

# THIS DAY

www.nnjaa.org

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

*A message  
from your  
Area Delegate*



## A Message From Your Delegate

As I write this article, there is a weird calmness inside of me. In my last article, I wrote of the Conference experience and how my life has been changed by that experience. Now there is a realization that there are only a few weeks left as your Delegate and thoughts of what's next. I'm grateful for the spirit of rotation. I believe we need new people with new ideas or ways of strengthening old ideas in order for the Area to continue to carry the message to the person who still suffers.

I've had an incredible opportunity to meet so many of our Fellowship, not only in Area 44 but in every Area around the United States and Canada. Relationships and conversations that would probably never have happened if it wasn't for being blessed with this position. In many conversations, I think of how we are really blessed in Area 44 with our service structure. I also realize that because of the pandemic our Area participation has taken a hit like many other Areas. I have faith that our new elected Officers and Committee chairs, as we get back to more in-person events, will get that level of participation up to par so we can bring "this message" into our jails, treatment centers and detoxes. Not only that but also to reach out to our professional community and share with professionals who work with alcoholics and explore some of the channels AAs use to do so — all while preserving the letter and spirit of the Twelve Traditions.

So where do I go from here? I will serve the Area as the Ex Officio: the immediate Past Delegate. Over the next two years, I will be the liaison to Northern New Jersey Intergroup. I will chair the Mini Conference in my first year and chair the Election Assembly in my second. Most importantly, I will be someone who our new Delegate can lean into for experience. Not to tell her how to do things but to support and encourage her to do her own thing. I feel we should not only all be cheerleaders for what Alcoholics Anonymous has done for us but also support the trusted servants we elect to guide our Area.

I am so grateful for Alcoholics Anonymous and what it has done for me and my family, but I'm extremely grateful for all of you who have trusted me with this position. Again, thank you for allowing me to serve.

Jimmy A.  
Panel 71 Delegate

*thank you*

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### NEXT ISSUE DEADLINE

February 1, 2023

newsletter@nnjaa.org

## NORTHERN NEW JERSEY OFFICER & COMMITTEE REPORTS

*A message  
from your  
Area Chair*



Dear Friends:

Warm greetings from your Area Chair. As I pen my final *This Day* article as Area Chair, I find myself wondering where the time went. We have worked together over these past two years, keeping the Area 44 lights on and doors open, while we continued to bring the message of recovery in trying times. I think it's fair to say that we have done well in our mission, and we are poised to do great things moving forward.

To that end, we welcome the newly elected Officers, Committee Chairs and DCMs of Panel 73, as well as all new GSRs and Committee members, and wish them the very best in their work. We ask that the Fellowship readies itself to support their efforts as we ramp up our 12th Step activities in our home groups, our districts, and especially on our committees in moving out from the shadow of the pandemic. Please consider volunteering your time in support of these critical functions.

Looking back at recent activities, we congratulate the members of our Convention Committee who hosted a great event in September, bringing us back to an in-person event after two years of an online convention. This year's Convention was well-attended, and, thanks to the hard work of the Committee, delivered a variety of services, meetings, and 12th Step messages. Kudos all around!

In addition, Area 44 joined with Intergroup to host our bi-annual Day of Sharing in November. The theme of this year's program was "Our Virtual Experience," and featured the Chair of the Ad Hoc Committee on Group Participation bringing to us the latest view and status of the integration of virtual meetings into our general service structure. It was quite interesting and a good look into "what's next" for AA locally and globally.

We again hosted our annual Work Weekend over the first weekend in December, kicking it off with an online session on Friday night, followed by a full day hybrid event on Saturday. For those who have not participated in the past, Work Weekend is where members of the Area Committee help the Area take its inventory for the past year or so, looking at the big picture of the Area's successes and challenges as well as a granular look at individual districts and committees. The outcome from this year's event will provide the Panel 73 Area Committee members with a roadmap for planning our work for 2023 and beyond.

In 2023, we will be returning to in-person Area Assemblies, as voted on by the Fellowship at the November ACM, and encourage all AA members to support these important events. Our Area Assemblies are now hosted three times a year and are the main conduit for our groups to connect with, and inform, the General Service Conference of their needs and thoughts, and it is here that the group learns of the GSC actions and intentions. Although we are back in-person, we encourage all members to consider those folks who have been connected only via online means, or those who are challenged to attend in-person events. Please do what you can to help these members be part of the Assembly, remembering that all our Assembly venues are ADA compliant. We hope to see you at the January Assembly on Saturday the 14th (details on the website).

I wish to extend my deepest gratitude to all members of Area 44 for their tireless efforts in supporting our service structure over the past two years. We have shown great resilience and flexibility in continuing our program, keeping the doors open (electronically or otherwise) and our committees active, serving those who need us, and serving those who did not know they needed us. We might say today that the pandemic is over, though we need to realize that the influence of the pandemic will always

be with us. We in AA must take the lessons learned from our pandemic experience and continue to provide the best services we can, reaching out to meet the sick and suffering alcoholic, by using all the tools and experiences we have gathered along the way, especially those new lessons learned in the past three years.

Finally, I wanted to personally thank the members of the Area Committee and all those doing service in Area 44 for offering me the opportunity to serve as your Area Chair for these past two years. The position was both humbling and rewarding and was a character-building experience for me. As I leave Area 44 and New Jersey and follow my heart to warmer climes (Area 62-South Carolina), I wish the very best for my AA friends and family, confident that Area 44 will continue to grow with the times and continue to be that shining light of hope and recovery that first saved my life 11 years ago this month. God speed.

