



THIS DAY

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

*A message
from your
Area Delegate*



Greetings Everyone.

It's truly hard to believe that my 2nd General Service Conference is complete. I've had the honor and privilege to represent Area 44 at a virtual Conference and now at an in-person Conference. The 72nd General Service Conference had all the earmarks of a great conference: being back in person after two years, the discussions and debates with all of the recommendations, the outstanding presentations, and, of course, the relationships and friendships that are formed over meals and conversations in the halls. Unfortunately, a dark cloud hung over the Conference due to a breakout of COVID-19, which affected over thirty members. Even though the Conference had a secondary plan, the fact that many delegates were unable to participate, put a damper on a Conference that started off with high expectations. The work was all completed, but there was a sense of sadness for the Conference delegates who became ill.

The Conference started off with roll call, which was very touching and ended with the second-year delegates saying their farewells, which was equally emotional. Everything in between was filled with hard discussions, open-mindedness, fighting off fatigue, and many laughs. Like all past delegates will tell you, the members of your Conference form a true brotherhood. It will be something I will cherish for the rest of my life.

This year, I was honored to chair the Conference Treatment and Accessibilities Committee. It was a humbling, exciting, and sometimes challenging experience. Facilitating my committee meeting was challenging in the sense that there were eight delegates from different parts of the U.S. and Canada who all expressed their opinions and passion. The beauty of it all was when we could come to agreement and vote in substantial unanimity, and in my committee's case, unanimously on all the recommendations. Being able to stand at the dais and to read my committee's report back to the Conference, to recommend an item that passed with substantial unanimity, and to field questions on the committee's considerations was incredible. The Conference had nine floor actions that we listened to, discussed, agreed on, disagreed on, and voted on, and it was truly a remarkable experience.

One of the biggest takeaways from the Conference is how hard our General Service staff works: their commitment to details and their unselfishness to make each delegate feel no different than any other. Also, I am impressed with the hard work of the Trustees throughout the year and their dedication to their work, especially the Class A's (non-alcoholic) to Alcoholics Anonymous.

With all my heart, I want to express my gratitude for the opportunity you've given me to serve as your Delegate. We can be confident that AA is in good hands. And to our future delegates who are reading this...keep raising your hands and making yourselves available.

Grateful to serve,
Jimmy A.
Area 44 P71 Delegate

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NEXT ISSUE DEADLINE

August 15, 2022

newsletter@nnjaa.org

AREA 44 COMMITTEE REPORTS & INFO

*A message
from your
Area Chair*



Dear Friends:

Greetings from your Area chair. We hope that this article finds everyone in a good place in their programs and in their lives, and we can look forward to a happy and healthy summer.

We are glad to share that Area 44 was able to host our first hybrid Assembly this April. The 2022 Mini-Conference at Midland Park High School was a huge success with approximately 100 members in attendance and another 188 joining online. Many thanks to our hosts, District 4/6, all the presenters and to our various committees who were able to host tables on the gym floor, sharing their committee-specific messages with many of our attending GSRs.

Our June Assembly will also be a hybrid event and we encourage all those able to attend to join us for a lively day of AA business, GSR workshops, committee sharing, fellowship and great food (OK, average food, lovingly served). See Area 44 website for details.

The 2022 Grapefest, recently hosted at the area Office was a hybrid event, where more than 50 people attended in person, was another reminder that we are ready to return to our pre-pandemic activities, while offering possible online access to those unable to attend.

We recently confirmed that Area 44 will sign a new office lease to stay at our current location. This new lease includes several improvements requested by the members of the Fellowship, including a sink/kitchenette area in the room, ADA compliant bathroom access, updated hand dryers, updated common areas with new carpeting, and an optimized/re-configured use of our meeting and storage space. Come and see the transition!

July is Alternates Month. This is a great opportunity for all officers, chairs, DCMs and GSRs to turn over the responsibilities to their alternates for the month. We ask that the alternates are coached and readied so that they can have an enjoyable learning experience. If you don't have an alternate, please consider this a call to action to find one as soon as possible. :)

We see that there are currently many, many planned activities for the summer months in Area 44. This summer promises several opportunities to enjoy fellowship while carrying our 12 Step message to the sick and suffering. Please review the planned events and make the time to support them: Northern New Jersey AA Upcoming Events (nnjaa.org)

Looking ahead, we are excited to be returning to an in-person Area 44 Convention for the first time in 3 years. We strongly encourage all AAs inside and outside of Area 44 to join us and make this the biggest convention we have ever experienced. Remember, there is something for everyone at this event! https://nnjaa.org/news_events/images/Area44_Convention_Flyer_Sep2022.pdf

Finally, today, in sharing on the "Summer Issue Topics," I would like to say that, like many AAs, I love the message on p. 164. The simple statement that is so meaningful to me penned by Bill Wilson is: "we realize that we know only a little." This to me is a passing of the torch, so to speak, and an invitation to keep an open mind, to keep seeking, and to keep learning.

Stay well.

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

SAVE THE DATE

September 23-24-25, 2022

AREA 44 PRESENTS

THE 66TH ANNUAL
CONVENTION



The Doubletree Hotel

200 Atrium Drive • Somerset, New Jersey 08873

- ▲ Workshops
- ▲ Alkathon
- ▲ Young People's Speaker Meeting
- ▲ Young Timer / Old Timer Speaker Meeting
- ▲ Friday Night Speaker Meeting
- ▲ Old Timer's Meeting
- ▲ Guided Meditation
- ▲ 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

Newsletter Committee



I was an English literature major in college, and after graduation, I taught secondary and college English for forty-three years. I have loved, still love, and always will love literature. Now that I am retired, I am an undergraduate student at Oxford University, UK, taking literature classes online through the Department of Higher Education. I am hoping to achieve a Certificate of Higher Education.

Surprisingly, one of my favorite books is Alcoholic Anonymous, fondly known as the Big Book. I have learned from its pages how to have a truly happy life. Since I cannot mention all of the passages that mean so much to me, I will focus on two passages found in chapter 5, “How It Works.” These are the passages that explain the importance of doing a personal inventory (pp. 64-65, fourth edition.) These sections underscore how a person, especially an alcoholic, can learn so much about himself or herself. I discovered that if I do not clean house or take a deep look in the mirror, it is quite probable that I will drink again.

When I entered the AA program on August 31, 2016, my life was filled with resentment. I was angry with everyone I had ever known or presently knew: from my maternal grandparents (I never knew my paternal grandparents, or else, I probably would have them on this list,) my parents, my siblings, my friends, my coworkers, and any other individual with whom I had contact.

According to Bill Wilson and the other authors of the Big Book, “Resentment is the number one offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.” These statements defined me perfectly at the time I entered AA. Resentments were the primary reason I drank. Although I must admit that I am still working on this defect, by reading the Big Book and applying its teachings to my life, my life has improved by leaps and bounds. I now realize that my indignations were the cause of my actions as well as the actions of the person with whom I felt hurt me. In addition, I learned that bitterness hurts me more than it does the individual to whom the bitterness is directed.

Reading these passages in the Big Book made me arrive at an epiphany: drinking does not solve any problem; it only makes matters worse. Cleaning house gave me such a tremendous feeling of inner freedom that words are inadequate to describe how I felt. I began to feel happiness, a happiness that I had never felt in the past.

