

THIS DAY

www.nnjaa.org

News & Notes from NNJ General Service Area 44 and Northern New Jersey Intergroup

*A message
from your
Area Delegate*



A Message from Your Area Delegate

My head is spinning with the number of things that have happened over the last two years. Though I have four months left in my rotation, the experience I've had being your Area Delegate has been incredible. There are not enough words that can describe the honor and gratitude I have for you allowing me to serve.

I wouldn't have believed you if you told me that in the first year of my rotation the General Service Conference, due to the pandemic, would be a virtual event, that all in-person events would come to a sudden stop, that we would be communicating in these little boxes on our computers, and that at my second conference we would be able to meet in person but that it would be hit with a super spreader at the Conference. Still, there have been so many significant events that have changed me for the good. There are also some events that have happened that have left me sad, such as the results of some Advisory Actions, which have caused our beloved Fellowship to have some division, or the way the Conference, in my second year, dealt with the Covid outbreak by not having a contingency plan. But rather than dwell on any negative aspects that have gone on, the truth is that Alcoholics Anonymous has helped so many that have showed up over the last two years, whether it was at limited in-person meetings or mostly on a virtual platform, with an answer for their alcoholism.

I've always liked the saying "the language of the heart" because what I've witnessed over these two years is just that: that alcoholic who has shown up to their first meeting who has the guts to raise their hand and let us know that they are at their first meeting or just coming back, to see people flock around that person and offer help, and to see the chat feature blowing up with phone numbers and encouragement. It is an experience I'm glad I did not miss.

A few things I will cherish are my Conference experiences: the virtual Conference my first year brought about so much fear about being on the computer as long as we had to be, the friendships that were formed with members of my Conference committee and then with other Delegates from around the U.S. and Canada, the long hours of discussions and debates, and seeing the recommendations brought out on to the Conference floor and experiencing the voting process that happens. Probably the most significant thing that happened, which made me well up unexpectedly, was roll call at both Conferences. Even more emotional were the Delegates farewells at my second Conference. There have been so many relationships and situations that have come about because of the gift of recovery.

I can go on and on with what has transpired over these two years but what really hit me was on my way to Brooklyn for this year's Conference when I decided to drive through my old hometown. I thought of the years of pitiful, incomprehensible demoralization, the years of active drinking and troubles that it had caused me, under the lash of alcoholism I was brought to isolation and homelessness. Now, I was on my way to the General Service Conference serving Area 44 as your Delegate. As I like to see it, I went from the streets to the Conference. Thank you for allowing me to serve. I

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NEXT ISSUE DEADLINE

November 15, 2022

newsletter@nnjaa.org

AREA 44 COMMITTEE REPORTS & INFO

am grateful for all of you and most grateful for Alcoholics Anonymous.

Jimmy A., Panel 71 Delegate



Dear Friends:

Warm greetings from your Area Chair. I hope that you all enjoyed a terrific summer with family and friends, and you were able to take advantage of the many AA events that Area 44 groups and districts hosted. There are even more planned for the fall, so please keep the Area 44 calendar handy to see how you can support these 12th Step activities.

One of our most engaging annual activities has always been our Area 44 Convention. This will be hosted in-person for the first time in three years at the Doubletree Hotel in Somerset on September 23, 24, and 25. There will be many special events during the weekend, so we urge all AAs to attend, even if only for a few hours. There will be opportunities to take part in multiple workshops, sign up to serve on committees, or just have fun and fellowship in attending activities such as the Grapevine play and Karaoke night. We hope to see you there. [Northern New Jersey AA + Convention Page \(nnjaa.org\)](https://www.nnjaa.org) Another important event that happens every other Fall (even years) is our Area 44 Election Assembly. This year's Election Assembly will be hosted as a hybrid event on October 15th. At the bi-annual Election Assembly, we select a new panel of Area Officers to serve Area 44 for the next two calendar years. As a hybrid event, eligible voters (Officers, Standing Committee Chairs, DCMs, and GSRs) and interested AAs will have equal access on online or in-person. *We ask that ALL GSRs, or their Alternates, make plans to join us so that their voice, and by extension, that of their home group, is heard in selection of our Panel 72 Officers.*

In the coming months we will also see, in addition to our election of new officers, committee chairs elected or appointed to lead our 12th Step Committees for the next two years. This is a great opportunity to join one of our many service committees and help them chart their work for the coming years. Have a question about any of our committees? Click this link and read all about them: [Northern New Jersey AA Service Committees \(nnjaa.org\)](https://www.nnjaa.org)

Finally, today we are glad to see that many of our brick-and-mortar groups have returned to their usual locations and schedules. In fact, a few groups even have new homes. We also see that some have added *additional* online meetings to continue to better carry the message. In addition, we gladly welcome all newly created virtual groups into the Area 44 family. These changes have brought more resources to reach the still sick and suffering in our Area 44 community.

Sadly, we have not experienced the same return to full capacity when it comes to our service committees in Area 44. If you are currently in Area service, we ask that you share your experience(s) with other AA members and extend an invitation to have them join us. If you are not yet in Area service and are interested in expanding your own AA journey by giving back, we strongly urge you to consider joining one of the many committees doing 12 Step work in Area 44. Attending the Area 44 Convention would be a great start. Or simply click the link above to find out more now.

Wishing you all a wonderful fall and a very sober and serene season.

In AA love and service,
George L., Area 44 Chair

Convention Contact Information:
(908) 205-0006 or Convention-registration@njarea44.org

ASL Interpreters for the
Hearing Impaired will be available

**NORTHERN NEW JERSEY GENERAL SERVICE
AREA 44 PRESENTS
THE 66TH ANNUAL
CONVENTION**



September 23-24-25, 2022

Grapevine Play • Young-People's Speaker Meeting
Friday & Saturday Night Entertainment • Saturday Night Banquet
Guided Meditation Meeting • Alkathon • Young-Timer / Old-Timer Meeting

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

THE DOUBLETREE HOTEL
200 Atrium Drive, Somerset, NJ 08873

Frequently Asked Questions:

Q: I'd like to do service during the weekend; are there volunteer opportunities available?

A: Absolutely! There are many types of volunteer assignments needed throughout the weekend and we welcome all to participate! If you're interested in volunteering, contact us at convention-registration@njarea44.org or use the back of this form.

Q: May I pay by credit card?

A: Yes, you can use your credit card to register online at nnjaa.org/convention and pay for the hotel rooms and convention meal plans. Credit cards will also be accepted on site at the convention. There are additional merchant's fees for paying by credit card. To avoid these fees, feel free to submit your registration form via regular mail. If you submit your payment through the regular mail, a check or money order is required.

