

THIS DAY

www.nnjaa.org

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

BREAKING NEWS



Send the Newsletter Committee an article about your *Experience, Strength and Hope*, and you'll be entered into a random drawing for a gift of literature. **One lucky writer will receive a copy of "A Visual History of Alcoholics Anonymous."**



Fall into Fall: what a great way to prepare for this new season. I decided that I am going to call this article Delegate's Dash. Why? Because I cannot believe that half the year is over, and we are now getting ready to attend our 67th Annual Area 44 Convention. Either way, I hope you all had a memorable summer. I did. For starters, I attended the Northeast Regional Forum in early June and had the opportunity to present on the topic *Responsibility in Service – When and How to Give*. Other highlights were meeting some new friends and checking in with old ones, as we all enjoyed the various sober picnics, district events and days of sharing. Our standing and special committees were represented at these events, and I even met and spoke to the chair of *This Day*!!

Although it seems like a year ago, in June we also completed four post-conference reports. Thank you to all who attended, stayed informed, and carried this valuable information from the 73rd General Service Conference to your home groups, districts and interested AA's.

If you have not had the opportunity, I encourage you to visit aa.org (<https://www.aa.org/news-and-announcements>) for "what's new." Here is just a small snip of new information: *A.A. for the Older Alcoholic* is now available in a new booklet format and also available is a new "soft-touch" velvet Big Book cover. Reach out to our Area Literature Chair for more information or to put in your order.

I am excited to share that in an effort to foster unity, trust and transparency in the Fellowship, it was recommended that the members of the GSC meet outside of the annual meeting for general sharing sessions at least 2 times per year. This is a direct Advisory Action of the 73rd General Service Conference. The first one was held virtually for two hours on August 16. Key information shared included an introduction of new Trustees and

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NEXT ISSUE DEADLINE

November 15, 2023

newsletter-chair@njarea44.org

Grapevine updates on the progress of the new App: Everything Grapevine, All in One Place! Another interesting share was a report from the Participation of Online Groups ad hoc committee, regarding seven sample questions that will go out to the Fellowship, regarding online groups and participation. Mark your calendar because the deadline to respond is October 6. It was also shared that there is the *potential* for another reading room for additional chapters of the Plain Language Big Book at the 74th General Service Conference...*more to be revealed.*

Following this sharing session, allow me to share I am truly grateful to have witnessed the spirit of service and sacrifice that continues to be on full display. It gives another level to “I am Responsible.”

Speaking of service, I look forward to seeing everyone at our Area Assembly on October 21: participation is vital to our Area.

So before I “dash,” I would love to hear how you are preparing to attend the 2025 AA International Convention – email me at area-chair@njar-ea44.org.



Thank you,
Marcheta B., Panel 73 Delegate

A message from your Area Chair  Well, it's nine months into the Panel 73 rotation, and what a learning and spiritual experience it has been!

I hope you had the chance to attend one of our Delegate's post-conference reports, where she brought to us the experience she had as a first-year delegate and how our Area's consciousness was discussed at the conference. Great job, Marcheta!

On the first weekend of June, I attended the Northeast Regional Forum in Massachusetts. Hosted by the General Service Office of AA, each day included workshops; Q&As; general sharing; information about GSO, Grapevine & La Viña, and our Class A trustees; and much more! Regional forums allow AA members to share with the General Service Board, GSO, and GV staff representatives! If you get a chance to attend one, please don't pass up the opportunity to attend. As our delegate shared with me, it was like being at the conference in April.

Upcoming in September is our 67th Area 44 Convention, an event that shouldn't be missed! It opens up on Friday night with an open speaker meeting, young people speaker meeting, young timer/old timer speaking meeting, and the first showing of our famous Grapevine play. From Opening Day to the final day on Sunday, there will be 24-hour AA meetings hosted by various districts. Hopefully, you will have a chance to attend.

Final plans are being made for our third assembly of this year on October 21st to be held at the Liquid Church in Parsippany, hosted by District 16 and District 10. We will conduct our Area's business, service committee workshops, and a general sharing session in the afternoon. Look for more details on the website.

Finally, I would like to encourage all GSRs, DCMs, and service committee members to reach out to

Share44help@njarea44.org to get your share 44 e-mail address. This is the way we communicate with the Fellowship. Also, if you are a new GSR or DCM please make sure to also register with our Area's registrar, so he can set you up with GSO. Our registrar can be reached here: area-registrar@njarea44.org.

Again, thanks to the Fellowship for all of your support to me as well as all the Area officers. As we know, we cannot do it alone!

In A.A. Service,
Art B., Area Chair, Panel 73

NNJAA COMMITTEE REPORTS & INFO

Newsletter
Committee



Hello, NNJAA!

I can't believe another season is changing, and our *This Day* Fall 2023 edition is out! In a few weeks, we'll all head to our Area 44 Convention. Please be sure to check out our table outside the main meeting room! Also, you may find our Roving Reporters out and about asking for your feedback on the Area Convention. Please give us an interview!

Furthermore, the Newsletter Committee is always looking for new members! Do you like to write or edit? Do you enjoy graphic design? Have you had experience with creating newsletters in the past? Then, please join us! We could use the help and are always looking for fresh ideas to make *This Day* more appealing to and readable for the Fellowship. We meet every third Thursday of the month online. Contact our chair, Sherry, for more details at newsletter-chair@njarea44.org.

Finally, I'd like to let you know of a few sections in our newsletter, so you can understand why it's relevant for you!

- **NNJAA Officers & Committees** – In this section, you'll learn about what's going on in our Area, Intergroup, and Standing, Joint, and Special Committees. We encourage all officers, chairs, alternates, or members of these committees to write quarterly articles to keep our Fellowship informed.
- **District Happenings** – We know that districts have A LOT going on, and we want to share that with the Fellowship. DCMs, their alternates, and other district committee members can write about special events, days of sharing, etc. to highlight the awesome aspects of recovery that are happening in their district.
- **Groups in Action** – What's more important than showing how our home groups carry the message? Tell us about it. **This section is new!**
- **Opinion** – **This section is new too!** We may have all heard that our opinions don't matter but that doesn't mean we still don't have them! Rather than select themes each quarter, which we felt might stifle inspired writers, we recently began encouraging writers in our Speak Out! column to share articles on any topic of their choosing as it relates to alcoholism and Alcoholics Anonymous. However, if you'd like to share your opinion, we've got some space for you too!
- **Meet Some of Us** – Also new! Inspired by the last paragraph in "A Vision for You," we thought it

THIS DAY REQUESTS ARTICLES FROM THE NNJAA FELLOWSHIP!

Our committee encourages the Fellowship to write articles on any topic of their choosing, sharing their experience, strength, and hope as it relates to alcoholism and Alcoholics Anonymous. However, if you need some suggestions, you can choose to write on the following: Living the Steps, Acceptance, the Traditions, Practicing Humility, Defects of Character, or Spiritual Awakenings.

CALLING ALL NNJAA SERVICE COMMITTEES, DISTRICTS, AND HOMEGROUPS!!!

Write to us, and let us know what's going on in your committee, district, or home group! Have a new initiative? Is there a workshop or spirituality event you're putting on? Have a new service initiative to carry the message? Is there something you want to say?

Keep Northern New Jersey AA informed by writing for the newsletter!

Scan me to read the current issue of *This Day*.

Articles no longer have a word count. Please send a WORD document that can be edited. Posters can be in PDF format. Include your town, home group, and/or district. We encourage poetry, photos, and other creative formats too!

Submit your articles to newsletter-chair@njarea44.org
Quarterly Deadlines: 2/15, 5/15, 8/15, 11/15

Thinking about obtaining a service commitment? Do you like to write or edit? Have a knack for graphic design? If so, we **need** you!

Join the Newsletter Committee meeting the 3rd Thursday of each month at 6 pm on Zoom. Please contact newsletter-chair@njarea44.org for more information.

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' members, new and old, to provide members with non-related information. This Day is also a forum for the diverse opinions of the Area 44 Fellowship through shared experiences, insights, and hopes of all those of AA-Veterans, 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 published in AA as a whole, nor does the publication of any article imply an endorsement by either AA General Service or Intergroup. Comments, questions, and articles may be mailed to the attention of the Newsletter Committee at NNJGS Area 44, Suite 21, 2325 Plainfield Ave., South Plainfield 07080, or emailed to newsletter@njaa.org.

might be interesting to highlight conversations with AA members about some of their thoughts and experiences. It's just another way to get to know folks in our Fellowship a little better, and to remind you that this is your newsletter!

A few additional updates made by our committee recently: Articles no longer have a word count. Please send articles as a WORD document that can be edited. Posters can be in PDF format. Include your town, home group, and/or district. We encourage poetry, photos or artwork, and other creative formats too! Send submissions to newsletter-chair@njarea44.org. Our deadlines are as follows: 2/15, 5/15, 8/15, and 11/15. We publish *This Day* quarterly: March, June, September, and December.

