

THIS DAY

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

*A message
from your
Area Delegate*



My Higher Power has always taken such good care of me. For the past two years, I have been working to change my profession from my long-time career in IT to a substance abuse counselor. As a result of my hard work, a little luck and a belief that my Higher Power would take care of me and place me where He wants me to be, I was able to obtain a position as a full time counselor twenty miles from my house and work from 8am to 4pm, Monday through Friday, and I have been working there for the past three months. This new position gave me all my nights and weekends back all with a position where I can be of help to others with the terrible disease with which they are afflicted. While I realize that I do on a day-to-day basis is not my recovery, it has given me the opportunity to get to more meetings, spend more time with my wife, both during the week and on weekends, and to have more time on Saturdays to attend AA events like Days of Sharing (DOS) and to spend time with sober and program friends because I would still have time on Sundays to spend

with my wife. Case in point. Several Saturdays ago, there were a plethora of DOSs; I had time on that Saturday so I decided to select one to attend. The District 20 Day of Sharing flyer caught my eye. District 20 was a newly reformed District which had formerly been three districts, Districts 20, 39 and 40 that were struggling. Our previous Section 2 Coordinator, Charlie T., worked with these Districts to merge the three struggling Districts into one more viable District which had a chance of "being lit" once again and commencing to make 12th step work possible. I decided to attend their DOS and see how things were going in the newly formed District. Another reason that I decided on their event was that they were focusing on service as the theme of their DOS, and I was curious how they would approach the topic.

What an awesome day it was! I met the Officers from the District including their DCM, Joe B., who has done an awesome job with the District and the Alternate DCM, Van J., who is the DCM elect. The level of enthusiasm of the District presenters was infectious and everyone who attended, includ-

ing myself, left that day motivated and inspired. Committee work in the District has begun and the District has several committee positions filled. For their DOS, the District decided to invite a committee member to present from the committees where there is no current District committee chair in hopes of securing a committee chair for the District. And their plan worked! Two attendees volunteered to serve as District committee chairs filling two previously unfilled positions. It's quite thrilling to me when a previously unrepresented District comes back to life.

There are no coincidences as my Higher Power had a part for me to play as well. The representative from the Cooperation with the Professional Community (CPC) was a no show. With my knowledge of the Area committees, I volunteered to do the presentation for this committee, and I was able to let the attendees know what this valuable committee is responsible for.

The featured speaker for the day was a close friend of mine and one if the General Service Board Class B. trustees, Beau B., who is currently the chair of the Trust-

ees' Literature Committee. Beau was asked to speak about where money and spirituality mix and the 7th tradition. Before Beau spoke about the topics, he took some time to explain his role as a member of the General Service Board and he answered many questions that the attendees had about service, the General Service Board and how items for changes in A.A. come about. As the current Delegate, I was able to help with some of those questions. Beau's presentation was scheduled for an hour and a half, but with all the questions and back and forth, he spoke for two hours and almost no one left even though he presented after lunch!

I thank my Higher Power for directing me to this DOS and for all that my Higher Power does for me. I'm also grateful for the opportunities that I've had to be of service all these years in my Home Group, my District, to my Area and to Alcoholics Anonymous as a whole. Thank you for this past year for allowing me to serve as your Delegate and representative to the General Service Conference. I can't wait to see what my second year will bring.

Jeff B.
Area 44 Delgate

*A message
from your
Area Chair*



Holidays in Recovery

I want to wish you all a very Happy Thanksgiving and wonderful holiday season. Whether you celebrate Christmas, Hanukah, Kwanzaa, or the Fiesta of Our Lady of Guadalupe, this is a time of year many of us usually reflect on our lives and experience a sense of gratitude for our sobriety and for Alcoholics Anonymous. Remembering the holidays before AA: the broken promises, fighting with family, crying children, storming out the door just to wrap our hands firmly around that glass of ease and comfort because no one understands. We realize now that we no longer have to live that way.

When I hear the topic of Holidays in Recovery, I'm reminded of the hustle and bustle that comes natu-

rally with the holiday season: trying to fit responsibilities and commitments within a short period of time. Speaking, service, meetings, Alkathons, service events, phone calls, and of course, family, work and oh, did I mention sleep? So much to do, but so little time.

When I think about Holidays in Recovery, I am reminded of the Alkathons all around our area. What a blessing they are. They were for me, especially in early recovery. A meeting every hour over a period of 24 hours. No matter what time it is, if you need a meeting, there is one you can go to. Holidays can be very stressful and having an Alkathon to go to can be just the thing to help someone get through the day. Not everyone has family to spend time with. And there are those who, although they have family, would rather not spend time with them but feel more comfortable around AA, which for some can some-

times take the place of family. Whatever gets you through.

Our Area is also busy at work. December 6 & 7, your trusted servants at the Area will be gathering to conduct an Area Inventory. We will also be working together to look at the past year: discussing our accomplishments and setting some goals for the new year. I'm especially looking forward to the Area Inventory because it could be an opportunity to make some positive changes in the way we do things in our Area. Maybe attract more GSRs to our Assemblies and more DCMs to participate in our Area. I'm looking forward to possible action items that may come from the inventory and how I can better be of service to the groups in Area 44. But more importantly, I'm looking forward to hearing the voices of your trusted servants, your DCMs and Committee Chairs - to hear what they think about our Area and ideas

they may have.

A New Year, new ideas. Hard at work. All for what? All for Alcoholics Anonymous, because Love and Self Sacrifice is what it's all about. It's what Ebby did for Bill W. It can be for you too. Come out and support your Area or your District. Be Connected. What have you got to lose?

Yours in love and service,
Maureen R.
Area 44 Chairperson

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NEXT ISSUE DEADLINE FEB 13TH
newsletter@nnjaa.org



Greetings from Intergroup!

Intergroup (IG) is involved in a variety of functions that serve the member groups of Northern NJ, but at its most basic essence, Intergroup is responsible for answering the phones and printing the meeting list. Calling us at 908-964-8146 during normal business hours, a member is received by a live person who has a wealth of information at their disposal and can answer (or refer) the caller on a variety of questions including meeting information, group history, and an assortment of AA activities, as well as help with the ever important 12th Step Call and first contact with AA! While the Intergroup Office is a clearing house for AA information, the staff and volunteers who answer the phone do rely on the committees, groups and AA members to supply them with up-to-date information so that they can accurately relay that information to the person on the other end of the phone.

I've been hanging around IG for about a decade now, and we have a saying here about our meeting book. We often get the question, "How long does it take the Meeting Book to become out of date?" and the honest answer is about 24 hours! We receive multiple notifications on a weekly basis regarding meeting changes that include time, date, location, format, etc. So once we drop off the final copy of the meeting book at the printer, the moment we get the first update on a meeting change, the meeting book becomes a fraction less accurate than it was the moment before (not to worry, we do update the website meeting finder immediately when updates come in, so that is up to speed all the time). With that in mind, we track our monthly meeting book sales to print a new book on an annual basis in order to keep the fellowship as knowledgeable as possible in paper form as to the accuracy of our member group's meetings. This process usually takes place during the winter months, with the new book being made available in the early spring of each year. The creation of the new meeting book begins with a December mailing of a blank "data sheet" to all group secretaries registered with the IG office. When I visited the IG Office today, I noticed the stacks and stacks of data sheets being stuffed into envelopes, so by the time you are reading this article, your group

12th STEP CONTACTS

Date / / Group # _____ Three Towns Near Group Location: 1 _____
 Group Name _____ 2 _____
 Town _____ County _____ 3 _____

A 12th Step Contact is willing to accept a call from either the Intergroup office or a Nightwatch Volunteer who will give them a name and number of an alcoholic who needs help. Some 12th Step Contacts share their experience over the phone. Others MAY offer to meet the alcoholic at a meeting and introduce them to A.A. This is at the discretion of the 12th Step Contact (you).

It is recommended that the 12th Step Contacts Sheet be filled out at a group business meeting. Please be aware of the time that you choose to be available. This is only a one-year commitment.

