

THIS DAY

www.nnjaa.org

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



A message from your Area Chair!
Thank you so much for the opportunity to serve you and Area 44. It really is an honor and a privilege.

I hope that everyone has had a summer filled with much fun and harmonious fellowship. As we wind down from our short break in service, we now have a lot to look forward to. The Area 44 Convention is fast approaching, and as always, we will have a weekend full of workshops, speaker meetings, Alkathons, and of course, plays with fun and laughs. Please come and join us!

There are several recommendations in front of us at the moment. GSRs, please be sure that your DCM gives you all of the details so that you can discuss these issues in your group's business meeting and have your group's voice heard.

Remember that in Area 44, September is Alternate's Month! That means Alt. GSRs give reports to their groups in business meetings, as well as attend their respective district meetings. We might have to work a little harder to get the information that we need at the group level, because we want to make sure we always have an informed group conscience. This same Alternate process follows through

with Alt. DCMs, Alt. Standing & Special Committee Chairs, etc. I am looking forward to seeing all the Alternates at the September Area Committee Meeting!

We have a couple of vacant service positions in the Area. First is the Section 3 Coordinator and second is the Area Office Coordinator. If you have any questions and/or an interest to serve, please feel free to contact me.

The October Area Assembly is just around the corner as well. It will be held on Saturday, October 26th, and hosted by District 32 in Bayonne. Hope to see everyone there, especially GSRs, to vote on behalf of your groups.

The 2015 International Convention in Atlanta is less than two years away! That might sound like a long time, but with all the planning involved, it's really not. We in Area 44 have hosted a Hospitality Suite at the previous two conventions in San Antonio and Toronto, which were hugely successful! The Ad Hoc Committee for the Hospitality Suite is already up and running. Contact Paul C., your Area 44 Archives Chair, for more information on the upcoming meetings. Everyone is welcome to participate!

See you on the road of Recovery, Unity and Service!

*In AA Love and Service,
Lester G., Area 44 Chairperson*



Is Your Group Connected to AA as A Whole?

How many times have you been asked that? I bet a few. Have you thought about your answer? There is so much that goes on in your group – and yet, there is also so much more that goes on outside of your group that has a direct impact. You gave me the honor and privilege of representing you at the Conference this year and it's almost impossible to tell you what that meant to me and relay everything that went on, but I gave it a shot at our Post-Conference report. Were you there? Was your Group represented? I hope so. I saw first hand this year at the Conference just how important it is for Groups to participate throughout the Conference process – during our Pre-Conference sessions, our Mini-Conference, and the Post-Conference Report. Each leg is a vital part of insuring the Groups voices are heard through their participation from start to finish. It is the way for the Groups to be fully informed so they can inform their Delegate how they feel on Conference matters. I feel so strongly about this, I am currently visiting the Districts to talk with the Groups about that – how I learned at the conference that it is absolutely evident that the

Groups are in charge. I hope to see you at your next District meeting. Check with your DCM to see which month I will be visiting.

You may have also heard that the Conference is taking its own inventory. It started this year and will continue through the 2015. If you go to our Members Only section of our website you will find both the summary of the 2013 discussions (in English and Spanish) as well as the 2014 questions (also in English and Spanish). While I do not know which questions I will be participating in, I would love to hear from you on any of the 2014 questions. Please take a moment to review them and send me your thoughts and comments. You can email me at delegate@nnjaa.org. It would be great to take those thoughts with me to the 2014 Conference.

As a separate note, please also check out the website calendar for November 16th. There is a flyer for a Concepts Workshop with presentations by your current and past Delegates, Trustees, and other trusted servants who have worked actively with the Concepts. It will be a great day. Please come out to participate.

I guess my main theme in this issue is **PARTICIPATION**. Whether it is at a District meeting, an Area Committee Meeting, an Area Assembly, or a Day of Sharing – your Group's opinion is the lifeblood of our service structure in keeping the Groups connected. Is yours?

*With Gratitude, Linda KK
Panel 63 Delegate for Area
44 Northern New Jersey*



Whatever Steadies your Boat...

What AA is and is not" is a popular topic. What does "the fellowship" have to offer and how do "I" fit in? Over the years, I've come to find the answers are different and have different impacts at different times in the journey of sobriety. Early sobriety is a time of need; the need to find a solution, of exploration and wonder.

At first, that feeling of desperation and isolation made walking into the rooms difficult. But the welcoming atmosphere and fellowship were comforting and lowered the initial anxiety.

Exploring different meetings, hearing different stories and experiencing new thoughts and directions, the sense of having found a refuge began to set in.

Involvement in AA became a part of my

life; becoming a part of something larger came with a lessening of uniqueness. Hearing my story over and over; maybe there was an answer. The answer(s) I found were more on the order of tools. What to do in this situation or that. How to work with character defects, with people, with events. How do I ride occasions of emotional turmoil through to a place of serenity.

I remember that first anniversary; feeling less an outsider and more like someone who has become a part of something. Camaraderie grew; responsibilities within the group grew; comfort with sobriety grew. I once scoffed at anniversaries but have come to value them as measures of movement away from who I once was. I think of someone with double digit sobriety as an individual who has faced many of life's ups and downs and held on to what they valued in the fellowship. These are people I can learn from.

Then a newcomer walked in the room and I put out my hand and said "welcome". This was a new experience. I reached out and became that person's face of the fellowship even if only for a moment. I was

taking ownership of the program and began hearing the same words coming out of my mouth that were said to me earlier.

Now... how did I take that feeling of being part and building it? That was literally a question I asked myself because, for me, attending only local meetings meant becoming complacent. I found chances to get more involved. I became a GSR and later an Intergroup Delegate. Here were positions where I could learn more about AA and how it works on an ever increasing scale. In time I found a growing familiarity with the link between the group and the various service entities.

That wider focus included leads to the 12 Step Committee Structure -- Corrections, Public Information, Treatment, etc. There are a lot of activities that A.A calls "Service Work" that I call building my relationship with sobriety and keeping my program fresh. The Intergroup Delegate position alone led to reports back to my group on new meetings, committee activities and events throughout Northern New Jersey.

Over the years I have had the chance to step up to many of the opportunities in AA and

have never been disappointed. It seems that I could always find a fit with a commitment that I needed at that time and under current circumstances. AA has a lot to offer to each of us but sometimes it takes stepping out of that comfort zone and taking a chance. Sure, time and effort are called for but each of us has learned that this life does not come easy. I write this as the current Intergroup Chairperson.

This is another chance for me to find out more about how this unique institution works and, perhaps, contribute a bit.

In Service, Jim S. - Intergroup Chair

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**NEXT ISSUE DEADLINE NOV. 15th
NEWSLETTER@NNJAA.ORG**

A Message from your Area Treasurer



Thankful or Grateful

When I received the theme for this issue "Gratitude," I thought about how often this has been the topic for discussion in meetings I have attended. I also thought of how many times I've had to examine myself to insure I was remaining grateful and not just thankful. Our wordsmiths would tell us these two words are synonymous, and in some instances that may be true. In the fellowship of AA I believe them to be quite different.

To be thankful I express appreciation for the kindness of others. When I receive a gift, when someone helps me or any of a hundred other ways someone may give to me, I am always thankful. I express this either in word or writing, that is the extent of thankfulness. Not so with gratitude.

In AA we have been given the greatest gift an alcoholic can receive. The gift of sobriety. This gift has allowed me, through the steps, to discover talents and abilities that had laid dormant through many years of selfish behavior. I have expressed my thankfulness many

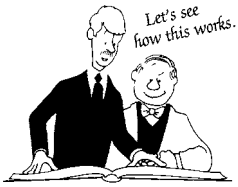
times for this, but if I am truly grateful I have the responsibility of taking action. Gratitude requires me to use those discovered abilities and talents to pass on the gift of sobriety given me so freely. This is not a gift meant to keep, re-gifting is required. This is why in AA's dictionary gratitude is a verb and not a noun. I serve you today as your treasurer, at the suggestion of my service sponsor, because I made myself available, that's it. It is my part in our collective responsibility to keep the doors of AA open, and to carry the message of recovery. We all share an equal responsibility to insure we are doing our part to guarantee the well being of AA. That said, showing our gratitude will not, nor should it be always convenient. I was taught early if I am not being inconvenienced, I am not doing this right.

Finally I would like to express my thanks to the fantastic support the groups of Area 44 have showed for the 12th step work being done by our special committees, standing committees, officers, etc. I encourage you to continue to get that support in what ways you can as we continue to get the message out. I thank you for allowing me the opportunity to show my gratitude and serve you.

*In Love and Service,
Wayne G. - Area 44 Treasurer*

The Twelve Concepts

An AA workshop by your current and past Delegates and Trustees
9:00am - 2:30pm
Saturday, November 16, 2013



Westfield Presbyterian Church
140 Mountain Avenue
Westfield, NJ 07090

Perhaps the least understood
of our 36 Spiritual Principles

HELP WANTED

Alternate Literature Chairperson – Are you looking for something else to do in AA? Are you tired of your sponsor nagging you to "get more involved?" Dip your toe into something really exciting! Come to our next meeting at the Area Office on September 18th and see how you can be part of something really special. Suggested Length of Sobriety 2 yrs.

No Experience Necessary: We will provide on-the-job training. There will be room for advancement. This work provides many benefits.

