

# The Alagram

Winter 2009

## NEW LOCATION:

New Jersey  
Assembly  
Saturday,  
March 7, 2009  
*St. Cecilia RC  
School*  
*45 Wilus Way*  
*Iselin, NJ*

Coffee, Tea and  
Fellowship begins  
9:30 a.m.

MEETING  
STARTS AT 10:00  
A.M.

All Group  
Representatives,  
District  
Representatives  
and group officers  
are encouraged to  
attend.

## News From your Area Delegate

Several podcasts are available right now at [www.Al-Anon.org](http://www.Al-Anon.org). Just click on "podcast" or the graphic that says, "First Steps to Al-Anon Recovery". The podcasts are aimed at people who use the Internet to find help for themselves and/or their families. I've found it is a meeting for me when I can't get out to one or when I'm feeling powerless again, and I'm back to Step 1.

The WSO (Al-Anon's World Service Office) has created another 'Blog' on the Member's website: [www.al-anon.org/members/](http://www.al-anon.org/members/) for a discussion on the Traditions. (In 2008 we experimented with this technology in a blog discussing the Twelve Concepts of Service. The Concepts blog is closed to contributions, but is still open to reading. Perhaps those sharings will inspire members' thoughts on the Traditions.) Members worldwide will have an opportunity to share how they apply the principles of the Traditions to their personal lives. Each month in 2009, a trusted servant will introduce the Tradition discussion with a personal sharing. Then Al-Anon members everywhere will have the opportunity to post their personal sharings on the blog. French- and Spanish-speaking members can do so in their own languages.

Members will also be able to subscribe to the sharings. At the end of the month, the Tradition and posts will be archived so newcomers to the blog will be able to read earlier writings, even though they will only be able to post comments to the current Tradition.

The theme for the 2009 World Service Conference is **Embrace the Legacies: Our Spiritual Bridges to Expand the Future**. The Blogs fall into line with helping us better understand the Legacies (Steps, Traditions, and Concepts).

I'm looking forward to this last Conference of mine. I've learned a lot in the past 2 years, especially about how this recovery program of ours spans countries and cultures; truly a "World-wide Fellowship".

Yours in Service,  
Fran M



"Working a Program Means Taking One Of The Tools-A Slogan, A Step, The  
Serenity Prayer, The Phone List, My Sponsor-And Using It In My Life"

From Survival to Recovery, p. 107 ©1994

**ASSEMBLY HIGHLIGHTS NOVEMBER 1, 2008**

**Chairperson – Kathy B** is in the process of submitting forms for 501(c)(3) for non-profit status working with an agency Assembly approved in March and is hoping to get it submitted before the end of year.

**Delegate – Fran M** brought copies of the *2008 Conference Summary*. The Al-Anon World Service Office (WSO) is inviting members to serve on the Literature Committee as At-Large members in a trial structure giving more people the opportunity to serve. At-Large members will no longer be required to travel to Virginia Beach, but instead, will communicate via conference calls, emails and the internet. Committee terms run from the first of May until the end of April the following year. Resumes forms are available through me. Committee work involves discussing ways to encourage the use of existing literature among members, evaluating suggestions from the membership for new literature or changes to existing material, and providing guidance in the development of pieces given conceptual approval by the World Service Conference. From her June report: The motion changes to Bequests would drop the limit on the amount that a member could leave the fellowship in their will. The policy had stated (p.85) that the amount could not exceed 10% of the total revenue of the WSO General Fund from the previous year's audit. The Policy Committee submitted a second motion spelling out how the monies would be used, so as not to accumulate massive funds. The WSO will not accept any contributions if they are 'earmarked' (i.e. based on a condition). Group donations have no limit. The first motion was voted on at the WSC and approved. However, the second motion was tabled and the Delegates were asked to take the issue back to their areas to help come up with a suitable 'formula' for disbursement of the gift's monies. Have any GR's any thoughts or ideas from their groups on this subject? Please speak to Fran.

