

STEP NINE

**MADE DIRECT AMENDS TO SUCH PEOPLE
WHENEVER POSSIBLE EXCEPT WHEN TO DO
SO WOULD INJURE THEM OR OTHERS.**

This step is where the rubber hits the road. Time for action and more action. To admit others wronged me was as far as I ever wanted to go. Now I was prepared to go to those I had harmed and personally make amends. I was told to write each individual or institution on an index card and separate them in three piles. Those amends I was willing and able to do immediately, those I would do a little later or as soon as possible, and then my "hell no" pile, which was the way I thought of some of my amends.

During the pandemic, I was able to make more time for prayer and meditation. I also took full advantage of online meetings. Thus, my conscious contact with my Higher Power expanded. As a result, I made amends to two women from my past whom I swore I would never utter another syllable to. God, as I call my HP, put one of those women directly in my path at a time when I knew it was time to grow up or continue to suffer. I now see this woman and can say "hi how are you doing?" instead of running in the other direction. Now that's growth. The freedom I have been afforded as a direct result of making just that one amend is incredible. I can hold my head up and be the woman God intended me to be.

You see, I wanted to experience the ninth step promises and what they offered. (A new freedom and a new happiness; serenity and peace; no more self-pity or fear of people or economic insecurity; a whole new outlook on life) These were ideas I never considered and certainly even expected to be fulfilled in my life when I was drinking. What a concept, and I wanted it.

Whenever I balked at making amends or doing something that was uncomfortable, my sponsor would ask me, 'how free do you want to be?' For me, I want to be freer than free and for that, I will go to any lengths to keep this life of sobriety.

Anonymous

TRADITION NINE

**A.A., AS SUCH, OUGHT NEVER BE ORGANIZED;
BUT WE MAY CREATE SERVICE BOARDS OR
COMMITTEES DIRECTLY RESPONSIBLE FOR
THOSE THEY SERVE.**

"Traditions!?! Who cares about that stuff?" These are the thoughts I had when first getting sober. I also know this thought process is ok and most likely a common one for someone that's new to recovery. After some time, steps, and a higher power I've come to realize the underlying selflessness behind our twelve traditions. How they are about us and not me. Us and not me, what an interesting concept.

Tradition nine could sound to some that we aren't going to have any organization but we're going to be a little organized. A little confusing right? Let's dive a bit deeper. Yes AA has secretaries, committees, and even trustees. These positions are continuously rotating and provide many services such as handling our literature, finances, and paperwork. A very important word in the previous sentence is "services". These individuals are in place to provide a service to the fellowship as a whole. They are, as our literature says, "the custodians of our A.A." These people are elected by the members of A.A. so they can provide for A.A. They are "directly responsible to those they serve." They follow this once foreign concept of us and not me.

If you'd like to learn more about traditions I'd suggest having a home group, attending the business meetings, and asking the intergroup representative if you could tag along with them at the next intergroup meeting. Couple that with reading the traditions in our literature and you're on your way.

I'm in no way an expert on tradition nine or the traditions as a whole. This is just my understanding from experience. Thank you.

-Bob W

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.

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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

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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**

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@aaaj.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@aaaj.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 your bedroom. Please considering volunteering so the desperate alcoholic can speak to a live person when reaching out.

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://aaaj.org/resources-page/archives/> and submit it to Archive@aaaj.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@aaaj.org

SEPTEMBER HISTORIC EVENTS IN A.A. HISTORY

BIARRITZ (FRANCE) INTERNATIONAL VIRTUAL A.A. CONVENTION

AN EXTENDED WEEKEND EVENT
08 - 10 OCTOBER 2021
(IN ENGLISH)

KEEP IT SIMPLE

[Click here](#): to get the Zoom login URL & password.

ALL SPEAKERS; EXPERIENCED LONG-TIME AA MEMBERS,

April D. (EG), Krista K. (USA), Joe K. (USA), Jason J. (USA), Jay C. (USA),
Mick K. (IRL), Stuart D. (WLS), America K. (USA), Ken J. (USA), Terry A.
(USA), Leo H (WLS), Sybil K. (DE), & Others
Special Guest Speakers: Earl H. (USA), MACI Therapist Donal K. (IRL),
Author (Each Day A New Beginning) Karen C (USA)

AN AA FELLOWSHIP EVENT AL-Anon & YPAA, Participation

RECOVERY AND ECONOMY

NO TRAVEL! NO HOTEL! NO RESTAURANT!

'NO EXPENSE!'

WEBSITE: <https://aaconventionbiarritz.com>
CONTACT & INFO: babanglophonegroup@gmail.com

GUIDELINES

ROOM #1 is for AA meetings

ROOM #2 is for Al-Anon meetings

1, WHERE DO THE MEETINGS TAKE PLACE? See
<https://aaconventionbiarritz.com/programme>

2, WHAT TIME/S ARE SPECIFIC MEETINGS AT? See
<https://aaconventionbiarritz.com/programme>

3, WHAT TIME IS THAT IN MY LOCAL TIME ZONE?
See Time-zone converter [available here](#)

4, WHAT ARE THE LOGIN/PASSWORDS FOR THE ROOMS? See
Logins & Passwords Page [available here](#)

5, VOLUNTEER TECH-HOSTS AND CO-HOSTS WELCOMED
Contact email: babanglophonegroup@gmail.com

6, OTHER QUESTIONS, GENERAL IN NATURE.
Contact email: babanglophonegroup@gmail.com

We look forward to meeting you at the event, and hope you enjoy a great time
with us all.

