

# THIS DAY

www.nnjaa.org

News & Notes from NNJ General Service Area 44 and Northern New Jersey Intergroup



**A message from your Area Chair**

Greetings from your Area Chair. Thank you for the opportunity to serve you and Area 44. Recently we held our June Area Assembly and I'd like to express my appreciation to all the trusted servants and interested AAs who participated. Thanks to District 34 for being a gracious host. This assembly featured our Delegate's Post-Conference report and our Delegate, Wayne R., did a terrific job reporting back to us about what happened at the General Service Conference...the Post-Conference Report is the next best thing to being there!

We've been busy in Area 44 as well. Your History & Archives Committee has presented a recommendation that we host a hospitality suite at the 2015 International Convention. Information about this was sent back to the groups through the districts by your DCM and will be voted on at the upcoming Area Assembly (October 15 at Bethlehem



**A message from your Intergroup Chair**

At the July Intergroup Delegates Meeting, I had the privilege of giving the outgoing Intergroup Chairperson, Clay M., a ceremonial gavel – a token of our appreciation for two years of excellent service. Isn't that ironic? Before I was elected as chairperson (I was the only person running), I had two people tell me, I was not the boss and that I had no power. Then to prove that point we get a gavel after we step down.

Then what kind of AAs would we be if we needed a gavel? I would love to hear what your group has to say. This isn't about what I want or what you want. This is about what AA wants and that means the majority. That's why I like this service position, I don't get to vote. I watch and listen. I watch the

Church, 758 Route 10 West in Randolph). Our quarterly Assemblies are open to all interested AAs. Another item presented for consideration by the H&A Committee was to purchase special archival software. I'm pleased to report that a very generous AA member has contributed that software to the committee. On behalf of Area 44 I'd like to express our gratitude, with the anticipation that our very rich history will soon be more available to more members.

Another exciting update involves Garden State Young People (GSYP). GSYP asked the Area if they could hold their monthly meetings at the Area office.

Although not formally part of the Area's general service structure, GSYP does have a liaison on the Area Committee and we fully cooperate with one another. Once the logistics and insurance

concerns were worked out, it was a go. It's heartwarming to know that more young people in AA will be exposed to the opportunities and rewards of general service.

I can't write a message to you without mentioning the terrific and vital work our committees are doing. As you know, our primary purpose in Area 44 is to do vital 12th-Step work through our committees and conduct the busi-

**"I can't write a message to you without mentioning the terrific and vital work our committees are doing.."**

ness that makes this 12th-Step work possible. Committees such as Corrections, Cooperation with the Professional Community (CPC), Remote Communities,

Translation, Grapevine, Literature (to name a few) work to reach the still suffering alcoholic, each in their own special way. But they do need your help! If you think you might be interested in

**— HELP! —**

At the upcoming 55th Area Convention, the newsletter committee needs volunteers to:

- Be Roving reporters
- Write about a Convention Event
- Acts as a Play Critic
- Blog at the Convention

We'll be loaning roving reporters digital recorders so that they can ask people's impressions of the Convention and the plays. We also have a laptop computer at the Newsletter table where you can blog about any Convention event, meeting or speaker.

Stop by the newsletter table located in the hallway outside of the ballroom to sign up! — **The This Day Committee**

majority win all of the time and I listen to the minority. I can really identify with the minority. It takes courage to say "I think and believe otherwise."

What I learned from service in my home group is that what my home group wants is more important than what I want. What

the majority wants is more important than what I want. I need to learn to be less self-centered and realize there are more people here than just myself. Sometimes this is hard for me to accept but it's either AA or drink. Accepting things is sometimes painful, but for me,

alcohol is always a heart-crushing juggernaut that was incredibly painful to give up.

That's why it's so important for your home group to have an Intergroup

**"For complete happiness, resign as general manager of the universe."**

Anthony de Mello

Delegate. Things come up, we discuss and we decide. If your group is not represented then

your voice cannot be heard. That's too bad because I believe what makes AA great is the diversity of its members with all their different thoughts and ideas. If we do not hear those thoughts and ideas, then we are missing out and consequently AA misses out.

doing the kind of service that will reward you beyond your wildest dreams, check out one of our 7 standing or 14 special committees. You can learn a little more about them by visiting [www.nnjaa.org](http://www.nnjaa.org) and clicking "Service Committees" but the best way is to attend a committee meeting. You can find the various meeting times on [www.nnjaa.org](http://www.nnjaa.org) through the "Calendar" link.

I'd like to conclude with a word about GSR participation. One of the most important things we do as an area is host the assemblies that provide an opportunity for our GSRs to gather along with our area committee, voice their group's conscience, and cast their votes on the important issues that face AA today. It's this participation at these assemblies that helps ensure that the groups will continue to run AA, the spirit of our inverted triangle will remain solid, and AA will remain vital and effective well into the future.

You can always reach me by emailing [area-chair@nnjaa.org](mailto:area-chair@nnjaa.org); I'd love to hear from you.

**In AA Love and Service, Your Area 44 Chairperson, Jay E.**

The last thing I want to mention is that we are putting the finishing touches on Intergroup's Gratitude Brunch—truly a festive celebration—that is our way of saying "Thank You" to everyone, especially the delegates, for their service and dedication. It will be held on Sunday, November 20th. Hopefully, I'll see you there. Please come over and say "Hi!"

**In love and service, Your Intergroup Chairperson, Scott K.**

**also inside**

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**NEXT ISSUE DEADLINE NOV 11th  
NEWSLETTER@NNJAA.ORG**

## NIGHTWATCH

From the first meetings of Alcoholics Anonymous I attended, the message I heard was clear: Trust God, clean house and help others. At the time I wasn't sure what was needed on my part to put these simple principles into practice. Or if I had the strength left to even try. But I knew I was desperate for a way out of the alcoholic wasteland my life had become, and I was ready to try what seemed to be a better way. And it was. The message of hope was real.

The focus of my early days in AA was centered on not picking up the first drink or drug and attending a meeting(s) every day. The meeting place became my safe haven. It was here I had my first contact and real interaction with sober alcoholics. I was attracted to their honesty and sincerity, their acceptance of the sober life one day at a time, and their compelling sense of purpose and gratitude for this priceless gift they had received. One by one and as a group they shared their experience, strength and hope with me. Their enthusiasm and respect for sobriety and each other, their constant help and steady encouragement, saved my life. And it continues to save my life today. I have learned how to extend my hand and offer help, as well as to ask for and accept help for myself. So much of my sober life today is about

being present and available to experience and share my sober life up front and personal - recovery, unity and service.

Every day men and woman from all walks of life come to that hard place where questions about their drinking problem need to be asked, and Nightwatch is there to provide some answers and a helping hand in a way only a recovering alcoholic can. Whether it is providing meeting times and location to a first-timer, newcomer or a visiting AA, or providing an encouraging word and the Alanon help number to a concerned family member or friend, Nightwatch volunteer groups carry the message. They are the understanding voice on the other end of the line when the active alcoholic calls for help, ready to start the life-changing process of 12th-Step work through volunteer contacts; forming a chain of love and service that defines our primary purpose and gets the help to where it is needed most. Every time I hear an AA member share that their first contact with Alcoholics Anonymous was through the 1-800-245-1377 number, I know there was an Intergroup or Nightwatch volunteer and contact person there to answer the call and carry the message.

Nightwatch is a group and individual 12th-Step commitment that enables Intergroup to answer the 1-800 number overnight and on weekends when the office is closed, and provide a "live" AA contact nearly 24 hours a day, 7 days a week. Each week-long Nightwatch

commitment requires 11 time slots be filled: Monday through Friday 6pm - 8am and 3 shifts each on Saturday and Sunday. Incoming calls to the 1-800 number are forwarded automatically to the Nightwatch volunteer's home phone. On a normal Nightwatch shift, the majority of calls will be for information on meeting times, format and location. If a 12th-Step referral is requested the Nightwatch volunteer will ask for the caller's phone number and general information, and then call a local 12th-Step contact from a list provided. The local AA contact will return the 12th-Step call. The home phone numbers of the Nightwatch call-takers and the 12th-Step contacts are never disclosed to the outside callers. Complete information and 12th-Step contact lists by county and town are included in the Nightwatch manual provided to each volunteer. The operational procedures and additional resource information are all there in the manual or under the Nightwatch tab on the Northern New Jersey AA website ([www.nnjaa.org](http://www.nnjaa.org)). We each bring a personal touch to the Nightwatch commitment; our individual AA experience, strength and hope.

In my experience, a Nightwatch commitment offers AA groups and members a valuable opportunity to work together and be of service to each other and the alcoholic who stills suffers. I remember the anxiety I felt as I got ready to start my first Nightwatch shift. I projected that I would get more calls for help than I could possibly handle, and questioned if I'd have the right mix of experience, strength and hope to share. I remember being apprehensive about calling a 12th-Step contact, who I didn't know, in Toms River at 1am to ask if she'd call a woman who was self-pitying and defensive in turns, but who was asking for and needed something only we can share, then and there. I guess I was afraid I would be inconveniencing the contact and she would get

mad at me. But to my relief she said she would call. That's the reason she put her name on the 12th-Step contact list in the first place; she was grateful for the opportunity to be of service and share her gift of sobriety with someone in need. I like to believe both women are alive and well and sober in AA today.

Encourage your home group to consider taking a Nightwatch commitment and complete the 12th-Step contact form when it periodically comes around. If your group doesn't have enough active members to fill all the shifts, reach out to a neighboring group and share the commitment. It's another great way to establish unity and solidarity through service within your local AA community. There is a positive sense of purpose and accomplishment in successfully planning and coordinating the assignments and carrying them out, and the individual experiences shared are reaffirming and encouraging. The South Orange Sunday Group and Village Group have shared Nightwatch commitments over the years and are preparing to do so again. The groups have developed a unique bond over the years that is one part sibling rivalry, one part good-natured ribbing, and Nightwatch is part of our shared experience and tradition. Both groups are committed to supporting each other and carrying the AA message to our local community. Nightwatch is one way we choose to do that.

For more information or to volunteer your group for a Nightwatch commitment contact the committee at [Nightwatch@nnjaa.org](mailto:Nightwatch@nnjaa.org). The committee meets on the third Wednesday of odd-numbered months at 7:30 pm at the Intergroup Office in Union. Stop by and give it a try. Nightwatch needs your support to carry the message 24/7.

**Joe F., South Orange Village Group, Nightwatch Committee**

### Area Treatment Facilities Committee



## Treatment Talk

Greeting from the Area Treatment Committee. I thought I would take a shot at writing about treatment this month. Our committee consists of only 6 district representatives each of the representatives work with two and sometimes three neighboring districts. I am happy to report that we held our annual Treatment Workshop in July and it was very successful. We had four treatment professionals attend who were very interested in our presentations. Two of them spoke about working at treatment facilities and their responsibilities. Our delegate Wayne—who was voted the Treatment Chair for next year's 62nd General Service Conference—shared on the treatment issues covered at the 61st General Service Conference. We also wish to thank CPC and Remote Communities/Special Needs for their

presentations. If you missed our workshop we will be doing it again at our area convention, September 24th. Be sure to check out what time and room in the program.

Our newest request for treatment help came from Summit Oakes Hospital in Summit. They are looking for a detox and a Big Book meeting at their facility 5 afternoons a week. This seems to be a trend. Many facilities are requesting day meetings. In a normal economy this might present a problem, but in today's economy many of us have our days free.

