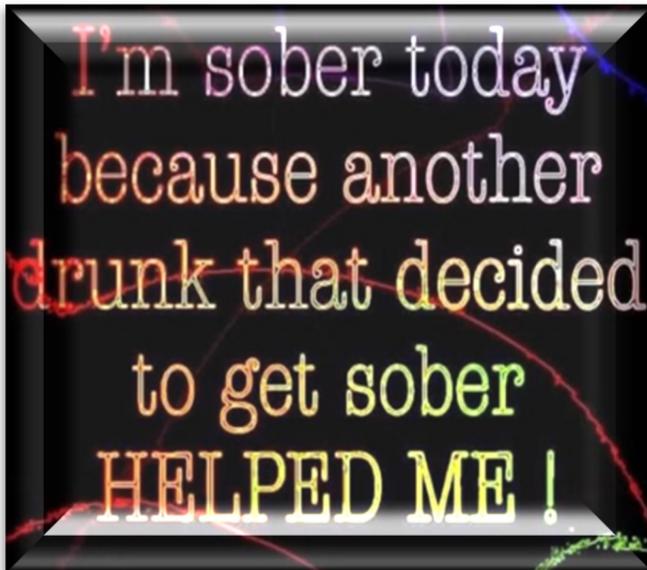
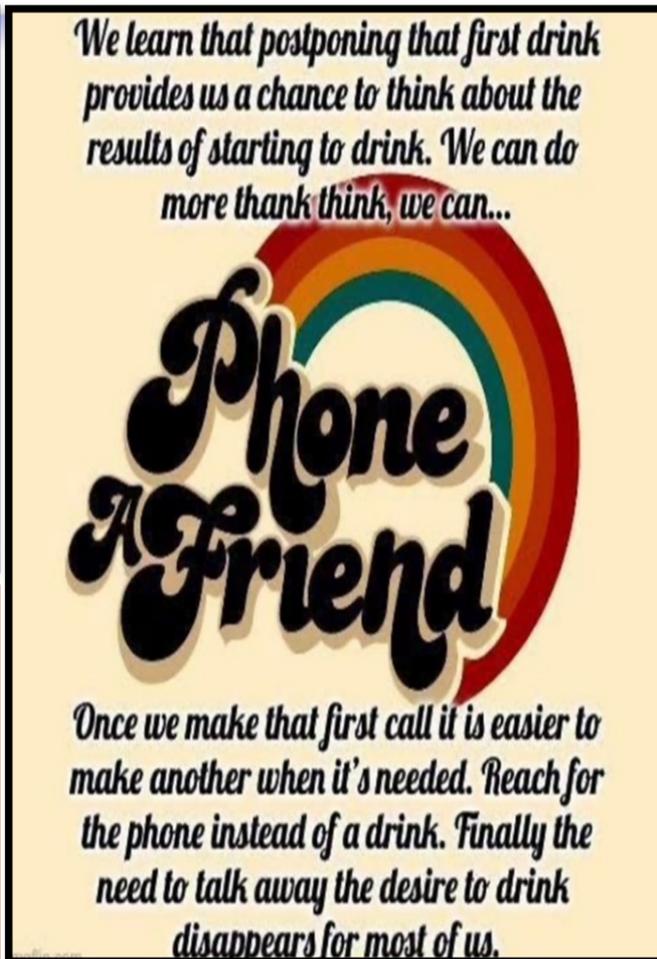


# ANONYMOUS



**HELP WANTED:**

SJ Intergroup has an opening for a Technology Co-Chair. This position is for anyone interested in helping the Technology Chair to develop and maintain the aasj.website. If interested please email your interest to Tech@aasj.org



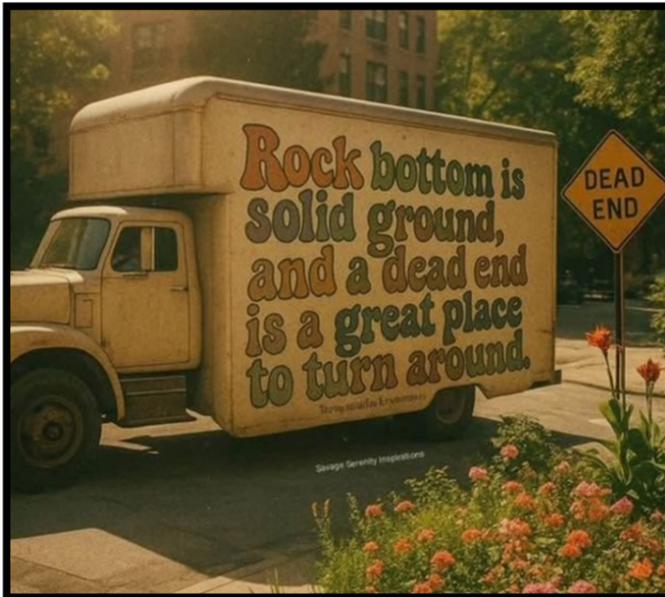
**South Jersey Intergroup Announcements**