Responsibilities Include: Assist the Area Literature Chairperson in any way possible. Attend monthly Area Literature Committee meetings. Fill in for Area Literature Chair when needed

If interested, email: literature@nnjaa.org

www.nnjaa.org

Try it on your
Smartphone



Your Northern New Jersey A.A. Website

RUS SERVICE CORPORATION T/A NNJGS AREA 44 YEAR TO DATE COMPARISON REPORT: 2012 AND 2013 FOR PERIOD ENDED May 31, 2013

	2012 - May	2013 - May
Money Market Account ^(A)		
Balance as of January 1st	\$41,261	\$52,756
Interest Received	17	26
Transfer (To)/From the Checking Account	1,013	483
Balance as of March 31st	<u>42,291</u>	<u>53,256</u> ^(C)
Checking Account ^(A)		
Balance as of January 1st	\$18,268	\$35,019
Group, Individual, and 7th Tradition Basket Contributions	36,670	33,811
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	51,114	55,203
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(43,201)	(36,173) ^(B)
Non-Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(40,932)	(58,229)
Transfer (To) / From the Money Market Account	(1,013)	(483)
Balance March 31st	<u>\$20,906</u>	<u>\$29,148</u> ^(C,D)
Account Balance Over / (Under) Guideline	(\$9,537)	(\$3,523)
Prudent Reserve Funds		
Total Cash In Bank (Not Including Convention Acct)	\$63,197	\$82,413
Designated Funds (Jailbox Funds, etc.)	(1,019)	(3,333)
Checking Account Guideline (2 months average expenses)	(30,443)	(32,671)
	<u>\$31,735</u>	<u>\$46,408</u>
Prudent Reserve (50% of the prior 12 months Operating Expenses)	<u>\$49,589</u>	<u>\$43,025</u>
Account Balance Over / (Under) Guideline	(\$13,336)	\$5,337

FOOTNOTES

(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) 2013 Expense Budget is \$90,580

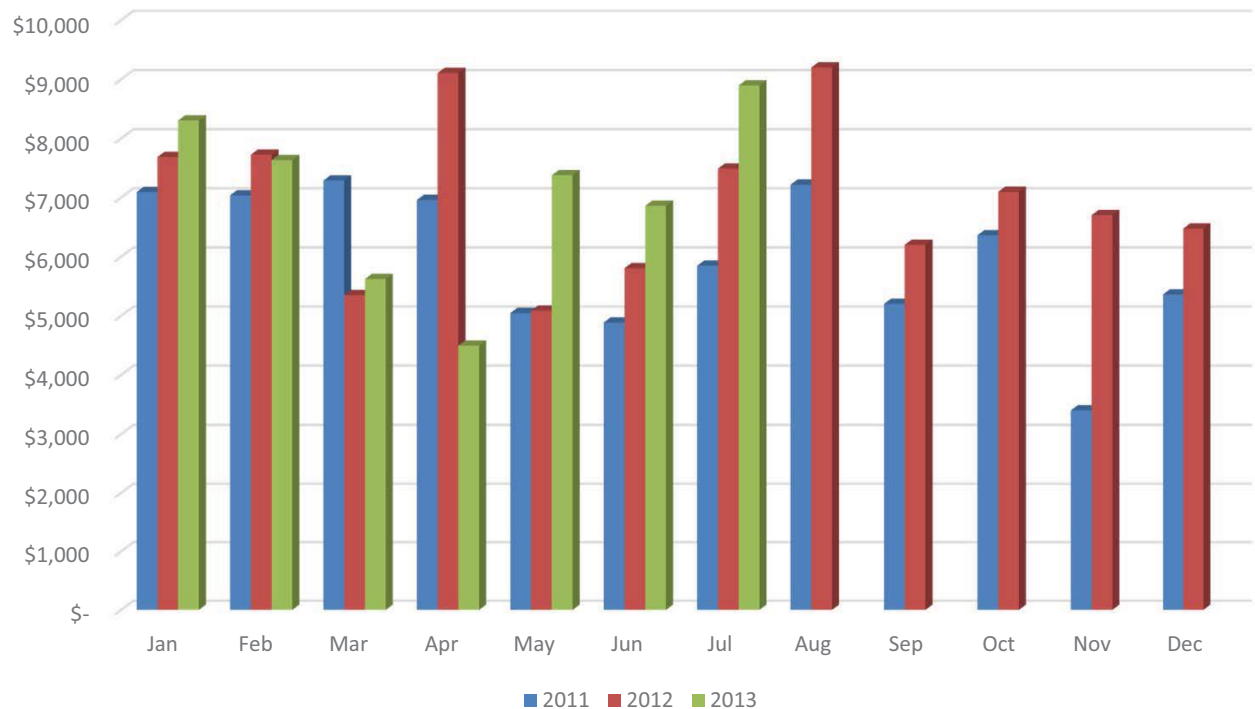
(C) May 31, 2013 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.

(D) May 31, 2013 amount includes Designated Funds of \$3,333 of Jailbox Contributions.

Summary of Official Approvals / Reviews

Individual / Group	Action	Completed Through
Treasurer	Approved	May, 2013
Alternate Treasurer	Approved	May, 2013
Finance Committee	Approved	May, 2013
Officers	Reviewed	May, 2013
Area Committee Members	Approved	May, 2013
Area Assembly	Approved	March, 2013

Monthly Group Contributions to Area 44 from January 2011 Through July 2013



I was able to walk out with a tiny ray of hope.

The beautiful thing about this program is how the message can be carried in so many different ways. Enjoy the articles within this issue of your newsletter and consider the message of hope and gratitude that is shared through service-work. Get involved with one of the Committees you read about! Give a copy of *This Day* to a newcomer and encourage them learn about what's going on in Northern NJ AA! If you're interested in the Newsletter Committee, come to our monthly meeting at 7:30pm on the 3rd Thursday of every

month at the Area office in South Plainfield!

The Newsletter Committee has been working hard to make this your newsletter. We will be asking for your feedback at the Area 44 Convention and hope for an awesome response, so please visit our table. If you're interested in helping out at the Convention as a "roving reporter" please come to our September meeting or contact us at newsletter@nnjaa.org. And don't forget what we said at the last Area Assembly, "Oh, there's more to come from *This Day*!"

Keira H. - Newsletter Chair

HELP WANTED

This Day Editor – Do you possess writing skills, as well as knowledge of proper English grammar and punctuation? Do you have basic knowledge of AA's Traditions, Concepts, and Warranties? Then you just might be perfectly qualified for the *This Day* Editor's position! If you are interested in serving the area contact us at newsletter@nnjaa.org or come to our monthly meeting on the 3rd Thursday of the month at the Area Office.

This Day Alternate Chair – The Alternate Chair's position is also open. If you are interested in helping the current Chair, and possibly stepping in as the next Newsletter Chair two years from now, then this might be the right service position for you!

Getting Humble to Become Useful

Humility & Willingness:
The Road to Strength
District 37
7th Annual Day of Sharing
Saturday, October 26, 2013
9:00am - 4:00pm
"STEP SEVEN"

Free Breakfast & Lunch

Glen Ridge Cong. Church
195 Ridgewood Avenue
Glen Ridge, NJ 07028

THIS DAY from your newsletter committee

The very first AA meeting that I attended, one bleak morning after a terrible bender, was just before Thanksgiving. I'll never forget how mortified I felt when I tried discreetly to get a cup of coffee, and then proceeded to spill all over myself because I had the shakes. The topic of the meeting was "gratitude" and I couldn't for the life of me understand what there was to be grateful for. As my mind reflects back to that hour, I remember what I most identified with was the fellow who chagrined how he hated the topic gratitude and didn't feel there was anything he was grateful for with his sorry lot in life. I am so blessed my journey in this program has carried me from that moment to this day, where I not only feel gratitude, but I live gratitude. I hope to never forget how ungrateful I felt walking into that first meeting and how, through the identification with another alcoholic,



Bringing the message of recovery into jails and prison has been a cornerstone in my sobriety. I have never been arrested, nor have I ever spent a day/night in jail, yet I would be dangerously naïve to think my disease could not take me there. The only difference between me and the women wearing Middlesex County ID bracelets, orange rubber flip-flops and county issued green outfits is, they were caught. When I enter a jail or prison and leave everything, including my ego, in the car, I bring home more than I could have ever given away. These women, who are literally and figuratively trapped in prison, begin to share acceptance, gratitude and a desire to be sober in a way that I do not see or hear, anywhere else. Each time the last sliding metal door slams shut behind me and I walk to freedom, I pray that I was able to reach at least one woman and aid in breaking the cycle of addiction and

incarceration, which go hand in hand.

The following excerpts are from three amazing women that join me regularly at Middlesex county jail:

"Thanks to Jennifer B. of Metuchen, about a year and a half ago, along with other women in AA I began going into Middlesex County Jail; bringing meetings to the women incarcerated there. It has been without a doubt an experience that has made me extremely grateful for my sobriety and made me take a look at just how fragile life is. I look at and listen to the other young girls locked up there and not only think but also feel it in my bones, 'that could be me.' When I go in, I thank God I can walk out and that God has given me the gift of sobriety at such a young age. Whenever I take my sobriety for granted, I can stop and think that things can be a whole lot worse and I need to hang onto my blessings and gifts as tight as possible." – **Samantha F.**

"I recently began going to the Middlesex County Jail to bring a meeting to the women there. This has by far been one

of the most fulfilling experiences I have had throughout my journey of my sobriety. Being able to share my experience, strength and hope with incarcerated women suffering from alcoholism and addiction is awesome. Looking at their faces full of despair or hopelessness when they first enter the meeting and then seeing their faces with a gleam of hope at the end of the meeting is priceless. I try to let them know that there is a solution to this disease and that they are worth it and they only have to do it one day at a time. There is help available if they want it, but they have to want it. This experience also reminds me that, although I have never been arrested, if I choose to pick up again, I could end up incarcerated; I could lose everything I have worked for. It reminds me that when you hear 'jails, institutions and death', they mean it. When they say that 'your misery can be refunded if you pick up,' I believe it. I always leave the commitment feeling high on life as it most likely helps me more than it helps the women in jail. I hope the seed of hope and recovery is planted in at least one inmate." – **Judy C.**

"Bringing AA meetings into Middlesex County jail has got to be my favorite service work. It is the place that holds the most extremes, and helps me feel grateful for this program and the people in it. The individuals who are incarcerated have experienced the tragic lows of the disease of addiction and the devastation we are capable of causing, yet there is still so much hope in the room. We are all in this together, just trying to stay sober." – **Ellen C.**

If anyone is interested in carrying the message behind bars or if you have any questions, please contact the Correction Committee at cfc@nnjaa.org or join us at our next committee meeting on 9/21/13; 11/16/13; see <http://www.nnjaa.org/area44/cfc-committee.html> for details.

Do not assume you cannot get involved because of prior felonies; there are correctional facilities that do NOT require background checks.

