

# THIS DAY

www.nnjaa.org  
News & Notes from NNJ General Service Area 44 and Northern New Jersey Intergroup



## Call To Our Fellowship For Sharing

During the 65th General Service Conference I served on the Conference Literature Committee. Our agenda included some very important issues facing A.A. today. Remember, the Conference agenda comes from us; A.A. members, and reflects our requests as they may represent the expressed needs of our Fellowship.

In Committee, we discussed and debated these issues for hours to decide which of these we would bring to the Conference floor. As you already know from our Delegate's Post-Conference Reports, there were several such recommendations, three of which I'd like to discuss here. Each addresses concerns over accessibility and inclusivity. Each relates to a specific community that we may not be reaching effectively, or who may not feel welcome in A.A., or may erroneously think that A.A. is not for them.

The Conference as a whole agreed with our Committee, and these recommendations became Conference Advisory Actions determining that two pamphlets required updating and one new piece of literature should be created.

- "A.A. for the Woman" should be revised by gathering current sharing from women in A.A. including (but not limited to) stories from women in the military, single mothers and women of diverse background.
- "A.A. for Gay and Lesbian Alcoholic" also needed a long overdue update to include stories from members who are gay, lesbian, bisexual, transgendered or gender non-conforming, especially regarding being a newcomer and sponsorship.
- We should develop a new piece of literature for the alcoholic with mental health issues to include a wide range of A.A. recovery experience from members with mental health issues and those who sponsor these members.

Our discussion on the Conference floor was long, passionate, and moving. I believe that our informed collective conscience did the right thing, responding commendably to the expressed needs of our Fellowship.

Now the question is, how does this literature get updated or created? There must be a gang of writers in a room at our New York office feverishly penning this material. Not so. Our editorial and publication staff will help select, edit, shape, and publish this material, but they will not create it. So where does it come from?

I'm so glad you asked. Like nearly everything in A.A., it comes from us. This most important literature is updated by our willingness to share  
*Continued on page 2*



## Challenges to A.A.'s Future

Doesn't this year seems to be flying by? It's hard to believe that the summer's almost over. And what an eventful summer it has been! We started the summer off right with an excellent June Assembly where we hosted a Town Hall on Diversity in A.A. and Safety in the Rooms.

There were amazing two presentations on each topic followed by some great sharing at the mikes. Our Delegate, Jay E., provided his unique insights from his attendance at the 65th General Service Conference with an insider's view of the Conference and six of our Service Committees held their workshops.

June was also post-conference month and our team of Officer's (the Delegate, Alternate Delegate, Area Chair and Treasurer) traveled to each of the six Sections to present the results of the deliberations at this year's General Service Conference. For those who did attend one of these reports back to the Fellowship, they heard about a Conference that was inclusive and resulted in Conference Advisory actions for updating the pamphlets for the Gay & Lesbian and for the Woman and for the creation of new pamphlet for the mentally ill. Keep in mind that GSO is looking for your sharing on these 3 topics by October 15th. The post-conference season came to a close in July with the Pre-conference report to the Spanish-speaking community at the Area Office in combined session for both Districts 30 and 42.

Shortly thereafter, many of us found ourselves in Atlanta at the beginning of July for the 2015 International Conference. Our Area was well represented both by those attending and in those giving presentations. The tapes for these sessions are available from GSO if you are interested. The Hospitality suite, which we hosted along with Area 45, was a place where many came to discuss the sessions, share their experiences at the Convention, make new friends and to the view the Area Archives. Our Area was the only Area which was selected to by the Grapevine Board to put on a Grapevine play and there were two performances of the Area 44's Grapevine play, the Magical Misery Tour, about a Beatles tribute band which could not stop drinking. As usual, the word to various Beatles songs were changed to be a shameless promotion of the Grapevine. The play was well received and was performed before almost 1,200 Conference attendees at each performance!

On a personal note, two weeks after  
*Continued on page 3*



Just when I thought I was done (for now) with my service commitments for Intergroup, Roger asked me to write an article for "This Day" newsletter. That was over a month ago. I did put a lot of thought into it, but I decided not to. And when he asked me again today, I said no. He said he understood. He was putting off his own article and the deadline was tomorrow.

The kicker was, it was his assignment to get someone who was involved with Intergroup to write an article about Intergroup. I may not be happy with my own program or the meetings I attend, but who am I to hurt someone else's program?

I got involved with Intergroup so long ago, I can't remember exactly how or when. It was close to 14 years ago. I think I joined the Website Committee first. They needed someone to give a report to the Intergroup Delegates every month, so I volunteered. It was an easy commitment and I enjoyed bringing what I found interesting about the Website Committee to the Delegates.

Around this time I changed homegroups and at my first business meeting, our Intergroup Delegate passed on his commitment to me. That was a two year commitment with Intergroup, assuming I could find a replacement after my two years were up.

Eventually Intergroup elections came around and I decided to run for Trustee. After two years as Trustee the other Trustees wanted me to run for Intergroup Chairperson. Then I found out the outgoing Chairperson is usually asked to stay on as an appointed Trustee, so that made six year all together.

Being an Intergroup Trustee and then the Intergroup Chairperson was a wonderful experience. We were responsible for overseeing all the office's affairs. I got to know our office staff and all the extremely helpful volunteers.  
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**NEXT ISSUE DEADLINE NOV. 13TH**  
NEWSLETTER@NNJAA.ORG



Hello and greetings from your Area Treasurer. It is an honor and privilege to serve our fellowship.

I hope everyone was able to find some peace and serenity this summer. Hard to believe the fall season is just around the corner. Time just keeps moving ahead and so does AA. One dimension that is consistent day-by-day is your gratitude for sobriety expressed by the continuous generosity of the time you volunteer and the contributions you and your groups make that support the Area's primary mission to "Carry the Message." It is through this loving, spiritual expression of the 7th Tradition that our message is able to reach the sick and suffering alcoholic in need of recovery as well as those of us on our recovery journey. Thank you!

There has been much going on around the Area. June was filled with Post-Conference reports, where the results of the 65th General Service Convention (GSC) were presented by our Delegate with support from your Alternate Delegate, Area Chair and Treasurer. The topic I discussed was the financial health of GSO based on a presentation given at the GSC. It showed a healthy GSO in 2014 due entirely to Literature net income. In 2015 the GSO budget shows a minimal net gain of \$23,000. Both years benefit from Literature net income to offset the net expense of the services the fellowship has asked to be provided but are not fully funded by Contributions. For more information email treasurer@nnjaa.org .

During July the Finance committee began the 2016 budgeting initiative. Budget Buddies from Finance reached out to all

committee chairs and officers to develop the Area spending plans for "Carrying the Message" and to provision for the costs to acquire the Area's conscience on matters our Delegate will take to the annual GSC as well as many various activities such as the Assemblies, committee meetings, etc. In August the pieces are assembled into a full picture for Area 44 that is presented for feedback in September at the Area Committee Meeting (ACM). It is then shared by the DCMs with the Groups. Refinements will be made at the November ACM meeting and if necessary again in December and/or January at those ACM sessions. The proposed balanced budget is then presented to the Assembly in January 2016 for approval by the fellowship. Thanks to everyone for their work on the 2016 budget which is essential for continuing our 12-stepwork.

Our committees continue to carry the message. Alcoholism and recovery do not take any time off even in the dog days of August. Please also remember that there continue to be numerous opportunities to volunteer and serve on one of the Area's Standing, Special or two Ad-Hoc committees. Participation is most welcome and encouraged. Service is an important part of recovery. Interested AAs can look on our website www.nnjaa.org to view the Area calendar for committee meetings and the committee chair contact info.

It is with much gratitude that I share my appreciation and thanks for all you are doing and for your continuing support.

In Gratitude, Love and Service,

Mike S., Area 44 Treasurer

*Delegate* *Continued from page 1*  
our experience. The more generous we are, the more effective this literature will be. If we don't contribute, or don't think our story is important enough, then this literature won't be as effective, will take longer than necessary, or may not be completed at all.

Remember, these are twelfth-step tools. They are potential lifesavers.

The following is a hypothetical example, but based on recent experience shared with me, I can tell you this is happening much too frequently. And this example extends to anyone in a 'remote' community who needs our help but believes that A.A. is not for them.

Picture this: A transgender alcoholic is seeing a

professional. Perhaps the doctor suggests they should consider A.A. And just imagine this individual says 'they don't want me there'. But then the doctor pulls out our newly revised pamphlet, opens to a page containing personal recovery experience from a transgender alcoholic who has recovered in A.A., and the doctor says 'yes they do, take a look at this'.

I Am Responsible

If you have experience in any of the three areas I noted above, please share it so that someone in a similar position may identify and have the same chance to recover that you've had. And if you don't think you're a good enough writer, no worries. As I've already mentioned, our talented publishing team will help with that.

