

“HAPPY, JOYOUS & FUNKY!”: Welcome to Jal-Con 2011!

What’s shaking? Are you cats ready to have a happy, joyous and funky weekend? Well cool beans! It doesn’t matter if you are the “new kid in town” or if you are from the old school, you can take your recovery to the max this weekend. We have a gnarly Keynote Speaker Friday evening and “it’s only the beginning.” “Movin’ on up” to Saturday there will be many super cool topics to choose from, a banquet where I hear the food is dy-no-mite, four groovy speakers, and a dance. DJ Joe will have this joint jumping! Be there or be square!

Glad you decided to hang with us this weekend. I am so stoked that you took time for yourself to chill out. Do you dig it? The lowdown is that the disease of alcoholism is cunning, baffling and a great big “ball of confusion.” I learned that when I didn’t *put the focus on myself*, I was just “stuck in the middle.” This happened way too many times for me! So I asked myself, how many times “will it go round in circles?” I decided to get off this merry-go-round of denial because I was “running on empty.” Do you copy? Right on! Maybe someone “dropped the bomb” on you, maybe you’re “slipping into darkness”, or your life is just “upside down” at the moment. Don’t “freak out”- just “hold the line.” By finding a sponsor and working the program, you will find that no matter what life throws your way, you can still have a “peaceful easy feeling.” Your sponsor or a program friend will say “lean on me” while you are bummed out. You will also learn that “you can’t always get what you want.”

You may be thinking, “say what?” That’s alright; there will be days when you won’t always be “feelin’ groovy.” This is no jive talk now. When you learn to trust your Higher Power, you will realize that “you’ve got a friend” for life. A little rain may fall, but “somewhere over the rainbow” you will finally reach a “higher ground” and see that you will have “seasons in the sun.” There are “signs, signs, everywhere a sign” to guide you along your journey. So hang loose and “express yourself.” Sooner or later you will say to yourself, “I will survive.” Catch my drift? Here at Jal-Con 2011 “we are family.”

So keep on keepin’ on. Be sure to keep it real. If you have any questions during the weekend, be sure to holler at me or any committee member. We will help you out. I’ll catch you on the flipside.

Peace out,

Leslie H., Chairperson, Jal-Con 2011

Jal-Con 2011 Trustees

Trustee President: John S., Trustees: Lois G., John Wa., Martha Y., John Wo., and Yvonne H.

Jal-Con 2011 Registration - Ballroom Foyer

Friday 6:00pm to 8:00pm
Saturday 8:00am to 4:00pm

The Jal-Con 2011 Committee

Chair	Leslie H.
Co-Chair	Mike R.
Secretary	Jayna M.
Treasurer	Kim D.
Pre-Registration	Tara N.
Registration	Lucia W.
Communications	Laura G.
Entertainment/Hospitality	Nicole H.
Decorations	Karen C.
Hotel Liaison	Patti M.
Merchandise/Souvenirs	Eileen A.
Program	Sue C.
Souvenirs	Eileen A.
Alateen	Grace K.
Speakers	Mary Ellen P., Larry W.
Area Delegate	Paul G.
Alternate Delegate	Rich M.
AA Liaison Area 44	Phil M.
AA Liaison Area 45	Joe M.

The Committee Thanks

Mirta S., Georgie B., Kalpana K., our hardworking Trustees, and all those who helped get the word out!

Hospitality(Sit ‘n Chat)-Imagination Room, Main Floor

Friday - 3:00pm to 1:30am
Saturday - 8:00am to 1:30am
Sunday - 8:00am to 12noon

Jal-Con 2011 Information

ALATEENS

Alateens are cherished members of our Al-Anon Family. For their safety, ALL Alateens must present a Consent Form and be supervised by an adult at all times unless attending an AMIAS Supervised Alateen Meeting.

BADGES

Badges are your conference identification. Please wear your badge at all times. **NO ONE** WILL BE ADMITTED TO ANY JAL-CON EVENT WITHOUT AN IDENTIFICATION BADGE.

LOST & FOUND

Lost & Found will be located in the Hospitality Suite, Imagination Room (Sit 'n Chat) or at the hotel registration desk.

MESSAGE BOARD

Located in Hospitality Suite, Imagination Room (Sit 'n Chat).

MERCHANDISE

Visit our merchandise table in the Ballroom Foyer.