In AA love and service,  
George Lunney  
Area 44 Chair



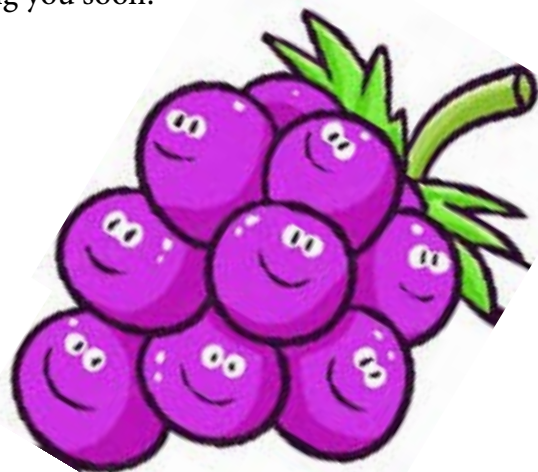
## Heard It Through the Grapevine

At this time of year, Area members begin to think of ways to be of service outside the home group. One terrific way is to join our Grapevine/la Viña Committee. Although I have rotated out of a chair position on the committee, I continue to be a Grape. Our committee strives to continue Bill W's goal to "carry the AA message to alcoholics and practice the AA principles in all its affairs." This mission is inspired by our Chair, Alternate Chair, and GvRs. We cooperate with the districts, showing up at various district events; likewise, committee members are on hand to sell literature at Area events such as our Area Convention and Area Assemblies. Committee officers and members also work with other Area committees to help alcoholics who need support. We meet on the first Saturday of the month at 10 am, and you have the opportunity to attend online as well.

In addition, Area members are urged to write for the Grapevine and la Viña magazine. Be sure to check out all the books and resources that are available: [www.agrapevine.org](http://www.agrapevine.org). We have books and podcasts, and you can follow us on YouTube and Instagram.

So, come on, join the bunch! We look forward to seeing you soon!

Marybeth H.  
Early Risers  
District 26





**I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.  
And for that: I am responsible.**

Nightwatch makes it possible for all of us to be “the hand of AA.” During the day when Intergroup is open, the phone rings at the office and is answered there; however, when the office is closed (nights, weekends, holidays), the phone is answered by volunteers—that’s all of us. The AA number (1-908-687-8566) is forwarded to the phone of a volunteer who has at least one year of sobriety. The calls are answered in the comfort and privacy of the volunteer's home. The volunteer's telephone number is never given out. Callers dial the Intergroup office number, and calls are automatically forwarded to the volunteer's home or cell phone.

Being the contact person for a suffering alcoholic is one of the most rewarding and actually one of the least demanding service jobs you can do. You will receive calls from people looking for a meeting or calls from an alcoholic who is truly suffering and desperately wants to quit. Very occasionally you will receive what we term a “nuisance call”—similar to the ZOOM “bombers” who occasionally show up at our online meetings. You are under no obligation whatsoever to linger on the phone with them. They are wasting time that needs to be spent with the alcoholics who are in need of your experience, strength, and hope.

If someone calls who needs to have a 12th Step call, we provide a list of people who have offered their time to speak at some length with that person. That 12th Step List is updated every six months, and, due to COVID, your Nightwatch Committee is in great need of current lists from every group in Area 44. Please ask your group secretary or any responsible person in your home group to call the Intergroup office during any week day for the 12th Step Call Form. Members of your group will fill it out and then mail it back to the Intergroup office. Those names and phone numbers are never given to the alcoholic who has called for help. The anonymity of the 12th Step volunteers is carefully protected.

The main purpose of this article is to get those 12th Step Call forms from as many groups as possible. The second purpose is to let you know what a terrific form of service work Nightwatch can be for you. We keep our sobriety by giving it to others. If your group is currently not doing a week of Nightwatch, please call Intergroup and let them know you want to help out. If you personally are home bound or unable to get to in-person meetings and therefore do not have a home group, you can join our list of “Fill Ins”—people who have at least a year of sobriety, live anywhere in Area 44, and want to answer the Nightwatch calls. We would be delighted to add you to our list of people who are willing to volunteer to take a shift of Nightwatch.

Thanks so much for reading.

Yours in service,  
Susan C.

Nightwatch Coordinator for Warren County and the western part of Morris County.



We're happy to report that the February 2022 GSR Mid-Winter Luncheon was back in person and a resounding success. The 2022 General Service Conference theme was "AA Come of Age 2.0: Unified in Love and Service". Now it's time to get excited for the 2023 GSR Mid-Winter Luncheon right around the corner!

The General Service Conference theme for 2023 will be "AA's Three Legacies – Our Common Solution." On February 19th, 2023, we will be celebrating our GSRs in person at the Forsgate Country Club, representing communication, love and service to our home groups.

So, it is the GSRs who are the key link in the chain of "communication," showing what service looks like. Through them, this era of being unified in love and service never changes. They are the lifeline to the Area, their district and their home group. The primary purpose of the G.S.R. Mid-Winter luncheon Committee is to show the gratitude and appreciation of Area 44 to the General Service Representatives.

**G.S.Rs Rock!!**

If you are interested in doing service work by being a greeter for this event, please send your name, contact number, and email to: [lunch-chair@nnjaa.onmicrosoft.com](mailto:lunch-chair@nnjaa.onmicrosoft.com)

Yours in Love of Service,  
 Billy H  
 Chair, G.S.R. Mid-Winter Luncheon Committee 2022-23

