

THIS DAY

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

A message from your Area Delegate



Please slow down!

Already this year is flying by and it's my second year to serve as your Delegate, one of the few AA service positions you can only do once! An interesting aspect of serving as Delegate is that the first year you are a freshman and the second year you are a senior and there is no in between. In my first year, I was overwhelmed and unsure of myself. I worried about how I would perform at the General Service Conference and if I truly belonged. My first year at the Conference allayed those fears and I had an amazing experience, perhaps one of the most spiritual of my life. I believe that I represented my Area and Alcoholics Anonymous as a whole and I learned a lot. In addition, I made so many new friends that I can go most places in the United States and Canada and have a

good friend that I can reach out to. At the start of my second year, I have a completely different feeling. I know that I can perform well at the Conference having done so once before. I know what is expected of me for the Pre-Conference reports, the Mini-conference Assembly and the Post-Conference reports. Last year was a series of firsts but this year will be a year of lasts. I was starting to feel that when I attended NERAASA (Northeast Regional AA Service Assembly) last week. On Friday night, I attended the Delegate roundtable where the "senior", Panel 69 Delegates advised the "freshman", Panel 70 Delegates on what to expect from their Conference experience as the Panel 68 Delegates did for us when we were the freshmen. On Saturday night after NERAASA, the Delegates from the 18 Areas in the Northeast line up for the flag ceremony where the Delegates from each state enter the room waving the flag from their state. This was my second year doing that along with my fellow Southern

NJ, Richard H. After placing the flag in its stand, I sat down to listen to the Panel 70 Delegates read their Area highlights which only the freshman Delegates do; I read mine last year. As I sat there, I realized that this was the last time that I'll wave the New Jersey flag as a Delegate and I began to project forward to the end of the year when my time as Delegate will be over.

I was left with that thought over night and on Sunday morning, I attended one of the last sessions at NERAASA, and one of my favorites, where the Trustees who are present have ten minutes to discuss whatever is on their minds about AA. I'm a firm believer that our Higher Powers let us hear what we need to hear when we attend an AA meeting or an event like NERAASA. In that session, Bob W., the immediate past US Trustee At-Large from 2013 – 2017 in his 10 minutes talked about how important the 2nd Tradition has been to guide him in his service and for

him to realize that, in service, we are trusted servants who do not govern. The 2nd Tradition has always been my favorite as it talks about the importance of group conscience and reminds me that I am a servant, not the boss. Bob also said what I needed to hear about rotation. He was struggling with rotating out of his US Trustee position where, as a member of the General Service Board, he attended the General Service Conference in the US and ventured to meetings around the world as our representative to other General Service structures across the globe. He passed along a piece of advice given to him which was that we do not rotate out, we rotate on. I want to thank you all for having elected me to this amazing position where I can represent our Area. I'm going to enjoy every day and every experience that this year brings to me. And when it is my turn, I look forward to rotating on.

Jeff B.,
Area 44 Delegate

A message from your Area Chair



New Beginnings in Recovery from your Area Chairperson

New Beginnings can mean so many things to me in Recovery. When I first came to AA in 1997, there were many new beginnings. Coming to AA, going to meetings, fellowship, trying not to drink. Learning how to trust in the new life being presented to me without using alcohol. A new beginning of a new sober life.

New Beginning of a new relationship with the concept of a Higher Power. Never having trusted in the idea of a God and a new beginning of learning how to with the help of a sponsor and a homegroup.

New Beginning of learning about my true self through the process of doing a 4th step, putting pen to paper, seeing my truth for the 1st time.

New Beginning of learning to trust another by sharing my innermost secrets with another human being, by doing a 5th step with a sponsor.

New Beginning of learning to see circumstances of my life through a new pair of glasses, learning how to forgive and consider another's situation.

New Beginning going face to face with another, making amends and hearing exactly how my behavior

affected them and, in the end, feeling a sense of freedom and peace.

New Beginning focusing on helping others rather than always focusing on myself and what I'm going to get out of a situation.

New Beginning on taking the leap into a world of service beyond the home group and being catapulted into a life beyond my wildest dreams.

New Beginning of a constant thought of how to help the newcomer who has not yet found the rooms of AA.

So, you see, every day in AA is a New Beginning. An opportunity to learn something new and be of Service to a God of my own understanding.

Maureen R.
Area 44 Chair

From your Newsletter Chair

Greetings from the Newsletter Committee!

Our committee has been quite busy recently getting ready for our spring edition. The theme is New Beginnings in Sobriety and we hope you enjoy the stories in the newsletter. We have also included our precon-

ference questions/topics, so I know this is a popular issue. However, I do hope you read our articles as well since many heartfelt ones have been submitted.

Our summer edition is currently accepting articles. Our theme will be Are You Happy, Joyous and Free? Or Restless, Irritable and Discontent? This is a provocative topic that should provide much food for thought for all of you. Of course, all stories of experience, strength, and hope are welcome. In addition, Intergroup and Area Officers, Committee Chairs, DCMs, GSRs and Intergroup Delegates are asked to send your reports on what is going on in your "service world."

Please submit your articles in WORD format and be sure they can be edited. We ask that you limit your writing to 800 words - or FEWER. Please avoid sending the article in a text or email if possible. I have been busy re-typing articles, and I would rather spend that time proofreading and forwarding articles to our editor. Flyers can be in PDF format. Our summer deadline is Thursday, May 7, 2020. Please note that the deadline is the first week in May, which will give our editor more time to put together the newsletter. Send your articles and flyers to newsletter@nnjaa.org in an attachment.

In addition to our Intergroup Co-Chair, Ruth Z., and Intergroup Alternate Co-Chair, Tom S., we now have an Area Alternate Co-Chair, Tony P. Of course, we could also use

additional help, as we are a very small group. New ideas and suggestions are always welcome, so please join us! We meet every third Thursday at 6:00 pm at the Area 44 Office in South Plainfield at 2325 Plainfield Avenue, 2nd floor, rear entrance. Our newsletter needs to be the voice of ALL AA members from Northern New Jersey Intergroup and Area 44. This Day is your newsletter – the voice of New Jersey AA members! This Day is your voice! This Day is my voice! From the farms of Sussex To the cities of Essex! From the hills of Watchung To the shores of Belmar! This Day was made for you and me! YOU AND ME!!

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

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

also inside

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NEXT ISSUE DEADLINE MAY 7TH
newsletter@nnjaa.org

History and Archives Committee



Hello, Area 44 from History & Archives.

In conjunction with our theme “2020: A Clear Vision for You,” our committee’s objective is to enhance your sobriety through AA history.

“Life must be lived forward, but only understood backwards.” This quote comes from a fortune cookie. Our committee’s Power Point presentations at Area 44 conventions give us a look backwards, digesting the history of how more than one hundred men and women have recovered from a hopeless state of mind and body. Through their words of recovery, we come to understand how it all started.

As a committee of a few dedicated District Chairs, we reach out to those having over forty years of sobriety. We have them talk about what it was like, what really happened and what it’s like now. Also, we ask if they know of A.A. history hidden in a closet, a basement, or the garage of a friend no longer with us. We need your help finding these people.

About five years ago I spoke with Luke H. about my interest in the books “Pass It On”, “Dr Bob & The Good Old Timers” and “A.A. Comes of Age.” Luke shared with me that District 4/6 was looking for someone to fill the open History & Archives position. So, here I am now, where my own sobriety took that next step forward, asking you: “Are you interested in enhancing your own sobriety?” If your District doesn’t have a History & Archives Chair, please come join us. We meet at the Intergroup Office, 2400 Morris Ave., Union, NJ @ 7 pm on the second Tuesday of every month.

Yours in Love of Service,
Frank F., Area Alternate History & Archives Chair



New Beginnings with Nightwatch

My name is David R., and I am very grateful to be the Nightwatch Rep for the Happy Destiny Group in Chatham. The Nightwatch Program gives groups the opportunity to be of service in AA. Nightwatch volunteers answer evening and weekend telephone calls from people who want to find an AA meeting or who might need Twelfth Step help over the course of seven calendar days in coordination with their area Nightwatch Representative.

In 25 years of AA love and service, it has been my privilege to participate in many service positions throughout our AA service structure, both within the group and outside it. Never has

any commitment been as powerful or personally rewarding for me as Nightwatch. With the able and simple training provided by our area’s Nightwatch representative, Jim F., in less than an hour, our group experience is that no AA commitment is easier to do, can be more fun, binds a group together in a more powerful ignition of our singleness of purpose, or has the power to change and perhaps even save lives as dramatically as a Nightwatch commitment.

In lieu of sharing my personal experience, I thought I’d let some of our group members speak for themselves regarding a recent Nightwatch shift the group took in November of last year:

From Robert S.: “My first time on Nightwatch was not only a great a learning experience but also a very humbling one. Though I only received three calls on my overnight shift, each one impressed upon me the need for and importance of our fellowship, that the ‘hand of AA should always be there.’ Most notably, a woman in need of AA called our toll-free number, referred by her brother who had gotten sober 10 years earlier. He had been trying to Twelfth Step her since then to no avail, and finally ‘let go and let God’ by having her call Alcoholics Anonymous herself. After assuring her that I would try to find a woman in AA she could talk to from out 12 Step Contacts in the Nightwatch Manual, not only did she connect with her twelve step contact, but they have been going to meetings together since.”

From Mike B.: “Recently our group offered their services to the Nightwatch committee. I obligingly offered my service to cover one of the shifts. With only 65 days at the time of commitment, I was both apprehensive and quite nervous about what I was getting myself into. Now having covered the service, I can say I love the simplicity of it and am grateful for the opportunity that I may have helped an individual on the road to their recovery.”

From Russ W.: “I have been fortunate enough to do Nightwatch a half dozen times now, and I always have had extremely positive experiences. My favorite call this time was from a moderately intoxicated man who was kicked out of his bedroom by his wife and not allowed back in until he called AA. I was happy that he was willing to let me share one or two similar experiences from my past and was able to tell him how our program helped me when I could not stop drinking on my own. While I wasn’t able to get him to allow me to have a 12th Step Contact reach out to him, I do feel better knowing that he knows that we are here waiting for him when he gets really “caught in the ringer.” Thank you, Intergroup, for allowing us to perform this vital work!”

From Justin B.: “Having previously

done a Nightwatch commitment, my November 2019 shift was the first one in quite some time and while confident leading up to the night, I found myself wrought with a small case of nervous anxiety once the phone was switched over, wondering who was going to call and if I would be of sufficient service to the person in need! I was not 30 seconds into my first call, from a nursing student looking for a meeting, when my training kicked in. Armed with 15 years of AA experience, a strong home group committed to the Steps, Traditions and Concepts, and numerous service commitments outside my home group, I realized quickly that whatever challenge was to come across the line, God had a plan for me and would not give me anything more than I could handle. A half dozen calls in the night, including a pair of 12 Step Calls, and what had started as nervous anxiety had turned to anxious anticipation by daybreak, excited for the next opportunity to be of service. Can’t wait until we can do Nightwatch again!”

