

THIS DAY

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



Thank You

The Fall issue of This Day included an article I wrote titled "Our Personal Responsibility". In it I spoke passionately about our history, where I feel AA is today, and what we in Area 44 could possibly do to make AA stronger and more effective. It boiled down to my sense of personal responsibility 'to and for' AA. I also wrote 'This is the last article I will write to you as your Delegate'. Well, they snuck in a Winter issue and here I am penning another; somewhat confident that THIS will actually be the last article I will write to you as your Delegate.

So, my purpose is simply to say Thank You.

Thank you for your support and interest during my two-year term as Delegate. It is an experience I will cherish always, and one that I will never have the opportunity to repeat (phew!). It's hard work studying and trying to absorb all of the information and issues facing AA today; communicating those to you in Area 44, participating in the Conference making decisions that will impact AA as a whole, and then coming back to you to communicate clearly what we have done, where we may have come up short, and what we as AA members could consider for next time.

For that overwhelming opportunity, I thank you.

As I reflect back on the good, the bad and the ugly, I think about what I and we could have done better, especially to encourage a greater sense of responsibility among our membership and a greater level of participation. It was alarming to show up for a Section Post-Conference report to see 9 people in attendance. (Now you know us, of course, it turned out to be the longest-running report, but that's another story).

For continually putting me in a position to consider what's best for AA, I thank you.

Why is it more people don't feel

the connection to Service with a capital "S"? Frequently we have workshops to brainstorm about what we can do to inspire more participation. But perhaps we don't hold up a mirror frequently enough and take a critical look at what it is we are doing in our Area that might be turning off some members. Oh, we're never going to please everyone, but I bet we could do better.

In business, we evaluate our actions in terms of whether they bring real value. In other words, do they truly contribute to our ultimate goal? In a sense, it should be no different in our Area. I love Area 44, but we sure do meet an awful lot and we burden many of our trusted servants with an awful lot of requirements. I'm concerned that we may make our officer positions so demanding that only a very few feel they can serve. I don't think that was the original intention. I would love to see our Area take a really hard look at all we do and see if all of our actions and work bring value to our ultimate goal – that of making AA more available and accessible to those who need us. As I see it, our job through our many committees, is to make the light a little brighter, and the path to AA a little wider and easier to travel for those who need us and may not even know about us (or think that AA is not for them). A good measure as we look at all of our functions, our business, and our many meetings, is whether each truly helps us reach that goal. And if the evaluation turns up a 'no' or 'I'm not sure', then we've identified an opportunity for improvement. And improvement in our business translates to saving drunks and lives.

For the opportunity to share with you again today, I thank you.

As my term comes to a close, I must again express my gratitude for the opportunity to serve you as your Delegate; I have been honored and humbled. To all the future Area 44 delegates who are reading this, keep raising your hand when asked if you are willing to serve, and perhaps you too can have this life-changing, remarkable experience.

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Being of Service

It's hard to believe that my two years as Area Chair are almost over; the time seems to have just flown by. It has truly been my honor and privilege to serve the Area in this role. It's hard to put into words how grateful I feel for having been given this opportunity. You have taught me so much during this time and I've made some great new friends.

One of the activities that I have enjoyed the most has been visiting the Districts. I've been able to see firsthand how many of our Districts are carrying the message by taking meetings into jails and treatment centers, putting Big Books and 12 & 12 into libraries, providing A.A. conference-approved books and pamphlets to groups and providing A.A. Grapevine subscription forms and books for the Groups.

However, we could be doing more. I'm often amazed that people are unaware of service beyond their Groups. They attend their meetings, make coffee and greet at the doors and go out on Group commitments but do not get involved in any other A.A. services. Don't get me wrong: service in A.A. takes on many forms and it is important to be doing some service to give back to this program which saved our lives. However, we need more help with the facilitating the 12th Step activities that I mentioned previously. Most people assume that other people will take care of doing what is necessary to keep the A.A. program alive or that service work is very political. Both assumptions are incorrect.

I'm reminded of that I need to be of service when I read the words of Bill W. at the beginning of the A.A. Service Manual. After the publishing of the Big Book in 1939 defined the 12 steps as our program of Recovery and the development in the 40's of the Twelve Points to Assure Our Future (the 12 Traditions) which are our principles for Unity, Bill turned his attention to service in A.A. He referred to these principles as our "3rd Legacy of

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My name is Aaron and I'm an alcoholic. I also have the opportunity to serve as your NNJ Intergroup chairman. I would like to thank the area officers past, current, and future that I've had and will have a chance to work with. The Intergroup trustees and area officers meet quarterly to discuss joint committee billing, along with upcoming events, Intergroup and area concerns, etc. As I often share, Intergroup and the area work extremely well together, and that's a blessing. The opportunity to serve AA has been such an educational experience: in learning and personal growth. The opportunity and experience in service is available to all. My first convention, Nerassa, and Intergroup central round up including my home group, all have one thing in common: people giving of themselves to help AA as a whole. With the larger events, the more people are needed to step up, and we do. No one told me what to do or be a part of. They convinced me they were grateful to give back. This is how we serve AA.

Before I came into AA, I did very little for others because it was primarily about me. From my first commitment in AA as coffee maker, I wasn't alone. I was guided. Throughout my journey it's the same. Attending a new community meeting for the first time, I was met there by someone who again guided me. Sounds like my first AA meeting. We are always looking for additional help. I'll share what I was taught and believe in. If an individual wants to get involved in service work, take them to the first meeting, workshop, or event. Don't just tell them. We wouldn't treat a newcomer like that. Why

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NEXT ISSUE DEADLINE NOVEMBER 11
 NEWSLETTER@NNJAA.ORG



Thanks for continuing to show your sobriety gratitude with the time you volunteer and the contributions you and your groups send to support the Area's primary mission to "Carry the Message." This loving, spiritual expression of the 7th Tradition enables our message to reach the sick and suffering alcoholic in need of recovery as well as those of us continuing on our recovery journey. Thank you!

My time as your Treasurer is quickly coming to an end. It has been a pleasure and privilege to serve you in this role and I thank you for the opportunity to do so.

The last two years have been filled with amazing experiences headlined by the energy and enthusiasm of the many Area 44 men and women who volunteer to do service and carry the message. It is my hope that this spirit of helping others will continue to germinate and grow among all AAs in northern New Jersey, so that our fellowship can extend its hand to the alcoholic seeking help whenever and wherever that hand is needed.

The adjacent 7th tradition group contributions graph for Area 44 reflects that 2016 started well with very strong January contribution receipts and after several weak months have picked up significantly since May. Thank You.... Thank You... Thank You!!!! Through September 2016, 7th Tradition Group Contributions supporting

12-step work are \$8,685 ahead of the same nine month period in 2015. All Contributions for the first three quarters of 2016 are posted on our website in the Members Only section. Take a peek! Area Treasurer Reports for the same three quarters are available there as well.

The 2017 budget process continues with DCMs getting input from the groups. The final version of the proposed 2017 budget will be submitted to the January 2017 ACM for review and approval and then be presented to the January 2017 Assembly for approval. Make sure your group's voice is heard.

The Finance committee is always looking for volunteers. It is a great way to learn about the work the Area performs and how it spends the 7th Tradition Basket Money to "Carry the Message." The committee meets monthly on the fourth (4th) Monday at 7:30PM. Location: Area Office in South Plainfield, NJ. Hope to welcome some new members in the months ahead. Please consider taking a "test drive" with us.

This cannot be said enough: Thank you for your commitment to the 7th Tradition---giving your time and group basket money! Both are essential for the Area to perform its 12-Step work. These precious resources are treasured and used prudently to fulfill our Primary Purpose.

In Gratitude, Love, and Service,

Mike S, Area 44 Treasurer
treasurer@nnjaa.org

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I'll end this article the way I ended my last article, with one of my favorite Grapevine Quotes of the Day, originally published in 1985: "If faith without works is dead, willingness without action is fantasy."

