

THIS DAY

www.nnjaa.org

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

A message from your Area Chair



Welcome to the first issue of This Day for 2015! I want to welcome all the new GSRs, DCMs, District Committee Members, Officers, Area Committee members, Liaisons, Section Coordinators and Past Delegates, as well as those returning for another year to be of service to Area 44 and the program which saved our lives. In the spirit of rotation, all the Standing and Special Committee chairs who help direct and support our vital 12th Step work are new (see the list of Committee chairs on page 4). Please reach out to them to see how you can assist their efforts to reach the alcoholic who still suffers.

The new year after an election always starts with a flurry of activity. The newly elected officers held their first meeting; the first Area Committee Meeting (ACM) at its new time of 10am was held; and the first Assembly of the year took place in Hawthorne hosted by District 4/6 (thank you to District 4/6 for your service!). At the Assembly, over 100 GSRs and members of the Area passed the 2015 Budget, attended 6 Committee workshops and listened to presentations on 4 timely topics like Safety & Respect in the Rooms and Diversity in A.A., which will also have presentations done at the General Service Conference. I'll return to the topic of Diversity later in my article.

We also have a number of challenges and tasks ahead of us this year. In this regard, we are forming two ad hoc committees. The first Committee will help us evaluate our options for the Area Office as our lease will expire on October 1st, 2016. In the past, we have signed a 5 year lease whenever our current lease expires. Pat F., from District 15/21, will be chairing this effort. Many of the 93 Areas in the U.S. and Canada do not have Area offices.

Our Area Office is an important tool in our 12th Step work by: facilitating the meetings of our Standing and Special Committees, the Area Officers and the Area Committee, providing a place for Committee workshops, and storing A.A and Grapevine literature. The Committee will prepare a list of the requirements for our Area Office, contact a Commercial Real estate agent and look at several different options for office space before making their final recommendation as to whether to stay at our current location or move to new office space for the next 5 years. If you are interested in helping us on this committee, you can reach Pat via email at office-space@nnjaa.org. His committee will be meeting on the 2nd Monday of the month at the Area Office at 7:30pm.

The other ad hoc Committee being formed is a committee to come up with suggestions and a plan to utilize the excess funds that we have over our Prudent Reserve. As many of you are aware, we are significantly over our Prudent Reserve due to additional funds provided by the sale of the 75th Anniversary edition of the Big Book and savings from the avoidance of paying for audio visual equipment at our Convention. This committee will accept suggestions and recommendations about what to do with our excess funds to help facilitate 12th Step work in our Area and prepare a report with its recommendations. Barbara B., the DCM for District 39, will be chairing this ad hoc committee. Their first meeting will be held on the 4th Tuesday of March, March 24th, at the Area Office at the 7:30pm. If you would like to participate on this committee or have a suggestion about how to use our excess funds, please send an email to excess-funds@nnjaa.org.

Let's get back to the topic of Diversity. At our January Assembly, there were two presentations on "Diversity in A.A. - Our Heritage of Inclusion" from Andrea P. of the On a Different

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A message from your Area Delegate



"Celebrating 80 Years of Recovery, Unity and Service - The Foundation for Our Future"

Writing my first 'This Day' article as your Delegate, I am filled with gratitude, excitement and a sense of awe as I begin to serve you in this capacity.

A few days after our election assembly, I was speaking with a friend who is a Past General Service Trustee, and in the course of our conversation I said, "Do they know who they just elected?" We both chuckled because in our Fellowship, where we are so willing to share the very worst of our dark past so another might identify to find hope and recovery, we know exactly who we are getting! With a full heart I thank you for trusting me with this position, and please know that I am committed to serve you to the best of my ability over the next two years.

As I prepare for our Pre-Conference Reports, Mini-Conference, and General Service Conference (GSC), and anxiously wait to receive the Conference background, I recently reread, or in my case listened to "A.A. Comes of Age". There is such wonderful A.A. history contained in this book as Bill W. looks back on our first 20 years and then forward to our future. It was at this 1955 Convention in St. Louis where Bill's resolution was adopted, authorizing our General Service Conference to act as the permanent successor to our founders. It was there that our GSC inherited all responsibilities and duties from our founders so A.A. would always have the means to function, as long as we are needed. In

other words, A.A. became ours. We are in this together, and together we are responsible for Alcoholics Anonymous. What an honor, and very cool!

By the time this article is published, I will have met with your Alternate Delegate Lester G., and our Past Delegates to choose the topics we will discuss at this year's Mini-Conference. These topics are selected from the full Conference Agenda and represent what we feel are the more compelling issues affecting A.A. today and those that may be the most interesting to Area 44 members. I, along with Lester, your Area Chair Jeff B., and your Treasurer Mike S., will travel around the Area in March delivering eight pre-conference reports. In these pre-conference meetings we will present the background material to our GSRs so they can have meaningful discussions with their groups and then carry their group conscience to our Mini-Conference on April 11. It's very important that all GSRs attend a pre-conference meeting and participate in our Mini-Conference. And of course, all interested A.A.s are welcome at both. We want to hear from all!

Soon I will be off to NERAASA where I will be meeting with the Delegates from the other 17 Areas in our Northeast region, and the best part is that we in Area 44 are hosting my first NERAASA as your Delegate.

If any of what I've written sounds unfamiliar or confusing, please reach out to me, I welcome the opportunity to discuss any and all of this with you. Again, from my heart I give thanks for this opportunity to serve you; it truly is a privilege.

*With AA Love and Service,
Jay E., Area 44 Delegate*

A message from your Intergroup Chair



All Together Now...

All for One and One for All. Oops, I think that one has been taken.

How best to describe the concept of fellowship? For AA, Fellowship is imbedded in the AA Triangle as Unity. Day to day, it's as much a feeling or an emotion of comradery that accompanies us on the journey of sobriety. Perhaps it's appropriate to examine Unity in a broad sense and reflect on how we put it into practice for ourselves, our groups and the fellowship as a whole.

Many come into AA feeling disjointed with no sense of wholeness. As the fog

clears and we begin to get grounded there is a centering for us as individuals. Have you ever heard of or felt that sense of being two personalities in one? Of having a good side and a bad side with the two in conflict? One of the developments in sobriety is a merging of our dueling selves. A greater sense of oneness. For many, a part of that process is developing a relationship with their higher power; a unity with god, if you will.

There's an important personal element in this "togetherness". Walking in to our first meeting many of us could, at best, have been described as "scattered". That's very descriptive of the conflicting emotions, foggy thinking and fear that we carry in very early sobriety. But a remarkable transformation can take place based on little more than time in the rooms and staying

away from alcohol. There is a sense of integration as focus comes toward what recovery can give us. It's truly a joy to watch a newcomer in the rooms move from frazzled to a state of collected enthusiasm about the program.

The group is central to this integration. The group provides many things and one of the most important is a sense of belonging/joining something outside of ourselves. It provides fellowship, participation, a refuge and a message. All are essential elements in long term sobriety. Groups and individuals are geographically and resource limited. Is there a need and how can groups come together to contribute to AA unity, share concerns and do twelve step work in greater geographic areas?

We are blessed with two forums that

help address that question. We have and Intergroup Central Office and Northern NJ GSO Area 44. Each

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**NEXT ISSUE DEADLINE FEB. 13th
NEWSLETTER@NNJAA.ORG**



Greetings from your new Treasurer. It is a privilege and honor to serve the fellowship. Thank you so much for giving me this wonderful opportunity.

Having attended my first election assembly in October 2012, I could not have imagined that my Higher Power would guide me to first stand for alternate Treasurer then and again in January 2013 when there was a quorum to complete the election. What an experience! Definitely provided me the foundation to want to continue to serve the Area and through it the suffering alcoholic.

The past two years, working under the guidance of our immediate past Treasurer, Wayne G., and as part of the Finance Committee, provided an extraordinary learning experience, deepening my understanding of the spiritual nature of our fellowship and the 7th Tradition, while expanding my appreciation for the generous contributions our members send and the energy the Area's volunteers bring to our Committees as they work to "Carry the Message." This unselfish love is amazing!

For me, it is also so true that walking in someone's shoes is most helpful to understanding and appreciating her or his experiences and vision. That continues to be the case for my AA Service work. In the short time I have been posting contributions, disbursing bill payments, keeping records and working with many other Area volunteers, my eyes have been opened even more about how important it is that Area 44 members donate money to the area and also give their time and energy as well to helping the sick and suffering alcoholic. Spirituality is our life blood!

There are numerous opportunities to volunteer and serve on one of the Area's Standing or Special Committees. Any interested AA can look at our website www.nnjaa.org to view the Area calendar of committee meetings and the committee chair contact information. FYI--the Finance committee added three new members this January. Hopefully there will be many new AAs participating on the Area's various other committees. It's never too late for AA Service to be a part of your 7th Tradition commitment to the Fellowship and your personal recovery.

When we have a balance between contributions and members volunteering for service our 12th Step work will reach more sick and suffering alcoholics, as we once did. Thank you all for what you have done in the past, what you are doing in the present and for your continuing support. I would not be here in AA without the benefit of the 7th Tradition---there were meetings in my area, doors open, hot coffee and AAs willing to help me. For that I am forever grateful.

I look forward to serving and working with you over the next two years.

*In Gratitude, Love and Service,
Mike S., Area 44 Treasurer*



**HELP WANTED HELP NEEDED
HELP PLEASE**

I love our traditions. I am glad that as an Area we try our best to follow them. I have come to understand the importance of our "Spirit of Rotation" that is referred to in Tradition 2. I can attest that our Public Information Committee does indeed, follow that suggestion. Nearly the entire Committee has rotated out at the same time. Sometimes it just happens like that.

First, I would like to thank them for all of the work they have done to help carry the AA message to the alcoholic who still suffers. Nearly everyone who comes to AA, has done so with the help of one of our service committees; whether they realize it or not. Most likely, P.I., C.P.C., Treatment, Intergroup, Special Needs, or many others committees have helped people to walk into the doors of AA. Our AA Guidelines on Public Information can express better than I can our policy:

In all public relationships, A.A.'s sole objective is to help the still-suffering alcoholic. Always mindful of the importance of personal anonymity, we believe this can be done by making known to the still-suffering alcoholics, and to those who may be interested in their problem, our own experience as individuals and as a fellowship in learning to live without alcohol.

We believe that our experience should be made available freely to all who express sincere interest. We believe further that all efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside of A.A. are equally concerned with the serious problem of alcoholism.

This is the aim of our P.I. Committee for Area 44. We want to go to schools, local businesses, church and civic groups, health fairs, etc. We want to display A.A. literature in libraries, schools, police stations, and many other places.

To do all of this will mean that we need help. I appeal to anyone interested in joining our committee. Help light the pathway to our doors. Here is a special appeal to those who may have served in P.I. years ago. COME BACK! We can use your knowledge and experience.

We meet at the Area office on the second Tuesday of each month at 7:30. You can also e-mail me at pi@nnjaa.org

**HELP WANTED HELP NEEDED
HELP PLEASE**

Luke H. P.I. Chair Area 44

**RUS SERVICE CORPORATION T/A NNJGS AREA 44
YEAR TO DATE COMPARISON REPORT: 2013 AND 2014
FOR PERIOD ENDED November 30, 2014**

	2013 - Nov.	2014 - Nov.
Money Market Account ^(A)		
Balance as of January 1st	\$52,756	\$59,391
Interest Received	53	47
Transfer (To)/From the Checking Account	483	0
Balance as of November 30th	<u>53,292</u>	<u>59,438</u> ^(C)
Checking Account ^(A)		
Balance as of January 1st	\$35,019	\$43,492
Group, Individual, and 7th Tradition Basket Contributions	85,251	78,849
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	111,815	143,999
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(73,997)	(79,515) ^(B)
Non-Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(119,475)	(127,170)
Transfer (To) / From the Money Market Account	(483)	(0)
Balance November 30th	<u>\$38,130</u>	<u>\$59,655</u> ^(D)
Account Balance Over / (Under) Guideline	\$1,982	\$23,239
Prudent Reserve Funds		
Total Cash In Bank (Not Including Convention Acct)	\$91,422	\$119,093
Designated Funds (Jailbox Funds, etc.)	(6,123)	(10,637)
Checking Account Guideline (2 months average expenses)	(36,148)	(36,416)
	<u>\$49,151</u>	<u>\$72,040</u>
Prudent Reserve (50% of the prior 12 months Operating Expenses)	<u>\$40,203</u>	<u>\$45,322</u>
Account Balance Over / (Under) Guideline	\$8,948	\$26,718

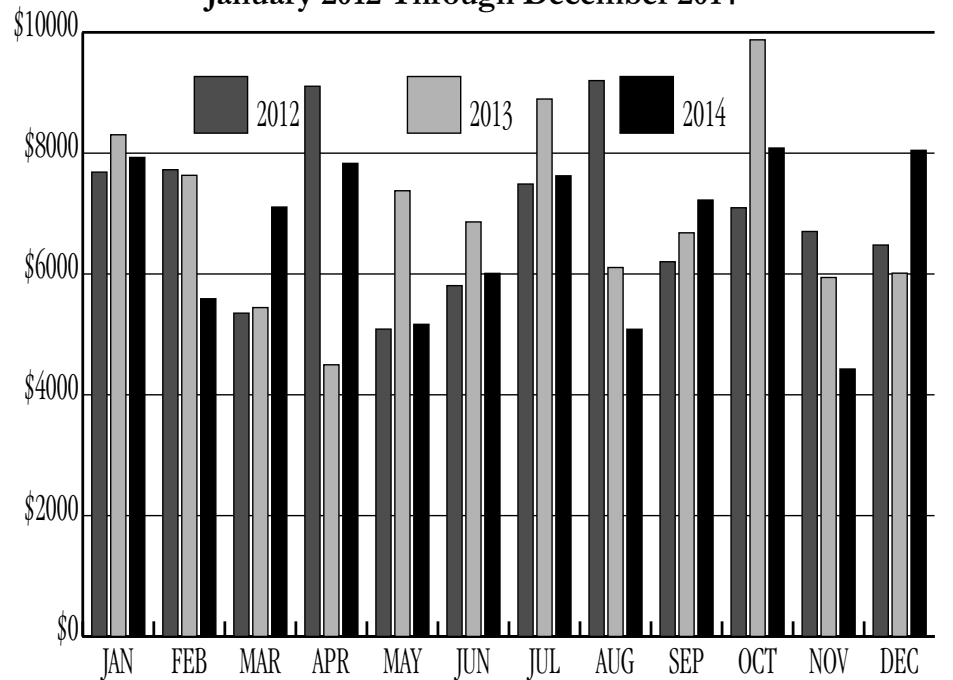
FOOTNOTES

- (A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.
- (B) 2014 Expense Budget is \$102,828.00
- (C) January 31, 2014 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.
- (D) November 30, 2014 amount includes Designated Funds of \$6,827.52 of Jailbox Contributions.