Lastly, for newer Nightwatch Reps like me, I can assure you that all the members of the Nightwatch committee are there for all your questions, both before, during and after your group commitment. There was not one in our number who felt they were unprepared or unsupported throughout. For more information about Nightwatch call the Intergroup Office at (908) 687-8566 Monday through Friday from 10:00 AM to 6:00 PM or email Nightwatch directly at nightwatch@nnjaa.org.

Yours in love and service,
David R., Happy Destiny Group,
Chatham NJ.

Cooperation with the Professional Community

Greetings from CPC!

It is an honor and a privilege to serve the Area for the second year as chair of the Area 44 Cooperation with the Professional Community committee. Our committee participated in some great service opportunities in 2019. It is our goal to continue to serve the area this year and carry the message to inform professionals and future professionals about AA - what we are, where we are, what we can do, and what we cannot do to find simple, effective ways of cooperating with professionals without affiliating. The CPC/PI joint workshop is being held this year on March 14th at Christ Church in Summit and we are very much looking forward to an opportunity to have AA members engage in dialogue with professionals who work with alcoholics and alcoholism in the community. Thank you to District 18, including their DCM Wally P., CPC and PI committee member Nik P., along with Tim L. and Sandra P. from the PI committee for helping to organize this great event.

I will be attending NERAASA at the end of February 2020 in Nashua, NH and look forward to discussing ideas with other Area CPC chairs to brainstorm ways to grow our committee. We meet the third Tuesday of the month at the Area Office and are always looking for volunteers from both districts and interested AA's to help us carry the message to professionals in and around Area 44. I also wanted to “shout-out” District 32, as the service committees had the privilege to attend the "Traditions Jeopardy" event on Sunday February 9th in Bayonne hosted by District 32 and put together by their DCM, Kristen A. This was an engaging and creative service event and our committee hopes to feed off the creativity, fun and energy of service events like this one in the future.

Sincerely,
Mark D.
Area 44 CPC Chair



Bayonne

Bayonne.

Have you ever been to Bayonne? Perhaps you live there. Perhaps like me you’ve never been to Bayonne. Well, until I got sober that is. In the past eight years, (by the time you read this, hopefully, I’ll have celebrated my eighth year without a drink!) I’ve been to Bayonne quite a few times. Assemblies, Indoor Summer Picnics, Out Speaks, and other great events. Just this past week, I was at District 32’s Traditions Jeopardy and had a blast. I’ve met many wonderful people from Bayonne. I wonder how many times I’ll have written Bayonne by the time I’m done with this article.

And that brings me to my point. Yeah, I actually have one. If it wasn’t for service outside the Home Group none of this would have happened. There are hundreds of Bayonnes out there for me. Places I would have never gone. People I would have never met. Service has given me so much.

I should probably talk about Grapevine a little. Well, I’ll let the mini-conference topics speak for themselves. I know at least one is Grapevine related.

Committee wise, we are already in the early planning stages for Grapefest. This year it will be on Saturday, May 2nd down at the Area Office at 10am. Hope to see you all there. Mark the date!

And with that, I bid you adieu. Trying to keep this short for a packed issue. Oh, one more thing. BAY-ONNE.

Jim O’
Area 44 Grapevine Chair



Have you ever felt as if Alcoholics Anonymous keeps on giving and we only keep taking? How can I provide a service to Alcoholics Anonymous that makes me feel that I am finally giving back? When I thought about my personal history, I realized I was always selfish...even more so when I was drinking. Most of my behaviors centered around ME and my personal satisfactions. At this point in my sobriety I felt I had to reach out and help those who needed help and provide some hope.

Action in giving. After discussing this dilemma with my sponsor, he suggested I continue service work within my homegroup. He also mentioned I should find out what other "sober" members are doing "outside" of my group and help others to carry the message of AA.

In speaking with others, I discovered many did service work in the community. Examples are volunteering in soup kitchens and hospitals and participation in food collection and distribution to folks in need. And of course, they carry the message to those who are incarcerated in jails and prisons.

I was told Corrections service work was not easy because each jail or prison had different entrance/approval requirements. An inquiry informed me that my local county jail was covered by plenty of AA volunteers within my District in Monmouth County. What should I do??

Don't give up! I went to a CFC (Corrections Facility Meeting) at the Area 44 Office in South Plainfield. This informative meeting made clear that more AA volunteers were needed in the state prison system. DOC (Department of Corrections – NJ) operates 10 prisons within New Jersey. It took some perseverance, but I was able to wade through the clearance process and submit my application. I was eventually approved and received a "Universal" badge which enabled me to get into state prisons within New Jersey.

After attending an established meeting within Rahway Prison, I quickly realized more volunteers were needed to carry the message into this and other institutions. We made an appeal

GENERAL SERVICE CORP. TAX DISTRICT AREA 44			
TREASURER'S REPORT			
December 31, 2019			
SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)			
Opening Account Balances for Current Period	(Nov 30, 2019)	\$82,832.21	\$55,501.00
Revenue for the Period		\$3.51	\$20,585.40
Expenses for the Period		\$1.00	(\$18,720.03)
Transfer between Money Market and Checking			\$1.00
Ending Balance for All Accounts for Current Period	December 31, 2019	\$82,835.72	\$57,370.38
CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD			
Statement Balances	December 31, 2019	\$82,835.72	\$63,579.00
Outstanding Checks		\$1.00	(\$6,209.03)
Outstanding Deposits		\$1.00	\$0.00
Adjusted Bank Balances	December 31, 2019	\$82,835.72	\$57,370.38
Variance in Reconciliation			\$1.00
Designated Funds at December 31, 2019			
Jailbox Contributors		\$9,415.57	
International Hospitality Suite		\$10,710.79	
Total Designated Funds		\$20,126.36	
ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)			
Current Checking Account Balance			\$57,370.38
Less: Prior 12 Month's Average Monthly Expenses Times Two			(\$35,650.00)
Over / (Under)			\$21,720.38
ANALYSIS OF PRUDENT RESERVE			
Total Cash in Bank (Not Including Convention Acct)			\$140,208.08
Less: Designated Funds (Jailbox, etc.)			(\$20,126.36)
Less: Checking Account Guidelines (2 month average expenses)			(\$35,650.00)
PRUDENT RESERVE FUNDS			\$84,421.72
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)			(\$51,892.00)
Over / (Under)			\$32,529.72
SUMMARY OF OFFICIAL APPROVALS / REVIEWS			
Individual/Group	Action	Completed Through	
Treasurer	Approved	Nov 2019	
Alternate Treasurer	Approved	Nov 2019	
Finance Committee	Approved	Nov 2019	
Officers	Reviewed	Oct 2019	
ACM	Approved	Sept 2019	
Assembly	Approved	July 2019	

for service within our homegroup and received help. We now have an additional four members who have approved Universal badges. Our immediate corrections network now attends meetings at Trenton State Prison, Northern State Prison, East Jersey State Prison (Rahway), Edna May Corrections and Mountainview Youth and Wagner Youth Correctional facilities.

AA service work within these and other institutions is desperately needed. This service work is a totally rewarding experience. Addiction has contributed to many crime convictions and numerous incarcerations. Each of our volunteers receives tremendous gratitude from everyone

in attendance at these meetings. We give them hope.

I always feel that "but for the Grace of God go I..."

Ken H.
Corrections Committee member



On "This Day", February 16, 2020, the journey into the coming year continues with "A Clear Vision for You." It was a pleasure to listen to Peter Longo, Class A Trustee of the General Service Office and Francis G., Class B North-

east Regional Trustee. I found it humorous how Jeff B. described that the Class A stands for "Amateur" and the Class B stands for "Boozer". We also heard from two GSR's, Jennifer K., District 15/21, Frenchtown Morning Star and Ron S., District 17, Newark Drifters, sharing their experiences in service.

The readers were: Steps - Beth B., District 27/29; Traditions - Scott M., District 13; Concepts - Trish S., District 25; and Invocation and Benediction - Minister Keith S. The committee expresses their

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	Westfield Clear the Air A Vision For You As Bill Sees It 11 am FRC Pompton PI As Bill Sees It 11L00 am Pompt PL Belleville D 13 Pink Can Bridgewater Step Group Chapel Hill BB Group Church Lane Group Clark Saturday Night Live Clinton Living Sober Group Daily Reflections Daily Reprieve Group Daily Reprieve Group Daily Reprieve Group Denville Pink Can Early Risers Group East Brunswick Give & Take Discussion Group Franklin Group	Friday Night Keep it Simple Group Glen Rock Wed Night Womens Mtg Happy Destiny Chatham NJ Highland Park Mon Nite Landmark group of AA Lost Weekend Group Metuchen Saturday Morning Serenity Group Mon Night Give & Take Group Monday 12:15 Closed Disc Mtg Morning Miracles Morning Miracles Morning Miracles Netcong Big Book Study Group Netcong Big Book Study Group New Lifers Group Port Reading Thursday AA Group Rocky Hill AA Ruby Slippers Relapse Prevention Grp Sayerville Victories Group Pink Can	Serenity Porch Rockaway Seven Emers C/O St Gabriels Church Seven Emers c/o St Gabriels Church Seven Emers St Gabriels Church Sickc As Your Secreta Mens Meeting St Matt's Wake Up & Smell the Coffee Stepping Stones Pink Can Steps to grace and Dignify Tues Sunday Big Book Sunday orning Meeting of North Plainfield Sunrise Group Sunrise Group The Forum Group The Sky's the Limit Group The Way Out Three Legacies Group Throckmorton Street Group Thurs Night Pompton PI Group Toms River East Dover Group	Tues Night Kinnelon BB Mtg Upper Ridgewood Group Vernon Willing to Change Wayne Mountainview Speaker Mtg Wayne Mountainview Speaker Mtg Wayne Valley Group St Tims Church Wesley Methodist Potts & Miller Sts West Keansburg AA Group West Milford Groups West Milford various jailbox collections Women in Action Montclair NJ Women's Hope & Inspiration Group
	***If we've accidentally missed your group due to formatting issues, please kindly let us know and we'll give you a shout out next time!			

GSR contd from page 3

gratitude to the speakers for volunteering their time.

I would also like to thank the GSR Mid-Winter Luncheon Committee members David E., Barbara B.-R., Anita C., Laverne L. and Karen K. for their service. Kudos to those greeters and ushers. Thank you, Area 44 and close to 390 attendees, for your continued support.

The first planning meeting for the February 21, 2021 GSR Mid-Winter Luncheon is July 6, 2020 at 7 pm at the Area Office. Our committee welcomes new interested A.A.'s. The door is open to all.

Yours in love of service,
Frank Fox, GSR Mid-Winter Luncheon Committee
Alternate Chair

From your Area Convention Committee



This year marks the 64th year of our Annual Area 44 Convention. I've been blessed to be a part of the Area 44 Convention Committee for the past 3 years and am grateful to have this opportunity to share with you a little piece of my experience as a committee member and how it has enriched my sobriety.