Our Bridging the Gap Program is in full operation. We have 33 Bridges so far this year mostly from Florida but we have several referrals from Intergroup and Turning Point. We even have 2 Bridges from Tennessee and Arkansas. In case you are wondering all of the BTG coordinators have each others contact information throughout the US and Canada.

Looking forward to see everyone at the area convention.

**In love and service, Bill L., Area 44 Bridging the Gap Coordinator**

### Area Literature Committee



Wow! Where did the summer go? It was a great summer for the literature committee; we got to go to picnics, days of sharing and sober fests. We got to spend time with our friends and made new ones at the same time carrying the message of hope to the still suffering alcoholic. Just because the weather is starting to change, the mission is still the same. Making sure our literature is available to anyone who wants it or needs it.

September is a busy month for literature we will be at bookers on

Sept. 11th at 6am, intergroup on the 12th, and sales at the area office on the 19th from 6:30 - 7:30 pm with the committee meeting following. Then there's the area convention on the 23rd, 24th and 25th. Stop by and say hello, we will be selling literature all three days.

The literature committee would not be able to sell one book if it were not for the men and women of Area 44 who give their time so freely to work on the literature committee. On behalf of Area 44 thank you.

Let's not be sad that the summer is over. Let's be glad that we were sober to enjoy it.

**Yours in service, Bobby B., Area Literature Chair**

Greetings from all of us at the GSR Mid-Winter Luncheon

**From your Area Mid-Winter Luncheon Chair**



Winter Luncheon Committee. We are working with spirit to bring you a relaxing, informative, and delicious luncheon on Sunday, February 12, 2012 at the Forsgate Country Club in Monroe Township. For complete details see the event flyer reproduced at right in this newsletter. We will have two speakers this year; Eva S., GSO Staff Member, 2012 General Service Conference Coordinator and Ami B., Executive Editor/Publisher, AA Grapevine, Inc. We will also have two of our very own GSRs share their experience, strength and hope as a GSR.

The purpose of the GSR Mid Winter Luncheon is three fold: It focuses primarily on the GSR's commitment to the group and to AA as a whole. Considering that the time that is put into being a GSR often seems to go unnoticed, and underappreciated, the Luncheon is a way of showing gratitude for their efforts to keep the lifeblood of AA, the home group, involved in AA worldwide. Secondly, the luncheon introduces the new GSRs to the entire area and the area officers. The GSR's participate in putting on the luncheon by contributing with their talks. Finally, it allows our family members to join us in a social setting with our AA Service Family.

The first Area Luncheon on record was held at the Sheraton Regal in Piscataway on April 5, 1981, and it has moved around to several locations since then. Although attendance was small at first, we now average over 300 AAs and their families.

Please come and join us in this fun, mid-winter diversion, and meet your new GSRs, current and past delegates and trustees, and other visiting delegates from around the region. All are welcome to join this spirited committee. We meet on the 2nd Tuesday of each month at 7:30 pm at the Area office.

**Yours in service, Barbara B.-R. and Jean L., Mid Winter Luncheon Chair and Alternate**

**N.N.J.G.S. AREA 44**

**Annual GSR Mid-Winter Luncheon**

(Open to all AA Members)

**“Anonymity: Our Spiritual Responsibility in the Digital Age”**

**Sunday, February 12, 2012**

**Forsgate Country Club**  
**375 Forsgate Drive**  
**Monroe Township, NJ 08831**

**Price - \$32.00**

Deadline for Tickets: **Monday, January 30, 2012**

(NO TICKETS SOLD AT THE DOOR)

**TIME:** **12:00 p.m. to 12:30 p.m. (Fellowship)**  
Coffee, Crudités & Dip

**LUNCH:** **12:30 p.m.**  
Menu: TBD  
(Vegetarian Dish [TBD] upon request)

**LEADER:** **Barbara B.-R., Area 44 Mid-Winter Luncheon Committee Chair**

**SPEAKERS:** **Eva S., G.S.O. Staff Member, 2012 General Service**  
Conference Coordinator  
Ami B., Executive Editor/Publisher, A.A. Grapevine, Inc.

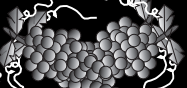
**MORE INFORMATION PLEASE CALL**

e-mail: [luncheon@nnjaa.org](mailto:luncheon@nnjaa.org)

\*\*\*\*ASL and Spanish interpreters will be provided\*\*\*\*

## Area 44 featured on Grapevine site

Area Grapevine Committee



A story about Area 44 is featured on *GrapeNet*, the new GvR forum at [aagrapevine.org](http://aagrapevine.org). Our committee shared what we've learned over the years about raising awareness of the Grapevine & La Viña as helpful tools of recovery. There's also interest in our plays from all over the country and we've gladly shared scripts with other Areas. But the 'premieres' will always be at Area 44 Conventions, in front of the most appreciate, forgiving audiences in the world. Here's hoping this year's parody, 'Oliver with a Twist' is fun for all.

At the convention we'll also have two brand new Grapevine books for sale: *Step by Step*, and *Emotional Sobriety II*. In addition, we'll have all the classic books and CDs, as well as 2012 calendars and pocket planners (which make great holiday gifts for sponsees or sponsors.) Please come visit our table.

There are also brand new subscription options available, including 'Grapevine Complete.' It's everything a Grapenut could want: the print edition of the Grapevine, weekly themed story collections, online issues of the Grapevine and La Viña, Audio Grapevine, and access to the Story Archive (a treasure trove of AA experience strength and hope, starting from the magazine's early days in the mid '40s and indexed by topic.) 'Grapevine Complete' is a \$173.85 value, but it's only \$49.97. You can check it out for free right now with the 7-day free trial. Go to [aagrapevine.org](http://aagrapevine.org) for more details.

You can also see the financial progress of the Grapevine at the Tools and Resources section of the site, including the latest subscription counts. Area 44 is certainly doing it's part. We've added over 40 new subscriptions so far this year.

Last but not least, La Viña just turned 15 years old. Happy Birthday!

**Yours in service, Jeff W., Area Grapevine Chair**

## Money and The Grapevine

As far as we are concerned the articles in the Grapevine are some of the best reading material in AA. Those articles have given a lot of us insights into Spirituality, Sponsorship, Relationships, The Steps, ourselves, and much, much more.

The questionnaire going around a while back asked what should be done about the high cost of publishing the Grapevine? The Grapevine is losing money, and the very low subscription rate—only 5% of members subscribe—have caused us concern. People in the specialty magazine business tell us that re-readership—people who read the grapevine free—only increase the readership to a total of 20% of the membership. We think that is too low for such an important tool in our recovery.

The real question comes down to money. We have to start thinking out of the box of print publishing and into the Internet Age. In any age our primary purpose is to stay sober and help other alcoholics achieve sobriety. The content in the Grapevine carries that responsibility exceptionally well and we want that content to reach many more alcoholics. So we propose to put that awesome

content of the Grapevine onto all AA web sites FREE with the same access you would have finding a meeting or asking for AA information.

Now we understand not everyone has a computer or access to one but most computers have printers. We could simply print out the appropriate articles for prisons, hospitals, shut-ins and people without computers and for discussions and handouts at meetings. We have brought used Grapevines into prisons, hospitals, etc. for years.

I've read many Grapevines second hand and never had a subscription. Let's not forget the book Alcoholics Anonymous our basic text can be picked up in any library free.

So putting the Grapevine on the AA web sites would solve the Grapevine and the GSO's money problems which in turn reduces the demands on the meetings baskets. If money is keeping us from doing our primary purpose maybe FREE is better. It would also get that fantastic Grapevine content out there to many more AAs and help us to fulfill our primary purpose.

**The Grace of God Friday Night Group, Fords**



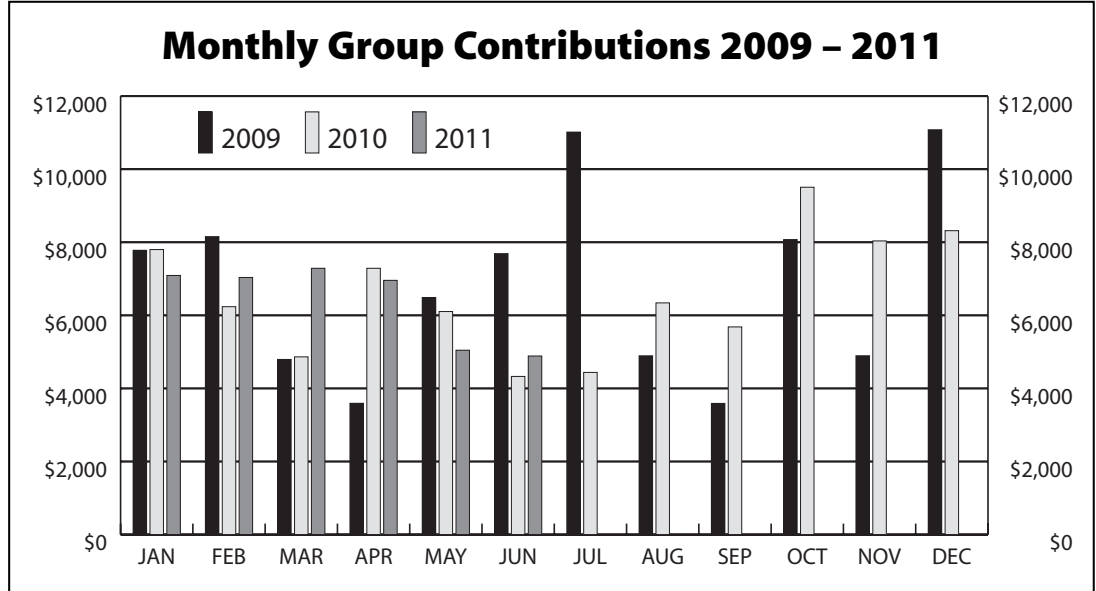
## Service Keeps You Sober

Hello everyone! I hope you have enjoyed a great sober summer. What a gift to be able to walk outside into the sun and enjoy the warmth on my skin. Back in the day, I would walk outside and the sunshine would blind me and the heat would push my hangover to the next level of Dante's inferno. No more of that - thanks to God and Alcoholics Anonymous!!

It has been 227 days since taking on the honor of being your Area 44 Treasurer. Time really goes so fast! I would love to report that all the piles of paperwork have been completely organized and filed appropriately, but this is an honest program. It seems that there is always something new to do and I'm always pulling out something for reference. It's all good!

Over these past few months, we have reviewed expenses and are working to reduce them wherever possible. We have purchased a new phone system which will save us hundreds of dollars next year. That leads to more literature available to do twelfth-step work! Thank you all for your contributions and support for our outstanding committee work! As always, reaching out to the still sick and suffering alcoholic is job #1!

One of the questions that has come



up a lot since June has been whether the group contributions are on the same track as previous years. I pulled out more paperwork and looked back over the past few years, and made up the attached bar charts to show you what I found. We are running a little lower than 2010 and even lower than 2009. The charts also show that no year is like the year before. Some years, most contributions come in at the end of the year. Please bring this information up at your next group business meeting for a discussion about the 7th tradition.

And speaking of the 7th tradition, please mark your calendars! On Saturday, October 29th at 9:30 am, we will be hosting our first 7th Tradition Workshop at the Area Office in South Plainfield. We plan on answering all the

questions you may have and help show your group how this Tradition affects your group, other groups and AA as a whole. Keep your eye open for the flyer coming soon on the area website at [www.nnjaa.org](http://www.nnjaa.org).

Hope to see everyone at the Area Convention in September and the Area Assembly in October!

