

ANONYMOUS

You can't keep dancing with the devil and ask why you're still in hell. I stopped drinking because I didn't like who I was when I drank, and stayed sober because I love who I am without it.

SJ Intergroup has 2 major vacancies at this writing:

One (1) Trustee position

A Trustee shall serve a term of four years and have the following:

- * *Minimum 10 years of current continuous sobriety*
- * *History of Service at the Intergroup level*
- * *Minimum three (3) years service within the fellowship*
- * *Resident of the area served by IG*

Assistant Secretary - *The Assistance Secretary is the Secretary for the Steering Committee. They shall take minutes at the Steering Committee meeting and, if needed, at the SJ Intergroup meeting in the absence of the Secretary. They shall perform recording and clerical duties as the Trustees or Panel may request. They shall email the minutes to the Steering Committee in a timely manner.*

South Jersey Intergroup Announcements

If you have anything you would like to share - send it to NEWSLETTER@AASJ.ORG

Every Thurs- Daily Reflection of the Day—Southwood Baptist Ch - 11 Griscom Lane, West Deptford. Come start your day with some serenity and join us for an early light breakfast. Doors open at 7am with FFF at 7:30 am.

Mon - Sept 16th—Blackwood Women Step 35th Anniversary - 7:00 pm - 8:30 pm. Pizza & cake; Blackwood United Methodist Church, 35 E. Church St. Blackwood.

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, or to get involved, contact Rich R. 732-720-5656.

Sun - Sept 22nd - District 27 Service Workshop. 9:30 am - 12:30pm, Gibson House, 535 Main St, Marlton.

Sun - Sept 22nd - Sicklerville SJ Intergroup Young People's 1st Annual S'more will be Revealed, Campfire Cookout, 1480 Jarvis Rd, Sicklerville. \$5.00 suggested donation.

SJ Intergroup Announcements continued:

Sun - Sept 29th - Triboro's 50th Anniversary - Central Baptist Church - 514 Maple Ave, Palmyra. Food @7 pm - Speaker to follow.

Tues - Oct. 8th – Living Room Group Women's meeting 19th Anniversary. Coffee/dessert @6:30pm, speaker @7:00pm. First United Methodist Church, 704 Garden St, Haddon Hghts. **(All are invited)**

Sun - Oct 13th—Somers Point "Unity Breakfast" 9:00am - 1:00pm @Great Bay CC, 901 Mays Landing Rd, Somers Point. \$35 buffet & meeting. For more info contact Barbara 609-489-2016.

Mon - Oct 14th - Ashland Men's 39th Anniversary @Ashland Ch, 33 E. Evesham Rd., Voorhees. Speaker starts at 7:00, FFF to follow.

Fri- Oct. 18th - From The Ashes Group 1st yr Anniversary, Cultivate Church, 2303 E. Evesham Rd, Voorhees. Food @ 6:30pm, speaker @ 7:30pm.

Sat. - Oct 19th - Freedom Fire XIII - Old Cedar Campground, 274 Richwood Rd, Monroeville. \$15 fee. Gates open at 4:40, food @6:00pm and meeting @ 9pm.

Sat- Oct 26th - Clarksboro Sober Saturday's 4th Anniversary with FFF at 7:00 pm, speaker to follow, Zion Comm. Church, 242 Kings Hwy, Clarksboro.

Sat - November 9th (7 pm - 11pm) - SJ Intergroup Gratitude Dinner Dance - Indian Springs Country Club - 115 South Elmwood Road, Marlton. Tickets \$35.00 p/p. For tickets contact Joanne M. 856-535-4030 or Nancy L. 856-430-0561.

INSIDE OUR SEPTEMBER/OCTOBER ISSUE

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PRINTABLE MEETING LIST ARE NOW AVAILABLE

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.

SCAN QR HERE



Answering Service 12-step list: More 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. answeringservice@aasj.org.



