

## **South Jersey Intergroup Announcements**

If you have anything you would like to share - send it to <a href="MEWSLETTER@AASJ.ORG">NEWSLETTER@AASJ.ORG</a>

**Fri - Sun - Aug 2-4** - 630 Co. Rd #530, Whiting, NJ- Riverside Spiritual Retreat Victory Hall \$135 (price includes 5 meals) . For more info call Marlene: 856-595-5511.

**Sun - Aug 25th** - District 14 Annual AA Picnic - Parvin's Thundergust Park 11am. Speaker, food, 50/50 fun and fellowship. Contact person Marci 856-776-3149.

**Wed - Aug 28th** - Women's Big Book Meeting 15th Anniversary - 10 am -12 pm. Zion United Methodist Church, 242 Kings Hwy, Clarksboro.

**Sat - Sept 21st** - Concert for Hope - Noon - 5:00 pm (rain date Sun. Sept 22nd). Admission \$10.00, bring a chair. Old Cedar Campground 274 Richwood Road, Monroeville. For more information contact Rich R. 732-720-5656.

## PRINTABLE MEETING LIST ARE NOW AVAILABLE

## June, 2024 Meeting List

South Jersey Intergroup Association of

## **Alcoholics Anonymous**

# 24 Hour Telephone Hotline (856) 486-4444

Mailing Address: P.O. Box 2514 Cherry Hill, NJ 08034
Office Location:1000 White Horse Rd. Suite 702 Voorhees, NJ 08043
Office & Literature Phone: (856) 486-4446
For Literature Sales Hours, call or visit aasj.org/literature

Our Meeting List is constantly updating.
Use the QR CODE below to see the most up-to-date
Meetings or Find a ZOOM Link.

1 & 2

#### SCAN QR HERE





South Jersey Intergroup Announcements

**Answering Service 12-step list: M**ore volunteers are need for the 12-step list. Signup sheets available for anyone wishing to take a copy to their home groups. Contact the Answering service. <a href="mailto:answeringservice@aasj.org">answeringservice@aasj.org</a>.

## **INSIDE OUR JULY/AUGUST ISSUE**

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## What is Step 7 of AA?

#### "Humbly asked Him to remove our shortcomings.

"In this step, you ask your higher power or God to remove the character defects you've identified and accepted in the previous steps. As the defects are removed, you replace them with humility and spiritual principles. This step requires a commitment to honesty, humility, and courage.

Step six of the twelve steps prepared you to deal with the defects you've identified. In this 7th step, you take action by asking that your higher power remove them.

### How the 7th Step in AA Works

Step 7 is the last step in a phase of recovery that began with <a href="Step 4">Step 4</a>. The goal of Step 7 is to acknowledge and address personal shortcomings and flaws that contribute to problematic alcohol consumption.

In Step 7, you will work on humbling yourself and seeing that you are not perfect. Then, you ask a higher power to remove these shortcomings.

### AA Step 7: What Is Humility?

Humility means having modesty, a lack of pride, and a humble view of your importance. In AA, it's suggested that people with addiction may lack humility, which makes it harder for them to admit to their mistakes and shortcomings or see the need for change.

Step 7 can help people develop a richer and deeper understanding of themselves and their connections to others.



Sometimes deliverance looks like jail.

Sometimes it looks like rehab.

Sometimes it looks like a hospital visit.

Sometimes God will do whatever it takes to get your attention and change your life.

## Breaking Down Step Eight of AA

"Made a list of all persons we had harmed, and became willing to make amends to them all."

"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake."— Twelve Steps and Twelve Traditions, p. 77

Terrified of facing the wreckage of your past? Looking at the shipwreck of your alcoholic life from the shore is one thing, but taking actions to repair and mend what is salvageable is a whole other adventure!

<u>Step Eight</u> of AA Alcoholics Anonymous helps recovering alcoholics to live in the greatest peace, in partnership with others and themselves.

While <u>Step Four</u> could be seen as your personal housecleaning, Step Eight is more of a social application of the shame reduction that was begun in Step Four, when you realized that you have hurt others as well as yourself because of alcoholic drinking.