**Alternate Delegate – Paul G** reported he was contacted by New Dover Methodist Church concerning rent for Assembly and AWSC meetings informing rent has been raised to \$240 a meeting-an increase of 685%. He tried to negotiate with the church on behalf of the AWSC. When the church did finally contact him it was apparent they had no intention of negotiating price with us and were not sympathetic to our group's situation. He spoke with other churches: **St. Cecilia Church**, 45 Wilus Way, Iselin: Charges \$12 per hour of usage to cover Sexton cost. **First Presbyterian**, 1295 Oak Tree Rd., Iselin: Charges \$50 per usage

**Where The Forum stands today:** Approximately 13,750 groups in US, Canada, Puerto Rico and Bermuda are receiving a free copy mailed to the current mailing address with approximately 20,000 individual subscriptions – down by 4,000 since last year. The Forum has the potential to be a powerful tool to strengthen Al-Anon unity among members in the US and Canada. To achieve this potential, it needs to become better integrated into our meetings and better recognized as an important tool for individual recovery. The price is going down. Please encourage more article writing. Need feedback on how Forum is used – give as a gift. Donate a subscription to your library, shelters, hair salon, etc.

**Treasurer – Donna G.** – The Year to Date Net Income is \$2,561.63

**Corresponding Secretary – Lori M** – Lori will send an electronic copy of her report

**Alateen - Rich M.** - Training has been successful this year, and we are beginning to do criminal background checks; 48 are complete. The next Alateen Action Committee (all AMIAS invited) is meeting on 1/25, 1:00 pm. We were rather disappointed that so few AMIAS attended the last meeting. We would like to use the meeting as a place for AMIAS to exchange ideas and share experiences. If you are an AMIAS or want to be one, please make every effort to attend the next meeting. You must be recertified within the calendar year of when you were originally certified. The next scheduled training sessions are: 11/23 at Redeemer Lutheran Church 2309 Rt 70 in Manchester, NJ at 1:00 PM. Sunday 2/15/09 1pm Manchester, Sunday 4/26/09 1pm Mount Holly, Sat 6/20/09 1pm Edison, Sat 9/12/09 1pm Short Hills

**Archives – Judy S.** – We now have a storage unit in central Jersey. Judy is working on sorting and cataloging miscellaneous items. She has cataloged what meetings she does have information on **Literature – Carol D.** – The calendar was completed and ready for sale at Jalcon. The theme for 2010 calendar will be "Service". If you have anything to go into the calendar, please contact Carol at njlitcoordinator@hotmail.com. The deadline for submission for the 2010 calendar is beginning of June, 2009.

**Jalcon – Patty M.** – JAL-CON 2008, with the theme "On the Road to Recovery" took place July 25 through July 27 at the Crown Plaza Hotel in Somerset with more than 450 registrants. The banquet sold out and the required room nights were met. The final figures are in and it can be reported that the convention was a complete success, with a record breaking attendance for a hotel convention, and with meeting the budget as well. Final audit is not complete but Jalcon did make a profit. The Jal-Con Trustees for Convention year 2009 had been reduced to 5 members from the necessary 7. Jal-Con By-Laws prohibit Trustee members to hold successive terms, so the Trustees could not look to outgoing members to serve on an interim basis. The Jal-Con Board of Trustees, which is essentially the business arm of Jal-Con, had the final meeting of Jal-Con 2008 on Saturday October 11, 2008, at which time Carole M and Karen P were elected by the Trustees to fill the vacancies until the next Annual meeting in April 2009.

**Public Outreach – Sandy B.** – The Public Outreach Action Committee brought the first "PO On Wheels" to District 1 on Saturday, September 20<sup>th</sup>. A "PO On Wheels" flyer was e-mailed to Area 36 DR's to encourage scheduling more PO meetings throughout the Area. A Public Outreach meeting is being planned for the Woodbridge/Edison area to include Districts 3, 11, 13, 14 & 15. **Al-Anon Faces Alcoholism 2009** An e-mail was sent to Area 36 DR's including order forms. Deadline is midnight February 12<sup>th</sup> to order next printing. An out-patient rehab facility in Flemington contacted the Area via the website to request an on-site Al-Anon meeting. Christel K Distict 3 DR offered to recruit members in her district to bring a meeting-on-wheels to the facility.

