

4TH DIMENSION NEWSLETTER

The Cooperation Issue!

In this issue:

- What is Cooperation in AA? Fellow AAs share their Experience, Strength and Hope
- An updated History of the Origins and of the Serenity Prayer courtesy our Area 45 Archives Committee
- Flyers for Upcoming Events and Offerings
- Minutes from the Summer Assembly and Committee Meetings.
- GAMES!

From the Southern New Jersey Area 45 2022 Handbook (to access, click **HERE**): The Newsletter Committee is responsible for producing a quarterly online newsletter called The Fourth Dimension. This newsletter carries information about Area 45 events and provides a format for exchange of information. It includes Area Assembly and Committee meeting minutes, agenda items for the next Assembly meeting, directions to the next meeting (TBD) and a listing of Area events.

Have something you'd like to share? Contact the Committee at newsletterarea45@gmail.com

Have you seen the new Area 45 website? Click here to visit at
<https://area45snjaa.org/>

AA GRAPEVINE'S PODCAST
HOME // AA GRAPEVINE'S PODCAST
 The AA Grapevine Half-Hour Variety Hour

Grapevine's Podcast Celebrates First Anniversary with Special Episode!



Click HERE!



Be A Part Of The Grapevine Audio Project!

Learn more here

From the Pamphlet How AA Members Cooperate with Professionals p-29

A.A.'s Experience

In many countries, the alcoholism picture is changing rapidly. Even in A.A., the picture changes constantly. For example, some early A.A. members had to play amateur doctor for alcoholics in the D.T.s, because there was no one else to do it. Some A.A.s furnished food, shelter, and loans to indigent drunks. Today, these practices have virtually disappeared from A.A. Often, many professionals furnish alcoholics with the services that A.A. does not provide. The A.A. pamphlet "A Brief Guide to A.A." and the flyer "A.A. at a Glance" tell what A.A. does and does not do. No hard-and-fast rules can be laid down in advance covering all cases—about exactly where the line is to be drawn between cooperating and affiliating. Circumstances vary between one instance and another, and at different times. So good judgment is needed in each individual case, and it helps to be familiar with A.A. experiences already recorded. This pamphlet covers basic ideas, using mostly the A.A. experience summed up in the Twelve Traditions. You can find the best detailed explanation of these ideas in their original written sources, the books Twelve Steps and Twelve Traditions and A.A. Comes of Age.

A Newsletter for Professionals

About AA.....

Dear Reader,

About AA is the newsletter from the General Service Office of the U.S. and Canada for professionals in all fields who deal with alcoholics. This issue takes a look at "vital ways to reach those who suffer from alcoholism."



Click the box above to access About AA



AA and Al-Anon Cooperation

A few years ago, I had the privilege to serve Area 45 as the Alternate Delegate and Delegate to the General Service Conference. As part of my role serving the Area I participated in Jal – Con.

Jal – Con is the New Jersey Al-Anon annual Conference. It is usually held on a weekend starting on Friday afternoon and ending by noon on Sunday. The goal of Jal – Con is to attract members from AA, Al- Anon and Alateen to a setting where all three fellowships can interact and learn about each other. The Conference features workshops, meetings and speakers from all three fellowships and hosts a banquet on Saturday night.

I had the pleasure of attending Jal – Con three years in a row. Like anything new, my mind was immediately against going. The drive was too long, I don't want to meet new people, etc. Too my surprise, I met many familiar and new faces that made the experience memorable. I participated in events with all three fellowships, I shared my experience strength and hope at an AA meeting and gained a perspective on recovery from Alateen and Al-Anon speakers.

One concept that has stuck with me from these Conferences is the similarities that members of all three fellowships face like; feelings of inadequacy, loneliness, low self-esteem and purposelessness. Hearing how members of Al-Anon and Alateen struggled with these character defects allowed me to look at my alcoholism from a point of view of someone that I owed amends too or hurt during my drinking. This perspective helped me with my 8th and 9th step struggles and helped me gain an understanding of why a living amends or continued long term behavior change (not an apology) is so important to my recovery.

Overall, the experience of participating in Jal-Con has left me with an expanded view of Tradition 1 and the need for greater fellowship Unity. Earlier, I mentioned that members of Alateen and Al-Anon struggled with some of the same character defects as the alcoholic. Similar to AA, these Fellowships follow the same 12 step program and are resolved to find a spiritual solution to these defects of character that are blocking them from living productive and healthy emotional and spiritual lives. I found that I am not so different from people in other fellowships and attending these conferences and listening to these speakers has helped me to better identify instead of compare myself to members of Alateen and Al-anon.

I hope that this message encourages at least one person to participate in the upcoming Jal-Con events. Covid, has led to the Conference being canceled two years in a row. Jal-Con is scheduled to be an in person events in 2023, for opportunities to participate or just attend please see <https://njalacon.org>.

Yours in service,

Andrew L.

AA Cooperation: One Intergroup

Perspective

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 have still not reopened. The CJI H&I has been working with the facilities to determine when and how they will reopen and how they can be supported. 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. With out the support of the AA Homegroups, we cannot support the facilities.

~ Mark B., Central Jersey Intergroup Trustee

Corrections: A Practice in Cooperation

Josh P.

My name is Josh P and I am an alcoholic. Currently, I am your Area 45 Corrections Chair and I'm an active member of Alcoholics Anonymous. I have been asked to share about an important topic and theme of this newsletter: Cooperation. Little did I know so many years ago that I would be in such a position, let alone asked to share my experience, to truly see that the AA program of action is the gift that keeps on giving.

Let's talk about corrections. The services provided by the Corrections Committee are both numerous and vast in nature. Coordinating the work of individual AA members who are interested in carrying our message of recovery to alcoholics behind the walls is our primary purpose. The Area 45 Corrections Committee offers many services. Between eight counties, seven state facilities, one Federal prison and one psychiatric hospital for the criminally insane, cooperation is a necessity, and it allows us to provide 20+ AA meetings on a weekly basis to our fellows behind the walls.

As a committee, we collect LIPS funds to purchase literature for inmates, establish new AA meetings inside a facility, and support current members at existing prison meetings. Between Bridging the Gap to help new fellows find a meeting after completing a program and connecting outside members with inside members through our Corrections Correspondence Service, the committee is required to cooperate with everyone, every step of the way. What a gift!

Our committee cooperates with each correctional facility and adheres to each of their individual rules and regulations. We have a working relationship with staff at New Jersey Department of Corrections (NJDOC) and the Bureau of Prisons (BOP). They assist us in getting our new volunteers through the application and orientation process. Each facility has its own designated contact person that we regularly speak with to ensure that all the current needs are being met. In addition to providing AA meetings, we also provide literature. We work with the facility to keep their libraries stocked with AA Big Books and pamphlets for those AA members in need on the inside.

We are responsible for the Bridging the Gap program. This service connects AA members who are getting out of a facility with an AA meeting. We "bridge the gap" between a treatment program and AA. This includes connecting former inmates, as well as, former patients of mental health facilities. We are in need of a new Bridging the Gap coordinator, so if this interests you then please reach out. We are also in the process of recommending a new Bridging the Gap format to Area 45. Please make an effort to attend the next assembly to learn more about it. We will need the support from your groups to ensure this vital service will be effective in the future.



The Corrections Committee cooperates with our members on the outside too. We are working with our District Committee Members (DCMs) to host application workshops where we share information about Corrections Committee services and help potential new volunteers fill out the state application. It takes individual AA members like you and I to be willing to sign up and fill this need. The workshops give us that opportunity to get the word out and share with you what was so freely given to me. None of this happens by itself. It takes effort on all our parts. I am but a small piece. I want to thank everyone who has made themselves available. We could not do it without you. Thank you!

Your Area 45 Corrections Committee has many opportunities to help the sick and suffering alcoholic both inside and outside the rooms. We meet virtually on the first Tuesday of every month at 7pm. If you want a chance to grow and are willing to help on the firing lines, then the Corrections Committee can offer you many opportunities to cooperate with your fellow AA members and society as a whole. Come on out and be a part of our solution. We are always in need of volunteers.

