

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 so much for the opportunity to serve you and Area 44. It really is an honor and a privilege!

The 58th Annual Area 44 Convention will be held on September 26-28 at the Doubletree Hotel in Somerset. I hope to see you all at this fun filled weekend! Go to our area website at www.nnjaa.org for all the convention and hotel registration information!

The Area 44 Elections Assembly is upon us once again! I can't believe that this is the last assembly that I will facilitate as your Area Chairperson! I went from the fear of not knowing how to do it, to the absolute truth of not knowing how to do it, but now I have two years worth of experience! LOL. The Assembly date is October 18th and it will be held in Piscataway, hosted by Section 4. This is where our GSR's elect our trusted servants through the Third Legacy Procedure for the next two years starting in January, so please be sure to attend and participate in this very spiritual process. If you are eligible to stand for a position, this is a time of prayer and contemplation of how to fit ourselves to be of maximum service to God and the people about us. Please encourage present or past members of the area committee to stand as there are a lot of positions to fill!

This year, the Work Weekend in December will be a little different. There is currently an ad-hoc committee working on a format to conduct an Area inventory on Friday night of the weekend. I'm positive that this work will show us where we are being effective as an area and where we are not being

so effective in carrying the A.A. message in Northern NJ. I am looking forward to the discussion and voting that comes as a result of this inventory.

Be on the lookout for the "Peach Cans!" Contributions for the 2015 International Convention Hospitality Suite in Atlanta, GA are now being accepted online via our www.nnjaa.org website. Just follow the link! We are down to 11 months until the convention, and time is getting really short to come up with the funding needed for this venture. Please help us talk it up! 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 has been up and running, and meets on the second Thursday of every month at the area office at 7:30 pm. Contact Paul C., your Area 44 Archives Chair, for more information on the upcoming meetings. Everyone is welcome and encouraged to participate!

Area 44 has been very busy in the past year with several recommendations being brought to and voted on at the Area Committee Meeting. DCM's, it is your responsibility to be sure that this information is brought back to your GSR's! You are the link that Area 44 and A.A. as a whole has with our groups. GSR's, please seek out your DCM if you become aware that recommendations were not brought to your district meetings. If you are not sure who your DCM is, please contact me and I will help you get in touch with them.

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

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

A message from your Area Delegate



You are connected.....

So much to talk about and so little space – and it's all about you and the work you are doing. I've said it at the Pre-Conference, Mini-Conference, June Assembly and Post-Conference reports – be proud of what you and your groups are doing. You are connected. It is your AA and it is only through your participation that your group's voice is heard.

As you know we changed how we delivered the Post-Conference report this year – we went out to you. You voted to move it from the June Assembly and here is how it worked out:

	Total Attendance	GSR/Alt. GSR Attendance
Section 1	27	17
Section 2	27	13
Section 3	29	17
Section 4	40	25
Section 5	20	16
Section 6	35	22
Dist. 30	22	14
Dist. 42	10	7
Office	2	2
Total:	212	133

For a first year I find the numbers encouraging. Hopefully it will only grow going forward. For those of you who came out, you learned there is so much more to hear than what we discussed at our Mini-Conference. If you were not able to attend one of the sessions, the reports are now on the nnjaa.org website in the member's only area. Please take a minute to read through the reports.

What I also wanted to talk about was our Town Hall sessions at our

June assembly. For a June Assembly, the attendance was pretty good – especially since there was not going to be a Post-Conference report. That was impressive enough – but almost everyone stayed after lunch. We believe it was for the Town Hall. The discussion was emotional, honest and from the heart. In both cases, Anonymity and Safety in the Rooms, we had to cut off the line as we ran out of time. We were not sure if there would be discussion, so you far exceeded our expectations. I personally thank you for having the courage to speak out at the mic. Hopefully the discussions are continuing in your Districts, Home Groups and the meetings after the meetings. This is what your Conference was hoping you would do.

For those groups out there reading this article that are not currently participating in your General Service activities, you are missing so much. There is a lot going on in your AA today. But, if you are not at our Assemblies or District meetings – you are not hearing about what is going on. If you are not involved in the General Service Conference process – your group's voice is not being heard – and that is a shame. Bill turned the program over to us through the Conference. It is your opportunity and responsibility to let the other groups hear your concerns and possibly have an item passed at the Conference. If you are one of those groups (or individuals), please reach out to me at delegate@nnjaa.org. I'll give you my number. I'd love to talk to you about what is going on today and how easily you can be part of it.

*With Gratitude, Linda KK
Your Panel 63 Delegate to the
General Service Conference*

A message from your Intergroup Chair



Passing on what was So Freely Been Given

Taking on a Service position comes with the opportunity to build on work that has been done by our predecessors. We take the fruits of the Founders, the contributions of past contributors and the structure supported by GSO to carry the message in a more effective way. We benefit, the current fellowship and public at large benefits and, if we do our job well, future A.A.'s benefit. We can pass on the legacy of service much stronger than the day it was handed to us.

Where does this begin? Often the answer is "in the home group".

Among those A.A.'s you see weekly, you can contribute by acting as a greeter, making coffee, holding a position like Secretary or Treasurer. For me, it began with cleaning up after a meeting. That gave me a responsibility that drew me back each week and it kept me connected.

From the group we look to both the District and Intergroup. General Service Representatives (GSR's) and Intergroup Delegates connect the group to a larger geographic area. Each gives a group representation in a larger arena and acts as a conduit of information from A.A. as a whole back to the group. Districts help organize activities that bring A.A.'s across groups together in service. For example, they organize meetings at Jails and Treatment Facilities; hard for one group to do alone.

And there are a number of

Service Committees in Northern NJ. Look to www.nnjaa.org/area44/commit.htm for complete descriptions and functions. Seven of these committees are jointly sponsored by Area 44 and Northern NJ Intergroup. These provide essential 12 step work. They have been built by our predecessors and provide opportunities to strengthen your sobriety and give back. Not only do they provide sobriety enhancing work but reach out to the community at large (including those still suffering). They provide a face for and information on A.A. to the wider world. Each committee position has a tradition of rotation. Chairs and Secretaries serve for two years and pass on their work to the next... the goal is always to leave a committee stronger than it was when you joined.

The Newsletter Committee carries the word in print. It reports A.A. activities in Northern NJ and carries articles of interest from Area and Intergroup Officers. Highlighted are pieces submitted by members at large. Then there

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**NEXT ISSUE DEADLINE NOV. 14th
NEWSLETTER@NNJAA.ORG**

A Message from your Area Treasurer



Hello again from your Area Treasurer. It is that time of year again that the Finance Committee is deep into the budget process. Being my second year involved in this process, I am still amazed and grateful for the work by the committee on such an important task. The appreciation for the amount of time and effort spent on this task is far greater than what I had as a GSR or DCM. Seeing all the behind the scenes work that goes into this process does that I guess.

What is most fascinating to me is how all the suggestions, all the discussion, all of the proposals all come back to one question, what is in the best way to continue carrying the message of hope to the still suffering alcoholic. Each committee whether standing or special submit their proposed budgets with their thoughts and ideas on how best to perform their assigned tasks in the most prudent means possible. This being what is behind the numbers. Finance also then looks to maybe what ways to tweak the process so to best present any changes to policies or procedures that will allow the Area to fulfill our primary purpose. Being part of the process but also being able to step back and watch it taking place fills me with such joy, to see the passion and determination of all our committee's and officer's to not only continue the work but to explore new avenues in which to reach out to the alcoholic who may not know there is a solution.

