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# Central Jersey Intergroup

## CJI NEWS

### The Result Was Nil

The Big Book spells out the terms for a successful day-by-day recovery from the disease of alcoholism. But I believed I was unique. When I found AA, I bounced between the Fellowship and the bars for the first six months. I read the Big Book through the haze of alcohol. I attended meetings drunk, or would go to a meeting sober and then drive straight to a bar when the meeting was over.

As a last resort I went into a treatment center. There, I acquired a sponsor and a counselor. I attended five to seven meetings a week and saw my counselor twice a week, compliments of the court system (I'd gotten a DWI). I called my sponsor every day. I worked the Steps. I wrote in my journal every night. I read the Big Book. I got into service with Hospitals and Institutions. I desperately wanted to work the AA program perfectly. I finally stayed sober long enough to put together eighteen months of continuous sobriety.

I sort of left out the "Higher Power" part of the program because I grew up fearing a punishing, vengeful God. I was trying to stay sober by my own strength, without God's help. But my program stagnated. I could not grow. My problems didn't go away; in fact, some of them got worse.

So I threw myself a pity party and went out and got drunk. The worst part was that I gave up eighteen months of sobriety and I didn't even enjoy myself. While I was desperately trying to party, phrases from AA kept running through my head, which made me very aware that I'd messed up the best thing I'd ever done for myself. I tucked my tail between my legs and went crawling back to AA where I fessed up and started over.

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Central Jersey  
 Intergroup



“Encourage,  
 Enrich,  
 Empower”

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## Meeting Changes:

Friday night 5:45 Happy Hour II meeting in Princeton is not longer active.

The Allentown Friday Night speaker meeting is changing its' time beginning April 1, 2011 to 7:30pm.

The Mustard Seed Group is RE-OPENING and Needs Support!

The Allentown Friday Noon Discussion Meeting new time is 12:30PM.

The Hornerstown Tuesday 7:00PM Step Meeting will be moving on Oct. 5th.

Casalan at Al-An Club in Trenton Will Be Moving From 9:00pm to 7:30pm As of Oct 1, 2010.

### New Meetings:

New Men's Step Meeting at Hightstown Borough Hall, Friday at 6:30PM.

Turtle Cove Big Book Meeting in Pennington, Tuesday 7:30pm.

Women's Literature Study Group in Roebling, Tuesday 7:00pm.

End of the Line in Cranbury, Monday 7:30pm.

### Upcoming Evets:

August 19, 2011 - 12:00am - August 21, 2011 - 12:00am.

Pennsylvania State Conference of Young People in Alcoholics Anonymous.

## DISTRICT 22 & 23 MONTHLY GSR MEETING

Place: Divine Word Seminary 101 Park St.

Bordentown, NJ Time: Every Third Monday of the Month at 8 PM.

District 22 - Allentown, Bordentown, Florence, Hamilton Square, Hamilton Township, Mercerville, Roebling, Yardville

District 23 - City of Trenton - Not including the AA Club.

District 22 & 23 holds a meeting every month to keep GSR's and the home group up to date on matters affecting them, Area 45 and AA as a whole. If your meeting falls within one of these districts please let the GSR for your home group know about this meeting time. If your group does not have a General Service Rep and would like to have someone come to your monthly meeting and explain this role or you have any other questions please use the contact information below.

District Committee Member:

Jason D. 609-775-5452



Calif. -- A woman talked at a meeting about the difficulties of early sobriety at age 55. "It hasn't been easy," she said, "going through puberty and menopause at the same time." C.C.

N.Y. -- 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." Terry B.

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

TACKED UP ON A CORKBOARD in an AA meeting room: "For sale: Wedding dress, size 8. Worn once by mistake." Anonymous

Michigan -- We are all crazy to some extent. But if we don't drink, we can hide it better. Mark E.

California -- A newcomer was explaining how he'd gotten drunk on a small bottle of tequila he'd found in his truck the night before: "I was going to pour it out, but my mouth got in the way." Kevin A.

AN ALCOHOLIC was overwhelmed with serious financial problems. She got on her knees and prayed, "Dear God, Please let me win the lottery. I really need your help. I'll lose my car, the house, and everything else." She doesn't win. The next day, she prays again. "God, I really, really need your help! I'll lose everything." Once again, she doesn't win. On the next day, she says the same prayer. This time, God speaks to her: "Hey! Work with me here: Buy a ticket!" Anonymous.

**Some Do's and Don't's on Sponsorship**

FOR many years I labored under the delusion that I knew all the answers. Therefore it took a tremendous amount of softening up by John Barleycorn before I sought AA. On getting sober, I very quickly became a Step One--Step Twelve man, and I am still plagued with the notion that I would much rather be a teacher than a student. Each time I learn a little something (when I force an open mind) I snap it shut with the conclusion, "Now, I've got it."

