

"We have found much of heaven and we have been rocketed into a

Fourth Dimension

of existence of which we had not even dreamed." [Big Book, "There is a Solution," page 25]

a newsletter for Southern New Jersey Area General Service Assembly, Alcoholics Anonymous

Correction & Treatment Facilities Conference Report

It All Boils Down to This...

The 14th Annual CTF Conference occurred on October 14th at Lambs Road Hall in Sewell, NJ. As I prepare to write the Correction & Treatment Facilities (CTF) Conference Report I feel compelled to start with what I read in today's Daily Meditation;

... the right answers to these questions will depend the usefulness & effectiveness of our lives and to some extent the usefulness of the whole AA movement. It all boils down to this; I owe a debt to AA and to the Grace of God. Am I going to do all I can to repay that debt? ...Any real success we have in life will depend on it. What am I going to do about it?

If you don't read this report any further, please take time to review the above paragraph. To a great extent, that

is what individual AAs who take time out of their lives to carry the AA message into Correction & Treatment Facilities (CTF) are all about.

Bill T. Chair, Correction & Treatment Facilities (Area 45) For the past year, I have been hosting meetings at Southern State Correctional Facility Compound B every Sunday & Thursday night. I do it for the same reasons Dr. Bob laid out in the *Big Book*;

A sense of Duty, it's a pleasure, because in doing so I pay a debt to the many who passed it on to me & because every time I do it I take out a little more insurance for myself against a possible slip.

This may sound like bragging about

my last year or two on the CTF Committee, but quite the opposite is true. I am in awe of the amount of service freely given by those in attendance. The 12 & 12 uses the term -- "prodigy of service" -- I believe that describes many of you here today.

I thought I'd start the conference off talking about what I believe. When I was drinking, I didn't believe in anything. Well that's not completely true. I had two beliefs. My drinking buddy and I had a motto: "You can't hurt steel." I know it's hard to believe now, but that was one belief. One night I got my head cracked in a gang fight. In the ambulance on the way to the hospital, I felt that belief was severely outdated and in need of immediate revision.

The other thing I believed was the lie - if I could just drink enough alcohol, it would make it all better. It was having the opposite effect, but I wasn't aware of how desperate I was living. I drank enough one night to end up in the emergency ward. When I hit bottom, I was visibly broken. Two Catholic priests got me to AA. If you could liken my experience with AA to riding a bicycle, the priests gave me a push with the instructions -- keep pedaling, but let God steer. Since then, I've quit pedaling in AA a few times and certainly steered my own course now and then. I paid a price for it when I did. But over the years, my surrender has deepened, and so has my faith.


Recently, I reached the 12 years mark of continuous sobriety. Over this time, you've taught me a few things that I have come to believe. That there is a God, and He don't make junk. That he loves me and everyone. His love is unconditional. He forgives me, and over time, I've learned to forgive myself. But if I'm to stay healthy, happy and sane, there are a few conditions I must put upon myself, and they are the 12 Steps of AA.

You've not only taught me why to live, you've taught me how to live, and you've

(continued on page 5)

General Service Area 45

Election Assembly



Sunday, November 15th, 2009
Collingswood Senior Center
30 Collins Avenue
Collingswood, NJ 08108

Registration starts at 8:30am
New GSR/DCM Orientation at 9:00am
Election Assembly begins promptly at 10:00am

IMPORTANT NOTICE: All voters must be present and registered by 10:00am in order to be eligible to vote. Registration will be closed once the election has begun, and those arriving late will not be able to vote.

Per Article XVIII, Paragraph 11 (Pg. 23) of the Area 45 Handbook, those eligible to vote at an Area 45 Election Assembly are the GSRs, DCMs, Area Officers, and Section Leaders. If a Group's GSR is not present, then the Group's registered Alternate GSR may vote. Each member of the assembly present has one vote. Absentee votes or proxies are not valid.

The Area's Fall Assembly will begin immediately following the conclusion of the elections.

Directions are available on our website, www.snjaa.org

Rocket inside to find...

- 46th Convention Infopages 2, 3
- CAIG Rounduppage 4
- Aug. meeting minutespages B1-4
- Nov. Assembly directionspage B2

46th ANNUAL SOUTHERN NEW JERSEY AREA 45 GENERAL SERVICE CONVENTION

👉 MARCH 26th 27th and 28th 2010 👈

The Crowne Plaza Hotel 🖐️ 2349 Marlton Pike (Rte 70) 🖐️ Cherry Hill, NJ 08002

Friday Early Bird Meeting
Convention Survival Guide Meeting
Around the Clock Marathon Meetings
Al-Anon and Ala-teen Programs and Speaker
 AA Speakers:
Linda P. from Lake Balboa, CA
Adam T. from Los Angeles, CA
and more...
Coffee, Fellowship and Area Committee Exhibits in the Promenade All Weekend Long

Program Highlights

Sunrise Spirituality Meetings
Friday Night Band Soulfire
Friday Night Karaoke
Saturday Workshops & Skits
Area 45 Archives Exhibit
Area 45 Committee Exhibits
Saturday Night Theme Banquet
Saturday Night Sobriety Countdown
DJ Dance and Karaoke Saturday Night

Convention Chair: (609) 798-1117

REGISTER ONLINE!

<http://www.snjaaconvention.org>

For Mail-in Registration, please complete the form entirely.

Mail entire form with Payment to:
Area 45 Convention, PO Box 292, Sicklerville, NJ 08081

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip _____

Phone (inc. area code) _____ Cell _____

E-mail _____

Total Amount (from table on next page) \$ _____

Check or Money Order enclosed: Amount \$ _____
(Payable to Area 45 Convention)

Or Charge my Credit Card below: Amount \$ _____

Visa MasterCard American Express Discover



Credit Card Number _____ Expiration Day ____/____(mo/yr)

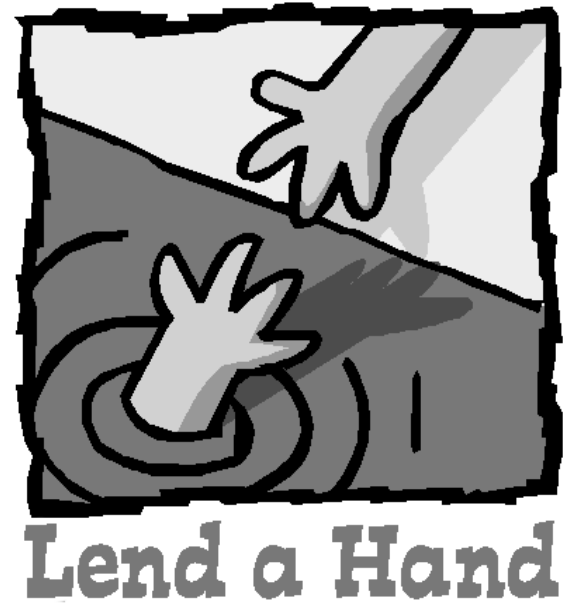
3-digit security code on back of card _____

Name on Credit Card _____

Name (if different than on Card) _____

New This Year: Credit Card Payment *may* be divided into 2 or 3 equal payments over two or three consecutive months. No divided payments will be accepted after December 15th, 2009. All payments must be complete by February 15th 2010. First payment will be charged when registration is received, the next 1 month later if requested and again if requested.

- Charge the entire amount in one payment
- Split my total into 2 equal credit card payments
- Split my total into 3 equal credit card payments



For additional information, e-mail questions to: registrar@snjaaconvention.org

* All reservations must be received by March 14, 2010, in order to guarantee the below reduced prices. *

<u>All Packages Include Convention Registration</u>					INDICATE SELECTION BY FILLING IN AMOUNT IN THIS COLUMN
Package Description:	SINGLE	DOUBLE	TRIPLE	QUAD	
Package #1 -- For Those Staying All Weekend -- Includes guestroom for Friday & Saturday nights, Friday Dinner, Saturday & Sunday Breakfast Friday Dinner Choice: <input type="checkbox"/> Fish <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Vegetable	\$362	\$238 per person	\$204 per person	\$182 per person	\$ _____
Package #2 -- For those arriving late Friday -- Includes guestroom for Friday & Saturday, Breakfast Saturday & Sunday	\$320	\$197 per person	\$163 per person	\$141 per person	\$ _____
Package #3 -- For those staying Friday night -- Includes guestroom for Friday night & Saturday Breakfast	\$177.50	\$116 per person	\$99 per person	\$88 per person	\$ _____
Package #4 -- For those staying Saturday night -- Includes guestroom for Saturday night & Sunday Breakfast	\$177.50	\$116 per person	\$99 per person	\$88 per person	\$ _____
Package #5 -- Guestroom for Friday & Saturday nights only -- No meals included	\$281.50	\$158.50 per person	\$124.50 per person	\$102.50 per person	\$ _____
Package #6 -- Guestroom for Friday night only -- -- No meals included	\$158.50	\$96.50 per person	\$80 per person	\$68.50 per person	\$ _____
Package #7 -- Guestroom for Saturday night only -- -- No meals included	\$158.50	\$96.50 per person	\$80 per person	\$68.50 per person	\$ _____
Please Select Occupancy	King Bed: <input type="checkbox"/>		2 Double Beds: <input type="checkbox"/>		
Registration only (only if no Package selected)	\$35				\$ _____
Add Saturday Evening Banquet (not included in any Packages)	\$40 Choose one please: <input type="checkbox"/> Vegetable <input type="checkbox"/> Chicken <input type="checkbox"/> Beef				\$ _____
Add Hooded Zippered Logo Sweatshirt (avail. pre-order only)	\$32	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			\$ _____
Add 2010 Logo Tee Shirt	\$10	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			\$ _____
Total	Add Package Amount + Banquet + Merchandise (if applicable) This is Amount to remit with registration.				\$ _____

