



**The Eighth Step**

*“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

**The Eighth Tradition**

*“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

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Ed Note: AA’s in Service

In searching for “just the right” article pertaining to service, I was struck by the one theme I kept reading over and over, that being the miracle of AA. What is that miracle?

It starts with a ray of hope, seeping through the darkness, which becomes a full blast of sunshine. This sunshine signifies to me happiness, serenity, and hope.

I remember when I was living down the shore and the grey days that dragged on in the winter, one after the other. I was driving on a road that had the ocean to my right and the bay to my left, and was proceeding through the grey mist of the morning. It felt as if the mist was seeping into my bones, taking over my entire body, lifting me away to a state of lethargic stupor. Then the sun peeped through the clouds and I started to feel better.

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South Jersey AA Contact information

Website: [www.aasj.org](http://www.aasj.org)

AA information: toll free 856-920-1212

AA office: 856-486-4446

Newsletter: [newsletter@aasj.org](mailto:newsletter@aasj.org)

“When anyone anywhere, reaches out for help, I want the hand of AA to be there. For that I am responsible.”

That is what coming into AA was like for me, coming out of the coma into a place of light. This was the start of the miracle. I heard many slogans in the first year, many of which did not make sense right away, but one which stuck with me – to give back what was so freely given to me. This is the core of my service. Without the fellowship how many of us would even be here?

I found a sponsor, got a home group, sat and listened, and thought business meetings were for others who could handle it. I eventually took on speaking commitments, attended regular meetings, and thought I was doing “good”. I was doing my part. What I did not realize the first year that in helping myself I was actually helping others.

I have come to realize that the first year was all about me(!) and my healing. The process of committing to something, to carrying out what I said I would do, to be responsible, was the first step toward my recovery. The second year has definitely been about service. When I was approached about editing this newsletter, my initial reaction was a giant “NO”! I can’t, it’s too much, etc etc.

There are no coincidences, I truly believe that. Was I ready? Maybe. The main message here is that service found me. This issue is about service, all kinds. It starts with your home group, joining, making that commitment. There is coffee to be made, business meetings to attend, new people to meet and help. These groups all have a chair, a treasurer, a literature contact, coffee people and such, the list goes on. Check out the next business meeting for your group. It can be very lively!

Beyond your group there is the AA organization. The next level up is Intergroup. You can sign up to be a rep, which is one extra meeting a month. It’s a great way to see how a group of people deal with principles over personalities in action.

There are many committees which make up the Steering Committee for Intergroup that always need volunteers – answering service, hospitals and institutions, literature, social events, this newsletter – we all would love you to share your time and talents. Check out the meeting minutes where we list opportunities every month.

There is the General Services Rep for each home group, which requires 3 or 4 meetings per year. These things can all be discovered just by attending your home group!

My thought for the day - my service time is maybe a quarter of the time I used to spend drinking per week.  
**We are the fellowship and the fellowship needs ‘we’.**

**To Do List:** *Is your group represented at Intergroup meetings?*

## Committee Reports

**Answering Service** - The Tues 12-2 pm shift is vacant and in need of a new volunteer. The “waiting list” remains deleted, so please help by announcing the vacancy at meetings. We can also use additional back-up for the “volunteer waiting list”. Interested AA’s with a year’s sobriety are asked to contact either Chair or Co-Chair (see email addresses below, or via the webpage) for information.

With 27 of 56 shifts reporting our volunteers, “temps” (fill-ins) included, fielded 249 calls during July, making the average number of calls per reporting shift approx 9, with a low number of 2 and a high of 22. At present, seven (7) shifts are covered by AA groups, as “group commitments”.

The Answercom service received a total of 101 calls during July. Answercom covers calls when the shift volunteer is busy on the line, or when a volunteer misses her/his shift. Adding the Answercom calls to the total number of calls reported above (249), makes a grand total of 350 calls received to our “hot-line”, (856) 486-4444, during July. The average number per shift, including those shifts not reporting, is then calculated to over 6 calls per shift.