I would encourage you if you

need a means to get involved and give back, any of the committees will be glad to have you. You can serve on all levels depending on what your situation allows, in the Area, in your District, or as a Rep. for your Homegroup. You will not be disappointed. If your situation does not currently allow you to serve on this level know that participating in the 7th Tradition at your Homegroup is 12th step work also, not just a means to insure your meetings doors stay open for the newcomer, but a means to help carry the message to the still suffering to get them to your door. Ok I wouldn't be the treasurer if I didn't bring out that point. But the absolute truth is that the continued support of the Area and the Area Committees can only come from the groups, both in manpower and finances.

I am proud to serve an Area that has so well supported the work, as we do here in Area 44. I only ask that you continue to take the responsibility we all share to support the work of carrying the message of hope that was given to each of us. You allow me to serve as your treasurer, and I will be forever grateful for this experience, but still my most important position in the Area is member of my Homegroup where I have the privilege of taking my part in working with other alcoholics, reaching out to the newcomer and being responsible to my group and AA as a whole to give back what was feely given to me.

**Wayne G.
Area 44 Treasurer**

RUS SERVICE CORPORATION T/A NNJGS AREA 44 YEAR TO DATE COMPARISON REPORT: 2013 AND 2014 FOR PERIOD ENDED May 31, 2014		
	2013 - May.	2014 - May.
Money Market Account ^(A)		
Balance as of January 1st	\$52,756	\$59,391
Interest Received	26	23
Transfer (To)/From the Checking Account	483	0
Balance as of May 31st	<u>53,256</u>	<u>59,414 ^(C)</u>
Checking Account ^(A)		
Balance as of January 1st	\$35,019	\$43,493
Group, Individual, and 7th Tradition Basket Contributions	33,811	34,193
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	55,203	87,994
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(36,173)	(46,000) ^(B)
Non-Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(58,229)	(84,285)
Transfer (To) / From the Money Market Account	(483)	(0)
Balance May 31st	<u>\$29,148</u>	<u>\$35,395 ^(C,D)</u>
Account Balance Over / (Under) Guideline	(\$3,523)	(\$5,789)
Prudent Reserve Funds		
Total Cash In Bank (Not Including Convention Acct)	\$82,413	\$94,809
Designated Funds (Jailbox Funds, etc.)	(3,333)	(5,807)
Checking Account Guideline (2 months average expenses)	(32,671)	(41,184)
	<u>\$46,408</u>	<u>\$47,817</u>
Prudent Reserve (50% of the prior 12 months Operating Expenses)	<u>\$41,071</u>	<u>\$47,477</u>
Account Balance Over / (Under) Guideline	\$5,337	\$340
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) 2014 Expense Budget is \$102,828.00		
(C) May 31, 2014 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) May 31, 2014 amount includes Designated Funds of \$5,807.43 of Jailbox Contributions.		
Summary of Official Approvals / Reviews		
Individual / Group	Action	Completed Through
Treasurer	Approved	May, 2014
Alternate Treasurer	Approved	May, 2014
Finance Committee	Approved	May, 2014
Officers	Reviewed	May, 2014
Area Committee Members	Approved	May, 2014
Area Assembly	Approved	March, 2014

... So Freely Been Given
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are reports on current events and a catch up on recent happenings. "This Day," published quarterly, connects the groups and the individuals in A.A.

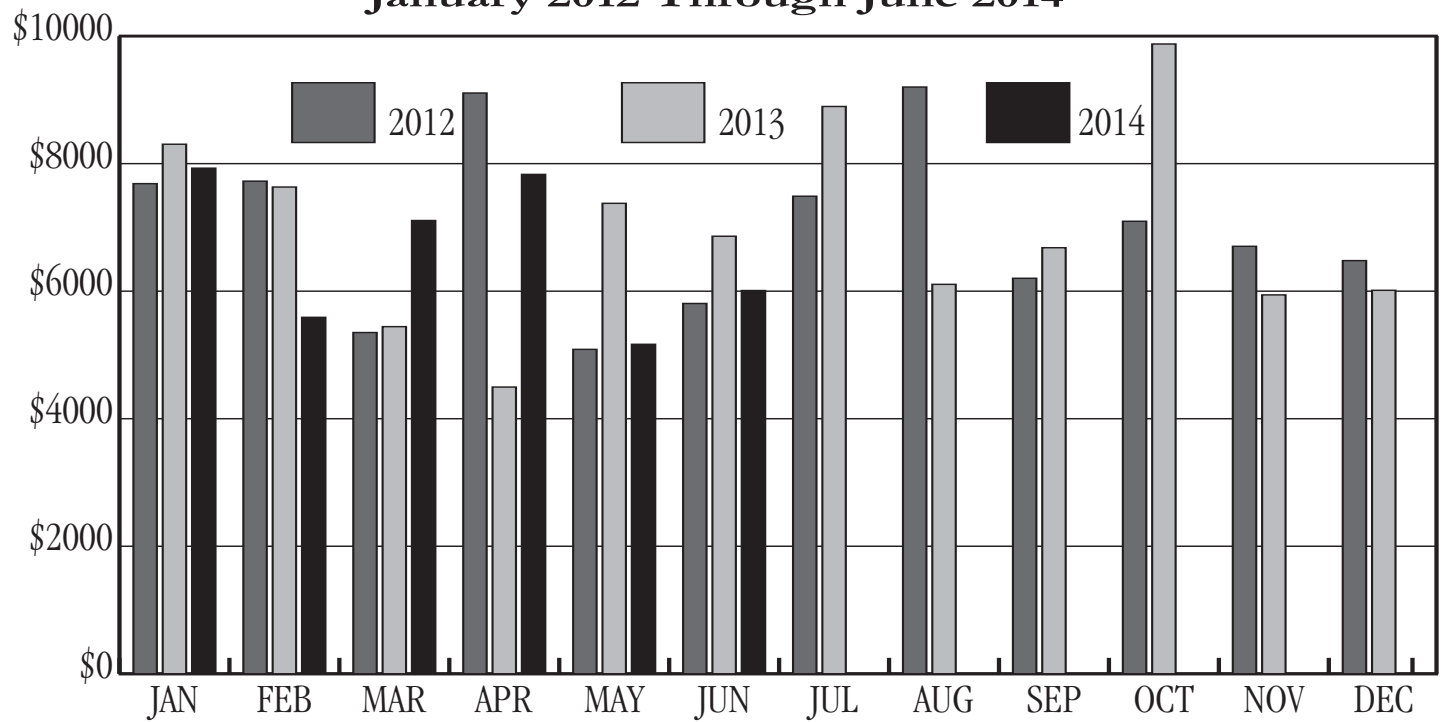
Let's not neglect the digital age. www.nnjaa.org was developed and is maintained by the Website Committee; a joint Area 44 and Intergroup effort to provide on-line access to events and meetings. The site introduces A.A. to the still suffering, provides a calendar of activities for current members and provides you with meeting locations and times.

And what about Northern NJ Intergroup and NNJGS Area 44? Intergroup pulls together information on roughly 1300 meetings publishing a meeting book and populating the website meeting finder. Northern NJ General Service Area 44 acts as a bridge between The General Service (GSO) office of A.A. in NYC and individual A.A. groups. The two have both unique and joint functions aimed at strengthening the fellowship, passing group concerns on and receiving collective wisdom.

