

THIS DAY

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



Hi Everyone,
PARTICIPATION - noun Your participation is appreciated: involvement, part, contribution, association. The state of being related to a larger whole - Webster's ! Participation a word we throw around in service a lot. We have Concept 4 which speaks to the Right of Participation. October's Assembly had a presentation on "Participation: Is Your Group's Voice Being Heard" The 2018 General Service Conference theme is "A Solution for All Generations" with a discussion topic, that the January Assembly will have a presentation on, "Participation in All of A.A. - Is My Triangle Balanced". So the word participation is a word that we talk about, we share experience on, we write about and have presentations on. So why is it so hard to find members of our fellowship to participate.

! The theme of this issue is gratitude. I remember when the old timers in Jersey City use to say don't tell me your grateful - show me you're grateful! With the Holiday's on top of us there will be meetings all over the Area with the topic of gratitude. Now don't get me wrong I'm totally grateful for A.A. and my sobriety and the life I've been given. I'm totally grateful for the people that God has put in my life and for the relationship I have with my Higher Power but does my participation reflect my gratitude.!

! Area 44 over the last year had a Ad Hoc committee on Communication, Attendance and Involvement with some startling results of an questionnaire they recently distributed throughout the Area and our website. Out of the 32,228 AA members in Area 44, according to the Final Report of the 2016 General Service Conference, 268 responses were received. The purpose of the questionnaire was to determine why people were not getting involved in service beyond the group and to hopefully encourage people to get involved. The biggest reason not to was a

lack of ime, work schedule, child care etc. Others felt that they wanted to stay out of the business of A.A. I've been told taught and shown that the business of A.A boils down to one thing: carrying the message to the alcoholic who stills suffers. To the person who is still out there and doesn't know we exist. We do this through our services and our literature. To quote Dr Bob in his last talk, at the 1950 International Convention in Cleveland - "one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind." ! Area 44 will present A Morning of Love and Service on January 13 in Middletown NJ. This will be a unique and special experience, to inspire A.A. members in a very different way to get involved in service beyond the Home Group.

I hope to see you all there. One of the biggest things I found out about service is that i didn't know what I didn't know and thought I knew. Contempt prior to investigation has always been my middle name. I hope that everyone has a Sober and Healthy Holiday Season. I hope that as we roll into 2018 we can take a look at our lives and ask ourselves "does my participation reflect my gratitude?". Grateful to Serve, Jimmy A. Area Chair



Hello all!! I hope this message finds you enjoying another 24. We have been rather busy at Intergroup, mostly preparing for our Intergroup Gratitude Brunch this month. We will be having it on November 19 beginning at 10:30 am at Pantagis Renaissance in Scotch Plains. Our leader will be outgoing Intergroup

Chain Aaron K. with our speaker Gail C. from the Caldwell Sunday night group. Please note - there will not be tickets sold at the door.

2017 has been a rather busy year. We changed over our officers, which I am humbled to announce I am the new Intergroup Chair. We also have elected a new Trustees Chair (Justin B.) with a fairly new board of trustees.

Thank you to all the groups that keep us alive with donations. While group contribution is down 2% year over year (through September), I would imagine we will end the year in the same place as last year. We are currently in the process of looking into lowering our prudent reserve target from 9 months to 6 months. This vote will be taken at our January meeting, so please be sure your group is there and represented. If you have any questions regarding this vote or the process, please feel free to contact me at intergroup-chair@nnjaa.org. We are asking groups to help us find some volunteers for our committee chairs. Being that we have Joint committees with the Area, we also have co-chairs. This is a GREAT opportunity to do service outside of the group. If you have any questions or interest please email intergroup-chair@nnjaa.org.

Looking forward to an amazing end of the year and a great 2018, but most of all, the current 24. Love and Service, John H.

Area 44
Presents
"A Morning of Love & Service"


Language of the Heart


Dr. Bob
Bill W.

January 13, 2018
8:30 AM Breakfast
9:00 AM - 12:30 PM

New Monmouth Baptist Church
4 Cherry Tree Farm Road
Middletown, NJ

Directions:
From the North or South
Take exit 117 from Garden State Parkway to NJ-35 S to 4 Cherry Tree Farm Rd in Middletown, NJ

also inside

- Area Treasurer's Report 2
- Standing and Special Committee Reports 2-5
- Fourth Founding Moment 4
- Speak Out 4-10
- District Service Meetings 11
- Intergroup and Area Calendars 11
- We are Not a glum lot..... 11

Next Issue Deadline
February 16
newsletter@nnjaa.org



Thank you, Area 44 for allowing me to serve!
 We are near the end of this year and I want to Thank all the groups and individuals who have sent in contributions to the Area. It is always greatly appreciated. I'm still looking forward to the Finance Committee implementing QuickBooks for the Area's accounting needs. I think this will be a great improvement to the readability of the financial report. If you have knowledge of QuickBooks, please contact me or the Finance Chair, Russ W. We will need your assistance when we start the implementation. I think we have an outstanding team working for Area 44's 12 step work. If anyone has any questions about the finances of the Area, feel free to contact me @ treasurer@nnjaa.org.
 Again, thank you for allowing me to be of service and keep the contributions coming.
 Anita C.
 Area Treasurer

RUS SERVICE CORP T/A NNJGS AREA 44 TREASURER'S REPORT For Period Ending Sep 30, 2017			
SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)			
	Money Mkt	Checking	Totals
Opening Account Balances for Current Period (Aug 31, 2017)	\$92,678.87	\$41,478.66	\$134,157.53
Revenue for the Period	\$6.09	\$22,488.95	\$22,495.04
Expenses for the Period	\$0.00	(\$27,310.89)	(\$27,310.89)
Transfer between Money Market and Checking			\$0.00
Ending Balance for All Accounts for Current Period (Sep 30, 2017)	<u>\$92,684.96</u>	<u>\$36,656.72</u>	<u>\$129,341.68</u>
CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD			
	Money Mkt	Checking	Totals
Statement Balances (Sep 30, 2017)	\$92,684.96	\$47,289.20	\$139,974.16
Outstanding Checks	\$0.00	(\$10,632.48)	(\$10,632.48)
Outstanding Deposits	\$0.00	\$0.00	\$0.00
Adjusted Bank Balances (Sep 30, 2017)	<u>\$92,684.96</u>	<u>\$36,656.72</u>	<u>\$129,341.68</u>
Variance in Reconciliation			\$0.00
Designated Funds at (Sep 30, 2017)			
Jailbox Contributions	\$6,819.44		
International Hospitality Suite	\$2,886.49		
Excess Prudent Reserve Approved Projects	\$4,844.00		
Total Designated Funds:	<u>\$14,549.93</u>		
ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)			
Current Checking Account Balance		\$36,656.72	
Less: Prior 12 Month's Average Monthly Expenses Times Two			<u>(\$34,768.00)</u>
Over / (Under)			<u>\$1,888.72</u>
ANALYSIS OF PRUDENT RESERVE			
Total Cash in Bank (Not Including Convention Acct)		\$129,341.68	
Less: Designated Funds (Jailbox, etc.)			<u>(\$14,549.93)</u>
Less: Checking Account Guidelines (2 month average expenses)			<u>(\$34,768.00)</u>
PRUDENT RESERVE FUNDS			\$80,023.75
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)			<u>(\$48,320.00)</u>
Over / (Under)			<u>\$31,703.75</u>
SUMMARY OF OFFICIAL APPROVALS / REVIEWS			
Individual/Group	Action	Completed Through	
Treasurer	Approved	September 2017	
Alternate Treasurer	Approved	September 2017	
Finance Committee	Approved	September 2017	
Officers	Reviewed	September 2017	
ACM	Approved	July 2017	
Assembly	Approved	July 2017	



Heard it through the Grapevine - with Gratitude...

As the year ends and the holidays descend upon us, I cannot help but reflect on my gratitude for this past year. Not only has it been a time of personal growth, but it has also been an opportunity to learn to serve Area 44 in a special way. The Grapevine Committee is an awesome group, comprised of a true cross-section of AA members – a wonderful, caring, giving, and jovial “bunch” who truly enjoy sobriety and one another’s company. Despite our reputation as the “fun” committee, however, we “grapes” always remember our primary purpose: to make sobriety accessible to those who need and want it.

