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## CENTRAL JERSEY INTERGROUP NEWSLETTER

**JUNE 2023** 





## CJI NEEDS YOUR SUPPORT

The following positions are open and are in urgent need of being filled. More information on how each position contributes to Central Jersey Intergroup can be found inside this issue.

- H&IChair
- Mens Corrections Chair
- Women's Corrections Chair
- Steering Committee Lead

For more information on how you can get involved, please contact the CJI Steering Committee Chair at chaircji@gmail.com.

# CJI needs the support from the area AA Groups and members to provide the identified services, in contributions of time and dollars.

## Central Jersey Intergroup would like to thank the following groups for their 7th Tradition contributions:

Believing Blind Faith

Casalan

Cranbury Friday Night Women's

Cranbury Noon

Cranbury Thursday 11:00 Women's

Day by Day

Feelings in Sobriety

Friday Cranbury Living Sober

Friday Night Prospect St.

Friday Night Step Up

Hightstown Early Birds

Hightstown Winner's

Home at Last

**HOW Group** 

If You Want What We Have

Jacob's Creek Survivors

Just for Today

Live and Let Live

Lost and Found

Mixed Nuts

Monday Night Women's BB

New Egypt Wednesday Night

New Way to Live

No Complaints

**Noon Serenity** 

Pennington Wednesday Night

**Phoenix Group** 

Princeton Alternative Group

Princeton Recovery

Princeton Winner's Circle

Prospects for Sobriety

Rocky Hill AA

Rule 62 Group (Bordentown)

Saturday 11th Step Meditation

Saturday Morning Men's

Singleness of Purpose

Slackwood Monday Night Step

Sourland Salvation Group

Step up to Sobriety

Steps in Succession

Sunday 7-11 Meeting

Sunlight of the Spirit

Talk is Cheap

There is a Solution

Turtle Cove

Venture to Help

Women of Courage

Please mail all group or personal contributions to:

P.O. Box 4096 Trenton, NJ 08610

#### or contribute via Venmo

@CJIContribution



## Inside Intergroup

Committees & Responsibilities of Central Jersey Intergroup

#### What is an A.A. Intergroup?

Central Jersey Intergroup (CJI) is an Alcoholics Anonymous service entity that is made up of A.A. Groups within the Mercer County, NJ area. The Intergroup Office is often where the still-suffering alcoholic first calls upon A.A. for Intergroups, such as CJI, primarily focus on addressing local needs, including tasks like publishing and updating local A.A. meeting lists, responding to inquiries about A.A., coordinating and following up on Twelfth Step calls, and establishing public information committees. Although Intergroups operate independently from A.A.'s global service structure, local intergroups play a vital role for the Fellowship -- many A.A. members find that serving their local intergroup enhances their personal sobriety journey and helps to expand their sober network.

"Unity is the glue that holds the intergroup/central offices and general services together, but it is communication that jumpstarts mutual cooperation and harmony — vital both in reaching suffering alcoholics and in being attuned to the needs of those who are recovering in A.A."

—Reprinted from Intergroup/Central Offices: A.A.'s Front Line — Box 459 – August/September 2007, with permission from A.A. World Services, Inc.

#### What's the Difference Between G.S.O. and my Local Intergroup/Central Office?

The General Service Office (G.S.O.) in New York serves the entire A.A. Fellowship in the U.S. and Canada. On the other hand, Intergroup/central offices operate independently to support local groups in their specific areas. While these offices are essential to A.A., they are not part of the general service structure or directly linked to G.S.O. Instead, they function as autonomous entities connected through a network of service outlets and A.A. contacts. Intergroup/central offices provide vital services such as managing local meeting information, distributing meeting lists and literature, maintaining local websites, and responding to inquiries and calls from those seeking help.