SJ Intergroup is looking for your personal recovery stories to be published in our by-monthly newsletter. If you are interested in sharing your story, we would love to hear from you. Your story needs to be a maximum of 500 words and can be published anonymously, if you prefer. If you have any questions, or would like to submit your story, please send to newsletter@aasj.org.

A relapse happens in your mind before you actually pick up a drink. Be aware of your thinking.

When I drink "just one" I turn into someone who drinks "just one more" ...until all the drinks & good times are gone. One is Never enough. So I choose none

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book “Alcoholics Anonymous,” we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

Much the same approach will apply at the office or factory. We shall at once think of a few people who know all about our drinking, and who have been most affected by it. But even in these cases, we may need to use a little more discretion than we did with the family. We may not want to say anything for several weeks, or longer. First we will wish to be reasonably certain that we are on the A.A. beam. Then we are ready to go to these people, to tell them what A.A. is, and what we are trying to do. Against this background we can freely admit the damage we have done and make our apologies. We can pay, or promise to pay, whatever obligations, financial or otherwise, we owe. The generous response of most people to such quiet sincerity will often astonish us. Even our severest and most justified critics will frequently meet us more than halfway on the first trial.



Page 4 continued...

This atmosphere of approval and praise is apt to be so exhilarating as to put us off balance by creating an insatiable appetite for more of the same. Or we may be tipped over in the other direction when, in rare cases, we get a cool and skeptical reception. This will tempt us to argue, or to press our point insistently. Or maybe it will tempt us to discouragement and pessimism. But if we have prepared ourselves well in advance, such reactions will not deflect us from our steady and even purpose.

After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished. We will want to rest on our laurels. The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. Let's not talk prudence while practicing evasion.

As soon as we begin to feel confident in our new way of life and have begun, by our behavior and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them. The only exceptions we will make will be cases where our disclosure would cause actual harm. These conversations can begin in a casual or natural way. But if no such opportunity presents itself, at some point we will want to summon all our courage, head straight for the person concerned, and lay our cards on the table. We needn't wallow in excessive remorse before those we have harmed, but amends at this level should always be forthright and generous.

There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. Or—quite as important—other people. We cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband. And even in those cases where such a matter must be discussed, let's try to avoid harming third parties, whoever they may be. It does not lighten our burden when we recklessly make the crosses of others heavier.

Many a razor-edged question can arise in other departments of life where this same principle is involved. Suppose, for instance, that we have drunk up a good chunk of our firm's money, whether by "borrowing" or on a heavily padded expense account. Suppose that this may continue to go undetected, if we say nothing. Do we instantly confess our irregularities to the firm, in the practical certainty that we will be fired and become unemployable? Are we going to be so rigidly righteous about making amends that we don't care what happens to the family and home? Or do we first consult those who are to be gravely affected? Do we lay the matter before our sponsor or spiritual adviser, earnestly asking God's help and guidance—meanwhile resolving to do the right thing when it becomes clear, cost what it may? Of course, there is no pat answer which can fit all such dilemmas. But all of them do require a complete willingness to make amends as fast and as far as may be possible in a given set of conditions.

Page 5 continued...

Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

Tradition 9 - Long Form

“Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole

Tradition Nine Discussion Questions

1. Is our group over organized? Are our leaders servants or do they take control?
2. Am I aware of the service structure of AA? Of the upside-down triangle?
3. Do I feel that our service structure is accountable? Do I understand how it is accountable?
4. Do I serve to the best of my ability or do I leave the work to others because ‘it’s not my job’ or ‘someone else will do it’ or judge that it’ll be ‘good for the newer member’?
5. Am I aware of those I am responsible to in my A.A. work?
6. Do I resist formal aspects of A.A. because I fear them as authoritative?

Concept 9 - Long Form

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

HONESTY + PURITY + UNSELFISHNESS + LOVE

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

An Amends to Remember

It took him years to understand the amends she made to him.....

When I was 18, I had a girlfriend whose mom was a drunk. She wasn't a happy drunk. She was an angry, grouchy drunk.

And her mom hated me. She did everything she could to break us up. She prohibited her daughter from seeing me. She called the cops whenever she caught us together. Her mother even sent my girlfriend three states away for five months hoping we'd lose interest.

