

# THIS DAY

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

*A message from your Area Delegate*



This year started with a great deal of promise. It was my second year as Delegate, and I had been elected as the chair of my Conference Grapevine committee. At the end of January, I was invited to the General Service Board meeting along with the other 12 Area Delegates who were elected as the chairs of their committee, the 21 General Service Board Trustees and the GSO Staff members. As the Grapevine Conference committee chair, I was invited to attend the Grapevine Board meeting on Thursday to listen to and participate in as the Grapevine Corporate Board finalized their agenda for our Grapevine Conference committee at the General Service Conference (GSC). There were 8 substantial

items on our agenda to discuss including changes to the Preamble and establishing an Instagram account for the Grapevine. NER-AASA 2020 at the end of February was another great experience as we met with the newly elected Panel 70 NERDs (Northeast Regional Delegates) and passed along the wisdom from our first GSC that was passed along to us by the Panel 68 NERDs. At the banquet on Saturday night, I participated in my second flag ceremony, where I walked into the banquet waving the New Jersey flag with my friend from Area 45 Southern NJ, the new Panel 70 delegate, Richard H. We also listened to the Panel 70 NERDs present their Area highlights in preparation for their two-minute presentation at the GSC in April. Working with my Alternate, Jimmy, we prepared the Pre-conference materials and in early

March had begun presenting the information to the GSRs. Everything was moving along well... Then, the pandemic hit in mid-March. Meetings began to close and then re-open virtually. We had to complete our last 2 Pre-conference reports and conduct a Spanish pre-conference report via Zoom, which required us to come up-to-speed with this new technology. Then, we heard that the planning for the 70th GSC had been halted when everyone in New York was ordered to stay at home and quarantine until further notice and that the Conference might be cancelled. With herculean efforts and some nimble planning, especially by the Conference Coordinator, Patrick C., and the trustees of the General Service Board, the decision was made to hold a virtual Conference. But when I looked at the format and the time constraints

of holding a virtual Conference, I was upset because we would not have the necessary time to bring any of the items that the Fellowship cared about to the Conference floor. In fact, we were asked to look at the items on our Committee's agenda and reduce our items to consider by moving items directly to next year's 71st GSC. My Conference Grapevine committee decided to move half of our agenda to next year!

There were several ways that I turned my thinking around. I had to remember that we were still going to have a General Service Conference and that my committee would still meet. My Grapevine Committee had some great discussions, and we brought changing of the name of our Committee to the Grapevine & La Vina conference committee to the Conference floor with that change

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*A message from your Area Chair*



It's hard to believe that we are coming upon another Election Assembly in October. Our past Delegate Lester G. is hard at work organizing a virtual Election Assembly. More will be revealed on that soon. But, where have these two years gone? I am very grateful for the opportunity to have served our Area as Area Chair and to all my fellow officers and committee members for reminding me of why we do what we do in service. This past year has been especially challenging for all of us with the pandemic. It has forced us all to take another look at how we work our programs and do service. Re-adjusting our sails has become a common theme. I pray that we all continue to remain vigilant in our primary purpose to help the sick and suffering alcoholic and not rest on our laurels, falling victim to the bedevilments. But despite Covid-19, stay at home orders, face masks and social distancing, we have been hard at work readjusting our sails to help better reach the alcoholic in need. Ad Hoc committee on Reopening Meeting Safely has concluded their mission and have come up with considerations for groups to discuss. I

believe that many who may have initially shown an interest in this committee were perhaps looking for the Area to tell groups what to do. However, as you know, the upside triangle is spiritual in nature, and we only offer our experience and ideas for your groups to think and talk about in your group conscience. It is ultimately the decision of your groups to decide. A copy of the Considerations is in this newsletter. Perhaps you can bring this list to your next group conscience to discuss.

Our area has had some changes. Our Treasurer had to step down from her position and our Alternate chair Wendy S. has stepped into the position of Treasurer. Also, our Corrections Chair has stepped down and his alternate Susan C. has stepped into the chair position. I wish them both well in their new roles and am confident they will do a great job.

Our new Social Media Committee has been busy developing guidelines with the help of our Policy & Admissions Committee (P&A). We will be seeing more coming from this committee over the next few months.

Our Standing and Special committees have been working hard to hold virtual committee meetings. An idea was presented to compile a list of Virtual meeting

information so that this is available to anyone who may want to participate on a committee and do 12 step work in our area. Be on the look out for that list soon. I've received many calls about the purchase of Literature from our Area. Please know that our Literature Committee is going to continue to meet monthly at the Area Office and will make literature available for purchase to our membership. Anyone interested in purchasing literature can contact our literature chair or co-chair at literature-chair@nnjaa.onmicrosoft.com or literature-alt-chair@nnjaa.onmicrosoft.com. Mike F. and Mike R. will be happy to help you and your group's literature needs.

As our new Area Treasurer, Wendy S., has stepped into her new role with ease and enthusiasm. Her first task was to get the area virtual 7th tradition set up on our area website. Groups and individual AA members can now donate to our Area using PayPal on the Website. Just go to [https://nnjaa.org/area44/area\\_donations.html](https://nnjaa.org/area44/area_donations.html). Thank you to our Website committee for assisting and helping to get this set up.

As always, if anyone has any questions or issues, I am always here to help. Feel free to reach out to me at area-chair@nnjaa.onmicrosoft.com. Until next

time, I wish you all a safe and happy 24.

Yours in Love and Service,  
Maureen R., Area Chair

## From your Newsletter Chair

Greetings from the Newsletter Committee!

If you are reading this, then you have found our second all-virtual This Day newsletter! Area 44/Northern New Jersey Intergroup continues to conduct most business on Zoom, and the newsletter committee is no exception. Our monthly meeting is the third Thursday of every month at 6 pm on Zoom. The ID

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NEXT ISSUE DEADLINE Nov 5  
newsletter@nnjaa.org

*Delegate contd from page 1* being approved. The Committee also approved 5 new title of Grapevine books, 2 in English and 3 in Spanish. The gratitude of several of the other Area Delegates, especially my friend, Jane E., from Area 49 (Southeast New York) also helped. I also turned to what I had learned in my program especially the wisdom from the story, Acceptance Was the Answer, on pg. 417:

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Myself and my fellow Panel 69 and Panel 70 delegates attended the first virtual Conference, a historical event to be sure. Today, I am grateful to have had that experience and that opportunity. It was certainly different from an in-person Conference but it was a very spiritual experience and my heart was full as we said our goodbyes on the last day. I will forever be grateful for the experience and opportunity that I was given by our Area. I’ve been involved in Area service for several years now, and I can tell you it is one of the best kept secrets in AA. I have learned so much and grown in ways that I could not anticipate, and I have made AA service friends that I will have for life. Being a Delegate has changed me in a profound way. My friend from Vermont, Jan R., a Panel 68 Delegate, told me at last year’s Conference that something would happen and my life would never be the same. She was so right! As my two years is approaching the end, with just 4 months left, I cannot express the gratitude that I have that you entrusted me with this position for the past year and a half. I will be forever grateful. Jeff B.