## **Intergroup Committee Functions**

MEETING LIST	The Meeting List Committee is responsible for the publication and maintenance of the CJI Meeting List for Alcoholics Anonymous. The meeting list is regularly published and distributed to AA groups, serving as a valuable resource that provides up-to-date information on meetings taking place in Mercer County and the surrounding areas.
ANSWERING SERVICE	The Answering Service Committee is responsible for maintaining the "12 Step" response list and scheduling hotline phone commitments. Their primary role is to ensure that when CJI receives a call for help, there is always someone available to provide the necessary assistance.
LITERATURE	The Literature Committee ensures that CJI maintains an inventory of A.A. approved books and pamphlets. These materials are made available for purchase by groups or individuals at cost, with the aim of carrying the A.A. message to as many people as possible. Additionally, the committee plays a role in making the Grapevine® accessible to alcoholics.
CORRECTIONS FACILITIES	The Correctional Facilities Committee focuses on carrying the A.A. message to alcoholics who are incarcerated. Their primary responsibilities include scheduling prison commitments and providing literature to prisons and other institutions. Volunteers contribute by bringing AA meetings to prisons and introducing incarcerated individuals to AA's program of recovery, ultimately helping them prepare for a sober life beyond the walls of the institution.
HOSPITALS & INSTITUTIONS (H&I)	The H&I Committee focuses on the well-being of alcoholics who are undergoing rehabilitation, regardless of whether they are in long-term or short-term institutions. This committee is responsible for scheduling commitments and ensuring that information and literature are made available to rehabilitation centers and other relevant institutions.
WEBSITE	The Website Committee is responsible for the development and maintenance of the CJI website. Their tasks include regularly updating the website with the current CJI meeting list , information about local and global A.A. events, and group anniversaries. The CJI website serves as a platform for sharing important information with you and your group.
NEWSLETTER	The Newsletter Committee is responsible for compiling and publishing the CJI Newsletter on a bi-monthly basis. The primary objective of the CJI Newsletter is to offer information about AA-related activities in the area, such as personal & group anniversaries or other local A.A. events. The newsletter serves as a valuable resource for keeping the AA community informed and connected within the CJI area.
PUBLIC INFORMATION	The aim of the CJI Public Information Committee is to increase awareness and understanding of AA, ultimately reaching the still-suffering alcoholic who may benefit from the program. This is achieved by informing the general public about the A.A. program and reaching individuals who may have a connection with active alcoholics. By keeping the Fellowship of A.A. well-informed, members and groups are empowered to carry the message more effectively.
SOCIAL	The goal of the Social Committee is to arrange and organize social events that include families and friends of A.A. members.
UNITY	The Unity Committee is responsible for scheduling and coordinating commitments for CJI representatives to visit various groups in the area. The purpose of these visits is to provide information and updates about CJI to the wider A.A. community.

### **Three Legacy Sobriety**

Living in Service, Unity, and Recovery

by Randi J., Unity Committee Chair

When I was asked to write something for the newsletter, I didn't know where to start. What is in my heart these days? I guess it doesn't matter how much time you have, the quality of your sobriety can be crappy. I've met some "Long-Timers" with whom I wouldn't trade their time for my nineteen years, and I've met some newcomers who are working an excellent program.

#### So, what makes up three legacy sobriety?

Obviously, a close relationship with one's sponsor is tantamount. My sponsor always says, "Tell me about it before you do it, I can't help you afterward." She also expects me to keep her up to date with what's going on in my life, so when something does come up, there's some history behind it to fall back on.

Next, going to a good number of meetings each week is very important. I can't expect my sponsees to go to meetings if I don't go to meetings. It is a "monkey see, monkey do" program, and I need to be a good monkey. This is easy for me, because my group meets six days a week at 7:00 AM. I like this because I can start my day off right.

This takes me to the next important factor, which is to have ONE home group — not three or four. Why? Well, In A.A. you are only allowed ONE vote, and that vote is in your homegroup. This group elects your Group Service Representative (GSR) who elects our Area Delegate. Once per year, the Area Delegate goes to the General Service Conference, where the agenda items voted on are responsible for changes within A.A. This is important stuff.

Another reason to keep just one homegroup is because you idelly want to try to attend every business meeting, and you take commitments to serve in THAT group.

The next important factor is from our 12th step — we must be in service. It doesn't matter what kind of service, but in service of some kind. There is so much to choose from. I might editorialize that sponsors are dropping the ball here. It is our responsibility to educate our sponsees about all such possibilities at the group, intergroup, and area level. AA will not survive without volunteers in all these levels. We have to get our sponsees into service!

Speaking of service, I am currently serving in a two-year commitment as the Central Jersey Intergroup The aim of Unity Committee is to try to get volunteers to become intergroup representatives or to join one of the many intergroup committees. Why not mine? Please join us - we really need support!

#### Join Us!

The CJI Unity Committee meets at 7:00 PM on the 2nd Tuesday of every month at the CJI Central Office.

