

"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

The Journey Began in 1964... 45 Years Later the Journey Continues

Join with Area 45's
Convention as it
celebrates its journey
and yours.

- Fellowship
- Speaker Meetings
- Marathon Meetings
- Workshops & our Old-Timers Meeting
- Al-Anon Program
- A new sit-down dinner on Friday night and a great Saturday Night Banquet
- DJ & Karaoke on Friday and Saturday nights

March 27th, 28th & 29th, 2009
Crowne Plaza Hotel
Cherry Hill, New Jersey



Ahoy; from your 45th Area 45 General Service Convention Chair

Greetings Mates:

Now that the holidays are behind us and the winter blues have set in, your 45th Convention Committee is getting everything ship shape for a convention to brighten up the beginning of spring for you. Just over the horizon, look closely me hardies, March 27th, 28th and 29th are peeking back, looking for you. Make your plans to come aboard and spend an unforgettable weekend on a journey you don't want to miss.

To get boarding information, visit our website @ www.snjaaconvention.org. Everything that you need to know to make your journey pleasant and easy is contained there. Download a registration form or register right online, learn about the speakers, workshops and more. Online registration is already in full swing, for you early boarders. Debbie S.- F. Registration Chair and Frank Z., Convention Treasurer are logging registrations daily. Registration flyers have been delivered to Area 45 homegroups and posted to all who registered at last year's convention. **Please, register as early as you can. The hotel has been sold out in recent years and we were not able to get rooms for all our registrants.**

Our theme for the 45th Convention is "The Journey Begins." We are positive that your Journey will begin as soon you walk onto our ship. Marianne H. our Hospitality Chair and her merry crew have put together a great way to welcome you.

The speakers have already been chosen. Friday night will be Dorothy H. from G.S.O., General Service Trustee, Karl M. from Covina, California will be the Saturday night speaker, and the Sunday speaker will be Sharon B., also from California. Our Program Chairs have been trying to get Sharon for over a year; we are grateful she is now available for us. The Al-Anon speaker will be Larcene G. from Hawthorne, California.

Christina S., Marathon chair and Joanne C., Program Chair have made some interesting choices for the Marathon meetings. You can find the topics on the website.

Marathon meeting chairs are still needed to fill out the schedule. If you would like to come aboard to chair a meeting, contact anyone on the Convention Committee or Area Panel or contact us through the website or by emailing program@snjaaconvention.org. Our Program Chair Joanne C. and Sally F. Program Co-Chair are pulling in the netting making sure that the workshops and skits are entertaining and fun as well informative. Check out the tentative program on the website at www.snjaaconvention.org.

One big change is the Friday night dinner. This year, you will be seated and served

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In case you missed it...

Report from the 13th Annual CTF Conference

Submitted by Bill T.

On Saturday, October 11th, the 13th Annual Area 45 CTF Conference was held at Lambs Road Assembly in Sewell. This report is a summary:

Lollypop Joe: AA Host -- Holly Hall/ Ancora, Riverfront Prison & Southwoods

The Freedom from Bondage name is borrowed from North Carolina, and our Conference is where volunteers come together and share experience on taking meetings into Correction & Treatment Facilities. Inmates can be encouraged to ask other inmates to be their sponsors if they think that person has a firmer grasp of the program. Inmates can be sponsored by mail with the corrections correspondence form.

Panel 1 - Building Stronger AA Groups Inside Institutions

Moderator: Gail -- General Service Office, Corrections Coordinator

It's great to be part of a group who carries the message where it's so desperately needed. I get about 600 letters a month from inmates. Some inmates are former AAs that are desperate for a meeting on the inside. I am responsible for the quarterly newsletter that is called "Sharing from Behind the Walls," which is often just a repeat of some of the stories I receive from inmates. My biggest job is connecting those inside with the AAs that can bring the message to them.

Mike: AA Host -- Camden County Jail, Bayside-Ancora

It's one thing to go in and present AA; it is another thing to ensure an AA group forms among the inmates, and they lead the group and take ownership of this meeting; they get more out of it this way. Try to get permission for a coffee pot and put an inmate in charge of those arrangements. It is important to keep focus on AA, in that carrying the AA message is the only thing we are qualified to do.

Another idea is to get an outside representative to be their GSR and have them connected to the Area Assembly. They can vote on agenda items through this outside GSR. Of course, it is best when inmates attend meetings voluntary not mandatory, but that's beyond our control.

Carol: AA Host -- Bayside-Ancora

What not to say when speaking inside: "I am glad you are all here." I was instructed that I can only tell what AA is and what AA isn't, but that is not a meeting, that's a presentation. I wanted to conduct meetings. But for the grace of God I can be in this position, I feel it's a privilege to speak or take a commitment.

Paul H.: AA Host -- Southern State & Bayside, Leesburg

Do the best you can with what you got. Each facility is different, and often requires patience, tolerance and flexibility. The most important thing is to show up. Some correction meetings are open, some require a badge or a clearance list. Sometimes inmates are required to attend and others are voluntary. Often, the meeting has a small core group that want to be there, and a large group that have to be there. Personally, if an inmate speaks of problems other than alcohol, I don't overreact, sometimes it's not possible or feasible to have a pure AA meeting. Some of those meetings existed without us from the outside, but the rules changed, and now they are not allowed to have an AA meeting unless we are there, therefore my only job is to show up. The best meetings are when I don't get to share.

Some ideas are: establish a good relationship with the staff and corrections officers, encourage more volunteers, and encourage staff to let the volunteers return. With the okay of the guards, I dismiss those who are required to attend shortly after the meeting starts, and the core group that remains is serious about the program, which is more beneficial for them and me.

Sharing

- Glenn -- I avoid a problem, sometime it helps to give people a chance to get something off their chest at the beginning of the meeting. The chairperson sets the tone in controlling order, it can be done just by standing and saying one word - "Respect."
- Bonita -- When nearing release, the inmates at A.C. Jail are suggested to sign up to attend a monthly services fair. The fair has tables where they can sign up for cash assistance, food stamps, housing, NA, and 5 or 6 "come see us" at the AA table.
- Steve G. -- We have been given the gift of sobriety to help others. We have the book, the fellowship, and the 12 Steps of recovery...

ery...sell them on sobriety.

- Joe O. -- I've had more problems with guards that inmates, and even those have been few. For instructions, there is a 52-page manual on the AA website.

Panel 2 - Importance of Bringing AA into Treatment Centers

Michelle M: Substance Abuse Administrator - Juvenile Justice Commission

The people who are willing to speak to inpatient juveniles have a tough challenge, because the listeners aren't always listening to adults. The AAs have a valuable message, because they are often the only people who have been where they are. Many listening are mandated to attend in the hope a seed will be planted. It is important to be there when you have taken a commitment, as those you are trying to reach are watching your performance. Get a replacement if you can't attend.

Beverley S.: Substance Abuse Counselor -- Ancora

I have enjoyed the 33 years of trying to help in this field. In the '70s, rehabs and programs were biased against AA. When us counselors finally visited AA, we got to see how truly helpful these groups can be. In AA, you can not only get help with alcohol abuse, but also a meal, maybe a job, people in the meetings are so giving. I was struck that there is no chain of command, that there is no president of AA, and they function as well today, as they did then. We try to get all patients who can benefit to the AA meetings in Ancora. When a speaker doesn't show up, I am grateful because it is the exception not the rule.

Joe K: AA, S.J Intergroup H&I Chair

On the last Monday of the month, we meet to schedule commitments, and groups volunteer to take commitments. The responsibility for showing up falls on the groups. I prefer groups taking commitments to ensure someone shows up and people can easily back up each other. Sometimes we have to discuss the boundaries of our traditions with institutions staff.

