

THIS DAY

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

A message from your Area Delegate



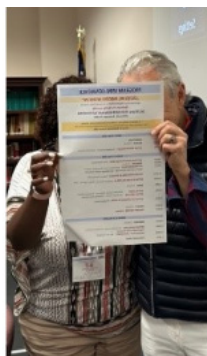
I am acutely aware that I am speeding headlong into the ending of my time as Area 44's Panel 73 Delegate. I continue to reflect on an extraordinary year filled with growth, service, and unforgettable moments. It has been an honor to represent and serve our area, and I want to share some of the key 2024 highlights and experiences that have defined this two-year journey.

General Service Conference

- Plain Language Big Book: One of the significant agenda items was the development and review of the Plain Language Big Book. This initiative aimed to make our foundational text more accessible to individuals who might struggle with the original language. Being part of this project allowed me to contribute to a broader and more inclusive reach for our message. My involvement included a unique experience of reading the Plain Language Big Book for two hours at the General Service Conference, an opportunity that underscored the importance of clarity and inclusivity in our literature.
- Pamphlet for Asian American and Transgender Communities: Addressing the diverse needs of our Fellowship, we voted on creating pamphlets tailored for Asian American and Transgender members. These pamphlets are crucial in making sure that everyone feels seen, understood, and welcomed in our Fellowship. The discussions and feedback sessions around these materials were insightful and highlighted the need for continued efforts in diversity and inclusion.

Linguistic District Involvement

- The Polish Convention in Doylestown, PA the weekend of July 26, 2024: One of the most memorable experiences was my involvement with the linguistic district. This year, I received a special invitation to attend and speak at the Polish Convention held in Doylestown, PA. This event was a testament to the universal reach of our message and the power of linguistic inclusivity. As seen in the pictures below, I was accompanied by my interpreter, and together, we navigated the beautiful complexities of language and cultural exchange. Seeing the joy and connection among attendees, despite language barriers, was incredibly rewarding. As seen in the photos below, the theme JOYFUL, HAPPY & GRATEFUL captured the essence of this special event.



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NEXT ISSUE DEADLINE
November 15, 2024
newsletter-chair@njarea44.org
Please send images as attachments!

Lastly throughout the year, several moments stand out:

- General Service Conference: The 74th General Service Conference, themed "Connecting with Love, Unity, and Service," was a corner-

stone of my delegate experience. It was held from April 13 to April 20 at the Brooklyn Marriott, where I had the honor of doing the opening reading on Sunday, April 14. The dedication of GSO staff, trustees, and fellow delegates from both Panel 73 and Panel 74 was truly inspiring.

- Panel Discussions: Engaging in various panel discussions allowed me to voice concerns, share insights, and collaborate on solutions that impact our Fellowship. Each session reinforced the collective strength and commitment we all share.
- Days of Sharing, Soberfests, & Workshops: Workshops and other district events and programs provided opportunities to connect with members on a more personal level, sharing mutual concerns, and fostering a sense of support and love for our Fellowship.

Farewell and Gratitude

As I bid farewell to my role as the Panel 73 delegate, I am filled with gratitude for the experiences and lessons learned. This journey has been marked by incredible service work, unwavering dedication, and a deep sense of purpose. I am grateful for the support and trust of our Fellowship, which has made this year truly remarkable.

See you at the October 19, Election Assembly as the area prepares to elect the incoming Panel 75 Area Officers and Delegate. I wish you all the best. May your journey be as enriching and fulfilling as mine has been. Remember that every moment of service contributes to the strength and unity of our Fellowship.

Thank you for the opportunity to serve. I look forward to continuing our shared mission of carrying the message of hope and recovery.

In love and service,
Marcheta B.
Delegate Panel 73 | Agenda Committee
area-delegate@NJArea44.org
Gratitude In Action

HOSTED BY DISTRICT 17 & 13

2024 AREA 44 ELECTION ASSEMBLY

Please Attend to Ensure Your Group's Voice and Vote is Heard and Counted!

Area 44 Nominee
Trustee At Large U.S.

ELECTION OF AREA 44 OFFICERS FOR TWO YEAR TERMS

<i>Delegate</i>	<i>Treasurer/Alternate Treasurer</i>
<i>Alternate Delegate</i>	<i>Recording Secretary/Alternate</i>
<i>Area Chair</i>	<i>Registrar/Alternate</i>
<i>Alternate Area Chair</i>	

ALL REGISTERED VOTERS MUST SIGN IN BY 9:45 AM

✔ SIGN-IN: 8:30-9:45 AM ✔ GSRs, DCMs & ALTERNATES ARE URGED TO ATTEND. ALL INTERESTED AA's INVITED.

✔ ELECTION BEGINS: 10:00 AM

Highland Avenue School
31 Highland Ave.
Midland Park, NJ 07432

SAT, OCTOBER 19TH, 2024

More information ex-officio@narea44.org Visit our website nnjaa.org

NNJAA COMMITTEE REPORTS & INFO

*A message
from your
Area Chair*



Hello Area 44,

Many of our districts have had their annual picnics and are making plans to host their Days of Sharing, a significant event in our AA community. Please check the website NNJAA.org or our Facebook page for flyers for these events.

Speaking of events, let's not forget our 68th Annual Convention, to be held from September 20th through September 22nd in Somerset. This weekend is filled with speaker meetings, meditation meetings, an alk-athon, young and old-timer meetings, the Saturday night banquet and, let's not forget, the internationally famous Grapevine play. Come for the day or the entire weekend! There are scholarships available for those who can't afford the registration fee and want to attend. Hope to see you all!

Plans are finalized for our Area's October Election Assembly on October 19th. For all you new GSRs, this is where we elect your Panel 75 Delegate to bring our area conscience to the General Service Conference in New York for the next two years. Many have asked: how do I know who to vote for? This is a great question! The simple answer is the people who stand for that position will give you a two-minute AA service resume. Our Ninth Concept for World Service states, "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety." We will elect our delegate and our Area 44 officers for the next two years. All AA members are welcome to attend to see our Third Legacy at work.

It's been my pleasure to serve the Fellowship of AA in Area 44, and I look forward to the last four months of my service to Panel 73.

In A.A. Service,
Art B
Area 44, Chairperson, P73

*History
and Archives
Committee*



History & Archives is a joint Northern New Jersey Committee, which provides important service because some of our most precious and priceless AA history began here. This committee's primary commitment is to preserve our incredibly rich AA history by taking great care in preserving our existing archives. Northern New Jersey has great beginnings in AA history because one of AA co-founders, Bill W., undertook significant AA writings here.

Many early AA meetings began in Northern New Jersey by our co-founder Bill W. and still exist today. Landmark AA buildings are commemorated in Northern New Jersey with a plaque noting that significant AA writings took place at that location. Without our H&A Committee taking active responsibility to maintain its archives, AA's early history would be lost.

One of the many H&A committee membership goals and actions is creating a museum where AA members will be able to view AA's existing archive of priceless precious history, which will inspire AA's Fellowship to continue to commit to maintaining and expanding our glorious primary purpose legacy in all its archival formats.

