

# THIS DAY

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

*A message  
from your  
Area Chair*



Dear Friends:

Warm greetings from your Area Chair. Welcome to Springtime in Area 44. Spring has always been a time of rebirth, and who knows more about rebirth than an alcoholic in recovery? This Spring, though, offers something truly special for us alcoholics, and that is the promise of the rebirth of our in-person activities: meetings, workshops, picnics, movie nights.

As we cautiously move back to many of our “normal” AA activities, we can also recognize that we have brought into the AA world a new tool of recovery, the online experience, which helped more than a few newcomers find a home and begin a journey of recovery this past year, never having been to an in-person meeting. Amazing!

As we look back over these past 15 months, we see how swiftly and effectively the Fellowship adapted to the conditions of the pandemic, while continuing to carry the message.

It is ironic that this pandemic challenge, which was met with such action and determination by our Fellowship, was to be fought by isolating from our daily routines. Isolating?? We AA’s have a gold medal in isolating. We wrote the book on isolating. Yet, there we were, opening online meetings, attending all kinds of AA programs on Zoom, and making new friends all over the world.

More recently, we see that many of our Area’s 2021 activities, though virtual, have brought record numbers of participants to AA in Area 44. Our recently completed Mini-Conference had over 175 GSRs in attendance, many of whom stayed until the program was completed. Prior to that, we had the highest number of participants in Pre-Conference Reports in over 7 years.

The take home message is that AA is alive and well in Area 44; it’s alive all over the world for that matter, as many of us have seen for ourselves via Zoom.

Now, we face a new set of opportunities and challenges: Getting our message out where it has been missing, opening doors as soon as conditions allow, bringing meetings back to meeting rooms while continuing to provide for the constituents who are best served by our virtual resources.

As we return to “business as usual” in the months ahead, let us remember the lessons learned from the pandemic as we now have a better understanding of serving an even wider view of the still sick and suffering alcoholics who need our help and our message of recovery. We wish you strength, health, and renewed energies in this journey.

Stay well, stay safe, and have a great summer.

In AA love and service,  
George L., Area 44 Chair

Newsletter  
Committee



Dear AA Family,

I’ve been a member of our Area 44 Newsletter Committee for many years—it is one way that I mix of few of my favorite things in life, reading and writing, with service in my recovery. I’ve been the editor for “This Day” for the past two years. I am humble that I am able to serve Area 44 and AA in this capacity.

Our area newsletter has much to offer you: articles from our delegate and area chair, reports from our standing and special committees, happenings in our districts and homegroups, notes from Intergroup, flyers for Area 44

### Also Inside

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NEXT ISSUE DEADLINE  
AUGUST 5, 2021  
newsletter@nnjaa.org

events, etc. However, my favorite section, by far, is Speak Out. This part of the newsletter includes the experience, strength, and hope from our very own Area 44 members! There is not a quarter that goes by that I don't shed a few tears because someone has moved me with their words. In those moments, I am so proud to be a member of Alcoholics Anonymous. I love hearing that people have overcome their struggles. I am inspired when our brothers and sisters in recovery let their authentic, vulnerable selves spill out on the page. Hope and love are alive and well in AA because I see the proof in each article that I read.

If you are reading this, I encourage you to share this newsletter with the men and women in your network: send the newsletter in an email, highlight an article that touched your heart, show them a flyer or two about upcoming events. "This Day" needs your support—we need new readers!

Also, if you are reading this, I invite you to consider writing an article. If you are involved in service in your home group, district, or area—write about it! If you have experience, strength, and hope—write about it. If our fall issue's topic inspires you—write about it! (I look forward to reading what you have to share!)

In love and service,  
Megan D., "This Day" Editor



*THIS DAY*  
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**Suggested Fall 2021 Issue Topics:**  
Discuss the pros and cons of meetings remaining virtual after Covid 19.  
Comment on what this means to you: "to take hardship as the pathway to peace."  
Submit your articles to [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)

👉 **Deadline August 5, 2021** 👈

Articles should be between 200-800 words.  
Please use **WORD** format as a separate document that can be edited.  
Posters can be in a PDF format.  
Include your town, home group, or district. [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)

**Thinking about a service commitment?**  
Join the Newsletter Committee meeting the 3<sup>rd</sup> Thursday each month at 6 pm on Zoom.  
Please contact [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org) or check the Area calendar for further information.

Hmm, I can help the Newsletter Committee!!

**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 21, 2325 Plainfield Ave., South Plainfield 07080, or emailed to: [newsletter@nnjaa.org](mailto:newsletter@nnjaa.org).

## AREA 44 COMMITTEE REPORTS & INFO

*Treatment Committee*



### Carrying the Message into Treatment

There is much that could be said about taking commitments into treatment facilities in 2021, but as always, there is only one thing we have to talk about. What is the message and how do we effectively bring it to those alcoholics still sick and suffering in a treatment setting? I am a firm believer that the message of Alcoholics Anonymous is the black words on the white pages in the first 164 pages of the Big Book, and that is what I carry. But how far do those instructions go in bringing this to a large group of strangers, and how does it prepare me for some of the situations that arise today? I have also come to believe that the program of action described in the Big Book prepares me to practice the program of love, tolerance, and effectiveness contained in our Twelve Traditions, and it is there that I find all the guidance I will ever need to face any situation as a member of Alcoholics Anonymous.

The Treatment Committee Workbook carries some wonderful suggestions within it: one so powerful I cannot let myself forget it. It is that when I go into a treatment setting, I am not attending a meeting of AA with fellow AA members. I am doing a presentation of Alcoholics Anonymous to the public and should make no assumptions on their membership in AA, their willingness to participate in the program, nor come to any forgone conclusion about their knowledge of the Fellowship. When I remember that, everything changes. This is no longer about me, as it never was. It is now about representing the program that offered me freedom from alcohol, freedom from the bondage of self, and reliance upon God – and presenting it the way it has chosen to be seen. I owe it that much, at the very least.

Yes, the Highway of the Spirit is roomy and broad, and our personal experiences within the Fellowship have as many varieties as there are members. But the fact remains that AA has chosen its stance on outside issues – primarily, but not limited to, alcohol reform, organized religion, politics, and medication. AA has chosen a model for its public relations, and for me, it boils down to a respectful silence. I am not interested in convincing anyone that AA is where they belong, only in showing it is a place for


the alcoholic to recover. AA has already decided who or what it affiliates with, and it is no one. I offer uncompromising cooperation, but never come close to implying that AA is associated with any other enterprise.

It is not important whether or not I get to share my story. I am joined with all of AA in brotherly and harmonious action, which means it is much more important that those who listened to the presentation understand what AA is and what it is not, what it does and what it does not, than that they know the details of my story. My experience is just one of the many tools available to me to make clear the program of miraculous recovery that I am a member of.

Do they know how to reach the Fellowship? Do they understand Bridging the Gap? Have I given an adequate description of Alcoholics Anonymous and what it is like to attend a meeting as newcomer or someone coming back? Are the Twelve Steps still a mysterious curtain on the wall, or a sensible set of instructions and program of action? These are the questions I ask myself when I leave a treatment center, not whether or not I shared my experience, strength, and hope.

I am not there for me. I am there for Alcoholics Anonymous, which was there for me when I was lost. Anonymity is spiritual foundation of all service. Nobody needs to know me to recover, but many cannot recover unless they know Alcoholics Anonymous.

In Love and Service,  
Henry L., Alternate Treatment Chair for Area 44  
Alcoholic

**Social Media Committee**  What if you could connect to AA service directly through your social media feed? Are you already relying on your phone to access recovery information throughout the day? Is there a way for Area 44 to extend the AA reach to our members who primarily use social media?

Last year, the Area 44 Website Committee asked those questions and developed a recommendation to form a Social Media Committee (SMC). The recommendation was approved at the ACM in May 2020, and guidelines for the new committee were approved at the September ACM.

Representatives and liaisons from each Area 44 district and 12th Step committee are encouraged and welcomed to participate as members of the SMC. Your collective voice, perspectives, and experience are needed to help facilitate the new committee's primary purpose:

*“To carry the AA message by using social media platforms to focus on supporting 12th Step work by AA members in each Area 44 District. Through social media, people can connect with, learn from, and further the efforts of Area 44’s Standing and Special Committees, in order to carry AA’s message to alcoholics and those who support recovery from alcoholism. In accordance with SMC Guidelines, activity on any social media platform will operate within the spiritual principles of the Twelve Steps, Twelve Traditions and Twelve Concepts of AA.”*

The SMC is currently preparing a recommendation for approval to start an Area 44 Facebook group. They launched a brief 5 question survey to gather related feedback from as many AA members in Area 44 as possible. To take the survey, visit: <https://nnjaa.org/service/smedia/>

Meanwhile, SMC members have been presenting information about the committee at area and dis-



**SAVE THE DATE**  
Friday-Sunday, September 24-25-26  
AREA 44 PRESENTS  
**THE 65TH ANNUAL CONVENTION**  
2021  
**AA IN A CHANGING WORLD**

The Doubletree Hotel  
200 Atrium Drive • Somerset, New Jersey 08873

- ▲ Workshops
- ▲ Alkathon
- ▲ Young People's Speaker Meeting
- ▲ Young Timer / Old Timer Speaker Meetings
- ▲ Friday Night Speaker Meeting
- ▲ Old Timer's Meeting
- ▲ Guided Meditation Saturday & Sunday
- ▲ Alanon Speaker & Meetings
- ▲ Sobriety Countdown
- ▲ Saturday Night Banquet & Banquet Speaker
- ▲ Entertainment Friday & Saturday Night
- ▲ Sunday Morning Spiritual Meeting
- ▲ Grapevine Play
- ▲ History & Archives
- ▲ Standing Committee Workshops

district events and are in the process of visiting each district meeting to listen to your questions and concerns.

