



**South Jersey Intergroup**

# Newsletter

May 2026

## Welcome To May

As the blossoms of May fully open, we enter a season of radical honesty. This month, we explore the transformation power of Step Five; a time for 'spring cleaning' the soul. By airing out our past, we clear the way for new growth, making room for a future that is as bright and open as the season around us.

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"THE MUFFLER  
WAS A JUICE CAN  
SECURED WITH A  
WIRE HANGER..."

HELEN'S 1985  
SOBER ROAD  
TRIP | PAGE 2

## MEMBER SPOTLIGHT

## Juice Cans &amp; Clear Eyes



**I**n 1985, with about two years of sobriety under our belts, my husband and I drove his clunky pickup truck from Philly to Key West. The muffler was a juice can secured with a wire hanger.

As we approached the Keys, we saw billboards for a bar that read: "See the Keys on your hands and knees." Uh-oh.

We spent one night in a campground on an old coral bed where, in the morning, a crop duster sprayed all the campers with insecticide while we were cooking breakfast. After that, we camped (illegally) on a boat ramp. While driving through a mangrove swamp, a man covered in mud to his knees begged us to help pull his car out. When we successfully rescued him, he tried to buy us a bottle of wine. We refused the wine, so he offered us \$20 instead. Being broke, we were in no shape to turn it down!

Most nights were spent in meetings at the Anchors Away clubhouse, followed by ice cream cones. During the day, we snorkeled at Fort Zachary Taylor park, appreciating the natural beauty without the hangovers. The trip was as far from glamorous as you could get, but it was the first of many sober and wonderful adventures.

— Helen M., Morning Glory Group (Cherry Hill, NJ)

## WANTED: *Your story for June!*

Following May's "Sober Vacations," June's theme is **Step 6: Willingness**.

**The Prompt:** What is one thing you were finally willing to try only after you got sober? (Skydiving? A pottery class? Speaking at a meeting?) Share your story of the "internal shift" that made it possible.

**How to submit:** [Click here](#) or scan the QR code in this text box to submit your story via our Google Form! This is first-come, first-served—the form will close automatically once the June spot is filled. **Please submit by May 9th!**



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## Intergroup Meetings

### **Public Information Committee Meeting**

03/25/2026 & 04/29/26

7:00 pm - 8:00 pm

Join Public Information and help share AA's message by distributing literature and resources to the public

[South Jersey Intergroup Office](#)

[1000 White Horse Rd #702](#)

[Voorhees, NJ 08043](#)

### **South Jersey Intergroup Meeting**

05/20/2026

8:00 pm - 9:00 pm

SJAA Intergroup meeting is a monthly business gathering where representatives from local meetings coordinate essential community services—like maintaining the 24-hour hotline and local meeting lists—to ensure the AA message stays available to anyone seeking help.

#### [St. Bartholomew's Episcopal Church](#)

1989 Rt 70 E (Marlton Pike East)

Cherry Hill, NJ

#### [Zoom](#)

ID: 424-122-113, Password: 276748

### **H & I Committee Meeting**

03/26/26 & 04/30/26

7:00 pm - 8:00 pm

The Hospitals & Institutions Committee (H & I) books groups and individuals to fill speaking commitments at hospitals, detox centers, and rehabs as well as providing literature.

#### [South Jersey Intergroup Office](#)

[1000 White Horse Rd #702](#)

[Voorhees, NJ 08043](#)



# The Service Spotlight

*Budget & Finance Committee: with Traci K.*



## The Stewards of Our Shared Resources.

Most members see the final numbers, but the Budget & Finance Committee is the engine that keeps our Intergroup financially healthy. Led by Traci K. and Bev, this "small but mighty" team is responsible for crafting our annual budget and tracking every dollar spent versus what was planned.

How the Budget is Built (A True Group Effort): The committee doesn't decide how money is spent; instead, they act as coordinators for the entire Intergroup:

- ③ **Historical Review:** They analyze the previous year's group contributions and office expenses to identify where we can save or where more support is needed.
- ③ **Committee Collaboration:** They meet with committee chairs and IG officers to ensure their future needs are met.
- ③ **Transparency:** In September, a draft budget is sent to all groups for a two-month review period. Questions are welcomed in October and November, leading to a final vote by IG Reps at the December meeting.

