

# THIS DAY

www.nnjaa.org

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

## A message from your Area Chair



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

With the holidays upon us, I would first like to wish everyone a Happy and Safe Holiday Season, filled with much love, family and friends!

I can't believe that a year has passed in my commitment as Area Chairperson. It has been everything that I could have imagined and then some. It has been full of fun, and at times full of fear, but with this great panel that we have serving us, the support and experience always makes the uncertainty short lived. It is truly a growing experience!

There are several recommendations in front of us at the moment. GSRs, please be sure that your DCM gives you all of the details so that you can discuss these issues in your group's business meeting and have your group's voice heard.

All but one service position in the Area has been filled. Tricia L. is our new Alternate Recording Secretary and Eavan J. is our new Office Coordinator. We are still looking for a Section 3 Coordinator. If you have any questions and/or an interest to serve, please feel free to contact me.

The January Area Assembly is just around the corner as well. It will be held on Saturday, January 18th, and hosted by District

28 in Neptune. This is a very important one, because we not only hear presentations by our GSRs, but it's where the 2014 Proposed Budget is presented to the assembly. Hope to see everyone there, especially all the new GSRs, to vote on behalf of your groups.

I am very excited to share with you that Area 44 and Northern NJ Intergroup are hosting a very special Joint Day of Sharing, in April of 2014, to celebrate the 75th anniversary of the printing of our beloved Big Book, *Alcoholics Anonymous*. The exact date and location of this event will be confirmed very soon. There will be great speakers sharing about the "Big Book," and great fun and fellowship! Please contact Debbie T., Past Delegate, or the Area 44 History & Archives Committee if you have questions or would like to help with this event.

The 2015 International Convention in Atlanta is less than two years away! That might sound like a long time, but with all the planning involved, it's really not. We in Area 44 have hosted a Hospitality Suite at the previous two conventions in San Antonio and Toronto, which were hugely successful! The Ad Hoc Committee for the Hospitality Suite is already up and running. Contact Paul C., your Area 44 Archives Chair, for more information on the upcoming meetings. Everyone is welcome to participate!

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

**In A.A. Love and Service,  
Lester G., Area 44 Chairperson**

## A message from your Area Delegate



As I sit down to write this article, I am truly overwhelmed with gratitude. As I wrote here in the Fall edition, I was about to begin visiting our Districts to talk about the connection between the Groups, the Conference and AA as a whole. At this time, I have had the privilege of visiting about two-thirds of the Districts and hope to schedule the rest in the next month or so. It has been rewarding to see the work that is going on out in your Districts and humbling to have the opportunity to meet so many of you. Thank you so much for all you are doing for our Area and Program as a whole. We have a fantastic Area thanks to all you do.

These visits also include our Linguistic Spanish Districts. I was overwhelmed with gratitude to visit both Districts 30 and 42 to talk about their connection with AA as a whole. Even more exciting is that Post Conference reports will be done at both Districts this fall. With the use of our new translation equipment, members from both Districts attended our Convention, the October Assembly and the Concepts workshop as well. Thank you so much for approving that purchase. It is already getting a lot of use.

It was also very exciting to see so many of you at the Concepts Workshop in November and to see such a high level of interest in the third part of our legacies. One of the goals was to convey how these 12 principles apply to your Districts and Groups – hopefully we were able to communicate that to you. It was an honor to be part of the event.

But in getting back to the District visits, I was hoping to look to you for some help in increasing our Groups participation. A question was recently posed to me

by one of our Section Coordinators that fits right into this. He noted that the final conference report reported that almost 550 groups from our Area contributed to GSO last year – and I know a similar number contributed to our Area as well. However, we only see about 20% of those groups or 8% of our groups in total attend our Assemblies. He is correct in stating that if the groups are contributing, they are aware of the service entities, but a good portion of them are not participating beyond the contribution. I look to you for help in this – how do we find out why we do not see them at our District meetings and Assemblies? How can we communicate the importance of their Group participating in all AA decisions? What can we do to educate them on all the great work you/we are doing? I know many of the DCMs either visit the inactive groups themselves or have Visitation Committees that ago out. Or – maybe you are just starting to do this. Maybe visiting those groups first might be helpful. As a bottom line, I would like to put out a goal of getting the GSR attendance up during the next year. We can only do that with your help.

We are quickly coming up on the Conference season and it would be wonderful to get the number of GSRs participating at the January Assembly, Pre-Conference, and Mini-Conference events up. If I, your Area Chair, or any of your Area Officers can assist, please reach out to us. We are here to help. Our emails are on our website at [nnjaa.org](http://nnjaa.org). My specific email is [delegate@nnjaa.org](mailto:delegate@nnjaa.org). We really do want to hear from you – in fact encourage you to reach out.

To close, as we are approaching the year-end holiday season, I would like to wish each of you a very happy, healthy, and spiritual holiday season and new year. Hope to see you at the January Assembly.

**With Gratitude, Linda KK,  
Delegate Panel 63 – Area 44**

## A message from your Intergroup Chair



### Keeping "Fellowship" Alive

When we tote up the riches that AA has provided in our lives, the 'fellowship' we find at meetings and events has to rank high. I found that emerging from my self-imposed isolation was all but inevitable, given the open nature of the people I met. It's downright hard to stay in a shell when you are greeted at the door and finally find a home group.

But that got me thinking. Like many things, making the fellowship part of my life took a new attitude and it took work. It meant opening up and embracing that sense of belonging. Looking both back and forward I need to remember to not take AA for granted.

Stepping up and acting as a greeter for your group gets you more involved and it provides a welcoming hand for both newcomers and people attending a meeting outside of their usual routine. As a greeter you are the face of the group, at least for a few minutes. It's a great role for stepping up involvement and providing a real service.

Remember names – this is certainly hard at first but persistence and practice helps put the name to the face and make meetings more personal for many, including me.

Did I thank the person who made the coffee; the person who brought the cookies? What a great way to show appreciation and reinforce both their and my sense of being part of the fellowship.

I'm a great procrastinator and when someone reaches out to me I try to catch myself. Am I being responsive? Am I returning phone calls or text

messages promptly? I really don't know how important a "reach out" is until I get back to the person.

Rides to meetings can be tough for some. Many of us talk the talk but when the call comes though for a lift, are we there? I must admit that my first thought is "I'm too busy" but AA has taught me that my first words need to "Sure, I'm going that way." A helping hand at its finest.

Support the group – make coffee, bring cookies, distribute flyers, clean up after... there are so many ways to both feel a part of the fellowship and give a little. All cement a relationship that we hope will last for years.

And let me turn to Intergroup and the work that is done both by the office staff and at Delegates Meetings. An Intergroup Delegate can play an important role in bringing communications back to your group about committee activities and group concerns

expressed across Northern New Jersey. Intergroup is a binding force that helps us understand that we are part of something larger. Think about becoming a Delegate for your group. Just one more way to strengthen doing your part and make the fellowship stronger.

**In Service, Jim S., Intergroup Chair**

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**NEXT ISSUE DEADLINE FEB. 14th  
NEWSLETTER@NNJAA.ORG**



**H**ello again from your Area Treasurer. I can't believe it has almost been one year since you've allowed me serve as your Area Treasurer. Well you know what they say, 'Time flies when you're having fun,' and it has been a joy to serve you. In the past ten months I've been privileged to see the dedication and strong desire of Area 44 to carry the message. So many diverse individuals doing their part to insure that the work that needs to be done is supported well enough to be done. You can read in this issue the amount of work our committees do in Area 44, and it is astounding. I am blessed to see the other side also as the contributions come in from the hundreds of groups who support these same committees. Over the last ten months or so you

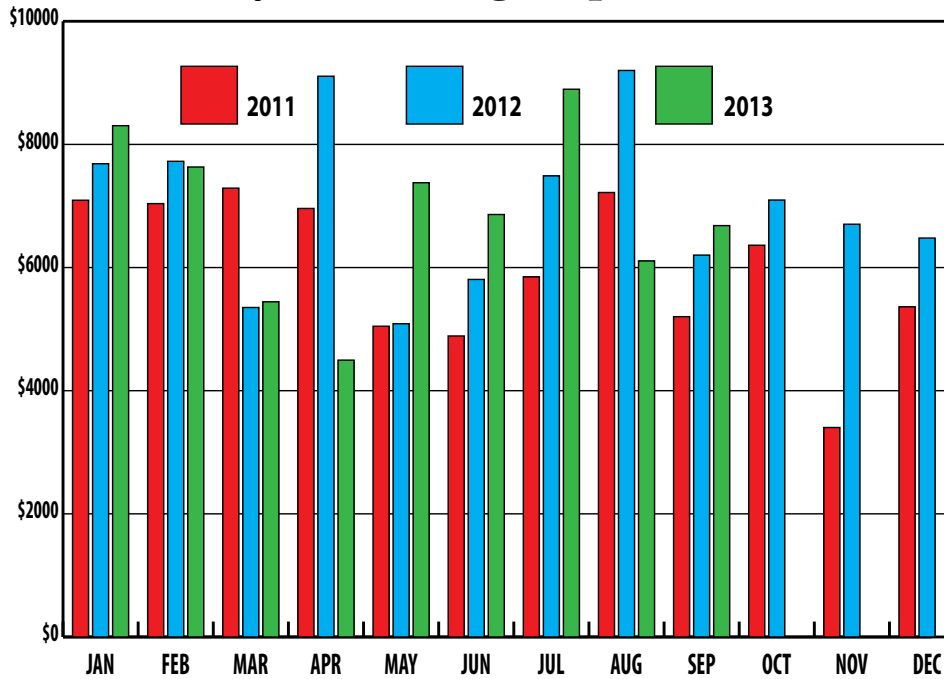
have enabled the Area to bring over \$20,000 of literature into jails and institutions or be taken into schools and libraries. Your contributions are now allowing our Public Information Committee to place posters in train stations around our Area to reach those suffering in silence. The Cooperation with Professionals committee has been able to attend various doctors' and nurses' conventions to inform the professions what we do and that we are available. The Remote Communities Committee has been to conventions for the deaf this year, carrying the message to those who may not otherwise receive it. You have allowed the Area to purchase new translation equipment to reach out to the non-English speaking communities in the Area. This but scratches the surface of what these committees have accomplished this year. I would encourage you all to visit the committees at their meetings, which can be found on the Area Website's calendar, if you want to know more

of what they do, and possibly join in. In closing I want to commend the groups of Area 44, and their members. We can know for sure that what can be done is being done to reach the still sick and suffering in our Area. This all is possible because of you and your

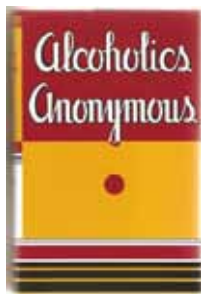
group contributing to support the Area. With my deepest sincerity I want to thank you for the joy I have received over the past year. It is a blessing I am overwhelmed to have received.

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

**Monthly Group Contributions To Area 44  
January 2011 Through September 2013**



**75th Anniversary  
Special Edition of  
the Big Book**



Books will only be available for sale for one year; April 2014 – April 2015. Orders received after November 14th cannot be guaranteed an April delivery, but will arrive shortly thereafter.

Place your Pre-Order through your Area 44 Literature Committee OR by email: [literature@nnjaa.org](mailto:literature@nnjaa.org)

Cost is \$12 per book. No tax, no shipping. Payment is due at time of pickup. Pickup location will be announced.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

District: \_\_\_\_\_

Group: \_\_\_\_\_

Quantity @ \$12 each: \_\_\_\_\_

**Mail to:  
NNJGS Area 44  
2425 Plainfield Ave., Suite 2J  
South Plainfield, NJ 07080**



**M**y name is Joe and I'm an alco-

holic. It has always amazed me how well the simple idea of one alcoholic helping another works when it comes to getting sober and staying sober. Some of the most important experiences I've had in sobriety have come when I've made myself available to another alcoholic in need; whether in response to their desperate cry for help with their drinking problem or my own compelling need to share the gift of my sobriety in order to keep it. I was taught early on it's this honest, one-on-one sharing between alcoholics that removes the walls of fear and shame and allows an amazing power greater than ourselves to do its miraculous work of recovery and healing.

Nightwatch began as a service to alcoholics in need 22 years ago on St. Patrick's Day weekend 1991. It was conceived as a way to have a real-life AA member available to answer the phone 24/7 even when the Intergroup Office was closed for the night or on weekends. Through the tireless efforts of Intergroup staff and a handful of dedicated area coordinators, the Nightwatch program began to take shape and work through the challenges and growing pains that inevitably came. Recruiting and coordinating weekly commitments from AA groups across Intergroup's service area and supporting the groups and members as home-based volunteers to answer Nightwatch calls is a truly amazing grassroots effort.

At first, six area coordinators were responsible for filling 8-9 weekly Nightwatch commitments a year. Each coordinator soon established a local network of AA groups willing to cover the week-long commitment and coordinated with the Intergroup office the weekly schedule and the maintenance and distribu-

tion of the Nightwatch manuals to the group leader and volunteers. Think about the logistics that goes into planning and executing the reliable hand-off of phone coverage from office staff to group volunteers each week night at 6pm. Include the six weekend shifts, transitioned between one group completing its week-long shift and another group just starting theirs, and the total effort and commitment of all the groups and individuals involved is truly amazing.

The majority of calls on any given shift are mostly for meeting times and locations, but Nightwatch is at its best when an AA member is there to answer the call from an alcoholic in need and pass it on to an AA member in the caller's town. Local 12th Step contacts are listed by county and town in the Nightwatch Manual and are so important to the service work we do together. Nightwatch needs reliable AA members to be local 12th Step contacts and carry the AA message of hope when the call comes in. The form used for our 12th step contact lists will soon be mailed to all groups or can be downloaded from the Nightwatch page at [www.nnjaa.org](http://www.nnjaa.org). Start the discussion in your home group about serving as 12th step contacts and return the completed form to the Intergroup office.

