

"PASS IT ON"

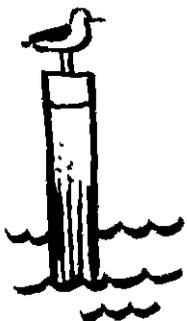
THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

Summer Edition

August 2007

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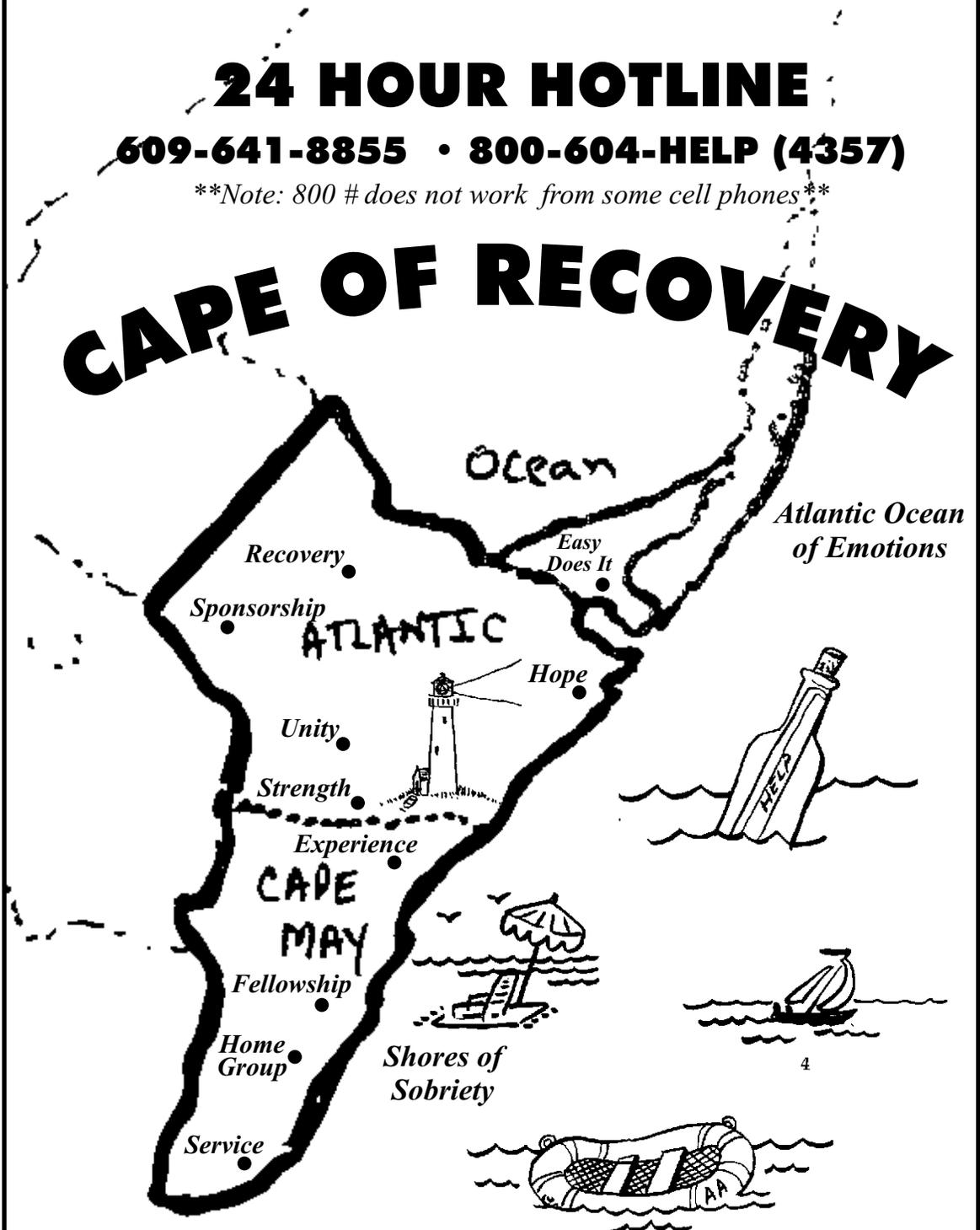


24 HOUR HOTLINE

609-641-8855 • 800-604-HELP (4357)

Note: 800 # does not work from some cell phones

CAPE OF RECOVERY



Pass It On Fall Deadline September 16, 2007
Theme: Rewards of Sobriety (See page 2)
Hand in your contribution at the Unity Breakfast!



Pass It On is a “we” publication... meet “YOUR” editor...

Hi,

My name is Mary B and I am a grateful recovering alcoholic. My AA birthday is September 16, 2005. It is a privilege, a reward of sobriety and a promise come true for this AA to serve as your editor. Perhaps most important of all, it provided this AA with an opportunity to understand her disease and face some fears and challenges in sobriety. She learned a lot!

Thank you to all CAIG reps and the CAIG Board for the opportunity to serve. This time around I could not get it together enough to utilize a committee—too overwhelmingly challenging for this AA. Thank you to all the committee members who cheered me on and had kind and encouraging words along the way. Thank you to Scott, Chuck, Bonnie and Rob for holding me up and letting me learn and grow. With the help of God and the encouragement of the fellowship I'll get better at all this one day at a time.