## Precision in Motion:

Once approved, the work moves into Excel. Every month, Traci and Bev input total income and expenses for every committee. This meticulous tracking keeps a real-time tally of our resources, ensuring the Intergroup stays on track.

## Why Serve?

Traci took this role for two simple reasons: a love for Excel (which she jokingly calls "kind of weird!") and a desire to stay involved at the committee level. It's a vital role that proves you don't need to be a public speaker to make a massive impact on our fellowship.

*I really like working in Excel. It seemed to me to be the easiest way to stay involved and be of service.*

— Traci K.

## ⊙ Did You Know?

Your 7th Tradition contributions do more than pay the bills. They fund the 24/7 Answering Service, keep our Literature Office stocked, and help us publish this newsletter. Every dollar ensures the hand of A.A. is always there.

# Step 5

Principle of Step 5: INTEGRITY



“Admitted to god, to ourselves, and to another human being the exact nature of our wrongs”

**The journey** of recovery moves from reflection to action in Step 5. Built on the spiritual principle of Integrity, this step asks us to admit the exact nature of our wrongs to God, ourselves, and another human being. It is a transformation moment where we trade the isolation of our "half-truths" for the healing power of total honesty.

By stepping out of the shadows and sharing our inventory with a trusted peer or sponsor, we unlock powerful rewards known as the Fifth Step Promises:



**A New Connection:** The heavy burden of loneliness lifts, replaced by a true sense of belonging and the ability to forgive both ourselves and others.



**Spiritual Growth:** We begin to feel a genuine "nearness" to our Creator and experience a profound sense of peace when alone.



**A Clearer Path:** As our fears fall away, we gain the humility to see who we truly are, and the courage to become who we are meant to be.

Taking this step isn't just about clearing the past; it's about walking onto the "Broad Highway" toward a life of openness and serenity.

# Tradition 5

Principle of Step 5: PURPOSE



“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

**Tradition 5** defines the primary purpose of an AA group as carrying the message of recovery to the alcoholic who still suffers. This "one purpose" acts as a spiritual focal point, suggesting that while members have many roles in life—as parents, spouses, or employees—their greatest "talent" within the fellowship is the ability to transform past suffering into a message of hope for others. By aligning individual priorities with this collective goal, members move from the "exact nature of their wrongs" (learned in Step 5) toward their "exact nature" of service, ensuring the gift of sobriety is maintained by giving it away.

# Concept 5

Principle of Step 5: PURPOSE



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

**Concept 5** establishes the "Right of Appeal" as a vital safeguard for democracy and unity within the service structure. This principle ensures that the minority voice is not only heard but actively encouraged, protecting the fellowship from the "tyranny" of a hasty or misinformed majority. By requiring "substantial unanimity" (typically a two-thirds majority) for important decisions and allowing individuals to petition for the redress of personal grievances without fear of reprisal, the Concept fosters an environment where the best possible path is found through thorough debate and mutual respect.

# Humor: The Sixth Sense



By: Ed C. | Bowling Green, Kentucky



**W**

ay back in the late 1950s when I was a young lad, one of my favorite TV shows was *The Three Stooges*: Larry, Curly, and Moe. Moe was the serious one, Curly was the dunce,

and Larry was the fall guy, always caught in the middle between Curly and Moe. It was a curious comedy act, looking back on it after all these years, yet there was an important lesson to be learned that would surface many years later when I finally got sober.

What made me laugh so hard watching the show was the way these three stooges screwed everything up and then blamed each other and beat up on each other.

They would poke one another in the eye, hit each other with a hammer or a steel pipe, or punch each other in the stomach. It was a non-stop violent vendetta! I was a little boy being entertained by dismal failure and brutal behavior. The TV stations today are loaded with the very same brand of comedy. How could mishap, bungling, retaliation, and downright stupidity be so entertaining? It would take me years of hard drinking, many mishaps, and heaps of humiliation to find the simple answer.

I went to my second "first AA meeting" a little over two years ago, having been given a second chance. I was full of shame, regret, and self-hatred. I remember being confused when someone would tell a story about some senseless, harmful, often self-destructive scenario they pulled off when drunk. Almost everyone at the meeting would laugh, some with tears in their eyes, like they were in some kind of hilarious pain. Why were they--even the storyteller--laughing? These crazy folks weren't just chuckling. Their laughter came from someplace deep inside. All I could feel was regret and resentment when I looked at the wreckage of my past: the people I had poked in the eyes and the times I got hit in the head with a hammer--often held in my own hand. I kept my story to myself for a long time. I saw nothing funny about my last forty years of insanity.