Nightwatch is only possible because committed AA groups and individual members volunteer to answer the phones week in and week out. This is how most AA's first experience Nightwatch, and it is no small decision to take on and complete a Nightwatch shift. Over the years as more and more AA's have stepped up to answer the call, our collective Nightwatch experience, strength and hope has grown. We encourage groups to consider making Nightwatch an annual group service commitment. Contact your area coordinator at [Nightwatch@nnjaa.org](mailto:Nightwatch@nnjaa.org) for details and support in getting your group connected or re-connected. I am responsible for the hand of AA always being there...

**In love & service always, Nightwatch Committee**

**RUS SERVICE CORPORATION T/A NNJGS AREA 44  
YEAR TO DATE COMPARISON REPORT: 2012 AND 2013  
FOR PERIOD ENDED SEPTEMBER 30, 2013**

	2012 - Sept	2013 - Sept
<b>Money Market Account (A)</b>		
Balance as of January 1st	\$41,261	\$52,756
Interest Received	31	44
Transfer (To)/From the Checking Account	1,013	483
Balance as of September 30th	<b>\$42,305</b>	<b>\$53,283 (C)</b>
<b>Checking Account (A)</b>		
Balance as of January 1st	\$18,268	\$35,019
Group, Individual and 7th Tradition Basket Contributions	70,383	69,187
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	93,747	93,747
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(70,156)	(62,377) (B)
Non-Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(68,529)	(104,681)
Transfer (To) / From the Money Market Account	(1,013)	(483)
Balance September 30th	<b>\$42,700</b>	<b>\$30,412 (C,D)</b>
Balance should not exceed this amount	(\$29,323)	(\$35,731)
<b>Account Balance Over / (Under) Guideline</b>	\$13,377	(\$5,319)
<b>Prudent Reserve Funds</b>		
Total Cash in Bank (Not Including Convention Account)	\$85,005	\$83,695
Designated Funds (Jailbox Funds, etc.)	(2,954)	(5,072)
Checking Account Guideline (2 months average expenses)	(29,323)	(35,731)
	<b>\$52,728</b>	<b>\$42,891</b>
<b>Prudent Reserve (50% of the prior 12 months Operating Expenses)</b>	<b>\$45,416</b>	<b>\$40,862</b>
<b>Account Balance Over / (Under) Guideline</b>	\$7,312	\$2,029

**FOOTNOTES**

- (A) Details of all income and expense items, as well as a comparison of Operating Expenses to the Annual Expense Budget are available from the Treasurer.
- (B) 2013 Expense Budget is \$90,580
- (C) September 30, 2013 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.
- (D) September 30, 2013 amount includes Designated Funds of \$5,072.41 of Jailbox Contributions.

**Summary of Official Approvals / Reviews**

Individual / Group	Action	Completed Through
Treasurer	Approved	Sept. 2013
Alternate Treasurer	Approved	Sept. 2013
Finance Committee	Approved	Sept. 2013
Officers	Reviewed	Sept. 2013
Area Committee Members	Approved	Sept. 2013
Area Assembly	Approved	July 2013



First, I would like to say thank you for letting me serve area 44 as your GSR/DCM Workshop Chairperson. It has been great to be able to go throughout Area 44 and visit many of our Sections or Districts and to get to meet so many people.

Years ago Area 44 recognized that the role of the GSR and the DCM are very important parts of our entire service structure. Remember that in our "upside down triangle" Area 44 aims to help serve the districts and groups. One of the many ways that this is done is through the GSR/DCM Workshops.

A great way to start off 2014 would be to have a workshop in your Section. Area 44 is divided into 6 sections and each section contains many districts. I ask all of you GSRs out there to bring up the possibility of having a GSR/DCM Workshop at your next District Meeting. It would be a great

help to any GSR who is new in their role, as well as a refresher to all.

These workshops are usually held on a Saturday and run from 9-2:30. We always have two or three presenters, to help review the role of the GSR, the Home Group, the District, the Area, and much more. These workshops are very informal and casual and are most successful when everyone shares their issues, and experiences. There is a terrific workbook that is given to all and that includes some very informative pamphlets, a service manual, and a workbook that is yours to keep and serves as a good reference tool.

The role of the GSR is so important. It would be a JOY if we can do anything to make it easier and more effective. Please let me know if I can do anything to help you. I can be reached at [gwr-workshop@nnjaa.org](mailto:gwr-workshop@nnjaa.org) Thank you so much for letting me serve you and PLEASE invite me to come to you and host a workshop.

**Yours in Service, Luke H.,  
GSR/DCM Workshop Chair**



Wow. Six months from today, we'll all be getting home after spending another wonderful weekend in the mountains; fellowshiping, listening to great speakers, attending meetings, dancing, hanging out at a bonfire, and communing with a Higher Power of our own understanding through the beautiful, unspoiled landscape of Northwest New Jersey.

Meanwhile, here on the Committee, we've been hard at work for a few months now, getting things ready to go. We have a date for the conference: **May 2-4, 2014**. We have a theme: **A New Freedom**. And we've been busy getting events together that will help keep the cost of the conference as low as possible.

In the next few weeks, we hope to be able to roll out our **registration flyer** for this year's event, as well as bring the **electronic registration form** back online. Having that electronic registration form was a big help last year, and I suspect it was instrumental in getting a few folks to sign up who otherwise would have said "Eh, I'll write a check and fill this thing out tomorrow."

Also, expect to hear from us throughout the next six months about

events we have coming up. Currently, we have a 12-Step Workshop scheduled for **December 7th** at the **Montgomery Presbyterian Church in Belleville**. That will run from 10am-5pm, and we have a wonderful lineup of speaker/panelists to share their experience, strength and hope with us. In subsequent months we're working on a Roller Skating outing, a Bowling Night, and other such events, along with our awesome dances. Please join us, and please bring a friend, a sponsor or sponsee, half your home group or all of the above!

And if you or a friend or a sponsee are looking for a way to get involved in service outside the home group, GSYA is a great way to start that journey. Our **business meetings** are from **2-4pm every third Sunday** at the **Area Office at 2325 Plainfield Ave in South Plainfield**. Please join us; there's plenty of work for everyone!

If you have questions, concerns, comments or complaints about GSYA, I invite you to send those along, too. You can reach me at [chair@gsyp.org](mailto:chair@gsyp.org), and I'd be happy to discuss these with you. I'm proud to serve AA in Northern New Jersey as chair of our local YPAA, I'm proud of the work our committee does, and I look forward to seeing you all at our events and our conference!

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



**JOY...**

Greetings from the History and Archives Committee. The Joy of living is the theme of AA's 12th Step and action is the keyword.

The History and Archives Committee is very active in Area 44.

The members not only display the archives at most area events and days of sharing but also preserve the legacy of our rich history of AA in Northern New Jersey.

There is a great amount of joy involved in this work, with many opportunities to be of usefulness to others in recovery.

Our work allows the members of the committee to continually learn about the history of AA and share the knowledge obtained with the fellowship. Our history is a living history that continues to be made daily.

I personally have had my own sobriety enhanced by being a part of this committee and have participated in many joyous occasions with members of the fellowship.

We always welcome members who wish to become part of our committee, no experience needed – just a love of AA and the rich history is all that is necessary.

We meet on the 3rd Tuesday of each month at the area office.

**Yours in Service, Paul C.,  
History and Archives Chair**



**75th Anniversary Edition of Big Book**

Your Literature Committee would like to thank all those who got their orders in by the November 14th deadline. Area 44's first order went in to GSO on the morning of the 15th for a whopping 2,200 books for our first order.

Our delivery is expected to occur at the end of April 2014. For those of you who did not get your pre-orders in by the 14th, you can still pre-order with your Area 44 Literature Committee until February 2014; however delivery will not be in April 2014 but will arrive shortly thereafter. Orders placed after November 15 cannot be guaranteed a "first printing" book.

This special anniversary edition will continue to be available to the fellowship until July 2015. (See the order form on page 2.)

What an amazing experience this has been. To be part of such an exciting time, in preparation of the 75th Celebration of our Big Book. The morning of the 15th, I was so ex-

cited to place the order with GSO. I woke up before my alarm at 5am and couldn't wait to start my laptop to check the emails for any last minute orders for inclusion on the list, update the list and see the total number of books. "Wow, 2,200 books" – I texted my sponsor – I knew she wouldn't be awake, but I had to tell someone. I was busting with gratitude. By 8:15am, I was getting antsy and couldn't wait until 9am, so I called GSO Literature Desk, just to see if they were in yet, ready to receive our order. I was greeted with a joyful "Good morning" by Andrea from our Literature Order Dept. and I nearly cried. I barely got the words out, "GOOD MORNING ANDREA, MAUREEN FROM NORTH JERSEY AREA 44" I exclaimed. We were the First Order placed with GSO that morning at 8:15 am. Now perhaps she just said we were the first just to make me feel good, but either way, I had such gratitude in my heart which lasted for days.

Thank you for allowing me to be part of something so wonderful!

Anyone with questions is invited to contact your literature committee reps or email [literature@nnjaa.org](mailto:literature@nnjaa.org)

**Yours in Service, Maureen R.,  
Area 44 Literature Chairperson**

**"Twas the Night Before Deadline"**

'Twas the night before Deadline, when all through the house  
Not a creature was stirring, not even a mouse;  
The Pre-Orders were flying into Committee with care,  
In hopes that The 75th Commemorative Big Book would soon be there;  
The Fellowship were nestled all snug in their beds;  
While visions of Bill and Bob danced in their heads;  
And Literature Reps in their Districts, and I in my cap,  
Had just settled our brains for a long night's nap,  
When out in the kitchen there arose such a clatter,  
I sprang from my bed to see what was the matter.  
Away to the table I flew like a looter,  
Tore open my laptop and booted up the computer.  
The moon on the breast of the new-fallen snow,  
Gave a lustre of midday to the Book Orders below,  
When what to my wondering eyes did appear,  
But an Excel spreadsheet and almost three hundred orders, Oh Dear!  
With a little slow driver acting so lively and quick,  
I knew in a moment I must not get sick.  
More rapid than eagles my typing did come,  
And I whistled, and shouted, and called Reps by name:  
"Now, Carol! now, Paul! now, RoyAnn and Karen!  
On, Steve! on, Berny! on, Tony and John!  
To the Area Office! to the top of the Stairs!  
Now dash away! dash away! dash away all!"  
As the 2013 General Service Conference did clear,  
When they meet with an obstacle, the fellowship cheered;  
So up to the Area Office the Reps they flew  
With Truckloads of Commemorative Books, and Literature Committee too—  
And then, in a twinkling, I heard in the parking lot  
The prancing and pawing of each alcohol-lot.  
As I drew in my head, and was turning around,

Down from GSO the Circus Cover Book came with a bound.  
It was dressed all in binding cloth of red, columns wide,  
from start to end,  
And the Pages were thick with colors yellow, white and black blend;  
A bundle of Books were flung onto carts,  
And they looked like a peddlers just opening their fine arts.  
Their eyes—how they twinkled! Their dimples, how merry!  
Their cheeks were like roses, Their nose like a cherry!  
Their droll little mouths were drawn up like a bow,  
And all their spirits were bursting bright with a glow;  
The stump of an e-cig some held tight in their teeth,  
And the smoke, it encircled their heads like a wreath;  
Others had a broad face and a little round belly  
That shook when they laughed, like a bowl full of jelly.  
They were out of shape, some chubby and plump, a right jolly old sponsee,  
And I laughed when I saw them, in spite of myself;  
A wink of their eye and a twist of their head  
Soon gave me to know I had nothing to dread;  
They spoke not a word, but went straight to their service work,  
And filled all the orders; then turned with a jerk,  
And laying their finger aside of their nose,  
And giving a nod, to deliver the books they tow;  
They sprang to their cars, to their committee gave a whistle,  
And away they all flew down the Parkway like a missile.  
But I heard them exclaim, 'ere they drove out of sight—  
"Happy 75th Anniversary to Our Big Book, and to all a good night!"

**Maureen R.,  
Area 44 Literature Chairperson**

**ATLANTA 2015**

The New Jersey Area 44 Ad-Hoc Committee for the International Convention Hospitality Suite

**NEEDS YOUR HELP!**



**We meet monthly on the 2nd Thursday at 7:30pm at the Area 44 Office 2325 Plainfield Avenue, South Plainfield**

**CONTRIBUTIONS ARE ALSO NEEDED:**

We are seeking contributions from Groups in Area 44 to cover the expenses related to hosting a hospitality suite at the 2015 International Convention of Alcoholics Anonymous. Peach colored can-wraps will be coming out in 2014 for groups to collect contributions. We accept contributions at our monthly meeting or by sending a check to the Area 44 Office payable to "NNJGS Area 44" (please specify International Hospitality Suite in the memo area!).



**Help NJ Show Its "Southern" Hospitality in 2015!**

**INTERNATIONAL AA CONVENTION IN ATLANTA, GEORGIA, July 2-5, 2015 "80 Years – Happy, Joyous, and Free!"**



The purpose of a Corrections Committee is to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the larger AA community through prerelease contacts. In Area 44 we have a core group of about 30 very dedicated CFC members who gladly perform this vital work.

Most committees find that adequate literature supplies are essential in a correctional facility group or meeting. In Area 44 many groups put out special "pink cans" at regular meetings, marked "For Corrections Literature." The AA literature brought into facilities (in Area 44) is picked up at the regular Corrections Committee Meeting held on the third Saturday of the odd numbered months. (Fourth Saturday in January.) This literature is funded with spare change collected in our "pink cans." In 2011 pink can contributions were over \$10,000.00. In 2012 pink can contributions were over \$18,000.00. In 2013 we may

surpass last year's pink can donations. All this money was used to bring AA literature to incarcerated AAs. Thank you to all the AA groups who contributed. Thanks also to the Literature and Grapevine Committees for attending our CFC Meetings and making the literature available. Without your help our committee could not do its work.