Examples of survey responses that reflect enthusiasm for learning about service through social media have been:

- “I am new to service, so I am learning day by day and any info a Facebook page can provide would be welcomed.”
- “I am missing a lot of info. I’d love to be more involved in doing all kinds of service.”
- “More about social media and Remote Communities. I would like to do service.”
- “More concise feedback to home groups, etc. Updated tech online is needed for younger AAs and GSRs”

Most concerns voiced from the Fellowship have centered on questions of anonymity, affiliation, and the business models of social media companies. Can personal anonymity be safeguarded on social media? What about anonymity “at the level of press, radio & film”? How will the principles of non-affiliation be maintained?

These are important questions that the committee is taking seriously. A new officer position – Social Media Analyst – was created to help guide the committee’s research and provide insight through professional understanding of the evolving business of social media. The SMC Guidelines ensure that each decision made by the committee will adhere to the 12 Traditions and that AA experience and guidelines regarding online activity are well-researched, understood, and applied. The service piece, [AA Guidelines – Internet](#), is a primary source of guidance that addresses questions about the Traditions in online settings.

The SMC Guidelines require that the Area 44 Committee be consulted for approval before our committee creates a presence on any social media platform:

*“The Social Media Committee will report to the Area 44 Committee regarding any progress and proposed implementation on any Social Media groups, pages or channels, and will seek the approval of the Area Committee before actual implementation.”*

Also, our guidelines ensure that the SMC keep the Fellowship informed about updates and new initiatives taken on an approved platform:

*“The Social Media Committee will continue to report to the Area 44 Committee regarding the implementation of any approved presence on a Social Media Platform including any activities and progress, and/or any effectiveness in supporting our primary purpose.”*

Please contact Kristen A. [sm-chair@nnjaa.onmicrosoft.com](mailto:sm-chair@nnjaa.onmicrosoft.com) and talk to your DCM or GSR about how to stay informed and get involved with the Social Media Committee. The Committee meets virtually at 7:30pm on the second Thursday of each month. Find out more at <https://nnjaa.org/service/smedia/>

With Gratitude,  
Heather, SMC Alt-Secretary

**AREA 44 - NNJAA SOCIAL MEDIA COMMITTEE SURVEY 2021**

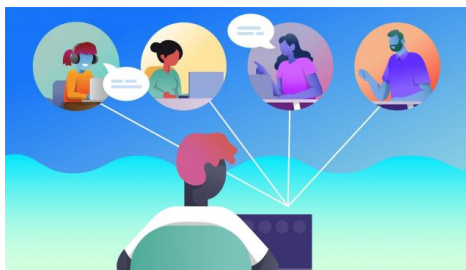
**PURPOSE**  
The purpose of the brief 5 question survey is to gather valuable feedback from the fellowship in Northern NJ.

**BACKGROUND**  
The SMC is developing a recommendation to create a private Facebook group with the primary focus to support 12th step work by AA members in each Area 44 District. We hope it will become a new way to learn about & participate in AA service. In accordance with SMC guidelines, activity in the proposed Facebook group will operate within the 36 principles of the program.

**HOW TO COMPLETE**  
1 – Complete on-line by visiting: <https://nnjaa.org/service/smedia/index.html>  
2 – Print form by visiting: <https://nnjaa.org/service/smedia/images/SocialMediaForm.pdf>  
3 – Email completed form or answers to SMC.

**CONTACT INFO**  
[sm-chair@nnjaa.onmicrosoft.com](mailto:sm-chair@nnjaa.onmicrosoft.com)  
[sm-alt-chair@nnjaa.onmicrosoft.com](mailto:sm-alt-chair@nnjaa.onmicrosoft.com)

**Thank you for completing the survey.**  
The SMC currently meets virtually on the 2nd Thursday monthly at 7:30pm. Please contact the chair or alt. chair with questions or if you are interested in joining the committee.



## AREA 44 COMMITTEE MEETINGS: VIRTUAL AND HYBRID 2021



\* Denotes Joint Committee

COMMITTEES	MEETING DAY	TIME	SERVER	MEETING ID	PASSWORD	CONTACT
<b>STANDING COMMITTEES</b>						
Cooperation w/ Professional Community*	3 <sup>rd</sup> Tuesday	7:00pm	ZOOM	831 67410763	(n/a)	Roe T-B – <a href="mailto:cpc-chair@nnjaa.onmicrosoft.com">cpc-chair@nnjaa.onmicrosoft.com</a> No pas
Corrections Facility Committee*	3 <sup>rd</sup> Saturday	10:00am	ZOOM	850 3466 8699		Susan P-C – <a href="mailto:cfc-chair@nnjaa.onmicrosoft.com">cfc-chair@nnjaa.onmicrosoft.com</a> ...Me
Grapevine	1 <sup>st</sup> Saturday	10:00am	ZOOM	820 1459 9915	AAGV	Marcheta B – <a href="mailto:grapevine-chair@nnjaa.onmicrosoft.com">grapevine-chair@nnjaa.onmicrosoft.com</a> plan on attending at the Area Office
History and Archives*	2 <sup>nd</sup> Wednesday	7:00pm	ZOOM	917 6976 2213	474109	Frank F – <a href="mailto:archives-chair@nnjaa.onmicrosoft.com">archives-chair@nnjaa.onmicrosoft.com</a>
Literature	3 <sup>rd</sup> Monday	7:00pm	ZOOM	672 098 8037	889464	Mike R – <a href="mailto:literature-chair@nnjaa.onmicrosoft.com">literature-chair@nnjaa.onmicrosoft.com</a> ...
Public Information*	2 <sup>nd</sup> Tuesday	7:30pm	ZOOM	821 7687 5697	2945766	Sandra P – <a href="mailto:pi-chair@nnjaa.onmicrosoft.com">pi-chair@nnjaa.onmicrosoft.com</a>
Treatment*	2 <sup>nd</sup> Wednesday	7:00pm	ZOOM	812 51569162	16273	Elise B – <a href="mailto:treatment-chair@nnjaa.onmicrosoft.com">treatment-chair@nnjaa.onmicrosoft.com</a>
<b>SPECIAL COMMITTEES</b>						
Computer and Technology Committee	2 <sup>nd</sup> Monday	7:00pm	Teams			Bruce R – <a href="mailto:computer@nnjaa.onmicrosoft.com">computer@nnjaa.onmicrosoft.com</a>
Convention Committee	3 <sup>rd</sup> Wednesday	7:30pm	ZOOM	833 2357 7907	197229	Chris L - <a href="mailto:convention-chair@nnjaa.onmicrosoft.com">convention-chair@nnjaa.onmicrosoft.com</a>
Films Committee	2 <sup>nd</sup> Sunday	9:00am	n/a			Paul L – <a href="mailto:films-chair@nnjaa.onmicrosoft.com">films-chair@nnjaa.onmicrosoft.com</a> ...Curre
Finance Committee	4 <sup>th</sup> Monday	7:00pm	ZOOM	880 5190136	181955	John C – <a href="mailto:finance-chair@nnjaa.onmicrosoft.com">finance-chair@nnjaa.onmicrosoft.com</a>
GSR/DCM Workshops	N/A					Tim R – <a href="mailto:gsr-workshop-chair@nnjaa.onmicrosoft.com">gsr-workshop-chair@nnjaa.onmicrosoft.com</a>
Mailing Committee	1 <sup>st</sup> Wednesday	6:30pm	n/a			Sara G – <a href="mailto:mail-chair@nnjaa.onmicrosoft.com">mail-chair@nnjaa.onmicrosoft.com</a> Current
GSR Mid-Winter Luncheon Committee	1 <sup>st</sup> Monday	6:30pm	ZOOM	891 0985 8973	77175	Frank F – <a href="mailto:lunch-chair@nnjaa.onmicrosoft.com">lunch-chair@nnjaa.onmicrosoft.com</a>
Newsletter*	3 <sup>rd</sup> Thursday	6:00pm	ZOOM	815 3922 8687	thisday	Tony P – <a href="mailto:newsletter-chair@nnjaa.onmicrosoft.com">newsletter-chair@nnjaa.onmicrosoft.com</a>
NJYPAA	3 <sup>rd</sup> Sunday	10:30am	ZOOM	264 995 272	service	
Policy and Admissions Committee	4 <sup>th</sup> Thursday	7:30pm	ZOOM	532 271 5919	074811	Mark D – <a href="mailto:policy-chair@nnjaa.onmicrosoft.com">policy-chair@nnjaa.onmicrosoft.com</a> Virt
Remote Communities	4 <sup>th</sup> Monday	7:30pm	ZOOM	882 3015 7060	6054	Michael M – <a href="mailto:remote-chair@nnjaa.onmicrosoft.com">remote-chair@nnjaa.onmicrosoft.com</a>
Social Media Committee	2 <sup>nd</sup> Thursday	7:30pm	ZOOM	846 7849 8287	511520	Kristen A – <a href="mailto:sm-chair@nnjaa.onmicrosoft.com">sm-chair@nnjaa.onmicrosoft.com</a>
Translations Committee	1 <sup>st</sup> Wednesday	7:00pm	n/a	836 7972 7434	330508	Felix E – <a href="mailto:translation-chair@nnjaa.onmicrosoft.com">translation-chair@nnjaa.onmicrosoft.com</a>
Website Committee*	4 <sup>th</sup> Thursday	7:00pm	Teams	<a href="#">Click to Join</a>		Bonnie M – <a href="mailto:website-chair@nnjaa.onmicrosoft.com">website-chair@nnjaa.onmicrosoft.com</a>