Our activities have been numerous this year, and have included participating in days of sharing and spirituality breakfasts; attending the Area Convention and assemblies; fulfilling speaking commitments on a quarterly basis; selling literature at Booker’s and the Intergroup meetings; and, of course, acting and singing in our much-sought-after Grapevine play at the Area Convention. This year we were pleased to present It’s a Wonderful Life...If You’re

Sober, written by the amazing Jeff W. and performed by our indomitable and talented cast. Amid all the music and hilarity, however, there was a serious message: AA Grapevine and La Viña are a vital component of the AA program, and AA would not be quite the same without them.

We of the Grapevine Committee wish to reiterate that our mission is not only to provide entertainment and festivity to Area 44, but also to carry the message of sobriety to the members of Area 44 through “our meeting in print” as outlined by Bill W. and the other founders. In 1986, an advisory action was passed by the General Service Conference, officially recognizing AA Grapevine as the international journal of Alcoholics Anonymous. Absorbing the full import of this event, I am humbled and awestruck by my responsibility as a trusted servant of our Grapevine Committee. I am also extremely grateful to the members of this fabulous “bunch of grapes.” As I tell them every month, they rock, and so does this service!

In love and fellowship,
 Marybeth H.
 Your Area 44 Grapevine Chair

Cooperation with the Professional Community Committee

Greetings from CPC!

As we close out another year, I’d like to personally thank those who have contributed to the success of our CPC committee: Phil, District 26; Rob, District 19; George, Districts 27/29; Jen, District 22; Herb, District 3; Mindy, District 9; Mary Lou, District 8; Rich and Bruce, District 25; Van, District 39; Mel, District 36; Bill, District 18; and Sean, District 28. There would be no committee without these men and women who work tirelessly to carry the message to the professional community.

A lot of great work was accomplished this past year. I say this as a way of acknowledging our committee, but also as a means of hoping to tempt others to be a part of. We’ve attended multiple events in New Jersey in and out of the fellowship, such as the New Jersey Nurses Convention, National Association of Social Workers NJ, speaker jams, days of sharing, the NNJAA Area 44 Convention, etc. We’ve also recently visited multiple nursing programs throughout the state and continue to meet with professionals in the justice system, medical field, etc. We know we are responsible for educating professionals who come in contact with alcoholics because we want these professionals to feel

comfortable recommending AA to those that may need it.

Cooperating with the Professional Communities is rather fulfilling, and I am grateful for the experience to serve. Recently, Bruce, Rich and I were able to speak with nursing students at Passaic Community College. What an opportunity to share with members outside of the fellowship and dispel some myths! Those who don’t know 12 step recovery, I think, value the opportunity to learn. And for me, I receive a bit of encouragement, knowing that I am there for others who may need the fellowship. CPC has afforded me additional opportunities, outside of the homegroup and meeting space, to share a message of hope and recovery. What a blessing! If I can impart anything upon you with these words, my message would be: we need you! We need your help! Our committee has lost a few members, and many of our committee members are rotating out. We need you to continue carrying this vital message to help alcoholics present and future. We are responsible for passing along what we know so that lives can be changed for the better. Join us on the broad highway.

In love and service,
 Megan D.
 Area 44 CPC Chair



“Jailed Sober and Living The Program To Carry The Message”

Carrying the message is part of every good AA's journey in sobriety, carrying the message after being jailed with almost a year sober was the “acid test” he needed and that quite possibly saved his life. In turn it made me a believer that AA works for those that put the honest effort into working the AA program. For the purposes of this article, we will call my God given subject “Bob”.

I had the not so glamorous pleasure of being introduced to Bob seven years ago, Bob seemed like your typical alcoholic and was especially talented at the denial and defiant part of earning his seat in our AA fellowship! Bob had a home, a wife, two cars in the driveway, 2 dogs, one of many jobs, and a unbelievable aspiration to continue all these wonderful things while maintaining a 24/7 drunk. I identified with Bob and from past experiences knew exactly what I was up against, so I thought. This was not going to be easy and as I was taught, nothing worthwhile in sobriety is easy. I knew my efforts could not go without the help of my higher power and immediately asked for the proper wisdom and guidance to do his will, whatever that might be. The message I received back after months of thought and working with Bob was very clear, helping Bob find a sober life beyond his wildest dreams before the inevitable destruction of his

life as he knew it was my task. My next 6 years (yes, this is all about me) was filled with joys, challenges, obstacles, uncomfortable situations, let downs and pick-me-ups as fast as I could handle them. Looking back now, it did not seem like a day went by while working with Bob that I could not help but be grateful for all the things AA has given me since my last drink. “There for the grace of God go I” and “accept the things I cannot change” were part of my hourly vocabulary. Throughout these 6 years I brought Bob to hundreds of meetings, he knew that AA made him feel better, I felt it in my heart that he knew this would be his way out of the miserable life that “would never happen to him” Bob's progression took off in the opposite direction of my hopeful expectations (I should know better by now), his health was failing, his marriage was failing, his employment failed many times, the wife ultimately left with pending divorce, the cars got destroyed (no explanation needed there), the dogs were relocated to a safe place and he was left with no place to live, no money, and yet was able to find the means to remain drunk, delusional, and without direction (I think we refer to this as the perfect storm) . Along with help from my higher power, I also heeded my mentors suggestion that perhaps another sober friend or two from the program could help me with Bob and perhaps put renewed hope in my efforts. This suggestion came to life when I arrived at Bobs house unannounced like I have done for the past 6 years, doors locked, TV blasting,

and Bob laying on the floor covered in vomit and blood. I made a few phone calls and came back to Bobs house with two dear friends from the program that I knew Bob looked up too. It took Bob another year to put down the drink one last time (we all hope and work toward this). Bob had one glimmer of hope, one I have not mentioned yet, his 13 year old son that had been mostly separated from Bob all his life. Bobs spiritual awakening had finally happened, his son was the key to willingness that had finally unlocked the door for Bob and he immersed himself in the program. 10 months into sobriety, recent sober life as he knew it was abruptly halted. Bob went to jail as a sober man, leaving behind a rented apartment, more bills than the US Mint, a heartbroken and devastated son that had a renewed relationship with his father. Bob knew what he had to do, he knew this was the wreckage of his past, he celebrated a year sobriety behind bars and somehow found the peace in his higher power that this was all going to be OK. Bob passed the time trying to help others behind the same walls he was, working his own program and making a list of things he is going to do going forward living as a sober man when he gets out. Bob will also celebrate this Thanksgiving in Jail, only now he knows what being thankful really means. Bob is a sober man of substance today, and so am I, Thank you Bob.
Frank G



Experience Beyond My Knowledge

Seven years ago my Sponsor and Service Sponsor (All-in-one) asked me if I would be interested in being a part of a committee (at the area level) in which she is involved in and would like my help “WHAT!” Now, she knows my fears of working with diverse groups of people but she still felt this to be a wonderful opportunity for me to face my fears in this area. Of course FEAR gripped me. I thought, “Is she serious! At the AREA LEVEL with the BIG DOGS!!” Yes, she was serious. Needless to say I got out of my head like I was taught and trusted the process.

With the support and encouragement of this committee, what a wonderful journey this has been in working with such beautiful, loving, caring and sharing people who taught me what the WE in this program is all about. I have learned that there is no such thing as a bogeyman. So if you have any fears or doubts, step up to the plate and face YOUR fears and come join us... We meet every first Monday of the month at the area office.

Again, Fear Knocked At The Door Faith Opened It And Nobody Was There.

