

THIS DAY

www.nnjaa.org

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

A message from your Area Chair



Greetings from your Area Chair! Thank you so much for the opportunity to serve you and Area 44. It really is an honor and a privilege!

The Mini-Conference was very well attended with the roundtables and report backs being very informative. Our GSR's had a lot to say about the Conference topics and I'm quite sure that our Delegate was well prepared to represent Area 44.

Post-Conference Reports are currently being presented. It's that time of year that our Area 44 Delegate visits your Section to inform the fellowship of the results from the General Service Conference in April. GSR's - please be sure that this information is shared with your group.

The 75th Anniversary of "The Big Book" Joint Day of Sharing was a huge success! The committee did a splendid job of facilitating the event. I would like to give a big thanks to all who made this awesome night possible! It is estimated that 750 people were in attendance for the presentations. Anyone that was there was sure to feel their heart strings being tugged on. It is one of those nights that will not be forgotten any time soon!!

Be on the lookout for the "Peach Cans!" Contributions for the 2015 International Convention Hospi-

tality Suite in Atlanta, GA are now being accepted! We are down to 13 months until the convention. Time is getting really short to come up with funding for this venture. Please help us talk it up! We in Area 44 have hosted a Hospitality Suite at the previous two conventions in San Antonio and Toronto, which were hugely successful! The Ad Hoc Committee for the Hospitality Suite has been up and running. Contact Paul C., your Area 44 Archives Chair, for more information on the upcoming meetings. Everyone is welcome and encouraged to participate!

See you on the road of Recovery, Unity and Service!

*Lester G.
Area 44 Chairperson*

A message from your Area Delegate



Your 64th General Service Conference Served You Well!!!

Now that I have your attention, I will talk about the Conference, but I first want to talk about you – and specifically the Mini-Conference. Your participation should make you all proud. You came out in numbers. I believe we had a record number of GSR's in attendance at 224 with a total attendance that day of 361 !!! All tables were actively engaged, giving full detailed report-backs. That sent me to the Conference with a solid group conscience view from our Area along with many

comments relating to each issue. I personally want to thank you all for being there. It was one more example of what a great area we have.

So back to the 64th GSC. They say your second conference is a much different experience, and indeed it was. You have a little more confidence and ease as you know what is going on – but you also know it's your last. The feelings are bitter sweet and hard to explain. However, what I will say is this....this year's conference and its members were amazing. On a number of items we discussed the pros, cons, merits, issues, and so on for hours at a time. All were patient, considerate and open to other points of view. I feel we accomplished a lot and never lost sight of who we were representing and just how important this program is to us and those yet to find the rooms.

To see what did happen, PLEASE ATTEND ONE OF OUR POST-CONFERENCE sessions. By the time this publication is printed, there will only be a few left (see schedule on left), but anyone can attend them. There will be a lot of information to share about the Advisory Actions and Additional Considerations mentioned below, along with background on the items you voted on that did not pass.

I also know you are wondering about the items you participated in during at the Pre- and Mini-Conference sessions.

You will see in the schedule below, many either did not pass or come to the conference floor, but know that many items did. In fact 34 Advisory Actions were passed

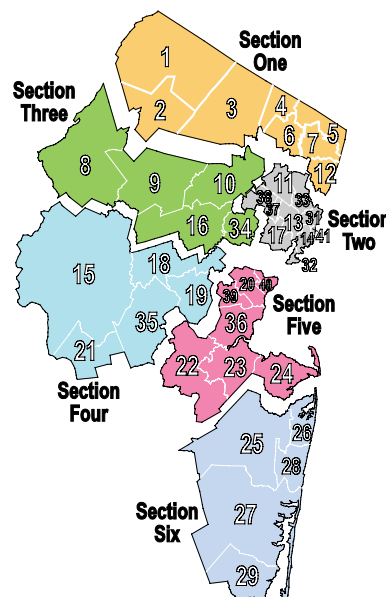
continued on page 3

REMAINING POST-CONFERENCE REPORTS

Saturday, June 21st @ 1 pm
SECTION FIVE
Cook College Extension Center
College Farm Road
New Brunswick, NJ 08901

Saturday, June 28th @10 AM
SECTION TWO
Alanon Association
384 Seventh Avenue.
Newark, NJ 07107

Sunday, August 10th @ 1 PM
DISTRICT 30 & 42
(Spanish-Speaking)
103 Bayard Street,
New Brunswick, NJ 08901



A message from your Intergroup Chair



Growing our Effectiveness

Joy, inspiration and gratitude. Words that came to mind during our Northern NJ Intergroup/Area 44 Joint Day of Sharing "Celebration of the 75th Anniversary of the Big Book of Alcoholics Anonymous". The event on April 12th brought together 750 A.A.'s at Raritan Valley Community College in recognition of the contribution of or founders. Their foresight in committing the A.A. experience to paper guides us still.

It was great to see so many of you there and I hope you found the evening as valuable as I did.

The theme of this issue of "This Day" is Growth. As I sat down to write this article, I found many elements of my A.A. experience and the experience of others in this fellowship under that umbrella. So many, in fact, that it's difficult to

generalize about the importance of change and growth to our individual recovery.

As I began my introduction to the world of A.A., "change" kept popping up as a recurring topic. But change what? I had stopped drinking and wasn't that enough? Simply separating me from Alcohol seemed, at the time, to be a pretty big step that would lead to whole new world. Enough, I thought to get people off my back, find me motivated on the job and clear up physical issues. Little did I know?

So I went to lots of meetings, did a lot of reading and above all, I listened.

And I found that change and growth were elements of virtually every one of the 12 steps of Alcoholics Anonymous. Change and growth in self-awareness, relationship with a higher power and relationships with other people. Each demanded a different way of thinking and a different way of acting.

We grow as individuals, we grow with our Home Group and we

grow with the fellowship. Virtually every element of the A.A. program move us from where we were to who we hope to be.

Shifting to the growth of A.A. as a whole poses a different question. If we stick to the US and Canada it would seem that membership in A.A. has stayed about the same for a number of years. Yet the population, concern with substance abuse and media exposure of A.A. has grown. Why? What can we do about it and should we do anything about it. Good questions and worthy of discussion but probably more than we can address here.

We can do something about the effectiveness of the program in areas where we have influence. We can refine and expand our 12 Step work and better communicate with the fellowship about progress. This is a role that Northern NJ Intergroup (as well as your home group) can play.

At Intergroup, delegates and trustees work month to month to bring more insights into the workings of the fellowship. Our twelve step work efforts and

efforts to bring forth the voice of the fellowship are ongoing and improvement is always not only welcome but sought. While we never want to repeat mistakes of the past, we do strive to learn from them and refine efforts to carry the message.

The Intergroup Office is constantly looking for ways to better serve; upgrading capabilities, contributing to the website and communicating activities. Can we do more? Together we can!

*Jim S.
Intergroup Chair*

also inside

Area Treasurer's Report.....	2
Standing and Special Committee Reports.....	2-5
Speak Out.....	6, 8
District Service Meetings.....	6
Intergroup and Area Calendars.....	7
A New Jersey Fresh Cartoon.....	7
District Doings.....	7

**NEXT ISSUE DEADLINE AUG. 15th
NEWSLETTER@NNJAA.ORG**

A Message from your Area Treasurer



H ello again from your Area Treasurer. Once more I have to express my complete gratitude not only for allowing me to serve but for the support the groups have given our Area. When sitting in the round table at NERAASA this year it was so much more evident than last year, how much you allow the Area Committees to accomplish. I've given up on wondering how I could possibly feel more gratitude than I currently do for serving you in this position, I just accept I am going to be amazed over and over.