Our fellowship on the local or national level is made up of many parts working together to support the primary purpose. Each and every one of us can contribute and grow in the process. A.A. will not work for us if we do not work for both our individual sobriety and A.A. as a whole. We inherited a legacy, let's pass it on stronger, better and more effective than the day we walked into these rooms.

**Jim S.
Intergroup Chair**

**Monthly Group Contributions To Area 44
January 2012 Through June 2014**



The Newsletter Committee asked members to pose with themselves reading This Day in their summer travels. Here we see 2 members with the Statue of Liberty! You'll see another on the back page. Send your photos to newsletter@nnjaa.org!



Greetings NNJAA! I've had such a fun summer of service! And I know it's not going to end anytime soon because we're pumped up for the Area 44 Convention in September. Whoo hoo! But there is a change in the air- I know, when it starts getting darker at night, and cooler in the morning. The change in seasons always reminds me of the changes within myself and my

journey in this program.

We had a blast at our first "Newsapalooza" in June and we hope you check us out at our Writer's Workshop during the Convention. For those of you who got your articles in before the deadline, stop by our table at the Convention to redeem your special surprise! For everyone else, stop by our table anyway as we'll be giving out FREE copies of This Day! If you would like to be a "roving reporter" for us as the Area 44 Convention please stop by our table and sign-up. We're looking for people to inter-

view attendees during the Convention, write articles about your experiences during the Convention, or both!

If you haven't yet signed up for the digital subscription of This Day you can do so anytime by going to the website: www.nnjaa.org/thisday.htm. We are still looking for an

Intergroup Co-Chair and welcome all AA's to drop by and find out what it's all about. We meet at the Area Office on the third Thursday of the month at 7:30pm. "See you, in September!" Fa, la, la, la, la, la!


Keira H. Newsletter Chair

HELP WANTED

Intergroup Co-Chair – This Day is currently seeking a co-chair for the committee - someone to represent Intergroup on the committee and to report to the Intergroup Delegates at their monthly meeting. Since the Newsletter Committee is a joint effort of both Area 44 and Intergroup, this is a vital position and an opportunity for you!

The Newsletter Committee

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



3 Legacies Group
Believers Group
Belleville Thursday Night
Booze You Lose
Breakneck Group
Ceder Knolls Women's Group
Change Is Good
Discussion Group
Cheers
Chester Group

Clear the Air
Clearview Group
Clifton Wednesday Night Step Meeting
Daily Reprieve
Dawn Patrol
District 34
Dodge City Group
Downtown Serenity Group
Drip Dry Group

Early Risers
Fiday Night New Hope
Florham Park 5:30 Group
Friday Noon Montclair Meeting
Garwood Saturday Noon
Haskell Sunday Night Group
Hill St. Blues
How & Why Of It
Just for Today Women's
Keansburg Thursday Night Winners Group
Live & Let Live Group
Lyndhurst Saturday Night
Madison Group
Metuchen Saturday Morning
Serenity Group
Millburn Sunday Big Book
Milton Sunday & Thursday AA Group
Monday 12:15 Closed Discussion
Morning Miracles

Mt. Fern
Netcong Big Book Study Group
On A Different Footing Big Book Study Group
Palisade AA Group
Passaic New Traditions
Primary Purpose Group
Ramsey Towne Group
Recovery Hall
Recovery Lifeline
Rumson Saturday
Rumson Sunday Night
Sahara Club 7AM, 12 Noon & 7PM
Saturday Bagel Bash
Saturday Night Big Book
Saturday Night Live
Saturday Night Live
Saturday Night St. George By The River
Saturday Reflections

Sea Girt Thursday
Serenity Porch
Smog Lifters Group
Speak Your Peace
Spring Lake Saturday AM
Step Up to Sobriety
Stepping Stones to Sobriety
The Courthouse Gang
Union Hill Drop in Center
Union Hill Groups
Union Monday Night AA Group
Upper Ridgewood Group
Vernon Reflections
Verona Tuesday Night Group
We Will Know A New Peace
Westwood Morning After Group



Did you know that "the General Service Representative (G.S.R.) of our groups are the most important link in the A.A. process for communications and for getting things done to help alcoholics"? Hi, my name is Marcheta B, and I have the honor of serving as the Chair of the 2015 Annual G.S.R. Mid-Winter Luncheon. Now that you know how important the G.S.R. is, you are all invited to the luncheon to help celebrate; the dedication, hard work and commitment of our Area G.S.R.'s. Did I hear you ask "when and where"? I'm glad you did, the luncheon will be held on February, 8, 2015 at the Forsgate Country Club in Monroe Township, New Jersey.

Now that you have been personally invited, I hope I will get a chance to see you on that day and share with you, how this service commitment and working together with my fellow GSR MWL committee members have enriched and enhanced my sobriety. Coincidentally just like my journey in A.A., I didn't waltz gleefully and humbly into this service position. Approximately three years ago, I was asked by my (now) service sponsor Barbara B-R, what I was doing on the 2nd Tuesday of the month. Sidebar, I should mention it was late October and she cornered me in a parking

lot in another State - at a sober Conference for women no less. Well of course, I was defenseless, and out of excuses, so I mumbled a quick nothing. Showing up at the Area office on that Tuesday evening was how my journey started. Just like that I was on my way to doing service in a different capacity then before and I can only describe it as an evolving process that entails, utilizing the steps, traditions and concepts. Imagine a service commitment that teaches humility and patience. Yes, humility because I realized, how "little" I knew and patience for allowing me to share with others the "little" that I've learned along the way.

I initially started out as a greeter. Honestly I thought being a greeter was my "raison d'etre"! Finally an easier softer service position! I had dreams of being the leader of the greeters, showing up on the day of the luncheon and proudly ushering attendees to their seats, while basking in my ego driven glory. Perhaps I smugly, but with a smile, ushered you to your seat? I did a good job, yes? Well thank you - I felt I could do this forever, especially since I received a "badge" with a title on it - I don't know about you but I love titles. Ok, let me reign in my ego, matter of fact the committee helped me reign in so many of my character defects. I would have to write a Grapevine article to cover all of them, (shameless plug). The next year, almost without my consent, I became the Alternate Ticket Chair to check-out the spirit of rotation in action. The third year,

I became the Alternate Chair. Am I the only one who didn't see this coming? Well, clearly, I ducked too late. Fast forward to today and honestly; I am still in awe of how much I've changed and the value that has been added to my recovery. The lasting friendships, and understanding of A.A.'s service structure, being responsible and working with others, are just a few of the benefits I've been afforded.

No this was not my first service position. During 2011-2012, I was the G.S.R. for my home group Booze U lose, (shameless plug). During the three luncheons I attended, it was a very powerful and proud moment to be in a room with over 200 other G.S.R.s who understood some of my woes. Ah the life of an active G.S.R., taking part in assemblies, elections and continuing the legacy of service by being the voice of our home groups. To my fellow G.S.R.s, how awesome was it to find out what all of those acronyms stood for; ACM, NERD, DCM, NERT, NERASA, NERF, just to name a few. To be honest, was I the only G.S.R. who pretended to know what they stood for - even when I didn't have a clue? I am grateful that my sponsor Pam B., is helping me with that as well.