A few years ago, my AA life was getting a little stale. Things were going fine, but sobriety had sort of lost its luster. Perhaps I was becoming complacent? I was mostly doing what I should. I had a homegroup, a sponsor and a small network of women I would call regularly. I was a meeting maker and still am. I held service commitments at my homegroup and reached my hand out to newcomers. What was missing? I hadn't yet been able to put my finger on it.

I received the answer one night at a celebration meeting. I had attended this meeting regularly over the years but there was always a special feeling in this particular room on celebration nights. It was an electric type of feeling that never failed to leave me in awe of this spectacular program. As I happily sat back and listened to each celebrant, I heard a loud voice in my head, which I believe was my Higher Power, say to me "This is where you need to be." These AA's had a fire inside that I was missing. I was inspired to join that homegroup and have remained inspired ever since. It was through my new homegroup members that I was led to service outside the homegroup and joined the Area 44 Convention Committee. I can't begin to tell you how much this commitment means to me today and how much it has helped me to stay sober.

The third Wednesday of every month

about 4-5 of us pile in a car and head to our Area Office in South Plainfield and it's a night I now thoroughly enjoy and look forward to. Last year I served as the Secretary of the convention and I learned so much about the inner workings of the convention, but what really stood out was the dedication and selflessness of the committee members who work endless hours to put the convention together. They do it for free and for fun and all in the spirit of love and service. I am so inspired by the committee members I have worked so closely with these past 3 years. That has turned out to be the best place for me to be... Inspired.

Attending the actual Convention is an amazing experience. There is so much to do. There are workshops, an Alkathon, plenty of speakers around the clock, a Grapevine play, an archives presentation and so much more, but my all-time favorite is the sobriety countdown. Nothing makes me happier than a sobriety countdown. I love being in a room with that many alcoholics and feeling the joy and hope of everyone staying sober one day at a time. It's a beautiful thing.

I hope maybe someone out there will read this and be inspired to come and join us. If not to be on the Committee then definitely to join us at the Convention. We really do have a lot of fun.....

With Gratitude,
Melissa P.
By the Book Group
Atlantic Highlands, NJ

Treatment Committee



Bridging the Gap

Bridging the Gap provides a temporary contact program designated to help the alcoholic in a treatment center make the transition into AA. The Treatment Committee district chairs, along with the Bridging the Gap Coordinator, work with counselors in treatment facilities to provide information on how an alcoholic can be connected to temporary AA contact in their area when they get out of treatment.

As we know, many of the slippery places in the journey to sobriety are between leaving the door of a treatment facility and the nearest AA meeting or group. We are sure that many of us can attest that even though we have heard of AA within the treatment facility, we were too fearful to go alone. The Role of the Bridging Gap contact is to support you, answer any questions and explain the AA program. Getting back to the "real world" isn't always easy for an alcoholic. Many of us had not been sober on the outside for a long time and we found that the first days were a little frightening. Sometimes we didn't know if we could stay clean

and sober.

Even new members of AA usually know they can't make it alone. The dilemma for many of us was that we didn't know if we could go to an AA meeting on our own. We said things like, "Where can I find a meeting that will be comfortable for me?" or "Who will I be able to trust?" It was tempting to give in to "I won't fit in" or "I am too different."

Many of us who have successfully made this transition are now available to assist newcomers through the Bridging the Gap program. Being alcoholics ourselves, we know the people you meet in your first few days home from a facility can make all the difference.

How to Volunteer to be a BTG Volunteer:

Volunteers are needed to help alcoholics who are just leaving a treatment center and need to make a connection with AA upon their release. Your help is needed to act as a temporary contact who will introduce him/her to a few meetings and fellow members of AA. Please sign up if you are willing to give some time to another recovering alcoholic. This list will be held in confidence by your District Chair and will only be used for the above stated purpose. "Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." -- Alcoholics Anonymous, pg. 89

Please go to the <https://www.nnjaa.org/service/tf/> and download the temporary contact sheet for Bridging the Gap. Share the information with your home group members and return to the Bridging the Gap Coordinator.

If you currently carry a commitment to a treatment facility, please contact the treatment committee to discuss introducing Bridging the Gap.

Suzanne, Treatment Committee Member



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*

The Joy of NJYPAA

I was kidnapped from Atlantic City when I had 5 months sober. My

friends brought me to a nondescript community center in Belmar instead of the local meeting I was trying to get to. Inside were people I knew from all over New Jersey, mixed in with some strangers. The vibe I got was loving and excited. It seemed like everyone wanted to be there. Although I didn't want to be there at first (and sometimes still don't), I have attended every business meeting of New Jersey Young People in Alcoholics Anonymous (NJYPAA) since.

Since its inception, there have been young alcoholics (A word on "young": While a lot of us are 35 or younger, all with a desire to stop drinking are welcomed with open arms as per the 3rd tradition and the fact that we want you, yes YOU, there!) seeking a solution to their problem in AA. In 1945, young people's groups began forming in cities across the United States. By 1958, the International Conference of Young People in AA celebrated those

young people who had found or were seeking comfortable, long lasting sobriety. Many YPAA groups, separate from AA General Service and each other yet united by their adherence to the 12 steps, 12 traditions and 12 concepts, have started all over the world. NJYPAA started in May 2019 to show young people what living a happy, joyous, and free life through AA's program could look like. There are endless opportunities to have fun and be of service while involved in YPAA. Currently I am a member of the Outreach sub-committee. I have the privilege of announcing the events/activities that NJYPAA hosts in conjunction with other groups and service entities. They are open to all who have a desire to stop drinking!

My experience with attending YPAA conferences/ events is limited. However, my introduction was wild! A Casino in Atlantic City might not seem like the place to have a sober 3-day blowout of a weekend. Yet in March 2019, that's exactly what happened when EACYPAA XVII came to New Jersey. The Eastern Area Conference of Young People in AA is an annual conference taking place somewhere on the east coast. Groups of AA members come together in their respective locations to form a committee in order to bid (apply in a sense) to host EACYPAA. In 2015, such a group came together in southern New Jersey. Three years later, after people from all over the state got involved, they won the bid. They became the EACYPAA XVII Host, planning the upcoming conference. 2000 alcoholics showed up, danced, chanted and heard the AA message. After EACYPAA XVII's success in showing New Jersey's young people how joyous a life with AA's guidance can be, the host committee continued as NJYPAA, starting in May of 2019.

NJYPAA has become a crucial aspect

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2020 Area 44 Mini-Conference Topics and Discussion Items

TOPIC I - LITERATURE

A. Should the pie charts in the pamphlet “Self-Support: Where Money and Spirituality Mix” regarding contribution percentages to the service entities be revised? (Final Conference agenda item - IVA)

Background

Today, the pamphlet Self-Support: Where Money and Spirituality Mix” contains three pie charts one with the service entities listed but with blank lines for groups to determine and insert the percentage breakdowns of how they intend to contribute to each entity and two others with “sample” percentages of how a group could breakdown their contributions.

Over the years, changes have been made to this page to try and help groups make decisions on how they will determine to contribute to each entity. The intent has been to let the groups know who they can contribute to while leaving the ultimate decision up to the groups. However, it appears many still view the “samples” as suggestions or even mandates on how to contribute. In addition, many groups are not aware of what entities do what in their individual areas. As how and by whom services are provided in each area including the financial status of each vary greatly in each area, they also change over time, it is thought the current presentation may not serve the groups or AA as a whole properly. Accordingly, it is being recommended that changes be made again to better inform the groups of what services need support, how they can determine the needs in their individual area, and learn that they should continually review and update each entity’s current needs.

The Pros

Although the pamphlet is full of useful Seventh Tradition information and states that groups are free to contribute as they wish, the truth is that many treasurers do not read it in its entirety. What they look at are the pie charts and interpret them to mean how the group’s funds should or even must be distributed, overlooking the word “samples.” The pie charts are merely examples, not suggestions, but that is not explained sufficiently and their placement in the pamphlet is very misleading. Revisions could clarify any misunderstanding.

It is suggested that group treasurers, along with other group members, educate themselves on the importance of support to their districts, areas, intergroups, and G.S.O. One way would be to read the excellent pamphlet The A.A. Group Treasurer. Particularly apropos are the following statements found in that pamphlet: “...it is important to remember that the money the treasurer oversees serves a spiritual purpose: it enables each group to fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. This

is the fundamental work of A.A., and to continue it the group must keep its doors open. The group treasurer is an important part of this Twelfth Step work.” and “After the group’s basic needs are met, ...the group can participate in the financial support of the fellowship as a whole.” Please note the following phrases: “spiritual purpose,” “basic needs are met,” and “can participate.” Not “must.” As additional support for the Treasurer and groups, further clarification in the “Self-Support – Where Money and Spirituality Mix” can be a useful tool when working when determining how to contribute with clarifications to this section of the pamphlet.

As which organization provides which services varies from Area to Area, e.g., in some Areas Corrections support is provided by Intergroup and in others by the General Service Committee – without clarification – contributions could potentially go to the wrong organization resulting in under funding of vital services.

The Cons

Many groups have no idea where to start and the samples as currently shown can serve as a basis of where to begin. Taking out the samples may result in more confusion for groups that do not currently understand their area or Intergroup/Central Office

Without some basis to begin their entity contribution process may lead to a lack of urgency of learning the importance of participating in AA outside the group through contributions.

For those groups not clear on the existence of all entities, the samples alone could result in questions by the groups, e.g., showing Intergroup with a large percentage might prompt questions to understand what services they provide that would require such high funding.

TOPIC II - GRAPEVINE

A. Should the A.A. Preamble be modified to use gender neutral pronouns? For example, “Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other...” (Final Conference agenda Item V-D)

Background

In 2018 and 2019, the AA Grapevine received six requests to revise the AA Preamble. These requests have come from:

1. The Happy, Joyous and Free group in Silver Springs, Maryland (Area 29)
2. Several letters from transgendered members from New York’s SENY area (Area 49)
3. Three districts in Washington, D.C. (Area 13)
4. The Delegate from Louisiana (Area 27)

The Grapevine Board made the decision to separate these requests into two different Agenda items: one as a request to replace the words “men and women” with the word “people” and the other as a request to revise the text to utilize “gender-neutral” wording. While the result is the same, there is a considerable difference between these two requests. Our Area is being asked to consider the revising the text with gender-neutral language.

In meetings in a number of Areas, members of the LGBTQ+ community do not identify themselves as “men” or “women”. There are an estimated 2 million Transgender people in the United States and Canada who are two and a half times as likely to abuse alcohol than non-transgender (cisgender) members. Many transgender individuals find that the gendered language in AA is a barrier to their accessing our meetings and finding a sponsor. Their feeling is that the wording at the beginning of the Preamble is not inclusive and does not align with our contemporary population.

