

## Character Defects: The Sequel: Step 7

From the Big Book, pp. 59:

Step 7: Humbly asked him to remove our shortcomings

From the original A.A. Manuscript:

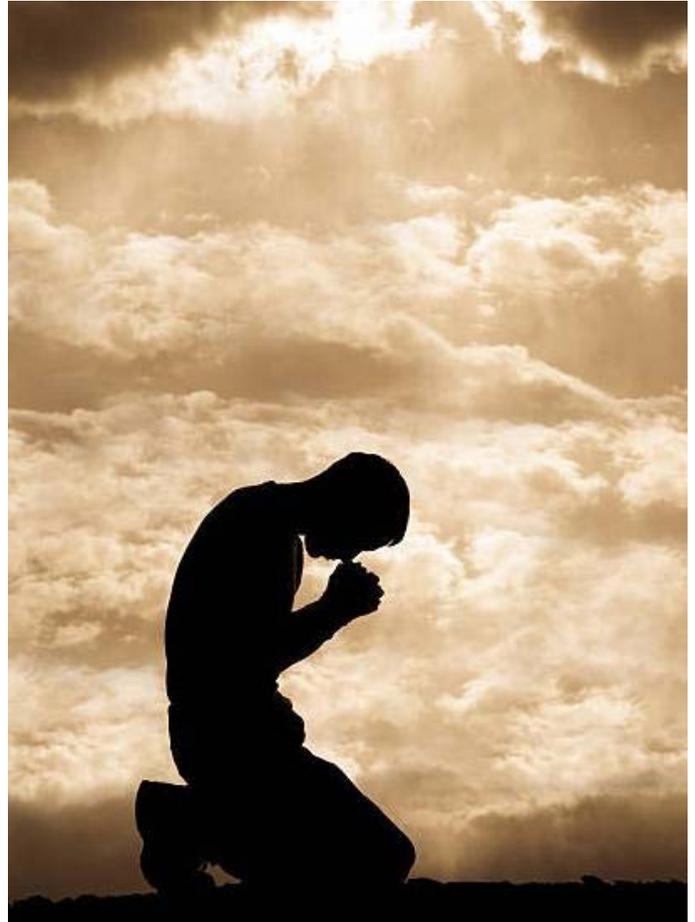
7. Humbly, on our knees, asked Him to remove our shortcomings - holding nothing back.

As you can see, the original intent was to make this Step a part of our daily routines, praying each morning that our Higher Power continue to “work on us”, asking Him (or Her) to help us be rid of those things blocking us from becoming what HE would have us be. It is only by His grace that we do, in fact, improve on these accounts.

Sort of bothers me that 6 & 7 only get a paragraph each.

They say: “Practice Makes Perfect.” Good for them.  
We say: “Progress, Not Perfection.” Better for us.

Anonymous



## Get Ready!

## Save the Date:

## July 2<sup>nd</sup> - 5<sup>th</sup>, 2020

## Detroit, Michigan





First, the background on this poem:

My drinking at this point was beyond out of control and I was facing those four horsemen daily coupled with the "incomprehensible demoralization". I couldn't continue drinking but I couldn't stop drinking. In desperation, I contemplated ending life and the following was my conversation with my God.

Joanne B.

### **HEAVENLY CHILD**

*My life here like a wild fire ablaze.  
As my mind so unkindly wanders in it's daze -  
Do people not care what's behind my sorrowful gaze?  
The route before me behind a haze.  
I'm doubtful I can surmount the next phase -  
Life seems like an unsolvable yet inescapable maze.*

*How am I still here; still in one piece?  
Heavenly comfort above is but a dream, a mere tease.  
Yet my body, my heart and my spirit, though unsettled, will not cease.  
And my God who whispered but softly in my ear, tells me to stay here and recover my peace.*

*But God, I'm so tired, on whom can I count?  
I am dejected, lost, wandering about -  
Everyday fighting back my too many doubts.  
Do you people not see my pain...I scream and I shout.*

*But my God says "Be still. Stop looking toward them.  
It is only in I that you can depend.  
I am the alpha, the omega, the hallelujah, the amen.*