In closing, the theme for 2015 is "Celebrating 80 Years of Recovery, Unity and Service - The Foundation for our Future". I hope I shared something that might encourage you to become a part of the "foundation". If you are a G.S.R. it would be great to commiserate, I mean see and thank you for your service. And, if

you are looking for an interesting, challenging and rewarding service commitment, I say "what are you doing the 2nd Tuesday of the month?"

In service, Marcheta B Chair, 2015 Annual G.S.R. Mid-Winter Luncheon



My name is Shawna and I am an alcoholic. NER- AASA is our Northeast Regional Alcoholics Anonymous Service Assembly. In February 2015 Area 44 is hosting NERAASA at the Double Tree hotel in Somerset. The weekend is packed full of panel presentations and floor discussions on current hot topics in AA and possibly some General Service Conference agenda items. It also includes roundtable discussions for service commitments like GSR and DCM's, and a report from our Regional Trustee. NERAASA is a great way to share our experience strength and hope with members from all over the Northeast Region as it pertains to service work. Registration forms will be available at the end of September, look for our table outside the banquet hall at our Area Convention to register on the spot! If you would like to help in hosting this event the Committee meets on the third Friday of every month at 7:30 pm at our Area office in South Plainfield.

In love and service, Shawna S. Promotions Chair

NIGHT WATCH

My name is Matt, I am an Alcoholic. I have been around the program of AA for 20 plus years, my last drink was September 11, 2005. I try to give the experience I have received to others simply by doing the 12 Steps in my daily living.

I remember years ago when I first heard of Night Watch, I was attending a few meetings a week in Chester. I had found that meeting by calling Intergroup, I didn't have a computer at home much less have one on my phone back then either. Chester's Motto was and probably still is, "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible." That seemed perfect to lead me into doing Night Watch whenever a shift was available, no matter if it was my Home Group or not. At that time just about all I knew of AA was how to get to a meeting, being around for a year or so myself. You can only give away what you have and that was my extent of experience, I did learn however to ask for help when something came up during a phone call if I didn't have an answer. I knew I could get one from my Sponsor or someone in my network. Being that connection to the newcomer or the new person in town was then, and is still today, an important part of my sobriety. If I could just help make it easier for someone to get into AA that was enough to keep me interested in doing it.

Over the years, as I progressed in my recovery, I progressed in Night Watch. I found myself becoming the Leader for the commitment even though it may not have been my Home Group that I was doing the commitment for. Then I became Night Watch Coordinator for Morris and Passaic Counties.

Now being on the Night Watch Committee as a Coordinator I get to help in many other ways it "lets me" become more involved with many other Groups that I don't get to frequently. I expand my network and I pass on the experience of letting a group pull together and do a commitment that has never done one in the past. I also try to give groups the same week or just about the same time they had one in prior years. I get to visit groups that I haven't seen in a while and work with some of my friends that

I have come to know over the years that Night Watch got me involved with. Even just explaining to a new group by going over the manual the Step by Step instructions brings back different scenarios that I have had myself over the years of being on the front lines for my group. Every time the feeling of being of service to someone, or just listening to "a live one" brings me back, but for the Grace of God there go I.

I don't know if I will ever be able to repay Night Watch for all that this commitment has done for me, because every time I do another commitment my Gratitude list grows..

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

*Peace,
Matthew H.*

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

Hello everyone, my name is Victor and I'm and alcoholic. I'm very pleased and proud to be serving as Co-Chair of Garden State Young People for the year 2014-2015. So far this year GSYYP has held two, actually three events. We had a Field Day of fun in June, and a Delaware rafting trip in July that was postponed to August due to weather but people showed up for both anyway!

GSYP has also shown their support by attending, not one, but two young people's conferences this year. First we attended PENNSCYPAA in July where drove to Scranton P.A. and stayed at The University of Scranton for a weekend. We had a blast meeting other young people in recovery and truly understanding the meaning of being young and staying sober and having FUN at the same time!!! We had such an amazing time that we decided to get in our car and attend Empire State conference ESCYPAA in August where, once again, we danced the night away at their Friday and Saturday night dance. Don't worry we also had some time to make it to lots of meetings! One of my favorite meetings of the weekend for myself was the LGBT meeting where we met three wonderful young speakers: a Transgender woman, a lesbian and a gay male. It was very beautiful for me to hear three different stories of their experience, strength and hope, yet they were

all similar at the same time. These two conferences gave us fuel to start brain storming and planning the GSYYP 33rd Annual Conference that will take place April 10-12, 2015 with our theme "THE BEST IS YET TO COME." Stay tuned for more details! This conference will be one for the books!!

Before I leave you I want to personally invite you to our two upcoming events that you cannot miss! Our first event will be Back To School: A big book workshop, a guide through the basic text. The first 164 pages will be reviewed by panelists of representing big book groups across Area 44. This will take place Saturday, September

20th, 2014 from 10:00am to 5:00pm at the Montgomery Presbyterian Church in Belleville, NJ. Next, we're having a Ghouls & Games Halloween dance November 1st at the St. Peter & Paul's Church in Rockaway NJ. Don't forget to get dressed up and dance the night away with our costume contest and lots of prizes!

I'm very excited to be serving on the GSYYP Committee and hope to see all of you at our events! And please remember "YOUNG IS ANYONE WHO STILL HAS GROWING TO DO"

*Victor F.,
GSYP Co-Chair*

District 1&2
"Courage to Change"
Day of Sharing
Breakfast, Lunch, Meetings and Speakers
Saturday October 4th, 8:30-2:30
Christ Episcopal Church,
62 Main St. Newton, NJ, 07860
CHANGE the way you look at things
and the things you look at **CHANGE**
district1_2@nnjaa.org

GARDEN STATE YOUNG PEOPLE in AA PRESENT
A BIG BOOK WORKSHOP:
Back To School!
a guide through the basic text

- "The First 164" pages will be reviewed by panelists representing big book groups across Area 44
- Area service committee representatives
- Fun & Fellowship

Saturday, September 20th, 2014
10AM – 5PM

Food will be provided!

Montgomery Presbyterian Church
638 Mill Street
Belleville, NJ

Contact Information
John V: events@gস্যyp.org
www.gস্যyp.org

A.A. in New Jersey - 1939

"It was the best of times... it was the worst of times"

Alcoholics Anonymous in New Jersey is now 75 years young! It was both the best of times and yet the worst of times during the spring, summer and fall of 1939 as AA's fourth group, "The New Jersey Group," took shape in South Orange, N.J. On April 10, 1939, the fledgling fellowship had finally codified its program of action with the publication of Alcoholics Anonymous. The book boldly proclaimed, "We, of Alcoholics Anonymous, are more than one hundred men and woman who have recovered from a seemingly hopeless state of mind and body." Bill would later write of the pioneers: "Two-thirds were located in Akron... Most of the remainder were located in or near New York City..." Most of the "New York City" members were actually from New Jersey. These pioneering members of the New York contingent would gather at Bill's home at 182 Clinton Street in downtown Brooklyn and sign the first copy of the book which had just rolled off the Cornwall Press. This crowning glory would be short lived as dark clouds formed on the horizon.

On April 26, 1939, Bill and Lois were finally evicted from their home on Clinton Street. The moratorium on foreclosures imposed by the government during the latter half of the depression had ended, and Bill and Lois lost the home that Lois's mother and father had given them. They put their furniture in storage and left for Hank and Kathleen P.'s home in Upper Montclair, New Jersey.