Jennifer B. - Steps to Sobriety, Tuesdays 8pm, First Presbyterian Church, Metuchen



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

3 Legacies Group 527 Beginners Group Asbury Park Friday Nite Rainbow Avon Serenity by the Sea Baptistown Speak Your Peace Belleville Thursday Night Group Bloomfield Thursday Night Men's Group Booze U Looze Wednesday Cedar Knolls Women's Group Chester Group Circle of Friends Clifton Monday Night Big Book Group Cranford Tuesday Nite Daily Reflections	Dawn Patrol Group Districts 1&2 District 3 District 13 District 16 District 34 Down to Earth Group Downtown Serenity Group Drip Dry Group Easy Does It Group Fair Haven Early Risers Fri. Night by Candle Light Friday Franklin Guts Group Friday Grapevine Group Friday Noon Montclair Meeting Growth Through Sharing Hampton FOB Clubhouse Haskell Group	Highland Park Monday Nite Hill Street Blues Hillsborough Haven of Hope Jernee Begins Group Just For Today Just for Today Randolph Woman's Kendall Park Thursday Night Kenilworth Liberty Group Keyport Keepin' it Real Lambertville Tuesday Night Lincoln Park Big Book Wednesday Night Live & Let Live Group Lyndhurst How & Why of It Lyndhurst Saturday Night Maplewood Drip Dry Metuchen Saturday Morning Serenity Millburn Sunday Big book	Miracles Meeting of 3 Bridges Monday 12:15 Closed Discussion Monday Night Closed Discussion Mt. Fern Monday Night Mt. Fern Randolph Neptune Design For Living Neptune Saturday SOS Netcong BB Study Group New Brunswick Friday Nite New Brunswick Joe & Charlie Big Book New Brunswick Wednesday Night On A Different Footing Piscataway Experience Strength Hope Piscataway Thursday Night Step Ramapo Recovery Group Raritan Valley Group Ridgewood 8AM Rockaway Serenity Porch	Rumson St. George Sun. Night Rumson Sunday Night Saddle River 7AM Safe Harbor Group Saturday Bagel Bash Serenity Porch Sergentsville Search for Serenity Somerset Tuesday Night Sparta Rockin in Recovery Spring Lakes Heights Sunday Night Sunday Night Ridgewood Sunrise Group The Great Fact Group The Sky's the Limit Group Three Bridges Miracles Mtg. Union Hill Friday Night Grapevine Group Union Monday Night	Upper Ridgewood Group Vernon Saturday Reflections Verona Tuesday Night Vineyard Road Group W. Keansburg Group Waldwick Bagel Bash Wantage Big Book Washington Friday Night Sparta Rockin in Recovery Wednesday Pattsburg West Milford Group West New York Speakers Group Westfield Wednesday Night Step Westwood Morning After Group Woodbridge Time Takes Time Wyckoff Positive Thinkers
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Gratitude
That was something I never thought about in my drinking days. It took much destruction of my life to put down the drink and open my eyes to a new world. I am thankful for all I have today because I am still here to share my life with family, friends and others.

Somehow—by hanging around people I would never have hung around—I was able to put down the drink. It wasn't easy, but it was well worth it. I wake up every morning, not hungover, shower, and I'm ready to face the world. It's a beautiful thing when you can share your experience, strength and hope with others in private and at meetings. You hope you can help others, just like the people who helped you. I've seen so many folks with pain in their eyes come into the rooms. When they stay, a smile soon comes on their face. The best feeling in the world is to see someone go from sad to happy, not overnight of course.

It took a while for me to learn about service work in AA but it seems to be keeping me sober. I've been blessed to do Public Information work and have fellow AAs helping me carry the message. From speaking in High Schools to delivering pamphlets and Grapevines to Police Departments, Hotels, Libraries, and Town Halls, I have learned about a Higher Power and not drinking no matter what.

Being sober 9 out of 60 years has been a blessing I don't deserve, but I'll take it. I don't know what else to say but be happy, help another, and never give up!

PI Committee Chair, District 13



Hello Area 44! My name is Freddy and I'm an alcoholic and your Area 44 Grapevine chair. This quarter the Grapevine Committee has been as busy as usual attending many commitments that we have been invited to. Besides our monthly intergroup and bi-monthly Corrections Committee commitments we were invited to Soberfest in May, the Area Assembly in June and the Long Timers picnic and meeting in Jersey City July 4th. The committee was also able to attend some Days of Sharing in between all those other commitments. One that I am very happy to share about is being invited to the District 30 meeting in Newark on July 28th. District 30 is one of our Spanish Districts in Area 44. It was great to see the commitment and enthusiasm that they have towards area level service. We are very happy to have a relationship with District 30 and to be able to reach more alcoholics with the Grapevine literature.

On August 19th we have a commitment in Wayne, NJ for an open speaker meeting. This is something that we started to do in the beginning of this year. The Grapevine Committee started to do one open speaker commitment for each quarter to be able to share with more people what the committee does and how more people can get involved. We have a booker who books in the usual fun manner and we rotate the commitments among our committee members.

September will be a busy month with the Area 44 Convention on September 27-29th. We will have our Grapevine Literature Table on the second floor of the hotel, so if you'd like to visit us...please do! The convention also means that we will be doing our Annual

Grapevine Play on Friday at 10pm and Saturday at 4pm in the Mirabella Room on the 1st floor. We would love to see you all there!

The Grapevine Committee meets on the first Saturday of the month at 10am at the Area 44 Office in South Plainfield office. So please come down if you'd like to be a part of all this amazing fun!!!

Thank you for letting me be of service to you!

Freddy - Grapevine Chair



One of the joys of being involved with the Mid-Winter Luncheon is the opportunity of sharing my experiences with the Luncheon Committee. But I was stumped - I did not know where to begin or how to convey/express my thoughts on this subject. So I began to search the nnjaa.org website for past articles in *This Day* about the Mid-Winter Luncheon to get a few ideas. To my surprise I discovered there were only a few articles. There was no article from this committee in 2008 and then I realized that this was one of the new additions to the committee's guidelines: to submit an article to every issue of *This Day*. Nothing, absolute nothing, happens in AA without the "voice of the group." What I'm trying to say is every voice in AA counts.

The GSRs are the voices of the groups. This Luncheon honors them for the vital service they perform. Many GSRs are new to service. It is here at the Mid-Winter Luncheon that they are recognized and honored for their faithfulness dedication to a thankless task.

I remember the first Mid-Winter Luncheon I attended. It was extraordinary. Everyone was dressed up, the food was wonderful, as were the speakers – but the highlight of the event was when every GSR in the room stood up and the

whole room applauded and cheered for them. I felt proud to be a part of such a great fellowship and when I see new GSRs at the Luncheon now, I am filled with joy to see the excitement and awe in their faces. I am particularly grateful to be a part of the planning committee that brings it all together to honor them.

How did I become involved with the Mid-Winter Luncheon Committee? Two years ago I was approached by a friend to consider being on the luncheon committee. I didn't know what to expect. The biggest obstacle was my fear of commitment. Can anyone identify? But I was very interested and before I knew it I was attending the meeting. And once again before I knew it, I was driving to South Plainfield every 2nd Tuesday of the month and having the time of my life helping to plan the Mid-Winter Luncheon with people just like me.

If you would like to be a volunteer on this committee please join us the 2nd Tuesday of every month at the Area Office at 7:30pm and watch yourself grow.

In love and service, Patricia S., Chair, 2014 Mid-Winter Luncheon

Annual GSR Mid-Winter Luncheon
"Communicating Our Legacies - Vital in a Changing World"
Sunday, February 16, 2014



Speakers: **J. Gary L.**, Northeast Regional Trustee
David Morris, Class A Trustee, General Service Board Treasurer
Forsgate Country Club
375 Forsgate Drive
Monroe Township, NJ 08831
Price - \$35.00
Contact: luncheon@nnjaa.org

Area Literature Committee

Dr. Bob and the Good Oldtimers

Dr. Bob and the Good Old Timers (B-8) is available through your Literature Committee for the low price of \$9.50. This book is a great Gift idea for a Sponsee or someone celebrating an anniversary.

This book is a warm and accurate description of the life of Dr. Robert Holbrook S. (August 8, 1879 – November 16, 1950), the cofounder of Alcoholics Anonymous with Bill W. I found it sad that Dr. Bob, as he was lovingly referred to, died early in the development of AA so he left the lion's share of AA fame to the often depressed Bill.

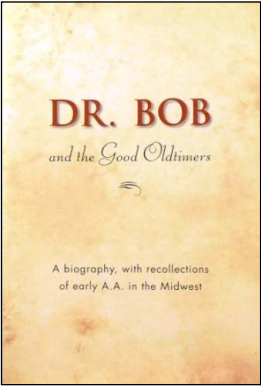
In comparison, you couldn't find two different characters to lead the fellowship that became the phenomenon that AA is today. When Dr. Bob died in 1950, AA was only 15 years old, but his influence on the program

has remained permanent and profound.

This volume attempts to give the reader a full account of the man Robert S. It is a well balanced account of the youngster from Vermont who became a hard drinking medical student fighting the onset of alcoholism.

Despite the demon of alcoholism he becomes a respectable physician and loving family man, but as the story progresses the reader is granted an inside look at the devastating disease that robbed Dr. Bob of all hope until his fateful meeting with a fellow alcoholic, Mr. William Griffith W. (November 26, 1895 – January 24, 1971).

Beginning with Dr. Bob's last drink and the start of the fellowship with the



other pioneers in the Midwest, the reader is exposed to the tumultuous and exhilarating birth of Alcoholics Anonymous. It was truly an experiment in painful trial and error, with the newcomer as priority number one. The undertaking of writing AA's Big Book was fraught with controversy over content and finances, yet Dr. Bob was a steady central figure.

The end of the story returns to an intensely personal view, but even in his final years Dr. Bob was drawn into hard fought decisions that still affect AA as a whole today.

*Yours in Service,
Randi J., District 23*

From Suffering to Service: The Extraordinary Life of Bill W.

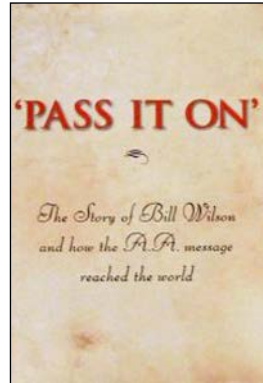
Pass It On: The story of Bill W. and how the AA message reached the world, Alcoholics Anonymous World Services, Inc., 1984. 429p.

