

# THIS DAY

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

*A message from your Area Delegate*



“First Things First”

Thank You! Thank You! Thank You!

As I sit here trying to gather the words for my final newsletter article as your Panel 67 Delegate, my thoughts seem to be scattered, from the first day that I showed up at my first Area Committee Meeting as the History & Archives Committee Chair, to the first ten hour Area Committee Meeting that I vowed never to grace that room again with my presence, (by the way that was way back in 2003), to, how did this happen so fast? I really can't believe that my journey is nearing its completion. I'm just a guy who loves the history of Alcoholics Anonymous and showed up, because I was at that place in my recovery that I needed more. And I remembered that page in A.A. Comes of Age where Bill turned the fellowship over to us/me.

That was the day I had a thought of very deep gratitude for where I was in life. But it was also the day that I knew that it was time to give back, but I had no idea how to do that, so I just showed up one day at a time and watched and learned what you guys did. At my first Election Assembly, I was sitting with the man that was my service sponsor, John H., and I was in the “I don't know how to, I'm not good enough” frame of mind. Thank you John for pushing me that day! (And yes, I have tears in my eyes as I write this). I made myself available for Alt. Treasurer and completed my first two year service position as an Area 44 Officer.

The next several years were lived “two years at a time”, and I had to have faith that every time you all elected me to a position that I could do it, and I would do it to the best of my ability.

I sat and listened in awe as we heatedly discussed an agenda item at an ACM, only to watch God show up and teach us the meaning of Tradition Two. I'm changing, and I'm starting to see tiny bits of it. It was amazing for me to sit at the front table as Area Chair, trying to facilitate the meeting without being that guy from the

past (you know what I'm talking about) and realizing that I can, because I'm changing. Serving as Area Chair thickened my skin! I wasn't as intimidated by the process anymore (yeah, right!). I was being prepared for something “bigger than”, but I didn't know what that “bigger than” was at that point.

This has been an incredible journey! A long time ago I was having dinner in Dallas, TX with a very special friend. His name was Bob Smith

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*A message from your Area Chair*



Hi Everyone. Greetings from your Area Chair. Thank you so much for the opportunity to serve the last two years as your Area Chair. Its hard to believe how fast the time has gone by. It truly has been an honor and privelege. I have learned a great deal about myself the last 2 years through the stress, the challenges and the fun of serving Area 44. I'm also extremely grateful to have been elected your incoming Panel 69 Alternate Delegate. I truly look forward to working with our new Delegate, Jeff B., and the rest of the new Officers as we carry the message to to the alcoholic who still suffers. The theme of this issue is Attitude of Gratitude. The first thing that always jumps in my mind are the old timers that I got sober with in Jersey City when they would always say don't tell me your grateful - show me your grateful. Its easy to tell you that I'm grateful to be sober, have my family back, got a job, maybe a girlfriend and maybe even some. money in my pocket. Those old timers taught me it wasn't about acquiring things it was really about helping the next person and getting active. So I learned early on that gratitude starts with responsibility. We do this in a multitude of ways. Through the work we do in our sponsees, Homegroups, maybe in the District and eventually the Area. Dr. Bob, in his story, states four reasons why he spends a great deal of time to pass it on.

1. Sense of duty.
  2. Its a pleasure.
  3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
  4. Because every time I do it I take out a little more insurance for myself against a possible slip.
- When I read these four reasons I think of the responsibility pledge. I think of the many men I have sponsored and seen the lights go on in their eyes. I think of the man who 12 stepped me and brought me to my first meeting and I think of how grateful I am that I haven't found it necessary to pick up a drink since my first meeting but all of this is contingent on the actions I take.

With the Holiday season upon us when there seems to be many meetings with the topic of Gratitude maybe we can all pick up that spiritual mirror and take a look and ask ourselves is my gratitude based in getting or giving. There will be many Districts and groups holding alkathons over the next two months maybe if we go to them we can bring a spirit of service and pass on, like Dr. Bob and many of you, to the person who still suffers some Hope. Have a Happy and Sober Holiday!

Grateful to Serve  
Jimmy A.  
Area Chair



My name is Bill N. and it is my honor and privilege to serve you as Nightwatch Committee Chair. I have found that doing AA Service Work is of inestimable Benefit to my continued Sobriety and Nightwatch is a great way to do service work. If you are involved in AA (by doing any type of service work), you are part of AA. If you are part of AA, you are much less likely to drink today. Hence, doing AA Service work can help keep you sober. When a group takes a one-week Nightwatch Commitment, not only does it help the still sick and suffering Alcoholic who calls in, it also helps the group volunteers who take part. Furthermore, it can be a great way to get involved in an activity that can bring a

Home group together and make it stronger.

Nightwatch Volunteers answer calls made to the 800 number that is on the cover of the Intergroup Meeting Book when the office is closed. We forward the calls to your phone. A typical one-week Nightwatch Commitment involves 11 shifts to be taken by volunteers. Sun 9am-3pm, 3pm-9pm, 9pm-8am; Mon thru Thurs 6pm-8am; Fri 6pm-9am; Sat 9am-3pm, 3pm-9pm, 9pm-9am. It isn't a bad idea to have a 12<sup>th</sup> Volunteer as an alternate to fill in if someone can't take their shift. If your group is small and is unable to put together 11 volunteers, that is ok. Two or more groups can pool their resources and work together on a week-long commitment.

When a group agrees to take a commitment, your County Nightwatch Coordinator will give your group volunteers a presentation on how Nightwatch works, and provide you with Nightwatch Manuals. The Manuals must be returned after your group's commitment is finished.

