be supplied by District 4 (Passaic/N. Morris). The meeting will start at 10am.

There are just a few 2006 Calendars left for sale, so come early to get your copy if it missed it at the last Assembly. The cost is \$5. The Assembly Calendar is a Work of Love by our members, those who sent pictures or sayings or group information (such as Anniversary dates, etc.). It is a "must have" for Groups, Group Representatives, and Assembly Officers. It is a great way for members to keep in touch with important dates (and the Traditions!).

Now, speaking as the Assembly Forum Coordinator...

World Service Office is looking for more Humor to include in the Forum. There will be a new department in the magazine titled "Time For A Laugh". Sharings are needed, from 1-liners to 300 word articles.

I hope to see you all at the Assembly in March.

Yours in Service,

Fran M.



Help Wanted



Archives Coordinator

The duties of the Area Archivist are to preserve the experience, history and memorabilia of the Area fellowship. They also provide an archival display to area functions such as the Jal-Con Convention and the Information Service Workshops. The position includes a seat and vote at the Area World Service Committee.

Save the Date for the JAL-CON Annual Meeting

Calling all JAL-CON Representatives!!

Jal-Con, New Jersey's annual Al-Anon convention, is having its annual business meeting on:

Saturday, May 13, 2006 Please make sure your group has elected a representative to attend.

Watch your group mailbox for more information about the Annual Meeting in the coming months.

Note: The date is changed since the printing of the Assembly Calendar in order to support the South Jersey AA Convention.

Questions and comments regarding JAL-CON can always be sent to jalcon@nj-al-anon.org

From our Delegate, Kathy B

I hope that you have had a peaceful and fun summer and that you look forward to Expanding, Exploring and Experiencing growth in both your recovery and NJ Al-Anon as a whole.

The 2005 Conference Summary is available to view on line at www.al-anon.org/members.org - follow the instructions for the password.

Al-Anon members have purchased 122,070 copies of the September Forum as a public outreach tool. This is a great, inexpensive way to reach out to professionals and to celebrate recovery month.

We have a new outreach tool coming out in October: a Professional Referral Pad (M-77). This 50-sheet tablet the size of a prescription pad can make it very easy for a professional to refer a patient/client to Al-Anon. The WSO tablets will sell for \$.50 each OR WSO will provide you with the artwork, and you can get a localized tablet printed yourselves. This is in conjunction with the prescription Al-Anon focus that we have been discussing.

The 2006 WSC will be held at the Ramada Plaza Resort Oceanfront, 5700 Atlantic Avenue, Virginia Beach, VA 23451-2236 from April 24-28, 2006. Conference theme will be: "Shared Leadership—Moving Forward with Confidence, Collaboration, and Clarity"

55th Anniversary of Al-Anon: See our calendar and note that Saturday April, 29th 2006 is a celebration of our 55th anniversary. There is an open house planned at the World Service Office in Virginia Beach and a dinner planned. Details will be available soon.

The updated Service Manual will be available this fall. Each group that is registered with World Service will receive this at no cost. Please verify your CMA (current mailing address) with the World Service Office to ensure that your group information is both current and correct.

I look forward to seeing you at the November Assembly,

Yours in service,
Kathy B

PROJECT – LEAVE HOPE

To help us celebrate Lois' birthday on March 4th, you are invited to participate in a project titled, "Leave Hope." Its premise is a simple one—to intentionally "forget" pieces of Al-Anon literature in public places on March 4, 2006.

Some of the ideas from our breakout session in June were to not only "leave hope" on March 4th but to do it for the whole month of March.

What literature to leave: Bookmarks – Donate to Libraries, mail open letter to Doctors in your area with a meeting list of your area, Alcoholism the Family Disease, Troubled by Someone's Drinking 5-17, Al-Anon is for Men, – Merry Go Round Called Denial, etc.

Where to leave it: Police stations, hospital waiting rooms, local court house family division, high schools with the health teacher and counselors, Dr.'s waiting rooms, laundry mat, etc.

Remember, **we** are the pebble in the pond and leaving one piece of our literature somewhere may reach someone who is where we once were.

“Let the hand of Al-Anon & Alateen always be there.” It has always been one of my favorite parts of the Al-Anon declaration. It reminds me that as someone who has benefited from recovery that I have personal responsibility to help others seeking the same. I make myself available in whatever small way possible, and by doing so I get better. I know now that there were many hands ready to help me when I entered a meeting for the first time. For the help I received I am very grateful. If today I am happier and have some serenity it is because those many hands lifted me to a better place.

Today one of the ways that I let the hand of Al-Anon always be there is by managing and maintaining the area's website www.nj-al-anon.org. I like it because the website can be there even when I cannot. It can carry the message while I am busy at work. A newcomer can find a local meeting when I'm taking a nap. Much like my personal recovery as long as I work to maintain it; it will always be there.

