

ANONYMOUS

How do we do Step One and Surrender?

Today, there are thousands of AA meetings held in over 180 nations throughout the world. No matter how, when, or why a person begins practicing the 12-Steps, doing so can be positively transformative.

The 1st step is sometimes viewed as being the most difficult of them all, as it takes courage and a leap of faith to get moving on working this step. It reads:

"We admitted we were powerless over alcohol — that our lives had become unmanageable."

Step One and Surrender (See page 6)

SOUTH JERSEY INTERGROUP
INVITES YOU TO OUR
GRATITUDE
DINNER DANCE

18 NOV
7:00 PM



INDIAN SPRINGS COUNTRY CLUB
115 S ELMWOOD RD. MARLTON NJ 08053

CATERED BY MARGO'S
TICKETS STILL \$35!

MUSIC BY
SARGENT DJ ENTERTAINMENT

FOR TICKETS CONTACT:
Joanne 856.535.4030 or Sherrill 856.889.5595

Fellowship Things to Do

Fri. Sept 23- 25 Somerset, North Jersey Area 44 Convention **SEE FLYER**

Sept. 24- Cinnaminson, 30th Anniversary Food, & Fellowship @7PM followed by Speakers @8pm, St. Charles Borromeo Church 2500 Branch Pike, *Marsh Hall Bldg.* **SEE FLYER**

Sat. Sept. 24- Ventnor, Bonfire on the Beach, 'Burning resentments'. **SEE FLYER**

Sat. Sept 24 Cape May Point, District 19 Unity Picnic **SEE FLYER**

Sat. Oct. 1- Chesterfield 6:30pm, Area 45- Section1-Outdoor Movie Night, Fellowship CrossPoint Church, 187 Crosswicks Rd., The Lois Wilson Story **SEE FLYER**

Sun. Oct 2- Somers Point, Unity Breakfast, **SEE FLYER**

Sat. Oct. 8 Bordentown, 9:00 - 11:00am, Day of Sharing, Carslake Community Center, 207 Crosswicks Rd. Hybrid, Zoom: 811 8295 4594 Password: Oct45 **SEE FLYER**

Sat. Oct. 15- Bordentown, Area 45 Inventory, 10:00 am– Noon, Carslake Community Center, 207 Crosswicks Rd. **SEE FLYER**

Wed. Oct. 19 Cherry Hill, Intergroup Meeting: September 21, 2022 St. Bartholomew Church, 1989 Rt. 70 E. All are welcome! Hybrid Visit aasj.org for Zoom info.

Wed. Oct. 19 Burlington, Sisters In Sobriety, Presbyterian Church, 6:00 pm - 7:30 pm **SEE FLYER**

Sat. Oct. 22 Monroeville, Freedom Fire, 6-10pm, Old Cedar Campground **SEE FLYER**

Sat. Oct. 22 Pemberton Halloween Dance, 449 Club, 6 Pemberton St., 7- 11:00pm, \$10 donation. Food, fun, fellowship, dancing, costume contest and music by Sargent DJ Entertainment.

Fri. Oct. 28 Pennsauken, GOYA'S HALLOWEEN, 10:00 pm, 482 Social Hall, 6702 N. Crescent Blvd.

Wed. Nov. 9 Marlton, Hemingway Group Anniversary 6- 8pm, Gibson House **SEE FLYER**



Sister's in Sobriety Group Anniversary



October 19, 2022 6:00 PM - 7:30 PM

Burlington Presbyterian Church
300 Mill Road
Burlington, NJ 08016

Join us at 6 PM for coffee and
dessert.
Our meeting will begin at 6:30 PM
with a wonderful speaker.
Men are welcome.



Women of Grace & Dignity



34th N.E. W2W Conference



34th Annual Northeast Woman to Woman Conference

October 7-9, 2022

Crowne Plaza
Philadelphia-
King of Prussia
260 Mall Blvd.
King of Prussia, PA 19406

Crowne Plaza
Philadelphia-King of Prussia
260 Mall Blvd.
King of Prussia, PA 19406

For Reservations:
Toll free: 1-877-434-3449
Hotel Phone: 610-265-7500
Room Rate \$129.00+Tax
Single/Double/Triple/Quad
Mention: NE Woman to Woman
Conference
Hotel reservation must be made by:
Wednesday, September 21, 2022
Our room rate is available three days before
and three days after the conference

Hotel Amenities & Services:
Free Parking
Business Center open 24 hours
Fitness Center

More Conference Information:
Registration Chair:
Deborah H. 215-941-4436
Email: Lucys13th@gmail.com
Registration Co-Chair:
Tanja F. 215-528-0953
Email: Service1212Tanja@gmail.com
Chairperson:
Diane M. 267-825-0320
Email: MERCERS_99@msn.com
Co-Chairperson:
Remaine B. 347-683-7671
Email: mrrro49@yahoo.com



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



NJYPAA

New Jersey Young People of Alcoholics Anonymous

Every 3rd Sunday of the Month
10:30 AM
Bradley Beach Recreation Center
39, 1/2 Main Street
Bradley Beach, NJ 07720

Entrance is behind home plate of the softball field
For more information please go to
www.NJYPAA.org or contact NJYPAA@gmail.com

Please join us as we
celebrate our Group
Anniversary!