There is also a way that individuals may participate in Nightwatch. Once a year the Intergroup office mails out 12-Step Contacts Forms to all the groups in Area 44 (usually around February). Ideally this should be filled out by group members at a group business meeting. What you do is fill in the form letting us know when you would be willing to talk to another alcoholic who needs help. When an alcoholic from your area calls in and needs to talk to another alcoholic at length, we will take down the caller's name and number and either the Intergroup Office or a Nightwatch Volunteer will call you and ask

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**Next Issue Deadline**  
**FEBRUARY 15**  
**newsletter@nnjaa.org**

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(yes...Dr. Bob's son). So, in passing that night we were just talking about life, and Smitty, in a very loving way, looked at me and said "share your gift". I never forgot that night and I never forgot those three simple words. I've been thinking about it often as of late. Back when that happened I was thinking that I didn't have much of a gift to share. How different it is today!

In 2016, you all elected (trusted) me to serve you as your Delegate to the 67th General Service Conference. To say that it was a dream come true would be an understatement! You allowed me to participate in the history of my beloved fellowship. The Pre-Conference, Mini-Conference and Post-Conference Reports were some of the most amazing processes that I've ever experienced! But there was still more. When I went to my first conference, I was feeling very much out of place. But of the 93 delegates that were there, half of them felt exactly the same way! At the conference, you're either a newcomer or an old-timer. The old-timers made us feel welcome. When the chairman read my name during roll call... WOW!! I shed a few tears and then it was game on. When I woke up I was doing my last Post-Conference Report in New Brunswick. That's how fast the past twelve years have gone by! So how do I "share my gift" with you all? Here's just a very small sampling:

A very short time ago I didn't think I could write an article for This Day. I just did.

A very short time ago I wasn't good enough to do the job that you elected me to do. I just did.

A very short time ago I didn't know how to ask for help and say thank you. I just did.

Thank you Debbie! Thank you Jay!

A very short time ago I didn't know how to tell you all that I Love You for allowing me to have this experience!! I am telling you now.

Gift Shared! Thank You!  
Lester G.  
Humbled and Grateful,  
Panel 67 Delegate

*Night Watch Continued from page 1*  
you if you would be willing to talk to the caller. If you are able and willing, we will then give you the callers name and number for you to call them back. We are never to give out your phone number. We make a new list every year and the old list gets shredded.

If you are sober for more than 90 days and you haven't gotten involved in some type of Service Work, you are really cheating yourself. Service enhances your Sobriety.

That being said, if you wish to be a part of the Nightwatch Committee we meet the 3<sup>rd</sup> Wednesday

of every odd numbered month (every other month) at 7pm in the Intergroup Office.

If your group would like to take a one-week Nightwatch Commitment or if you just have questions about Nightwatch, please E-mail me at [NIGHTWATCH@NNJAA.ORG](mailto:NIGHTWATCH@NNJAA.ORG).

Yours in Sobriety,

Bill N., Nightwatch Committee Chair

Belford Clearview Group of Middletown, NJ (Tues)

<b>RUS SERVICE CORP T/A NNJGS AREA 44</b>				
<b>TREASURER'S REPORT</b>				
<b>For Period Ending Sep 30, 2018</b>				
<b>SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)</b>		<b>Money Mkt</b>	<b>Checking</b>	<b>Totals</b>
Opening Account Balances for Current Period (Aug 31, 2018)		\$82,750.96	\$31,008.55	\$113,759.51
Revenue for the Period		\$5.44	\$19,185.40	\$19,190.84
Expenses for the Period			(\$7,692.88)	(\$7,692.88)
Transfer between Money Market and Checking				\$0.00
Ending Balance for All Accounts for Current Period (Sep 30, 2018)		<u>\$82,756.40</u>	<u>\$42,501.07</u>	<u>\$125,257.47</u>
<b>CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD</b>		<b>Money Mkt</b>	<b>Checking</b>	<b>Totals</b>
Statement Balances (Sep 30, 2018)		\$82,756.40	\$49,015.87	\$131,772.27
Outstanding Checks		\$0.00	(\$6,514.80)	(\$6,514.80)
Outstanding Deposits		\$0.00	\$0.00	\$0.00
Adjusted Bank Balances (Sep 30, 2018)		<u>\$82,756.40</u>	<u>\$42,501.07</u>	<u>\$125,257.47</u>
Variance in Reconciliation				\$0.00
<b>Designated Funds at (Sep 30, 2018)</b>				
Jailbox Contributions		\$4,958.82		
International Hospitality Suite		\$2,886.49		
Excess Prudent Reserve Approved Projects		\$2,600.05		
<b>Total Designated Funds:</b>		<u>\$10,445.36</u>		
<b>ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)</b>				
Current Checking Account Balance			\$42,501.07	
Less: Prior 12 Month's Average Monthly Expenses Times Two			<u>(\$35,668.00)</u>	
Over / (Under)			<u>\$6,833.07</u>	
<b>ANALYSIS OF PRUDENT RESERVE</b>				
Total Cash in Bank (Not Including Convention Acct)			\$125,257.47	
Less: Designated Funds (Jailbox, etc.)			<u>(\$10,445.36)</u>	
Less: Checking Account Guidelines (2 month average expenses)			<u>(\$35,668.00)</u>	
<b>PRUDENT RESERVE FUNDS</b>			\$79,144.11	
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)			<u>(\$49,610.00)</u>	
Over / (Under)			<u>\$29,534.11</u>	
<b>SUMMARY OF OFFICIAL APPROVALS / REVIEWS</b>				
<b>Individual/Group</b>	<b>Action</b>	<b>Completed Through</b>		
Treasurer	Approved	Sep 2018		
Alternate Treasurer	Approved	Sep 2018		
Finance Committee	Approved	Sep 2018		
Officers	Reviewed	Sep 2018		
ACM	Approved	Jul 2018		
<b>Assembly</b>	<b>Approved</b>	<b>November 2017</b>		



