

ANONYMOUS

We will suddenly realize that
God is doing for us what we
could not do for ourselves.



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

FOR MORE EVENTS PLEASE SEE PAGES 12

Sun. 10/12 - Mt. Laurel District 8 Fall Fellowship fest, 1:30pm -5:00pm. Laurel Acres Park, 1045 Church St.

Wed. 10/15 -7:00pm – 9:00pm - Burlington Group Celebrating 78 Years - *St Mary's* Guild Hall, 145 W. Broad St, Burlington New Jersey. Fun, Food & Fellowship **7:00pm** followed by speaker at **8:00pm**.

Sat. 10/18 - Freedom Fire XIII – Annual AA Fellowship Event - Old Cedar Campground, 274 Richwood Road - Monroeville.

Other Local Fellowship Events & Events Outside SJIG:

Fri-Sun Oct 17-19 - Atlantic City Annual Waves Roundup, Resorts Casino/Hotel. See round-up2025@capeatlanticaa.org for more info.

Wed. Oct 22 - Marlton Hemingway Group Anniv. Gibson House, 535 East Main St. - 6:00pm

Wed. Oct. 22 - Sweet Sobriety 38th Anniversary, First Presbyterian Church of Grenloch , First Presbyterian Church of Grenloch, 500 Eastview Ave - Grenloch . 5:30pm food & speaker 6:30pm.



INSIDE OUR SEPT/OCT 2025 ISSUE

1	South Jersey Intergroup Announcements
2.....	Table of Contents
3	Help Wanted/Printable Meeting List
4 & 5.....	Step 9
6 & 7	Step 10
8	Tradition & Concept 10
8	Something Unexpected Happened on Tuesday
9.....	Life is about Second Chances
10.....	Stories Like Mine
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

**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@aasj.org



Our description of the alcoholic

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort, which comes at once by taking a few drinks—drinks which they see others taking with impunity.

Doctor's Opinion

Once I became sober, I began to see how wasteful my life had been and I experienced overwhelming guilt and feelings of regret.

**We will not regret the past nor wish
to shut the door on it.**

Sober for several years in A.A., I no longer regret the past; I am simply grateful to be conscious of God's love and of the help I can give to others in the Fellowship.

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.

March 2021 | Making Amends - The One I'd Never Make

STEP NINE: "Made direct amends to such people wherever possible, except when to do so would injure them or others"

In a blackout, she did something very regretful involving a knife and a policeman.
How would she ever face this man again?

This was how low my disease brought me. One night, I drank myself into a blackout and then I stabbed a cop. When I woke up, there was a woman police officer reading me my rights and I was handcuffed to a hospital bed. I explained that she had the wrong room, the wrong person and asked her to please leave. She explained what I had done and that the police officer I stabbed was upstairs in the hospital. I asked her to prove it. I wanted to see with my own eyes. She unlocked me and took me to the elevator, which we rode to the third floor. I stood outside the doorway and looked into the room and saw a police officer. I knew this man! I had no memory of the incident and no knowledge of why I had stabbed someone I knew. My heart dropped and I knew I was in big trouble.

The reason I'm sharing about stabbing this man now that I'm sober, is that I didn't believe I would ever be able to make amends to him. Eventually, I moved to another state and in doing my Steps, I spent a great deal of time planning my amends. My sponsor told me to just be willing and God would present the opportunity to make things right. I placed the policeman on my amends list and went about my business of sobriety.

When I had three years sober, I made a trip to Minnesota to visit my family. While there, I walked into a country restaurant and literally ran into the man I had stabbed. I looked up at him and said to myself, Oh, crap. He asked me whether I was visiting or staying. I told him I was just visiting. Then he said we needed to talk, and I felt my heart flutter. I was so scared, but I knew this was my opportunity to make amends. "Yes, we need to talk," I replied.

We sat down to have a cup of coffee and he told me he needed to talk first, that he needed to thank me. Thank me? I was so confused. This is not how amends were supposed to go. He said he needed to thank me because the reason he came to my apartment that night is that he had received a call about a public disturbance. I had been blaring music and someone called in a noise complaint. He said he saw the address of the complaint and knew it was me making the noise, since we knew each other. He said he thought, Oh, it's just Karen. I'll tell her to turn her music down and everything will be fine.

Step Nine - The One I'd Never Make (page 4 continue)

In my drunken state, I didn't see a friendly cop coming to respond to my noise. What I saw was someone breaking into my apartment, so I lunged at him with a knife, stabbing him. Since I had left the door open and he knew me, he just walked in without any protection, no gun drawn, nothing. He could have lost his life.

