

THIS DAY

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

A message
from your
Area Delegate



As the summer months speed by and we enter August and eventually early fall, Area 44 is slowly coming out of the pandemic that has gripped all of AA and the way we communicate with each other. Questions like should we go back to in-person meetings, should we do hybrid or should we just stay a virtual meeting are being answered by all the groups in Area 44. The suggested topic for this edition of discussing the pros and cons of keeping our meetings virtual is for every group to decide. Looking back over the first seven months of this year, the virtual world has served us well when it came to the Pre- and Post-Conference Reports, the Mini-Conference and the General Service Conference. As of this writing, my homegroup has been meeting in-person for the last three weeks, and it feels wonderful to gather. Yet, we still need to be cautious, so we have made decisions based on what's important for the group and for the members. All groups need to make that informed decision for themselves.

The 71st General Service Conference was only four months ago, but we are already gearing towards the 72nd GSC, which will be in April of 2022. As I have stated before, I have the honor and privilege of being elected chair for my Conference committee which is Treatment and Accessibilities. I have had a few virtual meetings with the Trustee Chair of that committee, going over the items that have carried over from this year's conference to next. One of the advisory actions passed at this year's conference was the equitable distribution of the recommendations that come to the Conference coordinator with the idea that one Conference committee won't be top heavy with many items versus a committee that isn't. As a result of this, submissions for conference items needed to be in by September 15th as to the customary December 15th. In these conversations with the Trustee Chair, there will be many items which Area 44 will be discussing when it comes to next year's conference. I can't state loud enough how important it is to have representation from your group, at our Pre-Conference reports, so your groups are informed of the items that are being discussed in Alcoholics Anonymous.

So, as we continue to deal with this pandemic and carry the message to the person who still suffers, safety in our rooms is a top priority. Area 44 will have many upcoming events like ACM's, an Assembly, and Work Weekend, along with district and homegroup events. Let's keep in mind our brother and sister alcoholic and their safety along with our own. Let's all stay vigilant as we continue to trudge through this pandemic.

Grateful to Serve,
Jimmy A., A44 P71 Delegate

Alcoholics
Anonymous®
www.aa.org

General Service Office of Alcoholics Anonymous
475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all
communications to:
P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

Date: June 29, 2021

Re: Name That Theme: 2025 International Convention

Warmest greetings to all!

Time seems to fly so quickly, yet there is so much to look forward to especially as we begin to imagine themes for the 2025 International Convention celebration of A.A.'s 90th Anniversary in Vancouver, B.C., on July 3-6, 2025. Your creative ideas are vital and will be presented to and selected by the Trustees' International Conventions/Regional Forums Committee. With the October 15, 2021, deadline right around the corner we ask you to quickly forward your ideas.

Here is a flashback of previous International Convention themes:

- 1965 "I Am Responsible"
- 1970 "Unity"
- 1975 "Let It Begin with Me"
- 1980 "The Joy of Living"
- 1985 "Fifty Years with Gratitude".
- 1990 "Fifty-Five Years — One Day at a Time"
- 1995 "A.A. Everywhere — Anywhere"
- 2000 "Pass It on — Into the 21st Century"
- 2005 "I Am Responsible"; 2010 "A Vision for You"
- 2015 "80 Years — Happy, Joyous and Free"; and
- 2020 "Love and Tolerance is Our Code,"

Send your ideas to the International Conventions Assignment, P.O. Box 459, Grand Central Station, New York, NY 10163, or email 2025ictheme@aa.org. We look forward to hearing from you.

See you in Vancouver!!

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NEXT ISSUE DEADLINE

November 22, 2021

newsletter@nnjaa.org

AREA 44 COMMITTEE REPORTS & INFO

*A message
from your
Area Chair*



Dear Friends:

Warm greetings from your Area Chair. I hope that everyone is enjoying a wonderful summer and taking advantage of getting out and about once again. Hopefully, we will continue to emerge from the shadow of the pandemic without too much fall back due to the variants.

For now, I can only say that the joy I've experienced from once again returning to in-person AA meetings and events has been wonderful. I trust that many of you are having the same experiences in your AA journey. The balance of our summer and early fall promises many special gatherings such as AA picnics, Days of Sharing, and the like. It is hoped that many of you have been able to take advantage of these events.

As we share the experience of being back together in many places, we need to remember those who were so ably served by online meetings, especially the members that began their AA journey without the advantage of in-person meetings. How amazing was it to see someone receive their one-year coin without having attended an in-person meeting? We are blessed to be part of this dynamic time in AA's history, as we have seen the program respond and perform under the direst of circumstances.

As things seem to be moving to our more "normal" way of AA life once again, let's please consider this "not-so-new" tool of recovery, the online meeting, as one that is here to stay. Please be vigilant for those Zoom friends who may not be coming to the newly opened meetings, and perhaps reach out where we can, confirming that they remain plugged in to some form of recovery messaging.