Laverne L.
Chairperson
GSR Mid-Winter Luncheon 2018

Continued on page 8



- Verona Tuesday Night Group
- Linden 4:30pm Wed
- Dawn Patrol Group
- New Vernon Women's Meeting HP Mon Nite
- No Psychobabble Group
- Daily Reprieve Group
- 10:30 am Sat Step Meeting
- We Will Know a New Peace Sobriety on Sunday
- Serenity Porch Group
- We Care
- Steps to Grace & Dignity Franklin Groups

- Union Hill Drop In Center
- AA Eye Openers
- CF Committee
- Toms River Main Street
- Green Pond
- Morning Miracles
- Maplewood Thursday
- Stepping Stones
- New Lifers
- Homer Group
- By the Book Group
- Hill St Blues
- Unknown
- Vernon Breakneck Group
- Daily Reflections
- Monday 12:15 Closed Discussion Circle of Friends
- Westfield Clear the Air
- Clark Saturday Nite Live
- Clark Wednesday Afternoon Discussion Grp
- Happy Destiny Group
- Sunrise Group
- New Beginnings
- 7:30 AM Morning Meditation
- Sick As Your Secrets
- Bridgewater Step Group

- Hillsboro Haven of Hope
- Monday 12:15 Closed Discussion
- Just For Today Group
- Port Reading Thursday Night Group
- Daily Reflections
- Hill St Blues
- 7:30 AM Morning Meditation
- AA Eye Openers
- Morning Miracles
- Union Hill Drop In Center
- Verona Tuesday Night
- Daily Reflections
- Palisades Group
- Ruby Slippers Group
- Middletown Morning Meeting Maplewood Thursday Night Group
- Wake Up & Smell the Coffee Group
- Mt Fern, Randolph
- Mendham Monday Night Speaker
- Sunrise Group
- Daily Reprieve Group
- Step Meeting
- Morning Serenity Group
- Circle of Friends
- Living in the Spirit
- Corrections Committee

- A Vision for You
- Vineyard Rd Group
- Stepping Stones
- East Dover Monday
- Homer Group
- New Lifers
- New Lifers
- Verona Tuesday Night
- Green Pond AA
- Hill St Blues
- Daily Reflections
- AA Eye Openers
- Monday 12:15 Closed Discussion

**Theme for the next issue of This Day:
The Three Legacies: Recovery, Service and Unity**

The Fourth Founding Moment

By John B. Area 44 Associate Archivist

It has been our great pleasure and privilege over the last 3 quarters to write about the Four Founding Moments. Today's article is the conclusion of our series.

The fourth founding moment was when Bill W. met Dr. Bob S. on Mother's day in 1935.

Let's go back at look at Bill's experience in the Town's Hospital and the significance of his awakening.

"The significance of all this burst upon me. Deflation at depth—yes, that was it. Exactly that had happened to me. Dr. Carl Jung had told an Oxford Group friend of Ebby's how hopeless his alcoholism was and Dr. Silkworth had passed the same sentence on me."

As part of his spiritual experience in the Town's Hospital Bill has a vision of a chain reaction of drunks with one recovered alcoholic carrying the Good News to the next. He has a "Vision for You" Bill begins working with drunks trying to carry the message of his "White Light" experience. He is unable to help anyone stay sober. Dejected that he is unable to help anyone Bill goes to see Dr. Silkworth. Silkworth helps Bill adjust his approach.

Dr. Silkworth reminds Bill that you've got to have deflation at

depth before you can introduce the solution. Tell them about the physical allergy and the obsession of the mind first...then if they admit defeat then you can tell them of the spiritual solution (The Power greater than human power)

In early May of 1935, Bill having returned to work in business leads a proxy fight in Akron, Ohio to seize control of the National Rubber Machinery Co. The fight is quickly lost and Bill finds himself in the lobby of the Mayflower Hotel abandoned by his business associates, no money to pay his hotel bill, and totally dejected. The music and laughter emanating from the smoke filled lobby bar calls out to Bill who is now in danger of drinking. Bill instinctively knows he must find another alcoholic to talk to if he is to remain sober.

Finding a directory of nearby churches in the lobby he begins to call the pastors at random explaining his situation.

He reaches the Rev Walter Tunks, (Firestone's Minister) who refers him to an Oxford Group Member named Norman Sheppard. Bill speaks to Norman Sheppard, who is about to leave Akron on a trip, who in turn refers Bill to Henrietta Sieberling.

Bill is initially afraid to call Henrietta thinking she is the wife of

Frank Sieberling, head of the Good Year Rubber Co and whom Bill had previously met. Summoning up still more courage and a willingness to go to any lengths, Bill makes the call to Henrietta and is relieved to learn that she is the divorced daughter-in-law of Frank Sieberling. Bill explains to her that he is a member of the Oxford Group in New York; that he has recovered from alcoholism and needs to work with another drunk to keep himself sober. Henrietta tells Bill "you come right over here" and views Bill Wilson as "manna from Heaven" and the answer to her prayers for Dr. Bob.

On May 11, 1935 Henrietta calls Anne Smith to arrange a meeting between Bill Wilson (the rumhound from NY) and Bob. Dr. Bob had already passed out for the night but Anne promised Henrietta she'd convince Bob to come over to Henrietta's for dinner tomorrow, Mother's Day, to meet Bill.

On May 12, 1935 Anne Smith brought her husband to Henrietta Sieberling's home, the Gate House on the Sieberling Estate. Dr. Bob had promised he'd give Bill Wilson fifteen minutes of his time. Bill broke the ice by telling Bob he looked like he could use a drink. Bill and Bob spent the next several hours talking alone. Bill

connects with Bob by telling his story, about the allergy and the powerless condition as Dr. Silkworth had suggested. When they emerged from the library, Bob knew he had found a kindred spirit in Bill Wilson, whom he described as the first living person who knew what they were talking about when it came to alcoholism. In other words, they talked the same language. The Language of the Heart!

And lastly, the message of this founding moment

- That we were alcoholic and could not manage our own lives
- That no human power could have relieved our alcoholism
- That God could do for me what I could not do myself. (God could and would if he were sought)

Thanks and God Bless!

Grateful for this Service Opportunity

"You want me to do what?!? But, I've never been in jail"! That was my response to my sponsor when, she suggested I get involved with bringing meetings into correctional facilities as part of my 12th step work. As soon as the words left my mouth, the word 'yet' quickly came to mind - I had not been in jail, yet. Had I not come into AA when I did, jail would have easily been part of my story. That conversation left me curious. Could my experience help inmates? I didn't know. However, I was aware I had to give back what I had been given in order to keep it.

A few months later attending a Day of Sharing workshop on Service, I was presented with an opportunity to bring meetings into Somerset County Jail. My Higher Power at work, I got my many questions answered and overcame my hesitation and began the

application process. I was invited to an Area Corrections Workshop where I heard a former inmate speak. As she shared her story I thought to myself... "did that" and by the grace of God, didn't get caught... "I felt that way" and recalled that feeling of pitiful and incomprehensible demoralization. She shared about how incredibly helpful the jail meetings had been, helped me to understand what an inmate is thinking and feeling, and how the meetings and literature are an oasis to their day-to-day situation.

The application process and training took several months, but the preparation was worth it. The Somerset County Jail commitment of facilitating weekly meetings, is shared among a group of women on a rotational schedule. Working with the County Jail means there are rules to follow, and a bureaucratic process of paperwork to be completed. The Guard's primary responsibility is the safety and security of the in-

mates. We are in their house, so if they run late or turn us away due to an incident, we don't get upset when the meeting is cancelled.

Often on the day I am scheduled, I feel a little apprehension, so I spend a little extra time asking my Higher Power to help me bring a message of hope. Our meetings follow the familiar format and discussion topics reflect where the girls are in their sobriety journey, often landing in suggestions to help them manage day to day in the pod. There is no doubt we share a common bond - that feeling of hopeless. Facilitating the discussion reinforces that the 12 Step program provides a solution, and that it worked for us.

I have been doing this commitment for a little over 3 years, and cherish the opportunity to bring the literature and carry a message of hope. Each time I conclude a meeting, I am grateful that I am able to exit. Listening to the clang of each steel door as

it close behind me, reminds me how precious my sobriety is. As I drive away from the building, I thank God for the freedom I have been given. I pray for the women behind those doors, hopeful they heard something that will keep them coming back next week, and knowing there is hope the day they are released that they can stay sober.

Please pay attention to the Pink Can or Jail Box at your meeting. Think of the hopelessness the men and women behind those steel doors feel. They need to hear there is a solution and your donation provides the literature containing the message. Consider service with the Correctional Facilities Committee and contact CFC Chair @ - CFC@nnjaa.org

-Gerrienne B - Bound Brook God Is Good Group



WHAT IS NIGHTWATCH? ANSWER CALLS TO INTER- GROUP FROM YOUR HOME

When you volunteer as a Nightwatch person you take on the responsibility of responding to calls directed to Alcoholics Anonymous during the hours the Intergroup Office is closed. For this responsibility it is suggested you have one year of continuous sobriety. Your primary task is to be there and to respond to anyone who reaches out for the hand of AA. You may be the first and only contact this caller has with A.A.