VOLUNTEER / SUGGESTION FORM / QUESTIONNAIRE

Located in the registration packages and/or at the Jal-Con Registration table in the ballroom foyer. You are strongly encouraged to fill out the Jal-Con 2011 Volunteer/Suggestion Forms. Please volunteer for the 2012 Jal-Con committee if you would like to see your suggestions in action. Please fill out the forms & place them in the boxes provided in the Ballroom Foyer. The convention occurs because members volunteer to be on the committee. *"When I Got Busy I Got Better."*

HOSPITALITY SUITE (SIT 'N CHAT) / FRESH COFFEE

The Hospitality Suite in the Imagination Room will have information on the hotel's recreation facilities and hours of operation, as well as information on local restaurants & houses of worship. Please feel free to make a Seventh Tradition donation for our coffee expenses.

CELL PHONES

Please remember to turn cell phones off or on "vibrate" mode while at the convention and when in meetings.

ALATEEN MEETINGS - Those marked "open" mean that ANYONE registered for the convention may attend. "Closed" means that only Alateens and assigned AMIAS may attend.

Please remember that Alateens **ARE** Al-Anon members and are welcome to attend ALL Al-Anon meetings.

Jal-Con 2011 Guidelines

- ❖ Alcohol, drugs or disruptive behavior will not be permitted at Jal-Con 2011. Violators will be asked to leave the premises.
- ❖ This is a family program. Try to introduce an Al-Anon, Alateen or AA member to another program's meeting and attend one of theirs. This does help to build communication and offer perspective. All meetings are open unless otherwise indicated on the schedule.
- ❖ Please be courteous. Turn your cell phone ringer off. Utilize the Hospitality Suite for one-on-one sharing or for "telling your story" to other members. Keep the hallways quiet during meetings.
- ❖ If you are underage, your parent or guardian for the weekend is responsible for you. **DO NOT LEAVE THE HOTEL.**
- ❖ During meetings please keep your sharing on the topic, and remember that part of sharing is **sharing time**. Keep your sharing brief so that others may have a chance to share as well.

Enjoy the 2011 Jal-Con Experience!

2011 Jal-Con Meeting Schedule

Friday- August 12, 2011

Time/Group	Activity	Room
6:00 pm - 8:00 pm	JAL-CON Welcome & Registration	Ballroom Foyer
7:00 pm - 8:30 pm	"Meet & Greet"	Labs 3 & 4
8:30 pm - 9:00 pm	Welcome/Opening	Labs 3 & 4
9:00 pm - 9:40 pm	Keynote Speaker -- Carmen R. - Trenton, NJ	Labs 3 & 4
10:00 pm - 11:15 pm	Candlelight Meeting "You Light Up My Life"	Labs 3 & 4
11:30 pm - 12:30 am	Night Owl Meetings	
Al-Anon	Fun: "Feelin' Groovy"	Lab 3
Al-Anon	Steps 10-12: "Stairway to Heaven"	Lab 4
AA	Focus on Yourself: "I Will Survive"	Bell
12:30 am - 1:30 am	Rooms Available to Rap	
Al-Anon	Open Discussion	Lab 3
Al-Anon	Open Discussion	Lab 4
AA	Open Discussion	Bell

Saturday- August 13, 2011

Time/Group	Activity	Room
8:00 am - 4:00 pm	Welcome/Registration	Ballroom Foyer
7:30 am - 8:30 am	Daily Reading Meetings	Room
Al-Anon	ODAT/CTC/HFT	Lab 3
Alateen	Daily Reading: "Good Day Sunshine" (open)	Armstrong
AA	Open Discussion	Bell

Saturday- August 13, 2011 (cont.)

