

THIS DAY

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

A message from your Area Delegate



By the time that you read this, this year's General Service Conference will have concluded and my first Conference experience will be complete. I thank the Districts who hosted the Pre-conference reports and all the GSRs who attended and then brought the information back to their Groups to obtain their Group conscience. The attendance this year was higher than any year since 2014. Our Mini-conference Assembly was also very well attended and I am grateful to all of you who were there to help prepare me for this year's Conference. The results of the voting on the issues that we selected from this year's final Conference agenda can be found in the Area 44 portion of the Members area of the nnjaa.org website. I can't wait to tell you about what happened!

Towards that end, we have all the Post-conference reports scheduled with most of these reports being done in June and one in July. The flyer for the Post-conference report appears in this issue of the newsletter and is also posted on the website so please download this flyer and distribute it in your Groups. We typically do not get a good turnout for the Post-conference reports with only about half the attendance at the Pre-conference sessions. I have always wondered why that is. At the Post-conference reports, I will be presenting all aspects of what happened at the Conference, not just the eight items that we had selected for our Mini-conference. But even if the presentation was about the items that we did select, wouldn't you and your Groups want to know what happened? Did the Conference authorize starting work on a 5th edition? If so, will be there a new section for stories from young people? Did the Conference vote to remove the "grey pages" (About Alcoholism) yet again? Will there be a new PSA with full faces of actors? These items and other events that took place at the General Service Conference will be reviewed so DO NOT MISS the Post-Conference reports.

There is one other event taking place at the Conference that I

wanted to mention. On Saturday, the day before the Conference officially starts, there is a Remote Communities meeting. I want to thank our Remote Communities committee for all their hard work over the past few years. Their current chair, Kelly T., prepared a report on their activities which will be included in the report with the sharing from other Areas in the U.S. and Canada. I will share that report with the Committee and the Area when I receive it after the Conference. I was also asked to do a presentation at the Remote Communities meeting describing the excellent work that our committee has been doing.

Yesterday, I arrived in New York to get settled in and get ready for the Conference. I had a variety of emotions riding up the West side highway on my way to the Crowne Plaza on Broadway where the Conference is being held. Most of all, I was feeling grateful and humbled to have been given such an amazing opportunity.

Thank you for letting me serve.
Jeff B.
Panel 69 Delegate
Grapevine Committee

A message from your Area Chair



How We Use the Big Book in Our Recoveries

For me, the Big Book is like a recipe that outlines precisely and exactly how to recover from this fatal disease of alcoholism. I use the book like a textbook that we would use in school. Or in my case, what I probably should have done in school... Today, I mark it up and use a highlighter on certain terms, phrases and words. I write definitions of words and circle words such as must or vital to remind me as I read how important these words are.

Several years ago, I was at a crossroads in my journey. I found a new sponsor and was honored that she gave freely of her time and took me through the Big Book in a way I had never experienced. That process changed my life. I would go to her home on a regular basis and before we opened the book, we prayed on each occasion and asked God to

help us set aside our old ideas and open our minds to a new experience. We proceeded to read the pages together. She shared her experience with me just as her sponsor had done with her.

Today, having had a spiritual awakening, I make myself available to do the same with women who are looking for a new experience, taking them through the book just as my sponsor did for me.

The Assembly will be coming up on June 8th at which time we're going to have a town hall discussion and presenters speaking on the topic of "Inclusivity of our African-American members." What I find amazing is that according to our 2014 membership survey, white people make up 89% of AA Membership and Black People make up only 4%. The big question is why there is such disparity. What are we not doing in our fellowship to attract the black community to Alcoholics Anonymous? Are we, as recovered alcoholics, falling short in our 12-step work as described in the chapter Working with Others? What has your group done lately to bring the AA message to the attention of professionals in the community—the physicians, clergy, court officials, educators and others who are often the first to see alcoholics in need of help?

If we review Chapter 7, Working with Others, we see that it provides instructions for us on how to find people to help. It reminds us that we can help where no one else can. We can find people by asking doctors, ministers, priests or hospitals. When was the last time we approached a minister or priest to connect us with someone who may have a problem with drinking? Our founders used this approach all the time.

I'm hoping to hear a lively and inspiring discussion touching on all these questions and hearing our fellowship share their ideas and thoughts on what more we can do.

In love and service,
Maureen R.
Area 44 Chair



Greetings fellow AAs. How are you all doing this day? On behalf of the Intergroup office and the Nightwatch committee, I would like to take a few minutes to thank you all for your support and service over the years, and report on what's happening with Nightwatch these days.

As we went through the weekly group commitments for the next two months at our bi-monthly committee meeting on May 15th, I couldn't help but think how truly amazing it is that each week gets filled and 11 nightly and weekend shifts get covered by AA groups and members from all across northern and central New Jersey. From Peapack-Gladstone to Toms River, from Fair Haven to Haskell, and so many towns and places in between. Over the past 28 years, Nightwatch has become an important 12th Step outreach for many home groups and AA members, and with the dedicated support of so many, Nightwatch continues faithfully on its mission of love and service. For that we can all be truly grateful.

In many ways, Nightwatch is an extension of what we do every day in sobriety at our local meetings. We meet the alcoholic who comes looking for us where they are, and we let them know we offer real hope, inspiration and support as they come searching for a solution to the rock and a hard place dilemma that alcoholism has wrought in their lives. We know the reality all too well. So there we are at the door with a welcoming handshake and a word of encouragement, passing along a meeting

Continued on page 2

also inside

Area Treasurer's Report.....	2
Standing & Special Committee Reports....	2-4
Speak Out.....	4-7
Intergroup News & Notes.....	5
Voces Latinas.....	6
District Service Meetings.....	11
Intergroup and Area Calendars.....	11

Next Issue Deadline
August 15, 2019
newsletter@nnjaa.org

Night Watch contd from page 1
book with local meetings circled and a number to call. A sober example of how our program of recovery and service will work for you, and a reason why you might be just desperate enough to want what we have to offer.

The principle and purpose on which Nightwatch began and continues, is to be there when someone calls looking for help when the Intergroup office is closed. Our Nightwatch groups and volunteers make that possible 7 days a week, 52 weeks a year. We are grateful to the groups that have made Nightwatch an annual group service commitment and to the many AA members, both long time and first time volunteers, who step up to answer the call each and every day. Nightwatch is not an easy or convenient commitment. But there is a wealth of experience and support behind each and every shift; from the Intergroup office, through the local Nightwatch coordinator and group leaders, to each volunteer and 12th Step contact. Together we have pointed countless numbers of AA's to their first or next meeting, provided empathy and resource information to concerned family and friends, and endured obnoxious and obscene callers at all hours of the day and night. Through it all we continue to learn the extent, as well as the limits, of our human ability to be of service to the suffering alcoholic, and the truth of the saying that we only carry the message so that God can deliver it.

This month the Nightwatch committee started a much-needed discussion on how best to attract and encourage interested AA's to participate in the work of the committee. We have a dedicated group of area coordinators who work directly with their local groups to manage the weekly Nightwatch commitments, but it would be great to have more AA's involved with the support work needed to move Nightwatch along even further. One project on the radar is to form a working group to review and update the Guidelines and Procedures and Step by Step sections of the Nightwatch manual. The committee is also interested in exploring best practices and more efficient ways to support our Nightwatch volunteers and 12th Step contacts as they cover their shifts and refer and return calls.

