

# THIS DAY

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



## OUR PERSONAL RESPONSIBILITY

As I look towards the end of my term and rotation, I must again thank you for the opportunity to serve you as your Delegate; I have been honored and humbled. To all the future Area 44 delegates who are reading this, keep raising your hand when asked if you are willing to serve, and perhaps you too can have this life-changing, remarkable experience.

This is the last article I will write to you as your Delegate. At the October 2015 Area Assembly, I broke from convention during my Delegate's Report and rather than report on the happenings of our Boards and GSO, I took that time to share with you some thoughts on personal responsibility. I intended to use that as the subject for last October's This Day article, but due to some technical difficulties that issue was deferred – so here it is now:

In Area 44, we have been digging into some of the significant issues that face A.A. today. Many of these were highlighted in last year's 65th General Service Conference Keynote Address delivered by J. Gary L., past Northeast Regional Trustee...challenges such as Singleness of Purpose, Social Media, Safety in the Rooms, Anonymity, Diversity of Membership, Diversity in Service, and Size of our Membership.

I know these are concerns we all share. I'd like to add 'personal responsibility to and for Alcoholics Anonymous' to the list.

I recently read a presentation from a General Service Board sharing session given by a Trustee, titled "A.A.'s Primary Purpose: Reaching the alcoholic who still suffers". It referenced a talk given by Bill W. in Toronto more than 50 years ago in 1965. The panel was titled "Our Responsibility to A.A.'s Future" and both Bill W. and Bernard Smith spoke. Some feel this might have been Bill's most important talk. He opened the panel "As I now inventory A.A.'s shortcomings". Bill W. was courageously unafraid to admit that we did in

fact have such shortcomings. He continued, "Our first concern should be for those sufferers of alcoholism that we are still unable to reach."

For much of his life, especially once he was comfortable that A.A. was on solid footing, Bill was concerned about one thing: how A.A. could reach those it was not yet reaching.

Do we share Bill's concern? Does it keep us up nights?

In 1961 Bill wrote, "Let us remember that great legion who still suffer from alcoholism and who are still without hope. Let us, at any cost or sacrifice, so improve our communication with all these, that they may find what we have found – a new life of freedom under God."

At our recent Area Convention, I attended a joint Cooperation with the Professional Community and Public Information workshop – two of the very standing com-

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## Enthusiasm is the Key

In Concept IX, Bill W. talks about the necessity for good leadership in A.A. on a continual basis:

With leadership we shall have a continuous problem. Good leadership can be here today and gone tomorrow. Furnishing our service structure with able and willing workers has to be a continuous activity. It is therefore a problem that in its very nature cannot be permanently solved. We must continuously find the right people for our many service tasks.

At a recent meeting with my fellow Officers, we were discussing this and asked the questions: What makes a good leader in A.A.?

Several answers were bandied about: a person who works the Steps; someone who know the Traditions and, perhaps, the Concepts; they are a "good example" of the Big Book; they have a service sponsor that they work with; that they are involved in service in their

Home Group and at the District or Area level and someone who understands that service work is our way of giving back what we were given.

All these characteristics are important and useful. My suggested answer was slightly different. I proffered that one of the most important traits of a good leader in A.A. is their enthusiasm. Enthusiasm is infectious. It is one of the key ways that we practice "attraction, not promotion."

In my year and a half as Area Chair, I have seen numerous examples of enthusiasm from the service workers in our Area. Before continuing, let me just say thank you to the Area for electing me to this position; it has been quite an honor and a privilege. One of my duties as Area Chair is to appoint the chairs of the Standing and Special committees with recommendations from those committees. Two of those chairs who exemplify enthusiasm are the "two Mikes", Mike C. and Mike D. Mike C., our Corrections chair, has continued to the good work of his predecessor, Bill J., and the Corrections committee has expanded to include many additional Districts. Similarly, Mike D., has a lot of fun with his Grapevine committee. This committee is well represented in the Districts where they help to bring the recovery available through "our meeting in print" and Grapevine books to the Groups. In my travels visiting the District meetings, I often run into the Mikes as they look to bring the message of service to the Districts not represented at the Area level on their Committees.

Late last year, there were some issues with our Newsletter committee and we missed printing the Winter issue. With the Spring issue being our Mini-Conference issue, there was concern about whether the Newsletter would be available. Several individuals, including our new Newsletter chair, Megan D., new Alternate Newsletter chair, Frank H., and new Intergroup Co-chair, Jim H., stepped up. Their energy and enthusiasm allowed the Newsletter Committee to get back on track and publish the Spring, Mini-Conference and June Summer issues. They have

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Hello AA family. My name is Aaron and I'm an alcoholic. I have the privilege to be your Intergroup chair.

I'm proud to serve with a group of trustees and help provide support to the night watch committee and our dedicated office staff. I would also like says "thanks" to all that help with our quarterly bookers exchange.

I'm pleased to say, again, with your continued financial support, Intergroup can continue our 12 step work. We work closely with the area, to do the best we can to educate, introduce, and carry the message of hope and recovery.

To stay in the theme of this newsletter, I would like to share my first service experience.

After about 90 days of entering the rooms, I was selected to make coffee for our group. Within a split second a list of a few went through my mind. "I can't do that, I don't know how", and the list continued. But with the support of the previous coffee maker, I overcame my fear to say "no". We did it together and I learned. That's something we all need to do better. Show people how to do things even if it's only coffee. Sponsors guide us in recovery. We need to support and help the fellowship when we ask anyone to volunteer for any service area. We wouldn't toss a Big Book at a newcomer and say "Read it, you'll get sober." But when it comes to service sometimes we say "The meeting is Tuesday night go check it out."

Where is the guidance and support? I too was guilty of that. Until someone shared with me, what I have just shared with you.

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**NEXT ISSUE DEADLINE NOVEMBER 11**  
NEWSLETTER@NNJAA.ORG



Thanks for showing your sobriety gratitude with the time you volunteer and the contributions you and your groups send to support the Area's primary mission to "Carry the Message." This loving, spiritual expression of the 7th Tradition enables our message to reach the sick and suffering alcoholic in need of recovery as well as those of us continuing on our recovery journey. Thank you!

Since our last "chat" much has occurred

The Post Conference Report Sessions provided important information our Delegate acquired from attending the annual General Service Conference in April. Many thanks to those of you who attended. Especially interesting is the message from AA Treasurer David Morris, which shows how 7th Tradition Contributions to the AA General Service Board do not cover the Cost of Services the Fellowship asks to be provided. This is our fellowship's challenge going forward. We have the ability to do our part. Take a look at Delegate's Post Conference Report in the "Members Only" section of our website ([www.nnjaa.org](http://www.nnjaa.org)).

The adjacent 7th tradition group contributions graph for Area 44 reflects that 2016 started well with very strong January contribution receipts and after several weak months have picked up significantly in May, June and July. Thank You.... Thank You... Thank You!!!! Through July 2016, 7th Tradition Group Contributions are \$6,186 or 13.8% ahead of the same seven month period in 2015. 7th Tradition Group Contributions for the first and second quarters of 2016 are posted on our website in the Members Only sections. Take a peek! Area Treasurer Reports for the same two quarters are also available there as well.

The Finance committee received approval from the fellowship to implement QuickBooks for all Area 44 financial reporting. Work on this project will begin as soon as

*Intergroup Continued from page 1*  
I'm blessed with two responsibilities in AA. Help anyone that wants recovery, and continue to show and tell anyone who wants to get involved in service. "Just stick a toe in the water to check it out." There is nothing in there that will hurt you only add to your recovery. Thank you. Your Intergroup Chair Aaron K.

the 2017 budget is completed and ready for initial presentation at the September 2016 Area Committee Meeting (ACM). Stay tuned for updates.

Over the past several weeks, Finance has been working with the Special Committee Chairs, Standing Committee Chairs and Officers to develop a balanced budget for 2017 so the Area can continue its 12-Step work. Your group will be getting a first look at the proposed 2017 budget in September 2016 after the ACM. Information will be shared with your GSRs at District meetings so the proposed budget can be discussed by your group. DCMs will provide feedback at the November ACM. The final balanced budget will be presented to the Assembly for approval in January 2017.

The Finance committee is always looking for volunteers. It is a great way to learn about the work the Area performs and how it spends the 7th Tradition Basket Money to "Carry the Message." The committee meets monthly on the fourth (4th) Monday at 7:30PM. Location: Area Office in South Plainfield, NJ. Hope to welcome some new members in the months ahead. Please consider taking a "test drive" with us.

The October Election is quickly approaching and among the many roles to be filled will be Treasurer and Alternate Treasurer. If you are interested in Service, are good with numbers and possess basic accounting skills make yourself available for this excellent service opportunity.

This cannot be said enough: Thank you for your commitment to the 7th Tradition--giving your time and basket money! Both are essential for the Area to perform its 12-Step work. These precious resources are treasured and used prudently to fulfill our Primary Purpose.

