

# THIS DAY

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



Hi Everyone, I hope everybody has had a wonderful and sober summer of 2018. Where does the time go. As a child the summers seemed like they lasted forever. Now gone with a blink of the eye. As the summer winds down and we head into the fall season its hard to believe that my rotation as the Area Chair is coming to an end. Thank You for electing me to this position. I know we hear this all the time but it has truly been an honor and privilege to serve Area 44. This is also a time when many Groups and Districts are having picnics and Days of Sharing so don't forget to bring that new guy or girl and show them that fun can be had without a drink in hand. Let them see the real power of Alcoholics Anonymous.

The fall season brings us a big event in our Area and that's the Area Convention. The Convention will be held September 28-30, 2018 at the Doubletree Hotel in Somerset N.J. This will be the 62nd gathering for this event and this year promises to be the best. This is the perfect time to book your room and register for the convention. The convention will consist of workshops, plays,

Young people's speaker meeting, entertainment, meditations, live band Saturday night following our banquet, great speakers and our 3 local spiritual speakers on Sunday morning. Get your friends and Home Group together and book a table and enjoy the food, fun and fellowship. Go to [www.nnjaa.org](http://www.nnjaa.org)/convention to register online. Another big event will be our October Assembly. This is also our Election Assembly. As all the Officers rotate out of their positions there will be an election to refill those spots. Those who are eligible to vote are the GSR's, DCM's, Standing Committee Chairs, Officers and Ex Officio or any alternates, if the GSR, DCM or Standing Chair are not available, to those positions. It is the responsibility of all to attend this assembly as we vote for our Trusted Servants for the next two years. The Assembly will be held on October 20, 2018 at the Old Bridge Senior Center 1 Old Bridge Plaza. The flyer for this event is posted on our Area website. The International Convention, which will be held on July 2-5, 2020 in Detroit MI, is not far off. Area 44 has put together an Ad Hoc committee for the Hospitality Suite. In conjunction with Area 45, Southern N.J., we will share a room at the hotel to show off the great display of our Archives. This committee is looking for

volunteers to join the committee. The next meeting will be held at the Area Office on September 20, 2018 at 7pm. This is a great committee to be part of so please join us. As of now we do not know what hotel will host the suite. Finally, concerning the theme of this newsletter "Sobriety, no matter what!". Its amazing the adversity that people have gone through and not picked up a drink no matter what. Divorce, sickness, financial trouble, loss of a loved one etc, etc. I have witnessed and experienced personally hard times in sobriety but as a good friend always says if your an active member in Alcoholics Anonymous we have the unfair advantage. This doesn't mean that at times we don't hurt with pain at our circumstances but more importantly we live in a fellowship where there is evidence all around us of people who rose above their problems and have stayed sober. Bill W. writes about this in the chapter "We Agnostics" in the book Alcoholics Anonymous. At the bottom of page 50 and the top of page 51 he speaks of those in the fellowship who have risen above their problems with the help of their Higher Power, the program of action and with each other. I'm grateful I've found a home in Alcoholics Anonymous but more importantly I'm grateful for this "Design For Living" that really works especially in the tough going.

fit for me and I couldn't be more grateful. I would like to share a few experiences, I've had as a committee member. Countless calls from suffering individuals that don't think there's a way out. The best way to help is just listen, and tell them you truly know how they feel. Then we do our best to reach out to a 12 step contact to help on a more personal level. When the phone rings it maybe a question on a meeting time or location. A family member who is concerned and doesn't understand what's happening cause of alcohol. We can share a bit of our experience and suggest AL anon to help them as well. On two occasions I've met people that I've helped at meetings. A gentleman that I 12 stepped years ago is currently an active member of my home group. These are a small handful of experiences I've had as a Night Watch coordinator. There isn't enough ink to share it all, but my time serving AA in this way, has deeply enriched my recovery. Isn't our primary is to stay sober and help another alcoholic? Our Night Watch opportunity in Northern N.J. is one of the few in the country that is that is totally organized by recovering alcoholics. It all begins in our Intergroup office followed by our Night Watch committee. Coordinators in AA groups and 12 step contacts. Each individual does a part that makes this opportunity to serve AA as a whole truly unique. Words alone can't express the love and gratitude that I have for this program and this committee. Thank you for the opportunity to serve.

Grateful to Serve,  
Jimmy A.  
Area Chair



Hello family, my name is Aaron and I'm an alcoholic. I've had the opportunity to serve on the Night Watch committee. The experiences while serving, the people I've met, as well as the friendships I've been given, is truly amazing. I can say I would have short changed my recovery and personal growth, if I wasn't involved in the Night Watch. We in Northern New Jersey Intergroup, which is also the same demographic as Area 44, have limitless opportunities to carry the message. The Night Watch committee was the

Aaron K. Middlesex County  
Coordinator.

