



Pass It On

Cape Atlantic Intergroup

THE CAPE-ATLANTIC INTERGROUP NEWSLETTER

2011, ISSUE 6

November / December 2011

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West Creek
Wildwood
Woodbine

CAPE ATLANTIC NEWS

Cape Atlantic Intergroup Elections !

When this newsletter reaches you, seven new panel members will have been elected by our group representatives! The process of electing these officers using A.A.'s Third Legacy Procedure happens every two years and was described in the last newsletter. So, now that the elections are completed, the new chairperson will now have the responsibility of appointing all the other committee chairs listed on page four.

Do you have a passion that could be applied to one of these positions? If so, please seek out the previous committee chair and start asking questions! Then ask your group's

representative who the new chair and vice chair are and make sure they are aware of your interest. All they will need is your first name, email or phone number and home-group! Results of the elections will also be posted on our web site <http://www.caigrp.org/>

If you are unsure of fulfilling the two year term, you have options; you can step down at any time for your own reasons and you can start out as a co-chair or just a committee member. Does your schedule prevent you from attending the monthly CAIG Business meeting? If so, many of the committees meet monthly at different

times and some require additional help just for certain efforts. There are also ad-hoc groups that get formed to perform duties like annual audits or reviews of the bylaws.

The experience of performing service for the area really helps to solidify your foundation for recovery as well as making it easy to meet and make new friends. It is also educational, you get to see first hand how a business can be run using Robert's Rules. It can be very fascinating and rewarding if you let it. Why not give it a try?



LOCAL VOICES—FROM THE HEART

Lost—But Not Forgotten

There's a building in Atlantic City. It's a 4 or 5 story structure nestled behind the parking garage of the convention center. As you pull through the gate of the fenced in parking lot, you notice the people in the field next to it. Some of them are laying on the ground with their shirts or jackets as pillows. Some sit and stare into space. And others walk around smoking their rollies, going nowhere. All of them are just waiting for the next meal to be served or for a bed to open up. This is the Atlantic City Rescue Mission.

My sponsor has been taking me there almost since my first day of

sobriety. We take the meeting in or just show up to support those that do. We go into a small room with a large oval table at the center. The meeting itself starts at 6pm on Tuesday and Friday. The people, when they come in, run the gambit from those who look like they've been beat, kicked to the curb and dragged in by the cat, to people who look like you and me. Most of the people at the meeting are from the mission, but some, like my sponsor and I, make it just another meeting; but this is not just another meeting. This is where those who have hit the bottom end up, and it reminds me, but for the grace of God, go I.

As the meeting starts, there are some people that straggle in late because dinner is just getting over and physical nourishment is more important than spiritual, for them. There are a lot of papers on the table to be signed, but a few of the faces are familiar. These are the people who are truly looking for a change. They've ended up here because of alcohol or other addictions and want to know; how did I get here? And more importantly; how do I get my life back? Some are there just to get their paper signed. Sometimes I lose sight of my purpose. Once there was a guy who sat the

(Continued on page 3)

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

Ocean City Women's \$50
 Serenity Group \$50
 Downbeach Group \$500
 Trudgers \$712.17
 One Day at a Time \$300
 Brant Beach Big Book \$50

Primary Purpose Gorup \$50

October Group Contributions

OC Boardwalkers \$277.50
 Absecon Group \$150
 Singleness of Purpose 761.96
 Leave it Here \$100
 Sick Seeking Serenity \$100

Trudgers \$427.19
 Sioga Group \$91.97
 Mays Landing Serenity \$200
 Change & Hope Group \$50
 Easy Does It \$300
 Women in Recovery \$66.19
 OC Sunday Night Group \$40

Incarceration Station:

By members while detained in the Atlantic County Jail

My Infliction

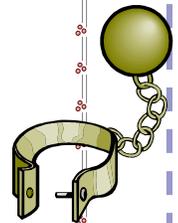
Words go through my mind like a ticking bomb,
 Like I was a rocket ship - Can I remain calm?
 I know I would love to be able - to live,
 To be stable - Over my addiction.
 God please help me get through my infliction.
 There is so much pain, being an addict in a cell.
 Addicts and our desires, we put ourselves through hell.
 My choices landed me in here, in jail and still in no fear.
 I stand up for my actions very tall.
 Do I stand up for my actions or do I hate the law?
 Will I go back to the booze or drugs?
 Or will I remain a helpless thug?
 Getting high and drunk I only lie,
 See it later, goodbye!
 To be clean and sober and straight!
 I know I will be happy, just great!