The Brooklyn Home of Bill & Lois

A few days later, Horace C., a New York pioneer, would come to the rescue and donate the use of his family's Green Pond, N.J. cabin for the month of May. Bill and Lois shuttled back and forth from Green Pond to the little office of Honor Dealers in Newark where Bill and Hank had written the book and were desperately trying to eke out a living selling automobile polish.

At this time there had been but two meetings of this young fellowship each week, a Tuesday evening meeting at Bill's Brooklyn home and an Oxford Group meeting on Wednesdays in Akron, Ohio where Dr. Bob and the Akron folks gathered at the home of T. Henry and Clarace W. On May 11 a third group formed and began meeting in Cleveland. They called these gatherings "meetings of Alcoholics Anonymous" and thus the fellowship had taken its name from the newly published book.

On a Sunday afternoon, May 14, 1939, the very first meeting of what was to become the New Jersey Group of Alcoholics Anonymous took place in the home of Hank and Kathleen in Upper Montclair. Meetings that had been formerly held in Brooklyn were held in New Jersey for the next five or six weeks. The meetings began at 4 p.m. and went most of the night. They rotated speakers for the first portion, according to Jimmy B. who

was living at Hank and Kathleen's home at that time. These were dinner meetings, with Herb D. of South Orange paying for a "big spread." The wives always attended these along with their spouses.



At the May 14, meeting they voted in the "Bill and Lois Home Replacement Fund" and each pledged different amounts of which none of them paid more than a few months. They wrote up a document with this information, which is housed in the GSO archives. (Bill and Lois were running an errand when they voted for this fund; they arrived shortly thereafter and Lois wrote in her diary that they were thrilled.)

Shortly after, Hank and Kathleen would spilt up. It was rumored that Hank wanted to leave Kathleen and marry Ruth Hock, the Honor Dealers secretary who would become Bill's right hand at the A.A. Foundation. Kathleen kicked the whole bunch out and the meetings moved to the Hartford Road home of Herb D. in South Orange. Bill recalled these interesting times in a talk he gave before the Manhattan Group in 1955:

Well, it was then the spring of 1939. Temporarily, the Manhattan Group moved to Jersey. It hadn't got to Manhattan yet. A great friend, Horace C., let Lois and me have a camp belonging to himself and his mother, out at Green Pond. My partner in the book enterprise, old Hank P., now gone, lived at Upper Montclair.

We used to come down to 17 William Street, where we had the little office in which a good deal of the book was actually done. Sundays that summer, we'd come down to Hank's house, where we had meetings which old-timers – just a handful now in Jersey – can remember.

The New York members would return across the Hudson River in late June and meet at a host of different locations in Manhattan and Brooklyn until they secured the West 23rd Street Clubhouse in early 1940. At this time, the New Jersey Group was beginning to grow and claimed about 15 members. A.A. in New Jersey had officially begun.

In early September, Hank P. had returned to drinking. Bill's first sponsee, the great promoter of the Big Book and the founder of Alcoholics Anonymous in New Jersey would never again enjoy long-term sobriety. Hank nursed resentments against Bill for the rest of his life and caused division within the A.A. ranks in the months to come. Bill and Lois actually left New Jersey to avoid having to give testimony in the divorce action that Kathleen had brought against Hank. At the end of the summer

of 1939, Bill and Lois moved in with Bob and Mag V. Their farmhouse, named Bog Hollow, was located near Monsey, N.Y. Bob was a member of the New Jersey Group with just six months sobriety at the time.

On October 22, 1939 the first-ever public meeting of Alcoholics Anonymous in New Jersey was held at the South Orange Community Center. A newcomer with just five months of sobriety, Gordon M. of East Orange, along with Herb D. of South Orange, had arranged the public meeting space to accommodate the growing fellowship.

The "Jersey Group" now had 25 to 30 members attending on Sunday evening at 5:30 p.m. and marking the start of regular Sunday night meetings held at the Community Center. It was this group that would become the "Mother Group" for all of New Jersey. Later this group would also be familiarly known as the South Orange Sunday Night Group, and its meeting time changed to 7:15 p.m., which it still is today.



The South Orange Community Center as it appears today.

On January 1, 1940, the group produced a membership roster that is housed in the GSO archives. The survey was conducted in preparation for the Rockefeller dinner in February. The member list shows 41 names, but indicates seven are no longer group members. Of the active members, there are several pioneers of A.A. and five people with between one and three years of continuous sobriety. Another 19 members have between three months and one year and six are working on 90 days. The group claims an overall success rate of 73% with 46% getting and staying sober on the first try.

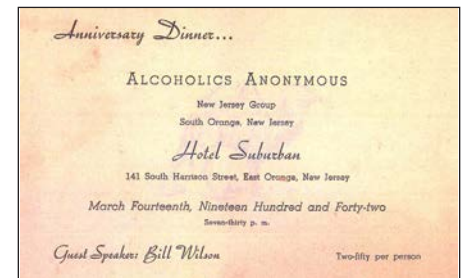
The membership of the New Jersey Group represented more than twenty-three towns including, South Orange, East Orange, Orange, West Orange, Bogota, Jersey City, Caldwell, Newark, Montclair, Upper Montclair, Irvington, Glen Ridge, Bloomfield, Westwood, Millburn, Verona, Plainfield, Ridgewood, Hoboken, Hackettstown and Roselle and two upstate New York towns.

Three of the newcomers with less than one year, Ray W., Gordon M., and Helen P. would become active in group affairs and later appeared in one of the photographs in the Jack Alexander article of the Saturday Evening Post, March 1, 1941. Ray helped start A.A. in San Francisco and both Gordon and Helen would hold trusted servant positions in the early years of the group. Lois's diary indicates that she and Bill attended the South

Orange meeting on February 18, 1940 and then spent the night at Gordon's East Orange home.

As the membership in New Jersey grew many changes occurred. The New Jersey Group actually became a legal business entity with its incorporation in 1941. It was then legally know as A.A. of New Jersey, Inc. This is of course prior to the traditions being written and the incorporation of the New Jersey Group was done to allow it to conduct real estate transactions, purchase property, sign leases and contracts, etc. – activities somewhat incompatible with today's A.A. Traditions

In 1941, the Jersey Group began to give birth to its children. The second group in northern New Jersey was the Morristown Group started by Dr. Malcolm T. Morristown was followed by groups in Englewood and Fairlawn. The South Orange group also began holding a Tuesday luncheon meeting at the Howard Johnson's in East Orange. The New Jersey Group held an anniversary dinner on March 14, 1942 at the Hotel Suburban, 141 South Harrison Street in East Orange. The featured speaker was none other than Bill W., and the cost was \$2.50.



A copy of the actual 1942 Anniversary Dinner Ticket of the New Jersey Group

By 1943, there were burgeoning groups in Newark, Bloomfield, and Montclair, and in 1944 the Newark/Roseville group in association with dozens of A.A. members from local groups formed a corporation called the Alanon Association and purchased a building owned by the Roseville Athletic Association (Roseville A.A.) There was no need to change the name on the building!



The historic Alanon Club located on 7th Avenue in Newark.

Growing A.A. in New Jersey led to the formation of New Jersey Intergroup which had its first offices at the Alanon Club. The Intergroup Committee of A.A. of New Jersey, Inc. became official at a meeting held in May 1945 when the Articles of Association were adopted by the delegates representing 16 A.A. groups in New Jersey.