Handicapped accessible Hearing Impaired

If you are registering for a Double, Triple, or Quad, please provide the first and last names of your roommates (Please print clearly)

1. _____
2. _____
3. _____

All occupants of each guestroom will be required to check-in at hotel front desk. Payment for all incidental charges will be required at checkout. Incidental charges will not be split among roommates unless all occupants are present at checkout. *There will be no refunds for charges after 5:00 p.m. on March 14th 2010. There will be no refunds for missed meals and meal tickets cannot be exchanged for other meals. **Check-in Time is 4:00 p.m. Checkout time is 11:00 a.m.***

Register for Old-timer's panel (20 years continuous sobriety or more as of 3/27/10)

_____ Years sobriety as of 3/27/10

Answers to FAQs can be found on the web at www.snjaaconvention.org.

Badge Information:

There you can register online or download and print this flyer for yourself or to take to your groups.

Name _____

Come and stay for the whole weekend.

Home Group _____

Convention registration is still only \$35 and the elegant Saturday night Banquet is still only \$40.

Other _____

New this year and available for pre-order only are Hooded Zippered Logo Sweatshirts.

CONTACT: registrar@snjaaconvention.org

AL-ANON INVITES YOU!

The members of Al-Anon cordially invite you, the relatives and friends of those affected by the family disease of alcoholism, to Al-Anon's participation in the 46th Annual Area 45 General Service Convention of Alcoholics Anonymous. Please join us in finding happiness, even contentment, whether the alcoholic is still drinking or not. For more information call Al-Anon South Jersey Information services.



**Convention Logo Hoodie
(See order form above)**



*3rd Annual Waves of Sobriety AA Roundup
November 20th, 21st, and 22nd, 2009*

- AA & Al-Anon Speakers
 - Workshops
 - Dancing
 - Karaoke
 - Long-timers' Panel
 - Marathon Meetings
 - Ice Cream Social
- ...and so much more!!!!

Location: Grand Hotel, 1045 Beach Avenue, Cape May, NJ 08204

Registration Information: Walk-in Registration Cost: \$32.00

Hotel Information:

Grand Hotel, 1045 Beach Avenue, Cape May, NJ 08204

Telephone: (609) 884-5611 Check In: 3:00pm Check Out: 11:00am

Hotel reservations **MUST** be made directly with the Grand Hotel.

Good Orderly Directions:

From the North: Take the Garden State Parkway to the end. Parkway becomes NJ109 S. NJ109 S then becomes Lafayette Street. Stay to the right and take Lafayette to Madison Avenue. Make a left onto Madison and take to Beach Drive. The hotel is on the left.

From Cherry Hill / Philadelphia Area: Take Atlantic City Expressway to Garden State Parkway. Follow above directions.

For more information, call:

Heather Anne S., Chair: (609) 972-5017

Pat Mc., Registration: (609) 338-9736

Tam S., Co-chair: (609) 247-6968

Jodi G., Registration Co-chair: (609) 226-2530

This event sponsored by Cape Atlantic Intergroup - visit us at www.caigrp.org

Southern New Jersey Area General Service Assembly, Alcoholics Anonymous

SNJ Fourth Dimension

area45newsletter@gmail.com

AREA 45 THEME: "To serve is to live" (p. 129 & 130, *Language of the Heart*).

Editorial Policy: With readership in mind and our limited space, we suggest that article submissions not exceed 500 – 750 words and focus on our shared AA experience, strength, and hope. No specific philosophy or opinion will dominate Fourth Dimension pages, and in determining content, the editors rely on the principles of the Twelve Traditions. The Newsletter Committee reserves the right to edit articles for the purpose of clarity, length, and style.

We will make every effort to include the broadest viewpoint of our membership. Understanding that degree of latitude, the Newsletter Committee will exercise its right to accept or decline submissions with the greatest degree of care possible. Opinions expressed are those of the reader and not necessarily those of the editors or of Area 45 as a whole.

Statement of Purpose: The Fourth Dimension is published by the Newsletter Committee of Southern New Jersey Area 45 to promote the exchange of information within the Area.

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Correction & Treatment Facilities Conference Report (contd.)

(continued from the front page)

taught me that I don't have to live in isolation anymore. In my effort to live this program, I've come to desire to submit to the motto: YOU'VE GOT TO GIVE IT AWAY TO KEEP IT.

Finally, the people on the CTF Committee are some of my favorite people in life. They are selfless servants and great teachers. They are why these past two years on this Committee have been a great experience. I wish to thank those who have provided service on the CTF Committee or the Conferences this year and last. I'd also like to thank Joey H., the Area Chair, for giving me this opportunity to serve.

Joey H. Chair, Southern NJ General Service Assembly (Area 45) welcomed all to the CTF Conference. He shared his honor and privilege of serving Area 45 and thanked the CTF Committee for their service. He said that the Area has absorbed the cost of this Conference. While this Conference has no door charge, we do ask that you visit our literature table and buy a book for an inmate or a person in a treatment facility.

Speaker: Lollypop Joe H., Area 45 Bridging the Gap Chair; Host, South Woods Correctional Facility, 2nd Chance Program Camden County Jail and Holly Hall at Ancora Psychiatric Hospital, Ancora, NJ

I'd like to welcome the new people, the people of service, and a special thank you for coming to the staff and all the clients from Holly Hall. That is a special place to me, and you guys mean a lot to me.

If I don't mention this, my mind will dwell on it, and I won't concentrate on what I'm here for. There is a lot of stuff going on very suddenly. I have a sponcee who was involved in a fatal car accident where a three year-old baby died. I am trying to support him. Also, a very close friend 'who I have been caretaking for the last month' is dying or maybe has died by now. I was there last night when they started the morphine drip. That brought back a memory to me; if it wasn't for you people in AA, I wouldn't have been able to avoid undergoing the same drugs 13 years ago when I had my hip replaced. I didn't know how to do it. You taught me how to go through major surgery while avoiding the extremes of biting the bullet and refusing anesthesia vs the possibility of creating a new addiction. There's actually a way around it if you let them know that you've got a real concern of creating a new dependence by over-medicating. I distinctly remember three of the doctors asking me how long I was sober at the time. When I said -- ten years -- they said, you don't have any problem, what are you worried about. I said -- you don't understand -- and I had to educate them on my concerns.

I am sober today though the grace of God acting in many, many ways -- not the least of which is the 12 Step programs. I personally believe it was no accident of fate, but rather but an act of Divine Providence, that AA came into being. We acknowledge Bill W. and Bob S. as the founders of the first 12 Step program, AA, but I believe anyone with a knowledge of AA's history, surely realizes their chance meeting in Akron, Ohio in 1935 could have never, never been something they thought up, let alone planned, as part of their life's personal objectives.

That's the basis for me saying it truly was an act of Divine Providence. I often wonder what alcoholics did prior to 1935. From going to Matt Talbot retreats, I know that in the 1920s Matt wore chains and slept on a stone bed. I don't know, maybe they helped him, but I don't think those things were the real reason he was able to stay sober. Even before AA, Matt Talbot stayed sober as he went around looking for drunks to sober up. I believe he died sober because he understood it was one drunk helping another. In my opinion, that's why Matt died sober.

I also expect that if we were to go back to the Biblical beginning of mankind... I expect there was a drink involved when Cain killed Able. I speculate that he was an alcoholic... just my personal speculation. I don't know for sure, but I believe alcohol was around before they started fighting.

I am extremely grateful to my Higher Power that He brought AA into existence right before I was born. It was great timing on his part. For years, I use to complain that He had no sense of time, because He didn't give me what I want when I wanted

it.