*But I cried out, "God why leave me here as I suffer so much?"  
He said, "My child that will change for you when you've sincerely had enough."  
Your alcoholism, your pity - that's your unrelinquished crutch.  
Remember that your spirit, though covered by cynicism, was born of my touch.  
I gifted your spirit to you, for I love you that much!*

*My hope is you'll recover and help others see better tomorrows.  
As you have also, they suffer their own sorrows.  
Their alcoholic life overflowing with tragedies of horror.  
The bitter taste of that pill too hard to swallow.  
With their dignity robbed,  
their hearts grow barren - then hollow.  
Who will shelter them from storm; where to follow?*

*With my love as your guide, show them my light.  
Their salvation will always be worth the flight.  
Help them experience life with new sight.  
Bring sunshine to their darkest nights.  
Honor me by doing what's right.*



**Answering Service Shifts:** We currently have seven (7) open shifts and need your help to spread the word that service commitments are available for the following shifts. Please make announcements at the meetings you attend and have anyone interested contact us: Tuesday O/N from 10PM-8AM, Weds. from 4-6PM & 6-8PM, Thursday O/N from 10PM-8AM, Friday O/N from 10PM-8AM, and the Saturday 6-8PM & the O/N from 10PM-8AM

**12-step list:** Please continue to remind everyone that more volunteers are need for the 12-step list. We have a signup sheets available for anyone wishing to take a copy to their home groups. Please contact the Answering service committee for more details. If you know anyone who would like to be of service, please have them contact us at [answeringservice@aasj.org](mailto:answeringservice@aasj.org).

**Public Information:** Public Information is ALWAYS looking for help so please email [publicinfo@aasj.org](mailto:publicinfo@aasj.org) if anyone would like to do service.

**Technology:** feeling creative? Know someone creative? It has been discussed that each group / intergroup create a logo to brand where our meeting data on Meeting Guide is sourced. If you'd like to create a square SJIG logo please submit it to [tech@aasj.org](mailto:tech@aasj.org) for consideration. Seeking a simple, clean design.

## Editorial Policy

Anonymous South Jersey is a monthly newsletter published by and for members of South Jersey. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or South Jersey Intergroup. Quotations and artwork from AA literature are printed with permission from AA World Services, Inc., and/or the AA Grapevine, Inc.

Contributions from readers are encouraged—you can write about your experience, strength and hope in general, or you can focus on one of the steps or traditions. You can also write about something that touched you at a meeting, something that bothered you at a meeting, or some service commitment you especially enjoy. Submissions are edited for space and clarity. Contact information is required and anonymity is respected.

Due to space limitations, we are unable to publish flyers for events in this newsletter. However, we are happy to include your gathering in the general list of fellowship announcements.

Please send your submissions to [newsletter@aasj.org](mailto:newsletter@aasj.org).

### CONTACT INFORMATION FOR SJ INTERGROUP:

South Jersey Intergroup Association, Inc.  
PO Box 2514  
Cherry Hill, NJ 08035  
Office / Literature Sales: 856-486-4446  
Email: [Info@aasj.org](mailto:Info@aasj.org)  
Website: [www.aasj.org](http://www.aasj.org)

**24-Hour Hotline: 856-486-4444**

SJIG holds its monthly meetings on the third Wednesday of the month at 8 pm at:  
St Bartholomew's Episcopal Church  
1989 Route 70 East, Cherry Hill, NJ

# This Month In A.A. History

## F-47 - A.A. Archives

A.A.'s Archives consist of any historical collection at the level of the group, district, area, intergroup/central office, region, or General Service Office. In July 1973, the General Service Board formed the trustees' Archives Committee.

## July, 1950

### A.A.'s first International Convention

Alcoholics Anonymous' 15th anniversary is marked with an international convention in Cleveland, with some 3,000 people in attendance. One of the most significant events is the adoption of the Twelve Traditions. The convention, held at the Cleveland Public Auditorium, also featured the last public message to the Fellowship by Dr. Bob, who stresses, in his brief remarks, kindness and "keeping it simple."

## 2000

### Al-Anon's first International Convention

Forty-three years after its founding, Al-Anon holds its first International Convention. The time is *July* 1998, and the place is Salt Lake City, Utah. As the century draws to an end, 24,000 Al-Anon and 2,300 Alateen groups are meeting in more than 110 countries.

