A Message From Your Delegate….

GENERAL SERVICE CONFERENCE: In January 2020, when my term began as your “Delegate to the General Service Conference,” I never could have guessed what lay ahead! At the end of February 2020 -- as we gathered with 1000 other fellow servants from the other 16 North East Areas at NERAASA in New Hampshire to prepare for the General Service Conference -- my biggest concern was delivering my two-minute “Area Highlight.” And so here we are.

While many AA events nation-wide and local had to be cancelled, delayed, or suspended due to the Coronavirus, the 70th General Service Conference is going forward, albeit in virtual form: on April 13, Greg Tobin, manager of the General Service Office communicated to all GSC members that a modified General Service conference, via an on-line platform will take place May 16, through May 19, 2020. Stay tuned for updates!

MINI-CONFERENCE To prepare me to actively represent Area 45’s views about what is best for AA as a whole, Area 45 is hosting a virtual Mini-Conference on Sunday May 3, 2020 from 10 to Noon. Rose S., our immediate past delegate will host and each of the four section leaders will present briefly on one of four topics, followed by discussion and voting.

INTERNSATIONAL CONVENTION REFUNDS While the General Service Conference is going forward, some other events could not be moved to a virtual platform, chief among them being the International Convention. Registrants should have received an email from GSO outlining procedures for returning registrations, and hotel deposits. This email only affects those who registered and procured lodging through GSO. If you procured lodging on your own, it will be your responsibility to try and recoup deposits, advanced payments, etc. GSO, however, states that all registrations should be returned no later than May 11, 2020. If you registered for the event, and you did not receive an email, please contact me and I will forward you the pertinent information.

DELEGATE DISTRICT VISITS As your Delegate for Panel 70 I had committed to try to visit every district every quarter. If you would still like me to visit your district meeting, via zoom or another internet platform, please send me the date, time and link. There are many of you I had not had a chance to visit before the lockdown. I would still love to be a part of your meeting!

Thank you for the opportunity to share!

Rich H., Delegate, Area 45 Panel 70

**See additional Information from the Delegate on P. 12.
How to Build “Group Conscience”

By Marjorie S. (Delegate, Area 60 Panel 69) Western PA

Our fellowship along with our nation and most of the world is facing an unprecedented crisis. We are fortunate to be able to hold our recovery meetings via phone or internet. But what else should we be discussing? We don’t have rent, coffee, snacks, and we can’t physically distribute literature. What do we need to talk about some might ask? What about service? We are dealing with a small invisible enemy and we must operate with an abundance of caution. However, we must also be vigilant and adhere to the core values and tenants of our Steps and Traditions. So what can we do during this time? First, we need to maintain a solid group conscience.

Discussions might center around how to make sure we meet our 7th Tradition obligations. Should each member be on the honor system? Should members send their contributions to the group treasurer for disbursement—these are issues that each group should consider on their own.

It is prudent to remember that group zoom accounts or phone numbers, local and area websites and zoom or online communication platforms, and intergroup and district hotlines cost money and are suddenly more vital now than ever!

Also, the General Service Office is still operating, albeit most everyone is working from home, but phone calls are still being taken from those looking for meetings and those in the fellowship, forums and conferences are still being planned, archives need maintained, and day-to-day business goes on. Another issue that keeps recurring in this “new normal” is, “What about meeting in person? What should our discussions look like,” members have asked? Again, an informed Group Conscience is the first step. “For our group purpose there is but one ultimate authority—a loving God as he may express himself in our group conscience…”

When discussion occurs on this (or on any other serious issue) members may want to ask themselves: Have I informed myself about the issue? Am I willing to listen to other members with an open mind and really try to understand their point of view? Am I voting for what is best for AA as whole, not just what is best for me, or even my group? Am I voting out of pride and/or ego?

Other questions in regard to meeting in person until the lockdown is lifted might be: Are we setting ourselves above the law? If so are we operating out of pride and ego because we won’t consider a different way or we think we know what is best? How many meetings that are still physically meeting have first-timers walking in on their own? (Most members are referred to AA through rehabs, 12 step calls or contacting an AA number) Should our group investigate if those services such as 12-step phone lines, are still pairing new callers with sober members? Are those members referring newcomers to online meetings, or to the physical meetings still operating? Are newcomers finding AA online? What contingencies should we make if someone contracts Covid-19? Who do we inform? i.e. Dept of Health, other members, etc. Will we all quarantine if that happens? What about anonymity if/when contact tracing resumes? What haven’t we thought of in regard to this issue? The last part of the group conscience is voting and minority opinions. The outcome of any serious vote should be substantial unanimity. After a vote is taken, the minority opinion should always be heard and then members should be asked if anyone wishes to change their vote. In AA experience, if members do their part, our higher power will do his/her part and the outcome will be as it should be.
There have been many historically critical points in AA’s 85-year History, as we have “Come of Age”. Some of the more notable ones being: Bill wavering in the Mayflower Hotel lobby, between the phone and the bar (possibly the most important), Bill meeting Dr. Bob, and Dr. Bob having his last drink, a cool bottle of beer. (My last drink was a warm bottle of stale beer. Really no difference between Dr. Bob’s and my own.) Each drink was but a momentary calm amid the raging storm of our shared merciless obsession for that next drink. The Rockefeller Dinner was a vastly important moment in time, where we accepted outside donations, which would teach us the need for self-support. Of course, the publication of our spiritual textbook, the Big Book, marked a vital transition in our history. In fact, one could say, that the progression of our program from one-on-one, in-person to book form, is really the first time our program transitioned from personal to virtual. Was that really so different from than physical meetings becoming virtual with the help of technology? While the Traditions were not introduced to the Fellowship until 1946, you can easily see them come to fruition long before that. Creating the Big Book was truly an expression of our common welfare coming first. In fact, Bill had much grander ideas than just writing a book. Fortunately, the wisdom of the “first 100” prevailed and probably saved our Fellowship from being diverted from its then unspoken Primary Purpose. These are examples of Traditions 2 & 5.

Through the years, we would face many great challenges together. AA and its members not only survived World Wars, terrorism and natural disasters - we actually thrived!

However, AA had never faced a Global Pandemic – one which would force us to close our physical meetings worldwide! Physical meetings are the lifeblood of our very fellowship: it is where we first learn about our literature, make lifelong friends, and share joy and tears – it is where we find the newcomer!