Finally, I'd just like to ask that you share this with your network! You can scan the QR on our flyer to find *your* newsletter online. Spread the word about *This Day* and help us build our readership!

Your grateful newsletter editor,
Megan D.



It's now less than a month until Area 44's 67th Annual Convention! Don't be left out on a great weekend of fellowshiping, Alkathon meetings, and workshops hosted by our Districts.

On Friday, we kick off with an Early Bird Discussion meeting with a Young People's speaker meeting after dinner, followed by our Ice Breaker speaker. If that's not enough, our Grapevine Committee will have its first performance of their play: "Sound of Boozing 2: The Von Trapps get an App." And to close out Friday: Karaoke!!!!



Saturday starts with Guided Meditation followed by a Young/Old Timers speakers meeting. Closing out the morning session, we have our Al-Anon speaker. In the afternoon, our "Long Timers" meeting includes a sobriety countdown. Shortly afterwards, we have an LGBTQ+ AA Meeting and a Polish Speaking Meeting. Our History and Archives Committee will present "The Men Who Came to Believe - Part II - Dr. Carl Gustav Jung." There is an encore performance from our Grapevine Committee if you were unable to see the Grapevine play Friday night. Saturday evening is our Banquet and Banquet speaker (Simulcast: Mirabelle Room). Closing out Saturday is when our Area Officers and Intergroup Trustees perform the Joint Unity Play -- "Our Twelve Traditions, A Lighthearted Look" -- " followed by DJ Cory

For a printable registration form, see page 10. Minto.
Or scan the QR code to register online.

Our great weekend on Sunday starts with Guided Meditations followed by a Spirituality Speaker Meeting and our closing ceremonies.

I hope you'll be able to attend, if not for the entire weekend then just one day.

In AA Service,
Art B., Area Chair, Panel 73



Corrections still needs more volunteers willing to get clearance to go into prisons, jails, and DOC step-down units. This important work is necessary to reach those who are unable to get to outside meetings and don't

know there is a solution. We especially need help at Delaney Hall in Newark. We have just obtained agreement from the administration to allow meetings, and we need someone to take over the commitment. Please reach out (email below) if you want this service commitment - we need women and men to take meetings at least 2x a month to start.

Also, Corrections needs representation in the following Districts: 1/2, 8, 14, 15, 16, 17, 19, 23, 30, 31, 32, 34, 37/38, 41, 42, and 43.

You can find information on when and where these districts meet via this link <https://nnjaa.org/area44/districts/>

Honored to be of Service;
Dru R., Area 44 Alternate Corrections Chair
cfc-alt-chair@njarea44.org

Interested in Corrections?

Area 44 Corrections

We are looking for Women / Men to bring AA meetings into Warren County Jail. The only requirement is a desire to bring the message to our Members on the inside. Service is the name of the game!

Men meet on Sundays. Women meet on Mondays.

WCJ is in Belvidere, NJ.

Please contact cfc-d35@njarea44.org for an application. We would LOVE to hear from you. Contact us for more information.

There are MANY opportunities for service at District/Area levels.

Area 44 Corrections Committee meets the 3rd Saturday, on ODD months at the area office. 2325 Plainfield Ave #2 South Plainfield, NJ

Yours in service

Sue J.
CFC-D35@NJAREA44.ORG

District 35 CFC
Liaison: Warren County Jail
Somerset County Jail
Volunteer EJSP
Volunteer Edna Mahan Prison

For a full list of facilities in NNJAA, please see Intergroup News & Notes on page 16.



Winter's chill will be momentarily brushed aside on February 18th, 2024, as the community of Area 44 comes together for the 2024 GSR Midwinter Luncheon. This highly anticipated event will unfold at the Forsgate Country Club in Monroe, NJ, and all are welcome. The doors will open at 12pm with attendees greeted with crudites followed by a sit-down lunch.

This Luncheon is not just about eating together. It's a beacon of unity, camaraderie, and a shared journey of recovery. Conversations will deepen and stories will be exchanged. We will celebrate our GSRs, who represent the key link in the chain of "communication," showing what service looks like. Through them, we are united in love and service. They are the lifeline of two-way communication, passing our thoughts upward and bringing back Conference actions that affect AA unity, health, and growth.

Come join us for the perfect blend of richness and tradition. The Area 44 GSR Midwinter Luncheon at the Forsgate Country Club is not just an event; it's a testament to the unwavering spirit of recovery and community. It promises to be an afternoon that will leave attendees inspired, refreshed, and looking forward to the journeys yet to unfold.

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

Yours in Love of Service,
Your G.S.R. Mid-Winter Luncheon Committee 2023-24



Why is the History of Alcoholics Anonymous So Important to Its Members?

“A people without knowledge of their past history, origin and culture is like a tree without roots.” – Marcus Garvey.

For over 80 years and through trial and error, Alcoholics Anonymous has grown and flourished due to our founders Bill and Bob and their band of early members. They helped to form what we now know as the Big Book of Alcoholics Anonymous and to preserve and protect the organization’s purpose and message. To define our purpose, we refer to our 5th Tradition, “Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.” We need unity in our AA message, or we would be a rogue fellowship. As Bill said in a 1950 Grapevine article, “Any fundamental disunity among us could instantly disillusion tens of thousands who would again turn their faces to the wall. We

need our history and our historians to help us remember that we are united with one A.A. program.”

Many of our ancestors came from across the sea years ago from countries all over the world. They may be long gone—but boy, can they teach us some lessons today. Perseverance, compassion, selflessness, overcoming failures and surviving hard times, resilience and sacrifice!! Our AA ancestors had to go through these trials, yet they persevered and kept going—for us! Our Big Book and AA literature make for no guesswork as to the solutions for our recovery from alcoholism. Some AA History Resources are: AA Comes of Age, Pass It On, Dr. Bob and the Good Old Timers and Language of the Heart.

Early AAers got program information and troubleshooting questions and answers in the Grapevine starting in 1944. Bill W. was the major author of its articles and remained a consulting editor for many years. Early AAers had questions about every problem a new fellowship might run into, including membership and who could be admitted, the safe use of

money, and anonymity. Bill addressed these and other requests from the membership in the Grapevine Magazine. The Language of the Heart is an amazing resource for learning the workings of Alcoholics Anonymous in Bill’s own words and includes the articles that define our program. By reading about our program or going to meetings that read and study our literature, we remind ourselves what this program is all about. How many times should I do The Steps of Alcoholics Anonymous, you ask? The answer is: As many times as it takes until I am living these steps. The same goes for how many times I can read our program literature: until I am living this program in all aspects of my life. Since I will always be progress and never perfection, I will remain a life-long learner.

The History and Archives Committee of Alcoholics Anonymous in Northern NJ. Collects and preserves the AA records of North Jersey and records members with 40+ years of sobriety so that we can learn from the past as we plan for our future. We display historical landmark pictures and discuss AA history in New Jersey. The History and Archives Committee members speak on New Jersey AA history for conventions, days of sharing, and group events. This committee is an important part of our fellow-

**NORTHERN NJ AREA 44
GRAPEVINE COMMITTEE
PRESENTS:**



**“THE SOURCE OF BOOZING
2”**

**At the Area 44 Convention in the Mirabella
Room**

Performance times:
Fri. 9/22, 9:15pm, encore Sat. 9/23, 4pm

**Grapevine literature will be available outside
the room before and after workshops and all
weekend and in the literature room upstairs**

ship. It reminds us where we came from and in which direction we should be going in the future.

Yours in Service,

Jean P. , Area 44 History & Archives Chair

Kearny Live Easy But Think First Group—81 Years Strong!! (District 13)



The best kept secret service opportunity in the area...

Many of you have heard of Nightwatch, but how many of you have actually participated with your group in doing a week or signing yourself up as a 12th Step Contact? I have been involved with Nightwatch on and off for the past 18 years or so, and I have many stories of rewarding or successful connections. One woman I spoke to early one morning, the last I heard has over 10 years today, and recently I received a call from Australia looking to connect a New Jersey woman who was on their meeting with a woman in New Jersey. Times are changing online. But those are just a couple of examples. The real story is that Nightwatch is able to make many new connections through the 12th Step Volunteers.

So, how does it work? There are two ways that a group may choose to participate in Nightwatch. First is by taking a one-week telephone commitment, where the members of the group take turns answering the phones (at home) after the office is closed and on weekends and holidays. The second way a group may participate is by providing a list of 12th Step contacts. The 12th Step contact list is used by both the office staff and by the Nightwatch volunteers to contact AA members who are willing to take 12th Step referrals.



This may be to simply call a still suffering alcoholic or perhaps to take them to an AA meeting. [Click Here](#) to enter the members "password protected" area. From here, you can go to the Intergroup section and click on the "[12 Step Contact Sheet](#)".

In the past there would be a lot of calls early in the shift from people looking for meetings, but now that most folks know how to use the meeting finder or the Meeting Guide App, the calls per shift have gone down significantly. Also, the Intergroup Office has a new system so any problem callers we used to have no longer are able to get through.