As the sharing went around the room and each treasurer was given a few minutes to go over what their Area was doing, I knew Area 44 was a special place to serve. When my turn came and I stated that we transferred over \$22,000 to the committees to carry the message, that our Jailbox received over \$16,000 that we were able to do some special things like PI's train station posters. I could hear more than a few wow's and that's incredible. Now don't get me wrong, what all the Area's in the

Northeast Region are doing is great work, but you, the groups, have been remarkable in your support in Area 44.

In the first quarter of this year you continue to give our committee's the ability to do the work they are charged to do, with the knowledge that not only do they have your full spiritual support but also the financial support needed to do the tremendous amount of work they do. I am sure the gratitude that I express is shared by my fellow trusted servants on our Standing and Special Committees. When ever I speak with a committee chair the enthusiasm and joy they have is quite evident and catchy.

I look forward to the last few months that I will be Area Treasurer with a heart and spirit full of excitement. I can only encourage you to continue to contribute to your homegroups in the manner that allows them to give the support I am talking about. Again I can only thank you for this experience and continue to express my gratitude in service to the fellowship that has saved my life.

*In Love and Service
Wayne G.
Area 44 Treasurer*

	2013 - Jan.	2014 - Jan.
RUS SERVICE CORPORATION T/A NNJGS AREA 44 YEAR TO DATE COMPARISON REPORT: 2013 AND 2014 FOR PERIOD ENDED March 31, 2014		
Money Market Account ^(A)		
Balance as of January 1st	\$52,756	\$59,391
Interest Received	17	15
Transfer (To)/From the Checking Account	483	0
Balance as of March 31st	<u>53,256</u>	<u>59,405</u> ^(C)
Checking Account ^(A)		
Balance as of January 1st	\$35,019	\$43,493
Group, Individual, and 7th Tradition Basket Contributions	21,841	20,808
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	37,233	50,858
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(23,810)	(29,420) ^(B)
Non-Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(41,411)	(62,988)
Transfer (To) / From the Money Market Account	(483)	(0)
Balance March 31st	<u>\$31,668</u>	<u>\$39,577</u> ^(C,D)
Account Balance Over / (Under) Guideline	(\$3,279)	(\$16,826)
Prudent Reserve Funds		
Total Cash In Bank (Not Including Convention Acct)	\$81,645	\$82,156
Designated Funds (Jailbox Funds, etc.)	(4,307)	(5,666)
Checking Account Guideline (2 months average expenses)	(31,668)	(39,577)
	<u>\$45,670</u>	<u>\$36,913</u>
Prudent Reserve (50% of the prior 12 months Operating Expenses)	<u>\$43,025</u>	<u>\$45,359</u>
Account Balance Over / (Under) Guideline	\$2,645	(\$8,466)
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) 2013 Expense Budget is \$90,580		
(C) May 31, 2013 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) May 31, 2013 amount includes Designated Funds of \$3,333 of Jailbox Contributions.		
Summary of Official Approvals / Reviews		
Individual / Group	Action	Completed Through
Treasurer	Approved	March, 2014
Alternate Treasurer	Approved	March, 2014
Finance Committee	Approved	March, 2014
Officers	Reviewed	March, 2014
Area Committee Members	Approved	March, 2014
Area Assembly	Approved	Nov., 2013

Area Grapevine Committee



H ello Area 44! This is Freddy your Grapevine chair! I wanna share with you all of the amazing service that this amazing committee does in your Area! We have been pretty busy this quarter attending all of your events in Area 44! We were at the Mini-conference in April. We also were preparing for our annual Grapefest which was on May 3rd at the Area office in South Plainfield! Grapefest is our annual workshop that the committee has to inform the Area what the Grapevine committee does and how it carries the message of AA with grapevine literature! It was a great day! There were two speakers who shared

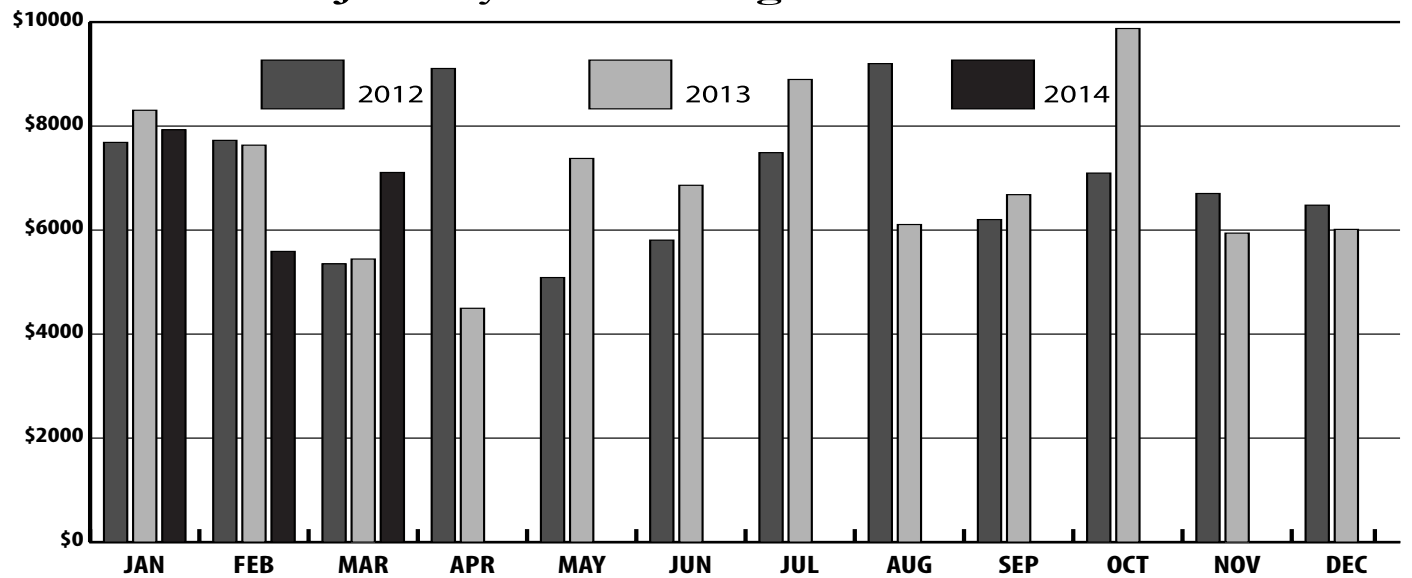
about their experience with the Grapevine. Joe K., a member of the Grapevine Editorial Advisory Board, and Vicky B., the Manhattan County Grapevine chair. We also had Q&A sharing from the floor

which was really good to hear from those in attendance. May was also a busy month for the committee attending many events in the Area! We attended the GSYF Conference in Stillwater NJ. We attended the Corrections committee meeting on the 17th and are happy to report that \$1,104.00 worth of Grapevine literature was transferred to the Corrections Committee. This literature will end up being taken into jails & other institutions to help carry the AA message! We attended the District 4&6 Soberfest in Mahwah and the District 35 Day of Sharing in Boundbrook! A new Grapevine book came out in the Beginning of May called The Daily Quote Book! June is a special month because it will be Grapevine's 70th Birthday! The June issue will feature some Anniversary articles! There will also

be a big celebration of Grapevine's anniversary at Founder's Day in Akron Ohio which I am looking forward to attend! Some of our members will be doing a road trip on June 7th to Orange County NY to carry the Grapevine message performing parts of our upcoming play for their Day of Sharing! We will also be at the Area Assembly on June 14th and District 3 Day of Sharing June 21st. Wow, I can't believe that we are half way through the year already! Time flies when you're having fun and doing service! If you would like to be a part of this amazing committee we meet on the first Saturday of every month at 10am in the Area 44 office in South Plainfield NJ. Hope to see you at one of our next meetings!