The Pros

Tradition 3 tells us that AA is always inclusive, and never exclusive. This change to the Preamble does not jeopardize our primary purpose and the intent of the Preamble would remain the same. As many meetings read the Preamble at the start of their meetings, making this change would have a significant effect on inclusivity. Consider that when a new transgender member finds the rooms of AA, the first reading they often here is the Preamble and if the Preamble states “We are a fellowship of men and women...”, they may conclude that AA does not include them.

The Cons

Both Transgender members and cisgender members of the Fellowship have one important characteristic in common; they are alcoholics. This fact is often lost when we begin to consider the differences between us such as race, age or religion. We need to focus on our common problem of alcoholism and not continue to focus on the differences between us. Many AA members have great respect for our traditions and are reluctant to see a change made to one of the key documents read at the beginning of their meeting. In addition, the Preamble is printed on almost all our literature and would require a significant effort to modify all the books and pamphlets that AAWS and Grapevine are responsible for.

TOPIC II - GRAPEVINE

B. Should the AA Grapevine, Inc. to establish an Instagram account in line with the Twelve Traditions? (Final Conference agenda Item V-H)

Background

At the 67th General Service confer-

ence in 2017, an Additional consideration was issued that AA Grapevine, Inc. continue to explore the development of an Instagram account and that a plan be developed to be brought back to the 2018 Conference Committee on Grapevine for consideration. This Consideration led to the preparation of a Grapevine social media report regarding Instagram, Facebook, and Google for Nonprofits and the continued exploration of these social media in the Grapevine strategic plan. As a component of the Grapevine strategic plan, the Grapevine has prioritized “creating a stronger digital presence to serve the AA Community wherever they may be, on whatever computer or mobile device” with activities such as undertaking a large-scale website upgrade and redesign, adding new content to our YouTube page, updating the Grapevine digital store and beginning to explore new options for a digital magazine experience. One of the next activities to focus on is the development of an Instagram account, and towards that end, the development of a such an account was considered again at the Grapevine January, 2020 Board meeting when a report on the implementation of an Instagram account was presented to the Grapevine Board.

The report proposes the strategy of using Instagram an extension of Grapevine’s graphics, videos, and audio content with an objective of “Exposing more people to Alcoholics Anonymous and A.A. Grapevine by sharing our inspirational content, information, and resources to support recovery from alcoholism.” The report explains why Instagram is a good choice as a social media platform. Some of the reasons to use Instagram include:

- Instagram makes imagery engaging, evoking primal emotions such as humor, concern, awe, or intrigue.
- Instagram is another platform with which to work with non-profits.
- With most users being of a younger demographic, Instagram will reach many subscribers and members that AA, Grapevine, Inc. currently does not reach.
- More than 500 million people have an Instagram account and 59 percent of online adults ages 18-29 use the network with more than 300 million using it daily

Another key consideration that makes Instagram different from social media networks such as Facebook or Twitter is the way people use it. Instagrammers frequently check the site, often several times a day, and engage with posts at a much higher rate than with other social networks. In short, people who use Instagram LOVE Instagram.

To succeed with Instagram, a clearly defined strategy will be needed

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which includes a noticeable visual style, a commitment to regular posts and an in-depth knowledge of the target audience (subscribers and members). On average, non-profits post to Instagram 1.5 times per day. If AAGV, Inc. is creating and sharing great content designed with followers in mind, an Instagram will be well received. When used thoughtfully, Instagram is a great way to reach and engage younger volunteers, and advocates.

The Pros

Instagram is one of the fastest growing social media platforms along with Youtube. The large number of Instagram users and their dedication to the platform, especially among younger, more social media savvy users, would allow carrying the message of our program of recovery to a much larger audience than currently receive this message on social media. The graphical nature of the Instagram platform is compelling and an effective way to re-utilize graphical content developed for other platforms like our website and the Grapevine YouTube channel.

The Cons

The danger of utilizing social media is the violation of our Traditions particularly Traditions 6, lending the AA name to outside enterprises, and Tradition 10, drawing the AA name into public controversy. Implementation of an Instagram account has the potential to violate both of these traditions unless care is taken. Besides, the Grapevine already has a Youtube channel as a way to distribute content. Why is another social media platform required? Are we focusing too much on a social media presence and is that detracting from the work we should be doing to focus on the magazine?

TOPIC III - LITERATURE

A. Should a plain, simple language translation of the Big Book of Alcoholics Anonymous be created for those individuals reading at a 5th grade level lower? (Final Conference agenda Item VI-K)

Background

In September 2018, Area 08 submitted the following to the General Service Conference Chair: The San Diego-Imperial Area Assembly voted in substantial unanimity to support the agenda item by South Oceanside Men's Group "the 2019 General Service Conference consider translating the book Alcoholics Anonymous into a 5th grade level".

Area 08 noted "In our area this item has significant meaning for several segments of the population including, but not limited to, Young People, Remote Communities Members, Deaf and Hard of Hearing Community, Prison Communities, and our members with learning disabilities". They

stated that a translation of the Big Book, adjusted to the reading level of someone who struggles to understand the language, vocabulary, and the context of this valuable piece of literature, is still needed.

Insisting they are not requesting a change to the Big Book in any way, rather a translation that is written at about a 5th grade reading level. They noted that producing abridged versions of original publications so that less capable readers can access them is common practice.

Area 08 solicited The Plain Language Group (no affiliation to AA), who are experts in evaluating the reading level of text and providing plain language translations. Several translation examples were prepared along with Flesch Kincaid Grade Level readability results – the 3 original BB selections graded up to 11th grade reading level.

In 2016, a similar request came from Beyond the Bars Group, a registered group meeting in Centinela Prison, Imperial California. They referenced "The Akron Pamphlets (1950)" meant to simply explain the A.A. program. Written by Evan W. at the request of Dr. Bob, who expressed that the newly written Big Book was too difficult for the blue-collar worker to read. They noted this literature was pre-conference and is still serving members of AA around the world.

In 2016, the Conference Literature Committee considered a request to develop a plain language version of the Big Book, and took no action, but sent the following "additional consideration" to the Trustees' Literature Committee:

The committee suggests that the trustees' Literature Committee explore the need for expanding the availability of "plain-language" recovery literature.

This item was discussed in Area 44, and at our 2016 mini-conference we voted in favor. Many Areas since have continued to discuss the need for a simple language Big Book, also considering it a translation project.

Since the 2016 Conference, the Trustees' Literature Committee has received multiple requests for translations to the Big Book into Plain Language. Considering these requests an accessibility need, they researched how non-Conference approved literature is being used by A.A. members to address perceived gaps in accessibility. One example is the EZ Big Book, by "A Member".

In 2015, David M. from Inuvik, Northwest Territories, Canada, Area 78, submitted a request to develop a plain language Big Book. He cited the need by indigenous people in remote communities who find English an inaccessible language. He presented during a Remote Com-

munities panel at our 2015 International Convention in Atlanta: "The AA Book has been translated into about 79 languages worldwide. To me there is no difference between taking the Big Book and translating it into a foreign language, and taking that same book and translating it into plain language, plain English". He reported people lined up afterwards to speak with him expressing the same sentiment.

The background also noted:

- The first request to produce a simplified version of the Big Book was in 1993
- Examples of literature that address literacy challenges: Twelve Concepts Illustrated, Twelve Steps Illustrated, Twelve Traditions Illustrated, It Happened to Alice, and others.
- Several advisory actions about preserving the integrity of the first 164 pages, the Preface, Forewords, "The Doctor's Opinion", "Doctor Bob's Nightmare" and Appendices.

In February 2020, the Trustees' Literature Committee published a Progress Report: Researching Issues, Possible Tools and Access to the Book, Alcoholics Anonymous. They focused on accessibility, literacy and the Big Book. They evaluated the established levels of literacy to help determine whether individuals will have difficulty reading and comprehending A.A.'s message of recovery found in the Big Book. The Big Book measured 3 on the literacy scale (1-5) with 5 being the most complex.

Some findings from the sub-committee's literacy study:

- 23% of the US population has less than a high school education
- 50% of adults in the US cannot read a book written at an 8th grade level
- Those with less than a high school education can't read and comprehend the BB
- Only about half of the adults in the U.S. could read and comprehend the BB
- Inmates are typically at a greater disadvantage

The Pros

- The request is for a translation, it's not modifying our basic text. Our many translations of the Big Book have made recovery possible for those previously unable to access it.
- No one should be excluded from our recovery process due to education, literacy, accessibility, or any other barrier.
- Yes, I want more people to be able to access this life-saving book.

The Cons

- No, we shouldn't rewrite the Big Book.
- The Conference has said that we shouldn't change the first 164 pages.
- My sponsor was able to "explain" the Big Book to me.
- We already have enough literature.

TOPIC III - LITERATURE

D. Should a Fourth Edition of the Spanish Big Book, *Alcohólicos Anónimos*, be developed? (Final Conference agenda Item VI-N)

Background

For reference purposes, here is a past history of the previous editions:

1st edition 1986
2nd edition 1990
3rd edition 2005

The Pros

The time between the second and third edition printings has been 15 years. Starting the process now keeps in line with past editions. By the time it's ready for print, it will be close to 17 years for the debut of a fourth edition.

Over the past years, there have been several requests submitted that ask for corrections to perceived "errors" in translation and perceived "omissions" in the translated Spanish Big Book. By producing a Fourth Edition these issues would be addressed and corrected

As in past editions, the main purpose of the new printing will be to bring the stories up-to-date with our current membership and personal lives. Over the past 15 years, modern society has experienced great changes in how we live, work and communicate. Likewise, our membership has experienced significant changes over the past 15 years.

The stories of the members are to represent a current cross-section of our membership. They are presented so others reading this book may relate and understand that they too may be alcoholic, and by doing so find the solution provided in these pages.

The Cons

Can we, in this constantly changing and diverse world, keep the integrity of what the stories were originally meant to achieve? On Page 29 of the book, Bill writes, "Each individual, in the personal stories, describes in his own language and from his own point of view **the way he established his relationship with God.**" At the end of the day, by creating another edition, are we still meeting this goal?

Are we taking inclusivity too far? How many more different "types" of people do we need stories from? How far do we go with this? If one of the most important spiritual principles of Alcoholics Anonymous is that we don't care where you came from, nor does race, creed, or color of one's skin matter, then why do we need to keep adding more stories? Are we more concerned now with hurting feelings because we may have left someone out? Are we getting away from our philosophy that as long as one thinks they may be alcoholic, and has a desire to stop drinking, you are welcome, you fit in, and nothing else matters?

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Printing another edition will be costly. Do we really need to do this at this time? It's only been 15 years since the last edition....surely the stories are still relevant!

TOPIC - LITERATURE

B. Should a Fifth edition of the Big Book be developed? If so, should we make some revisions to the third and forth Appendices and add a proposed addendum to the fifth edition forward at the time it is published?
(Final Conference agenda item VI-M)

Background

I love my Big Book!! It is our strongest tool in our 12-step work! My first thought is just leave it alone! But then I remember HOW. Honesty, Open Mindedness and Willingness. I must be or I close my self-off to the Sunlight of the Sprit.