Corrections Committees, when allowed to do so; take AA meetings into facilities within their area. They encourage "outside" group participation in this kind of Twelfth Step work. In some areas, each group has a group corrections representative. The committee provides a liaison between the correctional facilities groups, and meetings and groups on the outside, and also coordinates prerelease contacts.

Experience suggests that even though an inmate may have been participating in a group or meeting in a correctional facility, there is often anxiety about the transition to a regular AA group on the "outside." With the constant reminder that AA has only sobriety to offer, many committees do try to provide some additional personal contact, so this transition period can be made easier. Past experience has shown that attending an AA meeting on the "outside," on the day of release from prison, is one of the most effective

tools for an inmate in making a sober transition and maintaining continued sobriety in the free world. It is strongly recommended that an inmate who is an AA member have an AA contact on the "outside," (preferably with at least one year's sobriety and of the same sex), who contacts the inmate and arranges to meet him or her on the day of release to help in bridging the gap between the institution and AA on the "outside." In Area 44 this person is known as a "Temporary Contact." This AA service is a way for "outside" AAs to meet up with "inside" AAs getting released from prison/jail and trying to find their way to local AA meetings after their release. AA members on the "outside" agree to meet ex-inmate AAs to accompany them to their first few local meetings; this is essentially an extended Twelfth Step call. Local committees often arrange contacts for inmates being released locally, while GSO can help with referrals of inmates being released to other areas.

The Corrections Correspondence Service, coordinated through GSO, offers an opportunity for AAs on the "outside" to share experience, strength, and hope through letters with fellow members. Helpful guidelines for this service are provided to both "inside" and "outside" AAs. You may write to

GSO to become a part of this service. An attractive flyer (F-26) describing this service is available from GSO to place in group literature racks. It can also be printed from the Corrections section of GSO's AA Web site [www.aa.org](http://www.aa.org).

**In Service,  
Bill J., Area 44 Corrections Chair**

**Calling All Women & Men of AA  
EDNA MAHAN WOMEN'S  
PRISON, CLINTON  
SUNDAY NIGHT MEETING  
AT EDNA MAHAN  
6:00-7:45 PM**

We are looking for men & women to carry the message of AA and to share their experience, strength and hope

We are looking to run a total of 4 meetings at this facility by December 31st, 2013


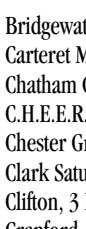
In order to accomplish this and carry the message to women who can't get to meetings we are going to need 8 individuals every Sunday!

PLEASE EMAIL:  
[EDNACORRECTIONS2013@comcast.net](mailto:EDNACORRECTIONS2013@comcast.net)

To request an application which can be forwarded to you immediately!

It's an amazing spiritual experience if you're looking for one!

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

	Area 44 October Assembly	Discussion Group	Highland Lakes, Breakneck Group	Norwood, Beginners Group	Secaucus, Just For Today
	Area 44 Convention	District 1 & 2 Picnic	How & Why Group District 13	Oakland, Change is Good	Secaucus, Sunday Night Open Speaker
	Baptistown, Speak Your Peace	District 3	I Am Responsible Wednesday Step	Passaic, New Traditions	Sergentsville, Search for Serenity
	Bellville Thursday Night	District 3 Day of Sharing	Lambertville Tuesday Night	Pattensburg, Wednesday	Sparta, Rockin' in Recovery Group
	Belvidere, Gift of Sobriety Grp	District 34	Lincoln Park Big Book	Rahway Men's Monday	The Sky's the Limit Group
	Bloomfield Realty Group	Down to Earth Group	Lost and Found Group of AA	Randolph Groups	Three Bridges Miracle Group
	Boonton Saturday 6:30	East Brunswick, Give and Take Group	Lyndhurst Sat. Night District 13	Randolph, Just For Today	Union Hill, Friday Grapevine Group
	Bridgewater, Friday Get With the Program	Edison, Primary Purpose Group	Maplewood, Drip Dry Group	Randolph, Mt. Fern Monday Night	Upper Ridgewood Group
	Carteret Men's Meeting	Edison, Sunday Morning	Metuchen, Saturday Morning Serenity	Randolph, Women Saturday	Vernon, Friends of Bill
	Chatham Group	Forest Hill District 13	Millburn, Sunday Big Book	Recovery Lifeline	Vernon, Saturday Reflections
	C.H.E.E.R.S., Roselle	Franklin Guts Group	Montclair, Live & Let Live Group	Ridgewood, Sunday Night	Verona, Hill Street Blues
	Chester Group	Franklin, Monday Night	Montclair, Thursday Night Gay	Ringoes, Freedom Thru Acceptance Group	Warren Womens Group
	Clark Saturday Night Live	Friday Night by Candle Light	New Brunswick, Wednesday Night	Rockaway, Serenity Porch	Woodbridge Big Book
	Clifton, 3 Legacies Group	Hackettstown, We Will Know A New Peace	New Brunswick Thursday BB	Rumson, Safe Harbor Group	
	Cranford, Tuesday Night	Haledon, On A Different Footing	New Monmouth, Clearview Group	Rumson, St. George Sunday Night	
	Daily Reflections	Haskell Group	New Providence, Dawn Patrol Group	Saturday Bagel Bash	

## The Call Was Really For Me

When I first got to the rooms of AA in 1975, I was scared half to death and mostly crazy. I didn't know either of those things. I was also under the impression that alcoholism was a drinking problem. I couldn't understand much, but I was told "Don't drink and go to meetings," "Bring the body and the mind would follow." I did that but no miracle happened. Time passed, I stayed sober and in 2008 I finally reached that jumping off point.

By the time I was ready for the PROGRAM of AA, (The 12 Steps), and willing to try it I had a reputation as a wise guy, arrogant and unteachable.

So after numerous attempts at getting a sponsor to help me, I placed myself in the hands of a man who I had never met, and agreed to follow his instructions to the letter. I would do anything. So when the next instruction was to take a meeting into "the joint" I readily agreed. After hanging up the phone I realized I had no idea how to do that. I panicked immediately—I had agreed to do anything!

About two hours later a friend called to tell me about the strange call he just got from the Chaplain at Rahway Prison. He wanted to start an AA meeting in "the joint."

My buddy gave him the number for Intergroup and was now just telling me about an unusual call he had received.

I let him know that the call was really for me and got the Chaplain's phone number. It didn't take long to convince him that I was the guy he was looking for, and we started to work.

I only had to mention it to a few friends and soon we had thirty guys filling out forms for passes and going through all kinds of hoops. It was six months until we had our first meeting. No literature, no format, and no clue.

We stumbled along, learning as we went. Some inmates wanted a joint AA/NA meeting. No! Some inmates just wanted to hang out and talk to their friends, the other inmates said, No! We started getting books and Grapevines from the Corrections Committee. Then someone figured out how get registered with the New York Office.

We have been meeting every Thursday now for three and a half years. The guys "inside" have been running the meeting themselves for quite some time, with us giving some advice from time to time.

The challenges are considerable, keeping the volunteer passes up to date, trying to get the administrators and guards to understand what we are trying to do; and there are always a few guys there to just hang out and talk.

However, the rewards far outpace the difficulties. A few guys have been released since we began and it is a real joy to stop by and see my friend Mustafa working in his shop, or hearing from one of the other volunteers

that he was on a commitment last week and when they arrived, King was chairing the meeting! To be sitting in a maximum security prison and watching a man getting the look in his eyes when he starts to get it, is indescribable. A few of us have the privilege of sponsoring guys and taking them through the steps, mostly by mail. It feels like we are

connected to the original members in a whole new way. It is a feeling we wouldn't trade for anything and would highly recommend.

If you have been wondering "What's missing from my program?" perhaps you might come to the next Corrections Meeting and catch fire.

**Anonymous**

## Mid-Winter Luncheon Committee



I'm a puppy in this program and I've barely scratched the surface. It's said that we never stop learning and that's true for me.

I was at a meeting heading to the coffee pot, when a woman stopped me and asked me what I was doing on the second Tuesday of every month. I saw my sponsor peripherally out of the corner of my eye and knew she was observing this interaction. Whether my motives were pure or not may never be known, but my answer was clear. I told her I was doing whatever she wanted me to be doing.

AA, for me, up until that second Tuesday was about the steps, the meetings and the people. Being alcoholic I had never given a thought to the bigger picture, how AA is structured or what is done to make sure we would always be here for the next alcoholic in need.

That Tuesday we got in our car and drove to South Plainfield. Now I had no idea where I was or what I was doing. I volunteered to be chair for the tickets. Clueless again to what that meant in time, responsibility, etc.

As I looked around that room and took in the brochures and the calendars and the many different committees, I began to see a bigger picture. I was told I was at the Area 44 Office!! I listened as the women explained "how it works." I was amazed.

I could be just a teeny, weensie cog in a very big, life or death machine and I wanted to be part of it.

I'm still not sure what being ticket chair involves, but I am sure of this. In AA I am never alone. I am never judged and because of that I know the joy of having no fear. These women will help me and guide me. I am safe.

I have been given the gift of joy, the joy of learning how to say thank you with my feet and not just with my mouth.

**Love and Service, Anne K.,  
Mid-Winter Luncheon Committee**

## Service Rocks!

One of my favorite quotes from the Big Book of Alcoholics Anonymous is found on page 132: "But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life." I'm so grateful that our founders thought it necessary to include that in our basic text—and I aspire to encourage all people, inside and outside of the rooms, to incorporate that as their life's motto. When I came into this program I thought, at age 24, that the future would be dull and gray. I had no idea that there would be such a myriad of colors in my future, and that I would ever experience such a joy as I'd not known since childhood.

Through this journey I have tried to find joy in everything I do. As a greeter for my home group, I greeted people with the biggest smile I could muster. As a coffee maker, I made the coffee the tastiest I could make it. Through all of the service positions I've been blessed to fulfill, I have tried to infuse joy into the essence of my experiences. Service with a smile! Why not? When I told someone of the some of our ideas for singing at the Convention they told me, "You can't do that!" And I asked, "Why not?" And they replied, "Because, this is serious business!" And I asked, "But what could be any more serious than encouraging folks to get involved with service?" I can't remember what they said after that, but all I could think about was how miserable I'd been before I came in the rooms and how I never want to go back to feeling that way again.

The Newsletter Committee has been working hard each month to put together a newsletter that informs the fellowship of the vital work conducted throughout the year in Area 44 and at Intergroup. During the convention we had "roving reporters" interviewing folks about their experiences throughout the weekend, "roving minstrels" who sang to the masses songs about service, and we distributed a survey so that we could get a sense of what the fellowship wants regarding *This Day*. We promised to have those results in this Winter issue, and we delivered! Thank you to all who



took the time to fill out our surveys!

We are always open to feedback and suggestions for making *This Day* awesome. Better yet, come join us every third Thursday of the month at the Area Office at 7:30pm for our monthly Newsletter Committee meeting! We are in the process of working on a campaign for 2014 to get a copy of *This Day* in the hands and eyes of every member of AA in Northern NJ! Also coming up in 2014 is a Writer's Workshop which we will be hosting with the Grapevine Committee on February 1st at the Area Office. And last but certainly not least, get ready for the very first ever Newsapalooza! coming to Area 44 in the Spring- more will be revealed... Service ROCKS!

**Keira H., Newsletter Chair**



Hello Area 44 from Freddy, your Area 44 Grapevine Chair. The Grapevine Committee has been really busy this quarter! Starting with the Area 44 Convention where we had our table set up on the second floor throughout the weekend! It was really nice meeting some of you and on behalf of the committee I would like to thank you for stopping by! We were also able to do our annual Grapevine Committee play called "My Fairly Drunken Lady," which was so much fun for me to be a part of! Thanks so much for all the support that we received from all of you!

We attended Districts 10/16 monthly meeting and Districts 15/21's Day of Sharing. October was a really busy month. We attended days of sharing in Districts 17, 10, 37 and also the October Area Assembly, and Intergroup Delegates meetings. In November we attended

District 4/6 as well as District 14's (Jersey City Woop! Woop!) Day of Sharings and also the Intergroup Delegates' meeting.

We also attended the Area 44 Concepts Workshop November 16th, and our bi-monthly Corrections Committee meeting on November 23rd. This is really a great commitment because the two committees get together to carry the message through Grapevine literature to the jails in our area! All of this is possible because of your Jailbox Contributions!

On November 5th we did our quarterly open speaker commitment that we book at "Bookers" at the Nutley Unity Group! We would like to thank Nutley for having us and for such a nice welcome! This commitment is something new that the Grapevine Committee started doing last year. It is another way for us to reach out to Area 44 and let you know what we do! If you haven't booked us already we would love to come out to your group and share our experience with the Grapevine Committee and tell how it has helped in our recovery, and how the Committee can help carry the message of Alcoholics Anonymous with the Grapevine Literature. You can book us at "Bookers" or reach out to us through email, [grapevine@nnjaa.org](mailto:grapevine@nnjaa.org), or your Grapevine representative which I hope you all have!

Well Work Weekend is already upon us, I can't believe that my first year as your chair is almost up. We will be reporting on all of the accomplishments that we were able to meet as a committee and our goals for the upcoming year. If there is anything that we can do to be of better service to you please let us know! Looking forward to seeing some of you there!

One event to plan for will be a "Writer's Workshop" that we will be co-hosting with the *This Day* Newsletter Committee on Saturday February 1st. More details will be available shortly so stay tuned! Thank you so much for letting the Grapevine Committee be of service! I would like to thank our amazing committee for all the great work that they do and all the help that they give me to be able to serve you as chair! It has been an amazing year thus far and we are looking forward to next year! Also looking forward to having some of you at our next committee meeting on December 14th! We can always use some new GVRs!