**Bookers** – 33 groups filled 269 commitments, all filled. Next meeting 11/4, 8pm.

H&I -We had 23 groups show filling 49 out of 93 commitments. We have more commitments since new facilities have been added. The commitments that are still open are: VOA (Camden) **Men’s** Mon 330 to 430 Aug 16, 23 & 30, Maryville **Women’s** Mon 8 to 9 pm Aug 23 & 30, VOA (Camden) **Women’s** Wed 7 to 8 pm Aug 18 & 25, Ancora Thurs 7 to 8 pm Aug 12, VOA (Camden) **Men’s** Fri 7 to 8 pm Aug 13 & 20, Maryville **Womens** Sun 2 to 3 pm Sept 5 & 12, Underwood Hosp. Sun 4 to 5 pm Sept 5, VOA **Mens** Meeting Mon 330 to 430 Sept 6 & 13, VOA **Womens** Meeting Mon 330 to 430 Sept 6, 13, & 20, Unity Wed. 10:15 to 10:55 am Sept 1, 22 & 29, VOA **Mens** Wed. Sept 1, 22 & 29, VOA **Womens** Wed Sept 1, 15, 22 & 29, Ancora Thurs 7 to 8 pm Sept 2 & 30, VOA **Mens** Fri 7 to 8 pm Sept 3, 10, 17 & 24.

Our next H&I meeting will be held on Monday, September 27, 2010 at 7:00 p.m. at the IG office.

### LITERATURE

-We are almost finished lowering prices in the computer. New prices will come up when an order is entered. Will change price lists and notify webmaster. Should be complete by end of next week.

--Our inventory is going down and we are buying only what we need.

--New safe was delivered today. Larry will take care of getting it ready for use.

-Looking for a Monday morning Literature volunteer and a Tuesday morning back-up volunteer.

-Many thanks to Penny and the road show group as they have exceeded \$2000.00 in sales.

-Many thanks to Bev Manny and Larry Breuge for all their hard work.

**Meeting lists** are still available; the most up to date version is the meeting search on the website. The pdf version is also available online but it is just the same as available in print from literature for 25 cents. Bob P Meeting list chair.

**Public Information** This is my report for July 2010 . I got a request from a Dr. Bennit at Rutgers-Camden to come speak about AA(12 step program and Recovery) on Monday August 9. Everything went well., I brought a few pamphlets and donated a Big Book for there library. And as always the IDRC programs for Camden, Burlington, and Gloucester Counties continue to operate smoothly. Thanks to all who volunteer their time. .

## Fellowship and Things To Do

**Sunday, August 22** - Parvin State Park - Thundergust Pavillion AA picnic starting at noon till 6PM  
F F F - Bring your chairs. 2 speakers (food welcomed). Info contact: Matt M. 609-805-3853 Tix: \$10.

**Saturday, August 28** - Tubing on the Delaware sponsored by SJIG Social Committee. Meet at Bob Evans Restaurant, Rt. 73 &

Fellowship Rd. Mt. Laurel, NJ at 9:00 AM. Leaving at 9:30. 2998 Daniel Bray Hwy. (Rt. 29), Frenchtown, NJ 08825. Tube:\$23,Raft:\$25,Kayak:\$35.Parking:\$6.

Info: 908-996-5386. [www.delawarerivertubing.com](http://www.delawarerivertubing.com) or call: Brian 609-280-6298 - Larry B 856-373-8636

**Monday, September 13** - Sober Bowling League (FOB) starts it's second season at Laurel Lanes on Rt. 73 in Maple Shade at 7:30 PM. 3 games, plus shoes will cost \$12.00/pp. Teams of four are encouraged. For more information, contact Allen S. at [fobbowling@live.com](mailto:fobbowling@live.com)

**Saturday, September 18** - Area 45 Inventory. 9:00 AM - Noon. Divine Word Seminary, Park Street, Bordentown. **NEW**

**Monday, September 20** - Blackwood Women's Step 21st Anniversary. **United** Methodist Church, 35 E. Church St., Blackwood, NJ. Food: 7:00 PM, Speaker: 7:30 PM. All Welcome. **NEW**

**Tuesday, September 21, 2010** -

Medford Women's Spiritual Growth Group will celebrate their anniversary with food and fellowship beginning at 6:30pm speaker at 7:30pm

Medford Friends Meeting House 14 Union St, Medford, NJ

All women are welcome and encouraged to attend

**Sat, Sept 26** - Annual Cape Atlantic IG UNITY BREAKFAST @ the BEACH - Grand Hotel, Cape May, NJ. Breakfast followed by Sobriety Countdown/Speaker Rich B., Ocean City, Md. Write \$23ea. to CAIG. Mail to CAIG UNITY PO Box 3276, Margate, NJ, 08402. **Unity Chr Cris K.: 609-816-4907, Tony M.: 609-555-5555, visit [www.caigrp.org](http://www.caigrp.org), [http://www.caigrp.org/unity\\_bfast10.pdf](http://www.caigrp.org/unity_bfast10.pdf)**

**September 24 - 26** - Camping Trip at Goshen Pond, Shamong, NJ sponsored by SJIG Social Committee. \$5.00/pp, Kids free. Free Dinner, Saturday at 6:00 PM. Campfire meeting at 8:00 PM.