The spiritual basis of Nightwatch is being there for the newcomer when they reach out. I know I found my first meeting by calling Intergroup (well my daughter did, lol.) I thank God today they were there even though we were calling on the weekend. This is a way for me (and you) to give back that which was freely given to me/you when I/you first reached out.

All reference and report materials are online and each coordinator is willing to walk your group through how to handle the calls. This can be done online or in person at your group. It is important to

know that the calls are forwarded to you from the Intergroup Office. The callers never see your number.

While most coordinators can use a few new groups to help out, I am truly in need of a few groups to help fill in my weeks. For myself, I am looking for groups from Middlesex County. If you are interested, please send a note to nightwatch@nnjaa.org or call the Intergroup Office (908) 687-8566. The hours are Monday through Friday from 10:00a.m. to 6:00p.m.

Linda
Middlesex County Nightwatch Coordinator



MAY AND JUNE'S PINK CAN DONATIONS

THANK YOU FOR YOUR SUPPORT!!

1. The Bagel Group
2. Daily Reprieve - Pompton Plains
3. Union Hill Drop-in Center
4. Ruby Slippers
5. Belford Clearview Group
6. Dawn Patrol
7. West Milford Wed Nite Open Speaker
8. Sick as Your Secrets
9. Sky's the Limit
10. New Light Group
11. Pompton Plains Saturday 11am
12. Early Riser's Group
13. Port Reading Thursday Night
14. Newton
15. Church Lane Group Wayne
16. Corrections
17. Rocky Hill AA Group
18. Women's First 164 Pages Group Clifton
19. By the Book Group
20. Helmetta Stepping Stones
21. Morning Miracles
22. A Vision For You Group
23. Breakneck Group
24. Oceanside Sobriety
25. Metuchen Sat Morning Serenity
26. West Milford/Lincoln Park
27. Plainfield Sunday Morning
28. Practice These Principles
29. Landmark Group - Lakehurst
30. Recovery First
31. Forum Group
32. Monday 1215 Closed Discussion
33. Daily Reflections Verona
34. Drip Dry Maplewood





Share44 Training Dates

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
Saturday, June 10th	10AM Beginner/Refresher 1PM Advanced
Sunday, August 20th	10AM Beginner/Refresher 1PM Advanced
Saturday, December 16th	10AM Beginner/Refresher 1PM Advanced

Send an email to Share44Help@NJArea44.Org to request additional information

*****Save the Date*****

Hands On Advanced Training at the Area Office

*****Saturday October 14th @ 11AM*****



Interchat44

VOLUNTEERS NEEDED



Thanks for messaging A.A., how can I help?

I am really struggling.

Are you new to AA?

Yes, I am. I am totally shot.



Bringing Chat Capability to the NNJAA.org Website

Please Contact Andy Y.
website-area-interchat44-chair@njarea44.org



**REMEMBER:
NNJAA NEEDS YOU!**



NORTHERN NJ AA COMMITTEE MEETINGS

Listing for Saturday, the 3rd of June 2023

*Denotes Joint Committee of NNJ and Northern New Jersey Intergroup

Committee Name	Next Meeting	Time	Meeting Link	Password	Email	Notes
GSR DCM Workshops Committee					Maurice R. gc-workshop-chair@njaa44.org	
Grapevine Committee	Saturday 06/03/2023	10:00 AM	Virtual Link	awagv	Dan B. grapevine-chair@njaa44.org	This is a Hybrid Meeting with physical location at the area office. For phones, Dial by your location +1 646 876 8923 US (New York) Meeting ID: 879 8499 4778 Passcode: 678393
GSR Mid-Winter Luncheon Committee	Monday 06/05/2023	6:30 PM	888.0966.8973	77175	Billy H. lunch-chair@njaa44.org	[No Meeting April May or June] In-Person unless otherwise decided contact chair for info
Mailing Committee	Wednesday 06/07/2023	6:30 PM			mail-chair@njaa44.org	
Translations Committee	Wednesday 06/07/2023	7:00 PM	838.7972.7454	300608	translation-chair@njaa44.org	
Social Media Committee	Thursday 06/08/2023	7:30 PM	853.0248.5292	1935	Lisa G. sm-chair@njaa44.org	
Computer and Technology Committee	Monday 06/12/2023	7:00 PM	Teams Link		Charlie B. computer-chair@njaa44.org	
*Public Information Committee	Tuesday 06/13/2023	7:30 PM	895.7066.7947	awagv	Kelly M. pi-chair@njaa44.org	Virtual Only
*History and Archives Committee	Wednesday 06/14/2023	7:00 PM	917.6976.2213	474109	David B. archives-chair@njaa44.org	
*Treatment Committee	Wednesday 06/14/2023	7:00 PM	853.0723.6843	awagv	Henry L. treatment-chair@njaa44.org	This is a Hybrid Meeting with physical location at the area office.

THIS IS ONLY A PARTIAL LIST!!!

**FOR MORE INFO ON OUR STANDING, JOINT, & SPECIAL COMMITTEES, PLEASE CHECK OUT:
WWW.NNJAA.ORG >> SERVICE >> SERVICE COMMITTEES**

NNJAA MAIL-IN CONVENTION REGISTRATION

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

THE 67TH ANNUAL AREA 44 CONVENTION



September 22-23-24, 2023

Plays • 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

NNJAA.ORG/CONVENTION/2023



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 njaa.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 9/14/23

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

NNJGS Area 44
PO Box 25, Belford, NJ 07718

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 9/23/1998) 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: \$132.00* (Per Night)

Triple: \$142.00* (Per Night)

Quad: \$152.00* (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 1, 2023 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.njaa.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 67th 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 visit nj-al-anon.org or email njalagramnewsletter@gmail.com.

Group Secretary: Please Read the Following:

If you're interested in serving on the Convention Committee, meetings are held at 7:30 P.M. on the third Wednesday of every month. Please email Convention-registration@njarea44.org to find out if the meeting will be virtual or held in person at the Area Office in South Plainfield, NJ.

If you're interested in helping out during the convention, you may volunteer by adding your name and telephone number to the space provided below, or contact us at Convention-registration@njarea44.org. Please mail this list to the attention of the "Convention Committee," no later than September 14, 2023 to:

NNJGS Area 44 Convention Committee
2325 Plainfield Avenue
South Plainfield, NJ 07080

Have Any Questions? Call (908) 205-0006

If you are interested in serving as a volunteer during the convention, please select the day you would like to serve (multiple days can be chosen)

NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE

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

SPECIAL DIETARY NEEDS: _____

Intergroup News & Notes



NORTHERN NEW JERSEY
INTERGROUP

NEWS 'N NOTES
August 2023



BOOKERS

The next Bookers is scheduled for Sunday
September 10, 2023

We will host **Bookers In-Person (5am Hard Start)** at Mother Seton Regional High, and the **Online Bookers (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

CORRECTIONAL FACILITIES COMMITTEE

Volunteers Needed to carry the message to the sick and suffering inside facilities - NJ Dept. of Corrections requires clearance - as do all jails - Requirements Vary. Please contact the IG Liaison for each Facility if you can help. (SEE ATTACHMENT) For more info, visit the [CFC service page](#) or email cfc@nnjaa.org

COOPERATION with the PROFESSIONAL COMMUNITY

Our committee is active and would be grateful to have CPC chairs in all districts. Your help is vital. We meet on the 3rd Tuesday of the month. For more information, please email cpc@nnjaa.org.

HISTORY & ARCHIVES Committee meets the 2nd Wednesday of each month. Check out their amazing photos and articles on New Jersey Landmarks or listen to audio recordings from the past. Click below to explore our history!
<https://www.nnjaa.org/service/archives/>

INTERGROUP OFFICE

As of July 31, 2023, we show 1669 opened meetings a decrease of 3 in-person meetings since the end of June. Our number of online meetings, 505, has remained the same.

2023 MEETING BOOKS



We are awaiting *delivery* of the Meeting Books! The tentative date is August 16, 2023.

By the time they arrive we will have an updated cost sheet for both the meeting books and shipping via UPS from the Intergroup office. As we haven't produced meeting books for almost four years, we are assuming there will be an increase for both.

The office will work with the Trustees to confirm the pricing and post a flyer on the website and send out a special email with all the information included.

GROUP INFORMATION UPDATES

One of our primary functions at the Intergroup office is keeping accurate records for Groups, Meetings and 12th Step Contacts in northern New Jersey. *We rely on you for that information.* Here are two ways to update your records with us:

Use the [Meeting Update form](#) for immediate changes, e.g., reopening, updating online meeting information, etc.

The [Intergroup Data Sheet](#) is necessary as the back up to the Meeting Update form *when those (or any) changes are permanent.* That includes **changes in meeting location, Meeting ID/Password, service positions and/or meeting format.**

SAVE THE DATE!

Our **Annual Gratitude Brunch** will be held **November 19, 2023**, at the Gran Centurions, 440 Madison Hill Rd, Clark, NJ. Stay tuned.

