

# ANONYMOUS SOUTH JERSEY

## SOUTH JERSEY INTERGROUP

August, 2021

### STEP EIGHT

#### MADE A LIST OF ALL PERSON'S WE HAVE HARMED, AND BECAME WILLING TO MAKE AMENDS.

Humbly asking my higher power to remove my shortcomings I began to make a list. A list I did not believe would be as long as it actually was after I had done some more work. Realizing the trickle effect of the pain caused and even the indirect result of my actions and selfish behavior, I became through prayer and meditation along with guided help from my sponsor, finally willing to own up to what I had done.

I chose to do the easy amends first but realize now the harder amends needing to be made were more freeing. Feared up most of the time I would recite the 3rd step and 7th step prayer along with the set aside prayer because in my head I had an already made a tape of how things would turn out which most the time went exactly the opposite. Here I was thinking I would be thrown to the wolves and misunderstood but my words came from the heart and language of the heart never lies. Owning up to my actions then also addressing the persons pain caused and asking if I left anything out, I could not move forward unless I made them all or I was sure to drink and use as "sorry about that" was not enough.

In the past, I made it all about me, which did not work out so well until I realized the full extent of my behavior toward friends, family, and co-worker alike. Rarely have I had any negative experiences, but I was also prepared for things to be unpleasant, as a healing process is not, if ever, pleasant. In special cases, things call for me to make a living amends. Simply never repeat the action or at least realize when you're displaying the same actions that caused pain in the past.

This person may not want to meet or speak on occasions, but till this day I have one or two still needing to be addressed. I believe the time will be soon, and I still, when getting that feeling, say the same prayers, sometimes adding one or two more to make sure the time is right. I am still willing to ask for the strength to go through with it and courage to find the right words to say.

-A Humble Servant, Soul Sister Recovery Group, Bellmawr, NJ

### TRADITION EIGHT

#### ALCOHOLICS ANONYMOUS SHOULD REMAIN NON-PROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.

Simply put, we are no longer know-it-all's, but have people in recovery willing to be the face of A.A. We do not claim ourselves professionals but, have services world wide that provide information based on the experience of others from newcomer to those that have been around and stuck around through hard work. There are also paid professionals that oversee work outside the scope of recovery like keeping track of the funds, supporting A.A groups and facilitating changes.

-A Humble Servant, Soul Sister Recovery Group, Bellmawr, NJ



## DISTRICT 14 PICNIC

SATURDAY, AUGUST 29TH

PARVIN STATE PARK - THUNDERGUST  
PAVILION MILLVILLE - COST \$8

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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)

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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.

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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).

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## 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.

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.

## 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  
Ilir 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)



## STARTING TO SPONSOR OTHER WOMEN.

When I went to rehab I had no idea what a sponsor was. To be honest, I didn't know much about AA other than you had to say "Hi I'm Andrea and I'm an alcoholic" before you wanted to talk at a meeting. For me, my rehab experience was "AA 101", if you will, because I tried to learn the basics of AA while I was there. I'm extremely grateful for my time in rehab and that my mental perception shifted relatively quick to be on board with staying sober and living in recovery.

A couple weeks into rehab (I was there for a total of 4 months) I was in the med line talking with the nurse who administered the meds. We became friendly and talked about good local restaurants among other life experiences. She gave me what has become one of the nicest compliments I've ever received. She told me that one day I would be an amazing sponsor for other women. Now at the time, like I said, I didn't know much about AA and was just learning what a sponsor was to someone. I didn't know how nice of a compliment this was until I went through the steps with my own sponsor a couple months later. When I got home from being in rehab for 4 months, I already had a home group and network of women. The first meeting at my home group after getting home I asked my now sponsor to sponsor me. She's one of my greatest gifts in my recovery.

I went through the steps, struggled, and felt a lot of pain. But I got through it with the love and guidance of my sponsor. My sponsor never explicitly said I could sponsor other women and at that time that was okay with me. I think she knew that where I was in my life and sobriety, I wasn't able to dedicate time and energy to others. She told me to pray for the opportunity to sponsor and God will provide that opportunity when it was right for me. So I did for a little while. And then it fell by the wayside. My prayers weren't geared towards that opportunity presenting itself and becoming a sponsor wasn't on my radar anymore.

