

ANONYMOUS SOUTH JERSEY

SOUTH JERSEY INTERGROUP

November, 2020

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his Will for us and the power to carry that out.

When I first read Step 11, I never realized the impact and change it would have on my life. Because of my Catholic upbringing, I thought I knew all there was to know about prayer and meditation. Wow! Was I wrong?!!!

I came to realize that the prayers I said in the past were for selfish things. They were more like demands on God where I'd use manipulation so my prayers would be answered. I now think to myself how selfish my prayers were, and I didn't even realize it. Thanks to Step 11 and Alcoholics Anonymous, I have gained a more profound relationship with my Higher Power, that I call God.

I begin each day reading pages from the Big Book of Alcoholics Anonymous. I then begin to quiet my mind and my overactive thoughts by breathing in and out very slowly. Then I look out my window and make a point to notice something in nature that makes me feel peaceful such as the morning sky or a bird enjoying his breakfast. I immediately thank God for these precious gifts.

There is an unspoken closeness to my Higher Power in these quiet moments. Furthermore, before I know it, I am centered and ready to pray. Consequently, I usually begin praying for my sons, and continue with my list of people and groups that I would like God to help. At the end, I ask God to please lead me and guide me to what he would have me do so I can help anyone in need that day. Breathing in and out slowly and thinking about my Higher Power, I open my eyes. I can then start my day knowing that God will lead and guide me to whatever he would have me be.

During this time of my recovery, I'm constantly in awe with the fact that an alcoholic like myself was brought to her knees and finally realized the importance of my Higher Power in my life and most importantly, "How to let go and let God!"

With love and Appreciation,

Teresa P.



TRADITION ELEVEN

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.

The 11th Tradition—what does it really mean ?

I have really enjoyed learning about the traditions over the past 16+ years of my sobriety. I find most folks kind of grumble when doing a tradition reading at a meeting, and I was just like that!

Today after going to many workshops and learning about what is really behind the traditions, it makes me appreciate them so much more.

The 11th tradition states “Our Public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films” – so what does that really mean? The first part —attraction rather than promotion—is pretty simple. We don't walk around advertising AA – we let people see us as recovered alcoholics who did so by going thru the AA process, steps meetings and especially the God as we understand Him.

The second part – the anonymity piece – is quite different. It doesn't say that we can't say we are sober on TV or radio. It doesn't say that we cannot tell reporters that we got sober through a 12-step program; it says that we keep our personal anonymity just that, personal. But one thing we should be careful about is that we become too anonymous in AA. We can share our first and last names in AA, share our phone number and so on. We just don't do that with the public.

Imagine if a homegroup member got sick and was in the hospital and all you know is his first name. How do you ask for him when you go to the hospital to visit? Interesting thought right?

This is just one tiny little aspect about the anonymity at press radio and film. There are quite a few folks that might get a little ambitious about promoting AA if they were a pillar of a community or if they were going to be elected to a political party. This is where we really need to be careful that we don't put our personal ambitions above the good of AA.

Take a look at your program and how well you are following tradition 11. You may be surprised.

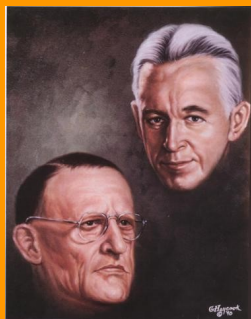
In love and peace,

Patti

Tradition Eleven Checklist:

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.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?



The Promises (23 Years Worth)

My first encounter with the Promises came at one of the first meetings I attended. I remember resentfully thinking: "Yeah, right...", as folks chanted "We Think Not!". Then I got a coffee commitment and began getting a little of the "Meeting before the Meeting." I was able to open up and let my guard down enough that folks got to know me and my reservations.

Fast forward to my Fifth Step, I was asked to read the Promises aloud for the first time. I faltered as I read "We will be amazed before we are halfway through". I had just experienced that feeling the night before, and knew that this was the end of my drinking problem. Finishing the Promises, as I sat back down, I realized I was all choked up with emotion, seeing that I had just read exactly what had happened to me. I immediately switched gears from "Working" this Program to "Wanting" this Program.

Some years later, I had a legal situation that had me hard pressed for a resolution. I fell back to this Program's principles, prayed on the problem, and somehow made a split-second decision that resulted in a win-win for both parties. Immediately I recounted the Promise: "We will intuitively know how to handle situations which used to baffle us.". Goosebumps!

