

THIS DAY

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

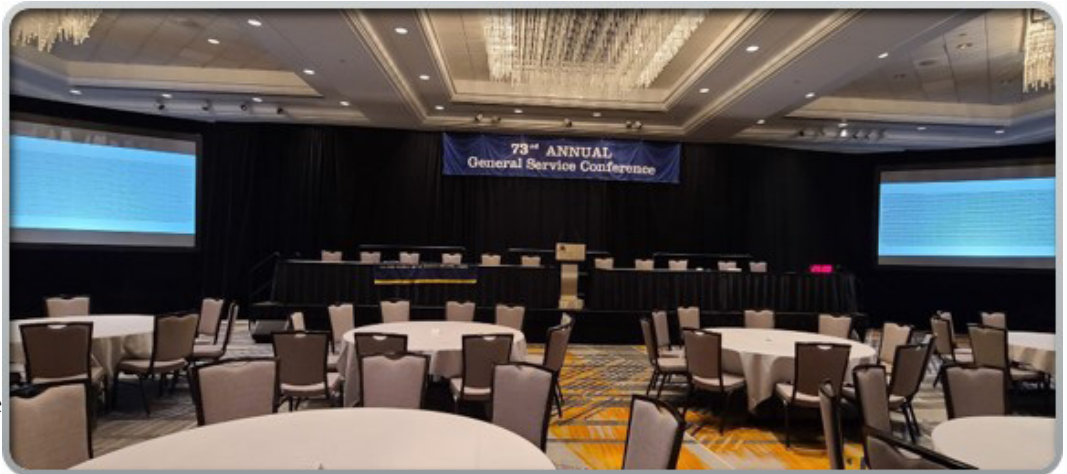
A message from your Area Delegate



Greetings Area 44,

By the time you are reading this, I will have returned from the 73rd General Service Conference, which was held at the Brooklyn Marriot from Saturday, April 22nd to Saturday, April 30th. Also, all of our Pre-Conference reports and our Mini-Conference have been held. Thank you for allowing me the varied platforms to share my journey and reflections with you. A resounding takeaway is that I found the entire process to be powerful, inspiring, and a wonderful way to weave and enhance both my recovery and service journey.

The Conference, which lasted five days, featured various presentations, workshops, and panel discussions, covering topics ranging from general sharing sessions to the Plain Language Big Book, Practicing Our Twelve Traditions Across all Group Settings, and Fulfilling Our Primary Spiritual Purpose with Remote Communities.



The hard work, sacrifice, and dedication of the entire GSO staff and the Trustees were on full display. No surprise or coincidence that my daily readings from Daily Reflections not only grounded me but also provided insight to help me capture my Conference experience:

- 4/25: “Entering a New Dimension”: Awesome transformation indeed! I will never be the same or view sobriety and service the same. It was truly an honor and a privilege. Fear, freedom, faith, and focus.
- 4/27: “Joyful Discoveries”: It is true there is healing in a hug. We are stronger than we know. We know less than we know. Tolerance is a muscle best used daily and often. Great events will continue to pass for me and countless others. Checking in on myself is just as powerful as checking on others.
- 4/28: “Two Magnificent Standards”: It is ok to be wrong. Progress requires patience. Humility and Responsibility are action words that permeated the entire week.

As previously shared, I was assigned to the Agenda Committee. I must say, I was hesitant and not completely sure what that experience would entail. After all, it was not the Grapevine or Literature Committee. Well, I am super proud that one of the most significant committee assignments was

Also Inside

Delegate Report.....	1-2
Post-Conference Report Information	3
NNJAA Officer & Committee Reports	4-5
NNJAA Convention Information.....	6-9
Other Summer Events to Attend!!!	10
District Happenings.....	11
Groups in Action.....	12
"Speak Out!"	13-18
Creative Corner	19
District Meetings & Area 44 Calendar.....	20

NEXT ISSUE DEADLINE
August 15, 2023
newsletter@nnjaa.org

working with the committee to choose the 2024 Theme. As most of you are aware, Area 44 incorporates the theme of the General Service Conference (G.S.C.) into our annual events. Specifically, the Annual G.S.R. Mid-Winter Luncheon and Convention in September. By using the theme, we are aligned and connected to the overall message of unity and service, and inspire attendees to carry this message back to their respective home groups, Districts, and fellow AAs. In case you missed it, here goes: the 2024 Conference theme is “Connecting with Love, Unity and Service.”

Lastly, reading a draft of the first six chapters of the plain language Big Book, ending Conference business on Friday at 1am, staring at the Brooklyn Bridge and representing our Area are undeniably some of the most profound actions I have taken.

Indeed, the 73rd General Service Conference was a remarkable experience that showcases the strength of fellowship and the importance of unity and service in the recovery journey. The Conference like our area, district and home groups provides an opportunity for trusted servants to come together, share their experience, and learn from each other; it is a reminder that we have a common purpose: to help others and to carry the message of recovery.

June 2-4, in Burlington, MA, I will also be attending the Northeast Regional Forum (NERF) and I look forward to sharing highlights of that in the next edition of *This Day*. Every two years the General Service Office hosts a Regional Forum in each Region in the U.S. and Canada. Regional Forums events allow members throughout the service structure to exchange information. They bring together the General Service Board, AA World Services, Inc., AA Grapevine, GSO and Grapevine Staff, AA members, newcomers to service and trusted servants.

So before signing off, I would like to wish everyone an amazing and serene summer. I look forward to seeing you at your home group and district events, especially those amazing sober picnics. Remember to stay informed and to help you with that The Young People Video Project is ongoing and there is not a deadline for submissions!

Marcheta B.
Delegate Panel 73 | Agenda Committee



YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the "young" alcoholic who has yet to come to A.A.

BE CREATIVE AND HAVE FUN!

Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at publicinfo@aa.org.

www.aa.org

Scan me!

