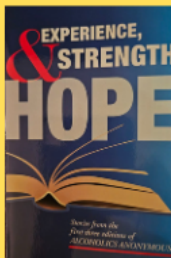


THIS DAY

www.nnjaa.org

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

BREAKING NEWS



Send the Newsletter Committee an article about your *Experience, Strength and Hope*, and you'll be entered into a random drawing for a gift of literature. **One lucky writer will receive a copy of "Experience, Strength & Hope."**

A message from your Area Delegate



In the remaining months of 2023, let our light shine brighter than ever, piercing through the darkness and offering a guiding beacon for those in search of recovery. Together, we will continue to uphold the spirit of fellowship and compassion that defines Area 44 and AA as a whole. We will also continue to work on fostering deeper connections within our home groups and districts, living the principles with guidance from our traditions.

Our power comes from sharing our stories, our strength is enforced when we unite. It is the program of recovery that guides individuals from the tough times of alcoholism towards a brighter recovery and a life transformed by the gift of sobriety.

Allow me to recap information previously shared at an ACM or an Assembly.

At the General Service Conference, we have a total of 117 Proposed Agenda Items: some on the same items, which were all processed and forwarded to the appropriate Committee or Board for the fourth quarter General Service Board weekend. Remember these are not the final agenda items. I anticipate **receiving the final items** in early February and will send them around promptly.

September 1, the Grapevine and La Viña apps were launched. With a digital subscription, you'll be able to read the new magazine each month, explore the Grapevine archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and much more. Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year.

On October 9, I had the honor and privilege of being invited and attending District 43's (one of our linguistic districts) monthly meeting. Thank you to Urzula, DCM of District 43, for inviting me to their district meeting on October 11. We had a robust discussion about some of the accomplishments and challenges faced by the district; specifically connecting to AA as a whole and participation of online groups. I was humbled by the 12 Step work in action; it was evident in the

Also Inside

Delegate Report.....	1-2
NNJAA Officer & Committee Reports	2-7
Intergroup News & Notes	8-9
Intergroup Cash Flow.....	10-11
NNJAA District Meeting List.....	12
Groups in Action.....	13
"Speak Out!" (from the Fellowship).....	13-18
Meet Some of Us (NEW!)	19-20
Creative Corner	20
Area 44 Calendar.....	21

NEXT ISSUE DEADLINE

February 15, 2024

newsletter-chair@njarea44.org

office, literature, meeting list and the lengths our Fellowship’s members are willing to go in carrying the message, both physical lengths (Poland to NY). The Intergroup Office is in Elizabeth, and they receive calls from Poland, the Ukraine, NY, PA and CT to name a few places. It was also important for me that they translated everything patiently for me. It was truly service in action.



On October 30, the General Service Board announced that following the Third Legacy Procedure, they recommended that Scott H., past Trustee-at-Large Canada, be added to the slate of officers as chairperson of the General Service Board for disapproval, if any, at the 74th General Service Conference.

Lastly, we are preparing for NERAASA 2024 (Northeast Regional AA Service Assembly). Hosted by Area 59 will be held on February 22-25, 2025, in Hershey PA—the sweetest place on Earth. Please visit <https://www.neraasa.org/> to register. Fun fact: last year we had over 1000 attendees. It should come as no surprise that the main hotel is expected to sell out if it hasn’t already.

As we prepare for the New Year, can we continue to celebrate members reaching milestone anniversaries in sobriety—from 30 days to 30 years sober.

Thank you, Marcheta B.
Area 44 Delegate | Panel 73



Area Chair Report

October Assembly Thank you all who were able to attend! I always wish the turnout could be larger, but it is what it is. Thanks to our service committees that hosted service workshops. Of course, District 16 and 10 did a great job in hosting the assembly.

2025 International Convention I have created an ad hoc committee to explore hosting a hospitality suite at the convention in Vancouver, BC. I have asked Mike R., our former literature chair, to chair for Area 44. I have also reached out to the area chair of Area 45, asking if they again, as in the past, would like to co-host the suite. Mike will be reaching out to the Fellowship for volunteers for the committee. More details to follow!

January 2024 Assembly Our alternate chair has been hard at work to secure a district and facility to host our event on January 20th. Thanks to District 27/29 for stepping up. The event will be held at St. Andrew United Methodist Church, 1528 Church Rd, Toms River, NJ 08755.

Please encourage your GSRs to attend since we will be voting on our Area’s 2024 budget along with the 74th GSC presentation and discussion topics.

NERAASA 2024 Coming in February 22-25, 2024, to Hershey, PA. A great weekend for all service committee members, GSRs, and DCMs to discuss General Service Conference issues and concerns affecting

AA as a whole. There will also be roundtable discussions with others from our region to talk about issues and solutions for our service commitments.

Communications Once again, I ask you to get a Share44 e-mail ID. This is the way Area 44 communicates with the Fellowship. Once you have your e-mail ID, please use it! If you don't, it gets deleted after 90 days for nonuse. Reach out to share44help@njarea44.org for more details. GSRs and DCMs, please ensure you have registered with our registrar, which will get you registered with GSO and get your service kits: Area-registrar@njarea44.org.

Once again, I would like to express my gratitude for all the support the Fellowship has given to our Panel 73 officers and committees!

In A.A. Service,
Art B
Area Chair, Panel 73

NNJAA COMMITTEE REPORTS & INFO

Newsletter
Committee



Seasons Greetings from *This Day*!

With the year drawing to a close, I can't help but reflect on this year's issues of *This Day*. The newsletter – your newsletter! – is now entirely digital. Which means it's no longer limited in length and it's no longer limited to black and white print. You may have noticed we now include poems and photographs and lots of color.

For the first time, we're offering a prize to a randomly selected writer from the Fellowship. And the winner is --- Anonymous! The lucky writer has been awarded a copy of "A Visual History of Alcoholics Anonymous." The prize for the Spring issue will be "Experience, Strength and Hope," stories from the first three editions of the Big Book.

I'm writing this a few days before Thanksgiving with great gratitude for everyone who has helped us fill the pages of *This Day* with news and stories that enlighten and inspire. I look forward to another year of great news and stories – including yours!

Gratefully in service,

Sherry B.
Newsletter Chair

History
and Archives
Committee



Archives on the Move!