While working Step Eight you're just going to make a list of people you have harmed and the specific ways that you have harmed each one.

Remember, you have acted with courage working all of your previous steps in AA and staying sober! With Step Eight you have the opportunity to translate your experience of courage into developing a compassionate spirit.

#### BREAKING DOWN STEP EIGHT OF AA ALCOHOLICS ANONYMOUS

Step Eight of AA Alcoholics Anonymous is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves. By making a list of the people we harmed and becoming willing to make amends, we take action to-

ward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.



#### HERE'S HOW IT WORKS

Step 8 is mostly about identifying the damage you have done to others and listing those names. It doesn't matter if the harm you caused was from selfishness, carelessness, anger, arrogance, dishonesty or any other character defect... it doesn't even matter if you didn't intend to cause harm.

You are going to make a completely thorough list, considering all the ways in which it is possible to cause harm to another person. Some situations are really obvious, for instance if you stole money from a person or business, or if you exhibited physical or emotional abuse.

The names on your list could be people you bullied, cheated on or treated coldly. Whether they are living or dead or will want to hear from you or not, it doesn't matter. You are just making a list.

#### REPAIRING BURNED BRIDGES: STEP EIGHT QUESTIONS & ACTIONS

Step Eight helps build awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people.

Here are some questions to help guide you through working Step Eight:

- Are there resentments in the way of your willingness to make amends?
- Are you hesitating in any way before working on the eighth step- if so why?
- Why is it valuable to determine the exact nature of your wrongs?
- Why is it so essential that you are very clear about your responsibility?
- Are there people to whom you owe an amends who may be a threat to your safety or about whom you are concerned in some other way?
- Why is simply saying, "I'm sorry" alone not sufficient to repair the damage that you've caused?
- Why is only changing your behavior not sufficient to repair the damage you've caused?
- Do you have amends to make that are financial and therefore you do not want to make them?
- Can you imagine what your life would be like if you had already made these amends?
- Do you have amends to people who have also harmed you?

## **Seventh Tradition Checklist**

The Seventh Tradition in Alcoholics Anonymous (AA) states: '<u>Every AA group ought to</u> <u>be fully self-supporting, declining outside contributions."</u> By being self-supporting and declining outside contributions, 12-step groups protect the fellowship structure and basic spiritual foundations.

- 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 tanked 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?

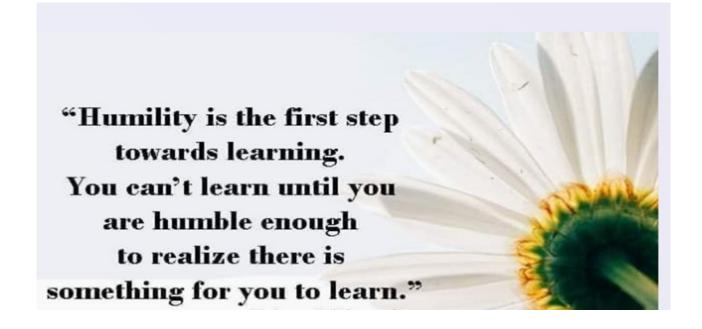




The Eighth Tradition in Alcoholics Anonymous (AA) states: <u>"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."</u> In other words, AA is a program of service, and when a newcomer to the program reaches out to someone in crisis, help is extended in a free and non-professional manner

## **Eighth Tradition Checklist**

- Is my own AA behavior accurately described by the Traditions? If not, what needs changing?
- Do I know who wrote down each one of my Traditions, and why? What would AA be like without them?
- When I chafe about any particular Tradition, do I realize how it affects the others?
- Do I sometimes try to get some reward--even if not money--for my personal AA efforts?
- Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine?
   On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
- Have I paid enough attention to the book Twelve Steps and Twelve Traditions
  Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To
  the pamphlet *AA Tradition--How It Developed*?