In Gratitude, Love, and Service,

Mike S, Area 44 Treasurer  
[treasurer@nnjaa.org](mailto:treasurer@nnjaa.org)

*Area Chair Continued from page 1*  
reinstated a themed approach to each issue of the Newsletter with the theme for this issue being "My First Service Commitment".

Another recent example of an enthusiastic committee is the newly renamed Computer/Technology committee. Dan S., the committee's chair, has worked to establish

**RUS SERVICE CORPORATION T/A NNJAA AREA 44  
YEAR TO DATE COMPARISON REPORT: 2014 AND 2015  
FOR PERIOD ENDING MAY 31, 2016**

	2015 - May	2016 - May	
<b>MONEY MARKET ACCOUNT (A)</b>			
Balance as of January 1st	\$79,266	\$89,335	
Interest Received	\$28	\$30	
Transfer (To) / From the Checking Account	\$10,000	\$0	
Balance as of March 31st	\$89,293	\$89,365	(C)
<b>CHECKING ACCOUNT (A)</b>			
Balance as of January 1st	\$49,104	\$34,985	
Group, Individual and 7th Tradition Basket Contributions	\$33,842	\$35,220	
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	\$58,015	\$45,472	
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(\$43,459)	(\$41,270)	(B)
Non Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(\$64,152)	(\$52,292)	
Transfer (To) / From the Money Market Account	(\$10,000)	\$0	
Balance as of March 31st	\$23,350	\$22,115	(C), (D)
Prior 12 Month Avg. Total Monthly Expenses Times Two. Finance Guidelines state the checking account balance should not exceed this amount.			
	\$33,650	\$33,154	
<b>Account Balance Over / (Under) Guideline</b>	<b>(\$10,300)</b>	<b>(\$11,039)</b>	
<b>PRUDENT RESERVE FUNDS</b>			
Total Cash in Bank (Not including Convention Account)	\$112,643	\$111,480	
Designated Funds (Jailbos Funds, etc.)	(\$10,808)	(\$13,523)	(D)
Checking Account Guideline (2 Month average expenses)	(\$33,650)	(\$33,154)	
	\$68,185	\$64,804	
<b>Calculated Prudent Reserve (50% of prior 12 months Budgeted Activity Expenses)</b>			
	\$42,904	\$46,442	
<b>Account Balance Over / (Under) Guideline</b>	<b>\$25,281</b>	<b>\$18,362</b>	

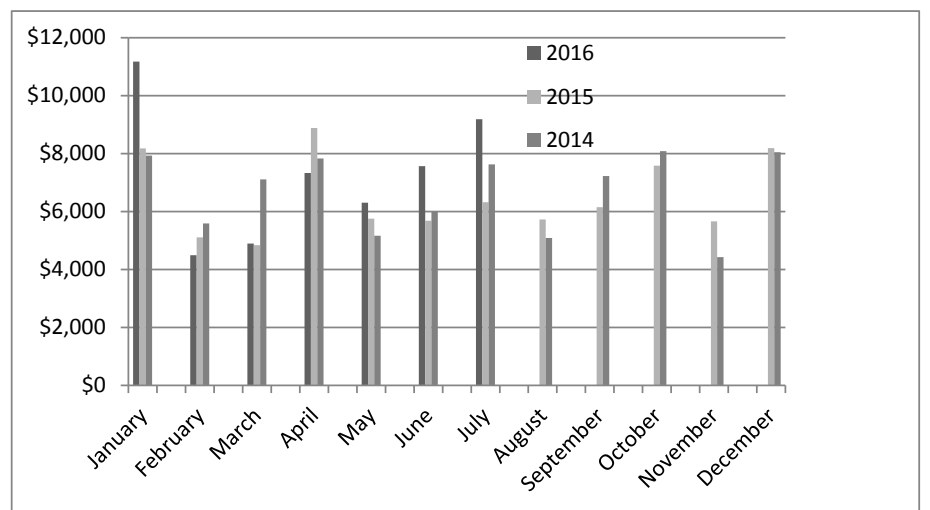
**FOOTNOTES**  
(A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.  
(B) 2016 Expense Budget is \$109,370  
(C) May 31, 2016 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.  
(D) March 31, 2016 Designated Funds include: Jailbox--\$4,798.18, Int'l Hospitality Suite--\$2,886.49 and Excess Funds Approved Projects--\$5,837.85.

**SUMMARY OF OFFICIAL APPROVALS / REVIEWS**

Individual / Group	Action	Completed Through
Treasurer	Approved	May 2016
Alternate Treasurer	Approved	May 2016
Finance Committee	Approved	May 2016
Officers	Reviewed	May 2016
Area Committee Members	Approved	May 2016
Area Assembly	Approved	March 2016

Email Questions and Requests to: [treasurer@nnjaa.org](mailto:treasurer@nnjaa.org)

**Group Contributions 2014 - 2016**



*Area Chair Continued*

this committee and to expand the committee's role from just looking after the computer in the Area Office to include the mission of finding ways to utilize technology to help facilitate 12th step work. The committee recently held a workshop in conjunction with the Website committee to describe the new mission of the committee. At the workshop, a representative of the nacent NAATW (National A.A. Technology Workshop) described the 12 statements of technology which our committee is following to help define their mission.

Perhaps one of the best examples I've seen in our Area is at the District meetings that I've been attending for the past year and a half. I've seen how active our Districts are with the various committees and activities like bringing meetings into Treatment center and jails, providing packets for doctors and placing racks in libraries and police stations. At these meetings,

the GSRs report on their groups and discuss any issues. The GSRs also obtain literature and Grapevine materials to bring back to their Groups from their District representatives. Discussions are also held about the events being planned in the Districts including Days of Sharing, Soberfests, Alkathons and movie nights. While we could always be doing more, it is impressive to see the amount of the service work which is done by the Districts in our Area. It's at this level that the we truly facilitate making 12th step work possible.

In a short article like this there is not enough space for me to include all the people who are enthusiastic about their service work and who inspire those around them including me. Thank you for all the service work that you do for our Area and for this program that saved all our lives.

Jeff B.

**GSR Mid-Winter Luncheon Committee**



When first asked to write in This Day, Area 44's newsletter, I was hesitant, doubtful and afraid. So I asked GOD to make it clear. Then my sponsor called and I told her of my procrastination and I needed help. She reminded me of all the tons of service work I've done for my home group, District and Area: Secretary, Chairperson, Coffee maker, G.S.R., Literature Chair, Alternate D.C.M./D.C.M., Alternate Recording Secretary for the Area and now the Alternate Chair-

person for the GSR Mid-Winter Luncheon Committee.

When I came to A.A, I was frightened, unsure, with feelings like I wasn't good or smart enough for anything. All I knew is that I needed help in getting and staying sober. Making meetings alone wasn't enough for me because I would get bored and complacent only to relapse after short and long periods in recovery. GOD led me to my current sponsor who is deeply involved in Service work. She immediately began to take me through the twelve steps showing me how to get in the middle of AA by way of service working at

the group and now area level. As a result of finding a God of my understanding, sponsorship, twelve steps and the twelve traditions and service work, I now have the ability to work along with others and an awesome network of men and women.

Service work has taught me how to take my patience and tolerance with me on my job, family life, community, various organizations and all my day to day activities. I finally found that I have a voice and others want and look forward to hearing my input.

So, after taking that close look and

finding that key to the strange paradox of conforming to A.A.'s principles of recovery, I am on the road to a happy destiny.

Now, with all this being said, if you'd like the opportunity to grow and enhance your recovery, please join us on the G.S.R. Mid-winter Luncheon Committee.

Thank you for allowing me to be of service,

Laverne L  
Alternate Chairperson  
Mid-Winter Luncheon Committee



Group Name	Town
Allerton Wed Thurs Men's AA	Annandale, NJ
Belvidere Group	Belvidere, NJ
Clark Saturday Night Live	Clark, NJ
Monday Night Big Book	Clifton, NJ
Wed Night Step Meeting	Clifton, NJ
Friday Grapevine Group	Denville, NJ

Union Hill Drip In Center Groups	Denville, NJ
Tell It Like It Is	Forked River, NJ
Morning Miracles	Freehold, NJ
Breakneck Big Book & Big Step	Highland Lakes, NJ
Jackson Sunday Night	Jackson, NJ
Landmark Group A.A. Group	Lakehurst, NJ
Sunday Wisdom At Wall Group	Manasquan, NJ
Maplewood group	Maplewood, NJ
Matawan Smog Lifters	Matawan, NJ
Women with Grace and Dignity	Mendham, NJ
Montclair Friday Noon	Montclair, NJ
Morristown Young People	Morristown
Dawn Patrol	New Providence, NJ
New Vernon Women's Group	New Vernon, NJ
Daily Reflections	Newark, NJ
Step Up to Sobriety	North Brunswick
Daily Reprieve Group	Pompton Plains, NJ
Pompton Plains Thursday Night	Pompton Plains, NJ
Upper Ridgewood Women's Group	Ridgewood, NJ
Sky's the Limit	Ringwood, NJ

Serenity Porch	Rockaway, NJ
Rocky Hill Group	Rocky Hill, NJ
Saturday Morning Step Meeting	Roseland, NJ
New Beginnings Women's Group	So. Amboy, NJ
Recovery Lifeline	Summit, NJ
Sunrise Group	Toms River, NJ
A Vision for You Group	Union, NJ
Daily Reflections	Vernon, NJ
Hill Street Blues	Verona, NJ
Monday 12:15 Closed Discussion	Verona, NJ
No Psychobabble Sunday 11 AM	Verona, NJ
Tuesday Night Group	Verona, NJ
Verona Tuesday Night Group	Verona, NJ
Waldrick Big Book Group	Waldrick, NJ
One Day At A Time Men's Group	Wayne, NJ
Circle of Friends	West Orange, NJ
Westfield Clear the Air	Westfield NJ
Westwood Mon-Tues 12:15PM	Westwood, NJ
Various Groups Pink Can Money	

*Intergroup*

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mittees that are in place to address Bill W.'s concern and fulfill his vision. At this workshop, there were 7 attendees – me, my wife, our Corrections Chair, a member of the CPC committee, and 3 prospects.