The Big Book contains an easy method for doing a moral inventory. We create a “grudge list:” next to every name, we note whether this individual hurt our self-esteem, security, ambitions, and personal or sex relations. I know it’s hard to believe that that such a simple tool can create a miraculous change in a person’s life, but I am declaring in complete sincerity that doing a moral inventory makes a drastic, positive difference in how letting go of resentments affect the life of an alcoholic.

Finally, I am so grateful to the AA program and the Big Book. I entered AA a spiritually empty person who was angry and hurt and fearful; now five years and eight months later, I know how happiness and security feel. I am not suggesting that I never have a bad day: I am saying that now I possess tools that aide me in coping with such days. My Big Book will always be on the shelf with all my other favorite books, such as my Riverside Chaucer and my RSC Complete Works of Shakespeare.

Tony P.

Area 44 Newsletter Chair



Heard It Through the Grapevine –
GrapeFest News!



Happy Summer!

It has been an exciting spring, as the Grapevine/La Viña Committee held our first-ever hybrid Grapefest on May 7th at 10:00 am both at the Area office and

online! GrapeFest is always a fantastic morning and this one was no exception! Our Area Grapevine Chair, Marcheta B., brought her usual dedication and enthusiasm to the event and Shelly Z., our GrapeFest Chair, did a fabulous job organizing and hosting. Many thanks to Dan B, our Alternate Chair and GrapeFest Food Coordinator, Estelle, Kathleen, and all the decorators, Dan S., our Grapevine Literature Chair, and everyone who brought in goodies to share. We began the morning with short speeches from our GvR's and RLV's, followed by several great raffles. Both our guest speakers spoke online. Our first was Paz P., AAGRAPEVINE, Inc. Class B, General Service Trustee and A.A. Grapevine Director, who spoke in Spanish, but offered an online and in person English translation. Our second speaker was Chris C., Publisher, AAGRAPEVINE, Inc., who spoke in English with an available Spanish translation online.

AA Grapevine has updated its website: aagrapevine.org. There is an ePub edition of the Grapevine magazine and a podcast available. In addition, you can follow AA Grapevine and La Viña on Instagram. And, we now have books in stock! You can order them directly from Area 44 by filling out the form on the website.

Our committee is available to attend your district events throughout the year. Please contact Marcheta B., our chair, at grapevine-chair@njarea44.org. Our social media liaison, Mike D., will be posting information about our activities on Area 44's Facebook page, and Carlos L., our Spanish liaison, is busy reaching out to the Spanish community. And let's not forget our Grapevine play at the AA National 2022 Convention!!

Please check out nnjaa.org for more information on Grapevine and La Viña, one of the most dynamic and fun committees in Area 44. We are a lively, diverse, and active group, and would love to have you join us. Our hybrid meeting is on the first Saturday of the month at 10:00 am.

Hope to see you soon!

Marybeth H.
District 26
Grapevine/La Viña Committee Member



Greetings from Area 44 History and Archives Committee.

The 9th Step Promises. Are they extravagant? We think not.

The key takeaway for me is the caveat: "sometimes quickly, sometimes slowly." The Promises have definitely come true for me in many ways and continue to evolve slowly over time. When I embarked on my 9th Step amends, I was fearful about opening old wounds and going up to people to let them know I'd stolen money from them. I looked at my earning capacity and spending at the time and thought, "there is no way I can pay these people back!" I was swimming in the "fear of financial insecurity." Thankfully, I had the support of a good sponsor who directed me to get the conversation started and put together a payment plan that made sense for me.

What was interesting was that as soon as I made that first visit and created the payment plan, God showed up. I remember paying this man \$100 and right away an opportunity showed up for me to earn that money back. It wasn't free money, but it was an opportunity to make some more money. It was as if God was telling me, "Don't worry. I've got you."

I still have a lot of financial amends to make. What I've found throughout the years and to this day is that when I'm concentrating on who I'm in the middle of making an amends with or who I am working on, my financial fears are generally on the back burner.

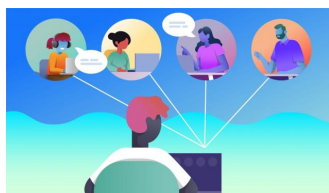
The big Promise for me is "that feeling of uselessness and self-pity will slip away." I spent all these years on the sidelines never really participating in life, never taking responsibility for my side of the street, or helping the people around me. I felt like I was a waste of space, that I had no use or purpose here, and I had nothing to give to the world around me. When I finally started going through the Ninth Step and tak-

ing responsibility for my actions, I began to see my usefulness and purpose here. I began to see that I was more than just a block of space. I was able to contribute to my life and the lives of those around me—my actions made a difference.

Joining the service structure, specifically the History and Archives Committee, has been life-changing for me. The ability to participate in a committee that I am so passionate about, to bring ideas to the table and collaborate with members of the committee, and to show up for the committee and Alcoholics Anonymous has been a truly meaningful experience.

In love and service,
David B.
Area 44 History and Archives Committee

REMEMBER THAT AREA 44 NEEDS YOU!!!!



NORTHERN NJ COMMITTEE MEETINGS VIRTUAL AND HYBRID



* Denotes Joint Committee of Area and Intergroup

Revised 5.03.2022

COMMITTEES	MEETING DAY	TIME	SERVER	MEETING ID	PASSWORD	CONTACT AND ADDITIONAL INFORMATION
STANDING COMMITTEES						
Cooperation w/ Professional Community*	3 rd Tuesday	7:00pm	ZOOM	831 67410763	(n/a)	Roe T-B – cpc-chair@njarea44.org No password, Waiting Room Feature enabled by host
Corrections Facility Committee*	3 rd Saturday	10:00am	ZOOM	850 3466 8699		Susan P-C – cfc-chair@njarea44.org ...Meeting on ODD number months only
Grapevine	1 st Saturday	10:00am	ZOOM	820 1459 9915	AAGV	Marcheta B – grapevine-chair@njarea44.org Rotating Hybrid and Virtual Only every other month, Please contact Chair if you plan on attending at the Area Office
History and Archives* Literature	2 nd Wednesday 3 rd Monday	7:00pm 7:00pm	ZOOM ZOOM	917 6976 2213 672 098 8037	474109 889464	Frank F – archives-chair@njarea44.org Mike R – literature-chair@njarea44.org ...This is a HYBRID meeting, with Social Distance observed at Area Office ; Literature Sales at 6:00pm
Public Information*	2 nd Tuesday	7:30pm	ZOOM	821 7687 5697	2945766	Sandra P – pi-chair@njarea44.org Virtual Only
Treatment*	2 nd Wednesday	7:00pm	ZOOM	812 5156 9162	162734	Elise B – treatment-chair@njarea44.org
SPECIAL COMMITTEES						
Computer and Technology Committee	2 nd Monday	7:00pm	Teams			Bruce R – computer@njarea44.org
Convention Committee	3 rd Wednesday	7:30pm	ZOOM	833 2357 7907	197229	Chris L – convention-chair@njarea44.org
Films Committee	2 nd Sunday	9:00am	ZOOM	851 6081 2392	DVc6cm	Paul L – films-chair@njarea44.org
Finance Committee	4 th Monday	7:00pm	ZOOM	591 535 5531	112590	John C – finance-chair@njarea44.org
GSR/DCM Workshops	N/A					Tim R – gsc-workshop-chair@njarea44.org
Mailing Committee	1 st Wednesday	6:30pm	n/a			Sara G – mail-chair@njarea44.org Currently not meeting due to lack of mailing needs for the Area
GSR Mid-Winter Luncheon Committee	1 st Monday	6:30pm	ZOOM	891 0985 8973	077175	Laverne S. – lunch-chair@njarea44.org
Newsletter*	3 rd Thursday	6:00pm	ZOOM	815 3922 8687	thisday	Tony P – newsletter-chair@njarea44.org
NYPAA	3 rd Sunday	10:30am	ZOOM	264 995 272	service	
Policy and Admissions Committee	4 th Thursday	7:30pm	ZOOM	532 271 5919	074811	Mark D – policy-chair@njarea44.org Virtual Only meeting. Meets on EVEN months
Remote Communities	4 th Monday	7:30pm	ZOOM	898 6573 4822	162978	Brian I – remote-chair@njarea44.org Virtual Only
Social Media Committee	2 nd Thursday	7:30pm	ZOOM	846 7849 8287	511520	Kristen A – sm-chair@njarea44.org
Translations Committee	1 st Wednesday	7:00pm	n/a	836 7972 7434	330508	Felix E – translation-chair@njarea44.org
Website Committee*	4 th Thursday	7:00pm	Teams	Click to Join		Andy Y – website-chair@njarea44.org