If you have anything you would like to share - send it to [NEWSLETTER@AASJ.ORG](mailto:NEWSLETTER@AASJ.ORG)

[FOR MORE EVENTS PLEASE SEE PAGES 11 & 12](#)

**Thur - Sun Aug. 28-31** - Minneapolis, MN International Convention of Young People in AA (ICYPAA)  
more info: <http://www.icypaa.org>.

**Tues. Sept 9** - Maple Shade 63rd Anniversary – Food begins at 6 PM and Speaker at 7 PM—  
Temple Lutheran Church 5600 N Crescent Blvd - Pennsauken Township



SOUTH JERSEY INTERGROUP YOUNG PEOPLES OF AA

JOIN US FOR THE MONTHLY BUSINESS MEETING

**SJIYPAA**  
COMMITTEE MEETING

EVERY FIRST THURSDAY @7PM  
**SJ INTERGROUP OFFICE**  
1000 WHITEHORSE RD  
VOORHEES, NJ 08043 SUITE 702

ENCOURAGING YOUNG PEOPLE OFAA TO GET INVOLVED, HAVE FUN, FELLOWSHIP & BE OF SERVICE

CONTACT BEN C FOR MORE INFO  
973-224-6726

**Please contact SJ Intergroup Social Events with any suggestions @ [socialevents@aasj.org](mailto:socialevents@aasj.org)**



**INSIDE OUR JULY/AUGUST 2025 ISSUE**

1 .....	South Jersey Intergroup Announcements
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8 .....	When I Want What I Want When I Want It
9.....	Stories Like Mine
10.....	Sponsor Love - Word Find
11 & 12.....	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](http://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](mailto:answering@service@aasj.org)



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

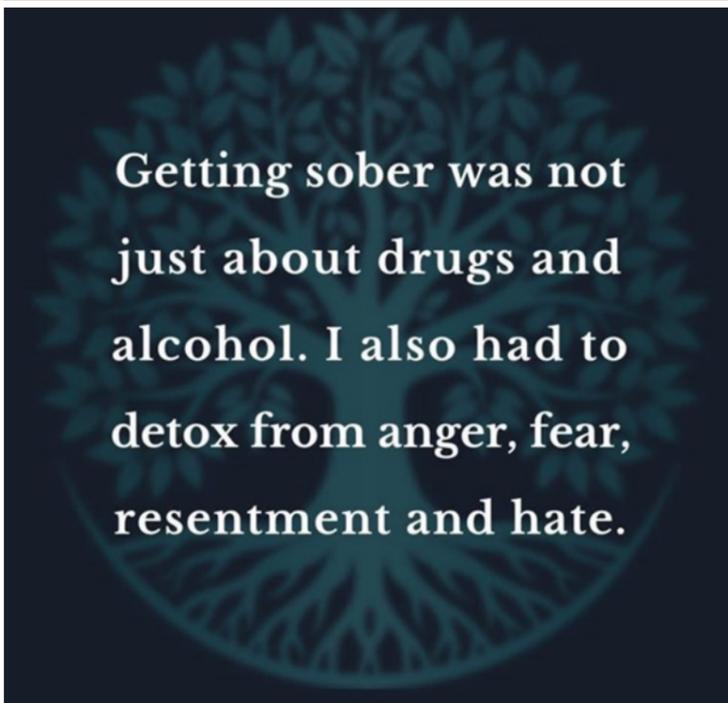
WHEN: SAT. SEPT. 13TH

WHERE: SJ INTERGROUP  
OFFICE

1000 WHITEHORSE RD,  
SUITE 702

VOORHEES, NJ 08043

*Refreshments will be served*



Getting sober was not just about drugs and alcohol. I also had to detox from anger, fear, resentment and hate.

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](mailto:newsletter@aasj.org).