## REMEMBER THAT NORTHERN NEW JERSEY AA NEEDS YOU!



**NORTHERN NJ  
COMMITTEE MEETINGS  
VIRTUAL AND HYBRID**



Revised 11.14.2022

COMMITTEES	MEETING DAY	TIME	SERVICE	MEETING ID	FACEBOOK	CONTACT AND ADDITIONAL INFORMATION
Competition of Professional Community*	1 <sup>st</sup> Tuesday	7:00pm	300M	831 8704765	[FBI]	See FB - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> for password. Visiting Hours Feature enabled by host
Conventions Facility Committee*	1 <sup>st</sup> Tuesday	10:00am	300M	831 836 899		Susan F - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> - Meeting on GDS's understanding only. Hybrid from Area Office
Engineers	1 <sup>st</sup> Saturday	10:00am	300M	822 428 9413	1487	Mavisela E - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> Meeting Hybrid and Virtual Only every other month. Please contact Chair if you plan on attending at the Area Office
History and Archives*	2 <sup>nd</sup> Wednesday	7:00pm	300M	927 926 8212	47428	Patricia - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
LIBRARY	2 <sup>nd</sup> Monday	7:00pm	300M	671 838 8087	82844	Maria B - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> - This is Hybrid meeting, with book discussions observed at Area Office. Librarian's at 1:00pm
Public Information*	1 <sup>st</sup> Tuesday	7:00pm	300M	821 767 3687	3 64276	Jeanne F - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> Virtual Only
Traditions*	1 <sup>st</sup> Wednesday	7:00pm	300M	812 816 9443	62754	Blair B - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Computers and Technology Committee	2 <sup>nd</sup> Monday	7:00pm	700M			CHARLIE - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Conventions Committee	2 <sup>nd</sup> Wednesday	7:00pm	300M	881 237 7937	137123	CHLOE - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Finance Committee	1 <sup>st</sup> Saturday	9:00am	200M	824 848 10	247888	Paul L - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Finance Committee	4 <sup>th</sup> Monday	7:00pm	300M	581 525 551	11256	John C - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Intergroup Workshops	N/A					Trish R - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Meeting Committee	1 <sup>st</sup> Wednesday	8:30pm	N/A			DAVE B - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
GSR Mid-Winter Luncheon Committee	1 <sup>st</sup> Monday	8:00pm	300M	881 688 4975	877428	Blair B - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Newsletter*	2 <sup>nd</sup> Tuesday	8:00pm	300M	927 832 9887	161086	Tom P - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
NYCHA	2 <sup>nd</sup> Sunday	10:30am	300M	884 933 1711	146106	
Policy and Administrative Committee	2 <sup>nd</sup> Tuesday	7:00pm	300M	881 371 8818	876811	Maria D - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> - Virtual/ Hybrid meeting. Meeting on FBV's months
Public Relations	4 <sup>th</sup> Monday	7:00pm	200M	828 4276 4622	3 64276	Blair B - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a> Virtual Only
Social Media Committee	2 <sup>nd</sup> Tuesday	7:00pm	200M	848 789 8887	3 12320	BRIGGIAN - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Traditions Committee	1 <sup>st</sup> Wednesday	7:00pm	N/A	658 7572 1434	3 38358	Patricia E - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>
Website Committee*	2 <sup>nd</sup> Monday	7:00pm	700M	<a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>		Maigie F - <a href="https://www.facebook.com/aa-nnj">https://www.facebook.com/aa-nnj</a>

**FOR MORE INFO ON STANDING AND SPECIAL COMMITTEES, PLEASE  
 CHECK OUT: [WWW.NNJAA.ORG](http://WWW.NNJAA.ORG) >> SERVICE >> SERVICE COMMITTEES**



Check out Northern New Jersey AA's Holiday Events and Alkathons!

[https://nnjaa.org/news\\_events/alkathons.php](https://nnjaa.org/news_events/alkathons.php)



**THANK YOU FOR YOUR  
GENEROSITY!**

1. Three Legacies Group
2. Ruby Slippers
3. Men in Recovery
4. Union City Sun Early Riser
5. Morning Miracles
6. Westfield/Garwood Clear the Air
7. Saturday Night Live Cliff Park
8. Garwood Wednesday Night
9. Daily Reprieve Freehold
10. Dawn Patrol
11. Colonia
12. Daily Reprive Pompton Plains
13. Throckmorton Street Group
14. New Light
15. Women in Serenity Group
16. Lakewood Men's Life Group
17. Albert Garcia
18. The Bagel Group
19. Monday Night 12 & 12 Step
20. Seven-A-Emers Group
21. Recovery Lifeline Group
22. Upper Ridgewood Group
23. Anthony Argiros
24. Church Lane Group
25. Saturday Night Live Group Clark
26. Port Reading Thursday Night
27. Lori Valentine
28. Helmetta Stepping Stones
29. Middletown Morning Meet
30. Tell It Like It Is Group
31. Franklin Young Peoples Group
32. Franklin Wednesday Night T.N.T.
33. Franklin G.U.T.S
34. Wantage Sat. Big Book
35. Ocean Side Sobriety Group
36. Wayne Valley Group
37. Hill Street Blues
38. 7AMers Saddle River
39. Union Hill Drop-In Center
40. Par-Troy Saturday Night
41. Steps on Saturday South Orange
42. Pompton Plains Thursday Night
43. Break of Dawn
44. Haven of Hope
45. District 17
46. Matawan Smog Lifters
47. A Vision for You Group Freehold
48. Plainfield Sunday Morning

*Thank you to the individuals, groups, and districts who donated to the Pink Can this year!*

*Additionally, I'd like to apologize to those individuals and groups listed above who donated throughout the year and to the Corrections Committee for not publishing the donation lists quarterly.*

## INTERGROUP NEWS

An open “Thank You” to all the member groups and individual AA members who have so generously supported Northern NJ Intergroup through the pandemic and back into this “new normal!”

While the early months of the 2020 pandemic caused NNJ Intergroup some serious financial concern, due to the absence of 7th Tradition support, it wasn't long until the groups figured out how to meet on a virtual platform, and shortly after that, how to pass that virtual basket!

As I write this quick note before I begin the November 2022 NNJ Intergroup Cash Flow statement, I am sustained in my confidence of this Fellowship that the generosity of its members has enabled us to return to pre-pandemic levels of contributions, which allows us to maintain our local office in Union, NJ, staffed by our three special workers and a number of volunteers. NNJ Intergroup continues to financially support 7 joint committees with Area 44, including the Newsletter Committee that puts out *This Day* in which this article appears.

The Fellowship's contributions also allow NNJ Intergroup to answer our phones 24/7/365; not only through our office but through Nightwatch and our answering service.

The list of services that Intergroup is able to offer is too numerous to list here, but I encourage anyone who may be reading this to attend our monthly NNJ Intergroup Delegate's Meeting on the first Thursday of the month, visit the members area of our website to catch up on the minutes and past Cash Flow statements, or just reach out to me directly via email with any questions you may have about Intergroup and/or our finances.

In Service,  
Justin B.  
Intergroup Treasurer  
Intergroup-treasurer@nnjaa.org

### **NNJAA STATUS UNKNOWN MEETINGS**

**As of November 1, 2022**

***If they can't find us, we can't help them.***

The meetings listed in this document are marked as STATUS UNKNOWN on our website because they have not been in contact with Intergroup for more than two years. In June of 2020 we had 900 meetings.

