

ANONYMOUS

Fellowship Things to Do

Sat. June 24, 2-4PM, Burlington Area Service 'How It Works', St. Mary's Guild Hall, 145 W Broad St., See SNJAA.org for Zoom Info

Mon. June 26, 7PM Pennsauken, Hospitals & Institutions Committee Monthly Meeting, SJIG Office, 5090 Central Ave. contact southjerseyhandi@gmail.com for ZOOM & latest info.

Tues. July 4, 1:30- 4:30pm, Pennsauken 482 Social Hall, Red, White & BBQ, 6702 N. Crescent Blvd.

Wed. July 19, 8pm- 9pm, Cherry Hill, SJIG Intergroup Meeting: St. Bartholomew's Church, 1989 Rt. 70 E (Marlton Pike East), See AASJ.org for Zoom Meeting info

Thur. Aug 3, 8- 9:00pm, Cherry Hill, Booker's Meeting, ST. Barts, Episcopal Church, 1989 Rt. 70 E

We start believing that someone knows how we feel, and let them overrule our judgments so we will take action. The beginning is when a person partakes of one alcoholic talking to another alcoholic to help them reduce their feelings of difference at least enough so that they will begin to take actions they do not yet believe in. When that moment comes, sobriety begins.

-Clancy Imislund



RULE 62-Lighten Up

AA is like an Adjustable Wrench- it fits every Nut!

A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured."

Slowly a hand raises in the back and a man says "what happens if you take two?"

AA is so great because anyone with a desire can join -unlike AlAnon, where you've got to know someone.

Did you know the game show JEOPARDY was invented by a newcomer?

Who else would start with all of the answers and none of the questions?

What would you call a drunk who works at an upholstery shop? A recovering alcoholic.

INSIDE OUR JULY ISSUE

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9) Editorial Policy / Concept 7 10) This month we pay tribute to Dr. Bob

HOW IT WORKS: AREA SERVICE

SPEAKERS,
JEOPARDY!
+ FOOD &
FELLOWSHIP

Join us to learn
more about Area
Level Service &
the role of the
Delegate & GSRs



WHERE: St. Mary's Guild Hall
145 W. Broad St., Burlington

WHEN: Saturday, June 24th
2-4 p.m.

QUESTIONS? Contact Pat: (609) 498-5458

Prefer Zoom Meeting?
<https://us02web.zoom.us/j/89003734353?pwd=QDh0dEpZVG92aE15aVVjOEZlMkZlUT09>
Meeting ID: 890 0373 4353
Passcode: service

THE RULE 62 GROUP OF
BORDENTOWN INVITES YOU TO OUR

Eight Year Anniversary!

WED **19** JULY

5:30-6:30PM

Join us for cake & coffee and our speaker Alice T.
with 46 years of sobriety!

Holy Cross Lutheran Church
280 Crosswicks Rd, Bordentown, NJ 08505



CAYPAA Presents
Prepare to BE ROCKETED...



JULY 1ST

(RAIN DATE) JULY 2ND @ ST. JOHNS
BEACH @ BARTRAM AVE, ATLANTIC CITY

FROM NOON TIL BOOM!

FOOD !
MUSIC! VOLLEYBALL!

Suggested Donation: \$20

JOIN US THIS 4TH OF JULY FOR AN *IN PERSON*

MINI ALKA-THON

SPONSORED BY THE YOUNG PEOPLE'S GROUP AT THE
4021 CLUB HOUSE

- 2-3:00PM HOW IT WORKS MEETING
- 3-3:30PM FOOD FUN FELLOWSHIP
- 3:30- 4:30PM BIG BOOK/SPEAKER MEETING
- 4:30- 530PM TEN POINTS MEETING
- 5:30- 6:30PM BEGINNERS STEP MEETING

FOOD AND MONETARY DONATIONS
GREATLY APPRECIATED AND NEEDED!

The Happy Campers BY: SCOTT W.

Grilling, tubing, bonfires and smoothies—nothing's off limits for this fun-loving crew

In 2008, me and my AA friends were taking a road trip to a St. Patty's Day supper and speaker meeting in southwestern Nebraska; all four of us had under three years of sobriety. I had heard of an old Boy Scout camp, which had been converted into an archeological and Native American educational center with a campground and two cabins for rent. The camp was on the way to where the event was being held, just a four-mile drive off the main highway. I asked my co-pilots if they wanted to check it out and all agreed.

The main house sat on top of a hill overlooking a beautiful canyon. Down a steep hill, nestled in a canyon depression, were the two cabins. We asked for permission, and walked down to the cabins to find them nicely decorated and furnished; the cabins used to be the scoutmasters'. An old swimming pool between the cabins had been converted into a rock garden, the deepest part of which had been converted into a firepit. Benches made of cottonwood trees surrounded the pit.

