

CHAIRMAN'S CORNER

I would like start by wishing you all a happy, healthy, and prosperous New Year. Our goal as your trusted servants has been to represent the Groups of our Area to the best of our abilities to insure that Al-Anon in New Jersey continues to extend a loving and helping hand to those affected by alcoholism. To that end our Public Outreach Officer Karen LP has spearheaded our participation in the World Service Offices cooperative effort with the National Council on Alcohol and Drug Dependency by recruiting volunteer members and Groups to adopt one of their local offices. These volunteers provide Al-Anon literature, speakers, and most importantly insight into the effects of the disease from the perspective of the families and friends of the addicted.

Len F., our Institutions Coordinator, has continued our policy of helping to provide volunteer members and Groups to assist with meetings in institutions throughout our state.

Larry H. continues to improve and expand our web site which has become a valuable tool for both Public Outreach and maintaining contact with our membership. Anne P., our Literature Coordinator, took on and completed the task of producing the Area Calendar for the first time and did an outstanding job.

Calendars are available through the North and South Jersey Literature Depots or our Alternate Delegate Kathy B. If you are reading this you will know that Pat D, Alagram Coordinator, does an outstanding job publishing the newsletter three times each year. These are the most visible ways in which we have attempted to accomplish our goal.

Behind the scenes your Delegate Karen P. sits on the literature committee at World Services working to provide the literature that you the membership want and need. She reads voluminous pages of text relating not only to books but also to the pamphlets and service tools currently being worked on. This in addition to all the responsibilities she has within the Area.

The Ad Hoc Committee on Group Records

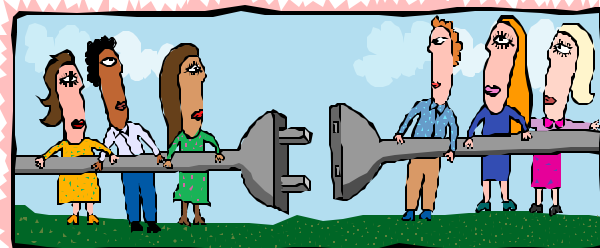
led by Donna G. is continuing their work to cross reference and update the various data banks containing Group information. It is our goal to complete the task this year.

The Ad Hoc Policy Committee has completed and distributed our Area's first Policy Handbook. Reviewing all the past motions and collating them into a usable and informative tool for the GRs was a huge task but one that the Board felt was necessary to insure a historical record of the Assembly's By-Laws and Policies is available to all the Groups that it represents.

Personally I have mixed emotions about the start of 2003. It represents the final year of this Committees service term. Some days it seems that as a group we have just begun, on others like we have been together forever. One thing I am sure of is that we have come together and bonded as a group, forming personal relationships with one another that will last far beyond our term serving the Area. I believe that is what service is all about. Serving our Fellowship while expanding our recovery circle and risking responsibilities we never thought ourselves capable of.

If you are ready to expand your circle of recovery please come join us at the next Assembly on the first day of March.

In Grateful Service,
Tim S.



Has your group donated to NJ Area 36 Assembly? Your donations help make Al-Anon available to those who suffer from the family disease of alcoholism. Donations from members are also welcome. See page 7.



HELP WANTED



Alateen Coordinator The duties of this position are to maintain an accurate statewide listing of Alateen meetings, sponsors, and speakers, lead the Operation Alateen Committee in special Area and World Service Office projects, facilitate sponsor training, and encourage Alateen participation above the group level. The position includes a seat and vote at the Area World Service Committee.

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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.

Service to Al-Anon at the Area level is an opportunity for personal growth. If you would like to learn if Service at the Area level is for you, this is your chance do so without a long-term commitment. All officers are open for election at the Fall 2003 Assembly and coordinators will be appointed by the new Chairperson.

**PI/CPC
COORDINATOR**

The person in this position works with the Public Outreach Officer as liaison between the WSO, the groups and the public and professional community. The PI/CPC Coordinator also cooperates with the two Information Services since PI is a large part of what they do. This job also includes recruiting volunteers to speak at and/or staff booths conferences and workshops, and promoting projects proposed by the WSO and the Area. The position includes a seat and vote on the Area Worlds Service Committee.

Recording Secretary

The Recording Secretary keeps the minutes from all Assembly and AWSC meetings. In addition, the secretary keeps most of the official records of the corporation. Skills for this position require the ability to take notes, type, maintain records and get along with everyone else. The secretary prepares minutes for distribution at Assembly meetings and also prepares a synopsis of these minutes for "Area Highlights", a column in the Alagram.

NJ Al-Anon Calendars are a fund raiser for NJ Assembly. See page 6 to order.

INSTITUTIONS COORDINATOR NOTE

Why not try something different, like carrying the message of Al-Anon to a person just like you. Once you knew little or nothing about Al-Anon. Once you were in pain. You can find that hurting person when they come to visit a loved one at a rehab.