FOR MORE INFO ON STANDING AND SPECIAL COMMITTEES, PLEASE CHECK OUT: WWW.NNJAA.ORG >> SERVICE >> SERVICE COMMITTEES

Get your invite to the Area 44 Facebook Group and get your questions answered, anytime, by mailing socialmedia@njarea44.org

Share44 Training

Date:	Saturday, July 23, 2022
Introductory Training Time:	10:00 – 11:30 AM
Advanced Training Time:	1:00 – 2:30 PM
Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305

Send an email to Share44Help@NJArea44.Org to request additional information

NIGHTWATCH COMMITTEE MEETING

The next Nightwatch Committee Meeting will be held through Zoom on Wednesday, July 20th, 2022 At 7pm

MEETING ID & PW
 Meeting ID: 857 2391 1537
 Password: 121134

We Meet at 7pm on the Third Wednesday of every Odd numbered month (every other month) Jan, March, May, July, Sept, November.
 Until further notice we will be meeting on Zoom.
 E-Mail: Nightwatch@nnjaa.org

INTERGROUP NEWS & NOTES



NORTHERN NEW JERSEY INTERGROUP

NEWS 'N NOTES

May 2022



BOOKERS

The next Bookers is scheduled for Sunday,

June 12, 2022

We will host Bookers in-person (5am) at Mother Seton Regional High. And assuming we still have a large number of active online speaker meetings, we will again host Bookers online (at 7am). If you would like to be added to the Bookers email list – or if you have additional questions, please email us at Bookers@NNJAA.org

COMMITTEE ON CORRECTIONS –

Committee is at a standstill until they receive information about the programs restarting inside the facilities.

COOPERATION with the PROFESSIONAL COMMUNITY – No update submitted.

If you are interested in finding out more about CPC, visit the [CPC service page](#) on NNJAA.org. Meets on the 3rd Tuesday of the month.

HISTORY & ARCHIVES No update submitted.

Meets the 2nd Wednesday of the month. Contact the Chair for online meeting information.

INTERGROUP OFFICE

As of May 3, we show 1468 reopened meetings – An increase of 29 meetings since the end of March. **There are 512 online meetings** listed on NNJAA.org as well.

In total, the office is currently supporting nearly 2,000 active meetings through online and administrative updates...

Our **Status Unknown** meetings have dropped from **200 to 188 in the last month!** Thanks for getting the word out!!

NOTE: Meetings on our website that are listed as Status Unknown will show as INACTIVE on Meeting Finder App.

* We are still asking for 5 business days to complete the requested updates that come into the office. We are grateful for your patience!

Morris County continued

• Netcong	• Stirling
• New Vernon	• Succasunna
• Parsippany	• Towaco
• Pompton Plains	• Wharton
• Randolph	• Whippany
• Rockaway	•

One positive outcome of the quarantine has been the need for Groups and Meetings to update their online listings for the website – which feeds the Meeting Guide App (Created for and supported by GSO).

To help us **collect and track meeting openings and closings as well as online meeting updates for your Group**, please use the [MeetingUpdate form](#). *

When a Group or Meeting **moves their permanent location, rotates their service positions and/or changes their format** then our [Intergroup Data Sheet](#) is required. This form has been updated to accommodate virtual meeting information.



The third form that Intergroup circulates is our 12th Step Contact sheet (available via the Members-Only area of NNJAA.org. We have a

12th STEP CONTACT SHORTAGE!

Because **12th Step contact sheets must be updated annually**, the freshness of our contact information grows stale quick. **Many groups are not aware that after one year, their list is considered out of date!**

To draw attention to the serious lack of updated 12th Step Contacts Intergroup has on record, we are taking inventory of the **towns in need of current contacts** by County. Please look at the list below and spread the word!

Morris County

• Budd Lake	• Long Valley
• Cedar Knolls	• Madison
• Denville	• Mendham
• Dover	• Millington
• Drakestown	• Morris Plains
• East Hanover	• Morristown
• Flanders	• Mount Arlington
• Green Pond	• Mountain Lakes

If your Group Delegate is not receiving the email alerts regarding the Delegates Meeting, please, include the *Group Name, Town, Meeting Day and Time, Delegates Name, eMail and Phone Number* in an email to: IGDelegates@nnjaa.org



A blank 12th Step Contact sheet is attached to this edition of *News 'N Notes*.



As COVID restrictions are lifted and meetings are able to remain open, the Meetings Books are that much *more accurate!!* **2020 Meeting Books** are available for the reduced rate of **\$4 per dozen**.



INTERGROUP VOLUNTEERS NEEDED!!

The increase in emails, phone calls, and meeting updates means that the Intergroup Office is buzzing with activity! We are grateful to the amazing volunteers who make time in their schedules to be with us each week. However, sometimes life events require a shift in priorities and the willing are not always available. Following are opportunities to be of service to the sick and suffering alcoholic via the Intergroup Office:

- **Mon.** AM/PM – Joshua / **Open**
- **Tue.** AM/PM – Linda / Maureen
- **Wed.** AM/PM – Mitch **TBD**
- **Thu.** AM/PM – Ed / Marge
- **Fri.** AM/PM – **Open**/Janet (Toni)

If you've got some sober time, 2-3 hours on any given day and are interested in helping answer phones in the Intergroup office, please call the office to find out more: 908-687-8566 Monday-Friday 10a-6p.

NEW MEETINGS! (continued)

Accepted into Intergroup Apr 7, 2022

ONLINE ONLY

Women of the Dawn

(New Providence)
Saturday- C-D 8:00am
See Online Listing

TELEPHONE ONLY

Readers in Recovery

(West Milford)
Mon-Wed-Fri- O-L 8:00pm
See Online Listing

NIGHTWATCH – Nightwatch commitments are held by the Groups and rotate on a weekly basis. If your Group is interested in participating, please contact your group Nightwatch Coordinator or check the website for more information. The Committee meets virtually, every other month; meeting information is available on the website.

PUBLIC INFORMATION – No update submitted. Meets the 2nd Tuesday of each month.