We are happy to announce that the History and Archives Committee, along with the support of our Area and Intergroup, got approval—and then the keys — for a long-awaited spot to store and document our archives and committee materials. And... Intergroup got their space back again! This is a very exciting event for our committee and Northern New Jersey!

Thank you, Area and Intergroup!

For years our Northern New Jersey archives have been accumulating in an oversized closet at the Intergroup office and were unattainable except for our trifold. Now, at the new location a few buildings from the Intergroup office, we will have our own large storage area where everything can be stored and is easily reachable, and a front area where we can pull things out with no problem. Here we will do archival work and even hold live committee

meetings in the future! Once everything is sorted and arranged, we can decorate the walls with our beautiful, historical pieces and allow others to come in to see this very cool area.



In the past year, this committee has scanned documents, interviewed and collected materials from AAers long ago and spent hours and hours listening to, reading, and analyzing information to report back on our New Jersey history. This is how the “Trees” trifolds was created. Our archivists, Lester and John and their band of history lovers, went through tapes and documents to chart the who’s who in Northern New Jersey and the order of our first 20 years. Our committee today still interviews long timers and listens to old recordings as well as brings the beautiful trifolds to adorn Days of Sharing and celebrations. Now we will be able to dig into materials that haven’t been seen for years and continue to record what we have. Much of this could be shared online in the future, for all to see.

So, here’s to an amazing “New Year” for our Northern New Jersey archives. The sky’s the limit for our committee. We will be very busy as a committee going through all that we have. Someone recently said, “It will take more than our lifetime—and then some, to go through our materials,” but we will have fun as a committee doing it!

Happy New Year to our new space and to everyone in Area 44!

Jean P.
History & Archive Chair



Cooperation with the Professional Community is AA members helping professionals help alcoholics. CPC members will have the rewarding experience of carrying the message of AA to professionals in their communities. We meet virtually on the third Tuesday of every month.

We are happy to announce the Area 44 Work Weekend was December 2nd & 3rd. We were blessed to have the Ex Officio, Panel 63 Delegate, Alt Registrar, and DCM of District 23 join us on the CPC Committee!

The Work Weekend is a committee inventory. Without an inventory we may not be as successful as we could be. We are focused on setting our goals for 2024!

- Continue to present the rewarding experience of the CPC Committee to all districts, Area 44, and abroad
- Attend Neraasa
- Attend Joint Committee Workshop
- Attend the Nurses Convention in A.C.
- Outreach to Universities
- Prepare new packets (like "Sponsor Your Doctor") for the professionals within the schools in Area 44
- Present what AA is and what it is not to the counselors and healthcare professionals within the schools
- Continue our outreach to medical students
- Reach out to judges & lawyers
 - Continue our presence at recovery courts throughout Area 44

- Outreach to lawyers so they may refer their clients to AA

Also, December 6th we've been invited to educate the Staff at Raritan Bay Medical Center on what Alcoholics Anonymous is and what it is not.

We're profoundly grateful to those that have served, and those who serve. We have been blessed by many invitations to Days of Sharing, Soberfests, Service & A Slice, The 67th Area 44 Convention, Jersey Shore Medical Center Community Mental Health Fair, and more events.



Thank you!

CPC Chair – Eric D
Alt CPC Chair – Billy H
CPC Co Chair – Hugh A



Winter's chill will be momentarily brushed aside on February 18th, 2024, as the community of Area 44 comes together for the 2024 GSR Midwinter Luncheon. This highly anticipated event will unfold at the Forsgate Country Club in Monroe, NJ, and all are welcome. The doors will open at 12pm with attendees greeted with crudités followed by a sit-down lunch.

This Luncheon is not just about eating together. It's a beacon of unity, camaraderie, and a shared journey of recovery. Conversations will deepen and stories will be exchanged. We will celebrate our GSRs, who represent the key link in the chain of "communication," showing what service looks like. Through them, they bring the era of being unified in love and service. They are the lifeline of two-way communication, passing our thoughts upward and bringing back Conference actions that affect AA unity, health, and growth.

Come join us for the perfect blend of richness and tradition. The Area 44 GSR Midwinter Luncheon at the Forsgate Country Club is not just an event; it's a testament to the unwavering spirit of recovery and community. It promises to be an afternoon that will leave attendees inspired, refreshed, and looking forward to the journeys yet to unfold.

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

Yours in Love of Service,
Your GSR Mid-Winter Luncheon Committee 2023-24



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

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

When a group agrees to take a commitment, your County Nightwatch Coordinator will give your group volunteers a presentation on how Nightwatch works and provide you with the passwords to access the online Nightwatch Manual.

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

alcoholic at length, we will take down the caller's name and number and either the Intergroup Office or a Nightwatch volunteer will call you and ask you if you would be willing to talk to the caller. If you are able and willing, we will then give you the caller's name and number for you to call them back. We are never to give out your phone number. We make a new list every year (to keep information current), so if you haven't signed up for that in the last year, your name probably isn't on the list anymore.

We suggest that AA members who volunteer for NightWatch have one or more years of continuous sobriety; however, the group is responsible for naming participants and supporting its member volunteers during the commitment.

If you wish to be a part of the Nightwatch Committee, we meet the 3rd Wednesday of every odd numbered month (every other month) at 7pm on Zoom. Details are posted on the calendar on the Northern New Jersey AA Web Site.

If your group would like to take a one-week Nightwatch commitment or if you just have questions about Nightwatch, please e-mail us at NIGHTWATCH@NNJAA.ORG.

Yours in Sobriety,
Bill N., Nightwatch Committee Co-Chair
Belford Clearview Group of Middletown, NJ (Tues)

Is your group looking for a convenient/rewarding service opportunity?

Nightwatch needs your help. We are *especially* looking for groups from Middlesex County at this time.