Have a safe holiday season!  
**Freddy H., Area 44 Grapevine Chair**

The International Journal of Alcoholics Anonymous

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

**The Area 44 Grapevine Committee and the  
The Joint Area 44 & Intergroup Newsletter Committee bring you:**

## A Writer's Workshop

**"Let your voice be heard"**

**A workshop to help you write for and contribute to  
the Grapevine and the This Day newsletter!**

- **Brainstorm topics for articles**
- **Learn how to get past your fears and get started**
- **See how your creative gifts can be of service**

**February 1, 2014**

**12:00pm- 2:00pm**

**The Area Office  
2325 Plainfield Road  
South Plainfield, NJ**

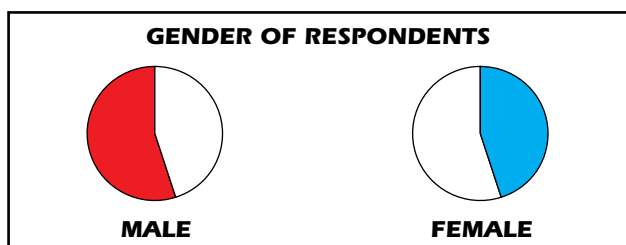
**Light refreshments will be served!**

## "The SURVEY SAYS..." (ding)

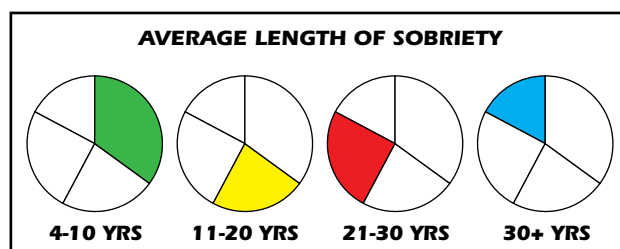
The Newsletter Committee distributed a survey at the Area Convention in September and the Area Assembly in October. The Newsletter Committee was looking for feedback about *This Day* and what the fellowship would like to see in the joint newsletter.

**Method:** There were six one-answer questions and one multi-answer question. The survey also looked at basic demographic information such as gender, sobriety date, and home-group/district.

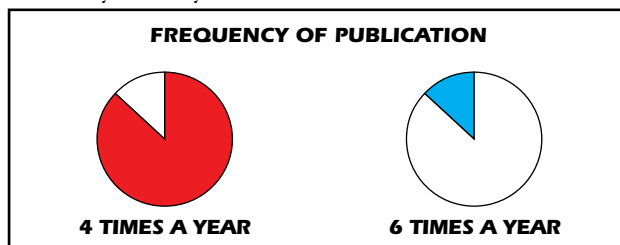
**Results:** There were 93 total respondents between the two surveys: 50 from the Area Convention and 43 from the Area Assembly. 54% of the respondents were male and 43% were female.



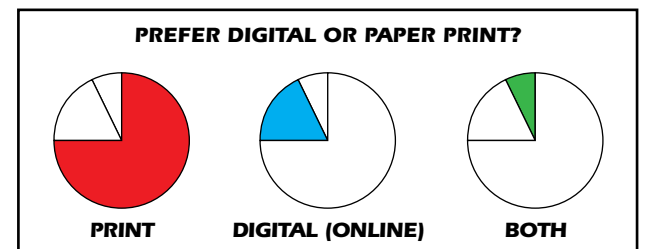
The average length of sobriety ranged from 4 to 46 years. 32 respondents were between 4 to 10 years sober; 20 were between 10 to 20 years sober; 23 were between 20 to 30 years sober; and 15 were over 30 years sober.



*This Day* is published four times a year. The first question asked respondents to indicate how many times a year they think the newsletter should be



published: none, twice, four times, six times, or other. 83% respondents indicated that they would like to keep the frequency of *This Day* to 4 issues per year. 13% respondents indicated that they wanted to increase frequency to 6 issues per year.



*This Day* is published and distributed in newsprint format and accessible digitally at [www.nnjaa.org](http://www.nnjaa.org). 68% respondents indicated that they prefer to receive *This Day* in the newsprint format; 17% respondents indicated that they prefer *This Day* to be in digital format; and 8% respondents circled both digital and newsprint format. If the survey had offered "both" as an option, it would be interesting to see if more respondents might have

## AREA 44'S 57TH ANNUAL CONVENTION

Hi, my name is Stacy and I am an Alcoholic. I am also a Roving Reporter from the Newsletter Committee reporting for *This Day*. The following is my first "Roving Reporting" from the Annual Area 44 Convention. ENJOY!

The excitement, enthusiasm and JOY felt by all at this year's 57th Annual NNJGS Area 44 Convention held September 27-29, 2013 was contagious! It was a pleasure to attend the convention for the first time, participate as a newsletter committee member, and an experience to remember and pass on to fellow alcoholics. It is a "suggestion" to all to attend our Area Convention and experience the fellowship way beyond just going to meetings. As a "newbie" to this year's convention, I was exposed to a weekend full of sobriety, with a lot of laughs, formed new friendships, and was filled with so much history of our program from the "Old Timers" in attendance. From the workshops available, to the plays, dances and banquet, there is always some way to participate in the event. Also available were Al-Anon and Alateen meetings and workshops which made this an event for the entire family.

During my "Roving Reporting" of the weekend, I had the opportunity to meet some new people in fellowship from all different locations of the state. My very first interview for *This Day* was with a woman from Highland Park, (who wishes to remain anonymous). When asking of her impressions of the convention thus far, her response was "It's great to see so many people out and know that people are somewhere and staying sober. You get to see so many old friends, people you haven't seen in a long time. It's wonderful to get this type of energy together and everybody coming in the spirit of fellowship." When asking what in particular she enjoyed about coming to the convention, she replied "The Dance! It's nice to have the opportunity to party soberly, and life doesn't give you so many opportunities—so tonight I'm here to get my sober party on!" and she did – as did so many in others in attendance. The dance was well attended and an opportunity to rave the night away – soberly.

Next I had the opportunity to meet Loretta from the Newark Monday Night

boderline Big Book Meeting while we were waiting to see the Area Officers performing their skit called... *The Resentment Zone!* The performance was a spoof of the Twilight Zone with an AA twist. The skit, which I found hysterical and a pretty accurate rendition of some of the people you may come across in the fellowship, was very entertaining. While waiting for the skit, the interview with Loretta was held directly after the Banquet/Banquet Speaker and the room was still buzzing with liveliness. Loretta's comments were similar to most of the people interviewed with stating the fellowshiping and energy of the people was significant. Loretta was in attendance with her teenage daughter who also contributed to the interview stating she loved coming to the event as well. It was a joy to see that Loretta and her family could enjoy the convention together AND that Loretta was carrying a recent issue of *This Day* right in her bag! When asking Loretta if she had any suggestions to improve *This Day* – she stated "If it ain't broke – don't fix it!"

Another enjoyable interview was with two of the performers from the Grapevine Play, *My Fairly Drunken Lady*. Both Eavan and Shawna are group members of the Alive Again Group in Hopatcong, Grapevine Committee members AND did an amazing job of performing in the Grapevine play! When asked what in particular they liked about coming to the convention, Eavan stated "Do I have to name just one? Well, I always love the plays and the banquet. Also—the banquet speaker was wonderful!" and Shawna added "I enjoy the fun of service". A couple questions into the interview, I asked the ladies if they felt our *This Day* was important to them personally and was quite pleased to hear from Shawna that their home group utilizes our *This Day* when they do their Mini-Conference voting to go over the topics that are considered. Eavan agreed with the usefulness and included that it's important to hear from our officers and our different committees to be informed of what is happening in the Area. Both ladies agreed that they "very much enjoyed the Newsletter Committee's enthusiasm throughout the convention and were very grateful for the sing-along before their performance." Having the opportunity to sit and

hear firsthand of their thoughts on the convention, our *This Day* and a little recap on the Grapevine rehearsals for their *My Fairly Drunken Lady* play was refreshing. It is great to hear the enthusiasm of young women in recovery who are being of service to others and enthusiastic about their program they work. Kudos to these girls for their entertaining service and all the members who performed in the play!

One of the statements Shawna made during the interview that stuck out for me was, "The convention has been great so far this year and it has always been an honor to be a part of the convention instead of just at it." With that being said, I investigated a little more about the Convention and found that there are many opportunities to be a part of the convention, from volunteering as a greeter and welcome the attendees in the lobby; you can sit at the table and ask attendees to sign the Big Books to be presented at the Sunday countdown; you can help at the registration table or by putting out cookies at the coffee stations; and there are many other volunteer services if you wish to be a part of the convention.

My final interview was with Paul, the DCM for District 31 which happens to be my current district. When asking Paul what has been his impressions of the convention so far, he stated "I always love coming to these conventions, I am surrounded with people that I am very much connected with – even when I haven't met them yet. So I always have a wonderful time here and I know I am in the right place!" Paul stressed the "social" part of the convention and encompassed how there is so much information at the tables of committees and ways to gain knowledge of service available. When asking Paul "Do you think *This Day* is important to New Jersey?" he responded, "Absolutely! *This Day* provides a tremendous service—just to get the word out there. I've brought it to meetings where people have never even knew such a thing was available and I look at this as a document that unites all of Northern New Jersey AA." Ironically – I was one of those people



and today I am a member of the Newsletter Committee, and you can be too! Our committee meets every third Thursday of the month at the Area Office in South Plainfield. Paul also likes the creativity *This Day* is currently coming up with to pass the message. He stated, "It's the glue to the fabric that holds Northern Jersey together." One suggestion that Paul did make was Color Pictures – other than that he said "My hat's off to Keira H. (the newly appointed chairperson of the newsletter) for the wonderful job she is doing! Boy I tell you the last time I picked up the publication of *This Day*, I was starting to recognize the New York Times! Keira is throwing a lot more in there – leave it to her! God Bless her!"

While attending this year's convention, Paul had mentioned that our district had two spots to cover that required speakers. I was blessed with the opportunity to share my experience, strength and hope on the same stage that the "Old Timers" spoke from the day before. Never in a million years would I have imagined being up there where some of the oldest existing members of AA shared briefly their stories and experiences in AA. For me, attending the "Old Timers" meeting was one of the highlights of the convention. Men and Women—standing together on the stage with hundreds of years of sobriety was exhilarating! It reassured me of that hope I desired when first entering the doors of Alcoholics Anonymous and boosted my excitement to be a part of the NNJGS Area 44 Convention next year!!

Well – that's it for now – thank you for the opportunity to be of Service!

Stacy M.,  
Newsletter Committee



## My Fairly Drunk Lady

An outstanding adaption (the AA version, if you didn't guess) of the well-known play and musical *My Fair Lady* was performed at the Area 44 Conference at the Double Tree Hotel in Somerset, on Friday night, September 27 and again on Saturday afternoon. The Grapevine Thespian Players, again as in years past, brought down the house with standing room only and a well-deserved standing ovation as the play concluded at both performances.

The scene takes place in London in 1914 and the Narrator describes a scene of both upper and lower classes in a state of various degrees of inebriation as the stage comes to life. Eliza (Laura H.) and Mary (Marcheta B.), two Cockney, alcoholic women, enter stage left and begin trying to sell flowers to members in the audience without success for the purpose of supporting their drinking obsession. While turf fighting for non-responsive customers, they discover Freddy (Freddy H.), a 'gentleman,' complete with top hat, leaning against a ledge in a blackout, holding on to a nearly empty half gallon bottle of John Barleycorn. Simultaneously discov-

ered by both women, they race and scramble for the jug. Mary wins only to discover enough liquor to maybe wet half of her tongue. She exits.

Now alone, our "fairly drunk lady" Eliza, begins to fantasize and sing with an outstanding, God-given voice, "Wouldn't it be Lovely." You bet the words were modified to fit the adaption: "All I want is a room somewhere, stocked with booze I don't have to share..." Then Mary and Freddy return along with Mrs. Snootsford (Susan D.) and Mrs. Uppity Smith (Pam B.) to lend their talented voices to Eliza's to repeat and reinforce the message of the song, that they are drunks.

Enters Professor Henry Higgins (Jeff W.) with his mother (Jeff B, in drag... again). In the company of fellow phoneticist Colonel Pickering (Sandi W., in high class drag), Higgins makes the statement to Pickering that drinking problems come in all classes, and he has the skill to distinguish who has been drinking, what they've been drinking and how much. He demonstrates this by sniffing Freddy: "Expensive burgundy... ending with cheap vodka." Freddy becomes lucid long enough to confirm Higgins' evaluation, then passes out again.

Presented as a quack by Colonel Pickering to Mrs. Uppity Smith and Mrs. Snootsford, Higgins enters and upon hearing Pickering's pontification, proceeds to expound on his talents with teaching hopeless alcoholics how to drink in moderation. To demonstrate, he dramatically (Rex Harrison would applaud) and quizzically recites to the music of "Why Can't the English," his "moderate" version. To wit: "Why can't the English teach their children how to drink?" Etc.

Enters Eliza again and Higgins' ego takes over, betting Pickering that he can convert this flower girl into a flower of society with his moderate drinking teaching method. Off they go to the "Moderation Station," a disguised rehab; and are greeted by three ladies. Mrs. Pearce (Shawna S.) introduces Eliza to the concept of mud treatments, tanning beds and plastic surgery because "recovery is an outside job," Ludmilla (Eaven J.) in a deep accented voice says, "I give deep massage... Mostly pain;" and Trixie (Suzanne M.) tells Eliza that she will be issued a Yoga mat so everyone will think she is spiritual. Observing all this, Colonel Pickering, questions the methodology, antithetically bringing up many of the AA principles as examples.

continued on page 8

**R**oving Reporters- Jeff and Keira met several enthusiastic attendees along the NNJAA 2013 Convention. Here are their comments to questions such as: What do you like about the convention and how long have you been attending the convention? Thank you to all the participants for taking their time to contribute their opinions to *This Day!*

**MIKE R. & MICHELE K.** FROM THE BELLEVILLE THURSDAY NIGHT GROUP "What we like about the convention is the Fellowship, Plays, Main speaker, as well as sitting and speaking with people we haven't seen in years. We also love AA Old timers—they are touching!"

**KEVIN** FROM SUCCASUNNA, ATTENDING HIS SECOND CONVENTION, "I enjoys the History part of AA, the days of sharing, meetings, workshops, and hearing stories on what people give back."

