

ANONYMOUS SOUTHJERSEY

SOUTH JERSEY INTERGROUP

February 2022

HE WASN'T THAT BAD

At one of my first meetings an old-timer shared a story. He was reading the morning paper a few weeks back, looking at the obituaries and saw that his drinking buddy of 20 years earlier had died.

He gave it some thought; should I attend the funeral or not? Deciding he should pay his respect, he went. After the service he was speaking with his old friend's wife and asked how his friend had died.

The wife said; oh his drinking finally caught up to him. Being 20 years sober, he responded; "Why didn't he go to AA?" She said: "Oh, he wasn't that bad!"



STARFISH POEM

An Old man walked the beach one
Dawn amid the seagulls' cry
To search the shores of drying sand
For starfish left to die

And finding a starfish here and there
He'd cast them to the sea
Then search again the sandy shore
Where ever a star might be

I stopped to chat with him a bit
To see why all the fuss
He bade me stroll along with him
While starfish we discuss

I asked him, "What's the purpose
You'll never get them all
The beaches run for miles and miles
It matters not at all

Millions wash ashore each day
Marooned upon the sand
What difference can your effort make
I fail to understand"

Just then the old man lingered
Another Star he'd found
And with a twinkle in his eye
He plucked it from the ground

And to the safety of the waves
The rescued star he threw
I watched it sink into the sea
To start its new life anew

My boy it makes no difference
To people near or far
It only makes a difference to that
Little rescued star. C.D. Gray

ATTITUDE

by
Charles Swindoll

"The longer I live, the more I realize the impact of attitude on my life.

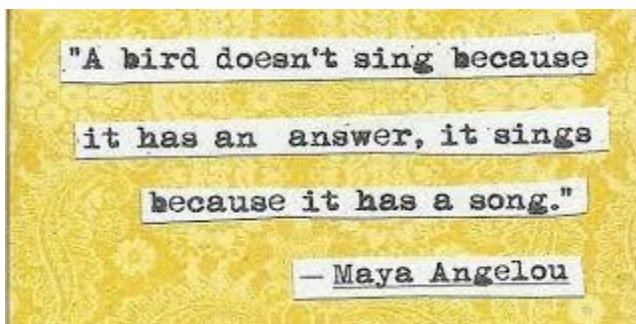
Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do.

It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day.

We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude...

I am convinced that life is 10% what happens to me & 90% how I react to it.

And so it is with you... we are in charge of our Attitudes"



Show us your Tattoo



THE ROAD NOT TAKEN

ROBERT FROST

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear,
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way, I
doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.

...THE JAY WALKER

Big Book pages 37...

... But there was always the curious mental phenomenon that parallel with our sound reasoning there inevitably ran some insanely trivial excuse for taking the first drink. Our sound reasoning failed to hold us in check. The insane idea won out. Next day we would ask ourselves, in all earnestness and sincerity, how it could have happened.

In some circumstances we have gone out deliberately to get drunk, feeling ourselves justified by nervousness, anger, worry, depression, jealousy or the like. But even in this type of beginning we are obliged to admit that our justification for a spree was insanely insufficient in the light of what always happened. We now see that when we began to drink deliberately, instead of casually, there was little serious or effective thought during the period of premeditation of what the terrific consequences might be.

Our behavior is as absurd and incomprehensible with respect to the first drink as that of an individual with a passion, say, for jay-walking. He gets a thrill out of skipping in front of fast-moving vehicles.

He enjoys himself for a few years in spite of friendly warnings. Up to this point you would label him as a foolish chap having queer ideas of fun. Luck then deserts him and he is slightly injured several times in succession. You would expect him, if he were normal, to cut it out.

Presently he is hit again and this time has a fractured skull. Within a week after leaving the hospital a fast-moving trolley car

breaks his arm. He tells you he has decided to stop jay-walking for good, but in a few weeks he breaks both legs.

On through the years this conduct continues, accompanied by his continual promises to be careful or to keep off the streets altogether. Finally, he can no longer work, his wife gets a divorce and he is held up to ridicule. He tries every known means to get the jay-walking idea out of his head. He shuts himself up in an asylum, hoping to mend his ways. But the day he comes out he races in front of a fire engine, which breaks his back.