Over the course of our history of our beloved BB, all the changes have been made to reflect our fellowship. Those changes have been in the form of adding and removing the personal stories. Second edition in 1955 the Third in 1976 (I was still way out there) and the Fourth in 2001. Roughly every 20 plus years. So, are we due for a Fifth edition? Time wise, yes, but are we really. If we do have a fifth edition will we be looking for a sixth in another 20 plus years? I don't know.

The year was 1997 when the following advisory action was made: A draft Fourth Edition of the Big Book, Alcoholics Anonymous, be developed and a progress report be brought to the 1998 Conference Literature Committee, keeping in mind the 1995 Advisory Action that: "The first 164 pages of the Big Book, Alcoholics Anonymous, the Preface, the Forewords, 'The Doctor's Opinion,' 'Dr. Bob's Nightmare,' and the Appendices remain as is." Keeping that in mind we are being asked to update two Appendixes III and V. Appendix III (The Medical View on A.A.) to include more information on mental illness. The language to be similar to (or directly lifted from) the pamphlet "The A.A. Member – Medications and Others Drugs". And Appendix V (The Religious View on A.A.) To include perspectives from other faiths. The current version is from a Catholic priest Fr. Ed Dowling, S.J. and the Episcopal magazine "The Living Church" These two Appendixes were added in 1955 the landscape of our fellowship and the world was a lot different. Are we inclusive or exclusive? Can we come out of that dark cave of our prejudices about mental health and religion?

The other item that we are asked to think about and give our feed back is an addendum. Addendum "an item of additional material, typically omissions, added at the end of a book or other publication".

This would address such things like that in the early years we were

"low-bottom drunks" and male and that family members of the alcoholic were female. And other gender terminology. For more information on this please read the Delegates Pre-Conference report for a suggested addendum.

The Pros

Would show the diversity of our fellowship. Showing that all can recover.

The new stories would show the current sobriety challenges and victories.

A new edition could help with the decline in sales.

The Cons

Has society changed that much that we need a new book?

Our challenges and victories are the same. Yesterday, today and tomorrow, we are people that have lost the power of choice.

Is this about money or recovery?

TOPIC III – LITERATURE

D. Should the pamphlet "A.A. for the Black and African-American Alcoholic" be updated?

(Final Conference agenda Item VI-O)

This request was the result of a 2019 General Service Conference floor action which resulted in an Advisory Action. The proposed floor action for this pamphlet is to update and a progress report/and or draft be presented to the 2020 General Service Conference. The Trustees Committee on Literature requested additional background information on this request. After reviewing it at their November 2019 committee meeting they agreed to forward it to the 2020 Conference Committee on Literature for discussion at the 2020 General Service Conference.

Background

Some of the background is as follows:

1. In a 2018 final report on "Reaching Out To African American Alcoholics" two Class B Trustees, Rich P. and Carole B., were approached by A.A. members asking that the General Service Board do something to help suffering African American alcoholics. Rich and Carole decided to hold a conference call with a number of African American members within the service structure. Some of their findings within the fellowship were:

A) In some places meetings are segregated and there are very few black members.

B) We always focus on white professionals and don't consider black professionals.

C) There has only been eight black trustees in A.A.'s 80 years and unfortunately, racism still exists within the meetings of A.A.

D) Another finding is that we could do more in reaching out to African-American alcoholics and try to make them feel more comfortable.

E) There are a few national and longstanding black fraternities and

sororities that would be a great resource along with many organizations and black pastors and social workers.

Along with these and many other ways to reach out to the African American alcoholics we are falling short. (The most recent 2014 Membership Survey estimates that only 4% of A.A. members are black, while white membership is estimated at 89%.) This pamphlet has not been revised since it was originally published in 2001.

2. Diana L., Coordinator of Cooperation with the Professional Communities, who attended a few CPC exhibits asked some people there thoughts on this pamphlet:

A) Professionals familiar with this pamphlet say its long overdue for an update.

B) New people need new updated stories.

C) A C.P.C. Chair was told that most African-Americans go to NA because the people there are more helpful.

In Diana's opinion this pamphlet is "woefully out of date".

The Pros

An updated pamphlet will bring more updated stories and language. Hopefully, have more conversations within the fellowship on diversity and inclusivity. Bring awareness that this is not an outside issue.

The Cons

Is there a more current way to communicate without a pamphlet. Are we getting maximum utilization of our pamphlets and is this the most effective way to carry the message to the Black African American community.

TOPIC III – LITERATURE

E. Should the following changes be made to the Twelve Steps and Twelve Traditions:?

1. To remove the phrase "opposite sex" from paragraph two on page 117 in the chapter "Step Twelve."

2. To reconsider use of the phrase "lustful enough to rape" in paragraph one on page 66 in the chapter "Step Six."

(Final Conference agenda Item VI-P)

There are two questions under this agenda item, I will give background on both topics and pros and cons.

Background – Question 1

On July 15, 2019, a letter was sent to the Conference coordinator from the DCM of District 1 in Area 15, Northern Florida. The letter was a request to remove the phrase "opposite sex" from page 117 in the chapter on Step Twelve. In the first part of the third paragraph, the text reads:

"Nearly every sound human being experiences, at some time in life, a compelling desire to find a mate of the opposite sex with whom the fullest possible union can be made

- spiritual, mental, emotional, and physical. This mighty urge is the root of great human accomplishments, a creative energy that deeply influences out lives. God fashioned us that way. ..."

This issue was brought to the District by the DCM who was working with a sponsee. He stated that they "were both disturbed, and actually embarrassed." The sponsor stated that his agitation came from the divergence from our traditions and that clearly the paragraph conflicts with Tradition 10. He also said that Tradition 3 tells us that the only requirement for membership is the desire to stop drinking and that telling any alcoholic that their lifestyle preference is not 'sound' or that it goes against Gods Will, says to them that they are different which could have them questioning if they're accepted in the fellowship. Tradition 2 was also cited which tells us that for our group purpose there is but one ultimate authority - a LOVING god as He may express himself in our group conscience.

A second letter in support of this change was sent on December 1, 2019 from the same DCM of District 1 in Area 15. The letter stated that while the District voted with a simple majority to send the item to the Area for consideration, substantial unanimity (a 2/3 majority) was not achieved. However, the District felt that the matter was of sufficient importance to be sent to the Conference for consideration. The discussion in the District with those against the changes centered around:

- If we start changing anything, where would we stop?
- That as written, the 12x12 was good enough to get them sober, so it's good enough for everyone

Those in favor of the changes seemed to voice comments around:

- The removal of the few words would be more inclusive
- It was religious in nature • Some members were personally offended by the text as written.

Pros – Question 1

• Removing the few words would be more inclusive and welcoming to all. Is the A.A program telling people who they can love or be in a relationship with?

- Are we in conflict with traditions 2, 3 and 10?

Cons – Question 1

• Are we going change all of our literature to be politically correct? This book has helped lots of people since 4/1953

- Where would we stop???

Background – Question 2

The second question regarding our 12/12 is about language in Step Six.

The conference received a letter dated 12/13/19 on this from the

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Panel 68 Delegate California Northern Interior (CNI) Area 07. The Delegate wrote that at their assembly a request that paragraph 13 of Step six be added to the 2020 General Service Conference agenda was discussed and passed with substantial unanimity. The request included a letter date 7/15/19 from District 15 with additional information as follows:

In Step Six, paragraph 13, the current version of the Twelve Steps and Twelve Traditions reads as follows: "No one wants to be angry enough to murder, lustful enough to rape, gluttonous enough to ruin his health". We make this request for the following reasons:

- Lust is not the cause of rape. The cause of rape is complex and multifaceted. In stating so plainly that lust leads to rape, these words are hugely misleading. This inaccuracy at best misinforms AA members and at worst triggers AA members-- many of whom are sexual assault survivors
- The causes of sexual assault were not studied, well-known, or understood when Bill W. wrote that sentence. We owe it to all the people in Alcoholics Anonymous who have experienced sexual assault in any way to be accurate and supportive in our mention or discussion of this issue
- Use of the words "rape" or "sexual assault" in one of our main pieces of literature, the Twelve Steps and Twelve Traditions, are unnecessary. Words that have such potential to provoke trauma belong in literature that's more narrowly focused, like pamphlets.

District 15 was aware of the 2002 Advisory Action "that no changes be made to the text of the Twelve Steps and Twelve Traditions because "the book has helped so many alcoholics find recovery," and because "Bill's writing [should] be retained as originally published." They argued that one changes to four unsound, outdated, and provocative words will not inhibit anyone's recovery. To the contrary, if this change were made, it would be more likely to keep survivors and perpetrators in the fellowship from getting upset enough to consider a drink or become agitated enough to leave a needed meeting.

Pros – Question 2

- Is the language too strong?
- Will it triggers A.A who were victims of rape?

Cons – Question 2:

- This is Bill's writing. Should we change it?
- Will we have to start looking at all of literature and stating changing the language to satisfy everyone?

TOPIC VIII - PUBLIC INFORMATION

A. Should a plan be developed to create an A.A. podcast? (Final Conference agenda Item VIII-J)

Background

This item comes from Area 49 South East New York requesting that a podcast be created to better carry the A.A. message. At this time there are many sobriety/recovery podcasts about A.A. but not by A.A. World Services or the General Service Board. A podcast is a digital form of radio that you can listen to through the Internet or on an app. It is a series of spoken word, audio episodes, all focused on a particular topic or theme. This is a media we are not using to reach the alcoholic in A.A. There are a variety of recovery and service topics that this podcast can cover. It has been suggested that the General Service Board consider using Class A Trustees (non-alcoholic). This would eliminate any concerns of anonymity breaks and also the informational inconsistencies that are sometimes provided by individual A.A. members. In this fast paced world of technology A.A. has been slow but we need to accelerate and streamline this form of communication and stop being attached to the paper/manual process. By staying in the boundaries of the Traditions the A.A. message can reach many more alcoholics and especially the individuals who use their smartphones as their primary tool for communication.

The Pros

This can be a great tool in reaching the alcoholic who is still suffering and looking for answers. The majority of younger alcoholics have more of an attachment to their smartphones. This will also get information quicker to the targeted audience rather than waiting on the paper process. We can use the Meeting Guide app with a link to the podcast to get this information.

The Cons

Of this request there is no plan on how it is going to work. Can we afford to put this on a group, A.A.W.S, that is already overworked. If A.A.W.S was to take this on it would need Conference review and approval since audio/video service is only for posting on the aa.org website. Also all audio/video material must be reviewed by the appropriate trustees committee. If we allow members on this podcast would there be "celebrity status". How about accessibility and our deaf members. Would the podcast be provided in 3 languages, English, Spanish and French or do we exclude any group. What would be the mechanism we would use to satisfy all?