The committee is always in need of new perspectives and fresh ideas on how to be more effective in carrying the message of hope to the sick alcoholic, as well as to those whose concern is critical

RUS SERVICE CORPORATION T/A NNJAA AREA 44		
YEAR TO DATE COMPARISON REPORT: 2017 AND 2018		
FOR PERIOD ENDING NOVEMBER 30, 2018		
	2017 - Nov.	2018 - Nov.
<u>MONEY MARKET ACCOUNT (A)</u>		
Balance as of January 1st	92,630	92,704
Interest Received	68	64
Transfer (To) / From the Checking Account	0	(10,000)
Balance as of November 30th	92,697	82,767 (C)
<u>CHECKING ACCOUNT (A)</u>		
Balance as of January 1st	32,866	34,988
Group, Individual and 7th Tradition Basket Contributions	80,778	79,215
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	109,340	116,925
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(87,060)	(89,339) (B)
Non Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(105,511)	(117,592)
Transfer (To) / From the Money Market Account	0	10,000
Balance as of November 30th	30,412	34,198 (C), (D)
Prior 12 Month Avg. Monthly Expenses Times Two. Finance Guidelines state the checking account balance should not exceed this amount.	34,743	36,814
Account Balance Over / (Under) Guideline	(4,331)	(2,616)
<u>PRUDENT RESERVE FUNDS</u>		
Total Cash in Bank (Excluding Convention Account) as of November 30th	123,110	116,965
Designated Funds (Jailbox Funds, Int'l Hospitality, Excess Funds, etc.)	(12,498)	(7,558) (D)
Checking Account Guideline (2 Months Average Expenses)	(34,743)	(36,814)
Prudent Reserve as of November 30th	75,868	72,593
Prudent Reserve (50% of the prior 12 months Operating Expenses)	47,787	48,404
Account Balance Over / (Under) Guideline	28,081	24,189
<u>FOOTNOTES</u>		
(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) 2018 Expense Budget is \$115,386		
(C) November 30, 2018 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) November 30, 2018 Designated Funds include: Jailbox--\$4,671.98 Int'l Hospitality Suite--\$2,886.49 and Excess Funds Approved Projects--\$0.00		
<u>SUMMARY OF OFFICIAL APPROVALS / REVIEWS</u>		
<u>Individual / Group</u>	<u>Action</u>	<u>Completed Through</u>
Treasurer	Approved	Nov. 2018
Alternate Treasurer	Approved	Nov. 2018
Finance Committee	Approved	Nov. 2018
Officers	Reviewed	Nov. 2018
Area Committee Members	Approved	Nov. 2018
Area Assembly	Approved	Nov. 2017

to the alcoholic's recovery. The road to recovery often starts with a phone call, and it is so important that we be ready and able to answer that call in a way that will be most supportive and useful to those still suffering from alcoholism.

Intergroup and the Nightwatch committee say thank you again for your continued faithful support. If you or any of your group members are interested in serving on the Nightwatch commitment, please contact the Intergroup office at Intergroup@nnjaa.org or the Nightwatch committee at Nightwatch@nnjaa.org. Take care and be well one day at a time.

Your brother in service,
Joe F.
Intergroup Nightwatch Committee



Greetings from CPC!

It is an honor and a privilege to serve the Area as your CPC Chair. Our Area CPC Committee informs professionals and future professionals about AA -- what we are, where we are, and what we can do. We attempt to find simple, effective ways of cooperating with professionals without affiliating. The CPC Committee was down in Atlantic City in May at the Medical Professionals Convention and we cooperated with the Area 45 CPC Committee to inform many doctors about our fellowship. Our joint workshop with the P.I. Committee at the Area Office on Saturday May 11th was a success and we hope to have another successful workshop next year. We meet the third Tuesday of

the month at the Area Office and are always looking for volunteers from both districts, as well as interested AA's, to help us carry the message to professionals in and around Area 44.

Sincerely,
Mark D.
Area 44 CPC Chair



From the Grapevine Committee

Being a sober alcoholic, I have many strange, yet wonderful things pop into my head. The song “Whoomp! (There it is)” by Tag Team (1993) suddenly came into my head and not 30 seconds later I replaced “Whoomp!” with “Grape”. Some are sicker than others... I apologize to those who know the song and will forever hear “Grape! (There it is)”. Now that I have your undivided attention, let me get into the Grapevine. We recently held one of our two Committee Workshops. The “Grapefest” was a wonderful event. We had two GVR’s speak on what it means to be involved with service. Thank you, Dan U. & Jaz. Next, we had a wonderful presentation on the history of The Grapevine by Jim P. our History & Archives Chair. Thank you, Jim. Finally, Karina C. shared her experience, strength and hope along with what it was like to be the new Outreach Coordinator for AA Grapevine. Thank you, Karina. I would be remiss not to thank Dan B. who stepped up at the last minute to take over as Chair for the event, as well as all the committee members who helped before, during and after. This is starting to sound like an Awards Speech with me thanking everyone!

At this point I know you are asking, ‘Jim, you mentioned two Workshops. What about the next one?’ That would be our play at the Convention in September! The script writer is hard at work and when I can announce the title I will. It seems like I can actually keep secrets in sobriety!

Let’s shift this to a call to action. AA needs you. Simple as that. I could go on about what service outside the Homegroup has done for me but that is another article for another day. All I know is that there are countless opportunities in our Area to serve. All our committees can use your help. Not just Grapevine. If interested, I implore you to either go to your District

meeting and see where there is a need in your District or just check out the calendar on the website (That’s a committee too!) and show up at a committee meeting.

Grapevine meets the first Saturday of the month at 10am at the Area Office in South Plainfield. Just saying. You don’t need to be a District Representative to attend. All are welcome. Intergroup is also always looking for help with representation on the Joint Committees as well. In the words of a sneaker, ‘Just Do It’. Service has truly made me the sober man I am today. Unless I delegate the next article out, see you in the Fall Edition!

Jim O’
Your Area 44 Grapevine Chair



Greetings from the Newsletter Committee!

Our committee has been quite busy recently getting ready for our summer edition. We still need an Alternate Area Chair and an Intergroup Co-Chair. The Alternate Chair would fill in for me as needed, and the Intergroup Chair would deliver a report at the Intergroup Delegates’ Meeting the first Thursday of every month. Our committee could use your help, as we are a very small group. New ideas and suggestions are always welcome, so please join us! We meet every third Thursday at 6:00 pm at the Area 44 Office in South Plainfield at 2325 Plainfield Avenue, 2nd floor, rear entrance.

Our fall edition is currently accepting articles about your stories of experience, strength, and hope. Check your newsletter for our next special topic, but all stories about recovery are welcome. In addition, Intergroup and Area Officers, Committee Chairs, DCM’s, GSR’s and Intergroup Delegates are asked to send your reports. Please submit your articles in WORD format and be sure they

can be edited. We ask that you limit your writing to 800 words. Our fall deadline is Thursday, August 15.

We are excited to announce our Writing Workshop on Saturday, October 26 from 10 to 1 at the Area 44 Office. Breakfast and a light lunch will be served. Stay tuned for details!

Our newsletter needs to be the voice of ALL AA members from Northern New Jersey Intergroup and Area 44. This Day is your newsletter – the voice of New Jersey AA members!

This Day is your voice!
This Day is my voice!
From the farms of Sussex
To the cities of Essex!
From the hills of Watchung
To the shores of Belmar!
This Day was made for you and me!
YOU AND ME!!

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

Yours in fellowship and service,
Marybeth H.
Area 44 Newsletter Chair/Interim Intergroup Newsletter Chair for This Day



Service in Action

I was about six weeks into sobriety when I attended the 2009 District 4/6 Day of Sharing. The speaker shared about an open meeting at the General Service Office (GSO) on Fridays. Since it was open to anyone and I was interested, I drove in and that was my first awakening.

I arrived at 475 Riverside Dr. and at the security desk I was given a pass which said, “VISITOR To 475”. As I got into the elevator, I was asked, “Are you going up?” “Yes,” I said, “11 please.”