I came to a point in my recovery recently where I was 'smooth sailing'. Going to meetings, talking with other women in my network regularly, and active with service. Then it happened; someone asked me to be their sponsor. It wasn't glamorous, it wasn't awkward, it was just as I had expected: One newcomer seeking another woman in AA to guide her through the steps. I called my sponsor immediately, who congratulated me and gave me some encouraging words. She said as long as I gave my sponsee my experience, I couldn't go wrong with sponsorship. My sponsor said that she

would of course help me along the way, but knew that I'd be a great sponsor for this newcomer. Two weeks later another woman asked me to sponsor her.

So although I had stopped praying about it, God placed these women in my path to be their sponsor. There is something to be said about that feeling you have when you know God will deliver when God thinks it's time, whether you pray about it or not. That feeling is reassurance that you're on the right path. That feeling is why I'm still sober today. That feeling is why I have the confidence to be the best sponsor I can be to help other women on their journey in recovery.

-Andrea L.

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.

## AUGUST HISTORIC EVENTS IN A.A. HISTORY

Aug 8, 1879 – Dr. Bob born in St. Johnsbury, VT.

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

Aug 11, 1938 – Akron & NY members begin writing stories for Big Book.

Aug 16, 1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 26, 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28, 1954 – 24 Hours a Day is published by Richmond W.

1981: Sales of the Big Book passes 3 million.

Aug 18, 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.





## **2020 – The year AA Shut Down – OR SO WE THOUGHT!!**

The news had hit. There was a very worrisome and potentially dangerous pandemic looming on the horizon. Meetings were still ongoing, but no one was certain for how long. We began to wipe down the chairs and tables. The resolve was that we would continue to meet for as long as possible. But unfortunately, that was not for long. One by one, churches and meetings halls informed groups that it was too dangerous to continue anything. Additionally, a huge factor was that the country was shutting down. Watching the news was more and more troublesome each and every day. The advice was “Stay Home”. Another week went by. It was March 2020. Governors and state Health Secretaries were on the screen daily. No good news. It was all bad. This is a killer. So, what was happening in the groups? Meetings close, but now we had no choice. Where is that tool box? The toolbox that now applies to individuals groups, meetings, Intergroup, District, Area and Section. Should I actually call my sponsor? Wow. Remember Alaska and the Salerno Beachhead? (Step 3)? So now what?

Within days AAs regrouped. Our sobriety was at stake, individually and collectively. Online meetings literally sprang up all over. We could not meet in person, but the hand of AA was still there. We still had our phones, computers and communicated the best we could. Others managed to meet outdoors.

Parking lots, parks. It was March and a bit brisk, but that’s ok. (We never drank in the cold – HA) So life goes on. And what about the newcomers? They were saying things like “I went to 3 meetings, and then everything shut down.” How did they do it? Some said they did what was necessary. What was important was that the hand of AA was still there. And they were still sober.

There are others who could not get into virtual meetings or could but did not feel the connection. So what happened with time? AA Members were having serious discussions about the phrase, “Willing to go to any lengths.” There was still the old-fashioned phone call. Inside meetings were unavailable, but we could still get together with

friends, but carefully. One group was actually given the name “Renegades”. And of course, we managed to meet outside if possible. The weather warmed up and some became more hopeful being able to make more AA connections. Life was not back to as it was, but some sense of normalcy was setting in. It was actually nice to sit in the park on a warm day in June and hear a speaker. This continued through the fall, but some were not willing to give this up, no matter how cold it got. And finally, as fall arrived some inside meetings reopened. Finally! However, guidelines were in place and were to be kept. And they were. We wore masks, we took each other’s temperatures, we social distanced and of course wiped everything down. And no food and no coffee. What? No coffee?? This is an AA meeting!

So, here we are at almost the one-year point. We are still doing the best we can. Meetings are ongoing – inside, outside and online. Some groups have been defined as ‘Hybrid’. One short (or long) year ago, we all would have said, “What is that?”. The South Jersey Intergroup website AASJ.ORG now lists meetings not only by day but also whether inside, outside or online.

Our world has changed, and maybe we have also in order to practice acceptance of conditions on the outside. But out responsibility has not. We know alcoholism is also a potentially fatal disease for all of us. We have stepped up to the challenge and will continue to do so.

“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”.

Rick M

SJIG Archives Co-Chair

17 January 2021

## 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.