

# THIS DAY

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

*A message from your Area Delegate*



Please let me start off by saying how grateful I am for you allowing me the opportunity to attend the 61st General Service Conference in New York City! It was truly a wonderful experience! Meeting in Committee and in the General Sessions has left me assured that AA is in good hands with the Delegates, Trustees, Staff and Executives we currently have in place. All issues were discussed thoroughly, minority opinion was thoughtfully expressed and considered, the presentations were great and even the controversies were conducted in the spirit of seeking what was best for Alcoholics Anonymous.

As you may recall I was selected at random to serve on the Treatment Facilities/Special Needs/Accessibilities Committee at the Conference where we did meet for 2 days to discuss what items we felt needed revision and which should go to the Conference floor for full discussion. It was a wonderful experience working with other

members who love AA as much as I do. Our last order of business was to select the committee's chair for the 62nd General Service Conference - quite surprisingly I was selected by the committee on the first ballot to be the new chair! Our Alternate Chair is Jim C., the delegate from Area 65, Northeast Texas, in whom I have full confidence and I look forward to working with him again next year. In an additional note, I will also be serving as the co-chair for the Remote Communities Pre-Conference Committee for the next Conference along with Deborah D. from Southeast Texas, Area 67.

I invite all to attend the Area Assembly on June 11th at Our Lady of Sorrows in South Orange for a comprehensive Post-Conference Report. For those who cannot attend there will be an additional report given at the Area Office on Saturday June 25th (2 weeks later) beginning at 9:00 A.M. This year we are also continuing to offer post-conference reports to districts who would like them. In general, the results of the Conference were very much in line with the opinions and voting expressed at the Area 44 Mini-Conference, but please attend a post-

conference report for details on all Conference items, not just those from this year's Mini-Conference.

I recently received the final report on NERAASA 2011 held February 25th-27th in Tarrytown, New York. There were a total of 952 members in attendance! Due to the efforts of the host area and the attendees a contribution to the General Service Board of \$10,850.50 was made. I look forward to seeing you all in Albany, NY for the next NERAASA on March 2nd to March 4th 2012!

For the year ending December 31, 2010, gross sales at AAWs for the year were \$12,470,712 which was 12.79% less than budgeted and 9.36% less than in 2009. Gross profit from literature was \$7,867,093 which was 64.6% of the total income. Contributions for 2010 were \$6,409,285 which was almost 1% more than budgeted and 1.8% higher than in 2009. Total expenses were \$12,975,482 which was 5.95% less than budgeted and 2.14% less than in 2009.

The 2011 Budget projects net sales of \$12,515,000, up \$331,000 from 2010. After subtracting manufacturing costs, royalties and shipping costs, gross profit is budgeted at \$7,947,800. Contributions are budgeted at \$6,500,000 for 2011

which is 1.4% higher than in 2010.

For the Grapevine, total gross profit was \$1,785,529 which was \$238,000 less than budgeted and within \$1,000 of the 2009 number. Total costs and expenses were \$2,218,666 which were \$97,000 less than budgeted and \$255,560 more than in 2009. After adding interest earned there was a net loss of \$394,337 for 2010.

The 2011 Grapevine budget is based on an anticipated average paid circulation of 88,235 copies. Total magazine income is expected at be \$2,156,107 which is about \$60,000 more than last year. Total costs and expenses is budgeted at \$1,950,093 which is a decrease of \$268,572 from last year. After anticipated earnings, a net loss for 2011 is budgeted at \$93,971.

The Reserve Fund, as of December 31, 2010 stood at \$11,868,000 or 9.3 months combined operating expenses, however a surplus from the 2010 International Convention in San Antonio has now brought the Prudent Reserve up to 11.3 Months. That's the highest it has been in many, many years!

Phyllis H. has been in touch with the General Service Offices in New Zealand

*continued on page 12*

*A message from your Area Chair*



Greetings from your Area Chair. I'd again like to express my gratitude for the opportunity to serve you and Area 44. I can't believe how fast (sober) time flies; as I write this, we're already looking towards our June assembly and our Delegate's Post-Conference report.

Well, we've been busy in Area 44 working to fulfill our primary purpose, which is to do vital 12th step work through our committees and conduct the business that makes this 12th step work possible. Our Area committees, such as Public Information, Treatment Facilities, Corrections, GSR Workshop, Remote Communities, just to name a few, have been very active in 2011. Our 7 Standing and 14 Special Committees,

each in their own special way, work to reach the still suffering alcoholic. I'm pleased to report that all chair positions for our 21 committees have been filled, and Area 44 is in good hands.

Our mini-conference was held on April 9 in Wayne and was a great success. It was the best-attended assembly to date - with well over 350 participants...the joint was rocking! Thanks to all who participated and a special thanks to Districts 10 & 16 who hosted the event, neatly evading a potential food crisis, as the attendance was significantly more than anticipated. Looks like we'll need to review our guidelines and amend our projected attendance. But this is no time to rest on our laurels. As requested by the groups of Area 44, our June assembly features a full post-conference report by your Delegate, Wayne R.; as well as committee workshops.

We've recently had a request for the Area to consider a blanket insurance

policy to cover the groups in Area 44. This type of policy is not possible for practical, logistic and spiritual reasons (Groups are the bosses!). But one suggestion that did come out of this discussion was that local groups could consider joining together cooperatively to pursue a discounted "co-op" policy with local providers.

And now one last word (again) about GSR participation. One of the most important things we do as an Area is host the Area Assemblies that provide an opportunity for our GSRs to get together with our Area Committee, voice their group's conscience and cast their votes on the important issues that face A.A. today. It's our GSRs' participation at these Assemblies that helps ensure that the groups will continue to run AA, the spirit of our inverted triangle will stay in place, and AA will remain vital and effective well into the future...as evidenced by our recent Mini-Conference.

Keep up the good work!

Please visit your website at [www.nnjaa.org](http://www.nnjaa.org) to learn more about Area 44 and upcoming Area, Regional, District and Local events. You can always reach me by emailing [area-chair@nnjaa.org](mailto:area-chair@nnjaa.org). I'd love to hear from you.

***In AA Love and Service,  
Your Area 44 Chairperson, Jay E.***

**also inside**

Standing & Special Committee Reports .....	2-5
"Speak Out!" .....	6
Reflections On NERAASA 2011 .....	7
Young People in AA Survey Results .....	8
Our Delegate's Presentation at NERF .....	9
Convention Registration Information.....	10
Intergroup & Area Calendars .....	11
"District Doings" and Upcoming Events .....	11

**NEXT ISSUE DEADLINE AUG 19th  
NEWSLETTER@NNJAA.ORG**

## Area History and Archives Committee



The Following article is a reprinted from a pamphlet produced in 1948.

A copy of this pamphlet is stored in the NNJ Archives located at the Intergroup Office in Union

**T**HIS PAMPHLET is issued to assist many persons in AA who are not clear in their minds about the Alanon Club. They have been unable to recognize the distinction between the Club and the Movement proper. With so many new alcoholics coming into AA daily, a good portion of them joining Alanon, we are constantly plied with questions concerning the Club's exact status.

### SOCIAL HAVEN

The Alanon Association is a social club for sincere AAs in good standing. Its job is to provide AAs with a place to visit and enjoy on another's friendship and companionship under the most congenial conditions within our grasp. It endeavors to furnish amusement and diversion for the members and their families and to serve all members of Alcoholics Anonymous in need of the help and comfort which comes of group fellowship as practiced in the Movement. Alanon functions actively in the rehabilitation of the men and women of AA.

The Alanon Club directly engages in no AA therapeutic work whatsoever. It adheres rigidly to the AA tradition as propounded by the Alcoholic Foundation, but it is neither a "Group" nor a central body in any sense. Purely and simply, it is a recreation center for the individual members of AA in New Jersey-who own it. Alanon seeks no rights or jurisdiction in any other unit within the Movement; by the same token, it is a legally chartered non-profit corporation of New Jersey entirely controlled and operated by its own membership, who annually elect a board of five trustees to manage it. In the event it should ever be liquidated, the proceeds would go to the Foundation.

### FACILITIES

The ample club house, measuring 80 feet long by 50 feet wide on a 100 x 100 plot, is fully equipped with club facilities. In the basement are located its four bowling alleys which are busy seven days a week, the card room, toilets, heating plant, etc. On the first floor are spacious lounging parlors equipped with a \$1,999 Television-Radio combination and a grand piano in good condition. This floor also contains a huge recreation room where three pool tables and a shuffleboard do yeomen service, and our kitchen and coffee bar, which are in operation from 9:00 A.M. to the closing hour of midnight, (1:00 A.M. Friday and Saturday nights). A large auditorium seating 400, occupies most of the second floor, with the ladies'

powder room, Intergroup office and storeroom making up the balance.

Maintenance and operation of the club house is handled by a staff of paid workers, under the supervision of the club manager. Owing to the financial obligations involved, the club management finds it necessary to retain control over major social functions, through the help of members working through committees has proven of great value and is encouraged.

### ACTIVITIES

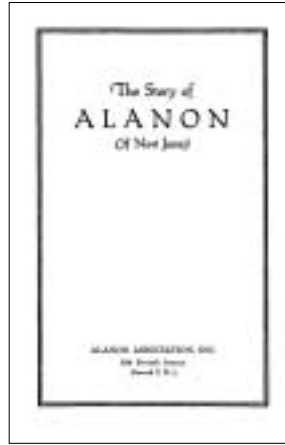
The club is a bedlam of fun-making on weekends, particularly on Saturday nights. In fact, a social function is arranged for almost every Saturday night in the year.

Also, special programs are staged on significant holidays, such as Halloween, (sic) Thanksgiving, St. Patrick's Day, Christmas, and highlight of the year, New Year's Eve. These functions are of a wide variety, and include dances, costume parties, card parties, Monte Carlo nights, game nights, musical entertainment, night club floor shows and Broadway-type reviews. Generally, all the talent workers for those affairs are drawn from the club membership.

Activity is by no means confined to weekends, however. Every night there is plenty of action, at the pool tables, shuffleboard, television and card room. Besides, the tables adjoining the coffee bar and the big arm chairs in the parlors are abuzz with AAs in "bull" sessions. It is a rare night that does not count a minimum of 75 to 100 members and twice that number is the usual nightly complement.

### FINANCES

The club is on a sound financial basis and boasts of a satisfactory balance in the bank. The property itself was purchased outright in November, 1944, for \$22,000 and is now in its fourth year of operation. A non-alcoholic friend of several years standing advanced us \$15,000 on a first mortgage, and 91 AAs who helped to found the club loaned an additional \$9,000. To them were issued Certificates of Indebtedness which will become due and payable in 1955, bearing 3% interest. These Certificates are, in effect, promissory notes. They do not constitute a lien against the property, but they are a legal obligation and their integrity is guaranteed by the assets and honor of the organization. To date, grateful members have endorsed back to the club nearly \$1,000 worth of these Certificates. Up to the present time, the club has reduced the mortgage on the property by about \$4,000, and set aside \$1,500 additional in a sinking fund



toward the amortization of the Certificates of Indebtedness. Present intention is to deposit \$1,000 a year in the sinking fund until the Certificates mature.

### REVENUES

The sources of operating revenues consist of dues, which are nominal now; sale of coffee, sandwiches, ice cream, etc., at the coffee bar; fees for the use of the bowling, pool, etc., facilities and contributions at the social events in the auditorium.