John E: AA, Treatment Facilities Chair -- Area 44

Since the beginning in 1935, AA has been cooperating with treatment facilities -- in Townes Hospital and later in Akron where Dr. Bob and Sister Ignatius assisted 5000 on their start of sobriety. Some in-patient facilities have closed due to insurance issues. It has become more important to bring meetings to outpatient facilities. We assist lots of people coming out of rehabs in Florida and take them to their first few meetings. We have 2,500 names on our Bridging the Gap roster.

AA changes lives, and you don't want to miss people turning their life around and building a sober life right before your eyes. When I bring a meeting into a facility, I am a guest there, and have to abide by their rules. Show up early, prepare for the meeting and examine the format. If it is allowed, bring an AA speaker tape, or the AA film "Hope."

GSO provides treatment guidelines and will gladly try to help when asked.

Sharing: the Approval Process

(continued 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

CTF Post-Conference Recap (continued)

(continued from the previous page)

There was a discussion on the difficulty of obtaining clearance badges.

Open Forum: 11 Patients and Staff from Holly Hall Ancora

- Pete hopes to get out soon and is thankful to those who bring meetings in and already has plans for a home group.
- Mario -- I feel AA and substance abuse counseling has greatly changed my life. I was 130 lbs. when I got here, and now I am back to my regular weight of 200. I put great faith in the Serenity Prayer. I would not be here if it weren't for AA.

Wallace B. : AA Speaker, Sanford, North Carolina

If you haven't heard this self-confessed, low bottom drunk, get a copy of his tape or CD; there wasn't a dry eye in the house.

Panel 3 -- Planning a New AA Meeting

Joe O.: AA Host -- Bayside-Leesburg, Former Area 45 Delegate

When I was in the Salvation Army, AA's would bring meetings in with no great impact on me. I try to remember that when I speak at correction/treatment facilities. Cape Counseling wanted a meeting for their outpatient meeting; I went and spoke, and

the next meeting I brought somebody and they spoke, and the chain went on until it got approved as an Intergroup regular assigned commitment. Once I brought step books in the jail and asked everyone to bring them back next week, and when next week came, no books were brought back, so if you want to hold a step meeting in that way, collect the books after the meeting.

Bob H.: AA Host -- Garden State-Yardville

I got involved in H&I immediately in desperation to stay sober. The Bayside Ancora commitment was with 150 inmates; I had that commitment for 11 years. I've been embarrassed because often I feel the inmates can't possibly get as much out of it as I do. I have also been involved in a nursing home meeting; it was a great experience to see some recovery. Sometimes I forget what it was like, and these commitments keep it green.

Yardville kicked AA out, but invited a few of us with a badge back in. There is a guy who is about to get out who is serving for DUI/Vehicular Manslaughter; his brother was his passenger that was killed in the accident. Even he is improving with the help of the AA Program. His relationships with his mother and ex-sister-in-law are improving; it is great to see AA restore these lives.

Al S.: AA Host -- Garden State-Yardville

When I came here, I was terminally unique and I was deep. It took awhile to find a sponsor. He took me through the Steps immediately and said I had to find a commitment where I could share my experience, strength, and hope. At that time, detoxs were closing due to lack of funds. I didn't want to take a prison commitment; I quit drinking to avoid jail; I didn't want to go there voluntarily. I chaired Lakeland Youth Detention Center, but after some coaxing I went to Riverfront Prison with Lollypop Joe. The guys who shared there sounded like any guys you would here on the outside. Then I got a badge from Trenton, and take the Tuesday meeting in Yardville Prison. Not all the inmates are there for the same reason; I don't care about the reason; I'm there to help myself from getting my own orange jumpsuit, and hope that one person can get something out of my sharing. It's my purpose not my desire to show up and do God's will.

Lollypop Joe: AA Host -- Riverfront, Southwoods & Holly Hall-Ancora

There is a Four-Step process for planning a new meeting: 1) Meet with the administrator or designate. If meeting an administrator, 3 AAs is suggested, bring along Corrections/Facilities Fact Sheet: what AA does and doesn't do. Understand their rules before you go in. Look your best; first impressions are important. Your District or Area may send a letter to the facility. Sample letters are available in the guidelines. If that doesn't work, try another facility. AA has no right to enter a facility -- They set the rules. 2) Meet with fellow AAs to get support. No one can make all 52 weekly meetings; you'll need back up when you are unable. 3) Send program documents to administrator for final approval. 4) Execute the program.

The difference between being involved and committed: When cooking breakfast, the hen was involved (she provided the eggs), but the pig made a commitment when he provided the bacon. Keep that in mind, you want to do more than just say you are involved. Having other things to do occasionally is perfectly valid, but to be committed means you take responsibility to get someone to cover for you.

When speaking, use the preamble; tell them you are a volunteer. It isn't always what you say; it is that you are making the effort. We are responsible for the effort not the outcome.

Special Thanks to Lisa & Katrina- Food, Chip-Registration & Mil-Donate a Book Table.

**Southern New Jersey Area
General Service Assembly,
Alcoholics Anonymous**

SNJ Fourth Dimension

patm@comcast.net

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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*Experience, strength
and hope from AAs
around the world!*

NBR2B



"To serve is to live." ~ Language of the Heart, pgs. 129-130

Southern New Jersey - Area 45 Calendar of Events 2008

Date	Event	Location
Sunday, Feb. 8 th	Area 44 Luncheon 12pm - 4pm • Assembly: 10am • Lunch: 11:45am • Workshop: 12:30pm • Area Committee: 1pm	Area 44 Pantagis Renaissance
Sunday, Feb. 15 th	Area 45 Winter Assembly • Registration: 8:30am • New GSR/DCM Orientation: 9am • Assembly: 10am • Lunch: 11:45am • Workshop: 12:30pm • Area Committee: 1pm	Section IV CODI (Career Opportunity Development Inc.) 901 Atlantic Ave. Egg Harbor City, NJ 08215
Friday, Feb. 21 st -- Sunday, Feb. 23 rd	NERAASA 2009 Portland, Maine	Area 28 www.neraasa.org
Friday, March 27 th -- Sunday, March 29 th	45th Area 45 Convention • Registration: Friday, March 27, 2009 2pm till 12am & Saturday, March 28, 2009 8am till 12am	Area 45 Convention Committee Crowne Plaza 2349 W. Marlton Pike (Route 70) Cherry Hill, NJ 08002 www.snjaaconvention.org
Saturday, April 4 th	CAIG Big Book Celebration Times TBA	Cape Atlantic Intergroup Seaville Fire House Route 50 • Seaville, NJ
Saturday, April 18 th	Area 45 Mini Conference 10am	Section III Lambs Road Cathedral 190 Lambs Rd • Sewell, NJ 08080
Sunday, April 26 th -- Sunday, May 2 nd	GSO General Assembly Crowne Plaza • New York, NY	GSO
Sunday, May 17 th	Area 45 Spring Assembly • Registration: 8:30am • New GSR/DCM Orientation: 9am • Assembly: 10am • Lunch: 11:45am • Workshop: 12:30pm • Area Committee: 1pm	Section III Pfeifer Center 301 Bluebell Rd Williamstown NJ 08094
Friday, July 24 th -- Sunday, July 26 th	Jal-Con	Al-Anon Somerset Marriott Somerset, NJ
Sunday, Aug. 9 th	Area 45 Summer Assembly • Registration: 8:30am • New GSR/DCM Orientation: 9am • Assembly: 10am • Lunch: 11:45am • Workshop: 12:30pm • Area Committee: 1pm	Section I Carslake Community Center Route 50 Seaville NJ
Saturday, Sept. 13 th	Area 45 Elections Registration 12pm Elections 1pm (Subject to change with Assembly vote on 2/15/09)	Section II Collingswood Senior Center 30 Collings Ave. Collingswood, NJ 08108
Sunday, Sept. 20 th	Cape Atlantic Unity Breakfast	Cape Atlantic Intergroup Grand Hotel 1045 Beach Ave. • Cape May, NJ
Saturday, Oct. 10 th	Corrections and Treatment Conference Starts 9am	CTF Committee Lambs Road Cathedral 190 Lambs Rd • Sewell, NJ 08080
Saturday, Oct. 17 th OR Saturday, Oct. 24 th	Day of Sharing (Date and place is yet to be determined)	CAIG
Sunday, Nov. 15 th	Area 45 Fall Assembly • Registration: 8:30am • New GSR/DCM Orientation: 9am • Assembly: 10am • Lunch: 11:45am • Workshop: 12:30pm • Area Committee: 1pm	Section II Collingswood Senior Center 30 Collings Ave. Collingswood, NJ 08108