*Freddy H.
Grapevine Chair*

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





It is my honor and pleasure to be a member of the Area 44 Committee on Corrections. I am so grateful for the opportunity to be of service today. However, I am human and sometimes I forget to be grateful. I think I forget this the most at my place of employment. I often have thoughts of being overworked, under-paid, and under-appreciated instead of remembering to be grateful for my job and the benefits that come with it. Recently, I received a wake-up call.

My husband and I visit his sponsee John every month at East State Prison in Rahway. For a long time, he has been patiently waiting to get a job inside the prison. He tried asking and he tried praying and finally after three years it was God's will for him to get a job in food service. He was so excited that he couldn't wait to call and tell us all about it. He works very hard and makes a salary of \$2.30 a day.

They say that everything in life contains a lesson and a blessing

and I truly feel blessed by John's enthusiasm and gratitude. So much so that I was reminded to remember my own gratitude for my job. I think that my attitude at work has improved and I owe it all to this program. When I listen to others, I can identify and learn. What a joy it was to hear how much John loves his new job. As they say in this program, I wanted what he had and because of this, I renewed my efforts to become a more enthusiastic worker and co-worker. It is important for me to remember to appreciate all the blessings a sober life has afforded me and to never doubt that my higher power speaks to me through other people. This time it was my sponsee-in-law.

Karyn M. Hackensack, NJ

some variation on the theme of pain. I remember in early recovery hearing people say that once you get through the pain you can see how much you've grown. I probably wanted to bop them in the face when they said that, because growth was the last thing I was thinking about when my inner demons were duking it out. But ah, the beauty of the wisdom that comes with time, in these rooms! And today, I'm grateful to say that those old timers were right-growth is like God's imprint on our journey, marking the way towards serenity, courage, and wisdom.

That being said, I'm amazed at the growth that has been my journey this past year, serving our fellowship. We've worked hard at the Newsletter Committee to make

this an informative, interesting, and inviting newsletter. We are grateful to have filled a number of our positions, but we're still looking for an Intergroup Co-Chair and Alternate Editor. We meet at the Area Office on the third Thursday of the month at 7:30pm, so come on over! By the way, have you heard that we're hosting the first ever "Newsapalooza" on June 21st from 5- 7pm at the Area Office? It will be great opportunity for you to meet the committee, and for us to thank you for your article submissions- without them, the newsletter would not be possible. And yes, there will be a sing-a-long jamboree, Newsletter Committee-style, so bring your maracas and tambourines! Service rocks!

Keira H. Area 44 Newsletter Co-Chair



Greetings Northern NJ! The theme for this summer issue was on my least favorite topic- growth. For me, growth is usually preceded by

HELP WANTED

Intergroup Co-Chair – This Day is currently seeking a co-chair for the committee - someone to represent Intergroup on the committee and to report to the Intergroup Delegates at their monthly meeting. Since the Newsletter Committee is a joint effort of both Area 44 and Intergroup, this is a vital position and an opportunity for you!

This Day Alternate Editor – The Alternate Editor's position is available! If you are interested in helping publish This Day, and would like the time to fully learn the position before taking on the responsibility, then stepping into the fun position might be just for you!

If you are interested in serving the area contact us at newsletter@nnjaa.org or come to our monthly meeting on the 3rd Thursday of the month at the Area Office.

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



- Agnostic Format Meeting
- Baptistown Speak Your Peace
- Belleville Thursday Night
- Bloomfield Friday Night
- Cedar Knolls Women's Group
- Challenge to Change
- Change Is Good
- Discussion Group
- Chester Group
- Clearview Group
- Clifton 3 Legacies Group
- Clifton Monday Night Big Book Group
- Clifton Wednesday Night Step Meeting
- Cranford Tuesday Night
- Dawn Patrol
- Design for Living
- Drip Dry Group
- Early Risers
- Edison Sunday 4 PM
- Elephants Graveyard
- Forest Hills Group
- Freedom Through Acceptance

- Freehold Morning Miracles
- Friday Night South River
- Friday Women's Meeting
- Give & Take Group
- Hainesville Sunday Night
- Hill Street Blues
- Hillsborough Haven of Hope
- Just for Today Women's
- Lambertville Tuesday Night
- Linden Daily Reflections
- Lundhurst How & Why Of It
- Lyndhurst Saturday Night
- Metuchen Monday Night 12 & 12
- Metuchen Saturday Morning
- Serenity Group
- Millburn Sunday Big Book
- Monday Night Men's, Waldwick
- Monday Night Point Pleasant
- Beach Open Speaker
- Montclair Friday Noon Meeting
- Morristown Friday Night Group
- Mt. Fern Monday

- New Beginnings Women's Group
- New Brunswick Friday Night
- No Butts Group
- Nut Cracker Suite
- Nutley Legacy Group
- Nutley Unity Group
- Oaks East
- On A Different Footing Big
- Book Study Group
- Palisades AA
- Pattensburg Primary Purpose
- Positive Thinkers
- Rainbow Group
- Recovery Hall
- Recovery Lifeline
- Ridgewood Saturday Night Live
- Rocky Hill AA
- Roselle Cheers
- Rumson Sunday Night
- Saturday AM Spring Lake
- Saturday Morning Bagel Bash
- Saturday Night Belmar

- Saturday Night Live
- Serenity Porch Group
- Stanhope Turning Point Group
- Step Up to Sobriety
- Sunday Sundowners
- The Courthouse Gang
- The Sky's the Limit Group
- Towne Group
- Tuesday Caldwell 6:45 Big Book
- Union Hill Drop In Center
- Union Hill Group
- Upper Ridgewood Group
- Vernon Monday Night Speaker/Discussion
- Vernon Saturday Reflections
- Verona Daily Reflections
- Verona Tuesday Night Group
- Verons Monday 12:15 Closed Discussion
- Wantage Saturday Big Book
- West Orange Circle of Friends
- Westfield Clear the Air
- Wyckoff Monday Night

DELEGATE'S REPORT

CONTINUED FROM PAGE 1

along with over 50 Additional Considerations being sent back to the Trustee Committees and our Boards. So there is a lot to hear about.

Please also be sure to visit our members only section of our site for much more information from the conference. There were numerous reports from your Boards, Staff Members, and other Conference participants.

I just want to thank you all one more time for your active participation in this year's Conference process. Keeping your groups informed and participating is my main goal at your Delegate. If you ever have a question, concern, or just want to talk, please reach out to me at the delegate@nnjaa.org at any time. Provide your phone number if you would just like to chat as well.