Most biographies begin with a birth and end with a death. The lives that fill the intervening pages, however, are as various as the subjects of the books themselves. To alcoholics, the life of Bill W., AA's cofounder, is of particular interest. Yet, to the millions of alcoholic lives that have been salvaged by AA's program of recovery, Bill W.'s life is of paramount importance, for the last thirty-five years of that remarkable life were dedicated to carrying the very message upon which each of their own lives depends. As such, any attempt to chronicle that life, would by nature be held to the highest critical standards by those who owed so much to it. Happily, *Pass It On*, the only Conference-approved biography of Bill W., met that test and stands as a unique and invaluable contribution to Alcoholics Anonymous' body of literature.

Appropriately, I was first introduced to *Pass It On* by my sponsor. He lent me his own copy as if it were an assignment. I felt grateful, honored, and humbled at the same time: that peculiar combination of emo-

tions that so many of us experience when we realize that we are being welcomed into the fellowship, being given personal access to the time-tested program of recovery, and being challenged to learn as much as we can about both in order to one day pass on the gift to another struggling alcoholic. He told me that it was important that I learn the history of what I was endeavoring to become a part of. I thought that this was a unique assignment he designed just for me. I was wrong. What I was to learn later was that he was passing on a love for Alcoholics Anonymous that had been given to him by my grand-sponsor who had been taught by his own sponsor that we love things more deeply when we know their history. The book felt a little heavy in my hand, but my heart felt light, and my mind raced with excitement to read it.

Over the weeks and months that ensued, my sponsor guided me through the 12 Steps and taught me the 12 Traditions; and I read *Pass It On* in the evenings. In its pages, I became familiar not only with Bill W. but also with Alcoholics Anonymous itself. I watched Bill W. as he was rescued from the shipwreck of his alcoholic despair and brought into a joyous life of service. The book charted his odyssey from Vermont to Wall Street to Towns Hospital to the rooms of Alcoholics Anonymous. It told of each step of his journey in recovery: how he steered between the Scylla of unreasoning exuberance and the Charybdis of fathomless depression, avoided the Sirens of ego and renown, shunned the glitter of Circe's riches, and scorned the tunnel-vision of the Cyclops' self-righteousness. It recounted the earliest of days of the fledgling movement called Alcoholics Anonymous, and detailed how each of its Twelve Traditions was forged in the crucible of trial, error, and correction. It explained



the mistakes and celebrated the victories. Above all, it was honest and thorough in its research. It was far-reaching in its scope and meticulous in its detail. I was enthralled.

In April of 1977, the AA General Service Conference approved a project which would result in a joint biography Bill W. and Dr. Bob. As the Foreword of *Dr. Bob and the Good Oldtimers* explains, "Originally, a joint biography of the two co-founders was planned. When this proved impracticable, it became apparent that Dr. Bob's biography should be written first, before Bill W.'s." The biography of Dr. Bob was completed in 1980, followed by *Pass It On* in 1984. The depth of research involved in producing these volumes was both extensive and exhaustive. The Sources section of *Pass It On* states, "The primary source for this book was material in the AA archives: letters, memorandums, personal notes, interviews (in tape or typed transcript form), reports, newsletters, newspaper items, magazine articles, etc. Availability of this material varies and is determined in specific instances by the archivist or by the Archives Committee of the AA General Service Board."

The fascinating nature of the subject of this biography, combined with the wealth of sources employed in its writing, make for a uniquely informative and exciting read. The rewards of reading *Pass It On* are innumerable. It is almost as if the reader is walking at Bill W.'s side through the annals of AA's inception, founding, and momentous expansion. It places into context so many of the events we see referred to in the Big Book and the Twelve and Twelve. Ultimately, it provides a more comprehensive view into the thoughts and motivations that led to the formation of our principles and traditions, the creation of our fellowship, and the fruit of both: our collective experience of recovery. It is a powerful testimonial of a remarkable man's journey from the bondage of self to the liberation of service, and of the movement that he helped to create.

*Mike R.,
Friday Night 5 Corners Group*

Cooperation with the Professional Community

You want me to do what? What is CPC? I have been an active member of AA for over 37 years and never remember coming across this type of service work. Not because it was not there but I was busy doing work just in my district. Carrying the message to other alcoholics has always been on the top of my priority list. I am responsible.....

This is what encouraged me to explore the opportunity of carrying the message to the professional community. How are people in need of this great program going to find it if they do not have some direction. I was a little taken back when a past Cooperation with the Professional Community (CPC) Chairperson explained that when I spoke to people in the professional community I might be met with questions and maybe even a little hostility. When I speak at AA meetings I am always received with love and identification.

I reflected back on my story and how I got to AA. It all began almost 39 years ago when I was a young woman in deep trouble physically, mentally and spiritually. My abuse of alcohol in a few short years had taken away any hope for a long and joyful life. I visited a member of the clergy who Thank God had found the program himself. He came right out and identified my problem in no uncertain terms for me immediately. He also

had a very close physician friend who was educated and ready to help with the immediate physical needs and paperwork aspects of admitting me to a long term rehabilitation facility for those who were reluctant to recover. This saved by life.

What would have happened to me if these two professionals knew nothing about AA and did not send me in the right direction towards recovery? God only knows! This is what had me considering carrying the message to professionals who requested information. Hopefully my message of experience strength and hope will enable someone in the professional community to suggest they try an AA meeting.

A short story of ongoing recovery reinforced this thinking over the last year. A terrified woman came into a meeting with no knowledge of AA. She had health issues and her family doctor suggest she try one of those AA meetings. She of course was met with open arms and support at the door to our rooms and was drawn into the program very slowly. She has become eager to work the steps and learn all she can about the program. She recently celebrated her first anniversary. I heard her speak not long ago at a meeting and said where would I be if that doctor did not know about the program of AA? Her response of God only knows brought tears to my eyes!

God put knowledgeable professionals in my life and I am responsible to keep the flow of knowledge about AA flowing for future generations.

Sharon L. - CPC Chair, District 35

Rewards of Cooperation with the Professional Community (CPC)

When I came into the fellowship of AA I was very fortunate to have mentors who were very service structured and for that I am forever grateful. Chazz. C suggested that I may want to get involved with GSR work so I started to go to District 20 meetings. And was able to meet some wonderful people who really understood the meaning of our triangle and three legacies. (Unity-Service-Recovery) I joined the CPC committee from our district and from over 20 years ago I still enjoy the service rewards that come from this work.

In short we from CPC reach out to the people (who are not) alcoholics but have professions that may put them in a position to suggest to someone that AA may have something to offer...Such as nurses, doctors, judges, clergy, and HR managers to name a few...We were a spin off from the PI committee

(Public Information) and to this day work with them on different occasions. I have to say that for what do and the fact that we do it Free is probably the most rewarding thing of it all. I believe we get our pay back in ways all the money in the world could not buy...

I will share a short story of what I mean by the pay back. Back in 1995 there was a Alcohol and Drug Awareness event at Nomanhegan Park in Cranford and the PI Committee was short handed so I got a call from a PI member and he asked if I could host a table at this event representing the PI Committee and of course AA. Now my table spot was between the Police from the DARE Organization and MADD (Mothers Against Drunk Drivers) and they had tee-shirts, pens, frizz-bees...Of course, in AA we only have pamphlets and some soft cover

literature. A little girl comes up to my table and is very interested in what I have displayed with the pamphlets. Now I would guess she was maybe 11 or 12 so I said to her "I'm sorry honey I don't have any give-aways like a shirt or frizz-bee to give you." She replies back "That's okay - it's the information that's Important." I rest my case for doing service work...

Mike F., CPC Chair, District 20

International Hospitality Committee



2015 International Convention

It seems a long way off but it will be here before you know it. An Ad-Hoc Committee has been created to plan for the hosting of a hospitality suite at the 2015 international convention in Atlanta GA in July 2015. We will be displaying some of our archives from Area 44 "The home of the Big Book" and other archives of early AA history. In addition we will have a respite and refreshment area for our guests. We will be showing our Jersey hospitality to the entire fellowship!! If you like to meet new people from around the world and will be attending the convention this may be something for you.

We are currently looking for members who would like to get involved in this endeavor. We meet the 2nd Thursday every other month. Our next meeting is Thursday October 10th at 730 PM at the Area Office. No experience is necessary, just a desire to do service work and a love of Alcoholics Anonymous. Hope to see you there.

Yours in Service - Paul C, International Hospitality Suite Committee Chair



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, North Jersey Intergroup, or AA as a whole. We welcome your comments, opinions or viewpoints on anything found in this newsletter. — *The Editor*

That Powerful AA Handshake

From my first days in this fellowship, I would hear people share that the most important person in the room was the newcomer. When we were kids my father used this saying a lot, "actions speak louder than words." In a program where attraction trumps promotion, our actions will always tell our sober story. That old saying was not only true back then, but so very true today. Why don't we all ask ourselves, are our actions speaking loudly enough to the newcomer?

There is a story that I would like to share which is very personal to me. As a newcomer certain meetings just scared me. Honestly, much more than particular meetings scared me back then, but small meetings definitely

did. One meeting I walked into for the very first time, and rounded the corner slowly. There in this room sat four AA members. Too small a meeting for me, way to hard to hide behind such small numbers. Like any fourteen year old boy trapped in the body of a forty five year old man, I made the slow about face to leave the room. One individual sprung to his feet, and caught up with me. He shook my hand, introduced himself as Eddie, and asked me my name. This didn't feel like any regular handshake to me. It felt different, it was more sincere, and surely more welcoming. There was also some strong eye contact associated with it. Well I couldn't leave now, so I joined the meeting and then eventually went home. It was hard to forget the welcoming feeling I had from that handshake. So the next week I went back. Eddie once again gave me a great handshake, welcomed me by name, and said it was good to see me again. I don't know about you, but I was not used to hearing those words, and not in such a sincere tone of voice. That group became my first Home group, and my service work started there. There was a powerful lesson to be learned from those two meetings. The power that one sincere handshake can have on a newcomer.