For more information on upcoming events, visit our Area Website at www.snjaa.org

Ahoy

(contd. from p. 1)

instead of a buffet. I asked Julie W., our Banquet chair to "take it up a notch with class," and she did just that! After seeing what the Banquet Committee has planned, I truly believe that you will be very pleasantly surprised. This will be the one Saturday Banquet that you don't want to miss. Next, enjoy the speakers and cap off each night with dancing to a DJ. Maybe you are a brave soul and will be joining those in the Karaoke fun. We promise that no one will walk the gang plank.

Though time is slipping away quickly we can still use the support of new members on our Committee. We don't always work; we play too, with the annual pool party and Vermont trip to the Wilson House for shopping at the outlets, tubing, games and fellowshipping. So join us if you can -- we are a great crew.

Lastly, Stuart H. our Public Information Chair can use your help in getting the word out about our Journey. Please help by telling everyone! It gets better each year; I don't know, how but it does. It's not going overboard at all to say that Area 45 puts on the best Convention anywhere!

Please register early and bring a friend. Check out our website. And remember that though we work very hard to put on a great convention, it is nothing without YOU!

**Till We Meet Again,
Joe McA.
45th Convention Chair**

45th ANNUAL SOUTHERN NEW JERSEY AREA 45 GENERAL SERVICE CONVENTION

Pre-Registration
November 1, 2008
thru March 9, 2009

Walk-in Registration
Starts Friday, March 27
At 2:00 p.m.

Remember to
register early as
space is limited.



Visa
MasterCard
American Express
and Discover
also accepted at
Registration Desk

Walk-in registration open:
Friday, March 27, 2009
2:00 p.m. till 12:00 a.m.

And:
8:00 a.m. till 12:00 a.m.
Saturday, March 28, 2009

Kickoff at the Convention "Red Ball Meeting," New Sit Down Friday Dinner, "Fun Workshop," Various Workshops, Sunrise Spirituality Meetings, Marathon Meetings, Al-Anon/Alateen Meetings, Nightly Entertainment, Saturday Banquet, Signer at Speaker Meetings for Hearing Impaired, Sobriety Countdown

The Crowne Plaza • 2349 Marlton Pike (Route 70)
Cherry Hill, NJ 08002

Pre-Registration Only: \$35.00 **Walk-in Registration: \$35.00**
Register Online! <http://www.snjaaconvention.org>

One registration form covers convention, hotel room, meals, & banquet order for one person.
We will be accepting credit cards at the Convention.

Anyone with 20 years or more of sobriety wishing to participate in the Old-Timers panel **MUST** register early -- space on the panel is limited and no exceptions can be made.



AI-ANON Invites You!

The members of
AI-Anon cordially invite
you, the relatives and friends
of those affected by the family
disease of alcoholism, to AI-Anon's
participation in the 45th 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 AI-Anon South Jersey Information Service at 856-547-0855.

**PLEASE JOIN US FOR THE 45TH ANNUAL AREA 45 CONVENTION
FOR "THE JOURNEY BEGINS"**

45th Annual Southern New Jersey...

Frequently Asked Questions & Answers

HOTEL PACKAGES

ALL PACKAGES INCLUDE CONVENTION REGISTRATION FEE

Package Description	OCCUPANCY			
	Single (Cost per person, includes convention registration)	Double	Triple	Quad
Package #1 For Those Staying All Weekend - Includes, guestroom for Friday & Saturday nights, Friday Dinner, Saturday & Sunday Breakfast	\$347.00	2@ \$230.00 each	3@ \$198.00 each	4@ \$176.00 each
Package #2 For those arriving late Friday - Includes, guestroom for Friday & Saturday, Breakfast Saturday and Sunday	\$309.00	2@ \$192.00 each	3@ \$160.00 each	4@ \$138.00 each
Package #3 For those staying Friday night - Includes guestroom for Friday night and Saturday breakfast	\$172.00	2@ \$114.00 each	3@ \$98.00 each	4@ \$87.00 each
Package #4 For those staying Saturday night - Includes guestroom for Saturday night and Sunday breakfast	\$172.00	2@ \$114.00 each	3@ \$98.00 each	4@ \$87.00 each
Package #5 Guestroom for Friday & Saturday nights only - <u>No meals included</u>	\$271.00	2@ \$153.00 each	3@ \$122.00 each	4@ \$100.00 each
Package #6 Guestroom for Friday night only - <u>No meals included</u>	\$153.00	2@ \$92.00 each	3@ \$78.00 each	4@ \$67.00 each
Package #7 Guestroom for Saturday night only - <u>No meals included</u>	\$153.00	2@ \$92.00 each	3@ \$78.00 each	4@ \$67.00 each

**** Saturday Night Banquet Tickets are not included in any hotel package. Banquet tickets are available for \$40 each and may be purchased through pre-registration or by walk-in registration. See page 3 of this form for more information.**

All occupants of each guestroom will be required to check-in at hotel front desk. Payment in full 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 package charges after 5:00 p.m. on March 9, 2009. There will be no refunds for missed meals and meal tickets cannot be exchanged for other meals.**

All reservations must be received by March 9, 2009 in order to guarantee the above-reduced prices. Reservations made after this date will have to be made directly to the Crowne Plaza and will be subject to the Crowne Plaza corporate rate plus sales and occupancy taxes, which are higher.

All reservations must be made directly with the Convention Committee by sending this form to Area 45 Convention, P.O. Box 116, Audubon, NJ 08106 or register online at <http://www.snjaaconvention.org>.

For more information call:

**Joe McA. (856) 939-8979 ~ Pat M. (609) 272-8117
Deborah S.F. (856) 404-5351 ~ Joanne C. (609) 705-9179
Frank Z. (609) 780-3365**

Email: registrar@snjaaconvention.org or chair@snjaaconvention.org

All mail reservations must be accompanied by a check or valid credit card number for the full amount. Tickets for meal purchases will be distributed upon convention check-in and will be required for admission into all meal functions.

Check-in time is 4:00 p.m. Checkout time is 11:00 a.m. Early arrivals may store their luggage with the Hotel Bellman.

Q: Do I have to contact the hotel for room and/or meal packages?

A: No. Just register with the convention for everything. You will be required to check in to the hotel once you arrive to receive your room key.

Q: Is the Banquet included in the Meal Package?

A: No. But you can easily add it to your registration. Check off the box on the form. Only \$40, and you can choose your entrée by checking the appropriate box on the form.

Q: Can I register on-line?

A: Yes. Simply go to <http://www.snjaaconvention.org> and click on registration.

Q: Can I register my roommates on the same form?

A: No. We want to make sure that we correctly record your individual registration preferences/requirements.

Q: Can I pay by credit card?

A: Yes. For pre-registrations until March 9, 2009. We will accept Visa, MasterCard, Discover and American Express for all walk-in registrations, and at the CD sales table.

Q: Do I need to contact the hotel to confirm?