This H&A Committee strives to promote passionate excitement about its AA beginnings in a myriad of historical archival ways. It hopes members will experience them at the many AA events that our committee provides through its members in oral, written and film presentations throughout Northern New Jersey.

Please join Northern New Jersey H&A Committee if you are interested in becoming a part of maintaining AA's historical archival legacy for AA's existing and future members. All AA members are welcome to become a part of our exciting and outstanding committee of Northern New Jersey History & Archives.

Thank you.

Saadia

History & Archives District 41 Chair



How Did You Find Your First Meeting?

How are you meeting your 12th Step Commitment today?

In my case, it was through Northern New Jersey Intergroup Nightwatch. My daughter called the number for me (with my agreement) on a Saturday morning to find a location. I know we all find AA in different ways: for me, it was a result of my second arrest for DUI and reaching out for help through my EAP at work. The Counselor I was referred to ran a program that required me to attend one AA meeting a week—so off I went. It was the best call ever made in my house. Of course, at the time, I didn't know we had reached an AA volunteer giving her time freely on a Saturday morning. And I will tell you that when I left that meeting I wasn't fully convinced, as many of us are not, but I knew I found something. I was comfortable in that meeting. I did feel for the first time in a long time that I belonged.

So, what is Nightwatch? It's a way to be there for that newcomer, and you can do right out of your home. There are guideline materials (both online or in paper if you need) telling you all you need to know that contain reference sources for those in need. Nightwatch volunteers answer the phone when the Intergroup Office is closed on evenings and weekends. Please note that the Intergroup number is forwarded to your number. The caller does not see your number. Your Nightwatch Coordinator or group coordinator can provide easy training in normally less than 30 minutes. I've called it the best kept service secret in AA.

There are two ways to volunteer: 1) As part of a group that takes a week commitment, or 2) as a 12th Step Contact. For a group, it's a commitment to answer the phones at night and weekends for one complete week. For a non-holiday week, there are 11 slots. We are aware today that many groups cannot fill a full week, and we have begun having two groups come together to do a week. In that case, a group would only need to fill 5-6 slots. For the 12th Step Contact, individuals volunteer to take a call referred to them by the Group Volunteer to work with the newcomer. The Group Volunteer does not usually handle the direct contact.

As with many of our Service Positions today, we are in need of volunteers. Most of our coordinators would be more than willing to come talk to your group (or even a district) to review the process in more detail. If your group is interested, please just write to

nightwatch@nnjaa.org or call the Intergroup Office (908) 687-8566. The hours are Monday through Friday from 10:00a.m. to 6:00p.m.

I've been doing the commitment for a long time now, and I find it just as rewarding today as I did when I took my first shift. I have many stories of heartwarming connections. We hope to hear from you or your group.

Linda

Middlesex County Nightwatch Coordinator



Thank you for your continued contributions to Area 44!

Seventh Tradition support allows Area 44 to serve our members and do 12th Step work throughout our community. The generous support of our groups is greatly appreciated.

FYI, 7th Tradition contributions for July were down vs the prior July by \$3,803 or 25.3%. Year to date contributions for 2024 are down \$11,566 or 16.4%.

JANUARY 2024

Recovery Lifeline Group 000055738
 Living In the Spirit
 Joy of Living Hazlet 000112509
 Montville-Towaco Group 000026003
 Oaks East 000041244
 New Light Group - 000391468
 Homer Group 000100759
 Grupo Buena Voluntad 000023563
 Against the Odds 000092463
 Middletown Serenity at 10 000066990
 Women's Tues Nite Step 000391620
 Union Wednesday Night 000052750
 Maywood Sun Night 7pm
 Riverview Group
 Tuesday Night Men's Disc New Brunswick
 Tranquility Big Book Andover 132831
 The Oak Group - Basking Ridge
 Port Reading Thurs Night
 Sacrifice Group
 Landmark Group -Lakehurst 00010911
 7 Amers Saddle River
 Barn AA Group - 600994
 Keep it Simple - Wed Westfield - 28722
 Ringoes Freedom Through Acceptance 130662
 Daily Reprieve Group Freehold
 Monday 1215 Closed Disc 000021533
 Sunrise Group Ridgefield Park 385740
 3rd & 11th Step Meditation Fort Lee
 As Bill Sees It Meeting Shrewsbury
 Journey to Freedom Group
 Lafayette Womens Step 000609284
 Change is Good Discussion
 Salerno Beach Head online Zoom
 Matawan Sat Morning Live 000063234
 Bergenfield Young @ Heart
 Hohokus Group 173221
 South Orange Village - 109198
 More Will Be Revealed 000026302
 24 Hrs a Day Meeting - Union Hill

Sanity at Sunrise

Rockin in Recovery Group
 Women's Step/Trad Thurs Noon Red Bank
 Bring Your Own BB & Coffee -000114270
 Distrito 42 NJ
 Living Sober Clinton - 646305
 Let's Talk About It Pequannock 000009973
 Wake Up and Smell the Coffee 000020464
 Saturday Eye Openers - 000166548
 Dumont Friday Night Group
 Recovery Hall Group - 000174056
 Hohokus Group 173221
 Just For Today Group-Toms River 692638
 Sparta Open Speaker Thurs 638032
 Mt. Hermon Group 000108823
 Spring Lake Sat Morning
 Emerson Beginners BB 000297293
 Bradley Gardens Group - 000108813
 Bradley Gardens Group - 000108813
 Crossroads Stillwater 000100573
 Throckmorton Street Group - 147521
 Tuesday Morning Womens Step Group
 Gift of Sobriety Group 000117610
 Woodbridge Big Book Group
 New Begining Saddle Brook - 136988
 Forum Group 000063088 / 143207
 Young at Heart Group 000171448

FEBRUARY 2024

Brick Wed Night Hospital 000096774
 Belleville Thursday Night 108865
 Newton Men in Recovery 000019845
 Saturday Hillsdale Reflections
 Westwood 1215 Group
 Steps to Grace & Dignity Women's
 7 Amers Saddle River
 Ringoes 11th Step - 644980
 Seven A Emers Saddle River
 Morning Miracles - 000632005
 Cheese & Crackers 000098878