Such a man would be crazy, wouldn't he? You may think our illustration is too ridiculous. But is it? We, who have been through the wringer, have to admit if we substituted alcoholism for jay-walking, the illustration would fit us exactly. However intelligent we may have been in other respects, where alcohol has been involved, we have been strangely insane. It's strong language - but isn't it true?

Some of you are thinking: "Yes, what you tell us is true, but it doesn't fully apply. We admit we have some of these symptoms, but we have not gone to the extremes you fellows did, nor are we likely to, for we understand ourselves so well after what you have told us that such things cannot happen again. We have not lost everything in life through drinking and we certainly do not intend to. Thanks for the information."

That may be true of certain nonalcoholic people who, though drinking foolishly and heavily at the present time, are able to stop or moderate, because their brains

and bodies have not been damaged as ours were. But the actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of self-knowledge.

This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience.

The Devil's Best Tool

I read an old folk tale years ago that tells the story of the devil announcing that he was going out of business.

He offered all of his tools for sale to whoever would pay his price. The tools were attractively displayed.

He had quite a display of tools: spite, hatred, envy, jealousy, immorality and deception. All the other implements of evil were spread out, each marked with its price. But set apart from the rest was a harmless-looking wedge stuck under the door. It was quite worn and priced higher than any of the others.

Someone asked the devil about it. "That's discouragement," was the answer. "Why is it priced so high?" "Because," replied the devil, "it is more useful to me than any of the others."

He continued, "I can pry open and get inside a person's mind with that when I could not get near them with any of the others. Once inside I can use them in whatever way suits me best. It is worn down so much because I use it with nearly everybody. Very few people know it belongs to me." With this little wedge I can make them suspicious of others and isolate them all, even when they are together.

The legend says that the devil's price for discouragement was so high that it was never sold. He still owns it and is still using it. T. McIntyre

Big Book Chapter Eleven

A VISION FOR YOU

For most normal folks, drinking means conviviality, companionship, and colorful imagination. It means release from care, boredom, and worry. It is joyous intimacy with friends, and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone.

They were but memories. Never could we recapture the great moments of the past.

There was an insistent yearning to enjoy as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt - and one more failure.

The less people tolerated us, the more we withdrew from society, from life itself. As we became subjects of King Alcohol, shivering denizens of his mad realm, the chilling vapor that is loneliness settled down. It thickened, ever becoming blacker. Some of us sought out sordid places, hoping to find understanding companionship and approval. Momentarily we did - then would come oblivion and the awful awakening to face the hideous Four Horsemen - Terror, Bewilderment, Frustration, Despair. Unhappy drinkers who see this page will understand!

Now and then a serious drinker, being dry at the moment says, "I don't miss it at all. Feel better. Work better. Having a better time." As ex-alcoholics, we smile at such a sally.

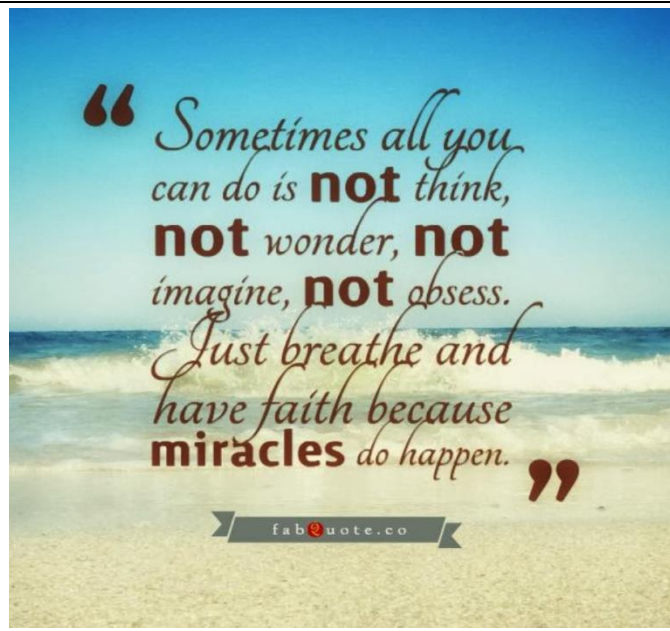
We know our friend is like a boy whistling in the dark to keep up his spirits. He fools himself. Inwardly he would give anything to take half a dozen drinks and get away with them. He will presently try the old game again, for he isn't happy about his sobriety. He cannot picture life without alcohol. Some day he will be unable to imagine life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end.