Panel 69 Delegate  
Grapevine Committee

*Newsletter contd from page 1* is 815 3922 8687 and the password is thisday. Our next meeting is scheduled for September 17. We could use some help, as well as new ideas and suggestions, so please join us!

This Day’s winter edition is currently accepting articles; the deadline is Thursday, November 5. We would love to hear how you are faring during the lockdown. General stories of experience, strength, and hope

are always welcome. In addition, Intergroup and Area Officers, Committee Chairs, DCMs, GSRs and Intergroup Delegates are asked to send us your reports on what is going on in your “service world.”

Please submit your articles in WORD format and be sure they can be edited. We ask that you limit your writing to 800 words - or FEWER. Please avoid sending the article within a text or email if possible. Flyers can be in PDF format. Send your articles and flyers in an attachment to newsletter@nnjaa.org.

Our newsletter needs to be the voice of ALL AA members from Northern New Jersey Intergroup and Area 44. This Day is your newsletter – the voice of Northern New Jersey AA members!

*This Day* is your voice!  
*This Day* is my voice!  
From the farms of Sussex  
To the cities of Essex!  
From the hills of Watchung  
To the shores of Belmar!  
*This Day* was made for you and me!  
YOU AND ME!!

PLEASE LET YOUR VOICE BE HEARD!! Write an article...or two!!

Yours in fellowship and service,  
Marybeth H., Area 44 Newsletter Chair, *This Day*



**G**reetings from your Intergroup Chair,

We’re a few months into the pandemic now, and I am continually amazed at the adaptability of our fellowship. The challenges we have seen as individual members, home groups, committees and as Northern New Jersey Intergroup are unprecedented, yet we take on each new day and each new challenge with a keen intuitiveness and instinctiveness that keeps our fellowship alive and vibrant. I am honored and privileged to have been a witness to the efforts of so many dedicated men and women of this program.

A special Thank You goes out to our paid staff- Mac, Maria and Rhea Anne; this trio of special workers has transitioned from working in the office to working from home, without missing a beat in answering our office’s phones and emails. They are also integral in maintaining the entirely new meeting list of our

member groups who have transitioned to the online platform; as well as supporting a variety of committees in their efforts to move forward in this new climate. NNJIG would not be afloat right now if it weren’t for the abilities of these three fine folk.

And speaking of keeping NNJIG afloat.... The ability of Northern NJ Intergroup to continue to operate in the manner mentioned above is directly tied to economics. Many of you are aware of the recent discussions, letters, pleas and the like from GSO as well as Area 44 in regards to 7th Tradition support; Northern NJ Intergroup’s needs in that standpoint are no different. The economic impact of the global health crisis to our operation has been significant. We no longer have significant revenue streams from literature and meeting book sales and group/member donations have dropped substantially, yet our costs remain relatively unchanged. This has created a sizeable negative cash flow shift, causing us to tap into our prudent reserve accounts. With the steep decline in group donations and lack of literature sales, long term financial sustainability for NNJIG may be problematic should the current trends continue.

So, with that in mind, I am writing this open letter to all the individual members and member groups of Northern New Jersey Intergroup, asking you to please consider the following bullet points, whether it be as an individual member or through

your group’s conscience at your next business meeting:

•**Intergroup no longer has Excess Funds.** *Accumulated funds beyond the prudent reserve as referenced in our long form of the 7th Tradition were a point of contention for some; however, the COVID-19 situation has relieved us of this burden. It’s my understanding that as a part of some groups’ consciences they suspended donations to NNJIG until the body cleared the excess funds. Let it be known that the funds that exceeded our prudent reserve are now gone and that NNJIG now operates below our prudent reserve target amount.*

•**Intergroup has transferred \$40,000 from the reserve accounts to the main operating account in less than 60 days.** *Since our last in-person Delegates Meeting in March, the Intergroup Trustees have met numerous times and in consultation with the Treasurer, unanimously voted three times to move funds from the reserve accounts to the main operating fund, totaling \$40K. These transfers are unprecedented in my 10 years of attending Intergroup Meetings.*

•**Statements of Cash Flow are posted on the NNJAA website under the Intergroup pull down, where it says “members area”.** *The most recent reports are available here; I know a lot of groups are asking for them. They are posted generally within 48 hours of being presented to the Intergroup Delegates.*

•**During April & May Intergroup has had \$0.00 in revenue**

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**Winter Issue Topic**  
*Continuation of Fall Theme*  
**Staying Sober No Matter What**  
Submit your articles to [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)

**Deadline November 5, 2020**

Articles should be between 200-800 words.  
Please use WORD format as a separate document that can be edited.  
Posters can be in a PDF format.  
Include your town, home group, or district. [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)

**Thinking about a service commitment?**  
Join the Newsletter Committee meeting the 3<sup>rd</sup> Thursday each month at 6 pm on Zoom.  
ID: 81539228687 Password: thisday

Hmm, I can help the Newsletter Committee!!

Contact the Area Committee Chair at [newsletter@nnjaa.org](mailto: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).

Intergroup contd from 2 from AAWS literature sales. In 2019, NNJIG's revenue of AAWS literature was over \$11,000.

•During April & May Intergroup has had \$0.00 in revenue from Meeting Book Sales. In 2019, Meeting Book revenue was over \$20,000.

•Group Donations in March, April and May totaled \$8,900. Prior to that, in February 2020, that single month's Group Donations totaled over \$15,000. In 2019, the average monthly donation amount was over \$10,000.

•Intergroup still has expenses. Many of our expenses are fixed and have not changed or fluctuated because of the pandemic. Additionally, some costs have gone up, such as labor, because of the need of the staff to serve the fellowship in a greater capacity than prior to this health crisis.

•Intergroup is having their mail forwarded, so submitting contributions via USPS is still a valid way of contributing. On the NNJAA website, using the pull-down titled "Intergroup", you will see an option "Donate to Intergroup," which will detail a number of 7th Tradition submission options.

•Intergroup continues to utilize a PayPal Account and can receive donations in that format as well. [https://www.nnjaa.org/intergroup/intergroup\\_donations.html](https://www.nnjaa.org/intergroup/intergroup_donations.html) Same pull-down on the website as mentioned above.

•There are a variety of digital payment formats and platforms that groups can use to honor the 7th Tradition basket in a virtual world. A verbal announcement or "sharing content" during the online meeting mentioning how individuals can honor the 7th Tradition have worked well for many of our member groups.

•"Self-support begins with me, because I am part of us—the group. We pay our rent and utility bills, buy coffee, snacks, and AA literature. We support our central office [and intergroup], our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of AA". From the AA Pamphlet "Self-Support: Where Money and Spirituality Mix."

