

CHAIRPERSON'S CORNER

From the Desk of the Area Chairperson.....

I can hardly believe that 3 years has past as your Area Delegate. I want to thank NJ Al-Anon for believing and trusting me to be your representative and spokesperson in this Worldwide fellowship. It was a wonderful journey and I had a wonderful time. Now it is time to close that chapter in my recovery journey and start on a new path. Before I start traveling on this new path, I would like to congratulate our new state Delegate, Kathy B. I know she will do a fine job serving New Jersey. One of the statements a past delegate had made to me when I questioned that I did not feel I was ready or qualified to be the Delegate was "Just be willing and your Higher Power will make you ready". Kathy is definitely willing. So lets all show our support to her in the coming 3 years.

As your Area Chairperson I am so excited about New Jersey Al-Anon in 2004. I have dreams and ideas that I would like to share with you. I would like to see all 27 Districts have District Representatives (DRs) and participate at the AWSC. I would like to see each and every group represented at the Assembly meetings 3 times a years. And I am excited about Alateen and the safety and behavioral

requirements for Alateens and sponsors mandated by WSO to be in place by December 31, 2004. This will be a forward step in making Alateen stronger in NJ. There is much to be done in Al-Anon in our Garden State. As I have other thoughts and dreams, I look forward to seeing all of you and sharing them at our Assembly meeting Saturday, March 6.

Just remember the only requirement to do Service in Al-Anon is to be open and willing.

Your trusted servant
Karen P.



ALATEEN

Since It's Beginnings in 1957 the fellowship of Alateen has experienced much growth around the world. Forty Seven years later, and in the spirit of Tradition One, the World Services Organization, has asked us to take a look at how we safeguard our Alateen Meetings and Program, for the safety of both our Alateens and our Alateen sponsors. Here in the state of New Jersey we are formulating an Ad-Hoc Committee to share ideas, experience, strength and hope, in regards to this undertaking. Please contact the Assembly Alateen Coordinator, Joan E. through web site if you are interested in being involved.

One Day, Hour, Moment at a Time.
Joan

From Our Delegate **KATHY B.**

Greetings from your Area Delegate, Kathy B.

The next three years are very exciting for me as I begin another wonderful journey on my path of recovery. I'd like to introduce myself to those I may not have met yet. I am Kathy B. from Rockaway, District 2 (Morris County), and I have been a continuous active member of Al-Anon for almost 14 years. I have been active in service for 8 years participating on the Ja-Con convention committee, North Jersey Information Service and Area 36 Assembly. It was during my service position as Al-Anon Liaison to the Area 44 AA Convention that I started to meet other Al-Anon people who were giving back to Al-Anon by doing service and it was then that I really started to grow. "When I Got Busy, I Got Better" and so did my family; because I stayed out of their stuff and focused on what I had to do for me.

The mail from WSO has started to arrive and I am reading everything that I get and asking questions to those who have served before me. I am looking forward to this new chapter in my life and I thank my family for their support. My feelings go from excitement and anticipation to fear with an occasional inadequacy thrown in, just like every other Al-Anon growth experience I have had – it is all good.

I am a Panel 44 Delegate at the World Service Conference, the theme this year is "Dynamic Groups Today – Building Blocks for Tomorrow". The Conference will be held from April 18th through April 22nd. If you would like to send a card or a note to let me know that you are praying and thinking of me, I would appreciate it. Please address it to:

AFG World Service Conference April 18-22, 2004
Ramada Plaza Resort Hotel (Attn: Kathy B. NJ Delegate)
5700 Atlantic Ave.
Virginia Beach, VA 23451-2236

Please use the return address of the Assembly in case the card doesn't make to me while I am there, I will get it when I get home. That address is: 518-7 Old Post Road #355; Edison, NJ 08817-4683.

I want to thank you for trusting in me and look forwarding to seeing you in March.

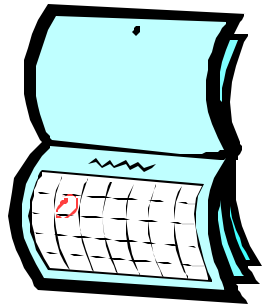
Yours in service
Kathy



2005 Calendar

If you have any favorite quotes or special pictures you would like considered for the 2005 Calendar please e-mail them to me at www.nj-al-anon.org to the Literature Coordinator, or bring them on March 6, 2004 to the NJ Assembly. Please send your GR or another trusted

servant to represent your group. We need your support, the Assembly is for you!