**RUS SERVICE CORPORATION T/A NNJAA AREA 44  
YEAR TO DATE COMPARISON REPORT: 2014 AND 2015  
FOR PERIOD ENDING MAY 31, 2015**

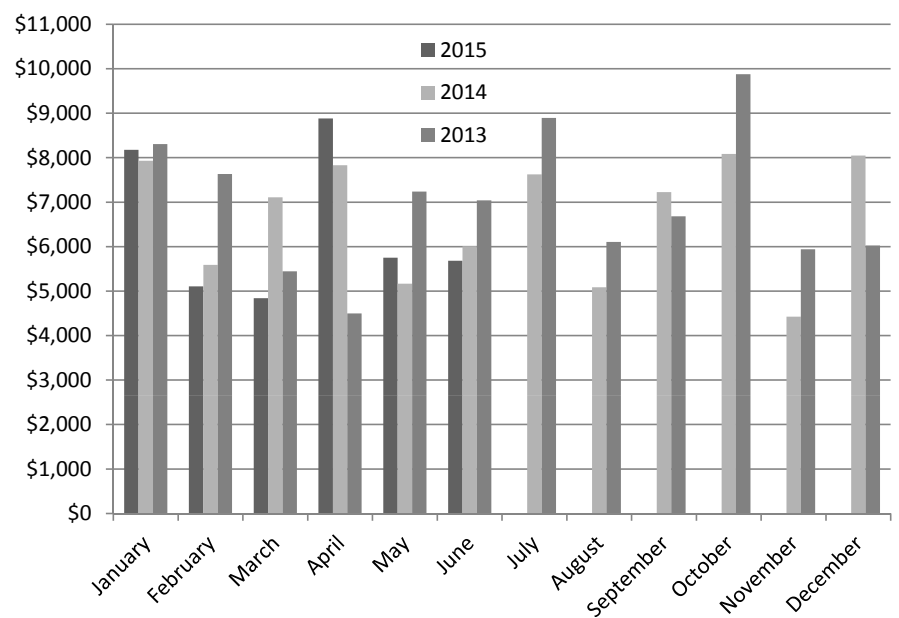
	2014 - May	2015 - May
<b>MONEY MARKET ACCOUNT (A)</b>		
Balance as of January 1st	\$59,391	\$79,266
Interest Received	\$23	\$28
Transfer (To) / From the Checking Account	\$0	\$10,000
Balance as of March 31st	\$59,414	\$89,293 (C)
<b>CHECKING ACCOUNT (A)</b>		
Balance as of January 1st	\$43,493	\$49,104
Group, Individual and 7th Tradition Basket Contributions	\$34,193	\$33,842
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	\$87,994	\$58,015
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(\$46,000)	(\$43,459) (B)
Non Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(\$84,285)	(\$64,152)
Transfer (To) / From the Money Market Account	\$0	(\$10,000)
Balance as of March 31st	\$35,395	\$23,350 (C), (D)
Prior 12 Month Avg. Total Monthly Expenses Times Two. Finance Guidelines state the checking account balance should not exceed this amount.		
	\$41,184	\$33,650
<b>Account Balance Over / (Under) Guideline</b>	<b>(\$5,789)</b>	<b>(\$10,300)</b>
<b>PRUDENT RESERVE FUNDS</b>		
Total Cash in Bank (Not including Convention Account)	\$94,809	\$112,643
Designated Funds (Jailbos Funds, etc.)	(\$5,807)	(\$10,808) (D)
Checking Account Guideline (2 Month average expenses)	(\$41,184)	(\$33,650)
	\$47,818	\$68,185
<b>Calculated Prudent Reserve (50% of prior 12 months Budgeted Activity Expenses)</b>		
	\$47,477	\$42,904
<b>Account Balance Over / (Under) Guideline</b>	<b>\$341</b>	<b>\$25,281</b>
<b>FOOTNOTES</b>		
(A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.		
(B) 2015 Expense Budget is \$109,833.		
(C) May 31, 2015 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) May 31, 2015 amount includes Designated Funds of \$2,470.06 of Jailbox Contributions and \$8,338.26 of Int'l Hospitality Suite Contributions.		

**SUMMARY OF OFFICIAL APPROVALS / REVIEWS**

Individual / Group	Action	Completed Through
Treasurer	Approved	May 2015
Alternate Treasurer	Approved	May 2015
Finance Committee	Approved	May 2015
Officers	Reviewed	May 2015
Area Committee Members	Approved	May 2015
Area Assembly	Approved	March 2015

Email Questions and Requests to: treasurer@nnjaa.org

**Monthly Group Contributions to Area 44 for the years 2015-2014-2013**



For details on how to submit your story, you can reach me at Delegate@nnjaa.org or visit our website www.nnjaa.org and select What's New from the home page carousel to find the link "International Call for Sharing".

We may never feel that the Fellowship is ours more than when we ask for something we believe we need; our delegated leaders respond favorably to our request; and then WE get to make it happen.

Please help make this happen!

With A.A. Love and Service,  
Jay E.  
Your Delegate, Panel 65 Area 44 Northern NJ





### There, but for the grace of God, go I.

One of the men in my home group whom I respected, shared frequently about his monthly commitment at the Morris County Jail. I admired him for his service work, but dismissed the idea of volunteering because I had never been to jail and felt I couldn't relate to the inmates. One day he asked if I would agree to speak at the jail. Initially I was apprehensive of the idea. I had watched too many episodes of "Lockup", but I didn't have a legitimate excuse for refusing, so I agreed. The nervousness I felt gradually left as I shared my experience, strength and hope. The inmates shook their heads in agreement as I told my story. At that moment I realized it had nothing to do with whether I had been locked up before or not. It was that we shared the disease of Alcoholism and a common solution. If I look back on my life honestly, the truth is that I could have been arrested many times for my behavior and actions. If things went a different way, I could be in there with them. I don't know why I was spared that fate of

incarceration, but I know I will always have the responsibility to help any alcoholic who reaches out for help. It was a great experience for me, I was so glad my friend had invited me. One year later, a monthly commitment at the jail became available, I gladly accepted it. Typically I lead a Big Book meeting, where we alternate between reading and sharing. Occasionally I will bring a fellow member to speak or play a speaker CD. Regardless of the format, we aim to foster an atmosphere of open and honest sharing without fear of judgment. It is inspiring to see the men support one another in their journey to achieve and maintain sobriety. I take this commitment very seriously. The men I visit rely on the meetings brought in by our fellowship, they often say it is the highlight of their day. As volunteers we do our best to support one another so as to make sure the commitment is always covered, it can be very disappointing to the inmates if a meeting is cancelled. The men who attend the meetings are always appreciative. At the end of the meeting as they line up to return to their cells, they shake my hand and thank me for coming. I always leave the jail feeling grateful for the opportunity to be of service and hopefully help another alcoholic

achieve sobriety.

One year ago I was invited to attend our District Business Meeting and assume the role of CFC (Correctional Facilities Committee) District Chair. Since I had been taking meetings into the jail for several years, this seemed like a logical move. I am so happy I did. The people that I have met both on the district level as well as the CFC are truly inspirational. They freely give of themselves to help carry out this great work to grow in their sobriety and be of service to those in need. Their actions and intentions have motivated me to do the same. I know that I will have long lasting friendships due to participating in this effort.

I cannot say enough of how I have benefitted from playing an active role in the CFC. It has given my life purpose, a greater understanding of the need for this work and a strong fortification of my sobriety. Occasionally I bump into men I met in the jail at meetings on the outside. It is great to see them active in the program, enjoying the benefits of sober living. This reaffirms that this effort truly matters. I thank God for directing me to this service, may I never take my sobriety and freedom for granted.  
Eddie P.



As Bill Sees It Metuchen  
Belleville Thursday Night  
Berkshire Valley Group  
Breakneck Group  
Carnavale Group  
Change is Good Discussion  
Group  
Chatham Group  
Clark Sat Nite Live

Daily Reflections  
Dawn Patrol  
Forest Hills Group  
Hill Street Blues  
Journey to Recovery  
Knights of the Roundtable  
Landmark Group  
Lost and Found Group of AA  
Lyndhurst Saturday Night  
Maplewood Group

Maywood Sunday Night  
Middletown Clearview  
Millburn Big Book  
Milltown Strickly AA  
Milton Sunday/Thursday Group  
Monday 12:15 Closed Discussion  
Montclair Friday Noon  
Morning Miracles  
Mt. Fern Monday  
New Beginnings  
New Brunswick Friday Night  
New Brunswick Thursday Night  
New Day Women's Mtg Wed 7AM  
New Vernon Women's Group  
No Butts  
Nutley Unity Group  
Recovery Hall  
Recovery Lifeline  
Rumson Saturday Night

Saturday AM Eye Openers  
Serenity Porch  
Sick as Your Secrets  
Sobriety on Sunday  
Spring Lake Saturday AM  
Stairway to Heaven Group  
Start the Night Right  
Tell It Like It Is  
The Sky's the Limit Group  
The Sunday Wisdom At Wall Group  
There is a Solution Group  
Three Legacies Group  
Thursday 8PM Keansburg  
Turning Point  
Upper Ridgewood Women's Group  
Verona Tuesday Night Group  
Westfield Monday Noon  
Anonymous

*Area Chair Continued from page 1*  
the International Convention, I took a trip out to Akron. I had never been there and had always wanted to visit the birthplace of A.A. At an A.A. History symposium the year before, I had met Gail L., the Akron Archivist, and she had invited me out to Akron to view the sites with her. How could one refuse such an invitation? I coordinated my schedule with her and drove out to Akron in mid-July. It's amazing where you can go when you get your license back after not driving for 12 years! What an incredible experience. We ended up sharing the day together with an alcoholic returning to Wisconsin from the International Convention, a couple from New Zealand and a woman from Australia. In one day, our little group visited the Akron archives, spent time at Dr. Bob's house and visited the Sister Ignatia chapel in the hospital where she and Dr. Bob looked for drunks to help. We also went to the Siberling estate and stood in the room where Dr. Bob and Bill first met. The mix of feelings of gratitude, elation and awe that I felt is hard to describe. If you've never had an opportunity to visit Akron, I suggest you make a trip to the place where our Fellowship was born.