How can we possibly serve our 32,000 members in Area 44? So I got to thinking, we have a Grapevine Challenge, why not initiate the Area 44 Responsibility Challenge. The 2015 Final Conference Report indicates we have 1,335 registered groups in Area 44. Understanding of course, that every group is autonomous...here's the challenge...let's see if each home group can send 1 member to participate in one of our Committees. Sound like a lot? Each home group averages 25 members, so that's only 4% participation; we should be able muster that. This is a challenge of personal responsibility to and for A.A. It is a challenge of communication and of action.

Is the Area 44 Responsibility Challenge real? No. Could it be? Maybe. Is the problem real? You bet.

In 1965, acknowledging our 400,000 members, Bill wrote "Without much doubt, a million alcoholics have approached A.A. during the last thirty years. We can soberly ask ourselves what became of the 600,000 who did not stay. How much and how often did we fail all these?"

In 1976, the 3rd edition of our Big Book claimed 1 million members. In 2001, 25 years later the 4th edition proudly noted we had doubled to 2 million. Today, 15 years later, our estimated membership worldwide is still at 2 million members. Have we plateaued? Is it a problem?

And what does our membership look like today and over the past decade? Well, 9 out of 10 of us are white, 2 of 3 are male, and our average age is 50. Look at the chart below excerpted from our recent membership surveys. Even allowing for statistical deviation, can we honestly believe we are going in the right direction?

Year	White	Hispanic	Black	Women
2004	89%	4.4%	3.2%	35%
2007	85%	4.8%	5.7%	33%
2011	87%	5%	4%	35%
2014	89%	3%	4%	38%

Recently, at my Friday night meeting, we read the story "The Man Who Mastered Fear", whose subtitle states "He spent eighteen years in running away, and then found he didn't have to run. So he started A.A. in Detroit." The story went on to chronicle the tireless and far-reaching work this early member did on A.A.'s behalf.

When it was time for discussion, one member shared how he's so glad that it's now and not then, because he can just go to meetings without having to worry about all that work the pioneers had to do, because we don't have what it takes to make it happen. He concluded by saying, if starting A.A. was up to us today, there wouldn't be A.A. He credited that last statement to a local old-timer.

I was stunned, but could it be true? How many of our membership feel the same way?

Whether the true issue is the size of our membership, or diversity of our membership, or a misunderstanding of our personal responsibility, I hope we can all agree that there's a real opportunity for work to be done and most important, that we are all uniquely qualified to do that work.

On reviewing my article, I think the following quote from our Big Book is fitting: "We may have seemed to lecture, if that is so we are sorry, for we ourselves don't always care for people who lecture us. But what we have related is based upon experience, some of it painful. We had to learn the hard way. That is why we are anxious that you understand, and that you avoid these unnecessary difficulties."

I pray for willingness and action for all of us to serve A.A. and to reach those who need us but haven't found us yet, so that A.A. will stay alive, vital, and accessible for as long as we are needed. I'll end this article with one of my favorite Grapevine Quotes of the Day, originally published in the A.A. Grapevine, February 1985:

"If faith without works is dead, willingness without action is fantasy."

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

## Committee on Corrections



Alcoholics Anonymous meetings may vary in format, size and demographic, but we all gather around the same basic AA principle, which is to "stay sober and help other alcoholics to achieve sobriety." In county jail or state prison it is no different. Alcohol and drugs are implicated in an estimated 80% of offenses leading to incarceration: domestic violence, DUI, Manslaughter, DWI, property offenses, drug offenses, and public-order offenses (NCADD, 2015). Our nation's prison population has exploded beyond capacity, in large part, because of substance abuse. I feel blessed to have found my "service niche" by bringing meetings into county jails and state prisons (male and female). I was terrified each time I went into a correctional facility for the first time, but when I entered the meeting room, I felt safe. My friend Eva P. and I started going into East Jersey State Prison/Special Treatment Unit (STU) for men, and I still remember this one meeting, which focused on faith, acceptance, peace, and forgiveness. The male prisoners shared with such unexpected, beautiful detail. If your eyes were closed, you would think you were listening to men

who were living lives beyond their imaginations, not men behind 8 layers of 20-foot barbed wire fencing and heavily armed guards in a watchtower. Imagine the scene in Peter Pan, when the Lost Boys are enjoying their invisible feast. This is the moment faith enters into your heart; it reaches into a seemingly empty bowl, yet finds riches beyond human comprehension. That is how I would describe that meeting.

Keith J. was among hundreds of inmates I have met while volunteering, but was the first to be released, stay in regular contact with AA volunteers, and stay sober. Keith spent more than half his life locked up; nevertheless, you will never meet a more humble and grateful man. I am honored to call him my friend. When Keith was 21, ONE SINGLE EVENT, fueled by alcohol and drugs, changed the course of his life and of his victim's forever. Just shy of his 50th birthday, Keith was released from prison.

### Q & A with Keith J:

**Q.** How do/did you maintain gratitude in prison?

**A.** I focused on what I had, not what I wanted or thought I deserved: the connection with my Higher Power; I was still alive considering I started drinking

and getting into trouble in high school; the support of my family and AA volunteers; I was grateful for the educational opportunities (finished my GED and learned two trades).

**Q.** What have you been able to teach the people around you?

**A.** Approach each day with a positive attitude and remember that we cannot receive anything with closed hands. If we are focused on holding on to our stuff, we will not receive the things that our Higher Power wants to bring into our lives. I held on to so much guilt and shame concerning the harm I caused the victim of my crime. I try to live by the essential principles of AA: Willingness, open-mindedness, and honesty because life is just too short.

**Q.** How easy is it to get drugs in prison?

**A.** It is as easy as walking into a grocery store to buy milk and bread. If you have money, you can buy just about anything.

**Q.** How has being sober helped you adjust to life outside of prison? How difficult has the transition been for you?

**A.** My sobriety continues to align me with people, AA volunteers especially, who have helped my transition be much less frightening. Be-

fore I was released, my social worker helped me develop a plan, which structured my days and prioritized what needed to be done first. For example, housing, driver's license, transportation, job applications, etc. Additionally, while in prison, I was able to keep a job and save money, which is now paying my rent and other bills.

**Q.** Aside from volunteering to bring in AA meetings, how can someone offer support?

**A.** First, I would say, if you have never experienced a jail or prison meeting, please consider trying it one time. A county jail meeting would be a good place to start, then, if you like it, you can work your way up to the "Big House, Slammer, Clink, Pen." Second, contributions through the Jail Can at meetings allow volunteers to bring in AA literature, which can be a literal "lifeline" to someone behind bars. Thirdly, participation in the Corrections Correspondence Program through the General Service Office is another way to offer support.

If you have never tried some service work in corrections, I highly recommend it. See [nnjaa.org](http://nnjaa.org) Corrections Committee for details.

Jennifer B.

Metuchen Library Serenity Group

## Public Information Committee



### PLANTING SEEDS

I never thought as a young boy sitting on my stoop, in the Bronx; that one day I would be in the "Planting Seeds Business"

That is exactly what we do in the Public Information Committee. We want the public at large to know that AA exists and how to find us if we are ever needed. We are anonymous, but we are not a secret!

We try to educate our AA members on what we do by attending Days of Sharing, our convention, our assemblies, and wherever else we are invited to attend.

Our primary job is to help the public to understand what AA is and what AA is not. We do this in many ways. Some of them are as follow. We offer our services to schools, health fairs, and community events. We go where and when invited, to man a table with pamphlets and speak if asked. We look to do some advertising within budget limits, and have placed signs at many train stations over the last few years.

Our biggest push has been in our STACK THE RACK program.

