



Pass It On

Cape Atlantic InterGroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2010, ISSUE 6

November / December 2010

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- Stone Harbor
- Surf City
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- Tuckahoe
- Tuckerton
- Ventnor
- Villas
- Waretown
- West Cape May
- West Creek
- Wildwood
- Woodbine

CAPE ATLANTIC NEWS

Cape Atlantic - Speaker Meetings

The Cape Atlantic Area has many speaker meetings and the new-comer may wonder where do these speakers come from? The answer to this question varies depending on the meeting in question.

The Stockton Monday night meeting lines up the speaker from "local talent" which is anyone with six months of sobriety. Folks that go routinely just ask around during the weeks prior for a willing speaker and a chairperson to introduce the speaker. It is a great experience and the feeling you get when it is done is fabulous.

The Trudgers' Saturday Night meeting is usually a homegroup

member or members that are celebrating that month. The group is large enough to make this option possible and still keep is varied and interesting to all.

The Tuckerton Monday night speakers meeting pulls talent from the Area 44 quarterly Bookers Exchange meetings that are held in Cranford, NJ. Our area (area 45) is holding their next quarterly



exchange just prior to the January CAIG business meeting.

The Pleasantville Group and many of the other 40+ speaker meetings listed in our CAIG meeting list and on our web site <http://www.caigrp.org/> pull from our extended network of contacts that the Fellowship of AA has afforded us. This large community allows for contacts and friends to be quickly made and willing speakers signed on. Also, many groups have a lending library of speaker CDs.

Remember, we can only keep what we freely pass on, so consider sharing your experience, strength and hope by volunteering at a speaker meeting.



LOCAL VOICES—FROM THE HEART

Workshop in the Woods

When I learned about the workshop in the woods, I was thrilled. Everything about camping feels wonderful to me! Campfires, pitching a tent... S'mores! I added the event to my calendar, and I got more and more excited as the days drew nearer.

Melissa was our Young at Heart chairperson, and she coordinated the entire event from start to finish. A few weeks ahead of time, she asked if anybody could bring a grill, and I quickly volunteered mine. On the day of the event, I packed it into the car along with my tent, clothes, sleeping bag, flashlight, cooking utensils, various

other stuff and my big book, and headed up the parkway to Tuckerton.

The workshop was at the Bass River state forest. A number of us showed up at noon on Saturday to help set up. We looked around at the area we had rented, 6 campsites total, and picked a spot to have the main event. The workshop was going to be held around a bonfire after dark, so we picked the largest camp area for that. Those of us who were staying overnight picked out where we were going to pitch our tents, and I got all my stuff ready for that.

For a while there wasn't much to do, so I just walked around and enjoyed being outdoors. I was reminded that before I stopped drinking, I was caught up in self most of the time. Too busy drinking, I rarely ever spent even a short moment to acknowledge the gentle breeze, falling leaves, slow rain, setting sun, and quiet tranquility of rivers and lakes. It was only after getting sober when I become able to appreciate some of our Creator's simpler gifts. Being close to a body of water has a neat way of calming me down. Whenever I'm surrounded by wildlife, I can't help but feel

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STEP TEN



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Special Note:

The material in this newsletter does not necessarily represent Cape-Atlantic Intergroup. Much of it has been contributed by individual members with the intention of passing the message to the alcoholic who still suffers.

Steps 10 & 11

Step 10 is a check-up from the neck up!

Step 11 helps us channel our emotional energy.

Try making these a daily habit !!



Continued to take personal inventory and when we were wrong promptly admitted it.*

Location in the Big Book
Page 84 (This thought ...) to page 85 (...means more action.)

Tenth Step Principal or Virtue

Perserverance (Some lists have **Vigilance** or **Mainte-**

nance as the tenth Principal)

Tenth Step Prayers

God remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fight anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not

cocky or afraid. How can I best serve You - Your will, not mine be done. AMEN. "How can I best serve Thee—Thy will (not mine) be done." (p. 85 BB)

Recommended Actions

Take a daily inventory to disclose harmful thoughts and actions.

Use the list of flaws or defects identified in Step 4.

Admit it to those affected when you repeat old habits.

*Steps reprinted with permission of A.A. World Services, Inc.