In Service,  
Justin B., Intergroup Chair

## NORTHERN NEW JERSEY Area 44 and Intergroup Inc. Presents A Virtual Joint Unity Day of Sharing



**October 24, 2020  
9:00am to 4:00pm**

### Presenters

**Jeff B. Area 44 Delegate  
John H. Intergroup Trustee  
Billy N. Past Delegate & Past General Service Trustee  
Beau B. General Service Trustee**

**Zoom ID: 844 7596 1582**

**Password: 704071**

**Dial In: 1-929-205-6099**

### FOR MORE INFORMATION CONTACT

**Jimmy A. [area-alt-delegate@nnjaa.onmicrosoft.com](mailto:area-alt-delegate@nnjaa.onmicrosoft.com)**

**Tom S. [intergroup@nnjaa.org](mailto:intergroup@nnjaa.org)**

### History and Archives Committee



I love history! I especially love American History and the stories of our founding fathers. As a young country in comparison to the rest of the world, we have seen amazing things evolve. As a member of Area 44's History and Archives Committee, I proudly serve as its secretary, and I love learning about the founding fathers (and mothers) of AA's rich history.

As a teacher of Kindergarten and 1st grade students—when I taught Math and money lessons and discussed the penny—I would talk about Abraham Lincoln. I always told of my visit to The Lincolns Memorial when a pigeon flew on his head and never left while I tried to take a picture. That story (and picture) would be revisited all year long in my Kindergarten classroom.

"Remember, Mrs. P, when you visited the Lincoln statue and what happened? That was so funny!" I brought props and pictures, a lot of passion, and related history to their young lives.

These are the things that we do on the History and Archives Committee. We are all passionate about the program of AA and fascinated by its early stories. Through our own research and readings, we share about AA's past and discuss the books that tell those stories. We compare activities of our home groups, prepare presentations for conventions and group celebrations, and share our excitement of how this whole thing got started! The work performed by this group is done with love and passion and hours of personal time. We've been interviewing members with 40+ years of sobriety and have heard amazing stories of early AA. A fellow H&A member, Jeff, and I had the pleasure

of interviewing William G.B in Stratford, CT, who had 14 hours of his personal audio interviews with Lois Wilson, and then wrote the screenplay for "When Love is Not Enough – The Lois Wilson Story". We felt honored to spend time with someone who had a direct link to Lois.

I have always said to myself, "I want to know more about this program, how it works, how it is saving lives, and how it gave me my life back!" So, I became a GSR and then a member of History and Archives. Last year, we visited Akron, OH and went to the graves of Dr. Bob and Ann Smith. We went to Long Branch, NJ to visit the grave of Dr. Silkworth. Dr. Silkworth treated over 40,000 alcoholics in his career. How amazing is that? This year, a few of our H&A fellows and friends went to visit Ebby T's grave in Albany, NY. Now that was a treat! These were selfless

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*History cont'd from page 3*  
people who gave astounding amounts of time and energy to helping people just like me. The 2.5 hour drive seemed like 15 minutes, I was so excited to get there. Who would know that I would do my research and also find and visit our 21st President, Chester A. Arthur's beautiful, spectacular grave in that cemetery? As a history lover, I was in my glory.

When we visit our AA past, we are walking in the footsteps of those before us. When reading about our history, we learn what to do and not to do for AA's future. History is not just the past it is also the present! The things that I do today in the program of AA will resonate in the meetings of the future. I once read, "The death of an old person is like the burning of a library."

We are lucky to have recordings and writings of Bill W. and the original old timers to guide our program. These words of wisdom ring true today as never before. These words help us to rebuild our lives and strengthen our characters. These words are the library of AA's present and future. I owe everything to Bill W and our forefathers for this incredible program, and I am a proud, grateful member of History & Archives.

Yours in Love and Service,  
Jean P., Secretary, Area 44  
History & Archives




**H**ello. My name is Bill, and I am an alcoholic. It is my honor and privilege to serve you as Nightwatch Committee Chairman. For those who don't know what it is, Nightwatch is the committee which organizes the volunteers who answer the Intergroup Phone when the Intergroup Office is closed. We make sure the phone is answered by a live recovering alcoholic whenever the office is closed.

Typically, a group takes a commitment to cover the phones for a week. Most weeks have 11 shifts. Volunteers from your group would take different shifts. The Nightwatch Coordinator for the county in which your group resides would orient your volunteers and provide them with access to the Nightwatch Manual. One volunteer from your group would be the Group Nightwatch Leader who coordinates the volunteers from your group and makes sure

they have what they need.

There is also another way you can take part in Nightwatch. Once a year the Intergroup Office mails out a "12 Step Contact Form" to all the groups in Area 44. Generally, at a Group Business Meeting, members of your group who are willing to talk to another alcoholic who calls the number would put their first name and phone number on the form along with when they would be willing to talk to someone. Your group would then return the form to the Intergroup Office. We have a policy to never give those numbers out and we take the security of that very seriously. We put those phone numbers in the 12 Step Contacts section of our Nightwatch Manual for Nightwatch volunteers to use. When someone calls the office number and a caller wants to talk to another alcoholic from his or her area, the Nightwatch volunteer would look up who is in the caller's area, take the caller's number, and look in the 12 Step Contacts Section of the Nightwatch Manual for a volunteer who is willing to field such calls at that time. We then give the volunteer the caller's phone number to call them back. We make it a point to NEVER give out the phone number of the volunteers who fill out the 12 Step Contact Form. Every year, we make a new 12 Step Contact List and shred the old ones. The Nightwatch Manuals also have directions for volunteers as to how to perform the Nightwatch commitment.

With the Stay—At—Home order in place in NJ, Nightwatch has had to make some adjustments to how we do things. Not only is it a problem circulating Nightwatch manuals to volunteers who need it, but it is also a health risk. For several years, the idea frequently came up to put the Nightwatch Manual online. There was always a security concern that kept us from doing so. Until now. When this crisis hit, we had to find some way for volunteers to see the manuals. By a miracle of God's Grace, at the time this crisis struck, the Nightwatch Committee had a new member who just happened to have a master's degree in cyber security. He was able to securely do what we've been talking about for years. The situation forced our hand. We now have the Nightwatch Manual in a secure location on the Area 44/Intergroup Joint Web Site. It requires three passwords to get to the 12 Step Contacts and the third one is protected by 256 Bit DoD File Encryption. Furthermore, the password for the encrypted file will be changed weekly. Some might raise the point that this



Let's see how this works.

N. N. J. G. S. Area 44

**Virtual Election Assembly**

Area 44 Nominee for 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

Recording Secretary/Alternate and Registrar/Alternate

**Saturday**

**October 17, 2020**

Voting members must register by going to:

[www.nnjaa.org/area44/register](http://www.nnjaa.org/area44/register)

Registered voters will be sent a zoom link to the Voting room a few days before the Assembly

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


**Election Begins Promptly at 10:00am**

**All Registered voters MUST be signed in by 9:45a.m.**


Please be there to make sure your Group's voice is heard and counted

GSRs, DCMs AND ALTERNATES ARE URGED TO ATTEND  
BUT ALL A.A. MEMBERS ARE INVITED


Spectator Zoom Info: Meeting Id: 828 9847 5594 Password: 404055



Somebody has to make things happen.



They lead us by example. They don't boss!



Every member has a voice!

could be hacked. I'm not going to shy away from this question. With this level of encryption, it would be easier for someone to break into the Intergroup Office (or even a volunteer's home or car) and steal a Nightwatch Manual off of the desk than it would be to access the Nightwatch Manual on our web site. So, to some extent, the manuals are better protected on our web site now than they were when we did it by loaning a volunteer a Nightwatch manual.