Convention Contact Information:  
(908) 274-3146 or [Convention@nnjaa.org](mailto:Convention@nnjaa.org)

ASL Interpreters for the  
Hearing Impaired will be available

NORTHERN NEW JERSEY GENERAL SERVICE

## 62<sup>nd</sup> Annual Area 44 Convention

September 28, 29, & 30<sup>th</sup> 2018

Plays • Young-People's Speaker Meeting • Friday Night Entertainment  
Saturday Night Banquet • Live Band Saturday Night • Guided Meditation Meeting  
Alkathon • Young-Timer/ Old-Timer Meeting

**NEW!** Scholarships are available  
Individuals and Home Groups can contribute to Scholarships!

THE DOUBLETREE HOTEL  
200 ATRIUM DRIVE, SOMERSET, NJ 08873

### also inside

Area Treasurer's Report .....	2
Standing and Special Committee Reports .....	2-5
Speak Out .....	4-5
Voces Latinas .....	6
District Service Meetings .....	7
Intergroup and Area Calendars .....	7
We are Not a glum lot.....	7

**Next Issue Deadline**  
**NOVEMBER 16**  
[newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)



Thank you, Area 44 for allowing me to serve! My time is quickly coming to an end. I want to Thank all the groups and individuals who have sent in contributions to the Area. It is always greatly appreciated. Please, please take note that the bank has gotten very strict with how they will accept checks. Checks should be made payable to NNJGS Area 44 and done in only one ink (either black or blue). This is true for any contributions or payment being sent to the Area; for the Corrections committee, Literature, Grapevine and the GSR Mid-Winter Luncheon. I want to thank all our 12-step committees. They are doing a fantastic job of bringing the message to those who still suffer. The Area needs more volunteers from the districts to continue our 12-step work. If you want something to do, join any of the Standing Committees or even one of the Special Committees. If anyone has any questions about the finances of the Area, feel free to contact me @ treasurer@nnjaa.org. Again, thank you for allowing me to be of service and keep the contributions coming. Anita C. Area Treasurer

RUS SERVICE CORP T/A NNJGS AREA 44 TREASURER'S REPORT For Period Ending May 31, 2018			
<b>SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)</b>			
	<b>Money Mkt</b>	<b>Checking</b>	<b>Totals</b>
Opening Account Balances for Current Period (Apr 30, 2018)	\$92,728.04	\$13,891.58	\$106,619.62
Revenue for the Period	\$6.23	\$14,278.30	\$14,284.53
Expenses for the Period	\$0.00	(\$15,368.03)	(\$15,368.03)
Transfer between Money Market and Checking	(\$10,000.00)	\$10,000.00	\$0.00
Ending Balance for All Accounts for Current Period (May 31, 2018)	<u>\$82,734.27</u>	<u>\$22,801.85</u>	<u>\$105,536.12</u>
<b>CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD</b>			
	<b>Money Mkt</b>	<b>Checking</b>	<b>Totals</b>
Statement Balances (May 31, 2018)	\$82,734.27	\$25,515.14	\$108,249.41
Outstanding Checks	\$0.00	(\$2,713.29)	(\$2,713.29)
Outstanding Deposits	\$0.00	\$0.00	\$0.00
Adjusted Bank Balances (May 31, 2018)	<u>\$82,734.27</u>	<u>\$22,801.85</u>	<u>\$105,536.12</u>
Variance in Reconciliation			\$0.00
<b>Designated Funds at (May 31, 2018)</b>			
Jailbox Contributions	\$4,011.17		
International Hospitality Suite	\$2,886.49		
Excess Prudent Reserve Approved Projects	\$2,600.05		
<b>Total Designated Funds:</b>	<u>\$9,497.71</u>		
<b>ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)</b>			
Current Checking Account Balance			\$22,801.85
Less: Prior 12 Month's Average Monthly Expenses Times Two			<u>(\$38,931.00)</u>
Over / (Under)			<u>(\$16,129.15)</u>
<b>ANALYSIS OF PRUDENT RESERVE</b>			
Total Cash in Bank (Not Including Convention Acct)			\$105,536.12
Less: Designated Funds (Jailbox, etc.)			<u>(\$9,497.71)</u>
Less: Checking Account Guidelines (2 month average expenses)			<u>(\$38,931.00)</u>
<b>PRUDENT RESERVE FUNDS</b>			\$57,107.41
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)			<u>(\$49,960.00)</u>
Over / (Under)			<u>\$7,147.41</u>
<b>SUMMARY OF OFFICIAL APPROVALS / REVIEWS</b>			
<b>Individual/Group</b>	<b>Action</b>	<b>Completed Through</b>	
Treasurer	Approved	May 2018	
Alternate Treasurer	Approved	May 2018	
Finance Committee	Approved	May 2018	
Officers	Reviewed	May 2018	
ACM	Approved	March 2018	
<b>Assembly</b>	<b>Approved</b>	<b>November 2017</b>	



As the days are getting shorter, so is my tenure as your Area 44 Grapevine Chair. It is with gratitude that I reflect on the past two years. Thank you for the honor and privilege of having been allowed to serve in this capacity. Assisted by my Higher Power and your patience and tolerance, I have grown in my recovery as well as my knowledge of the service structure of Alcoholics Anonymous, and sincerely hope I have been a good and faithful servant to you. Many thanks to our awesome, fabulous Grapevine committee for their dedication and enthusiasm. As I tell them all the time, they rock!