Summary of Official Approvals / Reviews

Individual / Group	Action	Completed Through
Treasurer	Approved	November, 2014
Alternate Treasurer	Approved	November, 2014
Finance Committee	Approved	November, 2014
Officers	Reviewed	November, 2014
Area Committee Members	Approved	November, 2014
Area Assembly	Approved	November, 2014

**Monthly Group Contributions To Area 44
January 2012 Through December 2014**



Intergroup Chair...

(continued from page 1)

the Intergroup Central Office and Northern NJ GSO Area 44. Each makes a unique contribution based, in part, on their historic development and defined role in addressing larger geographic needs. In Northern New Jersey, Intergroup provides a public face through a phone line open to alcoholic and non-alcoholic calls. Where's the nearest meeting? How do I get my son into recovery? What can AA do for me? These are all good questions for the Intergroup office and the Nightwatch volunteers who cover the "800" number. Over 12,000 calls a year are handled with immediate responses or referrals to volunteer 12-step contacts. Intergroup co-sponsors a number of committees that function in areas that are often too extensive to be carried out by a single group. Bringing meetings

into treatment facilities or jails and institutions requires an extensive network of interested and committed AA's. These are established and coordinated by the joint committees and draw from the fellowship as a whole. The Intergroup Delegates meeting is also an opportunity to share group concerns. A forum where issues common across groups can be aired and resolutions shared. This is also true of the Area 44/Intergroup Joint Unity meetings held quarterly among the officers of Area 44 and the Trustees of Intergroup. These provide a chance to resolve issues before they become divisive. Together, our structures provide cohesion and contribute to our common purpose. The help us build individual sobriety and reach out to the still suffering. The miracle of AA at work.

*Jim S.
Intergroup Chair*



It is amazing how this program works

My biggest fear before I got sober was hurting someone in a car accident and having to go to jail. At that time my best thinking was to drive less. Eventually my damaged spirit drove me to the rooms of Alcoholics Anonymous.

About a year into my sobriety, I heard a woman, Linda Lou, share about her experience taking a meeting to the women in jail. After that meeting I went right up to her ---who I did not know--- and told her I wanted to go with her on that commitment. She gave me the application and told me who to contact. We scheduled a date for my first meeting. I was a little nervous, but I just followed her lead. On our way out, all I could think of

was "but for the grace of God, there go I" ... and "I want to do this again". Little did I know then, what a major part Linda Lou and the jail commitment would play in my sobriety. That night, I called my sponsor and talk to her about the commitment. I remembering saying "I have nothing to offer the women in jail. My story will never compare to what these women are experiencing". My sponsor's reply was simply "are you sober?" Of course I said "Yes" with the utmost gratitude. So this part of my journey in service began.

There was another application and a four hour training/awareness class required to become a volunteer and to be able to continue to go on a regular basis. I completed everything as soon as I could. After learning Linda Lou had been taking this meeting into the correctional facility for 20 + years and doing whatever it took to make it happen, the good alcoholic in me

wanted to help MORE! I asked for other ways to contribute (and with my suggestion), she gladly gave me the responsibility of scheduling the volunteers for each meeting. At that time we had just been given a second night of an AA meeting at the jail and we had 6 women going in. It hasn't always been smooth...Since then we lost a few women. We did some recruiting and now are up to 14 women going and another 2 women on the list to get their full clearance.

I have learned from this experience, truly what it means to give back. This commitment has become a staple in my sobriety. It has given me the opportunity to meet more sober women. And in reaching out to them threw doing the scheduling, I have had the pleasure of getting to know them. It was brought to my attention by a new friend, Susan has also been a volunteer, for many years, how being involved at the correction committee

meetings allows us to be surrounded by all these other alcoholics who are living in the solution. What a great atmosphere! The committee meetings have given me great respect for the men and women that are involved in the corrections commitment, all over New Jersey, and what it takes to make the big picture happen, right down to taking the meeting to the inmates.

I have the privilege of getting to see first-hand what could happen to me if I drink again. This simple truth helps keep me focused on my sobriety, one day at a time. The reality is I have met women that are living my biggest fear. To think the fear of driving, drove me right where I didn't think I ever wanted to go. I love Alcoholics Anonymous & I love this commitment.

For this experience, and Linda Lou's "share" that day, I am truly grateful. Thank you for letting me be "a part of" and letting me write this article.

Darlene C. / Roxbury, NJ

The Corrections Committee would like to thank the following groups and districts for their Pink Can and Jail Box contributions

- 
- 3 Legacies Group
 - Alive Again
 - Anonymous
 - As Bill Sees It Metuchen
 - Belleville Thursday Night
 - Bergenfield Young at Heart
 - Cedar Knolls Women's Group 7:30 Mon
 - Daily Reflections Verona
 - Daily Reprieve Group
 - Dawn Patrol
 - Dist 1 & 2 Day of Sharing
 - Dist 17 Day of Sharing
 - Dist 34 Spirituality Breakfast
 - District 34
 - Drip Dry Group Maplewood
 - Fair Haven Early Risers
 - Forest Hill
 - Franklin Guts Group
 - Friday Get With the Program
 - Friday Night Candlelight
 - Friday Night Rainbow Group Asbury Park

- Friday Noon Montclair Meeting
- Haskill Sunday Night
- Hill St. Blues
- How & Why Of It
- Knights of the Round Table
- Learning to Live Sober Group
- Live and Let Live Group
- Lost and Found Group of AA
- Lyndhurst Saturday Night
- Maplewood Thursday Night Group
- Millburn Sunday Big Book
- Milton Sunday/Thursday Group
- Mon/Wed Hamburg Meeting
- Monday 12:15 Closed Discussion Verona
- Monday Sparta Beginners Meeting
- Montclair Thursday Night
- Gay Literature Group
- Morning Miracles
- Mt Fern/Randolph
- New Brunswick Friday Night
- No Butts, Little Silver
- Nutley Unit Group

- Old Tappan Day Group
- On A Different Footing Big Book Study Group
- Pattenburg Primary Purpose Picnic
- Primary Purpose Group
- Promises Upper Saddle River
- Promises Hope & Happiness
- Pt. Pleasant Monday Night Group
- Randolph Women's Group
- Recovery Hall
- Recovery Lifeline
- Red Bank Friday Night
- Rocky Hill AA
- Rumson Sunday Night
- Saturday Night Belmar 7pm
- Saturday Vernon Reflection
- Serenity Porch
- Sick as Your Secrets
- Sparta Rockin Recovery
- Spring Lake Saturday AM
- Stairway to Heaven

- Sunday Nite Design for Living
- Sunday Sundowners N.B.
- Sundown to Sobriety
- Sunrise Group
- The Sky's the Limit Group
- There is a Solution, Whiting
- Tuesday Big Book Group
- Tuesday Vernon Beginners
- Turning Point, Stanhope
- Union Hill Drop in Center
- Upper Ridgewood Women's Group
- Verona Tuesday Night Group
- Waldwick Bagel Bash
- Waldwick Fellowship Group
- Wall Lamplighters
- Wantage Sat Night Big Book
- Waretown Journey to Recovery
- Whiting There is a Solution Group
- Wisdom Off The Wall
- Woodbridge Big Book Tues & Sat
- Woodbridge By Book

CORRECTION: The following groups should have also appeared in the Winter 2014/2015 issue as Pink Can contributors but where omitted in error.

- Alive Again Group
- As Bill Sees It Metuchen
- BTN Dist. 13
- Daily Reprieve Group
- Design for Living
- District 1&2 DOS
- District 17 DOS
- Drip Dry Group Maplewood

- Fair Haven Early Risers
- Franklin Guts Group
- Friday Night Rainbow Group Asbury Pk.
- How & Why
- Monday Sparta Beginners Meeting
- Mt. Fern Randolph
- New Brunswick Friday Night

- No Butts Picnic
- Primary Purpose Group
- Promises Hope & Happiness
- Recovery Hall
- Red Bank Friday Night
- Rumson Sunday Night
- Sparta Rockin Recovery

- Spring Lake Saturday Morning
- Sunday Sundowners N.B.
- Waldwick Fellowship Group
- Wall Lamplighters
- Wantage Sat Night Big Book
- Waretown Journey to Recovery
- Whiting There is a Solution Group
- Woodbridge By The Book



In the spirit of the 3 sides of the Triangle I embrace my commitment to the GSR Mid-Winter Luncheon; it solidifies my connection to AA as a whole.

So, how did I get here? In early sobriety my sponsor, Joyce S., said "if you are bored get involved in service, you will find good sobriety." And as you know your sponsor is usually 99.9% right!

Back in the day at my home group's business meeting I was "elected" alternate GSR, and so my journey began. I was blessed to be raised in a home group where there was an extremely strong and knowledgeable service presence. I wanted what they had so I did what they did, or maybe I was just people pleasing back then.

Over the last 13 years service has kept me sober that is my experience! And I am forever grateful for my early exposure to service at my home group and then service at the area level.

"What are you doing Tuesday night?" Come join our committee! Our first meeting will be in July 2015 (check the area calendar for exact date and time.)

And don't forget to save the date February 21, 2016. Join us for the 2016 GSR Mid-Winter Luncheon.

*Yours in service,
Debbly G.
GSR Mid-Winter Luncheon Chair*



Greetings from the Registrar's Office

Hope everyone is settling into your new or not so new service positions. Brenda and I have been updating all the Group Change forms that we are receiving. Here are some of the new GSR's that we have updated since January,

- Phil W. - No Butts Group, Little Silver
- Jakki M-C - Upper Ridgewood Woman's Group, Ridgewood
- Irene H. - Milltown Strictly AA Group, Milltown
- Ann E. - Attitudes of Gratitude Group, New Brunswick
- Nicole Mc - Change is Good Group, Oakland
- Susanne M. - Saturday Night Live Group, Belmar
- Chuck W. - Turning Point Group, Stanhope
- Jeanine F. - Court House Gang Group, Toms River
- Mary Beth M. - Give and Take Discussion Group, East Brunswick
- Phil G. - Neptune Thursday Nite Group, Neptune
- Brian B. - Pompton Lakes Sun Morning Group, Pompton Lakes
- Isaac C. - Matawan Group, Matawan
- Angelica S. - New Millford Group, New Millford
- Joni K. - Bradley Gardens Group, Bridgewater
- Thomas M. - Friends of Bill W. Group, Keyport
- Jorge I. - Sunday Morning Early Risers Group,

- Union City
- James M. - Sunday Step Group, Hoboken
- Barbara M. - Break Neck Group, Highland Lakes
- John P. - Reflection Group, Vernon
- Nicky A. - Grateful Beginnings Group, Wyckoff
- Daniel H. - Rumson Group, Rumson
- Bill L. - Sober Fun And Promises Group, Red Bank
- Bruce R. - Mt. Arlington Group, Mt. Arlington
- Donna F. - Saturday Morning Forum Group, Old Bridge
- Sara P. - Ramsey Town Group, Ramsey
- Andrea L. - Florham Park Sat Morning Group, Florham Park
- David T. - Farmingdale Group, Farmingdale
- Jonathan T. - Sunday Night Beginners Group, Piscataway
- Janet Mc. - Kinnelon Tues Nite Big Book Group, Kinnelon

I apologize if I left anyone out; these are the group change forms I've received so far this year.