This is also where we need your help. We would love if there was a group in every town in Area 44 that would adopt the racks in their town. It can be a commitment just like greeter or coffee. Someone could oversee that the libraries, schools, police stations, and other locations would have one of our 4 tier plastic racks and that it had AA pamphlets that are geared toward informing the public about AA. We also give Big Books and 12&12 books to our libraries. Then they would check on the racks periodically to make sure they are full. Some groups that are doing this also buy the pamphlets themselves as another way of supporting Area 44, but please know that the Public Information Committee will provide all the supplies. Ideally the groups will supply the leg work. This is a great way for all groups to help practice our 5th Tradition of carrying It's Message to the Alcoholic who still suffers. Talk about this with your group and then contact your District P.I. committee member ( IF YOU HAVE ONE ). You can also contact us at [PI@NNJAA.org](mailto:PI@NNJAA.org)

We never know if any of the thousands of pamphlets that we distribute actually make a difference. We do know that we are making it possible for 12th step work to

take place. Our job is to "plant the seeds" The rest is between the individual and their Higher Power Luke H.

Public Information Chair Area 44



The AA Grapevine Committee is in full swing these days: filling commitments, visiting districts, working with the Corrections Committee, attending Days of Sharing and Intergroup meetings, and preparing for our Area 44 Convention. This year our Grapevine Players will be presenting our new production, "Surrender, Dorothy," written and produced by Jeff W. We will be selling our literature upstairs at Convention, as well as setting up a display outside the ballroom.

AA Grapevine is our meeting in print, with a circulation of approximately 120,000. The Area 44 committee is made up of district and group Grapevine Representatives (GvRs), as well as other interested AA members, and is a very active and vibrant committee. In addition to AA Grapevine, we also represent La Vina, which recently celebrated its 20th year in print. We would like to extend

an invitation to you to join us. We welcome group GvRs as well as those representing districts, and generally meet the first Saturday of the month at the Area 44 Office at 10 am. If there is a holiday we meet on the second Saturday of the month. You can register online or with us at one of our committee meetings. In addition, we invite you to submit your articles, photos, or letters. Guidelines, topics, and deadlines are located in your AA Grapevine magazine. And please don't forget to renew your AA Grapevine or La Vina subscription.

One of the current AA Grapevine projects is "Grow Your Grapevine" Arbor Cards; this offer ends on February 28, 2017. We now have a GV Subscription App, which is \$23.99 for a 12-month subscription. The theme of the September AA Grapevine issue is "Young and Sober," a very popular and timely topic, and our newest publication, "Forming True Partnerships," illustrates how AA members use the Steps and Traditions to assist them in all our relationships.

Check out [www.aagrapevine.org](http://www.aagrapevine.org) and [www.nnjaa.org](http://www.nnjaa.org) for more information about AA Grapevine and La Vina. We hope to see you in the Area 44 Office! Marybeth H., Alternate Area 44 Chair, AA Grapevine

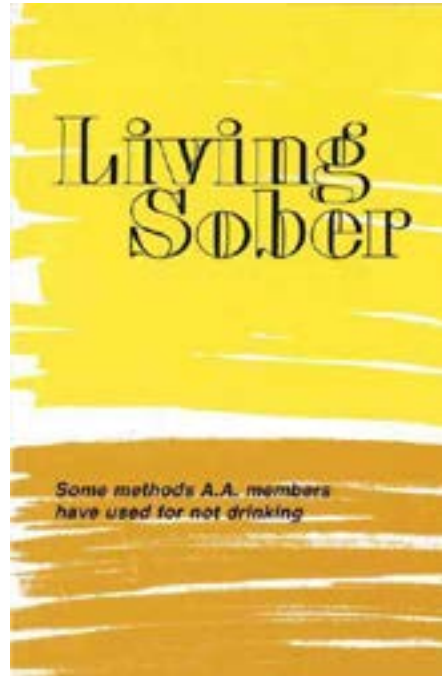


## LIVING SOBER

One of the most useful tools when I first came into the rooms of AA was the slender book titled Living Sober. It is a book that describes methods to stay sober that were developed by AA members many years after the “Big Book” was published in 1939. The Living Sober text was written, with the help of many members with long-term sobriety and experience, by Barry L., an AA member who joined AA in the mid-1940’s. Published in 1975 by AA World Services, it was a lifeline to understanding the basics of the fellowship and many of our slogans when I was a newcomer. Living Sober does not offer a plan for getting sober, or even describe the 12 Steps, but it does offer practical suggestions for staying sober, and it emphasizes the “The Day at a Time” method. As a newcomer, I actually thought I was going to have to “white knuckle” this sober challenge for the rest of my life, and having tried that many times before, I was convinced that would not work. All I knew was I had found a group of people who were just like me and somehow or other they were not drinking, and they were actually laughing. As we often say, the only step we have to do perfectly is Step 1. If we don’t stay sober, there is no point in even contemplating doing the other steps, or thinking that somehow life is going to magically return to some semblance of normal. I managed to not drink, but my thinking was so fuzzy that I wasn’t able to comprehend much, including our most common slogan – “One Day at a Time”. The 24 hour plan is not mentioned in the “Big Book” or in the 12 and 12. Sometime between the publication of the “Big Book” and Living Sober, the

early members of AA realized that “swearing off” forever was more than most us could handle. They discovered that suggesting that we stay sober “One Day at a Time” or even one hour at a time was easier to understand and manageable.

Living Sober explains in plain language, with a multitude of practical examples, how to stay sober when facing situations that previously would have been impossible to handle without a great deal of alcohol. One of the old timers at my meetings used to frequently say that good fortune is worse than bad fortune. Living Sober agrees with that and there is a short chapter on how to handle extremely good news without immediately popping corks on many bottles of champagne. We certainly drank for festive celebrations, and we drank over the loss of loved ones, and we drank for no reason whatsoever because we are sick alcoholics with a disease that tells us we don’t have a disease. Living Sober has 31 brief chapters, almost all of which are a guide for newcomers on how to avoid taking that first drink. HALT (Hungry, Angry, Lonely, Tired) is broken down into 4 parts, with specific recommendations about to treat each of those risky conditions. For example, “hungry” doesn’t always mean you haven’t eaten – it can also mean that you have consumed too many foods that are not nutritious. Sweets, for example, are useful when we are craving alcohol (there is a short chapter in the book about using sweets when the compulsion to drink rears its ugly head), but a diet consisting of junk food and too much candy is just as bad skipping meals. Tired? It is very important to get plenty of rest when we stop drinking, because the idea of having a drink seems to arrive from nowhere when we are tired. Many of us suffer from insomnia when we are newly sober. If you can’t sleep through the night, try to take a nap sometime during the day, or take a “time



out” and just rest quietly. Regular and good sleeping habits will return, but for newcomers and for old timers as well, getting proper rest is necessary for sobriety and healthy living. Drinking dreams? The book explains that they happen to many of us, and they can be vivid and frightening. Relax. It was just a dream, and for many of us it’s an opportunity for gratitude to remember “what it was like”. It’s comforting to know that those dreams are fairly common, and you are not alone. Lonely? There are many suggestions in the book, one of which is the enormous benefit of using the telephone. Angry? Again, the book offers basic and excellent practical solutions for dealing with anger and resentments. I highly recommend this easy to read, easy to understand, solution-based book for anyone who is new or coming back to the fellowship of AA. I must emphasize that it is not a substitute for the program of recovery outlined in the first 164 pages of our “Big Book”. Living Sober is a valuable supplement for gaining emotional and alcohol-free sobriety.

When I was asked to write a review of the book, I read it again for the first time in probably 23 years. I was astonished to find out that this is not just a handbook for our

beginners, but a Godsend for people like myself with a miraculous amount of sober time. The book is not just about not drinking, it’s also about sober thinking and sober living. Currently I’m using every tool I’ve learned to rid myself of an insidious “justified” resentment. I am fully aware of the precarious nature of that resentment. Much to my surprise, Living Sober had suggestions that neither my sponsor nor I had thought of and surely hadn’t tried. With gratitude to the anonymous author, and the early members who shared their experience with the author, I thank you all. I personally consider Living Sober to be the third best book published by World Services. The “Big Book” of course heads that list because it is our basic text, but many of us are not able to fully comprehend it until we have some time in the program. The 12 and 12 gives us a slightly different and more comprehensive approach to the steps and the traditions. Living Sober is almost like having another good sponsor with you anytime you pick it up and read any of the 31 short chapters. This book is extraordinarily useful for all of us who want to be happy, joyous, and free, and not just give lip service to that expression.

You may purchase this book at many meetings. If it’s not available, you can order it online at nnjaa.org. If your group has a literature representative, let that person know you would like to buy a copy. All of the Area 44 events typically have a table set up where all of the GSO approved literature is available. At the Area 44 Convention in late September, there will be at least two areas set up for literature. Come by and see us, and check out all the publications that are available. I’m hoping you will give your own sobriety a gift and a big boost by taking home a copy of Living Sober.

## Sobriety in a Coffee Pot

"We need a coffee maker," announced the meeting leader. Six months sober, I’m seated next to my sponsor who raises my hand and says, "Frank volunteers." Three months later my sponsor said, "Your coffee is almost drinkable. I think you ought to make it for another three months." Three months later, and he says, "Time to give your commitment up. Tom, here, will replace you, but he doesn't have a driver's license, so you'll pick him up so he can get to the meeting to make coffee." And I did

what I was told. And some twenty years later I still have commitments whether it's making coffee, buying supplies, leading meetings, setting up or cleaning up.

