

THIS DAY

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

A message
from your
Area Delegate



Reflections on the 74th General Service Conference

I recently had the privilege of attending the 74th General Service Conference, a gathering that brought together dedicated individuals from across the spectrum of Alcoholics Anonymous (AA). Held at the Brooklyn Marriott from April 13 to April 20, the conference was a profound exploration of the theme "Connecting with Love, Unity, and Service." Throughout the week, a tapestry of love, unity, and service resonated deeply. It was evident in the tireless efforts, sacrifices, and unwavering dedication of the entire General Service Office (GSO) staff, trustees, and my fellow delegates from Panel 73 and Panel 74. Their collective commitment shined brightly in every aspect of the Conference, reminding us of all of the principles that guide our shared journey of recovery.

One of the most enriching aspects of the Conference was the connections forged, both old and new. These relationships were not just incidental; they were key in shaping my personal experience. They provided grounding, offered diverse perspectives, and enriched the discussions and deliberations that unfolded during the week. It was a testament to the power of Fellowship and collaboration within the AA community. It was a reminder of our ongoing mission to spread the message and lend a hand to those in need.

An unforgettable moment for me was the opportunity to do the opening reading on Sunday, April 14. The excerpts I read were from the "What Happened to Those Who Left?" speech from the 1965 General Service Conference, authored by co-founder Bill Wilson in *Our Great Responsibility* (pp. 169-172). This reading served as a poignant reminder for two reasons: one) it was the year I was born and two) of our ongoing responsibility to carry the message and support those in need.

Another highlight that stood out was a unique experience we had during both the Panel 73 & 74th Conferences—two hours dedicated to reading the Plain Language Big Book (PLBB). This unique session provided a fresh perspective on the foundational text of the PLBB, underscoring the importance of accessibility and inclusivity in our literature.

Oh, and I've got some snapshots from Conference week that capture moments of checking in and finding balance. It's amazing how those little pauses and reflections can really recharge your batteries.



Early morning 6am (run) (jog). Ok, it's an honest program: it was really a "slow walk" over the Brooklyn Bridge on Wednesday, April 17. (It was really towards the Bridge as I didn't go over it.)



All first-year delegates are paired up with a Conference "buddy." I was fortunate to be paired with Kate L. from Area 32, Mississippi. It's safe to say that I've not only found a Conference buddy but also a friend for life.

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NEXT ISSUE DEADLINE

August 15, 2024

newsletter-chair@njarea44.org

Please send images as attachments!



As seen in the photos, at the Conference, the Literature, and Grapevine & La Viña tables were prominently featured.

News from our Delegate about the International Convention 2025



Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada (<https://www.aa.org/international-convention>)

Get ready for an international celebration as we prepare to mark AA's 90th Birthday! All the exciting details will be shared on GSO's AA website (<https://www.aa.org/>), in Box 4-5-9, through special Convention mailings, and across our various communication platforms like LinkedIn and our Meeting Guide App.

In August 2024, GSO will send out Registration Forms for the 2025 International Convention to all Conference members, GSRs of active groups, and others in the service structure, including intergroups, central offices, and General Service Offices globally. Registration and housing bookings will open in September 2024, with rooms available on a first-come, first-served basis.

Just like before, members can choose to register either by mail or online. Once registered, you'll have the opportunity to book your housing accommodations for this memorable event. Stay tuned for more updates and mark your calendars for this special celebration!

I eagerly anticipate our four Post-Conference Report discussions, where we can delve deeper into these experiences, discuss upcoming advisory actions and all the ways Alcoholic Anonymous continues to practice the 36 principles of our Fellowship.

In closing, I extend my heartfelt gratitude to everyone who contributed to making the 74th General Service Conference a resounding success. May the spirit of love, unity, and service continue to guide us on our collective journey of recovery and growth within our Fellowship.

Marcheta B.
 NNJAA Delegate
 Panel 73 – Agenda Committee



At the 74th GSC, the GSO staff had the 475 Riverside Drive (RSD) Players present an amazing play "The Addams Family."

NNJAA COMMITTEE REPORTS & INFO

*A message
from your
Area Chair*



Greetings All!

It was great to see the Fellowship turnout for our Mini-Conference in April; almost 300 of us wanted to send our delegate to the General Service Conference informed as to the conscience of Area 44. One of the most important things I can share is that you should attend one of our Delegate's Post-Conference Reports. It is important to know what went on at the General Service Conference in April and how it will affect our Fellowship. Too many times in my service journey, I have heard, "What do you mean they changed this?!" Let's all hear the message to stay informed, and the Post-Conference Report is one way we will get and stay informed.

