

# Fall 2009 Issue



# AL-ANOTES



## Information Services Quarterly Newsletter

Published by North Jersey Al-Anon Information Services (NJAIS)  
73 South Fullerton Ave., Montclair NJ 07042-2627 (973)744-8686  
email: [northjerseyais@yahoo.com](mailto:northjerseyais@yahoo.com) \* [www.northjerseyal-anon.org](http://www.northjerseyal-anon.org)

### ✧ CALENDAR OF EVENTS ✧

#### OCTOBER

- 3 - NJ AWSC meeting, Iselin 11am
- 6 - Steering Committee Meeting (7:30)
- 13 - ISR meeting - St. Cecelia Church, 45 Wilus Way, Iselin, NJ - 7:30

***Every group should send a rep!!!!***

- 18-Alateen Action Comm. (1:00 PM) All AMIAS\* welcome.

#### NOVEMBER

- 3 - Steering Committee Meeting (7:30)
- 7 - NJ Assembly, Iselin 10:00 AM

#### DECEMBER

- 8 - Steering Committee Meeting (7:30)

#### JANUARY

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

\*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 available.
- 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 2nd quarter 2009 (Apr-June):

- |                               |                               |
|-------------------------------|-------------------------------|
| Basking Ridge - Wed.          | Montclair - Wed. aft.         |
| Belmar - Fri. A.M.            | Montclair - Thurs. Book Study |
| Bernardsville - Sun.          | Montclair - Sat. Step         |
| Boonton - Wed. A.M.           | Morristown - Sat.             |
| Boonton - Fri.                | North Bergen - Fri.           |
| Carteret - Fri.               | North Brunswick - Mon.        |
| Cedar Knolls - Thurs.         | Norwood - Wed. AM             |
| Chatham - Thurs aft.          | Nutley - Fri.                 |
| Clark - Sat.                  | Oakhurst - Thurs. A.M.        |
| Clifton - Tue.                | Piscataway - Wed.             |
| Colonia - Tue.                | Pompton Lakes - Mon. aft.     |
| Cranford - Tue.               | Pompton Plains - Fri.         |
| Edison - Sat.                 | Rahway - Sun.                 |
| Englewood - Mon.              | Rahway - Mon.                 |
| Flemington - Wed. aft.        | Ramsey - Thurs. A.M.          |
| Flemington - Wed.             | Ramsey - Fri.                 |
| Fort Lee-Sat AMAdult Children | Red Bank - Fri. Step          |
| Freehold - Mon.               | Red Bank - Sat.               |
| Frenchtown - Thurs.           | Ridgewood - Tue.              |
| Hackensack - Fri.             | Ridgewood - Wed.              |
| Hillsdale - Sun.              | Ridgewood - Fri.              |
| Ho-Ho-Kus - Sat. A.M.         | River Edge - Mon. aft.        |
| Hoboken - Wed. Step           | Rutherford - Mon.             |
| Holmdel - Sun. A.M.           | Scotch Plains - Thurs. aft.   |
| Iselin - Wed.                 | Short Hills - Mon. A.M.       |
| Kearny - Sat. A.M.            | Somerville - Mon.             |
| Kinnelon - Tue.               | Somerville - Fri.             |
| Leonia - Wed.                 | South River - Sat.            |
| Little Falls - Fri.           | Stanhope - Fri.               |
| Little Silver - Tue.          | Succasunna - Mon. aft.        |
| Livingston - Tue. aft.        | Summit - Sun. A.M. Step       |
| Lyndhurst - Tue. A.M.         | Summit - Wed.                 |
| Manasquan - Tue. & Fri. Men   | Summit - Fri.                 |
| Matawan - Wed. A.M.           | Teaneck - Tue.                |
| Matawan - Thurs.              | Union - Mon.                  |
| Middlesex - Thurs. Book Study | Verona - Fri. aft.            |
| Middletown - Sat. A.M.        | Washington - Fri.             |
| Midland Park - Mon.           | Wayne - Tue. Adult Children   |
| Milltown - Thurs.             | Wayne - Wed.                  |
| Montclair - Sun.              | Wayside - Wed. A.M.           |
| Montclair - Mon. aft.         | Westfield - Wed. Parents      |
| Montclair - Mon.              | Westwood - Fri. A.M.          |
| Montclair - Tue.              | Whitehouse Station - Sun.     |

Back by popular demand

☞☞ THE HOPE COFFEE HOUSE ☞☞

Oct. 24, 2009 - 7pm-10pm

First Lutheran Church

153 Park St., Montclair, NJ

Featuring the house band

*The Blue Print for Progress Project*

PLEASE COME AND SHARE YOUR CREATIVE TALENTS



ADMISSION:  
\$10 DONATION  
*That's Cheap!!*

Donations needed:  
Coffee, Tea, Desserts  
Cups, Plasticware  
Paperplates  
Candles & Tablecloths



For more information contact:  
Al-Anon Information Service Office  
(973)744-8686  
Eddy H(973)744-3894  
Unowho05@aol.com

## All proceeds from the coffee house go to: North Jersey Info Services:

S-o-o-o, what do they do??

- ☛ Publishes and distributes meeting lists.
- ☛ Sells Conference-Approved Literature
- ☛ Receives mail, phone and e-mail inquiries and channels them to the nearest group for help
- ☛ Maintains a listing in local telephone books.
- ☛ Sends Al-Anon member(s) for public speaking
- ☛ Publishes "Al-Anotes".
- ☛ Maintains a website that lists meeting info.
- ☛ Supports and participates in various Al-Anon and AA functions (Jal-Con, AA convention, etc.)
- ☛ Holds fundraiser for fellowship and operational expenses.
- ☛ Functions solely through the contributions of the groups and members it serves.

--> IMPORTANT: Every group should have a coffee can which goes around with the "donation basket" which is earmarked for NJIS -- *Does your group have a coffee can??*

sw3

WANT TO ANNOUNCE SOMETHING IN AL-ANOTES?

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

DEADLINE for Winter: Dec. 1, 2009