**In A.A. Love and Service,  
Chuck F., Treasurer**

**Area History and Archives Committee**

Look for this ticket at the Area Convention! It is your ticket to an enjoyable surprise afternoon event **Saturday, Sept. 24th 4:00pm** **The Ballroom** Hope to see you there,  
*Yours in service,*  
**Brenda D., Area Archives Chair**

up a lot since June has been whether the group contributions are on the same track as previous years. I pulled out more paperwork and looked back over the past few years, and made up the attached bar charts to show you what I found. We are running a little lower than 2010 and even lower than 2009. The charts also show that no year is like the year before. Some years, most contributions come in at the end of the year. Please bring this information up at your next group business meeting for a discussion about the 7th tradition.

**DISTRICT 37**

**5th ANNUAL DAY OF SHARING**  
**Saturday, October 22 from 9am - 4pm**  
**STEP FIVE**

- Meetings ▪ Fellowship ▪ Workshops ▪ Guest Speaker
- FREE Breakfast & Lunch ▪ Limited Child Care Available

**Presbyterian Ch. on the Green 147 Broad St, Bloomfield**

<b>RUS SERVICE CORPORATION T/A NNJGS AREA 44</b>		
<b>2011 YEAR TO DATE COMPARISON REPORT - 2010 AND 2011</b>		
<b>FOR PERIOD ENDED MAY 31st</b>		
	<b>2010 - May</b>	<b>2011 - May</b>
<b>Checking Account<sup>(A)</sup></b>		
Balance as of the January 1st	\$25,810	\$18,796
Group and Individual Contributions	32,396	33,582
Total Other Receipts		
(Intergroup, Literature & Grapevine Sales, etc.)	40,950	47,824
Total Expenses		
(Standing & Other Committees, Lit. & GV Purchases, etc.)	(70,422)	(89,478) <sup>(B)</sup>
Transfer (To) / From the Money Market Account	0	(574)
Balance as of the last day of the Month	28,734	10,150 <sup>(D)</sup>
<i>Prior 12 Months Avg Monthly Total Expenses Times Two.</i>		
<i>Finance Guidelines state the checking account balance should not exceed this amount</i>	25,262	33,572
Account Balance Over / (Under) Guideline	\$3,472	(\$23,422)
<b>Money Market Account<sup>(A)</sup></b>		
Balance as of January 1st	\$42,950	\$42,993
Interest Received	17	18
Transfer (To) / From the Checking Account	0	574
Balance as of the last day of the Month	\$42,968	\$43,585 <sup>(C)</sup>
Prudent Reserve (50% of the prior 12 months Operating Expenses)	\$43,143	\$50,045
<b>FOOTNOTES</b>		
(A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.		
(B) Included are budgeted expenses of \$45,671 for the five months ended May 31, 2011, compared to a full year expense budget of \$113,045. Other includes non-budgeted payments of \$44,381 for Literature & Grapevine inventory purchases, Mid-Winter Luncheon and other items.		
(C) May 31, 2011 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) May 31, 2011 amount includes Designated Funds of \$2,051 of Jailbox Contributions.		
<b>Summary of Official Approvals/Reviews</b>		
<u>Individual/Group</u>	<u>Action</u>	<u>Completed Through</u>
Treasurer	Approved	May, 2011
Alternate Treasurer	Approved	May, 2011
Finance Committee	Approved	May, 2011
Officers	Reviewed	May, 2011
Area Committee Members	Approved	May, 2011
Area Assembly	Approved	Mar., 2011



# Hidden Treasure in AA

**J**was sober 3 or 4 years when a member of my home group suggested taking a commitment to bring meetings into a local jail. Never being incarcerated, I thought how could I possibly relate to the inmates or them to me. I try to follow suggestions, so I contacted the district corrections chair, filled out the required paperwork, and waited. After about a year I figured this was not meant to be. What a relief! I have seen and heard so much, from TV, about all the negative stuff that goes on in jails and prisons, and I was afraid of what I was getting myself into.

Well, my Higher Power had other ideas and I was approved. I had to go for finger printing, photograph, and orientation to get an official "Get out of Jail" ID card. Again that fear came up the first time I visited the jail. Thank God I was not alone and the old timers were there to show me the ropes and share their experiences.

As time went on, I began to look forward to visiting the jail. Our meetings are like any AA meeting. There are guys who have been to meetings on the outside and newcomers to jail and AA. As you may imagine there isn't much to do while inmates are serving jail time, so many of them look forward to our weekly meetings. One of the guys shared one evening, "I stopped counting the days and started counting Thursdays" (our meeting day). Talk about being grateful! I will never forget what he said.

Our Big Book talks often about being prejudice to people, places and things that we do not understand. When I have an open mind and take the time to understand what I do not know, I find out more of what I do not know. Our literature also mentions, in many ways, that nothing will ensure our sobriety more than helping another alcoholic. Trusting my Higher Power and passing it on is how I stay sober today. I treasure my sobriety today and have found a mother load. **In Loving Service, Ken**




**M**y experience with the Corrections Committee began when I was incarcerated in 2005. The women from AA brought meetings and AA literature into the jail. I remember feeling embarrassed and ashamed having to face my AA friends from the outside while I was now "on the inside." I knew I needed the meetings and had to face my friends sooner or later. I could not allow my mistakes to interfere with getting what I needed, and that was the AA message.

To my surprise my friends were non judgmental and happy to see me. They explained that they knew how I felt, even though they had never been to jail aside from bringing in the meetings, their actions were similar they just didn't get caught. I felt a great relief hearing this from the women I looked up to. It made going to the meetings in jail and when I got out of jail a lot more comfortable.

When I was released I went to the Area 44 Convention and attended the Corrections Workshop. I wanted to express my gratitude to the people responsible for making sure there were meetings and literature available in the jails. Without that help my stay in jail would have been horribly worse. That workshop is where I learned about the "Jail Box" and the "Pink Can" and how important those two things are in helping get the AA message to the incarcerated alcoholic. I learned that in 1 year over \$10,000.00 worth of books and Grapevines go into institutions, and the majority of that is provided by the box and can.

At that workshop I decided I want to be a part of what was so freely given to me when I did not have the freedom to make my own choices. My only free choice in that jail was to go to AA and do the next right thing when I got out. I have been a part of the Corrections Committee ever since September 2005. I give back every chance I get. I tell people, "You don't have to go into the jail or have been in jail to do corrections work. It is as easy as starting a pink can or jail box at your home group, or rid your house of all those old Grapevines. Believe me someone in jail will definitely appreciate them – I definitely did!" I cannot bring a meeting into the jail I was in back then, so I go to other places that will allow me to speak, the places are not as terrifying as people imagine. Just like I thought an alcoholic was the guy in the trench coat with the paper bag of wine, the incarcerated alcoholic is no more than you or me behind bars. **In love and service, Susan D.**



**A couple of people have asked me why their groups are not mentioned in *This Day* as they had sent jailbox contributions to the area. I realized that the ones mailed in to the Treasurer, the corrections committee Chair never sees. Below is a complete list of all the postings since March. I plan to send *This Day* a list of contributors in every future issue. I apologize for any inconveniences which this might have caused. Yours in service, Chuck F., Area Treasurer.**

Annandale Thurs	Denville Union Hill Drop In Center	Hewitt North Jersey Referral Grp	Netcong Big Book Study	South Orange Village Group	Vernon Tuesday Night
Night Mens	Districts 1/2	Highland Park Mon. Nite Grp.	New Horizons	Spring Lake Heights Group	Verona Hill Street Blues
Atlantic Highlands By the Book	Districts 15/21	Holmdel Life Line Group	New Vernon Lunch Meeting	Sunday Big Book	Verona Monday 12:15 CD
Bayonne Midtown Grp	District 18	Kinnelon Serenity Seekers	New Brunswick Wed Night	The Loft- Last Call Group	Vision For You
Belleville Thursday Night	Districts 20 & 39	Little Silver Saturday Night	Old Tappan Day Group	The Rocky Hill Group	Warren Womens Group
Belle Mead Growing Thru Sharing	District 36	Manasquan Sat. 8:30am Step	Plainfield Warren Womens Grp	Three Bridges Miracles Meeting	Washington Living Sober
Bloomfield Last Resort	Early Riser Group	Matawan Smoglifters	Point Pleasant Lost & Found	Tuesday Good Morning Serenity	Westfield Wed. - I am Responsible
Boonton Tuesday Night	E. Brunswick Mon - Give & Take	Matawan Tuesday Night	Red Bank Fri Night Sober Fun	Tuesday Night West Orange	West Milford Group
Clifton Three Legacies	Fair Haven Early Risers - Fri AM	Matawan Wednesday Morning	Serenity Porch Group	Upper Montclair Live/Let Live	Working With Others Group
Cranford Tuesday Night	Friends of Bill	Mens Sick As Your Secrets	Soberly Speaking	Upper Ridgewood Womens' Group	Woodbridge Time Takes Time
	Haledon On a Different Footing	Metuchen Saturday Morning	Somerset Hills Group	Vernon Monday Night	Wyckoff Positive Thinkers

**The Corrections Committee would like to thank the following groups and districts for their Pink Can and Jail Box contributions:**

## THIS DAY www.nnjaa.org from your newsletter committee

**W**e've got big ideas on the newsletter committee. Did you catch our plea for help centered on page one? Please visit our table outside the Grand Ballroom at this year's convention. You can sign up to be a "Jimmy Olson" or "Lois Lane"—sorry the "Perry White" position is already taken—and help us out by reporting on the various events taking place at the convention. It is an experiment, let's see how we make out. Remember *This Day* is your newsletter.

### Winter Issue Theme

For the Winter Issue's theme you've voted for the theme *The Co-Founders of AA*. We would like you to consider your answers to the following 5 questions.

- 1) What do the Co-Founders mean to your sobriety?

- 2) Where does your knowledge of the Co-Founders come from?
- 3) How can Area 44 and AA as a whole better serve you in providing more knowledge about our Co-Founders and AA history?
- 4) Our Co-Founders had different styles and personalities. Do you identify more with Bill W. or Dr. Bob?
- 5) Have you ever visited a) Dr. Bob's Home/gravesite in Akron, Ohio; b) Bill and Lois' house, Stepping Stones in Bedford Hills, NY; or c) Bill's birthplace in Vermont? What was your experience?

Look for the survey sheets that you can fill out at the Area Convention and October Assembly. As usual you can always complete the form online and submit it to us. The questions are only to get you thinking about the topic. Please feel free to write a story a story about the topic if you would like and email it to [www.newsletter@nnjaa.org](http://www.newsletter@nnjaa.org)

### Vote for Future Themes

For the past several years, each issue of *This Day* has included a theme. The Spring issue each year is dedicated to the Mini-conference and the topics chosen for discussion. For the other issues during the year, a theme is chosen based on the themes voted on by the Fellowship in our Area. In this year's Summer issue, for example, the theme was "*Young People in AA*" (see pgs 6, 7, and 10 in this issue) this issue's theme is "*Service and Your Sobriety*" (see pgs 8 and 12). For each themed issue, the Newsletter Committee prepares a survey with 5 or 6 questions which can be filled out on the Area website ([www.nnjaa.org/ThisDay.htm](http://www.nnjaa.org/ThisDay.htm)) or on paper at various Area and District events. Articles associated with the theme for an issue are always appreciated!

The last Theme survey was conducted in 2010. It's time to vote on a new set of

survey Themes for 2012. The Newsletter Committee has prepared the following list of themes for you to vote on:

- Service Sponsorship
- The AA Grapevine and Your Sobriety
- Helping the Newcomer
- The Slogans of AA
- Visiting Historical AA Sites
- The Traditions and Concepts in all Your Affairs

You can vote for your top 3 themes from the above list by:

- Filling out a survey form on the Newsletter page of the Area website
- Filing out a paper form and placing it in a box on the Newsletter table at an Area or District event
- Faxing a complete form to the number provided on the form

You can even suggest a topic of your own and vote on that! Please take the time and fill out a survey. After all, *This Day* is your newsletter!