3525 Quakerbridge Road IBIS Plaza, Suite 5000 Hamilton, NJ 08619

unity@cjiaa.org

## FAQ: Service Sponsorship

A service sponsor is there to answer your questions about your responsibilities, the structure of general service, the Twelve Traditions and Twelve Concepts and how to apply them, and making reports to your group.\*

#### Q: What does "service" mean in Alcoholics Anonymous?

A: Service in A.A. refers to any action or effort that helps reach a fellow sufferer, ranging from directly practicing the Twelfth Step to simple acts of kindness such as making a phone call or offering a cup of coffee. The collective services provided by A.A. members make up the Third Legacy of Service.

#### Q: How does sponsorship relate to service?

A: Sponsorship in A.A. is similar, whether it involves helping another individual in their recovery or providing service to a group. It entails one alcoholic who has made progress in recovery and/or service sharing their experience with another alcoholic who is just beginning their journey. Both forms of service are rooted in the spiritual aspects of the program.

#### Q: Are there different areas of service within A.A.?

A: Yes, individuals may find that they have more to offer in certain areas of service than others. It is the responsibility of the service sponsor to introduce the various aspects of service. It's important to distinguish between serving the needs of the Fellowship as a whole and meeting the personal needs of another group member.

#### Q: What qualities should a service sponsor possess?

A: A service sponsor is typically someone who possesses knowledge of A.A. history and has a strong background in the service structure. They introduce new members to the language, concepts, traditions, and literature of A.A., including The A.A. Service Manual/Twelve Concepts for World Service, Alcoholics Anonymous Comes of Age, and other relevant resources.

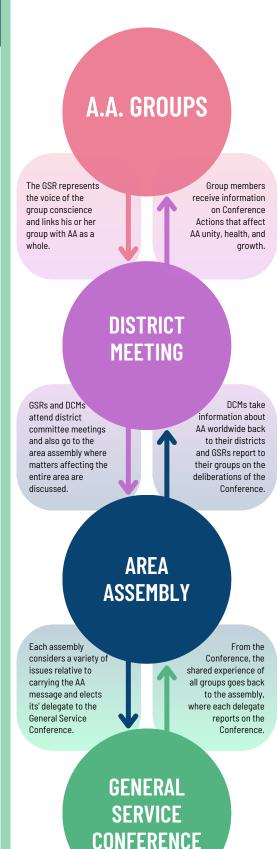
#### Q: How does a service sponsor guide a member's involvement in service?

A: The service sponsor initially encourages the member to become active in their home group, participating in tasks such as making coffee, handling literature, and assisting with cleanup. As the member progresses, they may attend Intergroup or district meetings, study the history and structure of A.A., and actively participate in A.A. committees to gain a broader understanding of service responsibilities.

\*Reprinted from <u>BM-31 THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE</u>, with permission from A.A. World Services, Inc.

#### A.A. Service Structure

Reprinted from P-45 - Circles of Love and Service, with permission from A.A. World Services, Inc.



#### Hospitals & Institutions Updates

Ever since A.A.'s co-founders first stayed sober by carrying the A.A. message into hospitals, many other alcoholics have discovered the great value to their own sobriety of working with suffering alcoholics in treatment settings. In 1934, Bill W. kept trying to help drunks in Towns Hospital in New York City. None of them seemed interested at that time, but Bill stayed sober. Today many A.A. meetings take place in inpatient and outpatient settings all over the world. Twelfth Stepping and sponsoring other alcoholics —where they are—has long been one of the most important and satisfying ways of keeping ourselves sober.

"Treatment center meetings" differ from those of the regular AA group. They are A.A. meetings held for treatment center residents, and they are usually not open to A.A.s in the community. A.A. members are invited to arrange these meetings for the clients, and these members often bring in two or more other speakers. All people responsible for meetings in treatment settings concur that the more outside members who participate, the better. The alcoholic then has an opportunity to hear varied A.A. talks, and has a better chance to identify.

The Central Jersey Intergroup (CJI) Hospitals & Institutions (H&I) Committee concern is the alcoholic in a rehab, whether in a long or short-term institution. This committee schedules commitments and provides information and literature to rehabs and other institutions.

Pre-pandemic, CJI H&I provided meetings to a number of facilities in Mercer County. During the pandemic, all of those meetings were put on hold. A large number of those meetings are just now reopening. The CJI H&I has been working with the facilities to determine when and how they can be supported. Currently there are a number of commitments open. CJI H&I maintains a meeting schedule, presents the schedule at CJI Body meetings, requests support from the homegroups, posts, and updates the schedule on the CJI Website. CJI H&I committee depends on the AA homegroups to bring the meetings in to the Facilities. Without the support of the AA Homegroups and members, we cannot support the facilities. Please contact the H&I Committee if you or your group can support one or more of these commitments.