To close the summer we have two up-

coming events that should not be missed. The first is the awesome Area 44 Convention that we host annually in Somerset. This year the 59th Annual Convention will be held in Somerset from September 25th through the 27th. If you have never attended one of our Area Conventions or haven't been to one in a while, be sure to attend. You'll hear some incredible speakers, especially from Al-Anon and at the Banquet on Saturday night which is simulcast if you don't attend the banquet. There are workshop sessions, a History & Archives presentation (which will be on the Rockerfellers this year) and all day and night meeting marathons which the Districts throughout our Area volunteer to host. I'll be staying at the hotel this year and can't wait to attend an AA meeting in my slippers at 2am! Of course, there will be the hilarious and well-written Grapevine play and a Joint Unity play put on by the Area Officers and intergroup trustees. I attended my first Convention when I was two years sober and I haven't missed one since.

The last event that I'd like to mention is our upcoming October Assembly. Participation in our Assemblies has been growing and for that we thank you. A.A. belongs to you and your participation is key. At the October Assem-

bly, 6 of our Area Committees will be holding workshops so please come and see how you can get involved in service to help give back to this program which saved your and my lives. In case you're wondering how things in AA change and how you can propose a change to the General Service Conference for all of AA to vote and opine on, then come listen as our immediate Past Delegate, or ex-Officio, Linda K.-K. does a presentation on the "Path of an Advisory Action" from your suggestion to a General Service Conference Advisory Action. In the afternoon, we'll be discussing Challenges to A.A.'s Future. At the Post-Conference reports, I was asked to read the keynote address to the 65th General Service Conference by J. Gary L. where he discussed nine challenges to A.A.'s future. The Area Officers and the Standing Committee chairs voted and we selected 3 of these challenges to discuss at the October Assembly: Singleness of Purpose, Diversity of our Membership and the Size of our Membership. As we did with our June Town Hall, there will be two presentations by GSRs from different Districts on each challenge followed by your sharing at the mikes. Please be sure to attend.

Jeff B. - Area Chair

## NIGHTWATCH

It all started with a very uneasy silence. The last words before the silence were, “Who wants to write an article for the fall This Day issue”? I have waited through similar silence during our Nightwatch committee meetings in the past. Someone else would always rise to the challenge and do what was needed. I don’t know why I raised my hand this time but I did

My first words were what do I write about? Joe said to just tell what Nightwatch means to me. Those words made this easier. Nightwatch has become a wonderful part of my sobriety. It has without a doubt helped me hold on to my sobriety in some tough times. I was first introduced to Nightwatch by a lady named Nancy. She was the Nightwatch coordinator for Monmouth County, the position I now have been entrusted with.

Nightwatch is a group for A A members who answer the Intergroup phone when the office is closed at night and on the weekend. We make sure whenever an Alcoholic calls the office another Alcoholic answers the phone. Nancy helped me set up my home group up with a week of covering the phone. I was a bit unsettled at first. A bit of fear that I would make a mistake. I was blessed with the members of my home group. They did everything I asked they to do and the week went great. It was their turn to rise to the challenge, and they did. A group taking a week’s commitment becomes closer and they get to know each other better through it. Sometimes Sponsors and sponsees will take a shift together.

It was later that year that a few of those so called coincidences (my God staying anonymous) happened and I found myself working with a guy named Kevin. He is the Nightwatch coordinator for Ocean County. Kevin has shown me the way to serve A A through being a coordinator. We go out and talk to groups about Nightwatch and answer questions and help them through their fear. I have made so many new friends and been reacquainted with many old ones. I can look back and see how when my life gets a bit bumpy I always seem to have a group to talk to or a group covering the phones and I am distracted from the problems that I have trouble remembering the next week. It’s wonderful how my God works in my life all the time. Nightwatch has given me more than I have given to it. That seems to be the way of A A. My sponsor says ‘if I don’t have a service commitment I am stealing from A A’. I was a thief before I got to A A and I don’t want to be one now. Nightwatch keeps me an honest sober man.

If you want to know more about Nightwatch call me Tom M Maybe it’s your turn to raise to the challenge

**Garden State  
Young  
People** | **“Young: is anyone  
who still has  
growing to do.”**

“Beyond Our Wildest Dreams!”

Hello Area 44 and Intergroup! For those of you who don’t know, GSYPA is a committee of AA members in Northern NJ who work towards

showing young people how we have recovered from a life of active alcoholism. We put on events throughout the year to give young people the opportunity to connect, to have fun, and to garner interest in our annual spring Conference. GSYPA also brings monthly meetings to the Princeton House Young Adult Unit, goes on speaking commitments booked through Bookers, and has been working with other service committees to reach out to the younger fellowship. While our tagline is “young is anyone with room to grow,” we try to reach out to those who are young in age. It’s not getting any better out there; and if we can help bridge the gap for that young person coming into the rooms to feel safe and connected, then perhaps they just might stay!

The Garden State Young People of AA kicked off the 2016 Conference year with our annual Elections meeting on May 17th. This was followed by our first event, a Road Trip to Stepping Stones in Ketonah, NY, on May 30th. The weather was beautiful that day, as we sat on the hill in front of Bill W.’s studio and picnicked before our tour. We were such a large group that they had to split us up! After the tour, we were blessed with the opportunity to do service and help make phone calls for their upcoming annual picnic.

At the end of June, we had a Weekend Camping Trip in Sussex County. It rained all weekend, but fun was still had by all in attendance as we braved through the rain! For our July event, we hosted the ICYPAA Hospitality Suite at the International Convention in Atlanta on Saturday morning. Then, on August 8th, we had a Beach Party & Dance in Belmar, NJ. It was amazing to see so many young people, and newcomers, show up! We were also grateful to the Shorlon Club for having faith in us and our mission to reach out to the young people.

In September, we’ll be at the Area 44 Convention in Somerset, NJ. Please join us as we spend the weekend having fun, fellowshiping, and sharing our experience, strength, and hope. Our very own DJ Cory will be hosting the Friday night dance! On Saturday afternoon, we’ll be hosting a Family Feud Game Show Contest- with prizes to the winning team! You can also pre-register for our 2016 Conference with ONLY a \$25 deposit! All who pre-register for our Conference at the Area 44 Convention will receive a FREE gift!

Speaking of our 2016 conference- on April 1-3, 2016, the GSYPA’s 34th Annual Conference “Beyond Our Wildest Dreams” will be held at the Fairview Lakes Conference Center in Stillwater, NJ. If you register before February 1st the rate is only \$145 for the weekend. This includes all lodging & meals, bonfire AA meetings Friday & Saturday nights, a Friday night ice-cream social, workshops & AA meetings throughout the weekend, a Saturday night dance, unlimited coffee & fellowship, and much more! After February 1st the rate for the weekend is \$160- so register early & save a few bucks! You can also register & pay in full for our Conference at any upcoming GSYPA event and you’ll get into that event for free!

We encourage all of you reading this to pass it on and tell a newcomer or sponsee to come

to one of our events. Remember what it was like when YOU were new- or when YOU were young- and imagine how it felt to be scared coming to your first meeting. Speaking of being scared... we’re going to be having a very scary Ghouls & Games Halloween Bash on October 24th in Rockaway, NJ. There will be food, fun, fellowship, and prizes for the best costume!

We’re always looking for help on our committee. ANYone can join us at ANY time in the conference year! We still have the following positions open: Webmaster, Graphics, Service Liaison, Alt. Treasurer, and Alt. Registration. But you don’t need to have a specific position to help out- just show up at our next business meeting! We meet at 5:00pm on the 3rd Sunday of the month at the Area office, 2325 Plainfield Ave., South Plainfield, NJ. We may be reached via email at [chair@gryp.org](mailto:chair@gryp.org) or you can also check out our website at [www.gryp.org](http://www.gryp.org).

Keira D.  
GSYP Chair

**GSR/DCM  
Workshop  
Committee**



Hi everyone,

It has been a couple of months with no real committee activity. We do have a commitment to fulfill at our Area Convention the last weekend of September.

October gets busy with two Workshops scheduled. The first is a Section 5 Workshop on October 4th, 10:00 am- 2:30 pm, at the Area Office, in South Plainfield. The second is a Section 2 Workshop, hosted by District 14, on Oct 24th, at St. Paul's Episcopal Church Meeting Hall, 38 Duncan Avenue, Jersey City, N.J. 10am-2:30pm. That will fulfill our commitment to have a workshop in all 6 sections of Area 44.

We will be scheduling a workshop for our Spanish speaking Districts in the very near future also. Always keep in mind that anyone requesting to host a workshop in their area, please don't be shy, just reach out to us. Also, if you would like to participate in a workshop, or have an interest in joining the committee, please just let us know. Thanks as always for letting us be a service to the Area.

Walter Benz (committee chair)

NORTHERN NEW JERSEY GENERAL SERVICE  
**59TH ANNUAL  
AREA 44 CONVENTION**



**One Day at a Time!**

Friday, Saturday, & Sunday

**SEPTEMBER 25, 26, & 27TH 2015**

Speaker Meetings • Plays • Friday Night DJ Dance  
Banquet • Live Band Saturday Night • Alkathon

*The Doubletree Hotel*  
200 Atrium Drive, Somerset, NJ 08873



### History and Archives Committee



All is going great on the Committee. Back in July our Archives traveled down to Atlanta to be at the International Convention. Many people from all over the world were able to see the rich history Northern New Jersey has. Thank you to the International Hospitality Suite Committee for doing a wonderful job and displaying the Archives in such a beautiful way. Our Area Convention is coming up soon and the committee is getting ready for our workshop this year. We hope to see you all in the Ballroom at 4:00pm on Saturday to see our presentation on the Rockefellers and their early influence on AA. Also, if you are at the Convention stop by the Archives room and see our displays and get a lesson on the history of AA in NJ.

Our reel to reel project is doing great. We have several reels that have been converted to a digital format and the committee is working hard to listen to all these and bleep out any last names. Also, we are listening to see where and when they were recorded and who the speakers were. The committee is doing well and happily moving forward with this project. Please stop by at our monthly meeting on the last Wednesday of every month at 7:00 pm at the Area Office.