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.*

Location in the Big Book
Page 85 (Step eleven...) to page 88

Eleventh Step Principal or Virtue

Spirituality (Some lists have **Attunement** or **Making Contact** as the eleventh Principal)

Eleventh Step Prayers

"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.' " (p. 87-8 BB)

God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that Your will not mine be done. AMEN

Prayer of St Francis of Assisi —"Lord, make me a channel of thy peace - that where there is hatred, I may bring love - that where there is wrong, I may bring the spirit of forgiveness - that where there is discord, I may bring harmony - that where there is error, I may bring truth - that where there is doubt, I may bring faith - that

where there is despair, I may bring hope - that where there are shadows, I may bring light - that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted - to understand, than to be understood - to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen." (p. 99 12&12)

Recommended Actions

Start each day with prayer asking your HP to direct and inspire you, and to free you from self-will.

Relax and clear your mind regularly, learning to live and let live.

Close your day with your inventory and then pray for forgiveness and direction, and also give thanks.

Pass the Basket



Cape Atlantic Intergroup sincerely thanks each and every one for helping to support AA in our area!

September Group Contributions

Saturday Night Live Group	\$48
Good Morning Avalon	\$1,250
Sunrise Big Book Study	\$88
AC Young People	\$250
Eye Opener Group	\$100
South Shore Group	\$200

Casino Serenity Group	\$800
Leader Group	\$60
Absecon Friday Sobriety	\$119
Sioga Group	\$258
Mays Landing Group	\$40
Into Action Group	\$30
Leave it Here Group	\$100

October Group Contributions

Women in Recovery	\$189
Avalon Friday Night	\$50
Trudgers	\$334
Saturday Night Live	\$96
Easy Does it Group	\$250
Singleness of Purpose	\$856

Heard at Meetings



"I am a grateful alcoholic because I remember a time I wasn't grateful for anything, including waking up." —Saul

"We judge ourselves by our intentions and not by our actions. Yet we judge others by their actions." —Debbie W., Trudgers

"I came to realize God would do for me what I could not do for myself, but He would not do for me what I could do for myself." —Baseball Bob

Continued from Page 1

closer to God. It's always a pleasant experience.

But, soon enough, people began to show up, and in usual fashion, they showed up hungry! We had plenty of hotdogs, buns, water and soda, and tons of charcoal. So, I got the grill ready and started cooking up hotdogs. About a dozen or so people were already at the campsite when someone showed up with chili, cheese and hot peppers! We also had plenty of coffee and hot chocolate for everybody.

Just about everyone wanted to help out. We needed wood for the bonfire, so a few people walked off and collected as many branches as they could. Within just about an hour, those few people gathered enough fuel to keep the bonfire going for the entire evening. We also had no trouble recruiting people to help move picnic tables. All throughout the afternoon, everyone was laughing and having fun, cracking jokes and telling stories, being free, living and loving life. Wherever there was a face, there was a smile.

The sun was going down, and before long, it started to get dark. The time had come to get ready for the workshop. People had been showing up and leaving throughout the afternoon, but about 25 of us had stuck around for the workshop. Someone started piling wood on top of the fire, and it was warm and ready by the time night settled in. A great woman,

Julie, coordinated the workshop. We were given handouts which had prayers and quotes from AA literature, and other things to help us along in our sharing.

Our topic of discussion was steps 3, 4 and 5. For more than an hour, we shared our experiences around the bonfire, listened to each other's successes and failures, how we grew and changed through our step work, and how our minds were opened to new ideas and different ways of living. We discussed self-will, God's will, fear, resentment, self-pity and worry. We discussed how we chose the person who we shared our story with in our 5th step, and how we can avoid making mistakes. And most of all, we shared how much relief we discovered through working this process. Everybody was very attentive, compassionate, honest and forthcoming, and we all learned a lot. We concluded the workshop with prayer. I can honestly say that this was the best part of the entire event, and if it wasn't for the workshop, none of the rest of our activities that evening would have really been as fun as they were.

Immediately after the workshop, it was time for S'mores! We had plenty of marshmallows, graham crackers and chocolate to go around. It was a lot of fun, and plenty of people stayed around to experience it. And a few people still wanted more hotdogs, so I kept the charcoal hot.

People slowly started wandering off and leaving, but a few of us planned on sleeping the night through. A few of us sat around the campfire for a while and chatted about our lives, this and that, learned more about each other and carried on until we were sleepy. Thankfully, it was a brisk, calm and clear night. Even though we were only a few days away from the full moon, there was still hardly any light in the sky. The stars seemed endless, and it was truly breathtaking. About 8 of us had pitched tents, and we eventually went our separate ways to sleep.