Open Meeting - Food will be
served 6pm, with speakers 7-8 pm.

* Featuring Literature Road Show *

Hemingway Group Anniversary

November 9, 2022
6 - 8 pm

Johnson House
335 E Main Street
Burlington, NJ 08053

For More Information contact
Gina H (856) 304-0119



30th Anniversary Celebration
Come join us as we Circle the Wagons
and "Share the Message of Hope"

Sept. 24th 2022 @ 7 PM

Food, Fun, & Fellowship Speakers @ 8 pm

St. Charles Borromeo Church

2500 Branch Pike, Cinnaminson NJ

Marsh Hall Bldg.

Area 45 Section I

2nd Annual

Outdoor MOVIE Night

Lawn Chair

THEATRE

When Love Is Not
Enough:
The Lois Wilson Story

Saturday

October 1st, 2022

630pm

Fellowship CrossPoint Church
187 Crosswicks Chesterfield Rd
Chesterfield, NJ 08515

Food Fun & Fellowship

CAPE ATLANTIC INTERGROUP

presents

16TH ANNUAL WAVES ROUNDUP
ON AWAKENING

SHOWBOAT ATLANTIC CITY

801 Boardwalk
Atlantic City, NJ 08401

DEC 2-4 2022

REGISTRATION

» ONLY \$25 «

*\$10 Parking for the whole weekend! (You can come and go and only pay once.)
Pay upon arrival. Carpool and save!

TO REGISTER ONLINE OR
TO PRINT & MAIL THIS FORM VISIT:
ROUNDUP.CAPEATLANTICAA.ORG

Friday

Early Bird: Steve G., Atlantic City, NJ
Friday Night: Debbie B., Florida

Saturday

AI-Anon: Elizabeth McG., Brigantine, NJ/FL
YPAA: Brian P., Villas, NJ
Keynote: Noreen K., Toms River, NJ

Sunday

Spiritual Speaker: Patrick K., Brigantine

Scan QR Code to register online! →



Step 1 Prayer

"Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. "

Recovery requires a
true surrender in a
battle we already lost.

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.

CONTACT INFORMATION FOR SJ INTERGROUP:

South Jersey Intergroup Association, Inc. PO Box 2514 Cherry Hill, NJ 08035

Office/Literature Sales: 1-856-486-4446

Email: Info@aasj.org Website: www.aasj.org 24-Hour Hotline 1-856-486-4444

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

InterGroup Steering Committee: consists of the panel of elected InterGroup Officers, InterGroup Committee Chairpersons/Co-Chairpersons, and a Representative from the Board of Trustees. Our monthly meeting is held on the second Wednesday of each month at the InterGroup Office in Pennsauken and is open to all members of the A.A. Fellowship.

AASJ Officers

chairperson@aasj.org, vchairperson@aasj.org, treasurer@aasj.org, secretary@aasj.org, asecretary@aasj.org

AASJ Committee Chairs

answeringservice@aasj.org, archives@aasj.org, bookers@aasj.org, budget@aasj.org, handi@aasj.org, literature@aasj.org, meetinglist@aasj.org, newsletter@aasj.org, pub-licinfo@aasj.org, socialevents@aasj.org, tech@aasj.org, unity@aasj.org

Stories Needed

GSO is seeking Stories for the Next **Big Books!**

[Announcement 5th Edition BB EN \(aa.org\)](http://aa.org)

[Recovery story solicitation for the Fourth Edition of the Big Book Alcohólicos Anónimos \(aa.org\)](http://aa.org)

[Announcement AA Black African American EN](http://aa.org)

The Fab Five AA Slogans.

When I got sober over 12,063 days ago there was a saying we used to say that went like this “keep coming back it works if you work it” and then someone would say but it won’t if you don’t. Keep coming back is a reminder to the alcoholic to keep coming back. The alcoholic must do the work by attending meetings finding a sponsor reading the book and working the steps.

Think, think, think reminds the alcoholic to think before the drink. Think before we speak and think about the consequences of what we say and what we do. Remember we can fool some of the people all the time and all the people some of the time, but we can’t fool all the people all the time. Attraction not promotion.