**Jeff B., This Day Committee Member**

## More Young People's Stories

### ALYSSA'S STORY

**J**was 23 years old when I first came to AA. I had been to an NA meeting when I was 18 to support a friend. I related to what was being spoken about, but the second I went out the door the message left me. I came into AA because I had hit a point where I was willing to do anything to stop feeling the way I did, it just so happen to be while I was still young.

When I walked into my first AA meeting, I immediately felt as though I was home. I was relieved to be in alcoholic because I truly thought I was crazy, AA provided me with a solution to the problem I wasn't sure of. As soon as the meeting was over a group of young girls came over to me and gave me their phone numbers. It was great to see such a young crowd!

I was greeted by old timers after the young girls spoke to me. They were welcoming and warm.

It is incredibly important that to me that I find AAs my age yet I feel a balance is necessary. It was a relief to see young sober people doing the right thing, working a program and enjoying life. Those are the people I surround myself with today. Yet, I also need the old timer's wisdom, knowledge and experience of life and the AA program.

Yes, I had attended a dance or two and heard a speaker discuss GSYF. I went up to him and found out more information, attended a business meeting and decided to get involved.

I have been involved in GSYF for almost a year now as the secretary and was also the Alternate Special Needs Chair for the 52nd Annual ICYPAA held in NYC this past year. Service in general is a fantastic enhancement to my sobriety, keeping me accountable and involved in 12th step work. A young people's committee is fantastic because you are learning with people your own age.

This year I attended my first ICYPAA. I have also attended numerous other Young Person's (YPAA's) Conferences in neighboring states and at every single one I have had a spiritual experience in one form or another. Young People's conferences are AA events held by young people's committees, therefore it is a mix of all ages.

I have attended many dances and the paintball event as part of the GSYF Committee. I can say for the next conference year (2011-2012) there are plans to organize events other than dances, such as spaghetti dinners, tricky trays, sponsor/sponsee workshops! All ideas are welcomed.

*Alyssa C., As Bill Sees It, Dover*

### AMANDA'S STORY

**A**t 25 I was badly addicted to multiple medications and my mother sent me to rehab where I was introduced to AA. They brought in meetings and I was introduced to a few people from AA, at least one of whom was pretty young so I knew there was such a thing as being young and sober.

I felt very welcome. I remember being a little uncomfortable around older men sometimes, but mostly it was a very friendly group. They took me out to lunch with them and listened to me ramble. Nobody ever said anything derogatory about my age.

A lot of the old-timers were pretty nice. They mostly just laughed at how insane I was and said "Keep Coming!" like they did to everyone else, young or old. When I was counting days, there were a few who really helped me see how the way I was living wasn't right and I needed to change.

It's been pretty important to my

sobriety that I find people my age who I can relate to. After I had been sober for a little bit, I started thinking I would never have fun again. I'd never be able to go out with my friends dancing, or go to a movie or a concert because I couldn't drink. Then when I found out that people were doing all of those things sober, it was amazing!! I started going to dances and conventions and now I know I've had more fun doing those things sober than I ever did drunk. It was important for me to see that being young and sober didn't mean you had to give up having a good time, that life didn't always have to be so serious.

I learned about GSYF when I heard an announcement about a dance at a meeting and some friends were going so I came with. We had an awesome time and I've been going ever since.

I'm grateful I've been able to be involved with GSYF and it's opened up a whole new world that I never knew about before in AA. Besides get-

ting to know young people from the whole state, it's amazing getting to be the person people reach out to when they know a young person who wants to stop drinking. That's been the most rewarding experience. Getting to see other young people realize they can be sober and have a good time too.

This past summer I went to my first ICYPAA and it was amazing!! We had an awesome time and I had more fun that weekend than all the club-hopping I did out there combined. Just the love you got from everyone in the room in the big meetings and the dances was amazing. Plus, the meditation sessions were an awesome opportunity to grow with that practice. I met so many people from all over and it was just amazing to see so many young sober people loving life.

I have attended a bunch of GSYF events, mostly dances. I'm really looking forward to the convention though!!! Can't wait!

*Amanda N., Oaks East*

### BILL'S STORY

**J**was 17 my first time in AA, but my last drink was at 19. I was hopeless and thought I didn't have a choice when it came to drinking. I literally had no place else to go but AA at 20 years old.

Yes, I was welcomed and I was fortunate enough to get sober in an area with a lot of young people in AA at that time.

I was greeted kindly by the old timers. They more or less took a wait and see if this kid is serious about recovery attitude. But I was never discouraged from coming.

It was very important that I find AAs my age although I did not know how at the time. Looking back, if I didn't hang out with people in a similar situation as me I don't think I could have stayed sober.

I've heard about GSYF early in sobriety but did not think it was for me. Friends had been trying to get me to go the conference for years. Then a few friends got me to sit in on a business meeting or two and I got involved.

I currently have been serving on GSYF for the past 6 years. Incredible. Its like no other service commitment I've ever been involved in. Not only has it taught me how to have fun but the spirituality and responsibility I have gained from this has kept me more focused on the solution rather than my disease at 22 years sober!

This past year I attended ICYPAA in NYC. My first impression was I might be a bit too old at 42 for this. I just can't party all weekend like I used to. (Ha Ha) Sober Fun!!! Like anything else you get out of it what you put into it. Spirituality, Traditions, Meetings, or if you're there for fun and fellowship you can find it all in 48 hours if you're open to it!

I've attended the GSYF Conference and dances. I would like to see some different things like a Speaker Fest or a casino night, Keno or Bingo, Car wash or pancake breakfast.

*Bill H., Just For Today Group, New Egypt*

### PHIL'S STORY

**T**wenty-two years old with 7 DWIs and many nights in lock up, and waking to find I had no idea what had happened or where I was brought me to AA. I was told I had assaulted a police car by continually ramming it, backing up and ramming it again, 4 times. When I came to once again in jail, I had had enough. I was broken and homeless. No one was going to bail me out this time. I knew the gig was up. I took a crash course, literally, in active alcoholism and in 7 years, hit a bottom I would not wish on anyone.

I was so fortunate when I came into AA. I got sober in Nutley, Belleville, and Bloomfield areas. GSYF was just beginning. There were dances and socials all the time and I was strongly encouraged to participate. I made coffee at Bloomfield in the early days for 200 people. What a joy. I was loved until I was able to love myself. I fit right in and was welcomed with open arms.

My first sponsor, Humble Bill, was an oldtimer. He was tough as tough could be and I loved him for that. He took me by the horns and would not let me sit down for a second. I swear that man was on a mission from God to keep helpless, undesirable, scum of the earth like me sober. And yes, many other old-timers as well, greeted me when I first came to AA.

It was very important to me to find AAs my age. I had no friends by the time I hit the doors of AA. I didn't know how to have relationship with anyone. Finding people my own age who I could identify with was wonderful.

As I said before, I was fortunate to get in on the ground floor of GSYF. It was one of the most important parts of my sobriety back then.

I have not been involved in GSYF in a long time. Why? Because I'm no longer young. However, I was part of GSYF and I was a member in good standing in my homegroup. I made coffee, took outgoing commitments, was a GSR, secretary, treasurer and then I made coffee again and again and again. Still making coffee as a matter of fact...

Unfortunately I have never attended an International Conference of Young People.

I've attended many GSYF events including the weekend conference in Stillwater many times, as well as dances galore and meetings. I even helped organize some back in the day.

*Phil B Wantage, Saturday Nite BB Study*

## More Young People's Stories CONTINUED FROM PREVIOUS PAGE

### HEATHER'S STORY

Just hit bottom and came to AA at the age of 22. At 17, I was introduced to AA through a six-month stay in Fair Oaks Hospital. By that time I had been arrested twice and severely injured as a result of my drinking. I had, at 14, woken up tied down to an ICU bed with a stomach pump in my face, as a result of an alcohol overdose. I was clinically depressed and my family was suffering the consequences of my disease. I had no idea how much danger I was in, and at no time did I consider the idea of actually stopping drinking to be a realistic one. At 21 I told a counselor that I could probably keep drinking until I was about 40 – I figured that by then I would be sick enough to have to get help. Within 18 months, I hit a bottom and had a moment of clarity that pointed me back to Alcoholics Anonymous.

My unwillingness to reach out at meetings meant I did not stay sober for long. However, I had made plans to go back to college, and 'no coincidences' moved onto a campus that has a program for students in recovery.

I lived in an apartment building with 16 other drunks my age! And there

were more young people in AA all over town! The college was Rutgers and the program is called ADAPS. This particular fellowship of young people in recovery carried me into the AA Fellowship – did what I could not do for myself.

I always felt welcomed in AA, although in 1986 I was definitely not able to relate to adults in the rooms. I can't say I felt uncomfortable in meetings - because I was too belligerent to let anyone make me feel anything. When I met the other recovering young people at Rutgers I did feel safe and at home for the first time in AA.

I remember one older woman at a meeting in 1986 gave me some kind of indirect lecture about being grateful. I had no idea what she was talking about but, overwhelmingly, I remember always being greeted respectfully at meetings. I still look quite young, and I occasionally find that old-timers approach me a little bit tentatively at first.

A fellowship of young people in AA was a gift from my Higher Power when I was ready to stop drinking and ask for help. I was sick and lost when I came into AA. I didn't have the know-

how to reach out for a necessary network of women. The young women I met reached out to me. They carried me to meetings, sat with me at the diner, listened to me try to form sentences at sober parties and helped to steer me away from the boys (for at least a year) at AA dances. One of those women became my sponsor. She took me to her home group where at my first business meeting I was elected Greeter! I spent all of my time — literally, unless I was in class — with these AA young people. They introduced me to step meetings, speaker meetings, old-timers, the Area 44 Convention and a Higher Power. It's possible that I would have found my way in AA somewhere else, but I am sure that God gave me those kids in particular to show me it was possible to stop drinking, and to show me how they were learning to enjoy life one day at a time. I have a feeling that the "enjoying life" part is an important piece of why young people's groups make a difference in AA. Not that 'old people' don't enjoy sobriety, but at 22 I was used to a very unhindered, low-responsibility lifestyle that women with jobs and families weren't experiencing. Young people

showed me how they walked through a day that looked just like mine, without drinking. Probably, too, as a young adult I still had identity concerns and it was important for me to feel part of a "tribe." Being with young people in AA gave me that "tribe" and took away any excuse I might have grabbed onto about how, since I didn't necessarily identify with so-and-so old-timer, then I didn't belong in AA. Those kids, just like me, were right there, surrounding me with AA Fellowship. There was nowhere left to run! They showed me I didn't have to.

GSYP announcements were read out regularly and enthusiastically by secretaries of every meeting I went to in Middlesex and Somerset counties for 13 years. I have known people who did service with GSYP.

I never got involved in a young people's service committee nor attended any International Conferences of Young People but I know people who have.

I have been to GSYP dances and at least once attended the GSYP Annual Conference in Stillwater.

**Heather S. Steps To Sobriety,  
Allamuchy, Friday Night**

### SUSAN'S STORY

Just was 17 years old when I first came to AA. I didn't get sober until I was 19. Family pressure, peer pressure and emotional desolation made me give into attending an AA meeting. I by no means gave up drinking in the first two years of trying to do it by AA alone. I was able to attain sober time by going to a long term rehab for 10.5 months.