Q: May I mail my registration in? MUST BE RECEIVED BY 9/14/2022

A: Yes, simply fill out the form on page 3 and mail it along with a check or money order to:

**NNJGS Area 44 Convention
PO Box 1480
801 Bangs Avenue
Asbury Park, NJ 07712**

Q: May I request a scholarship to the convention?

A: Yes. Requests for scholarships MUST be made by pre-registering by mail, online, or by calling the hotline at (908) 205-0006.

Q: May I or my Home Group contribute to scholarships to help those who cannot afford to attend?

A: Yes! However, scholarships are for weekend registration only; no meals. Scholarships can be contributed at the hotel the weekend of the convention for this year but will carry over to next year.

Q: Is the Saturday banquet included in the meal plan?

A: The Saturday banquet is included in the price of Meal Packages 1, 2, 4, and 6.

Q: I'd like to sit with my friends at the Saturday banquet is that possible?

A: Yes, list their names on the back of this form, and submit your registrations together in the same envelope. We will do our best to accommodate.

Q: How do I sign up for the Old-Timers' Luncheon?

A: If you have 25 or more years of sobriety (sobriety date prior to 9/24/1997) AND you purchase any registration package (#1- #6) on the next page, then the Old-Timers' Luncheon is included in the cost of your registration. However, you MUST indicate your intention to attend the luncheon by providing your name, home group, and sobriety date in the OLD TIMERS' LUNCHEON REGISTRATION section of this form.

Q: Who do I contact about my hotel room reservation?

A: You should contact the hotel directly about your room reservation at (800)222-8733.

Q: What if I still have questions?

A: If you have any questions or would like to volunteer, you may reach us via email at convention-registration@njarea44.org or call the Convention Hotline: (908) 205-0006

Use Code : A44 for discount on room rates!

Hotel Room Reservations:

ROOM RATES:

Single/Double: \$129.00* (Per Night)

Triple: \$139.00* (Per Night)

Quad: \$149.00* (Per Night)

*Plus 15% Occupancy Tax

These special convention room rates will only be available when identifying attendance at the "A44" group rate.

Reservations must be received on or before September 2, 2022 in order to guarantee availability and rate. Cancellations must be received 72 hours prior to your scheduled arrival, or you will be charged for the room.

PLEASE NOTE: Whether you use our website, or whether you book your hotel room through another vendor, please inform the hotel that you're participating in the convention. The Area gets credit towards its minimum quota for all rooms booked during the convention weekend. If you have any questions, please contact us at (908) 205-0006

TWO WAYS TO MAKE HOTEL RESERVATIONS:

1) BY PHONE – Call the hotel at 1-800-222-8733 and make a reservation with a credit card. The conference name is "A44." You must mention this code when registering in order to get the special convention room rate. It also helps us to reach our quota, so please make sure that you use that code when you book your room.

2) BY THE INTERNET – Go to online to our web page at: www.nnjaa.org/convention. When you book online, you will be able to purchase your meal packages in addition to your hotel room reservations. Don't forget to use the promotion/offer code "A44" when booking online.

Al-Anon Invites You!

The members of Al-Anon cordially invite you, the relatives and friends of those affected by the family disease of alcoholism, to Al-Anon's participation in the 66th Annual Area 44 General Service Convention of Alcoholics Anonymous.

Please join us in sharing our experience, strength, and hope in finding happiness, even contentment, whether the alcoholic is still drinking or not.

For more information call North Jersey Al-Anon Information Service at 973-744-8686.

Area 44 Convention Registration Packages

(*Banquet is limited to the first 500 registrants)

REGISTRATION PACKAGE #1:

$$\$191.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}} \text{ Minus } \$ \frac{\text{DEPOSIT}}{\text{DEPOSIT}} = \$ \frac{\text{BALANCE DUE}}{\text{BALANCE DUE}}$$

Includes Weekend Registration, Saturday breakfast, Saturday lunch, *Saturday Banquet, and Sunday breakfast.

REGISTRATION PACKAGE #2:

$$\$161.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}} \text{ Minus } \$ \frac{\text{DEPOSIT}}{\text{DEPOSIT}} = \$ \frac{\text{BALANCE DUE}}{\text{BALANCE DUE}}$$

Includes Weekend Registration, Saturday lunch, *Saturday Banquet, and Sunday Breakfast (NO SATURDAY BREAKFAST).

REGISTRATION PACKAGE #3:

$$\$133.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}} \text{ Minus } \$ \frac{\text{DEPOSIT}}{\text{DEPOSIT}} = \$ \frac{\text{BALANCE DUE}}{\text{BALANCE DUE}}$$

Includes Weekend Registration, Saturday breakfast, Saturday lunch, Sunday Breakfast and (NO SATURDAY BANQUET).

REGISTRATION PACKAGE #4:

$$\$94.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}} \text{ Minus } \$ \frac{\text{DEPOSIT}}{\text{DEPOSIT}} = \$ \frac{\text{BALANCE DUE}}{\text{BALANCE DUE}}$$

Includes Weekend Registration and *Saturday Banquet ONLY.

REGISTRATION PACKAGE #5:

$$\$36.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}}$$

Weekend Registration ONLY.

SCHOLARSHIP CONTRIBUTION:

$$\$36.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}}$$

Weekend Registration ONLY.

Other Amount = \$ _____

★ OLD TIMERS ★

- Pre-registration is required to attend the Old-Timers' Luncheon. The Luncheon is included in the cost of your convention registration if:**
- You have 25 or more years of sobriety (sobriety date prior to 9/24/1997) - AND
 - You purchase any meal or registration package (#1– #5) above or the NEW Old Timers' Registration Package #6 Below.

OLD TIMER'S REGISTRATION PACKAGE #6:

$$\$159.00 \times \frac{\text{# OF PEOPLE}}{\text{# OF PEOPLE}} = \$ \frac{\text{TOTAL}}{\text{# OF PEOPLE}} \text{ Minus } \$ \frac{\text{DEPOSIT}}{\text{DEPOSIT}} = \$ \frac{\text{BALANCE DUE}}{\text{BALANCE DUE}}$$

Includes Weekend Registration, Old Timers' Lunch, *Saturday Banquet, and Sunday Breakfast

You must register your intention to attend the luncheon by providing your name, home group, and sobriety date below. Seating is limited to the first 225 Old-Timers' who register for the luncheon before the convention registration deadline Sept. 14, 2022. Reserved seating is not permitted.

Name	Home Group	Sobriety Date
Name	Home Group	Sobriety Date
Name	Home Group	Sobriety Date

REGISTRATION BY MAIL:

1. If you prefer not to pay in full at this time for the meal packages, you can choose the deposit option of \$60.00 for each person in your party, and pay the balance at the event.
2. Make all checks or money orders payable to:
NNJGS Area 44 Convention
3. Fill out this page of the form and mail to:
NNJGS Area 44 Convention-Registration
PO Box 1480, 801 Bangs Avenue
Asbury Park, NJ 07712

Check here if you're...