With Gratitude,
Linda KK
Panel 63 Delegate

	Area 44 Group Conscience	GSC Final Group Conscience	COMMENTS
IA: request "to reaffirm the Right of Decision of the A.A. Grapevine Board	96% In Favor	Failed with Substantial Unanimity	Failed originally on floor with 61% in Favor. It was then voted on again in a floor action
IIA: Should we approve changes to Questions & Answers on SponsorshipQ1	58% Opposed	Did not come out of Committee	
IIA: Should we approve changes to Questions & Answers on SponsorshipQ2	51% In Favor	Did not come out of Committee	
IIA: Should we approve changes to Questions & Answers on SponsorshipQ3	Even Split	Did not come out of Committee	
IIA: Should we approve changes to Questions & Answers on SponsorshipQ4	56% Opposed	Did not come out of Committee	
IIIB: Should we approve suggested changes to Living Sober?	80% Opposed	51% Opposed - Failed	
IIIC: Should we use circle & triangle as unofficial mark on Conf. approved literature?	59% In Favor	Did not come out of Committee	Took no action in Committee and then Declined to Consider a Floor Action
IIID: Should we create a pamphlet for alcoholics with mental illness?	57% In Favor	59% In Favor - Failed	Took no action in Committee. Originally just past on first vote on floor action. Reconsideration requested and passed. Then failed on final vote.
IIIA: Should we add two questions to proposed 2014 A.A. Membership Survey?	63% In Favor	See Notes	The two additional questions we discussed were not submitted by the Committee to the Conference Floor with the final survey format.
IIIB: Should we approve suggested revisions to Anonymity Card (F-20)?	63% In Favor	53% Opposed - Failed	Conference took first vote to recommit to Trustee Committee-vote failed. Floor vote on motion failed with 53% opposed. Floor Action proposed version Declined to Consider with Substantial Unanimity.
IVA: Should we approve modification to Article III of the Conference Charter?	69% In Favor	Did not come out of Committee	



My name is Al M. I am the Public Information Chairman for District 36 of Alcoholics Anonymous. I wish to share the events that brought me to the Public Information committee.

When I had about 2 years of sobriety, had established a meeting routine and had completed most of my step work, I realized that I was starting to ask the wrong questions about AA and my recovery. Some call it “the bursting of the pink cloud”; I knew it was trouble. At that time I was doing speaking commitments at Carrier, New Hope and Summit Oaks Rehab and other community service work. I also started attending my district 36 meetings. The opportunity to get involved with the public information committee presented itself. So once again I dove into AA; this time, in an effort to support our primary purpose. i.e. Stay sober and help other alcoholics achieve sobriety. The committee meets on the 2nd Tuesday of the month. I started reading the public information book and learning about this type of service work. Soon I realized that this was truly a hands-on process. This committee is all about informing the general public what AA is and is not. I do this by maintaining racks with AA pamphlets in public places such as libraries, YMCA's, police stations and a college radio station. I go to local health fairs and public schools where I set up a table and try to bring this message of hope. Primarily, that there is a way out. Remember, the alcoholic is all caught up in his cycle of progression, denial and misery. But around him are his loved ones, friends, neighbors, co-workers. So by informing them, we are indirectly reaching out to the alcoholic. Bill Wilson in the book “Language of the Heart” (Page 308) reminds us “..shall any of us sit comfortably and say, Well, people, here we are. We hope you hear about us and come around. Then maybe we can give you a hand.” This we know is not enough. We can't offer that hand if they don't know we are here.

As you can see, this is the front lines of bringing the message of hope. In return, there is no better way to insure my recovery and be relieved of the bondage of self than through service work.

*Yours In Service,
Al M.*



My name is Rich and I am an alcoholic. My first involvement with Nightwatch began soon after my home group asked me to become their Intergroup Delegate. I was asked to get a week for our home group to answer the telephone when the Intergroup office was closed in the evenings and on weekends. My area Nightwatch Coordinator gave me the signup schedule, and right away I was afraid. How was I going to get 11 or 12 people to sign up? Little did I know, people immediately filled up the page in two meetings. The people were eager to do some very important service work for the fellowship.

When our week-long commitment was finished, each person, and others who had heard about it, were ready to sign up again. The gratitude of helping another person find a meeting place, getting a person on the phone, made each feel the incredible accomplishment of service.

I later became the Nightwatch section coordinator for Sussex, Warren, and Huntington Counties. This gave me the privilege to explain to other groups what was involved in Nightwatch service. Each person is given a binder with the procedures and information necessary to complete this service. The Nightwatch Committee members are also willing to visit any home group who are interested in answering the telephone for a week's commitment. It is exciting to explain to volunteers and group leaders how easy and fulfilling this service to the fellowship is.

The Nightwatch Committee is always looking for new groups and people to get involved by volunteering to do service work. Service work helps the sick and suffering alcoholic out there looking for a solution to this disease. Sharing our experience, strength and hope by working with other alcoholics is the way to sobriety.

If your home group is interested in volunteering for a week, scheduling it is as easy as calling the Intergroup office. They will take your information and the Nightwatch Coordinator in your area will get in touch with you to set up a place and time to meet and get you started on this service.

I am grateful to be part of this committee and to carry the message to those in need.

*Rich B.
Area 3 Nightwatch Coordinator*



Greetings from Garden State Young People! It's been a little more than a week since our 32nd annual conference, which is a perfect time for reflection, not just on our successes at Stillwater, but throughout the last year. Due to scheduling issues, we started the conference year about six weeks behind schedule, and felt as though we were catching up all year. We had a rookie committee – only five of the thirteen of us had ever served on the committee at Stillwater, and for many it was their first time at the conference at all. Money was tight all year – certainly not a situation unique to GSYP – and registrations were down dramatically. But the conference was an overwhelming success.

We were privileged to have representatives from two neighboring YPAA (Young People in Alcoholics Anonymous) committees: Empire State (ESCYPAA) and Pennsylvania (PENNSCYPAA). They presented a panel on their experiences as bid and host committees for their conventions. We had a wonderful Big Book workshop delivered by Lindsay F. from the Ridgefield Park Young Peoples meeting and Alex H, representing our neighbors to the south in CAYPAA (Cape Atlantic YPAA). The Traditions Workshop was back this year, as well as many of the meetings that have become beloved parts of so many of our attendees' recovery over the years. And there was a phenomenal speaker meeting where two powerful examples of experience, strength, and hope were given from the perspective of AAs who sobered up young and grew up in recovery. All in all, 127 conference attendees and roughly 80 folks who showed up for our Saturday night activities were given the best conference we could put on.

But I'll remember GSYP 2014 for two different reasons. Firstly, the effect this conference had on the individual committee members was tremendous. While in April we had a hardworking committee, fiercely dedicated to putting on the best conference they could, by the 5th of May we were sparked with an energy and an enthusiasm we had only been told of. Many of us are planning on returning the favor to PENNSCYPAA by attending their conference in July. All of us are looking forward to next year. I've been told that this is a typical response, but seeing it for the first time has been an absolute joy.