Just For Today Group-Toms River 692638
 Allendale Wycoff Group - 000233965
 Keep it Simple Sun Night Somerville
 Steps to Serenity 000618762
 Mahwah Strength & Hope 000016591
 SOS South Orange Step
 Blue Ridge Recovery Group
 Saturday Night Sparta 000127234
 Rutherford Monday Night
 Drip Dry Maplewood 000102033
 Middletown Morning Meet
 Millburn Sunday Big Book 000083482
 Closter Sunday Afternoon 000099474
 Somerset Hills Group 000074892
 Sunday Sunrise Reflections Mahwah
 Dumont Mens Group Thursday Night
 A Vision for Us Group Warwick
 Women's Hope & Inspiration New Vernon
 Sky's the Limit
 Friday Night Leonia, St John Church
 Hohokus Group 173221
 River Runs Dry Group 000057848
 Monday 1215 Closed Disc 000021533
 Friends of Bill W c/o Rado 6310076
 New Light Group - 000391468
 TGIF 1pm Pequannock 000087104
 Nuts & Bolts Pequannock 000040763
 Grupo Buena Voluntad 000023563
 The Ramsey Group
 Verona Group 000019217
 Metuchen Sat Morn Serenity 678801
 Cedar Grove Monday 000098471
 Women for Women Group
 Speaker Solutions & Traditions
 Forum Group 000063088 / 143207
 Clinton Became Willing
 Old Bridge Sunday Nite
 Oldwick Home Coming 127349
 Oak Ridge Open Speakers
 Sunrise Sunset Martinsville
 Kinnelon Do It For Yourself
 Oceanside Sobriety 000041496
 As Bill Sees It Pompton Lakes 000043485
 Women's Emotional Sobriety Montclair
 Serenity in the Pines-Whiting
 One Day At A Time Women's 000703942
 Sunrise Group 000085528
 Port Reading Thurs Night
 Monclair S.O.S.
 Acorn Group

Women Sharing in Sobriety 136158
 Belmar Friday Night 000095351
 Monday 1215 Closed Disc 000021533
 Loose Knit - 000007703
 Just for today Online Randolph
 Rosy Glow 000063103
 Sisters of Sobriety 000272626
 Milton Closed Discussion 000023179
 Lifeline Holmdel 000011003

MARCH 2024

Belleville Thursday Night 108865
 Metuchen New Hope Group
 Knights of the Round Table 000162330
 Washington Monday Night 000021442
 Upon Awakening Sat AM 149932
 New Light Group - 000391468
 Stepping Stones to Sobriety 000241253
 Fourth Dimension 000105011
 Grupo Buena Voluntad 000023563
 Women of the Dawn
 Bradley Gardens Group - 000108813
 Bradley Gardens Group - 000108813
 Bradley Gardens Group - 000108813
 Matawan Sat Morning Live 000063234
 Monday 1215 Closed Disc 000021533
 Keep It Simple Westfield Friday Nite
 Bring Your Own BB & Coffee -000114270
 Distrito 42 NJ
 South Amboy Tuesday Luncheon Meeting
 Saddle River Sat 10AM
 Steps to Sobriety
 Live for the Higher Power 000012309
 Came to Believe Group, Frenchtown
 Rainbow Group of AA Fri pm Asbury Park
 Carleondale Monday Night 000092526
 Hightstown Winners 000110433
 Women's First 164 Pages BB Clifton 710442
 Iselin Wednesday Night 000111978
 Easy Does It Bloomfield 000102874
 Sunrise Group 000085528
 Montclair Wed Night BB Gay Grp
 Women of Dignity
 Riverview Group
 Flemington Wake Up Group
 Hohokus Group 173221
 No Matter What Matawan 000386600
 As Bill Sees It Pompton Lakes 000043485
 Morning Miracles - 000632005
 St Anne's Wed Night Beginners - Fair Lawn

Asbury Pk Mon Ngt Gay Men
 Daily Reprieve Bayville 000100855
 Roseland Friday Night - 000059157
 Women's Emotional Sobriety Montclair
 Booze You Lose
 As Bill Sees It Meeting Shrewsbury
 Attitude of Gratitude Midland Park
 Sanity at Sunrise
 Monday Nite Open Disc - Edison
 As Bill Sees It Rivervale 00004233
 Change is Good Discussion
 Line by Line Group Fair Lawn 000011528
 Dawn Patrol 655674

APRIL 2024

Sterling Memorial Group
 Landmark Group -Lakehurst 00010911
 Fabulous in Sobriety - 000009586
 Sunday Sunrise Reflections Mahwah
 New Light Group - 000391468
 Mahwah Strength & Hope 000016591
 Union Wednesday Night 000052750
 A Vision For You Womens 000091776
 Belleville Thurs Night D13 Kearny 108865
 Joy of Living Step 000112508 Union Hill
 Women Stepping Together Metuchen
 New Pair of Glasses Women
 Sergeantsville Step & Trad
 The Bagel Group - 172209044
 We've Been Gifted 000632538
 Morningstar Women's Group
 Sea Girt Thursday Night 000065623
 Throckmorton Street Group - 147521
 Fort Lee Tues, Sat 8 pm
 First Light Group - 173854
 Daily Reprieve Group Freehold
 Kinnelon Do It For Yourself
 Just For Today Group-Toms River 692638
 Sobriety on Sunday Aberdeen 634193
 Morning Glory Group Tenafly
 Watchung Group 000021510
 Primary Purpose Point Pleasant
 Matawan Sat Morning Live 000063234
 Steps to Sobriety
 Sharing and Caring Group 000069191
 Tues Morning Womens Step
 Sobriety and Beyond Group
 As Bill Sees It Rivervale 00004233
 The Winners Circle Howell 167971
 Ringwood As Bill Sees It 730AM Sat

Saturday Eye Openers - 000166548
 Point Pleasant Daily Reflections
 Lafayette Womens Step 000609284
 Sunrise Group Ridgefield Park 385740
 Living Sober Clinton - 646305
 Metuchen Sat Morn Serenity 678801
 As Bill Sees It Scotch Plains
 Acceptance, Believe and Hope
 Grupo Buena Voluntad 000023563
 Westwood Sunday Night 000127565
 7 Amers Saddle River
 Holmdel Back to Basics
 West Milford Group 000109257
 Kinnelon Big BookTues Night 144306
 Bradley Gardens Group - 000108813
 Bradley Gardens Group - 000108813
 West Orange Tues Night 140421
 Sparta Mon Steps to Serenity 164529
 627050 Downtown Serenity Group
 000127349 - Pankuck
 Sky's the Limit
 Monday 1215 Closed Disc 000021533
 Salerno Beach Head online Zoom
 Last Call Group 000007914
 Ringoes Freedom Through Acceptance 130662
 More Will Be Revealed 000026302
 One Day at a Time Group - 000043606
 Randolph Monday Night 000027895
 Sobriety Meditation Online
 Sun Night Men Pt Pleasant
 New Freedom Group 612413
 Women with Choices Bloomfield
 Grupo Paso 12 de New Brunswick
 Life savers Wyckoff 000369830
 Friday Nighters – Whiting

MAY 2024

Kendall Park Thursday Night
 Florham Park 530 Group
 Middletown Serenity at 10 000066990
 Grupo Buena Voluntad 000023563
 Came to Believe -Mendham 642138
 Washington Monday Night 000021442
 Keep It Simple Westfield Friday Nite
 Ringoes 11th Step - 644980
 Closter Sunday Afternoon 000099474
 Maywood Sun Night 7pm
 River Edge Group
 Step by Step Garwood
 Crossroads Stillwater 000100573