I have come to believe that the qualities in another that annoy me most are a reflection of my own shortcomings; for example, the know-it-all fellow seldom fails to annoy me, though I think my annoyance is diminishing in proportion to the progress I'm making.

I have a sponsor who has an unusual amount of serenity. I've never heard him state an idea as if his was the only proper view. None of us can lay out an official interpretation. I can say what I think I must do, but I cannot tell you what you must do. To me this is the basic difference between AA and the rest of the preachments of the world. I sometimes wonder whether we are losing it.

I wanted to pick my first contact on the first night; he pointed out that I had better wait until I had a chance to meet a fair cross section of the group before *I chose my sponsor*. Later, when I asked him to be my sponsor, he accepted. He still is, and I hope he will always be my sponsor, for it is one of the most wonderful relationships I have known.

I have made many initial contacts over the years, and there are probably no two that should have been handled identically, but there are a few broad concepts I have gained which I believe make me more effective: I have made many initial contacts over the years, and there are probably no two that should have been handled identically, but there are a few broad concepts I have gained which I believe make me more effective:

- A. *Faith*: that AA will work for anyone *if they want it*. My sponsor's faith in that principle was implanted in me when I needed it most and when I asked him whether he thought that AA would work for me.
- B. *Self Respect and Forbearance*: "Blessed is the man who, having nothing to say, abstains from giving evidence thereof in words." All too often through the years I tried to do all of the talking, explaining all I knew of AA to the prospect, and displaying how very much I did not know. If the new man got a word in edgewise, I'd pounce on it and tear it to bits. Some made the program in spite of my

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**January Contributions**

Steps to Serenity	\$97.00
The How Group	\$200.00
New Egypt Sunlight Group	\$80.00
White Deer - Browns Mills-	\$37.50
Live and Let Live	\$468.38
Saturday Night 11 <sup>th</sup> Step Meeting	\$50.00
Traditions First Group	\$92.00
Wed. Noon Hamilton Library	\$100.00
Hamilton Square Mixed Nuts Group	\$680.00
There Is A Solution Group	\$187.50
Came To Believe Slackwood	\$300.00

**February Contributions**

Turtle Cove Group	\$28.00
Saturday Night Lawrenceville	\$200.00
Winners Circle Club	\$50.00
Center Group #109225	\$175.00
Pheonix Group #635757	\$108.00
Lawrenceville Men's Group	\$324.00
Beyond Before, Titusville	\$70
Wed. Cranbury Women's Noon	\$50.00
Hightstown Earlybirds	\$309.40
Cranbury 1-2-3 Beginners	\$50.00
Wed Woman Lawrenceville	\$150.00
Pennington Wed Night Group	\$100.00
Princeton Words for Recovery	\$125.00
Living Sober Hamiton Library	\$111.00
Turtle Cove Group #688842	\$25.00
Sunday Night Group #108957	\$100.00
Casalan Group #109224	\$252.00
No Complanants Group	\$50.00
Ellisdale Back to Basics	\$25.00
Cranbury Group	\$25.00

**Every A.A. group ought to be fully self-supporting, declining outside contributions.**

**Officers**

**2010-2011**

**Chair** - Connie Y.

**Co-Chair** - Jami D.

**Treasurer** - Roseanne F.

**Financial Secretary** - Rebecca C.

**Recording Secretary** - Justine D.

**Committee Chairs**

**2010-2011**

**Answering Service** - Fred D.

**Computer**— Mike McA

**Correctional Facilities** - Tom/Kathy

**Hospitals & Institutions** - Chuck D./Audrey P.

**Literature** - Open

**Meeting List** - Tom

**Newsletter** - Scott S.

**Public Information** - Open

**Steering** - Chris C.

**Unity** - Bob M

**Web Site**— Mike McA

**Trustees**

Bill D.

Maureen RR.

Wendy L.

Chris P.

Mike Z.

“Our leaders are but trusted servants. They do not govern.”

Tradition Two

**Frequently Asked Questions About A.A.'s History:**

Q. I've heard it said that Bill always wished he could change the beginning of 'How It Works' to read “Never have we seen a person fail who has thoroughly followed our path” (rather than “Rarely have we seen...”). Is this true?