**Website – Mark C** Please visit <http://www.nj-al-anon.org/webalizer> to view all of the website statistics. The website continues to be a great tool geared not only for newcomers, but also for regular members to get up-to-date information.

**NJIS – Len F.** – The Hope Coffee House was a success. Our ISR meeting was held across the street at St Cecilia on Tuesday at 7:30 Oct. 14<sup>th</sup>. We continue to encourage the groups to send representatives. Input from the Groups is essential. We continue to do public outreach by supplying speakers upon request. We are going to High Schools.

**SJIS – O'B** – Elections occurred in October – all positions are filled. Working with ISRs to establish a mailing list to get information out via email. Forced in first two quarters to use some money from ample reserve. Third quarter has stabilized. LDC does not support the information service office. Sue C ran a wonderful luncheon.

**Spanish Intergroup – Liz S.** - The NJ Spanish Intergroup reinvigorated itself this past June with a whole new slate of trusted servants. Since June, we updated our meeting list which currently shows 7 active groups in North (5) and South (2) Jersey. The Public Outreach committee has carried out two projects: one - sending a mailing to 400 churches in NJ N&S that have Spanish service, using the Open Letter to Spiritual Leaders and a free Spanish pamphlet; two - a mailing to 400 Health Service professionals in NJ N&S. We are also gearing up with our first annual Spanish Weekend Convention, possibly for 2009

**Ad hoc committee of Delegates** to review election policies and Delegate job description. Next meeting is on November 9<sup>th</sup>. Have met twice. Past delegates are meeting with current delegate to determine "job description".

**Policy Handbook – Tim S** – Approximately 3 years ago, the Assembly tasked an ad hoc committee to review the policy handbook. Tim is reviewing all of the changes made by the October AWSC to bring to the February AWSC and present to Assembly in March, 2009.

**Audit of 2007** – to be scheduled in January 2009 along with the 2008 audit

**The AWSC recommends to the Assembly that the 2009 Proposed Budget be approved.** Suggestion was made to show where income is coming from in the future. We would show the expenses and make the income equal the expenses – knowing that we would probably not hit the income but it could be used as an incentive. The AWSC will discuss including income on future budgets. Approved unanimously by 37.

**The AWSC recommends to the Assembly: the words Ex Officio of Jal-Con Committee be deleted from Section 3.7, Delegate, of the Policy Handbook and the responsibility of Ex Officio member to the Jal-Con Committee be added to Section 3.8, Alternate Delegate, of the Policy Handbook.** Motion is from the Delegate Committee. Moves the responsibility to attend the Jal-Con Committee meetings from the Delegate to the Alternate Delegate. Trustees meet approximately 8x per year and the Jal-Con Committee meets 10x. Four to five times a year the Jal-Con Committee meeting is in the morning and the Trustees meet in the afternoon on the same day. Paul questioned why we are splitting the duty since we would be paying travel expenses for both. Paul suggested that the Alternate Delegate attend all of the Jal-Con meetings. Sandy B. suggested that for continuity the same person attend both meetings. Jeannie agreed. Lori M suggested the importance of making the Delegate position a little easier to make the position more appealing. Tim pointed out that in certain months the Delegate is responsible for attending seven different meetings in different parts of NJ. Fran said that her hope was to lessen the number of days – not just the number of meetings. This motion does not help that. Approved by 1 – opposed by 22 – 9 abstention

**The AWSC recommends to the Assembly change the sentence "The Delegate acts as a liaison between each of these service arms to ensure unity in NJ Al-Anon: sect 3.7, Delegate, to "The Delegate performs these duties to promote unity in NJ Al-Anon".** Tim motioned that the motion be tabled and sent back to committee for further review. Patty seconded the motion. 16 approved – 10 opposed – 2 abstention

**The AWSC recommends the Assembly produce a cookbook based on recipes provided by our members to be used as a fundraiser.** The proposal needs to show what anticipated revenues and expense would be. 25 approved and 1 abstained

*Want to grow your recovery and Program network?*

Gratitude is an action word - Put your gratitude into action! The 2009 Jal-Con Convention Committee needs YOU. Without YOU there will be no convention. Without YOU there is no fellowship. Come find out why being a Jal-Con committee Chairperson is "A little bit of service for a whole lot of fellowship!" We meet one Saturday a month near Woodbridge, NJ, starting in November. Please contact Ward S., the 2009 Jal-Con Chair at [serenityskit@yahoo.com](mailto:serenityskit@yahoo.com).