Each day in Morning Prayer, I thank Him for the gift of sobriety and the desire to stay sober. In my mind, they are two separate gifts. We can be given the gift of sobriety and then reject it. Sometimes, many, many times -- people relapse. To not relapse requires at the very least a true desire to stay sober. So I thank Him for that desire.

I distinctly remember when a guy brought his roommate back from a relapse to the meetings and the guy shared over and over again it isn't the same. That it wasn't like it was the first time.

While the first is a pure gift, I'm not saying that you don't get second chances. I just think when we read it's cunning, baffling & powerful, the cunning part is we have minds that say, "See, it didn't work." So to me, thanking Him for the desire to stay sober is particularly important. To me, it's a gift, and it's a process, and a big part of that process is service.

Since this is a CTF Conference, I will concentrate my remarks on that service. However, I've also been involved in other service like starting our Area's Newsletter -- *The Fourth Dimension*, chairing CPC & Special Needs Committees. I've had some wonderful experiences in various capacities serving AA. One of the neatest experiences was interviewing Jim E., who was the GSO Chairman of the Board at the time. Other experiences have been with the MICA (Medically Impaired/Chemically Addicted) subset of alcoholics and with remote communities. Lastly, I am proud to be involved with the SOS Bunch -- Sober over Sixty. In case you haven't noticed, I'm over sixty. I like to add that I'm only a member of the SOS Bunch because of AA. I would have never made it this long without AA.

The CTF Committee was the first I chaired as part of my years of service to Area 45. I hated giving it up. I wanted to keep on doing it. I had to give up the Chair, but I showed them by staying on the Committee these past 14 years. Robbie W. was the CTF Chair just before me. I recall that he had two CTF Workshops like this. One year, we were part of a Workshop Panel in Cherry Hill. It was there I met Tom I. from North Carolina. I call him Mr. Corrections. His story is that AA found him in a prison in Kalamazoo, Michigan, where he was doing time for double homicide. He eventually got out and became warden of a prison in North Carolina. He went on to become the Governor's right hand man for all Correction Treatment in North Carolina.

He invited us to come down for his Annual Inter-Area Freedom From Bondage Conference. We were so turned on by the experience that we decided to try to hold one ourselves. We never put on a three-day event like he did & still does, but we have successfully put on this Conference for 14 successive years. The only person I know of that has attended all 14 is Joe O...that's quite an accomplishment, Joe.

Normally, we have big circuit speakers from outside Area 45. Today you get, as the flyer states "One of Our Own." An inmate at Riverfront Prison taught me to say it this way, "I'm an alcoholic, and Joe is my problem." I have a Home Group, and it's Ashland Men's -- a men's meeting as was suggested. I was a dead man walking when I came here, and the guy who got me into AA took me there. After he got me out of the rehab that he got me into (that I didn't want to go to, because I wasn't an alcoholic), he took me there. A bunch of bikers with tattoos; I definitely did not fit.

My worse dream when I go to Matt Talbot retreats is that I'll have to room with Tattoo Harry, and I'll wake up in the morning all covered with tattoos. My God has got a sense of humor, because I swear I never got one, but now I've got four. They are 4 little pinpoints that clearly outline a guy's prostrate, so when you get radiation for prostrate cancer, they know exactly how to line you up. I can laugh at that now. So now I can say I have 4 little tattoos, but I'm not showing them to anybody.

I have a sponsor. My first sponsor, Frank Crojen, died 4 years ago in a car accident on his way home from the Convention in Cherry Hill. He died with 35 years of continuous sobriety. I visit his grave every March 13th and remind him he's got 1 more year. That helps me to realize nobody better try

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It All Boils Down to This... (contd.)

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& offer me a drink before I'm under the ground for at least 5 days that how convinced I am that I'd start all over again.

I have a sobriety date; it's October 7, 1986. When I came around, we were told to write the date of our last drink inside the cover of the *Big Book*. I reluctantly did it. By the way, you're supposed to read that book. I thought it was just another of AA's cutism slogans. In the rehab, I did read the first 164 pages of the *Big Book*, but only because they told me to -- to me, it was just an assignment. I didn't relate or connect with any of it. It could have been written in Greek. That's how much I got out of it. Eventually I did but not at the beginning. All I can say is thank God for meetings. Without them, I would have never connected. We state our sobriety date to give hope to the newcomer that it can be done. If I was sitting in the audience with 23 hours and the speaker was saying he had 23 years, I'd either think he was a liar or, since I was unique, I'd never see day 2. I'm not finding fault with that purpose for stating your time, I just feel for the earliest people, it's questionable. The point is we don't do it to brag. My current sponsor says the reason we state the date of our last drink is because if we don't, maybe we haven't had it.

Hiding it in the *Big Book* was easy. I didn't even have to look at it myself. So I can truly relate to that reason for stating the date of my last drink. I hope I never have to start over. I'm glad to have a 23 Year coin in my pocket instead of a One Day coin. I mentioned my uniqueness. Unfortunately, there are too many people here who are victims of what is called terminal uniqueness. They eventually wind up dead showing how unique they were. We've heard at meetings people say, "If you had my problems, you would drink, too."

Two of my three kids had very, very serious medical problems. I was the type A perfectionist personality. I'm a workaholic. I still do, but I wasn't aware of it back then. I remember being up 2 night/3 days my wife worrying about my health and telling me I had to go to sleep. I could barely drag my butt up the steps. When I laid down, I couldn't turn the head off. The only thing that would do it was booze. But in my mind, I wasn't an alcoholic. So why did I drink? How else are you going to stop the right-brain from arguing with the left-brain? How else are you going to shut off this popcorn-popper? How else to get to sleep? It was the old thing. Even before I was of legal age, I'd go to Tony Marts & Bayshore's in Somers Point with fake ID, so what is within the law never was a concern for me when I was drinking.

What was it like? What's my war-story? My entire alcoholism can be summarized in one word...Denial. I'd hear about people having blackouts, and I'd say, "I never had a blackout." Later, I found out I had one every night. I never went to sleep; I passed out every night. I thought I woke up in the morning, but really, I was just coming to from the drinking the night before. After I got clearer, I realized how often I drove in a black out. When driving, it's a miracle I never killed anyone. I remember my first meeting in the rehab. One of the AAs talked about stabbing his girlfriend's father in the back. I moved against the far wall just to be protected from you people. I felt what the hell am I doing here. That must be what alcoholics are like. I never did that. You taught me that whenever I start a sentence with "I Never" I better end it with "Yet." I couldn't relate to women. I remember hearing a story about a single mom who went to the bar and left her 3 kids at home. Fire burns the apartment and all 3 kids die. Not a dry eye in the room except mine. I thought that must be what alcoholics do. I would never leave my kids alone and go to a bar...Yet. So the sadder your story was, the worse it got -- I didn't relate.

I hated the topics you brought up like anger. It used to tick me off. What are you talking about anger for...I was a happy, jovial drunk. In the 12 & 12, they talk about the alcoholic being absolutely humiliated. It was like the book, *The Scarlet Letter*, but instead of the Puritan scarlet A, I had two big red humiliating As on my chest. I was too well-educated, too financially successful...how could I be one of you deranged people.

They told me I had to go to a meeting on my first day out of rehab. I was sure I wouldn't do that. I got out on a Thursday and was surprised when I went to Lakeland Mental Hospital, and that was my first meeting out of rehab. I remained in

denial at least a year. I couldn't figure out why I kept coming back seven days a week to these meetings. I didn't like the people. I didn't like what they were saying, and I knew I wasn't an alcoholic, but for some reason, I kept coming back. The only explanation I could come up with was, somehow or other, I always felt better leaving a meeting than when I came in. I connected with that, then I analyzed well why are you feeling better? When there were moments when I did relate, the left-brain stopped arguing with the right-brain. For a moment, the popcorn popper stopped popping. I was out of Joe. So I stayed and I got into service. As Dr. Bob said, "It all boils down to love & service."

Service is the key. What better way to show gratitude. As I see it, there's no other way. I started Riverfront State Prison September 22, 1993. I didn't want to go. I didn't see any connection between them & me. I never served time. I was not from where they were from, but by that time, AA taught me not to say no. I went and told my story with at least 5 f-bombs in each sentence. I was going to impress those guys. They quickly taught me that if I wanted to have a story as good as theirs, all I had to do was go out and drink again. I might even have a story better than theirs. Every time I left there, I was high as a kite. A new kind of natural high developed.

Riverfront Prison closed down this year. I walked very slowly out of there that night May 30, 2009. I didn't want to leave. I was high with tears of gratitude. That meeting kept me sober almost 16 years. I'll give you just 2 examples of things inmates taught me. Things I could have never learned if I hadn't gone into the Prison. I didn't like going to funerals...I just hated it. I cursed God -- why me? How could you do this -- hated to see people in the coffin. Right before Christmas, an inmate shares that his mother was terminally ill. Guys don't cry, but he sure was sweating. When I came back next week, his mother had died.