Nancy B., Literature Coordinator

FROM THE WEB MASTER

Check Your Browser

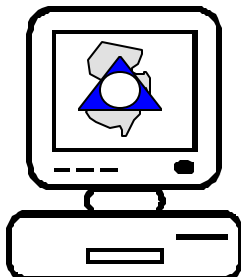
By Larry H.

Do you question the correctness of the information you get online? It's possible that your computer's settings may be contributing to the problem.

The next time you're online, click on the **Tools** menu bar selection at the top of Internet Explorer. Select **Internet Options**. In the middle of the dialog box that opens you'll find a button labeled **'Settings'**, click it Another box will open.

At the top of that box is a label *'Check for newer versions of stored pages:'* and four radio buttons.

Make sure you select the radio button titled *'Every visit to the page'*. If you need to make this change, be sure to close Internet Explorer and reopen it again before continuing online to make sure the changes take effect.



Information Services

We're More than Meeting Books

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 in one in North and one in South Jersey. Rent, cost of phone service and answering services, insurance, staff, office equipment and supplies, production of the meeting lists are all expensive. Like New Jersey Assembly, the Information Services are supported by donations from Al-Anon groups and members. North and South Jersey Information Services sponsor fund raisers which are attended by Al-Anon members. In addition, they also sell Conference Approved Literature. **When ordering literature, please place your order with your local Literature Distribution Center.** Literature costs the same as when ordered from the World Service Office; however, orders are usually sent more quickly. Because the Literature Distribution Centers buy in bulk, they have a small profit with which to continue the important work of helping families and friends of problem drinkers find help in Al-Anon.

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

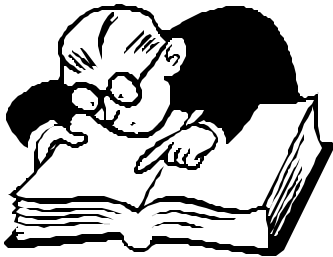
FROM THE WORLD SERVICE OFFICE

A Rewarding Assignment

Picture this: You can speak and read in another language besides English. You receive a package in the mail from the World Service Office. A piece of Conference Approved Literature and a corresponding manuscript translating the material into the other language is provided for your review. Your assignment as a reviewer is to determine whether the translated manuscript conveys the spirit and philosophy of the Al-Anon/Alateen program as stated in the original pamphlet.

We need members who can review manuscripts in any of the following languages: Chinese (Simplified), Danish, Dutch (Flemish), German, Hungarian, Icelandic, Italian, Japanese, Korean, Norwegian, Polish, Russian, or Swedish.

Do you have this skill? If you are interested and would like more information, contact the Associate Director of Membership Outreach—International at our World Service Office.



SEPTEMBER IS NATIONAL RECOVERY MONTH

It is not too early to start planning a Public Outreach projects for your group. In September many groups distribute The Forum to doctors and other professionals. Some groups also place the Forum in hospitals, libraries, state welcome centers, treatment centers and waiting rooms.

Now is the time to start collecting your spare change to purchase this special edition of The Forum. Pass a coffee can each week and dedicate the collection for this project.

FACING GRIEF AND LOSS

The 2003 World Service Conference gave conceptual approval for “a piece on grief and loss as they affect the families and friends of alcoholics.” The literature committee assigned to this project is seeking sharings from Al-Anon/Alateen members for possible use in this piece.

We hope this piece can reflect the wide variety of experiences our members have faced regarding grief and loss. This need not be limited to sharings about death or dying. Alcoholism is a disease characterized by grief and loss which can take shape in many ways. Recovery also includes grief and loss; we often need to let go of many things in order to embrace the new way of life that Al-Anon offers.

There are many books and pamphlets on this subject from other sources. We have no desire to duplicate these. Please focus on how Al-Anon helped you to cope, and give specific program tools that helped you. Avoid outside terminology, definitions and theories. We hope this piece will describe how members face grief and loss *with* Al-Anon.