Service gets me to meetings. Service keeps me sober. Service is gratitude in action. It's true, I found, there is a lot of sobriety in a coffee pot.

Frank D.  
Hackettstown

*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"



It never ceases to amaze me how well the simple idea and practice of one alcoholic helping another get sober and stay sober really works. It must have been a power greater than myself that knew the dilemma my out of control and destructive drinking had created, and was able to offer a way out of the alcoholic insanity my life had become. I can't say for sure how it would have ended for me if that day hadn't come in January 1981 when an alcoholic named Gil reached out his hand and heart and gave me the hope I needed to try just one more time to get sober and stay sober. Back then I couldn't fully understand why he would take the time or make the effort to do that for me, but I've since come to understand how 12th step work helps to keep us sober and on the AA beam. Some of the most important experiences I have in sobriety come when I make myself available to another alcoholic in need. Often the alcoholic in need looks back at me like my own reflection in a mirror, and together we discover how much we need each other to live this sober life successfully one day at a time. Maybe it's this honest, one on one sharing between alcoholics (and anyone for that matter who can admit to some degree of powerlessness in their lives), that breaks down walls of alienation and remorse allowing this incredible power that is so much greater than the sum of all our individual parts to do its healing, life changing work.

Nightwatch began 25 years ago on St. Patrick's Day weekend in 1991. It was originally conceived as a way to have a live AA member on call to answer the phone on 3-day holiday weekends when the Intergroup office was closed, but within the first year group interest and participation in some areas had taken hold making 24/7 phone coverage a real possibility. Through the efforts of the Intergroup staff and a dedicated group of coordinators and local AA groups, the Nightwatch program began to take shape and work through the challenges and growing pains that inevitable came. Scheduling and coordinating

weekly commitments for varied AA groups across Intergroup's service area, and supporting group members as home-based volunteers to answer Nightwatch calls is a truly amazing grassroots effort. Since those pioneering times nearly 1300 weekly commitments and nearly 150,000 on-call hours have been logged by our Nightwatch groups and volunteers, and the level of support and service continues to expand and improve.

A Nightwatch commitment offers AA groups and members a valuable opportunity to work together and be of service to other AA's by providing local meeting information, and to the general public by providing helpful information and insight into the alcoholic condition and the AA program of recovery. But Nightwatch is at its best when we're able to carry out our primary purpose and connect an alcoholic reaching out for help with a local 12th Step contact. How often have we heard an AA speaker share that their initial contact with AA was by calling the AA phone number? To be a link in that chain of encouragement and support that leads towards a new life of sobriety and renewed purpose is a most satisfying and humbling experience both individually and as a whole. Nightwatch works because committed AA groups and members volunteer to answer the phones week in and week out. Over the years as more groups and AA members have stepped up to answer the call, our collective Nightwatch experience, strength and hope has grown. I believe we have become more effective in providing useful information about alcoholism and AA, and helping to connect the still suffering alcoholic to a local AA community and the life-changing 12 step program that has saved and continues to save so many of us. Still we know that we can and need to do better. We encourage groups to consider making Nightwatch an annual group service commitment. Contact your area coordinator at [Nightwatch@nnjaa.org](mailto:Nightwatch@nnjaa.org) for details and support in getting your group connected or re-connected. I am responsible for the hand of AA always being there...In love and service. Joe F, Nightwatch Committee.



**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*

## Service and my Recovery

I was a 30 year old single mother with a 5-month old baby when I found Alcoholics Anonymous. I was scared, defeated and looking for another way to live. My first meetings were where I saw hope in the eyes and faces of my fellow alcoholics.

From my first meeting, I knew that I belonged and wanted to be a part of a group. I heard things that told me I was in the right place and continued to find my way with the help of a sponsor and fellow members.

After some years of recovery, I didn't think I had time to help with anything beyond chairing meetings, sponsoring and showing up. I was a single mother and putting myself through college while working 2 part-time jobs. Life was good, my daughter was involved in sports and I coached some of her teams. I graduated with an Associate's Degree, then with a Bachelor's Degree. Being a good role model was important for me as a mother and AA member. I took that role seriously.

Then in my 14th year sober, I moved to another county and had to find new meetings, a new sponsor and new AA friends. I wasn't far from our old home but I knew that this would be part of moving to a new community.

We moved in the summer so my daughter would start her new school in September. We moved to be closer to my new job and I found the perfect home for us. The night after our first Thanksgiving, I came home from a meeting and knew something was wrong. My daughter and I had an argument before I left so I was fearful it might continue afterwards. Her transition to a new school seemed smooth enough and she kept in touch with friends from our old hometown.

She told me she had taken a bunch of pills, that she didn't want to live. Oh my God, what should I do? I called a friend from the program who knew my daughter and I well. He had me put her on the phone and after talking with her told me to bring her to the hospital right

away.

We drove the short 10 minute drive to the emergency room. She was questioned and because she said she took the pills they had her drink 2 pints of a gray liquid, obviously filled with charcoal. They kept her in the hospital overnight. She couldn't leave until she was interviewed by a psychiatrist, which didn't happen until the following day.

This was the most difficult thing I'd experienced in my 14 years sober. Alone and afraid, I felt like a mother that didn't do my job. I thought I did everything right, going to meetings, keeping in touch with my old sponsor and connecting with a new one. But something didn't feel right. I needed something more to keep me sober. There was only so much I could do for my daughter, the professionals needed to direct her situation. I was totally powerless.

The week after she attempted suicide, I was also given notice at my job. I was being laid off. Entering treatment, it was months before she came home to stay. I was lost and there were times when I laid on the couch all day feeling hopeless.

I did know that my AA community could help me but I didn't know how. One night at my home group, I heard something. A report was given on an event and I thought, 'I wish I'd known about that, I would have attended'.

I realized that if we had a GSR, I would have known about the event. So I asked the group if they would have me as their GSR. They agreed. This began my introduction to service, my first in 14 years of sobriety. This commitment gave me a reason to keep going to my meetings. My job was to keep my group informed to the business of our District. I was desperate to stay sober.

And it did, service to my group helped me stay focused. I went on to serve my District as Treasurer. Then when the DCM position became available, I stood for that. Afterwards, I served the Area as a Section Coordinator, working with the surrounding Districts as a liaison for the Area. Even more service.

Today I am again serving my District as its Secretary. This is my 30th year sober and I still give back. Service kept me sober at a time when I didn't know how to put one foot in front of the other. Service is an integral part of my sobriety. It may have taken me a while to find it, but it has served me well. I learned that what my early sponsor told me was true, that 'Service will keep me Sober'. And it has.

## PROMISES TO KEEP A FRESH TAKE ON “THE AA PROMISES”

By Martin F

I don't know if this ever happened to you. Just before an AA meeting gets going, selected members will often kick things off with a few preliminary readings i.e. “How it Works,” “The Steps,” “The Traditions,” and, on occasion, “The Promises.” Often, these passages have been typed out by and for that particular meeting group and are copied directly from the Big Book or some other approved source. Not so with “The Promises.” Many meetings have them listed as “The Twelve Promises of AA” and they are arranged and numbered like “The Steps” and “The Traditions.” The only problem is that that is not the way they are presented in the Big Book. There, in 150 words of English prose, is set out what I consider nothing less than a game plan for reentry into the world and when they are set out as twelve distinct “promises” like some kind of wish list or Tarot card reading, something essential gets lost in the translation.

It is always necessary to point out that the pertinent paragraph on pages 83-84 of the Big Book is intended to follow the completion of Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.” Everything that came before involved me, my sponsor, and God. By conscientiously completing the first eight steps, I should be prepared to face the world that had so confounded me. How can I do that? By “PRACTICING” the Promises, of course.

WE ARE GOING TO KNOW A NEW FREEDOM AND A NEW HAPPINESS. How can that be? Because with sobriety and the AA program, OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE WILL CHANGE. By moving forward with the Steps and facing and accepting responsibility for our defects, faults, sins, whatever you want to call them, we are ready to reenter and face the world as sober men and women.

WE WILL NOT REGRET THE PAST NOR WISH TO SHUT THE DOOR ON IT. How is that possible? I have attended meetings where members have shared that after making amends for harm done, they were forgiven and their lives became immeasurably better because of it. That is all to the good. But I have also heard accounts by people who were not forgiven; who were even told that they would never be forgiven. What can be made of that? The Promises supply the answer. NO MATTER HOW FAR

DOWN THE SCALE WE HAVE GONE, WE WILL SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS. By practicing the AA Promises, even our worst malefactions can gain meaning if they can help another alcoholic put down the bottle and get sober. That's more than a promise, that's a miracle.

FEAR OF PEOPLE AND OF ECONOMIC INSECURITY WILL LEAVE US. Is that some mad delusion? No, because if we are rigorously honest with ourselves and work the AA Promises to the best of our ability, we will begin to feel self-contained and whole. The world may throw obstacles in our path but as we continue the Steps and acquire the habits of prayer and meditation WE WILL COMPREHEND THE WORD SERENITY AND WE WILL KNOW PEACE. What better blueprint could we possibly have to help us face our fears and anxieties?