***Shoveling for Sobriety -He had to find a new way to practice Step Seven***

**BY: DAVID D. | NORTH PLATTE, NEBRASKA—GRAPEVINE AUGUST 1999**

**STEP SEVEN: "Humbly asked Him to remove our shortcomings"**

AA's Seventh Step provides me with an opportunity to change my personality for the better. The short paragraph describing how to practice the Seventh Step on page 76 of the Big Book seemed simple enough. It showed me how to pray to have my defects of character removed. It was really just what I was looking for: a quick fix.

The only trouble was that it didn't work. I had taken a walk to a trout stream nearby and said the prayer. I felt better momentarily but found no lasting effect.

I thought maybe I had missed something. Maybe I was not "entirely" ready, so I went back to Step Six. I knew that I needed to get rid of a lot of my defects of character like my selfishness and anger. Although I still used anger on occasion as a tool to keep people at bay or to get my own way.

My biggest fear was that if all my defects and shortcomings were gone, what would be left? My character didn't seem to have much good stuff in it – or at least not any that was being used with any frequency.

I didn't want the Seventh Step to leave me empty and void. I meditated about this and then went back to the same spiritual place at the trout stream and tried praying the Seventh Step Prayer again. But I still wasn't cured or purified. I considered that maybe I needed help.

I was in the middle of a Fifth Step with a man named Roger and decided to ask him for guidance on this perplexing issue.

He kept things simple, but suggested maybe it was not as easy as I wanted to believe. He said that maybe God would remove my defects and shortcomings, but that it would be my responsibility to replace them with their opposite qualities.

This was a foreign concept to me. Roger proposed that in order to get rid of my selfishness, that I practice doing something for others with no thought of reward or what was in it for me. This was indeed a fresh idea to me, but one that also seemed simple and easy.

A random act of kindness? I thought of practicing patience on the express line at the grocery store, offering the check-out person a smile and a friendly greeting, not counting the number of items in other people's baskets.

I considered applying this same attitude while waiting on line to get my afternoon coffee during my short 10-minute break. How about returning money when I was given too much change? That would help me practice honesty. And so would trying to find the owner of money I found in the street rather than just pocketing it.

As strange as it may have seemed to me then, these simple acts became routine with a little practice.

*(Shoveling for Sobriety/Step 7 continued)*

I decided to start with selfishness. At the time, there was an elderly woman living next door to me. She was about my grandmother's age. When it snowed, I got up a few minutes earlier than I normally did and shoveled her walk along with my own. It was still dark and nobody watched me, so my ego was not at play. I didn't seek any financial reward for my labors.

It seemed to snow more that year and in previous ones, which gave me good opportunities to practice not being selfish. She had a gate on her fence with a rotten wooden post that was easy to fix in the spring. There were other things I was able to fix like a broken clothesline pole and to help clean up a tree damaged by lightning.

It didn't take my next-door neighbor long to figure out who was shoveling her walk. I did it for the chance to change, to grow in a positive direction. There were intrinsic rewards, like starting to feel better about myself.

I also got heartfelt thanks and freshly baked cookies from my neighbor. When she finally moved away to a retirement community, I was sad to see her leave the neighborhood. She left without knowing how much she had helped me grow up and become a better member of society and AA.—*Anonymous*

**Tradition**

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

**Concept 7**

“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.”

“AT THIS STAGE OF OUR PROGRESS WE ARE UNDER HEAVY PRESSURE AND COERCION TO DO THE RIGHT THING. WE ARE OBLIGED TO CHOOSE BETWEEN THE PAINS OF TRYING AND THE CERTAIN PENALTIES OF FAILING TO DO SO. THESE INITIAL STEPS ALONG THE ROAD ARE TAKEN GRUDGINGLY, YET WE DO TAKE THEM. WE MAY STILL HAVE NO VERY HIGH OPINION OF HUMILITY AS A DESIRABLE PERSONAL VIRTUE, BUT WE DO RECOGNIZE IT AS A NECESSARY AID TO OUR SURVIVAL.”

BILL WILSON ON STEP 7

**Heard at Meetings**

***“I didn't get in trouble every time I drank...but every time I got in trouble, I had been drinking.”***

***“This is a program of ACTION...you can't just read the books, then go out and do what you just read. If that was true, I'd lock myself away on some Friday night with a few medical journals and textbooks, then come out Monday morning and perform surgery.”***

***“At any given point in my life, I just might be only 5 minutes away from success. So, I better quit now.”***

***“There's only 2 ways an AA can go...towards a drink or away from a drink.”***

*A New Way of Thinking* - BY: DAVID D. | NORTH PLATTE, NEBRASKA

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

A few months ago, while she was arranging my grandmother's funeral, my mother was told that the ashes of her second husband were still stored at the mortuary. Mother married Theron when I was twelve, and they were married for seven or eight years. She and Theron divorced and both remarried before his death from cancer in 1984. No one had ever claimed his remains.

