

Central Jersey Intergroup



CJI NEWS

A Newsletter Published for the CJI Office, "Where the sick Alcoholic first calls or shows up for AA help."

Bringing in the New!

It was two minutes before the hour, and the energy level of the crowd left me feeling numb to the cold. We cheered and chanted from one side of the street to the other. A sea of people lined the sidewalks and spilled into the street, and it was impossible to ignore the excitement and anticipation of the crowd.

As the TV cameras panned the crowd, people were smiling, cheering, and dancing. I looked at my sister Agnes in amazement as this man jumped on top of a newsstand, took off his shirt and waved it above his head. He was dancing and yelling at the crowd. We laughed, and although it went unsaid I knew my sister was feeling the same joy as I to be alive and celebrating this moment.

I was grateful as I thought how there would be no hang-over tomorrow, no regrets, no fear about what I had done the night before.

Time was running out just one minute to go, just one minute until we would be jumping up and down, screaming, hugging strangers and toasting a new day. I felt so excited

and my heart pounded so intensely I could feel it pulsating through the layers of clothing I wore.

The power of the people's excitement rang through the air. It was almost time for the final countdown. Just twenty seconds to go before this year was to pass. I screamed and blew my horn, and wondered why I had never participated in this celebration before.

Agnes grabbed my hand as we counted with the masses, "Ten, nine, eight, seven, six, five, four, three, two, one, HAPPY NEW YEAR! Happy New Year New York City! Happy New Year World!"

It was 1991 and I felt the newness, the freshness and the hope of a new year. And for the first time on this New Year's eve I didn't look back. I was five years sober and would remember this moment with clarity, and, no regrets. I felt grateful, happy, joyous and free!

— Kathy M., Chesterfield, New Jersey

Area Donations to CJI

DECEMBER 2011 DONATIONS

Moving Forward Group of AA	\$200.00
Turtle Cove Group # 6888424524	\$47.50
Live & Let Live #634865	\$318.34
Trenton Saturday Morning #124283	\$150.00
Phoenix Saturday Morning #635757	\$115.00
Hamilton Square Mixed Nuts Group #691130	\$205.06
Group #169487	\$104.86
Group #169487	\$53.00
Just For Today #12638745	\$148.00
Hamilton Square Mixed Nuts	\$133.48
There is a Solution	\$187.50
Happy Hour AA #635761	\$100.00
Total	\$1,762.74

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Meeting Updates

Meeting Changes

- ◆ Tuesday night meeting "WE ARE NOT SAINTS" in Princeton has changed it's time from 8PM to 7:30PM
- ◆ 8PM Saturday night – "HOW IT WORKS GROUP" has moved, 1st Presbyterian Church Meeting, Kendall Hall, 430 North Main Street, Hightstown
- ◆ Hightstown Men's Step Up Group, which meets at Borough Hall, has temporarily relocated due to flood damage to the, First Presbyterian Church of Hightstown, 320 North Main Street, Hightstown, NJ
- ◆ 4PM Sundays – The Mustard Seed Meeting is reopening, (OSM), Lakeside Community House 137 Lakeside Blvd., Hamilton, NJ

New Meetings

- ◆ "Browns Mills 12 Noon Meeting" Thursdays at First United Methodist Church, Browns Mills (across from the CVS)
- ◆ "SERENITY IN RECOVERY," (OBBM), SUNDAYS @ 6:00PM, Rider University's Gll Memorial Chapel Rider University Campus, 2083 Lawrenceville Rd, Lawrenceville, NJ
- ◆ Friday at 6:30PM, New Men's Step Meeting, Hightstown Borough Hall, Hightstown, NJ
- ◆ Tuesday @ 7:00PM, BIG BOOK OPEN DISCUSSION MEETING, Memorial Hall, Blawenburg Reform Church, 424 Route 518, Blawenburg, NJ, for info call Chris S. 908- 510-9051 or Chip P. 917- 886-3977

Special Meetings

- ◆ District 22 & 23 Monthly GSR Meeting
- ◆ The Real Alcoholics Group, Sunday 2:00pm

**For additional information on meeting changes
please visit www.centraljerseyintergroup.org**

From the Editor

As the newly elected CJI Newsletter Chair I am excited about my new position, and am actively seeking individuals who are interested in writing articles for the newsletter. The publication is sent to press bi-monthly and my goal is to form a team of interested people who are willing to meet as a team, once a month to hash out ideas, and write (recovery/inspirationally based) articles for the newsletter. My hope is to avoid the need to cut and paste articles, jokes, crossword puzzles etc., from the *Grapevine* and other sources and utilize the amazing and interesting local voices, talent and recovering stories that we have right here in central New Jersey.

If you are interested in being heard, and want to share your experience strength and hope with others in this forum please contact me at: www.centraljerseyintergroup.org

Many thanks in advance for your help and I welcome all feedback and ideas from our viewing audience.

