

ANONYMOUS SOUTHJERSEY

SOUTH JERSEY INTERGROUP

February 2017

April in February:

When the Drink Sneaks up on You

I got sober when I was 27. I am 34 now and still learning how to "survive" a variety of experiences and events as a young woman—who no longer drinks—in a world that does.

The longer I've been sober, the more confident I am in my sobriety—and myself! For the past few years I've taken painting classes as a way to get back into an old hobby and find happiness in something that drinking stole from me. When I attended my last class of the

session a few weeks ago, I had no idea that walking into that painting studio would challenge me in a way I least expected.

We had a small class—just a group of 5—and one of the women decided our last class was cause for celebration. There were only 3 of us in that last class and she



brought in cheese, crackers, and wine. Which was very nice of her and for most people, would just be seen as a nice gesture. I ignored the situation, grabbed some cheese,

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Grateful for Newcomers

I'm very grateful for the life that the program has made possible for me. Without the fellowship and the steps, along with reliance on a power greater than myself, I don't believe my life would be nearly as fulfilling as it is now. From working the steps I've learned things about myself and became aware of my destructive patterns of behavior - and on occasion, I'm able to let go of old ideas and allow new, clear thoughts to enter. I would not have believed anyone telling me these possibilities without experiencing them for myself - imagine being able to live life on life's terms - something I could not do on my own!

The obsession for alcohol has been gone for a few 24's, and I've been living and enjoying the "promises" of the program, actually

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A Drop of Rain

A drop of rain falling from the sky was afraid to enter the stream. It was afraid that it would lose its identity as a single drop.

When it entered the stream, it remained a drop of water but became part of something larger and freely interacted with other drops of water. However, it did not want to enter the river. It felt that the large river would cause it to lose the intimate relationship it discovered in the stream.

Becoming part of the river was so exciting that it could share the experience of being a drop and then a stream and now a river. It was no longer afraid and could not wait to become part of the ocean. The vastness of it all was so exciting. Now, this drop of rain was part of the entire universe. A part of the vast and wonderful ocean.

Eddie

Inside This Issue: ♦ SJI Trivia ♦ Why Not Be a Group? ♦ Opportunities for Service ♦ Spiritual Recovery Retreat ♦ Convention Registration Form

Editorial Policy

Anonymous South Jersey is a monthly newsletter published by and for members of South Jersey. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or South Jersey Intergroup. Quotations and artwork from AA literature are printed with permission from AA World Services, Inc., and/or the AA Grapevine, Inc.

Contributions from readers are encouraged—you can write about your experience, strength and hope in general, or you can focus on one of the steps or traditions. You can also write about something that touched you at a meeting, something that bothered you at a meeting, or some service commitment you especially enjoy. Submissions are edited for space and clarity. Contact information is required and anonymity is respected.

Due to space limitations, we are unable to publish flyers for events in this newsletter. However, we are happy to include your gathering in the general list of fellowship announcements.

Please send your submissions to newsletter@aasj.org.

CONTACT INFORMATION FOR SJ INTERGROUP:

South Jersey Intergroup Association, Inc.
PO Box 2514
Cherry Hill, NJ 08035
Office/Literature Sales: 1-856-486-4446
Email: Info@aasj.org
Website: www.aasj.org
24-Hour Hotline 1-856-486-4444

SJIG holds its monthly meetings on the third Wednesday of the month at 8 pm at St. Bartholomew's Episcopal Church 1989 Route 70 East, Cherry Hill, NJ

Trivia



February Trivia Question:

What is the best way to report a meeting change to Intergroup?

January Trivia Question: "What is the difference between a Meeting and a Group?"

Answer: AA groups are available after their meeting hours to do 12th Step work and are usually registered with GSO in New York. Please refer to "The AA Group...Where It All Begins" pamphlet for more information about AA Groups.

Newcomers

From page 1

looking forward to what life has to offer.

