

# ANONYMOUS SOUTH JERSEY

## SOUTH JERSEY INTERGROUP

July, 2021

### STEP SEVEN

#### HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

The principle attached to this step is humility. Humility is defined as a modest or low view of one's own importance; humbleness. How did I become humble? After having worked the first six steps; being certain of my powerlessness and hopelessness, believing that a Power Greater than myself, whom I call God, could restore me to sanity, making an inventory of my character and seeing that, of myself, I am nothing; I became entirely ready to have God remove all of my defects of character, also known as my shortcomings.

How did I become ready to have him remove my shortcomings? By taking an honest look at my past behaviors and relationships, probably for the first time in my entire life. With the help of good sponsorship, I was able to see that my life and my relationships were a train wreck, and I was the conductor. No more self-righteous indignation for me. I was the sole cause and contributor to my chaotic and self-destructive life, as I knew it prior to coming to Alcoholics Anonymous.

However, this step requires action and change. After I ask God to remove my shortcomings, I became more aware of them. When my shortcomings crop up, as they surely will, I ask God for help in removing them and replacing them with a better, kinder way to live. Seems simple enough. This program works, and I am living proof of that.

Thank you for allowing me to be of service. It is an honor and privilege, as well as my duty to give back to AA what was so freely given to me.

-A Humble Servant, The Living Room Meeting, Haddon Heights, NJ

### TRADITION SEVEN

#### EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

##### The Tradition of Self Support

An AA remembers his first meeting, and what the 7th tradition was able to provide.

"We'll pass the basket." When I heard these words at my very first meeting that Monday night in January, I said to myself, "Here we go, I knew there was a catch: it's all about money."

Yep, all two bucks worth.

I was hurting that night. I was given a SJIG meeting list by my doctor, who got it from our public info volunteer. Then I went to a church basement which just managed to be open...for me? I was greeted with a few cups of coffee and some cakes to accompany them. As I took my seat, I was handed a nice hard back book to join in the reading.

With some down time, I could not take my eyes off the placards and notices and the two long window shades that had a lot of ideas laid out on them. They made these announcements about things to do, and they did not cost anything. The meeting came to an end and all the books were gathered and put in a bin for another meeting. But then this group of guys got with me, and each was suggesting taking for free "any of the pamphlets that were available", as well as a big blue book.

They were doing what all groups have been doing for over 75 years; helping the newcomer via the self-supporting contributions put in the basket at meeting places. For this alcoholic, a few skins in the basket are the least I can do for what was so freely given to me.

— Joe C., Last Mile Step and Tradition Group, Audubon

## SAVE THE DATE

### DISTRICT 14 PICNIC

**SATURDAY, AUGUST 29TH**

**PARVIN STATE PARK - THUNDERGUST  
PAVILION MILLVILLE -**

**COST \$8**

**CAPE ATLANTIC INTERGROUP**

**15TH ANNUAL WAVES ROUNDUP**

**NOVEMBER 5 TO 7, 2021**

**SEAVIEW HOTEL IN GALLOWAY NJ**

For registration and hotel reservations go to  
[www.capeatlanticaa.org](http://www.capeatlanticaa.org)

**Want to get involved, make new friends and  
have some fun?**

**2022 AREA 45 CONVENTION COMMITTEE  
MEETS EVERY 2ND SUNDAY OF THE  
MONTH AT 9:00 A.M.**

Meeting Location: 449 Club  
6 Pemberton Street  
Pemberton, NJ

Zoom Meeting ID: 810 1861 0818

Password: SNJAA45

**AA NEEDS YOU...**

**GRAB A SPONSEE, CALL YOUR  
TRIBE. COME ON OUT AND LEND A  
HAND. YOU MIGHT MAKE NEW  
FRIENDS AND HAVE A GOOD TIME.**

## 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 sometimes edited for space and clarity. Contact information is required and anonymity is respected.