In Area 44 of Northern NJ, the Nightwatch Program is coordinated by the Nightwatch Committee, along with the Nightwatch Area Coordinators, and the AA groups in that Coordinator's district. Without the volunteers from the groups, no one would be there to answer the phones and help an alcoholic in need of support. Your home group has the opportunity to provide valuable service to people who want to find an AA meeting or who need Twelfth Step Work. Your group will take a one-week commitment. The members of the group volunteer to answer the phone in their home. The AA phone number is forwarded to the volunteer's house, so the caller NEVER sees your number, and it's strongly suggested that you don't ever give your number to the caller. Each volunteer from the group covers one or more of the telephone answering "shifts", which are:

- Week nights from 6 pm, until 8 am. (If you need to leave home earlier than 8 am, calls can be transferred to Intergroup's answering service).
- Saturdays, Sundays, and Holidays from 9 am to 3 pm
3 pm to 9 pm
9 pm until the next morning.

Small groups can team up with members of nearby groups to cover the week's commitment. Your Area Coordinator will happily assist you with this. Furthermore, if YOU would like to be a volunteer, but don't attend meetings with any group that participates, call the Intergroup Office at a time when it's open. Let us know you are interested. We can arrange

with your Area Coordinator to give you an assignment.

The Area Coordinator provides volunteers with a Nightwatch Manual. The manual has Guidelines and Procedures for handling all types of calls, along with a list of 12th Step contacts listed by county and town. Our NNJAA web site is also an invaluable resource for finding meetings. Typically, you will receive about 30 calls or fewer, depending on the day and the length of your shift. Most of the calls will be from people trying to locate a meeting. A few will be from people who are struggling to stay sober, and some from newcomers who have finally reached their bottom. You may receive a call from a desperate family member. This is always a good reminder of how we tormented our loved ones when we were active. We are profoundly sympathetic, but we do not offer help beyond suggesting that they contact the Al-Anon Family Group. The phone number for that resource is in the Nightwatch Manual and also on our Web site. We also never recommend rehab or detox facilities. In addition, we do not offer to pick up people to take them to meetings. Our Primary Purpose is to stay sober and help other alcoholics achieve sobriety. Keep it simple.

INTERGROUP NEEDS YOUR SERVICE WITH NIGHTWATCH. IF YOUR GROUP WANTS TO PARTICIPATE, PLEASE CALL THE INTERGROUP OFFICE. THE OFFICE HOURS ARE MONDAY THROUGH FRIDAY FROM 10 AM TO 6 PM (CLOSED ON HOLIDAYS).

GIVE US A CALL TO SIGN UP. YOUR REWARD WILL TRULY BE GRATITUDE IN ACTION. 908-687-8566 OR 800-245-1377

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"



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*

Getting off the Stool

I have come to realize that recovery is not for the faint hearted. Because, well, recovery is about change. My old ideas, my old beliefs, my old lifestyle no longer seem to serve me anymore and I must change. This is true when I first enter recovery, and it has been true many times since I put the drink down. I must change, or I die. And by die, I don't mean a physical death. I mean a spiritual death. And for an alcoholic like me, there is no greater death because this death is experienced within the physical self. The mind and soul are acutely aware of the spirit dying. In my current state, I know there is not greater verity than this. There is, however, an ability for the spirit to be reborn. How grateful we are to get the chance to be reborn.

So, let's keep it real: I'm sitting at Starbucks, staring at this partially blank page, wondering what exactly do I have to offer you, to my Fellowship? My initial thought is I have nothing to offer. But this is an old idea. One that MUST be smashed! Intellectually, I know this idea to be false. On a personal level, I want to dismiss this idea. Or I could run this debilitating internal dialogue by my sponsor for the tenth, twentieth or thirtieth time, but I have internalized the words I know I will hear: Old believing tells you that you have no worth, but you do have worth. Your worth comes from god and no one else. You must ask god for help to change this old belief. Then, get busy -- take actions contrary to your belief and seek the truth. (Well, she may word it a bit differently, but you get my drift, right?)


So, I call upon god for some inspiration and the glare in my computer screen reflects my necklace

which reads "courage". I recite part of the Serenity Prayer aloud in my head: Courage to change the things I can. Me. I sigh. I feel, yet again, I am at a crossroads in my recovery. Change or I perish. Again. And for a moment, that's all I can think about. Again. Why again? But before I can begin to wallow in the self-pity and despair, the crippling pain of self, I can do nothing but smile.

For me, I know my greatest spiritual experiences come from these moments. Growth pains, I've heard them called. Something doesn't quite feel right. But what a gift? Because the gift of pain forces me to acknowledge that I am, yet again, uncovering, discovering and discarding that which does not serve me. What is that but freedom? Then, I am again able to acknowledge that the ability to change allows my soul a chance to thrive, a chance to renew, a chance to occupy a new state of existence and consciousness.

I am reminded of something I heard early on from my father, who introduced me to Alcoholics Anonymous: If you're not growing, you're going. I realize that this may seem a bit harsh to some, but I've never forgotten this simple "slogan" and I don't ever want to. Prior to Alcoholics Anonymous, I wasn't interested in growing. I was unable to grow. Today, I feel nothing but gratitude for these moments and for the program of Alcoholics Anonymous. The program has taught me much about myself, but most importantly, that who I am, wherever I am at, is okay. This brief feeling of unworthiness is false, temporary. By employing a few tools I have learned in AA, such as acceptance and honesty, surrender and faith, love and service, right here, right now, I can turn this moment around. I can reset and start anew. So, at this little high top by the window, I accept my feelings of worthlessness, but acknowledge that this is not the truth. I surrender my thoughts, ideas and beliefs to my higher power and employ faith that my god has my back. I ask for clarity and truth. I ask that god help me with my false believing and thinking. I practice love for myself and others. And, finally, I muster up some courage and I'm signing off: time to go put myself out there and think about others. I'm getting off the stool. I'm going to be a part of the world.

Happy travels on your journey!



NORTH NEW JERSEY GENERAL SERVICE AREA 44
 NNJGS - 2325 PLAINFIELD AVENUE - SOUTH PLAINFIELD, NEW JERSEY 07069
 www.nnjaa.org

WINTER 2017

G.S.R. Mid-Winter Luncheon Committee

The General Service Representative (GSR) of our groups did the most important job in the A.A. process for communications and for getting things done to help alcoholics without the need for bosses or rules. A.A. runs its own affairs without any outside interference. So each A.A. group needs to make its voice heard on overall A.A. policies. Each group has its say at worldwide A.A. through its GSR.

If a group does not have a GSR, it is isolated from the rest of the fellowship. It does not participate in the group conscience of A.A. as a whole. For every district of about ten groups or more, a District Committee Member (D.C.M.) is elected by the GSR's. These D.C.M.'s make up the Area Committee. D.C.M.'s hold district committee meetings with their GSR's regularly. D.C.M.'s also vote on matters of A.A. policy at district and area levels. They also elect our area officers and delegate to the General Service Conference every 2 years.

The first Area Luncheon on record was held at the Sheraton Regatta in Asatway, New Jersey on April 5, 1981. The purpose of the luncheon from that time forward has been focused on the G.S.R.'s commitment to the group and to A.A. as a whole. The time that is put into being a GSR goes unnoticed. The Luncheon is a way of showing gratitude for their efforts to keep the life blood of A.A. - the home group - involved in A.A. worldwide.