The Club is necessarily conducted strictly along business lines, on a cash basis and with no tabs or deferred accounts. Members three months in arrears in dues are posted on the bulletin board. Contributions from AA groups are not solicited, though occasionally voluntary donations are received from this source.

Groups also sometimes sponsor dances, etc., in the auditorium, and turn the proceeds over to the club treasury. Through the cooperation of the municipal and county governments, the club property is legally exempt from all local taxes, because of its recognized rehabilitation work.

### OWNERSHIP

Folks ask, "Who owns the Alanon? The Groups? The Intergroup Committee? The Newark AAs? A clique of bondholders or stockholders? A band of private individuals?"

To answer all of the above there is but a single answer: NO. Alanon's charter stipulates that its individual members shall always be its sole owners. Any New Jersey AA is eligible to join Alanon, and when he or she joins, he or she automatically becomes an owner of the Association's property and assets in common with all other members. No Group or Committee or any other organized band of AAs can have any rights of ownership or control over the club. There are no bondholders or stockholders because no bonds or shares of stock were ever issued. The club charter specifies that membership in Alanon is open to any New Jersey AA, which means that no local group from any particular locality enjoys any prior rights over the remainder of the state. At the present writing, February 1948, these owner-members number 560, and they belong to 43 AA groups scattered over the State.

### SOME HISTORY

Others want to know exactly what is the Alanon Club? What does it do? Does it dry out drunks on their way into AA? And "slippers"? Does it provide manpower for the 12th Step work? Or speakers for group meetings? Does it fix a fellow up for a night's lodging? Does it give out alms?

Again the answer is in the negative. The above questions embrace straight AA work, which is the province of the Groups, the Intergroup or individual AAs.

Disastrous experience has taught us that Club activities and Group work do not mix. The Club cannot dry a man out, but it does provide the recreation needed for his rehabilitation. We had hardly opened our own doors in the beginning when we discovered, to our consternation, that we were developing our own "skid row" in the club house. Its denizens consisted of newcomers still under the influence of alcohol coming in to be sobered up; chronic "slippers," resting between periodic binges; insincere members on the prowl for unwary AA members with a bankroll; visitors of sorts from Mulberry Street in search of a "flop" or whatnot, and "touch" artists of various stripes and skills. These are only a few of the many types of undesirable phonies we encountered.

12th Step work in those early days posed an almost insuperable problem. As the public became aware of Alanon, they regarded it as a sought of AA headquarters, with the result that by phone, mail and personal calls, every passing day brought a steady stream of requests for help from social workers, the clergy, family, courts, the police, welfare agencies, ordinary citizens, and, of course, AAs everywhere. But it got to be too much. We hadn't the manpower to cope with the calls, and besides, most AAs came to the club for relaxation, having attended to their AA work, including the 12th Step, through their own groups. They looked to Alanon for social diversion with other dry AAs. We finally realized we had to be a club or a clinic - we could not be both.

### INTERGROUP

The Intergroup Committee cleared the way for the necessary separation. The club had made the formation of Intergroup possible after earlier efforts along these lines had failed for lack of a common meeting place and other facilities. The same membership that founded Alanon also organized Intergroup, and it was thought at first that both units could function efficiently in combination. In fact, the same person acted as secretary and manager for both organizations. However, the joint operation lasted only a little more than a year when it collapsed amid confusion and dissatisfaction.

### SEPARATION

Then the separation was made complete. Both Alanon and Intergroup revamped their policies, the former becoming exclusively a social club and recreation center for dry AAs in good standing, and the Committee a central clearance station for AA groups and members, mass meetings, information, and our relations with the world outside. The result has met with commendable success. All confusion has ended

*continued on page 7*

**Alanon Club**

CONTINUED FROM PAGE 6  
and each organization is operating with incomparably greater efficiency. Both units now are completely separate and independent of each other, save in one respect. Rent free, Intergroup maintains its private office in the club and holds the monthly mass meetings there.



However, in the belief that its central office can function better away from the club the Intergroup is presently seeking other quarters.

**BILL'S IDEAS**

We are including below excerpts from Founder Bill's article on Clubs in AA, now officially part of AA Tradition. We believe the Alanon operation in Newark is not inconsistent with Bill's present thinking. There is real separation of the material from the spiritual. The business of AA is not encroached upon. Newark is the center of a large urban area, but more than three years of successful operation has demonstrated that it is possible for this club to be a continuing help to alcoholics, in strict accordance with AA principles.

**COME IN; IT'S YOURS**

Alanon's doors are always open to AAs everywhere. We bid welcome to all. Guest may be had for the asking. Owner-membership is open to all AAs in good standing after thirty days in any group.

**Excerpts from CLUBS IN AA  
By BILL**

The club idea has become part of A.A. life. Scores of these hospitable havens can report years of useful service; new ones are being started monthly. Were a vote taken tomorrow on the desirability of clubs a sizeable majority of A.A.s would record a resounding "Yes." There would be thousands who would testify that they might have had a harder time staying sober in their first months of A.A. without clubs and that, in any case, they would always wish the easy contacts and warm friendships which clubs afford.

...Toward a middle ground, for sever-

al years now, we have been feeling our way. Despite alarms it is quite settled that A.A.s who need and want clubs ought to have them. Throughout the country most clubs have started like ours did. At first we regard them as central A.A. institutions. But later experience invariably brings a shift in their status, a shift much to be desired, we

now think.

This tangle slowly commenced to unravel, as we began to get the idea that clubs ought to be strictly the business of those individuals who especially want clubs, and who are willing to pay for them. We began to see that club management is a pure business proposition which ought to be separately incorporated under another name such, for example, as "Alanon"; that the "directors" of a club corporation ought to look after club business only; that an A.A. group, as such, should never get into active management of a business project. Hectic experience has since taught us that if an A.A. rotating committee tries to boss the club corporation or if the corporation tries to run the A.A. affairs of those groups who may meet at the club there is difficulty at once. The only way we have found to cure this is to separate the material from the spiritual.

Questions are often asked: "Who elects the business directors of a club?" And "Does club membership differ from A.A. membership?" As practices vary we don't quite know the answers yet. The most reasonable suggestions seem these: Any A.A. member ought to feel free to enjoy the ordinary privileges of any A.A. club whether he makes a regular voluntary contribution or not. If he contributes regularly he should, in addition be entitled to vote in the business meetings which elect the business directors of his club corporation. This would open all clubs to all A.A.s. But it would limit their business conduct to those interested enough to contribute regularly.

In this connection we might remind ourselves that in A.A. we have no fees or compulsory dues. But it ought to be added, of course, that since clubs are becoming separate and private ventures they can be run on other lines if their members insist.

Acceptance of large sums from any source to buy, build or finance clubs almost invariably leads to later headaches. Public solicitation is, of course, extremely dangerous. Complete self-support of clubs and everything else connected with A.A. is becoming our universal practice.

Club evolution is also telling us this: In none but small communities are clubs likely to remain the principal centers of A.A. activity. Originally starting as the main center of a city many a club moves to larger and larger quarters, thinking to retain the central meeting for its area within its own walls. Finally, however, circumstances defeat this purpose.

Circumstance number one is that the growing A.A. will burst the walls of any clubhouse. Sooner or later the principal or central meeting has to be moved into a large auditorium. The club can't hold it. This is a fact which ought to be soberly contemplated whenever we think of buying or building large clubhouses. A second circumstance seems sure to leave most clubs in an "off-center" position, especially in large cities. That is our strong tendency toward central or intergroup committee management of the common A.A. problems of metropolitan areas. Every area, sooner or later, realizes that such concerns as intergroup meetings, hospital arrangements, local public relations, a central office for interviews and information, are things in which every A.A. is interested, whether he has any use for clubs or not. These being strictly A.A. matters, a central or intergroup committee has to be elected and financed to look after them. The groups of an area will usual-

*continued on page 12*

**Area Treatment  
Facilities  
Committee**



Howdy folks! Time again for our newsletter submission. We covered all three days of sharing in Districts 8, 18, & 28 on May 14th. Lets try for 4 next time huh! Almost all the meetings at Turning Point's new facility

in Paterson are covered. Be sure to join us at our Annual Treatment/Special Needs/Remote Communities Workshop July 23rd. (See details above? below? to the right?) And don't forget, we meet the 2nd Wednesday of every month at 8:00pm at the area office in South Plainfield! C'mon down.

**Yours in service Brian F.,  
Treatment Chair**

**NORTHERN NEW JERSEY INTERGROUP & AREA 44**



**Treatment Facilities/  
Remote Communities Workshop  
Saturday, July 23rd, 2011  
9am - 1pm**

TOPICS WILL INCLUDE:

- **What AA Is and What It Is Not**
- **Remote Communities and Special Needs**
- **Our Delegate & Conference Treatment Results**
- **The "Bridging The Gap" Program**
- **Sharing With The Care-Givers**

*All AAs interested in carrying AA's message into Treatment Facilities as well as professionals from the facilities we serve.*

CONTINENTAL BREAKFAST AND A FREE LUNCH WILL BE PROVIDED  
2325 Plainfield Ave, South Plainfield - 2nd Floor Suite 2J  
For more information email: [tfc@nnjaa.org](mailto:tfc@nnjaa.org)



## Cooperation with the Professional Community

### CPC - Catch it!

Opportunities for service in AA are available in many shapes and forms. From making coffee at one's home group, chairing committees at the District and Area levels, becoming a General Service Representative (GSR), to even taking a Night Watch commitment with Intergroup. I must say, for me, my service work in the program has been ever rewarding. Meeting individuals from other parts of the state of New Jersey has certainly broadened my network of sober friends, but also I became intimately knowledgeable about the structure and organization of AA first-hand. I understand and proud to be a part of an organization run on its Traditions and Concepts to maintain a program to assist individuals who possess a desire to stop drinking.

My first encounter with the service structure in AA was as a GSR for my home group. At District meetings I learned of the various service entities designed for specific areas of need. At one of the district meetings it was announced that a CPC Chair was need-

ed. I thought to myself, CPC? What on earth, another acronym! It sounds contagious! I had never heard of the term, and when it was described as Cooperation with the Professional Community (CPC) - where AA is a resource to professionals who may encounter in their line of work, individuals who may benefit from the AA program, I found an immediate attraction; I felt it was my mission to carry the message of AA to the professionals in my community, to educate them on AA - a program that saved my life!

AA's foundation was grounded in cooperation with professionals (i.e., Dr. Silkworth, the clergyman who guided Bill W. to unite with Dr. Bob in Akron Ohio), however CPC's formal birth as a service entity was formed in 1970 as an outgrowth of the Public Information Committee (PI) where in some local communities, area and regions CPC is separate from PI, Treatment or Corrections Committees, yet in other locations/districts there is overlap. Specifically, members of CPC committees inform professionals - Judges, Doctors, Nurses, Social Workers, Police, Prosecutors, Teachers, Counselors, Members of Professional Groups, HR Representatives, Lawyers, Probation Officers Psychologists, Clergy and future professionals about AA - what we are,

what we can do, and what we cannot do. They establish better communication between AAs and professionals and find simple effective ways of cooperating without affiliation.