Getting the message out is what I have witnessed over the past few weeks. I attended the "triple-header workshop": CPC, Treatment, and Public Information hosted a very informative workshop with such great speakers sharing their experience with being members of those committees in their service to AA. I had the opportunity to attend GrapeFest, which is Grapevine's workshop with two speakers from Grapevine NY and two speakers from our Area's committee. As always, it was a fantastic event that I had participated in for most of my AA service journey. I'm sure the CFCs workshop on May 18th was, as always, a great event.

With the arrival of spring and summer, many districts are organizing Days of Sharing, sober picnics, and spirituality breakfasts. These events not only offer great food and fellowship but also provide a platform for speakers to carry the AA message. Additionally, many of our service committees attend these events to showcase the 12-Step work they do. I urge you to make an effort to attend one of these events in your district or a neighboring one. Keep an eye on nnjaa.org for details on upcoming events.

Thanks for allowing me to serve AA, Area 44, and the Fellowship.

With gratitude,

Art B
Area Chair, P74
Area-chair@njarea44.org

2024

DELEGATE'S POST-CONFERENCE REPORTS

CONNECTING WITH LOVE, UNITY & SERVICE



SAT, 06/15 - 10AM (HYBRID)

TUES, 06/18 - 7PM - SPANISH (VIRTUAL)

THURS, 06/20 - 7PM - POLISH (VIRTUAL)

SAT, 06/22 - 10AM (HYBRID)

DCMS PLEASE COPY AND DISTRIBUTE TO ALL GSRS. ALL INTERESTED AAS ARE WELCOME!

QUESTIONS? PLEASE CONTACT YOUR DELEGATE, MARCHETA AT AREA-DELEGATE@NJAREA44.ORG



NNJGS AREA 44
NNJAA.ORG



AREA OFFICE
2325 PLAINFIELD AVE #2J,
SOUTH PLAINFIELD, NJ 07080

ZOOM
ID: 834 2806 3255
PW: 2024

NNJAA 2024 CONVENTION!!!

Convention Contact Information:
(908) 205-0006 or Convention-registration@njarea44.org

ASL Interpreters for the
Hearing Impaired will be available

NORTHERN NEW JERSEY GENERAL SERVICE
AREA 44 PRESENTS

THE 68TH ANNUAL CONVENTION



CONNECTING
WITH LOVE,
UNITY AND
SERVICE

September 20-21-22, 2024

Grapevine Play • Young-People's Speaker Meeting
Friday & Saturday Night Entertainment • Saturday Night Banquet
Guided Meditation Meeting • Alkathon • Young-Timer / Old-Timer Meeting

Scholarships are available!
Individuals and Home Groups can
contribute to Scholarships!

The Doubletree Hotel
200 Atrium Drive • Somerset, New Jersey 08873



[NNJAA.ORG/CONVENTION/2024](https://nnjaa.org/convention/2024)

Frequently Asked Questions:

Q: I'd like to do service during the weekend; are there volunteer opportunities available?
 A: Absolutely! There are many types of volunteer assignments needed throughout the weekend and we welcome all to participate! If you're interested in volunteering, contact us at Convention-registration@njarea44.org or use the back of this form.

Q: May I pay by credit card?
 A: Yes, you can use your credit card to register online at nnjaa.org/convention and pay for the hotel rooms and convention meal plans. Credit cards will also be accepted on site at the convention. There are additional merchant's fees for paying by credit card. To avoid these fees, feel free to submit your registration form via regular mail. If you submit your payment through the regular mail, a check or money order is required.

Q: May I mail my registration in? MUST BE RECEIVED BY 9/12/24
 A: Yes, simply fill out the form on page 3. Mail it with your check or money order payable to: **NNJGS Area 44.**

**Mail form & payment to: Area 44 - Registration
 P.O. Box 132, Eatontown, NJ 07724**

Q: May I request a scholarship to the convention?
 A: Yes. Requests for scholarships MUST be made by pre-registering by mail, online, or by calling the hotline at (908) 205-0006.

Q: May I or my Home Group contribute to scholarships to help those who cannot afford to attend?
 A: Yes! However, scholarships are for weekend registration only; no meals. Scholarships can be contributed at the hotel the weekend of the convention for this year but will carry over to next year.