Red Bank Sat Mor Step
 Somerset County Group
 Open Eyes Noon Tuesday Milltown
 Reaching Out Group Dover 000054923
 Somerville Willing to Go to Any Lengths
 Metuchen Monday Night
 Belleville Thurs Night D13 Kearny 108865
 Red Bank Mon Nite AA
 Sunday Night Live Group Lincoln Park
 Carletondale Monday Night 000092526
 West Orange Men's Group
 Sober on Sunday Asbury Park
 Millburn Sunday Big Book 000083482
 Monday 1215 Closed Disc 000021533
 730 AM Morning Meditation 689055
 Primary Purpose - 000141197
 Hillsdale Thurs noon -169604
 A Vision for You Group Freehold
 Women's Hope & Inspiration New Vernon
 Matawan Sat Morning Live 000063234
 Thursday Midday Gay Group
 Union Hill Drop-In Center 000028730
 Woodcliff Lake As Bill Sees It Wed 830PM
 Island Hts Hope Group
 Oakridge Friday Nite
 Watchung Monday Womens Group
 West Orange Women's BB - 727705
 Steps to Serenity 000618762
 Morning Miracles - 000632005
 Came to Believe Point Pleasant 000604880
 Just For Today Group-Toms River 692638
 It Works Group Wed 1pm 000081165
 No Pews Required 000522378
 Women In Serenity 697491
 Wednesday Night CBB Group Lincoln Park
 New Light Group - 000391468
 Wednesday Joy Of Living Group Sayreville
 No Matter What Matawan 000386600
 Farmingdale Thursday Night 108953
 Three Legacies Group
 Monday 1215 Closed Disc 000021533
 Just For Today Group-Toms River 692638
 Friends of Bill W c/o Rado 6310076
 Path to Sobriety 000265878
 Dawn Patrol 655674
 Daily Reprieve Bayville 000100855
 Sparta Open Speaker Thurs 638032
 Sunset Friday Night Beginners Group
 Saturday Night Recovery 000109057
 Forum Group 000063088 / 143207

JUNE 2024

Sterling Memorial Group
 Marlboro/Englishtown Grp -108949
 Port Reading Thurs Night
 Morning Miracles - 000632005
 Upon Awakening Sat AM 149932
 Knights of the Round Table 000162330
 Joy of Living Step 000112508 Union Hill
 Grupo Buena Voluntad 000023563
 God Is Good Big Book Bound Brook
 Metuchen Sat Morn Serenity 678801
 Sunrise Group 000085528
 Toms River Friendly Group 000009587
 Somerville Willing to Go to Any Lengths
 New Light Group - 000391468
 The Winners Circle Howell 167971
 Fourth Dimension 000105011
 Finally Found A Home Group 000107486
 Saturday Night Sparta 000127234
 Belleville Thursday Night 108865
 Milton Closed Discussion 000023179
 Hope & Happiness Promises- Woodbridge
 Monmouth Beach Serenity at Sunrise
 Toms River/East Dover Mon Nite
 Distrito 42 NJ
 Monday 1215 Closed Disc 000021533
 000127349 - Pankuck
 No Matter What Matawan 000386600
 The Bagel Group - 172209044
 West Milford Saturday Reflections Virtual
 Search for Serenity Stewartville 0001507
 Point Pleasant Daily Reflections
 Norwood Candlelight Group Sunday 7pm
 Bradley Gardens Group - 000108813
 Hackettstown Second Chance Group
 River Runs Dry Group 000057848
 Principles Before Personalities 000052750
 Peace of Mind Group 000048717
 Matawan Sat Morning Live 000063234
 Matawan Sat Morning Live 000063234
 Secaucus Sunday Night 000065937
 Women of Dignity
 Against the Odds 000092463

JULY 2024

Lifeline Holmdel 000011003
 Newton Men in Recovery 000019845
 A Vision For You Womens 000091776
 Monday Night Beginners Newton Sparta
 New Begining Saddle Brook - 136988

West Milford Group 000109257
 Westwood Sunday Night 000127565
 Brick Wed Night Hospital 000096774
 Tues New Vernon Womens Step 000015055
 Cookbook Big Book
 Lost Sheep Group
 Morning Miracles - 000632005
 Lyndhurst Monday Nite
 Oaks East 000041244
 Serenity in the Pines-Whiting
 Sun Keep It Simple Step
 Montclair Mindful Meditation 000718561
 Bradley Gardens Group - 000108813
 Sisters of Sobriety 000272626
 One Day at a Time Group - 000043606
 We've Been Gifted 000632538
 7 Amers Saddle River
 Seven A Emers Saddle River
 Morningstar Women's Group
 Point Pleasant Daily Reflections
 Lafayette Womens Step 000609284
 Vineyard Road Group
 As Bill Sees It Meeting Shrewsbury
 St Anne's Wed Night Beginners - Fair Lawn
 Women Sharing in Sobriety 136158
 Sunday Big Book Milburn 166149
 Steps by the Book Colts Neck
 Bradley Gardens Group - 000108813
 Monday 1215 Closed Disc 000021533
 Women's Emotional Sobriety Montclair
 Without a Prayer 717724 / 34378
 Asbury Pk Mon Ngt Gay Men
 Rosy Glow 000063103

Wake Up and Smell the Coffee 000020464
 Ringoes Freedom Through Acceptance 130662
 How It Works Serenity 721402 / 1101726
 Elizabeth-Friday Night
 Daily Reprieve Group Freehold
 Tues Morning Womens Step
 Living Sober Clinton - 646305
 Throckmorton Street Group - 147521
 Bayhead Lost & Found 000014721
 Belleville Thursday Night 108865
 Sunrise Group Ridgefield Park 385740
 627050 Downtown Serenity Group
 Morning Miracles - 000632005
 Sunday Sunrise Reflections Mahwah
 Inner City Step Group 135669 / 000111708
 Haven of Hope
 New Pair of Glasses Women
 Ringoes 11th Step - 644980
 New Light Group - 000391468
 Reaching Out Group Dover 000054923
 The Working With Others Group
 New Vision
 Elizabeth 000010538
 Belmar Friday Night 000095351
 Sat Morning Step Toms River 421762
 Watchung Group 000021510
 Oakridge Friday Night 000041051
 Bloomsbury Belivers Group 000096242
 Steps to Sobriety
 More Will Be Revealed 000026302
 Saturday Eye Openers - 000166548
 Women's Tues Nite Step 000391620
 First Light Group - 173854



Jersey City: Detoxing Alkies Looking For a Way Out

Shaky drunks peeling off their last disastrous bout of drinking and starting over again are dying to hear your story. I know because for the past seven years I have been telling these patients how AA has worked to transform my life from one of hopelessness of mind and body to a life of good health, humor, and service. It works like this: I am dialed in via a video communications platform by the detox staff once a week at 2:00 pm for an hour long “session,” although the staff welcomes me like family when I am in town from California. The group varies from 2 to 7 people. Most of them are inpatient for four to five days as the staff administers medications, treatments, and some talk therapy. While the patients are there, the staff looks for long-term care options, if the drunks are willing to accept it, and their insurance allows it.