IG SERVICE BELOW THE GROUP LEVEL

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

NEWS 'N NOTES – AUGUST 2023

PAGE 2

We are so appreciative of the amazing volunteers who make time in their schedules to be with us each week. *We have room for additional volunteers if you're interested!* We always anticipate adjustments to this schedule, so if you're interested, but don't see an opening that matches your availability, please give us a call! 908-687-8566 Monday-Friday 10am-6pm.

- **Mon.** AM/PM – **Open / Open** /Lois
- **Tue.** AM/PM – Linda / Maureen / **Open**
- **Wed.** AM/PM – Beverly / **Open / Open**
- **Thu.** AM/PM – Ed / Marge / **Open**
- **Fri.** AM/PM – Pete /Janet (Alternating)

Shifts are roughly defined like this:
10a - 1p / 1p - 4p / 4p - 6p

We would be especially grateful for late afternoon support any/all day(s) of the week, as that tends to be the busiest time of the day for phone calls.

NEWSLETTER

Winter issue deadline is November 15th WE WANT YOUR PICTURES - of cakes, indoor meeting space, outdoor meeting space, podiums, flyers, etc. as long as the photos meet the requirements of anonymity, we will publish them.

Next meeting is Thursday, August 17th at 6:00 PM. With only a handful of committee members, we can use your help with any and all tasks! No special skills required, just a willingness to serve.

Mtg ID: 815 3922 8687 PW: thisday

Look for our table and roving reporters at the Convention in September!

NIGHTWATCH – BIG THANKS to the Groups who have submitted **12th Step Contacts** forms. The next meeting is September 21st - If you would like to attend or have any questions about Nightwatch, please contact us at: **NIGHTWATCH@NNJAA.ORG.**

PUBLIC INFORMATION –

No update submitted. Committee meets the 2nd Tuesday of each month.

REMOTE COMMUNITIES

No update submitted. They meet on the 4th Monday of the month. If you would like to find

out more, visit the [Remote Communities](#) page, or email Remote-Communities@nnjaa.org.

TREATMENT FACILITIES – Desperately Seeking Bridging the Gap (BTG) Co-Chair to help educate staff counselors about the program and match candidates with BTG volunteers. To find out more, please go to: <https://www.nnjaa.org/service/tf/volunteers.html>
The Committee meets on the 2nd Wednesday.

FOR ALL COMMITTEE MEETINGS INFORMATION, PLEASE CHECK THE [Committee Meetings Calendar](#)

NEW GROUPS / MEETINGS

Click the link for more information about the [New Groups/Meetings process](#). If you have additional questions, please call the office and speak to Mac about listing meetings on NNJAA.org.

NEW MEETINGS!

There were no Phase 2 Groups / Meetings at our July Delegates meeting. Watch this space. 😊

If you are:

- * Unsure of your *Meeting's Status*
- * Looking for *Meeting Update* or *Data Sheet* forms
- * Interested in serving as an *Office Volunteer...*

Please call the office at 908.687.8566

Enjoy the rest of your summer.

**Thank you for allowing us to be of service!
Mac, Maria, Rhea Anne and Sean**





** Area Facility Listing **

NJ STATE PRISONS

- East Jersey State Prison, Special Unit - Avenel Dennis R derobbins@optimum.net
- East Jersey "Veterans Unit" - Rahway (Woodbridge Ave) Sue J & Paul K – pkiron74@gmail.com
Sjbaugh@comcast.net
- Edna Mahan Correctional Facility for Women - Clinton & Mountainview
Jen B - jenniferbuzzi@me.com
- Mid-State Prison - Wrightstown / Fort Dix - Area 45 - Dave Shaw dashaw@optonline.net
- NJ State Prison - Trenton - Area 45
- Northern State - Newark - Michael cfc-chair@njarea44.org
- William Farver Youth Prison - Annandale - Area 45

COUNTY JAILS

- | | |
|--|---|
| <ul style="list-style-type: none"> • Bergen County - Waiting- Lisa G - Women /
Michael C -Men LisaGladwell@aol.com
cfc-chair@njarea44.org • Hudson County - Cathy F cabefe@aol.com
& Kathy McD kmcdermott927@gmail.com • Monmouth Cty - No meetings yet • Morris County - Darlene / Ed P.
Cfc-pinkcan@njarea44.org Darlene-Women
edxpeyton@gmail.com Ed – Men | <ul style="list-style-type: none"> • Somerset County - Sue J - People are cleared however, No meetings yet
sjbaugh@comcast.net • Ocean County –
Paul K - men pkiron74@gmail.com
/Stella - women
Stella1127@protonmail.com • Warren County - Men /
Sue J -Women sjbaugh@comcast.net |
|--|---|

NJ Department of Corrections STEP-DOWN UNITS

- Fenwick House, Women, Treatment, Paterson - Jane S - jsharprowan13@gmail.com
- Kintock, Men, Substance Abuse, Newark - cfc-alt-chair@njarea44.org Dru
- Kintock, Women, Substance Abuse, Newark - cfc-alt-chair@njarea44.org Dru
- Tully, Men - Substance / Work Release, Newark - Beth CFC-D24@njarea44.org
- The Harbor, Newark - John F - d25-alt-corrections@njarea44.org
- Delaney Hall, Newark - In process - Sebina - sversi@gmail.com

In-Person Meeting

Bookers Is Coming

Sunday, September 10, 2023

PLEASE DO NOT BOOK IN ADVANCE OF 9/10!
BE ON TIME - 5:00 AM – HARD START

DON'T FORGET YOUR STICKERS!

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

<ul style="list-style-type: none"> No Smoking ABSOLUTELY NO PHOTOGRAPHY OR VIDEO (Please respect the Anonymity of ALL A.A. Members) Please clean up: Take all Paper, Trash, Cups and Bottles with you 	<ul style="list-style-type: none"> Be Mindful of the Neighbors when arriving and leaving the parking lot No Animals No Combustibles or Propane Tanks Please Note: bathroom facilities are not available on the property
--	---

Interested in helping at Bookers? Email: Bookers@NNJAA.org

For Online Speaker Meetings, we will again host Virtual Bookers at 7am that same day, Mtg ID: 864 4283 6078 PW: Bookers

Literature and Meeting Books will be Available for Sale

Online Bookers Exchange

This Bookers is for Online Meetings ONLY
(Hybrid meetings can also book with us, but only for online speakers.)

Online at 7:00 AM, Sunday, September 10, 2023
There will be a short orientation at 7am SHARP to make this event as easy as possible.

Here's a List to Help You Prepare for Online Bookers

- Only One Booker per Group** (Electronically you can't book together so having more than one group representative will bog down the process.)
- When you log on to Zoom – Your Screen Name acts as your Sign. Use this format **ONLY: Day-Time-Town**
*Use a three letter abbreviation for the Day.
*Only use a colon in the time – if your meeting doesn't start on the hour
Example: Wed-8p-Clark
Your Name is not essential to the process but your **day, time & town are!**
- Bring your Group's calendar, pen & note paper. It's important you note the **Day-Time-Town, Commitment Date and PHONE NUMBER for their Booker!!**
- In the BreakOut rooms, share your Date, Name and Phone# when booking, then follow-up by phone after Bookers for meeting details
- Online Bookers is Less Talk – More Action.** Stay focused and *stick to the facts* in the booking session so we use our time wisely.
- We suggest you list your virtual meetings on NNJAA.org. You can do that by filling out the form on our website: https://www.nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php

Online Bookers (Sun 9/10 at 7:00 am) meets on
Zoom Mtg ID: 864 4283 6078 PW: Bookers

There will be an in-person Bookers for in-person Meetings at Mother Seton Regional High School at 1 Valley Road, Clark NJ (HARD START 5:00 AM)

If you have questions about participating, please email us at Bookers@nnjaa.org

NNJAA District Happenings

FAMILY FRIENDLY

HALLOWEEN DANCE

WHEN... SATURDAY OCTOBER 28th

WHERE... SPARTA METHODIST CHURCH
71 SPARTA AVE. SPARTA

TIME... SPEARED MEETING 7pm-8pm
DANCE 8pm UNTIL MIDNIGHT

SNACKS & DRINKS WILL BE PROVIDED

PRIZES FOR THE
MOST ORIGINAL, FUNNIEST & SCARIEST COSTUMES



FELLOWSHIP SPEAKERS FOOD
MUSIC AND MORE.

DISTRICT 5&7'S 3RD ANNUAL

Oct- sober Fest

10/14/23
12:00-5:00PM

SUGGESTED TICKET PRICE IS \$5.00

RAIN OR SHINE

GERMAN MASONIC PARK
89 WESTERN HIGHWAY
TAPPAN, NY 10983

EMAIL DISTRICT55-7@GOOGLEGROUPS.COM FOR TICKETS

DISTRICT 12 PRESENTS

TRADITIONS WORKSHOP

SATURDAY
SEPTEMBER 30, 2023

**DOORS OPEN @ 8AM
FOR FOOD & FELLOWSHIP**

9AM - 12 PM
THREE SPEAKERS
WILL DISCUSS THE
TRADITIONS

St. Anastasia Church
1095 Teaneck Rd
Teaneck, NJ 07666

DISTRICT 32 - AREA 44 NNJAA
WOMEN'S EVENT COMMITTEE

SAVE THE DATE

WOMEN'S SPIRITUAL BREAKFAST

OCTOBER 1, 2023

10:00 am (EST) - Event Schedule Coming Soon!