A year later, her mom got sober in Alcoholics Anonymous. And for whatever reason, she started accepting me into her life and family. It wasn't long before she started asking me to come to meetings with her.

She'd say things like, "Neil, I feel like I need some support tonight, will you come with me?" I didn't know what the 12th Step was back then. I was in love with her daughter, and I wanted her to like me, so I'd go with her.

I'd sit in those meetings and look up on the wall. Some meetings had the Twelve Steps on a window shade. I'd look at them. Steps Eight and Nine in particular. And I'd think, when is she going to make the list of persons she'd harmed, and make her amends to me? After all, I figured, she really messed up my love life for about a year and a half and I thought I deserved something.

After a couple years, her daughter and I went our separate ways, but once in a while I'd still wonder when her mom was going to 'fess up to her evil ways, and apologize to me.

Eventually, I forgot about it. One day, many years later, I'd finally gotten sober and was just sitting around being grateful, and it occurred to me that she had made an amends.

In fact, it was the best possible amends that could have been made to a drunk like me. She had given me Alcoholics Anonymous. Back when I was 19, she planted the seed of AA in me, so when my life went down the toilet, I knew there was somewhere to go. As a direct result of those amends, I get to sit here tonight, a sober human being. And for that, I'm really grateful.

Tradition 10 - Long Form

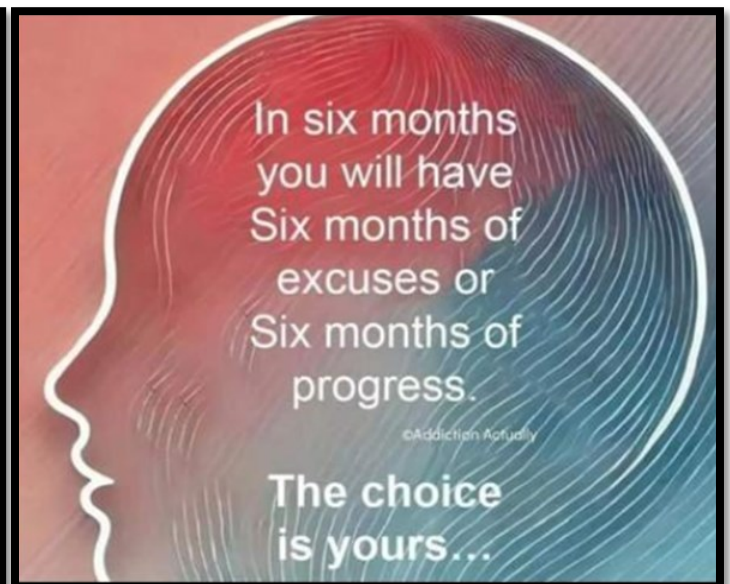
“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues— particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.”

Tradition Ten Discussion Questions

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The Government? Drug and alcohol legislation? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. When offering guidance or sponsoring, do I offer my opinion as if it is AA lore?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Concept 10 - Long Form

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.



WHY I DON'T DRINK ANYMORE?

It goes like this "How come you don't drink anymore?" A renewed acquaintance from long ago asked the other day.

"Anymore than who?"

"I mean any longer. How come you don't drink anything these days?"

"Drink? I drink... coffee, tea, milk, soda pop, water, fruit juices, ice cream frappes...."

"I mean drink, he said, "you know, booze."

"Oh booze! No, I don't drink any booze anymore, you're right," I said, "I couldn't trust it anymore. It turned on me. Once my best friend, it became my enemy."

"Maybe you got a bad batch?" he said.

"No, the sauce is the same, I changed. Because I have the sickness of alcoholism, my tolerance weakened. Alcoholism doesn't come in bottles. It comes in people."

"Sounds pretty confusing," the fellow said.