**TOM** FROM DOVER WAS ATTENDING HIS FIRST NJAA CONVENTION. "I like the workshops and enjoy the good sharing. Overall it's a good experience."

**JOHN G.** FROM THE SADDLE RIVER GROUP HAS ATTENDED SEVERAL CONVENTIONS. "My favorite part is old timers meeting. I am overwhelmed by the incredible leadership, and the survivors of this deadly disease. They give hope to new people, sustained by what they have been through, and come out the other side—JOYous, happy and free!"

**CRYSTAL** HAS ATTENDED 6 CONVENTIONS AND THROWS HERSELF INTO THE CONVENTION. "Usually I do not volunteer ahead of time and always wind up being asked to help. I enjoy meeting new people that way. I love the fellowship!"

**SMILING JOHN** FROM THE FOREST HILL GROUP IN BELLEVILLE HAS BEEN COMING SINCE 1996. "The main reason I attend is because I've lived in so many areas, I get to see people I do not see often and get to associate with people I was connected with years ago. It is a cool deal! A real special place for me. I like the old timers and the plays."

## FROM OUR ROVING REPORTERS

Comments gathered by our roving reporters.

**BILL** FROM THE WINNERS GROUP HAS BEEN TO QUITE A FEW CONVENTIONS. "I enjoy getting together in a fun atmosphere, I do Area service work, so the Convention is a way to get together with people I work with all year at events. I never miss the Grapevine play. It is very amusing! The convention committee did a better job this year. I am impressed with all their work, time and efforts."

**BOBBY R.** FROM FRIENDSHIP HALL IN PISCATAWAY HAS ATTENDED THE CONVENTION FOR 14 YEARS. "My favorite part is old timers meeting. I thought the History and archive presentation was fascinating!"

**DONNA F.** IS FROM THE 24 CLUB IN ROCKY HILL. "I'm 10 months sober and attending my first Convention. I think the convention includes lots of fellowship, is overwhelming with lots of emotion, and lots of great sobriety. I attended 4 meetings and my favorite was seeing the old timers walk by."

**BRIAN D.** FROM THE HOPATCONG GROUP - ALIVE AGAIN IS ATTENDING HIS SECOND CONVENTION.

"I love the camaraderie. It is 10 fold better than going to a meeting. You see people that you don't see at your home group. I volunteer at the archives. My favorite event last year was the play and I'm looking forward to seeing this year's play. This year I've enjoyed the workshops, smoking, and talking with people. I made some new friends and went to an IHOP. I went, last month, to Dr. Bob's house and got goose bumps."

I think that NJ has a real big presence in AA since NJ is the home of the Big Book!"

**BOBBY B.** FROM NUTLEY HAS ATTENDED 18 TO 20 CONVENTIONS. "I like seeing people whom I haven't seen in a long time. I enjoy the workshops and the plays."

**BILL** FROM THE STRICTLY ALCOHOLIC GROUP LOCATED IN BOUND BROOK "This is my 7th convention. What keeps me coming back is associating with the winners who are at the convention. My favorite

is the play. I do lots of volunteering for service, so I miss lots of other things."

**LARRY** FROM LAUREL, NJ SATURDAY NIGHT GROUP SAID THIS IS HIS 3RD CONVENTION. "I've missed some conventions because I was busy taking care of my mom who passed away. God prepared me for that challenge by getting me sober and now I am getting back in the swing of things. There is no place to start over again like the convention. I have not drank but haven't made many meetings. My favorite is the Old timers Meeting. They speak about sobriety from their hearts. I get good ideas and thoughts from them. I also enjoy the plays and the very good presentation."

**MARY C.** FROM THE TRUTH BE TOLD GROUP IN MIDDLESEX HAS BEEN TO A FEW CONVENTIONS. "I come back because of the people, AA is bigger than me. Amazing number of people old timers. I'm amazed by Liz B., with her 61 years! It shows we can make it and gives me hope!"

**PAUL K.** FROM BOUND BROOK FRIDAY NIGHT GROUP HAS ONLY BEEN HERE BEFORE FOR THE BANQUETS. "Mary got me here. I enjoy the camaraderie and spirituality— I can just feel it. I was moved by the old timers' meeting and have so many things to do now since I've stepped back and am letting things flow like a river. I also look forward to seeing Jeff dressed as a woman!"

**KENNY M.** FROM EAST DOVER TOMS RIVER: "Say, no More Hoboken! Don't drink and go to meetings. My favorite is the dance."

**ANN MARIE V.** "The convention is excellent! The workshops were really well done."

I loved the speakers. I've met a lot of people and caught up on a lot of good networking." **ANN MARIE IS MANNING THE 2014 NJ ROUND UP COMMITTEE TABLE.** "I enjoyed seeing what the other service committee tables were about and what they had to offer."

**PAUL C.,** CHAIRMAN OF THE HISTORY AND ARCHIVES COMMITTEE "I feel that the convention is a beautiful weekend. Currently I'm working with Keira on the International Convention Hospitality Suite Committee. I'm impressed how a group of drunks come together and produce this convention without a hitch, not a trouble, not a problem! When you think about it, this whole event comes together without a structure and no bosses. I received a great message tonight and it was great to see people and lots of friends. It's good to see the people I've met through the program. They are sober and doing well. We all clean up good too!"

**JOHN A.** HAS BEEN COMING TO THE CONVENTION FOR 12 YEARS AND WILL CONTINUE TO COME. "I especially liked the singing and guitar playing by This Day table."

**AN ANONYMOUS WOMAN** "The Convention has never been better. Each year it improves. I am grateful for their time and hard work!"

**LOUISE D.** "I'm having a great time at the convention and love the old timers!"

**STAN B.** FROM THE SAYREVILLE VICTORIES GROUP: "I had a wonderful time at the Convention. I wish I could dance and I love the plays. I felt the speaker was good although a bit too long. The old timers are my favorite thing. I love the procession with the bagpipes but did not like the way the old timers were seated. I also liked the speaker meetings and Sobriety Countdown." **STAN WAS AMONG THE FIRST 14 PEOPLE THAT WERE THE ORIGINAL NUMBER OF OLD TIMERS. (LOOK FOR OUR ONE-ON-ONE POST CONVENTION INTERVIEW WITH STAN B. IN OUR NEW "OLD-TIMER'S SECTION OF OUR NEXT ISSUE!)**

**ANONYMOUS:** "The Convention experience is a wonderful weekend! The best thing is to be there for the newcomer. I'd like to point out that the This Day Newsletter is not just a paper sitting up at the front of the meeting, and it's not just a fireplace starter."

The above quote was unsolicited.

**In service Rudy M., Stacy M., Jeff B., and Keira H., Newsletter Committee.**



## Rating: Two Thumbs Up

Following up on their prior years successes like *The Flintstone's General Service Rocks*, *The Big Booze Theory* and *Mob Rules*, the Area Officers and the Intergroup Trustees have another hit on their hands. Using a play from the Recovery skit site ([www.recoveryskits.com](http://www.recoveryskits.com)), this year's Joint Unity play, *The Resentment Zone*, was a spoof of Rod Serling's *Twilight Zone*, complete with the booming voice of Rod himself played by Ex-Officio, Wayne R.

The play focused on the resentments of the skit's main character, Evelyn, played by a blond-wigged Marge K., the Area's Recording Secretary. Marge delivered her lines with passion and enthusiasm while amusingly holding her wig to keep it from falling off her head! After a harrowing encounter with her most recent boyfriend played by Scott K., an Intergroup Trustee, Evelyn (Marge), encounters, in turn, a series of people from her past which keeps her locked in... the Resentment Zone (Doo-doo-doo-doo-doo...). The other characters included: Christine, a former best friend played by the Area

Delegate, Linda K-K., who slept with Evelyn's husband, Evelyn's perfect big sister played by Frances A-H., the lecherous, piggish Mr. Mandible played by John H., the Intergroup Treasurer, and Peter, a childhood friend who threw Evelyn's Malibu Barbie down the sewer, played by the "other Wayne," Wayne G., the Area Treasurer. Finally, Evelyn is confronted by her sponsor, Shelly who is played by Lori Mc., the Area Registrar. Not surprisingly, Evelyn has not called her sponsor in two weeks and has the usual excuses. Shelly helps Evelyn leave the Resentment Zone by making her realize that

she is full of resentments and had stopped working the steps after Step 7.

Everyone did a good job delivering their lines and the play was well received by the audience. There were a number of amusing moments like when the door sound effects were out of sync with the action which only added to the enjoyment of the play. Thanks to the Intergroup Trustees and the Area Officers for their annual, post-Banquet entertainment. This Reviewer can't wait to see what they come up with next year.

**Jeff B., Newsletter Committee**

I've attended 20 Area 44 Conventions over the years and felt compelled to write an article about this year's Spiritual Meeting. It was one of the more memorable meetings I've attended over the years.

I prepare the program for the Convention Committee and when I typed the names of the spiritual speakers, I didn't realize that I knew 2 of the speakers with whom I've served with on various area committees.

Before the start of the meeting a woman was circulating amongst the audience with a plate of pennies asking if we would like to take one? I, and those around me, wanted to know what this was all about? Is it a game? Do we win a prize? What year is your penny? When asked, "Why the penny?" the woman would simply reply... you'll see.

The first speaker was Craig J. He told of how it was his study of the history of the program and the fellowship that lead him to know that spirituality was available to him, where before he thought that it was not. Of course what spirituality means to each one of us is going to be different. In the 12&12 Bill wrote, "Maybe there are as many

## The Sunday Morning Spiritual Meeting

definitions of spiritual awakening as there are people who have had them." Craig believed that to be the case.

His definition of spirituality is: no longer being compelled to act on the first idea that pops into his head. His understanding of spiritual awakening is what happened after he went through the process of Steps 4 through 9. It was in the Big Book that he found the spiritual experience all the way in the appendix at the back. He had the sense that it is all too often ignored or under-stressed. For him it is the most important part of our Big Book. Bottom-line to Craig is that all of these spiritual awakenings amount to the same thing... that it is a profound alteration in our reaction to life. That I no longer react the way I used to.

The second speaker, Bruce B. told of what he knew about spirituality. When he heard the word spirituality it scared him. He associated it with God, even though everybody tried to get him to understand that this was not a religious program. His first brush with spirituality came when he was imprisoned. Prison woke him up. He didn't

like it, he didn't want to go back, so he had a spiritual change. When he went to jail he told himself he was not like the others, he didn't belong there, so what is he doing there? His only conclusion was that he had a problem.

After prison he went to a rehab. He wasn't like the people there either and didn't like when they told him he had a drinking problem. They told him he needed to start talking to people, to sit by the people with whom he might have something in common. Bruce said, "I told them to send me back to prison. You see I was an isolator. Just leave me alone, let me be by myself and I can work this thing all out."

When he joined a home group there was a member who brought meetings into the jail. He told them that he had been in jail and would like to help. After his first meeting he asked the fellow "Did I sound alright, do you think they got it?" He told me that is not what it is all about. "You see I wasn't carrying AA's message, I was carrying Bruce's message."

"The best thing that ever happened to me in AA was I had a 'stroke' of

good luck. When I had that stroke my home group pulled me in. When I didn't want to get out of bed (poor me), they took me around in a wheelchair. They brought me to an oldtimers' meeting in New Brunswick and the topic was gratitude. I began to cry at that meeting. I cried because I used to come home early in morning after drinking all night and I would cuss the birds as they sang because they might wake my wife up. After I had that stroke, when I woke up in the morning, those same birds were singing and I praised Him and thanked Him. My attitude had changed and I was alive. I know today that spirituality does not come without some kind of gratitude."

The last speaker was Teresa from Sea Bright. She was the woman who was handing out the pennies. Now I would find out why.

Teresa said she could relate to what Bruce had said because she also had suffered a stroke on her 50th birthday and last week she had celebrated her 55th birthday.

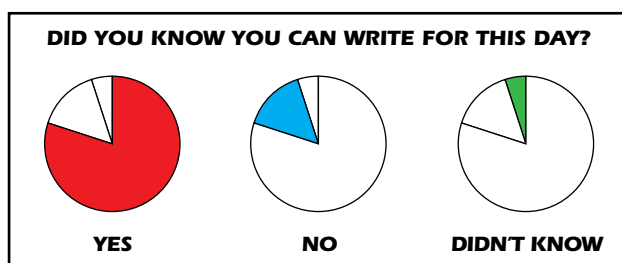
She was raised Catholic. Her father went to church every day. Her mother stressed belief in God because she

*continued on page 10*

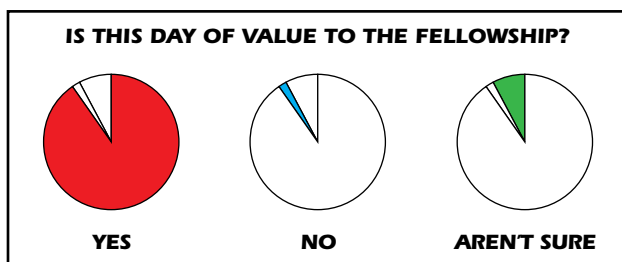
## Survey Says... CONTINUED FROM PAGE 5

circled "both," thus affecting the other answers.

*This Day* is a joint newsletter for Area 44 and Intergroup, and includes articles from the Area and Intergroup Officers, Area Standing and Special Committees, and Districts. The third question on the survey asked respondents whether they were aware that *This Day* welcomes articles from the fellowship. 80% respondents indicated that did know *This Day* welcomes article submissions from AA members; 15% respondents indicated that they didn't know *This Day* welcomes article submissions from AA members; and 5% respondents were not sure.