Q: Is the Saturday banquet included in the meal plan?
 A: The Saturday banquet is included in the price of Meal Packages 1, 2, 4, and 6.

Q: I'd like to sit with my friends at the Saturday banquet is that possible?
 A: Yes, list their names on the back of this form, and submit your registrations together in the same envelope. We will do our best to accommodate.

Q: How do I sign up for the Old-Timers' Luncheon?
 A: If you have 25 or more years of sobriety (sobriety date prior to 9/21/1999) AND you purchase any registration package (#1- #6) on the next page, then the Old-Timers' Luncheon is included in the cost of your registration. However, you MUST indicate your intention to attend the luncheon by providing your name, home group, and sobriety date in the OLD TIMERS' LUNCHEON REGISTRATION section of this form.

Q: Who do I contact about my hotel room reservation?
 A: You should contact the hotel directly about your room reservation at (800) 222-8733.

Q: What if I still have questions?
 A: If you have any questions or would like to volunteer, you may reach us via email at Convention-registration@njarea44.org or call the Convention Hotline: (908) 205-0006

Use Code : CDT914 for discount on room rates!

Hotel Room Reservations:

ROOM RATES:

Single/Double: \$135.00* (Per Night)

Triple: \$145.00* (Per Night)

Quad: \$155.00* (Per Night)

*Plus 15% Occupancy Tax

These special convention room rates will only be available when identifying attendance at the "CDT914" group rate.

Reservations must be received on or before **August 30, 2024** in order to guarantee availability and rate. Cancellations must be received 72 hours prior to your scheduled arrival, or you will be charged for the room.

PLEASE NOTE: Whether you use our website, or whether you book your hotel room through another vendor, please inform the hotel that you're participating in the convention. The Area gets credit towards its minimum quota for all rooms booked during the convention weekend. If you have any questions, please contact us at (908) 205-0006

TWO WAYS TO MAKE HOTEL RESERVATIONS:

- 1) BY PHONE – Call the hotel at 1-800-222-8733 and make a reservation with a credit card. The conference name is "CDT914". You must mention this code when registering in order to get the special convention room rate. It also helps us to reach our quota, so please make sure that you use that code when you book your room.
- 2) BY THE INTERNET – Go to online to our web page at: www.nnjaa.org/convention. When you book online, you will be able to purchase your meal packages in addition to your hotel room reservations. Don't forget to use the promotion/offer code "CDT914" when booking online.

Al-Anon Invites You!

The members of Al-Anon cordially invite you, the relatives and friends of those affected by the family disease of alcoholism, to Al-Anon's participation in the 68th Annual Area 44 General Service Convention of Alcoholics Anonymous.

Please join us in sharing our experience, strength, and hope in finding happiness, even contentment, whether the alcoholic is still drinking or not.

For more information visit nj-al-anon.org or email njalagramnewsletter@gmail.com.

Group Secretary: Please Read the Following:

If you're interested in serving on the Convention Committee, meetings are held at 7:30 P.M. on the third Wednesday of every month. Please email Convention-registration@njarea44.org to find out if the meeting will be virtual or held in person at the Area Office in South Plainfield, NJ.

If you're interested in helping out during the convention, you may volunteer by adding your name and telephone number to the space provided below, or contact us at Convention-registration@njarea44.org.

Have Any Questions? Call (908) 205-0006

If you are interested in serving as a volunteer during the convention, please select the day you would like to serve (multiple days can be chosen)

NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE
NAME	FRIDAY	SATURDAY	SUNDAY	ANYTIME	TELEPHONE

Saturday Banquet Seating Request:

Please complete the following and return it with your mail-in registration:

THE BANQUET IS LIMITED TO THE FIRST 500 REGISTERED!

Saturday's banquet will have pre-arranged seating based on the date of receipt of your registration form.

Tables can accommodate ten people. To reserve a full table, or to be seated with a group of people, your registration forms and deposits must be received together in one envelope. This will be the only way to assure seating together based on the availability of seats at the time your registrations are received. We will try our best to honor parties and keep you together, but such seating will be based on availability of tables...SO...get group registrations in as early as possible!

People purchasing banquet tickets at the convention will be assigned seating at that time, based on the availability of the remaining seats.