I recently spent five months in another state. I was the newcomer again, but there were very few handshakes coming my way. I entered one meeting fifteen minutes early, and seven group members were already seated. They were in what I came to know as their regular seats, because eventually I took a three month commitment there.

life seemed to be controlled by alcohol. I knew that I had to stop, but I didn't know how. Then I realized that the answer was in Alcoholics Anonymous. I knew that the first thing I had to do was stop drinking - and the way to do that was one day at a time just as I was taught earlier in A. A.

So back to Alcoholics Anonymous I went because I knew that was where the answer was as it was before, but I just didn't listen. And so this time I listened and I received The Gift of Sobriety just as I did before but this time I'm going to hold onto it. My life has changed so much that it is almost unbelievable. I am sober now and yet I have had health problems but I can take care of them because I am sober. Now I take each day as it comes and do the best that I can with what I've got. And I'll keep doing that till the God of my understanding takes me home. Life is too precious to waste it on alcohol or anything else. So I'll just keep living my life with the gift that was given to me, The Gift of Sobriety.

Ray, C., Roselle Sunday Night

The Gift of Sobriety

Alcoholics Anonymous, in my opinion is the greatest gift bestowed on the human race other than being born. I don't believe I was born an alcoholic but I do believe that I made myself an alcoholic. If I had never picked up an alcoholic drink I would never had become an alcoholic. Alcohol was a symptom and not my problem, I was the problem. I was the one who picked up the drink and kept picking it up till I came to Alcoholics Anonymous where I stayed for a few years and then thought I could drink again. It didn't take long for me to realize I was an alcoholic. It took a few years for me to come to the conclusion that I was the problem, not alcohol. I was given a gift that was passed on to me from all who came before me. I can also pass it on by living in sobriety and helping another alcoholic, just as those who came before me taught me. Life seemed to have no meaning, no purpose, and no destination. My whole

On Saturday June 22 I attended the Area Assembly and sat in on the *This Day* Committee Workshop. I have to say I really enjoyed the song that was put together and was excited to see many people join in and participate.

While sitting in on the workshop it became apparent how much I have taken for granted the hard work that gets put in to the quarterly paper I always look so forward to reading. I have to admit I anxiously stalk the nnjaa.org web site to see when the next issue comes out. As soon as I see it I get excited and let others know that it has arrived. Then I always make sure to pick up a hard copy as soon as possible and share it with the people in my home group. *This Day* is incredibly helpful in getting ready for the conference each year. It is a vital tool that my home group uses to help better understand the topics in

which we are voting on. The publication is also a great form of communication, I love to hear what is going on in each of Area 44's committees and to hear from our officers on any news that we may need to know. *This Day* always has great articles on upcoming events and outstanding recaps on events that have recently taken place.

In the workshop I found out that the committee doesn't receive a lot of feedback on the newsletter within Area 44. I wanted to take a minute to express my gratitude to the committee for all the hard work they do in providing the Area with such a great means of communication. Thank you *This Day* for your hard work and dedication to getting out a quarterly paper that I greatly enjoy.

In Service, Eavan J., The Alive Again Group Hopatcong

Not one individual even looked my way, they all just continued to talk to each other. I walked around the room and shook each of their hands to introduce myself. Almost immediately and without any prompting, they started to tell me all the years of sobriety they had. Most all of them had twenty five years or more. One woman actually said to me, luckily while I was sitting down, that their meeting was a small one, that they found people were intimidated by their sobriety. Well, those that know me well seldom see me speechless, but after hearing that, I couldn't have used my tongue if I wanted to. Their actions spoke much louder to me than their words ever could. It was clear to me who they thought the most important people in the room were. It was also clear why their group was so small.

Like everyone else, someday I just don't want to get out of my chair when I spot a newcomer. Once in a while I may sit there for a minute, and hope someone else will. That way I will be off the hook for not doing it. The truth is maybe I belong on a big hook those days. What an ungrateful attitude to have, and what an accurate display of my spiritual condition at that very moment.

I know now after years in AA, that the newcomer is always the most important person in every room. One reason is obvious, because they need the most help and support. The main reason is because only through helping them, do I get to keep what I have. With no newcomers to help, I will quickly get lost in that tornado of thought and action we

call the bondage of self. That would be the end of the solution, the only solution we have to this deadly spiritual disease.

So whatever level of the AA service structure you are participating in, make sure to pay special attention to the newcomer. The new group member, the new GSR at your District meeting, all the way to the new DCM at your Area meeting. They all deserve the very best of our attention. If you're not too sure what to do, why not start them off with that special AA handshake. If you're still asking yourself, "what makes those handshakes so special?" I can tell you from personal experience, that the handshake I received thirteen years ago, that one simple gesture, became a big part of the process that gave me this wonderful life.

Yours in service, Anonymous

GSR/DCM WORKSHOP

SATURDAY SEPTEMBER 14TH
8:30am-2:30pm



Sparta United Methodist Church
71 Sparta Rd (Rt. 517)
Sparta, NJ 07871

Registration, Breakfast, Fellowship - 8:30am
Workshops from 9:00am-2:30pm
Lunch @ Noon

**Learn why the GSR may be
the most important job in AA**

Concept VI

Concept VI: "On behalf of AA as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in more of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."

It is the practice at our District to have a member of the committee present on the Traditions or the Concepts at each meeting. This past June the presentation was on Concept VI. The presentation, by Chris H., was so moving that I have presumed to offer it for publication in *This Day*. Here is his presentation as given . . .

Paul W. - DCM, District 28

This concept relieves me of the need to worry. As a member of AA I have a certain level of responsibility and a corresponding level of authority. My basic responsibilities are to carry the message to the still suffering alcoholic, to promote unity within my group, and to do my part to ensure the continued existence of Alcoholics Anonymous by upholding the Traditions and the Concepts. As a member of AA and a trusted servant, I have the authority to carry these things out. However, there are issues and problems that our fellowship faces that require a higher level of responsibility, and thus must be delegated to a higher authority. Which is why the service structure of Alcoholics Anonymous is what it is. I don't have to worry about the financial and global operations of AA. We have Trustees for that. This leaves me free to concentrate on our primary purpose.

The same holds true for my life in general. My happiness today depends on my ability to effectively carry the message of

Alcoholics Anonymous through Twelfth Step work, and to live my life by spiritual principles that I've found as the result of working the Twelve Steps. When I'm consumed with self and am stressing out about area of my life that I really have no control over, I'm unable to concentrate on spiritual principles and Twelfth Step work, and my happiness suffers as a result. But this concept reminds me that I only have authority over those things in my life for which I have personal responsibility. Everything else is out of my control. And if I believe that to be true, then I have no other choice but to turn these other things over to a Higher Power of my understanding. I have to give my Higher Power authority over the areas of my life for which I hold ne responsibility or control. I'm then able to focus my efforts towards those things I am responsible for.

Just as AA delegates authority and responsibility through the Conference to the General Service Board, so does a Higher Power delegate carrying the message to us. And what one of us can't do alone, we all can do together so as to help each other carry the message. Together, a Higher Power gives us all the experience, strength and hope that we need. All we can hope for is to make our best effort in any situation put before us, and in doing so we fulfill our relationship to AA and to our Higher Power.

*Chris H., Solution on
the Shore, Neptune*



www.nnjaa.org/members
password: onedayatime



Area 44 Convention Schedule "Preview"

57th Annual NNJGS Convention

Taking Inventory – Our Solution in Action

FRIDAY, SEPTEMBER 27, 2013

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 weekend passes (some additional tickets may be available).

3:00pm **Registration Table** – Pick up your reserved badge or purchase a \$29 badge for all convention events (excluding Meals & Banquet).

3:00pm **Information Resource Table** – (Sign Big Book)

4:00pm **Early Bird Discussion Meeting**

8:00pm **Speaker Kick-Off Meeting** – Ralph W., Los Angeles, California

9:00pm **Big Book/Alkathon Marathon** continuous through 8am Sunday

9:00pm **GSYP Workshop**

9:15pm **"My Fairly Drunk Lady"** performed by the Grapevine Committee

10:00pm **The Convention Committee presents "The Lost Weekend" (1945)** Winner of 4 Academy Awards

11:45-1:15pm **Old Timer's Luncheon**

12:15-1:15pm **Area Workshops**
Cleaning Up the Wreckage of the Present – District 9
Continue Our Fearless & Moral Inventory – District 19
Home Group Inventory – District 37

12:30-1:15pm **Late Lunch**

1:45-3:45 **Old Timer's Meeting**

Big Book/Alkathon Meetings continuous through 8am Sunday

4-5:00pm **Polish-Speaking Meeting**

4:00pm **"My Fairly Drunk Lady"** encore by the Grapevine Committee

6:45pm **Banquet Doors Open**

7:15-8:15pm **Banquet Begins**

8:15-9:30pm **Banquet Speaker** – Lee Y., Orlando, Florida

8:15-9:30pm **Simulcast of the Banquet Speaker**

10:00pm **"THE RESENTMENT ZONE"** performed by Area and Intergroup Committees

10pm-2am **Dancing to DJ**

Big Book/Alkathon Meetings continuous through 8am Sunday

SATURDAY, SEPTEMBER 28, 2013

6-9:00am **Breakfast**

8:00am **Registration, Meal Package and Banquet Tables Open**

9:00am **Coffee Stations Open**

9am-5pm **Continuous Films Program**

9-10:30am **Area Workshops**
Our Best Thinking - District 14
Selfish or Selfless - District 8
Surrender to Serve - District 30