Related to these changes, we are very excited to begin our Area Committee Meetings in hybrid format, starting with the September ACM. Many thanks to our Computer and Technology Committee for their work on the Area's behalf to prepare for this big step. We will be hosting a Mock ACM in August to "work out the bugs", and hopefully by this printing, our hybrid format will be more familiar and comfortable for us, and will certainly allow more involvement in Area 44 service.

Remember that we have one more Assembly scheduled for this calendar year (October 16th), which will again be virtual. It is our plan to begin hosting Assemblies again in-person, starting in January. We need Districts, either singly, or with another District partner, to consider hosting the Assemblies scheduled for 2022, which will include our Mini-Conference in April, and our Election Assembly in October. All interested parties should reach out to Luke M., our Area Coordinator.

I wanted to take a minute and thank all the alternates who stepped up in July during Alternate's Month for their service to their homegroups, districts, and committees, with a very special thanks to my alternate, Luke M., who did a wonderful job at our July ACM and Officers Meeting. If you are still without an alternate in your current service position, now would be a great time to find one!

Finally, responding to our Newsletter Committee's suggestion, the quotation, "accepting hardships as the pathway to peace", taken from our Serenity Prayer, reminds us that there will be some pain on our journey. In fact, Bill W considers that very question in the Twelve and Twelve when he asks, "why this insistence that every AA must hit a bottom first?" I distinctly remember some of the "pain" of early sobriety, which I was told by my sponsor was part of the process. He swiftly added the famous line, "you will have pain, but suffering is optional". So much for my Pity Party. Our hardships are certainly more tolerable when we ask for help and surround ourselves with "the winners," as I was told to do as a newcomer. We cannot fully appreciate the peace that God offers unless we have known the struggles to obtain it, which creates a keen sense of gratitude and humility.

None of us can say for sure where things will stand regarding the pandemic and any additional and returning guidelines for safety by the time these articles are published. True, it is only a couple months from now, though we live in dynamic times. Whatever new challenges we may face today and in the future, let's remember the lessons learned in the recent past and the actions that kept AA together and growing as we continued to carry the message to the sick and suffering alcoholic.

In AA love and service,
George L, Area Chair



To Take Hardship as the Pathway to Peace

When I first realized that I had a problem with alcohol and decided to go to my first AA meeting, I had no idea what this paradoxical idea meant. I was so self-absorbed and wallowed in self-pity that I gave no thought about other people and their problems. I was a loner on an isle of self-isolation. I drank to make myself feel as though I were happy and to cope with my loneliness.

Now that I have been an AA member and sober for almost five years, I understand this contradictory statement. Biblically, when Adam and Eve disobeyed their higher power by indulging in the fruit of knowledge, paradise was lost to all human beings. We must all, and especially those who cope with addiction, come to understand and accept that the world is not a perfect place. Bad things will continually happen, along with some good things now and again. The question is what are we going to mend the bad things that happen?

The AA program has taught me that in addition to my remaining sober, I must help other alcoholics by listening to what they have to say, by calling or texting them every day to see how their day is going, by being there when tragedy enters their lives. I also give time to organizations such as the Foodbank and the like. Hence, I must become less self-focused and more sympathetic toward the plight of others. Ironically, in helping others to have a happy and fulfilling life, I enhance my own.

In her book *Dark Hunters Manga*, volume 1, Sherrilyn Kenyon asserts, “The strongest steel is forged by the fires of hell. It is pounded and struck repeatedly before it’s plunged back into the molten fire. The fire gives it power and flexibility, and the blows give it strength. These things make the metal pliable and able to withstand every battle it’s called upon to fight.” What Kenyon is trying to teach us here is that we become strong and better people through adversity. We become the steel that is forged back into the fire that gives us power and flexibility.

Once the alcoholic learns to accept this tenet, he then can change his selfish, self-absorbed, shallow thinking and become a responsible, caring individual, one who will be a positive influence in this sinful world rather than one who contributes to the world’s miseries. Therefore, we must learn to embrace painful moments and take them to our hearts as learning experiences and pathways to peace.

Tony P., Area 44 Newsletter Chair

from the Editor

Dear Family,

Welcome to our Fall edition of “This Day.” I want to thank the officers, committee members, and AA members who submitted an article. I love to know what’s happening in our Area! As always, if you are reading this, I encourage you to share this newsletter with the men and women in your network: send the newsletter in an email, highlight an article that touched your heart, show them a flyer or two about upcoming events. “This Day” needs your support—we need new readers! Also, if you are reading this, I invite you to consider writing an article. If you are involved in service in your home group, district, or area—write about it! If you have experience, strength, and hope—write about it. If our Winter issue’s topics inspire you—write about it! (I look forward to reading what you have to share!)