At the Area 45 Service Convention, the last weekend of March at the Crown Plaza in Cherry Hill, greeters are being sought for the multiple entrances. If this is a service you consider performing, please contact Marianne Hough at [marianne.hough@dhs.state.nj.us](mailto:marianne.hough@dhs.state.nj.us)

## Attention Groups

Please review your meeting information. This may include meeting time, location, current mailing address (CMA), contact person, etc. Group Registration/Group Records Change Forms are available at the Al-Anon Members website [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) (The password is your group followed by AFG), or through the NJIS or SJIS offices.

Please send updated information to:

1. *Al-Anon Family Group World Service Office* through [grprecs@al-anon.org](mailto:grprecs@al-anon.org)
2. *NJ Al-Anon Assembly* through the contacts link on the web page [www.nj-al-anon.org](http://www.nj-al-anon.org) (Corresponding Secretary & Internet Coordinator)

3. *North Jersey Information Services*  
at [northjerseyais@verizon.net](mailto:northjerseyais@verizon.net)

OR

*South Jersey Information Services*  
at [sjis@verizon.net](mailto:sjis@verizon.net)

## SAVE THE DATE!!!!

**Monday, 3-16-09 @ 6:30 pm, Mt. Ephraim Serenity Group's 6th Anniversary**

United Methodist Church, Center & New Jersey Avenue

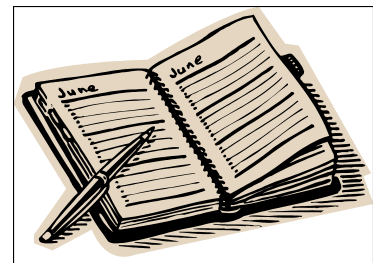
Mt. Ephraim, New Jersey

**March 27th thru March 29th 45th Annual Area 45 Annual AA Convention with Al-Anon Participation**, Crown Plaza, Route 70, Cherry Hill, NJ

**Saturday, 3-11-09 @ 9:30 am Jal-Con Committee Meeting**, Our Redeemer Lutheran Church, 4th & Ford Avenues, Ford, New Jersey

**Saturday, 4-25-09 @ 10:30 am Jal-Con Annual Meeting with JR Participation**, Our Redeemer Lutheran Church, 4th & Ford Avenues, Ford, New Jersey

**Saturday, 6-6-09 @ 11:00 a.m. AWSC Committee Meeting**, St. Cecilia RC School, 45 Wilus Way, Iselin, NJ



### NEW LOCATION:

New Jersey Assembly, Saturday

*March 7, 2009*

*St. Cecilia RC School*

*45 Wilus Way, Iselin, NJ*

*Meeting starts at 10:00*



**Hello everyone from your Area Archivist,**

Hope things are looking up in 2009. My goal this year is to get group histories for our Area. There are over 300 meetings in our Area. At present, I have only 26 group histories. That is SAD. Since I travel with my job, I go to different meetings across the state. I am now identifying myself as the Archivist and asking for and leaving the Group History Forms at the meetings I attend. I have been to Millville, Woodbury and Pitman last year and left information. In January/February, I will be in the Maplewood, Paterson & Union City Areas. Maybe I will see you there. If your group would like a form before I visit your meeting, you can always email me through our Web site: [www.nj-al-anon.org](http://www.nj-al-anon.org) and scroll down to SERVICE on the left hand side of the page; click Contacts then Archives to request form be emailed or snail mailed, and I will be happy to forward the History Form. I am currently working on two new posters to be ready for the March 1 Assembly Meeting. Please come and check out the Area Posters and find out more about your District and Area History!!