TREATMENT FACILITIES – No update submitted. Those interested in the working with this committee, please check the website, speak with your District Treatment Chair or you can reach them at treatment@nnjaa.org.

NEW MEETINGS!

Accepted into Intergroup Apr 7, 2022

METUCHEN

NJ & Friends Group

Wednesday- C-BB 8:00pm
Thursday- C-BB 8:00pm
First Presbyterian Church
270 Woodbridge Avenue
Online ONLY
Saturday- C-BB 8:00pm
Sunday- O-BB 8:00pm

WHITING

Path to Sobriety Group

Tuesday- C-D 7:00pm
Christ Lutheran Church
40 Schoolhouse Road

If you are unsure of your *Meeting's Status*, how to use the *Meeting Finder*, have questions regarding the *Meeting Update* or *Data Sheet* forms, or are eager to *serve as an IG Office Volunteer...*

Please call the office at **908.687.8566**
Monday-Friday 10a-6p.

**Thank you for allowing us to
serve you!**

Mac, Maria and Rhea Anne

Intergroup Office Staff

NNJAA STATUS UNKNOWN MEETINGS

AS OF APRIL 6, 2022

Our primary purpose is to help the still sick and suffering alcoholic...

“When I finally found the nerve to attend my first meeting in 1987, I opened the door to find an empty room in an old office building in the Chicago Loop – and I almost convinced myself it was a sign from God that I didn’t need help. *Almost.*

Please don’t let your outdated listing information be the reason we lose someone to the disease of alcoholism. Some people may only have the opportunity to open the door once.” Rhea Anne C.

Slowly but surely over the last 2 years we have reconnected with nearly all active meetings in Northern New Jersey. But we still list 200 meetings that are literally unknown to us...We are unsure whether they exist or not.

The following list represents Groups that have not been in touch with Intergroup since June of 2020. At that time we had 900 meetings listed as Status Unknown...we have reconnected with 700 of those meetings.

The best way to manage your status online is to fill out a [Meeting Update Form](#). You can also find this link by clicking the red banner **Re-Opening Information** at the top of our homepage and scrolling down until you see:

TO UPDATE YOUR MEETING INFORMATION...

If you know the state or fate of any of the meetings listed below or online ask a representative from those meetings to get in touch with us either by calling 908.687.8566 or eMailing us at Intergroup-Data@nnjaa.org.

We can’t do this without you!

Aberdeen	Wednesday	10:30 AM	Chester	Friday	7:00 PM
Bayonne	Sunday	7:30 PM	Clifton	Wednesday	7:15 PM
Bayonne	Monday	Noon	Clinton	Wednesday	7:30 PM
Belleville	Saturday	10:00 AM	Clinton	Friday	12:15 PM
Belmar	Sunday	5:00 PM	Closter	Wednesday	8:00 PM
Belmar	Tuesday	6:45 PM	Closter	Saturday	1:15 PM
Bloomfield	Tuesday	8:00 PM	Denville	Wednesday	8:30 PM
Bloomfield	Wednesday	8:00 PM	East Hanover ¹	Saturday	9:30 AM
Bloomfield	Wednesday	8:00 PM	East Hanover	Saturday	9:30 AM
Bloomfield	Saturday	2:00 PM	East Rutherford	Friday	7:00 PM
Carlstadt	Friday	1:00 PM	Edgewater	Wednesday	6:30 PM
Carlstadt	Saturday	7:00 PM	Edison	Monday	5:00 PM
Cedar Knolls	Tuesday	6:15 AM	Elizabeth	Tuesday	Noon
Chatham	Tuesday	7:00 PM	Elizabeth	Thursday	Noon

¹ While it may appear to be duplicates in the list, they are likely two meetings hosted by the same Group at the same location. In those cases we’ve not heard from the Group in nearly two years.

Area 44 District Happenings & Reflections

DISTRICT 1&2 ANNUAL FOB PICNIC



SUNDAY, JULY 17 2022

12PM-6PM · SPEAKERS @4PM

FRANKLIN FIREMANS PAVILLION 137 BUCKWHEAT ROAD

CELEBRATE WITH FOOD, LIVE
MUSIC, GAMES, AND MORE

**FOOD DONATIONS
GLADLY ACCEPTED**

NNJGS, Area 44, District 4/6, Presents



SoberFest 2022

Join us for a day of;

Family, Fellowship, Food, Fun

Open AA & AlAnon Meetings, all welcome!

Saturday, June 18th 11:00am till 4:00pm

Rain or Shine

Grill service for burgers & hot dogs 11 to 2

Adorno Fathers

575 Darlington Ave., Ramsey, NJ

NO PETS, due to facilities regulations.

Bring your own lawn chair

Directions: Take Rt 17 to MacArthur Blvd., Mahwah. Take MacArthur Blvd. to the end. Turn left onto Darlington Avenue. Park is on the left.

More info, E-mail to: district4_6@nnjaa.org

ALCOHOLICS ANONYMOUS UNIFIED IN LOVE & SERVICE

DISTRICT 13

19TH ANNUAL DAY OF SHARING

JUNE 18TH 2022

DOORS OPEN AT 9:00 AM

MEETING 10:00 AM TO 2:30 PM



NEW LOCATION
OUR LADY OF MT. CARMEL CHURCH
PARISH CENTER
146 COPELAND AVENUE
LYNDHURST, N.J.



FUN FOOD & FELLOWSHIP ALL DAY

FOR MORE INFORMATION CONTACT JEAN OR KATHLEEN AT D13-DCM@NJAREA44.ORG

NNJGS AREA 44 – DISTRICT 17

20th ANNUAL OUTING

Saturday, August 20, 2022

at
Weequahic Park
Newark, New Jersey
(Elizabeth & Chancellor Avenue entrance)



***** FACE MASKS ARE MANDATORY *****

10am – 5pm




2pm A.A. Speaker Meeting:
Linda D. from the Newark Drifters Group
Stephen W. from Alcoholic Awareness Group

JOIN US FOR
FOOD, FUN + FELLOWSHIP!



Please bring a dish, board games, your lawn chair and/or blanket for your comfort!

-- Anonymity Respected – No Cameras Please --

Service 	Donations 	Contact 
Volunteers Needed!! Committee Planning Meetings 5:45pm on Tuesdays: June 7 & 21, July 5 & 19, August 9 & 16 on Zoom ID: 813 0161 9536	of water & sodas food are welcomed Contributions Venmo aec-1951-opal or District 17, PO Box 7270 Newark, NJ 07107-7270	For more information please contact: Chair: Ernestine R. Alt. Chair Berthine J.





IT'S TIME TO PLAN SOBERFEST!

SAT. AUGUST 13TH | 12:00PM-6:00PM

 **District 22** 

Theme: Peace, love, & service
Picnic, meetings, softball, zen zone, adult & family friendly activities, food, fellowship, & fun.

FEATURED SPEAKERS TO BE ANNOUNCED

JOIN THE PLANNING COMMITTEE
A great way to do some district level service!
No experience required.

Meets the 2nd Thursday of the month at 6:00pm
Zoom ID: 826 3088 2395 Password: Fellowship

Contact: Kelly at D22-GSR12@njarea44.org

Check out these district sponsored events!!!

Summer of Service

District 26 presents

A Day of Sharing






Join us for a day of fun, fellowship & Unity!