With A.A. Love and Service,
Jay E. Your Delegate,
Panel 65 Area 44 Northern NJ
delegate@nnjaa.org

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Service" and they ultimately led to the 12 Concepts. In June, 1955, Bill published the first 3rd Legacy manual (now called the A.A. Service manual). I'm often inspired by the introduction in that manual which has remained unchanged since that time:

"Our Twelfth Step - carrying the message - is the basic service that the A.A. Fellowship gives; this is our principal aim and the main

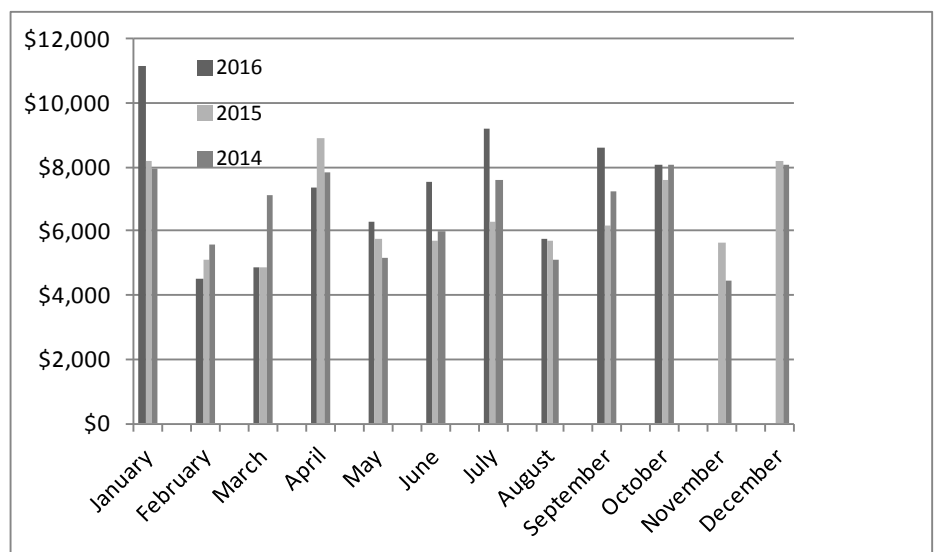
reason for existence. Therefore A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."

Every year, the Area Committee (Area Officer's, DCMs, Committee Chairs, Section Coordinators, Liaisons and Past Delegates) meet to conduct an inventory of the Area. At this year's Work Weekend, we will examine some of the key issues facing our Area in the coming years. One of the issues that we will discuss is being of service. Specifically, we will hear a presentation on "How do we improve an understanding of and commitment to service beyond the Group". This will be followed a brainstorming session to prepare action items for the coming year. The other two issues that we will also conduct a similar exercise for are: "How do we improve communication with

RUS SERVICE CORPORATION T/A NNJAA AREA 44 YEAR TO DATE COMPARISON REPORT: 2015 AND 2016 FOR PERIOD ENDING September 30, 2016		
	2015 - Jan.	2016 - Jan.
MONEY MARKET ACCOUNT (A)		
Balance as of January 1st	\$79,266	\$89,335
Interest Received	52	54
Transfer (To) / From the Checking Account	10000	0
Balance as of September 30th	\$89,317	\$89,389
CHECKING ACCOUNT (A)		
Balance as of January 1st	\$49,104	\$34,985
Group, Individual and 7th Tradition Basket Contributions	64,357	73,817
Other Receipts (Intergroup, Literature & Grapevine Sales, etc.)	104,844	90,908
Budgeted Expenses (Standing & Special Committees, Officers, Office, etc.)	(75,538)	(70,312)
Non Budgeted Expenses (Literature, Grapevine, Luncheon, etc.)	(112,134)	(93,912)
Transfer (To) / From the Money Market Account	(10,000)	
Balance as of September 30th	\$20,633	\$35,486
Checking Account Guideline (Prior 12 Month Avg. Monthly Expenses Times Two). Finance Guidelines state the checking account balance should not exceed this amount.		
	\$36,315	\$33,254
Account Balance Over / (Under) Guideline	(\$15,682)	\$2,232
PRUDENT RESERVE FUNDS		
Total Cash in Bank (Not including Convention Account)	\$109,950	\$124,875
Designated Funds (Jailbox Funds, etc.)	(7,173)	(17,478)
Checking Account Guideline (2 Month average expenses)	(36,315)	(33,254)
Prudent Reserve as of September 30th	\$66,462	\$74,143
Calculated Prudent Reserve (50% of prior 12 months Budgeted Activity Expenses)		
	\$49,594	\$44,923
Account Balance Over / (Under) Guideline	\$16,868	\$29,220
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) 2016 Expense Budget is \$109,370.		
(C) Sept 30, 2016 Checking and Money Market Balances have been reconciled to the Bank Statements by the Finance Committee.		
(D) Sept 30, 2016 Designated Funds Balances: Jailbox --\$4,673.64; Int'l Hospitality Suite --\$2,886.49 and Excess Prudent Reserve Approved Projects--\$9,917.85.		

SUMMARY OF OFFICIAL APPROVALS / REVIEWS		
Individual / Group	Action	Completed Through
Treasurer	Approved	Sept 2016
Alternate Treasurer	Approved	Sept 2016
Finance Committee	Approved	Sept 2016
Officers	Reviewed	Sept 2016
Area Committee Members	Approved	Sept 2016
Area Assembly	Approved	Mar 2016

Group Contributions 2014 - 2016



our members" and "How do we improve attendance at assemblies and events".

The Holidays are also upon us. By the time this issue of the Newsletter goes to press, the Thanksgiving holiday will have passed. The Christmas and New Year's holidays will be a few weeks away. It is often after these holidays that potential A.A. members arrive at the doorstep of our meetings. This is a great opportunity for you to be of service. Many Groups and Districts will be holding holiday alkathons so you can get involved in assisting with these events in a variety of ways by chairing a one hour session, by preparing and bringing food to an alkathon and just by talking with the sick and suffering alcoholics and potential alcoholics who show up. In your Groups, you should also re-double your efforts with any newcomers who arrive during this time and, of course, throughout the year.

In closing, I have quite a few people to thank for helping me in this role. First, there is my Service sponsor, Linda K-K., who has been there for me whenever I needed help, advice and guidance. I'd like to thank all the Area Officers for their support and hard work over the past two years. A special shout out goes to my Alternate, Jimmy A., who did a great job as my alternate and coordinating 8 Area Assemblies as our Area Coordinator. Please provide him the same love and support as our Area Chair starting in January. Our Panel 65 Delegate, Jay E., did an amazing job in representing our Area for the past 2 years and it has been an incredible experience to serve with him. I look forward to working with our Panel 67 Delegate Elect, Lester G., who will need your help and support as well. Finally, a special thank you to all the members

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First and foremost, our committee would like to congratulate our current Alt. Grapevine Chair Marybeth H., as she was elected as the area GV Chair starting in 2017! As my alternate, she reminds me of myself by gathering information and covering commitments she promised to attend. I'm very confident she will do a fantastic job, especially because she has, in my opinion, the greatest and committed committee in our area.

If you like to be part of the committee as a district GVR or Home Group GVR, you can see your DCM, talk to your home group that you have an interest (I have a feeling your group members won't say no) and if you are not sure and want to check out our committee as an interested member, we meet the 1st Saturday of the month (if it doesn't fall on a holiday weekend) at our Area Office in South Plainfield at 10am.

And speaking of the committee, the workshop/play we performed at the convention, "Surrender Dorothy", was so much fun for all of us. What a thrill to see the Mirabella Room 98% filled on Friday night and standing (or sitting) room only at the Saturday Encore. I'm not sure if we enjoyed the actual performance or the rehearsals because it was a blast, especially for me because I swore I wouldn't be a part of, some fear, lack of confidence that I could. So, I agreed to participate last year thanks to some of our committee people convincing me to give it a try. It was well written by our Director/Writer/Producer, and so much so that we believed. We got loaded with a lot of positive feedback, even more than the Beatles play a few years ago.