A: No. We are handling everything. If you have a question, contact the Convention Committee. The numbers are listed on the flyer.

Q: How do I sign-up for the "Old-Timers Panel"?

A: Easy! Fill out the box on the form. Remember space is limited. Sign-up early.

Q: Is there a cut-off date for pre-registration?

A: Yes, March 9th. But you can still register in-person starting at 2:00pm Friday, March 27th.

Q: Can I mail my registration in?

A: Yes. Simply fill out the form and enclose a check, money order or credit card information for all expenses. Mail it back to:
**Area 45 Convention
PO Box 116
Audubon, NJ 08106**

Q: I don't want to attend the Convention; I just want to go to the dances. Can I buy tickets for those?

A: Sorry! Our event is inclusive. Your \$35 Convention Registration covers everything. We don't sell tickets for the dances.

Reason: The Hotel charges the Convention for everyone that attends the Convention. They do this by Daily Averaging, and they are very good at it.

...Area 45 General Service Convention

REGISTRATION FORM

Please use ONE registration form for each person registering.

To register on-line go to: <http://www.snjaaconvention.org>

For Mail-in registration, please complete the form below and mail to:
Area 45 Convention, P. O. Box 116, Audubon, NJ 08106

PLEASE PRINT CLEARLY:

Email: _____ Handicapped accessible: _____ Hearing Impaired: _____
 Name: _____ One Bed _____ Two Beds _____
 Address: _____ Fri. night _____ Sat. night _____
 City _____ State _____ Zip _____ Arrival Date: _____
 Phone: _____ Cell Phone: _____ Departure Date: _____

To insure your reservation is made correctly, please provide us the name of your roommates.

Name(s) of roommate: 1. _____ (First and last name)
 2. _____ (First and last name)
 3. _____ (First and last name)

NEW! Friday Night Dinner -- Choose one: Veggie _____ Chicken Venezia _____ Tenderloin of Pork _____

Hotel Packages (Convention Registration fee of \$35.00 included). Saturday Banquet is "not included" in any packages.

Pkg#	Single	Double	Triple	Quad	Total
#1	\$347.00 _____	\$230.00 _____	\$198.00 _____	\$176.00 _____	_____
#2	\$309.00 _____	\$192.00 _____	\$160.00 _____	\$138.00 _____	_____
#3	\$172.00 _____	\$114.00 _____	\$ 98.00 _____	\$ 87.00 _____	_____
#4	\$172.00 _____	\$114.00 _____	\$ 98.00 _____	\$ 87.00 _____	_____

Rooms and Registration Only - none of the below packages include any meals

#5	\$271.00 _____	\$153.00 _____	\$122.00 _____	\$100.00 _____	_____
#6	\$153.00 _____	\$ 92.00 _____	\$ 78.00 _____	\$ 67.00 _____	_____
#7	\$153.00 _____	\$ 92.00 _____	\$ 78.00 _____	\$ 67.00 _____	_____
#8	\$35.00 Registration only				_____
	\$40.00 Saturday Night Banquet				_____
	Choose One: Veggie _____ Beef _____ Chicken _____				_____

Total Amount Enclosed: _____

Check or Money Order enclosed: Amount \$ _____ (Make checks payable to "AREA 45 CONVENTION")

Please charge my credit card: Amount \$ _____

American Express _____ Visa _____ Master Card _____ Discover _____

Credit Card Number: _____ Expiration Date: _____ / _____ (mo/yr)

Name on Credit Card: _____ Security Code: _____ (3 digits from back of card)

Name (if different from above): _____

*****If you need confirmation besides your cancelled check or credit card statement email**

Registrar@snjaaconvention.org

*******No credit cards by mail will be accepted after March 9, 2009*******

I want to be on the Old-Timers Panel!!!! _____ Years of Sobriety: _____

AA: _____ Al-Anon/Alateen: _____

Name on Badge: _____ Home Group: _____

PREORDER

2009 Logo Tee Shirts for sale at \$10.00 each. Sizes: SM _____ MED _____ LG _____ XLG _____ 2XLG _____

Business News

Minutes from the Nov. 9th Business Meeting

Delegate: Fred E.

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

Thank you, all, for being in attendance today.

During this quarter, I have attended the Convention Committee meetings in September and November.

I attended the Area Inventory on September 7th; thank you, Jimmy S. and Julie W., for your service to the Area. While the Area Inventory does not set policy, if there was something that was heard during the Inventory that individuals would like to make happen, it can be brought up at the Committee meeting following the Assembly.

I attended the CTF (Corrections and Treatment Facilities) Inter-Area Conference on October 11th, held at the Lambs Road Tudor Hall in Sewell.

On Saturday the 18th of October, I attended the Annual Day of Sharing held at the Carslake Community Center in Bordentown.

I was in attendance for District 8's GSR meeting on October 8th. Thank you, Linda B., for your efforts in trying to light up the District, and thanks to Richard M., Section II leader for your support.

On November 5th, I attended District 4's workshop "Our Primary Purpose." The presen-

tations were very informative and thought-provoking; great workshop, Kim R.

Let me know well in advance of your District's events, so I may plan on attending them.

Northeast Region

November 21-23 – Waves of Sobriety Round-up in Cape May.

February 20th, 21st, and 22nd – Northeast Regional Alcoholics Anonymous Service Assembly. (NERAASA '09). Portland, Maine. Registration flyers are available.

GSO

There is an opening at GSO for a Trustee-at-Large. Today we have two candidates who have made themselves available for the position. We will hold a Third Legacy election to select our nomination from Area 45.

Background information will be given to two Districts from each Section to participate in the GSC advisory action: That the Finance and Budgetary Committee gather input from the Fellowship on the benefits and liabilities, both spiritual and practical, of fully funding GSO Services. And report their discussions back to me for summarization and forwarded to the General Service Office for the 2009 Conference.

Thanks for the privilege to serve you.

Alternate Delegate:

Elaine Mc.

Thank you, Section II, for hosting our Assembly today.

I would like to welcome our new GSRs to today's Assembly. I sincerely hope this will be the beginning of a very rewarding journey in AA service for you.

Since we last met in August, I have attended business meetings for the three Intergroups, in addition to a planning meeting for our Day of Sharing.

On Sept. 7th, I participated in the Area Inventory and would like to thank our Past-Delegate, Jimmy S. and Julie W. for their service in planning that event.

Also in September, I represented the Area at the Cape Atlantic Unity Breakfast in Cape May.

On October 11, I attended our Corrections and Treatment Conference. Thank you, Mike K. for presenting us with a very informative format.

The Day of Sharing was held on August 18th in Bordentown, and it was a really wonderful service event. We had 63 AA members in attendance representing all three of our Intergroups as well as Area 45. I would like to thank everyone who responded to my request for input as to what changes you wanted. We were able to incorporate your ideas into our format, having four "roundtable" discussion

groups and report backs. Andy E (SJIG), Buddy (CAIG), Matt M. (CJIG) and Heather Anne S. (Area 45) led those discussions. Thom O. spoke to us regarding the importance of good communications, and Stella J. gave us a history of the Day of Sharing. We had a trivia contest created by Connie Y. with prizes to the winners. My sincere thanks to all of you, as well as to CJIG, for a terrific job of hosting the event. I have received many comments since the DOS, and they have all been positive. Everyone agreed that they came away with new service information, as well as having enjoyed the fellowship and the food. Speaking of food, I have to say that, although I have attended a lot of AA service events, it is the first time I can remember being served quiche for breakfast! That will be a hard act to follow.

I received a request to visit groups in the Burlington County area, and I have gone to two of them and plan to visit others this next quarter. I attended the anniversary meeting for the Medford Women's group.

I attended the District 4 meeting/workshop on "Our Primary Purpose" last week. Congratulations to D4 DCM Kim R. on that informative and enjoyable event.