So, from its very humble beginnings, A.A. in New Jersey has grown today to more than 1,100 groups with over 1,800 meetings per week. This November, the South Orange Group will celebrate its 75th anniversary throughout the weekend of November 28-30 at in South Orange. Hopefully, all of New Jersey A.A. can show its gratitude and join in the celebration of New Jersey's "Mother Group," A.A.'s fourth group!

John B., Associate Archivist



AREA 44 CONVENTION SCHEDULE PREVIEW

58th Annual NNJGS Convention

Recovery, Unity, & Service In a Changing World

FRIDAY, SEPTEMBER 26, 2014

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.)	10:45-11:45am
3:00pm	Registration Table - pick up your reserved badge or purchase a \$29 badge for all convention events (excluding Meals & Banquet)	11:45-12:30pm
3:00pm	Information Resource Table - (sign the Big Book)	11:45-12:30pm
4:00pm	Early Bird Discussion Meeting	11:45-12:30pm
8:00pm	Speaker Kick-Off Meeting Tim H., Louisville, Kentucky	12:15-1:15pm
9:00pm	Big Book/Alkathon Marathon continuous through 8 am Sunday	12:15-1:15pm
9:15pm	Grapevine Play "The Magical Misery Tour"	12:30-1:15pm
10:00pm	Open Mic	1:45-3:45pm

SATURDAY, SEPTEMBER 27, 2014

6:00-9:00am	Breakfast	4:00-5:00pm
8:00am	Registration, Meal Package and Banquet Tables Open	4:00pm
8:00am	Coffee Stations Open	6:45pm
9:00-10:30am	Nightwatch Workshop Newsletter Workshop CPC/PI Workshop GSR/DCM Workshop	7:15-8:15pm
9:00-10:30am	Area Workshops 1) Our message has not changed after all these years - District 26	7:15-8:15pm

2) Interpreting the traditions in a changing world - District 28
3) The heart of AA: Unity, Recovery, Service - District 36

11:45-12:30pm	Early Lunch
11:45-12:30pm	Old Timer's Luncheon
12:15-1:15pm	Area Workshops: 1) Inventory: understanding the past, guiding the future, enabling life in the now - District 3 2) Anonymity at the level of press, radio film and the Internet? - District 20 3) Big Book still relevant after all these years - District 41
12:15-1:15pm	GSYP Workshop GLBT Meeting Big Book/Alkathon Meetings continuous through 8am Sunday Corrections/Treatment Workshop
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	Archives Presentation Polish-Speaking Meeting
4:00pm	"The Magical Misery Tour" Encore
6:45pm	Banquet Doors Open
7:15-8:15pm	Banquet Begins
8:15-9:30pm	Banquet Speaker Christina C., Columbus, Ohio
10:00pm	Area & Intergroup Play
10:00-2:00am	Dancing to DJ

MARATHON ALKATHONS

Friday, September 26, 2014	District
9:00pm	Big Book... Bill's Story 16
10:00pm	Big Book... There is a Solution 14
11:00pm	Big Book... More About Alcoholism 4/6

Saturday, September 27, 2014

12:00am	Leader's Choice 10
1:00am	Leader's Choice 30
2:00am	Leader's Choice 8
3:00am	Leader's Choice 15/21
4:00am	Leader's Choice 39
5:00am	Leader's Choice 34
6:00am	Leader's Choice 19
7:00am	Leader's Choice 40
8:00am	Leader's Choice 11/33
9:00am	Big Book... We Agnostics 27/29
10:00am	Big Book... How It Works 42 & 39
11:00am	Big Book... Into Action 25
12:00pm	Big Book... Working With Others 35
1:00pm	Leader's Choice 12
2:00pm	Leader's Choice 5/7
3:00pm	Leader's Choice 24
4:00pm	Big Book... To The Wives 18
5:00pm	Big Book... The Family Afterwards 1/2
6:00pm	Big Book... To Employers 9
7:00pm	Leader's Choice 13
8:00pm	Leader's Choice 32
9:00pm	Leader's Choice 31
10:00pm	Leader's Choice 22
11:00pm	Leader's Choice 37

Sunday, September 28, 2014

12:00am	Leader's Choice 23
1:00am	Leader's Choice 17
2:00am	Leader's Choice 36
3:00am	Leader's Choice 35
4:00am	Leader's Choice 22
5:00am	Leader's Choice 15/21
6:00am	Leader's Choice 12
7:00am	Leader's Choice 12



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*

Ever since I came into the Rooms my life has been better. When I heard the First Step I knew I was in the right place! Powerless and unmanageable. Yes that was exactly where I was at.

My journey in AA has had a good number of twists and turns, but for the most part, I have been on the straight and narrow right from the start. There is no other way for me.

I started attending meetings, then some time later, I started to lead them. That was about the extent of my Service Work. A few years ago though, I noticed that the Website Committee was looking for help. It was listed on the Website Home Page. System Engineering is what I did before retiring. I had worked on Computer / Website systems and had some experience in these areas. Feeling that I might have something to contribute, I seized the opportunity. The people on the Committee welcomed me in true AA fashion . . . As a Good Friend!

In addition, I met a new Sponsor. This man was a right on match for me. He had good Sobriety, was into technology and liked to have Fun! For 2 years I attended meetings and

The NJ Area 44 Convention Committee presents

Open Mic Night

Friday, September 26, 2014

Open Mic will begin after the Grapevine Play

Acoustic music, spoken word, comedy, poetry, & more!

GARDEN STATE YOUNG PEOPLE in AA PRESENT

A HALLOWEEN DANCE: GHOULS + GAMES

NOVEMBER 1ST, 2014

- Open Speaker Meeting at 7PM (free)
- Dance from 8-12PM (\$10 suggested donation)
- Board games and other fun for those with moves that are too scary for the dance floor
- Costume contest!

Contact Information
John V.
events@gssp.org
www.gssp.org

The Mission at Rockaway
St. Peter & Paul's Church
66 Beach Street
Rockaway, New Jersey

helped out where I could. Mostly just doing Project Management. Tracking and implementing the development of the various improvements to our Area's impressive site.

Around this time, I also started helping out a little with the Newsletter Committee. That "work" was a bit "different". The most memorable thing I did was play guitar and sang, with the rest of the Committee, at the 2013 Conference. I also transcribed some audio taped interviews that were conducted during the convention.

When this 2 year milestone rolled around, I started to feel that I

wanted to spend more time at my Home Group in my Geographical area. Mixed feelings about this were evident in me since I did learn that doing more Service Work helped me to feel better about life. I tried a couple of speaking engagements, but it did not seem to work for me.

While discussing this with my Sponsor, we came up with the idea that I would become "The This Day Newspaper Delivery Service". My service work was to distribute the This Day newsletter to meetings. So I got a stack of the Papers, and with my Sweet Wife, who is also in the program, we have started handing out our Publication at meetings.