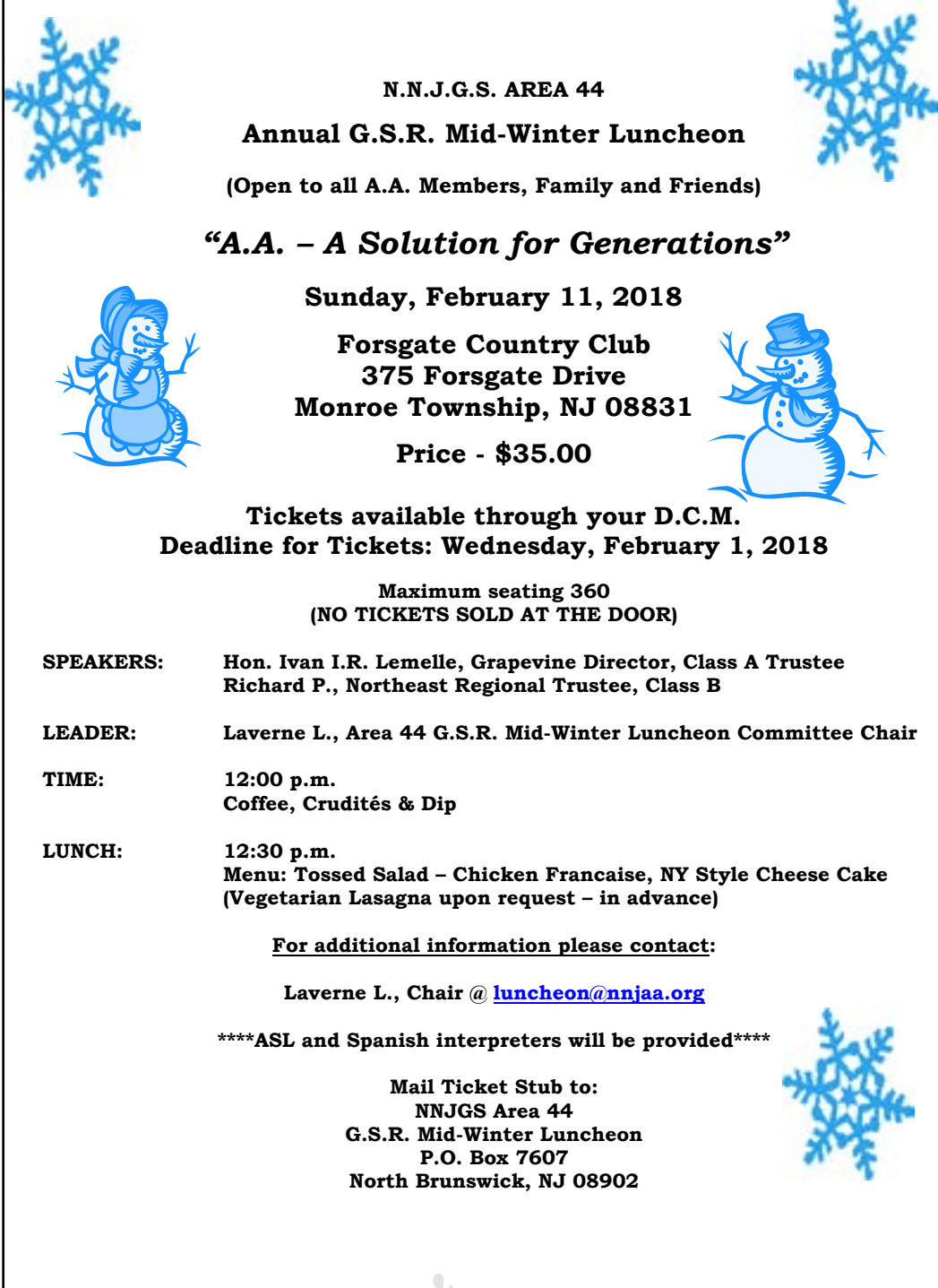
Please see your D.C.M. for tickets. Return the bottom portion of the ticket noting the person's name and district on it along with your payment. Please note that the seating is limited to ten (10) people per table. The deadline for ticket sales is Thursday, February 1, 2018. Checks can be made payable to "NNJGS Area 44" and mailed to:

NNJGS Area 44
 G.S.R. Mid-Winter Luncheon Committee
 P.O. Box 7607
 North Brunswick, NJ 08902

Membership in AA and what we should give to the fellowship.

We should give back what was so freely given to us and more. Of course being a member of a home group is very important. Being active in a home group is what it's all about. Do you have a home group, what are you doing for it. Being a member also is not just something you say "OH THAT'S MY HOME GROUP" and never doing anything within the group. All home groups have service position that need to be filled and many don't have the members stepping up. General Service rep. (GSR) who reports back to the group all business and changes going on in AA in the district we live (Harrison, Kearny, N.A., Belleville, Nutley, and Lyndhurst N.J.) Group Literature Chair I think we can figure out what they do. (Provides all literature for groups that they decide they want at a business meeting.) Does your group have a GSR? How about you, will you step up and try to do it? Not enough do as I witness in my district 13 meetings

Attending business are a must for every home group member. There is much information that is passed through these meetings. Things are different in all home groups do you know what goes on in yours? Speaking commitments, coffee makers, greeters, chair positions should fall on the shoulders of the same people. This is a we fellowship so we need you to be there. Changes in any policies within the group are decided by the people in attendance. Without us being active in our home groups, A.A. will just go away and people will die and never have the chance you had to live a sober life. The 7th tradition collections at meetings, how much should we give? Well rent must be paid, coffee and snacks are always offered, literature and pamphlets must be made available to newcomers. Yes your home group pays for all these things and more. While drinking money was no object. But when the basket comes around many have their hand stuck in their pocket. All money goes to the work done in your home group, district 13 and area 44 to help AA's get well. I have a home group and am active in it. I have made coffee, chaired meetings, gone on speaking commitments, been group GSR. Serving as a GSR has opened other doors for me to do work in my District 13. It doesn't end at the home group but it does start there. I've been blessed to be Public Information chair for our district 13 and held the position for 6 years, yes it's supposed to be a 2 year position so step up folks... I love this because I been able to carry the message to the 7 high schools, libraries, senior centers, police stations in our district. We can use help ask all the people around the room at the tables grapevine, history and archives, treatment, literature, intergroup corrections, CPC most of these service we are involved in are around the room and the folks would love to talk about what they do. Johnny O' Newark N.J.



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

Annual G.S.R. Mid-Winter Luncheon
 (Open to all A.A. Members, Family and Friends)

"A.A. – A Solution for Generations"

Sunday, February 11, 2018

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, 2018

Maximum seating 360
(NO TICKETS SOLD AT THE DOOR)

SPEAKERS: Hon. Ivan I.R. Lemelle, Grapevine Director, Class A Trustee
 Richard P., Northeast Regional Trustee, Class B

LEADER: Laverne L., Area 44 G.S.R. Mid-Winter Luncheon Committee Chair

TIME: 12:00 p.m.
 Coffee, Crudités & Dip

LUNCH: 12:30 p.m.
 Menu: Tossed Salad – Chicken Francaise, NY Style Cheese Cake
 (Vegetarian Lasagna upon request – in advance)

For additional information please contact:
 Laverne L., Chair @ luncheon@nnjaa.org

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

Mail Ticket Stub to:
 NNJGS Area 44
 G.S.R. Mid-Winter Luncheon
 P.O. Box 7607
 North Brunswick, NJ 08902



CAN YOU IMAGINE???

In the Big Book the word “gratitude” is never mentioned! (You’re kidding, right?). In the 12 & 12 it is mentioned only once! Yep, Only one time and that’s it.

“An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.” – 12 & 12 - Step 10, p. 95

“GRATEFUL” only appears 5 times between the 2 main sources of reference for our sobriety.

I remember one of my very first AA meetings was held at a church in a nursery school classroom. The chairs were about one foot off the ground. Some of us who were new and attended this “Beginner Meeting” thought “How humiliating! Aren’t we feeling low enough? Do they really have to stick us in here, away from the main meeting?” (where there were others sitting in real chairs listening to a speaker). The fact was that the leader, an elderly gray-haired woman named Mary (with lots of sobriety I later found out), also sat in the same type of chair as the rest of us. She didn’t ask “how much time we had”, or “how was your day”. She just showed us how to “try” to be humble and “thankful”. Her first question to all of us after the opening was “what are each of you grateful for today?”.

Some of us were fresh out of rehab, others had stumbled in off the street. Nearly none of us could imagine being “grateful” for anything and we were all looking at a life sentenced to misery and AA! We squirmed in our little chairs that night. But the thing she left us with was “start today and keep a Gratitude List. Get a notebook or a pad. If you remain grateful you will remain sober.”

I paid no attention to her wise words knowing that there must be more to this whole thing called AA. So, I forgot about being grateful within the next hour and certainly the next day. I didn’t do back to that meeting with the tiny chairs and the old woman. Heck, I really couldn’t think of anything

to be grateful for anyway. I was “white-knuckling it” and having a “hit or miss” start to staying sober. As I went to “speaker meetings” people seemed to use the words “gratitude” and “grateful” so much that I nearly got sick and tired of hearing how “wonderful” their lives were.

But, there was something I had to do. I had to stop drinking and stay stopped. So, finally willing to go to any length to try and stay sober, I got some paper and covered one of the kitchen cabinet doors above the counter. Being a visual person, I took a set of colored markers and started writing one thing a day that I could say I was “happy” about. Being an obsessive perfectionist, I made a commitment to do that every day. Write just one thing each day. Every day a different color (there were 8 colors). That and GO TO A MEETING.