First Things First simply means putting sobriety first. Anytime alcoholics put something ahead of their sobriety we not only lose what we put first we also might lose our sobriety. We must always put our sobriety first and then the rest will follow.

But for the Grace of God, I’m sober and alive. I’ve wondered sometimes where I would be had not the Grace of God found me. And the answer is always the same, I would be in jail, an institution or dead. God found me in the town square covered in dirt, puss and blood. While the people shamed me God’s Grace saved me. That’s why I say but for the grace of God.

Live and let Live. This is telling me to accept life on life’s terms. Acceptance plays a vital role in my life today. I’ve learned not to judge or place expectations on people, places or things. Acceptance taught me that I can maintain a higher level of serenity based on my ability to live and let live. It can be found starting on page 449 in the 3rd edition and on page 417 in the 4th edition.

Easy Does It. Take it easy and keep it simple. I have come to the realization that I don’t have to make this harder than what it is- a simple but not easy recovery program. We shouldn’t stress over the steps; we should work the steps in order. We can overwhelm ourselves by trying to do more than we should. AA is a way of life, so we don’t need to rush through the steps. We make progress as we slow down take a breath and remember easy does it.

We see these slogans posted around the rooms of aa. AA groups put them in a particular order while others just hang them in any order. I’ve silently laughed my ass off when alcoholics want the slogans in the order that they usually see them and some even make a comment or softly speak amongst themselves that the slogans are in the wrong order. We need to get the wisdom to know the difference between accepting the things we can change and the things we cannot.

I like to put them in this order: Think first of God and live easy. Keep coming back it works if you work and you’re worth it. It’s the little things that trip us up not the big ones. As we trudge this road of happy destiny, we’ll come to realize that AA has become a lifestyle for us and we keep things simple. The AA program of recovery is not an easy one, but it is a simple one. Yours truly Patrick Cav.

Step One and Surrendering (Continued from page 1) Step One is where it all begins. We want to understand it fully and apply it to our life. A new person might be wondering, “How do I do Step One?” There are several ways that we do Step One correctly so that we can get the most out of it and make it into the foundation of our recovery.

The steps are subjective to everyone. This means that one person might go about completing Step One in a different manner than another person. That is completely acceptable, however, it is important that when applied to our lives we know we are powerless over alcohol and surrender.

So what is surrender? Surrender is defined as giving oneself over to something. When we think about this term in our active alcoholism, it's clear that alcoholism forces us to surrender. When alcoholism is severe, we surrender our thoughts, our actions, our relationships, our personal fulfillment, our dreams and our successes. A common thought is that alcoholism “hijacks” the brain – forcing us to surrender to abusing it. When any substance become so entrenched in our daily lives and in our mind, body and spirit that we no longer have control over our use, we're essentially surrendering ourselves. We don't recognize it at the time, but we are.

Surrendering in AA is about letting go of the “ego” – the part of us that wants to be consumed in ourselves; our wants, our needs, our desires, our everything. When we surrender in recovery, we let that need for control go- we let go of resisting recovery. Change sounds difficult, but it is easy- it is our resistance to change that makes it hard.

For those struggling with active alcoholism, the choice to surrender to God, or a Higher Power, may come from “hitting rock bottom” as we call it – from losing a job, from losing an important relationship, from getting involved in legal trouble – or something else. The point is that in order to overcome the incredible power of this disease, we must surrender ourselves to something greater in order to recover from it. When we come to believe that some members of the meetings that we attend have been through this process successfully- we follow their example. This is a good start- attend regularly.

Some ways to get to that point in Step One can include the following:

- Break down delusion. We have spent a great deal of time telling ourselves and others that we did not have a problem with alcohol abuse. We might have even said it so much that we got ourself to truly believe it. Now, we might come to realize, for the first time, that we did have a problem. Either way, it is imperative to break out of the fog of delusion by looking at our past and assessing our relationship with alcohol. Doing so can help us get a grip on reality.
- Split the 1st step into two parts. Look at Step One as 1) We admitted that we are powerless over alcohol and 2) that our lives had become unmanageable. It helps to focus on the first part until we are comfortable in saying it and believe it when we say it- we concede it to our innermost selves. We also take the time to look at our life and experiences in the past so that we can see the big picture of how unmanageable our life is with alcohol in it.
- We try at to let our ego go and adopt humility. This can be much harder than it sounds, especially if we are used to letting our ego run the show. The sooner you find ways to humble

ourself and listen as only the dying can, the more open you can be to Step One and the rest of the steps. Listening helps us become capable of identifying with the speaker instead of judging.