The level of acceptance we get to practice on a daily basis is truly one of the best gifts this service opportunity has given me. We don't make the rules, we follow them. We travel to obscure parts of New Jersey and show up early. We carry our literature in clear plastic totes. We leave all our personal belongings in the car. We take off our belts, empty our pockets and submit to be searched. We carry our message of hope and recovery to members just like me and you who are behind the walls. We get to leave. We get to go home. We get to experience the gratitude of freedom. Freedom that is granted to us through our cooperation with the guiding light of a loving Higher Power. Freedom of choice. Freedom from alcohol. What a gift. It's all happening!

I thank you for your time and for keeping an open mind about reading an article on corrections. I am truly blessed and humbled to be your Area 45 Corrections Chair. I look forward to cooperating with you in the future. We will be looking for you at our next meeting or event with our hands out. I want the hand of AA always to be there and for that I am responsible. If you were waiting for a sign, this is it. Come join us.

"...Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny." -Alcoholics Anonymous pg.

Cooperation with the Professional Community

The definition of cooperation is “the actions of someone who is being helpful by doing what is wanted or asked.” This is the theme of the committee I am on, Cooperation with the Professional Community.

Our main goal is to help inform the professionals in our area so in turn, they can better help the person who is still suffering. Many times, these professionals are not aware of the solution. It's our job to provide them with literature and other resources so they are prepared when faced with someone who is in need or even in denial.

For me personally, my therapist had knowledge about alcoholism, rehab centers and the solution. 10 years ago when I was struggling, she recognized my pain and strongly suggested I go to rehab. I am grateful she was equipped and educated on the disease. Looking back ten years later, she probably saved my life. I know my story is not unique and many others have had similar experiences, but many have not. Our committee is so important and if you feel strongly about helping others in this way, please reach out at, cpc@snjaa.org.

Grateful to be in service,

Michelle C.

Chairperson-

Cooperation with the Professional Community

Area 45

One final word about cooperation...

Hello, my name is Jean W and I have the honor of serving as your Secretary. It's been an interesting year since being elected to the position at this past Winter Assembly. It's a good thing that I love to learn new things! Communication, documentation and organization (OK, STOP LAUGHING) are key elements of my professional life as a project manager, which I hope to return to soon. This is giving me the opportunity to keep my skills current so I can reach that goal.

Being part of the Panel has been enlightening and it does have a life of its own! With practice, I am getting better at it. It does take a lot of cooperation to exchange ideas and stay current on so many things. It is very rewarding.

I've also had the privilege of working with many of you. There are Committee updates, motions and flyers. GSO has been pretty active this year so it can be hard to keep up with sending out all of the messages I receive. I also receive information from the Panel, Past Delegates, Committee Chairs and from Districts. I find it an educational process and appreciate all of the input I get when I ask questions. Without your help and input, I wouldn't have as much information to share.

My biggest challenge so far is MailChimp. There are so many working parts with it.

We have enhanced the process by adding links to documents which are saved to a shared drive.

The industry changed because attachments cause delays in servers, take of space in your mailboxes which can result in added expenses and there are more reasons.

I often work with Google Drives now and it is teaching me more about how they work and how to organize them. I'm getting ready to share that knowledge with my home group's secretary - got to keep passing it on :).

Our Registrar, George, and I work together to share information about members as he passes me additions, we both share new emails we receive, I send him emails which have had permanent email failures, we both share email changes, etc..

MailChimp provides a number of reports with different information such as Open Rate, Click Rate and Unique Clicks. I'm still working on Click Rate vs Unique Clicks are....and figuring out what all of you might find interesting. I've started to produce Reports so I can include the information in my Reports for the Assembly. I hope they add value.

You can make new templates and customize the information included for each campaign (email). I get hints through "Content Optimizer" on how to improve the information in the blast or bulk emails that I send.

I'd like to share this quote: “What a child can do in cooperation today, he can do alone tomorrow.” By Lev Vygotsky. As it usually goes within AA, by the time I am comfortable with this commitment, it will be time for a new one. Please make sure you add secretary@snjaa.org to your Contacts. Thank you for all of the cooperation and support!

With kindness and gratitude,

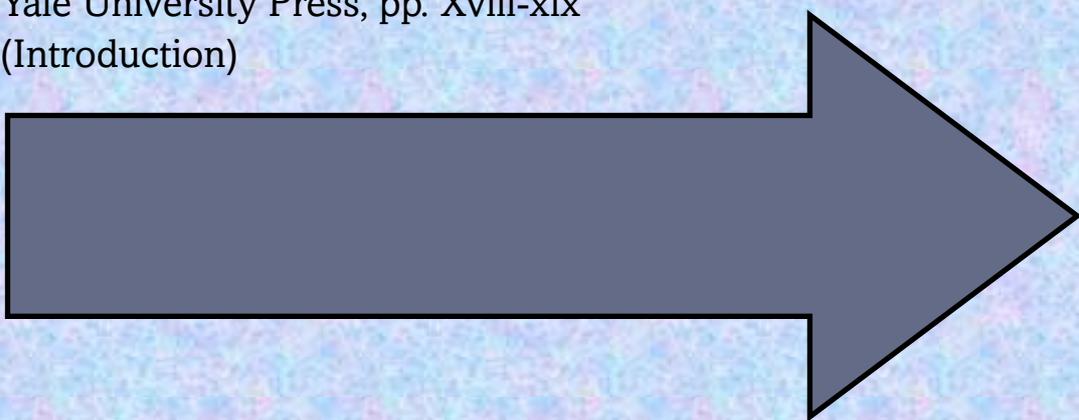
Jean W Area 45 Secretary, Panel 72

God grant me the *Serenity*
to accept the things I cannot change,
Courage to change the
things I can and *Wisdom*
to know the difference.

*New Information on Serenity Prayer Origins:
Courtesy the Area 45 Archives Committee*

One very famous quotation that appears to be the invention of a woman but is not listed above has a special story that can be related for the first time here. This is the “Serenity Prayer,” the most renowned and beloved prayer of modern times. The most common version is “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” There has been considerable misinformation about this prayer’s origins, whose attribution has usually been assigned to the great theologian and political philosopher Reinhold Niebuhr and dated 1943. The Yale Book of Quotations listed Niebuhr as the author. In 2008, the New York Times reported in a frontpage story that the Yale Book editor had made discoveries casting doubt on Niebuhr’s origination, launching a controversy that included a second frontpage story in the Times citing the editor’s partial retraction of those doubts. Research for the New Yale Book then continued to generate new evidence bearing on the authorship question. The ultimate New Yale Book of Quotations findings tracing the “Serenity Prayer” back in time proved that this prayer was used in 1933. An official with the Young Women’s Christian Association named Winnifred Crane Wygal was the author of the earliest known occurrence. Wygal was an associate of Niebuhr’s, and it is possible that she took the prayer in some unpublished form from him. However, Professor William FitzGerald of Rutgers University, in an upcoming book, puts forth a new interpretation, that Winnifred Wygal was the coiner who combined some pieces apparently drawn from Niebuhr with important other pieces of her own devising to create a most memorable prayer. The findings and interpretation are explained further in the entry in this book under Wygal’s name.

—The New Yale Book of Quotations, by Fred R. Shapiro,
Yale University Press, pp. xviii-xix
(Introduction)



God grant me the *Serenity*
to accept the things I cannot change,
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to know the difference.

*New Information on its Origins: Courtesy the
Area 45 Archives Committee* **CONTINUED**

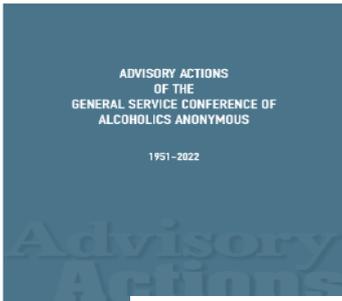
Winnifred Crane Wygal US. social service organization official, 1884-1972 1 Oh, God, give us courage to change what must be altered, serenity to accept what cannot be helped, and insight to know the one from the other. The Woman's Press, Mar. 1933. This is the "Serenity Prayer," the most famous and beloved prayer of modern times. It is most commonly quoted as, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." There has been considerable controversy and misinformation about this prayer's origins, and it has usually been attributed to the great theologian Reinhold Niebuhr. The first edition of the Yale Book of Quotations listed Niebuhr as the author, but a new interpretation by William FitzGerald in a forthcoming book (based on discoveries made by the Yale Book of Quotations editor) argues for Wygal as author. It is not unusual for important quotations by obscure women to be ascribed to prominent men. The March 1933 sentence above, the beginning of an article by Wygal, is the earliest known occurrence of the Serenity Prayer.