Our Fall topic “to take hardship as a pathway to peace” has moved me to share a few words. When I finally came to AA, I realized that I belonged here, and decided to start my journey in recovery, pain and hardship were all I knew. I had been defeated by alcoholism: I no longer knew love or joy; I had no idea what peace of mind was anymore. As my journey continued, I resisted change. I knew uncomfortability and hardship. I did not know peace and ease. Yet, change was inevitable. And those changes came after long periods of conflict, tension, and suffering. But I changed. Slowly I began to learn

what serenity felt like. I began to crave calm. I wanted more of it in my life. I wanted peace to be my new normal. So I sought along the spiritual path: I made meditation and connection with my higher power a daily discipline, read books, chatted with my fellow peaceful travelers, etc. Eventually, through enough experience, I realized that hardship was not a prerequisite for peace. I could choose to live with joy and ease—it was that easy.

This realization is everything to me! I know that pain and suffering are a part of life: these things will come, usually when tragic things happen. But they do not have to be the only reason that I experience peace of mind and soul. Living in this truth means that the unnecessary stress, worry, anxiety, and tension of daily life don't plague me like they used to. When those feelings do come, they are easier to let go of and new perspectives intuitively appear. For this new leg of the journey, I am grateful. Life is peaceful. Life is easy. Life is full of joy.

Grateful to live, love, and serve,
Megan D., "This Day" Editor



For our 2021 event, The G.S.R. Mid-Winter Luncheon Committee had their first meeting on July 6th, 2020 via virtual communication. That year, the 2021 General Service Conference theme was “AA In A Time of Change.” The message: whatever the future brings, the show will go on. And it did. Our GSR Mid-Winter luncheon was held virtually on February 22, 2021. It was a huge success.

The General Service Conference theme for 2022 will be “AA Comes of Age 2.0: Unified in Love and Service”. On February 20, 2022, we will be celebrating our GSRs in person at the Forsgate Country Club, representing communication, love, and service to our home groups.



So, it is the GSRs who are the key links in the chain of communication, showing what service looks like. Through them, this era of being unified in love and service 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 is to show the gratitude and appreciation of Area 44 to the General Service Representatives.

GSRs Rock!!

If you are interested in doing service work by being a greeter for this event, please send your name, contact number, and email to: lunch-chair@nnjaa.onmicrosoft.com

Yours in Love of Service,

Laverne Sanders
Chair, G.S.R. Mid-Winter Luncheon Committee 2021-22

N. N. J. G. S. Area 44
Annual G.S.R. Mid-Winter Luncheon

(Open to All A.A. Members, Family & Friends)

**"A.A. Comes of Age 2.0:
Unified in Love and Service"**

Sunday, February 20, 2022
Forsgate Country Club
375 Forsgate Drive
Monroe Township, NJ 08831
Price - \$35.00

Tickets will be available through your D.C.M. Deadline for Tickets: Saturday, February 5, 2022
(NO TICKETS SOLD AT THE DOOR – Maximum Seating 360)

SPEAKERS: Molly Anderson, Class A General Service Trustee
Jeff W., General Service Office Staff Coordinator



LEADER: Laverne S., Area 44,
G.S.R. Mid-Winter Luncheon Committee Chair

TIME: 12:00 PM - Crudites, Dip, Coffee, Tea & Assorted Juices

LUNCH: 12:30 PM - Menu:
Tossed Salad, Chicken Parmesan, NY Style Cheese Cake
(Vegetable and Gluten Free available upon ADVANCE request)

For additional information, please contact:
Laverne S., Chairperson: lunch-chair@nnjaa.onmicrosoft.com

Please Mail Ticket Stubs to:
NNJGS Area 44
G.S.R. Mid-Winter Luncheon
P. O. Box 1157
East Orange, NJ 07019-1157

**Spanish interpreters will be provided

AREA 44 CONVENTION



NORTHERN NEW JERSEY GENERAL SERVICE

THE 65TH ANNUAL CONVENTION
2021

AA IN A CHANGING WORLD

**New Jersey Alcoholics Anonymous
Area 44**

Entire Program is
LIVE via ZOOM

2021 Virtual Convention

SATURDAY SEPTEMBER 25TH
9:AM - 2:PM - EASTERN STANDARD TIME

9:00 AM - 9:15 AM	Opening Remarks: Convention Committee
9:15 AM - 10:00 AM	Ice Breaker Speaker: Harold L., St. Louis, MO
10:00 AM - 10:45 AM	Young People's Speaker: Megan T., Toms River, NJ
10:45 AM - 11:15 AM	Standing Committees: Our 12th Step in Action
11:15 AM - 12:00 PM	Al-Anon Speaker: Rick J., Toronto, Canada
12:00 PM - 12:30 PM	Old Timer's Speaker Meeting
12:30 PM - 1:15 PM	Banquet Speaker: Polly P., Jacksonville, FL
1:15 PM - 1:45 PM	Grapevine Committee presents another "Rule 62" production
1:45 PM - 2:00 PM	Closing Remarks: Convention Committee