*What does
your group
think?*

Speak Out *contd from page 4*

of my sobriety. I am immeasurably grateful that my fellows "convinced" me to show up to my first business meeting. I have made friends with beautiful and inspiring people. I have a new, powerful vehicle with which to carry the message to the still sick and suffering. We have our business meetings 10:30 am at the Belmar Community Center every 3rd Sunday of the month.

All are welcome, thank you!
Matt S.
NJYPAA
District 28

"In my view the movement among the younger members of our Fellowship has been one of the most inspiring developments that we oldsters have seen. That such great numbers have been and will continue to be spared the last agonizing years of alcoholism is certainly something for which to thank a loving Providence."

-Written by Bill W. to Bob C., chair of the 11th ICYPAA

New Beginnings in Sobriety

As I begin to ponder the topic of New Beginnings in Sobriety, my mind becomes inundated with a medley of thoughts. Where do I begin? Will words be sufficient to share the joys that I am experiencing in sobriety? However, I will attempt to do my best to put into words my thoughts about sobriety.

When I reflect back to 2016, I remember myself as being an egotistical, unappreciative, self-centered individual who was facing a cancer scare because of my alcoholism. It took facing possible death to get me to come to my first AA meeting. Ironically, I entered AA with a ready-made sponsor because my sponsor had the same primary-care physician as I.

After I had surgery and happily discovered that the cancer had been contained in my gall bladder, I was reluctant to attend AA meetings; I continued to deny that I had a problem with alcohol. However, I had made a commitment to attend an AA meeting with my sponsor, and I was ashamed to refuse to go to see what this AA business was all about. I must admit that I enjoyed the meeting, but I had doubts that these meetings could get me to give up drinking. As for my denial that I was an alcoholic, my sponsor asked, "When you attend a social function, do you know how many drinks you will consume?" I answered, "No," and he said, "Welcome to the club."

I kept coming to meetings and the miracle happened. First, I have met over the last three and a half years the nicest, most giving, sincere people with whom I have ever associated. I am happy, a feeling that I hardly ever felt since childhood. I love being sober. I am now able to clearly see what is truly important in life: having fam-

ily and friends, helping others, and having a higher power that directs your life in a positive way, that helps you be grateful for the joys of life and gives you the strength to brook the sorrows of life.

Sobriety has also given me the means to evaluate my demeanor. As I previously stated, I was a self-centered, self-absorbed, ungrateful individual. Now I appreciate the life that I have. I was a high school teacher for forty-three years and complained about the students, their parents, and the school system constantly. Now, I understand that I had an important career that enabled me to help young people to grow into responsible adults. In addition, I took my marriage for granted. My wife is a hard-working woman who possesses a heart of gold. She believes in service work and joined Rotary in order to give back to the world. Also, she loves me dearly. I never gave a thought as to how my drinking was hurting her. I never understood that my drinking was a double blow to her happiness because she was raised with an alcoholic father. I have since made amends to my wife and our marriage is now a secure, happy one.

Furthermore, sobriety has given me the means to check myself. Whenever my demons surface (after all, we are all frail human beings), I am now able to recognize them and work toward obliterating them. For example, once in a while I find myself still asserting things such as "my house," "I want," and the like, but because of sobriety, I recognize when I am being self-centered.

Sobriety has given me patience. I was always judgmental of others (I believe this fault was caused by my insecurity deep inside my core). Today I have learned to accept the faults of others and try to understand why they say and act in the manner that they do. I have learned tolerance and understanding, although I still sometimes lose my cool with drivers that I perceive as bad motorists.

Finally, the most important gift sobriety has given me is a belief in a higher power. When I entered AA, I certainly was an agnostic teetering on the verge of being an atheist. Words cannot demonstrate or express the spiritual power that exists in an AA meeting. This spirituality comes from the fellowship of AA. For example, I could not comprehend the meaning of what my higher power wants me to be. This topic happened to be this very topic at one of the meetings I attended. I learned that my higher power simply wants me to be a moral person, a better husband, a loving parent, a wonderful son or daughter, a giving aunt or uncle, a good friend, and most of all, one who will help others toward a happy and fulfilling life.

Tony P.
Area Alternate Chair, Newsletter

contd on page 10

Poetry Corner

Rappin' With Sobriety

I'm here to tell you 'bout sobriety.
It comes in a lot of variety.
Some people are filled with anxiety.
Some are here 'cause of notoriety.

I did not ask for this kind of condition.
But I know how to keep it in remission.
I have a disease I cannot cure.
Don't drink, go to meetings, and a little bit more.

Take a few steps; we only have twelve.
Guaranteed to bring you back to health.
Guilt, remorse and low self-esteem.
We must unearth, get you on the beam.

Like a recipe, we follow directions.
Change is the key to your inception.
You're on your way; that's the price.
Progress, not perfection, is good advice.

Acceptance of my problem keeps me free.
And praying to my God on bended knee.
I've learned to face reality.
And not blame others for my deficiencies.

Following a plan is the journey I make.
Knowing who I am is the risk I take.
I'm worth it, for my life's at stake.
One day at a time – a piece o' cake!

Elaine V.
Spring Lake

Editor's Note: Elaine enjoys celebrating her sobriety with poetry. Her sobriety began in May 1993.

Home

I want to thank the brave people
who broke free before me.
Together escaping
the fate of death and misery.
The ones with blind faith
who recover
from a hopeless state.
The ones who love me and
taught me to pray.
You didn't know my name
but you asked me to stay.
You knew my pain
and lived my struggles.
You show me compassion
and what it means to be humble.
I can never thank you enough
for what you have given me.
A life full of love, peace and serenity.
Seven years ago today
I walked into the unknown.
I thank God he led me to you.
I thank God I am home.

Forever grateful.
WE do recover.

Melissa M.
Old Bridge
Sayreville Victories

Editor's Note: Melissa wrote this on her last sober anniversary and says her heart and life are so full because of AA.

Vampires and Garlic

I spit bars I don't go to them
life had me in a chokehold said say when
tapped out without a doubt
liquor had turned things south
came to the rooms and used my ears not my mouth
I get to learn what the fuss is about
my name is Nik and I'm an alcoholic
first year only relations are platonic
hold the gin in my gin and tonic
alcoholism is straight demonic
thanks, Dr Dre, but I'll pass on the chronic
me and vodka are like vampires and garlic
got a higher power or are you too agnostic
put booze in me and I go straight psychotic
the disease is hypnotic
makes me neurotic
one sip is toxic, leads to the chaotic
it's a closed discussion what's the topic
but spare the war stories this isn't a bio pic

Nik P.
District 18 Intergroup Rep
Member of PI, CPC and Treatment
Committees

Area 44 International Hospitality Suite
District & Group Contributions
Atlantic Highlands By the Book
Barnegat Program Shore Group
Belmar Saturday Nite Live
Belleville Recovery Hall
Bound Brook God Is Good
Bound Brook Monday Night
Break Neck Group
Brenton Woods Group
Chester Group
Circle of Friends Group
Clark Saturday Nite Live
Clifton Monday Night Big Book Group
Clear the Air Group
Daily Experience Group
Daily Respite Group
Design for Living
District 12
District 18
District 36
Friday Night Lights - Perth Amboy
Green Pond Group
Hillsborough Haven of Hope
Kinnelon Serenity Seekers
Loren's Cash Bucket
Monday Night Step-by-Step Group
Montclair Action Group
Morning Miracles
Mountain Lakes Group
Old Bridge Forum Group
Pleasant Valley Bagel Group
Rocky Hill AA
Sober Sisters Tuesday Nite Group
St. Luke's Women's Group
Sunlight of the Spirit
Union Hill Group
Upper Ridgewood Group
Westfield Clear the Air
Women's Wisdom Group
Vineland Road Group
Vision for You

Voces Latinas

Reseña del Distrito #42

Después de haber disfrutado, de un evento tan grande como lo fue la convención nacional en nuestro estado el año 2001, se nos quedó sembrada la semilla del servicio en nuestras mentes. Algunos servidores que eran RSG's en el distrito #30 en ese momento, se les comento que se analizará la idea de formar una oficina que fungiera como distrito en el área sur de New Jersey con el objetivo de unir a los grupos, ya que algunos grupos no asistían con regularidad al distrito del norte por motivo de tiempo, distancia y dinero. Esta vos se hizo más fuerte y a finales del año 2002 se volvió a comentar del distrito. Para ese entonces algunos RSG's ya habían convencido a sus grupos de la necesidad de este distrito.

Fue así como que empezó el año 2003 y precisamente algunos viejos servidores del área sur, nos invitaron para que el próximo domingo 9 de marzo, a partir de las 8 am nos diéramos cita en el local del grupo Buena Voluntad, en el 120 Jersey Avenue segundo piso en New Brunswick NJ, para ser planeación de la fundación del nuevo distrito. Ese día fue grandioso y con gran entusiasmo fueron llegando los compañeros. Primero los del grupo Vida Nueva de Freehold, los compañeros del grupo Nueva Luz de Lakewood, Los del Grupo 2000, Los del Grupo Tres Legados, Los de Un Día a La Vez, y Los del Grupo

Buena Voluntad. Fueron muchos los compañeros que acordaron que geográficamente se necesitaba esta oficina de servicios en el sur. En esta reunion tan grande se formó un comité de motivación para que fueran a visitar a los demás grupos: Que Eran el 5 De Noviembre, Nueva Luz de Trento, Sobriedad de Atlantic City. Despertar de Red Bank, Nuevos Horizontes, y Renacimiento de Plainfield. La respuesta a este trabajo fue que el 16 de marzo todos los RSG's de los grupos se hicieron presentes y se formó oficialmente la mesa de servicio del distrito. Pidieron que formara parte del área 44 y en la lista del área el número de distrito que seguía era el número #42. Por eso se le puso "distrito #42." A partir de ahí se formaron los demás comités.