(Click Schedule to Enlarge)

	(Click Scried	duic to Liliai	ge,			
5/3/2023		1st Week	2nd Week	3rd Week	4th Week	5th week
Princeton House Women 1000 Herrontown Road, Princeton	Mon 11:30 AM	Open	Open	Filled	Open	Open
Princeton House 741 Mt. Lucas Road, Princeton	M - F 9:30 AM	Just Opening Back up on a limited basis				
High Focus Centers 15 Princess Rd, Lawrenceville, NJ	M or Th, 4:30 PM	Would like to have 15-25 year old speakers for a Teenage program				
Trenton Psychiatric Hospital 101 Sullivan Way, Trenton	TBD	Just Opening Back up				
Avant Rehabilitation & Care Center 1314 Brunswick Ave, Trenton	TBD	This is a Rehab with new ownership and just starting up AA Meetings				
Rescue Mission of Trenton 96 Carroll Street, Trenton, NJ	TBD	The Mens Rehab, is just (re) starting up AA Meetings there.				
We Level Up 276 Bakers Basin Rd	7 PM Wed	Filled	х	х	х	х
Lawrenceville, NJ	7 PM Sun	Х	Filled	Х	Х	Х

Literature Committee Updates

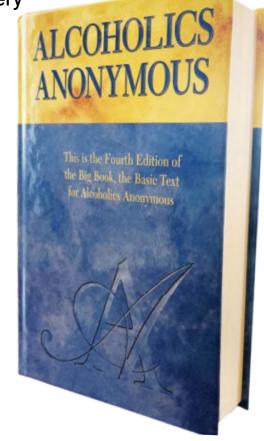
#### Introducing the New 'Jacketless' Big Book:

A Solution to Better Serve the Fellowship and Carry the Message First printed in 1939, Alcoholics Anonymous—known as the Big Book—has carried the A.A. message of recovery for 83 years. Translated into 72 languages, and counting, the Big Book continues to reach millions of people in approximately 180 countries, helping suffering alcoholicsaround the world. With recent and ongoing supply chain

disruptions that have resulted in printing and delivery

delays of A.A. literature, the Publishing Department at GSO looked for ways to decrease the manufacturing time of hardcover books and reduce backorders. One solution is the new 'jacketless' Big Book, which is now available from the CJI Literature Committee.

The jacketless cover format, known as "paper over board" hardcover, has a printed cover treatment in which the dust jacket cover image is printed on the book itself, thus eliminating the considerable production time needed for sourcing materials and adding a separate paper jacket.



Also now available from the CJI Literature Committee is the new jacketless Twelve Steps and Twelve Traditions. The new format was the result of efforts by David R., publishing director, and Ed Nyland, nonalcoholic senior print production manager, to scout industry best practices to contain costs and bring A.A literature to market faster.

CJI Meeting List Updates

#### **CJI Meetings List**

In 2022, CJI went thru an extensive effort to verify and update the CJI Meeting List. A team from CJI visited or contacted all the meetings on the CJI Meeting list (physical and virtual) to verify they still existed and to identify a point of contact for each. This effort resulted in the publishing of the Fall 2022, that at the time of publishing, was greater than 95% accurate. This Fall 2022 Meeting list is available for purchase through the CJI Literature Committee. The meeting List is also available for downloading in PDF format from a link on the CJI Website. This meeting list will be updated and republished as needed.

#### **CJI Website Meeting Finder**

Also in 2022, there was an update to the Meeting Finder on the CJI Website. The updated and verified database of CJI meetings is available on the Meeting Finder on the CJI Website. This link to the CJI meetings is searchable and contains links to the various virtual meetings. This database of CJI Meetings is updated as CJI receives requests for updates.



INTERGROUP & PROGRAM PHONE	
Philadelphia Intergroup	(215) 923-7900
Cape Atlantic Intergroup	(609) 641 - 8855
North Jersey Intergroup	(800) 245 - 1377
South Jersey Intergroup	(856) 486 - 4444
Bridging The Gap Prgrm	(856) 728 - 3318
South Jersey AL-ANON	(856) 547 - 0855
North Jersey AL-ANON	(973) 744 - 8686