From that day, he said, he made the decision that no matter who was on the other end of a call, he would always go in prepared. He told me that since that day, he has lost count of how many times that decision had saved his life.

What a surprise! I told him that I had wanted to make amends to him for stabbing him and here he was thanking me! He said I had nothing to make right, that I had taught him an important lesson. How could I respond to that? All I could do was to acknowledge that God and this program are great.

Tradition 9

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 inter-group 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 in 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. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Concept 9

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.

The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book pg. 83 & 84

October 2016 | Steps - Pause button

It was a vacation in paradise. So why was she getting into people's faces at every turn? Step Ten to the rescue.

STEP TEN: "Continued to take personal inventory, and when we were wrong promptly admitted it."

I recently went on a sober vacation in a beautiful paradise-like setting. And yet, despite the wonderful surroundings, I found myself in the position of having to practice the Tenth Step not once, but twice. First, I had to apologize to a woman whom I'd never even met before because I was quite rude to her almost as soon as I arrived. I was talking with the trip organizer about the fact that I had been assigned the wrong room. This woman joined the conversation. As we had no idea who she was, I said in a voice just dripping with sarcasm, "And you are?" She promptly answered that she was the organizer's wife. She then stormed off, calling back to her husband that she would see him later.

I gave her no thought in the moment. My focus was on getting the right room because that trip was all about me. It was my vacation.

But as the day wore on, my behavior wore on me. I didn't like what I saw or felt myself doing. I saw the woman alone that night waiting for the meeting to begin. I took a deep breath and made my Tenth Step move.

I reminded her who I was, which turned out to be unnecessary. She remembered exactly who I was. I apologized to her for my earlier rude behavior. Her whole face changed, as did her demeanor, and she said that my apology meant a lot to her. In that moment, I could see that I had really hurt her feelings. Who knew I had that much power over a stranger? But words can wound both stranger and friend. Thinking all was now well, I held out my hand. I said, "So, friends?" To which she replied, after a long pause, "It's a start." That was all I could ask for.

The second Tenth Step opportunity that I created occurred at the airport on the way home. The trip was hot and hectic from the start. By the time we got to our flight connection, everyone's nerves were frayed.

Two women were in front of me at the customs desk, but I interrupted to ask a brief question of the customs agent. Hey, it's all about me, right? The women took offense at my interruption. I nastily replied, "Oh, so what."

Step 10 – Pause Button (page 6 continued)

This time I immediately felt bad. Still, I kept walking. But wouldn't you know it, we met again on the line for our connecting flight. I apologized, they graciously accepted and we began talking like we were old friends.

For me, the Tenth Step is really two parts. First, I ask whether I was wrong. Back when I was drinking, the words, "when we were wrong promptly admitted it," were completely foreign to me. They might as well have been written in another language. My default when in the wrong was to lash out with angry words and place the blame anywhere but with me. It was a way I used to let off steam when under pressure. I realize now, in sobriety, there are better ways to let off steam.

Second, I admit I was wrong. When I was active, I was never wrong. In sobriety, I find I am indeed wrong sometimes, and it's not the end of the world as I know it. This amend can be tricky because I'm never sure how the person will react to an apology. Will they be gracious and forgiving like the women in the airport? Will they be unforgiving and cold? I've decided it doesn't really matter how the person reacts. I've done my part by apologizing. That's all I can do.

I can rationalize my way out of feeling the need for a Tenth Step action. It's easy to justify conduct that was hurtful, wrong, dishonest or inappropriate. But if I have to rationalize my behavior away, chances are good an apology is necessary.

I may try to justify my actions by saying I had good reason to do what I did. I may say he or she had it coming. But do my motives and reasons for what I did really matter when I know my actions have hurt someone? If I step on someone's toe and say I'm sorry, their toe still hurts and needs attention.

When I promptly admit I was wrong, I help myself feel better by not stewing in guilt or suffering the pain of delay. I prevent the wrong I've done from taking up space in my head and dragging me down.

In practicing Step Ten, I learn behavior that can prevent the need for future apologies. I begin to cultivate a pause button, so to speak, and allow for a pause between the thought and the action or words.

After seeing that woman's face change so much that day, I do believe there's magic in the Tenth Step—for everyone involved.

Dorothy G., Staten Island, N.Y.