The elevator door opened, and I walked to the glass door. As I entered the lobby of the AA General

Service Office, I was greeted by an empty reception desk. After a few “hellos”, a woman poked out from an office doorway, apologized and said, “The computers are down; we’re trying to get orders ready to be shipped.” She pointed to the archives room and said, “There are self-guided tour pamphlets; please help yourself”.

It was there my journey began; it feels like it was just yesterday. Over the course of the next five years I got to know Luke H., a good sober man who was very involved in service events. When he said that District 4/6 needed a History & Archives (H&A) Chair, my first thought was, “I can’t do that”. However, I had agreed to go to the next district meeting, so I decided to take the position.

It has been almost 10 years since that first GSO experience, and I have been involved in service ever since. First, I became Daytime Coordinator and then GSR for my home group in Ho-Ho-Kus. Our group meets five days a week with three meetings at noon and three meetings at 6:00 pm, except Friday night, which is an open speaker meeting.

In 2015, I attended the Atlanta AA World Convention, and at that convention I served in the Area 44 Hospitality Suite where we displayed our H&A treasures. I was involved in the H&A presentations, including “Northern NJ Landmarks in the History of Alcoholics Anonymous” at our 2017 Area 44 Convention; and “Early AA -The Women” at our 2018 Area Convention and District 4/6 Day of Sharing. This year at NERD in early April, members of the H&A Committee provided a four-hour bus tour of some of New Jersey’s historic AA landmarks. It was my privilege and honor to be one of the guides. So far, this has been my journey. More will be revealed.

On the inside cover of my first Big Book, I placed the “VISITOR To 475” sticker. Every time I open the book, I see it. A few years ago, without much thought, I decided

contd on page 4



Checks:

- 1) Sunday Wisdom at Wall Group - \$36
- 2) There is a Solution Wednesday 3:00 p.m. Group Number

- 006689830 - \$44.00
- 3) Eastover Monday Night 8:00 p.m. Group Number 128617 - \$50
- 4) Sunday Wisdom at Wall Group - \$129.07

Cash donations:

- 5) Cranford Tuesday night - \$8.52
- 6) Woodbridge Big Book Saturday a.m. - \$36
- 7) Hold on a Different Footing Allendale Group - \$10

- 8) Wantage Saturday Night Big Book Group Number 000161524 - \$33.10
- 9) New Brunswick Friday Night - \$11.07.
- 10) BTN Belleville Thursday Night 8:00 p.m. - \$16.28
- 12) Recovery Hall - \$38.11
- 13) A Bag with cash and coins - \$30.00

Total checks \$259.07
Total cash \$183.08
Grand total \$442.15

Unspecified amounts:

- 14) Sunday 1:00 Big Book Millburn
- 15) Monday 12:15 Closed Discussion Verona
- 16) Hill St. Blues Verona
- 17) Daily Reflections Newark

In fellowship,
Dave L.
CFC Committee Treasurer

UPCOMING DISTRICT 32 EVENTS...



District 32 Presents:

Annual Summer Party

Fun, Food & Fellowship!

Sunday, July 21, 2019

11am to 5pm - (meeting at 1pm)

Masonic Lodge

888 Avenue C, Bayonne, New Jersey

(corner of 40th Street)



H & A contd from page 3
to open the book to page 475 and read the story. It was “Twice Gifted”. It is likely you share the first gift, and my second was a liver transplant in 2017.

For me, these are gifts of sobriety. Like many of us, I have been blessed in countless ways, I am truly ‘twice gifted’ with miracles of sobriety and a liver. Nowadays, I can say without reservation that I hold life precious; it is good to be alive.

Yours in love of service,
Frank F.
Alternate Area 44 History &
Archives Chair

Area Literature Committee



Hi Friends in Area 44,

My name is Michael and I am serving as your Area 44 Literature Chair. I bring exciting news that we now have in stock at our office in South Plainfield the newest book released from AAWS. The book is called “Our Great Responsibility” and is available in English and Spanish for a cost of \$10. It compiles 16 of Bill Wilson’s General Service Conference talks. Read the Box 459 Spring 2019 edition, which did a great in-depth article on it. You can pre-order online at nnjaa.org or purchase

them at our Area events.

The Literature Committee is always looking for new faces to help carry out our 12-step work. Feel free to come by on the 3rd Monday of the month at the Area office at 7:30. Our committee purchases, stocks and distributes books, pamphlets and other conference-approved items. Groups and members rely on us to meet their literature needs.

During my tenure on the Literature Committee, I have been trying to improve our capacity to serve our Spanish-speaking members. We have done this by stocking every Spanish pamphlet and book AAWS has to offer. Every item is neatly organized just like its corresponding English item. Though I may not be able to read the literature, I do understand the message it carries to those who can.

I am still amazed by all the humble volunteers who make this organization work. Sometimes I foolishly think I am the only one doing committee work, but that thought is crushed when other trusted servants walk into the office and quietly carry out their tasks. I realize I am still new in my service journey and many others have been serving for a long time. It is those original members with their continued service who make our Area strong and productive. It is my duty to them and the fellowship to make the Literature Com-

mittee better than when I took it over. I look forward to seeing you all at Area events and meetings.

Warmest Regards,
Michael F.
Area 44 Literature Chair



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

The BB in my Recovery

The Big Book of AA has been my Rock in my recovery. At my first sit-down with my first sponsor, he turned to the front of the book. The first page is blank, so he exclaimed, “You see what’s on this page? Nothing! That’s what you know about recovery!” Then he told me to write my sobriety date, which I did. After I did that, he told me, “Do whatever you can never to change that date.”

My home group is a big meeting, but I also found a small, intimate Big Book meeting, where we read a bit and share, and that has been

a real benefit to my recovery. I always learn something new every time I read the Big Book message, especially from the stories in the back. By the grace of God and the directions I read and followed in that book, I have not picked up a drink for 10 years. Have the best day of your life!!

Wally P.,
District 18

Blessings in Sobriety

Dear This Day,
Early in my recovery I joined a local community theatre troupe. It was another gift of the program to be able to pursue my dreams that I had abandoned so long ago. The small community theatre held workshops for their members. It was there that I wrote my first and only play and tried to present it to my peers. The play was about alcoholism, addiction, and recovery. The members of the community theatre told me that it was, in their words, “too harsh and too real,” and clearly not their cup of tea. I was so dejected.

But like so many gifts that recovery had given me, the small script would wind up in the hands of people in charge of a recovery convention a few months down the road. They called me and said, “Let’s do this at our upcoming convention.” I was so excited, but I didn’t know what to do next, never having directed a produced

Speak Out contd on page 5

District 32 - Bayonne

Come enjoy a Saturday Afternoon Matinee!

Now Playing:
“My Name is Bill W”
Starring James W. & Gary S. (1989)



Food, Fun & Fellowship



June 15, 2019
St. Andrew’s
125 Broadway
(Corner of 4th Street)
Bayonne, NJ
2pm – 6pm
(meeting at 2:30pm)



Learn and Experience
“The Four Founding Moments”

The pivotal moments of the foundation of the AA Program
Presented by John B. of the Area 44 History & Archives Committee
Experience the AA History & Archives Pictorial Display

Speaker following presentation and then “My Name is Bill W” will begin shortly after

Any questions, email District32Bayonne@gmail.com or District32@nnjaa.org

NNJGS AREA 44

SCHEDULE OF DELEGATE'S 2019 POST-CONFERENCE REPORTS

Wednesday, June 12, 2019 @ 7:00 PM

SECTION ONE
 Bulger Community Center
 471 Godwin Ave
 Midland Park, NJ
 Hosted by District 4/6

Tuesday, June 11, 2019 @ 7:00 PM

SECTION TWO
 Wesley United Methodist Church
 225 Washington Ave.
 Belleville N.J
 Hosted by District 13

Tuesday, June 18, 2019 @ 7:00 PM

SECTION THREE
 United Methodist Church
 2 Route 183
 Netcong, NJ 07857
 Hosted by District 9