Two years sober in AA have passed by quickly, after a slow start wracked by compulsion and fear. My life seems to have started over again from scratch. Everything is different. I think the most remarkable change has been the way I perceive

myself and my past. The first five Steps exposed a man who is fully human, all the best and the worst, wrapped up in a package with skin on it.

I can't go back and change the past. So what do I do with all the junk from my past? The Twelve Steps deal with just this predicament: moving from regret to a sincere attempt to avoid repeating my harmful behavior, with honesty being the driving force.

Following this was the journey of forgiveness that began to infiltrate my life of sobriety after I admitted and took responsibility for my wrongs by doing the Fifth Step. As a result, I was granted a brand new outlook on the wreckage of my past. This puts my junk to work; I help others by telling my story. As the months go by, my story gets more humorous as it gets more honest. As a good friend of mine in AA says: "You can't make this stuff up!"

This new perspective on my past is a gift I call the sixth sense--the sense of humor. It is a healer of wounds. It's a light at the end of the tunnel. It's the tie that binds me to other alcoholics. It transforms tears of sorrow to tears of gratitude. The newfound capacity to laugh at myself is the antidote AA has given me to counteract the poison called resentment that kills so many alcoholics. I believe this sixth sense is part of the psychic change Dr. Silkworth talks about at the beginning of the Big Book.

Now when I sit listening to another's story of what it was like, I can laugh along with the others, not at the storyteller, but at the Larry, Curly, and Moe inside of me. Without this gift of humor, my sobriety would surely regress into a bone-dry desert, bristling with restlessness, irritability, and discontentment.

A genuine sense of humor touches, tastes, hears, sees, and even smells the world in a unique way, a kind and colorful way. This new sixth sense AA meetings have given me is a blend of awe, wonder, and gratitude--a magic potion, you could say. Behind this glow of laughter and acceptance is the light of forgiveness. A sense of humor transforms restless, irritable, and discontented sobriety into quality sobriety. "We aren't a glum lot," the Big Book says. Now I know why.

Ed C. "Humor The Sixth Sense."  
AA Grapevine, vol. 65, no. 7, Dec.  
2008,  
[www.aagrapevine.org/magazine/2008/dec/humor-sixth-sense](http://www.aagrapevine.org/magazine/2008/dec/humor-sixth-sense)

# What's In Your Cup?

By: Buffs



You are holding a cup of coffee when someone comes along and bumps into you, shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

**Wrong answer.**

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

**Whatever is inside the cup is what will spill out.**

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"  
When life gets tough, what spills over?

- **Joy, gratitude, peace and humility?**
- **Anger, bitterness, victim mentality and quitting tendencies?**

Life provides the cup, *YOU* choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and share love for others when life bumps you.



## *Slogan of The Month*

### *"Courage to Change"*

Step 5 is where we put this principle into practice. By sharing our inventory with another person, we move past the fear of judgment (personality) and lean into the healing power of honesty (principle). We learn that we are only as sick as our secrets, and that the person listening is simply a channel for the principles of the program.

### *Just for Today*

**Just for today**, I will be brave enough to be known. I will trust that by sharing my story with another human being, I am not losing my dignity, but gaining my freedom. I will remember that 'walking in the light' starts with a single conversation.

## *Made You Smile*

A drunk goes up to the counter and shouts, "Hey! Can I have a cheeseburger and fries?"

The woman at the counter quickly replies, "Sir, this is a library."

"Oh, sorry," the drunk whispers, "Can I have a cheeseburger and fries?"

-- Amardeep S. (Brooklyn, N.Y.)



# FELLOWSHIP & EVENTS



## Happy Hour 34th Anniversary Speaker Celebration

Saturday, April 18, 2026

4:00pm - Food & Fellowship

5:30pm - Meeting

**The 449 Club**

6 Pemberton St., Pemberton, NJ 08068



**Speaker**

Lori L.