The Nightwatch Coordinator for your county would be the one to provide the Nightwatch Group Leader with the passwords to access the file. We have also put up a version of the Manual without the 12 Step Contacts or the encryption (it would still be protected by 2 passwords). This would be for volunteers who are planning on doing Nightwatch in a week or so to review the guidelines. There really isn't any sensitive information in the Nightwatch Manual without the 12 Step Contacts. The 12 Step Contacts would still be in the protected encrypted file that requires the 3rd password that changes weekly.

Nightwatch meets the Third Wednesday of every odd-numbered month (Jan, Mar, May, July, Sept, Nov) at 7pm. Prior to this crisis, our meetings were at the Intergroup Office. For the time being they are through Zoom. Meeting Id 932 2806 1821 Password: 24

If you have any questions about Nightwatch or your group wishes to take a commitment for a week,

please contact me at: NIGHTWATCH@NNJAA.ORG.

Thank you for Your Service, Bill N., Nightwatch Committee Chair, and member of the Belford Clearview Group on Tuesday night in Middletown.

**GSR Mid-Winter Luncheon Committee**



The 2021 G.S.R. Mid-Winter Luncheon Committee had their first meeting on July 6th, 2020 via virtual communication. The Committee Chairs are in place. These times, they are a changing. How fitting the 2021 General Service Conference theme is "AA In A Time of Change." Whatever the future brings, the show will go on. Remember there are no musts in AA; however, we do have Traditions.

So, let's go back 60 years to the 1960 General Service Conference. From "Our Great Responsibility" A SELECTION OF BILL W'S GENERAL SERVICE CONFERENCE TALKS 1951-1970, Chapter III. Transformation 1960: "AA in an Era of Change." page 101. To quote from Bill W., "I think a keyword by which you might convey some little part of what has happened might be the word 'Communication', now so much in the forefront of our minds. When you think about it, AA is a unique means of communication: our lives have depended on 'Communication';

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GSR MWL contd from page 4  
our unity depends on ‘Communication’; our function depends on ‘Communication’. Everything has hung on this business of ‘Communication’. And I can think back on a time when there was virtually none.”

So, it is the GSR's, who are the key link in the chain of “Communication”. Through them, in this era of change their responsibility never changes. They are the lifeline to the Area, their District and their Home Group. The primary purpose of the G.S.R. Mid-Winter Luncheon Committee — to show the gratitude and appreciation of Area 44 to these men and women.

Yours in Love of Service,  
Frank F., G.S.R. Mid-Winter Luncheon Committee Chair



I'm going to make this short and sweet (just like our Area Newsletter Chair). She's been very patient with me. I've had a lot going on and sent this article in, on the extremely late side. Nothing to drink over. Not that there is ever anything to drink over. It's life on life's terms and how I perceive things. The Grapevine Committee is still trucking along. We are starting to do in person sales at the Area Office after our normally scheduled Committee meeting, which usually meets on the first Saturday of the month but is currently being held virtually. So, basically, someone will be at the office while attending our virtual meeting and then will be available for sales afterwards. If you need literature, then come on down! If the day of the committee meeting doesn't work, other arrangements can be made, including sales on the third Saturday by appointment. If you need something, just reach out and someone will be available that day. If you need Grapevine literature, we will make it work. In typical AA fashion, I have made literature available out of the back of my car. We are looking forward to the Virtual Area44 Convention. Grapevine will be putting on a show. Not quite the same virtually but hopefully we can entertain and inform a little in our usual Grapevine way. We also might have an event coming up with the Literature Committee in October. More will be revealed as we still have to iron out some details. If you would like to get involved, feel free to reach

NIPS SERVICE CENTER / AA HALLS AREA 44				
TREASURER'S REPORT				
For Period Ending May 31, 2020				
<b>SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)</b>		Money Mkt	Checking	Totals
Opening Account Balances for Current Period	(Apr 30, 2020)	\$82,847.80	\$52,882.78	\$135,730.58
Revenue for the Period		\$2.11	\$2,050.56	\$2,052.67
Expenses for the Period			(\$778.14)	(\$778.14)
Transfer between Money Market and Checking			\$0.00	\$0.00
Ending Balance for All Accounts for Current Period	(May 31, 2020)	\$82,848.71	\$54,154.20	\$137,002.91
<b>CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD</b>		Money Market	Checking	Totals
Statement Balances	(May 31, 2020)	\$82,848.71	\$54,837.28	\$137,685.99
Outstanding Checks			\$ (483.08)	(\$483.08)
Outstanding Deposits			\$0.00	\$0.00
Adjusted Bank Balances	(May 31, 2020)	\$82,848.71	\$54,154.20	\$137,002.91
Variance in Reconciliation				\$0.00
<b>Designated Funds at (May 31, 2020)</b>				
Jailbox Contributions		\$14,413.28		
International Hospitality Suite		\$6,834.84		
Total Designated Funds:		\$21,248.10		
<b>ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)</b>				
Current Checking Account Balance			\$54,154.20	
Less: Prior 12 Month's Average Monthly Expenses Times Two			(\$27,201.00)	
Over / (Under)				\$26,953.20
<b>ANALYSIS OF PRUDENT RESERVE</b>				
Total Cash in Bank (Not Including Convention Acct)			\$137,002.91	
Less: Designated Funds (Jailbox, etc.)			(\$21,248.10)	
Less: Checking Account Guidelines (2 month average expenses)			(\$27,201.00)	
<b>PRUDENT RESERVE FUNDS</b>			\$88,553.81	
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)			(\$47,078.00)	
Over / (Under)				\$41,475.81
<b>SUMMARY OF OFFICIAL APPROVALS / REVIEWS</b>				
Individual/Group	Action	Completed Through		
Treasurer	Approved	May 2020		
Alternate Treasurer	Approved	May 2020		
Finance Committee	Approved	May 2020		
Officers	Reviewed	July 2020		
AGM	Approved	Mar 2020		
Assembly	Approved	Mar 2020		

out to me at grapevine@nnjaa.org or just pop into one of our Committee meetings. The login details are on our Area website.

In love and service,  
Jim O., Area44 Grapevine Chair



Greetings from the Cooperation with Professionals Committee!

It is an honor and a privilege to serve the Area as your CPC chair. Just because we can't meet in public does not mean the CPC committee is still not doing its best to do vital 12 step work in working with professionals to carry the message to the still sick and suffering alcoholics.

Every member of Alcoholics Anonymous is a member of the CPC committee. We want to inform professionals about what AA is and what AA is not. If you

go back in your story and ask, “how did you first hear about AA?” The answer is usually from a professional, such as a therapist, doctor, judge, probation officer, clergy member, or social worker. The goal is to get these professionals information about AA so they can get the still sick and suffering out of the group of those that does not know AA exists to those that do know AA exists. We may not directly know our outreach has helped, but it inevitably does just as it did for us.