# REMEMBER: AREA 44 NEEDS YOU!

Area 44 Website Committee  
contact us at  
[websitecommittee@nnjaa.onmicrosoft.com](mailto:websitecommittee@nnjaa.onmicrosoft.com)



**FOR MORE INFORMATION ABOUT  
OUR STANDING AND SPECIAL COM-  
MITTEES, PLEASE CHECK OUT:**

**WWW.NNJAA.ORG >> SERVICE >> SERVICE COMMITTEES**

# AREA 44 POST-CONFERENCE REPORT INFO



Area 44 NNJGS  
A.A. In a Time of Change

## DELEGATE'S 2021 VIRTUAL POST-CONFERENCE REPORTS

Sunday, May 23 @ 10:00am  
Thursday, May 27 @ 7:00pm  
Monday, June 7 @ 7:00pm  
Monday, June 14 @ 7:00pm (Polish Translation)  
Saturday, June 19 @ 9:00am  
Friday, June 25 @ 7:00pm (Spanish Translation)

[Click Here To Join](#)

**ZOOM**  
ID: 820 6731 8021  
PW: 645257

DCMs please copy and distribute to all GSRs.  
All interested AAs are welcome!

Questions? Please contact your Delegate, Jimmy A.  
at [area-delegate@njaa.onmicrosoft.com](mailto:area-delegate@njaa.onmicrosoft.com)



Área 44 NNJGS  
A.A. En Un Tiempo De Cambio

## REPORTE DEL DELEGADO DE LA POS-CONFERENCIA VIRTUAL 2021

Domingo, Mayo 23 a 10:00AM  
Jueves, Mayo 27 a 7:00PM  
Lunes, Junio 7 a 7:00PM  
Lunes, Junio 14 a 7:00PM (Traducción a Polaco)  
Sábado, Junio 19 a 9:00AM  
Viernes, Junio 25 a 7:00PM (Traducción a Español)

[HAGA CLIC AQUÍ PARA  
UNIRSE A LA REUNIÓN](#)

**ZOOM**  
ID: 820 6731 8021  
PW: 645257

MCD per favor copie y distribuya a todos los RSG  
de su distrito. ¡Todos los AA interesados son bienvenidos!  
Preguntas? Comuníquese con su delegado, Jimmy A.  
a través de su correo electrónico  
[area-delegate@njaa.onmicrosoft.com](mailto:area-delegate@njaa.onmicrosoft.com)



Area 44 NNJGS  
A.A. w Czasie Przemiany

## 2021 WIRTUALNY POKONWERENCYJNY RAPORT DELAGATA

Niedziela, 23 maja, o godz. 10:00am  
Czwartek, 27 maja, o godz. 7:00pm  
Poniedziałek, 7 czerwca, o godz. 7:00pm  
Poniedziałek, 14 czerwca, o godz. 7:00pm (Tłumaczenie Polskie)  
Sobota, 19 czerwca, o godz. 9:00am  
Piątek, 25 czerwca, o godz. 7:00pm (Tłumaczenie Hiszpańskie)

[Kliknij Tutaj,  
Aby Dołączyć](#)

**ZOOM**  
ID: 820 6731 8021  
PW: 645257

DCM-owie proszę skopiować i rozpowszechnić  
wśród wszystkich GSR-ów. Zapraszamy wszystkich  
zainteresowanych członków AA!

Pytania? Skontaktuj się z Delegatem, Jimmy A.  
[Area-delegate@njaa.onmicrosoft.com](mailto:Area-delegate@njaa.onmicrosoft.com)

# INTERGROUP NEWS & NOTES

## 2021 CALENDAR THIRD QUARTER

REMINDER: CHECK NNJAA.ORG CALENDAR UNDER THE NEWS & EVENTS TAB! *MOST MEETINGS VIRTUAL!*

### JUNE 2021

- 3 Intergroup Delegates Meeting 8:30PM
- 9 Archives Committee
- 13 Bookers Exchange
- 23 Joint Website Committee

### JULY 2021

- 1 Intergroup Delegates Meeting 8:30PM
- 5 Office Closed – Independence Day Observed
- 14 Archives Committee 7:00PM
- 21 Nightwatch Committee 7:00PM
- 28 Joint Website Committee 7:30PM

### AUGUST 2021

- 5 Intergroup Delegates Meeting 8:30PM
- 11 Archives Committee 7:00PM
- 24 Joint Unity Meeting 7:30PM
- 25 Joint Website Committee 7:30PM

### SEPTEMBER 2021

- 2 Intergroup Delegates Meeting 8:30PM
- 6 Holiday – Office Closed – Labor Day
- 8 Archives Committee 7:00PM
- 12 Bookers Exchange - 7:00AM
- 15 Nightwatch Committee 7:00PM
- 22 Joint Website Committee 7:30PM



## Office Hours & Literature Sales

Call 10am to 6pm Monday through Friday

1-908-687-8566

For more information [Click Here](#)

# INTERGROUP BOOKERS NEWS

## Online Bookers Exchange

*While we are looking into the possibility of Bookers meeting in person again in September...this quarter we are still*

**Online at 7:00 AM, Sunday, June 13, 2021**

**There will be a short orientation at 7am SHARP to make this event as easy as possible.**

**Next month Intergroup will again host Bookers online via Zoom...**

**Keeping the spirit of Bookers alive while keeping the Bookers as safe as possible.**

### Here is a list of things to help you prepare for Online Bookers:

- Only One Booker per Group (Electronically you can't book together so having more than one group representative will bog down the process.)
- When you log on to Zoom – Your Screen Name acts as your *Sign*. Use this format **ONLY: Day-Time-Town**  
*\*Use a three letter abbreviation for the Day.*  
*\*Only use a colon in the time – if your meeting doesn't start on the hour*  
**Example: Wed-8p-Clark**  
 Your Name is not essential to the process but your **day, time & town are!**
- Bring your Group's calendar, pen & note paper. It's important you note the Day-Time-Town – and the *date*, and *phone number* for their Booker!!
- In the BreakOut rooms, share your Date, Name and Phone# when booking, then follow-up by phone after Bookers for meeting details
- Online Bookers is Less Talk – More Action. Stay focused and *stick to the facts* in the booking session so we use our time wisely.
- We suggest you list your virtual meetings on NNJAA.org. You can do that by filling out the form on our website:  
[https://www.nnjaa.org/intergroup/cgi-bin/virt\\_mtg\\_form.php](https://www.nnjaa.org/intergroup/cgi-bin/virt_mtg_form.php)
- A Rehearsal will be held Thursday, June 10 at 7:30 pm for those who have never done Bookers or Online Bookers before. You can join the rehearsal via Zoom via Mtg ID: 839 2458 9741 PW 123123

Bookers (Sun 6/13 at 7:00 am) meets on Zoom as well

Mtg ID: 864 4283 6078 PW: Bookers

If you have questions about participating,  
 please email us at [Bookers@nnjaa.org](mailto:Bookers@nnjaa.org)



# AA Grapevine & La Viña News

# GRAPEVINE News



## What's New For May 2021



**Grateful?** Help Carry The Message By Gifting An AA Grapevine/ La Viña Subscription

We can't reach our members behind the walls right now, but our message of hope and recovery can. These are some actual quotes from AA members in prison who have received a "Carry the message" subscription.

“Thank you to those who care enough to help us in here, we're trying so hard to stay sober.”

“I'm writing from my prison cell to thank the Grapevine staff and all those members who contribute to the "Carry the Message" project.”