— Kathy M., Newsletter Chair



“As Members See It”

ACCEPTANCE

Hey, how dare you look down your nose at him,
 Don't you remember where you've been?
 Drugs, alcohol, prostitution,
 Aren't we all looking for absolution?
 What makes you so different?
 Remember waking up to him,
 Scraggly hair, reeking of gin!
 Don't you remember the guilt and shame?
 By the way what was his name?
 Your judgement is a spineless crutch,
 That boosts your ego much too much.
 You're not a saint, nor the world's worst sinner,
 But without humility, you're not a winner!
 Your judgement casts the first stone,
 And from that point you'll walk alone.
 We are bound together by a common thread,
 Because of the fear and the dread,
 Of what alcohol and drugs did to our heads,
 Hell, without AA we'd all be dead!
 Please share your experience, strength and hope,
 So that one day at a time we can all cope,
 Without the drink, the pills or the dope.
 Now check your differences at the door,
 Because unity is what we are striving for.
 And may this message ring out loud and clear,
 Judgement is a lack of self confidence and fear.
 Always remember humility is the key, to becoming
 teachable, sober, happy, joyous and free!

— Kathy M., Chesterfield, NJ

AA TRUISMS

These things I know to be true – A collection of truisms often heard in meetings of Alcoholics Anonymous

1. “The first drink will get me drunk”
2. “In AA I can't take the elevator, I need to take the steps”
3. “7 days without a meeting makes one ‘weak’”
4. “Wisdom = common sense”
5. “DENIAL – don't even know I'm lying”
6. “Acceptance does not mean approval”
7. “Emotional sickness is avoiding reality at any cost; emotional health is facing reality at any cost”
8. “The will of God will never take me to a place where the grace of God cannot protect me”
9. “If I pick up my past will very quickly become my future
10. “No is a complete sentence”
11. “If I do the possible God will do the impossible”
12. “I make mistakes; I am not a mistake”
13. “It's not old behavior, if I'm still doing it”
14. “This too shall pass”
15. “I need to be a part of rather than apart from”
16. “Humility is not thinking less of oneself but thinking of oneself less”
17. “I drank to drown my problems, then I found out my problems could float”
18. “Sobriety occurs when there's nothing left for alcohol to fix”
19. “I took a long walk into the woods, only 12 steps to get out”
20. “God, you go first”

— As shared by Maria, Surfside Beach, SC

Dancing With God

When I meditated on the word **Guidance**, I kept seeing "**dance**" at the end of the word. **I remember reading that doing God's will is a lot like dancing.** When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes that, and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully.

The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other. My eyes drew back to the word **Guidance**. When I saw "**G**": **I thought of God**, followed by "**u**" and "**i**". "**God, "u" and "i" dance." God, you, and I dance.**

As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead. My prayer for you today is that God's blessings and mercies are upon you on this day and everyday.

May you abide in God, as God abides in you. Dance together with God, trusting God to lead and to guide you through each season of your life. ***I Hope You Dance Through 2012!***

— Unknown Author

Upcoming AA Activities

FEBRUARY

Women's Step & Traditions Mtg.

37th Year Anniversary (All are welcome)

February 27, 2012

TIME: 8:00 PM

GUEST SPEAKER: Robi S. with 15 years

Desserts & Refreshments



District 13, 10th Annual Day of Sharing (DOS)

"Anonymity Our Spiritual Responsibility"

March 31st, 2012

9:30a.m. - 3:15p.m.

St Mary's Church

17 Monsignor Owens Place

Nutley, NJ

APRIL

Garden State Young People's Conference

"Each Day A New Beginning"

Fairview Lake Conference Center

Stillwater, NJ

April 20-22, 2012

Registration Price- Before 2/14/2011 - - \$130 including

GSYP T - Shirt.

After 2/14/2011 - - \$145

NOT including GSYP T - Shirt

No refunds or checks accepted -after 4/5/12.

Questions, comments ,

scholarship, Call Megan at: (973) 444 - 2728

or

Cassie at: (973) 223 - 4253 or

Stosh at: (732) 778 - 1446

For more info go to: www.gsyp.com



N.N.J.G.S. AREA 44

Annual GSR Mid-Winter Luncheon (open to all AA members)

"Anonymity: Our Spiritual Responsibility in the Digital Age"

Sunday, February 12, 2012 (Deadline for Tickets: January 30)

Forsgate Country Club

375 Forsgate Drive

Monroe Township, NJ 08831

PRICE: \$32.00

TIME: 12:00p.m.-12:30p.m. Fellowship, Coffee, Crudités & Dip

LUNCH: 12:30 p.m.