ZOOM LOG-IN DETAILS TO FOLLOW



AREA 44 COMMITTEE MEETINGS: VIRTUAL AND HYBRID 2021



* Denotes Joint Committee

COMMITTEES	MEETING DAY	TIME	SERVER	MEETING ID	PASSWORD	CON
STANDING COMMITTEES						
Cooperation w/ Professional Community*	3 rd Tuesday	7:00pm	ZOOM	831 6741 0763	(n/a)	Roe T-B – cpc-chair@nnjaa.onmicrosoft.com No pas
Corrections Facility Committee*	3 rd Saturday	10:00am	ZOOM	850 3466 8699		Susan P-C – cfc-chair@nnjaa.onmicrosoft.com ...Me
Grapevine	1 st Saturday	10:00am	ZOOM	820 1459 9915	AAGV	Marcheta B – grapevine-chair@nnjaa.onmicrosoft.com plan on attending at the Area Office
History and Archives*	2 nd Wednesday	7:00pm	ZOOM	917 6976 2213	474109	Frank F – archives-chair@nnjaa.onmicrosoft.com
Literature	3 rd Monday	7:00pm	ZOOM	672 098 8037	889464	Mike R – literature-chair@nnjaa.onmicrosoft.com ...
Public Information*	2 nd Tuesday	7:30pm	ZOOM	821 7687 5697	2945766	Sandra P – pi-chair@nnjaa.onmicrosoft.com
Treatment*	2 nd Wednesday	7:00pm	ZOOM	812 5156 9162	16273	Elise B – treatment-chair@nnjaa.onmicrosoft.com
SPECIAL COMMITTEES						
Computer and Technology Committee	2 nd Monday	7:00pm	Teams			Bruce R – computer@nnjaa.onmicrosoft.com
Convention Committee	3 rd Wednesday	7:30pm	ZOOM	833 2357 7907	197229	Chris L - convention-chair@nnjaa.onmicrosoft.com
Films Committee	2 nd Sunday	9:00am	n/a			Paul L – films-chair@nnjaa.onmicrosoft.com ...Curre
Finance Committee	4 th Monday	7:00pm	ZOOM	880 5190 136	181955	John C – finance-chair@nnjaa.onmicrosoft.com
GSR/DCM Workshops	N/A					Tim R – gsc-workshop-chair@nnjaa.onmicrosoft.com
Mailing Committee	1 st Wednesday	6:30pm	n/a			Sara G – mail-chair@nnjaa.onmicrosoft.com Curren
GSR Mid-Winter Luncheon Committee	1 st Monday	6:30pm	ZOOM	891 0985 8973	77175	Frank F – lunch-chair@nnjaa.onmicrosoft.com
Newsletter*	3 rd Thursday	6:00pm	ZOOM	815 3922 8687	thisday	Tony P – newsletter-chair@nnjaa.onmicrosoft.com
NJYPAA	3 rd Sunday	10:30am	ZOOM	264 995 272	service	
Policy and Admissions Committee	4 th Thursday	7:30pm	ZOOM	532 271 5919	074811	Mark D – policy-chair@nnjaa.onmicrosoft.com Virt
Remote Communities	4 th Monday	7:30pm	ZOOM	882 3015 7060	6054	Michael M – remote-chair@nnjaa.onmicrosoft.com
Social Media Committee	2 nd Thursday	7:30pm	ZOOM	846 7849 8287	511520	Kristen A – sm-chair@nnjaa.onmicrosoft.com
Translations Committee	1 st Wednesday	7:00pm	n/a	836 7972 7434	330508	Felix E – translation-chair@nnjaa.onmicrosoft.com
Website Committee*	4 th Thursday	7:00pm	Teams	Click to Join		Bonnie M – website-chair@nnjaa.onmicrosoft.com

REMEMBER: AREA 44 NEEDS YOU!

Area 44 Website Committee
contact us at
websitecommittee@nnjaa.onmicrosoft.com



FOR MORE INFORMATION ABOUT
OUR STANDING AND SPECIAL COM-
MITTEES, PLEASE CHECK OUT:

WWW.NNJAA.ORG >> SERVICE >> SERVICE COMMITTEES

INTERGROUP NEWS & NOTES

2021 INTERGROUP CALENDAR FOURTH QUARTER

Please see calendar on nnjaa.org for meeting updates & locations

SEPTEMBER 2021

- 2 Intergroup Delegates Meeting – Check nnjaa.org 8:30PM
- 6 Holiday – Office Closed – Labor Day
- 8 Archives Committee 7:00PM - Check nnjaa.org
- 12 Bookers Exchange - Check nnjaa.org Clark 6:00AM – Mother Seton H.S.
- 15 Nightwatch Committee 7:00PM - Check nnjaa.org
- 22 Joint Website Committee 7:30PM - Check nnjaa.org

OCTOBER 2021

- 7 Intergroup Delegates Meeting, Check nnjaa.org 8:30PM
- 11 Holiday – Office Closed – Labor Day
- 13 Archives Committee 7:00PM - Check nnjaa.org
- 27 Joint Website Committee 7:30PM - Check nnjaa.org

