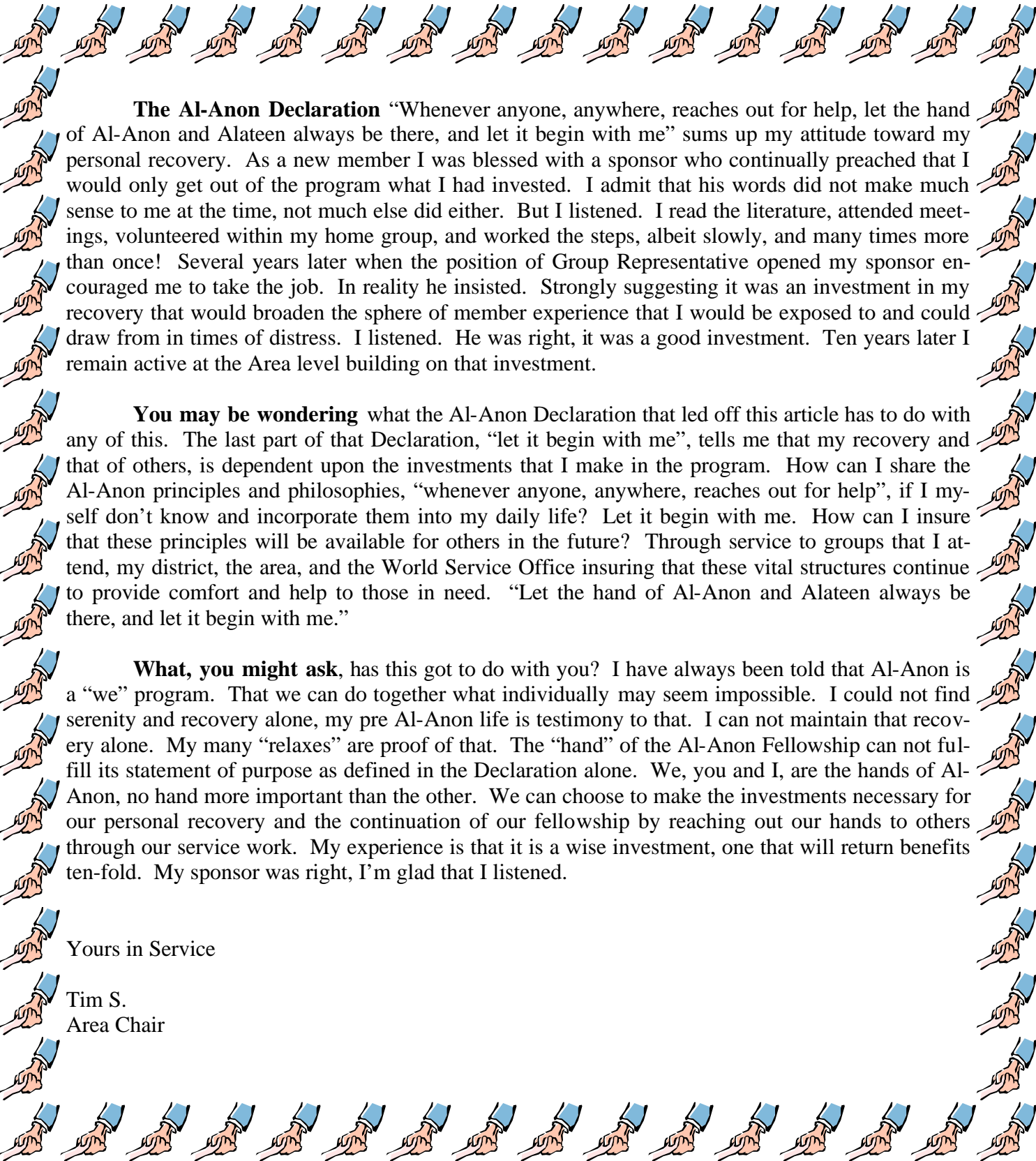




## CHAIRMAN'S CORNER



**The Al-Anon Declaration** “Whenever anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me” sums up my attitude toward my personal recovery. As a new member I was blessed with a sponsor who continually preached that I would only get out of the program what I had invested. I admit that his words did not make much sense to me at the time, not much else did either. But I listened. I read the literature, attended meetings, volunteered within my home group, and worked the steps, albeit slowly, and many times more than once! Several years later when the position of Group Representative opened my sponsor encouraged me to take the job. In reality he insisted. Strongly suggesting it was an investment in my recovery that would broaden the sphere of member experience that I would be exposed to and could draw from in times of distress. I listened. He was right, it was a good investment. Ten years later I remain active at the Area level building on that investment.

**You may be wondering** what the Al-Anon Declaration that led off this article has to do with any of this. The last part of that Declaration, “let it begin with me”, tells me that my recovery and that of others, is dependent upon the investments that I make in the program. How can I share the Al-Anon principles and philosophies, “whenever anyone, anywhere, reaches out for help”, if I myself don’t know and incorporate them into my daily life? Let it begin with me. How can I insure that these principles will be available for others in the future? Through service to groups that I attend, my district, the area, and the World Service Office insuring that these vital structures continue to provide comfort and help to those in need. “Let the hand of Al-Anon and Alateen always be there, and let it begin with me.”