In Service,  
Eavan J.  
H & A Chair

### GSR Mid-Winter Luncheon Committee



What an experience I had on the G.S.R. Mid-Winter Luncheon Committee!

I had been a G.S.R. for about a year and gaining new experiences. I had been a greeter at the luncheon previously. When I joined the G.S.R. Mid-Winter Luncheon Committee last year and they asked me to be the Chairperson for Hospitality, I was a little nervous.

Yes! I had the responsibility of getting, contacting and instructing numerous others on how to meet, greet and seat individuals at this event. What a beautiful experience -- greeting and meeting new people. Having the support of the Committee was awesome. Unity was at work!!

I am looking to be of service with them this year also. We hope to be able to greet you and welcome you to our next G.S.R. Mid-Winter Luncheon scheduled for Sunday, February 21, 2016 at the Forsgate Country Club, Monroe, NJ.

In Love and Service,  
Charlene D.  
Brick Church G.S.R.



The day I finally surrendered to my disease and held onto my seat in AA is like a line in my life. There is everything before that day, and everything after. And the two could not be more different.

Before that day, as an active alcoholic, I was the biggest part of a small, sad world. Maintaining my disease and maintaining the lie took all my time and energy. There was no time for family and friends, no interest in functioning in society as a happy, productive adult. I was 40 years old, living in my parents' basement with a bag of clothes.

After that day, as an active member of AA, I'm a very small part of a big, beautiful world. I have the tools and the opportunity to "right size" myself every day. I do the simple things I've learned to do, like remembering to be grateful and to practice acceptance. I pray and turn my will over each day, and try to think of others before myself.

The rest I leave to my higher power and things seem to work out just fine. The world goes on according to a much bigger plan than my own. I don't need to win today or be right or get my way. I show up for life as a sober, contented individual. I show up each day as an alcoholic who, in practicing the principles of this program, has learned how to live with this disease instead of fighting hopelessly against it.

To people who are new to the AA program I say, be patient. You probably don't want to be here. A lot of what you're hearing probably doesn't make sense or makes you uncomfortable. But recovery reveals itself over time. The suggestions are the building blocks to much bigger things. Show up for meetings. Talk to other alcoholics. Get involved. Listen. Keep an open mind. Hold onto your seat, and hold onto your sober date as the most important day of your life.

It certainly was for me. And it's been a miraculous journey ever since.

### Area Grapevine Committee



Service keeps me sober.

This often used

phrase was something I heard and even repeated throughout my journey through recover. Like many phrases, I was "acting as if" but not really understanding the full meaning. As a member of Area 44 Grapevine Committee for the past 3 years and District 19 Grapevine Rep. (GVR), I can now say not only does it keep me sober – but service saves me from me

Approximately 3 years ago, I had an opportunity to go to the annual Grapefest at the Area office. It was an amazing day, replete with great speakers, food and fellowship. I enjoyed it so much, I started to attend the monthly meetings. Although in early recovery, I was introduced to our "meeting in print". I've since learned that the first printing of the grapevine was in 1944 and that the Serenity Prayer and the 12 Traditions first appeared in the Grapevine. The writings and history are quite interesting.

It was at one of these monthly meetings

that I heard about the "workshop" presented in the form of a play at our Area 44's Convention in September. Since I have a flair for the dramatic, (or so my sponsor Pam B. mentions) I thought this would be a great opportunity to share with the world my obvious acting abilities, and if that didn't work, I could always work on ego-deflation. Well, what if I do both? So, I joined the GV Players and had the privilege of being in the play "My Fairly Drunk Lady", written by the talented Jeff W. The experience of doing service while dancing and singing was just one of the many benefits of being a part of this great committee.

Well, as I wait for that elusive Emmy award, I was given an opportunity to be a part of the play the following year, the "Magical Misery Tour". Now I know I've finally reached the big times, this parody, and spoof was complete with Beatles music, all recreated to fit a bunch of drunks, The Bottles; trying and succeeding to become sober band members.

So, now not only do I participate at monthly meetings and annual Grapefest, but I also go out on speaking commitments as a member of the Grapevine, which provides me with another service opportunity to decrease and to increase by sharing my experience strength and hope in part and also to share what Grapevine is all about.

I could end now and I trust you get a glimpse of how this Committee and commitment has saved me from me, but I must share another magnificent experience. Area 44 Grapevine was invited to do the "Magical Misery Tour" at the International Convention in Atlanta. Yes, exactly we took the show on the road, my fellow thespians and I had an opportunity to showcase, not only our talents, walk through fears in a 1500 seat auditorium on Friday and Saturday, but also inspire others who gladly inquired "could they get a copy of the script". It was an amazing weekend, the time spent getting to know fellow committee members changed my life and continue to enhance my perspective on our fellowship. I was humbled and grateful for the opportunity – meeting and greeting friends from all over the world.

I would be remiss if I didn't send a special shout-out to all of my fellow GV Players – past and present. I have genuine lifelong relationships, with consistent opportunities to practice the principles and traditions, literally every time I step on stage. I can't help but to decrease and allow my higher power to continue to do for me what I could not do for myself. Today, I show gratitude for all of these amazing gifts by continuing to regularly participate in service beyond my home group (Booze U Lose"). In closing, this journey continues and I am still apart of the Grapevine committee and I didn't get the call from that Broadway producer, but hey bigger and better things await as I am humbled to again be a part of the GV Players, coming soon to a convention near you!

So just in case you missed Grapefest in May, Grapevine featured the room in the section "If these walls could talk" in the August issue of the Grapevine. A similar picture is below. I look forward to seeing you on the first Saturday of the month at our committee meeting!

In love with Service, Marcheta B.  
District 19 GVR



The number of new GSR's since May has slowed a little, but here is the list:

Jenna G	Rockin In Recovery Group	Sparta
Matthew C	Newton Group	Newton
Michael D	Sparta Open Speakers Group	Sparta
Charles L	Highland Park Monday Nite Group	Highland Pk
Romel F	Grupo Quinto Paso	Passaic
Ed M	Spiritual Awakening / Westfield Big Book Group	Westfield
Thomas K	The Way Out Group	Roselle
Al M	Inn Group	Edison
Jay S	Steps On Saturday Group	So. Orange
Billy M	Agnostic Format Group	Jersey City
Penny C	Erie Street Group	Jersey City
Bill C	Keep It Simple Group	Whiting
Karen S	Serenity At Ten Group	Middletown
Brain P	Norwood Sunday Night Candle Light Group	Norwood
John D	New Pair of Glasses Group	Boonton
Bob T	Sunday Moring Valley Group	Paramus
John R	Rumson Group	Rumson
Erick P	New Beginings Group	Saddlebrook

Sorry If I missed any one, these are the group chang forms I have received since May. Let me know if I missed anyone.

The Group Change form is on the NNJAA.ORG website and can be filled out and sent directly to the Registrar, Intergroup and groups DCM. Please make sure you fill in all the information so your group stays well informed on Area as well as GSO happings.

These groups have a status of unknown which means there is either no contact or no meeting time and day. If you belong to any of these groups please update your group information; this can be done on line at NNJAA.ORG. If you know of any group on this list that is no longer meeting please let the Area Registrar know.

GroupName	City	Meeting Location
12 Step Group	Dover	Sacred Heart Church Upstairs
3rd & 11th Step Meditation Group	Fort Lee	Rectory Of Church Of Madonna
A Step At A Time Group	Kearny	St. Cecilia Church
A Way Of Life Group	Hoboken	No Meeting Place Furnished
Alcohol Awareness Group	East Orange	St. John's Methodist Church
Anti-Ego Group	Montclair	St. Luke's Parish House
Anything Goes Group	Toms River	United Chruch Of Christ
Asbury Park Sat Morn Group	Asbury Park	First United Methodist Church
Back To Basics Group	Montclair	United Way Building
Barnegat Sat. Nite In Crowd Grp	Barnegat	St. Mary's Church
Bay Head Thur Step Group	Bay Head	United Methodist Church, Bridge Ave
Bayville Fri. Nite Grp	Bayville	St. Barnabas Church
Beachnuts Group	Bayville	Halt Club
Bedminster Living Sober Couples Group	Bedminster	Lamington Presbyterian Church
Belleville Morning Group	Belleville	Christ Episcopal Church
Bernardsville Memorial Group	Bernardsville	Presbyterian Church
Bloomfield Center Group	Bloomfield	Sacred Heart Church
Bloomsbury Believers Group	Bloomsbury	Bloomsbury Presbyterian Church
Boonton Tuesday Night Group	Boonton	United Methodist Church
Border Line Big Book Group	Newark	Franklin St. John's Methodist Church
But For The Grace Of God Group	Lyndhurst	Sacred Heart Social Center
By The Book Group	Glen Gardner	United Methodist Church
Carry This Message Group	West Orange	Ridgeview Community Church
Carteret Wed Night Group	Carteret	Zion Lutheran Church
Challenge To Change Group	Somerset	Holy Trinity Lutheran Church
Change And Grow Group	Phillipsburg	Phillipsburg Methodist Church
Chill Out Group	Clifton	First Lutheran Church
Clifton Group	Clifton	Calvery Baptist Church
Clifton Mon Night Beginners Step Gp	Clifton	Traditions Club
Clifton Tuesday Nite Step Grp	Clifton	Northside Christian Reformed Church
Common Solutions Group	Passaic	1st Presbyterian Church
Courage To Change Sun Noon Grp	Clifton	Sacred Heart School Lunchroom
Depth & Weight Group	Ridgefield	St James Episcopal
Design For Living Group	Clifton	Traditions Club
Do Or Die Group (p)	So. Kearny	Hudson Co. Jail
Dunellen Group	Dunellen	Dunellen United Methodist Church
E.D.I. Group (easy Does It)	Upper Montclair	St. James Episcopal Church
Each Day A New Beginning Group	New Brunswick	First Presbyterian Church
Easier Softer Way Group	Newark	First Bethel Church