The other oldest versions all appeared in contexts related to the Young Women's Christian Association, of which Wygal was a longtime staff member, and all followed Wygal's wording very closely. No attributions of the prayer to Niebuhr by others have been found from before 1937, and no one has ever definitively documented any pre-1950 uses by Niebuhr himself.

In a book devoted to the Serenity Prayer, Niebuhr's daughter Elisabeth Sifton repeatedly told a story about his composition of it, with a firmly asserted dating of 1943. Niebuhr believed he was the author, although his statements on the origination were vague. Alcoholics Anonymous, which has made extensive use of the prayer, has credited him for it. Wygal was an associate of Niebuhr, and in her diary entry for 31 Oct. 1932 she quoted him as follows: "The victorious man in the day of crisis is the man who has the serenity to accept what he cannot help and the courage to change what must be altered." That sentence featured some of the elements of the Serenity Prayer yet lacked the key "insight" or "wisdom" element, and it was not a prayer. Three times in the 1937 to 1943 period, Wygal herself linked the Serenity Prayer to Niebuhr's name. However, Professor FitzGerald suggests that she may have been motivated by her high regard for Niebuhr and by the power of patriarchy. The textual evidence of Wygal's priority, presented by numerous citations, is overwhelming. Although the answer to the issue of provenance is not certain, the demonstrable facts point to Winnifred Wygal as the coiner who combined pieces apparently drawn from Niebuhr with important other pieces of her own devising to create a most memorable prayer.

—The New Yale Book of Quotations, by Fred R. Shapiro, Yale University Press, pp. 2,995-97 Kindle Book Release date: August 1, 2021

M-39 Advisory Actions



Advisory Actions of the General Service Conference of Alcoholics Anonymous 1951-2022

[View PDF](#)



NERAASA 2023

Registration is open now. AREA 45 wants to help 50 people get there!

Panel Presentations and Floor Discussions on Issues Affecting Today's A.A.

The 2023 NERAASA will be in Albany NY from Feb 23rd thru 26th. This scholarship can offset your costs up to \$250.00 for your expenses.



19 Roundtable

Sharing Sessions

They include (but are not limited to); GSR's, DCM's, Archives, Cooperation With The Professional Community (CPC), Public Information, Correctional & Treatment Facilities, Grapevine, Area/Panel Officers, Central Office/Intergroups, Website, Alternate & Area Delegate

NERAASA 2023



Northeast Regional AA Service Assembly

February 24-26
NENY Area 48
Albany, NY



Just 5.5 miles to Albany Rural Cemetery, burial place of Ebby T. & 64 miles to The Wilson House, East Dorset, VT

Reserve rooms directly with The Desmond Hotel, Albany (518) 869-8100, discount code **NERAASA**

For more information contact Info@NERAASA.org or go online at NERAASA.org

Proposed Schedule

Thursday

7:00 – 9:00 Registration
7:30 – 9:00 Red Ball Meeting

Friday

12:00 – 9:00 Registration
12:00 – 9:00 NERAASA Orientation
4:00 – 5:30 Panel 1
5:45 – 7:00 Dinner
7:00 – 7:10 Welcome
7:15 – 8:30 Roundtables
8:45 – 10:15 Panel 2
10:30 – 11:30 AA Meeting
10:30 – 11:30 After Hours Roundtable

Saturday

7:00 – 8:00 AA Meeting
7:00 – 8:30 Breakfast
8:00 – 6:00 Registration
8:30 – 9:45 Panel 3
10:00 – 11:15 Panel 4
11:30 – 12:30 NERT Report
12:30 – 1:30 Lunch
12:30 – 1:30 Delegates Lunch
1:45 – 3:00 Panel 5
3:15 – 4:45 Roundtables
5:15 – 6:30 Plated Dinner
6:45 – 7:00 Flag Ceremony
7:00 – 8:00 Speaker Meeting
8:00 – 8:15 Thank yous & 2024
8:15 – 9:45 Business Meeting
9:45 – 10:45 After Hours Roundtables
9:45 – 10:45 AA Meeting

Sunday

7:00 – 8:00 AA Meeting
7:00 – 8:30 Breakfast
9:00 – 10:00 Panel 6
10:15 – 11:00 Roundtable Reports
11:15 – 11:45 First Year Delegates Highlights
11:45 – 12:00 Closing

FREEDOM

IT'S AN INSIDE JOB
2022 NATIONAL CORRECTIONS CONFERENCE

NOVEMBER 11-13, 2022 HOSTED BY CORRECTIONS COMMITTEES IN ILLINOIS AREAS 19, 20 AND 21



Held at the Hyatt Regency Schaumburg, 1800 E Golf Rd, Schaumburg IL 60173.

\$110 dollars per night. Conference rate valid until Oct. 20, 2022 Phone: 877.803.7534 Mention 2022

National Corrections Conference for rate.

12.3 miles to Chicago O'Hare International Airport
33.5 miles to Chicago Midway International Airport



Bringing the AA Service Manual to Life

Wednesdays 5:30-7pm (Pacific Time)
Zoom ID: 497 810 6507

11/2
Concept 1: Annette D
Panel 69 Delegate, North Florida (Area 14)

Concept 2: J. Gary L
Panel 55 Delegate, Eastern Pennsylvania (Area 59) & Past NE Regional Trustee

11/9
Concept 3: Teddy B.W. Panel 69
Delegate, CA Northern Coastal (Area 06)

Concept 4: Nikki O.
Panel 70 Delegate, Maine (Area 28)

Concept 5: Jimmy A. Panel 71
Delegate, Northern New Jersey (Area 44)

11/16
Concept 6: Don B. Panel
68 Delegate, Maryland (Area 29)

Concept 7: Jeff B. Panel
69 Delegate, Northern New Jersey (Area 44)

Concept 8: Linda KK
Panel 63 Delegate, Northern New Jersey (Area 44)

11/23
Concept 9: Matt D. Panel 71 Finance
Committee Member, CA Northern Coastal (Area 06)

Concept 10: J. Buck R. Panel 51 Year 2
Acting Delegate, Washington D.C. (Area 13),
Panel 54 Delegate, Delaware (Area 12)

Concept 11: Erica G. Panel 69 Area
Registrar CA Northern Coastal (Area 06)

11/30
Concept 12: Jeryl T
Panel 62 Delegate, Mid-Southern CA (Area 09)

Concept 12: Sharon A
Panel 57 Delegate CA Northern Coastal Area (06)

Concept 12: Vera F
A.A.W.S Non-Trustee Director, Panel 68 Delegate
Oregon (Area 58)

2022

Visiting the General Service Office

The General Service Office reopens to visitors on
October 5, 2022

Details click [HERE](#)

Area Challenge

**\$5.14
PER MEMBER
IN 2021:
MEMBERS 1,475,520
COST OF GSO SERVICES \$7,584,173**

Here's how Areas meet the Challenge to cover their own share of Group Services for a year:

Groups collect \$5.14

**Groups send contributions
Before 12/31/2022**

Contributions can be made online at aa.org. (Be sure to mention the "5.14 Challenge" and group number)

**General Service Board
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407**



DISTRICT 22/23

NEW YEAR'S DAY ALCATHON

JANUARY 1, 2023

45 Minute Meetings - Starting on the Hour
First Meeting Begins at 8:00am
Last Meeting Begins at 4:00pm

**Light breakfast and lunch provided
Feel free to bring your favorite dish, side, salad or
dessert. Additional food is always welcome!**

Raymond Dwier Center
392 Church Street
Groveville, NJ 08620

THE Fall Assembly



What is an Assembly?

... a quarterly meeting hosted by Area 45 of Southern New Jersey, to report on the service work provided by the Panel and Committees.

The Assembly will gather these service members:

- Area General Service Reps
- District Committee Members
- The Area 45 Committee
- The Chairpersons from each Intergroup

**Anyone can
attend this
meeting**

If you are interested in service, you are encouraged to attend to learn more about AA in our area.