**What, you might ask,** has this got to do with you? I have always been told that Al-Anon is a “we” program. That we can do together what individually may seem impossible. I could not find serenity and recovery alone, my pre Al-Anon life is testimony to that. I can not maintain that recovery alone. My many “relaxes” are proof of that. The “hand” of the Al-Anon Fellowship can not fulfill its statement of purpose as defined in the Declaration alone. We, you and I, are the hands of Al-Anon, no hand more important than the other. We can choose to make the investments necessary for our personal recovery and the continuation of our fellowship by reaching out our hands to others through our service work. My experience is that it is a wise investment, one that will return benefits ten-fold. My sponsor was right, I’m glad that I listened.

Yours in Service

Tim S.  
Area Chair

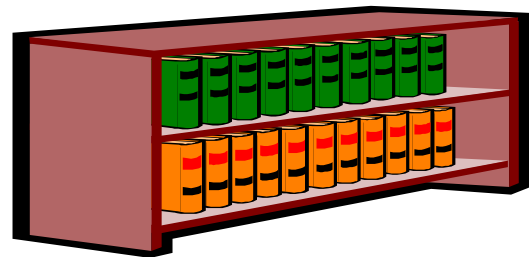
## MISSION (NOT) IMPOSSIBLE

When New Jersey's Al-Anon Assembly set up a challenge to place Al-Anon and Alateen literature in every library in New Jersey, our Al-Anon group did a literature search and found there was no CAL in the Bergen County Library system. Our DR, ISR, and GR formed a committee with 11 other Al-Anon volunteers from our Fort Lee Saturday Al-Anon Adult Children of Alcoholics group to do our part for Mission Impossible. At a business meeting, we challenged our group to raise \$150 to purchase literature to donate. A special envelope was passed at each meeting during the month of September to raise the funds. We were able to raise enough money to surpass our goal and to purchase 18 books. Our committee members have been taking them to libraries in our district as well as in nearby districts in Bergen, Hudson, and Essex counties.

Every library we approached accepted our donation and agreed to place the Information Services phone number inside the front cover of the book, which was provided separately on a sticker at the time of the donation. Some libraries agreed to display the book in the new book or other feature area. Some were so enthusiastic they asked for more literature! A new literature search found that in addition to the books we donated, seven other Al-

Anon books had magically appeared in the Bergen County Library System.