"You think you're confused," I said. "You should have seen me. I drank for happiness and became unhappy; I drank for joy and became miserable; I drank to be outgoing and became self-centered; I drank for sociability and became argumentative and lonely; I drank for sophistication and became crude and obnoxious; I drank for friendship and made enemies; I drank to soften sorrow and wallowed in self-pity; I drank for sleep and awakened without rest; I drank for strength and felt weak; I drank to prove my masculinity and it sapped my potency; I drank medicinally and got sick; I drank because I thought my job called for it and lost my job; I drank to stimulate thoughts and blacked out; I drank to make conversation and got to where I couldn't talk at all; I drank for warmth and lost my cool; I drank for coolness and lost my warmth; I drank to feel heavenly and came to know hell; I drank to forget and became haunted; I drank for freedom's sake and became a slave; I drank for power and became powerless; I drank to erase problems and saw them multiply; I drank to cope with life and invited death, or worse; I drank because I had the right, and everything turned out wrong."

"Gosh, my friend exclaimed, that must have taken a bunch of booze to get you in that shape?"

"Just one," I told him. "The first one. For me one's too many and a thousand's not enough."

"So, that's why you don't drink anymore?"

"Yep, I made a rule, I DON'T DRINK WHILE I'M SOBER."

An Old-timer's Checklist

When I was sober less than a year in Alcoholics Anonymous, I longed for the "prestige" of five years. As I approached five, I yearned for the "recognition" of ten and fifteen. At twenty-five, and later, there've been moments when I've had no doubt that I had "arrived." Papa Ego was glutting himself on a menu of attitudes until he was fairly bursting at the seams.

I have found myself expecting all kinds of acknowledgment simply because of my sober longevity. It was only recently, when I met a contented man, sober thirty-nine years (I actually became tongue-tied!), that I started to think about my length of sobriety in terms of what Bill W. called "unrealistic expectations," I got out the old, dusty inventory pad and headed up the page "Self-centeredness, aka Uniqueness and Big-shotism." Here are some of the questions I asked myself.

Am I long-winded at meetings, imagining that I "owe it to the group" to talk at length in order to share my exclusive store of experience, strength, and hope?

Do I get annoyed when I am not called on or when I am not listened to? Maybe I don't show it, but do I think it or feel it? My drunkenness was a selfish experience but recovery is a group activity. We all get sober together or none of us get sober. There are a lot of us at meetings and common sense ought to tell me (and it will if I listen) that everyone at a discussion meeting cannot always be called on.

Do I expect of myself that I utter gems when I share and expect that you will take my "wisdom" to heart? I need to remind myself that wisdom is not all that hard to come by in AA. Wisdom begins the first day for each one of us and grows with our sobriety.

Page 10 continued...

Do I try to manipulate group events (as I did in the beginning), using my length of sobriety as a weapon?

In social settings, do I pretend to information and worldly experience that I imagine I *should* have because I am an AA old-timer?

Does it occur to me that more success on the job--and more money--would be forthcoming if only my employers knew exactly who I was?

Do I get impatient with long lines at the market, bank, or gas station and imagine that I should be allowed to go to the head of the line because, after all...??

In failed relationships, do I take full blame because I've been sober a long time and should have known better? (Even non-alcoholics know that usually in these situations more than one party is at fault!)

Do I quietly meddle in the lives of my friends, believing that I can solve their problems because I have apparently solved the major problem in my own life?