**From the Grapevine with Gratitude**

December is on its way, and with it the end of my time as Grapevine Chair – which I jokingly refer to with the Grapevine Committee as my “reign of terror.” It has been a wonderful two years, full of memories of meetings, commitments, GrapeFests, assemblies, and workshops. And, of course, I would be remiss if I neglected to mention our Area Convention Grapevine play with the infamous “Grapevine Playahs” under the tutelage of our esteemed director, Jeff W. As I humbly turn over the position to our incoming Chair, I am thankful for the mistakes as well as the good decisions, for they both have helped me grow in knowledge of my responsibilities. I am grateful to Mike D., our former Chair, and the other members of the Grapevine Committee for their guidance and support. Of course, now that I almost know what I am doing, it is time to relinquish the position! Thank you for the opportunity to be of service to Area 44 and the chance to grow as a sober, humble servant of AA at the bottom of the triangle. Grapevine has had a wonderful fall, and we are headed for 2019 with a calendar full of commitments and projects. These commitments and projects highlight the “what”, “how”, and “why” of what we do. The “what” are the magazines, digital subscriptions, and books, and the “how” is participation in Days of Sharing, Area Assemblies, the Area Convention, and our own events. But the “why” is most important: to bring the message of recovery to alcoholics, particularly those who may be incapable of attending a meeting. People in isolated areas, incarcerated members, and AA members in nursing homes are examples of individuals who can reach for a meeting in their pockets or on their tablets. It is so easy to forget our primary purpose in

our whirlwind of activities, so our goals help us remember that we are to carry the message of sobriety through our meeting in print.

You are invited to join us at the Area Office: 2325 Plainfield Avenue, South Plainfield, rear entrance, second floor. We meet on the first Saturday of the month at 10 am; if there is a holiday, we meet the second.

Bill W. said it best: “The Grapevine [is] the voice of the Alcoholics Anonymous movement.” We of the Area 44 Grapevine Committee strive to be that voice for the next alcoholic.



**Happy New Year, everyone!**

My name is David E. and I’m honored to serve you as Alternate Luncheon Chair for 2019. I’ve been asked to share about how the event comes together each year, but first a little on how it came together for me. The credit goes to the timing of my Higher Power, my service sponsor, and some willingness on my part.

Over a year ago at the October Assembly I was deciding which breakout session to go to and the mid-winter luncheon caught my eye. While I had been to a few over the years, my first was made possible through the generosity of my home group purchasing my ticket. They were appreciation for my serving as G.S.R. and wanted me to experience A.A in a different way. It was a wonderful event that I remember to this day.

**The Timing of my Higher Power**

As to my service sponsor and willingness, the more active I became in service the more I wanted to be. Just as recovery is an “inside job,” getting more involved in service and giving back has internal rewards as well. I began to feel more “a part of,” have real peace of mind, and I

loved that good feeling inside as a result of helping others. In time my service sponsor suggest I seek to have three “jobs” in A.A. : one in my home group, district and in area service. Was I willing? You bet! Alcoholics Anonymous saved my life, and I wanted to give back.

So, I joined the luncheon committee last fall and am happy to serve now as alternate chair. As for how it all comes together, it’s really quite simple.

The mid-winter luncheon is a single event held on the second Sunday in February with a checklist of tasks to be completed along the way. We meet once a month, from July until the luncheon. We review our progress and check items off as they are completed. We handle any setbacks that may arise and are always working to improve. Our committee meetings are warm, cheerful, inspiring, (fun!), and only last about an hour. Our final meeting is in early March after the luncheon to review and express our thanks.

Come and join us at the Forsgate Country Club in Monroe Township on Sunday, February 10, 2019.

It’s a wonderful way to honor the G.S.R. S of Area 44, and to celebrate the life our program has given us!

May God bless you all,  
David E.

Mid-Winter Luncheon Alternate Chair

**From the Newsletter Committee**

Hi,

I am so grateful to have served as your Newsletter Chair for the last two years. When my service sponsor suggested it I had no idea what it would entail. Getting involved with service at the area level has been a life changing experience for me. I have met amazing people who really contribute everything they can from their hearts to keep AA alive and growing. Without them and without Alcoholics Anonymous where would my life be today? What would my children be like if I hadn’t gotten sober? Where would I have been when my dad was dying from cancer and I was holding his hand helping him to transition?

I could never give back enough. Thank you God and AA for another day sober..