I spoke to him and tried to show some empathy, because my mother had died, and I thought I understood. When he said, "Joe, you just don't understand," I thought, well, his mother died around Christmas unlike my mother. He said, "Joe, you'll never be able to understand the pain I'm going through." I asked, "Why?" Anyone who's been in prison will know what the pain was. He wasn't allowed to go to the funeral. So, of course, I'm upset at the GDMF Prison Administration. How could they be so rotten as to not let someone go to his mother's funeral?

I was telling the guy with 40 years sobriety that story, and he said, "Joe, you're still missing the point. The reason he wasn't allowed to go to his mother's funeral was because of the first drink, because he did something that merited him winding up in jail for life. That's why he didn't make his mother's funeral." So, I learned that lesson, now when someone dies. I still don't like going to funerals, but I thank God that I'm sober. I can do what a man's expected to do; I can show up and support somebody. My wife doesn't have to say when her mother died... "that SOB in Riverfront or down at the bar...I was there to support."

Another lesson from an inmate was the way I introduced myself. After a year, the lightbulb went off, and I came to believe that, yes, I was an alcoholic. I was finally willing to admit that I was an alcoholic...my problem was alcohol. Left to my own thinking, I thought I had this all figured out, and I didn't even have a clue. It was progress to say all I needed to do was stop drinking. Even that is easy to say, but not as easy to do. It was a big step, then an inmate corrected me. He taught me that alcohol & drugs are not our problems. They are the solutions we use to medicate our problems. I'm the problem. I'm the one who has got to change, and if I don't change the man, I will drink again. To me, that is insight on the level of Aristotle. The man I will drink again. It's all about change & how do we do it? These Steps -- that is what it's all about. An inmate taught me that.

My second CTF Service, Holly Hall, Ancora started May of 1996. They have meetings at Ancora that are in our Meeting List. At that time, I was chair of CTF. Nancy, who was the head of Addiction there, called me. She said they are putting a fence around Holly Hall, and the guys won't be able to get out to

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Recap from the 14th CTF Conference (contd.)

(continued from the previous page)

meetings. I said, well, we'll bring a meeting in. That meeting has kept me sober for 13 years now. Some of the guys from there are here today. I've had the privilege to be able to sponsor some of them. That meeting is the essence of our Responsibility Pledge -- when anyone anywhere reaches out, I want the hand of AA to always be there.

One time, I made the mistake of asking is there anything else I can do. The head of the MICA Unit said, "Yes. Our clients have a terrible time getting sponsors. Since they look a little different & act a little different, no one answers when they ask for a sponsor." So I announce & try to guilt people into sponsoring these clients. Then I read on page 183 of *As Bill Sees It*, "AAs often say our leaders do not drive by mandate -- they lead by example. If we would favorably effect others, we ourselves need to practice what we preach...and forget the preaching, too." I went back and told her that I am willing to be a sponsor. My first, Tom, is still with us; he struggles when he goes off his meds, but he's still a wonderful friend.

This was from a God that I cursed. I bought into the concept that this is a disease, but wanted it to be below the neck. I wanted somebody to come someday with a cure. I'd take a pill, and I'd be all better. Step 2, I didn't have any problem with the God part, because I needed somebody to curse, but why a mental disease? My second son was in the Institute of Pennsylvania Hospital for 3 years. We went there twice a week, saw two psychiatrists. I thought I knew what mental diseases were. That wasn't me. How could I go through all this school, education & degrees? I thought -- I have no mental diseases. So I wind up sponsoring people at Ancora & MICA, and I didn't ask for any of it. Does God have a sense of humor? It works!

Southwoods, started there July 1998 -- that meeting has kept me sober over 11 years. I've been involved in AA in remote communities. This started in AA in the far reaches of Canada, but we have remote communities right here in South Jersey. We have enclaves of people from Korea, Vietnam & Russia that can't speak English that are alcoholics. Is anybody trying to help them? It's simple, all you have to do is identify them, get the literature, and get it to them. I had an experience of buying a *Big Book* in Hindi and, since then, many other versions... just by asking.

Bridging the Gap, I started that about 2 years ago when my predecessor died. I sought the opportunity when Riverfront closed. I signed up for Camden County jail second-chance program. I used to think of my service as commitments, but now I see them as opportunities.

I remember the story, if you are having breakfast and you are having bacon & eggs, the chicken was involved because it laid the egg, but the pig was committed. So many times, you hear AAs say I had to take the kids here and there or I had to do that. We all have busy lives -- that's not the point. Sometimes we have good reasons for not doing things that we said we were going to do, but if you made the commitment, then get someone else to fill in for you. Don't say 1,000 excellent reasons; get somebody else to fill in for you. As long as the meeting goes on -- that's what it's all about.

All of you people here today are great examples of service. I'm not suggesting you are pigs -- just great examples of service. You see, not enough people give up their Saturday to find out how to give away our beautiful, life-saving message to those who still suffer in institutions from our common disease. Give yourselves a big pat on the back -- sponsor others into service. Don't guilt them or threaten them, just sponsor them into service. There will always be a need.

An old Italian man lived in the Country. He wanted to dig his tomato garden, but the ground was hard and it was very hard work. His only son, Vincent, who use to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vinny, I'm feeling pretty bad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. If you were here, my problems would be over. I know you would dig the plot for me, love Dad.

A few days later he received a letter from his son:

Dear Dad, not for nothing mon don't dig up the garden. That's

where I buried the bodies. Love, Vinny

At 4am the next morning, FBI and local police dug up the entire area and found nothing. They apologized to the old man and left. That same day the old man received a letter from his son:

Dear Dad, go ahead and plant the tomatoes now. That's the best I could do under the circumstances.

God bless you all with a burning desire to service.

Panel 1: Correction Facilities - Bringing AA inside - our Message of Hope.

Moderator: Jim M.	Corrections Facilities Coordinator, A.A. General Service Office, New York
Buster	Chair, Hospital & Institutions Committee, Cape Atlantic Intergroup
Mike K.	Area 45 CTF Committee, Host, Camden County Jail, Bayside Correction Facility at Ancora
Mark	Chair, Correction Facilities Area 44 Northern New Jersey
Paul H.	Host, Southern State & Bayside Correction Facilities, Leesburg, NJ
Mike Mac.	Area 45 CTF Committee, Host, Gloucester County Jail, Woodbury, NJ
Joe O.	Area 45 CTF Committee, Host, Bayside Correction Facility, Leesburg, NJ

Open Forum for Residents/Clients of Correctional & Treatment Facilities:

Pete & Nelson shared how Alcoholics Anonymous meetings in their Facility affected them.

Panel 2: Treatment Facilities Successful Cooperation between AA & Treatment

Moderator: John K.	AA Northeast Region Trustee, Chairman of the Board of AA World Services, Director on the Board of Trustees of Maryville Inc. for nearly 20 years
Chris R.	Substance Abuse Counselor, Ancora Psychiatric Hospital, Ancora, N.J.
John E.	Treatment Facilities Chair, Area 44 Northern New Jersey
Jen	Substance Abuse Counselor, Seabrook House
Steve G.	Host, John Brooks Recovery Center & Hanson House

Robbie W., CTF Skit Host, John Brooks Recovery Center, Atlantic City, NJ

"Our Twelfth Step - carrying the message - is the basic service that the AA Fellowship gives; this is our principle aim and the main reason for our existence. Therefore, AA is more than a set of principles; it is a society for alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."

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NBR2B

Business News

Minutes from the Aug. 9th Business Meeting

Delegate: Fred E. Area 45

Thank you, Section I, for hosting today's Assembly.

Thank all of you for being in attendance at today's Assembly meeting.

Traditionally, February through May is the busiest quarter, but May through August has been a marathon for me.

June began with the Convention Committee meeting on the 7th, Elaine McA., Heather Anne S. and I traveled to Area 44, Northern New Jersey on June 13th, where I was invited by their Delegate, Cathie F., to speak at their Spring Assembly. It is great when two Areas can share in the spirit of unity and fellowship with one another.

After a speaking commitment on June 19th, I was off to District 13's workshop: "The home-group" and "Tradition Seven" on the 20th in Elmer, NJ, followed by a speaking commitment in Magnolia that same night.

I attended The Northeast Regional Forum (NERF) in Somerset, NJ, on June 26th-28th. Area 44 was the host Area.

I was offered the opportunity to do a presentation on apathy. Thanks, Rick W. the GSO staff and members of the Northeast Region, for a wonderful Forum.