Please keep your sharing under 400 words and keep the following in mind:

- ◆ Share an experience from the heart, focusing on yourself, not on the alcoholic or others.
- ◆ Relate your personal experience with grief and loss, giving an instance of how you used the tools of Al-Anon to help and the changes you noticed as a result.
- ◆ Write in the first person singular—“I” Please avoid use of the pronoun “you.”
- ◆ Avoid generalities, outside issues, treatment center language and religious philosophy or doctrine.
- ◆ Al-Anon members in other 12 Step programs, including A.A. are asked to write only of their experience in the Al-Anon Program.
- ◆ Kindly observe Al-Anon’s 12 Traditions when sharing.

In order to acknowledge receipt of your sharing please include your full name and postal or e-mail address. If printed your sharing will remain anonymous. If your sharing is not selected, it will be forwarded to The Forum Editorial Advisory Board for their review and possible inclusion in The Forum.

Mail, e-mail or FAX your sharing to :

**Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
ATTN: FACING GRIEF& LOSS**

FAX: 757-563-1655

E-mail: wso@al-anon.org

GROUP RECORDS UPDATE

Please complete this form so we may update your group records. Please send it to NJ Area Assembly, 518-7 Old Post Road, # 355, Edison, NJ 08817-4683. Thank you.

GROUP NAME _____ **Group Number from WSO** _____

(if available)

Meeting Day _____ **Meeting Time** _____

Meeting Place _____

Meeting Address _____

Group Mailing Address _____

Group Representative _____ **Phone** _____

Mailing Address _____

E-Mail _____

Alternate Group Rep/ISR _____ **Phone** _____

Mailing Address _____

E-Mail _____

Group Contact _____ **Phone** _____

Group Contact _____ **Phone** _____

Group donation _____

Al-Anon is fully self-supporting declining outside contributions. Was I surprised when I first heard this! I thought every organization was supported in one way or another by funds from either government or corporate donations or grants. How could it be that Al-Anon, an organization that does so much for so many, has no source of funds other than members' donations? It took me a couple of years to realize that most of the money from the basket we pass at meetings goes toward rent and 12th Step work. Sometimes the 12th Step work, carrying the message of recovery in Al-Anon, is simply making pamphlets available free of charge to people who attend meetings. Sometimes the 12th Step work happens when a person calls Information Service in a desperate cry for help. That office is funded by member contributions.

Sometimes the 12th Step work takes place at the Area (state) and national level when we pay the expenses of our Delegate to attend the World Service Conference so that Al-Anon, as an organization, can continue serving its members and those who need the hand of the program. All the Al-Anon books and pamphlets must be Conference approved. This too is financed by member contributions.

I make personal donations to the W.S.O. to celebrate my anniversary in Al-Anon. I also make 24-A-Year donations to the NJIS, and recently I started making personal donations (I must add that my donations are not large and some years I don't have the money to make them.) to the Area Assembly. I am so very grateful to Al-Anon for all it has given me that the small donations I make don't even come close to expressing my gratitude. Al-Anon not only saved my sanity, it saved my life. I truly believe that in order for me to become really healthy in program, I must use all the tools, including the Traditions, in my daily life. Making these personal donations is one way I am fully self-supporting and is also one way I do 12th Step work.

When I can not afford to put a dollar in the basket or make personal donations, I contribute in other ways. I donate my time and talents by serving as GR, answering phones, stuffing envelopes, setting up and cleaning up for meetings, being available to talk to a newcomer or a seasoned member who needs a listening ear. My spiritual practice is to give back to where I receive my spiritual feeding; I have been well-fed spiritually in Al-Anon.

Anonymous

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

Dear Treasurer Don't forget your regular contribution to Assembly. Please use the group contribution coupon on this page.

HELLP WONTED ALAGRAM COORDINATOR EDITOR

If Youze kan Shpott errirs in dis peace, purrhaps you HAVE THE skills to be the nexxt ALAGRAM EDITER.

Not everywon is abel to reed thru a documint end finde earers. Purrhaps youse no how to uze veryus commputur proegramms, that help the editer putt the Alagram togheter.

If you are an aktif memboere of A-Anon and have thunk about doing survise and have deese skills (or r willing to lern) and a few ours 3 X a yyeer, pulleezee con-tact Karen P. thru the WEB siGHt

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 Ala-Gram, look to the right for ordering information.

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

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