12th Step Contacts don't answer the phones. Those duties are handled by the Intergroup Office and Nightwatch Volunteers on a daily basis. **PLEASE PRINT CLEARLY.**

A = ANYTIME (DAY OR NIGHT)	D = DAYTIME (9AM-6PM)	E = EVENINGS (6PM-11PM)	N = NIGHTS (11PM-9AM)
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Male/Female	CONTACTS NAME	PHONE NUMBER	WEEKDAYS	WEEKENDS
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N
M - F		() -	A - D - E - N	A - D - E - N

GROUPS INTERESTED IN RECEIVING INFORMATION ABOUT NIGHTWATCH, PLEASE CALL:
 (908) 687-8566 - (800) 245-1377

Forward Completed Form to:
 INTERGROUP
 2400 MORRIS AVE SUITE 106
 UNION NJ 07083-5706
 FAX: (908) 964-8146 - E-Mail: Intergroup@nnjaa.org

WHITE COPY TO OFFICE - KEEP YELLOW COPY FOR GROUP FILES

secretary should have already received our most recent mailing with the group data sheet. If your home group representative has not received a blank data sheet from the Intergroup Office, please let us know at 908-964-8146 and we will send you another one. Please remember, the data sheet is our BASIC BUILDING STRUCTURE OF OUR MEETING LIST and online meeting finder! We are always ecstatic to receive it, so even if there aren't changes, PLEASE send it along back to us!

I wrote earlier in this piece about calling our 908 number during normal business hours, but what if a call comes in after hours or on the weekend? Well, we in Northern NJ are truly blessed to have the Nightwatch Committee which coordinates with member groups in which the office phone line is forwarded to the personal lines of individual members from 6 PM to 8 AM on weeknights, with 24-hour coverage on weekends!

If you poke around the paper here a bit, you will see another article from a member of the NW committee. Much like the office staff, these volunteers rely on the information provided by the member groups and committees to accurately relay that information to the individual calling. The NW volunteers also have the benefit and privilege of dealing with several late-night 12th Step Calls, which they refer to a list of 12th Step Contacts that groups provide to the office on an annual basis.

I had the absolute pleasure of attending the November Nightwatch Committee Meeting; however, I left the meeting, as I think all the attendees did, with a tinge of concern. When we got to the agenda item of "Coordinator Concerns" one of the coordinators immediately responded with, "I have been getting a lot of complaints from groups that they can't get in contact with the 12th Step Contacts. They either don't pick

up, or don't return calls." Another coordinator responded with the same sentiment, and a third individual from a local home group relayed his experience from just a few weeks ago. He spoke of how he had a 12th step call just earlier this month and he reached out to ten people listed on the 12th Step Contact sheet, leaving messages for all of them. He didn't get a single call back that night, and the next morning, out of the ten messages he left, he only had two return phone calls both of which were members informing him that they had moved out of the area.

So, what can we do about this? Well, as previously stated, we depend on the member groups to provide us with the information we relay to the individuals in need. Much like the Meeting Book whose accuracy wanes over the course of the year, so to do our 12th Step Contact Lists. The reasons why the AA member is

contd on page 3

Intergroup contd from page 2
no longer able to take a 12th Step call are not really the concern. What we are looking to achieve is update our 12th Step Contact Lists and double-check them for accuracy! So, much like the Group Data Sheet we read about earlier in this article, COMING SOON TO A MAILBOX NEAR YOU (January 2020) will be the hard copy of the 12th Step Contact Sheet. Please return it to us at Intergroup, 2400 Morris Ave, Suite 106, Union, NJ 07083. We've even printed a similar copy of it so you know what to look for!

It is also AVAILABLE NOW on our website, www.nnjaa.org! (Members Area> Intergroup Members pull down> Forms> 12 Step Contact Sheet). Again, fill it out and return to the Intergroup Office at Intergroup@nnjaa.org or mail it to the office at the address above.

CALL NOW at 908-964-8146 for more information, volunteer opportunities or with any other 12th Step or Nightwatch questions!
Justin B.
Intergroup Chair

Newsletter Committee

Greetings from the Newsletter Committee!

Our committee has been quite busy recently getting ready for our fall edition. The theme is Holidays in Recovery, and we hope you enjoy the stories in the newsletter. We now have an Intergroup Co-Chair, Ruth Z., and Intergroup Alternate Co-Chair, Tom S., but still need an Area Alternate Co-Chair. We could also use additional help, as we are a very small group. New ideas and suggestions are always welcome, so please join us! We meet every third Thursday at 6:00 pm at the Area 44 Office in South Plainfield at 2325 Plainfield Avenue, 2nd floor, rear entrance.

Our spring edition is currently

BUS SERVICE CORP TA MINUES AREA 44				
TREASURER'S REPORT				
September 30, 2019				
SUMMARY OF ACTIVITY FOR THE PERIOD (Per Checkbook)		Money Mkt	Checking	Totals
Opening Account Balances for Current Period	(Aug 31, 2019)	\$52,817.18	\$25,219.89	\$108,037.08
Revenue for the Period		\$5.44	\$24,989.04	\$24,975.08
Expenses for the Period		\$1.00	(\$8,772.08)	(\$8,772.08)
Transfer between Money Market and Checking				\$0.00
Ending Balance for All Accounts for Current Period	September 30, 2019	\$52,822.63	\$41,417.44	\$124,240.07
CURRENT BANK RECONCILIATION BY TREASURER FOR PERIOD		Money Mkt	Checking	Totals
Statement Balances	September 30, 2019	\$52,822.63	\$45,917.56	\$128,740.19
Outstanding Checks		\$1.00	(\$4,500.12)	(\$4,500.12)
Outstanding Deposits		\$1.00	\$1.00	\$0.00
Adjusted Bank Balances	September 30, 2019	\$52,822.63	\$41,417.44	\$124,240.07
Variance in Reconciliation				\$0.00
Designated Funds at		September 30, 2019		
Jailbox Contributions		\$16,132.80		
International Hospitality Suite		\$4,039.22		
Total Designated Funds:		\$20,172.02		
ANALYSIS OF CHECKING ACCOUNT (Balance should not exceed two months average total expenses)				
Current Checking Account Balance				\$41,417.44
Less: Prior 12 Month's Average Monthly Expenses Times Two				(\$41,116.00)
Over / (Under)				\$301.44
ANALYSIS OF PRUDENT RESERVE				
Total Cash in Bank (Not Including Convention Acct)				\$124,240.07
Less: Designated Funds (Jailbox, etc.)				(\$20,171.82)
Less: Checking Account Guidelines (2 month average expenses)				(\$41,116.00)
PRUDENT RESERVE FUNDS				\$62,952.25
Less: Calculated Prudent Reserve (50% of Prior Years Budgeted Expenses)				(\$49,433.00)
Over / (Under)				\$13,519.25
SUMMARY OF OFFICIAL APPROVALS / REVIEWS				
Individual/Group	Action	Completed Through		
Treasurer	Approved	Sept 2019		
Alternate Treasurer	Approved	Sept 2019		
Finance Committee	Approved	Sept 2019		
Officers	Reviewed	Sept 2019		
ACM	Approved	July 2019		
Assembly	Approved	July 2019		

accepting articles. Our theme will be New Beginnings in Sobriety, but all stories of experience, strength, and hope are welcome. In addition, Intergroup and Area Officers, Committee Chairs, DCMs, GSRs and Intergroup Delegates are asked to send your reports. Please submit your articles in WORD format and be sure they can be edited. We ask that you limit your writing to 800 words. Flyers can be in PDF format. Our spring deadline is Thursday, February 13, 2020. Please send your articles and flyers to newsletter@nnjaa.org.

We had a fabulous workshop

on Saturday, October 26. Many thanks to our committee members and attendees, and a special "shout out" to Jeff B., our Area Delegate, and Megan D., our This Day Editor, for their insightful presentations.


Our newsletter needs to be the voice of ALL AA members from Northern New Jersey Intergroup and Area 44. This Day is your newsletter – the voice of New Jersey AA members!

This Day is your voice!
This Day is my voice!
From the farms of Sussex

To the cities of Essex!
From the hills of Watchung
To the shores of Belmar!
This Day was made for you and me!
YOU AND ME!!

PLEASE LET YOUR VOICE BE HEARD!! Write an article...or two!!