THE FEELING OF USELESSNESS AND SELF-PITY WILL DISAPPEAR. Of course it will. It is the inevitable consequence of staying close to the AA program and practicing the Promises. How can we waste time wallowing in self-pity if WE LOSE INTEREST IN SELFISH THINGS AND GAIN INTEREST IN OUR FELLOWS? The answer is, of course, we can't. It will also follow that we will likely BE AMAZED BEFORE WE ARE HALFWAY THROUGH. How could we not when our habitual, alcoholic SELF SEEKING WILL SLIP AWAY?

Free from shame, strong in our resolve not to drink one day at a time, we are able to confront life. As problems arise, we can always talk them over with our sponsor, our home group and, most importantly, our Higher Power until WE WILL INTUITIVELY KNOW HOW TO HANDLE SITUATIONS WHICH USED TO Baffle US. And the reason for that transformation is that WE WILL SUDDENLY REALIZE THAT GOD IS DOING FOR US WHAT WE COULD NOT DO FOR OURSELVES.

The Steps got me sober. The Traditions, which keep AA thriving, help me stay sober. And practicing the AA Promises allows me to live in harmony with the world. There are 12 Steps, 12 Traditions, 12 Concepts. If the authors of the Big Book wanted a list of twelve distinct promises they would have written them that way. I believe they intended the Promises to be more than a dream list. It is a formula for living soberly in the world that must be practiced before it can be fulfilled.

I came to AA when I was 58 years-old. On April 23, 2016 I will have five years of sobriety. I don't know about you but I have a few more miles to go before I sleep, and I'm certain that “practicing” the AA Promises will get me there happy, joyous, and free.

## Fellowship

I returned to Essex County and lived in Montclair after a few years of living in Elizabeth. There, I became active in the Sunday night group. It seemed that I was no sooner back in Montclair, when an officer in the group asked me, “We need a GSR, are you willing to do that for the group?” I thought to myself (what is a GSR?). My answer to the fellow was, “ok, I'll do that.”

I began to attend the district meetings. As I recall, this happened when what are now district 13, 37 and 38 were all one district. During the time I was involved, the spilt into three districts happened and of course is still evolving. I think I served as a GSR (General Service Representative) for two terms, a DCM (District Committee Member) for two terms, and a member of the Area Financial Committee for two terms as well. Currently, I am still learning about service as an Intergroup Delegate. For a little bit, I also served on the Cooperation with the Professional Community Committee.

My first service commitment opened me to possibility. I sure saw that I know only a little. I saw that despite how little I know, I can do service and I do have something to offer. I can say that I believe that these lessons continue to deepen for me in a positive way. It seems that my life has become the fabric of sobriety, commitment and serenity. Therein I've seen many times that I can do service that makes a difference. I see repeatedly that I have much to learn and that it is possible to grow and do more.

I have found it very helpful to recall that carrying the message to the still suffering alcoholic is a wonderful reason to be involved in service. Yes, I do want the hand of AA always to be available wherever the alcoholic may be: treatment, correctional facility, hospital, living in the community etc. I am grateful for all of the healing AA has brought into my life, my family's life and to so many people I know.

In Gratitude,  
Kathy K  
member of Mindful Meditation  
Meeting Upper Montclair

## “Voluntold”

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In Gratitude,  
Kathy K.  
member of Mindful Meditation  
Meeting Upper Montclair


## The first rule of Service Work is: You do not talk about Service Work.

My very first service commitment in early sobriety was as Secretary to the Tuesday Night Twelve and Twelve Step Book Meeting. Wow. I was so excited. As I sat up front with the Leader and Treasurer, patiently organizing the announcements in chronological order – I had my first brush of experiencing Bill Wilson’s “I have arrived” moment. It was a complete game changer.


Reading the announcements opened up a whole new world for me. It got me out of my isolating tendencies and allowed people to get to know me. For the first time in my life I felt like I belonged somewhere. There were folks who were happy to see me and I was happy to see them. I started to make friends. This was huge. As progressions go – the secretary role led to other commitments. Once I had enough time under my belt I started leading meetings, going on speaking commitments at other meeting locations, hospitals, churches and detoxes, letting folks stay with me until they get on their feet, becoming a GSR at one point – only to retract my membership so I could contribute more time on a local level, teaching Big Book Workshops and elected as a trusted servant onto the board. It all started from that very first service commitment a long time ago. What an incredible journey this has been. I have learned so much from people who live their lives on an altruistic basis. The members who do the most for others never talk about what they do for others. The left hand does not know what the right hand is doing. They freely give what they have freely received. So many of these expressions really start making sense when you get to witness these acts put into practice. It made me aspire to be like these people who give their time selflessly – like when you hear that this one guy has had a standing detox commitment every Thursday night for nineteen years. Who knew? You didn’t hear it from him. He just does his thing. Then you hear somebody tell everyone in the universe that they gave a ride to a newcomer because they are all about service. Which person do you want to be?

So grateful to be a card-carrying member of Alcoholics Anonymous. Thank you for letting me share my experiences.

- Mary Beth H  
August 2016



**N.N.J.G.S. Area 44  
Election Assembly**  
Hosted By Districts 22 and 23





**Class B Trustee At-Large/U.S.  
(FOUR YEAR TERM)**  
AND  
**Election of Area Officers for Two Year Term**  
Delegate, Alternate Delegate, Area Chair, Alternate Area Chair,  
Treasurer/Alternate Treasurer,  
Two Secretaries and Two Alternate Secretaries

**Saturday  
October 15, 2016**

Old Bridge Municipal Building  
1 Old Bridge Plaza  
Old Bridge, NJ 08857

Sign-In: 8:30 a.m. – 9:45 a.m.  
(Election Orientation at 9:00 a.m.)

**Election Begins Promptly at 10:00 a.m.**  
**All registered voters MUST be signed in by 9:45 a.m.**





Please be there to make sure your group’s voice is heard and its voice counted.

**GSR’S, DCM’S AND ALTERNATES ARE URGED TO ATTEND  
BUT ALL A.A.’S ARE INVITED**

**From the North**  
Parkway South to exit 123 - U.S. 9 south  
(second exit after Raritan River Bridge Toll Plaza - stay to extreme right after paying toll.)  
Continue on U.S. 9 south approximately 5 miles to Route 516 East - Matawan exit.  
(Do not take Route 516 West - Old Bridge exit.)

**From the South**  
Parkway North to exit 120 (Cheesecake State Park). At top of exit ramp turn right and continue to first traffic light and turn right onto Cliffwood Road. At intersection bear left at the light onto Morristown Road and continue to end. Make a right onto Route 34 north. Continue on Route 34 and make a left at the first traffic light (Cottrell Road). Continue on Cottrell Rd. for approximately



## GREETING TO LEADING

Rich N., New Pair of Glasses Big Book Group, Boonton

My first service assignment was as greeter for the Towaco group. My sponsor insisted that it would be a good way to meet people. I found it a great way to build a network, get phone numbers, and actually use them. I made a lot of friends and acquaintances in that position. My sponsor taught me never to sit next to someone else in a meeting without introducing myself and shaking hands. Anytime I got up to get a cup of coffee, I had to offer to get one for the guy or girl next to me. And I was told never to ignore a newcomer, but to seek him out, introduce myself and some others, and see where he was in his path to spiritual development. And if that newcomer was a lady,

to do likewise and introduce her to one or more women who could “take it from there.”

Later, I ended up sponsoring two of the guys I was greeting, and they are both sober today because we worked the steps together. Previously, they were bouncing in and out of AA for many years under the philosophy of “Meeting Makers Make It”. (A form of hell I can relate to: a bellyful of booze and a head full of AA.) By actually working the clear directions of our textbook, Alcoholics Anonymous, they too have recovered from alcoholism and have multiple years’ sobriety. This experience confirmed for me what it says on page 25, that for the alcoholic, “there is no middle-of-the-road solution”. We have to use the “simple kit of spiritual tools laid at our feet”, our 12 step program.


I also learned of the perils of “having one’s own program” by talking with a lot of the folks I

greeted. I got to talking with people who relapsed after doing AA on the cafeteria plan—take what you want and leave the rest. I got to see the nonsense we sometimes spout, like “Don’t work the steps until you’re ready” -- wonderful advice to give someone who has a progressive, chronic and fatal disease!

I served as greeter for two terms of three months each. Although I didn’t like everyone I greeted, I did learn, over time, to find empathy for most everyone. One guy in particular, who flipped me a nasty remark, I resented. I ended up praying for him, under orders of my sponsor. My assignment was to pray for him for two weeks to receive everything that I wanted in my recovery. Surprisingly enough, after 10 days the resentment was gone, and it never returned. When that guy came back after a relapse I was able to sincerely welcome him with a hug.