We will be handing out all the Group information update sheets at the March ACM, The DCM's will get them to their respective groups. We would like to get these back as soon as possible, hopefully as soon as the Mini Conference in April. The reason for the rush is there is a cut off date for any groups or group contacts to be included in the next Regional Directory 2015-2016; the cut off date is May 8th, 2015. The directory is a

index of groups throughout the United States and is used by Traveling AA's to locate meetings. If you are unable to get the group information sheets back before this date it is alright the information will be updated and ready for use in the next edition.

*Bobby B
Area 44 Registrar*

Area Chair's Report
(continued from page 1)

Footing group of Haledon and Ken M. of the Turning Point group of Stanhope. Both of these excellent presentations stressed the importance of being inclusive to different types of A.A. members. Our inclusivity is necessary to ensure that we fulfill the mandate of our 5th Tradition to help the alcoholic who still suffers. It is necessary that we are inclusive at all levels of the service structure: the Group, the District and the Area. As Area Chair, I will look to do my part by reaching out to the Young People of GSYA and attending their Conference in April, to the Spanish community of Districts 30 and 42 by attending their Convention in September and the LGBT community by attending the NJ RoundUp in May. As ours is a program of action, what steps will you take to be more inclusive?

*Jeff B.,
Area 44 Chairperson*

NIGHTWATCH

Hi, my name is Ernie and I'm an alcoholic. When I came into the rooms of AA, service work was the furthest thing from my mind. All I wanted to do was not drink and not feel the way I felt anymore. God, service work, a sponsor, 12 Steps, 12 Traditions, 12 Concepts, a network, and willingness to learn and stayed open minded ended up being the key ingredients to changing the way I felt inside, to something of worth. Commitments have pushed my comfort level at times, but have also blessed me with many gifts afterward. One of those commitments that I am ever grateful for is Nightwatch.

I encountered my first Nightwatch commitment through my home group taking on a week's commitment. All the positions had been filled on the sheet except for one, then the eyes of the group members shifted towards me and I was volunteered that I would be taking on that last commitment. Of course, I felt the need to point out how my beauty sleep was very important to me, as a final retaliation to taking on this commitment from 6 pm to 8am. My excuse didn't work. I learned that phone calls would be redirected to my phone during this overnight shift and it was my responsibility to be of service to these individual callers.

During that night there were only 4 phone calls that came in. Three of the calls were in the earlier part of the shift which were people just looking for meeting locations. My final call during the early morning hours was a drunken person that was looking for help. I proceeded to find a 12th step contact for this individual to help him later that morning. It was such a wonderful feeling. As I wrote the information in the back of the book for the phone call, I had this feeling that I had done something big. I contributed the love and help that was given to me, back to AA, and it felt great. I had to do it again!

I have since done more Nightwatch commitments and always feel great after 12 step work or just simply helping to find a meeting. It's an amazing thing that people have a number they can call when they need to reach out for help from AA. There is a number for people that don't want to drink anymore. It's amazing that on the other side of the phone line there is a person there to help. We are there to tell them "You never have to drink or feel this way again," just like I was once told.

This is why I love what I do, and want to continue to be of service. Recently I became the Nightwatch coordinator for Morris County. It is my job to reach out to groups in the area that are interested in being of service for a week to individuals that need to call the hot line number when the Intergroup office is closed. If your group would like to take a commitment, we'll get you the books. Don't worry, we'll be sure to explain what to do and answer any questions the group may have. It's a really neat experience and a great way to give back to the fellowship.

Ernie P.
Morris County Nightwatch
Coordinator

Garden State Young People "Young: is anyone who still has growing to do."

"In recent years I have found nothing for greater inspiration than the knowledge that A.A. of tomorrow will be safe, and certainly magnificent, in the keeping of you who are the younger generation of A.A. today." -Bill W.

Hello Area 44 & Intergroup! Have you heard the news? GSYPA is holding its 33rd annual conference this year at the Youth Retreat Center in Kearny, NJ from April 10- 12, 2015! We have an amazing committee this year that has been working hard to put together a great year of events & an awesome conference. Some of you may be wondering- why should I go to the conference? Why is it not in Stillwater this year? Or, what is GSYPA?

Well, to answer the first question: because it's going to be lots of fun, there'll be lots of opportunities to learn about service, the program is laden with recovery-based meetings & workshops, and did I mention it's going to be lots of fun? To answer the second question: because we wanted to find a facility that was more accessible, had more affordable payment options, and overall would attract more young AA's. It's absolutely terrifying, and thrilling at the same time, to make this drastic change. Prior to when most people on the committee were even born, the conference was held in Sussex County, NJ. This year, we are hoping to make the GSYPA's 33rd conference the Best Yet to Come! And that leads me to answering the third question: what IS GSYPA?

Garden State Young People in Alcoholics Anonymous was started over 32 years ago by a group of young people in NJ who had attended the International Conference of Young People in AA (ICYPAA) and wanted to get a conference for young people going in NJ. For the past 28 years, GSYPA has been operating as a liaison committee to Area 44. Service positions within our committee revolve around the timing of our annual Conference, which is usually held in the spring. Throughout the year, we hold various events to promote unity, service & recovery; along with promoting our annual Conference. As our 2014 Conference wrapped up last year, we began to discuss various ways to better serve young people within Area 44. It was through this process we realized the best way to reach the younger fellowship was to be included as a Special Committee to the ACM, rather than just a Liaison.

And so last month we formally submitted a Recommendation to the Area to be included as a Special Committee within the Area Committee service structure. We propose this will increase awareness about what GSYPA does for young people, will make GSYPA more accessible for young people within Area 44, and will make the younger fellowship more accessible to the service entities within Area 44. Bill W. said it best in a letter he wrote to ICYPAA on June 15, 1969: "In recent years I have found nothing for greater inspiration than the knowledge that A.A. of tomorrow will be safe, and certainly magnificent, in the keeping of you who are the younger generation of A.A. today."

By the time you read this our "Be My Valentine" Roller Skating

night will have passed- but have no fear-there's still time to experience a GSYPA event! Get your dancing shoes on & join us on March 21st in Highland Park, NJ for our "Kiss Me I'm Sober" St. Patrick's Dance! See for yourself what GSYPA is all about! We also welcome all to attend our monthly committee meetings, which are typically held at 5:00pm on the 3rd Sunday of the month at the Area office.

If you have any questions or would like to speak with us directly our email is: chair@gsyp.org. Also, check out our website at www.gsyp.org and register online for our conference! We're offering 3 price packages this year: \$140 for the whole weekend (meals & lodging included), \$60 for the whole weekend but no meals or lodging, or \$30 if you just want to join us on Saturday. Whatever package you choose- just come! And bring a newcomer! From April 10- 12, 2015, in Kearny, NJ, GSYPA's 33rd Annual Conference is going to be the Best Yet to Come!

Keira D.
GSYP Chair

PS. On a side note, one of our first registrants this year is a newcomer- now THAT'S what it's all about folks!

NEW AREA 44 COMMITTEE CHAIRS

Here is the list of new Area Committee Chairs that have begun serving beginning January 1, 2015:

Cooperation With the Professional Community: William E.
Corrections Committee:.....Michael C.
Grapevine.....Mike D.
History & Archives Eavan J.
Literature Wayne G.
Public Information Luke H.
Treatment Facilities Margot H.

Area Office Coordinator.....(open)
Computer(open)
Convention Gregg A.
Films William S.
Finance Jim H.
GSR/DCM Workshop Walter B.
GSR Luncheon Debby G.
Mailing Jane R.
Newsletter Christopher D.
Policy & Admissions Bob K.
Remote Communities Cole D.
Translations Sandra P.
Website John D.



Some of the great snacks offered by the NERAASA Committee at the NERAASA 2015 Hospitality Suite!



Garden State Young People in AA
present

Kiss Me, I'm Sober!

A St. Patrick's themed dance

Saturday, March 21, 2015

Open AA Meeting 7:00- 8:00pm
Dance 8:00- 12:00am

(the AA meeting is the regularly scheduled "Attitude of Gratitude" meeting, with GSYP speakers)





Reformed Church
of Highland Park
19 S. 2nd Avenue
Highland Park, NJ 08904

www.gsyp.org

**\$10 suggested donation
(the AA meeting is free!)
Contact us at
events@gsyp.org**

2015 Area 44 Mini-Conference Topics and Discussion Items

The following may be helpful as groups discuss our 2015 Mini-Conference Topics, but these brief summaries are not meant to replace the background information delivered at our Delegate Pre-Conference reports.

TOPIC I: LITERATURE

A. Should we update the pamphlet "A.A. and the Gay/Lesbian Alcoholic"?

(Final Conference Agenda Item VI-C)

Background

There has been interest expressed from our fellowship to develop literature for transgender and gender nonconforming alcoholics. An ad hoc committee formed in Area 72 Western Washington State brought forth many ideas including the distinction between 'gender' which refers to socially created roles of men and women, and 'sex' that refers to biological characteristics which define humans as female or male. They also cited many issues that transgender and gender non-conforming alcoholics face in AA and included a list of 13 current pamphlets that feature special populations in our fellowship. There was a similar concern from Southern California although their request asked to update the current recovery pamphlet "AA and the Gay/Lesbian Alcoholic", P-32, to include the entire GLBT community. Our Trustees Committee has sent a request to the conference committee on literature to consider updating the pamphlet AA and the Gay/Lesbian Alcoholic.

The Pros

It has been decades since this pamphlet was last updated. Much like periodically updating the story section of the Big Book, we need to ensure that the stories found in this pamphlet are ones that a newcomer or someone not yet in AA would identify with today.

Our "special focus" literature can reach people that other types of AA literature cannot. When looking at our literature, public service announcements, and videos it's critical we focus on the "intended audience". Just as prospects may call Intergroup, for some this pamphlet is their first meeting directory – without both the newcomer might never find our life saving message.

This is a good opportunity to add more stories in the pamphlet that include all members of the GLBT (gay, lesbian, bisexual, and transgendered) community. Currently the pamphlet only includes stories of gay men and women.

Most every AA meeting includes visitors trying to decide if they are alcoholic or if AA will work for them. These potential members may use any difference to reason that AA won't work for them. Updating this pamphlet will make it easier for those in the GLBT community to see they fit in AA.

Our Big Book says, "we are people who normally would not mix" and this is especially true when someone is a little "different" from the others. But the rewards of helping alcoholics identify that they belong is immense! Group unity grows stronger, the person with special needs is included and respected as a fully participating member of the group, and everyone's sobriety is strengthened.

I heard a story that reinforces how important the "intended" audience issue is in AA. A woman at her second meeting was unsure if AA was for her because she was a lesbian and unsure other members would accept her. While getting coffee she noticed the current pamphlet in the literature rack. Although too timid to actually take the pamphlet, the fact that this pamphlet was in the rack helped her see that she was welcome in AA.

The Cons

AA about for Transgendered or Gender Non-Conforming alcoholics should be its own pamphlet and not part of the Gay/Lesbian pamphlet.

We already have too many "special interest" pamphlets. The spiritual principle of unity found in our first Tradition makes it clear that giving up one's sense of uniqueness is required for an alcoholic to recover. The program of action in the Big Book is a solution that will work for any

alcoholic, regardless of individual differences. Our 12 Steps don't just work for certain groups, and our fellowship is filled with a wide diversity of people.

Newcomers should be directed to a sponsor and the program of action found in the Big Book. We have so many different pieces of literature today that a newcomer may have no idea where to find our directions for recovery. We need to stop producing more literature that points out our differences and focus on our unity.

We need to help newcomers identify with what they have in common with other members and not what's different. Alcoholics Anonymous needs to focus less on special interest literature and more on leading new members to the solution. In today's world where others are saying the 12 steps are outdated we need to do all we can to focus on our program of action.

Should update this pamphlet? What does your group think?

TOPIC I: LITERATURE

B. Should we create a pamphlet for the alcoholic with mental health issues?

(Final Conference Agenda Item VI-D)

Background

The creation of a pamphlet for the alcoholic whose also suffers from mental health issues was a topic which was considered last year. The request for the creation of this pamphlet was sent by the Trustees Literature Committee to the Conference Literature committee for consideration at the 2014 General Service Conference. In considering this item, the Conference Literature Committee took no action, feeling that this subject was adequately addressed in the current A.A. literature. The creation of this pamphlet was considered by the Conference through a floor action. There were several hours of debate on this item and the majority of the Conference voted in favor of the creation of the pamphlet but the vote fell short of substantial unanimity by 7 votes.

Several Areas expressed concern that this pamphlet was not approved by the 2014 Conference and requested that the creation of a pamphlet on mental health issue be considered at the 2015 General Service conference. The background materials provided letters from 2 Districts and 7 Areas requesting that this item be placed on the agenda for this year's Conference. Based on this overwhelming support, at the Board meeting at the end of January, the Trustee Committee on Literature forwarded the suggestion for the creation of this pamphlet to the Conference Literature Committee for consideration.

The Pros

Many alcoholics who are diagnosed with mental health problems have difficulty identifying that they are alcoholic. A pamphlet of shared AA experience may help those who need us to find us sooner.

This would be a great resource for doctors, psychologists and psychiatrists helping them understand that AA is for every alcoholic regardless of any other condition that alcoholic may have.

