

ANONYMOUS SOUTHJERSEY

SOUTH JERSEY INTERGROUP

November, 2019

Practicing Our Eleventh Step

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

We usually conclude the period of meditation with a prayer that we be shown all through the day

what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

Into Action from the Big Book of Alcoholics Anonymous

Tradition 11 of Alcoholics Anonymous

states, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

**NOVEMBER
THE LAST MONTH
OF AUTUMN. BUT
THE BEGINNING OF A
NEW ADVENTURE;
TIME TO TAKE RISK
AND DO THE
UNEXPECTED.**

Inside This Issue: ♦ AA History ♦ ♦
Opportunities for Service ♦ ♦ An-
nouncements and Things to Do

The Countdown is On!!!

July 2 - 5, 2020

Celebrate A.A.'s 85th Anniversary !

The 2020 International Convention of Alcoholics Anonymous will be held July 2nd to July 5th, 2020 in Detroit, Michigan with the theme "Love and Tolerance is our Code."

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit. We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and Detroit, our host city, will be provided.

Watch for Convention articles in A.A.'s quarterly news bulletin, Box 4-5-9, which is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O.

Registration forms will be mailed in August 2019 to all G.S.R.s, Intergroups and Area Service Committees.

Online registration is now available.



Advance registration for the convention between Sept. 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee.

Everyone attending must register. Attendance at this special celebration is voluntary, and, as responsible A.A. members, "we pay our own way." The International Convention is paid for by the A.A.s who participate in it.

We hope to see you in Detroit to celebrate the 85th birthday of Alcoholics Anonymous.





HEAVENLY CHILD

My life here like a wild fire ablaze - My mind overwhelmed-left confused, in a daze. 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 The battle was fought; I admitted defeat. Alcohol the victor, I am forced to retreat. The illusion of drink - but a facade; a mere tease.

What to do now? How to navigate this route? I feel empty, lost, left wandering about. Everyday fighting back so many doubts. I cannot take this. I scream and I shout. I need someone to help me. But on whom can I count?

My God, seeing my pain, whispers to my heart, "My child. Be still. Stop looking toward them. It is with Me on whom to depend. I am the Alpha, the Omega, the Hallelujah, the Amen." Many gifts of plenty to you I will send."

But God, no! Please. Don't leave me here; I suffer so much. He said, "My child that will change for you when you've sincerely had enough. Your addiction; your self pity - they're 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."

"Please honor this gift I've granted you and, with My love as your guide, share with others My light. Help each one to experience life with new sight. Bring My sunshine to their darkest nights. Honor Me by doing what's right."

Joann B., Blackwood, NJ

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@asj.org.

CONTACT INFORMATION FOR SOUTH JERSEY INTERGROUP

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PO Box 2514
Cherry Hill, NJ 08035

Office/Literature Sales: 1-856-486-4446

Email: Info@asj.org
Website: www.asj.org

24-HOUR HOTLINE 1-856-486-4444

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, New Jersey

Hospitals & Institutions
Open Speaking Commitments
Contact Frank or Debbie at handi@asj.org
To book a speaking commitment.

NOVEMBER, 2019

Sunday

Inspira Psych Unit
509 N. Broad Street Woodbury –
4-5pm – Nov. 3

Monday

Ancora
202 Spring Garden Rd, Hammonton NJ
7-8pm – Nov. 18

Tuesday

Solstice Counseling
300 Birmingham Road, Pemberton, NJ
7-8pm – Nov. 5, 26

Recovery Centers of America
526 S Burnt Mill Rd, Voorhees, NJ
12-1pm – Nov. 26

Wednesday

Jefferson MICA Unit
2201 Chapel Avenue, Cherry Hill, NJ
12-1pm – Nov. 20

Unity Place (Adult MICA)
1 Keystone Ave, Cherry Hill. NJ
12:40-1:30 pm – Nov. 6, 20, 27

