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Central Jersey Intergroup

CJI NEWS

6th Step

Were entirely ready to have God remove all these defects of character.

I HAVE attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

I HAVE attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away.

It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business.

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Central Jersey Intergroup



"Encourage,
 Enrich,
 Empower"

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Overheard at AA Meetings

Greenwich: "A.A. is like an umbrella. It won't work unless you put it up."

Manhattan: "When I look at a new prospect I say to myself, 'If you don't take a drink, feller, you'll be where I am, and if I *do* take a drink, I'll be where you are--in no time flat'."

Editorial: On the 1st Step

The first of the 12 steps in the creed or philosophy of Alcoholics Anonymous is, "We admitted that we were powerless over alcohol--that our lives had become unmanageable." By such an admission any alcoholic, provided he is sincere, has achieved his first success on the road to well-being.

Such an admission is usually very difficult for the alcoholic to make. The very nature of his disease makes him shun the knowledge of his inability to cope with the problems of everyday life. Hence his desire for something that will rapidly create whatever he *thinks* he lacks as an individual. With a few drinks under his belt he can fashion the most wonderful dreams about himself. These dreams *can* become his real characteristics--but only when he recognizes that he must dominate alcohol rather than have alcohol dominate him.

The sincerity with which the newcomer takes the first step is the gauge by which his recovery through A.A. can be measured.

Over the years the alcoholic develops a three-dimensional ability at picture building, which is a kind way of saying that alcoholics are adept liars. So that by really taking the first step--admitting freely and without reservation that he is an alcoholic--a person starts to build a new pattern of thought. The whole, at last, is fabricated from truth rather than wishful thinking or fantasy.

"Ye shall know the truth--and the truth shall make you free" applies certainly to the first step in this program--for truth, to the alcoholic, is simply admitting to himself that he can't handle alcohol, and because of this his life is unmanageable. To those who accept this first step the other eleven follow in the natural course of events--as the scope of the teachings of A.A. become realized and some small rewards have been received.

John B.



Louisiana -- "AA isn't a program from which you can graduate. The highest you can go is sober. If you get any higher than that, you have to start over." Bob B.

-- "I told my wife that a man is like a fine wine. I always get better with age. The next day she locked me in the wine cellar." Bob R.

Minnesota -- "I was never a sloppy drinker. I was always very proper--I always made sure my drink was on the bar before I fell off the stool." Brian D.

Colorado -- At an AA meeting the other day, a woman said she wanted a husband. Seven of the next eight women who spoke offered theirs. Richard M.

Pennsylvania -- Heard from an old-timer: "I probably only need one meeting a week, but I go every day because I don't know which one it's going to be." Annie R. Ashland, Pennsylvania

California -- A MAN SAT IN FRONT of his home, contemplating his future. He had just gotten a divorce, lost his children, been fired from his job, and now faced eviction. He noticed a case of beer bottles in his trash and walked up to it.

He took out an empty bottle and smashed it, swearing, "You are why I don't have a wife!" He threw a second bottle: "You are why I don't have my children!" And a third: "You are why I lost my job!"

But then he discovered a fourth bottle, still sealed and full of beer. He took it, tucked it into his pocket, and said, "Stand aside, my friend--I know you were not involved." Anonymous

Upcoming Events:

Kurtin’s Tuesday Night Big Book Study 8th Anniversary.

When: June 7, 2011
 Time: 7:00 PM
 Place: Lakeside Community House
 137 Lakeside Blvd.
 Hamilton Twp., NJ 08610

CAPE ATLANTIC INTERGROUP UNITY PICNIC

When: June 11, 2011
 Time: 10:00 AM
 Place: STANLEY "TIP" SEAMAN COUNTY PARK
 120 Lakeside Drive (Rt. 9)
 Tuckerton, NJ

GRAPEVINE ANNIVERSARY

When: June 16, 2011
 Time: 6:30 AM
 Place: Presbyterian Church
 420 Farnsworth Ave.
 Bordentown , NJ

PENNSYLVANIA STATE CONFERENCE OF YOUNG PEOPLE IN AA (PENNSCYPAA)

When: August 19-21
 Philadelphia, PA
 Register Online at www.pennscypaa-xxiii.org

New Meetings

1. New Open Meeting in Alpha, NJ on Thursdays at 7PM
2. New Men's Step Meeting at Hightstown Borough Hall, Friday at 6:30PM
3. Turtle Cove Big Book Meeting in Pennington, Tuesday 7:30pm
4. Women's Literature Study Group in Roebling, Tuesday 7:00pm
5. End of the Line in Cranbury, Monday 7:30pm

April Contributions

Venture To Help	\$25.00
Cranbury Group #000122055	\$75.00
End of The Line Group	\$146.85
Steps To Serenity	\$153.50
Group #169487	\$145.00
Group # 688842	\$45.00
Womens Monday Night Step and Tradition	\$15.30
Saturday Pheonix Group	\$88.50
Feelings in Sobriety	\$50.00
Hamilton Township Group of AA	\$266.00
Group #134039	\$200.00
Bridging The Steps Group	\$75.00
TGIF Came To Believe	\$135.00
Believing Group #614862	\$357.50
Happy Hour Group	\$100.00
Group #634347	\$250.00
As Bill Sees It Group #146423	\$60.00
Hightstown Winners	\$25.00
Jacob Creek Survivors #136257	\$240.00
Home At Last #12808	\$120.00
Live & Let Live Group	\$590.10
Sunlight In The Spirit	\$82.00
White Deer Group #691130	\$54.50

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

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.