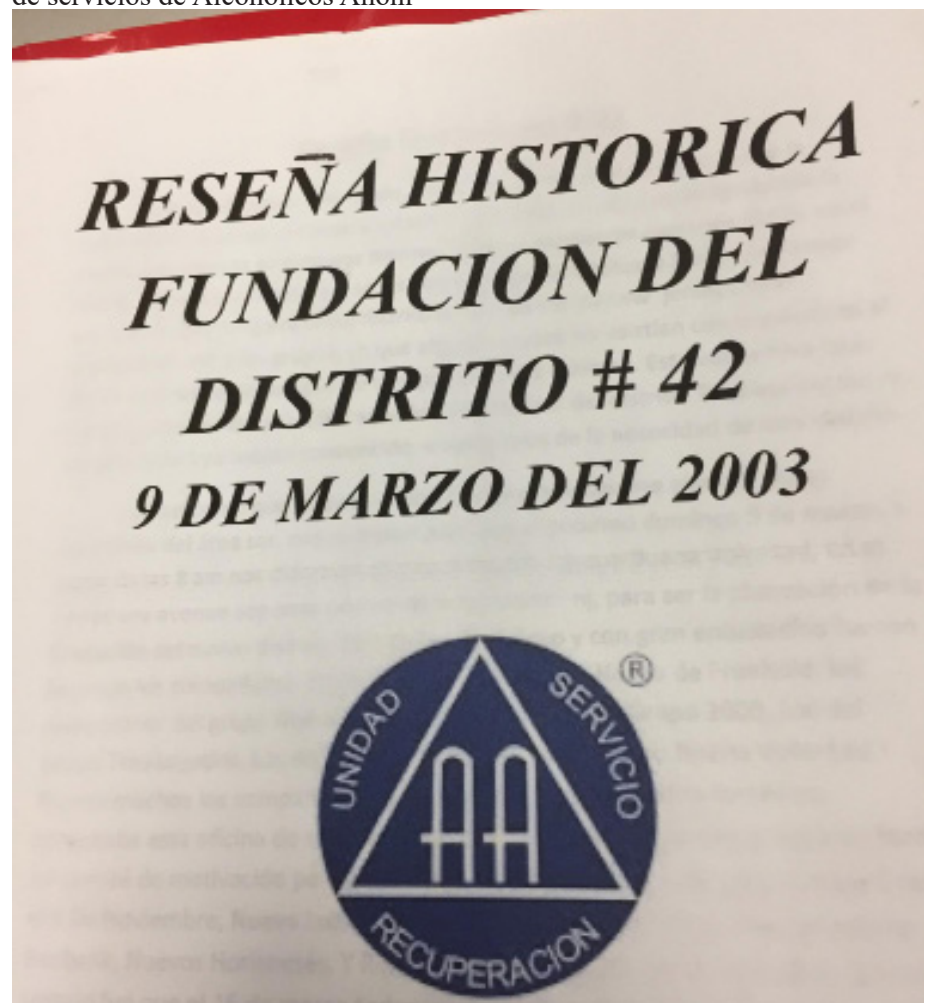
Estando formados los comités: Instituciones Correccionales, Información al Público, Comité de Literatura, Comité de La Viña, y Comité de Cooperación Con la Comunidad Profesional. Se procedió hacer el sello de la oficina y surgieron cuatro nombres de como identificaríamos nuestro distrito. Estos fueron: Comité de Distrito Sur del Estado de New Jersey, Comité del Distrito Zona Sur del Distrito, Comité de Distrito Centro y Sur del Estado de New Jersey, y Comité de Distrito Area Sur de New Jersey. Quedando por mayoría de votos, Comité de Distrito Area Sur de New Jersey.

Surgieron inconformidades con los compañeros del distrito #30. Pero, gracias a la reunion del 6 de abril del 2003 con el MSD, La Secretaria del Distrito #30 y el Delegado del área #44 – las cosas se arreglaron. A partir de esa fecha nuestra oficina ha sobrevivido a varios cambios de local, de servidores, y a despertado conciencia en algunos grupos, como seguir pasando el mensaje en sus áreas locales. Actualmente se está dando realce al comité de información al público con videos de pasar el mensaje a nivel nacional e internacional. Recientemente se dio a conocer como oficina de servicios de Alcohólicos Anóni-

mos, fundando su página web (www.districto44nnjgs.com).

Actualmente estamos siendo apoyados por la OSG de México con los sponsors de radio y videos para pasar el mensaje. Tenemos acumulados un total de 48 videos y también videos de Al Anon y Al Ateen para su proyección. Es así como nuestra oficina ha crecido a pasos lentos, pero se ha mantenido en continuo crecimiento.

José Luis B.
MCD Distrito #42



Speak Out *contd from page 8***IS THERE “HOPE ON THE WATER”?**

A fresh coffee in hand, I stroll out onto the deck to take a deep breath of this beautiful July morning, not a cloud in the sky. I'm early in my sobriety with 17 weeks of abstinence under my belt. There is a little extra bounce in my step today, cause my 'kick-ass' sponsor has finagled me an invitation to join a meeting on Lake Hopatcong. He tells me the 'Hope on the Water' boat meeting" is one of those eclectic, mythical outings that you hear about in AA, especially in our area, like the Serenity Porch (that has no Porch) or the Baloney and Cheese meeting (that does in fact serve baloney and cheese!). According to local folklore, the boat meeting has been around for many years but was becoming dormant after founding members moved away. The specific meeting site has drifted over time as there may have been some "anchor issues" along the way. It has always been and continues to be an ad hoc meeting pending weather conditions, availability of boats, attendees, etc., so coordination is definitely a challenge. In 2019, with the initiative of determined local movers and shakers coupled with some encouragement from others, the meeting was resuscitated, revived and given New Beginnings in Sobriety.

My next sip of coffee is interrupted by a text from the Skip citing today's weather including ambient temperature, humidity, precipitation, water temperature, wind speed, wind gusts, wind direction, wave height, wave period, barometric pressure and visibility. Wow...these Lake-folks sure take their weather seriously. Warm temperatures and zero precipitation was all I needed to opt for the motor-cycle to transport me there and back via some popular twisty roads. As I approach the marina, I see several people, some familiar, some new, congregating on the dock. Among them is the ringleader, "Skipper D" along with a few "Gilligans" helping

her prepare the boat for launch. All-aboard the S.S. Recovery as we cast off, putt-putt-ing through the 'slow zone' before picking up the pace as we cross the Lake to the rendezvous. The lake surface is like glass and the wind blows through our hair as the motor picks up speed. Along the way, we pass by Nolan's Point and Halsey and Raccoon Islands before hooking-up with the other crafts in Byram Cove. Once the boats are safely anchored and secured to one another with bumpers, the meeting commences. Although the meeting is informal, all the elements are there: pre/post meeting banter, introductions, adherence to traditions, the sharing of hot coffee, cool water and of course goodies, like homemade cake and muffins. A topic or reading is presented and participants are invited to share their experience, strength and hope.

The warmth of the sun, the sounds of the lake, the gentle rocking of the boat all melt together with the kindness and honesty of the friends onboard. At some point in the meeting, an uncontrollable, extra wide, ear-to-ear, sh** eating grin takes over my face, as I take it ALL in. I am in the present moment and I feel extremely privileged and truly grateful to absorb every second of this fellowship escapade. As I observe the facial expressions of my 'mates', clearly I am not alone. Please don't take my word for it; here are a handful of contributions from other participants reflecting on their 'Hope on the Water' experience. "It is hard to put into words the amazing gratitude I feel at the boat meeting. I feel most serene on the water while taking in the fresh summer air enjoying sharing the journey of this wonderful gift of sobriety. During these shares my heart fills with Divine spirituality knowing this is where I feel closest to my higher power. I will be forever grateful for hope on the lake." [LS]

"Although some of my most treasured memories in recovery were had in a church basement, sometimes the venue adds its own intersection into the experience that we cherish. On the water, sipping a coffee, in a comfy seat or reclining on a cushioned sundeck; we, alternating our experience of the real struggles of recovery and the sheer beauty of a sun-play; on the ripples and waves; a cawing seabird, a passing duck looking as if they want to join us." [BH]

"We floated around Byram Cove, sharing experience, strength and hope with tears and laughter.... Something about the sun, water and scenery added to the serenity, honest shares and incredible memories. As long as we are present today, we truly get to live the "adventure after." [KM]

"This meeting was a great experience for me. A friend brought me there and another friend joined with his boat. Made more friends and new positive memories of a sober fun in the sun occasion." [RH]

"Man... I was the envy of my IOP Group when I shared my experience after my first 'Hope on the Water' meeting and I know it inspired others." [DM]

"As a lifetime Lake resident, this meeting is particularly special for me. I got sober in March 2011 and as the summer approached I wasn't quite sure how to spend time on my boat without drinking. I heard about the meeting and gave it a try early in my sobriety; in fact, my 90-day celebration was on the boat and my friend joined us on her wave runner. The experiment of boating and abstinence was a complete success but I was still tossing hidden 'treasures' found in the boat's nooks and crannies for nearly two years." [DC aka Skip]

"I didn't get sober to be miserable, I

got sober to live my life to the fullest. What better way than on a boat with spiritual like-minded individuals sharing the solution? I feel such an incredible sense of gratitude to be the first mate on my sponsor's boat. It is wonderful to be a part of a fellowship that has fun in an environment that is so loving and supporting." [KL]

In closing, I assume the meeting's name is a play-on-words referencing the Deep Purple song 'Smoke on the Water', so it seems only fitting to have our own version of the lyrics to honor the meeting. So, pick up your guitar and strum the infamous opening riff that every wannabe-rock-guitarist first learns, and sing along ...

Dum...dum...dummm
Dum...dum...da-dummm
Dum...dum...dummm...dada...dummm
(repeat refrain)

We all came out to Morris,
On the Lake Hopatcong shoreline,
To share are feelings on the water,
We didn't need a shrine,
Bill W and the Founders,
Were in the air all around.
Release stupid thoughts and aggressions,
Let's keep focus on life's merry-go-round.
HO-O-O--PE on the WA-A-A-TER,
FAITH is in the SKY.
HO-O-O--PE on the WA-A-A-TER!

Dumm...dumm...dummmmm
(repeat refrain)

We don't need a worship house,
A Conscience we have found
Higher powers are running in and out,
Beating cravings to the ground.
When it all is over,
Our minds in a quieter space
Time is not running out
There's no chance we will lose this race.
HO-O-O--PE on the WA-A-A-TER,
FAITH is in the SKY.
HO-O-O--PE on the WA-A-A-TER!

Dumm...dumm...dummmmm
(repeat refrain)

So, to answer the title question, is there Hope on Water? HECK YES!!

Submitted by David M on behalf of the Hope on the Water group conscience.