Time/Group	Activity	Room
8:45 am - 9:45 am	Topic Meetings	
Al-Anon	Patience: "Time in a Bottle"	Sprague
Al-Anon	Betrayal: "You Dropped a Bomb On Me"	Tesla
Al-Anon	Steps 1-3: "It's Only the Beginning"	Edison
Al-Anon	Adult Children: "Still Crazy After All These Years"	Lab 4
Al-Anon	The Three A's: "Don't Give Up on Us Now"	Lab 3
Al-Anon	Feelings: "Hooked on a Feeling"	Lab 2
Al-Anon	Expectations: "You Can't Always Get What You Want"	Lab 1
Alateen	Fear: "Should I Stay or Should I Go" (closed)	Armstrong
AA	Self-Esteem: "Hooked on a Feeling"	Bell
10:00 am - 11:00 am	Topic Meetings	
Al-Anon	Spanish Speaking Meeting- Open Topic	Sprague
Al-Anon	Differences: "Ebony and Ivory"	Tesla
Al-Anon	Steps 4-6: "Movin' On Up"	Edison
Al-Anon	Gratitude: "Seasons in the Sun"	Lab 4
Al-Anon	Control: "That's the Way (I Like It)"	Lab 3
Al-Anon	Slips & Triggers: "Will It Go Round in Circles"	Lab 2
Al-Anon	Sex: "Some Kind of Wonderful"	Lab 1
Alateen	Forgiveness: "Sweet Emotion" (closed)	Armstrong
AA	Intimacy: "Close to You"	Bell
11:15 am - 12:15 pm	Topic Meetings	
Al-Anon	Slogans: "Sign, Sign, Everywhere A Sign"	Sprague
Al-Anon	LGBTI: "Over the Rainbow"	Tesla
Al-Anon	Steps 7-9: "Ain't No Stopping Us Now"	Edison
Al-Anon	Beginners: "New Kid in Town"	Lab 4
Al-Anon	Love: "More Than a Feeling"	Lab 3
Al-Anon	Making Decisions: "It's Your Thing"	Lab 2
Al-Anon	Anger: "Freak Out"	Lab 1
Alateen	Self-Esteem: "Don't Stop Till You Get Enough" (closed)	Armstrong
AA	Spirituality: "Running on Empty"	Bell

Saturday- August 13, 2011 (cont.)

Time	Topic Meetings	Room
12:30 pm - 1:30 pm	Al-Anon Honesty: "Midnight Confession"	Sprague
Al-Anon	Serenity: "Peaceful Easy Feeling"	Tesla
Al-Anon	Self-Esteem: "You're So Vain"	Edison
Al-Anon	Fear: "Disco Inferno"	Lab 4
Al-Anon	Resentments: "Express Yourself"	Lab 3
Al-Anon	Humor: "Disco Duck"	Lab 2
Al-Anon	Depression: "Slipping into Darkness"	Lab 1
Alateen	Steps: "Changes" (open)	Armstrong
AA	Forgiveness Family: "We Are Family"	Bell
1:45 pm - 2:45 pm	Al-Anon Family Renewal: "We Are Family"	Sprague
Al-Anon	Enabling: "Stuck in the Middle with You"	Tesla
Al-Anon	Boundaries: "Hold the Line"	Edison
Al-Anon	Trust: "You've Got a Friend"	Lab 4
Al-Anon	Intimacy: "Close to You"	Lab 3
Al-Anon	Divorce & Breakups: "Bridge Over Troubled Water"	Lab 2
Al-Anon	Higher Power: "Your Love is Lifting Me Higher"	Lab 1
Alateen	The Three C's: "We Will Rock You" (open)	Armstrong
AA	Amends: "Sorry is the Hardest Word"	Bell
2:45 pm - 4:00 pm	Al-Anon Long-timers Panel	Room
	Panelists: TBA	Lab 3
3:00 pm - 4:00 pm	Al-Anon Topic Meetings	
Al-Anon	Focusing on Ourselves: "Hello It's Me"	Sprague
Al-Anon	Communication: "We Don't Talk Anymore"	Tesla
Al-Anon	Money: "Running on Empty"	Edison
Al-Anon	Grief, Death & Dying: "I Will Survive"	Lab 4

Saturday- August 13, 2011 (cont.)

Al-Anon	Motives: "Cruel to Be Kind"	Lab 2
Al-Anon	Change: "Papa's Got a Brand New Bag"	Lab 1
Alateen	Anger: "More Than a Feeling" (closed)	Armstrong
AA	Fun & Humor: "Disco Duck"	Bell
4:00 pm - 6:30 pm	Banquet Preparation-- Labs 1-4 become Menlo Park Ballroom	
4:15 pm - 5:15 pm	Al-Anon Topic Meetings	Room
Al-Anon	Alcoholism: "Ball of Confusion"	Sprague
Al-Anon	Sponsorship: "Lean On Me"	Tesla
Al-Anon	Relationships: "Upside Down, Inside Out"	Edison
Alateen	Living with Active Alcoholism: "Thunder Road" (closed)	Armstrong
AA	Trust: "You've Got a Friend"	Bell
5:30 pm - 6:30 pm	Al-Anon Topic Meetings	Room
Al-Anon	Forgiveness: "Sorry Seems to Be the Hardest Word"	Sprague
AA	Open Discussion	Bell
6:30 pm - 8:30 pm	Banquet & Introductions	
		Menlo Park Ballroom
8:00 pm- 8:30 pm	Open seating to hear speakers for those not attending banquet	
		Lab 1
8:30 pm - 10:30 pm	Alateen--	Speakers
	AA--	Jon C., Bridgewater, NJ
	Al-Anon--	Merilyn M.-C., Westfield, NJ
		Kathy C., Marty C., Bridgewater, NJ
10:30 pm - 1:00 am	Dance	
		Menlo Park Ballroom
10:30 pm - 11:30 pm	Al-Anon Topic Meetings	
Al-Anon	Adult Children II: "Still Crazy..."	Sprague
Al-Anon	Manipulation: "What A Fool Believes"	Tesla
Alateen	Fun: "Just What I Needed" (closed)	Armstrong
AA	Forgiveness: "Sorry Seems to Be the Hardest Word"	Bell

Saturday- August 13, 2011 (cont.)