GroupName	City	Meeting Location
East Orange Step 10 Group	East Orange	Elmwood United Presbyterian Church
Eastside Group	Passaic	Youth Center
Eastside Group	Paterson	Faith Chapel
Easy Does It Group	Jamesburg	St. James Church
Easy Does It Group	Mt. Pleasant	Alexandria Presbyterian Church
Edison Towers Group	Edison	JFK Medical Center
El Grupo Milagro	Dover	No Meeting Place Furnished
Essex County Open Forum Group	Montclair	St. John's Church
Essex Fells Thurs Afternoon Gp	Essex Fells	St. Peter's Episcopal Church
Expect A Miracles Womens Group	Flemington	St. Paul's Lutheran Church
Eye Openers Group	Montclair	First United Methodist Church
Fair Lawn Friday Night Group	Fair Lawn	Warren Point Presbyterian Church
Fairview Group	Fairview	St. Johns School Hall
Fireside Group	Lanoka Harbor	Murray Grove, Rt. 9
First Thing First Group	Manahawkin	Ocean County Resource Center
Forked River Group	Forked River	St. pius X Church Hall Lacey Rd
Free & Sober Group	Garfield	Our Lady Of Sorrows Church
Freedom To Live Group	Weehawken	St. Lawrence R.c. Church
Fri Afternoon Keep It Smpl Gp	Lodi	Lodi Municipal Building
Friday Night Acceptance Group	Garfield	Most Holy Name Church
Friday Night Paramus Mens Group	Paramus	Trinity United Methodist
Friday Night Sobriety First Gp	West Caldwell	Presbyterian Church Of West Caldwell
Garfield Group	Garfield	Lodi Community Center
Get It Out Of Your Gut Group	West Milford	St. Joseph's Church (kofc Bldg)
Gratitude Group	Flemington	
Grupo 13 De Mayo	Newark	56 Freeman St
Grupo 17 De Mayo	North Bergen	No Meeting Place Furnished Groups
Grupo A.A. Empecemos A Vivir	Jersey City	No Meeting Place Furnished
Grupo Amor Y Sobridad	Bergenfield	Colon Hall
Grupo El Deseo De Vivir	Paterson	Barner Hosptial
Grupo El Gran Paso	Newark	Mount Carmel Guild, 2nd Floor
Grupo El Manade 1935	Englewood	Church St.cecilia
Grupo Hispano De Union City	Jersey City	Grove St, Y 16th St
Grupo Nueva Vida	Perth Amboy	No Meeting Place Furnished
Grupo Polso Doce	Elizabeth	No Meeting Place Furnished
Grupo Rayito De Luz	Hoboken	Iglesia San Pedro y San Pablo
Grupo Recuperacion	Union City	First Reformed Church
Grupo Sarto International	Port Newark	Mariners International Center
Grupo Solo Por Fe	Paterson	No Meeting Place Furnished
Grupo Tradiciones	Elizabeth	No Meeting Location Furnished
Grupo Un Dia A La Vez	New Brunswick	Open Door, 18 Abeel Street
Happiness Is Serenity Group	Waretown	St. Stephen's Episcopal Church
Hasbrouck Heights Clsd Disc Gp	Hasbrouck Heights	St. Pauls Episcopal Church
Helping Hand Group	Cliffside Park	Epiphany Church, Basement
Hope (nadzieja) Group	Passaic	St. Joseph's Church
How It Works Group	Toms River	
How Was Your Week Group	Piscataway	Friendship Hall
Howell Friday Night Mens Grp	Howell	St. Veronica's Rectory
Just For Today Group	Edison	St. Paul's Church
Keep It Clean Group	Washington	Our Lady Of Good Counsel
Keep It Simple Group	Howell	St. William The Abbot R.c. Church
Keep It Simple Group	Westfield	First Congregational Chuch
Lakewood Sun Morning Mens Gp	Lakewood	Coventry Square, Club House
Lambertville Speakers Group	Lambertville	
Laurelton Womens Closed B/B Gp	Bricktown	Laurelton Baptist Church Hall
Learners Group	Upper Montclair	Montclair State University Wellness Ctr
Let's Talk About It Group	Pequannock	Holly Spirit Church Basement
Line By Line Group	Fair Lawn	St. Annes Church Library
Little Falls Couples In Recovery Grp	Little Falls	United Methodist Church
Live & Let Live Group	Upper Montclair	St. James Episcopal Church
Living In The Spirit Group	Roselle Park	Church Of The Assumption
Living Sober Group	Fort Lee	Church Of The Good Shepard
Living Sober Group	Lambertville	St. John Church Bsmnt
Lodi Beginners/Winners Group	Lodi	Lodi Community Center
Lodi Serenity Group	Lodi	St. Francis De Sales Church
Martinsville Friday Night Grp	Martinsville	United Methodist Church
Maywood Sun Nite Open Disc Gp	Maywood	St. Martin's Episcopal Church
Mens Group	Bayonne	Trinity Episcopal Church Hall
Milford Step Group	Milford	Presbyterian Church
{partial list}		
Mine Hill Monday Night Group	Mine Hill	Presbyterian Church - 200 Rd 46
Mon Day Night No Holds Barred Gp	Kearny	Grace Methodist Church



Monday Night Big Book Disc Grp	Sayreville	One Step Beyond Club
Monday Night Group	Allendale	Guardian Angel Church
Monday Night Group	East Orange	V.a. Hospital
Monday Night Group	Franklin Park	St. Augustines Church
Monday Night Madness Group	Edison	Community Presbyterian Church
Monday Night New Beginnings Gp	Plainfield	Grace Episcopal Church
Monday Night Step Group	Point Pleasant Beach	First Presbyterian Church
Monday Warm-up Group	Manahawkin	Atra - 102 E. Bay Avenue
Montclair Group	Montclair	Central Presbyterian Church
Morris County Recovery Group	Morristown	Morristown Memorial Hosp
Mountainside Group	Mountainside	Community Presbyterian Church
Mustard Seed Womens Step Group	Bradley Beach	St. James Episcopal
New Alpha Group	Newark	Salvation Army Adult Rehab Center
New Beginnings Group	Hillsdale	
New Beginnings Group	Neptune	Hamilton First Aid Bldg
New Beginnings Group	Lodi	Sober House
New Beginnings Group	Morristown	Market Street Mission
New Dover Group	Edison	New Dover United Methodist Church
New Life Group Of AA	Hopatcong	Hopatcong Senior Center
New Vernon Step Disc Group	New Vernon	New Vernon Ist Prebyterian Church
Newark Step Group	Newark	St. Benedict's Prep Cafe.
North Bergen Serenity Group	North Bergen	Our Lady Of Fatima Church
North Jersey Bird Of A Feather Group	Morristown	Morristown Memorial Rehab Center
Nutley Monday Night Group	Nutley	St. Mary's Church
One Day At A Time Group	Fairview	Our Lady Of Grace Church
One Day At A Time Group	Mahwah	Church Of Immaculate Conception
One Day At Time Group	Mountainside	Community Presbyterian Church
Our Daily Bread Group	East Rutherford	St. Josephs Rc Church
Oxford Beginners Group	Oxford	Second Presbyterian Church
Park Street Step Group	Montclair	First Lutheran Church
Phillipsburg Group	Phillipsburg	Warren Hospital,cafeteria
Plainfield Group	North Plainfield	Watchung Ave Presbyterian Church
Planting The Seed Group (p)	Secaucus	Secaucus Youth Detention Center
Port Newark Tues Noon Hour Grp	Port Newark	Martime Center/ 50 Stella Moris Chapel,
Primary Purpose Group	New Brunswick	No Meeting Place Furnished
Queen City Friday Night Group	Plainfield	Covenant United Methodist Church
Reaville Group	Reaville	Reaville Church
Red Bank Mens Closed Step Gp	Red Bank	St. Anthony's Parish Center
Responsibility Group (p)	Somerville	Somerset Co. Jail
Ridgewood Hope Street Group	Ridgewood	Emmanuel Baptist Church
Ridgewood Womens Discussion Gp	Ridgewood	Old Paramus Reformed Church

{PARTIAL LIST}

*Intergroup Chair**Continued from page 1*

My Intergroup experience also includes four years as coffee maker for the Intergroup Delegates meeting. I finished up with running the Intergroup Speakers Committee for two years. I can honestly say I don't remember exactly how things got started and I think I'm also leaving something out.

Now, I'm not a huge fan of Service work and I won't tell you how great it is, because I don't believe that it is. It's something that needs to be done and if I want to work the AA program then I need to work the whole AA program, not just the parts I want to work.

On many occasions I had to say "I don't know", then humbly look to others for help. I've met many great people through my Intergroup Service commitments. They've shared a wealth of priceless knowledge with me. Now that I think about it, I probably miss the whole Intergroup thing. But we have "the spirit of rotation" and my life has changed (for the better) and I'm not that important and others may not help if I'm always doing it and missing it is fine and change is necessary and writing this article was exactly what I needed.