You **MUST** include the full names of attendees at your table. Please note that the banquet is SMOKE FREE & VAPING FREE.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____	6. _____ 7. _____ 8. _____ 9. _____ 10. _____
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SPECIAL DIETARY NEEDS: _____

INTERGROUP NEWS 'N NOTES



NORTHERN NEW JERSEY
INTERGROUP

June 2024



NEWS N NOTES

BOOKERS

The next Bookers is scheduled for Sunday
June 9, 2024

We will host **Bookers In-Person (5am)** 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

Please reach out if you can help! For more info - visit the [CFC service page](#) or email: cfc@nnjaa.org.

COOPERATION with the PROFESSIONAL COMMUNITY

The CPC committee is helping to share the message of A.A. – *We know you will not want to miss it!* **Your help is vital!** For more information, please email: cpc@nnjaa.org.

HISTORY & ARCHIVES

The History & Archive Committee meets on the second Wednesday of each month. Any questions, please email us at archives-chair@njarea44.org.

INTERGROUP OFFICE

ACTIVE MEETING “INVENTORY”

As of May 31, 2024, we list 1608 in-person meetings (Seven more than last month) and 482 online meetings (No change since last month).

AVAILABLE MEETING LOCATIONS

Occasionally pastors or administrators will call to let us know that they welcome A.A. meetings at their establishment. Other times A.A. meetings will let us know about available space.

We do our best to maintain a list of available locations. For more information, please call the office at 908-687-8566.

NEW MEETING BOOK PRODUCTION

It’s time to start thinking about the next version of our Meeting Book. We anticipate our next edition will go to print later this summer.

All of the Meeting Book information is pulled directly from the Data Sheets!

DATA SHEET UPDATES

The **Intergroup Data Sheet** is necessary *when your Meeting/Group experiences any permanent changes* especially the following:

- ✓ **Changes in meeting location**
- ✓ **Updated Online Meeting ID/ Password**
- ✓ **New contacts**
- ✓ **Update in meeting Day, Time and/or Format.**

We rely on you for up-to-date information.

Thank You!

To everyone who registered or confirmed your registration for our email communications! In case you missed it...

If you would like to receive information directly from Intergroup regarding Data Sheets, Delegates or Bookers, you can register to receive emails from NNJ Intergroup by clicking on this link:

[General eMail Registration](#)



NEWS ‘N NOTES – JUNE 2024

We are so appreciative of the Intergroup office volunteers who share their time with us each week. **FYI:** We have room to appreciate a few more people!

Volunteer Schedule

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

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

We always anticipate adjustments to this schedule, especially over the summer. If you’re interested, but don’t see an opening that matches your availability, please call us at **908-687-8566**.

INTERGROUP SPEAKERS

We booked *four* speaking commitments for this quarter. Thank you to all who agreed to speak! 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 questions regarding the commitments, please email us at intergroup-speakers@nnjaa.org.

NEWSLETTER – The **Spring** issue of our Newsletter, [This Day is available here](#). **The deadline for our Summer issue is August 15th**. Submit content to Newsletter@nnjaa.org. Our next committee meeting is via ZOOM on Thursday, June 20th at 6pm. Please join us!

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

Our report can be found in the handouts. NOTE: 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, May 2, 2024

IN-PERSON

CALIFON

Califon Fifth Chapter

Tue-8pm O-D

United Methodist Church

15 Raritan River Road

BAYONNE

Sunday Might Sun Setters

Sun-7pm O-D

Trinity Episcopal Church

141 Broadway



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

District Meetings and Mailing Addresses

District 20

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

Mail: District 20
P.O. Box 210
Roselle, NJ 07203

District 22

3rd Wednesday, 7:30 PM
Cook College
College Farm Road
New Brunswick, NJ
Zoom 361 640 523

Mail: District 22
P.O. Box 7555
North Brunswick, NJ 08902

District 23

2nd Thursday, 7:30 PM
Sts Peter and Paul Orthodox Church
9 Jefferie Avenue
South River, NJ

Mail: District 23
P.O. Box 201
South River, NJ 08882

District 24

3rd Monday, 7:00 PM
New Monmouth Baptist Church
4 Cherry Tree Farm Road
Middletown, NJ 07748
Zoom 966 2486 9533 PW DIST24

Mail: District 24
P.O. Box 139
Middletown, NJ 07748

District 25

Last Wednesday, 7:30 PM
Zoom 884 8100 7582 PW District25

Mail: District 25
P.O. Box 1192
Freehold, NJ 07728

District 26

3rd Thursday, 7:00 PM
Christ United Methodist Church
300 Ridge Road
Fair Haven, NJ
Zoom 208 070 7067 PW 3yp726