#### PREAMBLE

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

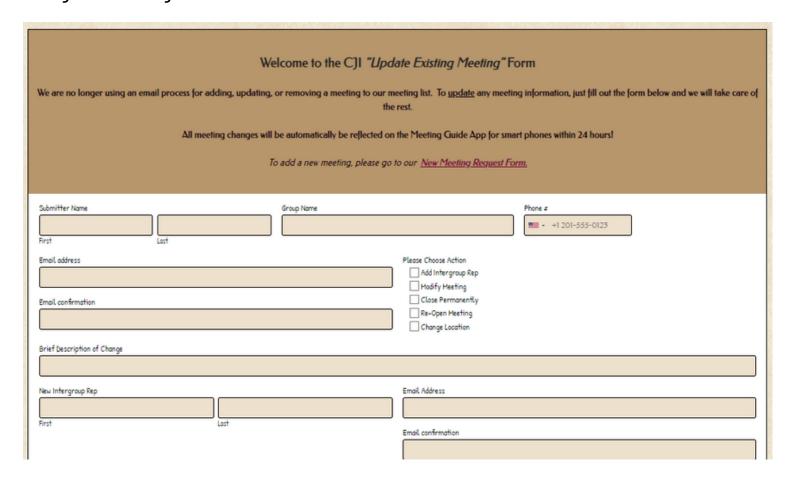
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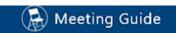


CJI Meeting List Updates (cont'd)

#### **Update Information for an Existing Meeting**

Updates to the CJI Meeting finder are provided thru forms on the CJI Website and verified with the meeting's points of contact prior to being updated. Forms for updating existing meetings and adding new meetings are available on the CJI Website.







#### Meeting Guide App

This database of the CJI Meetings list is linked to the AA General Service Office's "White Chair" Meeting Guide app, so all the meetings on the CJI Meeting List are also available on the GSO's Meeting Guide App. There is information on accessing the GSO Meeting Guide App on the CJI Website





#### Hotline Answering Service Updates

We have implemented a new system for the hotline that aims to improve convenience for volunteers and reduce costs for CJI, without compromising on handling incoming calls. With this update, calls will be forwarded to your phone, allowing you to contribute from any location!

To become a volunteer and answer hotline calls, you can check the available time slots and contact information for Jim G. and Kim C. below and at <u>cjiaa.org/our-committees</u>.

Please note that forwarding calls to your phone requires a minimum of 1 year of sobriety. Additionally, if you have at least 2 years of sobriety, you can fill out a form to be included on the 12th step list and assist with 12th step calls.

Central Jersey Intergroup Monthly Phone Commitment								
OPEN	Confirmed							4/12/2023
Week	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 AM - 8:00 AM	Ken	Men's BB		Anthony V		John K	Lou
1 am	8:00 AM- 1:00PM	Kim C.	Camille	Jamie C.	Camille	Jay F	Beth B	Donald L
	1:00 PM - 6:00 PM	Lou	Lamonte	Eric D	Cathy G	Ed M	Eric D	Murr
1 pm	6:00 PM - 12:00 AM		Men's BB	Laura C	Angie N		John F	Live
	12:00 AM - 8:00 AM	Ken	Cheri		Anthony V		John K	John M
2 am	8:00 AM- 1:00PM	Kim C.	Camille	Jamie C.	Peg M	Jay F	Beth B	Donald L
	1:00 PM - 6:00 PM	Lou	Lamonte	Eric D	Cathy G	Ed M	Eric D	Murr
2 pm	6:00 PM - 12:00 AM	Shelly R		Laura C	Laura C	Nicole M	Group	Todd
	12:00 AM - 8:00 AM	Ken	Cheri		Randi J		John K	Lou
3 am	8:00 AM- 1:00PM	Kim C.	Camille	Casalon	Linda C	Jay F	Beth B	Donald L
	1:00 PM - 6:00 PM	Lou	Lamonte	Eric D	Cathy G	Ed M	Eric D	Murr
3 pm	6:00 PM - 12:00 AM	Tara M		Laura C	Randi J	t	Eric D	Todd
	12:00 AM - 8:00 AM	Ken	Cheri		Anthony V		John K	Lou
4 am	8:00 AM- 1:00PM	Kim C.	Camille	Casalon	Camille	Jay F	Beth B	Donald L
	1:00 PM - 6:00 PM	Lou	Lamonte	WWG	Cathy G	Ed M	Eric D	Murr
4 pm	6:00 PM - 12:00 AM	Shelly R		Laura C	Laura C	Nicole M	Eric D	Todd
_	12:00 AM - 8:00 AM	Ken	Judy	Judy	Anthony V	Judy	Judy	Judy
5 am	8:00 AM- 1:00PM	Kim C.	Camille	Kathy G	Camille	Jay F	Kathy G	Donald L
_	1:00 PM - 6:00 PM	Lou	Lamonte	Eric D	Cathy G	Ed M	Eric D	Murr
5 pm	6:00 PM - 12:00 AM	Shelly R			Angie N			

For Info or Signup call/text/email Jim G or Kim C at: Jim G: 609-271-9693 jimgraz13@gmail.com
Kim C: 609-902-5758 Kimberly.connell2014@gmail.com

## SIZZLING SOBRIETY

Tips for Protecting Your Recovery During the Summer Months

#### **Surround Yourself with Support**

Spend time with friends and family who understand and respect your decision to stay sober.