The meet up lasts an hour, but I don't always call it a meeting because this is technically NOT a meeting. I do read the Preamble; in fact, I read it and explain it because I want them to know that in a real

AA meeting there will not be a therapist in the room. I explain that AA does not have a formal affiliation with the hospital but that I am a volunteer who has benefitted from AA. I am not a “formal” representative of the Fellowship. So, I treat my hour more like an information session, encouraging questions and allowing patients to share their own experience.

There is an urgent need for more volunteers, which would allow the hospital, located in Jersey City, to offer more frequent sessions to the patients. Joining the volunteer corps at this facility is a bit of a process and will not happen overnight. Yet, that is part of the fun. For the in-person visits, the hospital will expect you to be clear of TB and have a test to prove it. They may also require vaccines. They will interview you at least once, maybe twice. And you’ll have to submit to a background check because, sadly, the hospital does not allow felons as volunteers in the detox. If you decide to just do the meetings virtually, you may be able to skip the health requirements.

This commitment has been a cornerstone of my sobriety, and I look forward to meeting you on the crossroads of happy destiny.

Kathleen D.

Editor’s Note: The name of the hospital has been redacted in the spirit of our 12 Traditions. However, if you would like to participate in carrying the message in a similar manner as described above, please contact our Northern NJ Treatment Facilities Committee at Treatment-Chair@njarea44.org.



90 YEARS
Language of the Heart
JULY 3RD - 6TH, 2025



2025 A.A. International Convention

July 3rd - 6th 2025

Area 44 Ad-Hoc Committee for 2025 International Convention Hospitality Suite is **Looking For Service Volunteers!!**

MEETING INFO

7 PM Every Last Thursday Of Odd Months

ID: 833 5908 4488

PW: 0540445

Donations are needed to make our Area 44 Hospitality Suite a great event. We need donations to help cover the expenses of Archive Transportation, Refreshments & Souvenirs.

SCAN
QR CODE
Donation Options



All Donations Are Separate from 7th Tradition Contributions

Please Display Donation Cans @ Your Home Group & District Events
Any questions? Contact Mike R. at 2025-ICHS-Chair@njarea44.org

HOSTED BY DISTRICT 17 & 13

2024 AREA 44 ELECTION ASSEMBLY

Please Attend to Ensure Your Group’s Voice and Vote is Heard and Counted!

Area 44 Nominee
Trustee At Large U.S.

ELECTION OF AREA 44 OFFICERS FOR TWO YEAR TERMS

Delegate	Treasurer/Alternate Treasurer
Alternate Delegate	Recording Secretary/Alternate
Area Chair	Registrar/Alternate
Alternate Area Chair	

ALL REGISTERED VOTERS MUST SIGN IN BY 9:45 AM

SIGN-IN: 8:30-9:45 AM

ELECTION BEGINS: 10:00 AM

GSRs, DCMs & ALTERNATES ARE URGED TO ATTEND. ALL INTERESTED AA’s INVITED.

Highland Avenue School

31 Highland Ave.
Midland Park, NJ 07432

SAT, OCTOBER 19TH, 2024

More information
ex-officio@njarea44.org

Visit our website
nnjaa.org

INTERGROUP NEWS 'N NOTES



NORTHERN NEW JERSEY INTERGROUP September 2024 NEWS N NOTES



BOOKERS

The next Bookers is scheduled for Sunday
September 8, 2024

We will host **5am Bookers In-Person** at Mother Seton Regional High, and the **7am Online Bookers**. 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

For more info visit the [CFC service page](#) or email: cfc@nnjaa.org.

COOPERATION with the PROFESSIONAL COMMUNITY

No report submitted. For more info - visit the [CPC service page](#), or please email: cpc@nnjaa.org.

HISTORY & ARCHIVES

No report submitted Any questions, please email us at archives-chair@njarea44.org.

INTERGROUP OFFICE

ACTIVE MEETING “INVENTORY”

As of **August 31, 2024**, we list **1631 in-person** meetings (five more than last month) and **467 online meetings** (one less than last month). Thank you to all who updated their listings!

INTERGROUP SPEAKERS

We will be in-person at the next Bookers! If you're interested in sharing your experience with Intergroup service please reach out or if you have



2024 MEETING BOOK PRODUCTION

We are quickly coming to the end of our stock of 2023 Meeting Books

Our Meeting Books are based on the information that Groups/Meetings submit via Data Sheets. Please check the Meeting Finder (incl. Details page) on NNJAA.org and the Meeting Guide App to confirm your current meeting information.

You will have until September 27th to update your Group's Data Sheet.

NEW DATA SHEET SUBMISSION OPTION

Below is a link to a new option for *creating your Group Data Sheet*. It is as easy as filling out *Registration form for Delegates*. **NOTE: Please have all of your information handy** for your meetings and your contacts when you sit down to fill out the form!

If the Data Sheet we have on file for you is **more than one year old**, click use the link below ↓ to access the new form and hit **SUBMIT** at the end.

↪ **[CLICK HERE TO CREATE NEW DATA SHEET](#)** ↪

Once the office processes your information, we will create and email a final Data Sheet to your Group's Primary Contact!

We're eager to get your feedback on the form at Intergroup@NNJAA.ORG.

OFFICE VOLUNTEERS

We are so appreciative of the Intergroup office volunteers who share their time with us each week. More than that, we're grateful for their service to those who call looking for help!

- **Mon.** AM/PM – Joe / **Open** / **Open**
- **Tue.** AM/PM – Linda / Maureen / Abbey
- **Wed.** AM/PM – Mary Beth / **Open**
- **Thu.** AM/PM – **Open** / Marge / Lois
- **Fri.** AM/PM – Ellen / Ellen / **Open**

NEWS 'N NOTES – SEPTEMBER 2024

PAGE 2

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

If you're interested in learning about Intergroup service, please call us at 908-687-8566.

INT'L CONVENTION 2025 - SPECIAL 

REGISTRATION OPENS ONLINE
12 Noon on Tuesday, Sept 10th

Attendees can access the Online Registration and Housing Process via a link on their website at <https://www.aa.org/international-convention>.

NEWSLETTER – Our Summer issue of our Newsletter, *This Day* is available [here](#). **SEE OUR FLYER IN HANDOUTS FOR BIG NEWS**

NIGHTWATCH – Thank you to the Groups who step up and take the calls through the nights and weekends. Our flyer is in the handouts. Questions? 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.

TREATMENT FACILITIES

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

WEBSITE

We are looking for feedback on NNJAA.org. You can participate by going to [Website Enhancement Survey](#). The committee meets on the 4th Tuesday of the month.

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.

NEW MEETINGS

Accepted into Intergroup on August 1, 2024.

IN-PERSON

GILLETTE

Bright Spot of Our Lives

Sat-8:00 pm O-S

Meyersville Presbyterian Church
222 Hickory Tavern Road

JERSEY CITY

Came to Believe

Sun-6:30 pm C-L-D

Old Bergen Church
One Highland Avenue

JERSEY CITY

Work It You're Worth It

Tue-7:30 pm O-S-D (LGBTQ+)

Old Bergen Church
One Highland Avenue

Thank you
for allowing us to serve
See you in October!