This pamphlet will help us reach the alcoholic we can't yet identify or haven't yet met. If we reach even one alcoholic who believes AA isn't for him or her because they think they're different due to a mental illness, then no cost is too great to let them know they're welcome in AA.

Current literature is wholly inadequate to deal with issues like the dually diagnosed alcoholics who suffer from depression or have been suicidal or military personnel returning home with PTSD and alcoholism.

The support for creating a pamphlet for the alcoholic with mental illness appears to be overwhelming as many Areas brought this topic back to their assemblies after last year's

conference. Last year, although not expressing substantial unanimity, our Area was very strongly in favor of developing this pamphlet.

The Cons

This item was considered at last year's Conference and was not approved.

The topic of mental illness is adequately covered in The A.A. of the Alcoholic with Special Needs pamphlet and the pamphlet A.A. Member—Medications and Other Drugs.

Additionally, the matter was voted on and did not receive substantial unanimity. Any vote receiving a majority while not binding on the General Service Board is considered to be a strong suggestion to be considered. The General Service Board did consider the matter and decided to take no action.

Do we need a new pamphlet for the alcoholic with mental illness or is this topic adequately addressed with the current literature? What does your Group think?

TOPIC I: LITERATURE

C. Should we produce a book combining the Twelve Steps and Twelve Traditions with the Twelve Concepts for World Service?

(Final Conference Agenda Item VI-E)

Background

This idea was discussed back in July, 1999 when the trustees' Literature Committee agreed not to combine the book "Twelve Steps and Twelve Traditions" with the pamphlet "Twelve Concepts Illustrated" because that pamphlet was not written by Bill W. However, the development of a similar publication was not taken off the table.

In October of 1999, the trustees' Literature Committee unanimously agreed that there was not a need for a book combining the Steps, Traditions and Concepts.

Ten years later, in January of 2009, the trustees' Literature Committee met, and took no action on an area's request to add the short form of the Twelve Concepts to the Twelve and Twelve.

In March of 2010, AAWS discussed a request for a boxed set of the hardcover Twelve and Twelve and a hardcover edition of the Service Manual, and took no action.

In July of 2012, the trustees' Literature Committee, after tabling the issue at the two previous board meetings, again took no action, but said GSO's Publications Department would continue to look for other ways to make information about A.A.'s Third Legacy available to the fellowship.

Finally, in August of 2014, the trustees' Literature Committee agreed to forward a request to produce a book combining the Twelve and Twelve with the Twelve Concepts for World Service to the 2015 Conference Literature Committee.

There are three Conference Advisory Actions pertaining to the Twelve and Twelve. To simplify and paraphrase:

2002: The text in the book, Twelve Steps and Twelve Traditions, written by Bill Wilson, remain as is.

2003: An introduction be added to the front of the Twelve and Twelve to explain the time and era, language of the time period, and the 2002 Conference Advisory Action above.

2005: An introduction be added to the front of the book explaining that it was published in 1953 so that Bill W. could share 18 years of experience on how A.A. members recover and how our society functions.

On October 11, 2013, the Panel 63 Delegate of Area 72, Western Washington, wrote a letter to GSO on behalf of their area assembly, requesting that AAWS consider producing a special edition book that combines the 36 principles of the 12 Steps, 12 Traditions, and 12 Concepts.

On October 18, 2014, the Panel 63 Delegate

of Area 05, Southern California, wrote a letter to GSO on behalf of their area assembly, requesting that AAWS consider adding the existing Twelve Concepts section of the Service Manual to the Twelve and Twelve book.

The Pros

The fellowship would have easy access to the Steps, Traditions and Concepts in one book, sending a clear message what our 36 spiritual principles are.

Bill W. had a very hard time trying to get the fellowship interested in the twelve traditions, so he “snuck them in” in the back of the new book “Twelve Steps and Twelve Traditions.” If that worked, why not do the same thing to make the fellowship aware of, and interested in, the twelve concepts?

The 2010 suggestion for a boxed set of the Twelve & Twelve and the Service Manual probably wouldn't work because the service manual would be ignored, but if the concepts are part of the Twelve & Twelve, A.A. members would read it.

The Twelve Concepts are, sadly, a mystery to most of the fellowship. Most A.A. members know about our first legacy, the twelve steps; some A.A. members know about our second legacy, the twelve traditions; but hardly any know about our third legacy, the twelve concepts. Sadly, those who are not experiencing “all of A.A.” tend to think that “those concept things” are only for those general service people who are involved in the politics of A.A. Hopefully, if we put all 36 principles together, maybe the fellowship would learn how spiritual they are, and how they all tie in together.

The Cons

Is the idea of this new book in conflict with the 2002 Conference Advisory Action that, “The text in the book, Twelve Steps and Twelve Traditions, written by Bill Wilson remain as is, recognizing the Fellowship's feelings that Bill W.'s writings be retained as originally published?”

The suggestion to produce a book that combines the 36 spiritual principles as a “special edition book” for an event like the International Convention, to “prevent recurring costs”, is insulting. These principles are our design for living. If we produce a combined book, it should be available all the time like all other literature to study – not come out for a special occasion just to save money.

Would this book replace the Twelve and Twelve? If not, wouldn't it be confusing to the fellowship if we had both? Also, if not, wouldn't producing the two books be financially irresponsible?

Shouldn't we be focusing on how to encourage A.A. members to become familiar with, and read, the A.A. Service Manual, the home of the Twelve Concepts for World Service? With this new book, an A.A. member would have even less of a reason to ever touch the Service Manual!

What does your Group think?

TOPIC I: LITERATURE

D. Should we update the pamphlet “A.A. for the Woman”?

(Final Conference Agenda Item VI-F)

Background

This request originated in a group and was submitted by the Delegate from Area 75, Southern Wisconsin with the full support of their Area Assembly. The group reviewed the existing pamphlet which has not been updated since 1986 (29 years ago) and highlighted several items that they felt should be updated to be more relevant to today's newcomer. Some examples are:

- References to people and places that would not be recognized by many younger newcomers today.
- References to professional opinions on medication that are out of date today.
- References on how to find AA that exclude some current resources, e.g., www.aa.org website.
- Concern that the stories may not be reflective of today's women in some fields, e.g., housewife.

The Pros

As noted in the highlights above, there does appear to be a need to bring the pamphlet more up to date to the woman who walks through our doors today. Some pros would be:

While some feel pamphlets emphasize our differences, many feel that they actually help the newcomer to feel welcomed and included. To update this pamphlet will allow that newcomer to identify with others in the rooms today.

As many of our pamphlets are put in racks at treatment facilities, jails/prisons, libraries, doctors offices, and many more, to add references to the ways we can be found (such as our website), will make it that much easier for the still sick and suffering to find us.

It could also be said that the stories lack diversity. While there is one story that references a “black” woman, the rest do not seem to reflect the diversity of our membership today.

From a cost perspective, when a pamphlet is revised, the existing stock is not discarded. They are distributed until the stock runs out. Accordingly, the costs would be limited to those associated with the rewriting and print set up.

The Cons

When reviewing the existing pamphlets the following arguments could be made to leave the existing pamphlet as is.

At one point there was another pamphlet for women that was extremely out of date making references to the woman of the “50's” which was discontinued by the Conference. This pamphlet was left as is as it was felt by that Conference that the stories were more relevant and timely and covered women from a variety of life's statuses, e.g., professional woman (doctor), housewife, other college educated professional.

In considering the item above, it could also be argued that there are many other pamphlets that need attention at this time and using our resources to update those would have a larger impact on the potential newcomer.

In considering this item, it could also be argued that we need to remember that women of all ages are still entering our rooms and those older stories would still be relevant to many older women and that they are the ones who read the printed pamphlets, while the younger newcomer does not.

What does your Group think?

TOPIC II: POLICY/ADMISSIONS

A. Should we make a recording of the A.A.

meeting at the opening dinner of the General Service Conference available to each member of the General Service Conference?

(Final Conference Agenda Item VII-D)

Background

Each year at the General Service Conference there is an opening dinner for Conference members and guests. During this dinner there is an A.A. speaker meeting where several of the attendees share their experience strength and hope by telling their stories. A request came to the Trustees Committee to make available a recording of the AA meeting at the opening dinner. The background also stated that this request was for the AA Meeting only and not any other GSC activity.

The Pros

Hearing AA members share their stories infused with their love of Service may help get other members involved in Service.

This type of recording may remove the mystique that surrounds Service, or the myth that Service = Politics, and let members see that the people who serve in these capacities are just like them – thereby attracting more AA members into General Service.

Currently at AA events it's easy to find a wide selection of AA speaker tapes on stories, big book studies, spirituality etc., but it's not easy to find a member telling about their AA service experience inside their AA story.

The Cons

If we make these recordings available we may be creating a new type of circuit speaker.

Placing the emphasis on the speakers at the opening dinner may take the focus off of the

work that the Conference really does and place it on this event.

What does your group think?

TOPIC III: REPORT AND CHARTER

A. Should we continue to print the A.A.

Regional Directories taking into consideration alternative options as well as anonymity concerns?

(Final Conference Agenda Item IX-C)

Background

A.A. produces three Regional Directories every other year: Canadian, Eastern U.S. and Western U.S. directories. In the past several years, A.A. World Services (A.A.W.S.) has made the decision to not publish these directories, largely due to cost considerations. Questions have arisen as to whether the directories are still useful, are being used well and are cost effective. In addition, much of the information is available on the Internet or could be made available online. In 2014, the Report & Charter Conference committee requested that the General Service office prepare a report to explore alternative methods of accessing and distributing the contact information and the A.A.W.S. Technology/Communication/ Services Committee presented their report on Regional Directories to the Trustees Committee including various options to consider going forward.

The report identified purposes of the directories including:

1. The Directories are used by travelers to find contacts and meetings for members who do not have Internet access, are traveling to remote regions or are visiting areas without local a local A.A. office or Intergroup.
2. Provides personal contact information for A.A. groups, online meetings and Trustees, delegates and Area Chairs.
3. Correction or Treatment committees looking for Bridging the Gap contacts
4. District Committees looking for members for groups without representation (i.e. no GSR)
5. Directories are provided to Conference members

The report also provided the various options of how to proceed with the Directories, which are presented in preferential order as follows:

1. Print a limited run of the entire directory for on demand distribution
2. Stop printing the directories all together
3. Offer limited personal contact upon request via email or postal mail
4. Offer connection to GSO's database for selected meeting information in remote locales
5. Create CDs and distribute on demand or to existing mailing lists
6. Continue printing the directories without any changes

From a cost perspective, if A.A.W.S stopped printing the Directories all together (option 2), the cost savings would be \$44,000. The first option, a limited printing, would result in some cost savings. In reviewing the report, the A.A.W.S. Board recommended option 1.

The Pros

If the Directories were no longer printed, then the needs of certain A.A. members like those without Internet access or members traveling to remote Regions or to locations without Intergroups or local A.A. offices would not be met.

The printed directories provide personal and group contact information, which is not published elsewhere and can be of use to District Committees, Corrections & Treatment Committees, Trustees and Delegates.

The cost savings of \$44,000 compared to the overall size of the GSO budget (0.29%) is negligible. This savings would be even smaller if the limited printing option is implemented.

The Groups agree when filling out the Group change form to have their names in the printed directory but they have not agreed to any other

format like online access.

The Cons

There would be a significant cost savings of \$44,000 if the printing of the Directories was stopped all together and reduced costs if the option favored by the A.A.W.S board of limited printing on a demand basis were implemented.

Although produced as confidential for AA members use only, these directories have been misused by professional organizations including rehabs and treatment facilities.

Few members are still interested in printed versions of this information, which is now widely available on the Internet.

Most Area or Intergroup websites have a Meeting Finder function, which allows a member to find meetings.

The answering services of the Intergroups and Central Offices as well as local A.A. website usually have much more accurate information than the information printed in the Directories which can become out-of-date quickly.

The printed Directories also have full names and phone numbers which are available to and can be used by non-A.A. members for unintended purposes like marketing.

Is this service still necessary? Do we need to provide printed versions of the Group contact information or is sufficient online access available? What does your group think?

TOPIC IV: PUBLIC INFORMATION

A. Should we use specific social media platforms and social networking platforms as potential channels for sharing information about Alcoholics Anonymous?

(Final Conference Agenda Item VIII-B1)

Background

Over the past few years (particularly the past three) there have been many requests from the membership along with work done by the Trustees and Conference PI Committees on the subject of social media platforms for use by AA itself and our membership. A high level timeline follows:

- 2012 a conference agenda item considered AA having a presence on Facebook as a channel to provide information on AA to the general public. A Trustee's subcommittee was formed to research the feasibility that we have that a Facebook page where information could be shared with the public but would not be interactive (i.e., people would not be able to like the page, etc.) therefore keeping within our Traditions.
- 2013 a report of the subcommittee submitted to the PI Conference Committee indicated that it would not be possible to have a Facebook presence that would be consistent with AA Traditions. The Conference committee agreed, and the Conference Committee took no further action.
- 2013 as a result of a separate agenda item relating to the wording of the short form of the 11th Tradition, the PI Conference Committee presented to the full Conference body a recommendation that was approved and resulted in an advisory action that noted that the "Conference affirm that the Internet, social media and all forms of public communications are implicit in the last phrase of the Short Form of Tradition Eleven which reads "...at the level of press, radio and films"
- 2014 the GSO Staff member responsible for Public Information put together a new service document listing many items in our literature that reference the use of social medial.
- We have a Comprehensive Media Plan that covers all forms of communications. This media plan has been revised and reviewed by both the Trustees and Conference PI Committees over the years to add specific current topics.