Call me and I will try to link you and your home group with a rehab that has Beginners or Institutions meetings. My name is Len. You can reach me through the NJ Area Web page by clicking on Institutions Coordinator. (See page one)

Note: Groups are needed to make a one month commitment to lead meetings on Sunday afternoons in Central Jersey. This is your opportunity to pass it on.



Our Delegate Karen P.

Once again our Delegate Karen is preparing to attend the annual World Service Conference. Every year in April delegates from across the United States and Canada, as well as Trustees and Employees of the World Service Office gather to do the 'business' of Al-Anon. Without their dedicated service, Al-Anon as we know it would cease to exist. (See Concept Seven) It is the responsibility of our delegate to be the voice and vote of the New Jersey Al-Anon groups.

Although the business of Al-Anon is carried out by the Board of Trustees, Executive Committee, employees and volunteers at the WSO, they are guided by the decisions made by the Delegates at the annual Conference. Without the input of the Delegates, not one piece of literature, not one book, not one issue of the Forum would be published.

In preparation for the conference, Karen's mailbox is overflowing with mail from WSO. Karen must read through it all, prepare a report of what is to be considered at the Conference for NJ Assembly. Karen does not simply go to the conference to vote, she goes to represent us and actually votes our Area conscience. Karen is our "Trusted Servant" which means she may also make decisions based on information she learns at the conference. If you have any suggestions you would like Karen to bring to the Conference, you may present them to her at the Assembly on March 1, or send them to her attention via the address on page 1 or through an e-mail to our WEB page. Pat D., Editor

Thank you Karen



Delegates love to receive mail from home, Karen is no exception. You may encourage her service to you by sending cards, letters and tokens of support to:

**Karen P. NJ Delegate-
Hold for Al-Anon Conference
Ramada Plaza Resort Hotel
5700 Atlantic Ave.
Virginia Beach, VA 23451-2236.**

In case of mail delays, please use Karen's address in the return address portion of the envelope.

**Karen P. Delegate
NJ Area Assembly
518-7 Old Post Road #355
Edison, NJ 08817-4683**

NORTHEAST REGIONAL SERVICE SEMINAR "SERVICE AND RECOVERY GO HAND IN HAND" MARCH 28-30, 2003

If you are interested in going deeper with your al-Anon program or would like to learn how service to Al-Anon can enrich your life, plan to attend The Northeast Service Conference. At the conference you will have an opportunity to meet with members of the Al-Anon World Service Office Staff, The Board of Trustees and with Al-Anon members from around the region and country. Workshops, speakers, fun and fellowship will make this memorable weekend a life-changing event.

I attended my first service seminar about fifteen years ago. There I made new friends from around the country, and learned how my small contribution to Al-Anon could change my life and possibly influence thousands of other people who live with this disease of alcoholism.

At one workshop we learned about sharing our story in writing. As a result, two of my sharings have been printed in The Forum and part of my story was included in one of our books.

At another conference I learned how the Twelve Traditions are used in keeping our groups healthy. More importantly, I learned how they can be used in my personal life.

The meetings and workshops are led by Al-Anon members, WSO staff and Trustees. All participants have an opportunity to share and ask questions. Some of the best sharing happened at "the meetings after the meetings", when we got together for coffee and snacks after the formal program was complete for the day.

For more information about this special event, please turn to page 6.

PAT D.

From the WebMaster

By Larry H.

The New Jersey Al-Anon Assembly's web site is hosted by a server based in Connecticut. Our account with them is for web pages only, no e-mail.

We are able to simulate e-mail addresses with the 'nj-al-anon' suffix by a redirection service that the server provides. As your Webmaster, I maintain a confidential cross-reference list so messages can be directed to the personal e-mail accounts of the elected officers and those in appointed positions. Anyone on the list is welcome to have his or her name removed at any time.

As an example, when you or anyone else sends an e-mail message to **webmaster@nj-al-anon.org**, it goes to the server where that list is read and the message redirected to one of my personal screen names. No copies of that message are retained anywhere at **nj-al-anon.org**. Any response to the message will originate from the private account associated in the confidential list at the server, in this case, from my personal account.

Why am I writing this? Good question!!

We do this to **protect the anonymity** of our members. This way, it is up to each and every elected and appointed individual to decide on a message-by-message basis as to whether they wish to retain their anonymity.

But there's another reason and that is because we do not want computer viruses to originate or be propagated by the New Jersey Al-Anon Assembly. Because we do not have e-mail accounts and e-mail addresses, you will never receive an **authentic** e-mail message from an e-mail address that ends in **nj-al-anon.org**. If you ever receive such a message, **delete it immediately** from your Inbox. If it contains an attachment, the odds are very good that the attachment contains a virus.