Mail: District 26
PO Box 524
Eatontown NJ 07724

District 27/29

3rd Monday, 7:00 PM
St. Paul's Lutheran Church
130 Cable Ave (Annex build. Rear)
Beechwood NJ

Mail: District 27 & 29
P.O. Box 431
Island Heights, NJ 08732

District 28

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

Mail: District 28
P.O. Box 295
Belmar, NJ 07719

District 30

4th Sunday, Noon
69 Green Street
Newark, NJ

Mail: District 30
256 Mulberry Avenue, Suite 2R
Newark, NJ 07102

District 31

3rd Thursday, 7:00 PM
Secaucus Public Library
Conference Room Area
1379 Patterson Plk Rd
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
Zoom

Mail: District 34
PO Box 1011
Maplewood NJ 07040

District 35

2nd Tuesday, 7:30 PM
Good Shepherd Lutheran Church
N. Richard St. & Union Avenue
Somerville, NJ

Mail: District 35
PO Box 8235
Somerville NJ 08876

District 36

3rd Friday, 7:30 PM
VFW Post 6090
411 New Brunswick
Fords NJ

Mail: District 36
PO Box 242
Port Reading NJ 07064

District 38

3rd Wednesday, 7:00 PM
Zoom 853 2570 9673 PW CarryMsg!

Mail: District 37 & 38
P.O. Box 629
Montclair, NJ 07042

District 41

Second Thursday, 7:00 PM
St. Matthew's Trinity Church
8th & Washington St
Hoboken, NJ
Zoom 940 4085 8619 PW 227878

District 42

2nd Sunday, 9:00 AM
103 Bayard Street, Suite B-12
New Brunswick, NJ

District 43

Polish Cultural Foundation
177 Broadway
Clark NJ 07066

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 Jen A by Atul D. Sobriety Date: December 15, 2017

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

Jen: My tipping point was an emotional bottom. I felt crazy, like I was being tortured by cyclical, negative thinking—negative self-talk. My self-respect was low, and, to be honest, I wasn’t behaving in ways that were worthy of respect. I tried reading self-help books about how to change my life, but I still couldn’t make meaningful change. I continued to be depressed and anxious, and I continued to drink to self soothe. But the tiny strip of pleasure between drinking and blacking out became narrower and narrower. My attempts to control it weren’t working—I had lost the power of choice in whether to drink—and I realized I would have to ask for help. I became willing to talk to a family member who knew someone in the program, and that’s how I ended up at my first meeting in Philadelphia.

Our conversation continued about what Jen’s early months were like. She said, I was a mess. It took one year to get sober. I went to meetings, but I wasn’t getting it. I was self-righteous, addicted to my own specialness. I was still overthinking everything, overcomplicating and overlooking the very simple messaging of the solution. I was relying on my own intellect, and I was arrogant. That became a liability. I guess I had built a lot of armor to protect myself over the years.

The patient people of AA slowly but surely began to dismantle my armor. They told me I could build self-esteem by doing estimable acts. They helped me realize that this was not a program of intellect: it was a program of action. Instead of obsessing over things that I couldn’t take any action on today, I tried to focus on the next right thing, even if that was just doing the dishes. I broke the day down into smaller parts, and I talked to myself gently, like “all you have to do right now is take a shower.” I had to learn to stop going after myself. I wanted to rush everything, to have the 4-year mind at 4 months. I had to slow down. I had to just keep showing up and letting the program work its magic on me.

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

Jen: Now, staying sober is not a struggle because I can play the tape through, and it shows me how it ends if I drink. I say to myself, wouldn’t it be nice to have a drink... and destroy my mental health. I’ve worked too hard to build a new, stable foundation; my life is no longer a house of cards, and I value this. I do a morning journal, which is like prayer for me. I ask for orientation towards service, wanting to know what I can add to the stream of life rather than take from it. I ask to be *present* and *pleasant*. I know I can’t do it alone, nor do I want to, so I regularly check my thinking with other alcoholics—my sponsor and my network.