This is where I need to stop and thank the newcomers. I can get a little too caught up in life and where I THINK my program is now, and lose focus on why I need meetings, fellowship, and a higher power!

The handful of newcomers showing up every week at my home group remind me that the program has given me a life, and without it, I have no life.

It's been proven I can't run the show! While all of the personal growth, awareness, and enlightenment is great, I need to remember what it was like, and remind myself that no matter how many 24's are under my belt, I'm still one drink away from a drunk. Hopefully this reminder will help me keep the focus on how this growth and awareness relates to keeping me away from the first drink, one day at a time.

Shawn

April

From page 1

and started getting my supplies ready. But before I knew it, the woman poured the wine into the glasses for everyone, distributed them onto our individual supply tables, and sat down. I came back to my area with the uncomfortable reality that I now had wine sitting there that I would need to address. And by address, of course I don't mean drink it, but what do I do to not seem rude?

My mind raced, could I "accidentally" dip my brush in the wine rendering it "undrinkable" so I pour it out with a good excuse? Do I ignore it all night while it sits there, wafting its smells into my direction every few minutes? No, that isn't fun for me.

After a few minutes of ignoring it, the woman who poured it and left it for me made an innocent comment about drinking it. So, I casually said, "oh this was so nice of you to bring this in tonight. I love the cheese, but I'm not drinking tonight—I bet someone else wants this glass though!" By being casual and gracious, I got the attention away from me and someone else took my glass.

This was a lesson though—these situations can truly pop up on us. As I walked into my last painting class, never would I assume that I would be challenged with this predicament. Thankfully, I was feeling strong, on good spiritual ground, and able to decline the drink without it torturing me. But there are of course times when we aren't feeling our best. Stressful days, weak moments, justifications...we must always be on our game. I must always have



my sobriety at the center of my mind and play the tape through. There is no innocent glass of wine for me anymore. That glass of wine (certainly not the woman!) represented the devil—

Why remain a meeting when you can become a group?

By becoming a group, rather than just a meeting you become part of a much larger universe. Groups are what makes AA whole and large and great. They are the life blood of the AA world.

Talk to other members about joining AA. About doing AA service. About supporting all the groups with service commitments. About getting an AA job at the group level. You just can't do that if you're only a meeting. Meetings don't have Intergroup Reps., GSRs, H&I committees, Grape Vine, Answering Service, Newsletter and CPC committee, 12 step list. Become a part of the Ocean.

Please call our intergroup about becoming a group. Remember, there are absolutely no dues or fees to becoming a group. It cost nothing and the pay is great.

Eddie

and he is sneaky and wants to see me fail.

AA has given me the tools to play the tape through, be strong in my conviction, and if I couldn't do it alone—I knew I had several phone numbers I could use to help me through it. Be strong my friends, and use the tools and numbers. We live in a world where drinking will absolutely sneak up on us—and we must be prepared to handle it when it does.



Answering Service:

Currently we have the following shifts open:

- Tuesday: 8 pm to 10 pm
- Friday: 10 pm to 8 am (overnight shift)
- Saturday: 10 pm to 8 am (overnight shift)

We also continue to take names for our waiting list, and are still taking AA members to sign up to be available for a 12 Step call. Please have interested people continue to contact us via answering service@aaaj.org.

Newsletter Articles:

Please submit articles to newsletter@aaaj.org by February 8th for our March Newsletter.

Public Information:

We need some people to help with distributing literature and meeting lists to places such as hospital emergency rooms, libraries, and police departments. Please e-mail Eileen at publicinfo@aaaj.org for more info.

Unity:

The Unity Committee is currently looking for committee members and a new Co-Chair. Please con

February Service Opportunities

tact Cletus at 856-266-4961 to see how you can help.

Website:

The website committee is looking for assistance from individuals with a virus-free computer and a willingness to learn. Prior web experience is helpful but not necessary. Please contact Ray at webmaster@aaaj.org.