And finally, I will be rotating out as of December 31st. I'm grateful that the program has the spirit of rotation because out of all the commitments I been a part of, in or out of my home group, this was the most fun and gratifying commitment I've ever chaired. My love for our Grapevine publication grew even more due to the support from the staff of the Grapevine Office in NY, the visits to the different districts as a presenter and service member, and last but not least, our past and current GV committee. To the committee: there is no measure on how much you all helped me in my recovery. You all helped me grow as a human being and I will never forget you all. Thank you all for everything!

In Love and Service,

Mike D.

Rotating Out Grapevine Chair

GSR Mid-Winter Luncheon Committee



I have been involved with service work for 24 of my 26 years in recovery. I started as an Alternate G.S.R. for the Newark Night Owls in District 17. I've also done the service positions in my home group Primary Purpose. Being a nosy person, I wanted to know more about A.A. and what goes on outside the home group. Dealing with the District I found a new level of recovery work. From my service work with the District I soon found me working with the

Area. My first service position with the Area was Alternate Finance Chair. This began a new chapter in my recovery process.

As time moved on, I became Area Treasurer, Alternate Registrar and then Area Registrar; I've attended NERAASAs all over the Northeast corridor and participated in service events continually during this time. This service work has enhanced my recovery and has assisted me in growing into a productive member of society. Service work, in my opinion, requires personal work. One of my most enjoyable service works is being on the G.S.R. Mid-Winter Luncheon Commit-

tee. Not only has this committee planned some outstanding luncheons, but we have fun doing it. If you're looking for something to do and have fun with while you're doing it, come out the first Monday of every month at 7:00 pm and join the G.S.R. Mid-Winter Luncheon Committee. Service work will enhance your recovery process. Thank you for allowing me to be of service,

Anita C.

Alternate Ticket Chair

GSR Mid-Winter Luncheon Committee



Group Name

- Recovery Hall Dist 13
- Thursday Night Dist 13
- Friday Night by Candlelight
- Kearny Sunday Night
- Join The Tribe Dist 13
- Old Bridge Sunday Night
- Friends of Bill
- Randolph
- New Brunswick Weed Night
- Liberty Group
- New Day South River
- Serene Sisters Hopatcong
- Alive Again Hopatcong
- Booze U Loose Plainfield
- Design 4 living
- Wayne Big Book
- Lafayette Women's Group
- Sparta Monday Night
- The week that was Netcong
- Raritan Valley Sommerville

- Bellville Thurs Night
- Lyndhurst Sat Night
- Get with the program Birdgewater
- Happy Destiny Chatam
- Drip Dry Maplewood
- Sayreville Victory Group
- Monday Night Red Bank
- Circle of Friends
- Belmar Sat Night
- Give and Take east Brunswick
- New Vision Bridgewater
- WALDWICK Fellowship
- Union Hill
- Dodge City
- Haskell Group Sunday Night
- Not Butts Fair Haven
- Wayne Mountainview
- Stepping Stones Denville
- Turning Point Stanhope
- Ruby Slippers Westfield

Intergroup Continued from page 1
not transfer that love and guidance along the additional path of service. When I was new in recovery, I rarely did things alone. I was surrounded by loving and caring people, and I still am today. That's a blessing. I'll put this out there. If anyone wants to get involved, I will do everything I can to introduce them to AA service. Whatever it takes.

Thank you for allowing me to serve AA.

Aaron K

your NNJ Intergroup Chair.

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of our Area Committee who have sacrificed their time and energy to help carry the message in Area 44.

Once again, I thank you for the opportunity to serve. I wish you all and health and happy Holiday season.

Yours truly in AA love and service,
Jeff B.

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"



Area 44 Convention 2016 Survey Results

When I was newly sober, my friends and I would make the trek from North Jersey down to the Area 44 Convention to attend the dance only. Over the years, eventually, I would attend more events at the Convention as my connections with others grew. I had no understanding, or interest in un-

derstanding, what went on behind the scenes in putting the Convention together. Then, a few years ago, after complaining to someone about some aspect of the weekend, I was advised to get involved with the committee to advocate for the changes I was interested in seeing occur. And so it began.

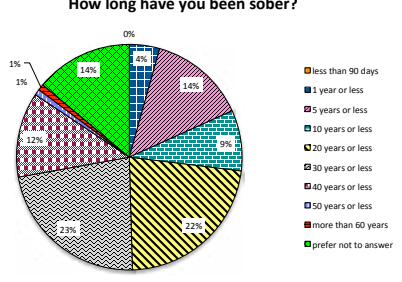
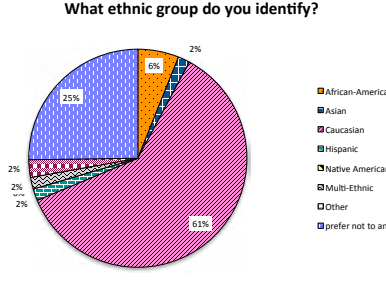
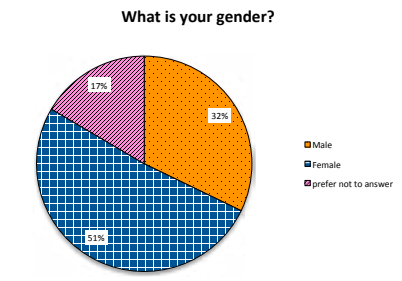
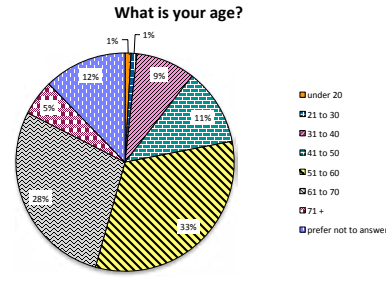
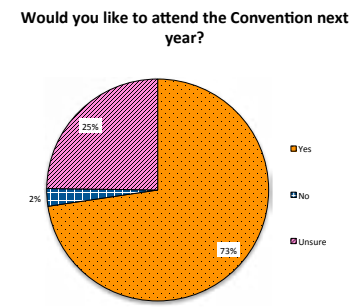
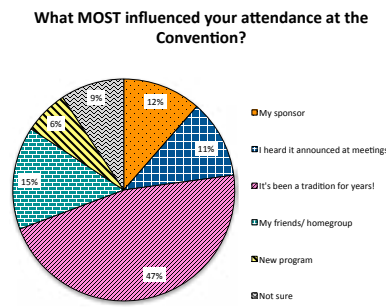
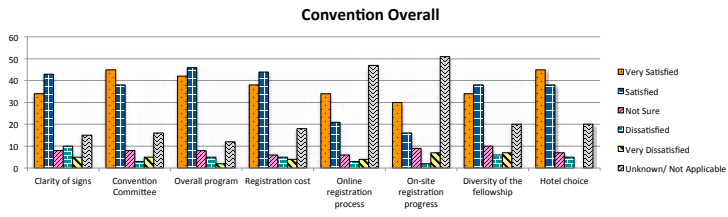
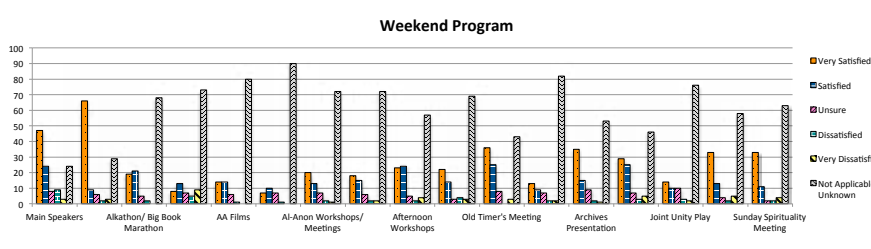
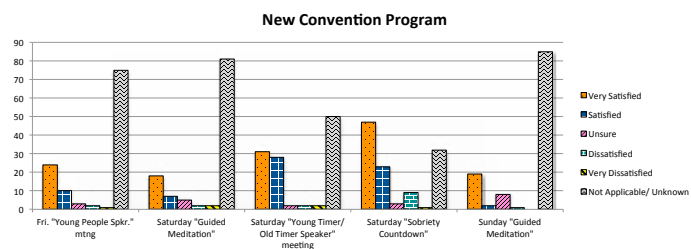
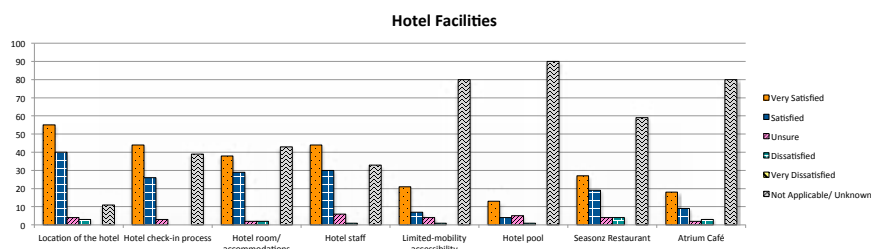
I've only been on the committee less than two years, and I've learned a lot about what goes on with the Convention. As in any committee, sometimes decisions are made about things I don't agree with. But I do appreciate that, in keeping