Yours in fellowship and service,
Marybeth H.
Area 44 Newsletter Co-Chair, This Day

 <p>7:30 Morning Meditation Morristown AA Eye Openers As Bill Sees It Group As Bill Sees It (11am Pompton Plains) Belleville Thurs Night Bloomfield Thurs Night Men's Grp Bloomsbury Believers Breakneck Group Change is Good Discussion Grp Chester Group Circle of Friends Clifton Mon Night BB Grp of AA Clifton Wed Night Step Grp Cranford Tues Nite Daily Reflections Grp Daily Reprieve Grp Dawn Patrol Grp</p>	<p>District 42 Dodge City Drip Dry Maplewood Elizabeth Friday Night Friday Night Keep It Simple Grp Give & Take Disc Grp Mon Nite Hazeldon On a Different Footing Grp Hill Street Blues Hillsborough Haven of Hope HoHoKus Grp Holmdel Life Line Grp Homer Group of AA How & Why Grp Journey to Freedom Joy of Living Just for Today Grp Keep it Simple Kinnelon Tues Night BB Landmark Grp of AA</p>	<p>Metuchen Sat Morning Grp Monday 12:15 Closed Discussion Mon Night 8pm Toms River Grp Morning Miracles New Brunswick Friday Night New Lifers Lakewood, NJ Newark Drifters Nuts and Bolts Sun 2pm Grp of AA Palisades AA Grp Peapack/Gladstone Grp Port Reading Thurs Night AA Recovery Hall Rocky Hill AA Ruby Slippers Relapse Grp Safe Harbor Grp Sat Morn Closed Step Mtg Roesland Seven Emers St. Gabriel's Church South Orange Village Grp Sunday Down to Earth Grp of AA</p>	<p>Sunrise Grp Tell It Like It Is Grp The Way Out Three Legacies Grp Union Hill Drop Inn Center Upper Ridgewood Grp Verona Tues Night Grp Vineyard Road Grp Wake Up & Smell the Coffee St. Matt's Wantage Sat Night BB Watchung Grp We Will Know a New Peace Yorker Grp Young at Heart Grp</p> <p>***If we've accidentally missed your group due to formatting issues, please kindly let us know and we'll give you a shout out next time!</p>
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UPCOMING DISTRICT EVENTS

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

30th ANNUAL HOLIDAY ALKATHON

24 Hours of Meetings and More:

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

**Tuesday, December 24, 2019 from 6:00pm to 2:00am
Our Long-timers Meeting will start at 6:00pm**

Wednesday, December 25, 2019 from 8am to Midnight

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

**Committee Meetings on Monday:
Oct. 14 & 28, Nov. 11 & 25, Dec. 2, 16 & 23rd @ 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: Roxanne L.**

**For Individual or Group Donations contact
Treasurer: Ernestine R.**

**Chairperson: Melissa P.
Alternate Chairperson: Roxanne L.**

Cooperation with the Professional Community

Greetings from CPC!

It is an honor and a privilege to serve the Area as your CPC Chair. Our Area CPC committee informs professionals and future professionals about AA – what we are, where we are, and what we can do. We attempt to find simple, effective ways of cooperating with professionals without affiliating.

Our committee is focusing on distributing "Sponsor Your Doctor" pamphlets to groups through district reps in Area 44 and group reps in Intergroup. We hope to have a full list of a representative from each district in the coming months. Members of our committee have given presentations about

what AA does and doesn't do to the following groups: students at nursing schools, participants on a mental health panel sponsored by a ministry group and a hospital, participants in a town parent/teacher alcohol awareness night, and social workers at a state agency. We attended several District Days of Sharing this fall and look forward to sharing our Committee's achievements of 2019 and goals for 2020 at Area 44's Work Weekend in December.

We are excited about transitioning, along with other Area committees, to the new SharePoint software to make our Committee's work accessible and available to our fellowship.

Sincerely,
Mark D.
Area 44 CPC Chair

History and Archives Committee



As I sat in the chair at the Intergroup Office, waiting for meeting time last night, listening to the din of the enthusiastic members of our History & Archives Committee and enjoying the camaraderie that comes along with a common goal for our common good, I couldn't help but get lost in the feeling of belonging I get to experience just because I took a step from fear into faith. When I got sober, a few years back, I never thought it would lead to being part of carrying the message of Northern New Jersey's rich history to our fellowship. Heck, I didn't even know I belonged in AA, or anywhere, for that matter.

Thanks to a loving homegroup and good sponsorship, I was able

to know that belonging came with my identification with, not just the drinking, but the thinking of the once suffering, but now joyous crowd. If only everyone could have the same experience! Unfortunately, over time, that has not always been the case for some of our members.

At our June Assembly, we had a Town Hall on inclusivity of our African American community, which featured a talk on the history of the experiences of African Americans in early AA by Toni D. It inspired me to bring up the idea of writing a presentation at our next committee meeting.

My Higher Power has a way of being very clear about His intentions when it comes to doing historical research. To tell the story, I must rewind a couple years.

It was the last morning of the 2017 Area Convention. My friend, Kevin E., from Denville wanted to take me to his favorite group in the world. Sorry folks, it's not in our area; it's The Sunrise Group in Long Island. He picked me up, and we made the two-hour drive to a wonderful meeting on the beach.

Back to this year. In her talk, Toni mentioned her friend Liz B., who is African American, and one of the longest sober members in AA. Our committee is interested in interviewing long-timers who have 40+ years of sobriety, so I thought, how nice it would be to get to talk to Liz. I was put in contact with Toni to ask for her help in collaborating on the presentation. During our conversation, I told her of my hope to talk to Liz. She said, "Well, she's celebrating 67 years this Sunday morning in Long Island." I asked, "Is it the Sunrise Group?" She said it was. Message received, God!

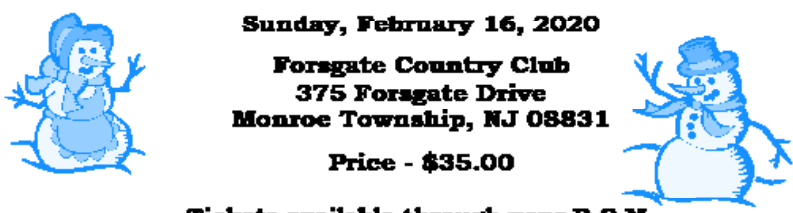
Since I am unable to drive, it takes a village to help me fulfill my commitments, so I started working the phone to get a ride. I called my friend Terry W., from here in Vernon, who drove me to Denville on Saturday night to meet Kevin. After a late night of catching up with the friend who first carried the message to me, and a short nap, we woke up at 5 a.m., and were off on our field trip to Long Island.

What a celebration it was! Many of her friends and sponsees shared about their experiences with Liz; then, Liz shared her amazing story of recovery. I was able

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N.N.J.G.S. AREA 44
Annual G.S.R. Mid-Winter Luncheon
 (Open to all A.A. Members, Family and Friends)
"2020 A Clear Vision for You"
Sunday, February 16, 2020
Foragate Country Club
375 Foragate Drive
Monroe Township, NJ 08831
Price - \$35.00



Tickets available through your D.C.M.
Deadline for Tickets: Saturday, February 8, 2020

Maximum seating 360
(NO TICKETS SOLD AT THE DOOR)

SPEAKERS: Peter F Luongo, Ph.D., Class A Trustee, General Service Office
 Francis G., Northeast Regional Trustee

LEADER: David E., 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:
 David E., Chairperson: 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 22233
 Newark, NJ 07101



N.N.J.G.S. ÁREA 44
Annual G.S.R. Almuerzo de mitad de invierno
 (Abierto a todos los miembros de A.A., familiares y amigos)
"2020 Una visión clara para ti"
Domingo 16 de febrero de 2020
Foragate Country Club
375 Foragate Drive
Municipio de Monroe, NJ 08831
Precio - \$ 35.00

Entradas disponibles a través de su D.C.M.
Fecha límite para entradas: sábado 8 de febrero de 2020

Asientos máximos 360
(NO SE VENDEN HOLETOS EN LA PUERTA)

PONENTES: Peter F Luongo, Ph.D., Fideicomisario Clase A, Oficina de Servicios Generales
 Francis G., administrador regional del noreste

LÍDER: David E., Área 44 G.S.R. Presidente del Comité de Almuerzo de Medio Invierno

HORA: 12:00 p.m.
Café, Crudités & Dip

ALMUERZO: 12:30 p.m.
Menú: Ensalada Mezclada - Pollo a la parmesana, tarta de queso estilo NY
(Lasaña vegetariana previa solicitud - por adelantado)

Para información adicional contacte a:
 David E., presidente: luncheon@nnjaa.org

**** Se proporcionarán intérpretes de ASL y español ****

Envíe el recibo del boleto a:
Área NNJGS 44
G.S.R. Almuerzo de mitad de invierno
 Newark, NJ 07101



GSR Mid-Winter Luncheon Committee

It's hard to believe that after many months of planning and anticipation, the 2020 G.S.R. Mid-Winter Luncheon will soon be here. It's a time to introduce and show our appreciation to the men and women in Area 44 that serve as a vital link between their home group and all of A.A.