If you are interested, please reach out to nightwatch@nnjaa.org



SEPTEMBER & OCTOBER'S PINK CAN DONATIONS

**THANK YOU FOR
YOUR SUPPORT!!**

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Allendale Wyckoff Group 2. A Vision For You Group – Freehold 3. Morning Miracles 4. Sharing and Caring Group 5. Throckmorton Street Group 6. Helmetta Stepping Stones 7. Daily Reprieve Pompton Plains 8. Wake Up and Smell the Coffee 9. Living Sober Randolph 10. Squirrely Group Brick Sunday Night 11. Lifeline Holmdel 12. Clear the Air 13. Saturday Nite Clark 14. Garwood Wed Afternoon Discussion | <ol style="list-style-type: none"> 15. Lifesavers Wyckoff 16. Church Lane Group Wayne 17. SOS Group of AA 18. TNT Franklin 19. Tuesday Night Verona Meet 20. Oceanside Sobriety 21. Bloomsbury Believers Group 22. Nuts & Bolts 23. Saddle River – One Day At A Time 24. The Watchung Group 25. Belleville Thursday Night 26. Nutley Legacy 27. Recovery Hall (Belleville) 28. St. Matt’s Wake Up & Smell The Coffee, Randolph 29. Recovery Lifeline |
|--|---|

**REMEMBER:
NNJAA NEEDS YOU!**



NORTHERN NJ AA COMMITTEE MEETINGS

Listing for Saturday, the 3rd of June 2023

* Denotes Joint Committee of Area 44 and Northern New Jersey Intergroup

Committee Name	Next Meeting	Time	Meeting Link	Password	Email	Notes
GSR DCM Workshops Committee					Maureen R. gsw-workshop-chair@njarea44.org	
Grapevine Committee	Saturday 06/03/2023	10:00 AM	Virtual Link	areagv	Dan B. grapevine-chair@njarea44.org	This is a Hybrid Meeting with physical location at the area office. For phones, Dial by your location +1 846 876 9923 US (New York) Meeting ID: 879 6499 4778 Passcode: 678363
GSR Mid-Winter Luncheon Committee	Monday 06/05/2023	6:30 PM	891 0985 8973	77175	Billy H. lunch-chair@njarea44.org	(No Meeting April May or June) In-Person unless otherwise decided contact chair for info
Mailing Committee	Wednesday 06/07/2023	6:30 PM			mail-chair@njarea44.org	
Translations Committee	Wednesday 06/07/2023	7:00 PM	836 7972 7434	330508	translation-chair@njarea44.org	
Social Media Committee	Thursday 06/08/2023	7:30 PM	893 0246 1292	1935	Lisa G. sm-chair@njarea44.org	
Computer and Technology Committee	Monday 06/12/2023	7:00 PM	Teams Link		Charlie B. computer-chair@njarea44.org	
*Public Information Committee	Tuesday 06/13/2023	7:30 PM	895 7065 7647	areapi	Kelly M. pi-chair@njarea44.org	Virtual Only
*History and Archives Committee	Wednesday 06/14/2023	7:00 PM	917 6976 2213	474109	David B. archives-chair@njarea44.org	
*Treatment Committee	Wednesday 06/14/2023	7:00 PM	853 0773 4843	areatr	Henry L. treatment-chair@njarea44.org	This is a Hybrid Meeting with physical location at the area office.

THIS IS ONLY A PARTIAL LIST!!!

**FOR MORE INFO ON OUR STANDING, JOINT, & SPECIAL COMMITTEES, PLEASE CHECK OUT:
WWW.NNJAA.ORG >> SERVICE >> SERVICE COMMITTEES**

Intergroup News & Notes



NORTHERN NEW JERSEY
INTERGROUP



November News 'n Notes

BOOKERS

The next Bookers is scheduled for Sunday
December 10, 2023

We will host **Bookers In-Person (5am Hard Start)** at Mother Seton Regional High, and the **Online Bookers (7am)**. If you would like to be added to the Bookers email list or if you have additional questions, please email us at Bookers@NNJAA.org

CORRECTIONAL FACILITIES COMMITTEE

Volunteers Needed to carry the message to the sick and suffering inside facilities. NJ Dept. of Corrections requires clearance - as do all jails - Requirements Vary. For more info, visit the [CFC service page](#) or email cfc@nnjaa.org

COOPERATION with the PROFESSIONAL COMMUNITY

Our committee is active and would be grateful to have CPC chairs in all districts. Our monthly report is included in Delegates handouts. Our next meeting is November 21st. For more information, please email cpc@nnjaa.org.

HISTORY & ARCHIVES No update submitted. H&A Committee meets the 2nd Wednesday of each month. Their next meeting is November 14th. If you would like to find out more, email archives@nnjaa.org

INTERGROUP OFFICE

As of October 31, 2023, we show **1598 opened meetings**. This number is drastically lower than last month because many meetings became Online Only over the last several weeks and we didn't realize we were catching some of them in the "Reopened" net.

Our number of **online meetings, 490**, has decreased by 10 meetings. Some of those have been deleted because of bad data – and a few went back to in-person only!

2023 MEETING BOOKS

Have arrived! The cost is \$9 per dozen. **The updated order form w/shipping costs can be found here.**

GROUP INFORMATION UPDATES

One of our primary functions at the Intergroup office is keeping accurate records for Groups, Meetings and 12th Step Contacts in northern New Jersey. *We rely on you for that information.* Here are two ways to update your records with us:

Use the [Meeting Update form](#) for immediate changes, e.g., reopening, updating online meeting information, etc.

The [Intergroup Data Sheet](#) is necessary as the back up to the Meeting Update form *when those (or any) changes are permanent.* That includes **changes in meeting location, Meeting ID/Password, service positions and/or meeting format.**

SAVE THE DATE!

Our **Annual Gratitude Brunch** will be held **November 19, 2023**, at the Gran Centurions, 440 Madison Hill Rd, Clark, NJ. The flyer is included in Handouts. Last day to purchase tickets is Friday, November 10, 2023.

IG SERVICE BELOW THE GROUP LEVEL

If your Group Delegate is not receiving the email alerts regarding the Delegates Meeting, please, include the **Group Name, Town, Meeting Day and Time, Delegates Name, eMail and Phone Number** in an email to: IGDelegates@nnjaa.org



NEWS ‘N NOTES – NOVEMBER 2023

PAGE 2

We are so appreciative of the amazing volunteers who make time in their schedules to be with us each week.

We have room for additional volunteers!

We always anticipate adjustments to this schedule, so if you’re interested, but don’t see an opening that matches your availability, please give us a call! 908-687-8566 Monday-Friday 10am-6pm.

Volunteer Schedule

- **Mon.** AM/PM – Beverly / **Open** / Lois
- **Tue.** AM/PM – Linda / Maureen / Abbey
- **Wed.** AM/PM – **Open / Open / Open**
- **Thu.** AM/PM – Ed / Marge / **Open**
- **Fri.** AM/PM – Pete / Janet (Alternating)

Shifts are roughly defined like this:
10a - 1p / 1p - 4p / 4p - 6p



We especially need someone on Wednesday afternoons!