I was twelve the first time I got drunk. That evening, I blacked out, and when I was delivered to my home, I got sick. Theron cleaned me up and put me to bed. He was very patient and kind to me. As my disease progressed and I became more difficult, he also became more difficult. I was arrested several times, fired from jobs, stole their car, partied, and brought drugs into the house and attempted burglary at the home of a friend of Theron's. Finally, after being arrested again for drugs, this time at school, I was expelled and asked to leave their home.

My relationship with Theron had become intolerable. I know that my years of active alcoholism in that home contributed to the demise of the relationship between Theron and me as well as between him and my mother.

In 1992, eight years after he had died, I sobered up and started working the Steps. I put Theron's name on my Eighth Step list. I asked my Higher Power for the willingness to make amends, and believed this would be one I'd only be able to make indirectly, possibly just trying to live my life as a sober member of AA. When I heard of the situation with his ashes, I inquired what was supposed to have happened to him. Mother told me that when he was dying, he had requested that his ashes be scattered over a nearby wilderness area in the Wallowa mountains. I knew this could be an opportunity to try to right a wrong. My sponsor agreed and suggested I make contact with Theron's wife, son, and daughter for their approval. I would be traveling to that area on my vacation, so I hoped to complete this goal. I was unsuccessful in locating his family, but I made the necessary arrangements to pick up his ashes. The time came for me to strap on my backpack and hike into the wilderness area. I climbed the mountains overlooking a spot I knew he was fond of. I said a prayer thanking my Higher Power for this man in my life and the opportunity to grant his last request. This was a wonderful experience for me, yet it also brought on an awareness that inspired another amends. When I returned to my mother's home a couple of days later, I was washing my pickup when a thought crossed my mind that I should make a deal with my mother to wash her car if she would let me use it that evening to go to a nearby town. My next thought was, "Why don't you just wash her car?" I began thinking about all the times I had used and abused—even stolen—her car in the past. I also thought about how she was retired and living on a limited income while I was working. So I washed her car, feeling grateful for the opportunity to be of service, and drove to town that evening in my own pickup.

This experience proved to me, once again, that I can act myself into a new way of thinking.

**Tradition 8 :** Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholic. Such special services may be well recompensed.

**Concept 8 :** The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

## **SOBRIETY IS A JOURNEY .... NOT A DESTINATION**

<b>Symptoms Of Coming From Self-Will Or From Being God-Centered</b>	
<b>Symptoms of self-will</b>	<b>Signs that you are turning your will over</b>
You are getting upset	You are calm.
You are telling endless stories in your head.	You are not plagued by stories
You are justifying your actions – to yourself or others.	You feel no need to justify your actions.
You're making a lot of plans.	You are focused on the next right thing.
You think you can – or should – handle everything alone.	You are open to help.
You argue with or reject the suggestions of others	You can let go and take suggestions without fear

### **Tips for Maintaining Sobriety**

A sober family gathering offers an opportunity to create meaningful new traditions and strengthen your commitment to sobriety. Tips to maintain sobriety include:

**Stick to a routine**: Eat balanced meals, exercise regularly, and get regular sleep. Sticking to a routine can stabilize your mood and energy levels.

**Set realistic expectations**: Commit to a manageable schedule. Remember, it's ok to say NO.

**Set boundaries**: Be clear about what you feel comfortable with and without. If you feel overwhelmed, remove yourself from the situation. Prioritize your well-being and confide in a trusted friend or family member.

**Host alcohol-free gatherings**: Be open with your friends and family. Inform them that your home is a safe space for everyone. Try a game night, volunteer together, or create recipes for nonalcoholic beverages like mocktails. Focus on activities that align with your sobriety.

**Identify triggers**: If you know of a situation or people that might prompt feelings of stress and test your sobriety, prepare your responses in advance. It's OK to decline a drink and remove yourself from the situation. By staying proactive and self-aware, you can enjoy family/friend gatherings without compromising your sobriety.

**Identify a strong support system**: Whether it is a trusted friend or family member or your AA/NA sponsor, a strong support system ensures you're never alone. To find out more tips and meetings near you, search [www.aa.org](http://www.aa.org) or [www.na.org](http://www.na.org).

