

ANONYMOUS



SJ Intergroup has 1 open position as of this writing:

Secretary - Takes Minutes at the Intergroup meetings and sees that Minutes are distributed to Intergroup Representatives.



"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." "Four things support the world: the learning of the wise, the justice of the great, the prayers of the good, and the valor of the brave."

South Jersey Intergroup Announcements

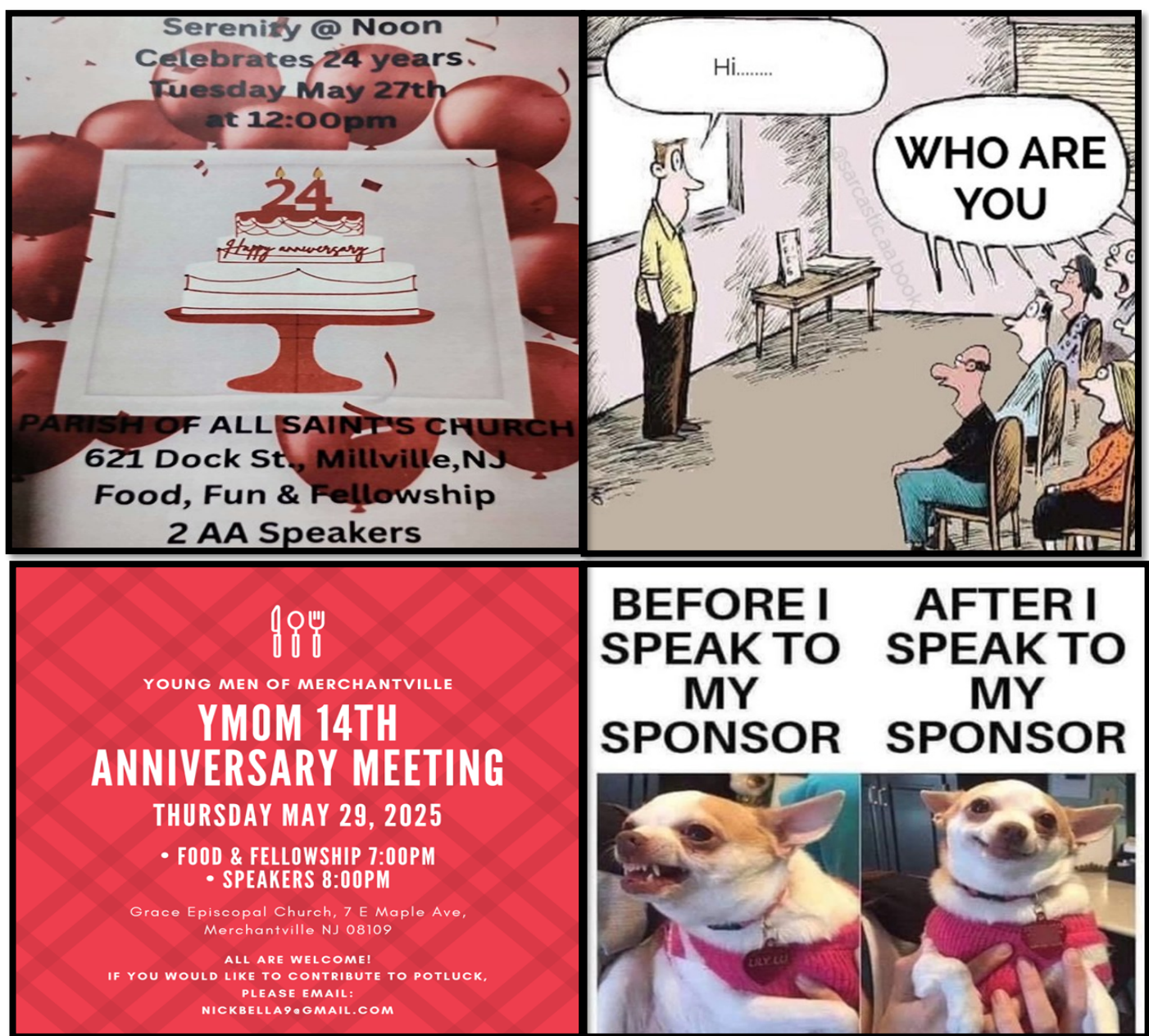
If you have anything you would like to share - send it to NEWSLETTER@AASJ.ORG

FOR MORE EVENTS PLEASE SEE PAGES 13 & 14 FOR FLYERS!