with the spirit of our fellowship, we all have a voice. And the fellowship also has a voice- either by attending the Convention committee, or filing out our post-Convention satisfaction survey. All the comments that were submitted were reviewed by the committee. But it doesn't have the end there! Please join the committee on the 3rd Wednesday of the month at the Area office to be a part of next year's Convention.

I think that the message I'd like to get across most to Area 44 is that the more people who get involved

with the Convention committee, the more diversity we will have overall. A diversity of ages, sobriety time, ethnicity, beliefs, values, and interests, is what will make the 2017 Area 44 Convention committee the best it's ever been!

Keira H., 2016 Public Relations Chair, Area 44 Convention Committee



Treatment Committee



Hello and greetings from your Area Treatment Committee Chair. It is both an honor and a privilege to serve you and our fellowship as the chairperson of this committee and the Bridging the Gap Coordinator for our Committee.

Our Committee recently hosted its annual Treatment Committee Workshop. Attendance was considerably more than last year. Our committee decided to change the date of our workshop from the last weekend in July to April 30th. We think that had a big impact on attendance which went from 5 last year to 43 this year. I am grateful for all the AA members who attended our workshop.

We decided to change our format for the workshop, as well. This year we had an AA speaker, George R. from the Denville Alumni Group, who really gave a message of how going to treatment centers before he was truly ready did not work and how going to AA helped to change his life. His message was one of hope and how recovery has changed his life. Our committee would like to extend our thanks to George for being the speaker for our workshop.

Two treatment center staff members were kind enough to be panelists for the first part of our program following the speaker. Representatives from Alina Lodge and Trinitas Hospital described the programs that their facilities have and how they work. Trinitas treats patients that have mental illness and addiction. Alina Lodge is a long term, 6 months to 1 year private facility. No insurance is accepted. They were kind enough to field questions from the audience. It was a very interactive portion of the day. There was a very lively discussion about private pay facilities and facilities that accept insurance and have indigent beds. Members of the audience expressed gratitude for the information that helped them get a better understanding of how treatment centers work.

The next portion of our workshop was a panel consisting of members

of our committee describing what our committee does and how the help cultivate relationships with treatment centers in their perspective districts. They also described the difficulties they sometimes face getting commitments filled for those facilities. Sometimes treatment chairs are unable to get women to cover meetings that are for female clients. The main issue all or our Chairpeople face is the fact that AA members do not show up for the commitments they have made. It was made very clear that reflects badly on AA as a whole and may lead to those facilities not inviting us back. It is each of the members of our committee's job to facilitate the relationship with the treatment facilities and help ensure that AA commitments are met. One portion was titled what AA is and what it isn't. It described what AA does and what it doesn't do. AA does not do. It is just as important for prospective members to know what we don't do as it is what AA does. A.A. does not: Furnish initial motivation for alcoholics to recover; Solicit members; Engage in or sponsor research; Keep attendance records or case histories; Join "councils" of social agencies (although A.A. members, groups and service offices frequently cooperate with them); follow up or try to control its members; Make medical or psychological diagnoses or prognoses; Provide detox or nursing services, hospitalization, drugs, or any medical or psychiatric treatment; offer religious services or host/sponsor retreats; engage in education about alcohol; Provide housing, food, clothing, jobs, money, or any other welfare or social services; Provide domestic or vocational counseling; accept any money for its services, or any contributions from non-A.A. sources; Provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc. When perspective AA members leave treatment they need to know what they should expect from AA when they join our fellowship.

The next portion of our workshop was titled the AA message and the AA messenger. Be on time, courteous, and well groomed. For

many in your audience this will be their first impression of Alcoholics Anonymous. Make it a good one! Introduce yourself and why you are there: (to carry the message of Alcoholics Anonymous). Give a description of the steps, the traditions, sponsorship, homegroup and service work and how all those different work together to help achieve and maintain sobriety. Avoid drunkalogues. You should focus on recovery and how it has helped change you and your life. At times the number of drug addicts outnumbers the amount of alcoholics; you should not change your story and focus on your drug use in hopes that the major part of your audience identifies more. You are bringing in an AA meeting. Remember singleness of purpose. You can mention the other Anonymous fellowships, but direct your audience to direct questions about those fellowships to members or them.

Describe the 3 Legacies: Unity, Service and Recovery. – Fellowship, Service work and the 12 Steps. It is important to describe the different types of meetings there are – Open, Closed, Beginners, Step/Tradition, Big Book, Open Speaker, Speaker Discussion, etc. Also describe the types of literature that AA has: Big Book, 12 steps & 12 Traditions, Daily Reflections, pamphlets, Grapevine). It is very important that you give the individuals attending the meeting an opportunity to ask any questions they may have. So it is recommended that only 2 people briefly qualify and the rest of the time be spent describing the above mentioned points.

Leave time to describe the Bridging the Gap Program. Explain that we have volunteers that are willing to take them to a meeting the first night they leave treatment and to meetings for the first week since they have left treatment. Those volunteers act as a bridge between treatment and AA meetings.

The next portion of our workshop was dedicated to describing the "Bridging the Gap" program. This is a wonderful program that helps those getting out of long term (28 day or more) treatment settings go back home and have a contact

help them get to meetings. Prospective AAs are then matched to AA volunteers that are of the same gender, live in or close to the town they are going to, and if possible around their age. The volunteers have signed up to contact the person leaving treatment the first day they are discharged and go to meeting that night with them. For that week the volunteer will take him or her to meetings in the area and introduce him or her to as many AAs as possible. Help them get phone numbers. Talk to them about any questions they may have and stress the importance of sponsorship, home group and attending meetings. If anyone is interested in becoming a volunteer, please go to the treatment tab on the nnjaa.org website and click on committees then treatment. There is a volunteer form that will add you to our volunteer list.

This workshop was an amazing experience for us. Seeing so many interested AA members attend and participate in our workshop was very inspiring. So many AA members are already carrying the message to treatment centers and so many others are ready and willing to do so. I appreciate all of the feedback provided by those who attended. Again I want to thank all who attended. It was because of you that this workshop was so successful.

If anyone is interested in being part of our committee, please come to our monthly meeting at the South Plainfield office on the second Wednesday of every month at 7:30pm. We can help you carry the message to the most important people, those who still suffer from the hopeless state of mind and body that are currently in treatment centers. We are helping to continue the mission which our co-founders started so many years ago carrying the message to prospective members to hospitals, and now to treatment facilities.