For example, one of the ways the District 35 CPC Committee carried the message was to conduct a direct mailing, essentially an introduction to the program with information, phone numbers and the [nnjaa.org](http://nnjaa.org) website, and other resource information to professionals who could potentially guide their clients to the program. Literature for Professionals is: *Understanding Anonymity* (P-47); *If You are a Professional* (P-46); *AA as a Resource for the Health Care Professional* (P-23); *Members of the Clergy Ask About AA* (P-25). Also, racks of AA literature were placed with professionals' offices and places where clients could learn of the program. A sampling of Literature for the People Professionals Serve is:

- *This is AA* (P-1)
- *Is A.A. for Me?* (P-36)
- *A Brief Guide to AA* (P-42)
- *Do you think you are Different?* (P-42)
- *Is There and Alcoholic in Your Life?* (P-30)

Additionally, at the Area level participation involves opportunities for speaking commitments where CPC takes dis-

plays and offers presentations about AA to professional organizations and groups. If anyone is in contact with any professional who would be interested in a presentation about the program, please have those professionals contact their area office - specifically our CPC Chair for Area 44 - Bob O. at [cpc@nnjaa.org](mailto:cpc@nnjaa.org). The CPC Committee at the Area is ever available to come to serve professionals in need of information or speakers! Anyone is welcome to help carry the message of hope, and if you are interested in attending meetings of the service entity type, I would certainly encourage you to join CPC. We meet every 3rd Tuesday night in the Area Office at 8pm. It has been an extraordinary experience for me to work with professionals, to learn about the AA organization, and broadened my network of sober friends which ultimately has given my sobriety more strength and additional purpose. I can say I am thrilled to be part of a committee whose purpose is to help alcoholics in indirect ways. God knows AAs work in more ways than one to carry a message of hope. I know more than one suffering alcoholic was shown a program that works through CPC!

***Yours in service, Christine M.,  
CPC Alternate Chair - Area 44***

## NIGHT WATCH

Over 14 years ago, I got honest for the first time with a therapist about my drinking. Well, not 100%, but enough that she felt compelled to suggest I go to AA. I went home thinking there must be another way. I got out the phonebook and in my defiance picked up the telephone and dialed the phone number for AA. I would prove her wrong. Rehearsing what I will ask as I dialed, someone answered my call and I took a deep breath. Somewhat hesitant, I said, "yeh, hi, Umm, how do you know if you're an alcoholic?" The person on the other line didn't miss a beat. They suggested I try to go to a meeting and asked what town I live in.

It was Thursday evening. I walked down the steps at an open speaker meeting, a couple of towns away from

where I lived. Dressed in my bartender's uniform, I tried to slither into the meeting, unnoticed. No such luck. I was greeted by a woman. It was suggested I sit down, relax and identify with the speakers. I've been a member

of AA ever since that Thursday night. It was rough in the beginning, but after that first meeting, I knew I belonged and just kept coming. I got a sponsor, a homegroup, got into the steps and became part of the fellowship.

Fast forward several years of recovery, my GSR brought a flyer to homegroup. I was looking for something to do in AA, something beyond the homegroup and District. The flyer caught my eye, "Nightwatch Needs Help." A committee was starting up and I thought I would go and check it out. A Wednesday night, in Union and closer to my home than Plainfield, this seemed possible. I became part of the Nightwatch committee and have been a part of Nightwatch since that first meeting.

I enjoy taking Nightwatch commitments. My family tells me that there is a level of excitement I exhibit when I take a Nightwatch commitment.

Answering the phone in my own home, being of service to others. With internet access to meetings throughout Northern NJ, a link ready to click on for Mapquest directions, another link open for Al-Anon meetings, I am ready to go. I remember one time after just moving into my home, I was painting the living

room and filling in for a Nightwatch commitment. While rolling Benjamin Moore Highland Breeze #786 on the walls, the phone rang and I answered, "Alcoholics Anonymous, can I help you?" The caller on the other end said, "Um, yeh, Hi. Can you tell me how you know if you're an alcoholic or not?" I grinned and without skipping a beat, I suggested he go to an open AA meeting and asked what town he lived near.

I've been to a lot of meetings over the years and I always hear people share about calling the 800 number or

the AA Hotline, as some refer to it. There is a special place in my heart I have for Nightwatch and all those people who participate in a group commitment. My participation is just my little way to give back what was so freely given to me. If your sobriety was affected by someone at Nightwatch, won't you consider giving back just a little? Contact us at [nightwatch@nnjaa.org](mailto:nightwatch@nnjaa.org) and find out how you or your group can get involved.

***Maureen R., Tuesday Night  
Kinnelon Big Book***



## Public Information Committee

### Greetings from Area 44's Public Information Committee!

We have been extremely busy since the beginning of the year. Working with our new Chair, Jay S., we have created some new 2011 committee goals which include; more commitments in schools, bringing AA into Intoxicated Driver's Resource Centers on a regular basis, and spreading the word about our "Sponsor a Rack" program in dark dis-

tricts. As a committee we are also composing a new "Willing to Speak" list, to get more AA's involved in our service, who would be willing to tag along on open commitments. (If you are interested please email your contact information to Jay S. at [PI@NNJAA.org](mailto:PI@NNJAA.org)).

Our committee has grown and we have a lot of new faces to help spread the word of this vital 12 step committee with a ton of fresh ideas. Please join us on September 13th, 7:30pm at the Area Office for our annual Public Information Party to learn more, pizza will be served! We look forward to filling the Area in on our new endeavors next quarter.

***In Love and Service, Alyssa C.,  
Public Information Alternate Chair***



## The Story of One Big Book

This book was printed at World Service Inc. in New York, than it was packed and made part of a shipment made by the Area 44 Literature Committee. The area has books for sale at the office, as well as all of the assemblies, mini-conferences, post-conferences and yearly convention in September. Also, they sell books at Intergroup on the 1st Monday of each month and at the Area office on the 3rd Monday of each month from 6:30 to 7:30 p.m., before the Literature Committee Meeting.

This is where our story begins. Susie B, a newly elected District Literature Representative, was attending her first Area Literature Committee Meeting where she bought 5 Big Books, 5 Living Sober Books, 5 Daily Reflections Books and some other books to have for sale

at her District Meetings. Johnny C, who is in his second year as his group's GSR, was at the District Meeting where he bought 2 Big Books and 2 Daily Reflections from Susie B so he could give them to Cindy K (who is just cute as a button) and serves as the groups Literature Representative at the Home Group.

Hank D., who has been around for quite a while, bought one of those Big Books from Cindy K (who is just as cute as a button) to give to Freddy T, a newcomer he met at the beginners meeting. You should have seen Freddy at that meeting, he was shaking and scared, but good old Hank grabbed him

after the meeting and they started to talk. Hank became Freddy's sponsor and they went through that book together, and Freddy wasn't shaking or scared anymore. As a matter of fact Freddy was growing by leaps and bounds. He decided to go back to college and get his degree. Freddy got himself a CD version of the Big Book to put on his computer to have with him at school. He left his Big Book that Hank gave him at home. Well it was his junior year now and he was doing well. Back home his mother was cleaning some old stuff from his room and came across his Big Book from Hank. She remembered how much her Freddy started to grow after he started reading that book with Hank, a real Godsend. She took the book downstairs and put it on the coffee table in the living room.

Sometime later Freddy's mom was talking to one of her neighborhood friends and was amazed to hear about her friends' daughter who just seemed like nothing was going right for her. She lost her job because she was late for work all the time. She lost her license for a DWI, her daughter said she

### The AA Window Shades:

**"The only shades you pull down to let the light in."** Michael T., Intergroup Treatment Cochair

only had one or two just like always, but the cop didn't believe her. Freddy's mom told her about Freddy and how he got better after going to meetings, getting a sponsor and reading the book with him. Then, of course, she gave Freddy's book to her friend to give to her daughter. When her daughter, Terry, saw the book she told her mother, "I've been to a couple of those meetings when I got my DWI, those people are crazy! I'm not one of them!" Her mother gave her the book anyway.

Well things weren't getting any better for Terry. Having a few, usually one or two too many everyday now, she was laying in bed feeling sorry for herself

knowledge of the traditions and concepts? If yes, how so? How has AA service given you skills that you can practice in all your affairs? What has been your favorite service commitment and why?

These are just a few questions to get you started on relating your experiences with service work and its benefits to your sobriety.

As usual you can fill out our paper questionnaire at the June Assembly or you can fill out our survey on the web site at [www.nnjaa.org](http://www.nnjaa.org), or you can submit an article on the topic. Responses will be printed in our Fall Issue due to be published September 11th.

**Thank you for your service, John E., This Day Chair**

again, when for some reason she thought about that book, the one her mother got from Freddy's mom. She went over to the shelf and took the book down and after reading it for awhile she said to her, "Maybe what it says in this book is true, maybe I should give those people another chance."

Well, Terry has been sober for almost a year now and her sponsor told her "It's time to start giving back what was so freely given to you." Terry took a commitment at the local treatment facility to bring a meeting in once a week. It was after one of those meeting that Jimmy an older guy, maybe in his early forties, and not in treatment for the first time asked, "Where do I get one of those Books you talk about every week?" Terry started to tell him how to get one, but stopped and said "Here have mine, I'll get another one." Jimmy

said, "Really" and looked at her like she just gave him a million dollars.

Jimmy got out of that treatment facility after awhile and started going to meetings bringing the book with him. Jimmy met Brain at his first meeting and they started thru the book together.

This story could go on and on because we just don't know how many lives one Big Book can change. We do know that every book we sell changes two lives. The life of the person who was there to sell it and the life of the person who was there to buy it.

We, the members of the Area 44 Literature Committee, would like to thank all of you for helping us stay sober one Big Book at a time. We'll see you at an AA event this summer, either at a day of sharing or at one of our regular sales dates.

**Yours in service, Bobby B., Area Literature Chair**



The first time I went to the area corrections meeting in South Plainfield was January 2009. I was excited to be part of a committee that was new to me. I had been a part of the PI Committee for a few years but was looking to be the new guy again. Sit in the back and take it slowly. I left the meeting as the alternate corrections chair for area 44. I was not sure if I was qualified for the job. I had thoughts like am I sober long enough, I don't know all the concepts, I don't even know when the next meeting is. I just got elected District Corrections Chair, now I'm Alternate Area Chair. On the drive home I debated calling my sponsor to tell him the good news? I shared with him my fears and concerns as he listened intently. He congratulated me and told me "Of course I was

qualified" He explained to me that there is no advanced AA and we are all equal. These commitments are filled by regular AA members like me who have a desire to serve. I did not have to know everything. I would learn more about our principles and gain understanding over time.

I have grown from these experiences and gained much insight because I participated that first meeting. I am continually encouraged by other AA member's involvement on the corrections committee. We are all at different stages of sobriety but have one goal, to give back to the still sick and suffering alcoholic and carry the message. At our meetings gratitude is contagious when members share about local commitments. I am grateful to be a part of AA and the corrections committee. Our doors are open to any member willing to give back what was freely given to them.

**Kevin T., Area Corrections Chair**



Greetings from your newsletter committee. We would like to take this opportunity to thank all who responded to our "Young People in AA" survey. The results are shown in this newsletter.

Now we would like to tell you our survey topic for the Fall Issue will be "Service and Your Sobriety."