Sat . May 24 - Millville District 14 will host a workshop on Unity FFF starting 5:30pm till 10pm @ Trinity First Hope Ctr 102 S Second St, Millville more info call ; Paula: 609-364-9133

Tue. May 27 - Serenity @ Noon will celebrate their 24th anniv. starting at noon with FFF Parish of All Saints Ch 621 Dock St, Millville

Mon. June 9 - Palmyra Group 33rd Anniversary Celebration - 6-8pm - Epworth United Methodist Church - 502 Morgan Ave, Palmyra. Food and Fellowship at 6:00 PM, Speaker Meeting from 7:00 to 8:00 pm!



INSIDE OUR MAY/JUNE 2025 ISSUE

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10.....	Fellowship Events

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 needed for the 12-step list. Signup sheets available for anyone wishing to take a copy to their home groups. Contact the Answering service.

answering-service@aasj.org



Remember the sweats.
Remember the insomnia.
Remember the hangovers.
Remember the shakes.
Remember the lost relationships.
Remember the money wasted.
Remember the shame and guilt.
Remember the time lost.

Remember that you are strong.
Remember who you are.

SJ INTERGROUP **ANSWERING SERVICE** **HOTLINE TRAINING:**

WHEN: SAT. June 14th

TIME: 10:00 am-11:00 am

WHERE: SJ INTERGROUP
OFFICE

1000 WHITEHORSE RD,
SUITE 702

VOORHEES, NJ 08043

Refreshments will be served

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.

June 1974 - The Fifth Step - a Way to Stay High - By: E. S. / Brooklyn, New York -

“He felt he had found the secret of flying without a machine”

STEP FIVE: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

OUR CO-FOUNDER Bill W. indicates in the Big Book that a return to drinking is a definite possibility if the Fifth Step is not taken conscientiously. I believe this. I have had faith in the AA program since my first meeting.

In the depth of my despair while drinking, and not thinking that I was an alcoholic, I was sure there was a force somewhere that could help me. It never occurred to me to stop drinking. The sheer logic of that never entered my mind. And I did not consider AA. But I was searching. When I arrived at AA, I knew the mirage of help had become a reality.

I realized that I needed all of AA if I wanted more than bits and pieces of sobriety. That meant taking all Twelve Steps. I began reading about them. I am sad for the people who do not read the book *Twelve Steps and Twelve Traditions*. This is the most meaningful book I own. It is a million wise books in one. It's miraculous how AA books grow in impact every time I read them.

I was interested in Bill's explanation of the Fifth Step in the Big Book. In meetings, I told people about my drinking exploits, but something at the perimeter of my mind kept nudging me and saying, "They know all this. This isn't the Fifth Step. Tell them. . .something painful!"

I took the question to my sponsor. He talked about the misguided drive that some people have to tell all, over and over and over again. He advised me to look for "the exact nature" of my wrongs, instead of just drawing lurid pictures. In preparation for the Fifth Step, he said, I should think through the Fourth, counting my assets as well as my liabilities ("something painful"). "The Steps are there to help you, kid," he said, "not hurt you."

I had already gone the clergy, doctor, and analyst routes. Now I wanted that "other human being" to be an AA. So I finally picked one and began talking as honestly as I could. When I finished, guess what this guy said. (I don't have to tell any long-time member.) He said, "Is that all? Wait till I tell you about me. . . ."

I felt as if I had discovered the secret of man being able to fly without a machine. What a high! And a safe one. I had been introverted and tense. I had been blocked by a fat ego that made sharing impossible, by a lack of communication, by a fear of love. The Fifth Step swept away all those barricades. With some humility, I could begin to find joy in the simple delights of life. Sober-and-serene is much better than drunk-and-depressed. I plan not to drink today. The safest way I know to avoid it is to keep my ego down while building up my self-esteem, and the surest way to do that is to continue taking the Tenth Step--a comforting continuation of the work I finally did in the Fifth Step.