"If you don't have the power to change yourself then nothing will change around you. We are the only ones who can change what we do. For the sake of our own well-being we must focus on the positive in our life and get around the negative. Let God be our winner and remember the devil is a lying loser."

This months contributions all by **Christin W**

Living Sober Can Become Lots of Fun

Like a bolt of thunder,
 I left to wonder...
 AA can do us great,
 It can also leave us to hate.
 Sobriety - I am scared to give it all my heart,
 To hurt myself and tear it apart.
 I need to stay sober and cut off my ties,
 I'd rather bid alcoholism a good-bye.
 I'd rather be the one,
 This should be lots of fun!
 Living sober can put you through pain,
 But it is better - nothing lost nothing gained.
 I remain in prayer for all my sorrow,
 One day at a time until tomorrow.



True Story of a Junky

Getting high is sometimes living a lie.
 I hope and pray I can stop before I die.
 Being a junky and alcoholic has its ups and downs
 Junkies and drunks never stay in one part of the town.
 An alcoholic and junky can get out of control while being high
 Like you are in a tornado or hurricane way up in the sky.
 Addicts come from all over the world, all different shapes colors and sizes.
 But don't think it won't leave your families with a bunch of surprises.
 Hope you can stay on the right path to the top,
 But hopefully you won't change and cop.
 One day at a time addicts want to be sober - so they think
 I know what I want - to be clean and work the steps and hope not to sink.

Continued from Page 1

whole meeting with his head phones on, bobbing his head to the tunes. I wanted to smack him and tell him to pay attention! This might save your life! But he was young and I can only help those who want it.

We say the serenity prayer to start the meeting and at The Mission the acceptance part truly comes to light. These people have accepted or been



forced to accept that their life is totally unmanageable and they need help. They cry sometimes and tell the story of how they got there. They relate horrible stories of what they did to get money to feed their addiction. They lived under the boardwalk in cardboard boxes and say they were happy like that, life was just easier to face from down there. Some who have been in the

mission for a while speak of Hope and a spiritual progress that gave it to them. Some get jobs while still staying there. Others return to society as new men and women.

If you have never gone to The Rescue Mission, I recommend it. I take my sponsee there, and when we leave we always think, but for the grace of God, there go I.

Art R., New Gretna Group





UPCOMING EVENTS

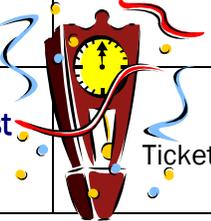
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**Our office is volunteer-staffed
Please call first**

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

<p>Fri—Sun Roundup Weekend November 18—20</p>	 <p>5th Annual Waves of Sobriety Roundup The Grand Hotel in Cape May (800) 257-8550 Friday Night Comedy Show, Workshops, Speakers, Marathon Meetings, \$35 at door</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 November 25th 1pm till 6:30pm</p>	 <p>Annual Gratitude Day and Alcothon Extra Meetings Thursday thru Sunday The Twelfth Step House 113 West Oak Ave, Wildwood</p>
<p>Monday December 12th</p>	<p>Casino Serenity's Annual Holiday Party Dinner at 6pm, Speaker: Jimmy F at 7pm Franklin Blvd. & Tunis Ave. , Pleasantville</p>
<p>Monday December 19st</p>	 <p>Harbor Lights Celebrates 32 Years! Dinner at 7:30pm, Speaker at 8:30pm 351 Cincinnati Ave (Under water tower)</p>
<p>Tuesday December 20th</p>	<p>Absecon Group Christmas Party Speaker at 8pm, Dinner following St. Marks, 429 South Pitney Rd, Galloway</p>
<p>Friday December 31st</p>	 <p>Annual New Years Dinner and Dance Hosted by Unity Committee of CAIG Tickets \$15, Meetings 7pm, 8:30, 10 and 1:25am United Methodist Church in Absecon</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>Wednesday 7pm Dec 7 & Jan 4</p>	<p>Young in Recovery Committee CAIG Office</p>	<p>Saturday 12pm Dec 10 & Jan 14</p>	<p>Unity Committee Meeting CAIG Office</p>
<p>Saturday 5pm Dec 17 & Jan 14</p>	<p>H&I Committee Meeting CAIG Office</p>	<p>Wednesday 7pm December 21</p>	<p>Bookers Quarterly Exchange Franklin Blvd. & Tunis Ave.</p>
<p>Wednesday 7:30p Dec 14 & Jan 11</p>	<p>CAIG Steering Panel CAIG Office</p>	<p>Wednesday 7:30p Dec 21 & Jan 18</p>	<p>Intergroup Business Meeting Franklin Blvd. & Tunis Ave.</p>