We have had a very busy summer fulfilling our commitments and preparing for the Area Convention. The rehearsals for our Grapevine play are now in full swing. This year our production

is entitled HAIR...of the dog. Performances will be on Friday night, September 28 at 9 pm, and Saturday afternoon, September 29 at 4 pm, in the Mirabelle Room at the Doubletree Hotel in Somerset. The play, written and directed by our illustrious Jeff W., is both hilarious and informative, as always. Hope to see you there!

We continue to be available for your district days of sharing and spiritual breakfasts. Please give us some lead time if you can, particularly if you would like gift subscriptions. A.A. Grapevine now has two new books for sale: A.A. in the Military and Frente a Frente (Face to Face, a Spanish translation of our book One on One). They each sell for \$11.50 and can be purchased at our assemblies, conferences, and days of sharing. We are looking forward to our new book about atheists and agnostics, which is scheduled to be out in time for our Area 44 Convention.

You are invited to join us for our meetings at the Area Office: 2325 Plainfield Avenue, South Plainfield, rear entrance, second floor. We meet on the first Saturday of the month at 10 am; if there is a major holiday, we meet the second.

To quote Bill W. once again, "The Grapevine [is] the voice of the Alcoholics Anonymous movement." We of the Area 44 Grapevine Committee strive always to be true to that goal by carrying the message to the next alcoholic. I hope that, as your Chair, I have been true to that goal. Thank you for having allowed me to serve for the past two wonderful years!

Marybeth H.  
Grapevine Chair



I have been fortunate to have been involved in bringing meetings into Morris County Jail for the past eight years, and a member of the CFC (Corrections Facilities Committee) for the last four of those eight years. When reviewing my experience regarding this particular service effort, our Three Legacies come to mind, Recovery, Unity and Service. Each of these guiding principles are well represented in Corrections work. When speaking about recovery in service work, we usually refer to the people that we are doing service work on behalf of. For example, there are men in my Home Group that visit male inmates in jail to take them through the steps. Recently I was asked to provide some Step 4 Work Sheets for the inmates to use. I later heard from one of the volunteers saying how the inmate he visits had filled out his work sheets and was ready to do Step 5. To learn of someone embracing the program and taking an active role in his recovery was very rewarding to be a part of. But the recovery doesn't stop there. In my participation of bringing meetings into jail my recovery is strengthened. Just reading from the Big Book and sharing my experience, strength and hope with the inmates, I feel a sense of usefulness that reminds me that this work is necessary for my recovery as well as theirs. I recently spoke with a person who wants to get involved with our committee and bring meetings into a facility. When speaking to

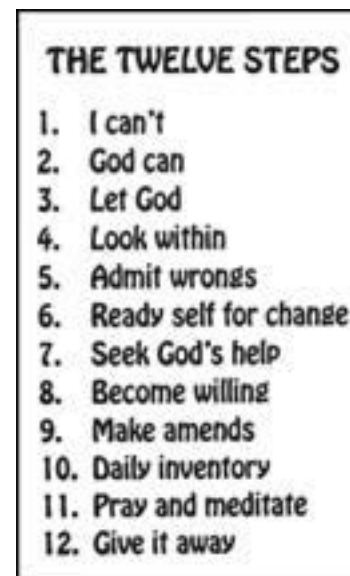
him I could hear the enthusiasm in his voice. He finished our conversation saying "I need this commitment!". Wow! I understood that he felt this work was vital to maintain and grow his sobriety. The principle of unity displays itself in so many ways. At our bi-monthly CFC meetings we have approximately 30 volunteers in attendance. We share what is going on in our respective facilities, situations, ideas, challenges and successes. This is also a great opportunity to get to know one another. Each member is a great resource to the others. Both in the CFC and the ACM (Area Committee Meeting) I have met so many truly humble and grateful members of our fellowship. Their devotion to help the sick and suffering alcoholic is inspiring. When I hear the phrase "Stick close to the winners" I believe I have found them. When it comes to the principle of unity there is no better example than the "Pink Can" donations. The overwhelming generosity of our members to donate money for the purpose of supplying A.A. approved and Grapevine literature to inmates in jails and prisons is simply amazing. I am humbled and grateful to be able to see this act of kindness first hand. A.A. members thinking of those that are locked up, afflicted with this condition and providing them with the tools to achieve sobriety is a wonderful thing to be a part of. Regarding our legacy of service, I refer to a quote from Working With Others "Helping others is the foundation stone of your recovery". There are many ways to serve in regards to Corrections

work. Corrections Correspondence – Share your experience, strength and hope with an inmate in another part of the country via writing letters. Pre-Release Request – Volunteer to escort a recently released prisoner that has relocated to your area to local A.A. meetings until they get situated with a sponsor. Assume the role of District Corrections Chair and visit the groups in your district. Ask if they would consider supporting the "Pink Can" for donations to purchase literature for inmates in local jails and prisons. And last but not least, bring A.A. meetings and literature into correctional facilities. This is our greatest need and the core of what we do. Service is extremely important to my sobriety, but is by no means the sole ingredient to my recovery. I need to be aware and participate in all three of our legacies: Recovery, Unity and Service in order to lead a useful, happy and sober life. Being a part of the Corrections Committee these past four years has been a great experience. I hope if you want or need to do some service work outside of your immediate Home Group, you will consider the Corrections Committee or any of the other many important service committees that we have in Area 44.