The next morning, we woke up and lit another campfire. A few of us were getting ready to boil some water for oatmeal and instant coffee, but some AA's who had visited the night before returned in the morning with fresh coffee and bagels! That was very considerate of them, and we loved it. We sat around and chatted some more! It was difficult, but we eventually stopped ignoring the fact that we had to leave by noon. We put out the fire, cleaned up and packed everything away before heading back home.

As soon as it was over, I began looking forward to the next camping workshop. I can't wait until the next one! This was a lot of fun, with plenty of great joys that will stick with me for years to come.

Jim B., CAIG Vice-Chair



UPCOMING EVENTS

Post Office Box 905
32 East Black Horse Pike
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**Our office is volunteer-staffed
Please call first**

Panel members and E-Mails:

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UnityChair@caigrp.org
Website Committee: Eve C.
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Young at Heart: **Vacant**
YoungPeople@caigrp.org

**Go to our website: www.caigrp.org
for other committee meeting times
or to contact a committee**

<p>Fri—Sun November 19—21st Caigroundup.org</p>	<p>4th Annual Waves of Sobriety Roundup The Grand Hotel in Cape May (800) 257-8550 See Website for information and registration \$30 for Saturday night Banquet and Speaker Laurie C. 837-2359 or Chris C.837-2359</p>
<p>A Monday In December</p>	 <p>Casino Serenity's Annual Christmas Buffet Pot Luck at 6pm, Speaker at 7pm Franklin Blvd. & Tunis Ave. , Pleasantville</p>
<p>Thanksgiving, Christmas, And NewYears Days</p>	<p>Marathon Meetings held at many Area Groups Keep your Ears open and Eyes Pealed Help pass on this info among our groups Then come out and Enjoy the Fellowship!</p>
<p>Friday December 31st Tentative Location</p>	<p>Annual New Years Dinner and Dance Hosted by Unity Committee of CAIG United Methodist Church in Absecon</p>
<p>Fri—Sun March 25th-27th, 2011</p>	<p>We will know Peace</p>  <p>Area 45's 47th Annual Convention Visit www.snjaaconvention.org Crowne Plaza, Cherry Hill</p>
<p>Fri—Sun June 10-11, 2011</p>	 <p>South Jersey Takes Akron 21st Annual Founder's Day Trip to Akron, Ohio \$400 Includes RT Bus, Meals, Lodging \$150 Deposit Due Nov. 15th Contact Wayne & Nancy P. 856-534-0104</p>

Service Opportunities

24 HR. Hotline Help

Volunteer from home (min. 1yr continuous sobriety) or at the office (6 mo.). 2 hour slots. Subs always needed. Contact Tressa W. at CAIG-Phone@caigrp.org

Newsletter

Send new events, articles and your favorite meeting quotes to Shirl R. at Newsletter@caigrp.org

Hospitals & Institutions

Need volunteers to carry the message into treatment centers and correctional facilities. Ask your Intergroup Rep for details or contact Steve H. at HIChair@caigrp.org

12th Step Call Group

Help people who have reached out and called our hotline. Sign up at www.caigrp.org

Public Information/Cooperation with the Professional Community

CAIG reaches out to the local community, providing speakers and information to schools, organizations and businesses. Please contact Buster at PIChair@caigrp.org if you are interested in helping



MEETING UPDATES

<p>Monday 7:30pm Last House on the Block Club</p>	<p>**New Woman's Meeting** Bayshore & Virginia Ave Vilas, Building #204</p>	<p>Harbor Lights Egg Harbor</p>	<p>6 week Temporary Relocation Zion Lutheran Church</p>
<p>Saturday 5pm Dec 18 & Jan 15</p>	<p>H&I Committee Meeting CAIG Office, 32 East BHP</p>	<p>Wednesday 6:30p December 15</p>	<p>Bookers Quarterly Exchange Franklin Blvd. & Tunis Ave.</p>
<p>Wednesday 7:30p Dec 8 & Jan 12</p>	<p>CAIG Steering Panel Franklin Blvd. & Tunis Ave.</p>	<p>Wednesday 7:30p Dec 15 & Jan 19</p>	<p>Intergroup Business Meeting Franklin Blvd. & Tunis Ave.</p>
<p>Monday 6pm Dec 27 & Jan 24</p>	<p>Policy & Structure Meeting CAIG Office, 32 East BHP</p>		