



The Tenth Step

“Continued to take personal inventory and when we were wrong promptly admitted it.”

The Tenth Tradition

“Alcoholics Anonymous has no opinions on outside issues; hence the AA name ought never be drawn into public controversy. ”

I take the concept of an honest program to heart. I have found in my three years experience, that I do not always realize when I have crossed over that imaginary line of honest to the point of being too honest. Is there such a thing? I think so for me. I was too honest with a prospective employer and knew as I walked out the door I did not have the job.

It’s not the glaring wrongs. It’s when I find myself over examining situations and people, coming up with possible ways I may have been impolite, may have crossed a line, I am compelled to apologize. Often when it is not needed, as has been the response time after time.

I must remember this is a simple program that I need not complicate. Perhaps I need to look at what is driving this compelling need. Hmmmm That is another step....

A CALL TO SERVICE Reminder that all positions at the InterGroup level will be expiring in December. Nominations are next month. Come give us your time and talents. It can be a very rewarding experience! Honest!!

We are the fellowship and the fellowship needs ‘we’.

In service, Judy

South Jersey AA Contact information

Website: www.aasj.org

AA information: toll free 856-920-1212

AA office: 856-486-4446

Newsletter: newsletter@aasj.org

“When anyone anywhere, reaches out for help, I want the hand of AA to be there. For that I am responsible.”

Steering Committee Meeting Highlights

Answering Svc Vacant shifts currently number six (6). We encourage interested AA's to contact us by email (website) or by phone to get the most up-to-date information about open shifts. (Two overnight shifts remain open)

With 34 of 56 shifts reporting (incl. the vacant shifts), our volunteers fielded 195 calls during the month. This makes the average number of calls per reporting shift less than six (6), with a low number of nil (0) and a high of twenty-three (23). At present, three (3) shifts are covered by AA groups, as "group commitments".

Bookers: The next Booker's Meeting will be held on Thursday, November 3rd, 8:00 in Audubon. This is the last Intergroup meeting before the next booker's meeting, so PLEASE go back to your group and remind your booker. Also, both the chair and co-chair positions for the Booker's commitment will be open following the next booker's meeting. If interested, please contact me.

Budget and Finance: Needed: C0-Chair! This is a great way to do service.

H&I: We had 9 groups show filling 112 out of 144 commitments. There has been a recent lack of H&I reps attending the H&I meeting. Please announce at your homegroups that H&I reps should attend the monthly meeting. If your group does not have an H&I rep, please try to appoint one. There have been a few commitments that have gone unfilled. In addition, H&I will need a chair and co-chair. If anyone is interested, please let us know We have 5 open hosting commitments

I. VOA (Camden) Mon 700 to 800 pm 1st, 2nd, 3rd, 4th & 5th week; Seabrook (Deerfield) Women Wed 730 to 845 pm 2nd 3rd 4th & 5th week; VOA (Camden) Fri 700 to 800 pm 1st, 2nd, 3rd, 4th & 5th week; Seabrook (Deerfield) Women Fri 730 to 845 pm 1ST 2nd 3rd & 5th week; Underwood (Woodbury) Sat 400 to 500 pm 3rd, 4th & 5th week. *Our next meeting is October 24, 2011 at 7:00 p.m.*

Literature: Road show always needs help.

Newsletter: Please send articles!!!! We love to hear from you!!!!

Public Information: I attended a Health and Wellness fair in Dunn's Park, Carney's Point in collaboration with the YMCA of Salem County 5k Run on Sept 17.2011; On September 21 and 26, we visited Glen Landing Middle School in Black wood to speak to the 7th Graders. We are scheduled to go to Delran High School on Oct 26 and the 31to speak to there senior class. Four classes each day. I would like to thank Samantha and Zack for all there hard work. The IDRC programs for Camden, Burlington and Gloucester Counties continue to operate smoothly.

Unity: The Thanksgiving alkathon needs food donations.. It will run from 6pm Wed to 6pm Thurs. and is going to be in Pennsauken. Please contact the Unity chair if you can speak or help out in any way.