First Presbyterian Church
4 East River Rd.
Rumson, NJ
June 25 | 10-2pm

Jersey Mikes
Speakers
Raffles
Scavenger Hunt
Committee tables






All AAs welcome!

District 36

Family and Friends Picnic
Saturday, July 9, 2022
11:00 AM to 5:00 PM
St Joseph's High School
145 Plainfield Road
Metuchen, NJ 08840

Fun - Fellowship - Recovery

Featured Speaker to Be Announced

Seventh Tradition, Food, Desserts and Monetary Donations Welcome
Burgers, Hot Dogs, Chicken, Sandwiches, Watermelon, Corn on the Cob, Desserts, and Activities

VOLUNTEERS NEEDED

Contact: Pete S. d36-treasurer@NNJAA.onmicrosoft.com	Food & Dessert Contact: Pete "The Chef" V	Send Monetary Donations to: District 36 PO Box 242 Port Reading, NJ 07064
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Monetary Donations can be given to Ron B., Nika H.-F., Pete S. or your GSR

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

Topics

Do you think the Ninth Step Promises are or are not extravagant ones?

Choose a passage from the Big Book, about a paragraph or two, and explain why this passage is so meaningful to you.

When I arrived at my first AA meeting, there was a poster (window shade) attached to the wall that was just referred to as the AA Promises. Because I was so smart and didn't require a sponsor, there was no one to explain things to me, things like: "Just Give It Up," or "Easy Does It," or "Don't Drink and Go to Meetings." No one explained that they were slogans. Nobody said that the slogans on the poster were the 9th Step Promises, which wouldn't kick in until after I was halfway through my 9th Step. My first run through the Big Book involved the book in one hand and a red Solo cup (the large one) of vodka in the other hand. A few sections of the book didn't penetrate whatever gray matter was still operational at the time, since I was halfway to being sober, such as that some of the Promises should be materializing.

I was and still am a microwave guy. Due to my sloth, I want immediate gratification and do not have the patience or desire to do the work first. At every meeting I attended during those early days, I would study those Promises and wonder why they weren't coming true for me. I wasn't taking into consideration that I'd not yet stopped drinking. I did notice that there was a word that I was uncomfortable with. That word was painstaking. True, I knew the definition of painstaking, but I had no desire to apply it to any of my actions. Up to this time in my life, the only painstaking activities I took part in related to making sure I had enough to drink. For instance, during Superstorm Sandy, when other owners of generators were stocking up on gas, I was cleaning out the liquor store. That was painstaking.

After I had stopped drinking for a while, I began to see the Promises in still a different way. I realized that I had previously experienced some of these Promises and they were due to alcohol. When I was halfway through my first Solo cup, I knew a new freedom and happiness, and had no regrets of the past. By the time I completed that cup, I felt serenity and knew peace. My whole attitude and outlook changed. Pour myself another and all fears and insecurities left me. Finish that one and I had the solutions to all my problems. I realized that alcohol could do for me what I could not do for myself. This may seem a little tongue in cheek, but those words on that window shade were what I wanted, just without the need for the alcohol.

These Promises just scratched the surface. I discovered that not only did I have to work to appreciate the Promises without the alcohol, I had to work at everything in life without the alcohol. I had to communicate without alcohol, I had to BBQ without alcohol, and obviously I had to drive without alcohol. The beginning of my sobriety was filled with fear and pain, as I had to experience life on life's terms without the protection of my best friend. I was well on my way through the Steps before the Promises were more than just words on a window shade. I had to learn the difference between being sober or just being dry. I had to allow the program of Alcoholic Anonymous to be an integral part of my life. I had to begin to practice these principles in all of my affairs.

Although many believe them to be gifts, I believe the 9th Step Promises must be earned. They are bestowed on those who not only have the desire to stop drinking but who are also willing to do whatever it takes.

Frank H.
Challenge to Change

Are These Extravagant Promises?

Absolutely Not!

Early in sobriety, I felt the hope in the twelve 9th Step Promises, maybe because some of them were already coming true for me. I saw them at work in others, including men and women dealing with very difficult situations. I read about them coming true in the amazing and inspiring stories in the Big Book. So, I wondered why it says: “We think not?” Why hedge? Why not say, “Yes! Yes! Yes!”?

So, my response to the question “Are these extravagant promises?” became, “Absolutely not!” I would say it in meetings, not loud enough to have bothered anyone. At least, I never noticed anyone noticing.

Until one of my best AA friends heard me in a meeting, and he found it amusing. It became our silly little secret. That was, until I realized how arrogant I was to think I knew better than the amazing people who wrote the Big Book.

Now my response is exactly what’s written in the Big Book, even if I secretly believe that the Promises absolutely do come true. All of them, all at the same time, all the time? I think not. But they are being fulfilled among us when we work for them. And, just as I’ve heard people say about other aspects of our program: “they work if you work them, so work them, you’re worth it.” I hope I’ve gotten that last part right!

Sherry B.
Bridgewater, NJ



We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. (Chapter 5, “How It Works”, p. 68.)

In 2010, I was laid off from my job. I was in my late 50's. It was becoming clear that I was going to find it difficult to find a job, given the economic conditions of the time. Although I'd been sober for over 8 years and was diligent about meetings, fellowship, and program (Step work), fear started to crash into my life in waves.

The fear was a cloud that hung over me, a wave that would interrupt my thoughts out of the blue. When I would see an ad for some medication, I'd be reminded I might never have medical insurance again, at least not until Medicare kicked in. Then my projections would start. “I'll never last till Medicare. There will be a horrible sickness, and I will die for lack of medical attention.” Alternatively, maybe I'd make it to the age of being eligible for Medicare, but Medicare might run out of funds by then, and I

would die. These were my thoughts.

The facts were different. I had medical insurance for an extended period of 18 months. I could afford the premium that I was required to pay, and I was in reasonably good health, but that did not stop me from having sleepless nights. I was able to exercise enough restraint to not act out too much at home. I did develop a mild resentment towards some of my good friends in AA who had medical insurance.

During this time, I spoke regularly to my sponsor. At least four times a week, I would bring up my fears, and he would patiently remind me that I had insurance for that day. “Tomorrow was another day,” he’d say. “We will deal with it when we get there.”

My experience up until that point was that working the Steps on each problem that came up helped bring me out of my restless, irritable, and discontented state of mind. I was taught to work all 12 Steps on all issues. After suffering for 3 months and wearing my self-perceived restraint as a badge of martyrdom, I finally decided to work the Steps on the whole issue of being unemployed and the resulting fear of never having medical insurance.

Step 1 was easy. I was powerless over not having a job, and my thoughts about medical insurance were unmanageable by me. Second, I did believe that a higher power could help me see things in a more realistic perspective. So, Step 3 meant I needed to start doing the work.

As I started listing out the details of my fears, I read the two paragraphs referenced above over and over. What did they mean and how did they apply to my situation? I finally had a flash of insight. Nothing was in my control and that is why I was fearful. Self-sufficiency had failed to provide me security. Then I thought, “if God’s plan is that I will never have medical insurance, am I going to be able to change that?” The answer was a resounding NO. By the same token, if that was not God’s plan, I was not going to change that either. My job was to do what was in front of me: apply for jobs, interview enthusiastically, and have an inner drive to help contribute to my future employer’s goals. I could focus on that while God focused on whatever he’s meant to focus on.