#### **Establish a Daily Routine:**

Fill idle time with healthy habits, such as exercise, meditation, hitting a meeting, or calling a sober friend. Keeping yourself busy and engaged can help minimize temptations.

#### **Participate in Sober Activities**

Seek out activities or social events that don't revolve around alcohol. CJI's Event Calendar is a great place to start!

#### Plan Ahead:

If you anticipate attending an event where alcohol will be present, have a plan in place. Bring a sober friend for support, plan your own transportation, and establish a way of saying "No, thank you" that you are comfortable with.

#### **Stay Connected:**

If you feel overwhelmed or tempted, don't hesitate to reach out to your sponsor or a member of your network. This is a lot easier to do when you already have regular contact with them!



### **Changing Old Routines**

from Living Sober

Business trips, weekends and holidays, the golf course, baseball and football stadiums, card games, the old swimming pool, or the ski lodge often meant drinking for many of us. Boat people often spent summer days drinking on the bay or the lake. When we first stopped drinking, we found it paid to plan a different kind of trip or holiday for a while. Trying to avoid taking a drink on a vessel loaded with beer drinkers, Tom Collins sippers, flask nippers, sangria lovers, or hot-buttered-rum guzzlers is much harder than simply going to other places and, for novelty's sake, doing new things that do not particularly remind us of drinking.

Suppose we were invited to the kind of cocktail party where the chief entertainment—or business—was drinking. What then? While drinking, we had been pretty skillful at dreaming up alibis, so we just applied that skill to devising a graceful way of saying, "No, thank you."

Reprinted from Living Sober, with permission from A.A. World Services, Inc.

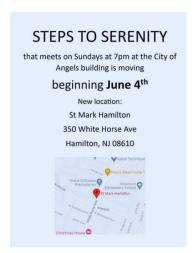
## ANNOUNCEMENTS & EVENTS

#### **CLICK ON FLYER THUMBNAIL TO ENLARGE**





















### **Central Jersey Intergroup**



#### **Current\* Panel Members, Committee Chairs, and Trustees**

#### **PANEL MEMBERS**

**CHAIRPERSON** 

Rick S.

**FINANCIAL SECRETARY** 

Patrick L.

**CO-CHAIR** 

OPEN

**TREASURER** 

Alice T.

**RECORDING SECRETARY** 

Jamie J.

#### **COMMITTEE CHAIRS**

**STEERING** 

**OPEN** 

UNITY

Randi J.

SOCIAL

Sam A.

WEBSITE

Pam R.

Co-Chair: Tom J.

**MEETING LIST** 

Peter M.

**NEWSLETTER** 

Ashley V.

**PUBLIC INFORMATION** 

John M.

**ANSWERING SERVICE** 

Jim G.

Co-Chair: Kim C.

H&I

**OPEN** (Mark B. Acting)

PRISONS (MALE)

OPEN

PRISONS (FEMALE)

**OPEN** 

LITERATURE

Roseanne F.

Co-Chair: Laura F.

#### **TRUSTEES**

Mark B.

Tom D.

Mark L.

Patrick L.

Carol S.

\*ALL POSITIONS WILL BE UP FOR ELECTION IN THE FALL.

#### CENTRAL JERSEY INTERGROUP

AREA MEETING LIST FOR ALCOHOLICS ANONYMOUS



Office Address:

3525 Quakerbridge Rd, Suite 5000 Hamilton, NJ 08619 Mailing Address:

P.O. Box 4096 Trenton, NJ 08610

24 HOUR EMERGENCY HOTLINE: (609) 586-6900 www.cjiaa.org

Office and Literature Phone: (609) 586-6902

#### **LOCAL MEETING FINDER**

**WORLD WIDE ONLINE MEETING FINDER** 

JOIN A MARATHON ZOOM MEETING (24/7)

DOWNLOAD THE SMART PHONE MEETING APP