NOVEMBER 2021

- 4 Intergroup Delegates Meeting, Check nnjaa.org 8:30PM
- 10 Archives Committee 7:00PM - Check nnjaa.org
- 17 Nightwatch Committee 7:30PM - Check nnjaa.org
- 24 Joint Website Committee 7:30PM – Check nnjaa.org
- 24 Joint Unity Meeting 7:30PM – Check nnjaa.org
- 25 & 26 Holiday – Office Closed – Thanksgiving

DECEMBER 2021

- 2 Intergroup Delegates Meeting, Clark 8:30PM
- 8 Archives Committee 7:00PM - Check nnjaa.org
- 12 Bookers Exchange, Check nnjaa.org Clark 6:00AM – Mother Seton H.S.
- 22 Joint Website Committee 7:30PM - Check nnjaa.org
- 24 Holiday – Office Closed – Christmas Observed
- 31 Holiday – Office Closed – New Year’s Day Observed

Office Hours & Literature Sales

Call 10am to 6pm Monday through Friday

1-908-687-8566

For more information [Click Here](#)

INTERGROUP BOOKERS NEWS & REOPENING INFO

In-Person **Bookers Is Back!!**

For In-Person Meetings

Sunday, September 12, 2021

**Please discuss with an Experienced Booker
the best time for your group to attend!**

Mother Seton Regional High School

1 Valley Road

Clark, NJ 07066

Exit 135 off Garden State Parkway

ENTRANCE: Across From Holiday Inn on Valley Road

EXIT: Rear of Parking Lot onto Broadway

BOOKING TO BE DONE IN FRONT PARKING LOT ONLY!

Please Respect our A.A. Traditions and the School Property

- No Smoking
- ABSOLUTELY NO CELL PHONE Photography or Video (Please respect the Anonymity of A.A. Members)
- Please clean up: Take all Paper, Trash, Cups and Bottles with you
- No Animals
- No Propane Tanks or Combustibles
- Please note there are no facilities on the property
- Interested in helping at Bookers? Email: Bookers@NNJAA.org

For Online Meetings, we will again host Virtual Bookers at 7am that same day,
Mtg ID: 864 4283 6078 PW: Bookers More detail will be emailed by Sept 7, 2021

Literature and Meeting Books are Available for Sale

Is your group reopening?

Find reopening information here:

https://www.nnjaa.org/covid-19_return.html

Fill out the reopening form here:

https://www.nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php



Area 44 District Happenings & Reflections

District 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, PO Box 7270, Newark, NJ 07107
- 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



Looking to get involved in service outside of the home group?

Please reach out!

Districts are ALWAYS looking for your help!


Visit: www.nnjaa.org

Check out these district events!

NNJGS Area 44 - District 17

VIRTUAL DAY OF SHARING 2021

Zoom ID: 892 5457 9019



“A.A. IN A TIME OF CHANGE”

Saturday, October 2, 2021
9:45 AM – 12:15 PM

Speakers:
Marcheta B. of Bronx Big Book
Scherome J. of Brick Church

Standing Committees

Zoom ID: 892 5457 9019

“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!!



DISTRICT 10 DAY OF SHARING

ROCKETED INTO A FOURTH DIMENSION

DATE: Saturday, October 2, 2021
TIME: 8:00am to 2:30pm (workshops start at 9:00)
Doors open at 8:00 for registration/fellowship.
PLACE: St. Joseph Church, 216 Comly Road, Lincoln Park

This event will be in-person AND virtual!
To attend virtually, log on to Zoom prior to the 9:00, 10:00 and 11:00 workshops, and the speakers starting at 1:15.
Meeting ID# 309 396 7491, password 123456

Workshop topics will focus on the Physical, Mental and Emotional aspects of our program.
~ FREE breakfast and lunch included (in person!) ~

AA Speaker: Mike R from Englewood, NJ
Area 44 Literature Chair

Al-Anon Speaker: TBD

Final planning meeting on Zoom: Tuesday, September 21 at 7:00pm
Meeting ID # 309 396 7491, Password 123456.
AAs willing to be of service are welcome!

Any questions, contact d10-grapevine-chair@nnjaa.onmicrosoft.com





This billboard was recently up for the month of July in Neptune, NJ from District 28, fulfilling our 12 Step responsibility through our Public Information Committee.

The Alanon Club and District 17's Early History

In 1980, my friend Tony A. and I were challenged to do more and get involved in AA, so we decided to go down to the Alanon Club to see what we could do. It was suggested that we should get involved with General Service because they could always use some new blood. We were both members of the East Orange Step 10 Group, but I was also chairing a meeting at the East Orange VA Hospital, so we became GSRs. At that time, the club had been in a state of disrepair for a long time. We had no heat, except for a fire-place, which they kept burning all the time. The toilet was in the basement, where there had been at least two bowling alleys when it was built—now it was scary down there.

I recently pulled up an article about the Club title 'The Alanon Association -- "Home of the 90-Day Pin"' that included the history of The Alanon Association. It was purchased by a number of recovering alcoholics in 1944, and it is the oldest Twelve Step recovery clubhouse in the United States still in use today.