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I believe in God. I have no secrets, and I fear no man. I am not anxious about death. I am alive, forever, within this 24 hours. And I stay high all the time, high on life, thanks to the Twelve Steps of Alcoholics Anonymous.

Tradition 5 (short form)

"Each group has but one primary purpose: to carry its message to the alcoholic who still suffers". This means that the sole focus of each AA group should be to help other alcoholics who are struggling with addiction.

Concept 5 (short form)

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

A.A. Step 5

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

How Step 5 of AA Fits Into Your Recovery Journey

Step 4 provides the background for step 5 by helping people make "a searching and fearless moral inventory" of themselves, and sets the stage for step 6, which states that people are therefore "entirely ready to have God remove all these defects of character."³ In other words, to admit your flaws to someone else, you first need to know what they are (step 4), and only once you've admitted them to yourself, God, and someone else (step 5) can you ask God or your higher power to remove them (step 6).

Step 5 can help with your recovery journey in several ways. For example, regardless of how distressing the memories of your wrongdoings might be, you can:

- Learn the importance of openness, honesty, and tolerance.
- Be able to give and receive forgiveness.
- Move toward humility by recognizing your shortcomings.
- Be more willing to receive advice and direction.

All of the above are important during recovery and beyond and can help you become a stronger and more effective person in your interpersonal relationships, work, and overall life in general.

Overall, participation in AA not only helps you cultivate the above-mentioned qualities but also brings many additional benefits, such as:

- Reducing alcohol use and relapse rates.
- Improving a sense of self-efficacy and fostering healthier coping.
- Supporting abstinence by having a sponsor or through service to others.
- Learning from the experiences of others.
- Obtaining a sense of camaraderie with others who have been in your shoes.
- Reducing negative emotions, guilt, and shame.

October 1979 - Making a Beginning- By: R. F. | Houston, Texas

STEP SIX: Were entirely ready to have God remove all these defects of character

JUST BEFORE its discussion of Step Four, the Big Book says: "Our liquor was but a symptom. So we had to get down to causes and conditions." A thorough inventory reveals those causes and conditions; the Fifth Step allows us to share them with God and another human being, and so remove the inner pain they have caused in our past lives.

After finishing my Fifth Step, I discarded the inventory but kept a single page that listed my major character defects. That list would come in handy later.

The first time I read Step Six, I thought it meant I had to arrive at some angelic state of mind in which I would become--and forever remain--"entirely ready" to have God remove all my defects. (I had forgotten that AA promises "spiritual progress rather than spiritual perfection.")

Twelve Steps and Twelve Traditions set me right. It calls Step Six "AA's way of stating the best possible attitude one can take in order to make a beginning on this lifetime job." To me, that means Step Six is not a one time matter; it stretches over a lifetime of sobriety. Even that "best possible attitude" is always just a beginning.

Nearly a year ago, I awoke very early one morning and knew it was time to make that beginning. I took out the list of defects, read it over, and asked myself two questions: "What are you holding on to these things for?" and "What did these things ever do *for* you?" (I may choose to hold on to them for fear of letting go, but holding on to them for years and years led me into alcoholism.) So I got on my knees and recited the Big Book's Step Seven prayer, which asks God's help in replacing our willfulness with His will for us. The "Twelve and Twelve" calls that replacement a "basic ingredient of all humility."

I arrived at AA because I was sick and tired of being sick and tired. I believe we get active with Step Six when we get sick and tired of being sick--sick and tired of the character defects of which alcoholism is a symptom--sick and tired of their effect, not on our past, but on our present lives.

In this ongoing process, AA is asking us to go where none of us has ever been before--into lives of lessened fear, diminished anger, fewer resentments, and genuine self-esteem instead of self-pity. There is a price, however: the willingness to challenge and change patterns of thought, speech, and behavior that may have gone unchallenged for ten, twenty, or thirty years or more.