So just how would AA respond? AA responded as it always does: from the Group level on up! In the first few days of the crisis, individual members rallied their Homegroups and started online meetings. Though these were not a new forum, but we they had never seen the huge scale that was about to undertake. My homegroup, the World Famous Atlantic City Young Peoples group, knew next to nothing about online meetings. Our last physical meeting ended at 11:00 am on March 22nd, by 7:00 pm that same day, we had our first online meeting! My wife Penni and I have been rolling ever since. Intergroups coordinated sharing this information online almost instantly! Some Intergroups, like New York Intergroup and Cape Atlantic Intergroup, took on the daunting task of assisting groups with setting up and securing their meetings and offering to cover the monthly costs. The response to these efforts from both groups and members alike, has truly been inspirational!

Early meetings were a bit cumbersome, especially for those of us who were technologically challenged 😊. As the days passed, we witnessed newcomers and old timers alike showing up in these new “virtual” meetings! Newcomers not only found us, but when they arrived, our experienced members surrounded them with AA love. They held instant meetings, scheduled phone calls, answered questions and even began doing Step Work using this amazing technology. Arm-in-Arm, members that struggled with this new forum were assisted in getting up to speed, so they too could quickly help others!! Our 12th Step was truly in Action!!

We faced some initial concerns such as: “I can’t do my current service position, I feel lost!”, “Do we pass a virtual basket?”, “These online meetings are NOT the same!”, “Will we adhere to our vital suggested experience as expressed in our beloved AA Traditions?”

The answer to these questions and many more, was a resounding YES!! Here’s what the Traditions look like in today’s Virtual AA world:

- **Our Common Welfare Comes First** - The Unity displayed today is at the highest level I have ever witnessed in nearly 30 year of personal sobriety.

- **The Ultimate Authority** - Group Conscience Meetings are now taking place virtually. Intergroup Committees are meeting online and utilizing Tradition 2 to face the current challenges.

- **The Only Requirement for Online AA Membership** - it’s the same as always, just a desire to stop drinking.

- **Autonomy** - Not all Meetings look and act the same. Some have passwords, some don’t, some have waiting rooms while others don’t. Intergroups are able borrow the shared experience from each other, yet still able do the things that their Group Conscience feels is best.

- **What’s Our Virtual Primary Purpose? OMG!!** Look at today’s conference with nearly 1,000 alcoholics! Check out your homegroup and meetings you attend online from around the world. We AA’s are uber-focused on carrying the message – neither Coronavirus nor meeting Trolls have diverted us!
▪ Wait – There are No Endorsements? This is the "Cape Atlantic Intergroup International Workshop," it is not the "International AA Workshop, sponsored by Domino's!"

▪ How Do We Stay Self-Supporting? Groups are passing Virtual Baskets. Intergroups are set up to receive group and member donations so we can continue to carry the message and pay our bills. If you are so moved, please visit www.capeatlanticaa.org, and click on the Group Donation tab. This is where money and spirituality meet!

▪ We are Not Professional IT companies! Members are volunteering their services to make our resources available to all groups in need.

▪ We are Not Organized in the Usual Sense. (Anyone who has ever attended a business meeting can attest to this!!) New service positions have been created. Intergroups are shifting volunteers to areas that need the most help now, such as Website, Communication and Treasury. "Spiritual Bouncers" are working diligently today to keep this meeting safe from those that are trying to disrupt and divert us from our Primary Purpose! H & I commitments have resumed. Virtual AA meetings are taking place in Prisons and Institutions!

▪ No Opinions on Outside Issues You Say? There have been no press releases from AA about the Pandemic or Meeting Trolls.

▪ Personal Anonymity – Concerns have been faced. Recording options are turned off. Members are requested to turn their cameras on during meetings unless they have a special circumstance. We are not to be anonymous amongst ourselves. Dr. Bob is quoted as saying: "There are 2 ways to break the Anonymity Tradition. (1) by giving your name at the public level of Press or Radio; or by being so anonymous that you can’t be reached by other drinkers!" Or, as my friend Cyril says, "after all, you wouldn’t show up to a physical meeting with a paper bag over your head!"

▪ Principles before Personalities — this is not a "me" thing, it’s is a "We" thing. We don’t have time for petty rivalries, they’re too distracting. We have all been delivered from steerage to captain’s table during this Pandemic.

Rather than complain about the sad state of global affairs, AA’s have adapted and grown! We are all truly "Pioneers in this Newfound Frontier!! We are meeting, and will continue to meet, each challenge our Fellowship faces with unity, compassion and altruistic service.

So, what will the future look like in this Newfound Frontier you ask? Will we continue to meet virtually when the crisis passes? What adjustments should we make? Can our virtual and physical AA communities coexist?? Only our Higher Power truly knows the answers to these questions. But, if we remember that “Our very lives as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs”, I have no doubt it will be Exciting, Invigorating, and most importantly, Helpful to the Alcoholic who suffers.

So … you might be saying to yourself; “Ben, how can I get involved?” Grab a newcomer at an online meeting and help them move from darkness to light. Help your group set up and run online meetings. If you need a little help with this, please visit our Cape Atlantic Intergroup website and click on the tab “Zoom Security.” With the help of our friends at The World’s End Group in London, we have created a video and PDF companion piece on “best practices” of how to set up and keep your meetings safe. (Stay tuned for our next video posting on how to maintain the spiritual atmosphere of recovery while defending your group from trolls and Zoom bombers.)

Bring your friends, an Old Timer, and your sponsees on a "Virtual AA Road Trip" around the World. If you’d like to check out the meetings we have attended worldwide, just head over to our website. www.capeatlanticaa.org, click the tab, “From the Desk of The Chair” and the links will be right there. (It certainly helps that my darling wife, Penni, serves as our Web Chair.) We have personally attended meetings from Atlantic City to London, Seattle, New Orleans, NYC, South America, Africa, Dubai, Russia, Australia and New Zealand, with many more stops in between - just ask our family and friends! “Hi, my name is Ben and I’m a Zoomaholic." We have actually “been to” AA Meetings on six out of the seven Continents!! Anyone know of a meeting in Antarctica?? Let me know…WE ARE IN!!

So, give it a shot! You will be glad you did! We will surely meet some of you as you “trudge the road of happy destiny," in the new Digital Frontier!! Thank you and God Bless. ☺ Ben N., Chair, Cape Atlantic Intergroup
THE CHANGING TIMES WITHIN SOUTH JERSEY INTERGROUP

Since the beginning of March, South Jersey Intergroup has been actively working to meet the everchanging conditions caused by the pandemic. Our main goal is to help all the groups of South Jersey by keeping everyone informed and up to date in this rapidly changing landscape.