Secondly, and most importantly, was the “winner” of the Saturday night sobriety countdown. A young woman from Northern New Jersey was able to attend the conference because she was gifted a half-spot a friend of hers won at a GSYP event,

and had another AA pay for the rest of her registration. She had relapsed before the conference, but was bound and determined to get to Stillwater sober for the fellowship she craved. At the countdown she stood up with two consecutive days of sobriety. And when she won a free spot for next year's conference, she asked me to give it to someone in her position next year, so that they could have the experience she did. I asked her instead to use it herself, and to share her one year anniversary with us. Whether or not that happens, I know that we touched one young alcoholic's life, and that she, in turn, touched mine. I can't think of a better yardstick to measure the success of a YPAA conference.

It has been my honor and privilege to serve the young sick and suffering alcoholics of Northern New Jersey over the past year as the chair of this committee, and I look forward to seeing what next year's committee will bring us.

*In love and service,
Christopher D.
Chair, GSYPAA*



In honor of Pride Month, let's acknowledge our LGBTQ-identifying friends of Bill W.

Four decades ago, some inspiring gay and lesbian recovering members of Alcoholics

Anonymous came together to form AA's special interest meetings for lesbian and gay alcoholics in New Jersey. Seven years ago, some members from those meetings created New Jersey

Roundup-a yearly convention which holds workshops, meetings, and entertainment for our sober fellows who happen to identify as lesbian, gay, bisexual, transgender, or queer.

New Jersey Roundup has since blossomed and flourished thanks to the service and hard

work of its dedicated committee. True to AA's 7th Tradition, the team holds fundraising events every other month in order to support its yearly gathering. A sober and fun outlet for the

LGBTQ-identifying member of AA, the events range from dances to dinners drag shows (a staple of gay culture which the members incorporated into ours).

So whether you identify as LGBTQ, you are an ally or supporter, or you are just curious and looking for some AA-based sober involvement or enjoyment, check out one of New Jersey

Roundup's upcoming events. Come be happy, joyous, free, and fabulous with us!

Please go to www.njroundup.org for information on our events and conference.

*Anne Marie V.
NJ Roundup Outreach Chair 2014*



My name is Shawna and I am an alcoholic. NERAASA is our Northeast Regional Alcoholics Anonymous Service Assembly. NERAASA is a weekend of panel presentations and floor discussions on issues affecting AA today. There is a report from our Northeast Regional Trustee as

well as an AA speaker meeting. In addition there are several round table sharing sessions on both Friday and Saturday nights, they include various service positions such as GSR and DCM and many of our Committees including Grapevine, Corrections, Public Information and Archives. NERAASA is held every year in February, this year it was hosted by Area 61 Rhode Island. It was my first NERAASA and I participated in the DCM

roundtable. On Saturday night the DCM and GSR roundtable combined and as a DCM I got to hear very useful information from the GSR's as to what they need to be effective in their service commitments. It was a very moving experience to be with so many people who love AA and are committed to the future of Alcoholics Anonymous. In 2015 NERAASA is coming to Area 44. The last time we hosted a NERAASA was in 1998.

This is a very exciting opportunity for service or to just be apart of and participate at NERAASA so close to home. The host committee meets on the third Friday of every month at 7:30 pm at the Area office in South Plainfield. We hope you will join us at NERAASA in 2015 here at the Double Tree Hotel in Somerset.

*Shawna S.
Promotions Chair
NERAASA 2015*

HAPPY 75TH ANNIVERSARY, BIG BOOK!!!

First, a huge thank you to the Joint Day of Sharing Co-Chairs, Lester G. and Jim S., as well as the entire Joint Planning Committee, including the Area 44 Literature Committee, for an absolutely amazing and very special celebration of the Big Book's 75th Anniversary on April 12th! It was everything we had hoped and prayed for!

I am delighted to share that at our committee Wrap-Up Meeting on April 27, we estimated that there were 590 seats on the floor, and with the seating in the bleachers, a total of approximately 750 people were in attendance! That enormous gym was full, and the energy was incredible!

All the subcommittees worked so hard, and it paid off!

Welcoming did a fantastic job in having signs everywhere they were needed, and more than enough people were scattered around the campus to direct everyone. Thank you Eavan!

Registration did a fantastic job in keeping the flow moving at the tables for pick up of their badges and agenda. Thank you Lori! Special thanks to Bill L. for printing up color Big Book Anniversary badges for the committee. There are approximately 860 regular badges left over, and they are being donated to the area for ACM's



The Calumet Building at 17 Williams Street in Newark, NJ - where the Big Book of Alcoholics Anonymous was written

and Assemblies. We also have a big box filled with extra agendas from the event, so if anyone would like a handful for their districts or committees, please feel free to take them. They're really nice to share for history and archival purposes.

Coffee service was a sight to behold! Despite some glitches with circuits and coffee pots with pieces that didn't fit or match, that committee did an unbelievable, non-stop job. Organization and communication worked very well,

and no one ever had to wait for a cup of coffee! Thank you Tricia!

Literature sales rocked! Our literature chair said "from the moment the books arrived it was clear God was in charge." The committee had a great set up in the cafeteria, from having two greeters at the front of "the square", to the alphabetized order to pick up the books, to even having food available for the committee knowing it was going to be a long night. Thank you Maureen!

Recording of the event went great, and a lot of people were buying the CD's after it was over. If you didn't get a chance to buy them, you can do so on the recorder's website. Thank you to Barefoot Bill and his team!

Spanish Translation and ASL Interpretation were there and working to make sure that everyone had an opportunity to receive the message. Thank you Martha and Carol!

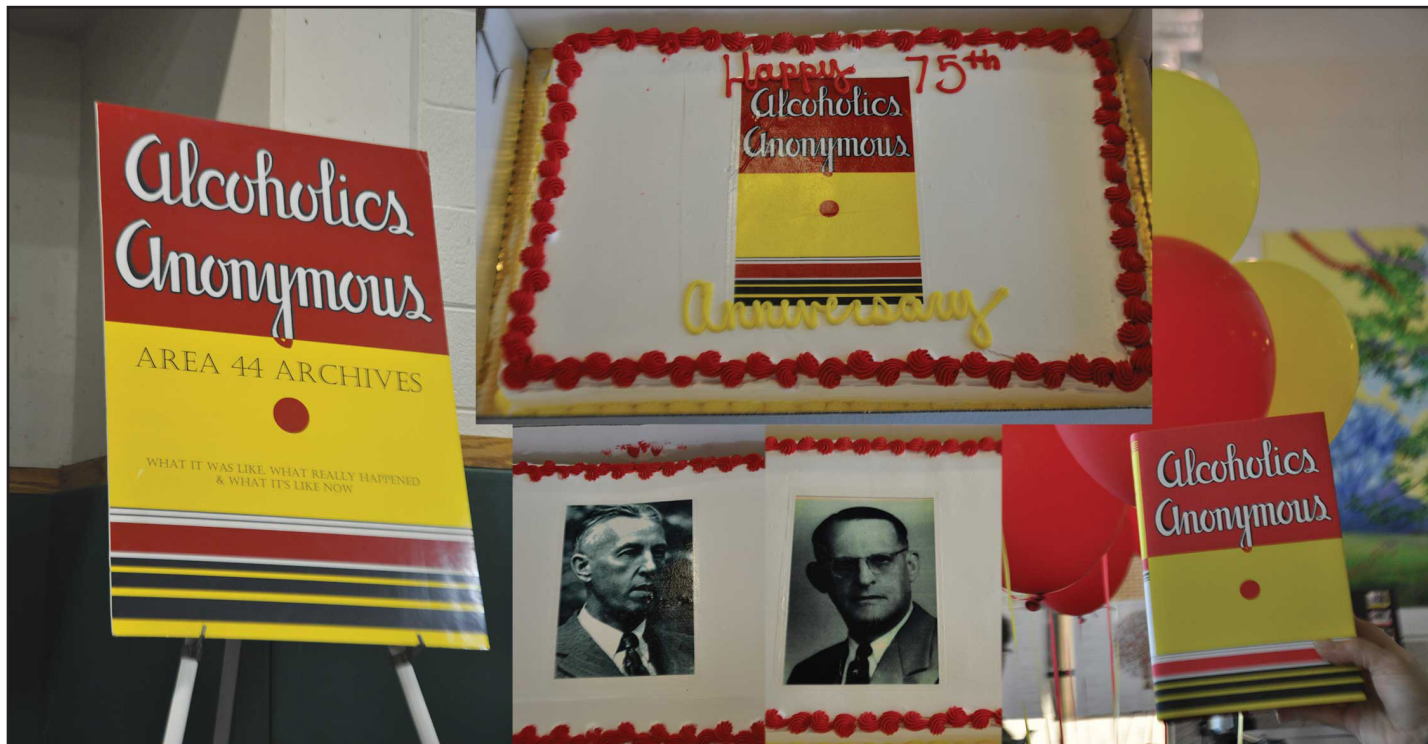
The first panel, "How the Commemorative 1st Edition Came to Be", was powerful! It almost brought me to tears that Area 44 had a part in bringing this book to the fellowship. Thank you Lester, John B., Brenda D., Wayne R., Billy N., Linda K-K., and Greg T.!

