

Hot News

January 2011



SOUTH JERSEY INTERGROUP

Anonymous SJ

The First Step

“We admitted we were powerless over alcohol and that our lives had become unmanageable.”

The First Tradition

“Our common welfare should come first, personal recovery depends in AA unity.”

Simple statements, and a simple program for complicated people. The message I have been hearing lately is that we need to stick to our simple program. I am hearing words like complacency, humility, acceptance, and challenge. I for one am listening. I for one want to keep it simple. To start afresh in a new year, to have a new beginning, to be able to remind myself that I need to follow the steps, just like that, so I can grow into the person I am designed to be.

Another message I heard that I would like to pass along is “Faith is a muscle that needs to be exercised regularly.” Whether you call it spirituality, your relationship with your Higher Power, or Faith, it matters not.

“You just call on me brother, when you need a hand. We all need somebody to lean on. I just might have a problem that you’ll understand—We all need somebody to lean on.”

Thank you Bill Withers

With that thought I would like to wish you all a very good day, one step at a time. Special thanks to Joey and the Unity Committee for their Alkathon meetings during the holidays.

We are the fellowship and the fellowship needs ‘we’.

In service, Judy

South Jersey AA Contact information

Website: www.aasj.org

AA information: toll free 856-920-1212

AA office: 856-486-4446

Newsletter: newsletter@aasj.org

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

Please see this newsletter, the aasj.org site, and your local home group for chances to be of service.

Steering Committee Meeting Highlights

Answering Svc Well, the answering service committee dealt with some "drastic changes" during December. Our review of the answering schedule revealed several errors, mostly due to "unannounced resignations". As a result, today (01.11.2011) we have seventeen (17) vacant shifts! At the suggestion of intergroup representatives during the December general meeting, we posted the then vacant shifts on the aasj.org homepage. Most of these listings are still open. Therefore, new sign-ups are welcome. Please help by announcing and informing your groups of the need for additional volunteers. Interested AA's need a year's sobriety . Our volunteers ("subs" included) fielded 290 calls during December. The Answercom service fielded a total of 99 calls during December.

H&I Unfortunately, we cancelled last months meeting due to weather. .We are still accepting applications for Kintock. We might have a new MICA unite as well. Next is January 31, 2011 at 7:00 p.m.

Public Information . Supplied literature for the Camden County IDRC(Wayne N,) and Camden County Council on Alcoholism.. As always the IDRC programs for Camden, Burlington, and Gloucester Counties continue to operate smoothly. Thanks to all who volunteer their time.

Treasurer's Rept Yet another year has passed. Our bills have been paid, our accounts reconciled, and we have put the year 2010 "to bed" in the black by about \$250 after adjusting for the expense of the new Copier. Capital equipment repayment will commence in January, and our newly approved budget will be implemented for 2011. We'd like to take this opportunity to thank all of our Groups for your continued generous support, and assure you that we will continue to serve your Groups as we "trudge the road of happy destiny" into 2011.

H&I Open JANUARY and February Speaking Commitments Wounded Hlr (Pitman) Mon 430 to 530 pm Jan 24, Maryville Men Tues 8:00 to 9:00 p.m. January 25, Unity (Cherry Hill) Wed 10:15 to 10:55 am Jan 19, Ancora Thurs Jan. 20
Maryville **Men** Tues 8 to 9 Feb 22, Maryville **Womens** Sun 2 to 3 Feb 20, 8 to 9 Feb 2, 9, 16 - 8 to 9 pm Feb 14, 21 & 28
JFK Mon 2 to 3 Feb 14 & 28, Wounded Healer Mon 430 to 530 Feb 7, 14, 21, & 28, Lakeland Wed 7 to 8 Feb 2, VOA Wed 7 to 8 Feb 2, Unity Wed 1015 to 1055 am Feb 2, 9, 16, 23, Ancora Thurs 7 to 8 Feb 3, 10, 17 & 24, Virtua Sat 830 to 930 pm Feb 12, Underwood Sat 4 to 5 Feb 26

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I have found joys in life I never thought possible, and I've also endured things in sobriety that I never thought I could live through. I've heard people say in these rooms that AA is a selfish program, and I so dislike hearing that.

My selfishness is what gets me in the most trouble, and the Steps talk about selfishness and self-centeredness being at the root of our problems. I like to say that AA is a program you can use to learn to follow the will of your higher self.

The basic principles of our program--honesty, open--mindedness, and willingness--when applied to a life lived in service to God and our fellows, have the power to transform not only the lives of alcoholics, but possibly the world around us as well.

Pam P, San Pedro CA

Grapevine 2009

Kindred spirits

In her search for recovery, a woman in pain turns to the Steps

I have been sober in Alcoholics Anonymous for 20 years. I got sober in the Westside Alano Club on Pico Boulevard in Los Angeles. It was within walking distance of the mental hospital where I had been spending the Social Security Administration's money. They had a program for people with psychiatric diagnoses in addition to chemical dependencies.