By staying proactive and self-aware, you can enjoy life without compromising your sobriety. Your commitment to sobriety will inspire those around you and demonstrate the progress you've made in your recovery journey.

#### **WHEN I WANT WHAT I WANT WHEN I WANT IT**

I have to remember that I have been asking God for things all my life. The way I have it figured, God's going to give me the things I've been asking for for many years first. Even if I don't want them any more, I did ask for them. The things I'm asking for now are new things. I'll just have to wait for them, since He hasn't given me all I asked for years ago.

I think there is one exception to this rule. When I asked God to help me get sober and clean, He looked at the effort that was being put forth. The better the effort, the better the chance for sobriety. The better the effort, the faster he would consider this request—but only insofar as the amount and quality of time and sobriety. He still wouldn't grant some ten for two no matter how good the effort. **Joe G. South Jersey Anonymous Newsletter - January-**

## STORIES LIKE MINE

The same name appeared on my resentment list for years. I'd work with my sponsor, talk to him about the "new" resentments I uncovered about the same people, and then we'd work on character defects. However, the same name would reappear—over and over.

I could not shake the emotional baggage. Years into sobriety, the anger lurked under my skin. Like an infection, never healing. It manifested in fits of rage and other character defects that I'd manage to hold down (mostly), but they would flare up when I wasn't paying attention, and I'd have to make "amends immediately".

Then one day, I heard someone say "Victims do not stay sober". Like a lightning bolt, I suddenly realized my role in the drama: I've been a victim!

I have wrapped myself in a warm blanket of resentment and blame. I have giving my power over to someone (or something), hoping, wishing, and praying that the situation will change.

Until I owned 100% of my life, including everything that has ever happened, I would not be free. This was a massive act of self-worth. How willing was I to let go of the past wounds and free myself? Any lengths!

I repeated this statement many times during the day: "I am forgiving. I'm forgiven for all my actions that hurt others, and I forgive everyone who harmed me." It took time, but over the months, I felt a shift. My resentment diminished and eventually disappeared. I can't put into words the emotional and mental liberation I feel. At some point, I had to let go of the addiction to anger and shame. Sobriety is my only path. Without it, nothing of value remains in my life. Therefore, I must rebuild the foundation of my life on stone—the stone of sobriety and freedom from resentments.

I hope you all have a wonderful, sober day!

Experience, Strength and Hope

My story is not unlike other people who have come through the doors of Alcoholics Anonymous. It certainly wasn't in my life plan. Many people start stories with the backstory of their lives. I have heard many stories since I began my recovery, and I am thankful to have heard them. My first sponsor who I visited initially at a counseling center for addiction, recommended a speaker meeting, as I thought that my unique story separated me from the thousands of alcoholics who had gone before me. As it turns out these people would turn out to be the very thing that kept me attending AA. You see, as I sat in that room feeling unique, I identified not only with speakers experience, but also with the hope. I had drunk myself into marital problems, job insecurity, alienation from friends and family.

The once attentive and loving Mother that I perceived myself to be, I had become a selfish and self-centered woman who put alcohol before all things sacred. I relapsed after having three months of sobriety with the same woman who sponsored me from the beginning. I found myself returning to that place of ego. The one that speaks to you and tells you this time will be different. That drink brought me right back to the insanity that alcohol promises. This by the Grace of God was my final drink. My sponsor continued to support me through this difficult time, and I launched into my recovery with both feet in AA. I took service commitments, coffee making, distributing literature, greeting people at the door, putting my hand out to newcomers. I was directed to show the same compassion that was shown to me.

After many years in the AA program, I continue to utilize the 12 steps, attend meetings, sponsor women as I was sponsored, and try to carry the message of the program of Alcoholics Anonymous as it is suggested in the Big Book. My life is richer, I have come to believe in a power greater than myself and am thankful every day that I am no longer a slave to alcohol.

## Sponsor Love

Y R E V O C E R P W P R U P S J Z  
 B W E E S N O P S M E U S U O F M  
 I Y M Z V U O I I H X N P O J N L  
 F E W K P B K L T H Y K E R T K H  
 Z J W Y S Q I E L X D I A G R P C  
 N N H I K L G F O Y G Y K E A G N  
 N A Q V S O Z G V A A W E M D E U  
 N U C Y T D N H E G Z D R O I P K  
 L Q R O S N O P S D E Q T H T I R  
 A T S W K U R M M H K S E Q I N J  
 U S G N I T E E M P X J V N O O B  
 T I A C O N C E P T S H L B N V S  
 I M K C M U P C W U H O E B S T J  
 R D S E R E N I T Y T N W H E F Z  
 I O E G A R U O C Z I E T P O F H  
 P A C I Q O E C N T A S S Y Z P Z  
 S T X A C T O Q O C F T M Z W V E

Traditions  
 Meetings  
 courage  
 wisdom  
 Steps

Home Group  
 Together  
 Speaker  
 Honest  
 Hope

Spiritual  
 Concepts  
 Sponsee  
 Twelve  
 Love

serenity  
 Recovery  
 Sponsor  
 Faith  
 NA

I thought it was a good idea  
 to get sober on my own, but  
 then I realized I was counting  
 on the same person who  
 always talked me into using.