The first luncheon I attended as a new G.S.R. was an eye-opener. I began to see that A.A. was much bigger than I thought. On that day, in that banquet room, I saw our legacies of recovery, unity and service come together. I saw it through the laughter and

in the eyes of hundreds of people whom I had never met before. I felt a part of something that I knew had changed my life and was blessed.

One small housekeeping item: if you're writing a check for your luncheon ticket, it must be made out to NNJGS Area 44 as the payee; otherwise, the bank won't accept it.

I look forward to seeing you—members of A.A., significant others, family and friends on Sunday, February 16, 2020. Thank you for allowing me to serve you; it's been an honor.

David E.
 2020 GSR Mid-Winter Luncheon Chair



My name is Merle and I am an alcoholic. First, I would like to thank all the groups that make it possible for the live alcoholic who dials the Intergroup number to get a live volunteer on the other end when the office is closed. I would like to thank you for allowing me to be your Nightwatch coordinator for Essex/Hudson Counties.

My experience, strength and hope as a coordinator has been nice. In the beginning, when I took this commitment, I didn't know what I was doing. With the help of the Nightwatch committee I have learned what to do, but I am still learning.

Nightwatch is when a group takes the commitment for eleven slots, or thirteen slots when there is a holiday involved, answering the phones after office hours at Intergroup. No matter what, there is a committee behind you when a group is on. It is suggested you have one year of sobriety because you have gone through the holidays.

Nightwatch started on a holiday, St Patrick's Day. Who knew that it would become what it is today?

Thank you again for this experience.
 Merle F. (Bloomfield "Down to Earth" Group)
 Essex/Hudson Nightwatch Coordinator

H & A contd from page 4

to meet her and, through Toni, arranged an interview. Having gotten sober in 1952, Liz has unique insights on what it was like to be a black woman in AA in the early 50s. I will always be thankful for her graciousness in taking the time to talk to me. It is, exactly as it was when I first came into the fellowship, one drunk talking to another.

Ultimately, our goal is to have a presentation ready to share with the fellowship by Spring of 2020. If anyone reading this has or knows someone who has knowledge of the early history of African American experience in our program, please contact me at archives@nnjaa.org.


We have a very enthusiastic committee and are always looking for new people to get involved. We meet the second Wednesday of each month at the Intergroup Office in Union.

Lastly, since November is Gratitude Month, I want to say thank you, not only to the members of our committee, who work so hard and happily to get the word out about our history, but to all of the groups and districts that have showed an interest in learning about our area's rich history, which goes back to nearly the beginning of our fellowship. Thank you all for helping me stay sober!

Jim P.
 History & Archives Committee Chairperson

Going to Days of Sharing for Districts and other Area events, when invited, is so great because you see the other people who are also involved in service.

It is wonderful to get to go to new meetings I never went to before and meet new people, as well as run into people I already know. The groups are the best part of my job. With newbies doing Nightwatch for the first time, I can really identify with them because I was once there too. The members who have experience doing it are a big help. The Nightwatch leaders of the groups are so important because they keep track of manuals and return them to me when the week is done.



Area Grapevine Committee

Greetings.

Jim, just your friendly neighborhood Grapevine Chair here. It's been almost a year since I have started to be of service to the fellowship in my current capacity as Grapevine Chair. It's truly been an honor and a privilege. I believe I have covered what that phrase means to me. If you didn't catch that article, please do ask. Word of caution though. You might not be able to shut me up! I tend to go about service when on a roll.

contd on page 6

Grapevine contd from page 5

Recently, there was a recommendation from the Grapevine Committee to have the General Service Conference rename the Grapevine Committee to the Grapevine and La Viña Committee. At the following ACM, the recommendation was thoroughly discussed, and it was voted to bring the recommendation back to the groups. I would like to thank the groups that discussed this matter for their time and consideration.

At the last ACM, I withdrew the recommendation. There were a few different reasons why this occurred. One of them was that I felt that we did not do our due diligence on the recommendation. There were many answers to questions that we did not communicate well. We also did not reach out to the entire fellowship for input on this recommendation—mainly the Spanish community. For that, I sincerely apologize. This will be discussed at the next Grapevine Committee Meeting on the second Saturday in December (moved from the first Saturday due to Work Weekend) and most likely in the months to come. We will do an inventory and decide on how we will proceed. Another recommendation may come out of this. Or it may not. More to be revealed. Once this issue of *This Day* makes it to you the holiday season will be in full force. Having an issue of *The Grapevine* on hand can be a useful tool in your toolbox if getting to a meeting is not possible. Or if you need that quick boost between the ham and the dessert! And Grapevine subscriptions make great gifts! As always, we are looking for District and Homegroup reps. Come on down and check out our meeting to see what we do. Please see the Area Calendar on the website for up-to-date meeting times. If you have any questions you may contact me at grapevine@nnjaa.org.

**Public
Information
Committee**



Reaching out to the Senior Community

My Sober Date is June 14, 2017. On that day it was shared with me by another alcoholic: “You do not have to feel like this anymore.” This alcoholic shared with me his experience, his strength, and most of all, his hope. Indeed, what he gave me was something I had lost as a result of my living in my disease—a sense of hope. What he did that day is what I am charged to do today—carry this message to other alcoholics. As the Public

Information Chair for my district I can learn about how this disease affects everyone, including the senior community.

The senior citizen age group is the largest percentage demographically for unchecked alcoholism in our society. That to me says that seniors have the lowest success rate in recovery. So, what are some of the extra challenges they face that younger alcoholics like me do not?

As people get older, simply getting to a meeting can be challenging. When I was new in recovery I was taught by the men in my network and my home group that even someone with one day in recovery can help someone with two days of recovery. That may sound a little over-simplified, but I was shown this when at the beginning of the meeting the leader asked if anyone needed a ride that day. I offered to give someone, one of the senior members in our group, a ride home from the meeting. Although I may have been helping him by giving him a ride home, I realized later in my recovery that he was indeed helping me. For a short time, I would give this man a ride to and from a meeting and he would share his wisdom and message of recovery with me; this gave me insight into what his situation was as an older member of AA. It was an exercise in listening and understanding.

I have found that there are some challenges in getting the message of Alcoholics Anonymous to senior citizens. Our area of the state is home to many senior citizen retirement communities. One of the duties of a Public Information officer for our Area is communicating our message to the senior community. By nature of my service position, I spread the message to alcoholics who suffer by sharing our literature with them. Most of the retirement communities in the area oversee how literature is distributed within their clubhouses and other areas of congregation. So, reaching out to our seniors takes a little more time and dedication, but it’s a task I humbly and gratefully accept. One way is for us at the service level to investigate Public Service Announcements—probably the most effective means by which we can get our message out there—that that there is a solution.

In meeting seniors in our area, I’ve found that most of them found recovery late in life, so most of their lives they have lived in this disease and either have a

short amount of time of recovery or have yet to find it. I met a seventy-five-year-old gentleman who went to a couple of meetings and relapsed because he could not find anyone to get him to a meeting. He had no cell phone and lived alone. He had no one to reach out to and no way to reach out. Someone in this situation will continue to live in isolation with no foreseeable end in sight unless we make ourselves more available to this group of our society.

In knowing that it is more important to understand than to be understood, I try to do what I was taught—listen to shares in meetings and make myself available in the form of an “after-meeting” for anyone who shares about struggling with this disease. The more I “keep coming” and listen to anyone who suffers, the more I know that it’s never too late to find recovery. One thing that I like to share with seniors I meet is that any time is the right time to find recovery and start living.

Brian M.
Public Information Chair
District 27/29



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*

Holidays in Recovery

During my first holiday in sobriety, I was counting days and was told to “have a plan.” So, I spoke with my sponsor about a party I was to attend and took a few phone numbers with me to call when I started feeling “squirrely.” I drove my own car and noted the meetings in the area, so I could exit as needed. A family member greeted me with a selection of the unique beer he had picked out just for me. I clearly recall how awkward I felt saying, “Uh, thanks but no, thanks.” I came to learn that I did not have to launch into a long explanation as to why I stopped drinking. I just had to convey that I am not drinking – today.