General Service Office (New York, NY):

GSO has 2 openings for non-trustee appointed committee members for Trustees Committees: 1) Public Information, 2) Cooperation with the Professional Community, Treatment and Accessibilities. Please contact Intergroup at officemanager@aaaj.org for additional information.

Intergroup Reps Wanted:

If your home group is not represented at Intergroup, please join us on Wednesday, January 18 at 8 pm at St Bartholomew's Episcopal Church (Rt 70 in Cherry Hill). Be sure to stop at the Unity table to learn more about being an Intergroup rep.

High Schools:

The public information committee needs your help to bring our message to high school students. Please contact Eileen at publicinfo@aaaj.org for more information.

Speaking Commitments

Hospitals and Institutions (H&I) is looking for speakers to visit the following facilities:

- Wednesday:
 - Feb. 8, 22, Delaware House, 21 Ikea Drive, Westampton, 1 - 2 pm
 - Feb. 22, Solstice Counseling, 1561 R. 38 W, Lumberton 11 am - 12 pm
- Thursday:
 - Feb. 2, 26, Unity II, 121 S. White Horse Pike, Hammonton 2-3 pm February 2, 16
 - Feb. 9, 16, 23 Daybreak - 368 White Horse Pike, Atco 10:30 am -12 pm
- Friday: Feb. 3, 24 Vineland Victory Group, 2000 Maple Avenue, Vineland 7-8 pm

Please contact Patti or Frank at handi@aaaj.org if you are able to take one of these commitments.



Area 45 Presents

The Grape Jam

Grapevine Audio Project

Saturday January 21st, 2017

8:30am – 12:00pm

Grace Church

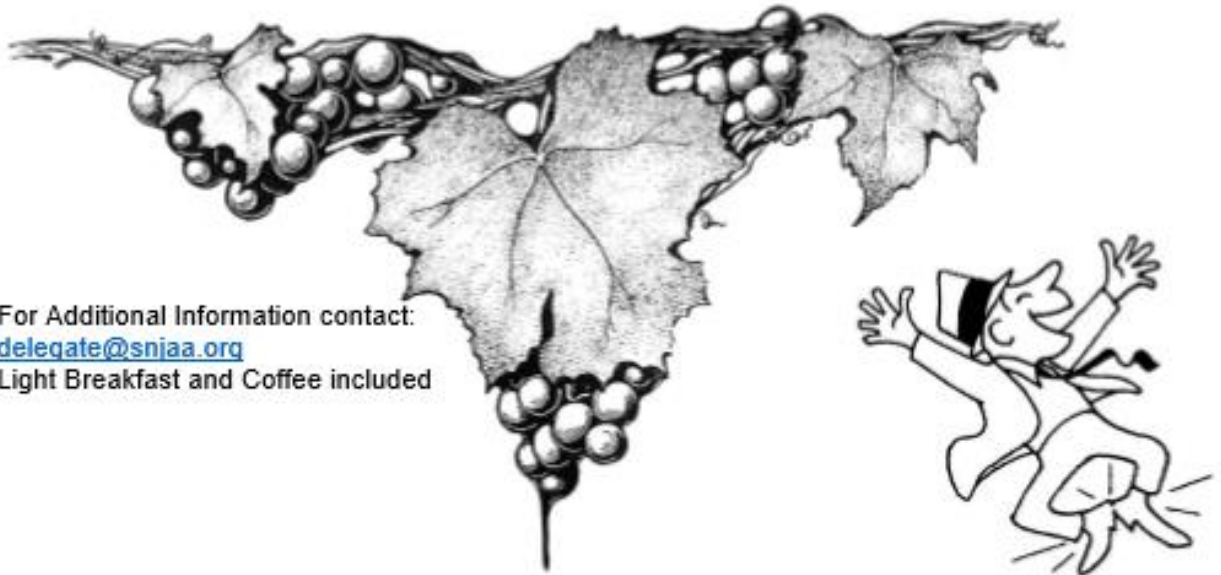
19 Kings Highway East

Haddonfield NJ, 08033

All are welcome to share their experience, strength and hope and be recorded. Participants will have 7 minutes to tell specific anecdotes about themselves and their sobriety. Recordings will be sent to the Grapevine and become part of the Grapevine Audio Project