Yours in service,

Susan K.  
Newsletter Committee Chair



**GROUP CONTRIBUTIONS**

- Recovery Hall
- 2018 Area 44 Convention
- Upon Awakening/ New Brunswick
- Haledon On A Different Footing
- Belmar Sat. Nite Live
- Anonymous (Green envelope)
- Belleville Thursday Night
- Wake up and smell the coffee
- Tuesday Challenge to Change
- A Vision For You - Springfield
- Anonymous Individual

- Holmdel Lifeline Group
- Men In Recovery Group-Newton
- GUTS Group
- Evergreen - Lafayette
- Hackensack Grp # 699866-44-12
- Women's 1st 164 pages BB
- East Dover Tom's River Monday
- Stepping Stones Denville
- Sayerville Victories Group
- Wake up & Smell The Coffee-St. Matt's
- Booze U Lose
- Clark Big Book Wednesday Night
- "The Great Fact" Closed Big Book

- Belmar Sat. Nite Live
- Design For Living Neptune
- South Orange Village Group
- New Brunswick Friday Nite
- Dodge City
- Monday Night Open Beginners-Sparta
- Friends of Bill W. - Hampton
- Liberty Group 5:15-Kenilworth
- Tom's River Main St. Monday
- Sunrise Sunset Group
- Bayville Friday Night Grp

NNJGS AREA 44  
DISTRICT 17 OF  
ALCOHOLICS ANONYMOUS  
ANNOUNCES THEIR

**29<sup>th</sup> ANNUAL HOLIDAY ALKATHON**

30 Hours of Meetings and More:

Topic Discussion, Speakers, Long-timers,  
Women, Men, Steps, Traditions,  
Big Book, 4<sup>th</sup> Step Workshop & More!

Starting: Monday, December 24, 2018 at 6:00 PM  
with the Long-timers!!!

Ending: Tuesday, December 25, 2018 at 12:00 (Midnight)

At

The Alanon Association Club  
384 - 7<sup>th</sup> Avenue and No. 7<sup>th</sup> Street  
Newark, New Jersey

Committee Meetings on Fridays:  
Oct. 5<sup>th</sup>, 26<sup>th</sup>, Nov. 9<sup>th</sup>, 23<sup>rd</sup>, Dec. 7<sup>th</sup>, 14<sup>th</sup> & 18<sup>th</sup> @ 8:00pm  
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: Octavia M. of Brick Church 619-952-7447

For Individual or Group Donations contact  
Treasurer: Laverne L. 862-237-2005

Chairperson: Israel S. 201-232-7896  
Alternate Chairperson: Conrad F. 862-215-5578

**ATTENTION: NNJGS AREA 44 DISTRICT 17**

**IT'S THAT TIME AGAIN!**

*In the spirit of the holiday  
District 17 will be having its  
12<sup>th</sup> Annual New Year's Alkathon!*

*Monday, December 31, 2018 (New Year's Eve) 6:00pm  
thru  
Tuesday, January 1, 2019 (New Year's Day) 3:00am*

*Alanon Association  
384 - 7<sup>th</sup> Avenue and No. 7<sup>th</sup> 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 Monday @ 6:00pm:  
October 29, November 19 and December 10 & 17, 2018*

*Any questions or anyone interested in participating contact:  
Charlene D-D. - Chairperson 862 - 888-8926  
Octavia M. Alt. Chairperson 619 - 952-7447*

## On Reaching 80

Now here's something I thought I'd never do – get to be eighty years of age. How'd I ever do that? My father only made it to 57 – it was a mad race to the finish between lung cancer and cirrhosis. Funny how that happens to heavy smokers and hard drinkers. Me, I detoxed off nicotine at 37 and quit the booze at 39.

Cigarettes were hard to kick. I was up to 2-3/4 packs of Camel Straights a day. Although I wasn't a chain-smoker like Yul Brynner and John Wayne, I had a cigarette lit most of the time. I even smoked in the shower. You can do that when you're 6'5" and the nozzle's not too high. I'd known for a long time that smoking would kill me. I watched Dad cough until his lungs collapsed, as he turned yellow, turned gray, and then died within six months.

When I got back home from the funeral, my wife (who couldn't attend) watched me light a cigarette, then asked, "How can you still smoke after that?"

"You're absolutely right," I said, stubbing out my fresh-lit Camel, crumpling up my almost-full pack, and tossing it in the waste basket.

I think I lasted a whole week. Then we went to a dinner dance and sat at a table where everyone was blowing smoke at me. I excused myself to go to the bar, went straight to the cigarette machine, got a pack of Camels, and blew my own smoke rings from two of those delicious sticks, back-to-back. No one was the wiser for the next month as I confined my smoking to the car on the way to and from work and at work.

Then one evening my wife went to bed early, I got the urge, and went out to the car to get my cigarettes. My wife awakened when she heard the car door slam and came out of the bedroom just as I was lighting up.

"How long's this been going on?" she demanded. (As a smoker herself, she hadn't detected it on my breath.) That was the end of my quitting for another ten years. When it finally happened, it was "by accident." I totaled my company car coming off a business trip. It seemed I'd had a "few too many" celebratory drinks along the way for the job I had done so well. Fortunately, the investigating police officer didn't make an issue of it. However, the company's insurance carrier seemed suspicious and kept calling me on the phone

to explain and re-explain what had happened.

Feeling guilty about my indiscretion, I had resolved at the scene of the accident to punish myself by not having another cigarette until the mess was straightened out. That took six months, and by the time the insurance company gave up and paid the claim, I had made it through nicotine withdrawal and was feeling pretty good. It's been 43 years since my last taste of tobacco, and it hasn't hurt me one bit.

Quitting alcohol was a hex of a different color. Like Dad, I was a Jekyll-and-Hyde drunk - work hard, then play hard. I couldn't be an alcoholic, I rationalized. I don't live under a bridge, don't drink Muscatel from a brown bag. I was a solid, upright citizen – wife and kids, responsible job, house, two cars, church deacon. People like me can't be alcoholics. I just drank too much on weekends, but not daily. A scotch or two before dinner and maybe a Drambuie afterwards doesn't really count. Drinking every day, all day long, on vacation doesn't count either. What are vacations for?