I have also gone to the Convention Committee meetings in Hammonton each month, as well as going to their pool party in August.

I have, of course, been in contact with our Delegate to prepare for our trustee nomination election today.

I am excited to be planning the Panel participation in CAIG's Annual "Waves of Sobriety" Roundup later this month.

As always, I am grateful for the privilege of being in service.

Area Chair: Joey H.

Good morning. My name is Joey, and I am an alcoholic. First, I would like to thank Section II for hosting today's Assembly. Since the last Assembly, I have attended the Area Inventory, hosted by Jimmy S., which was very informative about how others feel about the Area, the Panel and all other situations, which lead me to believe that I must change a great deal, and one of my very first changes will be to appoint Julie W. as my new Ad Hoc/Workshop Chair. Thank you, Julie, for your continued service to Area 45. I also attended several Convention Committee meetings, and from the looks of it, all systems are go for the Area Convention. I also attended the CTF Conference in October. Thank you to Billy T., and thank you to all your Committee members

for a job well done. I also helped our Archives Chair to move into our new facilities, and thank you, Stella, for preserving something I and others believe to be priceless, our history. I have met with our Website Chair, Paul R., and he will be staying on as Chair. There are some issues that are being worked on at present, and I expect Paul and the website to make a full recovery. I am sad to inform you that our Area CPC chair has stepped down due to the fact that he is moving. I am in search of someone to replace Melvin W. Thank you, Melvin, for all your years of service to Area 45, in many capacities. Also, I look forward to seeing you at the Waves of Sobriety in Cape May. I also attended several home group anniversaries along with planning my wedding in January to our Registration Chair, Kelly, one of my gifts of sobriety. Thank you for allowing me to serve Area 45.

Treasurer:

Heather Anne S.

Happy Fall! I hope everyone had a wonderful summer!

I attended the Area 45 Inventory on September 10th in Bordentown. Thank you again to Jimmy and Julie for their wonderful job. It was a very informative day and we got a lot of great feedback and ideas.

I also attended the Annual Day of Sharing on October 18th. It was a very productive day and we all had a lot of fun playing the AA trivia game. Thank you to Elaine and Central Jersey Intergroup for all your hard work.

I attended the District 18 workshop on October 25th in Ocean City. I would like to thank District 18 for allowing me to participate in their evening.

I am looking forward to attending the upcoming 2nd Annual Cape Atlantic Intergroup Waves of Sobriety Roundup on November 21st-23rd in Cape May. The committee has been hard at work and have planned an exciting weekend of speakers, meetings, fellowship, and fun.

Your treasury report is as follows:

Beginning Balance 8/10/08	\$ 41,820.81
Income	\$ 8,130.02
Expenses	\$ 10,116.24
Subtotal	\$ 39,834.59
Prudent Reserve	\$ 18,000.00
TOTAL	\$ 57,834.59

In Love and Service.

Registrar: Dave MacD.

Hi, my name's Dave, and I am an alcoholic. Thank you to Section II for hosting this meeting.

(continues on the next page)

Account Balances Report

As of 11/30/08

Bank Accounts

Checking -- Operating Account	\$ 40,335.20
Prudent Reserve -- Commerce CD	\$ 18,000.00
TOTAL	\$ 58,335.20

Cash Accounts

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

Asset Accounts

Convention	\$ 3,709.47
Young People's Committee	\$ 809.96
Non-Profit Mail Permit #372	\$ 300.00
TOTAL	\$ 4,819.43

Credit Card Accounts

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

GRAND TOTAL \$ 65,654.63

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

(contd. from the previous page)

I have two things to bring to your attention this quarter:

First, GSO has informed me of 37 "Unknown" groups. These are groups for which they have no contact person listed. They might be better termed "Unknowable" groups, because it's impractical for a person from GSO to come down to South Jersey to find out how to make contact with them. This is where you come in. All groups are permitted to have a GSR, an Alternate GSR, and a group contact person. None of these are required. However, a contact person is required if the group is to maintain contact with AA as a whole. In fact, we cannot send newsletters or other correspondence to a group without a name and mailing address. I have narrowed the list down to 26 groups at this point, but I need your help. In this quarter's DCM reports, I have listed "Unknown" groups in red. Please try to visit them to get the information we need. All active groups have someone. They usually have a key or may make the coffee on a regular basis. Please encourage them to join the larger AA community by giving us their contact information.

The second item is a question which arose as to how one gets on the mailing list for the newsletter and other correspondence. As Registrar, I maintain a database of all GSRs, Alternate GSRs, Section Leaders, Committee Chairs, Panel Members, Intergroup Chairs, and Delegates, Alternate Delegates, and Past Delegates. When you become, for example, a GSR, your contact information is entered into the database which replaces the outgoing GSR. The outgoing GSR's information is no longer there, unless we are informed that they have a new service position. Hopefully, they will tell us, but sometimes, that information can fall through the cracks. If you know of any such cases where someone has changed positions and is not getting a newsletter, please let me know so I can correct the database. Finally, if you are receiving a newsletter in the mail, and no longer have a position, please let us know so we can save some postage. Newsletters are always available at quarterly Assembly meetings and should be taken back to your groups for all to read. An early copy is also generally available online at our website: www.snjaa.org.

Finally, if any new GSRs or DCMs did not meet with me during the New GSR Orientation during the last hour, please see me during the lunch break so I can get you registered. For any DCMs, if you haven't received your district printout from me yet, please see me during the lunch break so you can make any additions or corrections to your District list.

Secretary: Janet S.

Good morning. My name is Janet, and I am an alcoholic. Thank you, Section II, for your hospitality and hosting today's Assembly. Welcome to all the new GSRs and DCMs.

As expected, our fall season is becoming busy. I attended the Area Inventory in September, that asked "How are we doing in Area 45?" The Day of Sharing in October allowed me to meet and get clearance applications for other women who would like to go into the women's prisons. The first District Night Out for District 4 was held on November 5th, and the workshop stressed the importance of "Our Primary Purpose." The workshop did presentations on several topics, which generated much discussion afterward.

As a reminder, if your report is not given at the Assembly, it will not appear in the *Fourth Dimension*. For the new DCMs, if you have an e-mail address, please give it to me at lunchtime. For everyone else, you are all on my Family List, so you should not have any trouble reaching me by e-mail. I look forward to receiving your reports no later than two weeks after the Assembly.

In Love and Service

Archives: Stella J.

I want to thank Section II for hosting the Assembly today.

I attended District 18 workshop. It was a very good workshop – including the trivia game presented by Heather Anne. Way to go, District 18. I gave them a copy of the Assembly minutes from our Archives. It describes when the District first appeared in the minutes – January 4, 1976.

Our Archives display today includes some of our early AA non-alcoholic friends. There are two handouts – the Jack Alexander article that appeared in the Saturday Evening Post on March 1st, 1941. Please take it home and read it when you have some time.

I also found another article that Jack Alexander wrote before his famous article describing his feelings about AA. It appeared in the *Grapevine* some years later. Jack, at first, was very skeptical about AA. He stated that he thought we were a bunch of actors sent out by some Broadway casting agency. He met with Bill W. at the GSO office, and the story goes on from there. Please pick up a copy and read the interesting twist to his thinking.

I contacted the Archives Office at GSO. They were giving away some material that they found in the office during the renovation. I missed getting some early issues of the *Grapevine*, but I am receiving some back issues of *Box 459*, bringing our collection up-to-date – from 2000 on. I will also receive a

Conference Report dated 1981. If anyone has any *Box 459s* before the year 2000, I would appreciate receiving them for the Archives.

The Archives in New York will be going through renovations for three months. The Archives Office will only be open with minimal viewing.