Yours in Love & Service,  
Scott K.,  
Past, Present & Future AA Member



**SCHEDULE OF EVENTS**

**FRIDAY, SEPTEMBER 25, 2015**

3:00pm	Hotel Check In Registration Desk Opens	Main Lobby 2nd Floor
3:00pm	Coffee Stations Open	Main Lobby
5pm- 6pm	<b>Early Bird Meeting</b> Leader: ? Preamble: Lora I., North Brunswick 12 Steps: Annemarie V., Bloomfield 12 Traditions: Alex B., Manalapan Anonymity Pledge: Billy H., Red Bank	Grand Ballroom
6pm- 8pm	<b>DINNER</b> (not included in meal plans)	choice of restaurants
8pm- 9pm	<b>Ice Breaker Speaker Meeting</b> Leader: Phyllis M., North Brunswick Preamble: Jack G., Dover 12 Steps: Joe M., North Brunswick 12 Traditions: Ken K., Cranford Anonymity Statement: Ray C., South River Speaker: Polly P., Jacksonville, FL	Grand Ballroom
9:00pm	<b>Alkathon Begins/Big Book Marathon</b> (see schedule on back)	Princeton/ or Westfield
9:00pm	<b>Young People Discussion Meeting</b> – Garden State Young People Committee	Bedminster

**GRAPEVINE PLAY**

9:15pm	<b>“Drunk A Lot in Camelot”</b> Starring the Area 44 Grapevine Committee	Mirabelle
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**DANCING TO DJ**

10:00pm to 2:00am	<b>DANCING TO DJ</b> with DJ Cory Minto	Grand Ballroom
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10:00pm	<b>LGBTQ Discussion Meeting</b> – NJ Round-Up Committee <i>Alkathon continues</i>	Bedminster Princeton or Westfield
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**SATURDAY, SEPTEMBER 26, 2015**

6:00-9:00am	<b>Breakfast</b>	Mirabelle
8:00am	<b>Registration Desk Opens</b>	Main Lobby-2nd Floor
9:00am	<b>Coffee Stations Open</b>	Main Lobby
9:00am-5pm	<b>Continuous AA &amp; Al-Anon FILMS</b>	Readington

**WORKSHOPS**

9:00-10:00am	<b>Our Primary Purpose is to Stay Sober &amp; Help Other Alcoholics Achieve Sobriety</b> – District 5 & 7	Parlor 166
	<b>God is Everything or He is Nothing</b> – District 11 & 33	Parlor 158
	<b>Don't Block the Blessings</b> – District 9	Parlor 160
	<b>Literature Committee</b>	Parlor 168
	<b>Convention Committee</b>	Parlor 154
10:15-11:15am	<b>SPEAKER Meeting (AL-ANON)</b> Leader: Marvin D., East Brunswick Preamble: Linda G., Iselin 12 Steps: Lydia L., Somerset	Grand Ballroom

12 Traditions: Michael S., Livingston	
Anonymity Statement: Christina McG., Butler	
Speaker: Juanita P., Eureka Springs, AR	
11:45-12:30pm <b>Early Lunch</b>	Tuscany
11:45-1:15pm <b>Old Timer's Lunch (Old Timers only)</b>	Mirabelle

**WORKSHOPS**

12:15-1:15pm	<b>Keeping the Rooms Safe for the Individual and AA as a Whole</b> – District 28	Parlor 158
	<b>Young People in AA, Where Age Makes A Difference</b> – District 4 & 6	Parlor 166
	<b>Anonymity in Today's World of Social Media</b> – District 31	Parlor 160
	<b>CPC/ PI Committee</b>	Parlor 168
12:30-1:15pm	<b>Late Lunch</b>	Tuscany
1:30-3:30pm	<b>OLD TIMER'S MEETING</b> Leader: Bill N., Bridgewater Preamble: Charlotte M., Iselin The Promises: Joe A., Dunellen	Grand Ballroom
4:00-5:00pm	<b>Polish – AA Meeting</b>	Parlor 164-166

**ARCHIVES PRESENTATION**

4:00-5:00pm	<b>The Rockefeller Connection: Myths and Legends</b> Presented by the History & Archives Committee	Grand Ballroom
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**GRAPEVINE PLAY (ENCORE)**

4:00pm	<b>“Drunk A Lot in Camelot”</b> Starring the Area 44 Grapevine Committee	Mirabelle
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5:00pm	<b>GSYP “Family Feud” Game Show</b> – Garden State Young People Committee	Parlor 164-166
6:00pm	<b>LGBTQ Workshop</b> – NJ Round-Up Committee	Parlor 164-166
6:45pm	<b>Banquet Doors Open</b>	Grand Ballroom
7:15pm	<b>BANQUET BEGINS</b>	
8:15-9:30pm	<b>BANQUET SPEAKER MEETING</b> Leader: Gregg A., Convention Chair Invocation: Sister Bruni R., Mantoloking Welcome: Jeff B., Area 44 Chair Comments: Jay E., Area 44 Delegate Preamble: Mike V., Somerset 12 Steps: Keira D., Dumont 12 Traditions: Cheryl M., Wallington Anonymity Statement: Andrea L., Madison Speaker: Larry T., Long Beach, California	Parlor 164-166

**NOTE:** the AA Speaker will be Simulcast in the Mirabelle Room

**JOINT UNITY PLAY**

10:00pm	<b>“Gilligan Style”</b> A joint presentation by your Area 44 and Northern New Jersey Intergroup Officers	Mirabelle
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10:30pm to 2:00am	<b>DANCING TO LIVE BAND</b> with Shorty Long and the Jersey Horns	Grand Ballroom
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*Alkathon continues* Princeton or Westfield

**SUNDAY, SEPTEMBER 27, 2015**

7:00-9:30am	<b>Breakfast</b>	Mirabelle
8:00	<b>Special Alkathon Meeting</b> – District 31	Grand Ballroom
9:30am	<b>Sobriety Countdown</b> Bill Z., Kendall Park Jeanne W., Bridgewater	Grand Ballroom
	<b>SPIRITUALITY MEETING</b> Leader: Marybeth A., Neptune Preamble: Jen C., Neptune 12 Steps: Emma S., Cream Ridge 12 Traditions: Dawn K., East Brunswick Anonymity Statement: Marybeth M., East Brunswick	Grand Ballroom
	<b>Speakers:</b> Stuart R., Newark Shawna S., Netcong Liz W., Neptune	
	<b>CLOSING CEREMONIES</b> Gregg A., Convention Chairperson Marvin D., Alternate Convention Chairperson	Grand Ballroom
12:00pm	<b>Coffee Stations Close</b>	

**SPECIAL EVENTS**

LGBTQ Meeting...Friday 10:00pm	Bedminster
LGBTQ Workshop...Saturday 6:00pm	Parlor 164-166
POLISH Meeting...Saturday 4:00pm	Parlor 164-166
YOUNG PEOPLE Meeting... Friday 9:00pm	Bedminster
YOUNG PEOPLE Workshop...Saturday 5:00pm	Parlor 164-166

**AL-ANON/ALATEEN WORKSHOP SCHEDULES**

<b>FRIDAY, SEPTEMBER 25, 2015</b>		
7:00pm	<b>One Day At A Time- Al-Anon Adult Children</b>	Bridgewater
7:00pm	<b>Live, Love, Laugh</b>	Tewksbury
<b>SATURDAY, SEPTEMBER 26, 2015</b>		
9:00am	<b>Stay in the Day</b>	Bridgewater
9:00am	<b>Page of the Day</b>	Tewksbury
9am-5pm	<b>“Lois's Story” (Film)</b> <i>will run continuously throughout the day</i>	Readington
10:15am	<b>Guilt vs. Shame- Al-Anon Adult Children</b>	Bridgewater
10:15am	<b>AL-ANON SPEAKER MEETING</b>	Grand Ballroom
11:30am	<b>The Power of Silence/ Stillness</b>	Bridgewater
11:30am	<b>Harmony- Play Nice</b>	Tewksbury
1:00pm	<b>Prayer &amp; Meditation- Instruments of Peace</b>	Bridgewater
1:00pm	<b>Alateen (closed meeting)</b>	Tewksbury
2:15pm	<b>Assets vs. Defects- The Balance Sheet</b>	Bridgewater
2:15pm	<b>The 3C's for Newcomers</b>	Tewksbury
3:30pm	<b>Attending Al-Anon- Why Am I Still Here?</b>	Bridgewater
3:30pm	<b>The 3A's- Awareness, Acceptance, Action</b>	Tewksbury
4:45pm	<b>Compassion vs. Anger</b>	Bridgewater
4:45pm	<b>Tradition 1- Unity in the Group</b>	Tewksbury
6:00pm	<b>Gratitude- Blessings Big &amp; Small</b>	Bridgewater
6:00pm	<b>Sponsorship- A Two-Way Street</b>	Tewksbury

**NOTE:** Except where noted otherwise, this Al-Anon section is open to all in attendance at the convention; and convention meetings are open to Al-Anon attendees as well.

*From your Area Convention Committee*



It's almost here! The event of the year you've all been waiting for! The 59th Annual Area 44 Convention is coming up September 25- 27th! Let's "Celebrate 80 Years of Recovery, Unity, & Service... One Day at A Time" in Somerset, NJ together. There will be great speakers, alkathon meetings all weekend long, workshops, plays, and Al-Anon participation. There will be time to dance to DJ Cory on Friday night, and if your hips don't hurt too much, dancing again on Saturday night with live music by Shorty Long & the Jersey Horns! There will be plenty of fellowshiping, meeting up with old friends & making new friends, and did I mention lots of coffee & cookies? For ONLY \$29, you can have it all at the beautiful Doubletree Hotel- see you in September! To register go to [http://nn-jaa.org/convention\\_2015/](http://nn-jaa.org/convention_2015/) and if you're interested in volunteering for the weekend contact us at [convention@nnjaa.org](mailto:convention@nnjaa.org).