AA is a “we” program and 'Pass It On' is and must be a “we” effort. Oh, we dreamed the big dreams and had the grand ideas as many good alcoholics can imagine. Yet, when push came to shove God (whom some choose to call Higher Power), the Big Book and the 12 and 12 were the source of teaching and understanding that inspired our decision to let this newsletter have its rebirth and life in the fellowship of Cape Atlantic Intergroup (CAIG). The stories and information found within are products of various members of CAIG, submitted on a volunteer basis.

Please take a few minutes to peruse this periodical published by *your* Intergroup. If you enjoy the time spent, jot us a note and let us know. Along with your note, please include a few paragraphs about your home group or something to do with recovery. If you find it trivial and your time not well spent, write something you think is worthy of publication and send it along with your note of protest. I promise to print at least the first set of each in the fall newsletter!

Since fall is the traditional time of harvest, the theme for the fall issue is Rewards of Sobriety. Our prayers are that God, as we understand Him, will move at least one grateful, recovering AA to:

- share a brief account of his or her experience, strength and hope
- write a short story about the rewards of sobriety in his/her life
- write a little article about AA history
- write about their understanding of service in the recovery process or the role service played in their recovery
- write about something in the AA program that's important to or interests them

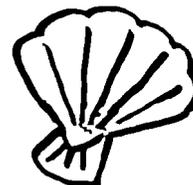
We are happy to answer any and all questions and concerns. The newsletter committee reserves the right to edit material for length and appropriate content. We will submit edited materials to the authors for their approval prior to publication.

The very best way to submit material and/or communicate with us is via email: newsletter@caigrp.org. CAIG Office, 32 East Black Horse Pike, Pleasantville NJ 08232
Phone: 609-641-8855

THAT'S ALL I HAVE AND I'LL KEEP COMING BACK



“To Serve or not to Serve; that is the Question!”



*by: Robbie W. – Intergroup Chairman
Home group: The Stagecoach Group*

In Alcoholics Anonymous; as individual members and groups, we have but one high mission, and that is to carry the message of “hope” that AA offers to a down and out drunk, who doesn't know there's a way out (*Tradition Five – Twelve and Twelve*).

There are many ways we can do this. This recovering alcoholic likes to go to his home group and be there when the sick and suffering alcoholic screams out, “Help! I can't stop drinking. My life is falling apart, I'm probably going to jail, my family is sick of me, and, well, I have a bottle in my car that I am swigging on!” Yes, it is always a blessing to work with other members of my home group as we “12 step” a new member like the one described above.

An alcoholic in recovery can also enhance their personal recovery by “serving” Alcoholics Anonymous outside the home group. This alcoholic has gained much insight into our dynamic program and has received a tremendous amount of gratitude by serving Area 45 and Cape Atlantic intergroup. One of the benefits of getting involved in local or general services is that you meet A.A. members who truly love A.A. and are willing to invest their time into serving the Fellowship that has saved their lives.

Sometimes you will hear a somewhat disgruntled A.A. member bellow, “Ahhhh, all that service stuff is all *politics!*” Sure, I heard those A.A. members. Thank God I didn't listen to them! This alcoholic trusted God and dove into serving others because “elder statesmen” taught him that service to A.A. was a good thing. The rewards have been out of this world!

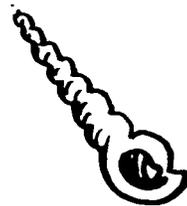
Today I have the high honor of serving Intergroup as its Chairman. It's pretty wild trying to keep the monthly business meeting focused and running efficiently. It has been a rewarding challenge. This service position has given me the opportunity of making new friends in Atlantic County. That's the cool thing about being involved in service; you widen your sphere of friends that eventually enhance your recovery. That is priceless to this alcoholic.

In summary, if you are looking for a chance to enhance your recovery, I would beg of you to jump into the A.A. service ring. Once there, you will find out that you can be of maximum service to God and those about you through this effort.

A.A. needs willing service workers to carry the A.A. torch. This alcoholic will be rotating “on” in 2008 and making the opportunity available for another alcoholic to serve as I have for the last four years in Intergroup. The spirit of rotation is important. By rotating to another dimension of service, it keeps one “fresh and new” to the venture. I never want to stay in a position so long that I think I know it all or worse yet, take “ownership” of the service entity in question.

Are you willing to sacrifice time and energy to be of maximum service to those that may need you? If you are, see me at an Intergroup meeting or pull me aside when you see me “pop in” at your home group and we'll get you on board the A.A. Service Train! All aboard!

Ways to do 12th Step Work...



The Intergroup has a couple ways to do Twelve Step Work:

If you have 6 months continuous sobriety, you can sign up for a 2 hour per week commitment to answer the phones at the Intergroup office. And if you have 1 year of continuous sobriety, you can sign up for a 2 hour per week commitment to answer the phones from home using our call forwarding service.

Or you can sign up as a member of the Intergroup 12 Step call group. A suffering alcoholic calls the Intergroup office and if the alcoholic is in your area the Intergroup calls you and gives you that person's phone number. They will not give the suffering alcoholic your number. You can talk to them on the phone, take them to a meeting or, if necessary, make an on-site visit. If an on-site visit is required, we suggested that you go with another AA member – Please do not go alone. This is a great way to put the words in our Books into action.