*Continued on page 9*





## Area 44 Convention Schedule “Preview”

# 60th Annual NNJGS Area 44 Convention

*Our Spiritual Way of Life... Steps, Traditions, & Concepts*

<p><b>FRIDAY, SEPTEMBER 23, 2016</b></p> <p>3:00pm Hotel Check In (<i>main lobby</i>) Registration Opens <b>(NEW 1st floor, Terrace Lounge):</b> Pick up your Registration Badge, Meal Tickets, &amp; Banquet Tickets Sign the Big Book at the Information Resource Table</p> <p>5:00pm Early Bird Discussion Meeting</p> <p>6- 8:00pm Dinner (<i>meal plan not included</i>)</p> <p>6:15- 7:15pm <b>NEW!</b> Young People’s Meeting <i>Adriana V., Hazlet, NJ</i></p> <p>8:00pm Ice Breaker Speaker Meeting: <i>Rich B., Ocean City, MD</i>  <i>***Alkathon Meetings continuous***</i></p> <p>9:15pm Grapevine Play</p> <p>10:00pm Dancing to DJ with <i>DJ Frank</i></p> <p><b>SATURDAY, SEPTEMBER 24, 2016</b></p> <p>6am- 9:00am Breakfast</p> <p>7:30- 8:15am <b>NEW!</b> Guided Meditation</p> <p>8:00am Registration, Meal Package and Banquet Tables Open</p> <p>9am- 10am <b>NEW!</b> Young Timer/ Old Timer: <i>Bill N., Atlanta, GA</i></p> <p>9am-5pm Continuous Films Program</p> <p>9am-10am Workshops: District 26 District 23 District 27&amp;29</p> <p>10:15-11:15am Al-Anon Speaker Meeting: <i>Ellen C., Dallas, TX</i></p>	<p>11:30- 12:30 Workshops: District 37 District 30 District 25</p> <p>11:45- 1:15pm Old Timer’s Lunch</p> <p>11:45-12:30pm Early Lunch</p> <p>12:30-1:15pm Late Lunch</p> <p>1:30-3:30pm Old Timer’s Meeting, followed by Sobriety Countdown</p> <p>2:45- 3:45 Workshop Panel: <i>Area 44 Service Committees</i>  <i>***Alkathon Meetings continuous***</i></p> <p>4pm-5:00pm Polish Speaking Meeting</p> <p>4:00pm History &amp; Archives Presentation</p> <p>4:00pm Grapevine Play (<i>encore</i>)</p> <p>5:15- 6:15pm GSYF “Family Feud” Game Show</p> <p>6:45pm Banquet Doors Open</p> <p>7:15pm Banquet Dinner</p> <p>8:15-9:30pm Banquet Speaker: <i>Marion W., Boca Raton, FL</i> (simulcast in the Mirabelle room)</p> <p>10:00pm Area &amp; Intergroup Play</p> <p>10pm-2am Dancing to Live Band with <i>Coast 2 Coast</i>  <i>***Alkathon Meetings continuous***</i></p> <p><b>SUNDAY, SEPTEMBER 25, 2016</b></p> <p>7am-9:30am Breakfast</p> <p>7:30- 8:15am <b>NEW!</b> Guided Meditation</p> <p>8:00am Last Alkathon Meeting</p> <p>9:30am Spirituality Speaker Meeting Closing Ceremonies</p>	<p><b>MARATHON ALKATHON</b></p> <p><i>FRIDAY, SEPTEMBER 23, 2016</i></p> <p>9pm .... Big Book - Bill’s Story 8</p> <p>10pm .... Big Book - There is A Solution 11&amp;33</p> <p>11pm ..... Big Book - Into Action 27&amp;29</p> <p><i>SATURDAY, SEPTEMBER 24, 2016</i></p> <p>12am ..... Leader’s Choice 4&amp;6</p> <p>1am ..... Leader’s Choice 16</p> <p>2am ..... Leader’s Choice 9</p> <p>3am ..... Leader’s Choice 32</p> <p>4am ..... Leader’s Choice 30</p> <p>5am ..... Leader’s Choice 25</p> <p>6am ..... Leader’s Choice 26</p> <p>7am ..... Leader’s Choice 38</p> <p>8am ..... Leader’s Choice 13</p> <p>9am ..... Big Book - Working With Others 39</p> <p>10am ..... Big Book - To Wives 15&amp;21</p> <p>11am ..... Big Book - More About Alcoholism 28</p> <p>12pm ..... Big Book - To Employers 14</p> <p>1pm ..... Leader’s Choice 37</p> <p>2pm ..... Leader’s Choice 31</p> <p>3pm ..... Leader’s Choice 10</p> <p>4pm ..... Big Book - We Agnostics 36</p> <p>5pm ..... Big Book - How it Works 23</p> <p>6pm ..... Big Book - The Family Afterwards 34</p> <p>7pm ..... Leader’s Choice 17</p> <p>8pm ..... Leader’s Choice 19</p> <p>9pm ..... Leader’s Choice 22</p> <p>10pm ..... Leader’s Choice 1&amp;2</p> <p>11pm ..... Leader’s Choice 35</p> <p><i>SUNDAY, SEPTEMBER 25, 2016</i></p> <p>12am ..... Leader’s Choice 18</p> <p>1am ..... Leader’s Choice 40</p> <p>2am ..... Leader’s Choice 5&amp;7</p> <p>3am ..... Leader’s Choice 24</p> <p>4am ..... Leader’s Choice 3</p> <p>5am ..... Leader’s Choice 41</p> <p>6am ..... Leader’s Choice 42</p> <p>7am ..... Leader’s Choice 12</p> <p>8am ..... Leader’s Choice 28</p> <p style="text-align: right;"><i>(Please note- program is subject to change)</i></p>
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**Go to [www.nnjaa.org/convention](http://www.nnjaa.org/convention) to register for the 60th NNJGS Area 44 Convention TODAY!**

Please use the group code “A44” when registering for your hotel room so the Area will get credit for the # of rooms booked.  
**NEW:** Credit card payments for your Convention registration will be accepted on site for those who wish to register in person.  
Contact us at [convention@nnjaa.org](mailto:convention@nnjaa.org) or (908) 731-7714 if you have any questions, or would like to volunteer at the Convention.

*Greeting Continued from page 8*

The greeting job turned out to be the entry position for service. It led to coffee making, leading a beginners group, a secretary position, leading meetings, and General Service representative. Understandably, I liked some of the positions better than others, but all served to break down the barrier that I had erected between myself and other people. I was able to learn that all AA’s are good examples for my observation, some as to what I should do and some as to what I should not do.

In short, service confirmed what I had heard, that in AA, as in life, it is the givers, not the takers, who succeed.

### Newsletter Committee

Dear AA Friends and Fellows,

It is with gratitude today that I get to write to you as your Area Newsletter Chair. When I first entered the rooms, I often did things because they were suggested. Go to meetings, get a sponsor, find a home group. Check! Check! Check! I was desperate enough that I would do anything. On the look back, I also see that I was willing to help, and when opportunities presented themselves I would often volunteer. This was not normal behavior for me. I have to believe today that my Higher Power knows and wants what is best for me, and that sometimes, I will be given opportunities to both grow emotionally and spiritually. Thus, I think, was the case with my first service commitment: group secretary.

In my initial days of recovery, I was gripped by self-centered fear: I was afraid to say or do something wrong because I wanted you to like me. If you didn’t like me, then I wouldn’t feel good about me. And guess what, I already didn’t feel good about myself—your dismissal of me would only confirm my innate belief that I was unworthy. I don’t know prompted me to volunteer for this first service position in my home group. How can I speak in front of my peers? Why would I take a commitment and subject myself to the stares and most likely criticism of those in the room? Those were just some of the irrational thoughts that ran through my head most Fridays, but in hindsight, I’m glad that I was able to serve. Each week was an opportunity for me to practice portraying and being a more confident self. It was a chance for me to learn to speak audibly, with assurance, and it was the beginnings of me dis-

pellling the lie that I was unworthy.

As I close, I’d like to thank the members of the fellowship who contributed their services stories to this edition. Each share came from the heart and I was truly moved! As a reminder, our Winter Edition submission deadline is November 18th. Our theme for this edition: My experience at a convention, most notably the recent 60th Area 44 Convention, and its impact on my recovery. We invite you to share how such functions have helped to inspire you to new heights in your recovery or how you were impacted by speakers and events outside your traditional meeting.

Yours in Service,  
Megan D.

*Celebrating 70 Years!  
Our 17<sup>th</sup> Annual*

# **Intergroup Gratitude Brunch**



**Sunday, November 20, 2016**

**Fellowship Hour 10:30 A.M.**

**Brunch 11:00 A.M.**

***Pantagis Renaissance***

***250 Park Avenue***

***(off Route 22 East, corner Mountain Ave.)***

***Scotch Plains, NJ 07076***

**Speaker: Hugh C.**

**Mountainside Group  
Mountainside, NJ**

**Leader: TBA**

Tickets: \$30.00 per person

Attendance limited to 240 persons

**NO TICKETS SOLD AT DOOR!! CUTOFF DATE MONDAY, NOV.14**

We will reserve prepaid tables of 10 - checks payable to "Intergroup."