Tuesday, June 25, 2019 @ 7:00 PM

SECTION FOUR
 Good Shepherd Lutheran Church
 300 Union Ave
 Somerville, NJ 08876
 Hosted by Districts 35

Saturday, June 15, 2019 @ 11:00 AM

SECTION FIVE
 Corpus Christi Church
 100 James Street
 South River, NJ 08882
 Hosted by District 23

Saturday, June 29, 2019 @ 10:00 AM

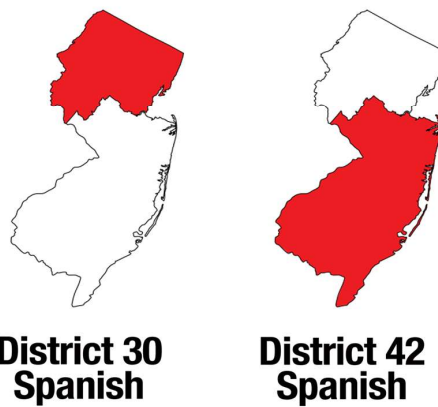
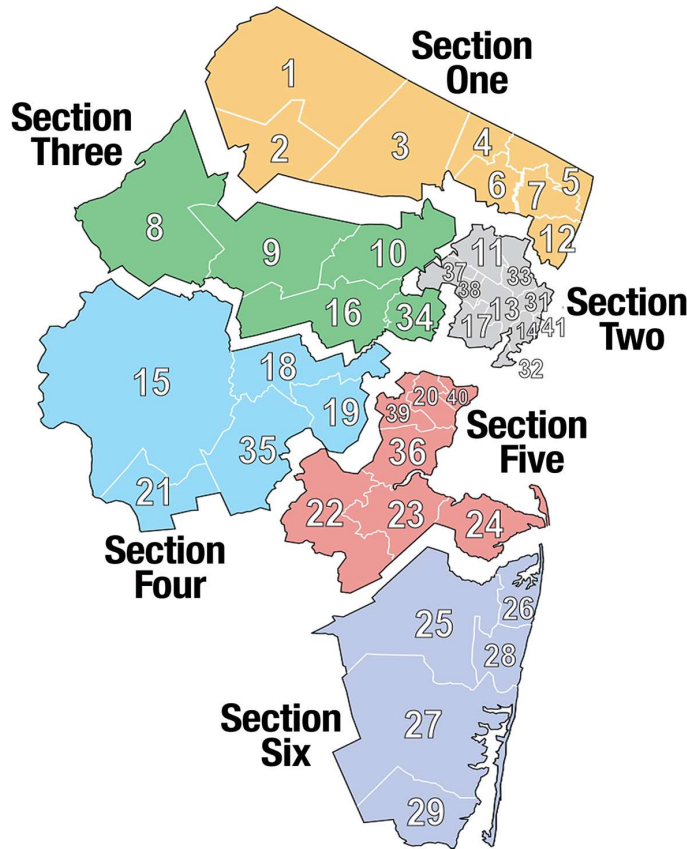
SECTION SIX
 St. Robert Bellarmine
 61 Georgia Road
 Freehold, NJ 07728
 Hosted by District 25

Sunday, June 23, 2019 @ 1:00 PM

DISTRICT 30 (Spanish-Speaking)
 69 Green Street
 Newark, NJ 07102

Sunday, July 28, 2019 @ 1:00 PM

DISTRICT 42 (Spanish-Speaking)
 120 Jersey Ave.
 New Brunswick, NJ 08901



DCMs please copy and distribute to all GSRs. All interested AAs are welcome!
 Questions? Please contact your Delegate, Jeff B. at delegate@nnjaa.org.

Speak Out contd from page 4
 a theatrical show. Where would I find actors?
 Clarity and gifts come in many directions. Churches would donate space for the rehearsals. The 'actors' would come from the rooms – twenty of them. And so it began.
 The day before the convention, we took the newly formed play to a long-term residential rehab and presented back-to-back performances. The clients were weeping afterwards, not in despair but from gratitude. The same reaction occurred the next day at the convention.

Twenty-seven wonderful years have passed since then and the play that depicted the bottoms, the "spiritual awakening," and coming into the rooms would reach more than 40,000 people in the hearts of shelters, treatment centers, prisons, and communities.

The members of the play's troupe do not get paid, nor do they reveal their last names. In addition, the troupe declines media coverage. Today we have grown to more than 500 anonymous volunteers, many joining us from our audiences, carrying a message of hope and recovery to their peers. And with no funding we have made our way to eight states and as far west as Texas.

There are many gifts in recovery. Perhaps the most precious to me is the opportunity to carry the message of hope to my brothers and sisters.

Bob L., District 31
 Editor's Note: Although our Sixth Tradition prevents us from publicizing the name and location of Bob's theatre troupe, please let him know of your interest.

INTERGROUP NEWS 'N NOTES
MEETING UPDATES MAY AND JUNE 2019

NEW MEETINGS & MEETING UPDATES!!!!

- BRANCBURG – Thurs. 6 pm – O-D
 Raritan Valley Community College, 118 Lamington Road, West Bldg., Room 220
- CHATHAM – Thurs. 7 pm – O-D(Agnostic) Quaker Meeting House, 158 Southern Blvd.
- FORKED RIVER – Tues. & Thurs. 7pm
 O-D(Agnostic) – Lacey Elks, 900 Beach Blvd.
- FORT LEE – Mon. 8 pm O-D First Reformed Church, 2420 Lemoine Ave.(Russian Speaking)
- JACKSON – Tues. 8:15 pm O-BB Jackson Municipal Complex, Trailer on corner 95 West Veterans Highway & Don Connor Blvd.
- LEBANON – Sun. 7:30 pm –O-S-D Church of the Holy Spirit, 3 Haytown Road(formerly met in Annandale)
- MORRISTOWN – Tues. 12:30 pm O-BB Church of the Redeemer Parish Hall, 36 South Street(formerly met at Morristown Memorial/Mt. Kemble Division)

CANCELLED MEETINGS!!!!!!

- DOVER – Fri. 8 pm – St. Clare's Hospital, 400 W. Blackwell St.(Route 46)
- MILLINGTON – Wed. 8 pm (Young Peoples) All Saints Episcopal Church, 15 Basking Ridge Road
- PATERSON – Sat. 7 pm – Second Baptist Church, 72 Carroll Street
- ROSELLE – Tues. 7:30 pm – Heard AME Church, 310 8th Avenue

Voces Latinas

MI SERVICIO: ¿OBLIGACION O RESPONSABILIDAD?

Tengo 25 años militando continuamente dentro del programa de Alcohólicos Anónimos, he realizado varios servicios dentro de mi grupo como cafetero, coordinador secretario y siempre atento de llevar el mensaje al alcohólico que aun sufre como R.S.G. Estuve en el comite de traducción que con este servicio tuve la oportunidad de asistir al Area 44 a la cual mi grupo pertenece como el distrito 30. Este distrito es bilingüe, por lo tanto participé en las traducciones que se requerían.

Para el año 2017 en reunión plenaria los R.S.G.s me nombran como M.C.D. del distrito el cual acepté con mucho entusiasmo y aunque se conocía de muchos problemas que se tenían Lo tomé como un servicio que como un miembro activo de mi grupo y del distrito. Logico que tenía que documentarme con el Manual de Servicio y creí que el padrino de recuperación podría servirme de padrino de servicio, pero descubrí que no, fue fundamental buscar en el Area 44 una madrina de servicio y encontré a la persona adecuada con la cual consultaba mis dudas y proyectos que, y así pude hacer talleres del manual de servicios. Se creo el comite de información al público, participamos en las diferentes actividades que tiene el Area, asistimos a la O.S.G. a la reunión internacional que tienen los viernes, motivé a los grupos que no tienen R.S.G. para que enviaran su R.S.G. Mantuve comunicación entre el distrito y el Area y el delegado del Area, mi servicio lo entregue para el año 2018.