July was just as busy. July 11th, I attended the combined Section One/Central Jersey Intergroup workshop in Bordentown. Thanks to all who were in service on such a beautiful Saturday. The following week, July 18th, I

was back in Bordentown to give the Delegate's post-conference report to Districts 22 & 23. I had a lot of fun with the interactive report. It was quite different from the one given at the May Assembly. Special thanks to the inquisitive GSRs. And thanks, Thom O. and Joe B. (DCM 22 & 23). On Sunday the 19th, I was invited to speak at the Fellowship group's 33rd Anniversary and BBQ in Beverly. Your hospitality was greatly appreciated. (Thanks, Bob P. & Janet C.)

Next it was off to Jal-Con (Jersey Al-Anon Convention) on July 25th, for a day of AA, Al-Anon meetings, the banquet and speakers. I did get the chance to chair a meeting with Joey H. and Elaine McA., presenting. Roseanne F., thank you for two great years of AA participation at Jal-Con. August 2nd, I traveled to Rosedale Park to support Elaine McA., who spoke at District 24's annual picnic. There was great food and great fellowship. Thanks, Fred H. and company.

Northeast Region

There are no regional events for the next quarter, but Area 44, Northern New Jersey will hold their 53rd annual convention on September 25th-27th in Somerset, NJ.

GSO

There will be a Class A vacancy April 2010 (Bill C. rotating).

Vacancy for Nontrustee Director on A.A.W.S. Inc. 2010 (Roberta L. rotating).

See me for the qualifications.

Thanks for the privilege to serve you.

Alternate Delegate: Elaine M.

Normally, summer is a quiet time in the Area, but this year has been the exception to that rule.

On May 26th, I was at the Ocean City Tuesday group at the invitation of our Past Delegate, Joe O.

On June 13th, I drove with Fred to the Area 44 Assembly, where he was speaking. It is always a great experience to sit in on Assemblies in other Areas and learn new ways of doing things. While there, I learned of a very exciting project that Area 44 has undertaken in regard to the upcoming International Convention. You probably know that several of Area 45's Committees work together with their corresponding committee in Area 44 in order to carry the message of recovery to state-wide venues. This has worked beautifully to our mutual benefit. With this in mind, I approached Area 44's chairperson to see if we might join in their project with them. I was delighted when their committee approved of us doing that. The project is to host a "New Jersey" hospitality suite in San Antonio next July. It would be a place to sit and relax in between convention activities. You could use it as a meeting place for friends who are arriving at different times. We could proudly display our wonderful AA Archives for the world to see. This would be funded by voluntary contribu-

tions only. We would not use any 7th Tradition funds. Area 44 has experience with this, as they hosted a hospitality suite at the prior International Convention. Today, the Area 44 chairperson and several other panel members have graciously given their time to join us and speak about this project to you and to answer any questions you might have. I hope that you will give them your attention and that you will be as excited as I am about this joint venture.

On June 20 to the 22nd, I attended the Maryland State Convention.

On June 25th, I was at the anniversary meeting of the One Day at a Time Group in Lawrenceville, where I had been invited to share. I love anniversary meetings, and I truly felt honored to be asked to participate. Thank you to Thom O. for extending the invitation on behalf of your group.

Then, on June 26 thru the 28th, I attended the Forum with the entire Panel. As always, it was a wonderful experience to learn directly from the GSO staff about their work. I saw many of you there, and I hope you all enjoyed it, as well. I want to thank Stephanie L. for agreeing to share her experience at her first NERF with us today.

On July 11th, I was in Bordentown for the service workshop put on by Section I and CJIG. It was well done and ended with a game of AA Jeopardy. Kudos to Heather Anne for putting our team over the top to win the game.

On July 18th, we were back in Bordentown as Districts 22, 24 & 26 hosted a presentation of the Delegate's report. Although I had read the report and heard it here at the Assembly, I still felt that I heard something new in it at that workshop.

On July 25th, I drove with the Area Chair to Jal-Con in Somerset, where we spoke at an AA meeting there. Our topic was "Character Defects," which gave me plenty to talk about! Thank you, Roseanne F., for asking me to do that.

Also in July, I attended the District 18 district meeting in Dennisville. Although the district still doesn't have an official DCM, it has plenty of enthusiasm and active members.

On August 2nd, I was at the District 24 Annual Picnic at Rosedale Park. It was a rainy day, but no one let that dampen their enthusiasm. It was a fun-filled event. Both the food and the fellowship were terrific. Thank you to Fred H. for inviting me to share. Also, thank you to our Delegate, Fred E., for making the trip up to support me.

I have visited each of the three Intergroups this quarter. CAIG is looking forward to hosting the Day of Sharing on October 24th

at Absecon Methodist Church. Please take flyers back to your groups today and mark that date on your calendars. We have scheduled our first planning meeting for the Day of Sharing. Wendy M. will give the details on that meeting in her report. Both CJIG and SJIG will have representatives there.

I only attended one Convention Meeting this quarter due to other AA commitments on those days, but I am looking forward to their next meeting in September.

I hope to see all of you at the first Area 45 Grapefest on September 12th.

Thank you for giving me the opportunity to serve.

Respectfully submitted.

Area Chair: Joey H.

Good morning. I am an alcoholic. My name is Joey H. It's a privilege and a pleasure to serve you as your Area 45 Chairperson. Since the last Assembly, I have been quite busy. I have visited a couple of district meetings, made it to all the Convention Committee meetings every month except for July, where I could not make it due to illness. On the Convention note, I also attended their annual pool party; a good time was had by all. The Convention is on pace to have another great convention in March. I also attended a couple of home group anniversaries that I was invited to attend. I attended NERF in late June for a wonderful presentation by the GSO Staff and our very own Northeast Regional Trustee, John K., who put it on for the Northeast Region. The hospitality was awesome, because it was hosted by our friends to North, Area 44. At that time, our Grapevine Chair, Rob M., approached me about hosting a Grapevine Fest. Since we are always about new ideas, I threw my support behind it, and with Rob's enthusiasm, it is sure to be a hit. Please come out for what I am sure is to be a great time on Saturday, September 12th, starting at 10am in Absecon. I have talked to the Spanish communities about getting hooked back up with Area 45. Things seem promising, but we have to do a couple things so we can continue our new relationship with our fellow Spanish-speaking AAs. Remember, we should never be exclusive. I also attended Jal-Con in July and was asked to speak on Character Defects and letting light shine through. It was not what was originally planned, but I always have to remember it is my Higher Power's will, not mine, and thank you to Roseanne F. for giving me the opportunity to speak at Jal-Con. I have spoken to Jimmy S. about how he is

(continues on the next page)

Account Balances Report

As of 8/31/09

Bank Accounts

Checking -- Operating Account	\$ 38,347.36
Prudent Reserve -- Commerce CD	\$ 18,000.00
TOTAL	\$ 56,347.36

Cash Accounts

Grapevine -- Inventory & Cash	\$ 2,500.00
TOTAL	\$ 2,500.00

Asset Accounts

Convention	\$ 4,010.14
SJYP Committee	\$ 1,054.59
Non-Profit Mail Permit #372	\$ 300.00
TOTAL	\$ 5,364.73

Credit Card Accounts

Commerce Credit	\$ 0.00
Staples Card	\$ 0.00
TOTAL	\$ 0.00

GRAND TOTAL \$ 64,212.09

Report from the Aug. 9th Assembly (contd.)

(contd. from the previous page)
planning to run the Elections at the November Assembly. We will talk again before November, but his plan seems to be in good order. Again, I thank you all for the opportunity to serve you.

Treasurer: Heather Anne S.
Good morning, and thank you to Section I for hosting this Assembly.

Since the last Assembly, I attended the summer Assembly of our sister Area 44 in North Jersey on June 13th and had the privilege of hearing our Delegate share his experience, strength, and hope.

I also attended the Northeast Regional Forum in Somerset, NJ. It was a wonderfully informative weekend, and I got to meet some of the staff members from GSO and learn about all the hard work they are doing for our Fellowship.

On July 11th, I attended a workshop on service hosted by Central Jersey Intergroup and Section I. It was a fabulous day of sharing our knowledge and ideas on service, and it ended with a rousing game of Sobriety Jeopardy.

On July 18th, I attended the Cape Atlantic Intergroup Inventory in Absecon.

I attended the District 18 business meeting on July 20th, where we discussed the 7th Tradition and how we can better inform the groups about this Tradition and better become self-supporting.

I am looking forward to attending our Grapefest on September 12th to celebrate the 65th Anniversary of the AA Grapevine. The committee has been hard at work and I am sure they have a marvelous day planned for all.

Your treasury report is as follows:

Beginning Balance	
5/16/09	\$40,097.86
Income	\$5,671.84
Expenses	\$6,122.62
Subtotal	\$39,647.08
Prudent Reserve	\$18,000.00
TOTAL	\$57,647.08

In Love and Service.