Tickets available at the Intergroup Delegates Meeting or at the Intergroup Office,  
2400 Morris Ave., Suite 106, Union, NJ. 07083 Tel. 908-687-8566 or 800-245-1377

***NO TICKETS SOLD AFTER MONDAY, NOVEMBER 14, 2016!***

**Directions on the reverse side of flyer**

***Service is Gratitude  
in Action***

**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** - 2nd Thur. 7:00pm, St. Francis of Assisi Parish Center(basement), 114 Mount Vernon St, Ridgefield Park
- 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** - 1st Tues 7:30 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, New Monmouth Baptist Church, 4 Cherry Tree Farm Rd, Middletown
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold
- District 26** - 1st Mon. 7:00 pm, First Presbyterian Church, 255 Harding Road, Red Bank
- District 27/29** - 3rd Mon. 7:30 pm, St. Luke's Parish, 1674 Old Freehold Road, Toms 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 Evangelical Lutheran Church 153 Park St, 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 Sunday 9:00am, 103 Bayard

**NNJGS Area 44 Office Calendar**

**SEPTEMBER**

- 6 Officer's Meeting 7:30 PM
- 7 Mailing Committee 7:30 PM
- 7 Translation Committee 7:00 PM
- 10 Grapevine Committee 10:00 AM
- 11 Film Committee 9:00 AM
- 11 Area Committee Meeting 10:00 AM
- 12 Computer Tech Committee 7:30 PM
- 12 MidWinter Luncheon Com 7:30 PM
- 13 Public Information Comm. 7:30 PM
- 14 History & Archives Comm. 7:30 PM
- 14 Treatment Committee 7:30 PM
- 15 Newsletter Committee 7:30 PM
- 17 Corrections Committee 10:00 AM
- 18 Garden State Young People 5:00 PM
- 19 Literature Sales 6:30 PM
- 19 Literature Committee 7:30 PM
- 20 CPC Committee 7:00 PM
- 21 Convention Committee 8:00 PM
- 22 Joint Website Committee\* 7:30 PM
- 22 Policy & Admissions Com. 7:30 PM
- 23 NNJAA Area Convention
- 24 NNJAA Area Convention
- 25 NNJAA Area Convention
- 26 Finance Committee 7:30 PM

**OCTOBER**

- 1 Grapevine Committee 10:00 AM
- 3 Remote Communities Com. 7:00 PM
- 4 Officer's Meeting 7:00 PM
- 5 Mailing Committee 6:30 PM

- 5 Translation Committee 7:00 PM
- 11 Public Information Com 7:30 PM
- 11 MidWinter Luncheon Com 7:30 PM
- 12 History & Archives Comm. 7:30 PM
- 12 Treatment Committee 7:30 PM
- 15 Area Assembly 9:00 AM
- 16 Garden State Young People 5:00 PM
- 17 Literature Sales 6:30 PM
- 17 Literature Committee 7:30 PM
- 18 CPC Committee 7:00 PM
- 19 Convention Committee 8:00 PM
- 20 Newsletter Committee 7:30 PM
- 24 Finance Committee 7:30 PM
- 23 Website Com@Intergroup 7:30 PM
- 23 Policy & Admissions Com. 7:30 PM
- 27 Finance Committee 7:30 PM

**NOVEMBER**

- 1 Officer's Meeting 7:30 PM
- 2 Mailing Committee 7:30 PM
- 2 Translation Committee 7:00 PM
- 5 Grapevine Committee 10:00AM
- 8 MidWinter Luncheon Com 7:30 PM
- 8 Public Information Com 7:30 PM
- 9 History & Archives Comm. 7:30 PM
- 9 Treatment Committee 7:30 PM
- 11 This Day Deadline 9:00 PM
- 13 Film Committee 9:00 AM
- 13 Area Committee Meeting 10:00 AM
- 15 CPC Committee 7:00 PM
- 16 Convention Committee 8:00 PM

- 17 Newsletter Committee 7:30 PM
- 27 Joint Website Committee\* 7:30 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
- 28 Finance Committee 7:30 PM
- 30 Computer Tech Committee 7:30 PM

**DECEMBER**

- 2 Work Weekend. 6:00 PM
- 3 Work Weekend. 8:00 AM
- 4 Work Weekend (if). 9:00 AM
- 5 Remote Communities Com. 7:00 PM
- 5 MidWinter Luncheon Com 7:30 PM
- 6 Officer's Meeting 7:30 PM
- 7 Mailing Committee 7:30 PM
- 7 Translation Committee 7:00 PM
- 10 Grapevine Committee 10:00AM
- 13 MidWinter Luncheon Com 7:30 PM
- 13 Public Information Com 7:30 PM
- 14 History & Archives Comm. 7:30 PM
- 14 Treatment Committee 8:00 PM
- 15 Newsletter Committee 7:30 PM
- 18 Garden State Young People 5:00 PM
- 19 Literature Sales 6:30 PM
- 19 Literature Committee 7:30 PM
- 20 CPC Committee 7:00 PM
- 21 Convention Committee 8:00 PM
- 22 Website Com@Intergroup 7:30 PM
- 22 Policy & Admissions Com. 7:30 PM
- 27 Finance Committee 7:30 PM

**Intergroup Calendar**

**SEPTEMBER**

- 2 Delegates Meeting, Clark 8:30 PM
- 11 Bookers 6:00 AM
- 21 Nightwatch Committee 7:30 PM
- 22 Joint Website Committee 7:30 PM

**OCTOBER**

- 6 Delegates Meeting, Clark 8:30 PM
- 10 Holiday – Office Closed – Labor Day
- 12 Archives Committee 7:00PM
- 27 Joint Website Committee 7:30PM

**NOVEMBER**

- 3 Delegates Meeting, Clark 8:30 PM
- 9 Archives Committee 7:00PM
- 16 Nightwatch Committee 7:30 PM
- 17 Joint Website Committee 7:30 PM
- 20 Gratitude Brunch 7:30 PM
- 22 Joint Unity Meeting 7:30 PM
- 24 Holiday Office Closed
- 25 Holiday Office Closed

**DECEMBER**

- 1 Delegates Meeting, Clark 8:30 PM
- 11 Bookers 6:00 AM
- 14 Archives Committee 7:00PM
- 22 Joint Website Committee 7:30PM
- 26 Holiday Office Closed

**NEXT ISSUE DEADLINE NOVEMBER 11 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).



"What do you mean you're not willing to pay the price for that drink?"

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**The theme for the Winter edition of This Day:**

My experience at a convention, most notably the recent 60th Area 44 Convention, and how it impacted my recovery.

**NEW !**



Member (click on logo)  
userid: alcoholic  
password: onedayatatime

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Your Northern New Jersey A.A. Website

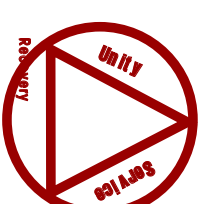
# THIS DAY

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

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US POSTAGE PAID  
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Fall 2016

Reading 'This Day' on top of the Brooklyn tower of the Verrazano Narrows Bridge, 693ft above the water.



**Northern New Jersey  
General Service Area 44**

## **CONCEPTS WORKSHOP** **SATURDAY OCTOBER 8, 2016**

**New Monmouth Baptist Church  
4 Cherry Tree Farm Rd. Middletown NJ**

**8:30am - Breakfast**

**Presenters:**

**Billy N., General Service Trustee/AAWS Director  
Panel 49 Delegate Chicago**

**9:00am - 10:15am HISTORY OF CONCEPTS. CONCEPTS 1&2**

**Jay E. Panel 65 Delegate Area 44**

**10:30am-11:45am CONCEPTS 3, 4 & 5**

**11:45am -12:30pm LUNCH**

**Albin Z., General Service Trustee/ Grapevine Director**

**12:30pm - 1:45pm CONCEPTS 6, 7, 8 & 9**

**John Q, Past US Trustee At Large**

**Panel 35 Delegate Area 44**

**2:00pm - 3:15pm CONCEPTS 10, 11 & 12**

***Directions from the south***

Garden State Pkwy to Red Hill Rd in Middletown.  
Take exit 114 from Garden State Pkwy  
14 min (15.2 mi)  
Continue on Red Hill Rd.  
Take New Monmouth Rd to Cherry Tree Farm Rd  
9 min (4.1 mi)  
New Monmouth Baptist Church  
4 Cherry Tree Farm Road, New Monmouth, NJ 07748

***Directions from the north***

Garden State Pkwy South  
to Ashbury Park/South Jersey. Then 6.59 miles  
Merge onto State Route 36/NJ-36 via  
EXIT 117 toward NJ-35/Keyport/Hazlet.  
Then 0.59 miles  
Merge onto NJ-35 toward Matawan/Hazlet/Middletown.  
Then 3.86 miles Turn slight right onto Taylor Ln.  
Taylor Ln is 0.2 miles past County Hwy-52  
Then 0.15 miles Taylor Ln becomes Cherry Tree Farm Rd.  
Then 1.08 miles New Monmouth Baptist Church,