Our display in February, 2009 will feature items from our collection on our past conventions.

Thank you for the opportunity to serve Area 45.

Policy & Charter: Thom O.

1) I attended the Area 45/ Intergroup Day of Sharing in October.

2) Attended Area Inventory.

Yours in Service.

CTF: Bill T.

The difference between involved and committed.

I'd like to start off with a story about your breakfast meal. The cow was involved; it provided the milk. The chicken was involved; it provided the eggs, but the pig was committed.

At the last Assembly, I asked people to get involved with Corrections & Treatment facilities either through our committee or through H&I commitments. If you can't make your commitment for a very good reason and don't get a replacement – you're only involved. We're asking you to be committed, not just involved, taking responsibility for it even when you can't attend. (Get a replacement). I learned this important

point by attending the annual CTF Conference in October. A question was raised at the Fall Assembly – Why don't more people get in service in AA? I think it's the nature of alcoholism to be stuck on self. The Third Step prayer addresses this, and our Conference theme is Freedom from Bondage. Won't you take a commitment, if only temporarily, to reach out to those unable to get out to attend meetings? It's good for you and may save their life.

CPC: Melvin W.

Gil and I, along with Bob P. and his crew from Area 44 held an exhibit for the New Jersey School Counselors Convention at Long Branch, New Jersey on October 19 and 20, 2008.

Gil and Lollypop Joe will have an exhibit, along with Bob P. and his crew from Area 44, for New Jersey Education Association Convention to be held in Atlantic City at the Convention Center on November 6 and 7, 2008.

This is my last report, as I am resigning my position as CPC Chair as of this date – October 30, 2008.

Gil has volunteered to work with the new chair if requested.

With Love and Service.

Grapevine: Rob F.

I want to thank the Area for allowing me to serve in this position.

This past quarter, I did not attend any specific events, but I have been visiting several District 19 AA Meetings as the

Grapevine representative of Area 45 and making the *Grapevine* literature available before and after the meetings.

Income from sales from the past 3 months:

• Sales at the Summer Assembly	\$ 100.00
• Sales from meeting visits	\$ 60.00
	\$ 160.00

NEW FROM GRAPEVINE:

The Grapevine has released a new collection of *Grapevine* stories called "Beginners Book."

This book is full of useful suggestions, insights, and solutions to problems common to the newly sober. Plus the experience, strength and hope of AAs going forward to live a full and joyful life. This new release will become part of Area 45 inventory. *Grapevine* magazine continues to call for articles on every aspect of recovery. Some special themes to be featured in 2009 are: Character Defects, Double Digit Sobriety, AA for Non-believers.

To submit your story on any of these topics or to share your experience, strength and hope on one or more of the Steps, visit www.aagrapevine.org for writer's guidelines.

I am looking for volunteers to help with *Grapevine* sales at events and to work as a *Grapevine* Committee to plan future *Grapevine* events. Additionally, any group or district within Area 45 interested in having *Grapevine* literature

(continues on the next page)

AREA ASSEMBLY/COMMITTEE MEETING Sunday, February 15, 2009

CODI (Career Opportunity Development Inc.)

901 Atlantic • Egg Harbor City, NJ 08215

8:30 am Registration

9 am New GSR/DCM Orientation

10 am General Service Assembly • 11:45 am Lunch

12:30 pm Workshop • 1 pm Area Committee Meeting

Good Orderly Directions:

From North: Take Route 206 South. Turn left onto US Route 30 (White Horse Pike). Make a right onto Buffalo Ave. and a left onto Atlantic Ave.

From West: Take the Atlantic City Expressway East. Take Exit 17 (Route 50) toward Egg Harbor/Mays Landing. Merge onto NJ Route 50 North toward Egg Harbor. Make a right onto Atlantic Ave.

From South: Take the Garden State Parkway North. Merge onto the Atlantic City Expressway West via Exit 38A toward Camden/Philadelphia. Take Exit 9 toward Atlantic City International Airport/FAA Tech. Center. Turn right onto Delilah Road (CR-646). Enter next roundabout and take fourth exit onto CR-563/Tilton Road. Turn left onto US-30/CR-563/White Horse Pike. Turn left onto St. Louis Ave. Turn right onto Atlantic Ave.

From West: Take the Atlantic City Expressway West. Take Exit 9 toward Atlantic City International Airport/FAA Tech. Center. Turn right onto Delilah Road (CR-646). Enter next roundabout and take fourth exit onto CR-563/Tilton Road. Turn left onto US-30/CR-563/White Horse Pike. Turn left onto St. Louis Ave. Turn right onto Atlantic Ave.

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

(contd. from the previous page)
sales at an event can contact me at 609-465-4161.

This report is submitted In Fellowship and Gratitude.

45th Convention: Joe M.

Good morning. I'm Joe, and I'm an alcoholic.

The Convention Committee enjoyed our yearly pool party in August held at Kim D.'s house. There was enough food brought to feed a small army, but we managed to do it justice.

Our Convention Flyers have been printed and are being passed out. Look for one at your home group. There are some on the registration table today, also. The Registration form has also been printed, and we are going to have a stuffing party this week.

The Registration form is available in the Fall issue of the *Fourth Dimension* newsletter.

I have a correction to that form. On the 3rd page package #1 for double occupancy reads \$260.00 ea. While we could use the extra money it really should read \$230.00!

You may note that the Banquet this year will cost \$40.00. Yes that is the price.

While that may seem expensive, we need to remember that the Crowne Plaza is a five star hotel, so that price is not out of line.

I asked Julie W., our Banquet chair, to "take it up a notch with class," and she did just that! After seeing what the Banquet Committee has planned, I truly believe that you will be very pleasantly surprised. This will be the one banquet that you don't want to miss or have anyone say to you, "You should have been there."

Our Program is on track and our speakers are confirmed.

Our Convention Marathon Chair, Christina S., will be looking to pick up any cards for the Marathon meetings that are still outstanding. Please give them to Christina as quickly as possible. We need to fill all the Marathon meetings before we can send our program to the printer.

The Entertainment committee has lined up a great DJ for both Friday and Saturday night dances. Don't forget the karaoke for those who dare try out.

The Convention Committee is looking forward to our annual trip to the Wilson House in mid-January. This is always a great time of fellowship and fun.

How can you stay informed about the Convention? Visit our Web site at snjaaconvention.org.

Better still, join us in Hammonton at our next planning meeting on December 7 at 1pm. We still have room for

more people on the Committee and plenty of jobs to go around. Join us now in time to go with us to the Wilson House.

Thank You all for letting me serve.

Ad Hoc Committee:

Alice W.

46th and 47th Area 45 General Service Convention 2010/2011 Contract Negotiation

Committee members: Alice W., Frank Z., Kelly M., Joey H.

My name is Alice, and I am an alcoholic.

I am sure everyone would agree that the ultimate goal is to preserve the quality of the experience of our Convention, keeping attendance at a maximum and the cost to attendees at a minimum. That's where we came in – our job was to find the best location both for the experience and for the financial results. We said in the beginning that could mean we find a totally new location or that we stay where we are. After a lot of searching, we were unable to find an alternate location that could a.) accommodate our needs and b.) give us a reasonable enough package. So I am pleased to announce that our Convention will be remaining at the Crowne Plaza in Cherry Hill for 2010 and 2011.