November 20th

(HYBRID)

Zoom ID: 731 120 5649 Password: SNJAA45

Address: The Gibson House, 535 E. Main St., Evesham, NJ 08053

8:30am Registration * 8:45am Orientation for DCM/GSR

10:00am Assembly Begins



BRING IN THE NEW YEAR

District 24

New Year's Eve Bash

When: December 31, 2022

Time: 6:30-12:30

Location: Lawrenceville Presbyterian Church
2268 Main Street Lawrenceville NJ,

Buffet Dinner begins at 7:00pm

Speaker Meeting 8:30-9:30

Sobriety Countdown

Dancing Immediately following the Sobriety
Countdown

Music by DJ Andy

Area 45 Summer Assembly Minutes

The Spring Assembly was hosted by Section I at Burlington Masonic Lodge and was Hybrid (in person and virtual) on August 21, 2022 in New Jersey.

GSR/DCM orientation was started at 8:45 AM.

The Assembly Meeting opened at 10:00 am with the Serenity Prayer followed by the A. A. Anonymity Statement.

Recognition was given to those who celebrated a sobriety milestone and those new to an Assembly.

Intergroup Chair Reports:

Cape Atlantic:

Good morning, everyone my name is Damon and I am an alcoholic. First let me start off with how grateful I am to be in Service and also how wonderful the panel and committee chairs have been.

We do have a couple service positions that are open so if anyone would like to get into service, please reach out to me at chair@capeatlanticaa.org. We continue to carry the message to the next sick and suffering alcoholic without tapping into our prudent reserves and we need to thank the homes groups for their contributions.

We continue to run our Steering Meeting and Business Meeting hybrid with less and less virtual attendees.

Our web chair Carolyn M has been an absolute blessing with everyone that she has done with our website and with the Hotline. Please check out our website www.capeatlanticaa.org for our upcoming events.

Unity Picnic: October 2, 2022 at Greate Bay Country Club in Somers Point doors open at 9:00-11:00 \$25 Flyer attached

Waves Roundup: December 2-4 Showboat in Atlantic City <see Addendum/MailChimp Link>

Central Jersey:

Verbal Report

South Jersey

Verbal Report

DCM and Section Leader Reports:

Section I

Leader position – Vacant

Anyone interested can speak to Joe E, Chairperson chair@snjaa.org

District 3: District 3 continues to meet via zoom on the second Tuesday of every month. We regularly get 5-8 GSRs. Most of which have a service position with the District. We have a bank balance of \$433.36.

On June 10th we had our Founder's Day / Archives event. It went freaking great. Roy gave a great history lesson on area 45 and even on some of the local groups in our District. Fred E & Janet we're our speakers and as always did a great job.

District 3 has been involved in the planning of the summer assembly, a section movie night (which you will find the flyer to on the tables.

I worked with George a little to verify active and inactive groups in our District. We also had a group dissolve. The early hope and inspiration group no longer meets due to attendance issues.

We are in the planning phase of our next workshop

Thanks,
Patrick M.

District 4: *Vacant*

Districts 22 & 23: Good morning. My name is Jeremy, I'm an alcoholic, and I am the new DCM for District 22/23.

I'd like to send out a big Thank You to our Summer Assembly planning committee from Section 1.

Patrick M, Joe E, Kerry W, Greg J, Nicole M, Chris P, Nancy W, Tara M, Cote K, Jean W, and many others, as well as panel and committee members, and everyone who helped with set up and will help with clean up.

Events like these don't just happen on their own; a lot of behind-the-scenes planning and coordination took place to put together today's assembly.

District 22/23 meets on the fourth Monday of each month at 7 pm on Zoom. We routinely have 5-8 GSRs from the district represented in our monthly meeting.

As of July 25th, our district's treasury balance was \$3487. We spent almost \$1,000 supporting the summer assembly, bringing our current balance to about \$2500 which includes our prudent reserve of \$1000.

Our formal DCM position had been vacant for about 6 months before I was elected in June. We are beginning efforts to move forward in the district with workshop and event planning.

We are starting outreach in our district to increase GSR attendance and group representation at our monthly meetings as well as quarterly assemblies.

We are also planning in-person workshops as well as co-hosting the District 22/23, District 25, and Central Jersey Intergroup Unity Picnic on Sunday September 11th and the Section 1 second annual outdoor movie night on Saturday October 1st.

I look forward to working with the other DCMs and districts in Section 1 and Area 45.

Thank you for your time.

Respectfully Submitted,

Jeremy M, District 22/23 DCM

District 24: I want to thank all of the GSR's DCM's Alternate DCM's and any group members from Section 1 that came together to make Area Summer Assembly a success. This could not have happened without all of your hard work and planning.

District 24 has a balance of \$981.42.

We donated \$300.00 toward the food for the assembly.

We currently have 33 groups in our District and approx. 5 to 7 GSR attend our District meeting which is held on the 3rd Monday of the month in person at 7pm. 100 scotch road. We are continuing to announce our meeting and to try and get more GSR attending the district meeting.

Our District Picnic will be held on September 10th from 11-5 at Rosedale Park. Our next planning meeting is August 29th at 7pm at the park if anyone wants to help. We are going to have an AA and Al-Anon speaker at 3pm. Lit on wheels and Intergroup will be at the picnic.

We are helping to plan Section 1 2nd annual Movie night which is on October 1st. Flyers are on the back table.

We are planning our annual Alcathon which will be on New Year's Eve. More details will follow when we solidify a location.

Coming in the new year we are ironing out details on doing a workshop on the steps and traditions quarterly. I brought this to our section 1 meeting and we might be joining forces with the rest of the section to host these workshops. More will be revealed.

Respectfully submitted

Kerry K

District 24 DCM.

District 25: *Verbal Report*

District 30 & 31 – Vacant

Section II

Virtual Report (written report received but could not open, corrupt file)

Districts: 5, 6, 7

Leader position – *Vacant*

Anyone interested can speak to Frank M flmusella@gmail.com or Joe E, Chairperson chair@snjaa.org

District 8:

* District 8 meetings are held the 2nd Tuesday of each month @ 6pm in the Trinity Episcopal Church at 207 W Main Street in Moorestown. We have (8) groups in our district supporting (12) meetings total, with (6) GSR's, (2) Alt GSR's (1) Alt DCM, and (2) groups lacking a GSR due to membership support. Efforts to support these groups continues and Area 45 information is forwarded to them by active district members.

* Since our last Assembly held in May, district GSR's and I have been actively supporting other districts by attending their group meetings and district workshops, and in July District 8 along with Districts 9 & 26 held a very successful bowling night at "The Big Event" in Cherry Hill. With robust ticket sales we had over 90 AA's and their families together for a night full of Fun, Food, and Fellowship at an event we called; "Sober Rollers Night". (Thank you Lisa & Andy for your help w/ the event)

* As of 8/9/2022 the district 8 treasurer reports a current balance of \$815.28

* All groups in the district report good attendance, commitments are being filled both incoming and outgoing, 7th tradition funds are picking up with the increase of newcomers, rehabs, and sober living houses attending many local meetings.

Upcoming Events in District 8:

* Moorestown Men into Action will be holding its 47th year Anniversary on Weds Sept. 14th, at 7pm Club 25, 60 E. Rudderow Ave in Maple Shade

* District 8 along with the Area 45 will be holding a Corrections Workshop on Saturday, October 29th, at the Trinity Episcopal Church 207 W Main St. Moorestown 11am to 2pm. We will be registering people interested in doing AA service inside NJ State Prisons. Photo ID & current Covid Vaxx card are required (fully vaxxed & 1 booster) plus you must be at least 5 years out of the system.

* Also, an Accessibilities workshop is in the works for sometime after the Fall Assembly

* And the big news is: The Trinity Evangelical Luthern Church in Maple Shade is closing its doors on Sept 11th 2022. Maple Shade Tuesday night and the Maple Shade Thursday night groups are losing their meeting space.

Stay tuned for further updates and check the intergroup website for meeting info. Respectfully Submitted; Your humble servant, Bob W - DCM / District 8

District 9: Thanks for allowing me to serve our District, and Area 45 in general.