Before rehab I was very uncomfortable. I don't think its because I was not welcome. I was just scared to death, closed off, and completely incapable of identifying with all the old people I was supposed to "get with." At the time I came in there were virtually no young people in AA. It was like the old people's divorce club.

Old-timers told me I was lucky to get in so early. I hadn't even come close to what they had to endure to come into AA. I resented them. They didn't know what I went through and they could be sure I wouldn't be spending my Friday nights with them if it wasn't so unspeakably bad.

It was not important for me to find AAs my age. First of all, they didn't exist. Second of all, the few that were around were as lost as I was. I surrounded myself with people who had worked the program for some period of time. At the time I came into AA, 1978, the people around me were 15-

20 years older than me. I never got in tune with the natural rhythm of life. That's just my story. When I turned 40 years old, the women coming in were my age, that's when I matched up chronologically in AA and I was 20 years sober. I've always been on the other end of timing. It's just my story. In the beginning I was told no relationships for the first year. It was 3 years before I had a boyfriend. That time apart was a great gift. People my age would only divert me from what I needed to do. That was, I needed to save my own life. I didn't look for them. The few I came in contact with I had no interest in. My reason for being in AA has never been about meeting anyone. It has always been about getting my head around peace of mind, getting as far away from drinking as possible, getting better. I was involved in AA to the hilt. Relationships with anyone had fallen in a crumbled heap way before I got sober. Relationships were low on my list of priorities. When I was ready at 19, I was ready. I was driven by rage and despair. I had no inclination to pair up with anyone. There was no love in my heart. I was a desperate waste land. The older women in AA saved my life. When I became an older woman in AA the love that had developed in my heart was a result of working the spiritual solution. It had little to do with physical

intimacy and everything to do with compassion. That kind of heart is little understood and much questioned for its validity by untrusting AAs. The program has always pushed me to solidify my integrity, to move toward a clearly motivated manifestation of a Divinely inspired purpose for an ever healing self. Its about making contact in order to let go. In the long haul it is all about letting go of limited objectives (relationships, self gratification, and self glorification) and opening to God's objective which I have come to believe is a singleness of Divine purpose which becomes apparent as the next soul pleads for help and I — having kept in constant watchfulness of what shadows lean into the light — I am given to radiate, I am a glowing ember pulsing illumination which diminishes the barren darkness to reveal; the connection God offers is unconditional love.

I heard about GSYP at meetings but I never got involved with it. I think its inception came some time after I got sober. I got sober in 1978. I have no idea when GSYP started.

The young people's service work I did was a monthly commitment I kept with the rehab I had attended. I brought/led a meeting. It was a meeting for the young women who were students at the time. I held that commitment for 20 years. By the end I wasn't a young person anymore. But, I

showed them they could stay sober. Every commitment I have taken, every person I have sponsored, every single time I pay attention to the messages from outside myself I am clarified.

I have never attended an international conference of any kind.

As I said before, I never got involved with GSYP. I think it came after I passed through that threshold. I've been sober 32 years. It is every bit a great extension of AA which is my key program. Sobriety can be had with or without it. Young people today are very fortunate to have so many of each other around. They don't need each other to get sober. Desire is the only requirement. That is because without desire all the young, old, black, white, spanish, men, women, gay, rich, homeless, intelligent, ignorant, fat, or skinny people, mix it as we all will, you won't get sober. If you want it with a willingness to go any length, then, like me you'll have it. You won't be just without a drink, you'll will know a freedom and happiness that cannot possibly be conceived or fallen upon by any other miracle than the Divinely inspired process handed to two men during those dismal days of their pitiful existence.

**Susan D., Morristown Monday**

*More Stories page 10*

## Results of the Summer Survey – SERVICE AND YOUR SOBRIETY

### 1) What was your first service commitment within your home group? Outside the home group?

Seventy-Five percent of the respondents replied that their first service was coffee maker at the home group. Now you know why they say "Coffee makers make it." Sixty-nine percent replied that their first commitment outside of the home group was GSR or Alternate GSR. Among the other answers were, secretary, treasurer, chairperson, riding others to AA meetings, volunteer at the Thanksgiving Alkathon, Intergroup Trustee, Speaking at group commitments, and DCM,

### 2) How were you introduced to service and how has it enhanced your sobriety??

"I couldn't honestly say I was 'willing to go to any lengths.' I didn't raise my hand when, for months, my home group needed a GSR," said **Bill J. from Saturday Wantage Big Book**. **Suzan A. from the Alive Again Group in Hopatcong** said, "My sponsor told me service was part of the 'AA Triangle' of 'Unity, Recovery, and Service. My sobriety has been enhanced because I get to know others better and they get to know me better, especially if I am the leading a meeting." **Cath S., Wed. Morning Temple Shalom in Aberdeen** said, "I was introduced to service through my sponsor who showed me through her example as well as taking me to GSR meetings with her so gradually I learned what service was all about. Service has enhanced my sobriety showing me that there are many ways in which to do service and I am not ever bored." **Lou B., Alive Again, Hopatcong** said, "My encouraged service. It made me feel 'a part of,' made me 'accountable.' Service has made all the difference!" **Daiquiri, Plainfield Sunday Night** said, "I attended the Area's 51st Convention and I saw a play that the standing and special committees had performed called *Mob Rules*. I listened to all of the standing committees and found where I might be able to help others as well as keep my sobriety." An **Anonymous AA** commented, "I noticed the people who seemed the happiest at my meetings would talk about service at the area level." **Archie of the Midtown Group, Bayonne** said, "I was hoodwinked by the group who made me Alternate GSR because they thought that I should keep busy and learn to get out of myself." **Luke H., Allendale Group** said, "My sponsor not only told me but more importantly he showed me by doing service himself." **Rich D., Plainfield**

**Sunday Morning-YMCA** said, "My sponsor told me that service was the key to ongoing recovery and that it is always important to serve in AA on some level."

### 3) Has service work expanded your knowledge of the Traditions and Concepts? If yes, how so?

**Bill J., Sat. Wantage** replied "Yes, most notably with our First Tradition. I truly believe that our common welfare is #1 and recovery depends on our unity." **Anonymous from the Hudson/ Woodbridge Big Book Groups** said, "Yes. It helped me get a better understanding of the traditions because I needed to be the guardian of the traditions and teach others while in business meetings." **Cath S., Wed. Morning Temple Shalom** meeting, Aberdeen says, "Service work has expanded my knowledge of the Traditions and Concepts. It shows me the depth of meaning it has and how important it is to keep AA as a whole going forward and strong." **Janet D., Florham Park 5:30 group** answered, "Yes. The more involved in service work and assemblies, the more there is conversation about the traditions and concepts. They both play an important role at group conscience decisions." **Merle F., Montclair Down to Earth** says, "Yes. Most important of all is 'Principles Before Personalities' in all aspects of my life." **Lou B., Alive Again, Hopatcong** says "The traditions and concepts have given me the ability to make more informed decisions at my home group's business meetings/ group consciences." **Pat W., The Week That Was** said, "The traditions made me realize how important anonymity is!" **Daiquiri, Plainfield Sunday Night** commented, "Absolutely, the steps prevent us from committing suicide, the traditions prevent us from committing homicide and the concepts prevent us from committing genocide. It's just my opinion." **Anonymous** stated, "The concept of one voice, one vote makes all AA members equal regardless of our status outside of AA." **Luke H., Allendale Group** said, "Yes, mostly through the mistakes I make. Then having those with experience show me the correct way." **Rich D., Plainfield Sunday Morning** said, "The more service I do on any level in AA, the more my knowledge of the traditions and concepts expands. The very act of doing service cannot help but increase your knowledge of traditions and concepts provided you stay honest, open minded, and willing."

### 4) How has AA service given you skills that you can practice in all your affairs?

**Suzan A., Alive Again, Hopatcong** answered, "Yes, I believe I am more confident in my speaking skills. I also have learned to be a lot more patient." The **Anonymous** from Hudson/ Woodbridge Groups said, "AA service reinforced how to work with others and to be responsible for the care and growth of AA. It made me become more selfless." **Cath S., Wed. Morning Temple Shalom, Aberdeen** said, "AA service has given me skills that I can practice in all my affairs by teaching me: it is progress not perfection, to learn through mistakes, to do what is before me, and to continue extending a hand as was done for me." **Janet D., Florham Park**, said, "It has taught me not to be judgmental of others, to listen carefully to what others are saying, to do for others and not think about me, sharing with other AAs what groups are doing, and to encourage others to do service. This way I feel I am in some way giving back to the fellowship of AA." **Kevin M., West Milford Wed. Speakers** said, "The traditions and concepts have given me the ability to treat my business associates better because alcoholics are tough to work with." **Lou B., Alive Again, Hopatcong** said, "I look at work, family, friends, etc., as an opportunity to give back and make restitution for what I have taken from society." **Daiquiri, Plainfield Sunday Night**, said, "I have learned patience, acceptance, and ego-deflation, allows me to allow others to be 'who they are.'" An **Anonymous AA** said, "Minority opinion has helped me to keep an open mind and consider opinions that may be different from my own." **Archie, Midtown Group, Bayonne**, said, "Yes, it has given me confidence when doing any public

speaking." **Luke H., Allendale Group** said, "Patience and tolerance is our code. Service work gives me a real chance to practice these principles." **Rich D., Plainfield Sunday Morning** said, "AA service cannot help but give you life skills because it teaches you, again—provided you remain honest, open-minded, and willing—to learn how to cooperate, compromise, negotiate, love and understand and work with others, which is not natural to the constitution of an alcoholic."

### 5) What has been your favorite service commitment? Why?

**Bill J., Sat. Wantage** replied "Coffee maker, because many times someone shows up real early and needs to talk to someone." **Suzan A., Alive Again, Hopatcong** said, "Booker, because of the crazy ritual of getting up at the crack of dawn every 3 months to get booking commitments. I never thought that so many 'recovered' drunks could get up so early all at the same time!" **Anonymous, Hudson/Woodbridge** said, "GSR, it allowed me to grow and get connected outside of my home group." **Cath S., Wed. Morning Temple Shalom, Aberdeen** said, "I am not sure I have any favorite service commitment. I like to remain open for learning and available to others whether it be doing coffee, setting up, chairing, or any variety of jobs needed whenever I can." **Janet D., Florham Park** said, "I am very happy serving on the CPC Committee for the last 3 years. I feel comfortable going out to try and secure speaking commitments at local nursing programs and psychology/counseling department of the universities. Having the opportunity to speak with professional groups on the disease of alcoholism, what AA does and does not do, and how to help those sick and suffering in your community is most gratifying."

*continued on page 12*

**"Our real purpose is to fit ourselves to be of maximum service to God and the people about us."**  
**Alcoholics Anonymous pg. 77**

Every day starts with my service to God first by thanking Him for giving me another day on this earth. I ask him to help me to give service to the AA Fellowship.

That all started July 1992 when I became coffee maker for the Sobriety For Life group whose first meeting was held on November 7, 1992 at St. Hedwig's School in Elizabeth.

During my first five years I became leader of the meeting then became their GSR and then treasurer.

In years 5-10 I took a coffee commitment for the Union Hospital and lead the meeting there for a few months.

At the present time I attend a 7am and a 9:15 Sunday morning meeting. I am the coffee maker and Intergroup Representative for a Tuesday meeting, make coffee and setup for the Clark 12:15pm Thursday meeting, and bring the donuts for a Friday 1pm speakers discussion meeting. All of these service commitments help to keep me sober one day at a time.