Solstice Counseling
300 Birmingham Road, Pemberton, NJ
12-1pm – Nov. 27

Thursday

Ancora
202 Spring Garden Rd, Hammonton NJ
7-8pm – Nov. 21

Thursday

Unity Place II
121 S. White Horse Pike, Hammonton, NJ
10-11am – Nov. 7, 14, 21

Daybreak MICA
368 White Horse Pike, Atco, NJ
10:30am-12pm – Nov. 14, 21, 28

Friday

Maryville Post House
610 Brown Mills Road, Pemberton, NJ
8-9pm – Nov. 15

Saturday

Inspira Psych Unit
509 N Broad St, Woodbury NJ
4-5pm – Nov. 16

Cooper Hospital Psych Unit
1 Cooper Plaza, Camden, NJ
10:30-11:30 am – Nov. 30



Public Outreach.....A great way to work Step 12.

Public Information continues to support IDRC (Intoxicated Drivers Resource Center) as well as Lacada (Local advisory committee for alcohol and drug addiction)

Distribution of literature to local community places such as hospitals, doctors' offices and police stations has been in the works. If anyone would like to assist in this very important role please contact Public Information at publicinfo@gmail.com

Child Protection Services reached out to Public Information to meet with their staff to explain AA and how it can be helpful to service their clients better. This is a great opportunity to spread awareness to those that need it.

Intergroup Chair and Co-Chair, Patty and Brian, attended an evening program at Sterling High School for parents and students to discuss alcoholism and drug addiction. Thank you for your time and service Patty and Brian.

Several members attended Williamstown High School with a table and literature to talk to students and give out literature. The response was excellent in that a few students had one-on-one conversations about alcoholism in their family and also their own possible problems with alcohol.

Public Information has been extremely busy with high school requests for young, sober members of AA to come into Health classes. We have and are in process of fulfilling 27 commitments with more reaching out to us every day. This commitment continues to grow and expand with many schools seeing the benefit of educating students about alcoholism and AA . For most students, this is their first time seeing and hearing from someone who has

been through addiction and is young, sober and happy.

Public Information can always use help and it is a very rewarding way to do service.

The following is a letter received from a high school, which reflects the impact we are having:

I wanted to follow up from the presentations last Thursday and Friday. Freddie, Matt, Trevor, Kristen, Michael, and Nick all did such a great job. The students were attentive and engaged. It was obvious that their stories and experience left a mark in our students' minds. Multiple students asked them questions, shared some of their own family and personal experiences, spoke to them personally, and personally thanked them. It also gives me an opportunity to identify students who could use some additional support. I told all of the speakers, but I am so grateful for the work that all of you do and for all of the presenters taking time out of their schedules to make a difference in young people's lives. I have shared this experience with other schools so that they can also benefit from AA members helping young, impressionable teenagers that may need it now, or down the line. Your work is spreading awareness, reducing shame and stigma and saving lives.

With Sincere Gratitude, Nichole.



THIS MONTH IN AA HISTORY

1950

Dr. Bob dies of cancer on November 16, 1950. During the Akron physician's 15 years of sobriety, the Fellowship he started with Bill W. transformed the lives of close to 100,000 men and women and their loved ones.

1975

In November 1975, Lois W. and Tom S. of Jacksonville, Florida (a trustee who chairs the archives committee), cut a blue ribbon to officially open the A.A. Archives at G.S.O. New York. In a brief speech, Dr. John L. Norris points out that A.A. must continually renew itself by going back to its source, recalling Bill W.'s frequent request that the Board and G.S.O. "should put everything they do on the record." The archivist is nonalcoholic Nell Wing (right), who served as Bill's secretary for many years and is described as a "one-woman walking encyclopedia of A.A. lore."

1986

In November 1986, for the first time, the Big Book, Alcoholics Anonymous, is published as a paperback. The softcover book makes it easier for A.A. members to carry the message into correctional facilities, where hardcover books are often not permitted.