We started by updating the website with the never-ending list of suspended meetings. We were all horrified with the notion that we could not meet anymore! And then came Zoom! The homepage of our website www.aasj.org first offered many suggestions on setting up Zoom meetings. We then hosted nightly Zoom trainings while everyone was beginning to learn this new way of hosting virtual meetings. At last count there were 465 meeting in our meeting list. 290 meetings have been suspended, there are 5 phone meetings and we now have 170 Zoom meetings taking place weekly in South Jersey. Our Tech committee has kept up with all the meeting changes and announcements from GSO, Area 45 and our committees.

On the homepage you will find a link to join local Zoom meetings, along with a link to the Grapevine, (where there is free access for all 2020 Grapevines), a link to the Area 45 Mini Conference, and a link to other digital platforms that groups can use.

- Our Steering Committee has been meeting biweekly to see what else we can do for the groups. We held our first Zoom Intergroup meeting in April and plan on doing the same in May, unless the current conditions change.
- The Answering Service is running at 100% capacity. All shifts are full, but we still need your help with the 12th Step List and to help fill any vacancies that will occur as we begin to reopen. We answered well over 100 calls last month! Send an email to answeringservice@aasj.org if you’d like to add your name to either list.
- Bookers has reached out to all the bookers reps to encourage them to contact their incoming speakers and vice versa. We have asked them to coordinate speaking commitments on Zoom meetings. The next Bookers meeting will be held on May 7 at 8 PM via Zoom.
- H and I is in the process of arranging to bring meetings to the various hospitals and institutions via Zoom.
- The Literature office is closed, but if you need literature, email literature@aasj.org and we will help out however we can.
- Social events have been cancelled, but we are still planning on a Founders Day Celebration even if it must be done virtually.

The home page also has a link to an article about the 7th tradition and how to support it virtually for your home group, GSO, Area and SJIG.

We encourage you to use the home page of our website. There is a wealth of information and we are here to help and support our groups. As we all deal with the “New Normal” South Jersey Intergroup will continue to grow and change to accommodate the needs of all our groups.

Our Responsibility to the 7th Tradition

Our 7th Tradition responsibility is ever present, it is there regardless of what is going on in our outside world. Given these challenging times, our Groups still need financial support. Your District still needs support, Area & Intergroup still need your support. A.A. World Services needs our support. Let us not neglect those who were there for us when WE needed their support.

While we are meeting virtually, there are other ways to “Pass the Basket” and support these vital entities. Here are a few: Venmo: Easy to sign up for, link a debit card or bank account and you can “Click-Tribute” to your Group’s Treasury, to ensure that your Group will still be there when this is all over.

PayPal: Most of us have a PayPal account, and it can be used to direct your donations to your Group’s Treasurer, or other Trusted Servant. You can also set up a “PayPal Money Pool” for your Group’s donations.

Old fashioned U.S. Mail: Mail a check to your Group’s Treasurer, maybe for several weeks’ worth of 7th Tradition, and they can keep the Group informed when they report at the Group Conscience Meeting.

Online Banking BillPay: You can direct a payment to your Group’s Treasurer. If the Group has a bank account, be sure that the “TO:” line is properly worded to avoid trouble when depositing your donation.

Short on funds? There are many other, less expensive ways to show support. Call a homegroup member who does not have a computer. Heck, call a homegroup member who does, but who is still struggling with the isolation we’re all feeling today. Carry the message to someone else, and it will help to carry you.

Treasurer, South Jersey Intergroup
My membership in AA has taught me to look for the bright spots and cultivate gratitude.

I always try to stay aware of the fact that all of this is temporary, so why not look at what it is that I am gaining?

The gyms are closed, so I now run every morning and do yoga again; I no longer have to get up at 4:30 every day and I'm not exhausted all the time; I have plenty of time to make home-cooked meals most nights; my animals couldn't be happier to have my husband and I home so much; my kitchen got painted; I don't even remember the last time I filled my car with gas.

I could go on and on, but I will also say that, believe it or not, as a member of AA I have been able to continue serving my home group by coordinating our online meetings. Moreover, as an Area officer there have been plenty of happenings "behind the scenes" that help me continue to feel connected and purposeful in being able to serve AA. Even in isolation, I still feel "part of" rather than "apart from", and that is the grace of this program and the fellowship.

Kelly W., Chairperson, Area 45 Panel 70

As Archive chair, I have had the opportunity to stay active in service. Big plans (The International Convention) have been changed but the work goes on. I continue to uncover AA history and that of Area 45 while working at the storage locker. It is available and meets the requirements of social distancing. To view Archive items or the locker call for an appointment @ 609-561-5223.

Aa has served to focus my free time. By keeping up contact with fellow members and continuing in service, I stay sober and live the life I found while doing the 12 steps of AA. Yours in service,
Roy C. Chair/Archives committee Area 45

This is what is helping me stay grounded through the Pandemic:

Sticking with my regular schedule of prayer, meditation, meetings, and staying in touch with members of AA. Self-care, bike riding, exercise, eating well.

I am grateful our Fellowship responded quickly to the shutdown with Zoom meetings. I have been attending meetings around the world for the last 4-5 weeks.

Being able to keep my commitment as Alternate Delegate, participating with all the Northeast Regional Delegates, Alternates, and our Trustee has been incredible during this time.

It is definitely a challenge. I have lost friends in NY, and my Mom is in a nursing home in Florida. But with the help and guidance of my HP, and the Fellowship and Program of AA, I move forward with hope each day.

Thanks, and stay well!
Ken T., Alternate Delegate Area 45, Panel 70
The Pause

I was appointed as the Area’s Budget and Finance Chair, an area in which I have little to no experience. I recently came back from NERASSA, which was very informative as I try to navigate this new service position. May committee was scheduled to meet on the Sunday after the convention to discuss what I learned at NERASSA.

The pause came in phases, first I learned that the area 45 convention was cancelled, next I was informed that I would be working from home, finally meetings began to close one at a time.

What I learned in Alcoholic Anonymous was “First Thing First”. But what should come first? Service, service and more service. First, I attend the convention meeting, as Budget and Finance Chair, we needed to determine what impact the loss of the convention will have on the area. Next I need to inform my committee where we stand.