AC



MARIA



RHEA ANNE



SEAN

NNJAA District Meeting List

[District 1 & 2](#)

2nd Tuesday, 7:30 PM
Unity Church of Sussex County
25 Mudcut Road
Lafayette, NJ -07848

[District 3](#)

3rd Friday, 6:00 PM
[Join Zoom Meeting](#)
Zoom ID: 238 520 3561
Password: Grateful03

[District 4 & 6](#)

3rd Thursday, 7:30 PM
96 East Allendale Road
Saddle River, NJ 07458
(First Building, Lower Level)

[District 5 & 7](#)

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

[District 8](#)

2nd Tuesday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 951 452 3263
No Password

[District 9](#)

3rd Tuesday, 7:30 PM
United Methodist Church
Route 183
Netcong, NJ

[District 10](#)

2nd Tuesday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 309 396 7491
PW: 747067
First Presbyterian Church
513 Birch St.
Boonton, NJ 07005

[District 11 & 33](#)

4th Thursday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 829 3812 5348
PW: 769422
Clifton Main Public Library
292 Piaget Avenue, Room A
Clifton, NJ

[District 12](#)

2nd Tuesday, 7:00 PM
The Summit Church of Bergen
County
720 Summit Avenue
Hackensack, NJ 07601

[District 13](#)

2nd Tuesday, 7:30 PM
Wesley United Methodist
Church
225 Washington Ave.
Belleville N.J.

[District 14](#)

2nd Thursday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 817 3089 6564
Password: billandbob

[District 15 & 21](#)

3rd Monday 7:30 PM
[Join Zoom Meeting](#)
Zoom ID: 740 3706 9565
PW: D15&21
Flemington Baptist Church
170 Main Street
Flemington, NJ 08822

[District 16](#)

3rd Monday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 919 9826 5497
PW: A44D16
Amazing Grace Lutheran
Church
160 Ridgedale Avenue
Florham Park, NJ

[District 17](#)

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

[District 18](#)

2nd Monday, 7:30 PM
[Join Zoom Meeting](#)
Zoom ID: 831 2881 2003
PW: D18730pm
Faith Lutheran Church (In
Library)
524 South Street
New Providence NJ 07974

[District 19](#)

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

[District 20](#)

1st Wednesday, 7:00 PM
Presbyterian Church
140 Mountain Avenue
Westfield, NJ 07090

[District 22](#)

3rd Wednesday, 7:30 PM
Online
[Join Zoom Meeting](#)
Zoom ID: 812 8716 2181
PW: AAD22
Cook College
College Farm Road
New Brunswick, NJ

[District 23](#)

2nd Thursday, 7:00 PM
Sts Peter and Paul Orthodox
Church
9 Jefferie Avenue
South River, NJ

[District 24](#)

1st Monday, 7:00 PM
Christ Episcopal Church
90 Kings Highway
Middletown NJ 07748

[District 25](#)

Last Wednesday, 7:30 PM
[Join Zoom Meeting](#)
Zoom ID: 822 5926 6919
PW: District25
Hope Lutheran Church
211 Elton-Adelphia Road
Freehold, NJ

[District 26](#)

3rd Thursday, 7:00 PM
[Join Zoom Meeting](#)
Zoom ID: 208 070 7067
PW: 3yp726
Lutheran Church of the
Reformation
992 Broadway
West Long Branch, NJ 07764

District 27 & 29

3rd Monday, 7:00 PM
 St. Paul's Lutheran Church
 130 Cable Avenue
 Beachwood, NJ 08722
 (Small annex bldg. rear of Church)
 W/C accessible

District 28

First Tuesday, 7:30 PM
 St. Margaret's Church
 3rd & Ludlow Ave
 Spring Lake, NJ

District 30

4th Sunday, Noon
 69 Green Street
 Newark, NJ

District 31

3rd Thursday, 7:00 PM
 Secaucus Public Library
 Conference Room Area
 1379 Patterson Plank Road
 Secaucus, NJ 07094

District 32

3rd Thursday, 7:00 PM
 Bayonne Public Library
 31st St. & Ave. C.
 Bayonne, NJ

District 34

3rd Saturday, 9:30 AM
 Our Lady of Sorrows Church,
 217 Prospect St (Lower Church),
 South Orange

District 35

2nd Tuesday, 7:30 PM
[Join Zoom Meeting](#)
 Zoom ID: 559 832 8850
 PW: acceptance
 Good Shepherd Lutheran Church
 N. Richard St. & Union Avenue
 Somerville, NJ

District 36

3rd Friday, 7:30 PM
 Fords VFW
 411 New Brunswick Avenue
 Fords, NJ 08863

District 37

3rd Wednesday, 7:00 PM
[Join Zoom Meeting](#)
 Zoom ID: 853 2570 9673
 PW: CarryMsg!

District 38

3rd Wednesday, 7:00 PM
[Join Zoom Meeting](#)
 Zoom ID: 853 2570 9673
 PW: CarryMsg!

District 41

Second Thursday, 7:00 PM
[Join Zoom Meeting](#)
 Zoom ID: 867 7443 7302
 PW: 316114
 St. Matthew's Trinity Church
 8th & Washington St
 Hoboken, NJ

District 42

(Spanish Linguistic District)
 2nd Sunday, 9:00 AM
 716 Livingston Avenue
 North Brunswick, NJ 08902

District 43

(Polish Linguistic District)
[Website](#)

Alcohol Anonymous Area 44 District 3
 Presents the
40th Annual
DAY OF SHARING
SAVE THE DATE!!!!

Saturday November 9, 2024
 8:30 am to 2:30 pm
 Saint Mary's Carnevale Center
 10 Lenox Ave, Pompton Lakes, NJ 07442

MEETINGS, SPEAKERS, SOBRIETY COUNTDOWN

FREE BREAKFAST & LUNCH

GUEST SPEAKERS: AA TBA
 AL-ANON: TBA

ALL ARE WELCOME

COME JOIN US FOR THIS EXCITING EVENT!!!



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 Omar M.

Sobriety Date: June 23, 2023

By Atul D.

Atul: What was the tipping point for you to decide to do something about your drinking?

Omar: I did not drink early on. At the age of 25, I chose to experiment with alcohol. There was no real reason to drink since everything was stable. For twenty years I went months, sometimes years, between drinks. Then, during Covid, I started working at home and started drinking during the day. It was mainly to keep a little buzz going. There was no legal trouble, DUI, etc.— but I was drinking every day, all day. It soon got to a point where I was constantly sipping throughout the day. This went on for a year and a half.

My wife and adult children noticed I always had a drink around me and smelled like alcohol. They brought it to my attention, and I did not listen. I tried to politely change the subject, but they persisted. I was beginning to get angry and resentful about being questioned all the time.

Instead, I started to guilt and shame them—pointing out all the things I did for them and provided for them. Then I started to walk away, began to isolate. Isolation and defiance led to resentments and feelings that the family was ungrateful.

Eventually the day came when my wife packed up and left for my daughter’s place. Suddenly, everything lost meaning—all the material accomplishments I boasted to my family about were meaningless. Drinking had been a way to celebrate success, and now that success was hollow. It led to a failed suicide attempt and hospitalization. And then, AA.