After about seven months in sobriety I was hosting a fam-

ily holiday dinner. Traditionally, liquor was plentiful since I had historically overseen our supply. I made sure there was a variety of non-alcoholic options and spoke with family ahead of time to let them know I was in AA and trying to stay sober. I recall attending an Alkathon meeting earlier in the day and was filled with gratitude. Throughout the dinner, I was watching how other people drank, so I stepped outside to call another AA, who reminded me that non-alcoholics don’t obsess about what everyone else is drinking! I knew I would be seeing people I hadn’t seen in a while, so I kept my Eighth Step list in my pocket and made time to talk with certain people. I am grateful to have had that opportunity as it was a freeing experience and certainly added to my enjoyment of the holidays.

Gerriane B.
Dunellen
District 35
God is Good, Bound Brook

Holidays in Recovery

The year 1987 did not start out well for me and continued to get worse as my drinking was spiraling out of control. I tried various ways to control my drinking, such as switching from beer to wine, not drinking during the week, etc., but none of them were successful. I was attempting to control something that was already out of control. All this time I was attending church on a regular basis and praying to God every day; however, I didn’t feel close to Him at all. I was becoming more and more isolated and depressed as I fought my active alcoholism.

Two years prior, I had reached out to my dad, who was sober in AA, and asked him how to stop drinking. I was hoping he would give me some pointers, but instead, he gave me some AA pamphlets. I was only twenty two at the time, and I had convinced myself that my problem was that I didn’t have a job, not that I was drinking too much. Besides, I was too young to be an alcoholic. Soon enough, I was to find out that I was wrong on both accounts.

Come Thanksgiving, my drinking was as bad as ever. I started drinking the night before and continued drinking early Thanksgiving Day. I was scheduled to drive to relatives for Thanksgiving dinner; however, by early afternoon, I was already too drunk to drive. I sensed the walls were closing in

Speak Out Contd from page 7

contd from page 6
on me.

With Christmas quickly approaching, I was as miserable as ever. I would not go out during the week, except to go to work, and would go to bed early as I had no social life. On December 20th, I decided to go to a Christmas party that cost \$5 to attend, and though I was working full time, I had to borrow the money from one of my sisters in order to attend the party. I remember drinking pitchers and pitchers of beer, but I couldn't get drunk. The next thing I recall was getting out of my car in front of my house. I had been in a complete blackout. This really scared me. For some reason, which I now believe to be a God moment, my dad wasn't at an AA meeting that night, but was watching TV in the living room. I walked into the room crying and

just blurted out, "The next time you go to one of those meetings, can I go with you?" My dad immediately stood up, gave me a hug and told me I was about to begin a tremendous journey in life. To me, no truer words were ever spoken. We talked that night, but not as a father to his son, but one alcoholic to another, and the miracle of AA had begun. I told my dad that I saw that he turned his life around and I thought that I could do the same. Prior to going to sleep that night, I asked God for the first time to help me stop drinking. I attended my first meeting of Alcoholics Anonymous with my father the next day, December 21, 1987, and I've been sober ever since. That tremendous journey in life that my dad talked about continues to this very day. I am truly a blessed man.

The holidays can be very difficult

for an alcoholic, especially someone who is new in recovery. My dad and I attended a meeting on Christmas Day, which I believe was crucial for me in celebrating my first sober Christmas in many years. I am forever grateful to him for being an active member of our fellowship and knowing the importance of attending a meeting on a holiday. Here was a group of fellow alcoholics who were grateful to be sober on Christmas and that was something that I could definitely identify with.

The following week I left work early on New Year's Eve with a stomach virus. I remember being so sick, but when I looked in the bathroom mirror a smile came to my face because for the first time in many years, I wasn't sick from drinking too much. Alcoholics Anonymous was already working in my life and continues to work for me so long as I remain hum-

ble, teachable and grateful. I try to remain active in our fellowship and try to give back as much as I can. I've had the honor and privilege of serving as the treasurer for the Union County Christmas Alkathon for the past four years. It makes me feel so good when I attend this event and see fellow alcoholics smiling, laughing and have a great time. It also brings me back to Christmas day 1987 and the sense of belonging I felt that day, as well as, every day that I attend a meeting of Alcoholics Anonymous.

Tom S.
Morning Miracles Group
Freehold
Intergroup Trustee
Intergroup Alternate Co-Chair,
This Day



Holidays in Recovery

Like all children, when I was a young boy, I could not wait until Christmas arrived. Holidays were a way of escaping, or better yet, ignoring or coping with my dysfunctional family life. Although Mom liked to bake a Sicilian pastry called Casa Dettas, she was never in a good mood. My dad worked very hard to put food on the table, but he never really participated in any family activities. He just went through the motions so to speak. Mom ruled the roost, and they constantly fought, ending sometimes with Mom hitting Dad.

In my boyhood days, my sister and I were very close (she is five years younger than I). We always managed to decorate the house, as Mom was not interested in any of that silliness. My older brother, who was seven years older than I, was never home to participate in family undertakings. He was more interested in hanging out with his friends and playing baseball, but more truthfully, drinking with his

companions.

In those days, the holidays were a time of receiving gifts and showing off to your relatives. We always had a tree, outside decorations, mangers. We even went to midnight Mass. However, there never was any spirituality attached to Christmas. We would go to Mass only after gathering at my maternal grandparents' home, together with my nine aunts and uncles and my thirty-seven cousins; however, this visit to church was much more ritual habit than it was spiritual renewal. The soirée at my grandparents' home began on Christmas Eve and continued until Christmas Day. Unfortunately, the entire two days were spent discussing all the material things that we had received and arguing over which one of us got the best gifts.

Hence, when I began to drink heavily after my brother's death from alcoholism in 1987, I would use this materialistic attitude that permeates the holidays as another reason to get bombed. Drink-

ing relieved all the stress that the holidays caused me. I was able to brook the negative memories of my childhood; I was able to accept the dysfunctional behaviors of my mother and father. I never had a sober holiday in thirty years.

Fortunately, I became ill in 2016. This illness could have taken my life. But I write that I had been fortunate because my illness brought me to AA. My primary-care physician even introduced me to the gentleman who would become my sponsor. We hit it off from the beginning: I, a twelfth-grade English teacher, and he, a stone mason. (Talk about miracles!) I go to a meeting every day of the week and have been sober for the past three years.

AA has given me my life back, and happy, sober holidays is one of the gifts that I have received from the program. I no longer care about the materialistic attitude that snowballs during the holidays. I no longer think about what gifts I will receive and how expensive they will be. I now do

charity work during the holiday season: collecting for poor families of New Jersey, working at food banks. None of this would have been possible without AA. I avoid parties where people will be doing much drinking and acting silly. I now understand that the holiday is a religious event. I do decorate my home and put up a tree, but I no longer do this to show off; I do this to bring praise to my Higher Power who has shown me the direction to a better, more fulfilling life. I no longer live with resentment over my dysfunctional family. I have learned that the holiday season is a time to forgive transgressions.

I could go on and on about all the gifts that I have received through AA. But I will just end with this: The fellowship in AA makes every day a holiday. Stay sober and Happy Holidays to all my AA companions.

Tony P.
Bradley Gardens and North
Branch groups

Christmas Alkathons and Parties

Kearny (Live Easy But Think First)

30th Annual Alkathon
Trinity Episcopal Church
575 Kearny Avenue, Kearny
Christmas Eve and Day
8:00pm until 8:00pm
24 Hours of Fellowship

South River Sharing & Caring Group

Annual Holiday Party
Conklin Methodist Church
82 Main Street
South River, NJ
Sunday December 15th
Starts at 2:30 pm
Open Mic – Share your Gratitude!

