



UPCOMING EVENTS!!

Virtual events are still happening and keeping the spirit of Alcoholics Anonymous going strong! Please check out the upcoming events below and get involved!

GET READY **Are YOU Ready?!!**

VIRTUAL **2020-2021 55th Annual**
Area 45 Convention
March 19 & 20, 2021 **WOW!**

REGISTRATION is OPEN
<https://area45convention.org>

Registration IS required
**** Free ****

We suggest a contribution
to offset our costs

*** Speakers * Workshops * Merchandise * Entertainment ***

We sincerely appreciate your support

available upon request
within Registration

Area 45 55th Convention Committee

The central text is surrounded by several decorative icons: a yellow ribbon with 'AA' on it, a purple 'WOW!' starburst, a purple AA logo with an arrow, a yellow pencil, a purple ruler, a pocket watch, a yellow pencil, a purple ruler, and a yellow pencil.

NERAASA 2021

February 26, 27 & 28, 2021

Join the many who will make history at the first virtual
North East Regional Alcoholics Anonymous Service Assembly

- ◆ Round Tables ◆ Panels ◆
- ◆ Northeast Regional Trustee Presentation ◆ Delegates Highlights ◆
- ◆ Fun & Fellowship ◆

NERAASA 2021 will offer participation in English, Spanish, A.S.L. & C.C.

\$21.00

2021 NERAASA weekend!



February 26, 27 & 28, 2021

SAVE THE DATES!

All A.A. members are both welcome and encouraged to attend!

neraasa21outreach@gmail.com

CENTRAL JERSEY INTERGROUP

HOSPITALS & INSTITUTIONS UPDATE!

The H&I Commitments schedule shown here is the status as of February, 2021. We are continuing to reach out to the commitments to see what their status is, and how they would like to operate in the future and how we can support them.

If you or your group have any interest in taking any open commitments, please contact Jenn W: <http://centraljerseyintergroup.org/content/hospitals-institutions-committee>.

2/5/2021			1st Week	2nd Week	3rd Week	4th Week	5th week	Commitments			
								Total	Filled		
Princeton House Women (can also be a different Wednesday) 1000 Herrontown Road, Princeton	Wed 11:30 AM		Open	NA for now	Open	NA for now	NA for now	2	x		
Princeton House, Wing 3 Adult Detox / Dual Diag	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Princeton House , Wing 1 Adult Addiction Recov/Rehab	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Princeton House , Wing 1 Adult Addiction Recov/Rehab	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Princeton House , Wing 1 Adult Addiction Recov/Rehab	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Ann Klein Forensic Center Stuyvesant Avenue - West Trenton	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Ann Klein	Not Open		TBD	TBD	TBD	TBD	TBD	x	x		
Trenton Psychiatric Hospital 101 Sullivan Way, Trenton	TBD 1-2 or 2-3		TBD	TBD	TBD	TBD	TBD	5	0		
Oaks Integrated Care 314 East State St, Trenton	New Meeting Request - Time and freq TBD - Between 6 - 8 PM M to F or Sat AM Can be defined by the person taking the commitment										
Catholic Charities 39 North Clinton Ave, Trenton	Tu , 11AM?		Filled	?	Filled	?	?	2	2		
High Focus Centers 15 Princess Rd, Lawrenceville, NJ	M , 7 PM		NA for now	Filled	NA for now	NA for now	NA for now	1	1		
High Focus Centers	M , 12 noon		NA for now	Filled	NA for now	NA for now	NA for now	1	1		
High Focus Centers	M or Th, 4:30 PM		Would like to have 15-25 year old speakers for a Teenage program								
								Total	11	4	

Notes : Open means the Commitment needs to be filled 7
 Filled means the Commitment is filled by CJIG 4
 X means the Facility has filled the commitment
 All Commitments can be filled by either men or women except:
 Princeton House Women Wed 11:30 is a Womens Commitment
 The Ann Klein commitments should be filled by Men
 = Electronic Meeting requested
 = Needs to be filled
 = Not open yet

H_I_commitments 020521.xlsx

CORRECTIONAL FACILITIES UPDATE!

AA members behind the walls have been without AA meetings since March 2020.

All incoming AA meetings have been suspended due to the pandemic.

How would you feel if you had no AA meetings?

How can we reach these alcoholics?

What can we do?