When the Teaneck Tuesday night Al-Anon group heard about our project, they held a business meeting and passed a motion to also raise \$150 to purchase CAL that their members could bring to other local libraries that still do not have Al-Anon literature. At this time they are well on their way to achieving this goal and are deciding which libraries they want to target. Now we want to challenge you! If you are in a small group, you could donate one book to a library, and if you are in a large you could do even more. Here are some things we have learned: working on Mission Impossible is fun, it builds relationships with our fellow An-Anons, it builds our self-esteem, and it helps us to recover from our alcoholic relationships! **Submitted by John S. and Donna G.**



### HELP WANTED

**ALATEEN COORDINATOR:** Duties of this position are to maintain accurate listings of Statewide Alateen meetings, sponsors and speakers; lead the Operation Alateen Committee in special Area and World Service Office projects; facilitate Sponsor training and encourage Alateen members' participation above the group level. The position includes a seat and vote at the Area World Service Committee. Benefits include the opportunity to show your gratitude to Al-Anon for all you have received and additional opportunities for personal growth.

Contact Tim S. through the Web Site at:  
[www.nj-al-anon.org](http://www.nj-al-anon.org)  
 or by mail at the address on page 7.

**ARCHIVES COORDINATOR:** The duties of the Area Archivist are to preserve the experience, history and memorabilia of the Area fellowship. The Archivist also provides an archival display to \area functions such as the Jal-Con Convention and Information Services Workshops. The position includes a seat and vote on the Area World Service committee. Benefits include an opportunity to show your gratitude to Al-Anon for all you have received and additional opportunities for personal growth.

Contact Tim S., Chairperson at  
[www.nj-al-anon.org](http://www.nj-al-anon.org)  
 Or by mail at the address on page 7.

## From Our Delegate Karen P.

The holidays are over and the New Year has arrived and those brown envelopes from WSO have started to take over my mailbox again. The World Service Office is busily getting ready for the 42nd Annual Conference. The theme of the conference is "Al-Anon's Image in a changing World: Anonymity - Not Invisibility". The first change for WSO in planning this conference was a contract signed in 2001 with a hotel in Waterbury, Conn. could not be honored by the hotel and therefore WSO scurried around trying to find a hotel that could accommodate our needs and fortunately with little time left was able to secure a contract with the Sheraton in Stamford, Conn. The 42nd Annual Al-Anon World Service Conference will be held at the Sheraton Stamford Hotel in Stamford, CT.

This will be a busy time for me. I am excited and little more relaxed this year as it is my second year serving NJ Al-Anon at Conference. Please keep me in your prayers during this time. One of most precious times during Conference last year was receiving mail from Al-Anon members in New Jersey. As the week goes on and the Delegates are doing Al-Anon work it becomes very exhausting and getting messages of encouragement and thanks from home for me was like being very tired and fatigued and having a sugar rush. If you would like to send me a card please address it:

Karen P. NJ Delegate  
Sheraton Stamford Hotel  
2730 Summer Street  
Stamford, CT 06905  
April 21-25, 2002

(Use: NJ Area Assembly , 518-7 Old Post Rd. #355, Edison, NJ 08817-4683 as a return address on all envelopes so they will be forwarded if they arrive after Conference.)

Since the conference is being held in Stamford, CT. this year, WSO ask that the local areas volunteer to work in the hospitality room. If you are interested in helping out for a couple of hours, please e-mail me via the Web site at

**[Http://nj-al-anon.org/contacts.htm](http://nj-al-anon.org/contacts.htm)** your name, address, phone # and what day you would be able to volunteer so that I can forward that information to the WSO committee.

Thanks again for all your support and help.

Karen P.  
Delegate

## To Russia With Love George K.

AFG Intergroup  
Moscow, Russia

To our extended Al-Anon family and friends in Russia:

I am writing this as the representative of our Al-Anon Family groups in the New Jersey Area.

In practicing the Twelve Steps of Al-Anon, we try to reach out and carry the Al-Anon message to others wherever there is a need, and we have come to realize that the need is everywhere. Having been blessed with such a program that has helped us to regain serenity in our lives, we would like to share the blessing with some of our Al-Anon family members in Russia.

Realizing that you are struggling with the new economy, we would like to donate this literature to one or two of your groups in Russia. We would ask the favor that you choose one or two groups who you think need the literature the most and perhaps cannot afford to buy their own, and give these to them with our wishes for hope, peace, and serenity in their lives.