In closing, Jen mentioned she feels grateful that she gets to live a second life, one where she enjoys peace of mind, where she feels happy, joyous, and free, no longer owned by alcohol. There is a feeling of openness and being curious about life. The 12 Steps not only changed her thinking but also transformed her life. Whenever there is a disturbance, there is a way to contextualize it and a corresponding action to take: a way out. And they continue to provide a reference point... this is a Step 7 problem or this is a Step 3 problem. Life keeps “life-ing,” but now she has tools—journal, call someone, do Step Work. Like the old nursery rhyme, she asks herself, is she rowing her boat gently? Is she rowing the boat down the stream? Is she rowing it merrily? Not fighting anyone or anything? It’s like Bill Wilson said, “Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine.”

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



NERAASA 2024 Presenter: Panel 6 – Topic 3: Does a sense of belonging lead to feeling of greater safety within AA? By Laverne S., DCM District 22

Good morning. My name is Laverne, and I am a grateful and blessed alcoholic. I am under the Gumbrella of Area 44 as a DCM for District 22. It is an honor and a pleasure to feel safe to share my topic:

Does a sense of belonging lead to the feeling of greater safety within A.A.?

When I started writing the question out by hand (LOL), I wrote “healing” instead of “feeling”. Wow, yes! For me to begin my emotional healing, to find an additional solution to cope with this illness, and to not disregard my spiritual belief, I needed to feel safe and comfortable in this new environment of sobriety and anonymity.



Ok, let's dive into this: What is the definition of “safety”?

Safety - the condition of being safe from undergoing or causing hurt, injury, or loss.

As an adjective its stated as being “GOOD”. Used to say that you like and approve of someone or something: They were a safe person. They were decent, kind and caring. They were identifiable and relatable.

It is about creating that kind of safe, healthy, productive, efficient, happy and inspiring environment where everyone wants to be part of.

So how does this apply to AA?

“Safety and A.A.: Our Common Welfare” from GSO’s Service Manual illustrates that safety is an important issue within

AA—one that all groups and members can address to develop workable solutions to help keep our meetings safe based on the fundamental principles of the Fellowship.

As expressed in Traditions Two and Nine, it is through an informed group conscience that individual members and AA groups find solutions to group matters as they relate to safety. Service entities, such as areas, districts and intergroups and central offices, are available to help provide AA services and shared experiences.”

Here are a few of situations that could disrupt the safety of the group and its members and carrying the AA message of recovery:

- Racial discrimination
- Sexual harassment
- Threats of violence
- Bullying
- Sexual orientation or gender intolerance

How a group handles disruptive or threatening members can cause conflict and controversy. So many group members rely upon the shared experience of others who have successfully dealt with a similar situation. One group recommends that a member first approach the individual, informally and one-on-one, in order to discuss the problem and look for solutions. The group reminds one another to let the Twelve Steps and Twelve Traditions guide all communication, striving always to place principles before personalities and to treat all with kindness, patience, compassion, tolerance, and love.

Being a newcomer, you do not know all of this.

For me, safety starts at the door from a greeter with a smile—feeling welcomed and being directed to beverages (if available), greeted by other members, and offered a seat.

When I first came to AA, I looked around the room and wondered how do I fit into this puzzle? I am a black woman in a room full of white people. How is this going to help me and am I safe from racism, my spiritual belief, gender, age or any other discriminations while seeking desperate help in understanding this terrifying and emotional disease? How was I going to get emotional support and healing from these folks? Is this really a safety zone?

I listened to people share their experience, strength and, hope. With some doubt but also with extreme surprise I heard “my story.” Are you kidding me?! I truly thought I was in this by myself.

As suggested, I began to take the cotton out my ears and put it in my mouth and kept a watchful eye. At the beginning the group meeting an AA safety card was read:

“The “A.A. Safety Card” says this: “Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of AA.” The card encourages groups to discuss the safety and well-being of members in their group conscience meetings and to ensure a safe environment for all. The card specifically states that if anyone breaks the law and endangers another AA member or guest, calling the police is appropriate. The card states: “Calling the proper authorities does not go against any AA Traditions and is recommended when someone may have broken the law or endangered the safety of another person.”

AA is a spiritual program. The safety card is just one way that we in AA demonstrate our belief that we are all children of God. We believe that each person is valuable to God, and we choose to behave as if each person is equally valuable to us.”



By providing a safe environment, alcoholics can focus on gaining and maintaining sobriety.

This was comforting to me. I began to hear of opportunities available to get involved in the AA program. I wanted to get involved. This safety came from fellow members offering their services as a sponsor or a friend. During this time, the Serenity Prayer began to have a deeper meaning in my life. “Wisdom” matures my thinking of discernment.