- We don't let feelings of guilt and shame overwhelm our desire to surrender. These feelings are so incredibly common; however, they can get in the way of making progress in recovery. We don't try to push these feelings down and try to forget them. After all, doing so will only stand in the way of recovery. Instead, we give ourselves a one day at a time break from them. We might say to ourselves; today I won't let these emotions discourage me in my effort at surrendering to a new way of living. By focusing on doing the next right thing to do we avoid distraction and emotional upset that can challenge our willingness.

How We Can Make Step One Easier to Accomplish

When we start to fully immerse ourselves in the AA, we may experience several different emotions. There is nothing light and breezy about Step One. Instead, it is often viewed as one of the most difficult steps to accomplish. After all, it requires admission of having a problem. However, when we attempt Step One, there are things we can do to make it easier.

Some of the most important things we can do when working the 1st Step can include the following:

- We get a sponsor. A sponsor is someone who has accomplished the steps. They provide us guidance and support as we begin your own personal journey with the steps. The first sponsor we choose does not have to be permanent. After all, we may decide to ask someone else to sponsor us after we have gotten to know more people. A sponsor not only offers us support, but also give us insight on how to do the 1st step.
- It's recommended that we choose a sponsor that has time and recovery in AA, someone with similar life experiences who carries themselves the way we wish to. Spend time around them enough to know that they practice what they say. Asking someone to be our sponsor is difficult- that's why its here in step one. We don't make it bigger than it is- if they say yes, it is recommended that we make sure they have enough structure and time in their lives to sit with 'only us' at least once a week- set a weekly appointment. If they say no- we look for someone else.
- We go to meetings. Not only do meetings help immerse us in the steps, but it also helps to hear the experiences of others. Identification is critical in growing our desire to stick and stay. As a result, we can gather strength, confidence, and perseverance for our own journey.
- Make the most of our time spent in meetings. Alcoholism is such an isolating and lonely disease- in this way we avoid isolation. We can make the most of our time by fully engaging in meetings. We join a group that we attend regularly. This can include ensuring that we are paying attention, sharing, asking questions. The more involved we are in meetings or groups, the easier it will be to accomplish the steps.

There is no specific way to do Step One, as every person struggling with alcoholism is different. The most important thing we can do when working Step One is to try to fully absorb the words of Step One and take actions that will help us to surrender.

**2022 Cape-Atlantic
Unity Breakfast
Sunday October 2nd, 2022**

Greene Bay Country Club - 901 Mays Landing Road, Somers Point

Guest Speaker To Be Announced

Doors Open 9:00am
Breakfast Buffet 9:30 -11am
Preamble 10:30am

\$25 per person (gratuity included)

Literature Table - 50/50  Home Groups - Book Your Own Table
Sobriety Count Down (10 people per table)

Mail Check or Money Order Payable to Cape Atlantic Intergroup
3153 Fire Road, Suite 1C, Egg Harbor Twp, NJ 08234

IMPORTANT: When mailing your check or money order
please indicate Unity Breakfast, Name, Phone #,
Number of People and Home Group (If Applicable)

For more info contact: Mike F. Unity Chair - 732-998-9660

**South Jersey
Newcomers Group**
of Alcoholics Anonymous

 **9th
ANNIVERSARY**

- Food
- Fun 50/50
- Fellowship
- Celebration

Monday, December 5, 2022

Guest Speaker
Robert "Bobby" M.

- 6:30 pm Doors Open
- 6:55 pm 50/50 Ends
- 7:00 pm Speaker
- 8:00 pm Pizza Party

Donations Appreciated



Open Meeting - All Welcome
Beacon Church
420 6th Ave,
Galloway, NJ 08205
JOIN US



FREEDOM FIRE X

We're Back!

OLD CEDAR CAMPGROUND
274 RICHWOOD ROAD
MONROEVILLE, NJ

OCT 22, 2022

RAIN DATE OCTOBER 29, 2022

6:00-9:00 PM
FOOD & FELLOWSHIP
9:00-10:00 PM
BONFIRE & SPEAKER



JOIN US FOR FOOD, FELLOWSHIP, LIVE MUSIC, A BONFIRE, AND A SPEAKER

 **OLIS S.**
FORT LEE, NJ • BRONX BIG BOOK STUDY

PIG ROAST!

Just a few reminders to make the most of your Freedom Fire experience...

- \$10 Donation/Person
- Please bring your own blanket/chair to sit on
- There will be a 50/50 night of event
- And most of all... **COME GET LIT UP AT FREEDOM FIRE!**

FOR MORE DETAILS ON EVENT, CALL/TEXT: ERIKA K [856]656-1030 OR PHIL S [267]912-4027

**AREA 45
DAY OF SHARING!**

Saturday October 8th 2022
9 am - 11 am

Location:
CarsLake Community Center
207 Crosswicks St.
Bordentown NJ 08505



Meeting ID: 811 8295 4594
Password: Oct45