We had a least twelve groups represented at that time, with more groups joining in the years to come. Despite the conditions of the club, the GSRs were a dedicated and faithful bunch who spent long hours tirelessly debating the best ways we could be effective in District 17. As cold as it would be, we would stay late into the evening trying to hammer out details.

Our first event was the District 17 Dance, which was on Valentine's Day. Then, we organized our Spiritual Happening on a Sunday morning with a continental breakfast. We organized a tour of the World Services Office in New York City. However, our most successful event was the 1985 International Convention in Montreal, Canada, where we had the opportunity to hear Lois W, Bill's widow, speak, with thousands of AAs and family holding hands and reciting The Lord's Prayer.

Al S., the DCM, later became the delegate for Area 44. Later, Barbara B-R. would also serve as delegate.

Jimmy L.

From our Area 44 Fellowship



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

Topics

Discuss the pros and cons of meetings remaining virtual due to COVID-19.

Comment on what this means to you: "to take hardship as a pathway to peace."

Different Formats—One Fellowship

Probably like many people, I was a little tentative to use this relatively unknown application called Zoom. The poorer cousin to the big-web communication companies, Zoom soon became the generic name for this type of person-to-person connection.

Because of some technologically-savvy members, my home group never missed a meeting. Word went out, and we were “online.” I had the pleasure of being the first to share my ESH at that meeting. I am a trained public speaker, yet even I was a little nervous to speak in a setting where feedback from the audience was difficult to gauge. It was one of the issues I found that I had to adjust to in and out of AA.

There was some uncertainty among many members. Apprehension about the equipment and concerns of anonymity did slow some people arriving at the table. The versatility of the platform allowed even the least technical to participate. The only device that was needed was a telephone. But not all were able to make the transition and some had to rely on literature and individual phone calls with their network. Then there were those who “went it alone” having to rely only on their higher power.

As those who know me can acknowledge, I have a grudging appreciation for the slogans. But to turn a phrase, we AAs are a resilient group and found a way to make lemonade from the lemons served us. Only those who could make wine out of fingernail clippings could turn this calamity into a victory. AAs, who were in remote communities, were able to again take part in the fellowship. Attendees were not constricted by lack of transportation, not enough gas in the tank, or even clean pants. Those with computers or smartphones were able to see and be seen all over the world. The knowledge of time zones was all that was required. (There's an app for that.)

On June 1st, my home group migrated to what is called a hybrid meeting. We not only meet in person but also have a member manning a tablet computer to continue with our Zoom component. While we were all remote, we did lose some members who for one reason or another weren't comfortable with that style. We also gained some members. These members did not live within a reasonable driving distance to Somerset, but still wanted to attend. Other meetings that I attend also have remote members now. Several of our newer members have never really experienced the synergy of in-person meetings. Unsure of their status they may prefer to listen without being seen or heard. These hybrid meetings will provide for them the best of both worlds. Safety in anonymity, but access to familiar people once they are settled in.

It is my belief that part of the responsibility of service is making the path to sobriety accessible to all. Going forward we should provide all three meeting formats. In-person only to accommodate those who would prefer not to have their faces spread on the internet. Hybrid for those who wish to attend in-person and connect with new friends or those unable to travel to live meetings. Zoom for those who enjoy the comforts and privacy of their own homes while sharing a little bit of fellowship. This is the future of AA.

Frank H.

To Take Hardship as the Pathway to Peace

My name is Tom, and I'm an alcoholic. I'm also the son of an alcoholic, and when my dad passed away on Easter Sunday in 2012, he had over 31 years of continuous sobriety. My dad played a key role in me getting sober, and he would often share about pain being a gift. In early sobriety I didn't understand what he meant. How could painful situations and events be a gift? As I attended more and more meetings and got more active in our Fellowship, I began to understand exactly what he meant. As I look back over time, it was the pain in my life that brought me to my knees and eventually to my first AA meeting. Without the pain and hopelessness that I felt on my last day of drinking, I may never have stopped. Also, on the last day of my drinking, I reached out to the God of my understanding for the first time to help me stop drinking. I am so grateful that He answered that prayer and continues to give me the strength to get through each day since then without picking up a drink.

The hardship and pain of active alcoholism led me to AA's Twelve Steps, which allowed me to find a pathway to peace. It wasn't always easy, but it was definitely worth it. I have found over time that I grow the most as a human being when I face tough and difficult situations. In the past, when I was still drinking, I wouldn't face situations but would run from them. No wonder I never accomplished much. Through the Fellowship of AA and my Higher Power, whom I choose to call God, I no longer live in fear but have gained peace and serenity. I know I no longer must face tough situations alone but can rely on God to get me through anything and not have to pick up a drink. I was told early on in my recovery, "Keep one hand on God and one hand on AA, and I won't have a hand to pick up a drink." I'm forever grateful for those AA members who came before me and showed me how good my life could get, simply by following a few suggestions. Over 33 years later, I'm still in awe of the power of AA.