Archives: Stella J. (chair) and Maureen R. (co-chair)

We want to thank Mike and his Committee from Section I for hosting today's Assembly.

The forum was very interesting. Many items were discussed, including the telephone directories. Phyllis, our GSO Manager, stated that these directories will be discontinued in the future, because of the cost factor. It was good to hear and see the GSO staff.

The Archives today is featuring our Area Committees. Please review the binders on the table for each Committee.

Also, we have a display of our Grapevine. The Grapevine celebrated 65 years in June. A Grapefest will be held on

September 12th in Absecon. Please join the Area for our first Grapefest. More to be revealed.

A display was given to Julie, our Workshop Chair, on our Panel positions.

There will be no Archive display at the November Assembly due to our elections. Please have your GSR from your group come out and vote for our new Panel.

Convention: Pat M.

I am happy to report that the 46th Convention is moving along well. We have our theme: "Lend a Hand" and chose our logo this past week. We have put together an early registration form which you can find online and in the summer issue of the *Fourth Dimension*. Our new two-page registration flyer is ready, and the online registration is only days from going live.

All of our sub-committees are firing on all cylinders. We have our entertainment booked. The band Soulfire will play on Friday night. On Saturday night, there will be a DJ dance, and both nights will have karaoke. I am pleased to report that the Program Committee was able to get their first choices for both the Saturday and Sunday speakers.

We had a small discrepancy with the bank account of \$239. But thanks to our Convention Treasurer, we were able to track it down and sort it out; and thanks to Heather Anne, our Area 45 Treasurer, for her assistance in re-balancing the books.

The Convention Chair had contacted the Crowne Plaza in order to confirm pricing so that we could get registration up and in full swing a little early this year. This will, hopefully, make things a bit less rushed and easier for some. In the coming quarter, we will meet with The Crowne Plaza just to be sure we are on the same page with the event order in the early going.

Remember that if you want to download and print some registration fliers to take along to your home groups go to snjaa-convention.org and click on registration.

CPC: Lily M.

The Committee is alive and well. Planning summer and fall activities in cooperation with Area 44 to share the cost and manning of state-wide events. Presently have a presentation to 100+ medical students at NJCMD on 8/25. Looking forward to the NJEA convention in Atlantic City in November. Always looking for people interested in CPC work.

Jal-Con: Roseanne F.

(report given at Assembly meeting on Sunday, Aug. 9th)

Hi, everyone. I'm Roseanne, and I'm an alcoholic, your Area 45 Jal-Con Chair. The Convention was held on July 24th, 25th, and 26th. "Your Time to Shine 2009," and what a time we had. It was another successful Convention. If you've never done this

Convention, you should check it out next year. Everyone's hard work and dedication paid off. We had a great time.

I would like to personally thank Judy C., Thom O., Linda N., Larry N., Nick C., Jim S., Mikey Z., Jamie D., Mike N., Chuck D., Joey H., Elaine M., and Fred E., who all chaired (and or shared) at the AA meetings on Saturday. We had another great day; without all of you, I could not have done my part as the Area 45 Jal-Con Chair. I truly am grateful for all of you, for saying yes, being of service, carrying the message of AA, and for being part of my recovery.

I would also like to thank Holly C. for all her hard work and talent. This would not have come together so well without you. Thank you for being of service and for being my friend.

Working as your Jal-Con Chair these last two years has been a journey – one I know will stay with me throughout my sobriety.

I would like to say thank you to the Panel and especially Fred E.

for asking me and trusting me with the opportunity to represent Alcoholics Anonymous as a whole. That is and was such an honor.

I knew nothing about Al-Anon. Fred's reply was "Good. You'll be open-minded." And he chuckled. I had no clue why. I do now. That I believe was the key – open-mindedness throughout this journey. God speaks to us through people.

I know I received so much more from this position than I will ever give back. Service work has a funny way of enriching my sobriety.

Not only did I have fun, but I learned so much from all who were involved with the Convention. I met a lot of great people, who are now new friends from both programs. I believe God put them in my path to learn and grow. I got to work on patience and tolerance, open-mindedness, and willingness. Most of all, the love and trust that I have for others and myself has enriched. I learned how to

be committed to something and follow it through to the end.

This was all possible through the grace of God, the program of Alcoholics Anonymous, and for Area 45 for allowing me to be of service.

For that I am grateful.

Newsletter: Alice W.

Good morning. Thank you, once again, to our Area Chair, Joey H., for bringing the *Fourth Dimension* to the post office and to here from the print shop. There are copies on the table for GSRs to take back to their groups.

In the summer issue, we were able to feature our Delegate's post-conference report; so thank you, Fred. Also in this issue is a terrific article in our "What Does the Area Do?" segment by the 46th Area Convention Chair, Pat M. In that article, you can find out a bit about the planning that leads up to the convention. You can also get the early Convention registration form on page 3.

(continues on the next page)

AREA ASSEMBLY/COMMITTEE MEETING Sunday, November 15, 2009

Collingswood Senior Center
30 Collings Avenue in Collingswood, NJ 08108

Registration 8:30 am
New GSR/DCM Orientation 9 am
Elections 10am • Lunch TBD

Directly following Elections,
the Fall Assembly and Committee Meeting will begin

Good Orderly Directions:

From North: follow NJ Turnpike South to exit 7. Exit and follow signs for I-295 south, which leads around the Pilot Truck Stop. Enter I-295 at Mile 56 and go south. Follow the directions for I-295 below.

From South: follow New Jersey Turnpike north to exit #3. At Exit 3 follow NJ Rt. 168 West to intersection with US 130. Follow directions for US 130 below.

From Southeast: follow NJ Rt. 47 to NJ Rt. 55. Follow 55 to end and junction with NJ Route 42. Follow 42 to exit 1D and then follow US Rt. 130 north and the directions below from Route 130 South, below.

From West: cross Delaware River on Benjamin Franklin Bridge and follow directions for US 30 east (below), or take the Walt Whitman Bridge and exit for US 130 north and follow the directions for From 130 South, below.

From East: follow US 30 (White Horse Pike) west until entering collingswood right after crossing Newton Creek and turn right on Collings Avenue. (Parkview Towers on right after turn.) Follow second half of directions below for From US 130 South, or take Atlantic City Expressway to Route 42 West, to Exit 1D and follow the directions for From Rt. 130 South, below.

FROM I-295 NORTH: or South take Exit 29 for Collingswood. Follow signs to US 30 West (White Horse Pike). Go approximately 4 miles through Oaklyn, across Newton Creek. Come to traffic light at Collings Ave. (Parkview Towers). Turn right onto Collings Ave. Go past Knight Park on left, under High Speed rail line. Community Center is on the right. Turn right at the building and park under Speed Line. Enter building from parking lot.

FROM US 38/70 WEST AND US 30 EAST: at Airport Circle, take US 130 South to Collingswood Circle (landmark is Collingswood Diner). Go around circle to US 30 East (White Horse Pike). At second light on 30 East (Collings Ave.) turn left.

FROM US 130 SOUTH: Come to circle and turn right onto US 30. Follow White Horse Pike East to 2nd traffic light. Turn left onto Collings Ave. (Parkview Towers on right after turn.) Go past Knight Park on left, under High Speed rail line. Community Center is on the right. Turn right at the building and park under Speed Line. Enter building from parking lot.

Minutes from the Aug. 9th Business Meeting (contd.)

(contd. from the previous page)

Be sure to send in your ideas and articles. *The Fourth Dimension* needs your input. Anyone who wants to contribute anything to the *Fourth Dimension*, please e-mail Area45Newsletter@gmail.com. That e-mail address is also inside the newsletter. Anyone who wants to volunteer on the Newsletter Committee, also please use that same e-mail address to contact the Newsletter Committee. The deadline for submissions to the winter 2009 issue of the *Fourth Dimension* is October 1st, 2009, so be sure that, if you do want something to be in that issue, it is received by then. And remember, the newsletter can always be downloaded in .pdf form by going to the Area 45 website, www.snjaa.org and clicking on the newsletter link. Thanks so much for giving me this opportunity to serve.

Policy and Charter:

Thom O.

1. I participated in the planning for the combined Section 1/CJ workshop.
2. I attended the 2009 Northeast Regional Forum (NERF).
3. I participated in the Section 1/CJ Sharing Session on July 11, 2009.
4. I attended the Delegate's post-conference report hosted by District 22 & 23 and District 4.
5. I spoke at an AA meeting at Jal-Con with Roseanne, our Jal-Con Chair.

6. I'm continuing the updating of the *Area 45 Handbook*.

Yours in service.

Website: Frank Z.