That is when I came to have a deeper understanding of these two paragraphs. The facts did not change, but my overall attitude to life did. The Appendix on p. 569 references a spiritual experience as “a personality change sufficient to bring about recovery from alcoholism.”

This, and two important paragraphs from Chapter 5, have supported my recovery immensely.

Atul D.



Within my first year of AA, I was asked to speak at a Big Book meeting. The topic? Choose a passage from the Big Book that you relate to and share on it. As I was in my AA infancy, I chose the bedevilmments. Can you blame me? At this point in my recovery, I was still experiencing the despondency of my untreated alcoholism. There were glimpses of hope, and I was getting better. I wasn’t drinking. But I certainly was not experiencing the AA that I know exists today.

I don’t remember much of what I said at that meeting, but I can imagine it had a lot to do with a lack of connectedness with others, the myriad of negative emotions that I felt on a daily basis, my mood swings, my fears, my lack of purpose. But the bedevilmments end with “—was not a basic solution of these bedevilmments...important...?” And it is. We are all about the solution here in AA. I’m pretty sure, or at least I’d like to hope, that I ended my share with the magic and happiness that AA brings to my life. Because AA does that for me: that’s my truth.

And, yet, as I write these words, I can't help but feel as disconnected from AA as I've ever been. I'm just going to out myself here because avoiding my truth will only keep me sicker. At six years, I've left my sponsor, my network, my homegroup, my weekly meetings, and all but one of my service commitments. Thankfully, I have not left my higher power. I continue to pray and meditate daily, and I am grateful to AA for helping to make that a daily practice in my life, allowing me to blindly believe in my faith no matter what. But I feel disillusioned by AA today. I know that we are all human and all fallible. I know that I should forgive and accept others as they are. But, I can't reconcile the way I know I should act with how I currently feel: resentful, deceived, mislead, discouraged...the list goes on.

I know what you're thinking. One: I am being selfish, and I am judging others. And you'd be right. I know that I am. Two: This girl needs to write herself a resentment inventory. Again, you'd be right. And I will. Because I don't want to stay stuck here when I know that there is more to AA than this narrative that I'm telling myself. I want the relief that will come from that inventory. I want the new understandings about people and about life and about myself that will help me to step out of this place of hurt and disappointment. I want to do the right thing, and I know that running and hiding from a program that saved my life and made me an infinitely better person is not the answer. Most of all, I want out of the bedevilmments and into the Promises again.

There are Promises sprinkled throughout the Big Book. We often tend to focus in on those in the Ninth Step—those are pretty extravagant, depending on your definition of extravagant, that is! But my favorite promises come in the Tenth Step:

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned... We react sanely and normally, and we will find that this has happened automatically... We feel as though we have been placed in a position of neutrality – safe and protected...

I do feel safe and protected when it comes to alcohol today, but I have a desire to feel safe and protected from my alcoholism again too. I am fighting. But I am fighting against peace and love and happiness and forgiveness. For what? For my selfish desire to be right? I suppose that's the crux of it, but I'm positive my inventory will reveal something much deeper once I've shared it with someone else. And, if left untreated, I know, as I have heard shared so many times in countless shares, that I will fall further and further away from this promise of safety and security from alcohol that my higher power has blessed me with. And I don't want to do that.

And so, I will pick up the spiritual tools that were left at my feet by the countless members of Alcoholics Anonymous, those who gave freely of themselves so that I could live a great life. And I will walk deliberately forward into my next venture in AA. The program promises us transformation and so much more should we choose to take action and clear away what's blocking us from our higher power. I choose to see this article as my first step on this new journey, acknowledging where I'm at in my recovery and sharing it with others. I am lost, but I don't have to stay lost. My second step was joining a women's meeting this morning, which allowed me to experience the magic of AA once again. I feel blessed to have been invited to that meeting because I saw the AA I love at work there. The next step forward? I can choose to take different actions and move out of the darkness that plagues me, so I am going to put pen to paper and write that inventory.

My experience in AA has shown me that my darkest moments always give way to new light and new love and new everything. It's time to change. It's time to move on. And AA has a path for me to follow and people to guide me along the way should I choose to accept the invitation. I do. I accept. And I'm so grateful for that (and for you, Deb, for giving me the gentle nudges in the right direction).

Be well, my fellow AAs. Sending lots of light and love your way.

Megan D.
Hillsborough, NJ

Blue Sky Days

You approached me in Starbucks and asked for help. I took your measure immediately, which is my way: tall, thick blond hair, friendly. You said you needed help. Did you really mean it? Did you just want to say you had a sponsor? You seemed sincere. As usual, my instinct was to say no, to claim I was too busy or consider some other excuse. But years of AA training kicked in. “Yes.” It came out of my mouth before I could censor the thought.

Though we came from very different backgrounds and had very different personalities, we became instant friends. You were from the upper Michigan peninsula, and I was from the big city. You were outgoing, and I was withdrawn. You talked to everybody, but with PTSD infused in my psyche, I was guarded: avoiding people I did not know. You rode bikes and motorcycles; I liked to walk and run. You loved blue sky days, and I preferred some clouds.

Yet, despite our differences, we became friends. Early on, when you met my puppy, Sammie, my very own English Cream Golden Retriever, it was love at first sight, for both of you. I coined you her “Uncle Tom.” Whenever you came to visit, Sammie would dash into your grasp. She knew you loved to play with her, and I knew you were Sammie’s best friend. All I had to say was: “Uncle Tom!” and Sammie would sprint to the backyard gate. You can’t fake it with dogs.

You helped me move into my new house. You changed light bulbs that were too high for me to reach. You fixed my garage door. You held my boards for my Taekwondo tests. And you constructed gates to keep Sammie safe.

I loved our endless discussions in the park. We talked about everything imaginable— from recovery, spirituality, and therapy to exercise, sports, and food. We discussed our childhoods, our personalities, and our families. We even compared our Fitbit sleep scores. If we argued about a subject, we dropped it quickly to preserve our friendship.

You said you wanted sobriety. You told me this over and over, and I believed you. But you struggled. A string of sobriety time held together loosely lasted for bits of time. Then detoxes, rehabilitation centers and IOP’s. “This time will be different,” you repeatedly said. When you returned from High Watch, when you came back from detox, at the end of each IOP session: “Sobriety is my highest priority,” you told me.

I tried everything in my AA toolbox. We read the Big Book, we read the “Twelve and Twelve.” You went to AA, to NA, to Christian Recovery. We talked about the risks of picking up again. That maybe you wouldn’t make it, and you agreed it was possible you could die. I practically begged you to call me before you drank, but to no avail.

Following your last detox, I reluctantly suggested a new sponsor and you got one. Perhaps we were too close? Perhaps I was enabling you? We would still be friends. I told you to call me anytime, especially if you were thinking about picking up. And we remained friends. And you were still Sammie’s Uncle Tom.

We continued to talk and text for a few weeks, and then, one day, you texted me that you were sick. I knew you had some health issues. I hoped against hope you were physically unwell, not that you’d picked up again. We texted a few more times. Then I got the call that you were gone.

The news was shocking. I was numb for hours. You were such a good friend. Why didn’t you call me? Why? I couldn’t bear it. When I saw Sammie lying by the backyard gate, I approached her unsteadily, falling to my knees. I grabbed my dog and wept.