POST-CONFERENCE REPORT INFORMATION

2023
DELEGATE'S
POST-CONFERENCE
Reports

AA
UNITY SERVICE RECOVERY
NNJGS
AREA 44
NNJAA.ORG

DATES & TIMES

Wednesday, June 7th @ 7pm - Virtual
 Thursday, June 8th @ 7pm - Virtual (Spanish)
 Tuesday, June 13th @ 7pm - Virtual (Polish)
 Saturday, June 24th @ 10am - (Area Office)



AREA OFFICE
 2325 Plainfield Ave. #2J,
 South Plainfield, NJ



ZOOM
 ID: 859 4842 1312
 PW: 123456

DCMS PLEASE COPY & DISTRIBUTE TO ALL GSRS
 ALL INTERESTED AAS ARE WELCOME!
 QUESTIONS? PLEASE CONTACT YOUR DELEGATE, MARCHETA B.
 AREA-DELEGATE@NJAREA44.ORG

2023
INFORMES
POST-CONFERENCIA
De Delegados

AA
UNITY SERVICE RECOVERY
NNJGS
AREA 44
NNJAA.ORG

FECHA Y HORA

Miércoles, 7 de Junio @ 7pm - Virtual
 Jueves, 8 de Junio @ 7pm - Virtual (Español)
 Martes, 13 de Junio @ 7pm - Virtual (Polaco)
 Sábado, 24 de Junio @ 10am - (Area Oficina)



AREA OFICINA
 2325 Plainfield Ave. #2J,
 South Plainfield, NJ



ZOOM
 ID: 859 4842 1312
 APROBADO: 123456

DCMS POR FAVOR COPIE Y DISTRIBUYA A TODOS LOS GSRS
 TODOS LOS AAS INTERESADOS SON BIENVENIDOS
 ¿PREGUNTAS? PÓNGASE EN CONTACTO CON SU DELEGADA,
 MARCHETA B. AREA-DELEGATE@NJAREA44.ORG

2023
SPRAWOZDANIA
DELEGATÓW
PO KONFERENCJI

AA
UNITY SERVICE RECOVERY
NNJGS
AREA 44
NNJAA.ORG

DATA I GODZINA

Środa, Czerw 7 @ 7pm - Wirtualne
 Czwartek, Czerw 8 @ 7pm - Wirtualne (Hiszpańskie)
 Wtorek, Czerw 13 @ 7pm - Wirtualne (Polskie)
 Sobota, Czerw 24 @ 10am - (Biuro Terenowe)



Biuro Terenowe
 2325 Plainfield Ave. #2J,
 South Plainfield, NJ



ZOOM
 ID: 859 4842 1312
 PW: 123456

DCMS PROSZĘ SKOPIOWAĆ I ROZESŁAĆ DO WSZYSTKICH GSRS
 WSZYSCY ZAINTERESOWANI AAS SĄ MILE WIDZIANI! MASZ
 PYTANIA? PROSIMY O KONTAKT ZE SWOIM DELEGATEM,
 MARCHETA B. AREA-DELEGATE@NJAREA44.ORG

NNJAA COMMITTEE REPORTS & INFO

*A message
from your
Area Chair*



Greetings,

I was so glad to see 200 plus of us at the Mini-Conference in April, where GSRs were sharing their group’s conscience on the Conference agenda items, so our delegate would have an informed conscience of Area 44. Thanks, District 4/6, for hosting the event. I can’t wait to hear Marcheta’s sharing at the Post-Conference reports on those agenda items, which have been scheduled for June 7, 8, and 13 as virtual events and June 24th in-person at the Area Office. I encourage GSRs, DCMs, committee members, and all AA members to attend one of these reports.

Our committees are working on their annual workshops. The Grapevine Committee hosted their Grapefest with a guest speaker from our La Viña magazine, Paola M, the editor. All had a great time! Our Joint Treatment Committee hosted their workshop on May 13th at the Area Office. Then, on May 20th, our Correction Committee hosted their workshop at the Area Office and virtually. The agenda was filled with a host of guest speakers, which wasn’t to be missed! Just my opinion! Please check out the News and Events page on the NNJAA.org website for other Committee workshops and district and group events this summer.

On June 2-4, GSO presented the bi-annual Northeast Regional Forum (NERF) in Burlington, MA. This is designed to enhance communications and participation between AA members, the General Service Board, and staff and directors from the General Service Office and AA Grapevine. Registration is free.

Sweets and Service

Curious about remote communities?

Come learn more

at our

Remote Communities Workshop:

WHEN:

Saturday, June 10, 2023

3:00-6:00PM

WHERE:

Area Office

2325 Plainfield Ave (Suite 2J)

South Plainfield NJ 07080

Furthermore, July is Alternate’s Month where all officers, committee chairs, DCMs, and GSRs turn over their responsibilities to their alternates. Please help your alternate get ready for this responsibility, and if you don’t have an alternate, this may be a great time to find one.

Our Convention Committee is hard at work on our 67th Area Convention to be held on September 22-24, 2023 in Somerset. To make this event a success, they need many “boots on the ground,” so if you are looking to do some service outside of your home group, please contact Mike K., at convention-chair@njarea44.org.

Lastly, I want to thank the Fellowship for their support and prayers during my recovery from my injury. Like my sobriety, I/we can’t do it alone.

Yours in A.A. Service,

Art B.
Area Chair, P73



MARCH AND APRIL'S PINK CAN DONATIONS

THANK YOU FOR YOUR SUPPORT!!