Then came what is simply AA at its truest form. Those of us with IT experience began mobilizing and online meetings started popping up day after day until a full slate was available. Finding the right people with the right skills to get meetings running smoothly while maintaining the spirit of anonymity was a work of art. Finally working with the Treasurer, Area Chair, Website Administrator to allow website contributions. Now what was confusing, and frightening, has become a new way to grow spiritually and to rebuild my foundation stronger than ever.

Angela R., Area 45 Budget & Finance Chair

Hi, I am the Area 45 Section 1 Leader. The COVID-19 restrictions have resulted in a lot more projects that are keeping me very busy. The first 2 weeks were a bit crazy - I forgot some basic’s like HALT, One Day at Time, Let Go Let God, KISS and Action. I stopped attending meetings a little before the NJ Governor established the shelter in place order. It took me weeks to establish a new routine.

Despite everything else going haywire, I was able to be part of my home group’s establishment of Zoom meetings 7 days a week. Section 1 DCMs were able to meet and discuss plan A and B for the Mini-Conference before plan C was established by the Area 45 Panel. I have been supporting the DCM’s and suggesting Workshops via Zoom and passing along other information as relevant.

I have been able to lend a hand to the Area 45 Registrar, which I have really enjoyed. I took the CJI Zoom Meeting List and have been cross referencing it to the towns the physical meetings were previously held in. That effort will help me to find Zoom meetings to attend to try and Identify GSR’s or Contacts for the Registrar and to help District 4 and District 30-31 become active Districts, one of my goals as Section 1 Leader.

My service comments started with Hightstown Early Birds (HEB) Secretary (2014), HEB Intergroup alt, then primary (2015/2016) + assist when asked with the CJI Meeting List (still do), District 25 Treasurer (2016/2017), HEB Secretary (2017), District 25 DCM (2018/2019), 2018 Convention Web Co-Chair & Banquet Team, 2020 Convention Web Co-Chair and Section 1 Leader (fall 2019 + 2020/2021). I love it ALL! It helps me with my sobriety and my serenity. At Area level commitments I feel like my Projects Management skills are utilized the most. I am not currently able to work in my chosen profession, so I will continue to enrich my life and sobriety within AA.

Jean W., Area 45 Section 1 Leader

My first fourth step had only one asset and a whole lot of defects. I knew I was a hard worker and while my sponsor pointed a few other assets, he also pointed out that being a hard worker could be put to use in AA.

Setting up, cleaning up, and chairing that meeting (Springside, my first homegroup) were probably my favorite AA jobs. The people I met in that room were so awesome and loved me till I could love myself. I also remember going to Intergroup early in sobriety and watching our election process. And when hearing what I perceived as an AA resume out of an AA guy I respected, I thought “I can do that!”.

I’ve always looked at people in service as examples of what I want to be like when I grow up. Early in sobriety it also helped that my district had a lot of ladies in attendance. Service always made me feel a part of and still does. I’m keeping busy nowadays with the Area web page where we recently added a virtual 7th tradition tab. Also, being Alt DCM for District 3 kept my mind on Roberts rules of order during the presentation I did (which was challenging, and I like a challenge since getting sober) at a workshop on the business meeting. All this quarantining has me missing the in person homegroup service I’m sure we will get back to.

With Gratitude & Service,
Patrick M, Web Administrator Area 45

Sobriety RULES!
How is your membership in AA helping you through the COVID crisis? What are you doing to stay in service?

1. Seeing faces at Zoom meetings is special and spiritual knowing that I belong to a group of people who know how the live without a drink.
2. Going to meetings, reaching out to others and being of services to Covid patients by providing comfort they need.
   
   Sue R

Attending and sending out invitations to Zoom meetings, making gift baskets for people to stay safe. Lori B

1. My 11th step helps me live with my family
2. I plan on hosting a Zoom meeting

   James H

1. The program has helped tremendously with this crisis. I can work every feeling through every step. Especially Step 1, we can't control it and Step 3, handing it over and Step 10, prayer and Meditation.
2. I keep in touch with other girls that need to talk. I work with my sponsees. I share at zoom meetings. And I keep people entertained on the 449 Club page.

   Sandy O.

1. AA helps me stay connected by using the recovery groups on Facebook and Zoom meetings.
2. I am reaching out to those who are struggling and forwarding meeting information.
   
   Carrie M

1. Keeps me in contact with people, allows me to talk to others about my struggles it also lets me help other members through their struggles.
2. Reaching out and calling member in AA. Using phone more now than ever. Share my number with newcomers on zoom meeting and calling them. Working with sponsees on step work via zoom. Trying to get somebody who relapsed back into recovery and or detox.
   
   Dave P

Did You Know You Can Access The Grapevine And La Viña Free Online?
All of the 2020 Grapevine and La Viña issues. (The audio to Grapevine’s stories are available as well, so you can listen to the stories if you like.) They have also included a link to their Youtube channel with some original audio stories and other important information.
Check it out, visit: www.aagrapevine.org/we-are-here-to-help
Today, thanks to AA and my program, the Covid 19 virus is in a healthy fear. When this first came to the US and the news was saying how this was going to get bad not if, but when. My fear began to grow. Working in Senior housing, we began to print, pass out, and post more and more notices. The more we passed out and posted, the more my fear and anxiety began to grow. Finally, the fear exploded and created in me someone with my worst character defects possible. I realized then that I needed to look at this situation through my experience, as I remember myself as a newcomer. Talk to my sponsor, follow direction, and get to a healthy fear through acceptance.

AA is a beautiful place to be today. As we zoom to any meeting, we can see all our people, meet new people, and remain focused and calm through the fellowship.

We even incorporated Zoom for family gatherings and now all ours are safe.

I help my home group host our I am Responsible meeting on Friday nights at 8, talk to other AA people and assist where I may be needed.

Gratefully yours,
Laura H., Area 45 Convention Committee, Co-Chair

Hello All,
I think it goes without saying that these are unusual times, that being said, I realize I need the program of AA and its members more than ever!

The fact that I have a design for living enables me to navigate these difficult times and still manage to stay Sober, Safe and Sane. As Registration Chair I have had limited opportunity to perform my duties since I missed the Winter Assembly due to the fact I was out of the country on vacation. I look forward to the upcoming Zoom Mini Conference and hope that by August we can all meet in person for the Summer Assembly.

As for myself, daily Zoom meetings, constant contact with others, along with prayer is keeping me sober and allows me to be of service. The importance of staying plugged in cannot be overstated, things may never be like they were, and we have to and will adapt. We are Blessed to have access to Zoom meetings and I will continue to encourage those resistant to change.