Denville (Union Hill Drop-in-Center Group)

Christmas Alkathon
Union Hill Drop-in-Center
427 Franklin Road, Denville
Christmas Eve
Beginning with Regular 5:30
meeting until midnight
Christmas Day

Cranford (hosted by Elizabeth Saturday Morning Step)

36-Hour Christmas Alka-Thon
St. Michaels School Cafeteria
40 Alden Street, Cranford, NJ
Christmas Eve and Day
12 Noon Christmas Eve Until
12 PM Christmas Night
AA Meetings and Al-Anon
Meetings around the Clock

Newark District 17

30th Annual Holiday Alkathon
The Alanon Association Club
384 7th Avenue and 7th Street,
Newark
December 24th
6:00pm to 2:00am
December 25th
8am to midnight
24 Hours of Meetings and More

District 3

Holiday Alkathon
West Milford Municipal Building
1480 Union Valley Road West
Milford, NJ 07480
Christmas Eve and Day
Starts at 4PM on Christmas Eve
Last meeting starts at 3PM on
Christmas Day

Pompton Plains Group

Holiday Alk-a-thon
First Reformed Church
529 Newark Pompton Turnpike,
Pompton Plains
Christmas Eve and Day
7:00pm to 2:00pm
Mtgs around the clock on the
hour.

Piscataway I Can't We Can Group

Holiday Alkathon
Friendship Hall
456 New Market Road
Piscataway
December 25th
8:15am to 12:15pm
Meeting Every Hour Starting
Family & Friends Welcome.

New Year's Alkathons and Parties

Edison District 36

New Year's Eve Alkathon
St. Matthew's Roman Catholic
Church
89 Seymour Avenue, Edison
New Year's Eve
5:00pm to 12:30am
Ring in the New Year with us!

Glen Ridge District 37-38

New Year 2020 Alkathon and
Live Music Show
Glen Ridge Congregational
Church, 195 Ridgewood Avenue,
Glen Ridge
December 31st
8:00pm (through New Year's Day
4:00pm)
Alkathon meetings every hour on
the hour plus Live Music by local
AA performers

Newark District 17

13th Annual New Year's Alkathon
Alanon Association
384 7th Avenue and North 7th St.,
Newark
New Year's Eve and Day
6:00pm - 2:00am
There will be meetings,
fellowship, fun & food.

Middletown NJPYAA & Pathway to Power

Roaring Into 2020 Dance
Christ Episcopal Church
90 Kings Highway
Middletown
December 31st
Doors open at 7:30pm
Meeting at 8:00pm
Party at 9:30pm

Haworth District 5 & 7's

Sober New Year's Eve
Celebration
St. Luke's Episcopal Hall
43 Massachusetts Ave., Haworth
December 31st
8:00pm to 1:00am
Dancing, meeting, food, fun and
fellowship!

Bayonne District 32

New Year's Eve Dance
St. Andrew's School
124 Broadway, Bayonne
December 31st
AA meeting at 8:00pm
Dance from 9:00pm to 1:00am

Pompton Plains

Holiday Alk-a-thon
First Reformed Church
529 Newark Pompton Turnpike,
Pompton Plains
**New Year's Eve and New
Year's Day**
7:00pm to 2:00pm
Mtgs around the clock on the
hour.

Park Ridge (How It Works Seren- ity Group)

5th Annual New Year's Eve Party
Pascack Reformed Church, 65
Pascack Road, Park Ridge, NJ
December 31st
8:15pm to 12:30am
Continuous OPEN discussion
meetings with a SOBRIETY
COUNTDOWN just after mid-
night

Denville (Union Hill Drop-in- Center Group)

New Year's Alkathon
Union Hill Drop-in-Center
427 Franklin Road, Denville
New Year's Eve
Beginning with the regular 5:30
meeting until midnight



Musings of a Rather Lame Roving Reporter

In September, I attended our Area Convention and had the opportunity to be a “roving reporter” for the Newsletter Committee. My objective was to interview the attendees and get plenty of feedback and soundbites from everyone. I figured that the members of Area 44 would not be able to wait to go on record as to how they felt about all the Convention activities.

My rather lofty – and, dare I say, egotistical? – plan, however, fell rather flat. While some people told me how fantastic they thought the workshops and meetings were, only a few wanted to give their names. So, as my idea was not in my Higher Power’s plan, I decided to change my focus. Instead of attempting to interview everyone as they emerged energized from rooms full of joy and hope, I decided to write about the events I attended. And, lo and behold, I finally was able to interview a few people!

Our Friday night speaker was Butch from Canada, who spoke about the loneliness, restlessness, irritability and discontent of the alcoholic. He told us how the knot in his stomach and his sweaty hands would go away after four vodkas. In fact, everything would be perfect. He said that, for him, the uncomfortable feeling came when he had no alcohol and drinking seemed to be the solution. Sober, a person can be restless, irritable and discontent unless the malady is treated at the source. When we think we are greater than or less than, we separate ourselves from God and one another. Our inventory becomes a fact-finding mission, and we go from believing to knowing. It was quite a powerful talk.

Later that evening, I attended the Grapevine play, Mary Poppins Says She’s Stoppin’. Audience members found the play excellent and immensely entertaining, and so did I. Sharon, a former Grapevine writer/director, joined the cast in the lead role and intends to remain a member of the Grapevine Players. As a former and perhaps future member, I was quite impressed with all the talent I heard and saw.

On Saturday morning, I had a very spirited conversation with the members of YPAA, whose table was across from our This Day table, and then – wait for it – several people were suddenly willing to be quoted! Karaoke night received rave reviews from Arlene, Jolynn and Dan B., and Paula, a first-time attendee, was looking forward to becoming part of the “Bigger Fellowship.” Steve, a Convention Committee member, was impressed by how everything came together, and people were able to work smoothly and harmoniously.

At Saturday’s Al-Anon meeting, Angie from Florida talked about miracles and hope. She also mentioned looking good on the outside, yet not doing so well on the inside. She urged us to “stick with the winners” and acknowledge the similarities between alcoholics and Al-Anon members, such as hiding in books and in other ways, people-pleasing, martyrdom, control and denial. She also highlighted spiritual fitness and service.

The speakers at the old timers’ meeting talked about service, spirituality, sponsorship, denial, facing the truth, and getting professional help when needed. Their message was simple: don’t quit and hang in until the miracle happens.

But the most powerful event for me was the History and Archives presentation on where the Big Book came from – the books behind the Book. These included: The Common Sense of Drinking by Richard R. Peabody, which asks, “Are you a specialist in avoiding life?”; The Varieties of Religious Experience by William James, a book given to Bill by Ebby; The Holy Bible; The Sermon on the Mount by Emmett Fox; Man the Unknown by Alexis Carrel; As a Man Thinketh So Shall He Be by James Allen, which lists the principles of cause and effect; The Greatest Thing in the World by Henry Drummond, about love; and Twice Born Men and More Twice Born Men by Harold Begbie, about the Oxford Group. The Oxford Group stressed the four absolutes: Absolute Honesty, Absolute Purity, Absolute Unselfishness, and Absolute Love, and their books, When Man Listens by Cecil Rose, I Was a Pagan by V.C. Kitchen, and For Sinners Only by A.J. Russell, influenced the formation of Steps 3, 4, 5, 8, and 9, because their goal was to help the reader aim for a changed life. As a long-time member of AA and a history buff, I loved this presenta-

tion.

So, after all that, I guess my mission was not a fiasco after all. I learned so much about our fellowship, its history and its people. And, isn’t that what a roving reporter is supposed to do, after all?

Marybeth H.
Roving Reporter
This Day Newsletter

On Intolerance of Other Members’ Punctuality

When I was a newcomer there was a great 9AM meeting near my house which I loved. Sadly, I couldn’t be there at 9 sharp because I worked the overnight shift, but even at 9:15 my heart would leap just seeing the AA sign and smelling that wonderfully thick and stale smelling coffee.

Regrettably, there was an old timer there—a retired school principal—whom I sure meant well but would actively track member attendance and arrival times on index cards. I kid you not. Moreover, he would shoot you an extremely remonstrative look, shake his head, tap his watch a few times and would mutter “what the hell” under his breath. Every day I attended, while I was counting days by the way, and his muttering would get louder and louder.

For my 90th day, they were kind enough to give me my medallion.

Then, after the meeting, about five of his sponsees pulled me aside outside and warned me not to show up late again or “there would be consequences”. I never went back. I didn’t drink because I was on my 9th step, but it did break my heart.

What I didn’t know was: the long form of the 3rd Tradition protects us against “conformity requirements” so long as one’s behavior does not negatively impact the group. The long form of the 3rd Tradition asserts that membership with the group is based only on abstinence from alcohol following the Twelve Steps and not on “money or conformity”.