1. Recovery Hall Conference
2. Recovery Hall
3. Donna Bryson
4. Nutley United Group
5. Time to Share, New Brunswick
6. Spaghetti Dinner 3/11/2023 South River
7. Just For Today, Randolph Woman's Group
8. Wake Up & Smell the Coffee, St. Matt's Randolph
9. Came to Believe Randolph Grace Church District 9
10. Hill Street Blues
11. Monday 1215 Closed Disc
12. Morning Miracles
13. A Vision for You Group- Freehold
14. Recovery in the Shades
15. Union City Sun Early Riser
16. Breakneck Group
17. Corrections
18. Plainfield Sunday Morning
19. Bunnvale Group
20. Landmark Group -Lakehurst
21. Throckmorton Street Group
22. New Light Group
23. Upper Ridgewood Group
24. Clear the Air
25. Saturday Nite Live Clark
26. Helmetta Stepping Stones
27. Daily Reprieve Pompton Plains
28. Men In Recovery
29. Daily Reprieve Group Freehold
30. Ruby Slippers
31. Jane Sharp
32. Steps On Saturday South Orange
33. South Amboy
34. Wayne Valley Group
35. Milburn Sunday Big Book
36. Kinnelon Do It for Yourself
37. Morning Miracles

**REMEMBER:
NNJAA NEEDS YOU!**



NORTHERN NJ AA COMMITTEE MEETINGS

Listing for Saturday, the 3rd of June 2023

* Denotes Joint Committee of Area 44 and Northern New Jersey Intergroup

Committee Name	Next Meeting	Time	Meeting Link	Password	Email	Notes
GSR DCM Workshops Committee					Maureen R. gsl-workshop-chair@njarea44.org	
Grapevine Committee	Saturday 06/03/2023	10:00 AM	Virtual Link	areagy	Dan B. grapevine-chair@njarea44.org	This is a Hybrid Meeting with physical location at the area office. For phones, Dial by your location +1 646 876 9923 US (New York) Meeting ID: 879 6499 4778 Passcode: 678363
GSR Mid-Winter Luncheon Committee	Monday 06/05/2023	6:30 PM	891 0985 8973	77175	Billy H. lunch-chair@njarea44.org	(No Meeting April May or June) In-Person unless otherwise decided contact chair for info
Mailing Committee	Wednesday 06/07/2023	6:30 PM			mail-chair@njarea44.org	
Translations Committee	Wednesday 06/07/2023	7:00 PM	836 7972 7434	330508	translation-chair@njarea44.org	
Social Media Committee	Thursday 06/08/2023	7:30 PM	893 0246 1292	1935	Lisa G. sm-chair@njarea44.org	
Computer and Technology Committee	Monday 06/12/2023	7:00 PM	Teams Link		Charlie B. computer-chair@njarea44.org	
*Public Information Committee	Tuesday 06/13/2023	7:30 PM	895 7065 7647	areapi	Kelly M. pi-chair@njarea44.org	Virtual Only
*History and Archives Committee	Wednesday 06/14/2023	7:00 PM	917 6976 2213	474109	David B. archives-chair@njarea44.org	
*Treatment Committee	Wednesday 06/14/2023	7:00 PM	853 0773 4843	areatr	Henry L. treatment-chair@njarea44.org	This is a Hybrid Meeting with physical location at the area office.

THIS IS ONLY A PARTIAL LIST!!!

FOR MORE INFO ON OUR STANDING & SPECIAL COMMITTEES, PLEASE CHECK OUT:

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

NNJAA MAIL-IN CONVENTION REGISTRATION

Convention Contact Information:
(908) 205-0006 or Convention-registration@njarea44.org

ASL Interpreters for the
Hearing Impaired will be available

**NORTHERN NEW JERSEY
GENERAL SERVICE**

THE 67TH ANNUAL AREA 44 CONVENTION



September 22-23-24, 2023

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

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

**THE DOUBLETREE HOTEL
200 ATRIUM DRIVE, SOMERSET, NJ 08873**

NNJAA.ORG/CONVENTION/2023



Frequently Asked Questions:

Q: I'd like to do service during the weekend; are there volunteer opportunities available?

A: Absolutely! There are many types of volunteer assignments needed throughout the weekend and we welcome all to participate! If you're interested in volunteering, contact us at Convention-registration@njarea44.org or use the back of this form.

Q: May I pay by credit card?

A: Yes, you can use your credit card to register online at njaa.org/convention and pay for the hotel rooms and convention meal plans. Credit cards will also be accepted on site at the convention. There are additional merchant's fees for paying by credit card. To avoid these fees, feel free to submit your registration form via regular mail. If you submit your payment through the regular mail, a check or money order is required.

Q: May I mail my registration in? MUST BE RECEIVED BY 9/14/23

A: Yes, simply fill out the form on page 3 and mail it along with a check or money order to:

NNJGS Area 44
PO Box 25, Belford, NJ 07718

Q: May I request a scholarship to the convention?

A: Yes. Requests for scholarships MUST be made by pre-registering by mail, online, or by calling the hotline at (908) 205-0006.

Q: May I or my Home Group contribute to scholarships to help those who cannot afford to attend?

A: Yes! However, scholarships are for weekend registration only; no meals. Scholarships can be contributed at the hotel the weekend of the convention for this year but will carry over to next year.

Q: Is the Saturday banquet included in the meal plan?

A: The Saturday banquet is included in the price of Meal Packages 1, 2, 4, and 6.

Q: I'd like to sit with my friends at the Saturday banquet is that possible?

A: Yes, list their names on the back of this form, and submit your registrations together in the same envelope. We will do our best to accommodate.

Q: How do I sign up for the Old-Timers' Luncheon?

A: If you have 25 or more years of sobriety (sobriety date prior to 9/23/1998) AND you purchase any registration package (#1- #6) on the next page, then the Old-Timers' Luncheon is included in the cost of your registration. However, you MUST indicate your intention to attend the luncheon by providing your name, home group, and sobriety date in the OLD TIMERS' LUNCHEON REGISTRATION section of this form.

Q: Who do I contact about my hotel room reservation?

A: You should contact the hotel directly about your room reservation at (800) 222-8733.

Q: What if I still have questions?

A: If you have any questions or would like to volunteer, you may reach us via email at Convention-registration@njarea44.org or call the Convention Hotline: (908) 205-0006

Use Code : A44 for discount on room rates!

Hotel Room Reservations:

ROOM RATES:

Single/Double: \$132.00* (Per Night)

Triple: \$142.00* (Per Night)

Quad: \$152.00* (Per Night)

*Plus 15% Occupancy Tax

These special convention room rates will only be available when identifying attendance at the "A44" group rate.

Reservations must be received on or before September 1, 2023 in order to guarantee availability and rate. Cancellations must be received 72 hours prior to your scheduled arrival, or you will be charged for the room.