Keira D.,  
Public Relations Chair, Convention Committee

**The Convention Committee takes Inventory**

The Convention Committee over the past ten months or so went through the process of taking an inventory. Yes, a committee can take an inventory just like we do in our personal

program. As far as anyone who was on the committee knew, the committee had not taken its inventory before. The idea was presented at one of our monthly meetings, discussed and voted on to occur. At the time I do not think anyone thought the inventory would take a long as it did, but that's what happens when you take time to look at everything we do. We were able to get one of our past delegates to facilitate the inventory process. The facilitator presented a series of questions for us to consider about the committee itself and the convention. The process was broken down into two parts; one was reviewing the questions about the committee and the convention and the second one making proposals related to the feedback on each question. Here is the overview of that process. Starting with the committee itself, each question was presented. Everyone present was given a chance to share their thoughts and ideas. Some of the topics discussed were how the committee itself operates; how we welcome new members; keeping members involved; etc. As with any inventory, we were not always comfortable with what was being revealed, but we trusted the process and heard what everyone had to share. This was a great reminder for me about listening to what I may not want to hear.

Next we moved onto reviewing the questions about the convention itself. Are we effective in getting members to attend and do we get involvement from all cross sections of our fellowship? What can we do to help energize the convention itself? How can we make sure that our primary purpose is being followed? These

were the types of questions we discussed. As with the section on the committee, this stirred up a lot of emotions. Through everything I heard a lot of people sharing how they loved AA and our convention and how they wanted this to be the best convention it could be.

The final part of our committee's inventory focused on making motions and proposals based on the discussions that had taken place through this process. All committee members were given the opportunity to make motions and we took our time with this process so that we could be as thorough as possible. Once a motion was seconded, we then discussed the merits of the motion. After discussion was completed, we then voted using the substantial unanimity. Some motions were passed, and some motions failed, but the minority opinion was always heard. On occasion, the minority opinion even changed some votes- it was a very moving experience!

Some of you reading this might be wondering, so what are the results? What changes are we to expect? Stay tuned! More will be revealed! In the meantime, if you're a member of one of our Area's service committees, I highly recommend that you consider proposing a committee-inventory. I believe that the Convention committee is stronger and more united as a result. I am very grateful to have been a part of this experience.

John D. – Member of the Convention Committee



## Intergroup Calendar

- OCTOBER**  
 1 Delegates Meeting, Clark 8:30 PM  
 12 HOLIDAY (Office closed)  
 22 Joint Website Committee 7:30 PM
- NOVEMBER**  
 4 Delegates Meeting, Clark 8:30 PM  
 18 Nightwatch Committee 7:30 PM  
 19 Joint Website Committee\* 7:30 PM  
 22 Intergroup Gratitude Brunch, Woodbridge 10:30AM  
 24 Joint Website Committee 7:30 PM  
 26 & 27 HOLIDAY (Office closed) Thanksgiving
- DECEMBER**  
 4 Delegates Meeting, Clark 8:30 PM  
 Joint Website Committee - Check website for update

### 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 Jefferie 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. 7:00 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** - 2nd Mon. 7:00 pm, St. Peter's Episcopal Church, 271 Roseland Avenue, Essex Fells
- 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

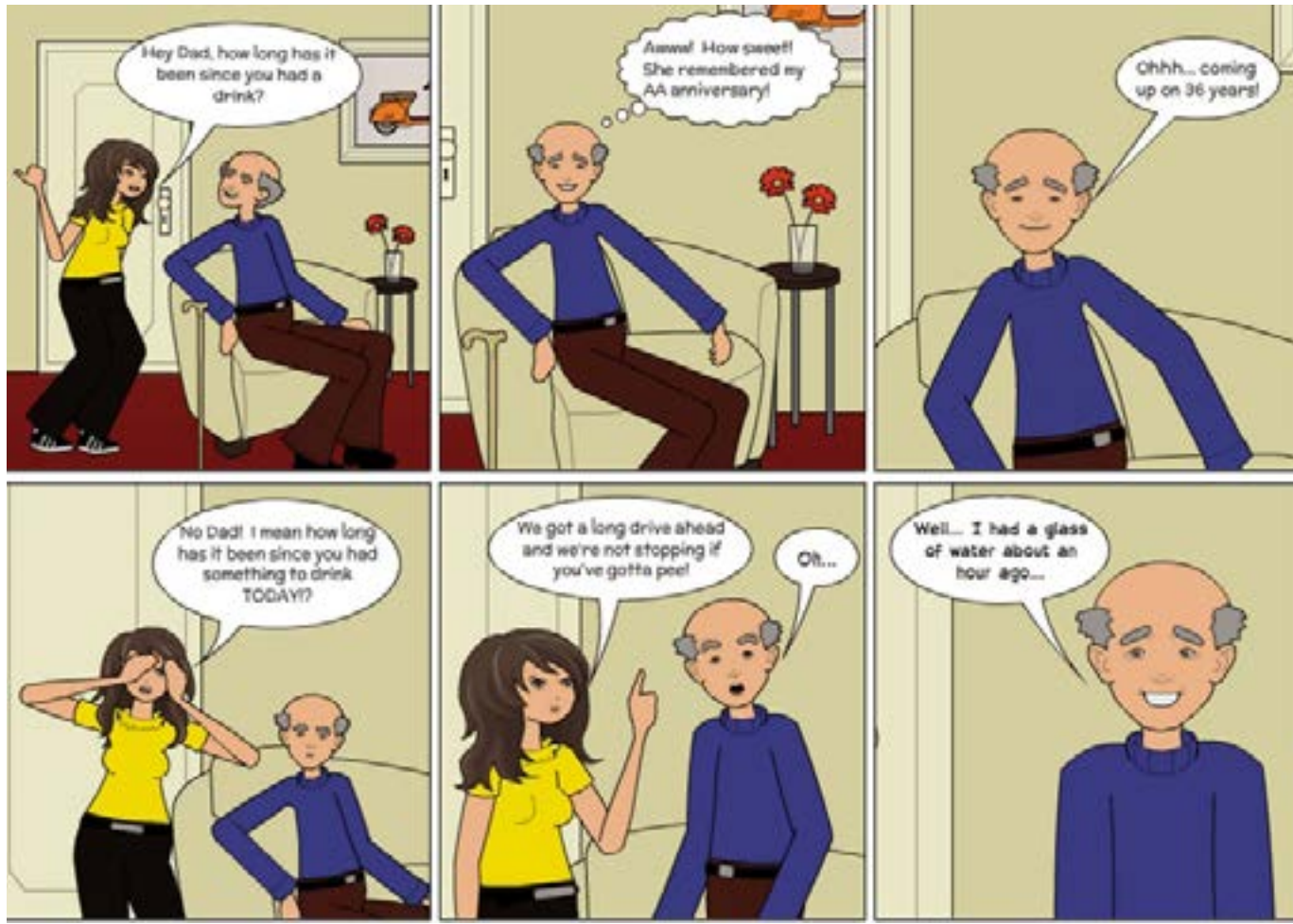
## NNJGS Area 44 Office Calendar

- SEPTEMBER**  
 1 Officer's Meeting 7:30 PM  
 2 Mailing Committee 6:30 PM  
 2 Translation Committee 7:00 PM  
 8 GSR Luncheon Committee 7:30 PM  
 8 Public Information Comm. 7:30 PM  
 9 Treatment Committee 8:00 PM  
 12 Grapevine Committee 10:00 AM  
 13 Booker's 6:00 AM  
 13 Films Committee 9:00 AM  
 13 AREA COMMITTEE MTG 10:00 AM  
 14 Ad-Hoc Area Office Space 7:30 PM  
 15 CPC Committee 7:00 PM  
 16 Convention Committee 8:00 PM  
 17 Newsletter Committee 7:30 PM  
 18 Ad-Hoc Area Excess Funds 7:00 PM  
 19 Corrections Committee 10:00 AM  
 20 Garden State Young People 5:00 PM  
 21 Literature Sales 6:30 PM  
 21 Literature Committee 7:30 PM  
 23 Computer Committee 7:00 PM  
 23 Joint Website Committee\* 7:30 PM  
 23 Policy & Admissions Com. 7:30 PM  
 25 NNJ Area Convention 9:00 AM  
 26 NNJ Area Convention 10:00 AM  
 27 NNJ Area Convention 7:30 PM  
 28 Finance Committee 7:30 PM  
 30 History & Archives 7:30 PM
- OCTOBER**  
 3 Grapevine Committee 10:00 AM  
 5 Remote Communities Com. 7:00 PM  
 6 Officer's Meeting 7:30 PM  
 7 Mailing Committee 6:30PM  
 7 Translation Committee 7:00 PM
- NOVEMBER**  
 3 Officer's Meeting 7:30 PM  
 4 Mailing Committee 7:30 PM  
 4 Translation Committee 7:00 PM  
 7 Grapevine Committee 10:00 AM  
 8 Films Committee 9:00 AM  
 8 AREA COMMITTEE MTG 10:00 AM  
 9 Ad-Hoc Area Office Space 7:30 PM  
 10 Public Information Com 7:30 PM  
 10 GSR Luncheon Com 7:30 PM  
 11 Treatment Committee 8:00 PM  
 13 This Day Deadline 9:00PM  
 15 Garden State Young People 5:00 PM  
 16 Literature Sales 6:30 PM  
 16 Literature Committee 7:30 PM  
 17 CPC Committee 7:00 PM  
 18 Convention Committee 8:00 PM
- NOVEMBER**  
 12 Ad-Hoc Area Office Space 7:30 PM  
 13 Public Information Com 7:30 PM  
 13 GSR Luncheon Com 7:30 PM  
 14 Treatment Committee 8:00 PM  
 15 Newsletter Committee 7:30 PM  
 17 AREA ASSEMBLY 8:00 AM  
 18 Garden State Young People 5:00 PM  
 19 Literature Sales 6:30 PM  
 19 Literature Committee 7:30 PM  
 20 CPC Committee 8:00 PM  
 21 Convention Committee 8:00 PM  
 22 Joint Website Committee\* 7:30 PM  
 22 Policy & Admissions 7:30 PM  
 26 Finance Committee 7:30 PM  
 28 History & Archives Comm. 7:30 PM  
 30 Ad-Hoc Area Excess Funds 7:00 PM
- DECEMBER**  
 1 Officer's Meeting 7:30 PM  
 2 Mailing Committee 7:30 PM  
 2 Translation Committee 7:00 PM  
 4 Work Weekend 6:00PM  
 5 Work Weekend 9:00AM  
 6 Work Weekend 9:00AM  
 7 Remote Communities Com. 7:00 PM  
 8 GSR Luncheon Committee 7:30 PM  
 8 Public Information Comm. 7:30 PM  
 9 Treatment Committee 8:00 PM  
 12 Grapevine Committee 10:00 AM  
 14 Ad-Hoc Area Office Space 7:30 PM  
 20 Garden State Young People 5:00 PM  
 21 Literature Sales 6:30 PM  
 21 Literature Committee 7:30 PM  
 18 CPC Committee 7:00 PM  
 19 Convention Committee 8:00 PM  
 20 Newsletter Committee 7:30 PM  
 24 Joint Website Committee\* 7:30 PM  
 24 Policy & Admissions Com. 7:30 PM  
 28 Finance Committee 7:30 PM  
 30 History & Archives 7:30 PM