On through the years, sponsee after sponsee, my Higher Power somehow helped put the right words and actions before me to help another fellow sufferer. I am now a firm believer in God-Incidents, having experienced them countless times, and having realized, after the fact, that it was not me that made those words come out, or that action happen, but a Power much greater at work in my life.

I have seen all of those Promises "materialize" in my life, and am going to continue to want and work this Program until the day I die. We end our weekly meeting with a chant: "It Works if YOU work it. So work it, you're worth it.". Keep at it, and you, too will watch the Promises "materialize" for you. Don't give up before the miracle happens.

Anonymous

District 24 had
an idea...

Area 45 Section 1

Speaker Extravaganza: **RECOVERY THROUGH SERVICE**

Start
11:00 am

EST

The A.A. Group
...where it all begins

A.A. SERVICE MANUAL
Continued With
TWELVE CONCEPTS
for WORLD SERVICE

The Twelve Traditions
of Alcoholics Anonymous

A.A. Tradition
How It Developed
— by Bill W.

ALCOHOLICS
ANONYMOUS
Comes of Age

Class B Trustee
Francis G.

<<Break>>

Class A Trustee
Nancy M.

Q & A

Zoom ID:
863-4207-8471

Password:
section1

Click Link (in PDF):

[https://us02web.zoom.us/j/
86342078471?pwd=bUxaRm
gxYmt0a1lOaDFHWVM2cTR
YZz09](https://us02web.zoom.us/j/86342078471?pwd=bUxaRmGxYmt0a1lOaDFHWVM2cTRYZz09)

G.S.O. ARCHIVES

End
12:30-12:45 pm



“I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

Please consider making a personal contribution to Alcoholics Anonymous at [AA.org](https://www.aa.org). Due to most face-to-face meetings being cancelled, group donations are at a minimum. A.A. needs your help.

Practicing the principles

Beginning each day looking up at the miraculous clouds, into the eyes of my fellow humans and not at the festering decay in the dirt or avoiding eye contact is quite the challenge to me, as it is for many alcoholics.

Naturally egocentric and fear-driven, we have developed years of deeply-ingrained habits to aid us in avoiding dealing with difficulties, both through the bottle and our own unconscious defenses.

Whether I’m “constructively criticizing” someone behind their back or avoiding a friend that I know I’ve hurt, ego and self-centered fear can still dominate my actions when I lose sight of the principles on any given day.

When I choose to pick up the tools with which I have been generously gifted, AA’s twelve steps provide me with a mirror that provides a less distorted view. I can see where I am wrong and I don’t hate myself for it— I just see it for what it is — human failings — and an opportunity to grow.

Our program’s maintenance steps (10-12)

allow us to continue growth that for so many develops quickly at the beginning. I need to continue working those muscles and finding new ones to strengthen by challenging myself.

Among my recent daily challenges in practicing these principles in my affairs—

-Motive checks— Before I act or respond, consider why I want to do or say something . It is often for an ego-feeding or fear-based reason!

-Restraint of “tongue and text”— I need to slow my response time consciously so I can fully think through the kindest way to handle a difficult person or conflict.

-Selfishness detector— When I consider my behaviors at the end of the day, my inventory always comes down to this—was I thinking of myself most of the time?

-Higher Power check-ins— When I’m annoyed or off-kilter, I have to say hi to my HP. He’s always around and ready for me when I reach out.

-Role model check— When I act or speak, I ask myself would I behave this way if my sponsee and sponsor were watching? If not, I better change gears quickly!

Wishing you a wonderful journey as you also discover the best ways to practice these principles in your own affairs!

-Skye, Haddonfield 12 and 12

The views and opinions expressed herein are those of each individual and do not necessarily represent the opinions or policy of South Jersey Intergroup or AA as a whole.

Service Opportunities

Answering Service

Time slots needing volunteers:

Tuesday: 8:00am -10:00am and 10am -12 noon

Wednesday: 4pm-6pm

Thursday: 6:00am – 8:00am

Friday: 2pm-4pm, 4:00pm – 6:00pm

Saturday: 8:00pm – 10:00pm

Please ask your homegroup for volunteers to fill this service. Six months' sobriety time is suggested. Please contact answeringservice@aasj.org to fill one of these commitments.