(Brought to you by the Archives Committee)

## SPEAKING COMMITMENTS July 2019

### Sunday

Inspira Psych Unit – Woodbury NJ June 30, July 7, 28 4-5pm 509 N Broad St, Woodbury NJ

### Monday

Ancora – Hammonton NJ July 22, 29 7-8pm 202 Spring Garden Rd, Hammonton NJ

Kingsway Recovery – Mullica Hill NJ June 24, July 1, 8, 22, 29 7-8pm 124 Bridgeton Park, Mullica Hill NJ

Maryville Posthouse - Men - Pemberton July 29 8-9pm 610 Browns Mills Road, Pemberton NJ

### Tuesday

Delaware House – Westampton NJ June 25 2-3pm 21 Ikea Drive, Westampton NJ

Recovery Centers of America - Voorhees June 25, July 30 12-1pm 526 S Burnt Mill Rd, Voorhees NJ

Cooper Psych – Camden NJ July 23, 30 8-9pm Cooper Plaza, Camden NJ

Solstice Counseling – Pemberton NJ July 2, 9, 16, 23, 30 7-8pm 300 Birmingham Road, Pemberton NJ

Delaware House – Westampton NJ July 2, 16 2-3pm 21 Ikea Drive, Westampton NJ

### Wednesday

Jefferson MICA Unit – Cherry Hill NJ July 31 12-1pm 2201 Chapel Ave W, Cherry Hill NJ

Jefferson Psych Unit – Cherry Hill NJ July 24, 31 7:45-8:45pm 2201 Chapel Ave W, Cherry Hill NJ

Unity Place I - Cherry Hill NJ July 3, 24, 31 12:40-1:30pm 1 Keystone Ave Cherry Hill NJ

Solstice Counseling – Pemberton NJ July 10, 24, 31 12-1pm 300 Birmingham Road, Pemberton NJ

## Thursday

Recovery Centers of America - Voorhees June 20, 27 th  
8-9pm 526 S Burnt Mill Rd, Voorhees NJ

Ancora – Hammonton NJ June 20, July 25 7-8pm  
202 Spring Garden Rd, Hammonton NJ

Unity Place II – Hammonton NJ June 20, 27, July 4, 11, 18,  
25 10-11am 121 S. White Horse Pike, Hammonton, NJ

Daybreak – MICA – Atco NJ June 20, 27, July 11, 18,  
25 10:30am-12pm 368 White Horse Pike, Atco NJ

Pinelands (New Building) - Medford NJ July 4 7-8pm  
283 Old Marlton Pike, Medford NJ

## Friday

Pinelands - Medford NJ July 12, 19 7-8pm  
287 Old Marlton Pike, Medford NJ

Maryville Posthouse - Men - Pemberton July 5, 19 8-9pm  
610 Browns Mills Road, Pemberton NJ

Northbrook MICA Unit - Blackwood NJ June 21, 28, July 5,  
12, 19, 26 8-9pm 425 Woodbury-Turnersville Rd  
Blackwood NJ

## Saturday

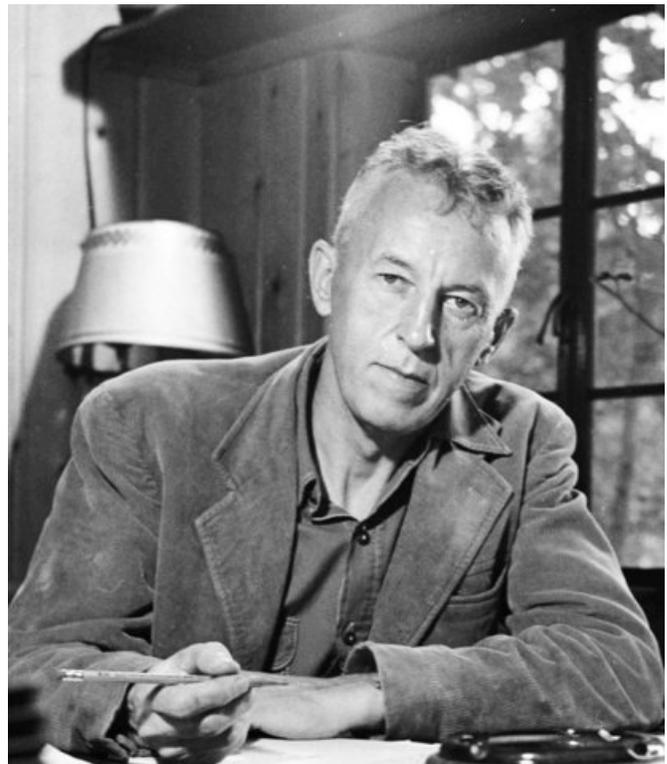
Inspira Psych Unit – Woodbury NJ July 20 4-5pm  
509 N Broad St, Woodbury NJ