We would also be grateful for late afternoon support any/all day(s) of the week, as that tends to be the busiest time of the day for phone calls.

NEWSLETTER – To see the current edition of *This Day*, **CLICK HERE!**

WINTER EDITION deadline is 11/15/2023
Next committee meeting is Thursday, November 16th at 6 PM via Zoom. Please contact us at Newsletter@nnjaa.org with questions about *This Day* or opportunities to serve on the Committee!

NIGHTWATCH – BIG THANKS to the Groups who have submitted 12th Step Contacts forms. The next meeting is November 15th - If you would like to attend or have any questions about Nightwatch, please contact us at: NIGHTWATCH@NNJAA.ORG.

PUBLIC INFORMATION – No update submitted. The committee meets monthly on the 2nd Tuesday at the Area office at 7:30 PM.

REMOTE COMMUNITIES

No update submitted. If you would like to find out more, email Remote-Communities@nnjaa.org.



TREATMENT FACILITIES –

No update submitted. The Committee meets on the 2nd Wednesday. To find out more, please email: treatment@nnjaa.org

FOR ALL COMMITTEE MEETINGS INFORMATION, PLEASE CHECK THE Committee Meetings Calendar

NEW GROUPS / MEETINGS

Click the link for more information about the [New Groups/Meetings process](#). If you have additional questions, please call the office and speak to Mac about listing meetings on NNJAA.org.

There were no Stage Two meetings in October. See you next month!



THANKSGIVING ALKATHONS

Several Districts/Groups will be hosting holiday alkathons – here are links to those we know about as of Nov 1, 2023

- **Denville Union Hill Drop-In-Center Groups**
- **Stewartsville Bloomsbury Believers Thanksgiving Gratitude Breakfast**
- **Thanksgiving Alcathon Groups of The Good Shephard Fort Lee**
- **District 1 & 2 and The Sparta Thursday Night Open Speakers Group 3rd Annual Thanksgiving Alcathon**

Thank you for allowing us to be of service

Mac, Maria, Rhea Anne and Sean

NORTHERN NEW JERSEY INTERGROUP, INC.
 Statement of Cash Flow
 September 2023

Beginning Cash Balance Operating Account \$ 39,745.81

REVENUE

Group Donation - PayPal	\$ 2,518.61	24
Group Donations	\$ 7,687.77	65
Literature Sales - AAWS Books	\$ 1,504.10	
Literature Sales - Meeting Book	\$ 8,582.00	
Gratitude Brunch Tickets	\$ 484.00	
	\$ 20,776.48	

DISBURSEMENT

Postage Meter Rental	\$ 79.00
Internet	\$ 150.00
Telephone	\$ 211.18
Office Expenses	\$ 255.06
Wages	\$ 6,351.26
Payroll Taxes	\$ 1,857.05
Payroll Processing	\$ 391.59
Health Insurance	\$ 615.20
Rent	\$ 1,902.00
History & Archives Rent (1/2)	\$ 386.00
Paypal Fees	\$ 61.93
PFC (Delegates Meeting) Sept.	\$ 500.00
Bookers	\$ 150.00
Postage & UPS	\$ 600.00
PCF (Delegats Meeting) Aug	\$ 500.00
H&A Security Dep (2 M Rent)	\$ 722.00
Joint Committees	\$ 1,118.54
Meeting Book Order	\$ 16,406.25
Meeting Book Expense (Design)	\$ 200.00
Insurance Premium	\$ 3,168.23
Bank Fee	\$ 34.00
TOTAL EXPENSES:	\$ 35,659.29

CHANGE IN CASH \$ (14,882.81)

Ending Cash Balance \$ 24,863.00

Groups via Check

	<u>Contribution</u>
Secaucus Second St.	\$ 125.00
Verona Middy	\$ 50.00
Bridgewater Bradley Gardens	\$ 10.00
Woodbridge Big Book	\$ 117.00
Belmar Meter Beaters	\$ 50.00
Toms River Just for Today	\$ 150.00
Mendham Can't Rest On Our Laurels	\$ 50.00
Kendall Park Thursday Night Group	\$ 400.00
Brick Wednesday Let's Talk About It	\$ 100.00
Belleville Group	\$ 10.00
Oldwick Homecoming	\$ 219.76

Prudent Reserve Calculation	
Operating Expenses 20	\$ 161,571.00
Operating Expenses 21	\$ 154,924.00
Operating Expenses 22	\$ 174,942.00
Avg. 3 years	\$ 163,812.00
Target Prudent Reserve 6 months (1/2)	\$ 81,906.00

Prudent Reserve

Money Market	\$ 75,675.12
CD's	\$ 10,055.55
	\$ 85,730.67

TOTAL (Checking, MM, CD's)	\$ 110,593.67
-----------------------------------	----------------------

Groups via PayPal

	<u>Contribution</u>
Anonymous	\$ 100.00
Little Falls Monday Night Women	\$ 50.00
Colts Neck 12 Steps at Noon	\$ 75.00
Montclair Learners	\$ 20.00
Bloomfield Essex County Young People	\$ 31.00
Anonymous	\$ 20.00
Anonymous	\$ 20.00
Montclair Friday Noon	\$ 50.00
Anonymous	\$ 34.00
Saddle River 3 and 11 Steps to Hope	\$ 100.00
Anonymous	\$ 50.00

NORTHERN NEW JERSEY INTERGROUP, INC.