GUIDED MEDITATION - TOPIC SPEAKERS - HYBRID FORMAT

Strength & Humility

Topic:
Steps 6 & 7

Early Registration Open! Scan, click or email committee

New Location: Masonic Lodge
888 Ave C, Bayonne, NJ, USA

Online (Zoom) Info Coming Soon!

REGISTER NOW >

SCAN ME

Essex County Young
People &
District 37-38

Would Like to Invite You To a Sober Fun
Extravaganza

Games, Food, Beverages & More!

When: September 16th; 11:00am – 4:00pm

Where: Eagle Rock Reservation

Speaker/ Discussion Meeting: 12:00pm – 1:00pm

FOOD, FUN & FELLOWSHIP!!

Family & Friends Are Welcome

Want an Alkathon?
Improve your personal growth!
Be on the Alkathon
Planning Committee!

District 22
Annual Alkathon
Planning Committee
Meetings for 2023

3rd Wednesday of each month at 6:30 PM
Future Dates:
8/16, 9/20, 10/18, 11/15, 12/20

All are welcome and
thank you for your service

Zoom ID: 975 4846 3548
Zoom Password: 121212

SOBER FEST

District 35

SAVE THE DATE!

SEPTEMBER 16th

2023

DUKE ISLAND PARK, BRIDGEWATER NJ

NNJAA District Meeting List

District Meetings and Mailing Addresses

District 1/2

2nd Tuesday, 7:30 PM
Sunrise House (Cafeteria)
37 Sunset Inn Rd
Lafayette, NJ 07848

Mail: District 1/2
PO Box 293
Hamburg NJ 07419

District 3

3rd Friday, 7pm
West Milford Library 2nd Floor
1470 Union Valley Road
West Milford, NJ 07480
Zoom 843 476 41779 PW Grateful

Mail: Northern Cluster
PO Box 842
Hewitt NJ 07421

District 4/6

3rd Thursday, 7:30 PM
Upper-Ridgewood Community
Church
Hillcrest & Fairmount
Ridgewood, NJ
Zoom 856 1960 1457 PW service

Mail: District 4/6
P.O. Box 363
Ho-Ho-Kus, NJ 07423

District 5/7

4th Thursday, 7:30 PM
St. Mary's Church
Roger Troy Hall – School Building
Corner of High & Legion
Closter, NJ

Mail: District 5/7
P.O. Box 535
Westwood, NJ 07675

District 8

2nd Tuesday, 6:30 PM
Panther Valley Ecumenical Church
1490 Route 517
Allamuchy, NJ
Zoom 961 707 1174 PW Moongate

Mail: District 8 Area 44 AA
P.O. Box 680
Hackettstown, NJ 07840

District 9

3rd Tuesday, 7:30 PM
United Methodist Church
Route 183
Netcong, NJ
Zoom ID 847 2005 7518 PW 121212

Mail: District 9
P.O. Box 286
Stanhope, NJ 07874

District 10

2nd Tuesday, 7:00 PM
First Presbyterian Church
513 Birch St
Boonton, NJ 07005
Zoom ID 309 396 7491 PW 747067

Mail: District 10
P.O. Box 17
Pompton Plains, NJ 07444

District 11/33

4th Wednesday, 7:00 PM
Clifton Main Public Library
292 Piaget Avenue, Room A
Clifton, NJ
Zoom 829 3812 5348 PW 769422

Mail: District 11/33 Area 44
P.O. Box 2109
Clifton, NJ 07015

District 12

2nd Tuesday, 7:00 PM
St. Francis of Assisi Parish
(Basement Parish Life Center)
114 Mount Vernon Street
Ridgefield Park, NJ 07660

Mail: District 12 of NJ Area 44
P.O. Box 1238
Hackensack, NJ 07601
district12area44@gmail.com

District 13

2nd Tuesday, 7:30 PM
Wesley United Methodist Church
225 Washington Ave.
Belleville N.J.
Zoom 848 8614 3348 PW district

Mail: District 13/Area 44
P.O. Box 221
Kearny, NJ 07032

District 14

2nd Thursday, 7:00 PM
Barrow Mansion
Upstairs Meeting Room
83 Wayne Street
Jersey City, NJ

Mail: District 14
P.O. Box 13199
Jersey City, NJ 07302

District 15/21

3rd Monday 7:30 PM
Zoom ID 899 7518 9464 PW 278602

Mail: District 15
P.O. Box 206
Baptistown, NJ 08803

District 16

3rd Monday, 7:00 PM
Good Shepherd Lutheran Church
160 Ridgedale Ave
Florham Park NJ 07932

Mail: District 16 / Area 44
PO Box 544
Florham Park, NJ 07932-9998

District 17

3rd Friday, 8:00 PM
Alanon Assoc.
7th Avenue and 7th Street
Newark, NJ

Mail: District 17
P. O. Box 7270
Newark, NJ 07107-7270

District 18

2nd Monday, 7:30 PM
Faith Lutheran Church
Library
524 South St.
New Providence NJ 07974
Zoom 83128812003 PW D18730pm

Mail: District 18
P.O. BOX 235
Liberty Corner, NJ 0793

District 19

Last Monday, 7:30 PM
Friendship Hall
New Market Road
Piscataway, NJ

Mail: District 19
PO Box 8366
Piscataway NJ 08855-8366

Groups in Action

In regards to my northern New Jersey (West Orange) home group meeting:

We were meeting at Kessler rehab every Sun night at 7:30 pm; however, as was expected when covid hit, we were relegated to the online platform Zoom.

Within one month of being on Zoom, we went from our normal 40-50 people a week to 15-20 at best a month. After that, we were down to where we are now: at best 8-10 members a week.

Thankfully, because it's a speaker/discussion meeting, the speakers frequently bring friends or other members from whatever group they're speaking for.

THE most frustrating thing of all is Kessler has been stringing us along for over a year now with promises of an eventual return that never seems to come.

So, we can't decide: do we merge with another meeting, look for another space, or what?!

Your feedback would be appreciated.

Sammy O.

Denville Alumni *Thursday Night 8PM
Open Speaker Discussion
Needs your support!
 St. Clare's Hospital – Boonton Campus
 130 Powerville Rd.
 Boonton Township, NJ
 *The group meets in the Community Room
Other Denville Alumni meetings at St. Clare's Boonton:
 Saturday morning at 11:00AM in the Community Room (Open Discussion)
 Sunday morning at 10:30AM in the Cafeteria (Open Speaker Discussion)

AA RECOVERY
 UNITY SERVICE

Breakfast treats + 12 Steps
 Breakstep!!!!
 Stepfast!!!
 All 12 Steps in one year!!
 Start your day off right!!
 Start the year off right!!
 The first Saturday of each month is the step of the month day!
 January 7th Step One
 February 4th Step Two
 March 4th Step Three
 April 1 Step Four
 May 6th Step Five
 June 3rd Step Six
 July 1st Step Seven
 August 5th Step Eight
 September 2nd Step Nine
 October 7th Step Ten
 November 4th Step Eleven
 December 2nd Step Twelve
 Fresh Hot Coffee, Breakfast Treats and Step of the Month Saturday 10 am
 581 Bridgewater Avenue at Wharton Ave Bridgewater, New Jersey
 Hosted by Bridgewater Step Group

Dover Beginners Meeting Reopened
Saturday at 1pm

THE REACHING OUT GROUP
 First Memorial Presbyterian Church
 51 W. Blackwell St. Dover, NJ

B.Y.O.C

FLORHAM PARK 5:30 GROUP PRESENTS

BBQ - PARTY - SATURDAY
SEPTEMBER 9TH 2023

12:00-5:00 / AA Meeting at 4:00
 Voluntary Contributions Appreciated • Bring a Dish to Share
 Amazing Grace Church • 160 Ridgedale Avenue • Florham Park

AA Somerville Acceptance Group

12 Steps & 12 Traditions

Needs your support

Tuesdays 7 - 8 PM
Immaculate Conception Church

Parking lot located at:
 96 West End Ave., Somerville, NJ 08876

Drive to furthest part of lot and follow walking path to the back door of church.