10:45-11:45am **Speaker Meeting (Al-Anon)**
Debbie G., Des Moines, Iowa

11:45-12:30pm **Early Lunch**

SUNDAY, SEPTEMBER 29, 2013

7-9:30am **Breakfast**

8:00am **Last Alkathon Meeting**

9:30am **Sobriety Countdown**

10:30am **Spiritual Meeting**

11:45am **Closing Ceremonies**

12:00pm **Coffee Stations Closed**

MARATHON ALKATHONS

FRIDAY, SEPTEMBER 27, 2013 District

9pm Big Book - Doctor's Opinion..... 4/6

10pm Big Book - Bill's Story.....36

11pm Big Book - There Is A Solution20

SATURDAY, SEPTEMBER 28, 2013

12am Leader's Choice.....26

1am Leader's Choice.....3

2am Leader's Choice.....32

3am Leader's Choice.....17

4am Leader's Choice.....5/7

5am Leader's Choice.....39

6am Leader's Choice.....34

7am Leader's Choice.....12

8am Leader's Choice.....15/21

9am Big Book - More About Alcoholism.....13

10am Big Book - We Agnostics23

11am Big Book - How It Works.....42

12pm Big Book - Into Action.....1/2

1pm Leader's Choice.....4

2pm Leader's Choice.....10

3pm Leader's Choice.....31

4pm Big Book - Working With Others.....11/33

5pm Big Book - The Family Afterwards.....35

6pm Big Book - A Vision For You40

7pm Leader's Choice.....16

8pm Leader's Choice.....41

9pm Leader's Choice.....28

10pm Leader's Choice.....13

11pm Leader's Choice.....27/29

SUNDAY, SEPTEMBER 29, 2013

12am Leader's Choice.....25

1am Leader's Choice.....18

2am Leader's Choice.....38

3am Leader's Choice.....23

4am Leader's Choice.....22

5am Leader's Choice.....9

6am Leader's Choice.....30

7am Leader's Choice.....8

8am Leader's Choice.....31

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 Ch, 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. 7:00 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church & Birch) Boonton

District 11/33 - 4th Wed. 7:00 pm, Clifton Library, 292 Plaget Ave Rm A

District 12 - 3rd Fri. 7pm, St. Paul's 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 Hilldale Park Pres. Church, 85 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 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 Wed. 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 - Last 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

25th Annual Northeast Woman to Woman Conference

"Journey to a Joyful Heart"

October 18-20, 2013

A conference for AA Women in Recovery

HOTEL INFORMATION

Hilton Hotel, Melville

Toll Free Phone: 1-800-HILTONS

Phone: 1.631.845.1000

Fax: 1-631-845-1223

(Conference Code: NWW)

Room Rate: \$139.00
Single/Double/Triple/Quad
(Rates do not include state and local tax)

Online reservations:
www.hiltononlongisland.com

Special Group Rate Code: NWW

Hotel reservations must be made by September 18, 2013 (no exceptions)

MEAL SELECTION

Saturday Night Banquet \$50 _____

Chicken Salmon Vegetarian
(Check one)

Sunday Morning Breakfast \$25 _____

Total Enclosed: \$ _____

Money Orders/Bank Cashier's Checks Only.
Payable to:
"NE Woman to Woman Conference 2013"

Mail to:
NE Woman to Woman 2013
P.O. Box 1005,
Rockville Centre, NY 11571

The Woman to Woman Conference is self-supporting. The cost of the event is paid entirely through registration fees.

CONFERENCE REGISTRATION

Did you pre-register at the 2012 Conference? yes no
\$35 before July 15th \$40 before Sept. 15th \$45.00 AFTER Sept. 15th
(Non Refundable). On Site Registration \$45 cash only
Conference registration is required to attend all workshops
If yes, please send in your meal selection with payment. (Money order only).

PLEASE PRINT CLEARLY

Name _____

Address _____
STREET CITY STATE ZIP

PHONE _____ E-MAIL _____ EMERGENCY CONTACT: _____

Sobriety Date (25+ years only) _____

E-mail: info@newomantowoman.org **Website:** www.newomantowoman.org

NEXT ISSUE DEADLINE NOV. 15th NEWSLETTER@NNJAA.ORG

Statement Of Purpose:

This Day is published quarterly as a joint newsletter for Northern New Jersey General Service Area 44 and the Northern New Jersey Intergroup. *This Day* functions to promote communication between the groups in Northern New Jersey and to provide members with service-related information. *This Day* is also a forum for the diverse opinions of the Area 44 Fellowship through shared experience, strength, and hope in all three of AA's legacies: Unity, Service, and Recovery.

Editorial Policy:

Articles submitted from the Fellowship are encouraged, and should not exceed 800 words. The newsletter committee may edit submissions for grammar, readability, and content. 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 mailed to the attention of the Newsletter Committee at NNJGS Area 44, Suite 2J, 2325 Plainfield Ave., South Plainfield 07080, or emailed to: newsletter@nnjaa.org.

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
Payable to "NNJGS Area 44"

NORTHERN NEW JERSEY INTERGROUP
2400 Morris Avenue, Suite 106
Union, NJ 07083-5705
Payable to "Northern NJ Intergroup"

GENERAL SERVICE OFFICE
PO Box 459
Grand Central Station
New York, NY 10163
Payable to "General Service Board"

HAPPY, JOYOUS & FREE!

Districts 10 & 16 Day of Sharing

Saturday, October 12, 2013

Registration begins 8:00am
Workshops begin 9:00am



1st Reformed Church
529 Newark-Pompton Tpke
Pompton Plains, NJ
Contact: district10@nnjaa.org
or district16@nnjaa.org

THANKSGIVING ALKATHON

Union Hill Drop-In Center
427 Franklin Road Denville

Starting after the regular
7:00 pm meeting on
Wednesday, November 27
and going non-stop until
midnight on Friday, November 29th

More info go to: www.nnjaa.org
and click on Upcoming Events

Intergroup Calendar

SEPTEMBER	
2	HOLIDAY (OFFICE CLOSED) Labor Day
5	Joint Website Committee* 7:30 PM
8	Bookers Exchange, Cranford 7:00 AM
9	Delegates Meeting, Clark 8:30 PM
18	Nightwatch Committee 7:30 PM
OCTOBER	
3	Joint Website Committee 7:30 PM
7	Delegates Meeting, Clark 8:30 PM
14	HOLIDAY (OFFICE CLOSED)
NOVEMBER	
4	Delegates Meeting, 8:30 PM
7	Joint Website Committee* 7:30 PM
20	Nightwatch Committee 7:30 PM
24	Gratitude Brunch Woodbridge 10:30 AM
26	Joint Unity Meeting* 8:00 PM
28-29 HOLIDAY OFFICE CLOSED	
DECEMBER	
2	Delegates Meeting, 8:30 PM
5	Joint Website Committee 7:30 PM
8	Bookers Exchange, Cranford 7:00 AM
25 HOLIDAY OFFICE CLOSED	
JANUARY 2014	
1	HOLIDAY OFFICE CLOSED

*Area Office, 2325 Plainfield Ave, South Plainfield

NNJGS Area 44 Office Calendar

SEPTEMBER		
8	Films Committee	11:00 AM
8	AREA COM. MEETING	12 NOON
9	Convention Subcommittee	8:00 PM
10	Public Information Com	7:30 PM
10	Luncheon Committee	7:30 PM
11	Treatment Committee	8:00 PM
15	Garden State Young People	2:00 PM
16	Literature Sales	6:30 PM
16	Literature Committee	7:30 PM
17	CPC Committee	8:00 PM
18	Convention Committee	8:00 PM
18	Nightwatch Committee*	7:30 PM
19	Newsletter Committee	7:30 PM
21	Corrections Committee	10:00 AM
23	Finance Committee	7:30 PM
25	History & Archives*	7:30 PM
25	Convention Com Stuffing	8:00 PM
27-29 AREA 44 CONVENTION 3:00 PM		
OCTOBER		
1	Officer's & Standing Com	7:30 PM
2	Mailing Committee	6:30 PM
2	Translation Committee	7:00 PM
3	Website Committee*	7:30 PM
4	Policy & Admissions	7:30 PM
5	Grapevine Committee	10:00 AM
7	Remote Communities Com.	7:30 PM
8	Public Information Com	7:30 PM
8	Luncheon Committee	7:30 PM
9	Treatment Committee	8:00 PM
10	Int'l Hospitality Committee	7:30 PM
14	Convention Subcommittee	8:00 PM
15	CPC Committee	8:00 PM
16	Convention Committee	8:00 PM
17	Newsletter Committee	7:30 PM
20	Garden State Young People	2:00 PM
21	Literature Sales	6:30 PM
21	Literature Committee	7:30 PM
26	AREA ASSEMBLY	9:00 AM
28	Finance Committee	7:30 PM
30	History & Archives	7:30 PM
NOVEMBER		
1	Policy & Admissions	7:30 PM
2	Grapevine Committee	10:00 AM
4	Remote Communities Com.	7:30 PM
5	RUS Meeting	7:00 PM
5	Officer's Meeting	7:30 PM
6	Mailing Committee	6:30 PM
6	Translation Committee	7:00 PM
7	Computer Committee	7:00 PM
7	Website Committee	7:30 PM
10	Films Committee	11:00 AM
10	AREA COM. MEETING	12 NOON
11	Convention Subcommittee	8:00 PM
12	Public Information Com	7:30 PM
12	Luncheon Committee	7:30 PM
13	Treatment Committee	8:00 PM
15	THIS DAY DEADLINE	5:00 PM
16	Corrections Committee	10:00 AM
17	Garden State Young People	2:00 PM
18	Literature Sales	6:30 PM
18	Literature Committee	7:30 PM
19	CPC Committee	8:00 PM
20	Nightwatch Meeting*	7:30 PM
20	Convention Committee	8:00 PM
21	Newsletter Committee	7:30 PM
25	Finance Committee	7:30 PM
26	Joint Unity Meeting	7:30 PM
27	History & Archives	7:30 PM
DECEMBER		
2	Remote Communities Com.	7:30 PM
3	Officer's & Standing Com	7:30 PM
4	Mailing Committee	6:30 PM
4	Translation Committee	7:00 PM
5	Website Committee	7:30 PM
6-8 WORK WEEKEND		
9	Convention Subcommittee	8:00 PM
10	Public Information Com	7:30 PM
10	Luncheon Committee	7:30 PM
11	Treatment Committee	8:00 PM
12	Int'l Hospitality Committee	7:30 PM
13	Policy & Admissions	7:30 PM
14	Grapevine Committee	10:00 AM
15	Garden State Young People	2:00 PM
16	Literature Sales	6:30 PM
16	Literature Committee	7:30 PM
17	CPC Committee	8:00 PM
18	Convention Committee	8:00 PM
19	Newsletter Committee	7:30 PM
23	Finance Committee	7:30 PM
25	History & Archives	7:30 PM

*Intergroup Office, 2400 Morris Ave, Union

Garden State Young People "Young: is anyone who still has growing to do."