The new website is up and running without a glitch. Everybody I have spoken to said it's a nice site, easy to navigate around. Please keep your feedback coming and send in your group's information, like anniversaries, workshops ect., ect. I would like to thank my co-chair, Andy M., for all his hard work in keeping the website updated. Please remember to attend the elections in November in Collingswood. Thank you.

Workshop: Julie W.

As the Area Workshop Committee, I am available to assist any District or Section with preparation and presentation of a workshop.

All the Area Workshops are informative and interactive, which means I open up for Assembly participation and questions.

Today's Workshop will be on the Election Assembly coming up in November. The main goal for today is to make the election process simple to understand. I would like to thank the following participants for their presentations: Kelly H. and Kim R.

The Powerpoint presentation will be available on our Area 45 website.

SJCYPAA: Colleen

Hi. My name is Colleen, and I'm an alcoholic. SJCYPAA, the South Jersey Committee of Young People in AA, hosted an

'80 Dance Party & Speaker Meeting on June 13, 2009. The dance was successful, so thank you to all those who attended. We are very excited for our next event, which will be the annual Halloween Dance & Speaker Meeting, so please check for details on the Area and Intergroup websites as the event approaches.

A couple of our members have gotten involved in ICYPAA, the International Conference of Young People in AA, which will be held in NYC in 2010. Because it is so close to us, it is a great opportunity to get involved and learn more about service. I was elected as the Alternate Outreach Chair, so I will be consistently attending the business meetings. The committee is in its planning stages, so for those who would like to get involved, please feel free to contact me for further information.

The SJCYPAA Committee meets on the 2nd Wednesday of the month at 9:15pm (directly following the Cherry Hill Young People's Meeting). We just had elections and are looking for continued support. Remember, "young" means having room to grow!

Respectfully Submitted.

GSR/DCM Orientation:

John B. (co-chair)

The GSR/DCM orientation had three new GSRs and three Alternate GSRs.

Thank you.

Cape Atlantic Intergroup: Wendy M.

Good morning, everyone!

As always, we have been busy little beavers.

We had a small attended, but powerful, roundtable discussion/intergroup inventory. Many ideas have come out of it, and we are looking back to this week's steering committee to discuss them.

Now for upcoming events!

Stagecoach Group is having their annual Picnic on August 15th in Cape May Park. The fee is a side dish or dessert.

Our booker's meeting is on September 3rd at 7pm in our Intergroup office. All are welcome to exchange speakers for your meetings.

We are having a Labor Day Dance on September 6th in Absecon. It starts at 6pm. We will have a speakers meeting at 7pm. We ask that you bring your best pot luck dinner and \$10.00 donation. The money will be split between H&I and the Round-up scholarship fund.

We are having our 5th Annual Unity Breakfast on Sunday, September 20th at 8am at the amazing Grand Hotel in Cape May. Tickets are limited, and we are not permitted to allow walk-ins. The speaker is Valerie D. from Virginia, and tickets are \$23.00 per person. If you send your tickets with a group of 8, we will try to make sure you have

your group of 8 sitting together.

The Day of Sharing is coming. We are having a planning meeting on Saturday, August 29th at 12pm in my home. The address is 138 Hobart Ave., Absecon, NJ. My number is 609-231-4465. Please RSVP by August 26th, so I can buy enough food and drink. The event is October 24th in Absecon.

We continue to have our monthly round-up meetings; all are welcome to participate. They are the 3rd Wednesday of the month in Pleasantville. Please see Heather Anne if you would like to get involved. The round-up will be the weekend of November 20th, also at the Grand in Cape May. Please see Heather Anne for more information.

Please see our website for downloadable flyers. www.caigrp.org. Respectfully submitted.

Central Jersey Intergroup: Chuck D.

CJ participated in the planning and conducting a combined Sharing Session on July 11, 2009 with Section I. Many thanks to Connie, CJ Financial Officer; Jennifer S., Meeting List Co-Chair; Debbie H., District 24 GSR; Joe B., DCM Districts 22 & 23; Mike R., Section I Leader; Neil C., District 24 GSR; and Thom O., CJ Trustee, who all helped with the planning and with the work on the day of the sharing session.

It was a great day. Our Area 45 Delegate, Fred E., and Alternate Delegate, Elaine McA., both attended, as well as Janet S.C., Heather Anne S., and Joe McA. from Area 45 Panel 58. CJ Panel members Lori, Connie, Jennifer, and Tony also came to help out and make the day rewarding and fun.

Thank you, Roseanne, for the opportunity to speak at the AA meeting at the Jal-Con Convention, 12 Promises.

Respectfully Submitted.

South Jersey Intergroup: Andy

Good morning, everyone.

Things have been going along smoothly in the past few months, so I've actually little to report.

Dave S., our Vice-Chairperson, had resigned to continue pursuing his educational goals, and Charlie C. has been elected to fill Dave's spot. Thank you, Dave, for your service, advice, and commitment to SJIG.

Our revised by-laws are finally finished and out for approval by the groups of SJIG in September.

Our newsletter will gladly print your group's upcoming events, as well as accept your short stories and articles relating to the Step or Tradition of the month.

The Memorial Day and 4th of July Alcahons, as well as the Founder's Day Picnic, were very well attended.

Literature will train two-year sober candidates for a literature

sales commitment at your convenience.

H&I is always looking for individuals, or better yet, groups to take on an institutional commitment.

Surprisingly, some folks who book these commitments are neglecting to show up to fulfill them.

Social Events is open to your ideas for different types of sober outings for all of us to enjoy.

The Committee meets on the first Wednesday of each month, 7:30pm at the IG Office in Pennsauken.

Our Archives committee is still accepting old *Grapevines* you might otherwise discard for recycling.

Those old stories are just as educational and entertaining when someone new gets to read them.

As we pass the mid-point of 2009, an election year for both SJIG and Area 45, I am going to ask those who might be interested in service to consider taking on an Intergroup or Area level commitment.

I won't mislead you by saying that these service commitments are a cake walk. Some are definitely harder than others, and all of them require at least some effort on your part. I will tell you that, just as in working your own recovery on a daily basis, you will be rewarded with untold personal and spiritual growth, as well as a sense of satisfaction that you were the one to be there and get a much needed job done. Service work is what our 12th Step is all about. It will take you out of your own problems and allow you to help others with theirs. Working with the Intergroup Steering or the Area Panel will allow you to meet and make new friends, broaden your recovery circle, and take on new and exciting opportunities. You can contact the committee you're interested in serving directly.

At SJIG, there are currently several co-chair positions available right now that would allow you to "get your feet wet" before you consider a two-year commitment. Please think about it and discuss it with your sponsor. AA works only if we work it!

Thanks for allowing me to Serve You, Our Groups. Peace... ;-)

Section I No Report

Section II

I'm new. There's no report.

Section III: Joseph McA.

Good morning. I'm an alcoholic called Joe.

I want to thank Section I for hosting today's Assembly.

I've been in e-mail contact with most of the available DCMs.

We will be holding an election for DCM for District 20 at our lunch break today. Any GSR in

(continues on the next page)

Important Information to Clip & Save

• Southern New Jersey Area 45

P.O. Box 3724
Cherry Hill, New Jersey 08034
www.snjaa.org

• Central Jersey Intergroup

P.O. Box 4096
Trenton, New Jersey 08610
(609) 656-8908 -or- (609) 656-8900
www.centraljerseyintergroup.org

• South Jersey Intergroup

P.O. Box 2514
Cherry Hill, New Jersey 08034
(856) 486-4444
www.aasj.org

• Cape Atlantic Intergroup

P.O. Box 905
Pleasantville, New Jersey 08232
(609) 641-8855 or
(800) 604-HELP (4357)
www.capeatlanticintergroup.org

• AA World Services, Inc.

P.O. Box 459, Grand Central Station
New York, New York 10163
(212) 870-3400
www.alcoholics-anonymous.org

Report from the Aug. 9th Assembly (contd.)

(contd. from the previous page)

District 20 is able to stand for that position.

I have called or e-mailed all GSRs that I could reach in Districts 28 and 29, which are both dark Districts.

There were a large number of disconnected and wrong numbers in those two areas.

I will try a new approach to getting to those groups that are listed to come up with a current list of GSRs.

Thank you for the opportunity to serve.

District 8: Linda B.

Hi. My name is Linda, and I'm an alcoholic.

District 8's last scheduled meeting was at the beginning of the summer. I'm disappointed to say there were no attendees, so the meetings were put on hold for the summer months.

Our next District meeting will be held on September 15th, 2009 at 7pm at the Lutheran Church in Maple Shade. All AAs are welcome to attend. I don't have all of the details right now, but I hope that District 8 will be able to participate and support a workshop being planned for the fall.

The treasury for the District stands at zero.