Our Book teaches us to pray for and forgive those who trespass us, and I have. Today I am very grateful to have been taught AA’s greatest lesson by those men—TOLERANCE—for we never know what road the other man is trudging. Moreover, just for today, I am constantly vigilant to monitor my meeting behavior, so I am not tempted to be a well-meaning AA bully, for that is not “love and service”. Nobody deserves my worst, especially because God has given me Her best.

I am so grateful for what you all of you in AA have taught me. I am deeply blessed.

David R.
Happy Destiny Group
Chatham NJ

Topic for the Spring Issue:
New Beginnings in Sobriety

Next Issue Deadline:
February 13, 2020

Send your articles of 800 words or less to:
newsletter@nnjaa.org

Winning in Recovery

Today is my sober anniversary. My first sponsor told me to raise my hand every day for a week to let the group know when I am celebrating. While I hate calling attention to myself, year after year, I do it anyway. When I balk about standing in front of the room to receive my coin and share with the group, she reminds me that the purpose of celebrating is to offer hope to those who are struggling and to show the newcomer that AA works.

Fourteen years ago, today, I reluctantly raised my hand for a different reason. I drove to a meeting I'd never attended to tell a group of alcoholics I was coming back. I had no idea just how that would feel. With no God of my understanding to anchor me, it was next to impossible to imagine the experience being anything less than excruciating. While I'd seen many people come back after a relapse and be welcomed back lovingly, I felt raw and vulnerable.

Fortunately, every man and woman sitting around the table that night made me feel right at home. It was as though a seat had been held for me, like I'd never faltered. I was reminded I had everything to be grateful for: I was alive; I hadn't hurt anyone; I had no legal or marital repercussions; my kids were safe; and, save my own harrowing remorse, I'd somehow gotten by relatively unscathed.

While no one actually came out and said it, I knew they were eager to know why I'd picked up after accumulating fifteen years of sober time. Their interest was not to exploit me or make me uncomfortable, but each in his own way was feeling the fragility of his own sobriety. I could hear my own voice throughout the years telling friends and sponsees: "Drinking is not an option." It wasn't—until it was.

Referring to the first drink, I told the group that during an indelible period of exactly eight minutes, while I watched the oven clock tick from 5:11 to 5:19 pm, I felt good. I described that familiar comfort of warm champagne as it numbed my lips, bubbles exploding on my tongue and cascading down my throat, just enough alcohol to cause a tingling in my body that led to a sigh of indescribable relief. But when the eight minutes elapsed, I was met with instantaneous guilt and shame; a shame

Twelve Tips on Keeping your Holiday Season Sober & Joyous

Holidays parties without liquid spirits may still seem a dreary prospect to a newcomer. But many of us have enjoyed the happiest holidays of our lives sober--an idea we would never dream of, want, or believe possible when we were drinking. Here are some tips for having an all around terrific time without a drop of alcohol!





- 1.** Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones on the Hotline, or go to a meeting in a treatment center or correctional facility.
- 2.** Be host to AA friends, especially newcomers. If you don't have a place where you can have people over, take one person out for lunch or coffee.
- 3.** Keep your AA phone list with you at all times. If a drinking urge or panic comes, postpone everything else until you've called your sponsor or an AA member.
- 4.** Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.
- 5.** Skip all drinking occasions you are nervous about. Remember how clever you were at excuses when drinking? Now you can put that talent to good use. No office party is as important as saving your life.
- 6.** If you have to go to a drinking party and can't take an AA friend with you, keep some candy handy.
- 7.** You don't have to stay late. Plan in advance an "important date" you have to keep, and leave early.
- 8.** Go to church. Any church.
- 9.** Do you find that you're sitting around brooding? Catch up on those books, museums, walks, or call an old friend.
- 10.** If you find yourself 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 can't give material gifts -- but this year, you can give love.
- 12.** "Having had a spiritual awakening as a" No need to spell out the Twelfth Step here, since you already know it!

that accompanied another week of drinking.

Following the close of the meeting, when kind women stood waiting to offer their phone numbers or speak to me privately, I recall wanting to have a neat and buttoned up story for why I chose to drink again. I wanted to tell it as much as each of them needed to hear it. But at that moment in time, I was unable to come up with why I'd had no defense against the first drink.

This morning, at my regular women's meeting, the leader asked if anyone was celebrating this month. I raised my hand. One day at a time, I've accumulated fourteen years of continuous sobriety. What's more important than the upcoming celebration, perhaps,

is the relevance of the continuous sobriety I'd had for fifteen years before my relapse. My sponsor reminds me that just because I drank, and lost some "sober time," I did not lose the years of sober reference I'd gained. While I may have needed to uncover and discover the factors that led to my choosing to pick up a drink again, the experience, strength, and hope I'd gleaned throughout those first fifteen years was not to be discounted.

The term "first-time winner" has always made me bristle. If you're not a first-time winner, does that mean you're a loser? I'm passionate about this because I know the self-imposed heartache I've suffered for choosing to drink again. I've done my penance. Today, I truly understand my powerlessness over alcohol. Fourteen years ago, I told myself a lie: that

I would feel better, that things would be better if I had a drink. Nothing improves with a drink.

The hardest thing I ever did was walk into my first AA meeting in 1991, but harder still was walking back in, filled with despair in 2005. I never thought I'd actually embrace the memory of raising my hand with one day back, but I do. Perhaps because I'd never left.

We are all winners. Each day we stay sober, we gain more sober reference to pass on to our friends, sponsees, families, and most importantly, the still suffering alcoholic.

Debbie B.
Wyckoff, NJ

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 - Last Thursday, 7:30 pm, St. Mary's Church, Roger Troy Hall School Building, (corner of High & 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) 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, Upstairs, 83 Wayne St, 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 UMChurch, 1130 Mountain Ave., Berkeley Heights

District 19 - Last Mon. 7:30 pm, Friendship Hall, New Market Road, Piscataway

District 20 (with former District 29/30) - 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. 7:00 pm, Ocean Christian Community (Parish House Basement) 405 Washington St., Toms River

District 28 - 1st Tue. 7:30 pm, St Margaret's Church, 3rd & Ludlow Avenue, Spring Lake

District 30 - 4th Sunday 12 Noon, 256 Mulberry 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 Public Library, 31st St. & Ave. C., Bayonne

District 34 - 3rd Sat. 9:30 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, Somerville.

District 36 - 3rd Fri. 7:30 pm, St. Luke's Church, 17 Oak Ave & Route 27, Metuchen

Districts 37 & 38 - 3rd Wed. 7:00 pm, First Evangelical Lutheran Church, 153 Park St, Montclair

District 41 - First Thurs 7:00 pm, St. Matthew's Trinity Church, 8th & Washington Sts, Hoboken

District 42 - 2nd Sunday 9:00am, 120 Jersey Ave. 2nd floor, New Brunswick



Member area
 userid: alcoholic
 password: onedayatatime

NNJGS Area 44 Office Calendar

JANUARY 2020

- 1 Mailing Committee 6:30PM
- 1 Translation Committee 7 PM
- 3 Officer's Meeting 7 PM
- 4 Mailing Committee 6:30 PM
- 4 Grapevine 10 AM
- 6 Mid-winter Luncheon Com 7 PM
- 7 Officer's Mtg 7PM
- 8 History & Archives @ Interg 7 PM
- 8 Treatment 7:30 PM
- 11 Corrections 10AM
- 12 Films 9AM
- 12 Area Committee Mtg 10 AM
- 13 Computer/Tech Comm 7:30PM
- 14 Public Information Comm 7:30 PM
- 15 Nightwatch @ Interg 7 AM
- 15 Convention Comm 8 PM
- 16 Newsletter 6:30 PM
- 16 Ad Hoc for Quick Books 7 PM
- 18 DCM Orientation 8:30AM
- 20 Literature Sales @ Area 6:30 PM
- 20 Literature Comm (No Sales) 7:30 PM
- 19 International Hospitality 7 PM
- 21 CPC Committee 7 PM
- 22 Website Committee 7:30PM
- 25 Area Assembly District 9 9 AM
- 26 NJYPAA @ Belmar 10:30AM
- 27 Finance Committee 7 PM
- 27 Remote Communities 7:30 PM