"Whole Bunches!"

In 1981, a group of about sixty young people in NJ got together and held their first Garden State Young People's (GSYP) Conference at Camp Ralph Mason in Blairstown, NJ. Camp Ralph Mason proved to be a challenge, with limited hot water and heat, and so they decided to move the GSYP Conference to the Fairview Lake YMCA Camp and Conference Center in Stillwater. The GSYP Conference has been held at Fairview Lake ever since, on the 3rd weekend in April.

Shortly after this year's conference, I met with the outgoing chair, Steve G., who provided much of the background for this article. Steve has been going to GSYP for 17 years and has been active on the committee for nearly every year. He pointed out that the committee works throughout the year by hosting dances and other events to build support for the Conference. Steve indicated that between 1983 and 1998, the Conference had over 300 registrants annually, and that since 2006 attendance has been under 200. As per Steve, "this year was a particularly challenging time for the committee and for the future of GSYP, but through the grace of a Higher Power, and a fantastic working relationship with the management of Fairview Lake, we persevered."

Steve sited new changes in this year's Conference, and a renewed commitment by the committee members as justification for his unbridled optimism, "We expect to be 300 strong in 2014!" So what was new this year? Significant changes included structural and format changes for the meetings and a new selection process for the speakers. In addition, there was a Big Book workshop that ran throughout the weekend and was very well received. I also asked Steve what makes the GSYP Conference so special and he said, "When the sun is shining on the lake it's one of the most beautiful places on Earth." He explained that there's an intimacy about the GSYP Conference that is different than other YPAA (Young People in AA) Conferences: being surrounded by nature, midnight bonfire meetings, sharing a cabin with new and old friends, and morning lakeside meditation meetings- are all experiences unique to GSYP.

If you've never been to a GSYP Conference and you're wondering what it's all about, go next year- all are welcome! The tag line for GSYP is "Young is anyone with room to grow." Whether you're young in age or young at heart, pass it on to other young people you meet in the rooms. Another long-time GSYP fellow I spoke with, John D., suggests that "it would be great if each District had a liaison to GSYP," so that the groups could be more informed about GSYP and thus reach more young people in AA in NJ.

As the GSYP Committee ventures into a new year, there are already several events in the working. A GSYP Luau picnic was held on August 24th, and a GSYP dance is scheduled for October 26th. The Committee is always looking for help- they meet on the 3rd Sunday of every month at the Area Office. I am very grateful that there are people in this beautiful program of ours who dedicate their time and energy to providing a venue for us

to live again- happy, joyous, and free! Thank you Garden State Young People's Conference! And for those on the Committee, thank you for your service- we love you lots and lots of whole bunches!

Keira H.

(Contributors to this article: former GSYP Chairs Chris B., Nancy C., John D. & and outgoing Chair, Steve G.)



Gratitude

I would like to begin with a quote from our co-founder Bill W., which was written in 1957 and is still relevant today:

"We are trying to build up extensive records which will be of value to a future historian. We want to keep enlarging on this idea for the sake of the full history to come."

Enlarging on this, I refer to the AA Guidelines on Archives:

"Like other AA service, the primary purpose of those involved in archival work is to carry the message of Alcoholics Anonymous. Archives service work is more than mere custodial activity; it is the means by which we collect, preserve and share the rich and meaningful heritage of our fellowship. It is by collection and sharing of these important historical elements that our collective gratitude for Alcoholics Anonymous is deepened."

Not only is the heritage of Area 44 instrumental in the early days of AA, it continues making history daily. By preserving and displaying our Archives, we are able to carry the message of Alcoholics Anonymous, and show our gratitude for the pioneers of AA, whose courage and wisdom laid the groundwork for the fellowship we have today.

The collecting, preserving and displaying of Area 44's rich history is service work that has enriched my sobriety, and given me a profound gratitude for those who came before me.

The committee would like to thank all the groups who have filled out the group history forms. It is an ongoing project with our hope that one day we will have the all the groups in the area with a completed form.

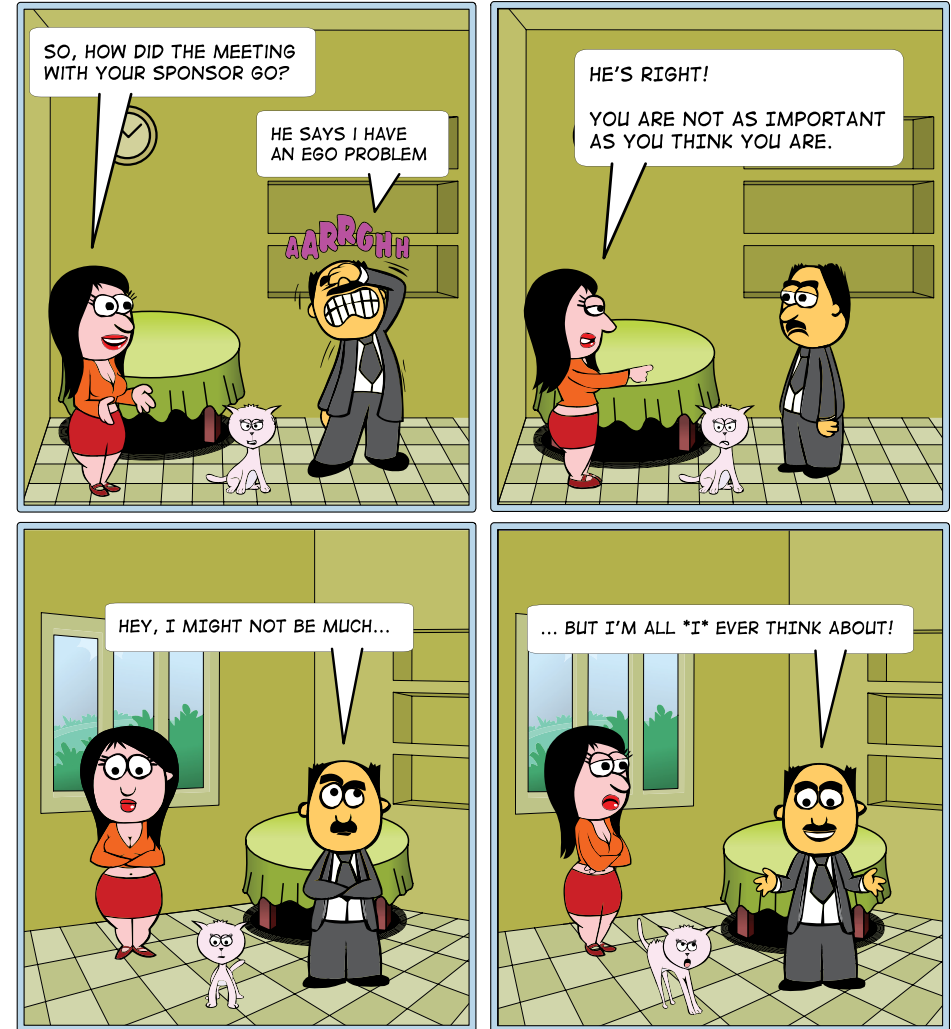
Another project is the NJ Group History Tree that we will be displaying at the Area 44 Convention in September. Stop by and check out all the early groups and see where your group came from.

The History and Archives Committee meets on the last Wednesday of the month at the Area Office at 7:30 PM. A desire to do service work and a love of AA and its rich history is all that is needed to join!

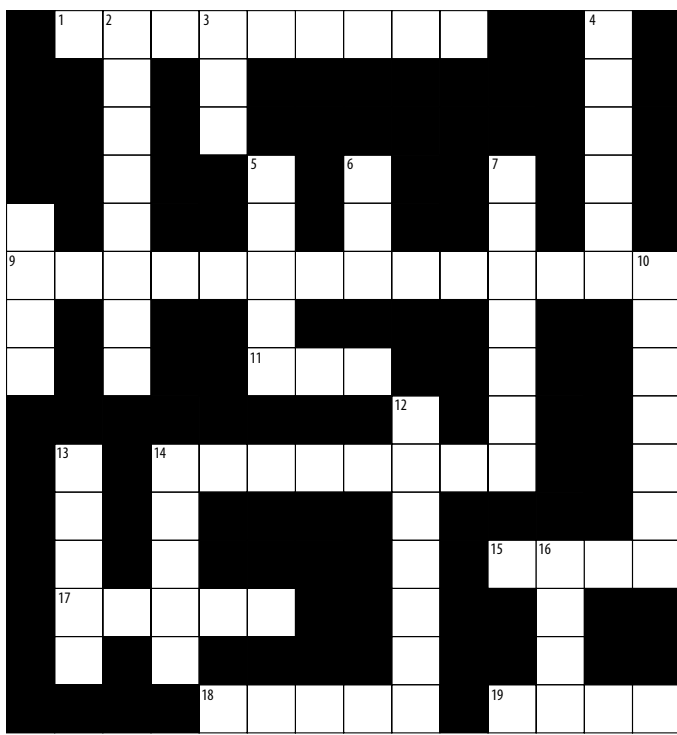
*Yours in Service, Paul C.
History and Archives Chair*

JERSEY FRESH

by Wayne R.



CROSSWORD PUZZLE



- ACROSS**
- 1- Quality of being thankful
 - 9 - Willing to consider new ideas.
 - 11- "___ It Works"
 - 14 - The state of being calm, peaceful, untroubled
 - 15 - Happy, Joyous and ___
 - 17 - ___ and sober
 - 18 - "We suddenly realize that God is ___ for us what we could not do for ourselves."
 - 19 - Pride, greed, lust, anger, gluttony, ___ and sloth
- DOWN**
- 2 - Return to a normal state of health, mind, or The "R" in the "RUS Corporation."
 - 3 - Daily inventory step
 - 4 - "he will offer you any one of a hundred ___."
 - 5 - Complete trust or confidence in someone or something.
 - 6 - "___ as we understand him."
 - 7 - The "H" in HOW.
 - 8 - Activity involving mental or physical effort done in order to achieve a purpose or result.
 - 10 - The action of helping another.
 - 12 - Step three requires only that you be ___
 - 13 - To pass it on
 - 14 - Not affected by alcohol; not drunk.
 - 16 - "Why could they not see that drink meant ___ to them?"