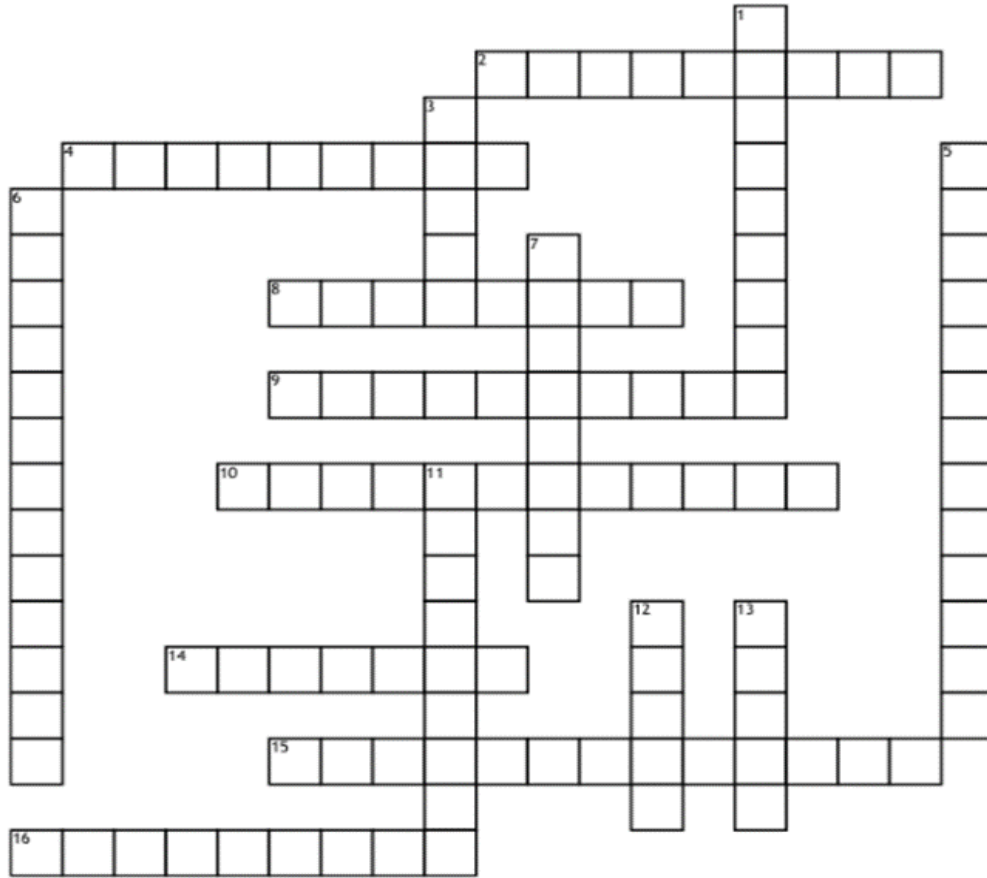
Thanks to this mini-Fourth Step and to an ongoing Tenth, I am happy to report that Papa Ego has gone on a diet and his weight is stabilizing.

It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

— Bill W. —



Alcohol Awareness



Across

- 2. scarring in the liver
- 4. Addict dependent on alcohol
- 8. life without alcohol
- 9. breakdown: process
- 10. wanting to fit in or be liked is this influential factor in alcohol use
- 14. type of alcohol in alcoholic drinks

15. tends to make alcohol use seem glamorous, fun

16. (OVI) _____ a Vehicle Intoxicated

Down

- 1. needing more alcohol to achieve the same feeling
- 3. body organ that metabolizes alcohol
- 5. (BAC) Blood Alcohol _____

6. drinking large amounts of alcohol in one sitting

7. process of learning to live without alcohol

11. alcohol overdose; potentially fatal; alcohol _____

12. excessive use of alcohol: alcohol _____

13. (FAS) _____ Alcohol Syndrome

Concerning the term "Recovering Catholic"

23% of the population in the U.S. are Roman Catholic, that's almost 1 out of every 4. I don't hear this term very often but when I do 2 or 3 more people will add that to their share as well. Imagine sitting in a meeting hearing people denigrate your beliefs. All large organizations, religious and otherwise, have people that say and do bad things. Every faith I am aware of has practitioners that use doctrine to convey messages that are negative or punishing in some way but can you imagine someone saying they are a recovering Baptist or Jew or Muslim? I understand the need to describe the things that were detrimental to you spiritually but you can express yourself by describing your particular church or minister or family without using a broad brush to paint an entire faith with your negative experience.