**Yours in service, Paul S., More Will Be Revealed Group, Elizabeth**





**SPEAK OUT!** This Day Newsletter provides this forum for individual AA's viewpoints and opinions. The opinions expressed here are individual opinions only and not necessarily the opinions of This Day, Area 44 or AA as a whole. We welcome your comments, opinions or viewpoints on anything found in this newsletter.

— The Editor

## Young People's Conferences

Some years ago—when I hopefully for the last time came into AA—things were a little different. People smoked in the meetings, there was very little cross talk, and leaders lead and speakers spoke.

I was in a halfway house and had to go to meetings daily when I heard about these things called conventions and decided to try one. It was a couple of hundred miles away, so three of us went. We had a long meeting on the

way down and the same coming home. I didn't particularly care for the convention itself, I don't know why, but that is not important. We got home and I shared my experience at the house. A roommate came up to me and asked if I had been to a young people's conference and if not, I should try one.

This was in March and The GSYF Conference was announced at meetings for April, so we decided to go. This was my introduction to young people's conferences. I remember driving up there, not knowing what I was getting into, but if I didn't like it, I could always go home, it was close enough. As it turned out, it blew me away.

The place was not like the convention hotel, it was a camp in the woods! The sleeping accommodations were in cabins which slept 12. They did have electricity, hot and cold water. I do not remember much from the first evening, except I felt very "at home and comfortable." It just kept getting better and better the whole weekend. I even volunteered to help out. I just wanted to be part of "this thing" and joined the Garden State Young People, (GSYP), Committee at the end of the conference.

I remember when driving home I couldn't help repeating "lots and lots

of whole bunches" (you got to have been there to know what I'm talking about).

This is how it all started, I have since attended at least 3 conferences every year all over the North East and Canada, meeting many strangers that are now part of my AA circle.

When I started going to conferences and shared about it at home, I got a lot of "flak" from old timers who considered these events non AA. Where unspoken sins were committed. Maybe I came in too late since I haven't experienced any of that. GSYF even has a delegate at Intergroup.

I don't know of any other AA function, where from the first I felt so comfortable. This seems to be a place where people share on a deeper level than around the home group. There is a certain comfort being with people that all went out of their way to be there. A lot of the conference people I met in the first year are still going to conferences, they are old timers now and they all share that conferences are a big part of their sobriety.

Over the last couple of years it seems, that the conferences have become "top heavy" on sobriety. At the Saturday meeting there is usually a sobriety countdown and the amount of

attendees with less than five years sober is mostly under 25%. This means that for the conferences to continue new blood is needed. There is nothing like seeing a newcomer, with less than 24 hours, after a week-end in the woods, with a bunch of conference junkies.

Why this is happening I don't know? There used to be waiting lists to get in. A lot of my friends use these conferences as mini-vacations "recharging their batteries," there are very few rules, but there are always meetings and you kind of just get "sucked" into the AA way of having a good time.

When I opened my big mouth to a GSYF person and said I would write a piece on Young Peoples' Conferences, I didn't realize how much they have and still are a big part of my staying sober and focused

So next time you meet someone coming back from a conference, with this happy glow, ask how the weekend went and listen with an open mind. Maybe even get information about another one and go. If you don't like it you can always go home early; hopefully it will not happen, everybody is entitled to have fun even in AA.

*Sincerely yours, OF,  
Linden Thursday Night*

## One day that leads to a life of hope:

One day leads to a life of hope, and it took me a long time to realize that. Like most of us I started drinking in my teens. First a little with some friends then as time went on more and more. At first I didn't like the taste of alcohol but it didn't take long for me to love it. At least that's what I thought. I thought I loved it because it made me feel bigger, more confident, more intelligent, and of course a better dancer. I remember as I got older I enjoyed drinking for a long time. Eventually as time went on drinking became a necessity. I didn't have any problem starting but then after a number of years I found I couldn't stop drinking. Then as time went on I could feel my life sinking into oblivion. That's where nothing mattered, Family, friends, jobs, health and anything else that wasn't alcohol. Alcohol became my number one priority above everything else. As time went on I didn't even think about stopping, I just drank for the sake of drinking. It seemed like a never ending cycle and life was just a circle. Never starting and never ending and my life became an eternal hell. As time went on I eventually thought about suicide, but who was I kidding I didn't have the courage to put an end to my life.

So I struggled day after day and year after year swearing to stop. Begging God for help and promising to do this and that but to no avail. I tried all the tricks like drinking only on the weekend, only drinking beer and not the hard stuff, then drinking the hard stuff and not beer. I became an alcoholic and alcohol was what I was drinking. It didn't matter what it came in whether it was a can or a bottle it was the alcohol. Then one morning I awakened to find myself staring at a bottle of unopened booze and a glassful of booze with ice. I stared at them for about an hour and a half and then said to myself enough is enough. And from that moment I lost the desire for alcohol and I knew that the God of my understanding was still in my life. That morning became the one day that leads to a life of hope. I have been sober ever since and it has been over eleven years now. For that I will be forever grateful.

*Yours in service, Ray, C., Roselle Sunday Night*

## Observations on the N.E.R.F.

All of the people I met at the North East Regional Forum are very committed to AA's primary purpose and are very responsive to the people who reached out for help. They are also very nice and interesting AA members.

The most important discussion I attended was *DCM's- How do we increase participation*. Well I thought to myself I'm going to tell how we do it in District 36 Area 44. By giving back to the groups and asking nothing in return. I'll blow their socks off. My sponsor told me a long time ago it's ok to plan an action, just don't plan the outcome.

Before I got to share, a woman (DCM from New Hampshire with about 53 groups in her district) blew my socks and shoes off too.

Listen to this: For many years her district was lucky to have 10 GSRs at the district meeting. They decided to have a district group conscience meeting. What they came up with was this. They created a form that asked the group what the district could do for the groups. Emphasizing they were not asking the groups for money or participation. So the 10 regular GSR's went to 6 groups each to get their responses. They asked if they could fill the form out at their next business meeting, group conscience meeting, or after their regular

meeting. The GSRs would come back to pick them up. It took some time but they got 50 forms back because of the persistence of the GSRs.

At first some of the ideas seemed extreme but as they went through them they saw that in a lot of responses the groups and members were confused about prescription medication and the alcoholic. It was discovered that AA has a pamphlet just on that topic. The district would buy 1,100 pamphlets at 25¢ each 1,100 for a total of \$275. They would give 20 pamphlets to each of the 53 groups. Each of the 10 regular GSR's brought them to the groups with another form to fill out.

Here are some other ideas that were implemented by the district over time: Alcahons, Movie Night, Dances, Camping Trips, Bus Trips, Softball, Bowling, and help with getting insurance. Help with getting new meeting places, negotiating rent and much more. No money was ever given to the groups by the District. When we asked her about the cost of all these things she told us "When you take the focus off money and put it on The Higher Power, the Twelve Steps, and the Traditions, AA HAPPENS."

So AA has happened to that district in New Hampshire, before there were 10 GSRs, NOW there are 22 to 30 GSR's at the district meetings.

*Yours in service,  
Barefoot Pete, Fords Friday Night*



# 55TH ANNUAL NNJGS AREA 44 AA's Future Begins With Us! September 23, 24, 25, 2011 Convention Schedule "Preview"

## FRIDAY, SEPTEMBER 23, 2011

- 3:00pm** **Hotel Check In** *Main Lobby*  
Registration Desk Opens 2nd Fl.
- 3:00pm** **Meal Package/Banquet Table** –  
Pick up reserved Meal packets/Banquet tickets and week-end passes (some additional tickets may be available).
- 3:00pm** **Registration Table** – Pick up your reserved badge or purchase a \$28 badge for all convention events (excluding Meals & Banquet).
- 3:00pm** **Information Resource Table** – (Sign Big Book)
- 4:00pm** **Early Bird Meeting**  
Discussion Meeting
- 8:00pm** **Speaker Kick-Off Meeting**  
Bobby C., "The Philly Cop"  
Philadelphia, Pennsylvania
- 9:00pm** **Big Book/Alkathon Marathon**  
continuous through 8am Sunday
- 9:00pm** **GSYP Workshop**  
"Oliver With A Twist"  
Grapevine Play followed by  
Entertainment with Jack F.

## SATURDAY, SEPTEMBER 24, 2011

- 6:00-9:00am** **Breakfast**
- 8:00am** **Registration, Meal Package and Banquet Tables Open**
- 9:00am** **Coffee Stations Open**
- 9:00am-11pm** **Spanish Speaking Meeting**
- 9am-5pm** **Continuous Films Program**
- 9:00-10:30am** **Area 44 Workshops**  
*I Am Responsible (AA Pledge) District 34*  
*Recover, Unity, Service (3 Legacies) District 17*  
*"We" The 1st Word in the 1st Step District 11*
- 10:45-11:45am** **Speaker Meeting** – (Al-Anon)  
Debbie G., Des Moines, Iowa
- 11:45-1:15pm** **Old Timer's Luncheon**

- 12:15-1:15pm** **Area 44 Workshops**  
*Sponsorship – Working With Others District 8*  
*Sharing Experience, Strength and Hope District 9*  
*Attraction Not Promotion (Tradition 11) District 30*
- 12:30-1:15pm** **Late Lunch**
- 1:45-3:45pm** **Old Timer's Meeting**  
Big Book/Alkathon Meetings  
continuous through 8am Sunday
- 4:00-5:00pm** **Polish Speaking Meeting**
- 4:00pm** **Grapevine Play (Encore)**  
"Oliver With A Twist"
- 4:00pm** **Archives Presentation**
- 6:45pm** **Banquet Doors Open**
- 7:15-8:15pm** **Banquet Begins**
- 8:15-9:30pm** **Banquet Speaker**  
Harold G., Annapolis, Maryland
- 8:15-9:30pm** **Simulcast of the Banquet Speaker**
- 10:00pm** **"The Big Booze Theory"**  
Area & Intergroup Play
- 10pm-2am** **Dancing to DJ**  
Big Book/Alkathon Meetings  
continuous through 8am Sunday

## SUNDAY SEPTEMBER 25, 2011

- 7:00-9:30am** **Breakfast**
- 8:00am** **Last Alkathon Meeting**
- 9:30am** **Sobriety Countdown**
- 10:30am** **Spiritual Meeting**
- 11:45am** **Closing Ceremonies**
- 12:00pm** **Coffee Stations Closed**
- Your badge is your admission to all Convention events – **NO BADGE – NO ENTRY. (Please display prominently)**
- Personal Cameras and tape recorders are prohibited**
- AA Literature & Grapevine materials will be displayed for sale.**
- There will be interpreters provided at all Speakers' Meetings.**

## MARATHON ALKATHON

- FRIDAY, SEPTEMBER 23, 2011**
- 9pm.....**Big Book - More About Alcoholism**.....24
- 10pm.....**Big Book - Working With Others**.....13
- 11pm.....**Big Book - The Family Afterwards**.....19

- SATURDAY, SEPTEMBER 24, 2011**
- 12am.....LEADERS CHOICE .....5/7
- 1am.....LEADERS CHOICE .....17
- 2am.....LEADERS CHOICE .....14
- 3am.....LEADERS CHOICE .....22
- 4am.....LEADERS CHOICE .....1/2
- 5am.....LEADERS CHOICE .....10
- 6am.....LEADERS CHOICE .....31
- 7am.....LEADERS CHOICE .....39
- 8 am.....LEADERS CHOICE .....36
- 9 am.....**Big Book - There Is A Solution**.....27/29
- 10am.....**Big Book - We Agnostics**.....42
- 11am.....**Big Book - Into Action**.....25
- 12pm.....**Big Book - The Doctor's Opinion**.....16
- 1pm.....LEADERS CHOICE .....4/6
- 2pm.....LEADERS CHOICE .....15/21
- 3pm.....LEADERS CHOICE .....9
- 4pm.....**Big Book - To The Wives**.....3
- 5pm.....**Big Book - How It Works**.....37
- 6pm.....**Big Book - A Vision for You** .....36
- 6pm.....LEADERS CHOICE .....20
- 7pm.....LEADERS CHOICE .....12
- 8pm.....LEADERS CHOICE .....35
- 9pm.....LEADERS CHOICE .....28
- 10pm.....LEADERS CHOICE .....23
- 11pm.....LEADERS CHOICE .....41