Please check the aasj.org website for a complete listing of all service positions available. Your service is important to us all.

Don't Be Afraid of Service

Every so often, when Intergroup Service is mentioned, I hear horror stories about how things are done and the people who run things and when I ask when they were involved. I'm told ten or more years ago. While folks are certainly entitled to their opinion based on their experience, the problem is that it prevents newer AA's from getting involved.

Intergroup is always in a process of change. Every two years, new officers are elected and new committees formed. True, very often the same faces are there doing different jobs. Mostly because there are no new AA's stepping up to get involved. Most Intergroup elections have only one candidate for the position and very often that AA is doing it because it will not get done otherwise. Committees are often just two people.

The Intergroup is a service organization, as discussed in the Ninth Tradition. The monthly meeting is not an AA meeting, but a business meeting. Every group is entitled to have one representative attending. The purpose of the meeting is to provide the Groups with Service information and also to advise them on how the Intergroup is functioning. As with any business meeting where there are more than one opinion, there may be discussion and that is where some folks may have drawn a bad conclusion. Like most problems in AA, when you apply the Traditions to them, they are usually solved.

The Groups have a responsibility in Intergroup as well as the elected officers and committees. Each Group should be represented and that representative should know their group. In AA, there is a concept called the Right of Decision. The group invests limited authority on their representative, but they also trust that representative to act and vote on the groups behalf when the group cannot be consulted. So that rep must know how his or her group thinks on matters, usually financial.

Picking an Intergroup Representative should be like electing a local government official. You want the person who will do a good job for you; not just someone who needs an AA job. That person must also be able to carry back the information to your group. So pick wisely

Don't be afraid to get involved with Intergroup.

“There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is **contempt prior to investigation.**”

Herbert Spencer

See last page for listing of committee opportunities

Fellowship Announcements and Things To Do

October 15th, A Day of Sharing. This is an annual event hosted by Three Intergroups', Central, South Jersey and Cape Atlantic and will be held at Carslake Community Center 209 Crosswicks Rd Bordentown. It starts with Breakfast and lasts until Noon. **October 22nd 9—11 AM.** The Morning Glory Group celebrates its anniversary at the United Methodist Church, 29 Warwick Rd at Kings Highway

October 23rd The Live and Let Live Group at Mount Holly will celebrate their 28th Anniversary with Food and Fellowship starting at 6:30 PM

October 28th The Burlington Groups will celebrate the 64th Anniversary starting at 8 PM with desserts afterwards. St Mary's Guild House West Broad & Talbot Sts.

November 2nd The Hemmingway Group of Marlton celebrates an anniversary starting at 7:30 PM at the Gibson House, Tuckerton Rd at Indian Springs Driving Range

November 8th Maple Shade Group celebrates its 49th Anniversary, food starting Promptly at 7 PM followed by a speaker . Lots of fun stuff as well. Fork Landing & Helen St.

November 12th INTERGOUP GRATITUDE DINNER DANCE. Nicolosi's in Woodbury 6:30 to 11 PM. Tickets \$20 . Please see our article elsewhere in this issue Contact Brian 609 932 0477 or Mike 856 779 1830

November 18-20 Waves of Sobriety Round Up at Cape May This is the 5th annual Round Up by Cape Atlantic IG and is always a great time. The Grand 1045 Beach Ave, Cape May. Round Ups are to Intergroups what Conventions are to an Area. Come out and have a grand time

Thursday, November 27 - SJIG Thanksgiving Day Alcathon, 6:00 AM - 6:00 PM. Intergroup Office. 5090 Central Highway, Pennsauken. For information or to volunteer contact: Ron B. 856-769-0863 or Angel C. 856-258-6880. unity@asj.org

Friday, December 10 - Casalan Group 53rd Anniversary. AL-AN Club, 761 Cass St., Trenton, NJ7:30PM. Special Guest Speaker: Cynthia W. of the Big Book Study Group of Harlem.