Hoy me siento contenta conmigo misma pues durante este periodo sucedieron eventos muy difícil de vivir pero siempre y gracias a DIOS y al programa de A.A. pude superarlos. Hoy puedo decirles a mis compañeros del grupo, R.S.G.s y a mi madrina GRACIAS por su entendimiento que tienen para conmigo. Y desde el fondo de mi Corazon quiero agradecer a un poder superior que entiendo es Dios y que por ello yo soy responsable...

MY SERVICE: OBLIGATION OR RESPONSIBILITY?

I have 25 years of continuous sobriety in Alcoholics Anonymous, and during that time I have performed several functions within my home group such as coffee maker and secretary, and I am always careful to carry the message to the alcoholic who still suffers in my role as R.S.G. (GSR). I was on the translation committee and in this capacity had the opportunity to attend functions in Area 44, to which my group belongs as part of District 30. This district is bilingual; therefore, I translated as needed.

For the year 2017 in a plenary meeting (full district meeting), the R.S.G.s named me M.C.D. (DCM) of the district, which I accepted with great enthusiasm although I was aware of some problems within the district. I took on the responsibility as an active member of my group and my district. Of course, I had to familiarize myself with the Service Manual, but I believed that my recovery sponsor would be able to double as my service sponsor. I discovered, however, that that was not the case. It was vital for me to look for a service sponsor in Area 44 - the right person with whom I could discuss my doubts and projects - and attend workshops on the Service Manual. I got involved on the Public Information Committee, and we participated in different activities that the Area hosts. We attended the international meeting that is held on Fridays at the O.S.G. (GSO), and I motivated groups that did not have R.S.G.'s to elect one and send that person. I maintained communication between the district and the Area and the Area delegate, and my service extended until 2018.

Today I feel happy with myself because during this period some very difficult life events occurred, but thanks to GOD and the program of AA I was always able to overcome them. Today I can say THANK YOU to my fellow group members, R.S.G.'s, and my sponsor for their understanding. And from the bottom of my Heart I want to give thanks to a Higher Power that I understand to be God, and for that I am responsible...

Sandra P.
Distrito 30

Don't Shut the Door on It

It's the last Friday of the month. Instead of reading a selection from the Grapevine magazine, we are reading and discussing the Promises. I don't need to reference the sheet the leader has distributed. The Promise pertaining to the month of February is tattooed on my brain: We will not regret the past, nor wish to shut the door on it. Early on, it was all about regret. Just walking in the door carried with it so much shame, guilt and remorse that I wore those feelings like a scarlet letter. Convinced that my badge of shame would follow me for the rest of my life, I went through the motions while saying the Lord's Prayer. How could God forgive me if I couldn't forgive myself?

When my beloved Grandmother died in December 1989, I was so distraught that I drank enough to jump into the grave as her casket was lowered into the ground. Elderly mourners reached in, supporting me as I clumsily steadied myself. My mother's words are engraved in my heart. "It's my mother we're burying, not yours." Continuing through tears, she whispered, "Once again, you're making a spectacle of yourself. Why, on this solemn day, are you making this about you?"

When my dearest friend arranged for state-funded respite care so that she could have a quiet night away from her severely disabled daughter, I was determined to help her forget her troubles. Ordering two shots of tequila, I pushed one towards her. "C'mon, have one." "No, thanks," she insisted. "I only have an hour." "Just one," I urged. "You can have just one." The more she refused, the more I drank. I recall the hurt in her eyes. Her daughter wasn't well. Her time was limited. She'd just wanted a night out with her friend. But all that mattered to me was getting her drunk.

My mother, my dear friend, my employer, my boyfriend, my landlord, a myriad of co-workers, members of my family...whom hadn't I hurt? The subtle judgments from those I didn't know personally, but seemed to know me, stung too: the clerk at the liquor store who rolled his eyes whenever he saw me struggling for pocket change; the teller at the bank who thought I was laundering money; the cop who stopped me going the wrong way around a rotary and questioned whether or not I had been drinking. I was regularly impulsive, unreliable and deceitful. How many times did I behave inexcusably? Let me count the ways.

Like the Jaywalker in our literature, I had a knack for doing the same bad thing over and over again while expecting different results. I could never find myself in the middle, in that sacred place I now know as right sized. Did I really expect to be treated with the same kindness and compassion with which one would treat a sick friend? Nearing my bottom, I was isolated, lonely and depressed.

It took me years to take an honest look at my behavior while drinking. Fortunately, I stayed close to my sponsor and eventually became willing to make the most of my formal amends. The living amends I now make to my friends and family allow me to put my head on my pillow at night and rest much easier than I ever did when I was drinking. There's abundant freedom in that.

Regret *does* dissipate, but not immediately. Like the way the Promises come to us "sometimes quickly, sometimes slowly," I still struggle from time to time when I am reminded of my actions while drinking. And while I'd like to believe that after 25+ years in recovery I am now a woman of honor and dignity, I would be lying if I didn't acknowledge that from time to time, I still behave regrettably. The difference is that I understand the value of looking at my part in interpersonal disturbances and make a concerted effort to promptly admit when I'm wrong.

For me, the beauty of not shutting the door on my past is that a window opens to help another alcoholic. Each of the experiences I've had while drinking has served in one way or another to strengthen my recovery. My resolve to do life differently as a sober woman strengthens when I share my story with another alcoholic. When I honestly admit that while drinking, I regularly behaved in a manner that was an embarrassment to myself and others, it gives a fellow alcoholic the opportunity to let go of similar burdens. We've all had a bumpy road to recovery. Allowing ourselves to look back without regret is a tremendous gift.

Someone said recently that for her the Promises were like cash and prizes - the kind you get if you work hard enough. If we are painstaking about this phase of our development, we will be amazed before we are halfway through. I was all for amazement. Having something to look forward to certainly piqued my interest in learning more. For some, knowing there is something tangible and positive dangling out there is a reason to keep coming.

contd on page 7

contd from page 6

For me, the Promises were my first glimmer of hope.

DJB
Wyckoff, NJ

Mom, the Big Book, and Me

The first copy of the Big Book that I saw belonged to my mother. I found it in her library after she died in November 1997. I was still drinking then. Mom had joined AA in 1977, although I wasn't aware of that fact until quite a while later.

When my drinking became significantly worse in 1979, Mom tried unsuccessfully to 12th Step me, but I wasn't ready. A few months following her attempt to help me, I nearly died in a drunk driving accident. I was in the hospital for a week, and when she failed to visit me, I erroneously assumed it was because she didn't love me. Later, I learned the truth: she was trying to detach from her alcoholic son.

As I browsed through her Big Book in 1997 (it was the 1976 edition), I paid attention to the passages that she had underlined, and that gave me valuable insight into her thoughts and feelings. I reflected on my relationship with her.

Mom taught me several lessons in sober living during her 20 years in AA. She showed me how to practice the AA principles in all our affairs. She also demonstrated the value of trying to help another alcoholic even if we never see our efforts succeed. I wasn't aware of these lessons at the time she imparted them.

In 1997, she was informed by her doctors that she had cancer, and the prognosis was very poor. Despite such horrible news, Mom was able to maintain her sobriety and her dignity. She didn't use the cancer as an excuse for drinking. As I mentioned earlier, I didn't come to AA until three months following her death, and thus I had no idea in the Fall of 1997 about any of the 12 Steps or the AA principles. All I knew at the time was that Mom was facing the ultimate crisis with a serenity and strength of character that I didn't know she possessed. I don't know if I could do what Mom did if I were to face the same situation, but I take some comfort in the idea that she probably didn't know before she got sick that she had the ability to be so courageous. Three months after her passing, I hit bottom. I woke up one Sunday morning with a terrible hangover, after having promised myself the night before that I wouldn't get drunk. At 10 a.m. on that Sunday,

Area 44//District 12 presents...