Still, questions and conference agenda recommendations continue to come in to the PI Desk at GSO and to the Trustees' Public Information Committee. In fact three potential agenda items came in this year touching upon the topic of social medial and anonymity. In

response, the Trustees PI Committee felt that taking action on those individual items prior to the exploration and discussion of this item might be premature. Accordingly, the Conference PI committee is being asked to explore the use of social media platforms as channels of sharing information about AA through this conference agenda item as part of the overall "Comprehensive Media Plan".

The Pros

As we all know, and as you can see in the background, the overwhelming use of social media not only as an individual sharing venue, but also as an informational sharing resource by organizations and companies increases every day. Accordingly, the benefits of our using these platforms include the following:

Our previous subcommittee only considered Facebook; social media platforms are more broadly available. Even if Facebook is not a feasible venture for us, another platform or platforms may suit our message and needs even more effectively while keeping within our Traditions.

People communicate differently today and consume their information in a very different manner. To ignore the numerous social media platforms would have been like ignoring 'newsletters' when AA first launched the Grapevine.

Social media platforms continue to evolve. As use of these platforms has increased, privacy controls have also been updated and improved so perhaps we're now at a stage where we it would be safe to have a presence.

We distribute our P.S.A.s to television and radio stations with modest success. Why not distribute our P.S.A.s on YouTube, Vine or Instagram where we can reach millions of potential members.

The audiences reached on social media are growing exponentially every day. Having a real presence there keeps us in the public view, not just for the membership, but the professionals, media, etc.

The audiences reached on social media are increasing enormously every day. Having a presence there keeps us in the public view – not just for the membership, but the professionals, press and media.

The Cons

When looking at what we have already learned through the recent subcommittees and research, we have seen that:

The use of these platforms is not yet secure and could easily violate our Traditions.

If one member is harmed through an unintentional anonymity break on an official AA social media site, then the benefits may not be worth the cost.

Using these platforms by GSO could be viewed as an endorsement of their use by our membership, leading them to feel comfortable with anonymity breaks.

We need to slow down; isn't AA about attraction rather than promotion, and wouldn't having a presence on these social sites be promoting AA?

What does your group think?

TOPIC IV: PUBLIC INFORMATION

B. Should we launch a project for anonymity videos produced by A.A. members for A.A. members?

(Final Conference Agenda Item VIII-B3)

Background

In reviewing the existing A.A. video for Young People, a staff member noted in their report to the Trustees Public Information committee that the general information about A.A. is well covered but there are several topics that might also be considered for inclusion like anonymity or singleness of purpose. The Trustees Public Information considered this report and felt that the Young People's project could be repurposed

or that a separate initiative could be considered – either tact would require conference approval. In November, 2014, the matter was discussed again by the Public Information committee and a project was suggested for consideration which would request videos from the Fellowship on the topic of anonymity, in much the same fashion that videos had been requested for the Young People's project. The matter was considered again at the Board weekend in January and the Trustees Public Information committee requested that this project be sent to the Conference Public Information committee for consideration. The project would consist of A.A. members providing videos of their thoughts on anonymity or videos of "A.A. members for A.A. members." As part of the consideration, the Conference committee was asked to look at the experience of the Young People project and explore alternate ways of obtaining the videos from the Fellowship.

The Pros

Anonymity in the rooms is an important topic being discussed in the rooms today and the members of our Fellowship need to hear the views of other members on this topic.

This is a topic of great concern to the newcomer who may be guarded or fearful about their anonymity at meetings. This video could go a long way to allaying those fears.

The Young Peoples video project solicitation of videos has been a powerful and successful way to introduce Alcoholic Anonymous to young people. There is every reason to believe that a video on anonymity would produce similar results.

Having AA members produce these videos will keep the costs down and also give the impression that like it's one alcoholic sharing with another.

The fact that this agenda item comes from the report of a staff member demonstrates that an idea for helping the still sick and suffering alcoholic can come from many sources.

The Cons

Don't we already have enough material on anonymity? We don't need videos on the topic too.

We should be spending more time on twelfth step work and less time on topics like anonymity.

Having AA members producing homemade videos may not deliver a quality product and these should be done professionally.

The fact that this agenda item comes a staff member and not the Fellowship makes it unclear if our membership is requesting this project and perhaps it's not really necessary.

Would the time, energy and monetary resources required for producing this video be of value to the Fellowship?

What does your group think?

NNJGS Area 44

2015 MINI-CONFERENCE

Saturday April 11, 2015

Saint Clements Church, 154 Mt. Pleasant Avenue, Rockaway, NJ





"Celebrating 80 Years of Recovery, Unity and Service – The Foundation for Our Future"

GSRs, come and share your group's conscience on the topics to be discussed at General Service Conference this year. Ensure your Delegate attends the Conference well informed of your group's views!

Registration & Coffee: 8:30 am – 9:15 am
 GSR Orientation: 8:45 am – 9:15 am
 Mini-Conference: 9:15 am – 3:30 pm
 Lunch will be provided



GSRs it is your responsibility to attend... but every member has a voice & all are welcome!

Garden State Parkway South: Exit 145 Toward Newark/Harrison. Keep left at the fork follow signs for I 280 West/The Oranges and Merge onto 280 West. Continue onto I 80 West. Take Exit 35 A toward Rockaway Mall Mount Hope Road. Pass Rockaway Mall and make left onto Mount Pleasant Ave (4 lights Exxon station on left). Church will be on right handed side (1/2 mile).
Garden State Parkway North: Take exit 159 to merge onto I 80 West. Take exit 35 A toward Dover/Rockaway Mall. Pass Rockaway Mall and make left onto Mount Pleasant Ave (4 lights Exxon Station on left). Church will be on right handed side (1/2 mile).
From the East (287): Take exit 41 B Delaware Water Gap to Route 80 West. Take exit 35 A toward Dover/Rockaway Mall. Pass Rockaway Mall and make left onto Mount Pleasant Ave (4 lights Exxon Station on left). Church will be on right handed side (1/2 mile).
From the West: Take Exit 35, move into the left lane, go to the 4th traffic light and make a left turn onto Mt. Pleasant Ave. (There is an Exxon Gas Station on the corner), proceed about 1/2 mile and St. Clement is on the right side.

NERAASA 2015

When I first got involved with service outside the home group, I really had no idea of what I was doing. I simply tried to apply the Traditions and spiritual principles you had taught me as best I could, and accept guidance from those that had done the job before.

In 2005 I was the Nightwatch Chairperson for Intergroup and the Corresponding Secretary (now called 'Registrar') for Area 44. For a few years I had heard about the 'Northeast Regional A.A. Service Assembly, or just NERAASA, and people suggested I go to it the first chance I had. Since the event was held each year somewhere in the northeast United States, it was always quite a trip to get there and back, and cost money I just didn't have to spare. However, Area 44 had a small amount of money budgeted for the Officers and Standing Committee Chairs which was dedicated to paying expenses to attend NERAASA. The budgeted funds did help! With that and what I could afford, I committed to attending!

NERAASA 2006 was held in Burlington, VT (Area 70) in February that year, and was 330 miles from my house. Of course driving that far in February snow was not on the top of my list of desires! But, I committed to go and so off I went. The drive was long, but I like driving so the time passed quickly.

Upon arrival I was amazed! There were hundreds of people present, it was crowded and loud with talking and laughter. I found a number of people I knew from Area 44 (Northern New Jersey) and met some new friends from all over the Northeast Region. I attended what were called "Panels" during the day and "Roundtables" at night. The Panels has presentations on current topics in AA and then had an open microphone session after each where they invited the members to comment on what they heard, ideas they had, experiences to share and concerns about each topic. There were seven of these panels and I learned much about what the issues were, how the Traditions were applied and what it really meant to be an active AA member.

The Roundtables were very different than the Panels. In the Roundtables, you met with others in the region (see map at right) who did the same job that you did and talked about how you do the job where you serve. In the roundtables I found out how my jobs differed from the jobs in other areas, some ideas on how to do my jobs better, and knowledge of some things that I needed to avoid. It was a great sharing of experience, strength and hope.

The NERAASA Business Meeting was quite an experience as well. Here several hundred alcoholics debated motions and procedures and offered suggestions before voting. I remember how astounded I was that we had accomplished anything with that many opinions and concerns.

I loved it!

So much energy, excitement, passion and love shared by hundreds of people just trying to give something back to the program and fellowship that saved their lives. It was an experience to remember!

In following years I always made it a point to attend NERAASA no matter where it was held, and no matter the cost. I was able to attend in Maryland, Atlantic City, Maine, Westchester County, Albany and Rhode Island.

Each had a different feel but all were great.

When I became your Panel 61 Delegate in 2011 I began to consider the idea of my local area, Area 44, hosting NERAASA once again. The last time we hosted was in 1998 and it was held in Secaucus, NJ. After doing some diligent research I offered a motion at an Area Committee Meeting to allow me to prepare and submit a bid to host NERAASA in 2015. The motion passed! Now I just had to get a hotel and a contract that met our needs. Since NERAASA is a very big event, I opted to negotiate with the Doubletree hotel in Somerset, NJ. At that time the Area 44 Convention was also renegotiating their next 3 years with the hotel so we lumped the two events together to try to get a better deal with the hotel. When the offers were final I had a pretty good feeling that we were prepared to make a bid. I made the announcement of our intention to bid at NERAASA 2012 and then waiting for the 62nd General Service Conference where the selection is made by the 18 sitting delegates of the Northeast Region.

At the Regional Luncheon, which is held each year at the conference, the areas submitted their bids to be voted on. I felt pretty good as we had a good

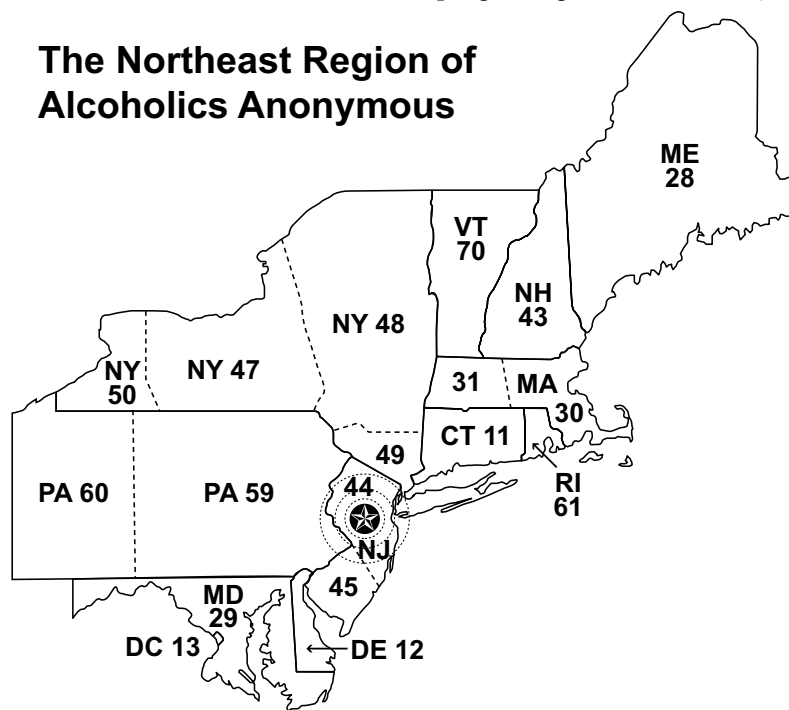
point in the following year and a half was I ever in doubt that these people were the best in our Area to serve on the NERAASA committee.

Just prior to NERAASA 2014 in Rhode Island we conceived the idea to promoting our Area's hosting the following year at the Rhode Island event. Our Promotions Chair, Shawna S., had the idea of "Get Your Jersey On" so we had bright green football "jerseys" printed and all wore them to NERAASA 2014, making it clear that Area 44 was hosting NERAASA 2015 with energy and enthusiasm!

Once back in New Jersey it was time to sit down and hammer out the details of the weekend. Guided by the official NERAASA guidelines we began to plan the event in every detail. Since the discussion Panels are the focal point of the weekend we asked John M., Panel 57 Past Delegate, to be our Program Chair. He and Linda selected the topics from last year's Conference Final Report, minutes of General Service Board meetings, input from our Northeast Regional Trustee and from discussions with other delegates and people in similar service positions.

While they worked on the topics, Debbie T. worked on managing the Roundtables, Cathie F. on rounding up a greeting committee, Tracy W.

The Northeast Region of Alcoholics Anonymous



room rate, and big hotel, a good price on coffee and we hadn't hosted in 17 years. Despite all those things I found myself completely surprised when my Area won the bid!

Since the NERAASA Guidelines said that the Delegate who wins the bid gets to chair NERAASA, I was looking forward to the challenge! But, that was 3 years away and lots of time to prepare. I finished up my 2 years as delegate and then rotated into Ex-Officio where I was still pretty busy, but not under the same stress that I did as Delegate,

In the Fall of 2013 we began to prepare for our hosting the event 18 months away. yes, a year and a half to prepare, and we needed every minute of it!