Once I know, from the inventory Steps, what my causes and conditions are, I am without excuse (except my own willfulness) for not making that beginning. Having turned my will and my life over to the care of God in Step Three, I can proceed with the faith that has, through this program, replaced much of my former fear. "The only urgent thing," according to the "Twelve and Twelve," "is that we make a beginning, and keep trying."

With AA's help, my compulsion to drink has been removed. My other character defects have *not* vanished. But one day at a time, when I accept that God's will for me includes surrendering the causes and conditions of my alcoholism, the power to help me work to lessen those shortcomings is always there. God supplies the power, but I must choose to use it in this case, I get what I pray for, if I *do* what I pray for. Whenever I am willing to accept the challenge, I experience another of the Big Book's statements: "We are sure God wants us to be happy, joyous, and free."

A.A. STEP 6

Tradition 6 (short form)

"Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.". This means that the sole focus of each AA group should be to help other alcoholics who are struggling with addiction.

Concept 6 (short form)

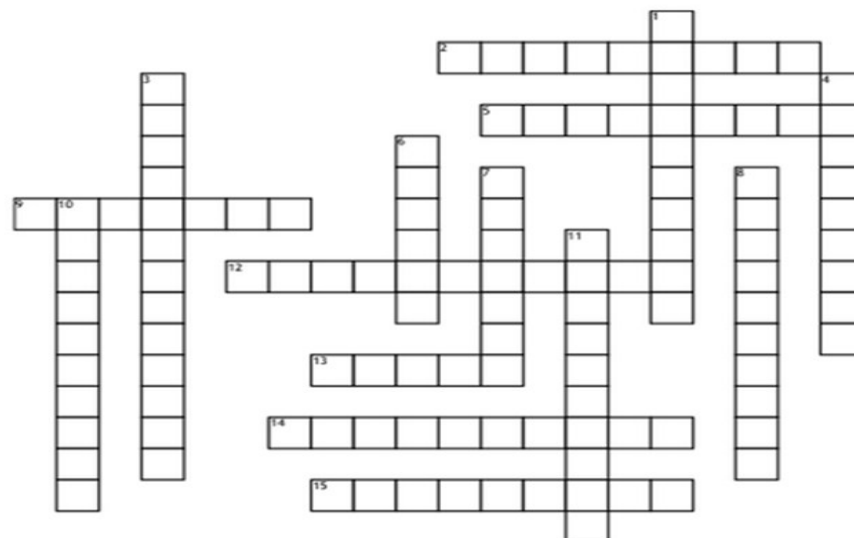
The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Were entirely ready to have God remove all these defects of character

Drugs and Alcohol

Across

- 2. needing to increase the dose of a drug to feel the same effect
- 5. using a drug to feel normal
- 9. marijuana, alcohol and tobacco are considered to be this type of drug
- 12. a type of stimulant
- 13. use of an illegal drug
- 14. a drug that decreases body systems



- 15. a drug that increases body systems

Down

- 1. a cancer causing substance
- 3. 5 or more drinks in one night
- 4. way gasoline, aerosol sprays and glue are taken into the body
- 6. a beverage that contains caffeine

- 7. a stimulant that can produce a strong and quick addiction
- 8. when a person is addicted, quitting in one day
- 10. when alcohol controls an individual's life
- 11. effects you feel when getting sober

ONE DAY AT A TIME

I recently had a long-distance phone call from someone I had lost contact with for several years. This person was once one of my best drinking buddies. We had parted company long before I joined AA.

In response to my “How are you?,” my friend answered. “Sober”. I immediately blurted out, “So you joined AA too? He reacted as if I had asked him if he had grown a second head.

I had automatically associated the word “sober” with “A.A.”; while he had simply meant that he was “undrunk”. After getting over my initial embarrassment of disclosing my anonymity to someone I wished I hadn’t, I realized the therapeutic value of this little conversation.

I, too, once thought that “sober” meant “undrunk”. During my active alcoholism, I periodically went on the wagon. I thought that during those alcohol layoffs, I was “sober”. When those dry spells started to become shorter and less frequent and my hangovers more horrendous, I reluctantly turned to A.A.