What was your first service commitment, within your home group and outside the home group? How were you introduced to service and how does service work enhance your sobriety? Has service work expanded your

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

Annandale Thursday Night	North Jersey Referral Group
A Vision For You	Piscataway Friday Night Mens
Bayonne Midtown Group	Serenity Porch Group
Belleville Thursday Night	Somerset Hills Group
Cranford Tuesday Night	Ramapo Recovery Group
District 13	Rumson, St Georges by the River
Districts 20 and 39	The Living Sober Groupussion
E. Brunswick Give & Take Disc	The Rocky Hill Group
Friends of Bill	The 3 Legacies Group
Haledon On a Different Footing	Three Bridges Miracles Meeting
Hawthorne St Anthonys Monday Night	Tuesday Good Morning Serenity
Holmdel Lifeline Group	Union Hill Drop in Center
Jersey City Friday Night by Candlelight	Verona Hill Street Blues
Netcong Monday Big Book	Vernon Monday Night
Netcong Turning Point Group	Verona Monday 12:15
New Brunswick Friday Night	Waldwick Bagel Bash
New Horizons	Woodbridge Time Takes Time 12:15
North Brunswick Step Up to Sobriety	Woodbridge Tuesday Beginners

**Please excuse me if I have left anyone out. Thank you to all who participate.**

## A Message from your Area Treasurer



### Action to Carry AA's Message - 12th Step Committee Work"

Hello to all from your Area Treasurer! I hope everyone has been enjoying a wonderful sober Spring Time! I love this time of year and am having a blast. It has only been four months and eight days since taking on the honor of being your trusted servant, and the piles of paperwork are almost organized! The best part, so far, has been getting out and meeting so many of you at the Delegate's Pre-Conference Reports. Our fellowship here in Area 44 is really great!

The treasurer's role in our 7th Tradition has really been taking hold in watching the steady stream of contributions coming from all the groups, districts and individuals. Thank all of you for your support! I have the extra special gift of seeing how those contributions go into doing our 12th step work. The committees are all in full swing carrying our message of hope to the still sick and suffering alcoholic all over North New Jersey and beyond! Literature is going into prisons and treatment centers and is getting into the hands of those who live in our area and those who do not. How cool is that? The other committees are reaching out the hand of A.A. to professionals in education, legal, medical and

spiritual positions, explaining what Alcoholics Anonymous does and does not do. Too many people do not even know AA exists and others think we are a cult. So please keep those contributions coming. We have a lot of work to do while being happy, joyous and free in the process!

Bill W. wrote in "AA Comes of Age" the following story that sums up our Third Legacy of Service perfectly: "Let's begin with my own sponsor, Ebby. When Ebby heard how serious my drinking was, he resolved to visit me. He was in New York; I was in Brooklyn. His resolve was not enough; he had to take action and spend money. He called me on the phone and then got into the subway; total cost, ten cents. At the level of the telephone booth and subway turnstile, spirituality and money began to mix. One without the other would have amounted to nothing at all. Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money."

Wow, I get blown away every time I read that! There is so much I have learned in my few years in service I want to share it with everyone! So taking the example of Ebby's resolve, we are planning to hold a 7th Tradition Breakfast this fall. Keep your eyes open for the details as they become available. If you feel the way I do, ask your group or district to invite us out to your meeting. We would be honored to come and share some of our precious experience - especially to newcomers!

**In A.A. Love and Service, Chuck F.,  
Area 44 Treasurer**



**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 or AA as a whole. We welcome your comments, opinions or viewpoints on anything found in this newsletter.

— The Editor

## Hidden Treasure

As I write I am aware of, and understand the importance of, the process taking place at our General Service Conference in NY on this first week in May. I have been a member of AA since 1979 but it's only been a few years now that I have been interested in service. Through service I

feel like I have discovered a Hidden Treasure.

I had no idea what a remarkable service structure we have in AA and what a joy it is to get involved in. I am grateful to be a small, but important, part of it. In the past year I have been blessed with the desire, and opportunity, to visit our GSO office in NY, attend our International Convention in Texas, the Area 44 Convention, NERAASA and many other AA service events. Along with other AA friends we have enjoyed every one immensely. I guess "the teacher will appear when the student is ready". I'm glad the teacher is patient.

I share this enthusiasm for service with my sponsor, service sponsor and sponsees, who also have the same desire to serve. I think often about this year's General Service Theme, "We are Responsible for AA's Future Let it Begin With Us" and realize I am one of us." It was a joyful duty to participate in the important events that molded our Area's Conscience on this year's agenda items.

For me it was our Big Book that started the process that saved my life. It enabled me to find a power greater than myself to solve my problem with Alcohol. After 30 years our first tradition has really sunk in. I finally realize that my personal recovery actually depends totally upon AA unity. As an AA member I feel it's my duty to help preserve and strengthen that Unity. That is why service is so vitally important. Through service we can help our fellowship bring about good decisions that will shape AA's future so it will be there for others like it was for us. In Area 44 we are fortunate to have many AA's who are very dedicated to our service structure. I feel fortunate to have the time, energy and desire to help, in any way I can, to help keep our Fellowship strong and healthy presently and in the future. Thank you AA for the opportunity to serve. That opportunity gives my life a real purpose and for that I am truly grateful. I hope that others will find, as I did, this hidden treasure that is service work.

**Anonymous**

### RUS SERVICE CORPORATION T/A NNJGS AREA 44 2011 YEAR TO DATE COMPARISON REPORT - 2010 AND 2011 FOR PERIOD ENDED JANUARY 31st

Checking Account <sup>(A)</sup>	2010 - Jan	2011 - Jan
Balance as of the 1st of the Month	\$25,810	\$18,796
Group and Individual Contributions	7,814	7,106
Total Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	11,330	7,411
Total Expenses (Standing & Other Committees, Lit. & GV Purchases, etc.)	(11,631)	(12,194)
Transfer (To) / From the Money Market Account	0	(574)
Balance as of the 31st of the Month	33,323	20,545

Prior 12 Months Avg Monthly Total Expenses Times Two.  
Finance Guidelines state the checking account balance should not exceed this amount

Account Balance Over / (Under) Guideline	27,669	30,541
	\$5,654	(\$9,996)

#### Money Market Account<sup>(A)</sup>

Balance as of the 1st of the Month	\$42,950	\$42,993
Interest Received	3	4
Transfer (To) / From the Checking Account	0	574
Balance as of the 31st of the Month	\$42,953	\$43,571

Prudent Reserve (50% of the prior 12 months Operating Expenses)	\$46,973	\$45,405
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#### FOOTNOTES

- (A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.
- (B) Included are budgeted expenses of \$5,644 for the one month ended January 31, 2011, compared to a full year expense budget of \$113,045. Other includes non-budgeted payments of \$7,124 for Literature & Grapevine inventory purchases, Mid-Winter Luncheon and other items.
- (C) January 31, 2011 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.
- (D) January 31, 2011 amount includes Designated Funds of \$562 of Jailbox Contributions. January 31, 2010 amount includes Designated Funds of \$2,882 of Jailbox Contribution and \$5,155 for the 2010 International Hospitality Suite.

#### Summary of Official Approvals/Reviews

Individual/Group	Action	Completed Through
Treasurer	Approved	Jan., 2011
Alternate Treasurer	Approved	Jan., 2011
Finance Committee	Approved	Jan., 2011
Officers	Reviewed	Jan., 2011
Area Committee Members	Approved	Jan., 2011
Area Assembly	Approved	Nov., 2010

## Thank You God...

For opening my eyes and my life to another day. Let it be thy will through this day because it is your will that cares for me. This day I am entirely ready that God removes these character defects that I have humbly asked to have removed. Yes, my God, I am still working on that list of persons I have harmed and I have become willing to make amends to them all wherever possible and I continue to take inventory day by day, when wronged promptly admit it, pray and meditate to improve, this day and every day, a conscious contact with knowledge of His will for me not my will for myself.

As THE result of these steps I will carry the message to a newcomer and practice and live these steps in all my affairs.

**Yours in service, Paul S., More  
Will Be Revealed, Elizabeth**

## — Reflections On NERAASA 2011 in Tarrytown, NY February 25-27 —

### Young People's Round-table Recap

The last weekend in February I attended this year's Northeast Regional Alcoholics Anonymous Service Assembly in Tarrytown, New York. This was my first NERAASA and it could only be described as one large Area Committee Meeting that lasted 3 days instead of 3 hours; a dream for any service junkie! Friday evening and Saturday afternoon I participated in the Young People's round-table discussions which had about 15-20 in attendance the first session and 20-25 the second. Our moderator was Mr. Jim D., Past "Young People's" Delegate. Below is the recap of the roundtables that was then provided to the NERAASA body on Sunday morning's roundup session.

#### **Understanding your first YPAA Event/Business Meeting:**

- Is there an intense energy said during introductions?
- Are newcomers, Old Timers and all that is in between embraced with an open mind?
- Adaption of traditional YPAA ice-breakers that are a way to meet new people (i.e. fuzzy chains, number match, stickers, etc)
- Are there committee member presentations of Traditions and Concepts at each business meeting?

#### **What is the connection between your**

#### **state's YPAA committee and your Area?**

- Are YPAA's a good start to getting more young people involved in general service?
- The YPAA movement has grown significantly over the years
- A balance between General Service and YPAA service is the ultimate goal
- A YPAA chair in each district vs. General Service liaison to each Area. If a YPAA committee exists in the area, what role does it play with bridging the gap? The person(s) in this role should be responsible for receiving direction from a greater body, showing that Young People's Committee's are part of AA, and to be the overall voice of that community to the Area
- The more participation from young people, the easier we can bridge the gap between the two entities. A way to do this is by looking to those with wisdom; talk to the oldtimers, work with a service sponsor, reach out to those who have come before us.

#### **YPAA Events**

- Using scholarships to pay a way for someone who can't afford to attend
- Leniency of "Suggested Donation" – never turn anyone away
- If someone would like to attend an event and knows in advance they cannot pay, make it known to call the events chair to arrange prior to event
- Committee's should remember that all events are optional; no one is being

denied AA.

- Each group is autonomous
- Consultation of the Traditions in all matters is key. Holding Big Book, Tradition and Concept Studies, Spirituality Breakfast's, etc are great ways to expand attendee outreach in local areas
- Other event ideas; dances, roller skating, tricky trays, game nights, picnics. The more variety in events, the more people you will reach
- CREATE THE FELLOWSHIP THAT YOU CRAVE

#### **YPAA's Across the Country**

- Outreach is key to reach the newcomer; outreach chairs should be in constant contact with one another, flyers and events to be announced at as many meetings, in as many areas as possible
- Idea of joint events between geographically close YPAA's
- Ultimate goal is create the awareness and understanding that Young People's AA is AA. We do respect and follow the steps, traditions and concepts just as any other AA service group does.
- It is our responsibility to take on as many young people's commitment's as possible so that young newcomers know they are not alone
- Delaware has a concern in the lack of young people; they come in and out. Looking to start a young people's meeting to address this problem

#### **Hosting a YPAA Convention or Conference:**

- Audience participation in the reading of the Steps and How it Works in a Big Meeting (pros vs cons)
- YPAA's tend to have panel or speaker topics that are slightly controversial
- Importance of "Serenity Keepers" (aka committee appointed security). Rowdy attendees, possible un-sober behavior, loud noise and late nights are the risks you take when holding the event. Ultimately the risks do not out way the benefits for the newcomer.
- Check event guidelines on [aa.org](http://aa.org).
- Many cities have certain time limitations (i.e. 30, 60, 90 days apart) for large events
- Keep open and honest communication with the hotel and staff of event location

#### **General YPAA Thoughts to Ponder**

- Is marking a Young People's group in the meeting book a good idea? It may be comforting for people looking for that type of fellowship, but will other AA members feel excluded?
- Are there too many YPAA's hosting conventions/events which then interferes with General service conference work?
- There is a need for a Spanish YPAA video, or submission to add to the current DVD.