“So many [stories] have touched my heart and given me hope ... I don't ever want this subscription to end.”

“Seeing the warm, welcoming spaces being used as AA sanctuaries for people in recovery is so heartwarming. This, my friend, is what keeps me going and gives me hope.”

“I'm sitting here in prison and I feel 75 days sober today. Thank you so much for Grapevine.”

Click [HERE](#) to learn more

Want to Help Another Alcoholic?

**2021 Carry The Message Project**

Give a gift subscription to an Alcoholic In Need

Learn three easy ways to give [here!](#)  
Or visit our YouTube channel [here!](#)



**2 New Books!**  
Available April 23

To learn more [click here!](#)

**25th anniversary of La Viña!**



This year La Viña celebrates 25 years of sharing the lived experiences of the Spanish-speaking alcoholic community.

Learn more [here!](#)

**Subscribe to the Grapevine Newsletters**




Sign up to receive Grapevine emails. To learn more at: [aagrapevine.org](http://aagrapevine.org)

**Visit Grapevine Rep Resources Page**



Download tools, postcards, and more! Visit us at: [aagrapevine.org/gvr-resources](http://aagrapevine.org/gvr-resources)


**The ePub edition of AA Grapevine magazine**



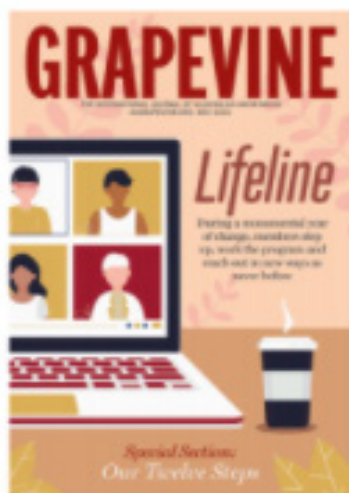
The ePub edition replaces the old Grapevine APP. [store.aagrapevine.org](http://store.aagrapevine.org)

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## What's New in Print and Online



### Grapevine

#### Current Issue Spotlight:

This month's Featured Section is "Our Twelve Steps." AA members share inspiring stories of experience and hope about how the Steps changed their lives. Also included are powerful stories of hope by members during the current COVID-19 crisis.

#### Submit Your Story for Upcoming Issues:

- Remote Communities & Sober Holidays — Do you live in a remote community? Do you have challenges getting to AA? Do you serve on a remote communities committee? Share with us. Also, how do you stay sober through the holidays? Tell us about an alkathon you had! (stories due June 15, 2021)
- Beginners & Day Counters! — Tell us about your first 90 days. What are the most important things that helped you? Any tips? How was your sponsor helpful? The literature? Fellowship? Slogans? (stories due July 15, 2021)
- We're always looking for stories of experience with each Step and each Tradition!



### La Viña

#### Current Issue Spotlight:

This month's Special Section is "Spirituality."

#### Submit Your Story for Upcoming Issues:

- The family and AA — (Stories due May 30, 2021)
- Acceptance — (Stories due July 30, 2021)
- Newcomer issue — (stories due September 30, 2021)
- We are also looking for stories on individual Steps and Traditions!

Visit La Viña online store, [click here!](#)



### AAGrapevine.org

Make your plans and add your events to our online calendar at [www.aagrapevine.org/share](http://www.aagrapevine.org/share)

Grapevine is always looking for stories, photographs, and illustrations. Please visit [www.aagrapevine.org/share](http://www.aagrapevine.org/share) to learn more about how you can participate with Grapevine.

To listen to a free La Viña audio story (in Spanish), visit: [www.aalavina.org](http://www.aalavina.org).



### Area Chair/GVR Corner

Please let us know at [EA@aagrapevine.org](mailto:EA@aagrapevine.org) if your Area is planning any online virtual events.



If you attend area events we'd like to know! Also, if you take anonymity-protected photos at events, we'd love to post them on the **GV Display Gallery** Please send the information and photos to [EA@aagrapevine.org](mailto:EA@aagrapevine.org)

### Grapevine On The Road

Due to the COVID-19 pandemic, all staff and board travel have been suspended until further notice.



**Did You Know?**  
In 1966, the Grapevine Conference Committee recommended: "Delegates should lend their efforts toward increasing readership of the magazine in each area."

**Special announcement**  
**Anuncio especial**

Customer Service  
**Subscribers to Grapevine and La Viña**  
If you or someone you know is experiencing delivery issues, please email or call 1.800.631.6025 or 1.800.640.8781(Spanish).  
Email [CustomerService@aagrapevine.org](mailto:CustomerService@aagrapevine.org) for English or [Preguntas@aagrapevine.org](mailto:Preguntas@aagrapevine.org) for Spanish.  
We are pleased to be of assistance.

**Grapevine and La Viña Celebrate Founders' Day with Free Access from May 26 through June 10, 2021.**

On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate our founding, Grapevine and La Viña will help mark this important date by giving everyone **free access** to our websites for two weeks. You will be able to read and listen to stories from current and past issues, access our sobriety calculator, read the daily quote, learn how you can contribute your story, and find ways to serve others using Grapevine and La Viña magazines.

**Please share this news with other members.**

**For free access from May 26 through June 10, 2021 visit:**

[aagrapevine.org](http://aagrapevine.org)

[aalavina.org](http://aalavina.org)

# Noticias desde LA VIÑA



Que hay de nuevo en mayo / junio de 2021

**LV de mayo/junio:**

Edición de Espiritualidad  
Nuestra edición de mayo/junio explora algunas de las diferentes maneras y perspectivas de los miembros de encontrar y valorar una espiritualidad auténtica para ellos mismos.

[www.aalavina.org](http://www.aalavina.org)

**¡Anunciando LA VIÑA COMPLETA!**

**LO NUEVO**

- Obtendrás seis ediciones de La Viña impresa y en línea
- Combina la revista impresa con el acceso completo en línea de historias y audios
- Acceso al archivo completo de historias de revista

Puedes escoger entre:  
**Un mes:** \$4.99  
**Un año:** \$24.48  
**Dos años:** \$44.04  
**Tres años:** \$58.68

Visita y prueba el nuevo formato aquí

[aalavina.org](http://aalavina.org)

**Libro: Mujeres en AA**

Mujeres en AA es una colección de 44 historias tomadas de las páginas de Grapevine y La Viña, y sirven como una valiosa fuente de experiencia de mujeres que han encontrado una solución a su alcoholismo dentro del programa de AA.

**MUJERES EN AA**  
Historias de mujeres personas e intercambiantes que se han recuperado del alcoholismo

**\$11.50**

**¡COMPRALO AQUÍ! A partir el 23 de abril**  
**INTERNET:** [lvtienda.aagrapevine.org](http://lvtienda.aagrapevine.org)  
**TELÉFONO:** 1-800-640-8781 (En EEUU)  
 1-818-487-2092 (Internacional)

**Nuevos precios**

A partir del 1ero. de enero del 2021, Grapevine y La Viña estarán implementando cambios a sus precios. Para obtener más información, haga clic en el enlace de abajo. Ingresar **aquí** para ver los precios detallados

**¡Próximo Foro Regional!**

El Foro Regional del Noreste se realizará de forma virtual del día 4 a 6 de junio. Es abierto a todos los que gusten participar, y es gratuito! Puedes registrarte yendo a "Foros Regionales" en la página [www.aa.org](http://www.aa.org)

COMPARTAMOS NUESTRA GRATITUD...  
**HACIENDO SERVICIO COMO REPRESENTANTE DE LA VIÑA**

**¿QUÉ HACE UN RLV?**

- Anuncia la edición más reciente de la revista en el grupo
- Lee y comparte el contenido de la revista con los miembros del grupo
- Motiva a su grupo para que participen enviando sus historias, fotos o caricaturas
- Da información acerca de los nuevos servicios y productos en español

**¿CÓMO EMPEZAR EL SERVICIO?**

- Informa al grupo de tu interés en ser RLV.
- Regístrate en nuestra página Internet: [aalavina.org/servicio/conviertete-en-rlv](http://aalavina.org/servicio/conviertete-en-rlv)
- Recibirás un paquete con todo el material informativo de las oficinas del Grapevine.

**¡EL SERVICIO EN LA VIÑA ES UNA EXCELENTE MANERA DE PASAR EL MENSAJE Y MANTENERNOS SOBRIOS!**

**Proyecto "Lleve el mensaje"**

¿Deseas ayudar a otro Alcohólico?

¡Grapevine y La Viña son excelentes herramientas para el Paso Doce!

Regala una suscripción a un alcohólico que lo necesita. Es perfecta para:  
 Ahijados, nuevos, miembros en cárceles y prisiones, oficinas de doctores, centros de desintoxicación y rehabilitación, celebraciones de grupos, eventos de área y distritos, rifas

¡Es fácil llevar el mensaje!