June 22nd | 9-12noon

Church of the Madonna School Cafeteria
359 Whiteman Street
Fort Lee, NJ 07624

TWELVE TRADITIONS WORKSHOP

FREE EVENT BUT WE WILL HAVE A 7TH TRADITION DONATION

Speakers will share their experience on the importance of the Twelve Traditions in preserving AA's unity and singleness of purpose.

- Free event!
- continental breakfast
- 3 speaker panel

I called the Intergroup Hotline, and someone answered (thanks, Nightwatch) and I asked for help. Two days later, I was picked up by a 12th Step Contact Volunteer and brought to my first AA meeting at The Loft, then located in Highlands.

For the first months, I made lots of mistakes - I went on drinking, I compared instead of identifying, and I thought I was different. But I kept going to meetings. Finally, I had that moment of clarity. It was March 14, 1998 and I haven't had a drink since.

After I got sober and learned about the 12 Steps, I considered Step 9 and was curious as to why Mom had not made amends to me - at least, I thought that she had not made amends to me. Eventually, I was told about indirect (or living) amends, and it seemed to me that Mom's sponsor likely had suggested that she make living amends to me. In other words, she should change the way she acted toward me. Similarly, my sponsor suggested that I make living amends to my wife when I reached Step 9. Although Mom didn't live to see me get sober, I believe (and this is just my belief) that wherever her spirit is now, she knows that I'm sober, and she's happy.

Rick M.
District 26

Alkathon 2018 at the Alanon Club

My name is Melissa P. I was the Food Chair for last year's District 17 29th Annual Holiday

Alkathon held on Christmas Eve and Christmas Day at the Alanon Club in Newark, NJ. It was a great experience for me to make committee meetings, hear and exchange information and ideas with everyone, and be a part of this event.

On Christmas Eve, it was an honor to be in the presence of over 50 long-timers. To listen to their stories of experience, strength and hope - what life was like, what happened and how life is today - they give me a higher purpose for living: to stay on the path of sobriety one day at a time.

At some point, I sat down and looked around at the room full of people laughing, smiling and happy - enjoying themselves. I felt God's power in the rooms with us that day. As the evening and night passed, I left feeling energized - looking forward to Christmas Day.

On that day it was great to see everyone on the committee working together and being of service to any and everybody who walked through the door - from beginning to end. I now know what it feels to be a part of and to learn about unity, our 1st Tradition, and Love and Service.

This was a memorable, teachable experience for me. I am thankful for having had the opportunity to participate in this festive celebration.

May God Bless You,
Melissa P.
District 17

My Big Book

I use the book Alcoholics Anonymous in my recovery several times a week. My hard copy is taped together with colorful duct tape and dogeared, filled with handwritten notes and captured insights accumulated over the years. I bring my Big Book to my weekly home group meetings, both of which are Big Book meetings. Tucked in the back of my book is a Big Book dictionary to help me understand the context of the terminology. In my purse I carry a small soft cover copy of the Big Book, which is helpful when spontaneously attending Big Book meetings, referencing something I hear on a recovery podcast, or traveling far from home. I can't say that any one section is a favorite, but the 9th step promises have always been a beacon of hope for me. I often read pages 83-88, to remind me how one lives a life in recovery.

I am grateful today that the solution outlined in Alcoholics Anonymous is available to me to help others. The "Forward to the First Edition" tells us that what is written in the book is 'precisely how' they recovered, so I use it as a 'text book' when taking sponsees through the steps, emphasizing that this book was written in hindsight - after they recovered.

When my Big Book is closed, I see the words Easy Does It written in indelible ink, reminding me of the people who first gave it to me at a meeting on Long Island. It was in 2013 at the end of my very first meeting when they handed me a hard copy, firmly responding to each question I asked by saying, "The answers are in the book." As a newcomer, I was puzzled that a book written in 1939 could help me and became intrigued as I read about the allergy in The Doctor's Opinion and recognized myself when I read about the 'real alcoholic' on page 21. The stories in the back of the book help me with identification - I do what they did, I feel how they felt, and I think the same thoughts. I am grateful when I read the warnings, prayers and promises throughout the book, as they continue to be relevant to me today.

Gerianne B.
Bound Brook Tuesday Night

Our Delegate from the General Service Conference...

Good evening, my service family,

We are just about at the halfway point of the Conference and the fun is about to begin. After deliberating for 2 days in our Conference committees (I'm on the Grapevine committee), the discussion and voting on proposed recommendations has just begun. I can't wait to tell you all about what was decided at the Post-con-

ference reports!

Even though there is so much more of the Conference to go, this has been one of the most amazing and exciting experiences of my life, a real game changer. I thought I would you an email with some of the anonymity protected picture that I've taken.

At the 2nd session of our Grapevine committee, we elected a new chair for next year's Grapevine committee. I was grateful to have

been given that honor and will serve as the chair of the Grapevine Conference committee next year. My alternate Chair will be Rhonda Fairchild, the P69 Delegate from A42, Nevada.

This is Rich Purtell's last Conference as our NERT (Northeast Regional Trustee) and today we elected a new NERT, Francis Gilroy from Area 30, Eastern Massachusetts, who will serve in this role for the next 4 years.

There is so much more to discuss, so I'll see you at the Area Assembly on June 8th and at one of the Post-conference reports (see attached flyer). There has been several exciting initiatives from the Grapevine and La Vina to tell you about as well.

Yours truly in AA love and service,
Jeff Bernknopf
Panel 69 Delegate
Grapevine Committee



**Topic for the Fall Issue:
Came to Believe...**

**Next Issue Deadline:
August 15, 2019**

**Send your articles to:
newsletter@nnjaa.org**

AAGRAPEVINE, Inc.

March 29, 2019

To: General Service Conference Delegates
Trustees of General Service Board, Past and Present
Directors of AA Grapevine, Inc., Past and Present
Directors of AA World Services, Inc., Past and Present
AA Grapevine Editorial Advisory Board Members, Past and Present
Appointed Committee Members of Trustees' Committees
Grapevine and G.S.O. Staff Members
U.S. and Canada Central Offices and Intergroups

Re: Vacancy for Nontrustee Director of AA Grapevine Board in 2020

Dear Friends:

On March 25th a letter was sent out announcing a vacancy for the position of nontrustee Director for the AA Grapevine Board following the General Service Conference in 2020. The information in the letter has been updated to incorporate two changes:

- 1) The date for receipt of applications has been extended to coincide with the dates for receipt of application for AAWS nontrustee Director, which will be filled at the same time.
- 2) The list of desired qualities has been refined to more accurately reflect the current needs of the Board.

The content of the letter, with modifications, is included below.

The AA Grapevine Corporate Board will have a vacancy for the position of nontrustee Director following the General Service Conference in April 2020. The Board of Trustees has requested that the AA Grapevine Board's recommendation be presented for this position to the trustees' Nominating Committee for review at its January 2020 meeting. Since resumes need to be screened and applicants interviewed by members of our Corporate Board in a timely fashion, the process must begin well in advance.

We plan to review resumes in July so that we can schedule interviews during the early autumn of this year. We therefore ask that completed resumes be submitted by July 1, 2019.

Group Secretary. Please Read the Following:

If you're interested in serving on the Convention Committee, meetings are held at 8pm on the 3rd Wednesday of every month at the Area Office, 2325 Plainfield Avenue, South Plainfield (entrance is in the back of the building).