Fall 2024 CONTRA Study

September 10, 2024 through December 17, 2024

Tuesdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Trusted Servants from Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)



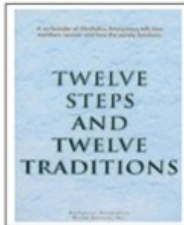
Zoom Meeting ID: 847 4641 4040
Passcode: 330331

Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the *CONcepts*, *TRAditions* & *The A.A. Service Manual*

Sep 10, 2024 – Registration & Orientation
Sep 17, 2024 – Traditions 1, 2 & 3
Sep 24, 2024 – Traditions 4, 5 & 6
Oct 1, 2024 – Traditions 7, 8 & 9
Oct 8, 2024 – Traditions 10, 11 & 12

Oct 15, 2024 – Service Manual, pp. I-VIII, 1-6, 85-104
Oct 22, 2024 – Svc Man Ch 1 2 3 & pp 105-14, 160-2
Oct 29, 2024 – Svc Man, Chapters 4 5 6 & pp 164-8
Nov 5, 2024 – Svc Man, Chapters 7 8 9 & pp 169-73
Nov 12, 2024 – Svc Man Ch 10 11 12 & pp 155-9, 163
Nov 19, 2024 – Service Manual, pp. 115-154
Nov 26, 2024 – Concepts pp I-VIII, C1-C2, Con 1 2 3
Dec 3, 2024 – Concepts 4, 5 & 6
Dec 10, 2024 – Concepts 7, 8 & 9
Dec 17, 2024 – Concepts 10, 11 & 12



CONTRA Study Materials

(provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)

The A.A. Service Manual combined with *The Twelve Concepts for World Service*, BM-31, 2021-2023 edition

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2024 Contra Study Service Manual Questions

A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Trusted Servants from
Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)
For more information, contact:
2024contrastudy@gmail.com



Beyond Your
Wildest Dreams

59th Area 45 Convention
March 14-16, 2025

~ Save the Date ~
March 14 -16, 2025
The Claridge Hotel,
Atlantic City NJ



TENTH ANNIVERSARY NATIONAL A.A. TECHNOLOGY WORKSHOP

NAATW in St. Louis, Mo

Sept. 13 - 15, 2024

REGISTRATION OPEN

Help Us Make Our Tenth Birthday in St. Louis MO a Hybrid One!
The National A.A. Technology Workshop celebrates its 10th Anniversary in the city where it all began - St. Louis, MO

- ✦ We've got a rockin' hotel
- ✦ We've got a super-skilled bunch of technologists
- ✦ We've got enthusiastic (and extremely intelligent and witty!) Members, Groups, Districts, Areas, and General Service Office staff eager to learn and share about technology in A.A. today
- ✦ We've got members from all over the globe wanting to learn how technology can best effectively spread the A.A. message to the still-suffering alcoholic
- ✦ And, we've got high overhead
- ✦ To create a hybrid NAATW 2024, we need a LOT of participation.
 - ✦ 130 folks ONLINE, to be exact.
 - ✦ And we need 130 ONLINE Registrants by July 12, 2024.
 - ✦ (Because, you know, good tech costs money)
 - [This is where self-sufficiency and prudence meet, folks]
 - ✦ If we can't hit the 130 Online registrant number by July 12, we'll *only* meet In-Person and *all* Online registrations will be refunded
 - Your strong Online presence will make a Happy Hybrid 10th
 - So, please, "Meet Us In St. Louis" In-Person & Online
 - ✦ **\$100 Registration Fee for Everyone**

REGISTER AT NAATW.ORG

Sheraton Westport Chalet Hotel

St. Louis, MO 63146

Hotel Block \$149 Prices End Aug. 15, 2024

Phone: 314-878-1500

SOUTH JERSEY INTERGROUP
**GRATITUDE
DINNER DANCE**

SATURDAY, NOVEMBER 9TH
(7PM TILL 11PM)

INDIAN SPRINGS COUNTRY CLUB

115 South Elmwood Road
Marlton, NJ 08053

Catering by Marcos
Music by Sargent DJ Entertainment

\$35 a person

For Tickets Contact:

Joanne M. 856.535.4030

Nancy L 856.430.0561

90 YEARS
Language of the Heart
JULY 3RD - 6TH, 2025

2025 A.A. International Convention
July 3rd - 6th 2025
 Areas 44 & 45 Ad-Hoc Committee for 2025 International Convention Hospitality Suite are looking for Service Volunteers!!