The website is also like my personal recovery in that I cannot do it alone I need the help of all of you. It is not my personal site but the area's site, our site. With your participation it can carry the message, to all who visit. I encourage you to participate with me to make it the best it can be. Visit the site check to see that your meeting is listed correctly. Inform me about group anniversaries and meeting updates so they may be posted. See what events are happening and inform your home group.

“When anyone, anywhere, reaches out for help”, this is how the Al-Anon declaration begins. This helps me remember the far reaching the effects of the disease of alcoholism. I especially like the word anyone. This includes the growing Latino communities in our area. To extend the hand of Al-Anon to this community a Spanish language site is needed. If you have the ability to translate Spanish please consider this service opportunity. Add your hands to the hand of Al-Anon and help your self grow and become better.

Let it begin with me.

Paul G

Web Admin

www.nj-al-anon.org

webadmin@nj-al-anon.org

The Meeting Before/After the Meeting—

Early in my recovery, my sponsor used to pick me up and drive about 5 miles to a meeting. At another of my home groups, a gang of about twelve would gather after the meeting at the local diner. I moved to another state, where after the meeting, we'd go to lunch. When I moved back to NJ, I found the lack of fellowship before and after the meetings wanting. What excites me about the meeting before, or the meeting after the meeting is that I get to know the people I'm with on a deeper level. My home group is pretty big, averaging 25 per week, and I never have time to talk to everyone that I want to talk with. Sure, I can pick up the phone the next day, but face-to-face so much more gets accomplished

Do you encourage your group members to car pool, or to eat lunch or dinner before or after the meeting? If your group has refreshments, are people encouraged to hang around and enjoy fellowship with one another?

SAVE THE DATES for JAL-CON 2006

New Jersey's annual Al-Anon convention will be returning this summer to the **Somerset Marriot** (near exit 10 on I-287) on:

July 21,22 & 23

Come for the entire weekend, or even just a day of fellowship and fun.

Prices and registration forms will be available later in the year. Watch for them at your meetings.

Questions and comments regarding JAL-CON can always be sent to: jalcon@nj-al-anon.org.

Did You Know On

March 3-5, 2006* there is a Regional Seminar?

What is the Regional Service Seminar??????

A regional service seminar takes the World Service Office (WSO) out of Virginia Beach and brings it to the regions in the United States and Canada. Most members do not get the opportunity to visit the WSO, meet the staff, and hear about the work being done. Even if you do visit, the picture of the WSO is incomplete without meeting the volunteer Board of Trustees members.

The RSS is the perfect place to: find enthusiasm for service, have at least one member of each Al-Anon and Alateen group make a personal contact with staff and trustees.

Where:

White Plains, NY at the Crowne Plaza Hotel.

How Much:

The RSS registration fee will be \$35.00 this fee covers all meetings all weekend, without accommodations. Spanish translations will be available for the General Sessions.

The room and meal package rates are as follows:

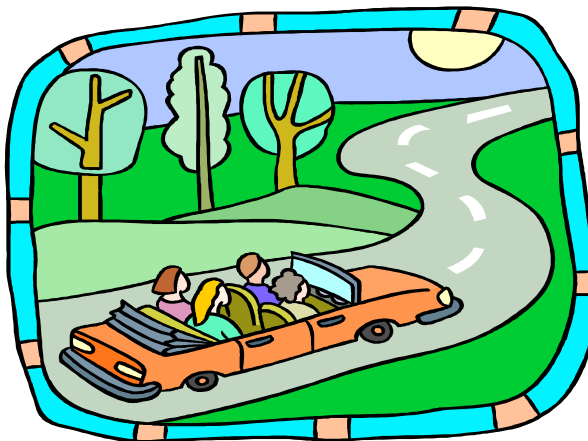
Accommodations include two nights and four meals (rates are per person and include all taxes and gratuities):

Single: \$298.00 Double: \$200.00pp Triple: \$166.00 pp Quad: \$150.00 pp

The flyers will be available soon. Everyone is welcome and encouraged to attend. Please do something for yourself and your recovery.

*(Our Assembly date will be moved to March 18, 2006—see the calendar)

Your donations to Assembly help fund service projects like this



Calling All Group Representative's, Alternate GRs & Group members:

Please send all correspondence and articles to:

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

Or E-Mail through our Web site

All are welcomed and encouraged to attend the next Assembly meeting on March 18th. If your group does not have a GR, ELECT ONE, or ask a group member to be a trusted servant for the day. Bring a carload of Al-Anon members. All are Welcome! See what the New Jersey Assembly is all about. Each Group is entitled to a vote. Your Voice and Vote are very important.

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.

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 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 \$ _____

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

Place
Stamp
Here