My comfortability mostly came from my sponsor. As you know this is a very vital role in the program. She had and has such an inviting and loving spirit, which I needed. I was fragile. She invited me to a women’s group, but, unfortunately, she would not be in town. Would I be safe while attending? I was very reluctant to go, but I knew I needed to stay open.

As soon as I walked through those doors, I was greeted with so many pleasantries. I felt safe. Then, I heard someone call my name. I turned and a woman I never saw in my life greeted me with open arms and start introducing me to others. She introduced me as the sponsee to my sponsor. My sponsor had created a safe environment for this Black woman that needed to have that comfort desperately displayed even though she wasn’t able to physically be there. I’m still so grateful and emotional for that experience.

This opened doors for me to meeting some inspiring and supporting people on my safe journey. I’m very involved, representing “safety” in the AA program because of the loving support I received.

I have been exposed to disruptive behavior in person, online and through shared experiences, but through group conscience there are designated members to handle the situation. I know when to stay in my lane.

If you are looking for the right AA group for you, one where you feel safe, seen, and heard, you can use our AA resources. This will help you find a group that can provide you with the support, encouragement, and safety that you need.

Does a sense of belonging lead to the feeling of greater safety within AA? Yes!!

Again, my name is Laverne, and I am an Alcoholic. A Black woman belonging and representing a safe environment in AA. Thank you for allowing me to connect in love, unity and service.

AA resources:

- AA Twelve Traditions
- “Safety and A.A.: Our Common Welfare” (SMF 228)
- Box 4-5-9 October 2010 edition, article on “disruptive members at AA meetings”
- Webster’s Dictionary
- Safety Card for AA Groups (F-211)
- Sponsor
- Service Sponsor
- Delegate

Pen to Paper – Why I Write

Many years ago, in my early sobriety, I was told that keeping a journal would be a great idea. Being an alcoholic, I was reluctant at first, but gradually and sporadically began to do so. This brought me to writing out my 11th Step at night, as suggested by the *Big Book*. But it has meant more than that, especially on the days when I write in the morning.

I can unload a lot of garbage going on in this little brain of mine and ask to be separated from all the things that hold me back from being useful to others. I can also explore some creative ideas I would not have thought of otherwise. Sometimes I forget during the day and go back to my old ways, but my morning journal and evening inventory are there to remind me that I am a work in progress.

I have several other journals as well that I pick up from time to time. One is a guided journal that helps me separate myself from that false “self” run by my emotions; this emotional “too much Marybeth” self makes me think that I am separate from everyone else. And now I have an exercise journal as well, where I can highlight my progress in my physical recovery from too much food and too little exercise. All these journals are like little prayers for help.

My most important writing is, of course, my 11th Step inventory. Did I pray and meditate? Was I kind? Was I helpful? Did I ask my Higher Power for guidance in making important decisions? Did I ask my Higher Power to remove the things that stand in the way of my being of maximum service to others? Did I practice the 12th Step by helping another alcoholic? And what could I have done better? This journaling and inventory-taking are not weapons I use against myself. The truth is that writing helps me see things I would not have noticed otherwise and gives me hope for another day of emotional sobriety. I highly recommend it.

Marybeth H.
Early Risers, Rumson
District 26



On the Road Again

Summer is just around the corner – at long last! Longer, warmer days can mean more opportunities to explore, to visit, to kick back and relax.

For me, summer means road trips! To the beach, to the mountains, to wherever friends and family and adventure await. I can make all kinds of plans, and I usually do, and, yes, my Higher Power often gets a good laugh.



Photo Credit: Tim R.

Sometimes there are storms or other challenges on the Road of Happy Destiny. So, my plan this summer is to be as prepared as I can be for the unknown. To keep my toolbox up-to-date and my gas tank full. I'll be hoping for the best and planning for the worst. And—hopefully!—asking for help when I need it.

Wishing you all a pleasant summer and happy adventures on the Road of Happy Destiny!

Yours gratefully in service,
Sherry B.
Newsletter Committee Chair

P.S. Looking forward to your “How I Spent my Summer Vacation” stories for the Fall issue!

"What is helpful in maintaining my willingness to participate in this program is to remember the desperation of a drowning man, and invoking the gratitude of someone who didn't drown."

~ Chris F.

Loving and Losing in Alcoholics Anonymous

When I first came to Alcoholics Anonymous five years ago, I regularly attended a meeting in Summit where I picked up my first-ever service commitment (washing the giant coffee urns) and began to build a network beyond my young fellows. It was there that I met two old-timers who would soon become an essential part of my recovery. They often took me to the Prestige Diner after the meeting, where my sponsor at the time worked as a waitress.