PLEASE NOTE: Whether you use our website, or whether you book your hotel room through another vendor, please inform the hotel that you're participating in the convention. The Area gets credit towards its minimum quota for all rooms booked during the convention weekend. If you have any questions, please contact us at (908) 205-0006

TWO WAYS TO MAKE HOTEL RESERVATIONS:

- 1) BY PHONE – Call the hotel at 1-800-222-8733 and make a reservation with a credit card. The conference name is "A44." You must mention this code when registering in order to get the special convention room rate. It also helps us to reach our quota, so please make sure that you use that code when you book your room.
- 2) BY THE INTERNET – Go to online to our web page at: www.njaa.org/convention. When you book online, you will be able to purchase your meal packages in addition to your hotel room reservations. Don't forget to use the promotion/offer code "A44" when booking online.

Al-Anon Invites You!

The members of Al-Anon cordially invite you, the relatives and friends of those affected by the family disease of alcoholism, to Al-Anon's participation in the 67th Annual Area 44 General Service Convention of Alcoholics Anonymous.

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

For more information visit nj-al-anon.org or email njalagramnewsletter@gmail.com.

Group Secretary: Please Read the Following:

If you're interested in serving on the Convention Committee, meetings are held at 7:30 P.M. on the third Wednesday of every month. Please email Convention-registration@njarea44.org to find out if the meeting will be virtual or held in person at the Area Office in South Plainfield, NJ.

If you're interested in helping out during the convention, you may volunteer by adding your name and telephone number to the space provided below, or contact us at Convention-registration@njarea44.org. Please mail this list to the attention of the "Convention Committee," no later than September 14, 2023 to:

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

Have Any Questions? Call (908) 205-0006

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

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

Saturday Banquet Seating Request:

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

THE BANQUET IS LIMITED TO THE FIRST 500 REGISTERED!

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

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

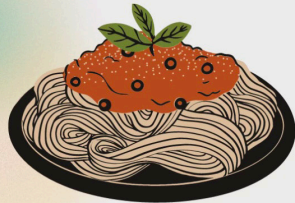
People purchasing banquet tickets at the convention will be assigned seating at that time, based on the availability of the remaining seats.

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

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

SPECIAL DIETARY NEEDS: _____

OTHER SUMMER EVENTS TO ATTEND!!!



NJYPAA PRESENTS

~DINNER 'N' CHATHAM~

Saturday, July 8th, 2023

4 PM – 9 PM

5 PM – 5:45 PM 6 PM – 6:45 PM
 CLAIRE K. ~ PHILDELPHIA, PA JENNA M. ~ WILMINGTON, DE
 FISHTOWN GROUP EARLY RISERS GROUP

7 PM – 7:45 PM 8 PM – 8:45 PM
 K.C. ~ HACKENSACK, NJ ANTHONY H. ~ NEPTUNE, NJ
 BERGEN COUNTY YP SOLUTION ON THE SHORE

Chatham Presbyterian Church
 240 Southern Blvd.
 Chatham, NJ 07928

THE DINNER 'N' CHATHAM EVENT IS A 5 HOUR, 4-SPEAKER MINI-CONFERENCE.

\$10 SUGGESTED DONATION AT THE DOOR.

NNJAA District Happenings

Happenings in District 27/29.

The Brenton Woods Group celebrated their 27th Anniversary. Joan S., with 47 years sober, was the guest speaker. Dom D. did a sobriety count-down. He was the last person standing with 55 years. It was nice to hear the history of the Brenton Woods Group, which was shared by Stanley. Interestingly, the first group to speak at Brenton Woods Group was a group from Sayreville. They presented the newly formed Brenton Woods Group with an engraved gavel. Overall, it was a fun night with great food.

Members in District 27/29 are fulfilling the need to reach alcoholics anywhere they may be in our community. Potential members in remote communities were given AA literature and opportunities to get to open meetings. The Public Information Committee has grown by leaps and bounds and continues to provide pertinent AA pamphlets to various locations throughout the district.

It is a pleasure to serve D27/29 as their DCM.

Debbie S.

DISTRICT 1 & 2 PRESENTS

IN THE BEGINNING.....

THE HISTORY OF SUSSEX COUNTY AA

“CARRYING THE MESSAGE”

Saturday June 24th 2023 6pm-8pm

Newton Covenant Reformed Church

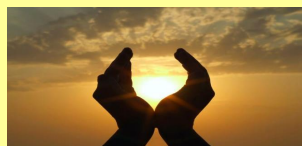
23 Thompson St.

Newton NJ



****Four speakers a panel discussion and presentation on the early history of AA and Sussex County****

(PIZZA WILL BE SERVED)



Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

SAVE THE DATE

Annual Spiritual Breakfast

Hosted by District 3 and District 10

Saturday June 24th, 2023

9am to 12noon

Friendship Hall

525 Newark Pompton Tpke, Pompton Plains, NJ
07444

Join us for fellowship and Spiritual Awareness. How do we practice this principle in our affairs?

Breakfast and refreshments, Service Committees, literature, raffles

Speakers sharing their experience, strength and hope:
2 AA and an Alanon speaker TBD

NNJAA District Meeting List

District Meetings and Mailing Addresses

District 1/2

2nd Tuesday, 7:30 PM
Sunrise House (Cafeteria)
37 Sunset Inn Rd
Lafayette, NJ 07848

Mail: District 1/2
PO Box 293
Hamburg NJ 07419

District 3

3rd Friday, 7pm
West Milford Library 2nd Floor
1470 Union Valley Road
West Milford, NJ 07480
Zoom 843 476 41779 PW Grateful

Mail: Northern Cluster
PO Box 842
Hewitt NJ 07421

District 4/6

3rd Thursday, 7:30 PM
Upper-Ridgewood Community Church
Hillcrest & Fairmount
Ridgewood, NJ
Zoom 856 1960 1457 PW service