#### **In Love and Service, Alyssa C., Garden State Young People**

### My NERAASA Experience

My husband and I were so inspired by the International Convention in San Antonio last summer that we decided then that we would attend NERAASA in 2011. The week the flyers came out for NERAASA we made our reservations and booked our room in Tarrytown and spent the next few months looking forward to the winter weekend when we could use a break and do something to give us a lift during the dreary winter season.

We bickered back and forth on which way to travel out of the city on Friday afternoon and made the fatal mistake of taking the George Washington Bridge. After a few hours dealing with city traffic we finally arrived at our destination for the weekend and were happy to park the car out of sight and park ourselves and our bags in our room and to settle in for a few days.

There was an atmosphere of excitement as soon as we got to the hotel and conference center. The welcoming committee was there eager to be of service and as we made our way around the lobby we were to be greeted by happy smiling faces of alcoholics who love AA.

Down the hall and around the corner tables of literature were set up and manned by still more happy AAs. The hospitality room was a sight to behold! Coffee, tea, water, beverages, fresh fruit, trail mix, chips and cookies and cakes and you name it, they had it. The land of AA in plentiful and bountiful.

The opening meeting Friday night set the tone for the conference, the theme being "We Are Responsible for the Future of AA - Let it Begin With Us" It was awesome to see so many AAs up close and personal loving and serving AA with all their hearts and souls. Sometimes I don't realize that I am even serving AA in the work that I may do because I don't feel it as work. I think of it as part of my recover. So much has been given to me over the years of my sobriety that any little thing I can do to help with the mission we have is fine with me.

This year at our Area Convention I got to walk with the Old Timers for the first time in my journey in AA. I remember when I was young in sobriety thinking to myself that one day I am going to be up there on that stage with them. I made it! I didn't drink and I didn't die and I got to experience that humbling march to the sounds of thunderous

claps and shouts of congratulations! I also began to feel in my heart the gravity of this disease and the responsibility that I have to not only work with others but to preserve the legacy of AA by knowing and practicing the Traditions, by having a service job, and by encouraging others to work the program as written in the Big Book. I do this by example.

When I hear people struggling with the program I know the answer is to get involved. There is so much to do to carry the message of recovery and only we can carry that message, one alcoholic to another.

The breakout sessions we attended at NERAASA were very exciting. We learned what other people are doing in their areas and listened to problems some areas were having with getting people to do the work or money issues in these bad economic times. I was very impressed with the level of love and commitment that was brought to the assembly. It was very humbling to be in the company of such fine people.

To think that on November 21, 1984 I was a hopeless, helpless drunk lying in the gutter and then on November 22, 1984, only a day later, I was rescued by a stranger in AA who took their service

commitment seriously and answered the AA hotline that they were manning for that shift. I was told to wait where I was until he made a few phone calls. I waited in that phone booth (so many years ago) and in a few minutes someone called me back and told me they would pick me up in 2 hours and take me to a meeting. And they did and so I started my journey trudging this road of destiny with my fellow AAs.

In those 2 hours I experienced God's hand in my life. I had a glimmer of hope that maybe I could beat this thing that was killing me. The obsession to drink was lifted from me immediately. I was saved that day. AA was there then and is there now for me. It is my responsibility to make sure it is there for other alcoholics who are lost in the sea of alcohol. I left that hotel in Tarrytown, NY with my husband on Sunday knowing that the future of AA is secure, feeling confident that those who love the program will continue to do the work and to safeguard the future of AA. I felt a renewed commitment to carry on the AA tradition.

**Sincerely yours in service and fellowship, Denise G., East Brunswick Give and Take Discussion Group**

Our Summer Issue survey topic was "Young People in AA." The response was very enthusiastic and we thank you for that. Let's get to your responses.

### How old were you when you first came to AA and what circumstances brought you to AA at such a young age?

Respondents to the first question ranged from 14 to 31 years of age with the average being just under 21 years of age. They all seemed to fall into 3 categories: 1) Hospitals (Rehabs) 18%; 2) Institutions (jails, courts/DWIs, School discipline) 38%; and 3) Just sick and tired (hit bottom) 44%. I also noticed that the first online response came from out of state. **Matt K., The Complete Abandon Group, Danbury, CT.** wrote "I attended my first AA meeting at the age of 17 as recommended by several helping professionals." (*A plug for CPC.*) **Erik R., from There Is A Solution BB Wed. Montclair** wrote "I came in at 18 years old after my first DWI. A friend told me if I was already going to AA the judge wouldn't make me go. I didn't want to be ordered to go." **Dan B., from Sobriety and Beyond in Flemington** wrote "My life was ok on the outside but very painful on the inside. My life was unmanageable even without ever being arrested, losing a job, or family." **Bill N., from Bridgewater New Vision** wrote "At 20 years old I was court-ordered for my 3rd DWI." (*Never had a legal drink.*)

### As a young person, new to AA, were you welcomed? Did you feel comfortable at your first AA meeting?

Of the respondents 57% felt comfortable and 43% were uncomfortable at their first AA meeting for the following reasons. **Sarah O. from Beginner's Break, Jersey City** said, "I was welcomed and tried to be as comfortable as I could. I felt like I SHOULD feel comfortable here, but I really wasn't." **Nathaniel P. of Sobriety Speaking and Young Persons at Ridgefield Park** said, "I was welcomed but I did not feel so comfortable. I started at a meeting in a bomb shelter in Northern Israel. Except for the person who brought me the next youngest person was nearly twice my age. I did not feel at home to say the least." **Anthony P. from Five Corners in Jersey City** said, "I was welcomed at outside meetings but did not want to be there other than to get papers signed. My first meeting was at a detox where a treatment commitment brought in a meeting." **Denise G. from East Brunswick Monday Night Group** said, "I was very welcomed and very comfortable. I felt like I found what I had been seeking my whole life." **Frank G.** said, "I remember feeling strange at my first meeting at age 17. I

didn't want to be there.

When I returned, at 19, I wanted to be there and I felt a strong kinship with everyone in the rooms. **Brandon D. from Sober Sunday in Westfield** said, "I was welcomed which was uncomfortable for me because I wasn't used to people being so happy to see me." **Darren P. from the Ho Ho Kus Group** said "I didn't feel comfortable. I felt most AAs were older and I didn't belong based on outward appearances rather than inner feelings."

### How were you greeted by the old-timers?

"Old-timers told me 'It's so great that you're getting this so young.' But, of course, I did not think it was great at the time," said **Matt K. Sarah O.** said "All the women were friendly and gave me lots of numbers in a copy of the 3rd Edition which I still have. They also warned me about the men which scared me off a bit, but the truth is, I wasn't ready yet." **Stosh G. of the Sea Girt Thursday Night Group** said, "I was greeted with nothing but encouragement and kind words. If it weren't for the compassionate old-timers at the Jersey Shore, I don't know if I'd be sober today." **Bill N.** said, "I was adopted by the old-timers." **Frank G.** commented, "I got along fabulously with old-timers. I went to 2-5 Noon meetings a week during my first year and a half of recovery. I learned a lot from them, and they were very excited to see me each week." **Steve C.** answered, "Yes and no. Most old-timers welcomed me with open arms. But I had a few who said all the typical crap (I spilled more than you drank, you didn't suffer enough etc)." "They were all old-timers. I was 18 years old," commented **Erik R. Justin G. of Steps By The Book Group** continued, "Old-timers contributed greatly to my sobriety. They are the ones that took me under their wings and showed me how to live sober one day at a time through God's Grace." **Matt Z. of the Working With Others Group in Netcong** wrote, "I was told 'Welcome to AA, good to see you here. You're lucky you're here and have a chance so young.'"

### How important was it to your sobriety that you find AAs your age? Why or why not?

**Allison S. from the Tuesday Night Woman's Meeting in South Plainfield** wrote, "In the beginning it wasn't important to me at all. Now that I have been in the program almost 9 months I want to develop the long lasting friendships that I hear so many talk about. I feel like I can only do that with people that are around my age. People who have things in

## Young People In AA

common with me

(specifically young children). I want to be able to develop relationships outside of AA with people who enjoy doing things that I enjoy doing." **Sarah O.** commented, "It was extremely important for me to meet young AA members at the time. When I first came in I didn't know any sober young people and I felt like I was too young and that there were a lot of fun times I'd be missing out on if I gave up drinking at 16. I wonder if I had met some young people who drank like me and had gotten sober and were happy, I might have stayed a little longer." **Nathaniel P.** pointed out, "Even though emotionally I could connect with many people in the rooms it was hard to identify with people who had multiple divorces, lost fortunes, had kids my age, and lost multiple jobs. I simply had not done all that yet. Fellowship-wise finding people my age would let me act my age. Some-times I wanted to do stuff kids my age did. I didn't want to act like a 50-year old because all of my friends were 50." "It was very important to me," said **Nikki C., from the Bloomfield Reality Group.** "I needed a social life with people my age to replace the drinking I did on the weekends." **Stosh G.** said, "In the beginning it was very important because it allowed me to realize that I wasn't unique. Today, I try to relate to all alcoholics regardless of age." **Bob S. from the Sunday Morning Big Book** said, "Age was unimportant. I was ready." **Brittany K. from the Mount Fern Group in Randolph** said, "It was a crucial part of my sobriety to find AA my age because I felt like I was the only young person at the beginning, however, it was also important for me to keep more old-timers in my network than young people." **Mark D. from Wanque** thought, "It wasn't very important at all because I was able to identify with real alcoholics from the start." **Bill N.** said, "It was important to have a few friends near my age that were serious about sobriety. It was even more important to have healthy role models that were sober for many years. In 1985 there were not many AAs my age. The AAs my age were fun-loving on the outside. I was focused on not being miserable on the inside and on not going back to the life I was living before AA." **Denise G.** said, "It was important that I find people my age and I did find them, I attended many sober dances and other functions early on in my sobriety." **Frank G.** wrote, "When I was 19 I was really interested in finding other young people. At 21, I went to Rutgers in New Brunswick and met a lot of other young people. It gave me a strong social network. That said, I still went to a lot more meetings with old-timers, as I learned more from them than from

other young people." **Steve C.** said, "At 60 days sober I met a friend with whom I used to run the streets who was in AA for about 9 months. He saved my life." **Erik R.** said, "When I came back at 25 years old I found it most helpful to be around people my age who talked about God in their lives." **Justin G.** commented, "It was very important that I found young people in AA having fun. More importantly I also needed to see that it was possible for a young individual to live happy, joyous, and free." **Darren P.** said "It was just more comfortable to be around people my age." **Rich "Hamburger" G. from the Oaks East Group** said, "The old-timers taught me how to live sober but I experienced life sober with other 'young AAs.' I believe the fun that I had with other young AAs kept me coming." **An anonymous AA** said, "I didn't think I belonged in AA. I thought I couldn't possibly be an alcoholic even though I had lost control and my life was unmanageable. When I saw other young faces I started to relate better and I knew I belonged." **Ernie P. from the Working With Others Group in Netcong** wrote, "I enjoy running around with the younger crowd to fulfill AA commitments but the old-timers are who I follow closely because they live the life I am hopeful to lead one day." **Larry B. from the Ridgewood Wednesday Night Promises Group** said, "It was not very important to find AAs my age. I felt we all had the same problem. Age really didn't matter." **Eric V. from the Manville Into Action Group** agreed with Larry. He wrote, "Age of others did not matter, I was willing to listen to anyone who could stop the pain of my small life."