A. No. A rumor has persisted for years that Bill wished he could have changed “rarely” to “never.” But we know, through Bill's own words, that that is not the case. In a letter to Les V., dated May 25, 1961 Bill W. stated:

“...Concerning your comment about the use of the word 'rarely' in Chapter Five of the Big Book. My recollection is that we did give a considerable thought at the time of writing. I think the main reason for the use of 'rarely' was to avoid anything that would look like a claim for a 100 % result. Assuming of course that an alcoholic is willing enough and sane enough, there can be a perfect score on such character. But since willingness and sanity are such illusive and fluctuating values, we simply didn't like to be too positive. The medical profession could jump right down our throats...I do remember thinking about it a lot.”

In addition, the following question and response were made at the 1970 General Service Conference, as part of the “Ask-It” Basket questions. Bill was, of course, still living at this time and was able to respond:

Q. Has Bill ever said, "If there was any change he would make in the Big Book, it would be to change the world 'rarely' to 'never' at the start of Chapter Five"?

A. "No, Bill said he had never considered this" (1970 General Service Conference Report, p. 31).

-----Alcoholics Anonymous Web Site

**Essential Readings About A.A. History**

Dr. Bob and the Good Oldtimers (B-8). The life story of the Fellowship's co-founder, interwoven with recollections of early A.A. in the Midwest.

Pass It On (B-9). The Story of Bill W. and How the A.A. Message Reached the World.

A.A. Comes of Age (B-3). Bill W. tells how A.A. started, how the Steps and Traditions evolved, and how the A.A. Fellowship grew and spread overseas.

[The AA Grapevine Digital Archives](#). The AA Grapevine is the international journal of Alcoholics Anonymous. Here, for a nominal fee, you can find and read every article, letter, editorial, special feature, joke, and cartoon published in the Grapevine magazine starting from the first issue in June 1944.

**The Result Was Nil**

Continued from page 1:

I'm celebrating my fifth AA birthday this week. I went to my women's meeting tonight and ended up reading a portion of chapter five, "How It Works," during the opening format. All of a sudden a phrase leapt right out of those familiar words and danced before my eyes. I realized that my whole attitude about working this wonderful program had changed. The phrase was: "Some of us have tried to hold onto our old ideas and the result was nil until we let go absolutely." My relapse came about because I was holding onto my old ideas about God and refusing to let go absolutely.

Oh, what peace settled over me. I felt like a ton of weight had been taken off my shoulders. At that point I began a relationship with my Higher Power whom I choose to call God.

Over the last five years I've still had problems, including sickness, surgery, and watching two close friends die. I'm not rich and famous, and I doubt I'll ever be able to work a "perfect" program. But I've enjoyed many days of serenity, even in the face of crisis, because I'm now able to turn things over to a loving, wonderful God. He takes good care of me. He loves me and has my best interests at heart. He has given me some incredible learning experiences through my times of pain or of just being down.

I love this program. It has given a better me in exchange for the old drunk me. I have friends whom I care deeply about, including a loving supportive women's group. I actually have feelings and I'm able to identify them and allow myself to feel them. With God's help I no longer stuff those feelings down where they would keep me very sick.

I'm happy and content a good part of the time. I owe my life to AA, God, and the people of AA. I wish you all a long and joyous recovery.

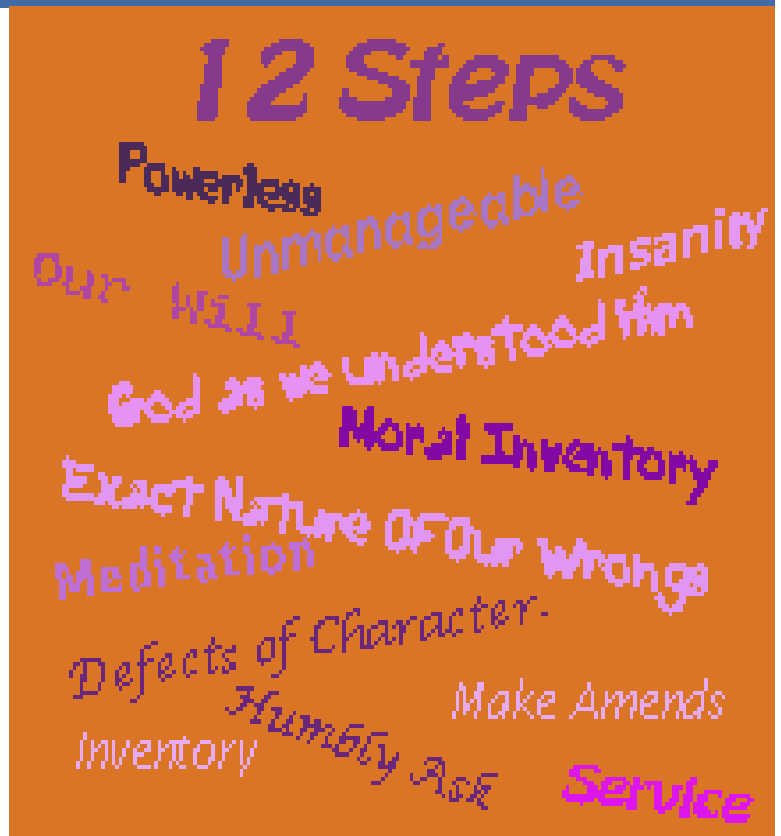
Cynthia Y.  
Nampa, Idaho

AA Grapevine Archives February 1999 Vol 14 No 9

We hope you have enjoyed this issue of the CJJ Newsletter.