Mail: District 4/6
P.O. Box 363
Ho-Ho-Kus, NJ 07423

District 5/7

4th Thursday, 7:30 PM
St. Mary's Church
Roger Troy Hall – School Building
Corner of High & Legion
Closter, NJ

Mail: District 5/7
P.O. Box 535
Westwood, NJ 07675

District 8

2nd Tuesday, 6:30 PM
Panther Valley Ecumenical Church
1490 Route 517
Allamuchy, NJ
Zoom 961 707 1174 PW Moongate

Mail: District 8 Area 44 AA
P.O. Box 680
Hackettstown, NJ 07840

District 9

3rd Tuesday, 7:30 PM
United Methodist Church
Route 183
Netcong, NJ
Zoom ID 847 2005 7518 PW 121212

Mail: District 9
P.O. Box 286
Stanhope, NJ 07874

District 10

2nd Tuesday, 7:00 PM
First Presbyterian Church
513 Birch St
Boonton, NJ 07005
Zoom ID 309 396 7491 PW 747067

Mail: District 10
P.O. Box 17
Pompton Plains, NJ 07444

District 11/33

4th Wednesday, 7:00 PM
Clifton Main Public Library
292 Piaget Avenue, Room A
Clifton, NJ
Zoom 829 3812 5348 PW 769422

Mail: District 11/33 Area 44
P.O. Box 2109
Clifton, NJ 07015

District 12

2nd Tuesday, 7:00 PM
St. Francis of Assisi Parish
(Basement Parish Life Center)
114 Mount Vernon Street
Ridgefield Park, NJ 07660

Mail: District 12 of NJ Area 44
P.O. Box 1238
Hackensack, NJ 07601
district12area44@gmail.com

District 13

2nd Tuesday, 7:30 PM
Wesley United Methodist Church
225 Washington Ave.
Belleville N.J.
Zoom 848 8614 3348 PW district

Mail: District 13/Area 44
P.O. Box 221
Kearny, NJ 07032

District 14

2nd Thursday, 7:00 PM
Barrow Mansion
Upstairs Meeting Room
83 Wayne Street
Jersey City, NJ

Mail: District 14
P.O. Box 13199
Jersey City, NJ 07302

District 15/21

3rd Monday 7:30 PM
Zoom ID 899 7518 9464 PW 278602

Mail: District 15
P.O. Box 206
Baptistown, NJ 08803

District 16

3rd Monday, 7:00 PM
Good Shepherd Lutheran Church
160 Ridgedale Ave
Florham Park NJ 07932

Mail: District 16 / Area 44
PO Box 544
Florham Park, NJ 07932-9998

District 17

3rd Friday, 8:00 PM
Alanon Assoc.
7th Avenue and 7th Street
Newark, NJ

Mail: District 17
P. O. Box 7270
Newark, NJ 07107-7270

District 18

2nd Monday, 7:30 PM
Faith Lutheran Church
Library
524 South St.
New Providence NJ 07974
Zoom 83128812003 PW D18730pm

Mail: District 18
P.O. BOX 235
Liberty Corner, NJ 0793

District 19

Last Monday, 7:30 PM
Friendship Hall
New Market Road
Piscataway, NJ

Mail: District 19
PO Box 8366
Piscataway NJ 08855-8366



District 36

Family and Friends Picnic

Saturday, July 15, 2023

11:00 AM to 5:00 PM

St Joseph's High School

145 Plainfield Road

Metuchen, NJ 08840

Fun - Fellowship - Recovery



A.A. Meeting 3:30 PM: Featured Speaker to Be Announced

Seventh Tradition, Food, Desserts and Monetary Donations Welcome

Burgers, Hot Dogs, Chicken, Watermelon, Corn on the Cob, Desserts, and Activities

VOLUNTEERS NEEDED


Contact: Pete S. d36-dcm@njarea44.org

Monetary Donations can be given to: Kevin T d36-treasurer@njarea44.org Ron B or your GSR

Send Monetary Donations to: District 36 PO Box 242 Port Reading, NJ

NNJGS AREA 44 – DISTRICT 17

21st ANNUAL OUTING



Saturday, August 12, 2023


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

***** FACE MASKS ARE OPTIONAL *****

10am – 4pm




2pm A.A. Speaker Meeting:
Andrea G. from Newark Thursday Night
William R. from Primary Purpose

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 --

<p>Service </p> <p>Volunteers Needed!! Committee Planning Meetings 6:00pm on Tuesdays: June 6 & 20, July 11 & 25, August 8 on Zoom ID: 813 0161 9536</p>	<p>Donations </p> <p>of water & sodas food are welcomed</p> <p>Contributions Venmo aec-1951-opal or District 17, PO Box 7270 Newark, NJ 07107-7270</p>	<p>Contact </p> <p>For more information please contact:</p> <p>Chair, Adrienne McL. Alt. Chair Charlene D-D</p>
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Groups in Action



Breakfast treats + 12 Steps

Breakstep!!!!
Stepfast!!!

All 12 Steps in one year!!
Start your day off right!!
Start the year off right!!

The first Saturday of each month is the step of the month day!

- January 7th Step One
- February 4th Step Two
- March 4th Step Three
- April 1 Step Four
- May 6th Step Five
- June 3rd Step Six
- July 1st Step Seven
- August 5th Step Eight
- September 2nd Step Nine
- October 7th Step Ten
- November 4th Step Eleven
- December 2nd Step Twelve

Fresh Hot Coffee, Breakfast Treats and Step of the Month Saturday 10 am
581 Bridgewater Avenue at Wharton Ave Bridgewater, New Jersey
Hosted by Bridgewater Step Group

DISTRICT 32 · AREA 44

TUESDAY NIGHT SHARING ANNUAL



· JUNE 13TH AT 7PM ·

FOOD, FUN & FELLOWSHIP

141 BROADWAY | BAYONNE, NJ
(TRINITY EPISCOPAL CHURCH - CORNER OF 5TH & B'WAY)

FOOD SERVED AT 7PM

MEETING @ 8PM (HYBRID)

ZID: 917 1934 0720 | PW: 295123

TUESDAYNIGHTSHARING@GMAIL.COM



BARBEQUE PARTY

LET'S CELEBRATE

**Kearny Live
Easy But Think First
81st Group Anniversary
FOOD - FELLOWSHIP- FUN**

SAT. JUNE 24, 2023 -4- 7PM

Followed by our Beginner Big
Book Metting at 7:30 PM
FIRST PRESBYTERIAN CHURCH
663 KEARNY AVENUE
KEARNY, NJ 07032

Oak Ridge 59th Annual AA Picnic

Oak Ridge Friday Night Open Speaker/Women/Men Meetings



Saturday September 2nd, 11am-5pm
Mahlon Dickerson Picnic Area, Weldon Rd. Jefferson, NJ
Bring a folding/portable chair
All AA and their families welcome!