If you're interested in helping out during the Convention, you may volunteer by adding your name and telephone number to the space provided below, or contact us at convention@nnja.org. Please mail this list to the attention of the "Convention Committee," no later than September 10, 2019 to:

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

Have Any Questions? Call (908) 274-3146

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

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

Saturday Banquet Seating Request:

Please complete the following and return it with your mail-in registration:

THE BANQUET IS LIMITED TO THE FIRST 500 REGISTERED!

Saturday's banquet will have pre-arranged seating based on the date of receipt of your registration form.

Tables can accommodate ten people. To reserve a full table, or to be seated with a group of people, your registration forms and deposits must be received together in one envelope. This will be the only way to assure seating together based on the availability of seats at the time your registrations are received. We will try our best to honor parties and keep you together, but such seating will be based on availability of tables...SO...get group registrations in as early as possible!

People purchasing banquet tickets at the convention will be assigned seating at that time, based on the availability of the remaining seats.

You **MUST** include the full names of attendees at your table. Please note the banquet is **SMOKE FREE & VAPING FREE.**

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
- SPECIAL DIETARY NEEDS:** _____

Convention Contact Information:
(908) 274-3146 or Convention@nnja.org

ASL Interpreters for the
Hearing Impaired will be available

**NORTHERN NEW JERSEY GENERAL SERVICE
63rd Annual
Area 44 Convention**



September 20, 21, & 22nd 2019

Plays • Young-People's Speaker Meeting • Friday Night Entertainment
Saturday Night Banquet • Saturday Night DJ • Guided Meditation Meeting
Alkathon • Young-Timer / Old-Timer Meeting

NEW! Scholarships are available
Individuals and Home Groups can contribute to Scholarships!

THE DOUBLETREE HOTEL
200 ATRIUM DRIVE, SOMERSET, NJ 08873

Frequently Asked Questions:

- Q: I'd like to do service during the weekend; are there volunteer opportunities available?**
A: Absolutely! There are many types of volunteer assignments needed throughout the weekend and we welcome all to participate! If you're interested in volunteering, contact us at convention@njjaa.org or use the back of this form.
- Q: May I pay by credit card?**
A: Yes, you can use your credit card to register online at njjaa.org/convention and pay for the hotel rooms and Convention meal plans. Credit cards will also be accepted on site at the convention. There are additional merchant's fees for paying by credit card. To avoid these fees, feel free to submit your registration form via regular mail. If you submit your payment through the regular mail, a check or money order is required.
- Q: May I mail my registration in? MUST BE RECEIVED BY 9/10/19**
A: Yes, simply fill out the form on page 3 and mail it along with a check or money order to:
 PO Box 35, 1601 STATE ROUTE 35 MIDDLETOWN, NJ 07748
- Q: May I request a scholarship to the convention?**
A: Yes, Requests for scholarships MUST be made by pre-registering by mail, online or by calling the Hotline at (908) 274-3146.
- Q: May I or my Home Group contribute to scholarships to help those who cannot afford to attend?**
A: Yes! However, scholarships are for weekend registration only; no meals. Scholarships can be contributed at the hotel the weekend of the convention for this year, but will carry over to next year.
- Q: Is the Saturday banquet included in the meal plan?**
A: The Saturday banquet is included in the price of Meal Packages 1, 2, 4, and 6.
- Q: I'd like to sit with my friends at the Saturday banquet is that possible?**
A: Yes, list their names on the back of this form, and submit your registrations together in the same envelope, we will do our best to accommodate.
- Q: How do I sign up for the Old-Timer's Luncheon?**
A: If you have 25 more years of sobriety (sobriety date prior to 9/28/1994) AND you purchase any registration package (#1- #6) on the next page, then the Old-Timer's Luncheon is included in the cost of your registration. However, you MUST indicate your intention to attend the luncheon by providing your name, home group, and sobriety date in the OLD TIMERS' LUNCHEON REGISTRATION section of this form.
- Q: Who do I contact about my hotel room reservation?**
A: You should contact the hotel directly about your room reservation at (800) 222-8733.
- Q: What if I still have questions?**
A: If you have any questions, or would like to volunteer, you may reach us via email at: Convention@njjaa.org or call the Convention Hotline: (908) 274-3146

Use Code : A44 for discount on room rates!

Hotel Room Reservations:

- ROOM RATES:**
- Single/Double: \$121.00* (Per Night)
 Triple/Quad: \$131.00* (Per Night)
 *Plus 15% Occupancy Tax
- These special convention room rates will only be available when identifying attendance at the "A44" group rate.
- Reservations must be received on or before September 10, 2019 in order to guarantee availability and rate. Cancellations must be received 72 hours prior to your scheduled arrival, or you will be charged for the room.
- TWO WAYS TO MAKE HOTEL RESERVATIONS:**
- 1) BY PHONE – Call the hotel at 1-800-222-8733 and make a reservation with a credit card. The conference name is "A44." You must mention this code when registering in order to get the special Convention room rate. It also helps us to reach our quota so please make sure that you use that code when you book your room.
- 2) BY THE INTERNET – Go to online to our web page at: www.njjaa.org/convention. When you book online, you will be able to purchase your meal packages in addition to your hotel room reservations. Don't forget to use the promotion/offer code "A44" when booking online.

PLEASE NOTE: Whether you use our website, or whether you book your hotel room through another vendor, please inform the hotel that you're participating in the Convention. The Area gets credit towards its minimum quota for all rooms booked during the Convention weekend. If you have any questions, please contact us at (908) 274-3146.

Al-Anon Invites You!

The members of Al-Anon cordially invite you, the relatives and friends of those affected by the family disease of alcoholism, to Al-Anons participation in the 63rd Annual Area 44 General Service Convention of Alcoholics Anonymous.

Please join us in sharing our experience, strength and hope in finding happiness, even contentment, whether the alcoholic is still drinking or not.

For more information call North Jersey Al-Anon Information Service at 973-744-8686.

Area 44 Convention Registration Packages

(*Banquet is limited to the first 500 registrants)

REGISTRATION PACKAGE #1:

\$144.00 x _____ = \$ _____ Minus \$ _____ = \$ _____
 # of People Deposit Balance Due
 Includes Weekend Registration, Saturday breakfast, Saturday lunch, Saturday Banquet, and Sunday breakfast.

REGISTRATION PACKAGE #2:

\$125.00 x _____ = \$ _____ Minus \$ _____ = \$ _____
 # of People Deposit Balance Due
 Includes Weekend Registration, Saturday lunch, Saturday Banquet, and Sunday Breakfast (NO SATURDAY BREAKFAST).

REGISTRATION PACKAGE #3:

\$98.00 x _____ = \$ _____ Minus \$ _____ = \$ _____
 # of People Deposit Balance Due
 Includes Weekend Registration, Saturday breakfast, Saturday lunch, Sunday Breakfast and (NO SATURDAY BANQUET).

REGISTRATION PACKAGE #4:

\$77.00 x _____ = \$ _____ Minus \$ _____ = \$ _____
 # of People Deposit Balance Due
 Includes Weekend Registration and *Saturday Banquet ONLY.

REGISTRATION PACKAGE #5:

\$31.00 x _____ = \$ _____
 # of People Total
 SCHOLARSHIP CONTRIBUTION: Weekend Registration ONLY.

REGISTRATION PACKAGE #6:

\$125.00 x _____ = \$ _____ Minus \$ _____ = \$ _____
 # of People Deposit Balance Due
 Includes Weekend Registration, Old Timers' Registration or Lunch, Saturday Banquet, and Sunday Breakfast

Pre-registration is required to attend the Old-Timer's Luncheon. The Luncheon is included in the cost of your Convention registration if:
 • You have 25 or more years of sobriety (sobriety date prior to 9/28/1994 –AND
 • You purchase any meal or registration package (#1–#5) listed above or the Old Timer's Registration Package #6 listed below.