The CPC committee has been meeting on Zoom at our regularly scheduled time of the third Tuesday of each month at 7pm. The CPC and PI committees are excited to be teaming up with our Virtual Area 44 Convention and will have an online panel/workshop as part of this year's virtual Area Convention in September. Our committee members continue to do virtual sharing sessions with professional contacts as needed. All district CPC chairs and interested AA's

are welcome to attend our committee's monthly virtual meeting along with bringing suggestions of professional groups to carry our message to. Just email me or your DCM, and I will send you the link for our monthly meeting.

In service,  
Mark D., Area 44 CPC Chair



Throughout the Pandemic, the treatment committee continues to meet the 2nd Wednesday of each month and our meeting has had excellent participation.

During the beginning of the pandemic, the Area 44 District chairs were in constant contact with the treatment centers that we service. During this time, we were of service to provide virtual meetings and other resources. In the last 30 days, many of the

continued on page 6

*Treatment contd from page 5*  
 treatment centers have opened up to allow a limited number of meetings and our membership has been able to bring commitments back into the centers. Some centers are continuing with virtual meetings, some centers tune into virtual meetings, some centers are inviting in commitments, and, unfortunately, we are still waiting on some to come back on line.

As a result, we are conducting an Informational Workshop for Treatment Centers and District Members on Friday September 25, at 10 am. At this time, we will be reviewing our services and also discussing our Bridging the Gap Program. In October, tentatively scheduled for October 31, we will be presenting an informational session for alcoholics that want to carry the message into treatment centers.

One of the pamphlets that we recommend for treatment center workers “Information on Alcoholics Anonymous” (available at [www.aa.org](http://www.aa.org)). This allow treatment centers to understand our singleness of purpose and other information about Alcoholics Anonymous.

In Service,  
 Rosemary B., Treatment 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

**Sober Shutdown**

For reasons I can’t recall, Lucy and I did not drive together to our home group that Wednesday night. “Meet you there,” I’d told her. We didn’t need to carpool because the meeting was less than a mile from our respective homes. But we cherished the time spent in her cozy mini-Cooper before and after our beloved meeting.

When I arrived, she and I embraced as though we hadn’t seen each other in ages. “Not sure that’s the best idea,” a group member warned, purposely standing at a distance. “Then I won’t hug you,” I replied, playfully. It was early March, and

news of the deadly Coronavirus was just beginning to air on TV networks across the world. There was a reason to be cautious. At the coffee pot, everyone had a story to tell of shortages on toilet paper, paper towels, and Purell. I listened half-heartedly.

With the meeting beginning in minutes, my focus was on sobriety. I felt insulated from the world and its problems. Wasn’t that what being in an AA meeting was all about? A time to garner an hour of peace? To hear a message of hope?

To learn to live life as a woman of honor and dignity? In what had become a weekly sacred space, I took my usual seat, grateful to sit shoulder to shoulder with fellow alcoholics who shared a common

solution. Looking around at my friends—men and women I’d relied on to help me stay sober—I pushed aside the chatter in my head.

The hour passed quickly, as it always did. During cleanup, I overheard whisperings of upcoming curfews and lockdowns and church closings, all of which would ultimately affect our ability to attend meetings. I was incredulous.

Small groups that typically formed post-meeting for light banter were quick to disband. I sensed an air of tension beneath the goodbyes. As the lights switched off and the door was locked, there was a feeling I couldn’t then have put my finger on. Walking to

Lucy’s car, she reminded me we’d driven separately. “Oh yeah,” I laughed nervously. This time we didn’t hug. Something significant was happening; something that would challenge us in a way we couldn’t have anticipated.


At my morning meeting the following day, everyone wanted to understand what potential lockdowns might mean for the future of meetings. No one had a clear answer. The notion of a church having to close its doors to its parishioners, and by association, to our members was unthinkable. I couldn’t fathom a locked door to the entry of a space that had become more important to me at times than my own home. I’d taken for granted that the door would always be open.

Shutdown. It was a word I’d known well while drinking. I’d regularly shut down mentally;

*continued on page 10*

**NNJGS Area 44 - District 17**

**VIRTUAL DAY OF SHARING 2020**



**“RECOVERING UNDER ALL CONDITIONS”**

**Saturday, October 3, 2020**  
**9:45 AM – 12:15 PM**

**Zoom ID: 875 8546 1247**

**Speakers:**  
**Glenda C. from Free at Last and**  
**Greg T. from Newark Thursday Night**  
**Standing Committees**

**“Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength and hope.”**

*Alcoholic Anonymous, pg. xxii*

**Please join us for a day of speakers and service!!**



## Area 44 Reopening Considerations

Many of us are excited by the prospect of getting back to our meeting rooms, church halls and club houses and restarting in-person meetings again. In that spirit, an ad hoc committee has been created to develop and present guidance to our area members, groups and districts on safely re-opening meetings in our Area.

Throughout the discussions on this subject, considerations on a number of our Traditions surfaced repeatedly. These included:

**Tradition 1** – “Our common welfare comes first; personal recovery depends upon A.A. unity”

**Tradition 2** – “For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.”

**Tradition 4** - “Each group is autonomous, except in matters affecting other groups or A.A. as a whole.”

We must not lose sight that our group decisions can impact our members, other groups or A.A. as a whole as well as members of our local communities and other entities that may share our meeting space or host facility. So, as individuals and groups, our attitudes and actions should ensure our common welfare, including health and safety, of all individuals around us.

We should also be cognizant of local, state and federal regulations regarding personal interactions and group gatherings during the COVID-19 pandemic. While outright directives to the membership would be contrary to the spirit of Tradition 2, many members felt very strongly that the “law of the land” was of paramount consideration when establishing an informed group conscience. Please do your due diligence in researching legislative actions that are applicable to your area.

The following represents the committee’s consolidated research, knowledge and experience as of mid-July 2020 and is presented for groups to use as they consider re-opening their meetings.

### **Has the group reviewed and considered:**

1. All Executive Orders related to COVID-19
2. Any guidelines, suggestions or rules set in place by the facility or landlord?
3. Their own group conscience, representing the collective thoughts and decisions of its members?
4. A.A. best practices based upon the experience of other groups, districts, areas, intergroups, etc.?

### **How the 7<sup>th</sup> Tradition contributions will be handled?**

1. How will the group implement a physical and/or virtual basket?

**NORTHERN NEW JERSEY GENERAL SERVICE**



**New Jersey  
Alcoholics Anonymous  
Area 44  
2020 Virtual Convention**

**September 26-27, 2020**

**Entire Program is LIVE via ZOOM**  
(limited to 1,000 attendees)

Please Note: Zoom information will be released the week of September 20, 2020. Please check back for sign in information.