If you have any questions, please feel free to contact me at treatment@nnjaa.org or btg@nnjaa.org

Yours in service, Tina S.

ELECTION RESULTS FOR OUR NNJGS AREA 44 PANEL 67 OFFICERS

CONGRATULATIONS TO THE INCOMING OFFICERS AND THANK YOU TO OUR OUTGOING OFFICERS

- | | |
|--|-------------------------------------|
| Area Delegate – Lester G. | Area Delegate – Jay E. |
| Alt. Area Delegate – Jeff B. | Alt Area Delegate – Lester G. |
| Area Chair – Jimmy A. | Area Chair – Jeff B. |
| Alt. Area Chair – Bobby B. | Alt. Area Chair – Jimmy B. |
| Treasurer – Anita C. | Treasurer – Mike S. |
| Alt Treasurer – Jenn D. | Alt Treasurer – Marge K. |
| Registrar – Brenda D. | Registrar – Bobby B. |
| Alt Registrar – Lisa G. | Alt Registrar – Brenda D. |
| Recording Secretary – Maureen R. | Recording Secretary – Jenn D. |
| Alt Recording Secretary – Mary Beth M. | Alt Recording Secretary – Bonnie P. |
| Ex-Officio – Jay E. | Ex Officio – Linda KK |

Area 44 Nominee for Class B Trustee-At-Large/US – Wayne R.



District 13 reading 'This Day'



The First Founding Moment

By John B. Area 44 Associate Archivist

Recently at the Area 44 Convention, your History and Archives Committee had the privilege of presenting on the Four Founding Moments in the history of Alcoholics Anonymous. Within these four “moments” we find the synchronicity, under the hand of providence, which is back of the founding of the AA movement as well as the basis for “carry this message”, that which we are clearly asked to “Pass It On” as part of our twelfth step work. Let’s see how we can use AA History and the Four Founding Moments to “Carry This Message”. The First Founding Moment – Rowland H. visits Dr. Carl Jung (An AA Parable)

In the Big Book Alcoholics Anonymous we read on the inside cover “The Story of how many Thousands have Recovered.” The Big Book is a collection of “stories” if you will allow us this analogy, and many of them can take on legendary status. All of them are designed to bring about identification with the reader and a few of them take on a very special role or meaning. The parable of Rowland H. is one such instance.

Parable - a short allegorical story designed to illustrate or teach some truth, religious principle, or moral lesson.

If you look at the definition of the word “parable” you’ll find that a parable is a short allegorical story designed to illustrate or teach some truth, religious principle or moral lesson. This is exactly the reason for the story of Rowland H. being in the book and the great significance this parable took when Bill first heard the story from Ebby. There are many legendary elements to the story but that should not distract from the great religious principle and moral lesson of the story. Let’s go back and take a look I shall we? “A certain American business man had good sense and high character.

For years he had floundered from one sanitarium to another. He had consulted the best known American Psychiatrists. Then he had gone to Europe, placing himself in the care of a celebrated physician (the psychiatrist, Dr. Jung) who prescribed for him. Though experience had made him skeptical he finished his treatment with unusual confidence. His physical and mental condition were good. Above all he had acquired such a profound knowledge of the inner workings of his mind and its hidden springs that relapse was unthinkable. “Let’s look at some of the details in Rowland’s life:

- Rowland was known as “Roy” to family and friends.
- Graduated Yale University in 1903
- Married to Helen Hamilton Campbell; 3 sons and 1 daughter
- Served in the Rhode Island State Senate 1914-1916
- Director in the Peace Dale Manufacturing Company
- Played a leading role in the founding of the Allied Chemical and Dye Corporation – later to become the Fortune 500 Company Allied Signal

Let’s look at some of the legendary aspects of Rowland’s story:

- Rowland did not see Carl Jung in 1931, it was in fact 1926
- Rowland did not spend a year being treated by Dr. Jung it was in fact 90 days.
- Rowland never sought treatment from Freud or Adler (this was a Joe & Charlie fable) Nevertheless, he was drunk in a short time. More baffling still, he could give himself no satisfactory explanation for his fall. So he returned to this Doctor whom he admired and asked him point-blank why he could not recover. He wished above all things to regain self control. He seemed quite rational and well-balanced with respect to other problems. Yet he had no control whatever over alcohol. Why was this? He begged the doctor to tell him the whole truth and he got it. In the doctor’s judgment he was utterly hopeless; he could never regain his position in society and he would have to place himself under lock and key or hire a body guard if he expected to live long. The doctor said: “You have the mind of a chronic alcoholic. I have

never seen one single case recover, where that state of mind existed to the extent that it does in you.” And here is the real message of the parable - Bill wrote this telling line: “Some of our alcoholic readers may think they can do without spiritual help. Let us tell you the rest of the conversation our friend had with his doctor.

He said to the doctor: “Is there no exception?” “Yes,” replied the doctor “there is.” Exceptions to cases such as yours have been occurring since early times. Here and there, once in a while, alcoholics have had what are called vital spiritual experiences. To me these occurrences are phenomena. They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once the guiding force of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them. In fact, I have been trying to produce some such emotional rearrangement within you. With many individuals the methods which I employed are successful, but I have never been successful with an alcoholic of your description.

But Rowland’s story in the Big Book has a happy ending because “There is a solution.”

In chapter five on page 60, where we read how it works, we are presented with “three pertinent ideas” often called the “ABCs”.

- a) that we were alcoholic and could not manage our own lives
- b) that probably no human power could have relieved our alcoholism
- c) that God could and would if He were sought.

The Parable of Rowland H. symbolically reinforces the second pertinent idea that no human power could have relieved our alcoholism. He had already consulted American Doctors, Clergy, and family, all to no avail. Now he has been treated by one of the world’s best psychiatrists and still has relapsed. Rowland’s story shows how we find ourselves beyond human aid. A spiritual problem requires a spiritual solution!

Dr. Jung was familiar with the studies of William James, detailed in his work “The Varieties of Religious Experience.” In this title, James had studied the conversions of many individuals, including alcoholics, and had come to believe that “the only cure for Dipsomania is Religiomania” or the only cure for alcoholism is a religious experience. Many years later Dr. Jung would share with Bill Wilson and the world that the operative formula in Latin is:

“Spiritus contra spiritum.”

Or translated, it takes the Power of God to overcome the power of alcohol.

This is the third of the “three pertinent ideas” and forms the basis of Step Two.

God could and would if we began to seek his Power.

Some closing thoughts on Rowland...

Rowland had a vital spiritual experience reading the book “More Twice Born Men” written by Harold Begbie which detailed the story of Frank Buchman and several of “The Life Changers”. Rowland would eventually join the “First Century Christian Fellowship” and find release from his alcoholism. Through a series of seemingly simple spiritual actions (the Oxford Group tenants which later became the twelve steps) he found the Power needed to overcome his alcoholism which previously could not be relieved by any human power.

Rowland had Known relapses in 1927, 1932 and 1936....Roy never joined AA but remained active in the Oxford Group while sober and was able to maintain sobriety for along as he remained of service in the Oxford Group.

The vital message we take and carry from this founding moment is:

- That no human power could have relieved our alcoholism
- That God could and would if he were sought!

Stay Tuned for the Next Issue of This Day and The Second Founding Moment



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*

A Recipe for Sobriety

My name is Mary, and I'm an alcoholic.

Before my life became what I now know to be "unmanageable," I really loved to cook. I enjoyed flipping through cookbooks, contemplating the possibilities, and looking for recipes that sparked an interest. For the most part, I followed the recipe, but I usually tweaked the ingredients here and there to my liking, and I took great joy and pleasure out of creating new and different dishes for my family and friends.

Back then, cooking and drinking had what I perceived to be a symbiotic relationship. Drinking while preparing a new recipe (or an old recipe for that matter) helped make cooking more relaxing and enjoyable...and deciding what to drink with it was part of the fun, part of the experience, part of the camaraderie of it all.