- DECEMBER**  
 1 Officer's Meeting 7:30 PM  
 2 Mailing Committee 7:30 PM  
 2 Translation Committee 7:00 PM  
 4 Work Weekend 6:00PM  
 5 Work Weekend 9:00AM  
 6 Work Weekend 9:00AM  
 7 Remote Communities Com. 7:00 PM  
 8 GSR Luncheon Committee 7:30 PM  
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 20 Newsletter Committee 7:30 PM  
 24 Joint Website Committee\* 7:30 PM  
 24 Policy & Admissions Com. 7:30 PM  
 28 Finance Committee 7:30 PM  
 30 History & Archives 7:30 PM

\*Intergroup Office, 2400 Morris Ave, Union

## Jersey Fresh



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"

**NEXT ISSUE DEADLINE NOV 13**  
**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](mailto:newsletter@nnjaa.org).

[www.nnjaa.org](http://www.nnjaa.org)

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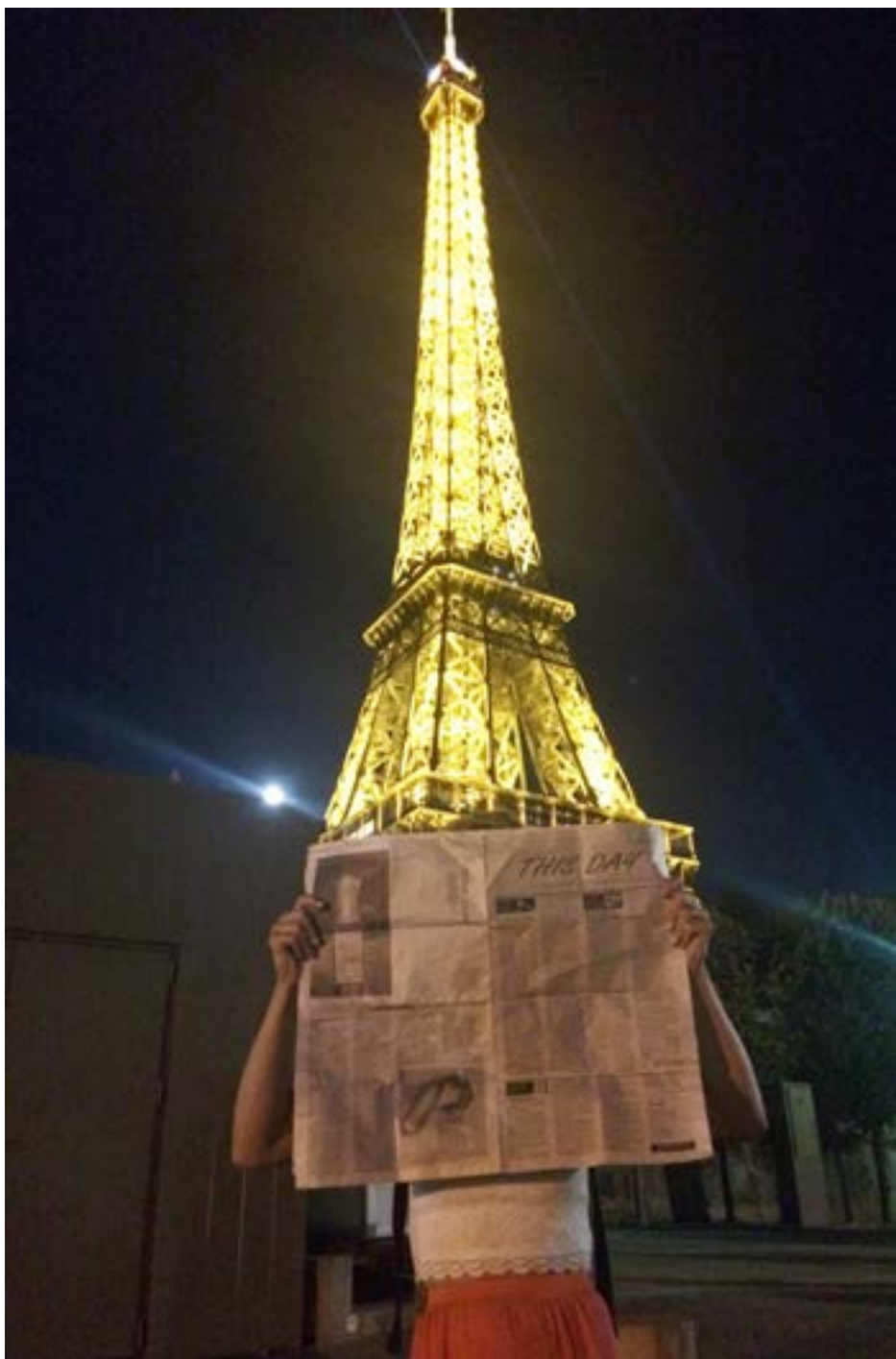
[www.nnjaa.org/members](http://www.nnjaa.org/members)  
 password:onedayatatime



# So many drunks in one place ...







This Day at the Eiffel Tower in Paris

Fall 2015

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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## The SEED



### District 14's Beloved Newsletter is Back!

The SEED has been written for "people like us," by "people like us." It can give you hope, clarity, strength, make you laugh, cry or give a suggestion, and, perhaps, plant a "seed," so that when in doubt or in fear, or in any predicament, you may realize that you have a choice and not pick up that first drink.

The newsletter has been around for quite some time and we plan to keep it going, by making it interesting and fun to read. Most of our "seedlings", if not all, announce at the meetings that we are up and running, and are always looking for writers, hoping that we always get volunteers to let their voices be heard, which in turn just may save a life or two. It surely helped our team members.

One of our most treasured "seedlings" shares about her experience with the SEED: "when I first came to meetings in Hudson County, after a 5 Star horrific relapse, I noticed that there were these newsletters lying around: an outdated issue of a one pager in Hoboken, and in Jersey City a guy came around with two sided sheets that had events, service announcements, sober sayings and an ongoing saga about Space Dude, which had nothing to do with sobriety. They were sad, but I grabbed them and took them home, anyway. I desperately needed to understand the local AA and thought there might be a key, or secret code, in them to tell me how to fit in. A short time later, the

new DCM of Hoboken asked me if I would like to help restart their newsletter, Mile Square Sobriety. I said yes, and soon we were publishing a four page monthly. District 14 was paying attention, and since the old newsletter "Bottoms UP" - published at whim - was defunct, we started our own.

I proposed a new format, to make it a new brand and make it our own. The new names were acronyms, except the one the committee kept coming back to: The SEED. Sobriety Enlightens Everything...Dude? No matter - we were sowing seeds and that what it became. For me, as the designer, I knew it had to look good: so many of us come into the rooms so full of self-loathing and shame that we all agreed the newsletter had to say "We are not losers." The second thing we wanted was to keep it "for us, by us" we wanted to bring AA home, to let the new guys know that out sobriety was not being dictated by a lofty authority out there, that it really was one drunk helping another, in the rooms, and in print.

I think we succeeded; over ten years, and six editors later, the Seed is still going strong. I personally love seeing people pick it up, read the Uncommons, and then fold it up and put it in their pocket. They take our shares home with them, maybe to read in that 2 AM dark night of the soul. Someone came up to me to say that they did that, once, and it saved them from picking up a drink. It made all the hard work worth it."

Our reporter states: "being part of the SEED means so much to me. I had a coffee commitment at a meeting, while the SEED members were having their meeting, I was nominated to be a reporter and I was very nervous, at first, because I've never done anything like this. To my surprise, I've thrived, and it helped me to create new fellowships, talk to newcomers, oldtimers and everyone in between. My recovery has definitely benefited and the SEED has done more for me than I feel I've done for it. I'm completely grateful for my team and the SEED." Her experience shows that all these years later, the newsletter is providing opportunities for recovery, unity and service.

Our wonderful team (Pam, Kate, Desiree, Lucy, Devorah, Chuck, Sophia and Anastasia) will keep working hard at keeping the newsletter alive. You will always have a place to come and have your voices heard, and an opportunity to help another alcoholic. Let's keep planting the SEED.

Truly Yours,  
"The Seedlings"