District 9 meets on Zoom on the last Thursday of the month at 7PM. Links to the meeting are on the Area calendar.

If your Group is in Cherry Hill or Voorhees, join us for the Zoom Meeting !

You don't necessarily have to be the GSR to represent your Group,

we just want your Group "in the loop" on AA news.

We helped host a Sober Bowling event in July, turnout was great !

We have \$645.14 in the bank, and are continuing to encourage Group participation.

Peace... Andy E. 😊

District 26 & 10: Hello, my name is Lisa B I am an alcoholic and the DCM for District 26. We meet the 2nd Wednesday of each month at Logan Presbyterian Church in Audubon. We also have a virtual option to attend (Hybrid). A welcome to our Section Leader Frank, thank you for your service and attending our meeting. Treasury balance \$2,317.90. We look forward to co-hosting the Fall assembly
Our District hosted a workshop on 'Step 9 and Sponsorship'. It was well attended and

those who participated in setting this up, did a great job. Ken our delegate participated and shared his experience.

In July we held a sober bowling event with districts 8 & 9. Thank you to Bob, DCM for District 8 for getting the ball rolling (pun intended lol). It was a huge success; 15 lanes were used, and it was great meeting others and their families. I enjoyed meeting with Bob and Andy, making fellowship connections. Hoping to do a similar event in the future!

District 10 has merged with District 26. Having a smaller number of active meetings, District 10 meetings now have better opportunity to be active and represented in the service structure.

When I took the DCM service position, I wanted to find a way to organize active meetings and their contacts. The records were outdated, and many meetings are not being represented. With the help of our Area Registrar, George, I was able to get a pretty accurate count of the active meetings. I truly appreciate George's help with this. The hope is to streamline a more effective way to keep meeting records updated. This will help identify those meetings that don't have representation and efforts can be made to inform them of the GSR position.

It's been wonderful seeing people meet up in person, attend in person workshops and other fun activities. Thank you to the panel and all those hosting this assembly.

Respectfully submitted,

Lisa B

DCM District 26/10

District 27: *Verbal Report*

Section III

Leader position – Vacant

Anyone interested can speak to Joe E, Chairperson chair@snjaa.org

District 12: *No Report*

District 13 : *Verbal Report*

District 14: *Verbal Report*

Districts 20 & 21 and 28 & 29 – Vacant

Section IV

Jimmy T: *No Report*

District 15: Summer Greetings Everyone!

I am Kevin H. An Alcoholic DCM District 15. We meet every second Wednesday of the month 6:30pm @

Holy Spirit Episcopal Church 222 E. Main St. (route 9) and Cedar St. Tuckerton, NJ 08087. District 15 BBQ

Party August 27 (Sat.) 11am-4pm. Food also soda and water, Fun, Fellowship. AA speaker Shirl R. and

Al-anon speaker Karen P. Family and Friends welcome! CORLISS PARK 182 Wells Mills Road, Waretown,

NJ. Bring your LAWN CHAIR. Side dishes & desserts needed! Rain Date 9/17.

Thank you Anthony B former Alt DCM for your service! We welcome our new District 15 Alt DCM Rick S..

Barbara L. Treasurer reported a balance of \$2,029.99. Our district with George H registrar will update meetings and GSRs.

Contacted Sandy DCM of District 19 to work together on a Fall Workshop.

Our 2022 Holiday Party @ Holiday Inn Manahawkin, NJ Sunday, December 4, 2022' 4-9 pm. Tickets will soon be available @ \$50 each.

Thankful for Higher Power, We and Networking! Working on humility and responsibility Kevin H.

District 16 & 17: *No Report*

District 18: My name is Paul H. I am the DCM for District 18. I am grateful to have the opportunity to be of service.

Our most recent district meeting was held on June 5, 2022 at Holy Trinity Episcopal Church, 2998 Bay Ave, Ocean City. Two GSRs attended.

Our next meeting will be September 4, 2022.

Our treasury is in good shape and I want to thank our local groups for their continuing generosity and support.

District 19: Greetings everyone, I am Sandy M and an alcoholic.

Our District 19 meeting is held the last Thursday of the month at Crest Community Church, Wildwood Crest NJ at 7:30 pm. Everyone welcome. Our District 19 Spring Event was on the 25th of June. We were "small but mighty" just ask Ken T (Delegate), George H (Registrar) and Becca (DCM District 16-17) stopped by. It was held outdoors in Wildwoods Amphitheater. Entertainers were Moi, Alt-DCM, John S, Jimmy T, Section 4 Leader and GSRs and attendees helped make it a fun fellowship, we had a blast! Doing "Will you be my sponsor" by Robbie W. Great play.

Our Summer Event will be Sept 24, 11:00 am-4:00 pm at the Cape May Point (Lighthouse). Jimmy T has asked Georg H to speak! Again, Food Fun and Fellowship. Yay!!!

Treasury Report \$5,251.18 + \$1,000 (Prudent Reserve) = \$\$6,251.18 (Total Balance).

I would like to thank everyone here today who have helped me, weather they knew it or not....for my recovery for our Unity together in Service for AA as a whole.

Area Committee Reports

Accessibility

Verbal Report

Archives

The Archives committee continues now as previously reported. We have had regular virtual meetings on a monthly basis. The storage facility is visited regularly. Our annual budget of \$640.00 has been used up to \$400.00, mostly on milage for visits to the storage facility.

There are plans for a hybrid workshop on 8/27/2022 (Saturday) at the Winslow Twp. Senior center. There will be a hybrid meeting at 9:30am(Saturday morning Big Book), from Turnersville. This followed by a screening of a DVD of Bill W. telling his story from Stepping Stones in the presence of his wife Lois. Coffee will be provided. The DVD is part of a recent donation from a former Archives Chair. The hybrid meeting is possible because of 7th tradition donations and the work of current AA membership.

Please visit today's Archives display and ask any questions you may have. Seriously consider a service commitment involving the Archives Committee. Committee members are welcome and a future Chairperson will be required in the spirit of rotation.

Yours in Service, Roy C. Archives Chair, Area 45, Panel 72

Audio

Supporting Convention meetings with screen and projector for zoom. Checking out venues for internet etc. Going wherever needed! John H.

John H.

Area45 Audio

audio@snjaa.org

609.496'6776

Budget & Finance

I'm Justin and I am an alcoholic.. The Budget & Finance committee met twice for open Q&A sessions with the groups and panel since the budget for 2023/2024 was submitted at our last assembly. The meetings were, to be honest, very lightly attended. I appreciate the feedback and questions from those who were interested and attended on June 22nd and July 20th. My sincere hope is that the groups, representatives and rest of the panel received all the information they needed from the presentation in May to feel comfortable voting in favor of our committee's proposal today. A friendly amendment will be made as well, based on the discussions during those two sessions, and I hope the assembly will support it. From this point forward, I am asking the B&F committee to start meeting monthly in September on the 3rd Wednesday of the month @ 7:30pm. The meetings will be virtual. I expect we'll be able to conduct business in 30 minutes or less. The focus will be on tracking the Area's budget vs. actual spending, input on new requests from the panel, and other finance-related topics.

As always, I will end with a heartfelt and grateful "thank you" for allowing me to serve.

Respectfully submitted.

Convention – 56th Annual

Verbal Report

Convention – 57th Annual

Verbal Report

Cooperation with Professional Community/Public Information (CPC/PI)

My name is Michele and I am alcoholic. We continue to spread the word of AA by distributing literature to various locations within Area 45. We started with fire, police stations, hospitals and rehabs. Our current project involves the healthcare professionals in our communities. We are working on slideshow presentation which highlights the importance of AA. Our hope is to send out this presentation and let the message be shared through technology. It is important to educate these professionals so they have a better understand of how AA works. The more informed they are about AA, the more confident they will be in helping their patients.

We are also spreading the messages to people through outdoor events. John M., our Public Information Chair has organized an AA table at an upcoming event. It is the 10th Annual Run/Walk for Recovery on September 24 at Mercer County Park in West Windsor. He would love some help and support that morning. If you are interested, please see me after the meeting.

We are always looking for other events in our area. If you know of something and feel our presence would be beneficial, please email me. You can find my email on the sjnaa website.