For a full list of events



Scan Here



## Sunday Spiritual's 40th AA Anniversary

April 19, 2026

10:00am - 11:30am

**Brooklawn Senior Citizens Center**

101 2nd Street Brooklawn, NJ



## How It Works Audubon 39th Anniversary

First Sunday of the Month

7:00pm - Food & Fellowship

7:30pm - Meeting

**Logan Presbyterian Church, Calvin Hall**

18 W. Merchant St., Audubon, NJ 08106

## MAYS LANDING 52ND ANNIVERSARY

Saturday, May 16, 2026

Food & Fellowship: 11:00 AM

Speaker Meeting: 12:00 PM

**Mays Landing Presbyterian Church**

6001 Main Street

Mays Landing

NJ



## Area 45 Grapevine Committee Meeting

First Wednesday Monthly • 7 PM

**Zoom ID**

870 5584 2531

**Passcode**

109752



Join our 15-minute listening session followed by our business meeting. Topics include the Grapevine & Lavenia podcast, YouTube channel, apps, and spreading our meeting in print.

**More Info:** grapevine@snjaa.org or call 609-498-5458



## G.O.Y.A. Group: 15-Year Anniversary Celebration & Speaker Meeting

Friday, May 15, 2026

9:00pm (speaker meeting) - 10:00pm (Food & Fellowship)