**SATURDAY SEPTEMBER 26TH  
11AM-8PM**

11:00 AM-11:45 AM	Young People Speaker: Allison R., Jersey City, NJ
11:45 AM-12:00 PM	Break- Please stick around during the break to join a breakout room and meet other AA members.
12:00 PM-1:00 PM	Al-Anon Speaker: Ellen C., Addison, TX
1:00 PM-1:15 PM	Break
1:15 PM-2:15 PM	Old Timers' Panel: Jack Mc., Spring Lake, NJ, Don D., Waretown, NJ, Barbara B.R., East Orange, NJ, Bob S., Allendale, NJ, and Suzanne S., Franklin Township, NJ
2:15 PM-2:30 PM	Break - Please stick around during the break to join a breakout room and meet with other AA members.
2:30 PM-3:30 PM	Ice Breaker Speaker: Lillie H., Portland, ME
3:30 PM-3:45 PM	Break - Please stick around during the break to join a breakout room and meet other AA members.
3:45 PM-4:45 PM	History and Archives Presents: "Links in the Chain"
4:45 PM-5:00 PM	Break
5:00 PM-5:30 PM	Grapevine Mystery Theatre Presents: "Murder at the Area Office"
5:30 PM-5:45 PM	Break
5:45 PM-6:30 PM	Young Timer/Old Timer Speaker: Lia H., Ridgewood, NJ
6:30 PM-7:00 PM	Dinner Break
7:00 PM-8:00 PM	Banquet Speaker: Ron W., Los Angeles, CA

**SUNDAY SEPTEMBER 27TH  
10:00 AM to 12:00PM**

10:00 AM-11:00 AM	"Carry the Message" Area 44 Standing Committees
11:00 AM-12:00 PM	Spirituality Meeting Speakers: Bryan C., Wall, NJ, Karen C., Morris Plains, NJ, and Matt S., North Haledon, NJ
Convention Close	



**THANK YOU  
FOR YOUR  
GENEROSITY!**  
  
2nd Quarter 2020

- |   |   |  |
|---|---|--|
| <ol style="list-style-type: none"> <li>1. Sunrise Group</li> <li>2. Freehold Saturday Sunday</li> <li>3. Metuchen Sat Morning Serenity Group</li> <li>4. Pompton Plains Thurs Night Group</li> <li>5. Millburn Sunday Big Book</li> <li>6. Rocky Hill AA</li> <li>7. Ruby Slippers</li> <li>8. Sunrise Group</li> </ol> | <ol style="list-style-type: none"> <li>9. Give &amp; Take Discussion Group</li> <li>10. Chatham Happy Destiny BB Study</li> <li>11. Pleasant Valley West orange 10 AM</li> <li>12. Daily Reflections</li> <li>13. Tell it like It is</li> <li>14. Okay today</li> <li>15. The Way Out</li> <li>16. Nuts &amp; Bols Group Pompton Plains</li> <li>17. Step By Step Group of Maplewood</li> <li>18. West Keansburg AA Group</li> <li>19. Recovery Lifeline Group</li> <li>20. District 24</li> <li>21. Freehold Saturday Sunday Group</li> <li>22. As Bill See It</li> <li>23. Women's Step to Grace and Dignity Meeting</li> <li>24. Mountainside Group</li> <li>25. Seven Emers c/o St Gabriels Church</li> </ol> | <ol style="list-style-type: none"> <li>26. Monday 12:15 pm Closed Discussion</li> <li>27. Sunrise Group</li> <li>28. Hill Street Blues</li> <li>29. Daily Reprieve Group</li> <li>30. Church Lane Group Monday Night</li> <li>31. Do It Yourself Group Kinnelon Tues Night</li> <li>32. Belleville Thurs Night</li> <li>33. Recovery Hall Belleville</li> <li>34. Nutley Unity Group</li> <li>35. East Brunswick Monday Night Group</li> <li>36. Sober Fun and Promises Group</li> <li>37. Sunday Keep It Simple Somerville NJ</li> <li>38. New Lifer's Group</li> </ol> |
|---|---|--|

**Topic for the  
Winter Issue:  
Staying Sober  
No Matter What**  
(continued)

**Next Issue  
Deadline:**  
November 5, 2020

Send your articles of 800 words or less to:  
newsletter@nnjaa.org



# From Your Intergroup Office!!!

**G**reetings from Intergroup!

We have been busy the last few months with keeping the NNJAA.org website updated with temporary meeting cancellations, online meetings, and, more recently, re-opened meetings. We appreciate all the A.A. members who have been in contact with the office to communicate information regarding the status of your Groups. The office officially closed on Monday, March 23. We remain grateful for the Trustees, Website Committee and Nightwatch Committee who assisted in our transition to working from home. This assistance enabled us to seamlessly maintain 24/7 phone coverage and office operations to help the sick and suffering alcoholic.

We're doing our best to address the varied challenges brought about by COVID-19. Here is some of the information we think might be of interest:

**Rocketed into a Virtual Dimension.** By the end of March, the Governor's Executive Order(s) sent us all scrambling to figure out how to stay connected to our Groups and each other while protecting ourselves and others.

- As of this writing, we have a list of 467 online meetings listed on our website. Information regarding online meetings can be accessed by clicking on the "Online Meeting" menu option.
- Intergroup only lists online meetings which take place at the exact day and time as an existing meeting; in other words, meetings that have already been accepted by a majority of the Intergroup Delegates. Therefore, online meetings with no existing, corresponding physical meeting cannot be listed on [NNJAA.org](https://www.nnjaa.org).
- If your group would like to add, delete or make changes to an online meeting, please use the Meeting Update form which can be found by clicking on the red banner at the top of our home page or here: [https://nnjaa.org/intergroup/cgi-bin/virt\\_mtg\\_form.php](https://nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php)
- Please allow the Intergroup office at least 2-3 full business days to process information and update the website.
- An ad-hoc Intergroup committee was formed at the July Delegates meeting to discuss the status of online meetings going forward, particularly the need, manner, and method of recognizing virtual meetings. Anyone is welcome to join this committee. Please contact the Intergroup office via email at [intergroup@nnjaa.org](mailto:intergroup@nnjaa.org) or by phone 908-687-8566 during our regular business hours, Monday – Friday 10:00 AM – 6:00 PM if you would like to participate.

**Meetings in Transition.** E.O. Number 152, and subsequent Executive Orders issued by Governor Murphy, gave our Groups new questions to answer when the requirements for groups meeting in person, both in and out of doors, were loosened.

- Keeping in mind our 4th Tradition, we've provided a list of questions that groups may want to consider before reopening. They can be found by clicking on the red banner at the top of the NNJAA.org homepage: [https://www.nnjaa.org/intergroup/pdf/In\\_Person\\_Group\\_Considerations.pdf](https://www.nnjaa.org/intergroup/pdf/In_Person_Group_Considerations.pdf)
- To have your meeting marked as re-opened, please use the form on the website to notify office staff. The form is located by clicking on the red bar on the home page of the website and scrolling down to the bottom of the page or here: [https://nnjaa.org/intergroup/cgi-bin/virt\\_mtg\\_form.php](https://nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php)
- As of this writing, 145 meetings have reopened face-to-face (f2f). Meetings that have updated their information with Intergroup via the form on our website ([https://nnjaa.org/intergroup/cgi-bin/virt\\_mtg\\_form.php](https://nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php)) are marked in the "Meeting Finder" section of the nnjaa.org website with a red star.
- Please allow the Intergroup office at least 2-3 full business days to process information and update the website.