Getting off booze wasn't exactly my idea. Two years after kicking nicotine, I had another "incident"

on a business trip and found myself in jail overnight, then up for arraignment on charges I had no recollection of committing. I had fallen into bad company in a sleazy bar and made the mistake of allowing one of my newfound drinking buddies to drive my car to an after-hours party, having realized (correctly) that I was too drunk to drive. To compound my bad judgment, we pulled into a convenience store where I purchased a case of beer, also illegally due to the late hour.

As I opened four cans and passed them around to the driver and the other two passengers, a car pulled out from the back of the store, the revolving blue light came on, and we were busted. Imagine my horror when I learned at the arraignment that I was charged with allowing an unlicensed operator to drive my car...plus – get this – contributing to the delinquency of a minor! I had no idea. What was a minor doing in a bar?

When the judge asked my how I plead, I started to explain how I couldn't have these charges brought against me because of my profession. His Honor quickly cut me off to declare that this was not the time to explain, but only to enter a plea either of "guilty" or

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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

Giving Thanks on Halloween

Today is Halloween and I wore a costume to work. My friend and co-worker were talking about her daughter wanting to go trick or treating with her friends. Being an over protective Mother, she gave enough warnings even though her daughter is 14. As I listened I remembered, yes, it's Halloween, the day of my last drunk. Unlike my friend I was overjoyed when my 12-year-old daughter wanted to go out with her 9-year-old brother alone. It gave me time to drink in peace. Instead of sharing in a fun time with my children I chose alcohol. So much so, that the rest of the night has been blacked out from my mind.

I know that my sobriety date is November 1st. But for a moment this morning it was like I just remembered. Whenever that happens I'm so grateful for what AA has done for me. My life no longer revolves around when my next drink will be, how can I get it, what or who will I ignore to satisfy my thirst. Even more importantly my sobriety is a seamless part of my life. No longer do I consciously need to count or track how long I haven't had a drink. Where once it was inconceivable to go a day without alcohol, it is now the norm.

To me that is my Attitude of Gratitude. I participate in life instead of trying to avoid it by numbing myself with alcohol. I was fortunate enough that I did no real damage to my kids and was able to be a Mother to them for the rest of their school years. Where once I struggled with not being able to drink, today I'm happy that I do not. Today on Halloween I give thanks that my life no longer revolves around the next drink. Today it is by doing the next right thing and reaching my hand out to the newcomer.

Lisa G  
Alt Registrar

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"not guilty."

"If you plead 'guilty' now," he told me, "I'm going to sentence you to a year in state prison. If you choose to plead 'not guilty,' I'll hear your case in six weeks. Bring a lawyer. You'll need one."

I was in shock. My life was about to end. I pleaded "not guilty" and put up the proscribed bail. As I turned to go, the judge had one more annoying question for me: "Now I want to know what you're going to do about your problem."

What did he mean by that? I knew what the problem was. A year in jail, that was the problem. I'd lose my job, I'd be barred from my profession, publicly disgraced, my wife would surely divorce me, and I'd be reduced to the human scrap heap.

And then it dawned on me what the judge meant by his question. I'd just seen that startling movie, "The Days of Wine and Roses." The character that Jack Lemmon played reminded me strangely of myself.

I heard myself blurt out to the judge in a phony-sounding voice, "I'm going to AA, Your Honor."

"That's a good idea," he responded. "See you in six weeks. Bring a lawyer!"

All the way home I kept pound-

ing my fist on the steering column and screaming at the top of my lungs, "God help me! God help me! God help me!"

And God did help me. As soon as I got home, I called AA and went to my first meeting. That's when God sent me His messenger, Jimmy N., sixteen years sober,

who confronted me with, "You may not think you're an alcoholic. But I have just one question for you: Do you keep getting in trouble over and over again when you're drunk? If that's the case, then you're an alcoholic. And if you don't go to ninety meetings in ninety days, you don't have a chance." Jimmy had a point there. I had been in many a scrape with the law over my twenty-six year drinking career, and every time I had been drunk.

Having now been blessed with the gift of desperation, I took Jimmy's advice to heart and managed to make an AA meeting every day, no matter what, until my case came up. My lawyer testified on my behalf that I had been to forty-two AA meetings since my felonies.

"That's a good start," the judge said (who, I later learned, had been attending AA meetings for the past twenty years.) "Let's try that for another six months." He then declared what in that state was known as an "ACD," Adjudged in Contemplation of Dismissal, meaning that if I continued to go to daily AA meetings for the next 180 days, he would consider dismissing the case as if it had never happened. But if it came to his attention that I had

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# Voces Latinas

## Latinos Voices

### FORMACIN DEL GRUPO NUEVOS HORIZONES

Este grupo se formo como consecuencia de poco entendimiento entre los miembros del grupo Renacimiento, debido a eso algunos miembros decidieron formar un Nuevo grupo. Fue así como se reunieron en la casa del compañero Carrasquillo dos veces sin ningún acuerdo ya que solo asistieron a estas citas los compañeros Guillermo C, Mario P, Carrasquillo, José A y Alberto R, pero de estos compañeros surgió la idea de reunirse el 28 de Enero de 1989 en la casa del compañero Mario P, en la West Front St Plainfield NJ. A dicha reunión asistieron los compañeros Tony F, José A, Jacobo A, Guillermo C, Luis Z, Mario P y Albero R.