[aalavina.org/servicio/conviertete-en-rlv](http://aalavina.org/servicio/conviertete-en-rlv)

**¿Eres el nuevo RLV de tu grupo?**

¡Gracias por tu servicio!  
 Ahora eres el enlace directo entre nuestra estructura de servicio y tu grupo.

Puedes inscribirte por medio de nuestra página web  
[aalavina.org/servicio/conviertete-en-rlv](http://aalavina.org/servicio/conviertete-en-rlv)  
 o escríbenos a: [gvrcc@aagrapevine.org](mailto:gvrcc@aagrapevine.org)

**Servicio**

Visita nuestra sección de servicio en nuestra página para acceder a los recursos para el servicio de RLV y para realizar talleres de escritura en tu grupo.

[aalavina.org/servicio](http://aalavina.org/servicio)

**Graba tu historia**



Graba tu historial para **LA VIÑA**  
Llama al: **559-670-1601**

*Clic aquí para más información*

**¡Comparte tu experiencia con La Viña!**

¡Necesitamos historias, fotos e información de eventos!

Puede enviarlos por correo electrónico a:



**LVeditorial@aagrapevine.org**

**Temas de la revista**

**Noviembre/Diciembre del 2021**

*Edición de Familias*  
Fecha límite para enviar tu historial: 30 de mayo del 2021

**Enero/Febrero del 2022**

*Edición de Aceptación*  
Fecha límite para enviar tu historial: 30 de julio del 2021

**Marzo/Abril del 2022**

*Edición anual de nuevos*  
Fecha límite para enviar tu historial: 3 de septiembre del 2021

**Cita Diaria**

Ahora puedes recibir nuestra cita de La Viña todos los días.

Inscríbete para recibirla por correo electrónico **aquí**

*Nota:*  
Pronto La Viña te ofrecerá el servicio de mensajería de texto para que recibas también tu cita por esta vía.

**¿Sabías qué...?**

*En 1966, el Comité de la Conferencia de Grapevine recomendó: "Los delegados deben prestar sus esfuerzos para aumentar el número de lectores de la revista en cada área".*

**¡Comunícate con La Viña!**

Si tienes problemas con tu suscripción, por favor llama al servicio al cliente: 1800.640.8781, (Internacional 1818.487.2092) o escribe un email a: [preguntas@aagrapevine.org](mailto:preguntas@aagrapevine.org) ¡Estamos aquí para servirte!

Si deseas enviar tu historial puedes hacerlo, escribiendo a nuestro correo electrónico: **[manuscritos@aagrapevine.org](mailto:manuscritos@aagrapevine.org)**

o por correo postal a:  
**La Viña, 475 Riverside Drive, Suite 1100, New York, NY 10115**

Para comunicarte directamente con la editora, escribe a: **[editorLV@aagrapevine.org](mailto:editorLV@aagrapevine.org)**

**Por favor avisen a sus grupos que seguimos recibiendo historias escritas y digitales, y estamos aquí para apoyar y guiar por cualquier duda.**

**ALCOHOLICOS ANONIMOS**


**¿Problemas con el alcohol?  
¿Quieres parar de beber?**

Llama A.A.  
**24 HORAS/7 DIAS (ESPAÑOL)**  
**973-824-0555 • 1-800-988-4928**  
[www.alcoholicosanonimosnj.org](http://www.alcoholicosanonimosnj.org)  
[www.nnjaa.org](http://www.nnjaa.org)  
NNJ Intergroup: **908-687-8566 (ENGLISH)**



**AAGRAPEVINE**  
The International Journal of Alcoholics Anonymous

**Special announcement  
Anuncio especial**



Grapevine y La Viña celebran el Día de los Fundadores con acceso gratuito del 26 de mayo hasta el 10 de junio de 2021.

El 10 de junio de 1935, el Dr. Bob tomó su última copa y ese día marca la fundación de Alcohólicos Anónimos. Dado que muchas reuniones aún están cerradas y los grupos tienen una capacidad limitada para celebrar nuestra fundación, Grapevine y La Viña ayudarán a marcar esta fecha importante al brindarle a todos **acceso gratuito** a nuestros sitios web durante dos semanas. Podrá leer y escuchar historias de las ediciones actuales y pasadas, acceder a nuestra calculadora de sobriedad, leer la cita diaria, aprender cómo puede contribuir con su historia y encontrar formas de servir a otros usando las revistas Grapevine y La Viña.

Comparta esta noticia con otros miembros.

Para obtener acceso gratuito desde el 26 de mayo hasta el 10 de junio de 2021, visite:

[aalavina.org](http://aalavina.org) | [aagrapevine.org](http://aagrapevine.org)

# Area 44 District Happenings & Reflections

## District Meetings

*(When in person meetings resume)*

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



Looking to get involved in service outside of the home group?

Please reach out!

Districts are ALWAYS looking for your help!

Visit: [www.nnjaa.org](http://www.nnjaa.org)

## From our Area 44 Fellowship



**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

### On Topic:

*How did your sobriety grow during the pandemic?  
How has AA affected your life in a positive way?*

### AA During the COVID Pandemic

Zoom meetings brought me so much joy during the COVID pandemic. I was able to go to my favorite meetings back-to-back. No more deciding which ones to attend. Also, I could hear everyone! The meetings seemed more intimate to me. I saw your living rooms, kitchens, bedrooms, dining rooms. I saw your offices, decks, porches, backyards, and cars. I saw your cats and dogs and an occasional parrot.

Being a snowbird, I sat in on Zoom meetings with my NJ friends. The first year in Florida I was homesick a bit. Although we weren't as confined as our northern friends as far as lockdowns, my part-

ner and I were not able to form any close friendships. We self-isolated because we are in a high-risk category. After we became vaccinated, the world opened up to us; however, I became remarkably close to the people on my NJ Zoom calls and stayed with them rather than go to meetings on the beach. Next year will be different (unless my homegroup in NJ Zoom calls continue).

Best of all was watching newcomers joining Zoom on my homegroup calls. Witnessing close up their changes made and seeing the freshness of early sobriety.

Meetings will be interesting this summer. Will there be hybrid meetings? How will that work? Will all the churches and facilities let us hold meetings again? Some house meetings were formed. Will those groups integrate back into their regular meetings? Questions I need to ask myself: Although I am vaccinated do I want to attend indoor meetings where some are not vaccinated? I can still get sick. The only thing vaccinations will prevent is hospitalizations and death.

Well, we figured out things in the past and will continue to do so in the future. Our founders gave hope to the hopeless. We will never throw away that gift!

Jacque D.  
We Know Let's Go Group

### An Outsider

A river separates me from my favorite city, NYC, yet it might as well be an ocean. I think, "How will I ever be able to give up my visits there?" News stories and photos and videos are

heart-wrenching; Fifth Avenue looks like a third-world country. However, before this mysterious virus spread like wild fire, all seemed calm, beautiful: museum visits, theatre shows, and, of course, the opera.

The nursing home where I work part-time is quiet today: no screaming residents, no spilled food, no bathroom accidents. I enjoy working with the elderly. I never thought that Bingo could be such fun.

Seventeenth of March, 2020, the anvil drops. My supervisor, a woman young old enough to be my granddaughter, is deathly ill. No one knows what is wrong with her. How did she get so quickly sick? Yesterday, she was the perfect picture of health.

Five days pass, four colleagues and I fall ill. I no longer can smell or taste. I am frightened. My colleagues have worse symptoms. My wife becomes sick, and my mom dies: no family funeral, no in-person burial. "Oh! The horror, the horror." Fortunately, we all recover from this mysterious illness.

Some think this plague a hoax; others believe it real. Just another example of the dividing river, and once again, my mind wanders to the river that separates me from the cultural life of NYC that I desperately need.

Robotically, I learn how to work Zoom. My life begins to zoom out of control. No time to grieve. Mask up. You're on mute and all the new language. I now live inside a hard drive and a screen, when the hard drive and screen cooperate. No touching, no hugging, no eye-to-eye contact, and God forbid, no kissing. Food, medicines delivered to the front door. The river continues to divide. No human contact at all. Separation, loneliness, and fear pervade the pestilent milieu.

I think of the river that I cannot cross that divides me from a meaningful life. I imagine all of the deserted streets, the shuttered museums, theatres, and opera houses. If I only knew how to swim. But then, I probably would drown in the sludge that has become a contemporary pandemic of separated lives. Zoom possesses my new cultural experiences, and I am an outsider.

But thanks to the fellowship of AA, I stayed sober.

Tony P.  
Area 44 Newsletter Chair



## Feeling OK Amidst It All

Wow! What an amazing question to ponder: How did your sobriety grow during the COVID pandemic? Much has gone on this past year. I remember my last live meeting back on Friday, March 13, 2020: the love and the laughter in the room of women at our Friday Night big book meeting in Brick NJ. It seems like so long ago, and it was!!! As I ponder the early days when the reality hit that our meetings would not continue, I turned immediately to what I knew. Zoom was our meeting platform at work, so I jumped in and set up my home group and a few other women's meetings I attend regularly. Hours were spent helping some of our not so tech-savvy members figure out and navigate the Zoom platform, and in a few short weeks, it felt like the new normal. Soon Zoom, Facebook groups, and chats were popping up all over as AA members scrambled to stay connected in this uncertain world. There were fears, worries, and doubts all around us, but I found myself feeling ok amidst it all.