### Have you heard about Garden State Young People, (GSYP), if so how?

78% of our respondents have heard of GSYP and 22% have never heard of or know nothing about GSYP. To be fair 3 respondents were from out of state. Those who have heard of GSYP heard about it in their daily meeting announcements, at a district day of sharing, area assemblies, an area committee meeting, GSYP Committee members, and from fellow young AAs. **Bob S.** heard about GSYP "while attending an ICPYAA in Florida." **Denise G.** said, "I came into AA when GSYP was new and just being established." **Allison S.** said "When I hear young people I wonder what age range that incorporates, and if that means me or if I would feel out of place. I have a husband and a young daughter. When I think of young people it insinuates early twenties to me." **Stosh G.** said, "I'm currently on the committee. I met John D., (*the GSYP Chairperson at the time*), at ICPYAA in Los Angeles in 2006. He



## Young People In AA

CONTINUED FROM PAGE 8

talked to me about GSYF for 3 hours." **Phil B.** said, "I was fortunate to get in on the ground floor of GSYF. It was one of the most important parts of my sobriety back then." **Justin G.** said, "I originally got sober in Southern Florida and when I came back to NJ I found one of GSYF's dance flyers and decided to call the number on it. I got to do service at that dance and have been involved ever since." **Rich "Hamburger" G.** said, "I am the best outreach chair the committee has ever seen. I was introduced to GSYF by committee members." **An Anonymous AA** said, "There was a table outside the dance at the 2009 Area 44 Convention. It had information on their upcoming conference. I was interested to see young people involved."

### Have you been involved in a young people's service committee? If so, how has it impacted your sobriety?

**Matt K.** said, "I served on the New England Conference of Young People in Alcoholics Anonymous host committee in Waterbury, CT (NECYPAA XIX). When I first came to AA as a senior in high school, I attended NECYPAA in my first thirty days. It was nice to give back what has been so freely given to me. Additionally, it helped me get more involved in General Service." **Stosh G.** wrote, "I was privileged to serve as the Treasurer for the 52nd ICYPAA, which was in Times Square last Summer. It was a lot of work, but I wouldn't trade the experience for a million dollars. After 14 months of committee meetings, I realized that I walked away with some lifelong friendships." **Brittany K.** writes, "I was involved with GSYF for a short while and it really kept me connected. Currently I am trying to get back into it." **Meghan H. from the Dover Womens Meeting** wrote, "I am involved in GSYF currently. It has greatly enhanced my sobriety and expanded my fellowship. It has also taught the importance of service in general." **Justin G.** writes, "I am involved and my involvement has greatly impacted my sobriety by putting me in the middle of AA service and around young sober individuals who are passionate about the recovery process." **Rich "Hamburger" G.** writes, "It has allowed me to build unbelievable relationships and has given me the privilege to be of service to other "young AAs" (anyone who has growing to do)." **An anonymous AA** wrote, "I am involved with young people's service committees. It has expanded what I learned at my homegroup which is to be accountable and to try to reach the alcoholic who still suffers." **Eric V. from the Manville Into Action Group** writes, "No I have not been involved in a young

people's service committee but I would be open to serve."

### Have you attended any International Conferences of Young People, (ICYP AAs)? What were your impressions?

**Sarab O.** writes, "I attended the ICYPAA in NYC this past year. The big meeting was wonderful, and the speaker had a really interesting story that left a lasting impression on me. The dance afterward had some great DJs and was actually a lot of fun! You know you're at a sober dance when everyone's breath smells like Redbull instead of beer! I met some really nice girls my age and even younger, and the energy was really great. It made me want to attend future ICYPAA's in other cities as well."

**Nathaniel P.** writes, "Yes, this year and it was absolutely amazing and lots of fun. I think the conference highlighted on a macro scale the idea that actually people don't have to all be young. That there is this young vibe and energy flowing around that lights everything up." **Stosh G.** writes, "Yes, and unless you've been to one, it's almost impossible to understand the excitement, camaraderie, and enthusiasm for carrying the message that exists at most conferences." **Brittany K.** writes, "I attended ICYPAA and NECYPAA which were absolutely incredible. Those conferences are what keep my spiritually connected. It is an indescribable experience that I'm so extremely grateful for."

**Meghan H.** says, "I've been to many Young People's events. They are very spiritually powerful." **Jesse L.** replied, "I have been to many ICYPAA's. I went to the one last year in NYC and the one in Jersey in April. I was really shocked to see so many young people staying sober and having a good time." **Justin G.** said, "I attended the 52nd ICYPAA in NYC and my impression was that AA is definitely for all those who suffer from Alcoholism and I felt my attendance was by attraction rather than promotion." **Rich "Hamburger" G.** said, "I've been to NECYPAA in 2010 and 2011 and GSYF events. I was completely blown away by my first International Conference of Young People. I love the energy, fellowship and dances." **Anonymous** commented, "I attended 2009 and 2010. I got to see what young sober alcoholics are capable of putting together."

### Have you ever attended any GSYF events? If so, what events? What events would you like to see GSYF organize?

Among the events suggested were: Speaker Fest, Casino Night, Bingo, Car Wash, Pancake Breakfast, Spaghetti Dinners, beach escapes for the day, bonfires, sober picnics, the paintball again, a greater presence at District Days of Sharing, Rafting and dances – We love them!

The This Day Committee

The following is an address by our delegate Wayne R. presented at the Northeast Regional Forum in Sturbridge, MA

## Delivering the Message With the Help of Technology

In May of 1935, an alcoholic dropped his last nickel in the pay phone of the Mayflower Hotel in Akron, Ohio. That call ultimately connected that man with a fellow alcoholic and set forth a series of events that led to the birth of our Fellowship, Alcoholics Anonymous. Those two men of course were our cofounders, Bill W. and Dr. Bob. That little bit of technology back then, the simple telephone, was the tool that brought about the recovery of millions of alcoholics from a truly hopeless state of mind and body. In its simplest form, that is all that technology really is; it is a tool. A means to accomplish a task better, faster, and cheaper than other methods. It can often be used as a means to connect one alcoholic with another in an effort to carry the message to the still suffering.

For over 75 years A.A. has used technology to help carry the message. Be it the telephone, radio, television or publishing, increasingly advanced technologies has allowed us to reach out within and between our communities. Perhaps the most significant evolution in technology in the past few decades has been with wireless communications and the internet.

Wireless phones now allow us to reach out, and to be reached, almost anywhere we travel. AA answering services can now contact members with a 12th-Step opportunity within seconds, and those members can arrange for a personal visit within minutes. Reaching a person at their moment of greatest willingness give us a better opportunity to effectively carry the solution to the fellow alcoholic.

However the internet has issued in a whole new era in communication. Now a single message can be transmitted to dozens, or even hundreds of people simultaneously. The use of e-mail to send messages is helping our members, districts, areas and Intergroup/Central Offices help to make good 12th-Step work possible. It also allows individual A.A. members keep in touch even between meetings and during travel and vacations. Local and national web sites have also given us the opportunity to reach out to those in need and bring them into contact with us, anytime, and from anywhere. Online meeting lists show the newcomer when and where to find our meetings. They show them how they can get involved, they can answer basic questions about the program and how it works. It can show them what AA does, and what it does not do. They allow us to truly be there when anyone, anywhere reaches out for help.

But what about actually delivering the message with the help of technology? One current way includes having our literature online for all to read. Having our pamphlets, service material and the Big Book on the web allows us to share the solution somewhat passively, but of course pointing them to members in recovery who can share their personal experiences with the program and the Fellowship. Another method is online meetings. Alcoholics, newcomers and potential members can meet at online meetings to get a better understanding of the program. In the case of individuals who are geographically isolated, have a language

continued on page 12



Picture from the grounds at the Northeast Regional Forum which took place in Sturbridge, Massachusetts, May 20, 21, and 22nd.

More "Young People's" stories to come in our Fall Issue.



# 55TH ANNUAL NNJGS AREA 44 AA's Future Begins With Us!

## Convention September 23-25, 2011

### Hotel Information, Pre-Registration Forms and Meal Packages

#### NNJGS Area 44 Convention Meal Packages Banquet and Pre-Registration Tickets *Banquet limited to the first 600 registrants*

##### Meal Package #1:

$$\$131.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}} \text{ Minus } \$ \frac{\text{Deposit}}{\text{Deposit}} = \$ \frac{\text{Balance}}{\text{Balance}}$$

This Package includes Saturday breakfast, Saturday lunch, Saturday Banquet,\* Sunday Breakfast and Weekend Registration.

##### Meal Package #2:

$$\$114.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}} \text{ Minus } \$ \frac{\text{Deposit}}{\text{Deposit}} = \$ \frac{\text{Balance}}{\text{Balance}}$$

This Package includes Saturday lunch, Saturday Banquet,\* Sunday Breakfast and Weekend Registration.

##### Meal Package #3:

$$\$89.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}} \text{ Minus } \$ \frac{\text{Deposit}}{\text{Deposit}} = \$ \frac{\text{Balance}}{\text{Balance}}$$

This Package includes Saturday breakfast, Saturday lunch, Sunday Breakfast and Weekend Registration. (NO BANQUET INCLUDED)

##### Banquet Package #4:

$$\$70.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}} \text{ Minus } \$ \frac{\text{Deposit}}{\text{Deposit}} = \$ \frac{\text{Balance}}{\text{Balance}}$$

This Package includes Saturday Banquet,\* and Weekend Registration.

##### Pre-Registration Package ONLY #5:

$$\$28.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}}$$

This Package Weekend Registration.

##### Old-Timers Luncheon ONLY #6:

$$\$28.00 \times \frac{\text{People}}{\text{People}} = \$ \frac{\text{Total}}{\text{People}}$$

This Package includes Old-Timers Luncheon and Weekend Registration.

1. If you would prefer not to pay in full at this time for the meal packages, you can choose the deposit option of \$60.00 for each person in your party and payment of the balance at the event.

2. Make all checks or money orders payable to:  
**NNJGS Area 44 Convention**

3. Fill out this page of the form and mail to:  
**NNJGS Convention  
PO Box 1670  
Summit, NJ 07902-1670**

#### Name and Address for Confirmation Letter:

Last Name	First Name	M.I.
Street Address		
City	State	Zip
Telephone	E-Mail Address	

- AA Member                       Mail Future  
 AI-Anon Member              **Convention Info to**  
 Need an interpreter          **the above address**

**ALL MAIL-IN PAYMENTS MUST BE  
POSTMARKED ON OR BEFORE  
SEPTEMBER 9, 2011**

#### HOTEL ROOM RESERVATIONS

##### Room Rates:

Single/Double: \$102.00\* (Per Night)

Triple/Quad: \$112.00\* (Per Night)

\*Plus 15% Occupancy Tax

These special convention room rates will only be available when identifying attendance at the "NJG" group rate. Reservations must be received on or

**before September 9, 2011**

in order to guarantee availability and rate. Cancellations must be received 72 hours prior to your scheduled arrival or the room will be charged.