Last but not least, a little bit about my service experience, I was gently shoved into the GSR position a few years ago where my eyes were opened up to what really goes on beyond the group level. Shortly, and I mean shortly, after that I became DCM and got a wider view of what makes AA work and how. Fast forward to today and I was fortunate enough to be asked to serve as Registration Chair and look forward to helping wherever need be.

Service has enriched my sobriety and I now more than ever understand the need to stay connected and give back.

Bob B, Registration Chair, Area 45

My gratitude extends from being a member of Alcoholics Anonymous for many years. Through that I’ve made astonishing relationships with people that I never imagined possible. From then to now during the tough times of the Covid crisis I’ve stay connected through zoom meetings and several phone conversations.

Coming into the program I’ve been taught to always pick up the phone even though it may be 1,000 pounds. Also, through the 12 steps I am able to be honest and continue to take my personal inventory and when wrong I promptly admit it. I remain willing and open.

I’ve made a point to remain as much in service. In doing so, I’ve read The Big Book thoroughly with a sponsee which also is getting me out of self. I read when asked to during zoom meetings. I share my experience, strength and hope and I show up for my fellows while they may be suffering.

Also, I live with an active alcoholic which seems irrelevant but reminds me that something bigger than me is making that possible. I continue to build a relationship with my higher power and my fellows in Alcoholics Anonymous as I would on a “normal” day. AA was, is and will always be essential in my life.

Kolby B.

1. The wisdom I gained from the steps lets me know I can walk through this too with grace and dignity. It was hard in the beginning, even with how easy it is to hop on a Zoom meeting. I had a couple social distance spaz outs, that prior, would have left me reeling and drinking at people. Just holding onto the idea that we are all sick makes me a bit gentler, I have no idea how anyone else is holding up emotionally/mentally what’s essential to them, I can only control MY thoughts, words, and behaviors. I’m grateful I have a sponsor to do a 10th step with when necessary, and I’m really grateful to be a part of a time in AA when you reach out some one is ALWAYS there. AA has given me the tools for peace during this time.

2. The hardest part of service for me seems to be one that easily available, reaching out. It has definitely made me step outside of my comforts/defects and make some calls which always turns out to be something pretty special.

Sasha G.

1. I am very grateful for my routine of prayer, meditation, daily readings and daily gratitude texts. I am really leaning on AA and attending so many meetings all over, even international!

2. Staying in service through conversations with my Sponsor and Step Work with Sponsees. Chairing meetings, calling others in the Fellowship to check on them and see if they need anything. Checking on my mom and her employees during the pandemic. Gratefully showing up for my job. Passing on Zoom meeting information to others if it is not on the website.

Lisa C.
Hello, my name is Randi and I am an alcoholic. I currently serve as your Area 45 panel secretary. I was asked to write about how my membership in AA has helped me in these hard times, what I am doing to stay in service, and my favorite service position.

I do not know what I would have done without AA during this pandemic. Of course, it has been most helpful with my attitude. I am always grateful. And I know that I am home no matter what my circumstance is, in my head and my heart. I know this situation is temporary and lessons are to be learned. AA has taught me this.

I have been invited to interesting conferences as a result of this pandemic which would probably never have occurred. I attended the “International Corona Service Conference – Navigating the ‘Now’ with the Traditions and the Concepts.” An all-day affair on Zoom. I participated in a workshop from Vermont on “A.A. in the Virtual Age.” On Google Hangouts, another platform I’d never used. I am lucky that my home group meets daily at 7am on Zoom.

To stay in service, I have a Zoom meeting for one hour with each of my sponsees weekly. I have a group message chat where I post anniversaries and news, so everyone is informed. As secretary I maintain the group mailing list and send out flyers, which I occasionally proofread. I have attended a Zoom Panel meeting and added my input to panel group emails. I answer and forward emails which come into the secretary. And of course, I still have my Intergroup hotline commitment. I stay after every home group meeting to be there for the newcomer to offer temporary sponsorship or support calls or any help I can. Our home group has this in our meeting outline to please stay after the meeting for assistance. I forward any information I think is pertinent to whomever would benefit.

My favorite service position is the one I have now! Each two-year commitment has brought new challenges and new opportunities to grow. I thank you all so much for the opportunity to be of service. My life depends on it. Randi J., Secretary Area 45, Panel 70

Disclaimer: Out of respect for AA and its traditions, nothing in this Newsletter should be taken as an endorsement for any outside company or issues. It is merely an effort to let the Fellowship know meetings are available!
Every Group Needs a G.S.R!

One of the most important service positions available is the General Service Representative (G.S.R.).

“The G.S.R. is your group’s link to A.A. as a whole.” G.S.R.s, working via the district and area committees, are the Groups’ link with the General Service Conference, through which U.S. and Canadian groups share their experience and voice A.A.’s collective conscience. Sometimes referred as “the guardians of the Traditions,” G.S.R.s become familiar with A.A.’s Third Legacy — our spiritual responsibility to give service freely. Usually elected to serve two-year terms, they:

- Represent the group at district meetings and area assemblies.
- Keep group members informed about general service activities in their local areas.
- Receive and share with their groups all mail from the General Service Office, including the newsletter Box 4-5-9, which is G.S.O.’s primary tool for communicating with the Fellowship.

G.S.R.s also may assist their groups in solving a variety of problems, especially those related to the Traditions. In serving their groups, they can draw on all the services offered by G.S.O.

An alternate G.S.R. is elected at the same time in the event that the G.S.R. may be unable to attend all district and area meetings. Alternate G.S.R.s should be encouraged to share the responsibilities of the G.S.R. at the group, district and area levels.

The strength of our whole A.A. service structure starts with the group and with the G.S.R. We cannot emphasize too strongly the G.S.R.’s importance. If your district or area committee and G.S.O. do not have your new G.S.R.’s name, email and address, communication breaks down.

In order to keep our Area and Groups going strong, would all G.S.R.’s please check and update your contact information at registrar@snjaa.org.

Thank you,
Scott P., Registrar, Area 45, Panel 70

Dear Fellow Members of SNJAA Area 45,

First and foremost, I want to extend much gratitude to Larry H. and the Convention Committee for all of the hard work they put in for well over a year to give us an amazing event and celebration of Area 45 and our service committees. To say it was heartbreaking that the event itself (within just a couple of weeks of the date) had to be cancelled does not do very much justice to the feeling so many of us had. That being said, that doesn't mean that the 55th Annual Area 45 General Service Convention will never take place!