The first few months I attended A.A. meetings I listened to little, offered nothing, and analyzed, criticized and compare myself to others in the A.A. rooms. But I didn’t pick up a drink. Therefore, I thought I was “sober”, right? No, wrong, I came to find out!

One night at a speaker’s meeting, the speaker started talking about “sobriety”. I tried to turn him off mentally but found I couldn’t do it. He gave a definition of “sobriety” that astounded me. He stated simply that “sobriety is having a clear head at all times.” He went on to explain the difference between being “dry” and being “sober”. “Dry” was undrunk—the absence of alcohol in the body at a given time, but “sober” was another matter entirely.

I didn’t magically become sober that night; but at least I started to become “un-dry”. While I was dry I didn’t suffer the physical harm and awful hangovers that alcohol had done to me, but my emotional stability and spirituality were still in terrible shape. It took a lot of meetings and help from my A.A. friends but most of the time now I really feel “sober”.

Prior to the telephone call, I was going through a period of not feeling very sober. I was trying to control a situation that I had no business meddling in, and my head was as clear as mud. Once I started really thinking about “sobriety”, I was able to get back on the right track; i.e., following my A.A. program and not someone else’s business.

To paraphrase a favorite saying of one of my A.A. friends, “I tried drunk, I tried dry and I tried sober. “Sober’s best”. Maybe tomorrow or next month, my head might not be so clear but I don’t have to worry about that right now—I’ll deal with it when and if it happens.

I can enjoy and be grateful for the sobriety I have today because my program has taught me to do that
- One Day At A Time.

Pat D. (Anonymous Newsletter September, October & November 1984)

20 & FREE (Grapevine , May 2025 Edition)

Her dream of 21 shots at the bar never happened. Instead, her life got so much bigger!

I went to my first AA meeting when I was 20 years old, and it was there I got my 24-hour chip. I was waiting for a bed to open up at in-patient rehab.

I'll always remember that first meeting. It was held in an artsy coffee shop in a small Pennsylvania town. More importantly, I remember how the people were laughing, and how they had kind eyes and kind words for me. I was intrigued by their sincerity. Why are these strangers so concerned about a kid like me? I wondered.

I finished rehab two days before I turned 21. I had always pictured doing 21 shots at the bar on that birthday—with a sash and a tiara. For me, drinking never consisted of sophisticated, intellectual conversations over martinis. It was blackout, bruised, sloppy and “miracle I didn’t die” drinking nights for me.

After I got out of rehab, I went right back to that first AA meeting I went to and asked a woman to be my sponsor. Erica was young like me, a 20-something undergrad. She taught me to identify with what I heard, rather than compare. I did 90 meetings in 90 days, started working the Steps, got to meetings early, stayed late and started doing service.

Erica even took me to a Young People in AA (YPAA) event in Rochester, NY. I was in awe of all the young sober people, but at the same time I was also full of anxiety and still fearful of everyone. I was just beginning to learn how to relate to people and not be scared. At the time, I cringed at the word “God”, but still I let go and let something bigger than me take the wheel. I began going to places with all these young members and we danced and sang karaoke. These were activities I wouldn’t even consider without my former best friends “Johnny and Jack.”

I’m now approaching my 20th anniversary in AA. I have the honor and privilege to have sponsored other women, young women, who came into AA broken like me. I’m grateful to God for the gift of watching their lives transform and seeing them turn around and help other alcoholics.

AA has taught me that we all have something to offer each other. I’ve fallen at times into the trap of thinking I must find other young sober people like me or I can’t relate to these old people, mostly men. Today I can connect with people of all ages in AA. God helps smooth out my sharp edges when I learn to love others who I think have nothing to offer me. My life isn’t just about me anymore, it’s about helping others on their journeys.

I’m “older” now thanks to getting sober young and learning about self-care. I can sometimes still pass for a youngish person. I’m so grateful that young people in AA keep an open mind and can still connect with this “older” recovering woman I’ve become. Love and tolerance is our code, they say. The longer I stay sober the more I learn to let go and let God.