**PLEASE SUBMIT YOUR ARTICLE IN WORD,  
PUBLISHER OR A GOOGLE DOC.**

**Artists: Send some original paintings, drawings or photography (no photos of faces please in keeping with tradition.)**

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

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

## 12 STEP LIST AND ANSWERING SERVICE NEED VOLUNTEERS

As meetings begin to open and people willing to meet others one-on-one; please continue to remind everyone that more volunteers are need for the 12-step list. Areas we need most help: Berlin, Camden, Hammonton, and Salem. We have signup sheets available for anyone wishing to take a copy to their home groups. If you know anyone who would like to be of service, please have them contact us at [answeringservice@aasj.org](mailto:answeringservice@aasj.org) or invite us to speak at your home group.

Volunteers are needed for the Answering Service. Where else can you do 12th step service from the comfort of your home or even from the beach. Please considering volunteering so the desperate alcoholic can speak to a live person when reaching out.

Sunday: 8-10am and 12-2 pm.

Saturday: 4-6 pm

**Responsibility Statement. I am responsible, when anyone, anywhere, reaches out for help,. I want the hand of AA always to be there, and for that, I am responsible.**

## Starting AA during Covid

It's not really a surprise but my rock-bottom was most likely accelerated by the Covid pandemic. Things were bad before Covid, but they took a quick turn for the worse in the middle of Covid.

My first AA meeting was in September 2020 in the middle of the pandemic. Once the realization hit that I needed help, I looked at a list of meetings online and picked the closest one. My thought process at this point was not capable of understanding the impact of Covid on in-person meetings, and I didn't realize the rarity of finding an in-person meeting. Even though I knew I had to go to a meeting, the odds were good that I might have given up had I found a locked door with a sign saying, "Meeting Canceled – Join via Zoom". By pure chance, the one meeting I picked still had members showing up in-person. Was it luck there were people on the sidewalk inviting me in? Or, was it my first experience with my higher power?

I kept coming back to this meeting and have managed to make it for 36 of the last 38 weeks. Life's circumstances at this point are only giving me one night a week without having to watch my sons. Only one night to go to an in-person meeting. The meetings were small at first, with maybe 5-8 people. I stayed quiet and watched, but soon realized I should open up and share. I gained confidence, and as the weekly meeting started to grow, I started to talk more. Again, I wasn't familiar with the meeting pre-Covid, and didn't realize that the group previously had 20+ people regularly attending. Had my first experiences with AA meetings been in a very large group, I am pretty sure I would have felt like an ant in the desert and would have found it much more difficult, or even impossible, to open up the way I did. In retrospect, starting my AA journey during Covid seems to have been exactly what I needed.

There are other nuances that I've noticed too, joining AA during Covid. It wasn't until last week when the Home Group members talked about going back to rows, that I realized we didn't always sit in a circle six feet apart. As we've started moving chairs a little closer together as the meetings grow larger in size, it makes a noticeable difference in feeling connected

with others. Those quick side comments to neighbors didn't happen six feet apart.

Moving forward, I'm excited to start experiencing the other elements of pre-Covid fellowship which I've heard everyone talk about. I may have started AA at a strange time, but it seems to be working for me and I'll keep coming back.

Mike C.

## Group Histories

Do you know your group's history? Your group's history is an important part of the growth of AA in southern New Jersey. The Archive Committee of South Jersey Intergroup is collecting the histories of the groups in our area. Why not download our group history questionnaire located at <https://aasj.org/resources-page/archives/> and submit it to [Archive@aasj.org](mailto:Archive@aasj.org).