That is ultimately what I have learned in AA. No matter what is going on around me, I am ok, and I can stay sober. Do not get me wrong. I had moments, like most of us do, but how amazing is it that when those moments happen, I could do more than just pick up the phone and call a fellow AA or my sponsor? I was able to do everything I did in AA in person from the confines of my house: service to my home group and others, help a newcomer, take on new sponsees and take them through the steps of the program. There were thousands of Zoom meetings I could go to, any hour of any day around the world, and I did! I have been privileged to hear so many men and women that I otherwise would not have from across the globe.

I was blessed to spend Mother's Day 2020 on an incredible Virtual Tour of AA History. AA men and women from across the world, present in some of AA's most historical places, sharing their knowledge and experience on the location. I still get chills with the thought of the man standing at the Winchester Cathedral in front of the tombstone where Bill stood so long ago. To be taken by the virtual hand and walked up the front steps of Dr. Bob's house and into every nook and cranny by Dolly A who has now become a woman I call friend. The lobby of the Mayflower Hotel, Stepping Stones and the Gate House, what an incredible day! The depth and weight of these lessons will stay with me forever. Soon after, I had the blessing of participating in a workshop on Two Way Prayer with Father Bill W, where I learned this amazing practice that has expanded tremendously my relationship with my God.

Something that is coming to mind here in this moment is something I heard in the rooms in my first few weeks of sobriety. There was an older gentleman to my left, at some point during the meeting he shared and stated, "I am so grateful to be an alcoholic" I was taken back by this. Who wants to be an alcoholic? Not me! I could not comprehend what he could be thinking. Yet, as I sit here today at what I hope is the beginning of the ending of this pandemic, I can say with certainty that I am so grateful to be an alcoholic!!! Where would I be today in what has transpired this past year? Friends and family sick, people dying, unemployment, loss of what we thought was normal. Thanks to God and Alcoholics Anonymous I am ok today, and so grateful for every day that I have been given.

When Bill wrote in *A Vision for You*, "We shall be with you in the fellowship of the spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny," I believe I am supposed to learn that life will not always be a bed of roses, we will have sickness and health, joy and sorrow, but we are always here for each other, even if it has to be virtually for now. In the end, I am reminded that in the early days of AA people received the big book in the mail and got sober. No bells and whistles. Just one human being connecting to a power greater than themselves. Isn't that what we have all in a way just experienced?

Laura G  
Breton Woods, District 27/29  
Brick, NJ



## How has AA Affected My Life in a Positive Way?

When I think about the effects of AA on my life, I must be careful to separate the effects of not drinking from the effects of being a member of AA. I could be a member of AA and still drink; conversely, I could quit drinking and not be an AA member. My life has tremendously benefited from not drinking and from being an AA member.

With apologies to Groucho Marx, I'm not sure if I'd join a club that would have me as a member. AA membership today is surprisingly easy to get. During our early years, Bill Wilson referred to many onerous requirements for membership. He noted that following those rules neither he nor Dr. Bob would have been welcomed. Thank goodness they made universal that the "The only requirement for membership is the desire to stop drinking." It does not even have to be honest. My early times in the membership were neither honest nor dry. It took the application of our order's principles and a set of handcuffs to bring me into the light.



Belonging to the Fellowship of Alcoholics Anonymous has worked hand in hand with my not drinking. While the slim possibility exists that I might have stopped drinking without AA, I cannot imagine my life being as rich. Because we are people who would not normally mix, I have friends that I would never have had in my life; I was sure that I needed no more friends. I am reminded each day to live my life honestly; I was sure I was honest enough. When a situation arises, I look for my part in the disagreement; earlier, I was always right. When I'm struggling, I ask for help; previously, I'd handle it on my own, generally with a negative outcome. This list could go on and on including my typical refusal to make amends.

The program of Alcoholic Anonymous, also known as the Twelve Steps, has given me a guide for life. A plan that is far superior to Frank's plan. Alcohol had beaten me. I was quite content to join a cheap gym so I could live in my car and still get a shower. Frank's plan included making my way down to Florida and living on a beach away from the alligators. When I replaced that plan with the Twelve Steps, my life got demonstrably better. The tenets of this program taught me humility, extending and asking for forgiveness, practicing honesty in all aspects of my life. I am at times astounded that it took me

to be in my mid-fifties for this to matter. AA's primary effect was that it allowed my arrested development to be put behind me and catapulted me into the light.

When I first joined the Fellowship, the slogans, expressions and sayings would grind on me. I believed that they were only there to keep the simple man sober. I am moving closer to being that simple man. The simpler my mind got, the more profound the expressions. I think that I'll "keep coming back" and one day learn to "turn it over."

Frank H.  
Challenge to Change  
Somerset, NJ

## Getting Sober During a Pandemic

Getting sober during the pandemic was an inside job. I stayed home except for going out to a job that I was grateful to keep. And yes, I drank more for most of the pandemic year until February 2021. So what? I was inside the house and not out driving, right? Wrong. I was back sliding by drinking more and coming to the realization that I had to change. That realization might have been a helpful message from the HP, but I wasn't thinking that way then. My last drunk, not drink, was February 24, 2021, and my first meaningful AA meeting was February 25, 2021. At this writing, I am shy of 90 days, and if I were told this is where I would be today, like a lot of you, I would not have believed it, especially during a pandemic. Not that I needed a reason to drink but, come on, a pandemic where you have to stay home?

I found out online that because of the pandemic, meetings are by phone or online. For me, that was an easy in. I thought I could eavesdrop initially and truly be anonymous, but I found myself sharing within the first few meetings. Regardless of where my "bottom" was something shifted for me when I started saying out loud on the phone to a faceless group of womanly voices that I am an alcoholic. There were a few members, well situated in the program, who reached out to me in my first morning meeting. They were putting into practice and manifesting over the phone for me Tradition 12, and it helped ground me in Steps 1, 2 and 3 without shame. I write this in retrospect because they also advised me on the literature, and I am reading it. That's where I learned that Tradition 12 thing.

Working through the Steps is still daunting and involves a lot more inside work for this beginner, but the Traditions seem beautifully balanced to me in relation to the Steps. This is what I've learned: getting sober is an inside job, and the beautiful paradox is that I have to reach out to other alcoholics, show up for other alcoholics, and make the calls. I get on Zoom, even though I don't always turn on my camera. What an option! The meetings came to me, into my house, and have been welcome guests for 84 days, as of this writing. Amazon can't get a piece of this!!

I am grateful that we have the technology to carry these voices into my home or anywhere with me. It feels good in my house to share with my fellow meeting makers, and I can still be fully present when they share. Not drinking allows me to be honest again in a place where I have lied repeatedly about my drinking. Your voices in my house or my car, if I have to drive, keep me invested in my sobriety. Dare I thank the pandemic?

Some long timers have shared that there is nothing like the in-person meetings and that face-to-face contact is important. I can understand, but, as a pandemic sober alcoholic, I think only hearing the meetings helped me zero in on the program without the normal distractions of the visuals or the spatial logistics of getting to a meeting physically. I've also relied on the 24/7 international marathon meeting especially in the first few weeks. I could get on there anytime and stay focused on my goal of staying sober. I hope they keep that going post-pandemic. I know I will use it in my recovery.

I expect that I will explore local face-to-face meetings at some point as things open up post-vaccine, but there are women across the country who have helped me get sober. Those voices and shares I will never forget. And, I appreciate the silences between the shares. In those moments, I can still feel present in the "room". They are all part of my inside work.

The AA founders figured out sobriety was an inside job, and yet there is that paradox. The outside part of AA doesn't involve protesting at liquor stores or lobbying against the alcohol companies. "If the alcohol wasn't made, we wouldn't drink it." Nope, the solution isn't out there. I have to go in to come back out as a sober person, and yet I'm not doing it alone. I recognize it is a spiritual program. The Traditions make clear the operative principles as they manifest in the group. Simply listening to the shares and sharing validates the program for me and I look forward to being sober long enough to be of service.

So far, I am committed to a daily phone meeting, and I may never look in the beautiful eyes of these alcoholics, including my sponsor, who have helped me get through these first weeks of sobriety. They are spread across the country and the world, and I am here to tell you the program still works, even in a pandemic.

## Hope In Front of Us

What a year it's been! I've been reflecting a lot recently about the events of the last 12 months, and I was inspired to jot some things down and hopefully share them with my fellows in recovery.

We all know that it's been a difficult year, to put it mildly. A year of questions without answers, confusion without clarity, and, for many, unconscionable loss without true consolation. Like so many others, I experienced this confusion and the loss of friends due to the COVID-19 virus.