The guest speakers were all wonderful, and very interesting in their own way. Each of them shared with us after the event that they were amazed in how a bunch of drunks could put this all together and how grateful they were to have been asked to participate. Thank you John B., Michelle Mirza, Bill S., and Mitchell K.!

Cakes, cakes, cakes! How about those five beautiful sheet cakes with the photos on them? They were a big hit of the evening, with lots of picture taking. Thank you Lester!

I personally cannot express in words my gratitude for being allowed to serve as the Chair of this Big Book 75th Anniversary. It was an honor and a privilege to work with the committee, and the event itself is now a major highlight of my sober journey in Alcoholics Anonymous - one that I will never forget!

*With Much Love & Gratitude,
Debbie T.
Big Book Anniv. Joint DOS Chair*



Photos from the Big Book 75th Anniversary Celebration



SPEAK OUT! *This Day* Newsletter provides this forum for individual AA's viewpoints and opinions. The opinions expressed here are individual opinions only and not necessarily the opinions of *This Day*, Area 44, North Jersey Intergroup, or AA as a whole. We welcome your comments, opinions or viewpoints on anything found in this newsletter. — *The Editor*

I had an experience after Thanksgiving of 2013 that I will never forget much like other experiences I've had over the years. One Sunday, months prior to that Thanksgiving, I received a call from our Intergroup Nightwatch about a person needing help. After I wrote down the name & phone number of the person and was getting myself together, my phone rang. It was the person who I was supposed to call. I asked him how he received my number; he told me it was the phone rep that took his information. Well, the slogans *Easy Does It* and *First Things First* ran through my head because after all 1) it wasn't the contact's fault that he got my number and 2) he was reaching out for help and as a good AA I need to be there for him. So, when finding out what area he lives in, I knew a friend closer to him to also talk to him and possibly take him to a meeting.

After I got that cleared up, anger set in at the phone rep who published my number. The reason was because my experience doing Nightwatch through my home group countless times and knowing one of the first things in bold letters and shared with me is NEVER GIVE OUT ANYONE'S PHONE NUMBER! So I would not carry this around, I hopefully emailed our local Intergroup Chair, Nightwatch Coordinator and others. The response was quick and tactful on how they were upset that it had happened and they were disappointed that I asked them to take me off the list because I didn't want to participate any longer.

Fast forward to the last Monday of November, the day of our group anniversary. I was off that day and the phone rang. It was the Intergroup office with a name and number for someone needing help. Now my first reaction: I don't feel it's appropriate to write it here. However my second reaction was to help. I believe maybe because I didn't hang on to my anger and let people know how it felt with my last experience with Nightwatch. Back in my drinking days something like that justified me to hang on to the anger at that person to hold him hostage. What I learned in the rooms from all of you is the only person I'm holding hostage is me.

The amazing thing with this

contact was this would be his very first AA meeting. The man had never been to an AA meeting, no literature, nothing. This for me rarely happened in my 22 years in the fellowship. So, listening to his woes and identifying with it, of course, I shared with him that we are having our anniversary meeting that evening and offered to pick him up. After he declined my picking him up, I patiently and kindly told him where the church was located and the time it started since he lives right in the town. I was outside when he showed up (about 5 minutes before the meeting) and I introduced myself. We met, talked and I introduced him to some people. Since it was a group anniversary we had some oldtimer's there including our speaker. As per our group conscience, we passed a meeting book around for the men to put down their phone number for him and gave him a free big book, a few pamphlets and the November 2013 *Getting Through Tough Times* Grapevine Magazine. Did someone say no coincidences?

Well, he came to a few meeting and after a couple months he disappeared. It's ok because for that one day I had the honor to help someone brand new and I thanked Intergroup for not following my rage and taking me out of the book. I also thank the people in the rooms who shared on how the seed was planted because it also happened to me. It took me 3 more years to fully admit my powerlessness and start participating in the fellowship by showing up.

So, in closing, I would like to give my best to the gentleman and hope he finds his way back, thanks to the fellowship as a whole especially our Nightwatch team for a splendid job and to my higher power for keeping me here to be with you all.

*Mike D, Washington, NJ
Monday Night Group*

Today is What Counts

Today is what counts for the alcoholic, and if I stay sober it truly is the day that counts. For all alcoholics living in today is the best way to live life. When I came to Alcoholics Anonymous I was astounded to find that people in the program were sober a year or two years or more. It was really difficult to understand that if I did the same, not drink one day at a time, I could be one of them. Then I met people who were sober for ten, twenty, and thirty years or more. I was truly amazed that these people were able to stay sober that long. When I was drinking alcoholically I couldn't stay sober for one day, let alone years. I can remember thinking that I needed to be sure to get another bottle before I ran out. The lengths an alcoholic would go to just to make sure I had enough booze. Deep down I think I really wanted

to stop drinking, but just didn't know how. So because I didn't know how, I just kept drinking. When I sometimes think back to when I was an active alcoholic I think of what alcohol did to me. Alcohol polluted my mind so effectively and so completely that alcohol seemed to be the only thing on my mind. Whenever I thought about cutting back, alcohol told me to drink something other than what I was drinking. So I would switch from Whiskey to Bourbon or Vodka to Gin. Nothing worked.