September is National Recovery Month. The council of Southeast Pennsylvania and the Pro-act ambassadors for Recovery are hosting a Phillies Game on September 24th at 4:05 Saturday night. The Phillies are playing the Atlanta Braves at Citizens Bank Park. Tickets are \$15.00 and part of this fee includes a donation towards recovery support services. I thought it would be a fun way to support people in recovery and enjoy some fellowship. If you are interested in going to the game, please let me know. This is not an AA sponsored event.

Thank you,

Glad to be of service

Michelle C.

Corrections

Hi everyone, I am Josh P, and I am your area 45 Corrections Chair. It is both an honor and a privilege to be trusted with such a responsibility. Since the last assembly much has happened. Facilities are opening up. Meetings are going inside and we are in need of support at every level. We have many opportunities for service within corrections and I will do my best to get you into action. I have broken it down into categories with a brief summary.

LIPS

Literature In Prison Service is area 45's service dedicated to providing literature to AA members behind the walls. We have been actively sending literature to facilities and supporting our volunteers with soft cover copies of the big book and 12&12. We have some LIPS cans for your home group in the back of the room. Please stop by and pick up a can for your group.

Federal

Our federal commitment at FCI - Fort Dix is doing great and we just expanded to a third meeting! We now have 2 meetings on Wednesday and 1 on Thursday. If you have availability during the day please reach out and I will assist you in getting through the short application process.

State

State prisons have been opening up... sometimes quickly, sometimes slowly. GSYCF is open and now meeting on Tuesday in Yardville. NJSP (Trenton state) opened on Wednesday nights but was closed last week due to a covid outbreak. Meetings are suspended at this location until further notice. Bayside and South woods will be starting up 4 meetings between both sites soon. MSCF (Mid-state prison) located near Wrightstown is currently looking for 2 meetings. Jones farm located near Trenton is also looking for 1 meeting to open. Both MSCF and Jones farm need support

County

Various County jails around area 45 have opened or will open soon. We are still gathering contact information. If you or someone you know is taking a jail commitment, please reach out to area 45 corrections and let us know. Salem county jail will open in October and needs support. Mercer Co is still closed and has no meetings currently planned. We are here to help support your meeting. Please spread the word.

Institutions

Ancora is reopened in Hammonton. A new meeting at Ann Klein Forensics Center located in Trenton is starting Friday nights at 6pm in September. This site does not require an application. The only requirement is a COVID test 15 min prior to entering. We need a few more volunteers to fill this meeting.

Bridging the Gap

Joe H. Aka Lollipop Joe who's been our Coordinator has suggested a new bridging the gap program borrowed from our friends in neighboring Area 59 (eastern PA) which we are currently reviewing. Our hope is to make recommendations to the area 45 panel in the near future. Thank you, Joe for the years of service!

Events

We are in need of volunteers for many of our commitments. There is a volunteer shortage and we do not currently have enough people to cover what is open. The Corrections committee is working with several DCMs to plan upcoming application workshops. We are co-hosting a workshop in District 8 on October 29th starting at 11am in Moorestown. Flyers are available at the corrections table. We also met with District 3, 14 & 18 and they are planning events too. Once confirmed, flyers will be posted on the website. Please make an effort to spread the word at your home group and to your DCMs. Only you can help meet the needs of our friends behind the walls.

Our corrections committee meets virtually the first Tuesday of every month at 7pm. We still have a few service positions open and could use support. Virtual meeting ID and password are available on the area 45 website. It's all happening... We just need you to show up! All are welcome!

Thank you all for allowing me to be of service.

Gratefully,

Josh P

Area 45 Corrections Chair

DCM/GSR Orientation

At today's orientation, I counted 10 new GSRs 2 new DCMs, and two GSR ALTs. if anyone needs orientation info or materials, please let me know.

respectfully submitted,

Rich H. a45p70

Grapevine

No Report

JalCon – Vacant

Please announce and reach out to meetings in your area to see if anyone is interested in this service opportunity. They should then contact Ken, Delegate, delegate@snjaa.org.

Newsletter

Good afternoon. My name is Kelly, and I am an alcoholic. It is my privilege to serve as your Panel 72 4th Dimension Newsletter Chair.

Many of you received the Summer Newsletter emailed to you, and if you have not yet seen it, it is also available on our Area website. Likewise, if you are joining us virtually today, I have asked our awesome tech committee to put a link to it in the chat.

In an attempt to stick with a theme for each Newsletter, for the Summer addition we have the theme of the General Service Conference. I want to give a special thank you to some of our Past Delegates, including Laurie E., Joe O., Fred E., and Jimmy S., who took the time to write some very interesting and enlightening pieces about their personal experiences representing Area 45 at past Conferences. Some other notable inclusions came from our Northeast Regional Trustee, Francis G., an essay from our Panel 72 Alternate Delegate, Wendy M. a spotlight on AA General Service Conference history from our Archives Committee, who also provided some pages from the very first Area 45 4th Dimension Newsletter in 1995, flyers for some upcoming events and workshops, as well as some links to new offerings from the AA Grapevine. Also in the Newsletter are the minutes from our Winter Assembly, and finally, a free, downloadable board game about getting sober. No, I'm not kidding. If you play, the winner is declared when no one relapses and all the players solve all of their problems. Everybody wins!

Moving forward, wheels are in motion for topics for and contributions to the Fall Newsletter. If you or anyone you know has some ideas for submissions or topics you'd like to see included, or your committee or district has a flyer for an event between the fall and winter assemblies, please send an email to newsletterarea45@gmail.com.

Respectfully submitted,

Kelly W.

Policy

Hi my name is Tanya and I'm an alcoholic. It's an honor and privilege to serve as the Area 45 Policy & Charter chair. Since the last assembly, I ordered printed copies of the 2022 Area 45 Handbook that are available for you today. I will be working on updates to the Area 45 Handbook for 2023. If you're interested in serving on the committee, please email policy@snjaa.org.

Yours In Service – Tanya D.

Registration

Verbal Report

Virtual Tech

Verbal Report

Website

Verbal Report

Workshop - Vacant

Please announce and reach out to meetings in your area to see if anyone is interested in this service opportunity. They should then contact Joe E, Chairperson, chair@snjaa.org.

Young People - Vacant

Verbal Report

Area Panel Reports

Delegate

I am an alcoholic, and my name is Ken. Privileged to serve as Area 45 Delegate, Panel 72.

Thank you to the hosts, and technical facilitators for making this meeting possible.

To the Panel, committee members, GSR's, DCM's and Section Leaders. Thank you All for your vital service to our Fellowship.

Since our last Assembly, I've met with the GSO Staff member assigned to my Conference Committee. Conference Trustees Nominating. I've also been in contact with Staff Member Diana L, who was just named Conference Coordinator for the 72rd General Service Conference.

Last week, an announcement was released from GSO regarding new staff assignments. Evidently, the Group Services, and Conference Coordinator assignments have been changed.

In addition, a list of Proposed Agenda Items for the 73ed GSC has begun to trickle out. 20 items so far. When that list is more complete, we will make them available, and surely present them at, or before our 2023 Mini Conference.

I've participated in a workshop concerning Mental Illness in AA, as well as an Accessibilities workshop.

I attended a District 19 workshop. I was also invited to speak on our 12 Concepts at an event hosted by Section 2, Districts 25, 5, & 10.

Last Sunday I was invited to speak at the Design for Living group in Neptune. The home group of Area 44 Delegate Jimmy A, on Concepts 5, 6, 7 & 8.

I've also had a few invitations to share my ESH at groups in our Area over the last few months, which allowed the opportunity to share Conference experience, and make General Service attractive to others.

The printed copy of the 72nd General Service Conference report will be available in late September. The PDF version will be available before that, and will be posted on our website SNJAA.ORG.

We encourage any AA Group in Area 45 to please submit any Agenda items for the 73rd GSC to please submit them directly to GSO, as the deadline will be over before our next Assembly

In closing, let us Always remember why we do what we do here in Area 45.

We serve to meet our Primary Purpose. To stay sober, help the still suffering alcoholic, and to be a part of the wellbeing and growth of our beautiful Fellowship.