MENU: Penne Pasta, Chicken Florentine, Chocolate Mousse

Cake (*Vegetarian Lasagna upon request*)

LEADER: Barbara B.R., Area 44 Mid-Winter Luncheon Committee

MARCH

48th Annual Area 45 General Service Convention

"I Am Responsible"

March 23rd - 25th 2012

Crown Plaza Hotel, Cherry Hill, NJ

For more information go to: www.snjaa.org

Word Finder

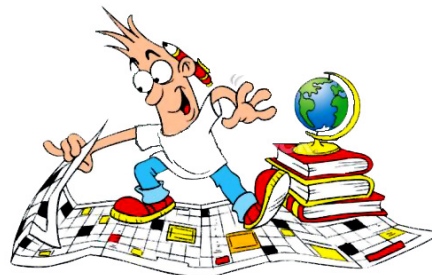
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Welcome Newly Elected Officers, Committee Chairs, and Trustees of 2012 - 2014

As 2011 came to a close the Officers, Committee Chairs and Trustees gave their final reports and the 2012 elections were held at the November and December Intergroup meetings. Beginning January 4, 2012, the newly elected Officers, Chairs, and Trustees will officially start their elected terms. The newly appointed members are as follows:

Officers 2012 - 2014

Chair — Tim R.
Co-Chair — Mo R.
Treasurer — Jami D.
Financial Secretary — Roseann F.
Recording Secretary — Scott S.

Trustees 2012-2014

Bill D.
Maureen R-R
Connie Y.
Chris P.
Jeff L.

Committee Chairs 2012- 2014

Answering Service — Doug R.
Correctional Facilities — Chuck D.
— Audrey P.
Hospitals & Institutions — Richard L.
Literature — Fred D.
Meeting List — Beth S.
Newsletter — Kathy M.
Public Information — Ian S.
Steering Comity — Rebecca C.
Unity — *Open
Web Site — Mike M.

Archives — *Open

**Positions still available.*

If you are interested in being of service please attend the next CJi meeting.

*"Our Leaders
are but trusted
servants. They
do not govern."
Tradition Two*



Live and Let Laugh



"I asked him if he wanted to go to an AA meeting later and he said, "Let me sleep on it!" — Joe H.



"The bad news is, the doctor gave you an alcoholic brain; the good news is, it wasn't hardly ever used "

— Greg M., Decatur, IL

"The more I drink, the more interesting you get."

— Larry C., Lost City, WV



"Isn't wearing women's clothing taking anonymity a bit far, Bert?"

— James, New Zealand

IMPORTANT: ANNIVERSARY INFORMATION

To ensure the accuracy of anniversaries as listed in this publication, CJI is asking for yearly updates from those members who are interested in having their anniversary dates posted in the newsletter.

It is important that the information printed in this, and or any other CJI publication be accurate. We are committed to our mission of printing information that is honest, accurate and useful.

In previous years our readers submitted their Anniversary dates to the newsletter and then we would simply add another year each year, without actually knowing if the person was still sober, had a new sobriety date, or if they were still alive. This procedure is not an accurate one. It neither lives up to the H.O.W. of our program, nor does it aspire to our mission here at CJI.

The personal anniversary date section of the newsletter will continue to be apart of this publication. However, to ensure the integrity and accuracy of CJI's mission, we are asking our readers who want their anniversary dates published to submit a form yearly with their accurate anniversary date.

Since our publication is printed and disbursed bi-monthly, members will be asked to send their anniversary dates in two months in advance from their anniversary date. For example, this issue is written for the months of January and February and slated for distribution the first week of February. So if your anniversary date falls in the months of January or February you would submit your *Anniversary Date Information* form in December each year.

To submit your anniversary date annually, members may fill out the form below and submit the form using the following options:

- ◆ **IN PERSON:** A member may submit his/her anniversary date in person at the Monthly CJI meeting up to 2 months in advance from their actual date.
- ◆ **EMAIL:** A member may submit their sobriety date via e-mail up to two months in advance to Kathy M. — the Newsletter Chair at: www.centraljerseyintergroup.org
- ◆ **U.S. MAIL:** A member may write in to the Central Jersey Intergroup office at: 348 Farnsworth Avenue, Bordentown, NJ 08505 attention:

Kathy M. — CJI Newsletter Chair.

Anniversary Date Information Form

First Name: _____

Last Initial: _____

Sobriety Date: _____

This form will be posted with each newsletter

CJI Needs You

Central Jersey Intergroup, needs YOU! “Your Intergroup, or central office is often where the sick alcoholic first calls or shows up for A.A. help”. Intergroup operates independently from A.A.’s worldwide service but is a vital part of the Fellowship. Any group can belong to their local Intergroup, which is supported by contributions from its members groups, and contributions are purely voluntary.

CJI provides many services to the Central Jersey area groups and to the general public. They provide a 24-hour hotline for alcoholics in need, arrange 12-step calls, publish, update and disburse meeting lists, to the

groups, jails and institutions and provide information to the general public as needed.

Again this is all done on a volunteer basis and supported by the local groups. So CJI like most Intergroup offices rely on the individual groups for financial support. CJI Needs your groups support.

The Conference Approved A.A. Pamphlet; “*Self-support: Where Money and Spirituality Mix*”, suggests groups pay their basic expenses, retain a prudent reserve, then divide the remaining funds on a regular basis toward essential A.A. services.

Is your Home Group doing it's part?

— *Kathy M., Newsletter Chair*