Cooper Psych – Camden NJ June 22, 29, July 6, 20,  
27 10:30-11:30am 1 Cooper Plaza, Camden NJ



This Month's Trivia Question:

Everybody knows Dr. Bob's sobriety date, (6/10/1935) but... What was Bill W.'s sobriety date and where did he spend his first days sober?



Last Month's Trivia Question: What is the Name and the location of Dr. William D. Silkworth's final resting place ?

Glenwood Cemetery, West Long Branch, NJ

# Announcements & Things to do

Saturday June 29<sup>th</sup> Your World in AA 10 AM – 2PM  
Brooklawn Senior Center

Saturday July 20<sup>th</sup> Fun Fellowship Festival 9-2PM  
@ Winslow Twp. Senior Center See flier below.

Sunday July 21 - Beverly Fellowship Group anniversary meeting at 2pm food and fellowship to follow  
@ St. Stephen's Episcopal Ch. 158 Warren St Beverly, NJ

Sunday August 11<sup>th</sup> Canoeing in the Pines 9:00 AM  
Meetup @ Micks Pine Barrens \$30.00 pp

Sunday August 18<sup>th</sup> Area 45 Assembly

Sun. Aug. 25 - District 14 will have a picnic @ Parvin State Park 855 Parvins Mill Rd. Pittsgrove from 11am - 4pm - \$8/\$10 door

## Canoeing in the Pines



**Micks Pine Barrens  
Canoe and Kayak  
Rental**

3107 County Rd 563  
Chatsworth, NJ 08019  
609-726-1380

**\$30 per person  
Sunday, August 11<sup>th</sup> at 9 am**

Please contact  
the South Jersey Intergroup Social Events Committee  
for additional information if needed:  
Dylan B 609-922-5390  
Denise R 856-443-5238  
socialevents@aasj.org

### Fun Fellowship Festival

Hosted by District 12

July 20, 2019 9 a.m. to 2 p.m.

Winslow Township Senior Center  
33 Cooper Folly Rd Atco, New Jersey 08004



#### ACTIVITIES

- A. A. THEMED MOVIE at 10:00
- VIDEO ARCADE 9:00 to 2:00  
hosted by Matt C. of South County Library Gamer Night
- GO FLY A KITE 9 – 11:30 Kite building and decorating  
First 25 participants get a free kite kit to build and decorate
- OPEN MIC – LIVE MUSIC 12:30 to 1:45  
Calling all Musicians, Poets, Whistlers, etc.
- 50/50 Tickets will be sold 9 a.m. to 1 p.m. DRAWING at 1:45

#### FOOD

- Hot Dogs with all the fixings, Baked Beans and Beverages provided by District 12
- Covered Dishes and Desserts are welcome to complete the Festival
- Both Indoor and Outside Tables available
- Great Restroom Facilities inside the building

Questions? Contact: Roy Cox at 609-561-5223

## YOUR WORLD IN AA



**SATURDAY, JUNE 29, 2019**  
REGISTRATION STARTS AT 9:30  
10 A.M ~ 2 P.M HOSTED BY  
DISTRICTS 26, 10, 9, 8, & 6

**BROOKLAWN SENIOR CENTER**  
101 2nd STREET  
BROOKLAWN NJ 08030



### WORKSHOP TOPICS

- ~HISTORY OF AA WORLD SERVICES, INC
  - ~DUTIES OF THE GENERAL SERVICE OFFICE
  - ~INTRODUCTION TO AA SERVICE MANUAL
  - ~THE FELLOWSHIP'S RESPONSIBILITY
  - ~HOW **YOU** CAN BE INVOLVED IN AA SERVICE
- Continental Breakfast Served  
**JOIN US AFTER LUNCH FOR AA FAMILY FEUD!!**