It has been our experience that during these holidays, when we look for peace and good will for each other, that, because of the nature of the disease of alcoholism, we need the program the most. For those who receive this literature, it is our most sincere hope that it will help them in their recovery from the pains brought on by this disease, and bring them to a new and more serene life in Al-Anon.

We would ask another favor - that those who receive this literature write to us when they can, helping us to get to know them better and sharing their experiences, strengths, and hopes with us, for that is how we help one another in Al-Anon.

With our thanks to you for your help, we send to all of you our greetings and best wishes for a happy holiday season.

Yuri K.  
NJ Area Liaison - Russian Groups

**For group mailing address changes, see page 7**

**INSTITUTIONS SERVICE OPPORTUNITIES**

"HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO OTHERS AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS."

Please help New Jersey Al-Anon carry the message to others by volunteering to assist with institutional meetings, where families often first hear the Al-Anon Message. We currently support beginners' meetings in Monmouth and Essex Counties. When an institution reaches out for help. Let the hand of Al-Anon be there. To learn more about Service Opportunities, please read below and contact our Public Outreach Coordinator through our Web site: [www.nj-al-anon.org](http://www.nj-al-anon.org)

A recovery facility in Marlboro, NJ needs your help. Please ask your group to volunteer to lead an al-Anon "meeting on wheels" for friends and family members of adolescents new to recovery:

**One Wednesday per month, 8:00–9:00 pm**  
 or  
**One Saturday per month 10:30–11:30 am**

Meetings are also held every Sunday from 2:00 to 3:00 pm for family of adult clients of the facility.

To volunteer, contact the Institutions Coordinator through our website at [www.nj-al-anon.org](http://www.nj-al-anon.org)

A recovery facility for incarcerated men in Kearney, NJ needs your help. Please volunteer to introduce the inmates' family members to the miracle of Al-Anon by volunteering to chair a beginners' meeting **One Tuesday per month at 7:15 pm.**

To volunteer, contact our Institutions Coordinator through the website at: [www.nj-al-anon.org](http://www.nj-al-anon.org)

**Please notify NJ Assembly of any group mailing address changes by using the form on page 7.**

**PUBLIC OUTREACH OPPORTUNITIES**

Help us to reach out to the professionals, media and institutions in your area by appointing a **Public Outreach Coordinator** for your group or district. New Jersey Public Outreach receives between five and twenty requests per month for al-Anon literature or speakers. Can you help when we receive a call from your area?

Public Outreach Coordinators are responsible for follow-up on requests from professionals, media or institutions in their area. The goal of Public Outreach is to insure that our important public constituents have the information they need to refer newcomers to Al-Anon. While we never know where the next request will come from, we currently have unanswered requests from interested media, institutions and professionals in the following locations: Blackwood; Dover; Flemington; Fort Lee; Glassboro; Marlboro; Neptune; Parlin; Province; Vorhees; West Windsor.

Please help with this important service. To appoint a Public Outreach Coordinator, please contact Karen L.P. through our website, or mail the following to NJ Assembly at the address below.

Meeting name, day and time \_\_\_\_\_

Location \_\_\_\_\_

Volunteer Name \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_

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



**LITERATURE COORDINATOR**

Thanks for all your help in "Mission Impossible" and getting what literature you could afford to give to your local libraries.

Right now, we don't have another project to work on, but I do understand that World Service will be coming out with another book dealing with relationships. If you have a story you would like to share with everyone about how Al-Anon has helped you in dealing with your relationship with the alcoholic in your life, please send them a letter. This book (tentatively called "Recovery Today") should be out by summer, so hurry up with your story.

If you would like to consider sponsoring an Alateen group, or need some guidance in how to sponsor a group, please order "A Guide to Alateen Sponsorship--An Unforgettable Adventure" (P-86).

The Literature II Committee has begun the revision process for "Al-Anon's Twelve Steps & Traditions" (B-8). Stay tuned for further updates on how this is progressing.