**AREA 45  
SUMMER  
ASSEMBLY**

**SUNDAY  
August 17th**

~ Breakfast & Lunch  
will be served

**HYBRID**  
Join  
on your  
phone

---

**LOCATION:** St. Gregory the Great Church  
4620 Nottingham Way  
Hamilton Square, NJ 08690

**MEETING ID:** 881 4070 4244 or click below to join  
<https://us02web.zoom.us/j/88140704244>

**TIMES:**

8:30am	Registration begins
8:45am	GSRs/DCMs Orientation program
10:00am	Assembly begins. Committee Meeting to follow



20th Annual District 14  
**Picnic 2025**

**Parvins State Park  
Thundergust Pavilions**

Sunday August 24, 11 AM - 5pm  
**Rain or Shine Event!**

**Suggested Ticket Donation**  
\$10.00 Each (12 & Under Free)  
50/50 Raffle. Door Prizes. Horseshoes. Sports. Arts & Crafts  
AA & AI-Anon Speakers AT 3PM

**SIDES & DESSERTS WELCOME!**  
*Please Bring your Own Chairs and Sports Equipment*

**(ANIMALS DISCOURAGED, MUST BE LEASHED AND AWAY FROM FOOD)  
NO PARKING IN FRONT ON PARVINS MILL RD**

*"We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny ..."*

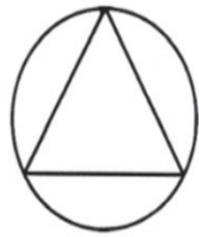
Family friendly - Load the car!

Contact JESS H. (856)896-5583  
Contact - MARCI R. (856)776-3149

**COME JOIN US**

**3-7-11 GROUP  
FOR OUR SECOND ANNIVERSARY**

Orthodox Church of the Holy Cross  
11 Wilkins Station Rd, Medford, NJ 08055  
Medford, NJ 08055



Thursday, August 21, 2025  
Lots of food and fellowship, 5:30 pm  
The meeting will start at 6:30 pm



**STEP 8  
WORKSHOP**

Steps, Speakers, Fellowship, & Food

SATURDAY, 23 AUGUST, 1PM-5PM  
400 Club 42 Berlin Road, Clementon, NJ

Sponsored by The 11<sup>th</sup> Step Meeting  
All Are Welcome!

CENTRAL FACT GROUP  
Medford, NJ  
7<sup>th</sup>  
ANNIVERSARY MEETING!

WEDNESDAY, AUGUST 27

6 pm Food & Drinks  
7 pm Guest Speaker:  
Ricky D. from Philly

Church Without Borders  
60 Branch St, Medford, NJ 08055

All are welcome!  
Free baby-sitter provided

Stagecoach  
Group  
Annual Picnic

Saturday, September 6, 2025

11AM to 4 PM

Open Speaker Meeting 1 PM

Pavillion 1 \*

Cape May County Park & Zoo  
707 North Route 9  
Cape May Court House NJ, 08210

42



Archives Workshop

Learn Book repair techniques  
Write your personal member history  
Look into local AA history  
(your home group)

Join a small gathering at the South Jersey Intergroup office. Bring your damaged (repairable) book and fix it up. Complete an easy member history for the Archives. Check out and add to your home group's history on file. Buy some literature. Have A Little Fun!

Date: Sept. 6, 2025 (Saturday)

Time: 11 am to 1 pm

Place: 1000 White Horse rd. Suite 702 Voorhees,

Lunch served/seating limited, registration required!

E-mail [archives@aasj.org](mailto:archives@aasj.org) or call Roy C. 609-561-5223.

Step 9 Work



• Saturday •  
September 27th

• 1-5 •  
PM

• 400 Club •  
42 Berlin Rd. Clementon, NJ

Step Speakers •  
Fellowship & Food  
Sponsored by The 11<sup>th</sup> Step Meeting