District Service Meetings

- District 1&2** - 2nd Tuesday: 7:30 pm, Sunrise House Cafeteria, 37 Sunset Inn Road, Lafayette
- 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, 7:30 pm, St. Mary's Church corner of High and Legion, Closter
- District 8** - 2nd Tues. 7:30 pm, Panther Valley Ecumenical Ch, 1490 Route 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 Piaget Ave Rm A, Clifton
- District 12** - 3rd Fri. 7:00pm, 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. 7:00 pm, St. Nicholas School Cafeteria, 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. 7:30 pm Hilldale Park Pres. Church, 85 Ridgedale Ave, Cedar Knolls
- District 17** - 3rd Fri. 8:00pm, 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 7:00 pm, 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 Jerferie Ave, South River
- District 24** - 3rd Mon. 8:00 pm, Trinity Episcopal Church, Ryers Lane, Matawan
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 211 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, St. Luke's Parish, 1674 Old Freehold Road, Tom's River
- District 28** - 1st Tue. 7:30 pm, 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, 2nd Floor, 77th Street & Broadway, North Bergen
- District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C., Bayonne
- District 34** - 3rd Sat. 10:00 am, 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, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen
- District 37** - 3rd Wed. 7:00 pm, First Lutheran Church 153 Park St (basement), Montclair
- District 38** - 3rd Thurs. 7:30 pm, Presbyterian Church, 31 Fairfield Avenue, West Caldwell
- District 39** - 1st Wed. 7:00 pm, Presbyterian Church, 140 Mountain Ave., Westfield
- District 40** - 4th Sunday 10:45 am, 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 9:00am, 103 Bayard Street, Suite B-12, New Brunswick

Every time we do it, the response is most positive! A lot of people never heard of the This Day paper and were pleasantly surprised to get a copy. The comments that we get back about how Professional it looks are coupled with opinions of how interesting the content is. We are looking forward to expand our coverage of Area 44 with our Publication. If you are interested in helping the cause, please send an email to newsletter@nnjaa.org and we will work shoulder to shoulder with you to make it happen!

Thank you, Rudy M

Intergroup Calendar

SEPTEMBER

- 1 HOLIDAY - OFFICE CLOSED
- 4 Delegates Meeting, Clark 8:30 PM
- 14 Bookers Exchange, Cranford 6:30 AM
- 17 Nightwatch Committee 7:30 PM
- 25 Joint Website Committee* 7:30 PM

OCTOBER

- 2 Delegates Meeting, Clark 8:30 PM
- 13 HOLIDAY - OFFICE CLOSED
- 23 Joint Website Committee 8:30 PM

NOVEMBER

- 6 Delegates Meeting, Clark 8:30 PM
- 19 Nightwatch Committee 7:30 PM
- 20 Joint Website Committee* 7:30 PM
- 23 Intergroup Gratitude Brunch 10:30 AM
- 25 Joint Unity Meeting* 8:00 PM

27-28 HOLIDAYS - OFFICE CLOSED

DECEMBER

- 4 Delegates Meeting, Clark 8:30 PM
- 14 Bookers Exchange, Cranford 6:30 AM
- 18 Joint Website Committee 7:30 PM
- 25 HOLIDAY - OFFICE CLOSED

JANUARY 2015

- 1 HOLIDAY - OFFICE CLOSED

*Area Office, 2325 Plainfield Ave, South Plainfield

NNJGS Area 44 Office Calendar

SEPTEMBER

- 1 Remote Communities Com. 7:30 PM
- 2 Officer's Meeting 7:30 PM
- 3 Mailing Committee 6:30 PM
- 3 Translation Committee 7:00 PM
- 5 Policy & Admissions 7:30 PM
- 6 Grapevine Committee 10:00 AM
- 9 Public Information Com 7:30 PM
- 9 Luncheon Committee 7:30 PM
- 10 Treatment Committee 8:00 PM
- 11 Int'l Hospitality Committee 7:30 PM
- 14 Films Committee 11:00 AM
- 14 AREA COMMITTEE MTG. 12 NOON
- 15 Literature Sales 6:30 PM
- 15 Literature Committee 7:30 PM
- 16 CPC Committee 8:00 PM
- 17 Convention Committee 8:00 PM
- 18 Newsletter Committee 7:30 PM
- 19 NERAASA 2015 Comm. 7:30 PM
- 20 Corrections Committee 10:00 AM
- 21 Garden State Young People 2:00 PM
- 22 Finance Committee 7:30 PM
- 24 History & Archives 7:30 PM
- 25 Computer Committee 7:00 PM
- 25 Joint Website Committee 7:30 PM
- 26-28 AREA 44 CONVENTION

OCTOBER

- 1 Mailing Committee 6:30 PM
- 1 Translation Committee 7:00 PM
- 3 Policy & Admissions Com. 7:30 PM
- 4 Grapevine Committee 10:00 AM
- 6 Remote Communities Com. 7:00 PM

- 7 Officer's Meeting 7:30 PM
- 8 Treatment Committee 8:00 PM
- 9 Int'l Hospitality Committee 7:30 PM
- 14 Luncheon Committee 7:30 PM
- 15 Convention Committee 8:00 PM
- 16 Newsletter Committee 7:30 PM
- 17 NERAASA 2015 Comm. 7:30 PM
- 18 ELECTIONS ASSEMBLY 8:30 AM
- 19 Garden State Young People 10:00 AM
- 20 Literature Sales 6:30 PM
- 20 Literature Committee 7:30 PM
- 21 Pl/CPC Workshop 7:00 PM
- 23 Joint Website Committee* 7:30 PM
- 27 Finance Committee 7:30 PM
- 29 History & Archives 7:30 PM

NOVEMBER

- 1 Grapevine Committee 10:00 AM
- 4 Officer's & Standing Comm. 7:30 PM
- 5 Mailing Committee 6:30 PM
- 5 Translation Committee 7:00 PM
- 7 Policy & Admissions 7:30 PM
- 8 7th TRADITION WORKSHOP 9:00 AM
- 9 Films Committee 11:00 AM
- 8 AREA COMMITTEE MTG. 12 NOON
- 11 Public Information Com 7:30 PM
- 11 Luncheon Committee 7:30 PM
- 12 Treatment Committee 8:00 PM
- 13 Int'l Hospitality Committee 7:30 PM
- 14 THIS DAY DEADLINE 5:00 PM
- 15 Comm. on Corrections 10:00 AM
- 16 Garden State Young People 5:00 PM
- 17 Literature Sales 6:30 PM

- 17 Literature Committee 7:30 PM
- 18 CPC Committee 8:00 PM
- 19 Convention Committee 8:00 PM
- 20 Newsletter Committee 7:30 PM
- 20 Joint Website Committee 7:30 PM
- 21 NERAASA 2015 Comm. 7:30 PM
- 24 Finance Committee 7:30 PM
- 25 Joint Unity Meeting 7:30 PM
- 26 History & Archives 7:30 PM
- 27 Computer Committee 7:00 PM

DECEMBER

- 1 Remote Communities Com. 7:30 PM
- 2 Officer's Meeting 7:30 PM
- 3 Mailing Committee 6:30 PM
- 3 Translation Committee 7:00 PM
- 5-7 WORK WEEKEND
- 9 Public Information Com 7:30 PM
- 9 Luncheon Committee 7:30 PM
- 10 Treatment Committee 8:00 PM
- 11 Int'l Hospitality Committee 7:30 PM
- 12 Policy & Admissions 7:30 PM
- 13 Grapevine Committee 10:00 AM
- 14 Films Committee 11:00 AM
- 15 Literature Sales 6:30 PM
- 15 Literature Committee 7:30 PM
- 16 CPC Committee 8:00 PM
- 17 Convention Committee 8:00 PM
- 18 Newsletter Committee 7:30 PM
- 18 Joint Website Committee* 7:30 PM
- 19 NERAASA 2015 Comm. 7:30 PM

*Intergroup Office, 2400 Morris Ave, Union

www.nnjaa.org

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Your Northern New Jersey A.A. Website

DISTRICT DOINGS

District 1&2

Things are going pretty smoothly at our District, although attendance is down this summer. We had a very successful picnic on July 20th. There was great attendance all day long. We had two very strong speakers, Aaron K. representing Intergroup, and Luke H. our GSR/DCM workshop chair.