We also found plenty of spots for pitching tents, and the area offered nice hiking trails. A small lake was located about a mile away, complete with canoes. We felt the presence of a power greater than ourselves on this beautiful spring day. We were definitely in God's cathedral. We took some photos, and a plan was hatched for a camping trip. We showed the pictures and explained the beauty of the place to a couple of other members we met at the St. Patty's Day event; they were all for it. Unknown to us, it was on this day the Happy Camper group was born.

On Memorial Day weekend 2008, a group of about 15 that included adults and a few kids, returned to the camp for the weekend. We were a mixed group; a few sober under a year, no one with over five years. Ages varied from early 20s to mid-40s. In planning the trip we figured out meals and what we wanted to do recovery-wise. I am more of a grizzly camper type and had a good laugh the first morning when the battery-operated blender was brought out to make smoothies. The

smoothies were a big hit, by the way. I stubbornly stuck to my campstove coffee. We had morning AA meetings, meetings after supper, and wonderfully spiritual late-night bonfire meetings. Some of us didn't know each other very well prior to the campout, but we became friends fairly fast. We spent the weekend getting closer to the God of our own understanding. Living the Steps was an unspoken theme for the weekend. The people newer in recovery got to see firsthand how we not only talked the talk, but walked the walk.

The Happy Campers' next outing was the first ever Sober Float Day. Sober Float was set up by District 14, one the largest AA districts in Nebraska, in Valentine, a town located in northwestern Nebraska. The beautiful Niobrara River runs north of town, and it hosts many outfitters who offer camping, tubing, canoeing and kayaking. The DCM for the district, who works for one of the outfitters, arranged special rates for AA members. He also set up a place for a noon cookout, meetings and a bonfire. Ex-drunks still love bonfires, especially because now we don't fall into them! Many of the same people who went camping on Memorial Day drove three and a half hours to Valentine to participate in Sober Float. We also had some new people come along for the adventure. This was definitely an adventure: I'd left the map at home, and got lost on narrow valley roads trying to find the campground. The cabin we rented was a tiny shack, compared to the nice cabins we had at the old Boy Scout camp. A wicked thunderstorm the night of the big campfire meeting ended the meeting abruptly, and people had to cram into the tiny cabin or sleep in the middle of their tents to stay warm and dry.

Floating, canoeing or kayaking down the river was a spiritual experience, and wonderful beyond words. Watching all the drunk people on the river, we had plenty of reminders of what we used to be like. Once again, even with a lot of challenges, the spirit of recovery was working. We still laugh about this weekend. For those of us with open minds and hearts, we felt our Higher Power at work all around us once again.

We had a couple more camp-outs the summer of 2008; we even had T-shirts made that said "Happy Campers." Last year we had a banner made to identify our campsite more easily for new people. Since 2008, we have had a few campouts each summer. We always select the same camping area: a place secluded enough for open and honest sharing around a bonfire, a place where people can get in

touch with their God. There is always plenty of food. People bring what they can afford to bring; s'mores and hot dogs for roasting over the fire are a dietary must. No one lacks someone to talk to if they feel the need; it seems it's easier for some to share in nature. The members of the Happy Campers are some of my closest friends. We aren't just summer friends; we are year-round friends, friends during sunshine and storms.

Sober Float has been a success and most of us have returned every year. Three years ago we made a huge canopy to ensure there was a place for meetings and fellowship in case one of those intense Nebraska thunderstorms rolled in. Additionally, it gives us plenty of shade for eating meals. If anyone is up for a good road-trip, a spiritual three to seven hours floating down the peaceful Niobrara river, spending time with people who live the Steps, not just work them, then come join us.

I am happy to say we have fun carrying the message. We talk about the Steps during our meetings and during our one-on-one conversations. If someone is struggling, we suggest sponsorship and working the Steps. We have shown people how to meditate in the simplest way. We talk a lot about spirituality because what better place for Third and Eleventh Step connections than in nature? I don't believe in the Judeo-Christian God; but out in nature, I know there is a divine artist at work. I see, feel, hear, and smell its presence all around me. No one in our group is overly religious, but we are very spiritual in our own ways, and this we pass on to anyone who spends the weekend with us. We laugh a lot, we cry if we need to, we share from the heart, and we love each other deeply. And we don't pick up the first drink.

7th STEP -*Humbly asked Him to remove our shortcomings*

FOR ME, at first glance Step Seven seemed a cinch, especially in comparison to some of the preceding Steps. As is often the case, on closer examination the seemingly simple proved to be anything but! I thought this Step was only a kind of mopping-up maneuver or an interlude where I could rest on my laurels. (I was wearing them in the wrong place at the time.) Steps One through Six had shown me how inadequate my own powers and resources were--as far as my alcoholism

was concerned. Besides, I had to be entirely ready to part with my defects (Step Six), and I wasn't at all ready.