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800-604-HELP (4357)

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from some cell phones***

Cape Atlantic Intergroup
Po Box 905
32 Blackhorse Pike
Pleasantville NJ 08232
www.caigrp.org

Southern New Jersey
Area 45
PO Box 3724
Cherry Hill NJ 08034
www.snjaa.org

AA World Services, Inc.
PO Box 459 Grand Central Station
New York NY 10163
212-870-3400
www.alcoholics-anonymous.org

Committee Email Addresses

"Being of Maximum Service to God and Others" *p.77 Big Book*

Chairman

Vice Chair

Treasurer

Assistant Treasurer

"Give me a U; Give me an N; Give me an I; Give me a T; Give me a Y

What's that spell...SOBRIETY"

Unity Chair

"When anyone, anywhere, reaches out for help, we are responsible."

Phone Coordinator

Literature Chair

Hospitals and Institutions Chairman

Cooperation with the Professional Community/Public Information Chair

Recording Secretary

Corresponding Secretary

Policy Committee

Newsletter Committee

"AA, There's no Easier Softer Way."

Hospitality Committee

Budget Committee

"Life Saving"

Office Coordinator/Archives Chair Person

"Sobriety is God's gift to me; Service is my gift back to God"

Website Chair

Chairman@caigrp.org

ViceChair@caigrp.org

Treasurer@caigrp.org

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PolicyCommittee@caigrp.org

Newsletter@caigrp.org

Hospitality@caigrp.org

CAIGBudget@caigrp.org

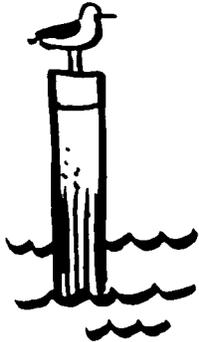
OfficeMgr@caigrp.org

WebChair@caigrp.org



4th of July DUI at the Shore...

By Eric H.



I was raised in Philadelphia. My father, a Philadelphia Police Officer, was well known on the Force and it worked to my advantage and eventual detriment. It got me out of a lot of problems once I started getting stopped by the police. My mother drove a school bus when my younger sister and I were little. Once I got to high school she worked full time for an insurance company.

I had a close relationship with my grandparents who doted on me and later came to depend on me. I was allowed to have an occasional beer or glass of wine with them and at family functions. When I told my parents I was writing my story, they told me my first experience with beer was after my sister's christening. I was three (3), and I went into the refrigerator for soda but ended up drinking beer. My parents took me to the hospital after seeing me fall off my hobbyhorse and finding empty beer cans on the floor.

Summers were spent at the shore. My parents owned a trailer in a campground and mom worked as the campground social director. This gave me a lot of freedom. I checked in periodically, but for the most part I was unsupervised. The campground atmosphere was great, but it gave me too much freedom. By 13, I was throwing parties in the woods and stealing beer from campers' coolers with my friends. When that no longer worked, we paid transient campers to buy beer for us.

Drinking made me feel like one of the crowd. I liked the feeling of being drunk—it helped me relax and escape from my problems. I was able to be myself with people, something I thought I couldn't do sober. I felt cool. I thought drinking made me more friends. The parties continued and I was able to hide just how bad my drinking was until I was 16. I took my Mother's car and totaled it. I was severely punished but that didn't stop my drinking.

Once my parents realized I was drinking, they signed a contract with me. If I was ever out and drunk, I could call them for a ride with no questions asked or repercussions. I know they did this to make sure I wouldn't get behind the wheel of a car under the influence. The fact is, it didn't work because I didn't call all the time. I was trying to hide how bad things really were. I was a master at hiding just how drunk I was.

In High School I played sports, but my grades were poor because I didn't apply myself to school work the way I did to partying. I cut class to go to friends' houses and drink. Finally, I quit school because I allowed myself to fall too far behind. I surrounded myself with friends that loved to party.

At 17, summers at the shore included climbing up balconies in Wildwood to crash parties without the owners seeing me. At 18, I got my first DUI. It was 4th of July weekend in North Wildwood shortly after 18th birthday. When I went to court, I lost my right to drive in NJ for 6 months and received a fine. The Judge gave me 2 hours to get me and my car "out of his state."

My drinking continued, with minor troubles over the next few years. I was functional and held many jobs, the longest for 4 years – most for shorter periods of time. I lost jobs because of lateness and time lost due to hangovers.

My luck finally ran out at 27, when I was visiting my grandparents at the shore. Returning to their home after gambling and drinking in Atlantic City, I was pulled over by a couple of Longport Police Officers. This was my second DUI in just 6 months short of 10 years. There were additional charges and I faced the possibility of jail time. My sentence for the other charges was 5 years probation, 100 hours community service and several fines. I received 180 hours community service, a 2-year license suspension and more fines for the DUI.

Continued on Page 5

4th of July DUI at the Shore...