Tom S.

Freehold Morning Miracles Group

What Does "Pain is the Pathway to Peace" Mean to Me?

When I first came to AA, I heard the slogans: "No Pain, No Gain," "Take it Easy," "The joy is in the journey," "It gets worse before it gets better," "Wait for the miracle to happen," etc., etc., etc. I could barely make sense of anything. So, being a newbie, I just held on! Thank God I did.

I had so many consequences to face due to my alcoholism that all I could do was wait for that miracle and hang on. Believe because we believe. I was under my mountain of dirt digging out with a teaspoon, and I thought it never would end. I physically bounced back, but emotionally I was shot. Days went by and now sober, the realization of my actions became very real. I couldn't drown my pain away any more. I couldn't run away. I had to "Face Everything and Recover!" What I found out is that I suffered from a soul sickness and nothing physical could fill the void.

My sponsor suggested working the steps. I was destined to 1-2-3 meetings for a while because that was what we did. We went to Big Book Meetings and Step meetings. I remember the suggestion to start the 4th Step. I couldn't avoid it any more. It was now time. Steps 1-2-3 came easy. I was at the point of my recovery where I knew I needed to change. I could not bear to see me on paper, let alone look at my image in the mirror. I hated me.

I know now that I was as honest as honest could be at that particular time. That 1st pass at the 4th Step was full of blaming, taking comfort in resentment and staying stuck in what had been done to me. I still felt better getting it out but wasn't changing much. When I wrote about the harms done, I woke up. That was the game changer! I had to take a good long hard look at me, my part, my actions, my

behavior, what I did or did not do. I was able to feel the pain I caused others. My sponsor would tell me I didn't have to like it, but that I must accept it.

I never wanted to take responsibility for my actions. Drudging up my side of the street and facing the PAINFUL moments of time that I swore I wouldn't ever share made me a free woman. As painful as that fact-finding mission was, it by far was the most freeing experience I had in the early years of my recovery.

One of my biggest resentments was with my father. The root of my pain was based in my horrific love-hate relationship with him. The little girl growing up did not get her needs met. I grew up with a chip on my shoulder because we were poor and I didn't have what I thought I should have. Shame and guilt plagued me. I discovered many important things from looking at this in detail. He suffered from this disease too. Yet the intimate details are different and personal. Why would I give a total stranger my attention and help? Why would I try to understand them, yet not give my father an ounce of consideration? Was I the daughter I could have been? These questions were ones that only I could answer.

Well, one day, I got the call. He was in hospice in Florida. Now was the time. I flew down there with my youngest daughter; she had to be seven or eight. He didn't have a relationship with his own kids let alone his grandkids (yes another of my resentments!). She hopped on his bed like she had known him all her life. He gave her his American flag. I was able to make amends to him and forgave him. He told me we are all survivors. I was free. I got to walk on the beaches he loved with my daughter with a new found understanding. I realized I was blocked from the sunlight because of the pain of the past.

I have experienced many spiritual awakenings like these that have originated from PAIN. How many times are we told it's an inside job? Well, I had to be turned inside out a couple of times! For me it is serenity. It has worked this way throughout my years in AA with so many life experiences. I had to face the PAIN to find that Pathway to Peace.

Sue J.
Neshanic Station, NJ

Virtually Speaking...

2020 and 2021 have been two very unusual years. COVID-19, the pandemic that won't quit, visited us in March of 2020 and spread like wildfire throughout our world. Luckily for AA, we found the virtual platforms that have been such lifesavers for us. And now, just as we thought we were entering a post-pandemic "new normal," the Delta variant is beginning to spread. We may be sick of the pandemic, but it isn't sick of us. Live meetings are beginning to open, but will they be able to stay open? We are all living with uncertainty once again.

Virtual meetings have certainly been a great boon to our program, but we must be certain to reach out to our online brothers and sisters with the same care and concern we extend to our "3-D" fellows. For the most part, we have done this, but I have observed a virtual weariness and lack of participation in some of the virtual meetings. The feeling I get is that we think we can wait to participate and contribute "when we can get back together in person." Well, I am not sure this will happen as soon as we would like. Suppose we can't continue our live meetings? There are too many people who are isolated and isolating who desperately need our help, whether we meet them virtually or in person. So, regardless of whether our meetings "go live," please continue to support AA: our GSO, Area 44, North Jersey Intergroup, your districts, your home groups, your meetings, and the still-struggling alcoholic in and out of the rooms.

And please, read and write for our newsletter. As I always used to say when I was newsletter chair:
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!!