OMAT, Judy S., Archivist

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 we hear in Al-Anon.

In New Jersey, we have two information services:

North Jersey  
NJIS  
73 South Fullerton Avenue  
2nd Floor  
Montclair, NJ 07042  
973-744-8686  
[www.NorthJerseyAl-Anon.org](http://www.NorthJerseyAl-Anon.org)  
[NorthJerseyAIS@verizon.net](mailto:NorthJerseyAIS@verizon.net)

South Jersey  
SJIS  
116 White Horse Pike  
Suite 1 B  
Haddon Heights, NJ 08035  
856-547-0855  
[sjis@verizon.net](mailto:sjis@verizon.net)



**HELP WANTED**

**Area 36**

Needed: Those willing to grow by being in service. There are openings for coordinators for Area Assembly positions. Anyone interested, should contact Kathy B, Chairperson, for details. Better still, attend an Assembly meeting to see what it's all about.



Service Is An Adventure.

CALLING ALL GROUP REPRESENTATIVES,  
ALTERNATE GRS & GROUP MEMBERS:

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

All are welcome and encouraged to attend the next Assembly meeting on Saturday, March 7, 2009. If your group does not have a Group Representative (GR), ELECT ONE, or ask a group member to be a trusted servant for the day. This connects your group to Al-Anon worldwide as described in Concept One. This link provides a continuous chain of communication for the flow of information between the groups, districts, Assemblies, World Service Conference and the World Service Office. Bring a carload of Al-Anon members. See what the New Jersey Assembly is all about. Each group is entitled to a vote. Your group's voice and vote are very important.

GROUP CONTRIBUTION COUPON

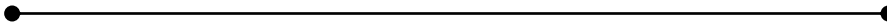
Please send contributions to: New Jersey Area Assembly  
518-7 Old Post Road #355  
Edison, NJ 08817-4683

Group Name: \_\_\_\_\_

Meeting Place & Time: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Contribution:\$ \_\_\_\_\_ WSO-ID # \_\_\_\_\_



Individual subscriptions to the Alagram are now available as follows:

- \_\_\_\_ Individual: one copy, 3 times 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: \_\_\_\_\_

Al-Anon Registration/Group Records Change Form

(1) WSO I.D. Number District Number Area Name (Abbreviation)

(2) Status  New  Change  Inactive  Not Sure If Registered

(3) Group Focus  Regular Al-Anon  Parents  Men  Women

(Check only one)  Al-Anon Adult Children  LGBT

(4) Changes  Current Mailing  Mtg Place  Mtg Day  Mtg Time

(Check all that apply) Address (CMA)  Group Name\*  GR  Contact

(5) Group Type  Closed\*  Open\*

(6) Special Needs  Babysitting  Handicap Access  Signing (ASL)  Limited Access\*

Language Spoken  Mailing Language

Special Instructions, i.e. use back door, etc. \_\_\_\_\_

(7) Special Meetings  Beginners\*\*  Introductory

See Beginners Meetings and Introductory Meetings in current Al-Anon/Alateen Service Manual P24/27

(8) Current Mailing Address: (All WSO mail for the group is sent to this address)

Name

Street/PO Box

City State/Province

Zip/Postal Code Country

Phone Number E-Mail

(9) Group name

(10) Meeting Place

(11) Meeting Address

City State/Province

Zip/Postal Code Country

(12) No. of Members

(13) Day: Su Mo Tu We Th Fr Sa Time: . AM PM

(14) Contacts (WSO refers newcomers and visitors to these members for information about your meeting.)

First Name Phone #

First Name Phone #

(15) For Area Use: Group Rep

Address

City State/Province

Zip/Postal Code Country

Phone Number E-Mail

(16) For Additional Area Use: (indicate title of service position.)

\_\_\_\_\_

Address

City State/Province

Zip/Postal Code Country

Phone Number E-Mail

Remove This Page and Send To:

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454

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