The Archive Committee organizes and stores historic materials regarding the South Jersey Intergroup. We gather 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 own personal story, please email us at [archives@aasj.org](mailto:archives@aasj.org)

BIARRITZ (France)

INTERNATIONAL VIRTUAL A.A. CONVENTION (in ENGLISH) 25 to 27 June 2021

Friday 25 (14h30) – Sunday 27 January (12h00) 2021

LOVE and SERVICE Click here: to register for the Zoom login URLs and passwords

and to receive your 'registration access' ALL speakers experienced long-time members

Illir T. (USA), John F. (USA), Joe K. (USA), Jay C. (USA), Joe C. (USA), Kiki R (USA), Karen C, (USA), America K. (USA), Paul McC. (IRL), Colin F (UAE), Sean N. (IRL), Clive B. (UK) & others. Speakers include Bob Darrell Las Vegas (NV/USA) and Karen Casey (author Each Day a New Beginning)

AN AA FELLOWSHIP EVENT

AL-Anon & YPAA, Participation

RECOVERY and ECONOMY

NO TRAVEL! NO HOTEL! NO RESTAURANT!  
NO EXPENSE!

OPENING CEREMONY

Welcoming Panel (more than 300 years recovery)

Website: <https://aavirtualconventionbiarritz.com>  
Contact & info: [babanglophonegroup@gmail.com](mailto:babanglophonegroup@gmail.com)

## **HISTORIC EVENTS**

### **IN A.A. HISTORY**

July 22, 1877 - Willian Duncan Silkworth born in Brooklyn, NY.

July 18 1938 - In a letter to Dr. Richards at Johns Hopkins, Bill used Alcoholics Anonymous as working title for Big Book & name for the fellowship.

July 14, 1939 - Dr Tiebout gives Big Book to Marty Mann, who promptly throws it back at him.

July 7, 1940 - Bill attends 1st Summer Session at School of Alcohol Studies at Yale University.

July 8, 1940 - 1st AA Group formed in Dayton, Ohio.

July 23, 1940 - Philly AA's send 10% of kitty to Alcoholic Foundation, setting a precedent.

July 10, 1941 - Texas newspaper publishes anonymous letter from founding member of Texas AA Group. (Larry J)

July 1944 - Dr. Bob writes article for Grapevine "On Cultivating Tolerance".

July 28-30, 1950 - First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.

July 2, 1960 - Father Ed Dowling dies.

July 11, 1960 - Time published article called "Passionately Anonymous" on the 25th Convention.

July 2, 1965 - "Best of Bill" and Pocket-Sized "12 and 12" 1st sold.

July 2, 1965 - 1st "La Vigne", Canadian Grapevine, published.

July 2-4, 1965 - 30th Anniversary of AA in Toronto. Adopted "I Am Responsible."

July 3-5, 1970 - 35th Anniversary of AA in Miami. "Declaration of Unity". Bill's last public appearance.

July 31, 1972 - Rollie H dies sober in Washington DC.

July 3-6, 1980 - Gay AA's have own program at 40th AA Anniversary in New Orleans.

July 22, 1980 - Marty M. early AA woman and founder of NCADD dies.

July 2, 2000 - 20 millionth copy of Big Book given to Al -Anon in Minneapolis, MN.



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.



## ON CULTIVATING TOLERANCE

**By Dr. Bob Smith From the editorial column of the July 1944 AA Grapevine**

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process. Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual. These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.



## THE FUNDAMENTALS - IN RETROSPECT

**By Dr. Bob Smith September 1948, AA Grapevine**

It is gratifying to feel that one belongs to and has a definite personal part in the work of a growing and spiritually prospering organization for the release of the alcoholics of mankind from a deadly enslavement. For me, there is double gratification in the realization that, more than thirteen years ago, an all-wise Providence, whose ways must always be mysterious to our limited understandings, brought me to "see my duty clear" and to contribute in decent humility, as have so many others, my part in guiding the first trembling steps of the then-infant organization, Alcoholics Anonymous. [AA began June 10, 1935, with the start of Dr. Bob's lasting sobriety. He died November 16, 1950.] It is fitting at this time to indulge in some retrospect regarding certain fundamentals. Much has been written; much has been said about the Twelve Steps of AA. These tenets of our faith and practice were not worked out overnight and then presented to our members as an opportunist creed. Born of our early trials and many tribulations, they were and are the result of humble and sincere desire, sought in personal prayer, for divine guidance. As finally expressed and offered, they are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living that we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability. Yet there are no shibboleths (which means "long-standing formula, doctrine, or phrase, etc., held to be true by a group) in AA. We are not bound by theological doctrines. None of us may be excommunicated and cast into outer darkness. For we are many minds in our organization, and an AA