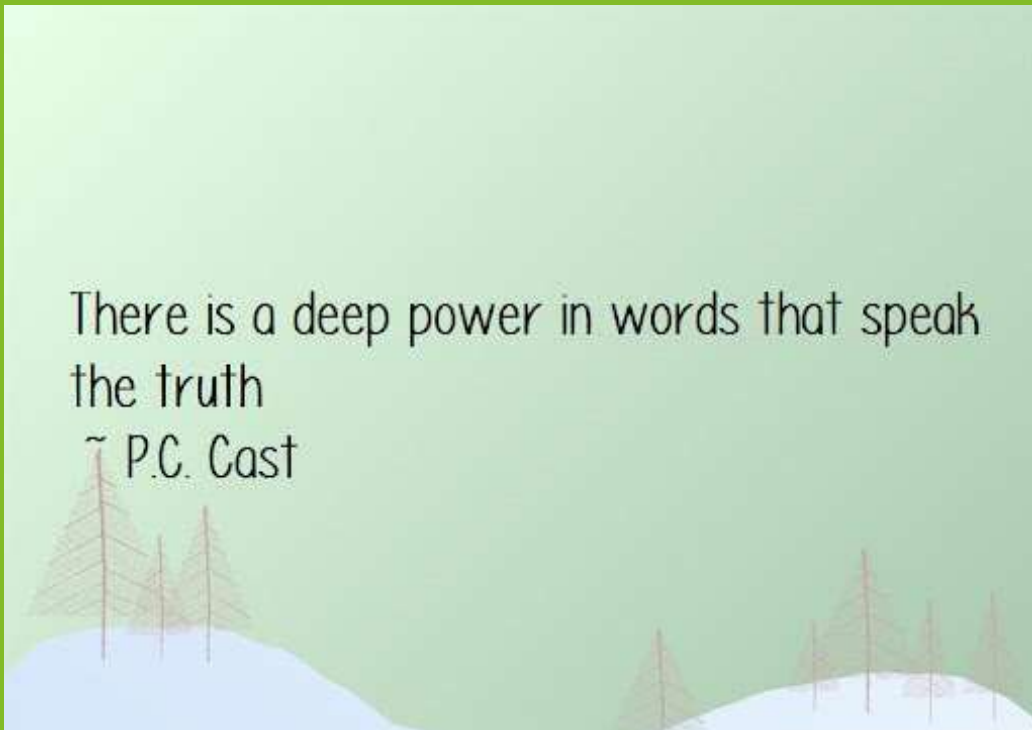
And please...ask your friends to read and write for this newsletter!!

Marybeth H.
Early Risers, District 26

Many thanks to ALL of our writers for
"This Day" Fall 2021 Edition.

Your words are beautiful and truly inspiring.
We could not do this without you!!!
Megan D., Area 44 Newsletter Editor

There is a deep power in words that speak
the truth
~ P.C. Cast



CREATIVE CORNER

+ Swamp Church Prayer +

My Higher Power
 I give up control to thee
 Today, tomorrow, and the next
 I ask for your strength
 I ask for guidance
 I ask for your continued will and hope
 I believe in the faith you've given me
 I promise that for today
 To continue my journey with you
 With absolute honesty
 With absolute love
 And absolute hope
 Not only for myself
 But for those around me
 And for those still seeking
 One day at a time

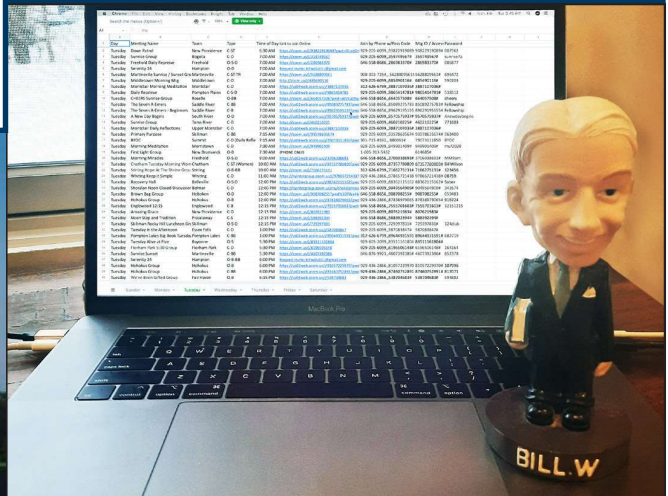
Written by Rick R., Port Monmouth, NJ



AREA 44 CALENDAR

To access Area 44's monthly calendars, please do the following:

1. Log on to www.nnjaa.org
2. Click the "NEWS & EVENTS" header
3. In the drop down menu, click "Calendar"



Interested in joining a Standing or Special Committee? Area 44 could use your help!

Check out our Area 44 Committee Virtual Meeting List on page 5!

**ALONE WE CAN DO SO LITTLE;
 TOGETHER WE CAN DO SO MUCH.**
 - HELEN KELLER



Member area
 userid: alcoholic
 password: onedayatime

www.nnjaa.org

Try it on your Smartphone



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.

Topics for the Winter 2021 Edition:

How do our stories help another alcoholic?

OR

What makes the book Alcoholic Anonymous a true "big book"?

Next Edition Deadline:
 November 22, 2021

Send your articles of 800 words or fewer *in a Word doc* to:
newsletter@nnjaa.org