- AA Member AI-Anon Member Need ASL Interpreter

OR

- Sign Me Up For The Scholarship*

*The scholarship is for a free ticket for Weekend Registration Package #5. Please only select this option if you are unable to afford to pay for the convention registration. Area 44 is pleased to offer scholarships to those who truly need it. Scholarship recipients are encouraged to provide a suggested 2 hours of volunteer service during the Convention. Scholarship awards will begin August 21, 2022. You will receive a phone call from a committee member if you have been awarded a scholarship and to discuss if you are willing and able to volunteer.

First Name, Last Name

E-Mail Address

Telephone

Please check here if you would NOT like to receive future emails regarding the Area Convention ()

Send Confirmation to (choose one) Mail E-mail

(If you want your confirmation mailed to you, include a self-addressed, stamped envelope.)

Street Address

City State Zip

ALL MAIL-IN PAYMENTS MUST BE POST-MARKED ON OR BEFORE SEPTEMBER 14, 2022

REGISTRATION ONLINE:

1. To register for a meal package online go to:
www.nnjaa.org/convention
2. Follow the directions, answer the questions, and supply your credit card information.
3. Confirmation of your transaction will be emailed to you.
4. Upon completion of the payment for your meal package, you will be offered the option of reserving a hotel room by clicking on the button "Reserve a Room." This action will take you to the hotel's web page, which has been set up specifically for our convention.

THE DEADLINE FOR REGISTRATION FOR THE OLD TIMERS' LUNCHEON IS SEPTEMBER 14, 2022

SEE BACK OF THIS FORM FOR BANQUET SEATING INFORMATION

Saturday Banquet Seating Request:

Please complete the following and return it with your mail-in registration:

THE BANQUET IS LIMITED TO THE FIRST 500 REGISTERED!

Saturday's banquet will have pre-arranged seating based on the date of receipt of your registration form.

Tables can accommodate ten people. To reserve a full table, or to be seated with a group of people, your registration forms and deposits must be received together in one envelope. This will be the only way to assure seating together based on the availability of seats at the time your registrations are received. We will try our best to honor parties and keep you together, but such seating will be based on availability of tables...SO...get group registrations in as early as possible!

People purchasing banquet tickets at the convention will be assigned seating at that time, based on the availability of the remaining seats.

You MUST include the full names of attendees at your table. Please note that the banquet is SMOKE FREE & VAPING FREE.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SPECIAL DIETARY NEEDS: _____

Volunteer:

If you're interested in helping out during the Convention, you may volunteer by completing the form below:

Name _____

Phone _____

Email _____

66th Annual Area 44 Convention Schedule Preview

FRIDAY, SEPTEMBER 23, 2022

3:00PM	Hotel Check In (Main Lobby) Registration Opens (Terrace Lounge): Pick up your Registration Badge, Meal Tickets, and Banquet Tickets. Sign Big Book at Resource Table.
5:00PM	Early Bird Discussion Meeting
6:00PM-8:00PM	Dinner (Meal Plan Not Included)
6:15PM- 7:15PM	Young People's Speaker Meeting: Allison R., Jersey City, NJ
8:00PM	Ice Breaker Speaker Meeting: <i>Paul McQ., Rockaway Beach, NYC</i>
	Alkathon Meetings Continues
9:15PM	Grapevine Play - "Can You Tell Me How to Get to Sobriety Street?"
10:00PM	Karaoke

SATURDAY, SEPTEMBER 24, 2022

6:30AM- 9:00AM	Breakfast
7:30- 8:15AM	Guided Meditation
8:00AM	Registration, Meal, and Banquet Packages Open
9:00AM-10:00AM	Young Timer/Old Timer Speaker Meeting: Dan K., Ocean, NJ
9:00AM-5:00PM	Continuous Films Program
10:15AM- 11:15AM	Al-Anon Speaker Meeting: <i>Robyn V., Winston Salem, NC</i>
11:30AM- 12:30PM	Workshops Hosted by Districts
11:30AM- 1:00PM	Old Timers' Luncheon
11:00AM- 2:00PM	Lunch
12:30PM- 1:30PM	Workshops Hosted by Districts
1:30PM- 3:30PM	Old Timers' Meeting and Sobriety Countdown
2:45PM- 3:45PM	Workshop Panel: Area 44 Service Committees
	Alkathon Meetings Continues
4:00PM- 5:00PM	Polish Speaking Meeting
4:00PM	History and Archives Presentation - "The Gist of James"
4:00PM	Grapevine Play (encore) - "Can You Tell Me How to Get to Sobriety Street?"
6:45PM	Banquet Doors Open
7:15PM	Banquet Dinner
8:15PM- 9:30PM	Banquet Speaker: <i>Rosie T., Seal Beach, CA</i> (Simulcast: Mirabelle Room)
10:00PM	Joint Unity Play - "AA - Gilligan Style"
10:00PM- 12:00AM	DJ Cory Minto
	Alkathon Meetings Continues

SUNDAY, SEPTEMBER 25, 2022

6:30AM- 9:00AM	Breakfast
7:30AM- 8:15AM	Guided Meditation
8:00AM	Last Alkathon Meeting
9:30AM	Spirituality Speaker Meeting
	Closing Ceremonies

REMEMBER THAT AREA 44 NEEDS YOU!!!