USE YOUR PAYPAL ACCOUNT OR CREDIT/DEBIT
CARDS TO [REGISTER](#)

Biarritz Virtual Convention committee, Email: babanglophonegroup@gmail.com

September, 1930: Bill wrote 4th (his last) promise in family Bible to quit drinking

September 21, 1938: Bill W & Hank P form Works Publishing Co.

September 30, 1939: Article appears in Liberty magazine, "Alcoholics and God" by Morris Markey.

September 12, 1942: U.S. Assistant Surgeon General Kolb speaks at dinner for Bill and Dr. Bob.

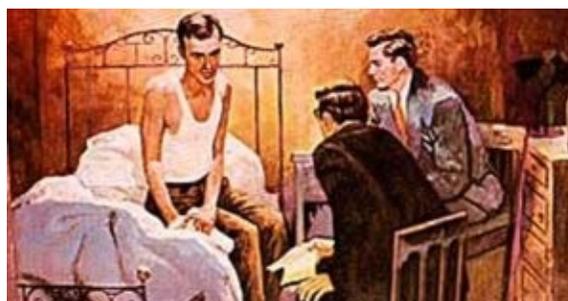
September, 1946: Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.

September, 1948: Dr. Bob writes article for Grapevine on AA "Fundamentals – In Retrospect".

September, 1949: 1st issue of Grapevine published in "pocketbook" size.

September 17, 1954: Bill D, AA #3 dies. (Pictured below)

September 11, 2001: 30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.



The Next Frontier : Emotional Sobriety **by Bill Wilson**

Copyright © AA Grapevine, Inc, January 1958

I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That’s the place so many of us AA oldsters have come to. And it’s a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to

convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

I’ve recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years backed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I’ve had with depressions, it wasn’t a bright prospect.

I kept asking myself, “Why can’t the Twelve Steps work to release depression?” By the hour, I stared at the St. Francis Prayer...”It’s better to comfort than to be the comforted.” Here was the formula, all right. But why didn’t it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn’t a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were

really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability

came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.





**AREA 45
DAY OF SHARING
OCTOBER 23
10:00 AM**

**Central, South & Cape Atlantic Intergroups
SHARING SESSION**

**Discuss Challenges, Solutions and New Ideas
For Carrying the Message of AA**

ALL ARE WELCOME!

**Meeting ID: 860 9066 7236
Passcode: Sharing**

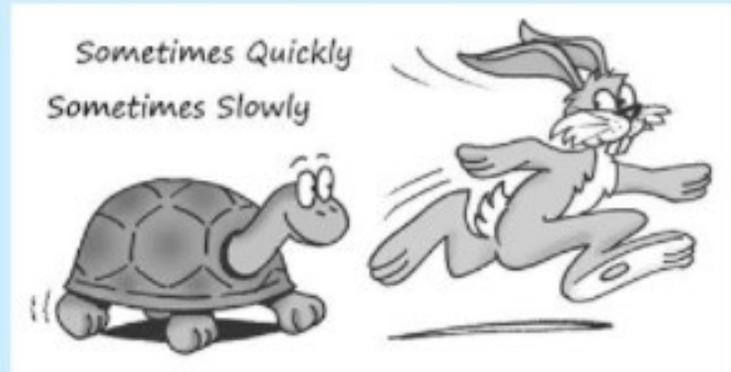
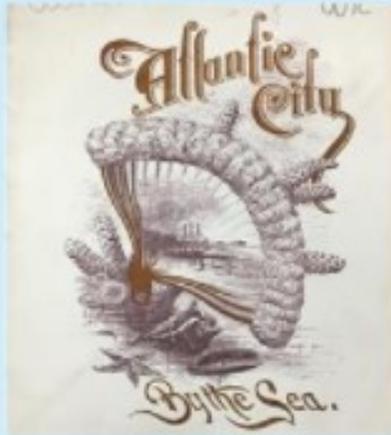
Join Virtual Meeting:

<https://us02web.zoom.us/j/86090667236?pwd=My8yUTRQb081QWFpanRUbnNPVCs1UT09>

56th Area 45 General Service Convention

LIVE "Sometimes Quickly, Sometimes Slowly"

VIRTUAL (Key Events only)



March 18-19-20, 2022

The Claridge Hotel

123 S. Indiana Ave
Atlantic City, NJ

[No On-Site Casino]



You must request an ASL Interpreter in your Registration



AA Speakers
Al-Anon Speakers
Roaring 20's Banquet & Dance
Sobriety Count Down
Marathon Meetings
Al-Anon Skit (TBD)
Entertainment
Selfie Stations
AA's Got Talent (Open Mic)
Karaoke

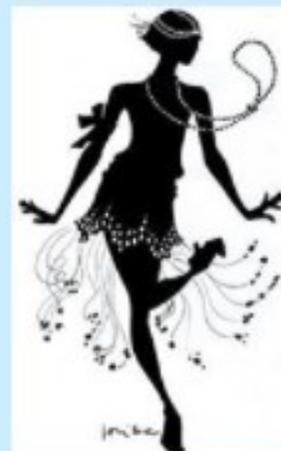
More to come on the website

Hotel Amenities

Great Hotel Stay Discount

* Arcade * Gym *

*Indoor Pool * Starbucks *



<https://area45convention.org/>

See website for: information, sign-ups, events, activities, etc registration opens in Nov 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@asj.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@asj.org.

Any questions, feel free to contact Nancy or Skye at: newsletter@asj.org.