OLD TIMERS' REGISTRATION PACKAGE #6:

1. To register for a meal package online go to: www.njjaa.org/convention
 2. Follow the directions, answer the questions, and supply your credit card information.
 3. Confirmation of your transaction will be emailed to you.

REGISTRATION BY MAIL:

- If you 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 pay the balance at the event.
- Make all checks or money orders payable to:
 NNJGS Area 44 Convention
 NNJGS Area 44 Convention
 PO Box 35
 1601 STATE ROUTE 35 MIDDLETOWN, NJ 07748
- Fill out this page of the form and mail to:
 NNJGS Area 44 Convention

Check here if you're...
 AA Member Al-Anon Member In need of ASL Interpreter
 OR

Sign Me Up For The Scholarship*
 *The scholarship is for a free ticket for Weekend Registration Package #5. Please only select this option if you are unable to afford to pay for the convention registration. Area 44 is pleased to offer scholarships to those who truly need it. Scholarship recipients are encouraged to provide a suggested 2 hours of volunteer service during the Convention. Scholarship awards will begin August 1, 2019. You will receive a phone call from a committee member if you have been awarded a scholarship and to discuss if you are willing and able to volunteer.

First Name, Last Name _____
 E-Mail Address _____
 Please check here if you would NOT like to receive future emails regarding the Area Convention () _____
 Send Confirmation to (choose one) Mail E-mail
 (If you want your confirmation mailed to you, include a self-addressed, stamped envelope.)

Telephone _____
 Street Address _____
 City, State, Zip _____

ALL MAIL-IN PAYMENTS MUST BE POST-MARKED ON OR BEFORE SEPTEMBER 10, 2019

REGISTRATION ONLINE:

4. Upon completion of the payment for your meal package, you will be offered the option of reserving a hotel room by clicking on the button "Reserve a Room." This action will take you to the hotel's web page, which has been set up specifically for our convention.

THE DEADLINE FOR REGISTRATION FOR THE OLD TIMERS' LUNCHEON IS SEPTEMBER 10, 2019

SEE BACK OF THIS FORM FOR BANQUET SEATING INFORMATION

District Service Meetings

District 1&2 - 2nd Tuesday, 7:30 pm, Sunrise House Cafeteria, 37 Sunset Inn Road, Lafayette

District 3 - 3rd Friday 7:00 pm; West Milford Library 2nd Floor, 1470 Union Valley Road, West Milford

District 4&6 - 3rd Thur. 7:30 pm, Upper Ridgewood Community Ch, Hillcrest & Fairmount, Ridgewood

District 5&7 - Last Thursday, 7:30 pm, St. Mary's Church 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, 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 - 2nd Thur. 7:00pm, St. Francis of Assisi Parish Center(basement), 124 Park St, Ridgefield Park

District 13 - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville

District 14 - Last Tue. 7:00 pm, Barrow Mansion, Upstairs, 83 Wayne St, Jersey City

District 15/21 - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington

District 16 - 3rd Mon. 7:00 pm Good Shepherd Luth Church, 160 Ridgedale Ave. Florham Park

District 17 - 3rd Fri. 8:00pm, Alanon Assoc., 7th Avenue and 7th Street, Newark

District 18 - 2nd Mon. 7:30 pm, 403 King George Rd, Suite 105, Basking Ridge

District 19 - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway

District 20 - 1st Wednesday, 7:00pm, Presbyterian Church 140 Mountain Ave., Westfield

District 22 - 3rd Wed. 7:30 pm, Cook College, College Farm Road, New Brunswick

District 23 - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River

District 24 - 3rd Mon. 8:00 pm, New Monmouth Baptist Church, 4 Cherry Tree Farm Rd, Middletown

District 25 - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold

District 26 - 3rd Thur. 7:00 pm, Christ United Meth Church, 300Ridge Rd, Fair Haven

District 27/29 - 3rd Mon. 7:00 pm, Ocean Christian Community(Parish House Basement) 405 Washington St. Toms River

District 28 - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake

District 30 - 4th Sunday 12 Noon, 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. 9:30 am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange

District 35 - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, Somerville.

District 36 - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen

District 37 - 3rd Wed. 7:00 pm, First Evangelical Lutheran Church, 153 Park St, Montclair

District 38 - 2nd Mon. 7:00 pm, St. Peter's Episcopal Church, 271 Roseland Avenue, Essex Fells

District 41 - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts,

NNJGS Area 44 Office Calendar

JUNE

1 Grapevine Committee 10:00 AM
 4 Officer's Meeting 7:00 PM
 5 Mailing Committee Meeting 6:00 PM
 5 Translation Committee 7:00 PM
 8 Area Assembly 8:30 AM
 10 Computer Tech Comm 7:30 PM
 11 PI Committee 7:30 PM
 12 History & Archives @Interg 7:00 PM
 12 Treatment Committee 7:30 PM
 17 Literature Sales 6:30 PM
 17 Literature Committee 7:30 PM
 18 CPC Committee 7:00 PM
 19 Convention Committee 8:00 PM
 20 Newsletter Committee 6:00PM
 20 Intl Hosp Suite Committee 7:00PM
 24 Remote Communities Mtg 7:30 PM
 24 Finance Committee 7:00 PM
 26 Website Comm @Intergroup 7:30 PM
 27 P&A Committee 7:30PM

JULY

1 Mid-Winter Lunch Comm 7:00PM
 2 Officer's Meeting 7:00 PM
 3 Mailing Committee 6:30PM
 3 Translation Committee 7:00 PM

8 Computer Tech Comm 7:30PM
 9 PI Committee 7:30PM
 10 History & Archives @Interg 7:00PM
 13 Grapevine Committee 10:00AM
 14 Films Commitee 9:00 AM
 14 Area Committe Mtg 10:00AM
 15 Literature Sales 6:30PM
 15 Literature Committee 7:30PM
 16 CPC Committee 7:00PM
 17 Nightwatch @Intergroup 7:00PM
 18 Newsletter Committee 6:00PM
 20 Corrections 10:00AM
 22 Remote Communities 7:30PM
 22 Finance Committee 7:30PM
 24 Website Committee 7:30PM

AUGUST

3 Grapevine Committee 10:00AM
 5 Mid-Winter Lunch Comm 7:00PM
 6 Officer's Meeting 7:00PM
 7 Mailing Committee 6:30PM
 7 Translation Committee 7:00 PM
 8 Newsletter Committee 7:30PM
 12 Computer Tech Comm 7:30PM
 13 PI Committee 7:30PM
 14 History & Archives @Interg 7:00PM

Intergroup Calendar

MARCH 2019

10 Bookers Exchange - Clark 6:00AM
 13 History & Archives 7:00PM
 14 Delegates Meeting, Clark 8:30PM
 20 Nightwatch Committee 7:00PM
 28 Joint Website Committee 7:30PM

APRIL 2019

4 Delegates Meeting, Clark 8:30PM
 10 History & Archives 7:00PM
 19 Holiday (Office Closed) Good Friday
 25 Joint Website Committee 7:30PM

MAY 2019

2 Delegates Meeting, Clark 8:30PM
 8 History & Archives 7:00PM
 15 Nightwatch Committee 7:00PM
 23 Joint Website Committee 7:30PM
 27 Holiday (Office Closed) Memorial Day
 28 Joint Unity Meeting 7:30PM

JUNE 2019

6 Delegates Meeting - Clark 8:30PM
 9 Bookers Exchange - Clark 6:00AM
 12 History & Archives 7:00PM
 27 Joint Website Committee 7:30PM

**NEXT ISSUE AUGUST 15
 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.

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"



www.nnjaa.org

Try it on your
Smartphone



Your Northern New Jersey A.A. Website



Member area
 userid: alcoholic
 password: onedayatatime

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 2019