In-person AA meetings were cancelled, and while some made it to Zoom, it wasn't nearly the same experience. But it's what we had. It's what I had. And I still went to my meetings.

Despite the dread and fatigue of the past year, I am very grateful that through all of it, I did not feel the need or desire to pick up a drink. I can't say that I would say the same had it not been for the multitude of lessons learned and coping skills I have acquired by being a part of AA. In the past (when I thought I could do everything by myself), I would not have "played the tape through." I certainly would not have reached out or called another alcoholic on those days when I needed someone to talk to. I would not have even thought to pick up the Big Book and start reading.

I also know too well that some of our friends were not so lucky. Many had slip-ups or even total relapses. I am a drug and alcohol counselor at a facility in NJ. In the past months, I have met with many people who were once again victims of the disease that plagues us all. The voice of addiction, which we know resides on our shoulders, was louder than the voice of their better angels. The voice of addiction is loud and persistent. The better angels take a more subtle approach until we train them to be louder and more forceful. That takes time. It takes work.

So, we must persist. We must persevere. We have to take care of ourselves and work our programs. We have to reach out our hand to those who might need our help. All of these things keep us sober. I've said this many times before.... the world does not get the memo that we stopped drinking. Life will continue to present us with challenges and difficulties. It is up to us to face these without turning



back to that which wants to destroy us.

I choose to be hopeful and not hopeless. I choose to be joyful and not joyless. I am optimistic about the future. But as always, I try not to get too far ahead of the present.

So just for today, I choose to be grateful and humble. I hope you do too. Wishing you all a great "24."

Sean M., NJ

## Saved by Fear

First, my sincerest condolences to everyone who has lost loved ones during this pandemic. Every day, twice a day, I thank my Higher Power for my health and sobriety. It is only by the grace of God that I am here writing these words.

The pandemic began a few months after Dan, my husband of 35 years, passed away. I knew his death was coming, and I was terrified it would be the end of my new-found sobriety. So, I did what the wise women and men of the Fellowship suggested: I told everyone I could about my fear.

And the most amazing thing happened. Talking about my fear made me less afraid. I followed suggestions and my program got stronger. I doubled up on meetings, read more, prayed more, worked a few more Steps, made a lot of phone calls – all of which seemed to strengthen my connection to the Fellowship and to friends and family outside of the rooms. The strength of those connections kept me safe, sane and sober during a very difficult time and, for that, I'll be forever grateful.

But then a new fear began. If I eased up on my program, would I jeopardize my sobriety? Here's where decades of procrastination paid off. I figured I'd just keep doing what I was doing, one day at a time, and see what happens. What happened was the pandemic and, by the grace of God, I was pre-

pared.

Way before the pandemic began – when I needed to be at home for Dan’s sake – I began attending a daily telephone meeting for AA women, every day at 7 a.m. I also started a weekly women’s Big Book meeting in my living room. When the pandemic shut the doors on all of my favorite in-person meetings, I simply continued to attend my daily phone meeting, and I moved the Big Book meeting from my house to the telephone. I began attending online meetings as they became available and quickly figured out that by staying home, I could attend many more virtual meetings than face-to-face meetings!

Doing service also got easier. Opportunities to lead or host virtual meetings have become so plentiful that limiting myself to a manageable few is my new challenge. And there are plenty of newcomers and strugglers to reach out to with words of encouragement or fellowship.

The pandemic has helped me understand what’s important on so many levels. I now take praying for people very seriously. At bedtime, I fall asleep before I get half-way through my gratitude list. At a very practical level, my daily “To Do” list always includes one or two meetings plus one or two other activities that help keep me sober or connected or both.

The pandemic has also helped me be productive. Right from the get-go, I decided I would make the most of staying home and that I would have something to show for it. I imagined my not-yet-conceived great-grandchild asking me some day, “What did you do, Grammy, during the pandemic of 2020?” And I wanted to be sure I had an answer, so I compiled a book of my mother’s recipes, I sold my house and shrunk my carbon footprint, I donated hundreds of cloth masks that I sewed. I found ways to take walks, exercise and stay healthy.

The pandemic may be over soon, but I hope that some of what I have described will be of some use to someone facing difficult circumstances or challenging times. Thank you for the opportunity to reflect on what I have been doing to stay sober during the pandemic and what I may continue to do as we emerge from it.

Yours gratefully,  
Sherry B., Bridgewater, NJ

### Making Lemonade from Lemons

**I**n March of 2020 life as we all knew it changed. Schools and restaurants closed, supermarket shopping was regulated, and brick-and-mortar AA meetings closed. What were we going to do!? At first, we of AA were at



a stand-still, wondering how we would stay connected and conduct meetings. And then, lo and behold, the virtual platforms came to the forefront, fueled by the ingenuity not only of AA members, but also of the community in general. The lockdown and subsequent illnesses and deaths put us into a sad and uncertain time that is still with us. Nevertheless, despite the fears and challenges, I was able, with the help of my Higher Power, to turn this uncertain period of sour lemons into several delicious pitchers of lemonade, presented to me by God on a silver platter.

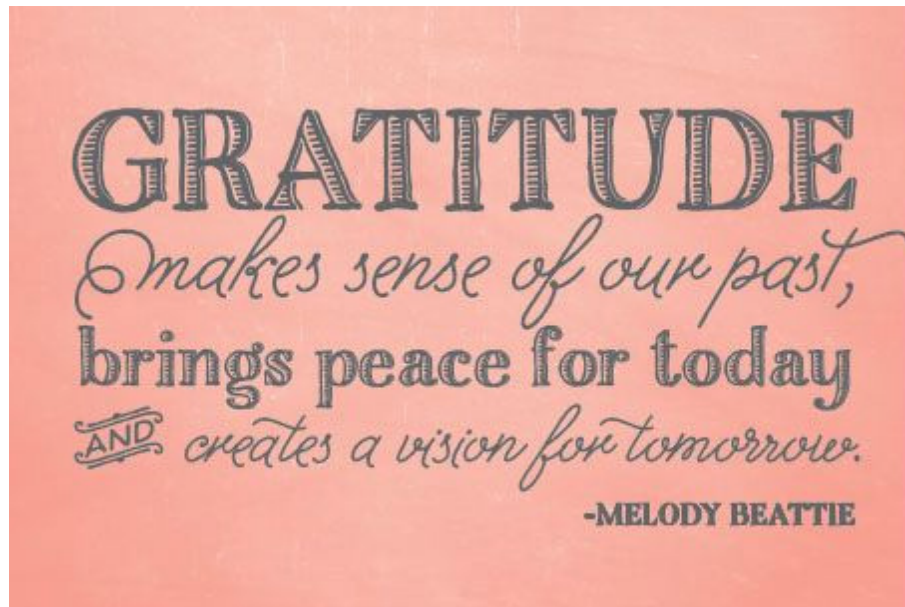
The virtual platform was one of the pitchers of lemonade blessings I received this past year, as I had the opportunity to get to know so many people from far away and increase my circle and service level. In addition, another pitcher that my Higher Power delivered to me was that I was able to reconnect with another 12 Step program that I truly needed, and because I returned to that in June of 2020, I am a “virtual baby” there. But the best and most delicious lemonade I had was the time I was able to invest in my spiritual life. With more time at my disposal, the spiritual angle has become ever more important to me, and my time with my Higher Power has been increased and enhanced.

In the *Twelve Steps and Twelve Traditions* of AA Bill W. writes, “There is a direct linkage among

self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.” He then goes on to say, “...self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures.” Unfortunately, I, as an overly busy person, do not always take the time for that self-examination that I should, but I am a work in progress. The lockdown has helped me finally see that I need to slow down and be with myself and my Higher Power. It is a struggle for me sometimes, but it is a gift I have been able to receive during this period.

Getting to know My Higher Power and myself is the most delicious pitcher of lemonade I have received this year, and I am eternally grateful for the opportunity to continue my spiritual journey, one day at a time.

Marybeth H.  
Early Risers  
District 26



### Pandemic

Sometimes we forget the wrath alcohol has brought to our lives. Sure, it may be hard to forget a DUI, broken relationships, or the loss of a job while we were at our lowest. But I know I sometimes forget the isolation, the loneliness, the bondage, the depression, the constant fear. I sometimes forget the desperation I felt to get my next bottle and the desperation of not being able to stop. But ironically, all of those memories came flooding back almost immediately upon the onset of the COVID-19 pandemic. Like tens of thousands of people, I was again lonely and isolated. I became depressed. And I surely lived every single day in fear. But slowly as I navigated this phenomenon before me, I began to experience things differently. I began to take long car rides with my newly homeschooled kindergartner. We'd do scavenger hunts looking for flowers and newborn farm animals. We'd do our alphabet and numbers in chalk on the driveway. We'd read books by flashlight under the covers and have tea parties. I reached out to family and friends I hadn't talked to in months. I enjoyed three meals a day with my family, and we took walks after dinner. And I became grateful again. I remembered that with the help of God, I was a sober alcoholic. None of the beauty I was forced to stop and see would have been possible had I still been drinking. How different my "lockdown" would have been. Or should I say— could have been.