Decalogue (which means "Ten Commandments") in the language of "Thou shalt not" would gall (which means "irritate") us indeed. Look at our Twelve Traditions. No random expressions, these, based on just casual observation. On the contrary, they represent the sum of our experiences as individuals, as groups within AA, and similarly with our fellows and other organizations in the great fellowship of humanity under God throughout the world. They are all suggestions, yet the spirit in which they have been conceived merits their serious, prayerful consideration as the guidepost of AA policy for the individual, the group, and our various committees, local and national. We have found it wise policy, too, to hold to no glorification of the individual. Obviously that is sound. Most of us will concede that when it came to the personal showdown of admitting our failures and deciding to surrender our will and our lives to Almighty God, as we understood him, we still had some sneaking ideas of personal justification and excuse. We had to discard them, but the ego of the alcoholic dies a hard death. Many of us, because of activity, have received praise, not only from our fellow AAs, but also from the world at large. We would be ungrateful indeed to be boorish when that happens; still, it is so easy for us to become, privately perhaps, just a little vain about it all. Yet fitting and wearing halos are not for us. We've all seen the new member who stays sober for a time, largely through sponsor-worship. Then maybe the sponsor gets drunk, and you know what usually happens. Left without a human prop, the new member gets drunk, too. He has been glorifying an individual, instead of following the program. Certainly, we need leaders, but we must regard them as the human agents of the Higher Power and not with undue adulation as individuals. The Fourth and Tenth Steps cannot be too strongly emphasized here - "Made a searching and fearless moral inventory of ourselves...Continued to take personal inventory and when we were wrong promptly admitted it." There is your perfect antidote for halo poisoning. So with the question of anonymity. If we have a banner, that word, speaking of the surrender of the individual - the ego - is emblazoned on it. Let us dwell thoughtfully on its full meaning and learn thereby to remain humble, modest, and ever conscious that we are eternally under divine direction. Alcoholics Anonymous was nurtured in its early days around a kitchen table. Many of our pioneer groups and some of our most resultful meetings and best programs have their origin around that modest piece of furniture, with the coffeepot handy on the stove. True, we have progressed materially to better furniture and more comfortable

surroundings. Yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity. In AA we have no VIPs, nor have we need of any. Our organization needs neither titleholders nor grandiose buildings. That is by design. Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need. Far better it is for us to fully understand the meaning and practice of "thou good and faithful servant" than to listen to "When 60,000 members [in 1948] you should have a sixty-stories-high administration headquarters in New York with an assortment of trained 'ists' to direct your affairs." We need nothing of the sort. God grant that AA may ever stay simple. Over the years, we have tested and developed suitable techniques for our purpose. They are entirely flexible. We have all known and seen miracles - the healing of broken individuals, the rebuilding of broken homes. And always, it has been the constructive, personal Twelfth Step work based on an ever-upward-looking faith that has done the job. In as large an organization as ours, we naturally have had our share of those who fail to measure up to certain obvious standards of conduct. They have included schemers for personal gain, petty swindlers and confidence men, crooks of various kinds, and other human fallibles. Relatively, their number has been small, much smaller than in many religious and social-uplift organizations. Yet they have been a problem and not an easy one. They have caused many an AA to stop thinking and working constructively for a time. We cannot condone their actions, yet we must concede that when we have used normal caution and precaution in dealing with such cases, we may safely leave them to the Higher Power. Let me reiterate that we AAs are many men and women that we are of many minds. It will be well for us to concentrate on the goal of personal sobriety and active work. We humans and alcoholics, on strict moral stocktaking, must confess to at least a slight degree of larcenous (which means "characterized by the wrongful taking of the personal goods of another") instinct. We can hardly arrogate (which means "to assume to ourself without right") the roles of judges and executioners. Thirteen grand years! To have been a part of it all from the beginning has been reward indeed