Journey to Freedom Speakers Q3 2023

Open BB Speaker Topic Discussion Hybrid Meeting
Wednesday 7:30pm

In person:
Trinity Covenant Church
 343 E. Cedar St
 Livingston NJ

Virtual ID:
 897 4961 8692
 Password:
 Bigbook

You must sign on using a Zoom account

05	DAVID F NORFOLK VA
12	DAVID F NORFOLK VA
19	NIKOLETTA D SUMMIT NJ
26	NIKOLETTA D SUMMIT NJ
02	BLAINE D HARRISBURG PA
09	BLAINE D HARRISBURG PA
16	CLARENCE D ROCKYHURST VA
23	KAY T ALLENDALE NJ
30	KAY T ALLENDALE NJ
06	KAY T ALLENDALE NJ
13	CHUCK M BOSELLE NJ
20	BILL CLEVELAND
27	JANET A SPRING LAKE HEIGHTS NJ

Sunday 11:30AM Meeting of North Plainfield is operational!

This is an open discussion meeting. It is *great* for those who like to participate and share in smaller groups. This is the perfect group to test the waters if you are new or coming back!

English Speaking

Presbyterian Church
 Entry: Parish Office Door with AA sign, go down and towards the smell of fresh coffee!
 North Plainfield Sunday Morning Group
 170 Watchung Ave
 North Plainfield NJ 07060

Articles from our NNJAA Fellowship



SPEAK OUT! This Day Newsletter provides this forum for individual AAs to share their experience strength and hope with alcoholism. The ideas 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

It's been a little over a year now since I've come back to meetings of Alcoholics Anonymous, and I'm grateful I did. I'll tell you a little bit about it. See, I moved to NJ from Queens, NY back in 2009 and tried over the years a handful of times to get back into AA here in New Jersey. But, you see, here in NJ the AAs are different and the meetings are different. It was just different. This was my thinking, which I now know was upside down like that AA "THINK" sign. These and many more were the dangerous excuses I would often tell myself. At my job, there were a few AAs that I would talk to, and afterwards I always felt good. That magic of one alcoholic talking to another filled me at times in those rare job site talks. Life wasn't by any means a bad one away from AA all those years, but something was missing. In actuality, I see now how many things were missing. Life sure got good, and I fell into that age old trap of not attending meetings that so many AAs fall into. You see, I didn't need AA anymore. I was ok; so, I thought. All my AA books were neatly packed away in my attic, and AA had become a wonderful memory of years long past. Until one day last year when I believe my higher power had had enough. The thought came to me: "You turned your life and will over to Me, and I gave you a precious gift and you squandered it. How long do you think My grace will last?" That day, I made the decision to return to AA and really commit this time. After all, all those poor suffering alcoholics in AA needed my help. I know now it was I who was in need of help.

And so, my journey in AA began for a second time, now with 20 years dry. I made my first meeting in years and was given some phone numbers on the back of a meeting book. No one knew me, and I felt like a newcomer all over again. I didn't like that very much, for I had time. Ego is a dangerous thing, and Humility wasn't something I regularly had come to practice in those absent years. But, nonetheless, I was a newcomer all over again. I joined a group at once and began making the rounds trying out different meetings. Trying to find the Fellowship I craved. After some time, I had come to realize with the help of some fellow AAs that it was long time since I'd practiced the Steps, and maybe it would be a good idea to take the Steps all over again. I'm grateful to those members today as I now see I wasn't as ok as I thought I was. So that's exactly what I did.

Fast forward to today: my life, in all areas, is so much better that everyone in my life sees the difference. I'm glad I'm back, practicing these wonderful principles of AA and letting my Higher Power lead the way. I've met many wonderful people over this year and have made many friends who have brought meaning again to my life. It took me 20 years to fully grasp Step 6. I always wondered when someone becomes "entirely willing." I guess for me it took hitting bottom in sobriety to become entirely ready. I surely didn't need to have a drink to make a mess of things. So, today, I can truly say I'm an active member in AA: I have a home group, a sponsor and I'm of service to those in and out of AA. Now I'm living in all three sides of that triangle and it's wonderful to be alive in spirit again.

I'll end by saying this. Not everyone with time is ok and many won't want to admit it. Talk with them anyway; carry the message to them. Maybe something you say may crack that tough ego of theirs. If they're new to the area, take them around, introduce them to other AAs, get their phone number and call them. Just because we have time doesn't mean we're ok. Lastly, you AAs in New Jersey aren't so

different after all. The language of the heart knows no borders and love abounds in our rooms, whether in New York, New Jersey or anywhere else we come to meet. From my heart to yours, I remain forever grateful and ever yours.

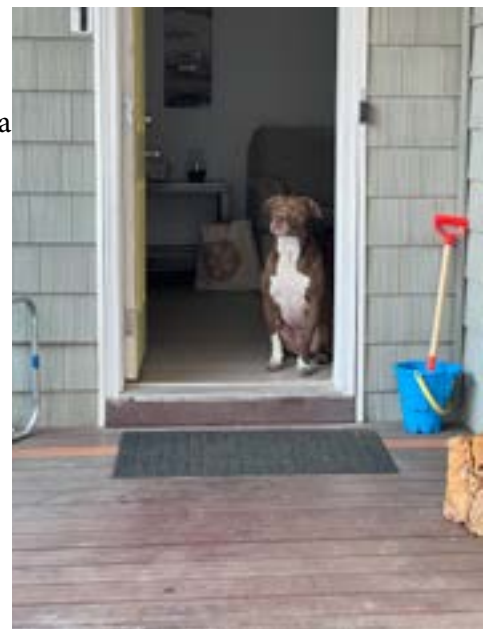
John F.

My name is Eileen. I'm an alcoholic.

I have been saying this for a little shy of 24 years, and, to my own amazement, I continue to learn a better way of living each and every year. I landed in AA with no intention of creating a life beyond my wildest dreams as mentioned in the AA readings. My only goal was to get the \$h!+ to stop. I was living a life of daily consequences; I handled one repercussion after another, creating a life of misery management, and yet I had no desire to stop drinking. I believed this was my lifestyle, and I was willing to pay all of the tabs I needed to continue.

I have heard other members mention how alcoholism took from them their families, employment, health, and futures. Alcoholism didn't steal from me. I voluntarily exchanged anything or anyone to keep drinking. Drinking was my one true love, and I was willing to go to any length to get it, so much so that I lost my family, my health, and I wound up in serious legal trouble. Here was a price I wasn't willing to pay or at least I wasn't willing to pay it at the moment. I was kicking the can down the road by attending meetings as part of my agreement with the State. I never intended on getting sober, being happy, building character, or being rocketed into the fourth dimension, but this is exactly what happened. Fast forward to the current day after years of listening to the "old timers," I am building a life one AA brick at time.

Here I am on vacation at the Jersey Shore in Sea Bright, NJ with my family: not only my birth family but with a fiancé, future stepson, future in-laws, friends, sponsees, and Max the dog. Sea Bright is a wonderful small beach community, which also offers three meetings a day, one of them on the beach. I was excited to be away with everyone plus secretly looking forward to the 7 am beach meeting next to Donovan's Bar. (You couldn't get any better a meeting on the beach next to a bar, perfect!) I had my first morning all planned out with my beach chair and Big Book in hand while everyone around me asked questions like "Where are the cheerios," "Has the dog gone for his walk," "Where are you going," "Can we come with you," "When will you be back," and "Did you remember to make the reservation for the restaurant tonight?" I was becoming frustrated with all of these promises around me, interfering with my AA plans. I wanted to go to this meeting as a treat for myself but also to brag to my AA friends: how I went to a meeting on the beach, I'm such a good AA member that no matter where I am, I attend meetings, etc. My AA bravado was blooming deep inside of me until I heard Teddy O's voice in my mind from 20 years ago at a meeting in Somerville, NJ: "Anyone can be an angel in here for an hour. It's what you do out there that counts."



Max the dog, waiting for his walk.

I haven't thought of Teddy in years, yet I heard his voice crystal clear. Realizing all of the promises came true for me, I have a life beyond my wildest dreams. I stood still in the kitchen remembering what the Oldtimers taught me as I picked up the leash to take Max for his long walk, asking if anyone would like to join me, while saying after the walk we'd go out to breakfast and then head to the beach. My AA mind was

telling me that there were three meetings that day and I could go to the afternoon meeting after spending time this morning enjoying the promises granted to me. In all of the great crazy chaos of a family, friends, dogs and freedom, I could choose love over selfishness.

I never did make it to the morning meeting on the beach, but I did make a meeting each day and some days with a sponsee. Sobriety remains paramount in my life along with all of my loved ones. AA continues to teach me to pause and listen to a higher power; in this case, Teddy O.

Teddy O left this earth many years ago but became my angel out there.

Eileen

Dictator in a Bottle

My addiction to alcohol started after I got out of the Navy. I was twenty-one. I loved the bar scene. All the hustle: pinball machines, shuffleboard and a blasting Jukebox. I began to adore the musty inside of many a “ginmill”. I became attracted to the smokey aura coming from cigarettes and large stogies, along with the stench of discarded alcohol oozing from the floor. This way of life became second nature to me.

I grew up in a densely populated but small neighborhood in New Jersey. A blue-collar town where the availability of alcohol was at your doorstep.