## **CONCEPT 7: Long Form**

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

#### Simplify:

#### The Board Can Override the Conference When Necessary

The charter and bylaws of the General Service Board (GSB) ARE legal documents. The charter of the General Service Conference (GSC) IS NOT. Period!

Because of that, there may be times where the Conference has, shall we say, gone off the deep end, and the Trustees (legally or otherwise) need to reel them back in through the vetoing of a Conference action.

The Trustees have "legal authority," where the Conference only has "moral authority."

ke et Aside Prayer

DEAR GOD PLEASE HELP ME TO SET ASIDE EVERYTHING I THINK I KNOW ABOUT [PEOPLE. PLACE OR THING] SO I MAY HAVE AN OPEN MIND AND A NEW EXPERIENCE. PLEASE HELP ME TO SEE THE TRUTH ABOUT [PEOPLE. PLACE OR THING]. AMEN. F ALSE
E VIDENCE
A PPEARING
R EAL

## **CONCEPT 8: Long Form**

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

#### Simplify:

#### Trustee Oversight Had 2 Primary Parts

- 1. They plan, manage and execute large matters of overall policy and finance, and...
- 2. They oversee both of our corporations (A.A. World Services, Inc. [which includes the General Service Office] & A.A. Grapevine, Inc.).

Trustees have the responsibility of ensuring good conduct of all our world service affairs. Their attitude is one of custodial oversight instead of executive order. They are guarantors of good management as opposed to micro-managers. The in's and out's of day to day operations are not for them. They leave that up to those they elect to run the organization. Their broad brush strokes strategically guide the entities they oversee.

My greatest act of self-love was getting sober.

## Rock bottom

#### A member finds her Seventh Step is just a stone's throw away

MONDAY morning: my sponsor has asked me to make a list of my character defects so that we can do Steps Six and Seven when we meet later in the day. It's been weeks since I've met with her to do Step work, and I've been wallowing in my character defects since I finished reading her my Fifth Step. I'm anxious and frustrated. I'm angry about other issues in my life. I'm ready to get some relief and do these two Steps. Unfortunately, our schedules change and we can no longer meet. I can't hang on to these any longer, but I'm not really sure what to do.

Earlier in the week I had practiced talking to God. I definitely can admit to believing in a Higher Power, but I've always questioned whether or not she actually has any interest in me on a personal level. My sponsor has been encouraging me for months to practice praying, even if I don't think it will do anything. She also suggested writing a letter to God, allowing her to respond. It was during that assignment that I found myself having a full-blown conversation with God in my journal. In that dialogue I wrote that all I wanted to do was go throw rocks in the ocean.

So, back to Monday morning: What to do with myself now that we're not meeting? I debate a meeting, and I debate driving to the beach to throw rocks in the ocean. The beach wins. It's a drizzly, gray morning and I'm not really prepared for the weather, but I don't care. I drive to a beach that I know has lots of rocks. I climb down to the sand and sit on the rocks. I have my list of character defects and a marker, and I decide to write my defects on the rocks so I can then throw them in the water. At first I think I'll choose little rocks that are easy to throw. Then I realize my first character defect is "self-hatred" and that definitely warrants a big rock. Most of the rocks I choose are not so little. I sit and write and sit and write, until next to me I have a big pile of rocks.

#### Rock bottom (continued)

I realize that the water is quite far from where I'm sitting, and I have a big pile of rocks that I'm not sure how to get there. I take the blanket I'm sitting on and bundle them up in it. I laugh when I go to pick the blanket up and realized how heavy my pile of character defects is! I am so ready to let these go. I walk to the water and empty the blanket on the sand.

I stare at the sky and I stare at the waves and just start talking and crying and asking God to please help me because I'm tired and she has to help me because I'm done trying to do it all myself. After seven-and-a-half months of sobriety, I finally stop holding onto the one last bit of self-will. I finally allow myself to really pray for God's care and protection. I recite the Seventh Step prayer. I pick up a rock and throw it in the ocean. I pick up another rock, say the Seventh Step prayer again and throw it in the ocean. Rock, prayer, toss, rock, prayer, toss. I look down when there are two rocks remaining and laugh. Of course they are the two biggest rocks and my two most stubborn defects. I let those go, too. And then I feel light. And I feel not so alone. And I feel God. Did I just say that? Have I just had a spiritual experience? Have I just made conscious contact with my Higher Power? The peace and quiet in my head says yes.