(Continued from page 4)



Over the next 5 years I violated probation 3 times because I could not stop drinking and partying. The sentence for my violations was 180 days of day reporting. This was extremely difficult because I was a Philadelphia resident and not allowed to drive in NJ. The only way I could get there was to take an 11 PM bus, arrive at the County jail at 3 am, and wait until the 7 am reporting time. I went back to court and it was changed to house arrest. My next violation got me jail time. It was lifted when I agreed to enter a 1 year inpatient program at the Salvation Army for Men in Wilkes Bare, PA. I stayed for 6 months until I was eligible to graduate. I had to go back in front of the Judge and request an early release from the program. I got this release on November 1, 2005. My release was short lived. I started drinking again after only 14 days back in Philadelphia. 1-½ months later I was cited for my 3rd parole violation. Ironically, I took my last drink on December 7, 2005, right before I was cited.

On December 8th, I finally made up my mind to become re-involved with the AA program and work to get my life under control. December 12th was my violation date – I was taken directly from the reporting site into a 90 day program. I was released after 30 days because the State of NJ wanted me on the street so they could send me a letter of violation. I received that letter and it was dated the same day as my release from the program. While waiting for my court date I returned to work, and after work I went to meetings and attended outpatient treatment. I had a strong desire to follow through and stay sober. I met a man who I asked to be my sponsor, and he had me do my 4th and 5th step with him. When it came time to go to court, he went with me and my parents and testified about my progress in the AA program. When I stood before the Judge this time he gave me no outs and did not want to hear from anyone. He referred to all the chances I was given in the past and asked me if I was trying to make a mockery of his courtroom. He sentenced me to 3 years in the State Prison.

In prison I ordered the "AA Big Book", the "12 Steps and 12 Traditions", and "As Bill Sees It" from the commissary. I ended up reading them over and over. They helped me stay sober. I recognized that it was my drinking that helped put me in this situation, a nightmare I won't allow myself to forget. I was to be eligible for parole a few months after arriving at the State Prison because of time served in County prison. When I went before the board I was turned down and given a hit (12 months day for day pending next eligibility). One year not knowing what was going to happen next, one year without seeing my daughter. Later I found out about ISP (Intensive Supervised Program). It was a long shot but I went for it and applied. It took about 3 months of paperwork and getting things set up: a place to live, a NJ community sponsor, and a job. This wasn't easy because I was a PA resident. Finally I got a hearing date and went before the Judges for this program. September 27th, 2006 was one of the happiest days in my life. When the Judges said remove the cuffs and shackles and I was able to walk out of the courtroom, I vowed I would make it work so I wouldn't have to go back to prison.

My first night out I made an AA meeting. About a week later I met my current sponsor and he started working the steps with me through our daily conversations. Now I can talk to my daughter whenever I want to and see her every other weekend and for vacation. I go to work every day and attend meetings at night. At my sponsor's 'suggestion,' I've gotten involved in service at both the meeting and inter-group levels. I represent my home group at CAIG and chair meetings for my home group and other meetings I attend regularly.

As a kid I drank to escape problems and then drinking became the problem. I have had ups and downs in sobriety but there is never a reason for me to pick up that first deadly drink under any and all circumstances. Thanks to God, the 12 Steps, the fellowship of AA and my support group, I am able to live my life happy, free and joyous. I have never had it so good. This is my experience, strength and hope because this is the last house on the block.

Relapse through the eyes of a child...

He Failed to Keep a Promise

Defunct reality
The love and support vanished
Like a burning candle
Its wick
Slowly departing a blazed fire

A mind defeated
A cataclysmic and contaminated poison
Detached
An empty diary
Philadelphia claimed him as I could not

Choices made
A daughter could not bear his pain
Numerous days spent abandoned
Praying to be reunited to a family once his own

Memories forever preserved
Mistakes forever remembered

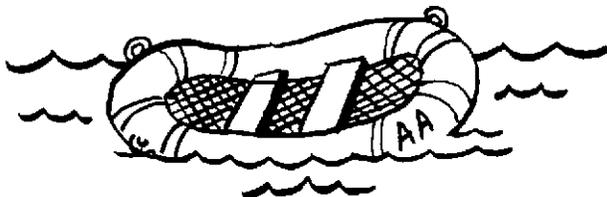
I have grown and matured
Pain is not just a scrape on the knee
It is disguised and the mask uncovered,
emotional
He now suffers despite his intelligence
DECEITFUL, DISHONEST
A relationship put to rest

A daughter no longer questions
A mother will no longer answer a father's
mistake

My father who I will not live to be

By Brianne K.

...remember



Sobriety is contingent on...

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

AA Big Book, page 85



Help prevent relapse and slips...

**Cape Atlantic Intergroup
Requests
The Pleasure of Your Company
At
Carefully Planned
Upcoming Events:**

**September 16, 2007
3rd Annual South Jersey
Unity Breakfast at the Beach**

**November 9th, 10th, & 11th, 2007
1st Annual Cape Atlantic Intergroup
AA Roundup... Waves of Sobriety**

more will be revealed...
read on...



...Say yes!

How New York Intergroup evolved from the 24th Street Clubhouse!

Hi All,

I love the history of AA and I recently found this article our co-founder Bill Wilson wrote for a past grapevine about the Intergroup in New York. I hope you will enjoy it as much as I did.