Jeff L.

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

Tradition Two

Prayers From The Big Book

"GOD IF EVERYTHING OR HE IS NOTHING, GOD EITHER IS OR HE ISN'T. WHAT WAS OUR CHOICE TO BE?" Pg. 53

THIRD STEP:

PG. 63 God, I offer myself to thee – to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

FOURTH STEP:

PG. 67 RESENTMENT – We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry, Thy will be done”.

PG. 68 FEAR – We ask Him to remove our fear and direct our attention to what He would have us be.

PG. 69 - SEX We asked God to mold our ideals and help us live up to them.

PG. 69 - SEX In meditation, we asked God what we do about each specific matter.

PG. 70 SEX – To sum up about sex: We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing.

FIFTH STEP:

PG. 75 - We thank God from the bottom of our heart that we know Him better.

PG. 75 – We asked if we have omitted anything.

PG. 76 – If we still cling to something we will not let go, we ask God to help us be willing.

SEVENTH STEP:

PG. 76 – My Creator, I am now willing that You should have all of me, good and bad. I pray to You now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.

EIGHTH STEP:

PG. 76 – If we haven’t the will to do this, we ask until it comes.

Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans.

Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans I was of the school that believed in the saying "Pray for potatoes, but reach for the hoe. I did ask my Higher Power to lend a hand on the day's defect I happened to confront, but I felt that He expected me to use energy on rooting it out of my character. Still, these dozens of defects I had laid claim to kept cropping up again and again, over and over. It seemed that the harder I fought them, the harder they fought back. I became quite discouraged. I decided I had been willing, I had tried, and I would now let Number Six, and myself, have a vacation. I put the little yellow pitcher on a shelf behind some books and only now and then dipped into it. I kept busy and active in AA; I felt comfortable being sober; I was trying to practice the AA principles in all my affairs. Then, out of nowhere, came a deep resentment toward an AA friend. I agonized over it, prayed over it, but discussed it with no one. I had insomnia, indigestion, and fatigue. (Any good doctor can tell you that negative emotions make people physically ill.)

Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of *Twelve Steps and Twelve Traditions* and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to my Higher Power. "Here it is, this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned.

Since then, I have followed the same procedure on other serious emotional problems, with the same result. I just have to keep in mind that if I am not 100 percent sincere in my willingness to be rid of the problem, the procedure won't work. I have come to realize that Step Six means exactly what it says. No more, no less. When, and if, I become ready to have painful, inhibiting, or long-standing flaws removed, they will be. Not always permanently, not all of them. But if and when they return, they will be weaker and much easier to let go of. As for all those bad habits I once listed as defects, I am trying to arrest them a day at a time, as I do my alcoholism.

A little progress has been made on pride. I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness. For how can I wallow in self-pity, weep over resentments, be sick with righteous anger, ache with envy, tense up with fears and anxieties unless all my thoughts are exclusively on poor me?

A long time ago, a very wise man, Marcus Aurelius, wrote: "A man's life is what his thoughts make it." Through Step Six, I have learned how true this is. I may never comprehend it fully, yet I know its value to me. It calls forth the most precious asset any recovering alcoholic can have: the willingness to get out of the driver's seat, to stop trying to run the show. I need to keep the Sixth Step message of letting go and letting God in my own thoughts at all times.

F. C.

Manhattan, New York

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

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

The good stuff is theirs,
the mistakes mine.



Anniversaries

Al H. — 42 years

Clara M — 36 years

Bob M. - 36 years

Betty — 31 years

Bill K. — 30 years

David E. — 30 years

Jack G. — 30 year

Booker T. — 29 years

Karen — 27 years

Shirley E. — 27 years

Robert H. — 27 years

Laura C. — 26 years

Jerry S. — 26 years

Janice O. — 24 years

Mindi H. — 24 years

Bob C. — 24 years

Jim McK. — 23 years

Bill H — 23 years

Jim N. -23 years

Jeannie H. — 22 years

Bob S. — 22 years

Angie N. - 22 years

Jim E. — 22 years

Sharon D — 21 years

Henry H. — 21 years

Tom D. — 21 years

Sharon — 20 years

John F. - 19 years

Kim A. — 18 years

Sheryl D. — 18 years

Albie M—18 years

Andre F. —18 years

Phil O. — 16 years

Tom T. — 16 years

Kelly W. —15 years

Frankie C. — 15 years

Cathy S. — 13 years

Vickie F. - 13 years

Ron V. — 13 years

Bilal M. -12 years

Mike Z. — 12 years

EdF. — 12years

Christine P. —12 years

Jenna W. - 10 years

Colleen D. -10 years

Pete B. - 10 years

Burt D. - 10 years

Judy M. — 9 years

Bob M.- 9 years

Darren G. — 9 years

Joe M. — 9 years

Mary B. — 8 years

JimH. - 8years

Jim M. 8 years

Marianne H. — 7 years

Jami D. — 7 years

Karen F — 6 years

Rebecca C. — 4 years

Melissa — 4 years

Kathy D — 4 years



Don't Drink &
Go to
Meetings