I walk back to where I had been sitting on the rocks. I've always heard the expression, "nature abhors a vacuum," and I ask God to fill the space that's been emptied with character assets. I ask for willingness, humility, love, honesty and compassion. I thank her for being present, for accepting my character defects. I realize the ocean is the best "God box" ever. I realize I'm no longer as afraid to be alone with my overwhelming feelings because I can just return to the water's edge and pray to God. Praying is very new for me. I'm not really sure how to do it.

"My Creator, I 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. Amen."



# Thinking It Through

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

I had just married and moved from Canada to Barbados and was beginning to feel settled, even comfortable, in my new surroundings and my new AA group. After a few months, I decided it was time to take the plunge, make the list, and complete my Eighth Step. "Half measures availed us nothing" seemed louder than ever at meetings, and inaction on the Steps, I believe, are a dangerous thing for me.

So convinced, I read the Big Book, the "Twelve and Twelve," and talked with my sponsor.

"It's just a list," I figured, "that's all." I had no idea how limiting my thinking was. Just beginning this Step has had a profound impact on my life. So far, there are sixty or so people on my list, and I'm not finished.

I don't know how this life change has happened, but since beginning the Eighth Step I have stopped buying into my excuses. For example, rather than be miserable and blame everything on some person, place, or thing, I look at myself first. Rather than blow up at a person, I call my sponsor. Rather than judge someone who is angry toward me, I think, "How would I like to be treated here?"--and actually apply it. Sometimes I don't feel I know the person in my head anymore. I like this new one better.

Recently, I was upset with my husband and decided to call him at his office to tell him precisely what was wrong with him (thank goodness he has Al-Anon). I sat down at the phone, picked it up--and called my sponsor instead. We talked about why I was upset and about recovery. At the end of the conversation, I told her that I wasn't going to call my husband but would instead read *Dr. Bob and the Good Oldtimers*. And I actually did! This is not the me I know.

#### Thinking It Through (continued)

Lying on the couch with the book, I felt a mix of feelings. The book describes what Dr. Bob and Bill used to read regularly at meetings or to other drunks before the Big Book came along: the Sermon on the Mount, the Book of James, and First Corinthians, thirteenth chapter. I am not a Bible reader, but I figured it certainly couldn't hurt, and it was something to take my mind off my perceived problems. I grabbed the Bible and read. There it was, the injunction to "turn the other cheek." Right then, reading those words, something happened.

Maybe my husband was inconsiderate. Maybe he did do something to upset me. "Who knows, and who cares?" I thought. "What about my behavior?" I started looking at myself and I was not pleased at what I saw. I sat there with the book on my lap and thought about my actions, my words, my behavior, my crazy feelings. I turned the camera on myself rather than on my husband. Next came this thought: what if, regardless of how others acted, I treated them well so that my actions were good and kind and necessary and true? What if I responded with "Is something upsetting you?" rather than "Stop talking to me like that, you (insert judgmental comment here)"? What if I were caring rather than judgmental?

When my husband came home, he expected me to be angry. If my past actions were any indication, he had every right to this expectation. He tried to avoid me and dismissed my attempt at casual conversation. Our meeting did not begin well, and yes, my buttons were pushed. However, my Eighth Step list, the Big Book, and *Dr. Bob and the Good Oldtimers* were on the table in front of me and made me stop. "How would he like to be treated?" I asked myself, and no anger came. My husband and I ended up talking like civil human beings, and it was wonderful.

I see the change in many areas of my life. I'm less likely to react. I do this for partly selfish reasons, too: I don't want to add any more names to my list. Sometimes this is plain old work. I am forced to think of a better, healthier, non-amends-requiring action. I pray and think it through. In several cases, thankfully, the emotions--be they sad, angry, or indifferent--left me before the answer arrived so I was able to go forward through difficult situations without my emotions in the way, having a clear head and a clear conscience.