**Stepping Up Our Game.** The pandemic gave us the opportunity to find new ways to interact with you and to serve our Group members.

- The Intergroup office now has texting capabilities. At this time, we prefer to limit its use to outgoing messages or responses to messages that we initiate. We will identify any communication as sent from "Intergroup," rather than "Alcoholics Anonymous."
- The monthly Intergroup Delegates Meeting is taking place online until further notice, on the first Thursday of every month at 8:30 PM. Please check the website for updates on accessing the meeting. We are in need of delegate participation to reach a quorum and conduct Intergroup business.
  - oMeeting Minutes and the monthly Cash Flow statements are posted in the Members Only area of the website.
  - oIf you have any questions about the Delegates Meeting, please email: [IGDelegates@NNJAA.org](mailto:IGDelegates@NNJAA.org)
- The quarterly Bookers Meeting was successfully held online in June. Please check the website for information regarding the next meeting which will take place on Sunday, September 13. Please send any questions you may have to [Bookers@NNJAA.org](mailto:Bookers@NNJAA.org).

**The 'Business' of Intergroup.** Obviously, we haven't shut down or pulled back during this period of quarantine. If anything, it's taken more time and resources to address the needs of our Member groups since the end of March. Here are a few things you may not know. 2020 Meeting Books are available – and may be ordered by filling out and mailing the Meeting Book Order Form – more information can be found on the "Intergroup" menu on the website.

- Intergroup is gratefully accepting contributions; they can be made in multiple ways:
  - oVia regular mail.
  - oVia PayPal.
  - oIn-person. (Of course, strictly speaking, that's not true; however, you can slip an envelope under the office door of 2400 Morris Avenue, Suite 106, if you happen to be in the neighborhood).
  - oNO MATTER HOW YOU DO IT...Be sure to indicate if the contribution is being made on behalf of a group or an individual. If a group, please indicate the group's GSO#, name of group, town, day, and time of meeting - for identification and acknowledgment purposes.
- We are currently discussing a safe way to reopen the office. Please continue to check the website for office reopening information and protocols which will be in place to keep visitors and office staff safe.

Again, we want to thank you for helping us to serve. We couldn't do it without you.

Yours in service and fellowship,  
Mac, Maria B and Rhea Anne C.  
Intergroup Office Staff

Tony P.  
Bradley Gardens and North Branch Groups  
District 35: Area 44  
Topic: Staying Sober No Matter What

### COFFEE AND SOBRIETY

Perc! Perc! Perc!  
A noise that sounds like a combination  
Of watering boiling  
And water going down a bathtub drain.  
Perc! Perc! Perc!  
I drank alcohol for thirty-seven years.  
I loved and lived only to drink.  
I denied that I had a tough problem,  
But alcohol was my medicine  
To cope with life's complications.  
Perc! Perc! Perc!  
Faced with a concrete mortality,  
A cancer scare four years ago, that I believed  
Would truly do me in,  
I chose to seek help  
And joined AA.  
Perc! Perc! Perc!  
"Make coffee!" I was told.  
So I made the coffee.  
The old electric pot  
Looked as though it were  
An ancient, decrepit heirloom.  
Yet I continued to make the coffee.  
Perc! Perc! Perc!  
And with time discovered  
That there is more wisdom  
In each grain of coffee.  
Perc! Perc! Perc!  
Did the coffee hold the ichor of gods?  
Was the liquid a magical potion?  
Perc! Perc! Perc!  
All I know is that the liquid  
Of the decrepit pot taught me how to truly live.  
It loosened the knot  
That was always in my gut.  
I became less selfish.  
I worried about other people.  
Perc! Perc! Perc!  
I metamorphosed into a  
Less materialistic being.  
Making coffee gave me a higher power  
In which I no longer need alcohol to cope with problems.  
Perc! Perc! Perc!  
I shall continue to make the coffee.  
Perc! Perc! Perc!

Jackie A.  
Topic: Staying Sober No Matter What  
From (10) Page 512 - AA Big Book Story

### EMPTY ON THE INSIDE

I spent my life "acting as if"...  
And when I drank, life changed  
My grades plunged  
My friends changed  
  
I was always ready with a promise  
When I drank, it didn't matter  
  
I always had a tremendous capacity for alcohol.  
I just drank until he threw me out.  
  
Invisible kids...I had absolutely nothing to give them emotionally  
I was empty on the inside  
  
I read "Bill's Story" again  
This time I could identify  
I woke up feeling rested for the first time in months  
And I didn't want to drink  
  
By the grace of God, I was out of plans  
Finally, accountable for my own recovery  
Responsible for taking action  
I went every day  
  
Luckily, I forgot that God is in charge of results:  
  
I could show up when I said I would  
  
I learned how to be a good AA member by watching good AA mem-  
bers  
  
And doing what they do  
  
And I finally have the freedom of believing that it is all right not to  
know

#### *Speak Out contd from pg 6*

unable to look honestly at my behavior and actions. I'd shut down physically: avoiding people, social and work commitments, and other responsibilities. I'd shut down spiritually, certain I could take care of myself and my needs, reliant on self-will and a solution in a bottle. For someone like me, who on any given day could fool myself into thinking "I'll be ok. I've got this," news of a shutdown was a recipe for disaster. In truth, I couldn't imagine what I'd do to stay sober in lieu of attending a meeting.

I reflected on the Big Book's description of the soldiers on the

Salerno beachhead who stayed sober under inordinately stressful conditions. Separated from their sober brothers and sisters, fearful for their lives, unsure if they'd ever have the opportunity to benefit from the fellowship to buoy them in times of strife, they stayed sober. With an unshakeable belief in a higher power, they survived



the war as sober men.

I needed something tangible.

Grabbing my box of AA medallions, I turned over one of my coins: Unity, Recovery, and Service. Could the circle and the triangle representing our three legacies serve as a solution to the uncertainty and angst so many of us were

feeling? On the look back, those principles were what saved me.

Unity

Having established a close network of women with whom I spoke regularly made all the difference. Despite my mounting fears, every time I watched the news or learned of someone who was sick or hospitalized, I was committed to staying sober and sane. Since 1939, it had been about one alcoholic talking to another. Nothing has changed. The only difference was now we couldn't do so face to face. My sponsor assured me: This too shall pass. The concerns and worries the women in my sober network were experiencing were

*continued on page 11*

**District Service Meetings**

*(When in person meetings resume)*

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 - Last Thursday, 7:30 pm, St. Mary's Church, Roger Troy Hall School Building, (corner of High & 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) 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, Upstairs, 83 Wayne St, 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 UMChurch, 1130 Mountain Ave., Berkeley Heights  
 District 19 - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway  
 District 20 (with former District 29/30) - 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. 7:00 pm, Ocean Christian Community (Parish House Basement) 405 Washington St., Toms River  
 District 28 - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake  
 District 30 - 4th Sunday 12 Noon, 256 Mulberry 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 Public Library, 31st St. & Ave. C., Bayonne  
 District 34 - 3rd Sat. 9:30 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, Somerville.  
 District 36 - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen  
 Districts 37 & 38 - 3rd Wed. 7:00 pm, First Evangelical Lutheran Church, 153 Park St, Montclair  
 District 41 - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken  
 District 42 - 2nd Sunday 9:00am, 120 Jersey Ave. 2nd floor, New Brunswick

