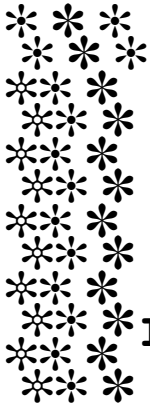


# Winter 2009/10 Issue



# AL-ANOTES



## Information Services Quarterly Newsletter

Published by North Jersey Al-Anon Information Services (NJ AIS)  
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### CALENDAR OF EVENTS

#### JANUARY

- 5 - Steering Committee Meeting (7:30)
- 12 - ISR meeting - Central Presb. Church,  
46 Park St., Montclair - 7:30

#### FEBRUARY

- 2 - Steering Committee Meeting (7:30)
- TBA - AMIAS Training (call office)

#### MARCH

- 2 - Steering Committee Meeting (7:30)
- 6 - Assembly - Iselin (10:00 AM)

#### APRIL

- 6 - Steering Committee Meeting (7:30)
- 13 - ISR meeting - St. Cecelia Church,  
45 Wilus Way, Iselin, NJ - 7:30
- 24 - North Jersey Spring Workshop

*Special Note:*

### THANKS

TO ALL THOSE WHO SENT A  
SPECIAL DONATION TO HELP  
DEFRAY COSTS OF OUR RECENT  
OFFICE MOVE!!

\*AMIAS=Al-Anon member involved in Alateen Service

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, LET  
THE HAND OF AL-ANON AND ALATEEN ALWAYS BE THERE  
AND ... LET IT BEGIN WITH ME.

### YOUR NJIS OFFICE HAS MOVED!!

**\*\*Same Phone Numbers**

**\*\*Same Address**

**\*\*Same helpful ladies in the office.**

**NEW E-MAIL: [northjerseyais@yahoo.com](mailto:northjerseyais@yahoo.com)**

**BUT: different rooms.** so, If you want to stop by the office to pick up books or answer the phone lines, please be aware that the office has moved. It's still upstairs, but down the hall.

"When I respond to a request for help with working the Al-Anon program, I help myself as well." *Courage to Change p, 266*

**24/12**

*What is this??*

--Donation of \$2/mo or just \$1/mo would help immensely toward the expenses of the NJ Information Services.

--Just sign up and get a *friendly reminder* when your donation is due.

--Of course, your donation is tax deductible.

--Feel that you can give more? That would be much appreciated!

Just a for a donation  
to NJIS & it!!

Please make extra copies of this newsletter to distribute to members of your group. A copy of this newsletter can be downloaded from [www.northjerseyal-anon.org](http://www.northjerseyal-anon.org) or [www.nj-al-anon.org](http://www.nj-al-anon.org)

# Thank You

## **FOR YOUR SUPPORT**

The NJAIS Office operates solely through the generous contributions of the NJ groups and individual members.

The Steering Committee sends a sincere **"THANK YOU!"** to the following meetings for their donations for the 3rd quarter 2009 (*Jul-Sep*):

- |                                |                              |
|--------------------------------|------------------------------|
| Basking Ridge - Wed.           | Netcong - Sun.               |
| Berkeley Heights - Mon.        | New Brunswick-Sun. A.M. Step |
| Bernardsville - Sun.           | New Brunswick - Sat. A.M.    |
| Boonton - Wed. A.M.            | New Monmouth - Wed. aft.     |
| Branchburg - Tue.              | North Bergen - Fri.          |
| Carteret - Fri.                | Norwood - Wed. AM            |
| Chatham - Wed.                 | Nutley - Fri.                |
| Chatham - Thurs. Alateen       | Oakhurst - Mon. A.M.         |
| Chester - Mon. & Fri. A.M.     | Oakhurst - Thurs. A.M.       |
| Clifton - Tue.                 | Pompton Plains - Fri.        |
| Columbia - Tue.                | Rahway - Sun.                |
| Cranford - Tue.                | Rahway - Mon.                |
| Cranford - Thurs.              | Randolph - Mon.              |
| Edison - Tue. Parents          | Red Bank - Sun.              |
| Englewood - Mon.               | Red Bank - Wed. Alateen      |
| Flemington - Mon.              | Red Bank - Thurs.            |
| Flemington - Wed. aft.         | Red Bank - Fri. Step         |
| Flemington - Wed.              | Ridgewood - Tue.             |
| Fort Lee - Sat. A.M. Ad.child. | Ridgewood - Wed.             |
| Glen Gardner - Wed. A.M.       | Ridgewood - Fri.             |
| Hackensack - Fri.              | River Edge - Mon. aft.       |
| Hillsdale - Sun.               | Rutherford - Mon.            |
| Ho-Ho-Kus - Sat. A.M.          | Somerset - Fri.              |
| Holmdel - Sun. A.M.            | Somerville - Mon.            |
| Iselin - Wed.                  | Somerville - Fri.            |
| Kearny - Sat. A.M.             | Sparta - Mon.                |
| Kinnelon - Tue.                | Sparta - Wed. aft. Step      |
| Livingston - Tue. aft.         | Sparta - Fri. A.M.           |
| Lyndhurst - Tue. A.M.          | Stanhope - Fri.              |
| Matawan - Wed. A.M.            | Summit - Sun. A.M. Discuss.  |
| Matawan - Thurs.               | Summit - Sun. A.M. Spiritual |
| Middletown - Sat. A.M.         | Summit - Sun. A.M. Step      |
| Midland Park - Mon.            | Summit - Fri.                |
| Milltown - Thurs.              | Teaneck - Tue.               |
| Montclair - Sun.               | Verona - Tue. Adult Children |
| Montclair - Mon. aft.          | Washington - Fri.            |
| Montclair - Mon.               | Wayside - Wed. A.M.          |
| Montclair - Tue.               | Wayside - Wed. A.M. Step     |
| Montclair - Thurs. Book Study  | Westwood - Fri. A.M.         |
| Montclair - Sat. A.M.          | Whitehouse Station - Sun.    |

"MAKE CHECKS PAYABLE TO: NJIS -- send to office"

**WANT TO ANNOUNCE SOMETHING IN AL-ANOTES?**

**WRITE TO: [swoffice@verizon.net](mailto:swoffice@verizon.net)**

**DEADLINE for Spring: March 1, 2010**

## A checklist for your group:

- √ Does your group have an ISR (Information Services Representative) who attends the quarterly meetings of the North Jersey Information Services?
- √ Does your group have a coffee can which goes around with the basket? The coffee can is for donations to North Jersey Information Services Office. You treasurer should send a check for the amount in the coffee can and get your group listed to the left!!
- √ Please share your anniversaries or other special announcements in Al-Anotes. Send info to: [swoffice@verizon.net](mailto:swoffice@verizon.net).

The Steering Committee and the staff of the North Jersey Information Services office wish to take this opportunity to wish you:

# **HAPPY & HEALTHY NEW YEAR**

## **2010**

**BETTER COMMUNICATION through e-mail addresses!!**

**We are starting an e-mail list to improve communication. Please send us your e-mail address if you would like to be included. We would appreciate the following info, but just your e-mail address would be GREAT!**

**E-MAIL ADDRESS, "HOME" GROUP**

**Send to: [northjerseyais@yahoo.com](mailto:northjerseyais@yahoo.com)**

To keep your anonymity, you will be contacted by a **blind carbon copy** e-mail with information concerning upcoming NJIS events, as well as the latest information concerning opportunities for service, and the special challenges faced by your North Jersey Information Service. Also, meeting information is now on-line at our web site, [www.northjerseyal-anon.org](http://www.northjerseyal-anon.org).