Esa fue la primera reunión ya que decidieron estos compañeros que esa noche se formara el grupo, después de tratar y discutir la responsabilidad que esto requería, el día siguiente Domingo 29 de Enero en la misma casa se formo la primera junta de servicio. Luego se busco el nombre del grupo, por medio de votación quedo el nombre de Nuevos Horizontes; pero en esta casa el compañero Mario P dio dos meses de permiso, debido a esto dichos compañeros tuvieron que proponer el libo Pro-renta, fue así como lograron reunir el dinero para su propio local que estaba ubicado en el 47 de Somerset St Plainfield NJ.

Luego nos tuvimos que cambiar para el 35 Greenbrook Ave North Plainfield NJ. Ya que el grupo había crecido un poco, luego conseguimos un local as amplio y mas bonito que es en el que nos encontramos en la actual ida que esta ubicado en el 40 Somerset St Suite #206 Plainfield NJ 07060.

80 *Continued from page 5*  
failed to satisfy his terms, I would be subject to the one-year term he originally promised.

I made those 180 meetings, the case was dismissed, and I haven't had a drink of alcohol since. Now after forty-one years of unbroken sobriety I've been to at least 15,000 AA meetings. Why do I still go? Don't I understand the AA program by now? Of course I do. And that's why I still go to meetings. I've learned that "We are not cured of alcoholism. What we have is a daily reprieve, contingent on the maintenance of our spiritual condition." (page 85, "Into Action," Alcoholics Anonymous)

I have also learned that "If an alcoholic failed to perfect and enlarge his spiritual life by work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die." (pages 14-15, "Bill's Story")

So we maintain our spiritual condition by helping another alcoholic, thereby ensuring our continuing sobriety. It can't get more basic than that. I got sober and I stay

sober by immersing myself in the AA program. I'm getting well by continuing to carry the message to other alcoholics.

If I keep on following these directions, I just may get to be ninety or more. That would be fine with me, just so long as I can be at a meeting every day and help someone else understand the Steps and make them work for their sobriety, happiness, and sanity. I just love the way it works, don't you?

Note: Some may read this story and raise the "controversy" issue on nicotine addiction. The late Geraldine D., founder and ruler of the nationally recognized Alina Lodge, or Little Hill Foundation for the Rehabilitation of Alcoholics, in Blairstown, NJ, rigidly enforced a ban on smoking for her 90 or so residents. "You can't have a spiritual awakening," she would say, "when you're sucking into your blood stream the most powerfully addictive substance known to medicine." (or words to that effect.) Want to be happy in your sobriety? First, "clean house." Then clean up your lungs!

Chuck M., Daily Reprieve Group, Freehold

## From the Webmaster and Website Committee

### Northern New Jersey A.A. Events can be posted by sending them to...

- [webmaster@nnjaa.org](mailto:webmaster@nnjaa.org) (attach your document to the e-mail)

The best way to send a flyer to be posted is to include it in an e-mail. We request the file in .pdf format to ensure the flyer will look the way that you want it to look. \*\* We can, however, handle many different document and image formats. If we receive a document that we cannot open or read, we will advise you via e-mail. Please send us original creations of standard printable size that do not contain any copyrighted images or trademarks. The file should not be too large; high resolution images are not needed and take too long to download.

\*\*PLEASE NOTE - A scan or photograph of the flyer does not look professional and can be difficult to read.

### Some guidelines to keep in mind when creating a flyer for posting

- No personal information may be posted.
- The website will not include advertising or endorsements.
- All posted events must be sponsored by a recognized A.A. entity.
- Consider the Traditions and avoid items that might cause controversy.

### What kinds of information are considered personal?

As anonymity is the spiritual foundation of our traditions we strive to maintain this on the Internet. In 2013, the 63rd General Service Conference affirmed that "the Internet, social media, and all forms of public communications are implicit in the last phrase of the short form of Tradition Eleven, which reads: '...at the level of press, radio, and films.'" We cannot post full names, full face photos, personal e-mail addresses or personal phone numbers. Understanding that posting a flyer on the internet is like posting information on a highway billboard can be helpful in the decision-making process.

### Advertisements and Endorsements

The website is an extension of the Public Information Committee; we provide information to the public and to the fellowship. "We do not endorse, finance or lend the AA name to any related facility or outside enterprise..." (Tradition Six). We divide the spiritual from the material by keeping to A.A.'s primary purpose.

### What is a recognized A.A. entity?

An A.A. entity is something that exists in A.A. For any entity to exist in A.A., it must be part of the defined A.A. Service structure (i.e., included in the upside down triangle). The purpose of the Service structure is to assure and maintain communication and discussion between the Groups and World Services. So the first test would be whether the entity is connected to A.A. as a whole. If any entity is communicating its activity to A.A. and the entity is taking direction from the Groups ("the Final Voice of the Fellowship"), it is connected and can be recognized

All posted events must be sponsored by a recognized AA entity. In addition, all Group or District Events must include an A.A. meeting or carry the spiritual message of recovery through the 12-Steps, 12-Traditions or 12-Concepts. Other than Al-Anon, no outside 12-step fellowships may participate.

The website committee's efforts are limited to Northern New Jersey Intergroup and Area 44 AA events. However, we may sometimes post northeast regional events in a special section of the website in the spirit of mutual cooperation with other Areas, Intergroups or Central Offices.

### Controversy is the enemy of unity.

The website is a public forum and as such should maintain a clear direction highlighting our unity to a single purpose. Each flyer that is presented to the website committee for posting should first be considered by the entity that presents it. Discussion and consideration of opposing viewpoints is encouraged. Minority opinion should always be valued and heard, this process should be completed in the privacy of the group conscience.