NORTHERN NJ COMMITTEE MEETINGS VIRTUAL AND HYBRID



* Denotes Joint Committee of Area and Intergroup

Revised 5.03.2022

COMMITTEES	MEETING DAY	TIME	SERVER	MEETING ID	PASSWORD	CONTACT AND ADDITIONAL INFORMATION
STANDING COMMITTEES						
Cooperation w/ Professional Community*	3 rd Tuesday	7:00pm	ZOOM	831 67410763	(n/a)	Roe T-B – rnc-chair@njarea44.org No password, Waiting Room Feature enabled by host
Corrections Facility Committee*	3 rd Saturday	10:00am	ZOOM	850 3466 8699		Susan P-C – cfc-chair@njarea44.org ...Meeting on ODD number months only
Grapevine	1 st Saturday	10:00am	ZOOM	820 1459 9915	AAGV	Marcheta B – grapevine-chair@njarea44.org Rotating Hybrid and Virtual Only every other month, Please contact Chair if you plan on attending at the Area Office
History and Archives*	2 nd Wednesday	7:00pm	ZOOM	917 6976 2213	474109	Frank F – archives-chair@njarea44.org
Literature	3 rd Monday	7:00pm	ZOOM	672 0988037	889464	Mike R – literature-chair@njarea44.org ...This is a HYBRID meeting, with Social Distance observed at Area Office ; Literature Sales at 6:00pm
Public Information*	2 nd Tuesday	7:30pm	ZOOM	821 7687 5697	2945766	Sandra P – pi-chair@njarea44.org Virtual Only
Treatment*	2 nd Wednesday	7:00pm	ZOOM	812 51569162	162734	Elise B – treatment-chair@njarea44.org
SPECIAL COMMITTEES						
Computer and Technology Committee	2 nd Monday	7:00pm	Teams			Bruce R – computer@njarea44.org
Convention Committee	3 rd Wednesday	7:30pm	ZOOM	833 2357 7907	197229	Chris L – convention-chair@njarea44.org
Films Committee	2 nd Sunday	9:00am	ZOOM	851 6081 2392	DV6cm	Paul L – films-chair@njarea44.org
Finance Committee	4 th Monday	7:00pm	ZOOM	591 535 5531	112590	John C – finance-chair@njarea44.org
GSR/DCM Workshops	N/A					Tim R – gsc-workshop-chair@njarea44.org
Mailing Committee	1 st Wednesday	6:30pm	n/a			Sara G – mail-chair@njarea44.org Currently not meeting due to lack of mailing needs for the Area
GSR Mid-Winter Luncheon Committee	1 st Monday	6:30pm	ZOOM	891 0985 8973	077175	Laverne S. – lunch-chair@njarea44.org
Newsletter*	3 rd Thursday	6:00pm	ZOOM	815 3922 8687	thisday	Tony P – newsletter-chair@njarea44.org
NIYPAA	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@njarea44.org Virtual Only meeting. Meets on EVEN months
Remote Communities	4 th Monday	7:30pm	ZOOM	898 6573 4822	162978	Brian I – remote-chair@njarea44.org Virtual Only
Social Media Committee	2 nd Thursday	7:30pm	ZOOM	846 7849 8287	511520	Kristen A – sm-chair@njarea44.org
Translations Committee	1 st Wednesday	7:00pm	n/a	836 7972 7434	330508	Felix E – translation-chair@njarea44.org
Website Committee*	4 th Thursday	7:00pm	Teams	Click to Join		Andy Y – website-chair@njarea44.org

FOR MORE INFO ON STANDING AND SPECIAL COMMITTEES,
PLEASE CHECK OUT: WWW.NNJAA.ORG >> SERVICE >>
SERVICE COMMITTEES

Get your invite to the Area 44 Facebook Group and get your questions answered, anytime, by mailing
socialmedia@njarea44.org

Share44 Training

Date:	Sunday, Sept. 18, 2022
Introductory Training Time:	10:00 – 11:30 AM
Advanced Training Time:	1:00 – 2:30 PM

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
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Send an email to Share44Help@NJArea44.Org to request addition information

Share44 Training

Date:	Saturday, Nov. 12, 2022
Introductory Training Time:	10:00 – 11:30 AM
Advanced Training Time:	1:00 – 2:30 PM

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
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Send an email to Share44Help@NJArea44.Org to request addition information

INTERGROUP NEWS & NOTES



NORTHERN NEW JERSEY INTERGROUP NEWS 'N NOTES August 2022



BOOKERS

The next Bookers is scheduled for Sunday,

September 11, 2022

We will host Bookers in-person (5am) at Mother Seton Regional High. And assuming we still have a large number of active online speaker meetings, we will again host Bookers online (at 7am). If you would like to be added to the Bookers email list – or if you have additional questions, please email us at Bookers@NNJAA.org. **Flyers are attached**

COMMITTEE ON CORRECTIONS –

Committee is at a standstill until they receive information about the programs restarting inside the facilities.

COOPERATION with the PROFESSIONAL COMMUNITY –

CPC and PI will be doing a joint workshop on our Committees (Date TBD). We have been invited to present to college groups and professionals. We plan to set up more of these with Universities this fall. We continue to distribute “Sponsor Your Doctor” packets, including information about AA geared to healthcare professionals and contact info for AA. These packets can be delivered by all members of AA. For more information, contact your CPC chair, DCM or visit the [CPC service page](#) on NNJAA.org. We meet on the 3rd Tuesday of the month.

HISTORY & ARCHIVES Committee (H&A) has continued to deliver a variety of presentations for Group and District events as well as provide information about participating in the H&A Committee. • H&A will be presenting “The Gist of James” at the [Area 44 Annual Conference](#), September 24 at 4pm at the Doubletree Hotel in Somerset. • H&A is currently researching options for the safe and secure storage of our priceless and precious archives/artifacts. The findings will then be presented to both Area 44 and Intergroup for acceptance and funding for the new space.

We meet the 2nd Wednesday of the month. Contact the Chair for online meeting information.



INTERGROUP OFFICE

As of August 1, we show 1532 reopened meetings – An increase of 17 meetings since the end of June. **There remain 509 online meetings** listed on NNJAA.org as well.

In total, the office is currently supporting over 2,000 active meetings via online and administrative updates...

Our **Status Unknown meetings have dropped from 169 to 150 in the last month!** A full list of the **Current Status Unknown Meetings** is back by popular demand – and included in the August Delegates Meeting handouts. Thanks for getting the word out!!

NOTE: *Meetings on our website listed as Status Unknown show as INACTIVE on Meeting Finder App.*

Office Communications

THANK YOU to all the Groups who have returned their updated [Intergroup Data Sheet](#), and **12th Step Contact Sheets** in response to our recent outreach requesting updated information for all of our Groups!

These updated forms can be returned at any time... There’s no such thing as “late” when it comes to updating the Office with your Group’s info!

Important to note: The best way to quickly update us about immediate changes, e.g., reopening, updating online meeting information, etc., is to use the [MeetingUpdate form](#) so we can update the website as quickly as possible.



If your Group Delegate is not receiving the email alerts regarding the Delegates Meeting, please, include the *Group Name, Town, Meeting Day and Time, Delegates Name, eMail and Phone Number* in an email to: IGDelegates@nnjaa.org

Because 12th Step contact sheets must be updated annually, the freshness of our contact information grows stale quick. **Many groups are not aware that after one year, their list is considered out of date!**

To draw attention to the serious lack of current 12th Step Contacts Intergroup has on record, we are taking inventory of the **towns in need of contacts** by County. Please look at the short list below and spread the word!

Somerset County

- Bedminster
- Bernardsville
- North Branch
- Pottersville
- Raritan

As COVID restrictions are lifted and meetings are able to remain open, the Meetings Books are that much *more accurate!!* **2020 Meeting Books** are available for the reduced rate of **\$4 per dozen.**



INTERGROUP VOLUNTEERS ROCK!!