Yours in service,  
Ed P. Area 44 Corrections Chair



Thank you, Area 44 for allowing me to serve!  
The 2019 GSR Mid-Winter Luncheon is in the planning stage. We could use more volunteers to make this event spectacular this year. If you have the time and want something fun to do, please join us on the first (1st) Monday of every month at 7:00 pm at the Area Office, 2325 Plainfield Ave, Suite 2J, South Plainfield, NJ. Also, when you pay for your ticket to the luncheon, please make it payable to NNJGS Area 44. The bank has gotten very strict about how the payee appears and will refuse the check if the payee is incorrect. Looking forward to your assistance and participation with the luncheon. Thank you for your service to A.A.  
Anita C.  
GSR Mid-Winter Luncheon Chair



**12 Signs of a Spiritual Awakening:**  
(Big Book page 567 & 568 )

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging & criticizing others.
11. A loss of interest in judging & criticizing myself.
12. Gaining the ability to love without expecting anything in return.



**GROUP CONTRIBUTIONS**

- West Orange Sunday Night Step
- Bellville Thursday Night
- Boonton Sat. night Sick As your Secrets
- Wayne Church Lane Group Mon Night
- Rocky Hill Group
- Bradley Beach Wed. Night
- Madison Group
- Holmdel Lifeline Group
- Friends of Bill W. Club - Hampton
- Elizabeth Friday Night
- Ho-Ho-Kus
- Valley Sunday Meeting
- Haledon On A Different Footing BB mtg.

- Wycoff Saturday Beginners
- Sparta Sat. Night OD Group
- As Bill Sees it/Nooners - Newton
- Fri. Night Sparta Closed BB mtg.
- Anonymous
- Washington Monday Night Group
- A New Day Begins-South River
- Kinnelon Big Book Tuesday Night
- Randolph Saturday Women's
- Dover Wednesday Women's
- Tom's River East Dover Main St.
- Pattensburg Wednesday Night Group
- Time To DoSomething-Forked River
- New Brunswick Friday Nite
- Sparta Beginners Monday Night
- Rumson Sunday Night
- Tuesday Night St. Lukes Metuchen
- Men in Recovery Newton
- Evergreen Grp Lafayette
- Belleville Thursday Night Grp
- Nutley Legacy Grp
- Tom's River Monday nite
- Pompton Plains Thursday Night

*From your  
Area Convention  
Committee*



I could never have imagined how much my personal recovery would be enriched as a result of joining a committee outside my home group 8 years ago.

But that is what happened when I walked into the Area 44 office at 8:00 on the third Wednesday of the month and took my place at the table to serve on the Area 44 Convention committee.

A wise friend once said, we live life forward but understand it backwards. As I look back and reflect, this commitment has taught me more than I can put into a few words. While it has been at times difficult, fearful and frustrating over the last 8 years, I wouldn't trade it for anything. All of the experiences - good and bad - will help me continue to grow Spiritually.

I am forever grateful to my sponsor and service sponsor who continue to remind me that my fellow committee members are the "WE" that make it all happen. By myself I cannot do what we as a committee can and I am grateful for the amazing group of people that have served with me on the committee this year.

If you are thinking of service outside your home group - I can't think of a better committee to be a part of - come join us the third Wednesday of every month at the Area office in South Plainfield at 8:00.

As I close out my Service this year as your Convention Chair - I want to personally invite each and every one of you to come experience the Convention for yourself. If you have registered already - we thank you!

If you are procrastinating and haven't registered yet - we encourage you!

If you have never attended and don't know what to expect - we welcome you!

I promise a weekend of great speakers, great fellowship and lots of fun.

See you September 28 - 30 at the Doubletree Hotel in Somerset NJ.

Humbled to Serve,  
Marybeth A.  
2018 Convention Chair



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

### **Take two... done. Thank you for this opportunity.**

It is a miracle that I don't drink (or use and abuse other substances...) any more. It is a miracle, but no accident. Using and abusing was the only tool in my tool box; to celebrate, relax, avoid, escape, find some relief, or at times, just get out of bed. The program and fellowship of AA taught me how to live life on life's terms, gave me new tools to live by and a new outlook on life.

The Big Book says alcohol is cunning baffling and powerful. I don't know that alcohol is all that, after all, it is just a beverage, in a bottle or glass. What is undeniably powerful in my life is the -ISM of alcoholism: the disease, the mental obsession, the allergy, the mental, emotional, physical and spiritual damage of my addictions. Thankfully, by the grace of G-d, while I learned there was a progression to my disease, there has been and continues to be a progression to my recovery.

I recall early in recovery, sitting next to a guy who, every once in a while, would elbow me in the ribs and say "hear that, that's untreated alcoholism" Noting, some guy, who hasn't had a drink in a while (maybe years), telling the same stories; losing another job, getting into another fight, getting arrested...again. Untreated alcoholism, doesn't matter the details, we are doomed to repeat the past if we don't change. The Big Book says we have a daily reprieve contingent on the maintenance of our spiritual condition. AA continues to provide me the opportunity to change.