**AASJ SOCIAL COMMITTEE GOLF OUTING -  
VINEYARD NATIONAL AT RENAULT**

We have secured 8 tee times, so the FIRST 32 golfers who are PAID will play at our discounted rate...there are no refunds, so, if you are paid and can't play, it is up to you to find a replacement.

**DATE:** Thursday, August 12th with tee times beginning at 11:00 am

**LOCATION:** Vineyard National at Renault  
72 N Bremen Avenue  
Egg Harbor City, NJ 08215

**PAYMENT INFO:**

- Cost is \$65.00, which covers cart and greens fees.
  - Each \$65 (check, Venmo, PayPal) should reference "Golf Fellowship" with First Name and Last Initial of golfer.
  - A multitude of payments (\$130, \$195, etc.) should include a multitude of player names.
- Checks payable to: South Jersey Intergroup PO Box 2514 Cherry Hill, NJ 08034

**CONTACT:** Brendan C for further info Cell: 856-906-4330 Brencan@yahoo.co

**EASY SERVICE OPPORTUNITY  
ARTICLES FOR ANONYMOUS SOUTH JERSEY NEWSLETTER NEEDED**



South Jersey Intergroup's monthly newsletter, **Anonymous South Jersey**, can be used to announce information about meetings, events, and activities. It also features articles about recovery by local and non-local AA members.

E-mail us at [newsletter@aasj.org](mailto:newsletter@aasj.org) to submit an article, picture or announcement, or to become involved in the production of the newsletter.

Use your imagination or use one of the following topics: **Beginners, Young People, My Best Advice in AA, Recovery in the Time of Coronavirus.** You can also send us information on your group's anniversary or other event.

Write one yourself or ask a sponsee or friend to write, as well.

No time to proofread, no worries. Our editing team will fix it up in a jiffy!

PLEASE SUBMIT YOUR ARTICLE IN WORD, PUBLISHER OR A GOOGLE DOC.

Artists : Send some original paintings, drawings or photography (no photos of faces please in keeping with tradition.)

Click this link to send your submissions to: [newsletter@aasj.org](mailto:newsletter@aasj.org).

Any questions, feel free to contact Nancy or Skye at: [newsletter@aasj.org](mailto:newsletter@aasj.org).



Rhode Island Central Service,  
1005 Waterman Ave, East Providence, RI 02914



May 2021

Dear Fellow, Central Offices / Intergroups,

The Rhode Island Central Service Office invites you to participate in the 36th Annual Intergroup/Central Office/AAWS/AAGV “AA In A Time Of Change “. Seminar to be held on Wednesday, September 29th through Saturday, October 2nd. Similar to last year, the seminar will be held virtually (online) in order to maximize participation and productivity *in all our affairs!* This means your office can have more than one person attend. The seminar will begin each day at 12:00 pm (EST) and wrap up at 8:00 pm in the evening. As always there will be frequent breaks during the course of the day. The cost of registration is \$ 25.00 USD per person and the registration form can be found at [RICS@rhodeisland-aa.org](mailto:RICS@rhodeisland-aa.org). Attendees will receive confirmation of registration to their personal email in addition the schedule for seminar workshops and activities.

The Rhode Island Central Service Office is excited and honored to hold this event and looks forward to “seeing” you but more importantly hearing from you on the important topics and issues affecting the service we gratefully provide to our AA communities throughout the world. If there are any questions, please feel free to contact me at 401-438-8860.