We are grateful to the amazing volunteers who make time in their schedules to be with us each week. Sometimes life events, vacations, etc. mean we have additional open slots in a week. We currently have one standing slot open on Fridays (10a-1p) – and would be grateful for some late afternoon support (3p-5p) on Mondays and Wednesdays for those who might want to be of service to the sick and suffering alcoholic via the Intergroup Office:

- **Mon.** AM/PM – Lynn / Rick
- **Tue.** AM/PM – Linda / Maureen
- **Wed.** AM/PM – Angelina / Mitch
- **Thu.** AM/PM – Ed / Marge
- **Fri.** AM/PM – **Open**/Janet (Toni)

If you've got some sober time, 2-3 hours on any given day and are interested in helping



answer phones in the Intergroup office, please call the office to find out more: 908-687-8566 Monday-Friday 10a-6p.

NEWSLETTER – The **deadline** for the fall issue is **August 15, 2022.** Suggested Topics are:

- Explain what AA means when it asks an alcoholic if he or she is *willing to go to any lengths to get sober.* Incorporate your story into the article.
- How is Step 5 important and necessary in remaining sober?
- Choose an AA topic. Remember that your submission should abide by Tradition Three and focus on alcoholism.

If you have an article to submit, please email it to: Newsletter@NNJAA.org. The next **Newsletter Committee Meeting** is scheduled for Thursday, August 18th at 6 pm online via Zoom.

Mtg ID: 815 3922 8687 Password: thisday

NIGHTWATCH – Nightwatch commitments are held by the Groups and rotate on a weekly basis. If your Group is interested in participating, please contact your group Nightwatch Coordinator or check the website for more information. The Committee meets virtually, every other month; meeting information is available on the website.

PUBLIC INFORMATION – No update submitted. Meets the 2nd Tuesday of each month.

TREATMENT FACILITIES – No update submitted. Those interested in the working with this committee, please check the website, speak with your District Treatment Chair or you can reach them at treatment@nnjaa.org.



NEW MEETINGS!

Accepted into Intergroup, July 7, 2022

IN-PERSON

LYNDHURST

The Rule 62 Group

Cigar Emporium

607 Ridge Road

Thursday O-S-D (Smoking) 8pm

NEW MEETINGS! *continued*

Accepted into Intergroup, July 7, 2022

ONLINE

Women’s 9:30am Closed Discussion

(Long Branch)
Saturday at 10am
See Online Listing

Middletown Morning Miracles

(Middletown)
Monday-Friday at 7am
Mon-C-L
Tue-C-D
Wed-C-ST
Thu-O-BB
Fri-O-L
See Online Listing

If you are unsure of your *Meeting’s Status*, how to use the *Meeting Finder*, have questions regarding the *Meeting Update* or *Data Sheet* forms, or are interested in serving as an *Office Volunteer*...

Please call the office at **908.687.8566**
Monday-Friday 10a-6p.

Thank you for allowing us to serve you!

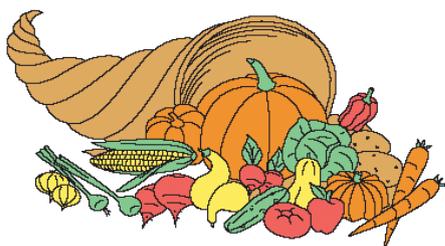
Mac, Maria and Rhea Anne

Intergroup Office Staff



Celebrating 76 Years

**Presented live and in person our 21st
Intergroup Gratitude Brunch**



Save the Date

**Saturday, November 12th 2022
10:30 AM – 2:00 PM**

The Gran Centurions
440 Madison Hill Rd.,
Clark, NJ 07066

**Speaker: Billy N.
Tell It Like It Is Group
Palm Beach Gardens, FL.**

**Northern New
Jersey Area 44**

**Our Virtual
Experience!**

Live and Virtual
November 19th 2022

- GSO Presentatons
- Group Sharing
- Registraton Help

Save the Date

Presented By the Joint Unity
Committee of Area 44 and
Northern New Jersey Intergroup



NNJAA STATUS UNKNOWN MEETINGS

As of August 2, 2022

Our primary purpose is to help the still sick and suffering alcoholic...

We must clean up the wreckage of our past. We cannot give away something we haven't got. When anyone, anywhere reaches out for help...

These slogans are guideposts to the action we take as recovering alcoholics. A vital tool we offer to the still sick and suffering is an AA meeting.

The following list represents Groups that have not been in touch with Intergroup since **June of 2020**. At that time we had 900 meetings listed as Status Unknown... we have reconnected with 750 of those meetings.

You can update your status online by filling out a [Meeting Update Form](#). You can also find this form by clicking the green banner [Re-Opening Information](#) at the top of our homepage and scrolling down until you see:

TO UPDATE YOUR MEETING INFORMATION...

We can't do this without you!

Bayonne	Sunday	7:30 PM	Edgewater	Wednesday	6:30 PM
Belleville	Saturday	10:00 AM	Elizabeth	Tuesday	Noon
Belmar	Tuesday	6:45 PM	Elizabeth	Thursday	Noon
Bloomfield	Tuesday	8:00 PM	Elizabeth	Friday	7:00 PM
Bloomfield	Wednesday	8:00 PM	Englewood	Wednesday	7:30 PM
Carlstadt	Friday	1:00 PM	Ewing	Saturday	3:30 PM
Carlstadt	Saturday	7:00 PM	Ewing	Saturday	8:00 PM
Cedar Knolls	Tuesday	6:15 AM	Flemington	Thursday	8:00 PM
Chester	Tuesday	4:00 PM	Fort Lee	Thursday	5:00 PM
Chester	Friday	7:00 PM	Freehold	Tuesday	6:30 PM
Clinton	Wednesday	7:30 PM	Hamilton Square	Wednesday	8:00 PM
Clinton	Friday	12:15 PM	Haworth	Friday	1:00 PM
Closter	Wednesday	8:00 PM	Hillsborough	Wednesday	8:00 PM
Denville	Wednesday	8:30 PM	Hillsborough	Friday	8:00 PM