As meetings begin to open, volunteers are needed for the 12-step list. Areas we need most help: Berlin, Camden, Hammonton, and Salem. If you know anyone who would like to be of service, please have them contact answeringservice@aasj.org or invite them to speak at your home group.

Hospitals & Institutions

Maryville Rehab – Men

Sundays – 2-3 pm – November 22 and 29

Tuesdays – 8-9 pm – November 10, 17, and 24

Thursdays – 8-9 pm – November 12, 19 & 26

Saturdays – 8-9 pm – November 28

Maryville Rehab – Women

Mondays – 8-9 pm – November 16, 23 and 30

Tuesdays – 8-9 pm – November 24

Saturdays – 7-8 pm – November 14, 21, and 28

Pinelands Recovery

Sundays – 2-3 pm – November 29

Thursdays – 7-8 pm – November 12, 19, and 26

Pinelands Recovery

Fridays – 7-8 pm – November 13 and 27

Saturdays – 7-8 pm – November 21 and 28.

State Hospital (Ancora) – ZOOM

Mondays – 8-9 pm – November 9, 16 and 30

Sunrise Detox

Mondays – 7-8 pm – November 16 and 30

Tuesdays – 7-8 pm – November 10, 17 and 24

Fridays – 7-8 pm – November 20 and 27

Maryville Post House – Men

Mondays – 8-9 pm–November 16, 23 and 30

Fridays – 7:30-8:30 pm–November 13, 20 and 27

My Father's House – Men

Tuesdays – 6:30-7:30 pm – November 24

My Father's House – Women

Thursdays – 6:30-7:30 pm – November 12, 19 and 26

Recovery Centers of America

Tuesdays – 12:1 pm – November 10 and 24

Seabrook House – Men

Fridays – 7:30-8:30 pm – November 20

Seabrook House – Women

Wednesdays – 7:30-8:30 pm–November 11 and 25

Fridays – 7:30-8:30 pm–November 13, 20 and 27

My Friend's House

Thursdays – 7-8 pm – November 12, 19 and 26

To avoid double bookings, please contact Debbie F. at sjaahandi@gmail.com to take a commitment. Please announce to your homegroup, as many commitments are still open.

EDITORIAL POLICY

Anonymous South Jersey is a monthly newsletter published by and for members of South Jersey Alcoholics Anonymous. 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.

We need you!

Please ask your...
sponsees,
homegroup members,
newcomers,
old timers
to write articles for us!



NOVEMBER NOTABLE MOMENTS IN A.A. HISTORY

November 1

1947 – 1st AA Group in Anchorage, Alaska.

1963 – Reverend Sam Shoemaker dies.

November 9

1966 – President Johnson appoints Marty Mann to the 1st National Advisory Committee on Alcoholism.

November 10

2001 – First of 400,000 4th Edition Big Books arrives in the mail.

November 11

1934 – Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.

November 13

1939 – Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement.

November 15

1949 – Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

November 16

1950 – Dr. Bob Smith dies.

November 26

1895 – Bill Wilson born in East Dorsett, VT.

November 28

1939 – Hank Parkhurst writes Bill advocating autonomy for all AA groups.

Other significant events in November for which a specific date is debated:

1934 – Ebby Thatcher carries the message to Bill.

1936 – Fitz M. (Our Southern Friend) leaves Towns Hospital to become 'AA #3 in New York', with Bill and Hank P.

1937 – Bill and Dr. Bob compare notes in Akron. They count forty cases staying sober. Meeting of the Akron Group takes place to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.

Nov/Dec 1939 – Akron group withdrawals from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams to Dr Bob's and other members' homes.

Nov 1986 – Big Book published in paperback.



COME TO THE CIGAR CIRCLE WITH BILLY N.



LET'S
STUDY
**THE A.A.
SERVICE MANUAL**

WITH A PAST G.S.R., PAST DELEGATE PANEL 49
AND PAST CLASS B GENERAL SERVICE TRUSTEE

combined with

HOMework
AND
QUESTIONS

**TWELVE CONCEPTS
FOR WORLD SERVICE**

by Bill W.

SUNDAY
6:00PM EASTERN
OCTOBER 4TH-DECEMBER 27TH
ON ZOOM
ID: 452-100-1634 PW: 31236