Statement of Cash Flow

September 2023

Stewartsville Bloomsbury Believers	\$ 200.00	Anonymous	\$ 5.00
Oak Ridge Group	\$ 50.00	Pt Pleasant Beach Safe Harbor	\$ 50.00
Toms River Conscious Contact	\$ 250.00	Denville P-111 Step	\$ 100.00
Wood-Ridge New Freedom	\$ 180.00	Anonymous	\$ 20.00
Westwood Sunday Night	\$ 25.00	Anonymous	\$ 10.00
Summit Recovery Lifeline	\$ 120.00	Westfield Group	\$ 100.00
Florham Park 5:30	\$ 300.00	Little Silver Thursday Men's Big Book Discussion	\$ 50.00
New Vernon Sharing	\$ 250.00	Pompton Plains Daily Reprieve	\$ 225.00
Red Bank Here and Now	\$ 30.00	Toms River Came to Believe	\$ 150.00
Westfield Keep it Simple One	\$ 50.00	Anonymous	\$ 31.00
Anonymous	\$ 40.00	Anonymous	\$ 20.00
Hackettstown We Will Know a New Peace	\$ 50.00	Leonia Bottom Line	\$ 558.00
Asbury Park Friday Night Rainbow	\$ 50.00	Montclair Morning Meditation and Nightly Discussion	\$ 649.61
Hightstown Early Birds	\$ 74.00		
Saddle River Seven-A-Emers	\$ 100.00		
Maplewood Heard it Through the Grapevine	\$ 250.00		
Atlantic Highlands Living Sobriety	\$ 100.00		
Middletown Joy of Living	\$ 100.00		
Washington Monday Night	\$ 39.00		
Hightstown Winners	\$ 100.00		
New Brunswick Upon Awakening	\$ 71.75		
Pompton Lakes Big Book Tuesday	\$ 50.00		
Port Reading Thursday Night	\$ 35.00		
Chatham Women A New Pair of Glasses	\$ 175.00		
Dumont Men's Group	\$ 100.00		
Garwood Tuesday Step By Step	\$ 50.00		
Roseland Friday Night	\$ 50.00		
Toms River New Light	\$ 271.20		
Toms River New Light	\$ 368.00		
Freehold Nomads of Sobriety	\$ 50.00		
Brick Harmony	\$ 25.00		
Dover Group	\$ 250.00		
Mendham Thursday Night Living Sober	\$ 100.00		
Denville Joy of Living	\$ 25.00		
Martinsville Sunrise Sunset	\$ 60.06		
Freehold Morning Miracles	\$ 200.00		
Pompton Plains Came to Believe	\$ 10.00		
Maplewood Step By Step	\$ 120.00		
Branchville Blue Ridge Recovery	\$ 150.00		
Fairhaven We've Been Gifted	\$ 200.00		
Cranford Tuesday Night	\$ 100.00		
Bridgewater Bradley Gardens	\$ 10.00		
Phillipsburg Live for the Higher Power	\$ 100.00		
Sparta Saturday Night Live	\$ 100.00		
Denville Searching for Serenity	\$ 100.00		
Verona Middyay	\$ 50.00		
Montclair Women's Emotional Sobriety	\$ 25.00		
Matawan Saturday Morning Live	\$ 50.00		
South Bound Brook Riverview	\$ 25.00		
South River Sharing and Caring	\$ 30.00		
Newark Daily Reflections	\$ 5.00		
Freehold Throckmorton St.	\$ 1,000.00		
Helmetta Women of Dignity Big Book	\$ 40.00		
Hillsdale Thursday Afternoon	\$ 52.00		

NNJAA 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

3rd Friday, 7pm
West Milford Library 2nd 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

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

2nd 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

Groups in Action

LIVE FROM GLEN ROCK....IT'S SATURDAY NIGHT!

On Saturday night, you can attend an AA meeting in Glen Rock at 10:00 pm. If you like the wee hours, or are a night owl, like staying up late, or just looking for a good meeting on Saturday night with a lot of sober folks, then come join us. Our meeting is at the Church of the Good Shepherd, 233 South Highwood Ave., Glen Rock, NJ. The meeting format is open-beginner. The meeting room is comfortable, the meeting is candlelit (electric candles), and parking is available behind the Church of the Good Shepherd. From the *Twelve & Twelve*: “The joy of living is the theme of AA’s Twelfth Step, and action is its key word” (106). Come bring your fellowship to the Glen Rock Saturday Night Meeting as we help one another know the joy of living.



Articles from our NNJAA Fellowship

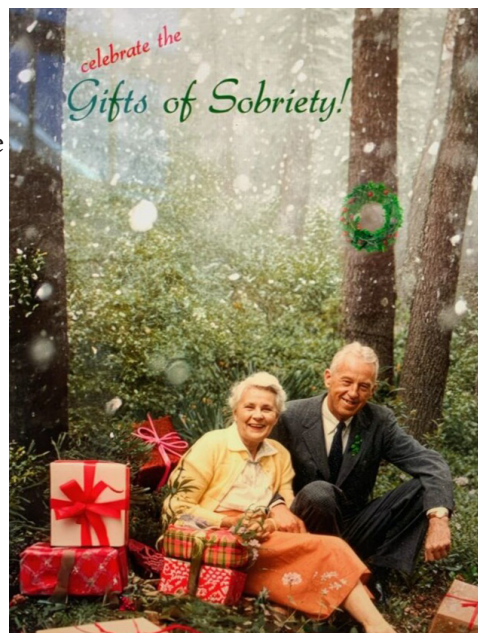


SPEAK OUT! This Day Newsletter provides this forum for individual AA's to share their experience strength and hope with alcoholism. The ideas expressed here are individual opinions only and not necessarily the opinions of This Day, Area 44, North Jersey Intergroup, or AA as a whole. We welcome your comments, opinions, or viewpoints on anything found in this newsletter. — The Editor

Decorating the Hallway

I am going through a strange part of my life in sobriety right now: growing older, changing my lifestyle, trying new things and succeeding in some of them, confronting some unmanageability in my life, and accepting who and where I and others are at this moment. I seem to have more questions than answers as I come to understand, perhaps for the first time, that my accomplishments, talents, and even deficiencies are not who I really am. This realization is not without its uncomfortable moments and challenges, so I am “in the hallway,” so to speak. There is a saying that it is “hell in the hallway.” If this is true, it is time for me to decorate my hallway!

First and foremost, my Higher Power needs to be right in the center, surrounded by our Steps and Traditions. My spiritual practices and network will be there, like twinkling lights illuminating the space. Being of service, helping others, and taking people through the Steps is the multicolored paint I will use. Gratitude for my blessings can become the walls holding up my hallway; prayer, meditation, my personal inventory taking, and mindfulness will be my ceiling. Anything I have forgotten can always be added later, as decoration.



Guided by my Higher Power and AA, I believe I will eventually be able to step out of the hallway and back into the full sunlight of the spirit. Meanwhile, the sun is now shining in my hallway as I begin to decorate, and I am feeling grateful. 'Tis the season for sprucing up and renewal, so here goes!