- SUNDAY, SEPTEMBER 25, 2011**
- 12am.....LEADERS CHOICE .....26
- 1am.....LEADERS CHOICE .....18
- 2am.....LEADERS CHOICE .....40
- 3am.....LEADERS CHOICE .....11/33
- 4am.....LEADERS CHOICE .....16
- 5am.....LEADERS CHOICE .....27/29
- 6am.....LEADERS CHOICE .....42
- 7am.....LEADERS CHOICE .....19
- 8am.....LEADERS CHOICE .....13

## District Service Meetings

- District 1&2** - 2nd Tuesday, 7:30pm, Lafayette at the Sunrise House Cafeteria.
- District 3** - 3rd Friday 7:00 pm; Hillcrest Community Center, 1810 Macopin Road, West Milford
- District 4&6** - 3rd Thur. 7:30 pm, Upper Ridgewood Community Church, Hillcrest & Fairmount, Ridgewood
- District 5&7** - 2nd Thursday, 7pm, St. Mary's Church corner of High and Legion, Closter
- District 8** - 2nd Tues. 7:30pm, Panther Valley Ecumenical Ch, Rt 517, Allamuchy
- District 9** - 3rd Tues. 7:30 pm, Stanhope United Methodist Ch, Rte 183, Netcong
- District 10** - 2nd Tues. 7:30 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church & Birch) Boonton
- District 11** - 4th Wed. 7:30 pm, Clifton Library, 292 Piaget Avenue Room A
- District 12** - 3rd Fri. 7pm, St. Nicholas Episcopal Church, 113 Engle St Englewood 2nd floor Choir Room
- District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
- District 14** - Last Tue. 7pm, St. Nicholas School Hall, 122 Ferry Street, Jersey City
- District 15/21** - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington
- District 16** - 3rd Mon. 7:30pm Hillsdale Pres. Ch. Ridgedale Ave, Cedar Knolls
- District 17** - 3rd Fri. 8 pm, Alanon Assoc., 7th Avenue and 7th Street, Newark
- District 18** - 2nd Mon. 7:30 pm, Union Village United Methodist Ch, Mountain Ave. & Hillcrest Rd., Berkeley Heights
- District 19** - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway
- District 20** - 2nd Tues 7:00pm, Trinity Episcopal, North & Forest Aves., Cranford
- District 22** - 3rd Wed. 7:30 pm, Cook College Extension Center, College Farm Road, New Brunswick
- District 23** - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River
- District 24** - 3rd Mon. 8 pm, Trinity Episcopal Church, Ryers Lane, Matawan
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 21 Elton-Adelphia Road, Freehold
- District 26** - 3rd Thur. 7:30 pm, First Presbyterian Church (Tower Hill), 255 Harding Road, Red Bank
- District 27/29** - 3rd Mon. 7:30 pm, Holy Cross Luth. Ch, Hooper Ave, Toms River
- District 28** - 1st Tue. 7:30pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake
- District 30** - 4th Sunday 12 Noon, 69 Green Street, Newark
- District 31** - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 77th Street & Broadway, North Bergen
- District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C, Bayonne
- District 33** - Last Wed. 7:30 pm Faith Reform Ch. Washington & Prospect, Lodi
- District 34** - 3rd Sat. 9:30am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
- District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran Church, North Richard Street and Union Avenue, in Somerville.
- District 36** - 3rd Fri. 7:30 pm, Trinity Episcopal Church, Trinity Lane, Woodbridge
- District 37** - 3rd Thur. 7:00 pm, First Lutheran Church 153 Park St (basement), Montclair
- District 38** - 3rd Thursday 7:30 pm, Presbyterian Church, 31 Fairfield Avenue, West Caldwell
- District 39** - 2nd Tues 7:00pm, Trinity Episcopal, North & Forest Aves., Cranford
- District 40** - 4th Sunday 10:45am, St. Joseph's Center, 120 Division St, Elizabeth
- District 41** - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken
- District 42** - 2nd & 4th Sunday 9:30am, 52 Throckmorton Street, Freehold

## Young People's Stories

### Crystal's Story

At 19 years of age external consequences, such as pending expulsion from college due to drug and alcohol related problems as well as multiple felony arrests brought me to AA. I relapsed and drank for the next year before returning to AA where I stayed at age 20.

I was very welcomed and loved by most people. They gave me suggestions and helped me get to meetings. The only time I felt ostracized for being so young was at one meeting where older women shared commonly about marriage, children, and divorce. Comments were made a few times that I couldn't relate and therefore shouldn't share. I ignored them and stayed in the rooms regardless. Some are sicker than others.

Old-timers were the most welcoming. They smiled at me, talked to me after meetings, encouraged me to call them. They helped me find commitments and encouraged me to get a sponsor.

For the first few months finding AAs my age was not remotely important; I only wanted to get sober and stay sober because I had been beat into absolute desperation. I didn't care if I ever had friends my age at that point because I knew AA

CONTINUED FROM PAGE 7

was the answer. Once the fog began to clear I did want friends though, people who could relate to the same things I was going through (turning 21 in sobriety, finishing college, staying away from parties and drinking friends when everyone is turning 21 around me). It also became important for me to have fun and get out all the young energy I seemed to have when I came in here. Things like dances, trick-or-treating, and mini-golfing among late-night game nights were things my older network didn't have the time or energy to do, but all the sober kids my age did. Why would I want to stay here if my life couldn't be better than it was before? I needed people my own age to relate to and help me through the same sober situations.

I have been to many YPAA (Young People in AA) Conferences around the country and have been handed flyers for GSYP events. I also attend several Young People's meetings in New Jersey and New York City, where people involved in GSYP would announce events and conferences.

Although I haven't gotten involved with GSYP, I do help make announcements and get the word out at meetings about upcoming conferences in the area. I also

recently distributed information about international, national, and regional YPAA conferences to my District in order to spread the word. It feels amazing to help connect fellow young people in recovery to the events that showed me exactly how much fun I can and will have in sobriety.

I have attended several International Conferences of Young People. I am overwhelmed by the love, joy, and fellowship. It makes me so happy to see sobriety run rampant throughout my age group and lets me know I am not alone in recovering at such a young age. The speakers were very inspirational, the meetings were profound, and I love how I've been expanding my network through seeing the same people at the conventions! I have young people in my network now from Georgia, Boston, Vermont, New Hampshire, Connecticut, Hawaii, and California, just to name a few. Wherever I go, I pretty much have an AA contact and that makes me feel very safe.

I have attended several GSYP dances. I'd like to see GSYP organize some more summer events, such as bonfires with meetings, beach escapes for the day with a meeting, or even a sober picnic. The events are always amazing but could use some adventurous variety in the warm weather!

*Crystal D. HoHoKus Group*

## NNJGS Area 44 Office Calendar

### SEPTEMBER

11	AREA COM MEETING	12 NOON
12	Convention Subcommittee	8:00 PM
13	PUBLIC INFO WORKSHOP	7:30 PM
13	Luncheon Committee	7:30 PM
14	Treatment Facilities Com	8:00 PM
15	Newsletter Committee	7:30 PM
17	Corrections Committee	10:00 AM
18	GSYP in Piscataway	2:00 PM
19	Literature Sales	6:30 PM
19	Literature Committee	7:30 PM
20	Archives Committee*	7:30 PM
20	Coop. w/Professional	8:00 PM
21	Convention Committee	8:00 PM
23-25	AREA 44 CONVENTION	
26	Finance Committee	7:30 PM
29	Policy & Admissions	7:30 PM

### OCTOBER

1	Grapevine Committee	10:00 AM
3	Remote Communities	7:30 PM
3	Mailing Committee	6:30 PM
4	Officers & Standing Com.	7:30 PM
6	Films Committee	7:30 PM
6	Joint Website Committee*	7:30 PM
7	Translation Committee	7:30 PM
10	Convention Subcommittee	8:00 PM
10	Luncheon Committee	7:30 PM
11	Public Information	7:30 PM
12	Treatment Facilities Com	8:00 PM
15	AREA ASSEMBLY	9:00 PM
16	Garden State Young People	2:00 PM
17	Literature Sales	6:30 PM
17	Literature Committee	7:30 PM
18	Archives Committee*	7:30 PM
18	Coop. w/Professional	8:00 PM
19	Convention Committee	8:00 PM
20	Newsletter Committee	7:30 PM
24	Finance Committee	7:30 PM
27	Policy & Admissions	7:30 PM
29	7th TRADITION WORKSHO	9:00 AM

### NOVEMBER

1	Officers Meeting.	7:30 PM
3	Films Committee	7:30 PM
3	Joint Website Committee	7:30 PM
3	Computer Committee	7:30 PM
4	Translation Committee	7:30 PM
5	Grapevine Committee	10:00 AM
7	Mailing Committee	6:30 PM
8	Public Information	7:30 PM
9	Treatment Facilities Com	8:00 PM
11	THIS DAY DEADLINE	5:00 PM
13	AREA COM MEETING	12 NOON
14	Convention Subcommittee	8:00 PM
14	Luncheon Committee	7:30 PM
15	Archives Committee*	7:30 PM
15	Coop. w/Professional	8:00 PM
16	Convention Committee	8:00 PM
17	Newsletter Committee	7:30 PM
17	Policy & Admissions	7:30 PM

19	Corrections Committee	10:00 AM
20	Garden State Young People	2:00 PM
21	Literature Sales	6:30 PM
21	Literature Committee	7:30 PM
22	Joint Unity Meeting	7:30 PM
28	Finance Committee	7:30 PM

### DECEMBER

1	Joint Website Committee*	7:30 PM
1	Films Committee	7:30 PM
3	Translation Committee	7:30 PM
3-5	ANNUAL WORK WEEKEND	
5	Remote Communities	7:30 PM
5	Mailing Committee	6:30 PM
6	Officers & Standing Com.	7:30 PM
10	Grapevine Committee	10:00 AM
12	Luncheon Committee	7:30 PM
12	Convention Subcommittee	8:00 PM
13	Public Information	7:30 PM
14	Treatment Facilities Com	8:00 PM
15	Newsletter Committee	7:30 PM
18	Garden State Young People	2:00 PM
19	Literature Sales	6:30 PM
19	Literature Committee	7:30 PM
20	Archives Committee*	7:30 PM
20	Coop. w/Professional	8:00 PM
21	Convention Committee	8:00 PM
26	Finance Committee	7:30 PM
29	Policy & Admissions	7:30 PM

\*Intergroup Office Morris Ave., Union

## Intergroup Office Calendar

### SEPTEMBER

1	Joint Website Committee*	7:30 PM
5	(OFFICE CLOSED) Labor Day	
11	Bookers Exchange, Cranford	7:00 AM
12	Delegates Meeting, Clark	8:30 PM
20	History and Archives	7:30 PM
21	Nightwatch Committee	7:30 PM

### OCTOBER

3	Delegates Meeting, Clark	8:30 PM
6	Joint Website Committee	7:30 PM
10	(OFFICE CLOSED) Columbus Day	
18	History and Archives	7:30 PM

### NOVEMBER

3	Joint Website Committee*	7:30 PM
7	Delegates Meeting, Clark	8:30 PM
15	History and Archives	7:30 PM
16	Nightwatch Committee	7:30 PM
20	Gratitude Brunch WOODBRIDGE	10:30 AM
22	Joint Unity Meeting*	7:30 PM
24&25	(OFFICE CLOSED) Thanksgiving	

### DECEMBER

1	Joint Website Committee	7:30 PM
5	Delegates Meeting, Clark	8:30 PM
11	Bookers Exchange, Cranford	7:00 AM

\*Area Office Plainfield Ave., S. Plainfield

**Contributions are much needed, and always welcome! Make checks payable as indicated and always include your Area, District and Group ID number. Please send group and individual contributions to the addresses below:**

**NNJGS Area 44**  
 2325 Plainfield Avenue Suite 2J  
 South Plainfield, NJ 07080  
 Make check payable to: NNJGS Area 44

**Northern New Jersey Intergroup**  
 2400 Morris Avenue, Suite 106  
 Union, NJ 07083-5705  
 Make check payable to:  
 Northern New Jersey Intergroup

**General Service Office**  
 PO Box 459  
 Grand Central Station  
 New York, NY 10163  
 Make check payable to: General Service Board

## THANKSGIVING ALKATHONS

These are early announcements of Thanksgiving Alkathons. For a complete list please list of Alkathons please check our web site, [nnjaa.org](http://nnjaa.org) calendar in November.