MEETING INFO
 7 PM Every Last Thursday Of Odd Months
ID: 833 5908 4488
PW: 0540445

Donations are needed to make our Areas 44 & 45 Hospitality Suite a great event. We need donations to help cover the expenses of Archives Transportation, Refreshments & Souvenirs.

SCAN **QR CODE** Donation Options

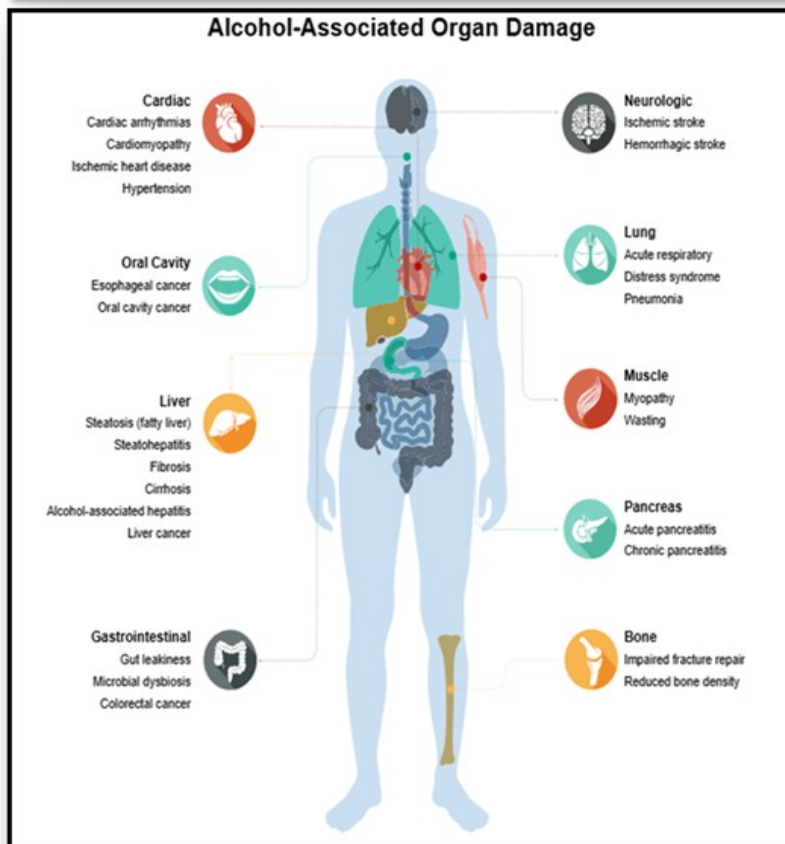
All Donations Are Separate from 7th Tradition Contributions

Please Display Donation Cans @ Your Home Group & District Events
 Any questions? Contact: Mike R. at 2025-ICHS-Chair@njarea44.org
 Roy C. at archives@snjaa.org

HOW DRINKING EVEN SMALL AMOUNTS OF ALCOHOL CAN HURT HOW YOU FEEL, THINK & LOOK:

1. RAISES CORTISOL
2. LOWERS METABOLISM
3. DYSREGULATES NERVOUS SYSTEM
4. DECREASES MUSCLES BUILDING
5. SHRINKS BRAIN-MOOD & MEMORY
6. DAMAGES GUT HEALTH
7. INHIBITS THYROID HORMONES
8. ACCELERATES SKIN AGING
9. WEAKENS THE IMMUNE SYSTEM
10. RUINS REM & DEEP SLEEP

@DRWILLCOLE



Questions to ask yourself instead of

"am I an alcoholic?":

- How do I feel after drinking?
- Is drinking adding more negatives or positives to my life?
- Do the consequences of drinking outweigh the benefits?
- How does alcohol impact my mental health, self-esteem, relationships, and motivation?
- Are my drinking habits in alignment with the life I want to create?