Marybeth H.
Early Risers, Rumson
District 26

Doing the Best We Can

Holidays often put personal relationships to the test. At least, that's been my experience, especially as they relate to my family.

Full disclosure: My family is not the Waltons. Or the Cleavers. Or even the Bunkers. On the scale of family relations from very good to very bad, we're somewhere in the middle.

Which would be swell if my top character defect weren't perfectionism. I want every sibling, in-law, and elder to treat every other sibling, in-law, and elder with the utmost respect and understanding. I want every family gathering to feel like a giant hug of love and kindness – something so warm and inviting that I wouldn't dream of leaving.



But we're just a bunch of humans who happen to be related to each other. And put us all in the Happy Holiday pressure cooker and none of us are going to be at our best. Or maybe we are. Maybe we're each doing the best we can do at this moment in time.

When I soberly take stock of my feelings when they're hurting, I often find that I've been expecting something other than what I've gotten. And nine times out of ten, my expectations are unreasonable. When I'm expecting imperfect people to behave perfectly (as defined by me, no less!), I'm going to be disappointed. That's an experiment I can run over and over again and

always get the exact same results.

They say you can't get blood from a rock. Every time I try, I'm the only one who bleeds. When I remind myself that my family members are doing the best they can do, some kind of magic happens, and I can accept them for who they are.

Maybe the next step is for me to accept me, too. Maybe I need to be the giant hug of love and kindness – and acceptance.

Sherry B

Fumbling the First Step: A Chronic Relapser’s Power Struggle

The First Step appeared deceptively simple when I first came to AA—a simplicity that invited misconception and neglect. The misreading centered on the word powerless. Seldom in my life had I even heard the word, instead encountering its opposite so often that a seriously consequential lack of power was beyond my imagining. Ours is the most powerful nation, our sports heroes physically powerful, our political and corporate leaders awash in it. Admitting to a lack of power seemed almost un-American.

But I took the First Step for granted, paid it little attention as if it went without saying, and instead moved onto what I considered the far more substantial remaining Steps. This would prove to be a grave misreading leading to multiple relapses and rehabs—ultimately, I would make more than a dozen such in-house visits. In meetings I used to joke, as if it were a laughing matter, “I could write a Zagat’s Guide to Philly’s Best Rehabs.”

The trouble started around four months into my initial AA stint, when the prospect of not drinking for the rest of my life struck me as just too dispiriting. So, I decided to give my present experiment exactly two years, then see if I could arrive at a more restrained and manageable approach to drinking. My literary hero Norman Mailer, a heavy drinker, once quit for two years. I took him as a role model not only for his brilliant writing but also his drinking.

Sobriety was then bearable only because I knew it would end on July 13, 2001, exactly two years after my last tumbler of scotch. The date occupied a readily accessible corner of my mind almost as one might anticipate a wedding day or retirement date.

My misguided train of thought went something like this. After two years, my mind and body were free of alcohol and had reverted to the pure and pristine state of health that prevailed before my earliest excesses. Hardly was I aware that, as I later learned, my disease actually progressed even while abstaining. Basically, I underestimated alcohol’s relentless power over me.



Intending initially to limit my drinking to, say, two or three before calling it a day, it wasn’t long before I would lose count and shatter all bounds. Working at home as a freelance writer made it all too easy to take a few steps from desk to kitchen to pour another. Besides, I had no supervisor or coworkers from whom to shield my breath. Within a month I was once again physically addicted, reentering that prison where only further drinking spared me the horror of withdrawal. The 19th century English poet Samuel Taylor Coleridge, a morphine addict, captured the pattern of withdrawal relieved only by more of the toxicity that caused it: “The poison is the cure, and the cure is the poison.” The vicious cycle into which I had unwittingly stumbled is sadly familiar to many alcoholics.

This pattern would recur more times than I’d care to admit. In one particularly eventful 12-month period I made four visits to the same rehab, like a car coming in for a quarterly oil change. A lady staffer there, serving unofficially as the rehab’s matronly comforter of sad souls, didn’t say a word upon my final arrival but merely hugged me: Look who’s back. Never would I couch the problem in terms of being powerless over alcohol. It was more like, okay, I overdid it again, now let’s get back out there and use what I know about the disease to control it. All along I grossly misunderstood alcoholism’s physical grip and my mental obsession. My grasp of the First Step remained nonexistent.

November 2020 mercifully brought a respite from this sorry track-record when God lifted that obsession and ushered in a new chance at health and happiness, coupled with the grace to enact His will and spread His love.

Today I no longer underestimate a disease that baffled me right from the start. And my gratitude to the program and Fellowship, and most of all to God, is boundless.

By Rob M.

Hitting the Curveball

My name is Dave B., and I'm an alcoholic. My sober date is 4/14/19. This story is about how alcohol affected my life, especially during my high school years. Being that the legal age was 18, I drank every chance I could get. My "saving grace" was the activities I participated in. Even though I loved to drink, playing baseball and soccer, in addition to playing various instruments (mainly the saxophone), kept me from drinking. My drinking was worse off the playing fields and in the band and orchestra I was playing in. There was one time that I was in a professional band playing at a wedding in NY. I drank so much scotch whiskey that I did not get home till about 2am and missed the next day at school. My parents, who were not alcoholic, put a stop to the party band playing very quickly.



This was not my first attempt getting sober. I did have some "sober time" from the year 2001 through 2012. I was one of those who went to meetings but did not get involved in service. It's been a long but promising journey to get sober and more importantly to STAY sober.

As I stated earlier, during my HS school years, my extracurricular activities (sports and music), kept me responsible with my drinking. I wouldn't consider myself a great athlete since I would not work any harder other than to get by. The reason is my priorities changed as the following will explain. I truly loved to play baseball, and played with many teams. When I started at the age of 10, there

was no better smell than a new baseball glove. I would consider myself one of the better players in the leagues I played in. During my first serious time with AA and for an additional 25 years thereafter, I played organized baseball through the age of 60.