What were your early months in AA like?

The early months were a relief but also shaky. I did not know how AA worked, but I did not want to go back to drinking. I went to meetings, showed up, listened. I was clinging on to hope, listening and hearing people say that they had got relief from AA. I heard that I needed to get a sponsor and a home group.

I met a man who always talked to me after meetings, shared some thoughts and provided information about how things worked. That helped me ask him to be my sponsor. Once I got a sponsor, it started to get better.

I started to talk to people, called people on the phone list they gave me in meetings. In hindsight, I think it is important for me to note that I believed in God, but since I didn’t think I had a drinking problem, I didn’t ask Him to help with my drinking. I had difficulty identifying with people’s stories—no one seemed to have my story. However, my sponsor and grand sponsor encouraged me share my story. I decided that they knew better than I did, so I started sharing. That helped me get to know people.

What do you continue to emphasize at this stage of your sobriety?

With the exception of December 23, 2023, I've not missed a meeting. As an alcoholic, I used every excuse to drink. Therefore, in sobriety, I find every excuse to attend a meeting. It's the same principles of reverse engineering. Also, I speak with my sponsor and network of sober guys regularly. I try to do service work and constantly strive to stay in contact with my Higher Power. Service work includes going on speaking commitments with my home group, including at rehab centers.

Suggestions for newcomers to AA?

The one phrase that summarizes my message to newcomers would be: “Sometimes quickly sometimes slowly, but it will always materialize if we work for it.” It is important to “practice” sobriety—take action. I didn't get drunk through osmosis, so have to work at getting and staying sober. Keeping bringing my body and the mind will follow.



Historic AA meeting location

From our Northern New Jersey AA 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



Hi! My name is Aisling (pronounced “ASH-ling”), and I'm an alcoholic. I currently serve as the Intergroup Speakers Chair. I'm grateful for the opportunity to share a little bit about this service. While this committee has existed in a variety of forms over the years, I am as of now the only member. My function is largely the same as your average A.A. Booker: I network far and wide, I go to a parking lot well before dawn once a quarter, and I reach out to speaker-seekers in my network. I book speakers from delegates, Intergroup committees, and volunteers (and special workers) from the office to speak at member groups. This service is a bit broader than that, but as of now, the booking is generally able to be performed by me. I'm hopeful that as this committee grows, more volunteers will be needed.

The answer I've most often received when speaking with bookers or groups is “no thank you, we don't think Intergroup is the right message for our meeting.” Through my time doing this service, I discover more every single day about how vital it is: Nightwatch needs volunteers, there are a fraction of all member groups represented at delegates, bleeding deacons all over the state have strong opinions and little recent experience, the list goes on forever. I often wish I could shake better sense into those drunks (as I'm equally sure alcoholics have thought of me. Who among us can't say that we have discovered being at the podium can be an ego feeding proposition?) I'm learning that recruitment drives, imploring assistance, or begging for funds rarely works—and on the off chance it does, it hardly paints us in a positive light. I'm also learning that inviting alcoholics to a deeper recovery means going to a lot of meetings, sharing very humbly, and keeping the message to my experience.

We as Intergroup Speakers share the exact same primary purpose as every alcoholic: We carry a message of depth and weight to the still sick and suffering. We share what we were like, what happened, and what we are like now. Our one important addition is that we get to highlight how service through Intergroup has enhanced our recoveries—how this service is an essential component to the new freedom we enjoy... and when we do that, we discover as if by magic that another alcoholic wants to get involved.

I hope you join me. I can't wait to hear your stories.

Yours in Service,
Aisling M.



On Dark Winds

I've loved storytelling for as long as I can remember. My father and I would watch *The Twilight Zone* marathons on the Sci-Fi channel every New Year's and Fourth of July. Watching those classic parables showed me the impact that a good story can have on the people who hear it. I didn't consider writing as a possible career until college at the suggestion of a good friend. And since college, I've made it a life goal of mine to create compelling art using the gift of words.

Unfortunately, it was during college when I had my first drink and experienced the great relief—then suffering—that the bottle had to offer. For most of my life, I grew up in a very religious and strict household and community. So there was this ever-present gap between me and my friends who lived more conventional lives. Fitting in was hard. Bullying was constant. My self-esteem shrank as I went through middle and high school. College was the chance to reinvent myself, and alcohol became my shortcut to confidence. With a drink, I could be the funny man without being the butt of the joke. I could talk to women after several years of being unable to have a relationship. I could be brave and stand up for myself when I spent my whole life being a doormat out of fear of being hurt.

It felt like magic, and it was magic.

Drugs quickly entered the picture after booze. I found new inspiration for my writing. With weed and 'shrooms and acid, I could explore places in my mind that I never thought possible. The people I hung out with became more interesting. Other writers and artists creating wonderful art and making their mark.

I spent years “on the scene” hopping from bars and lounges and open mics and apartments and rooftop parties under the influence and floating just above my skull. I felt important. But that feeling was a smokescreen for how small my life became. I spent less time focused on my actual jobs and more time fooling around with people who drank like me. So my career stalled. While my friends were getting promoted, I struggled to piece together a responsible life. My sane friends dropped away as their lives became more serious and my behavior became less acceptable. I spent more time drinking alone wandering the Lower East Side from joint to joint. I'd bring my laptop with me under the lie that I was channeling my inner beatnik leaving a counter-cultural Bohemian life.

Somehow I got accepted into a TV writing program and actually took steps toward my life's goal. But I never developed the discipline to grow a good opportunity into a rewarding venture, so I found myself missing assignments, lashing out at classmates and generally neglecting my life responsibilities all for the sake of staying as un-sober as possible.

I dropped out of the writing program after only a semester. I gave up my apartment, quit my jobs, and ran to California where I continued to slide backwards and live beneath myself. Half-assed jobs here, failed relationships there, several bouts of full-blown psychosis, and I was back at the parents' house with no money, savings, work or any solid sanity.

The next two years after my crash-landing I spent just spinning wheels, drinking. Perfectly content with running from the failure I devolved into. My writing hit the wall and smashed to pieces. I had no constitution or persistence to put any serious projects together. So, I was far from anything I ever wanted to be as a child.

It wasn't until I joined a church in my town where I began to see a piece of light. Some members

of the congregation were also members of AA, and they brought me me around sober events without pressuring me one way or the other. And it wasn't until one last day of binge drinking when I had enough of being a ghost in my own body. I went crying to one of the sober members of my church, and they brought me to an AA meeting that officially began my walk towards living life.

As of the writing of this article, I have around eighteen months of sobriety. Although I am still fairly new to the program, the change in the way I interface with reality could not be more dramatic. I realize how ungrateful I had been toward the gift that was my existence and now try my best to savor every experience, good and bad. My focus is on being useful instead of always pretending to be important in at all those art parties and bars and lounges I wasted my money, dignity and days in.