Topic for the Spring Issue:
*Happy, joyous, and free?
or restless, irritable and
discontent?*

Next Issue Deadline:
May 7, 2020

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

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; West Milford Library 2nd Floor, 1470 Union Valley Road, West Milford
 District 4&6 - 3rd Thur. 7:30 pm, Upper Ridgewood Community Ch, Hillcrest & Fairmount, Ridgewood
 District 5&7 - Last Thursday, 7:30 pm, St. Mary's Church, Roger Troy Hall School Building, (corner of High & Legion), Closter
 District 8 - 2nd Tues. 7:30 pm, Panther Valley Ecumenical Ch, 1490 Route 517, Allamuchy
 District 9 - 3rd Tues. 7:30 pm, United Methodist Ch, Rte 183, Netcong
 District 10 - 2nd Tues. 7:00 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church) Boonton
 District 11/33 - 4th Wed. 7:00 pm, Clifton Library, 292 Piaget Ave Rm A, Clifton
 District 12 - 2nd Thur. 7:00pm, St. Francis of Assisi Parish Center (basement), 124 Park St, Ridgefield Park
 District 13 - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
 District 14 - Last Tue. 7:00 pm, Barrow Mansion, Upstairs, 83 Wayne St, Jersey City
 District 15/21 - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington
 District 16 - 3rd Mon. 7:00 pm Good Shepherd Luth Church, 160 Ridgedale Ave. Florham Park
 District 17 - 3rd Fri. 8:00pm, Alanon Assoc., 7th Avenue and 7th Street, Newark
 District 18 - 2nd Mon. 7:30 pm, Union Village UMChurch, 1130 Mountain Ave., Berkeley Heights
 District 19 - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway
 District 20 (with former District 29/30) - 1st Wednesday, 7:00pm, Presbyterian Church, 140 Mountain Ave., Westfield
 District 22 - 3rd Wed. 7:30 pm, Cook College, College Farm Road, New Brunswick
 District 23 - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River
 District 24 - 3rd Mon. 8:00 pm, New Monmouth Baptist Church, 4 Cherry Tree Farm Rd, Middletown
 District 25 - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold
 District 26 - 3rd Thur. 7:00 pm, Christ United Meth Church, 300Ridge Rd, Fair Haven
 District 27/29 - 3rd Mon. 7:00 pm, Ocean Christian Community (Parish House Basement) 405 Washington St., Toms River
 District 28 - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake
 District 30 - 4th Sunday 12 Noon, 256 Mulberry Street, Newark
 District 31 - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 2nd Floor, 77th Street & Broadway, North Bergen
 District 32 - 3rd Thur. 7:00 pm, Bayonne Public Library, 31st St. & Ave. C., Bayonne
 District 34 - 3rd Sat. 9:30 am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
 District 35 - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, Somerville.
 District 36 - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen
 Districts 37 & 38 - 3rd Wed. 7:00 pm, First Evangelical Lutheran Church, 153 Park St, Montclair
 District 41 - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken
 District 42 - 2nd Sunday 9:00am, 120 Jersey Ave. 2nd floor, New Brunswick



Member area
 userid: alcoholic
 password: onedayatatime

NNJGS Area 44 Office Calendar

MARCH 2020
 2 Mid-winter Luncheon Com 7PM
 3 Officer's Meeting 7PM
 4 Mailing Committee 6:30PM
 4 Translation Committee 7PM
 7 Grapevine 10AM
 8 Films Committe 9 AM
 8 Area Committe Meeting 10 AM
 9 Computer/Tech Com 7:30 PM
 10 Public Information Com 7:30 PM
 11 History & Archives @ Interg 7PM
 11 Treatment Committee 7:30 PM
 13-15 NERD
 16 Literature Sales 6:30PM
 16 Literature Com (No Sales) 7:30PM
 17 CPC Committee 7PM
 19 Newsletter 6 PM
 19 Ad Hoc for Quickbooks 7PM
 19 Internation Hospitality 7PM
 21 Corrections Committee 10AM
 22 NJYPAA @ Belmar 10:30 AM
 23 Finance Committee 7:30PM
 23 Remote Communities 7:30PM
 25 Website Com @ Area 7:30 PM
APRIL 2020
 1 Mailing Committee 6:30PM
 1 Translation Committee 7:00 PM
 4 Area Assembly D 4/6 9AM
 4 Grapevine 10AM
 7 Officers & Standing Com 7PM
 8 History & Archives @ Interg 7 PM
 8 Treatment Committee 7:30 PM
 11 Grapevine 10AM
 13 Computer/Tech Com 7:30PM
 14 Public Information 7:30PM
 15 ConventionCom 7:30PM
 16 Newsletter 6 PM
 16 Ad Hoc for Quickbooks 7 PM
 16 Internation Hospitality 7 PM
 18 GSR/DCM Workshop 8:30AM
 19 NJYPAA 10:30 AM
 20 Literature Sales 6:30PM
 20 Literature Com (No Sales) 7:30PM
 21 CPC Committee 7:00PM
 22 Website Com @Interg 7:30PM
 23 Policy & Admissions 7:30PM
 25 Treatment Workshop 10AM
 27 Finance Committee 7PM
 27 Remote Communities 7:30PM
MAY 2020
 2 Grapefest 10AM
 3 Area Committee Meeting 10AM
 5 Officers Meeting 7PM
 6 Mailing Committee 6:30PM
 6 Translation Committee 7PM

10 Films Committee 9AM
 11 Computer/Tech Com 7:30PM
 12 Public Information 7:30PM
 13 History & Archives @ Interg 7 PM
 13 Treatment Committee 7:30 PM
 16 Corrections Workshop 10AM
 17 NJYPAA 10:30AM
 18 Literature Sales 6:30PM
 18 Literature Com (No Sales) 7:30PM
 19 CPC Committee 7:00PM
 20 Nightwatch @ Interg 7PM
 20 Convention Com 7:30PM
 21 Newsletter 6 PM
 21 Ad Hoc for Quickbooks 7 PM
 21 Internationaal Hospitality 7 PM
 25 Finance Committee 7PM
 25 Remote Communities 7:30PM
 26 Joint Unity Meeting 7:30PM
 27 Website Com @ Area 7:30PM
JUNE 2020
 2 Officers & Standing Com 7PM

3 Mailing Committee 6:30PM
 3 Translation Committee 7PM
 6 Grapevine Committee 10AM
 8 Computer/Tech Com 7:30PM
 9 Public Information 7:30PM
 10 History & Archives @ Interg 7 PM
 10 Treatment Committee 7:30 PM
 13 Area Assembly - D30 9AM
 14 Films Committee 9AM
 15 Literature Sales 6:30PM
 15 Literature Com (No Sales) 7:30PM
 16 CPC Committee 7:00PM
 17 Convention Com 7:30PM
 18 Newsletter 6 PM
 18 Ad Hoc for Quickbooks 7 PM
 18 Internationaal Hospitality 7 PM
 21 NJYPAA 10:30AM
 22 Finance Committee 7PM
 22 Remote Communities 7:30PM
 24 Website Com @ Interg 7:30PM
 25 Policy & Admissions 7:30PM

Intergroup Calendar

MARCH 2020
 5 Intergroup Delegates Mtg - Clark 8:30PM
 8 Bookers Exchange - Cranford 6:30 AM.
 11 Archives Committee 7PM -- Intergroup Office
 25 Joint Website Committee 7:30 PM Area 44 Office
 30 Holiday - Office Closed - Good Friday
APRIL 2020
 2 Intergroup Delegates Mtg - Clark 8:30PM
 8 Archives Committee 7PM -- Intergroup Office
 10 Holiday - Office Closed - Good Friday
 22 Joint Website Committee - 7:30 PM Intergroup Office

MAY 2020
 7 Intergroup Delegates Mtg - Clark 8:30PM
 13 Archives Committee 7PM - Intergroup Office
 20 Nightwatch Committee 7:30 PM
 25 Holiday - Office Closed - Memorial Day
 26 Joint Unity Mtg 8PM - Area Office
 27 Joint Website Committee 7:30PM Area 44 Office
JUNE 2020
 4 Intergroup Delegates Mtg - Clark 8:30PM
 10 Archives Committee 7PM - Intergroup Office
 14 Bookers Exchange - Clark 6AM Mother Seton HS
 24 Joint Website Committee - 7:30PM Intergroup Office

Intergroup News and Notes Meeting Updates January & February 2020

NEW MEETINGS!!!!!!!
CLIFFSIDE PARK – Sun. 8 pm O-BB Trinity Episcopal Church, 555 Palisade Avenue (formerly met in Fairview)
JERSEY CITY – Tues. 7 am O-D; Thur. 7 am O-L-D Barrow Mansion 83 Wayne St.
LAMBERTVILLE – The Farm Monthly LAST Saturday 10 am O-S
LIVINGSTON – Fri. 10 am C-D; Mon. & Fri. 12:45 pm – C-D; Wed., Thurs. 1 pm O-S-D, O-BB-ST Trinity Covenant Church, 343 E. Cedar Street (formerly met in West Orange)
LODI – Sun. 6 pm O-S-D (Agnostic) – Faith Reformed Church, 95 Washington Street
NEW BRUNSWICK – Tues. 8 pm C-D (men) Rutgers Community Church, 100 College Avenue, Upstairs Auditorium, use Mine St. Entrance (Formerly at Robert Wood Johnson Hospital)
NEW BRUNSWICK – Wed. 7 pm C-B-BB Emanuel Lutheran Church, 3 Kirkpatrick St.
NEW BRUNSWICK – Sun. 11 am O-S Rutgers College Avenue Campus, Campbell Hall, Room A-3, 617 George Street (formerly met at Robert Wood Johnson Hospital)
OLD BRIDGE – Thurs. 7 am – O-D Club Serenity, St. Ambrose Parish Center, 83 Throckmorton Lane
RED BANK – Thurs. 8 pm – C-BB Trinity Episcopal Church, 65 W. Front Street
RIVER VALE – Sun. 7:30 am – C-D Cornerstone Church, 819 Rivervale Road
RUMSON – Tues. 8 pm – O-ST Holy Cross Church, 30 Ward Avenue
SPARTA – Sat. 8 pm O-D – St. Mary's Episcopal Church, 85 Conestoga Trail (formerly met at Our Lady of the Lake)
WEST ORANGE – Mon. 10:00 am C-BB (women) Bethany Evangelical Church, 30 Ashwood Terrace (formerly met at Temple B'nai Shalom)

DOVER – Fri. 8 pm – St. Clare's Hospital, 400 W. Blackwell St. (Route 46)
FAIRVIEW – Sat. 1 pm – Our Lady of Grace Church, 6th Street & Kamena
FLEMINGTON – Fri. 7 pm – First Presbyterian Church, 31 N. Union Street
HARRINGTON PARK – Sat. 7 pm O-BB Our Lady of Victories Church, 150 Harriot Avenue
HAZLET – Tues 8 pm – Faith Reformed Church, 215 Middle Road
MATAWAN – Wed. 6:45 pm – St. Clement's Church House of Hope 172 Route 79
MILLINGTON – Wed. 8 pm (Young Peoples) All Saints Episcopal Church, 15 Basking Ridge Road
MORRISTOWN – Wed. 7 pm – Villa Walsh Academy, Western Avenue
NEW BRUNSWICK – Wed. 8 pm O-S 7th Day Adventist Church, 339 Livingston Avenue
PATERSON – Sat. 7 pm – Second Baptist Church, 72 Carroll Street
ROCKAWAY – Wed. 7:30 pm – United Methodist Church, 1 Hoagland Avenue
ROSELLE – Tues. 7:30 pm – Heard AME Church, 310 8th Avenue
SHREWSBURY – Wed. 8:30 pm – C-BB-ST Presbyterian Church, Sycamore Avenue
SUSSEX – Sat. 9 pm – United Methodist Church, 15 Bank Street
TEANECK – Sat. 9 pm – United Methodist Church, 368 Hickory Street
TEANECK – Fri. 8:30 pm – St. Mark's Episcopal Church, 118 Chadwick Road
WARREN – Sat. 8:15 pm – Our Lady of the Mount, 167 Mt. Bethel Road

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.

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
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