In Love & Service, Ken T. Area 45 Delegate Panel 72

Alternate Delegate

Hi, My Name is Wendy, and I am an alcoholic; I'm also grateful to serve as your Area 45 Alternate Delegate.

In the past three months, I have had the pleasure of visiting each of the Intergroups at least once in person, which is the highlight of my current service position.

I've also continued to host the virtual bi-monthly North Eastern Regional Alternate Delegate meetings and attend and host one NERD meeting.

In the Alternate Delegates meeting, we worked on an agenda item to have all the suggested home group positions in the Pamphlet, The AA Group, Where It Begins, and suggested area service positions that are currently in the AA Service Manual be in one combined resource so that it would be easy for sponsors to share with sponsees what services positions are available and their general duties.

As a reminder, I would love for you all to put it in your calendars to attend the Day of Sharing hosted by Central Jersey Intergroup **on October 8th from 9 am to 11 am**. The event will be hybrid; you can find the Zoom ID and address on the Area 45 website. If you have not attended a day of sharing; my goal is to pair like service positions together from the Area and all three Intergroups so that they can discuss how their service positions help carry the message to the still-suffering alcoholic with a particular focus on how can we get more alcoholics into service at all service levels.

In love and service,

Wendy M.

Chairperson

Good morning, everyone and thank you for the opportunity to serve as the Area Chair. It is with my deepest appreciation that I thank the security staff and the body of this assembly for making this possible. Since our last assembly, I have worked with both Sections I & II with coordinating the locations for upcoming assemblies. Thank you to both of those Sections for your support. In addition, I have reached out to neighboring Areas in an effort to learn more about my position, but more importantly, what are those best demonstrated practices that other Areas are doing that make them great? This led to a joint Zoom Call with our newly appointed Accessibilities Chair and Co-Chair, Laura C. and Anup. We partnered with Area 29 to learn more about how they approach the Accessibilities Chair Position and it gave us a ton of great ideas to get started with. I am excited to see Laura and Anup flourish in their new positions.

As of now, I have all Chair Positions filled at this time. But not to worry, they need committee members!! If you are a GSR, DCM, or Section Leader; Please consider joining one of our committees. This is a great way to learn something new about General Service, but also a way to create a workshop for your District and/or Section. All of our Chair Positions would be happy to work with you and could definitely use the help.

If you have an event that you would like to post on the website, please send me the flyer and I will see that our Web Chair posts it on our site as well as calendar.

(Chair@SNJAA.ORG) Please check the website periodically, as I will be updating it with new information.

I appreciate the opportunity to serve you and look forward to speaking with everyone today.

Treasurer

Hi, my name is Phil and I am an alcoholic. I'm grateful to serve as your Area 45 Treasurer. Thank you to all the AA groups and individuals that contribute financially to Area 45.

Through the first half of 2022, we have received approximately 200 mailed checks for 7th Tradition and approximately 25 mailed checks for the Corrections Committee aka Literature in Prisons. The number of online contributions during this same period was about 20 for 7th Tradition and about 5 for Corrections. I use the words "approximately" and "about" because there can be a little lag between when a contribution is made and when it shows up in Area's accounts. I personally visit the post office box, track the contributions, and make deposits about once every 2 weeks.

In May, the Convention Committee paid Area back the \$3,000 that Area had provided the Convention Committee in the Summer of 2021. We (meaning myself and the Budget & Finance committee) were not expecting this money to be returned by the Convention Committee to the Area operating account. We viewed the original transfer in Summer 2021 as a Convention Committee expense, which was appropriate given the Convention Committee budget line item in the approved 2021-2022 Area budget. That said, in May the Budget & Finance committee agreed to accept the Convention Committee's return of \$3,000.

I go into this level of detail, because if you set aside this unexpected return of \$3,000, the Area operating account is + \$400 for the first half of the year, with about \$21,000 coming in and out. Generally speaking, Area's finances are healthy and have been predictable and without surprise or drama during this first 6 months of my term as Treasurer.

Contributions to Area through the first half of the year have rebounded to pre-COVID levels, which I hope is also the case at the District level. We have resources. Your input and

ideas and suggestions are critical for us to carry the message effectively.

Lastly, a request! Please ask and encourage your group treasurers to include the group ID number on your mailed checks. For me, it doesn't matter whether that group number is the old six-digit FNV number or the new Fellowship Connection Group ID.

Thank you for supporting Area 45, please reach out to me directly with any questions (treasurer@snjaa.org) and enjoy this day!

Secretary

Hello, my Jean and I am an alcoholic. I'm sorry that I could not make the Assembly in person today. Unfortunately, a family member went away on a 10-day vacation and came home with COVID, the house is in quarantine for now.

There are plenty of handouts for the Assembly with the Agenda, \$5.14 Challenge in English and Spanish, Section 1 Movie Night flyers, Unity Family Picnic (Mercer County Park), etc. More information will be sent out about the \$5.14 Challenge.

Here is a report that I run in MailChimp. It shows the number of successful MailChimp campaigns sent, opened, opt-out (removed emails) and how many hard bounces. Hard bounces results in the recipient never receive the email.

Subject	Send Date	Sent	Total Recipients	Successful Deliveries	Total Bounces	Unique Opens	Open Rate	Total Opens	Unsubscribes
4th Dimension Newsletter -Area 45	8/7/2022	Sun	761	749	12	278	37.12%	413	3
\$5.14 Area Challenge & Summer Assembly Reminder	8/8/2022	Mon	753	746	7	47	6.30%	50	0
Have you reviewed the 2023-2024 Proposed Area Budget with your Group? Any Questions? Don't forget to VOTE at the Summer Assembly.	7/6/2022	Wed	720	714	6	312	43.70%	543	1
Budget Q&A, Summer Assembly flyer & LIPS message	6/17/2022	Fri	723	717	6	297	41.42%	735	0
Look What's Comming Soon	5/31/2022	Tue	732	717	15	310	43.24%	718	1
Area 45 - Spring Assembly Information	6/2/2022	Thu	728	716	12	321	44.83%	835	0

Keep a look out for emails sent out via secretary@snjaa.org and please add the address to your Contacts. Thank you for all of you who have already sent me your report. Don't forget to email me your report with a week so the Assembly Minutes can go out timely.

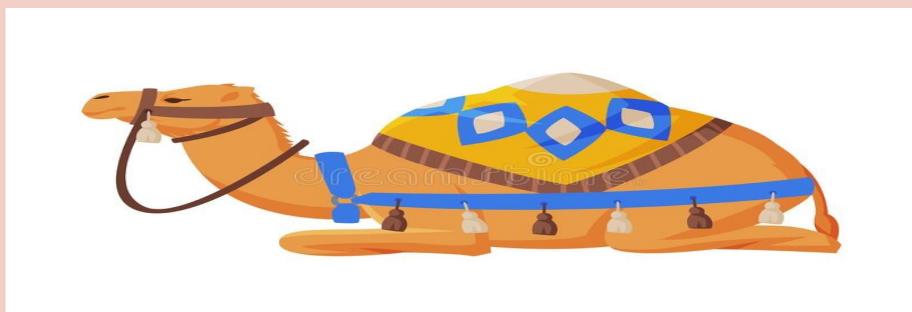
Respectively submitted,
Jean W

Registrar

For GSO Registration and Area 45 Registrar Questions Contact:
George H at Registrar@snjaa.org or text/call 856-979-2734.

1) Area 45 Registrar Activities

- Updated Area 45 Contact List (Panel, Committee Chairs and DCM)
- Updating GSO Fellowship Connection Records with DCM/GSR Groups
- District Meeting Visits & Presentations & Scheduling for Fall to Discuss their Fellowship Connection Records
- Quarterly Assembly Registered Email Addresses (May to July 31) forwarded to Secretary for Mail Chimp distribution
- Continue learning curve Area 45 Registrar Position (GSO Registration)
 - a) Monthly Area Register Zoom with other Area Registrars (Wild West!)
 - b) Quarterly GSO Fellowship Connection Meeting with Member Services
 - c) 1st Draft for District Review "Strawman Area 45 Registrar Handbook/Position Description/GSO Registration" as input for New Website/Handbook



2) Fellowship Connection Group Count

- District/Section Active Group Count (last available record 2005?)