AA SPEAKER MEETING @ 3PM

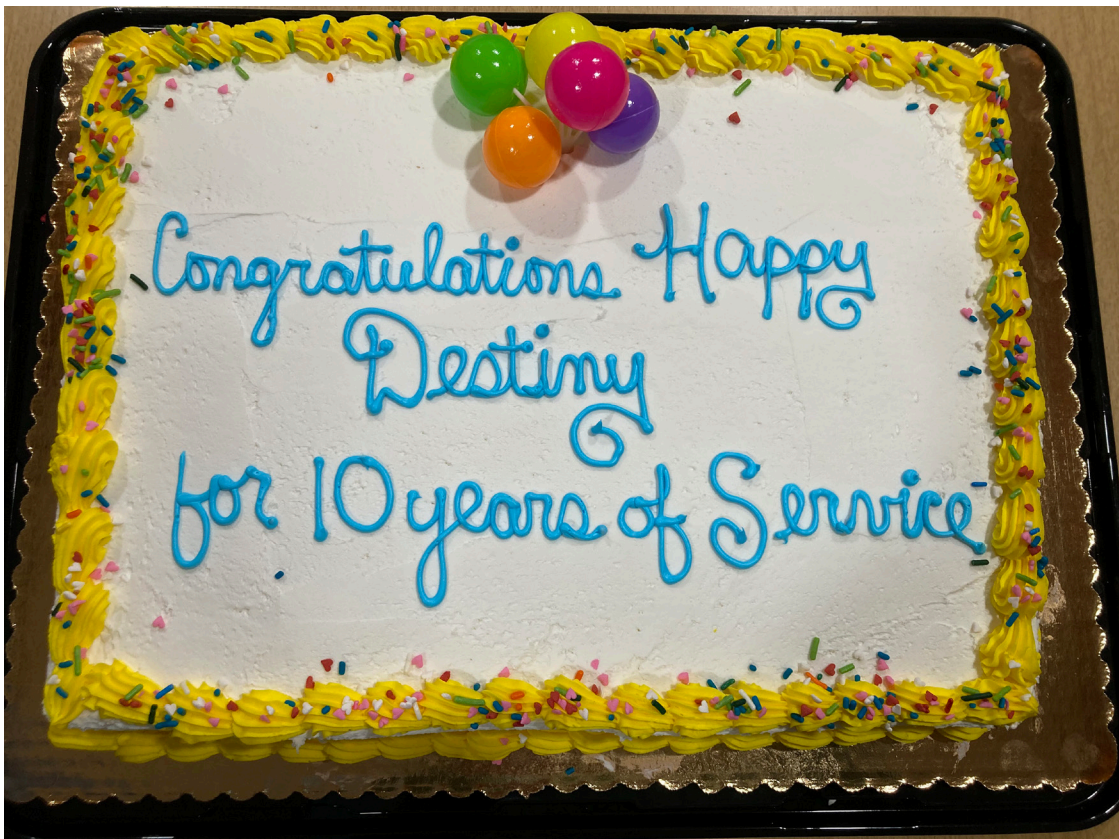
Cheese/Hamburgers, Hot Dogs, Sausage/peppers, Homemade sides,
coffee and various other refreshments

If you have a special dish or side dish you would like to bring - let us
know what you will be bringing
Bring Your Favorite Casserole, Salad or Dessert

Questions: Oak Ridge members Jayne H or Tom C



Please continue to announce until picnic date.



Articles from our NNJAA 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

Consistency and Commitment

For me, consistency is important to stay sober. Of course, commitment is important too, but doing things on a regular basis will help me reach that commitment. There are times I do not “feel like” praying, meditating, reading, writing, being of service, or sharing my inventories with my sponsor. But when I do these things, that “feeling” passes, and my commitment strengthens.

However, I am not perfect with my plan of action. My perfectionism can kick in, so I must be careful to have a list I can follow. Being an alcoholic, I can overdo even good things. When I fail, I sometimes get overwhelmed and frustrated. In fact, I am disappointed in myself for something that happened at work yesterday, but I did talk to someone about it and prayed to my Higher Power for help.

One day, I really beat myself up because I had not written in my journal, and, although I consider myself a courteous driver, did not see a crossing guard's stop sign or the pedestrian he was trying to help. So no, I am far from perfect.

Through consistency, however, I do better than I did and, with the help of Steps 6 and 7, “feel” more of a commitment to sobriety. This leads to emotional sobriety and a better connection with my Higher Power. For that, I am grateful.

Marybeth H.
Early Risers, Rumson; District 26

Don't Drink and Go To Meetings

If sobriety were baseball, I would've had an amazing rookie year. I went to meetings and continued to drink. I got it half right. I was batting .500, which, in the world of baseball, is amazing.

But this isn't baseball. It's life. And my real first year of sobriety—after I finally put down the drink—was truly amazing.

My rookie year was a decent start on the life I was meant to live. Kind of a warm-up for the rest of my life. It was memorable for a lot of reasons and one of my favorite reasons is that I felt welcome and safe in the rooms of AA, even as I continued to drink.



I kept coming. The people of AA kept welcoming me back. They kept encouraging me. No matter what mess I brought to the rooms, their message was clear and consistent: Just keep coming.