We wanted to avoid status quo, just having the same contract. If we kept just building on the same contract, we would run into problems trying to keep the convention in the black. So the committee did some negotiations with the Crowne Plaza, and we got them to see that we really needed to do better in order to pass any significant savings onto the future convention attendees. We think we have come out with a very good contract. Here are some of the major points that we were able to get for the next two years:

- The room rates for the 2010 Convention are \$114 for single and double. This is only \$5 more than the current price for the Convention and actually the current rack rate. So we feel like we did well to avoid a big increase here.
- The Convention always gets a comped suite as part of the package. Last year, for the first time, the hotel took away one of the bedrooms attached to the suite, so we had to pay for it. We got it back, and the contract now has a two-bedroom suite comped.
- The tables in the promenade previously cost us \$50 per table. So for 25 tables the Convention was paying \$1,250. The cost has been cut in half to \$25 per table, saving the committee \$625.
- The food and beverage guarantee was \$31,000 last year, and went to \$32,000 this year. The increase puts enormous pressure on the

Convention Committee to sell banquets and other meals. We got the hotel to agree to \$30,000 guarantee for both 2010 and 2011, which is much more manageable.

- Much of the cost of the Convention is the coffee charge. This coming convention the coffee charge is \$22.50 per person, which comes out to about \$20,000. We talked to them about doing a per gallon charge instead of the per person charge. So this year at the Convention, the hotel staff will keep track of how much coffee is served, so that in 2011, the Convention Committee can decide for itself which would be more cost efficient.

Joey and I signed the 2010 contract, and we can sign the 2011 contract anytime I'm told. I wanted to thank my Committee for a great job – Frank, Kelly and Joey. We all put a lot of thought and work into this Committee. So great job! If you have other questions you can see me at the break.

South Jersey Committee of Young People in AA: Colleen T.

Hi. My name is Colleen, and I'm an alcoholic. This quarter, SJCY-PAA held a Halloween Speaker Meeting and Dance. The event was a lot of fun and very successful. Thank you to everyone who attended and to those who helped to make this event possible.

The Committee meeting time has been changed to increase participation by those who expressed an interest to attend. The meetings are still held on the second Wednesday of each month, but are now at 9:15pm (after the Cherry Hill Young People's Meeting). The meetings are held at Trinity Presbyterian Church on Route 70 in Cherry Hill. The Committee has grown, but still needs support for upcoming events. Please remember that "young" means having room to grow. Your support would be greatly appreciated. Please feel free to contact me at tollhouse00@aol.com with any questions.

In love and service.

GSR/DCM: Linda MacD.

Today we had 13 new GSRs and Alternates, as well as a few other visitors.

The Area 45 kit has been updated to reduce duplication of materials sent from GSO. Fred, our Delegate, has also added some additional items from Area 45.

Thank you for letting me serve.

Newsletter: Pat M.

Good morning. First, I want to thank my co-chair, Alice, for giving my report again this quarter.

Thanks again to our Area Chair, Joey, 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 fall issue, we were able to feature CTF. Thanks so much to Joe O. for your last minute help with that. Also in this issue is the second installment of the new feature "About Service in AA." And thanks so much to Elaine M., our Alternate Delegate for writing "What have you done for me lately? What does the Area do?" It is recommended reading. The next couple of installments may include "The GSR," "My Service Experience," and perhaps even "The Area 45 Convention."

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 email me at PATM@COMCAST.NET. That email address is also inside the newsletter on page 4. Anyone who wants to volunteer on the Newsletter Committee also please use that same email address to contact the Newsletter Committee.

The deadline for submissions to the winter 2009 issue of the *Fourth Dimension* is December 31st, 2008, 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.

Respectfully submitted.

South Jersey Intergroup: Andy E.

Good morning, folks. Glad to see everyone out so early on a Sunday morning.

South Jersey Intergroup has been busy the last few months with lots of H&I commitments, Group anniversaries, and great social events. Our committees have been hard at work continuing to reach out and help to carry the message. I'd like to invite everyone to visit our website at www.aasj.org to check out the latest event flyers and also to check out the latest changes to our meeting list features. Now it's incredibly easy to find a meeting by city or time of day. Please be sure to submit your events to the website early on, so more folks can come out and join you sharing in the fellowship.

Archives Committee needs a Co-Chair to help with the Archives. Contact Priscilla S.

Literature Committee is looking for folks with two years of sobriety to sell literature in two-hour shifts. Training is available whenever you are. Contact Ginger F.

Social Events could use some energetic, go-getters to help out with planning as well as representing at the various events. Contact Larry B.

A special note of thanks to everyone at Central Jersey Intergroup for the great job they did hosting the Day of Sharing. While I can only speak for myself, I think everyone in attendance came away with good information they could put to use immediately.

That's what the event is supposed to do, and it accomplished that goal and more.

Our Budget and Finance Committee has proposed a sound budget for the upcoming year, and we're confident of unanimous approval in December. On that note, I'd like to thank ALL the groups in South Jersey for your continued confidence and ongoing support. We watch our spending carefully, and endeavor to see that your contributions are well spent carrying the message.

South Jersey Intergroup will be playing Intergroup host to our 45th Annual Service Convention in March of next year, and we hope to see everyone there. We need your support to ensure a successful event for all attendees. Come out to our Steering Meeting on the second Wednesday of the month, at the office in Pennsauken, or our Regular IG Meeting on the third Wednesday of the month at Holy Trinity Church hall in Audubon.

There will be plenty of opportunities for your sponsees to get their feet wet in service.

Speaking of service, I know I'm basically "Preaching to the Choir" here at this meeting, as you good folks are already involved in service, but you folks, the GSRs, need to impress upon your group's sponsors to let the newcomers know that getting involved in service is a vital part in insuring continued sobriety. It's not painful, difficult, or dangerous. Each of us arrived at the doors of AA in bad shape, but carrying with us our own special talents that we can utilize to help the next suffering alcoholic who walks through those doors. Tell them to "plant the seeds and watch them grow" so that folks who are too shy or lack self-confidence can come out of their shell and become the person that their Higher Power wants them to be.

Remember, "It Works if We Work It."

Lastly, I'd like to let everyone know that Our Gratitude Dinner/Dance will be held on November 15th at Nicolosi's Catering in Woodbury from 7 til 11pm.

I have with me a few of the remaining tickets which are \$30. See me after the meeting.

(continues on the next page)

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

(contd. from the previous page)

My name is Andy E., and I approved being here helping carry this message. :-)

Cape Atlantic Intergroup: Wendy

Good morning, everyone!

We've had an exciting couple of months.

We had an extremely successful Unity Breakfast at the Cape May Grand.

We've had an increase in the amount of people interested in holding a meeting at the Atlantic County jails. Last month at the meeting, John from the Atlantic County jail came to speak with us at Intergroup. The jails is trying to make sure the officers make sure the people speaking at the jail have no problems getting in to run a meeting within the facility. He wanted to make clear to us that anyone can do a meeting once without being cleared. If you go to the jail more than once, you do have to go through the regular clearance policy.

We want to thank Area and the other Intergroups for allowing us to participate in the Day of Sharing.

We just had a great Halloween Young People's dance.

The most exciting news I have is the second Waves of Sobriety Round-up is only 12 days away. So, if you have not registered, please do so today. You can register with myself, Vinnie, or Heather Anne. Do not miss out on all the fun. We open Friday night with a swimming pool beach ball meeting. We will have excellent speakers, wonderful hospitality, spiritual workshops, and memories that will last a lifetime of sobriety.

Respectfully submitted.

Section I

District 4: Kim R.