#### Thinking It Through (continued)

When on the verge of reacting, I often think about what my friend Katherine once said to me about dogs and cats and the messes they create. "It's odd," she said, "how when an animal does something wrong, we simply let it know it has misbehaved, and then we promptly forget about it." I have never found myself mad at an animal for an hour, let alone weeks, months, or years. This helps me to balance situations I find myself in.

If these are the results of the Eighth Step, I can hardly wait to see the promises the Ninth Step holds.



# Accessibilities Committee

Planning & Brainstorming

Monthly Meeting

The 3rd Thursday at 7pm

A discussion meeting is being held on the topic of the accessibility needs within Area 45. Anyone can attend. Ideas/suggestions or to request ASL interpretation for this meeting email <a href="mailto:Accessibilities@snjaa.org">Accessibilities@snjaa.org</a> Phone: 609 498 5458

ID 853 5251 2630 Passcode 626374 Join Zoom Meeting

https://us02web.zoom.us/j/85352512630?pwd=MUtjN2tVTkRjL0xyW nc5dWQ5OUVsdz0



LOCATION: Carslake Community Center

207 Crosswicks St, Bordentown, NJ 08505

MEETING ID: 830 1638 6767

Click to Join

https://us02web.zoom.us/j/83016386767

TIMES: 8:30am Registration begins

8:45am GSRs/DCMs Orientation program

10:00<sub>am</sub> Assembly begins.
Committee Meeting to follow

Consider attending the Area 45 Assembly to hear what's happening in A.A. throughout NJ and beyond.

~ Breakfast & Lunch will be served ~

#### What is an Assembly?

A quarterly update meeting where reports are provided to help members understand the activities and service work of A.A. in Southern NJ and A.A. as a whole. Reports from Districts, Intergroups and Area Panel/Committees will be provided.

## **Recovery Word Search**

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HARD WORK **POTENTIAL COURAGE SMART BEAUTIFUL BRAVE FAITH INSPIRE HONESTY** LAUGH **PEACE** JOY **HOPE ACCEPTANCE HAPPINESS** CONTROL **OBTAINABLE SOBRIETY DISEASE REBIRTH SALVATION RENEWAL GROWTH PROGRESS CHANGE RELAPSE** GOD WORTHY **FIGHT RECOVERY CHALLENGING** LIFE WILLING **HUMBLE** GRATEFUL **FOCUSED** 

#### **FELLOWSHIP EVENTS & AA**





~2025~

## AREA 45 CONVENTION

**Monthly Committee Meeting** 

SECOND SUNDAY
OF THE MONTH AT 9-10AM



Meeting ID: 826 555 9907

PW: iL9EYy

Attend in person
6 Pemberton Street
Pemberton, NJ 08068 (449 Club)

Coffee and sweet treats served





## BUS TRIP TO



The General Service Office
475 Riverside Dr Floor 11, New York, NY

Friday, July 26th

\$10 per person

#### TRIP SCHEDULE

6:45am Board the Bus at Intergroup office:

1418 New Rd, Suite 4, Northfield, NJ 08225

8:30am Arrive at the GSO building.

Attendees will enjoy a tour of GSO and

attend an A.A. Meeting.

NOON Lunch Options for Attendees:

-Bring your own lunch

-Purchase lunch in the GSO cafeteria or

- Visit a restaurant in New York City

1:30pm Board the Bus back to Intergroup Office

EMAIL TO RSVP

chairperson@capeatlanticaa.org

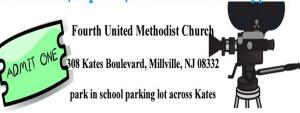
VALID ID REQUIRED to enter the GSO Building

## <u>District 14 Presents</u> <u>Outdoor Movies Night</u>



**Double Feature Movie Night Unity Event** 

SnowCones, PopCorn, and other Drinks Supplied



(BYO) Bring Your Own Chairs and Blankets