Scott T. – Vice Chair CAIG Intergroup

AA MEMBERS in the metropolitan New York area are mighty proud of their Intergroup Association. Since 1946, when it was created in its present form, it has become a smooth working example of near-perfect AA cooperation. It was not always thus, however. Today's harmony was born of strife, sired by group jealousies, and reared amid recurrent financial crises.

Nor is New York's Intergroup setup the first in AA, not by a long shot. In fact, when we consult the records, about the only 'first' New York AA can claim is the movement's first Clubhouse. That was in 1940 and from the 'management' of those modest quarters have evolved the present day's well-oiled machinery, which serves this great city so efficiently.

As we said, there were already central controls of AA activities in other metropolitan areas. We could have learned from them. But New Yorkers, drunk or sober, rather fancy themselves as pace setters, not followers. So, we did it the hard way. And it must be that a Higher Power was watching over the violent arguments, the petty personal animosities and the plain and fancy name calling which ensued.

The torturous path began when the Twenty-fourth Street Clubhouse was rented. Somebody had to sign the lease. In 1940, New York AA's (whose number could easily be ticked off on one's fingers) were more than somewhat insolvent. Among that little bankrupt band there was one who still had a small bank balance and whose signature had a little substance. He became the President of 'the corporation'--and, brave lad, signed the lease!

For the most part newcomers still got their first look at AA in the Twenty-fourth Street clubrooms. Others, via the phone, were referred to the 'group in your own community.' Often the 'group' was one man. For months and months one Long Island group, formally listed, consisted of a lone alcoholic with an imposing sounding post office box number.

By 1942, however, outlying groups began to be real entities, not mere extensions of the clubhouse gang. Thus, the Subway Circuit came into being and any AA member who was a member made the Grand Tour. It became our proud boast that 'you can attend an AA mee ting somewhere in the metropolitan area every night in the week, except Saturday.' (It wasn't until 1944 that the Bronx filled in that gap by bravely defying the illusion that nobody will come to a meeting on Saturday night.)

It was in 1942 that the first recognizable forerunner of today's Intergroup Association was formed. It was called the Central Committee with 'delegates' from each group in the area. This august body met once each month at Twenty-fourth Street and, aside from arranging exchanges of meetings, did little except deal with the always present problem of how to pay the clubhouse rent.

And, by now, how to get up the pittance that was paid to the two clubhouse secretaries who, between them, manned the desk and phones 12 to 14 hours every day.

The clubhouse continued to be the nerve center of the new thriving AA activity in greater New York. It belonged to everybody and it had a deep sentimental attachment for those who first found their sobriety within its panelled walls. That affection still lives. Someday AA may have elaborate quarters here but to those who first walked down that long narrow hallway in Twenty-fourth Street, there will never be anything to replace the mantelpiece where we hooked an arm to keep from shaking as we delivered our first AA 'speech.' No food service will ever equal that little cubby hole where old Tom used to brew the meanest coffee ever to bite you back, poured from a battered and smoke smudged pot into big, chipped cups.

AA was growing into many self sustaining groups. It suddenly dawned on many of the boys and girls who lived, in hall bedrooms mostly, in the center of Manhattan and whose connection with AA was tied up exclusively with Twenty-fourth Street, that they were a group also. So, in the spring of 1944, they officially brought the Manhattan group into being.

*At a heated election a new body of officers took over. **They in turn set up a different form of corporation. This time the requirement for membership was not length of sobriety, but money.** ☺ **A pledge system was instituted.** Anyone who signed a promise to pay as little as \$1 or no more than \$5 a month (this last to put the quietus on 'big shots') was a member of the corporation. Budgets were fixed on the basis of the pledged income.*

*There were other headaches too, poker for one. To some, gambling was far worse than drinking had ever been and shouldn't be allowed in an AA clubhouse. The scoffers' argument lost some of its sting when people who couldn't afford to lose were getting hurt and, in some cases, getting drunk because of it. **Then it was discovered that several 'sharpies,' probably not alcoholics at all, had got wind of the game and had simply wandered in off the streets to take the boys daily for anywhere from \$50 to \$100.***

This was the culmination of months of hurt feelings. Slips were, alas, frequent. Old friendships seemed blasted beyond repair. The new constitution was passed by a narrow margin and the old Directors resigned in a body for a new set of officers to put the new plan into effect!

*Violence and near-riot! **But out of it came what we have today.** The cracked friendships have mended nicely, thank you. And many of the wild-eyed antagonists of that brawl, closer friends than ever now, smile indulgently today when they recall it. And many of those who opposed the new order have since served faithfully and well in governing the Intergroup Association born of vituperation!*

The new Board realized what none of the original Floundering Fathers had seen. You can't run a clubhouse with social ends in the same establishment that caters to the basic, spiritual work of AA. The two just don't go together. Bill, whom both sides had tried to drag into the free-for-all, knew this and, from the sidelines, was quietly underlining Traditions Five and Six for it so happened that the Traditions were being put on paper at the very time all of this was going on.