My best years were just prior to high school; I would be one of the kids picked first in a game of stickball, softball, and baseball. During HS, things changed mainly for the worse. I was an extremely shy kid who was terrified around girls. To make matters worse, I attended one of only a few "all boys" public high schools in the country. I could never understand why I was so shy and awkward even though I had two sisters who had many friends. This was the biggest justification for my drinking. I started drinking in 9th grade. I would not consider my drinking at that time "alcoholic drinking" mainly because I was too involved with sports and music. But, when I did drink, it was always as much as possible. I can't remember getting hangovers even if I got sick when drinking. In high school, I began to get the nasty hangovers but would manage my drinking around my activities. During my senior year (1973), I was of legal age at the time. My drinking became so bad that I cringe to this day: the close calls of getting seriously hurt or worse due to all the auto accidents, fighting and just hanging around those who did questionable activities that I participated in. Two years after HS, I thought joining the US Marine Corps would "straighten" me out. It did get me out of the environment that I was in that would have ended badly: jails, institutions or death. So, I did six years with the reserves drinking alcoholically, started a painting business and did well choosing when I would work or try another semester at college.

At the end of my junior year in HS, I was invited to the "party of all parties." This party was like the movie "An-

imal House,” and I’ll never forget how crazy things got. It truly summed up how the 70’s took shape for me. I was invited by a friend who was popular. In addition, he was one of the best ball players I knew who could have made the pros. Unfortunately, my friend succumbed to alcoholism and never lived to his potential.

At the party, a lot of the younger teachers as well as students from both the boys and girls HS were invited. There must have been 100 plus people throughout the house. It was truly the event of the year. The one person I did not want to meet up with was my JV coach. He was a tough coach who understood the importance of commitment in playing the sport to the best of our abilities. I knew he was at the party and had to try to avoid him. Since he knew that some ball players would be there, he was not inebriated. As the night progressed, I guess I was in a semi-black-out as I remember most of what was going on, especially the way everyone seemed to act so differently as opposed to when we were in school. When I was leaving the party, I bumped into so many people. I was not surprised to see my coach. As I meekly tried to get by him, I did catch his attention in which he stated: “Well as long as you can hit the curve ball.” That’s all he said as he turned away to rejoin the group he was with. I took that statement as validation that what I was doing was OK. Needless to say, there were many rumors that floated around for the next six months about the party, which was no surprise. I also remember some people getting so sick, with their head hanging from the curb outside since you could not find an empty bathroom.

That year, our baseball team did well and was supposed to be one of the top teams in the state the following year. With all the talent we had, and the teams we had beat in my junior year, expectations were high for the upcoming season.

Unfortunately, while we had a few good games especially in the beginning of the year, most of our games were disappointing losses. We blamed our bad playing from going to an “all-boys” school, having inadequate uniforms and equipment to a lousy coach, (not my JV coach at the party). In truth, I was very immature, still embarrassingly shy around girls, and I was more concerned about the next chance to get blasted more than practicing sports or music or getting into better shape. I never played while drinking (would have been thrown off the team), but I did drink so much that I had more fear in me playing baseball, a game that I loved to play, at the high-level instead of all the confidence one should have. Besides drinking, it seemed that in practice, I only did the minimum amount of work. This practice produced poor results during our final season. We would always fall short of winning games we won the previous year, and we were eliminated quickly during the county and state tournaments.



Although my current recovery is well past my high school and college years, I have changed for the better. I am not as shy or timid and have been in sales most of my life. Turning my “will” over to my Higher Power that I call God, has been the key to allowing myself the progress with my family life as well as financially. I still have to work as I was not a great saver, but working the program makes life enjoyable, especially getting involved with AA service and the new people that come into the rooms.

Today, I thank AA and my Higher Power that I can remember some good times before I became a terrible drunk, the serene moments I have today, and the ability to deal with life’s cruelest and sad events. I am present today and have not picked up a drink due to anything that life has thrown at me. Instead of two sisters, I have two daughters. They have seen the best and worst of me. I stay sober by going to meetings and talking to my sponsor regularly, doing commitments and getting involved with my home group. My life with AA and the friends I meet seem to have similar backgrounds and issues that I can identify with. Some days, I feel truly blessed and grateful and look forward to what my future can be.

Dave B., Anonymous and Happy to be sober with the help of AA.

Serenity Prayer – A Personal Deconstruction

I say and hear this prayer a lot inside and outside the rooms. What does it mean to me? A personal deconstruction of it helped me to understand that a lot of action is required of me. Some that jump out personally for me at this point of my recovery are:

Grant - Allow my Higher Power to work in me, with me, through me; that I don't get in my own way, or more importantly, my Higher Power's way with old behaviors, old thoughts, or old actions.

Courage/Faith - Will I have enough courage/faith to take new action in the face of fear?

Wisdom - I can listen to other's experience/strength/hope to know that it is possible; however, it becomes a *personal experience* when I too take the action in my life. This is how I gain wisdom.

I am powerless, yet not passive. HOW can I practice the Serenity Prayer versus just reciting it?

God – as I understand my Higher Power

Grant – agree to give or *allow*

Serenity – the state of being calm, peaceful, and untroubled

Accept – consent to receive

Things – an object that one need not, cannot, or does not wish to give a specific name to

Cannot – can, not (ex: I cannot drink becomes I can, not drink)

Change – make (someone or something) different; alter or modify

Courage – the ability to do something that frightens one. Courage means faith (Big Book, "How it Works," p. 68)

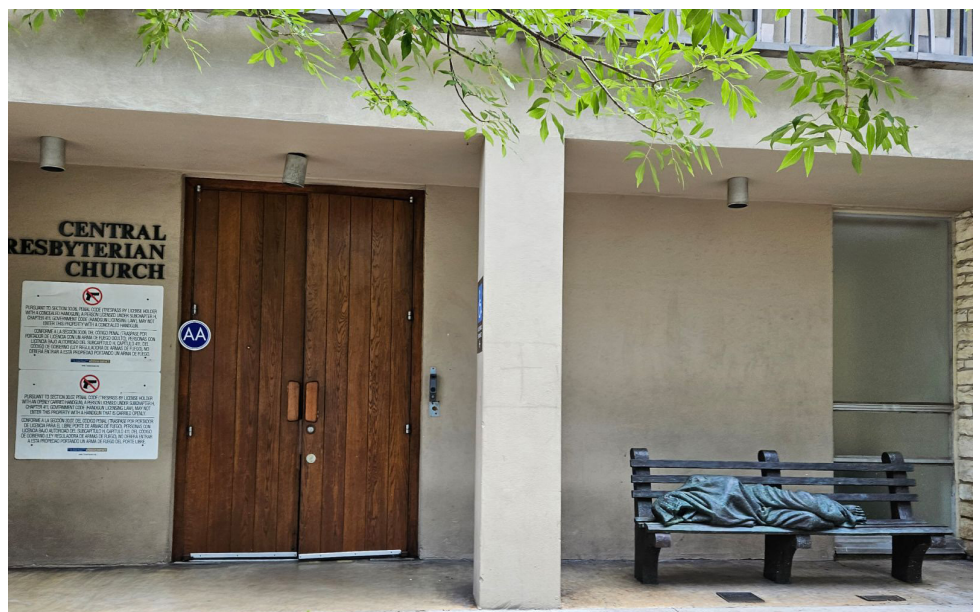
Can – be able to

Wisdom – the quality of having *experiences*, knowledge, & good judgment; the quality of being wise