(Answer key on page 8)

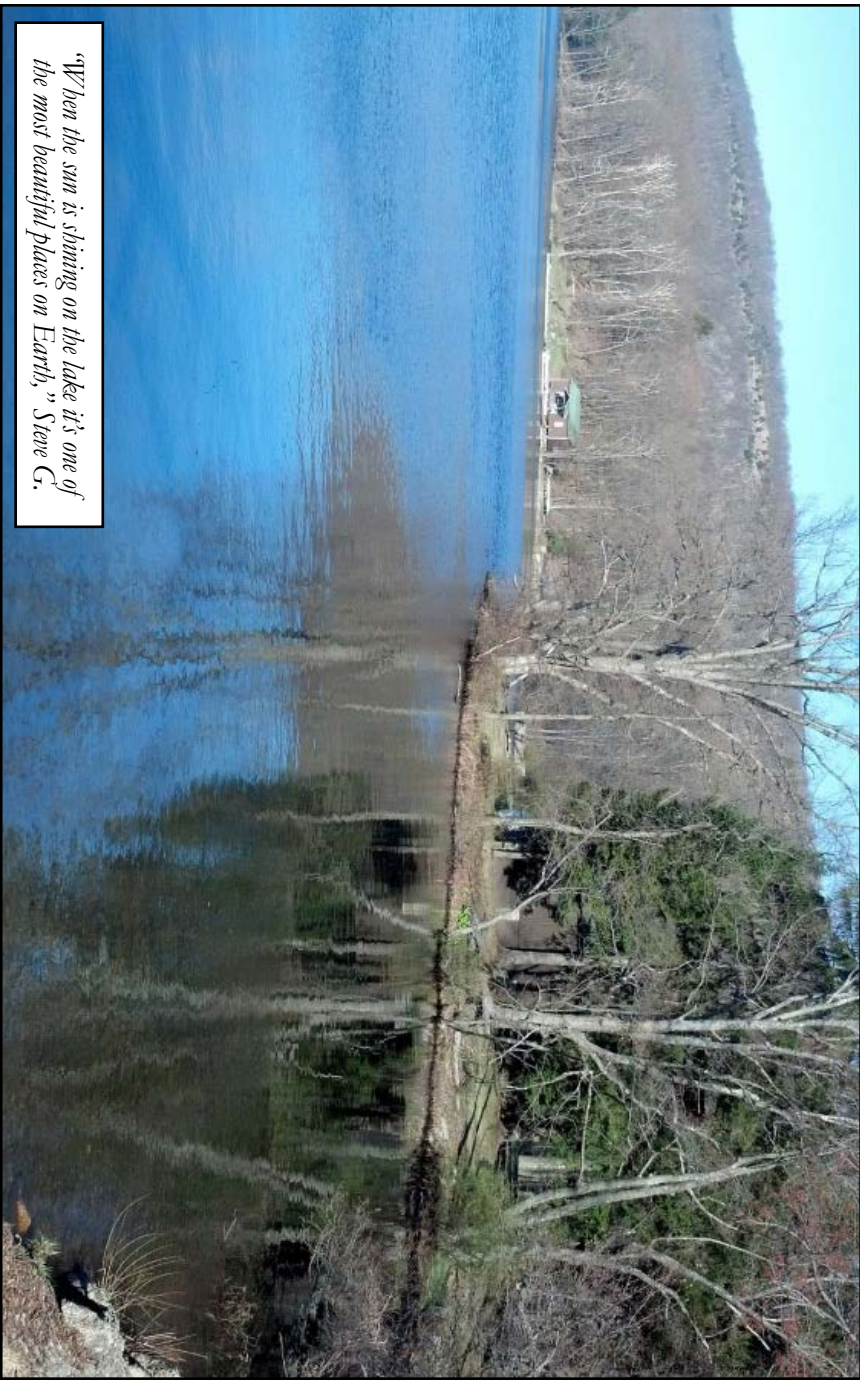


Joint News of NJ/SG Area 44
and Northern New Jersey Intergruop
2325 Plainfield Ave., Suite 2J
South Plainfield, NJ 07080

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Fall 2013

"When the sun is shining on the lake it's one of the most beautiful places on Earth," Steve G.



Annual GSYF Conference Weekend, April 14-17, 2013, YMCA Conference Center, Stillwater, NJ

DISTRICT DOINGS

DISTRICT 1&2 – Our District is doing very well. We recently picked up a couple of new GSRs and a few new Alternate GSR's, so our District meeting is becoming pretty crowded. We are very happy about that.

We recently held our District picnic and that was a great success. We had a beautiful day for the second year in a row. The turn out was really good, the music, food and fellowship was great.

We are hosting a GSR/DCM workshop on September 14th, the flyer is on the Area 44 web site, so come join us. That is it for now, we are very grateful for the participation in our District, and the hard work our District committee does.

In Service, Walter B., DCM

DISTRICT 39 - Every day is a day to live and learn in Alcoholics Anonymous. What a magnificent gift it is to grow beyond what we were to a life beyond our wildest dreams. All this is yours in sobriety one day at a time. Many members refer to Alcoholics Anonymous as "a program for living." When I first came into these rooms, I thought that putting down the drink would solve all my problems. After all, I thought I was a nice person but just drank too much. It was not until I got involved in the AA service structure that I learned how to be a better leader, a worker among workers, and adopt new skills to reintegrate me back into society and in the workplace. The Twelve Concepts of World Service show us how to function as a true democracy by sharing ideas to best carry the message of hope to the alcoholic that still suffers worldwide. Since our top priority is to carry the message of hope to the next sick and suffering alcoholic, we need to be responsible in order to achieve this goal. We do so by sharing ideas and voting on them while managing our own bills and expenses. Consequently, it is with great pleasure to announce that

District 39 will be hosting a Concepts Workshop held at The Presbyterian Church [140 Mountain Ave. Westfield, NJ 07090] on November 16, 2013 from 8:30am-2:30pm. If anyone is interested in getting involved from District 39, please contact me at district39@nnjaa.org or come out to the Concepts Committee meeting the second Friday of each month at 7:30pm at the Area Office [2325 Plainfield Ave. South Plainfield]. Fliers mailed to all the group contacts.

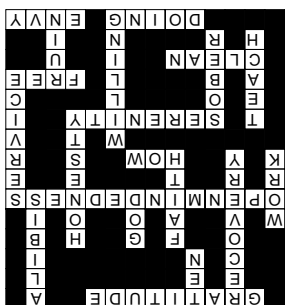
In addition, District 39 will be hosting a Spirituality Breakfast on October 12, 2013 at Osceola Presbyterian Church in Clark [1689 Raritan Rd. Clark, NJ 07066]. From 8:30am-9:30am, Breakfast served. Speakers follow the breakfast from 9:30am-11:00am. All AA's are welcome. Fliers mailed to group contacts.

Before I close, I would like to thank the Rahway Monday Night group for taking District 39 Alkathon commitment at this year's Convention in Somerset. Our time slot is at 5:00am on Saturday, September 28, 2013.

Our next District meeting is Wednesday, September 4, 2013 at 7:00pm at The Presbyterian Church [140 Mountain Ave. Westfield, NJ 07090]. Come out and support your district. Thanks to all who keep the hand of AA outstretched!

Tricia L. - DCM District 39

(Solution to Crossword Puzzle on page 7)



11th Step Journey

I was so happy to find out when I first came into the rooms that meditation was going to be part of my sobriety work. Everyone I looked up to in my life had shown me the importance of meditation, and yet I put it aside and avoided it like most of us the fix had been more important. It was now time to give prayer and meditation a permanent place in my life.

Magic happens in these rooms. I believe in AA sometimes guardian angels appear for us. I met one of mine, and I consider this person to be one of my best friends in the world. One night we talked for hours about life. I talked specifically about wanting to be meditating each day again. I also wondered why there were not many meditation meetings around. It was a conversation that inspired us. We decided to start an 11th step meditation meeting.

My interpretation of prayer is expressing ones thoughts and emotions to a Higher Power in words and gratitude. Meditation is an effort or (with no-effort) to direct the mind from its natural tendency to weave thoughts. We may do this by relaxing and focusing on a divine form. To listen. Some people might like to use a mantra. Others might utter a sacred sound or focus on their breath. Maybe just sitting with your own self for a while. All day we are using our minds but never just being with our minds. Something inside told me that meditation would give me the answers I needed if I were consistent with this process.

Well, I found out meetings are not so easy to start and continue running. It took commitment. It takes showing up! I spent a lot of my life not showing up and was a bit nervous about this. I did it regardless. Luckily a few others wanted this meeting to work too. Some meetings were only two of us. I realized I did not care. A meeting only requires 2. This

could be me and my "Higher Power." I was going to keep this meeting open no matter what. It was helping me! It was keeping me sober and helping me shape my new life. I listened to my higher power tell me "if you stay committed, this will change your life forever!" The more I believed this, the more this meeting grew.

A couple of us went to intergroup to officiate the meeting and get us in the meeting books. We shared a potluck breakfast for the groups 1 year anniversary and had an awesome turnout. Currently we are working on creating a Day of spirituality slated for some time in January 2014. The day may include breakfast, yoga, a panel talk of different interpretations of meditation, and possibly a discussion with other 11th Step Meditation Groups in NJ.

I had been reading a book entitled "one breath at a time" about an alcoholic Buddhist musician. I thought this would be a great name for the group. My friend created the format for us. The meditation meeting opens as typical AA meeting with some readings. The sound of the meditation bell indicates we meditate for 15 to 20 minutes. Following the meditation, we read from the reflections book. The group then has a discussion centering on the 11th step journey. We close with the 11th step prayer.

It is so amazing to me now to see this meeting grow. From this alcoholic's standpoint, starting a meeting has heightened the joy in my life. As I am writing now, I realize writing this is another gift and a great honor that has also lifted me up. All of this service is deepening my relationships with my friends and my network, strengthening my connection with my inner guidance, and what feels the best is the fact that It is helping others! I am truly lucky to be alive and so grateful for these powerful gifts in my life. Namaste

Dave M. - One Breath At A Time Group- District 13