Tradition 10: 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 10: 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.

Something Unexpected Happened on Tuesday.....

I flew to Seattle early on Tuesday morning this week to attend the IC2025 in Vancouver, BC. But due to a DUI from 10 years ago, I was turned away from entering Canada at a border crossing in Blaine, Washington. I decided to return home to Minnesota but I could not fly out until the next day on Wednesday. I needed to find a hotel room for the night in Seattle, so I booked a room at a hotel in Seattle that I was familiar with - the Country Inn & Suites in Bothell, WA. I used to stay there for weeks on end when I was commuting to Seattle for my job at AT&T over 12 years earlier. Right next door to this hotel is an Arco gas station. I used to go there every evening (and sadly some mornings) to load up on beer and wine for my binge drinking in my hotel room next door.

Most often there was a really nice Asian gentleman working the cash register at the Arco gas station. I remember that the last time I bought alcohol from him it was in January 2013 right after my father passed away and I was a particularly hot mess that night. He looked very worried for me and pleaded with me to not drink too much as I departed the gas station with my alcohol for my hotel room.

So after I checked into my hotel room on Tuesday night, I walked to that Arco gas station to buy some water and diet coke to have for the evening. To my delightful surprise, that same man was still working at the cash register! His jaw hit the floor when he saw me walk back into his store for the first time in over 12 years. He proclaimed "You're back! It's been a LONG time! Where did you move to?!" I made an amends to him and explained to him my new design for living thanks to Alcoholics Anonymous. He was overjoyed for me and said I didn't have to apologize.

I now know that I was meant to make this trip to Seattle to make my amends to this gentleman and not to attend IC2025 in Vancouver, BC. What an amazing life we can live when we live the sunlight of the spirit!!

Life is About Second Chances

"Who you were, who you are and who you will be are three different people." Unknown

Rewinding time is not possible...but **do-overs** are.

You decide every moment of every day, who you are and what you believe in.

You get a second chance...every second.

Never let the sadness of your past or the fear of your future ruin the happiness of your present.

Life is all about second chances...getting a *re-do*, a *do-over*, a *retry*, a *replay*, a *mulligan*.

Technically, you cannot start over, but you *can start anew* from right where you are, right now, from this moment on.

Recognize and **appreciate** that **you** are being given a **second chance**...a chance to live a happy and healthy life without the need or desire to drink alcohol.

Right now, there are just three things needed from you:

1. Recognize that you need to make a change to your lifestyle.
2. Realize that it is your responsibility to do so.
3. Have the confidence to believe that you can lead a happy, healthy and sober life.

Only YOU can change your life...no one else can do it for you...the responsibility is yours and yours alone.

DR. JUNG told ROWLAND...
ROWLAND told EBBY...
EBBY told BILL...
BILL told DR. BOB...
THANK GOD
SOMEONE TOLD ME

Addiction vs. Recovery

It's all about me and what I want

"How can I be of help other others?"

Lying, Cheating and Manipulating to get what I want

Willingness, honesty and open-mindedness allow me to get what I need.

"I can take care of myself!"

"There is something bigger than me."

Rationalize, justify and minimize when I'm wrong.

Owning my part, admitting my faults and trying to grow from them.

Projecting a false image of myself

I am no better and no less than anyone else.

Hide and deny my fears so as not to appear weak.

Acknowledging my fears and limitations and asking for help.

Recovery • Unity • Service

Many of us have recovered from a seemingly hopeless state of mind and body.

I quit drinking to save my life, and when I did, I found my soul.

Nothing changes if nothing changes.

Life is way too short to spend one more day at war with yourself.

God, grant me the
Serenity
to accept the things I cannot change,
the
Courage
to change the things I can,
and
Wisdom
to know the difference.

Keep it Simple

But for the
Grace of God

EASY
DOES IT

Live and let Live

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. - Deepak Chopra

Honesty • Openmindedness • Willingness

STORIES LIKE MINE

"I looked like I had it all—but I was secretly praying I wouldn't get drunk... again."
Because I knew, deep down, I couldn't stop once I started

The Definition of an Alcoholic?

A chronic disease in which a person craves alcohol and is unable to control their drinking.

That's me.

That's the label I've been given—by medical professionals, by society. And I never want to forget it. Because the moment I forget, my mind might try to convince me it's safe to drink again.

And if that ever happens... my life as I know it is over.

When I first gave up alcohol, I read every book I could find about it.