- **Literature** - We are currently reaching out to local Facilities to inquire about literature needs. Facilities with a need will receive literature. We will be asking the Area 45 corrections chair to use funds from LIPS to send books as requests come in.
- **L.I.P.S.** – Literature In Prison Service – Pick up a L.I.P.S. can today and help support AA members on the inside of Prison. All money collected is used exclusively to purchase literature for inmates. Any AA member or group can donate. All payment information is listed on the Yellow LIPS flyer. Donations can also be made online at <https://area45convention.org/area-45-7th-tradition/>
- **Corrections Correspondence Service (CCS).** – You can still be of service even if you can't go inside. GSO offers a correspondence service where you can write an AA member through the mail. CJI offers the options of using CJI office as your return address. CCS forms can be found at the CJI website under the corrections section. www.centraljerseyintergroup.org
- **ID Renewal** – Please give yourself 4-6 weeks to renew the State Universal Volunteer badge. Applications are available on the CJI website under the corrections sections. Please reach out to the corrections chair with any questions. If you know of any other AA volunteers please pass the word.
- **Bridging the Gap** – Forms can be filled out and given to Bridging the Gap chair - Lollipop Joe. The Bridging the Gap chair will reach out if a person needs to a ride to a meeting. Forms are available on the website under the corrections section - <http://centraljerseyintergroup.org/>

Any questions or comments - Contact the corrections chair through the CJI website, click on 'CJI Panel and Committees', find us under 'Correctional Facilities Committee' and send an email. <http://centraljerseyintergroup.org/content/correctional-facilities-committee>



NightOwlz

by: Brian S.

After being humbled and beaten to submission by 27 years of trying to control old John Barleycorn, I slowly began to accept the fact that I was not the center of the universe, that life was not all about me and how I felt or wanted to feel, and that I was not in control of everything.

By the Grace of God and the fellowship, in March of 2020, I was approaching my first year of sobriety at age 38. I was blessed enough to be taking suggestions from the people in an active speaker meeting home group and a sponsor who was taking me through the steps in the Big Book. Add to that a small beginners meeting encouraging me to share and an early morning meeting with "Old Timers" who kept it simple for me. They offered one-liners that I would hold onto as I continued my journey- "Keep coming, It works if you work it" ... "Gratitude is an Attitude" ... "Don't drink, and go to meetings" ... "Take it as it comes" ... "One Day at a time" and "Faith without works is dead".

At nine months, I saw a fellow AA member who I thought was working the program well...*Go back out!!* As I saw it, this man was doing everything he could do, and everything that he was suggested to do in order to stay sober. After he spoke at a commitment one day, he said got a "case of the F***-its," and relapsed. I have not seen this man in the rooms in some time and I pray that he is okay.

This early AA experience helped show me that even in sobriety the disease of Alcoholism can still be cunning, baffling and powerful. Just not drinking and trying to stay close to the program may not be enough to stay sober, I thought. I began to think of my works in the program, and if I was doing everything I needed to do, to try and meet my will with the Will of my Higher Power. I quickly took on more jobs and speaking commitments in my home group. I continued working the steps and reading the Big Book with my sponsor. Like it was suggested to me early on, I didn't drink and I went to meetings. I also attended my first booker's event in a parking lot in late March, at 4am or so in the morning. I was trying to be disciplined and to stay active in the program.

A week after the booker's event, the state I live in went into quarantine due to the COVID-19 Pandemic. Before I knew it, "live meetings" as we started to call them began to shut down. This was quickly followed by "Virtual Meetings" popping up online. The governor declared all businesses to shut down, unless they were considered "essential businesses." On the list of "essential businesses" were liquor stores. A month away from a year in sobriety, I found this to be confusing. I thought to myself, "Why is a liquor

store an essential business?" Reflecting on it a bit more, I knew that if I were still drinking, I would have thought much differently. Maybe a psychic change had begun to take place. "Active participation" were words that were being replayed in my head due to some experienced speakers that I had come across in my journey. I did feel that my ability to deal with life without drinking was beginning to get better. I also felt the need to stay active in AA in order to stay sober.

I was now working remotely from home and helping my three young kids adjust to remote learning. I remember feeling very grateful for the fact that I was not drinking, one day at a time. If I was still drinking, I undoubtedly would have been divorced, suicidal, or possibly worse. I was beginning to hit more and more AA meetings due to the variety of local and not so local virtual meetings that were easily accessible online. I preferred to jump on the local meetings that I had been going to in my town, though I did not have much of an AA network in terms of fellow alcoholics that I talked to on a regular basis. I had numbers in my phone, but I mostly called my sponsor and not many other AAers. The pandemic and quarantine would have a role in changing this aspect of my journey in sobriety.