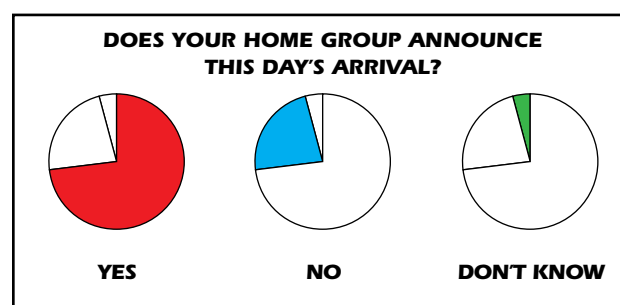


The Newsletter Committee was also interested in assessing from the fellowship whether they felt *This Day* was a valuable contribution to Northern New Jersey AA. This question garnered the most positive response to any other question on the survey. 90% respondents indicated that they felt *This Day* is a valuable contribution to Northern NJ AA; 2% respondents indicated that they didn't feel *This Day* was a valuable contribution

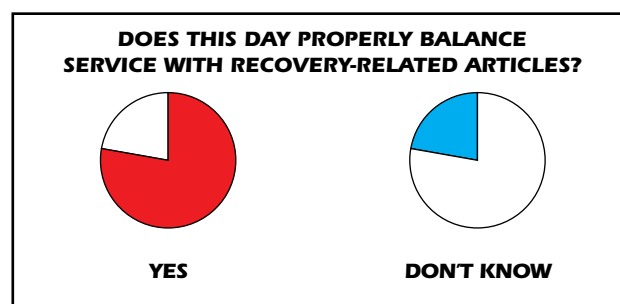


to NNJAA; and 8% respondents weren't sure.

The Newsletter Committee was also interested in seeing if *This Day* was being distributed to the groups in the fifth question. 74% respondents indicated that their homegroup puts out copies of *This Day*; 23% respondents indicated that their home group doesn't put out copies of *This Day*, and 3% respondents weren't sure. This question garnered the highest negative response of any other question on the survey.



The sixth question on the survey asked whether *This Day* has a good balance of service and recovery-related articles. 72% respondents indicated that they felt *This Day* has a good balance of service and recovery-oriented articles and 20% respondents were uncertain. This question garnered the highest uncertainty of any other question in the survey.



The last question on the survey sought to see a variety of features that the fellowship might like to see in *This Day*. Respondents were asked to pro-

vide a favorable or unfavorable reaction to nine proposed features for *This Day*: Crossword Puzzles, Themed Surveys, Word-Find, Ask-it-Basket Q&As, Old Timer interview, Classic re-prints of *This Day*, On This Day in AA History, Recovery Humor or Cartoons, AA Trivia, and an Other category.

### The five most popular features were:

- "On This Day in AA History," (68%) respondents
- "AA Humor or Cartoons," (67%)
- "AA Trivia," (66%)
- "Old Timer Interviews," (63%)
- "Ask-It-Basket Q&A," (57%)

**Summary:** There are a number of variables that will affect any survey – and ours was not unique. This was not a total random survey of the fellowship – but rather a random survey of members of the fellowship who participate in service. While this was not a scientific examination, the results could be considered just as valid. Thanks to the almost 100 people who took the time to complete the surveys, we were able to gather a decent sample from the fellowship.

Usually a survey is conducted to confirm a hypothesis or reveal some insight. When the Newsletter Committee unveiled this survey, we wanted to know if *This Day* was getting out to the fellowship and if the fellowship considered it valuable. We wanted to know what the fellowship thought of the newsletter, and what features the fellowship wanted to see in the newsletter.

The results that were revealed in this winter issue were tremendously helpful for the Newsletter Committee. We will take all the suggestions into consideration, and we hope to continue to make our joint newsletter the best it can be. Thank you all who participated, and we hope to see you on the third Thursday of the month as we continue to incorporate your suggestions into our goals for 2014.

*By Keira H. and Christopher D.,  
Newsletter Committee*

## My Fairly Drunk Lady

CONTINUED FROM PAGE 6

From that point on Higgins applies his many methods to Eliza for the purpose of redeeming her from her severe alcoholism and converting her to a "flower of society." I found the antics of this "recovery" particularly hilarious. My guess was that I was not alone, listening to the laughter coming from the audience. It seems that moderation does not work for most alcoholics and did not work for Eliza. After her final drunk, shared with Freddy, our flower girl sneaks back by herself to the Moderation Station and makes alcoholic melody with a skewed version of "I could have danced all night" entitled "I could have drunk all night..." Very funny...then

settles in and wakes up with a severe hangover (the I-wish-I-were-dead type) that lasts for several days.

Upon waking she finds out that Freddy has been missing, was mistakenly arrested for actions that she committed during her blackout and he spent some jail time. During this time, he had an epiphany after finding and reading some Grapevine literature in his cell, realizing he is an alcoholic and needs to do something about it. He finds the beginning of the quest in the pages. From there Freddy breaks out into a lilting performance of "On the Street Where you Live" (duly modified) and is soon joined by the rest of the cast.

In the end Freddy and Eliza become sober with the help of the Grapevine and the

principles of AA. Higgins loses the bet and is guided to an Al-Anon meeting by Pickering.

The finale, an AA-modified song, is performed enthusiastically by everyone to the tune "Get me to the church on time." Congratulations to the actors and their support team. A Job well done.

The actors have demonstrated the power of the Grapevine. DO YOU SUBSCRIBE? Why not try a free 7-day trial at [AAGRAPEVINE.ORG](http://AAGRAPEVINE.ORG) and a free AAGRAPEVINE "Quote of the Day" delivered to your email at 6 AM every morning. No computer? The printed magazine version is super. See your GRAPVINE Rep.

*Jack G. Sr., GVR,  
Netcong Monday Night Big Book Meeting*





**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**

## Bliss

We all have our own feelings. Behaviors, attitudes and thoughts (considerations) frequently result in feelings. Feelings frequently cause behavior, attitude and thought. Then sometimes feelings just happen (unless you don't believe in grace). Feelings are what they are.

Consider three parameters of feelings.

There is the sensual continuum. Its middle is comfort. Its line is—pain/comfort/pleasure. It is all physical sensation.

There is the emotional continuum. Its middle is serenity. Its line is—depression/serenity/elation. It is the

result of how we judge ourselves among other people. It is predominantly a matter of comparison.

There is the spiritual continuum. Its middle is emptiness. Its line is—desire/emptiness/fulfillment. It seems outside our control. It is predominantly a matter of identity.

Bliss is a feeling of comfort, serenity and emptiness. The state of bliss gives one a nice rest from reality; a consciousness of deep sleep (yes, a paradox). How can someone attain bliss?

First, get comfortable. Not hot, not cold, muscles mostly relaxed, you know: comfortable. You do not have to stay in a frozen position. Light low, sound uniform and not loud. If you need cover sound it should be without rhythm or melody.

Next, get serene. You must get your focus away from yourself and away from people. One gimmick is communion. Another is any kind of prayer which does not ask anything. Praising God for being God usually works.

Finally, empty yourself of words. Doing nothing is best, but to learn how you might try chanting or humming or looking at the sky... etc. As soon as you can dump words from your head you will feel bliss. If at first you don't succeed try, try again. After you get it, it's easy.

**Joseph M., Phillipsburg**

## The Contention and Anxiety of Holidays in Early Recovery

Holidays can be difficult times for those in early recovery. The influx of family, the feelings of regret and the emotions that can surface, can at times be overwhelming.

Unresolved conflicts can come to a head. Guilt, remorse, resentment and anger have a tendency to come alive during these times.

It's important to understand that any lack of diligence toward the required actions in the 12-step recovery program will most often be the cause of the resultant turbulence.

In the 12&12 it states that you will want to and should begin amends very quickly where the family is concerned. One must do their best to admit wrongs and express a willingness to set things right – and then explain what that will look like to those who one has wronged. This will not be protection against negative behavior from family members but it goes a long

way toward minimizing the emotional hangovers these situations can cause.

Understanding where you have been wrong – Step 4, becoming honest about your harms – Step 5, becoming willing to start on a new design for living – Step 6, humbly asking for help to achieve this – Step 7, becoming willing to set right the wrongs one has committed – Step 8, and going to these people with an attitude of forgiveness and reconciliation – Step 9 will make one ready to participate in these relationships on new footing. This adds power to stay calm and collected in the face of people and behavior that normally upsets one's spiritual equilibrium.

It's not the drinking or people at these gatherings that is the danger, it's our unpreparedness to become sober – recovered family members that will lead to the trouble. Recovery takes work.

Be prepared, make the amends that you owe and enjoy your time with your family. They don't last forever

**Yours in service, Chris S.,  
Spiritual Awakenings, Westfield**

## Recovery Hall: My Home Group Is the Best

My name is Charlie the Painter, a name adopted from the wonderful people in my homegroup. Let me start with saying that a little over 5 years ago I entered into this amazing program of Alcoholics Anonymous, a very low bottom drunk. I was told right from the beginning, over and over, that it was suggested that I make a meeting every day for 90 days, find and use a sponsor (that was a big one for me), and to get a homegroup. I was making a lot of meetings, three to four a day, that were all over New Jersey.

At all the meetings which I attended I kept hearing about one meeting in particular. I attended nine to eleven meetings a week at various groups and most of what I heard was negative about this group. I was confused. You see, I had attended those meetings and stayed sober. I really wanted to choose this group as my home group but all I heard from others was, "they're nuts there, they have too much drama, they do this wrong and that wrong," OMG STOP!!! I've seen a lot of things going on with gossip and cliques, but most importantly I saw real straight-forward,

hard-to-swallow sobriety and it was working on me as well. For the first time in 35 years I was sober and these so called "nuts" were the reason they accepted me, for me, without judging me, without telling me what to do. They were showing me that it was possible to stay sober and enjoy life.

Now, five years later, I have been a grateful, active member of this group and my life has changed so much. Through fellowship, and the steps, I have a life today. There have been ups and downs in my group but through it all the entire group as a whole has endured. We have some 70-90 members and at any given meeting at least half in attendance are home group members. Yes we fight, argue, and disagree but we love, understand and care about each other. I know that at any given time, if I needed them, those so-called nuts would be there for me, and I for them.

My new life has given me some opportunities, one of which is moving out of the state. I take with me a solid foundation of sobriety thanks to the BEST home group anywhere in the world! I will miss everyone and I will continue this journey with you all in my heart. Thank you Recovery Hall!

**Sincerely, Charlie the Painter**

## Life-Changing Decision

There comes a time when every alcoholic has to make a life changing decision. I know this to be true because I had to make that decision. What do I want to do with the rest of my life? Live it out as a drunk, or get sober. To my understanding Sober is a state of mind that has sober thoughts. For a long time I didn't know what a sober thought was, I was filled with so much alcohol. My decisions were blurred by the alcohol and my decisions reflected that. For a time in my life alcohol was the furthest thing on my mind. After I took my first drink it crept into the dark corners of my mind, where later on in my life it told me I had to drink. My life became a mess and it wasn't a very good life. For a time I didn't know how to turn my life around. I just kept drinking and life just passed me by because I let it. It seemed like every time I tried to stop drinking it didn't work. I couldn't figure out what was wrong with me and I blamed everyone else. For a long time the only one I didn't blame was myself. I tried everything

I could think of to stop drinking, but never look inside myself to find the answer. The problem was me.

I had to find a way to stop drinking. And then I started to realize that my biggest problem was me. Stopping drinking became a little easier, not a snap, but easier. I remember vividly the morning I stopped. I woke up from oblivion looking at a bottle of booze and a glass of booze with ice still in it. I must have had just made it not long before. I stared at them for a long time before I realized that the God of my understanding had taken my compulsion to drink away. I got up and picked up the booze and went into the kitchen and poured the alcohol down the drain. I have not had a drink since, and it has been over 13 years. Life has been pretty good since then, and my God gave me the power to make a Life Changing Decision. True, I've had some life problems like everyone else, but not enough to make me drink. Not everyone is an alcoholic, but I am, I can't drink, and I do it one day at a time. And all it took was a Life Changing Decision and I thank my God for that.

**Ray, C., Roselle Sunday Night**

Phew! I made it through the Holidays aka "Relapse Season." And now it's January, a new year full of mystery awaits. In my past life as an active Alcoholic, January meant loneliness and depression. I was always a victim of the "Winter Blues." The Holiday Parties and Family Functions were finally over (they were always great excuses to get drunker than usual). Once January rolled around, again it was just me, my bottle and my shame, remorse and self-hatred. Fortunately for me, I discovered the rooms of AA and developed a relationship with my Higher Power in 2009. I'm no longer alone. That big, deep, dark, gaping abyss inside my heart has been filled with goodness, love and light. That hole was

## Making It Through the Holidays

my "spiritual malady," and as long as I continue to practice prayer and meditation on a daily basis, I will no longer feel alone ever again. For me, January now represents "new beginnings."

So, as January is unfolding before me, I'm reflecting on the opportunities that lie ahead. Years ago, I started a personal tradition. On January 1st, I would pull out my dusty, old Journal and look through it. I'd spend the day writing out my short term and long term goals. But first, I would look at the Goals I had written exactly one year before. And I would write out my accomplishments for the previous year. Writing out goals and accomplishments

grounds me and gives me a realistic view of myself. Now that I'm sober, this tradition brings two concepts to light a) time passes us by so quickly. This reminds me to live in the present moment, to cherish each God-given minute I have on this Earth and to continue living "one day at a time." And, b), "this too shall pass." When looking back on the previous year, I can review the events and experiences that transpired. I can recount the "feelings" I had. Both joyous experiences and trying times are now a part of the past. Challenges which had me "crippled" by fear are no longer. It's comforting to know that no matter what I'm feel-

ing at any given moment: it too shall pass. I do not need to live in the past, nor wish to shut the door on it. How can my experience benefit others?

The best part about reviewing my Goals and Accomplishments is being able to see growth and change in myself. This process is a sort of "annual housecleaning" or thorough 10th Step. Looking back, where have I fallen short? Did I accomplish the things I had hoped to accomplish? Did I procrastinate? Did I take Action or spend too much time "thinking" about what I wanted to accomplish? Was I useful to others? Were my motives selfish or driven by fear? Have I improved my conscious contact with a Higher Power?