STORIES LIKE MINE

My wife and I struggled to have kids. When we believed we could not have children of our own, we tried adoption. We opened up our home to a 16-year-old girl who was seven months pregnant. She carried the baby girl to term. When Sabrina was born, I felt tremendous hope and joy. We were going to have a baby. Three weeks later, the mother demanded Sabrina’s return. In California, you have 30 days to change your mind. We dug our heels in and said, “No.” We were going to fight for Sabrina. That same weekend, I was at a Men’s retreat. My sponsor, Tony, and I got together, and we fueled our collective anger. He was as mad as I was. Then we both looked at each other, and we knew that continuing to fight would be bad for everyone. No one would win. We wanted it our way! We held each other and cried! When I returned from the retreat, I told my wife what I felt, and she agreed. We returned Sabrina to her birth mother that night. My wife and I drove home in silence. Back to zero. My wife found the courage to try again. She discovered there was surgery that could correct the issue. Somewhere, my wife found an untapped source of courage and had exploratory surgery. Eleven months later, our son, Taylor, was born. Then two years after Taylor, our daughter Emily joined the family. We had a family! We never know how life will unfold. I was so scared to trust in my higher power and let it go. If my wife and I had not listened to our inner voices, we would have missed the joy of having our children. Was it painful? Yes. Were we scared? Yes. Did we know how it would go? No. But we had hope, and hope is a powerful thing. Keep your hope alive. We all struggle. It is human. Whatever you are going through, this too shall pass. If you can take the lessons, you have placed one more brick in the foundation of your life. You got this, I know you do!

I was two weeks out of jail, and was talking to my ex husband who was going to let me speak with out children for the first time in a month. I told him how sorry I was. He said “Trish, I’m not trying to take our children’s mother away from them. You’re doing a pretty good job of that on your own.” The words stung. The truth of what he said reverberated in my soul for months afterwards. Indeed, in my addiction, I was taking my children’s mother from them. He agreed to let me see our children two hours a week supervised in a public place by himself. When we went to court, I accepted his offer, and was thankful. From the very beginning, I was determined to earn back his trust and not fight against him in court. It was a part of the whole “surrender” thing I was doing, as I was beginning to work my program of recovery.

You see, this man spent twelve years with me and my unwellness before finally escaping our marriage for this own sake. He then watched me self destruct for another five years. Yes, I was determined. But I wasn’t optimistic. It took three years before he was willing to see me as more than just a sick addict and alcoholic. Three years felt like an eternity. My sponsor was in my ear over and over, saying “time takes time dear.” Time most definitely took just so much time.

We are now seven years from when he spoke the words that reverberated in my soul. At five years in, he not only trusted me with our children, but began allowing me to babysit his own son from his second marriage, trusting me with him as well. Now at seven years out, we invite each other to family events.

At two weeks out of jail, I prayed that God would soften his heart some day and allow me to earn back his trust. But it was a prayer I never expected to be answered. Here we are as I just pass my seven year mark, and my higher power has restored so much more to me than I ever thought possible. Time certainly took time. Oh goodness, time took so much time. But I needed time to work my program. Yes, I had taken my kids’ mother away from them. He was right. How blessed I am today to be able to give her back.

“Nothing, absolutely nothing, happens in God’s world by mistake”

Sunday Night Meeting
Out Of The Woods is MOVING!!



We're MOVING to a NEW location
Start Date: Sun., JUNE 1, 2025
@ 6:30 – 7:30 pm
at the
St. Paul's Lutheran Church
910 Marne Highway
Hainesport, NJ 08036

Open Big Book meeting – All Welcome

Memorial Day Weekend
May 23rd to May 26th 2025

July 4th Weekend
July 3rd to July 6th 2025

Labor Day Weekend
August 29th to Sept 1st 2025

THE CAMPING TRIP.com
Clean and Sober Camping Since 1986
40th Season



Campfire Meetings

Camping \$40 Per Adult

Children age 5-15 are only \$25 (kids under 5 go free.)
Bring the whole family to TheCampingTrip in Banger, PA at the foot of the Blue Ridge Mountains for 3 days of fun, fellowship, campfires, beautiful scenery, and jammin' meetings. The price includes camping charges, firewood, and use of campground facilities. Pre-payment must be received by the dates on the registration form. Reservations are recommended, but not required. There is a \$10 walk-on fee charged to adults who did not register for the trip prior to the cutoff. Walk-ons are always welcome!!