Currently we have **139 meetings that a newcomer may visit only to find themselves alone.**

You can update your status online by filling out a [Meeting Update Form](#). You can also find this form by clicking the green banner [Re-Opening Information](#) at the top of our homepage and scrolling down until you see *To update your meeting information on our website...*

***We can't do this without you!***

Status Unknown Meetings below on page 8

**Status Unknown Meetings**

Belleville	Saturday	11:00 AM
Belmar	Tuesday	6:45 PM
Bloomfield	Tuesday	8:00 PM
Bloomfield	Wednesday	8:00 PM
Carlsbad	Friday	1:00 PM
Carlsbad	Saturday	7:00 PM
Carle Knolls	Tuesday	6:15 AM
Chester	Friday	7:00 PM
Clawson	Wednesday	8:00 PM
Denville	Wednesday	8:30 PM
Edgewater	Wednesday	6:30 PM
Elizabeth	Tuesday	Noon
Elizabeth	Thursday	Noon
Elizabeth	Friday	7:00 PM
Englewood	Wednesday	7:30 PM
Farming	Saturday	3:30 PM
Living	Saturday	8:00 PM
Florhampton	Thursday	8:00 PM
Fort Lee	Thursday	3:00 PM
Freshfield	Tuesday	6:30 PM
Hammer Square	Wednesday	8:00 PM
Haworth	Friday	1:00 PM
Hillsborough	Wednesday	8:00 PM
Hillsborough	Friday	8:00 PM
Hoboken	Monday	8:00 PM
Hoboken	Tuesday	6:30 PM
Hoboken	Friday	5:45 PM
Howell	Thursday	7:30 PM
Irvington	Sunday	1:00 PM
Irvington	Tuesday	Noon
Jersey City	Monday	7:30 PM
Jersey City	Tuesday	7:30 PM
Jersey City	Wednesday	8:00 PM
Jersey City	Thursday	8:00 PM
Jersey City	Friday	7:30 PM

Newton	Thursday	7:30 PM
North Caldwell	Thursday	12:45 PM
Norway	Wednesday	7:30 PM
Dak Ridge	Monday	10:00 AM
Dobland	Sunday	7:00 PM
Dobland	Tuesday	8:00 PM
Paramus	Saturday	3:15 PM
Pateron	Sunday	7:00 PM
Pateron	Tuesday	7:30 PM
Pateron	Thursday	7:30 PM
Peapack	Thursday	1:00 PM
Poconony	Saturday	12:15 PM
Plainboro	Sunday	11:00 AM
Point Pleasant	Tuesday	7:30 PM
Pt. Pleasant	Monday	7:30 AM
Pt. Pleasant	Thursday	7:00 PM
Princeton	Monday	12:15 PM
Princeton	Wednesday	7:30 AM
Princeton	Wednesday	8:30 PM
Princeton	Saturday	10:00 AM
Raritan	Thursday	7:00 PM
Real Bank	Wednesday	7:30 PM
Ridgewood	Sunday	8:00 PM
Ridgewood	Sunday	8:00 PM
Ridgewood	Monday	7:30 PM
Ridgewood	Tuesday	7:15 PM
Ridgewood	Wednesday	7:15 PM
Ridgewood	Wednesday	7:15 PM
Ridgewood	Friday	7:00 PM
Ringoes	Saturday	4:00 PM
Rumson	Tuesday	8:00 PM

Jersey City	Saturday	7:00 PM
Keyport	Thursday	7:30 PM
Kingston	Thursday	8:00 PM
Lafayette	Wednesday	8:00 PM
Lakehurst	Monday	7:30 PM
Lambertville	Monday	8:00 PM
Lambertville	Wednesday	8:00 PM
Linden	Wednesday	4:30 PM
Livingston	Sunday	7:30 PM
Lodi	Tuesday	7:00 PM
Long Branch	Friday	8:00 PM
Long Valley	Tuesday	7:00 PM
Manahawkin	Friday	7:30 PM
Manasquan	Tuesday	7:30 PM
Manasquan	Tuesday	7:30 PM
Middlesex	Monday	7:30 PM
Milltown	Monday	7:00 PM
Montclair	Monday	8:00 PM
Montclair	Tuesday	8:00 PM
Montclair	Wednesday	Noon
Montclair	Wednesday	8:00 PM
Montclair	Thursday	1:00 PM
Montclair	Thursday	8:00 PM
Montclair	Saturday	7:30 PM
Morristown	Monday	5:30 PM
Morristown	Tuesday	8:30 PM
Morristown	Wednesday	8:00 PM
Neptune	Sunday	8:30 AM
Neptune	Monday	8:30 PM
Newark	Monday	3:00 PM
Newark	Monday	7:00 PM
Newark	Thursday	6:30 PM
Newark	Friday	Noon
Newark	Friday	7:15 PM
Newark	Friday	8:00 PM

Secaucus	Tuesday	8:00 PM
Secaucus	Thursday	7:30 PM
Short Hills	Wednesday	1:00 PM
Shrewsbury	Sunday	5:00 PM
Somerset	Friday	8:00 PM
Somerville	Friday	8:00 PM
Somerville	Friday	8:00 PM
South Orange	Monday	8:00 PM
South Plainfield	Monday	12:15 PM
South Plainfield	Thursday	7:30 PM
South River	Wednesday	8:30 PM
Sparta	Tuesday	8:00 PM
Stoughton	Monday	8:00 PM
Suffern	Wednesday	7:00 PM
Suffern	Friday	8:00 PM
Sussex	Sunday	8:45 AM
Tinton	Sunday	8:00 PM
Tuckerton	Friday	8:00 PM
Union	Sunday	1:00 PM
Union	Friday	7:15 PM
Upper Merion	Saturday	7:30 PM
Wareham	Wednesday	9:00 AM
Watchung	Sunday	8:00 PM
Wayne	Friday	7:00 PM
West Milford	Friday	11:59 PM
West Milford	Saturday	10:00 PM
Wharton	Thursday	9:00 PM
Watchhouse Station	Sunday	8:00 PM
Woodbridge	Tuesday	7:30 AM
Woodbridge	Friday	12:15 PM
Wyckoff	Tuesday	8:00 PM