-578 "Active Groups" August 2022

Section I 190 Section II 110

Section III 140 Section IV 138

-963 Total "Groups" Ever Since May 14, 1940 (>370 inactive)

- Group 1000 within next few years

- Intergroup Community Maps list indicate likely 10-15% more inactive Groups (50-60+)

- South Florida Area 15 has 1900 Active Groups (1500 Inactive) and 18 Districts

• 3) Area 45 Contact List - Panel, Committees and DCM

- Hard Copies Available

- 2 Sections with Leader

- 15 Districts with DCM

- 10 Silent Districts (Act Grps/No DCM)

- Redistricting Group Conscience of District/Group Decision in 4 Sections

- 10 Inactive or Redundant District Needing Clean Up/Consolidation of District/Group Records in Fellowship Connection (eg, Districts 1, 2, 5, 42, 45 and 52)

- Redundant District 16/17 record and Districts 16 and 17

- Redundant District 22-23 record and 22 and 23 DistrictsNumbers.

- Many existing District numbers available to be repurposed for Virtual District

-Contacted Potential Section III Leader

-Advised Silent District Groups on Active District business meetings and participation options and DCMs on Redistricting (Redistricting Section/District Decision)

3) Updated with DCMs/GSRs GSO Fellowship Connection Database of Group Records

- Panel/District/Groups/Service Position Records

-Work with DCMs on defining standard District DCM spreadsheet format for gathering their Group Information by Community and GSRs/Mail Contacts

-2022 Group Info Change Forms Available with Regular/Virtual/Hybrid

-GSRs/DCM can submit to DCM/Area 45 Registrar or GSO Member Services

Updates Since 12/2021:

a) 308 Service Position Updates (178 Groups through Membership Services)

b) 140 Group Updates

c) Assist New Groups to Register. About 10+ New Groups (Mostly Virtual)

5) Issues

-Progress, but Major Challenges to Updating Group Records addressing both Post Covid Shut Down & Fellowship Connection New System.

-Continue identifying Inactive Groups with DCM & updated GSR/Grp Contact.

- 740+ GSR/Alt GSR/Mail Contacts, about three quarters over year old, so huge number outdated. Fellowship Connect end service dates will help reduce issue in future. Groups can only have one GSR (many do two).

-Silent Districts/Sections

-Identify how many pre-March 2020 "Regular" Groups now Virtual/Hybrid Permanently

-Need Standard Spreadsheet with DCM for Collecting Key Group Information Group Information

NOTE: See <see Addendum/MailChimp link> for Registrar attachments.

11:35 am - Lunch Break

Motions:

Those eligible to vote on matters pertaining to area business are: Delegate, Alternate Delegate, Treasurer, Secretary, Registrar, GSRs, DCMs, Section Leaders and Committee Chairpersons. Alternate GSRs and Alternate DCMs are eligible to vote only when the GSR or DCM is not present. Past Delegates and Intergroup Chairs have a voice but are not eligible to vote. Panel Chairperson votes only to break ties.

Motion #1: Budget & Finance proposal for the 2023-2024 Area budget

Passed

There have been multiple meetings held with the Panel and Committee Chairs to review the projected needs for Area 45.

The Area secretary emailed out the link with the Proposed 2023-2024 Budget on June 2nd and it was posted to the website.

Two virtual Q&A sessions were held on June 22nd and July 20th.

A new email was created (budgetquestions@snjaa.org) and highlighted during email blasts concerning the proposed budget and the Q&A sessions. This address was for use this year (and in the future) to direct budget questions from interested people to the appropriate panel members and committee members.

Motion #2: That Area 45 reimburse tolls for the Panel

Passed

Explanation: If passed, this motion would make tolls eligible for reimbursement as a travel expense.

Purpose: Currently the notes to the budget provide for reimbursement of mileage but not tolls. The notes to the budget do not provide a rationale for reimbursing mileage but not tolls, which distinction seems arbitrary and inequitable. Tolls have risen and will likely continue to rise, and should be treated as an ordinary, necessary travel expense.

Motion #3: Purchase (3) laptop computers for Area 45 General Service Convention Committee*

Passed

The laptops will be used by the Convention Committee use only (Convention Chair, Registration, Treasurer), opposed to personal laptops as we have in the past.

Price: 3 laptops @ \$750.00 each - \$2,250 total which will be sourced from the Convention Committee and will not impact the Area 45 Budget.

Scope: To be used for all communications through e-mail, convention website, budgeting, attendance, banquet, etc. for Chair, Treasurer and Registration.

Present state: Some laptops are outdated, operate at slower speeds, batteries not holding a charge.

Goal: If approved, the laptops will be passed down to next committee with the necessary documents, procedures, contacts, etc., to make for a smoother transition.

Motion #4: Create a virtual district within Area 45 on a two-year test basis

Passed

Explanation: If passed, this motion would create a new district within Area 45 on a test basis composed solely of those virtual groups registered within Area 45 that elect to join the new virtual district-virtual groups would not be compelled to join the virtual district but could if they So wish.

There would only be one virtual district in Area 45. The proposed virtual district would have all the same rights and privileges as the existing geographical districts within Area 45, for example, having the right to elect its own officers and DCM, etc. The virtual district would expire by a date certain unless extended by action of the body of Area 45.

Purpose: This motion would offer virtual groups registered within Area 45 an additional opportunity to become involved in general service in furtherance of the 71st Conference action that the U.S./Canada General Service Structure recognize online groups and encourage their participation.

Area 45 Spring Assembly Adjourned.

Area 45 Summer Committee Meeting

The Committee Meeting opened at 12:25 pm with the Serenity Prayer.

Motions to be included on the Fall Assembly Agenda:

Those eligible to vote on matters pertaining to area business are: Delegate, Alternate Delegate, Treasurer, Secretary, Registrar, Committee Chairpersons, DCMs, and Section Leaders. Panel Chairperson votes only to break ties.

Motion #1: Reimbursement for expenses to attend the National A.A. Achieves Workshop.

This amount reimbursed will be for hotel, registration and meals. Anticipated to be around \$600. The actual amount will be known prior to the November Assembly and the event is in September 2022.

Motion #2: Requesting approval for up to \$1,000 to purchase a new laptop for the Registrar.

The current laptop is outdated and needs to be updated to support excel spreadsheets, website Registrar enhancements and for support for Registrar functions.

Area 45 Summer Committee Meeting Adjourned.

Attachments via links here and in MailChimp distributions:

Cape Atlantic Flyers:

Round Up, "On Awakening", December 2-4, 2022 <https://www.capeatlanticaa.org/roundup/date-location-info/>

Unity Breakfast, October 2, 2022 <https://capeatlanticaa.org/wp-content/uploads/2022/08/10.2-Unity-Breakfast25.jpg>

\$5.14 Challenge (English, Spanish page 2) <https://drive.google.com/file/d/1XCEVPGjmHH04I2BIPpNwQoB9SsIR-WJE/view?usp=sharing>

Registrar Attachments:

Groups by District/Communities

Fellowship Connection (FC) Registrar by Active Group Count

Estimated Worldwide A.A. Individual and Group Membership

[https://docs.google.com/document/](https://docs.google.com/document/d/1atj5neTGuEb7lVonzelPGX6nHVRlhxeJ/edit?usp=sharing&oid=104738996842186578695&rtpof=true&sd=true)

[d/1atj5neTGuEb7lVonzelPGX6nHVRlhxeJ/edit?](https://docs.google.com/document/d/1atj5neTGuEb7lVonzelPGX6nHVRlhxeJ/edit?usp=sharing&oid=104738996842186578695&rtpof=true&sd=true)

[usp=sharing&oid=104738996842186578695&rtpof=true&sd=true](https://docs.google.com/document/d/1atj5neTGuEb7lVonzelPGX6nHVRlhxeJ/edit?usp=sharing&oid=104738996842186578695&rtpof=true&sd=true)



Games!

AA RECOVERY

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efficiency
unhappy home life
lower companions
self-confidence
reputation
ambition
careless

family
financial difficulties
difficulty in sleeping
drink alone
jeopardizing
cravings
RELAPSE PREVENTION

lose time from work
inferior environment
alcoholic
institution
remorse
crave

Trivia Challenge

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