We have shown you how we got out from under. You say: "Yes, I'm willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?"

Yes, there is a substitute, and it is vastly more than that. It is a Fellowship in Alcoholics Anonymous. There you will find release from care, boredom, and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find The Fellowship, and so will you.

Sunset in the USA

February -- by the end of the month the sun won't set until 6:45pm. By the end of March it will be 8:08pm, April 8:31pm, May 8:53pm, June 9.02pmthere are brighter days ahead! And will AA, we learn to carry our own weather.



Tradition Two:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?



12-step list: Please continue to remind everyone that more volunteers are need for the 12-step list. We have a signup sheets available for anyone wishing to take a copy to their home groups. Please contact the Answering service committee for more details. If you know anyone who would like to be of service, please have them contact us at answeringservice@aasj.org.

Public Information: Public Information is ALWAYS looking for help so please email publicinfo@aasj.org If anyone would like to do service.

Announcements & Things to do

The Maple Shade Reflections Group will now meet from 7pm until 8pm. We are a Grapevine /Discussion meeting. We meet at 26 S. Fork-landing Rd -the Holy Trinity Lutheran Church (Parish Hall) located on the Helen Ave side- wheelchair ramp. There is also parking across from the church. Hope you come and give us a try.

02/13/2022 9:00 am 2022 AREA 45 Convention Committee Meeting - Laura H - convention@snjaa.org for more info.

February 27, 2022 8:00-9:15pm
Moorestown Spiritual Growth Group Anniversary Meeting
Location: Trinity Episcopal Church
207 W Main & Church Streets

03/13/2022 9:00 am 2022 AREA 45 Convention Committee Meeting - Laura H - convention@snjaa.org for more info.

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@aasj.org.

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

24-Hour Hotline: 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, NJ
See AASJ.org for up to date zoom info

Are 45
Winter Assembly
Sunday
2/20/2022

Meeting ID: 880 3048 5874
 Passcode: winter45

- Registration starts at 8:30 am
- GSR Orientation starts at 8:45 am
- Assembly starts at 10 am.
- Committee meeting to follow

56th Area 45 Southern New Jersey General Service Convention

In Person *Sometimes Quickly Sometimes Slowly* Virtual (Key Events only)

March 18-19-20, 2022

CHECKLIST

- Register for Convention
- Order Meals, cutoff 3/11/22
- Make Hotel Reservation
- Decide what to wear to - *Roaring 20's Banquet & Dance *Selfie Stations *Karaoke
- Pre-Order Merchandise

SIGN-UP

- AA's Got Talent [Open Mic]
- Lead a Marathon Meeting

The Claridge Hotel
 123 S. Indiana Ave
 Atlantic City, NJ

<https://area45convention.org/>
 See website for information, sign-ups, events, activities etc

LIVE! IN-PERSON!



NERAASA
2022
 Northeast Regional
 AA Service Assembly



FEB. 25-27
WPA AREA 60
PITTSBURGH, PA

This is as close as it gets in the Northeast Region to where it all started ... Dr. Bob's House in Akron, OH is just 2 hours away.

DOUBLE TREE BY HILTON HOTEL PITTSBURGH - GREEN TREE BOOK WITH A DISCOUNT AT NERAASA.ORG

FOR MORE INFO CONTACT
 INFO2022@NERAASA.ORG
 OR GO ONLINE AT NERAASA.ORG

NJYPAA
 New Jersey Young People of Alcoholics Anonymous

Virtual Business Meeting
 10:30 AM
 3rd Sunday of the Month

ZOOM Meeting ID: 264-995-272
 Password: service

we need your input at newsletter@aasi.org
 We'll get more specific in the next issue but for now- send us whatever you're inspired to share!