### TUES NITE LAMBERTVILLE MEETING

Presents our **THANKSGIVING ALKATHON Thursday, November 24th from 10am-6pm. Meetings every hour on the hour, round-the-clock food. Presbyterian Church at Church Street & 31 North Union Street, Lambertville. For more information email: District15\_21@nnjaa.org**

### DAWN PATROL GROUP

**6TH ANNUAL THANKSGIVING ALKATHON FAITH LUTHERAN CHURCH, 524 South Street, New Providence Thursday November 24th Doors open at 7am until 12 midnight. Meetings on the odd hour. Dinner will be served at 1pm**

### DISTRICT 3

**THANKSGIVING ALKATHON will be at the: Municipal Building, 1480 Union Valley Road, West Milford Thursday November 24th from 8am to 5pm Meetings will be every hour**

### DISTRICT 39 - RAHWAY

**ANNUAL THANKSGIVING ALKATHON Thursday, November 24th Doors open at 10am. Meeting from 10am to 8pm. AA and AI-Anon meetings are scheduled. St. Mary's Church 232 Central Ave, Rahway Meetings from 10am to 8pm**

## DISTRICT DOINGS

**District 1&2** – Our District 1&2 Guidelines Committee has recently completed the review process with our GSRs and the Area 44 Policy and Admissions Committee. We voted to approve our guidelines at our last District meeting. Our Friends of Bill Picnic was a success in spite of the weather. Our next event is our Day of Sharing October 8th at the Sussex County Technical School 105 North Church Road, (Rt. 94), Sparta, NJ 07871. It will run from 10:00 am to 3:00 pm. Our Standing committees continue to work hard to carry the message in our District.

We have sent contact information to the Convention Committee to fill our District time slot assignment at the Area 44 Convention on Saturday 9/24/11, (4:00 pm to 4:55 pm). Invitations to attend our Day of Sharing were sent to the 7 Area Standing Committees and we received 2 responses so far.

Thank you letters were delivered to all the groups in our district that have donated recently thanking them for their support in helping to make our picnic a success and making possible all the other vital 12th-Step work our

district does.

We attended the New York State Convention held in Tarrytown NY on July 29, 30, and 31. The convention had numerous workshops and several great AA speakers involved in service. — **In Love and Service, Bill J., DCM**

**District 40** – I would just like to thank all the groups for their support in helping the district out and for all their input concerning this year's conference agenda items. This summer a few of our groups had some great group anniversaries, and picnics. A good time was had by all that to all that participated.

The September convention alkathon commitment has been filled, it is for 2am Sunday morning on the 25th in case anyone want to show for support. Last year District 40 had a late night slot, and I was so happy to see some familiar faces attending.

Currently, we are in the process of planning our first Spiritual Breakfast to be held on Saturday October 8th at St. Mary's in Elizabeth. All are invited for food and fellowship. Then comes the holidays which are very busy for this district it seems most groups have their group anniversaries October thru December. If anyone is interested in getting involved please attend our district meeting it is held the fourth Sunday of the month at 10:45 at St. Joseph's in Elizabeth. — **Yours in service, Susanne M., DCM**

### DISTRICT 35

**SOBERFEST 2011 PICNIC Sun, September 18th Noon to 5pm at North Branch Park - Brook Grove**  
 All AA members, their families and friends are welcome. Great Food, Fun & Fellowship  
 • Door Prizes • 50/50. Bring a lawn chair and a hearty appetite  
**3pm Open Speaker Meeting**  
 Suggested Donation: \$5 per person – \$6 at the door Kids (under 10) Free.



[www.nnjaa.org/members](http://www.nnjaa.org/members)  
 password: onedayatatime

## NEXT ISSUE DEADLINE NOV 11th NEWSLETTER@NNJAA.ORG

This newsletter is produced four times annually by the Newsletter Committee, a joint committee of Northern New Jersey General Service Area 44 and Northern New Jersey Intergroup.

**NOTE:** This Newsletter will be published on the Website. The first name and last initial of the author will be published unless otherwise requested.

Opinions expressed herein are not to be attributed to AA, as a whole, nor does the publication of any article imply an endorsement by either AA, General Services or Intergroup. Comments, questions and articles may be directed to the **Newsletter Committee at NNJGS Area 44, Suite 2J, 2325 Plainfield Ave. South Plainfield, NJ 07080** or e-mailed to: **NEWSLETTER@NNJAA.ORG**

### DISTRICT 17

**DAY OF SHARING Saturday, October 22, 2011 at The Alanon Association 384 7th Avenue, Newark 10am - 2pm**  
 Hear trusted servants from the Group, District, and Area levels of the service structure share their experience  
**AA JEOPARDY!!**  
 Don't forget to study the Big Book!  
**Guest Speaker Wayne R. Area 44 Delegate -Panel 61**  
 Food • Fun • Fellowship

### DISTRICT 1&2

**Day Of Sharing "AA's Legacy of Service" Saturday October 8th 10am-3pm Breakfast & Lunch**  
 "Please feel free to share your favorite dish" Speaker/Workshops, Area Committee Displays, AA Jeopardy, AA History talk, AI-Anon & more  
**Sussex County Technical School 105 North Church Rd., (Rt. 94), Sparta**  
 For more information:



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THIS DAY

Joint News of NNJGS Area 44  
and Northern New Jersey Intergroup  
2325 Plainfield Ave., Suite 2J  
South Plainfield, NJ 07080

Fall 2011

Photography by Gail and Ashley Schappe

## Stepping Stones Family Picnic June, 2011



Lois's Desk at Stepping Stones, Katonah, New York.

### Service & Sobriety

CONTINUED FROM PAGE 6

ing." **Merle F.**, commented, "Intergroup Trustee because it allowed me to be available to answer questions and if I didn't know the answers, invite people out to our monthly meetings who did." **Lou B.**, Alive Again, Hopatcong said, "GSR, has expended my sense of purpose, and renewed my enthusiasm in my seventh year of sobriety." **Pat W.**, Week That Was said, "Alternate GSR has taught me the integral part of the program's inner workings!" **Daiquiri's** answer was simple, "All of them." **Anonymous** wrote, "I really enjoyed being Alternate DCM and attending the Area Committee Meetings and the Holiday Party. The other people who attend the ACMS are like my retreat brothers and I love going to meetings outside of my area and seeing them." **Mike D.**, **Washington Monday Night** said, "Section Leader for Section 4, because I was able to pass on my experience, strength, and hope to our fellow DCMs." **Archie**, Midtown Group said, "DCM. Having the pleasure of serving all groups in a district." **Luke H.**, Allendale Group, answered, "Greeter. To help make all feel welcome at my meeting. It is such a gift for me to be a part of a group." **Dan U.**, **Sunday 1pm BB, Millburn** said, "Coffee maker. It forces me into the meeting before the meeting and provides a sense of responsibility." **Rich D.**, Plainfield Sunday Morning said, "Actually, speaking at outgoing commitments has always been my most

favorite service function because I get to travel and meet friends all around the state."

#### 6) Any additional comments?

**Bill J.**, Sat. Wantage replied "I read 'Hidden Treasure' before it was submitted to this issue of *This Day* (see page 5). The article expresses my feelings on service." **Suzan A.**, Alive Again, Hopatcong wrote, "Thanks for being of service with this wonderful publication. You are not un-noticed." **Kevin M.**, West Milford Wed. Speakers said "I have 6 years sobriety and keep constantly busy. My dad used to say if you want something done ask a busy person." **Merle F.**, Monclair Down to Earth commented, "I love AA and what it has done for my life." **Pat W.**, Week That Was, wrote, "I have been to three conferences. They are real learning experiences." **Archie**, Midtown Group, said, "Service completes the triangle and makes you a true part of AA and the world around you." **Luke H.**, Allendale Group said, "I need to maintain and grow spiritually. All service work is spiritual in nature because it puts 'we' before 'me.' It is a great way to continue to grow spiritually." **Rich D.**, Plainfield Sunday Morning said, "Of the 3 legacies of AA—Recovery, Unity, and Service—The most misunderstood and unappreciated has always been service. Yet, ironically, without a strong compliment of service in AA the other two—The Program and The Fellowship—could not stand.

*Yours in service, This Day Committee*

### Stepping Stones Family Picnic '11

According to *The Lois Wilson Story When Love Is Not Enough*, by William G. Borchert, Bill and Lois Wilson were evicted from their home on 182 Clinton Street which was the house that Lois grew up in. Due to this displacement on April 26, 1939, they were forced to sell their treasured possessions and live with other AA members for the next two years. It wasn't until Bill and Lois met Helen Griffiths that Stepping Stones was born. Helen Griffiths was a widow who was looking to sell her country cottage to the right buyer and move to New York City. Helen Griffiths was "appalled at the notion" that Bill and Lois were living in the Twenty-fourth Street Clubhouse and made an offer the Wilson's couldn't refuse. Bill and Lois bought the house on 66 Oak Road, Katonah, New York from Ms. Griffiths for \$6,500 on April 16, 1941. In June 1941, Lois began the first Stepping Stones Family Picnic in Bedford Hills, New York. The Stepping Stones Family Picnics were held every June, thereafter, to celebrate the reunification of the family and the reintegration of our families into our communities.

In keeping with the tradition started by Lois, this year celebrated Stepping Stones 60th Annual Family Picnic on Saturday, June 4, 2011. Bill and Lois dedicated their beloved home to all of us who carry the message to those who are sick and suffering from alcoholism. Thank you to all AA members, Al-non members and Alateen members that came out to support the reunification of our families and the reintegration of our families into society.

The Stepping Stones Foundation is currently restoring 120,000 letters, diaries, and other papers in a newly renovated office where the documents can be preserved from water, fire, and other chemicals that cause deterioration. Also, many archives are being made available online for the world to view freely. The estimated cost of the preservation project is \$175,000. For more information or to make a donation, contact Stepping Stones at (914) 232-4822 or at [steppingstones.org](http://steppingstones.org).

*Yours in service, Tricia L., DCM District 39*