<http://www.aagrapevine.org/audio-portal>

For Additional Information contact:
delegate@snjaa.org
Light Breakfast and Coffee included



Get Out and Get Involved

Thur., Jan. 19 – Woodbury will celebrate their 63 anniversary. fun starts at 7:00pm with food and fellowship followed by speakers @ 8pm Woodbury Presbyterian Ch - Broad & Center Sts. Woodbury, NJ (Entrance on Center St)

Sat., Jan. 21 – Area 45 sponsors the Grape Jam. A Grapevine Audio Project 8:30 AM – 12:00 PM Grace Church, 19 Kings Highway East, Haddonfield, NJ 08033

Sat., Jan. 21 – Woodstown Grp. will celebrate their 62nd anniversary. Eating begins at 7pm speaker to follow @ 8pm. Local: Woodstown Presbyterian Ch 46 Auburn Rd. Woodstown, NJ.

Thurs., Jan. 26 – Chewslanding Step meeting is celebrating 25 years with 2 Speakers and deserts afterward starts @ 7pm St. John's Epis. Ch. 1704 Old Blk H Pk.

Fri., Jan. 27 – Rio Grande Serenity Grp 23rd Anny- 5:30pm EAT - Spkr Food /Snacks Welcome! Feel Free to Bring Something. The Branches, N. 2nd St & Vermont Av, Rio Grande, NJ 08242. Nancy D.973. 953. 5654

Wed., Feb. 1 – Clarksboro meeting is celebrating their anniversary at 6:00. Sister Anne and Eddie J will be the speakers.

Fri., Feb. 24 – Dr. Bob's Speaker Dinner. 6-9PM. Georgine's, 1320 Newport Rd., Bristol, PA, 19007. TIX: \$35. Mail: PO Box 1465, Southampton, PA, 18966. Info: Gina C 215.208.2878/ Scott F.215.431.0921 Proceeds: Dr. Bob's House.

Mon., Feb. 27 – The Bridging the Steps Group is celebrating its 32 Anniversary. Home cooked food at 7:00 PM with the guest speaker: Tony G from Hamilton at 8:00. Trinity United Methodist Church, 1285 Hornberger Ave., Roebling, NJ 08554

March 2 - 5 – Lollapalooza II brought to you by the Philly Speaker Group. 9 Speakers from all over. Conference will be held at the Hotel ML in Marlton, NJ. Mention Lollapalooza for \$99/night rooms Call (856) 234-7300 for Reservations. \$30 Registration and meal plans available at www.lollapaloozaofaa.org Contact Chris B. with any questions (215) 384-8703 or Greg D. (856) 448-5735.

March 24 - 26 – Area 45 Southern NJ Annual General Service Convention. More info will be coming soon.

Sat., June 3 – 66th Annual Stepping Stones Lois' Family Group Picnic. TIX on Stepping Stones website's event page@ <http://www.steppingstones.org/events.html>. 914.232. 4822. At the historic home of Bill & Lois Wilson, Wit's End-Bill's Studio, 62 Oak Rd, Katonah, NY 10536

If you have any new items that you feel would benefit our fellowship, please let me know, so we can get it out to the people. Wayne: 856- 534-0104 or wcp714@verizon.net