# Area 44 District Meeting List

## District Meetings and Mailing Addresses

**District 1/2**

2nd Tuesday, 7:30 PM  
Sunrise House (Cafeteria)  
37 Sunset Inn Rd  
Lafayette, NJ 07848

Mail: District 1/2  
PO Box 293  
Hamburg NJ 07419

**District 3**

3<sup>rd</sup> Friday, 7pm  
West Milford Library 2<sup>nd</sup> Floor  
1470 Union Valley Road  
West Milford, NJ 07480  
*Zoom 843 476 41779 PW Grateful*

Mail: Northern Cluster  
PO Box 842  
Hewitt NJ 07421

**District 4/6**

3rd Thursday, 7:30 PM  
Upper-Ridgewood Community  
Church  
Hillcrest & Fairmount  
Ridgewood, NJ  
*Zoom 856 1960 1457 PW service*

Mail: District 4/6  
P.O. Box 363  
Ho-Ho-Kus, NJ 07423

**District 5/7**

4th Thursday, 7:30 PM  
St. Mary's Church  
Roger Troy Hall – School Building  
Corner of High & Legion  
Closter, NJ

Mail: District 5/7  
P.O. Box 535  
Westwood, NJ 07675

**District 8**

2nd Tuesday, 6:30 PM  
Panther Valley Ecumenical Church  
1490 Route 517  
Allamuchy, NJ  
*Zoom 961 707 1174 PW Moongate*

Mail: District 8 Area 44 AA  
P.O. Box 680  
Hackettstown, NJ 07840

**District 9**

3rd Tuesday, 7:30 PM  
United Methodist Church  
Route 183  
Netcong, NJ  
*Zoom ID 847 2005 7518 PW 121212*

Mail: District 9  
P.O. Box 286  
Stanhope, NJ 07874

**District 10**

2nd Tuesday, 7:00 PM  
First Presbyterian Church  
513 Birch St  
Boonton, NJ 07005  
*Zoom ID 309 396 7491 PW 747067*

Mail: District 10  
P.O. Box 17  
Pompton Plains, NJ 07444

**District 11/33**

4th Wednesday, 7:00 PM  
Clifton Main Public Library  
292 Piaget Avenue, Room A  
Clifton, NJ  
*Zoom 829 3812 5348 PW 769422*

Mail: District 11/33 Area 44  
P.O. Box 2109  
Clifton, NJ 07015

**District 12**

2nd Tuesday, 7:00 PM  
St. Francis of Assisi Parish  
(Basement Parish Life Center)  
114 Mount Vernon Street  
Ridgefield Park, NJ 07660

Mail: District 12 of NJ Area 44  
P.O. Box 1238  
Hackensack, NJ 07601  
[district12area44@gmail.com](mailto:district12area44@gmail.com)

**District 13**

2nd Tuesday, 7:30 PM  
Wesley United Methodist Church  
225 Washington Ave.  
Belleville N.J.  
*Zoom 848 8614 3348 PW district*

Mail: District 13/Area 44  
P.O. Box 221  
Kearny, NJ 07032

**District 14**

2<sup>nd</sup> Thursday, 7:00 PM  
Barrow Mansion  
Upstairs Meeting Room  
83 Wayne Street  
Jersey City, NJ

Mail: District 14  
P.O. Box 13199  
Jersey City, NJ 07302

**District 15/21**

3rd Monday 7:30 PM  
*Zoom ID 899 7518 9464 PW 278602*

Mail: District 15  
P.O. Box 206  
Baptistown, NJ 08803

**District 16**

3rd Monday, 7:00 PM  
Good Shepherd Lutheran Church  
160 Ridgedale Ave  
Florham Park NJ 07932

Mail: District 16 / Area 44  
PO Box 544  
Florham Park, NJ 07932-9998

**District 17**

3rd Friday, 8:00 PM  
Alanon Assoc.  
7th Avenue and 7th Street  
Newark, NJ

Mail: District 17  
P. O. Box 7270  
Newark, NJ 07107-7270

**District 18**

2nd Monday, 7:30 PM  
Faith Lutheran Church  
Library  
524 South St.  
New Providence NJ 07974  
*Zoom 83128812003 PW D18730pm*

Mail: District 18  
P.O. BOX 235  
Liberty Corner, NJ 0793

**District 19**

Last Monday, 7:30 PM  
Friendship Hall  
New Market Road  
Piscataway, NJ

Mail: District 19  
PO Box 8366  
Piscataway NJ 08855-8366

## SPEAK OUT!! From our Northern New Jersey Fellowship



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

### Topics

1. *Open topic: write an article of 200-800 words on any issue related to alcoholism.*
2. *Comment on the promise: "We will not regret the past nor wish to shut the door on it."*
3. *Although all of our stories are different and represent the gamut of alcoholism, how are our experiences the same and important for us to hear in order to help us stay sober?*

### An Old-timer's Lament

I am frequently annoyed by earth people who ignorantly ask, "Are you still going to those meetings?" as if, after 42 years, I should be cured by now. To which I reply (to myself), "Forgive them, HP, for they know not page 85." (We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.)

The truth is, I don't *have* to go to daily meetings. I don't *need* to go to daily meetings. I *want* to go to daily meetings. Why do I *want* to go to daily meetings? I go because I have grasped, I have accepted, and I have assimilated into my daily life what, to me, is the most fundamental and essential concept of Alcoholics Anonymous. It's first mentioned in Bill's Story (pp. 14-15): "For if an alcoholic failed to perfect and enlarge his spiritual life through 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..."

Now how am I going to practice this principle if I'm not at meetings (preferably on a daily basis)? How am I going to find and help a still-suffering alcoholic seeking a way to stop drinking? Should I stand on a street corner waiting for a likely prospect to come along who just happens to be looking for a way out of his trap, seize him by the collar, and start dishing out our life-saving concepts to him?

Self-sacrificial work with others is more than just a time-honored tradition of AA. It's the very heart and soul of this program of recovery. Dr. William Silkworth and Dr. Carl Jung testified from long and deep experience to the hopelessness of curing alcoholics.