I miss those I lost during this horrible ordeal. I cannot pretend that the pandemic hasn't been painful for me. But just as I hope I never forget the horror of my drinking, I hope I never forget what I learned during the pandemic: the value of family and friends, the small wonder in a child's eye to see spring's first caterpillar, that Doritos for breakfast now and then are just fine, that the dishes can wait until morning, and that God will always be good to me if I just open my heart and listen. I am a grateful alcoholic.

Lisa H.  
New Vision Group, Bridgewater, NJ

## Saved by the Grace of God and AA

It was God that led me to AA, and it was AA and the grace of God that saved me from the fatal snare of alcoholism. AA has affected my life in a positive way because it was a major contributing factor in saving my life. It has also helped me to change my perception of life. I have been slowly changing each day, but there has been a profound renewing of my mind, body and spirit since I quit drinking. It reminds me of the passage in Twelve Steps and Twelve Traditions on page 23 “. . .one alcoholic had planted in the mind of another”—a seed was planted in me with the AA message. The seed, or AA message, was planted in me, and throughout time, it has slowly grown into a stronger and more firmly planted tree. AA brought the message, but God changed my heart into good fertile ground to receive the seed. God nurtured the plant to grow into a strong and mature tree too.

Some of the ways that I have been changing are learning to forgive others and receive forgiveness, letting go of the things I have no control over, trusting God, and facing myself, my feelings, and my sins. Receiving forgiveness and forgiving others has been a challenge for me and letting go of resentments has felt like a monumental task. For many years, I was unaware that I harbored resentments, but AA, IOP, and therapy have helped me to realize that I hold many grudges against people. I have also felt unworthy of forgiveness for the mistakes I have made. However, I pray to God and ask Him almost daily to give me the grace and strength to forgive and receive forgiveness. Although my heart is slowly changing and I am still learning to forgive others, God’s grace and strength guide me and help me to let go of the anger and pain that I have held onto. I can forgive and pray for the person that hurt me.

Furthermore, letting go of the things that I have no control over and trusting in God has brought a lot of peace and stillness into my heart and mind. I used to have a constant storm inside of me of all the people and situations that I allowed to bother me. When I let go of all the things that I have no control over, it calms the storm and a great peace comes over me like the comforting warmth of the amber sunset on a beach’s horizon. It’s not easy to let go, so I say the Serenity Prayer a lot and God gives me the strength that I can’t find within myself. This strength only comes from Him because sometimes I can’t find even a minute amount of strength within myself to forgive, let go, or face myself. I even ask God for the strength and grace to trust in Him and turn my will and life over to His care.

AA, IOP, and therapy have also taught and helped me to learn to forgive, let go and let God, and face the things within myself that I have run away from. I needed a guiding hand to show me the way to a sober life, and I received that from AA and IOP at Carrier Clinic. Also, God has carried me through it all and continues to carry me. Because I was set free from the bonds and chains of alcoholism and continue to work the program of AA, I truly feel happy, joyous, and free. Of course, I have my ups and downs, and I am not happy all of the time. It’s not realistic if I expect to be happy all of the time because sometimes sad things happen. Sometimes, I am not in a good mood. But in spite of the ups and downs of life, I feel serenity, which brings contentment that I am at peace with God and myself. I am at peace with accepting my alcoholism and learning to let it go one day at a time. I am at peace with the world because I am learning to accept the things I cannot change. It is this acceptance and the process of letting go and surrendering that brings contentment. I am truly grateful and forever thankful for this new life I have been given. It truly is a most precious gift that I deeply treasure.

Elizabeth

Sobriety Date: October 15, 2019



## How has AA affected My Life in a Positive Way?

The life I live today is so different from the life I had prior to coming to AA. Before joining AA and getting sober, I was a very negative, pessimistic person. I was also a very jealous person who had very little “people” skills and always felt like I just never fit in. As I often say when sharing at a meeting, “I just never felt comfortable in my own skin.” I couldn’t make small talk or big talk and felt very uncomfortable in social settings. That was until I had a few drinks in me. Then, I was the life of the party and had fun. However, my drinking career was very short lived (about 6 years). Towards the end of my drinking, I would always end up being depressed at the end of the night. Many mornings, following a night of drinking, I would look into the mirror and hate myself. The lie that alcohol told me over and over again was that the next time I drank, it would be different. But it always ended up the same way, except each time I became more alone and more depressed. This is all due to the fact that I was an alcoholic who had very low self-esteem and was always full of fear.

However, my life was forever changed the day my dad took me to my first AA meeting on December 21, 1987. Through the grace of God and the Fellowship of Alcoholics Anonymous, I’ve been sober ever since. I was blessed by having a sober dad, and I knew even when I was drinking, that AA worked because my dad was a changed man. I didn’t know what happened at the meetings but knew they worked because my dad could once again be trusted and he was always helping other people. I was soon to find out for myself how blessed active people in AA truly are. When we stood up at the end of my first meeting and said the “Our Father,” I knew that AA was where I belonged and that there is no crime in being an alcoholic. I received hope at that first meeting; for a very negative, pessimistic person, that was a big deal. People came up to me after the meeting and shook my hand and told me to keep coming back. I finally felt a part of something for the first time in a very long time.

I’m forever grateful to my dad for bringing me to my first AA meeting and showing me how much fun life can be living it sober, one day at a time. I’m no longer that shy, insecure young man who constantly lived in fear. Today, I can walk down the street with my head held high. I have the greatest friends in the world, and I’m never truly alone because I have a loving, forgiving God in my life. I go on vacations, go to concerts and ballgames, and have a very active social life. I can go anywhere and do anything as long as I’m spiritually fit. Through AA, I’ve become a very optimistic person because I hang out with true miracles. People who break their lives down into 24-hour periods and give freely to others as was done for them. With all of these blessings in my life, I can’t help but feel positive. I’m truly blessed.

Tom S.,  
Freehold Morning Miracles Group

Many thanks to ALL of our writers for  
*This Day*, Summer 2021 Edition.  
Your words are beautiful and truly inspiring.  
We could not do this without you!!!  
Megan D., Area 44 Newsletter Editor

CREATIVE CORNER

### + Swamp Church Prayer +

My Higher Power  
 I give up control to thee  
 Today, tomorrow, and the next  
 I ask for your strength  
 I ask for guidance  
 I ask for your continued will and hope  
 I believe in the faith you've given me  
 I promise that for today  
 To continue my journey with you  
 With absolute honesty  
 With absolute love  
 And absolute hope  
 Not only for myself  
 But for those around me  
 And for those still seeking  
 One day at a time

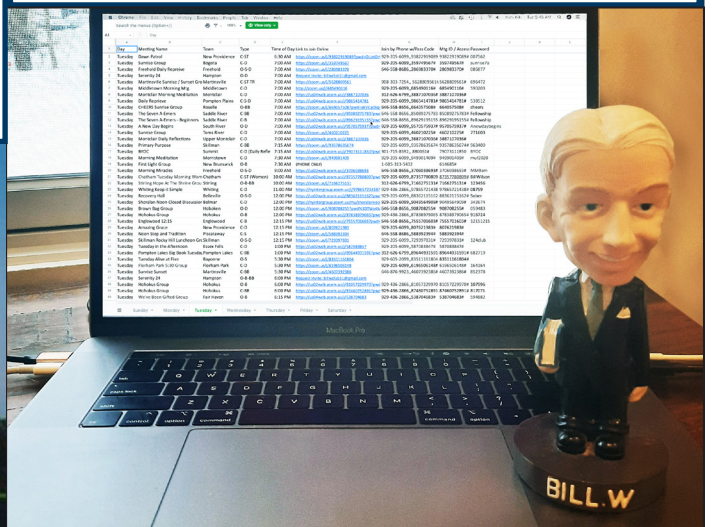
Written by Rick R., Port Monmouth, NJ



## AREA 44 CALENDAR

To access Area 44's monthly calendars, please do the following:

1. Log on to [www.nnjaa.org](http://www.nnjaa.org)
2. Click the "NEWS & EVENTS" header
3. In the drop down menu, click "Calendar"



Interested in joining a Standing or Special Committee? Area 44 could use your help!

Check out our Area 44 Committee Virtual Meeting List on page 5!

**ALONE WE CAN DO SO LITTLE;  
 TOGETHER WE CAN DO SO MUCH.**  
 - HELEN KELLER



Member area  
 user: alcoholic  
 password: onedayatime

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**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](mailto:newsletter@nnjaa.org).

## Topics for the Fall 2021 Edition:

Discuss the pros and cons of meetings remaining virtual after the COVID-19 pandemic?

OR

Comment on what this means to you: "to take hardship as the pathway to peace."

**Next Edition Deadline:**  
 August 5, 2021

Send your articles of 800 words or fewer in a *Word doc* to:  
[newsletter@nnjaa.org](mailto:newsletter@nnjaa.org)