Things changed. The cookbooks were put away, and the booze became the key ingredient in my life.

I came to AA as what people refer to as a "high-bottom drunk." I hadn't lost my job, my home, or my family...yet...It was low enough for me, though. Not only was my passion for friends, family, and cooking gone. My spark had diminished. There was no flame left to cook with.

In August of 2008, I found myself trying a new recipe. There were only two ingredients in the very beginning. They were going to AA meetings and not drinking at the same time. I had tried that first ingredient (just the meetings alone) for quite some time before realizing that I had to add "stopping drinking" to the mix. So I began following someone else's recipe. This recipe had a third ingredient, too. It was service. Quite frankly, I had no idea what that meant.

Someone at the front of the room would pass around a clipboard with

a sign-up sheet labelled "Service Commitments." Leader, Greeter, Coffee-maker, and a generic "Food" category were listed among the choices. I couldn't be a Leader. That was obvious. I couldn't be a Greeter. I'd have to talk to people. I couldn't make the coffee. That required me to be at the meeting early. I had two small children at home to tend to. I signed up for Food. I knew it wasn't much, but I knew how to cook.

Looking back, I realize that signing up for that commitment was a much bigger deal than I'd initially thought it to be. In the months that followed, things started to change. Every Tuesday afternoon, after school, my five-year-old daughter and I would choose something to bake, find the recipe, and spend an hour or so together in our kitchen, following directions, sifting flour, adding sugar, and healing our relationship. This beautiful, spark-filled child, was gradually starting to get her mother back. When it was time to go to the meeting, we would take out a small plate and set aside some goodies for her to share with her seven-year-old brother while "Mommy was gone."

Arriving at the meeting felt different too. I was excited and happy to share our home baked goodies with the group. One particular group of chuckleheads would always be waiting outside in the alley for a first look at the night's "Food." They would get a sneak preview and a sample before I could even bring the plate inside! Now, I was aware that they were very happy to see the chocolate-peanut butter squares...but they were also happy to see me. It felt like I had a purpose, even if it was only to bake a batch of chocolate chip cookies.

On August 7th, I celebrated eight years. Words can't express what that means to me. Let's just say, I love cooking again. I love living again. My spark has come back because I've been given the recipe for sobriety. The people who came before me, created it, and the ingredients are pretty simple. I need to trust in God, as I understand him. I need to give Him credit for being a great chef. I need to go to meetings, share my experiences with other alcoholics, and bring the same level of love and forgiveness to people outside of our rooms as I do to those suffering inside them.

And AA allows me the freedom to personalize my own recipe. I can sprinkle in extra meetings, add a speaking commitment or two, and I can share the recipe with others. Thankfully, AA also lets me forget

to preheat the oven and burn the brownies from time to time too! My children, now thirteen and fifteen, really like this recipe, this "design for living" that really works. The directions are there for us. We just need to follow The Steps.

Thanks for listening.
~Mary T (New Jersey)

Scared of the Steps?

By Rich N., New Pair of Glasses Big Book meeting, Boonton

Not ready to work the steps? Maybe you don't need to. Our basic text, "Alcoholics Anonymous", suggests that you might want to know the difference between a hard drinker and an alcoholic. Then we have a certain type of hard drinker. He may have the habit badly enough to gradually impair him physically and mentally. It may cause him to die a few years before his time. If a sufficiently strong reason—ill health, falling in love, change of environment, or the warning of a doctor—becomes operative, this man can also stop or moderate, although he may find it difficult and troublesome and may even need medical attention. (pp. 20-21).

Lots and lots of hard drinkers come to, and stay in, our AA fellowship—many are sent here by courts, spouses, employers, or even themselves. They put the plug in the jug and they stay, using the fellowship as a sort of sober Elks Club. (Well, maybe the Odd Fellows club is more appropriate...) They can stay sober by their own two step program – "Just don't drink and go to meetings". They enjoy the good coffee and cookies, friendly people, dramatic "war stories", etc. And they never have to get a sponsor, or follow the instructions in our textbook.

A hard drinker, like the guy who got mad at his boss, tied on a good drunk and got a DWI, doesn't have to work even Step One. Indeed he would be a phony if he took Step One – since he's not powerless over alcohol and his life really isn't unmanageable (though he may rack up a lot of Uber bills until his license is restored.)

A lot of folks in our fellowship tell a newcomer, "Just don't drink and come to meetings" because (1) they're hard drinkers, not real alcoholics, and the "just don't drink no matter what" worked for them, (2) they are alcoholics and have not recovered by having the spiritual awakening that comes by working our steps, (3) they have recovered but are "too busy" to qualify the

newcomer to see if he's alcoholic, explain what working the steps requires, and take him through the work, or (4) are unsure of their own sponsorship skills.

So how do you know if you're a real alcoholic? You could take a 40-question quiz which includes questions like, "Have you ever driven a car naked from the back seat?" Or "Have you ever made a pass at a barnyard animal while drinking?"

Or you could just cut to the chase and answer the two-part question which our text suggests differentiates the alcoholic from the non-alcoholic :

If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. (p. 44)

The good news: AA says that only you should decide if you're an alcoholic. The bad news: if you're a real alcoholic, listening to people in AA spout, "Just don't drink and go to meetings" can kill you. (Alcoholism is a chronic, progressive, and fatal disease.) Our book continues: "If that be the case, you may be suffering from an illness which only a spiritual experience will conquer."

Most alcoholics find AA meetings essential to their recovery. But if you're a real alcoholic, meetings alone won't give you recovery. Recovery occurs when the obsession to drink is removed, and sanity is restored. As The Doctor's Opinion notes, unless an alcoholic "can experience an entire psychic change, there is very little hope of his recovery". Unfortunately, as you may have seen, some meetings emphasize fellowship and virtually hide our 12 Step program. I found that fellowship and working the steps with a sponsor are equally required. I learned (the hard way) that just going to meetings is the ultimate half measure.

If you're the real McCoy, AA says you have but two choices: "to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could, or ... to accept spiritual help." (p.25) There's no Door Number Three in our program. You don't have to be sick forever. How soon do you want to recover?

NNJGS AREA 44
 DISTRICT 17 OF
 ALCOHOLICS ANONYMOUS
 ANNOUNCES THEIR
27th ANNUAL HOLIDAY ALKATHON
 30 Hours of Meetings and More:
 Topic Discussion, Speakers, Long-timers,
 Women, Men, Steps, Traditions,
 Big Book, 4th Step Workshop & More!
 Starting: Saturday, December 24, 2016 at 6:00 PM
 with the Long-timers!!!
 Ending: Sunday, December 25, 2016 at 12:00 (Midnight)
 At
 The Alanon Association Club
 384 - 7th Avenue and No. 7th Street
 Newark, New Jersey
 Committee Meetings: Nov. 14th, 28th, Dec. 12th & 19th @ 6:00pm
 Alanon Association Club
A.A. Literature Will Be Available
Grapevine Literature & Materials Will Be Available
 GSR's Book Your Group's Slot with
 Booker: Charlene D.
 For Individual or Group Donations see
 Treasurer: Barbara B.R. or
 Alternate Treasurer: Octavia M.
 Chairperson: Laverne L.
 Alternate Chairperson: Conrad F.