Then Bill W. stumbled across the missing link of one alcoholic working with another. Before their discovery, nothing had worked, except for a profound psychic change. But that change could not be induced by any professional methodology from psychiatrists, psychologists, social workers, clergy-persons, et al. Their incantations had as much effect on alcoholics in treatment as lectures from Charley Brown's parents, heard only as the wha-wha-wha sound of a trombone.

The problem was those therapists weren't alcoholics themselves. All they had to offer was book-learning (wha-wha-wha). But when one recovering alcoholic shared his or her experience, strength, and hope with another, still-suffering alcoholic who had an honest desire to stop drinking, that, and only that, made sense to the patient.

The payoff to the sober alcoholic for his or her self-sacrificial work was he or she got to keep the gift of sobriety for one more day. As the old-timer said, "I've worked with hundreds of newcomers, and every one was a success. They all got drunk again, but I didn't." And it's been working that way ever since.

Here's a practical test of the validity of this concept: Ask a relapser who is fortunate enough to come back whom he or she was working with self-sacrificially when going out. More than likely, you'll get either a blank look (from one who doesn't get it) or an angry glare (from one who knew, but didn't practice it.)

So, earth-person, you ask me why I still go to AA meetings every day. The only answer you'll understand is, "That's what I like to do." To myself I say, "That's the only way I can stay sober."

Case closed.

Chuck M.  
Daily Reprieve, Freehold

## Kismet

I don't like change. I find it unsettling and stressful. Yet, that attitude reveals my insanity. There have been so many good changes in my life recently. I no longer have to beg a prison officer to turn on the water so I can take a shower. I can now peruse the aisles of a supermarket, then toss the groceries in the trunk of my car. And I can go for a walk at night, lay on the grass, and watch a meteor shower. For nineteen years, I could do none of those things. So why am I so resistant to change?

Perhaps it's because I lost the ability to make choices. For years, I couldn't pick the color of a T-shirt to wear in the morning. I had to wear state clothing—every day. I couldn't choose what I wanted to eat for dinner. I ate in the prison mess hall—or didn't eat dinner at all. I couldn't even flip a light switch. Officers decided when the lights came on and when they shut off. Because I pretty much stopped using my brain, it too shut off.

However, now that I am making choices and decisions, the change is often stressful. If you haven't been to the gym in years, when you go back, everything is heavy and a struggle to lift— even the gym bag. And therein lies the insanity. The bag full of choices I made is onerous. It's full of painful memories, ugly reminders of my past—the lying, the conning, the disappointed faces of friends and family I hurt.

Yet I am mindful of one of the twelve promises: "We will not regret the past, nor wish to shut the door on it." At times, I'd not only like to shut the door but also seal it up with bricks and mortar. Yet, that door must remain open so that I may see what lies beyond—the carnage of an alcohol-soaked, drug-fueled tragedy.

My past contains not only many downfalls but also an ugly crime as well. Friends died. I chose to go down a dark road, strewn with sharp rocks. Would I rather have chosen a grassy path, lit by sunlight? Of course. But the struggle to overcome barriers led to my awakening.

My mistakes cannot be undone, but I try to atone for them every day. I practice empathy and embrace humility. I think of consequences and the needs of others first. I smile more, and scowl less. But the change, at times, is difficult—until I let go, lay down on the grassy lawn, and watch the scintillating trails of meteors as they streak across the midnight sky.

Dean F.

## People Pleasing – A Heavy Price

**M**y six-month-old child, named after my favorite Saint Augustine, is currently reaching for my pen. I struggle to begin to write something personal for the first time since I did a thorough 4th Step back in 2020, so it's a welcomed distraction. He is such a beautiful reminder of the gift of life God and this program offers. None of my five children have seen me drink, but they have seen me struggle, especially as of late. At nine years sober, my family and I are in great pain as the direct result of one of my most deep-rooted character defects: people pleasing.

I don't know if I was born with it, but my parents frequently fighting and trying to keep the peace through people pleasing was my way of coping and dealing with life before I even picked up that first drink. It has been a thread throughout my life and in much of my recovery along with our all too familiar foe: resentment. I find the two are closely linked in that people pleasing often leads to resentment. In 2019, I foolishly signed a contract with my employer with little value that included a non-compete; a vested gift was promised but the career restrictions greatly outweighed any benefit. I knew this, did not want to sign, yet still signed. This was a direct result of not wanting to upset my employer: people pleasing. Here I am, three years later greatly upsetting my wife and family because of that action.

In 2020, at seven years "sober" my untreated alcoholism and unfinished Steps came to the forefront. Frequently being impure with myself, gambling, and lying again unquestionably had me headed back towards a drink. Professionally I was resentful over signing that document, working for a heavy drinker in a toxic environment feeling trapped. My beautiful bride, a well-trained Al-Anon black belt, kicked me out of the house. I am eternally grateful to her for helping me reach a bottom in AA that led me to dive back into the work with my sponsor John. We completed the Steps, and my eyes were opened to several defects and hurts I was previously unaware of. I have since and continue to ask God to remove them.

Over the summer in 2022, my unhappiness, abuse, and disrespect at the hands of my employer who continuously acted as if he owned me reached a breaking point. I followed my heart, in part my building resentment, and left to start my own company. It was a broken situation; they did not reach out, just lawyered up before my last day despite my decade of service and ample notice. After leaving, I took some clients I had either brought in or found to be upright, but I told more to stay with my old employer despite their requests and inquiries. However, I did take one job I should not have, which I will and am paying for. Why I took that job was more fear and pride related, defects for another article perhaps.

The Cease & Desist and Lawsuit from my old employer soon followed. Thankfully, I have people in my life who love me like my brother, Neil, an attorney who has been my rock through this. The judge granted my old employer an injunction, preventing me from taking work from clients that once used my old employer's services. However, she did find the non-compete not to be applicable, leaving me with some hope despite being greatly hindered having to start from scratch. My new company is currently on life support, and I do not know how I will feed my family or keep a roof over our head. I continue to offer settlement, but it appears my old employer wants me to suffer for not wanting to stay. Had I not people pleased in 2019, there would have been no grounds for the lawsuit and subsequent ruling.