FEBRUARY 2020

- 1 Grapevine Committee 10 AM
- 3 Mid-winter Luncheon Com 7PM
- 4 Officer's & Standing Mtg 7 PM
- 5 Mailing Committee 6:30 PM
- 5 Translation Committee 7:30 PM
- 7 Mid-winter Luncheon Com 7 PM
- 10 Computer/Tech Com 7:30 PM
- 11 Public Information 7:30PM
- 12 History & Archives @ Interg 7PM
- 12 Treatment 7:30 PM
- 13 This Day Deadline
- 16 NJYPAA @ Belmar 10:30 PM
- 16 Mid-winter Luncheon 12 Noon
- 18 CPC Committee 7 PM
- 19 Literature Sales @ Area 6:30 PM
- 19 Literature Com (No Sales) 7:30PM
- 19 Convention Committee 8 PM
- 20 Newsletter Committee 6 PM
- 20 Ad Hoc for Quickbooks 7 PM
- 21-23 NERASSA Nashua, NH

- 9 Computer/Tech Com 7:30 PM
- 10 Public Information Com 7:30 PM
- 11 History & Archives @ Interg 7 PM
- 11 Treatment Committee 7:30 PM
- 13-15 NERD
- 16 Literature Sales 6:30PM
- 16 Literature Com (No Sales) 7:30PM
- 17 CPC Committee 7:00PM
- 19 Newsletter 6 PM
- 19 Ad Hoc for Quickbooks 7 PM
- 19 Internation Hospitality 7 PM
- 21 Corrections Committee 10 AM
- 22 NJYPAA @ Belmar 10:30 AM
- 23 Finance Committee 7:30PM
- 23 Remote Communities 7:30PM
- 25 Website Com @ Area 7:30 PM

MARCH 2020

- 2 Mid-winter Luncheon Com 7:00PM
- 3 Officer's Meeting 7:00PM
- 4 Mailing Committee 6:30PM
- 4 Translation Committee 7:00 PM
- 7 Grapevine 10:00 AM
- 8 Films Committe 9 AM
- 8 Area Committe Meeting 10 AM

- 9 Computer/Tech Com 7:30 PM
- 10 Public Information Com 7:30 PM
- 11 History & Archives @ Interg 7 PM
- 11 Treatment Committee 7:30 PM
- 13-15 NERD
- 16 Literature Sales 6:30PM
- 16 Literature Com (No Sales) 7:30PM
- 17 CPC Committee 7:00PM
- 19 Newsletter 6 PM
- 19 Ad Hoc for Quickbooks 7 PM
- 19 Internation Hospitality 7 PM
- 21 Corrections Committee 10 AM
- 22 NJYPAA @ Belmar 10:30 AM
- 23 Finance Committee 7:30PM
- 23 Remote Communities 7:30PM
- 25 Website Com @ Area 7:30 PM

Intergroup Calendar

DECEMBER 2019

- 5 Intergroup Delegates Mtg -- Clark 8:30PM
- 8 Bookers Exchange -- Clark 6AM -- Mother Seton HS
- 11 Archives Committee 7PM -- Intergroup Office
- 25 Holiday -- Office Closed -- Christmas
- TBD Joint Website Committee 7:30PM -- Area 44 Office

FEBRUARY 2020

- 6 Intergroup Delegates Mtg -- Clark 8:30PM
- 12 Archives Committee 7PM -- Intergroup Office
- 17 Holiday - Office Closed - President's Day
- 25 Joint Unity Meeting 7:30PM -- Area 44 Office
- 26 Joint Website Committee 7:30PM -- Intergroup Office

JANUARY 2020

- 1 Holiday - Office Closed - New Year's
- 2 Intergroup Delegates Mtg -- Clark 8:30PM
- 8 Archives Committee 7PM -- Intergroup Office
- 15 Nightwatch Committee 7PM
- 23 Joint Website Committee 7:30PM -- Area 44 Office

MARCH 2020

- 5 Intergroup Delegates Mtg - Clark 8:30PM
- 8 Bookers Exchange - Cranford 6:30.
- 11 Archives Committee 7PM -- Intergroup Office
- 25 Joint Website Committee 7:30 PM Area 44 Office
- 30 Holiday - Office Closed - Good Friday

Intergroup News and Notes Meeting Updates Nov & Dec 2019

NEW MEETINGS!!!!!!!

CLIFFSIDE PARK – Sun. – 8 pm O-BB Trinity Episcopal Church, 555 Palisade Avenue (formerly met in Fairview)

DOVER – Thurs. 12 noon – O-D First Memorial Presbyterian Church, 51 W. Blackwell Street (formerly met at Hope House)

LIVINGSTON – Fri. 10 am C-D; Mon., Fri. 12:45 pm – C-D; Wed., Thurs. 1 pm O-S-D, O-BB-ST Trinity Covenant Church, 343 E. Cedar Street (formerly met in West Orange)

MAHWAH – Sat. 7:30 pm C-D Church of the Immaculate Heart of Mary, Parish Hall, 47 Island Road (formerly met at Immaculate Conception Church)

NEW BRUNSWICK – Tues. 8 pm C-D(men) Rutgers Community Church, 100 College Avenue, Upstairs Auditorium, use Mine St. Ent. (formerly met at Robert Wood Johnson Hospital)

NEW BRUNSWICK - Sun. 11 am O-S Rutgers College Avenue Campus, Campbell Hall, Room A-3, 617 George Street (formerly met at Robert Wood Johnson Hospital)

OLD BRIDGE – Thurs. 7 am – O-D Club Serenity, St. Ambrose Parish Center, 83 Throckmorton Lane

RIVER VALE – Sun. 7:30 am – C-D Cornerstone Church, 819 Rivervale Road

RUMSON – Tues. 8 pm – O-ST Holy Cross Church, 30 Ward Avenue

SPARTA – Sat. 8 pm O-D – St. Mary's Episcopal Church, 85 Conestoga Trail (formerly met at Our Lady of the Lake)

WEST ORANGE – Mon. 10:00 am C-BB (women) Bethany Evangelical Church, 30 Ashwood Terrace (formerly met at Temple B'nai Shalom)

CANCELLED MEETINGS!!!!!!!

BOONTON – Mon. 7:30 pm – St. Clare's Hospital, 130 Powerville Road

CHATHAM – Sun. 8:30 pm – Chatham Presbyterian Church, 240 Southern Blvd.

DOVER – Fri. 8 pm – St. Clare's Hospital, 400 W. Blackwell St. (Route 46)

FAIRVIEW – Sat. 1 pm – Our Lady of Grace Church, 6th Street & Kamena

FLEMINGTON – Fri. 7 pm – First Presbyterian Church, 31 N. Union Street

HARRINGTON PARK – Sat. 7 pm O-BB Our Lady of Victories Church, 150 Harriot Avenue

HAZLET – Tues 8 pm – Faith Reformed Church, 215 Middle Road

MILLINGTON – Wed. 8 pm (Young Peoples) All Saints Episcopal Church, 15 Basking Ridge Road

MORRISTOWN – Wed. 7 pm – Villa Walsh Academy, Western Avenue

NEW BRUNSWICK – Wed. 8 pm O-S – 7th Day Adventist Church, 339 Livingston Avenue

PATERSON – Sat. 7 pm – Second Baptist Church, 72 Carroll Street

ROSELLE – Tues. 7:30 pm – Heard AME Church, 310 8th Avenue

SHREWSBURY – Wed. 8:30 pm – C-BB-ST Presbyterian Church, Sycamore Avenue

SUSSEX – Sat. 9 pm – United Methodist Church, 15 Bank Street

TEANECK – Sat. 9 pm – United Methodist Church, 368 Hickory Street

TEANECK – Fri. 8:30 pm – St. Mark's Episcopal Church, 118 Chadwick Road

WARREN – Sat. 8:15 pm – Our Lady of the Mount, 167 Mt. Bethel Road

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NEXT ISSUE DEADLINE: FEB 13 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.

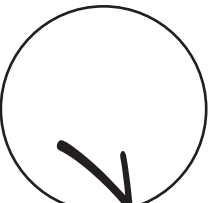
Editorial Policy:
 Articles submitted from the Fellowship are encouraged, and should not exceed 800 words. The newsletter committee may edit submissions for grammar, readability, and content. Opinions expressed herein are not to be attributed to AA as a whole, nor does the publication of any article 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.

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
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wonderful
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