Hackers have become very proficient at harvesting email addresses from email address lists on computers and from the mail itself as it passes through the Internet. They use these 'harvested' lists to help propagate their viruses.

Yours in service,
Larry.

Literature Report**AnneP.**

Revisions in progress are: *Facts About Alateen* (P41), *Detachment S 19*, *Al-Anon, You and the Alcoholic* (P 2) *Purpose and Suggestions* (P-13), *So You Love an Alcoholic* (P 14), *Understanding Ourselves and Alcoholism* (P-48) and *Alateen-Hope for Children of Alcoholics* (B 3), *Blueprint for Progress* (P 5), *Al-Anon's Twelve Steps & Twelve Traditions* (B 8). There is also to be minor changes to several other booklets and pamphlets still in development.

The following books are to be discontinued: *Having had a Spiritual Awakening* (B25), *A member's Guide* (P34), *Alateen Talks Back on Sponsoring and Alateen Group* (P 72), *Sexual Intimacy and the Alcoholic Relationship* (P77) are available only while supplies last. *Al-Anon Speaks to you the Professional* (P 58) and *Worried About Someone in a Correctional Facility?* (p 84) are no longer available.

Rumor that ODAT (*One Day at a Time in Al-Anon*) is no longer CAL (Conference approved literature) is not true. So many meetings are from *Courage to Change* or *Hope for Today*. Meetings may be held with ANY of the conference-approved literature whether still in print or not.

Sharings are still needed for possible use in the revision of *Al-Anon's Twelve Steps & Twelve Traditions* (B 8) and for the proposed *Our Recovery in Relationships*. World Service has received over 300 sharings for the new book and is still looking for more.

New public outreach piece is *Al-Anon's Path to Recovery-Al-Anon is for Native Americans/Aboriginals* (S 67) who have been affected by someone else's drinking and is free.

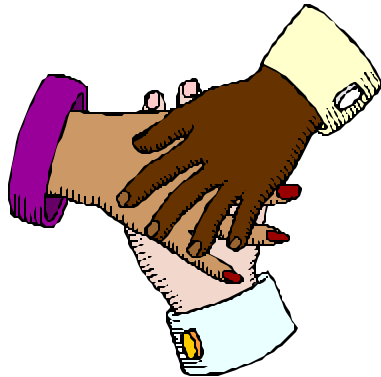
Other Literature updates:

World Service currently reviewing 12 & 12 book and updating our 4th step inventory book Blueprint For Progress.

**In Service,
Anne**

NORTHEAST REGIONAL SERVICE SEMINAR

March 28-30, 2003



Location: Wyndham Hotel—Wilmington,
Wilmington, Delaware

THEME: "Service and Recovery go Hand-in-Hand"

COSTS: Registration Fee: \$25.00

HOTEL: Single: \$224.00
Double: \$142.00 per person
Triple: \$122.00 per person
Quad: \$106.00 per person

Contact Al-Anon Family Groups Headquarters for further information: (757) 563-1600
<http://www.al-anon.alateen.org>
E-mail: wso@al-anon.org

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 an 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

Buy your 2003 calendar from NJIS or SJIS. \$6.00 for one, 2 for \$10.00.

**MISSION IMPOSSIBLE UPDATE**

As of 10/31/01 I have heard from a few groups about donations of books. They were Rutherford, Hewitt, Moorestown and District 7 donated 2 books so far, and has raised \$167 towards purchase of more books. I will try to find out from World Service how many other groups. Also, Somerset area has donated some books.

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

Please send all correspondance and articles to:

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

Or E-Mail through our Web site www.nj-al-anon.org

Scan the Alagram and tell your group about upcoming events. Consider using an article 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.

NJ Al-Anon has created a beautiful calendar with inspiring quotes. Get yours today. See page 6.

SHARE YOUR STORY IN WRITING

The WSO is looking for your story to include in upcoming literature and books as well as in the Forum, our monthly magazine.

Were you referred to Al-Anon by a professional?

How do you use the Twelve Steps and Traditions in your recovery ?

How has Al-Anon helped you in your relationships with the alcoholic, other family members, friends, co-workers and program friends?

Share your experience from your heart, focusing on yourself, not the other person.

Use the first person (I, me, we, us.) True personal sharings do not give direction, they express your own experience, strength and hope. Please avoid the pronoun "you."

Avoid generalities, outside issues, treatment center language and religious philosophy or doctrine. Members of other 12 Step fellowships are asked to write only bout of their experience in the Al-Anon program.

Kindly observe Al-Anon's Twelve Traditions when sharing.

Note: Most articles are one or two pages, about 400 words each. Send sharings to : AFG, Inc. Attention Fellowship Communication 1600 Corporate Landing Parkway Virginia beach, VA 23454-5617

ADDRESS CHANGE & GROUP CONTRIBUTION

Please send contributions and Address changes to :

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

Name/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 \$ _____