Thus it was the newborn Intergroup moved out of a clubhouse and into a modest storeroom somewhat off the beaten path. There, with newfound wisdom and sober judgment, it began to do one job only, and do it well--seeing that the stranger at our door gets every possible

chance at AA. With two paid secretaries and a battery of volunteer helpers they began to whip things into shape. Proper sponsorship began to be a fact, not a hit-or-miss hope. Traffic into and out of hospitals (particularly Knickerbocker) became an orderly procedure rather than a clang! clang! affair that had hospital officials, AA's and the drunks themselves in a never ending turmoil.

Telephone inquiries got the full, patient and serious attention they deserved. The person on the other end of the wire whether it be a desperate wife, a blubbering drunk, or someone 'calling for a friend' was handled with dignity and given specific information; not an emotional hodge-podge.

Order came out of chaos. Dignity overcame childishness and, with it, the realization that we were dealing with human lives, sometimes life and death itself. Gradually the confusion lifted. Members of suburban groups kept in systematic touch with prospects who had contacted AA in the city, being asked to participate in voluntary work at hospitals, etc., began to take real pride in their Intergroup. They were seeing results, and were actively part of an operation that was at last beginning to look and act like a truly community-wide one. In the beginning only about 50% of the groups subscribed to Intergroup and helped to defray its minimum expenses. Today, every group in the entire district is proud of its affiliation with Intergroup and pays its group pledge even before it pays for its coffee and cakes.

In the meantime the traffic has become so heavy that New Jersey found it necessary to set up their own Intergroup. In Newark, in a clubhouse they bought outright, they have established their own operation as efficient, as heart-warming and as wonderful as the one that now functions at 114 Lexington Avenue in New York City. It is significant that, while the entire metropolitan area was one in 1946, many Jerseyites went through the famous 'purge of 1946.' The lesson was well learned--and worth all the hullabaloo!

Its amazing what a couple of drunks with a Primary Purpose can accomplish. Thru the grace of God and some hard work there are now over 1000 Intergroups world wide. Alcoholics can now be reached whether its in Tupelo, Mississippi or in Buluwayo, Zimbabwe. I wonder if the men and women at the 24st clubhouse new how far their vision would take us !

Thank You for the opportunity to play a small role in this ever growing service structure.

Scott T. Vice -Chair CAIG



From the 3/1/82 *Grapevine* sometime in 1983

A REFLECTION

"Some say it's holding on that makes you strong; some say it's letting go."

Letting go is a process that is seldom easy. For many, its meaning is elusive. How do we "let go"? Letting go means removing our attention from a particular experience or person and putting our focus on the here and now. We hang on to the past to past hurts, but also to past joys. We have to let the past pass. The strength to hang on to it, any part of it, clouds the present. You can't see the possibilities today is offering if your mind is still drawn to what was. Letting go is a gentle process. Our trust in a higher power and our faith that good will prevail, in spite of appearances, eases the process. And we must let each experience end, as its moments passes, whether it is good or bad, love or sorrow. It helps to remember that all experiences contribute to our growth and wholeness. No experience will be ignored by the inner self who is charting our course. All are parts of the journey. And every moment has a gentle end, but no moment is forgotten.

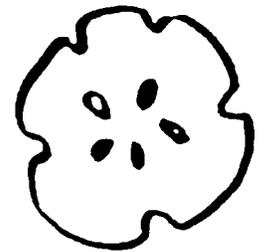
Thought for the day:

"Faith isn't faith until it's all you're holding on to."

Submitted by Pat Mc., CAIG Recording Sec. Given to her by her sponsor Mae C.



Upcoming events at a glance...



This information comes directly from the events section on the CAIG website. If you have computer access, think about taking a minute to visit the website www.caigrp.org for internet links and more detailed information. Your website committee is doing an awesome job!

Friday - Sunday, Aug. 3 to 5, 2007, College Station, Texas: 21st Annual Aggieland Convention
Ramada Inn Aggieland, 1502 S. Texas Ave, College Station, Texas.

Fri. - Sun., Aug. 17 to 19, 2007, York, PA: 10th Annual Sunlight of the Spirit Conference
Holiday Inn, 334 Arsenal (I-83 & US 30), York, PA.

Sunday, September 16, 2007, 8:30 AM: 3rd Annual Unity Breakfast at the Beach
Wildwood Convention Center, 4501 Boardwalk (Rio Grande Ave. & the Beach, Wildwood, NJ).

Fri. - Sun., Nov. 9 to 11, 2007, Wildwood, NJ: 1st "Waves of Sobriety" Roundup
Wildwood Convention Center, 4500 Boardwalk, Wildwood, NJ

Fri. - Sun., Feb. 22 to 24, 2008, West Atlantic City, NJ:
North East Regional Alcoholics Anonymous Service Assembly
Clarion Hotel & Convention Center, 6821 Black Horse Pike, Egg Harbor Township, NJ

Fri. - Sun., Mar. 28 to 30, 2008, Cherry Hill, NJ:
44th Annual Southern NJ, Area 45, General Service Convention
Crowne Plaza Hotel, Route 70 & Cuthbert Blvd, Cherry Hill, NJ

Cape Atlantic Intergroup Steering Committee

The Steering Committee meets at the CAIG Office, 32 East Black Horse Pike, Pleasantville, on the 2nd Wednesday of each month at 7:30 p.m.