Was I born this way? Was it trauma? Was it just something that developed over time?

I don't know the full answer, but I do know this:

From an early age, I used something to soothe myself. First it was food. Then, at 13, I had my first drink—and I loved the way it made me feel. I got really drunk that first time. And honestly, that was it. Something in me clicked—or snapped.

I believe I have an allergy to alcohol.

The moment I take the first drink, it sets something off in me. A switch.

And then I can't stop—not like other people can.

Quote of the Week

"A.A. = Altered Attitudes."

When I came into the program, I was self-centered and self-seeking in the extreme. Everything I did was focused on feeding my own insatiable needs and demands. My sponsor told me that the Twelve Steps would enable me to alter my attitude and allow me to be focused more on others. This, he said, would be like the difference between living in heaven or hell. When I asked what he meant, he told me this story:

Hell, he said, is a huge buffet where endless, large halls are filled with an infinite selection of delicious foods all prepared to perfection. All your favorites are there: Italian, French, comfort foods, the most scrumptious desserts, and more. The only problem is that instead of hands, everyone has a three-foot spoon at the end of one arm, and a fork on the other. The utensils are too long to feed themselves, so they starve while surrounded by all this mouthwatering food.

Heaven is exactly the same: hall after hall of deliciously prepared and presented foods, the aroma of which is intoxicating and mouth-watering. Here, too, everyone has three-foot spoons and forks too long to feed themselves. The difference in heaven, though, is that the people have figured out that the utensils are perfect for feeding one another. My sponsor then told me that the same altered attitude is what we learn in the program as well. I've now learned that what separates people from living in heaven or hell is whether we're focused on ourselves or others.

Truth!

**I KNEW I HAD A PROBLEM WITH DRINKING
CAUSE WHEN I WASN'T DRINKING I WAS
RECOVERING FROM DRINKING AND THINKING
ABOUT MY NEXT DRINK ..**

*Ashland Men's
40th Anniversary*

MEETING.
FOOD.
FELLOWSHIP.

MONDAY OCTOBER 13TH 2025

Ashland Church: 33 E Evesham Rd Voorhees, NJ 08043

7pm Speakers- Bobby M & Mike C

8:30pm- Food & Fellowship



FROM THE ASHES GROUP

**2ND GROUP
ANNIVERSARY**



Friday, October 17th, 2025

Food & Fellowship – 6:30pm

Speaker – 7:30pm

Cultivate Church

2303 E Evesham Road, Voorhees NJ

**Sisters in Sobriety
Celebrates its 39th Group
Anniversary!**

Wednesday, October 22, 2025

Desserts and Fellowship at 6

Speaker at 6:30PM

Holy Trinity Lutheran Church

1308 Mt Holly Road

Burlington, NJ

Hybrid Meeting

**With the SJIG
Literature Road Show**



Continued to ...

STEP 10

STEP 10 WORKSHOP

Literature, Speakers, Fellowship & Food

DATE & TIME

Saturday, October 25th, 1PM- 5PM

LOCATION

400 Club- 42 Berlin Road, Clementon, NJ

SPONSORED BY

Moorestown We Pause 11th Step Meeting

All Are Welcome!!




HALLOWEEN MASQUERADE BALL

Where: Studio 67 Art Gallery 67 N Main St. Medford NJ 08088
 When: October 25, 2025, 7 to 11 PM
 What's Happening: dancing dinner, fellowship, and fun
 Dress code: Semi-formal like a wedding with masks (pictures above)
 How much? Tickets are \$30 per person
 (For tickets email socialevents@AAsj.org)
 Entertainment: DJ Larry S
 Food: Illiano's Medford NJ

Come Celebrate 33 years of changing lives!
33rd Anniversary Meeting

AUDUBON LAST MILE STEP & TRADITION GROUP

Monday, October 27th
7PM Dessert Table
7:30 – 8:30pm Speakers

United Methodist Church
314 W. Graisbury Ave
Audubon, NJ 08106





Lawnside Group 48th AA Anniversary

Come join the Lawnside group as we celebrate our 48th anniversary meeting on Friday November 7th.

We will have an AA and Alanon speaker.

Doors open at 7pm for fellowship and refreshments, meeting starts at 7:30pm.

Location:

Lawnside Borough Hall (above the firehall, 2nd floor in the Courtroom)

4 Douglas Ave

Lawnside NJ 08045

Zoom Meeting Info: Meeting ID: 835 8131 6157

Meeting Password: 961039