Regarding my writing: I thought that going completely sober would rob me of the creative spark I leaned on for so many years. But the exact opposite has happened. With a clear mind and honest eyes, I am more able to process what's happening in my heart then transfer all those feelings onto the page. And I've gotten better at refining my work and putting in the hours/days/months it takes to make something good into something great. I'm fortunate enough to see pieces of writing published in various outlets. And while writing is still not my full-time profession, I am way more concerned about keeping my eyes on the paradigms of service, unity and recovery. Everything else will work itself out in time. And I am anchored to the earth, roots grown down firm instead of out in the wild and loose on darkest winds.

Lee G.

Celebrating the Fellowship

On June 10th, Alcoholics Anonymous celebrated our 89th Anniversary of the Fellowship. It marks Dr. Bob's first day of sobriety, creating the "We" of the AA Fellowship, joining founder Bill W. They formed recovery leadership and the foundation of a fellowship, which has branched out into countless spiritual 12 Step programs. It has brought the miracle of recovery to huge numbers of suffering people. AA has grown from a small group in Akron, Ohio to a worldwide fellowship that has shown alcoholics and the families the way to freedom from addiction and its effects.



One of the most affirming decisions we make in our recovery is celebrating our sobriety among friends in groups. It breaks the natural isolation that alcoholics suffer from their active days and sometimes periods of recovery. Celebrating our recovery or another member's recovery displays the powerful core message of unity and hope. Whether celebrating the newest members and their 90-day pin or an individual's or a group's anniversary, we learn to acknowledge the freedom of today's sobriety as our greatest gift—the present.

By focusing on the day, the "A Day at a Time" mindset allows us to experience the grace for today's

sobriety while reflecting on the past and coming to terms with unaddressed issues. Grace is that undeserved gift, which gives us the choice today for sobriety and change. The awareness of grace makes everything OK today despite circumstances to allow us to live “Life on life’s terms.” Staying present has allowed many to maintain sobriety despite the worst of circumstances. Acknowledging the Power greater than ourselves allows us to let go of the unhealthy control of people and life in general. It is a key early experience of freedom and emotional balance.

The Fellowship helps break the shame-cycle of alcoholism and becomes the cornerstone for this new life. Grace was greater than addiction and the Fellowship provides the support to live recovery: with help from others, the sharing at meetings, and working the Steps in AA rooms.

The Fellowship becomes the community of living faith with “God as we understand Him” at the center. Through the daily perseverance of embracing a sober life, we discover a new support and the blessing to come to terms with the past despite the anguish and paralyzing fear so prevalent at the bottom of alcoholism. Only then can we experience the incredible freedom from the grips of addiction. We get glimpses of the “Joy of Living” spoken at the start of the Twelfth Step and know the priceless gift that it is to share and celebrate. This is an ongoing process and promise and one to share daily with friends and family. Each day we receive the blessing of choices—to remain sober with the ability to decide our present attitude making the first promise of recovery a reality to celebrate: “Freedom from the Past.”

Frank C.



Cycle Complete!

In the summer of 2012, a recovered alcoholic in Summit, NJ was meeting with his sponsees on a weekly basis, going over the Big Book of Alcoholics Anonymous one paragraph at a time. This one-on-one meeting grew into a small group of all meeting with their sponsor at his home. As the individuals became consistent attendees and grew along spiritual lines, it became apparent that this was no longer a small group of individuals doing Step work, but instead a small AA group capable of so much more.

With that in mind, this group created the Happy Destiny Big Book Study Group of Alcoholics, meeting at the Stanley Church in Chatham, NJ. On Tuesday nights, a recovered AA would speak to the members about the AA Steps, and on Fridays the group would read the Big Book, one paragraph at a time, with members and attendees sharing their experience, strength and hope with each other.

In the Spring of 2020, due to the pandemic, the group went online and continued to carry the AA message in the virtual realm.

With the end of the pandemic and the Happy Destiny Group’s overseas members joining home groups local to their geographic area, the group members decided it was time to go “back in person.” With the

old Chatham church closed and sold off to a new owner, the troupe of trudgers sought a new home, finding a spot in Berkeley Heights, NJ at the Westminster Church at 725 Mountain Avenue. The church congregation was established at that venue in the 1960's, yet 2022 was the first time the facility ever hosted an AA meeting! Who knew there was still one church left in NJ that had yet to welcome the friends of Bill W. to their hallowed halls?

Our first meeting was in November 2022. With what could be considered our “3rd new start,” we opened the book at the most obvious place we could think of—the beginning! And so, we began with the Forward to the 1st Edition and carried through the next three Forwards, The Doctor's Opinion, the next 164 pages, and, just this past August, we completed the first story of the Pioneer section of the book: Dr. Bob's Nightmare. Over the course of 21 months, meeting one day a week, 75 minutes every meeting, and reading just one paragraph at a time, we have officially come full circle and will be going back to beloved page xiii next week! For those of you reading this, as the newsletter first comes out in the Fall of 2024, we will undoubtedly still be in the early parts of the book, and we invite you to join us as we “trudge the road of happy destiny” one paragraph at a time! We meet at 8 PM every Tuesday at the address listed earlier in this missive, or feel free to search for us on the meeting guide app or nnjaa.org website.

Reading this sometime past the Fall of 2024? God willing, we'll be meeting somewhere at some time, and we'll still be reading the book one paragraph at a time! Join us at any point during our cycle; any alcoholic who is interested in the program of recovery as outlined in the book *Alcoholics Anonymous* is welcome!

Justin B.
Happy Destiny Group Member since 2015



Shakespeare in the Park was canceled because it was too hot. We checked the app and found a meeting we could get to. We were all Friends of Bill. Change of plans worked out great!

Creative Corner

‘We Share Our Disease’

By Tony P.

Why did I not answer your ring?

I did not know that this would be your last one.

Now the ringing in my head is constant, unrelenting.

Ring! Ring! Ring! Ring....

Stop!

Years of your unconcern-

Years of your hurtful comments-

Years of you going in-and-out of jail-

Years and years and years of your drunken sprees-

Sprees and rehabs and hospitals, and near-death scares-

No more I said-

Now I am as dead as you,

Unable to distinguish the ringing in my head from the one in my pocket.



Many thanks to ALL of our writers for *This Day's* Fall 2024 edition! We could not do this without you!!! Your words are beautiful and truly inspiring.
 Megan D., *This Day* Editor

Alcoholics Anonymous World Services(AAWS)
 Member Services Line (212) 870-3023
 General Service Office (GSO) Address:
 P.O. Box 459, Grand Central Station
 New York, NY 10163
Mail Donations to:
 P. O. Box 2407
 James A Farley Station
 New York, NY 10116
<https://www.aa.org>
 *sign up for the G.S.O newsletter

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 NNJAA Committee Virtual Meeting List on page 11!



Member area
 userid: alcoholic
 password: onedayatime

www.nnjaa.org

Try it on your Smartphone



Topics for the Winter 2024 Edition:

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

Next Edition Deadline:
 November 15, 2024

Send your articles of 800 words or fewer in a Word doc to: newsletter-chair@njarea44.org
Please send images as attachments!

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.