Cape Atlantic Intergroup Business Meeting

The CAIG Business meeting takes place on the third Wednesday of every month at Epiphany Lutheran Church, Franklin Blvd. & Tunis Avenue, Pleasantville, Promptly at 7:30

Area 45 Annual Convention Committee Meetings

CAIG strongly supports the Southern New Jersey Area Assembly & their Annual Convention. The Area Convention Committee meets each month at the Presbyterian Church, 326 Bellevue Ave, Hammonton, NJ. All Meetings are at 1:00 PM & the meetings are as follows: On the 1st Sunday of each month *except* July & September which will be held on the 2nd Sunday.

Southern New Jersey Area 45 • PO Box 3724, Cherry Hill NJ 08034
www.snjaa.org



INTERESTING DATES IN AA HISTORY



June 21: 1944 - The first Issue of the AA Grapevine was published.

June 24: 1938 - Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"

June 25: 1939 - The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

June 26: 1935 - Bill Dotson (AA #3) entered Akron City Hospital for his last detox & first day of sobriety.

June 28: 1935 - Dr. Bob & Bill Wilson visited Bill Dotson at Akron's City Hospital.

June 30: 1941 - Ruth Hock showed Bill Wilson the Serenity Prayer & it was adopted readily by AA.

2000 - More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Other significant events in June for which we have no specific date:

1948 - A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.

1981 - AA in Switzerland held its 25th Anniversary Convention with Lois Wilson & Nell Wing in attendance.

June 29- July 2: 1995 - 56,000 attend 60th Anniversary of AA in San Diego. What a party!

July 1-3: 1960 - 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2 1960 - Father Ed Dowling dies

July 2 1965 - Best of Bill & Pocket-Sized 12 & 12 1st sold

July 2: 1965 - 1st La Vigne, Canadian Grapevine Published

July 2: 1993 - 50 years of AA celebrated in Canada

July 2: 2000 - 20 Millionth Big Book given to Al-Anon in Minneapolis

July 2-3: 1955 - Bill W turns "the fellowship over to the fellowship" at 4:00 PM, and 5000 attend 20th Anniversary at our St Louis Convention

July 2-4: 1965 - 10,000 attend 30th Anniversary of AA in Toronto. There we came to own our Responsibility Declaration

July 4: 1939 - 1st AA meeting started in Flatbush, NY

July 3-5: 1970 - 10,900 attend 35th Anniversary of AA in Miami. Bill W gave his last talk to AA

July 3-6: 1980 - 22,500 attend 45th Anniversary of AA in New Orleans First true marathon meeting was held here

July 4: 1999 - He who has a fifth on the fourth may not come forth on the fifth...

July 4-6: 1975 - 19,800 attend 40th Anniversary of AA in Denver Worlds largest coffee server serves 1/2 million cups a day

July 5: 1985 - AA gives Ruth Hock 5,000,000th Big Book during 50th AA Anniversary in Montreal, Canada

July 5: 1990 - AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 3-6: 1980 - Gay AA's have own program at 40th AA Anniversary in New Orleans

July 5-7: 1985 - 45,000 attend 50th Anniversary of AA in Montreal. House of Seagrams flew their flags at half mast for 3 days



July 7: 1940 - Bill attends 1st Summer Session at School of Alcohol Studies at Yale University
 July 5-8: 1990 - 48,000 attend 55th Anniversary of AA in Seattle. 75 countries were represented as the former Soviet Unions members attended for the first time
 July 8: 1940 - 1st AA Group formed in Dayton, Ohio
 July 10: 1941 - Texas newspaper publishes anonymous letter from founding member of Texas AA Group
 July 14: 1939 - Blythewood Sanitarium, Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him
 July 14: 1979 - Dr. Ernest Kurtz publishes NOT-GOD, History of AA
 July 16: 1965 - Frank Amos AA Trustee dies
 July 20: 1941 - First AA group formed in Seattle, Washington
 July 22: 1877 - Willian Duncan Silkworth born in Brooklyn, NY
 July 22: 1980 - Marty M. early AA woman & founder of NCADD dies
 July 23: 1940 - Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent
 July 23: 1943 - New Haven Register CT reports arrival of AA's to study with E. M. Jellinek
 July 24: 1943 - L.A. press reports formation of all-Mexican AA Group
 July 28-30: 1950 - 1st AA Convention celebrates 15th anniversary of AA in Cleveland
 July 31: 1972 - Rollie H dies sober in Washington DC - July 31, 1972
 August 1: 1946 - Washington Times-Herald (DC) reports on AA clubhouse, to protect members anonymity, withholds
 August 3: 1954 - Brinkley S. gets sober at Towns Hosp after 50th detox
 August 3: 1989 - Liberty Bell Group founded in Lake Elsinore, CA - August 3, 1989
 August 8: 1879 - Dr Bob S. is born in St Johnsbury, Vermont
 August 9: 1890 - After Annual Picnic for 400, LA groups announce 1000 members in 11 groups
 August 11: 1938 - Akron & NY members begin writing stories for Big Book
 August 15: 1890 - E. M. Jellinek is born, author of The Disease Concept of Alcoholism & the Jellinek Curve
 August 16: 1939 - Dr Bob & Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio
 August 18: 1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia
 August 19: 1941 - 1st AA Meeting in Colorado is held in Denver
 August 25: 1943 - AA group donates Big Book to public library in Quincy, MA
 August 26: 1941 - Bill writes Dr Bob to tell him Works Publishing has been incorporated
 August 28: 1954 - 24 Hours a Day is published by Richmond W