Over time, my language has changed too. I say the date of my last drink was... and that I am sober today. It's just not a nuance of language, it's a statement of fact about my understanding

of sobriety, emotional sobriety. There are days when I follow the basic suggestions of the program. Those days tend to be more happy joyous and free than not. More loving, tolerant and of service... There too are days when I am more restless, irritable and discontent (again a quote from the Big Book), when I still feel sick and suffering. Today, my sickness is mostly between my ears and in how I treat myself and others. As we say, I came for my drinking and stayed for my thinking.

The rooms and fellowship are where I received my formal education. The Big Book, 12 and 12 and other literature are the textbooks for living a sober life, and the step work and service became the curriculum by which my life changed. It is easy to stay clean in the rooms for an hour, but as a newcomer, I struggled to not drink or get high for the other 23 hours a day. Now, as I was told long ago, each day is a new opportunity. There are times when "I have enough sober perspective to know what I need to do", and times when I have "no sober experience" to deal with what comes my way. Sometimes I carry the message and sometime I am the one who is still sick and suffering. Today, the -ISM remains cunning, baffling and powerful. That -ISM can take many forms. Looking at the miracle that is my life today, I am also reminded that the progression of my recovery continues to manifest itself in new ways and new opportunities. In general, I have learned the more active a participant I am in our program of recovery, the healthier and more consistently sober my life becomes.

Robert K.

### **The Truth Set Me Free**

I was raised by people who believed that honesty is the best policy. Or at least that lying is a bad thing to do.

As a child, I never got away with a fib; as a teenager, I learned how quickly I could get caught in a lie. Keeping a lie alive required a very good memory and creative embellishing. Clearly it was easier to simply stick to the truth.

Those values vanished when I drank. At first, I was fairly clever covering up my bad habit. And at first my little fibs were believable: I hadn't eaten all day; I slept poorly; I was coming down with something; it was an allergic reaction; I didn't hear the phone;

I goofed when I wrote the appointment on my calendar. I don't remember when the little fibs grew into bold-faced lies but I do remember getting caught – and not caring. Or thinking I didn't care. Or trying to convince myself I did not care. For me the truth was very fluid in so many ways. Somehow in early recovery I was stunned to realize how skilled a liar I had become. I easily accepted the truth that I was an alcoholic and that a power greater than myself could – and would – take away my obsession. But I choked again and again on the part about "grasping and developing a manner of living which demands rigorous honesty." And I relapsed three times.

Was I open and honest about my relapses? Hardly. But I kept going to meetings, kept listening, kept asking questions. My sponsor fired me. I searched for a new one, one who could help me find my way to the happy road of destiny. Before I found a sponsor, I found my higher power. I began chatting with Him first thing every morning. And sometimes, last thing at night. I never did "hit my knees," as many in the fellowship had suggested. I simply grabbed my first cup of coffee of the day and went outside with my dog and started yacking out loud. A kind friend outside of the rooms suggested I begin my conversation with an affirmation: "I am good. I am worthy of all the wonderful things you send my way." This always led to a list that continued well after the coffee was gone and my dog was ready for his breakfast.

The morning after my third (and, hopefully, final) relapse, I nearly choked on the words "I am good." I knew God loved me regardless of my flaws but I could not bear to say those words to him out loud. I simply could not lie to God. And it dawned on me: I no longer wanted to lie to myself.

Was there magic in that moment? Sort of. It was more of an "Ah!" moment than an "Aha!" moment. There was peace, but there was still a lot of work to be done. There's always work to be done. My work on honesty continues more or less on its own. The smallest fib – even just the tiniest germ of a not-yet-formed fib – now triggers an honest conversation with God or myself. I've found my sponsor – or, more likely, God found her for me. I now engage in "God talk" freely, not just alone in my back yard but with others. By turning my life over to the care of God, I'm enjoying a new kind of freedom,

*Continued on page 5*

*Continued from page 4*

something that feels like a daily vacation.

I'm still studying steps one, two and three, still amused that I accomplished them out of order. And with my one-year anniversary less than 10 weeks away, I'm still amazed that the 12 promises do come true.

Sherry B.

### **The Three Legacies: Recovery – Unity – Service.**

Every one of my six coins includes these three words and a dot in the middle, representing the individual. I am just a small dot, just one, a worker among workers and certainly not running the show. The flip side is that I do have a place: on the coin, in AA and in the world. Part of my journey through life as a sober woman is finding that place; on the beam, balanced and right sized. I am not everything, but I'm not nothing either.

We recover through the AA program, we form relationships and bonds with other AAs through sponsorship and fellowship which is unity and then there is service: giving back.

Service opportunities are all around us; from one on one, meetings, our home groups, in the district and area. I have served in many ways in the time that I have been coming to AA. It is how I was taught and it is part of what I pass along when I carry the message.

Recently, I turned over the GSR role to another group member to become DCM for District 32 (Bayonne). Not having the benefit of serving as the alternate DCM, I was filled with fear. I was afraid of change, commitment, the time needed to serve, afraid of failing, of doing well, afraid of what people would think of me, good or bad, afraid of my ego or my confidence being crushed. You name it, I was afraid of it.