##### TWO WAYS TO MAKE RESERVATIONS:

**1) BY PHONE** – Call **1-800-222-8733** and make a reservation with a credit card. The conference name is "NJG"

**2) BY THE INTERNET** – Go to **www.doubletreesomerset.com**

The promotion/offer code online is "NJG"

#### OLD-TIMERS MEETING & LUNCHEON PACKAGE #6

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

**DEADLINE FOR REGISTRATION AND LUNCH IS SEPTEMBER 9, 2011**

#### District Service Meetings

- District 1&2** - 2nd Tuesday, 7:30pm, Lafayette at the Sunrise House Cafeteria.
- District 3** - 3rd Friday 7:00 pm; Hillcrest Community Center, 1810 Macopin Road, West Milford
- District 4&6** - 3rd Thur. 7:30 pm, Upper Ridgewood Community Church, Hillcrest & Fairmount, Ridgewood
- District 5&7** - 2nd Thursday, 7pm, St. Mary's Church corner of High and Legion, Closter
- District 8** - 2nd Tues. 7:30pm, Panther Valley Ecumenical Ch, Rt 517, Allamuchy
- District 9** - 3rd Tues. 7:30 pm, Stanhope United Methodist Ch, Rte 183, Netcong
- District 10** - 2nd Tues. 7:30 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church & Birch) Boonton
- District 11** - 4th Wed. 7:30 pm, Clifton Library, 292 Piaget Avenue Room A
- District 12** - 3rd Fri. 7pm, St. Mark's Episcopal Church, 118 Chadwick (at Grange Road), Teaneck
- District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
- District 14** - Last Tue. 7pm, St. Nicholas School Hall, 122 Ferry Street, Jersey City
- District 15/21** - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington
- District 16** - 3rd Mon. 7:30pm Hillisdale Pres. Ch. Ridgedale Ave, Cedar Knolls
- District 17** - 3rd Fri. 8 pm, Alanon Assoc., 7th Avenue and 7th Street, Newark
- District 18** - 2nd Mon. 7:30 pm, Union Village United Methodist Ch, Mountain Ave. & Hillcrest Rd., Berkeley Heights
- District 19** - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway
- District 20** - 2nd Tues 7:00pm, Trinity Episcopal, North & Forest Aves., Cranford
- District 22** - 3rd Wed. 7:30 pm, Cook College Extension Center, College Farm Road, New Brunswick
- District 23** - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River
- District 24** - 3rd Mon. 8 pm, Trinity Episcopal Church, Ryers Lane, Matawan
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 21 Elton-Adelphia Road., Freehold
- District 26** - 3rd Thur. 7:30 pm, First Presbyterian Church (Tower Hill), 255 Harding Road, Red Bank
- District 27/29** - 3rd Mon. 7:30 pm, Holy Cross Luth. Ch, Hooper Ave, Toms River
- District 28** - 1st Tue. 7:30pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake
- District 30** - 4th Sunday 12 Noon, 69 Green Street, Newark
- District 31** - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 77th Street & Broadway, North Bergen
- District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C, Bayonne
- District 33** - Last Wed. 7:30 pm Faith Reform Ch. Washington & Prospect, Lodi
- District 34** - 3rd Sat. 9:30am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
- District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran Church, North Richard Street and Union Avenue, in Somerville.
- District 36** - 3rd Fri. 7:30 pm, Trinity Episcopal Church, Trinity Lane, Woodbridge
- District 37** - 3rd Wed. 7:00 pm, First Lutheran Church 153 Park St (basement), Montclair
- District 38** - 3rd Thursday 7:30 pm, Presbyterian Church, 31 Fairfield Avenue, West Caldwell
- District 39** - 2nd Tues 7:00pm, Trinity Episcopal, North & Forest Aves., Cranford
- District 40** - 4th Sunday 10:45am, St. Joseph's Center, 120 Division St, Elizabeth
- District 41** - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken
- District 42** - 2nd & 4th Sunday 9:30am, 52 Throckmorton Street, Freehold

## NNJGS Area 44 Office Calendar

<b>JUNE</b>		23	Joint Unity Meeting	7:30 PM
13	Convention Subcommittee		Policy & Admissions	7:30 PM
14	Luncheon Committee			
14	Public Information			
15	Convention Committee			
16	Newsletter Committee			
18	LITERATURE WORKSHOP			
19	GSYP in Piscataway			
20	Literature Sales			
20	Literature Committee			
21	Archives Committee*			
21	Coop. w/Professional			
27	Finance Committee			
30	Policy & Admissions			

<b>JULY</b>		25	Joint Website Committee	7:30 PM
1	Translation Committee		Delegates Meeting, Clark	8:30 PM
5	Officers Meeting		Bookers Exchange, Cranford	7:00 AM
7	Films Committee		History and Archives	7:30 PM
7	Joint Website Committee			
7	Computer Committee			
8	Mailing Committee			
9	Grapevine Committee			
10	AREA COM MEETING	12 NOON		
11	Convention Subcommittee			
12	Public Information			
12	Luncheon Committee			
13	Treatment Facilities Com			
16	Corrections Committee			
17	GSYP in Piscataway			
18	Literature Sales			
18	Literature Committee			
19	Archives Committee*			
19	Coop. w/Professional			
20	Convention Committee			
23	TREATMENT WORKSHOP			
21	Newsletter Committee			
25	Finance Committee			
28	Policy & Admissions			

<b>AUGUST</b>		23-25	AREA 44 CONVENTION	
1	Mailing Committee		26	Finance Committee
1	Remote Communities		29	Policy & Admissions
2	Officers & Standing Com.			
4	Joint Website Committee*			
4	Films Committee			
5	Translation Committee			
6	Grapevine Committee	10:00 AM		
8	Convention Subcommittee			
9	Public Information			
9	Luncheon Committee			
10	Treatment Facilities Com			
15	Literature Sales			
15	Literature Committee			
16	Archives Committee*			
16	Coop. w/Professional			
17	Convention Committee			
18	Newsletter Committee			
19	THIS DAY DEADLINE			
21	Garden State Young People			
22	Finance Committee			

<b>SEPTEMBER</b>		23	Joint Website Committee	7:30 PM
1	Films Committee		Delegates Meeting, Clark	8:30 PM
1	Joint Website Committee		Bookers Exchange, Cranford	7:00 AM
1	Computer Committee		History and Archives	7:30 PM
2	Translation Committee			
5	Remote Communities			
6	Officers Meeting			
9	Mailing Committee			
10	Grapevine Committee			
11	AREA COM MEETING	12 NOON		
12	Convention Subcommittee			
13	PUBLIC INFO WORKSHOP			
13	Luncheon Committee			
14	Treatment Facilities Com			
15	Newsletter Committee			
17	Corrections Committee			
18	GSYP in Piscataway			
19	Literature Sales			
19	Literature Committee			
20	Archives Committee*			
20	Coop. w/Professional			
21	Convention Committee			
23-25	AREA 44 CONVENTION			
26	Finance Committee			
29	Policy & Admissions			

\*Intergroup Office Morris Ave., Union

## Intergroup Office Calendar

<b>JUNE</b>		2	Joint Website Committee	7:30 PM
6	Delegates Meeting, Clark		Delegates Meeting, Clark	8:30 PM
12	Bookers Exchange, Cranford		Bookers Exchange, Cranford	7:00 AM
21	History and Archives		History and Archives	7:30 PM
<b>JULY</b>		21	Joint Unity Meeting*	7:30 PM
4	(OFFICE CLOSED) Independence Day			
7	Joint Website Committee*			
11	Delegates Meeting, Clark			
19	History and Archives			
20	Nightwatch Committee			
<b>AUGUST</b>		20	Delegates Meeting, Clark	8:30 PM
1	Delegates Meeting, Clark		Joint Website Committee	7:30 PM
4	Joint Website Committee		(OFFICE CLOSED) Labor Day	
12	Bookers Exchange, Cranford		Bookers Exchange, Cranford	7:00 AM
16	History and Archives		History and Archives	7:30 PM
23	Joint Unity Meeting*		Joint Unity Meeting*	7:30 PM
<b>SEPTEMBER</b>		23	Joint Website Committee	7:30 PM
1	Joint Website Committee		5	(OFFICE CLOSED) Labor Day
5	(OFFICE CLOSED) Labor Day		11	Bookers Exchange, Cranford
11	Bookers Exchange, Cranford		12	Delegates Meeting, Clark
12	Delegates Meeting, Clark		20	History and Archives
12	History and Archives		20	Nightwatch Committee
20	Nightwatch Committee			

\*Area Office Plainfield Ave., S. Plainfield

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

NNJGS Area 44  
2325 Plainfield Avenue Suite 2J  
South Plainfield, NJ 07080  
Make check payable to: NNJGS Area 44

Northern New Jersey Intergroup  
2400 Morris Avenue, Suite 106  
Union, NJ 07083-5705  
Make check payable to:  
Northern New Jersey Intergroup

General Service Office  
PO Box 459  
Grand Central Station  
New York, NY 10163  
Make check payable to: General Service Board

## DISTRICT DOINGS

**District 1&2** – We would like to thank Districts 9 and 16 for doing a great job in hosting the Delegates PreConference Report in Netcong. About a dozen AA's from our District met and car pooled to the report. Our thanks also go out to Wayne, Linda, Jay, Chuck and others for all the reports they gave throughout our Area. Thanks also to Districts 10 and 16 for doing a great job in hosting our Mini-Conference. Again, over a dozen AA's from our District participated in the event.

Several District 1&2 members attended NERAASA in February and all reported they learned a lot as well as enjoying a good meal and a fine Speaker from our GSO office. Our PI, Literature and CFC committees continue to work hard to carry the message in our District. Our Guidelines Committee has recently completed a set of proposed District Guidelines. They are out for review. All suggestions will be addressed at our next District meeting. At our last District meeting we began to discuss the Tradition of the Month. This went well and many feel it is an important addition to our Monthly Agenda. A new meeting has begun at St. Francis de Sales RC Church 614 Rt. 517, Vernon NJ 07462. It is a Closed Discussion meeting based on the *Daily Reflections* book and on the last Saturday of the month It will be an Open Speakers meeting. It has gotten off to a real good start with over 30 attending each of the first few meetings.

Finally, be sure not to miss our annual Friends of Bill W. Picnic held at Barry Lakes Clubhouse on Wawayanda Rd. in Barry Lakes on Sunday July 24. Bring your Fiddle and help make some music. Volley Ball, Indoor Games, Egg

Toss, Water Balloon Toss, Softball & lots of other fun stuff is "on tap". AA Literature will be on sale and there will be two fine AA Speakers at the 8 PM Open Speakers Meeting. Keep an eye out for details on the District 1&2 Day of Sharing coming up this Fall.  
Sincerely — **Bill J. DCM**

**District 39** – Your DCM would like to thank all the groups and GSR's for their participation at the Mini-Conference. The results for the 61st General Service Conference will be reported by our delegate at the June 11th assembly in South Orange. We are promoting unity this summer in District 39. We gathered a group and attended the family picnic at Stepping Stones in Katonah, NY on Saturday, June 4th. You can contact your DCM at [district39@nnjaa.org](mailto:district39@nnjaa.org). Have a terrific summer! — **Love and Service, Tricia L. DCM**

**DCM District 40** – I have been working with groups and individual AAs to get people more interested in service, just by letting people what goes on at district meetings, and what the district does. I also have tried to explain what the area and the committees do with flyers and by speaking at groups.