Hanging out on the street corner there were nine taverns within about a two-block area of the old neighborhood. Underage drinking was prevalent. Along with the drunkenness came violence and crime. My juvenile buddies and I didn’t know where to turn to for guidance. Some of us got in trouble with the law. However, in defense of my companions, I should mention that they came from very dysfunctional homes. Many were raised by parents who were addicted to alcohol themselves. This being the case, they were exposed to an environment not conducive to growing children.



My personal life journey, through all its ups and downs, became more complicated when I was diagnosed with mental illness at the age of 23. At that time, I had a terrific job with the telephone company. Their benefit package was second to none. Treated with much dignity, our medical department allowed an impatient hospitalization for several months at a very exclusive psychiatric hospital. Upon discharge, I felt like a new man. I was a “well-oiled machine.” When I returned to work, my supervisor noticed an extremely different change in me for the better. At the end of the year, I was rewarded with a substantial raise. I thought I was on my way to a wonderful career. I believed I was going to amount to something, not be just a troubled individual from the streets.

Nevertheless, the tables took a turn for the worse. After about a year, I began drinking again. The primary reason was that, despite moving to a town about an hour away from the street corners of my old neighborhood, I never completely separated my old way of life from the new life of promise. I just

wanted to hang with my old drinking buddies.

Unfortunately, I was about to learn the hard way some additional consequences for my actions. First, my job performance went into a downward spiral. I couldn't get my work done on time. Also, I found it difficult to get along with my fellow employees. Next, and probably the worst outcome which endangered my life as well as others, was the incidence of two grand mal seizures. Fortunately, I wasn't driving at those times. What triggered these episodes was drinking on medication.

Now, after twenty-five years of sobriety, I have reaped some tremendous rewards by abstaining from alcohol. I have a network of friends who experience the same ebbs and flows life throws at us on a day-to-day basis. If I am going through a difficult time, I can call my sponsor. If he isn't available, I have credible, established relationships at arm's length of a cell phone.

Today, I have been released from the obsession of alcohol addiction. In addition to this, I can attest that the stabilization of my psychiatric medication has never been as affective as it currently is.

Today, I can address problems with zeal. I approach life as an adventure and deal with obstacles, knowing I can sort them out and make a decision to "accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Terrance H.
Highland Park

Getting Behind the Emotion

Sometimes I find myself overwhelmed by emotions, mostly fear, and need to look behind the disturbance, like a silent witness. What is going on with me? Why am I disturbed by this situation? The other day I saw someone whom I found a bit overbearing and immediately felt some discomfort, just waiting for him to talk down to me. But nothing happened; it was just me and my thoughts. How he behaves and what he says are about him, not me, but that's not down in my "gut" quite yet. There are too many issues from the past with authority figures for me to be objective at the beginning of a situation. But if I can get behind the feeling, pray for guidance, and talk to my sponsor and support system, I can see things for what they are.

When I am tired and get a bit cranky and short-tempered, I do not like the way I treat others when I haven't pushed the "pause button." But until I get behind the disturbance and see it, pray about it, and make amends, if necessary, I won't see how I am reacting. When I get discouraged and feel inadequate, I think I will never be good enough. Once again, I need to get behind the situation and see what is going on. I need to let it run its course and pray – a lot. When I get trapped in my emotions, it becomes all about me, once again. How am I perceived? What are other people doing? My energy gets scattered, and I feel conflicted and torn. My confidence goes south, and I am not comfortable with myself or others.



The last time I remained in a disturbance for a long period of time was at work. It was a hot, exasperating day. I didn't really notice how lost in emotion I got until the end of the day, and I had to struggle to re-center myself. In hindsight I could have asked for guidance by praying, taking a deep breath, talking to someone, and getting behind all the emotions I was feeling. It took me a while to get grounded, but after discussions with my sponsor and others, I saw how I lose myself when I am agitated.

Usually, my emotional disturbances do not last long, provided I keep praying and stay mindful. Feeling the disturbance is one thing, but I do not want to become the disturbance by allowing my emotions to overwhelm me. When they do, they lead to embarrassment, unwarranted shame, self-pity, and mostly, to “too much Marybeth.”

Marybeth H.
Early Risers, Rumson



Finding My Sober Station

It's difficult to assess my emotional sobriety on any given day without considering the defects of character that did, and still can, lead me to a drink. When I am not right-sized, or as a former sponsor liked to say, at my sober station, those four horsemen described in our literature—terror, bewilderment, frustration, and despair—have the potential to follow me wherever I go. The restlessness, irritability and discontent that were so pervasive in the days, weeks, and years leading up to my bottom return with a vengeance when I forget to align myself with God's will.

Following a short relapse in 2005, I've been physically sober for 17 years. But what I've learned throughout the past 32 years in the rooms of Alcoholics Anonymous is that physical sobriety does not equal emotional sobriety.

While I've not had a strong urge to drink in many years, I've found myself uncomfortable in situations where I'm the only one without a drink in my hand. At social gatherings, when people seem to be enjoying a new type of drink I've never tried or when I'm at the beach surrounded by the sights and sounds of drinking, I can romanticize that first sip of a cold beer on a hot day. Overall though, spending time in the company of people who are drinking socially is much more pleasant than when I first got sober. A close friend shared recently that people drink to celebrate, commiserate, isolate or obliterate. I figure that covers it; at least it does for me—particularly the isolation part.

Working a daily 10th Step helps me stay right-sized. I am quick to note when I have the impulse to act out on a character defect, pausing long enough to avoid having to own my part and later make amends. Lots of thought and consideration of my shortcomings and work with my sponsor and other women in recovery on Steps 6,7 and 10 have proven beneficial in keeping me out of trouble. But daily emotional sobriety is a tricky thing to balance with consistency.

If my physical sobriety isn't transient, why does it feel like my emotional sobriety is? Why do I often feel unmoored, as if I'm grieving or missing a limb when my mind is out to get me? How is it possible that I can so quickly experience what feels like a rapid downward spiral when my emotional sobriety is off

kilter?

My sobriety touchstones—shares in meetings, memorable chapters in the literature, relevant Daily Reflections, dependable prayers—all serve to anchor me. Often, it's these pearls of wisdom that allow me to go about my day with courage and intention, as though I'm carrying a lighter load. But then something shifts—a defeatist voice that takes over—wedging itself in the way of my happiness.

If I am truly living my first Step, and have admitted that my life is unmanageable, why do I continue, so many twenty-fours later, to think I can manage my life? Why do I continue to plant myself in the driver's seat and refuse to move over? When I'm not at my sober station, I give in to old habits like people-pleasing, controlling others, believing I am responsible for everyone's happiness, berating myself for simple human errors, disregarding self care, projecting future calamity, mind reading, and forgetting the tools that will bring me closer to acceptance—of myself, my circumstances, and the actions of others.

Peace eludes me when I don't consider that it's my higher power, not me, that is running the show. "Refusing to place God first, we had deprived ourselves of His help."

By humbling myself to turn my will and my life over to God as I understand him, it stands to reason that I'd trust I'm being guided. But true reliance remains elusive. Struggling to find my way, it's as though I am walking in circles. And therein lies the problem. While I haven't had a drink for a long time, left to my own devices, I am following my will, not God's will. As such, I am not of maximum use to myself or my fellows.

This past Sunday, I awoke feeling off. I was consumed with worry, self-doubt and a sense of impending doom. Ignoring the meditation books carefully placed on my nightstand, I berated myself for oversleeping and skipped a shower. Pushing myself to go to my regular discussion meeting that I'd attended for years, I acted as if in response to the enthusiastic team who greeted me. With quick hellos to my friends, I settled into my usual seat, sipped my coffee, and prayed for calm. It was while *How It Works* was being read that I was struck by a line I've heard thousands of times: "... but there is one who has all power, that one is God, may you find Him now." I continued to listen to the reading, but with half steam, pensively focusing on the five words I'd needed to hear... "may you find Him now." Had I found Him? Yes. Was it consistent—the seeking, the finding, the believing, the trusting, the humility to turn it over? No.

Emotional sobriety means freedom from the personality flaws, fears and projections that suffocate me and rob me of inner peace. My second chance at life has been an extraordinary gift, the fruits of which I get to experience only because I am no longer dependent on alcohol.

Remaining at my sober station is easier when I step out of the driver's seat. "The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

By embracing the words so simply stated at the end of Chapter 11, "A Vision For You," I know I have the opportunity to experience stable and steady emotional sobriety.

Debbie B.
Wyckoff, NJ

Opinion

Read What It Says!

Don't you hate it when someone misreads "How It Works" at the beginning of a meeting, saying, for example, "*They* are such unfortunates," when the proper text says, "*There* are such unfortunates." Or worse yet, injecting words into the Serenity Prayer that aren't in the original text, such as *the* courage and *the* wisdom. Properly, only serenity is preceded by *the*, while courage and wisdom are not.