Apparently, I still must learn my lessons through great pain. People pleasing has led to a heavy price that is not yet fully known. Despite our current situation, I feel free, affirming it was the right decision to move on. This too shall pass; I hope sooner rather than later I will be able to say I did not regret the past nor shut the door on it, even in recovery. My mother said something interesting to me the

other day: "God corrects those He loves." I am grateful He corrected my alcoholic life and continues to correct my defects and shortcomings, keeping me humble. A broke George Bailey Christmas (*It's a Wonderful Life*) lies ahead, but I have my family, fellowship, and sobriety —so Hark the Harold Angel we will sing! Please pray for our family this winter season.

Dave O.  
Bradley Gardens Group

### **Toward a More Balanced Life**

**A**s I approach my 37th year in AA, I have become keenly aware of how out-of-balance my life can still be. The past several months I have started to moderate my activities a little. While I believe in Bill W's admonition to "pack [activities and service] into the stream of life," I can go to extremes, and even when I am praying, meditating, and writing in my journal, I can be frenetic. It is very important for me, therefore, to strive for balance.

When I was drinking, I became almost a hermit, hiding out in my apartment much of the time in a semi-catatonic, drunken state. There were few activities. I was like the "Unibomber without the bombs," as I used to say when telling my story. Then I got sober. Since my kitchen/living room area had become my bar, I needed a change of scene. So out I was, all the time, seldom home and always restless. Since then, I have been super-busy, including in AA, with service, sponsees, and activities of all types. Now mind you, I believe we should be busy with service, but I can take activity to the extreme. The question I am starting to ask myself is this: "Am I doing this because it is good for others or myself, or am I running away from myself or trying to prove to myself that I am okay?"

After I stopped drinking (a miracle in itself!) I found so many other ways to plug in those Higher Power-shaped holes: food, worrying about how other people viewed me, apps on my phone (still a work in progress), cigarettes, too much coffee, and frenetic activity. So, please pray for me as I strive to be more in balance. After all, I have recovered from a seemingly hopeless state of mind, body and spirit, so I want to be open to emotional and spiritual sobriety as well. And how can I, when I can't stop?

Marybeth H.  
Early Risers  
District 26

### **It Might Have Been**

**F**or of all the sad words of tongue and pen, the saddest are these: "It might have been!"

This plaintive line from John Greenleaf Whittier's poem, *Maud Muller*, (published c. 1900) rings true for me; as I reflect on my checkered past via Step Four, I recall five specific incidents when I snatched defeat from the jaws of victory, then wallowed in self-pity over fate's cruel hand.

For example, I came within a hair's breadth of teaching a graduate course in my profession as an Adjunct Professor at my alma mater when the dean cancelled the course for low registration. That was a heartbreaker that almost drove me to drink after 20 years of sobriety. My sponsor, a handful of other trusted servants, and, of course, my Higher Power pulled me off that brink.

The other four incidents were similar in nature, rich in "poor me" and *deja vu*. The Twelve Steps helped me get over them. Now I no longer regret the past nor wish to revise it. I pretty much like who I am, what I am, and where I am.

I think I'll go to a meeting now and pay it forward.

Chuck M.  
Freehold, NJ

## CREATIVE CORNER

I'm Andrew D an alcoholic, both now and forever,  
I have a fatal disease inside that's gonna leave me never,  
But in this Fellowship I've formed some bonds that none could ever sever,  
We will get me through life's weather, whether good, bad or whatever.

I came into these rooms you told me to find a Higher Power,  
ya told me easy does it, so now I stop and smell the flowers,  
when life brings showers, I won't cower, they can't devour, or overpower,  
I'll just go to a meeting for an hour.

I have to always check my motives watch how I think and how I act,  
keep my memory green because one drink will take me back.  
Then I'd be out there, not belonging anywhere,  
lookin' all despondent, glassy eyed and blank stare.

That mess is scary, don't have to query, I'm very certain,  
with death I was flirtin', I almost rode in a hearse and  
my wants always came first an' I would constantly hurt a person,  
criticizin the worst in them, then pain I'd disperse when  
I'd scream, yell and I'd curse in a raging outburst

I didn't have compassion,... the world's biggest ass and a character assassin,  
verbally bashin', tongue lashin's, no ration, fightin' and thrashin', clashin', furniture smashin' and vehi-  
cle crashin',  
callin' lust passion, no concept of fashion, and thought I was dashin', damn can you imagine.

So I come here to hear what I need to hear, your experience strength and hope,  
cause no matter how long I've been sober, at arms length are drink and dope.

If that's what I choose I'll lose, be on a park bench without any skills to cope,  
I have no doubt that my route out would be at the end of a length of rope.  
Since I no longer regret the past, nor wish to shut the door on it,  
when my disease brings up old deeds I have to make sure that I tell on it.  
If I'm hurtin' I have to talk about it, no way can I just dwell on it,  
I have to stay connected, and use the tools I learned in this Fellowship.  
Now don't compare, identify, see if the feelings are what matches,  
I drank cause I didn't want to feel, that's simply what the fact is.  
Then I saw all you happy people, and I found that real attractive,  
I asked can this be me you said join a home group and get active.

You said if I want what you have, I'd take certain steps to get it,  
at some of these I balked and told you, man you can just forget it.

You said the program is simple and you'd help me so don't sweat it,  
to help someone else now I'm responsible, to AA I'm forever indebted.

You see, It's all about we, no longer just me,  
keep comin' you'll see, how to live life soberly.  
Some of these words aren't mine originally, I just stated them slightly differently,  
handed down like an old family recipe, from Bill and Dr. Bob, through you all to me,  
And they say that in order to keep it, I have to give it away,  
that's the primary purpose for my standing here today.  
If you don't like my sobriety poem, just listen to what others have to say,  
about how to live one day at a time and keep the drink at bay.

There was this guy in my network and his friendship I did cherish,  
he taught me how to live and die, he picked up again and perished.  
He showed me there's nothin' the same around, to which I can compare this,  
so for me it's the only game in town, thanks for helping me keep it by letting me share it.

Andrew D.