ATTENTION: NNJGS AREA 44 DISTRICT 17
IT'S THAT TIME AGAIN!
In the spirit of the holiday
District 17 will be having its
10th Annual New Year's Alkathon!
 Saturday, December 31, 2016 (New Year's Eve) 6:00pm
 thru
 Sunday, January 1, 2017 (New Year's Day) - 3:00am
 Alanon Association
 384 - 7th Avenue and No. 7th Street
 Newark, New Jersey
 There will be meetings, fellowship, fun & food.
 Groups' support and donations are greatly appreciated.
 Let's bring in the New Year right!
 Any questions or anyone interested in participating contact:
 Ernestine R., - Chairperson
 Charlene D., Alt. Chairperson

“Voluntold”

It is a tradition of my home group to have its members “voluntold” to serve in group service positions. We rarely get the opportunity to volunteer. My first experience was in the second week of sobriety. I was told that I would be a greeter. When I had 30 days, I was told that was one of the coffee makers. When I had 1-1/2 years I was told that I would be the alternate GSR. Fortunately, the GSR was very helpful in teaching me about what my responsibilities would be as GSR for our home group. Up until that point, I didn't have any idea what service beyond the homegroup was. I learned about the upside down triangle and that the position of GSR was not a move up, but a move down is service. At first I didn't really get that. Then our

GSR explained that no matter what my personal opinion was I had to do and report what the group had decided. It was the beginning of my journey away from self-centeredness. Up until that point, I still thought that my opinion was more important than it actually was. From that point on, I have come to understand that my group is more important than me. Following my GSR commitment, I started to serve in other home group positions. I became the leader for the home group meeting. I also became the group secretary. All the while having sponsees, some stayed sober some did not. Having service commitments helped me through feelings of feeling inadequate and anger towards the sponsees that I had. My responsibilities helped keep me grounded.

I couldn't hide with my head under the covers. I had to show up at the home group. I had to share my feelings with my friends and allow them to help me through trying times in my life.

I have had to opportunity to serve in positions in my District and now at the Area level. As it goes with most positions, I most recently served as the alternate District 25 Alternate Treatment Chairperson. Within a couple of months the chairperson stepped down. So I was then the District's Treatment Chairperson. A few months later, I volunteered to be the alternate Area Treatment Secretary. Within a month the secretary stepped down. I had that commitment for 1 and a half years. I then stepped in to the Bridging the Gap Coordinator

for our committee. Within a few months, our Chairperson for our Area Committee stepped down. Now I am the Chairperson of the Area 44 Treatment Committee. The experience of the last few years has taught me that life doesn't always go as planned. I could be frustrated or I could be honored. I am honored. It has shown me that no matter what I think of myself, I sometimes have to defer to how others think of me.

Doing service work has changed the way I look at myself, the way I act towards others and given me a level of humility that I don't think I could have ever had. I am fortunate to one of the many who have been blessed to serve and reaped the rewards of seeing the bigger picture of AA as a whole and passing that on to others.

WHY DID I STAY

OK I've started this article at least ten times. It's taken a different direction each time. Yet the message I am trying to convey is the same. 1) How do I say – you don't know what your are missing by not being involved in service 2) What will it take to get you involved.

Like many of you, I thought I was “just visiting” the rooms when I first came in to satisfy an IDRC requirement, but thank God – that wasn't how it worked out. It was building a stool with three strong legs that kept me here – Recovery, Unity and Service.

I hear so much negativity about service outside of the home group that it saddens me. I want to shout about just how much people are missing when they hear and believe those comments. When I hear district or area service is all about politics – I simply say – of course it is - there is politics in everything we do. There is politics in my home when we try to decide who is going to walk the dog. I bet in every business meeting in your home group politics goes on when you argue over Oreos or chocolate chips. It's just what it is. But the beautiful work being done outside the home group that enables the home group to be there when a

new comer enters the door just can't be explained in the few words I have here.

The sad thing is that we are missing so many opportunities to reach the sick and suffering because of those misunderstandings. Right now our groups have been very generous to or Districts and Area that we have the funds to do the work – but we don't have the people. We need the people.

If your reason for not getting involved outside of the home group is that you think you cannot do it – you are so wrong. When I first got involved I didn't think I was capable of doing much of anything. But I was wrong – and so are you. No we can't do everything – but we can all do something.

And also Recovery and Service Sponsors should be looking for those that would benefit from such service. Sometimes all it takes is a simple comment letting the sponsee know they are needed and can do a particular job. That is, sometimes people just need to be asked directly to know someone thinks they can do it. I know, I was one of them – GSR was not my idea. (Oh to stay with the theme – my favorite early service position was on the Convention Committee. I spent 10 years on that committee

and loved it.)

I have heard a lot of other reasons why folks don't get involved, e.g., my hours don't fit, I don't drive, I don't have someone to watch the kids, I don't have the skills, even my professional skills are not needed in AA. Oh how wrong you all are. Many committees have work that you can do from home, work that can be done in the day or evening, folks willing to car pool or give rides. Committees like PI and CPC would love to have your professional skills to meet with outside professional individuals and organizations. There are treatment facilities and correctional facilities that need meetings coordinated. There is a very wide variety of work that needs to be done by all. Remember how our service work started – just one drunk talking to another – the first 12th step call.

I have been blessed during the past 18 years in service. I have met people from all over the world who are in recovery and involved in service and the bottom line is we have a common language and mission – the language of the heart that our founders left us with. If we keep thinking someone else will do it, our beloved program will wither and die. AA needs you and needs you now.

I have shared the following on numerous occasions over the years. I was once asked a question at an Elections Assembly where I was standing for a position that was going to be a lot of work. I was asked why I would want to do that job. While there are many reasons, my initial response noted that I go to my home group every week and someone is always coming back. When I go to my service meetings and events, I rarely see or hear of someone who has gone out. When we are involved in service, we are involved in our recovery. It's a win win. AND...this is “our” AA and we all need to work together to be there for that newcomer walking through the door.

As I rotate out of my last voting position in our Area, I just wanted to give thanks for your faith in me. Over the years I have experienced some of the most beautiful examples of AA that any one person can see. Words could never express my gratitude to you for giving me those opportunities. Without that faith and those experiences, I may not have stayed.

With AA Love, Gratitude, and Service,

Linda KK
Ex-Officio – Panel 63 Past Delegate

District Service Meetings

- District 1&2** - 2nd Tuesday. 7:30 pm, Sunrise House Cafeteria, 37 Sunset Inn Road, Lafayette
- District 3** - 3rd Friday 7:00 pm; 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, 7:30 pm, St. Mary's Church corner of High and Legion, Closter
- District 8** - 2nd Tues. 7:30 pm, Panther Valley Ecumenical Ch, 1490 Route 517, Allamuchy
- District 9** - 3rd Tues. 7:30 pm, 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 Piaget Ave Rm A, Clifton
- District 12** - 2nd Thur. 7:00pm, St. Francis of Assisi Parish Center(basement), 114 Mount Vernon St, Ridgefield Park
- District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
- District 14** - Last Tue. 7:00 pm, St. Nicholas School Cafeteria, 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. 7:30 pm Hilldale Park Pres. Church, 85 Ridgedale Ave, Cedar Knolls
- District 17** - 3rd Fri. 8:00pm, Alanon 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** - 1st Tues 7:30 pm, 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. 8:00 pm, New Monmouth Baptist Church, 4 Cherry Tree Farm Rd, Middletown
- District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold
- District 26** - 1st Mon. 7:00 pm, First Presbyterian Church, 255 Harding Road, Red Bank
- District 27/29** - 3rd Mon. 7:30 pm, St. Luke's Parish, 1674 Old Freehold Road, Toms River
- District 28** - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake
- District 30** - 4th Sunday 12 Noon, 69 Green Street, Newark
- District 31** - 2nd Thur. 6:30 pm, Immaculate Heart Of Mary Chapel, 2nd Floor, 77th Street & Broadway, North Bergen
- District 32** - 3rd Thur. 7:00 pm, Bayonne Library, 31st St. & Ave. C., Bayonne
- District 34** - 3rd Sat. 10:00 am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
- District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, in Somerville.
- District 36** - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen
- District 37** - 3rd Wed. 7:00 pm, First Evangelical Lutheran Church 153 Park St, Montclair
- District 38** - 2nd Mon. 7:00 pm, St. Peter's Episcopal Church, 271 Roseland Avenue, Essex Fells
- District 39** - 1st Wed. 7:00 pm, Presbyterian Church, 140 Mountain Ave., Westfield
- District 40** - 4th Sunday 10:45 am, 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 Sunday 9:00am, 103 Bayard