My first official act at chair was to select my Alternate Chair, someone who could take over at any moment and in whom I had the highest confidence and respect. I selected Linda K.-K., your Panel 63 Delegate. I had worked with Linda for many, many years and we worked together well... she accepted!

Next, we started having monthly meetings. From the pool of excellent volunteers that showed up, Linda and I matched up the responsibilities of each position to the people we felt most qualified to complete each task. At no

on working with the hotel, Mindy K. on organizing the Hospitality Suite and so many others diligently doing their planning and organizing (please excuse me for not listing them all here, so many people did such an awesome job!).

We then set up a website for online registration and prepared the 4-page registration forms (green of course - we are the Garden State!). Once they were printed we send hundreds and hundreds out to the delegate areas, to past attendees and out our local AA groups. Now we just had to hope people would show up!

In all of our planning we never lost focus that the attendees were the important ones at NERAASA. They are the ones holding our regional group conscience. We sought to host them as honored guests and as a vital part of AA. They would be the ones to tell the 18 delegates who would attend what our conscience was on each of the topics. Those delegates would then attend this year's General Service Conference armed not just with their home area's input, but with the input of the entire region as well.

We still had much work to do like selecting a speaker, making programs, printing handouts, making badges

and signs, selecting presenters, timer and moderators and a hundred other little details. Since we had given ourselves sufficient time, we were able to gather it all up on time and, I thought, to the best of our ability.

When the weekend finally arrived I'll admit I was pretty nervous. Yes, God is in charge, but if I dropped the ball on something, that was on me! I focused my energies on dotting the i's and crossing the t's. I looked to see where I could help others on the committee and just tried to be the best representative of Area 44 that I could be.

Personally, I was not able to attend the Panels since I was watching finances and registrations preparing to chair the business meeting or the speaker simulcast or any number of other items. My job was to chair the event, and I knew that was at the expense of attending the event. However, I heard from dozens of people that the Panels were great!

Chairing the business meeting was probably where I was most nervous. I had chaired Area Assemblies with over 100 people in attendance, but this was NERAASA... close to 500 attendees with many, many past delegates who probably have forgotten more about service and chairing a meeting than I knew! However, a short prayer before the meeting got me centered and removed any fear I was feeling. I went off fabulously! Yeah, I made a mistake or two, but I had John M. there to back me up as Parliamentarian (and he did!).

The Saturday night speaker was wonderful! We had selected Rod B., a past trustee from the Pacific Region since Linda and I had both worked with him as delegates. We knew he was a powerful speaker and he certainly was.

Throughout the event I was approached by over a hundred of the attendees thanking us for hosting a great NERAASA... and in each case I told them that it wasn't me, it was the great committee that we had together. Everyone who served showed just how dedicated they are to AA and to Area 44, and just how much they love to serve.

Perhaps the best moment of the entire event was a short conversation I had with Anne Marie M., a co-founder of NERAASA 24 years ago, who said this was the best NERAASA in a long time then smiled and cheerfully declared "NERAASA IS BACK!" When I heard that, I was sure we had done a great job!

Wayne R.

NERAASA 2015 Chairperson

YOUR NERAASA 2015 COMMITTEE:

Chairperson Wayne R.
 Alt. Chairperson..... Linda K.-K.
 Treasurer Wayne G.
 Alt. Treasurer Marge K.
 Secretary..... Eavan J.
 Alt. Secretary Susan C.
 Program Chair..... John M.
 Alt. Program Chair Judy M.
 Pre-Registration Chair Jeff B.
 Alt. Pre-Registration Chair Pat F.
 Onsite Registration Chair..... Keith B.
 Luncheon/Banquet Chair..... Brenda D.
 Alt. Lunch./Banquet Chair.. Marvin D.
 Promotions Chair..... Shawna S.
 Roundtables Chair Debbie T.
 Welcoming Chair Cathie F.
 AA Meetings Chair..... Berney J.
 Hotel Liaison Tracy W.
 Hospitality Suite Chair..... Mindy K.
 Special Needs Liaison Bob B.
 Alt. Special Needs Liaison ... Lori McC.
 Translations Chair Barbara B.
 Technology/Web Chair Jane R.
 Audio/Visual Chair Bill M.
 Ice Cream Social Chair..... Paul B.



Greetings to all!

This is my first month serving as your Area Grapevine Chair & I'm looking forward serving you for the next 23 months.

Our committee meets on the first Saturday of the month unless otherwise indicated on the calendar at 10:00am at the area office. The committee is made up from District and individual group GVR's as well as grapevine enthusiast. In our meeting is the business part and usually time allows us to pick an article out of the current grapevine magazine and have a meeting. As you all are aware, having grapevine magazines, you will not fall short of speakers or topics.

Our committee can be seen at all the Area events, district days of sharing and we do every other month transfer with the correction committee to supply Grapevine/ LaVina material to the incarcerated alcoholic through the pink can & jailbox donations. Our last transfer on 1/10/15 was for \$1,663.93. We also book a speaking commitment once every quarter to share our experience, strength & hope while adding in on how grapevine helps our recovery.

Other place we were this past month and one half is Intergroup on the first Thursday of each month, the Area Assembly on 1/17/15 in Hawthorne where I had the honor to do a workshop, the Spaghetti Dinner in District 23 and the Mid- Winter Luncheon in which \$187.00 of books & calendars were sold. We will also be at NERASSA on the weekend of 2/20/15 for any purchase of Grapevine/ LaVina literature.

Also, Grapevine Inc., has started a subscription challenge. What is detailed is a state, province and territory-wide challenge to increase new Grapevine and La Viña subscriptions in 2015. It includes

any new, paid subscription between January 26, 2015—December 20, 2015 qualifies, including subscriptions for:

- Grapevine or La Viña in Print
- Grapevine Digital
- Grapevine Complete
- Redeemed Subscription Gift Certificates.

The prize is a special section in a 2016 issue of Grapevine or La Viña featuring members' stories from the state, province or territory with the greatest percentage growth in new paid subscriptions or subscription gift certificates. More details can be found on the website www.aagrapevine.org.

Lastly, if you are looking for something to do or if you feel stuck in your recovery, talk to your group or district on becoming a grapevine rep. that for me has helped my recovery in ways that it would take another article for me to explain. So in closing I would like to thank the Grapevine Committee for their great service (can't do this job without you peeps) and hope to see you all down the road.

*In Love of Service,
Mike D.
Area 44 Grapevine Chair*



Hi everyone my name is Eavan and I am an alcoholic, I am also your new Chair for the History and Archives Committee. What an exciting year it is! The fellowship will be celebrating 80 years, I hope you all will join us in Atlanta for the International Convention the first weekend in July! Area 44's Archives will be there in a Hospitality Suite along with Area 45. If you would like to help out, volunteer for an hour, or have some spare change you would like to donate I am sure the Ad-hoc committee would love any help they can get! Paul C. is the chair of that committee and it meets the second

Tuesday of every month at 7:30 pm at the Area office in South Plainfield.

The History and Archives committee meets the last Wednesday of every month at 7:30 pm at the Area Office in South Plainfield. We would love to see any one who would like to help out. Currently we do not have a Secretary for the committee. This is the position I just held for the previous 2 years and what an experience it was! I learned so much and absolutely enjoyed it, I got the opportunity to serve and really felt connected to the committee. If you are interested in Secretary or the History and Archives of Area 44 in general we would love to see you!

Northern New Jersey is so rich in History! We have had several committee members conduct Old Timer's Interviews. These Interviews are done with people who have 40 or more years of sobriety. The participant gets asked many questions about their early days in AA. They are recorded and kept in the Archives. We hope one day to share them electronically. Speaking of which we are moving ahead to share Archives through our website! You may have seen us at Days of Sharing, Area Assemblies, movie nights, or the Area Convention, we bring out Tri-folds and Glass Displays of our History. Since we are working on being able to share more we will be taking pictures of these displays and having them up on the website under the Service Committees section. They are not there yet but keep looking!

The committee is also working on reel to reel digitization. In the Archives we have many reel to reels and before they get too old and deteriorate too much we are going to be having these digitized over the next few years to preserve our history!

Again, the committee would love to see you at our monthly meeting! If you have any questions or would like to invite us to an event the committee can be reached through email archives@nnjaa.org.

*In love and Service,
Eavan J.
History and Archives Chair*

that any interested AA could participate in the discussion.

And, as I anticipated, the round table discussion at the end of the evening was the double-fudge icing on the cake! After I got over the fact that there weren't really any "round tables," I had a great time discussing topics at the Young People's forum. I learned how other YPAA's are reaching out to newcomers in their Area with "B.Y.O.N." nights, where members are encouraged to "Bring Your Own Newcomer" to the meeting. Or the "Blast Off Chair" position- lovingly designated the most energetic person in the room- who announces at the meeting where they're going for fellowshiping afterwards. I learned about other struggles that YPAA's are having, such as with attendance and participation in their events. A big part of the discussion focused Saturday night on the "Safety in the Rooms" topic. It was disheartening to hear the multitude of safety incidences that young people have continued to experience in the rooms and made me realize how far we still have to go!

Well, by the time the weekend was over, I realized I never did get the chance to take a dip in the pool. I was too busy having fun in service- who knew? It wasn't the kind of fun that we have at a GSYF Conference (which, by the way is coming up April 10- 12th), or at the Area Convention, or at a sober picnic or dance. It was the kind of fun that happens when we share ideas, and the spirit of the program comes to life. In Concept V, Bill W. wrote: "De Toqueville insisted that the greatest danger to democracy would always be the "tyranny" of apathetic, self-seeking, uninformed, or angry majorities." This, my first NERAASA, showed me there are so many of us who do really care about the service part of our program. I hope next year I'll be able to go back. I'm not sure where Springfield, Massachusetts is but I'm sure my GPS will lead the way!

Thank you to all on the Area 44 NERAASA Committee for putting this together! You did an amazing job and I'm grateful for the time you put into making this weekend happen. Service rocks!

Keira D.



My First NERAASA

So I have to be honest. It IS an honest program, after all. When it was suggested that I attend NERAASA, I wasn't really that interested. I was told that NERAASA was like a "whole weekend long business meeting!" But the person who said that actually liked the idea of a "whole weekend long business meeting" - so that didn't help. I anticipated the worse, and so I made sure to pack my bathing suit so I could hang out by the pool.

Well, suffice to say, I had a great time and I'm happy to report that I plan on making NERAASA a part of my annual AA service repertoire. Here's what I liked most about NERAASA. First, I got to meet people from 18 different Areas across the northeast part of this country. There was an energy in the people that I met that was refreshing. And that energy started the moment one walked in the door and was greeted by the awesome volunteers who were roped in by the NERAASA committee!

My next favorite part was the presentations on the General Service Conference topics and how people were invited to ask questions or make comments. It really made me feel a part of the whole, and



Hi All! What a month of cold weather we are having. Temperature tomorrow at 7 am. predicted to be -9 degrees, without the wind chill. Never experienced that before, but that is what is going to happen up here in Vernon, N.J.

So far we have put on one workshop. That being in Brick Township, in Section 6, on January 24th. Luke H. said his good bye as outgoing chair, doing the first part of the Workshop. Walter B. did the DCM portion, and Jeff B. finished off with the General Service Conference Structure.. A second workshop is planned for March 28th, for Section 3, in Boonton, N.J. Section 1 is closing in on their date as I write this.

The goal this year is to have a workshop in all six Sections. I encourage Section Coordinators in the remaining 3 Sections to do your best to schedule a workshop. The Committee is also available to any Districts who want to host an event. Thanks for letting me be of service to the Area.

*Walter B.
GSR/DCM Workshop Chair*

GARDEN STATE YOUNG PEOPLE IN AA PRESENT OUR 34th ANNUAL CONFERENCE • APRIL 10 – 12, 2015
The Youth Retreat Center • 499 Belgrove Drive, Kearny, New Jersey

- Central location – accessible from all highways
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- Bold program to foster & celebrate sobriety
- Bonfires, guest speakers, service committees
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***EARLY BIRDS: REGISTER BY FEB 1ST AND PAY ONLY \$130**

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South Plainfield, NJ 07080-0219

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PACKAGE	DESCRIPTION	SELECT	PRICE	PACKAGE COST	DESCRIPTION	AMOUNT (\$)
WEEKEND WARRIOR	Lodging, meals, weekend events, ice cream social, dance	<input type="checkbox"/>	\$140	PRICE for selected package or special		\$
THE COMMUTER	All weekend events, dance	<input type="checkbox"/>	\$60	DEPOSIT	A \$30 minimum or pay in full	\$
DAY TRIPPER	Saturday events, dance	<input type="checkbox"/>	\$30	SCHOLARSHIP FUND	Support registration of someone in need	\$
				TOTAL ENCLOSED	AMOUNT = DEPOSIT + SCHOLARSHIP FUND	\$
				BALANCE DUE	AMOUNT = PACKAGE COST - DEPOSIT	\$

CONTACT INFORMATION

First Name _____ Last Name _____ Age _____ Sex: Male Female

Street _____ City _____ State _____ Zip _____

Email _____ Phone _____

ADDITIONAL INFORMATION

First conference? YES NO Sobriety Date _____

Want to chair a meeting? YES NO T-Shirt Size _____ Sweatshirt Size _____

Suggested meeting topic(s): _____

OVERNIGHT GUESTS ONLY

Special Dietary Needs: _____

Requested Roommate(s): _____

- THIS IS A CLOSED CONFERENCE OF ALCOHOLICS ANONYMOUS -

FINE PRINT: All room assignments are made by gender. If you give your spot to someone else, make sure it is to a member of the same gender. If you want to room with a friend, note it on your registration form & we'll do our best to accommodate. Registrants under 18 require parental consent, signed and dated by parent or legal guardian. Balance is due in full at the conference. Cash only accepted at the Conference. NO REFUNDS AFTER APRIL 1ST. DO NOT MAIL CASH!