We do not want to post flyers that have not been properly vetted. If a flyer gets posted and has some sort of Tradition problem, it may precipitate a flood of angry phone calls and emails to the Intergroup Office. Non-AA's may also get involved. One website committee member looking at a submission can miss things and the pressure to get it right can be challenging. So we thank you in advance for being sure that your submitted flyer follows the Traditions and conforms to the website guidelines before you send it.

Please note: after a flyer has been posted, approval from our Area and Intergroup Chairs must be obtained before it is removed.

More information about the website committee can be found in the Area 44 Guidelines. We maintain the current Area 44 Guidelines in the member's area of our website:

Username: alcoholic  
Password: onedayatatime  
[http://www.nnjaa.org/members/area/NNJGS Area 44 Guidelines.pdf](http://www.nnjaa.org/members/area/NNJGS%20Area%2044%20Guidelines.pdf)

Further information can be found on the world services website:

[MG-18 Internet Guidelines.](http://www.aa.org/assets/en_US/smf-101_en.pdf)  
[https://www.aa.org/assets/en\\_US/smf-101\\_en.pdf.](https://www.aa.org/assets/en_US/smf-101_en.pdf)

Fred C.  
Website Committee  
Intergroup Chair

**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; West Milford Library 2nd Floor, 1470 Union Valley Road, West Milford

**District 4&6** - 3rd Thur. 7:30 pm, Upper Ridgewood Community Ch, Hillcrest & Fairmount, Ridgewood

**District 5&7** - 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, 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, Barrow Mansion 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. 7:00 pm Good Shepherd Luth Church, 160 Ridgedale Ave. Florham Park

**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 Wednesday, 7:00pm, Presbyterian Church 140 Mountain Ave. Westfield

**District 22** - 3rd Wed. 7:30 pm, Cook College, College Farm Road, New Brunswick

**District 23** - 2nd Thur. 7:30 pm, Saints Peter & Paul Orthodox Church, 9 Jefferie Ave, South River

**District 24** - 3rd Mon. 8:00 pm, New Monmouth Baptist Church, 4 Cherry Tree Farm Rd, Middletown

**District 25** - Last Wed. 7:30 pm, Hope Lutheran Church, 211 Elton-Adelphia Road., Freehold

**District 26** - 3rd Thur. 7:00 pm, Christ United Meth Church, 300Ridge Rd, Fair Haven

**District 27/29** - 3rd Mon. 7:30 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 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

**NNJGS Area 44 Office Calendar**

**DECEMBER**

1 Grapevine Committee 10:00 AM

3 Mid-Winter Luncheon 7:00 PM

4 Officer's Meeting 7:00 PM

5 Mailing Committee Meeting 6:30 PM

5 Translation Committee 7:00 PM

7 Work Weekend 6:00 PM

8 Work Weekend 8:00 PM

9 Work Weekend(optional) 8:00 PM

10 Computer Tech Comm 7:30 PM

11 Public Information Comm 7:30 PM

12 History & Archives@Interg 7:00 PM

12 Treatment Committee 7:30 PM

17 Literature Sales 6:30 PM

17 Literature Committee 7:30 PM

18 CPC Committee 7:00 PM

19 Convention Committee 8:00 PM

20 Newsletter Committee 5:00PM

24 Remote Communities Mtg 7:30 PM

24 Finance Committee 7:00 PM

27 Website Comm @Intergroup 7:30 PM

**JANUARY**

1 Officer's Meeting 7:00 PM

2 Mailing Committee Meeting 6:30 PM

2 Translation Committee 7:00 PM

5 Grapevine Committee 10:00 AM

7 Mid-Winter Luncheon 7:00 PM

8 Public Information Comm 7:30 PM

9 History & Archives@Interg 7:00 PM

12 Committee on Corrections 10:00 AM

13 Films Committee 9:00 AM

13 Area Com Meeting 10:00 AM

14 Computer Tech Comm 7:30 PM

15 CPC Committee 7:00 PM

16 Convention Committee 8:00 PM

17 Newsletter Committee 5:00PM

21 Literature Sales 6:30 PM

21 Literature Committee 7:30 PM

24 Website Committee @ Area 7:30 PM

28 Remote Communities Mtg 7:30 PM

29 Finance Committee 7:00 PM

**FEBRUARY**

1 Grapevine Committee 10:00 AM

4 Mid-Winter Luncheon 7:00 PM

5 Officer's Meeting 7:00 PM

6 Mailing Committee Meeting 6:30 PM

6 Translation Committee 7:00 PM

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

18 Literature Sales 6:30 PM

18 Literature Committee 7:30 PM

19 CPC Committee 7:00 PM

20 Convention Committee 8:00 PM

21 Newsletter Committee 5:00PM

25 Remote Communities Mtg 7:30 PM

25 Finance Committee 7:00 PM

28 Website Comm @Intergroup 7:30 PM

**MARCH**

2 Grapevine Committee 10:00 AM

4 Mid-Winter Luncheon 7:00 PM

5 Officer's Meeting 7:00 PM

6 Mailing Committee Meeting 6:30 PM

6 Translation Committee 7:00 PM

10 Films Committee 9:00 AM

10 Area Com Meeting 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

18 Literature Sales 6:30 PM

18 Literature Committee 7:30 PM

20 Convention Committee 8:00 PM

21 Newsletter Committee 5:00PM

25 Remote Communities Mtg 7:30 PM

28 Website Comm @ Area 7:30 PM

**Intergroup Calendar**

**DECEMBER**

6 Intergroup Delegates Meeting, Clark 8:30PM

9 Booker's Exchange, Cranford 6:30AM

27 Joint Website Committee@Intergroup 7:30PM

**JANUARY**

3 Intergroup Delegates Meeting, Clark 8:30PM

24 Joint Website Committee@Area Office 7:30PM

**FEBRUARY**

7 Intergroup Delegates Meeting, Clark 8:30PM

26 Joint Unity Meeting 7:30PM

28 Joint Website Com@Intergroup.....7:30PM

**MARCH**

7 Intergroup Delegates Meeting, Clark 8:30PM

10 Booker's Exchange, Cranford 6:30AM

28 Joint Website Committee@Intergroup 7:30PM

**NEXT ISSUE FEBRUARY 15  
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](mailto:newsletter@nnjaa.org).



*We are not a glum lot ...*  
Send us your humorous stories and cartoons.