A Special thank you to all who helped on this issue.

The good stuff is theirs,  
the mistakes mine.



**Some Do's and Don't's on Sponsorship**

Continued from page 3:

*treatment*; practically none asked me to be their sponsor, and those that did soon found less dictator-like people, God bless them. What the new man has to say is very important, if I am expecting to work with him, because:

1. If I listen carefully, I can hear myself talking--with the same cockeyed point of view, the same cheap excuses, the same self-pity, the same misunderstood genius, the same interfering relatives, wife, boss, know-nothings. If I can stand it, I can see myself in the raw. Sure, I have changed a little, but not really as much as I think I have; and:
  2. Later, I have some acquaintance with the source of his screaming, and it may be on some matter in which I have found some relief.
- C. *Prayer*: Just before making contact, I have learned to ask for help and guidance to say and do what's right. Included in this prayer is the thought that "I need this new man as much as he needs me."

D. *Friendship and Understanding*: Love for the great goodness I know is in every human being, "the noblest work of God," should guide my thoughts. If a man was dying of thirst and I knew my onions, I would administer water to him with an eyedropper and, regardless of the impulse of showing him how much water I had, if I were truly thoughtful I would restrain myself from trying to jam a fire-hose, going at full force, down his throat.

A. C. B.  
Milwaukee, Wisconsin  
AA Grapevine  
Feb 1954 Vol 10 No 9

# Anniversaries

Paul K. – 36 years	Mike B. - 20 years	Vickie S.— 13 years	Darrin C. 8 years
Mike D. – 35 years	Rick H. - 20 years	Ed F. – 12 years	Donna D. 8 years
Joan Y. – 33 years	Ray R. - 19 years	Dawn W. – 12 years	Ed T. - 7 year
Harry B. – 33 years	Glen P. - 19 Years	John C. - 12 years	Fred M. - 7 year
Mel B. - 33 years	André F. - 18 years	Bilal M. - 12 years	Vince S. - 7 year
Karl – 31 years	Brendan O. – 18 years	KeithAnn K. – 11 years	Ken—7 years
Alan B. - 31 years	Bob K. - 17 years	Laurie H. - 10 years	Niki H. - 7 years
David E. – 30 years	Phil O. – 16 years	Cheryl C. - 10years	Fran T. — 6 years
John B. - 30 years	CC Mc. –16 years	Jim - 9 years	Audrey P. — 2 year
Jack O. – 28 years	Andy S. - 15 years	Darrin C. - 9 years	
Rennie - 25 years	Barry B. – 15 years	Tony C – 9 years	
Leo W. - 23 years	Dale M. - 15 years	Regina L – 9 years	
Jim S. - 24 years	Michael M. - 15 years	Donna D. - 9 years	
Mindi H. - 24 years	Rob M. - 15 years	Liz H. - 9 years	
Mike J. – 23 years	Bob G. - 14 years	Joe - 9 years	
Sue R. - 23 years	Bob B. - 14 years	Frank S. - 9 years	
Jennifer P. – 22 years	Tom G. 14 Years	Frank J. - 9 years	
Nikki S. – 22 years	Jack R. – 14 years	Joe M. - 9 years	
Debbie P. - 22 years	Pat B. - 14 years	Cindy R. - 8 years	
Chris K. – 22 years	Cathie D. - 14 years	Gabrielle K. - 8 years	
Carolyn C. - 22 years	Vivian R. - 14 years	Debra A. - 8 years	
Susan L. - 22 years	Amy F. – 13 years	Frank K. - 8 years	
Ron – 22 years	Bill E. – 13 years	Stewart S. - 8 years	
Dick F. – 20 years	Cheryl B. - 13 years	Margaret D. - 8 years	
Eva E. - 20 Years	Ricky J. – 13 years	Cathy M. - 8 years	
Mike – 20 years	Scott L. – 13 years	Mark McL. - 8 years	
Dick F. - 20 years	Ted P. – 13 years	Chuck C. - 8 years	



Don't Drink &  
Go to  
Meetings