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*

Greetings fellow seekers and trudgers, my name is Luke M. I'm an alcoholic. I have the great responsibility and privilege as serving as GSR to my home group, Solution on the Shore, in Neptune. I wanted to take an opportunity to share with you all my experience as a neophyte in general service. I hope that it would stand to encourage any interested AA to get involved.

Let me start by saying that I rotated in as GSR (I think it stands for green service representative) just in time to be thrown in over my head, and my mentors tell me that's the best way to get started! I had the opportunity to attend my first few district meetings just prior to the most recent Area elections, and in the midst of planning our recent District 28 Day of Sharing. Feeling like I'm playing "catch up" has been a common theme and a thrill, as I've definitely been having an experience of the educational variety.

Prior to getting involved with the district, I had been through the steps and have been gaining the profound experience of both sides of sponsorship, as well as becoming committed and involved in a home group that is very dear to me. Approaching 4 years of sobriety, and having hit the ground running... I had the beginnings of a glimmer of a thought, "If I'm going to stay here, what's next?" Let me tell you, my God saw me coming!

What I've found is that there is no shortage of work to be done in AA, and even if I live to be 150, I'll never run out of opportunities to be of service, so long as I'm willing to be a humble servant here. An old timer told me early on, "the highest rank we achieve in our fellowship is humble servant, and the guy sweeping up after the meeting has the most prestigious job in the place." So you can imagine the sense of pride I experienced when I got to actually plunge a toilet during our Day of Sharing! Although admittedly, it hasn't all been glamor and prestige, there has been some work too. I also got to experience the energy and excitement as a close vote "went to the hat" at the Area Elections in October. If the bug hadn't bitten me at our successful Day of Sharing, it definitely had by then. I got a glimpse inside a world of AA service that I truly didn't know existed.

In these first few months in general service, I've really begun to appreciate the value of Our 12 Traditions. It has led to a second phase in my recovery where I feel truly responsible for the legacy entrusted to us, the fellowship, by our founders. This is reaffirmed

every month in our district meeting, as we work toward more effectively facilitating our 12th Step work. Not only with our respective home groups, but with the community we live in. It's an AA buffet, and it's open to any interested members! Treatment, PI, History and Archives, CPC, Literature, Corrections... direct communication with the service structure that ties all our groups together at the Area, National, and even International level! All in my community, in a forum where my group's conscience has a voice and a vote.

As the new year begins, I've had the much needed opportunity to attend our Section 6 GSR/DCM Workshop. They even gave us a cheat sheet (they call it our service manual)! I'm starting to see my group's role in our conference structure, and it has me excited to grow in effectiveness as a Group Service Representative so that we may remain informed and engaged. It turns out our founders left us all the tools we would need to continue on and thrive in a changing world and growing fellowship.

I'm happy to report that AA is alive and well in District 28 in 2015. So far we have elected new district servants, begun to plan a District 28 Website Workshop with support from Area 44, sponsored a Grapevine subscription for

in the Area 44 Assembly to approve the new balanced budget... and there's room for everyone who would like to be involved. If you're new like me, and trying to figure it all out,

come join us! And if you've been here awhile, please stay. Your experience is priceless.

*Luke M.
GSR, Solution on the
Shore, Neptune*

KEEP YOUR TOOLS SHARP

There is a point at which your "not drinking" muscle gets stronger than your "drinking" muscle. I heard that early on while listening to an AA speaker and it made a lot of sense. Like any routine, the more you do it, the more it becomes a habit. So, if you keep not drinking, you won't get drunk. February 2005: Even though I could not have imagined a week, a day, an hour without drinking, one day at a time, I put together some sober time. I found myself collecting a coin for fifteen years of sobriety.

I kept it green by remembering where I came from. Moving back to the home of my parents at the age of 30 had been humiliating. I'd lived on my own as soon as I'd graduated from college. My first geographical cure took me from New Jersey to Los Angeles where I'd gone to "visit a friend", but stayed for nine years. When my company offered me a re-location to Boston, I took it as a sign that I was hiding things well. My personal life may have been in shambles, but professionally, I'd climbed the ladder to success. I'd hoped the move from LA to Boston would take me away from me, but it didn't. It only brought me closer to the inevitable. The daily drinking and drugging had taken its toll.

Twelve years after leaving the town of my youth, I found myself back there: in my bedroom with the canopy bed and the flowered wallpaper, a blue push-button phone on the vanity, and all of my prized stuffed animals surrounding me. No valuables left to my name, I needed to rely on my parents --- for everything. Before hitting bottom in Boston, I'd begun receiving Massachusetts welfare and food stamps. I'd depleted my savings and checking accounts, cashed in

my savings bonds and 401K funds, lost 26 pounds, feigned an illness for my mother as a reason for resigning from my job, and had taken to living on cigarettes, booze, Ensure, and whatever tranquilizers my therapist of record was willing to prescribe.

I did not go to detox or rehab., but got sober in the rooms of AA. Walking into that church basement was one of the toughest things I'd ever done. But I'd promised my parents I'd do whatever I had to do. I remember the phone call I'd made, begging them to take me back home. My dad said: "I'll take you and one cat" (I had four at the time). He'd rented a U-Haul, drove the four hours from NJ to Boston, and in less than an hour, we'd stripped my place of anything that at the time seemed important. I recall holding certain items up to him that were questionable: a bathroom trashcan with an image of a kitten on it, an incomplete set of wine glasses, an afghan that was unraveling. His response, coupled with a look of disgust, was the same: "You don't need that crap anymore".

While standing in the freezing cold apartment for which I'd long neglected my utility bills, I knew I had no choice but to surrender. No one felt worse about me than me.

I lived with my parents for a year, going to meetings daily. I contributed by using my remaining food stamps for groceries. When the government assistance from the State of Massachusetts ran out, Mom and Dad gave me money for gas and cigarettes. They went to Al-Anon and Nar-Anon. They came to family therapy sessions and attended my 30, 60 and 90 day celebrations. They got rid of all the booze in the house. They saved my life.

I got a sponsor, established a network, got involved in service, helped the newcomer, started integrating the steps into my life, got to meetings early and stayed late, attended AA functions, stayed away from people, places and things, came to believe in a Higher Power, took suggestions, read and re-read the literature. Life turned around. I met my husband. We had three amazing kids. We made friends in town who never saw me drink and never knew why. I cherished and coveted my anonymity.

But then it happened; the thing I thought could never happen to me. Alcohol --- cunning, baffling and powerful. My thinking began to tell me stories: "I'm too busy for meetings." "I spoke with my sponsor last month." "I don't have anything to offer the newcomer." "I worked a 4th step years ago..." My thinking told me I didn't need the fellowship. My thinking told me I was just fine on my own. I began to withdraw from everyone and everything.

Half measures avail us nothing. Without the daily reprieve offered by immersion in our program, we can and will falter.

November 2005: an unguarded, unanticipated moment. After a harmless display of bickering amongst my three middle-school aged boys, I went to the basement, grabbed a dusty bottle of champagne, walked into the laundry room, smashed the bottle on the deep sink, and drank it --- shards and all. Then I drank another, and another. I drank for a week, hiding the booze in my travel coffee mug. No one knew. Not my husband, my kids, my parents, no one. But I knew.

And drinking wasn't the answer. It's never the answer. The warm, numbing elixir that brought me to the oblivion I thought I was chasing was over in minutes. But the blatant disregard for myself and those I love, the selfishness and arrogance, and the lapse in vigilance is what stayed with me. I cowered in shame because I chose to do the one thing that I

District Service Meetings

- District 1&2** - 2nd Tuesday: 7:30 pm, Sunrise House Cafeteria, 37 Sunset Inn Road, Lafayette
- District 3** - 3rd Friday 7:00 pm; Hillcrest Community Center, 1810 Macopin Road, West Milford
- District 4&6** - 3rd Thur. 7:30 pm, Upper Ridgewood Community Ch, Hillcrest & Fairmount, Ridgewood
- District 5&7** - 2nd Thursday, 7:30 pm, St. Mary's Church corner of High and Legion, Closter
- District 8** - 2nd Tues. 7:30 pm, Panther Valley Ecumenical Ch, 1490 Route 517, Allamuchy
- District 9** - 3rd Tues. 7:30 pm, Stanhope United Methodist Ch, Rte 183, Netcong
- District 10** - 2nd Tues. 7:00 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church & Birch) Boonton
- District 11/33** - 4th Wed. 7:00 pm, Clifton Library, 292 Piaget Ave Rm A, Clifton
- District 12** - 3rd Fri. 7:00pm, St. Paul's Episcopal Church, 113 Engle St, Englewood 2nd floor Choir Room
- District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
- District 14** - Last Tue. 7:00 pm, St. Nicholas School Cafeteria, 122 Ferry Street, Jersey City
- District 15/21** - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington
- District 16** - 3rd Mon. 7:30 pm Hilldale Park Pres. Church, 85 Ridgedale Ave, Cedar Knolls
- District 17** - 3rd Fri. 8:00pm, Alanon Assoc., 7th Avenue and 7th Street, Newark
- District 18** - 2nd Mon. 7:30 pm, Union Village United Methodist Ch, Mountain Ave. & Hillcrest Rd., Berkeley Heights
- District 19** - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway
- District 20** - 2nd Tues 7:00 pm, Trinity Episcopal, North & Forest Aves., Cranford
- District 22** - 3rd Wed. 7:30 pm, Cook College Extension Center, College Farm Road, New Brunswick
- District 23** - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jerferie Ave, South River
- District 24** - 3rd Mon. 8:00 pm, Trinity Episcopal Church, Ryers Lane, Matawan
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold
- District 26** - 3rd Thur. 7:30 pm, First Presbyterian Church (Tower Hill), 255 Harding Road, Red Bank
- District 27/29** - 3rd Mon. 7:30 pm, St. Luke's Parish, 1674 Old Freehold Road, Tom's River
- District 28** - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake
- District 30** - 4th Sunday 12 Noon, 69 Green Street, Newark
- District 31** - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 2nd Floor, 77th Street & Broadway, North Bergen
- District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C., Bayonne
- District 34** - 3rd Sat. 10:00 am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
- District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, in Somerville.
- District 36** - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen
- District 37** - 3rd Wed. 7:00 pm, First Lutheran Church 153 Park St (basement), Montclair
- District 38** - 2nd Mon. 7:00 pm, St. Peter's Episcopal Church, 271 Roseland Avenue, Essex Falls
- District 39** - 1st Wed. 7:00 pm, Presbyterian Church, 140 Mountain Ave., Westfield
- District 40** - 4th Sunday 10:45 am, St. Joseph's Center, 120 Division St., Elizabeth
- District 41** - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken
- District 42** - 2nd & 4th Sunday 9:00am, 103

never thought I'd do again: drink.

November 2014, after more honest work than I ever thought was possible, I collected a nine year coin. Ultimately, I want to be sober more than I want to drink. Relapse is not a requirement of recovery. But it happens. Take the disease seriously. Keep your tools sharp. Buoy yourself by surrounding yourself with sober people. Help another alcoholic. Trust your sponsor. Be willing to turn your will and your life over to God as you understand him. It's a simple program for complicated people. We do recover.