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

Try it on your  
Smartphone



Your Northern New Jersey A.A. Website



Member area  
userid: alcoholic  
password: onedayatatime

*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"

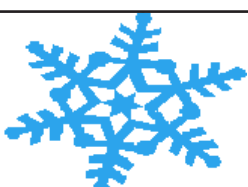
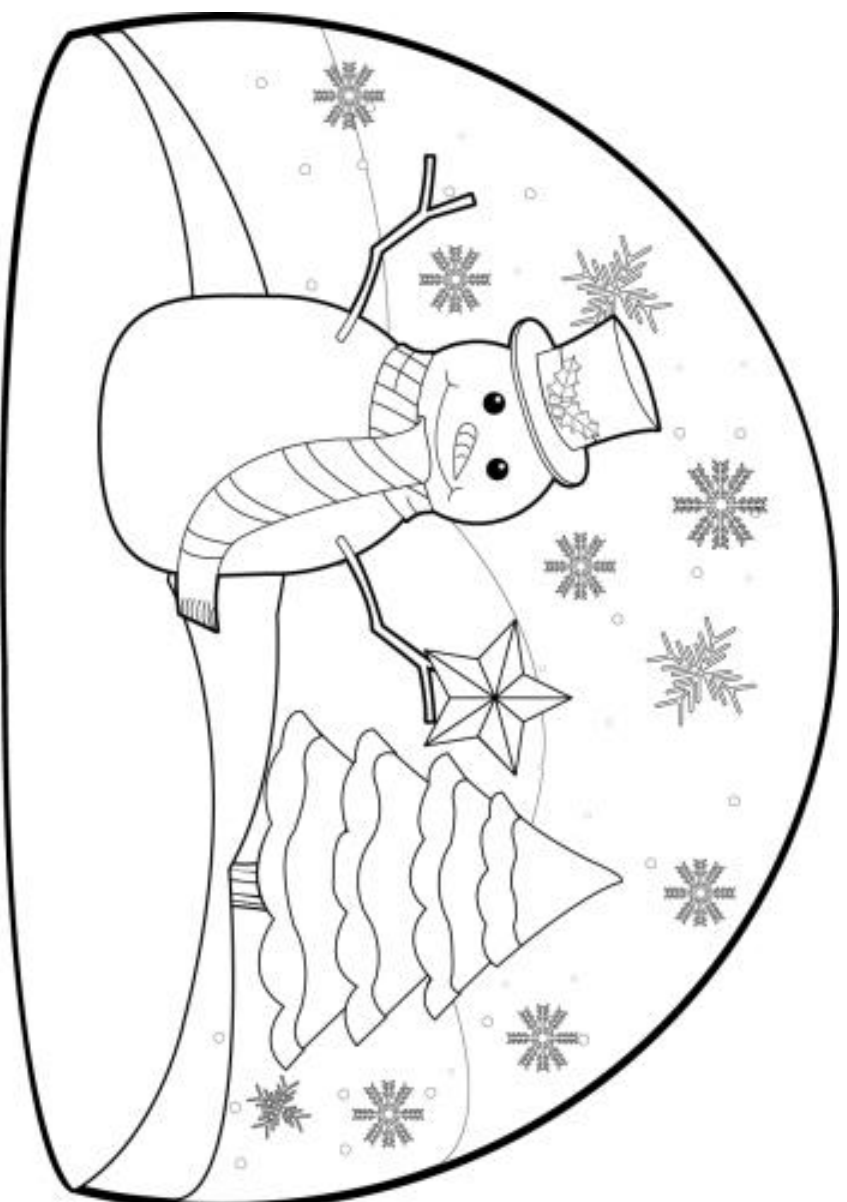
**GENERAL SERVICE OFFICE**  
PO Box 459  
Grand Central Station  
New York, NY 10163  
Payable to "General Service Board"

# 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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Winter 2018



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

**Annual G.S.R. Mid-Winter Luncheon**

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

**“Our Big Book – 80 Years, 71 Languages”**

Sunday, February 10, 2019

Forsgate Country Club

375 Forsgate Drive

Monroe Township, NJ 08831

Price - \$35.00



Tickets available through your D.C.M.  
Deadline for Tickets: Thursday, February 1, 2019

Maximum seating 360  
(NO TICKETS SOLD AT THE DOOR)

**SPEAKERS:**

Nancy McCarthy, Class A Trustee, Grapevine Board  
Deborah A., Non-Trustee Director, A.A. World Service  
Corporate Board

**LEADER:**

Anita C., 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 Parmesan, NY Style Cheese Cake  
(Vegetarian Lasagna upon request – in advance)

For additional information please contact:

Anita C., Chair: [luncheon@nnjaa.org](mailto:luncheon@nnjaa.org)

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

Mail Ticket Stub to:  
NNJGS Area 44  
G.S.R. Mid-Winter Luncheon  
PO Box 22288  
Newark, NJ 07101