Sobriety date: November 15, 1999

### God Grant Me the Serenity

How do you live a gentle freeing life?  
Surely not by getting angry at every little thing  
You either get angry or depressed, one or the other  
People have one or the other personality

Being angry came from my youth, I can only speak for myself  
Depression never suited me, anger seemed to work better  
However, it got out of control, I could never let anything go  
Anger ruled my life, there was no joy in it, yet I couldn't stop it

When I hit forty, had no friends, I accepted I had a problem  
Got into the program, got a sponsor and started working the Steps  
That was the answer, it's 37 years later and I understand anger  
It doesn't fit in my life, it doesn't just go away because you want it to

I had to bring a loving God into my life and turn it over to him  
The Serenity Prayer is perfect, "God grant me the serenity"  
That's what I needed, God to calm me down and find acceptance  
It never goes away, the best I can do is keep it out of reach

I wish other people would realize how hard I have worked on my anger  
How I wish they would understand, but it's most important that I do  
I get most angry at myself, when I lose my temper and get angry  
It's not often, but once is too often, God grant me the serenity

Living in the space I'm in, it's never been this good  
I owe it all to, meetings, my sponsor, the Steps, and God  
How fortunate I am to have found God, the program, and living in peace  
God grant me the serenity to accept the things I cannot change

Irwin D., Holmdel Lifeline Group, Wed. 8 PM

## 'Sounds of Silence'

In the distant dark,  
I hear Simon and Garfunkel singing,  
'Hello darkness, my old friend.  
I come to talk with you again.'  
I am transported back to my,  
To eighth grade, when I first heard this song  
And to my reclusive childhood and my first drink  
At age twelve, looking through the glass darkly.  
I hated the taste but I loved the feeling.  
It numbed all the pain.  
The only light is the amber color of my glass  
That shines in the moon's reflection, like some genie's lamp  
That grants three wishes.  
My only wish is to be alone in the dark.  
I love my amber colored glass shining in the darkness,  
Made from the beds of asphodel,  
Erasure of a childhood reared in darkness.  
Alcohol has taught me many things about myself and others,  
More than other people have ever taught me.  
Alcohol never abandoned me,  
But I don't hate my mum and Dad.  
I never drank in pubs or bars, or clubs:  
I isolate with my amber glass in the dark.  
I am Queen Nefertiti, Queen Cleopatra  
Marc Antony. Julio Caesare.  
I need to pee. Do I sit or do I stand?  
The only sound is the crackling of melting ice  
In the clear elixir.

I have worked for the same company for forty years.  
No one there is a true friend, all miscreants and thieves.  
My only true friend and confidante is my moonlighted glass  
Lighting the darknes  
s of a past that I cannot escape.

I speak to my friend, and she understands.  
I can tell her anything - I got pregnant at sixteen  
And endured an abortion. Mum insisted.  
My friend does not judge me or chastise me.  
She sits on the table in front of me.  
The moonlight shining off her amber shade,  
And she feels my pain, my sorrow, my hurt.  
I can relate my many indiscretions,  
All the terrible, immoral things that  
I did throughout the years of my youth.  
My friend forgives me and comforts me,  
Does not forsake me as people have done.  
So here's to you, my kindhearted soulmate in the dark,  
'The words of the prophets are written on my bedroom walls'

Tony P.

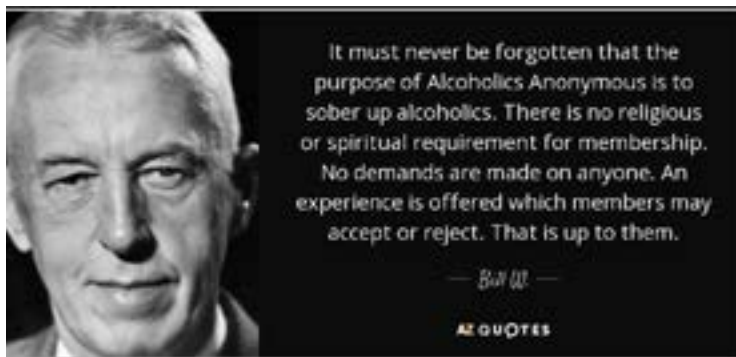


**Many thanks to ALL of our writers for *This Day's* Winter 2022 edition! We could not do this without you!!! Your words are beautiful and truly inspiring.**  
**Megan D., *This Day* Editor**

## NNJAA CALENDAR



To access Northern New Jersey's AA monthly calendars, please do the following:

1. Log on to [www.nnjaa.org](http://www.nnjaa.org)
2. Click the "NEWS & EVENTS" header
3. In the drop down menu, click "Calendar"



**Interested in joining a Standing or Special Committee?  
Northern New Jersey AA could use your help!**

**Check out our Northern New Jersey Committee Virtual Meeting List on page 5**

	<p><b>www.nnjaa.org</b></p> <p>Try it on your <b>Smartphone</b></p> 	<h3 style="text-align: center; margin: 0;">Suggested Topics for the Spring 2023 Edition</h3> <ol style="list-style-type: none"> <li>1. How important is anonymity to you? In an article entitled 'Why Alcoholics Anonymous Is Anonymous' (January 1955) found in the book <i>The Language of the Heart: Bill W.'s Grapevine Writings</i>, Wilson suggests the 'heart of anonymity is sacrifice'. What do you think Wilson meant by this statement?</li> <li>2. What do you make of the phrase 'Principles before personalities'?</li> <li>3. Do we ever rid ourselves of our character defects?</li> <li>4. Free topic: however, your article or poem must concern alcoholism.</li> </ol> <p style="text-align: center; margin-top: 10px;"><b>Spring Edition Deadline: February 1, 2023</b></p> <p style="text-align: center; margin-top: 10px;"><b>Send your articles of 800 words or fewer in a Word doc to: <a href="mailto:newsletter@nnjaa.org" style="color: black;">newsletter@nnjaa.org</a></b></p>
<p><b>Member area</b>                  user id: alcoholic                  password: onedayatime</p>	<p><b>Statement Of Purpose:</b>                  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.</p> <p><b>Editorial Policy:</b>                  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: <a href="mailto:newsletter@nnjaa.org">newsletter@nnjaa.org</a>.</p>	