It is my great privilege to announce that our next Area 45 Convention Chairperson will be Carol S., who worked so hard as the Convention's previous Co-Chair, as well as on a great number of Convention sub-committees over the years. She has the experience and the heart to be a strong guiding force to see our next Convention to fruition. Her Co-Chair will be Laura H. who likewise has quite a lot of history and experience both with Convention as well as other Committees of Area 45.

Of course, the details of when and where a future Convention will take place is currently impossible to plan for and remains an open question until further notice. Rest assured it will happen, and I know we have some incredible people already re-committing themselves to working on the Convention. Many thanks to you all!

In grateful service,

Kelly W., Area 45 Chair, Panel 70
Area 45 Committee Reports:

Delegate’s Report (Cont.), May 2020

MISCELLANEOUS GSO INFO
- A.A.W.S. Introduces new simplified literature pricing
- You can now make GSO contributions using PayPal, ACH or Debit/Credit Cards
- April 10 is a historic day for Alcoholics Anonymous. – On April 10, 1939, 4,650 copies of the Big Book, Alcoholics Anonymous became available for distribution. Today, over 40 million copies have been sold!
- Are you looking for information on COVID-19? The General Service Office (G.S.O.) has been receiving inquiries about how groups might respond to the COVID-19 (coronavirus). Groups and members are concerned about health and safety issues and are looking for guidance on how to address this question.
- Alcoholics who are Deaf can now access A.A.’s program of recovery in a new American Sign Language translation of Twelve Steps and Twelve Traditions.
- Twelve Concepts for World Service by Bill W. – now in audio format

Thank you! Rich H., Delegate, Area 45 Panel 70

Area 45 Report to Intergroup 4/15/2020

I am an alcoholic, and my name is Ken. I am grateful to be serving Area 45, Panel 70, as Alternate Delegate. Since our last meeting, Everything, just about Everything, in our world has changed because of the COVID-19 coronavirus. In response to the current situation, I am eternally grateful, and inspired by the dedication to service by our Trusted Servants at Intergroup. Without your hard work, our Primary Purpose would not be met in dire times. In General Service activities for the last 6+ weeks, critical decisions, hard work, and dedication can be described as pain staking, demanding, and fluid. As you know, preparation for a “Virtual General Service Conference”, and development of a digital platform in which to conduct All of the business of GSO is proceeding forward as I write this. The Northeast Regional Trustee, Delegates, Alternates have been meeting on a regular basis to coordinate preparation for the GSC scheduled in May. Because of this, our friends at GSO have Trusted, and Relied Heavily on the experience of our Intergroups around the USA & Canada to fulfill the Primary Purpose of Alcoholics Anonymous as a whole. In my experience, and Gratitude you All have performed Above and Beyond anyone’s expectations.

The Area 45 Mini Conference is scheduled for May 3rd. I take it all of you have received the flyer. All members of Alcoholics Anonymous are invited to participate and share their experience with selected Conference Agenda Items. We at Area 45 count on as much participation as possible in order to prepare our Panel 70 Delegate with the collective conscience of Area 45 for the upcoming General Service Conference. I Sincerely Thank You All in advance for your cooperation in spreading the word about our Mini Conference in that effort. In Unity Ken Thornhill Area 45, Panel 70 Alternate Delegate AlternateDelegate@snjaa.org.

In Love & Service, Ken T., Area 45 Alternate Delegate, Panel 70

Chair’s Report

My name is Kelly W. and I am an alcoholic. It is my privilege to serve as the Area 45 Chair for Panel 70.

This past month certainly has presented its fair share of challenges. After much consideration, discussion, and reflection, the decision had to be made as to how to handle our Spring Assembly in May. The in-person gathering was not an option, and in light of the fact that we lacked an agenda the option to solicit and post reports was the practical alternative. In the event we need to revisit whether or not we can lawfully hold a live August Assembly, a virtual alternative will most definitely be coordinated as by that time we will have a couple of items in particular that we will need to present to the Assembly, two of those being our Delegate’s Conference Report Back and a proposal for the 2021-22 Budget. Let’s hold hope that we may host the former version of the Assembly rather than the latter option!

I continue to work closely with our webmaster Pat M. in getting announcements updated and posted on our website. Alongside Pat, Angela R. our Budget and Finance Chair, Pam R. our Convention Web Chair and CJI Treasurer, and our Area 45 Treasurer George we were able to establish a means by which individuals or home groups can pass along 7th Tradition Contributions directly to Area 45 via an online format linked to our website.

Further, I had the pleasure of announcing that our next Convention Chair is Carol S. She has much experience and knowledge from previous Area 45 General Service Conventions and with her skills and huge heart I have no doubt she will serve our Convention Committee and Area quite well. The date/venue are at this time TBD.

In addition, I have been involved with regular Zoom conferences that include Delegates and Area Chairs from all over the US and Canada. I have been so humbled and grateful for the opportunity to learn about and share all of the various ways so many Areas are reacting to and approaching our current situation.

Lastly, I just want to offer many hearty kudos to you all! I have heard from so many of you and am so impressed by all the things, large and small, that I know you are doing in light of our current crisis to continue to serve our fellow AAs and carry the message to those who still suffer.

Respectfully submitted,

Kelly W., Area 45 Chair Panel 70
**Treasurer’s Report**

Winter Assembly 2020 – George H.

Expenditures Jan-April Actual  
- Core $3703 $12010  
- Committees $671 $13500  
- Events $12066 $20100  
- Panel. $2257 $5900  
- Total $18697 $51510

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Expenditures of $37,963 relative to $49,310 total budget (See Attached)

Carry over $11,000 to 2020 (Budget & Finance Committee Report)

Expenditures of $37,963 relative to $49,310 total budget (See Attached)

Articles Incorporation Legal Help on Hold Pending IRS Input

File extension for May 15th for 2019 Form 990 to IRS

Budget & Finance Com
- 2020 Adjustments on Hold Due to Uncertainty on Covid-19
- 2021-22 Budget Planning Schedule

Report Group Contributions Quarterly Assemblies in Summary Table - Jan-April in Progress

Request group number, contact and email on check or transmittal note for record and updates information

Mailed Contributions: Cancelled check is receipt

Online Contributions Auto Email Receipt.

If you have questions or need written receipt, contact the Area 45 Treasurer at treasurer@snjaa.org. George H., Area 45 Treasurer, Panel 70

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**Secretary’s Report**

Hello, my name is Randi and I am an alcoholic. I currently serve as your Area 45 panel secretary.