Alcoholism is a deadly disease. People drink and people die. Above all else, you’ve got to really want it. I have known many people, some young and some not so young who did not make it. To stay sober, you must be willing to do everything, to go to any lengths. Sometimes, a higher power isn’t enough, sometimes meetings aren’t enough, sometimes the literature is not enough, sometimes having a good sponsor isn’t enough. And sometimes, all these things combined are not enough. While many people do recover, others continue to drink. It’s a disease of life and death. Who am I to understand why some people get sober and others do not?

I am sitting in Starbucks now, the place where we met. Some time has passed, but I still feel the hurt,

the pain of your loss. While Sammie is home resting, I come to a place that feels safe to write these words: I have a need to memorialize you, Tom, because you were my friend. It's important to me to leave a record that you were loved, that you tried.

Maybe someone will read these words and be inspired to stay the course, to not give up. Maybe by hearing your story, he'll reach out to his sponsor or a friend before he picks up. Maybe someone out there needs to learn that if you drink, you can die. If one person is saved, it is enough.

Every so often, in my mind's eye, I see Sammie as she runs to the back gate to greet you. I see you rubbing her neck and back; the smile on your face. You and Sammie run through my yard laughing and jumping and carrying on. Like me, she misses her Uncle Tom, especially on blue sky days.

Les B.,
Midland Park, NJ



Hidden Gems

They were selling all the AA-approved literature on a table in the back of the room. It was suggested that newcomers buy a Big Book and read it. Since I still wasn't sure I was an alcoholic (or willing to admit I was one,) I assumed the suggestion didn't apply to me. The literature person made a pitch about "our price your terms," but the truth was I had no terms. I was thirty years old, unemployed and unemployable, living in my childhood home with my parents, surviving on Massachusetts welfare and food stamps, and looking like something the cat dragged in.

Each evening, before leaving for my meeting, my dad would hand me a dollar for the basket like he'd handed me lunch money in 7th grade. On Friday, he'd give me his gas credit card with a gentle nudge to return it. While I appreciated the financial support, it was frankly, humiliating. Each time I pocketed the cash or the card, I was reminded of the absolute mess I was in. My sponsor assured me there'd be a time I'd have a job, earn my own money again, and perhaps make enough to repay my folks. But back then, it was hard to imagine being capable of doing anything on my own.

I'd been told about a women's meeting at the Sahara Club in Teaneck. I thought the name of the club was cool, but didn't make the connection between a desert and being dry. Everything went over my head back then: the slogans, the acronyms, the upside down signs, the references to rivers, camels and mustard seeds. When I arrived, everyone was poised to read from the Big Book, the one I didn't own. Fortunately, the club had several group copies. I followed along, listening as intently as I could at that time, making mental notes of anything that clicked. I wished I'd had a pen or a highlighter, but it didn't matter because I wasn't going to deface a book that wasn't mine. I at least was sober enough to know not to do that.

As soon as the recitation was over, I raised my hand during burning desires. I did that for most of my first year. If I'd gotten the memo about taking the cotton out of my ears to put in my mouth, I

wouldn't have bothered to read it. All I was interested in was telling whoever would listen how miserable I was and how much I wanted, and needed, to drink. I was entrenched in the problem.

When I finished sharing and sniffing, I proceeded to wipe my nose on my sleeve. An older woman sitting next to me handed me a box of tissues. I nodded thank you. Rifling through her patchwork quilted satchel, for what I didn't know, she pulled out a receipt. On the back of it she scribbled something. It was probably another telephone number I wasn't interested in. Folding the crumpled receipt in half, she passed it to me, making sure not to disrupt the sharing. I held onto the paper, waiting until the end of the meeting to read it, nervous that she might be waiting to talk with me. To my surprise, it wasn't a phone number, but a note with a page number: "Read p. 449."

Intrigued, I looked up, scanning the room to find her. But she was already surrounded by other ladies, smart ladies like her who knew things like page numbers, rivers of denial, and the hidden meanings of HALT and HOPE and FEAR.

When I got home, I told my mom the story. "We would've bought you the book! Why didn't you say something?" "Because I didn't," I told her, sounding like a petulant child. Looking at the clock to assess her timing for dinner, she announced: "We're going to Barnes&Noble. Now."

Following her lead, we got into her car as if on a mission. I didn't have the heart to tell her I was more interested in page 449 than the book itself. It had only been a few months and I'd already grown weary of the people who spoke of the book with reverence, making note of the "prescription for living" found inside. Some, known in AA slang as "thumpers," were able to quote entire passages, referencing page numbers and chapters like men rattled off baseball stats. Some shared about "going through the book" with their sponsors. As if line by line, they'd worked as a team to highlight, underline and discuss sections that were particularly meaningful. Could it be possible that for some members this book was synonymous with the Holy Bible?

Upon arrival at the bookstore, my mother marched to the Information Desk. Hoping she'd whisper our request so the whole store wouldn't know my secret, we were directed to the "Recovery" section. It wasn't hard to locate the 3rd edition of Alcoholics Anonymous. Knowing it was her intention, I accepted her offer to buy me the book. Her gesture was heartfelt. I'd made a beginning. She was proud of me.

In the car, I held the bag with my book tightly on my lap. I don't know why I delayed opening it. Looking back, it's possible I understood the significance of the purchase. If I'd bought the book, perhaps I really was an alcoholic? The paper book jacket was deep sea blue with large white lettering. "It looks so pristine," I noted. "I'm almost afraid to open it!" Careful not to disturb the taut binding, I turned the pages slowly. Arriving at page 449, I looked at my mom. Equally eager to learn, she kept the car in PARK. "Read it to me."

... And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

This passage, along with countless others, has served to illuminate my mind and anchor my soul. After a short pause to take in the enormity of what I'd read, I continued the chapter to the end. When finished, I looked at my mother and she looked at me with a newfound understanding. If this doctor, alcoholic, and addict could learn to live life with those around him in a spirit of love, tolerance, and acceptance, why couldn't I?

I could not wait to tell my sponsor. Surprisingly, she did not throw a ticker tape parade at the news of my brand new Big Book, nor did she offer to read it with me. "I'm assuming you know how to read?" she'd asked. "Then read it." So I did, over and over and over.

We discussed the first 164 pages often, regularly dissecting the words and sentences and paragraphs that resonated with me. She knew I was a wordsmith and appreciated my moments of clarity that resulted when something inexplicably made sense. I'd dog-eared countless pages for easy reference: 5, 22, 43, 64, 74, 82-88, 101, 124, 164... How was it possible that the writers of this book, men who didn't even know me, knew exactly how I felt?

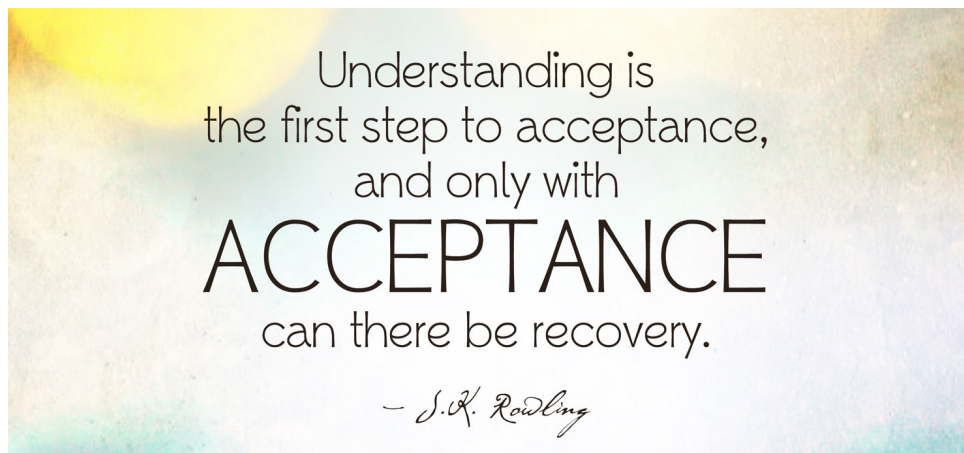
I remember the moment I was directed to page 569. Understanding that a spiritual experience was simply a shift in perspective broke me wide open. It was then that I knew I would never be the same.