**Upcoming NNJGS Area 44 Calendar – September 2020-March 2021**

Date	Day	Time	Event	Location
Sept 1	Tuesday	7:00PM	Officers' Meeting	Online
Sept 3	Thursday	8:30PM	Intergroup Delegates' Meeting	Online
Sept 13	Sunday	7:00AM	Bookers	Online
Sept 13	Sunday	10:00AM	Area Committee Meeting	Online
Sept 26	Saturday	11:00AM	Area 44 Convention	Online
Sept 27	Sunday	10:00AM	Area 44 Convention	Online
Oct 1	Thursday	8:30PM	Intergroup Delegates' Meeting	Online
Oct 6	Tuesday	7:00PM	Officers and Standing Committee Meeting	Online
Oct 17	Saturday	9:00AM	Election Assembly	Online
Oct 24	Saturday	10:00AM	Joint Unity Concepts Workshop	Online
Nov 3	Tuesday	7:00PM	Officers' Meeting	Online
Nov 5	Thursday	8:30PM	Intergroup Delegates' Meeting	Online
Nov 8	Sunday	10:00AM	Area Committee Meeting	Online
Nov 24	Thursday	7:30PM	Joint Unity Meeting	Online
Dec 1	Tuesday	7:00PM	Officers and Standing Committee Meeting	Online
Dec 3	Thursday	8:30PM	Intergroup Delegates' Meeting	Online
Dec 4	Friday	TBD	Work Weekend	Online
Dec 5	Saturday	TBD	Work Weekend	Online
Dec 13	Sunday	TBD	Bookers	TBD
<b>2021</b>				
Jan 5	Tuesday	7:00PM	Officers' Meeting	TBD
Jan 7	Thursday	8:30PM	Intergroup Delegates' Meeting	TBD
Jan 9	Saturday	9:00AM	Committee Chair Workshop	TBD
Jan 10	Sunday	10:00AM	Area Committee Meeting	TBD
Jan 23	Saturday	9:00AM	Area Assembly	Online
Feb 2	Tuesday	7:00PM	Officers and Standing Committee Meeting	TBD
Feb 4	Thursday	8:30PM	Intergroup Delegates' Meeting	TBD
Feb 21	Sunday	12:00PM	GSR Mid-Winter Luncheon	Online
Feb 26	Friday	TBD	NERAASA	Online
Feb 27	Saturday	TBD	NERAASA	Online
Feb 28	Sunday	TBD	NERAASA	Online
Mar 2	Tuesday	7:00PM	Officers' Meeting	TBD
Mar 4	Thursday	8:30PM	Intergroup Delegates' Meeting	TBD
Mar 14	Sunday	6:00AM	Bookers	TBD
Mar 14	Sunday	10:00AM	Area Committee Meeting	TBD

**Intergroup Calendar – due to COVID-19 – September 2020**

The Intergroup Office has been closed since March 23, 2020. Our Intergroup Staff continues to work from home answering the phones, responding to emails, and working to keep up with the needs of the fellowship. Additionally, our Intergroup Board of Trustees, aided by the Website Committee, has also been busy keeping up with the ever-changing meeting information.

For Intergroup News, please see our letter from Intergroup Staff on page 9 of *This Day*.

Also, please consult the News and Events Page on [www.nnjaa.org](http://www.nnjaa.org) for updates OR email [intergroup@nnjaa.org](mailto:intergroup@nnjaa.org).



Member area  
 userid: alcoholic  
 password: onedayatime

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

Try it on your Smartphone



Your Northern New Jersey A.A. Website

**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).

shared by phone, text, email, and eventually Zoom. Those who were previously technologically challenged took the plunge, downloaded the app, and learned to communicate with one another in what we've begun to coin the "Hollywood Squares." Regularly resistant to change, I found this forum daunting, but staying sober was a matter of life and death for me. Could some momentary discomfort be alleviated by a willingness to go to any lengths? Could a conference call or a virtual meeting with people who shared a common solution stave off the desire to drink one day at a time? The answer was yes.

#### Service

I remain astounded by the effort and energy exerted by a group of men and women throughout Northern New Jersey and throughout the world. They took their desire to keep the fellowship strong to new heights. Some I knew well and wouldn't have expected anything less, and others who humbly and anonymously

took the time to be of service to support AA were the unsung heroes. Taking part in discussions and training and spending countless hours organizing our meetings so they could be offered virtually, these folks ensured continuity through a myriad of opportunities for members of AA to connect with other alcoholics safely. I am forever indebted to the people who selflessly offered this platform to us.

Recovery  
How lucky was I to have so

many tools at my disposal to help support my sobriety? If recovery depends on trusting God, cleaning house, and helping others, could I do that while quarantined in my home? I would think so. At the beginning of the pandemic, people seemed to be advising others to get back to basics, but I recalled an old-timer saying once,

"We don't have to go back to basics if we never leave them." This was a good reminder to stay close to the slogans that supported me in the beginning and support me now: "One Day at a Time." "Keep it Simple, Move a Muscle Change a Thought," "Let Go and Let God,"

*...those principles were what saved me.*

"Hold On Peace Exists," "Progress, not Perfection." These daily mantras were the anecdote for a drunk like me that left to her own devices could undoubtedly have veered

off course.

Chock full of pearls of wisdom, I found myself diving into the books that had grounded me throughout the years. The Big Book, "Twelve and Twelve", *Daily Reflections*, and time-honored *Living Sober* were touchstones that remained steadfast in a recovering alcoholic's life. All I had to do was

open them to be instantly connected to a message of hope and recovery.

With the help of my sober posse, my conscious contact with a higher power, trust in my sponsor, and my willingness to do a daily 10th step, being at home gave me a chance to work my program in a way I never thought possible.

It's been four months since the night I arrived at my home group and hugged Lucy. I've seen her, at a distance, but not in the rooms of AA. Like others who believe in the "WE" of the program, it's been necessary to explore alternate venues for fellowship. I'm still connected; just not in the way I'd grown accustomed to. Using all the options available throughout the shutdown to stay sober one day at a time, I've found a way to embrace the tenets of gratitude, tolerance, acceptance, and love.

Debbie B., Wyckoff, NJ

## Do you miss your "This Day" newsletter?

Do you miss the AA stories, poems, local news and opinions? We're still here, but [Now We're Virtual!](#)



*If you're reading this, thank you!!! As the voice of the Fellowship, we appreciate your readership and support! Please spread the word to your AA friends and family. We need YOU!*

You may no longer be able to use it to line your birdcage, but all the AA news dear to you is [just a click away](#).

### Easy to Find Online:

Go to [NNJAA.org](http://NNJAA.org), on the top menu—Click on News and Events—Click on "This Day" newsletter!

[There you will find a link to the Current Issue, to Previous Issues and a link to submit your OWN article!](#)

The Winter issue topic is *Staying Sober No Matter What*  
The deadline for submissions is November 5.