Contact Larry B: 856-373-8636 or Brian C: 609-280-6298 for information

**Saturday, September 25** - Pro - Act Recovery Walks. **Penn's Landing**, Philadelphia, PA. Celebrating Freedom from Addiction. Registration starts 7:00 AM, Opening Ceremony: 8:30 AM, Walk begins 9:00AM. [www.RecoveryWalks.org](http://www.RecoveryWalks.org) **NEW**

## Hosting Commitments-H&I

1. VOA **Men's** Monday 3:30 to 4:30 p.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> week
  2. VOA **Women's** Monday 3:30 to 4:30 p.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> week
  3. Unity Place (Cherry Hill) Wednesday 10:00 a.m. to 10:55 a.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> week
  4. VOA **Men's** Wednesday 7:00 to 8:00 p.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> week
  5. VOA **Women's** Wednesday 7:00 to 8:00 p.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> week
  6. Lourdes Med. Center (Rancocas) Thursday 8:00 to 9:00 p.m. 2<sup>nd</sup> week
  7. VOA **Men's** Friday 7:00 to 8:00 p.m. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> week
- Underwood Hosp. Saturday 4:00 to 5:00 p.m. 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> week

## Volunteers of America in Camden NJ

### Newest commitment

Comment from the new IOP Volunteers of America located in Camden NJ: The woman you sent was personable and knowledgeable, thanks for everything!!!  
*Curtis McMaster, Director*

**Comments from members bringing in a meeting:** There are 6 women and at least 3 of the women are scheduled to be there for 90 days however 2 of that 3 are looking to get into the Mommy and Me programs and may leave prior to 90 days. The facility is clean and very nice, as well as the staff members.

*Anonymous*

The area is not the worst of Camden, however not the greatest. The building is new and very nice inside. The women and staff were kind. I enjoyed carrying the message to the next alcoholic.

*Anonymous*

There were approximately 20 guys there. I was well received by the staff and clients. The meeting went well and I feel that VOA could become a great service commitment for AA'ers.

*Anonymous*

At Wit's End (from Grapevine)

"I live in a dysfunctional household." the drunk told the bartender, "and it's really becoming a problem since I live alone."

An old drunk was always going on about the good old days and the lower cost of living in particular. "When I was a kid, my mom would send me to the store, and I could get a salami, two pints of milk, six oranges, two loaves of bread, a magazine and some blue jeans—all for a dollar" he said. Then the old guy said sadly, "You can't do that anymore. They've got those security cameras everywhere you look."

An AA said to his sponsor; "When I got home last night, my wife and I had words—but I didn't get to use mine."

## The AA Quiz

1. Of the first Eleven Chapters of the book Alcoholics Anonymous, which one was not written by Bill W. Who did write it? A. Chapter 10, "To Employers" is generally believed to have been written by Hank P. of the New York Groups
2. What was Bill W.s role in World War I? A. Bill served as an Army Officer overseas with an Artillery unit.
3. What were the "Spook Sessions" held at bill W's New York home? A. Séances and 'Channeling were held there
4. Where was Dr Bob headed when he went off on his last binge? A. Atlantic City for a Medical Conference. He never made it.
5. Sister Ignatia created a 'secret' memorial to Dr Bob. What and where was it? A. Rosary Hall Solarium in her new assignment in Cincinnati hospital has the letters "RHS" above the door. Those are the initials of Robert Holbrooke Smith. Her dear friend
6. What was the recovery recipe fed to early AA prospects while they were in the hospital? A. Cold sliced Tomatoes, Sauerkraut and Karo Syrup!
7. What year did the first AA group meet in New Jersey? A. 1939 in\_\_\_\_\_
8. Henrietta Seiberling was connected to which famous 'rubber' family? A. Goodyear \_
9. When was Bill's sobriety date? When did Dr Bob have his last drink? Dec 11, 1939 & June 10, 1935
10. Who was the Akron clergyman who helped connected Bill W. with Henrietta Seiberling? A. Rev Walter Tunks

How did you do? All of the answers are contained in AA literature, mostly "Pass It On", "Dr Bob and the Good Old-timers" and A.A. Comes of Age". These books not only describe the early days of our fellowship, but they give insight as to how the many perils of personality which faced early AA and how these problems were resolved, The Traditions often become more real after reading these books.

## South Jersey Notes

A few years back, we tried to get a rough survey of who was out there attending the group meetings and reading this newsletter. The returns weren't great, but never ones to give up, we will be having a members survey in again this month. It will be one that can be done for the entire group, so our chances of getting information back are better. A.A. is built on the Group , not the individual.

So let's do some service!.