Other significant events in August for which we have no specific date:
 1941 - 1st meeting in Orange County, California held in Anaheim
 1981 - Sales of the Big Book passes 3,000,000

September 1: 1939 - 1st AA group founded in Chicago September 11: 2001 - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack
 September 11: 2001 - Fr. Mychal J., September 15, 1979 Died sober in the World Trade Center attack
 September 12: 1942 - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill & Dr Bob
 September 13: 1937 - Florence R, 1st female in AA in NY
 September 13: 1941 - WHJP in Jacksonville, FL airs Spotlight on AA
 September 18: 1947 - Dallas Central Office opens its doors
 September 19: 1975 - Jack Alexander, author of Saturday Evening Post article, dies
 September 21: 1938 - Bill W & Hank P form Works Publishing Co



Important *HISTORY MAKING* dates for Cape Atlantic Intergroup....

September 16, 2007

3rd Annual South Jersey Unity Breakfast At The Beach

<p>WILDWOOD CONVENTION CENTER 4501 Boardwalk (Rio Grande Avenue & the Beach) Wildwood, New Jersey 08260 \$20.00 per person</p> <p>All you can eat buffet, coffee, gratuity & parking. 8:00 AM Doors Open 9:00 AM Breakfast Buffet Open 10:00 AM Sobriety Countdown followed by our Speaker</p>	<p>CONTACTS For tickets and more information: CAIG Unity Chair: Joanne C. 609.348.4017 CAIG Chair: Rob W. 609.465.5000</p> <p>Help us carry the message!</p> <p>Advance ticket sales only!! Tickets limited to 550. Absolutely no Walk Ins. Absolutely no refunds.</p>
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November 9th, 10th, & 11th, 2007

1st Annual Cape Atlantic Intergroup AA Roundup...Waves of Sobriety

<p>WILDWOOD CONVENTION CENTER 4501 Boardwalk (Rio Grande Avenue & the Beach) Wildwood, New Jersey 08260</p> <p>Registration: \$30.00 in advance \$32.00 walk-in Includes: Free parking, use of facilities including relaxing in the Serenity Café overlooking the ocean, all the coffee you can drink, entry to all events (excluding meals), Friday & Saturday night dancing & entertainment, name badge, roundup souvenir. Hotel: Days Inn, 4610 Ocean Ave. 609.522.0331 Rate: \$89.00 per night double occupancy, under 17 free Additional adults \$10.99 per person per night</p>	<p>Reservations for meals must be made in advance!</p> <p>Meals: Friday Night Buffet \$25.00 Saturday Country Breakfast Buffet \$18.00 Saturday Gratitude Banquet \$35.00 Sunday Breakfast Buffet \$18.00 Meal package (4 meals) \$86.00 (\$10.00 off)</p> <p>Reservations for meals must be made in advance!</p> <p>For registration forms and more information: Registration: CONTACTS Wendy M 609.231.4465 Rob W. 609.465.5000 Joey H. 856.547.0179 Joanne C. 609.348.4017 Ray C. 215.356.9442 Isabel A. 609.513.8087</p>
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Carry The Message ...

To schools, churches, civic groups, local town meetings and IDRC by sharing your experience, strength and hope.

Carry The Message ...

Have your home group sponsor a *Grapevine* subscription to a doctor's office or AA business cards to a local police department.

Carry The Message ...

To hospitals, social workers, conventions & health fairs.

Carry The Message ...

Deliver meeting lists to information centers.

If your are interested in **Carrying The Message**,
please call Eve at 609-927-9016

Big Book Wisdom...

We can get caught up with our summer activities and find our selves in a bad head in the blink of an eye. We read in the Big Book of Alcoholics Anonymous, "Step eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions." These are a few selections from the Big Book that caught our eye.

Third Step: We made a conscious decision to turn our will and our lives over to the care of God *as we understood Him.*

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom....

We were now at Step Three. Many of us said to our Maker, as we understood Him: "God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy power, Thy Love, and Thy Way of Life. May I do Thy will always!"

We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

Big Book, pages 62 & 63

Upon awakening on summer mornings

We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course of action to take. Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

Big Book, page 86

At the end of summer days

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind & loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But, we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness & inquire what corrective measures should be taken.

Big Book, page 86

As we go through a summer day

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange lie to suit ourselves.

It works—it really does.

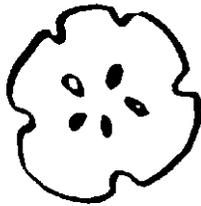
Big Book, pages 87-88



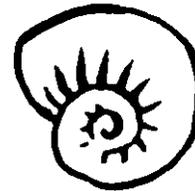
Prayer Cards



You might like to cut them out, maybe even laminate them, for reading when summer presents those challenging moments



Maybe we are a lot more courageous than we have admitted to ourselves and others.



When we embrace our feelings of hopelessness, we open the possibility to something else.



Perfectionism and loneliness are intimately related.



Out of the ashes of our hopelessness comes the fire of our hope.