It makes me wonder, what if Richard Sheridan's Mrs. Malaprop had been in AA? She might have read "How It Works" as follows:

Rarely have we seen a person flail who has thoroughly followed our past. Those who do not discover are persons who cannot or will not competently give themselves to this simple program, usually men and women who are constitutionally incapable of being horny with themselves... (You get the idea and can probably finish the reading with other misbegotten gems.)

I hate to be so pedantic (or is it platonic), but readers, please read exactly what it says, not what you guess it must be. Otherwise, Bill W. and Reinhold Niebuhr will never stop rolling over in their graves (groves?)

Chuck M.
Daily Reprieve, Freehold

Meet Some of Us!



This new column was inspired by the statement in "A Vision for You" that states "you will surely meet some of us as you trudge the road of Happy Destiny." It will feature conversations with various AA members about some of their experiences and thoughts. It's another way to get to know folks in our Fellowship a little better.

A conversation with Dave B.

Dave's sobriety date is 4/14/19. He had been in AA for a number of years prior to 2019 and feels that this time is different. He discussed his recovery experience with Atul D, focusing on some of his thoughts about his AA experience.

The Turning Point

We talked about what was a significant turning point in his sobriety journey. He strongly feels that his relationship with his sponsor was the critical moment for him. This time he found a sponsor that walked him through the Steps using the Big Book and the 12&12. He says, "A sponsor that helped me understand how to use the Steps in my daily life changed the way I deal with issues when they come up. I understood how to work all 12 Steps on any given issue."

He feels having an active relationship with a sponsor has been important. "I did not think it is possible to change. However, going through the process on a new issue has helped me understand that I can change my reaction." He says that this has helped him address issues right away rather than postpon-

ing it to some later time.

Ongoing Sobriety

We then talked about some actions Dave considers important to supporting his sobriety.

Dave feels that the tool he relies on the most is to talk to people in the program—his network including his sponsor. He gave an example of why this is so valuable to him. “It’s an opportunity to run things by someone who is sober and also knows my history.” He gave the example of a relationship where there were significant difficulties. After speaking with others in the Fellowship, Dave says he was able to see different perspectives on the issues. It helped him to understand that instead of projecting about some things that might happen, he could build on the positives that were already in place. As he started practicing some of the suggestions, the relationship began to improve.

Another thing Dave says: “At meetings, I try to listen.” He likes going to meetings. “I listen for solutions others are talking about and try to think about how those solutions might be applicable to my life.” In his shares he said he tries to give a message of hope and kindness inside and outside the rooms.

He also said that having commitments—to lead meetings, to make coffee etc.— has been an important part of his sobriety. He said it helps him get to know people, who then become part of his network. He says he also gets to see the folks who are around for a while and how they conduct themselves compared to those who drift in and out.

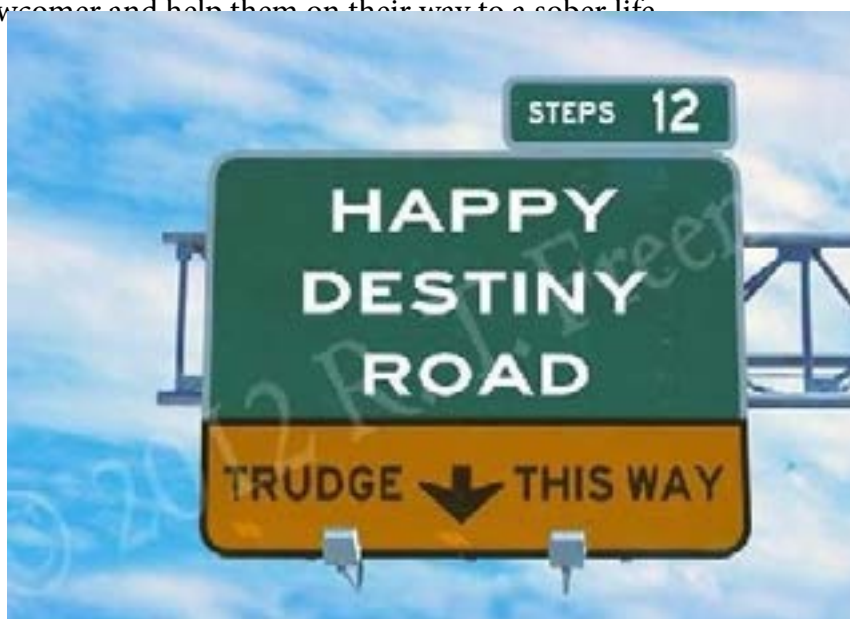
Newcomers

Finally, we talked about some suggestions for newcomers. Dave mentioned attending meetings. It is where a newcomer gets to meet other alcoholics and to see how they have grown and the results they have obtained.

Given his experience, Dave said he feels it is important to have a sponsor who can walk the newcomer through the Steps. The Steps are the key to the solution, and it has helped Dave tremendously to gain a new perspective on his disease and the solution.

He also suggested that newcomers listen to other members to try and understand the process in AA. Asking questions is always very helpful, because in his experience, AA members are always willing to help welcome a newcomer and help them on their way to a sober life.

Atul



Creative Corner

Defeat was my greatest defense

by David C.

I remember the things that my father taught me,
and all the things that I learned from him.
I never thought I wanted to be like he was.
I always wanted to be someone else.

I wanted all his wisdom, but I had no patience.
I wanted all his ethics, but I had no morals.
I wanted all his talent, but I had no knowledge.

He helped so many and was a man of his word.
He tried to teach me, the value of hard work and honesty.
I fell into sloth, deceit, and darkness.
I looked at myself with contempt, a parasite, a pariah.
I had become the monster of nightmares and pain
.... I was walking death.

I had done things that should have had me locked up in chains, awakened a demon that knows no peace, that lies dormant like a festering sickness.

I was beaten, defeated. I knew only darkness, a shadow walking through the trees.

Through time I found a greater wisdom, a paradox.
I was no longer my own God, demon, Judas. Defeat was my greatest defense.
The mercy of surrender gave me hope.
No longer akin to darkness and shadow. I could be everything that he once was.
I looked in the mirror, and the monster was gone.



Shadows of the Past

by Tony P.

I exist in only the shadows of the past;
The dark traces become the
Reality by which I breathe.
My self-made prison is inescapable.
The key has been lost a long time ago.
There is no escape for me.
The pitch is the sole light:
The voices, the gesticulations,
The footsteps swirl around my head;
They encircle my brain,
Like a vice that presses tighter and tighter.
No drug can release me from the night
That is like a brick wall that impedes any
Hope of being rescued from the inky
World in which I live.
I think that only death can save me.
Until then I must embrace the gloom.
But then, all of a sudden,
a bright triangle appeared,
enscribed with the following words:
Unity, Service, Recovery.

Hamlet's Soliloquy If He Were in AA

by Chuck M.

To drink or not to drink,
That is my dilemma.
Whether 'tis nobler in the pub,
To imbibe the Singapore Slings of outrageous barmaids,
Or to pour out Seagrams in a tumbler of soda,
And by stirring, blend them...
To black out, to pass out,
Per chance to hallucinate.
Oy! I'm such a schlub!

Many thanks to ALL of our writers for *This Day's* Fall 2023 edition!
 We could not do this without you. Your words are truly inspiring!!!
 Megan D., *This Day* Editor



Share44 Training Dates

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
Saturday, June 10th	10AM Beginner/Refresher 1PM Advanced
Sunday, August 20th	10AM Beginner/Refresher 1PM Advanced
Saturday, December 16th	10AM Beginner/Refresher 1PM Advanced

Send an email to Share44Help@NJArea44.Org to request additional information

*****Save the Date*****

Hands On Advanced Training at the Area Office

*****Saturday October 14th @ 11AM*****

NNJAA CALENDAR

To access NNJAA'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? NNJAA could use your help!
 Check out our the *partial* NNJAA Committee Meeting List on page 9!



Member area
 userid: alcoholic
 password: onedayatime

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Try it on your
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For the Winter 2023 Edition:

For this edition, please write articles on any topic of your choosing related to alcoholism and Alcoholics Anonymous.

Next Edition Deadline:
November 15, 2023

There is no longer a word limit for articles.
 Please send your articles *in a Word doc* to: newsletter-chair@njarea44.org

Statement Of Purpose:
 This Day is published quarterly as a joint newsletter for Northern New Jersey General Service Area 44 and the Northern New Jersey Intergroup. This Day functions to promote communication between the groups in Northern New Jersey and to provide members with service-related information. This Day is also a forum for the diverse opinions of the Area 44 Fellowship through shared experience, strength, and hope in all three of AA's legacies: Unity, Service, and Recovery.

Editorial Policy:
 Articles submitted from the Fellowship are encouraged, and should not exceed 800 words. The newsletter committee may edit submissions for grammar, readability, and content. Opinions expressed herein are not to be attributed to AA as a whole, nor does the publication of any article imply an endorsement by either AA General Services or Intergroup. Comments, questions, and articles may be mailed to the Newsletter Committee at NNJGS Area 44, Suite 2J, 2325 Plainfield Ave., South Plainfield 07080, or emailed to: newsletter@nnjaa.org.