We are now currently looking into locations to hold our first Spirituality Breakfast in October. Since the last area committee meeting we have gotten 3 new GSRs and we are seeing more attendance at our district meetings which are held at 10:45am on the fourth Sunday of every month at St. Joseph's Center in Elizabeth. —

**Susanne M., DCM**

### DISTRICT 10

**11th Annual Day of Sharing  
September 17th, 2011  
8:00am ~ 3:00pm  
First Reformed Church  
Friendship Hall  
529 Newark Pompton Turnpike  
Pompton Plains NJ  
For more information call**

### DISTRICT 1&2

**Annual Friends of Bill W. Picnic  
Sunday July 24 (Rain or Shine)  
Begins 2pm and ends with an  
8pm Speaker Meeting  
Barry Lakes Clubhouse**  
Bring your favorite dish, Salad, Dessert, Casserole, Etc... Menu: Hot Dogs, Hamburgers, Drinks, Corn on the Cob and more!  
Family Fun Includes: Music - (Bring your Fiddle), Volley Ball, Indoor Games, Egg Toss, Water Balloon Toss, Softball & Lots of Other Fun Stuff!  
**\*PLEASE CAR POOL IF POSSIBLE\*  
Limited Parking,**


### NEXT ISSUE DEADLINE AUG 19th NEWSLETTER@NNJAA.ORG

This newsletter is produced four times annually by the Newsletter Committee, a joint committee of Northern New Jersey General Service Area 44 and Northern New Jersey Intergroup.

**NOTE:** This Newsletter will be published on the Website. The first name and last initial of the author will be published unless otherwise requested.

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 directed to the **Newsletter Committee at NNJGS Area 44, Suite 2J, 2325 Plainfield Ave. South Plainfield, NJ 07080** or e-mailed to: **NEWSLETTER@NNJAA.ORG** or [redacted]; (9 [redacted])

**"Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us."** Stephen Covey



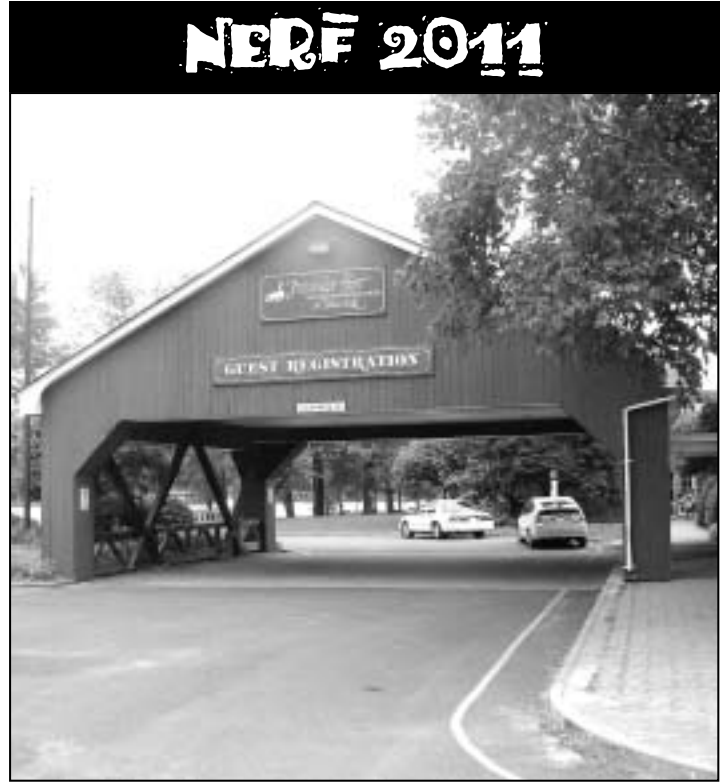
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THIS DAY

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

Summer 2011



The North East Regional Forum took place in Sturbridge, Massachusetts in May 20th through the 22nd, this year.

## Delivering the Message With the Help of Technology

CONTINUED FROM PAGE 9

barrier, or are unable to travel to meeting locations, online meetings offer a lifeline to stay connected with the Fellowship and also help the newcomer.

There are also new possibilities for delivering the message using technology. Conference-calling and Video-Conferences are becoming more and more affordable communication paths for one alcoholic to connect with another. Streaming video, such as our Public Service Announcements, allow us to deliver the message in a general way, to almost any web site visitor in a manner that can help them understand and identify. Internet-connected mobile phones, referred to as Smart Phones, plus tablet computers and ultra-portables are becoming increasingly more popular and, for many, their preferred method of communication.

But the real question is, are we taking advantage of all that these technologies offer us? The good news is yes, and we are continuing to expand that effort. Alcoholics Anonymous World Services and the A.A. Grapevine are moving toward digital delivery of our books and magazines, which closes

what our Fellowship believes is a gap in communication for the internet-savvy generation. With such delivery options available the potential member can now learn about the physical allergy and mental obsession, the hopeless nature of their malady, plus where to go and what to do allow them to live happy and purposeful lives. The AA Grapevine can show them how to employ our 36 spiritual principals in all their affairs, how others are staying sober through adversity and, in sharing their personal experiences, offer help to the newcomer.

However technology is evolving so fast that is like shooting at a moving target. For us to be as effective as possible will require "sustained personal exertion" on all these technologies and keeping an eye out on emerging technologies that might help us help others. The job we do is too important to effort anything less than true dedication, working at our best, and asking our Higher Power to help us see in what new ways we can carrying the message to the still-suffering alcoholic.

**Wayne R., Panel 61 Delegate,  
Northern New Jersey, Area 44**

## The Story of Alanon

CONTINUED FROM PAGE 3

ly support with group funds these truly central activities. Even though the club is still large enough for intergroup meetings and these meetings are still held, the center of gravity for the area will continue to shift to the intergroup committee and its central activities. The club is left definitely offside; where, in the opinion of many, it should be. Actively supported and managed by those who want clubs, they can be "taken or left

alone." Should these principles be fully applied to our clubs, we shall have placed ourselves in a position to enjoy their warmth yet drop any that get too hot. We shall then realize that a club is but a valuable social aid. And, more important still, we shall always preserve the simple A.A. group as that primary spiritual entity whence issues our greatest strength.

\* \* \*

**The Board of Trustees, Alanon  
Association Inc. Of New Jersey**

## Delegate's Report

CONTINUED FROM PAGE 1

and Tokyo offering our help with recovery from their recent disasters. At this point local A.A. members are drawing on their own resources and support systems. Irene K. has returned to work as a contract employee researching Intellectual Property matters in an effort to compile information to prevent us from losing any more copyrights like we did on the 1st and 2nd editions of the Big Book and more recently the 12 Concepts.

The Corrections' video "Carrying the Message Behind These Walls" is now available in Spanish and French. The deadline for the submission of new stories for the revision of the pamphlet *AA and the Armed Services* has been extended to July 15, 2011. Because of the cost

of added materials, the Kits for Cooperation with the Professional Community (CPC), Public Information (PI), Treatment and Special Needs will be priced at \$18.00 as of June 1, 2011. The American Sign Language (ASL) versions of both the Big Book and Twelve Steps and Twelve Traditions have been re-priced to match the cost of the equivalent hardcover versions of the books also effective June 1, 2011.

In closing I am eagerly looking forward to the Post-Conference reports and sharing more about what happened at YOUR General Service Conference this year - please, please pass along our invitations to all A.A. members - since they are at the top of the inverted triangle, they are the true bosses in A.A.!

**Wayne R., Panel 61 Delegate  
Area 44, Northern New Jersey**

# What's the Difference Between Just "Asking" and "Humbly Asking"?

## 12 Tips for Successful Meetings

1. Atmosphere: Offer unconditional support, love and acceptance; talk to newcomers.
2. Structure: Begin and end the meeting on time; adhere to traditional format.
3. Focus: Honestly and consistently share experience, strength and hope.
4. Twelve Steps and Twelve Traditions: Practice the Steps and Traditions; show commitment to

My experience with the right of appeal, minority opinion in alcoholics anonymous goes back to the first time that I met the man who would become my sponsor outside of the meeting. He confronted me on my alcoholism and AA's singleness of purpose. He and his sponsee clearly had 2/3 majority in that conversation as they shared their experience with me. They listened to my views on the 5th Tradition which I had zero knowledge of at the time. Looking back they spent almost 2 hours with me outside that meeting and my minority opinion did not change either of their views, thank God. But I did have a

**"If you don't enjoy what you have, how could you be happier with more?"**

**"Forgiveness means giving up all hope for a better past."**

Lily Tomlin

Article about "Tools of Recovery" in the Beginners Book.

**"Spiritually speaking, surrender does not mean losing, surrender means switching to the winning side."**

Anonymous

## Sharing Or Whining!?

So, if, aside from fellowship and sociability, the prime object of meetings in early AA was to provide a time and place where new people might bring their problems (as it says in the Big Book), and, if that has not changed, then why is it that problems are not what needs to be shared

**Q: "What's the difference between a good habit and a bad habit?"**

**A: A good habit is**

**"Opportunity may knock only once, but temptation leans on the doorbell."**

Unknown

OVERHEARD AT A MEETING:  
The Step & Tradition Shades...

**"Are the only shades that you pull down to let the light in."**

Michael T.

OVERHEARD AT AN AA MEETING...  
**"We can not control the wind. We can only adjust our sails."**

OVERHEARD AT AN AA MEETING...  
**"We are like computers. Every once in a while we will crash and freeze. When this happens we need to reboot. An AA meeting is my way of rebooting."**

OVERHEARD AT AN AA MEETING...  
**"Relationships are like pouring Miracle Grow on your character defects."**



**"If you can't learn to laugh at yourself, we'll do it for you"**

Oh how serious everything was when I entered recovery. Overwhelmed by the problems I'd created, a home life that was in shambles, unemployed and unemployable, I didn't find very many things funny. But the people in the rooms sure did. I often sat in amazement as one after another would share what seemed like horrible experiences of things they'd

OVERHEARD AT AN AA MEETING...  
**"Our pastor told me that if the truth be known, more souls are saved in the basement of this church, (at the AA meeting), than at the masses on Sundays."**

OVERHEARD AT AN AA MEETING...  
**"(Learn to) Let Go, or (Prepare to) Be Dragged."**

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

- |  |                           |                               |
|--|---------------------------|-------------------------------|
|  | Bagel Bush                | Mount Carmel Sober Spirits    |
|  | Belleville Thursday Night | Montclair There Is A Solution |
|  | District 4/6              | Perth Amboy Monday            |
|  | District 23               | Positive Thinkers             |
|  | District 26               | Rahway Monday Night           |
|  | District 28               | Rockaway Serenity Porch       |
|  | Cranford - Tuesday Night  | Sea Girt                      |
|  | Easy Does It Group        | Union Hill Drop In Center     |
|  | Journey Begins Group      | Verona Monday 12:15           |

Please excuse me if I have left anyone out. Thank you to all who participate.

## Accepting the Informed Group Conscience

Arnold R.

MARGENSER, 1st Quarter 2011

The essential ingredients to an informed group conscience are that all the relevant facts are present for discussion that everyone has been given a full and fair hearing on the matter, and that we only act on serious matters when we reach substantial unanimity. Please notice, however that the emphasis here is on the word "informed." We can satisfy all these requirements, yet we still do not get a guarantee that we have reached