“Can’t be that simple, can it?” I asked myself over and over. I wanted to believe, but I didn’t understand. It was their actions that convinced me. They seemed happy, joyous, and free. They seemed genuinely glad to see me. And they seemed sincere when they said, “keep coming.”

Their actions reassured me that if I kept trying, kept coming, maybe—just maybe—I could get what they have.

One of my peeps regularly tells newcomers, “Don’t drink and go to meetings.” Sometimes it still sounds silly and simple to my ears, but when I think it through, it’s brilliant.

Brilliantly simple.

Sherry B.

Our Continuing AA Journey

A A has enabled me to work with Alcoholics who are recovering. Kyle and I have a sponsor and sponsee relationship. I am at least 30 years older than Kyle, and he helps me to stay current. We belong to the same home group with about 25 members. The group has a nice mix of older and younger members in terms of age and length of continuous sobriety. Kyle has introduced me to some of the young men in his network. We start our day with a group text with a screen shot inserted of the day’s reading from the 24-hour book. One Monday morning, I sent the screen shot with a comment: “Morning guys – hey ho let’s get into a new sober day.” I don’t usually comment when sending the screen shot.

One of the AAs replied, “Hey Ho? Who’s the Ho?” Apparently, “ho” has a slang meaning. I meant “ho” in the context of the Ramones song “Blitzkrieg Bop” ...“Hey! Ho! Let’s Go!” The AA replied, “Ramones are awesome.” He then mentioned the Ramones song “I Wanna be Sedated.”

I see an opening to get AA back into the stream.

I share...

I saw the Ramones at Capital Theater in Passaic early in their performing career. Rumor has it that before they took the stage Joey Ramone was using some type of vaporizer to clear his sinuses. The machine exploded, burning his face quite badly. The band went on with the show. Shortly afterwards, Joey wrote “I Wanna be Sedated.”

I continued...

I remember Ramones had a wall of amps. We were seated right in front of them. The Ramones played LOUD!! To save our hearing, we balled up rolling papers and stuck them in our ears.



It seems to me I didn't take those papers out of my ears until years later when, in desperation, I went to an AA meeting and began to hear what I needed to hear.

One of the guys said, "That's so cool Pete."

Another said, "Yeah, that's pretty dope."

"Pretty dope?"

Sounds like a positive reaction, but I'm not sure. I live a sheltered life. I googled "dope." Turns out the slang term "dope" has been around for at least 30 years and means "cool or excellent."

The guys in my network and the AA program are both dope!

Peter S
Edison NJ



Our Lives Had Become Unmanageable

Early on, as I started attending meetings, I heard the part of the First Step that said our lives had become unmanageable. I took that to mean my external circumstances were unmanageable. I could identify. I was on the verge of losing my job. Friends had kind of drifted away, mainly through my own apathy. The commute to work seemed endless and tiresome.

As I got a few weeks dry and then a couple of months in the program, the severity of these external things started to diminish. Mainly, it seemed the external issues were due to consequences of my past actions catching up with me. I did not seem to be adding new problems.

Eventually, I did lose my job. My social life was still hit or miss. I was a little frustrated by the fact that I, in spite of the fact that I had stopped drinking, was still having problems. Talking to my sponsor

and other AAs helped somewhat. And they did explain that being sober helped me deal with these issues with a clearer head. For the moment that helped me not drink.

As time went on and I realized that although I was not adding external problems at the same rate that I had been before I stopped drinking, I was still not completely at ease. Things people said irritated me. My temper seemed to have a hair trigger, flaring up at the slightest provocation. I would act out on these emotions—sometimes at home, sometimes with colleagues and sometimes just in an ordinary social setting. My actions were not always over the top, but I could feel that I had to control myself.

It began to dawn on me that not drinking had not made my problems go away. Although I did not seem to be creating new external problems, I was still dealing with a lot of internal conflict. My emo-

tions were still the same—angry, resentful, blaming others. My thoughts were still the same—trying to change others’ behavior to suit my requirements, not exactly lying but shading facts and the truth in an attempt to manipulate, revealing only parts of the full story. And I realized that my actions were driven by my thoughts and emotions. Although I was controlling my actions to some extent, eventually I would act out. Also, I began to see that when I was overwhelmed with emotion, I wanted relief and escape. I wanted the ease and comfort that a few drinks could bring.

My sponsor and other men who have gone before me were invaluable in this process of discovery and learning. They helped me connect dots in ways that I could not even have imagined. They helped me understand the meaning of “the problem of the alcoholic centers in the mind.” The things I felt and the things I thought led me to behave in unacceptable ways. Others reacted to these actions and that started the cycle again—emotions of anger and dejection, thoughts of retaliation or isolation, and more unacceptable actions.

My new friends explained to me that I lived life in three dimensions—emotions, thoughts and actions. Another way of thinking about it is that I have three lives—emotional, thinking and acting. The second half of the First Step is addressing these “lives” I have, and explaining that all three had become unmanageable by me. My self-centered nature expressed itself in these three lives and that was the default setting for how I lived. My lives had indeed become unmanageable.

There was hope though. I would never be able to control these things without help. The good news was that help was available. How and where? The Steps show me the way out. In Step Two, I came to believe that such help is available. By doing the rest of the Steps, I get to point where I am able to change my reactions to life with God’s help—one day at a time.

How do I know that? First, I look around at sober people in the program and can see they seem relaxed and calm most of the time. Second, the Book tells me that the Steps will change me. I will have a spiritual experience as the result of doing the Steps. The appendix in the Big Book explains the type of spiritual experience I will have—a personality change sufficient enough to bring about recovery from alcoholism.

My emotions, thoughts and actions—unmanageable by me—make up my personality. With God’s help that I get through working the Steps, these lives change enough that I can be sober. My lives can change if I seek help and for that I am very grateful.

Atul D

The Steps kept me from committing suicide, but the Traditions have saved me from committing homicide.

The AA Traditions. We hear about them at the end of the month at most Step meetings, but how do they apply to our lives? Yes, they were created to keep AA safe and strong, but they can do a lot more than that.