The earlier Steps, however, had removed some of the careful padding from my ego, and a remark made by an old-timer and dear friend had helped. I had heard one member complimented by another for a wonderful talk. The speaker said, "Don't thank me or give me credit. Give God the credit." I was determined that if ever anyone thanked me for my talk, I would say the same thing (humbly, of course).

Finally, my old-timer friend did compliment me on my talk one night, and I did say, "Don't thank me. God did it."

The old-timer smiled, put his arm about me, and said, "Honey, it wasn't *that* good!" Up until that time I had thought "humble" was some kind of pie.

I knew from the beginning that my vices were 'way ahead of my virtues. That was bad. Worse, some of my vices were being classed as virtues. But, since other members seemed to be gaining on their vices, I could hope for myself. By this time, introspection had become somewhat habitual, and I realized that I would have many hang-ups in working these Steps, as I'd had hangovers during the wet years (or should I say the monsoons?).

In Step Seven, the word "humbly" threw a monkey wrench into my sensitive emotional gears. Oh, what it did to my poor id! It seemed I was forever searching feverishly through all the dictionaries I could lay hands on for a definition of "humble" that I could accept. Even the excellent coverage of this aspect in the "Twelve and Twelve" availed me nothing. Humble? Humbug! Hadn't I always been the one put upon? The doormat type? Was I now to wear sackcloth and ashes or a hair shirt?

All my life, I'd been taught that I alone was responsible for my character, including my shortcomings--responsible for self-discipline and self-reliance also. That reminds me of the fellow who claimed that he was a self-made man, whereupon his friend remarked that this belief certainly relieved God of an embarrassing responsibility!

Still, I could plainly see the golden thread of true humility running through all the Steps, and I knew how very important humility was to my continued sobriety. I became reconciled to the definition I found in a new, revised dictionary: "Humble indicates a personal realization of smallness, without loss of respect, and differs from humiliation, which implies public shame in front of others or being made to seem foolish or inferior" and "to be neither inordinately proud of our talents and assets, nor ashamed of our defects or failures, nor unduly on the defensive over them." Also: "free from vanity." In other words (I quote Tryon Edwards): "True humility is not an abject, despising spirit; it is but a right estimate of ourselves as God sees us."

My willingness to have my defects of character removed was bolstered by the realization that little, if any, spiritual growth was possible as long as I held on to my old ideas and defects. The words in our Big Book keep appearing before me: "Burn the idea into the consciousness of every man that he can get well, regardless of anyone. The only condition is that he trust in God and clean house." This is what Step Seven is to me; it means I am going to clean house and I will have all the help I need. By taking this Step, I am not *giving up* anything; I am getting rid of whatever might lead me to drink again and whatever might prevent achieving real serenity. Now, with God's help and my own cooperation, via Step Seven, I can become on the individual level a first-rate power, instead of the second-rate power that I was before AA. (I was truly suffering from an immense power failure--or bad wiring.)

I have a favorite reminder which helps me keep Step Seven in view: "At moments she discovered she was grotesquely wrong, and then she treated herself to a week of passionate humility." This quote from the works of Henry James has become part of my inventory.

I believe that through the first six Steps I have gained some knowledge of my character defects and that I know (at least in part and at times) what I need to get rid of! It is certainly no problem for me to humbly ask my Higher Power to remove them, either. I never *did* know what to do with them before. Besides, my pride is the only thing I can swallow any more that is nonfattening. In fact, this diet tends to reduce the ego and eliminate fatheads--mine, anyhow.

Step Seven simple? Not on your ego!

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition Seven:

Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when drunken in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

GUIDE ME

Thank You, Higher Power, for
this beautiful day, for strength, for
health.

Help me to live this day for You.
Place in my path some way to
serve others.

Help me to know that no other
walks in my shoes; that there is
something that only I can do
today.

Guide my thoughts and deeds
that I may feel Your presence
today and in all the tomorrows.



Things to Give


Today I pray I may give:

To my enemy:	Forgiveness
To my opponent:	Tolerance
To my customer:	Service
To a friend:	Kindness
To all people:	Charity
To my family:	My heart
To every child:	A good example
To myself:	Respect

— Excerpts above from the 12 Step
Prayer Book

THE SEVENTH STEP PRAYER

From page 76 of the Big Book of Alcoholics Anonymous My Creator, am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.