So after many years of suffering with my alcoholism the day came when enough was enough. I had to do something about my drinking. I first went to therapy, then went to Alcoholics Anonymous where I learned that today is what counts. I learned to not drink just one day at a time, to stop living my life in the years ahead and live in the now. I believe that God smiled down on me to keep me away from booze one day at a time and have the beginning of a happy life. The way I look at it as today is what counts and put all my energy into that thought then not drinking is easy just one day at a time. If I can do that when I awake tomorrow I just do the same thing to not drink. I try to live my life in today and when tomorrow comes it's today all over again. With each passing day, as far as my alcoholism is concerned, I have a good day. So I trust in the God of my understanding to not drink just one day at a time. I truly believe that after all these years today is what counts.

Ray, C.

Roselle Sunday Night

Self Esteem

One characteristic most alcoholics have in common when getting sober is a general lack of self-esteem – coupled with a large degree of self-centeredness.

Years of compromising ones' inherent principles and moral belief systems have done damage to self-perception. It's very hard to believe that alcoholism drove one to make destructive choices. Is it a disease or is it moral failing – or is it a little of both?

Sometimes the same energy, a recovering person is using to beat up on himself or herself emotionally, is the same energy needed for participation in recovery activity. Situational depression rules the day and an enthusiastic approach to recovery work is difficult.

What kind of message can we send someone struggling through this? We have to let them know they are responsible for amending the harm from their behavior, but not always responsible for the harm. Alcoholism drives unacceptable behavior. It's constructive action that brings back that sense of self-esteem. Do estimable acts to gain self-esteem

District Service Meetings

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

– sounds simple but many don't understand the need or lack the fortitude to do this.

The positive environment of a good AA group can help with this. The meeting and service activity is set up in such a way that many times productive selfless behavior becomes the default setting.

This is more important to long term recovery than most people understand.

*Yours in service,
Chris S., Bedminster NJ*

Intergroup Calendar

JUNE		
5	Delegates Meeting, Clark	8:30 PM
8	Bookers Exchange, Cranford	7:00 AM
26	Joint Website Committee	8:30 PM
JULY		
3	Delegates Meeting, Clark	8:30 PM
4	HOLIDAY - OFFICE CLOSED	
16	Nightwatch Committee	7:30 PM
24	Joint Website Committee*	8:30 PM
AUGUST		
7	Delegates Meeting, Clark	8:30 PM
26	Joint Unity Meeting*	8:00 PM
28	Joint Website Committee	7:30 PM
SEPTEMBER		
1	HOLIDAY - OFFICE CLOSED	
4	Delegates Meeting, Clark	8:30 PM
14	Bookers Exchange, Cranford	7:00 AM
17	Nightwatch Committee	7:30 PM
25	Joint Website Committee*	7:30 PM

*Area Office, 2325 Plainfield Ave, South Plainfield

www.nnjaa.org

Try it on your Smartphone





Your Northern New Jersey A.A. Website

DISTRICT DOINGS

District 1&2

Things are going pretty smoothly in our District. Our District meeting has been a little thin lately, probably because of the long winter. We are having our yearly picnic on July 20th at the Franklin Fireman's Pavilion, in Franklin N.J. We always get a great turnout. It seems to get bigger every year. Hope to see some of you there and the flyer is up on the Area 44 website.

We are also planning our Day of Sharing right now. The date is October 4th, and it will be in Newton this year at the Christ Church. Flyer for that will be up soon.

Our District recently voted to sponsor someone to attend the GSYF conference this year. It was our first time doing this, and the individual given it was very grateful for the opportunity. It is great to be able to do such a thing for someone. I have learned over the years the power that one kind gesture can make in someone's recovery. That is it for now.

Walter B.

District 19

We had a good turnout at the last district meeting; however, we still have many chairs to fill.

Going through the meeting information sheets we found that there is a small number of groups that does not exist anymore.

We had a good turnout at the Area Mini Conference with 14 district members in attendance.

We had members attend the 75th Anniversary of the Big Book DOS.


Our Treasurer attended the workshop which was held on April 26th.

*Best regards,
Kevin P.*

NNJGS Area 44 Office Calendar

JUNE			13			21					
2	Remote Communities . Com.	7:00 PM	AREA COMMITTEE MTG.	12 NOON	Newsletter Committee	7:30 PM	25	Finance Committee	7:30 PM		
3	Officer's & Standing. Comm.	7:30 PM	14	Convention Subcommittee	8:00 PM	26	Joint Unity Meeting	7:30 PM	27	History & Archives	7:30 PM
4	Mailing Committee	6:30 PM	15	CPC Committee	8:00 PM	24	Joint Website Committee*	7:30 PM	SEPTEMBER		
4	Translation Committee	7:00 PM	16	Convention Committee	8:00 PM	1	Remote Communities Com.	7:30 PM	2	Officer's Meeting	7:30 PM
6	Policy & Admissions	7:30 PM	17	Newsletter Committee	7:30 PM	3	Mailing Committee	6:30 PM	3	Translation Committee	7:00 PM
7	Grapevine Committee	10:00 AM	18	NERAASA 2015 Comm.	7:30 PM	5	Policy & Admissions	7:30 PM	5	Public Information Com	7:30 PM
10	Public Information Comm.	7:30 PM	19	Corrections Committee	10:00 AM	6	Grapevine Committee	10:00 AM	6	Luncheon Committee	7:30 PM
11	Treatment Committee	8:00 PM	20	Garden State Young People	2:00 PM	9	Public Information Com	7:30 PM	9	Treatment Committee	8:00 PM
12	Int'l Hospitality Committee	7:30 PM	21	Literature Sales	6:30 PM	11	Int'l Hospitality Committee	7:30 PM	11	Int'l Hospitality Committee	7:30 PM
14	AREA ASSEMBLY, WAYNE	8:00 AM	21	Literature Committee	7:30 PM	14	Films Committee	11:00 AM	14	AREA COMMITTEE MTG.	12 NOON
15	Garden State Young People	2:00 PM	24	Computer Committee	7:00 PM	15	Literature Sales	6:30 PM	15	Literature Committee	7:30 PM
16	Literature Sales	6:30 PM	24	Joint Website Committee	7:30 PM	16	CPC Committee	8:00 PM	16	CPC Committee	8:00 PM
16	Literature Committee	7:30 PM	26	Treatment Workshop	9:00 AM	17	Convention Committee	8:00 PM	17	Convention Committee	8:00 PM
17	CPC Committee	8:00 PM	28	Finance Committee	7:30 PM	18	Newsletter Committee	7:30 PM	18	NERAASA 2015 Comm.	7:30 PM
18	Convention Committee	8:00 PM	30	History & Archives	7:30 PM	19	NERAASA 2015 Comm.	7:30 PM	20	Corrections Committee	10:00 AM
19	Newsletter Committee	7:30 PM	AUGUST			20	Garden State Young People	2:00 PM	21	Garden State Young People	2:00 PM
20	NERAASA 2015 Comm.	7:30 PM	1	Policy & Admissions	7:30 PM	22	Finance Committee	7:30 PM	22	Finance Committee	7:30 PM
23	Finance Committee	7:30 PM	2	Grapevine Committee	10:00 AM	24	History & Archives	7:30 PM	24	History & Archives	7:30 PM
25	History & Archives	7:30 PM	4	Remote Communities Com.	7:30 PM	25	Computer Committee	7:00 PM	25	Joint Website Committee	7:30 PM
26	Joint Website Committee*	7:30 PM	5	Officer's & Standing. Comm.	7:30 PM	26-28	AREA 44 CONVENTION				
JULY			6	Mailing Committee	6:30 PM						
3	Officer's Meeting	7:30 PM	6	Translation Committee	7:00 PM						
4	Mailing Committee	6:30 PM	12	Public Information Com	7:30 PM						
4	Translation Committee	7:00 PM	12	Luncheon Committee	7:30 PM						
5	Grapevine Committee	10:00 AM	13	Treatment Committee	8:00 PM						
7	Remote Communities. Com.	7:00 PM	14	Int'l Hospitality Committee	7:30 PM						
8	Public Information Com	7:30 PM	15	THIS DAY DEADLINE	5:00 PM						
8	Luncheon Committee	7:30 PM	15	NERAASA 2015 Comm.	7:30 PM						
9	Treatment Committee	8:00 PM	17	Garden State Young People	2:00 PM						
10	Int'l Hospitality Committee	7:30 PM	18	Literature Sales	6:30 PM						
11	Policy & Admissions	7:30 PM	18	Literature Committee	7:30 PM						
13	Films Committee	11:00 AM	19	CPC Committee	8:00 PM						
			20	Convention Committee	8:00 PM						