Map of Main Floor

11:30 pm - 12:30 am	Topic Meetings	
Al-Anon	Open Discussion	Sprague
	Open Discussion	Tesla
Al-Anon	Open Discussion (Adult Children)	Edison
Alateen	Relationships: "Let's Stay Together" (closed)	Armstrong
AA	Fear: "Should I Stay or Should I Go"	Bell
12:30 am - 1:30 am	Rooms Available to Rap	
Al-Anon	Open Discussion	Sprague
AA	Open Discussion	Bell
Hospitality Room Closes at 1:30 am		Imagination

Sunday, August 14, 2011

Time/Group	Activity	Room
8:00 am - Noon	Hospitality Suite/Sit 'n Chat	Imagination
8:00 am - 9:00 am	Daily Reading Meetings	
Al-Anon	ODAT/CTC/HFT -	Lab 3
AA	Open Discussion	Bell
9:00 am - 10:00 am	Topic Meetings	
Al-Anon	Joys of the Journey: "The Higher Ground"	Lab 3
Al-Anon	Faith and Hope: "Ain't No Mountain High Enough"	Lab 4
AA	Family Renewal: Chapter 9: "Afterwards"	Bell
10:20 am - 11:20 am	Spiritual Speaker	Lab 3
	Mary Ann R.- East Windsor, CT	
11:20 am - 12:00 pm	Farewell Shares and Closing	Lab 3
12:00 pm - 1:00 pm	Hotel Checkout	

QuickTime™ and a decompressor are needed to see this picture.

The Al-Anon Declaration

“Let it Begin with Me - When anyone,
anywhere reaches out for help, let
the hand of Al-Anon and Alateen always
be there and - Let It Begin with Me.”

IMPORTANT CONTACT INFORMATION:

New Jersey Al-Anon Assembly:
www.nj-al-anon.org

NJIS (North Jersey Information Service):
www.northjerseyal-anon.org
973-744-8686

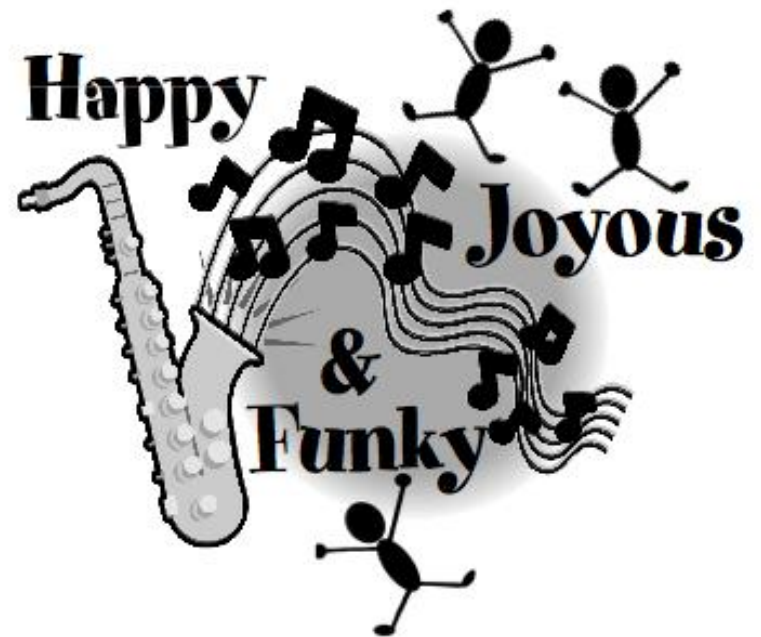
SJIS (South Jersey Information Service):
www.southjerseyal-anon.org
856-547-0855

Spanish Intergroup:
www.nj-al-anon.org/espanol

WSO (World Service Organization):
www.al-anon.org

Jal-Con: 888-796-6999

Jal-Con 2011



August 12, 13, & 14, 2011

36th Annual
New Jersey
Al-Anon
Convention