Since our last assembly I have tried to keep educated and aware of all the possibilities this pandemic has to offer us on the positive side. I have attended interesting conferences and workshops as a result of this pandemic. I attended the GSO service meeting where Greg T. General Manager of GSO and the Executive Publisher Albin Z. of the AA Grapevine spoke on Zoom.

I attended a District 22/23 meeting on April 20th. I participated in two Jalcon meetings before it was decided to not have a Jalcon this year because of the virus. I went to one convention meeting before it was decided to not have an Area 45 convention this year. As secretary I maintain the group mailing list and send out flyers and emails, which I occasionally proofread. I have attended a Zoom Panel meeting. I add my input to panel group emails. I answer and forward emails which come into the secretary. I added input on the creation of a current Area District Map. I compiled the reports for this newsletter. I answered the Delegate questionnaire and I look forward to the mini conference on May 3. I participated in a dry run for the conference so hopefully it will run smoothly!

I thank you all for the opportunity to be of service. In Love and Service, Randi J, Secretary, Area 45 Panel 70

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**Convention Committee Chair Report**

I would like to thank everyone for the support and well wishes on my becoming the next Area 45 convention chair. My co-chair Laura H and I are selecting our steering committee and are anxiously waiting for our first meeting with the convention committee once it is safe for us to do so. Be well and Be Safe

Yours in Service, Carol S., Area 45 55th Convention Committee Chair
Good Morning everyone,

My name is Scott and I’m an alcoholic. I have the privilege of serving as your Area Registrar.

A tremendous amount of change and growth has occurred since we last all saw each other at our first Panel 70 Assembly. Life as we knew it seemed to change on a dime, with the Covid-19 pandemic. But we alcoholics are a resilient bunch. No amount of Zoom bombing or digital divide can keep us down. It is really heartwarming to see how we are interacting in these new times. Interesting watching our young people “Bridging the Gap,” by showing, with love and tolerance, the old timers how to ‘Raise’ your virtual hand. And hearing new popular phrases like, “no no Richie you have to unmute yourself.” It’s been a real treat as we get the hang of it all.

New avenues of digital sobriety are about to take place here in Area 45 with the Virtual Mini Conference and at GSO with the Virtual General Service Conference. It’s so exciting that we are making history right here and now together as one. And this brings me to an especially important point.

Collectively we need to be connected, whether it be by mail, phone or email. In order for us to be healthy and strong as individuals, groups, districts, Intergroup’s and Area, we need to have open lines of communication between us all. And that’s why I’m asking that everyone with an Area service position to check in with us, so we have your most up to date contact information. Not only to give your up to date information but to also check your emails as well. This is the best way for us to keep the flow of information from the groups, through to Area and onto World-service. In this way we will all be better informed, home groups and Area.

And in closing I’d like to convey my gratitude and respect to everyone who has jumped in to help and assist with the transition we’ve all had to adjust to recently. To each of you thank you for All of your efforts and hard work it is greatly appreciated by the old timers and newcomers alike as we continue to Trudge this road of happy destiny together. Respectfully Submitted,

Scott P., Registrar, Area 45 Panel 70

Yours in service, Roy C. Area 45 Archives Committee Chair

That’s all I got.

Young People Committee 4/24/20

The committee currently has 16 active members and are staying in touch via email. We are growing through word of mouth. We are at the moment working on putting together a Young Peoples Step Study meeting via zoom.

Sophia S., Area 45 Young People Committee Chair

“They were spared those ten or fifteen years of literal hell the rest of us had gone through.” 12 Steps & 12 Traditions, pg. 23

Newsletter 4/29/20

I am grateful to report that I have a Co-Chair, Jen G., and community filled with AA members who were willing to quickly share a “clipped” version of their experience as members in AA during the Covid Crisis. I am also grateful for the support of Kelly W., whose simple suggestion got the ball rolling. Some form of publishing program would have helped!!! Thank you for allowing me to serve Area 45. I hope you enjoy the first issue of 2020. Zoé M., Newsletter Chair
My name is Tressa, I am blessed and honored to be serving as your area 45 Corrections chair. Hope everyone is well. I am looking forward to getting back to business as usual, but until then our committee is adjusting to the changes.

- As you may be aware, the state canceled all volunteer services to all state correctional facilities on March 10 until further notice.
- We had our last committee meeting February 20 & had 14 volunteers in attendance. Thank you to everyone for your participation. We had to cancel our in person committee meeting that was scheduled for April 16. We are planning to join together with Josh, the Central Jersey Corrections Chair to do a joint zoom committee meeting on May 16 at 10 AM, details will be posted on the website. If you are interested in corrections please join us. While we are not able to go into the facilities to bring meetings at this time we can discuss other ways we can work together to help inmates at the institutions we serve. Such as literature distribution, speaker cd availability & corrections correspondence services.

- We sent a letter to our inmate liaison in several institutions to discuss how we can be of help during this time. Including the possibility of modem to modem AA meetings & zoom meetings. Unfortunately we were not able to make any leeway in this area. So we are continuing to work with them to distribute literature and distribute the pamphlets on corrections correspondence and make the Grapevine available to them as well.
- I have been participating weekly in the national convention conference call/zoom meeting. It has been very helpful to get suggestions from Correction Chair persons in other states and area 44 as well.

- I am looking forward to May 2nd, I will be attending a corrections conference in Oklahoma via zoom.

I want to reach out to all district chairs and let you know that we are interested in cohosting application workshop's as soon as we are up and running. So please keep corrections in mind at your next district meeting.

-If you have clearance for the State Prisons please keep up with your badge renewal, if you need assistance with this please contact me.

- Our current LIPS balance is $6463.

- Please continue to send LIPS donations to Area 45 Corrections Committee at PO Box 3724, Cherry Hill, NJ 08034. Thank you

Thank you to Larry and the whole convention committee for all your hard work and planning. Also, thanks to Rich for coordinating the mini conference, see you there. And lastly, thank you to Kelly for keeping us all in the loop. Great job everyone!