Holmdel	Monday	8:00 PM	Liberty Corner	Monday	8:00 PM
Holmdel	Tuesday	6:30 PM	Linden	Wednesday	4:30 PM
Holmdel	Friday	5:45 PM	Livingston	Sunday	7:30 PM
Howell	Thursday	7:30 PM	Lodi	Tuesday	7:00 PM
Irvington	Sunday	1:00 PM	Long Branch	Friday	8:00 PM
Irvington	Tuesday	Noon	Long Valley	Tuesday	7:00 PM
Jersey City	Monday	7:30 PM	Manahawkin	Friday	7:30 PM
Jersey City	Tuesday	7:30 PM	Manasquan	Tuesday	7:30 PM
Jersey City	Wednesday	8:00 PM	Manasquan	Tuesday	7:30 PM
Jersey City	Thursday	8:00 PM	Metuchen	Thursday	7:30 PM
Jersey City	Friday	7:30 PM	Middlesex	Monday	7:30 PM
Jersey City	Saturday	7:00 PM	Milltown	Monday	7:00 PM
Keansburg	Saturday	7:00 PM	Montclair	Monday	8:00 PM
Keyport	Thursday	7:30 PM	Montclair	Monday	8:00 PM
Kingston	Thursday	8:00 PM	Montclair	Tuesday	6:30 PM
Lafayette	Wednesday	8:00 PM	Montclair	Tuesday	8:00 PM
Lakehurst	Monday	7:30 PM	Montclair	Wednesday	Noon
Lambertville	Monday	8:00 PM	Montclair	Wednesday	8:00 PM
Lambertville	Wednesday	8:00 PM	Montclair	Wednesday	8:00 PM
Montclair	Thursday	1:00 PM	Oakland	Sunday	7:00 PM
Montclair	Thursday	8:00 PM	Oakland	Tuesday	8:00 PM
Montclair	Saturday	7:30 PM	Old Tappan	Saturday	7:00 AM
Morristown	Monday	5:30 PM	Paramus	Saturday	3:15 PM
Morristown	Tuesday	8:30 PM	Parsippany	Tuesday	12:10 PM
Morristown	Wednesday	8:00 PM	Paterson	Sunday	7:00 PM
Neptune	Sunday	8:30 AM	Paterson	Tuesday	7:30 PM
Neptune	Monday	8:30 PM	Paterson	Thursday	7:30 PM
Newark	Monday	5:00 PM	Pequannock	Thursday	1:00 PM
Newark	Monday	7:00 PM	Piscataway	Friday	7:30 PM
Newark	Thursday	6:30 PM	Piscataway	Saturday	12:15 PM
Newark	Friday	Noon	Plainsboro	Sunday	11:00 AM
Newark	Friday	7:15 PM	Pt Pleasant	Tuesday	7:30 PM
Newark	Friday	8:00 PM	Pt Pleasant Beach	Monday	7:30 AM
Newton	Thursday	7:30 PM	Pt Pleasant Beach	Thursday	7:00 PM
North Caldwell	Thursday	12:45 PM	Princeton	Monday	12:15 PM
Norwood	Tuesday	7:30 PM	Princeton	Wednesday	7:30 AM
Nutley	Wednesday	7:30 PM	Princeton	Wednesday	8:30 PM
Oak Ridge	Monday	10:00 AM	Princeton	Saturday	10:00 AM

The best way to manage your status online is to fill out a [Meeting Update Form](#).

Raritan	Thursday	7:00 PM	South Orange	Monday	8:00 PM
Red Bank	Wednesday	7:30 PM	South Plainfield	Monday	12:15 PM
Ridgewood	Sunday	8:00 PM	South Plainfield	Thursday	7:30 PM
Ridgewood	Sunday	8:00 PM	South River	Wednesday	8:30 PM
Ridgewood	Monday	7:30 PM	Sparta	Monday	8:00 PM
Ridgewood	Tuesday	7:15 PM	Sparta	Tuesday	8:00 PM
Ridgewood	Wednesday	7:15 PM	Stockton	Monday	8:00 PM
Ridgewood	Wednesday	7:15 PM	Suffern	Wednesday	7:00 PM
Ridgewood	Friday	7:00 PM	Suffern	Friday	8:00 PM
Ringoes	Saturday	4:00 PM	Summit	Sunday	8:45 AM
Rumson	Tuesday	8:00 PM	Trenton	Sunday	8:00 PM
Secaucus	Tuesday	8:00 PM	Tuckerton	Friday	8:00 PM
Secaucus	Thursday	7:30 PM	Union	Sunday	1:00 PM
Short Hills	Wednesday	1:00 PM	Union	Friday	7:15 PM
Shrewsbury	Sunday	5:00 PM	Upper Montclair	Saturday	7:30 PM
Shrewsbury	Saturday	8:00 PM	Waretown	Wednesday	9:00 AM
Somerset	Friday	8:00 PM	Watchung	Sunday	8:00 PM
Somerville	Friday	8:00 PM	Wayne	Friday	7:00 PM
Somerville	Friday	8:00 PM	West Belmar	Friday	6:00 PM
West Milford	Friday	11:59 PM			
West Milford	Saturday	10:00 PM			
West Windsor	Tuesday	7:30 PM			
Wharton	Thursday	9:00 PM			
Whitehouse Station	Sunday	8:00 PM			
Woodbridge	Tuesday	7:30 AM			
Woodbridge	Friday	12:15 PM			
Wyckoff	Tuesday	8:00 PM			

The best way to manage your status online is to fill out a [Meeting Update Form](#).

Area 44 District Happenings & Reflections

DISTRICT 15/21 SERVICE & A SLICE



DISTRICT 15/21 INVITES YOU TO JOIN US FOR "SERVICE & A SLICE"

The monthly meeting for District 15/21 in September will be a special event. **We'll be serving free pizza, salads and delicious desserts.** Please join us to learn about the various Service Positions in our District.

DATE: Monday, September 19, 2022

TIME: 6:30 pm Pizza – 7:30 Meeting

PLACE: Flemington Baptist Church
170 Main Street, Flemington

ZOOM: Dial in at 7:30 PM
Dial In: 899 7518 9464
Password: 278 602



NJ AA Districts 10 & 11/33
Join forces for a
Day of Sharing

**"FINDING SOLUTIONS THROUGH
RECOVERY, UNITY & SERVICE"**

AA SPEAKER: KAREN C

ALANON SPEAKER: RUTH

When: Saturday, October 1st, 2022
Where: St. Timothy's Lutheran Church
395 Valley Road
Wayne, NJ 07470

Hours: 8 a.m. to 2:30 p.m.
Workshops start at 9 a.m. Doors open
at 8 a.m. for registration, food & fellowship.

Workshops will focus on recovery, unity & service.

Free breakfast & lunch provided.
Dessert donations gladly accepted!
Volunteers are welcome!

For more information, email:
d11_33-dcm@njarea44.org or d10_dcm@njarea44.org

Check out these district-sponsored events!!!

NNJGS Area 44 - District 17 VIRTUAL DAY OF SHARING 2022

Zoom ID: 813 0161 9536



Saturday, October 22, 2022
9:45 AM – 1:00 PM

History and Archive presents:
"The Books behind the Book"

Speakers:
Wendie S. of West Orange Sunday Night
Rob S. of New Clinton Hill

Standing Committees Presentations

"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 history, speakers and service!!