*Intergroup Office, 2400 Morris Ave, Union



www.nnjaa.org/members
password:onedayatime

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

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

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

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

NEXT ISSUE DEADLINE AUG. 15th
NEWSLETTER@NNJAA.ORG

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

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

JERSEY FRESH

by Wayne R.

Annual Friends of Bill W. Picnic

*Franklin Fireman's Park Pavillion
Parker Street, Franklin, NJ 07416*

Sunday, July 20th, 2014
(12-8) AA Speaker at 7pm

Hot Dogs, Hamburgers, Chicken, Corn on the Cob,
Drinks and much more

AA Service Committee Tables

Family Fun Includes: Live Music, Vollyball, Egg Toss,
Water Balloon Toss, Whiffle Ball, Horse Shoe Pit,
Indoor Games

Presented by Districts 1 & 2
district1_2@nnjaa.org

Bring your favorite dish,
Salad, Dessert, Cassarole, Etc...

No pets please

THIS DAY

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

NON PROFIT ORG.
US POSTAGE PAID
NEW BRUNSWICK, NJ
PERMIT NO. 225

Summer 2014



GSYP Conference, May 2nd-5th, 2014, Fairview Lake Conference Center, Stillwater, NJ

An End to Suffering

My sober journey started on or around January 7, 1995. Today I have 19+ years of continuous sobriety.

My sponsor, at that time, and I chose that date because it was the closest I could come up with at that time in my life. You see my brain was mush at the time in life. My first AA meeting was not till Feb. 27, 1995. By the time I had Bill S. as my sponsor it was close to May of 1995. I did not listen to him as well as I could have, should have, or would have, had I known my time with him would be short. Bill S. died from this disease of alcoholism. He was 3 years sober and he went to the hospital for a simple hernia surgery where he did not recover as his body could not recover from the loss of red blood cells after surgery due to the ravage of his body in his alcoholism. During my first 15 months in the program, used loosely, I got right into the fellowship and right into service; however Recovery was not on my list of "to do's". I wanted what you all had but was unwilling to work for it.

My nickname in the rooms was "suffering Steve". I loved the attention, negative or positive. At that time of life I would take whatever I could get. Through a series of missteps, bad ideas, and the pursuit of the opposite sex... led me to a conference in Stillwater, NJ.

I will be forever Grateful to GSYP for they have saved me and inspired me to change.

This group of sober, recovering, young and old alike is called GSYPAA or Garden State Young People of AA (www.gsypp.org). The theme of GSYP is "young is anyone willing to grow".

I have been blessed to be called a member of the committee and conference for all these years; in 2013

I was honored with the position of Chair. It was one of the great honors of my life to have be of service to GSYP.

There is a conference held in Stillwater, NJ each year by young people in recovery for anyone looking for fun, change and the opportunity of recovery each and every year for 32 years now. GSYP was started by a group of recovering young adults in there 20's whom attended ICCYPAA (International Conference of Young People in AA) and wanted to have a YPAA in NJ.

It was, for me, the turning point of my sobriety. It was then when I went from "suffering Steve" to a recovering member of AA. The experience I had was life changing. This group of people would not allow me to isolate at this conference, they did not allow me to get caught up in my "stinking thinking", they strongly encouraged me to be in the moment, listen to what was being said, try not to think so much, Don't judge, get out of my own way, and so many other recovery based logics that I had heard before somehow sank-in that fateful weekend. Why it happened that weekend, and not in the days before, I will never know for sure and frankly I don't care to ask why. It was exactly what I needed, no matter what I thought I needed at that very moment in time. 'Willingness is the Key' is what I saw and experienced from so many people that weekend. I left that conference with a new attitude towards recovery and I finally wanted more, so much more that I was willing to do the work and so it began upon my return to my home group. I asked for a sponsor and got started by adding the 12 steps of recovery to my life. It was really that simple.

So much has occurred in my life since that conference in 1996. I have said, and I will continue to say, "I have

been living a life beyond my wildest dreams" since having had a spiritual experience back in April, 1996.

I am no longer known as "suffering Steve". I am just Steve.

Steve G.
Pilgrim Group, Summit NJ

Mental Illness

My name is Meg and I am an alcoholic who has a mental illness. I know that my mental illness of schizoaffective disorder: bipolar type contributed to me drinking alcoholically. I would use copious amounts of alcohol to fix the symptoms and problems that came along with my mental illness. For me anyway, it was hard to separate the two. I have now been sober for almost six years. And, now I realize that taking away the alcohol has made it easier to manage the symptoms and problems that come along with my mental illness. Taking away the alcohol has made it much easier to find a medication combo that works. Within the last six years that has taken some trial and error. I was still winding up in psych wards during the first three years of my recovery and even wound up in a state hospital. I knew though, that I could not take a drink no matter what. And, now I have been out of the psych wards for over three years. My whole equilibrium is much better now that I don't drink.

I believe that if there was a pamphlet addressing the alcoholic with mental illness when I became sober, I believe it would have helped me. There really aren't many meetings around that address the alcoholic who has a mental illness. I do openly talk about my mental illness in meetings, because it was one of the reasons why I drank

alcoholically. I know of people who come up to me and tell me that they have mental health issues too, but don't want anyone else to know. I believe that if we had a pamphlet addressing this issue. That maybe there would be a ripple effect and would start to create more meetings that deal with the issue of alcoholism and mental illness. I mean if there were a pamphlet it would show that this is an important issue that affects some alcoholics. I think this pamphlet would break down some of the barriers that affect the mentally ill alcoholic. Now, that the mentally ill person who this pamphlet would focus on that they can go through episodes of their illness and not pick up a drink and that life would eventually get better for them.

Now, I can understand why some would argue not to create a pamphlet addressing the alcoholic who has a mental illness. There is already a pamphlet out there that focuses on the alcoholic who has to take medication for mental illness. And that there also are stories in this pamphlet that discusses how people with mental illness can stay sober and that they have to take their medication. Also, there is the point that it would cost a lot of money to create this new pamphlet.

Me having a mental illness and knowing other alcoholics with mental illness, I would have to say that a new pamphlet addressing this issue would ultimately help in the long run. If a newcomer with a mental illness coming in sees a pamphlet like this I think that it would be good.

Meg T.
Hoboken, NJ