Friday, December 10 - "How Important Is It" Group Christmas Candlelight Meeting starts at 8 PM. Holiday banquet after meeting. St Charles Borromeo Church School. Stagecoach & Johnson Roads, Washington Township.

Wednesday, December 13 - 13th Annual "Friends of Bill" Men's Christmas Dinner. 6:00PM. Catering, Hessian Ave. & Rt. 45, West Deptford, NJ. \$40/pp. All proceeds support "Hope Hall VOA" Children's Christmas Party. Tix: Jack W- 856-768-1039, Jack H- 856-456-5909, Rudy N- 856-906-2980, Frank H- 215-280-5733.

Thursday, December 16 - Meeting - OSTRALIA - Step and Tradition Meeting. Cross Keys United Methodist Church, Main Street and Cross Keys Road, NJ 7:00 PM:- 8:00 PM Speaker

December 31, 2010 New Year's Eve! Fun, Friends and Fellowship abound at the **NEW BEGINNINGS** Club in Runnemede. From 9pm to 1 am. Tickets are \$20.00 and can be purchased at the door. There will be food, door prizes and a 50/50 raffle. Contact Anna for more info 856-981-7021

March 18-20, 2011, Holiday Inn Solomons Conference Center & Marina, Solomons MD South Maryland Roundup First Southern Maryland Roundup. \$30 Registration fee per person. All workshops, speakers, dance and fellowship opportunities are included in the registration fee. Tickets for the buffet dinner with speakers will be sold separately. Hotel patrons have easy access to boating, exploring, and enjoying breath taking sunsets and cool breezes. Accommodations are extra, and are being reserved at \$104, so reserve by 2/18/2011.

See www.southernmarylandroundup.org for information, including flyer and registration form.

From Our Fellowship

Just finished a letter to a member of the fellowship. He is in prison. He kept relapsing which is okay- keep coming back- right! But he relapsed about 6 times in 8 years. I could tell you his sharing never changed in all that time. I may add that he never had a consistent sponsor, that he always seemed to feel sorry for himself. But I will not take his inventory- he has to do that. He was caught drunk in a car and there was more to the story which I cannot reveal. The only good part is he did not kill anyone. The bad part is that he may not leave prison for a few years, is far away and has years of work to get back most of what he had. And, he has lost something dear to him which he cannot get back- not totally. Anyone around AA long enough has heard this story before or one worse than it. We have also heard speakers tell us marvelous tales about how they overcame those losses and rebuilt a life. Different but rebuilt. We always hear, it took what it took. But what if I did not give enough of myself to the program. What if I did not listen to the "old timers" and take their suggestions. It seems a shame and bad things may not happen but will in time. Sometimes quickly sometimes not. As they say, when we drink we are playing on the tracks and there is most certainly a train coming. Just a matter of probability that the train and I are on those tracks at the same time. It happened to our friend last month.

I did not get this program the first time. But, I did not debase what was going on. I just didn't get it. Six more years of misery and playing on the tracks before I finally surrendered. When my friend Dick shook my hand coming into that first meeting and I saw some neighbors and acquaintances sitting around the table and I knew I had to stay. Then I did something I never did before- listen. And, I took suggestions. And, did service. And, made meetings. It does not seem like much work over all these years. Good people who understand and a place to go.

We were talking about one day at a time in the meeting last night. Some mentioned that they realized it meant not drink or use forever not one day. Then I got another of those inspirations we get when we know enough about our disease. No, it's not forever that is my goal. That is too hard. I seek to develop a defense against the first drink. That's the goal. Working the steps forces me to change who I am which pushes me toward that defensive position. Then one foot in front of the other- meetings, service, fellowship. Next thing you know there is hardly a thought of a drink. Never a serious thought. And, all I have to do is live right one day at a time. Just like the old timers told us.

Bob

At Wit's End (from Grapevine)

"I live in a dysfunctional household." the drunk told the bartender, "and it's really becoming a problem since I live alone."