Before I came into AA, I wanted nothing to do with people. Yes, part of it was because I didn’t want anyone to see—much less say anything about—how bad my drinking had become, but it was mostly because I just didn’t know how to get along with them. That was one of the reasons I loved to drink. As the “Twelve and Twelve” says, “it did let us act extemporaneously. But even Bacchus boomeranged on

us; we were finally struck down and left in terrified loneliness.”

So, I started with Step 1. I conceded to my innermost self that I was powerless and that my life was unmanageable. But being powerless, there was nothing I could do on my own to overcome my drinking. So that brought me to Step 2. I needed to find a power greater than myself in order to stay sober. I found that power in Alcoholics Anonymous. There I sat, shaking, angry and terrified of going through life without drinking surrounded by a group of people who were doing it every day. To me, that was really powerful. But how on earth was I going to learn how to stay sober from other people when I hated being around people?

At first it was really difficult. People were kind and caring. I made mistakes and they assured me that it was ok. By them allowing me to be imperfect, I was able to start accepting the imperfections of others. I was fortunate that I was encouraged to attend business meetings right away, which is a great place to learn about and have the opportunity to practice the Traditions, albeit, imperfectly.

I started to understand the importance of unity. As the old proverb goes, “to go fast, go alone. To go far, go together.” I had to put the common welfare of the group before my own self interests. When things didn’t go my way and I got angry, the old-timers helped me to see why it was important to maintain that unity, regardless of who I thought was right or wrong. Rather than storming off, by sticking around, I could see how things worked out. Sometimes they didn’t, and I gained a lesson in humility, and sometimes they did, which provided an even greater opportunity to practice humility.



It became about being part of the group conscience rather than trying to lead the group. Seeking guidance rather than control. Listening instead of talking. Allowing the process to work in AA, taught me how to work with others outside of AA.

Bill Wilson once referred to AA as a spiritual kindergarten. He also pointed out that we are “all suffering from the pains of growing up.” When I recognize that simply a desire to get sober is all that’s required, it puts all of us on equal ground. It doesn’t matter if we’ve been here a long time or a short time or even a few times. It doesn’t matter if we got our smarts from books or from the streets. While there may be some people’s guidance I listen to more closely, we all have a voice and we all deserve to be heard. By finding my place and my voice in AA, I have learned to speak honestly and with integrity anywhere I go.

Chris M.

Creative Corner

Peanut in the Pool

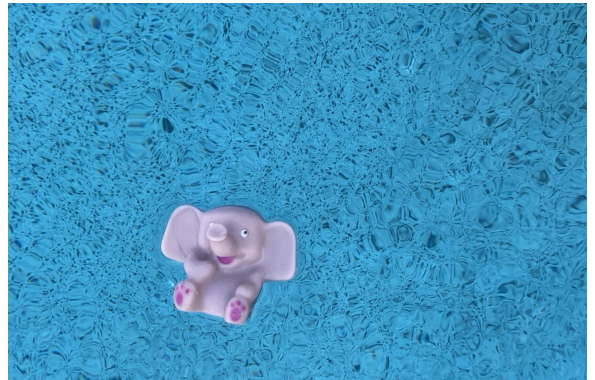
By Donna V

Before recovery, I was the keeper of The Elephant in the Room
It was my responsibility to ensure that everyone was aware of The Elephant
“Don’t you see it!?” was my battle cry

Since recovery, I’m learning that this responsibility was self-imposed.
Instead of being so focused on what others did or did not see
I could take steps to address The Elephant sitting on my own heart

Today I pray “please help me see it for what it is
Please help me be open to look at what it represents for me
Please help me set it aside”

Today, I accept that it may always be there, however
Today, I can also choose to befriend My Elephant
I’ve named him Peanut, and we choose to relax in the pool



Cento Poem

by Tony

‘Landing on the Fourth Dimension’

We have entered the world of the Spirit.

Self-seeking will slip away.

Every day is the day when we must carry the vision...

It is easy to let up on the spiritual program.

We are headed for trouble if we do.

We are not cured.

We have a daily reprieve.

Faith without works is dead.

We alcoholics are undisciplined,

so we let God discipline us.

The spiritual life is not a theory.

We have to live it.

We ask God for inspiration.

Haiku
by Debbie

I am so peaceful
My life is on the right path
I'm a free woman.

“When Will I See the Lightning?”

by Tony P., Alternate Newsletter Chair

When will I see the Lightning?
I have been waiting for
Seven years,
And still, I am in the dark.
Bill W. saw the light.
his 'hot flash'
brought a sense
of wellbeing
and freed him from
his alcoholism.
But why can't the light appear to me?
I read the Big Book,
and hoped to find the light in there.
I read and studied the pages every day
and learned many things
about my disease,
Yet still the Lightning did not appear.
(A burning bush would have sufficed.)
But still no spiritual awakening.
Then one day, I don't remember
What day—I realized that
Every time I walk down
The steps into a dark, dank, church basement
Or Zoom into a meeting on my phone,
The Lightning occurs every time I share or listen
And help another alcoholic.

Many thanks to ALL of our writers for *This Day's* Summer 2023 edition!
 We could not do this without you. Your words are truly inspiring!!!
 Megan D., *This Day* Editor



Share44 Training Dates

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
Saturday, June 10th	10AM Beginner/Refresher 1PM Advanced
Sunday, August 20th	10AM Beginner/Refresher 1PM Advanced
Saturday, December 16th	10AM Beginner/Refresher 1PM Advanced

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

*****Save the Date*****

Hands On Advanced Training at the Area Office

*****Saturday October 14th @ 11AM*****

NNJAA CALENDAR

To access NNJAA'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? NNJAA could use your help!
 Check out our the *partial* NNJAA Committee Meeting List on page 6!



Member area
 userid: alcoholic
 password: onedayatime

www.nnjaa.org

Try it on your
Smartphone



Topics for the Fall 2023 Edition:

For this edition, please free-write: articles can be on any topic of your choosing related to alcoholism and Alcoholics Anonymous.

Next Edition Deadline:
 August 15, 2023

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

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

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