Rooms (circle one)	Friday ONLY	Saturday ONLY	Friday & Saturday	Fill in the amount for Room Selection Here:
	Single/Double \$128	Single/Double \$128	Single/Double \$256	
	Triple/Quad \$132	Triple/Quad \$132	Triple/Quad \$264	\$ _____
Meal Package #1 Friday Buffet, Saturday Breakfast, Saturday Banquet & Sunday Breakfast:				\$92 (save \$13) \$ _____
Meal Package #2 Saturday Breakfast, Saturday Banquet & Sunday Breakfast:				\$69 (save \$11) \$ _____
Meal Package #3 Saturday Banquet & Sunday Breakfast:				\$52 (save \$8) \$ _____
Meal Package #4 Saturday & Sunday Breakfast:				\$34 (save \$6) \$ _____
Meal Package #5 Friday Buffet				\$23 (save \$2) \$ _____
Meal Package #6 Saturday Banquet				\$35 (save \$5) \$ _____
Ice Cream Social Ice Cream Novelties – Friday Night				\$4 \$ _____
Please Circle Preference: King Bed <input type="checkbox"/> 2 Double Beds <input type="checkbox"/>				
Registration:			\$40.00	\$ 40.00
Short sleeve T-Shirt:		S, M, L, XL XXL	\$ 12 \$ 15	\$ _____
Zip-Up Hoodie:		S, M, L, XL XXL	\$ 25 \$ 28	\$ _____
Registration, Meals, Merchandise, Room (if applicable)			PLEASE PAY THIS AMOUNT: \$ _____	

Handicapped Accessible Hearing Impaired Register for Old-timer's panel (25 years or more of continuous sobriety)

If you are registering for a room you plan to share you MUST provide the First and Last names of your roommates
(Please print clearly)

1. _____ 2. _____ 3. _____

Your Name _____ Phone (Include Area Code) _____

Address _____ City _____, State _____ Zip _____

Email _____ I am a member of: AA AI-Anon

Badge Name _____ Home Group _____

Check or Money Order enclosed: Amount \$ _____ (Make check payable to Area 45 Convention) OR

Charge my: VISA MasterCard or Credit Card Name _____ Amount \$ _____

Credit Card Number _____ Expiration Date _____ / _____ (Month/ Year)

3-Digit Security Code (On back of card) _____ Billing Zip Code _____

Please mail payments to: Area 45 Convention, 28 Washington St. P.O. Box 63 Mt. Holly, NJ 08060
 Questions: Email: conventionchair53@gmail.com Website: snjaaconvention.org or (609) 379-5884
 This flyer is paid for by: Southern New Jersey Area/ General Assembly Alcoholics permit # 372

SOUTHERN NEW JERSEY AREA 45
53rd ANNUAL GENERAL SERVICE CONVENTION
March 24th, 25th and 26th, 2017

*Speaker Meetings,
Marathon Meetings,
Workshops,*



*Fellowship,
Old-timers Panel,
And
Al-Anon Program*

Friday Night Country Buffet, Ice Cream Social, Open Mic Night
(contact Ted W. at twood99@live.com to perform!)

Saturday Night Banquet
DJ & Karaoke PLUS Photo Booth!

PRE-REGISTRATION Ends March 10th, 2017 (*mail-ins must be postmarked by this date*)

Meal packages and/or Rooms Do NOT Include Convention Registration

THE CROWNE PLAZA HOTEL - 2349 MARLTON PIKE (RT 70) CHERRY HILL, NJ, 08002

CONVENTION CHAIR - Kelly W. email: conventionchair53@gmail.com phone: (609) 379-5884

REGISTRATION CHAIR - Laura H. email: conventionreg53@gmail.com phone: (609) 250-2485

ALL PARTICIPANTS MUST REGISTER INDIVIDUALLY

Meal Packages Discounted for pre-registered ONLY.

To Register online go to snjaaconvention.org

Registration Opens December, 2016

***Regardless of how many roommates you add, room cost must be paid upfront by ONE PERSON.
If there are roommates, please give their first and last names as part of the pre-registration process.
If you have a roommate who already bought a room, just complete standard registration, merchandise,
meals, etc. ***