I treasure the careworn pages of my original 3rd edition and my mother's inscription that promised she'd walk alongside me throughout my journey. Throughout the years, the pages of my Big Book have yellowed. Pink highlights have been replaced with penciled underlines and notes in the margins. From the Preface to the personal stories, the words, so masterfully written for those who identify with the disease of alcoholism and wish to seek a solution, have become a lifeline.

Like an old pair of sneakers, I cherished my 3rd edition with missing pages and coffee stains. It was so marked up, I could hardly read it. Soon, Big Book meetings began reading from the 4th edition. I did not own a copy, but a sponsee came to my rescue and gave me an extra copy of hers. Like hitting the lottery, I devoured new stories I'd never read, identifying over and over again with the experience, strength and hope of the writers who shared their trials and tribulations with honesty and humility.

I never again saw the woman who passed me that note at the Sahara Club. But her good order-ly direction to read page 449 was probably the best advice I could have received. That entire chapter inspired me then and inspires me now. Since 1991, I've done my best, one day at a time, to follow in earnest the prescription for living shared in the pages of Alcoholics Anonymous. I am eternally grateful for the simple solution I couldn't have thought was possible for a complicated person like me.

DJB
Wyckoff, NJ



Celebrating 30 Years & Surviving the Pandemic Over the Phone

I was very honored to be asked to lead the 30th Anniversary Celebration of the First Light Group of AA today, March 16, 2022. The First Light Group was started 30 years ago on March 17 at 5 Paterson Street, New Brunswick, NJ. Some of those early leaders are still attending our meetings today. For those of you that are not familiar with our meeting, before the pandemic, we met five times a week in person with different formats. The group's membership has been evolving over those 30 years, with people from different walks of life coming in and out.

I have been coming to First Light since the start of my recovery in 2014. I was quickly struck by how warm and welcoming the group is. People came up to me after my first meeting to introduce themselves and give me their numbers. Group members like Constance (since deceased) would fish a packet of tissues out of her bag to pass along to someone who was crying. I saw that First Light could hold

space for many different beliefs and many paths to recovery. I came to meetings at First Light almost every day up until the pandemic hit, and it set the tone for my day. I have met so many wonderful people in this room that I may not have had a chance to meet otherwise, and I consider the First Light Group to be an integral part of my recovery. When you see the same people every day of the week, it builds such a sense of community. So, to be able to celebrate 30 years of First Light with you all is really special!

There is another anniversary I think is also worthy of recognition. This day, March 16, is the second anniversary of the start of our phone meeting. I have very vivid memories of the beginning of the phone meeting. There was so much anxiety and uncertainty about COVID and not knowing how it would affect our sobriety. And adapting to the phone format was rough at first. We moved up to seven days a week for well over a year and many people seemed to find our meeting by word of mouth and joined. We were getting 25 to 30 people on a regular basis. It was also a great opportunity for former members of First Light who had moved out of the area to call in and continue to be a part of our meetings. Although it was a huge adjustment in the beginning, it evolved into a great support for me and many people.

I know there has been a sense that it's been dropping off a little bit lately, and maybe not as active as it was in the beginning, and I think that is ok. I think we would all agree our phone meeting has more than served the purpose it started out with. I don't think many of us would have thought at the beginning of the pandemic that we would be doing this meeting on the phone for two years. I think it was really awesome that we could bridge the two worlds today with a hybrid celebration.

Now, our plan is to start to phase back into being solely in person by about June, if not before. I know many of us are really looking forward to being back in person together. But it is also a bitter-sweet because we know there are members who have been actively participating on the phone from the beginning of the pandemic who will not be able to attend in person for geographic and scheduling reasons. For me and I know many others, there is a feeling of loss. But then I remember that these are people that I might not have had the chance to meet without the phone meeting. So, for that, and for 30 years of First Light, I am truly grateful!

Linda J.

Many thanks to ALL of our writers for *This Day's* Summer 2022 edition! We could not do this without you!!! Your words are beautiful and truly inspiring.

Megan D., Area 44
Newsletter Editor



Suggested Fall 2022 Issue Topics:

1. Explain what AA means when it asks an alcoholic if he or she is willing to go to any lengths to get sober. Incorporate your story into the article.
2. How is Step 5 important and necessary in remaining sober?
3. Choose an AA topic. Remember that your submission should abide by Tradition Three and focus on alcoholism.

Submit your articles to newsletter@nnjaa.org
Deadline August 15, 2022

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.

Thinking about a service commitment?

Join the Newsletter Committee meeting the 3rd Thursday of each month at 6 pm on Zoom.
Please contact newsletter@nnjaa.org or check the Area calendar for further information.



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District Meetings

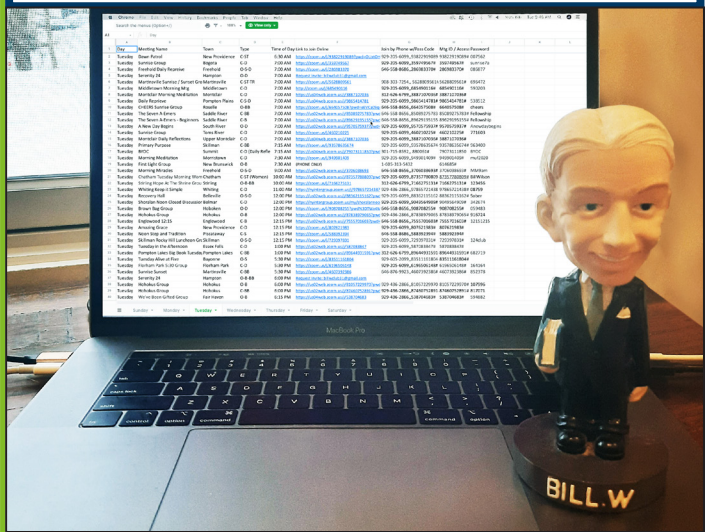
(When in person meetings resume)

- 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, PO Box 7270, Newark, NJ 07107
- 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

AREA 44 CALENDAR

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

1. Log on to 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 9

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



www.nnjaa.org

Try it on your Smartphone



Member area
userid: alcoholic
password: onedayatime

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Suggested Topics for the Fall 2022 Edition:

1. Explain what AA means when it asks an alcoholic if he or she is willing to go to any lengths to get sober. Incorporate your story into the article.
2. How is Step Five important and necessary in remaining sober?
3. Choose an AA Topic: Remember that your submission should abide by Tradition Three and focus on alcoholism.

Next Edition Deadline:
August 15, 2022

Send your articles of 800 words or fewer in a Word doc to: newsletter@nnjaa.org