



Summer 2010



AL-ANOTES

N. Jersey Information Services Quarterly Newsletter

Published by North Jersey Al-Anon Information Services (NJAIS)
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CALENDAR OF EVENTS

JULY

- 6 - Steering Committee Meeting (7:30)
- 13 - ISR meeting - Central Presb. Church, 46 Park St., Montclair - 7:30
- 16-18 - JAL-CON - Hilton Hotel, E. Brunswick, NJ

AUGUST

- No steering committee meeting.
- 29 - Assembly Picnic in Holmdel(12-sunset)

SEPTEMBER

- 7 - Steering Committee Meeting (7:30)
- 24-26-AA NJ Area 44 Convention with Al-Anon participation

OCTOBER

- 2 - AWSC Meeting
- 5 - Steering Committee Meeting (7:30)
- 12 - ISR meeting - St. Cecelia Church, 45 Wilus Way, Iselin, NJ - 7:30

ISR REP --- Be sure your group is represented at the **ISR MEETING!!!!**

*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.

JAL-CON

Jul 16-18
Hilton Hotel - E. Brunswick
Colors: Green & gold.
THEME: Recovery: Extreme Makeover!
Jal-Con is New Jersey's annual Al-Anon convention with Alateen and A.A. participation

ANNIVERSARIES:

Come and celebrate!!!

- ⇒ Thur., Oct. 14th - Frenchtown - 7:30 PM - Refreshments Frenchtown Presbyterian Church, 20 Fourth Street
- ⇒ Wed., Oct. 20th - Flemington - Noon to 1:30 PM - Speakers & Refreshments Son Rise Bible Church, 262 South Main Street

THANK YOU!! Several people have stepped forward to assume positions on the Steering Committee. BUT, there are still some vacancies. This is rewarding service -- call the office for more information!!!

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 or 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 first quarter 2010 (Jan-Mar):

- Basking Ridge - Wed.
- Berkeley Heights - Mon.
- Bernardsville - Sun.
- Boonton - Wed. A.M.
- Carteret - Fri.
- Cedar Knolls - Thurs.
- Clark - Sat.
- Clifton - Tue.
- Closter - Tue.
- Edison - Mon.
- Edison - Tue. Parents
- Elizabeth - Fri.
- Englewood - Mon.
- Flemington - Wed. aft.
- Flemington - Wed.
- Fort Lee - Sat. AM AC
- Freehold - Mon.
- Frenchtown - Thurs.
- Glen Gardner - Wed. AM
- Hackensack - Fri.
- Helmetta - Thurs. aft.
- Hillsdale - Sun.
- Ho-Ho-Kus - Sat. A.M.
- Hoboken - Wed. Step
- Iselin - Wed.
- Kearny - Sat. A.M.
- Leonia - Wed.
- Livingston - Tue. Aft.
- Lyndhurst - Tue. A.M.
- Manasquan - T. & F.Men
- Manasquan - Thurs.
- Matawan - Wed. A.M.
- Middlesex - Thurs.
- Midland Park - Mon.
- Milltown - Thurs.
- Montclair - Sun.
- Montclair - Mon. aft.
- Montclair - Mon.
- Montclair - Tue.
- Montclair - Th. Bk Stdy
- Montclair - Sat. A.M.
- Montclair - Sat. Step
- New Brunswick - Sun. A.M. Step
- New Brunswick - Sat. A.M.
- Newton - Tue.
- North Bergen - Fri.
- Norwood - Wed. A.M.
- Nutley - Fri.
- Oakhurst - Thurs. A.M.
- Piscataway - Wed.
- Point Pleasant - Tue. Aft.
- Pompton Lakes - Mon. aft.
- Pompton Plains - Fri.
- Rahway - Sun.
- Rahway - Mon.
- Red Bank - Sun.
- Red Bank - Mon. Women
- Red Bank - Wed.
- Ridgewood - Wed.
- Ridgewood - Fri.
- River Edge - Mon. aft.
- Scotch Plains - Thurs. aft.
- Short Hills - Mon. A.M. Step
- Somerville - Mon.
- Somerville - Fri.
- Sparta - Fri. A.M.
- Stanhope - Fri.
- Summit - Sun. A.M. Discussion
- Summit - Fri.
- Teaneck - Tue.
- Union - Mon.
- Upper Montclair - Thurs. Men
- Verona - Tue. Adult Children
- Verona - Fri. aft.
- Washington - Fri.
- Wayne - Tue. Adult Children
- West Milford - Wed.
- Westfield - Wed. Parents
- Whitehouse Station - Sun.

SERVICE OPPORTUNITY **VOLUNTEER**

As you all know, a big part of our recovery includes service.

Well, here is a unique opportunity for service! The Montclair Office is in need of volunteers to assist with a variety of office related work. The primary need is for people to answer the phone when people call in seeking help with meetings or just a need to talk.

Do you have a couple of hours a month or week that you can do this much needed service? It doesn't have to be on a regular basis, even a couple of hours a month will help!!

***** CALL THE OFFICE *****



24/12

What is this???
How to sign up???
Just give a call to the office (973) 744-8686
--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!!

Our Treasurer would like you to know The presentation to the April ISR meeting contained a serious error, which unfortunately I did not notice at the time. It was reported that "Over 80% of our budget goes toward office staff, benefits and rent." The total for the office expense was less than 50%. We are making every attempt to reduce spending in these areas in order to provide more services.

54TH ANNUAL AREA 44 AA CONVENTION

September 24, 25, & 26, 2010

Doubletree Hotel, Somerset, N.J.

- ❖ **Alanon Speaker**
- ❖ **Alanon & ALATEEN Meetings**
- ❖ **Banquet, Dances**
- ❖ **Closed Meetings**
- ❖ **Don't miss a great opportunity to enhance your recovery.**

WANT TO ANNOUNCE SOMETHING IN AL-ANOTES?
WRITE TO: swoffice@verizon.net
DEADLINE for Fall: Sep. 1, 2010