We are currently planning for our Day of Sharing on October 4th. The theme is "Courage To Change", in honor of the fall changing seasons. We hope to see you all there. That is about it for our District. Hope everyone is well.

Walter B.

NEXT ISSUE DEADLINE NOV. 14th
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"

"Holy Smokes!"

I was blessed to have been given the gift of desperation which lead me to the rooms of AA 15 years ago. I put down the bottle, but it took me four years later to put down the cigarettes. I realized, as I was driving to work one day and planning out how, when, and where I would smoke during the work day, that cigarettes had become my "master," as did alcohol. I wanted to be happy, joyous, and free- and I was not free when my addictive behaviors transferred from alcohol to cigarettes. I stopped smoking a few years before NJ went smoke free in 2006- and I had to change my meetings, because at that point most of the meetings I attended were smoking meetings. I was grateful when the laws changed in NJ, so that I could feel free to attend any meeting- smoke free. But I did have sympathy for my smoking-friends- I know exactly how that nicotine craving feels at that certain time of the day!

But what does all this have to do with drinking? Not much. But it has a lot to do with AA. I have a medical condition that makes my skin very sensitive to many chemicals. I have spent lots of time, money, and pain dealing with this condition that- frankly- existed when I was drinking but when I was drinking I was numb to EVERYthing! So when these new "e-cigarettes" came out I was concerned because I couldn't imagine that they really do contain "only water vapors." I started noticing more and more, particularly over the past two years, people smoking e-cigarettes indoors- and so I looked into what they actually contain. I found out that though e-cigarettes contain significantly

JERSEY FRESH

by Wayne R.



less second-hand smoke toxicity than regular cigarettes, they do still contain chemicals that are carcinogenic and the effects of which have not yet been determined to be safe by the FDA. There are a ton of different studies out there which claim, from both sides of the issue, to support or disprove the second-hand effects of e-cigarettes. I am not trying here to argue the pros and cons of this issue- but I am here simply to use this forum as an opportunity to share with you all that regardless of the debate, the fact of the matter is that one of the chemicals that I am most allergic to is found in the vapor of all e-cigarettes.

I thought that this was my issue alone- and that when people were smoking e-cigarettes in meetings, that I just had to leave and find a different meeting. It's been happening more and more often, and when I've asked people to not smoke, I haven't been given such spiritual responses back. I recently found out though that in 2010, the NJ Smoke-Free Air Act of 2006 was amended to include a ban of smoking e-cigarettes in indoor

public places. I urge you all to look it up yourselves and educate your homegroups to discuss this issue and consider putting a line in your announcements that smoking- including e-cigarettes- is not allowed in the meeting. I have been told that this is an outside issue- and I get that. I don't know how else to make people aware of this. But I know that we have the best Area and great AA's and I hope that you will take my article to heart. My medical condition is not life-threatening- it's painful and annoying, but I've been dealing with it all my life. But what about our fellow AA's who are struggling with other medical conditions where their immune systems are compromised, or those AA's who have to bring their children or infants to meetings? I'm sure if you all knew more about this issue then more people would be considering the fact that when people are smoking e-cigarettes in meetings they are not only breaking the law, they are compromising the health of those around them.

Anonymous in NJ

THIS DAY

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

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Fall 2014



GSYP River-Rafting Trip attendees reading This Day on the banks of the Delaware River

Missing as a Fall 2013 novice to the AA. Do I really belong here? The leaders say the only requirement to be in the program is a burning desire to drink. Well, that IS how I felt. But Al-Anon is where it all began for me in 1985.

I was off the wall and he was drinking. Al-Anon said don't talk to them when they are drinking, and that alcoholism is a disease. Finally, I STOPPED Racing all over searching for a way to stop my husband from destroying himself, our marriage and our family. Al-Anon told me that I could not stop another human being from drinking. To this day I believe this is still true. Yet, now I know that only Almighty God can help anyone who either asks Him to, or is being prayed for by others, for the deliverance from this sin, or any other addictive sin the accuser of the brethren chooses to fling his tormenting arrows towards.

Fast forward to This Day August 14, 2014, by the grace of God I did not buy that bottle of Blackberry Brandy, which my father would often give me a sip of as a child, when I did not feel well, or that romantic bottle of wine that would lull me into a delicious state of calm and reverie that would dance me into Frank Sinatra's ballads enfolded into the arms of the man who I had fallen in love with when I was fourteen years old, my children's father. NO, I NEEDED TO GO TO

AA, like I needed to breathe and I did. I breathed and went to AA.

What catapulted me into this place, this burning desire to drink, were several uncontrollable events snowballing around me all at once. I felt as if I was caught up in an avalanche. A friendly real estate agent, who I met in Walgreens in the fall of 2013, brought to my attention that my children's father had moved from the home we had raised our children in, where he was living with his current wife since 1996. Our towns bordered each other. It never occurred to me that there was a sense of security I must have felt, living in such close proximity to him. We did not have an ongoing relationship, as he had remarried. My mindset had been established in Al-Anon and it remained ongoing. Don't talk to the person when they are drinking. A teaching to this day I regret having believed, for I have become aware that the Holy Spirit can reach anyone at any time, for He uses anyone open to His leading. My reaction baffled me for I have lived, by the grace of God, through incest, divorce and two cancer diagnoses without wanting to drink. Although I did ask my physician for a prescription for medical marijuana, which he promptly refused, but then suggested for me to buy it on the street. That was shocking to hear from a man of such pristine values, but he knew the pain I was experiencing. Oh, I forgot to mention that the

year before the divorce, which was 1988, I was drinking and smoking, but not eating. Eventually I realized by God's divine intervention that I was killing myself so I stopped.

Having been blessed to be in the AA rooms since the fall of 2013, I no longer feel out of control with the sinful thoughts of drinking, smoking or having sex. Having learned about the importance of having a relationship with Jesus Christ in the Al-Anon rooms years ago, today I also have a relationship with Jesus' Father whom I

have come to know as Abba Father. Upon inviting Jesus into my heart in 1985 the Holy Spirit came to dwell there also, in my heart that is One Day At A Time, This Day.

My heartfelt prayer is that all who come in these rooms of AA will find the fullness of faith that the God who created all of us wants to impart into our lives. May all who seek HIM find HIM FOR he loves us all.

God Bless,
Rosalind R.
Upper Saddle River, NJ

For information contact: southorangegroup@gmail.com

"Any Lengths"
The South Orange Group
celebrates 75 Years of A.A.
as the first group in New Jersey



**Friday, Saturday and Sunday
November 28, 29 and 30, 2014**
South Orange, NJ

SPECIAL EVENTS INCLUDE

★ "MARKINGS ON THE JOURNEY" VIDEO ★
GRAPEVINE PLAY
PRESENTATIONS ON THE HISTORY OF A.A. IN NEW JERSEY
and MORE!!!
Specific Dates, Times & Locations TBD

**Speakers, Service Committees, Literature, Grapevine
and Meetings! Meetings!! Meetings!!!**

Weekend event will conclude with our regularly scheduled
Sunday Night Open Speaker Meeting @ 7:15 p.m.