*Yours in service,
Debbie B., Wyckoff, NJ*

Intergroup Calendar

MARCH		
5	Delegates Meeting, Clark	8:30 PM
8	Bookers Exchange, Cranford	6:30 AM
18	Nightwatch Committee	7:30 PM
26	Joint Website Committee*	7:30 PM
APRIL		
2	Delegates Meeting, Clark	8:30 PM
3	HOLIDAY - OFFICE CLOSED	
23	Joint Website Committee	7:30 PM
MAY		
7	Delegates Meeting, Clark	8:30 PM
20	Nightwatch Committee	7:30 PM
25	HOLIDAY - OFFICE CLOSED	
26	Joint Unity Meeting*	7:30 PM
28	Joint Website Committee*	7:30 PM
JUNE		
4	Delegates Meeting, Clark	8:30 PM
14	Bookers Exchange, Cranford	6:30 AM
25	Joint Website Committee	7:30 PM

*Area Office, 2325 Plainfield Ave, South Plainfield

Contributions are much needed, and always welcome! Make checks payable as indicated and always include your Area, District and Group ID number. Please send group and individual contributions to the addresses below:

NNJGS AREA 44
2325 Plainfield Avenue, Suite 2J
South Plainfield, NJ 07080
Payable to "NNJGS Area 44"

NORTHERN NEW JERSEY INTERGROUP
2400 Morris Avenue, Suite 106
Union, NJ 07083-5705
Payable to "Northern NJ Intergroup"

GENERAL SERVICE OFFICE
PO Box 459
Grand Central Station
New York, NY 10163
Payable to "General Service Board"

HELP WANTED

AREA 44 CONVENTION COMMITTEE:

Alternate Secretary
Public Relations
Alternate Public Relations
Alkathon
Alternate Alkathon
Technology Chair

Contact: convention@nnjaa.org


NEXT ISSUE DEADLINE FEB. 13th
NEWSLETTER@NNJAA.ORG

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

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

NNJGS Area 44 Office Calendar

MARCH			10-12 GSYF Conference, Kearny			20 Convention Committee 8:00 PM		
3	Officer's Meeting	7:30 PM	11	MINI-CONFERENCE	8:00 AM	21	Newsletter Committee	7:30 PM
4	Translation Committee	7:00 PM	13	Ad-Hoc Area Office Space	7:30 PM	22	THIS DAY DEADLINE	5:00 PM
5-8	NERD - Newport, RI		14	Public Information Comm.	7:30 PM	25	Finance Committee	7:30 PM
7	Grapevine Committee	10:00 AM	15	Convention Committee	8:00 PM	26	Joint Unity Meeting	7:30 PM
8	Films Committee	9:00 AM	16	Newsletter Committee	7:30 PM	27	History & Archives	7:30 PM
8	AREA COMMITTEE MTG	10:00 AM	19-25	GENERAL SVC. CONF., New York, NY		28	Computer Committee	7:00 PM
9	Ad-Hoc Area Office Space	7:30 PM	19	Garden State Young People	5:00 PM	28	Joint Website Committee	7:30 PM
10	Public Information Com	7:30 PM	20	Literature Sales	6:30 PM	28	Policy & Admissions	7:30 PM
10	GSR Luncheon Committee	7:30 PM	20	Literature Committee	7:30 PM	29-31	N.E. Regional Forum, Albany, NY	
11	Treatment Committee	8:00 PM	21	CPC Committee	7:00 PM	JUNE		
12	Int'l Hospitality Committee	7:30 PM	23	Joint Website Committee*	7:30 PM	1	Remote Communities Com.	7:00 PM
15	Garden State Young People	5:00 PM	23	Policy & Admissions Com.	7:30 PM	2	Officer's Meeting	7:30 PM
16	Literature Sales	6:30 PM	27	Finance Committee	7:30 PM	3	Mailing Committee	6:30 PM
16	Literature Committee	7:30 PM	28	Ad-Hoc Area Excess Funds	7:00 PM	3	Translation Committee	7:00 PM
17	CPC Committee	8:00 PM	29	History & Archives	7:30 PM	7	Grapevine Committee	10:00 AM
18	Convention Committee	8:00 PM	MAY			8	Ad-Hoc Area Office Space	7:30 PM
19	Newsletter Committee	7:30 PM	1-3	NJ RoundUp, Eatontown		9	Public Information Com	7:30 PM
21	Corrections Committee	10:00 AM	7	Grapefest	10:00 AM	10	Treatment Committee	8:00 PM
20	NERAASA 2015 Comm.	7:30 PM	5	Officer's & Standing. Comm.	7:30 PM	13	AREA ASSEMBLY	8:00 AM
23	Finance Committee	7:30 PM	6	Mailing Committee	6:30 PM	15	Literature Sales	6:30 PM
24	Ad-Hoc Area Excess Funds	7:00 PM	6	Translation Committee	7:00 PM	15	Literature Committee	7:30 PM
25	History & Archives Comm.	7:30 PM	9	Corrections Committee	10:00 AM	16	CPC Committee	8:00 PM
26	Computer Committee	7:00 PM	11	Ad-Hoc Area Office Space	7:30 PM	17	Convention Committee	8:00 PM
26	Joint Website Committee	7:30 PM	12	Public Information Com	7:30 PM	18	Newsletter Committee	7:30 PM
26	Policy & Admissions	7:30 PM	13	Treatment Committee	8:00 PM	21	Garden State Young People	5:00 PM
APRIL			14	Int'l Hospitality Committee	7:30 PM	22	Finance Committee	7:30 PM
1	Mailing Committee	6:30 PM	16	Corrections Workshop	10:00 AM	23	Ad-Hoc Area Excess Funds	7:00 PM
1	Translation Committee	7:00 PM	17	Films Committee	9:00 AM	24	History & Archives Comm.	7:30 PM
4	Grapevine Committee	10:00 AM	17	AREA COMMITTEE MTG	10:00 AM	25	Joint Website Committee*	7:30 PM
6	Remote Communities Com.	7:00 PM	17	Garden State Young People	5:00 PM	25	Policy & Admissions	7:30 PM
7	Officer's Meeting	7:30 PM	18	Literature Sales	6:30 PM	<i>*Intergroup Office, 2400 Morris Ave, Union</i>		
8	Treatment Committee	8:00 PM	18	Literature Committee	7:30 PM			
9	Int'l Hospitality Committee	7:30 PM	19	CPC Committee	8:00 PM			



www.nnjaa.org/members
password: onedayatime

www.nnjaa.org


Try it on your Smartphone



Your Northern New Jersey A.A. Website

JERSEY FRESH

by Wayne R.



Panel 1: "I've been coming to AA for weeks but my wife still distrusts me, my boss still checks up on me..."

Panel 2: "... my kids still ignore me, even my dog still hides from me!"

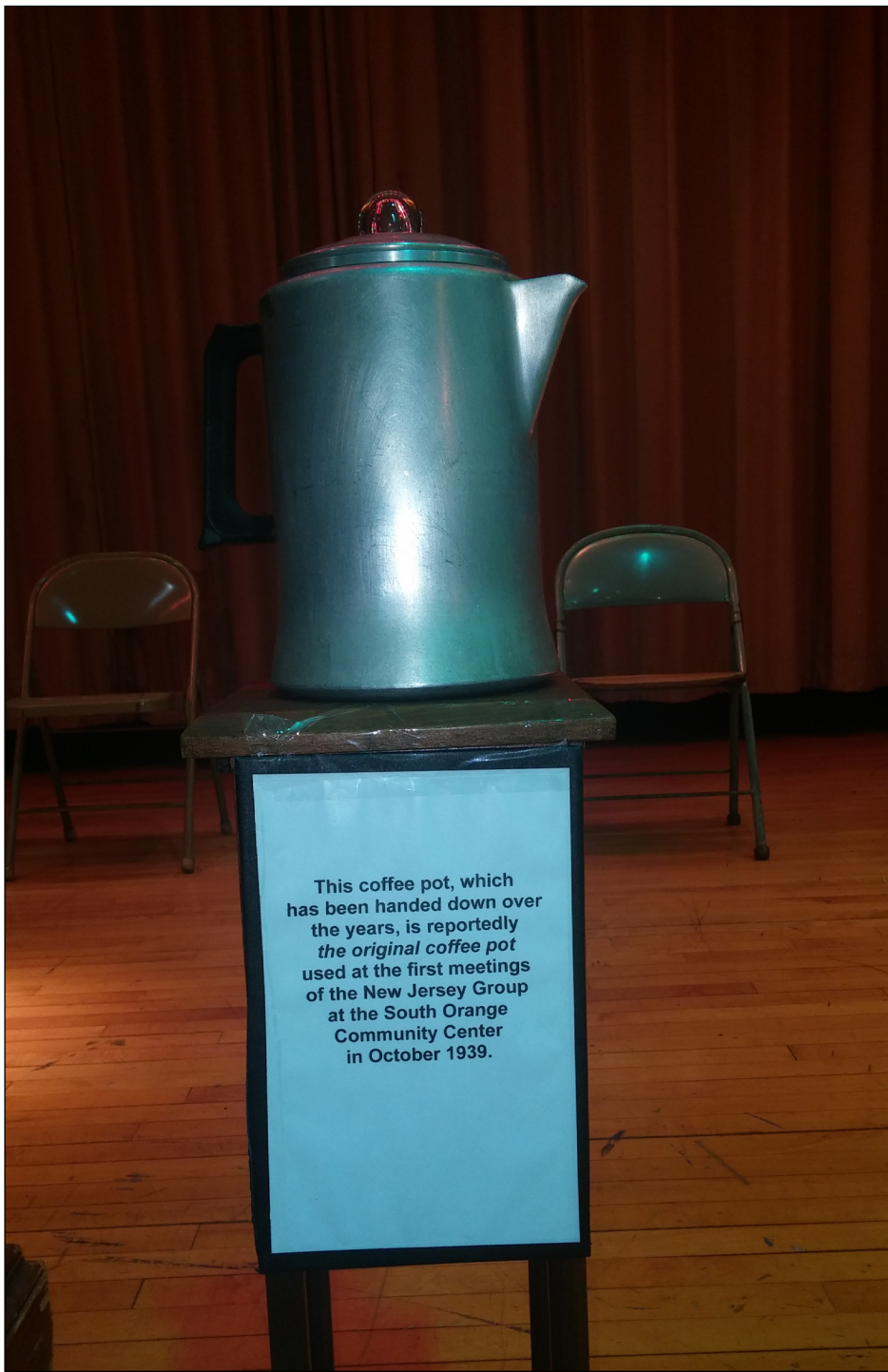
Panel 3: "Well, being new in the program can be really difficult at times..."

Panel 4: "But after the first 10 years or so it gets a lot easier!"



Congratulations to the 2015 NERAASA Committee - you served well! This event will be remembered as a huge Area 44 success - you did it!

40th Anniversary Celebration
Please join the **Reaching Out Group** of Alcoholics Anonymous as we celebrate **40 years** of fellowship and recovery
Saturday, April 11, 2015
Lunch at Noon
Meeting/Celebration 1:00-3:00pm
First Memorial Presbyterian Church
51 West Blackwell Street, Dover
(Deck Hall, Downstairs)



Spring 2015

Joint News of NNJGS Area 44
and Northern New Jersey Intergroup
2325 Plainfield Ave., Suite 2J
South Plainfield, NJ 07080

THIS DAY

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DISTRICT DOINGS

“Bringing A District Out of the Dark”

I want to first mention that as a preface to everything shared in this article, I must first acknowledge God and that He takes all the credit for my very being and my sobriety. When I first started coming around for AA on a consistent basis in the summer of 2003, I started to hear about GSRs, DCMs and District meetings. I never knew who or what they were and I did not inquire. My sole purpose at that time was to not only stay sober one day at a time but learn how I could be of service at the group level. While holding several positions making coffee and treasurer at my hometown group at Church Lane on Monday nights in Wayne for 6 years, I led meetings at some different groups that I had gone to. I was doing serious step work with my sponsor during the first six months of recovery as I was desperate to stay sober and grow. In addition, I found a niche very early in recovery speaking and I now believe that to be an office that God has blessed me with as I speak as often as I can.

When I felt the call to District service in 2013, I began as a P.I. representative and it was at the P.I. committee meeting that I found out that District 38 was dark. What did this mean? I found that there was a daunting task ahead. I suddenly found myself as the lone district representative in District 38. For those who are new, a dark district means that there was no connection

between groups within that district to Area 44. I found this to be not only unfortunate but sad considering that there was some great sobriety within these groups. How could this have happened and why did the call to act suddenly overwhelm me?

As I mentioned, I originally got sober in Wayne which is in District 10 but since I no longer lived in that area, I started attending meetings close to home in the Caldwells. I felt that I had quality in my sobriety but I never held a District position ever outside of P.I. I truthfully did not know where or how to start. I prayed about it and invited God into this situation. I quickly consulted my sponsor and obtained a service sponsor at the suggestion of some Area officers. While I expected there to be minimal attendance at our first meetings, there were a number of people interested in what was going on. While we are in the very beginning stages of this process, I am faithful to God that His perfect plan is always better than mine. Whether we have twenty people at a district meeting or two, I will be there because I feel that for there not to be a district meeting is a serious disservice to not only the groups in our district but to the newcomer who has not found AA or has been coming around and might be interested in service.

I would like to thank John S., the DCM for District 34 for helping us out during this process as they continue to offer guidance. I also want to thank my service sponsor Joe for his wealth of knowledge and patience.

Last but not least, I would like thank my sponsor Dave D. who not only has an encyclopedic understanding of the Big Book but shares a strong faith with me in God. These three individuals have been a wonderful example to me. I am grateful to know them.

It has been an eye-opening experience to attend Area functions and meet alcoholics in service from other states. I feel so blessed to be part of Alcoholics Anonymous and that's an understatement. This organization has saved my life and helped me to

offer experience, strength and hope to countless people. As an alcoholic serving a formerly dark district, a great deal of faith accompanies this process. This is not an effort of one. It is an effort of many and that is how District 38 will become vibrant again. I would like to thank all those who are reading this. Please keep District 38 in your prayers.

*Yours in service,
Anthony R.
DCM – District 38
GSR – W. Essex Night*



We hope you had a wonderful time at NERAASA 2015!