This is how my sobriety started out. I couldn’t think of a lot to be grateful for. But I knew that it was the thought that counts. It was the thought that helped to transform me. But writing it down was like doing a Fourth Step. Putting it on paper and looking at it. It sort of looked like this.....

TODAY I HAVE GRATITUDE FOR:

2/10 I can see and I can hear. I didn’t drink
2/11 I finished a book I wanted to read. I didn’t drink.
2/12 I didn’t drink today. (missed a day)
2/14 I got a card from someone special, I didn’t drink.
2/15 I slept through the night. I didn’t drink.
2/16 The sunset was great tonight. Didn’t drink.
2/17 Thanks for the nice dinner. Didn’t drink.
2/18 At least I’m breathing. I didn’t drink.
Etc. etc. etc

Good days, Great days, Tough days, Terrible days. But only one day at a time, and I only had to have one thing to have gratitude for each day.

So many years later and there is still paper up on the kitchen cabinet. So many sheets have been replaced and other cabinets were covered as well. I have saved them all. My wife had joined in the ritual of stating “one thing I am grateful for today”. We share in each other’s Gratitude this way and learn about each other in small (and sometimes not so

small) ways.

Mary was so right! This has made me aware of the goodness in my life. It has made me aware of the goodness in me. I have learned how to be kind to myself and to others. To appreciate even the smallest thing about someone or something. My disposition has sweetened and I have been able to remain sober.

That’s what Gratitude can do for me and for you!

What are you grateful for today?
Jim Mc C - Sayreville

MY NAME IS NATALIE AND I AM AN ALCOHOLIC:

Growing up I wasn’t a huge believer in God. I firmly believed my direction in life was daily consumption of alcohol. After countless pleas for God to hear my prayers for help and how to stop drinking; well my prayers and pleas were never answered and I continued to drink. So, having belief in God faded with each drunken blackout for many years.

My drinking behavior began to change and for the first time in my drinking career, I began hiding my drinking. I somehow realized that this new direction of my drinking was a huge problem. After a family incident that took place on Christmas day 2016, my now ‘closet drinking’ was causing improper behavior. Promise after promise to myself turned into empty promises and I continued to drink heavily.

February 14th is the day my father was buried in the year of 2000. He decided to take his own life and I was left behind to dangerous self-destruction and punishment of myself. For so many years I felt guilt that his decision was because of his disappointment in me. Something came over me that day and I decided that would be the very last day I would drink. At this point there were no more blackouts and now again there was closet drinking and my life was completely unmanageable, miserable and I was sick and tired of being sick and tired. I had to make a change. Again, I pleaded with God to help me that long, dark, lonely, emotional night. I pleaded with him to help me through that night and to not pick up a drink the following day. Hour by hour I found the strength and my sobriety date is February 15, 2017. That plea to God for help was my spiritual awakening. I am now a huge believer in God

who has taken me by the hand and directed me into the fellowship of AA, and to my higher power.

I am blessed and grateful for my sobriety. I have made amends to myself that I am not responsible for my father’s decision. February will now be a month of celebration of sobriety instead of a month of self-destruction and punishment.

My name is Natalie H. and I am an alcoholic in recovery.

Are these extravagant

promises? We think not. We see them happening all around us, sometimes quickly, sometimes slowly. They will always materialize if we work for them. Alcoholics Anonymous, p. 84.

In my early days of recovery, AA seemed like a mystical cult. The people I saw at meetings were ordinary enough. It was what they said that was other-worldly. For example, they kept saying, “Fake it till you make it.” That was really strange. It was like being hypnotized on stage before an audience, where you knew exactly what you were doing, but just went along with the hypnotist’s instructions for the good of the show. So I did what they told me to do at meetings – arrived early, stayed late, set up and took down tables and chairs, made coffee, reached out my hand to others – even though I had little faith that anything good would come of these actions.

Actually, I did begin to feel a little better after following these simple instructions for a while. At least I wasn’t drinking, and it didn’t seem to bother me as much as I feared it would.

“Just bring the body, and the mind will follow.” There was another spooky AA slogan. How could that be? I felt like one of the “pod people” in that old movie, The Night of the Living Dead. Was this a subtle form of brainwashing? At early meetings I began to see myself as one of the characters in The Manchurian Candidate who had wandered into a meeting of the women’s garden club, knowing I didn’t belong there, but enduring the proceedings, while in reality a much more serious scene was taking place.

Before I knew it, I started enjoying the discussions and felt like I actually belonged there. Maybe there was something to these slo-

Continued on page 8

Continued from page 7
 gans after all. However, there was one slogan I thought I could never buy: "Don't give up before the miracle occurs." Get real! Was I supposed to hang around this program until some sort of burning bush appeared? I'd seen all the Cecil B. De Mille movies, and nothing like that was ever going to happen to me. Then something changed my mind on that score. I saw other newcomers walk through the doors of AA who were totally a mess. "He'll never make it!" I would say to myself about a particular AA novice. A few months later I would see the same person again who was hardly recognizable from the guy I saw at his first meeting. I remember one man in particular who looked like the typical Bowery bum at his first few meetings. He couldn't put two words together, but I did understand him to say he hadn't slept in a bed for three years. Three years later he spoke at an anniversary meeting. He looked and spoke like a distinguished college professor. There was no burning bush, but it was the closest thing to a miracle I ever saw. Now I take the various slogans to heart. If they're working for others, they must be working for me. I'm going to keep coming until they all materialize.

Chuck M., Freehold Daily Re-
 prieve

My spiritual journey in Alcoholics Anonymous hasn't always been a straight path. I came into AA a broken man, bankrupt in many ways, mainly spiritual, and AA picked me up and dusted me off, helped me adjust to a life without alcohol. Circumstances got better immediately, just by not drinking and going to meetings. I heard about the steps and sponsorship, I didn't think they applied to me; after all, I was just a nice guy who drank too much. I relied on meeting attendance and fellowship for a long time, for the first couple of years it worked, then it started not to work, and then it didn't work at all. At ten years of sobriety I reached a spiritual bottom, got a sponsor and started working the steps. In a matter of time I was working on my fourth step. After that I shared my fourth step with my sponsor, my higher power and myself. I learned about my character defects, how they affected other people and how they kept me blocked from my higher power. I relied further on my HP to remove my defects. I made a list of amends, and made those amends. After this process everything changed, my perspective changed, I realized my HP had been with me all along the way, through my active addiction, my years of abstinence, helping me along the way. Suddenly the meetings I was attending weren't living up to my newfound outlook. I started going to different meetings. I got

a home group for the first time, I got involved, and I took commitments. My home group took part in a group inventory. I learned about the traditions and why they matter. The facilitator for the group inventory suggested I be my home group's GSR. I didn't listen to my fears and reservations; I took her suggestion and volunteered. Anyone who knows me can tell you I take only two things seriously: my recovery and the fellowship of Alcoholics Anonymous. At the district meeting I met people who loved AA as much as I did. I found people who sacrificed their time and energy to make sure AA is there for the next alcoholic. I had the dubious distinction of sometimes being the guy with the most time in the room, while I was also the guy who knew the least about the traditions. Talk about humbling! But I went to district meetings and area assemblies; I listened and I learned. I was the conduit between my home group and AA as a whole. After my term as GSR ended, I was elected treasurer for my district. I served my district for two years as treasurer. Service beyond the home group changed my life. If it changed mine, it could change yours. It's never too late for recovery and it's never too late to get involved in service.

Alan R., GSR
 The How and Why of It Group
 District 13

Luncheon Continued from page 3

Thank you!

I would like to take this opportunity to let everyone know what a great experience it has been serving on the G.S.R. Mid-Winter Luncheon committee. The gratitude for being able to be of service in this capacity could never be expressed in words. As with everything that happens in my life today, this is not me and I am amazed how I'm always exactly where I'm supposed to be. I remember last year when I volunteered as a greeter and enjoyed it so much that this year I took on a committee role. I have grown to build wonderful relationships with old and new friends and look forward to the first Monday of the month to get together in the area office and be a part of this amazing committee. For example - I shared with my group (as we completed the mailing of flyers to all the groups in Area 44) how God worked in my life with a new job opportunity, with work of the program and help of a sponsor I walked through my fears, accepted God's grace (because at first I didn't think I could take the job) and for the first time in my life this new job did not take no for an answer, they actually saw my value and wanted me for this job, they really wanted me. As I was sharing, someone in the group mentioned how she needed to hear that and how she may need to take the steps for her job situation by not letting fear stop her. So even while doing service in a group of AA - God shows up in miraculous ways. The G.S.R. Mid-Winter Luncheon committee is currently working on an execution phase for the event which includes this message in the "This Day" newsletter, finalizing site details and speakers, the creation of the program, tickets availability - just to name a few things - that are happening right now. To witness how the heart of AA works and comes together for such a beautiful event never grows old to me. We truly hope to see everyone attend the G.S.R. Mid-Winter Luncheon on Sunday, February 11, 2018 and we look forward to sharing more moments together in AA. As always feedback and ideas are always welcomed.