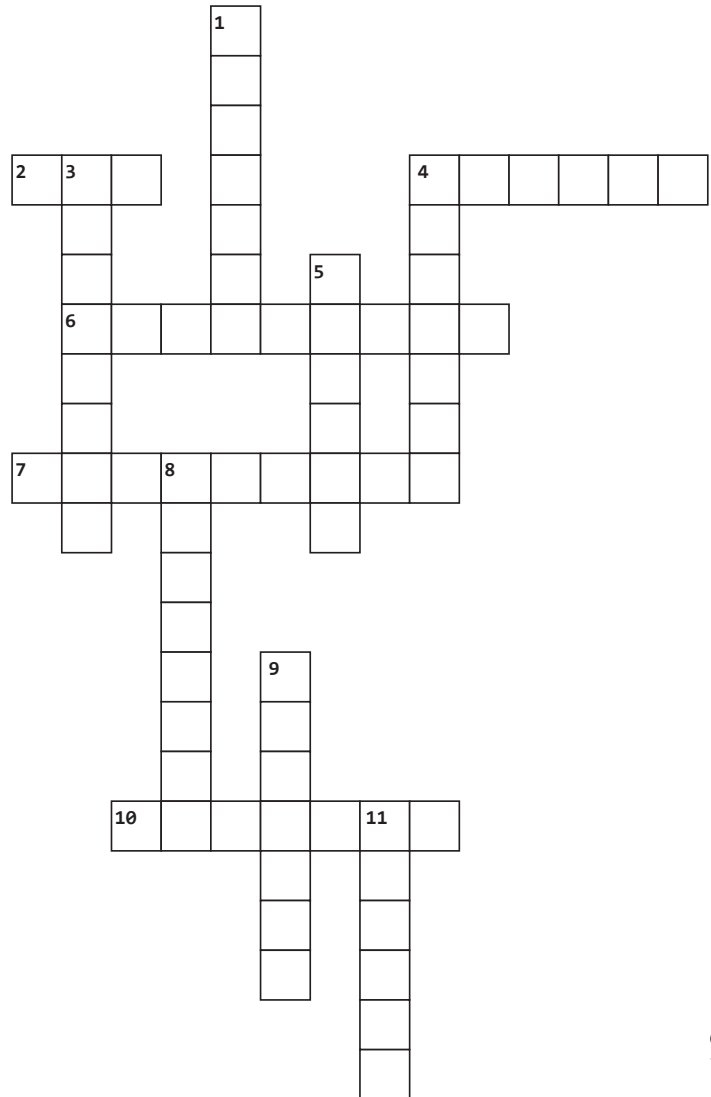
**482 Social Hall**

6702 N. Crescent Blvd., Pennsauken NJ

# March 2026 Meeting Updates

Change Type	Meeting Name	Meeting Day	Meeting Time	Location	Type
<i>New meeting!</i>	<b>Meditation at the K.I.S.S. Club</b>	Saturday	8:00 PM	Sewell	Meditation
<i>Name Change</i>	<b>Bridgeton Quad Group (formerly Riverside Hope Group)</b>	Monday	11:00 AM	Bridgeton	Discussion
<i>Name Change</i>	<b>Bridgeton Quad - Group As Bill Sees It (formerly Had Enough Group)</b>	Wednesday	10:00 AM	Bridgeton	As Bill Sees It
<i>CLOSED</i>	<b>Came to Believe</b>	Thursday	7:30 AM	Florence	Literature, Step
<i>CLOSED</i>	<b>Two A's In Alcoholics Anonymous</b>	Tuesday	6:30 PM	Swedesboro	Meditation, Step
<i>CLOSED</i>	<b>New Beginner's Group</b>	Thursday	10:00 AM	Bridgeton	Beginner's
<i>CLOSED</i>	<b>New Life Group</b>	Friday	9:30 AM	Bridgeton	Discussion
<i>CLOSED</i>	<b>Roadmap to Recovery</b>	Friday	7:15 PM	Medford	Step

## SJIG Crossword Puzzle (May 2026)



**Across**

- 2. The month of the "Spring Refresh."
- 4. Concept 5 protects the minority's right of \_\_\_\_\_.
- 6. The spiritual principle of the Fifth Step
- 7. We focus on the message, not the \_\_\_\_\_.
- 10. What we are tasked to "carry" in Tradition 5.

**Down**

- 1. Tradition 5 states each group has but one primary \_\_\_\_\_.
- 2. The first word of Step 5
- 3. Step 5 requires us to talk to \_\_\_\_\_ human being.
- 4. We admit the "exact nature" of these
- 5. After the 5th Step, the Big Book suggests an hour of this.
- 6. To grow or develop in a healthy way (like a flower).
- 7. "Our \_\_\_\_\_ is the result of our willingness."

# SERVICE & HELP WANTED



## LITERATURE VOLUNTEERS NEEDED

### *Help Us Carry the Message*

We need reliable volunteers to keep our literature office running smoothly for the fellowship.

### Ways To Serve:

- 🕒 **Inventory:** Organize and track our stock.
- 🕒 **Sales:** Help members and groups with orders.
- 🕒 **Office Help:** General tasks to keep us ready.

**Shifts:** Flexible hours—set your own schedule!

**Contact:** literature@aaaj.org | 856-486-4446  
Location: 1000 White Horse Rd, Suite 702, Voorhees

## ANSWERING SERVICE HELP WANTED

### *Be the Voice of Hope When It's Needed Most.*

We are currently seeking volunteers to help fill our Tier 2 Answering Service time slots. Tier 2 volunteers play a vital role in ensuring that the hand of AA is always extended to those reaching out for help.

### Current Needs:

- 🕒 **Overnight Shifts:** Critical coverage needed to ensure 24/7 availability.
- 🕒 **Daytime Increments:** Flexible 2-hour slots available throughout the day.
- 🕒 **Weekend Support:** Our greatest area of need is currently on Saturdays and Sundays.

Whether you have a few hours a month or a recurring weekly window, your service makes a difference.

**Ready to help?** Please contact us at: answering@aaaj.org

## NEWSLETTER SUBMISSION INFO

### *Your Voice, Our Fellowship*

Our newsletter is only as vibrant as the stories within it! Whether you have a milestone to celebrate, a funny recovery quip, or an upcoming group event, we want to hear from you.

Please use our new **General Submissions Form**\* to share your announcements, service updates, or 'In Memoriam' tributes for next month's issue. You can also scan the QR code to the right to access the form directly from your phone. Together, we keep the lines of communication open!

FOR GENERAL  
NEWSLETTER  
SUBMISSIONS

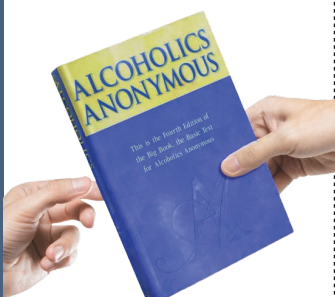


SCAN HERE

\*If you are experiencing any issues with the form when submitting your information, please email newsletter@aaaj.org

## In need of AA Literature?

Looking for meeting lists, cards, or literature? We've got you covered. Visit Our Literature Office: 1000 White Horse Rd, Suite 702, Voorhees, NJ 08043 Please call ahead: 856-486-4446



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