One night, at my now virtual speaker meeting home group, I heard a woman share about how she had been involved with a meeting that had started during the pandemic. This meeting that she spoke of met every night at 10pm. She seemed to be really enjoying life and sobriety, and was passionate and enthusiastic about being involved in the program. The "stick with the winners" one-liner shot through my head, followed by "if you want what we have." The time of this night meeting also made sense because it started after my kids' bedtime, and I wouldn't have to miss being with them. I found the login info to that 10pm virtual meeting and jumped on. The first night I realized that two of my home group members were in the meeting. I started attending this meeting regularly with the six to ten other people that were pretty regular there.

During one of the night meetings, I heard someone say, "I talk to at least 3 alcoholics a day." This didn't seem to be too hard of a task, so I got some more numbers and started to make calling people a part of my daily routine. I was also now attending the 7am morning meeting every day. One morning, a newcomer announced he was new to the meeting and said that he had six days sober. I put my number in the chat and he called me after the meeting. We talked for an hour or so and he asked me to be his temporary sponsor. We began reading the Big Book and working the steps virtually, at first, due to the COVID-19 restrictions. I suggested that he come to the night meeting that I was attending. He took my suggestion and we had another regular attendee joining the 10pm meeting.

The participants in the night meeting began to grow and so did my network of AA brothers and sisters. Early on there were talks of cutting the meeting down to three days a week, but they were quickly silenced by some regular attendees stepping-up and leading the meeting one night a week. Now, on any given night, you can find 20 to 30 regular nightowlz, gathering together from all over the country, and a few from out of the country. This meeting is now coming up on its one year since it first started carrying the

message of Alcoholics Anonymous to old timers and newcomers alike. Anniversary plans are in the works with possible live and virtual options being discussed. Many have come, some have come back, some have gone back out, and some have stayed. Friendships have grown, laughs have been had, and tears have been shed. "Life does not stop just because you have gotten sober," buzzes through my head, as well as, "I didn't get sober just to be miserable, bubb".

Today, I do believe that a power greater than myself has put the people in my life that have helped get me to the place I am at now. As stated on page 164 of the Big Book, "You must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave."

- *Brian S., Central New Jersey*



CENTRAL JERSEY INTERGROUP Current INFORMATION & UPDATES

Officers		Committees	Committee Chairs	Trustees
Chair	Angie P	Answering Service	Zach H	Pat L
Co-Chair	Bobbi M	Correctional Facilities	Josh P/Joni K	Mark B
Treasurer	Pam R	Hospitals & Institutions	Jenn W	Tom D
Financial Secretary	Pat L	Literature	Roseanne	Carol S
Recording Secretary	Carol S	Meeting List	Sam A/Peter	Mark
		Newsletter	Sean C	
		Public Information	John M	
		Social Committee	Jamie	
		Steering	Rick S	
		Website	Tom J	
		Unity	Marc N	



CJI Information

Please feel free to visit the CJI website to learn more: <http://centraljerseyintergroup.org/>. The CJI office is open (see below) to purchase literature, meeting lists, and anniversary coins- or for general, local AA information.



**Central Jersey Intergroup
Office Hours**

Wednesday 11 am to 1 pm

Coins and Literature available during office hours.

Call 609-586- 6902 when you arrive.

Mask **MUST** be worn at all times, visitors will be limited, social distancing rules apply.

3525 Quakerbridge Road / Suite 5000 / Hamilton, NJ 08619

Please call ahead to make sure the office is staffed prior to your visit.

If your homegroup does not have a CJI delegate, we encourage you to consider doing so to get more involved with AA and our service opportunities. The next **CJI (VIRTUAL) Body Meeting** will be **March 3rd, 2021 at 7pm**. The Zoom info is below:

Join Zoom Meeting

<https://us02web.zoom.us/j/81513912539?pwd=b2I4STFhaUFmWU4ydXINcFM2UWZuUT09>

Meeting ID: 815 1391 2539

Passcode: 842565

God grant me
SERENITY
to accept things
I cannot change
COURAGE
to change the
things I can and
WISDOM
to know the difference