2017

The first-ever National A.A. Corrections Conference for North America arrives at "the Gateway of the West" — St. Louis, Missouri November 10th to November 12th with 384 attendees ready to make sure that when an alcoholic behind the walls reaches out for help, the hand of A.A. is there. The purpose of the weekend is to have "A.A. members involved in corrections work behind the walls come together to share experience, exchange information, and hear from corrections professionals, former inmates, and trusted servants throughout the U.S. and Canada."

We Are Not A Glum Lot.....

A GUY WALKS INTO A BAR and there is a horse behind the bar serving drinks. The guy stares at the horse and the horse says, "Hey, buddy, haven't you ever seen a horse tending bar before?"

The guy says, "No, it's not that. It's just that I never thought the parrot would sell the place."



A group of drinking buddies went deer hunting. They split up into pairs for the day. That night, one hunter came staggering back to camp alone, half-bombed and dragging an eight-point buck.

The others said, "Where's Harry?" "Oh, he passed out, a couple miles back up the trail."

"What? You left Harry lying out there alone, and carried the deer back?"

"A tough call," admitted the marksman, "but I figured, who's gonna steal Harry?"



Help Wanted

The **Literature Committee** has immediate openings for Sales volunteers for the following shifts:

Tuesday 6:00 p.m. to 8:00 p.m.

Thursday 6:00 p.m. to 8:00 p.m.

Saturday 10:00 a.m. to Noon

Contact literature for more details.

Answering Service Needs You

For more information or to volunteer, please call the Answering Service/12 Step Committee at 856-486-4446. This line has a message tape. Your call will be passed to the Committee Chairperson. Training sessions are available for 1st time telephone volunteers. The 12th step list is a list of committed AA members available to take the still suffering alcoholic, when they ask, to a meeting, detox, etc. Your call will be passed to the Committee Chairperson.



Announcements and Things To Do

November 12

6:15 p.m. to 8:00 p.m.

Maple Shade Tuesday Night Group
Anniversary

Holy Trinity Lutheran Church
Maple Shade NJ

November 14

8:00 p.m. to 9:30 p.m.

Bookers Meeting

St. Bartholomew's Episcopal Church
Cherry Hill New Jersey

November 15 to November 17

Cape Atlantic Waves Round Up
Stockton Seaview Hotel, Galloway NJ

November 20

8:00 p.m. to 9:00 p.m.

Intergroup Meeting

St. Bartholomew's Episcopal Church
Cherry Hill NJ

November 25

7:00 p.m. to 8:00 p.m.

H & I Meeting

Intergroup Office, Pennsauken NJ

December 2

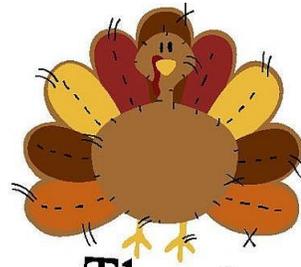
7:00 p.m. to 9:30 p.m.

Harbor Lights 40th Anniversary
Community building, Egg Harbor City, NJ

December 5

7:00 p.m. to 8:30 p.m.

Archives Committee Meeting
Intergroup Office
Pennsauken, New Jersey



Happy Thanksgiving

A Message From The Area 45 Policy Committee

At your earliest convenience, we invite and encourage you to take a moment to review the proposed updated 2020 Area 45 Handbook in preparation for voting to accept the updates at our November Assembly. We would also ask that DCMs share and discuss this with their District GSRs.

Please note that, in the event any further changes are submitted between now and the November Assembly, we will be sure to notify you once again via email. The proposal for this updated Handbook can be found on the snjaa.org website on the Panel Reports page.

We thank you so much for taking the time and look forward to seeing you all very soon.

In grateful service.