District 32 - Area 44 - Northern New Jersey Alcoholics Anonymous

Women's Hybrid Spiritual Breakfast October 2, 2022

10:00am to 1:15pm (EST) ~ Doors open at 9am

Donna J

No Serenity til Brooklyn
In Person Speaker

Carol L.

Lighthouse Point Florida
Online Speaker

Topic Speakers

Sobriety Count

Literature Raffle

AA Literature Sales

Guided Meditation

Service Committees

Continental Breakfast

Attend Online:

ID: 854 7760 6216

Passcode: 2022

Attend In Person:

229 Broadway @ 9th St
Bayonne, New Jersey

EVENT REGISTRATION*



Please Use
Phone Camera to
Scan Code to Register
or Email Us:

aawomeneventcommittee@gmail.com

*registration is FREE & optional but encouraged & appreciated.

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

1. *Explain what AA means when it asks an alcoholic if he or she is willing to go to any lengths to get sober. Incorporate your story into the article.*
2. *How is Step 5 important and necessary in remaining sober?*
3. *Choose an AA topic. Remember that your submission should abide by Tradition Three and focus on alcoholism.*

Denial

Denial. Those who have been around AA for a little while recognize it for *Don't Even kNow I Am Lying*. That was the watchword for most of my life. I was seldom proactive, mostly reactive, and frequently the reaction was putting my head in the sand. I ignored problems with my marriage, my business, my life in general. I absolutely denied my alcoholism. I denied that daily drinking was not normal. I denied that not everyone had blackouts. I denied that driving while keeping one eye closed was not safe. My self-check on my drinking behavior was those occasional tests found in a newspaper or magazine. I always passed those tests with flying colors. According to them I was the picture of sobriety.

Through a series of events that were absolutely not my fault, I landed in the rooms of Alcoholics Anonymous. By the process of quitting the drink, true self-examination, and the Twelve Steps, I began to sort out my flaws and shortcomings. During discussions with my sponsor and network, combined with literature, meetings, and the Big Book, I started to understand my behaviors. My denial was born of my character defects of pride and sloth, which were manifested by procrastination. Marry those with my fears and denial became my way of life. This denial behavior did not abate upon me stopping drinking and bringing AA into my life. I had expected that once I gave up the drink, I would be clothed in the white of perfection. Surprisingly, my defects were still there. I was just more aware of them.

For quite a few years, my physician has been encouraging me to have a colonoscopy. My denial tendency and my Scottish trait of parsimony combined to put it off. About a year ago, certain daily habits changed, but I was not motivated to have this examination. Not wishing to go into many details, things were not moving as they should. My January checkup contained questions about these functions, but I lied and said all was smooth. By March, I was having pain that was at times excruciating, but denial still led the way. By May, the pain and research that a colonoscopy was fully covered by my insurance prompted an appointment. After the procedure, it was found that I had a severe bowel blockage, and that colon cancer was likely. In July, I had about a foot of my colon removed, and it was confirmed that I did have colon cancer. This afternoon, I have my first oncologist appointment. It is there that we will learn the full extent and plan out my path to recovery.

Denial has now taken a back seat to the gifts of this program. Almost anybody who knows me knows that when I first graced the doors of AA that I hated the slogans. They were created by fast talking people for slow thinking persons. As I've been around a little while, I have come to appreciate many of these slogans. The one that I've taken to heart now is "one day at a time." Before I accepted that concept, I spent one half of my day angry at yesterday and the other half of my day afraid of tomorrow. I

never enjoyed the day. Now, at most times, I can enjoy the day. This health challenge has prompted me to focus on what is important. Family, friends, and God. I don't know what the future may bring, but because of the program, I'm able to face it one day at a time, one step at a time, one smile at a time.

Frank H.
Challenge to Change
Somerset, Tuesday Night

Hole in the Donut

I recall the bumper sticker on the car in front of mine while crawling on the Santa Monica Freeway. It was 1983, a little less than ten years before I got sober. Recovery slogans were as foreign to me as the myriad of languages spoken in the city of Los Angeles. In large italic letters, the sticker read: *Higher Powered*. If asked what I thought that meant, I'd have guessed it had something to do with religion. Perhaps it was an advertisement of sorts; a message from the driver of the bumper-stickered car to anyone driving close enough to read it that he and God were in control of the steering wheel.

I didn't care about the driver or his beliefs, nor did I care to think about mine. I was a nice Jewish girl who'd found her solace in the power of pills and alcohol. With a scowl on my face, I passed him and his presumed serenity. My self-centeredness gave rise to the escalating rage I felt about the maddening LA traffic.

Eight years of misery led me to AA. After a few weeks of attending Beginner meetings, my sponsor encouraged me to attend at least one Step meeting a week. I'd gotten Step One down fairly quickly. There was no question of my powerlessness or unmanageability as it related to alcohol use and abuse. But when I walked into the room where the leader was introducing Step Two, I felt a sense of dread. To avoid being called on to read or to share, I found a seat in the very back row, waving off new friends who urged me to move closer to the front. Accustomed to self-sufficiency, I wanted to sit alone. When we finished reading, an aura of ease and comfort seemed to fall upon the other meeting attendees. Audible sighs of relief filled the room. People nodded as one after another shared experiences with Hail Mary's, obligatory service as altar boys, the strict rules of catechism, and the fear and upset associated with what appeared to be the punishing god of their collective youth. Most had attended Catholic School and, if my memory serves me, most referred to their Higher Power as God or Jesus.

On the wall, just behind the leader, was a hand-carved, ornate wooden crucifix. I shouldn't have been surprised by this, since the meeting was held in a church, but the symbol itself fueled my mounting anxiety. It was obvious I didn't belong. I forced myself not to run out of the room. When everyone locked hands and the Lord's Prayer was recited verbatim by all in attendance but me, I left the meeting in tears.

For the remainder of the month of February, we continued to read and discuss Step Two. I showed up but continued to cry the instant I got in my car. By the third or fourth time I'd heard it read, I didn't bother waiting until the meeting was over. I just cried throughout the reading and throughout the sharing. As connected as I was to the friends I'd made in these warm and welcoming church basements, I regularly questioned how I would find a higher power. I recall thinking I'd never be restored to sanity. If I'd thought I was different before coming to AA, I was just as different now. But as dissimilar as I felt, I was determined to find spiritual security. I figured if I wasn't receiving demerits for crying, I could keep

attending Step Two meetings.

My sponsor, along with many friends in AA, tried to explain the difference between religion and spirituality to me. An old-timer shared her simple take on Steps 1, 2 and 3: Came, Came To, Came to Believe. I was directed to pages 569-570 in the Big Book and read and reread the description of the spiritual experience as a shift in perspective, a personality change sufficient to bring about recovery from alcoholism. I appreciated Herbert Spencer's quote about "contempt prior to investigation," but I wasn't contemptuous or even unwilling to believe. I just felt stymied.