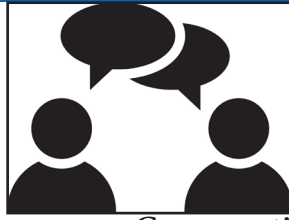
Know – be aware of through observation; inquiry, or information

Difference – a point or way in which people or things are not the same

by Donna V



Meet Some of Us!



This new column was inspired by the statement in “A Vision for You” that states “you will surely meet some of us as you trudge the road of Happy Destiny.” It will feature conversations with various AA members about some of their experiences and thoughts. It’s another way to get to know folks in our Fellowship a little better.

Conversation with Sid K

Sid's sobriety date is February 21, 2018. He first came to AA on February 1, 2018, after a series of difficult situations. He relapsed within a couple weeks. He started AA again on February 21, 2018 and has been sober since. He talks about that in our conversation.

Turning Point

Atul: What were some key turning points in your sobriety journey?

Sid: I was getting a lot of pressure from my family to do something about my drinking. I had a sense that I had a problem, but was not convinced. Coming to my first meeting was a turning point. I heard some things that somehow made me feel a little relief. Seeing others openly talk about having a problem with drinking made me see I was not alone. I did get a little more comfortable with the thought that I might have a problem. However, I was still of the opinion that I could do this on my own. It did not seem necessary to get help. I did, however, enjoy connecting with people. In hindsight, I realize that I had been isolated and it was good to be with people, especially since they did not judge me. Another key turning point was February 20, 2018. I went to work and felt overwhelmed. There was a lot of work, and I surely could not get it done. I went out at lunch time and got drunk. This convinced me that however much I did not want to drink that I could not stop on my own. Finally, I feel doing the 4th and 5th Steps were a critical turning point as well. I finally began to understand why I drank and why I needed help and would continue to need help. And that it was okay to ask for help.

On-going sobriety

Atul: What are some of ideas and practices you rely on to keep your sobriety going?

Sid: There are five things that come to mind right off the top:

1. I understand how selfishness and self-centeredness actually play out in my daily perceptions and life events. I got this insight through initial and on-going Step work.
2. In conversations with my sponsor, I get a perspective on how I can change instead of trying to change others or the situation.
3. Regular meeting attendance helps me to see the outcomes different people are getting from different approaches to sobriety. It helps me pick the successful actions.
4. AA became my family where I could talk freely about things that were on my mind. Those connections and seeing how others behaved helped me build a bridge back to my own family.
5. I feel that speaking with my network of sober alcoholics helps me to process the daily events of life and keep things in perspective.

On being able to do things in sobriety that were not possible before:

I can do now what I could not do before. The first time I lost my job in sobriety was difficult. Talking to others who had gone through similar experiences helped me to not drink but rather spend time looking for another job. At the new job, managing new relationships and new responsibilities was challenging. With support from the Steps and my network, I was able to integrate without having to drink. Most recently, I found I had cancer. This shook me. However, folks connected me to cancer survivors in the program who have been very helpful in managing one day at a time.

On Newcomers

My suggestions for newcomers are not new—they are things that worked for me. At meetings, try to focus on

the underlying feelings that led people to drink rather than whether they got a DUI or other circumstances. Get a sponsor and start doing the Steps as soon as possible. Don't fight the process—give it a good try. Keep going to meetings.

Creative Corner

'What Does Loss Look Like?'

This poem was inspired by one of my high school freshmen, who just returned to school after her family's car was struck by a drunk driver. It is a miracle that she is not paralyzed. I cannot imagine what she is going through. Grateful that I no longer drive drunk, thanks to AA.

Loss is not an abstract noun.

It is much more tangible than people think.

It can be seen, touched, and heard.

It looks like the dark clouds that spread

Across the infinite sky.

It feels like sandpaper against rough-sawn cedar.

It sounds like the loud cackling of a bevy

Of Canadian geese.

It's a glass sitting atop a bar half filled with

Double-Cross Vodka,

Looking to be topped

Again, and again, and again.

It is the face of a young child

With drooping eyes and a tilted walk,

Frail and grayish skinned, with

Gaunt arms and tight silky fingers,

An ephemeral spirit and an airy look,

Caught re-cooperating from injuries from a car crash

In which her dad succumbed to his injuries.

Many thanks to ALL of our writers for *This Day's*



Share44 Training Dates

Zoom Meeting Details:	Zoom Meeting Link Meeting ID: 822 2094 3972 PW: njarea44 Phone No.: 646 876 9923 Phone PW: 45806305
Saturday, June 10th	10AM Beginner/Refresher 1PM Advanced
Sunday, August 20th	10AM Beginner/Refresher 1PM Advanced
Saturday, December 16th	10AM Beginner/Refresher 1PM Advanced

Send an email to Share44Help@NJArea44.Org to request additional information

*****Save the Date*****

Hands On Advanced Training at the Area Office

*****Saturday October 14th @ 11AM*****

NNJAA CALENDAR

To access NNJAA's monthly calendars, please do the following:

1. Log on to 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? NNJAA could use your help!
Check out our the *partial* NNJAA Committee Meeting List on page 9!**



Member area
 userid: alcoholic
 password: onedayatime

www.nnjaa.org

Try it on your
Smartphone



For the Spring 2024 Edition:

For this edition, please write articles on any topic of your choosing related to alcoholism and Alcoholics Anonymous.

Next Edition Deadline:
February 15, 2024

There is no longer a word limit for articles. Images should be sent as attachments.
 Please send your articles *in a Word doc* to:
newsletter-chair@njarea44.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.