Encouraged by my sponsor, I faced these fears and accepted the opportunity to help bring a nearly dark district back to the light. I began to attend more than just my regular meetings and groups in the district to urge folks to get involved. I reached out to those AAs who had been involved in the past, connected with former DCMs and the current DCMs for the two neighboring districts and attended an ACM meeting for the first time, all within the first month. Sounds like a lot of effort however, in reality, I made some

phone calls, exchanged a bunch of texts, attended a few extra meetings and spent one Sunday morning in South Plainfield. I didn't have to quit my job nor put life on hold. Currently, we have a DCM, an alternative DCM, nine GSRs, two alternate GSRs and a potential PI representative.

The District held the annual picnic in August, but this was not without a few bumps in the road. The picnic venue and date were changed late in the game and a few controversial issues regarding district procedure popped up. However, time and time again, I did what the program teaches. I did the next right thing and these situations were managed and handled. Answers came when I stopped, listened and waited for them and God's plan turned out better than I could have expected. The issues will be worked out with little or no drama and we as a district will be better for it.

After leading the meeting at the picnic in August, a woman with a few days sober pulled me aside for a moment to tell me what I said really inspired her. I spoke of the life beyond my wildest dreams that I live today which is filled with serenity, peace of mind, loving myself and others, confidence, humility, strength, gratitude and more. I urged those who are struggling or new to not leave before the miracle happens. Everyone's effort, time and energy were worth that moment when one alcoholic helped another. If one seed can be planted, one life might be saved then it's worth it all. This is what service means to me and the reason why I am touched every time I read the Responsibility Statement.

All of this is hardly my doing alone. I simply plugged the hole in the ship to stop the district from sinking. It was the fellow AAs who then stepped up by either taking on service positions, volunteering, giving monetary donations or attending the picnic. I had been served humble pie in an ego crushing fashion plenty of times in the past. All that did was make me angry and resentful and didn't help me understand humility. Bearing witness to the growing support and involvement in the District was a beautiful way to be reminded of what humility truly is: not think-

ing less of ourselves but thinking of ourselves less.

Many a speaker has shared from the podium that they "can never repay AA". I thought I knew what that meant as it seemed obvious. However, since I have served as DCM, I began to experience the true meaning of that statement. Through the people and program of AA, I got sober and life changed in the most beautiful ways. There is the "debt" that I owed right there. When I perform any service in AA to "give back" in an effort to repay this debt, I gain so much and grow in my own sobriety that the debt keeps growing. Therefore, the more I "pay", the more I "owe". On a final note, District 32 is looking forward to hosting GSR/DCM workshop on October 6th which is a great opportunity to learn how service can make a difference.

Kristen A

### **Relapse**

If you are new in AA, let me just say that relapse is not a requirement for recovery. However, I don't think most people are relapsing. Let's say someone comes to a meeting, stands up, & says, "My name is John Doe & I am coming back from a relapse." After the meeting I walk up to him & say, "Let me ask you a few things. John, do you have a Sponsor?" He says, "Well no." "Have you read the Big Book of Alcoholics Anonymous & applied the 12 Steps in your life to the best of your ability?" "Well no." "John, do you have a homegroup & a commitment at your homegroup?" "Well no." "Well John, what did you relapse FROM? A relapse is a return to a prior condition or state. If the prior condition is untreated alcoholism & you haven't treated it, you have not relapsed, you've continued to drink." So we need to stop letting people go around saying, "I tried it & AA doesn't work". No you didn't, get honest. You went to some meetings, you didn't do what they suggested & you drank again. It's further proof that your way doesn't work.

Barefoot Bill

**COME JOIN US AT  
THE THANKSGIVING ALKATHON  
AT THE  
UNION HILL DROP-IN-CENTER  
427 FRANKLIN ROAD, DENVILLE,  
NJ 07834**

**BEGINNING AFTER 7:00 PM  
MEETING, WEDNESDAY NOVEMBER  
21ST  
UNTIL MIDNIGHT FRIDAY,  
NOVEMBER 23RD**



# Voces Latinas

## Latinos Voices

GRUPO NUEVO AMANECER  
DE DOVER



DOVER, NEW JERSEY



### RESEÑA DEL GRUPO NUEVO AMANECER DE DOVER:

La idea de la apertura de un grupo más de Alcohólicos Anónimos en esta ciudad de Dover se formuló a través de que el compañero Miguel H. con varias 24 horas de sobriedad informara a los compañeros Dimas R., Carlos M. y Tony F. que la pastora de la Iglesia Episcopal San Juan ubicada en la 11 South Bergen St. frente a la estación del tren estaba interesada en proporcionar un espacio y apoyar un Grupo de Alcohólicos Anónimos en español de esta manera el compañero Dimas R. se interesó en la idea formando la mesa de servicio la cual quedó conformada de la siguiente manera:

**Carlos M. (Coordinador)**

**Dimas R. (Secretario)**

**Tony F. (Tesorero)**

El grupo tuvo su primera reunión el día Martes 03 de Febrero del año 2004 quedando como único día de reunión solamente en el horario de 8 a 10pm, después de unos meses se habló con la pastora de dicha iglesia y se consiguió añadir un nuevo día de reunión quedando abiertas las reuniones los Domingos de 4 a 6pm y los Martes de 8 a 10pm. Con el paso del tiempo se agregaron al grupo compañeros que venían con programa de México los cuales fortalecieron el proyecto en gran escala, de la misma manera agradecemos el aporte del compañero Lorenzo ya que su participación fue muy notoria. Cabe mencionar que desde su apertura hasta la actualidad el Grupo Nuevo Amanecer ejerce sus funciones en el mismo lugar y a partir del 16 de noviembre de 2013 nuestro grupo adquirió un local exclusivo en el cual se abrieron 2 reuniones más quedando de la siguiente manera: Domingo de 4 a 6pm (Reunión Abierta), Lunes de 8 a 10pm (Reunión de Estudio), Martes de 8 a 10pm (Reunión Abierta) y Viernes de 8 a 10pm (Reunión con tema). además queremos añadir que en nuestro grupo se han logrado recuperar muchas personas las cuales son miembros activos que continúan brindando servicio a la comunidad de esta ciudad transmitiendo el mensaje de Alcohólicos Anónimos a las personas que aun están sufriendo. Dios nos ha permitido mantener las puertas abiertas un año más y hoy nuestro grupo cuenta con alrededor de 14 miembros y agradecemos plenamente a las personas que apoyaron este movimiento sin ningún interés. Hoy en nuestro **DÉCIMO TERCER ANIVERSARIO** nos sentimos honrados con la presencia de la comunidad en general y los grupos que nos visitan ya que este tipo de reunión nos permiten compartir un poco de este programa que es cien por ciento espiritual.

**"MUCHAS GRACIAS POR SU ATENCION Y ASISTENCIA"**

**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; West Milford Library 2nd Floor, 1470 Union Valley 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, 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), 124 Park St, Ridgefield Park  
**District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville  
**District 14** - Last Tue. 7:00 pm, Barrow Mansion 83 Wayne St, upstairs, Jersey City  
**District 15/21** - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington  
**District 16** - 3rd Mon. 7:00 pm Good Shepherd Luth Church, 160 Ridgedale Ave. Florham Park  
**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 Wednesday, 7:00pm, Presbyterian Church 140 Mountain Ave. Westfield  
**District 22** - 3rd Wed. 7:30 pm, Cook College, 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** - 3rd Thur. 7:00 pm, Christ United Meth Church, 300Ridge Rd, Fair Haven  
**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. 09:30 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 41** - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken  
**District 42** - 2nd Sunday 9:00am, 103 Bayard Street, Suite B-12, New Brunswick

**NNJGS Area 44 Office Calendar**

**SEPTEMBER**

3 Mid-Winter Luncheon 7:00 PM  
 4 Officer's Meeting 7:00 PM  
 5 Mailing Committee Meeting 6:30 PM  
 5 Translation Committee 7:00 PM  
 8 Grapevine Committee 10:00 AM  
 9 Films Committee 9:00 AM  
 9 Area Com Meeting 10:00 AM  
 10 Computer Tech Comm 7:30 PM  
 11 Public Information Comm 7:30 PM  
 12 History & Archives@Interg 7:00 PM  
 12 Treatment Committee 7:30 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 5:00PM  
 24 Remote Communities Mtg 7:30 PM  
 24 Finance Committee 7:00 PM  
 27 Website Committee @ Area 7:30 PM  
 28 Area Conv=Somerset 3:00 PM  
 29 Area Conv=Somerset 9:00 AM  
 30 Area Conv=Somerset 9:00 AM

**OCTOBER**

1 Mid-Winter Luncheon 7:00 PM  
 2 Officer's Meeting 7:00 PM  
 3 Mailing Committee Meeting 6:30 PM  
 6 Grapevine Committee 10:00 AM

8 Computer Tech Comm 7:30 PM  
 9 Public Information Comm 7:30 PM  
 10 History & Archives@Interg 7:00 PM  
 15 Literature Sales 6:30 PM  
 15 Literature Committee 7:30 PM  
 16 Joint Unity Meeting 7:30 PM  
 17 Convention Committee 8:00 PM  
 18 Newsletter Committee 5:00PM  
 20 Area Election Assembly 9:00 AM  
 22 Remote Communities Mtg 7:30 PM  
 22 Finance Committee 7:00 PM  
 25 Website Committee @ Area 7:30 PM  
 25 P&A Committee 7:30 PM

**NOVEMBER**

3 Grapevine Committee 10:00 AM  
 5 Mid-Winter Luncheon 7:00 PM  
 6 Officer's Meeting 7:00 PM  
 7 Mailing Committee Meeting 6:30 PM  
 7 Translation Committee 7:00 PM  
 11 Films Committee 9:00 AM  
 11 Area Com Meeting 10:00 AM  
 12 History & Archives@Interg 7:00 PM  
 13 Public Information Comm 7:30 PM  
 14 History & Archives@Interg 7:00 PM  
 14 Treatment Committee 7:30 PM  
 15 Newsletter Committee 5:00PM  
 17 Committee on Corrections 10:00 AM  
 19 Literature Sales 6:30 PM