My best friend, a practicing Catholic, was the most understanding. "If you're not ready to connect with a higher power that is personal to you, use the group of drunks (GOD) or the good orderly direction (GOD) you receive from the people in the rooms. And," she continued, "if you find your faith lacking, you can borrow mine." Her warm gesture meant, and still means, everything to me.

For six months, I attended meetings regularly, spoke with my sponsor daily, connected with women in my network, kept a regular coffee commitment, and followed the suggestions. I had not yet found a power greater than myself, but I trusted that if all of the people I'd grown to love and admire had found one, then I could too. It was mid-September and my family was observing the High Holidays, a time of thoughtful and honest reflection of the year that had passed and an acknowledgment and subsequent repentance for sins committed against ourselves and others. I sat between my parents in their temple as they prayed and meditated, reciting and chanting both silently and in communion with other members of their congregation. At times, one or the other began to weep, perhaps in memory of someone they'd lost or maybe because of a deep spiritual connection that each of them had nurtured and developed. I recall feeling awed and envious.

After the rabbi's meaningful sermon, I considered my circumstances. I had made an utter mess of my life. I was 30 years old, living in the home of my parents, unfit to work, borrowing money for gas and the collection basket at meetings, and surviving on my monthly welfare and food stamp stipend that was scheduled to expire at month's end. Self-reliance had gotten me nowhere. I regularly felt alone and afraid.

With respect to the Jewish calendar, this moving service of reflection would lead me, in just one week, to atone for my sins and ask God for forgiveness—the same forgiveness we asked of God at the end of every AA meeting in the Lord's Prayer. Was I really that different from everyone else? If our program was truly spiritual, not religious, what was holding me back from connecting with a God of my understanding that was personal to me? "It doesn't matter who your Higher Power is," my sponsor told me, "as long as it's not you."

I spent many an afternoon in my parents' rabbi's study trying to make sense of what I believed. It turns out many of our Steps had loose connections to the practices and rituals I'd grown up with. Making the parallels was helpful. I knew that a life run on self-will would keep me restless, irritable and discontent, isolated from my fellows, and ultimately lead back to the bottle. My resistance was keeping me stuck. I just needed to make a beginning.

It's been a long time since I sat in a Step Two meeting and cried. AA is roomy and all-inclusive. I no longer feel different or separate or isolated. The church basements I frequent regularly have become sacred spaces for me. I know now that the only one who'd gotten in the way of my coming to believe was me. With surrender came peace. Taking Step Two took time, but in letting go, I've found myself.

Deb B.

CREATIVE CORNER

A Window of a Hooded Adulthood

Addiction is often misunderstood,
a foggy window of opacity,
a window of a hooded adulthood.

It begins slowly, then turns to burnt wood.
This is a place where plants and weeds fester and die.
Addiction is often misunderstood.

For many years, life appears good:
The parties, the fun, the comradery of
A window of a masked adulthood.

Then the jubilations abruptly conclude,
And his faithful friends and family depart.
Addiction is often misunderstood.

Sadness replaces what one never could.
Isolation becomes the addict's only friend,
A window of a masked adulthood.

Nowhere to turn, the addict creeps towards death.
And placed in the earth like a sullen weed.
Addiction is often misunderstood.
A window of a masked adulthood.

Tony P.

Voices on the Line

Many miles away, a woman reads a passage decades old.
The words resonate today and I stay in the solution
one line at a time.

Another shares her story without shame.
I feel her pain like my own as I hear my story
told by a wise voice on the line.

Seeking directions, I listen intently
hoping for help and I'm led out of a bad neighborhood
by a gentle voice on the line.

Babies coo, kitties purr, morning sounds soothe me.
We sing and woo-hoo, celebrate and encourage,
sensing joy and sorrow in familiar voices on the line.

Sharing the journey on the happy road together,
miles apart or not, strengthened every morning
by sweet voices on the line.

Written on the occasion of meeting Lady Ann of Connecticut.

Sherry B.

Celebration Day

AA is something that no wants to join,
But it sure feels good when you receive a coin.
It's a symbol that you are getting well,
And when people congratulate you, you sure feel swell.
Unity, Recovery and Service are on the coin's face,
And if you work all three, you'll grow to love this place.
The Serenity Prayer is on the back,
And reminds us that acceptance is the key to staying on the right track.
While the coin is nice, it's the celebrants that matter,
And it's so good to see that their lives are no longer in tatters.
When you arrived at AA's doors, your lives were in shambles and a total wreck.
We told you to just keep coming and try not to project.
It's great to see anyone celebrate and I hope you all stay,
You'll do fine if you get a Higher Power, get active and keep it in the day.
For we are a fellowship of sober sisters and brothers,
And our lives are full of joy when we remember to trust God, clean house and help others.
If you want what we have, then you'll do what we've done,
Have no fear, AA is not a prison nor a death sentence, we actually have a lot of fun.
You'll be encouraged to follow suggestions and must be willing to jump through hoops,
You'll need to get a sponsor, get honest, and join a home group.
For those of you who are really hurting, you'll have to cram,
And immediately start incorporating our principles into you daily lives, after all this is a 12-step program.
Soon serenity will start to creep into your life,
And you will learn how to handle your problems and deal with your strife.
You will no longer be alone or feel crazed,
And the more you work the Steps, the more you will be amazed.

You will soon feel a part of the Fellowship and will begin to give back,
You can do this by making coffee, setting up chairs and putting out the literature rack.
You may begin to start arriving earlier and staying late,
And discover that by giving back you end up feeling great.
For those here today, I encourage you to stay,
For AA is truly the easier, softer way.
See some stick around for only a short period of time, then return to the pain,
Their lives seldom get better, just more and more insane.
So, if you're listening to me read this poem, I hope that afterwards we get to meet,
I will tell you that AA is a wonderful way of living and will encourage you to jump in with both feet.

Many thanks to ALL of our writers for This Day's Fall 2022 edition! We could not do this without you!!! Your words are beautiful and truly inspiring.

Megan D., Area 44 Newsletter Editor

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 UM Church, 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

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 7

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



www.nnjaa.org

Try it on your Smartphone



Member area
userid: alcoholic
password: onedayatime

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.

Suggested Topics for the Winter 2022 Edition:

1. Open topic: write an article of 200 -800 words on any issue related to alcoholism.
2. Comment on the promise: "We will not regret the past nor wish to shut the door on it."
3. Although all of our stories are different and represent the gamut of alcohol addiction, how are our experiences the same and important for us to hear in order to help us stay sober?

Next Edition Deadline:
November 15, 2022

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