Literature Committee I is completing their revision of "Blueprint for Progress" (P-5) and it should be ready this spring. If you want to send your sharing to World Service the address is

AFG Inc  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617.



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

***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 informaton 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 Heitghts, NJ 08035  
(856) 547-0855



**CROSSTALK**

The WSO receives a large number of e-mails, letters and phone calls regarding crosstalk. There seems to be a great deal of confusion defining crosstalk. Opinions vary among Al-Anon members.

A simple definition of crosstalk formed at a workshop during the 1991 World Service Conference: "Crosstalk occurs when one member monopolizes the meeting with one-to-one responses to another member (advice giving). This includes the chairperson who feels the need to comment on each sharing (coming off as an expert)." Other definitions of crosstalk include: not using "I" statements, side conversations, and mini-meetings within a meeting.

Conversely, there is opposition to limiting crosstalk. Many members have expressed concerns that adhering to a "no crosstalk rule" at meetings prohibits a loving interchange among members. It is for the autonomy of each group to determine the amount of interchange that is appropriate for its meeting.

Did your group solve a problem about crosstalk? Let us know how you did it so we can pass on your experience. Two articles in *Inside Al-anon* (Aug/Sept 1989 and Dec/Jan 1991/92) and an article in the June 1995 Forum addressed the subject. If you would like a copy of these articles, please send us a self-addressed, stamped (34¢, US) envelope and we will be happy to mail them to you. Send your request to: Group Services, AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

(From "A-Anon Area Highlights", WSO, Virginia Beach, VA)

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

Please send all correspondance and articles to:

Editor 2 Wyoming Dr. Jackson, NJ 08527-1549

Or E-Mail through our Web site 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.

FROM THE TREASURER

I HAVE BEEN TREASURER FOR THE NJ AREA ASSEMBLY FOR THE PAST YEAR. SERVICE IN AL-ANON HAS CONTRIBUTED TO A GREAT DEAL OF MY RECOVERY. ONE THING I HAVE LEARNED IS THAT I CAN DISAGREE WITH SOMEONE AND WE CAN STILL BE FRIENDS. PLEASE GET INVOLVED IN SERVICE, WE NEED YOUR HELP. WE ARE ALWAYS HERE TO HELP THE NEW PERSON.

IN REFERENCE TO THE GROUP DONATIONS THAT YOU SEND ASSEMBLY. LET ME SAY THAT THEY ARE GREATLY APPRECIATED. BUT I DO NEED YOUR HELP ON SOMETHING THAT WOULD MAKE MY JOB EASIER AND KEEP OUR RECORDS ACCURATE. IF YOU WOULD PLEASE WRITE THE TOWN, DAY AND TIME (AM OR PM) OF YOUR GROUP ON YOUR CHECK OR MONEY ORDER, IT WOULD HELP ME TO MAKE SURE THAT THE DONATION IS POSTED TO THE CORRECT GROUP. THE PEOPLE SENDING THE DONATION USUALLY PUTS THEIR RETURN ADDRESS ON THE ENVELOPE, BUT IT IS NOT THE TOWN THE MEETING IS HELD. I RECORD YOUR DONATIONS ACCORDING TO TOWN, DAY AND TIME OF DAY. YOUR HELP WILL BE GREATLY APPRECIATED.

AS MOST OF YOU KNOW WE DO HAVE A NEW ADDRESS: NJ AREA ASSEMBLY, 518-7 OLD POST ROAD, #355, EDISON, NJ 08817-4683. PLEASE SEND YOUR DONATIONS OR ANY QUESTIONS YOU HAVE FOR THE ASSEMBLY TO THAT ADDRESS. YOU CAN ALSO REACH ME AT: www.nj-al-anon.org AND THEN THERE IS A LINK TO THE TREASURER OR ANY OF THE OFFICERS OR COORDINATORS. PLEASE KEEP OUR GROUPS IN UNITY, SERVICE AND RECOVERY, YOURS TRULY, NANCY, TREASURER

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**

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Place  
Stamp  
Here

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