In Love and Service

Martha R.
 Mid-Winter Luncheon Committee
 Program Chairperson

**NNJGS AREA 44
 DISTRICT 17 OF
 ALCOHOLICS ANONYMOUS
 ANNOUNCES THEIR**

28th 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: Sunday, December 24, 2017 at 6:00 PM
 with the Long-timers!!!**

Ending: Monday, December 25, 2017 at 12:00 (Midnight)

At

**The Alanon Association Club
 384 - 7th Avenue and No. 7th Street
 Newark, New Jersey**

**Committee Meetings:
 Oct. 16th, 23rd, Nov. 13th, 27th, Dec. 11th & 18th @ 6:00pm
 at the Alanon Association Club**

**A.A. Literature Will Be Available
 Grapevine Literature & Materials Will Be Available**

**GSR's Book Your Group's Slot with
 Booker: Laverne L. of Brick Church**

**For Individual or Group Donations contact
 Treasurer: Octavia M.**

**Chairperson: Linda C.
 Alternate Chairperson: Darrell A.**

**From your
Area Convention
Committee**



When I was almost a year sober, I went to my first Area 44 convention with my friends Kathy and Bridget. That was in 1997. All I can remember is a cold hotel, lots of old people (most probably the same age as me at the time), lousy food and speakers that I could not identify with. I left that weekend thinking this is something I won't be coming back to. For a lot of years I did not return.

I am honored to serve this year as the Area 44 convention Chair - yes that same convention I swore I would never go back to.

How does that happen?

Some years later I was asked to participate as one of the Spiritual Speakers on Sunday morning. A few years after that I was "voluntold" to come to the convention meeting and join. I remember the fear that gripped me before that first meeting, how could I possibly have anything to contribute. I had never participated in service outside my home group, and had I not been encouraged I might still be doing the same thing, staying within the comforts of what I know,

That was 8 years ago. So much

has happened over the last 8 years. As a member in good standing at the committee I have been fortunate enough to be a part of a committee inventory, adding some new meetings and just this year being in charge of the Scholarships - donations from our fellowship that allowed those less fortunate to attend because of others generosity.

When this year's convention was coming to an end, one of the scholarship recipients with tears in her eyes and 16 days of sobriety came over to me to let me know that the convention had changed her life. At that moment I knew why I was led to the committee all those years ago.

If you are stuck in your sobriety and need a little jolt, or even if you're not, come join us on the committee! We have fun and fellowship the third Wednesday of every month at the Area office. The experience for me has enriched my recovery!

Yours in Service,
Marybeth A.

Area 44 Convention Chair

ATTENTION: NNJGS AREA 44 DISTRICT 17

IT'S THAT TIME AGAIN!

*In the spirit of the holiday
District 17 will be having its
11th Annual New Year's Alkathon!*

**Sunday, December 31, 2017 (New Year's Eve) 6:00pm
thru
Monday, January 1, 2018 (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!

*Meeting dates are:
October 30, November 20 and December 11 & 18, 2017*

*Any questions or anyone interested in participating contact:
Conrad F., - Chairperson
Bill G., Alt. Chairperson*

**AREA 44
CONVENTION COMMITTEE
WE NEED YOU!**

Anyone interested in Service outside the home group
Come join the Convention Committee
We meet the third Wednesday of every month at the

**Area 44 Office
2325 Plainfield Ave., Suite 2
South Plainfield**

Email us for more information:
convention@nnjaa.org

**8:00 PM
62nd Annual Area 44 Convention
September 21-23, 2018**

Get Involved!

*"A.A. service is anything whatever,
that helps us to reach a fellow sufferer" (pg.44)*

CHRISTMAS
ALKATHON

At the
Union Hill Drop-in-Center
427 Franklin Road
Denville, NJ

Sunday, December 24th
Beginning with the
4:00 PM Regular Meeting until
Midnight, Monday, December 25th

Alkathon Sponsored by the
Twelve A.A. Groups that call the
Union Hill Drop-in-Center Home

- Give it up (steps 1-3)
- Clean it up (4-7)
- Make it up (8-10)
- Keep it up (11-12)

My spiritual journey in Alcoholics Anonymous hasn't always been a straight path. I came into AA a broken man, bankrupt in many ways, mainly spiritual, and AA picked me up and dusted me off, helped me adjust to a life without alcohol. Circumstances got better immediately, just by not drinking and going to meetings. I heard about the steps and sponsorship, I didn't think they applied to me; after all, I was just a nice guy who drank too much. I relied on meeting attendance and fellowship for a long time, for the first couple of years it worked, then it started not to work, and then it didn't work at all. At ten years of sobriety I reached a spiritual bottom, got a sponsor and started working the steps. In a matter of time I was working on my fourth step. After that I shared my fourth step with my sponsor, my higher power and myself. I learned about my character defects, how they affected other people and how they kept me blocked from my higher power. I relied further on my HP to remove my defects. I made a list of amends, and made those amends. After this process everything changed, my perspective changed, I realized my HP had been with me all along the way, through my active addiction, my years of abstinence, helping me along the way.

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Alan Reilly, GSR
The How and Why of It Group
District 13



NNJGS January ASSEMBLY
GSR's, DCM's and interested AA's
Hosted by District 9

Saturday January 20, 2018

8:00am - 9:00am - Registration 8:30am - Assembly Orientation

9:00am - 2:30pm - Assembly

PARTICIPATE IN YOUR ASSEMBLY

**Keep your home Group Connected to AA
Business Meeting, 12th Step Committee Workshops**

2018 General Service Conference Discussion Topic Presentations

"A Solution For All Generations"

**Today's Alcoholic: Inclusion - Not Exclusion
Participation In All Of A.A. - Is My Triangle Balanced?
A.A. Technology - Where Innovation Meets The Traditions
Attraction Not Promotion - A.A.'s Relation To The World
Group Conscience - The Guiding Force**

Saint Clement Church

154 Mt. Pleasant Avenue, Rockaway Twp., N.J.

From 287 South:

Take Exit 41B - Delaware Water Gap to Route 80 West

From Route 80 East:

Take Exit 35 - move into the left lane - go to the 4th traffic light and make a left turn onto Mt. Pleasant Ave. (There is an Exxon Gas Station on the corner) - proceed about ½ mile and St. Clement is on the right side.

From Route 80 West:

Take Exit 35A (this will take you over Route 80) - stay in the left lane - go to the 5th traffic light and make a left turn onto Mt. Pleasant Ave. (There is an Exxon Gas Station on the corner) - proceed about ½ mile and St. Clement is on the right side.

Pat our greeter, coffee maker, secretary, & peacemaker

The sound of sports radio would fill the room at Cheers on Thursday nights at about 8 o'clock. Lights would be on, coffee and snacks were ready, and Pat our greeter, coffee maker, secretary, peacemaker, and general source of constant comfort to our group would be in his seat. He always had a warm hello, how are you? how did you make out with ... situation? Did you know that such and such would be going on and we hope that you can make it there... Apparently about seven other meetings in the area were lucky enough to have Pat in their groups, too. His passing away was difficult to announce, but trying to fill all of the service roles that he carried is amazing.

He subtly appointed people to certain things, such as asking me to be the contact person and to collect the mail. He conferred the honor of carrying the mail for a group that to my surprise had originally begun in February of 1949, with an official registration to WSO on January 21, 1960! Our six digit group number begins with a 108, which was a tip off to Matt at Intergroup that the meeting was old, so at his suggestion the WSO was contacted to verify the dates. According to our business and group conscience meeting, the format is now a Big

Book study, open discussion. Back in the day, open speaker meetings were popular. Today the trend that moved from the west coast to NJ is to do the work out of the "Big Book." We hope that you can join us sometime.