I was depressed and pretty psychotic. I just wanted to feel like I was okay. I wanted to feel like everybody wasn't always staring at me or like the world really wasn't going to crash down on top of me.

I wanted to feel like maybe I was worth liking, like maybe there was something good coming down the road for me someday. They tried every kind of pill they had, but none of them seemed to do the trick. Nor did the shock treatments.

Alcohol was the only thing that really seemed to work for me. I've heard people in AA call alcohol "liquid courage," and it sure was that for me in the beginning.

I drank and smoked my way through high school, had my first vacation at a psych hospital when I was 19 and landed myself in a locked ward in restraints by the time I was 23. I hung myself with a bed sheet in a door jamb and lost consciousness.

I was found, cut down and given an emergency tracheotomy. When I awoke from the coma a few days later, I was paralyzed on my left side and didn't know my own name. After numerous MRIs they determined that I had killed at least 10 percent of my brain. I was expected to be disabled for the rest of my life.

Fortunately, my dad and my doctor had higher expectations. I had physical therapy to learn to walk again and when I was released from the hospital some months later, I was sent to a rehab.

But that's not the important part of my story. The important part is how I got to Alcoholics Anonymous. There was a man in my hospital therapy group who befriended me. Stan somehow found me to be a kindred spirit and started taking me to his AA meetings. He taught me the importance of looking for similarities instead of differences.

Eventually, I did the stuff you told me, though not very willingly. I had a chip on my shoulder about everything. It took me a long time to find a home group I felt comfortable in and a sponsor I could relate to.

The woman I finally chose to be my sponsor, Marla H. from Redondo Beach, didn't put up with any self-pity from me and when I whined about my psychiatric problems she lovingly replied that "the Twelve Steps will work for anyone--even the likes of me or you--if they are worked honestly. So stop whining and get to it."

In recovery I have found a new way to live. Marla was right when she told me that if I did the Steps and stuck around here, the quality of my problems would improve. I used to have to do things like figure out how to get the bus to the welfare office, and now I have to arrange for lodging for the many relatives who will be attending my college graduation in June.

Fellowship Announcements and Things To Do

Sunday, January 23 - Brooklawn Sunday Spiritual will be celebrating it's 25th Anniversary. 10:00 AM Community Center, Brooklawn, NJ. Great continental breakfast.

Thursday, January 27 - Chew's Landing is celebrating it's 18th Anniversary. 7:30 PM. Desserts and 2 speakers. St. John's Parish Hall , corner of Chew's Landing Rd. & Old BHP.

Sunday, February 13 - The Gratitude Group Anniversary, First Baptist Church, Sussex & Monmouth Sts., Gloucester City, NJ. Food at 6:00 PM, Speakers: Sister Rose (Alanon) & Sister Maurice (AA) at 7:00 PM. **NEW**

March 18-20, 2011, Holiday Inn Solomons Conference Center & Marina, Solomons MD South Maryland Roundup First Southern Maryland Roundup. \$30 Registration fee per person. All workshops, speakers, dance and fellowship opportunities are included in the registration fee. Tickets for the buffet dinner with speakers will be sold separately. Hotel patrons have easy access to boating, exploring, and enjoying breath taking sunsets and cool breezes. Accommodations are extra, and are being reserved at \$104, so reserve by 2/18/2011.

See www.southernmarylandroundup.org for information, including flyer and registration form.

March 25-27 Area 45 CONVENTION, Cherry Hill—make your plans now!!

For Mail in Registration, please complete the form entirely. Register on line

Mail entire form with Payment to: www.snjaaconvention.org

Area 45 Convention, PO Box 8603, Turnersville , NJ 08012

April 1- 3 - Couples Escape Weekend @ St. Mary of Providence Center, 222 Isabella Rd. Elverson, PA

19520. Put the zing back in your **relationship**. Come join us for an escape weekend with other recovering couples (of all ages). \$260 per couple covers room and board in a beautiful setting. For more info call: Wayne @ 856- 534- 0104.

May 12 - 15, 2011 - 6th Annual International Seniors in Sobriety Conference. Holiday Inn, Long Island. Workshops; A.A. & Alanon Meetings & Speakers; Spiritual Conference; Fellowship & Banquet. Tour of "Stepping Stones" Home of Bill W. & Lois. Contacts: Coni M. cmot@optonline.net , Nancy O. nomh@optonline.net , Nancy B. nblomberg@segalco.com

June 10-12, 2011 is the 21st Annual Akron Founders Day Trip. South Jersey takes on Akron!! \$400.00 suggested price for transportation, accomodationas and food.