Each of these old-timers offered me some advice early on that has been proven true throughout my time in AA. One of them told me that “no, thank you is a complete sentence,” a sentiment I do my best to remember when turning down commitments to this day. I was raised in sobriety with the mindset of “never say no to AA,” but I’ve found that sometimes I do have to say no. I tend to over-explain myself when saying no because I feel guilty for setting a boundary, but I’ve learned that a simple “no, thank you” has stood the test of time.

The piece of advice I received from the second old-timer was to buy a nice black dress for all of the future funerals I would be attending for my fellows. This suggestion shocked and scandalized me at the time, but I’ve come to understand that this attitude was more realistic than I ever could have imagined as a newcomer.

Throughout the past five years, I’ve witnessed the demise of many friends, acquaintances, and fellows. I’ve gone to countless funerals since joining AA, some of which I attended to support friends in the program who had lost a loved one, but many of which were for members of AA that I knew personally or had crossed paths with at some point.

Since December of 2022, I’ve been going through a period of great loss. It feels as though someone I care about is passing at least once a month. I’ve heard that some recovered alcoholics become desensitized to the death of their fellows, but that hasn’t been my experience.



I’ve always had a big heart. I love without restraint and am overly sensitive to the pain of others. This has caused me to put a lot of effort into helping other alcoholics, sometimes to my own detriment. When a good friend of mine passed last year, I spent days calling and texting everyone in my contacts who had known her. I was attempting to stem my own emotions under the guise of service. It took me three days to cry. I was driving on the highway with my windows down on a beautiful spring day, radio blasting. A Taylor Swift song, “Bigger Than the Whole Sky,” came on shuffle and stirred up the grief I’d been tamping down.

After my aunt, who was a lifelong alcoholic, passed this March, I felt a lot of guilt for not doing more to help her. I’d tried to gently guide her in the direction of AA for years but to no avail. An issue I contend with continually is my sense of personal failure when I am unable to single-handedly get an alcoholic sober, which I know isn’t even possible. I always have to return to a Big Book quote that is read in the beginning of innumerable meetings, one of the three pertinent ideas that have been made clear to us:

“That probably no human power could have relieved our alcoholism.”

Loss is a considerable reality of recovery. In the past, I’ve contemplated whether I should detach myself from my fellows to prevent any further feelings of grief. I’ve since dismissed this thought for various reasons. First, Twelfth Step work is vital to recovery. I can only keep what I have by giving it away. Second, unity is one of the three sides of our triangle for a reason. The Fellowship picks me up when I fall; I cannot do recovery alone. I need a Higher Power and the members of Alcoholics Anonymous to help. And, third, a quote from Lord Tennyson’s elegy for his dear friend Arthur Henry Hallam: “‘Tis better to have loved and lost than never to have loved at all.”

Today, I choose to celebrate the love that the Fellowship of AA has brought into my life. I choose to give my love and time generously to my fellows. I choose to answer the phone and set aside my personal opinions, “placing principles before personalities.” I’ve found that my sobriety is built upon these and the many other decisions I make every day to take action in my program and “trust infinite God rather than [my] finite [self].”

Valen W



Creative Corner

Rocketed into the Fourth Dimension by Tony P.

Eight years ago, I went to my first AA meeting.
I had just put down the drink,
Frightened by a cancer scare.
I did not know what to expect:
Participants introduced themselves as alcoholics—
This was the first time that I ever admitted
That I had a problem with drink,
But I was ever so tired of my life going down the sink,
Yet I was not convinced that other alcoholics sharing their tales
Was going to rid me of my alcoholic obsession.
Still, I did feel a fellowship, palpable and true—
This convinced me to attend more meetings.
However, as time passed, I continued to wait
To be rocketed into the fourth dimension.
I wanted to see the magic lights—
I was patient in desiring to hear the angelic voices.
Eight years later, I am still hoping, but in doubt.
Yet I must admit that I have developed concern for others—
I have stopped self-pitying —
I handle life with strength,
And I love my AA family.
As I continue to write this poem, I have come
To understand that my life is
So much better than it was eight years ago.
I guess that I have rocketed into the fourth dimension.

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

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

1. Log on to www.nnjaa.org
2. Click the "NEWS & EVENTS" header
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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
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Topics for the Fall 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:
 August 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.