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

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., 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

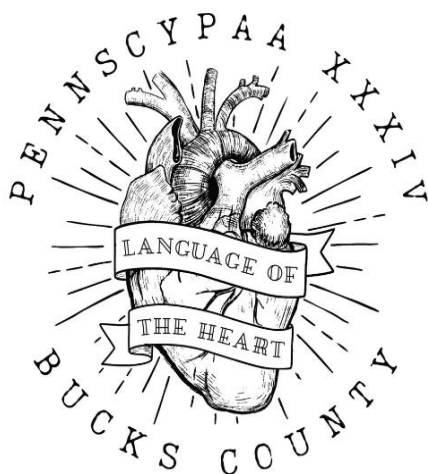
SJIG holds its monthly meetings on the third Wednesday of the month at 8 pm at
St. Bartholomew's Episcopal Church 1989 Route 70 East, Cherry Hill, NJ

InterGroup Steering Committee: consists of the panel of elected InterGroup Officers, InterGroup Committee Chairpersons/Co-Chairpersons. and a Representative from the Board of Trustees.

PENNSCYPAA XXXIV

Language of The Heart

Bucks County • July 14, 2023



July 14-16, 2023

Langhorne, PA

bit.ly/PENNSCYPAA34

TWELVE CONCEPTS CHECKLIST

Some of these discussion points were originally developed by an AA group & further developed by the trustees' Literature Committee & distributed by the General Service Office, US & Canada.

Following the General Service Conference recommendation in 2006, these discussion points have been adapted to reflect the structure of our Fellowship in Great Britain. While this checklist is intended as a starting point for discussion by Groups, Intergroups or Regions, individual AA members may find it useful along with our co-founder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience.

Additional information about the Concepts can be found in The AA Service Manual / Twelve Concepts for World Service and The Twelve Concepts (GB) Illustrated pamphlet.

Concept VII: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

- Do we act responsibly regarding the "power of the purse?"
- Are we familiar with the Conference Charter and the freedom of action that the trustees must have?
- Do we realize that the practical & spiritual power of the Conference will nearly always be superior to the legal power of the GSB?

This month we pay tribute to Dr. Bob

This month we pay tribute to Dr. Bob, that “six-foot-two, rugged-framed, bespectacled New Englander” with vignettes culled from past Grapevine issues, via the website www.Silkworth.net.

IN THE JUNE, 1974 **Grapevine** article ‘Dr Bob: A Journey Into the Past’ New Hampshire correspondent J.W.S conveys a bit of Dr. Bob’s dash & swagger:

“Dr. Bob was a skilled swimmer, sailor, fisherman, tennis player and card shark- competitor, Dr. Bob’s Number 2 & Number 3 goals were recreation and physical fitness. His Number 1 goal? Victory.”

But, beneath the surface: ***“Mrs. Seiberling quotes him as confessing, at an Oxford session early in 1935: ‘I am going to tell you something which may cost me my profession. I am a silent drinker, and I can’t stop’.”***

The June 1973 **Grapevine** provides a transcription of a recording of Dr. Bob’s last major talk, in December of 1948 in Detroit, Michigan. Dr. Bob reflects upon the dilemma which leads to recovery:

“The trouble with us alcoholics was this: We demanded that the world give us happiness and peace of mind in just the particular way we wanted to get it – by the alcohol route. And we weren’t successful.”

“But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind. I feel extremely fortunate and thankful that our Heavenly Father has let me enjoy them. Anyone can get them who wishes to. There seem to be some rules we have to follow, but happiness and peace of mind are always here, open and free to anyone. And that is the message we can give to our fellow alcoholics.”

Dr. Bob also muses upon the humility, strength and blessings of his own recovery:

“I don’t believe I have any right to get cocky about getting sober. It’s only through God’s grace that I did it. I can feel very thankful that I was privileged to do it. I may have contributed some activity to help, but basically, it was only through His kindness.”

“If my strength does come from Him, who am I to get cocky about it? I should have a very, very humble attitude toward the source of my strength: I should never cease to be grateful for whatever blessings come my way. And I have been blessed in very large measure.”

In the September 1948 issue of The Grapevine, Dr. Bob’s article ‘The Fundamentals in Retrospect’ highlights open-mindedness and tolerance:

“Let me reiterate that we A.A.’s 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 stock-taking must confess to at least a slight degree of larcenous instinct. We can hardly arrogate the roles of judges and executioners.”

FINALLY, Bill Wilson’s tribute, in the January 1951 **Grapevine**, describes Dr. Bob’s role ‘in the manner’ which Dr. Bob, himself, would ‘estimate himself and counsel us’:

“I was only a first link in that chain of Providential circumstance which is called AA. By Grace and great fortune my link did not break; though my faults and failures might often brought about that unhappy result. I was just another alcoholic trying to get along – Under the Grace of God. Forget me, but go you and do likewise. Securely add your own link to the chain. With God’s help, forge that chain well & truly.
Frank Z., Audubon