*continued on page 10*

## Making It Through the Holidays

CONTINUED FROM PAGE 9

In years gone by, my Goals and Accomplishments were primarily superficial. More money, a house, better job, etc. Now that I'm working the program of Alcoholics Anonymous, I've come to understand that material possessions will never satisfy me. I thought my problems were outside of myself. Now I understand that it's an "inside job." As long as I maintain my spiritual condition, everything else takes care of itself. If I take the right actions, my Higher Power whom I call God, will take care of the results. I may not always get what I want, but He always provides what I need.

My Goals for the coming year? They're quite Simple.... I have a Primary Purpose today... Stay Sober AND help another Alcoholic to achieve Sobriety. As long as my Actions support this Purpose; I'll be OK. I need to maintain balance between Recovery, Unity and Service. Stay in the Solution! Go to Meetings daily and Share Honestly. Read the Big Book. Practice these Principles in all of my affairs. Be aware of my character defects and work to improve them. When presented with a challenge; turn it over to God and have FAITH. Pray and Meditate daily; Thank God for keeping me Sober and ask for the ability to work towards those principles that have come to mean so much to me – Patience, Tolerance, Acceptance, Kindness, Love, Humility and Compassion. Take Inventory as needed and make Amends promptly. Do service at my Home Group and beyond. And most importantly, "give it away." There's no greater joy for me than working one-on-one with another Alcoholic. This is the concept that founded this Program. Thank God Bill W. found Dr. Bob and together they spread the message. I am forever grateful! All the Best to each and every one of you for a Year full of "Promises."


*Moira N. of the Soberly Speaking Group of Alcoholics Anonymous*

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

Try it on your Smartphone



Your Northern New Jersey A.A. Website



[www.nnjaa.org/members](http://www.nnjaa.org/members)  
password: onedayatatime

## The Power of Building a Solid Network

Networking is a supportive system of sharing information and services, among individuals and groups having a common interest. That common interest for us in Alcoholics Anonymous, is staying sober and helping another alcoholic to achieve sobriety.

No one knows what an alcoholic feels and experiences like another alcoholic. Those who aren't one of us, can't understand why we can't have just one and call it quits. I have found that my network of sober alcoholics is one of the most important tools I possess to combat this cunning and baffling disease.

Lately, I seem to feel as though I'm on fire in Alcoholics Anonymous. I've been patient over the last few years, knowing that it is not what I want to do in AA, but what my understanding of God wants me to do. Why he brought me here and why I'm alive are central questions when con-

**"DON'T HANG AROUND THE OUTSIDE OF MEETINGS BUT RATHER GET ACTIVE INSIDE. ONE REASON MY NETWORK IS AS LARGE AS IT IS, IS BECAUSE I BOOK SPEAKERS FOR ONE OF MY MEETINGS. FOUR TIMES A YEAR, I GO TO A PARKING LOT AT 5 AM TO EXCHANGE TELEPHONE NUMBERS WITH PEOPLE ALL OVER THE STATE TO BRING THEM MEETINGS AND HAVE THEM BRING US MEETINGS."**

sidering what my higher power wants me to do. My passion for this program gets greater every day, and it is fueled by the incredible network I have at my disposal!

None of this happened overnight. In the beginning I didn't want to call people, work with people, or even make an effort to learn anyone's name for that matter. Like the rest of my program, I just kept coming and getting active. I slowly learned to develop relationships, to reach out and find an excuse to call someone. I learned not to get discouraged, when someone didn't call me back.

BE PERSISTANT! Work on develop-

ing a network, like your life depends on it, because more than likely, your life will depend on it at some point in your sobriety. The more you are involved and the more meetings you go to, the more you have an opportunity to meet people.

Until you get to know people, pick the people who raise their hand, to say they are available to sponsor. Whether or not you have a sponsor, ask those people who make themselves available to sponsor for their telephone number. Tell them you are trying to build a network, then use it. Call these people once a week or once a month and just say, you are calling to connect. If you don't connect with them, you might want to leave a short message saying you're calling to work on your network. Many of these people will take the time to call back. Don't get discouraged though if they don't call you back.

I can talk the talk, but many times, I

myself, don't call back. There are times when I realize it and feel I need to make an amends and then not do it again. I don't work a perfect program all the time, and I am writing this article as a way to tell on myself. This is partly how I take inventory and look to improve my program.

The best way to develop a network in AA is to get active. Don't hang around the outside of meetings but rather get active inside. One reason my network is as large as it is, is because I book speakers for one of my meetings. Four times a year, I go to

*continued on page 12*

## The Sunday Spiritual Meeting

CONTINUED FROM PAGE 8

said "When all of your friends and family have forsaken you God will always be there." Teresa didn't like church. Church was boring and not relative. She attended a Catholic grammar school and a girls Catholic College.

She remembered calling the AA Hotline and a woman told her where a meeting was and the time they met. She said "What if I'm the only one who shows up?" The woman from Intergroup said, "Sweetheart, you won't be." Teresa remembered that she walked through a graveyard to get to that meeting in Shrewsbury and it was very apropos, for she was at death's door. She knew she was drinking way too much.

She was still drinking after her stroke and on the way home from therapy, one day, she asked the cab driver to stop at a liquor store and buy her a big bottle of Vodka.

One day, in spite of her stroke, she got down on her knees and said "God if I am now willing to do whatever it takes, will you please keep me from picking up another drink?" Something spiritual happened because that was her last day of drinking. Teresa said, "I had to learn steps one, two, and three. I can't, He can, I think I will let him."

Her physical therapy progressed and she was now taking therapy at home with a visiting nurse. "One day the nurse took me outside in my neighborhood," she said. "As I was walking with my walker I saw a penny on the sidewalk. I stopped and said 'Wait there is a penny.' My nurse said 'Don't bother, it is only a penny.' I said yes but I can reach it, I can do it, I can bend down, that is why I bothered to pick up that penny, because I could."

At her first anniversary she told this story about the penny. "I said so many of us feel like a penny when we come in. We have no value, nobody is thinking of us. They might pick us up but they are not going to

carry us. But we have value and together we count. I like to tell the joke, What did one penny say to the other? Together we make cents. And only an alcoholic can make sense to another alcoholic. I give out pennies quite often. When people take them I can hear them say, 'I can't read the year, it is all beat up.' Others say, 'I want that shiny one.' Still others say 'Ew, there is something on this.' That is how we come into AA. We were born shiny pennies. We had value.

"When you look at the penny it says 'E Pluribus Unum.' 'E Pluribus Unum' means 'One From Many.' I wouldn't be one and I wouldn't be a sober woman if it wasn't for the many of you.

"It says 'Liberty' on the penny. I am liberated from the cravings of alcohol, I am free. Then it says 'In God We Trust.' In God we have to trust. I so understand what my mother said about only having God when all people forsake you. In the rooms it is said 'There will come the time when the only thing between you and a drink will be your Higher Power.'"

I don't know if the three speakers got together before the meeting to discuss their presentations but I think that they couldn't have planned a better presentation. Craig J. defined as best he could what it means to be spiritual. Bruce B. told of how spirituality worked in his service to Area 44, and Teresa T. told of her struggles with recovery while recovering from a stroke

A parish priest once told me that he thought more souls were saved in his church basement at the AA meeting than were saved in his church on a Sunday morning. Every year I attend the Sunday Spiritual Meeting at the Convention and without the guilt of having missed church.

*In service,  
Bill L., Newsletter Committee*

## District Service Meetings

**District 1&2** - 2nd Tuesday. 7:30pm, Lafayette at the Sunrise House Cafeteria.  
**District 3** - 3rd Friday 7:00 pm; Hillcrest Community Center, 1810 Macopin Road, West Milford  
**District 4&6** - 3rd Thur. 7:30 pm, Upper Ridgewood Community Ch, Hillcrest & Fairmount, Ridgewood  
**District 5&7** - 2nd Thursday, 7pm, St. Mary's Church corner of High and Legion, Closter  
**District 8** - 2nd Tues. 7:30pm, Panther Valley Ecumenical Ch, Rt 517, Allamuchy  
**District 9** - 3rd Tues. 7:30 pm, Stanhope United Methodist Ch, Rte 183, Netcong  
**District 10** - 2nd Tues. 7:00 pm, 1st Presbyterian Church, 513 Birch St, (corner of Church & Birch) Boonton  
**District 11/33** - 4th Wed. 7:00 pm, Clifton Library, 292 Plaget Ave Rm A  
**District 12** - 3rd Fri. 7pm, St. Paul's Episcopal Church, 113 Engle St Englewood 2nd floor Choir Room  
**District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville  
**District 14** - Last Tue. 7pm, St. Nicholas School Hall, 122 Ferry Street, Jersey City  
**District 15/21** - 3rd Mon. 7:30 pm, Hunterdon Medical Center, Employee Cafeteria, Rt. 31 South, Flemington  
**District 16** - 3rd Mon. 7:30pm Hillsdale Pres. Ch. Ridgedale Ave, Cedar Knolls  
**District 17** - 3rd Fri. 8 pm, Alan Assoc., 7th Avenue and 7th Street, Newark  
**District 18** - 2nd Mon. 7:30 pm, Union Village United Methodist Ch, Mountain Ave. & Hillcrest Rd., Berkeley Heights  
**District 19** - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway  
**District 20** - 2nd Tues 7:00pm, Trinity Episcopal, North & Forest Aves., Cranford  
**District 22** - 3rd Wed. 7:30 pm, Cook College Extension Center, College Farm Road, New Brunswick  
**District 23** - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River  
**District 24** - 3rd Mon. 8 pm, Trinity Episcopal Church, Ryers Lane, Matawan  
**District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 21 Elton-Adelphia Road., Freehold  
**District 26** - 3rd Thur. 7:30 pm, First Presbyterian Church (Tower Hill), 255 Harding Road, Red Bank  
**District 27/29** - 3rd Mon. 7:30 pm, Holy Cross Luth. Ch, Hooper Ave, Toms River  
**District 28** - 1st Tue. 7:30pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake  
**District 30** - 4th Sunday 12 Noon, 69 Green Street, Newark  
**District 31** - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 77th Street & Broadway, North Bergen  
**District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C., Bayonne  
**District 34** - 3rd Sat. 9:30am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange  
**District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, in Somerville.  
**District 36** - 3rd Fri. 7:30 pm, St Luke's Church, 17 Oak Ave, & Rt 27 Metuchen  
**District 37** - 3rd Wed. 7:00 pm, First Lutheran Church 153 Park St (basement), Montclair  
**District 38** - 3rd Thursday 7:30 pm, Presbyterian Church, 31 Fairfield Avenue, West Caldwell  
**District 39** - 1st Wed 7:00pm, 1st Presbyterian Church, 140 Mountain Ave., Westfield  
**District 40** - Last Sunday 10:45am, St. Joseph's Center, 120 Division St., Elizabeth  
**District 41** - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken  
**District 42** - 2nd & 4th Sunday 9:30am, 52 Throckmorton St, Freehold

## Intergroup Calendar

### DECEMBER 2013

- 2 Delegates Meeting, Clark 8:30 PM
- 5 Joint Website Committee 7:30 PM
- 8 Bookers Exchange, Cranford 7:00 AM
- 25 (Office Closed) Christmas Day

### JANUARY 2014

- 1 (Office Closed) New Years Day
- 2 Website Committee\* 7:30 PM
- 6 Delegates Meeting, Clark 8:30 PM
- 15 Nightwatch Committee 7:30 PM

### FEBRUARY

- 3 Delegates Meeting, Clark 8:30 PM
- 6 Website Committee 7:30 PM
- 17 (Office Closed) President's Day
- 25 Joint Unity Meeting\* 7:30 PM

### MARCH

- 3 Delegates Meeting, Clark 8:30 PM
- 6 Website Committee\* 7:30 PM
- 9 Booker's Exchange, Cranford 7:00 AM
- 19 Nightwatch Committee 7:30 PM

\*Area Office, 2325 Plainfield Ave, South Plainfield

## NNJGS Area 44 Office Calendar

### DECEMBER 2013

- 9 Convention Subcommittee 8:00 PM
- 10 Public Information Com 7:30 PM
- 10 Luncheon Committee 7:30 PM
- 11 Treatment Committee 8:00 PM
- 12 Int'l Hospitality Com 7:30 PM
- 13 Policy & Admissions 7:30 PM
- 13 Concepts Workshop Com 7:30 PM
- 15 Garden State Young People 2:00 PM
- 16 Literature Sales 6:30 PM
- 16 Literature Committee 7:30 PM
- 17 CPC Committee 8:00 PM
- 18 Convention Committee 8:00 PM
- 19 Newsletter Committee 7:30 PM
- 20 NERAASA 2015 Committee 7:30 PM
- 23 Finance Committee 7:30 PM

### JANUARY 2014

- 2 Website Committee 7:30 PM
- 2 Computer Committee 7:30 PM
- 3 Policy & Admissions 7:30 PM
- 4 Grapevine Committee 10:00 AM
- 6 Remote Communities 7:30 PM
- 7 Officer's Meeting 7:30 PM
- 8 Translation Committee 7:00 PM
- 8 Treatment Committee 8:00 PM
- 12 Films Committee 11:00 AM

- 12 AREA COMMITTEE 12 NOON
- 13 Convention Subcommittee 8:00 PM
- 14 Public Information Com 7:30 PM
- 14 Luncheon Committee 7:30 PM
- 14 Grapevine Committee 10:00 AM
- 15 Night Watch Committee\* 7:30 PM
- 15 Convention Committee 8:00 PM
- 16 Newsletter Committee 7:30 PM
- 17 NERAASA 2015 Committee 7:30 PM
- 18 AREA ASSEMBLY 8:00 AM
- 19 Garden State Young People 2:00 PM
- 20 Literature Sales 6:30 PM
- 20 Literature Committee 7:30 PM
- 21 CPC Committee 8:00 PM
- 25 Corrections Committee 10:00 AM
- 27 Finance Committee 7:30 PM
- 29 History & Archives 7:30 PM