An old drunk was always going on about the good old days and the lower cost of living in particular. "When I was a kid, my mom would send me to the store, and I could get a salami, two pints of milk, six oranges, two loaves of bread, a magazine and some blue jeans—all for a dollar" he said. Then the old guy said sadly, "You can't do that anymore. They've got those security cameras everywhere you look."

An AA said to his sponsor; "When I got home last night, my wife and I had words—but I didn't get to use mine."

Steering Committees

Answering Svc/Phones This committee is the largest in Intergroup. The committee consists of the Chair, Co-Chair and also all of the individual AA's who answer the Contact or "Hot" line. Phone shifts are divided up into Two Hour slots each week. Sometimes groups will take on a phone shift and rotate the coverage among group members. At this time, most of our phone calls are answered through a Call Forwarding system, so that you can remain at home and cover a shift. Training and supplies are provided for volunteers

Archives Members of this committee keep track of the history of the A.A. Fellowship here in South Jersey as well as providing historical information on AA as a whole. They may accomplish this by collecting group history's and oral interviews of long time AA's in South Jersey

Bookers The members of this committee hold a meeting every three months to allow interested groups the opportunity to get guest speakers and also to provide their group members the opportunity to carry their message to other groups. Along with the chair and Co-Chair, each group may send a representative to the meeting,. Bookers is an excellent means of reaching out into the SJ Fellowship.

(Budget & Finance) This is our financial oversight committee. It does not provide an external function but serves to advise the panel on matters related to finances

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H&I This committee, like Bookers, serves to provide speakers for meetings, but in this case , the meetings are inside of facilities such as Jails, Prisons, Hospital Detox's and Rehab centers. The Committee meets every month and consists of the Chair and Co-Chair as well as representatives from the interested groups. Very often, clearance is required to enter some facilities and the committee can help in obtaining such clearance. This committee provides AA literature to those inside groups

Literature This committee ensures that AA literature is available for sale at our Pennsauken office and also provides a Road Show to interested groups. They will haul a ton of literature to your group and set up a mini Literature Sales store. This group consists of a Chair, Co-Chair and also needs Sales People to fil the two hour shifts. The number of available volunteers determines the hours which sales can be open

Meeting Lists Our meeting schedule is always in a state of change. New Meetings open, some meetings change times or locations and some meetings close their doors. As these changes are received, they are noted by the committee and when our stock runs low, new lists are sent to our printer.

Newsletter Obviously the most important committee, it remains humble. This committee has room to expand its membership to any number and welcomes your input and opinions. We strive to present and distribute an informational monthly issue and a seasonal issue of essay type sharings from local AA's. This may be the perfect way for you to start getting involved with Intergroup Service!

Public Information This very important committee carries the AA informational message to the Non Alcoholic community, especially to the media and schools, but also to the person who may encounter the problem drinker and its goal is to present a clear view of what aa is and what it is not. Many daytime volunteers who are comfortable talking publicly are always in demand.

Social Events Now this is a committee that many and any AA can get involved with. What is a Social event? Pretty much anything that the committee can think up and about. In this area, numbers attending aren't important as the fact that those attending are enjoying the event with other sober, somewhat sane, people! In the past we have had Snow Tubing, Water Tubing, Ski Trips, DANCES, Picnics, Canoe trips, Halloween parties. Most social events are pay as you go and the limit is the imagination of those involved. This committee serves to develop, promote, organize and somewhat manage events. If you are not having any fun in sobriety, this may well be for you. If you are having fun then this may well be for you to show others How It Works! Get involved!

Unity This committee fosters the concept of service and Traditions among the South Jersey Groups. The committee can provide speakers for your group who will get that idea across in a positive sharing. Unity also conducts the various Alcathons which are held around those traditional 'wet' Holidays . Any number of people can be involved in this committee

Website This, like Budget and Finance, is a internal service committee, which welcomes those who have the technological savvy to keep the Informational Technology working. Our Website Warriors keep the South Jersey Intergroups Website up and running. If you haven't been there take a look at the great job that they do at www.aasj.org