Pat's passing made me realize that keeping quiet on my little amount of knowledge about the AA service manual was unfair. One person should be assigned to each area of service, such as

- coffee maker;
- treasurer (one year of sobriety suggested);
- secretary;
- greeter;
- general service rep (which for our area meets on the first Wed. of the month at 7pm at the First Presbyterian Church in Westfield), etc.

• intergroup contact person
We miss Pat, but mostly we are better people for having had the honor to know him and learn from him, by his example of someone, who WALKED THE WALK in rain, heat, snow, all over our cities. He was the best version of the Big Book who anyone could ever meet, so it's going to be difficult to fill his shoes!

The Easy Does It group could use your support on Thursday night, 8 o'clock, Cheers in Roselle.

Thank you for allowing me to share, Erin K.

New Year's Alkathon
At the
Union Hill Drop-in-Center
427 Franklin Road
Denville, NJ
Sunday, December 31st
Beginning with the
4:00 PM Regular Meeting until
Midnight, Monday, January 1st
Alkathon Sponsored by the
Twelve A.A. Groups that call
the Union Hill Drop-in-Center Home

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), 124 Park St, Ridgefield Park
- District 13** - 2nd Tue. 7:30 pm, Wesley Meth. Ch., 225 Washington Ave, Belleville
- District 14** - Last Tue. 7:00 pm, 83 Wayne St, upstairs, 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** - 3rd Thur. 7:00 pm, Christ United Meth Church, 300Ridge Rd, Fair Haven
- 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. 09:30 am, Our Lady of Sorrows, 217 Prospect St, (Lower Church) South Orange
- District 35** - 2nd Tue. 7:30 pm, Good Shepherd Lutheran. Church, North Richard Street and Union Avenue, 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 Street, Suite B-12, New Brunswick

NEW !



Member area
userid: alcoholic
password: onedayatime

NNJGS Area 44 Office Calendar

DECEMBER

- 1 Work Weekend 6:00 PM
- 2 Work Weekend 8:00AM
- 3 Work Weekend 9:00AM
- 4 Mid-Winter Luncheon 7:00 PM
- 5 Officer's Meeting 7:00 PM
- 6 Mailing Committee 6:30 PM
- 6 Translation Committee 7:00 PM
- 9 Grapevine Committee 10:00 AM
- 11 Computer Tech Comm 7:30 PM
- 12 Public Information Comm 7:30 PM
- 13 History & Archives @Interg 7:00 PM
- 13 Treatment Committee 7:30 PM
- 17 Service Wkshp Planning 11:00 AM
- 18 Literature Sales 6:30 PM
- 18 Literature Committee 7:30 PM
- 19 CPC Committee 7:00 PM
- 19 Sect 3 Safety Workshop 7:00 PM
- 20 Convention Committee 8:00 PM
- 21 Newsletter Committee 5:00 PM
- 27 Ad Hoc Communications 7:00 PM
- 27 Finance Committee 7:00 PM
- 28 P&A Committee 7:30 PM
- 28 Website Comm@ Interg 7:30 PM

JANUARY

- 2 Officers Meeting 7:00 PM
- 3 Translation Committee 7:00 PM
- 3 Mailing Committee 6:30 PM
- 6 Grapevine Committee 10:00 AM
- 7 Films Committee 9:00 AM

- 8 Mid-Winter Luncheon 7:00 PM
- 9 Public Information Comm 7:30 PM
- 10 History & Archives@Interg 7:00 PM
- 10 Treatment Committee 7:30 PM
- 13 Committee on Corrections 10:00 AM
- 14 Area Committee Meeting 10:00 AM
- 15 Literature Sales 6:30 PM
- 15 Literature Committee 7:30 PM
- 16 CPC Committee 7:00 PM
- 17 Convention Committee 8:00 PM
- 18 Newsletter Committee 5:00 PM
- 20 Area Assembly 8:00AM
- 22 Remote Communities 7:30 PM
- 23 Finance Committee 7:00 PM
- 25 Website Comm @ Area 7:30 PM

FEBRUARY

- 3 Grapevine Committee 10:00 AM
- 5 Mid-Winter Luncheon 7:00 PM
- 6 Officer's Meeting 7:00 PM
- 7 Mailing Committee Meeting 6:30 PM
- 7 Translation Committee 7:00 PM
- 11 GSR Mid-Winter Luncheon 12:00 AM
- 12 Computer Tech Comm 7:30 PM
- 13 Public Information Comm 7:30 PM
- 14 History & Archives@Interg 7:00 PM
- 14 Treatment Committee 7:30 PM
- 15 Newsletter Committee 5:00PM
- 16 This Day Deadline 9:00PM
- 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 P&A Committee 7:30 PM
- 22 Website Committee @ InterG 7:30PM
- 26 Remote Communities Mtg 7:30 PM
- 26 Finance Committee 7:00 PM
- 27 Joint Unity Meeting 7:30 PM

MARCH

- 3 Grapevine Committee 10:00 AM
- 5 Mid-Winter Luncheon 7:00 PM
- 6 Officer's Meeting 7:00 PM
- 7 Mailing Committee Meeting 6:30 PM
- 7 Translation Committee 7:00 PM
- 11 Films Committee 9:00 AM
- 11 Area Com Meeting 10:00 AM
- 12 Computer Tech Comm 7:30 PM
- 13 Public Information Comm 7:30 PM
- 14 History & Archives@Interg 7:00 PM
- 14 Treatment Committee 7:30 PM
- 15 Newsletter Committee 5:00PM
- 17 Committee on Corrections 10:00 AM
- 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 Committee @ Area 7:30 PM
- 26 Remote Communities Mtg 7:30 PM
- 27 Finance Committee 7:00 PM

Intergroup Calendar

DECEMBER 2017

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

JANUARY 2018

- 1 Holiday (Office Closed) New Year's Day
- 4 Intergroup Delegates Meeting, Clark 8:30PM
- 17 Nightwatch Committee 7:00PM
- 25 Website Committee 7:30PM
- Area 44 Office

FEBRUARY 2018

- 1 Intergroup Delegates Meeting 8:30PM
- 19 Holiday (Office Closed) Presidents' Day
- 22 Website Committee 7:30PM
- Intergroup Office
- 27 Joint Unity Meeting - Area 44 Office

MARCH 2018

- 1 Intergroup Delegates Meeting, Clark 8:30PM
- 11 Booker's Exchange, Cranford 6:30AM
- 21 Nightwatch Committee 7:00PM
- 22 Joint Website Committee 7:30PM
- Area 44 Office
- 30 Holiday (Office Closed) Good Friday

NEXT ISSUE FEBRUARY 16 NEWS - LETTER@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.

We are not a glum lot ...

Send us your humorous stories and cartoons.

...2 cops are on routine patrol, around closing time for the local bar. They park in their usual hiding spot across the bar's parking lot, and wait. Sure enough, about 1:55am, a guy stumbles from the inside of the bar out into the parking lot. "That guy looks hammered !" the cops say to each other, and wait. The guy drops his car keys attempting to open his door, and nearly falls over trying to pick them up. He eventually gets into the car, and drives off. A short way down the road, having seen all of this, the cops understandably pull the guy over. After asking, "have you been drinking tonight sir ? ", the guy makes eye contact with perfectly clear eyes and without slurring his words responds, "No, officer". The officer, a little confused, says, "that's impossible, we just saw you stumble out from the bar into

the parking lot, drop your keys, then nearly fall over picking them up.....there is no way you have not been drinking...step out of the car please sir."

The man cooperates and steps out of the car, does every field sobriety test, and then blows a 0.00 into the breathalyzer machine. All this time, the other bar patrons are stumbling out of the bar, staggering to their cars, picking up their keys after dropping them, and driving off. The officer says to the man, "how can you not be a drunk-driver, after everything we saw back there ? ", to which the man replies, "I was tonight's designated drunk."

- Jon K.

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Your Northern New Jersey A.A. Website

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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Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

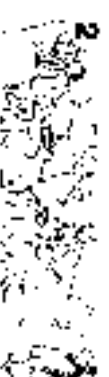


1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



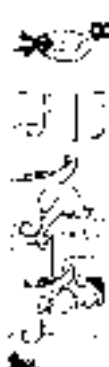
6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



8 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



4 *Find out about the special holiday parties, meetings, or other celebrations*



Worship in your own way.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy! Maybe you cannot give material gifts—but this year, you can give love.*



12 *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*

Winter 2017