19 Literature Committee 7:30 PM  
 19 CPC Committee 7:00 PM  
 20 Convention Committee 8:00 PM  
 22 Website Committee @Interg 7:30 PM  
 26 Remote Communities Mtg 7:30 PM  
 26 Finance Committee 7:00 PM  
 27 Joint Unity Meeting 7:30 PM

**DECEMBER**

1 Grapevine Committee 10:00 AM  
 3 Mid-Winter Luncheon 7:00 PM  
 4 Officer's Meeting 7:00 PM  
 5 Mailing Committee Meeting 6:30 PM  
 5 Translation Committee 7:00 PM  
 7 Work Weekend 6:00 PM  
 8 Work Weekend 8:00 PM  
 9 Work Weekend(optional) 8:00 PM  
 10 Computer Tech Comm 7:30 PM  
 11 Public Information Comm 7:30 PM  
 12 History & Archives@Interg 7:00 PM  
 12 Treatment Committee 7:30 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 5:00PM  
 24 Remote Communities Mtg 7:30 PM  
 24 Finance Committee 7:00 PM  
 27 Website Committee @Interg 7:30 PM

**Intergroup Calendar**

**SEPTEMBER**

6 Intergroup Delegates Meeting, Clark 8:30PM  
 9 Booker's Exchange, Cranford 6:30AM  
 27 Joint Website Committee@Area 7:30PM

**OCTOBER**

4 Intergroup Delegates Meeting, Clark 8:30PM  
 16 Joint Unity Meeting 7:30PM  
 25 Joint Website Committee@Intergroup 7:30PM

**NOVEMBER**

1 Intergroup Delegates Meeting, Clark 8:30PM  
 18 Intergroup Gratitude Brunch 10:30PM  
 22 Joint Website Committee@Area Office 7:30PM  
 27 Joint Unity Meeting 7:30PM

**DECEMBER**

6 Intergroup Delegates Meeting, Clark 8:30PM  
 9 Booker's Exchange, Cranford 6:30AM  
 27 Joint Website Committee@Intergroup 7:30PM

**NEXT ISSUE NOVEMBER 16 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).

*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"



**Blow My Horn**

BenBen the fisherman

[www.recoverycartoons.com](http://www.recoverycartoons.com)

**We are not a glum lot ...**  
 Send us your humorous stories and cartoons.

**NEW !**

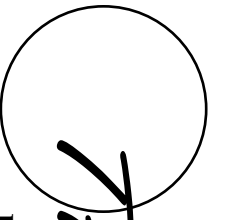


**Member area**  
 userid: alcoholic  
 password: onedayatatime

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

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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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Fall 2018



*Celebrating 72 Years!  
Our 19<sup>th</sup> Annual*

## Intergroup Gratitude Brunch



**Sunday, November 18, 2018**

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: Dennis R.**  
Morning Miracles Group  
Freehold, NJ

**Leader: Nadine E.**  
Thursday Fabulous In Sobriety LGBT  
Toms River, NJ

Tickets: \$33.00 per person  
Attendance limited to 270 persons

**NO TICKETS SOLD AT DOOR!! CUTOFF DATE MONDAY, NOV. 12**

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 12, 2018!**

# your VOTE is your VOICE

NNJGS AREA 44

## ELECTION ASSEMBLY

SATURDAY, OCTOBER 20, 2018

Old Bridge Senior Center, 1 Old Bridge Plaza, Old Bridge, NJ

**ELECTION BEGINS PROMPTLY AT 10:00AM**

**ALL VOTERS MUST BE SIGNED IN BY 9:45AM**

Eligible voters **DON'T** need to be pre-registered in order to vote at this assembly

Sign-In: 8:30-9:45 am – Election Orientation: 9:30 am

**MAKE SURE YOUR GROUP'S VOICE IS HEARD AND COUNTED**

**ELECT YOUR NORTHEAST REGIONAL TRUSTEE NOMINEE – 4-YEAR TERM**

**ELECT YOUR NEXT SLATE OF AREA OFFICERS FOR A 2-YEAR TERM**

Delegate; Alternate Delegate; Area Chair; Alternate Chair;  
Treasurer, Area Registrar, Area Secretary and Alternates

**Directions to Old Bridge Senior Center**

From North:  
Garden State Parkway South to Exit 123  
Take Garden State Parkway South to Exit 88  
Merge onto US 9 South for appx. 4.8 mi.  
Take County Rd. 516 E/Matawan Exit appx. .5 mi.  
Turn Left onto Old Bridge Plaza appx. .1 mi.  
Old Bridge Senior Center will be on the Right

From South:  
Garden State Parkway North to Exit 105  
Merge onto NJ-18 North for appx. 16.5 mi.  
Exit onto US 9 North toward Amboys/NY appx. 1.5 mi.  
Take Exit toward Matawan/Old Bridge and continue straight onto  
Old Bridge Matawan Rd for appx. 1 mile  
Turn left onto Old Bridge Plaza appx. .1 mi.  
Old Bridge Senior Center will be on the Right

**GSRs and DCMs it is your responsibility to participate, but all A.A.s are invited to observe**  
Hosted by Districts 22/23 – For More Information Visit NNJAA.org