I've been very busy since our Summer Assembly on August 10, 2008. I attended the Area 45 Inventory and the Area 45 Day of Sharing. I tried to hold meetings with District 4 GSRs in order to plan a District workshop open to all AA members, unfortunately only myself and one other GSR attended the two meetings I did schedule. So, first I want to thank Joe S., GSR for the Hampton Group, for arranging the meeting place for us and for showing up to the two meetings. Rather than wait for more assistance, I did most of the planning for the District 4 meeting myself, which we held on Wednesday, November 5th in Mt. Holly. I chose the theme of "Our Primary Purpose," and my sponsor, Ruth Ann, assisted me in developing presentation topics. I then began asking all GSRs in the district to volunteer to give a presentation. Unfortunately, only three GSRs volunteered. However, I was

able to find two AA members to volunteer. Our presentation topics were: "Am I Unique? I'm an Alcoholic and..." presented by Stephanie L., GSR of the Threshold Group; "Respecting AA" presented by Annette T., GSR of Mt. Holly Step & Tradition; "Our Third Legacy" presented by Joe S., GSR of the Hampton Group; "The Group Members' Responsibility" presented by Karen F.; and "Why We Can't be All Things to All People" presented by Angela R. All presenters were instructed not to give opinions, but to use all Conference-approved AA literature and their experience, strength and hope. They were told not to read from the literature, but to reference it when writing their presentation. They each had seven minutes (not strictly enforced) after which they had to inform us which literature they used. I directed each presenter to the literature they can reference, from *AA Comes of Age* to "Singleness of Purpose - Newsletter to Professionals" by George E. Valliant, M.D., Class A Trustee from 2002. I directed them to go to www.aa.org and in the search bar type in "singleness of purpose" or "primary purpose" and offered to help them in any way with their presentations.

I then developed flyers for the meeting (with the help of Stephanie L.) and sent them to each group on September 29 via email or US postal mail. In November, I began visiting each group in District 4, in addition to visiting groups in other Districts (including 14 meetings in the two weeks leading up to November 5th), to personally invite them to the District meeting. While visiting these groups, I found that 90% of the GSRs were not announcing the meeting, and many GSRs are not passing on any of the information I am sending them. That was somewhat discouraging, however, I trudged on.

I am grateful to be able to report that we had 27 attendees at our District 4 meeting on November 5th, however, 90% of those attendees have double digit years of sobriety - no newer AAs attended. The good news is that I received only good feedback from the "old-timers" that attended, in addition to AA members that did not attend telling me that they heard about what a great meeting it was. Other than the presentations, the meeting consisted of a 15-question trivia game with prizes, dessert and fellowship. I am extremely grateful for the 27 members that did attend, and I was particularly appreciative that our Area Delegate Fred, Alternate Delegate Elaine, and Secretary Janet came out to support the District. That meant a lot to me. There seemed to be such gratitude from AA members that Our Primary Purpose was presented that perhaps Area

45 can consider holding workshops on this topic. I am also going to approach each District 4 group to ask that I be allowed to attend one of their business meetings to give a ten-minute presentation on this topic. I am hopeful that if this thought does proceed, I may have an Area 45 Panel member available to accompany me.

As a result of visiting and talking with the groups, I found that there is a lot of confusion regarding our service structure - particularly from the groups in District 4 that are tied to Central Jersey Intergroup. It seems that many AAs think that South Jersey Area 45 is the same as South Jersey Intergroup, and they did not understand what this District meeting had to do with them. I heard some comments such as "We are with Central Jersey, not South Jersey." I attempted to educate as best I could, but because of this, I am developing ideas (and will accept any suggestions from anyone) for the next District meeting to revolve around our service structure, particularly how important it is for the group to have a GSR that fulfills their duties. I am hoping to be able to present this topic in a way that will attract attendees and be interactive and informative.

I did a search online of all meetings in the towns on the Southern NJ General Service Area 45 Towns by Sections and Districts list and found some meetings that are not listed on the original spreadsheet that I was given when I became DCM. It appears that there are 21 groups in District 4, not the 17 I was informed of. This includes Vincentown Big Book, which is still confusing to me that it would be on the District 4 spreadsheet. The list of Towns by Sections and Districts shows Vincentown as being in District 27. I don't mind - I just want to make sure I am working with the right groups.

I want to thank the following groups for contributing funds to District 4: Hainesport Proper, Vincentown Big Book, Mt. Holly Step & Tradition, New Egypt Traditions First Group, Hainesport Serenity, the Threshold Group, Ellisdale Language of the Heart, and the Hampton Group. I feel good about that, since when I first became DCM, District 4 was only receiving contributions from three groups. While most of these groups are not financially able to contribute very much, I am grateful for their willingness to support the District. The District 4 bank account has a balance of \$316.32 as of 11/5/2008.

I continue to send reports to all groups' GSRs and Alternate GSRs, along with reference material acquired from Conference-approved AA literature. I have also been distributing the flyers I receive, such as

the Cape Atlantic Roundup and the NERAASA 2009 registration forms.

While I am often exhausted and sometimes discouraged from the lack of GSR assistance, I am extremely grateful to be afforded this service opportunity and will continue to learn and do my best with the help of AA members, GSRs, DCMs, current and past Area 45 service workers... and God.

In grateful love and service.

Section II: Richard M.

Good morning. As the new Section II leader, I would like to welcome all the new GSRs DCMs to this Assembly. At this time, I would like to extend my sincere thanks to my DCMs and their GSRs for all the help that has been given to me. Each and every one of you knows what you have done, and believe me that lunch for this Assembly would not have occurred without that help.

My thanks also to Joe, our Chairman, who stood ready and willing to come to my aid if needed.

I have spoken and visited with three current DCMs in this Section. I have also spoken with a former DCM, who I will be meeting with this Tuesday to chose a new DCM for his District. That leaves three Districts that are still dark, but I am attempting to reach those. I hope that by the next Assembly, I will be able to convey that Section II is fully represented and that a system of rotation is in place.

Thank You.

District 26 : Barbara B.

A meeting was held at my home on Sept. 19, 2008. Attendees were Tom D., Joe M., Ellen C., Sharon V., and Geo. M. Our new Section II leader, Richard M., was introduced to the group. We discussed the meeting dates, which are the third Wednesday of every odd month at Barbara's house at 7pm.

We also discussed plans for November 9th - the Assembly at the Collingswood Senior Center, who would be able to attend, and who would be there early to help set up.

District 26 has an active GSR, group, and we received at a previous meeting to assign the home groups that were not represented would be visited or called by an active GSR from the group. Tom D., George M. and Ellen C. contacted their assigned group and got no response. District 26 has 23 groups, approximately 19 are active. Richard M. said he planned to visit all the "dark" groups.

Our next meeting is November 19 at 7pm at my house.

Respectfully Submitted.

Section III

District 13: Linda MacD.

We are still looking for a District Treasurer. Bill T., our CTF Chairperson, did a nice job presenting his committee's activities at our last District meeting.

We are meeting this coming Thursday and will discuss further plans for our workshop to be held in April, 2009.

And we now have a new agenda item, thanks to our Delegate Fred. Discussion of money in AA always adds spice to a meeting.

Thank you for letting me be of service.

Section IV: Peder N.

Hello, everyone. I'm still Acting Section IV Leader at this time. While there have been some changes going on within Section IV, all the Districts are still alive and carrying the AA message. There are several workshops that will be happening within the Section. I'll let the following DCMs tell you about those. However, I would like to mention District 15 will be hosting Movie, Munchies, and a Meeting on Saturday, November 29, 2008 in Tuckerton. The movie will be "My Name Is Bill W."; there will be a sobriety countdown and I expect some lively sharing at the meeting after the film.

I have arranged for the winter Assembly on February 15, 2009 to be held at CODI, Career Opportunity Development Inc., 901 Atlantic Ave., Egg Harbor City, NJ 08215. It is located behind the McDonald's on Rt. 30 off of St. Louis Ave., and close to the railroad station should anyone like to take the train there.

Yours in service.

Agenda Item for the February 2009 Assembly

Return elections assembly now held the first Sunday after Labor Day (on odd-numbered years) to the November General Assembly. This is to increase exposure, numbers of voters and the numbers of AA members making themselves available to serve. Those voted in would sit with current Panel members for the afternoon Committee meeting, setting the agenda for the Assembly of the incoming Panel.

Winter 2009



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