The Area 45 Policy Committee

Accept Your Responsibility To Get Involved In The Third Side of the AA Triangle. Voting for Most Positions Are Coming Up

The InterGroup Representatives elect as their trusted servants a Chairperson, Vice Chairperson, Secretary, Assistant Secretary, Treasurer and Assistant Treasurer, and such other officers as they deem necessary. The Regular InterGroup Meeting is on the third Wednesday of each month at 8:00 pm, at: St. Bartholomew's Episcopal Church (St. Bart's) 1989 Rt.70 East Cherry Hill

InterGroup Officers

The Chairperson coordinates activities of the other Officers and Committee heads. He or she presides at InterGroup meetings, expressing no opinions either for or against any Motion on the floor while occupying the chair; voting only in the necessity of a tied-vote. The Chairperson may preside at Steering Committee meetings in the absence of the Vice-Chairperson.

The Vice-Chairperson presides as Chairperson of the Steering Committee. In the event of the absence of the Chairperson, he or she presides as Chairperson at InterGroup meetings.

The Treasurer keeps accurate account of InterGroup financial affairs, reporting same to InterGroup.

The Secretary takes minutes at InterGroup meetings and sees that minutes are distributed to InterGroup Representatives. He or she also performs any such duties as may be assigned.

The Assistant Secretary is the Secretary for the Steering Committee. The duties of Secretary and Assistant Secretary may be performed by one person in the absence of the other.

InterGroup Steering Committee

The Steering Committee consists of the panel of elected InterGroup Officers, InterGroup Committee Chairpersons/Co-Chairpersons, and a Representative from the Board of Trustees. Our monthly meeting is held on the second Wednesday of each month at the InterGroup Office in Pennsauken and is open to all members of the A.A. Fellowship.

Answering Service/12 Step Committee manages and fills the time slots with responsible AA members who volunteer to answer the phone at InterGroup office and at home by Centrex. The 12th step list is a list of committed AA members available to take the still suffering alcoholic, when they ask, to a meeting, detox, etc.

The Archive Committee is responsible for the organization and storage of historic materials regarding the South Jersey

Intergroup. We gather oral and written histories of the groups and Old-timers for our area. If you have historic documents/literature to donate or would like to be interviewed about your group's story or your personal story, please email us.

Bookers are representatives from AA home groups who book speakers from other AA home groups to speak at their meeting and book speakers from their group to go out to other AA meetings to speak. Bookers Meeting Exchange meets at the New Beginnings Club in Runnemede @ 8:00 pm on the First Thursday of February, May, August & November.

The Budget and Finance Committee of South Jersey Intergroup is an internal committee that assists the Steering Committee in preparation of its annual budget, is available to help committee chairmen with financial questions, and annually examines the treasurer's records and stewardship of money entrusted to Intergroup by contributing AA groups.

The Hospitals & Institutions Committee (H & I) books groups and individuals to fill speaking commitments at hospitals, detox centers, and rehabs. Also provides them with literature. Individuals are always welcome to book H&I speaking commitments either in person, via phone, or by email. The Hospitals & Institutions Booking Meeting takes place at the InterGroup Office in Pennsauken at 7:00pm on the the last Monday of each month.

The Literature Committee is responsible for ordering and disbursing AA literature at the InterGroup office in Pennsauken.

The Meeting List Committee lists all AA meeting days, times, locations and types of meetings. Updated and reprinted when necessary. Call InterGroup to report a change in your meeting. You can also download a Meeting List Update Form or use the Online Update Form.

The Intergroup newsletter, Anonymous South Jersey, is published monthly and contains articles written by our own AA members as well as Intergroup news and announcements. To volunteer for this committee or to submit an article or other announcement, please call the Intergroup Office or email the committee. Your participation and submissions are always welcome.

The Public Information Committee provides AA speakers to schools and other organizations when requested. To have the Public Information Committee provide a presentation to your organization call the InterGroup Office or send email.

The Social Events Committee plans social activities such as dances, dinners & family outings. Fun camaraderie for the Fellowship of AA! If you have any questions or ideas for social events, or would like to volunteer to work on the committee, please call or send email.

Unity Committee