NNJGS Area 44 Office Calendar

DECEMBER

- 2 Work Weekend. 6:00 PM
- 3 Work Weekend. 8:00 AM
- 4 Work Weekend (if). 9:00 AM
- 5 Remote Communities Com. 7:00 PM
- 5 MidWinter Luncheon Com 7:30 PM
- 6 Officer's Meeting 7:00 PM
- 7 Mailing Committee 7:30 PM
- 7 Translation Committee 7:00 PM
- 10 Grapevine Committee 10:00AM
- 13 MidWinter Luncheon Com 7:30 PM
- 13 Public Information Com 7:30 PM
- 14 History & Archives Comm. 7:30 PM
- 14 Treatment Committee 8:00 PM
- 15 Newsletter Committee 7:30 PM
- 18 Garden State Young People 5:00 PM
- 19 Literature Sales 6:30 PM
- 19 Literature Committee 7:30 PM
- 20 CPC Committee 7:00 PM
- 21 Convention Committee 8:00 PM
- 22 Website Com@Intergroup 7:30 PM
- 22 Policy & Admissions Com. 7:30 PM
- 27 Finance Committee 7:30 PM

JANUARY

- 2 MidWinter Luncheon Com 7:30 PM
- 3 Officer's Meeting 7:00 PM
- 4 Mailing Committee 7:30 PM
- 4 Translation Committee 7:00 PM
- 7 Grapevine Committee 10:00 AM
- 8 Film Committee 9:00 AM
- 8 Area Committee Meeting 10:00 AM

- 9 Computer Tech Comm 7:30 AM
- 10 Public Information Com 7:30 PM
- 11 History & Archives Comm. 7:30 PM
- 11 Treatment Committee 8:00 PM
- 14 Corrections Committee 10:00AM
- 15 Garden State Young People 5:00 PM
- 16 Literature Sales 6:30 PM
- 16 Literature Committee 7:30 PM
- 17 CPC Committee 7:00 PM
- 18 Convention Committee 8:00 PM
- 19 Newsletter Committee 7:30 PM
- 21 Area Assembly 8:00 AM
- 23 Finance Committee 7:30 PM
- 26 Website Com@Intergroup 7:30 PM
- 26 Policy & Admissions Com. 7:30 PM

FEBRUARY

- 1 Mailing Committee 7:30 PM
- 1 Translation Committee 7:00 PM
- 4 Grapevine Committee 10:00 AM
- 6 Remote Communities Com. 7:00 PM
- 6 MidWinter Luncheon Com 7:30 PM
- 7 Officer's Meeting 7:00 PM
- 8 History & Archives Comm. 7:30 PM
- 8 Treatment Committee 8:00 PM
- 12 GSR Mid winter luncheon 12:00 PM
- 13 Computer Tech Comm 7:30 AM
- 14 Public Information Com 7:30 PM
- 15 Convention Committee 8:00 PM
- 16 Newsletter Committee 7:30 PM
- 19 Garden State Young People 5:00 PM
- 20 Literature Sales 6:30 PM

- 20 Literature Committee 7:30 PM
- 21 CPC Committee 7:00 PM
- 23 Website Com@Intergroup 7:30 PM
- 23 Policy & Admissions Com. 7:30 PM
- 27 Finance Committee 7:30 PM
- 28 Joint Unity 7:30 PM

MARCH

- 1 Mailing Committee 7:30 PM
- 1 Translation Committee 7:00 PM
- 4 Grapevine Committee 10:00 AM
- 6 Remote Communities Com. 7:00 PM
- 6 MidWinter Luncheon Com 7:30 PM
- 7 Officer's Meeting 7:00 PM
- 8 History & Archives Comm. 7:30 PM
- 8 Treatment Committee 8:00 PM
- 12 Film Committee 9:00 AM
- 12 Area Committee Meeting 10:00 AM
- 13 Computer Tech Comm 7:30 AM
- 14 Public Information Com 7:30 PM
- 15 Convention Committee 8:00 PM
- 16 Newsletter Committee 7:30 PM
- 14 Corrections Committee 10:00AM
- 19 Garden State Young People 5:00 PM
- 20 Literature Sales 6:30 PM
- 20 Literature Committee 7:30 PM
- 21 CPC Committee 7:00 PM
- 23 Website Com@Intergroup 7:30 PM
- 23 Policy & Admissions Com. 7:30 PM
- 27 Finance Committee 7:30 PM

Intergroup Calendar

DECEMBER

- 1 Delegates Meeting, Clark 8:30 PM
- 11 Bookers 6:00 AM
- 14 Archives Committee 7:00PM
- 22 Joint Website Committee 7:30PM
- 26 Holiday Office Closed

JANUARY

- 2 Holiday - Office Closed
- 5 Intergroup Delegates Meeting, Clark 8:30PM
- 18 Nightwatch Committee 7:30PM
- 26 Website Committee 7:30PM

FEBRUARY

- 2 Intergroup Delegates Meeting 8:30PM
- 20 Holiday (Office Closed) Presidents' Day
- 23 Website Committee 7:30PM
- 28 Joint Unity Meeting

MARCH

- 2 Intergroup Delegates Meeting, Clark 8:30PM
- 12 Booker's Exchange, Cranford 6:30AM
- 15 Nightwatch Committee 7:30PM
- 23 Joint Website Committee 7:30PM

NEXT ISSUE DEADLINE NOVEMBER 11 NEWSLETTER@NNJAA.ORG

Statement Of Purpose:

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

Editorial Policy:

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

CHRISTMAS ALKATHON
 Place: Union Hill Drop-In Center
 Address: 427 Franklin Road
 Denville, NJ
 Begins: Saturday, Dec. 24th with the
 10:00 am regular meeting
 Ends: Sunday, Dec. 25th at midnight
 Join us for food, fellowship & meetings.

AND

NEW YEAR'S ALKATHON
 Place: Union Hill Drop-In Center
 Address: 427 Franklin Road
 Denville, NJ
 Begins: Saturday, December 31st after the
 regular 10:00 am meeting
 Ends: midnight on Sunday, January 1st.
 Joins us for food, fellowship & meetings

NEW !



Member (click on logo)
 userid: alcoholic
 password: onedayatatime

www.nnjaa.org

Try it on your
 Smartphone



Your Northern New Jersey A.A. Website

The theme for the Winter edition of This Day:

What does the word "we" mean to you in your recovery.

THIS DAY

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

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N.N.J.G.S. AREA 44

Annual G.S.R. Mid-Winter Luncheon

(Open to all A.A. Members, Family and Friends)



“Supporting Our Future”

Sunday, February 12, 2017

Forsgate Country Club
375 Forsgate Drive
Monroe Township, NJ 08831

Price - \$35.00



Tickets available through your D.C.M.

Deadline for Tickets: Wednesday, February 1, 2017

(NO TICKETS SOLD AT THE DOOR)



Winter 2016

Niagara Falls



TIME: 12:00 p.m. to 12:30 p.m. (Fellowship)

Coffee, Crudités & Dip

LUNCH:

12:30 p.m.

Menu: Tossed Salad – Chicken Parmesan, NY Style Cheesecake
(Vegetarian Lasagna upon request – in advance)

LEADER:

Pamela B., Area 44 G.S.R. Mid-Winter Luncheon Committee Chair

SPEAKERS:

Terry Bedient, Class A Trustee, Chairman, General Service Board
Greg T., General Manager, General Service Office

For additional information please call:

Pamela B., Chair:

or

Laverne L., Alternate Chair:

e-mail: luncheon@njiaa.org

****ASL and Spanish interpreters will be provided****

Mail Ticket Stub to:

NNJGS Area 44

G.S.R. Mid-Winter Luncheon

PO Box 2270

Union, NJ 07083