I have attended meetings in the District and have encouraged members to consider electing a GSR and/or Alternate for their group. A few groups have not been able to find replacements for their outgoing GSRs and Alternates. For those groups who cannot have a GSR, I've asked them to consider selecting someone to be a contact for that group. Recently, a member of the Moorestown Saturday Noon Group agreed to be the contact for that group. Thank you.

I am grateful to be able to serve Alcoholics Anonymous.

District IV: Kim R.

Good afternoon. My name is Kim, and I am an alcoholic. I gratefully serve as DCM for District IV. Since our spring Assembly on May 18th, I attended a few District IV group anniversaries, and I was supposed to assist Central Jersey Intergroup and District 22 & 23 with planning and holding a workshop, but I was unable to provide the time to assist. Due to some changes in my life outside of AA and the responsibility of performing the duties of District Secretary and Treasurer along with DCM duties and service to my home group, I have not visited as many groups this quarter as I previously have managed to visit. I did attend the Northeast Regional Forum in June, which was, as in the past, a wonderful, educational experience. As usually happens when I attend NERF and NERAASA, I gained a greater gratitude for this program and a greater enthusiasm for service. I also

gained an idea for my last workshop/presentation as DCM. I made some GSO connections and arranged to have the GSO send me a copy of the PowerPoint presentations from NERF along with a copy of "Markings on the Journey," which was shown at NERF. I will be working on the planning of this workshop/presentation to be held hopefully by mid-October. I did send out a letter and e-mail to all District IV GSRs requesting assistance, however, only Stephanie L., GSR of the Threshold Group, volunteered, therefore, I will be working on getting other AA members to assist in the planning and holding of the workshop/presentation. Thank you, Stephanie. I'll be using you.

I still have to send out my NERF report to the District IV groups, but that should be completed this week. I have also fallen behind in sending groups their contribution receipts, but that task should be completed this week, also. Regardless of the status of the receipts, please know that I greatly appreciate all of the groups' support.

As of Monday, August 10, 2009, after I deposit some recently received contributions, the balance in District IV's checking account will be \$422.11.

Thank you for allowing me this service opportunity.

In love and grateful service.

District 13: Linda MacD.

District 13 held its 3rd workshop on June 20th on the Home Group and Tradition 7. It went very well. Everyone participated and left with a little more knowledge about AA. We continue to hold our District meetings bimonthly. We do have a new Tuesday meeting at Parvin State Park that is now registered and doing very well. I had the privilege of attending and enjoying NERF in Somerset in June. It is amazing how many things General Service are doing to carry the message here and abroad.

Thank you for allowing me to be of service.

District 17: Sally F.

District 17 has meet monthly since the last Assembly. We are planning two more events for 2009.

Our second annual "A Night in the Park" is being held on Saturday, September 12, 2009, 4pm-8pm at McLinton Park, Atlantic City. Our guest speaker is Laura E., Area 45, Past Delegate on "The Three Legacies." We will have fun, food, fellowship and a candlelight meeting! Bring your chair, sponsor, sponsee, friend or family member and enjoy a beautiful evening at the Jersey Shore!

Our flyer should be on the web or if you need information, call Sally F. 609-748-8248 DCM, District 17 or Joey H., Area 45 Chair will know how to get in contact with us!

Also, we are planning a work-

shop on sponsorship on Friday, October 16th or 23rd, as we are still finalizing our plans. Please check the Area 45 website in a few weeks for further information.

On July 7, 2009, Joey H., Chairman, Area 45 and Fernando, Alternate GSR for Atlantic City Young People's group met with our Spanish group and were well-received to discuss "The Language of the Heart"; another meeting is being scheduled for September, so that we may continue to invite them to District 17 activities and have an active role in Area 45.

So, see you on September 12th at the shore - go to the Grapefest in the morning in Absecon; take a walk on the boards, join District 17 at 4pm for "A Night in the Park."

Yours in Love and Service.....

District 19: John B.

At our last meeting we decided to make a contribution of \$350.00 to Hospitality Committee for the 3rd Round-up in Nov. 2009 at the Grand Hotel in Cape May. Our treasurer reports a balance of \$1,232.00. No group concerns at this time.

Love, service.

District 22 & 23: Joe B.

My name is Joe. I'm an alcoholic. It's good to see everyone again. We had a busy quarter since the last Assembly. I was able to get a cabinet at Divine Word, where we have our GSR meeting, so we can store our event stuff there. I don't have to keep the coffee pot in my truck anymore!

I went to NERF the last weekend of June. It was a real pleasure meeting the Chairman of the AA Board, Mr. Ward E., and the other representatives, people who work at the General Service Office, and the Grapevine reps. They were asked a multitude of questions and had answers for all but one. The question was "Why was Grapevine reduced from its original size to its present size?" Neither one of the Grapevine reps knew the answer. They told us they would find out, but weren't exactly clear on how they were going to let us know.

On July 11, we had "A Sharing Session" presented by Central Jersey Intergroup and Section I. There were a total of 28 people that showed up. I'd like to thank Panel members Fred, Elaine, Heather Anne and Janet for their attendance. We split into groups of about 6 or 7 people and discussed questions about the program. After that, we played AA Jeopardy. Thom O. developed it on a Power Point presentation. It was a lot of fun and a lot tougher than I thought. The topics were AA History, the Traditions, the Steps, the Concepts and the Warranties. I'll tell you what, if we ever play AA Jeopardy again, I'm sitting next to Heather Anne! She knows the Concepts and Warranties!

The following week, our Delegate, Fred, came and gave a post-conference report at Divine Word. Thom O. was able to present it on PowerPoint just like the last Assembly. I want to say thank you to Fred and Thom for their time and service.

The newsletter is up and running. Beth T. did the design and layout. The rest of the group made some minor suggestions for changes, but most of what you see is what she did. I think it looks great. You can see it at Central Jersey Intergroup.org. Follow the link on the home page.

They decided to hold the "Munchies and a Movie" event the end of September, either the 19th or the 26th. We are confirming with Lakeside Community Center which date is available. The possible movies are "Markings on the Journey" and "Bill W. discusses the Twelve Traditions." I also have "Bill's Own Story." We are having a problem finding equipment to show the DVDs on.

We also talked about holding elections for the next term. We will have nominations at our October 19th meeting and hold the election at the November 16th meeting. The new term starts on 1/1/2010. The same day as our Alcahthon!

Speaking of Alcahthons, we are going to have one the day after Thanksgiving at Divine Word. It will start at 10:00am and the last meeting will start at 5:00pm.

I did some house cleaning of the Area 45 website. My District has duplicates towns in one District and some towns that belong in other Districts, and I've been simplifying another District. Our Registrar has been helping me. Thank you, Dave. I sent an e-mail to the Area 45 Webmaster, but I haven't heard anything yet.

That's it for this report. I'm looking forward to the November Assembly and electing our new Panel. Thank you very much.

District 24: Fred H.

Thank you for the opportunity to give this report to you. District 24 continues to meet at 6:30pm on the third Monday of each month at the First Presbyterian Church in Ewing Township. Our July meeting was held at Rosedale Park in Hopewell Township and was in preparation for our annual picnic which was held last Sunday, the 2nd of August. If you will remember, we had torrential downpours last Sunday, but did we have a picnic. I used to love to drink on rainy days, and we went to any length to stay sober and eat some great food on that day. We were blessed to have our Alternate Delegate, Elaine, as our guest speaker, and as our meeting started, the sun suddenly appeared. We had attendance of approximately 100 people, and everyone thoroughly enjoyed Elaine's message, and we want to thank her for sharing

her experience, strength and hope. We were happy that Fred E., our Delegate, also braved the initial rain as did Elaine's husband, Joe. The district will continue to meet, try to get more people involved in service and start looking at future events. I hope that everyone has a great 24.

Thank you.

District 27: Bob M.

I visited two groups, attended one business meeting. E-mailed seven of twelve groups.

I have seven visits scheduled for next quarter with five business meetings.

A sponsorship workshop is being finalized and will happen on the first Friday and the following Saturday in mid-October or early November at Prince of Peace in Marlton.

Announcements soon on the website and via handouts to each district group.

Respectfully submitted.

Registration: Kelly H.

GSRs - 43

Panel - 5

DCMs - 6

Section Leaders - 3

Committee Chairs - 12

intergroup - 3

Intergroup Vice Chair - 1

Past delegate - 1

Visitors - 15

Total - 85

Agenda Items

AGENDA ITEM #1

To better protect the Area, I motion to increase the threshold from \$2,000.00 to \$4,000.00 for the operating account.

AGENDA ITEM#2

To increase the prudent reserve from the present level of \$18,000.00 to \$26,000.00 which represents an increase of \$8,000.00.

Respectfully Submitted,

Steve G.

Budget and Finance Chair

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CHERRY HILL, NJ 08034

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