For More Info Contact
Brian H. at (718) 640-7581
Rich S. at (646) 725-9610
or
email TheCampingTrip@verizon.net

For more info about Camp Charles Campground visit their web site at <http://www.campcharles.com>



Step 5 Workshop



Sat. May 31st 1-5PM

@400 Club
42 Berlin Rd.
Clemontom, NJ

Step Study,
Fellowship & Food

Sponsored by the 11th Step Meeting

JUNE
8



FOUNDERS DAY KAYAK TRIP 6/8

Micks Canoe & Kayak Rental
3107 County Rd 563, Chatsworth, NJ 08019
Start 9:30am 6/8/25
Kayak's \$55 single/\$80 double+tax

SIGNUP AT SOCIALEVENTS@AASJ.ORG
Please sign up by 6/1/25 so we can reserve enough boats

You pay at Mick's day of event CASH ONLY, bring a lunch, sunscreen, bug spray, water, and snacks.

CAYPAA PRESENTS
WILD & SOBER
 CELEBRATING FOUNDER'S DAY AT THE ZOO
SUNDAY JUNE 8TH
 GAMES, GRILLING, ZOO EXPLORING, & FELLOWSHIP
CAPE MAY COUNTY ZOO
PAVILLION D
1PM - 5PM
SPEAKER MEETING 4PM

Cape Atlantic INTERGROUP
Annual AA Family Picnic In The Park
 Join us for a delightful day of fun, food, and fellowship!
 Hamburgers/Hot Dogs/Salads/Desserts
 Bring your favorite dish!
 (last name A-M > side dish/ last name N-Z > dessert)

- Entrance by Donation
- Guest Speaker 1-2pm
- Entertainment
- Games/50-50

Saturday, June 14th
11 am - 3 pm
A Paul King County Park
 2 W Bay Ave, Manahawkin NJ 08050

CALL KAREN N. FOR MORE INFO AND TO VOLUNTEER
 609-949-1740

Beach will not be open for swimming

WE ARE STARTING A "NEW AND DIFFERENT BIG BOOK MEETING" AT THE KISS CLUB TUESDAY NIGHTS
7:30PM TO 8:30PM!
join us!

 KISS CLUB- 1960 Delsea Drive (47), Sewell, NJ

So what makes our meeting different?
 We will alternate; first we will be a 'Joe and Charlie format'- next we will follow along with the 'Big Book only'. However we will always listen to a recording not read aloud.
 That will take up about 20 minutes then we'll go around the room and share.

JULY 13

SUN AND FUN BEACH MEETING
Harvey Cedars Sunset Park
Meeting 7/13/2025 8:30-9:30am Rain Date 7/20
1 W. Salem Ave., Harvey Cedars, NJ 08008
SOCIALEVENTS@AASJ.ORG
BRING A CHAIR AND LUNCH
 Stay all day, bay and ocean beaches, fishing pier, boat ramp etc... Beach badges are \$10 per person

DISTRICT 14
WORKSHOP/UNITY EVENT
IMPORTANCE OF:
 Service
Big Book
 12 Traditions
GRATITUDE

KARAOKE

Program of Events
 5:30P-6:00P Food & Fellowship
 6:00P-7:30P Workshop
 7:30P-10:00P Karaoke & Dancing, Light Refreshment & Fellowship

When: Saturday, May 24th
Where: Trinity First Hope Center

2025 International Convention \$19.00 Small - XXX

Men's Crew
 - Womens -
 V-Neck
 Cotton -
 Poly Blend

2025 International Convention NJ T-Shirts
 Available June 25, 2025
 Call Barbara M. 609-516-9052