Tressa W., Area 45 Corrections Committee Chair

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**Area 45 Contacts:**

Delegate - Rich H - delegate@snjaa.org
Alternate Delegate - Ken T - alternatedelegate@snjaa.org
Chair - Kelly W - chair@snjaa.org
Treasurer - George H - treasurer@snjaa.org
Registrar - Scott P - registrar@snjaa.org
Secretary - Randi J - secretary@snjaa.org

**POSTAL ADDRESS**
P.O. Box 3724
Cherry Hill, NJ 08034

**WEBSITE:** [https://www.snjaa.org/](https://www.snjaa.org/)

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**COMMITTEE CHAIRS**

Archives - Roy C - archives@snjaa.org
Audio - Joe B - audio@snjaa.org
Budget & Finance - Angela R - budget@snjaa.org
Convention - Carol S - convention@snjaa.org
Coop w/ Prof Community/Public Info - Jenn W - cpc@snjaa.org
Corrections - Tressa W - corrections@snjaa.org
DCM/GSR Orientation - Rose S - dcm_gsr@snjaa.org
Grapevine - Jeannmarie T - grapevine@snjaa.org
Information Technology - Rose S - adhoc@snjaa.org
Newsletter - Zoe M - area45newsletter@snjaa.org
Policy & Charter - Adele E - policy@snjaa.org
Registration - Bob B - registration@snjaa.org
Special Needs - Bonnie W - needs@snjaa.org
Website - Patrick M - webadmin@snjaa.org
Young People - Sophia S - Youngpeople@snjaa.org

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**Intergroup Contacts:**

**South Jersey Intergroup**
Website: [https://aasj.org/](https://aasj.org/)
Phone: Office - (856) 486-4446
Hotline - (856) 486-4444

**Cape Atlantic Intergroup**
Website: [https://www.capeatlanticaa.org/](https://www.capeatlanticaa.org/)
Phone: (609) 641-8855

**Central Jersey Intergroup**
Website: [http://centraljerseyintergroup.org/](http://centraljerseyintergroup.org/)
Phone: Office - (609) 586-6902
Hotline - (609) 586-6900

**NJ Spanish Intergroup**
Website: [http://www.alcoholicosanomimosnj.org/](http://www.alcoholicosanomimosnj.org/)
Phone: 973-824-0555 - 24 horas
Anonymous Alcoholic Words

T O Q J G H N C K K M B A I J F M B L K J C Z G
W K Y H Q R O E D E P H N T P U Q V F F R H Q N
E D S T B Y U R F O I B O T H P R E A M B L E W
L S M I N D R Z U A C X N S X V V J G S G S R L
E B G D P M E E T I N G M A K E R S T Q V P V O
T I P C E B K M H G F K I L D M G I G I E L A N
R G B Y B W B I L L W T T M O Y S J J A M C K V
A B Q V B W L Y D Z F Q Y W W W O V C D G M R F
D O N U Y U M W R U L E S I X T Y T W O G A O P
I O Q F T X J O F O U R T H D I M E N S I O N R
T K T F I R S T T H I N G S F I R S T K H U U G
I O S S O L U T I O N S J F D B C G M N R B R
O D H C M E S Y D C O N C E P T S M W K P E B A
N V C F N Y B T G X L E T G O L E T G O D H W T
S E R V I C E Z I U G R A C E K R P A Y J X U I
W L A R E A F O R T Y F I V E N R Z T X P K R T
G N T U I O K S H M H L E A S Y D O E S I T U U
K C R N Y T W E L V E A N D T W E L V E W Q T D
N R D J W F H O W I T W O R K S D U A Q Y R H E
L L C D N Q E P X A O D C B P G W M I M E J Z R
H I G H E R P O W E R D E O U J H P I H O E L K
K S P I R I T U A L I T Y B T M A I A M E N D S
T W E L V E S T E P S H O M E G R O U P I U U B

Akron, Amends, Anonymity, Area Forty Five, Big Book, Bill W, Concepts, Dr Bob, Easy
Does It, Ebby T, First Things First, Fourth Dimension, Grace, Gratitude, GSO, GSR, Higher Power, Home Group, How it Works, Let go Let God, Meeting Makers, Preamble, Rule sixty two, Serenity Prayer, Service, Solution, Spirituality, Twelve and Twelve, Twelve Steps, Twelve Traditions
The clues are on the next page.
Across
1. Introduced Bill W. to Dr. Bob on Mother's Day
3. These should come before personalities
7. Bill W.'s childhood home is in this state
12. Instinct gone awry
21. Top of AA's service structure
22. Hospital where Bill W. had a Spiritual Experience
24. Time to "listen" to your Higher Power
28. Popular early female member of AA
29. Number of Area in New Jersey
30. Month of Founder's Day
32. Another name for the book, Alcoholics Anonymous
33. AA headquarters in New York City
34. Expecting different results from the same actions
38. Home belonging to Lois and Bill W.
40. The spiritual foundation of the Fellowship
41. A source of strength conceived by each member for themself
42. Event where AA decisions are made
43. Town where Dr. Bob went on his last bender

Down
2. The answer to all of our problems
4. Group Representative at Area 45 events
5. These explain the AA service structure
6. Some would say he was Bill W.'s sponsor
8. Those assigned to introduce newcomers from hospitals and institutions

How Many words Can you make from “Sobriety”? 

There are over 100! See how many you can come up with.

BIG BOOK BLANKS

Can YOU fill them in?

1. “And we have ceased fighting anything or anyone – even _____________.” (Alcoholics Anonymous, Chapter VI)
2. “Some of us had already walked far over the _______________ of _______________ toward the shore of _______________.” (Alcoholics Anonymous, Chapter IV)
3. “The doctor's theory that we have an _______________ to alcohol interests us.” (Alcoholics Anonymous, The Doctor's Opinion)
4. “We are people who normally would not _______________.” (Alcoholics Anonymous, Chapter II)
5. “First of all, we had to quit playing _______________.” (Alcoholics Anonymous, Chapter V)
6. “Practical experience shows that nothing will so much insure immunity from _______________ as intensive work with other _______________.” (Alcoholics Anonymous, Chapter VII)
7. “We grew by our own _______________ to face and rectify errors and convert them into _______________.” (Alcoholics Anonymous, Chapter IX)
8. “Most of our experiences are what the Psychologist William James calls the _______________ variety because they develop slow over a period of time.” (Alcoholics Anonymous, Appendix II)
9. “A new life has been given us or, if you prefer, 'a _______________ for living that really works.'” (Alcoholics Anonymous, Chapter I)
10. “Some day we hope that every alcoholic who journeys will find a _______________ of Alcoholics Anonymous at his destination.” (Alcoholics Anonymous, Chapter XI)

Have a great idea for a service-related story? Want to contribute to the Area 45 Newsletter? We can use all the help you are willing to give! Please contact me through the Area 45 Website or email area45newsletter@snjaa.org.
Grateful to be in service!  Zoé M.