### FEBRUARY

- 1 Grapevine Committee 10:00 AM
- 1 WRITER'S WORKSHOP 12 NOON
- 3 Remote Communities 7:30 PM
- 4 Officer's & Standing Com. 7:30 PM
- 5 Mailing Committee 6:30 PM
- 5 Translation Committee 7:00 PM
- 6 Website Committee\* 7:30 PM
- 7 Policy & Admissions 7:30 PM

- 10 Convention Subcommittee 8:00 PM
- 11 Public Information Com 7:30 PM
- 11 Luncheon Committee 7:30 PM
- 12 Treatment Committee 8:00 PM
- 13 Int'l Hospitality Com 7:30 PM
- 14 THIS DAY DEADLINE 5:00 PM
- 14 NERAASA 2015 Committee 7:30 PM
- 16 Garden State Young People 2:00 PM
- 17 Literature Sales 6:30 PM
- 17 Literature Committee 7:30 PM
- 18 CPC Committee 8:00 PM
- 19 Convention Committee 8:00 PM
- 20 Newsletter Committee 7:30 PM
- 21-23 NERAASA, 2014 - Warwick, RI
- 24 Finance Committee 7:30 PM
- 25 Joint Unity Meeting 7:30 PM
- 26 History & Archives\* 7:30 PM

### MARCH

- 1 Grapevine Committee 10:00 AM
- 2 Remote Communities 7:30 PM
- 4 Officers' Meeting 7:30 PM
- 5 Mailing Committee 6:30 PM
- 5 Translation Committee 6:30 PM
- 6 Computer Committee 7:30 PM
- 6 Website Committee 7:30 PM
- 7 Policy & Admissions 7:30 PM
- 9 Films Committee 11:00 AM
- 9 AREA COM. MEETING 12 NOON

\*Intergroup Office, 2400 Morris Ave, Union

**DISTRICT 1/2** – Our District has been busy the last couple of months. We hosted a GSR/DCM Workshop in September and it was a real success. We had over forty AA members attend, and that bodes well for our District in the future. We have had the opportunity to deal with some group problems, brought to the District recently. That is always a pleasure to have happen; everyone at the District meeting got a chance to learn things that we otherwise wouldn't. We had an opportunity to discuss some Traditions more thoroughly, and guide some groups in the right direction. We are working on our Christmas Alkathon that will take place at Sunrise House in Lafayette, N.J. Flyer is now available on the Area 44 website. In closing, District 1&2 wishes everyone a great holiday season. Remember to support your local Alkathons, and try to bring someone less fortunate. – **In Love and Service, Bill J., DCM**

**DISTRICT 39** – It has been an honor

and a privilege to serve District 39 as DCM for the past few years. A price-less journey on the service side of the Three Legacies triangle afforded me by the fellowship of Alcoholics Anonymous. I thank you for the experience. The message I would like to pass on to the AA members who have yet to step into service beyond the home group is "Don't miss it". Thank you all for allowing me the opportunity to learn and grow beyond what I was. What a joy it is to watch others do the same as District 39 comes alive as it never was before. The tools that I received as District Committee Member have molded me into a strong leader, showed me how productive I can be in and out of AA, and that when I did my part and allowed others to do their part miraculous events took place before our eyes. Again, I say to those who have yet to serve, "Don't miss it".

I would like to thank the District 39 Committee, the Area 44 Committee,

and the neighboring districts, groups, and members for their support, leadership, and guidance during my time as DCM. Furthermore, thanks to all the AAs who participated in the Spirituality Breakfast October 12, the Concepts Workshop November 16, and the Thanksgiving Alkathon November 28. All of which took place in District 39. Also, thank you to the Ad-Hoc Committees formed who sacrificed their time, money, and energy to make these events possible and kept the hand of AA outstretched to the alcoholics who still suffer—which is our primary purpose in all levels of service.

Lastly, it is my sincere pleasure to announce and congratulate the men and women elected as District 39 Officers and Standing Committee Repre-

sentatives at the November 6th district elections. I know that the men and women who stepped up to serve will be rewarded happy, joyous, and free lives beyond their wildest dreams as they continue to carry the message of AA to the next sick and suffering alcoholic. In closing, Bill W. said it best in his essay on Anonymity entitled "Why Alcoholics Anonymous is Anonymous" in a Grapevine edition of *The Best of Bill*, "Gradually we saw that the unity, the effectiveness—yes, even the survival—of AA would always depend upon our continued willingness to sacrifice our personal ambitions and desires for the common safety and welfare. Just as sacrifice meant survival for the individual, so did sacrifice mean unity and survival for the group and for AA's entire Fellowship." – **Tricia L., DCM**

## DISTRICT DOINGS

### DISTRICT 4&6

#### NEW RUSSIAN SPEAKING MEETING

We are glad to inform you about a newly opened Russian Speaking AA meeting in Northern NJ.

#### CHRIST EPISCOPAL CHURCH

105 Cottage Place, Ridgewood

#### Every Tuesday from 7:45pm to 9:00pm

If you have any questions feel free to email us at: [district4\\_6@nnjaa.org](mailto:district4_6@nnjaa.org)

### BRICK CHURCH GROUP

at **East Orange General Hospital**  
Ambulatory Care Center  
80 South Munn Ave.  
East Orange

#### G-R-A-T-I-T-U-D-E MEETING

**Wednesdays (Dec 18 & 25) at 6:45pm**

Come out and share your G-R-A-T-I-T-U-D-E!

### NEXT ISSUE DEADLINE FEB. 14th

[NEWSLETTER@NNJAA.ORG](mailto: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.

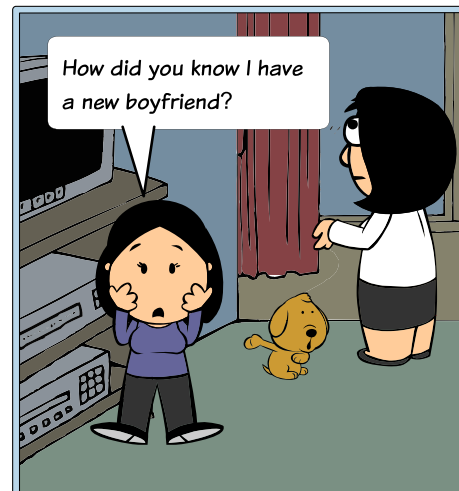
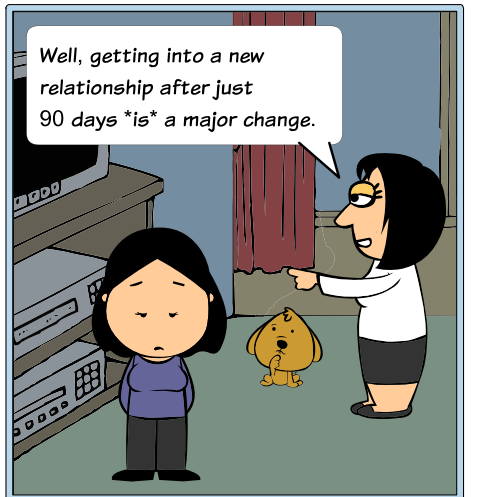
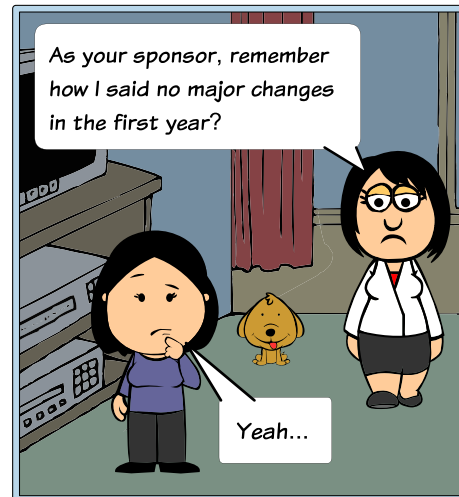
**Editorial Policy:**  
Articles submitted from the Fellowship are encouraged, and should not exceed 800 words. The newsletter committee reserves the right to edit submissions for grammar, readability, and content. Opinions expressed herein are not to be attributed to AA as a whole, nor does the publication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

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

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

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

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



### The Working With Others Group of Alcoholics Anonymous Invites You To Join In Our 15th Anniversary Celebration

**Saturday, January 11, 2014**

**12 NOON**  
**Vanoy S., (AFG), Los Angeles, CA**

**1:30pm**  
**TBD, (AA)**

**3:00pm**  
**Jeff H., (AA), New York, NY**

**7:00pm**  
**Clancy I., (AA), Los Angeles, CA**

"ALL FOR FUN AND FOR FREE"  
Grace, Church On The Mount, US Highway 46 Netcong



History & Archives display at the District 14 Movie Night in Jersey City.



Area Convention, Doubletree Hotel, Somerset, September.

Winter 2013

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

**THIS DAY**

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

# ALKATHONS

## ~ ~ ~ Christmas Alkathons ~ ~ ~

### CLINTON

"Living Sober Noon Meetings" Group  
CHRISTMAS ALKATHON  
United Methodist Church, 12 Halstead  
Street, Clinton. Wednesday December  
25th, From Noon to 7pm. Meetings  
every hour and a half.

### CRANFORD

36 HOUR CHRISTMAS ALKATHON  
St. Michaels School Cafeteria  
40 Alden St., Cranford  
Starting Noon on Christmas Eve  
until Midnight on Christmas Day  
Food and meetings around the clock.  
Christmas Breakfast at 7am.  
Santa will give gifts out at 7:00pm  
on Christmas Eve for all the kids.

### DENVILLE

CHRISTMAS ALKATHON  
at the Union Hill Drop-in-Center,  
427 Franklin Road, Denville  
Beginning Tuesday, December 24th  
with the 5:30pm Regular Meeting until  
Midnight, Wednesday December 25th

### DISTRICT 1&2

HOLIDAY ALKATHON 2013  
Sunrise House, 37 Sunset Inn Rd  
Lafayette. Wednesday December 25th,  
from 10:00am - 10:00pm

### DISTRICT 3

CHRISTMAS ALKATHON  
West Milford Municipal Building  
1480 Union Valley Rd., West Milford  
From 4:00pm - Dec. 24th through  
8:00pm - Dec. 25th. A New  
Meeting Every Hour

### DISTRICT 17

24TH ANNUAL HOLIDAY ALKATHON  
The Alanon Assoc, 384 7th Ave, Newark  
30 hours of Meetings and more.  
Begins 6:00pm on Tue Dec. 24  
until midnight on Wed Dec. 25

### DISTRICT 22

ANNUAL HOLIDAY ALKATHON  
Reformed Church of Highland Park  
19-21 South 2nd Ave, Highland Park  
Starts 9pm Tuesday, Dec 24th  
Goes through Midnight, Dec 25th

### DISTRICT 41 - HOBOKEN

CHRISTMAS ALKATHON  
Our Lady of Grace School Hall, 5th St.  
& Willow Ave, Hoboken. December  
25th doors open at 8am. Meetings  
9am-7pm meetings every 2 hours.  
Dinner served at 2:00pm.

## ~ ~ ~ New Year's Alkathons ~ ~ ~

### CLINTON

"Living Sober Noon Meetings" Group  
NEW YEAR'S DAY ALKATHON  
United Methodist Church, 12 Halstead  
Street, Clinton. Wednesday January 1st,  
from Noon - 7:00pm. Meetings every  
hour and a half.

### DENVILLE

NEW YEAR'S ALKATHON  
Union Hill Drop-in-Center, 427 Franklin  
Road, Denville  
Beginning Tuesday, December 31st  
with the 5:30pm Regular Meeting until  
Midnight, Wednesday January 1st

### DISTRICT 3

NEW YEAR'S ALKATHON  
West Milford Municipal Building  
1480 Union Valley Rd. West Milford  
Starts 4pm - Dec. 31st til 8pm - Jan. 1st

### DISTRICT 14

NEW YEAR'S ALKATHON  
Community Center at Pershing Field in  
Jersey City Heights. December 31st from  
6:00pm to January 1st 4:00pm. Meetings  
every hour. Bagel Breakfast & Pot Luck  
Lunch on New Year's Day.

### DISTRICT 32

NEW YEAR'S EVE DANCE  
St. Andrews School Basement, 4th Street  
& Broadway, Bayonne  
Tuesday December 31st, Meeting: 8pm  
- 9pm. Dance: 9pm - 1am

### DISTRICT 36

NEW YEAR'S EVE ALKATHON  
St. Matthew the Apostle Parish, 81  
Seymour Avenue, Edison  
Tuesday December 31st 4:00pm to  
12:01am. AA Meetings Every Hour  
From 5pm to 11pm. Alanon meetings  
at 6pm, 8pm and 10pm  
Hot and cold buffet from 6pm til 9pm

### DISTRICT 37

NEW YEAR'S EVE ALKATHON  
Tuesday, Dec. 31 at 10pm thru  
Wednesday, January 1, at 4pm Last  
Meeting begins at 3pm. Glen Ridge  
Congregational Church, 195 Ridgewood  
Ave & Clark St Glen Ridge  
Please join us for food, fun and fellow-  
ship as we celebrate the New Year!!  
FOOD DONATIONS NEEDED. Please  
park on the side streets. There is no  
overnight parking on Ridgewood Ave.

## The Power of Building a Solid Network

a parking lot at 5 am to exchange  
telephone numbers with people all  
over the state to bring them meetings  
and have them bring us meetings.

It all starts with getting involved.  
One of the best commitments to start  
with is a greeter. It gives you an op-  
portunity to meet and greet people.

Another is going on a detox com-  
mitment, and then when you have  
enough time, you can speak, and then  
bring others to the commitment.

These are just a few ways to work  
on developing a network. "Work"  
being the key word. Take my sug-  
gestions, and get to work! Get tele-

CONTINUED FROM PAGE 10

phone numbers. Call them and keep  
calling them. The more I see some-  
one is really interested, the more I  
want to connect with that person.  
Keep at it, like your life depends  
on it. After all, it probably does!

*Yours in service, Chuck H.,  
New Hope, New Life, Jersey City*